

# 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
<b>Daphnee Lavassas .....</b>	<b>18:03.9</b> .....	<b>FSU Invitational .....</b>	<b>2020</b>
<b>Emma Langlois.....</b>	<b>18:21.4</b> .....	<b>FSU Invitational .....</b>	<b>2020</b>
Anne den Otter .....	18:26.30 .....	UF Mountain Dew Invitational.....	2017
Dee Dee Phlatts.....	18:28.24.....	Auburn Invitational.....	2006

### 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 .....	21:17.80.....	NCAA South Regional .....	2017
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
<b>Daphnee Lavassas .....</b>	<b>21:53.7</b> .....	<b>Florida Mountain Dew Invitational .....</b>	<b>2020</b>
Anne den Otter .....	22:05.80.....	NCAA South Regional .....	2017
Alaine Tate .....	22:15.30.....	Charlotte Invitational .....	2013
Katherine Woodard .....	22:20.96.....	NCAA South Regional .....	2010