

THERESE TRAINER CAREER COLLEGIATE RESULTS**CROSS COUNTRY**

DATE	EVENT	LOCATION	VENUE	DISTANCE	TIME	PLACE	NOTES
8/29/25	Temple Invitational	Ambler, Pa.	Temple Ambler	4000 Meters	15:03.8	5	
9/19/25	Main Line Invitational	Haverford, Pa.	Fran Rizzo Cross Country Course at Haverford College	5000 Meters	18:58.7	21	
10/24/25	Haverford Invitational	Haverford, Pa.	Fran Rizzo Cross Country Course at Haverford College	5000 Meters	18:57.3	8	
INDOOR TRACK & FIELD							
DATE	EVENT	LOCATION	VENUE	EVENT	TIME	PLACE	NOTES
12/6/25	Penn Opener	Philadelphia, Pa.	The Ott Center	1000 Meters	2:56.03	8	
12/6/25	Penn Opener	Philadelphia, Pa.	The Ott Center	4x400 Meter Relay (Anchor)	3:57.92	6	