

All-time Performers - Seneca Park 4k course

Girls 4000m Run - Seneca Park course (sub-20:00 performers)

1	15:52.00	Trish Hamilton	9/21/1991	Male Invitational
2	16:47.00	Laura Armstrong	9/21/2002	Valkyrie Invitational
3	16:48.00	Katie Laird	8/30/1997	Tiger Run
4	16:58.20	Nicole Haworth	9/15/2001	Valkyrie Invitational
5	17:01.00	Kathryn Long	9/21/2002	Valkyrie Invitational
6	17:07.00	Andrea Terry	9/21/2002	Valkyrie Invitational
7	17:19.00	Maggie Messerschmidt	10/31/1998	Regional Championship
7	17:19.00	Emily Ramser	9/18/1997	Academy Meet
9	17:27.00	Melanie Bloemer	9/19/1996	Academy Meet
10	17:28.00	Brittany Renfro	9/18/1999	Valkyrie Invitational
11	17:39.00	Diane Taylor	9/17/1991	Meet vs Ballard, Butler, Pres, Male
12	17:50.00	Abby Ramser	10/20/1998	Academy Meet
13	18:24.00	Julie Scalise	9/23/1997	Meet vs Manual, KCD, Coll, St F
14	18:25.00	Kali Brewer	10/31/1998	Regional Championship
14	18:25.00	Abbie Cahill	10/31/1998	Regional Championship
16	18:30.00	Diane Thomas	9/18/2000	Valkyrie Invitational
17	18:37.00	Angie Morrow	11/2/1991	Regional Championship
17	18:37.00	Mandy Borntraeger	9/21/2002	Valkyrie Invitational
19	18:40.00	Laura Lay	9/21/2002	Valkyrie Invitational
20	18:47.00	Lori McConnell	10/31/1998	Regional Championship
21	18:52.00	Sarah Bush	9/18/1999	Valkyrie Invitational
22	18:54.70	Laura Hamilton	9/15/2001	Valkyrie Invitational
23	19:02.00	Lindsay Burns	9/21/2002	Valkyrie Invitational
24	19:04.00	Angie Baisch	10/20/1999	Academy Meet
25	19:08.00	Laura Herman	9/23/1997	Meet vs Manual, KCD, Coll, St F
26	19:09.00	Jill Allen	10/15/1991	Meet vs Ballard, Moore, Wagg
27	19:11.00	Yemicia Akande	10/15/1991	Meet vs Ballard, Moore, Wagg
28	19:12.00	Andrea Vivona	9/23/1997	Meet vs Manual, KCD, Coll, St F
29	19:14.00	Erin Raible	10/12/1991	Big 8 Invitational
30	19:20.00	Rebecca Hash	9/23/1997	Meet vs Manual, KCD, Coll, St F
31	19:27.00	Mimi Hahn	10/20/1999	Academy Meet
32	19:31.00	Vanessa Hahn	10/20/1998	Academy Meet
33	19:33.00	Shannan Siemens	9/23/1997	Meet vs Manual, KCD, Coll, St F
34	19:35.00	Jennifer Austin	10/22/1991	Meet vs Ballard, Mercy, Ath
35	19:41.00	Liz Reh	10/12/1991	Big 8 Invitational
36	19:47.00	Juliann Vachon	9/21/2002	Valkyrie Invitational
36	19:47.00	Lauren Keal	9/23/1997	Meet vs Manual, KCD, Coll, St F
38	19:54.00	Laura Dries	8/29/1998	Tiger Run
39	20:00.00	Megan Nevitt	9/21/2002	Valkyrie Invitational