

PN Distance Crew Lists

2013-2024 Performance Lists

(Includes Men & Women starting in 2024!)

List of:

Sub 60/ 70 in the 400m

Sub 2:10/ 2:30 in the 800m

Sub 5:00/ 6:00 in the 1600m

Sub 10:30/ 12:30 in the 3200

(Guys since 2015, Girls starting in 2024!)

Distance Crew Splits (2017 - present)

(Guys since 2017, Girls starting in 2024)

All-Time Distance Crew Records/ Top-10 Lists- Men

(Women... in progress...)

4-Year Progression Charts

