

ANNA HELWIGH CAREER COLLEGIATE RESULTS

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	

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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.	Ocean Breeze Track & Field Athletic Complex	Mile	4:50.87	6	
1/22/22	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	1000 Meters	2:51.76	1	
2/5/22	Columbia Challenge	New York, N.Y.	The Armory	Mile	4:46.90	6	
2/11/22	Husky Classic	Seattle, Wash.	Dempsey Indoor	3000 Meters	9:32.81	27	
2/25/22	BIG EAST Championships	Chicago, Ill.	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, Ill.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Distance Medley Relay (1200)	11:26.08	1	
2/26/22	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Mile	4:49.56	5	Final
2/26/22	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	4x400 Meter Relay (Anchor)	3:55.05	6	
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, Ill.	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, Ill.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Distance Medley Relay (1200)	11:25.95	4	
2/25/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	Mile	4:51.65	6	Final
2/25/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Indoor Track and Field Center at Gately Park	4x400 Meter Relay (3rd)	3:58:45	9	
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	MARK	PLACE	NOTES
3/19/21	Villanova Opener	Villanova, Pa.	Villanova Stadium	800 Meters	2:18.92	1	
3/19/21	Villanova Opener	Villanova, Pa.	Villanova Stadium	1500 Meters	4:37.09	2	
3/26/21	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	1500 Meters	4:23.22	14	
4/9/21	Temple Invite	Philadelphia, Pa.	Temple Sports Complex	1500 Meters	4:19.59	2	
4/16/21	Virginia Challenge	Charlottesville, Va.	Lannigan Field	3000 Meter Steeplechase	10:05.86	1	
5/1/21	Penn Twilight	Philadelphia, Pa.	Franklin Field	1500 Meters	4:21.02	2	
5/14/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	1500 Meters	4:37.88	2	Preliminary Heats
5/15/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	1500 Meters	4:24.03	1	Final
5/15/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	4x800 Meter Relay (2nd)	8:51.76	2	
5/29/21	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	3000 Meter Steeplechase	10:40.82	38	National Quarterfinal
3/19/22	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	4:22.73	1	
3/25/22	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	3000 Meter Steeplechase	10:04.14	3	
4/1/22	Florida Relays	Gainesville, Fla.	James G. Pressly Stadium	1500 Meters	4:23.47	11	
4/29/22	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (1200)	11:12.43	9	Championship of America
5/13/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	1500 Meters	4:41.41	6	Preliminary Heats
5/13/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	3000 Meter Steeplechase	9:58.13	2	
5/14/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	1500 Meters	4:28.85	7	Final
5/14/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	4x800 Meter Relay (Anchor)	9:01.71	6	
5/28/22	NCAA East Preliminary	Bloomington, Ind.	Robert C. Haugh Track and Field Complex	3000 Meter Steeplechase	10:24.03	27	National Quarterfinal
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	1500 Meters	4:27.86	2	
4/7/23	Duke Invitational	Durham, N.C.	Morris Williams Stadium	3000 Meter Steeplechase	10:05.26	3	
4/21/23	Widener Invitational	Chester, Pa.	Leslie C. Quick, Jr. Stadium	1500 Meters	4:28.68	7	Elite Section
4/27/23	Penn Relays	Philadelphia, Pa.	Franklin Field	3000 Meter Steeplechase	10:03.51	4	Championship Section
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	3000 Meter Steeplechase	10:03.91	3	
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x800 Meter Relay (2nd)	8:46.15	3	
5/27/23	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	3000 Meter Steeplechase	10:32.55	27	National Quarterfinal