



METRO

2026 KANSAS CITY CHAMPIONSHIPS

MILE

**2026 PARTICIPANT
GUIDE**

MESSAGE FROM THE DIRECTOR

As Event Director, I'm excited to welcome everyone to the 5th Annual Metro Mile Championships on June 6. What began as a small community event has grown into our largest championship to date, with more than 400 athletes set to compete. This year also features the most talented field of athletes in event history, and we believe every meet record is on the line.

This event brings together some of the region's top middle-distance talent for an incredible night of racing. We encourage all athletes to arrive early and stay after their events to take in the excitement, cheer on fellow competitors, and experience the electric atmosphere throughout the evening.

We're committed to creating a premier experience for both athletes and spectators, and we can't wait to see personal bests, fierce competition, meet records, and perhaps even a sub-four-minute mile to conclude the night. Thank you to our athletes, coaches, families, volunteers, and sponsors for making this event possible. We look forward to seeing you at the starting line!

Good luck to all our competitors!

Steven Blew

2026 SCHEDULE OF EVENTS

Race 1 - Community Mile - 5:15PM

Race 2 - Kids 9 & Under - 5:30PM

Race 3 - Kids 10 & Up - 5:45PM

Race 4 - Men's Masters - 6:00PM

Race 5 - Women's Open - 6:10PM

Race 6 - Men's Open - 6:20PM

Race 7 - High School Boys Open Heat 1 - 6:30PM

Race 8 - High School Boys Open Heat 2 - 6:40PM

Race 9 - Middle School Girls Elite - 6:55PM

Race 10 - Middle School Boys Elite - 7:10PM

Race 11 - High School Girls Silver - 7:25PM

Race 12 - High School Boys Bronze - 7:40PM

Race 13 - High School Girls 800M Showcase - 7:50PM

Race 14 - High School Boys 800M Showcase - 8:00PM

Race 15 - High School Boys Silver - 8:15PM

Race 16 - High School Girls Gold - 8:30PM

Race 17 - High School Boys Gold - 8:45PM

Race 18 - High School Girls Elite - 9:00PM

Race 19 - High School Boys Elite - 9:15PM

Race 20 - Elite Women - 9:30PM

Race 21 - Elite Men - 9:45PM

PACKET PICKUP & KICKOFF EVENT

Celebrate the start of the Metro Mile with us on June 5th at our kickoff event. Stop by to pickup your race bib and shirt (if purchased), enjoy giveaways, try on Mizuno demo shoes, enter raffles and meet our special guest Trenton Sandler. First 100 Middle School or High School athletes to pick up will receive a swag bag!

Kickoff Event - June 5th - 5PM - 8PM

The Running Well Store
6009 Johnson Dr. Unit B
Mission, KS 66202

Packet Pickup - June 6th - 4PM - 9:15PM

Rockhurst High School
9301 State Line Rd.
Track Entrance

Packets will be available starting at 4PM, Packet Pickup will be open until 30 minutes prior to the last race. Please make sure you pickup at least 30 minutes prior to your race.



ATHLETE CHECK IN

Athletes will be called to check in to the bullpen at least fifteen minutes prior to your race. When you are called to check in you will need to enter the track and go to the bullpen (KC Running Company Dome) in the bullpen you will be given your hip numbers and be placed in order by your seed time.



CHAMPIONSHIP EVENT PREVIEWS

MIDDLE SCHOOL GIRLS ELITE

THE RACE WILL FEATURE 17 ATHLETES, HIGHLIGHTED BY FOUR COMPETITORS WHO ENTER WITH SEED TIMES UNDER 5:30. LEADING THE FIELD IS SAVY MOOS, THE #1 SEED WITH A TIME OF 5:23.81, SETTING HER UP AS THE FAVORITE COMING INTO THE RACE.

SHE WILL BE CHALLENGED CLOSELY BY LOLA HOPE, MADISON SARTAIN, AND NATALIE BRUNE, ALL OF WHOM ARE POSITIONED IN THE CHASE PACK AND CAPABLE OF PUSHING THE PACE AND CONTENDING FOR THE WIN. WITH A COMPETITIVE FIELD AND SEVERAL ATHLETES CAPABLE OF BREAKTHROUGH PERFORMANCES, THIS RACE IS SHAPING UP TO BE GREAT ONE.

MIDDLE SCHOOL BOYS ELITE

THIS EVENT WILL FEATURE 25 BOYS. OLIVER CHOATE COMES IN AS THE NUMBER ONE SEED WITH A TIME OF 4:44.04 AND WILL HAVE A STRONG SHOT AT THE MEET RECORD OF 4:42 SET BY THOMAS GARRETT.

ERIC LEE IS OUR ONLY OTHER SUB-5-MINUTE RUNNER, BUT SEVERAL BOYS WILL BE LOOKING TO BREAK THE 5-MINUTE MARK, INCLUDING WILL SCHLETZBAUM, BROOKS BRAND, AND ZACH CARLETTI. THIS FIELD IS EXPECTED TO PRODUCE A HIGHLY COMPETITIVE RACE WITH MULTIPLE ATHLETES PUSHING FOR NEW PR'S

HIGH SCHOOL GIRLS SILVER

THIS EVENT WILL FEATURE 18 GIRLS. TEN ATHLETES IN THE FIELD HAVE RUN UNDER 5:30, HIGHLIGHTED BY #1 SEED PAIGE POSSON OF LEE'S SUMMIT HIGH SCHOOL.

SHE WILL BE JOINED BY A DEEP GROUP OF SUB-5:30 PERFORMERS, INCLUDING JULIANA PARR, KARLEE ROMANS, ALLI KARLESKINT, MADISON WANG, AVERY REYNOLDS, DAISY BURNAM, CATHERINE BELTRAME, EVELYNN HAY, AND SKYLER KNIGHT. WITH THIS LEVEL OF DEPTH ACROSS THE FIELD, THIS RACE HAS THE POTENTIAL TO BE HIGHLY COMPETITIVE FROM START TO FINISH, WITH THE OUTCOME TRULY UP FOR GRABS.

HIGH SCHOOL BOYS SILVER

THIS EVENT WILL FEATURE 20 BOYS, WITH SEED TIMES RANGING FROM 4:24.99 TO 4:32.87, MAKING IT A HIGHLY COMPETITIVE RACE FROM TOP TO BOTTOM.

THE TOP SEED IS DANIEL FURLANO OF BENTONVILLE HIGH SCHOOL, WHO WILL BE CHALLENGED BY A STRONG PACK OF SUB-4:30 RUNNERS, INCLUDING CALEB LAMBERT, LANDON BLEW, CHARLES SULLIVAN, DIEGO GERIG, PATRICK O'HEARN, GEORGE CABRERA, AND KADEN WELDON. WITH THIS DEPTH AT THE FRONT OF THE FIELD, THE RACE IS EXPECTED TO BE TIGHTLY CONTESTED THROUGHOUT.

HIGH SCHOOL BOYS 800M SHOWCASE

THE 800M SHOWCASE WAS A HISTORIC RACE LAST YEAR WITH TWO BOYS RUNNING UNDER 1:50, INCLUDING HENRY ACORN, WHO TIED THE MISSOURI STATE RECORD WITH A TIME OF 1:49.35.

THIS YEAR'S FIELD FEATURES 15 ATHLETES AND IS HEADLINED BY STATE CHAMPIONS BRENNAN SCOTT OF ROCK BRIDGE AND HYLAND WRIGHT OF BLUE VALLEY, ALONG WITH THE STANDOUT DUO FROM ST. JAMES ACADEMY, BROCK WONDRA AND NOAH SCHOWENGERDT, THOMAS GARRETT OF PARK HILL SOUTH, JAMES SENALDI OF FORT ZUMWALT AND JACK LINDSTROM OF BENTONVILLE.

WITH SEVEN ATHLETES ENTERING THE RACE WITH PERSONAL BESTS UNDER 1:54, AND LESS THAN 2.5 SECONDS SEPARATING THE FIELD THIS IS SHAPING UP TO BE ONE OF THE MOST COMPETITIVE EVENTS OF THE NIGHT, AND TRULY ANYONE'S RACE ONCE THE GUN GOES OFF.

HIGH SCHOOL GIRLS 800M SHOWCASE

NEW THIS YEAR, THE 800M GIRLS SHOWCASE WILL FEATURE THE LIBERTY HIGH SCHOOL GIRLS 4X800M TEAM, FRESH OFF AN OUTSTANDING PERFORMANCE AT THE MISSOURI STATE CHAMPIONSHIPS WHERE THEY CAPTURED THE TITLE AND RAN AN IMPRESSIVE 9:09.

THAT MARK RANKS AS A TOP 25 TIME IN THE NATION THIS SEASON, ADDING EVEN MORE EXCITEMENT AND PRESTIGE TO AN ALREADY HIGHLY COMPETITIVE FIELD. THE EVENT WILL ALSO FEATURE SOME OF THE TOP 800M RUNNERS FROM THE AREA, LED BY KELSIE KUDZIA, GABRIELLE CONVERSE, LILY HURT, ALLISON MEYER, ELLA MESSNER, POLLY FENDLER, CATHERINE BELTRAME, CALIEGH BROWNFIELD, AND ERIN BARNES.

HIGH SCHOOL GIRLS GOLD

THIS EVENT WILL FEATURE 20 GIRLS, SEVERAL OF WHOM ARE CONFERENCE CHAMPIONS, FIRST-TEAM ALL-CONFERENCE PERFORMERS, AND STATE MEDALISTS, WITH SEED TIMES OF 5:08 TO 5:19 MAKING IT A SUPER COMPETITIVE FIELD. EMILY GRAF, CAMPBELL HARGER, AUDREY RICHTER AND ANDIE GARRETT ALL ENTER WITH SUB 5:10 TIMES! WITH SUCH A TIGHTLY PACKED FIELD AND MINIMAL SEPARATION BETWEEN COMPETITORS, THIS RACE HAS ALL THE MAKINGS OF A WIDE-OPEN BATTLE WHERE ANYONE IN THE LINEUP COULD EMERGE WITH THE WIN.

HIGH SCHOOL BOYS GOLD

THIS EVENT WILL FEATURE 21 BOYS, INCLUDING SEVERAL CONFERENCE CHAMPIONS, FIRST-TEAM ALL-CONFERENCE PERFORMERS, AND STATE MEDALISTS, CREATING A DEEP AND HIGHLY COMPETITIVE FIELD WITH SEED TIMES RANGING FROM 4:20 TO 4:24.

LEADING THE WAY ARE THE NEBRASKA DUO OF ETHAN SMITH AND KASER JOHNSON, BUT THEY WILL FACE A STRONG CHALLENGE FROM A TRIO OF BLUE SPRINGS SOUTH ATHLETES, INCLUDING LAST YEAR'S GOLD DIVISION WINNER KENDRICK HAINES. THE FIELD ALSO FEATURES KANSAS' TOP FRESHMAN, PHILLIP SULLIVAN OF DESOTO HIGH SCHOOL, WHO ENTERS WITH A SEED TIME OF 4:21.18. WITH SO LITTLE SEPARATION ACROSS THE FIELD, POSITIONING AND EXECUTION WILL LIKELY DECIDE THE OUTCOME IN WHAT SHOULD BE AN EXTREMELY COMPETITIVE RACE.

HIGH SCHOOL GIRLS ELITE

THIS EVENT WILL FEATURE 20 GIRLS WITH SEED TIMES RANGING FROM 4:56.12 TO 5:07.18, SETTING UP A VERY COMPETITIVE AND TIGHTLY PACKED RACE.

THE FIELD IS LED BY MISSOURI STATE CHAMPION ELLIE LICHTER, WHO CLAIMED A STATE TITLE JUST TWO WEEKS AGO WITH A BLAZING 4:56.12. IN ADDITION TO LICHTER, FIVE OTHER ATHLETES ENTER WITH SEED TIMES UNDER 5:00, ADDING SIGNIFICANT DEPTH AT THE FRONT OF THE PACK.

WITH THAT LEVEL OF COMPETITION, THE MEET RECORD COULD BE IN JEOPARDY AS THE RACE DEVELOPS, WITH MADYSEN HANTUBA, AUDREY HOWARD, KATHERINE SCUDDER, ELIZABETH SCUDDER, AND KENLEY HALFERTY AMONG THOSE POISED TO GIVE CHASE.

HIGH SCHOOL BOY ELITE

THIS EVENT WILL FEATURE 18 BOYS WITH SEED TIMES RANGING FROM 4:07.54 TO 4:19.88, SETTING UP A HIGHLY COMPETITIVE RACE FROM TOP TO BOTTOM. LOOK FOR THE MEET RECORD TO FALL IN THIS ONE.

THE FIELD IS LED BY A PAIR OF STATE CHAMPIONS IN LEO BUTLER AND BRODY ANDERSON. BUTLER COMES IN FRESH OFF RUNNING THE FASTEST TIME IN THE STATE OF MISSOURI AT THE 4A STATE CHAMPIONSHIPS, CLOCKING 4:07.54. ANDERSON ENTERS AS A KANSAS 5A STATE CHAMPION IN THE 800M AFTER RUNNING 1:52 AND ALSO HOLDS THE NO. 2 MARK IN THE KANSAS 1600M AT 4:10.66, MAKING HIM A MAJOR THREAT IN THIS EVENT.

BEHIND THE FRONT TWO, THE DEPTH OF THE FIELD IS JUST AS IMPRESSIVE, FEATURING TEXAS 3A STATE RUNNER-UP RYDER STROHMAN, ARKANSAS 6A RUNNER-UP SEAN BURNS, KANSAS 3A THIRD-PLACE FINISHER BRAYDEN WALKER, KANSAS 3A RUNNER-UP SIMEON SANCHEZ, AND JACOB BIRCHER, WHO OWNS THE FASTEST 800M TIME IN KANSAS THIS SEASON.

WOMENS ELITE

THIS YEAR, THE WOMEN'S ELITE FIELD IS THE STRONGEST WE'VE ASSEMBLED TO DATE, SETTING THE STAGE FOR AN ELECTRIC SHOWDOWN. LED BY FORMER BLUE SPRINGS SOUTH AND IOWA STATE ATHLETE MYA TROBER, WHO ENTERS WITH A SEED TIME OF 4:51.54, SHE ANCHORS A DEEP NATIONAL-CALIBER FIELD. SHE IS JOINED BY 9-TIME DIVISION III ALL-AMERICAN AND OLYMPIC TRIALS QUALIFIER CLARA MAYFIELD, MOST RECENTLY OF THE UNIVERSITY OF UTAH, ADDING PROVEN CHAMPIONSHIP EXPERIENCE AND STAR POWER TO THE LINEUP. PAIGE MULLEN OF PITTSBURG STATE, A PAST METRO MILE CHAMPION, ENTERS WITH A SEED TIME OF 4:52.18, WHILE FORMER KANSAS STATE ATHLETE MARY FRANCIS LUEGER, KU'S KENADI KRUEGER, AND EMILY MCCOLLOUGH OF FORT HAYS STATE WILL ALL BE PUSHING THE PACE IN PURSUIT OF THE FIVE-MINUTE BARRIER AND THE MEET RECORD OF 4:55, SETTING UP WHAT SHOULD BE ONE OF THE MOST ANTICIPATED RACES OF THE NIGHT.

MENS ELITE

IS THIS THE YEAR WE SEE A SUB-FOUR-MINUTE MILE? ALL SIGNS POINT TO ONE OF THE FASTEST AND DEEPEST ELITE FIELDS EVER ASSEMBLED, WITH ATHLETES CLEARLY TARGETING THAT HISTORIC BARRIER.

LEADING THE CHARGE IS CLAY SHIVLEY OF NORTHERN ARIZONA UNIVERSITY, WHO COMES IN WITH A BLAZING PERSONAL BEST OF 3:56 IN THE MILE. HE WILL FACE CHALLENGERS INCLUDING COLLIN BOLER OF PRINCETON UNIVERSITY, A PROVEN SUB-FOUR COMPETITOR WHO HAS BROKEN THE BARRIER THREE TIMES AND OWNS A PR OF 3:58.59. TANNER TALLEY, ANOTHER MEMBER OF THE EXCLUSIVE SUB-FOUR CLUB, ENTERS WITH A 3:58.96, WHILE HENRY ACORN OF VIRGINIA UNIVERSITY RETURNS TO HIS ALMA MATER AT ROCKHURST HIGH SCHOOL BOASTING A 4:00.15 MILE PR.

THE DEPTH DOES NOT STOP THERE, AS PARKER WALION OF KANSAS UNIVERSITY, A TWO-TIME METRO MILE CHAMPION, BRINGS A CONVERTED SEED TIME OF 3:58.70. HIS KU TEAMMATES HOBBS CAMPBELL AND SAWYER SCHMIDT BOTH ARRIVE WITH PRS OF 4:02, ADDING MORE FIREPOWER TO THE COLLEGIATE CONTINGENT. ON THE HIGH SCHOOL SIDE, PHENOM NOAH STROHMAN, AN 11-TIME STATE CHAMPION, ENTERS WITH A 4:02 SEED, WHILE CODY HAMMOND OF PARK UNIVERSITY COMES IN FRESH OFF AN NAIA NATIONAL CHAMPIONSHIP IN THE 1500M. WITH THIS BLEND OF PROVEN SUB-FOUR MILERS, AND RISING STARS ALL COLLIDING, THE STAGE IS SET FOR A HISTORIC ATTEMPT AT BREAKING FOUR MINUTES AND ONE OF THE MOST ANTICIPATED MILES IN MEET HISTORY.



THANK YOU PARTICIPANTS

WE WANT TO THANK YOU FOR BEING PART OF THE KC METRO MILE CHAMPIONSHIPS. THE SUCCESS OF THIS EVENT IS MADE POSSIBLE BY YOU—OUR ATHLETES, COACHES, AND SPECTATORS.

WE HOPE YOU ENJOYED THE COMPETITION AND THE EXPERIENCE, AND WE LOOK FORWARD TO SEEING YOU BACK NEXT YEAR FOR ANOTHER GREAT EDITION OF THE KC METRO MILE CHAMPIONSHIPS.

RESULTS - LIVE AT WWW.BANDBRACEKC.COM

PHOTOS - WWW.KCRUNNINGCOMPANY.COM &
ON SOCIAL MEDIA (INSTAGRAM)

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