

Seaman Invitational (September 30th, 2023)  
at Shawnee North Community Center  
Lawrence High School Results

Varsity Girls Results (26 Runners) at 9:00 am | 76°

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	
Emma Roman Nose	06:13.6	06:51.0	13:04.6	07:42.1	<b>20:46.7</b>	06:41.3	4	20:01.3	20:16.1		20:35.4	20:33.0		
Andie Garrett	06:35.5	07:07.0	13:42.5	07:48.6	<b>21:31.1</b>	06:55.6	6	21:10.6	21:10.6					
Cyrenity Hardy-Billy	06:40.5	07:16.8	13:57.3	08:15.2	<b>22:12.5</b>	07:08.9	9	21:07.8	22:41.2	<b>SB</b>	21:31.3	22:11.5	23:10.3	
Juliet Outka	06:56.3	07:39.4	14:35.7	08:18.1	<b>22:53.8</b>	07:22.2	14	22:24.7	22:24.7		24:00.6			**
Kylee Chee	06:55.8	07:49.9	14:45.7	08:59.5	<b>23:45.2</b>	07:38.7	17	24:22.2	24:22.2	<b>PR/SB</b>				
Isabel Klish	07:08.3	08:08.1	15:16.4	08:57.8	<b>24:14.2</b>	07:48.1	21	22:44.0	22:56.6		23:58.5	DNR		
1 - Personal Record Time						<b>22:13.9</b>	= 1 - 5 team average				21:34.7	21:18.6	22:24.7	
1 - Season Best Time						<b>02:58.5</b>	= 1 - 5 separation				03:26.1	01:29.6	02:13.6	**

\*\* = improved over 2022 time

2nd place with 47 points ('22 = 3rd place with 67 points, '21 = 3rd place with 65 points, '20 = 3rd place with 78 points, '19 = NO RACE, '18 = 4th place with 117 points, '17 = 6th place with 142 points, '16 = 5th place with 139 points, '15 = 7th place with 174 points, '14 = No Team Score, '13 = 9th place with 239 points, '12 = 2nd place with 72 points, '11 = 4th place with 105 points, '10 = 3rd place with 115 points, '09 = 3rd place with 70 points, '08 = 4th place with 111 points, '07 = 5th place with 129 points, '06 = 2nd place with 62 points)

Varsity Girls

Score	Team	Points
1	Seaman	21
2	Lawrence	47
3	KC - Piper	68
4	Shawnee Heights	98
xx	Topeka High	(inc.)

Junior Varsity Girls

Score	Team	Points
1	Lawrence	26
2	Washburn Rural	36
3	Shawnee Heights	63
xx	Topeka West	(inc.)
xx	Seaman	(inc.)

Seaman Invitational (September 30th, 2023)  
at Shawnee North Community Center  
Lawrence High School Results

Junior Varsity Girls Results (31 Runners) at 10:15 am | 83°

5 Km	Mile 1	2nd	Mile 2	1.1 mi	Finish	Average		PR	SB		2022	2020	2019	
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time	Time	
Sara Bointy	07:46.6	08:15.7	16:02.3	09:15.3	<b>25:17.6</b>	08:08.5	5	24:27.2	25:38.0	SB				
Nyasia Ramos	08:09.1	08:24.6	16:33.7	09:28.6	<b>26:02.3</b>	08:22.9	8	24:41.7	24:53.7		25:40.7			
Adelaide Chaney	08:11.9	08:32.4	16:44.3	09:44.6	<b>26:28.9</b>	08:31.4	10	25:53.1	25:53.1					
Magdalene Ortiz	07:57.5	08:51.8	16:49.3	09:55.9	<b>26:45.2</b>	08:36.7	11	25:42.4	27:03.5	SB	27:41.3			**
Hayley Swart	08:28.1	08:51.1	17:19.2	10:01.4	<b>27:20.6</b>	08:48.1	15	27:11.7	27:11.7					
Alicia Jaimez-Padilla	09:06.2	09:37.0	18:43.2	10:46.6	<b>29:29.8</b>	09:29.6	18	29:12.5	29:12.5					
Natalya Jaimez-Padilla	09:24.6	11:36.8	21:01.4	14:30.3	<b>35:31.7</b>	11:26.1	29	34:33.4	34:33.4					

0 - Personal Record Time

\*\* = improved over 2022 time

2 - Season Best Time

1st place with 26 points ('22 = No Team Score, '21 = 3rd place with 63 points, '20 = No Team Score, '19 = NO RACE, '18 = 6th place with 172 points, '17 = 6th place with 156 points, '16 = 3rd place with 91 points, '15 = 7th place with 168 points, '14 = 4th place with 99 points, '13 = 10th place with 249 points, '12 = 2nd place with 52 points, '11 = 2nd place with 48 points, '10 = 3rd place with 90 points, '09 = 3rd place with 86 points, '08 = 5th place with 128 points, '07 = 4th place with 80 points, & '06 = 3rd place with 85 points)