

KATE FLYNN 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	21:13.1	60	
9/16/22	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	20:39.8	42	
9/1/23	Temple Owls Cross Country Invitational	Ambler, Pa.	Temple Ambler	4000 Meters	17:50.7	23	
9/15/23	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	20:21.2	42	
10/26/23	Haverford Invitational	Haverford, Pa.	Alumni Course	3 Miles	20:42.7	16	
INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/15/22	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:35.33	15	
1/22/22	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:30.12	12	
2/12/22	Rutgers Open	New York, N.Y.	The Armory	800 Meters	2:29.76	40	
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:30.54	8	
1/21/23	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:28.91	15	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:24.44	21	
1/13/24	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:26.08	16	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:25.41	16	
2/9/24	Fastrack National Invite	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	800 Meters	2:26.33	51	
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/19/21	Villanova Opener	Villanova, Pa.	Villanova Stadium	400 Meters	1:09.10	10	
3/27/21	Penn Challenge	Philadelphia, Pa.	Franklin Field	400 Meters	1:06.89	13	
4/9/21	Temple Invite	Philadelphia, Pa.	Temple Sports Complex	800 Meters	2:32.83	15	
4/17/21	Quaker Invite	Philadelphia, Pa.	Franklin Field	800 Meters	2:37.59	9	
5/1/21	Penn Twilight	Philadelphia, Pa.	Franklin Field	800 Meters	2:33.19	4	
3/19/22	Penn Challenge	Philadelphia, Pa.	Franklin Field	800 Meters	2:28.50	6	
4/2/22	Philadelphia Big 5 Meet	Philadelphia, Pa.	Franklin Field	800 Meters	2:25.83	4	
4/23/22	Widener Invitational	Chester, Pa.	Leslie C. Quick Jr. Stadium	800 Meters	2:24.55	21	
3/18/23	Penn Challenge	Philadelphia, Pa.	Franklin Field	800 Meters	2:28.48	12	
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	800 Meters	2:27.30	10	
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	800 Meters	2:25.05	20	Preliminary Heats
3/23/24	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	5:23.53	36	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	800 Meters	2:26.91	20	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	4x400 Meter Relay (3rd)	4:12.00	3	
4/20/24	Paul Donahue Invitational	Chester, Pa.	George A. Hansell Track	800 Meters	2:26.11	42	Open Section
5/10/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	1500 Meters	5:20.94	18	Preliminary Heats