

ALL TIME PERFORMANCE LIST

CROSS COUNTRY: 4000 METERS

TOP 10 TIMES

<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
1. Nicole Armstrong	14:29.2	Sep 11, 2015	Big Five Invitational	Philadelphia, Pa. (1)
2. Alexandra Russo	14:35.0	Sep 11, 2015	Big Five Invitational	Philadelphia, Pa. (1)
3. Ann Campbell	14:35.1	Sep 11, 2015	Big Five Invitational	Philadelphia, Pa. (1)
4. Kaleigh Hughes	14:39.6	Sep 11, 2015	Big Five Invitational	Philadelphia, Pa. (1)
5. Caitlin Bungo	14:46.31	Sep 13, 2013	Friend Big Five Invitational	Philadelphia, Pa. (1)
6. Lizzie Martell	14:46.8	Aug 29, 2025	Temple Invitational	Ambler, Pa. (2)
7. Caitlin Bungo	14:47.5	Sep 11, 2015	Big Five Invitational	Philadelphia, Pa. (1)
8. Leanne Tucker	14:49.01	Sep 13, 2013	Friend Big Five Invitational	Philadelphia, Pa. (1)
9. Megan Venables	14:53.29	Sep 13, 2013	Friend Big Five Invitational	Philadelphia, Pa. (1)
10. Kinsey Pogue	14:56.3	Aug 29, 2025	Temple Invitational	Ambler, Pa. (2)

(1) Belmont Plateau

(2) Temple Ambler

TOP 10 ATHLETES

<u>NAME</u>	<u>MARK</u>	<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
1. Nicole Armstrong	14:29.2	Sep 11, 2015	Big Five Invitational	Philadelphia, Pa. (1)
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7. Leanne Tucker	14:49.01	Sep 13, 2013	Friend Big Five Invitational	Philadelphia, Pa. (1)
8. Megan Venables	14:53.29	Sep 13, 2013	Friend Big Five Invitational	Philadelphia, Pa. (1)
9. Kinsey Pogue	14:56.3	Aug 29, 2025	Temple Invitational	Ambler, Pa. (2)
10. Courtney Chapman	15:03.00	Sep 13, 2013	Friend Big Five Invitational	Philadelphia, Pa. (1)

(1) Belmont Plateau

(2) Temple Ambler