

William and Mary Women's Cross Country 2004 Statistics

Top Performances

2.89 Miles

1. 16:39 Julia Cathcart (Colonial Invitational)
2. 16:41 Jackie Kosakowski (Colonial Invitational)
3. 16:44 Kristyn Shiring (Colonial Invitational)
4. 17:03 Meghan Bishop (Colonial Invitational)
5. 17:15 Lauren Heron (Colonial Invitational)
6. 17:28 Karen Pulliam (Colonial Invitational)
7. 17:32 Becca Velarde (Colonial Invitational)
8. 17:34 Kaitlin Hurley (Colonial Invitational)
9. 17:38 Amy Maier (Colonial Invitational)
10. 17:42 Laura Buchanan (Colonial Invitational)

5,000m

1. 17:30 Julia Cathcart (Notre Dame Invitational)
- 17:30 Meghan Bishop (Notre Dame Invitational)
3. 17:43 Jackie Kosakowski (Notre Dame Invitational)
4. 17:47 Kristyn Shiring (Notre Dame Invitational)
5. 17:59 Julia Cathcart (ECAC Championship)
6. 18:11 Lauren Heron (Notre Dame Invitational)
7. 18:18 Meghan Bishop (ECAC Championship)
8. 18:24 Becca Velarde (Notre Dame Invitational)
9. 18:28 Jackie Kosakowski (ECAC Championship)
10. 18:30 Kristyn Shiring (ECAC Championship)

6,000m

1. 20:52.70 Julia Cathcart (Paul Short Invitational)
2. 20:55.1 Julia Cathcart (NCAA Southeast Regional)
3. 21:00.2 Jackie Kosakowski (NCAA Southeast Regional)
4. 21:20.7 Meghan Bishop (NCAA Southeast Regional)
5. 21:23.2 Kristyn Shiring (NCAA Southeast Regional)
6. 21:24.5 Jackie Kosakowski (CAA Championship)
7. 21:28.10 Meghan Bishop (Paul Short Invitational)
8. 21:30.50 Jackie Kosakowski (Paul Short Invitational)
9. 21:33 Julia Cathcart (Penn State National Invite)
10. 21:45.0 Julia Cathcart (CAA Championship)

Top Performers

2.89 Miles

1. Julia Cathcart 16:39 (Colonial Invitational)
2. Jackie Kosakowski 16:41 (Colonial Invitational)

3. Kristyn Shiring	16:44 (Colonial Invitational)
4. Meghan Bishop	17:03 (Colonial Invitational)
5. Lauren Heron	17:15 (Colonial Invitational)
6. Karen Pulliam	17:28 (Colonial Invitational)
7. Becca Velarde	17:32 (Colonial Invitational)
8. Kaitlin Hurley	17:34 (Colonial Invitational)
9. Amy Maier	17:38 (Colonial Invitational)
10. Laura Buchanan	17:42 (Colonial Invitational)

5,000m

1. Julia Cathcart	17:30 (Notre Dame Invitational)
2. Meghan Bishop	17:30 (Notre Dame Invitational)
3. Jackie Kosakowski	17:43 (Notre Dame Invitational)
4. Kristyn Shiring	17:47 (Notre Dame Invitational)
5. Lauren Heron	18:11 (Notre Dame Invitational)
6. Becca Velarde	18:24 (Notre Dame Invitational)
7. Kaitlin Hurley	18:44 (Notre Dame Invitational)
8. Karen Pulliam	18:50 (Notre Dame Invitational)
9. Tracy Williams	19:30 (ECAC Championship)
10. Allie Lewis	19:47.2 (Lou Onesty Invitational)

6,000m

1. Julia Cathcart	20:52.70 (Paul Short Invitational)
2. Jackie Kosakowski	21:00.2 (NCAA Southeast Regional)
3. Meghan Bishop	21:20.7 (NCAA Southeast Regional)
4. Kristyn Shiring	21:23.2 (NCAA Southeast Regional)
5. Karen Pulliam	22:15.77 (Paul Short Invitational)
6. Becca Velarde	22:19.59 (Paul Short Open)
7. Lauren Heron	22:25.5 (NCAA Southeast Regional)
8. Kaitlin Hurley	22:48.40 (Paul Short Invitational)
9. Laura Buchanan	22:52.45 (Paul Short Open)
10. Tracy Williams	22:58.89 (Paul Short Open)