			ANNA HELWIGH CAREER COLLEGIATE RES	ULTS							
CROSS COUNTRY											
DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES				
10/18/19	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	6000 Meters	22:27.7	221					
11/2/19	BIG EAST Championships	Kenosha, Wis.	Wayne E. Dannehl National Cross Country Course	6000 Meters	23:21.5	31					
11/15/19	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	21:33.4	60					
11/23/19	NCAA Championships	Terre Haute, Ind.	LaVern Gibson Championship Cross Country Course	6000 Meters	22:43.8	238					
3/5/21	BIG EAST Championships	Cary, N.C.	WakeMed Soccer Park Field	6000 Meters	21:13.2	20					
9/17/21	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	17:07.3	6					
10/1/21	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	20:49.0	36	Gold Race				
10/15/21	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	6000 Meters	22:28.8	227	Championship Race				
10/29/21	BIG EAST Championships	Carmel, Ind.	Northview Church	6000 Meters	22:32.9	34					
11/12/21	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	21:32.6	38					
11/20/21	NCAA Championships	Tallahassee, Fla.	Apalachee Regional Park	6000 Meters	21:29.5	222					
9/16/22	Coaching Tree Invitational	Bloomington, Ind.	IU Championship Cross Country Course	6000 Meters	21:51.4	50					
9/30/22	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	21:30.0	198	Gold Race				
10/14/22	Penn State National Open	University Park, Pa.	Blue and White Golf Courses	6000 Meters	21:56.0	50					
10/29/22	BIG EAST Championships	Attleboro, Mass.	Highland Park	6000 Meters	21:35	30					
11/11/22	NCAA Mid-Atlantic Regional	University Park, Pa.	Blue and White Golf Courses	6000 Meters	21:19.2	30					

			ANNA HELWIGH CAREER COLLEGIATE RE	SULTS			
			INDOOR TRACK & FIELD				
DATE	EVENT	LOCATION	VENUE	EVENT	MARK	PLACE	NOTES
1/25/20	Dr. Sander Invitational/Columbia Challenge	New York, N.Y.	The Armory	Mile	4:53.01	6	
2/1/20	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	1000 Meters	2:50.87	4	
2/14/20	David Hemery Valentine Invitational	Boston, Mass.	Track & Tennis Center	Mile	4:53.27	46	
3/1/20	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	Mile	4:53.63	1	Preliminary Heats
3/1/20	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	Distance Medley Relay (1600)	11:43.53	2	
3/2/20	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	Mile	4:56.50	2	Final
3/2/20	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	4x800 Meter Relay (Anchor)	8:54.09	2	
2/6/21	Army West Point	West Point, N.Y.	Gillis Field House	Mile	4:48.33	2	
1/15/22	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:17.88	3	
1/15/22	Penn 10-Team Select	Staten Island, N.Y.		Mile	4:50.87	6	
1/15/22	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex Ocean Breeze Track & Field Athletic Complex	1000 Meters	2:51.76	1	
	Columbia Challenge	New York, N.Y.	The Armory	Mile	4:46.90	6	
2/5/22 2/11/22	-	· ·		3000 Meters	9:32.81	27	
2/11/22	Husky Classic BIG EAST Championships	Seattle, Wash. Chicago, III.	Dempsey Indoor Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Mile	4:56.35	3	Preliminary Heats
2/25/22	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Distance Medley Relay (1200)	11:26.08	1	Freinfillary fleats
2/25/22	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Mile	4:49.56	5	Final
2/26/22	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	4x400 Meter Relay (Anchor)	3:55.05	6	riidi
2/20/22	BIG EAST Championships	Criicago, III.	Dr. Conrad Worrin Indoor Track and Field Center at Gately Park	4x400 Meter Relay (Afficilor)	3.33.03	0	
1/28/23	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	1000 Meters	2:49.21	3	
2/10/23	David Hemery Valentine Invitational	Boston, Mass.	Track & Tennis Center	Mile	4:45.93	59	
2/24/23	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Mile	4:49.35	6	Preliminary Heats
2/24/23	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Distance Medley Relay (1200)	11:25.95	4	Tremmary freats
2/25/23	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Mile	4:51.65	6	Final
2/25/23	BIG EAST Championships	Chicago, III.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	4x400 Meter Relay (3rd)	3:58:45	9	T THOS
2,23,23	pro Erior oriumpionismps	Cincago, ini	OUTDOOR TRACK & FIELD	in too meter helay (ora)	3.30.13		
DATE	EVENT	LOCATION		EVENT	MARK	PLACE	NOTES
DATE 3/19/21	EVENT Villanova Opener	LOCATION Villanova, Pa.	VENUE	EVENT 800 Meters	MARK 2:18.92	PLACE 1	NOTES
3/19/21	Villanova Opener	Villanova, Pa.	VENUE Villanova Stadium	800 Meters	2:18.92	1	NOTES
3/19/21 3/19/21	Villanova Opener Villanova Opener	Villanova, Pa. Villanova, Pa.	VENUE Villanova Stadium Villanova Stadium	800 Meters 1500 Meters	2:18.92 4:37.09	1 2	NOTES
3/19/21 3/19/21 3/26/21	Villanova Opener Villanova Opener Raleigh Relays	Villanova, Pa. Villanova, Pa. Raleigh, N.C.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track	800 Meters 1500 Meters 1500 Meters	2:18.92 4:37.09 4:23.22	1 2 14	NOTES
3/19/21 3/19/21 3/26/21 4/9/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex	800 Meters 1500 Meters 1500 Meters 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59	1 2 14 2	NOTES
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86	1 2 14 2 1	NOTES
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02	1 2 14 2 1 2	
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/14/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88	1 2 14 2 1 2 2	Preliminary Heats
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/14/21 5/15/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meters 1500 Meters 1500 Meters 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03	1 2 14 2 1 2 2 2	
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/14/21 5/15/21 5/15/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Geneva, Ohio	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76	1 2 14 2 1 2 2 2 1 2	Preliminary Heats Final
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/14/21 5/15/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meters 1500 Meters 1500 Meters 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03	1 2 14 2 1 2 2 2	Preliminary Heats
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/14/21 5/15/21 5/15/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Geneva, Ohio	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76	1 2 14 2 1 2 2 2 1 2	Preliminary Heats Final
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/14/21 5/15/21 5/15/21 5/29/21	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships NCAA East Preliminary	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Geneva, Ohio Jacksonville, Fla.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Steeplechase 3000 Meter Steeplechase	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82	1 2 14 2 1 2 2 2 1 2 38	Preliminary Heats Final
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/1/21 5/15/21 5/15/21 5/29/21 3/19/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships PORAL EAST Championships PORAL EAST Peliminary Penn Challenge	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82	1 2 14 2 1 2 2 2 1 2 38	Preliminary Heats Final
3/19/21 3/19/21 3/26/21 4/9/21 5/14/21 5/14/21 5/15/21 5/29/21 3/19/22 3/25/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Penn Relays	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track	800 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 4x800 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14	1 2 14 2 1 2 2 2 1 2 38	Preliminary Heats Final
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/12/1 5/12/21 5/15/21 5/15/21 5/29/21 3/19/22 3/25/22 4/12/22 5/13/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters Distance Medley Relay (1200) 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43 4:41.41	1 2 14 2 1 2 2 2 1 2 38 1 3 11 9	Preliminary Heats Final National Quarterfinal
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/14/21 5/15/21 5/15/21 5/29/21 3/19/22 4/1/22 4/29/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Penn Relays	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium Franklin Field	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meter Relay (2nd) 3000 Meter Steeplechase 1500 Meters 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43	1 2 14 2 1 2 2 2 1 2 38 1 3 11 9	Preliminary Heats Final National Quarterfinal Championship of America
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/12/21 5/15/21 5/15/21 5/15/21 5/29/21 3/19/22 3/25/22 4/19/22 5/13/22 5/13/22 5/13/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Penn Relays BIG EAST Championships BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla. Philadelphia, Pa. Storrs, Conn.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium Franklin Field George J. Sherman Family Sports Complex	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters Distance Medley Relay (1200) 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43 4:41.41 9:58.13 4:28.85	1 2 14 2 1 2 2 2 1 2 38 1 3 11 9 6 6 2 7	Preliminary Heats Final National Quarterfinal Championship of America
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/14/21 5/15/21 5/15/21 5/15/21 5/29/21 3/25/22 4/19/22 5/13/22 5/13/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Penn Relays BIG EAST Championships BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla. Philadelphia, Pa. Storrs, Conn. Storrs, Conn.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium Franklin Field George J. Sherman Family Sports Complex George J. Sherman Family Sports Complex	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase 1500 Meters 3000 Meter Steeplechase 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43 4:41.41 4:28.85 9:01.71	1 2 14 2 2 2 2 2 1 2 38 1 3 11 9 6 6 2	Preliminary Heats Final National Quarterfinal Championship of America Preliminary Heats
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/12/21 5/15/21 5/15/21 5/15/21 5/29/21 3/19/22 3/25/22 4/19/22 5/13/22 5/13/22 5/13/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Penn Relays BIG EAST Championships BIG EAST Championships BIG EAST Championships	Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla. Philadelphia, Pa. Storrs, Conn. Storrs, Conn.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium Franklin Field George J. Sherman Family Sports Complex George J. Sherman Family Sports Complex George J. Sherman Family Sports Complex	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase 1500 Meters	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43 4:41.41 9:58.13 4:28.85	1 2 14 2 1 2 2 2 1 2 38 1 3 11 9 6 6 2 7	Preliminary Heats Final National Quarterfinal Championship of America Preliminary Heats
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/14/21 5/15/21 5/15/21 5/15/21 3/19/22 3/25/22 4/19/22 5/13/22 5/13/22 5/14/22 5/28/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Penn Relays BIG EAST Championships BIG EAST Championships ROCAA East Preliminary	Villanova, Pa. Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla. Philadelphia, Pa. Storrs, Conn. Storrs, Conn. Storrs, Conn. Bloomington, Ind.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium Franklin Field George J. Sherman Family Sports Complex	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Steeplechase 4x800 Meter Steeplechase 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters Distance Medley Relay (1200) 1500 Meters 3000 Meter Steeplechase 1500 Meters 4x800 Meter Relay (Anchor) 3000 Meter Steeplechase	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43 4:41.41 9:58.13 4:28.85 9:01.71 10:24.03	1 2 14 2 1 2 2 2 1 2 38 1 3 11 9 6 2 7 6	Preliminary Heats Final National Quarterfinal Championship of America Preliminary Heats Final
3/19/21 3/19/21 3/26/21 4/9/21 4/16/21 5/11/21 5/15/21 5/15/21 5/15/21 5/29/21 3/19/22 4/29/2 5/13/22 5/13/22 5/14/22 5/14/22 5/14/22	Villanova Opener Villanova Opener Raleigh Relays Temple Invite Virginia Challenge Penn Twilight BIG EAST Championships BIG EAST Championships NCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays Florida Relays BIG EAST Championships BIG EAST Championships ROCAA East Preliminary Penn Challenge Raleigh Relays Florida Relays BIG EAST Championships	Villanova, Pa. Villanova, Pa. Villanova, Pa. Raleigh, N.C. Philadelphia, Pa. Charlottesville, Va. Philadelphia, Pa. Geneva, Ohio Geneva, Ohio Jacksonville, Fla. Philadelphia, Pa. Raleigh, N.C. Gainesville, Fla. Philadelphia, Pa. Storrs, Conn. Storrs, Conn. Storrs, Conn. Bloomington, Ind.	VENUE Villanova Stadium Villanova Stadium Paul Derr Track Temple Sports Complex Lannigan Field Franklin Field SPIRE Institute SPIRE Institute SPIRE Institute Hodges Stadium Franklin Field Paul Derr Track James G. Pressly Stadium Franklin Field George J. Sherman Family Sports Complex Robert C. Haugh Track and Field Complex Franklin Field	800 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 4x800 Meter Relay (2nd) 3000 Meter Steeplechase 1500 Meters 3000 Meter Steeplechase 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 1500 Meters 3000 Meter Steeplechase 1500 Meters 3000 Meter Steeplechase 1500 Meters 3000 Meter Steeplechase 1500 Meters 4x800 Meter Relay (Anchor) 3000 Meter Steeplechase	2:18.92 4:37.09 4:23.22 4:19.59 10:05.86 4:21.02 4:37.88 4:24.03 8:51.76 10:40.82 4:22.73 10:04.14 4:23.47 11:12.43 4:41.41 9:58.13 4:28.85 9:01.71 10:24.03	1 2 14 2 2 1 2 2 38 1 1 3 3 11 9 6 6 2 7 6 2 2 2	Preliminary Heats Final National Quarterfinal Championship of America Preliminary Heats Final
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