

SOPHIA MCINNES CAREER COLLEGIATE RESULTS							
CROSS COUNTRY							
DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
9/19/25	Main Line Invitational	Haverford, Pa.	Fran Rizzo Cross Country Course at Haverford College	5000 Meters	18:03.4	8	
10/3/25	Paul Short Run	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	20:55.2	61	Gold Race
10/17/25	Pre-National Invitational	Columbia, Mo.	Gans Creek Cross Country Course	6000 Meters	21:28.8	143	
10/31/25	BIG EAST Championships	Ashland, Mo.	Olsson Cross Country Course at Mahoney State Park	6000 Meters	21:31.2	40	
11/14/25	NCAA Mid-Atlantic Regional	Bethlehem, Pa.	Goodman Campus Course	6000 Meters	21:30.3	69	
INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
12/6/25	Penn Opener	Philadelphia, Pa.	The Ott Center	3000 Meters	9:43.56	3	