

**2-MILE**

Name	Time	Meet	Date
Emry McKay	11:06.38	Belmont Opener	9/5/03
Melissa Hopkins	11:20.13	Plough Park Invite	9/4/98
Amanda Kara	11:26.63	Belmont Opener	9/5/03
Elizabeth Ambrus	11:40.43	Belmont Opener	9/5/03
Adel Anderson	11:47.24	Belmont Opener	9/5/03
Lori Usrey	11:48.99	UTC Invitational	9/11/98
Jennifer Thompson	11:49.17	Belmont Opener	9/5/03
Amanda Kara	11:54.24	Belmont Opener	9/6/02
Alina Varpjotaite	12:00.21	Coach "O" Invitational	10/20/07
Kelly Kuerzi	12:05.31	UTC Invitational	9/11/92
Ryanne Fortney	12:11.95	Belmont Opener	9/5/03
Emily Scarbrough	12:19.55	Belmont Opener	9/5/03

**3K**

Name	Time	Meet	Date
Elinor Kirk	10:27.52	Trojan Invitational	8/30/13
Sarah Hudack	10:47.02	Crimson Tide Kickoff	9/1/12
Kate Brown	11:04.34	Trojan Invitational	8/30/13
Lauren Scott	11:10.62	Trojan Invitational	8/30/13
Rachel Harley	11:19.37	Trojan Invitational	8/30/13
Sarah Livett	11:20.65	Trojan Invitational	8/30/13
Lindsay Miller	11:30.18	Trojan Invitational	8/30/13
Kristie Leybourne	11:44.09	Crimson Tide Kickoff	9/1/12
Hannah Coffin	12:34.99	Trojan Invitational	8/30/13
Laurie Pray	12:39.81	Trojan Invitational	8/30/13

**4K**

Name	Time	Meet	Date
Lori Ursey	13:51.51	Troy State Invite	10/26/96
Elizabeth Ambrus	14:01.32	Belmont Invitational	9/1/06
Sarah Hudack	14:20.91	Auburn Invitational	9/7/12
Katie Stepp	14:26.62	Belmont Invitational	9/1/06
Elizabeth Hilligoss	14:35.10	Belmont Invitational	9/1/06
Rhiannon Johns	14:37.01	Belmont Opener	9/4/09
Stephanie Gammon	14:41.55	Belmont Invitational	9/5/08
Whitney Mays	14:43.58	Belmont Invitational	9/1/06
Clara Cid	14:50.71	Auburn Invitational	9/9/11
Jennifer Thompson	14:55.61	Belmont Invitational	9/1/06

**3-MILE**

Name	Time	Meet	Date
Elizabeth Ambrus	16:59.11	Memphis Twilight	9/11/04
Whitney Mays	17:40.67	Memphis Twilight	9/10/05
Jennifer Thompson	17:42.72	Memphis Twilight	9/10/05
Petra Ivanova	17:50.44	Memphis Twilight	9/11/04
Ryanne Fortney	18:03.26	Memphis Twilight	9/11/04
Elizabeth Hilligoss	18:06.92	Memphis Twilight	9/11/04
Elizabeth Hodges	18:27.79	Memphis Twilight	9/10/05
Katie Stepp	18:38.68	Memphis Twilight	9/10/05
Jakia Williams	18:42.19	Memphis Twilight	9/10/05

**5K**

Name	Time	Meet	Date
Rhiannon Johns	16:55.21	C-USA Championship	11/1/10
Elizabeth Ambrus	17:02.95	C-USA Championship	10/29/05
Elinor Kirk	17:09.84	C-USA Championship	11/2/13
Sarah Hudack	17:26.81	C-USA Championship	10/29/12
Melissa Hopkins	17:27.91	NCAA Region IX Champ	11/14/98
Stephanie Gammon	17:28.27	Louisville Classic	10/04/08
Beth Groom	17:33.21	Auburn Invitational	10/15/94
Clara Cid	17:35.23	C-USA Championship	11/1/10
Rebecca Evans	17:46.76	Louisville Classic	10/4/14
Whitney Mays	17:47.33	Notre Dame Invite	9/28/07

**6K**

Name	Time	Meet	Date
Elinor Kirk	20:07.64	NCAA South Regional	11/15/13
Sarah Hudack	20:40.12	Bradley Classic	10/12/12
Sarah Livett	20:41.24	Azalea City Classic	9/12/14
Rhiannon Johns	20:42.22	NCAA Regional	11/13/10
Elizabeth Ambrus	20:53.79	NCAA South Regional	11/12/05
Rebecca Evans	21:02.94	Azalea City Classic	9/12/14
Clara Cid	21:03.27	NCAA Regional	11/13/10
Lucy Crookes	21:12.90	Azalea City Classic	9/12/14
Kate Brown	21:31.24	Azalea City Classic	9/14/13
Stephanie Gammon	21:19.19	NCAA Regional	11/13/10