

Emporia Invitational Cross Country Meet (September 11/12, 2020)
at Jones Park
Lawrence High School Results

Varsity Boys Results (62 Runners) at 10:10 am (9/12) | 63°

| 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 | 05:31.5 | 05:58.1 | 11:29.6 | 06:36.9 | 18:06.5 | 05:49.7 | 17 | 16:42.5 | 18:25.2 | SB | 17:21.7 | 17:27.4 | | |
| Jack Pfeifer | 05:40.7 | 06:21.9 | 12:02.6 | 06:56.6 | 18:59.2 | 06:06.7 | 30 | 19:07.9 | 19:36.0 | PR/SB | 19:52.0 | | | ** |
| Keat Prescott | 06:00.1 | 06:47.4 | 12:47.5 | 07:24.2 | 20:11.7 | 06:30.0 | 47 | 19:20.4 | 22:14.3 | SB | 20:38.1 | 21:25.2 | | ** |
| Will Leuschen | 05:59.5 | 06:59.8 | 12:59.3 | 08:22.0 | 21:21.3 | 06:52.4 | 55 | 20:34.9 | 20:40.7 | | 21:36.9 | | | ** |
| Lucas Holmberg | 06:31.7 | 07:51.0 | 14:22.7 | 08:29.2 | 22:51.9 | 07:21.6 | 61 | 18:11.4 | 22:49.9 | | 18:57.2 | | | |
| Winton Anderson | 06:34.8 | 07:59.3 | 14:34.1 | 09:54.4 | 24:28.5 | 07:52.7 | 62 | NT | 23:14.9 | | | | | |
| Jesse Self | 05:49.5 | 07:06.7 | 12:56.2 | | DNF | | | 21:34.1 | 21:34.1 | | | | | |
| 1 - Personal Record Time | | | | | | ** = improved over 2018 time | | 20:18.1 | | = 1 - 5 team average | | 19:03.1 | 18:49.1 | 19:21.0 |
| 3 - Season Best Time | | | | | | | | 04:45.4 | | = 1 - 5 separation | | 02:30.3 | 02:15.2 | 01:59.1 |

8th place with 205 points ('19 = 7th place with 181 points, '18 = 9th place with 217 points, '17 = 14th place with 389 points, '16 = 6th place with 161 points, '15 = 5th place with 156 points, '14 = 7th place with 174 points, '13 = 8th place with 202 points, '12 = 10th place with 248 points, '11 = 1st place with 31 points, '10 = 1st place with 67 points, '09 = 1st place with 51 points, '08 = 2nd place with 101 points, '07 = 4th place with 98 points, & '06 = 4th place with 174 points)

Varsity Boys

| Score | Team | Points |
|-------|-------------------|------------|
| 1 | Manhattan | 32 |
| 2 | Maize | 65 |
| 3 | St. James Academy | 73 |
| 4 | Emporia | 103 |
| 5 | Trinity Academy | 130 |
| 6 | Junction City | 176 |
| 7 | Spring Hill | 188 |
| 8 | Lawrence | 205 |
| 9 | Basehor-Linwood | 210 |
| xx | Hutchinson | inc. |

Junior Varsity Boys

| Score | Team | Points |
|-------|-------------------|------------|
| 1 | Manhattan | 22 |
| 2 | St. James Academy | 35 |
| 3 | Emporia | 111 |
| 4 | Trinity Academy | 129 |
| 5 | Junction City | 134 |
| 6 | Hutchinson | 144 |
| 7 | Lawrence | 204 |
| 8 | Basehor-Linwood | 224 |
| 9 | Spring Hill | 234 |

Emporia Invitational Cross Country Meet (September 11/12, 2020)
at Jones Park
Lawrence High School Results

Junior Varsity Boys Results (100 Runners) at 6:10 pm (9/11) | 65°

| 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 | |
| Danny Phalen | 06:24.6 | 07:18.2 | 13:42.8 | 07:43.6 | 21:26.4 | 06:54.1 | 42 | 23:17.5 | 23:17.5 | PR/SB | | | | |
| Cian Kasten | 06:33.9 | 07:23.7 | 13:57.6 | 07:51.5 | 21:49.1 | 07:01.4 | 55 | 24:45.3 | 24:45.3 | PR/SB | | | | |
| Trevor Johnson | 06:39.9 | 08:07.2 | 14:47.1 | 08:34.1 | 23:21.2 | 07:31.0 | 79 | 20:14.0 | 25:11.1 | SB | 22:06.8 | 18:01.5* | | |
| Jonathan Spoula | 07:06.9 | 07:56.9 | 15:03.8 | 08:31.7 | 23:35.5 | 07:35.6 | 85 | 22:40.0 | 23:36.2 | SB | 18:37.4* | | | ** |
| Marcos Lepage | 07:06.2 | 08:06.6 | 15:12.8 | 08:23.5 | 23:36.3 | 07:35.9 | 87 | 21:27.7 | 25:41.2 | SB | 18:34.4* | 22:04.2 | | ** |
| Griffin Northrop | 07:26.1 | 08:14.1 | 15:40.2 | 08:58.0 | 24:38.2 | 07:55.8 | 101 | 20:37.0 | 26:10.5 | SB | 21:57.2 | | | |
| Maddock Oberzan | 07:47.5 | 08:57.7 | 16:45.2 | 09:05.8 | 25:51.0 | 08:19.2 | 115 | 22:50.2 | 28:56.3 | SB | 19:27.2* | | | ** |
| Simeon Moulton | 07:57.8 | 09:22.5 | 17:20.3 | 09:22.8 | 26:43.1 | 08:36.0 | 123 | 29:15.9 | 29:15.9 | PR/SB | | | | |
| Abdullah Ahmed | 07:47.0 | 09:13.5 | 17:00.5 | 10:34.4 | 27:34.9 | 08:52.7 | 128 | 22:55.5 | 28:08.7 | SB | 18:24.7* | 20:45.8* | | ** |
| Ian Perkins | 08:24.1 | 09:30.4 | 17:54.5 | 10:07.1 | 28:01.6 | 09:01.3 | 133 | 24:21.0 | 31:57.2 | SB | 25:16.1* | | | ** |

3 - Personal Record Time

* = 4 Km Time

10 - Season Best Time

** = improved over 2018 time

7th place with 204 points ('19 = 6th place with 152 points, '18 = 5th place with 128 points, '17 = 17th place with 453 points, '16 = 10th place with 251 points, '15 = 5th place with 159 points, '14 = 10th place with 310 points, '13 = 8th place with 248 points, '12 = 7th place with 235 points, '11 = No place with No points, '10 = 10th place with 274 points, '09 = 1st place with 38 points, '07 = 4th place with 133 points, & '06 = 4th place with 114 points)