LINCOLN HIGH TRACK AND FIELD



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 HU	RDLES Carrie Moore	15.6	1990
300 METER HU	RDLES Teonna Wimes	46.0	2007
POLE VAULT	Brynn Tlamka	11'00	2024
SHOT PUT	Karen Wilson	43' 8	1978
DISCUS Rob	in Hruby	151' 1	1977
LONG JUMP	Lisa Hunter	17' 5	1984
TRIPLE JUMP	Grace Mayom	38'10.5"	2024
HIGH JUMP	Sydney McAlister	5' 5"	2016
4 x 100 METER SaReya Gieb	RELAY pelhaus Neryah Hekl Zainab I	47.53 Funnah Dajaz	2022 DeFrand
4 x 400 METER	RELAY	4:00.91	1982

Gaylene Gaskins		4:00.91 Michelle Maxey	
4 x 800 METER RELA	Y	9:32.59	1988
Heidi Tussing Lin	da Brown Marg	aret Fisher Kelly	y Loos

Lincoln High School Records

100 METERSKennie Williams*100 METERSBobby Williams	10.52 10.4 Handheld	2023 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 Darius Luff, Dauntavis Lawerence, Zion	41.95 Perry, CJ Jones	2018
4 X 400 METER RELAY Doug Kuszak, Eric Priebe, Jeff Payne	3:23.4 , Aaron Brown	1987

4 X 800 METER RELAY Mike Wilson, Kurt Holliday,	7:57.1 Rod Beery, Chris Swanson	1991
1600 METER MEDLEY	3:35.1	2018
Zion Perry, CJ Jones, Darius	s Luff, LeeAaron Berks	
4000 METER MEDLEY	10:44.38	2003
Chris Clymer, Joel Sievert, D	avid Crabtree, Chris Hatch	
6400 METED DEL AV	10.20 3	1001

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

Jai'Cion Anderson	13.24 in the 100 @ LPS Open 12.91 in the 100 @ LHS/LNE Invite
Jalyn Anderson	13.02 in the 100 @ LPS open 27.21 in the 200 @ LPS Open 27.11 in the 200 @ LHS/LNE Invite 27.11 n the 200 @ LHS/LNE Invite
Scarlett Anderson	4'06 in the High Jump @ Westside Invite
Imani Archie	15'07" in the the Long Jump @ LPS Open 29'05" in the Triple Jump @ LPS Open 13.63 in the 100 @ Westside Invite 27.99 in the 200 @ Westside Invite 13.69 in the 100 @ G.I. Invite 4th place in the 200 @ G.I. Invite 27.71 15'04 in the Long Jump @ G.I. Invite 27.71 in the 200 @ G.I. Invite 28.64 in the 200 @ G.I. Invite 28.21 in the 200 @ G.I. Invite 28.21 in the 200 @ Harold Scott 7th place in the 4x100 @ Harold Scott 53.25 13.69 in the 100 @ LPS Championship 27.86 in the 200 @ LPS Championship 52.78 in the 4x100 @ LPS Championship 54.17 in the 200 @ HAC Championship 55th place in the 4x100 @ Districts 51.03 28.46 in the 200 @ Districts

Vivian Arnold	8'00" in the Pole Vault @ LPS Open 5th place in the Pole Vault @ Westside Invite 8'06" 8'00" in the Pole Vault @ G.I. Invite 5th place in the Pole Vault @ LHS/LNE Invite 7'06" 8'06" in the Pole Vault @ Titan Classic 8'06 in the Pole Vault @ Harold Scott 8'07 in the Pole Vault @ LPS Championship 9'06 in the Pole Vault @ HAC Championship 6th place in the Pole Vault @ Districts 8'06"
Elmina Balas	3:46.08 in the 800 @ LPS Open 3:45.88 in the 800 @ LHS/LNE Invite 8:35 in the 1600 @ 9th grade meet
Emina Balas	3:45.95 in the 800 @ LPS Open 3:55.39 in the 800 @ LHS/LNE Invite 3:56.31 in the 800 @ Fremont Invite
Vivienne Baller	5'06" in the Pole Vault @ LPS Open 5'09" in the Pole Vault @ Silverhawk Invite 6'00" in the Pole Vault @ LHS/LNE Invite 2nd place in the Pole Vault @ 9th grade meet 6'7" 6'07" in the Pole Vault @ LPS Championship
Sania Banks	 4th place in the Mixed 4x400 @ LNE Relays 4:08 30.13 in the 200 @ Westside Invite 1:08.78 in the 400 @ Westside Invite 1:08.50 in the 400 @ G.I. Invite 1:07.84 in the 400 @ Titan Classic 4:28.20 in the 4x400 @ Titan Classic 1:08.44 in the 400 @ LPS Championship 1:06.76 in the 400 @ Districts 4:25.71 1:06.79 in the 400 @ Districts

Ty Bilew	4th place in the Mixed 4x100 @ LNE Relays 1:00.51 88'10" in the Discus @ LNE Relays 32'06" in the Shot @ LNE Relays 74'11" in the Discus @ LPS open 33'06" in the Shot Put @ LPS Open 35'05" in the Shot Put @ Westside 81'11" in the Discus @ Westside 89'02 in the Discus @ G.I. Invite 38'08.75" in the Shot Put @ G.I. Invite 42'04.5" in the Shot Put @ Titan Classic 92'01" in the Discus @ Titan Classic 39'04" in the Shot Put @ Harold Scott 91'11 in the Discus @ LPS Championship 38'07 in the Shot @ LPS Championship 103'09" in the Discus @ HAC Championship 41'7.5 in the Shot @ Districts 115'10" in the Discus @ Districts
Kathryn Boldt	3:21.11 in the 800 @ LPS Open 3:26.00 in the 800 @ Silverhawk Invite 12:13.98 in the 4x800 @ LHS/LNE Invite 3:25.78 in the 800 @ LHS/LNE Invite
Oliver Brassil	6th place in the 1600 @ Fremont Invite 5:12 3rd place in the 3200 @ Fremont Invite 11:37.99
Bella Brown	1:15.94 in the 400 @ LPS Open 3:14 in the 800 @ Silverhawk Invite 12:13.98 in the 4x800 @ LHS/LNE Invite 2:59.14 in the 800 @ LHS/LNE Invite 3:02 in the 800 @ 9th grade meet 7:01 in the 1600 @ 9th grade meet
Emma Brown	3:07.81 in the 800 @ LPS Open 3:10 in the 800 @ Silverhawk Invite 12:13.98 in the 4x800 @ LHS/LNE Invite 3:04.31 in the 800 @ LHS/LNE Invite 3:05 in the 800 @ Fremont Invite

Shayla Burkinshaw	10'01" in the the Long Jump @ LPS Open 18.66 in the 100 @ LPS Open 40.16 in the 200 @ LPS Open 8'10" in the Long Jump @ LHS/LNE Invite
Logan Childs	13.18 in the 100 @ LPS open 27.09 in the 200 @ LPS Open 27.34 in the 200 @ Silverhawk Invite 26.74 n the 200 @ LHS/LNE Invite 25.93 in the 200 @ JV invite 2nd place in the 4x100 @ Fremont Invite 49.97
Lexie Cihal	4th place in the Mixed 4x100 @ LNE Relays 1:00.51 22'06" in the Shot @ LNE Relays 49' in the Discus @ LNE Relays 48'02" in the Discus @ LPS Open 20'10" in the Shot Put @ LPS Open 21'04.50" in the Shot Put @ Westside Invite 52'08 in the 800 @ Westside Invite 51'11 in the Discus @ G.I. Invite 24'04.50" in the Shot Put @ G.I. Invite 24'10.25" in the Shot Put @ Titan Classic 23'03 in the Shot Put @ LPS Championship 22'02.75 in the Shot @ HAC Championship 22'5.75 in the Shot @ Districts 49'00" in the Discus @ Districts
Caden Cleveland	14.05 in the 100 @ LPS open 28.68 in the 200 @ LPS Open 14.06 in the 100 @ LHS/LNE Invite
Michael-Eugene Combs	12.77 in the 100 @ LPS open NH in the High Jump @ LPS open 25.87 in the 200 @ LPS Open 12.54 in the 100 @ Silverhawk Invite 12.62 in the 100 @ LHS/LNE Invite 25.63 in the 200 @ LHS/LNE Invite 12.20 in the 100 @ 9th grade meet 25.13 in the 200 @ 9th grade meet

Trey Crabtree	 3rd place in the SMR 1600 @ LNE Relays 3:52.78 4th place in the Mixed 4x400 @ LNE Relays 4:08 4th place in the 800 @ Westside Invite 2:06.85 4rd place in the 4x400 @ Westside Invite 3:43.27 4:50 in the 1600 @ G.I. Invite 4:43 in the 1600 @ Titan Classic 4th place in the 4x800 @ Titan Classic 8:27.25 2:07.70 in the 800 @ Harold Scott 3:50 in the 4x400 @ Harold Scott 3:60 in the 4x800 @ LPS Championship 8:23.96 4th place in the 4x800 @ LPS Championship 4:35.25 2:07.68 in the 800 @ HAC Championship 4:47.27 in the 1600 @ HAC Championship 5th place in the 4x800 @ Districts 8:34 STATE QUALIFIER 5th place in 1600 @ Districts 4:33 STATE MEET 4:37 in the 1600 @ State Meet
Jazariah Cursey	14.14 in the 100 @ Westside Invite 29.75 in the 200 @ Westside Invite 13.94 in the 100 @ G.I. Invite 29.22 in the 200 @ G.I. Invite 14.04 in the 100 @ Titan Classic 29.24 in the 200 @ Titan Classic 13.91 in the 100 @ Harold Scott 28.60 in the 200 @ Harold Scott * CHAMPION * in the 100 @ Fremont Invite 13.74 * CHAMPION * in the 200 @ Fremont Invite 29.07 28.79 in the 200 @ HAC Championship
Miles DiLillo	5th place in the DMR 4000 @ LNE Relays 11:32 4th place in the Mixed 4x400 @ LNE Relays 4:08 2:12.05 in the 800 @ Westside Invite 4rd place in the 4x400 @ Westside Invite 3:43.27 4th place in the 4x800 @ Titan Classic 8:27.25 2:11.03 in the 800 @ Harold Scott 3:50 in the 4x400 @ Harold Scott 3rd place in the 4x800 @ LPS Championship 8:23.96 2:09.26 in the 800 @ LPS Championship 56.99 in the 400 @ HAC Championship 8:36.04 in the 4x800 @ HAC Championship 6th place in the 4x400 at Districts 3:33.66 2:08.35 in the 800 @ Districts

JaLeah Divers-Sidney	4th place in the Mixed 4x400 @ LNE Relays 4:08 2nd place in the SMR 1600 @ LNE Relays 4:37 2:46.03 in the 800 @ G.I. Invite 2nd place in the 4x400 @ 9th grade meet 4:44.50
Cesarius Dhal - Loving	12.64 in the 100 @ LPS open 18'05" in the Long Jump @ LPS open 25.56 in the 200 @ LPS Open 34'02" in the Triple Jump @ LPS Open 4th place in the Long Jump @ Silverhawk Invite 18'08.50" 36'07.50" in the Triple Jump @ Silverhawk Invite 25.24 in the 200 @ Silverhawk Invite 3rd place in the Long Jump @ LHS/LNE Invite 17'10.75" 36'03.75" in the Triple Jump @ LHS/LNE Invite 12.58 in the 100 @ LHS/LNE Invite 12.35 in the 100 @ LHS/LNE Invite 12.55 in the 100 @ LPS Championship 25.44 in the 200 @ LPS Championship
Wedasay Ephrem	3:39.25 in the 800 @ LPS Open 1:32.37 in the 400 @ 9th grade meet
Bryce Frost	12.36 in the 100 @ LPS open 25.09 in the 200 @ LPS Open 25.07 in the 200 @ G.I. Invite 12.17 in the 100 @ LHS/LNE Invite 25.16 n the 200 @ LHS/LNE Invite 11.90 in the 100 @ 9th grade meet 3rd place in the 200 @ 9th grade meet
Amy Hermsen	4'2 in the High Jump @ LNE Relays 30.80 in the 200 @ LPS Open 4'4 in the High Jump @ LPS Open 4'02 in the High Jump @ LHS/LNE Invite 14.78 in the 100 @ LHS/LNE Invite 4'2 in the High Jump @ 9th grade meet 2nd place in the 4x400 @ 9th grade meet 4:44.50
Conner Hoefer	4'08" in the High Jump @ LHS/LNE Invite 4'10 in the High Jump @ 9th grade meet

Kabeh Hutu-Akio	10'11" in the the Long Jump @ LPS Open 16.87 in the 100 @ LPS Open 40.24 in the 200 @ LPS Open
Gwynn Hahn	14.88 in the 100 @ LPS Open 14.43 in the 100 @ LHS/LNE Invite 55.65 in the 300 hurdles @ LPS Open 57.64 in the 300 hurdles @ Silverhawk Invite 54.19 in the 300 hurdles @ LHS/LNE Invite 2nd place in the 300 hurdles @ Fremont Invite 54.64
Zion Jenkins	3rd place in the SMR 800 @ LNE Relays 1:41.59 3rd place in the SMR 1600 @ LNE Relays 3:52.78 25.06 in the 200 @ Westside Invite 4rd place in the 4x400 @ Westside Invite 3:43.27 6th place in 400 @ G.I. Invite 55.03 25.14 in the 200 @ Titan Classic 55.69 in the 400 @ Titan Classic 12.06 in the 400 @ Harold Scott 24.96 in the 200 @ Harold Scott 3:50 in the 4x400 @ Harold Scott 54.32 in the 400 @ LPS Championship 55.01 in the 400 @ HAC Championship 6th place in the 4x400 at Districts 3:33.66 55.46 in the 400 @ Districts
Jordan Johnson	14.01 in the 100 @ LPS open 28.69 in the 200 @ LPS Open 4'10 in the High Jump @ LHS/LNE Invite 28.73 in the 200 @ LHS/LNE Invite 4'10" in the High Jump @ 9th grade meet 28.49 in the 200 @ 9th grade meet
Emerson Jorges	28'07" in the Triple Jump @ LPS Open 13'01 in the Long Jump @ LPS Open 13'03.05" in the Long Jump @ Silverhawk Invite 30'02.50 in the Triple Jump @ Silverhawk Invite 11'10.50" in the Long Jump @ LHS/LNE Invite 29'00.25 in the Triple Jump @ LHS/LNE Invite 12'11" in the Long Jump @ 9th grade meet 5rd place in the Triple Jump @ 9th grade meet 29'03.25"

Luna Juneau-Garcia	12'08" in the the Long Jump @ LPS Open 28'07" in the Triple Jump @ LPS Open 3'10"in the High Jump @ LPS Open 25'09" in the Triple Jump @ LHS/LNE Invite 3'06" in the High Jump @ LHS/LNE Invite 3:24 in the 800 @ LHS/LNE Invite 1:21.73 in the 400 @ Fremont Invite 3:52.27 in the 800 @ Fremont Invite
Tee Kaw	16'10" in the Long Jump @ LNE Relays 33'10.25" in the Triple jump at LNE Relays 16'11" in the Long Jump @ LPS open 35'05" in the Triple Jump @ LPS Open 36'1.5" in the Triple Jump @ G.I. Invite 17'03.75" in the Long Jump @ LHS/LNE Invite 6th place in the Triple Jump @ LHS/LNE Invite 36'07.75"
Mykinzie Keller	2nd place in the SMR 1600 @ LNE Relays 4:37 14'08.50" in the Long Jump @ LNE Relays 29'09.50" in the Triple Jump @ LNE Relays 13.44 in the 100 @ Westside Invite 14'02" in the in the Long Jump @ Westside Invite 30'06.25" in the Triple Jump @ Westside Invite 13.63 in the 100 @ G.I. Invite 28.39 in the 200 @ G.I. Invite 13.55 in the 100 @ Titan Classic 28.40 in the 200 @ Titan Classic 13.42 in the 100 @ Harold Scott 7th place in the 4x100 @ Harold Scott 53.25 13.76 in the 100 @ LPS Championship 52.78 in the 4x100 @ LPS Championship 13.41 in the 100 @ HAC Championship 28.09 in the 200 @ HAC Championship 5th place in the 4x100 @ Districts 51.03 13.73 in the 100 @ Districts 28.06 in the 200 @ Districts
DJ Kennedy	5'06" in the High Jump @ LHS/LNE Invite 12.87 in the 100 @ LHS/LNE Invite 5th place tied in the 200 @ Fremont Invite 25.64 2nd place in the 4x100 @ Fremont Invite 49.97

Malayah Kennedy	* CHAMPION * in the High Jump @ Fremont Invite 5'08" 14.41 in the 100 @ LPS Open 30.05 in the 200 @ LPS Open 30.64c in the 200 @ Silverhawk Invite 29.48 in the 200 @ LHS/LNE Invite 1:13.85 in the 400 @ 9th grade meet
Amira Keys	31.35 in the 200 @ LPS Open 12'09" in the Long Jump @ LHS/LNE Invite 14.07 in the 100 @ LHS/LNE Invite
Mitchell Kingery	2:25 in the 800 @ LPS Open 10:22 in the 4 x800 @ Silverhawk Invite 2:31 in the 800 @ Silverhawk Invite 2:27 in the 800 @ LHS/LNE Invite 9:49 in the 4x800 @ Harold Scott
Natale Korhees	15'06" in the Shot Put @ LPS Open 30'05 in the Discus @ LHS/LNE Invite 16'01.50 in the Shot @ LHS/LNE Invite
Abby Kruse	2nd place in the SMR 1600 @ LNE Relays 4:37 3rd place in the SMR 1600 @ LNE Relays 14:14 4th place in the 800 @ G.I. Invite 2:26.40 6th place in the 800 @ Titan Classic 2:23.80 4:28.20 in the 4x400 @ Titan Classic 8th place in the 4x800 @ Harold Scott 10:30.96 7th place in the 1600 @ Harold Scott 5:26.16 4th place in the 800 @ LPS Championship 2:25.55 5:34 in the 1600 @ LPS Championship 5:32 in the 1600 @ HAC Championship 7th place in the 4x800 @ HAC Championship 10:16.03 6th place in 4x400 @ Districts 4:25.71 STATE QUALIFIER 5th place in the 1600 @ Districts 5:25.72 STATE MEET 5:36 in the 16000 @ State Meet
Maimouna Kromah	14.95 in the 100 @ LPS Open 14.56 in the 100 @ 9th grade meet

Tatum Lambert	20'04.50" in the Shot @ LNE Relays 67'09" in the Discus @ LNE Relays 63'06 in the Discus @ LPS Open 23'05" in the Shot Put @ LPS Open 23'01 in the Shot Put @ Westside invite 69'02 in the Discus @ Westside Invite 66'11" in the Discus @ G.I. Invite 22'09.05" in the Shot Put @ G.I. Invite 68'0" in the Discus @ Titan Classic 78'02 in the Discus @ LPS Championship 71'08" in the Discus @ HAC Championship
Eli Larson	12:45 in the 3200 @ LSW Invite 12:55 in the 3200 @ LHS/LNE Invite 9:49 in the 4x800 @ Harold Scott
TessaLyn Loos	11'09" in the the Long Jump @ LPS Open 16.81 in the 100 @ LPS Open 36.18 in the 200 @ LPS Open
Emma Loving	22'05.50" in the Shot @ LNE Relays 52'03 in the Discus @ LNE Relays 60'09" in the Discus @ LPS Open 23'02" in the Shot Put @ LPS Open 20'10" in the Shot Put @ Westside Invite 61'03 in the Discus @ Westside Invite 58'06 in the Discus @ G.I. Invite 24'06 in the Shot Put @ G.I. Invite 61'03 in the Discus @ Titan Classic 24'02 in the Shot @ LPS Championship 23'09" in the Shot @ HAC Championship 65'05" in the Discus @ HAC Championship 24'1.5" in the Shot @ Districts 67'02" in the Discus @ Districts
Gionna Loving	16.02 in the 100 @ 9th grade meet

Nyaboth Lual	3rd place in the Triple Jump @ LPS Open 34'06.50" 14.27 in the 100 @ LPS Open 15'08 in the Long Jump @ LPS Open 15'04 in the Long Jump @ G.I. Invite 33'05" in the Triple Jump @ G.I. Invite 6th place in the Long Jump @ LHS/LNE Invite 14'09.75" 2nd place in the Triple Jump @ LHS/LNE Invite 33'01.25" 29.99 in the 200 @ LHS/LNE Invite 33'9.5" in the Triple Jump @ Harold Scott Invite 32'02.50 in the Triple Jump @ LPS Championship 32'03.50 in the Triple Jump @ HAC Championship 33'7.5" in the Triple Jump @ Districts
Aenaya Lucius	13'03" in the the Long Jump @ LPS Open 28'09" in the Triple Jump @ LPS Open 30.81 in the 200 @ LPS Open 13'04" in the Long Jump @ Silverhawk Invite 30'07.50" in the Triple Jump @ Silverhawk Invite 12'08.75" in the Long Jump @ LHS/LNE Invite 28'04 in the Triple Jump @ LHS/LNE Invite 13'02" in the Long Jump @ 9th grade meet 6th place in the Triple Jump @ 9th grade meet 28'08
Dytrell Mattox	12.24 in the 100 @ LPS open 24.83 in the 200 @ LPS Open
Tymar Mattox	 3rd place in the SMR 800 @ LNE Relays 1:41.59 19"00.50" in the Long Jump @ LNE Relays 4th place in the Triple Jump @ LNE Relays 40'07.50" 11.57 in the 100 @ Westside Invite 18'07 in the Long Jump @ Westside Invite 2nd place in the Triple Jump @ Westside Invite 42'05" 19'00.75" in the Long Jump @ G.I. Invite 3rd place in the Triple Jump @ 41'00.50 11.53 in the 100 @ Titan Classic 6th place in the Long Jump @ Titan Classic 21'03.75" * CHAMPION * in the Triple Jump @ Harold Scott 11.40 in the 100 @ Harold Scott 45.73

	 6th place in the Long Jump @ LPS Championship 37'00.25 in the Triple Jump @ LPS Championship 11.59 in the 100 @ LPS Championship 44.51 in the 4x100 @ LPS Championship 44.99 in the 4x400 @ HAC Championship 20'06" in the Long Jump @ HAC Championship 7th place in the Triple Jump @ HAC Championship 43'05" 6th place in the 4x100 @ Districts 44.41 STATE QUALIFIER 7th place in the Long Jump @ Districts 21'2.5" 3rd place in the Triple Jump @ Districts 43'7.25" STATE MEET 40'08.75 in the Triple Jump @ State Meet 20'11.75 in the Long jump @ State Meet
Adia Mayom	 16'03 in the the Long Jump @ LPS open 4th place in the Triple Jump @ LPS Open 34'03 6th place in the Long Jump @ G.I. Invite 16'01" 4th place in the Triple Jump @ 35'05.75" 16'04 in the Long Jump @ Titan Classic 4th place in the Triple Jump @ 35'01 16'00" in the Long Jump @ 16'00" 5th place in the Triple Jump @ Harold Scott 35'03.50 16'07.25" in the Long Jump @ LPS Championship 6th place in the Triple Jump @ HAC Championship 35'07.50" 7th place in the Triple Jump @ HAC Championship 36'00.50" 15'9.57 in the Long Jump @ Districts STATE QUALIFIER 2nd place in the Triple Jump @Districts 37'2.5"
Grace Mayom	 36'06.75 in the Triple Jump @ State Meet 2nd place in the SMR 1600 @ LNE Relays 4:37 15'05" in the Long Jump @ LNE Relays 3rd place in the Triple Jump @ LNE Relays 35'02.50" 28.10 in the 200 @ Westside Invite 5th place in the Long Jump @ Westside Invite 15'01" * CHAMPION * in the Triple Jump @ Westside Invite 36'09.50" 4:28.20 in the 4x400 @ Titan Classic 16'07 in the Long Jump @ Titan Classic 3rd place in the Triple Jump @ Titan Classic 3rd place in the Long Jump @ Harold Scott 17'01" 7th place in the 4x100 @ Harold Scott 53.25

Grace Mayom continued	2nd place in the Long Jump @ LPS Championship 17'04.75" the Triple Jump @ LPS Championship 37'09.25 * MEET RECORD* 28.09 in the 200 @ LPS Championship 52.78 in the 4x100 @ LPS Championship 13.62 in the 100 @ HAC Championship 14'11" in the Long Jump @ HAC Championship 2nd place in the Triple Jump @ HAC Championship 37'05" 6th place in 4x400 @ Districts 4:25.71 6th place in the Long Jump @ Districts 16'0.5" STATE QUALIFIER the Triple Jump @ Districts 38'10.5" *SCHOOL RECORD* STATE MEET 2nd place in the Triple Jump @ State Meet 38'04.25"
Destiny McKinney	13'06.5" in the Long Jump @ LNE Relays 29'09.75" in the Triple Jump @ Westside Invite 13'8.75 in the Long Jump @ Westside Invite * CHAMPION * in the Long Jump @ LHS/LNE Invite 15'11" 5th place in the Triple Jump @ LHS/LNE Invite 30'06.50" 14'03.5" in the Long Jump @ LPS Championship
Harmony McKinney	14.64 in the 100 @ LPS Open 32.63 in the 200 @ LPS Open 14.14c in the 100 @ Silverhawk Invite 14.61 in the 100 @ LHS/LNE Invite 3rd lace in the 100 @ Fremont Invite 14.22
Jamie Miller	46'01" in the Discus @ LPS Open 1:30.02 in the 400 @ LPS Open 35'11" in the Discus @ Silverhawk Invite 1:30.84 c in the 400 @ Silverhawk Invite 43'08 in the Discus @ LHS/LNE Invite 1.25.54 in the 400 @ LHS/LNE Invite 33'09 in the Discus @ 9th grade meet 1:32.38 in the 400 @ 9th grade meet
Akira Moody	30.50 in the 200 @ LHS/LNE Invite 34.12 in the 200 @ Fremont Invite
Marquell Murphy	13.67 in the 100 @ LPS open 27.85 in the 200 @ LPS Open

28.09 n the 200 @ LHS/LNE Invite

Tayvian Newcomb	14.17 in the 100 @ LPS open 28.55 in the 200 @ LPS Open
Jerusha Osborne	 3rd place in the SMR 1600 @ LNE Relays 14:14 12:41 in the 3200 @ G.I. Invite 2:37.30 in the 800 @ Titan Classic 5:50 in the 1600 @ Titan Classic 8th place in the 4x800 @ Harold Scott 10:30.96 7th place in the 3200 @ Harold Scott 12:34 12:50 in the 3200 @ LPS Championship 5:53 in the 1600 @ HAC Championship 7th place in the 4x800 @ HAC Championship 10:16.03 12:45. 43 in the 3200 @ Districts
Jared Obidowski	2:33.28 in the 800 @ LPS Open 2:36.50 in the 800 @ LHS/LNE Invite 9:49 in the 4x800 @ Harold Scott 12:48 in the 3200 @ Fremont Invite
Peter Otto	2:38.62 in the 800 @ LPS Open 10:22 in the 4 x800 @ Silverhawk Invite 2:40 in the 800 @ Silverhawk Invite 2:36.13 in the 800 @ LHS/LNE Invite 2:32.98 in the 800 @ Fremont Invite
Gigi Owens	4'02" in the High Jump @ LNE Relays 4'06 in the High Jump @ LPS Open 13.73 in the 100 @ LPS Open 28.04 in the 200 @ LPS Open 5th place in the High Jump @ Westside Invite 4' 10" 3rd place tie in the High Jump @ G.I. Invite 4'10" 4'06 in the High Jump @ Harold Scott 27.57 in the 200 @ Harold Scott 7th place in the 4x100 @ Harold Scott 53.25 5th place in the High Jump @ LPS Championship 52.78 in the 200 @ LPS Championship 52.78 in the 4x100 @ LPS Championship 5th place in the 4x100 @ HAC Championship 4'08" in the High Jump @ HAC Championship

Ka Du Paw	6th place in 4x400 @ Districts 4:25.71 5'00" in the High Jump @ Districts 27.37 in the 200 @ Districts 5th place in the 4x100 @ Districts 51.03 14.53 in the 100 @ LPS open 14'07" in the Long Jump @ LPS open 33'05" in the Triple Jump @ LPS open 30.62 in the 200 @ LPS Open 14'08.75" in the Long Jump @ LHS/LNE Invite 34'01.50" in the Triple Jump @ LHS/LNE Invite 14.76 in the 100 @ LHS/LNE Invite 16'01 in the Long Jump @ 9th grade meet 35'01.25" in the Triple Jump @ 9th grade meet
George Perea	12.80 in the 100 @ LPS open 17'03" in the Long Jump @ LPS open 34'09" in the Triple Jump @ LPS open 27.26 in the 200 @ LPS Open 17'02.5" in the Long Jump @ Silverhawk Invite 36'02" in the Triple Jump @ Silverhawk Invite 12.74c in the 100 @ Silverhawk Invite 16'04 in the Long Jump @ LHS/LNE Invite 34'01.50 in the Triple Jump @ LHS/LNE Invite 13.11 in the 100 @ LHS/LNE Invite 6th place in the Long Jump @ 9th grade meet 17'11" 35'11" in the Triple Jump @ 9th grade meet 12.56 in the 100 @ 9th grade meet
Ezra Proctor	 18'09.50" in the Long Jump @ LNE Relays 6th place in the Triple Jump @ LNE Relays 38'04.50" 24.90 in the 200 @ Westside Invite 17'10.50" in the Long Jump @ Westside Invite 36'08" in the Triple Jump @ Westside Invite 11.64 in the 100 @ G.I. Invite 38'03 in the Triple Jump @ G.I. Invite 11.89 in the 100 @ Titan Classic 6th place in the 4x100 @ Titan Classic 39'04 in the Triple Jump @ Titan Classic 18'10.50" in the Long Jump @ Harold Scott 39'08 in the Triple Jump @ Harold Scott 7th place in the 4x100 @ Harold Scott 45.73

Ezra Proctor continued	40'07.25" in the Triple Jump @ LPS Championship 12.12 in the 100 @ LPS Championship 44.51 in the 4x100 @ LPS Championship 44.99 in the 4x400 @ HAC Championship 37'03.25 in the Triple Jump @ HAC Championship 11.71 in the 100 @ Districts 18'02" in the Long Jump @ Districts 39'0.5" in the Triple Jump @ Districts
Gatkouth Pouch	2nd place in the High Jump @ LNE Relays 5'08" 5'06 in the High Jump @ Westside Invite 5'08" in the High Jump @ G.I. Invite 5'06" in the High Jump @ Titan Classic 5'09" in the High Jump @ Harold Scott 2nd place in the High Jump @ LPS Championship 5'08 5'09 in the High Jump @ Districts
Zane Rehfeldt	14.56 in the 100 @ LPS open 28.64 in the 200 @ LPS Open 13.88 in the 100 @ Fremont Invite 2nd place in the 4x100 @ Fremont Invite 49.97
Hutton Rettig	 5th place in the DMR 4000 @ LNE Relays 11:32 4:48 in the 1600 @ Westside Invite 10:43 in the 3200 @ G.I. Invite 2:16 in the 800 @ Titan Classic 4:51 in the 1600 @ Titan Classic 10:13 in the 3200 @ Harold Scott 10:12 in the 3200 @ LPS Championship 4:52 in the 1600 @ HAC Championship 8:36.04 in the 4x800 @ HAC Championship 10:30 in the 3200 @ Districts 5th place in the 4x800 @ Districts 8:34
Jonah Reynolds	 5th place in the DMR 4000 @ LNE Relays 11:32 4:58 in the 1600 @ Westside Invite 2:09.25 in the 800 @ G.I invite 2:08.10 in the 800 @ Titan Classic 4th place in the 4x800 @ Titan Classic 8:27.25 2:09.67 in the 800 @ Harold Scott 5:14 in the 1600 @ Harold Scott 3rd place in the 4x800 @ LPS Championship 8:23.96 2:06.44 in the 800 @ LPS Championship 2:09.82 in the 800 @ HAC Championship

	8:36.04 in the 4x800 @ HAC Championship 2:07 in the 800 @ Districts
Kevionna Rhodes	15.14 in the 100 @ LPS Open 32.51 in the 200 @ LPS Open 15.50 in the 100 @ LHS/LNE Invite 32.38 n the 200 @ LHS/LNE Invite 32.46 in the 200 @ Fremont Invite
Andel Riyangow	 12.58 in the 100 @ LPS open 18'10" in the Long Jump @ LPS open 5'00" in the High Jump @ LPS open 5th place in the Long Jump @ G.I. 19'09.25" * CHAMPION * in the Triple Jump @ LHS/LNE Invite 38'05" 5'00"in the High Jump @ LHS/LNE Invite 20'01.75" in the Long Jump @ Titan Classic 19'05.50 in the Long Jump @ Harold Scott 39'05" in the Triple Jump @ LPS Championship 19'03" in the Long Jump @ HAC Championship 19'4.25" in the Long Jump @ Districts
Jaidyn Robinson	13.83 in the 100 @ 9th grade meet
Cooner Root	14.56 in the 100 @ LPS open 14.82 in the 100 @ LHS/LNE Invite 14.16 in the 100 @ Fremont Invite
Salam Saydo	2:44.21 in the 800 @ LPS Open 1:08.94c in the 400 @ Silverhawk Invite 2:37.41 in the 800 @ LHS/LNE Invite 1:08.72 in the 400 @ Fremont Invite 2:51.95 in the 800 @ Fremont Invite
Charles Schmaderer	2:20.56 in the 800 @ LPS Open 10:22 in the 4 x800 @ Silverhawk Invite 5:27.86 in the 1600 @ LHS/LNE Invite 2:32 in the 800 @ LHS/LNE Invite 9:49 in the 4x800 @ Harold Scott * CHAMPION * in the 800 @ Fremont Invite 2:16.50 8:36.04 in the 4x800 @ HAC Championship 5th place in the 4x800 @ Districts 10:30.54

	2:14.69 in the 800 @ Districts
Joseph Seifferlien	5th place in the DMR 4000 @ LNE Relays 11:32 4:46 in the 1600 @ Westside Invite 2:06.50 in the 800 @ G.I. Invite 2:06.80 in the 800 @ Titan Classic 4th place in the 4x800 @ Titan Classic 8:27.25 4:45 in the 1600 @ Harold Scott 3:50 in the 4x400 @ Harold Scott 3rd place in the 4x800 @ LPS Championship 8:23.96 4:45 in the 1600 @ LPS Championship 2:07.69 in the 800 @ HAC Championship 4:50.21 in the 1600 @ HAC Championship 5th place in the 4x800 @ Districts 10:30.54 4:38 in the 1600 @ Districts 6th place in the 4x400 at Districts 3:33.66
Hugh Skretta	13.32 in the 100 @ LPS open 26.98 in the 200 @ LPS Open 3rd place in the 300 @ 9th grade meet 50.92
Jacob Smith	10:22 in the 4 x800 @ Silverhawk Invite 6:08 in the 1600 @ Silverhawk Invite
Hadi Sorilla	15.04 in the 100 @ LPS Open 30.57 in the 200 @ Silverhawk Invite 32.04c in the 200 @ Silverhawk Invite 15.28 in the 100 @ LHS/LNE Invite 31.26 n the 200 @ LHS/LNE Invite 30.21 in the 200 @ 9th grade meet 2nd place in the 4x400 @ 9th grade meet 4:44.50
Ahmani Sulley	4th place in the Mixed 4x100 @ LNE Relays 1:00.51 25' in the Shot @ LNE Relays 65' in the Discus @ LNE Relays 36'01in the Discus @ LPS Open 23'09" in the Shot Put @ LPS Open 25'07" in the Shot Put @ Westside Invite 64'00" in the Discus @ Westside Invite 64'08 in the Discus @ G.I. Invite 24'03 in the Shot Put @ G.I. Invite 25'07 in the Shot Put @ Titan Classic

Ahmani Sulley continued	65'00 in the Discus @ Titan Classic 6th place in the Discus @ 9th grade meet 24'06.50 in the Shot @ 9th grade meet 24'1" in the Shot @ LPS CHampionship 79'04 in the Discus @ LPS Championship 24'11.75 in the Shot @ HAC Championship 63'11 in the Shot @ HAC Championship 26'3.75 in the Shot @ Districts 79'11" in the Discus @ Districts
Casper Taw	56'05" in the Discus @ LNE Relays 58'09" in the Discus @ LPS open 22'09" in the Shot Put @ LPS Open 22'11" in the Shot Put @ Silverhawk Invite 58'02 in the Discus @ Silverhawk Invite 50'02 in the Discus @ LHS/LNE Invite 23'02 in the Shot Put @ LHS/LNE Invite 64'09 in the Discus @ 9th grade meet 23'04 in the Shot @ 9th grade meet
Daysia Thomas	13'03" in the Long Jump @ LNE Relays 13.94c in the 100 @ Silverhawk Invite 34.84c in the 200 @ Silverhawk Invite 29'07" in the Triple Jump @ Westside Invite 13'08.50 in the Long Jump @ LHS/LNE Invite 30'04.25" in the Triple Jump @ LHS/LNE Invite 14.09 in the 100 @ LHS/LNE Invite 14.16 in the 100 @ Harold Scott 14.27 in the 100 @ LPS Championship
Tyan Thongdy	12.88 in the 100 @ LPS open 26.76 in the 200 @ LPS Open 12.04c in the 100 @ Silverhawk Invite 25.80 in the 200 @ Silverhawk Invite 12.59 in the 100 @ LHS/LNE Invite 25.74 n the 200 @ LHS/LNE Invite 5th place in the 100 @ Fremont Invite 12.18 4th place in the 200 @ Fremont Invite 25.19 2nd place in the 4x100 @ Fremont Invite 49.97

Brynn Tlamka 2nd place in t	 3rd place in the Pole Vault @ LNE Relays 10'00" 3rd place tied in the Pole Vault @ LPS Open 9'06" 2nd place tied in the Pole Vault @ Westside Invite 10'00" 2nd place tied in the Pole Vault @ G.I. Invite 9'06" 2nd place tied in the Pole Vault @ Titan Classic 10'00" 3rd place tied in the Pole Vault @ Harold Scott 10'00" 2nd place tied in the Pole Vault @ LPS Championship 10'01" the Pole Vault @ HAC Championship 11'00" *SCHOOL RECORD* STATE QUALIFIER 3rd place in the Pole Vault @ Districts 10'06" STATE MEET 4th place in the Pole Vault @ State Meet 11'00"
Von Tobin	13.06 in the 100 @ LPS open 16'08.5" in the Long Jump @ LPS open 27.38 in the 200 @ LPS Open
Robiel Yosief	21'11 in th Shot @ LPS Open 57'06" in the Discus @ LPS Open 23'8.5 in the Shot @ Silver Hawk Invite 62'01" in the Discus @ Silver Hawk Invite 22'2.5" in the Shot @ LHS/LNE Invite 61'05" in the Discus @ LHS/LNE Invite 24'02" in the Shot @ Fremont Invite 59'08 in the Discus @ Fremont Invite
Kamarah Walker	15'08" in the the Long Jump @ LPS open 6th place in the Triple Jump @ LPS Open 34'00" 13.21 in the 100 @ LPS Open 27.87 in the 200 @ LPS Open 3rd place in the 100 @ G.I. Invite 13.29 5th place in the Long Jump @ G.I. Invite 16'01.50" 33'08" in the Triple Jump @ G.I. Invite 4th place in the 100 @ Titan Classic 12.77 5th place in the Long Jump @ Titan Classic 16'8.75" 33'08" in the Triple Jump @ Titan Classic 7th place in the 100 @ HAC Championship 13.24 5th place in the 4x100 @ HAC Championship 51.34 3rd place in the Long Jump @ HAC Championship 16'08" 5th place in the 4x100 @ Districts 51.03 13.12 in the 100 @ Districts

	2nd place in the Long Jump @ 16'10.5" STATE MEET 16'00.50" in the Long Jump @ State Meet
Louis Welstead	11.74 in the 100 @ LPS open 18'02.75" in the Long Jump @ LPS open 38'09" in the Triple Jump @ LPS open 23.94 in the 200 @ LPS Open 11.56 in the 100 @ G.I. Invite 39'07" in the Triple Jump @ G.I. Invite 11.86 in the 100 @ Titan Classic 6th place in the 4x100 @ Titan Classic 44.47 39'06 in the Triple Jump @ Titan Classic 41'01" in the Triple Jump @ Harold Scott 23.81 in the 200 @ Harold Scott 7th place in the 4x100 @ Harold Scott 45.73 39'05" in the Triple Jump @ LPS Championship 24.05 in the 200 @ LPS Championship 11.51 in the 4x100 @ LPS Championship 11.51 in the 4x00 @ HAC Championship 39'05" in the Triple Jump @ HAC Championship 39'05" in the Triple Jump @ HAC Championship 11.51 in the Triple Jump @ Districts 44.41 41'0.5" in the Triple Jump @ Districts 11.53 in the 100 @ Districts
Ruby Welstead	15'01" in the the Long Jump @ LPS Open 28'09.50" in the Triple Jump @ LPS Open 14.48 in the 100 @ LPS Open 30.02 in the 200 @ LPS Open 15'06" in the Long Jump @ Silverhawk Invite 29'09" in the Triple Jump @ Silverhawk Invite 14.44c in the 100 @ Silverhawk Invite 4th place in the Long Jump @ LHS/LNE Invite 15'03.25" 3rd place in the Triple Jump @ LHS/LNE Invite 31'07.50" 29.58 n the 200 @ LHS/LNE Invite 3rd place tied in the High Jump @ 9th grade meet 15'03.25" 1:11.63 in the 400 @ 9th grade meet 29.15 in the 200 @ 9th grade meet
Mia Wendt	3rd place in the SMR 1600 @ LNE Relays 14:14 2:54.38 in the 800 @ G.I. Invite 6:12 in the 1600 @ G.I. Invite

	 8th place in the 4x800 @ Harold Scott 10:30.96 6:16 in the 1600 @ Harold Scott 7th place in the 4x800 @ HAC Championship 10:16.03
Sydney Wendt	 3rd place in the SMR 1600 @ LNE Relays 14:14 4th place in the 1600 @ Westside Invite 5:36 4th place in the 3200 @ G.I. Invite 12:27 5:39 in the 1600 @ Titan Classic 4:28.20 in the 4x400 @ Titan Classic 8th place in the 4x800 @ Harold Scott 10:30.96 5:30 in the 1600 @ Harold Scott 5th place in the 3200 @ LPS Championship 12:01 2:51 in the 800 @ LPS Championship 5:31 in the 1600 @ HAC Championship 7th place in the 4x800 @ HAC Championship 10:16.03 STATE QUALIFIER 6th place in the 3200 @ Districts 12:11 STATE MEET 11:47 in the 3200 @ State Meet
Zachary Wesselhhoft	 CHAMPION * in the High Jump @ LNE Relays 5'11" 3rd place in the SMR 800 @ LNE Relays 1:41.59 3rd place in the SMR 1600 @ LNE Relays 3:52.78 23.59 in the @ Westside Invite 4th place in the 4x400 @ Westside Invite 3:43.27 4th place in the High Jump @ Westside Invite 5'08" 11.56 in the 100 @ G.I. Invite 5th place in the High Jump @ G.I Invite 6'00" 23.60 in the 200 @ Titan Classic 6th place in the 4x100 @ Titan Classic 44.47 CHAMPION * in the High Jump @ Titan Classic 6'02" CHAMPION * in the High Jump @ Titan Classic 6'01" 22.93 in the 200 @ Harold Scott 7th place in the 4x100 @ Harold Scott 45.73 CHAMPION * in the High Jump @ LPS Championship 6'04 23.87 in the 200 @ LPS Championship 24.51 in the 4x100 @ LPS Championship 24.51 in the 4x100 @ Districts 44.41 6th place in the 4x100 @ Districts 44.41 6th place in the 4x400 at Districts 3:33.66 23.56 in the 200 @ Districts STATE QUALIFIER 4th place in the High Jump @ Districts 6'01

STATE MEET

7th place in the High Jump @ State Meet 6'2"

Solomon White	3rd place in the SMR 800 @ LNE Relays 1:41.59 3rd place in the SMR 1600 @ LNE Relays 3:52.78 20'01" in the Long Jump @ LNE Relays 37'09.50" in the Triple Jump @ LNE Relays 11.55 in the 100 @ Westside Invite 17'11.50" in the Long Jump @ Westside Invite 38'04.75" in the Triple Jump @ Westside Invite 4th place in 200 @ G.I. Invite 23.05 19'00.50 in the Long Jump @ G.I. Invite 11.85 in the 100 @ HAC Championship 6th place in the 4x100 @ Districts 44.41 11.74 in the 100 @ Districts
Ayla Williams	18.75 in the 100 @ LPS Open 35.42 in the 200 @ LPS Open 18.69 in the 100 @ LHS/LNE Invite 15.06 in the 100 @ Fremont Invite
Corlen Williams Barney	 * CHAMPION * in the Discus @ LNE Relays 145'00" * CHAMPION * in the Discus @ LPS Open 144'10" 4th place in the Mixed 4x100 @ LNE Relays 1:00.51 3rd place in the Shot @ LNE Relays 44'04" * CHAMPION * in the Discus @ LPS Open 144'10" 41'07" in the Shot Put @ LPS Open 43'00.50 in the Shot Put @ Westside 4th place in the Discus @ Westside 133'06" 5th place in the Shot Put @ Titan Classic 46'03.50" 4th place in the Discus @ Titan Classic 144'00" 3rd place in the Discus @ Titan Classic 144'00" 3rd place in the Discus @ Harold Scott 152'08" * CHAMPION * in the Discus @ LPS Championship 148'05" A3'00"in the Shot @ LPS Championship Th place in the Shot @ HAC Championship 48'03.75" STATE QUALIFIER 3rd place in the Discus @ Districts 149'07" 3rd place in the Discus @ Districts 149'07"

Harper Wold-Smith	12:13.98 in the 4x800 @ LHS/LNE Invite 5th place in the 800 @ 9th grade meet 2:50 2nd place in the 4x400 @ 9th grade meet 4:44.50 2:42.55 in the 800 @ HAC Championship 2:41.57 in the 800 @ Districts
HelenaZiber	3:43.89 in the 800 @ LPS Open 3:37.39 in the 800 @ LHS/LNE Invite 8:19 in the 1600 @ 9th grade meet