

# LOS ALAMITOS WORKOUT TAB (January 11, 2025)

## Dirt - Fast

### 220Y

Charmed Speed<sup>⌘</sup> :12.60 H  
 \*\*\*Cm Cowgirls Are Cool<sup>⌘</sup> :12.80 H G

### 350Y

\*\*\*Apprehensive<sup>⌘</sup> :18.70 H  
 ●\*\*\*Bravery<sup>⌘</sup> :18.40 H  
 Mr Favorite Jess (R)<sup>⌘</sup> :18.70 H G  
 Norco<sup>⌘</sup> :18.90 H  
 Poshly (R)<sup>⌘</sup> :18.50 H  
 Southern Knights<sup>⌘</sup> :18.60 H G  
 Trying to Fly (R)<sup>⌘</sup> :18.60 H

### 3F

●Blueberry Muffin :36.20 H

### 3F

Bronze Girl :38.20 H  
 Clubhouse Cutie :37.20 H  
 Patsy Montana :36.80 H  
 Smooove Over (RR) :38.20 H

### 4F

Easy Breezy :50.40 H  
 Manitowish :48.80 H  
 Mr. Disrespectful (RR) :49.40 H  
 Otro Mas (RR) :49.40 H  
 ●\*\*\*Proud Veteran :48.60 H  
 Sweet Ella Rae :49.20 H  
 Tiz Secure :50.40 H G  
 Took Charge :48.80 H

### 4F

Unusual Exchange :50.00 H

### 5F

\*\*\*Arabian Flirt 1:02.40 H  
 Irish Prancer 1:01.60 H  
 Maximus 1:01.60 H  
 ●Mischief River 1:01.40 H  
 Problem Solver 1:01.60 H

- - Denotes Fastest work
- \*\*\* Denotes Horse On List
- @ Denotes Horse On Hisa Vet List
- %{dam name} - Denotes Unnamed Horse
- (R) Horse has not started in 120 days
- (RR) Horse has not started in 365 days
- - Denotes HISA not registered

## Summary Dirt - Fast

Distance	# Of Horses	Fastest Time	Slowest Time	Average Time
220 Yards	2	:12.60	:12.80	
350 Yards	7	:18.40	:18.90	:18.62
3 Furlongs	5	:36.20	:38.20	:37.32
4 Furlongs	9	:48.60	:50.40	:49.44
5 Furlongs	5	1:01.40	1:02.40	1:01.72