

**MARCO LANGON CAREER COLLEGIATE RESULTS**

**CROSS COUNTRY**

DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/16/22	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	19:13.4	1	UNATTACHED
9/30/22	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	23:49.4	74	Gold Race
10/14/22	Nuttyscombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	24:08.4	112	Championship Race
10/29/22	BIG EAST Championships	Attleboro, Mass.	Highland Park	8000 Meters	23:55	13	
11/11/22	NCAA Mid-Atlantic Regional	University Park, Pa.	Penn State Golf Courses	10000 Meters	30:05.6	4	
11/19/22	NCAA Championships	Stillwater, Okla.	Greiner Family Greiner Family OSU Cross Country Course	10000 Meters	30:24.5	121	
9/1/23	Temple Owls Cross Country Invitational	Ambler, Pa.	Temple Ambler	6000 Meters	19:23.2	1	
9/23/23	Virginia Invitational	Earlsville, Va.	Panorama Farms	8000 Meters	23:37.4	12	
10/13/23	Nuttyscombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	24:24.9	110	Championship Race
10/28/23	BIG EAST Championships	Kenosha, Wis.	Wayne Dannehl National Cross Country Course	8530 Meters	25:21.86	7	
11/18/23	NCAA Championships	Earlsville, Va.	Panorama Farms	10000 Meters	30:58.9	146	
9/27/24	Nuttyscombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	23:39.0	12	Championship Race
10/18/24	Princeton Fall Classic	Princeton, N.J.	Meadows Campus Course	8000 Meters	22:46.2	4	
11/1/24	BIG EAST Championships	Leesburg, Va.	Morven Park	8000 Meters	23:28.27	2	
11/15/24	NCAA Mid-Atlantic Regional	University Park, Pa.	Penn State Golf Courses	10000 Meters	29:32.1	2	
11/23/24	NCAA Championships	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	10000 Meters	29:08.8	15	

**INDOOR TRACK & FIELD**

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	3:57.88	1	
1/26/24	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	Mile	3:56.24	4	
2/10/24	Windy City Invite	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	3000 Meters	7:47.43	3	Invitationl Section
2/23/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Distance Medley Relay (1200)	9:37.24	1	
2/24/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	3000 Meters	7:43.83	2	
3/9/24	NCAA Championships	Boston, Mass.	the TRACK at new balance	3000 Meters	8:00.83	14	
12/7/24	Sharon Colyear-Danville Season Opener	Boston, Mass.	Track & Tennis Center	5000 Meters	13:14.11	4	
1/25/25	Penn 10 Elite	Philadelphia, Pa.	The Ott Center	Mile	3:54.60	1	
2/8/25	Bruce Lehane Scarlet & White Invite	Boston, Mass.	Track & Tennis Center	3000 Meters	7:36.87	2	
2/28/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	5000 Meters	13:57.03	1	
3/14/25	NCAA Championships	Virginia Beach, Va.	Virginia Beach Sports Center	5000 Meters	13:14.16	6	
3/15/25	NCAA Championships	Virginia Beach, Va.	Virginia Beach Sports Center	3000 Meters	7:54.25	7	

**OUTDOOR TRACK & FIELD**

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
4/14/23	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	13:47.42	1	UNATTACHED
4/21/23	Widener Invitational	Chester, Pa.	Leslie C. Quick Jr. Stadium	Mile	3:58.82	1	UNATTACHED / Elite Section
4/12/24	Bryan Clay Invitational	Azusa, Calif.	Cougar Athletic Stadium	5000 Meters	13:28.44	11	Invite Heat 1
4/27/24	Penn Relays	Philadelphia, Pa.	Franklin Field	4xMile Relay (3rd)	15:51.91	1	Championship of America
5/10/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	5000 Meters	13:45.50	1	
5/11/24	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	4x800 Meter Relay (1st)	7:24.09	2	
5/24/24	NCAA East Preliminary	Lexington, Ky.	University of Kentucky Outdoor Track and Field Complex	5000 Meters	13:58.89	9	National Semifinal
6/7/24	NCAA Championships	Eugene, Ore.	Hayward Field	5000 Meters	14:10.41	21	National Championship
3/27/25	Raleigh Relays	Raleigh, N.C.	Paul Derr Track	1500 Meters	3:33.38	2	
4/18/25	Wake Forest Invitational	Winston-Salem, N.C.	Kentner Stadium	1500 Meters	3:37.25	1	Invite Section
4/25/25	Penn Relays	Philadelphia, Pa.	Franklin Field	Distance Medley Relay (1200)	9:28.14	5	Championship of America
4/26/25	Penn Relays	Philadelphia, Pa.	Franklin Field	4xMile Relay (3rd)	16:24.92	2	Championship of America
5/16/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	5000 Meters	13:27.21	1	
5/30/25	NCAA East Preliminary	Jacksonville, Fla.	Visit Jax Track at Hodges Stadium	5000 Meters	14:06.40	8	National Semifinal
6/13/25	NCAA Championships	Eugene, Ore.	Hayward Field	5000 Meters	13:21.17	3	National Championship