

KAI MITCHELL-REISS CAREER COLLEGIATE RESULTS
CROSS COUNTRY

DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/15/23	Main Line Invitational	Haverford, Pa.	Alumni Course	4 Miles	19:54.2	3	UNATTACHED
9/30/23	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	8000 Meters	25:08.1	19	UNATTACHED / OPEN RACE
10/26/23	Haverford Invitational	Haverford, Pa.	Alumni Course	4 Miles	20:07.0	3	UNATTACHED
8/30/24	Temple Owls Cross Country Invitational	Ambler, Pa.	Temple Ambler	6000 Meters	19:56.7	15	
9/27/24	Nuttycombe Wisconsin Invitational	Madison, Wis.	Thomas Zimmer Championship Cross Country Course	8000 Meters	25:46.6	25	B Race
10/18/24	Princeton Fall Classic	Princeton, N.J.	Meadows Campus Course	8000 Meters	24:41.5	131	
11/1/24	BIG EAST Championships	Leesburg, Va.	Morven Park	8000 Meters	26:08.31	54	

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	3000 Meters	8:25.88	16	UNATTACHED
1/18/25	Quaker Invitational	Philadelphia, Pa.	The Ott Center	3000 Meters	8:21.79	5	
1/31/25	Penn State National Open	University Park, Pa.	Horace Ashenfelter III Indoor Track	Mile	4:07.94	16	
2/14/25	David Hemery Valentine Invitational	Boston, Mass.	Track & Tennis Center	3000 Meters	8:15.51	146	
2/28/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Mile	4:09.13	6	Preliminary Heats
3/1/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	Mile	4:06.96	5	Final
3/1/25	BIG EAST Championships	Chicago, Ill.	Dr. Conrad Worrill Track and Field Center at Gately Park	4x800 Meter Relay (3rd)	7:34.78	5	

OUTDOOR TRACK & FIELD

DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
3/22/25	Penn Challenge	Philadelphia, Pa.	Franklin Field	1500 Meters	3:52.80	5	
4/4/25	Sam Howell Invitational	Princeton, N.J.	Weaver Stadium	3000 Meter Steeplechase	9:18.67	8	
4/24/25	Penn Relays	Philadelphia, Pa.	Franklin Field	1500 Meters	3:50.21	27	
5/2/25	Larry Ellis Invitational	Princeton, N.J.	Weaver Stadium	1500 Meters	3:46.71	16	Elite Section
5/16/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	3000 Meter Steeplechase	9:26.25	8	
5/17/25	BIG EAST Championships	Storrs, Conn.	George J. Sherman Family Sports Complex	4x800 Meter Relay (1st)	7:28.82	4	