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	UnderArmour 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	
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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	
0 /2 /22	Labiah Indiana	Dathlaham Da	Conductor Communication	5000 Markana	40:44.2	42	
9/2/22 9/16/22	Lehigh Invitational Main Line Invitational	Bethlehem, Pa.	Goodman Campus Course Alumni Course	6000 Meters 4 Miles	18:14.3 19:25.2	12 3	
		Haverford, Pa. Bethlehem, Pa.				80	Cald Davis
9/30/22	Paul Short Run	,	Goodman Campus Course	8000 Meters	23:52.2	149	Gold Race
10/14/22	*	Madison, Wis.	Thomas Zimmer Championship Cross Country Course Highland Park	8000 Meters 8000 Meters	24:23.0	29	Championship Race
		Attleboro, Mass.	Penn State Golf Courses	10000 Meters	30:50.6	29	
11/11/22	NCAA Mid-Atlantic Regional NCAA Championships	University Park, Pa. Stillwater, Okla.	Greiner Family Greiner Family OSU Cross Country Course	10000 Meters	31:55.2	235	
11/19/22	NCAA Championships	Stillwater, Okia.	Greiner Family Greiner Family OSO 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	Earlysville, Va.	Panorama Farms	8000 Meters	24:46.7	143	
	0	Bethlehem, Pa.		8000 Meters	24:52.8	179	Championship Page
10/13/23	Nuttycombe wisconsin invitational	Betmenem, ra.	Goodman Campus Course INDOOR TRACK & FIELD	8000 Meters	24.52.8	1/9	Championship Race
DATE	EMENT	LOCATION	VENUE		710.45	PLACE	NOTES
DATE	EVENT	LOCATION Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	TIME	6	NOTES UNATTACHED
1/18/19 2/2/19	Gotham Cup Villanova Invitational	Staten Island, N.Y. Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:51.28 8:27.87	3	UNATTACHED
2/2/19	FastTrack National Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex Ocean Breeze Track & Field Athletic Complex	Mile	4:17.70	1	UNATTACHED
2/8/19	Fast Frack National Invitational	Staten Islana, N.Y.	Ocean Breeze Track & Fiela 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	
2/12/22	nuigers open	ivew fork, iv. i.	OUTDOOR TRACK & FIELD	3000 Wickers	0.55.25		
DATE	EVENT	LOCATION	VENUE 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
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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	
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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	
4/15/22 4/28/22	Larry Ellis Invitational Penn Relays	Princeton, N.J. Philadelphia, Pa.	Weaver Stadium Franklin Field	5000 Meters 10000 Meters	14:22.24 29:52.32	13 5	Championship Section
	*	,					Championship Section
4/28/22	Penn Relays	Philadelphia, Pa.	Franklin Field	10000 Meters	29:52.32	5	Championship Section
4/28/22	Penn Relays	Philadelphia, Pa.	Franklin Field	10000 Meters	29:52.32	5	Championship Section Championship Section
4/28/22 5/13/22	Penn Relays BIG EAST Championships	Philadelphia, Pa. Storrs, Conn.	Franklin Field George J. Sherman Family Sports Complex	10000 Meters 10000 Meters	29:52.32 31:56.29	5 13	
4/28/22 5/13/22 4/27/23	Penn Relays BIG EAST Championships Penn Relays	Philadelphia, Pa. Storrs, Conn. Philadelphia, Pa.	Franklin Field George J. Sherman Family Sports Complex Franklin Field	10000 Meters 10000 Meters 5000 Meters	29:52.32 31:56.29 14:14.44	5 13 28	
4/28/22 5/13/22 4/27/23	Penn Relays BIG EAST Championships Penn Relays	Philadelphia, Pa. Storrs, Conn. Philadelphia, Pa.	Franklin Field George J. Sherman Family Sports Complex Franklin Field	10000 Meters 10000 Meters 5000 Meters	29:52.32 31:56.29 14:14.44	5 13 28	Championship Section Seeded Section
4/28/22 5/13/22 4/27/23 5/11/23	Penn Relays BIG EAST Championships Penn Relays BIG EAST Championships	Philadelphia, Pa. Storrs, Conn. Philadelphia, Pa. Villanova, Pa.	Franklin Field George J. Sherman Family Sports Complex Franklin Field Villanova Stadium	10000 Meters 10000 Meters 5000 Meters 10000 Meters	29:52.32 31:56.29 14:14.44 30:48.93	5 13 28 12	Championship Section
4/28/22 5/13/22 4/27/23 5/11/23	Penn Relays BIG EAST Championships Penn Relays BIG EAST Championships Sam Howell Invitational	Philadelphia, Pa. Storrs, Conn. Philadelphia, Pa. Villanova, Pa. Princeton, N.J.	Franklin Field George J. Sherman Family Sports Complex Franklin Field Villanova Stadium Weaver Stadium	10000 Meters 10000 Meters 5000 Meters 10000 Meters 1500 Meters	29:52.32 31:56.29 14:14.44 30:48.93	5 13 28 12	Championship Section Seeded Section