

**Seaman Invitational (October 3rd, 2009)
at Shawnee North Community Center
Lawrence High School Results**

Varsity Girls Results (63 Runners) at 11:00 AM

4 Km	Mile 1	2nd	Mile 2	.5 mi	Finish	Average		PR	SB		2008	2007
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time	Time
Lucy Daldorph	06:11.4	06:39.4	12:50.8	03:07.2	15:58.0	06:25.4	11	16:26.6	16:26.6	PR/SB	16:54.0	17:21.3
Michala Ruder	06:11.2	06:40.3	12:51.5	03:08.5	16:00.0	06:26.2	13	16:25.6	16:25.6	PR/SB	16:30.0	
Shelby Clark	06:18.0	06:40.1	12:58.1	03:02.9	16:01.0	06:26.6	14	17:22.7	17:22.7	PR/SB	17:44.0	18:04.7
Adree Shield	06:15.9	06:39.0	12:54.9	03:06.1	16:01.0	06:26.6	15	17:14.5	17:14.5	PR/SB		
Emily Davidson	06:27.8	07:03.6	13:31.4	03:21.6	16:53.0	06:47.6	24	17:34.6	17:34.6	PR/SB		
Jordan Herd	06:39.4	07:24.1	14:03.5	03:26.5	17:30.0	07:02.5	37	17:35.9	19:03.0	PR/SB	18:21.0	
Regan Keller	06:58.5	07:45.7	14:44.2	03:40.8	18:25.0	07:24.6	54	17:20.7	19:38.8	SB	18:31.0	

6 - Personal Record Time

1 - Season Best Time

3rd place with 70 points ('08 =4th place with 111 points, '07 = 5th place with 129 points & '06 = 2nd place with 62 points)

Varsity Girl's

Score	Team	Points
1	Olathe East	40
2	Washburn Rural	58
3	Lawrence High	70
4	Hayden	84
5	Seaman	133
6	Haysville-Campus	167
7	Olathe North	169

Junior Varsity Girl's

Score	Team	Points
1	Olathe East	15
2	Washburn Rural	51
3	Lawrence High	86
4	Shawnee Heights	104

Seaman Invitational (October 3rd, 2009)
at Shawnee North Community Center
Lawrence High School Results

Junior Varsity Girls Results (57 Runners) at 10:00 am

4 Km	Mile 1	2nd	Mile 2	.5 mi	Finish	Average		PR	SB		2008
Name	Time	Split	Time	Split	Time	Time/mi	Place	Time	Time	PR/SB	Time
Chloe Hay	07:01.2	07:43.3	14:44.5	03:29.5	18:14.0	07:20.2	10	18:09.0	20:34.6	SB	
Ida Greenwell	07:16.2	07:53.4	15:09.6	03:42.4	18:52.0	07:35.4	17	18:04.5	19:01.0	SB	
Macey Rhoades	07:20.6	08:11.8	15:32.4	03:45.6	19:18.0	07:45.9	21	20:52.0	20:52.0	PR/SB	
Ava Regan	07:46.7	08:06.1	15:52.8	03:32.2	19:25.0	07:48.7	24	21:41.6	21:41.6	PR/SB	
Alex Axlund	07:59.2	08:54.7	16:53.9	04:05.1	20:59.0	08:26.5	34	21:21.5	21:21.5	PR/SB	
Allison McFall	07:59.2	08:55.7	16:54.9	04:04.1	20:59.0	08:26.5	35	22:00.2	22:00.2	PR/SB	
Tate Goss	08:00.9	09:14.8	17:15.7	04:00.3	21:16.0	08:33.4	36	20:44.0	20:51.9		
Ally Koppes	07:54.2	09:04.8	16:59.0	04:17.0	21:16.0	08:33.4	37	18:44.0	20:37.8		18:24.0
Jessica Hoke	08:01.2	09:14.2	17:15.4	04:02.6	21:18.0	08:34.2	38			PR/SB	
Erica Hernly	08:01.2	09:13.4	17:14.6	04:05.4	21:20.0	08:35.0	39	22:30.1	22:30.1	PR/SB	
Jacy Springer	07:56.1	09:06.4	17:02.5	04:18.5	21:21.0	08:35.4	40	22:27.3	22:27.3	PR/SB	
Anna Balmilero	08:39.1	09:48.0	18:27.1	05:24.9	23:52.0	09:36.1	49	24:11.4	24:11.4	PR/SB	
Maddie Easley	08:39.1	08:24.4	17:03.5		DNF						

8 - Personal Record Time

2 - Season Best Time

3rd place with 86 points ('08 =5th place with 128 points, '07 = 4th place with 80 points & '06 = 3rd place with 85 points)