

3K-5K-10K

3000 METERS

Emebet Shiferaw	9:11.78	6/6/1997
Anna Lopaciuch	9:23.44	5/2/1998
Zsafia Erdelyi	9:27.96	3/20/2010
Iryna Vashchuck	9:31.14	3/20/2004
Lucyna Ligaj	9:38.07	3/3/2001
Shannon Clark	9:41.41	4/17/1987
Sarah Cocco	9:42.68	3/1/2008
Katerina Berdousi	9:45.42	3/22/2013
Elise Lyon	9:48.69	4/17/1987
Beth Van Alstine	9:49.07	3/20/2004
Gina Dyer	9:50.32	4/21/1980
Kira Soderstrom	9:54.21	3/7/2015
Jenna Tong	10:02.97	3/18/2016
Leticia Mora	10:06.40	4/22/1995
Natalia Kovtun	10:08.52	3/24/2007
Oksana Milokumova	10:08.73	3/24/2007
Kristen Berglas	10:12.60	2/26/2005
Daniela Gergley	10:16.21	3/24/2007
Christine Lewis	10:17.35	3/9/1996
Chloe Berry	10:17.89	4/29/2018
Christine Greer	10:19.44	3/21/2009
Brooke Thomas	10:19.94	2/17/2001
Tina Kefalas	10:23.79	3/8/1998
Laura Meyers	10:24.36	3/23/2008
Leah Gaeta	10:24.45	3/19/2011
Kate Neeper	10:24.62	3/20/2004
Robbyn Bryant	10:26.5	3/18/1989
Christina Eads	10:28.81	3/18/2006
Treasure Schultz	10:28.90	3/12/1994
Amber Bragdon	10:29.89	2/28/2015
Adriana Lozano	10:33.5	3/3/1996
Bridget Helgerson	10:34.12	3/21/2009
Mary Anne Bullard	10:34.20	3/22/1986
Harlye Maya	10:34.37	3/17/2002
Sinfo Orosco	10:35.02	2/16/2002
Katie Kennedy	10:35.50	5/1/1999
Rachel Glynn	10:39.36	3/18/2016
Erin Robinson	10:39.99	3/23/2012
Jessica Lundin	10:41.38	3/1/2009
Katie McCraw	10:41.84	4/17/1998
Julie Seleine	10:43.26	5/2/1987
Julie Sumpter	10:43.74	3/31/1984
Diane Byington	10:44.54	3/26/1977
Austin Lundin	10:44.71	4/7/2012
Madison Ricks	10:44.72	4/23/2016
Allison Erbert	10:44.8	4/17/1998
Theresa Kurth	10:44.92	3/20/2010
Laura Strachan	10:45.27	3/18/2006
Zara Lukens	10:47.11	3/1/2009
Donna Curtis	10:47.64	1985
Katie DeYoung	10:47.80	4/7/2012
Roseann Nardon	10:49.70	4/12/1986
Julie Rollow	10:50.40	3/23/1985
Barb Alvarez	10:50.49	5/5/2001
Erin Matranga	10:52.64	3/16/2013
Erin Ferguson	10:55.22	4/26/2001
Maria Arroyo	10:59.8	3/4/1995
Amy Goodwin	11:00.8	2/24/1991
Margarita Fernandez	11:10.8	3/21/1992
Jasmine Leija	11:15.56	3/1/2008
Julia Bounds	11:16.36	4/29/2018
Jill Gill	11:19.67	3/1/2009
Diane Versteeg	11:21.5	2/22/1986

Kristin Byrne	11:24.36	3/21/2009
Katie Budman	11:29.3	3/4/1995
Shannon Selander	11:30.0	3/2/1991
Holly Peters	11:34.29	3/17/2002
Taylor Carroll	11:36.21	4/26/2008
Mai Ngo	11:38.7	3/5/1994
Kristin Rinos	12:04.03	2/19/2000
Maria Crowley	12:08.3	2/19/1994
Karlin McCullen	13:04.45	1982
Mary Gilbaugh	13:12.66	4/1/2000

5000 METERS

Zsafia Erdelyi	16:00.11	4/15/2011
Emebet Shiferaw	16:16.27	5/18/1996
Ariel Wright	16:23.66	3/25/2011
Iryna Vashchuck	16:28.71	3/25/2005
Julia Budniak	16:42.65	4/18/2004
Brooke Thomas	16:53.82	3/29/2003
Beth Van Alstine	16:53.90	4/18/2004
Katerina Berdousi	17:04.41	5/15/2016
Julie Seleine	17:18.81	3/21/1987
Kathleen Moloney	17:29.33	3/6/2010
Shea Wickland	17:34.99	4/4/2009
Rebekah Ent	17:35.27	5/15/2016
Kira Soderstrom	17:40.52	5/17/2015
Oksana Milokumova	17:41.24	3/30/2007
Carey Hill	17:43.14	1980
Kate Neeper	17:46.19	3/6/2004
Jenna Tong	17:50.22	5/15/2016
Christine Greer	17:50.89	3/28/2009
Jessica Lundin	17:50.90	3/5/2011
Natalia Kovtun	17:53.45	3/30/2007
Daniela Gergley	17:54.46	3/30/2007
Bridget Helgerson	17:56.84	3/6/2010
Leah Gaeta	18:06.14	3/5/2011
Erin Matranga	18:13.96	3/10/2012
Kate Pinta	18:20.46	2003
Dina Kitayama	18:24.90	5/1/2011
Theresa Kurth	18:28.34	4/17/2010
Erin Robinson	18:28.70	3/2/2013
Zara Lukens	18:31.10	5/1/2010
Diane Byington	18:31.1	4/1/1977
Harlye Maya	18:45.36	5/4/2002
Sophia Rchette	18:50.96	4/23/2016
Jaclyn Walles	18:55.05	3/10/2012
Roseann Nardon	18:55.54	4/12/1986
Katie McCraw	18:56.79	3/21/1998
Madison Ricks	18:58.63	4/30/2017
Julie Sumpter	19:12.54	1984
Holly Peters	19:19.33	4/26/2003
Austin Lundin	19:19.60	4/21/2012
Christina Eads	19:19.84	4/16/2005
Katie DeYoung	19:25.20	4/21/2012
Adriana Lozano	19:31.56	2/19/1994
Laura Strachan	19:34.49	3/1/2003
Margarita Fernandez	19:45.1	4/11/1992
Julie Rollow	19:51.54	1985
Maria Arroyo	19:57.0	4/1/1995
Lindsay Enright	19:57.57	5/4/2014
Taylor Carroll	20:04.75	4/19/2008
Katie Budman	20:35.0	4/1/1995
Sarah Fusco	20:53.68	4/16/2005

3K-5K-10K

10000 METERS

Zsofia Erdelyi	33:18.75	3/26/2010
Beth Van Alstine	34:29.62	3/27/2004
Kate Neeper	36:09.24	4/17/2004
Shea Wickland	36:16.00	3/7/2009
Dina Kitayama	36:38.60	4/14/2011
Zara Lukens	37:11.02	4/14/2011
Holly Peters	39:51.67	5/1/2003
Roseann Nardon	40:21.64	5/6/1986