

2007-08 Cross Country and Track & Field

Page BRIDGES

Cross Country 2K		Indoor One Mile	
12:29 (13th)	Western Carolina 2004	5:21.94	Tiger Invite 2005
		5:22.62	UNC Invite 2006
		5:25.11	SoCon Championship 2006
		5:27.42	SoCon Championship 2005
		5:38.98	Tiger Invite 2007
Cross Country 4K		Indoor 3,000m	
15:40.2 (16th)	Catamount Classic 2007	10:40.06	Tiger Invite 2006
15:46 (14th)	Winthrop Invite 2006	10:43.00	SoCon Championship 2006
16:43.50 (12th)	Winthrop Invite 2005	10:43.86	Clemson Invite 2007
		10:44.33	UNC Invite 2005
		10:46.30	SoCon Championship 2007
		10:49.13	ETSU Invite 2006
		10:54.16	ETSU Invite 2007
		11:01.53	SoCon Championship 2005
Cross Country 5K		Outdoor 3,000m Steeplechase	
18:44.86 (18th)	SoCon Championship 2007	11:10.32*	Furman Invite 2007
18:54.18 (27th)	SoCon Championship 2006	11:19.38	SoCon Finals 2006
18:54.28	SoCon Championship 2005	11:22.41	USC Invite 2006
18:56.14 (9th)	Citadel Invite 2007	11:26.13 (1st)	Furman Invite 2008
19:00.82 (3rd)	Citadel Invite 2006	11:26.39	Furman Invite 2006
19:04 (19th)	Clemson Invite 2005	11:26.77	SoCon Finals 2007
19:09 (19th)	Furman Invite 2007	11:30.17	Furman Invite 2005
19:11.63 (38th)	Disney Classic 2007	11:31.79	SoCon Finals 2005
19:15 (11th)	Eye Opener Invite 2007	11:32.80	Clemson Invite 2006
19:16.25 (1st)	Citadel Invite 2005	11:35.57	Solid Orange 2005
19:18.66 (24th)	Furman Invite 2004	11:42.31 (6th)	SoCon Championship 2008
19:21 (12th)	Furman Invite 2006	11:45.31 (2nd)	Emory Asics Invite 2008
19:32.98 (7th)	Coastal Carolina Invite 2005	11:47.87	Solid Orange 2006
19:37.16 (10th)	Citadel Invite 2004	11:56.85 (4th)	Emory Invite 2008
19:43	Winthrop Invite 2006	12:02.51	Wake Forest 2005
19:49 (17th)	Furman Invite 2005	12:16.32	CSU Invite 2008
19:49 (3rd)	Eye Opener Invite 2006		
19:59.27 (29th)	SoCon Championship 2004		
Cross Country 6K			
23:51.05 (149th)	NCAA Regionals 2006		
24:37.00 (26th)	Navy Invite 2004		

* Furman Record