

2014 SOUTH CAROLINA CROSS COUNTRY PROGRESSIONS

Stephanie Berger • Jr. • West Salem, Ohio

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

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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
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

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