

Sunflower League Cross Country Championships (October 19th, 2019)
at Rim Rock Farm
Lawrence High School Results

Varsity Boys Results (104 Runners) at 10:35 am | 56°

| 5 Km | Mile 1 | 2nd | Mile 2 | 1.1 mi | Finish | Average | | PR | SB | | 2018 | 2017 | 2016 | |
|-------------------------|---------|---------|---------|---------|----------------|---------|-------|---------|---------|-------|---------|---------|---------|----|
| Name | Time | Split | Time | Split | Time | Time/mi | Place | Time | Time | PR/SB | Time | Time | Time | |
| * Ruben LittleHead | 04:55.2 | 05:27.6 | 10:22.8 | 06:18.5 | 16:41.3 | 05:22.3 | 9 | 16:51.8 | 16:51.8 | PR/SB | 18:02.1 | 18:10.4 | | ** |
| Jack Ryan | 05:02.1 | 05:38.6 | 10:40.7 | 06:45.9 | 17:26.6 | 05:36.9 | 34 | 16:47.9 | 16:47.9 | | 17:19.4 | | | |
| Eli Marburger | 05:38.1 | 06:02.6 | 11:40.7 | 06:56.7 | 18:37.4 | 05:59.7 | 80 | 18:29.0 | 18:29.0 | | | | | |
| Jack Pfeifer | 05:36.4 | 06:13.8 | 11:50.2 | 07:22.0 | 19:12.2 | 06:10.9 | 89 | 19:07.9 | 19:07.9 | | | | | |
| * Reese White-Lightning | 05:39.4 | 06:26.5 | 12:05.9 | 07:08.2 | 19:14.1 | 06:11.5 | 90 | 19:09.1 | 19:09.1 | | 21:15.1 | 25:13.2 | | ** |
| Lucas Holmberg | 05:37.1 | 06:03.1 | 11:40.2 | 07:51.8 | 19:32.0 | 06:17.2 | 96 | 18:11.4 | 18:11.4 | | | | | |
| * Connor Bewley | 05:37.6 | 06:28.0 | 12:05.6 | 07:30.2 | 19:35.8 | 06:18.5 | 97 | 19:19.3 | 19:19.3 | | 19:53.9 | 22:06.8 | 22:57.8 | ** |
| Keat Prescott | 05:56.8 | 06:22.7 | 12:19.5 | 07:20.5 | 19:40.0 | 06:19.8 | 98 | 19:20.4 | 19:20.4 | | 21:13.9 | | | ** |
| Julian Christensen | 05:56.6 | 06:22.5 | 12:19.1 | 07:21.1 | 19:40.2 | 06:19.9 | 99 | 19:14.7 | 19:14.7 | | | | | |

1 - Personal Record Time * = senior **18:14.3** = 1 - 5 team average
 1 - Season Best Time ** = improved over 2018 time **02:32.8** = 1 - 5 separation

12th place with 274 points ('18 = 11th place with 281 points, '17 = 12th place with 302 points, '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 (110 Runners) at 11:45 am | 59°

| 5 Km | Mile 1 | 2nd | Mile 2 | 1.1 mi | Finish | Average | | PR | SB | | 2018 | 2017 | 2016 | |
|-------------------|---------|---------|---------|---------|----------------|---------|-------|---------|---------|-------|---------|---------|---------|----|
| Name | Time | Split | Time | Split | Time | Time/mi | Place | Time | Time | PR/SB | Time | Time | Time | |
| * Daylon Heck | 05:42.9 | 06:14.8 | 11:57.7 | 07:09.9 | 19:07.6 | 06:09.4 | 26 | 19:06.2 | 19:28.3 | SB | 19:57.8 | | | ** |
| Trevor Johnson | 06:00.3 | 06:45.1 | 12:45.4 | 07:28.6 | 20:14.0 | 06:30.7 | 68 | 20:43.6 | 20:43.6 | PR/SB | 21:06.5 | | | ** |
| Dominic Ostronic | 06:21.1 | 06:54.2 | 13:15.3 | 07:18.6 | 20:33.9 | 06:37.2 | 76 | 20:07.4 | 20:07.4 | | | | | |
| Griffin Northrop | 06:20.4 | 06:33.9 | 12:54.3 | 07:42.7 | 20:37.0 | 06:38.2 | 78 | 20:42.4 | 20:42.4 | PR/SB | | | | |
| Will Leuschen | 06:11.8 | 06:56.9 | 13:08.7 | 07:42.7 | 20:51.4 | 06:42.8 | 84 | 20:34.9 | 20:34.9 | | | | | |
| * Elijah Eklund | 06:22.2 | 06:59.4 | 13:21.6 | 07:47.7 | 21:09.3 | 06:48.5 | 92 | 18:56.4 | 21:18.1 | SB | 19:13.9 | 19:43.0 | | |
| Reed Parker-Timms | 06:28.8 | 06:58.1 | 13:26.9 | 07:44.5 | 21:11.4 | 06:49.2 | 94 | 22:02.2 | 22:02.2 | PR/SB | 23:26.4 | | | ** |
| * Trevor Arellano | 06:11.1 | 07:01.0 | 13:12.1 | 08:50.4 | 22:02.5 | 07:05.7 | 104 | 20:34.2 | 21:04.3 | | 23:01.6 | 22:52.7 | 20:40.9 | ** |
| Marcos Lepage | 06:40.2 | 07:25.7 | 14:05.9 | 08:12.4 | 22:18.3 | 07:10.8 | 106 | 21:27.7 | 22:05.7 | | 21:59.1 | | | ** |
| Abdullah Ahmed | 07:07.3 | 07:25.0 | 14:32.3 | 08:23.2 | 22:55.5 | 07:22.7 | 108 | 22:58.2 | 22:58.2 | PR/SB | 24:26.0 | | | ** |
| Clark Hall | 06:51.2 | 07:43.7 | 14:34.9 | 08:40.3 | 23:15.2 | 07:29.1 | 109 | 20:37.4 | 20:37.4 | | | | | |

4 - Personal Record Time * = senior
 6 - Season Best Time ** = improved over 2018 time

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 19th, 2019)
at Rim Rock Farm
Lawrence High School Results

C Team Boys Results (177 Runners) at 11:45 am | 59°

| 5 Km | Mile 1 | 2nd | Mile 2 | 1.1 mi | Finish | Average | | PR | SB | | 2018 | 2017 | 2016 | |
|--------------------|---------|---------|---------|---------|----------------|---------|-------|---------|---------|-------|---------|---------|------|----|
| Name | Time | Split | Time | Split | Time | Time/mi | Place | Time | Time | PR/SB | Time | Time | Time | |
| * Avery Harrington | 06:10.1 | 06:34.7 | 12:44.8 | 07:32.8 | 20:17.6 | 06:31.9 | 19 | 18:37.3 | 20:50.2 | SB | 19:11.5 | 19:55.1 | | |
| Pearse Long | 06:14.4 | 06:59.1 | 13:13.5 | 07:36.1 | 20:49.6 | 06:42.2 | 34 | 22:18.9 | 22:18.9 | PR/SB | 26:20.0 | | | ** |
| Jonathan Spoula | 06:53.9 | 07:27.5 | 14:21.4 | 08:18.6 | 22:40.0 | 07:17.7 | 103 | 23:15.4 | 23:15.4 | PR/SB | | | | |
| Maddock Oberzan | 07:02.3 | 07:23.6 | 14:25.9 | 08:24.3 | 22:50.2 | 07:21.0 | 109 | 23:22.4 | 23:22.4 | PR/SB | | | | |
| Sam Mandigo | 07:01.4 | 08:00.2 | 15:01.6 | 08:44.2 | 23:45.8 | 07:38.9 | 127 | 18:59.5 | 23:13.9 | | 20:37.4 | | | |
| Ian Perkins | 07:36.5 | 08:02.2 | 15:38.7 | 08:42.3 | 24:21.0 | 07:50.2 | 134 | 24:51.3 | 24:51.3 | PR/SB | | | | |
| Shijaat Xijiaati | 07:28.9 | 08:18.2 | 15:47.1 | 08:55.5 | 24:42.6 | 07:57.2 | 140 | 25:21.7 | 25:21.7 | PR/SB | | | | |
| * Henry DeWitt | 07:49.1 | 08:25.6 | 16:14.7 | 09:11.6 | 25:26.3 | 08:11.3 | 150 | 21:53.0 | 26:30.6 | SB | 22:29.8 | | | |
| Wyatt Pruitt | 07:48.7 | 08:26.2 | 16:14.9 | 09:19.4 | 25:34.3 | 08:13.8 | 152 | 26:41.2 | 26:41.2 | PR/SB | | | | |
| Peyton Reder | 07:50.0 | 08:51.2 | 16:41.2 | 09:26.5 | 26:07.7 | 08:24.6 | 160 | 28:16.0 | 28:16.0 | PR/SB | | | | |

7 - Personal Record Time

* = senior

9 - Season Best Time

** = improved over 2018 time

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 | Free State | 65 |
| 2 | Olathe South | 80 |
| 3 | SM East | 110 |
| 4 | Olathe North | 133 |
| 5 | Olathe East | 144 |
| 6 | Gardner Edgerton | 147 |
| 7 | Olathe West | 173 |
| 8 | SM Northwest | 225 |
| 9 | Olathe Northwest | 236 |
| 10 | SM South | 244 |
| 11 | SM North | 253 |
| 12 | Lawrence | 274 |
| 13 | SM West | 291 |

Regional Team

Junior Varsity Boys

| Score | Team | Points |
|-------|------------------|------------|
| 1 | Olathe South | 20 |
| 2 | Olathe East | 74 |
| 3 | SM South | 97 |
| 4 | Olathe West | 136 |
| 5 | Gardner Edgerton | 150 |
| 6 | Olathe North | 168 |
| 7 | Free State | 175 |
| 8 | SM Northwest | 207 |
| 9 | SM East | 226 |
| 10 | Olathe Northwest | 256 |
| 11 | SM West | 284 |
| 12 | Lawrence | 307 |
| xx | SM North | inc. |

C Team Boys

| Score | Team | Points |
|-------|------------------|------------|
| 1 | Olathe East | 28 |
| 2 | Olathe South | 28 |
| 3 | Free State | 92 |
| 4 | SM South | 106 |
| 5 | SM Northwest | 189 |
| 6 | Olathe North | 212 |
| 7 | SM East | 216 |
| 8 | Olathe West | 255 |
| 9 | Lawrence | 262 |
| 10 | SM North | 270 |
| 11 | SM West | 304 |
| 12 | Gardner-Edgerton | 315 |
| 13 | Olathe Northwest | 331 |