



# SOUTH CAROLINA

## CROSS COUNTRY

### 2014 SCHEDULE

Date	Event	Location	Time/Result
8/30	<b>Carolina Invitational</b>	Columbia, S.C.	1st
9/13	<b>USC Open #1</b>	Columbia, S.C.	1st
9/26	Charlotte Invitational	Charlotte, N.C.	1st
10/4	Paul Short Run	Bethlehem, Pa.	10 a.m.
10/8	<b>USC Open #2</b>	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

### 41ST ANNUAL PAUL SHORT RUN

Lehigh Cross Country Course

Bethlehem, Pa.

Sat., Oct. 4, 2014

Women's Open 6K: 10 a.m.

Women's Gold 6K: 11:45 a.m.

Results: [LehighSports.com/PaulShort](http://LehighSports.com/PaulShort)

Video: <https://livecoverage.flotrack.org/event/188-paul-short-xc-invitational-2014>

### 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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Coming off of three-straight wins to open the season, the South Carolina cross country team is back on the road Saturday as the squad travels to Bethlehem, Pa., for the 41st Annual Paul Short Run at the Lehigh Cross Country Course. It will be the team's second 6K race in just over a week.

The meet is one of the largest in the country and is an all day event. This will be the toughest field to date that the Gamecocks will face, and possibly the strongest of the season, with 40-plus teams in the field, and more than 20 which are ranked in the top 15 of their regions. Additionally, three top 15 are in the women's field in Georgetown (No. 5) Florida State (No. 6), and Villanova (No. 13).

The Gamecocks will have 12 runners in the field, (Stephanie Berger, Hannah Giangaspro, Emily Harding, Meri Heneage, Christine Kent, Kayla Lampe, Ashley Miller, Caitlin Potter, Mary Reiser, Allie Sprague, Anna Todd, Monica York) Ten will run in the Gold 6K, while two others who will run in the Open 6K, including junior Kayla Lampe who is returning from injury.

### SUCCESSFUL START

With South Carolina's win on Sept. 26 at the Charlotte Invitational, the Gamecocks won their third-straight meet for the first time during the 2000s.

### TWICE IS NICE

With her individual win at the Charlotte Invitational, junior Anna Todd grabbed her second win in as many meets after sitting out South Carolina's first meet of the season. In the process of the win, Todd set a personal best in the 6K with a time of 21:58.9.



**SOCIAL MEDIA**

@GamecockXC



**USTFCCCA WOMEN'S NATIONAL POLL  
(WEEK 3, SEPT. 30)**

Rank	Team	Previous
1	Michigan (8)	1
2	Michigan State (3)	3
3	Oregon (1)	2
4	Stanford	4
5	Georgetown	5
6	Florida State	6
7	Arkansas	8
8	Colorado	7
9	Iowa State	9
10	Virginia	10
11	Syracuse	14
12	New Mexico	12
13	Villanova	13
14	North Carolina	30
15	Washington	15
16	Wisconsin	16
17	Boise State	20
18	Boston College	17
19	Oklahoma State	19
20	Providence	18
21	Dartmouth	25
22	William and Mary	26
23	West Virginia	21
24	Baylor	RV
25	Arizona State	RV
26	Minnesota	28
27	Vanderbilt	22
28	Virginia Tech	23
29	Butler	11
30	Penn State	27

Others Receiving Votes: SMU 22, NC State 20, BYU 16, Northern Arizona 11, Toledo 8, Rice 6, Ohio State 1, Princeton 1, New Hampshire 1

Dropped Out: No. 24 SMU, No. 29 NC State

**EXPERIENCE RISING TO THE TOP**

With 15 freshman, 13 being true freshmen, on this year's roster, several of the team's most experienced runners have been stepping up this season. Todd and fellow junior Stephanie Berger have accounted for the team's three individual wins. The two, along with junior Christine Kent and sophomore Mary Reiser have not finished outside of the top eight in any of Carolina's three meets this season.

**15**

Although Carolina has won its opening two meets several times since 2000, one thing the team has not done until this season is score a perfect 15 points in each of its opening wins.

**REGIONALLY RANKED**

The team, which returned the majority of its runners from last season when it finished 14th at the Southeast Regional, is currently ranked 15th in the Southeast Region by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

**SEEING GARNET IN THE FRONT**

In its opening two meets, South Carolina runners have continuously finished one after another. At the Gamecock Invitational, Carolina went 1-9 and placed 13 runners in the top 15. Two weeks later, at the USC Open #1, the Gamecocks had 17 racers finish in the top 20.

**BERGER GETS FIRST WIN**

At the opening meet of the season, the Carolina Invitational, Berger earned the first win of her Gamecock career. The West Salem, Ohio, native clocked in at 19:00.65, to lead a pack of eight Gamecocks, as Carolina finished 1-9.

**STARTING FAST**

The win at the Carolina Invitational marked the third time in the last four years that South Carolina claimed a win in its season-opening meet.

**FRESHMEN STEPPING UP**

Of the eight freshmen that competed for the Gamecocks in the opening meet, six being true freshmen, all eight finished in the top 15. True freshman Allie Sprague was the top finisher of the group, claiming second with a time of 19:14.26.

Two weeks later, the Gamecocks again placed eight freshmen in the top 15, with seven being true freshmen. Hannah Giangaspro led the group with a third-place finish with a time of 18:50.46. She was one of four runners with a sub-19-minute time.

**REISER LEADING THE WAY**

Reiser is 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 Reiser on this year's SEC Cross Country Preseason Watch List is 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 Reiser (sophomore), Todd (junior), Berger (junior), Kent (junior), Martha McCoy (sophomore), along with the possibility of Lampe (junior).

### **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 are Florida natives Giangaspro, a top 3200-meter runner in the state, and 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.

### **YOUTH MOVEMENT**

With 27 athletes on the 2014 roster, the Gamecocks have 13 new faces on the team this fall that 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.

### **LEARNING FROM EXPERIENCE**

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

### **UP NEXT**

The Gamecocks host their final meet of the season on Oct. 8, the USC Open #2, a two-mile race at Hilton Head on Fort Jackson. The women's race will start at 6 p.m., with the men's race to follow at 6:30.

## 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)

## 2014 SOUTH CAROLINA CROSS COUNTRY PROGRESSIONS

### Stephanie Berger • Jr. • West Salem, Ohio

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	1st	19:00.65
9/13	USC Open #1	5K	4th	18:56.52
9/26	Charlotte Invitational	6K	8th	22:36.5

### Sequoia Brown • Fr. • Greenville, S.C.

Date	Meet	Dis.	Finish	Time
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### Sarah Falta • So. • Seneca, S.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	5th	19:33.42
9/26	Charlotte Invitational	6K	41st	23:56.3

### Hannah Frazier • Fr. • Virginia Beach, Va.

Date	Meet	Dis.	Finish	Time
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### Hannah Giangaspro • Fr. • St. Johns, Fla.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	3rd	18:50.46
9/26	Charlotte Invitational	6K	18th	23:03.0

### Emily Harding • Fr. • Sarasota, Fla.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	6th	19:03.27
9/26	Charlotte Invitational	6K	17th	23:00.9

### Helena Harding • Fr. • Roanoke, Va.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	20th	20:21.88
9/26	Charlotte Invitational	6K	50th	24:11.9

### Meri Heneage • R-Fr. • Lexington, S.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	9th	19:50.77
9/13	USC Open #1	5K	7th	19:11.04
9/26	Charlotte Invitational	6K	38th	23:47.1

### Kaleigh Higgins • Jr. • Niskayuna, N.Y.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	28th	21:26.67
9/13	USC Open #1	5K	24th	21:05.15

### Ashley Hrubala • Fr. • Roebuck, S.C.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	25th	21:39.16

### Christine Kent • Jr. • San Diego, Calif.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	3rd	19:17.77
9/13	USC Open #1	5K	5th	19:01.95
9/26	Charlotte Invitational	6K	6th	22:30.7

### Jill Lampe • R-Fr • Downington, Pa.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	8th	19:48.65

### Kayla Lampe • R-Jr. • Downington, Pa.

Date	Meet	Dis.	Finish	Time
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### Martha McCoy • So. • Johnson City, Tenn.

Date	Meet	Dis.	Finish	Time
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### Anna McElrath • Fr. • Charlotte, N.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	11th	19:55.07
9/13	USC Open #1	5K	14th	19:46.99
9/26	Charlotte Invitational	6K	48th	24:09.3

### Ashley Miller • Jr. • North Myrtle Beach, S.C.

Date	Meet	Dis.	Finish	Time
9/26	Charlotte Invitational	6K	20th	23:07.4

### Melanie Ng • So. • Winterville, N.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	4th	19:27.29
9/13	USC Open #1	5K	10th	19:34.72
9/26	Charlotte Invitational	6K	45th	24:02.0

### Caitlin Potter • Fr. • Lincolnton, N.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	6th	19:45.33
9/13	USC Open #1	5K	19th	20:11.81
9/26	Charlotte Invitational	6K	33rd	23:35.0

### Mary Reiser • So. • Annapolis, Md.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	2nd	18:37.54
9/26	Charlotte Invitational	6K	5th	22:29.5

### Regina Schreiber • Fr. • Gaithersburg, Md.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	8th	19:25.39
9/26	Charlotte Invitational	6K	44th	23:59.1

## 2014 SOUTH CAROLINA CROSS COUNTRY PROGRESSIONS

### Allie Sprague • Fr. • Marengo, Ill.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	2nd	19:14.26
9/26	Charlotte Invitational	6K	43rd	23:57.5

### Sarah Taylor • Fr. • Chester Springs, Pa.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	15th	20:17.49
9/13	USC Open #1	5K	12th	19:40.43
9/26	Charlotte Invitational	6K	51st	24:12.5

### Anna Todd • Jr. • Spartanburg, S.C.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	1st	18:32.11
9/26	Charlotte Invitational	6K	1st	21:58.9

### Kaylee Wessel • Fr. • St. Charles, Ill.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	7th	19:39.56
9/13	USC Open #1	5K	12th	19:40.43
9/26	Charlotte Invitational	6K	57th	24:30.9

### Allie Whitley • Jr. • Stanley, N.C.

Date	Meet	Dis.	Finish	Time
9/26	Charlotte Invitational	6K	46th	24:03.3

### Brandy Wybersky • Jr. • Manassas, Va.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	13th	20:05.97
9/13	USC Open #1	5K	17th	20:04.47
9/26	Charlotte Invitational	6K	59th	24:48.6

### Monica York • Fr. • DeKalb, Ill.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	14th	20:12.82
9/13	USC Open #1	5K	16th	19:59.62
9/26	Charlotte Invitational	6K	32nd	23:33.5

