



2024 IU INDY WOMEN'S CROSS COUNTRY TIMES/RESULTS

WINROW VALPARAISO OPEN

August 30, 2024

Valparaiso, Ind. • 5K • 73 runners total

INDIVIDUAL FINISHES		TEAM STANDINGS	
Name (##)	Time	Team	Pts
Ellie Cates (31st)	18:54.8	1. Notre Dame	43 pts
Laci Provenzano (37th)	19:23.4	2. Purdue	48 pts
Ella Colclessner (40th)	19:33.3	3. Butler	65 pts
Carina Alanis (43rd)	19:41.6	4. Western Michigan	105 pts
Grace Bragg (45th)	20:00.9	5. Ball State	165 pts
Hannah Robbins (49th)	20:15.0	6. UIC	167 pts
Mary Fritch (56th)	20:32.5	7. IU Indianapolis	183 pts
Julianna Crow (58th)	20:37.5	8. Valparaiso	219 pts
Julynne Spidell (61st)	21:26.4	9. Goshen	245 pts

JAGUARS INVITATIONAL

September 20, 2024

Shelbyville, Ind. • 5K • 43 runners total

INDIVIDUAL FINISHES		TEAM STANDINGS	
Name (##)	Time	Team	Pts
Ellie Cates (4th)	18:54.18	1. Dayton	33 pts
Carina Alanis (8th)	19:45.82	2. IU Indianapolis	44 pts
Laci Provenzano (9th)	19:51.50	3. Northern Kentucky	48 pts
Ella Colclessner (10th)	19:52.80	4. Indianapolis	123 pts
Grace Bragg (13th)	20:07.72	5. Chicago State	128 pts
Hannah Robbins (18th)	20:41.91		
Mary Fritch (20th)	20:44.43		
Julianna Crow (25th)	21:13.42		
Julynne Spidell (33rd)	22:12.46		
Ella Tamburrino (34th)	22:50.09		

NOTRE DAME JOE PIANE INVITATIONAL

October 4, 2024

South Bend, Ind. • 5K • 183 runners total

INDIVIDUAL FINISHES		TEAM STANDINGS	
Name (##)	Time	Team	Pts
Ellie Cates (23rd)	17:49.6	1. Indiana State	85 pts
Carina Alanis (103rd)	18:56.8	2. Appalachian State	106 pts
Ella Colclessner (127th)	19:17.2	3. St. Thomas (Minn.)	166 pts
Julianna Crow (144th)	19:35.2	4. Idaho State	197 pts
Grace Bragg (146th)	19:38.1	5. Ball State	208 pts
Hannah Robbins (162nd)	20:08.2	6. Texas A&M-CC	219 pts
Julynne Spidell (165th)	20:17.8	7. Cincinnati	228 pts
Mary Fritch (166th)	20:18.7	8. Western Michigan	241 pts
Ella Tamburrino (179th)	21:25.8	9. Wisc.-La Crosse	242 pts
		10. Akron	246 pts
		11. Purdue Fort Wayne	262 pts
		12. Youngstown State	319 pts
		13. Miami (Ohio)	336 pts
		14. Windsor	373 pts
		15. Milwaukee	388 pts
		16. Dayton	393 pts
		17. Western Illinois	428 pts
		18. Pepperdine	464 pts
		19. Cleveland State	498 pts
		20. IU Indianapolis	508 pts
		21. Valparaiso	578 pts
		22. Green Bay	592 pts
		23. Northern Illinois	704 pts

ANGEL MOUNDS INVITATIONAL

October 18, 2024

Evansville, Ind. • 6K • 124 runners total

INDIVIDUAL FINISHES		TEAM STANDINGS	
Name (##)	Time	Team	Pts
Ellie Cates (7th)	21:38.7	1. Southern Indiana	52 pts
Carina Alanis (22nd)	22:41.8	2. Western Kentucky	99 pts
Ella Colclessner (37th)	23:03.3	3. SE Missouri	114 pts
Aubrey Nowaskie (60th)	23:47.3	4. Murray State	129 pts
Mary Fritch (61st)	23:47.8	5. Lipscomb	142 pts
Ella Tamburrino (62nd)	23:49.9	6. UT Martin	161 pts
Hannah Robbins (72nd)	24:09.1	7. IU Indianapolis	173 pts
Julianna Crow (77th)	24:27.0	8. Centre	185 pts
Julynne Spidell (80th)	24:30.8	9. Bellarmine	189 pts
		10. Austin Peay	212 pts
		11. Evansville	331 pts
		12. Rio Grande	350 pts
		13. Rose-Hulman	362 pts
		14. Vincennes	390 pts
		15. Lindsey Wilson	417 pts
		16. St. Mary of the Woods	445 pts

HORIZON LEAGUE CHAMPIONSHIPS

November 2, 2024

Green Bay, Wisc. • 6K • 116 runners total

INDIVIDUAL FINISHES		TEAM STANDINGS	
Name (##)	Time	Team	Pts
Ellie Cates (18th)	22:22.3	1. Robert Morris	67 pts
Carina Alanis (33rd)	23:22.5	2. Oakland	74 pts
Grace Bragg (38th)	23:31.4	3. Purdue Fort Wayne	87 pts
Ella Colclessner (47th)	23:43.5	4. Youngstown State	98 pts
Laci Provenzano (61st)	23:57.4	5. Milwaukee	111 pts
Hannah Robbins (65th)	23:58.4	6. IU Indianapolis	190 pts
Mary Fritch (71st)	24:07.0	7. Detroit Mercy	191 pts
Ella Tamburrino (79th)	24:17.1	8. Northern Kentucky	227 pts
Julianna Crow (85th)	24:28.6	9. Green Bay	227 pts
Aubrey Nowaskie (95th)	25:00.4	10. Cleveland State	235 pts
Julynne Spidell (98th)	25:06.0	11. Wright State	244 pts

2024 IU INDY WOMEN'S CROSS COUNTRY TIMES/RESULTS

NCAA GREAT LAKES REGIONALS

November 15, 2024

Norton, Ohio • 6K • 227 runners total

INDIVIDUAL FINISHES		TEAM STANDINGS	
Name (##)	Time	Team	Pts
Ellie Cates (85th)	21:11.6	1. Notre Dame	51 pts
Grace Bragg (169th)	22:39.2	2. Wisconsin	97 pts
Carina Alanis (170th)	22:41.9	3. Toledo	100 pts
Mary Fritch (191st)	23:08.3	4. Michigan State	111 pts
Ella Colclessor (195th)	23:15.2	5. Ohio State	156 pts
Hannah Robbins (207th)	23:27.3	6. Michigan	202 pts
Ella Tamburrino (211th)	23:43.3	7. Ohio	205 pts
		8. Indiana State	244 pts
		9. Indiana	282 pts
		10. Eastern Michigan	311 pts
		11. Bowling Green	318 pts
		12. Purdue	326 pts
		13. Central Michigan	346 pts
		14. Butler	381 pts
		15. Cincinnati	469 pts
		16. Oakland	485 pts
		17. Ball State	489 pts
		18. Western Michigan	508 pts
		19. Akron	520 pts
		20. Youngstown State	583 pts
		21. Purdue Fort Wayne	591 pts
		22. Miami (Ohio)	630 pts
		23. Xavier	634 pts
		24. Dayton	653 pts
		25. Milwaukee	665 pts
		26. IU Indianapolis	797 pts
		27. Marquette	814 pts
		28. Detroit Mercy	840 pts
		29. Cleveland State	845 pts
		30. Wright State	908 pts
		31. Green Bay	919 pts
		32. Kent State	920 pts
		33. Valparaiso	NTS

RECORD AGAINST OPPONENTS

Opponent	W-L	Pct.	Opponent	W-L	Pct.
Akron	0-2	.000	Northern Illinois	1-0	1.000
Appalachian State	0-1	.000	Northern Kentucky	2-0	1.000
Austin Peay	1-0	1.000	Notre Dame	0-2	.000
Ball State	0-3	.000	Oakland	0-2	.000
Bellarmine	1-0	1.000	Ohio	0-1	.000
Bowling Green	0-1	.000	Ohio State	0-1	.000
Butler	0-2	.000	Pepperdine	0-1	.000
Central Michigan	0-1	.000	Purdue	0-2	.000
Centre College	1-0	1.000	Purdue Fort Wayne	0-3	.000
Chicago State	1-0	1.000	Rio Grande	1-0	1.000
Cincinnati	0-2	.000	Robert Morris	0-1	.000
Cleveland State	2-1	.667	Rose-Hulman	1-0	1.000
Dayton	0-3	.000	St. Mary of the Woods	1-0	1.000
Detroit Mercy	2-0	1.000	St. Thomas (Minn.)	0-1	.000
Eastern Michigan	0-1	.000	Southeast Missouri	0-1	.000
Evansville	1-0	1.000	Southern Indiana	0-1	.000
Goshen	1-0	1.000	Texas A&M-CC	0-1	.000
Green Bay	3-0	1.000	Toledo	0-1	.000
Idaho State	0-1	.000	UIC	0-1	.000
Indiana	0-1	.000	UT-Martin	0-1	.000
Indiana State	0-2	.000	Valparaiso	3-0	1.000
Indianapolis	1-0	1.000	Vincennes	1-0	1.000
Kent State	1-0	1.000	Western Illinois	0-1	.000
Lindsey Wilson	1-0	1.000	Western Kentucky	0-1	.000
Lipscomb	0-1	.000	Western Michigan	0-3	.000
Marquette	1-0	1.000	Windsor	0-1	.000
Miami (Ohio)	0-2	.000	Wisconsin	0-1	.000
Michigan	0-1	.000	Wisconsin-La Crosse	0-1	.000
Michigan State	0-1	.000	Wright State	2-0	1.000
Milwaukee	0-3	.000	Xavier	0-1	.000
Murray State	0-1	.000	Youngstown State	0-3	.000
			Totals	29-62	.319

2024 WOMEN'S CROSS COUNTRY BESTS LISTS

5K

	Name	Event	Date	Time
1.	Ellie Cates	Notre Dame Joe Piane Invite	Oct. 4, 2024	17:49.6
2.	Ellie Cates	Jaguars Invitational	Sept. 20, 2024	18:54.18
3.	Ellie Cates	Winrow-Valparaiso Open	Aug. 30, 2024	18:54.8
4.	Carina Alanis	Notre Dame Joe Piane Invite	Oct. 4, 2024	18:56.8
5.	Ella Colclessner	Notre Dame Joe Piane Invite	Oct. 4, 2024	19:17.0
6.	Laci Provenzano	Winrow-Valparaiso Open	Aug. 30, 2024	19:23.4
7.	Ella Colclessner	Winrow-Valparaiso Open	Aug. 30, 2024	19:33.3
8.	Julianna Crow	Notre Dame Joe Piane Invite	Oct. 4, 2024	19:35.2
9.	Grace Bragg	Notre Dame Joe Piane Invite	Oct. 4, 2024	19:38.1
10.	Carina Alanis	Winrow-Valparaiso Open	Aug. 30, 2024	19:41.6
11.	Carina Alanis	Jaguars Invitational	Sept. 20, 2024	19:45.82
12.	Laci Provenzano	Jaguars Invitational	Sept. 20, 2024	19:51.50
13.	Ella Colclessner	Jaguars Invitational	Sept. 20, 2024	19:52.80
14.	Grace Bragg	Winrow-Valparaiso Open	Aug. 30, 2024	20:00.9
15.	Grace Bragg	Jaguars Invitational	Sept. 20, 2024	20:07.72
16.	Hannah Robbins	Notre Dame Joe Piane Invite	Oct. 4, 2024	20:08.3
17.	Hannah Robbins	Winrow-Valparaiso Open	Aug. 30, 2024	20:15.0
18.	Julynne Spidell	Notre Dame Joe Piane Invite	Oct. 4, 2024	20:17.8
19.	Mary Fritch	Notre Dame Joe Piane Invite	Oct. 4, 2024	20:18.7
20.	Mary Fritch	Winrow-Valparaiso Open	Aug. 30, 2024	20:32.5

6K

	Name	Event	Date	Time
1.	Ellie Cates	NCAA Great Lakes Regional	Nov. 15, 2024	21:11.6
2.	Ellie Cates	Angel Mounds Invitational	Oct. 18, 2024	21:38.7
3.	Ellie Cates	Horizon League Championships	Nov. 2, 2024	22:22.3
4.	Grace Bragg	NCAA Great Lakes Regional	Nov. 15, 2024	22:39.2
5.	Carina Alanis	Angel Mounds Invitational	Oct. 18, 2024	22:41.8
6.	Carina Alanis	NCAA Great Lakes Regional	Nov. 15, 2024	22:41.9
7.	Ella Colclessner	Angel Mounds Invitational	Oct. 18, 2024	23:03.3
8.	Mary Fritch	NCAA Great Lakes Regional	Nov. 15, 2024	23:08.3
9.	Ella Colclessner	NCAA Great Lakes Regional	Nov. 15, 2024	23:15.2
10.	Carina Alanis	Horizon League Championships	Nov. 2, 2024	23:22.5
11.	Hannah Robbins	NCAA Great Lakes Regional	Nov. 15, 2024	23:27.3
12.	Grace Bragg	Horizon League Championships	Nov. 2, 2024	23:31.4
13.	Ella Tamburrino	NCAA Great Lakes Regional	Nov. 15, 2024	23:43.3
14.	Ella Colclessner	Horizon League Championships	Nov. 2, 2024	23:43.5
15.	Aubrey Nowaskie	Angel Mounds Invitational	Oct. 18, 2024	23:47.3
16.	Mary Fritch	Angel Mounds Invitational	Oct. 18, 2024	23:47.8
17.	Ella Tamburrino	Angel Mounds Invitational	Oct. 18, 2024	23:49.9
18.	Laci Provenzano	Horizon League Championships	Nov. 2, 2024	23:57.4
19.	Hannah Robbins	Horizon League Championships	Nov. 2, 2024	23:58.4
20.	Mary Fritch	Horizon League Championships	Nov. 2, 2024	24:07.0

WOMEN'S RUNNERS RACE-BY-RACE

Carina Alanis

Jr. ♦ Frankfort, Ind. / Frankfort (Purdue Northwest)

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	4/35	19:41.6
Jaguars Invitational	9/20	5K	2/8	19:45.82
Joe Piane Invitational	10/4	5K	2/103	18:56.8
Angel Mounds Invitational	10/18	6K	2/22	22:41.8
Horizon Championships	11/2	6K	2/33	23:22.5
NCAA Great Lakes Reg.	11/15	6K	3/170	22:41.9

Wini Barnett

Jr. ♦ Warsaw, Ind. / Warsaw

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	did not run	
Jaguars Invitational	9/20	5K	did not run	
Joe Piane Invitational	10/4	5K	did not run	
Angel Mounds Invitational	10/18	6K	did not run	
Horizon Championships	11/2	6K	did not run	
NCAA Great Lakes Reg.	11/15	6K	did not run	

Grace Bragg

Soph. ♦ Indianapolis, Ind. / Cathedral

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	5/45	20:00.9
Jaguars Invitational	9/20	5K	5/13	20:07.72
Joe Piane Invitational	10/4	5K	5/146	19:38.1
Angel Mounds Invitational	10/18	6K	did not run	
Horizon Championships	11/2	6K	3/38	23:31.4
NCAA Great Lakes Reg.	11/15	6K	2/169	22:39.2

Ellie Cates

Sr. ♦ Fort Wayne, Ind. / Concordia Lutheran

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	1/31	18:54.8
Jaguars Invitational	9/20	5K	1/4	18:54.18
Joe Piane Invitational	10/4	5K	1/23	17:49.6
Angel Mounds Invitational	10/18	6K	1/7	21:38.7
Horizon Championships	11/2	6K	1/18	22:22.3
NCAA Great Lakes Reg.	11/15	6K	1/85	21:11.6

Ella Colclessner

Fr. ♦ Roanoke, Ind. / Huntington North

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	3/40	19:33.3
Jaguars Invitational	9/20	5K	4/10	19:52.80
Joe Piane Invitational	10/4	5K	3/127	19:17.0
Angel Mounds Invitational	10/18	6K	3/37	23:03.3
Horizon Championships	11/2	6K	4/47	23:43.5
NCAA Great Lakes Reg.	11/15	6K	5/195	23:15.2

Julianna Crow

Fr. ♦ Kendallville, Ind. / East Noble

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	8/58	20:37.5
Jaguars Invitational	9/20	5K	8/25	21:13.42
Joe Piane Invitational	10/4	5K	4/144	19:35.2
Angel Mounds Invitational	10/18	6K	8/77	24:27.0
Horizon Championships	11/2	6K	9/85	24:28.6
NCAA Great Lakes Reg.	11/15	6K	did not run	

Mary Fritch

Fr. ♦ Martinsville, Ind. / Homeschool

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	7/56	20:32.5
Jaguars Invitational	9/20	5K	7/20	20:44.43
Joe Piane Invitational	10/4	5K	8/166	20:18.7
Angel Mounds Invitational	10/18	6K	5/61	23:47.8
Horizon Championships	11/2	6K	7/71	24:07.0
NCAA Great Lakes Reg.	11/15	6K	4/191	23:08.3

Aubrey Nowaskie

Fr. ♦ Monroe City, Ind. / South Knox

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	did not run	
Jaguars Invitational	9/20	5K	did not run	
Joe Piane Invitational	10/4	5K	did not run	
Angel Mounds Invitational	10/18	6K	4/60	23:47.3
Horizon Championships	11/2	6K	10/95	25:00.4
NCAA Great Lakes Reg.	11/15	6K	did not run	

Laci Provenzano

Sr. ♦ Minneapolis, Minn. / Hopkins

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	2/37	19:23.4
Jaguars Invitational	9/20	5K	3/9	19:51.50
Joe Piane Invitational	10/4	5K	did not run	
Angel Mounds Invitational	10/18	6K	did not run	
Horizon Championships	11/2	6K	5/61	23:57.4
NCAA Great Lakes Reg.	11/15	6K	did not run	

Hannah Robbins

Soph. ♦ Munster, Ind. / Munster

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	6/49	20:15.0
Jaguars Invitational	9/20	5K	6/18	20:41.91
Joe Piane Invitational	10/4	5K	6/162	20:08.3
Angel Mounds Invitational	10/18	6K	7/72	24:09.1
Horizon Championships	11/2	6K	6/65	23:58.4
NCAA Great Lakes Reg.	11/15	6K	6/207	23:27.3

WOMEN'S RUNNERS RACE-BY-RACE

Julie Smith

Jr. ♦ Granger, Ind. / Penn

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	did not run	
Jaguars Invitational	9/20	5K	did not run	
Joe Piane Invitational	10/4	5K	did not run	
Angel Mounds Invitational	10/18	6K	did not run	
Horizon Championships	11/2	6K	did not run	
NCAA Great Lakes Reg.	11/15	6K	did not run	

Julynne Spidell

Soph. ♦ Kokomo, Ind. / Kokomo

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	9/61	21:26.4
Jaguars Invitational	9/20	5K	9/33	22:12.46
Joe Piane Invitational	10/4	5K	7/165	20:17.8
Angel Mounds Invitational	10/18	6K	9/80	24:30.8
Horizon Championships	11/2	6K	11/98	25:06.0
NCAA Great Lakes Reg.	11/15	6K	did not run	

Ella Tamburrino

Jr. ♦ West Dundee, Ill. / Algonquin Jacobs

Meet	Date	Dist.	Team/Place	Time
Winrow Valparaiso Open	8/30	5K	did not run	
Jaguars Invitational	9/20	5K	10/34	22:50.09
Joe Piane Invitational	10/4	5K	9/179	21:25.8
Angel Mounds Invitational	10/18	6K	6/62	23:49.9
Horizon Championships	11/2	6K	8/79	24:17.1
NCAA Great Lakes Reg.	11/15	6K	7/211	23:43.3

WOMEN'S SEASON BESTS/PERSONAL BESTS

Name	5K			6K	
	Season Best	PR		Season Best	PR
Carina Alanis	18:56.8	18:56.8		22:41.8	22:41.8
Wini Barnett	n/a	20:08.0		n/a	23:57.6
Grace Bragg	19:38.1	19:21.9		22:39.2	22:39.2
Ellie Cates	17:49.6	17:49.6		21:11.6	21:11.6
Ella Colclessor	19:17.0	19:17.0		23:03.3	23:03.3
Julianna Crow	19:35.2	19:35.2		24:27.0	24:27.0
Mary Fritch	20:18.7	20:18.7		23:08.3	23:08.3
Aubrey Nowaskie	n/a	n/a		23:47.3	23:47.3
Laci Provenzano	19:23.4	18:47.0		23:57.4	23:01.6
Hannah Robbins	20:08.3	20:08.3		23:27.3	23:27.3
Julie Smith	n/a	17:58.9		n/a	21:41.4
Julyenne Spidell	20:17.8	20:17.8		24:30.8	24:30.8
Ella Tamburrino	21:25.8	21:25.8		23:43.3	23:43.3