



2006 South Carolina Cross Country

Contact: Miquel Jacobs • Office: (803) 777-5204 • Cell: (803) 530-5727 • Email: MiquelJacobs@aol.com • Web: USCsports.com

2006 SCHEDULE

Date	Event	Time/Result
Sept. 1	Gamecock Invitational	1st/38 pts
Sept. 9	Clemson Invite	1st/31 pts
Sept. 16	Winthrop Invite - "B" team	7th/183 pts
Sept. 23	Great American XC Festival	4th/170 pts
Sept. 30	Auburn Invitational	10th/249 pts
Oct. 14	Furman	7th/113 pts
Oct. 28	SEC Championship	10 a.m.
Nov. 11	NCAA Regionals	10 a.m.
Nov. 20	NCAA Championships	10 a.m.

2006 NCAA Women's Poll (10/17)

Rank	Team (first place votes)	Points
1.	Wisconsin	448
2.	Colorado	427
3.	Iona	422
4.	UTEP	391
5.	Stanford	390
6.	Arkansas	387
7.	Oregon	364
8.	Florida State	339
9.	NC State	321
10.	Florida	295
11.	Portland	270
12.	Notre Dame	267
13.	Santa Barbara	266
14.	Minnesota	237
15.	Alabama	228
16.	Georgetown	225
17.	Iowa	217
18.	Michigan	181
19.	Kansas	180
20.	Providence	165
21.	BYU	147
22.	Oklahoma State	131
23.	Louisville	128
24.	San Luis Obispo	125
25.	Arizona	111
26.	Washington	79
27.	Texas	77
28.	Butler	46
29.	Virginia	44
30.	Northern Arizona	27

Other Teams Also Receiving Votes: Weber State 18, Princeton 9, Lamar 5, Michigan State 3, Eastern Michigan 2, Dartmouth 1, Iowa State 1, Ohio State 1.



SEC CHAMPIONSHIPS-6K
Saturday, Oct. 28, 2006 • 10 a.m. ET
Highland Road Park • Baton Rouge, La.



PARTICIPATING SCHOOLS

Alabama
Arkansas
Auburn
Florida
Georgia
Kentucky
LSU
Mississippi State
Ole Miss
South Carolina
Tennessee
Vanderbilt

QUICK FACTS

LOCATION:..... Columbia, S.C.
ENROLLMENT:.....27,065
NICKNAME:.....Gamecocks
COLORS:.....Garnet (PMS 201) and Black
HOME COURSE:.....Hilton Field at Fort Jackson
XC COACH:..... Stan Rosenthal, 6th year
2005 SEC FINISH:..... 11th
2005 REGIONAL FINISH:..... 24th (Southeast)
XC CONTACT:..... Miquel Jacobs/Michelle Schmitt
E-MAIL:..... MiquelJacobs@aol.com
OFFICE PHONE:..... (803) 777-5204
OFFICE FAX:..... (803) 777-2967
MAILING ADDRESS:..... The Roost, Building B
..... 1322 Heyward Street..... Columbia, SC 29208

2006 Roster

Name	Class	Hometown	High School/College
Amanda Barrett	Freshman	New Orleans, La.	Sacred Heart Academy
Nicki Breves	Senior	Ridgefield, Conn.	Ridgefield HS
Katarina Cap	Freshman	Hilton Head, S.C.	Hilton head HS
Kelsey Bristol	Sophomore	Grandville, Mich.	Grandville HS
Rebecca Chain	Junior	Ridgefield, Conn.	Ridgefield HS
Danielle Franklin	Sophomore	Greer, S.C.	Greer HS
Katie Daly	Freshman	Tampa, Fla.	Plant HS
Casey Gale	Sophomore	Pickens, S.C.	Charleston Southern Univ.
Emily Hartley	Freshman	Naperville, Ill.	Neuqua Valley HS
Lisa McKinney	Freshman	Downingtown, Pa.	West HS
Christine Mudd	Senior	Upper Arlington, Ohio	Upper Arlington HS
Jessica Nichols	Freshman	Moncks Corner, S.C.	Berkeley HS
Anna Petrov	Sophomore	Albuquerque, N.M.	Eldorado HS
Callie Rabun	Sophomore	Alpharetta, Ga.	Milton HS
Laura Regensburg	Sophomore	Alexandria, Va.	West Potomac HS
Megan Robers	Sophomore	Cincinnati, Ohio	Archbishop McNicholas HS
Alyse Shayer	Sophomore	Bakersfield, Calif.	Stockdale HS
Jess Smith	Junior	Warrenton, Va.	Fauquier HS
Theresa Verostek	Sophomore	Rock Hill, S.C.	Northwestern HS
Jackie Vignos	Senior	Charlotte, N.C.	South Meck HS
Karen Wigal	Junior	Morgantown, W.V.	Morgantown HS
Becky Woods	Sophomore	Galway, N.Y.	Galway HS

Coach: Stan Rosenthal, 6th Year

SOUTH CAROLINA CROSS COUNTRY

South Carolina's cross country team was idle last week in preparations for the SEC Championships to be held in Baton Rouge, La. USC finished 11th in last season's championships that were held in Columbia. Sophomore Casey Gale, who has been the number one runner for the Gamecocks throughout the season, and juniors Rebecca Chain and Karen Wigal will look to pace USC in the event to be held Oct. 28 at Highland Road Park.

PACED BY GALE

Sophomore-transfer Casey Gale has made an instant impact in her first season with the South Carolina cross country team. Gale, who was the No. 1 runner for Charleston Southern last year, has placed first on the team in all five varsity meets this season. In her first meet as a Gamecock at the USC Invitational, Gale placed second overall and bested her previous PR by 45 seconds. Gale again paced the Gamecocks with a third overall finish at the Clemson Invitational. Despite battling a case of severe shin splints, Gale paced the Gamecocks at the Great American XC Festival and finished 27th. Her best finish this season came at the Auburn Invitational with a time of 17:58.

THE MCKINNEY FACTOR

Freshman Lisa McKinney has also been an instant factor for Carolina cross country. McKinney has placed in the Top 10 in Carolina's first two meets this season, placing 7th at the Gamecock Invitational and 9th at the Clemson Invitational. McKinney found herself to be the deciding factor in a three-way tie for fourth at the Great American XC Festival last week, finishing three spots ahead of the Mars Hill and Clemson sixth runners to give USC the advantage. McKinney is the only freshman in USC's Top Five runners this season.

TRI-CAPTAINS

USC will look for leadership from its three captains this season in senior Nicki Breves and juniors Rebecca Chain and Karen Wigal. The three captains have been consistent scorers for the Gamecocks thus far this season. Chain has raced No. 2 in each competition that she has competed in, and Wigal has made her mark as the No. 3 runner. Wigal missed the last two meets with minor injuries but will return for the SEC's.

FIVE DEEP

Depth has been the term used to describe the 2006 team. USC's varsity team is averaging a 45 second differential between its number one and number five runners so far this season. At the same point last season, Carolina was averaging 57 seconds between the one and five runners, excluding the designated "B" meets.

6K

The SEC Championships will be USC's first 6K race this season. Carolina's other six events have all been 5K races. At last season's SEC Championships - the only 6K race in 2005 as well - Rebecca Chain and graduated senior Shay Shelton both set PR's for 6K.

2005 SEC CHAMPIONSHIPS

Columbia, S.C. (Oct. 29, 2005) - South Carolina cross country had their best performance of the season in the 2005 SEC Cross Country Championship, hosted by the Gamecocks at Hilton Field on Fort Jackson in Columbia on Saturday, October 29th.

The Gamecocks competed against 11 other SEC schools, including nationally Arkansas (18), two-time defending champion Tennessee (21) and Georgia (18). For the second consecutive year the women's championship title was decided by less than five points. With another remarkable performance, the Tennessee Vols claimed the title with 48 points, just three points less than Arkansas who finished runner-up with a score of 51. Georgia finished third at 87 points.

While the Gamecocks finished 11th in the 6K with an average time of 22:32.59, the top seven South Carolina runners set personal best performances and walked away from the competition pleased with their efforts.

"I just had fun today," said USC top runner sophomore Rebecca Chain. "I just went out there and tried to do the best that I could and be tough. I didn't even realize how fast I was going until I saw the times."

Claiming the title for the women's competition was defending SEC Champion Angela Homan, of Auburn. Homan took the lead early in the competition, remaining ahead of the pack since the one mile marker. The senior Tiger ran 19:40.00 for the first place finish and her third consecutive SEC title.

Chain finished the competition in 45th place with a personal best of 21.44. Not too far behind was senior Shay Shelton, who ran a personal best of 22.12 for 60th. Also finishing for the Gamecocks were junior Nicki Breves with a time of 22:27 for a 68th-place finish, freshman Anna Petrov in 81st (22:55) and freshman Megan Robers in 88th (23:22). Freshmen Theresa Verostek, Kelsey Bristol and Laura Regensburg ran together finishing in 92nd (23:30) 93rd (23:36) and 94th (23:39) places, while freshmen Alyse Shayer and sophomore Jessica Smith ended the Gamecock pack in 96th (23:55) and 97th (24:12) places.

The Gamecocks totaled 311 points, finishing ahead of Ole Miss.

1 Tennessee	48 points	10 LSU.....	288 points
2 Arkansas.....	51 points	11 USC	311 points
3 Georgia.....	87 points	12 Ole Miss.....	359 points
4 Kentucky.....	116 points		
5 Florida.....	137 points	South Carolina Finishers	
6 Mississippi State.....	152 points	45. Rebecca Chain (21:44);	60. Shay Shelton (22:12);
7 Vanderbilt.....	161 points	68. Nicki Breves (22:27);	81. Anna Petrov (22:55);
8 Alabama.....	190 points	88. Megan Robers (23:22);	92. Theresa Verostek (23:30);
9 Auburn	241 points	93. Kelsey Bristol (22:36);	94. Laura Regensburg (23:39);
		96. Alyse Shayer (23:55);	97. Jessica Smith (24:12)

2005 RESULTS

Gamecock Invitational (5K) - 1. Clemson 45; **2. USC 47**; 3. Western Carolina 102; 4. Georgia Southern 115; 5. College of Charleston 116; 6. The Citadel 117; 7. Charleston Southern 172; 8. South Carolina State 233; 9. Savannah State 259.

3. Rebecca Chain (19:04); 6. Alyse Shayer (19:29); 9. Laura Regensburg (19:37); 11. Anna Petrov (19:39); 18. Karen Wigal (19:55); 23. Nicki Breves (20:07); 24. Theresa Verostek (20:10).

Clemson Invitational (5K) - 1. Georgia 24; 2. UNC Charlotte 45; 3. Clemson 97; **4. USC 120**; 5. Furman 143; 6. UNC Asheville 186; 7. Western Carolina 190; 8. Gardner-Webb 227; 9. Mars Hill College 242; 10. Wofford 277.

13. Rebecca Chain (18:41); 26. Laura Regensburg (19:26); 32. Theresa Verostek (19:35); 34. Anna Petrov (19:38); 35. Alyse Shayer (19:40); 36. Nicki Breves (19:44); 38. Kelsey Bristol (19:46).

Winthrop Invitational (5K) - 1. High Point 33; 2. Winthrop 60; **3. USC 80**; 4. UNC-Greensboro 103; 5. Gardner-Webb 124; 6. Wofford 128; 7. South Carolina State 202.

11. Shay Shelton (20:28); 13. Julie Reale (20:37); 17. Jess Smith (20:46); 19. Kelsey Bristol (20:52); 20. Megan Robers (20:56); 21. Caitlin McGroerty (21:07); 27. Lauren Jaynes (21:28).

Great American Race (5K) - 1. Duke 20; 2. BYU 68; 3. Virginia 110; 4. Georgia 119; 5. William & Mary 153; 6. Coastal Carolina 167; 7. Maryland 183; 8. Charlotte 229; 9. U.S. Military Academy 249; 10. Richmond 253; 11. UAB 260; **12. USC 361**

69. Rebecca Chain (19:10); 89. Theresa Verostek (20:01); 92. Nicki Breves (20:07); 95. Laura Regensburg (20:10); 97. Jess Smith (20:12); 98. Kelsey Bristol (20:13); 99. Anna Petrov (20:14).

Auburn Invitational (5K) - 1. Samford 86; 2. Lamar 99; 3. Alabama 138; 4. Mississippi State 148; 5. South Florida 177; 6. New Mexico 180; 7. Kennesaw State 214; 8. Tennessee-Chattanooga 215; 9. Emory 241; 10. Western Kentucky 273; **16. USC 431**

66. Rebecca Chain (18:38); 87. Shay Shelton (18:58); 100. Anna Petrov (19:05); 109. Nicki Breves (19:14); 110. Theresa Verostek (19:15); 112. Kelsey Bristol (19:17); 122. Alyse Shayer (19:24)

Blue Ridge Open (5K) - 1. Davidson 38; 2. Appalachian State 70; 3. High Point 104; 4. UNC-Greensboro 140; 5. UNC-Wilmington 144; 6. Elon 154; **7. USC 158**; 8. Mars Hill 205; 9. Gardner Webb 228

23. Rebecca Chain (19:36); 30. Anna Petrov (19:54); 37. Nicki Breves (20:14); 41. Theresa Verostek (20:20); 46. Kelsey Bristol (20:25); 73. Kayla Curtis (21:12); 87. Jess Smith (21:32).

USC HONOR ROLL

10-1-02 - Jenny Lake, SEC Athlete of Week
2005 - Jenny Lake, USC Scholar Athlete of Year

CHAMPIONSHIP RESULTS

Year	SEC's	Regional's
1991	8th	
1992	7th	
1993	7th	
1994	6th	
1995	6th	
1996	11th	
1997	8th	
1998	7th	
1999	5th	
2000	9th	
2001	7th	18th
2002	11th	23rd
2003	10th	18th
2004	11th	19th
2005	11th	24th

*Records prior to the 1991 season are currently unavailable.



Head Coach
Stan Rosenthal (6th Year)

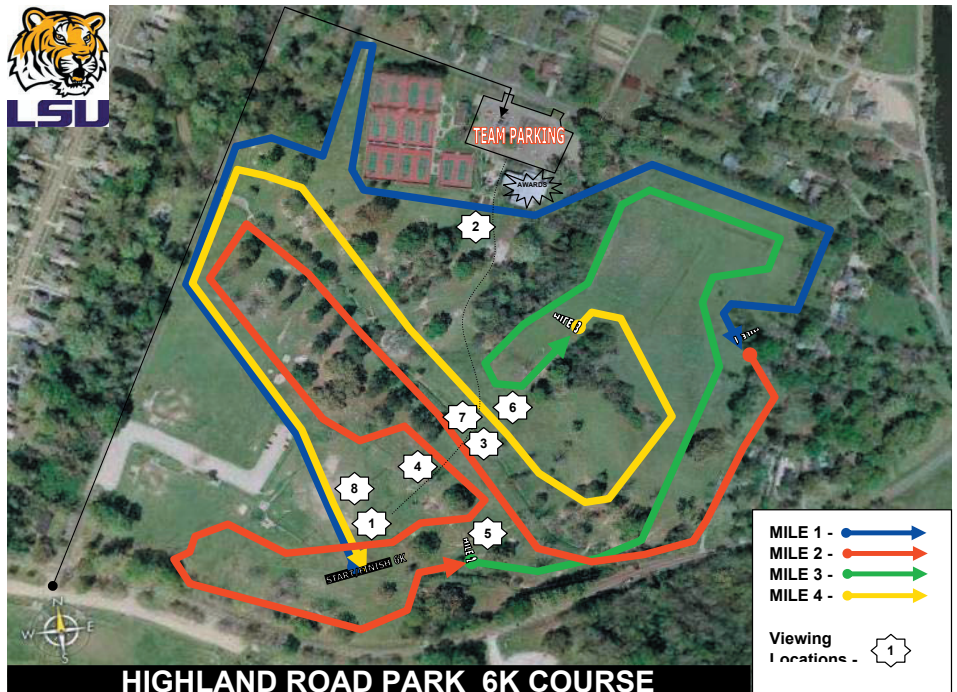
Indiana University of Pennsylvania, 1975

4 Big South Conference Championships

Academic success is very important to Coach Stan Rosenthal. His athletes have achieved individually and as a team. Last year Rosenthal's cross country team placed four runners on the SEC Academic Honor Roll and three on the President's List. The 2005 cross country team had a cumulative GPA of 3.58. Also in 2005, senior Jenny Lake was named USC Scholar Athlete of the Year, a McWhorter Scholar and the recipient of a NCAA Postgraduate Scholarship.

Two of the women's cross country teams coached by Rosenthal were ranked in the NCAA Division I Top 20, posting a 3.46 GPA. Seven athletes were selected as Conference Scholar-Athletes of the Year. During his coaching career, over 90% of the athletes he has recruited and coached have graduated. Many later earned graduate level degrees, including three who are currently in medical school.

2006 SEC COURSE MAP



GAMECOCK INVITATIONAL

Columbia, S.C. (Sept. 1, 2006) - Running in her first race with the South Carolina cross country team, sophomore-transfer **Casey Gale** ran a personal best by 45 seconds to pace the Gamecocks' to their first win at the Gamecock Invitational since 2003. It was the second in win for Carolina against Clemson in as many days with the Gamecock Volleyball team winning Thursday night at Clemson (3-2).

"I was very pleased with the way we attacked today," USC cross country coach **Stan Rosenthal** said. "I'm very pleased with Casey (Gale). She ran a good race and led the whole way before being nipped at the end. The whole team ran a good race. The top eight runners did great. It's still early in the season and we need to get better for the SEC's, but it's a really fine first step."

Gale, whose previous PR for a 5K was a 19:15, started the race in the front of the pack and battled all the way to the finish line, finishing as the runner-up at 18:31. Anna Mae Flynn of Elon edged Gale at the line for the individual title to finish at 18:30. The two ran neck in neck the entire race.

"I'm really proud and enthusiastic about racing," Gale said. "It was fun. I had a great time, and I was really happy to win. This is a great start to our season."

Carolina finished three athletes in the top-10, totaling 38 points for first place. Elon came in second place at 65 points, followed by the College of Charleston at 70. Clemson, winner of the event the past two years, finished in fourth place with 106 points.

The Carolina harriers got off to a quick start, with five runners leading the pack heading into the top of the first hill. At the end of the first kilometer, the Gamecocks held a significant advantage with seven of the top nine runners, paced by junior **Rebecca Chain**, Gale and senior **Karen Wigal**.

Gale began to make her push at the 3K mark, pushing ahead of the pack by a few seconds. Freshman **Lisa McKinney** also edged her way to the front of the race. By the 4K mark, Gale, McKinney, Chain, Wigal, sophomores **Anna Petrov** and **Callie Rabun**, and senior **Nicki Breves** held positions in the top-20 to pave the way for the Carolina victory.

Gamecock Invitational (5K) - 1. USC 38; 2. Elon 65; 3. College of Charleston 70; 4. Clemson 105; 5. Citadel 142; 6. UNC-Asheville 168; 7. Mercer 173; 8. Georgia Southern 198; 9. SC State 276; 10. Charleston Southern 283.

1. Anna Mae Flynn, Elon (18:30); 2. **Casey Gale, USC (18:31)**; 3. Katie Hedley, CofC (18:37); 4. **Rebecca Chain, USC (18:39)**; 5. Emily Mase, UNC-A (18:54); 6. Karen Corsen, CofC (18:55); 7. **Lisa McKinney, USC (18:56)**; 8. Caitlin Beeler, Elon (18:58); 9. Katheryn Gatewood, Citadel (18:59); 10. Deborah Jones, Mercer (19:02)

CLEMSON INVITATIONAL

Clemson, S.C. (Sept. 9, 2006) - The South Carolina cross country team is 2-0 this season after winning the Clemson Invitational Saturday morning. The Gamecocks, who won their home meet last week with 38 points, placed three runners in the top five and 11 in the top-20 to score 31 points.

"It was a really good effort," head coach **Stan Rosenthal** said. "We worked hard this week in preparing. I was pleased with the results and how the team competed."

USC won the event with 31 points, followed by Western Carolina with 48 points and Gardner-Webb with 49 points. South Carolina State placed fourth with 121 points, and Piedmont College finished fifth with 144 points. The University of Georgia was expected to compete but did not attend the Invitational.

Casey Gale, Karen Wigal and **Nicki Breves** paced the Carolina harriers with top five finishes. Freshman **Lisa McKinney** also placed in the top-10 for her second consecutive meet. **Laura Regensburg** rounded out Carolina's scoring positions and placed No. 10. Carolina ran without three of its top seven runners from last week as **Rebecca Chain, Callie Rabun** and **Anna Petrov** sat out with slight injuries and illness.

"It was a good race," Wigal said. "We were missing people to injuries and sickness, but other people stepped up. We have a lot of depth this year and this meet showed it."

The Carolina harriers again got off to a quick start as Gale, Wigal and McKinney led the pack at the first mile mark. Runners from Western Carolina and Gardner-Webb began making a push by the second mile, but Gale and Breves continued to hold them off. In the final stretch, the runners from Western Carolina and Gardner-Webb were able to take the top two spots with Gale (3rd), Wigal (4th) and Breves (5th) rounding out the top five.

"We did a good job," Gale said. "We won, so we're happy. We put in a good effort. I didn't think I'd run in first place (for the team). That's exciting for me."

Other finishers for Carolina included McKinney (9th), Regensburg (10th), Jackie Vignos (12th), Jessica Nichols (14th), Theresa Verostek (15th), Rebecca Woods (17th), Katie Daly (19th) and Jess Smith (20th).

South Carolina will next compete at the Winthrop Invitational next Saturday in Rock Hill. The Gamecocks will run their "B"-team as they get ready for the Great American Festival in Birmingham the following week.

Clemson Invitational (5K) - 1. USC 31; 2. Western Carolina 48; 3. Gardner-Webb 49; 4. S.C. State 121; 5. Piedmont College 144

1. Michele Milner, Gardner-Webb (18:36.7); 2. Kerrie Savery, Western Carolina (18:45.3); 3. **Casey Gale, USC (19:05.1)**; 4. **Karen Wigal, USC (19:19.8)**; 5. **Nicki Breves, USC (19:32.2)**; 6. Katherin Warden, Gardner-Webb (19:35.1); 7. Skye Aiello, Western Carolina (19:36.0); 8. Lindsay Groce, Western Carolina (19:36.5); 9. **Lisa McKinney, USC (19:37.3)**; 10. **Laura Regensburg, USC (19:48.6)**

WINTHROP INVITATIONAL

Winthrop, S.C. (Sept. 16, 2006) - South Carolina sent its "B"-team to the Winthrop Invitational and finished seventh with 183 points. The Gamecocks rested the Top 10 runners for the upcoming Great American Cross Country Invitational in Hoover, Ala. Freshman Jessica Nichols (34th) led the Gamecocks with a mark of 20:43. Other scores for the Gamecocks include Becky Woods (38th, 20:52), Theresa Verostek (41st, 21:04), Jackie Vignos (44th, 21:09) and Jess Smith (48th, 21:24). The team will next be in action at the Great American Cross Country Festival in Hoover on Sept. 23.

Winthrop Invitational (5K) - 1. Davidson 27; 2. UNC-Charlotte 43; 3. College of Charleston 88; 4. Furman 106; 5. Winthrop 112; 6. UNC-Greensboro 170; 7. **USC-B 183**; 8. Wofford 235; 9. S.C. State 274.

1. Brenna Burnes, Davidson (18:23); 2. Tsehaye Dagnachew, UNC-C (18:26); 3. Carolina Sanker, Davidson (18:28); 4. Brittany Johnson, Furman (18:44); 5. Jane Daniels (18:50); 6. Megal Atias, Davidson (18:51); 7. Aja Jackson, UNC-C (19:07); 8. Emily King, Davidson (19:17); 9. Lucy Rogers, Davidson (19:20); 10. Katie Hedley, CofC (19:31)

GREAT AMERICAN FESTIVAL

Hoover, Ala. (Sept. 23, 2006) - The USC cross country team finished fourth at the Great American Cross Country Festival, finishing with 170 points. Host-school UAB won the women's race. Good news for USC -- lead runner **Casey Gale** ran well after battling a case of shin splints the last couple of weeks.

"We didn't have our best race, but we ran well considering how many of the girls have been sick over the last two weeks," said USC cross country coach **Stan Rosenthal**. "Our depth really helped us today. To have less than a minute between one and five is really good for our team."

"We have never been able to race badly and do well, but I feel good about how we raced today. It wasn't our best race, but we ran well," said Rosenthal. "Casey Gale has recovered from a bout of shin splints and ran well after taking the last couple weeks off."

Race-time it was 82 degrees and very humid. USC went out in the top 30-40 and held each of their places for the most part. The middle part was twisty and hilly so Rosenthal said the times were a bit slower than expected.

"A lot of the other runners had problems with the heat this morning, including **Karen Wigal**, but she is fine now," said Rosenthal. "We got out and held our spots. Given how we raced and where we finished, I am happy. The girls feel good about the race as well."

USC's Top 6 Runners Place Name Time
27 Casey Gale 20:27.00
28 Rebecca Chain 20:33.00
32 Karen Wigal 20:46.90
37 Callie Rabun 21:05.00
46 Anna Petrov 21:24.00
47 Nicki Breaves 21:45.00

USC will run again in the state of Alabama next weekend when it races at the Auburn Invitational.

Great American Cross Country Festival (5K) - 1. UAB 41; 2. BYU 54; 3. Loyola College 160; T4. USC 170; T4. Samford 170; T4. Clemson 170; 7. Florida Southern 178; 8. Central Florida 179; 9. Florida State 190; 10. West Florida 242; 11. North Alabama 250; 12. Mars Hill College 263

1. Elizabeth Ambrus, UAB (18:18); 2. Amber Duffin, BYU (18:47); 3. Jael Koech, Florida Southern (18:54); 4. Kristina Olsen, UAB (18:56); 5. Katherine Herring, Samford (18:58); 6. Emry McKay, North Alabama (18:59); 7. Abi Wilshire, Florida State (19:04); 8. Katie Stepp, UAB (19:10); 9. Whitney Mays, UAB (19:12); 10. Andrea Rovegno, Loyola College (19:12)

AUBURN INVITATIONAL

Auburn, Ala. (Sept. 30, 2006)- The South Carolina women's cross country team finished 10th with 249 points at the Auburn Invitational on Saturday and topped SEC rival Ole Miss after sophomore **Casey Gale** turned in the team's first sub-18 minute performance of the season.

"Casey Gale had a good race for us," Coach **Stan Rosenthal** said. "She was in 15th place at the two mile mark and really did a great job. She was able to start out in the top 30, then worked her way to the 20's and pushed all the way to 15th. Unfortunately she wasn't able to keep that position, but she ran a great race for us."

Gale led the Gamecocks and finished 23rd with a time of 17:58.96. Carolina's top seven finishers were Rebecca Chain (39th; 18:18), Callie Rabun (57th; 18:35), Nicki Breves (64th; 18:46), Lisa McKinney (66th; 18:48), Laura Regensburg (82nd; 19:07) and Karen Wigal (91st; 19:28).

No. 17 Iowa took home the team title convincingly with 16 points, with second place Auburn finishing with 93 points. The Hawkeyes had runners finish in the first four spots, and five of the first six, including overall champion Diane Nukuri (16:10.12). Other SEC finishers include LSU in sixth with 192 points and Ole Miss finished 12th with 357 points.

"Today just wasn't a good result for us," Rosenthal said. "We'll regroup and continue working hard. We expect to have better results our next time out."

The Gamecocks return to action in two weeks at the Furman Invitational on October 14 in Greenville, S.C.

Auburn Invitational (5K) - 1. Iowa 16; 2. Auburn 93; 3. FSU-C 122; 4. Stephen F. Austin 133; 5. Samford 160; 6. LSU 192; 7. New Mexico State 193; 8. North Florida 207; 9. Florida International 213; **10. USC 249**; 11. Kennesaw State 261; 12. Ole Miss 357; 13. Birmingham Southern 448; 14. Austin Peay 470; 15. Miami 488; 16. Jacksonville State 491; 17. Columbia State 498; 18. Georgia Southern 507; 19. West Georgia 508; 20. Southern Miss 519; 21. Alabama State 537; 22. FSU-B 617; 23. Troy 618; 24. Troy-B 736

1. Diane Nukuri, Iowa (16:10); 2. Meghan Armstrong, Iowa (16:26); 3. Shannon Stnaley, Iowa (16:56); 4. Jolly Burke, Iowa (16:59); 5. Ashley Monteau, S.F.A. (17:00); 6. Racheal Marchand, Iowa (17:02); 7. Katherine Herring, Samford (17:05); 8. Sarah Coghlan, North Florida (17:14); 9. Miriam Arusei, Auburn (17:19); 10. Sabrina Fischer, Auburn (17:19)

Last Competition's Results

Greenville, S.C. (Oct. 14, 2006) - The USC women's cross country team finished fourth Saturday at the Furman Invitational and bested Clemson for the third time this season. The Gamecocks finished with 113 points in the final meet scheduled before the SEC Championships, and in-state rival Clemson placed sixth with 133 points.

Sophomore **Casey Gale** continued to pace USC with her fifth race as the number one finisher for the team. She led the Gamecocks at 19:08 and finished in seventh place on the individual leader board.

"Casey got into the top group and ran well again," Coach **Stan Rosenthal** said. "She held the fifth position for a long period of time before the conclusion. It was also encouraging to see three of our runners in the Top 20."

Carolina's other Top 20 finishers were Rebecca Chain (19:32), who placed 15th overall, and Callie Rabun (19:43), who placed 19th overall. Nicki Breves (19:59) and Lisa McKinney (20:18) rounded out the scoring positions at 30th and 42nd, respectively.

"They fought hard," Rosenthal said. "Casey ran a great race. There were also some parameters where **Rebecca Chain** ran better than she did at Auburn. **Callie Rabun** also had a good race for us, but we need better consistency between our one and five runners. We need to get it closer to 30 seconds between the top five like we did earlier in the season."

Sixteen teams competed in the 34th annual Furman Invitational. North Florida took the team title with 73 points, followed by Furman with 83 points and Central Florida with 100 points. Kennesaw State University tied the Gamecocks for with 113 points, but USC won the tiebreaker due to its sixth runner position. Anna Petrov finished with a time of 20:24, 13 spots ahead of Kennesaw's sixth runner. Sarah Coghlan from North Florida took the individual title with a time of 18:20.

"It wasn't our best race of the year, but it was a hard effort," Rosenthal said. "Over the course of the last mile, we didn't lose any spots but some of our runners moved up. That was good to see because we haven't been doing that throughout the season."

Senior **Karen Wigal** was also expected to race Saturday but did not participate to allow her to rest her knee for the SEC Championships. The event will be held Oct. 28 in Baton Rouge, La.

Furman Invitational (5K) - 1. North Florida 73; 2. Furman 83; 3. Central Florida 100; **4. USC 113**; 5. Kennesaw State 113; 6. Clemson 133; 7. East Carolina 180; 8. Mercer 230; 9. Jacksonville State 263; 10. Marshall 292; 11. Alabama State 323; 12. SCAD 323; 13. Wofford 386; 14. SC State 416; 15. North Greenville 426; 16. Shorter College 439

1. Sarah Coghlan, North Florida (18:20); 2. Marian Brooks, Marshall (18:36); 3. Amanda Davey, North Florida (18:41); 4. Erin Sutton, Kennesaw State (18:43); 5. Jennifer Clausen, UCF (18:53); 6. Brittany Johnson, Furman (18:57); **7. Casey Gale, USC (19:08)**; 8. Francine Nzilampa, SCAD (19:12); 9. Nicole Briggs, East Carolina (19:13); 10. Patrice McMillan, Clemson (19:16)

2006 South Carolina Statistics

Meet By Meet Results:

Date	Event	Location	Time	Finish
Sept. 1	Gamecock Invitational	Fort Jackson, S.C.	6 p.m.	1st (10) / 38 points
Sept. 9	Clemson Invitational	Clemson S.C.	9 a.m.	1st (5) / 31 points
Sept. 16	Winthrop Invitational	Winthrop S.C.	10 a.m.	7th (9) / 183 points
Sept. 23	Great American XC Festival	Hoover, Ala.	10 a.m.	4th (12) / 170 points
Sept. 30	Auburn Invitational	Auburn, Ala.	9 a.m.	10th (24) / 249 points
Oct. 14	Furman	Greenville, S.C.	9 a.m.	7th (16) / 113 points
Oct. 28	SEC Championship	Baton Rouge, La.	9 a.m.	
Nov. 11	NCAA Regionals	Louisville, Ky.	10 a.m.	
Nov. 20	NCAA Championships	Terra Haute, Ind.	10 a.m.	

Gamecock Invitational

Sept. 1, 2006 • Fort Jackson, S.C.

Hilton Field - 5K

Final Team Results

1. USC	38
2. Elon.....	65
3. College of Charleston	70
4. Clemson.....	105
5. Citadel.....	142
6. UNC-Asheville	168
7. Mercer.....	173
8. Georgia Southern	198
9. S.C. State	276
10. Charleston Southern.....	283

Individual Results (Top 10)

1. Anna Mae Flynn, Elon	18:30
2. Casey Gale, USC	18:31
3. Katie Hedley, CofC	18:37
4. Rebecca Chain, USC	18:39
5. Emily Mase, UNC-A.....	18:54
6. Karen Corsen, CofC	18:55
7. Lisa McKinney, USC	18:56
8. Caitlin Beeler, Elon	18:58
9. Katheryn Gatewood, Citadel.....	18:59
10. Deborah Jones, Mercer	19:02

Carolina Finishers (Scoring Position)

1. Casey Gale (2)	18:31
2. Rebecca Chain (4).....	18:37
3. Lisa McKinney (7)	18:56
4. Karen Wigal (11).....	19:02
5. Anna Petrov (14)	19:07
6. Callie Rabun (17).....	19:13
7. Nicki Breves (20)	19:19
8. Emily Hartley (24).....	19:26
9. Laura Regensburg (49).....	20:14
10. Jess Smith (51).....	20:26
11. Rebecca Woods (56).....	20:45
12. Theresa Verostek (59)	20:49
13. Katie Daly (60).....	20:50
14. Alyse Shayer (63).....	21:01
15. Megan Robers (69).....	21:23
16. Katarina Cap (71)	21:31
17. Danielle Franklin (74).....	21:50
18. Christine Mudd (83).....	22:39

Clemson Invitational

Sept. 9, 2006 • Clemson, S.C.

Jervey Athletic Center - 5K

Final Team Results

1. USC	31
2. Western Carolina	48
3. Gardner-Webb	49
4. S.C. State	121
5. Piedmont College	144

Individual Results (Top 10)

1. Michele Milner, G-W	18:36.7
2. Kerrie Savery, W. Carolina.....	18:45.3
3. Casey Gale, USC.....	19:05.1
4. Karen Wigal, USC	19:19.8
5. Nicki Breves, USC.....	19:32.2
6. Katherine Warden, G-W.....	19:35.1
7. Skye Aiello, W. Carolina.....	19:36.0
8. Lindsay Groce, W. Carolina	19:36.5
9. Lisa McKinney, USC	19:37.3
10. Laura Regensburg, USC	19:48.6

Carolina Finishers (Scoring Position)

1. Casey Gale (3)	19:05.1
2. Karen Wigal (4).....	19:19.8
3. Nicki Breves (5).....	19:32.2
4. Lisa McKinney (9)	19:37.3
5. Laura Regensburg (10).....	19:48.6
6. Jackie Vignos (12)	20:17.1
7. Jessica Nichols (14).....	20:36.0
8. Theresa Verostek (15)	20:36.7
9. Rebecca Woods (17)	20:42.9
10. Katie Daly (19)	21:03.6
11. Jess Smith (20).....	21:08.8
12. Megan Robers (23).....	21:22.0
13. Alyse Shayer (24)	21:31.3
14. Katarina Cap (25)	21:39.3
15. Danielle Franklin (36).....	23:46.1

Winthrop Invitational

Sept. 16, 2006 • Winthrop, S.C.

Winthrop University Farm - 5K

Final Team Results

1. Davidson.....	27
2. UNC-Charlotte	43
3. College of Charleston	88
4. Furman	106
5. Winthrop.....	112
6. UNC-Greensboro.....	170
7. USC-"B"	183
8. Wofford	235
9. S.C. State	274

Individual Results (Top 10)

1. Brenna Burnes, Davidson.....	18:23
2. Tsehaye Dagnachew, UNC-C.....	18:26
3. Caroline Sanker, Davidson	18:28
4. Brittany Johnson, Furman.....	18:44
5. Jane Daniels, UNC-C	18:50
6. Megal Atias, Davidson	18:51
7. Aja Jackson, UNC-C.....	19:07
8. Emily King, Davidson.....	19:17
9. Lucy Rogers, Davidson.....	19:20
10. Katie Hedley, CofC	19:31

Carolina Finishers (Scoring Position)

1. Jessica Nichols (34)	20:43
2. Becky Woods (38).....	20:52
3. Theresa Verostek (41).....	21:04
4. Jackie Vignos (44)	21:09
5. Jess Smith (48)	21:24
6. Katie Daly (54)	21:34
7. Katarina Cap (58)	22:03
8. Megan Robers (59).....	22:04
9. Christine Mudd (73).....	23:42

Great American Festival

Sept. 23, 2006 • Hoover, Ala.

Spain Park - 5K

Final Team Results

1.	Univ. of Alabama-Birmingham	41
2.	BYU	54
3.	Loyola College (Md.).....	160
T4.	USC	170
T4.	Samford	170
T4.	Clemson.....	170
7.	Florida Southern College.....	178
8.	Central Florida	179
9.	Florida State	190
10.	West Florida.....	242
11.	North Alabama	250
12.	Mars Hill College.....	263

Individual Results (Top 10)

1.	Elizabeth Ambrus, UAB	18:18.80
2.	Amber Duffin, BYU	18:47.20
3.	Jael Koech, Florida Southern	18:54.70
4.	Kristina Olsen, UAB.....	18:56.20
5.	Katherine Herring, Samford	18:58.50
6.	Emry McKay, North Alabama	18:59.70
7.	Abi Wilshire, Florida State	19:04.00
8.	Katie Stepp, UAB.....	19:10.10
9.	Whitney Mays, UAB.....	19:12.00
10.	Andrea Rovegno, Loyola	19:12.90

Carolina Finishers (Scoring Position)

1.	Casey Gale (27).....	20:27.00
2.	Rebecca Chain (28).....	20:33.00
3.	Karen Wigal (32).....	20:46.90
4.	Callie Rabun (37).....	21:05.00
5.	Anna Petrov (46).....	21:24.00
6.	Nicki Breves (47)	21:25.70
7.	Lisa McKinney (49).....	21:35.30
8.	Laura Regensburg (56).....	21:47.40

Auburn Invitational

Sept. 30, 2006 • Auburn, Ala.

Indian Pines Golf Course- 5K

Final Team Results

1.	Iowa	16
2.	Auburn	93
3.	FSU-C.....	122
4.	Stephen F. Austin.....	133
5.	Samford	160
6.	LSU.....	192
7.	New Mexico State.....	193
8.	North Florida	207
9.	Florida International.....	213
10.	USC	249
11.	Kennesaw State.....	261
12.	Ole Miss	357
13.	Birmingham Southern.....	448
14.	Austin Peay.....	470
15.	Miami	488
16.	Jacksonville State	491
17.	Columbia State	498
18.	Georgia Southern	507
19.	West Georgia.....	508
20.	Southern Miss.....	519
21.	Alabama State	537
22.	FSU-B.....	617
23.	Troy.....	618
24.	Troy-B	736

Individual Results (Top 10)

1.	Diane Nukuri, Iowa	16:10
2.	Meghan Armstrong, Iowa.....	16:26
3.	Shannon Stanley, Iowa	16:56
4.	Jolly Burke, Iowa.....	16:59
5.	Ashley Monteau, S.F.A.	17:00
6.	Racheal Marchand, Iowa.....	17:02
7.	Katherine Herring, Samford.....	17:05
8.	Sarah Coghlan, North Florida.....	17:14
9.	Miriam Arusei, Auburn.....	17:19
10.	Sabrina Fischer, Auburn	17:19

Carolina Finishers (Scoring Position)

1.	Casey Gale (23).....	17:58
2.	Rebecca Chain (39).....	18:18
3.	Callie Rabun (57).....	18:35
4.	Nicki Breves (64).....	18:46
5.	Lisa McKinney (66).....	18:48
6.	Laura Regensburg (82).....	19:07
7.	Karen Wigal (91).....	19:21
8.	Becky Woods (NS)	19:22
9.	Kelsey Bristol (NS).....	19:38

Furman Invitational

Oct. 14, 2006 • Greenville, S.C.

Furman University Golf Course - 5K

Final Team Results

1.	North Florida	73
2.	Furman University.....	83
3.	Central Florida	100
4	USC	113
5.	Kennesaw State.....	113
6.	Clemson.....	133
7.	East Carolina	180
8.	Mercer.....	230
9.	Jacksonville State	263
10.	Marshall	292
11.	Alabama State	323
12.	Savannah College of Art and Design	323
13.	Wofford College	386
14.	South Carolina State.....	416
15.	North Greenville College	426
16.	Shorter College	439

Individual Results (Top 10)

1.	Sarah Coghlan, North Florida	18:20
2.	Marian Brooks, Marshall	18:36
3.	Amanda Davey, North Florida.....	18:41
4.	Erin Sutton, Kennesaw St.....	18:43
5.	Jennifer Clausen, UCF	18:53
6.	Brittany Johnson, Furman.....	18:57
7.	Casey Gale, USC.....	19:08
8.	Francine Nzilampa, SCAD	19:12
9.	Nicole Briggs, East Carolina	19:13
10.	Patrice McMillan, Clemson	19:16

Carolina Finishers (Scoring Position)

1.	Casey Gale (7).....	19:08
2.	Rebecca Chain (15).....	19:32
3.	Callie Rabun (19).....	19:43
4.	Nicki Breves (30).....	19:59
5.	Lisa McKinney (42).....	20:18
6.	Anna Petrov (45).....	20:24
7.	Kelsey Bristol (48).....	20:31
8.	Becky Woods (52)	20:35
9.	Theresa Verostek (70)	21:17
10.	Katie Daly (82)	21:56
11.	Katarina Cap (92)	22:24
12.	Christine Mudd (106).....	23:06
13.	Alyse Shayer (107).....	23:09
14.	Danielle Franklin (109).....	23:15

Southeastern Conference XC Championship - 10/28/2006

Hosted by L.S.U.

Held at Highland Rd. Park @ Baton Rouge, LA

School Roster

Name	Year	Name	Year	Name	Year	Name
Alabama		Northrup, Julie	FR	Grube, Lizzie	JR	Schneble, Erika
Ard, Ashley	FR	Petrick, Sara	SO	McPherson, Jennifer	SR	Scott, Amanda
Broderick, Piper	SO	Rodriguez, Valeria	JR	Milam, Sarah	SR	Sizer, Brittany
Carnes, Megan	SR	Sundell, Lindsay	JR	Rosetti, Nicole	SO	Skelton, Mindy
Chitwood, Rue	FR	Total: 13		Thorstenson, Mina	SR	Wetzel, Ashleigh
Enebak, Tara	SR	Georgia		Wahlin, Andrea	SO	Total: 12
Gray, Jennifer	JR	Cordell, Kelly	SR	Total: 11		
Hicks, Julia	SR	DeMarco, Nicole	JR	Ole Miss		
Stewart, Farrah	SO	Heffelfinger, Kristin	SR	Adams, Anna	FR	
Taylor, Whitney	SO	Lammers, Jillian	JR	Chandler, Shannon	SR	
Wancowicz, Elizabeth	SR	Lyons, Bridget	FR	Doucett, Lindsey	SO	
Total: 10		Madebach, Rebekah	JR	Hill, Carolyn	SR	
Arkansas		Madebach, Sarah	JR	Kipper, Cassie	SO	
Bargiachi, Denise	SO	Picchetti, Natalie	JR	Mazer, Samantha	JR	
Barr, Dacia	SO	Skinner, Jill	SO	Patterson, Kirby	JR	
Fahey, Beth	JR	Steffens, Jill	SR	Pioreck, Micah	SR	
Gray, Erin	FR	Vernon, Kiah	JR	Total: 8		
Harper, Jennifer	SO	Weise, Katie	FR	South Carolina		
Jackson, Megan	FR	Wonderlin, Whitni	SR	Breves, Nicki	SR	
Kalmer, Christine	SO	Total: 13		Bristol, Kelsey	SO	
Lewis, Lauren	SO	Kentucky		Chain, Rebecca	JR	
Parry, Dani	FR	Barton, Meredith	FR	Gale, Casey	SO	
Peyton, Caroline	JR	Halasek, Andrea	SO	McKinney, Lisa	FR	
Redlarczyk, Tiffany	JR	King, Emily	SR	Petrov, Anna	SO	
Upshaw, Brooke	FR	Laverty, Claire	FR	Rabun, Callie	SO	
Vrshek, Kelly	SO	Miller, Andrea	SO	Regensburg, Laura	SO	
Walker, Miranda	FR	Morris, Lavera	JR	Wigal, Karen	SR	
Total: 14		Petri, Lindsay	FR	Woods, Becky	SO	
Auburn		Sparkes, Liliane	JR	Total: 10		
Arusei, Miriam	FR	Way, Georganne	SR	Tennessee		
bell, becca	JR	Total: 9		Areson, Jackie	FR	
daughenbaugh, denise	SR	L.S.U.		Bell, Rolanda	SO	
Fischer, Sabrina	FR	Broussard, Megan	JR	Bowman, Sarah	SO	
Hiott, Kristen	FR	Colosimo, Sarah	SR	Flaute, Katie	SR	
karl, megan	JR	Dawson, Katherine	JR	Galligan, Rose-Anne	FR	
Pritchard, Laurel	FR	Day, Lindsay	JR	Guliford, Felicia	SR	
Simpson, Katelyn	FR	Francis, Meisue	JR	Parrish, Kelly	FR	
smith, jessica	JR	Graham, Racheal	SO	Soro, Leah	SO	
Total: 9		Roche, Lynley	SR	Van Horn, Katie	SO	
Florida		Stark, Jennifer	SO	Wright, Phoebe	FR	
Gapstur, Devin	JR	Vandivort, Erin	SR	Total: 10		
Geissler, Jamie	SR	Zirkle, Christy	JR	Vanderbilt		
Gravenstein, Galey	SO	Total: 10		Black, Ellen	FR	
Hintze, Amanda	FR	Mississippi State		Brown, Christine	SO	
Johnson, Kristen	JR	Corrigan, Michelle	SO	Capps, Shannon	SR	
Kramer, Kathryn	SO	Detzel, Brittany	SO	Eckerly, Julie	JR	
Kruzel, Jacy	SO	Falor, Annie	JR	Kazmer, Val	JR	
McKenzie, Lorain	SO	Graham, Abbey	SO	McMahon, Allie	FR	
Nawrocki, LeeAnn	SO	Griffith, Joy	SR	Mims, Carmen	SO	