



SOUTH CAROLINA

CROSS COUNTRY

SOUTH CAROLINA ATHLETIC MEDIA RELATIONS • CROSS COUNTRY CONTACT: JOSH MITCHELL • JMITCHEL@MAILBOX.SC.EDU
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SCHEDULE

| Date | Event | Location | Time/Result |
|-------------|------------------------------|-----------------------|---------------|
| 8/30 | Carolina Invitational | Columbia, S.C. | 9 a.m. |
| 9/13 | USC Open #1 | Columbia, S.C. | 9 a.m. |
| 9/26 | Charlotte Invitational | Charlotte, N.C. | 6 p.m. |
| 10/4 | Paul Short Invitational | Bethlehem, Pa. | 11 a.m. |
| 10/8 | USC Open #2 | Columbia, S.C. | 6 p.m. |
| 10/17 | Crimson Classic | Tuscaloosa, Ala. | 10 a.m. |
| 10/31 | SEC Championships | Tuscaloosa, Ala. | 10 a.m. |
| 11/14 | NCAA Southeast Regional | Louisville, Ky. | 1 p.m. |
| 11/22 | NCAA Championships | Terre Haute, Ind. | 1 p.m. |

Home Meets in **bold**
All Times Eastern

CAROLINA INVITATIONAL

Hilton Field at Fort Jackson

Columbia, S.C.

Saturday, Aug. 30

Women's 5K: 9 a.m.

Men's 5K: 9:30 a.m.

The South Carolina cross country team begins the 2014 season on Aug. 30 by hosting the Carolina Invitational, the first of three scheduled home meets this season at Hilton Field on Fort Jackson. Both the men's and women's races are scheduled for a 5K with the women's race beginning at 9 a.m., and the men's to follow.

SOUTH CAROLINA QUICK FACTS

UNIVERSITY OF SOUTH CAROLINA

Location..... Columbia, S.C.
Enrollment..... 31,964
Founded 1801
Team Name Gamecocks
President Dr. Harris Pastides
Athletics Director..... Ray Tanner
Colors..... Garnet (PMS 202C), Black
Conference Southeastern
Facility Hilton Field on Fort Jackson

TEAM INFORMATION

Head Coach..... Curtis Frye (18th year)
Asst. Coach for distance & cross country Andrew Allden (2nd year)
2013 SEC Finish..... 12th
2013 NCAA Southeast Regional Finish 14th
Returners 14
Newcomers 13

MEDIA RELATIONS

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The Gamecocks enter the season with second-year coach Andrew Allden as assistant track coach in charge of distance and cross country, who reunited last year with head track coach Curtis Frye after 12 years away from Columbia. Allden brings 28 years of coaching experience to the Gamecocks in regards to training.

The team, which returns the majority of its runners from last season when it finished 14th at the Southeast Regional, was ranked 15th in the 2014 regional preseason poll, which was released Monday by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

The meet will have a regional flair on Saturday with the Gamecocks competing against The Citadel, Georgia Southern, Paine College, Pfeiffer College, Presbyterian, South Carolina State, Tennessee Tech and Savannah State. The men's field consists of The Citadel, Paine College, Pfeiffer College, Presbyterian, South Carolina State, Tennessee Tech and Savannah State.

Results will be posted on GamecocksOnline.com following the day's events.

Admission to Saturday's Carolina Invitational is free, and all fans entering Fort Jackson must show a photo ID, proof of car insurance and vehicle registration.



SOCIAL MEDIA

@GamecockXC



USTFCCCA WOMEN'S PRESEASON POLL

| Rank | Team | 2013 Final |
|------|------------------|------------|
| 1 | Michigan (6) | 4 |
| 2 | Oregon (3) | 14 |
| 3 | Florida State | 8 |
| 4 | Stanford (1) | 11 |
| 5 | Georgetown (1) | 5 |
| 6 | Michigan State | 6 |
| 7 | Arkansas (1) | 15 |
| 8 | Colorado | 7 |
| 9 | Iowa State | 13 |
| 10 | Virginia | 9 |
| 11 | New Mexico | 10 |
| 12 | Butler | 3 |
| 13 | Syracuse | 22 |
| 14 | Villanova | 19 |
| 15 | Washington | 17 |
| 16 | Wisconsin | 21 |
| 17 | Boston College | NR |
| 18 | Providence | 1 |
| 19 | Oklahoma State | NR |
| 20 | West Virginia | 24 |
| 21 | Virginia Tech | NR |
| 22 | SMU | 31 |
| 23 | Vanderbilt | 27 |
| 24 | Dartmouth | 16 |
| 25 | Minnesota | 20 |
| 25 | William and Mary | 12 |
| 27 | NC State | NR |
| 28 | Weber State | NR |
| 29 | Penn State | 25 |
| 30 | Arizona State | NR |

Others Receiving Votes: Boise State 22, Baylor 17, Cornell 16, Utah 15, Duke 11, Princeton 9, Texas A&M 8, Toledo 7, Alabama 5, Harvard 1, Northern Arizona 1

REISER LEADING THE WAY

The sophomore will be the team's top returner, after becoming the third freshman from South Carolina to be named to the conference's All-Freshman Team in the last six years, as she placed 33rd at the SEC Championships in 2013. Reiser set the fifth-fastest 5K time in school history at the Royal Cross Country Challenge at 17:39.0 and finished in the top 30 at the NCAA Southeast Regional.

SEC PRESEASON WATCH LIST

Joining sophomore Mary Reiser on this year's SEC Cross Country Preseason Watch List is Kayla Lampe, who did not compete during the 2013 season due to injury and has been hampered by another throughout the summer. The redshirt junior garnered SEC All-Freshman Team honors in 2012 and second-team All-SEC accolades with a 13th-place showing at the SEC Championships (21:02.30). Later that season, she earned All-Southeast Region honors, finishing eighth with a time of 20:40.43, which is the fastest 6K time in South Carolina history.

RETURNING EXPERIENCE

Despite losing their top runner from a season ago, the Gamecocks return their next six runners in Mary Reiser (sophomore), Anna Todd (junior), Stephanie Berger (junior), Christine Kent (junior), Martha McCoy (sophomore), along with the possibility of Kayla Lampe (junior).

YOUTH MOVEMENT

With 27 athletes on the 2014 roster, the Gamecocks have 13 new faces on the team this fall that will mix in with six others who joined the program last year, meaning 70 percent of the team has only been at South Carolina for a year or less.

FRESHMAN CLASS

Coach Allden has considered this year's freshman class "top-to-bottom to be one of the strongest recruiting classes [the program] has had." Leading the group of 13 will be Florida natives Hannah Giangaspro, a top 3200-meter runner in the state, and Emily Harding, who posted a Top 30 nationally in the 1600 meters in 2013. Outside of Florida, the freshman class hails from the Carolinas, the Mid-Atlantic region and Illinois.

FINDING LEADERSHIP

With a young group, junior Anna Todd and sophomore Mary Resier have been credited by Coach Allden as being the team's leaders through preseason training by setting the standard for practices.

DIRECTIONS AND INFORMATION: Fans wanting to come to the free event must have a government-issued photo I.D. for all attending plus proof of car insurance and vehicle registration for the driver to get on the base. The best entrance for fans to enter is the main gate, Gate 2, which enters Fort Jackson from Forest Drive (Exit 12 on Interstate 77). After passing through security in the far-right lane, go one mile on Strom Thurmond Drive before taking a left at the light onto Lee Drive. When the road dead ends, turn right onto Hampton Parkway. The cross country course will be a half mile ahead on the right.

2014 SOUTH CAROLINA CROSS COUNTRY ROSTER

| Name | Class | Hometown (High School) |
|-------------------|-------|---|
| Stephanie Berger | Jr. | West Salem, Ohio (Northwestern) |
| Sequoia Brown | Fr. | Greenville, S.C. (J.L. Mann) |
| Sarah Falta | So. | Seneca, S.C. (Seneca) |
| Hannah Frazier | Fr. | Virginia Beach, Va. (Bishop Sullivan) |
| Hannah Giangaspro | Fr. | St. Johns, Fla. (Bartram Trail) |
| Emily Harding | Fr. | Sarasota, Fla. (Sarasota) |
| Helena Harding | Fr. | Roanoke, Va. (Hidden Valley) |
| Meri Heneage | R-Fr. | Lexington, S.C. (Lexington) |
| Kaleigh Higgins | Jr. | Niskayuna, N.Y. (Niskayuna) |
| Ashley Hrubala | Fr. | Roebuck, S.C. (Dorman) |
| Christine Kent | Jr. | San Diego, Calif. (Cathedral) |
| Jill Lampe | R-Fr. | Downingtown, Pa. (Bishop Shanahan) |
| Kayla Lampe | R-Jr. | Downingtown, Pa. (Bishop Shanahan) |
| Martha McCoy | So. | Johnson City, Tenn. (Science Hill) |
| Anna McElrath | Fr. | Charlotte, N.C. (Independence) |
| Ashley Miller | R-So. | North Myrtle Beach, S.C. (North Myrtle Beach) |
| Melanie Ng | So. | Winterville, N.C. (Arendell Patriot Academy) |
| Caitlin Potter | Fr. | Lincolnton, N.C. (North Lincoln) |
| Mary Reiser | So. | Annapolis, Md. (St. Mary's) |
| Regina Schreiber | Fr. | Gaithersburg, Md. (Quince Orchard) |
| Allie Sprague | Fr. | Marengo, Ill. (Marengo Community) |
| Sarah Taylor | Fr. | Chester Springs, Pa. (Owen J. Roberts) |
| Anna Todd | Jr. | Spartanburg, S.C. (Spartanburg) |
| Kaylee Wessel | Fr. | St. Charles, Ill. (St. Charles North) |
| Allie Whitley | Jr. | Denver, N.C. (East Lincoln) |
| Brandy Wybersky | Jr. | Manassas, Va. (Osborn Park) |
| Monica York | Fr. | DeKalb, Ill. (DeKalb) |

Coaches

Head Track & Field Coach - Curtis Frye (18th year)

Assistant Track & Field Coach for Distance/Cross Country - Andrew Allden (2nd year)

2013 SOUTH CAROLINA CROSS COUNTRY

PROGRESSIONS (FINAL)

Stephanie Berger • 5-3 • So. • West Salem, Ohio

| Date | Meet | Dis. | Finish | Time |
|-------|---|------|--------|----------|
| 8/30 | Carolina Challenge | 5K | 19th | 19:43.82 |
| 9/14 | Mountain Dew Invitational | 6K | 49th | 23:02.35 |
| 9/28 | Roy Griak Invitational | 6K | 232nd | 23:57.65 |
| 10/11 | Royal Challenge | 5K | 15th | 18:04.5 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 109th | 22:50.47 |
| 11/1 | SEC Championship | 6K | 86th | 22:56.06 |
| 11/15 | NCAA Southeast Regional | 6K | 122nd | 22:47.3 |

Penny Boswell • 5-2 • Sr. • Winchester, Ohio

| Date | Meet | Event | Finish | Time/Mark |
|-------|---|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 7th | 19:08.19 |
| 9/14 | Mountain Dew Invitational | 6K | 64th | 23:21.65 |
| 9/28 | Roy Griak Invitational | 6K | 239th | 24:05.75 |
| 10/11 | Royal Challenge | 5K | 23rd | 18:14.4 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 142nd | 23:13.76 |
| 11/1 | SEC Championship | 6K | 89th | 23:03.76 |
| 11/15 | NCAA Southeast Regional | 6K | 152nd | 23:08.5 |

Previous Bests

| | | | | |
|------|------------------------------|----|------|----------|
| 11/9 | 2012 NCAA Southeast Regional | 6K | 89th | 22:16.22 |
|------|------------------------------|----|------|----------|

Tyler Brockington • Fr. • Greensboro, N.C.

| Date | Meet | Event | Finish | Time/Mark |
|------|--------------------------|-------|--------|-----------|
| 10/2 | Gamecock Invitational #2 | 2M | 25th | 14:56.53 |

Brittany Day • Fr. • Rockleigh, N.J.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 35th | 20:47.66 |
| 9/6 | Gamecock Invitational #1 | 5K | 8th | 20:18.35 |
| 9/14 | Mountain Dew Invitational | 6K | 70th | 23:24.93 |
| 9/28 | Roy Griak Invitational | 6K | 240th | 24:06.20 |
| 10/2 | Gamecock Invitational #2 | 2M | 9th | 12:28.95 |
| 10/11 | Royal Challenge | 5K | 74th | 19:23.5 |
| 10/19 | Indiana State Pre-National Invite (Open) | 6K | 100th | 25:22.30 |

Sarah Falta • 5-4 • Fr. • Seneca, S.C.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 32nd | 20:24.97 |
| 9/6 | Gamecock Invitational #1 | 5K | 6th | 19:58.52 |
| 9/14 | Mountain Dew Invitational | 6K | 67th | 23:23.24 |
| 9/28 | Roy Griak Invitational | 6K | 254th | 24:26.25 |
| 10/2 | Gamecock Invitational #2 | 2M | 6th | 12:13.47 |
| 10/11 | Royal Challenge | 5K | 41st | 18:47.9 |
| 10/19 | Indiana State Pre-National Invite (Open) | 6K | 64th | 23:38.84 |
| 11/1 | SEC Championship | 6K | 109th | 24:10.14 |

Meri Heneage • Fr. • Lexington, S.C.

| Date | Meet | Event | Finish | Time/Mark |
|------|--------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 29th | 20:21.68 |

Kaleigh Higgins • So. • Niskayuna, N.Y.

| Date | Meet | Event | Finish | Time/Mark |
|------|--------------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 53rd | 21:22.40 |
| 9/6 | Gamecock Invitational #1 | 5K | 18th | 21:50.15 |

Christine Kent • 5-5 • So. • San Diego, Calif.

| Date | Meet | Event | Finish | Time/Mark |
|-------|---|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 12th | 19:33.67 |
| 9/14 | Mountain Dew Invitational | 6K | 62nd | 23:12.26 |
| 9/28 | Roy Griak Invitational | 6K | 184th | 23:18.10 |
| 10/11 | Royal Challenge | 5K | 26th | 18:19.2 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 127th | 23:02.14 |
| 11/1 | SEC Championship | 6K | 98th | 23:25.49 |
| 11/15 | NCAA Southeast Regional | 6K | 172nd | 23:21.3 |

Previous Best 6K

| | | | | |
|------|------------------------------|----|-------|----------|
| 11/9 | 2012 NCAA Southeast Regional | 6K | 138th | 22:53.24 |
|------|------------------------------|----|-------|----------|

Liz Locke • Jr. • Mickleton, N.J.

| Date | Meet | Event | Finish | Time/Mark |
|------|--------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 43rd | 20:59.32 |

Previous Bests

| | | | | |
|-------|------------------------------|----|-------|----------|
| 9/3 | 2010 Gamecock Invitational | 5K | 9th | 18:28.72 |
| 11/13 | 2010 NCAA Southeast Regional | 6K | 128th | 22:48.0 |

Lannon McCoy • So. • Chapin, S.C.

| Date | Meet | Event | Finish | Time/Mark |
|------|--------------------------|-------|--------|-----------|
| 9/6 | Gamecock Invitational #1 | 5K | 10th | 20:35.31 |

Previous Bests

| | | | | |
|------|--|----|------|---------|
| 9/3 | 2012 Gamecock Invitational | 5K | 16th | 19:30.9 |
| 9/28 | 2012 Charlotte Invitational Green Race | 6K | 12th | 23:38.1 |

Martha McCoy • 5-8 • Fr. • Johnson City, Tenn.

| Date | Meet | Event | Finish | Time/Mark |
|-------|---|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 10th | 19:33.00 |
| 9/14 | Mountain Dew Invitational | 6K | 42nd | 22:43.77 |
| 9/28 | Roy Griak Invitational | 6K | 197th | 23:25.70 |
| 10/11 | Royal Challenge | 5K | 27th | 18:21.9 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 150th | 23:19.50 |
| 11/1 | SEC Championship | 6K | 92nd | 23:06.56 |
| 11/15 | NCAA Southeast Regional | 6K | 158th | 23:12.3 |

Meredith Mill • 5-4 • Jr. • Ellicott City, Md.

| Date | Meet | Event | Finish | Time/Mark |
|-------|---|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 4th | 18:49.26 |
| 9/14 | Mountain Dew Invitational | 6K | 7th | 21:39.34 |
| 9/28 | Roy Griak Invitational | 6K | 60th | 22:11.55 |
| 10/11 | Royal Challenge | 5K | 2nd | 17:03.6 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 9th | 21:20.52 |
| 11/1 | SEC Championship | 6K | 15th | 20:57.38 |
| 11/15 | NCAA Southeast Regional | 6K | 27th | 21:17.4 |

Ashley Miller • So. • North Myrtle Beach, S.C.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--------------------------|-------|--------|-----------|
| 10/2 | Gamecock Invitational #2 | 2M | 10th | 12:31.75 |
| 10/11 | Royal Challenge | 5K | 76th | 19:25.9 |

2013 SOUTH CAROLINA CROSS COUNTRY PROGRESSIONS (FINAL)

Alex Mullin • 5-6 • Jr. • Lakesite, Tenn.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 34th | 20:40.22 |
| 9/6 | Gamecock Invitational #1 | 5K | 5th | 19:48.58 |
| 9/14 | Mountain Dew Invitational | 6K | 88th | 23:54.86 |
| 10/2 | Gamecock Invitational #2 | 2M | 5th | 12:11.33 |
| 10/11 | Royal Challenge | 5K | 37th | 18:43.8 |
| 10/19 | Indiana State Pre-National Invite (Open) | 6K | 74th | 23:53.78 |
| 11/1 | SEC Championship | 6K | 107th | 24:00.41 |

Previous Bests

| | | | | |
|------|--|----|-----|---------|
| 9/28 | 2012 Charlotte Invitational Green Race | 6K | 8th | 23:30.7 |
|------|--|----|-----|---------|

Melanie Ng • Fr. • Winterville, N.C.

| Date | Meet | Event | Finish | Time/Mark |
|-------|---------------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 14th | 19:34.71 |
| 9/14 | Mountain Dew Invitational | 6K | 54th | 23:06.93 |
| 9/28 | Roy Griak Invitational | 6K | 269th | 24:52.05 |
| 10/11 | Royal Challenge | 5K | 80th | 19:29.3 |

Sarah Pellegrini • Jr. • Sayville, N.Y.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--------------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 37th | 20:51.60 |
| 9/6 | Gamecock Invitational #1 | 5K | 14th | 21:04.31 |
| 10/2 | Gamecock Invitational #2 | 2M | 14th | 13:06.67 |
| 10/11 | Royal Challenge | 5K | 104th | 19:53.6 |

Previous Bests

| | | | | |
|------|-----------------------------|----|-------|----------|
| 9/17 | 2011 Winthrop Invitational | 5K | 25th | 19:26.69 |
| 9/24 | 2011 Roy Griak Invitational | 6K | 246th | 24:34.5 |

Mary Reiser • 5-5 • Fr. • Annapolis, Md.

| Date | Meet | Event | Finish | Time/Mark |
|-------|---|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 8th | 19:09.51 |
| 9/14 | Mountain Dew Invitational | 6K | 12th | 21:55.00 |
| 9/28 | Roy Griak Invitational | 6K | 130th | 22:50.10 |
| 10/11 | Royal Challenge | 5K | 5th | 17:39.0 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 33rd | 21:53.20 |
| 11/1 | SEC Championship | 6K | 33rd | 21:33.77 |
| 11/15 | NCAA Southeast Regional | 6K | 29th | 21:21.3 |

Erika Rucker • So. • Flowery Branch, Ga.

| Date | Meet | Event | Finish | Time/Mark |
|------|--------------------------|-------|--------|-----------|
| 10/2 | Gamecock Invitational #2 | 2M | 17th | 13:24.67 |

Haley Saxby • Fr. • Columbia, S.C.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 69th | 23:04.27 |
| 10/11 | Royal Challenge | 5K | 218th | 22:27.1 |

Courtney Swink • So. • Brookville, Ohio

| Date | Meet | Event | Finish | Time/Mark |
|-------|---------------------------|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 46th | 21:09.79 |
| 9/6 | Gamecock Invitational #1 | 5K | 9th | 20:21.94 |
| 9/14 | Mountain Dew Invitational | 6K | 108th | 24:22.47 |
| 10/11 | Royal Challenge | 5K | 101st | 19:52.1 |

Previous Bests

| | | | | |
|-------|----------------------|----|------|---------|
| 10/12 | 2012 Royal Challenge | 5K | 90th | 19:41.9 |
|-------|----------------------|----|------|---------|

Anna Todd • 5-10 • So. • Spartanburg, S.C.

| Date | Meet | Event | Finish | Time/Mark |
|-------|---|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 41st | 20:57.28 |
| 9/6 | Gamecock Invitational #1 | 5K | 1st | 19:04.26 |
| 9/14 | Mountain Dew Invitational | 6K | 23rd | 22:20.50 |
| 9/28 | Roy Griak Invitational | 6K | 154th | 23:04.90 |
| 10/11 | Royal Challenge | 5K | 11th | 17:59.8 |
| 10/19 | Indiana State Pre-National Invite (White) | 6K | 70th | 22:22.84 |
| 11/1 | SEC Championship | 6K | 90th | 23:04.06 |
| 11/15 | NCAA Southeast Regional | 6K | 113th | 22:42.2 |

Allie Whitley • So. • Stanley, N.C.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 24th | 20:08.05 |
| 9/14 | Mountain Dew Invitational | 6K | 73rd | 23:31.73 |
| 9/28 | Roy Griak Invitational | 6K | 262nd | 24:40.90 |
| 10/2 | Gamecock Invitational #2 | 2M | 4th | 12:05.96 |
| 10/11 | Royal Challenge | 5K | 43rd | 18:50.6 |
| 10/19 | Indiana State Pre-National Invite (Open) | 6K | 88th | 24:15.91 |

Brandy Wybersky • 5-4 • So. • Manassas, Va.

| Date | Meet | Event | Finish | Time/Mark |
|-------|--|-------|--------|-----------|
| 8/30 | Carolina Challenge | 5K | 13th | 19:33.80 |
| 9/14 | Mountain Dew Invitational | 6K | 68th | 23:24.27 |
| 9/28 | Roy Griak Invitational | 6K | 238th | 24:04.95 |
| 10/2 | Gamecock Invitational #2 | 2M | 2nd | 11:54.03 |
| 10/11 | Royal Challenge | 5K | 45th | 18:52.1 |
| 10/19 | Indiana State Pre-National Invite (Open) | 6K | 76th | 23:54.86 |
| 11/1 | SEC Championship | 6K | 108th | 24:03.55 |

Italics means personal-best time at South Carolina (5K and 6K only)