



MIAMI HURRICANES

Men's and Women's Cross Country Record Book

Bold indicates on current roster

Men's All-Time Top-10 - 8K

Rank	Athlete	Time	Event	Year
1	Austen Cannon	24:05.70	ACC Championships	2024
2	Cormac O'Brien	24:07.70	ACC Championships	2024
3	Nathan Kuck	24:09.20	ACC Championships	2017
4	Sean Grossman	24:35.40	ACC Championships	2016
5	Jeff Gaulrapp	24:37.00	Big East Championships	2000
6	Matt Mulvaney	24:44.00	Big East Championships	2002
7	Enrique Borrego	24:52.10	ACC Championships	2024
8	Jon Scheiner	24:57.77	Auburn Invitational	2006
9	Justin Rittenhouse	25:06.20	ACC Championships	2022
10	Sean Pezzulo	25:07.00	Paul Short Invitational	2012

Men's All-Time Top-10 - 10K

Rank	Athlete	Time	Event	Year
1	Sean Pezzulo	31:29.61	NCAA South Regionals	2013
2	Austen Cannon	31:29.80	NCAA South Regionals	2022
3	Alex Brutvan	31:41.90	Chile Pepper Invitational	2005
4	Tom Berry	31:47.80	Chile Pepper Invitational	2005
5	Luke Fontaine	31:51.46	NCAA South Regional	2013
6	Ryan Woodlee	31:52.30	Chile Pepper Invitational	2005
7	Sean Grossman	31:53.60	NCAA South Regional	2016
8	Nathan Kuck	31:54.00	NCAA South Regional	2017
9	Zach Castiglione	32:01.90	Chile Pepper Invitational	2005
10	JaCee Jarnagin	32:10.59	NCAA South Regional	2013

Women's All-Time Top-10 - 5K

Rank	Athlete	Time	Event	Year
1	Daphnee Lavassas	17:10.9	FSU XC Invitational	2022
2	Melanie Schultz	17:25.92	Gator Invitational	2005
3	Lindsay Arrington	17:36.23	Disney World Classic	2013
4	Shannon Sarabyn	17:37.40	FIU Invitational	2000
5	Natalie Varela	17:38.6	FSU XC Invitational	2022
6	Elle Mezzio	17:41.5	FSU XC Invitational	2022
7	Maddie Scheier	17:44.22	FAU Invitational	2024
8	Emma Maurel	17:45.7	FSU XC Invitational	2023
9	Bianca Banato	17:50.7	FSU XC Invitational	2022
10	Gabrielle Hesslau	17:54.22	Mountain Dew Invitational	2015

Women's All-Time Top-10 - 6K

Rank	Athlete	Time	Event	Year
1	Daphnee Lavassas	18:49.70	NCAA South Regional	2023
2	Melanie Schultz	19:56.10	ACC Championships	2005
3	Emma Maurel	20:35.30	NCAA South Regional	2023
4	Madeline Scheier	20:47.00	NCAA South Regional	2023
5	Brin Strouse	20:58.40	NCAA South Regional	2023
6	Natalie Varela	21:14.70	NCAA South Regional	2023
7	Lindsay Arrington	21:15.53	NCAA South Regional	2013
8	Emma Hencock	21:17.30	NCAA South Regional	2023
9	Maryam Jawid	21:17.80	NCAA South Regional	2017
10	Gabrielle Hesslau	21:18.20	NCAA South Regional	2016