

Seward High School Cross-Country School Records

Seward High Time Trial

Tom Unger 17:31 2001 Anna Meyer 16:18 2007

Charlie Thorell Invite

Tom Unger 17:05 2000 Kelsey Christensen 15:55 2010

Aurora Invitational

Peter Hess 16:29 1996 Kelsey Christensen 15:34 2010

Jim McConnell Invite

Ethan Damman 17:15 2011 Kelsey Christensen 15:33 2010

Harold Scott Invite

Ethan Damman 16:17 2011 Kelsey Christensen 15:06 2010

North Bend Invitational

Tom Unger 16:20 2000 Natasha Mueller 15:53 2008

Crete Invitational

J.P. Rech 16:57 2011 Kelsey Christensen 15:31 2010

UNK Invitational

Tom Unger 16:51 2000 Hannah Tvrdy 15:00 2009

David City Aquinas Invite

Erik Broderick 16:40 1999 Hannah Tvrdy 15:15 2009

Columbus Invitational

Ethan Damman 15:56 2011 Kelsey Christensen 15:28 2010

Twin River Invite

Shane Sloup 19:20 2008 Liz Damman 17:42 2008

LPS Last Chance Open

John Simpson 19:13 2011 Taylor Seaman 17:37 2010

Central 10 Conference At Holdrege

Grant Vlasin 17:23 2008 Natasha Mueller 14:37 2008

Central 10 Conference At Central City

Tyler Hackbart 17:18 2007 Anna Meyer 15:46 2007

Central 10 Conference At Columbus Lakeview

Tom Unger 16:02 2000 Kelsey Christensen 15:39 2010

Central 10 Conference At Fairbury

Jesse Prochaska 17:35 2002 Alyssa Mueller 16:48 2002

Conference/District At Crete

Ethan Damman 17:16 2010 Kelsey Christensen 15:36 2010

Conference/District At GINW

Erik Broderick 16:20 1996 Taylor Felix 16:09 2005

Josh Meyer 15:46 2005

Conference/Districts At York

Gavin Felix 16:38 2003 Shelbi Sloup 15:30 2011

Conference at Schuyler

Tyler Weatherholt 17:11 2006 Anna Meyer 16:02 2006

Conference/District At Aurora

Erick Broderick 16:54 1997 Kelsey Christensen 15:23 2009

Conference/District At Seward

Sam Petersen 16:45 2004 Anna Meyer 15:43 2007

District At Pioneers Park

Ethan Damman 16:58 2011 Shelbi Sloup 15:39 2011

State Championships

Ethan Damman 16:52 2010 Kelsey Christensen 15:06 2010