

**Sunflower League Cross Country Championships (October 14th, 2023)**  
**at Rim Rock Farm**  
**Lawrence High School Results**

**Varsity Boys Results (96 Runners) at 10:30 am | 53°**

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	05:05.2	05:32.0	10:37.2	06:10.0	<b>16:47.2</b>	05:24.2	<b>33</b>	16:58.5	16:58.5	PR/SB					
Xavier Klish	05:07.0	05:30.8	10:37.8	06:40.1	<b>17:17.9</b>	05:34.1	<b>50</b>	16:54.9	16:54.9		17:14.4	17:42.3			
Leigham Alexander	05:16.4	05:48.2	11:04.6	06:38.1	<b>17:42.7</b>	05:42.0	<b>64</b>	18:31.1	18:31.1	PR/SB	19:19.5	19:57.5		**	
Francis Alexander	05:24.3	06:01.6	11:25.9	06:54.0	<b>18:19.9</b>	05:54.0	<b>79</b>	18:35.4	18:35.4	PR/SB	18:45.8	19:44.2		**	
* Brayden Rowland	05:23.0	06:04.2	11:27.2	07:03.5	<b>18:30.7</b>	05:57.5	<b>82</b>	18:50.3	18:50.3	PR/SB					
* Danny Phalen	05:25.9	06:18.4	11:44.3	07:03.4	<b>18:47.7</b>	06:03.0	<b>87</b>	19:10.4	19:10.4	PR/SB	19:58.8	20:20.8	19:16.4	**	
Conner Popp	05:26.4	06:27.7	11:54.1	06:54.9	<b>18:49.0</b>	06:03.4	<b>88</b>	18:27.6	18:27.6		19:52.9			**	
Hayden Thornton	05:34.1	06:27.7	12:01.8	07:11.0	<b>19:12.8</b>	06:11.0	<b>93</b>	18:47.3	18:47.3		19:40.7	23:30.4		**	
5 - Personal Record Time	* = senior						<b>17:43.7</b>	= 1 - 5 team average				18:28.5	18:01.2	NO SCORE	**
0 - Season Best Time	** = improved over 2022 time						<b>01:43.5</b>	= 1 - 5 separation				02:26.3	01:58.1	NO SCORE	**

11th place with 288 points ('22 = 12 place with 338 points, '21 = 13th place with 309 points, '20 = No Team Score, '19 = 12th place with 274 points, '18 = 11th place with 281 points, '17 = 12th place with 302 '16 = 11th place with 275 points, '15 = 12th place with 313 points, '14 = 11th place with 254 points, '13 = 9th place with 236 points, '12 = 10th place with 253 points, '11 = 3rd place with 88 points, '10 = 3rd place with 98 points, '09 = 1st place with 50 points, '08 = 2nd place with 56 points, '07 = 5th place with 146 points, & '06 = 4th place with 112 points)

**Junior Varsity Boys Results (106 Runners) at 9:30 am | 53°**

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	05:38.8	06:22.9	12:01.7	06:55.1	<b>18:56.8</b>	06:05.9	<b>35</b>	19:08.6	19:08.6	PR/SB				
Tyler Urban	05:39.9	06:23.5	12:03.4	07:01.1	<b>19:04.5</b>	06:08.4	<b>38</b>	19:07.4	19:07.3	PR/SB				
River Cunningham	05:39.3	06:22.8	12:02.1	07:14.9	<b>19:17.0</b>	06:12.4	<b>44</b>	19:07.9	19:07.9					
Paul Radley	05:41.9	06:21.6	12:03.5	07:18.8	<b>19:22.3</b>	06:14.1	<b>46</b>	19:32.7	19:32.7	PR/SB	21:32.2			**
Garrett Rhea	05:39.1	06:26.8	12:05.9	07:18.6	<b>19:24.5</b>	06:14.8	<b>48</b>	19:09.1	19:09.1					
* Isaac Outka	05:51.0	06:27.6	12:18.6	07:10.5	<b>19:29.1</b>	06:16.3	<b>52</b>	19:48.6	20:17.5	PR/SB	22:02.5	20:46.7		**
Jake Oldfather	06:02.8	06:29.4	12:32.2	07:18.7	<b>19:50.9</b>	06:23.3	<b>63</b>	19:52.5	19:52.5	PR/SB	21:56.3			**
Freya Girard	06:13.6	06:50.6	13:04.2	07:24.7	<b>20:28.9</b>	06:35.5	<b>85</b>	19:59.5	19:59.5		20:11.6	22:24.5		

1 - Personal Record Time \* = senior  
 1 - Season Best Time \*\* = improved over 2022 time

7th place with 202 points ('22 = 12th place with 326 points, '21 = 10th place with 267 points, '20 = 14th place with 357 points, '19 = 12th place with 307 points, '18 = 13th place with 300 points, '17 = 12th place with 348 points, '16 = 6th place with 201 points, '15 = 8th place with 189 points, '14 = 10th place with 289 points, '13 = 11th place with 302 points, '12 = 9th place with 272 points, '11 = 8th place with 229 points, '10 = 7th place with 180 points, '09 = 3rd place with 58 points, '08 = 3rd place with 70 points, '07 = 5th place with 111 points, & '06 = 4th place with 105 points)

**Sunflower League Cross Country Championships (October 14th, 2023)**  
**at Rim Rock Farm**  
**Lawrence High School Results**

**C Team Boys Results (152 Runners) at 11:40 am | 54°**

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	
Lucas Crow Eagle	06:08.9	07:00.3	13:09.2	07:16.0	<b>20:25.2</b>	06:34.4	<b>29</b>	21:21.9	21:21.9	PR/SB				
Tristan Allen	06:02.0	07:01.8	13:03.8	07:40.1	<b>20:43.9</b>	06:40.4	<b>35</b>	20:06.6	20:06.6					
Ky Smith	06:20.6	07:18.8	13:39.4	07:35.1	<b>21:14.5</b>	06:50.2	<b>48</b>	21:28.2	21:28.2	PR/SB	24:32.9			**
Logan Miescher-Lerner	06:28.0	07:10.9	13:38.9	07:35.7	<b>21:14.6</b>	06:50.3	<b>49</b>	20:06.2	20:06.2					
Torin Yung	07:05.4	07:41.7	14:47.1	08:14.0	<b>23:01.1</b>	07:24.5	<b>99</b>	24:28.8	24:28.8	PR/SB				
* Payton Goodman Thunder	07:00.6	08:09.1	15:09.7	08:01.7	<b>23:11.4</b>	07:27.8	<b>103</b>	22:40.9	22:40.9					
* Brendan Symons	07:10.3	08:29.0	15:39.3	09:30.1	<b>25:09.4</b>	08:05.8	<b>134</b>	24:36.9	24:36.9					
* Jonah Lyles	07:21.6	08:58.5	16:20.1	09:28.5	<b>25:48.6</b>	08:18.4	<b>137</b>	26:20.3	26:20.3	PR/SB				

4 - Personal Record Time

\* = senior

0 - Season Best Time

\*\* = improved over 2022 time

7th place with 182 points ('22 = 10th place with 245 points, '21 = 10th place with 285 points, '20 = 13th place with 382 points, '19 = 9th place with 262 points, '18 = 7th place with 220 points, '17 = 11th place with 321 points, '16 = 8th place with 254 points, '15 = 10th place with 305 points, '14 = 8th place with 282 points, '13 = No Score with No Points, '12 = 8th place with 270 points, '11 = 10th place with 279 points, '10 = 8th place with 271 points, '09 = No Score with No Points, '08 = 6th place with 166 points, '07 = 6th place with 170 points, & '06 = 7th place with 185 points)

**Varsity Boys**

Score	Team	Points
1	Gardner-Edgerton	87
2	Free State	89
3	Olathe East	96
4	SM North	98
5	SM South	112
6	Olathe West	143
7	Mill Valley	167
8	Olathe South	170
9	SM East	190
10	SM Northwest	242
11	<b>Lawrence</b>	<b>288</b>
12	Olathe Northwest	316
xx	SM West	(inc.)
xx	Olathe North	(inc.)

Regional Teams

**Junior Varsity Boys**

Score	Team	Points
1	Olathe West	24
2	Free State	55
3	Olathe East	97
4	Gardner-Edgerton	98
5	Mill Valley	122
6	Olathe Northwest	194
7	<b>Lawrence</b>	<b>202</b>
8	SM North	203
9	SM West	235
10	Olathe North	299
11	SM East	300
12	SM Northwest	312
xx	SM South	(inc.)
xx	Olathe South	(inc.)

**C Team Boys**

Score	Team	Points
1	Free State	21
2	SM South	57
3	Olathe East	58
4	SM East	146
5	Gardner-Edgerton	155
6	Mill Valley	177
7	<b>Lawrence</b>	<b>182</b>
8	SM Northwest	188
9	SM North	208
10	Olathe South	298
xx	Olathe North	(inc.)
xx	SM West	(inc.)
xx	Olathe Northwest	(inc.)
xx	Olathe West	(inc.)