

2024 US Olympic Trials Statistics – Men's 3000mSC

by K Ken Nakamura

Summary:

All time performance list at the Olympic Trials

Performance	Performer	Time	Name	Pos	Venue	Year
1	1	8:15.02	Daniel Lincoln	1	Sacramento	2004
2	2	8:15.68	Henry Marsh	1	Eugene	1980
3	3	8:15.77	Pascal Dobert	1	Sacramento	2000
4		8:15.91	Henry Marsh	1	Los Angeles	1984
5	4	8:16.20	Mark Croghan	2	Sacramento	2000
6	5	8:16.56	Brian Diemer	1	New Orleans	1992
7		8:16.87	Mark Croghan	2	New Orleans	1992
8	6	8:16.88	Danny Lopez	3	New Orleans	1992

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	8.6h	9:08.2h	Harold Manning	New York	1936
	4.92	8:15.68	Henry Marsh	Eugene	1980
Min	0.03	8:27.39	Doug Brown	Eugene	1976

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	8:15.02	Daniel Lincoln	Sacramento	2004
2	8:16.20	Mark Croghan	Sacramento	2000
3	8:16.88	Danny Lopez	New Orleans	1992
4	8:16.92	Tom Nohilly	New Orleans	1992
5	8:22.80	Ivan Huff	Los Angeles	1984

Last six Olympic Trials

Year	First	Time	Second	Time	Third	Time
2021	Hillary Bor	8:21.34	Benard Keter	8:21.81	Mason Ferlic	8:22.05
2016	Evan Jager	8:22.48	Hillary Bor	8:24.10	Donn Cabral	8:26.37
2012	Evan Jager	8:17.40	Donn Cabral	8:19.81	Kyle Alcorn	8:22.17
2008	Anthony Famiglietti	8:20.24	Billy Nelson	8:21.47	Josh McAdams	8:21.99
2004	Dan Lincoln	8:15.02	Anthony Famiglietti	8:17.91	Robert Gary	8:19.46
2000	Pascal Dobert	8:15.77	Mark Croghan	8:16.20	Tony Cosey	8:21.41

All time US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	8:00.45	Evan Jager	2	Saint Denis	4 July 2015
2		8:01.02	Evan Jager	2	Monaco	20 July 2018
3		8:01.29	Evan Jager	1	Monaco	21 July 2017
4		8:04.01	Evan Jager	2	Bruxelles	9 Sept 2016
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10	2	8:08.30	Stanley Kebenei	3	Monaco	21 July 2017
11	3	8:08.41	Hillary Bor	2	Doha	3 May 2019

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	8:01.71	Ezekiel Kemboi	KEN	1	30 May 2015
2	2	8:01.83	Jairus Birech	KEN	2	30 May 2015
3	3	8:03.59	Consesus Kipruto	KEN	1	1 June 2013
4		8:05.20	Consesus Kipruto		3	30 May 2015
5	4	8:05.28	Evan Jager	USA	4	30 May 2015

All time performance list at the Olympic Trials

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1	1	8:15.02	Daniel Lincoln	1	Sacramento	2004
2	2	8:15.68	Henry Marsh	1	Eugene	1980
3	3	8:15.77	Pascal Dobert	1	Sacramento	2000
4		8:15.91	Henry Marsh	1	Los Angeles	1984
5	4	8:16.20	Mark Croghan	2	Sacramento	2000
6	5	8:16.56	Brian Diemer	1	New Orleans	1992
7		8:16.87	Mark Croghan	2	New Orleans	1992
8	6	8:16.88	Danny Lopez	3	New Orleans	1992
9	7	8:16.92	Tom Nohilly	4	New Orleans	1992
10		8:17.00	Brian Diemer	2	Los Angeles	1984
11	8	8:17.40	Evan Jager	1	Eugene	2012
12	9	8:17.91	Anthony Famiglietti	2	Sacramento	2004
13	10	8:18.45	John Gregorek	3	Los Angeles	1984
14		8:18.80	Mark Croghan	1	Atlanta	1996
15	11	8:19.26	Robert Gary	2	Atlanta	1996
16		8:19.46	Robert Gary	3	Sacramento	2004
17	12	8:19.81	Donn Cabral	2	Eugene	2012
18		8:20.24	Anthony Famiglietti	1	Eugene	2008
19	13	8:20.60	Doug Brown	2	Eugene	1980
20	14	8:20.66	Isaiah Festa	4	Sacramento	2004
21	15	8:20.73	Marc Davis	3	Atlanta	1996
22	16	8:21.01	Isaac Updike	1h1	Eugene	2021
23	17	8:21.09	Hillary Bor	2h1	Eugene	2021
24		8:21.32	John Gregorek	3	Eugene	1980
25		8:21.34	Hillary Bor	1	Eugene	2021
26	18	8:21.41	Tony Cosey	3	Sacramento	2000
27	19	8:21.47	Billy Nelson	2	Eugene	2008
28	20	8:21.50	Tim Broe	4	Sacramento	2000
29	21	8:21.70	Tom Nohilly	4	Atlanta	1996
30	22	8:21.81	Benard Keter	2	Eugene	2021
31	23	8:21.99	Josh McAdams	3	Eugene	2008
32	24	8:22.03	Daniel Michalski	3h1	Eugene	2021
33	25	8:22.05	Mason Ferlic	3	Eugene	2021
34	26	8:22.17	Kyle Alcorn	3	Eugene	2012
35	27	8:22.22	Alec Basten	4h1	Eugene	2021
36		8:22.48	Evan Jager	1	Eugene	2016
37	28	8:22.54	Farley Gerber	4	Los Angeles	1984
38		8:22.54	Daniel Michalski	4	Eugene	2021
39	29	8:22.80	Ivan Huff	5	Los Angeles	1984
40	30	8:23.26	Clint Wells	5	Sacramento	2000
41	31	8:23.60	Steve Slattery	5	Sacramento	2004
42	32	8:23.64	Brian Abshire	1	Indianapolis	1988
43	33	8:23.88	Dan Nelson	5	New Orleans	1992
44	34	8:23.95	Karl Van Calcar	6	New Orleans	1992
45	35	8:24.05	Travis Mahoney	5h1	Eugene	2021
46		8:24.10	Hillary Bor	2	Eugene	2016
47		8:24.14	Donn Cabral	6h1	Eugene	2021
48		8:24.21	Henry Marsh	2	Indianapolis	1988
49		8:24.40	Brian Diemer	3	Indianapolis	1988
50		8:24.44	Brian Diemer	1sf1	Los Angeles	1984
51	36	8:24.62	Jordan Desilets	6	Sacramento	2004
52		8:24.68	Henry Marsh	2sf1	Los Angeles	1984

53		8:24.72	Isaac Updike	5	Eugene	2021
54	37	8:24.77	Dave Daniels	6	Los Angeles	1984
55	38	8:24.88	Mark Smith	4	Indianapolis	1988
56		8:24.89	Pascal Dobert	1h2	Sacramento	2000
57		8:24.92	John Martimer	7	Sacramento	2004
58		8:25.09	Tom Nohilly	6	Sacramento	2000
59		8:25.11	Dave Daniels	3sf1	Los Angeles	1984
60	39	8:25.13	Kelly Jensen	4sf1	Los Angeles	1984
61		8:25.16	John Gregorek	5sf1	Los Angeles	1984
62		8:25.17	Anthony Famiglietti	1h1	Eugene	2008

Slowest winning time since 1980: 8:23.64 by Brian Abshire in 1988

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	8.6h	9:08.2h	Harold Manning	New York	1936
	4.92	8:15.68	Henry Marsh	Eugene	1980
Min	0.03	8:27.39	Doug Brown	Eugene	1976

Difference between 3rd and 4th place (Making versus not making the team)

	Difference	3 rd place time	Name	Venue	Year
Max	12.7h	9:02.4h	Horace Ashenfelter	Los Angeles	1956
	12.49	8:21.99	Josh McAdams	Eugene	2008
Min	0.02	8:32.70	Mike Roche	Eugene	1976

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	8:15.02	Daniel Lincoln	Sacramento	2004
2	8:16.20	Mark Croghan	Sacramento	2000
3	8:16.88	Danny Lopez	New Orleans	1992
4	8:16.92	Tom Nohilly	New Orleans	1992
5	8:22.80	Ivan Huff	Los Angeles	1984
6	8:23.95	Karl Van Calcar	New Orleans	1992
7	8:24.92	John Martimer	Sacramento	2004

Fastest time in each round

Round	Time	Name	Venue	Year
Final	8:15.02	Daniel Lincoln	Sacramento	2004
Semi	8:24.44	Brian Diemer	Los Angeles	1984
First round	8:21.01 (2 rounds)	Isaac Updike	Eugene	2021
	8:33.30 (3 rounds)	Dave Daniel	Los Angeles	1984

Making the team multiple times:

Hillary Bor	2016, 2021
Evan Jager	2012, 2016
Donn Cabral	2012, 2016
Anthony Famiglietti:	2004, 2008
Robert Gary:	1996, 2004
Mark Croghan	1992, 1996, 2000
Brian Diemer	1984, 1988, 1992

John Gregorek	1980, 1984
Henry Marsh:	1976, 1980, 1984, 1988
Doug Brown:	81972, 1976, 1980
George Young	1960, 1964, 1968
Phil Coleman	1956, 1960
Horace Ashenfelter	1952, 1956
Browning Ross	1948, 1952
Glen Dawson	1932, 1936

Average from last ten Olympic Trials

	Average	2021	2016	2012	2008	2004	2000	1996	1992	1988	1984
Winning Time	8:18.72	8:21.34	8:22.48	8:17.40	8:20.24	8:15.02	8:15.77	8:18.80	8:16.56	8:23.64	8:15.91
Making team (3 rd)	8:21.39	8:22.05	8:26.37	8:22.17	8:21.99	8:19.46	8:21.41	8:20.73	8:16.88	8:24.40	8:18.45
Missing team (4 th)	8:24.13	8:22.54	8:28.59	8:27.49	8:34.48	8:20.66	8:21.50	8:21.70	8:16.92	8:24.88	8:22.54

Last ten Olympic Trials

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1996	Mark Croghan	8:18.80	Robert Gary	8:19.26	Marc Davis	8:20.73
1992	Brian Diemer	8:16.56	Mark Croghan	8:16.87	Danny Lopez	8:16.88
1988	Brian Abshire	8:23.64	Henry Marsh	8:24.21	Brian Diemer	8:24.40
1984	Henry Marsh	8:15.91	Brian Diemer	8:17.00	John Gregorek	8:18.45

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3		8:01.29	Evan Jager	1	Monaco	21 July 2017
4		8:04.01	Evan Jager	2	Bruxelles	9 Sept 2016
5		8:04.28	Evan Jager	2	Rio de Janeiro	17 Aug 2016
6		8:04.71	Evan Jager	3	Bruxelles	5 Sept 2014
7		8:05.28	Evan Jager	4	Eugene	30 May 2015
8		8:06.81	Evan Jager	3	Monaco	20 July 2012
9		8:06.97	Evan Jager	2	Oslo	11 June 2014
10	2	8:08.30	Stanley Kebenei	3	Monaco	21 July 2017
11	3	8:08.41	Hillary Bor	2	Doha	3 May 2019

Fastest Performances in Eugene

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3	3	8:03.59	Consesus Kipruto	KEN	1	1 June 2013
4		8:05.20	Consesus Kipruto		3	30 May 2015
5	4	8:05.28	Evan Jager	USA	4	30 May 2015
6	5	8:05.86	Paul Kipsiele Koech	KEN	2	1 June 2013

Fastest Performances in June

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:57.28	Saif Saeed Shaheen	QAT	1	Athinai	14 June 2005
2	2	7:58.28	Soufiane El Bakkali	MAR	1	Rabat	5 June 2022
3	3	7:59.23	Lamecha Girma	ETH	1	Roma	9 June 2022
4		7:59.24	Lamecha Girma		2	Rabat	5 June 2022
5	4	8:00.12	Conseslus Kipruto	KEN	1	Birmingham	5 June 2016
6		8:01.41	Conseslus Kipruto		1	Roma	2 June 2016

Combined 2023 & 2024 US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	8:11.28	Hillary Bor	4	Rabat	28 May 2023
2		8:13.30	Hillary Bor	6	Marrakech	19 May 2024
3	2	8:13.74	Anthony Rotich	6	Monaco	21 July 2023
4	3	8:15.08	Kenneth Rooks	1	Los Angeles	11 May 2024
5		8:15.53	Hillary Bor	7	Stockholm	2 June 2024
6	4	8:16.03	Mason Ferlic	8	Monaco	21 July 2023
7	5	8:16.23	Duncan Hamilton	1h2	Sacramento	26 May 2023
8		8:16.27	Anthoy Rotich	9	Paris	9 June 2023
9	6	8:16.59	Matthew Wilkinson	2	Los Angeles	12 May 2024

Please send corrections to KKenNakamura@gmail.com

The new records set in the Olympic Trials will be reported through my twitter account @KKenNakamura