



Cross Country Record Book (updated through 2017-18 season)

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.	Max Morello	11/11/2016	NCAA Regional	33:28.9
9.	James Leifheit	11/12/1994	NCAA District Champ.	33:30
10.	Brian Ellingwood	11/13/1999	NCAA Regional	33:30.5

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 Intercollegiates	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.	Kim Heiny	11/14/2016	Bradley Classic	22:52.3