

Seaman Invitational (October 2nd, 2021)
at Shawnee North Community Center
Lawrence High School Results

Varsity Girls Results (43 Runners) at 9:00 am | 57°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2020	2019	2018	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Lucy Hardy	06:16.4	06:32.5	12:48.9	07:27.8	20:16.7	06:31.6	5	20:04.0	20:04.0		DNR	NO RACE		**
Natalie Kennedy	06:12.4	06:42.3	12:54.7	07:36.1	20:30.8	06:36.2	8	19:35.7	19:35.7		21:50.3			**
Grace Harader-Ellet	06:43.7	07:07.8	13:51.5	07:49.6	21:41.1	06:58.8	16	21:09.9	21:50.3	SB	21:30.2	NO RACE	24:03.8	
Madison DeWitt	06:32.4	07:11.5	13:43.9	08:08.9	21:52.8	07:02.5	18	20:42.6	21:21.1		21:48.7	NO RACE	22:11.8	
Cyrenity Hardy-Billy	06:39.1	07:19.8	13:58.9	08:12.6	22:11.5	07:08.6	20	21:07.8	21:58.2		23:10.3			**
Eva Ackley	07:11.9	07:30.6	14:42.5	08:28.2	23:10.7	07:27.6	27	21:36.0	21:41.4		23:43.8	NO RACE	24:18.3	**
Ruby Hull	07:12.2	07:44.3	14:56.5	08:44.8	23:41.3	07:37.5	30	21:40.2	21:40.2					
0 - Personal Record Time					** = improved over 2020 time		21:18.6 = 1 - 5 team average				22:24.7	NO RACE	21:44.4	
1 - Season Best Time							01:29.6 = 1 - 5 separation				02:13.6	NO RACE	01:21.9	

3rd place with 65 points ('20 = 3rd place with 78 points, '19 = NO RACE, '18 = 4th place with 117 points, '17 = 6th place with 142 points, '16 = 5th place with 139 points, '15 = 7th place with 174 points, '14 = No Team Score, '13 = 9th place with 239 points, '12 = 2nd place with 72 points, '11 = 4th place with 105 points, '10 = 3rd place with 115 points, '09 = 3rd place with 70 points, '08 = 4th place with 111 points, '07 = 5th place with 129 points, '06 = 2nd place with 62 points)

Varsity Girls

Score	Team	Points
1	Washburn Rural	29
2	Seaman	37
3	Lawrence	65
4	Leavenworth	110
5	Cair Paravel	149

Junior Varsity Girls

Score	Team	Points
1	Seaman	48
2	Washburn Rural	51
3	Lawrence	63
4	Leavenworth	96
5	Shawnee Heights	101
6	Topeka West	120

Seaman Invitational (October 2nd, 2021)
at Shawnee North Community Center
Lawrence High School Results

Junior Varsity Girls Results (35 Runners) at 10:15 am | 62°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2020	2019	2018	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Emma Roman Nose	06:00.4	06:47.4	12:47.8	07:45.2	20:33.0	06:36.9	1	20:06.4	20:06.4					
Gwen Bannwarth	07:23.1	07:29.5	14:52.6	08:11.0	23:03.6	07:25.3	4	23:16.9	23:16.9	PR/SB				
Xayden Cromedy	07:22.9	07:34.5	14:57.4	09:14.5	24:11.9	07:47.3	9	23:43.0	23:43.0					
Ava Lee	08:01.5	08:51.1	16:52.6	09:54.0	26:46.6	08:37.1	23	23:20.1	23:20.1					
Cadence Johnson	08:33.7	09:07.0	17:40.7	10:12.7	27:53.4	08:58.6	26	23:31.3	28:48.8		24:20.5			
Ashlei Stafford	08:37.5	10:07.0	18:44.5	11:38.5	30:23.0	09:46.8	31	27:18.5	28:31.4		28:34.8			

1 - Personal Record Time

** = improved over 2020 time

1 - Season Best Time

3rd place with 63 points ('20 = No Team Score, '19 = NO RACE, '18 = 6th place with 172 points, '17 = 6th place with 156 points, '16 = 3rd place with 91 points, '15 = 7th place with 168 points, '14 = 4th place with 99 points, '13 = 10th place with 249 points, '12 = 2nd place with 52 points, '11 = 2nd place with 48 points, '10 = 3rd place with 90 points, '09 = 3rd place with 86 points, '08 = 5th place with 128 points, '07 = 4th place with 80 points, & '06 = 3rd place with 85 points)