

Emporia Invitational Cross Country Meet (Sept. 8)
at Jones Park
Lawrence High School Results

Varsity Boys Results (80 Runners) at 10:40 am | 64°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2017	2016	2015
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time
Jack Ryan	05:25.7	05:48.5	11:14.2	06:13.2	17:27.4	05:37.1	13	18:02.5	18:02.5	PR/SB			
Ruben Littlehead	05:16.5	05:58.5	11:15.0	06:49.0	18:04.0	05:48.9	26	17:30.7	18:26.7	SB			
Nicholai Jost-Epp	05:54.3	06:29.2	12:23.5	06:46.2	19:09.7	06:10.1	53	19:55.9	19:55.9	PR/SB			
Sam Mandigo	06:01.2	06:42.7	12:43.9	06:57.7	19:41.6	06:20.3	66	20:40.1	20:40.1	PR/SB			
Pierce Saturday	05:59.2	06:38.4	12:37.6	07:05.0	19:42.6	06:20.6	67	20:42.2	20:49.6	PR/SB	16:45.3*		
Jackson Theilen	05:57.8	06:44.4	12:42.2	07:05.9	19:48.1	06:22.4	69	20:13.6	20:13.6	PR/SB			
Daylon Heck	06:01.8	06:42.4	12:44.2	07:04.3	19:48.5	06:22.5	71	20:52.7	20:52.7	PR/SB			

6 - Personal Record Time

* - 4 Km Time

7 - Season Best Time

9th place with 217 points ('17 = 14th place with 389 points, '16 = 6th place with 161 points, '15 = 5th place with 156 points, '14 = 7th place with 174 points, '13 = 8th place with 202 points, '12 = 10th place with 248 points, '11 = 1st place with 31 points, '10 = 1st place with 67 points, '09 = 1st place with 51 points, '08 = 2nd place with 101 points, '07 = 4th place with 98 points, & '06 = 4th place with 174 points)

Junior Varsity Boys Results (147 Runners) at 9:40 am | 64°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2017	2016	2015
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time
Aaron Reed	05:53.8	06:36.9	12:30.7	06:59.8	19:30.5	06:16.7	12	19:40.9	20:53.1	PR/SB			
Avery Harrington	05:56.0	06:46.7	12:42.7	07:01.6	19:44.3	06:21.2	16	19:22.8	20:48.8	SB	21:21.3		
Elijah Eklund	06:28.1	06:27.2	12:55.3	07:11.2	20:06.5	06:28.3	22	19:42.8	21:16.7	SB	20:11.9		
Angel Fitzgerald	06:02.9	07:06.0	13:08.9	07:20.4	20:29.3	06:35.7	33	21:38.3	21:38.3	PR/SB			
Keat Prescott	06:48.1	07:07.2	13:55.3	07:29.9	21:25.2	06:53.7	72	22:22.4	22:22.4	PR/SB			
Trevor Arellano	06:49.6	07:17.2	14:06.8	07:45.9	21:52.7	07:02.5	81	20:40.9	23:50.9	SB	21:48.5	18:18.2*	
Marcos Lepage	06:59.9	07:20.9	14:20.8	07:43.4	22:04.2	07:06.2	89	22:58.5	22:58.5	PR/SB			
Jared Windholz	06:56.1	07:31.2	14:27.3	07:39.0	22:06.3	07:06.9	91	22:57.5	22:57.5	PR/SB	19:55.7*		

5 - Personal Record Time

* - 4 Km Time

8 - Season Best Time

5th place with 128 points ('17 = 17th place with 453 points, '16 = 10th place with 251 points, '15 = 5th place with 159 points, '14 = 10th place with 310 points, '13 = 8th place with 248 points, '12 = 7th place with 235 points, '11 = No place with No points, '10 = 10th place with 274 points, '09 = 1st with 38 points, '07 = 4th place with 133 points, & '06 = 4th place with 114 points)

Emporia Invitational Cross Country Meet (Sept. 8)
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C Team Boys Results (56 Runners) at 11:10 am | 64°

													<i>5k</i>
4 Km	Mile 1	2nd	Mile 2	.5 mi	Finish	Average		PR	SB		2017	2016	<i>Projected</i>
Name	Time	Split	Time	Split	Time	Time/mi	Place	5k Time	5k Time	PR/SB	Time	Time	Time
Connor Bewley	06:25.4	07:01.0	13:26.4	03:11.0	16:37.4	06:41.3	3	21:47.4	22:40.6		22:31.6	17:37.0*	21:03.0
Trevor Johnson	07:00.3	07:32.2	14:32.5	03:29.0	18:01.5	07:15.1	17	27:30.3	27:30.3				22:49.2
Reese White Lightning	07:06.6	07:30.0	14:36.6	03:28.2	18:04.8	07:16.5	18	25:07.5	32:17.8		20:15.1*		22:53.4
Henry Dewitt	07:16.9	07:50.4	15:07.3	03:38.1	18:45.4	07:32.8	25	27:07.7	27:07.7				23:45.0
Reed Parker-Timms	07:31.7	08:02.7	15:34.4	03:44.6	19:19.0	07:46.3	31	29:28.9	29:28.9				24:28.2
Jack Morse	07:58.8	07:55.1	15:53.9	03:37.5	19:31.4	07:51.3	36	21:09.2	NT		22:49.4		24:43.2
Pearse Long	08:24.9	08:31.8	16:56.7	03:39.0	20:35.7	08:17.2	41	27:51.9	27:51.9				26:04.8
Shawn Raasch	07:39.6	08:56.2	16:35.8	04:01.1	20:36.9	08:17.7	42	NT	NT				26:06.0
Abdullah Ahmed	08:24.4	08:31.5	16:55.9	03:49.9	20:45.8	08:21.2	43	30:43.8	30:43.8				26:17.4
Aidan Von Feldt	08:22.6	08:54.2	17:16.8	04:08.7	21:25.5	08:37.2	45	30:40.2	30:40.2				27:07.8

xx - Personal Record Time

* - 4 Km Time

xx - Season Best Time

3rd place with 65 points ('17 = 5th place with 114 points, '16 = 1st with 42 points, '15 = 6th place with 154 points, '14 = No place with No points,

'13 = 6th place with 134 points, '12 = 7th place with 202 points, '11 = 3rd place with 52 points, '10 = 10th place with 274 points, '09 = 1st with 38 points,

'07 = 4th place with 133 points, & '06 = 5th place with 122 points)

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Varsity Boy's

Score	Team	Points
1	Manhattan	64
2	Andover	97
3	Andover Central	98
4	Maize	99
5	Kapaun Mt. Caramel	131
6	Wichita East	146
7	Haysville Campus	177
8	Emporia	181
9	Lawrence	217
10	Anderson County	222
11	Basehor-Lindwood	289
12	Wichita Northwest	292
13	Junction City	(inc.)

Junior Varsity Boy's

Score	Team	Points
1	Manhattan	15
2	Kapaun Mt. Caramel	83
3	Emporia	120
4	Maize	123
5	Lawrence	128
6	Free State	149
7	Haysville Campus	185
8	Junction City	200
9	Andover	210
10	Wichita Northwest	265
11	Anderson County	278
12	Basehor-Lindwood	379
13	Wichita East	(inc.)
14	Andover Central	(inc.)

C Team Boy's

Score	Team	Points
1	Manhattan	23
2	Emporia	57
3	Lawrence	65
4	Haysville Campus	98
5	Andover	(inc.)
6	Junction City	(inc.)
7	Free State	(inc.)
8	Maize	(inc.)
9	Wichita East	(inc.)
10	Wichita Northwest	(inc.)
11	Andover Central	(inc.)