Crusader

Cross Country Record Book

(updated through June 18, 2012)

Men's All-Time Top Times

Eight Kilometer

	RUNNER	DATE	EVENT	TIME
1.	Aaron Crague	9/22/2001	Ilini Invite	24:55
2.	Gary Schroeder	1973	Unknown	24:57
3.	Nate Iben	9/11/1993	North Central Invite	25:06
4.	Chris Carlson	1974	North Central Invite	25:10
	Carl Frey	9/15/1990	North Central Invite	25:10
6.	Tom Kilcoyne	1978	Lakefront Invite	25:11
7.	Mike Cantway	9/19/1981	Popcorn Panic	25:12
8.	Bob Fronczak	1971	Unknown	25:16
9.	Dan Uskert	1997	Unknown	25:24
10.	David Stenberg	9/15/1990	North Central Invite	25:26

Ten Kilometer

	RUNNER	DATE	EVENT	TIME
1.	Aaron Crague	11/10/2001	NCAA Regional	31:56.4
2.	Nate Iben	1995	NCAA District Champ.	32:39
3.	Adam Piaskowy	11/13/2004	NCAA Regional	33:15.1
4.	Dan Uskert	1996	NCAA District Champ.	33:23
5.	Jon Schiemann	11/13/1999	NCAA Regional	33:25.5
6.	James Leifheit	11/12/1994	NCAA District Champ.	33:30
7.	Brian Ellingwood	11/13/1999	NCAA Regional	33:30.5
8.	Jeremy Duff	11/13/1999	NCAA Regional	33:35.3
9.	Christopher Orosz	11/15/2003	NCAA Regional	33:42.6
10.	Scott Sanders	11/12/1994	NCAA District Champ.	33:45

Women's All-Time Top Times

Five Kilometer

	RUNNER	DATE	EVENT	TIME
1.	Laura Rolf	11/13/2007	Evansville Invite	16:40.33
2.	Collette Liss	9/13/1997	Crusader Invite	17:13
3.	Danielle Nunnelly	9/15/2006	Indiana Intercollegiates	17:47.4
4.	Rachael Button	9/28/2007	Notre Dame Invite	18:10
	Tami Long	1998	Unknown	18:10
6.	Elizabeth Whiting	10/28/2000	Mid-Con Champ.	18:14
7.	Kimberly Bruckner	1990	Unknown	18:19
8.	Amanda Lee	10/28/2000	Mid-Con Champ.	18:23
9.	Carrie Waterman	10/12/2001	Utah State Invite	18:29
10.	Chrys Davis	10/9/1993	Milwaukee Invite	18:34.xx
	Jessica Richardson	**10/15/2011**	**Evansville Invite**	**18:34.74**

Six Kilometer

	RUNNER	DATE	EVENT	TIME
1.	Laura Rolf	10/28/2006	Mid-Con Champ.	20:45.35
2.	Ashley Billstrom	10/14/2006	Pre-Nationals	22:09.9
3.	Danielle Nunnelly	10/14/2006	Pre-Nationals	22:17.2
4.	Rachael Button	11/13/2004	NCAA Regional	22:39.6
5.	Rachel Nelson	11/2/2002	Mid-Con Champ.	22:43
6.	Jobeth Schmiesing	11/13/2004	NCAA Regional	22:47.5
7.	**Claire Johnson**	**11/12/2011**	**NCAA Regional**	**22:51.5**
8.	Elizabeth Whiting	9/6/2002	Crusader Invite	22:54
9.	**Jessica Richardson**	**11/12/2011**	**NCAA Regional**	**22:56.4**
10.	Elizabeth Kinneer	11/11/2000	NCAA Regional	23:07