

ALL TIME PERFORMANCE LIST

PROGRAM RECORDS

CROSS COUNTRY

METRIC DISTANCES

<u>DISTANCE</u>	<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
5000 Meters	Steve Crooke	15:40	Nov 23, 1974	National AAU Championship	York, Pa.
6000 Meters	Charlie O'Donovan	18:03.5	Sep 2, 2022	Lehigh Invitational	Bethlehem, Pa.
8000 Meters	Patrick Tiernan	22:23.2	Oct 31, 2015	BIG EAST Championships	Mason, Ohio
8530 Meters	Liam Murphy	24:46.33	Oct 28, 2023	BIG EAST Championships	Kenosha, Wis.
10000 Meters	Liam Murphy	28:55.7	Nov 23, 2024	NCAA Championships	Madison, Wis.

MILES

<u>DISTANCE</u>	<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
2.5 Miles	Tom Sullivan	12:43	Nov 1, 1961	vs. La Salle (freshman race)	Cobbs Creek
2.8 Miles	Rene Schlag	13:25	Nov 5, 1966	at Georgetown (freshman race)	
2.9 Miles	Wilson Smith	14:02	Oct 12, 1968	at Georgetown (freshman race)	Washington, D.C.
	Donal Walsh	14:02	Oct 12, 1968	at Georgetown (freshman race)	Washington, D.C.
	Dave Wright	14:02	Oct 12, 1968	at Georgetown (freshman race)	Washington, D.C.
	Phil Banning	13:56.6	Oct 25, 1969	vs. Saint Joseph's (freshman race)	Philadelphia, Pa.
3.3 Miles	Noel Carroll	17:12	Nov 2, 1963	at American	
	Marty Ferko	17:12	Nov 2, 1963	at American	
	Dave Hyland	17:12	Nov 2, 1963	at American	
	Tom Sullivan	17:12	Nov 2, 1963	at American	
	Vic Zwolak	17:12	Nov 2, 1963	at American	
3.5 Miles	Steve Ball	19:29	1963	vs. Saint Joseph's (freshman race)	Philadelphia, Pa.
4.0 Miles	Haftu Strintzos	19:02.4	Sep 17, 2021	Main Line Invitational	Haverford, Pa.
4.2 Miles	Jan Friedli	20:22.5	Oct 1, 1988	at George Mason/vs. Maryland	Fairfax, Va.
4.5 Miles	Vic Zwolak	22:47	Oct 28, 1961	vs. Quantico	Cobbs Creek
4.6 Miles	Dave Hyland	24:33	Nov 9, 1963	vs. La Salle	Philadelphia, Pa.
	Tom Sullivan	24:33	Nov 9, 1963	vs. La Salle	Philadelphia, Pa.
	Vic Zwolak	24:33	Nov 9, 1963	vs. La Salle	Philadelphia, Pa.
5.0 Miles	Marcus O'Sullivan	22:48.5	Oct 22, 1983	BIG EAST Championships	Boston, Mass.
5.1 Miles	Gerry O'Reilly	24:35	Oct 25, 1986	BIG EAST Championships	Boston, Mass.
5.2 Miles	Andrew Marston	25:15.1	Oct 13, 2017	Penn State National Open	University Park, Pa.
5.5 Miles	Tom Donnelly	27:16.5	Oct 12, 1968	at Georgetown	Washington, D.C.
5.6 Miles	Sydney Maree	28:59.6	Oct 1, 1977	at Georgetown/vs. Washington Runners Club	Rockville, Md.
6.0 Miles	Donal Walsh	28:08	Nov 23, 1970	NCAA Championships	Williamsburg, Va.