

## **CASEY OWENS**

**EVENTS:** 1500-10000

**PRs:** 5000M – 16:11 (2007); 10000M- 33:32 (2005); 3000M- 9:24 (2004); 10K ROAD- 34:00;5K ROAD-16:21, MILE ROAD-4:40; 8K- 26:47. 20K-1:13.

**BORN:** SEPTEMBER 10, 1982 (FEMALE)

**CURRENT RESIDENCE:** DES MOINES, IOWA

**HIGH SCHOOL:** ROOSEVELT (DES MOINES, IA) HS '01

**COLLEGE:** MISSOURI STATE '05

**CLUB:** IOWA RUNABLAZE

**CONTACT INFORMATION:** EMAIL: [CASEYOWENS11@GMAIL.COM](mailto:CASEYOWENS11@GMAIL.COM)

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**CAREER HIGHLIGHTS:** 10TH IN 2008 5K ROAD CHAMPIONSHIPS. 9TH PLACE FINISH IN USATF 10000. CHAMPIONSHIPS, (2005). TWO-TIME INTERNATIONAL CHIBA EKIDEN RELAY MEMBER,(2005, 2007). TWO-TIME DRAKE RELAYS CHAMPION. (5000M, 2005, 8K ROAD, 2007). NAMED TO THE MISSOURI VALLEY CONFERENCE ALL-CENTURY TEAM. (2007).2005 ROAD SCHOLAR WINNER. TWO-TIME ALL-AMERICAN, FIVE TIME NCAA QUALIFIER AND 15-TIME MISSOURI-VALLEY CONFERENCE CHAMPION AT MISSOURI STATE UNIVERSITY.

**2009:** 3RD AT ALLIANT ENERGY 8K (26:47). 3RD AT SHAMROCK SHUFFLE 8K.

6TH AT COW HARBOR 10K. RUNNER UP AT DRAKE RELAYS 8K. 1ST AT DAM TO DAM 5K.

**2008:** 10TH AT USATF 5K ROAD CHAMPIONSHIPS (16:21). 2ND IN OMAHA MILE(4:40). 1ST DRAKE RELAYS 8K ON THE ROADS. 1ST ALLIANT ENERGY 8K.

**2007:** TOP AMERICAN FINISHER AT BLOOMSDAY 12K AND AZALEA 10K. 1ST DRAKE RELAYS 8K ON THE ROADS 13TH USATF 10K ROAD CHAMPIONSHIPS (34:00).

5000M WINNER AT THE INTERNATIONAL CHIBA EKIDEN.

**2006:** DAM TO DAM 20K CHAMPION, 1:15.06, (LARGEST 20K IN THE COUNTRY).

**2005:** 9TH PLACE FINISH IN USATF 10000 CHAMPIONSHIPS. DRAKE RELAYS

CHAMPION IN 5000M. INTERNATIONAL CHIBA EKIDEN RELAY TEAM MEMBER FOR THE UNITED STATES. ROADS SCHOLAR RECIPIENT.

MISSOURI VALLEY CONFERENCE INDOOR AND OUTDOOR TRACK AND FIELD ATHLETE OF THE YEAR.

12TH PLACE FINISH IN 10K ROAD CHAMPIONSHIPS. ROAD RUNNERS CLUB OF AMERICA NATIONAL HALF MARATHON CHAMPION, (1:21.99

**2004:** TYSON INVITATIONAL 3000M CHAMPION. 11TH PLACE FINISH AND ALL-AMERICAN AT NCAA 10000M. MISSOURI VALLEY CONFERENCE CROSS COUNTY RUNNER OF THE YEAR.

**2003: 3RD IN DRAKE RELAYS 5000M. RUNNER-UP IN SEA RAY RELAYS 5000M AND KANSAS RELAYS 1500.**

**2002: RUNNER-UP IN KANSAS RELAYS 5000M. MISSOURI VALLEY CONFERENCE CROSS COUNTY RUNNER OF THE YEAR.**

**2001: IOWA HIGH SCHOOL STATE CHAMPION IN 3000M. MIDWEST SENIOR ALL STAR 3200M WINNER.**