

2013 SOUTH CAROLINA CROSS COUNTRY

PROGRESSIONS (FINAL)

Stephanie Berger • 5-3 • So. • West Salem, Ohio

Date	Meet	Dis.	Finish	Time
8/30	Carolina Challenge	5K	19th	19:43.82
9/14	Mountain Dew Invitational	6K	49th	23:02.35
9/28	Roy Griak Invitational	6K	232nd	23:57.65
10/11	Royal Challenge	5K	15th	18:04.5
10/19	Indiana State Pre-National Invite (White)	6K	109th	22:50.47
11/1	SEC Championship	6K	86th	22:56.06
11/15	NCAA Southeast Regional	6K	122nd	22:47.3

Penny Boswell • 5-2 • Sr. • Winchester, Ohio

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	7th	19:08.19
9/14	Mountain Dew Invitational	6K	64th	23:21.65
9/28	Roy Griak Invitational	6K	239th	24:05.75
10/11	Royal Challenge	5K	23rd	18:14.4
10/19	Indiana State Pre-National Invite (White)	6K	142nd	23:13.76
11/1	SEC Championship	6K	89th	23:03.76
11/15	NCAA Southeast Regional	6K	152nd	23:08.5

Previous Bests

11/9	2012 NCAA Southeast Regional	6K	89th	22:16.22
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Tyler Brockington • Fr. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
10/2	Gamecock Invitational #2	2M	25th	14:56.53

Brittany Day • Fr. • Rockleigh, N.J.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	35th	20:47.66
9/6	Gamecock Invitational #1	5K	8th	20:18.35
9/14	Mountain Dew Invitational	6K	70th	23:24.93
9/28	Roy Griak Invitational	6K	240th	24:06.20
10/2	Gamecock Invitational #2	2M	9th	12:28.95
10/11	Royal Challenge	5K	74th	19:23.5
10/19	Indiana State Pre-National Invite (Open)	6K	100th	25:22.30

Sarah Falta • 5-4 • Fr. • Seneca, S.C.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	32nd	20:24.97
9/6	Gamecock Invitational #1	5K	6th	19:58.52
9/14	Mountain Dew Invitational	6K	67th	23:23.24
9/28	Roy Griak Invitational	6K	254th	24:26.25
10/2	Gamecock Invitational #2	2M	6th	12:13.47
10/11	Royal Challenge	5K	41st	18:47.9
10/19	Indiana State Pre-National Invite (Open)	6K	64th	23:38.84
11/1	SEC Championship	6K	109th	24:10.14

Meri Heneage • Fr. • Lexington, S.C.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	29th	20:21.68

Kaleigh Higgins • So. • Niskayuna, N.Y.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	53rd	21:22.40
9/6	Gamecock Invitational #1	5K	18th	21:50.15

Christine Kent • 5-5 • So. • San Diego, Calif.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	12th	19:33.67
9/14	Mountain Dew Invitational	6K	62nd	23:12.26
9/28	Roy Griak Invitational	6K	184th	23:18.10
10/11	Royal Challenge	5K	26th	18:19.2
10/19	Indiana State Pre-National Invite (White)	6K	127th	23:02.14
11/1	SEC Championship	6K	98th	23:25.49
11/15	NCAA Southeast Regional	6K	172nd	23:21.3

Previous Best 6K

11/9	2012 NCAA Southeast Regional	6K	138th	22:53.24
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Liz Locke • Jr. • Mickleton, N.J.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	43rd	20:59.32

Previous Bests

9/3	2010 Gamecock Invitational	5K	9th	18:28.72
11/13	2010 NCAA Southeast Regional	6K	128th	22:48.0

Lannon McCoy • So. • Chapin, S.C.

Date	Meet	Event	Finish	Time/Mark
9/6	Gamecock Invitational #1	5K	10th	20:35.31

Previous Bests

9/3	2012 Gamecock Invitational	5K	16th	19:30.9
9/28	2012 Charlotte Invitational Green Race	6K	12th	23:38.1

Martha McCoy • 5-8 • Fr. • Johnson City, Tenn.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	10th	19:33.00
9/14	Mountain Dew Invitational	6K	42nd	22:43.77
9/28	Roy Griak Invitational	6K	197th	23:25.70
10/11	Royal Challenge	5K	27th	18:21.9
10/19	Indiana State Pre-National Invite (White)	6K	150th	23:19.50
11/1	SEC Championship	6K	92nd	23:06.56
11/15	NCAA Southeast Regional	6K	158th	23:12.3

Meredith Mill • 5-4 • Jr. • Ellicott City, Md.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	4th	18:49.26
9/14	Mountain Dew Invitational	6K	7th	21:39.34
9/28	Roy Griak Invitational	6K	60th	22:11.55
10/11	Royal Challenge	5K	2nd	17:03.6
10/19	Indiana State Pre-National Invite (White)	6K	9th	21:20.52
11/1	SEC Championship	6K	15th	20:57.38
11/15	NCAA Southeast Regional	6K	27th	21:17.4

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

Date	Meet	Event	Finish	Time/Mark
10/2	Gamecock Invitational #2	2M	10th	12:31.75
10/11	Royal Challenge	5K	76th	19:25.9

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Alex Mullin • 5-6 • Jr. • Lakesite, Tenn.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	34th	20:40.22
9/6	Gamecock Invitational #1	5K	5th	19:48.58
9/14	Mountain Dew Invitational	6K	88th	23:54.86
10/2	Gamecock Invitational #2	2M	5th	12:11.33
10/11	Royal Challenge	5K	37th	18:43.8
10/19	Indiana State Pre-National Invite (Open)	6K	74th	23:53.78
11/1	SEC Championship	6K	107th	24:00.41

Previous Bests

9/28	2012 Charlotte Invitational Green Race	6K	8th	23:30.7
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Melanie Ng • Fr. • Winterville, N.C.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	14th	19:34.71
9/14	Mountain Dew Invitational	6K	54th	23:06.93
9/28	Roy Griak Invitational	6K	269th	24:52.05
10/11	Royal Challenge	5K	80th	19:29.3

Sarah Pellegrini • Jr. • Sayville, N.Y.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	37th	20:51.60
9/6	Gamecock Invitational #1	5K	14th	21:04.31
10/2	Gamecock Invitational #2	2M	14th	13:06.67
10/11	Royal Challenge	5K	104th	19:53.6

Previous Bests

9/17	2011 Winthrop Invitational	5K	25th	19:26.69
9/24	2011 Roy Griak Invitational	6K	246th	24:34.5

Mary Reiser • 5-5 • Fr. • Annapolis, Md.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	8th	19:09.51
9/14	Mountain Dew Invitational	6K	12th	21:55.00
9/28	Roy Griak Invitational	6K	130th	22:50.10
10/11	Royal Challenge	5K	5th	17:39.0
10/19	Indiana State Pre-National Invite (White)	6K	33rd	21:53.20
11/1	SEC Championship	6K	33rd	21:33.77
11/15	NCAA Southeast Regional	6K	29th	21:21.3

Erika Rucker • So. • Flowery Branch, Ga.

Date	Meet	Event	Finish	Time/Mark
10/2	Gamecock Invitational #2	2M	17th	13:24.67

Haley Saxby • Fr. • Columbia, S.C.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	69th	23:04.27
10/11	Royal Challenge	5K	218th	22:27.1

Courtney Swink • So. • Brookville, Ohio

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	46th	21:09.79
9/6	Gamecock Invitational #1	5K	9th	20:21.94
9/14	Mountain Dew Invitational	6K	108th	24:22.47
10/11	Royal Challenge	5K	101st	19:52.1

Previous Bests

10/12	2012 Royal Challenge	5K	90th	19:41.9
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Anna Todd • 5-10 • So. • Spartanburg, S.C.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	41st	20:57.28
9/6	Gamecock Invitational #1	5K	1st	19:04.26
9/14	Mountain Dew Invitational	6K	23rd	22:20.50
9/28	Roy Griak Invitational	6K	154th	23:04.90
10/11	Royal Challenge	5K	11th	17:59.8
10/19	Indiana State Pre-National Invite (White)	6K	70th	22:22.84
11/1	SEC Championship	6K	90th	23:04.06
11/15	NCAA Southeast Regional	6K	113th	22:42.2

Allie Whitley • So. • Stanley, N.C.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	24th	20:08.05
9/14	Mountain Dew Invitational	6K	73rd	23:31.73
9/28	Roy Griak Invitational	6K	262nd	24:40.90
10/2	Gamecock Invitational #2	2M	4th	12:05.96
10/11	Royal Challenge	5K	43rd	18:50.6
10/19	Indiana State Pre-National Invite (Open)	6K	88th	24:15.91

Brandy Wybersky • 5-4 • So. • Manassas, Va.

Date	Meet	Event	Finish	Time/Mark
8/30	Carolina Challenge	5K	13th	19:33.80
9/14	Mountain Dew Invitational	6K	68th	23:24.27
9/28	Roy Griak Invitational	6K	238th	24:04.95
10/2	Gamecock Invitational #2	2M	2nd	11:54.03
10/11	Royal Challenge	5K	45th	18:52.1
10/19	Indiana State Pre-National Invite (Open)	6K	76th	23:54.86
11/1	SEC Championship	6K	108th	24:03.55

Italics means personal-best time at South Carolina (5K and 6K only)