

**Seaman Invitational (October 3, 2020)  
at Shawnee North Community Center  
Lawrence High School Results**

**Varsity Boys Results (56 Runners) at 9:40 am | 56°**

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2019	2018	2017	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Jack Ryan	05:10.2	05:35.6	10:45.8	06:27.1	<b>17:12.9</b>	05:32.5	<b>4</b>	16:42.5	17:11.3		NO RACE	17:06.1		
Jack Pfeifer	05:43.2	06:11.1	11:54.3	06:48.6	<b>18:42.9</b>	06:01.4	<b>20</b>	18:14.8	18:14.8					
Will Leuschen	05:59.9	06:35.9	12:35.8	07:03.0	<b>19:38.8</b>	06:19.4	<b>32</b>	19:41.4	19:41.4	<b>PR/SB</b>				
Keat Prescott	05:59.6	06:40.4	12:40.0	07:30.8	<b>20:10.8</b>	06:29.7	<b>38</b>	19:20.4	19:31.6		NO RACE	21:08.1		**
Jesse Self	05:58.1	06:49.1	12:47.2	08:07.5	<b>20:54.7</b>	06:43.8	<b>43</b>	20:17.5	20:17.5					

1 - Personal Record Time

\*\* = improved over 2018 time

**19:20.0** = 1 - 5 team average

N/A

17:50.4

18:01.9

1 - Season Best Time

**03:41.8** = 1 - 5 separation

N/A

01:21.8

01:16.8

4th place with 114 points ('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	35
2	Seaman	56
3	Topeka West	91
4	<b>Lawrence</b>	<b>114</b>
5	Topeka High	116
6	Leavenworth	127
7	Cair Paravel	183

**Junior Varsity Boys**

Score	Team	Points
1	Washburn Rural	20
2	Seaman	60
3	<b>Lawrence</b>	<b>74</b>
4	Shawnee Heights	91

**Seaman Invitational (October 3, 2020)  
at Shawnee North Community Center  
Lawrence High School Results**

**Junior Varsity Boys Results (62 Runners) at 11:00 am | 61°**

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2019	2018	2017	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Diego Klish	05:44.3	06:17.8	12:02.1	06:49.1	<b>18:51.2</b>	06:04.1	<b>2</b>	18:34.1	18:34.1					
Daniel Phalen	06:12.4	06:42.7	12:55.1	07:37.0	<b>20:32.1</b>	06:36.6	<b>13</b>	20:57.9	20:57.9	PR/SB				
Winton Anderson	06:21.8	07:07.1	13:28.9	07:33.9	<b>21:02.8</b>	06:46.5	<b>17</b>	22:03.7	22:03.7	PR/SB				
Lucas Holmberg	06:50.5	07:19.0	14:09.5	07:42.1	<b>21:51.6</b>	07:02.2	<b>28</b>	18:11.4	21:49.1					
Marcos Lepage	06:34.6	07:22.8	13:57.4	08:10.4	<b>22:07.8</b>	07:07.4	<b>29</b>	21:27.7	21:30.8		NO RACE	21:27.7		
Simeon Moulton	07:05.7	07:31.3	14:37.0	08:01.1	<b>22:38.1</b>	07:17.1	<b>33</b>	23:34.2	23:34.2	PR/SB				
Maddock Oberzan	07:04.3	07:32.0	14:36.3	08:09.4	<b>22:45.7</b>	07:19.6	<b>38</b>	22:50.2	23:27.4	PR/SB				
Griffin Northrop	07:09.9	07:30.6	14:40.5	08:14.3	<b>22:54.8</b>	07:22.5	<b>41</b>	20:37.0	22:48.9					
Trevor Johnson	07:07.2	07:43.0	14:50.2	08:46.3	<b>23:36.5</b>	07:35.9	<b>47</b>	20:14.0	22:15.1		NO RACE	20:44.1		
George Fletcher	07:06.4	08:11.0	15:17.4	09:16.3	<b>24:33.7</b>	07:54.3	<b>51</b>	22:48.5	22:48.5					
Abdullah Ahmed	07:29.6	08:18.5	15:48.1	09:50.8	<b>25:38.9</b>	08:15.3	<b>53</b>	22:55.5	24:40.2		NO RACE	25:35.9		
Ian Perkins	08:29.2	08:52.3	17:21.5	09:21.8	<b>26:43.3</b>	08:36.1	<b>57</b>	24:21.0	25:51.5					

13 - Personal Record Time      \*\* = improved over 2018 time

16 - Season Best Time

3rd place with 74 points ('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)