

| Athlete | Sep 4 | Sep18 | Sep 24 | Oct 10 | Oct 16 | Oct 31 | Nov13 |
|----------------------|--------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------|--------------------------|----------------------------|
| Jr Laura Barito | | 21:08.60 ₂ | 16:08.61₁ | 20:37.30₂ | | 19:24₂ | |
| Sr Shanna Beairsto | | | 15:49.37₁ | | | | |
| Jr Carolyn Brady | 24:35 ₂ | 24:34.40₂ | 28:59.51₃ | 22:43.09₂ | 23:53 ₂ | | |
| Fr Katie Castro | | 23:27.83 ₂ | 17:32.25₁ | 21:40.71₂ | 22:25 ₂ | 20:51₂ | 26:05.2₃ |
| - Salme Cook | | | 14:58.53₁ | | | | |
| Jr Claire Eudy | | | 20:49.26₁ | 25:12.32₂ | | 25:18 ₂ | |
| Fr Kelly Freed | 23:44 ₂ | 22:29.52₂ | 17:02.72₁ | | 22:34 ₂ | 21:01₂ | 26:21.9₃ |
| Fr Laura Lemke | 22:54 ₂ | 22:56.88 ₂ | 27:38.45 ₃ | 21:15.05₂ | 22:55 ₂ | 21:13₂ | 27:30.2₃ |
| So Ashley Princiotta | 21:37 ₂ | 20:48.45₂ | 24:24.60₃ | 20:31.68₂ | 21:29 ₂ | 19:44₂ | 24:51.1 ₃ |
| Fr Amber Rorick | 25:48 ₂ | 24:44.21₂ | 18:36.74₁ | 23:18.97₂ | 24:14 ₂ | 22:52₂ | 30:51.0₃ |
| So Anne Ryan | 25:20 ₂ | | 19:19.74₁ | | 24:40₂ | 23:35₂ | 29:14.2₃ |
| Jr Stephanie Taboada | 25:59 ₂ | | 19:38.39₁ | 24:20.45₂ | | 24:34 ₂ | |