

Women's Cross Country Records

Note: If a runner has multiple times within the top 10 times, we keep their fastest time.

<u>6000m</u>	<u>TIME</u>	<u>MEET</u>	<u>YEAR</u>
1. Lucy Hilarides	21:33.10	NIRCA Nationals	2018
2. Lauren Orr	21:39.70	NIRCA Nationals	2018
3. Emma Keesling	22:06.20	NIRCA Nationals	2019
4. Ally Wigand	22:37.40	Boiler Up	2023
5. Katie Figliomeni	22:39.20	NIRCA Nationals	2023
6. Emily Reeves	22:54.20	Little Tens	2023
7. Michaela Lewis	22:58.00	NIRCA Nationals	2018
8. Lauren Heeger	23:03.70	NIRCA Nationals	2019
9. Faith Baer	23:04.80	Little Tens	2018
10. Nina Bouthier	23:05.20	NIRCA Nationals	2018

<u>5000m</u>	<u>TIME</u>	<u>MEET</u>	<u>YEAR</u>
1. Erika Utter	19:18	Loyola Invitational	2009
2. Anna Kacius	19:45	Loyola Invitational	2012
3. Lucy Hilarides	20:08	Illinois State Invitational	2016
4. Eileen Lapeta	20:46	NIRCA Nationals	2005
5. Michaela Lewis	20:50	Illinois State Invitational	2016
6. Gina Malloy	20:51	NIRCA Nationals	2005
7. Sharon Snyder	20:51	Loyola Invitational	2011
8. Brittany Lump	20:56	Loyola Invitational	2009

9. Dana Cooreman	21:01	NIRCA Nationals	2004
10. Kristen Kays	21:04	Illinois State Invitational	2011