



Crusader

Cross Country Record Book

(updated through June 1, 2016)

Men's All-Time Top Times

Eight Kilometer

| RUNNER | DATE | EVENT | TIME |
|--------------------|-----------|----------------------|-------|
| 1. Aaron Crague | 9/22/2001 | Ilini Invite | 24:55 |
| 2. Gary Schroeder | 1973 | Unknown | 24:57 |
| 3. Nate Iben | 9/11/1993 | North Central Invite | 25:06 |
| 4. Chris Carlson | 1974 | North Central Invite | 25:10 |
| Carl Frey | 9/15/1990 | North Central Invite | 25:10 |
| 6. Tom Kilcoyne | 1978 | Lakefront Invite | 25:11 |
| 7. Mike Cantway | 9/19/1981 | Popcorn Panic | 25:12 |
| 8. Bob Fronczak | 1971 | Unknown | 25:16 |
| 9. Dan Uskert | 1997 | Unknown | 25:24 |
| 10. David Stenberg | 9/15/1990 | North Central Invite | 25:26 |

Ten Kilometer

| RUNNER | DATE | EVENT | TIME |
|----------------------|-------------------|----------------------|--------------|
| 1. Aaron Crague | 11/10/2001 | NCAA Regional | 31:56.4 |
| 2. Nate Iben | 1995 | NCAA District Champ. | 32:39 |
| 3. Adam Bruno | 11/14/2014 | NCAA Regional | 32:53 |
| David Rutkowski | 11/14/2014 | NCAA Regional | 32:53 |
| 5. Adam Piaskowy | 11/13/2004 | NCAA Regional | 33:15.1 |
| 6. Dan Uskert | 1996 | NCAA District Champ. | 33:23 |
| 7. Jon Schiemann | 11/13/1999 | NCAA Regional | 33:25.5 |
| 8. James Leifheit | 11/12/1994 | NCAA District Champ. | 33:30 |
| 9. Brian Ellingwood | 11/13/1999 | NCAA Regional | 33:30.5 |
| 10. Jeremy Duff | 11/13/1999 | NCAA Regional | 33:35.3 |
| Michael Salguero | 11/14/2014 | NCAA Regional | 33:35.x |

Women's All-Time Top Times

Five Kilometer

| RUNNER | DATE | EVENT | TIME |
|-----------------------|------------------|--------------------------|----------------|
| 1. Laura Rolf | 11/13/2007 | Evansville Invite | 16:40.33 |
| 2. Jessica Richardson | 10/3/2014 | Notre Dame Invite | 16:58.5 |
| 3. Collette Liss | 9/13/1997 | Crusader Invite | 17:13 |
| 4. Danielle Nunnelly | 9/15/2006 | Indiana Intercollegiate | 17:47.4 |
| 5. Rachael Button | 9/28/2007 | Notre Dame Invite | 18:10 |
| Tami Long | 1998 | Unknown | 18:10 |
| 7. Elizabeth Whiting | 10/28/2000 | Mid-Con Champ. | 18:14 |
| 8. Liz Bloy | 10/3/2014 | Notre Dame Invite | 18:18.7 |
| 9. Kimberly Bruckner | 1990 | Unknown | 18:19 |
| 10. Amanda Lee | 10/28/2000 | Mid-Con Champ. | 18:23 |

Six Kilometer

| RUNNER | DATE | EVENT | TIME |
|-----------------------|------------------|------------------------|--------------|
| 1. Laura Rolf | 10/28/2006 | Mid-Con Champ. | 20:45.35 |
| 2. Jessica Richardson | 10/17/2014 | Bradley Classic | 21:12.4 |
| 3. Liz Bloy | 11/1/2014 | HL Championship | 21:57 |
| 4. Ashley Billstrom | 10/14/2006 | Pre-Nationals | 22:09.9 |
| 5. Danielle Nunnelly | 10/14/2006 | Pre-Nationals | 22:17.2 |
| 6. Rachael Button | 11/13/2004 | NCAA Regional | 22:39.6 |
| 7. Rachel Nelson | 11/2/2002 | Mid-Con Champ. | 22:43 |
| 8. Jobeth Schmiesing | 11/13/2004 | NCAA Regional | 22:47.5 |
| 9. Claire Johnson | 11/12/2011 | NCAA Regional | 22:51.5 |
| 10. Elizabeth Whiting | 9/6/2002 | Crusader Invite | 22:54 |