

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Ahroon, Courtney	1999	Albany Invitational	5K	22:04	67th of 88		
Angell, Erica	2003	Colgate Harry Lang Invitational	6K	24:11	2nd of 27	*	
		Syracuse (dual meet)	5K	19:37	2nd of 22	*	
		Syracuse Big Orange Classic	5K	19:54	3rd of 68	*	
		Lehigh Paul Short Run	6K	22:38	73rd of 224		
		Albany Invitational	5K	18:18	8th of 210	*	
		America East Championship	5K	18:28	12th of 84		
		NCAA Northeast Regional	6K	23:13	85th of 245		
		ECAC Championship	5K	19:27	20th of 112		
	<b>2003 Totals</b>	<b>8 Events</b>				<b>4</b>	
Arginteanu, Amy	1990	No results available					
Audaine, Dionne	1993	Zero Events					
Ayoub, Pamela	1997	Oswego Invitational	5K	22:50	105th		
		Williams Invitational	5K	23:09	77th of 95		
	<b>1997 Totals</b>	<b>2 Events</b>					
Balazich, Beth	2000	IC4A Championship	5K	20:40	106th of 154		
Banovic, Aubrey	1999	Oswego Pat Peterson Invitational	5K	22:57	126th of 204		
		Syracuse Orange Classic	5K	22:53	33rd of 52		
		East Stroudsburg Invitational	5K	26:25	40th of 61		
	<b>1999 Totals</b>	<b>3 Events</b>					
Barlow, Jennifer	1990	No results available					
	1991	Le Moyne Invitational	5K	22:53	52nd		
		SUNYAC Championship	5K	22:27	48th		
		NCAA Qualifier	5K	21:40	73rd		
	<b>1991 Totals</b>	<b>3 Events</b>					
	<b>CAREER TOTALS</b>	<b>3 Events</b>					
Barone, Kathy	1989	Results not available					
	1990	Results not available					
	1991	Le Moyne Invitational	5K	21:55	29th		
		SUNYAC Championship	5K	21:42	33rd		

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
		ECAC Championship	5K	21:36	72nd		
		NCAA Qualifier	5K	20:34	43rd		
	<b>1991 Totals</b>	<b>4 Events</b>					
	1992	Oswego Invitational	5K	20:54	19th		
		Lehigh Invitational	5K	20:55	35th		
		SUNYAC Championship	5K	21:04	25th		
		New York State Championship	5K	22:00	36th		
		ECAC Championship	5K	21:57	33rd		
		NCAA Qualifier	5K	20:27	44th		
	<b>1992 Totals</b>	<b>6 Events</b>					
	<b>CAREER TOTALS</b>	<b>10 Events</b>					
Bazarnic, Jennifer	1994	Zero Events					
	1996	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Bercowitz, Allison	1997	Zero Events					
Bishop, Stephanie	2000	Zero Events					
Borgognoni, Adele	1992	Zero Events					
	1993	Zero Events					
	<b>CAREER TOTALS</b>						
Bohrer-Yardley, Lindsey	2001	Colgate Harry Lang Invitational	5K	25:00	4th of 60	*	
		Cornell Invitational	5K	20:50	33rd of 61		
		Central Connecticut State Invitational	5K	20:00	44th of 96		
		Lehigh Paul Short Inivtational	6K	23:26	132nd of 269		
		Albany Invitational	5K	21:26	56th of 147		
	<b>2001 Totals</b>	<b>5 Events</b>				<b>1</b>	
	2002	Colgate Harry Lang Invitational	6K	24:03	1st of 31	*	*
		Syracuse Orange Classic	5K	18:21	3rd of 69	*	
		Lehigh Paul Short Run	6K	22:47	50th of 221		
		America East Championship	5K	19:16	35th of 75		
		NCAA Northeast Regional	6K	23:47	118th of 238		
		ECAC/IC4A Championship	5K	19:35	24th of 131		
	<b>2002 Totals</b>	<b>6 Events</b>				<b>2</b>	<b>1</b>

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	2003	Colgate Harry Lang Invitational	6K	23:48	1st of 27	*	*
		Syracuse (dual meet)	5K	19:13	1st of 22	*	*
		Syracuse Big Orange Classic	5K	19:40	2nd of 68	*	
		Lehigh Paul Short Run	6K	22:23	53rd of 224		
		Albany Invitational	5K	18:51	23rd of 210		
		America East Championship	5K	18:54	20th of 84		
		NCAA Northeast Regional	6K	23:16	86th of 245		
		ECAC Championship	5K	19:03	6th of 112	*	
	<b>2003 Totals</b>	<b>8 Events</b>					
	<b>CAREER TOTALS</b>	<b>19 Events</b>				<b>7</b>	<b>3</b>
Brady, Caroline	1993	Zero Events					
	1995	SUNYAC Championship	5K	21:27	39th of 89		
		New York State Championship	5K	20:10	42nd of 102		
		NCAA Regional Qualifier	5K	21:16	48th of 133		
	<b>1995 Totals</b>	<b>3 Events</b>					
	1996	Cortland Invitational	5K	20:11	51st of 139		
		SUNYAC Championship	5K	19:57	41st		
		New York State Championship	5K	22:28	78th of 129		
		NCAA Regional Qualifier	5K	23:39	87th of 137		
	<b>1996 Totals</b>	<b>4 Events</b>					
	1997	Oswego Invitational	5K	21:17	43rd		
		Williams Invitational	5K	21:48	53rd of 95		
		Westfield Invitational	5K	20:33	37th of 170		
	<b>1997 Totals</b>	<b>3 Events</b>					
	<b>CAREER TOTALS</b>	<b>10 Events</b>					
Briggs, Susan	1994	SUNYAC Championship	5K	19:05	11th		
		New York State Championship	5K	19:53	10th	*	
		NCAA Regional Qualifier	5K	20:18	15th		
		NCAA Championship	5K	20:00	122nd		
	<b>1994 Totals</b>	<b>4 Events</b>				<b>1</b>	
	1995	Williams Invitational	5K	20:11	8th of 91	*	
		SUNYAC Championship	5K	20:56	23rd of 89		
		New York State Championship	5K	20:00	34th of 102		
		NCAA Regional Qualifier	5K	22:08	80th of 133		
	<b>1995 Totals</b>	<b>4 Events</b>				<b>1</b>	
	<b>CAREER TOTALS</b>	<b>8 Events</b>				<b>2</b>	

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Bunting, Sarah	1992	Oswego Invitational	5K	20:47	16th		
		Lehigh Invitational	5K	19:51	13th		
		New York State Championship	5K	21:35	22nd		
		ECAC Championship	5K	21:41	24th		
		NCAA Qualifier	5K	19:46	20th		
	<b>1992 Totals</b>	<b>5 Events</b>					
	1993	SUNYAC Championship	5K	22:20	17th of 80		
		New York State Championship	5K	19:32	6th of 108	*	
		ECAC Championship	5K	20:28	19th of 184		
		NCAA Regional Qualifier	5K	19:44	17th of 133		
		NCAA Championship	5K	19:10	84th of 182		
<b>1993 Totals</b>	<b>5 Events</b>				<b>1</b>		
	1994	New York State Championship	5K	19:49	9th	*	
		ECAC Championship	5K	19:21	13th		
		NCAA Regional Qualifier	5K	20:38	21st		
		NCAA Championship	5K	19:23	80th		
<b>1994 Totals</b>	<b>4 Events</b>				<b>1</b>		
	1995	Binghamton Invitational			1st of 40	*	*
		Geneseo Invitational			2nd of 84	*	
		SUNYAC Championship	5K	19:50	8th of 89	*	
		New York State Championship	5K	18:33	4th of 102	*	
		NCAA Regional Qualifier	5K	19:31	8th of 133	*	
		NCAA Championship	5K	18:17	29th of 182		
<b>1995 Totals</b>	<b>6 Events</b>				<b>5</b>	<b>1</b>	
<b>CAREER TOTALS</b>	<b>20 Events</b>				<b>7</b>	<b>1</b>	
Campo, Kristy	1997	New York State Championship	5K	21:56	88th of 117		
Canna, Cynthia	1991	Le Moyne Invitational	5K	23:39	66th		
Cervantes, Jacqueline	1995	Zero Events					
Cornelius, Ashley	2002	Zero Events					
	2003	Colgate Harry Lang Invitational	6K	27:00	16th of 27		
		Syracuse Big Orange Classic	5K	22:26	33rd of 68		
<b>2003 Totals</b>	<b>2 Events</b>						
<b>CAREER TOTALS</b>	<b>2 Events</b>						

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Cornett, Michelle	2003	Zero Events					
Cranston, Maren	1998	Oswego Invitational	5K	21:46	81st of 193		
		Le Moyne Invitational	5K	21:25	18th of 55		
	<b>1998 Totals</b>	<b>2 Events</b>					
Cuozzo, Stacey	1992	SUNYAC Championship	5K	21:46	37th		
	1993	Zero Events					
	<b>CAREER TOTALS</b>	<b>1 Event</b>					
Cusick, Amy	1993	Zero Events					
Dell Aquila, Lisa	1995	Zero Events					
	1996	New York State Championship	5K	22:33	81st of 129		
	1997	Westfield Invitational	5K	21:41	72nd of 170		
		NCAA Regional Qualifier	5K	21:27	114th of 142		
	<b>1997 Totals</b>	<b>2 Events</b>					
	1998	Oswego Invitational	5K	21:47	82nd of 193		
		NECC Invitational	5K	21:19	54th of 152		
	<b>1998 Totals</b>	<b>2 Events</b>					
	<b>CAREER TOTALS</b>	<b>5 Events</b>					
DeLuca, Jeanette	2001	Colgate Harry Lang Invitational	5K	31:36	52nd of 60		
		Albany Invitational	5K	29:36	141st of 147		
		ECAC/IC4A Championship	5K	27:40	142nd of 142		
	<b>2001 Totals</b>	<b>3 Events</b>					
	2002	Zero Events					
	<b>CAREER TOTALS</b>	<b>3 Events</b>					
DeLucia, Caroline	1992	Zero Events					
Dierdorf, Julie	1992	Zero Events					
Dimitriou, Stacey	1996	Zero Events					
	1997	Zero Events					

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	1998	Zero Events					
	1999	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Doti, Elyse	1992	Zero Events					
	1993	Zero Events					
	1994	Zero Events					
	1995	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Epstein, Melissa	1993	Zero Events					
	1994	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Everett, Cathleen	1990	Zero Events					
Fitzgerald, Christine	1997	Oswego Invitational	5K	21:41	58th		
		Williams Invitational	5K	23:16	79th of 95		
		Westfield Invitational	5K	21:20	54th of 170		
		New York State Championship	5K	21:28	76th of 117		
		NCAA Regional Qualifier	5K	20:31	91st of 142		
	<b>1997 Totals</b>	<b>5 Events</b>					
	1998	Oswego Invitational	5K	21:24	65th of 193		
	<b>CAREER TOTALS</b>	<b>6 Events</b>					
Flood, Mona	1993	Zero Events					
Franson, Erika	1992	Zero Events					
Furey, Allison	2002	Colgate Harry Lang Invitational	6K	25:33	7th of 31	*	
		Syracuse Orange Classic	5K	19:38	20th of 69		
		Lehigh Paul Short Run	6K	24:06	116th of 221		
		Albany	5K	20:40	14th of 15		
		America East Championship	5K	20:35	64th of 75		
		NCAA Northeast Regional	6K	24:31	162nd of 238		

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
		ECAC/IC4A Championship	5K	20:52	90th of 131		
	<b>2002 Totals</b>	<b>7 Events</b>				<b>1</b>	
	2003	Colgate Harry Lang Invitational	6K	25:08	6th of 27	*	
		Syracuse (dual meet)	5K	20:28	8th of 22	*	
		Syracuse Big Orange Classic	5K	20:21	7th of 68	*	
		Lehigh Paul Short Run	6K	23:40	143rd of 224		
		Albany Invitational	5K	20:07	89th of 210		
		America East Championship	5K	20:53	70th of 84		
	<b>2003 Totals</b>	<b>6 Events</b>				<b>3</b>	
	<b>CAREER TOTALS</b>	<b>13 Events</b>				<b>4</b>	
Gantner, Leigh	1996	Cortland Invitational	5K	20:15	57th of 139		
		SUNYAC Championship	5K	19:44	38th		
		New York State Championship	5K	22:10	66th of 129		
		NCAA Regional Qualifier	5K	23:26	82nd of 137		
	<b>1996 Totals</b>	<b>4 Events</b>					
	1997	Ithaca			2nd of 30	*	
		Oswego Invitational	5K	19:53	10th	*	
		Williams Invitational	5K	20:47	15th of 95		
		Cortland Invitational			7th of 86	*	
		Lafayette Invitational			6th of 48	*	
		Rensselaer Invitational			7th of 92	*	
		Westfield Invitational	5K	19:07	4th of 170	*	
		NYS Championship	5K	19:10	8th of 117	*	
		NCAA Regional	5K	19:10	29th of 142		
	<b>1997 Totals</b>	<b>9 Events</b>				<b>7</b>	
	1998	Oswego Invitational	5K	19:02	2nd of 193	*	
		Cortland Invitational		14:39	4th of 74	*	
		Le Moyne Invitational	5K	19:31	2nd of 55	*	
		Albany Invitational	5K	19:20	6th of 137	*	
		NECC Championship	5K	19:02	4th of 152	*	
		NCAA Regional		23:50	26th of 200		
	<b>1998 Totals</b>	<b>6 Events</b>				<b>5</b>	
	<b>CAREER TOTALS</b>	<b>19 Events</b>				<b>12</b>	
Glass, Erika	1989	Results not available					
	1990	Results not available					
	<b>CAREER TOTALS</b>						

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Goldshlager, Jessica	2002	Colgate Harry Lang Invitational	6K	26:01	9th of 31	*	
		Syracuse Orange Classic	5K	19:35	19th of 69		
		Lehigh Paul Short Run	6K	24:18	127th of 221		
		Albany	5K	20:18	11th of 15		
		America East Championship	5K	19:45	46th of 75		
		NCAA Northeast Regional	6K	24:29	160th of 238		
		ECAC/IC4A Championship	5K	21:03	101st of 131		
	<b>2002 Totals</b>	<b>7 Events</b>				<b>1</b>	
Goodman, Laura	1993	Zero Events					
Gordon, Lauren	2001	Central Connecticut State Invitational	5K	24:25	89th of 96		
		Albany Invitational	5K	24:12	115th of 147		
		America East Championship	5K	22:43	68th of 70		
	<b>2001 Totals</b>	<b>3 Events</b>					
Green, Garcia	1991	Le Moyne Invitational	5K	24:44	85th		
Greene, Lisa	1998	Le Moyne Invitational	5K	21:21	17th of 55		
		Albany Invitational	5K	21:03	62nd of 137		
		NECC Invitational	5K	20:47	34th of 152		
		NCAA Regional		25:59	114th of 200		
	<b>1998 Totals</b>	<b>4 Events</b>					
	1999	BU Invitational	5K	21:38	5th of 42	*	
		Oswego Pat Peterson Invitational	5K	21:04	39th of 204		
		Syracuse Orange Classic	5K	20:31	14th of 52		
		Geneseo State Invitational	5K	20:11	32nd of 117		
		East Stroudsburg Invitational	5K	24:12	20th of 61		
		ECAC/IC4A Championships	5K	20:51	9th of 26		
		NECC Championship	5K	20:50	15th of 40		
	<b>1999 Totals</b>	<b>7 Events</b>				<b>1</b>	
	2000	BU Invitational	5K	22:28	6th of 17	*	
		NYS Challenge	5K	21:12	32nd of 65		
	<b>2000 Totals</b>	<b>2 Events</b>				<b>1</b>	
	<b>CAREER TOTALS</b>	<b>13 Events</b>				<b>2</b>	
Grego, Jennifer	1992	Zero Events					
	1993	Zero Events					

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	1994	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Hamilton, Christine	1993	SUNYAC Championship	5K	23:50	34th of 80		
		New York State Championship	5K	20:22	28th of 108		
		ECAC Championship	5K	20:55	34th of 184		
		NCAA Regional Qualifier	5K	20:27	37th of 133		
		NCAA Championship	5K	20:49	172nd of 182		
	<b>1993 Totals</b>	<b>5 Events</b>					
	1994	ECAC Championship	5K	19:41	19th		
		NCAA Regional Qualifier	5K	20:51	31st		
		NCAA Championship	5K	21:01	178th		
	<b>1994 Totals</b>	<b>3 Events</b>					
	1995	Lafayette Invitational			11th of 77		
		Hartwick Invitational			1st of 35	*	*
		Williams Invitational	5K	20:10	7th of 91	*	
		New York State Championship	5K	18:58	9th of 102	*	
		NCAA Regional Qualifier	5K	20:23	17th of 133		
	<b>1995 Totals</b>	<b>5 Events</b>				<b>3</b>	<b>1</b>
	1996	Williams Invitational			11th of 107		
		Cortland Invitational	5K	19:43	28th of 139		
		Genseo Invitational			6th of 93	*	
		Hartwick Invitational			2nd of 21	*	
		New York State Championship	5K	20:14	4th of 129	*	
		NCAA Regional Qualifier	5K	22:17	46th of 137		
	<b>1996 Totals</b>	<b>6 Events</b>				<b>3</b>	
	<b>CAREER TOTALS</b>	<b>19 Events</b>				<b>6</b>	<b>1</b>
Harmer, Lori	1995	Zero Events					
Harrigan, Karry	1990	Results not available					
	1991	Le Moyne Invitational	5K	22:14	36th		
		SUNYAC Championship	5K	21:10	27th		
		New York State Championship	5K	21:57	26th		
		ECAC Championship	5K	21:06	50th		
		NCAA Qualifier	5K	21:19	62nd		
	<b>1991 Totals</b>	<b>5 Events</b>					

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	<b>CAREER TOTALS</b>	<b>5 Events</b>					
Heffron, Anne	1991	Zero Events					
Hines, Myrna	1993	Zero Events					
Hoy, Jessica	2002	Colgate Harry Lang Invitational	6K	27:44	18th of 31		
		Syracuse Orange Classic	5K	20:30	39th of 69		
		Albany	5K	21:48	15th of 15		
		America East Championship	5K	20:53	68th of 75		
		NCAA Northeast Regional	6K	25:42	211th of 238		
		ECAC/IC4A Championship	5K	21:24	109th of 131		
	<b>2002 Totals</b>	<b>6 Events</b>					
Hunt, Jennifer	1999	Zero Events					
Ives, Sue	1990	Results not available					
Johnson, Melissa	1991	Zero Events					
Keefe, Caitlin	2002	Colgate Harry Lang Invitational	6K	27:30	17th of 31		
Kein, Lorren	1990	Results not available					
Kelly, Erin	1992	Oswego Invitational	5K	21:32	30th		
		SUNYAC Championship	5K	21:58	40th		
	<b>1992 Totals</b>	<b>2 Events</b>					
	1993	SUNYAC Championship	5K	23:50	34th of 80		
	1994	ECAC Championship	5K	19:41	18th		
		NCAA Regional Qualifier	5K	20:51	31st		
		NCAA Championship	5K	20:04	132nd		
	<b>1994 Totals</b>	<b>3 Events</b>					
	1995	Oswego Invitational			7th of 160	*	
		Williams Invitational	5K	20:15	10th of 91	*	
		SUNYAC Championship	5K	20:20	11th of 89		
		New York State Championship	5K	18:52	8th of 102	*	
		NCAA Regional Qualifier	5K	20:06	15th of 133		
	<b>1995 Totals</b>	<b>5 Events</b>				<b>3</b>	
	<b>CAREER TOTALS</b>	<b>11 Events</b>					

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Kemmerer, Lisa	2001	Colgate Harry Lang Invitational	5K	30:33	46th of 60		
		Central Connecticut State Invitational	5K	24:34	91st of 96		
	<b>2001 Totals</b>	<b>2 Events</b>					
	2002	Colgate Harry Lang Invitational	6K	26:16	11th of 31		
		Syracuse Orange Classic	5K	19:24	12th of 69		
		Lehigh Paul Short Run	6K	24:05	114th of 221		
		Albany	5K	20:22	12th of 15		
		America East Championship	5K	19:46	48th of 75		
		NCAA Northeast Regional	6K	23:37	108th of 238		
	ECAC/IC4A Championship	5K	19:38	26th of 131			
<b>2002 Totals</b>	<b>7 Events</b>						
	2003	Colgate Harry Lang Invitational	6K	24:34	9th of 27	*	
		Syracuse (dual meet)	5K	20:40	13th of 22		
		Syracuse Big Orange Classic	5K	20:55	15th of 68		
		Lehigh Paul Short Run	6K	23:28	128th of 224		
		Albany Invitational	5K	19:17	47th of 210		
		America East Championship	5K	19:31	45th of 84		
		NCAA Northeast Regional	6K	24:07	153rd of 245		
	ECAC Championship	5K	20:01	40th of 112			
<b>2003 Totals</b>	<b>8 Events</b>					<b>1</b>	
<b>CAREER TOTALS</b>	<b>17 Events</b>					<b>1</b>	
Kenney, Colleen	1992	Zero Events					
	1993	Zero Events					
<b>CAREER TOTALS</b>	<b>Zero Events</b>						
Kessler, Heather	1992	Zero Events					
	1993	Zero Events					
<b>CAREER TOTALS</b>	<b>Zero Events</b>						
Kilpatrick, Demenia	2002	Zero Events					
Kim, Sue	1991	Oswego Invitational	3K	21:38	42nd		
		Le Moyne Invitational	5K	22:02	32nd		
		SUNYAC Championship	5K	22:10	42nd		
		NCAA Qualifier	5K	21:02	56th		
<b>1991 Totals</b>	<b>4 Events</b>						

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	1992	Zero Events					
	1993	Zero Events					
	<b>CAREER TOTALS</b>	<b>4 Events</b>					
Kirk, Kristine	1992	SUNYAC Championship	5K	20:56	24th		
	1993	SUNYAC Championship	5K	21:24	8th of 80	*	
		New York State Championship	5K	19:09	3rd of 108	*	
		ECAC Championship	5K	19:37	4th of 184	*	
		NCAA Regional Qualifier	5K	19:41	10th of 133	*	
		NCAA Championship	5K	18:58	63rd of 182		
	<b>1993 Totals</b>	<b>5 Events</b>				<b>4</b>	
	1994	New York State Championship	5K	19:45	8th	*	
		ECAC Championship	5K	19:08	11th		
		NCAA Regional Qualifier	5K	20:39	22nd		
		NCAA Division III Championship	5K	19:25	83rd		
	<b>1994 Totals</b>	<b>4 Events</b>				<b>1</b>	
	<b>CAREER TOTALS</b>	<b>10 Events</b>				<b>5</b>	
Kissane, Maureen	1993	Zero Events					
	1994	Zero Events					
	1995	Zero Events					
	1996	New York State Championship	5K	22:24	76th of 129		
		NCAA Regional Qualifier	5K	24:10	105th of 137		
	<b>1996 Totals</b>	<b>2 Events</b>					
Kline, Mandy	1998	Oswego Invitational	5K	20:39	27th of 193		
		Cortland Invitational		16:24	48th of 74		
		Le Moyne Invitational	5K	20:57	14th of 55		
		Albany Invitational	5K	20:42	45th of 137		
		NCAA Regional		26:37	133rd of 200		
	<b>1998 Totals</b>	<b>5 Events</b>					
	1999	BU Invitational	5K	22:25	9th of 42	*	
		Oswego Pat Peterson Invitational	5K	21:08	42nd of 204		
		Syracuse Orange Classic	5K	21:08	19th of 52		

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
		Geneseo State Invitational	5K	19:58	24th of 117		
		East Stroudsburg Invitational	5K	23:57	16th of 61		
		ECAC/IC4A Championships	5K	20:49	8th of 26		
		NECC Championship	5K	21:03	18th of 40		
	<b>1999 Totals</b>	<b>7 Events</b>				<b>1</b>	
	2000	BU Invitational	5K	21:23	4th of 17	*	
		Syracuse Invitational	5K	20:09	18th of 66		
		NYS Challenge	5K	20:41	24th of 65		
		Lehigh Paul Short Run	6K	24:05	159th of 231		
		Albany Invitational	5K	21:16	39th of 116		
		Albany Invitational	5K	19:36	15th of 34		
		IC4A Championship	5K	20:17	84th of 154		
	<b>2000 Totals</b>	<b>7 Events</b>				<b>1</b>	
	2001	Colgate Harry Lang Invitational	5K	26:08	10th of 60	*	
		Cornell Invitational	5K	21:40	47th of 61		
		Central Connecticut State Invitational	5K	20:41	61st of 96		
		Lehigh Paul Short Run	6K	23:30	136th of 269		
		Albany Invitational	5K	20:32	29th of 147		
		America East Championship	5K	19:54	46th of 70		
		NCAA Northeast Regional	6K	24:20	175th of 241		
		ECAC/IC4A Championship	5K	19:57	55th of 142		
	<b>2001 Totals</b>	<b>8 Events</b>				<b>1</b>	
	<b>CAREER TOTALS</b>	<b>27 Events</b>				<b>3</b>	
Kramer, Stacy	2002	Colgate Harry Lang Invitational	6K	25:27	6th of 31	*	
		Syracuse Orange Classic	5K	18:34	6th of 69	*	
		Lehigh Paul Short Run	6K	24:55	152nd of 221		
		Albany	5K	19:32	3rd of 15	*	
		America East Championship	5K	19:00	24th of 75		
	<b>2002 Totals</b>	<b>5 Events</b>				<b>3</b>	
	2003	Syracuse (dual meet)	5K	20:17	5th of 22	*	
		Syracuse Big Orange Classic	5K	21:49	26th of 68		
		Albany Invitational	5K	18:56	27th of 210		
		America East Championship	5K	19:41	50th of 84		
	<b>2003 Totals</b>	<b>4 Events</b>				<b>1</b>	
	<b>CAREER TOTALS</b>	<b>9 Events</b>				<b>4</b>	
Lawrence, Lucie	1990	Results not available					

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Lazarto, Melissa	1988	Results not available					
	1989	Results not available					
	1990	Results not available					
	1991	Oswego Invitational	3K	21:13	30th		
		Le Moyne Invitational	5K	21:20	17th		
		SUNYAC Championship	5K	20:56	22nd		
		New York State Championship	5K	21:57	27th		
		ECAC Championsihp	5K	20:55	41st		
		NCAA Qualifier	5K	20:45	47th		
	<b>1991 Totals</b>	<b>6 Events</b>					
	<b>CAREER TOTALS</b>	<b>6 Events</b>					
LeBlanc, Jessie	1992	Zero Events					
Lennon, Mary Ellen	1991	Le Moyne Invitational	5K	23:30	63rd		
	1992	SUNYAC Championship	5K	22:05	42nd		
	1993	SUNYAC Championship	5K	23:36	32nd of 80		
		New York State Championship	5K	20:57	48th of 108		
	<b>1993 Totals</b>	<b>2 Events</b>					
	<b>CAREER TOTALS</b>	<b>4 Events</b>					
Li, Di	2001	Zero Events					
	2002	Zero Events					
	<b>CAREER TOTALS</b>						
Lindquist, Mary	1992	Zero Events					
Lipschutz, Robyn	1995	Zero Events					
	1996	Cortland Invitational	5K	20:59	92nd of 139		
		New York State Championship	5K	22:08	64th of 129		
		NCAA Regional Qualifier	5K	23:44	92nd of 137		
	<b>1996 Totals</b>	<b>3 Events</b>					
	1997	New York State Championship	5K	22:46	100th of 117		
	<b>CAREER TOTALS</b>						

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Lloyd, Marie	2001	Albany Invitational	5K	24:06	112th of 147		
Lucchesi, Mary	2000	BU Invitational	5K	21:18	3rd of 17	*	
		Syracuse Invitational	5K	20:28	27th of 66		
		Lehigh Paul Short Run	6K	24:05	158th of 231		
		Albany Invitational	5K	20:33	19th of 116		
		Albany Invitational	5K	22:53	25th of 34		
	<b>2000 Totals</b>	<b>5 Events</b>				<b>1</b>	
	2001	Central Connecticut State Invitational	5K	24:19	87th of 96		
		Albany Invitational	5K	24:20	119th of 147		
		ECAC/IC4A Championship	5K	22:27	125th of 142		
	<b>2001 Totals</b>	<b>3 Events</b>					
	<b>CAREER TOTALS</b>	<b>8 Events</b>					
Madden, Sharon	2000	BU Invitational	5K	23:55	9th of 17	*	
Maher, Shannon	1999	Zero Events					
Malm, Erika	1996	Zero Events					
	1997	Oswego Invitational	5K	21:34	51st		
		Williams Invitational	5K	23:49	84th of 95		
		Westfield Invitational	5K	21:05	50th of 170		
		New York State Championship	5K	21:28	75th of 117		
		NCAA Regional Qualifier	5K	20:42	97th of 142		
	<b>1997 Totals</b>	<b>5 Events</b>					
	1998	Oswego Invitational	5K	20:13	15th of 193		
		Cortland Invitational		15:47	26th of 74		
		Le Moyne Invitational	5K	20:47	10th of 55	*	
		Albany Invitational	5K	20:44	46th of 137		
		NECC Championship	5K	21:07	47th of 152		
		NCAA Regional		26:57	137th of 200		
	<b>1998 Totals</b>	<b>6 Events</b>				<b>1</b>	
	1999	Oswego Pat Peterson Invitational	5K	21:57	75th of 204		
		Syracuse Orange Classic	5K	21:34	24th of 52		
		Geneseo State Invitational	5K	21:32	64th of 117		
		East Stroudsburg Invitational	5K	26:04	37th of 61		
		Albany Invitational	5K	21:28	59th of 88		

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	<b>1999 Totals</b>	<b>5 Events</b>					
	<b>CAREER TOTALS</b>	<b>16 Events</b>				<b>1</b>	
Mansfield, Jennifer	1993	Zero Events					
Marasigan, Diana	1991	Le Moyne Invitational	5K	25:44	95th		
Marziaz, Mandy	1993	Zero Events					
	1994	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Matson, Kristin	1999	BU Invitational	5K	21:33	4th of 42	*	
		Oswego Pat Peterson Invitational	5K	21:00	37th of 204		
		Syracuse Orange Classic	5K	20:05	8th of 52	*	
		Geneseo State Invitational	5K	19:36	16th of 117		
		ECAC/IC4A Championships	5K	20:24	4th of 26	*	
		NECC Championship	5K	20:26	11th of 40		
		Albany Invitational	5K	19:23	28th of 88		
	<b>1999 Totals</b>	<b>7 Events</b>				<b>3</b>	
McCabe, Jennifer	2001	Central Connecticut State Invitational	5K	22:41	78th of 96		
		Lehigh Paul Short Run	6K	28:10	266th of 269		
		Albany Invitational	5K	22:50	89th of 147		
		America East Championship	5K	21:46	65th of 70		
		ECAC/IC4A Championship	5K	21:57	114th of 142		
	<b>2001 Totals</b>	<b>5 Events</b>					
	2002	Zero Events					
	2003	Zero Events					
	<b>CAREER TOTALS</b>	<b>5 Events</b>					
McCusker, Anna	1998	Oswego Invitational	5K	21:06	45th of 193		
		Cortland Invitational		16:04	33rd of 74		
		Le Moyne Invitational	5K	20:55	13th of 55		
		NECC Championship	5K	20:59	43rd of 152		
	<b>1998 Totals</b>	<b>4 Events</b>					
	1999	BU Invitational	5K	22:18	7th of 42	*	
		Oswego Pat Peterson Invitational	5K	20:54	33rd of 204		
		Syracuse Orange Classic	5K	20:28	13th of 52		

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
		Geneseo State Invitational	5K	20:06	31st of 117		
		East Stroudsburg Invitational	5K	24:02	19th of 61		
		ECAC/IC4A Championships	5K	20:40	5th of 26	*	
		NECC Championship	5K	20:44	12th of 40		
		Albany Invitational	5K	20:11	43rd of 88		
	<b>1999 Totals</b>	<b>8 Events</b>				<b>2</b>	
	2000	Zero Races					
	<b>CAREER TOTALS</b>	<b>12 Events</b>				<b>2</b>	
Menard, Tanya	2001	Zero Races					
Menard, Taryn	2003	Colgate Harry Lang Invitational	6K	26:33	14th of 27		
		Syracuse (dual meet)	5K	20:37	11th of 22		
		Syracuse Big Orange Classic	5K	20:19	6th of 68	*	
		Lehigh Paul Short Run	6K	23:21	120th of 224		
		Albany Invitational	5K	19:03	33rd of 210		
		America East Championship	5K	19:35	48th of 84		
		NCAA Northeast Regional	6K	23:56	146th of 245		
		ECAC Championship	5K	20:24	52nd of 112		
	<b>2003 Totals</b>	<b>8 Events</b>				<b>1</b>	
Mello, Dorothy	1996	New York State Championship	5K	25:30	123rd of 129		
	1997	Oswego Invitational	5K	22:11	77th		
	1998	Oswego Invitational	5K	21:51	88th of 193		
		Le Moyne Invitational	5K	21:35	22nd of 55		
	<b>1998 Totals</b>	<b>2 Events</b>					
	1999	Oswego Pat Peterson Invitational	5K	23:04	130th of 204		
		Syracuse Orange Classic	5K	23:25	35th of 52		
		Geneseo State Invitational	5K	22:22	87th of 117		
		East Stroudsburg Invitational	5K	27:17	44th of 61		
		Albany Invitational	5K	22:29	74th of 88		
	<b>1999 Totals</b>	<b>5 Events</b>					
	<b>CAREER TOTALS</b>						
Mitchell, Susan	1999	Oswego Pat Peterson Invitational	5K	21:54	73rd of 204		
		Syracuse Orange Classic	5K	22:30	31st of 52		
		Geneseo State Invitational	5K	21:41	70th of 117		
		Albany Invitational	5K	20:59	55th of 88		

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	<b>1999 Totals</b>	<b>4 Events</b>					
Mohatt, Tanya	1996	Zero Events					
	1997	Westfield Invitational	5K	20:48	44th of 170		
		New York State Championship	5K	20:40	54th of 117		
		NCAA Regional Qualifier	5K	20:16	82nd of 142		
	<b>1997 Totals</b>	<b>3 Events</b>					
	1998	Zero Events					
	<b>CAREER TOTALS</b>	<b>3 Events</b>					
Mohlmann, Kerry	2000	Zero Events					
Mulligan, Patricia	1996	Zero Events					
	1997	Oswego Invitational	5K	23:46	132nd		
	1998	Zero Events					
	1999	Oswego Pat Peterson Invitational	5K	22:02	81st of 204		
		Syracuse Orange Classic	5K	21:19	20th of 52		
		Geneseo State Invitational	5K	21:28	62nd of 117		
		East Stroudsburg Invitational	5K	25:35	32nd of 61		
		Albany Invitational	5K	20:57	54th of 88		
	<b>1999 Totals</b>	<b>5 Events</b>					
	<b>CAREER TOTALS</b>	<b>6 Events</b>					
Mura, Jessica	1997	Williams Invitational	5K	21:54	55th of 95		
		New York State Championship	5K	22:13	93rd of 117		
		NCAA Regional Qualifier	5K	21:51	122nd of 142		
	<b>1997 Totals</b>	<b>3 Events</b>					
	1998	Zero Events					
	<b>CAREER TOTALS</b>						
Murnane, Kathryn	2003	Colgate Harry Lang Invitational	6K	24:49	3rd of 27	*	
		Syracuse (dual meet)	5K	19:47	3rd of 22	*	
		Lehigh Paul Short Run	6K	22:31	64th of 224		
		Albany Invitational	5K	18:20	11th of 210		
		America East Championship	5K	18:40	15th of 84		
		NCAA Northeast Regional	6K	22:48	57th of 245		

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
		ECAC Championship	5K	19:30	23rd of 112		
	<b>2003 Totals</b>	<b>7 Events</b>				<b>2</b>	
Murray, Patti	1995	Williams Invitational	5K	21:38	50th of 91		
		SUNYAC Championship	5K	21:22	38th of 89		
		NCAA Regional Qualifier	5K	21:04	42nd of 133		
	<b>1995 Totals</b>	<b>3 Events</b>					
	1996	Cortland Invitational	5K	20:00	40th of 139		
		SUNYAC Championship	5K	18:59	12th		
		New York State Championship	5K	20:25	11th of 129		
		NCAA Regional Qualifier	5K	21:27	19th of 137		
	<b>1996 Totals</b>	<b>4 Events</b>					
	<b>CAREER TOTALS</b>	<b>7 Events</b>					
Nash, Colleen	1990	Results not available					
Nellenback, Anna	1999	Oswego Pat Peterson Invitational	5K	21:33	62nd of 204		
		Syracuse Orange Classic	5K	21:04	18th of 52		
		Geneseo State Invitational	5K	20:14	35th of 117		
		East Stroudsburg Invitational	5K	24:19	21st of 61		
		Albany Invitational	5K	19:55	42nd of 88		
	<b>1999 Totals</b>	<b>5 Events</b>					
	2000	BU Invitational	5K	22:28	5th of 17	*	
		Syracuse Invitational	5K	20:10	19th of 66		
		NYS Challenge	5K	21:06	31st of 65		
		Lehigh Paul Short Run	6K	24:07	162nd of 231		
		Albany Invitational	5K	21:10	38th of 116		
		Albany Invitational	5K	19:32	14th of 34		
		IC4A Championship	5K	20:22	91st of 154		
	<b>2000 Totals</b>	<b>7 Events</b>				<b>1</b>	
	2001	Colgate Harry Lang Invitational	5K	26:21	11th of 60		
		Cornell Invitational	5K	21:18	42nd of 61		
		Central Connecticut State Invitational	5K	20:58	66th of 96		
		Lehigh Paul Short Run	6K	24:18	194th of 269		
		Albany Invitational	5K	21:06	49th of 147		
		America East Championship	5K	20:02	47th of 70		
	<b>2001 Totals</b>	<b>6 Events</b>					
	<b>CAREER TOTALS</b>	<b>18 Events</b>				<b>1</b>	

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Nisenbaum, Michelle	1995	Zero Events					
Nolan, Christie	1990	Results not available					
O'Hare, Margaret	1997	Oswego Invitational	5K	23:03	111th		
O'Looney, Roisin	1991	Le Moyne Invitational	5K	26:15	100th		
	1992	Zero Events					
	<b>CAREER TOTALS</b>						
Ostrow, Janene	1990	Results not available					
	1993	SUNYAC Championship	5K	23:02	25th of 80		
		New York State Championship	5K	20:17	25th of 108		
		ECAC Championship	5K	21:06	40th of 184		
		NCAA Regional Qualifier	5K	20:10	28th of 133		
		NCAA Championship	5K	20:03	146th of 182		
	<b>1993 Totals</b>	<b>5 Events</b>					
	<b>CAREER TOTALS</b>	<b>5 Events</b>					
Paterno, Jessica	1993	Zero Events					
Patrick, Gillian	1992	Zero Events					
	1993	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Pell, Christina	1992	Zero Events					
	1993	Zero Events					
	<b>CAREER TOTALS</b>						
Perperis, Nicole	1997	Zero Events					
Plumpton, Jessica	1996	SUNYAC Championship	5K	20:14	47th		
		New York State Championship	5K	22:10	67th of 129		
	<b>1996 Totals</b>	<b>2 Events</b>					
Puiu, Christina	1990	Zero Events					
Rassias, Tamara	2000	BU Invitational	5K	27:18	14th of 17		

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	2001	Zero Events					
	<b>CAREER TOTALS</b>	<b>1 Event</b>					
Reilly, Carissa	1994	Zero Events					
Riordan, Dani	1998	Oswego Invitational	5K	20:52	34th of 193		
		Cortland Invitational		15:54	27th of 74		
		NECC Championship	5K	20:36	31st of 152		
		NCAA Regional		25:17	85th of 200		
	<b>1998 Totals</b>	<b>4 Events</b>					
	1999	BU Invitational	5K	21:22	1st of 42	*	*
		Oswego Pat Peterson Invitational	5K	20:15	15th of 204		
		Syracuse Orange Classic	5K	19:45	5th of 52	*	
		Geneseo State Invitational	5K	19:25	10th of 117	*	
		East Stroudsburg Invitational	5K	22:53	9th of 61	*	
		ECAC/IC4A Championships	5K	19:40	1st of 26	*	*
		NECC Championship	5K	19:50	5th of 40	*	
		Albany Invitational	5K	18:48	11th of 88		
	<b>1999 Totals</b>	<b>8 Events</b>				<b>6</b>	<b>2</b>
	2000	BU Invitational	5K	21:06	2nd of 17	*	
		Syracuse Invitational	5K	19:32	7th of 66	*	
		NYS Challenge	5K	20:18	17th of 65		
		Lehigh Paul Short Run	6K	22:54	76th of 231		
		Albany Invitational	5K	19:46	5th of 116	*	
		Albany Invitational	5K	18:58	5th of 34	*	
		IC4A Championship	5K	19:40	44th of 154		
	<b>2000 Totals</b>	<b>7 Events</b>				<b>4</b>	
	<b>CAREER TOTALS</b>	<b>19 Events</b>				<b>10</b>	<b>2</b>
Rodriguez, Fara	1994	Zero Events					
Romulus, Joy	2002	Colgate Harry Lang Invitational	6K	26:30	12th of 31		
		Syracuse Orange Classic	5K	19:30	16th of 69		
		Lehigh Paul Short Run	6K	24:21	129th of 221		
		Albany	5K	20:07	10th of 15	*	
		America East Championship	5K	20:04	53rd of 75		
		NCAA Northeast Regional	6K	24:36	169th of 238		
		ECAC/IC4A Championship	5K	20:22	64th of 131		
	<b>2002 Totals</b>	<b>7 Events</b>				<b>1</b>	

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	2003	Colgate Harry Lang Invitational	6K	25:49	11th of 27		
		Syracuse (dual meet)	5K	20:32	10th of 22	*	
		Syracuse Big Orange Classic	5K	21:07	17th of 68		
		Albany Invitational	5K	19:34	60th of 210		
		America East Championship	5K	19:19	39th of 84		
		NCAA Northeast Regional	6K	23:36	124th of 245		
		ECAC Championship	5K	19:51	28th of 112		
	<b>2003 Totals</b>	<b>7 Events</b>				<b>1</b>	
	<b>CAREER Totals</b>	<b>14 Events</b>				<b>2</b>	
Rosario, Tricia	1992	Oswego Invitational	5K	21:40	37th		
		SUNYAC Championship	5K	21:37	34th		
		New York State Championship	5K	22:08	40th		
		ECAC Championship	5K	22:18	37th		
		NCAA Qualifier	5K	20:15	39th		
	<b>1992 Totals</b>	<b>5 Events</b>					
	1993	SUNYAC Championship	5K	23:02	26th of 80		
		New York State Championship	5K	20:23	29th of 108		
		ECAC Championship	5K	21:23	47th of 184		
		NCAA Regional Qualifier	5K	20:21	35th of 133		
		NCAA Championship	5K	20:17	154th of 182		
	<b>1993 Totals</b>	<b>5 Events</b>					
	1994	NCAA Regional Qualifier	5K	21:02	35th		
		NCAA Championship	5K	20:05	133rd		
	<b>1994 Totals</b>	<b>2 Events</b>					
	1995	Williams Invitational	5K	21:16	39th of 91		
		SUNYAC Championship	5K	21:17	35th of 89		
		New York State Championship	5K	20:04	38th of 102		
		NCAA Regional Qualifier	5K	21:01	40th of 133		
	<b>1995 Totals</b>	<b>4 Events</b>					
	<b>CAREER TOTALS</b>	<b>16 Events</b>					
Rosenburg, Lisa	1992	Zero Events					
	1993	Zero Events					
	1994	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Ruppert, Laryssa	2001	Colgate Harry Lang Invitational	5K	28:36	27th of 60		
		Cornell Invitational	5K	24:33	60th of 61		
		Albany Invitational	5K	24:28	120th of 147		
		America East Championship	5K	21:33	63rd of 70		
		ECAC/IC4A Championship	5K	22:29	126th of 142		
	<b>2001 Totals</b>	<b>5 Events</b>					
Sanchez, Delida	1990	Results not available					
	1991	Oswego Invitational	3K	21:42	44th		
		SUNYAC Championship	5K	20:59	24th		
		New York State Championship	5K	22:32	35th		
		ECAC Championship	5K	21:59	82nd		
	<b>1991 Totals</b>	<b>4 Events</b>					
<b>CAREER TOTALS</b>	<b>4 Events</b>						
Sardanopoli, Danielle	2000	Zero Events					
Saylor, Karen	1990	Results not available					
	1991	Oswego Invitational	3K	20:07	14th		
		Le Moyne Invitational	5K	20:54	9th	*	
		SUNYAC Championship	5K	20:24	14th		
		New York State Championship	5K	21:40	19th		
		ECAC Championship	5K	21:14	57th		
	NCAA Qualifier	5K	20:27	39th			
<b>1991 Totals</b>	<b>6 Events</b>				<b>1</b>		
<b>CAREER TOTALS</b>	<b>6 Events</b>						
Schnurr, Lauren	1998	Le Moyne Invitational	5K	20:57	14th of 55		
		Albany Invitational	5K	20:56	56th of 137		
		NECC Championship	5K	20:31	29th of 152		
		NCAA Regional		25:15	83rd of 200		
	<b>1998 Totals</b>	<b>4 Events</b>					
1999	Oswego Pat Peterson Invitational	5K	21:27	58th of 204			
	Syracuse Orange Classic	5K	21:02	17th of 52			
	Geneseo State Invitational	5K	21:02	49th of 117			
	East Stroudsburg Invitational	5K	25:05	26th of 61			
	NECC Championship	5K	21:44	23rd of 40			
Albany Invitational	5K	20:53	52nd of 88				

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	<b>1999 Totals</b>	<b>6 Events</b>					
	2000	Zero Events					
	<b>CAREER TOTALS</b>	<b>10 Events</b>					
Shaner, Gwen	1993	Zero Events					
Shine, Helen	1990	Results not available					
	1991	Zero Events					
	1992	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Smith, Dianna	1994	Zero Events					
	1995	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Stungurys, Ilona	1993	Zero Events					
Tiamfook, Tanya	1990	Results not available					
	1991	Le Moyne Invitational	5K	23:13	57th		
	1993	Zero Events					
	<b>CAREER TOTALS</b>	<b>1 Event</b>					
Thomas, Julie	1996	Cortland Invitational	5K	20:10	49th of 139		
		SUNYAC Championship	5K	19:07	18th		
		New York State Championship	5K	20:35	13th of 129		
		NCAA Regional Qualifier	5K	21:59	36th of 137		
	<b>1996 Totals</b>	<b>4 Events</b>					
	1997	Ithaca	5K		3rd of 30	*	
		Oswego Invitational	5K	20:38	24th		
		Williams Invitational	5K	21:03	26th of 95		
		Westfield Invitational	5K	19:30	9th of 170	*	
		New York State Championship	5K	19:41	18th of 117		
		NCAA Regional Qualifier	5K	19:27	53rd of 344		
	<b>1997 Totals</b>	<b>6 Events</b>				<b>2</b>	

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	1998	Oswego Invitational	5K	20:23	18th of 193		
		Cortland Invitational		15:38	21st of 74		
		Le Moyne Invitational	5K	20:12	4th of 55	*	
		Albany Invitational	5K	20:00	25th of 137		
		NECC Championship	5K	19:56	18th of 152		
		NCAA Regional		25:15	83rd of 200		
	<b>1998 Totals</b>	<b>6 Events</b>				<b>1</b>	
	1999	BU Invitational	5K	22:00	6th of 42	*	
		Oswego Pat Peterson Invitational	5K	20:52	32nd of 204		
		Syracuse Orange Classic	5K	20:04	7th of 52	*	
		Geneseo State Invitational	5K	19:31	14th of 117		
		East Stroudsburg Invitational	5K	23:03	10th of 61	*	
		ECAC/IC4A Championships	5K	20:04	2nd of 26	*	
		Albany Invitational	5K	18:45	8th of 88	*	
	<b>1999 Totals</b>	<b>7 Events</b>				<b>5</b>	
	<b>CAREER TOTALS</b>					<b>8</b>	
Torgersen, Lisa	1992	Oswego Invitational	5K	20:03	4th	*	
		Lehigh Invitational	5K	20:07	22nd		
		SUNYAC Championship	5K	20:19	13th		
		New York State Championship	5K	20:50	7th	*	
		ECAC Championship	5K	21:27	18th		
		NCAA Qualifier	5K	20:08	32nd		
	<b>1992 Totals</b>	<b>6 Events</b>				<b>2</b>	
	1993	SUNYAC Championship	5K	22:59	23rd of 80		
	<b>CAREER TOTALS</b>	<b>7 Events</b>				<b>2</b>	
Tuchband, Lauren	1998	Cortland Invitational		16:39	56th of 74		
		NECC Championship	5K	20:56	41st of 152		
	<b>1998 Totals</b>	<b>2 Events</b>					
	1999	BU Invitational	5K	21:29	2nd of 42	*	
		Oswego Pat Peterson Invitational	5K	20:26	18th of 204		
		Syracuse Orange Classic	5K	20:08	9th of 52	*	
		Geneseo State Invitational	5K	19:47	21st of 117		
		East Stroudsburg Invitational	5K	23:26	12th of 61		
		ECAC/IC4A Championships	5K	20:14	3rd of 26	*	
		NECC Championship	5K	19:35	4th of 40	*	
		Albany Invitational	5K	18:57	15th of 88		
	<b>1999 Totals</b>	<b>6 Events</b>				<b>4</b>	

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	2000	BU Invitational	5K	20:31	1st of 17	*	*
		Syracuse Invitational	5K	19:30	6th of 66	*	
		NYS Challenge	5K	20:00	12th of 65		
		Lehigh Paul Short Run	6K	23:41	131st of 231		
		Albany Invitational	5K	20:46	25th of 116		
		Albany Invitational	5K	19:25	11th of 34		
		IC4A Championship	5K	20:01	65th of 154		
	<b>2000 Totals</b>	<b>7 Events</b>				<b>2</b>	<b>1</b>
	2001	Colgate Harry Lang Invitational	5K	23:52	1st of 60	*	*
		Cornell Invitational	5K	19:51	10th of 61	*	
		Central Connecticut State Invitational	5K	18:56	11th of 96		
		Lehigh Paul Short Invitational	6K	22:49	50th of 269		
		Albany Invitational	5K	19:34	7th of 147	*	
		America East Championship	5K	18:31	14th of 70		
		NCAA Northeast Regional	6K	22:50	85th of 241		
		ECAC Championship	5K	18:58	14th of 142		
	<b>2001 Totals</b>	<b>8 Events</b>				<b>3</b>	<b>1</b>
	<b>CAREER TOTALS</b>	<b>23 Events</b>				<b>9</b>	<b>2</b>
Triback, Freddi	1990	Results not available					
	1991	Oswego Invitational	3K	21:28	37th		
		Le Moyne Invitational	5K	21:44	25th		
		SUNYAC Championship	5K	21:56	37th		
		New York State Championship	5K	23:31	49th		
	<b>1991 Totals</b>	<b>4 Events</b>					
	1992	Zero Events					
	1993	SUNYAC Championship	5K	23:00	24th of 80		
		NCAA Regional Qualifier	5K	21:03	63rd of 133		
		NCAA Championship	5K	21:08	177th of 182		
	<b>1993 Totals</b>	<b>3 Events</b>					
	<b>CAREER TOTALS</b>	<b>7 Events</b>					
Tshinkle, Kristin	1988	Results not available					
	1989	Results not available					
	1990	Results not available					

Binghamton University Women's Cross Country  
Individual Meet Records

NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	<b>CAREER TOTALS</b>	<b>Results not available</b>					
Tursi, Mary	2003	Colgate Harry Lang Invitational	6K	25:33	8th of 27	*	
		Syracuse (dual meet)	5K	20:29	9th of 22	*	
		Syracuse Big Orange Classic	5K	20:30	9th of 68	*	
		Lehigh Paul Short Run	6K	23:06	104th of 224		
		Albany Invitational	5K	19:22	53rd of 210		
		America East Championship	5K	19:08	31st of 84		
		NCAA Northeast Regional	6K	24:03	149th of 245		
		ECAC Championship	5K	20:01	40th of 112		
	<b>2003 Totals</b>	<b>8 Events</b>				<b>3</b>	
Viscardo, Jennifer	1994	Zero Events					
Walker, Annmarie	1990	Results not available					
	1991	Oswego Invitational	3K	20:42	23rd		
		Le Moyne Invitational	5K	21:09	14th		
		SUNYAC Championship	5K	21:01	25th		
		New York State Championship	5K	22:25	32nd		
		ECAC Championship	5K	20:48	37th		
		NCAA Qualifier	5K	20:39	46th		
	<b>1991 Totals</b>	<b>6 Events</b>					
	1992	Lehigh Invitational	5K	20:23	29th		
		SUNYAC Championship	5K	21:26	31st		
		New York State Championship	5K	21:49	31st		
		ECAC Championship	5K	21:56	32nd		
		NCAA Qualifier	5K	20:20	42nd		
	<b>1992 Totals</b>	<b>5 Events</b>					
	<b>CAREER TOTALS</b>	<b>11 Events</b>					
Wallack, Lauren	1992	Oswego Invitational	5K	21:08	22nd		
		Lehigh Invitational	5K	20:48	34th		
		SUNYAC Championship	5K	21:41	35th		
		New York State Championship	5K	21:40	26th		
		ECAC Championship	5K	22:42	44th		
		NCAA Qualifier	5K	20:37	50th		
	<b>1992 Totals</b>	<b>6 Events</b>					
	1993	Zero Events					

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
	1994	Zero Events					
	<b>CAREER TOTALS</b>	<b>6 Events</b>					
Wan, Lillian	1993	Zero Events					
	1994	Zero Events					
	1996	Cortland Invitational	5K	21:36	116th of 139		
	<b>CAREER TOTALS</b>	<b>1 Event</b>					
Weston, Erin	1991	Zero Events					
	1992	Zero Events					
	1993	Zero Events					
	<b>CAREER TOTALS</b>	<b>Zero Events</b>					
Widman, Deb	1991	Oswego Invitational	3K	21:05	29th		
		Le Moyne Invitational	5K	23:57	70th		
		SUNYAC Championship	5K	20:47	20th		
		New York State Championship	5K	23:54	54th		
		ECAC Championship	5K	20:59	46th		
	<b>1991 Totals</b>	<b>5 Events</b>					
	1992	Lehigh Invitational	5K	21:21	42nd		
		SUNYAC Championship	5K	21:23	29th		
		New York State Championship	5K	22:01	37th		
		ECAC Championship	5K	22:46	46th		
	<b>1992 Totals</b>	<b>4 Events</b>					
	1993	SUNYAC Championship	5K	22:57	22nd of 80		
		New York State Championship	5K	19:41	10th of 108	*	
		ECAC Championship	5K	20:35	24th of 184		
		NCAA Regional Qualifier	5K	20:57	60th of 133		
		NCAA Championship	5K	20:16	153rd of 182		
	<b>1993 Totals</b>	<b>5 Events</b>				<b>1</b>	
	1994	SUNYAC Championship	5K	19:22	16th		
		NCAA Regional Qualifier	5K	21:52	61st		
		NCAA Championship	5K	19:52	110th		
	<b>1994 Totals</b>	<b>3 Events</b>					
	<b>CAREER TOTALS</b>	<b>17 Events</b>				<b>1</b>	

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NAME	YEARS	EVENT	DISTANCE	TIME	PLACE	TOP 10	FIRST PLACE
Willig, Heather	1995	Zero Events					
Wrege, Janet	1998	Zero Events					
Wyatt, Liz	1992	Zero Events					
Yaichuk, Erin	2002	Colgate Harry Lang Invitational	6K	24:58	4th of 31	*	
		Lehigh Paul Short Run	6K	24:43	147th of 221		
		Albany	5K	19:57	8th of 15	*	
		America East Championship	5K	19:12	31st of 75		
	<b>2002 Totals</b>	<b>4 Events</b>				<b>2</b>	
	2003	Zero Events					
	<b>CAREER TOTALS</b>	<b>4 Events</b>				<b>2</b>	
Zehr, Cynthia	1990	Results not available					