

Sunflower League Cross Country Championships (October 15th, 2022)  
at Rim Rock Farm  
Lawrence High School Results

Varsity Girls Results (91 Runners) at 10:00 am | 53°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Emma Roman Nose	06:04.5	06:47.3	12:51.8	08:04.1	<b>20:55.9</b>	06:44.2	<b>36</b>	20:01.3	20:01.3		20:47.5			
* Natalie Kennedy	06:11.2	06:50.9	13:02.1	07:56.3	<b>20:58.4</b>	06:45.0	<b>39</b>	19:35.7	20:14.0		20:08.1	20:30.3	23:46.0	
* Lucy Hardy	06:10.8	07:03.5	13:14.3	08:13.0	<b>21:27.3</b>	06:54.3	<b>56</b>	20:02.9	20:02.9		20:31.5	20:33.8	20:40.0	
Cyrenity Hardy-Billy	06:22.3	07:46.8	14:09.1	09:13.1	<b>23:22.2</b>	07:31.3	<b>87</b>	21:07.8	21:31.3		22:38.8	21:07.8		
Isabel Klish	06:47.4	07:57.8	14:45.2	08:44.9	<b>23:30.1</b>	07:33.9	<b>89</b>	22:44.0	23:46.0	<b>SB</b>	23:45.6			**
0 - Personal Record Time	* = senior				<b>22:02.8</b>	= 1 - 5 team average					21:25.0	20:55.3	21:17.9	
1 - Season Best Time	** = improved over 2021 time				<b>02:34.2</b>	= 1 - 5 separation					02:30.7	01:05.5	02:12.2	

12th place with 287 points ('21 = 11th place with 235 points, '20 = 10th place with 248 points, '19 = 7th place with 184 points, '18 = 11th place with 303 points, '17 = 13th place with 353 points, '16 = 10th place with 300 points, '15 = 11th place with 300 points, '14 = 12th place with 375 points, '13 = 12th place with 340 points, '12 = 6th place with 133 points, '11 = 8th place with 178 points, '10 = 6th place with 171 points, '09 = 7th place with 157 points, '08 = 11th place with 295 points, '07 = 8th with 169 points, & '06 = 2nd place with 86 points)

Varsity Girls

Score	Team	Points
1	Olathe West	39
2	Olathe North	111
3	Mill Valley	112
4	SM East	131
5	Free State	137
6	Olathe East	173
7	Olathe South	182
8	SM Northwest	207
9	SM North	216
10	SM South	238
11	Olathe Northwest	239
12	<b>Lawrence</b>	<b>287</b>
13	Gardner-Edgerton	299
14	SM West	(inc.)
Regional Teams		

Sunflower League Cross Country Championships (October 15th, 2022)  
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Lawrence High School Results

C Team Girls Results (85 Runners) at 11:00 am | 60°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2021	2020	2019
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time
Juliet Outka	07:38.3	08:01.8	15:40.1	08:47.1	<b>24:27.2</b>	07:52.2	11	24:00.6	24:00.6				
Sara Bointy	07:37.8	08:01.7	15:39.5	08:55.0	<b>24:34.5</b>	07:54.6	12	24:27.2	24:27.2				
Nyasia Ramos	07:42.1	08:25.2	16:07.3	09:24.7	<b>25:32.0</b>	08:13.1	23	24:41.7	24:41.7				
Magdalene Ortiz	07:48.2	08:55.3	16:43.5	10:03.0	<b>26:46.5</b>	08:37.1	42	25:42.4	25:42.4				
* Ashlei Stafford	09:25.2	12:39.1	22:04.3	14:24.3	<b>36:28.6</b>	11:44.4	84	27:18.5	34:56.1		30:37.4	27:19.5	

0 - Personal Record Time

\* = senior

1 - Season Best Time

\*\* = improved over 2021 time

4th Place with 117 Points ('21 = No Team Score, '20 = No Team, '19 = No Team, '18 = No Team Score, '17 = 10th place with 288 points, '16 = 11th place with 273 points, '15 = No Team Score, '14 = No Team '13 = No Team Score, '12 = 6th place with 200 points, '11 = 7th place with 238 points, '10 = 9th place with 262 points, '09 = No Score, '08 = 7th place with 201 points, '07 = 3rd place with 84 points, & '06 = 6th place with 161 points)

Junior Varsity Girls

Score	Team	Points
1	Olathe West	25
2	Free State	48
3	Olathe Northwest	81
4	Mill Valley	90
5	SM Northwest	155
6	SM East	160
7	Gardner-Edgerton	204
8	SM North	213
9	Olathe East	256
xx	SM West	(Inc.)
xx	SM South	(Inc.)
xx	Lawrence	(Inc.)
xx	Olathe South	(Inc.)
xx	Olathe North	(Inc.)

C Team Girls

Score	Team	Points
1	Free State	15
2	Mill Valley	79
3	SM Northwest	94
4	<b>Lawrence</b>	<b>117</b>
5	SM South	133
6	Olathe North	149
7	SM North	182
8	Gardner-Edgerton	183
xx	SM East	(Inc.)
xx	Olathe South	(Inc.)
xx	Olathe West	(Inc.)
xx	SM West	(Inc.)
xx	Olathe East	(Inc.)
xx	Olathe Northwest	(Inc.)