


DISTANCES


MEN'S TEAM

DISTANCES



SANGO ASANTE

DISTANCES
FR. // FR.
CHARLESTON, S.C. // STRATFORD




ISAIAH HILTON

MIDDLE DISTANCES
SO. // SO.
JESUP, GA. // WAYNE COUNTY

HIGH SCHOOL: Top marks of 16:05 in the 5000m and 9:50 in the 3200m while competing at Stratford High School in Goose Creek, S.C....2012 Footlocker Senior All-South Team...2012 South Carolina All-State Cross Country Team...2012 South Carolina team state runner-up...two-time South Carolina All-State Track Team


COLLEGIATE BESTS
 800m (1:56.90)

2012: Indoors, competed in the 500m, 800-yard and 800m, placed 4th in the 800-yard at the Gamecock Indoor Open and 2nd at the Gamecock Invitation with a top time of 2:05.73...outdoors, competed in the 800m...placed 4th at the Gamecock Open...ran a season-best 1:56.90 at the SEC Outdoor Championships



THOMAS GAITHER

MIDDLE DISTANCES
SO. // SO.
BOWIE, MD. // DEMATHA CATHOLIC



KEVIN KEATING

MIDDLE DISTANCES
SO. // SO.
HAMILTON, OHIO // STEPHEN T. BADIN


COLLEGIATE BESTS
 800m (1:53.66)

2012: Indoors, competed in the 400m, 500m and 800m...placed 4th at the Virginia Tech Invitational in the 500m with a time of 1:05.88...logged a time of 1:57.98 at SEC Indoor Championships in the 800m...competed in the NCAA Last Chance Qualifiers, placing 12th...ran leadoff for the DMR that placed 5th at SEC Indoor Championships with a time of 9:59.81...outdoors...competed in the 800m...ran a season-best time of 1:53.66 at Bob Pollack to place 10th...ran at the SEC Outdoor Championships

COLLEGIATE BESTS
 800m (1:54.61)

2012: Indoors, competed in 800m...ran a season best 1:56.89 at the SEC Indoor Championships...Outdoors, competed in the 800m...ran a season-best 1:54.61 at the SEC Championships

HIGH SCHOOL: Top time of 1:53.54 in the 800m ... USA Outdoor champion in the 800m dash ... two-time silver medalist in the 800m at the WCAC Championships ... competed in the 800m at the USATF Junior Olympics, taking sixth overall at 1:54.60 ... won the 800m at the New Balance Outdoor Nationals at a school-record time of 1:55.60 ... placed 20th in the 400m at the New Balance Indoor Nationals.



DREW GALANG

MIDDLE DISTANCES
FR. // FR.
CLEVELAND, OHIO // ST. IGNATIUS

HIGH SCHOOL: Top marks of 1:55 in the 800m and 50.0 in the 400m...three time All-Ohio in the 4x800m...4x800m Indoor State Champion in 2012...member of the 2009 cross country team state champion and the 2011 team state runner-up...two-time track team MVP



KEVIN KEATING

MEN'S TEAM

DISTANCES



DANIEL NOVAK

MIDDLE DISTANCES

SO. // SO.

GLEN ALLEN, VA. // DEEP RUN

COLLEGIATE BESTS

800m (1:57.58)

1500m (4:03.28)

2012: Indoors, competed unattached in the mile run at the Gamecock Invitational, taking third with a 4:44.81...Outdoors, competed in the 800m and 1500m...ran a season best 1:57.58 in the 800m at the North Florida Invitational...placed second at the Gamecock Open in the 1500m...top mark of 4:03.28 in the 1500m at Spec Towns Invitational

HIGH SCHOOL: Top times of 1:55.21 in the 800m, 2:33.36 in the 1000m, 4:20.15 in the 1600m and 9:49.48 in the 3200m ... State qualifier in the 800m and 1600m ... Ranked No. 12 in Virginia in the 800m ... took third in the 1600m at the 3A Region meet.



ROBERT RAZICK

MIDDLE DISTANCES

R-SR. // R-SR.

FLORENCE, S.C. // WILSON

COLLEGIATE BESTS

1500m (3:49.84)

3000m (8:29.84)

Mile (4:12.08)

2012: Indoors, competed in the 800m, mile and 3000m...won the mile at the Virginia Tech Invitational...top time of 4:12.08 at the Rod McCravy Memorial to take 8th... placed 3rd at the Virginia Tech Invitational in the 3000m with a time of 8:29.84... placed 14th in the preliminaries at the SEC Indoor Championships...ran a 4:07 anchor leg in the DMR at the SEC Indoor Championships for a team that placed 5th with a time of 9:59.81. Outdoors, competed in the 800m and the 1500m...finished 11th in his only outdoor appearance in the 800m with a time of 1:55.54...won the Weems Baskin Invitational in the 1500m...ran a season best 3:49.84 in the 1500m in the preliminary round of the SEC Outdoor Championships and finished 11th overall.

2011: Indoors, competed in the 800m, 1000m, mile and 3000m ... ran 8:36.85 to take fourth in the 800m at the Virginia Tech Invitational ... top time of 2:31.07 in the 1000m ... 15th in the 3000m at the SEC Indoor Championships at 8:36.16... placed 9th in the 1500m at the SEC Outdoor Championships

2010: Indoors, competed in the mile and 3000m ... in the 3000m, had a top time of 9:02.47 at the Virginia Tech Invitational ... had a top time of 4:16.63 in the mile at the Tyson Invitational ... placed 22nd at the SEC Indoor Championships at 4:28.43.


HIGH SCHOOL: Coached by Joe Montgomery at Wilson High School ... 2008 region champion in the 800m, 1600m, 3200m and 4x800m relay ... named region track athlete of the year (2008) ... top times of 4:45 in the 1600m and 2:03 in the 800m ... lettered in track, tennis and golf.



ROBERT RAZICK

MEN'S TEAM

DISTANCES



DREW RICCI

MIDDLE DISTANCES

JR. // R-SO.


POTOMAC, MD. // THOMAS S. WOOTTON

COLLEGIATE BESTS	
800m (1:52)	1000m (2:41.75)

2012: Indoors, competed in the 800m and 1000m... had a best time of 1:56.08 in the 800m to finish 15th...finished 14th at the Tiger Paw Invitational in the 1000m, running 2:41.75...did not compete in the outdoor season

2011: Indoors, competed in the 800m ... ran 1:58.89 to place 20th at the SEC Indoor Championships ... took second at the Gamecock Indoor Open and third at the Gamecock Invitational ... competed in the 500m at the Tiger Paw Invitational at 1:09.61.

HIGH SCHOOL: Placed seventh in the 4A West Region meet with a time of 2:00.18 in the 800m.



ALEX SULLIVAN

MIDDLE DISTANCES


FR. // FR.

NORTHAMPTON, MA. // NORTHAMPTON

HIGH SCHOOL: Personal bests of 1:24 in the 600m, 1:56 in the 800m, 2:32 in the 1000m, 4:26 for the mile and 16:01 in the 5K while competing at Northampton High School in Northampton, Mass....three-time Western Mass. 1000m champion...two-time Western Mass. 800m champion...two-time PVIAC 1 mile champion...holds the school record for the 1000m and the 4x400m

WOMEN'S TEAM

DISTANCES



STEPHANIE BERGER


DISTANCES

FR. // FR.

WEST SALEM, OHIO // NORTHWESTERN

SOUTH CAROLINA CROSS COUNTRY: Competed on the 'B' team in her first season on the cross country squad in 2012...ran a personal best of 19:18.4 at the Queens Royal Challenge.

HIGH SCHOOL: Collected six varsity letters, four in track and two in cross country in her high school career...owns school records in the 1,600-meter run, 3,200-meter run and the 5K.



PENNY BOSWELL

DISTANCES

JR. // JR.

WINCHESTER, OHIO // CANAL

SOUTH CAROLINA CROSS COUNTRY: In 2011, was a top five runner for South Carolina ... crossed second for the Gamecocks at the SEC Championships to finish 68th ... competed for the Gamecocks at the NCAA Southeast Regional. In 2012, turned in a PR of 22:16.22 to finish 89th at the NCAA Southeast Regional Championships as the Gamecocks claimed their highest finish in the event since 1994...was a team Co-Captain.

2012: Indoors, competed in the 3000m...top time of 10:17.67 at the SEC Indoor Championships to finish 19th in the prelims...ran the third leg of the DMR that placed 12th at SEC Indoor Championships...Outdoors, competed in the 5000m and 10000m...placed second at the Spec Towns Invitational in the 5000m...top 5000m time of 17:22.05 at the Shamrock Invitational...registered a 36:53.83 at the North Florida Invitational in the 10000m.

2011: Indoors, competed in the 3000m with a top time of 10:35.91 to win the Gamecock Invitational ... outdoors, competed in the 1500m and 5000m ... in the 1500m, had a top time of 4:57.86 ... in the 5000m, placed 34th at the SEC Outdoor Championships ... had a top time of 17:49.39 at the Florida Relays.


HIGH SCHOOL: Competed in cross country and track at Canal Winchester ... two-time state qualifier and two-time All-Ohio ... 3000m and 1500m Department of Defense Dependents Schools European Track & Field champion.



PENNY BOSWELL

WOMEN'S TEAM

DISTANCES



BRYTTIN BOYDE

DISTANCES


SO. // SO.

MAGNOLIA, TEXAS // MAGNOLIA

SOUTH CAROLINA CROSS COUNTRY: In 2011, competed four times ... had a top time of 19:37 at the Charlotte Invitational. In 2012, did not compete.

2012: Indoors...ran the mile unattached, twice...recorded a best of 5:37.19 at the Gamecock Invitational...competed twice in the outdoor season, running the 1500m at the Shamrock Invitational and winning the 5000m in the Gamecock Open with a time of 19:24.17

HIGH SCHOOL: Individual regional qualifier in cross country as well as a state and regional qualifier as a team ... Two-time all-district selection in cross country and track ... three-time All-District Academic athlete ... Team captain ... Texas State Farm Scholar Athlete and All-Montgomery County Scholar Athlete of the Year for 2010.



LYDIA DAVIS

DISTANCES


JR. // JR.

GREENVILLE, S.C. // ANDERSON

SOUTH CAROLINA CROSS COUNTRY: Did not compete in her first season at South Carolina.

AT ANDERSON UNIVERSITY: As a freshman, Davis was named SAC Freshman Runner of the Year. Davis also won the Division II Southeast Regional championship in the 800 as a freshman. Her sophomore year at Anderson was filled with injuries, which hindered her progress.

HIGH SCHOOL: Recorded top marks of 2:16 in the 800m, 5:15 in the 1600m, 11:30 in the 3200m and competed in the 4x800m relay as well at East Side High in Greenville, S.C....All-State selection in cross country...two time All-State selection in track...two-time All-Region selection in both track (2009 and 2010) and cross country (2008 and 2009)



MARY FOUSE

DISTANCES

FR. // FR.

GREAT FALLS, VA. // LANGLEY

SOUTH CAROLINA CROSS COUNTRY: In 2012, competed in every event and recorded a PR of 22:04.86 to place 64th at the SEC Cross Country Championships.

HIGH SCHOOL: Top marks of 19:37 in the 5000m, 18:17 in the 3 mile and 11:32 in the 3200m while competing at Langley High School in McLean, Va...indoor district champion in the 4x800m and 3200m.. indoor All-Region in the 3200m...competed at the National Scholastic Indoor Championships in the 4x800m in 2010...Leader-

ship Award winner for indoor and outdoor track in 2012...All-Region cross country selection



MARY FOUSE



WOMEN'S TEAM

**CHELSEA FRANCE****DISTANCES****GR. // GR.****DUBLIN, OHIO // VIRGINIA**

SOUTH CAROLINA CROSS COUNTRY: Recorded a PR of 21:23.67 to finish 23rd at the SEC Cross Country Championships. Competing in all but one event on the season, France was the second Gamecock to cross the finish line in all of her appearances.

AT VIRGINIA: Scored for UVA at the NCAA Southeastern Regional Championships with a time of 21:26 for the 6K, the team finished first overall to earn a birth in the NCAA Championships...in track, had her first attempt at the 3,000m steeplechase with a time of 10:50.05, recorded a 10:23 in her second attempt competing unattached...completed the season with an unattached 5K with a time of 16:23...All-ACC Academic Team athlete

HIGH SCHOOL: Five-time state qualifier, three-time All-Region and five-time All-Ohio Academic Team...six-time All-District and All-Conference athlete at Dublin Coffman High School

**KAYLA GREESON****MIDDLE DISTANCES****FR. // FR.****COCOA BEACH, FLA. // COCOA BEACH**

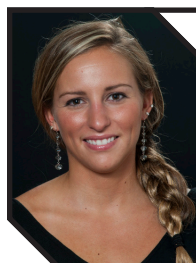
SOUTH CAROLINA CROSS COUNTRY: Did not compete in 2012.

HIGH SCHOOL: Top marks of 2:21 in the 800m and 19:58 in the 5K...Cocoa Beach High School Female Athlete of the Year Award recipient in 2009...Cross Country Coach's Award 2008 and 2011...four-time individual state qualifier in track...four-time All-Conference track selection...placed fourth at the Florida State Championships in the 4x800m relay in 2011

**ANNIE GROVE****DISTANCES****FR. // FR.****EL SEGUNDO, CALIF. // BISHOP MONTGOMERY**

SOUTH CAROLINA CROSS COUNTRY: In 2012, made three appearances and recorded a PR of 23:29.81 at the Vanderbilt Pre-SEC Invitational before an ankle injury ended her season

HIGH SCHOOL: Earned 12 varsity letters in cross country, soccer, and track & field...qualified for two California State Cross Country Championships as an individual, with a 15th- place finish in 2009 and a 21st-place finish in 2010...four-time CIF Southern Section finalist and earned All-CIF honors (top 10) in 2010...captured six individual league titles and was captain of both the cross country and track & field teams in her junior and senior years...holds PRs of 17:21 in the three- mile and 11:28 in the 3,200-meter run...named 2011-2012 Sportswoman of the Year and also was a three-time winner of the Distinguished Athlete Award at Bishop Montgomery.

**JESSICA HARTMAN****DISTANCES****R-JR. // R-JR.****CENTREVILLE, VA. // WESTFIELD**

SOUTH CAROLINA CROSS COUNTRY: In the 2012 season, did not compete...In 2011, was South Carolina's sixth finisher at the SEC Championships ... competed in four meets as a top six runner for the Gamecocks ... in 2010, competed twice with a top time of 20:17 at the Gamecock Invite ... in 2009, competed once at the Winthrop Invitational.

2012: Did not compete.

2011: Indoors, competed in the 800m with a time of 2:29.61 to take third at the Gamecock Invitational ... competed unattached in the mile twice with a top time of 5:28.49 at the Gamecock Invitational ... outdoors, competed in the 1500m with a top time of 4:53.19 at the Bob Pollack Invitational ... also competed once in the 5000m and once in the 800m with a top time of 2:23.34.

**CHELSEA FRANCE**

WOMEN'S TEAM

DISTANCES

2010: Did not compete indoors ... outdoors, competed in the 800m and 1500m ... had a top time of 2:24.60 in the 800m ... won the 1500m at the USC State Meet at 5:05.78.

HIGH SCHOOL: Coached by Kelly Deegan and Scot Razcko at Westfield High School ... lettered all four years in track and cross country ... top times of 2:19 in the 800m and 5:18 in the 1600m.



LAUREN KAHRE

MIDDLE DISTANCES

FR. // FR.

CARMEL, IND. // CARMEL

SOUTH CAROLINA CROSS COUNTRY: In 2012, competed in three events and recorded a PR of 23:29.5 at the NCAA Preview Meet in Louisville, Ky.

HIGH SCHOOL: Three-time 4x800m Indiana State Champion...800m All-State, All-Sectional and All-Conference selection...Academic All-Conference selection



CHRISTINE KENT

DISTANCES

FR. // FR.

SAN DIEGO, CALIF. // CATHEDRAL

SOUTH CAROLINA CROSS COUNTRY: In the 2012 season, competed in the Gamecock Invitational(5K), recording a time of 20:12 to finish 25th. In 2011, competed in three meets ... had a top time of 19:39 at the Charlotte Invitational.

2012: Indoors, competed in the 3000 yard run twice unattached....recorded a best of 10:38.47 to win the Gamecock Invitational...Outdoors, ran the 5000m...top mark of 18:43.69 at the Shamrock Invitational...placed seventh at the Spec Towns Invitational.

HIGH SCHOOL: Three sport letterwinner in cross country, track and swimming ... two-time Georgia state qualifier in cross country ... All-Cobb County Team selection ... three-time team Distance MVP award winner ... holds Marietta school records in the 5K (19:27), 3200m (11:35), 1600m (5:18) and pole vault.

SOUTH CAROLINA CROSS COUNTRY: Recorded a PR of 22:53.24 at the NCAA Southeast Regional Meet as she competed in every meet for the Gamecocks

HIGH SCHOOL: Four-year varsity letter athlete in cross country and track and field... helped her team win two CIF San Diego Section Championships and earn two fourth place finishes at the state meet...cross country accolades include: 18:53 5K at Woodward Park, 18:36 on the infamous 2.95 mile Mt. SAC course and a 16:21 mark on the 2.75 mile Morley Field (Foot Locker) course...track and field accomplishments include: 11:17 mark in the 3,200-meter run at the Escondido Invite and 5:15 in the 1600-meter run at the Arcadia Invitational...captain of both the cross country and track teams.



KAYLA LAMPE

DISTANCES

FR. // SO.

DOWNINGTON, PA. // BISHOP SHANAHAN

SOUTH CAROLINA CROSS COUNTRY: Did not compete in 2012.

HIGH SCHOOL: Top marks of 58.7 in the 400m, 1:36.99 in the 600m, 2:12.6 in the 800m, 3:00.27 in the 100m and 4:47.8 in the 1500m while competing at Niskayuna High School in Niskayuna, NY...2012 Dunkin Donuts Regional Scholar Athlete...2012 Lynn Cleveland Track and Field Award...state champion in the 2012 intersectional relay...placed fourth in the 600m at the 2011 NY state championships...2012 sectional champion in the 800m...MVP for indoor and outdoor track 2010-12...Section 2 All-Star for the 600m in 2011...two-time New Balance and Nike Nationals qualifier.

SOUTH CAROLINA CROSS COUNTRY: In 2012, was South Carolina's top finisher in every meet of the season, including wins at the Gamecock Invitational and NCAA Pre-Nationals. Earned All-Region cross country honors after finishing eighth at the NCAA Southeast Regional Championships, missing NCAA Finals by one place... earned SEC All-Freshman honors.

2012: Did not compete in indoor season. Ran the 5000m in outdoors, taking first at the Spec Towns Invitational...placed eighth, scoring for the Gamecocks, at SEC Outdoor Championships with her top mark of 16:55.82 making her the fastest freshman in the event in South Carolina history

HIGH SCHOOL: Had top times of 18:20 in the 5K and 11:18 in the 3200m ... three-time PIAA state qualifier and a medalist in 2009 ... finished 14th in the state of Pennsylvania in 2009 ... Second Team All-State selection ... three-time district qualifier in track.



KALEIGH HIGGINS

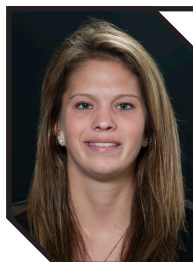
MIDDLE DISTANCES

FR. // FR.

NISKAYUNA, N.Y. // NISKAYUNA



WOMEN'S TEAM

**KAYLA LAMPE****ELIZABETH "LIZ" LOCKE****DISTANCES****JR. // SO.****MICKLETON, N.J. // KINGSWAY REGIONAL**

SOUTH CAROLINA CROSS COUNTRY: In 2012, did not compete...in 2011, missed part of the season due to injury but was a top five runner when healthy ... did not compete at NCAA Southeast Region and took 95th at SEC Championships ... had a top time of 18:34 ... in 2010, had top times of 18:23 in the 5K and 22:48 in the 6K ... a top seven runner for South Carolina ... placed fourth for South Carolina at the SEC Championships at 22:58.

2012: Indoors, competed in the 800m, 1000m and mile...finished 8th at the Virginia Tech Invitational...top mark in the 800m of 2:18.21 at the Tyson Invitational...top 1000m time of 3:01.84 to place ninth at the Virginia Tech Invitational...in the mile, had a top time of 5:14.56...Outdoors, did not compete

2011: Indoors, competed in the 800m and mile run ... in the 800m, had a top time of 2:16.04 ... in the mile, had a top time of 5:08.41 ... ran second leg of the DMR team that placed sixth at the SEC Indoor Championships at 11:46.13 ... outdoors, competed in the 800m ... had a top time of 2:16.71 at both the Shamrock and Spec Towns Invitations ... took 23rd in the prelims at the SEC Outdoor Championships.

HIGH SCHOOL: Bronze medalist in the 800m and 1600m at the New Jersey State Non-Public Championships ... had top times of 2:12 (800m) and 4:56 (1,600m) ... competed in track and cross country at Kingsway Regional High School.


**SHAINA MANUEL****DISTANCES****FR. // FR.****STAFFORD, VA. // COLONIAL FORGE**

SOUTH CAROLINA CROSS COUNTRY: Did not compete in 2012.

HIGH SCHOOL: Top marks of 18:29 in the 5K and 5:18 in the 1600m...selected to the Virginia All-State team for cross country...twice named MVP for her cross country team at Colonial Forge in Stafford, VA...three-time All-District and All-Region selection


WOMEN'S TEAM

DISTANCES



LANNON MCCOY

DISTANCES
FR. // FR.
CHAPIN, S.C. // CHAPIN



ASHLEY MILLER


MIDDLE DISTANCES
FR. // FR.
N. MYRTLE BEACH, S.C. // N. MYRTLE BEACH

SOUTH CAROLINA CROSS COUNTRY: In 2012, competed at three events, recording a PR of 23:49.50 at the NCAA Preview Meet...ran a 19:04 5k at the Gamecock Invitational

HIGH SCHOOL: Best of 19:50 in the 5K and 12:06 in the 3200m while competing at Chapin High School in Chapin, SC...four-time All-Region for cross country and track...four-time All-Area cross country and track


SOUTH CAROLINA CROSS COUNTRY: Did not compete in 2012.

HIGH SCHOOL: Bests of 2:14 in the 800m and 56.48 in the 400m...three-time region championship winner in the 4x800m...four-time state qualifier in the 4x400m...three-time state qualifier in the 4x800m...three-time region championship team in cross country...four-time first team All-Region in the 4x400m, 800m and the mile...three-time All-Region in the 4x800m...three-time track and field MVP...Most Valuable Senior Female Athlete and Scholar Athlete at North Myrtle Beach High School



MEREDITH MILL

DISTANCES
SO. // SO.
ELLCOTT CITY, MD. // HOWARD



ALEXANDRA MULLIN

DISTANCES
FR. // FR.
LAKE SITE, TENN. // NOTRE DAME HS

SOUTH CAROLINA CROSS COUNTRY: After missing the first half of the 2012 season due to injury, rebounded to record a PR of 22:25.67 at the NCAA Southeast Regional Meet as a Co-Captain of the team...in 2011, was a top seven runner for the Gamecocks in her first season on the team ... ran top times of 18:42 in the 5K and 23:28 in the 6K ... was the seventh Gamecock to cross at the SEC Championship ... missed the NCAA Southeast Regional due to illness.


SOUTH CAROLINA CROSS COUNTRY: In the 2012 season, made three appearances, registered a best of 23:54.3 at the NCAA Preview Meet...in 2011, competed twice as a freshman... ran a top time of 19:25 in the 5K, finishing 10th overall at the Gamecock Invitational.

2012: Outdoors, competed in the mile and the 3000m...top mile time of 5:03.99 at the Tiger Paw Invitational to claim sixth...finished 13th in the prelims in the mile at the SEC Outdoor Championships...ran a best 3000m time of 10:09.87 at the Rod McCravy Memorial...ran leadoff on the DMR team that claimed 12th at the SEC Indoor Championships running 11:58.87...Outdoors, competed in the 1500m and 3000m...placed third at the Shamrock Invitational in the 1500m...recorded a top mark in the 1500m of 4:35.11 at the North Florida Invitational...placed fifth at the Shamrock Invitational in the 3000m with a time of 10:05.12

2012: Outdoors, competed unattached in the 1500m run with a season best of 5:06.70

HIGH SCHOOL: Three sport letterwinner in soccer, cross country and track ... three-time state champion in 2007 with wins in the 800m, 3200m and 4x800m relay ... three-time all-state finisher in cross country, placing ninth, sixth and fifth ... four-time state qualifier in cross country ... member of three-time region championship team ... won a total of 11 medals at the Tennessee State Track Championships

HIGH SCHOOL: Two-time member of Maryland State Cross Country championship teams from 2006-07 ... top times of 2:19 in the 800m, 5:16 in the 1600m, and 20:20 in the 5K.



JESSICA MUSE

DISTANCES
SO. // SO.
ROSWELL, GA. // ROSWELL

SOUTH CAROLINA CROSS COUNTRY: In 2012, did not compete...in 2011, competed in two meets ... had a top time of 19:43.84 in the 5K at the Gamecock Invitational, placing 16th overall.

2012: Did not compete

HIGH SCHOOL: Three sport athlete in swimming, track and cross country ... top times of 2:18 in the 800m, 5:19 in the 1600m and 19:27 in the 5K ... four year qualifier for the Georgia State Championship cross country meet as a team ... state qualifier in the 800m ... two-time team MVP in cross country.



MEREDITH MILL

WOMEN'S TEAM

**SARAH PELLEGRINI****DISTANCES****FR. // FR.****SAYVILLE, N.Y. // SAYVILLE**

SOUTH CAROLINA CROSS COUNTRY: In 2012, did not compete...In 2011, was a top 10 runner for the Gamecocks in her first season on the team ... ran top times of 19:26 in the 5K and 24:34 in the 6K ... was the 10th Gamecock to cross at the SEC Championship with a time of 25:11.

2012: Did not compete.

HIGH SCHOOL: Two-time New York State qualifier in cross country ... in 2006, placed 37th individually and helped lead the team to a bronze medal finish ... two-time First Team All-League selection ... top times of 19:45 in the 5K, 10:53 in the 3000m, 5:26 in the 1600m and 2:27 in the 800m.

**ELLYN QUIGG****DISTANCES****SR. // SR.****ELLICOTT CITY, MD. // MOUNT HEBRON**

SOUTH CAROLINA CROSS COUNTRY: Did not compete in the 2012 season...in 2011, competed in three meets with a top time of 19:51 in the 5K ... in 2010, competed at the Charlotte Invitational ... in 2009, competed in two meets with a top time of 20:37 in the 5K at the Gamecock Invitational.

2012: Did not compete.

2011: Did not compete indoors ... outdoors, ran the 5000m at the Weems Baskin Invitational, placing ninth at 20:05.19.

2010: Ran the 5000m at the Weems Baskin Invitational, placing ninth at 20:02.58.

HIGH SCHOOL: Coached by Anthony Bell at Mt. Hebron High School ... lettered in cross country and track ... was a National Merit Commended Student.

**MEGAN ROTHER****DISTANCES****SR. // SR.****LANGHORNE, PA. // VILLA JOSEPH MARIE**

SOUTH CAROLINA CROSS COUNTRY: Made two appearances in the 2012 season, both 5K events, recording a top time of 19:40.20 at the Queens 5K...in 2011, was a top seven runner for the Gamecocks ... ran top times of 19:29 in the 5K and 24:23 in the 6K ... ran her season best 6K time at the NCAA Southeast Regional ... in 2010, competed in three meets ... in 2009, competed twice as a freshman with a top 5K time of 19:59.

2012: Indoors, competed in the 800m once at the Virginia Tech Invitational, placing 14th with a time of 2:24.96...competed in the mile three times, placing first at the Gamecock Indoor Open...recorded a top mile time of 5:25.79 at the Virginia Tech Invitational. Outdoors, competed in the 1500m...won the Gamecock Open...recorded a top time of 4:58.45 at the Weems Baskin Invitational.

2011: Outdoors, competed in the 800m ... had a top time of 2:20.95 at the Weems Baskin Invitational.

2010: Indoors, competed in the 800m ... had a top time of 2:19.64 at the Virginia Tech Invitational ... outdoors, competed in 1500m ... had a top time of 5:03.34 at the Weems Baskin Invitational.

HIGH SCHOOL: Coached by Cate Murway and John Gentile at Villa Joseph Marie High School ... six-time state qualifier ... Junior Olympic silver medalist in the 3,000m and holds multiple school records ... 2009 Pennsylvania state runner-up in the 4x400m and 4x800m relays ... bronze medalist at the 2007 Pennsylvania state meet in the 4x400m relay ... lettered in track, cross country and field hockey ... top times of 5:19 in the 1,600m and 2:20 in the 800m.

**MEGAN ROTHER**

WOMEN'S TEAM

DISTANCES




COURTNEY SWINK

DISTANCES

FR. // FR.

BROOKVILLE, OHIO // BROOKVILLE



ALLIE WHITLEY

DISTANCES

FR. // FR.


STANLEY, N.C. // EAST LINCOLN

SOUTH CAROLINA CROSS COUNTRY: Made two appearances in 5K events in 2012 recording a best of 19:41 at the Queens Royal Challenge.

HIGH SCHOOL: Bests of 2:25 in the 800m, 5:25 in the 1600m and 12:05 in the 3200m while competing at Brookville High School in Brookville, Ohio...two-time individual state qualifier in cross country...four-time SWBL Principle Scholar Athlete Award

SOUTH CAROLINA CROSS COUNTRY: Ran in two 5K events in 2012 registering a top mark of 20:14 at the Queens Royal Challenge.

HIGH SCHOOL: Ran three years on her high school's varsity cross country and track teams...also participated in swimming and soccer...was captain of both the cross country team and track team all three years she participated...has a 5K PR of 19:19.




ANNA TODD

DISTANCES

FR. // FR.

SPARTANBURG, S.C. // SPARTANBURG



KATIE WOOD

DISTANCES

FR. // FR.

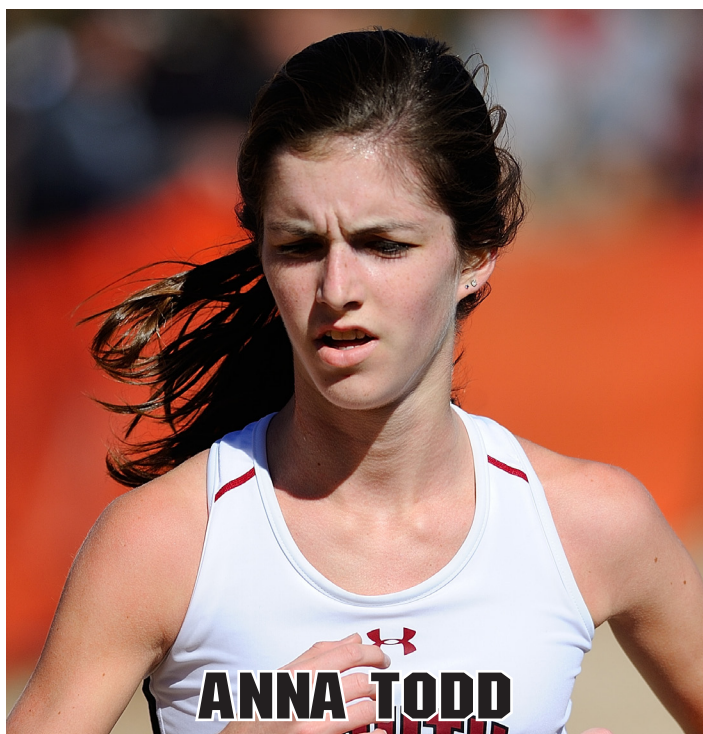
RICHMOND, VA. // MILLS GODWIN

SOUTH CAROLINA CROSS COUNTRY: Competed in all of South Carolina's events in 2012 recording a PR of 23:31.36 at the Charlotte Invitational

HIGH SCHOOL: Member of a state championship and runner-up cross country...named All-County and All-Region each year of high school in cross country and track...two-time All-State honoree in cross country and track...was team captain and MVP for three years...personal 5K record of 18:44...holds school records in the 800-meter run and the 1600-meter run and holds the Spartanburg county record in the 1600...state runner-up in both the 800 and the 1600 her junior year and was the state champion in the 800 her senior season with PRs of 2:15 for the 800 and 5:08 for the 1600.

SOUTH CAROLINA CROSS COUNTRY: Did not compete in 2012.

HIGH SCHOOL: Top marks of 5:26 in the 1600m, 11:38 in the 3200m and 19:20 in the 5000m...two-time cross country All-District...cross country All-Region selection...academic All-District and All-Region selection for cross country and indoor & outdoor track...indoor track All-District and All-Region selection...outdoor All-District and All-Region...outdoor state championship qualifier in 2011 at Mills Godwin High School in Richmond, VA



WOMEN'S TEAM



BRANDY WYBERSKY

DISTANCES

FR. // FR.

MANASSAS, VA. // OSBOURN PARK



LISA ZIMMER

DISTANCES

FR. // FR.

WYCKOFF, N.J. // RAMAPO

SOUTH CAROLINA CROSS COUNTRY: Competed in the 5K Gamecock Invitational in 2012, taking 10th place with a time of 19:06.

HIGH SCHOOL: Top marks of 2:19 in the 800m, 3:04 in the 100m, 5:13 in the 1600m, 11:29 in the 3200m and 19:06 in the 5000m...named MVP in 2010 and 2011 for cross country and 2012 for track at Osbourn Park High School in Manassas, VA... All-Region selection in 2010-12 for indoor and outdoor track and 2011 and 2012 for cross country...All-District pick...district champion in cross country in 2012 and indoor track in 2011.

SOUTH CAROLINA CROSS COUNTRY: Competed twice in 2012 - at the Queens Royal Challenge 5k (18:40) and the SEC Cross Country Championships (23:26).

HIGH SCHOOL: Began running track her junior year and cross country her senior...Big North League champion, two-time first-team All-County...competed in the 1,600m, 800m, 3,200m, and the 4x400m relay...competed at the section, group and state championship meet in the 1,600...after winning a 4x400m relay heat at Penn Relays, Zimmer ran leadoff in a race where they broke a 24-year-old county record by more than half a second (3:53)...qualifier in the state championship for the 4x400, 800, and 1,600 and chose to run the relay and the 1,600...Top marks of 56.9 in the 400m, 2:14.36 in the 800m and 5:01.2 in the 1,600m.



2012 SOUTH CAROLINA CROSS COUNTRY TEAM