

# Karissa Schweizer is one of the most decorated MU athletes

The former Missouri track and field and cross-country runner has accumulated seven national championships in her time at MU — five at 5000 meters and one apiece at 3000 meters and in cross-country.

2014-18

2018-now



**155<sup>th</sup>**

**2014**  
Qualifies for NCAA Cross-Country Championships as a freshman, finishes 155th



**2016**  
Wins first NCAA Cross-Country Championships with a time of 19:42



**2017**  
Wins first NCAA title in indoor track 5000m with a time of 15:19.14



**2017**  
Wins first NCAA outdoor track title in 5000m with a time of 15:38.93

**2018**

Wins 3000m and 5000m in NCAA Indoor Championships with times of 8:53.36 and 15:43.23



**2018**  
Member of Missouri's winning 5000m relay team at Drake Relays



**2018**  
Wins second NCAA title in outdoor 5000m with a time of 15:41.58



**August 2018**  
Signs with the professional Nike Bowerman Track Club in Portland, Oregon

**PRO debut**

**2018**  
Finishes 4th in Millrose Games in 3000m in her first professional international race with a time of 8:41.60