

Lilac Grand Prix - 2/11/2022**The Podium****Results - Running****Girls 1 Mile Run High School**

=====					
Podium:	4:54.03	2/5/2022	Jodie Judd, Grand Canyon		
Name	Age	Team	Seed	Finals	Points
=====					
Finals					
1	Wood, Samantha	Unattached		5:06.70	
2	Moon, Caroline	Unattached		5:09.15	
3	Bruce, Allie	Unattached		5:09.65	
4	Peters, Ana	Unattached		5:09.83	
5	Collier, Sydney	Unattached		5:12.34	
6	Hofstee, Logan	Unattached		5:14.30	

Women 800 Meter Run

=====					
Podium:	2:02.14	2/11/2022	Lindsey Butterworth, New Balance		
US:	1:58.29	2/8/2020	Ajee Wilson, adidas		
Canadian:	1:59.87	2/24/2019	Jenna Westaway, Canada		
World:	1:55.82	3/3/2002	Jolanda Ceplak, Slovenia		
Name	Age	Team	Seed	Finals	Points
=====					
1	Butterworth, Lindsey	29 New Balance	2:02.75	2:02.14	
2	Townsend, Addy	25 Unattached	2:03.00	2:03.17	
3	Barton, Laurie	23 Brooks Beasts	2:01.21	2:03.71	
4	Akins, Nia	23 Brooks Beasts	2:00.71	2:04.93	
5	Efraimson, Alexa	24 Union AC	2:03.87	2:05.28	
--	McBride-Steiger, Justice	Linfield College		DNF	

Women 1500 Meter Run

=====					
Podium:	4:08.92	2/11/2022	Dani Jones, NB Team Boss		
US:	3:59.98	2/1/2003	Regina Jacobs, Nike		
EU:	3:57.91	2/6/2014	Abeba Aregawi, Sweden		
Oceania:	4:04.14	1/25/2020	Jessica Hull, Nike		
World:	3:53.09	2/9/2021	Gudaf Tsegay, Ethiopia		
Name	Age	Team	Seed	Finals	Points
=====					
1	Jones, Dani	25 NB Team Boss	4:10.11	4:08.92	
2	Pen Freitas, Marta	28 Brooks Beasts	4:06.94	4:10.57	
3	Hull, Jessica	25 Union AC	4:04.14	4:11.62	
4	Nelson, Karisa	25 Unattached	4:16.20	4:14.04	
5	Camp Bennett, Anna	23 adidas		4:14.31	
6	Rawlings, Taryn	25 adidas Golden Coast	4:15.65	4:14.64	
7	Buchalski, Allie	27 Brooks Beasts		4:17.62	
--	Connor, Anna	Unattached		DNF	

Women 1 Mile Run Open

=====					
Podium:	4:54.03	2/5/2022	Jodie Judd, Grand Canyon		
Name	Age	Team	Seed	Finals	Points
=====					
1	Pattis, Katja	Idaho	4:58.20	4:56.00	
2	Baker, Nell	Idaho	4:54.18	4:56.88	
3	Swenson, Kelsey	Idaho	4:58.90	4:57.95	
4	Hansen, Brittney	Gonzaga		4:58.77	
5	Machu, Rosina	Unattached		5:02.62	
6	Donaldson, Kate	Gonzaga		5:03.46	

Lilac Grand Prix - 2/11/2022**The Podium****Results - Running****...Women 1 Mile Run Open**

7 Campos, Nathalia	Idaho	5:02.45	5:05.88
8 Edwards, Makenna	Gonzaga		5:06.57

Women 5000 Meter Run

Podium:	15:21.56	2/11/2022	Kellyn Taylor, Hoka NAZ Elite
US:	14:47.62	2/7/2009	Shalane Flanagan, Nike
Canadian:	14:57.45	1/4/2019	Gabriela Stafford, Nike
World:	14:18.86	2/19/2015	Genzebe Dibaba, Ethiopia

Name	Age	Team	Seed	Finals	Points
1 Taylor, Kellyn	35	Hoka Naz Elite		15:21.56	
2 Hawthorn, Natalia	27	Brooks Running		15:27.82	
3 Bruce, Stephanie	38	Hoka Naz Elite		15:36.26	
4 Izzo, Katie		adidas Golden Coast	15:13.09	15:49.18	
5 Shanahan, Danielle	27	Hoka Naz Elite	15:26.91	15:54.18	
6 Yee, Regan	26	Under Armour	15:33.17	16:03.60	
-- Brown Brokaw, Stephanie	30	Unattached		DNF	
-- Connor, Anna		Unattached		DNF	
-- Paquette, Lauren	35	Hoka Naz Elite		DNF	

Women Distance Medley

Podium:	10:39.91	2/11/2022	Nike Union Athletics Club, Union AC
			E Donaghu, R Rogers, S Johnson, S Osika
World:	10:40.31	1/28/2017	United States
			E Coburn, S McLaughlin, B Martinez, J Simpson

Team	Seed	Finals	Points
1 Nike Union Athletics Club 'A'		10:39.91	
1) Donaghu, Ella 23	2) Rogers, Raevyn 25		
3) Johnson, Sinclair 23	4) Osika, Shannon 28		
2 Simon Fraser 'A'		11:57.44	
1) Roxby, Megan	2) Lindsay, Emily		
3) Vanderput, Elizabeth	4) Andrews-Paul, Alison		
3 College of Idaho 'A'	12:00.00	12:27.04	
1) Martin, Sage	2) Wilson, Charlotte		
3) Young, Roby	4) Shirts, Abbey		

Boys 1 Mile Run High School

Podium:	3:59.64	2/5/2022	Duncan Hamilton, Montana State
---------	---------	----------	--------------------------------

Name	Age	Team	Seed	Finals	Points
1 Emerson, Aiden		Unattached		4:10.84	
2 Shipsey, Wesley		Unattached		4:11.11	
3 Jacobsen, Sam		Unattached		4:14.49	
4 Teeples, Isaac		Unattached		4:15.55	
5 Echohawk, Tayson		Unattached		4:15.64	
6 Coleman, Ethan		Unattached		4:16.78	
7 Wilcott, Grayson		Unattached		4:16.94	
8 Thomas, Matthew		Unattached		4:17.05	
9 Quigley, Cooper		Unattached		4:17.23	
10 Munson, Zack		Unattached		4:17.31	
11 Wigod, Trent		Unattached		4:18.11	

Lilac Grand Prix - 2/11/2022**The Podium****Results - Running****...Boys 1 Mile Run High School**

12 Gregory, Eli	Unattached	4:18.82
13 Hartley, Brody	Unattached	4:25.99
14 Weist, Will	Unattached	4:27.82
15 Moore, Brandon	Unattached	4:31.87

Men 600 Meter Run

Podium:	1:13.97	2/11/2022	Donavan Brazier, Union AC		
US:	1:13.77	2/24/2019	Donavan Brazier, Nike		
Name	Age	Team	Seed	Finals	Points
1 Brazier, Donavan	24	Union AC	1:13.77	1:13.97	
2 Harris, Isaiah	25	Brooks Beasts	1:14.96	1:14.95	
-- Holdsworth, Derek	25	Bell Lap TF	1:17.08	DNF	
-- Wieczorek, Mark	37	Unattached	1:15.81	DNF	

Men 800 Meter Run

Podium:	1:46.64	2/11/2022	Josh Kerr, Brooks Beasts		
US:	1:44.21	2/13/2021	Donavan Brazier, Nike		
EU:	1:42.67	3/9/1997	Wilson Kipketer, Denmark		
World:	1:42.67	3/9/1997	Wilson Kipketer, Denmark		
Name	Age	Team	Seed	Finals	Points
1 Kerr, Josh	24	Brooks Beasts	1:45.35	1:46.64	
2 Engels, Craig	27	Union AC	1:46.10	1:46.77	
3 Windle, Drew	29	Brooks Beasts	1:45.52	1:47.23	
4 Herrmann, Lorenz		Idaho	1:50.14	1:49.35	
-- Wieczorek, Mark	37	Unattached	1:47.09	DNF	
-- Holdsworth, Derek	25	Bell Lap TF	1:48.53	DNF	

Men 1500 Meter Run

Podium:	3:40.49	2/11/2022	Charlie Hunter, Union AC		
US:	3:33.34	2/11/2005	Bernard Lagat, Nike		
Canadian:	3:36.13	2/28/2020	Justyn Knight, Reebok		
Oceania:	3:32.35	2/13/2021	Oliver Hoare, OAC		
World:	3:31.04	2/16/2019	Samuel Tefera, Ethiopia		
Name	Age	Team	Seed	Finals	Points
1 Hunter, Charlie	25	Union AC		3:40.49	
2 Proceviat, Cameron	28	Unattached		3:40.63	
3 Wynne, Henry	26	Brooks Beasts	3:43.71	3:40.78	
4 Grijalva, Luis	22	Hoka One One		3:41.11	
5 Kidder, Brannon	28	Brooks Beasts	3:36.51	3:41.34	
6 Paulson, William	27	Otc Elite		3:41.97	
7 Yorks, Izaic	27	Brooks Beasts	3:37.81	3:42.68	
8 Ryan, Paul	24	adidas Golden Coast		3:43.42	
9 Suliman, Waleed	23	Brooks Beasts		3:45.30	
-- Nowak, Craig	27	Unattached		DNF	

Lilac Grand Prix - 2/11/2022**The Podium****Results - Running****Men 1 Mile Run Open**

Podium: 3:59.64 2/5/2022 Duncan Hamilton, Montana State					
Name	Age	Team	Seed	Finals	Points
1 Stevens, Tim		Idaho	4:12.89	4:09.83	
2 Hogan, Ben		Unattached		4:11.96	
3 Lingwall, Sam		Unattached		4:13.38	
4 VanDyke, Clayton		Lewis-Clark	4:07.00	4:17.15	
5 Peters, Evan		Unattached		4:18.07	
6 Dawson, Dillon		Lewis-Clark	4:22.15	4:19.15	
7 Brown, Brycen		Lewis-Clark	4:26.99	4:30.54	

Men 3000 Meter Run

Podium: 7:48.83 2/11/2022 Jake Heyward, OTC Elite					
US: 7:30.16 2/21/2013 Galen Rupp, Nike					
EU: 7:30.82 2/6/2022 Adel Mechaal, Spain					
World: 7:24.90 2/6/1998 Daniel Komen, Kenya					
Name	Age	Team	Seed	Finals	Points
1 Heyward, Jake	22	Otc Elite	8:00.93	7:48.83	
2 Ribich, David	26	Brooks Beasts	7:54.16	8:00.58	
3 Mwaura, James		Gonzaga University	7:54.50	8:03.04	
-- Nowak, Craig	27	Unattached		DNF	
-- Wammetsberger, Felix	26	Unattached	8:13.97	DNF	

Men Distance Medley

Podium: 9:42.95 2/11/2022 Simon Frasier, Simon Frasier					
US: 9:19.93 1/31/2015 United States					
M Centrowitz Jr., M Berry, E Sowinski, P Casey					
World: 9:19.93 1/31/2015 United States					
Team			Seed	Finals	Points
1 Simon Fraser 'A'				9:42.95	
1) Dannatt, Charlie		2) Robinson, Callum			
3) Good, Aiden		4) Ahl, Aaron			
2 Eastern Oregon 'A'			10:15.00	10:16.99	
1) Wind, Jonny		2) Davis, TJ			
3) Nichols, Hunter		4) Running, Travis			
3 College of Idaho 'A'			10:17.98	10:19.65	
1) Butler, Daniel		2) Ballew, Isaac			
3) Holtzen, Trajan		4) Hunt, Logan			