

2024 US Olympic Trials Statistics – Women's 10,000m

by K Ken Nakamura

Summary:

All time performance list at the Olympic Trials

Performance	Performer	Time	Name	Pos	Venue	Year
1	1	31:03.82	Emily Sisson	1	Eugene	2021
2	2	31:09.65	Deena Kastor	1	Sacramento	2004
3	3	31:16.52	Karissa Schwizer	2	Eugene	2021
4	4	31:18.55	Alicia Monson	3	Eugene	2021
5	5	31:34.81	Shalane Flanagan	1	Eugene	2008
6	6	31:35.22	Elise Cranny	4	Eugene	2021
7	7	31:37.72	Kara Goucher	2	Eugene	2008
8	8	31:41.62	Molly Huddle	1	Eugene	2016
9	9	31:42.92	Rachel Schneider	5	Eugene	2021

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	48.49	31:09.65	Deena Kastor	Sacramento	2004
Min	0.85	31:58.36	Amy Hastings	Eugene	2012
	2.91	31:34.81	Shalane Flanagan	Eugene	2008

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	31:03.82	Emily Sisson	Eugene	2021
2	31:16.52	Karissa Schweizer	Eugene	2021
3	31:18.55	Alicia Monson	Eugene	2021
4	31:35.22	Elise Cranny	Eugene	2021
5	31:42.92	Rachel Schneider	Eugene	2021

Last six Olympic Trials

Year	First	Time	Second	Time	Third	Time
2021	Emily Sisson	31:03.82	Karissa Schweizer	31:16.52	Alicia Monson	31:18.55
2016	Molly Huddle	31:41.62	Emily Infeld	31:46.09	Marielle Hall	31:54.77
2012	Amy Hastings	31:58.36	Natasha Rogers	31:59.21	Shalane Flanagan	31:59.69
2008	Shalane Flanagan	31:34.81	Kara Goucher	31:37.72	Amy Begley	31:43.60
2004	Deena Kastor	31:09.65	Elva Dryer	31:58.14	Kate O'Neill	32:07.25
2000	Deena Drossin	31:51.05	Jen Rhines	31:58.34	Libbie Hickman	31:58.68

All time US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	30:03.82	Alicia Monson	2	San Juan Cap	4 Mar 2023
2	2	30:13.17	Molly Huddle	6	Rio de Janeiro	12 Aug 2016
3	3	30:14.66	Elise Cranny	1	San Juan Cap	6 Mar 2022
4	4	30:18.05	Karissa Schweizer	9	Eugene	16 July 2022
5	5	30:22.22	Shalane Flanagan	3	OG-Beijing	15 Aug 2008

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	28:54.14	Beatrice Chebet	KEN	1	25 May 2024
2	2	29:05.92	Gudaf Tsegay	ETH	2	25 May 2024
3	3	29:26.89	Lilian Rengeruk	KEN	3	25 May 2024
4	4	29:27.59	Margaret Kipkeboi	KEN	4	25 May 2024
5	5	30:04.97	Janeth Chepngetich	KEN	5	25 May 2024

All time performance list at the Olympic Trials

Performance	Performer	Time	Name	Pos	Venue	Year
1	1	31:03.82	Emily Sisson	1	Eugene	2021
2	2	31:09.65	Deena Kastor	1	Sacramento	2004
3	3	31:16.52	Karissa Schwizer	2	Eugene	2021
4	4	31:18.55	Alicia Monson	3	Eugene	2021
5	5	31:34.81	Shalane Flanagan	1	Eugene	2008
6	6	31:35.22	Elise Cranny	4	Eugene	2021
7	7	31:37.72	Kara Goucher	2	Eugene	2008
8	8	31:41.62	Molly Huddle	1	Eugene	2016
9	9	31:42.92	Rachel Schneider	5	Eugene	2021
10	10	31:43.60	Amy Begley	3	Eugene	2008
11	11	31:46.09	Emily Infeld	2	Eugene	2016
12		31:51.05	Deena Drossin	1	Sacramento	2000
13	12	31:51.27	Lynn Nelson	1	Indianapolis	1988
14	13	31:54.50	Sara Hall	6	Eugene	2021
15	14	31:54.77	Mariell Hall	3	Eugene	2016
16	15	31:58.14	Elva Dryer	2	Sacramento	2004
17	16	31:58.34	Jen Rhines	2	Sacramento	2000
18	17	31:58.36	Amy Hastings	1	Eugene	2012
19	18	31:58.68	Libbie Hickman	3	Sacramento	2000
20	19	31:59.09	Natosha Rogers	7	Eugene	2021
21		31:59.21	Natosha Rogers	2	Eugene	2012
22		31:59.69	Shalane Flanagan	3	Eugene	2012
23	20	32:01.86	Anne Marie Lauck	4	Sacramento	2000
24	21	32:03.46	Lisa Uhl	4	Eugene	2012
25	22	32:03.63	Francie Larrieu-Smith	2	Indianapolis	1988
26	23	32:07.25	Kate O'Neill	3	Sacramento	2004
27	24	32:07.74	Lynn Jennings	3	Indianapolis	1988
28	25	32:08.51	Alisha Williams	5	Eugene	2012
29	26	32:09.15	Tara Erdmann	6	Eugene	2012
30	27	32:09.49	Annette Peters	5	Sacramento	2000
31	28	32:11.30	Kellyn Taylor	4	Eugene	2016
32	29	32:14.05	Nan Doak-Davis	4	Indianapolis	1988
33	30	32:15.88	Lisa Weidenbach	5	Indianapolis	1988
34	31	32:17.06	Janet Cherobon-Bawcom	7	Eugene	2012
35	32	32:18.36	Sylvia Mosqueda	6	Sacramento	2000
36		32:19.94	Emily Infeld	8	Eugene	2021
37	33	32:20.26	Blake Russell	7	Sacramento	2000
38	34	32:22.72	Kristin Beaney	8	Sacramento	2000
39	35	32:24.25	Stephanie Rothstein	8	Eugene	2012
40	36	32:25.45	Emily Durgin	9	Eugene	2021
41	37	32:25.82	Deborah Maier	9	Eugene	2012
42	38	32:26.21	Laura Thweatt	5	Eugene	2016
43	39	32:29.82	Katie McGregor	4	Eugene	2008
44	40	32:30.40	Kellyn Johnson	10	Eugene	2012
45		32:31.07	Blake Russell	5	Eugene	2008
46	41	32:31.66	Alissa McKaig	11	Eugene	2012
47	42	32:31.81	Liz Costello	6	Eugene	2016
48	43	32:32.05	Rochelle Kanuho	7	Eugene	2016
49	44	32:32.32	Aliphine Tuliamuk	8	Eugene	2016
50	45	32:32.45	Meaghan Nelson	12	Eugene	2012
51	46	32:33.04	Betty Geiger	6	Indianapolis	1988
52	47	32:33.33	Jaci Smith	10	Eugene	2021

Slowest winning time: 32:55.96 by Lynn Jennings in 1992

Margin of Victory

	Difference	Winning time	Name	Venue	Year
Max	48.49	31:09.65	Deena Kastor	Sacramento	2004
Min	0.85	31:58.36	Amy Hastings	Eugene	2012
	2.91	31:34.81	Shalane Flanagan	Eugene	2008

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

	Difference	3 rd place time	Name	Venue	Year
Max	46.22	31:43.60	Amy Begley	Eugene	2008
Min	3.18	31:58.68	Libbie Hickman	Sacramento	2000

Best Marks for Places in the Olympic Trials

Pos	Time	Name	Venue	Year
1	31:03.82	Emily Sisson	Eugene	2021
	31:09.65	Deena Kastor	Sacramento	2004
2	31:16.52	Karissa Schweizer	Eugene	2021
	31:37.72	Kara Goucher	Eugene	2008
3	31:18.55	Alicia Monson	Eugene	2021
	31:43.60	Amy Begley	Eugene	2008
4	31:35.22	Elise Cranny	Eugene	2021
	32:01.86	Anne Marie Lauck	Sacramento	2000
5	31:42.92	Rachel Schneider	Eugene	2021
	32:08.51	Alisha Williams	Eugene	2012
	32:09.49	Annette Peters	Sacramento	2000
6	31:54.50	Sara Hall	Eugene	2021
	32:09.15	Tara Erdmann	Eugene	2012
	32:18.36	Sylvia Mosqueda	Sacramento	2000
7	31:59.09	Natosha Rogers	Eugene	2021
	32:17.06	Janet Cherobon-Bawcom	Eugene	2012
	32:20.26	Blake Russell	Sacramento	2000
8	32:19.94	Emily Infeld	Eugene	2021
	32:22.72	Kristin Beaney	Sacramento	2000

Making 5000m – 10000m team (same trials)

Name	5000m	10000m	Venue	Year
Karissa Schweizer	2 nd	2 nd	Eugene	2021
Molly Huddle	1 st	1 st	Eugene	2016
Shalane Flanagan	3 rd	1 st	Eugene	2008
Kara Goucher	1 st	2 nd	Eugene	2008
Denna Drossin	2 nd	1 st	Sacramento	2000

Fastest time in each round

Round	Time	Name	Venue	Year
Final	31:03.82	Emily Sisson	Eugene	2021
	31:09.65	Deena Kastor	Sacramento	2004
First round	33:18.71	Joan Nesbit	Atlanta	1996

Making the team multiple times:

Shalane Flanagan: 2008, 2012

Deena Kastor (Drossin): 2000, 2004
 Lynn Jennings: 1988, 1992

Average from last nine Olympic Trials

	Average	2021	2016	2012	2008	2004	2000	1996	1992	1988
Winning Time	31:51.6	31:03.82	31:41.62	31:58.36	31:34.81	31:09.65	31:51.05	32:37.91	32:55.96	31:51.27
Making team (3 rd)	32:06.9	31:18.55	31:54.77	31:59.69	31:43.60	32:07.25	31:58.68	32:46.77	33:04.64	32:07.74
Missing team (4 th)	32:23.5	31:35.22	32:11.30	32:03.46	32:29.82	32:33.87	32:01.86	33:05.03	33:17.11	32:14.05

Last nine Olympic Trials

Year	First	Time	Second	Time	Third	Time
2021	Emily Sisson	31:03.82	Karissa Schweizer	31:16.52	Alicia Monson	31:18.55
2016	Molly Huddle	31:41.62	Emily Infeld	31:46.09	Marielle Hall	31:54.77
2012	Amy Hastings	31:58.36	Natosha Rogers	31:59.21	Shalane Flanagan	31:59.69
2008	Shalane Flanagan	31:34.81	Kara Goucher	31:37.72	Amy Begley	31:43.60
2004	Deena Kastor	31:09.65	Elva Dryer	31:58.14	Kate O'Neill	32:07.25
2000	Deena Drossin	31:51.05	Jen Rhines	31:58.34	Libbie Hickman	31:58.68
1996	Kate Fonshell	32:37.91	Olga Appell	32:43.79	Joan Nesbit	32:46.77
1992	Lynn Jennings	32:55.96	Judi St Hilaire	33:03.39	Gwyn Coogan	33:04.64
1988	Lynn Nelson	31:51.27	Francie Larrieu-Smith	32:03.63	Lynn Jennings	32:07.74

All time US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	30:03.82	Alicia Monson	2	San Juan Cap	4 Mar 2023
2	2	30:13.17	Molly Huddle	6	Rio de Janeiro	12 Aug 2016
3	3	30:14.66	Elise Cranny	1	San Juan Cap	6 Mar 2022
4	4	30:18.05	Karissa Schweizer	9	Eugene	16 July 2022
5	5	30:22.22	Shalane Flanagan	3	OG-Beijing	15 Aug 2008

Fastest Performances in Eugene

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	28:54.14	Beatrice Chebet	KEN	1	25 May 2024
2	2	29:05.92	Gudaf Tsegay	ETH	2	25 May 2024
3	3	29:26.89	Lilian Rengeruk	KEN	3	25 May 2024
4	4	29:27.59	Margaret Kipkeboi	KEN	4	25 May 2024
5	5	30:04.97	Janeth Chepngetich	KEN	5	25 May 2024

Fastest Performances in June

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:01.03	Letesenbet Gidey	ETH	1	Hengelo	8 June 2021
2	2	29:06.82	Sifan Hassan	NED	1	Hengelo	6 June 2021
3	3	29:29.73	Gudaf Tsegay	ETH	1	Nerja	23 June 2023
4		29:37.80	Sifan Hassan		1	Hengelo	3 June 2023
5	4	29:47.42	Grace Nawowuna	KEN	2	Hengelo	3 June 2023
6	5	29:53.80	Meselech Melkamu	ETH	1	Utrecht	14 June 2009

Combined 2023 & 2024 US List

Performance	Performer	Time	Name	Pos	Venue	DMY
1	1	30:03.82	Alicia Monson	2	San Juan Cap	4 Mar 2023
2	2	30:33.82	Weini Kelati	2	San Juan Cap	16 Mar 2024

3	3	30:48.26	Elly Henes	3	San Juan Cap	4 Mar 2023
4	4	30:48.69	Natosha Rogers	4	San Juan Cap	4 Mar 2023
5	5	30:50.43	Parker Valby	1	Azusa	11 Apr 2024
6	6	30:52.77	Fiona O'Keeffe	1	Walnut	6 May 2023
7		30:55.05	Fiona O'Keeffe	5	San Juan Cap	4 Mar 2023
8		31:03.46	Fiona O'Keeffe	2	London	18 May 2024
9	7	31:04.02	Rachel Smith	5	San Juan Cap	16 Mar 2024
10		31:04.16	Weini Kelati	2	London	20 May 2023

Please send any corrections to KKenNakamura@gmail.com