

# Parker Dietrick

## Career Honors

Lake Conference HM: 2020

Team Captain: 2023

All-Conference: 2021-22

High Point Man: 2022

Academic All-State: 2021-22

Letterwinner: 2020-23

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	~	~	~	~	6	403	714	56%
Junior	~	~	~	~	9	1506	1886	80%
Sophomore	~	~	~	~	9	1462	1836	80%
Freshman	1	119	119	100%	5	500	601	83%

<i>Career</i>	<b>1</b>	<b>119</b>	<b>119</b>	<b>100%</b>	<b>29</b>	<b>3871</b>	<b>5037</b>	<b>~</b>
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<b>5k PR: 15:51</b>	<b>Total Runners Beaten 3990</b>
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EVENTS	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	<b>26</b>	<b>20</b>	<b>101</b>	138	?	3	~
Junior	9:45	<b>13</b>	<b>15</b>	<b>33</b>	87	104	4	~
Sophomore	10:02	<b>10</b>	<b>10</b>	<b>41</b>	46	185	4	~
Freshman	~	<b>21</b>	<b>24</b>	<b>34</b>	~	~	3	1
Bold denotes Varsity Competition							<b>14</b>	<b>1</b>



# Jacob Gutierrez

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	6	677	1111	61%	~	~	~	~
Junior	1	81	200	41%	~	~	~	~
Sophomore	1	318	378	84%	~	~	~	~
Freshman	2	86	359	24%	~	~	~	~

<i>Career</i>	<b>10</b>	<b>1162</b>	<b>2048</b>	<b>57%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>
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**5k PR: 19:43**

**Total Runners Beaten 1162**

EVENTS	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	115	62	~	~	~	~	~
Junior	~	81	~	~	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>0</b>	<b>0</b>





# Kevin Jarjoura

## Career Honors

Team Captain: 2023

Letterwinner: 2023

Most Improved Season: 2021

Most Improved Career: 2023

RACE STATS	JV	JV	JV	JV %	Varsity	Varsity	V	V %
	Races	Beaten	Raced		Races	Beaten	Raced	
Senior	5	1063	1247	85%	2	220	280	79%
Junior	5	965	1139	85%	2	228	528	43%
Sophomore	7	1220	1880	65%	~	~	~	~
Freshman	2	67	359	19%	~	~	~	~

<i>Career</i>	<b>19</b>	<b>3315</b>	<b>4625</b>	<b>72%</b>	<b>4</b>	<b>448</b>	<b>808</b>	<b>55%</b>
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**5k PR: 17:13**

**Total Runners Beaten 3763**

EVENTS	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	10:32	10	13	~	141	~	4	~
Junior	10:41	6	12	~	192	~	4	~
Sophomore	12:15	62	21	~	127	~	~	~
Freshman	13:01	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>8</b>	<b>0</b>



# Tyler Kissell

## Career Honors

All State: 2022-23

Team Captain: 2023

All-Conference: 2022-23

Lake Conference HM: 2021

Academic All-State: 2021-22

Letterwinner: 2020-23

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	~	~	~	~	7	1134	1249	91%
Junior	~	~	~	~	9	1529	1886	81%
Sophomore	3	985	1041	95%	3	134	319	42%
Freshman	2	357	359	99%	1	105	134	78%

<i>Career</i>	<b>5</b>	<b>1342</b>	<b>1400</b>	<b>96%</b>	<b>20</b>	<b>2902</b>	<b>3588</b>	<b>81%</b>
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5k PR: 15:24

Total Runners Beaten **4244**

EVENTS	SNL	Lake Champs	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	9:25	4	~	14	30	?	5	~
Junior	9:42	7	10	22	51	119	4	~
Sophomore	~	19	20	~	134	~	4	1
Freshman	10:12	~	~	~	~	~	2	1
Bold denotes Varsity Competition							<b>15</b>	<b>2</b>





Career Honors

# Robert Marshall

Most Improved Season: 2022

Team Captain: 2023

Letterwinner: 2022-23

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	1041	1247	83%	2	113	169	67%
Junior	1	132	138	96%	7	677	1140	59%
Sophomore	6	1239	1592	78%	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	<b>12</b>	<b>2412</b>	<b>2977</b>	<b>81%</b>	<b>9</b>	<b>790</b>	<b>1309</b>	<b>60%</b>
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5k PR: 17:05

Total Runners Beaten **3202**

EVENTS	SNL	Section / Lefty	State	NXR	NXN	Top 20s	Wins	
Senior	10:20	3	9	~	179	~	4	~
Junior	10:30	<b>46</b>	23 / 7	~	58	~	1	~
Sophomore	11:31	53	83	~	81	~	1	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition						<b>6</b>	<b>0</b>	



Career Honors

# Daniel McCollor

All-State: 2020, 2022-23

Team Captain: 2023

All-Conference: 2020-23

Letterwinner: 20-23

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	~	~	~	~	7	1217	1296	94%
Junior	~	~	~	~	8	1263	1448	87%
Sophomore	~	~	~	~	8	1162	1529	76%
Freshman	1	128	129	99%	5	556	601	93%

<i>Career</i>	<b>1</b>	<b>128</b>	<b>129</b>	<b>99%</b>	<b>28</b>	<b>4198</b>	<b>4874</b>	<b>86%</b>
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**5k PR: 15:25**

**Total Runners Beaten 4326**

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	9:37	3	5	9	32	?	6	~
Junior	9:43	3	5	16	38	75	5	~
Sophomore	~	12	12	45	143	~	4	~
Freshman	~	6	4	21	~	~	5	~
Bold denotes Varsity Competition							<b>20</b>	<b>0</b>





# Hayes McMillan

## Career Honors

Team Captain: 2023

All-State: 2023

All-Conference: 2022-23

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	~	~	~	~	7	1098	1249	88%
Junior	~	~	~	~	7	1230	1732	71%
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~

<i>Career</i>	<b>0</b>	<b>0</b>	<b>0</b>	~	<b>14</b>	<b>2328</b>	<b>2981</b>	<b>78%</b>
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5k PR: 15:39

Total Runners Beaten **2328**

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	9:22	<b>8</b>	~	<b>21</b>	<b>56</b>	<b>?</b>	4	~
Junior	9:45	<b>8</b>	~	<b>66</b>	<b>183</b>	<b>155</b>	2	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>6</b>	<b>0</b>



# Krithin Natarajan

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	475	902	53%	~	~	~	~
Junior	~	~	~	~	~	~	~	~
Sophomore	2	275	478	58%	~	~	~	~
Freshman	1	61	240	25%	~	~	~	~

<i>Career</i>	<b>8</b>	<b>811</b>	<b>1620</b>	<b>50%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>
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5k PR: 19:59

Total Runners Beaten **811**

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	12:15	116	67	~	~	~	~	~
Junior	12:46	~	~	~	~	~	~	~
Sophomore	12:28	53	74	~	~	~	~	~
Freshman	13:14	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>0</b>	<b>0</b>





# Will Strommen

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	2	321	524	61%	~	~	~	~
Junior	5	1282	1637	78%	~	~	~	~
Sophomore	6	1386	1780	78%	~	~	~	~
Freshman	2	143	359	40%	~	~	~	~

<i>Career</i>	<b>15</b>	<b>3132</b>	<b>4300</b>	<b>73%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>
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5k PR: 17:58

Total Runners Beaten **3132**

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	~	~	58	~	147	~	~	~
Junior	~	~	~	~	94	~	~	~
Sophomore	11:41	94	~	~	89	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>0</b>	<b>0</b>



# Noah Swanson

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	5	322	845	38%	~	~	~	~
Junior	6	955	1640	58%	~	~	~	~
Sophomore	6	853	1647	52%	~	~	~	~
Freshman	2	80	359	22%	~	~	~	~

<i>Career</i>	<b>19</b>	<b>2210</b>	<b>4491</b>	<b>49%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>
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5k PR: 19:52

Total Runners Beaten **2210**

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	12:51	151	87	~	~	~	~	~
Junior	12:20	94	76	~	240	~	~	~
Sophomore	12:43	131	50	~	~	~	~	~
Freshman	~	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>0</b>	<b>0</b>





# Cullen Williams

RACE STATS	JV Races	JV Beaten	JV Raced	JV %	Varsity Races	Varsity Beaten	V Raced	V %
Senior	1	259	266	97%	~	~	~	~
Junior	2	132	138	96%	~	~	~	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	2	216	359	60%	~	~	~	~

<i>Career</i>	<b>5</b>	<b>607</b>	<b>763</b>	<b>80%</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>~</b>
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5k PR: 18:03

Total Runners Beaten **607**

EVENTS	SNL	Lake	Section / Lefty	State	NXR	NXN	Top 20s	Wins
Senior	10:24	~	~	~	~	~	1	~
Junior	10:45	28	~	~	~	~	1	~
Sophomore	~	~	~	~	~	~	~	~
Freshman	12:13	~	~	~	~	~	~	~
Bold denotes Varsity Competition							<b>2</b>	<b>0</b>

