



2015 GAMECOCKS

CROSS COUNTRY

Regina Schreiber

Mary Reiser

Monica York

Anna Todd

Hannah Giangaspro

Meri Heneage

SOUTH CAROLINA

DEFENDING TEAM GPA NATIONAL CHAMPION

SEPT. 5
 Sept. 19
SEPT. 23
 Oct. 2
 Oct. 3
 Oct. 17
 Oct. 30
 Nov. 13
 Nov. 21

CAROLINA CHALLENGE
 Winthrop Invite
USC OPEN
 Paul Short Run
 South Carolina State Invite
 Pre-Nationals
 SEC Championship
 NCAA Southeast Regional
 NCAA Championship

COLUMBIA, S.C.
 Rock Hill, S.C.
COLUMBIA, S.C.
 Lehigh, Pa.
 Orangeburg, S.C.
 Louisville, Ky.
 College Station, Texas
 Charlottesville, Va.
 Louisville, Ky.

HOME Away | Home meets at Weston Lake Recreation Area

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#Gamecocks



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QUICK FACTS

Location.....	Columbia, S.C.
Founded.....	1801
Enrollment.....	31,964
Colors	Garnet & Black
Nickname.....	Gamecocks
President	Dr. Harris Pastides
Athletics Director	Ray Tanner

Head Track and Field Coach	Curtis Frye
Cross Country / Distances.....	Andrew Allden
Allden Phone	803-777-7925
Allden Email	allden@mailbox.edu
2014 Results	

SEC Meet	13th
NCAA Southeast Region.....	18th

MEDIA RELATIONS

Cross Country Contact	Joe Kepler
Office Phone	(803) 777-5539
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Mary Reiser will look to make the jump in her third season with the team. She was a SEC All-Freshman team member in 2013, but was slowed by injuries in her sophomore campaign.

2015 SCHEDULE

DATE	EVENT	SITE	DISTANCE
9/5/15	CAROLINA CHALLENGE	COLUMBIA, S.C.	5K
9/19/15	Winthrop Invite	Rock Hill, S.C.	5K
9/23/15	USC OPEN	COLUMBIA, S.C.	2-MILE
10/2/15	Paul Short Invitational	Bethlehem, Pa.	6K
10/3/15	South Carolina State Invite	Orangeburg, S.C.	5K
10/17/15	Pre-Nationals Meet	Louisville, Ky.	6K
10/30/15	SEC Championship	College Station, Texas	6K
11/13/15	NCAA Southeast Regional	Charlottesville, Va.	6K
11/21/15	NCAA Championship	Louisville, Ky.	6K

2015 ROSTER / BREAKDOWN

NAME	YEAR	HOMETOWN	HIGH SCHOOL	MAJOR
Sequoia Brown	Sophomore	Greenville, S.C.	J.L. Mann	Biology/Pre-Med
Heather Elliot	Freshman	Greenville, S.C.	Eastside	Mathematics
Maya Evans	Junior	Wilson, N.C.	Fike	Public Health
Sarah Falta	Junior	Seneca, S.C.	D. W. Daniel HS	Biolmedical Engineering
Samantha Farmer	Freshman	Columbia, Mo.	Rock Bridge	Psychology/Pre-Med
Hannah Giangaspro	Sophomore	St. Johns, Fla.	Bartram Trail	Exercise Science
Claudia Hammond	Freshman	Dallas, Texas	Hockaday	Business
Emily Harding	Sophomore	Sarasota, Fla.	Sarasota	Sports Management
Helena Harding	Sophomore	Roanoke, Va.	Hidden Valley	Political Science
Meri Heneage	R-Sophomore	Lexington, S.C.	Lexington	Finance
Kaleigh Higgins	Senior	Niskayuna, N.Y.	Niskayuna	Exercise Science
Jill Lampe	R-Sophomore	Downingtown, Pa.	Bishop Shanahan	Exercise Science
Alexis Malmberg	Freshman	Newton Square, Pa.	Episcopal Academy	International Business
Martha McCoy	Junior	Johnson City, Tenn.	Science Hill	Biology
Anna McElrath	Sophomore	Charlotte, N.C.	Independence	Exercise Science
Ashley Miller	R-Junior	North Myrtle Beach, S.C.	North Myrtle Beach	Exercise Science
Allie Mueller	Freshman	Beaverton, Ore.	Beaverton	Biochemistry
Julia Nardone	Freshman	Glenelg, Md.	Glenelg	Public Health
Melanie Ng	Junior	Winterville, N.C.	Arendell Parrott Academy	Economics, Int'l Business, Spanish
Colleen Openshaw	Freshman	Saint Johns, Fla.	Creekside	Biochemistry
Caitlin Potter	Sophomore	Lincolnton, N.C.	North Lincoln	Exercise Science/Public Health
Mary Reiser	Junior	Annapolis, Md.	St. Mary's	Public Relations
Regina Schreiber	Sophomore	Gaithersburg, Md.	Quince Orchard	Criminal Justice/Criminology
Allie Sprague	Sophomore	Marengo, Ill.	Marengo Community	Business
Sarah Taylor	Sophomore	Chester Springs, Pa.	Owen J. Roberts	Biology
Anna Todd	Senior	Spartanburg, S.C.	Spartanburg	Pharmacy
Kaylee Wessel	Sophomore	St. Charles, Ill.	St. Charles North	International Business
Allie Whitley	Senior	Denver, N.C.	East Lincoln	Advertising/Fashion Merchandising
Monica York	Sophomore	DeKalb, Ill.	DeKalb	Biology

Head Coach: Curtis Frye | **Assistant Coach - Cross Country, Distances:** Andrew Allden | **Graduate Assistant:** Penny Boswell

By Class

Senior (3): Kaleigh Higgins, Anna Todd, Allie Whitley

Junior (6): Maya Evans, Sarah Falta, Martha McCoy, Ashley Miller (RS), Melanie Ng, Mary Reiser

Sophomore (15): Sequoia Brown, Hannah Giangaspro, Emily Harding, Helena Harding, Meri Heneage (RS), Jill Lampe (RS), Anna McElrath, Caitlin Potter, Regina Schreiber, Allie Sprague, Sarah Taylor, Kaylee Wessel, Monica York

Freshman (7): Heather Elliott, Samantha Farmer, Claudia Hammond, Alexis Malmberg, Allie Mueller, Julia Nardone, Colleen Openshaw

By State

Florida (3): Hannah Giangaspro, Emily Harding, Colleen Openshaw

Illinois (3): Allie Sprague, Kaylee Wessel, Monica York

Maryland (3): Julia Nardone, Mary Reiser, Regina Schreiber

Missouri (1): Samantha Farmer

New York (1): Kaleigh Higgins

North Carolina (5): Maya Evans, Anna McElrath, Melanie Ng, Caitlin Potter, Allie Whitley

Oregon (1): Allie Mueller

Pennsylvania (3): Jill Lampe, Alexis Malmberg, Sarah Taylor

South Carolina (7): Sequoia Brown, Heather Elliott, Sarah Falta, Meri Heneage, Ashley Miller, Anna Todd

Tennessee (1): Martha McCoy

Texas (1): Claudia Hammond

Virginia (1): Helena Harding

RUNNER BIOS



SEQUOIA BROWN

Sophomore • Greenville, S.C.
Biology/Pre-Med

2014: Raced in the USC Open #2, a two-mile race, and placed 16th with a time of 13:27.36 (10/8).

High School: State qualifier in track in each of last three years at J.L. Mann helping team win state championship ... Was a part of second-place cross country team at state meet in 2013 ... Personal best times listed in the 800m is 2:19 and 5K is 19:24.

Personal: Daughter of Reco and Kellie Brown... Has one brother, Marquise... Chose South Carolina because it felt like home... Majoring in biology/pre-med.



SARAH FALTA

Junior • Seneca, S.C.
Biomedical Engineering

2014: Raced in four events, with two top 15 finishes... placed fourth in the Carolina Invitational 5K, coming in with a time of 19:33.42 (8/30)... finished 14th at the USC Open #2 two-mile race, finishing in 12:56.35 (10/8).

2013: Ran in eight races during her first fall on campus ... Finished inside the Gamecocks' top 10 in seven outings ... Posted her best 5K in the Royal XC Challenge in Charlotte, placing 41st overall with her 18:47.9 time ... Finished sixth in Gamecock Invitational #1 (20:18.35) ... Her best 6K time came in the Mountain Dew Invitational, finishing 67th in 23:23.24 ... Tallied a 12:13.47 two-mile time in the Gamecock Invitational #2 ... Led the five Gamecocks in the Indiana State Pre-National Invite Open Race with her 23:38.84 time ... Also competed in the Carolina Challenge, the Roy Griak Invitational and the SEC Championships.

High School: Earned four letters in both track and cross country from coaches Brock Bailey and Cassandra Griffin at D.W. Daniel High School ... Helped the Lions win the 2013 state track title ... A member of the state-winning 4x400m relay team twice (2012 & 2013) ... Also a part of school-record holding 4x400m and 4x800m relay teams ... Twice named all-state in cross country (2011 & 2012) and in track (2012 & 2013) ... Her best 5000m time is 18:48 ... Garnered the Lion's Club Research Award and Lions Pride Award ... A member of the Beta Club ... Recognized as a part of the Wendy's High School Heisman program and as an Army Reserve Scholar-Athlete.

Personal: Sarah Elizabeth Falta is the daughter of Ronald Jr. and Debbie Falta ... Both parents are professors ... Has one younger sister, Lisa ... Father ran track and cross country at Auburn, where he graduated from in 1982.



MAYA EVANS

Junior • Wilson, N.C.
Public Health
McKissick Scholar

Joins the team in 2015 after competing exclusively in track as a freshman and sophomore

High School: Earned varsity letters in track each year of her high school career at Fike High School in Wilson, N.C., while also earning two volleyball varsity letters...2013 1A/2A/3A North Carolina indoor state champion and record holder in the 500-meter dash...2013 3A North Carolina outdoor state champion...boasts personal bests of 41.97 in the 300m, and 55.80 in the 400m

Personal: Daughter of Lisa and Stacey Evans... has two siblings, Rachel and Noah...was an honor roll student and National Honor Society member with a 4.5 GPA...posted 500 volunteer and community service hours...earned the Outstanding Service Award, Fike Faculty Citizenship Trophy was the 2012-13 Fike Female Scholar Athlete of the Year...in 2013 was the Student Body President, Homecoming Queen and Prom Queen.



HANNAH GIANGASPRO

Sophomore • St. Johns, Fla.
Exercise Science
McKissick Scholar / Honors College

2014: Contributed immediately in her first season with the team, competing in five events... finished third in the USC Open #1 5K race with a time of 18:50.46 (9/13)... pitched in with a top-20 finish to lead the Gamecocks to a team title at the Charlotte Invitational 6K, personally crossing in a time of 23:03.0 (9/26)... raced in the SEC Championship, finishing 110 overall and eighth on the team with a time of 23:01.3 (10/31).

High School: Finished 12th at the state meet in 2012 and seventh in 2013 ... Three-time all-conference selection ... Bartram XC Rookie of the Year 2011 ... Bartram XC MVP in 2012 and 2013 ... Conference and district runner-up in 2013 ... Conference champion in the 1600m in 2014 ... Conference and district champ in the 3200m in 2013 and runner-up at both meets in 2014 ... Finished third at state in the 3200m in 2014 ... Holds Bartram Trail's school record in the 3200m ... Helped her cross country team to conference and district championships, and seventh-place finish at state meet in 2012 ... Was a part back-to-back conference championships in 2012 and 2013 with the Bartram track team and district championship in 2013.

Personal: Daughter of John and Stacy Giangaspro ... Has two siblings, Anthony and Meredith.

RUNNER BIOS



EMILY HARDING

Sophomore • Sarasota, Fla.
Sports Management
McKissick / Capstone Scholar

2014: Raced in four events as a freshman... finished sixth at the USC Open #1 5K, in a time of 19:03.27 (9/13)... helped the team win the Charlotte Invitational 6K after finishing 17th with a time of 23:00.9 (9/26).

High School: 2014 Florida 3A state champion in the 800m and 1600m ... Time of 4:51 in the 1600m ranked in the Top 30 nationally ... Holds school records in the 800m, 1600m and one-mile ... Part of school record 4x800m, 4x1600m and sprint medley relay teams ... Finished 14th at 2014 Florida 3A state cross country finals in first year competing in the sport ... Helped cross country team to school best finish in its history, placing second ... Named Herald Tribune 2014 Runner of the Year ... Four-year letterwinner in volleyball and track, and three-year letterwinner in basketball.

Personal: Daughter of Jim and Pam Harding ... Has two older sisters Kaitlin and Molly ... Received Cambridge's AICE diploma ... Recognized twice as US Army Scholar Athlete and once as US Marine Corps Distinguished Athlete.



HELENA HARDING

Sophomore • Roanoke, Va.
Political Science
Woodrow Scholar

2014: Finished 20th in the USC Open #1 5K, with a time of 20:21.88 (9/13)... in the USC Open #2 two-miler, she finished fifth in 12:15.35 (10/8).

High School: All-State in indoor track in the 3200m in 2012 and 2014 ... Earned all-district and all-region honors in cross country ... all-region honoree in the 1600m and 3200m and all-district in the 1000m 1600m and 3200m ... Named All-Timesland cross country team in 2011 and 2012 ... Cross country team finished in the Top Four during each of her seasons, winning VHSL AA and 3A state championship in 2010.

Personal: Daughter of John and Jane Harding ... Has three brothers, Eli, Noah, Jonah, and seven sisters, Olivia, Hannah, Celia, Ava, Clara, Arabella, Lilah ... Older sister Olivia ruan middle distance at William & Mary.



MERI HENEAGE

R-Sophomore • Lexington, S.C.
Finance
Deans / LIFE Scholar

2014: Competed in all six 5K/6K races for the team, recording two top-10 finishes...opened the outdoor season with a ninth-place finish at the Carolina Invitational 5K, with a time of 19:50.77 (8/30)... claimed seventh in the USC Open #1 5K, with a time of 19:11.04 (9/13)... helped USC win the Charlotte Invitational 6K after taking 38th overall in a time of 23:47.1 (9/26)... competed in the SEC Championship, finishing 105th in a time of 22:51.0 (10/31)... finished 121st overall, but set a new personal best in 6K races after running in 22:28.5 at the Southeast Regional.

2013: Competed once before an injury sidetracked her ... Ran a 20:21.68 in the Carolina Challenge, finishing 29th overall.

High School: Compiled five letters in cross country and four in track for coach Catherine Lempesis at Lexington High School ... Won the state cross country title in 2012 after finishing second as a junior in 2011 ... The 2010 South Carolina 4A Cross Country Runner of the Year ... Won two state titles in track: the 2011 1600m and as part of the 2013 4x800m relay team for the Wildcats ... Finished third in the state 4A 1600m race in 2010 and second in 2013 ... Four-time track distance MVP and three-time cross country team MVP ... Lists her best 5K time as 18:33, while her top 1600m clocking is 5:07 ... An honors graduate.

Personal: Daughter of John and Kathleen Heneage and is the middle of three daughters ... Dad John is a nuclear engineer.



KALEIGH HIGGINS

Senior • Niskayuna, N.Y.
Exercise Science
Woodrow Scholar

2014: Raced in three competitions, finishing top-30 in all of them... took 28th in the Carolina Invitational 5K, with a time of 21:26.67 (8/30)... crossed the line in 24th place at the USC Open #1 5K, in a time of 21:05.15... enjoyed her best finish of the season at the USC Open #2, ending up 15th with a time of 13:01.35 in the two-mile race (10/8).

2013: Competed twice on the year ... Posted her top 5K time of 21:22.40 in the Carolina Challenge to open the year ... Ranked 18th overall in the Gamecock Invitational #1 (21:50.15).

2012: Did not compete.

High School: Earned letters in track, cross country and soccer at Niskayuna High School ... Twice a member of the All-New York State Indoor team ... 2012 Dunkin Donuts Regional Scholar-Athlete ... 2012 Lynn Cleveland Track & Field Award ... 2012 sectional champion in the 800m ... Finished fourth in the 2011 NY State Indoor 600m ... Three-time team MVP in both indoor and outdoor track ... Two-time New Balance and Nike Nationals qualifier ... A member of the National Honor Society ... Given the Medal of Academic Excellence in 2012 ... Earned the Swarthmore College book award in 2011 for finishing in the top five percent of her class ... 2011 coaches and Warrior awards in soccer ... Graduated with high honors and earned senior awards in math and language.

RUNNER BIOS



JILL LAMPE

R-Sophomore • Dowington, Pa.
Exercise Science
Woodrow Scholar

2014: Competed in the Carolina Invitational 5K, finishing eighth overall in a time of 19:48.65 (8/30).

2013: Did not compete.

High School: Compiled four letters in track for coach Steve Noone at Bishop Shanahan High School ... Two-time team MVP as a junior and senior ... Qualified for district all four years ... Posted a top 1600m time of 5:04 and a best 3200m of 11:19 ... Also played soccer for four seasons ... Received first honors all four years ... A member of the National Honor Society.

Personal: Jill Lampe is the daughter of Roy and Julie Lampe ... Older sister Kayla was an all-american in track and cross country at South Carolina.



MARTHA MCCOY

Junior • Johnson City, Tenn.
Biology
Cooper Scholar / Honors College

2014: Did not compete.

2013: Ran in seven races for the Gamecocks, including both postseason events ... Never finished outside of the team's top seven ... Started the year ranking fourth on the team in both the Carolina Challenge (19:33.00) and the Mountain Dew Invitational (22:43.77) ... Ranked 10th overall in the 5K home race and finished 42nd overall in the second with her best 6K time of the year ... Clocked her top 5K time in the Royal XC Challenge, posting a 18:21.9 to finish 27th overall ... Also ran in the Roy Griak and Indiana State Pre-National Invites as well as the SEC Championship and NCAA Southeast Regional.

High School: A four-year letter-winner in track and cross country for coach Jennifer Brockett at Science Hill High School ... Helped her team finish second in the state twice (2010 & 2011), coming in 10th and fifth, respectively ... Won the 2012 conference and regional titles in cross country ... A four-time all-conference and all-region in cross country ... Won the conference title in the 1600m and 3200m in 2012 ... Part of four all-state 4x800m relay teams (2010-13) ... Ranked fifth in the state in the 800m as a senior ... A three-year cross country team captain ... Three-time winner of the cross country leadership award and four-time team co-MVP ... Also claimed the Eastman Scholar-Athlete Award ... A Tennessee Scholar who also took the AP US History Award, AP Government Award and AP Scholar Award ... Graduated honors with distinctions.

Personal: Martha Ellison McCoy is the daughter of Daniel and Dana and has two younger sisters, Laura and Catherine ... Chose South Carolina over Virginia, Wake Forest, Davidson and Furman because of the emphasis on academics and the availability of research opportunities ... Majoring in biology.



ANNA MCELRATH

Freshman • Charlotte, N.C.
Exercise Science
Cooper Scholar / Honors College

2014: Played a big role on the team in her first season, racing in five events... finished 11th in the Carolina Open 5K, timed at 19:55.07 (8/30)... placed 14th in the USC Open #1 5K (19.46.99) (9/13).

High School: Two-time All-South Region, two-time All-Conference and four-time MVP in cross country ... Three-time participant in the NCHSAA 4A indoor state track championships ... Three-time indoor track MVP ... Placed sixth in the 1600m at the indoor state championships in 2012 ... Finished seventh in the 1600m at the outdoor state track championships in 2013 ... Earned all-conference honors in the 1600m in 2014 after placing second ... A two-time outdoor track MVP ... Personal best times listed in the 1000m is 3:08.72, 1600m is 5:14.10, 3200m is 11:40.40, 5K is 18:57, 800m is 2:25.27 and one-mile is 5:17.74.

Personal: Daughter of David and Lorraine McElrath ... Has one sister, Rachel ... Father, David, ran cross country at UNC-Charlotte ... North Carolina scholar ... National Merit Commended ... Four-time scholar athlete ... Chose South Carolina because of the atmosphere and Honors College ... Majoring in Exercise science.



ASHLEY MILLER

R-Junior • N. Myrtle Beach, S.C.
Exercise Science
Deans / Palmetto Scholar

2014: Ran in four events... finished 20th at the Charlotte Invitational 6K (9/26)... came in second at the USC Open #2 two-mile race, with a time of 12:01.35 (10/8)... ran in the Southeast Regional with a time of 23:51.9.

2013: Ran in two events, finishing 10th in the Gamecock Invitational #2 two-mile race in 12:31.75 and 76th overall in the Royal XC Challenge (19:25.9).

2012: Did not compete ... Made the 2012 SEC First-Year Academic Honor Roll.

High School: Compiled 12 letters across basketball, track and field and cross country at North Myrtle Beach High School ... Helped her track team win two region crowns (2007 & 2011), winning three races in 2007 (800m, 1600m and 4x800m relay) ... Part of four 4x400m relay and three 4x800m region-winning teams ... Posted a 2:14 for her top 800m time ... Won three region cross country team titles at NMBHS (2007-09) ... Three-time track team MVP ... Named the school's most valuable female senior athlete and a scholar-athlete in 2010-11 and an Iron Chief for competing in three sports for four years ... Captained four teams in her time ... A member of the National Honor Society, National Senior Beta Club, Mu Alpha Theta, National English Honor Society and National Science Honor Society ... A Palmetto Fellows scholarship winner while also snagging the Mildred Ward Athletic Scholarship in 2011.

Personal: The daughter of Robert and Tammy Miller, Ashley has one sibling, Brandon.

RUNNER BIOS



MELANIE NG

Junior • Winterville, N.C.
Economics, International Business, Spanish
Cooper Scholar / Honors College

2014: Enjoyed three top-10 finishes in her five events... came in fourth at the Carolina Invitational 5K, with a time of 19:27.29 (8/30)... finished tenth in the USC Open #1 5K, recording a time of 19:34.72 (9/13)... placed sixth in the two-mile USC Open #2 race (12:18.99) (10/8).

2013: Raced four times in her true freshman season ... Finished 14th overall and seventh on the team in the season-opening Carolina Challenge ... Posted a 54th-place showing, sixth on the squad, in the Mountain Dew Invitational, her top 6K timing at 23:06.93 ... Also competed in the Roy Griak Invitational and the Royal XC Challenge, the latter where she tallied her top 5K time of 19:29.3.

High School: Earned two cross country letters for coach Leslie Lewis at Arendell Parrott Academy ... Two-time All-EPIC Conference in cross country ... Earned 2A All-State honors from the North Carolina Independent School Athletic Association in 2011 and 3A All-State accolades as a senior ... Helped her team to a second-place finish in the 2011 EPIC conference championship ... 2012 EPIC Female Runner of the Year ... Also picked up three varsity cheerleading letters ... Garnered Academic All-Conference honors ... Lists her best road 5K time as 18:32 ... Her top half-marathon time is 1:29:41 ... A four-time Presidential Service Scholar ... Member of the Senior Beta Club ... Graduated as an AP scholar with honors.

Personal: Melanie Garr-Yee Ng is the daughter of Anthony and Terry Ng.



CAITLIN POTTER

Sophomore • Lincolnton, N.C.
Exercise Science/Public Health
Flinn Scholar

2014: Raced in six events for the Gamecocks... finished sixth in the Carolina Invitational 5K after crossing in 19:45.33 (8/30)... posted her best 6K time of the season in the Paul Short Invitational Gold, with a time of 23:11 (10/4).

High School: Four-time all-conference selection in track ... Earned all-state honors at the state indoor meet in 2013 and 2014 in the 1000m, finishing third in 2014 and fourth in 2013,, 2014 3A Midwest Regional 800m champion ... Won 800m at 2A West Region in 2013 and placed second in 2012 ... Placed third at 3A Midwest Region meet ... Helped cross country team to three straight conference and regional championships from 2011-2013 ... Team placed second at state 2A meet in 2011 and was third in 2012 .. 4x800 relay team finished fifth at 2014 Taco Bell Invitational (9:44.43) ... Personal best times listed in the 1600m is 5:20, 800m is 2:18, 5K is 18:36, 1000m is 3:05 and 3200m is 11:35.

Personal: Daughter of David and Jan Potter ... Has one younger sister, Erin.



MARY REISER

Junior • Annapolis, Md.
Public Relations

2014: Came in second in the USC Open #1 5K, finishing in 18:37.54 (9/13)... helped the Gamecocks take the Charlotte Invitational 6K title after finishing fifth in 22:29.5 (9/26).

2013: Earned Southeastern Conference All-Freshman honors and ranked second on the team in six of the seven races in which she competed ... Posted a 12th-place finish in her first career 6K at the Mountain Dew Invitational ... Posted the sixth-fastest 5K in Gamecock history (17:39.0) while finishing fifth overall in the Royal XC Challenge ... Grabbed SEC Freshman of the Week accolades for that performance ... finished 33rd at the SEC Championship... Picked up the SEC All-Freshman nod with her 21:33.77 mark, taking the last spot on the team ... Finished in 29th overall at the NCAA Southeast Regional ... Her time of 21:21.3 stands 13th in program annals.

High School: Earned four letters each in track and cross country ... Won a 2012 Interscholastic Athletic Association of Maryland A conference title ... Three-time A all-county athlete ... A three-time cross country team MVP and twice the track MVP ... Two-time IAAM 3200m silver medalist and two-time IAAM 1600m bronze medalist ... Helped her team finish second in the IAAM A Conference twice ... two letters in swimming ... National Honor Society.

Personal: Mary Elizabeth Reiser is the daughter of Henry and Renee and the sister of Caroline.



REGINA SCHREIBER

Sophomore • Gaithersburg, Md.
Criminal Justice
McKissic Scholar / Honors College

2014: Two top-10 finishes... placed eighth at the USC Open #1 5K (19:25.39) (9/13)... came in third at the USC Open #2 two-mile race, with a time of 12:03.58 (10/8)... placed 175th at the Southeast Regional with a time of 23:11.3.

High School: 3A region champion in the 1600m in 2010 and runner up in the 3200m ... Placed third at the 4A indoor track 2013 region and state championships ... Third at the 4A Montgomery Country outdoor track championships in 2013 ... Helped team win 3A cross country regional championship in 2010 and 4A division championship in 2011 ... 3A outdoor track division champions in 2011 ... 4A runners up at the country, regional and state championships in 2013.

Personal: Daughter of Kevin Schreiber and Terri Winder ... Has three brothers, Steven, Matthew and her twin Philip; and two sisters, Amy and Kristi.

RUNNER BIOS



ALLIE SPRAGUE

Sophomore • Marengo, Ill.
Business
McKissic Scholar

2014: Raced in five events... started her career at USC on a high note, finishing second in the Carolina Invitational 5K (19:14.36) (8/30).

High School: Runner up at 2A state championship in the 1600m in 2013 ... Placed in the top five at state in the 800m from 2012-2014 ... Four-time all-conference honoree in cross country ... Finished 25th at the 2013 state cross country championships ... Two-time varsity captain in both cross country and track ... Led team to four straight conference cross country championships (2010-13), three straight regional championships (2011-13) and a sectional championships in 2012 ... Personal best times listed in the three-mile is 17:48, 800m is 2:14.3 and 1600m is 5:07.19 ... Member of the Honors College.

Personal: Daughter of Kevin and Ann Sprague ... Has two sisters, Katie and Sarah ... Sister, Sarah ran track and cross country at Massachusetts Institute of Technology ... Chose South Carolina because of the people and reputation of the Honors College among other things ... Majoring in biological sciences.



SARAH TAYLOR

Sophomore • Chester Springs, Pa.
Biology
McKissick Scholar / Honors College

2014 Cross Country (Freshman): Raced in five events... placed in the top 15 three times... finished with a time of 20:17.49 in the Carolina Invitational 5K, good for 15th overall (8/30)... came in fourth in the USC Open #2 two-mile race (12:14.3) (10/8).

High School: First-team cross country all-area honoree ... Captained cross country league championship teams in 2012 and 2013 ... 2014 track team captain ... Named school's Female Athlete of the Year in 2014 ... Won cross country Coaches Award in 2013.

Personal: Daughter of James and Kristina Taylor ... Has two siblings, Joseph and Ava ... Graduated with Presidential Award for Academic Excellence ... Chose South Carolina because of the people, campus and academics among other things ... Majoring in biology ... McKissick Scholars Award recipient ... Member of the Honors College.



ANNA TODD

Senior • Spartanburg, S.C.
Pharmacy
Palmetto Fellows Scholar

2014: Won her first two races of the season... had an average finish of 17th for the season and was the top team finisher in all five of her competitions in 2014... took the title at the USC Open 5K, with a time of 18:32.11, five seconds faster than any other competitor (9/13)... led the Gamecocks to a team title at the Charlotte Invitational 6K after claiming the top finish in a time of 21:58.9, (9/26)... recorded the fifth-fastest 6K time in program history, at 21:02, en route to a 35th-place finish at the prestigious Paul Short Invitational (10/4)... recorded a new 5K personal record and the eighth-fastest 5K time in school history at 17:44.99 to finish tenth at the Crimson Classic (10/17)... finished just 1.5 seconds off her personal best 6K time to take 36th at the SEC Championship, with a time of 21:03.5 (10/31)... crossed as the team's top finisher at the Southeast Regional, placing 39th overall.

2013: Ranked in the Gamecocks' top five in seven of the eight races she started ... Won the Gamecock Invitational #1 in 19:04.26 ... Posted her top 6K time of the year a week later in the Mountain Dew Invitational, placing 23rd in 22:20.50 ... Took 11th in the Royal XC Challenge in 17:59.8, becoming the eighth Gamecock in history to break 18 minutes in the 5K ... That time ranks 13th in program annals ... Also finished third on the team in 6Ks at the Roy Griak Invitational, Indiana State Pre-National Invite White Race and NCAA Southeast Regional ... Also scored points in the Southeastern Conference Championship, finishing 90th and fifth on the team.

2012: Competed in six events as a true freshman, posting a 19:04.4 at the season-opening Gamecock Invitational 5K ... Her top 6K time came in the Charlotte Invitational, crossing the finish line in 23:31.36 ... Also ran in the Commodore Classic, the NCAA Pre-National Invite, the SEC Championships and the NCAA Southeast Regional.

High School: Earned six cross country letters and five track letters at Spartanburg... Helped her cross country team win state in 2008 and part of three second-place finishing teams (2006, 2007, 2010) ... Twice named to the all-state team (2010 & 2011) and a four-time member of both the all-county and all-region teams (2008-11) ... Three-year captain ... In track, she earned three all-state awards and garnered all-county and all-region four times ... At her graduation, she held the Spartanburg County 1600m record and both the 800m and 1600m school record ... Won the state 800m championship as a senior ... Finished second as a junior in both the 800m and 1600m.

Personal: Anna Todd is the youngest daughter of Jack and Joan Todd ... Has two older sisters, Emily and Susan.



RUNNER BIOS



KAYLEE WESSEL

Sophomore • St. Charles, Ill.
International Business
Flinn Scholar

2014: Raced in five events with two top-10 finishes... opener her college career with a seventh-place time in the Carolina Invitational 5K (19:36.56) (8/30)... finished 12th in the USC Open #1 5K with a time of 19:40.43 (9/13)... placed ninth in the USC Open #2 two-mile race (12:27.81) (10/8). Top 5K Time: 19:39.56 (Carolina Invite) Top 6K Time: 24:30.9 (at Charlotte Invite)

High School: Competed in state cross country meet all four years ... Earned all-conference honors in cross country and track in 2012 ... Help cross country reach the state finals in each of her four years ... Personal best times listed in the 3 mile is 18:05.10, 800m is 2:21, 1600m is 5:26.42 and 3200m is 11:55.20 ... Earned Academic All-Conference during from 2011-2013 in cross country and track from 2012-2014.

Personal: Daughter of Jerry and Sue Wessel ... Has one younger sister, Alison ... Chose South Carolina because among others things of the strong pride and school spirit around being a Gamecock ... Majoring in marketing and sport management.



ALLIE WHITLEY

Senior • Denver, N.C.
Business/Fashion Merchandising
McKissick Scholar

2014: Competed in three events... top finish was 12th in the USC Open #2 two-miler (12:39.25) (10/8).

2013: Raced six times in the fall ... Her top performance came in Gamecock Invitational #2, as she finished fourth overall and second on the team with her 12:05.96 mark in the two-mile event ... Took ninth on the team and 24th overall in the Carolina Challenge ... Her best 5K came in the Royal XC Challenge, placing 43rd overall in 18:50.6 ... Her best 6K finish time of 23:31.73 came in the Mountain Dew Invitational, a 73rd-place showing ... Also raced in the Roy Griak Invitational as well as the Indiana State Pre-National Invite Open race.

2013: Garnered recognition on the 2013 Southeastern Conference First-Year Academic Honor Roll ... Did not compete in track.

2012: Ran in two cross country meets, posting a 20:14.0 in the Queens Royal Challenge in Charlotte for her best 5K time ... Also ran in the Gamecock Invitational.

High School: Participated in three sports at East Lincoln High School: cross country, track and swimming ... Captained the cross country team all three years with them and two of her three years with track ... Named team MVP in cross country for three seasons.

Personal: Alexandra Franklyn Whitley is the daughter of Charles and Robbin ... Has one younger brother, Parker ... Chose South Carolina over the College of Charleston and UNC Greensboro ... Majoring in international business and fashion merchandising.



MONICA YORK

Freshman • DeKalb, Ill.
Biology
Woodrow Scholar

2014: Was the only member of the team to race in all seven events... placed 14th in the Carolina Invitational 5K with a time of 20:12.82 (8/30)... shaved nearly a minute off her previous 6K season high, finishing 54th in the Paul Short Invite Open (10/4)... won her first collegiate race in the USC Open #2 two-miler, winning with a time of 11:53.95 (10/8)... came just 0.4 seconds short of setting a new career time in the 6K, crossing in 22:45.6 to finish 138th at the Southeast Regional.

High School: Two-time all-conference in track ... Earned all-conference honors in cross country as a senior ... Three-time academic all-conference in cross country and track ... Third on all-time list at DeKalb in the 1600m and 3200m ... Part of school record relay team in the 4x800m ... Track & field team placed ninth at 2011 state meet ... Personal best times listed in the 5K is 18:40, 1600m is 5:14 and 3200m is 11:28.

Personal: Daughter of Michael and Diane York ... Mother competed in track & field at Augusta College ... Has one younger brother, Aaron ... Chose South Carolina because of the school's ability to prepare her for her future among other things ... Majoring in biology.



NEWCOMER BIOS



HEATHER ELLIOTT

Freshman • Greenville, S.C.
Mathematics
Alumni Scholar / Honors College

High School: Earned four letters in cross country and track... also lettered in basketball... All-State in the 4x8, 1600 and 3200 as a senior... state champion in the 3200 as a junior... 3A region track MVP in 2013... Wendy's High School Heisman recipient... AP Scholar with distinction... ranked in the top ten of her graduating class and had a perfect score in the math section of her ACT.

Personal: Born Nov. 19, 1996... daughter of Jeremy and April, both South Carolina graduates... has two younger siblings, Rachel and Stephen... will be a part of the Honors College.



SAMANTHA FARMER

Freshman • Columbia, Mo.
Psychology / Pre-Med
McKissick Scholar

High School: Lettered in track, cross country and golf... ran on the 4x800 relay team that finished fourth in 2013, 2014 and 2015 and set the school record... All State honoree in all three sports, and won a state championship twice with golf.

Personal: Born Feb. 15, 1997... daughter of Bruce Famer and Deborah Neff... plans to major in psychology and pursue pre-med.



CLAUDIA HAMMOND

Freshman • Dallas, Texas
Business

High School: Three-time all conference honors in track... helped her team earn the Team won Southwest Preparatory Conference (SPC) Cross Country Championship... competed in the sprints (200, 400) as well as middle (800) and distance (5K) events for her school... also lettered in soccer and basketball.

Personal: Born Feb. 14, 1997... daughter of Ronald and Annette... has three brothers, Ron, Clayton and Brooks... intends to major in business.



ALEXIS MALMBERG

Freshman • Newtown Square, Pa.
International Business
McKissick Scholar

High School: Lettered in cross country and track, but also competed in touch rugby... 2015 PAISAA Championship winner in the 1600... Ran 2nd at the Inter-AC League Championships with a PR of 20:07 in the 5K.

Personal: Born Nov. 30, 1996... daughter of Reg and Linda... born in Delaware, but previously lived in Singapore and attended the Singapore American School... plans to major in International Business.



ALLISON MUELLER

Freshman • Beaverton, Ore.
Biochemistry
McKissick Scholar

High School: Lettered in track, cross country, basketball and soccer... won the Metro Championship and finished third in the state in the 800 in her senior season... ran second overall in the 1500 at the district championship as a junior.

Personal: Born October 19, 1996... daughter of Terri and Dave Mueller... has two siblings, Megan and Daniel... member of National Honor Society, National Chinese Honor Society, Science National Honor Society and ranked 2nd in graduating class coming out of high school.



JULIA NARDONE

Freshman • Glenelg, Md.
Public Health
Woodrow Scholar

High School: Three-time Maryland Individual State Champion (3200M twice, 1600M once)... nine-time Maryland Individual Regional Champion... 13-time Maryland State Championship medalist (including all four Cross Country Seasons)... five-time Baltimore Sun All-Metro honoree... Washington Post All-Met honoree... Glenelg High School Female Athlete of the Year as a senior ... captain of the Cross Country, Indoor Track and Outdoor Track teams... holds six school records, five in track and one in cross country... member of National Honor Society, Art National Honor Society, Gladiators on the Horizon and Christian Fellowship of Athletes.

Personal: Born March 13, 1997... daughter of Nita and Mark... has one younger sister, Cara.



COLLEEN OPENSHAW

Freshman • Saint Johns, Fla.
Biochemistry
Cooper Scholar

High School: Four-year letterwinner in track and cross country... co-captain of the team in 2015... finished fifth at the Mt. Dew Invitational Elite 5K... crossed fourth in the FHSAA 2014 Outdoor State 3200m... earned the team's Mid-Distance Runner of the Year in 2013 and 2014, Most Valuable Runner in 2013, Varsity Team Award in 2014 and Coaches Award in 2015.

Personal: Born May 1, 1997... daughter of Susanne and Mark... has three siblings, Tommy, Tara and Claire... also considered Duke, Emory, Florida, Johns Hopkins and Vanderbilt... earned a GPA in the top three percent in Saint Johns County... Hispanic Honor Society vice president... Science National Honor Society secretary... National Honor Society member.

2014 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
10/4	Paul Short Invitational (Gold)	6K	121st	21:54
10/17	Crimson Classic	5K	49th	18:24.04
10/31	SEC Championship	6K	87th	22:16.3
11/14	NCAA Southeast Regional	6K	101st	22:16

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

Date	Meet	Dis.	Finish	Time
10/8	USC Open #2	2M	16th	13:27.36

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
10/8	USC Open #2	2M	14th	12:56.35
10/17	Crimson Classic	5K	185th	20:23.69

Hannah Frazier • Fr. • Virginia Beach, Va.

Date	Meet	Dis.	Finish	Time
10/8	USC Open #2	2M	10th	12:28.44

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
10/4	Paul Short Invitational (Gold)	6K	201st	22:29
10/17	Crimson Classic	5K	102nd	19:08.06
10/31	SEC Championship	6K	110th	23:01.3

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
10/4	Paul Short Invitational (Gold)	6K	218th	22:37
10/17	Crimson Classic	5K	122nd	19:27.98

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
10/8	USC Open #2	2M	5th	12:15.35
10/17	Crimson Classic	5K	140th	19:40.92

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
10/4	Paul Short Invitational (Gold)	6K	185th	22:21
10/17	Crimson Classic	5K	116th	19:21.65
10/31	SEC Championship	6K	105th	22:51.0
11/14	NCAA Southeast Regional	6K	121st	22:28.5

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
10/8	USC Open #2	2M	15th	13:01.35

Ashley Hrubala • Fr. • Roebuck, S.C.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	25th	21:39.16
10/8	USC Open #2	2M	18th	13:39.05

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
10/4	Paul Short Invitational (Gold)	6K	165th	22:14
10/17	Crimson Classic	5K	89th	18:55.90
10/31	SEC Championship	6K	94th	22:27.4
11/14	NCAA Southeast Regional	6K	125th	22:32.7

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
10/4	Paul Short Invitational (Open)	6K	34th	22:24
10/17	Crimson Classic	5K	61st	18:32.57

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
10/8	USC Open #2	2M	13th	12:44.71
10/17	Crimson Classic	5K	171st	20:13.02

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

Date	Meet	Dis.	Finish	Time
9/26	Charlotte Invitational	6K	20th	23:07.4
10/4	Paul Short Invitational (Gold)	6K	247th	22:50
10/8	USC Open #2	2M	2nd	12:01.35
10/17	Crimson Classic	5K	83rd	18:51.99
11/14	NCAA Southeast Regional	6K	209th	23:51.9

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
10/8	USC Open #2	2M	6th	12:18.99
10/17	Crimson Classic	5K	192nd	20:28.80

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
10/4	Paul Short Invitational (Gold)	6K	276th	23:11
10/8	USC Open #2	2M	11th	12:31.76
10/17	Crimson Classic	5K	200th	20:37.96

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
10/4	Paul Short Invitational (Gold)	6K	110th	21:47
10/17	Crimson Classic	5K	57th	18:28.66
10/31	SEC Championship	6K	88th	22:18.6

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
10/8	USC Open #2	2M	3rd	12:03.58
10/17	Crimson Classic	5K	115th	19:21.00
10/31	SEC Championship	6K	93rd	22:24.8
11/14	NCAA Southeast Regional	6K	175th	23:11.3

2014 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
10/4	Paul Short Invitational (Gold)	6K	217th	22:37
10/17	Crimson Classic	5K	159th	19:55.91
10/31	SEC Championship	6K	114th	23:12.8

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
10/8	USC Open #2	2M	4th	12:14.30
10/17	Crimson Classic	5K	186th	20:24.35

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
10/4	Paul Short Invitational (Gold)	6K	35th	21:02
10/17	Crimson Classic	5K	10th	17:44.99
10/31	SEC Championship	6K	36th	21:03.5
11/14	NCAA Southeast Regional	6K	39th	21:11.7

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
10/8	USC Open #2	2M	9th	12:27.81
10/17	Crimson Classic	5K	158th	19:55.23

Allie Whitley • Jr. • Stanley, N.C.

Date	Meet	Dis.	Finish	Time
9/26	Charlotte Invitational	6K	46th	24:03.3
10/8	USC Open #2	2M	12th	12:39.25
10/17	Crimson Classic	5K	165th	20:02.65

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
10/8	USC Open #2	2M	8th	12:24.42

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
10/4	Paul Short Invitational (Open)	6K	54th	22:46
10/8	USC Open #2	2M	1st	11:53.95
10/17	Crimson Classic	5K	101st	19:03.39
10/31	SEC Championship	6K	103rd	22:45.3
11/14	NCAA Southeast Regional	6K	138th	22:45.6



PROGRAM RECORD BOOK

TOP 5K TIMES

(All-Time)

	TIME	ATHLETE	MEET (SITE)	DATE*
1.	17:03.60	Meredith Mill	Royal XC Challenge (Charlotte, N.C.)	10/11/13
2.	17:10.20	Kayla Lampe	Gamecock Invitational (Columbia, S.C.)	8/31/12
3.	17:33.70	Beatrice Biwott	Charlotte Invite (Charlotte, N.C.)	10/2/09
4.	17:34	Sue McGhie	SEC Championships (Baton Rouge, La.)	10/30/93
5.	17:36.94	Beatrice Biwott	Winthrop Invite (Rock Hill, S.C.)	9/17/11
6.	17:39	Mary Reiser	Royal XC Challenge (Charlotte, N.C.)	10/11/13
7.	17:44	Jenny Lake	Clemson Invite (Clemson, S.C.)	10/18/03
8.	17:44.99	Anna Todd	Crimson Classic (Tuscaloosa, Ala.)	10/17/14
9.	17:49	Jenny Lake	Gamecock Invitational (Columbia, S.C.)	9/8/01
10.	17:56	Jenny Lake	Asics Winthrop Invite (Rock Hill, S.C.)	9/25/04
11.	17:58.70	Beatrice Biwott	Gamecock Invitational (Columbia, S.C.)	9/3/10
12.	17:58.96	Casey Gale	Auburn Invite (Auburn, Ala.)	9/30/06
13.	17:59.80	Beatrice Biwott	Walt Disney World XC Classic (Orlando, Fla.)	10/11/08
14.	17:59.90	Anna Todd	Royal XC Challenge (Charlotte, N.C.)	10/11/13
15.	18:00	Wilma DePiorie	Charlotte Invite (Charlotte, N.C.)	9/29/90
16.	18:00.68	Jenny Lake	Gamecock Invite (Columbia, S.C.)	9/4/05
17.	18:01	Ivana Skladana	Auburn Invite (Auburn, Ala.)	10/12/96
18.	18:01.19	Beatrice Biwott	Winthrop Invite (Rock Hill, S.C.)	9/18/10
19.	18:01.90	Sarah Hadwin	Gamecock Invite (Columbia, S.C.)	9/11/99
20.	18:03	Shannon Wyant	Charlotte Invite (Charlotte, N.C.)	9/29/90
21.	18:03.22	Danielle Barnes	Gamecock Invite (Columbia, S.C.)	9/4/09
22.	18:04.50	Stephanie Berger	Royal XC Challenge (Charlotte, N.C.)	10/11/13
23.	18:04.70	Chelsea France	Gamecock Invite (Columbia, S.C.)	8/31/12
24.	18:06	Dana Purser	Charlotte Invite (Charlotte, N.C.)	9/29/90
25.	18:06.22	Jenny Lake	Auburn Invite (Auburn, Ala.)	10/11/04

TOP 6K TIMES

(All-Time)

	TIME	ATHLETE	MEET (SITE)	DATE*
1.	20:40.43	Kayla Lampe	NCAA Southeast Regional (Charlotte, N.C.)	11/9/12
2.	20:42.13	Jenny Lake	SEC Championship (Auburn, Ala.)	10/29/01
3.	20:48	Jenny Lake	NCAA Southeast Regional (Greenville, N.C.)	11/15/03
4.	20:57.38	Meredith Mill	SEC Championship (Gainesville, Fla.)	11/1/13
5.	21:02	Anna Todd	Paul Short Invite (Bethlehem, Pa.)	10/4/14
6.	21:02.30	Kayla Lampe	SEC Championship (Nashville, Tenn.)	10/26/12
7.	21:03.50	Kayla Lampe	NCAA Preview Meet (Louisville, Ky.)	10/13/12
8.	21:03.50	Anna Todd	SEC Championship (Tuscaloosa, Ala.)	10/31/14
9.	21:06.24	Kayla Lampe	Commodore Classic (Nashville, Tenn.)	9/15/12
10.	21:11.70	Anna Todd	NCAA Southeast Regional (Louisville, Ky.)	11/14/14
11.	21:13	Rachel Smith	SEC Championship (Auburn, Ala.)	10/29/01
12.	21:13.50	Kayla Lampe	Charlotte Invite (Charlotte, N.C.)	9/28/12
13.	21:17.40	Meredith Mill	NCAA Southeast Regional (Earlsville, Va.)	11/15/13
14.	21:19.50	Beatrice Biwott	NCAA Southeast Regional (Louisville, Ky.)	11/12/11
15.	21:20.52	Meredith Mill	Indiana St. Pre-National Meet (Terre Haute, Ind.)	10/19/13
16.	21:21.30	Mary Reiser	NCAA Southeast Regional (Earlsville, Va.)	11/15/13
17.	21:23	Jenny Lake	NCAA Southeast Regional (Greenville, N.C.)	11/15/04
18.	21:23.67	Chelsea France	SEC Championship (Nashville, Tenn.)	10/26.12

* Records from 1988-91 are incomplete

PROGRAM RECORD BOOK

REGIONAL RESULTS

YEAR*	TEAM PLACE (POINTS)	TOP FINISHER (TIME)	PLACE
1988	14th	N/A	N/A
1989	14th	N/A	N/A
1990	12th (341)	Shannon Wyont (18:27)	54th
1991	7th (270)	Sue McGhie (18:07)	19th
1992	17th	Danielle Adams	5th
1993	11th	Sue McGhie	5th
1994	9th	Liz Figler	10th
1995	13th	Tracey Capper	16th
1996	37th (975)	Karen Padula (19:26)	171st
1997	20th	Ivana Skladana	67th
1998	17th	Sara Hadwin (18:49)	64th
1999	19th (487)	Joyce Peebles (18:20)	33rd
<i>The regional race moved from 5K to 6K in 2000</i>			
2000	18th (512)	Tamara Budija (23:48)	77th
2001	18th (513)	Rachel Smith (23:32)	65th
2002	23rd	Jenny Lake (22:08)	76th
2003	18th	Jenny Lake (20:48)	17th
2004	19th (454)	Jenny Lake (21:23)	34th
2005	24th (676)	Rebecca Chain (22:24)	78th
2006	21st (650)	Rebecca Chain (22:55)	99th
2007	25th (668)	Rebecca Chain (22:16)	87th
2008	23rd (605)	Beatrice Biwott (22:44.3)	79th
2009	14th (466)	Beatrice Biwott (22:05.36)	58th
2010	18th	Beatrice Biwott (21:38)	48th
2011	24th (638)	Beatrice Biwott (21:19.5)	36th
2012	10th (309)	Kayla Lampe (20:40.43)	8th
2013	14th (441)	Meredith Mill (21:17.40)	27th
2014	18th (515)	Anna Todd (21:11.63)	39th

CONFERENCE CHAMPIONSHIP RESULTS

YEAR*	TEAM PLACE (POINTS)	TOP FINISHER (TIME)	PLACE
<i>Metro Conference (1987-90)</i>			
1987	4th (84)	Dana Purser (18:25)	6th
1988	1st (41)	Wilma DePiore (18:24.6)	4th
1989	1st (39)	Shannon Wyont (18:52)	4th
1990	1st (26)	Beth Walters (18:59)	2nd
<i>The Gamecocks joined the SEC before the 1991 season</i>			
1991	8th (171)	Sue McGhie (18:36)	13th
1992	7th (148)	Danielle Adams (18:57)	10th
1993	7th (149)	Sue McGhie (17:34)	6th
1994	6th (142)	Tracey Capper (18:14.3)	12th
1995	6th (168)	Tracey Capper (18:19)	19th
1996	11th (285)	Kristina Brown (19:26.6)	47th
1997	8th (235)		
1998	7th (206)		
1999	5th (133)	Sara Hadwin (18:16.0)	11th
<i>The conference race moved from 5K to 6K in 2000</i>			
2000	9th (219)	Tamara Budija (23:06)	37th
2001	7th (199)	Jenny Lake (20:42.13)	21st
2002	11th (305)	Jenny Lake (22:43)	24th
2003	10th (254)	Jenny Lake (22:13)	7th
2004	11th (265)	Jenny Lake (21:59)	23rd
2005	11th (311)	Rebecca Chain (21:44.62)	45th
2006	11th (302)	Rebecca Chain (22:15.33)	51st
2007	11th (290)	Ashley Evens (22:57)	55th
2008	10th (262)	Beatrice Biwott (21:52.23)	30th
2009	9th (246)	Beatrice Biwott (22:35.62)	31st
2010	10th (251)	Beatrice Biwott (21:55.40)	31st
2011	11th (295)	Beatrice Biwott (21:31.56)	25th
2012	9th (256)	Kayla Lampe (21:02.30)	13th
2013	12th (294)	Meredith Mill (20:57.38)	15th
2014	13th (348)	Anna Todd (21:03.49)	36th

* Records from 1988-91 are incomplete

COACHING STAFF



Andrew Allden Assistant Track Coach, Distance and Cross Country 7th Season

A 25-year veteran of distance coaching, Andrew Allden returns to South Carolina as the assistant track coach for distance and cross country for the 2015 season.

Allden spent five years at the Palmetto state's flagship institution as its head cross country and distance coach from the fall of 1996 through the spring of 2001, helping head coach Curtis Frye's teams to new heights. The women's track team finished fourth or better in the Southeastern Conference all five years with Allden on staff, including winning the 1999 outdoor championship. Twice, the team finished second in the NCAA Indoor Championships. He coached four-time All-American Charmaine Howell (800m) as well as 1998 10,000m All-American Tanya Povey. On the men's side, Marvin Watts (once) and Otukile Lekote (twice) both earned All-America honors in the 800m during Allden's tenure, with Lekote winning the first of his two outdoor 800m titles under Allden's guidance.

In his five years as the Gamecocks' head cross country coach, he led the team to its best finish in the SEC in 1999. That season, Allden had two pupils, Sara Hadwin and Joyce Peebles, earn All-SEC accolades, the only year the Gamecocks have had two runners earn that distinction. Both Hadwin and Peebles were South Carolina natives.

After his stint in Columbia, Allden moved to Coastal Carolina to take over the Chanticleers' men's program. His stint as the men's coach at Coastal Carolina still stands out as some of the best years for the Chanticleers.

His 2003 team won the Big South Conference title, ending a dynasty by Liberty. Three student-athletes made the NCAA Championships that he coached, including top distance pupil Terak Kipchiris. The Big South Coach of the Year and Southeast Region Coach of the Year in 2003, Allden helped Kipchiris win the Big South Cross Country Championships individual title twice and earn all-region honors two times as well. Kipchiris became the first CCU male to compete in an NCAA Championship in cross country or track, earning an individual spot in the cross country field twice in 2002 and 2003 and in the 3000m steeplechase in 2004.

In 2004, Allden also served as a men's assistant coach for distance in the IAAF World Indoor Championships in Hungary.

For the past nine years, Allden has run AA Elite Coaching in North Carolina, coaching many professional and amateur athletes in the Raleigh-Durham area. Karjuan Williams ranks as his most prominent charge in recent years, as he finished fifth in the 2010 USA Track & Field Outdoor Championships in the 800-meter run. He also serves as the USATF East Coast Coordinator for Level I Coaching Education, directing more than a dozen coaching schools per year on the eastern seaboard. In his over 14 years of coaching education, he's helped educate over 3,000 coaches.

Earlier in his career, he coached at Tulane, taking over as the interim head coach in 1995. During that season, his team set nine school records, won seven individual conference titles and saw 19 performers earn All-Conference USA accolades.

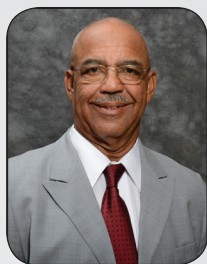
This will be the third time Allden has worked with Coach Frye, after serving on his staff at North Carolina from 1989-93 as well as his 1996-2000 stint at South Carolina in this same capacity. His 1993 women's cross country team with the Tar Heels advanced to the NCAA Championships, ranking eighth nationally, while his 1991 men's team also made the national finals. He also guided one ACC individual men's cross country champion, one runner-up and seven All-ACC cross country harriers.

Allden earned his bachelors from Emory University in English in 1986 and holds a masters in sports administration from Georgia in 1991. Allden helped Emory's cross country team to one of its three NCAA Championship berths during his time there. He is also a USATF Level I and II certified coach as well as a Level I and II endurance instructor.

Allden is married to Tara Disy Allden, and they have one daughter, Kathleen, who already is a national qualifier in the junior Olympics in track and cross country.



COACHING STAFF



Curtis Frye Head Coach 20th Season

Entering the 2016 track season in his 20th year as head track & field and cross country coach at South Carolina, Curtis Frye has established a program that is regarded as one of the nation's elite. Frye has coached or overseen over 60 NCAA champions, 116 SEC champions, 14

Academic All-Americans and more than 450 NCAA All-Americans.

The 2015 was an exciting one for the program, which celebrated its best finish at outdoor nationals for the women since 2007 and 2010 for the men. The program crowned a national champion in Jeannelle Scheper (high jump) and saw, between indoor and outdoor, seven individuals and one relay team earn an All-America certificate. In addition, Frye's dream of a brand new track facility was realized with the ground breaking of the Morris and Sheila Cregger Track Stadium, a fitting new home for Carolina's hall of fame head coach.

In December of 2013, Frye's significant impact on the history of track and field at the collegiate, national and international levels through his coaching and the legacies of his student-athletes was recognized as he was enshrined in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Hall of Fame. Earlier in the fall, Frye was also inducted into the Sandhills Community College Hall of Fame in Pinehurst, N.C.

In October 2008, Frye was bestowed the Order of Ikko Medallion, presented by the United States Olympic Committee. A special order reserved for the coach of an Olympic or Paralympic medalist, Frye received the honor after coaching Jerome Singleton Jr. to a silver medal in the men's 100-meter dash at the 2008 Paralympic Games in Beijing. He is also a former President of the United States Track & Field and Cross Country Coaches Association and is currently a non-voting member of the USTFCCCA Board of Directors.

Frye has coached an NCAA champion in all but five years since taking over the program in 1996, including coaching LaKya Brookins three years ago to the 60-meter dash indoor title in 2009 en route to being named USTFCCCA Southeast Region Athlete of the Year for both the indoor and outdoor seasons. Brookins followed up her performance in 2009 with a second 60-meter dash indoor title in 2011. In addition, Frye has coached an SEC champion in 17 of the 19 seasons he has been at South Carolina.

One of the most well-respected coaches in the country, Frye brought South Carolina its first team NCAA championship in any sport when his women's team captured the 2002 NCAA Outdoor Championship crown. Frye is a three-time United States Track Coaches Association (USTCA) National Coach of the Year, taking home the 1999 and 2002 women's outdoor honors and the 1999 men's indoor honors.

In taking home the men's indoor and women's outdoor coach of the year honors in 1999, he became the first person in the history of the USTCA to win the award indoors and outdoors in the same year. In 2001, he earned the prestigious Nike Coach of the Year award and was also named the 1997 USOC Track & Field Coach of the Year. Frye is also a three-time SEC Coach of the Year with the

honor coinciding with his three women's outdoor conference championships in 1999, 2002 and 2005.

During his tenure at South Carolina, Frye has coached 13 SEC Athletes of the Year, the most recent being Jeannelle Scheper, who was named the 2015 SEC Scholar-Athlete of the Year (outdoor). He has also coached five national athletes of the year in Hastings (2007-overall), Demetria Washington (2002-indoor), Lashinda Demus (2002-overall), Terrence Trammell (2000-outdoor) and Miki Barber (2000-outdoor). Demus was acknowledged by Track & Field News while the United States Track & Field & Cross Country Coaches Association (USTFCCCA) honored the other four recipients.

On the women's side, Frye's teams have placed in the top ten nationally outdoors in ten different seasons at Carolina. In addition to the team title in 2002, his teams earned the silver medal in 2005 and took home the bronze in 2003 and 2006. On the men's side, Frye's team placed in the top 25 nationally indoors on 12 occasions and in the top 20 nine times outdoors.

Along with continued success on the track, Frye has produced winners in the classroom on a consistent basis. Frye's athletes have earned four USTFCCCA National Scholar-Athlete of the Year honors in addition to three SEC Scholar-Athlete of the Year awards. Jason Richardson swept the indoor and outdoor national honors in 2008, following awards earned by 2006 National Indoor Scholar Athlete of the Year Shalonda Solomon and 2002 National Scholar Athlete of the Year Otukile Lekote. Marvin Reitze earned the 2012 SEC Scholar-Athlete of the Year award and Natasha Hastings ('07) and Jeannelle Scheper ('15) have also won the award. In 2009, the men's team was named Scholar Team of the Year.

In his career, Frye has coached 25 Olympians who have garnered 13 medals at the Olympic Games. Nine of his former student-athletes competed at the 2008 Olympic Games in Beijing, six of them as first-time Olympians. At the Games, Natasha Hastings earned a gold medal as a member of the USA 4x400m relay team. Frye served as an assistant coach for the 2004 USA Olympic women's track team with responsibilities that included working with the sprinters and the relays. He also accompanied his former athletes to the 2000 Sydney Olympics. Frye's athletes won three gold medals in 2004 by Tonique Williams-Darling (Bahamas-400m), Otis Harris (USA-4x400m relay) and Aleen Bailey (Jamaica-4x100m relay). At the London 2012 Olympics, the total increased by two as Demus (400m hurdles) and Richardson (110m hurdles) claimed silver for the United States.

Most recently, Frye spent the majority of his summer in Russia. First, the Gamecock traveled to Kazan as the Team USA men's head coach for the World University Games. A short time later, he traveled to Moscow as an assistant coach for the IAAF World Championships to work with the men's sprints and hurdles. The sprint and hurdle group medaled in every event of the meet, capturing three gold medals.

Never one to sit on the sidelines, Frye established the Frye Foundation after his family was devastated by diabetes. The foundation is dedicated to assisting those dealing with diabetes and mental illness. Each year, they host a 5K run/walk as well as a golf tournament and silent auction.

Hired at South Carolina on July 29, 1996, Frye came to Columbia after serving as assistant head coach at North Carolina for four years. During his tenure at UNC, he was a part of 13 ACC championship teams.

Prior to his stint with the Tar Heels, Frye was an assistant coach at Florida from

1988 to 1992. While with the Gator program, he coached three NCAA individual champions and one relay champion team. In total, 29 All-America certificates were earned while Frye was in Gainesville.

From 1984 to 1988, Frye was an assistant coach for N.C. State, aiding the Wolfpack to four conference championships. He was instrumental in leading State to 27 All-America honors, four individual NCAA second-place finishes and 37 conference champions.

Frye began his coaching career as an assistant at his alma mater, East Carolina, in 1974. He also served as head coach for the men's soccer team and was director of facilities. Frye took a break from the collegiate ranks from 1979 to 1984 when he was head track and field coach for Douglas Byrd High School in Fayetteville, N.C. Frye and his wife, Wilma, have three children: Crystal, C.J. and Curtrell.



THE CURTIS FRYE FILE

Born: Oct. 20, 1951, Vass, N.C.

High School Education: Union Pine High School, Cameron, N.C.

College Education: Bachelor of Science, physical education, East Carolina, 1974

High School Athletics: Lettered in track, football and baseball

College Coaching Career:

1996-Present, Head Coach, South Carolina

1992-96, Assistant Coach, North Carolina

1988-92, Assistant Coach, Florida

1984-88, Assistant Coach, N.C. State

1974-79, Assistant Coach, East Carolina

High School Coaching Career:

1979-84, Douglas Byrd High School

COACHING STAFF



Delethea Quarles

Assistant Head Coach
Jumps/Multis
19th Season

Delethea "Dee" Quarles is in her 19th year with the South Carolina program and her 26th year as a collegiate coach entering the 2016 season. Promoted to assistant head coach in 2005, her primary responsibilities include coaching the multi-event performers and jumps. Quarles also oversees eligibility and is the team's academic liaison.

Quarles has extensive international experience, none more impressive than her 2015 post as the head women's coach for Team USA at the IAAF World Championships in Beijing, China.

Prior to her 2015 appointment, Quarles has been appointed to the Team USA staff for the last two IAAF World Championships. Most recently in Moscow at the 2013 IAAF World Championships, Quarles served as the jumps and multis coach for the women's team. The group claimed a gold (Brittney Reese - long jump) and two silvers (Jennifer Suhr - pole vault and Brigetta Barrett - high jump) to win medals in three of their five events. Quarles served as assistant coach for Team USA at the 2011 IAAF World Championships in Daegu, South Korea, with responsibility for the jumping events.

In 2007 Quarles was the head coach of the USA Pan American Junior Championship women's team that competed in Brazil in July. While the head coach she was responsible for all jumps and multi events. The men's and women's teams combined to win 48 medals at the meet. Quarles worked as an assistant coach on the all-star squad of coaches for the 2006 USA World Cup team in Athens, Greece, with the responsibility of coaching all the jumps. Quarles ended the 2005 season as an assistant coach for Team USA at the Pan American Championships held in Windsor, Ontario, Canada. With her assistance, the USA team earned 57 medals, the second-highest of all time.

Academically, Quarles has guided three student-athletes to national Scholar Athlete of the Year honors. Jason Richardson became the first Gamecock to sweep indoor and outdoor honors as he was awarded by the USTFCCCA for both seasons in 2008 as the male Scholar Athlete of the Year. Shalonda Solomon was named 2006 Indoor Scholar Athlete of the Year, and Orukile Lekore picked up the accolade in 2002. The South Carolina women's team was honored by the organization as the 2006 Academic National Champion, and the men's team was named the 2009 Academic National Champion. In addition, Natasha Hastings was named the 2006 SEC Scholar-Athlete of the Year, Marvin Reitze earned the honor in 2012 and Jeannelle Scheper won the recognition in 2015. Carolina has also earned 14 national Academic All-America honors in her time with the program.

Quarles has coached her student-athletes to 26 All-America honors and seven SEC championships. In addition, former Gamecock Chelsea Hammond became the first multi-event student-athlete in South Carolina history to qualify for the Olympic Games. Coached by Quarles from 2002 to 2005, Hammond competed for Jamaica at the 2008 Olympic Games in the long jump.

In 2012, Jeannelle Scheper became the first Gamecock to earn an All-America certificate in the high jump, doing so in both the indoor

and outdoor season. She added another pair of All-America honors in 2013 to go with an indoor SEC title, the NCAA Championships indoor silver and the SEC outdoor bronze, all firsts for a Gamecock. Scheper also qualified for the 2013 IAAF World Championships. The St. Lucia native returned in 2014 to capture her second-straight silver at the NCAA Indoor Championships. Her crowning achievement under Coach Dee would come in 2015, when she became the first jumper (man or woman) in program history to win a national title after taking the outdoor high jump win in Eugene. It was Quarles' first individual national champion.

Quarles has coached 14 of the 16 school record holders in the events for which she is responsible at South Carolina. Greig Cryer finished a career-high third in the long jump at the 2006 NCAA Indoor Championships after setting the indoor school record in the triple jump, crossing the board at 52-5.25. The mark was a foot longer than the record that had stood for 12 years. Derek Pressley, a 2008 graduate, jumped a career-best 51-10 1/2 as runner-up in the triple jump at the 2007 SEC Outdoor Championships. Scheper holds the indoor and outdoor high jump records and set a new program record in the 2015 outdoor season with a height of six feet, five inches. Also in 2015, the program saw new program records set in the women's indoor triple jump (LeAnna Morrison, 43-5.25) and men's outdoor triple jump (Michael Wamer, 54-0.5).

Leading the women's team, Quarles coached Kettiany Clarke, Kemesha Whitmire, Tacita Bass, Erin Narzinski and Jeannelle Scheper to SEC titles. Clarke became Carolina's first pentathlon winner with the title at the 2010 SEC Indoor Championships. Whitmire jumped a 43-7 in 2005 to take the long jump title, Scheper jumped a school record 6-5 to win the high jump in 2015, while Bass and Narzinski combined for three heptathlon titles. In her first year, Quarles saw Narzinski shatter the school record in the heptathlon, finishing fifth at the NCAA Championships, second at the SEC Championships and eighth at the USATF Junior Nationals. Narzinski earned her second heptathlon title in 1999.

Prior to coming to South Carolina, Quarles was an assistant coach at her alma mater, Liberty, for eight years. As an athlete at the school, Quarles helped Liberty claim indoor and outdoor track conference championship titles during her junior and senior campaigns (1988 and 1989), thanks to her standout performances in the heptathlon. She earned All-America honors in the event in 1987 and 1988, placing fifth in the heptathlon at the NCAA Division II National Championship.

A three-time All-American, Quarles was the first student-athlete in program history (men's or women's) to score more than 200 points in a season and one of only 11 in program history to do so at any level of competition (227.5 points as a senior). The 1989 Penn Relays 100-meter hurdles champion held the program record in the event for more than 20 years before it was broken in 2010.

For all her efforts as a coach and athlete with the Flames, she was elected in to the school's hall of fame in the Fall of 2014.

Quarles has a bachelor's degree in psychology and is a native of Covington, Va.



Mike Sergent

Assistant Coach
Throws
19th Season

Mike Sergent enters his 19th season with the Gamecock track and field program in

2016. His primary responsibilities are coaching the throwers and coordinating the strength and conditioning program. Sergent has coached 26 All-Americans, 42 NCAA qualifiers, 14 SEC champions and five NCAA champions at South Carolina.

Sergent had a memorable first season as he coached Lisa Misipeka and Brad Snyder to a total of four NCAA individual championships. Misipeka took home titles in the 20-pound weight and the hammer, while Snyder swept the indoor and outdoor titles in the shot put. Snyder repeated in 1999 when Sergent coached him to the indoor shot put title for the second-consecutive year.

He fostered a young and talented team of throwers in 2015, helping to produce top-ten marks in the program's outdoor history in the shot put, hammer, discus and javelin. Freshman Josh Awotunde was a dual threat in the shot put and discus, qualifying for NCAA regionals in both events. He set the sixth-best shot put mark (best since 2009) and fifth-best discus mark (best since 1999) in the Spring. Sophomore Clarence Gallop also qualified for the regional meet after posting the fifth-best hammer throw in school history (best since 1999). On the women's side, junior Olivia Hassler and freshmen Shelby Freedman and Amy Suttmeier threw for the program's top-five in the javelin. Freedman now sits second all-time, Hassler third and Suttmeier fifth, providing the team with a deep and developing pool of talent.

In 2011, Michael Zajac brought home All-America honors in the weight throw and hammer throw. Five throwers qualified for the NCAA Preliminary, and his athletes earned 22 points at SEC Championship events.

On the men's side, Zajac was the SEC bronze medalist in the weight throw and earned All-America honors by taking 7th in the weight throw at the NCAA Indoor Championships and 15th in the hammer throw at the NCAA Outdoor Championships. He concluded his career with 46 points in SEC competition and as one of two Gamecocks to score in both the hammer and weight throw in all four of his seasons.

On the women's side, four Gamecocks scored at the SEC Outdoor Championships to continue Sergent's streak of hav-

ing a thrower score at the meet every season since he has been at Carolina. Four throwers qualified for NCAA Regionals: senior Aimee Kodat, juniors Stacey Roberts and Katie Vuckovich, and freshman Breanna Radford.

Sergent has also seen success in coaching his student-athletes on the international stage. In 2003, former Gamecock and NCAA champion Dawn Ellerbe reached the World Championships in Paris under Sergent's tutelage. He also worked with Ellerbe in 2002 to help her become the USATF national runner-up in both the weight and hammer throws. She finished the year ranked seventh in the world in the hammer, set the American record in the hammer, and finished ranked eighth nationally in the discus throw.

In 2001, two of Sergent's former student-athletes, Snyder and Misipeka, along with Ellerbe, traveled to Edmonton, Canada, for the 2001 World Championships. In his third year at South Carolina, Sergent coached Candy Mitchell, Bert Sorin and Ryan Harrison through the U.S. Olympic trials. At the 2000 Olympic Games, Snyder, Misipeka and Michelle Fournier all competed.

In 1999, Sergent's student-athletes won four SEC titles. Fournier, an academic All-American and NCAA runnerup, was awarded an NCAA Post-Graduate Scholarship. Misipeka also won a bronze medal at the 1999 World Championships - the school's first in a major international meet.

Prior to coaching at Carolina, Sergent was an assistant coach at his alma mater, Virginia Tech, for five years. At Tech, he assisted in one Metro and four Atlantic 10 Conference championship teams from 1993 to 1997.

Sergent holds a bachelor's degree in exercise science and a master's degree in sports management from Virginia Tech. He was a 1992 All-American and Olympic trials qualifier in the hammer. In the fall of 2012, Sergent was inducted into the Virginia Tech Sports Hall of Fame in his first year of eligibility.

Sergent and his wife, Karen, have a 22-year-old daughter named Kelsey.

COACHING STAFF



James Daniels Assistant Coach Sprints/Hurdles 3rd Season

James Daniels is set to begin his third season as an assistant with the track and field program, working closely with the women's team on sprints and hurdles.

In 2015, he coached Chalese Davis as she ran for the seventh-fastest 60mH time in school history (8.33). Despite injuries that hampered the outdoor roster for the women, Davis matched her PR in the 100mH for the ninth-fastest time ever and the group showed strong depth at each of the short and intermediate distances.

Daniels joined the Gamecocks for the 2013-14 season after spending a year rebuilding the Central State (Ohio) track and field program in NCAA Division II. In the 2012-2013 season, he led the Marauders to third and fourth-place finishes in the Great Midwest Athletic Conference (G-MAC) cross country championships as well as leading the men and women to their first highest team GPA Award. The program also saw its first track and field student-athletes named to the G-MAC All-Academic Team.

Prior to his stint with Central State, Daniels spent 11 years at North Carolina A&T. During his time in Greensboro, he coached 12 All-Americans, and his athletes posted 122 NCAA Preliminary Round qualifying marks. His teams also posted significant success in the Mid-Eastern Athletic Conference (MEAC). Daniels saw eighteen different Aggies clinch 39 MEAC Championship individual titles, while seven relay teams take home a title. Two current MEAC conference records and 32 school records were set by Daniels' charges. In the classroom, 120 Aggies were named to the MEAC All-Academic Team. Five of Daniels' athletes were named Athlete of the Year at North Carolina A&T, and he also saw Loreal Smith (2009) and Jared Baldwin (2012) named MEAC Woman and Man of the Year.

As an assistant track coach for Division III power Christopher Newport, Daniels was a part of four NCAA championship teams and two runner-up finishes. At that level, he also oversaw two NCAA record holders and six individual NCAA champions, with his athletes earning 117 All-America citations.

In addition to working with the track program, Daniels served as assistant women's basketball coach at Christopher Newport as well. The Lady Captains were 45-11 in conference play and 89-44 overall during his stint on staff. In 1992, the team advanced to the school's first-ever Division III Sweet 16. In addition, he also worked with Karen Barefoot, the first player in NCAA history - male or female - to score 2000 points and have 1000 assists in a career.

Coaching at all levels of track and field, Daniels is certified USATF Level II coach in sprints, hurdles and relays. Numerous athletes Daniels has consulted have represented USA Track & Field on national teams. He is also a regarded lecturer and has spoken at the South Carolina-hosted Elite Summit and Coaches Clinic several times.

Daniels graduated cum laude from Hampton University. In addition, he earned Golden Key National Society Scholar Honors and was an Alpha Kappa Delta Sociology Honor Society Inductee. He and his wife Tonya have three children, Naryah, Jameson, and Nathalya.



Kevin Brown Recruiting Coordinator Assistant Coach Sprints, Relays, PV 7th Season

Kevin Brown enters the seventh year of his second stint with the Gamecocks in the 2016 season. His primary responsibility is working with the pole vaulters in addition to working with South Carolina's well-respected relay teams and sprinters. Brown is also the program's recruiting coordinator.

Last season, he had success coaching multi-event athlete Markus Leemet. In just his first season on the roster, Leemet recorded the program's second-highest heptathlon and decathlon scores ever and earned All-America honors in the decathlon for the outdoor season. Brown also helped to coordinate one of the most talented recruiting classes in the program's recent history.

While in his first stint at Carolina, Brown was named to the Team USA coaching staff for the 2003 Junior Pan American Games and served as an assistant coach during the competition in Barbados. In December 2002, he was voted to the Team USA staff by the USATF Coaches Championship Selection Committee, a group that selects national coaching staffs for International competition including the Pan American Games and Goodwill Games. Brown became the second USC assistant coach to serve as a part of a Team USA staff.

Under Brown's tutelage as pole vault coach in his first stint at South Carolina, pole vaulter Chris Steddum earned three first-place finishes during the 2003 outdoor season, including a meet record 17-0 3/4" to win the Orange and Purple Classic at Clemson, a vault that earned him SEC Athlete of the Week honors. Steddum finished second at the SEC Indoor Championships. In 2002, Steddum finished fourth at the NCAA Outdoor Championships in 2002 and was named All-American. He also finished fourth at the SEC Indoor Championships, second at the SEC Outdoor Championships and eighth in the NCAA Indoor Championships in the pole vault, garnering All-American honors.

In 2001, Brown coached Jared Farabee and Steddum to a one-two finish at the SEC Outdoor Championships. Steddum also qualified for the NCAA Indoor Championships and set a school record with a height of 17'-

8. Farabee posted a first place finish in the pole vault at the Penn Relays.

In 2011, Brown coached Lakya Brookins to a NCAA record in the 60-meter dash at 7.09. Brookins won the 2009 60m NCAA title as a sophomore and capped her senior indoor season with a second title in 2011 where she tied the record in the finals to win the championship.

Marvin Reitze also reached national prominence under Brown as she was the runner up in the pole vault in the SEC and NCAA Indoor Championships. Reitze vaulted 18'1 to become the Penn Relay's Pole Vault Champion and was named Field Event Athlete of the Meet. In addition to his athletic accomplishments, Reitze was also a NCAA Academic All-American.

Prior to coming to South Carolina in 2000, Brown spent two years as assistant coach at the University of Akron. While at Akron, Brown assisted with the sprints on the track and field team and specialized as the team's field events and jumps coach.

Brown began his coaching career in 1995 as an assistant coach at his alma mater, the University of North Carolina, where he left as the most decorated vaulter in school history.

A pole vault All-American in 1994, Brown placed fourth for the Tar Heels at the NCAA meet, clearing 18-0 1/2. Brown was the only college vaulter in the state of North Carolina to clear 18-0 in 1994. He was an Atlantic Coast Conference scorer in five different events including the pole vault, long jump, triple jump, 4x400 and the 4x100. He still holds the UNC indoor and outdoor records in the pole vault.

A native of Richmond, Va., Brown attended Henrico High School where he was the 1989 Virginia state high school champion in the pole vault. Brown also was a Junior Olympic Regional Champion while he lettered in football, wrestling and track and field.

A 2000 and 1996 Olympic Trials qualifier, his personal best in the pole vault is 18-6.

Brown graduated from North Carolina with a Bachelor of Arts degree in recreational administration. He and his wife Ebony have four children, Dymonic, Daija, Dorien and Daila, and reside in Columbia.