

Southlake Carroll Top Ten Track Performers

1600 meters- Girls	3200 meters – Girls	800 meters – Girls	5000 meters – Girls
<ol style="list-style-type: none"> 1. 4:49.29: Courtney Kriegshauser- 2013* 2. 4:53.10: Brooke Upshaw- 2005 3. 4:53.41: Miranda Walker- 2004 4. 4:58.09: Chapin, Shelby- 2013 5. 4:58.99: Antigone Archer- 2014 6. 4:59.00: Cate Tracht- 2017 7. 5:01.72: Felice Johnson- 2012 8. 5:02.13: Jessa Vacek- 2001 9. 5:02.43: Tara Upshaw- 2009 10. 5:02.79: Gillian Mortimer- 2017 	<ol style="list-style-type: none"> 1. 10:28.03: Brooke Upshaw- 2006 2. 10:32.22: Miranda Walker- 2004 3. 10:36.54: Alison Esparza- 2016 4. 10:37.85: Tara Upshaw– 2009 5. 10:39.25: Antigone Archer- 2014 6. 10:39.87: Courtney Kriegshauser- 2013 7. 10:41.52: Gillian Mortimer- 2017 8. 10:46.45: Cate Tracht- 2017 9. 10:47.79: Shelby Chapin- 2013 10. 10:56.97: Ali White– 2017 	<ol style="list-style-type: none"> 1. 2:13.50: Courtney Kriegshauser- 2013 2. 2:16.87: Brittney Alberto- 2004 3. 2:17.63: Hannah Brown- 2007 4. 2:18.54: Rachel Harper- 2011 5. 2:19.76: Elena Arriaza- 2013 6. 2:19.87: Ali White- 2016 7. 2:20.02: Sarah Odneal- 2016 8. 2:20.29: Katie Burnham- 2013 9. 2:20.53: Sofia Santamaria- 2017 10. 2:20.93: Arianna Lopez- 2017 	<ol style="list-style-type: none"> 1. 17:08.42: Courtney Kriegshauser- 2013 2. 17:32.20: Cate Tracht- 2016 3. 17:33.00: Gillian Mortimer- 2016 4. 17:34.80: Alison Esparza- 2016 5. 17:40.12: Shelby Chapin- 2013 6. 17:41.63: Tig Archer- 2014 7. 17:52.46: Elena Arriaza- 2013 8. 17:57.80: Sarah Odneal- 2016 9. 18:01.50: Olivia Arriaza- 2016 10. 18:02.50: Ali White- 2016

1600 meters- Boys	3200 meters – Boys	800 meters – Boys	5000 meters – Boys
<ol style="list-style-type: none"> 1. 3:57.91: Reed Brown – 2017* 2. 4:06.80: Trevor Gilley – 2013* 3. 4:06.87: Colby Lowe - 2008 4. 4:10.98: CJ Brown - 2009 5. 4:12.43: Joe Sansone - 2013 6. 4:15.26: Neal Smith - 2010 7. 4:16.64: Kevin Ondrasek - 2005 8. 4:16.99: Charlie Gardner- 2017 9. 4:17.10: Connor Hendrickson- 2013 10. 4:18.08: Nicholas Fernandes- 2017 	<ol style="list-style-type: none"> 1. 8:44.01: Colby Lowe – 2008* 2. 8:50.43: Reed Brown - 2016 3. 8:56.07: Trevor Gilley - 2013 4. 9:00.42: Joe Sansone – 2013 5. 9:06.21: Charlie Gardner- 2017 6. 9:06.28: Nicholas Fernandes- 2017 7. 9:09.32: Neal Smith - 2010 8. 9:10.67: Connor Hendrickson- 2013 9. 9:14.61: CJ Brown - 2009 10. 9:14.62: Nate Sullivan - 2013 	<ol style="list-style-type: none"> 1. 1:51.01: Reed Brown- 2017 2. 1:52.99: Trevor Gilley- 2013 3. 1:53.80: Mac McGuire- 2010 4. 1:55.10: Matt Odneal- 2013 5. 1:56.06: Mike Troop- 2008 6. 1:56.34: CJ Brown- 2009 7. 1:57.08: Mikey Simcho- 2016 8. 1:57.31: Michael Waugh- 2016 9. 1:57.49: Jack Peterson- 2008 10. 1:57.87: Kevin Ondrasek- 2005 	<ol style="list-style-type: none"> 1. 14:37.51: Reed Brown- 2017 2. 14:42.35- Neal Smith- 2010 3. 14:59.63: Connor Hendrickson- 2013 4. 15:05.41: Joe Sansone- 2013 5. 15:11.59: Charlie Gardner- 2017 6. 15:12.44: Timou Toure- 2014 7. 15:15.88: Trevor Gilley- 2013 8. 15:17.20: Nicholas Fernandes- 2016 9. 15:17.61: Eli Canal- 2015 10. 15:20.99: Nate Sullivan- 2013

* - converted mile to meter