



# SOUTH CAROLINA

## CROSS COUNTRY

### 2014 SCHEDULE

Date	Event	Location	Time/Result
8/30	<b>Carolina Invitational</b>	<b>Columbia, S.C.</b>	<b>1st</b>
9/13	<b>USC Open #1</b>	<b>Columbia, S.C.</b>	<b>1st</b>
9/26	Charlotte Invitational	Charlotte, N.C.	6 p.m.
10/4	Paul Short Invitational	Bethlehem, Pa.	11 a.m.
<b>10/8</b>	<b>USC Open #2</b>	<b>Columbia, S.C.</b>	<b>6 p.m.</b>
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

### CHARLOTTE INVITATIONAL

McAlpine Creek Park

Charlotte, N.C.

Fri, Sept. 26, 2014

Women's 6K: 6 p.m.

Results: [www.FlashResults.com](http://www.FlashResults.com)

Coming off of back-to-back wins to open the season on its home course at Hilton Field on Fort Jackson, the South Carolina cross country team will hit the road Friday as the squad travels to Charlotte, N.C., for the Charlotte Invitational at McAlpine Creek Park. It will be the team's first 6K race of the season after previously running 5K's in the first two meets.

### SOUTH CAROLINA QUICK FACTS

#### UNIVERSITY OF SOUTH CAROLINA

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

#### TEAM INFORMATION

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

#### MEDIA RELATIONS

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Competing with the Gamecocks in the women's race are Anderson, Brevard, Central Academy, Charlotte, Columbia College, Converse, Davidson, Florida State, Johnson C. Smith, Limestone, Mars Hill, Samford, SCAD, Shorter, UNC Pembroke, USC-Beaufort, Wake Tech, West Alabama and Western Carolina.

### EXPERIENCE AT McALPINE

The Gamecocks have competed at McAlpine Creek Park the past two seasons, running a 5K last year at the Royal Cross Country Challenge, and a 6K in 2012 at the NCAA Southeast Regional. The Gamecock all-time top times list is littered with marks from the Charlotte course with both the 5K (Meredith Mill, 17:03.6) and 6K (Kayla Lampe, 20.40.43.) South Carolina records coming at McAlpine.

### 15

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

### SEEING GARNET IN THE FRONT

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



**SOCIAL MEDIA**

@GamecockXC



**USTFCCCA WOMEN'S NATIONAL POLL**  
(WEEK 2, SEPT. 23)

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

Dropped Out: No. 30 Weber State

Others Receiving Votes: Weber State 19, Princeton 18, Arizona State 15, Cornell 8, BYU 6, Toledo 5, Baylor 5, Texas A&M 2, Duke 1

**REGIONALLY RANKED**

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

**GETTING NUMBER TWO**

Junior Anna Todd picked up her first win of the season, and second of her career. At the USC Open #1, the Spartanburg, S.C. native, by recorded a time of 18:32.11, just ahead of sophomore Mary Reiser.

**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.

**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.

**FRESHMEN STEPPING UP**

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

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

**REISER LEADING THE WAY**

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), Todd (junior), Berger (junior), Christine Kent (junior), Martha McCoy (sophomore), along with the possibility of Lampe (junior).

## **FRESHMAN CLASS**

Coach Allden has considered this year's freshman class "top-to-bottom to be one of the strongest recruiting classes [the program] has had." Leading the group of 13 are Florida natives 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.

## **YOUTH MOVEMENT**

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

## **LEARNING FROM EXPERIENCE**

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

## **UP NEXT**

This weekend's 6K meet will be the second for the Gamecocks in eight days as they will travel to Bethlehem Pa., on Oct. 4 for the Paul Short Invitational hosted by Lehigh University. It is expected to be the toughest field South Carolina will face this season with multiple nationally-ranked teams in the field.

## 2014 SOUTH CAROLINA CROSS COUNTRY ROSTER

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

### Coaches

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

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

## 2014 SOUTH CAROLINA CROSS COUNTRY PROGRESSIONS

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

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

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

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

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	5th	19:33.42

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

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

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	3rd	18:50.46

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

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	6th	19:03.27

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

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	20th	20:21.88

**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	5K7	7th	19:11.04

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

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

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

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

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

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

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

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

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

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

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

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

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

Date	Meet	Dis.	Finish	Time
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**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

**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

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

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	2nd	18:37.54

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

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	8th	19:25.39

**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
9/13	USC Open #1	5K	12th	19:40.43

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

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	1st	18:32.11

## 2014 SOUTH CAROLINA CROSS COUNTRY PROGRESSIONS

### 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		

### 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
9/13	USC Open #1	5K	17th	20:04.47

### 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

