

VILLANOVA WOMEN'S CROSS COUNTRY

2023 SEASON

SCHEDULE AND RESULTS

<u>Date</u>	<u>Meet</u>	<u>Result</u>
9/1	Temple Owls Cross Country Invitational	1st of 3
9/15	Main Line Invitational	1st of 7
9/29	Coast-to-Coast Battle of Beantown	4th of 16
10/14	XC-23 Pre-Nationals	10th of 24
10/26	Haverford Invitational	2nd of 2
10/28	BIG EAST Championships	3rd of 11
11/10	NCAA Mid-Atlantic Regional	5th of 27
11/18	NCAA Championships	no scoring

RACE VENUES

Temple Owls Cross Country Invitational

Temple Ambler Campus
Ambler, Pa.
4000 Meters

Main Line Invitational

Alumni Course
Haverford, Pa.
3 Miles

Coast-to-Coast Battle in Beantown

Franklin Park
Boston, Mass.
5000 Meters

XC-23 Pre-Nationals

Panorama Farms
Earlys ville, Va.
6000 Meters

BIG EAST Championships

Wayne E. Dannehl National Cross Country Course
Kenosha, Wis.
6000 Meters

Haverford Invitational

Alumni Course
Haverford, Pa.
3 Miles

NCAA Mid-Atlantic Regional

Goodman Campus Course
Bethlehem, Pa.
6000 Meters

NCAA Championships

Panorama Farms
Earlys ville, Va.
6000 Meters

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2023 SEASON

PERFORMANCE LIST

4000 Meters

<u>4000 Meters</u>	<u>Time</u>	<u>Date</u>
Kinsey Pogue	15:16.9	9/1
Elizabeth Vaughn	15:39.8	9/1
Madison Martinez	15:46.1	9/1
Alex Stasichin	15:48.1	9/1
Caelen O’Leary	17:22.3	9/1
Kate Flynn	17:50.7	9/1

3 Miles

<u>3 Miles</u>	<u>Time</u>	<u>Date</u>
Sadie Sigfstead	16:00.5	9/15
Emma McGill	16:14.0	9/15
Margaret Carroll	17:11.5	9/15
Emily Robinson	17:19.7	9/15
Tilly O'Connor	17:25.2	9/15
Kinsey Pogue	17:34.8	9/15
Elizabeth Vaughn	17:43.4	9/15
Madison Martinez	18:21.6	10/26
Alex Stasichin	18:25.3	10/26
Sarah Butler	18:34.0	10/26
Micah Trusty	18:47.8	9/15
Caelen O'Leary	19:41.6	9/15
Kate Flynn	20:21.2	9/15

5000 Meters

<u>5000 Meters</u>	<u>Time</u>	<u>Date</u>
Sadie Sigfstead	17:04.9	9/29
Emma McGill	17:10.6	9/29
Margaret Carroll	17:42.4	9/29
Emily Robinson	17:49.5	9/29
Tilly O'Connor	18:24.5	9/29
Elizabeth Vaughn	18:27.3	9/29
Kinsey Pogue	18:33.7	9/29

6000 Meters

Sadie Sigfstead	19:35.5	11/10
Emma McGill	19:49.2	11/10
Emily Robinson	20:45.7	11/10
Tilly O'Connor	20:52.5	11/10
Margaret Carroll	21:24.8	11/10
Elizabeth Vaughn	21:31.5	11/10
Kinsey Pogue	21:38.9	11/10

VILLANOVA WOMEN'S CROSS COUNTRY

2023 SEASON

AGGREGATE RESULTS

4000 METERS

<u>NAME</u>	<u>DATE</u>
Kinsey Pogue	9/1
Elizabeth Vaughn	9/1
Madison Martinez	9/1
Alex Stasichin	9/1
Caelen O'Leary	9/1
Kate Flynn	9/1

3 MILES

<u>NAME</u>	<u>DATE</u>
Sadie Sigfstead	9/15
Emma McGill	9/15
Margaret Carroll	9/15
Emily Robinson	9/15
Tilly O'Connor	9/15
Kinsey Pogue	9/15
Elizabeth Vaughn	9/15
Madison Martinez	10/26
Alex Stasichin	10/26
Sarah Butler	10/26
Micah Trusty	9/15
Caelen O'Leary	9/15
Caelen O'Leary	10/26
Alex Stasichin	9/15
Kate Flynn	9/15
Kate Flynn	10/26

5000 METERS

<u>NAME</u>	<u>DATE</u>
Sadie Sigfstead	9/29
Emma McGill	9/29
Margaret Carroll	9/29
Emily Robinson	9/29
Tilly O'Connor	9/29
Elizabeth Vaughn	9/29
Kinsey Pogue	9/29

AGGREGATE RESULTS

6000 METERS

<u>NAME</u>	<u>DATE</u>
Sadie Sigfstead	11/10
Emma McGill	11/10
Sadie Sigfstead	10/14
Sadie Sigfstead	10/28
Sadie Sigfstead	11/18
Emma McGill	10/28
Emma McGill	10/14
Emily Robinson	11/10
Tilly O'Connor	11/10
Emily Robinson	10/14
Emily Robinson	10/28
Margaret Carroll	11/10
Elizabeth Vaughn	11/10
Kinsey Pogue	11/10
Tilly O'Connor	10/28
Margaret Carroll	10/28
Elizabeth Vaughn	10/28
Margaret Carroll	10/14
Tilly O'Connor	10/14
Elizabeth Vaughn	10/14
Kinsey Pogue	10/14
Kinsey Pogue	10/28