

ALL TIME PERFORMANCE LIST

10000 METERS

TOP 10 TIMES

	<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>	<u>INFO</u>
1.	Carole Zajac	32:22.96	Apr 23, 1992	Penn Relays	Philadelphia, Pa. (1)	
2.	Sadie Sigfstead	32:39.54	Apr 24, 2025	Penn Relays	Philadelphia, Pa. (1)	
3.	Sadie Sigfstead	32:40.13	Jun 12, 2025	NCAA Championships	Eugene, Ore. (2)	NC
4.	Sadie Sigfstead	32:45.56	Mar 29, 2024	Raleigh Relays	Raleigh, N.C. (3)	I
5.	Caroline Alcorta	32:53.26	Mar 29, 2019	Stanford Invitational	Palo Alto, Calif. (4)	
6.	Sadie Sigfstead	32:56.98	May 29, 2025	NCAA East Preliminary	Jacksonville, Fla. (5)	
7.	Carole Zajac	33:05.05	Apr 28, 1994	Penn Relays	Philadelphia, Pa. (1)	
8.	Sadie Sigfstead	33:05.99	May 23, 2024	NCAA East Preliminary	Lexington, Ky. (6)	NS
	<i>Carole Zajac</i>	<i>33:09.18</i>	<i>Jun 18, 1994</i>	<i>USATF Outdoor Championships</i>	<i>Knoxville, Tenn. (8)</i>	<i>O</i>
9.	Carole Zajac	33:09.67	May 4, 1991	BIG EAST Championships	Villanova, Pa. (7)	
	<i>Carole Zajac</i>	<i>33:13.78</i>	<i>Jul 25, 1994</i>	<i>Goodwill Games</i>	<i>Saint Petersburg, Russia (9)</i>	<i>O</i>
10.	Jen Rhines	33:15.88	Mar 29, 1996	Raleigh Relays	Raleigh, N.C. (2)	
	<i>Carole Zajac</i>	<i>34:01.93</i>	<i>Jun 19, 1992</i>	<i>USATF Olympic Trials</i>	<i>New Orleans, La. (10)</i>	<i>O</i>
	<i>Carole Zajac</i>	<i>34:13.96</i>	<i>Jun 26, 1992</i>	<i>USATF Olympic Trials</i>	<i>New Orleans, La. (10)</i>	<i>O</i>
	<i>Carole Zajac</i>	<i>34:22.32</i>	<i>Jun 23, 1991</i>	<i>Junior TAC Championships</i>		

(NC) National Championship

(NS) National Semifinal

(I) Invitational Section

(O) Time not recognized as an official collegiate mark due to being recorded outside the NCAA season; it is part of Villanova's historical record

(1) Franklin Field; (2) Hayward Field; (3) Paul H. Derr Track; (4) Cobb Track and Angell Field; (5) Visit Jax Track at Hodges Stadium;

(6) University of Kentucky Outdoor Track and Field Complex; (7) Villanova Stadium; (8) Tom Black Track; (9) Kirov Stadium;

(10) Tad Gormley Stadium

TOP 10 ATHLETES

	<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
1.	Carole Zajac	32:22.96	Apr 23, 1992	Penn Relays	Philadelphia, Pa. (1)
2.	Sadie Sigfstead	32:39.54	Apr 24, 2025	Penn Relays	Philadelphia, Pa. (1)
3.	Caroline Alcorta	32:53.26	Mar 29, 2019	Stanford Invitational	Palo Alto, Calif. (2)
4.	Jen Rhines	33:15.88	Mar 29, 1996	Raleigh Relays	Raleigh, N.C. (3)
5.	Amanda Marino	33:47.63	May 1, 2010	BIG EAST Championships	Cincinnati, Ohio (4)
6.	Bella Burda	33:50.44	Mar 31, 2017	Stanford Invitational	Palo Alto, Calif. (2)
7.	Margaret Carroll	34:17.69	May 15, 2025	BIG EAST Championships	Storrs, Conn. (5)
8.	Ariana Gardizy	34:25.62	Apr 27, 2023	Penn Relays	Philadelphia, Pa. (1)
9.	Elizabeth Vaughn	34:43.53	Apr 25, 2024	Penn Relays	Philadelphia, Pa. (1)
10.	Jan Yerkes	35:07.3	Apr 1, 1983	George Mason Invitational	Fairfax, Va. (6)

(1) Franklin Field

(2) Cobb Track and Angell Field

(3) Paul Derr Track

(4) Gettler Stadium

(5) George J. Sherman Family Sports Complex

(6) Mason Stadium