

Misericordia University Women's Cross-Country Records (6K)

	Time	Name	Date	Site
1	22:10	Amy Bower	11/20/2004	UWEC (NCAAs)
2	22:12	Amy Bower	11/13/2004	Alleghany (Regionals)
3	22:26	Amy Bower	11/16/2002	Salisbury (Regionals)
4	22:40	Ali Ostrum	10/3/2008	Lehigh
5	22:41	Ali Ostrum	10/2/2009	Lehigh
6	22:42	Ali Ostrum	11/10/2007	Lehigh (Regionals)
7	22:45	Amy Bower	11/15/2003	Dickinson (Regionals)
T8	23:00	Ali Ostrum	9/12/2009	Lock Haven
T8	23:00	Amy Bower	11/22/2003	Hanover (NCAAs)
10	23:12	Ali Ostrum	10/11/2008	DeSales

Misericordia University Women's Cross-Country Records (5K)

	Time	Name	Date	Site
1	18:30	Amy Bower	10/29/2005	Cabrini (PAC's)
2	18:43	Amy Bower	10/15/2005	Cabrini
3	18:45	Amy Bower	10/25/2003	DeSales
4	18:50	Amy Bower	9/24/2005	Misericordia
5	18:54	Amy Bower	11/1/2003	Cedar Crest (PAC's)
6	19:06	Amy Bower	10/30/2004	Gwynedd-Mercy (PAC's)
7	19:08	Ali Ostrum	9/20/2008	MU Cougar Classic
8	19:10	Amy Bower	9/10/2005	Washington & Lee
9	19:24	Ali Ostrum	9/19/2009	MU Cougar Classic
10	19:25	Amy Bower	9/11/2004	Lebanon Valley

Through 10/6/2009