



# 2018 WOMEN'S CROSS COUNTRY STATISTICS

## EMMA AGER

So. | Springfield, Va. / Lake Braddock

### 2018 RACE-BY-RACE

Date	Meet	Location	Distance	Time	Finish
8/31/18	Galen Piper XC Challenge	Shippensburg, Pa.	4k	-	DNC
9/15/18	Blue Jay Alumni Challenge	Elizabethtown, Pa.	3.66k	17:14	11th/26
9/22/18	Dickinson Long-Short Course Invitational	Newville, Pa.	4k	16:26.15	28th/119
10/6/18	DeSales University Invitational	Bryn Mawr, Pa.	6k	-	DNC
10/13/18	Inter-Regional Border Battle	Logan Township, N.J.	6k	24:36.3	199th/345
10/27/18	Landmark Conference Championships	Lebanon, Pa.	6k	24:13.26	18th/81
11/10/18	NCAA Division III Mideast Regional	Center Valley, Pa.	6k	25:25	110th/341

### SEASON BESTS:

Distance	Time	Meet	Date
4k	16:26.15	Dickinson Long-Short Course Invitational	9/22/18
6k	24:13.26	Landmark Conference Championships	10/27/18

### CAREER BESTS:

Distance	Time	Meet	Date
4k	15:55.4	Dickinson Long-Short Course Invitational	9/30/17
6k	24:13.26	2018 Landmark Conference Championships	10/27/18

### ACCOLADES:

Year	Honor
2017	Competed at Landmark Conference Championship meet
2018	Competed at Landmark Conference Championship meet
2018	Competed at NCAA Division III Mideast Regional meet

### CAREER STATISTICS

Year	Top 3k Time	Top 4k Time	Top 5k Time	Top 6k Time	Top Finish
2017	-	15:55.4	-	25:58.5	13th (at Blue Jay Alumni Challenge)
2018	-	16:26.15	-	24:13.26	11th (at Blue Jay Alumni Challenge)
<b>TOTALS</b>	-	<b>15:55.4</b>	-	<b>24:13.26</b>	

