

**BEN SEIPLE CAREER COLLEGIATE RESULTS**

**CROSS COUNTRY**

DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/14/18	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	21:03.0	46	UNATTACHED
9/20/19	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:38.7	15	
10/5/19	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	24:59.9	179	Gold Race
10/19/19	UnderArmour Pre-National Invitational	Terre Haute, Ind.	LaVern Gibson Championship Cross Country Course	8000 Meters	26:16.8	49	Open Race
10/25/19	Haverford Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:45.2	9	
3/5/21	BIG EAST Championships	Cary, N.C.	WakeMed Soccer Park Field	8000 Meters	24:39.8	37	
9/17/21	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:21.7	30	
10/1/21	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	24:52.1	12	Open Race
10/16/21	Princeton Invitational	Princeton, N.J.	West Windsor Fields	8000 Meters	25:57.1	84	
10/22/21	Haverford Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:18.7	5	
9/2/22	Lehigh Invitational	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	19:02.0	45	
9/16/22	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:06.3	14	
9/30/22	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	24:39.6	25	Open Race
10/14/22	Nuttyscombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	24:57.8	53	"B" Race
10/29/22	BIG EAST Championships	Attleboro, Mass.	Highland Park	8000 Meters	25:11	39	

**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	5000 Meters	15:34.57	6	UNATTACHED
1/18/20	Wesley A. Brown Invitational	Annapolis, Md.	Wesley A. Brown Field House	3000 Meters	8:27.17	6	
2/1/20	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:39.33	13	
2/14/20	David Hemery Valentine Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	5000 Meters	15:14.24	8	
1/15/22	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:19.94	5	
1/29/22	Sykes & Sabock Challenge	University Park, Pa.	Horace Ashenfelter III Indoor Track	3000 Meters	8:26.31	14	
2/11/22	Rutgers Open	New York, N.Y.	The Armory	Mile	4:12.44	12	
2/26/22	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	3000 Meters	8:25.26	16	
1/27/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	5000 Meters	14:43.89	7	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:18.87	2	
2/24/23	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	Mile	4:09.41	9	Preliminary Heats
2/25/23	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	Mile	4:08.60	8	Final

**OUTDOOR TRACK & FIELD**

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/23/19	Penn Challenge	Philadelphia, Pa.	Franklin Field	5000 Meters	4:08.67	37	UNATTACHED
3/19/21	Villanova Opener	Villanova, Pa.	Villanova Stadium	3000 Meters	8:25.07	1	
3/27/21	Penn Challenge	Philadelphia, Pa.	Franklin Field	5000 Meters	14:52.73	15	
4/9/21	Temple Invite	Philadelphia, Pa.	Temple Sports Complex	5000 Meters	14:49.36	12	
4/24/21	Philadelphia Metropolitan Collegiate Invitational	Philadelphia, Pa.	Franklin Field	5000 Meters	14:26.74	3	
5/1/21	Penn Twilight	Philadelphia, Pa.	Franklin Field	Mile	4:11.53	8	
5/14/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	10000 Meters	31:41.47	18	
4/2/22	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	14:20.08	12	
4/15/22	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	14:51.86	26	
4/28/22	Penn Relays	Philadelphia, Pa.	Franklin Field	5000 Meters	14:22.45	43	Championship Section
5/13/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	10000 Meters	31:24.66	10	
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	1500 Meters	3:51.86	9	
4/14/23	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	1500 Meters	3:53.70	36	
4/27/23	Penn Relays	Philadelphia, Pa.	Franklin Field	5000 Meters	14:26.30	41	Championship Section
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	1500 Meters	3:51.87	9	