



# MIAMI HURRICANES

## Men's and Women's Cross Country Record Book

\*Bold indicates on current roster\*

### Men's All-Time Top-10 - 8K

Rank	Athlete	Time	Event	Year
1	Nathan Kuck	24:09.20	ACC Championships	2017
2	<b>Austen Canon</b>	<b>24:32.60</b>	<b>FSU XC Invitational</b>	<b>2022</b>
3	Sean Grossman	24:35.40	ACC Championships	2016
4	Jeff Gaulrapp	24:37.00	Big East Championships	2000
5	Matt Mulvaney	24:44.00	Big East Championships	2002
6	Jon Scheiner	24:57.77	Auburn Invitational	2006
7	<b>Justin Rittenhouse</b>	<b>25:06.20</b>	<b>ACC Championships</b>	<b>2022</b>
8	Sean Pezzulo	25:07.00	Paul Short Invitational	2012
9	Alex Brutvan	25:11.75	Gator Invitational	2005
10	Dan Boniface	25:13.00	Florida Memorial Tri-Meet	2002

### Men's All-Time Top-10 - 10K

Rank	Athlete	Time	Event	Year
1	Sean Pezzulo	31:29.61	NCAA South Regionals	2013
2	<b>Austen Cannon</b>	<b>31:29.80</b>	<b>NCAA South Regionals</b>	<b>2022</b>
3	Alex Brutvan	31:41.90	Chile Pepper Invitational	2005
4	Tom Berry	31:47.80	Chile Pepper Invitational	2005
5	Luke Fontaine	31:51.46	NCAA South Regional	2013
6	Ryan Woodlee	31:52.30	Chile Pepper Invitational	2005
7	Sean Grossman	31:53.60	NCAA South Regional	2016
8	Nathan Kuck	31:54.00	NCAA South Regional	2017
9	Zach Castiglione	32:01.90	Chile Pepper Invitational	2005
10	JaCee Jarnagin	32:10.59	NCAA South Regional	2013

### Women's All-Time Top-10 - 5K

Rank	Athlete	Time	Event	Year
1	<b>Daphnee Lavassas</b>	<b>17:10.9</b>	<b>FSU XC Invitational</b>	<b>2022</b>
2	Melanie Schultz	17:25.92	Gator Invitational	2005
3	Lindsay Arrington	17:36.23	Disney World Classic	2013
4	Shannon Sarabyn	17:37.40	FIU Invitational	2000
5	<b>Natalie Varela</b>	<b>17:38.6</b>	<b>FSU XC Invitational</b>	<b>2022</b>
6	<b>Elle Mezzio</b>	<b>17:41.5</b>	<b>FSU XC Invitational</b>	<b>2022</b>
7	<b>Bianca Banato</b>	<b>17:50.7</b>	<b>FSU XC Invitational</b>	<b>2022</b>
8	Gabrielle Hesslau	17:54.22	Mountain Dew Invitational	2015
9	Brooke Dovell	17:56.11	UF Mountain Dew Invitational	2010
10	Maryam Jawid	18:00.40	UF Mountain Dew Invitational	2017

### Women's All-Time Top-10 - 6K

Rank	Athlete	Time	Event	Year
1	Melanie Schultz	19:56.10	ACC Championships	2005
2	<b>Daphnee Lavassas</b>	<b>20:22.80</b>	<b>NCAA South Regional</b>	<b>2022</b>
3	Lindsay Arrington	21:15.53	NCAA South Regional	2013
4	Maryam Jawid	21:17.80	NCAA South Regional	2017
5	Gabrielle Hesslau	21:18.20	NCAA South Regional	2016
6	<b>Elle Mezzio</b>	<b>21:18.50</b>	<b>NCAA South Regional</b>	<b>2022</b>
7	<b>Bianca Banato</b>	<b>21:27.50</b>	<b>ACC Championships</b>	<b>2022</b>
8	<b>Natalie Varela</b>	<b>21:38.30</b>	<b>Paul Short Run</b>	<b>2021</b>
9	Shannon Sarabyn	21:43.32	Gator Invitational	2000
10	Brooke Dovell	21:53.12	NCAA South Regional	2010