

# Blue Valley Southwest - 5A Regionals

Varsity		GIRLS	1st Mile	2nd Mile	5K Time	Varsity		BOYS	1st Mile	2nd Mile	5K Time
Izzy	Ross	05:52.0	12:15.0	19:48.0	Canyon	Buehler	05:02.0	10:27.0	16:24.0		
Alex	Laurie	06:00.0	12:36.0	19:53.0	Crew	Buehler	05:02.0	10:28.0	16:40.0		
Avery	Reynolds	06:02.0	12:37.0	19:57.0	Cooper	Reeves	05:02.0	10:37.0	16:58.0		
Maryam	El-Demerdash	06:43.0	14:25.0	23:06.0	Elijah	Chavez	05:11.0	10:43.0	16:51.0		
Stella	Malinowski	06:41.0	14:31.0	23:28.0	Alex	Roberts	05:07.0	10:38.0	16:40.0		
Katie	Schallon	06:52.0	14:40.0	23:34.0	Cameron	Paschke	05:21.0	11:10.0	17:23.0		
Skyler	Fisher	06:55.0	14:50.0	23:57.0	Gabe	Lewis	05:24.0	11:19.0	18:04.0		
<b>Alternates</b>					<b>Alternates</b>						
Kiley	Shamet				Kai	Schallon					
Samantha	Dinger				Zach	Brewington					
Grace	Zimmerman				Max	Clark					

\* Athlete needs to meet a requirement to race - (See Coach for details)

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Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff	Name	1st mi	2nd mi	3rd mi	1-to-2mi Diff
Izzy Ross	05:52	06:23	06:49	00:31	Canyon Buehler	05:02	05:25	05:22	00:23
Alex Laurie	06:00	06:36	06:35	00:36	Crew Buehler	05:02	05:26	05:36	00:24
Avery Reynolds	06:02	06:35	06:37	00:33	Cooper Reeves	05:02	05:35	05:44	00:33
Maryam El-Demerdash	06:43	07:42	07:50	00:59	Elijah Chavez	05:11	05:32	05:32	00:21
Stella Malinowski	06:41	07:50	08:05	01:09	Alex Roberts	05:07	05:31	05:27	00:24
Katie Schallon	06:52	07:48	08:02	00:56	Cameron Paschke	05:21	05:49	05:37	00:28
Skyler Fisher	06:55	07:55	08:14	01:00	Gabe Lewis	05:24	05:55	06:06	00:31

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