

UNIVERSITY OF MIAMI TRACK AND FIELD HISTORY AND RECORDS

MEN'S AND WOMEN'S CROSS COUNTRY

MEN'S ALL TIME TOP 10 - 8K

Runner	Time	Event	Year
Nathan Kuck.....	24:09.20.....	ACC Championships.....	2017
Sean Grossman.....	24:35.40.....	ACC Championships.....	2016
Jeff Gaulrapp.....	24:37.00.....	Big East Championships	2000
Matt Mulvaney	24:44.00.....	Big East Championships	2002
Jon Scheiner	24:57.77	Auburn Invitational.....	2006
Sean Pezzulo	25:07.00.....	Paul Short Invitational	2012
Alex Brutvan	25:11.75.....	Gator Invitational	2005
Dan Boniface	25:13.00.....	Florida Memorial Tri-meet.....	2002
Tom Berry	25:17.60.....	Gator Invitational	2005
Andrew Chuplis.....	25:18.09.....	Auburn Invitational.....	2006

MEN'S ALL TIME TOP 10 - 10K

Runner	Time	Event	Year
Sean Pezzulo	31:29.61	NCAA South Regional.....	2013
Alex Brutvan	31:41.90.....	Chile Pepper Invitational	2005
Tom Berry	31:47.80.....	Chile Pepper Invitational	2005
Luke Fontaine	31:51.46.....	NCAA South Regional.....	2013
Ryan Woodlee.....	31:52.30.....	Chile Pepper Invitational	2005
Sean Grossman.....	31:53.60	NCAA South Regional.....	2016
Nathan Kuck.....	31:54.00.....	NCAA South Regional.....	2017
Zach Castiglione	32:01.90.....	Chile Pepper Invitational	2005
JaCee Jarnagin.....	32:10.59.....	NCAA South Regional.....	2013
Gregory Kaczka	32:11.32.....	NCAA South Regional.....	2010

WOMEN'S ALL TIME TOP 10 - 5K

Runner	Time	Event	Year
Melanie Schultz.....	17:25.92.....	Gator Invitational	2005
Lindsay Arrington	17:36.23.....	Disney World Classic.....	2013
Shannon Sarabyn	17:37.40.....	FIU Invitational	2000
Gabrielle Hesslau.....	17:54.22.....	Mountain Dew Invitational.....	2015
Brooke Dovell.....	17:56.11	UF Mountain Dew Invitational	2010
Maryam Jawid	18:00.40.....	UF Mountain Dew Invitational	2017
<i>Anne den Otter.....</i>	<i>18:26.30.....</i>	<i>UF Mountan Dew Invitational.....</i>	<i>2017</i>
Dee Dee Phlatts.....	18:28.24.....	Auburn Invitational.....	2006
Alaine Tate.....	18:29.72.....	Disney World Classic.....	2013
<i>Ryley Howard.....</i>	<i>18:32.37.....</i>	<i>Mountain Dew Invitational.....</i>	<i>2018</i>

WOMEN'S ALL TIME TOP 10 - 6K

Runner	Time	Event	Year
Melanie Schultz.....	19:56.10.....	ACC Championships.....	2005
Lindsay Arrington	21:15.53.....	NCAA South Regional.....	2013
Maryam Jawid.....	<i>21:17.80.....</i>	<i>NCAA South Regional</i>	<i>2017</i>
Gabrielle Hesslau	21:18.20.....	NCAA South Regional.....	2016
Shannon Sarabyn	21:43.32.....	Gator Invitational	2000
Brooke Dovell.....	21:53.12.....	NCAA South Regional.....	2010
<i>Anne den Otter.....</i>	<i>22:05.80.....</i>	<i>NCAA South Regional</i>	<i>2017</i>
Alaine Tate.....	22:15.30.....	Charlotte Invitational.....	2013
Katherine Woodard.....	22:20.96.....	NCAA South Regional.....	2010
Jennifer Geroux.....	22:36.00.....	Big East Championship	2000