



EMILY NELSON

Sr. | Mechanicsburg, Pa. / Trinity

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	16:28	8th/26
9/22/18	Dickinson Long-Short Course Invitational	Newville, Pa.	4k	16:35.44	35th/119
10/6/18	DeSales University Invitational	Bryn Mawr, Pa.	6k	25:41.4	65th/268
10/13/18	Inter-Regional Border Battle	Logan Township, N.J.	6k	24:59.8	235th/345
10/27/18	Landmark Conference Championships	Lebanon, Pa.	6k	24:50.47	26th/81
11/10/18	NCAA Division III Mideast Regional	Center Valley, Pa.	6k	26:11	155th/341

SEASON BESTS:

Distance	Time	Meet	Date
4k	16:35.44	Dickinson Long-Short Course Invitational	9/22/18
6k	24:50.47	Landmark Conference Championships	10/27/18

CAREER BESTS:

Distance	Time	Meet	Date
4k	16:35.44	Dickinson Long-Short Course Invitational	9/22/18
6k	24:50.47	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	-	17:34	-	25:55.2	12th (at LVC Last Chance Run Fast Invitational)
2018	-	16:35.44	-	24:50.47	8th (at Blue Jay Alumni Challenge)
TOTALS	-	16:35.44	-	24:50.47	