

HAFTU STRINTZOS CAREER COLLEGIATE RESULTS
CROSS COUNTRY

DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
10/5/19	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	23:44.0	13	Gold Race
10/19/19	UnderArmour Pre-National Invitational	Terre Haute, Ind.	LaVern Gibson Championship Cross Country Course	8000 Meters	24:20.9	39	Blue Race
11/2/19	BIG EAST Championships	Kenosha, Wis.	Wayne Dannehl National Cross Country Course	8000 Meters	25:51.1	8	
11/15/19	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	10000 Meters	30:02.9	4	
11/23/19	NCAA Championships	Terre Haute, Ind.	LaVern Gibson Championship Cross Country Course	10000 Meters	32:17.2	142	
3/5/21	BIG EAST Championships	Cary, N.C.	WakeMed Soccer Park Field	8000 Meters	23:05.2	1	
3/15/21	NCAA Championships	Stillwater, Okla.	Greiner Family OSU Cross Country Course	10000 Meters	31:11.0	66	
9/17/21	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	19:02.4	1	
10/1/21	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	23:33.9	3	Gold Race
10/16/21	Princeton Invitational	Princeton, N.J.	West Windsor Fields	8000 Meters	24:05.2	13	
10/29/21	BIG EAST Championships	Carmel, Ind.	Northview Church	8000 Meters	23:59.0	2	
11/12/21	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	10000 Meters	30:13.1	2	
11/20/21	NCAA Championships	Tallahassee, Fla.	Apalachee Regional Park	10000 Meters	28:57.3	9	
9/2/22	Lehigh Invitational	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	18:05.1	4	
10/14/22	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	23:45.5	47	Championship Race
10/29/22	BIG EAST Championships	Attleboro, Mass.	Highland Park	8000 Meters	23:21	2	
11/11/22	NCAA Mid-Atlantic Regional	University Park, Pa.	Penn State Golf Courses	10000 Meters	30:25.1	15	
11/19/22	NCAA Championships	Stillwater, Okla.	Greiner Family Greiner Family OSU Cross Country Course	10000 Meters	30:53.9	185	
9/1/23	Temple Owls Cross Country Invitational	Ambler, Pa.	Temple Ambler	6000 Meters	19:23.3	2	
9/23/23	Virginia Invitational	Earlysville, Va.	Panorama Farms	8000 Meters	23:36.9	11	
10/13/23	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	24:07.7	52	Championship Race
10/28/23	BIG EAST Championships	Kenosha, Wis.	Wayne Dannehl National Cross Country Course	8530 Meters	24:57.94	2	
11/10/23	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	10000 Meters	29:14.7	2	
11/17/23	NCAA Championships	Earlysville, Va.	Panorama Farms	10000 Meters	29:49.3	38	

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INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/18/20	Wesley A. Brown Invitational	Annapolis, Md.	Wesley A. Brown Field House	3000 Meters	8:17.69	2	
2/1/20	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	8:12.43	5	
2/15/20	David Hemery Valentine Invitational	Boston, Mass.	Track & Tennis Center	3000 Meters	8:05.74	33	
3/1/20	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	5000 Meters	14:17.98	3	
3/2/20	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	3000 Meters	8:18.76	4	
1/15/22	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	4:08.65	8	
1/29/22	Sykes & Sabock Challenge	University Park, Pa.	Horace Ashenfelter III Indoor Track	3000 Meters	8:00.77	6	
2/11/22	Indoor Music City Challenge	Nashville, Tenn.	David Williams II Recreation and Wellness Center	5000 Meters	13:50.42	2	
2/25/22	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	5000 Meters	13:48.72	3	
2/26/22	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	3000 Meters	7:56.07	2	
2/11/23	David Hemery Valentine Invitational	Boston, Mass.	Track & Tennis Center	3000 Meters	8:00.91	47	
2/24/23	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	5000 Meters	14:00.39	4	
2/25/23	BIG EAST Championships	Chicago, Ill.	Track and Field Center at Gately Park	3000 Meters	8:07.21	9	
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/25/21	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	5000 Meters	13:47.32	7	
4/9/21	Temple Invite	Philadelphia, Pa.	Temple Sports Complex	1500 Meters	3:50.04	11	
4/24/21	Philadelphia Metropolitan Collegiate Invitational	Philadelphia, Pa.	Franklin Field	10000 Meters	28:55.55	1	
5/15/21	BIG EAST Championships	Geneva, Ohio	SPIRE Institute	5000 Meters	13:52.91	6	
5/26/21	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	10000 Meters	28:52.71	6	National Semifinal
5/28/21	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	5000 Meters	14:05.66	30	National Semifinal
6/9/21	NCAA Championships	Eugene, Ore.	Hayward Field	10000 Meters	28:51.06	19	National Championship
4/2/22	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	13:51.28	2	
4/22/22	Virginia Challenge	Charlottesville, Va.	Lannigan Field	10000 Meters	28:34.41	1	Invitational Section
5/14/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	5000 Meters	14:13.58	1	
5/25/22	NCAA East Preliminary	Bloomington, Ind.	Robert C. Haugh Track and Field Complex	10000 Meters	28:42.13	7	National Semifinal
6/8/22	NCAA Championships	Eugene, Ore.	Hayward Field	10000 Meters	28:47.35	19	National Championship
3/24/23	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	10000 Meters	28:36.71	5	
4/14/23	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	13:53.79	4	
4/27/23	Penn Relays	Philadelphia, Pa.	Franklin Field	5000 Meters	13:47.54	2	Championship Section
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	5000 Meters	13:45.70	3	
5/24/23	NCAA East Preliminary	Jacksonville, Fla.	Hodges Stadium	10000 Meters	29:04.93	6	National Semifinal
6/7/23	NCAA Championships	Austin, Texas	Mike A. Myers Stadium	10000 Meters	29:45.22	19	National Championship