



SOUTH CAROLINA

CROSS COUNTRY

SOUTH CAROLINA ATHLETIC MEDIA RELATIONS - CROSS COUNTRY CONTACT: JOSH MITCHELL - JMITCHEL@MAILBOX.SC.EDU
RICE ATHLETICS CENTER, 1304 HEYWARD STREET, COLUMBIA, S.C. 29208 - OFFICE: 803-777-5539 - CELL: 815-762-5756

2014 SCHEDULE

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

Home Meets in **bold**
All Times Eastern

USC OPEN #1

Hilton Field at Fort Jackson
Columbia, S.C.
Saturday, Aug. 30
Women's 5K: 9 a.m.
Men's 5K: 9:30 a.m.

Coming off of a win in its first meet of the season two weeks ago, the South Carolina cross country team hosts its second competition of the year on Saturday with the USC Open #1 at Hilton Field on Fort Jackson. Both the men's and women's races are scheduled for a 5K with the women's race beginning at 9 a.m., and the men's to follow at 9:30.

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

Cross Country Contact Josh Mitchell
E-mail jmitchel@mailbox.sc.edu
Office 803-777-5539
Cell 815-762-5756
Media Relations Fax 803-777-2967
Website GamecocksOnline.com

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.

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

Competing with the Gamecocks in the women's race are Benedict College, Clafin, Georgia Southern, Paine College, Savannah State and Vorhees College. The men's race will consist of Benedict College, Clafin, Paine College, Savannah State and Vorhees College. Results will be posted on GamecocksOnline.com following the day's events.

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

BERGER GETS FIRST WIN

At the opening meet of the season, the Carolina Invitational, junior Stephanie 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.



SOCIAL MEDIA

@GamecockXC



STARTING FAST

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

GAMECOCKS LEADING THE PACK

While Berger got the win at the Carolina Invitational, South Carolina claimed 13 of the top 15 spots in a field that saw 54 competitors. The Gamecocks claimed the top five spots to score a perfect 15 points.

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.

REISER LEADING THE WAY

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

RETURNING EXPERIENCE

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

YOUTH MOVEMENT

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

FRESHMAN CLASS

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

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

USTFCCCA WOMEN'S POLL

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

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

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

Sequoia Brown • Fr. • Greenville, S.C.
 Date Meet Dis. Finish Time

Sarah Falta • So. • Seneca, S.C.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 5th 19:33.42

Hannah Frazier • Fr. • Virginia Beach, Va.
 Date Meet Dis. Finish Time

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

Emily Harding • Fr. • Sarasota, Fla.
 Date Meet Dis. Finish Time

Helena Harding • Fr. • Roanoke, Va.
 Date Meet Dis. Finish Time

Meri Heneage • R-Fr. • Lexington, S.C.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 9th 19:50.77

Kaleigh Higgins • Jr. • Niskayuna, N.Y.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 28th 21:26.67

Christine Kent • Jr. • San Diego, Calif.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 3rd 19:17.77

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

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

Anna McElrath • Fr. • Charlotte, N.C.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 11th 19:55.07

Ashley Miller • Jr. • North Myrtle Beach, S.C.
 Date Meet Dis. Finish Time

Melanie Ng • So. • Winterville, N.C.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 4th 19:27.29

Caitlin Potter • Fr. • Lincolnton, N.C.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 6th 19:45.33

Mary Reiser • So. • Annapolis, Md.
 Date Meet Dis. Finish Time

Regina Schreiber • Fr. • Gaithersburg, Md.
 Date Meet Dis. Finish Time

Allie Sprague • Fr. • Marengo, Ill.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 2nd 19:14.26

Sarah Taylor • Fr. • Chester Springs, Pa.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 15th 20:17.49

Anna Todd • Jr. • Spartanburg, S.C.
 Date Meet Dis. Finish Time

Kaylee Wessel • Fr. • St. Charles, Ill.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 7th 19:39.56

Allie Whitley • Jr. • Stanley, N.C.
 Date Meet Dis. Finish Time

Brandy Wybersky • Jr. • Manassas, Va.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 13th 20:05.97

Monica York • Fr. • DeKalb, Ill.
 Date Meet Dis. Finish Time
 8/30 Carolina Invitational 5K 14th 20:12.82