Men's Cross Country Records

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

8000m	TIME	MEET	YEAR
1. Matthew Sraders	25:10.80	Little Tens	2019
2. Conner Sandt	25:12.10	Little Tens	2018
3. Joseph Redle	25:14.90	NIRCA Regionals	2025
4. Jack Graham	25:19.80	NIRCA Regionals	2025
5. Zami Moscoso	25:34.80	NIRCA Nationals	2023
6. Luke Linscott	25:35.40	Little Tens	2023
7. Nate Veldt	25:37.50	Little Tens	2018
8. Cordell Lewis	25:47.00	Little Tens	2017
9. Alex Johnson	25:54.20	NIRCA Nationals	2021
10. Michael Howell	26:02.40	NIRCA Nationals	2019

5000m	TIME	MEET	YEAR
1. Michael Streicher	15:56.00	Michigan Fall Classic	2010
2. Lukas Hessini	16:08.50	IU Kokomo Cougar Classic	2019
3. Sam Harvey	16:16.00	Michigan Fall Classic	2008
4. Rod Lammers	16:17.00	Michigan Fall Classic	2010
5. Derek Messer	16:17.10	IU Kokomo Cougar Classic	2019
6. Nathan Reed	16:18.2	IU Kokomo Cougar Classic	2019
7. Nick Arensmann	16:27.00	Michigan Fall Classic	2008
8. Eric Allen	16:30.00	Michigan Fall Classic	2008

9. Matthew Melloch	16:34.00	Illinois State Inv.	2011
10. Chandler Sonafrank	16:35.00	Spartan Grand Classic	2012