



COLLEEN KERNAN

Sr. | Finksburg, Md. / Westminster

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	14:46.9	2nd/26
9/22/18	Dickinson Long-Short Course Invitational	Newville, Pa.	4k	15:19.32	10th/119
10/6/18	DeSales University Invitational	Bryn Mawr, Pa.	6k	23:13.4	8th/268
10/13/18	Inter-Regional Border Battle	Logan Township, N.J.	6k	22:32.4	37th/345
10/27/18	Landmark Conference Championships	Lebanon, Pa.	6k	23:08.59	3rd/81
11/10/18	NCAA Division III Mideast Regional	Center Valley, Pa.	6k	23:31	17th/341
11/17/18	NCAA Division III Championships	Winneconne, Wis.	6k	22:37.7	110th/279

SEASON BESTS:

Distance	Time	Meet	Date
4k	15:19.32	Dickinson Long-Short Course Invitational	9/22/18
6k	22:32.4	Inter-Regional Border Battle	10/13/18

CAREER BESTS:

Distance	Time	Meet	Date
4k	15:19.32	Dickinson Long-Short Course Invitational	9/22/18
6k	22:32.4	Inter-Regional Border Battle	10/13/18

ACCOLADES:

Year	Honor
2015	Competed at Landmark Conference Championship meet
2015	All-Landmark Conference Second Team
2015	Landmark Conference Rookie of the Year
2015	Competed at NCAA Division III Mideast Regional meet
2015	Competed at NCAA Division III National Championship meet
2016	Competed at Landmark Conference Championship meet
2016	All-Landmark Conference Second Team
2016	Competed at NCAA Division III Mideast Regional meet
2016	Competed at NCAA Division III National Championship meet
2017	Competed at Landmark Conference Championship meet
2017	All-Landmark Conference First Team
2017	Competed at NCAA Division III Mideast Regional meet
2017	NCAA Division III and USTFCCCA All-Mideast Region
2017	Competed at NCAA Division III National Championship meet
2018	Competed at Landmark Conference Championship meet
2018	All-Landmark Conference First Team
2018	Competed at NCAA Division III Mideast Regional meet
2018	NCAA Division III and USTFCCCA All-Mideast Region
2018	Competed at NCAA Division III National Championship meet

CAREER STATISTICS

Year	Top 3k Time	Top 4k Time	Top 5k Time	Top 6k Time	Top Finish
2015	-	15:31.11	-	23:10.19	7th (at Blue Jay Alumni Challenge)
2016	-	16:07	-	23:08.12	4th (at Blue Jay Alumni Challenge)
2017	-	15:31	-	22:53.50	5th (2017 Landmark Championships @ Juniata)
2018	-	15:19.32	-	22:32.4	2nd (at Blue Jay Alumni Challenge)
TOTALS	-	15:19.32	-	22:32.4	

