

KINSEY POGUE CAREER COLLEGIATE RESULTS							
CROSS COUNTRY							
DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/16/22	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	18:01.8	7	
10/14/22	Penn State National Open	University Park, Pa.	Blue and White Golf Courses	6000 Meters	23:08.9	101	
10/29/22	BIG EAST Championships	Attleboro, Mass.	Highland Park	6000 Meters	22:33	52	
11/11/22	NCAA Mid-Atlantic Regional	University Park, Pa.	Blue and White Golf Courses	6000 Meters	22:59.0	115	
9/1/23	Temple Owls Cross Country Invitational	Ambler, Pa.	Temple Ambler	4000 Meters	15:16.9	1	
9/15/23	Main Line Invitational	Haverford, Pa.	Alumni Course	3 Miles	17:34.8	10	
9/29/23	Coast-to-Coast Battle in Beantown	Boston, Mass.	Franklin Park	5000 Meters	18:33.7	80	
10/14/23	XC-23 Pre-Nationals	Earlsville, Va.	Panorama Farms	6000 Meters	22:29.2	175	
10/28/23	BIG EAST Championships	Kenosha, Wis.	Wayne Dannehl National Cross Country Course	6000 Meters	22:41.27	50	
11/10/23	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	21:38.9	85	
9/20/24	Main Line Invitational	Haverford, Pa.	Alumni Course	5000 Meters	18:47.3	13	
10/18/24	Princeton Fall Classic	Princeton, N.J.	Meadows Campus Course	6000 Meters	22:09.3	169	
10/25/24	Haverford Invitational	Haverford, Pa.	Alumni Course	5000 Meters	18:19.3	4	
INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
1/14/23	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	5:14.93	20	
1/21/23	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	10:15.82	5	
2/11/23	Big Apple Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	10:10.51	6	
2/24/23	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Mile	5:07.32	17	Preliminary Heats
1/13/24	Penn 10-Team Select	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	Mile	5:04.29	9	
1/20/24	Villanova Invitational	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	10:02.02	2	
1/26/24	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	Mile	5:01.38	44	
2/9/24	Fastrack National Invite	Staten Island, N.Y.	Ocean Breeze Track & Field Athletic Complex	3000 Meters	9:57.74	6	
2/23/24	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Mile	5:03.30	15	Preliminary Heats
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	Mile	5:10.86	12	
1/25/25	Penn 10 Elite	Philadelphia, Pa.	The Ott Center	3000 Meters	10:12.90	12	
2/1/25	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	3000 Meters	10:12.63	23	
2/14/25	Eagle Elite Invitational	Boston, Mass.	the TRACK at new balance	Mile	5:04.57	41	
OUTDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/18/23	Penn Challenge	Philadelphia, Pa.	Franklin Field	3000 Meters	10:23.45	4	
4/1/23	Big 5 Invitational	Philadelphia, Pa.	Franklin Field	1500 Meters	4:49.56	15	
4/14/23	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	3000 Meter Steeplechase	11:44.98	11	
5/12/23	BIG EAST Championships	Villanova, Pa.	Villanova Stadium	1500 Meters	4:47.63	20	Preliminary Heats
3/23/24	Penn Challenge	Philadelphia, Pa.	Franklin Field	3000 Meters	10:12.94	10	
4/6/24	Penn Invitational	Philadelphia, Pa.	Franklin Field	1500 Meters	4:48.61	6	
4/12/24	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	5000 Meters	17:55.88	17	Unseeded Section
3/22/25	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	4:47.15	12	
4/4/25	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	1500 Meters	4:44.24	21	
4/18/25	Virginia Challenge	Charlottesville, Va.	Lannigan Field	5000 Meters	18:04.72	40	Unseeded Section
5/3/25	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	1500 Meters	4:47.50	17	