

2024 US Olympic Trials Statistics – Women's 3000mSC

by K Ken Nakamura

Summary:

All time performance list at the Olympic Trials

Performance	Performer	Time	Name	Pos	Venue	Year
1	1	9:09.41	Emma Coburn	1	Eugene	2021
2	2	9:11.79	Courtney Frerichs	2	Eugene	2021
3		9:17.48	Emma Coburn	1	Eugene	2016
4	3	9:18.34	Val Constien	3	Eugene	2021
5		9:20.92	Courtney Frerichs	2	Eugene	2016
6	4	9:21.29	Colleen Quigley	3	Eugene	2016
7		9:21.32	Emma Coburn	1h2	Eugene	2021
8	5	9:23.09	Courtney Wayment	4	Eugene	2021

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	3.44	9:17.48	Emma Coburn	Eugene	2016
	3.16	9:27.59	Anna Willard	Eugene	2008
Min	2.38	9:09.41	Emma Coburn	Eugene	2021

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	9:09.41	Emma Coburn	Eugene	2021
	9:17.48	Emma Coburn	Eugene	2016
2	9:11.79	Courtney Frerichs	Eugene	2021
	9:20.92	Courtney Frerichs	Eugene	2016
3	9:18.34	Val Constien	Eugene	2021
4	9:23.09	Courtney Wayment	Eugene	2021
5	9:24.74	Marisa Howard	Eugene	2021

Last four Olympic Trials

Year	Gold	Time	Silver	Time	Bronze	Time
2021	Emma Coburn	9:09.41	Courtney Frerichs	9:11.79	Val Constien	9:18.34
2016	Emma Coburn	9:17.48	Courtney Frerichs	9:20.92	Colleen Quigley	9:21.29
2012	Emma Coburn	9:32.78	Bridget Franek	9:35.62	Shalaya Kipp	9:35.73
2008	Anna Willard	9:27.59	Lindsey Anderson	9:30.75	Jenny Barringer	9:33.11

All time US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	8:57.77	Courtney Frerichs	2	Eugene	21 Aug 2021
2		9:00.85	Courtney Frerichs	2	Monaco	20 July 2018
3	2	9:02.35	Emma Coburn	2	Doha	30 Sept 2019
4		9:02.58	Emma Coburn	1	London	11 Aug 2017
5		9:03.77	Courtney Frerichs	2	London	11 Aug 2017
6		9:04.79	Courtney Frerichs	2	Tokyo	4 Aug 2021

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	8:50.66	Winfred Yavi	BRN	1	16 Sept 2023
2	2	8:51.67	Beatrice Chepkoech	KEN	2	16 Sept 2023
3	3	8:53.02	Norah Jeruto Tanui	KAZ	1	20 July 2022
4		8:53.65	Norah Jeruto Tanui		1	21 Aug 2021
5	4	8:54.61	Werkwuha Getachew	ETH	2	20 July 2022

All time performance list at the Olympic Trials

Performance	Performer	Time	Name	Pos	Venue	Year
1	1	9:09.41	Emma Coburn	1	Eugene	2021
2	2	9:11.79	Courtney Frerichs	2	Eugene	2021
3		9:17.48	Emma Coburn	1	Eugene	2016
4	3	9:18.34	Val Constien	3	Eugene	2021
5		9:20.92	Courtney Frerichs	2	Eugene	2016
6	4	9:21.29	Colleen Quigley	3	Eugene	2016
7		9:21.32	Emma Coburn	1h2	Eugene	2021
8	5	9:23.09	Courtney Wayment	4	Eugene	2021
9	6	9:23.36	Leah Falland	2h2	Eugene	2021
10	7	9:24.74	Merisa Howard	5	Eugene	2021
11	8	9:25.37	Grayson Murphy	1h1	Eugene	2021
12		9:25.55	Grayson Murphy	6	Eugene	2021
13	9	9:26.15	Mel Lawrence	7	Eugene	2021
14	10	9:26.96	Allie Ostrander	8	Eugene	2021
15		9:27.06	Leah Falland	9	Eugene	2021
16		9:27.17	Courtney Wayment	2h1	Eugene	2021
17	11	9:27.59	Anna Willard	1	Eugene	2008
18		9:27.75	Courtney Frerichs	3h1	Eugene	2021
19		9:28.37	Val Constien	4h1	Eugene	2021
20	12	9:28.72	Shalaya Kipp	4	Eugene	2016
21	13	9:28.99	Stephanie Garcia	5	Eugene	2016
22		9:29.30	Mel Lawrence	3h2	Eugene	2021
23	14	9:30.18	Katie Rainsberger	10	Eugene	2021
24		9:30.62	Marisa Howard	5h1	Eugene	2021
25	15	9:30.75	Lindsey Anderson	2	Eugene	2008
26		9:32.78	Emma Coburn	1	Eugene	2012
27	16	9:33.11	Jenny Barringer	3	Eugene	2008
28		9:33.38	Katie Rainsberger	4h2	Eugene	2021
29	17	9:33.51	Bridget Franek	6	Eugene	2016
30		9:35.28	Emma Coburn	1h3	Eugene	2016
31	18	9:35.31	Megan Rolland	7	Eugene	2016
32	19	9:35.32	Mahala Norris	5h2	Eugene	2021
33		9:35.56	Allie Ostrander	6h1	Eugene	2021
34		9:35.62	Bridget Franek	2	Eugene	2012
35		9:35.73	Shalaya Kipp	3	Eugene	2012
36	20	9:35.77	Leah O'Connor	1h2	Eugene	2016
37		9:35.95	Stephanie Garcia	2h2	Eugene	2016
38		9:36.35	Mel Lawrence	8	Eugene	2016
39	21	9:36.80	Alexina Wilson	7h1	Eugene	2021
40		9:37.03	Colleen Quigley	3h2	Eugene	2016
41	22	9:37.85	Katy Kunc	6h2	Eugene	2021
42		9:37.90	Megan Rolland	2h3	Eugene	2016
43		9:38.01	Shalaya Kipp	3h3	Eugene	2016
44	23	9:38.06	Ashley Higginson	4	Eugene	2012
45		9:38.55	Ashley Higginson	9	Eugene	2016
46	24	9:38.61	Summer Allen	7h2	Eugene	2021
47		9:39.93	Bridget Franek	1h1	Eugene	2016
48		9:40.22	Summer Allen	11	Eugene	2021
49	25	9:40.27	Nicole Bush	4	Eugene	2008
50	26	9:40.49	Rena Williams-Chesser	10	Eugene	2016
51		9:40.62	Alexina Wilson	12	Eugene	2021
52		9:40.98	Courtney Frerichs	2h1	Eugene	2016
53	27	9:41.22	Katie Landwehr	11	Eugene	2016
54		9:41.59	Mahala Norris	13	Eugene	2021
55	28	9:41.80	Carmen Graves	8h2	Eugene	2021

56	29	9:41.88	Jessica Kamilos	4h2	Eugene	2016
57	30	9:41.95	Lisa Aguilera	5	Eugene	2012
58		9:42.05	Mel Lawrence	4h3	Eugene	2016
59		9:42.18	Ashley Higginson	3h1	Eugene	2016

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	3.44	9:17.48	Emma Coburn	Eugene	2016
	3.16	9:27.59	Anna Willard	Eugene	2008
Min	2.84	9:32.78	Emma Coburn	Eugene	2012
	2.38	9:09.41	Emma Coburn	Eugene	2021

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

	Difference	3 rd place time	Name	Venue	Year
Max	7.43	9:21.29	Colleen Quigley	Eugene	2016
	7.16	9:33.11	Jenny Barringer	Eugene	2008
Min	2.33	9:35.73	Shalaya Kipp	Eugene	2012

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	9:09.41	Emma Coburn	Eugene	2021
	9:17.48	Emma Coburn	Eugene	2016
	9:27.59	Anna Willard	Eugene	2008
2	9:11.79	Courtney Frerichs	Eugene	2021
	9:20.92	Courtney Frerichs	Eugene	2016
	9:30.75	Lindsey Anderson	Eugene	2008
3	9:18.34	Val Constien	Eugene	2021
	9:21.29	Colleen Quigley	Eugene	2016
	9:33.11	Jenny Barringer	Eugene	2008
4	9:23.09	Courtney Wayment	Eugene	2021
	9:28.72	Shalaya Kipp	Eugene	2016
	9:38.06	Ashley Higginson	Eugene	2012
	9:40.27	Nicole Bush	Eugene	2008
5	9:24.74	Marisa Howard	Eugene	2021
	9:28.99	Stephanie Garcia	Eugene	2016
	9:41.95	Lisa Aguilera	Eugene	2012
	9:48.27	Lisa Galaviz	Eugene	2008
6	9:25.55	Grayson Murphy	Eugene	2021
	9:33.51	Bridget Franek	Eugene	2016
	9:45.01	Carrie Dimoff	Eugene	2012
	9:49.56	Kara June	Eugene	2008
7	9:26.15	Mel Lawrence	Eugene	2021
	9:35.31	Megan Rolland	Eugene	2016
	9:46.30	Delilah DiCrescenzo	Eugene	2012
	9:49.74	Amanda Lorenzen	Eugene	2008
8	9:26.96	Allie Ostrander	Eugene	2021
	9:36.35	Mel Lawrence	Eugene	2016
	9:47.63	Sara Hall	Eugene	2012
	9:49.93	Carrie Messner-Vickers	Eugene	2008

Fastest time in each round

Round	Time	Name	Venue	Year
Final	9:09.41	Emma Coburn	Eugene	2021
	9:17.48	Emma Coburn	Eugene	2016
	9:27.59	Anna Willard	Eugene	2008
First round	9:35.28	Emma Coburn	Eugene	2016
	9:35.77	Leah OConnor	Eugene	2016

Average from the last four Olympic Trials

	Average	2021	2016	2012	2008
Winning Time	9:21.82	9:09.41	9:17.48	9:32.78	9:27.59
Making team (3 rd)	9:27.12	9:18.34	9:21.29	9:35.73	9:33.11
Missing team (4 th)	9:32.54	9:23.09	9:28.72	9:38.06	9:40.27

Last four Olympic Trials

Year	Gold	Time	Silver	Time	Bronze	Time
2021	Emma Coburn	9:09.41	Courtney Frerichs	9:11.79	Val Constien	9:18.34
2016	Emma Coburn	9:17.48	Courtney Frerichs	9:20.92	Colleen Quigley	9:21.29
2012	Emma Coburn	9:32.78	Bridget Franek	9:35.62	Shalaya Kipp	9:35.73
2008	Anna Willard	9:27.59	Lindsey Anderson	9:30.75	Jenny Barringer	9:33.11

All time US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	8:57.77	Courtney Frerichs	2	Eugene	21 Aug 2021
2		9:00.85	Courtney Frerichs	2	Monaco	20 July 2018
3	2	9:02.35	Emma Coburn	2	Doha	30 Sept 2019
4		9:02.58	Emma Coburn	1	London	11 Aug 2017
5		9:03.77	Courtney Frerichs	2	London	11 Aug 2017
6		9:04.79	Courtney Frerichs	2	Tokyo	4 Aug 2021
7		9:04.90	Emma Coburn	2	Palo Alto	30 June 2019

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	8:50.66	Winfred Yavi	BRN	1	16 Sept 2023
2	2	8:51.67	Beatrice Chepkoech	KEN	2	16 Sept 2023
3	3	8:53.02	Norah Jeruto Tanui	KAZ	1	20 July 2022
4		8:53.65	Norah Jeruto Tanui		1	21 Aug 2021
5	4	8:54.61	Werkwuha Getachew	ETH	2	20 July 2022
6	5	8:55.09	Peruth Chemutai	UGA	1	25 May 2024
7	6	8:56.08	Mekides Abebe	ETH	3	20 July 2022
8		8:56.51	Beatrice Chepkoech		2	25 May 2024
9	7	8:57.77	Courtney Frerichs	USA	2	21 Aug 2021

Fastest Performances in June

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:55.58	Beatrice Chepkoech	KEN	1	Palo Alto	30 June 2019
2	2	8:56.55	Winfred Yavi	BRN	1	Paris	18 June 2022
3		8:59.36	Beatrice Chepkoech		1	Paris	30 June 2018
4	3	9:00.71	Sembo Almayew	ETH	1	Firenze	2 June 2023
5	4	9:01.82	Celliphine Chespol	KEN	2	Paris	30 June 2018
6	5	9:03.71	Norah Jeruto Tanui	KEN	1	Oslo	13 June 2019

Combined 2023 & 2024 US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	9:11.41	Courtney Wayment	8	Firenze	2 June 2023
2	2	9:12.81	Krissy Gear	1	Eugene	8 July 2023
3	3	9:13.60	Emma Coburn	2	Eugene	8 July 2023
4	4	9:14.29	Val Costien	5	Eugene – Pre	25 May 2024
5		9:14.48	Courtney Wayment	6	Eugene – Pre	25 May 2024
6		9:14.63	Courtney Wayment	3	Eugene	8 July 2023
7		9:17.21	Courtney Wayment	4	London	23 July 2023
8	5	9:17.36	Olivia Markezich	2	Eugene-NCAA	8 June 2024

Please send corrections to KKenNakamura@gmail.com

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