Rim Rock Classic (September 26, 2009)

at Rim Rock Farm

Lawrence High School Results

Varsity Girls Results (134 Runners) at 11:00 AM

4 Km	Mile 1	2nd	Mile 2	.5 mi	Finish	Average		PR	SB		2008	2007
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time
Michala Ruder	06:13.9	07:26.1	13:40.0	03:17.9	**16:57.9**	06:49.5	**43**	16:25.6	16:25.6		17:06.9	
Lucy Daldorph	06:13.9	07:30.1	13:44.0	03:29.8	**17:13.8**	06:55.9	**59**	16:26.6	16:26.6		17:51.5	17:51.6
Shelby Clark	06:35.6	07:24.4	14:00.0	03:22.7	**17:22.7**	06:59.5	**65**	17:26.0	17:26.0	**PR/SB**	19:09.9	
Adree Shield	06:56.9	07:35.1	14:32.0	03:34.8	**18:06.8**	07:17.3	**101**	17:14.5	17:14.5			
Jordan Herd	07:01.9	08:41.1	15:43.0	03:52.5	**19:35.5**	07:52.9	**128**	17:35.9	19:03.0		20:17.4	
Regan Keller	07:06.9	08:44.1	15:51.0	03:50.0	**19:41.0**	07:55.2	**129**	17:20.7	19:38.8		19:34.6	17:51.3

1 - Personal Record Time

0 - Season Best Time

17th place with 376 points ('08 = 21st place with 576 points, '07 = 16th place with 349 points, & '06 = 11th place with 266 points)

Varsity Girl's

Score	Team	Points
...	19 teams total	
9	Blue Valley North	277
10	Derby	277
11	Blue Valley Northwest	278
12	Washburn Rural	280
13	Goddard	346
14	Shawnee Mission East	360
15	Maize	373
16	St. Joseph Central	376
17	**Lawrence High**	**376**
18	Staley	401
19	Emporia	484

Junior Varsity Girl's

Score	Team	Points
1	St. Thomas Aquinas	44
2	Jefferson City	77
3	St. Teresa's Academy	94
4	Liberty	104
5	Shawnee Mission East	108
6	Washburn Rural	143
7	Blue Valley North	162
8	Baldwin	199
9	Free State	250
10	**Lawrence High**	**295**

Rim Rock Classic (September 26, 2009)

at Rim Rock Farm

Lawrence High School Results

Junior Varsity Girls Results (71 Runners) at 9:00 am

4 Km	Mile 1	2nd	Mile 2	.5 mi	Finish	Average		PR	SB		2008
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time
Chloe Hay	07:38.1	08:54.9	16:33.0	04:14.2	**20:47.2**	08:21.8	**61**	18:04.0	20:34.6		
Macey Rhoades	07:28.4	09:11.6	16:40.0	04:33.0	**21:13.0**	08:32.2	**63**	20:52.0	20:52.0		
Ida Greenwell	07:33.9	09:18.1	16:52.0	04:22.0	**21:14.0**	08:32.6	**64**	19:01.0	20:33.2		20:11.8
Tate Goss	07:46.7	09:39.3	17:26.0	04:14.7	**21:40.7**	08:43.3	**67**	20:44.0	20:51.9		22:42.4
Ava Regan	07:46.7	09:40.3	17:27.0	04:14.6	**21:41.6**	08:43.7	**68**	22:01.0	22:01.0	**PR/SB**	
Ally Koppes	07:41.9	10:09.1	17:51.0	04:47.8	**22:38.8**	09:06.7	**70**	18:44.0	20:37.8		20:10.3

1 - Personal Record Time

0 - Season Best Time

10th place with 295 points ('08 = 12th place with 310 points, '07 = 15th place with 349 points, & '06 = 8th place with 222 points)

C-Team Girls Results (104 Runners) at 1:40 pm

4 Km	Mile 1	2nd	Mile 2	.5 mi	Finish	Average		PR	SB	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB
Allison McFall	08:09.2	10:22.8	18:32.0	04:20.0	**22:52.0**	09:12.0	**72**	22:00.2	22:00.2	
Alex Axlund	07:50.8	10:51.2	18:42.0	04:57.6	**23:39.6**	09:31.2	**77**	21:21.5	21:21.5	
Jacy Springer	08:01.4	10:58.6	19:00.0	04:57.0	**23:57.0**	09:38.2	**81**	22:27.3	22:27.3	
Anna Balmilero	08:34.5	10:46.5	19:21.0	04:50.4	**24:11.4**	09:44.0	**89**	25:06.0	25:06.0	**PR/SB**

1 - Personal Record Time

0 - Season Best Time

No Place with No Points ('08 = 9th place with 223 points, '07 = 4th place with 135 points & '06 = 9th place with 246 points)