## Emporia Invitational (September 9th, 2023) at Jones Park Lawrence High School Results

/arsity Girls Results (95 Runners) at 10:10 am   75°														
5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2022	2021	2020	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Emma Roman Nose	06:16.6	06:47.7	13:04.3	07:17.4	20:21.7	06:33.2	13	20:01.3	21:44.4	SB	20:01.3	20:06.4		
Andie Garrett	06:26.4	07:09.2	13:35.6	07:35.0	21:10.6	06:49.0	28	21:59.1	21:59.1	PR/SB				
Isabel Klish	06:55.5	07:53.6	14:49.1	08:24.9	23:14.0	07:28.7	66	22:44.0	24:45.5	SB	23:46.0	22:44.0		**
1 - Personal Record Time		** = improve	d over 2022 ti	me	N/A	= 1 - 5 team	average				21:57.9	20:52.5	22:48.9	
2 - Season Best Time					N/A	= 1 - 5 separ	ation				03:32.0	02:05.7	01:15.8	1

No place with No points ('22 = 5th place with 111 points, '21 = 17th place with 392 points\*, '20 = 4th place with 96 points, '19 = 6th place with 124 points, '18 = 6th place with 150 points, '17 = 14th place with 348 points, '16 = 5th place with 111 points, '15 = 5th place with 132 points, '14 = 7th place with 195 points, '13 = 7th place with 188 points, '12 = 8th place with 203 points, '11 = 7th place with 192 points, '10 = 8th place with 158 points, '09 = 5th place with 155 points, '07 = 4th place with 104 points, & '06 = 3rd place with 80 points)

IV Girls Results (115 Runners) at 9:00 am   67°														
4 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2022	2021	2020	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Juliet Outka	06:59.3	07:40.3	14:39.6	07:45.1	22:24.7	07:12.8	18	24:00.6	XXXXXXXXXXXXX	PR/SB	*19:58.4			**
Nyasia Ramos	07:29.2	08:33.0	16:02.2	08:51.5	24:53.7	08:00.8	64	24:41.7	27:09.4	SB	*20:05.0			**
1 - Personal Record Time		* = 4k Time												

1 - Personal Record Time

2 - Season Best Time

\*\* = improved over 2022 time

No place with No points ('21 = 6th place with 148 points\*, '20 = No Place with No Points, '19 = 2nd place with 87 points, '18 = 7th place with 201 points, '17 = 8th place with 243 points,

'16 = 8th place with 202 points, '15 = 7th place with 199 points, '14 = 9th place with 275 points, '13 = 9th place with 280 points, '12 = 8th place with 256 points, '11 = No place with No points,

'10 = 11th place with 309 points, '09 = 8th place with 204 points, '08 = 2nd place with 57 points, '07 = 2nd place with 57 points, & '06 = 4th place with 118 points)

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it 11:10 am	79°										O-North		5k
Mile 1	2nd	Mile 2	.5 mi	Finish	Average		5k PR	5k SB		2022	2021	2020	Projected
Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	Time
07:38.4	07:22.0	15:00.4	04:36.7	19:37.1	07:53.6	3	XXXXXXXXXXXXX	XXXXXXXXXXXXX					24:31.4
07:49.6	07:58.5	15:48.1	04:20.0	20:08.1	08:06.1	7	24:27.2	XXXXXXXXXXXXX					25:10.1
07:51.8	08:22.9	16:14.7	04:07.4	20:22.1	08:11.7	8	XXXXXXXXXXXXX	XXXXXXXXXXXXX					25:27.6
07:59.4	08:24.2	16:23.6	04:18.4	20:42.0	08:19.7	13	XXXXXXXXXXXXXX	XXXXXXXXXXXXX					25:52.5
07:43.6	08:44.7	16:28.3	04:47.3	21:15.6	08:33.2	23	25:42.4	XXXXXXXXXXXXX		*20:34.5			26:34.5
08:12.9	09:33.4	17:46.3	04:48.5	22:34.8	09:05.1	36	XXXXXXXXXXXXXX	XXXXXXXXXXXXX					28:13.5
10:51.4	13:24.2	24:15.6	05:29.6	29:45.2	11:58.3	(58)	XXXXXXXXXXXXXXX	XXXXXXXXXXXXXXX					37:11.5
	Mile 1   Time   07:38.4   07:49.6   07:51.8   07:59.4   07:43.6   08:12.9	Time Split   07:38.4 07:22.0   07:49.6 07:58.5   07:51.8 08:22.9   07:59.4 08:24.2   07:43.6 08:44.7   08:12.9 09:33.4	Mile 1 2nd Mile 2   Time Split Time   07:38.4 07:22.0 15:00.4   07:49.6 07:58.5 15:48.1   07:51.8 08:22.9 16:14.7   07:59.4 08:24.2 16:23.6   07:43.6 08:44.7 16:28.3   08:12.9 09:33.4 17:46.3	Mile 1 2nd Mile 2 .5 mi   Time Split Time Split   07:38.4 07:22.0 15:00.4 04:36.7   07:49.6 07:58.5 15:48.1 04:20.0   07:51.8 08:22.9 16:14.7 04:07.4   07:59.4 08:24.2 16:23.6 04:18.4   07:43.6 08:44.7 16:28.3 04:47.3   08:12.9 09:33.4 17:46.3 04:48.5	Mile 1 2nd Mile 2 .5 mi Finish   Time Split Time Split Time   07:38.4 07:22.0 15:00.4 04:36.7 19:37.1   07:49.6 07:58.5 15:48.1 04:20.0 20:08.1   07:51.8 08:22.9 16:14.7 04:07.4 20:22.1   07:59.4 08:24.2 16:23.6 04:18.4 20:42.0   07:43.6 08:44.7 16:28.3 04:47.3 21:15.6   08:12.9 09:33.4 17:46.3 04:48.5 22:34.8	Mile 1 2nd Mile 2 .5 mi Finish Average   Time Split Time Split Time	Mile 1 2nd Mile 2 .5 mi Finish Average   Time Split Time Split Time Time Place   07:38.4 07:22.0 15:00.4 04:36.7 19:37.1 07:53.6 3   07:49.6 07:58.5 15:48.1 04:20.0 20:08.1 08:06.1 7   07:51.8 08:22.9 16:14.7 04:07.4 20:22.1 08:11.7 8   07:59.4 08:24.2 16:23.6 04:18.4 20:42.0 08:19.7 13   07:43.6 08:44.7 16:28.3 04:47.3 21:15.6 08:33.2 23   08:12.9 09:33.4 17:46.3 04:48.5 22:34.8 09:05.1 36	Mile 1 2nd Mile 2 .5 mi Finish Average 5k PR   Time Split Time Split Time Time Place Time   07:38.4 07:22.0 15:00.4 04:36.7 19:37.1 07:53.6 3 xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx	Mile 1 2nd Mile 2 .5 mi Finish Average 5k PR 5k SB   Time Split Time Split Time Split Time	Mile 1 2nd Mile 2 .5 mi Finish Average 5k PR 5k SB   Time Split Time Split Time Time Time Place Time Time PR/SB   07:38.4 07:22.0 15:00.4 04:36.7 19:37.1 07:53.6 3 xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx	Mile 1 2nd Mile 2 .5 mi Finish Average 5k PR 5k SB 2022   Time Split Time Split Time Time Place Time Time PR/SB Time   07:38.4 07:22.0 15:00.4 04:36.7 19:37.1 07:53.6 3 xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx	Mile 1 2nd Mile 2 .5 mi Finish Average 5k PR 5k SB 2022 2021   Time Split Time Split Time	Mile 1 2nd Mile 2 .5 mi Finish Average 5k PR 5k SB 2022 2021 2020   Time Split Time Split Time Time Time/mi Place Time Time PR/SB Time </td

x - Personal Record Time x - Season Best Time

\*\* = improved over 2022 time

2nd place with 54 points ('22 = 2nd place with 72 points, '17 = 7th place with 188 points, '16 = 5th place with 105 points, '15 = 4th place with 109 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 place with 38 points, '07 = 4th place with 133 points, & '06 = 5th place with 122 points)

/arsity Gi	rls		JV Girls			C Team Girls						
Score	Team	Points	Score	Team	Points	Score	Team	Points				
1	Kapaun Mt. Carmel	91	1	Bishop Carroll	32	1	Bishop Carroll	21				
2	Manhattan	92	2	Manhattan	46	2	Lawrence	54				
3	Junction City	98	3	Free State	56	3	Junction City	64				
4	Bishop Carroll	100	4	Andover	140	4	Free State	88				
5	Andover	114	5	Basehor-Linwood	142	5	Manhattan	129				
6	Basehor-Linwood	133	6	Junction City	157	6	Emporia	147				
7	Emporia	139	7	Derby	213							
8	Spring Hill	191	8	Spring Hill	216							
9	Wichita East	231	9	Kapaun Mt. Carmel	220							
10	Derby	281	10	Andover Central	286							
11	Eisenhower	282	11	Haysville-Campus	301							
12	Maize	292	ХХ	Lawrence	(inc.)							
13	Andover Central	325	ХХ	Emporia	(inc.)							
14	Anderson County	285	ХХ	Wichita Defenders HS	(inc.)							
XX	Lawrence	(inc.)	ХХ	Maize	(inc.)							
хх	Wichita Northwest	(inc.)	ХХ	Hutchinson	(inc.)							
хх	Haysville-Campus	(inc.)	ХХ	Wichita Northwest	(inc.)							
xx	Hutchinson	(inc.)	ХХ	Eisenhower	(inc.)							
			XX	Wichita East	(inc.)							