

# OREGON TECH CROSS COUNTRY

## ALL-TIME TOP TIMES BY DISTANCE

### 8000-METERS

24:07.60	Mark French	2021
24:19.60	Paul Adams	2013
24:39.60	Jonas Hartline	2021
24:47.10	Nick McMillen	2022
24:49.00	Perry Custance	2001
24:52.40	Kai Miles	2025
25:06.00	Chris Ramirez	2019
25:09.00	Korey Humberston	2009
25:09.80	Elijah Zavala	2025
25:12.00	Brett Long	1999

### 6,000-METERS

21:37.50	Jordan Monroe	2016
21:53.00	Cindy Reed	2018
21:56.70	Danielle DeCastro	2017
22:00.20	Saundra Parsons	2025
22:08.00	Susie Garza	2018
22:21.00	Andrea Nations	2003
22:27.00	Amy Bricco	2003
22:28.70	Delani Dietrich	2019
22:32.00	Rachel Novak	2008
22:33.40	Charis Childers	2025

### 6,000-METERS

18:36.20	Mark French	2020
18:55.20	Jack Roberts	2016
19:01.80	Jonas Hartline	2020
19:21.50	Nick McMillen	2020
19:21.60	Chris Ramirez	2020
19:27.20	Joe Wilkinson	2020
19:36.80	Tim McPherson	2016
19:38.30	Paul Wyatt	2016
19:39.90	Ryan Pierce	2016
19:41.50	Brent Hunter	2020

### 5,000-METERS

17:26.00	Susie Garza	2018
17:27.90	Cindy Reed	2018
17:29.00	Danielle DeCastro	2018
17:41.00	Faith Widman	2020
18:00.90	Delani Dietrich	2019
18:07.30	Jordan Monroe	2016
18:10.30	Mary Matchett	2014
18:16.70	Annika Andersen	2018
18:20.40	Sara Howard	2012
18:21.00	Elissa Stoltz	2014

### 4,000-METERS

14:29.40	Danielle DeCastro	2016
14:33.60	Jordan Monroe	2016
14:55.60	Mia Smith	2020
14:58.20	Delani Dietrich	2020
14:58.20	Cindy Reed	2020