



Lauryn Mikkelson

Class of 2024

Events: XC/Sprints/Hurdles

High school: Salina Sacred Heart

Class: 2A

Contact: huey.counts@live.com

Running Bio

2022-2023 Season Bests

XC: 22:38.15

*Qualified for state

300H: 47.74

*Placed 5th at state

200: 27.30

*Placed 11th at state

100: 13.30

2021-2022 Season Bests

XC: 21:38.10

*Qualified for state

100: 13.04

*Qualified for state

300H: 48.41

*Placed 6th at state

2020-2021 Season Bests

XC: 22:06.80

*Qualified for state

300H: 51.53