



# Women's 3000m Run

## FINAL Result

### Event Records

<b>WR</b>	Meseret DEFAR	ETH	<b>8:23.72</b>	03 Feb 2007	
<b>CR</b>	Sally KIPYEGO	KEN	<b>8:48.77</b>	07 Feb 2009	Texas Tech
<b>MR</b>	Kim SMITH	NZL	<b>8:49.18</b>	13 Mar 2004	Providence
<b>FR</b>	Sally KIPYEGO	KEN	<b>9:09.83</b>	28 Feb 2009	Texas Tech

### Updated Team Scores

WOMEN, 16 of 17 events scored			
Tennessee	<b>42</b>	Arizona State	<b>22</b>
BYU	<b>33</b>	Oregon	<b>21</b>
LSU	<b>28</b>	Texas Tech	<b>21</b>
Texas	<b>28</b>	Michigan	<b>19</b>
Texas A&M	<b>27</b>	Penn State	<b>18</b>
Florida State	<b>23</b>	Florida	<b>14</b>

Rk	Athlete	JR	Affiliation	Result	CR	MR	FR	Pos	Times
<b>1</b>	Jenny BARRINGER	JR	Colorado 10 team points	<b>8:42.03</b>	<b>CR</b>	<b>MR</b>	<b>FR</b>	<b>Pos: 4</b>	34.99 (34.99), 1:10.92 (35.94), 1:46.24 (35.33), 2:21.61 (35.37), 2:56.98 (35.37), 3:32.27 (35.29), 4:07.41 (35.14), 4:43.04 (35.64), 5:18.55 (35.51), 5:54.42 (35.87), 6:29.27 (34.86), 7:03.77 (34.50), 7:38.49 (34.73), 8:11.29 (32.81), 8:42.03 (30.74)
<b>2</b>	Susan KUIJKEN	SR	Florida State 8 team points	<b>8:56.27</b>				<b>Pos: 18</b>	35.18 (35.18), 1:11.19 (36.02), 1:46.48 (35.29), 2:21.83 (35.36), 2:57.21 (35.38), 3:32.49 (35.28), 4:07.65 (35.17), 4:43.29 (35.65), 5:18.76 (35.47), 5:54.64 (35.89), 6:30.20 (35.56), 7:06.53 (36.33), 7:43.48 (36.96), 8:20.66 (37.18), 8:56.27 (35.61)
<b>3</b>	Lauren CENTROWITZ	SR	Stanford 6 team points	<b>9:14.35</b>				<b>Pos: 1</b>	35.61 (35.61), 1:13.91 (38.30), 1:52.08 (38.17), 2:31.81 (39.74), 3:09.75 (37.94), 3:48.20 (38.45), 4:27.80 (39.61), 5:07.73 (39.93), 5:42.56 (34.83), 6:19.02 (36.46), 6:55.87 (36.86), 7:33.14 (37.28), 8:08.96 (35.82), 8:42.85 (33.90), 9:14.35 (31.51)
<b>4</b>	Angela BIZZARRI	JR	Illinois 5 team points	<b>9:15.50</b>				<b>Pos: 16</b>	36.10 (36.10), 1:13.19 (37.09), 1:51.51 (38.32), 2:31.10 (39.60), 3:09.27 (38.18), 3:47.66 (38.39), 4:27.33 (39.68), 5:07.13 (39.80), 5:42.86 (35.74), 6:19.19 (36.33), 6:55.84 (36.65), 7:33.31 (37.47), 8:09.70 (36.40), 8:43.74 (34.05), 9:15.50 (31.76)
<b>5</b>	Katie FOLLETT	JR	Washington 4 team points	<b>9:15.73</b>				<b>Pos: 10</b>	35.78 (35.78), 1:14.06 (38.29), 1:52.25 (38.19), 2:31.90 (39.65), 3:10.09 (38.20), 3:48.52 (38.43), 4:27.94 (39.43), 5:07.70 (39.76), 5:43.59 (35.89), 6:20.16 (36.57), 6:56.51 (36.36), 7:33.09 (36.58), 8:09.07 (35.98), 8:43.83 (34.77), 9:15.73 (31.91)
<b>6</b>	Nicole BLOOD	JR	Oregon 3 team points	<b>9:15.84</b>				<b>Pos: 5</b>	36.00 (36.00), 1:14.51 (38.52), 1:52.66 (38.15), 2:32.21 (39.56), 3:10.39 (38.19), 3:48.76 (38.37), 4:27.97 (39.21), 5:08.06 (40.10), 5:44.10 (36.05), 6:20.38 (36.28), 6:56.75 (36.38), 7:33.80 (37.06), 8:10.04 (36.24), 8:44.04 (34.00), 9:15.84 (31.81)



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<b>7</b>	Laurynne <b>CHETELAT</b>	FR	Stanford 2 team points	9:16.12	<b>Pos: 8</b>	36.30 (36.30),1:14.68 (38.39),1:52.81 (38.14),2:31.68 (38.87),3:09.94 (38.27),3:48.38 (38.44),4:28.01 (39.64),5:07.40 (39.39),5:42.82 (35.42),6:19.29 (36.48),6:56.09 (36.81),7:33.38 (37.29),8:08.78 (35.40),8:43.11 (34.34),9:16.12 (33.01)
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<b>8</b>	Alicia <b>FOLLMAR</b>	SR	Stanford 1 team points	9:16.48	<b>Pos: 14</b>	35.46 (35.46),1:13.62 (38.16),1:51.98 (38.37),2:31.51 (39.53),3:09.71 (38.21),3:48.11 (38.40),4:27.70 (39.60),5:07.52 (39.83),5:43.22 (35.70),6:19.59 (36.37),6:56.33 (36.75),7:33.60 (37.27),8:09.42 (35.83),8:44.10 (34.69),9:16.48 (32.38)
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<b>9</b>	Frances <b>KOONS</b>	SR	Villanova	9:16.88	<b>Pos: 2</b>	36.55 (36.55),1:14.95 (38.41),1:53.06 (38.11),2:32.38 (39.32),3:10.55 (38.18),3:48.91 (38.36),4:28.33 (39.43),5:08.10 (39.77),5:44.20 (36.11),6:20.71 (36.51),6:57.02 (36.32),7:33.88 (36.86),8:10.82 (36.95),8:44.58 (33.77),9:16.88 (32.30)
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<b>10</b>	Erin <b>BEDELL</b>	JR	Baylor	9:17.55	<b>Pos: 13</b>	35.42 (35.42),1:13.47 (38.05),1:51.69 (38.22),2:31.29 (39.60),3:09.45 (38.16),3:47.84 (38.40),4:27.50 (39.66),5:07.33 (39.84),5:43.11 (35.78),6:19.71 (36.61),6:56.26 (36.55),7:32.92 (36.66),8:09.46 (36.55),8:43.91 (34.45),9:17.55 (33.64)
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<b>11</b>	Bridget <b>FRANEK</b>	JR	Penn State	9:17.60	<b>Pos: 6</b>	36.09 (36.09),1:13.33 (37.24),1:51.42 (38.10),2:31.08 (39.67),3:09.21 (38.14),3:47.61 (38.40),4:27.35 (39.75),5:07.17 (39.83),5:43.06 (35.89),6:19.43 (36.37),6:56.43 (37.00),7:32.82 (36.40),8:09.19 (36.37),8:44.20 (35.02),9:17.60 (33.40)
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<b>12</b>	Mel <b>LAWRENCE</b>	FR	Washington	9:19.02	<b>Pos: 7</b>	35.65 (35.65),1:14.01 (38.37),1:52.30 (38.29),2:31.75 (39.46),3:09.89 (38.14),3:48.36 (38.47),4:27.75 (39.40),5:07.76 (40.01),5:43.83 (36.08),6:20.10 (36.28),6:56.69 (36.59),7:34.08 (37.39),8:09.81 (35.74),8:44.70 (34.90),9:19.02 (34.32)
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<b>13</b>	Alexandra <b>KOSINSKI</b>	SO	Oregon	<b>9:23.57</b>	<b>Pos: 11</b>	35.81 (35.81),1:14.28 (38.47),1:52.45 (38.17),2:32.06 (39.62),3:10.16 (38.11),3:48.62 (38.46),4:28.10 (39.49),5:07.19 (39.10),5:43.56 (36.37),6:19.95 (36.40),6:56.11 (36.17),7:33.55 (37.44),8:09.77 (36.22),8:45.72 (35.96),9:23.57 (37.86)
<b>14</b>	Mattie <b>BRIDGMON</b>	JR	Oregon	<b>9:26.32</b>	<b>Pos: 17</b>	35.66 (35.66),1:14.65 (38.99),1:52.77 (38.12),2:32.33 (39.57),3:10.52 (38.19),3:48.92 (38.41),4:28.33 (39.42),5:08.20 (39.88),5:44.24 (36.04),6:20.50 (36.26),6:57.08 (36.59),7:34.09 (37.01),8:10.84 (36.75),8:47.69 (36.86),9:26.32 (38.63)
<b>15</b>	Lennie <b>WAITE</b>	SR	Rice	<b>9:30.08</b>	<b>Pos: 3</b>	36.04 (36.04),1:14.40 (38.37),1:52.49 (38.10),2:32.14 (39.65),3:10.27 (38.13),3:48.66 (38.40),4:28.15 (39.49),5:07.80 (39.66),5:43.98 (36.19),6:20.53 (36.55),6:57.44 (36.91),7:34.39 (36.96),8:12.18 (37.80),8:51.02 (38.84),9:30.08 (39.07)
<b>16</b>	Gwen <b>JORGENSEN</b>	SR	Wisconsin	<b>9:40.61</b>	<b>Pos: 12</b>	35.86 (35.86),1:13.64 (37.79),1:51.78 (38.15),2:31.38 (39.60),3:09.55 (38.17),3:47.96 (38.41),4:27.57 (39.61),5:07.43 (39.87),5:43.45 (36.02),6:20.04 (36.60),6:56.98 (36.94),7:33.62 (36.64),8:14.74 (41.13),8:58.31 (43.57),9:40.61 (42.30)
--	Natalie <b>SHERBAK</b>	SR	Virginia Tech	<b>DNS</b>	<b>Pos: 9</b>	
--	Sarah <b>BOWMAN</b>	SR	Tennessee	<b>DNS</b>	<b>Pos: 15</b>	



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### World BESTS

		This Season	
<b>8:26.99</b>	Meseret DEFAR		<b>ETH</b> 7 Feb
<b>8:28.49</b>	Anna ALMINOVA		<b>RUS</b> 7 Feb
<b>8:30.53</b>	Vivian CHERUIYOT		<b>KEN</b> 21 Feb
<b>8:42.13</b>	Vivian CHERUIYOT		<b>KEN</b> 14 Feb
<b>8:43.74</b>	Mary CULLEN		<b>IRL</b> 13 Feb
<b>8:44.81</b>	Jessica AUGUSTO		<b>POR</b> 21 Feb
<b>8:46.50</b>	Alemitu BEKELE		<b>TUR</b> 8 Mar
<b>8:46.65</b>	Kara GOUCHER		<b>USA</b> 7 Feb
<b>8:48.18</b>	Sara MOREIRA		<b>POR</b> 8 Mar
<b>8:48.47</b>	Mary CULLEN		<b>IRL</b> 8 Mar

### American BESTS

		This Season	
<b>8:46.65</b>	Kara GOUCHER	<i>(9 Jul 78)</i>	7 Feb
<b>8:53.27</b>	Amy BEGLEY	<i>(11 Jan 78)</i>	28 Feb
<b>8:53.72</b>	Sara HALL	<i>(15 Apr 83)</i>	28 Feb
<b>8:53.88o</b>	Jenny BARRINGER	<i>(23 Aug 86)</i>	31 Jan
<b>8:55.62</b>	Julie CULLEY	<i>(10 Sep 81)</i>	28 Feb
<b>8:55.74+</b>	Shalane FLANAGAN	<i>(8 Jul 81)</i>	7 Feb
<b>8:56.92</b>	Lindsey GALLO	<i>(29 Nov 81)</i>	28 Feb
<b>9:01.08</b>	Rebecca DONAGHUE	<i>(24 Feb 76)</i>	28 Feb
<b>9:02.50</b>	D. DICRESCENZO	<i>(28 Feb 83)</i>	28 Feb
<b>9:02.58</b>	Amy BEGLEY	<i>(11 Jan 78)</i>	31 Jan
	Amy BEGLEY-YODER	<i>(11 Jan 78)</i>	31 Jan

### Collegiate BESTS

		This Season	
<b>8:48.77</b>	Sally KIPYEGO	<b>TXT</b>	7 Feb
<b>8:53.88o</b>	Jenny BARRINGER	<b>UCO</b>	31 Jan
<b>9:04.58</b>	Brie FELNAGLE	<b>UNC</b>	7 Feb
<b>9:05.70o</b>	Susan KUIJKEN	<b>FLST</b>	14 Feb
<b>9:08.15</b>	Laurynne CHETELAT	<b>STAN</b>	28 Feb
<b>9:08.50o</b>	Mel LAWRENCE	<b>UWA</b>	28 Feb
<b>9:08.77Ao</b>	Tasmin FANNING	<b>VAT</b>	5 Dec 08
<b>9:09.83</b>	Sally KIPYEGO	<b>TXT</b>	28 Feb
<b>9:09.92o</b>	Lisa KOLL	<b>IAST</b>	24 Jan
<b>9:10.04</b>	Bridget FRANEK	<b>PAST</b>	31 Jan

### Past CHAMPIONS

		Most Recent	
<b>2008</b>	<i>8:58.14</i> Susan KUIJKEN	<b>FLST</b>	
<b>2007</b>	<i>9:02.05</i> Sally KIPYEGO	<b>TXT</b>	
<b>2006</b>	<i>9:06.61</i> Johanna NILSSON	<b>NAU</b>	
<b>2005</b>	<i>9:22.81</i> Renee METIVIER	<b>UCO</b>	
<b>2004</b>	<i>8:49.18</i> Kim SMITH	<b>PROV</b>	
<b>2003</b>	<i>9:01.05</i> Shalane FLANAGAN	<b>UNC</b>	
<b>2002</b>	<i>9:07.45</i> Lauren FLESHMAN	<b>STAN</b>	
<b>2001</b>	<i>9:11.25</i> Shannon SMITH	<b>BOSC</b>	
<b>2000</b>	<i>9:13.68</i> Carrie TOLLEFSON	<b>VILL</b>	
<b>1999</b>	<i>9:15.05</i> Carrie TOLLEFSON	<b>VILL</b>	

### Last Year's RESULTS

<b>1st</b>	<i>8:58.14</i> Susan KUIJKEN	<b>FLST</b>	
<b>2nd</b>	<i>9:00.31</i> Brie FELNAGLE	<b>UNC</b>	
<b>3rd</b>	<i>9:05.41</i> Arianna LAMBIE	<b>STAN</b>	
<b>4th</b>	<i>9:11.09</i> Lauren CENTROWITZ	<b>STAN</b>	
<b>5th</b>	<i>9:12.83</i> Marisa RYAN	<b>BOSU</b>	
<b>6th</b>	<i>9:13.48</i> Nicole BUSH	<b>MIST</b>	
<b>7th</b>	<i>9:14.44</i> M. ASSELIN	<b>UWV</b>	
<b>8th</b>	<i>9:15.12</i> Lauren HAGANS	<b>BAY</b>	
<b>9th</b>	<i>9:15.58</i> Lisa KOLL	<b>IAST</b>	
<b>10th</b>	<i>9:20.28</i> Bridget FRANEK	<b>PAST</b>	