

| Event | Athlete(s) | 200m | 400m | 600m | 800m | 1000m | 1200m | 1400m | 1500m/1600m | 1800m | 2000m | 2200m | 2400m | 2600m | 2800m | 3000m | 3200m | Place | Avg. 200m | Avg. Mile | |
|-----------------|-------------------|----------|----------|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|----------|----------|----------|-------|-----------|-----------|---------|
| 4x200m Relay | Julia Sanger | 00:28.50 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 8 | 28.50 | 3:48.00 | |
| | | 00:28.50 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Janessa Matthews | 00:28.10 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 8 | 28.10 | 3:44.80 |
| | | 00:28.10 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Tylyn Martin | 00:29.50 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 8 | 29.50 | 3:56.00 |
| | | 00:29.50 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Lauren Star | 00:28.72 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 8 | 28.72 | 3:49.76 |
| | | 00:28.72 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| 4x800m Relay | Lauren Burke | 00:33.00 | 01:09.00 | 01:48.00 | 02:27.51 | - | - | - | - | - | - | - | - | - | - | - | - | 1 | 36.88 | 4:55.02 | |
| | | 00:33.00 | 00:36.00 | 00:39.00 | 00:39.51 | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Rachel Malone | 00:35.00 | 01:13.00 | 01:53.00 | 02:32.07 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1 | 38.02 | 5:04.14 |
| | | 00:35.00 | 00:38.00 | 00:40.00 | 00:39.07 | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Ashton Hughes | 00:34.00 | 01:11.00 | 01:50.00 | 02:28.09 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1 | 37.02 | 4:56.18 |
| | | 00:34.00 | 00:37.00 | 00:39.00 | 00:38.09 | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Angie Zablotny | 00:36.00 | 01:15.00 | ? | 02:33.71 | - | - | - | - | - | - | - | - | - | - | - | - | - | 1 | 51.24 | 6:49.89 |
| | | 00:36.00 | 00:39.00 | ? | ? | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Ian Steltmann | 00:30.00 | 01:01.00 | 01:34.00 | 02:07.39 | - | - | - | - | - | - | - | - | - | - | - | - | - | 4 | 31.85 | 4:14.78 |
| | | 00:30.00 | 00:31.00 | 00:33.00 | 00:33.39 | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| | Simon Ghebrewoldi | 00:29.00 | 01:02.00 | 01:37.00 | 02:13.89 | - | - | - | - | - | - | - | - | - | - | - | - | - | 4 | 33.47 | 4:27.78 |
| | | 00:29.00 | 00:33.00 | 00:35.00 | 00:36.89 | - | - | - | - | - | - | - | - | - | - | - | - | | | | |
| Cameron Johnson | 00:28.00 | 01:00.00 | 01:33.00 | 02:07.06 | - | - | - | - | - | - | - | - | - | - | - | - | - | 4 | 31.77 | 4:14.12 | |
| | 00:28.00 | 00:32.00 | 00:33.00 | 00:34.06 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | |
| Justin Green | 00:30.00 | 01:02.00 | 01:35.00 | 02:07.25 | - | - | - | - | - | - | - | - | - | - | - | - | - | 4 | 31.81 | 4:14.50 | |
| | 00:30.00 | 00:32.00 | 00:33.00 | 00:32.25 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | |
| 3200m | Will Karpie | 00:40.00 | 01:19.00 | 01:58.00 | 02:38.00 | 03:21.00 | 03:59.00 | 04:42.00 | 05:24.00 | 06:05.00 | 06:48.00 | 07:32.00 | 08:15.00 | 09:00.00 | 09:44.00 | 10:23.00 | 11:03.04 | 24 | 41.44 | 5:31.52 | |
| | | 00:40.00 | 00:39.00 | 00:39.00 | 00:40.00 | 00:43.00 | 00:38.00 | 00:43.00 | 00:42.00 | 00:41.00 | 00:43.00 | 00:44.00 | 00:43.00 | 00:45.00 | 00:44.00 | 00:39.00 | 00:40.04 | | | | |
| 600m | Michelle Barnum | 00:32.86 | 01:08.11 | 01:43.63 | - | - | - | - | - | - | - | - | - | - | - | - | - | 4 | 34.54 | 4:36.35 | |
| | | 00:32.86 | 00:35.25 | 00:35.52 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | |
| | Jane Rosenthal | 00:33.80 | 01:09.11 | 01:46.40 | - | - | - | - | - | - | - | - | - | - | - | - | - | 7 | 35.47 | 4:43.73 | |
| | | 00:33.80 | 00:35.31 | 00:37.29 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | |
| | Alex Gilmore | 00:29.58 | 01:01.85 | 01:35.22 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 29 | 31.74 | 4:13.92 |
| | | 00:29.58 | 00:32.27 | 00:33.37 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | |
| Matt Spitzer | 00:30.28 | 01:01.27 | 01:31.49 | - | - | - | - | - | - | - | - | - | - | - | - | - | - | 16 | 30.50 | 4:03.97 | |
| | 00:30.28 | 00:30.99 | 00:30.22 | - | - | - | - | - | - | - | - | - | - | - | - | | | | | | |
| 1500m | Ashton Hughes | 00:41.86 | 01:25.12 | 02:07.20 | 02:49.96 | 03:33.00 | 04:16.46 | 04:59.00 | 05:20.73 | - | - | - | - | - | - | - | - | 6 | 40.09 | 5:20.73 | |
| | | 00:41.86 | 00:43.26 | 00:42.08 | 00:42.76 | 00:43.04 | 00:43.46 | 00:42.54 | 00:21.73 | - | - | - | - | - | - | | | | | | |
| | Veronica Goodrich | 00:43.35 | 01:27.37 | 02:13.29 | 03:00.88 | 03:49.35 | 04:40.34 | 05:30.87 | 05:53.49 | - | - | - | - | - | - | - | - | 31 | 44.19 | 5:53.49 | |
| | | 00:43.35 | 00:44.02 | 00:45.92 | 00:47.59 | 00:48.47 | 00:50.99 | 00:50.53 | 00:22.62 | - | - | - | - | - | - | - | | | | | |
| 1600m | Adam Staveski | 00:35.88 | 01:12.50 | 01:50.00 | 02:28.89 | 03:08.11 | 03:47.22 | 04:26.59 | 05:05.11 | - | - | - | - | - | - | - | - | 29 | 38.14 | 5:05.11 | |
| | | 00:35.88 | 00:36.62 | 00:37.50 | 00:38.89 | 00:39.22 | 00:39.11 | 00:39.37 | 00:38.52 | - | - | - | - | - | - | - | - | | | | |
| 1000m | Rachel Malone | 00:36.55 | 01:15.49 | 01:55.32 | 02:37.51 | 03:17.29 | - | - | - | - | - | - | - | - | - | - | - | 7 | 39.46 | 5:15.66 | |
| | | 00:36.55 | 00:38.94 | 00:39.83 | 00:42.19 | 00:39.78 | - | - | - | - | - | - | - | - | - | | | | | | |
| | Emma Dustman | 00:38.56 | 01:19.22 | 02:03.82 | 02:49.14 | 03:29.75 | - | - | - | - | - | - | - | - | - | - | - | 21 | 41.95 | 5:35.60 | |
| | | 00:38.56 | 00:40.66 | 00:44.60 | 00:45.32 | 00:40.61 | - | - | - | - | - | - | - | - | - | | | | | | |
| | Brandon Bachstien | 00:33.61 | 01:08.95 | 01:44.44 | 02:21.64 | 02:57.85 | - | - | - | - | - | - | - | - | - | - | - | 29 | 35.57 | 4:44.56 | |
| | | 00:33.61 | 00:35.34 | 00:35.49 | 00:37.20 | 00:36.21 | - | - | - | - | - | - | - | - | - | | | | | | |
| | Matt Sturtz | 00:33.61 | 01:07.74 | 01:44.00 | 02:21.53 | 02:56.12 | - | - | - | - | - | - | - | - | - | - | - | 27 | 35.22 | 4:41.79 | |

