

Top 50 Performances (All-time): Seneca Park 4k Course

Girls 4000m Run - Seneca Park 4k Course

1	15:52.00	Trish Hamilton	9/21/1991	Male Invitational
1	15:52.00	Trish Hamilton	10/8/1991	Meet vs Seneca
3	16:08.00	Trish Hamilton	10/12/1991	Big 8 Invitational
4	16:12.00	Trish Hamilton	9/19/1991	Academy Meet
5	16:19.00	Trish Hamilton	10/22/1991	Meet vs Ballard, Mercy, Atherton
6	16:23.00	Trish Hamilton	9/17/1991	Meet vs Ball, Butler, Pres, Male
6	16:23.00	Trish Hamilton	10/15/1991	Meet vs Ballard, Moore, Waggener
8	16:34.00	Trish Hamilton	11/2/1991	Regional Championship
9	16:36.00	Trish Hamilton	9/17/1992	Academy Meet
10	16:39.00	Trish Hamilton	9/24/1991	Meet vs Eastern, KCD
11	16:43.00	Trish Hamilton	9/10/1991	Meet vs Waggener, J-town
12	16:45.00	Trish Hamilton	9/5/1991	Meet vs Mercy, Pres, Seneca, Doss
13	16:47.00	Laura Armstrong	9/21/2002	Valkyrie Invitational
14	16:48.00	Katie Laird	8/30/1997	Tiger Run
15	16:56.00	Trish Hamilton	8/31/1991	Tiger Run
16	16:57.00	Trish Hamilton	9/16/1993	Academy Meet
17	16:58.20	Nicole Haworth	9/15/2001	Valkyrie Invitational
18	17:01.00	Kathryn Long	9/21/2002	Valkyrie Invitational
19	17:07.00	Andrea Terry	9/21/2002	Valkyrie Invitational
20	17:19.00	Maggie Messerschmidt	10/31/1998	Regional Championship
20	17:19.00	Emily Ramser	9/18/1997	Academy Meet
22	17:27.00	Melanie Bloemer	9/19/1996	Academy Meet
23	17:28.00	Brittany Renfro	9/18/1999	Valkyrie Invitational
24	17:35.00	Maggie Messerschmidt	10/20/1998	Academy Meet
25	17:39.00	Brittany Renfro	10/20/1998	Academy Meet
25	17:39.00	Diane Taylor	9/17/1991	Meet vs Ball, Butler, Pres, Male
27	17:41.00	Katie Laird	9/18/1997	Academy Meet
28	17:43.00	Diane Taylor	9/5/1991	Meet vs Mercy, Pres, Seneca, Doss
29	17:44.00	Diane Taylor	9/19/1991	Academy Meet
30	17:45.00	Emily Ramser	8/30/1997	Tiger Run
31	17:48.00	Diane Taylor	8/31/1991	Tiger Run
32	17:50.00	Abby Ramser	10/20/1998	Academy Meet
32	17:50.00	Melanie Bloemer	9/18/1997	Academy Meet
34	17:54.00	Abby Ramser	9/18/1999	Valkyrie Invitational
35	17:56.00	Brittany Renfro	10/31/1998	Regional Championship
36	17:57.00	Melanie Bloemer	8/30/1997	Tiger Run
37	17:58.00	Abby Ramser	10/31/1998	Regional Championship
37	17:58.00	Katie Laird	9/23/1997	Meet vs Manual, KCD, Coll, St F
39	17:59.00	Maggie Messerschmidt	9/18/1999	Valkyrie Invitational
40	18:01.00	Melanie Bloemer	9/23/1997	Meet vs Manual, KCD, Coll, St F
41	18:02.00	Emily Ramser	9/23/1997	Meet vs Manual, KCD, Coll, St F
42	18:04.00	Diane Taylor	9/10/1991	Meet vs Waggener, J-town
43	18:07.00	Maggie Messerschmidt	10/6/1998	Master Schedule Meet #3

44	18:09.00	Diane Taylor	11/2/1991	Regional Championship
45	18:24.00	Julie Scalise	9/23/1997	Meet vs Manual, KCD, Coll, St F
46	18:25.00	Kali Brewer	10/31/1998	Regional Championship
46	18:25.00	Abbie Cahill	10/31/1998	Regional Championship
48	18:27.00	Maggie Messerschmidt	9/22/1998	Master Schedule Meet #2
49	18:30.00	Maggie Messerschmidt	8/29/1998	Tiger Run
49	18:30.00	Diane Thomas	9/18/2000	Valkyrie Invitational