

## **PERSONAL INFORMATION**

**Full Name - Philip Sciranko**

**Family - parents Rick & Sue Sciranko, brother Michael**

**Home Town - Harlan, Iowa**

**Age/Birth Date - 18; 8/4/95**

**Education - senior, Harlan Community High School**

**Joined EliteRunning - 5/3/11**

## **PERSONAL BESTS:**

**1600m (i) - 4:56.93, Bob Prince Early Bird Indoor, Dakota Dome, Vermillion, SD, 3/19/13**

**1600m (o) - 4:40.91, Iowa 3A State Meet Qualifying, Glenwood HS, Glenwood, IA, 5/9/13**

**3000m (i) - 10:07.09, Bob Prince Early Bird Indoor, Dakota Dome, Vermillion, SD, 3/19/13**

**3200m (o) - 10:20.71, Iowa 3A State Meet Qualifying, Glenwood HS, Glenwood, IA, 5/9/13**

**3200m (i) - 10:41.27, Dan Lennon Inv Indoor, Dakota Dome, Vermillion, SD, 3/25/13**

**5k XC - 16:51.92, Iowa State XC Championships, Lakeside Golf Course, Fort Dodge, IA,  
10/27**

## **RESULTS:**

**(click on hyperlink to see complete results)**

**HAWKEYE TEN CONFERENCE MEET, Creston HS, Creston, IA, 5/8/14**

**1600m - 3rd of 18, 4:50.81**

**ATLANTIC INVITATIONAL, Atlantic HS, Atlantic, IA, 5/5/14**

**1600m - 2nd of 16, 4:49.69**

**Boys results**

**Girls results**

**RAM RELAYS, Glenwood HS, Glenwood, IA, 4/28/14**

**1600m - 2nd of 18, 4:43.92 sb**

**<http://aspimeetz.com/Results/Results.aspx?IDMeet=g2014280409133974757e6a804dc3245>**

**CARROLL TIGER-KNIGHT RELAYS, Carroll HS, Carroll, IA, 4/24/14**

**3200m - 1st of 8, 10:37.40 sb**

**<http://aspimeetz.com/Results/Results.aspx?IDMeet=g201424041104593558397c97a5f5c4d>**

**LEWIS CENTRAL CO-ED, Lewis Central HS, Council Bluffs, IA, 5/22/14**

**1600m - 3rd of 9, 4:45.53 sb**

**CYCLONE INVITATIONAL, Harlan HS, Harlan, IA, 4/15/14**

**1600m - 1st of 8, 4:49.51 sb**

**<http://aspimeetz.com/Results/Results.aspx?IDMeet=g20141504080629325f2afad57408345>**

**CARDINAL RELAYS, Clarinda, IA, 4/11/14**

**3A 1600m, 5th, 5:05.42**

**<http://www.kjan.com/wp-content/uploads/2014/04/3A-Boys-Results.pdf>**

**BVU HIGH SCHOOL INDOOR, Buena Vista Univ, Storm Lake, IA, 3/21/14**  
1600m - 2nd of 31, 5:03.13

<http://static.psb.in.com/l/g/snnf6324xx3w83/14HSEliteFriday.pdf>

**BOB PRINCE EARLY BIRD INDOOR, Dakota Dome, Vermillion, SD, 3/19-20/14**

1600m - 2nd of 44, 4:56.92

3000m - 8th of 19, 10:07.09

<http://sd.milesplit.com/meets/167797-bob-prince-early-bird-indoor>

**IOWA SENIOR ALL-STAR CROSS COUNTRY CLASSIC, Des Moines Area CC, Ankeny, IA, 11/9/13**

5k - 12th of 68, 17:18

Boys - <http://www.iafcc.org/images/stories/crosscountry/seniorallstar/2013alstarm.pdf>

**IOWA STATE CROSS COUNTRY CHAMPIONSHIPS, Lakeside Golf Course, Fort Dodge, IA, 11/2/13**

**BOYS:**

3A Division, 5k - 40th of 128, 17:09.4

Boys 3A results - <http://www.iahsaa.org/wp-content/uploads/2013/11/3A-BOYS.html>

Complete meet results - <http://www.iahsaa.org/cross-country/state-cross-country-meet-results-3/>

**IOWA CLASS 3A STATE QUALIFYING MEET - WINTERSET, Winterset, IA, 10/24/13**

5k - 10th of 84, 17:36 (qualifies with Harlan HS team for State)

**HAWKEYE TEN CONFERENCE CHAMPIONSHIPS, Red Oak Country Club, Red Oak, IA, 10/17/13**

5k - 7th of 217, 18:10.47

<http://ia.milesplit.com/meets/147461-hawkeye-ten-conference-championships>

**TROJANN/TROJAN INVITATIONAL, Atlantic HS, Atlantic, IA, 10/10/13**

5k - 10th of 322, 17:04.68 sb

<http://ia.milesplit.com/meets/147430-trojann-trojan-invitational>

**DENISON-SCHLESWIG INVITATIONAL, Denison, IA, 10/1/13**

5k - 11th, 18:17.88

<http://ia.milesplit.com/meets/147375-denison-schleswig-invitational>

**CYCLONE INVITATIONAL, Harlan Golf Course, Harlan, IA, 9/28/13**

5k - 5th of 83, 17:43.72

<http://ia.milesplit.com/meets/147360-cyclone-invitational>

**KUEMPER INVITATIONAL, Swan Lake State Park, Carroll, IA, 9/21/13**

5k - 6th of 67, 17:51

<http://ia.milesplit.com/meets/147308-kuemper-invitational>

**RED OAK INVITATIONAL, Red Oak, IA, 9/16/13**

5k - 3rd of 58, 17:53.12

<http://ia.milesplit.com/meets/147279-red-oak-invitational#.UjitG9KTgeU>

**LEWIS CENTRAL INVITATIONAL, Iowa Western Community College, Council Bluffs, IA, 9/14/13**

**5k - 6th of 66, 17:24.96 sb**

**<http://ia.milesplit.com/meets/147269-lewis-central-invitational#.UjTdEtKTgeV>**

**CLARINDA INVITATIONAL, Clarinda Treatment Complex, Clarinda, IA, 9/10/13**

**Varsity 5k (course short) - 5th of 79, 15:32**

**<http://ia.milesplit.com/meets/147245/results/258491>**

**ABRAHAM LINCOLN INVITATIONAL, Iowa Western Community College, Council Bluffs, IA, 9/7/13**

**Varsity 5k - 6th of 65, 18:13.47**

**<http://ia.milesplit.com/meets/147240-abraham-lincoln-invitational#.UiunG9KTgeV>**

**GLENWOOD COED XC MEET, Glenwood, IA, 8/31/13**

**Varsity 5k: 4th of 50, 18:15.55**

**<http://ia.milesplit.com/meets/147210-glenwood-coed-cross-country-meet#.UiLMSdKTgeU>**

**IOWA STATE TRACK & FIELD CHAMPIONSHIPS, Drake University, Des Moines, IA, 5/16-18**

**3A 1600m - 21st of 24, 4:45.35**

**3A 3200m - 17th of 23, 10:26.06**

**3A Division - <http://ia.milesplit.com/meets/129785/results/250924>**

**Complete results - <http://ia.milesplit.com/meets/129785-iowa-state-high-school-track-field-championships>**

**IOWA 3A STATE MEET QUALIFYING, GLENWOOD, Glenwood HS, Glenwood, IA, 5/9/13**

**1600m - 3rd of 16, 4:40.91 (pr, old pr - 4:42.8, Hawkeye Ten Conference, Shenandoah, IA, 5/6/13)**

**3200m - 2nd of 12, 10:20.71 (pr, old pr - 10:26.50, Glenwood Ram Inv, Glenwood, IA, 4/23/12)**

**<http://ia.milesplit.com/meets/129763/results/249569>**

**HAWKEYE 10 CONFERENCE CHAMPIONSHIPS, Shenandoah HS, Shenandoah, IA, 5/6/13**

**1600m - 2nd of 17, 4:42.8 (pr, old pr - 4:47.0, Atlantic Inv, Atlantic, IA, 4/29/13)**

**3200m - 2nd of 13, 10:28.3 sb**

**<http://ia.milesplit.com/meets/129708-hawkeye-ten-conference-coed>**

**ATLANTIC INVITATIONAL, Atlantic HS, Atlantic, IA, 4/29/13**

**1600m - 1st of 6, 4:47.0 (pr, old pr - 4:47.2, Hawkeye Ten Conference, Red Oak, IA, 5/7/12)**

**3200m - 1st of 13, 10:36.2**

**<http://ia.milesplit.com/meets/129569-atlantic-invitational-coed>**

**ATLANTIC JV INVITATIONAL, Atlantic HS, Atlantic, IA, 4/25/13**

**1600m - 1st of 12, 4:58.65**

3200m - 1st of 10, 10:56.09

<http://ia.milesplit.com/meets/143690/results/246648>

LEWIS CENTRAL INV, Iowa Western Community College, Council Bluffs, IA, 4/16/13

1600m - 1st, 4:49.55 sb

3200m - 2nd, 10:34.69

<http://ia.milesplit.com/meets/129338/results/242945>

CYCLONE INVITATIONAL, (boys), Harlan, IA, 4/13/13

1600m - 1st of 8, 4:53.4

3200m - 3rd of 7, 10:43.0

<http://ia.milesplit.com/meets/129207/results/242202>

CARDINAL RELAYS (boys), Clarinda HS, Clarinda, IA, 4/5/13

1600m - 1st of 20 3A, 1st of 48 overall, 4:51.00 sb

<http://207.28.60.30/bcardrelayapril5results/recordlist.php?-skip=0&-max=25>

GLENWOOD RAM RELAYS (boys), Glenwood HS, Glenwood, IA, 4/2/13

3200m - 3rd of 17, 10:32.19

<http://ia.milesplit.com/meets/129077/results/240289>

JOHNSTON RELAYS (BOYS), Johnston HS, Johnston, IA, 3/29/13

1600m - 8th of 19, 4:53.0 sb

Varsity - <http://ia.milesplit.com/meets/129033/results/239171>

Junior Varsity - <http://ia.milesplit.com/meets/129033/results/239172>

DAN LENNON INV INDOOR, Dakota Dome, Vermillion, SD, 3/25/13

1600m - 31st of 73, 4:59.44

3200m - 20th of 57, 10:41.27 epr, indoors

<http://sd.milesplit.com/meets/128977/results/238169>

BOB PRINCE EARLY BIRD INDOOR, Dakota Dome, Vermillion, SD, 3/19/13

1600m - 2nd of 44, 4:56.92 (pr indoors, old pr - 4:58.04, BVU Elite Inv, BVU, Storm Lake, IA, 3/15/13)

3000m - 8th of 19, 10:07.09 epr, indoors

<http://sd.milesplit.com/meets/128966/results/237116>

BVU HIGH SCHOOL ELITE INV - 1A/2A DIVISION, Buena Vista University, Storm Lake, IA, 3/15/13

1600m - 3rd of 52, 4:58.04 (pr indoors, old pr - 5:01.09, BVU Indoor, BVU, Storm Lake, IA, 3/16-17/12)

<http://ia.milesplit.com/meets/128949/results/236618>

IOWA STATE XC CHAMPIONSHIPS, Lakeside Golf Course, Fort Dodge, IA, 10/27

35th of 121, 16:51.92 (pr, old pr - 17:01.24, Cyclone Inv, Harlan, IA, 9/22/12)

<http://ia.milesplit.com/meets/119676-iowa-state-cross-country-championships>

**CLASS 3A REGIONAL/DISTRICT CHAMPIONSHIPS, Atlantic, IA, 10/22/12**

**Varsity 5k - 7th of 90, 17:38.92; qualifies for State**

**<http://ia.milesplit.com/meets/119667-class-3a-district-regional-at-atlantic>**

**HAWKEYE TEN CONFERENCE, Shenandoah HS, Shenandoah, IA, 10/11/12**

**Varsity 5k - 2nd of 209, 17:28.82**

**<http://ia.milesplit.com/meets/119634/results/220281>**

**TROJANN/TROJAN INVITATIONAL, Atlantic High School, Atlantic, IA, 10/4/12**

**Varsity 5k - 3rd of 353, 17:23.51**

**<http://ia.milesplit.com/meets/119605/results/218092>**

**DENISON-SCHLESWIG INVITATIONAL, Denison, IA; 9/25/12**

**Varsity 5k - 4th of 176, 18:01.03**

**<http://ia.milesplit.com/meets/119547/results/215457>**

**CYCLONE INVITATIONAL, Harlan, IA, 9/22/12**

**Varsity, 5k - 3rd of 87, 17:01.24 (pr, previous pr - 17:20.09, Lewis Central Inv, IWCC, Council Bluffs, IA, 9/8/12)**

**<http://ia.milesplit.com/meets/119529-cyclone-invitational>**

**KUEMPER INVITATIONAL, Swan Lake State Park, Carroll, IA, 9/15/12**

**Class A Division, 5k - 2nd of 68, 17:35.27**

**<http://ia.milesplit.com/meets/119481-kuemper-invitational>**

**LEWIS CENTRAL INVITATIONAL, Iowa Western Community College, Council Bluffs, IA; 9/8/12**

**Varsity 5k - 3rd of 75, 17:20.09 (pr, old pr - 17:22, Iowa 3A Regional, Atlantic IA, 10/20/11)**

**<http://ia.milesplit.com/meets/119442-lewis-central-invitational>**

**CLARINDA INVITATIONAL, Clarinda, IA, 9/4/12**

**Varsity 5k - 4th of 86, 18:02**

**<http://ia.milesplit.com/meets/119419/results/208687>**

**ABRAHAM LINCOLN INVITATIONAL, Iowa Western Community College, Council Bluffs, IA, 9/1/12**

**Varsity 5k - 2nd of 65, 17:46.97 (1:06 better than in same meet in 2011)**

**<http://ia.milesplit.com/meets/119417-abraham-lincoln-invitational>**

**IOWA DISTRICT 3A CHAMPIONSHIPS-ATLANTIC, Atlantic High School, Atlantic, IA, 5/10**

**3200 - 4th of 11, 10:43.5**

**Boys - <http://ia.milesplit.com/meets/105262/results/201121>**

**HAWKEYE TEN CONFERENCE, Red Oak, IA, 5/7**

**800 - 4th of 20, 2:07.2 epr**

**1600 - 4th of 20, 4:47.2 (pr, old pr - 4:57.31, Hawkeye 10 North, Harlan, IA, 3/27/12)**

**<http://ia.milesplit.com/meets/105166-hawkeye-ten-conference-coed>**

**ATLANTIC INVITATIONAL, Atlantic High School, Atlantic, IA, 4/30**  
**3200m, 1st of 14, 10:35.1**

**<http://ia.milesplit.com/meets/105032/results/199238>**

**GLENWOOD RAM INVITATIONAL, Glenwood, IA, 4/23**  
**3200m - 10:26.50, (pr, old pr - 10:44.16, Lewis Central Inv, IWCC, Council Bluffs, IA, 4/17)**

**LEWIS CENTRAL INVITATIONAL, Iowa Western Community College, Council Bluffs, IA, 4/17**

**1600, 2nd of 14, 4:59.46**

**3200, 3rd of 11, 10:44.16 (pr, old pr -10:57.9, Harlan Cyclone Inv, Harlan, IA, 4/10/12)**

**<http://ia.milesplit.com/meets/104218/results/195819>**

**HARLAN CYCLONE INVITATIONAL (boys), Harlan HS, Harlan, IA, 4/10/12**

**1600, 4th of 8, 5:02.4**

**3200, 3rd of 8, 10:57.9**

**<http://ia.milesplit.com/meets/104105/results/193928>**

**HAWKEYE 10 NORTH (Boys), IWCC, Council Bluffs, IA, 3/27/12**

**1600, 2nd, 4:57.31**

**<http://ia.milesplit.com/meets/103945/results/191497>**

**BUENA VISTA HS INDOOR, Buena Vista, University, Storm Lake, IA, 3/16-17/12**

**1600m - 6th of 42, 5:01.09**

**<http://ia.milesplit.com/meets/103756/results/190282>**

**NIKE CROSS HEARTLAND REGIONAL, Yankton Trail Park, Sioux Falls, SD, 11/13/11**

**Open Black Division - 92nd of 205, 18:24.23**

**[http://67.23.19.61/system/files/5381/original/Boys\\_Black\\_Open\\_-\\_Individual.pdf?](http://67.23.19.61/system/files/5381/original/Boys_Black_Open_-_Individual.pdf?1321200924)**

**[1321200924](http://67.23.19.61/system/files/5381/original/Boys_Black_Open_-_Individual.pdf?1321200924)**

**IOWA 3A REGIONALS, AT ATLANTIC, Atlantic, IA, 10/20/11**

**11th of ??, 17:22 pr**

**<http://ia.milesplit.com/meets/95583/results/178454>**

**HAWKEYE 10 CONFERENCE MEET, Kuemper HS, Carroll, IA; 10/13/11**

**5th of 68, 17:43.24**

**<http://ia.milesplit.com/meets/95553/results/176466>**

**TROJANN/TROJAN INVITATIONAL, Atlantic, IA, 10/6/11**

**8th of 153, 18:13.25**

**<http://ia.milesplit.com/meets/95525/results/174432>**

**DENISON-SCHLESWIG INVITATIONAL, Denison, IA, 9/27/11**

**8th of 100, 17:36.62 sb**

**<http://ia.milesplit.com/meets/95470/results/172234>**

**CYCLONE INVITATIONAL, Harlan High School, Harlan, IA, 9/24/11**

9th of 98, 17:50.34 sb  
Boy's Varsity - <http://ia.milesplit.com/meets/95455/results/171634>

KUEMPER INVITATIONAL, Carroll, IA, 9/17/11  
8th of 146, 17:50.70 sb  
<http://ia.milesplit.com/meets/95418/results/170025>

RED OAK INVITATIONAL, Red Oak, IA; 9/12/11  
8th of 66, 18:58  
<http://ia.milesplit.com/meets/95383/results/167817>

LEWIS CENTRAL INVITATIONAL - 5k, Iowa Western Community College, Council Bluffs, IA, 9/10/11  
15th of 75, 18:28.08 sb  
<http://ia.milesplit.com/meets/95373>

ABRAHAM LINCOLN INVITATIONAL XC - 5k, Iowa Western Community College, Council Bluffs, IA, 9/6/11  
8th, 18:52.58, sb  
<http://ia.milesplit.com/meets/95336>

RAM INVITATIONAL XC- 5K, Glenwood HS, Glenwood, IA; 8/30/11  
20th of 52, 20:08  
<http://ia.milesplit.com/meets/95321/results/164776>

IOWA GAMES, ISU XC Course, Ames, IA, 7/15/11  
4k XC - 3rd of 54 overall, 1st of 2 M14-15, 16:28.6  
4k XC - <http://ia.milesplit.com/meets/94998/results/163279>

## PHOTOS:



**Philip signs NJCAA Letter of Intent and Scholarship Contract to attend and participate in track and cross country at Southwestern Community College, Creston, IA. Congratulations Philip & family!!!**





**AT STATE XC MEET, 2013**



**In "private camp", 5/25-28.**





**At State, 2013**



**At Shenandoah, 2013**



**Philip in Bob Prince Indoor, USD,  
3/19/13**



**XC Profile Photo, 2012**



**In 1600m win at Cyclone Inv, 4/13**



**At State, 10/27/12**



**At Shenandoah, 2012**



**At State, 10-27-12**



**in 2011**



**Philip & Michael in private camp, 5/29-30/11**

