

**Seaman Invitational (October 1st, 2022)
at Shawnee North Community Center
Lawrence High School Results**

Varsity Girls Results (48 Runners) at 9:00 am | 56°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Lucy Hardy	06:04.5	06:58.7	13:03.2	07:29.2	20:32.4	06:36.7	7	20:02.9	20:02.9		20:16.7	DNR	NO RACE	
Emma Roman Nose	06:14.4	06:46.7	13:01.1	07:34.3	20:35.4	06:37.6	8	20:01.3	20:01.3		20:33.0			
Natalie Kennedy	06:18.5	06:44.3	13:02.8	08:13.0	21:15.8	06:50.6	12	19:35.7	20:14.0		20:30.8	21:50.3	NO RACE	
Cyrenity Hardy-Billy	06:26.0	07:07.7	13:33.7	07:57.6	21:31.3	06:55.6	14	21:07.8	21:45.2	SB	22:11.5	23:10.3		**
Isabel Klish	07:02.8	08:05.3	15:08.1	08:50.4	23:58.5	07:43.0	35	22:44.0	23:46.0		DNR			
0 - Personal Record Time					** = improved over 2021 time									
					21:34.7	= 1 - 5 team average					21:18.6	22:24.7	NO RACE	
1 - Season Best Time					03:26.1	= 1 - 5 separation					01:29.6	02:13.6	NO RACE	

3rd place with 67 points ('21 = 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	Seaman	34
2	Washburn Rural	59
3	Lawrence	67
4	Piper High	105
5	Shawnee Heights	120
6	Cair Paravel	152
7	Topeka High	171

Junior Varsity Girls

Score	Team	Points
1	Washburn Rural	28
2	Leavenworth	29
3	Shawnee Heights	69

Seaman Invitational (October 1st, 2022)
at Shawnee North Community Center
Lawrence High School Results

Junior Varsity Girls Results (30 Runners) at 10:15 am | 63°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Juliet Outka	07:23.8	08:03.5	15:27.3	08:33.3	24:00.6	07:43.7	5	xxxxxxxxxx	xxxxxxxxxx	PR/SB				
Nyasia Ramos	07:43.9	08:33.8	16:17.7	09:23.0	25:40.7	08:15.9	16	26:07.3	26:07.3	PR/SB				
Magdalene Ortiz	07:58.6	09:20.6	17:19.2	10:22.1	27:41.3	08:54.7	21	28:17.5	28:17.5	PR/SB				
Ashlei Stafford	09:38.6	11:48.3	21:26.9	13:55.8	35:22.7	11:23.2	30	27:18.5	34:56.1		30:23.0	28:34.8		

3 - Personal Record Time

** = improved over 2021 time

3 - Season Best Time

No place with No points ('21 = 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)