

KSHSAA 6A Regional Championships (October 26th, 2019)
at Junction City (Milford State Park)
Lawrence High School Results

Varsity Girls Results (53 Runners) at 10:00 am | 40°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2018	2018	2017	2017	2016	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Place	Time	Place	Time	
Diana Messick	06:06.3	06:43.0	12:49.3	07:30.0	20:19.3	06:32.5	8	20:19.8	20:19.8	PR/SB						
Lucy Hardy	06:07.8	06:55.7	13:03.5	07:47.8	20:51.3	06:42.8	15	20:23.6	20:23.6							
Sophie DeWitt	06:29.1	06:37.8	13:06.9	07:55.0	21:01.9	06:46.2	16	21:05.8	21:15.0	PR/SB	21:25.8	22	21:29.4	29		**
Madison DeWitt	06:37.1	07:15.7	13:52.8	08:20.1	22:12.9	07:09.0	29	21:29.3	21:29.3		22:26.3	34				**
Eva Ackley	06:45.2	07:37.9	14:23.1	08:27.6	22:50.7	07:21.2	31	22:32.1	22:32.1		Alt.					**
Grace Harader-Ellet	06:45.7	07:37.1	14:22.8	08:29.6	22:52.4	07:21.7	30	22:32.0	22:32.0		Alt.					**
Maiki Martinez	06:59.6	07:51.9	14:51.5	08:51.3	23:42.8	07:38.0	38	21:13.5	22:46.1		21:54.7	30				
Natalie Kennedy	Alt.							22:47.2	22:47.2							
Jayden Wilson	Alt.							22:47.1	23:03.9		23:08.9	42	23:16.1	43		
Jocelyn Wilson	Alt.							23:17.2	23:28.7		Alt.		Alt.			

2 - Personal Record Time ** = improved over 2018 time **21:27.2** = 1 - 5 team average
2 - Season Best Time **02:31.4** = 1 - 5 separation

1 - All Kansas 6A Regional Team — Diana Messick

4th place with 98 points ('18 = 6th place with 148 points, '17 = 7th place with 170 points, '16 = 7th place with 150 points, '15 = 7th place with 177 points, '14 = 7th place with 201 points, '13 = 7th place with 204 points, '12 = 4th place with 85 points, '11 = 5th place with 115 points, '10 = 3rd place with 99 points, '09 = 4th place with 95 points, '08 = 7th place with 176 points, '07 = 5th place with 118 points, '06 = 2nd place with 72 points, & '05 = 2nd place with 75 points)

Congratulations to Diana (soph) and Lucy (fr) for qualifying for the KSHSAA 6A State Championships!

Varsity Girls

Place	Name	Score
1	Manhattan High School	37
2	Washburn Rural	45
3	Lawrence — Free State High School	83
4	Lawrence High School	98
5	Hutchinson High School	108
6	Wichita North High School	161
7	Junction City High School	206
xx	Topeka High School	inc.
xx	Wichita Heights High School	inc.

KSHSAA 6A Regional Championships (October 26th, 2019)
at Junction City (Milford State Park)
Lawrence High School Results

Varsity Boys Results (64 Runners) at 10:45 am | 46°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2018	2018	2017	2017	2016	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Place	Time	Place	Time	
Ruben LittleHead	05:00.5	05:35.6	10:36.1	06:18.1	16:54.2	05:26.4	7	16:41.3	16:41.3		19:11.8	44	17:30.7	21		**
Jack Ryan	05:09.1	05:32.8	10:41.9	06:22.9	17:04.8	05:29.9	10	16:47.9	16:47.9		17:26.5	21				**
Reese White-Lightning	05:40.0	06:22.2	12:02.2	06:59.0	19:01.2	06:07.3	33	19:09.1	19:09.1	PR/SB						
Lucas Holmberg	05:33.8	06:20.6	11:54.4	07:07.1	19:01.5	06:07.4	34	18:11.4	18:11.4							
Eli Marburger	05:33.5	06:20.1	11:53.6	07:14.0	19:07.6	06:09.4	36	18:29.0	18:29.0							
Daylon Heck	05:42.6	06:30.2	12:12.8	07:10.7	19:23.5	06:14.5	39	19:06.2	19:07.6							
Connor Bewley	05:43.1	06:39.7	12:22.8	07:18.8	19:41.6	06:20.3	43	19:19.3	19:19.3		Alt.					**
Jack Pfeifer	Sick							19:07.9	19:07.9							
Julian Christensen	Alt.							19:14.7	19:14.7							
Keat Prescott	Alt.							19:20.4	19:20.4							

1 - Personal Record Time ** = improved over 2018 time **18:13.9** = 1 - 5 team average
1 - Season Best Time **02:13.4** = 1 - 5 separation

2 - All Kansas 6A Regional Team — Ruben LittleHead & Jack Ryan

4th place with 120 points ('18 = 6th place with 168 points, '17 = 6th place with 149 points, '16 = 7th place with 141 points, '15 = 7th place with 180 points, '14 = 6th place with 157 points, '13 = 7th place with 158 points, '12 = 8th place with 175 points, '11 = 6th place with 119 points, '10 = 1st place with 43 points, '09 = 1st place with 37 points, '08 = 2nd place with 56 points, '07 = 3rd place with 104 points, '06 = 3rd place with 78 points, & '05 = 2nd place with 81 points)

Congratulations to Ruben (sr) and Jack (soph) for qualifying for the KSHSAA 6A State Championships!

Varsity Boys

Place	Name	Score
1	Lawrence — Free State High School	50
2	Manhattan High School	57
3	Washburn Rural High School	58
4	Lawrence High School	120
5	Wichita North High School	134
6	Hutchinson High School	150
7	Junction City High School	201
8	Topeka High School	212
9	Wichita Heights High School	236