

CJ Manuel

Freshman



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**Freshman - Haysville, KS
(Campus High School)**

2009 Season: CJ Manuel was among the team's top 12 runners for much of the season this year.

He posted a best of 28:19 for eight kilometers as a true freshman at the Friends Invitational.

He placed 29th at both the UNK Twilight Meet and the Friends Invite.

Career: Manuel was one of many new freshmen among the men's team this year.

He will compete at a variety of distances during the track & field season but should see most of his racing at 1,500 meters through 5,000 meters.

Manuel will also concentrate on the 3,000 meter steeplechase during the outdoor season after competing in the event while at Campus High School the last two seasons.

Manuel is majoring in Athletic Training Education here at FHSU.

MANUEL'S SEASONAL BESTS

6K: 20:45 8K: 28:19



MANUEL'S PERFORMANCES

2009

UNK	6K	29th	20:45
Friends	8K	29th	28:19
Southern	8K	267th	28:48
FHSU	8K	88th	29:13