

Seaman Invitational (September 30th, 2023)
at Shawnee North Community Center
Lawrence High School Results

Varsity Boys Results (59 Runners) at 9:40 am | 80°

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	
Oliver Schwartz	05:15.7	05:34.5	10:50.2	06:08.3	16:58.5	05:27.8	3	17:08.1	17:08.1	PR/SB				
Xavier Klish	05:14.5	05:37.3	10:51.8	06:38.6	17:30.4	05:38.1	8	16:54.9	16:54.9		17:09.2	18:04.0		
Leigham Alexander	05:35.8	06:07.9	11:43.7	06:51.7	18:35.4	05:59.0	26	18:31.1	18:31.1		19:59.9	20:05.5		**
Brayden Rowland	05:42.1	06:12.5	11:54.6	06:55.7	18:50.3	06:03.8	28	18:58.3	18:58.3	PR/SB				
Conner Popp	05:38.2	06:13.7	11:51.9	07:01.8	18:53.7	06:04.9	29	18:27.6	18:27.6		19:23.2			**
Daniel Phalen	05:44.5	06:30.9	12:15.4	06:55.0	19:10.4	06:10.3	35	19:16.4	19:22.6	PR/SB	19:45.9	19:51.4	20:32.1	**
Francis Alexander	05:42.6	06:35.9	12:18.5	07:16.6	19:35.1	06:18.2	42	18:35.4	18:35.4		18:46.3	20:06.3		
Hayden Thornton	05:44.0	06:18.7	12:02.7	07:38.0	19:40.7	06:20.0	43	18:47.3	18:47.3		19:57.3	23:21.3		**
River Cunningham	05:50.9	06:41.4	12:32.3	07:32.1	20:04.4	06:27.7	51	19:34.1	19:34.1					
3 - Personal Record Time					** = improved over 2022 time									
					18:09.7 = 1 - 5 team average									
0 - Season Best Time					01:55.2 = 1 - 5 separation									
											18:38.8	18:03.8	19:20.0	**
											02:50.7	02:27.9	03:41.8	**

3rd place with 89 points ('22 = 5th place with 102 points, '21 = 4th place with 86 points, '20 = 4th place with 114 points, '19 = NO RACE, '18 = 6th place with 152 points, '17 = 7th place with 153 points, '16 = 6th place with 174 points, '15 = 7th place with 186 points, '14 = 7th place with 170 points, '13 = 5th place with 127 points, '12 = 6th place with 138 points, '11 = 5th place with 112 points, '10 = 1st place with 58 points, '09 = 1st place with 43 points, '08 = 2nd place with 50 points, '07 = 3rd place with 102 points, & '06 = 2nd place with 67 points)

Varsity Boys

Score	Team	Points
1	Washburn Rural	58
2	Seaman	69
3	Lawrence	89
4	Shawnee Heights	108
5	KC - Piper	115
6	Topeka West	125
7	Topeka High	154

Junior Varsity Boys

Score	Team	Points
1	Washburn Rural	21
2	Seaman	67
3	Lawrence	70
4	Shawnee Heights	97
5	KC - Piper	134
6	Topeka West	171
7	Topeka High	198

Seaman Invitational (September 30th, 2023)
at Shawnee North Community Center
Lawrence High School Results

Junior Varsity Boys Results (109 Runners) at 10:45 am | 85°

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	
Lawson Donly	06:02.4	06:21.0	12:23.4	07:22.6	19:46.0	06:21.7	11	19:30.3	19:30.3					
Tyler Urban	06:09.7	06:34.0	12:43.7	07:16.6	20:00.3	06:26.3	14	19:27.7	19:27.7					
Garrett Rhea	06:10.1	06:34.5	12:44.6	07:15.8	20:00.4	06:26.4	15	21:21.3	21:21.3	PR/SB				
Paul Radley	06:09.4	06:35.8	12:45.2	07:20.3	20:05.5	06:28.0	16	19:32.7	19:32.7		22:01.7			**
Isaac Outka	06:20.0	06:52.8	13:12.8	06:58.9	20:11.7	06:30.0	19	19:48.6	20:17.5	SB				
Freya Girard	06:21.8	06:57.4	13:19.2	07:15.7	20:34.9	06:37.5	25	19:59.5	19:59.5		20:40.1	23:55.3		**
Jake Oldfather	06:22.5	07:03.1	13:25.6	07:31.3	20:56.9	06:44.6	31	19:54.0	19:54.0		21:51.9			**
Lucas Crow Eagle	06:26.3	07:26.6	13:52.9	07:29.0	21:21.9	06:52.6	36	21:59.1	21:59.1	PR/SB				
Tristan Allen	06:26.9	07:51.4	14:18.3	07:51.3	22:09.6	07:08.0	45	21:35.9	21:35.9					
Logan Miescher-Lerner	07:04.1	07:33.1	14:37.2	07:38.7	22:15.9	07:10.0	47	23:39.0	23:39.0	PR/SB				
Ky Smith	07:04.8	07:46.7	14:51.5	08:15.5	23:07.0	07:26.4	63	22:28.6	22:28.6		25:57.8			**
Desi Hart	07:20.6	08:11.5	15:32.1	09:10.6	24:42.7	07:57.2	80	23:20.0	23:20.0					
Torin Yung	07:56.6	08:16.3	16:12.9	09:15.1	25:28.0	08:11.8	87	24:55.2	24:55.2					
Brendan Symons	07:31.5	09:41.9	17:13.4	10:44.6	27:58.0	09:00.1	98	xxxxxxxxxx	xxxxxxxxxx	PR/SB				
Jonah Lyles	07:44.5	09:59.4	17:43.9	10:35.9	28:19.8	09:07.1	100	29:28.5	29:28.5	PR/SB				

5 - Personal Record Time

** = improved over 2022 time

1 - Season Best Time

3rd place with 70 points ('22 = 3rd place with 84 points, '21 = 2nd place with 67 points, '20 = 3rd place with 74 points, '19 = NO RACE, '18 = 4th place with 99 points, '17 = 6th place with 167 points, '16 = 3rd place with 91 points, '15 = 4th place with 95 points, '14 = 7th place with 217 points, '13 = No Place with No Points, '12 = 4th place with 103 points, '11 = 4th place with 112 points, '10 = 3rd place with 105 points, '09 = 1st place with 19 points, '08 = 1st place with 27 points, '07 = 3rd place with 96 points, & '06 = 5th place with 119 points)