# *LINCOLN HIGH TRACK AND FIELD*

# 2025

# SEASON SUMMARY

***A SPECIAL THANKS TO ALL PARENTS and FAMILIES FOR ALL OF THE FOOD, WATER, SNACKS AND FINANCIAL SUPPORT THROUGHOUT THE SEASON.***

# Lincoln High School Records

| | | | |
|---|---|---|---|
| 100 METERS | Dajaz DeFrand | 11.64 | 2022 |
| 200 METERS | Dajaz DeFrand | 23.74 | 2022 |
| 400 METERS | Linda Brown | 57.6 | 1991 |
| 800 METERS | Carol Nunnally | 2:15.51 | 1982 |
| 1600 METERS | Carol Nunnally | 5:00.61 | 1982 |
| 3200 METERS | Carol Nunnally | 10:45.89 | 1982 |
| 100 METER HURDLES | Carrie Moore | 15.6 | 1990 |
| 300 METER HURDLES | Teonna Wimes | 46.0 | 2007 |
| POLE VAULT | Brynn Tlamka | 10’ 6 | 2023 |
| SHOT PUT | Karen Wilson | 43’ 8 | 1978 |
| DISCUS | Robin Hruby | 151’ 1 | 1977 |
| LONG JUMP | Lisa Hunter | 17’ 5 | 1984 |
| TRIPLE JUMP | Grace Mayom | 38’ 10.50” | 2024 |
| HIGH JUMP | Sydney McAlister | 5’ 5” | 2016 |
| 4 x 100 METER RELAY | | 47.53 | 2022 |
| SaReya Giebelhaus | Neryah Hekl | Zainab Funnah | Dajaz DeFrand |
| 4 x 400 METER RELAY | | 4:00.91 | 1982 |
| Gaylene Gaskins | Vallery Brown | Michelle Maxey | Carol Nunnally |
| 4 x 800 METER RELAY | | 9:32.59 | 1988 |
| Heidi Tussing | Linda Brown | Margaret Fisher | Kelly Loos |

# Lincoln High School Records

| | | | |
|---|---|---|---|
| 100 METERS | Kennie Williams | 10.52 | 2023 |
| *100 METERS | Bobby Williams | 10.4 Handheld | 1961 |
| 200 METERS | Bobby Williams | 21.5 | 1961 |
| 200 METER Wheelchair | Landon Kruse | 31.17 | 2023 |
| 400 METERS | Jay-J Parks | 48.36 | 2012 |
| 400 METER Wheelchair | Landon Kruse | 1:02.61 | 2023 |
| 800 METERS | Jerry Kletchka | 1:54.5 | 1974 |
| 800 METER Wheelchair | Landon Kruse | 2:03.94 | 2023 |
| 1600 METERS | Kurt Holliday | 4:22.1 | 1991 |
| 1600 METER Wheelchair | Landon Kruse | 4:38.28 | 2023 |
| 3200 METERS | Kurt Holliday | 9:31.62 | 1991 |
| 110 HIGH HURDLES | Darius Luff | 13.69 | 2019 |
| 300 IM HURDLES | Darius Luff | 38.2 | 2019 |
| POLE VAULT | Luke Franssen | 15’2” | 2007 |
| SHOT PUT | Mike Washington | 60’2” | 1975 |
| DISCUS | John Beaver | 184’0” | 1976 |
| LONG JUMP | Bobby Williams | 24’ .5” | 1961 |
| TRIPLE JUMP | Richard Ross | 48’5.5” | 2000 |
| HIGH JUMP | Doug Kuszak | 6’11” | 1987 |
| 4 X 100 METER RELAY | | 41.95 | 2018 |
| Darius Luff, Dauntavis Lawerence, Zion Perry, CJ Jones | | | |
| 4 X 400 METER RELAY | | 3:23.4 | 1987 |
| Doug Kuszak, Eric Priebe, Jeff Payne, Aaron Brown | | | |

**4 X 800 METER RELAY** **7:57.1** **1991**
**Mike Wilson, Kurt Holliday, Rod Beery, Chris Swanson**

**1600 METER MEDLEY** **3:35.1** **2018**
**Zion Perry, CJ Jones, Darius Luff, LeeAaron Berks**

**4000 METER MEDLEY** **10:44.38** **2003**
**Chris Clymer, Joel Sievert, David Crabtree, Chris Hatch**

**6400 METER RELAY** **18:38.2** **1991**
**Chris Swanson, Kurt Holliday, Mike Wilson, Rod Beer**

## Long and triple boys LPS JV meet

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|---|---|
| Scarlett Anderson | 4'04" in the High Jump @ LNE Relays |
| | 4'04" in the High Jump @ LPS open |
| | 4'04" in the High Jump @ G.I. Invite |
| | 4'04" in the High Jump @ LPS Championship |
| Imani Archie | 15'02" in the Long Jump @ LNE relays |
| | * CHAMPION * in the 800 Medley @ LNE Relays 1:56.92 |
| | 27.61 in the 200 @ LPS Open |
| | 13'03.50" in the Long Jump @ LPS Open |
| | 27.82 in the 200 @ G.I. Invite |
| | * CHAMPION * in the 4x100 @ G.I. Invite 51.42 |
| | 15'2.75" in the Long Jump @ Titan Classic |
| | 14'11.75" in the Long Jump @ Harold Scott Invite |
| | 3rd place in the 4x100 @ Harold Scott Invite 50.52 |
| | 27.90 in the 200 @ Harold Scott Invite |
| | 13.44 in the 100 @ LPS Championship |
| | 27.10 in the 200 @ LPS Championship |
| | 3rd place in the 4x100 @ LPS Championship 50.41 |
| | 8th place in the 200 @ HAC 26.90 |
| | 3rd place in the 4x100 @ HAC 50.16 |
| Elmina Balas | 3:41 in the 800 @ LPS Open |
| | 15:00 in the 4x800 @ Silver Hawk Invite |
| | 3:36.82 in the 800 @ LHS/LNE meet |
| | 5th place in the 4x800 @ LPS JV meet 14.44.86 |
| | 4th place in the 4x400 @ Fremont JV Invite 5:58.75 |

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| Emina Balas | 3:49 in the 800 @ LPS Open<br>15:00 in the 4x800 @ Silver Hawk Invite<br>3:37.88 in the 800 @ LHS/LNE meet<br>5th place in the 4x800 @ LPS JV meet 14.44.86<br>3:33.28 in the 800 @ Fremont JV Invite<br>3:45.72 in the 800 @ LNS JV |
| Vivian Baller | 8’08”  in the Pole Vault @ LPS Open<br>6’10” in the Pole Vault @ Silver Hawk Invite<br>6’06” in the Pole Vault @ LHS/LNE meet<br>6’05” in the Pole Vault @ LPS JV meet<br>7’02” in the Pole Vault @ LPS Championship<br>6’08” in the Pole Vault @ LNS JV |
| Beckett Bartholow | 6th place in the 4x400 @ LNE Relays 3:55.87<br>2:16.56 in the 800 @ LPS Open<br>5:00.90 in the 1600 @ LPS Open<br>2:18.17 in the 800 @ G.I. Invite<br>5:01.31 in the 1600 @ G.I. Invite<br>4:58 in the 1600 @ Titan Classic<br>3rd place in the 4x800 @ 8:29.17<br>4:48.69 in the 1600 @ Harold Scott Invite<br>4:50.88 in the 1600 @ HAC<br>6th place in the 4x800 @ HAC 8:18.75 |
| Ty Bilew | 112’01” in the Discus @ LNE Relays<br>34’01” in the Shot Putt @ LNE Relays<br>37’10” in the Shot Putt @ LPS Open<br>107’01” in the Discus @ LPS Open<br>37’05” in the Shot Put @ G.I. Invite<br>41’5.5” in the Shot Put @ Titan Classic<br>121’04” in the Discus @ Titan Classic<br>39’09.75” in the Shot Put @ LPS Championship<br>87’03” in the Discus @ LPS Championship<br>40’08.5” in the Shot Put @ HAC<br>103’07” in the Discus @ HAC |
| Greg Briggs | 13.50 in the 100 @ LPS Open<br>26.88 in the 200 @ LPS Open<br>27.69 in the 200 @ LHS/LNE meet<br>12.69 in the 100 @ LNS 9th<br>5th place in the 4x100 @ LNS 9th 48.97 |

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| Emma Brown | 2nd place in the 3200 @ Fremont JV Invite 14:28.80 |
| Oscar Brown | 13.00 in the 100 @ LPS Open<br>26.49 in the 200 @ LPS Open<br>13’10.75” in the Long Jump @ LPS Open<br>36’05.75” in the Triple Jump @ LPS Open<br>26.70 in the 200 @ Silver Hawk Invite<br>35’05” in the Triple Jump @ Silver Hawk Invite<br>13.13 in the 100 @ LHS/LNE meet<br>26.89 in the 200 @ LHS/LNE meet<br>6th place in the 4x100 @ LHS/LNE meet / 47.75<br>12.72 in the 100 @ LPS JV meet<br>26.29 in the 200 @ LPS JV meet<br>4th place in the 4x100 @ LPS JV meet 47.66<br>12:49 in the 100 @ LNS 9th<br>26.48 in the 200 @ LNS 9th<br>5th place in the 4x100 @ LNS 9th 48.97 |
| Nina Brozovic | 3:35 in the 800 @ LPS Open<br>15:00 in the 4x800 @ Silver Hawk Invite<br>3:34.25 in the 800 @ LHS/LNE meet<br>5th place in the 4x800 @ LPS JV meet 14.44.86<br>3:45.65 in the 800 @ LNS JV |
| Shayla Burkinshaw | 9’03.50” in the Long Jump @ LPS Open<br>8’06” in the Long Jump @ LHS/LNE meet<br>9’07.50” in the Long Jump @ LNS JV |
| Tommy Caruso | 2:33.62 in the 800 @ LPS Open<br>5:36.65 in the 1600 @ Silver Hawk Invite<br>2:34.94 in the 800 @ LHS/LNE meet<br>5:32 in the 1600 @ LHS/LNE meet<br>5:38.64 in the 1600 @ LPS JV meet<br>5:33 in the 1600 @ Fremont JV Invite<br>5th place in 4x400 @ Fremont JV Invite 4:09.06<br>2:32 in the 800 @ LNS JV<br>4th place in the 4x800 @ LNS JV 10:26.28 |

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| Lexie Cihal | 21’11” in the Discus @ LNE relays<br>58’05” in the Discus @ LNE relays<br>21’09” in the Shot Putt @ LPS Open<br>62’10” in the Discus @ LPS Open<br>21’11.50” in the Shot @ LHS/LNE meet<br>54’07” in the Discus @ LPS/LNE meet<br>21’06” in the Shot Put @ Harold Scott Invite<br>60’04” in the Discus @ Harold Scott Invite<br>24’03” in the Shot Put @ LNS JV<br>60’02” in the Discus @ LNS JV |
| Owen Cleland | 12.89 in the 100 @ LPS Open<br>26.17 in the 200 @ LPS Open<br>5’00” in the High Jump @ LPS Open<br>12.33 in the 100 @ Silver Hawk Invite<br>5’00” in the High Jump @ Silver Hawk Invite<br>26.11 in the 200 @ LHS/LNE meet<br>5’02” in the High Jump @ LHS/LNE meet<br>12.29 in the 100 @ LPS JV meet<br>5’00” in the High Jump @ LPS JV meet |
| Caden Cleveland | 13.25 in the 100 @ LPS Open<br>13.16 in the 100 @ LHS/LNE meet<br>4’10” in the High Jump @ LHS/LNE meet<br>13.01 in the 100 @ LNS JV<br>27.45 in the 200 @ LNS JV |
| Oriane Coleman | 13.83 in the 100 @ LPS Open<br>29.07 in the 200 @ LPS Open<br>13.29 in the 100 @ the G.I. Invite<br>2nd place in the 800 Sprint Medley @ G.I. Invite<br>13.45 in the 100 @ Titan Classic<br>13.31 in the 100 @ Harold Scott Invite<br>3rd place in the 100 @ LNS 9th 13.25 |
| Oriane Coleman continued | 2nd place in the 200 @ LNS 9th 28.19<br>3rd place in the 4x100 @ LNS 9th 54.41 |
| Michael - Eugen Combs | 4th place in the 1600 Medley @ LNE Relays 3:49.10<br>12.17 in the 100 @ LPS Open<br>24.12 in the 200 @ LPS Open<br>11.63 in the 100 @ the G.I. Invite<br>23.90 in the 200 @ G.I. Invite<br>3rd place in the 4x100 @ G.I. Invite 46.26 |

Michael - Eugen Combs continued

11.64 in the 100 @ Titan Classic
11.61 in the 100 @ Harold Scott Invite
23.69 in the 200 @ Harold Scott Invite
11.91 in the 100 @ LPS Championship
24.87 in the 200 @ LPS Championship
11.79 in the 100 @ HAC
23.69 in the 200 @ HAC

Jadis Cooper

2:57.02 in the 800 @ Silver Hawk Invite
4:41.45 in the 4x400 @ Silver Hawk Invite
5th place in the 400 @ LPS JV meet 1:06.90
2nd place in the 4x400 @ LPS JV meet 4:37
4'00" in the High Jump @ LPS JV meet
8th place in the 4x400 @ Harold Scott Invite 4:26.81
6th place in the 400 @ LNS JV 1:07.29
5th place in the High Jump @ LNS JV 4'02"
8th place in the 4x400 @ HAC 4:27.07

Trey Crabtree

4th place in the 1600 Medley @ LNE Relays 3:49.10
2nd place in the DMR @ LNE Relays 11:22.21
* CHAMPION * in the 800 @ LPS Open 2:00.03
* CHAMPION * in the 1600 @ LPS Open 4:29.53
4th place in the 800 @ G.I. Invite 2:10.03
* CHAMPION * in the 1600 @ G.I. Invite4:39.86
3rd place in the 4x800 @ 8:29.17
2:01.34 in the 800 @ Harold Scott Invite
4:35.26 in the 1600 @ Harold Scott Invite
4th place in the 1600 @ LPS Championship 4:32.35
5th place in the 800 @ LPS Championship 2:00.31
4th place in the 1600 @ HAC 4:29.28
6th place in the 4x800 @ HAC 8:18.75

Azaylah Cursey

15.80 in the 100 @ LPS Open
34.39 in the 200 @ LPS Open
34.20 in the 200 @ LHS/LNE meet
15.56 in the 100 @ LHS/LNE meet
15.11 in the 100 @ LNS JV
31.97 in the 200 @ LNS JV

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| Alice Dingman | 6:31.42 in the 1600 @ LPS Open<br>6:43 in the 1600 @ G.I. Invite<br>2:50.21 in the 800 @ LHS/LNE meet<br>5th place in the 3200 @ LPS JV meet 14:13.62<br>5th place in the 800 @ LNS 9th 2:50.36<br>4th place in the 3200 @ LNS 9th 14:17.14<br>14:32 in the 3200 @ HAC |
| JaLeah Divers-Sidney | 3rd place in the DMR @ LNE Relays 13:46<br>6th place in the 4x400 @ LNE Relays 4:30.83<br>1:05.99 in the 400 @ LPS Open<br>4th place in 400 @ G.I. Invite 1:07.94<br>3rd place in the 4x800 @ Titan Classic 10:20.13<br>7th place in the 4x800 @ Harold Scott Invite 11:04.33<br>8th place in the 4x400 @ Harold Scott Invite 4:26.81<br>1:06.74 in the 400 @ LPS Championship<br>6th place in the 4x400 @ LPS Championship 4:28.11<br>4th place in the 4x800 @ LPS Championship 10:46.77<br>8th place in the 4x400 @ HAC 4:27.07<br>8th place in the 4x800 @ HAC 10:47 |
| Ruach Duer | 5’02” in the High Jump @ LPS Open<br>18’08” in the Long Jump @ LPS Open<br>40’02.75” in the Triple Jump @ LPS Open<br>5’04” in the High Jump @ G. I. Invite<br>* CHAMPION * in the Triple Jump @ G.I. Invite 43’9.5”<br>2nd place in the Triple Jump @ Titan Classic 45’5.25”<br>5’05 in the High Jump @ Harold Scott Invite<br>4th place in the Triple Jump @ Harold Scott 45’01”<br>5’05 in the High Jump @ LPS Championship<br>4th place in the Triple Jump @ LPS Championship<br>21’00.5” in the Long Jump @ HAC<br>5th place in the Triple Jump @ HAC 44’05.75” |
| Colin Farr | 6’02” in the Pole Vault @ LPS Open<br>6th place in in the Pole Vault @ Silver Hawk Invite 6’10”<br>7’06” In the Pole Vault @LHS/LNE meet<br>7’11” in the Pole Vault @ LPS JV meet<br>6’08” in the Pole Vault @ LNS JV |
| Steven Fosso Ondoua | 13.56 in the 100 @ LPS Open<br>28.13 in the 200 @ LPS Open<br>27.67 in the 200 @ LHS/LNE meet<br>5th place in the 4x100 @ LNS 9th 48.97 |

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| Bryce Frost | 12.54 in the 100 @ LPS Open<br>25.06 in the 200 @ LPS Open<br>12.52 in the 100 @ LHS/LNE meet<br>6th place in the 200 @ LHS/LNE meet / 25.18<br>6th place in the 4x100 @ LHS/LNE meet / 47.75<br>12.23 in the 100 @ LPS JV meet<br>4th place in the 4x100 @ LPS JV meet 47.66<br>3rd place in the 100 @ Fremont JV Invite 12.21<br>5th place in the 200 @ Fremont JV Invite 26.04 |
| Armani Galvan | 13.23” in the 100 @ LPS Open<br>17’01.50” in the Long Jump @ LPS Open<br>30’01.75 in the Triple Jump @ LPS Open<br>17’07” in the Long Jump @ Silver Hawk Invite<br>36’05 in the Triple Jump @ Silver Hawk Invite<br>17’05.75” in the Long Jump @ LHS/LNE meet<br>34’05.50” in the Triple Jump @ LHS/LNE meet<br>17’01.50” in the Long Jump @ LPS JV meet<br>33’09.50” in the Triple Jump @ LPS JV meet<br>12.91 in the 100 @ Fremont JV Invite<br>26.37 in the 200 @ Fremont JV Invite<br>16’11.50” in the Long Jump @ Fremont JV Invite<br>17’11.25” in the Long Jump @ LNS JV |
| Jabrea Guyton | 14.43 in the 100 @ LPS Open<br>13.69 in the 100 @ Silver Hawk Invite |
| Gwynn Hahn | 5th place in the 300 Hurdles @ LNS JV 55.60<br>1:10.76 in the 400 @ HAC |
| Hasan Hasnawi | 1:06.80 in the 400 @ LPS Open<br>2:34.46 in the 800 @ LPS Open<br>10:22 in the 4x800 @ Silver Hawk Invite<br>1:04.78 in the 400 @ LHS/LNE meet<br>2:32.83 in the 800 @ LHS/LNE meet<br>2:29.45 in the 800 @ LPS JV meet |
| Cheyenon Heidemann | 27’05” in the Shot Put @ LPS Open<br>53’00” in the Discus @ LPS Open<br>27’10” in the Shot Put @ Silver Hawk Invite<br>25’05” in the Shot Put @ LHS/LNE meet |

Cheyenon Heidemann continued

27’00” in the Shot Put @ LPS JV meet
71’06” in the Discus @ LPS JV meet
28’07.50” in the Shot Put @ LNS JV
54’06” in the Discus @ LNS JV

Amy Hermsen

1:09.30 in the 400 @ LPS Open
55.53 in the 300 Hurdles @ Silver Hawk Invite
4:41.45 in the 4x400 @ Silver Hawk Invite
6th place in the 300 hurdles @ LHS/LNE meet 54.08
6th place in the 300 hurdles @ LPS JV meet 53.37
2nd place in the 4x400 @ LPS JV meet 4:37
52.74 in the 300 Hurdles @ LPS Championship
53.60 in the 300 Hurdles @ HAC

Jaraye Huguley

16’11” in the Long Jump @ Silver Hawk Invite
5th place in the High Jump @ LPS JV meet 5’04”
5’04” in the High Jump @ LNS 9th

Peter Huynh

1:01.58” in the 400 @ LPS Open
2:36.81” in the 800 @ LPS Open
4:12 in the 4x400 @ Silver Hawk Invite
10:22 in the 4x800 @ Silver Hawk Invite
1:00.95 in the 400 @ LHS/LNE meet
3:59.66 in the 4x400 @ LHS/LNE meet
1:02.00 in the 400 @ LPS JV meet
4:02.56 in the 4x400 @ LPS JV meet
1:01.54 in the 400 @ Fremont JV Invite
5th place in 4x400 @ Fremont JV Invite 4:09.06
1:00.62 in the 400 @ LNS 9th
3rd place in the 4x400 @ LNS 9th 3:55.82

Leziga Idigima

74’01” in the Discus @ LNE relays
26’05” in the Shot Putt @ LPS Open
70’09” in the Discus @ LPS Open
83’07” in the Discus @ Silver Hawk Invite
28’07” in the Shot Put @ LHS/LNE meet
66’02” in the Discus @ LHS/LNE meet
29’05.5” in the Shot Put @ LPS JV meet
74’10” in the Discus @ LPS JV meet
27’04.75” in the Shot Put @ LPS Championship
84’11” in the Discus @ LPS Championship
72’04” in the Discus @ HAC

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| Kamarie Jenkins | 13’09.25” in the Long Jump @ LHS/LNE meet<br>55.24 in the 4x100 @ LHS/LNE meet<br>14.35 in the 100 @ LHS/LNE meet<br>14.18 in the 100 @ LPS JV meet<br>2nd place in the 4x100 @ LPS JV meet 54.08<br>4th place in the Long Jump @ LPS JV meet 14’03.25”<br>3rd place in the Triple Jump @ LPS JV meet 29’11”<br>13.74 in the 100 @ LNS 9th<br>3rd place in the 4x100 @ LNS 9th 54.41<br>2nd place in the Long Jump @ LNS 9th 16’01”<br>4th place in the Triple Jump @ LNS 9th 30’04.75” |
| Bauy Jock | 19’08” in the Long Jump @ LPS Open<br>5th place in the Triple Jump @ LPS Open 40’11.50”<br>5’00” in the High Jump @ Silver Hawk Invite<br>3rd place in the Long Jump @ Silver Hawk Invite<br>* CHAMPION * in the Triple Jump @ Silver Hawk Invite 43’04”<br>5’04” in the High Jump @ LHS/LNE meet<br>19’10” in the Long Jump @ LHS/LNE meet<br>19’11” in the Long Jump @ Harold Scott Invite<br>8th place in the Triple Jump @ Harold Scott Invite |
| Pal Jock | 1:50.18 in the 800 meter Sprint Medley @ LNE Relays<br>12.53 in the 100 @ LPS Open<br>5’06” in the High Jump @ LPS Open<br>25.87 in the 200 @ G.I. Invite<br>5’04” in the High Jump @ G.I. Invite<br>16’05.50” in the Long Jump @ LHS/LNE meet<br>34’11” in the Triple Jump @ LHS/LNE meet<br>5’08” in the High Jump @ Titan Classic<br>5’09” in the High Jump @ Harold Scott Invite<br>5’09” in the High Jump @ LPS Championship<br>5’09” in the High Jump @ HAC |
| Jordan Johnson | 13.29 in the 100 @ LPS Open<br>26.78 in the 200 @ LPS Open<br>26.61 in the 200 @ LHS/LNE meet<br>4’10” in the High Jump @ LHS/LNE meet<br>26.26 in the 200 @ Fremont JV Invite |
| Nyla Jones | 26’00” in the Shot Putt @ LPS Open<br>70’10” in the Discus @ LPS Open<br>32’.05” in the shot @ Titan Classic |

Nyla Jones continued

65’09” in the Discus @ Titan Classic
28’08” in the Shot Put @ LPS Championship
68’03” in the Discus @ LPS Championship
30’11” in the Shot Put @ HAC

Emerson Jorges

14’02.50” in the Long Jump @ LPS Open
30’06” in the Triple Jump @ LPS Open
14’04.50 in the Long Jump @ Silver Hawk Invite
4th place in the Triple Jump @ Silver Hawk Invite 31’09.5”
13’09.5” in the Long Jump @ LHS/LNE meet
3rd place in the Triple Jump @ LHS/LNE meet 30’05”
6th place in the Long Jump @ LPS JV meet 13’08”
* CHAMPION * in the Triple Jump @ LPS JV meet 31’03.75”
3rd place in the Long Jump @ Fremont JV Invite 14’02”
4th place in the Triple Jump @ Fremont JV Invite 31’06”
5th place in the Long Jump @ LNS JV 15’04”
4th place in the Triple Jump @ LNS JV 30’11.50”

Dj Kennedy

5’08” in the High Jump @ LNE Relays
25.07 in the 200 @ LPS Open
6th place in the High Jump @ LPS Open 5’08”
1:45.62 in the 800 Sprint Medley @ G.I. Invite
5’06” in the High Jump @ G.I. Invite
5’08” in the High Jump @ Titan Classic
5’09” in the High Jump @ Harold Scott Invite
5’09” in the High Jump @ LPS Championship
5’09” in the High Jump @ HAC

Amira Keys

14.89 in the 100 @ LPS Open
31.74 in the 200 @ LPS Open
30.99 in the 200 @ Silver Hawk Invite
4’02” in the High Jump @ LHS/LNE meet
31.69 in the 200 @ LHS/LNE meet
14.19 in the 100 @ LNS JV
4’00” in the High Jump @ LNS JV

Maimouna Kromah

15.24 in the 100 @ LPS Open
4’02” in the High Jump @ LPS open
4’04” in the High jump @ G.I. Invite
3rd place in the High Jump @ LHS/LNE meet 4’06”
14.42 in the 100 @ LHS/LNE meet

Maimouna Kromah continued

31.29 in the 200 @ LPS JV meet
4'08"in the High Jump @ Harold Scott Invite
4'08" in the High Jump @ LPS Championship
4'10" in the High Jump @ HAC

Sydney Kruse

1:08.50 in the 400 @ LPS Open
2nd place in the 800 Sprint Medley @ G.I. Invite
1:06.80 in the 400 @ Titan Classic
7th place in the 4x800 @ Harold Scott Invite 11:04.33
8th place in the 4x400 @ Harold Scott Invite 4:26.81
2:37.09 in the 800 @ LPS Championship
6th place in the 4x400 @ LPS Championship 4:28.11
8th place in the 4x400 @ HAC 4:27.07
8th place in the 4x800 @ HAC 10:47

Abby Kruse

* CHAMPION * in the 1600 Medley @ LNE Relay's 4:29.02
3rd place in the DMR @ LNE Relays 13:46
2nd place in the 800 @ LPS Open 2:25
2nd place in the 1600 @ LPS Open 5:28.63
3rd place in the 1600 @ G.I. Invite 5:45.94
3rd place in the 4x800 @ Titan Classic 10:20.13
3rd place in the 800 @ Harold Scott Invite 2:22.68
4th place in the 800 @ LPS Championship 2:27.15
5th place in the 1600 @ LPS Championship 5:34.68
6th place in the 4x400 @ LPS Championship 4:28.11
1:03.50 in the 400 @ HAC
7th place in the 800 @ HAC 2:27.71

Lily Larson

3rd place in the DMR @ LNE Relays 13:46
6th place in the 4x400 @ LNE Relays 4:30.83
14:01.97 in the 3200 @ G.I Invite
6:02.74 in the 1600 @ Titan Classic
7th place in the 4x800 @ Harold Scott Invite 11:04.33
6:07.15 in the 1600 @ Harold Scott Invite
2:45.18 in the 800 @ LPS Championship
4th place in the 4x800 @ LPS Championship 10:46.77
6:06 in the 1600 @ HAC

Malachi Lewy

14.00 in the 100 @ LPS Open
6'8" in the Pole Vault @ LPS Open
29.36 in the 200 @ LPS Open
6'10" in in the Pole Vault @ Silver Hawk Invite

Malachi Lewy continued

7’00” in the Pole Vault @LHS/LNE meet
8’05” in the Pole Vault @ LPS JV meet
29.48 in the 200 @ LNS 9th
2nd place in the Pole Vault @ LNS 9th 7’02”

Lexi Lovette

22’00” in the Discus @ LNE relays
63’10” in the Discus @ LNE relays
23’00” in the Shot Putt @ LPS Open
65’06” in the Discus @ LPS Open
21’08” in the Shot @ Silver Hawk Invite
74’07” in the Discus @ Silver Hawk Invite
77’00” in the Discus @ Titan Classic
22’04” in the Shot Put @ Harold Scott Invite
64’00” in the Discus @ Harold Scott Invite
21’00” in the Shot Put @ LNS JV
75’10” in the Discus @ LNS JV
81’10” in the Discus @ HAC

Gionna Loving

15.20 in the 100 @ LPS Open
32.32 in the 200 @ LPS Open
31.98 in the 200 @ Silver Hawk Invite
32.75 in the 200 @ LHS/LNE meet
31.82 in the 200 @ LPS JV meet
31.41 in the 200 @ Fremont JV Invite
14.96 in the 100 @ Fremont JV Invite

Nyaboth Lual

16’05.75” in the Long Jump @ LNE Relays
6th place in the Triple Jump @ LNE Relays 34’01.75”
16’00” in the Long Jump @ LPS Open
33’09.75” in the Triple Jump @ LPS Open
3rd Place in the Long Jump @ G.I. Invite 16’6.5”
3rd Place in the Triple Jump @ G.I. Invite 35’9.5”
16’6” in the Long Jump @ Titan Classic
35’2.5” in the Triple Jump @ Titan Classic
16’05.75” in the Long Jump @ LPS Championship
7th place in the Long Jump @ HAC 16’02.75”
35’02.50” in the Triple Jump @ HAC

Aenaya Lucius

6’02” in the Pole Vault @ LPS Open
13’05” in the Long Jump @ LPS Open
30’01.50” in the Triple Jump @ LPS Open
6’10” in the Pole Vault @ Silver Hawk Invite
14’02” in the Long Jump @ Silver Hawk Invite

Aenaya Lucius continued

29’09” in the Triple Jump @ Silver Hawk Invite
12’11” in the Long Jump @ LHS/LNE meet
13’07.50” in the Long Jump @ LPS JV open
28’05.75” in the Triple Jump @ LPS JV open
6th place in the Long Jump @ Fremont JV Invite 13’11”
6th place in the Triple Jump @ Fremont JV Invite 29’08.75”
3rd place in the Pole Vault @ LNS JV 7’02”
14’02” in the Long Jump @ LNS JV
6th place in the Triple Jump @ LNS JV 29’05.5”

Darion Madkins

75’11” in the Discus @ LNE relays
31’03” in the Shot Put @ LNE Relays
28’09” in the Shot Putt @ LPS Open

Adia Mayom

16’06.25 in the Long Jump @ LNE Relays
* CHAMPION * in the Triple Jump @ LNE Relays 37’01”
2nd place in the Long Jump @ LPS Open 16’10.50”
2nd place in the Triple Jump @ LPS Open 36’06.50”
2nd place in the 800 Sprint Medley @ G.I. Invite
2nd place in the Long Jump @ G.I. Invite 17’0”
2nd place in the Triple Jump @ G.I Invite 36’05”
13.49 in the 100 @ Titan Classic
17’00” in the Long Jump @ Titan Classic
3rd place in the Triple Jump @ Titan Classic 37’8.25”
3rd place in the Triple Jump @ Harold Scott Invite 37’05.50”
7th place in the Long Jump @ Harold Scott Invite 16’06.25”
13.94 in the 100 @ LPS Championship
15’09” in the Long Jump @ LPS Championship
2nd place in the Triple Jump @ LPS Championship 37’00”
* CHAMPION * in the Triple Jump @ HAC 37’06.50”

Becky Mbaki

15.37 in the 100 @ LPS Open
34.04 in the 200 @ LPS Open
33.43 in the 200 @ LHS/LNE meet
15.31 in the 100 @ LNS 9th
31.90 in the 200 @ LNS 9th

Harmony McKinney

14.74 in the 100 @ LPS Open
13.97 in the 100 @ Silver Hawk Invite
14.43 in the 100 @ LHS/LNE meet
14.21 in the 100 @ LPS JV meet
2nd place in the 4x100 @ LPS JV meet 54.08
13.77 in the 100 @ LNS JV

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|---|---|
| Micah Meyer | 57.73 in the 400 @ LPS Open<br>5'02" in the High Jump @ LPS Open<br>2:24.38 in the 800 @ Silver Hawk Invite<br>4:12 in the 4x400 @ Silver Hawk Invite<br>5'02" in the High Jump @ Silver Hawk Invite<br>58.37 in the 400 @ LHS/LNE meet<br>3:59.66 in the 4x400 @ LHS/LNE meet<br>5'02" in the High Jump @ LHS/LNE meet<br>57.66 in the 100 @ LPS JV meet<br>4:02.56 in the 4x400 @ LPS JV meet<br>5th place in the High Jump @ LPS JV meet 5'04<br>58.53 in the 400 @ LNS 9th<br>3rd place in the 4x400 @ LNS 9th 3:55.82<br>* CHAMPION * in the High Jump @ LNS 9th 5'08"<br>57.76 in the 400 @ HAC |
| Chito Mudundulu | 13.06 in the 100 @ LPS Open<br>27.31 in the 200 @ LPS Open<br>15'04.50" in the Long Jump @ LPS Open<br>30'08.25" in the Triple Jump @ LPS Open<br>15'09.75" in the Long Jump @ LHS/LNE meet<br>33'04.5" in the Triple Jump @ LHS/LNE meet<br>16'09" in the Long Jump @ LPS JV meet<br>33'05" in the Triple Jump @ LPS JV meet<br>3rd place in Long Jump @ Fremont JV Invite 15'03.75"<br>2nd place in Triple Jump @ Fremont JV invite 34'07.25"<br>16'07.5" in the Long Jump @ LNS 9th<br>2nd place in Triple Jump @ LNS 9th 34'10" |
| Bishop Nelson Aparicio | 2nd place in the DMR @ LNE Relays 11:22.21<br>6th place in the 4x400 @ LNE Relays 3:55.87<br>6th place in the 1600 @ LPS open 4:51.47<br>2:16.79 in the 800 @ G.I. Invite<br>5:00.23 in the 1600 @ G.I. Invite<br>3rd place in the 4x800 @ 8:29.17<br>4:47.77 in the 1600 @ Harold Scott Invite<br>4:43.67 in the 1600 @ LPS Championship<br>10:14.59 in the 3200 @ HAC |
| Jared Obidowski | 12:30.19 in the 3200 @ LPS Open<br>12:27.11 in the 3200 @ Silver Hawk Invite<br>12:13 in the 3200 @ LHS/LNE meet<br>12:21.83 in the 3200 @ LPS JV meet<br>12:20 in the 3200 @ LNS JV |

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| Jerusha Osborne | 6th place in the 3200 @ G.I Invite13.18.88<br>5:56.58 in the 1600 @ Titan Classic<br>12:52.40 in the 3200 @ Harold Scott Invite<br>6:00.46 in the 1600 @ LPS Championship<br>4th place in the 4x800 @ LPS Championship 10:46.77<br>13:06.87 in the 3200 @ HAC |
| Ikenna Osuji | 5'00" in the High Jump @ LPS Open<br>12.96 in the 100 @ LHS/LNE meet<br>5'02" in the High Jump @ LPS JV meet<br>12.24 in the 100 @ LNS JV<br>25.74 in the 200 @ LNS JV<br>5'04" in the High Jump @ LNS JV |
| Peter Otto | 2:44.36 in the 800 @ LPS Open<br>2:39.90 in the 800 @ LHS/LNE meet<br>2:37.10 in the 800 @ LPS JV meet<br>6:23.85 in the 1600 @ LNS JV<br>4th place in the 4x800 @ LNS JV 10:26.28 |
| Gigi Owens | 4'10" in the High Jump @ LNE Relays<br>* CHAMPION * in the 1600 Medley @ LNE Relay's 4:29.02<br>27.36 in the 200 @ LPS Open<br>6th place in the 200 @ LPS Open 27.36<br>4th place in the High Jump @ LPS open<br>27.79 in the 200 @ G.I. Invite<br>* CHAMPION * in the 4x100 @ G.I. Invite 51.42<br>4th place in the High Jump @ G.I. Invite 4'10"<br>4'08" in the High Jump @ Titan Classic<br>4'10" in the High Jump @ Harold Scott Invite<br>3rd place in the 4x100 @ Harold Scott Invite 50.52<br>28.08 in the 200 @ Harold Scott Invite<br>3rd place in the High Jump @ LPS Championship 5'00"<br>4'10" in the High Jump @ HAC |
| Aaliyah Palmer | 13.90 in the 100 @ LPS Open<br>28.92 in the 200 @ LPS Open<br>13.27 in the 100 @ Silver Hawk Invite<br>3th place in the 200 @ Silver Hawk Invite 28.35<br>55.24 in the 4x100 @ LHS/LNE meet<br>2nd place in the 200 @ LHS/LNE meet 28.47 |

Aaliyah Palmer continued

2nd place in the 100 @ LHS/LNE meet 13.60
* CHAMPION * in the 100 @ LPS JV meet 13.23
* CHAMPION * in the 200 @ LPS JV meet 27.99
2nd place in the 4x100 @ LPS JV meet 54.08
28.46 in the 200 @ LPS Championship
3rd place in the 4x100 @ LPS Championship 50.41
13.40 in the 100 @ HAC
27.50 in the 200 @ HAC
3rd place in the 4x100 @ HAC 50.16

Sophia Palmieri

28'02" in the Discus @ LNE Relays
71'03" in the Discus @ LNE relays
25'10" in the Shot Put @ LPS Open
27'04" in the Shot Put @ Titan Classic
87'05" in the Discus @ Titan Classic
31'04.50" in the Shot Put @ Harold Scott Invite
88'03" in the Discus @ Harold Scott Invite
25'06.25" in the Shot Put @ LPS Championship
72'06" in the Discus @ LPS Championship
26'02" in the Shot Put @ HAC

Ka Du Paw

14'06.50" in the Long Jump @ LPS Open
32'03" in the Triple Jump @ LPS Open
14.96 in the 100 @ LHS/LNE meet
15'02.50" in the Long Jump @ LHS/LNE meet
33'05.50" in the Triple Jump @ LHS/LNE meet
14'10" in the Long Jump @ LPS JV meet

George Perea

18'11" in the Long Jump @ LNE Relays
37'00.25" in the Triple Jump @ LNE Relays
12.81 in the 100 @ LPS Open
26.16 in the 200 @ LPS Open
18'06" in the Long Jump @ LPS Open
37'04" in the Triple Jump @ LPS Open
12.41 in the 100 @ the G.I. Invite
1:45.62 in the 800 Sprint Medley @ G.I. Invite
17'11" in the Long Jump @ G.I. Invite
6th place in the 4x100 @ LHS/LNE meet / 47.75
16'10.50" in the Long Jump @ LHS/LNE meet
34'09" in the Triple Jump @ LHS/LNE meet
4th place in the 4x100 @ LPS JV meet 47.66
17'10" in the Long Jump @ LPS JV meet

George Perea continued

36’01” in the Triple Jump @ LPS JV meet
12.35 in the 100 @ Fremont JV Invite
* CHAMPION * in the Long Jump @ Fremont JV Invite 18’05.75”
* CHAMPION * in the Triple Jump @ Fremont JV Invite 35’04.50”
6th place in the Long Jump @ LNS JV
36’03” in the Triple Jump @ LNS JV

Ezra Proctor

19’08.50” in the Long Jump @ LNE Relays
39’07.25” in the Triple Jump @ LNE Relays
1:50.18 in the 800 meter Sprint Medley @ LNE Relays
12.56 in the 100 @ LPS Open
19’03” in the Long Jump @ LPS Open
39’03.25” in the Triple Jump @ LPS Open
25.31 in the 200 @ G.I. Invite
3rd place in the 4x100 @ G.I. Invite 46.26
18’11.75” in the Long Jump @ G.I. Invite
38’9.75” in the Triple Jump @ G.I. Invite
19’06” in the Long Jump @ Titan Classic
19’02.25” in the Long Jump @ Harold Scott Invite
12.02 in the 100 @ LPS Championship
21’00” in the Long Jump @ LPS Championship
12.12 in the 100 @ HAC
20’04” in the Long Jump @ HAC

Jaslene Puga

15.61 in the 100 @ LPS Open
32.56 in the 200 @ LPS Open
31.75 in the 200 @ LHS/LNE meet
15.37 in the 100 @ LHS/LNE meet
31.19 in the 200 @ LPS JV meet
31.80 in the 200 @ LNS 9th
3rd place in the 4x100 @ LNS 9th 54.41

Harper Reis

18:05.69 in the 3200 @ LPS Open
3:39.12 in the 800 @ LHS/LNE meet
3:40.07 in the 800 @ LPS JV meet
8:21.58 in the 1600 @ LPS JV meet
4th place in the 4x400 @ Fremont JV Invite 5:58.75
8:08 in the 1600 @ Fremont JV Invite

Hutton Rettig

2nd place in the DMR @ LNE Relays 11:22.21
6th place in the 4x400 @ LNE Relays 3:55.87
6th place in the 3200 @ LPS Open 10:12.64
2nd place in the 3200 @ G.I. Invite 10:20.88

Hutton Rettig continued

4:44.54 in the 1600 @ Titan Classic
8th place in the 3200 @ Harold Scott Invite 10:02.30
5th place in the 3200 @ LPS Championship 9:53.77
4:35.69 in the 1600 @ HAC
6th place in the 4x800 @ HAC 8:18.75

Andel Riyangow

18'09.50" in the Long Jump @ LNE Relays
38'04.25" in the Triple Jump @ LNE Relays
1:50.18 in the 800 meter Sprint Medley @ LNE Relays
16'50" in the Long Jump @ LPS Open
37'2.75" in the Triple Jump at LPS Open
12.72 in the 100 @ LPS Open
25.09 in the 200 @ LPS Open
37'02.75" in the Triple Jump @ LPS Open
3rd place in the 4x100 @ G.I. Invite 46.26
17'8.5" in the Long Jump @ G.I. Invite
4th place in the Triple Jump @ G.I. Invite 39'8.75
11.91 in the 100 @ Titan Classic
17'0" in the Long Jump @ Titan Classic
40'7.25" in the Triple Jump @ Titan Classic
19'01" in the Long Jump @ Harold Scott Invite
38'10.50" in the Triple Jump @ LPS Championship
41'03" in the Triple Jump @ HAC

Jaidyn Robinson

27.29 in the 200 @ LPS Open
* CHAMPION * in the 100 @ the G.I. Invite 12.91
5th place in the 200 @ G.I. Invite 27.57
* CHAMPION * in the 4x100 @ G.I. Invite 51.42
3rd place in the 4x100 @ Harold Scott Invite 50.52
13.22 in the 100 @ Harold Scott Invite
28.76 in the 200 @ LPS Championship
3rd place in the 4x100 @ LPS Championship 50.41
13.51 in the 100 @ HAC
3rd place in the 4x100 @ HAC 50.16

Conner Root

15.02 in the 100 @ LPS Open
14.95 in the 100 @ LHS/LNE meet
14.45 in the 100 @ LNS JV

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| David Ruwe | 1:04.32 in the 400 @ LPS Open<br>4:12 in the 4x400 @ Silver Hawk Invite<br>10:22 in the 4x800 @ Silver Hawk Invite<br>2:24.54 in the 800 @ LHS/LNE meet<br>3:59.66 in the 4x400 @ LHS/LNE meet<br>4:02.56 in the 4x400 @ LPS JV meet<br>5th place in the 4x800 @ LPS JV meet 9:57.97<br>3rd place in 800 @ Fremont JV Invite 2:19.73<br>5th place in 4x400 @ Fremont JV Invite 4:09.06<br>* CHAMPION * in the 800 @ LNS 9th 2:21.16<br>3rd place in the 4x400 @ LNS 9th 3:55.82<br>2:18.38 in the 800 @ HAC |
| Salam Saydo | 2:31.11 in the 800 @ LPS Open<br>12:50.34 in the 3200 @ LPS Open<br>4:12 in the 4x400 @ Silver Hawk Invite<br>10:22 in the 4x800 @ Silver Hawk Invite<br>2:34.03 in the 800 @ LHS/LNE meet<br>5:42 in the 1600 @ LHS/LNE meet<br>2:33 in the 800 @ LPS JV meet<br>2:34.17 in the 800 @ LNS JV<br>4th place in the 4x800 @ LNS JV 10:26.28 |
| Charles Schmaderer | 2nd place in the DMR @ LNE Relays 11:22.21<br>6th place in the 4x400 @ LNE Relays 3:55.87<br>56.41 in the 400 @ LPS Open<br>2:17.21 in the 800 @ LPS Open<br>1:45.62 in the 800 Sprint Medley @ G.I. Invite<br>3rd place in the 4x800 @ 8:29.17<br>56.70 in the 400 @ Harold Scott Invite<br>2:14.37 in the 800 @ Harold Scott Invite<br>56.52 in the 400 @ LPS Championship<br>2:14.66 in the 800 @ LPS Championship<br>56.59 in the 400 @ HAC<br>6th place in the 4x800 @ HAC 8:18.75 |
| Hugh Skretta | 13.26 in the 100 @ LPS Open<br>50.22 in the 300 Hurdles @ LPS Open<br>6th place in the 300 Hurdles @ Silver Hawk Invite 50.34<br>49.58 in the 300 Hurdles @ LHS/LNE meet<br>3:59.66 in the 4x400 @ LHS/LNE meet<br>4th place in the 300 Hurdles @ LNS JV 49.39 |

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| Jacob Smith | 2:30.87 in the 800 @ LPS Open<br>5:27.77 in the 1600 @ LPS Open<br>2:39.13 in the 800 @ Silver Hawk Invite<br>5:28.19 in the 1600 @ Silver Hawk Invite<br>2:23.86 in the 800 @ LNS JV<br>4th place in the 4x800 @ LNS JV 10:26.28 |
| Hadi Sorilla | 31.28 in the 200 @ LPS Open<br>1:12.32 in the 400 @ LPS Open<br>1:13.89 in the 400 @ Silver Hawk Invite<br>4:41.45 in the 4x400 @ Silver Hawk Invite<br>1:10.22 in the 400 @ LHS/LNE meet<br>1:11.73 in the 400 @ LPS JV meet<br>2nd place in the 4x400 @ LPS JV meet 4:37<br>30.46 in the 200 @ Fremont JV Invite<br>3rd place in the 400 @ Fremont JV Invite 1”09.80<br>1:11.99 in the 400 @ LNS JV |
| Ahmani Sulley | 28’10 in the Discus @ LNE relays<br>84’00 in the Discus @ LNE relays<br>26’09” in the Shot Putt @ LPS Open<br>95’11” in the Discus @ LPS Open<br>27’00 in the Shot @ LHS/LNE meet<br>88’04” in the Discus @ LHS/LNE meet<br>4th place in the Shot @ LPS JV meet 29’00”<br>4th place in the Discus @ LPS JV meet 86’02”<br>80’06 in the Discus @ LPS Championship<br>29’00 in the Shot Put @ LPS Championship<br>29’04 in the Shot Put @ HAC<br>71’03” in the Discus @ HAC |
| Casper Taw | 70’09 in the Discus @ LNE relays<br>26’08 in the Shot Put @ LNE Relays<br>26’11 in the Shot Put @ LPS Open<br>79’07 in the Discus @ LPS Open<br>28’4.5” in the Shot Put @ G.I. Invite<br>79’00” in the Discus @ G.I. Invite<br>76’10” in the Discus @ Titan Classic<br>81’03 in the Discus @ Harold Scott Invite<br>28’05” in the Shot @ LNS JV<br>84’03” in the Discus @ LNS JV<br>86’02” in the Discus @ HAC |

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|---|---|
| Tyan Thongdy | 1:50.18 in the 800 meter Sprint Medley @ LNE Relays<br>4th place in the 1600 Medley @ LNE Relays 3:49.10<br>12.68 in the 100 @ LPS Open<br>24.95 in the 200 @ LPS Open<br>12.02 in the 100 @ the G.I. Invite<br>25.18 in the 200 @ G.I. Invite<br>1:45.62 in the 800 Sprint Medley @ G.I. Invite<br>12.02 in the 100 @ Harold Scott Invite<br>24.84 in the 200 @ Harold Scott Invite<br>12.36 in the 100 @ LPS Championship<br>25.78 in the 200 @ LPS Championship<br>56.60 in the 400 @ HAC |
| Brynn Tlamka | 6th place in the Pole Vault @ LNE Relays 9'06<br>* CHAMPION * in the Pole Vault @ LPS Open 10'02"<br>3rd place in the Pole Vault @ G.I. Invite 10"00<br>3rd place in the Pole Vault @ Titan Classic 10'00" |
| Brynn Tlamka continued | 3rd place in the Pole Vault @ Harold Scott Invite 9'08"<br>4th place in the Pole Vault @ LPS Championship 10'08"<br>3rd place in the Pole Vault @ HAC 10'08" |
| Von Tobin | 28.37 in the 200 @ LHS/LNE meet |
| Liam Tomas | 26'11" in the Shot Putt @ LPS Open<br>56'11" in the Discus @ LPS Open<br>24'11" in the Shot @ Silver Hawk Invite<br>52'03" in the Discus @ Silver Hawk Invite<br>25'01.50" in the Shot Put @ LHS/LNE meet<br>50'02" in the Discus @ LHS/LNE meet<br>25'06.5" in the Shot Put @ LNS 9th<br>54'06" in the Discus @ LNS 9th |
| Lily Tran | 1:11.70 in the 400 @ LPS Open<br>3:03.44 in the 800 @ LPS Open<br>5th place in the 400 @ Silver Hawk Invite 1:10.62<br>6:35.71 in the 1600 @ Silver Hawk Invite<br>4:41.45 in the 4x400 @ Silver Hawk Invite<br>6:32.68 in the 1600 @ LHS/LNE meet<br>2:52.93 in the 800 @ LHS/LNE meet<br>2:44.97 in the 800 @ LPS JV meet<br>2nd place in the 4x400 @ LPS JV meet 4:37<br>8th place in the 4x800 @ HAC 10:47 |

Lily Tran continued

4th place in the 4x400 @ Fremont JV Invite 5:58.75
* CHAMPION * in the 800 @ Fremont JV Invite 2:51.35
3rd place in the 800 @ LNS JV 2:43.09
2:40.68 in the 800 @ HAC

Yosuke Ueno

12.90 in the 100 @ LPS Open
48.99 in the 300 Hurdles @ LPS Open
52.04 in the 300 Hurdles @ Silver Hawk Invite
6th place in the 300 Hurdles @ LHS/LNE meet / 49.24
47.91 in the 300 Hurdles @ LPS JV meet
4:02.56 in the 4x400 @ LPS JV meet
3rd place in 300 Hurdles @ Fremont JV Invite
5th place in 4x400 @ Fremont JV Invite 4:09.06

Azaylea Vinson

24'00" in the Shot Put @ LPS Open
46'03" in the Discus @ LPS Open
23'04" in the Shot Put @ LPS JV meet
53'06" in the Discus @ LPS JV meet
22'09" in the Shot @ LNS 9th
58'07" in the Discus @ LNS 9th

Samuel Voboril

28'10" in the Shot Putt @ LPS Open
56'02" in the Discus @ LPS Open
29'07" in the Shot @ Silver Hawk Invite
76'09" in the Discus @ Silver Hawk Invite
79'03" in the Discus @ LHS/LNE meet
30'1.5" in the Shot Put @ Titan Classic
28'07.50" in the Shot Put @ Harold Scott Invite
27'05" in the Shot Put @ LPS Championship

Kamarah Walker

* CHAMPION * in the 1600 Medley @ LNE Relay's 4:29.02
* CHAMPION * in the 800 Medley @ LNE Relays 1:56.92
* CHAMPION * in the 4x100 @ G.I. Invite 51.42
2nd place in the 800 Sprint Medley @ G.I. Invite
6th place in the 100 @ Titan Classic 12.73
3rd place in the 4x100 @ Harold Scott Invite 50.52
7th place in the 200 @ Harold Scott Invite 27.08
3rd place in the 100 @ Harold Scott Invite 12.64
5th place in the 100 @ LPS Championship 13.02
3rd place in the 4x100 @ LPS Championship 50.41
27.53 in the 200 @ HAC
3rd place in the 4x100 @ HAC 50.16

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|---|---|
| Zoe Weber | 8’06 in the Pole Vault @ LNE Relays<br>7’08” in the Pole Vault @ LPS Open<br>6th place in the Pole Vault @ Silver Hawk Invite 8’04”<br>3rd place in the Pole Vault @ G.I. Invite 9’00”<br>6th place in the Pole Vault @ LHS/LNE meet 7’06”<br>8’06” in the Pole Vault @ Titan Classic<br>4th place in the Pole Vault @ LPS JV meet 8’11”<br>8’02” in the Pole Vault @ Harold Scott Invite<br>8’08” in the Pole Vault @ LPS Championship<br>8’08” in the Pole Vault @ HAC |
| Sydney Wendt | 3rd place in the DMR @ LNE Relays 13:46<br>6th place in the 4x400 @ LNE Relays 4:30.83<br>5th place in the 800 @ LPS Open 2:31.24<br>* CHAMPION * in the 1600 @ LPS Open 5:28.48<br>2nd place in the 1600 @ G.I. Invite 5:41.84<br>3rd place in the 4x800 @ Titan Classic 10:20.13<br>2nd place in the 3200 @ Harold Scott Invite 12:00.61<br>4th place in the 1600 @ LPS Championship 5:34.62<br>6th place in the 3200 @ LPS Championship 12:17.62<br>4th place in the 1600 @ HAC 5:25.92<br>8th place in the 4x400 @ HAC 4:27.07 |
| Solomon White | 19’11.25 in the Long Jump @ LNE Relays<br>38’10.25 in the Triple Jump @ LNE Relays<br>4th place in the 1600 Medley @ LNE Relays 3:49.10<br>11.88 in the 100 @ LPS Open<br>23.96 in the 200 @ LPS Open<br>20’04 in the Long Jump @ LPS Open<br>37’10.50” in the Triple Jump @ LPS Open<br>11.34 in the 100 @ the G.I. Invite<br>3rd place in the 4x100 @ G.I. Invite 46.26<br>3rd place in the Long Jump @ G.I. Invite 20’05”<br>20’7.5” in the Long Jump @ Titan Classic<br>19’02.25 in the Long Jump @ LPS Championship<br>23.56 in the 200 @ HAC<br>19’09.50” in the Long Jump @ HAC |
| Azrael Whitlock | 12.84 in the 100 @ LPS Open<br>26.02 in the 200 @ LPS Open<br>12.10 in the 100 @ Silver Hawk Invite<br>25.69 in the 200 @ Silver Hawk Invite<br>12.68 in the 100 @ LHS/LNE meet |

Azrael Whitlock continued

26.53 in the 200 @ LHS/LNE meet
6th place in the 4x100 @ LHS/LNE meet / 47.75
12.53 in the 100 @ LPS JV meet
25.28 in the 200 @ LPS JV meet
4th place in the 4x100 @ LPS JV meet 47.66
12.14 in the 100 @ LNS 9th
25.43 in the 200 @ LNS 9th
5th place in the 4x100 @ LNS 9th 48.97
3rd place in the 4x400 @ LNS 9th 3:55.82

Amiylah Willams

14.05 in the 100 @ LPS Open
29.88 in the 200 @ LPS Open
15'03" in the Long Jump @ LPS Open
24'11.50" in the Triple Jump @ LPS Open
13.60 in the 100 @ the G.I. Invite
14'01" in the Long Jump @ LHS/LNE meet
55.24 in the 4x100 @ LHS/LNE meet
13.69 in the 100 @ LHS/LNE meet
3rd place in the 100 @ LPS JV meet 13.54
2nd place in the 4x100 @ LPS JV meet 54.08
* CHAMPION * in the Long Jump @ LPS JV meet 15'02"
6th place in the 100 @ LNS 9th 13.49
3rd place in the 4x100 @ LNS 9th 54.41

Jamier Wilson

* CHAMPION * in the 800 Medley @ LNE Relays 1:56.92
27.73 in the 200 @ LPS Open
13.34 in the 100 @ the G.I. Invite
28.00 in the 200 @ G.I. Invite
1:03.58 in the 400 @ Titan Classic
8th place in the 4x400 @ Harold Scott Invite 4:26.81
1:04.48 in the 400 @ Harold Scott Invite
1:03.26 in the 400 @ LPS Championship
6th place in the 4x400 @ LPS Championship 4:28.11
7th place in the 400 @ HAC 1:02.90

Harper Wold-Smith

6th place in the 4x400 @ LNE Relays 4:30.83
2:41.21 in the 800 @ LPS Open
2:48.22 in the 800 @ G.I. Invite
3rd place in the 4x800 @ Titan Classic 10:20.13
7th place in the 4x800 @ Harold Scott Invite 11:04.33
2:41.38 in the 800 @ Harold Scott Invite
1:10.40 in the 400 @ LPS Championship

Harper Wold-Smith continued

4th place in the 4x800 @ LPS Championship 10:46.77
6:17.00 in the 1600 @ HAC
8th place in the 4x800 @ HAC 10:47

Robiel Yosief

28'01" in the Shot Put @ LNE Relays
59'04" in the Discus @ LNE Relays
27'10" in the Shot Putt @ LPS Open
76'02" in the Discus @ LPS Open
27'01" in the Shot Put @ G.I. Invite
82'01" in the Discus @ G.I. Invite
26'11" in the Shot Put @ Titan Classic
82'00" in the Shot Put @ Titan Classic
28'10.75" in the Shot Put @ Harold Scott Invite
72'05" in the Discus @ Harold Scott Invite

Anabela Zibar

3:23.65 in the 800 @ LPS Open
3:20.62 in the 800 @ Silver Hawk Invite
3:14.87 in the 800 @ LHS/LNE meet
3:20.05 in the 800 @ LPS JV meet

Helena Zibar

3:52 in the 800 @ LPS Open
15:00 in the 4x800 @ Silver Hawk Invite
3:49.28 in the 800 @ LHS/LNE meet
5th place in the 4x800 @ LPS JV meet 14.44.86
4th place in the 4x400 @ Fremont JV Invite 5:58.75
3:50.20 in the 800 @ Fremont JV Invite
3:21.80 in the 800 @ LNS JV