

# JACK FREDIAN CAREER COLLEGIATE RESULTS

## CROSS COUNTRY

DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/28/19	Bill Dellinger Invitational	Springfield, Ore.	Pine Ridge Golf Club	8000 Meters	24:31.6	53	
10/19/19	Under Armour Pre-National Invitational	Terre Haute, Ind.	LaVern Gibson Championship Cross Country Course	8000 Meters	24:53.6	103	Blue Race
3/5/21	BIG EAST Championships	Cary, N.C.	WakeMed Soccer Park Field	8000 Meters	23:44.8	18	
3/15/21	NCAA Championships	Stillwater, Okla.	Greiner Family OSU Cross Country Course	10000 Meters	34:37.2	232	
9/17/21	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:02.9	21	
10/1/21	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	24:42.5	7	Open Race
10/16/21	Princeton Invitational	Princeton, N.J.	West Windsor Fields	8000 Meters	25:38.8	56	
9/2/22	Lehigh Invitational	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	18:14.3	12	
9/16/22	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	19:25.2	3	
9/30/22	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	23:52.2	80	Gold Race
10/14/22	Nuttyscombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	24:23.0	149	Championship Race
10/29/22	BIG EAST Championships	Attleboro, Mass.	Highland Park	8000 Meters	24:33	29	
11/11/22	NCAA Mid-Atlantic Regional	University Park, Pa.	Penn State Golf Courses	10000 Meters	30:50.6	29	
11/19/22	NCAA Championships	Stillwater, Okla.	Greiner Family Greiner Family OSU Cross Country Course	10000 Meters	31:55.2	235	
9/1/23	Temple Owls Cross Country Invitational	Ambler, Pa.	Temple Ambler	6000 Meters	19:58.6	15	
9/23/23	Virginia Invitational	Earlsville, Va.	Panorama Farms	8000 Meters	24:46.7	143	
10/13/23	Nuttyscombe Wisconsin Invitational	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	24:52.8	179	Championship Race

## INDOOR TRACK & FIELD

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/18/19	Gotham Cup	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:51.28	6	UNATTACHED
2/2/19	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:27.87	3	UNATTACHED
2/8/19	FastTrack National Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	4:17.70	1	UNATTACHED
2/12/22	Rutgers Open	New York, N.Y.	The Armory	3000 Meters	8:33.29	9	

## OUTDOOR TRACK & FIELD

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/23/19	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	3:59.25	2	UNATTACHED
4/6/19	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	14:30.89	4	UNATTACHED
3/27/21	Penn Challenge	Philadelphia, Pa.	Franklin Field	5000 Meters	14:18.85	5	
4/16/21	Virginia Challenge	Charlottesville, Va.	Lannigan Field	5000 Meters	14:10.21	27	
5/1/21	Penn Twilight	Philadelphia, Pa.	Franklin Field	Mile	4:14.49	9	
5/15/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	5000 Meters	14:44.55	12	
3/19/22	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	3:56.07	3	
4/2/22	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	14:13.11	10	
4/15/22	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	14:22.24	13	
4/28/22	Penn Relays	Philadelphia, Pa.	Franklin Field	10000 Meters	29:52.32	5	Championship Section
5/13/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	10000 Meters	31:56.29	13	
4/27/23	Penn Relays	Philadelphia, Pa.	Franklin Field	5000 Meters	14:14.44	28	Championship Section
5/11/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	10000 Meters	30:48.93	12	
3/30/24	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	1500 Meters	3:57.66	20	Seeded Section
4/12/24	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	14:12.01	4	Seeded Section
4/25/24	Penn Relays	Philadelphia, Pa.	Franklin Field	5000 Meters	14:14.64	26	Championship Section
5/9/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	10000 Meters	29:22.57	4	