

SADIE SIGFSTEAD CAREER COLLEGIATE RESULTS

CROSS COUNTRY							
DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/17/21	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	16:21.2	2	
10/1/21	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	20:04.7	5	Gold Race
10/15/21	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	6000 Meters	20:45.8	36	Championship Race
10/29/21	BIG EAST Championships	Carmel, Ind.	Northview Church	6000 Meters	21:00.0	5	
11/12/21	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	20:31.0	9	
11/20/21	NCAA Championships	Tallahassee, Fla.	Apalachee Regional Park	6000 Meters	20:27.5	93	
9/15/23	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	16:00.5	1	
9/29/23	Coast-to-Coast Battle in Beantown	Boston, Mass.	Franklin Park	5000 Meters	17:04.9	2	
10/14/23	XC-23 Pre-Nationals	Earlysville, Va.	Panorama Farms	6000 Meters	20:01.6	8	
10/28/23	BIG EAST Championships	Kenosha, Wis.	Wayne Dannehl National Cross Country Course	6000 Meters	20:25.67	4	
11/10/23	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	19:35.5	1	
11/18/23	NCAA Championships	Earlysville, Va.	Panorama Farms	6000 Meters	20:28.7	71	
9/27/24	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	6000 Meters	19:55.7	1	Championship Race
10/18/24	Princeton Fall Classic	Princeton, N.J.	Meadows Campus Course	6000 Meters	19:48.6	9	
11/1/24	BIG EAST Championships	Leesburg, Va.	Morven Park	6000 Meters	19:56.25	4	
11/15/24	NCAA Mid-Atlantic Regional	University Park, Pa.	Penn State Golf Courses	6000 Meters	19:30.8	3	
11/23/24	NCAA Championships	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	6000 Meters	19:49.0	15	

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INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/22/22	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	4:51.89	4	
2/5/22	Columbia Challenge	New York, N.Y.	The Armory	3000 Meters	9:24.94	6	
2/11/22	Husky Classic	Seattle, Wash.	Dempsey Indoor	3000 Meters	9:27.04	20	
2/25/22	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	5000 Meters	16:21.25	5	
2/26/22	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	3000 Meters	9:27.42	7	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	4:50.85	1	
2/9/24	Husky Classic	Seattle, Wash.	Dempsey Indoor	5000 Meters	15:44.11	13	Invitational Section
2/23/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	5000 Meters	15:59.18	1	
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	3000 Meters	9:17.10	3	
12/7/24	Sharon Colyear-Danville Season Opener	Boston, Mass.	Track & Tennis Center	5000 Meters	15:52.27	34	
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/25/22	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	1500 Meters	4:28.51	58	
4/15/22	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	1500 Meters	4:35.52	35	
5/14/22	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	5000 Meters	16:51.36	11	
3/18/23	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	4:31.98	2	
3/23/23	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	10000 Meters	33:53.16	19	Invitational Section
4/21/23	Widener Invitational	Chester, Pa.	Leslie C. Quick Jr. Stadium	1500 Meters	4:25.58	4	Elite Section
4/27/23	Penn Relays	Philadelphia, Pa.	Franklin Field	5000 Meters	16:17.19	18	Championship Section
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	10000 Meters	34:42.83	1	
5/13/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	5000 Meters	16:26.26	5	
5/25/23	NCAA East Preliminary	Jacksonville, Fla.	Visit Jax Track at Hodges Stadium	10000 Meters	34:32.47	24	National Semifinal
3/29/24	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	10000 Meters	32:45.56	7	Invitational Section
4/19/24	Wake Forest Invitational	Winston-Salem, N.C.	Kentner Stadium	5000 Meters	15:59.02	11	Invite Section
5/10/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	5000 Meters	16:02.93	4	
5/23/24	NCAA East Preliminary	Lexington, Ky.	University of Kentucky Outdoor Track and Field Complex	10000 Meters	33:05.99	9	National Semifinal
5/25/24	NCAA East Preliminary	Lexington, Ky.	University of Kentucky Outdoor Track and Field Complex	5000 Meters	16:03.15	14	National Semifinal
6/6/24	NCAA Championships	Eugene, Ore.	Hayward Field	10000 Meters	33:18.63	12	National Championship
4/18/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	1500 Meters	4:22.94	18	Invite Section
4/18/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	5000 Meters	15:55.00	1	Unseeded Section
4/24/25	Penn Relays	Philadelphia, Pa.	Franklin Field	10000 Meters	32:39.54	1	
5/16/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	5000 Meters	16:07.57	3	
5/29/25	NCAA East Preliminary	Jacksonville, Fla.	Visit Jax Track at Hodges Stadium	10000 Meters	32:56.98	10	National Semifinal
5/31/25	NCAA East Preliminary	Jacksonville, Fla.	Visit Jax Track at Hodges Stadium	5000 Meters	15:33.68	12	National Semifinal
6/12/25	NCAA Championships	Eugene, Ore.	Hayward Field	10000 Meters	32:40.13	13	National Championship