

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 | |