

**Manhattan Invitational Cross Country Meet (Sept. 1)**

at Warner Park

**Lawrence High School Results**

**Varsity Boys Results (77 Runners) at 10:00 am | 80°**

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	05:14.2	06:08.4	11:22.6	06:39.9	<b>18:02.5</b>	05:48.4	<b>8</b>	18:37.5	18:37.5	PR/SB			
Cole Shupert	05:15.4	06:19.1	11:34.5	06:35.0	<b>18:09.5</b>	05:50.7	<b>10</b>	17:43.2	18:59.4	SB	18:02.0	18:29.3	20:47.5
Nicholai Jost-Epp	05:43.5	06:51.1	12:34.6	07:21.3	<b>19:55.9</b>	06:24.9	<b>44</b>	20:48.3	20:48.3	PR/SB			
Jackson Theilen	05:35.5	07:00.1	12:35.6	07:38.0	<b>20:13.6</b>	06:30.6	<b>49</b>	21:15.0	21:15.0	PR/SB			
Sam Mandigo	05:46.6	07:11.8	12:58.4	07:41.7	<b>20:40.1</b>	06:39.1	<b>60</b>	20:59.8	20:59.8	PR/SB			
Daylon Heck	05:44.0	07:11.1	12:55.1	07:57.6	<b>20:52.7</b>	06:43.2	<b>61</b>	21:01.5	21:01.5	PR/SB			
Aaron Reed	05:42.6	07:17.3	12:59.9	08:10.4	<b>21:10.3</b>	06:48.9	<b>63</b>	19:40.9	20:53.1		21:30.6	21:13.3	23:17.8*

5 - Personal Record Time

\* = 4 Km Time

6 - Season Best Time

7th place with 164 points ('17 = 9th place with 192 points, '16 = 4th place with 137 points, '15 = 7th place with 187 points, '14 = 7th place with 169 points, '13 = 6th place with 144 points, '12 = 5th place with 121 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 114 points)

**Junior Varsity Boys Results (75 Runners) at 9:00 am | 78°**

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
Ruben Littlehead	05:11.4	06:16.5	11:27.9	06:58.8	<b>18:26.7</b>	05:56.2	<b>1</b>	17:30.7	NT	SB			
Pierce Saturday	06:04.9	07:12.3	13:17.2	07:32.4	<b>20:49.6</b>	06:42.2	<b>25</b>	20:42.2	21:35.1	SB	NT		
Elijah Eklund	05:56.6	07:28.7	13:25.3	07:51.7	<b>21:17.0</b>	06:51.0	<b>32</b>	19:42.8	21:16.7		20:25.5		
Sebastian Lepage	05:57.0	07:28.9	13:25.9	07:55.2	<b>21:21.1</b>	06:52.3	<b>37</b>	18:52.0	21:55.7	SB	NT	19:11.1	20:29.4
Buster White	05:55.7	07:31.1	13:26.8	08:07.0	<b>21:33.8</b>	06:56.4	<b>41</b>	18:28.8	22:46.8	SB	19:50.9		21:31.0
Angel Fitzgerald	06:16.1	07:22.1	13:38.2	08:00.1	<b>21:38.3</b>	06:57.9	<b>43</b>	22:54.6	22:54.6	PR/SB			
Keat Prescott	06:21.3	07:44.6	14:05.9	08:16.5	<b>22:22.4</b>	07:12.1	<b>55</b>	23:03.9	23:03.9	PR/SB			
Jared Windholz	06:21.7	07:55.6	14:17.3	08:40.2	<b>22:57.5</b>	07:23.4	<b>58</b>	23:25.7	23:25.7	PR/SB			
Marcos Lepage	06:22.2	08:00.9	14:23.1	08:35.4	<b>22:58.5</b>	07:23.7	<b>59</b>	22:59.2	22:59.2	PR/SB			
Connor Bewley	06:17.8	08:11.1	14:28.9	08:48.8	<b>23:17.7</b>	07:29.9	<b>62</b>	21:47.4	22:40.6		22:50.9	20:25.2	

4 - Personal Record Time

\* = 4 Km Time

8 - Season Best Time

5th place with 127 points ('17 = 9th place with 224 points, '16 = 3rd place with 94 points, '15 = 5th place with 113 points, '14 = 5th place with 131 points, '13 = 2nd place with 50 points, '12 = 5th place with 152 points, '11 = 4th place with 134 points, '10 = 4th place with 131 points, '09 = 1st place with 21 points, '08 = 3rd with 89 points, '07 = 4th place with 96 points, & '06 = 3rd place with 100 points)

**Manhattan Invitational Cross Country Meet (Sept. 1)**  
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**Lawrence High School Results**

C Team Boys Results (93 Runners) at 9:30 am | 78°

												<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
Trevor Arellano	06:30.2	07:58.6	14:28.8	03:38.2	<b>18:07.0</b>	07:17.3	<b>30</b>	20:40.9	23:50.9		21:13.8	19:01.4*	22:57.0
Lex Moulton	06:32.3	08:22.5	14:54.8	03:56.4	<b>18:51.2</b>	07:35.1	<b>43</b>	23:41.9	24:46.8		NT		23:52.8
Trevor Johnson	06:46.4	08:27.9	15:14.3	03:51.1	<b>19:05.4</b>	07:40.8	<b>51</b>	27:30.3	27:30.3				24:10.2
Henry Dewitt	07:28.8	08:41.5	16:10.3	04:01.0	<b>20:11.3</b>	08:07.4	<b>63</b>	27:07.7	27:07.7				25:33.6
Pearse Long	08:25.9	09:08.3	17:34.2	03:32.5	<b>21:06.7</b>	08:29.6	<b>74</b>	27:51.9	27:51.9				26:43.8
Shawn Raasch	07:44.3	10:12.7	17:57.0	04:41.1	<b>22:38.1</b>	09:06.4	<b>85</b>	NT	NT				28:40.2
Abdullah Ahmed	08:23.6	10:01.8	18:25.4	04:27.9	<b>22:53.3</b>	09:12.5	<b>86</b>	30:43.8	30:43.8				28:58.8
Aidan Von Feldt	08:31.4	10:07.1	18:38.5	04:28.5	<b>23:07.0</b>	09:18.0	<b>88</b>	30:40.2	30:40.2				29:16.8
Andrew Anderson	08:45.6	10:51.3	19:36.9	05:00.0	<b>24:36.9</b>	09:54.2	<b>93</b>	24:44.4	31:39.2		NT		31:09.6

xx - Personal Record Time

\* = 4 Km Time

xx - Season Best Time

7th place with 183 points ('17 = RACE CANCELLED, '16 = 2nd place with 46 points, '15 = 4th place with 90 points, '14 = 5th place with 118 points,

'13 = 6th place with 167 points, '12 = 5th place with 126 points, '11 = 7th place with 167 points, '10 = 4th place with 115 points, '09 = 5th with 154 points

& '08 = 3rd with 89 points)

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**Varsity Boy's**

Score	Team	Points
1	Manhattan	44
2	Seaman	87
3	Emporia	127
4	Wamego	135
5	BV Southwest	140
6	Newton	159
7	<b>Lawrence</b>	<b>164</b>
8	Leavenworth	184
9	Junction City	184
10	Topeka High	235
11	Valley Center	247
12	Salina Central	256
13	Shawnee Heights	(inc.)

**Junior Varsity Boy's**

Score	Team	Points
1	Manhattan	28
2	Seaman	63
3	Shawnee Heights	100
4	Emporia	119
5	<b>Lawrence</b>	<b>127</b>
6	BV Southwest	142
7	Wamego	162
8	Junction City	189
9	Topeka High	236
10	Newton	(inc.)
11	Highland Park	(inc.)
12	Valley Center	(inc.)

**C Boy's**

Score	Team	Points
1	Manhattan	24
2	Newton	44
3	Seaman	106
4	Emporia	117
5	Shawnee Heights	150
6	Valley Center	172
7	<b>Lawrence</b>	<b>183</b>
8	BV Southwest	192
9	Junction City	215
10	Leavenworth	(inc.)
11	Highland Park	(inc.)