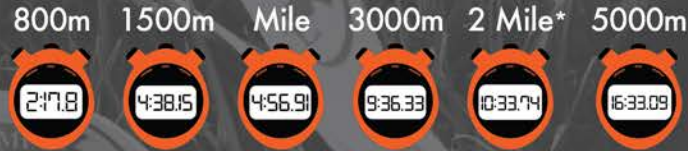




Erin Dietz

4 years of PRs with Emerging Elites



* = en route to 5000m



Pan-Am Junior
Champion
3000m



NB Nationals
2x All-American
5000m Outdoor

Bedford High School

Cross Country

- Footlocker XC Nationals Finalist
- Gatorade Massachusetts Runner of the Year
- MIAA All-State Cross Country Champion
- MIAA All-State Cross Country Runner Up
- MIAA All-State Cross Country Top 4 Finisher
- MIAA Eastern Massachusetts Cross Country Division 5 Champion

Franklin Park
#20 All-Time Fastest High School Performance

Gardner Golf Course
#8 All-Time Fastest High School Performance

Northfield Mountain
#4 All-Time Fastest High School Performance

Wrentham
#18 All-Time Fastest High School Performance

Van Cortlandt Park
Footlocker Northeast Regionals

Indoor Track

- MIAA All-State Champion, 2 Mile, 10:38.12
- MIAA All-State Runner-up, 2 Mile, 10:52.97
- MIAA Division 4 Champion, 2 Mile, 10:41.13
- MIAA Division 4 Runner-up, 2 Mile, 11:11.75

11th Fastest All-Time Massachusetts

emerging elites

Outdoor Track

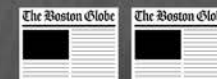
- Pan-American Junior Champion, 3000m, 9:37.51
- New Balance Nationals All-American, 5000m 16:47 & 16:36
- New Balance Nationals Top 4 Finisher
- USATF Junior Championships Top 5 Finisher
- MIAA All-State Championships Top 6 Finisher
- MIAA Division 3 Champion Mile 5:04.62 & 4:56.91
- MIAA Division 3 Runner-up Two Mile, 11:20.96

Championship Performances

- Mile 2x MIAA Division 3 Champion
- 3000m Gold Medal for Team USA at Pan-American Junior Championships in Edmonton
USATF Juniors, Silver Medalist
- 2 Mile 1x MIAA All-State Champion
1x MIAA Division 4 Champion
- 5000m 2x New Balance Nationals All-American
USATF Juniors, Bronze Medalist



Foot Locker



Footlocker National
Cross Country
Finalist

Gatorade
Massachusetts
Runner of the Year

MIAA 2x
All-State Champion
Cross Country &
Indoor 2 Mile

MIAA 6x
Division Champion

The Boston Globe
5x All-Scholastic

Erin Dietz: Miles and Milestones

2012-2016

emerging elites

Post-High School

Debut road race, 36:31 at Tufts 10K
 Lowers Franklin Park XC PR to 17:45 at Mayor's Cup
 Lowers 5000m PR to 16:33.09 at Adrian Martinez Classic
 Lowers 3000m PR to 9:36.33 at NB Twilight Meet #3
 Lowers 800m PR to 2:17.8 at USATF Charlestown Meet
 2016 USATF Outdoor Championships, 5000m, 5th place
 2016 USATF Outdoor Championships, 3000m, 5th place

Junior

MIAA Eastern Massachusetts XC Division 5, Champion
 MIAA All-State Cross Country, Division 2, 4th place
 Foot Locker Northeast Regional, 36th place
 MIAA Division 3 Outdoor Mile, Champion
 MIAA All-State Outdoor Mile, 3rd place
 New Balance Outdoor Track & Field All-American, 5000m, 4th place

2016
 Post-High School

2015
 Senior

2014
 Junior

2013
 Sophomore

2012
 Freshman

Senior

MIAA Eastern Massachusetts XC Division 5, Champion
 MIAA All-State Cross Country Division 2, Champion
 Foot Locker Northeast Regional, 5th place
 Foot Locker National Cross Country Qualifier
 Gatorade Massachusetts Runner of the Year Cross Country
 MIAA Division 4 Indoor Two Mile, runner up
 MIAA All-State Indoor Two Mile, runner up
 MIAA All-State Outdoor Mile, 3rd place
 MIAA Division 3 Outdoor Mile, Champion
 New Balance Outdoor Track & Field All-American, 5000m, 2nd place
 USATF Outdoor Junior Championships, 3000m, 2nd place
 USATF Outdoor Junior Championships, 5000m, 3rd place
 Member of Team USA for 2015 Pan-Am Junior Championships, 3000m
 Pan-Am Junior Championships, 3000m, 1st place, Team USA

Sophomore

MIAA Eastern Massachusetts XC Division 5, Champion
 MIAA All-State Cross Country, Division 2, runner up
 Foot Locker Northeast Regional, 19th place
 MIAA Division 4 Indoor Two Mile, Champion
 MIAA All-State Indoor Two Mile, Champion
 MIAA Division 3 Outdoor Two Mile, runner up
 MIAA All-State Outdoor Two Mile, 6th place

