

## 2019 South Carolina Cross Country Stats

### 2019 Season Schedule/Results

Date	Meet	Location	Finish	Points	Top Finisher
31-Aug	Carolina Challenge	Columbia, S.C.	2nd	34	Stone (1st)
20-Sep	Adidas XC Challenge	Cary, N.C.	2nd	59	Stone (5th)
5-Oct	Paul Short Invite	Bethlehem, Pa.	29th	746	Stone (34th)
11-Oct	Royals XC Challenge	Charlotte, N.C.	14th	442	Nasir (25th)
18-Oct	ECU/Pirate Invite	Greenville, N.C.	6th	166	Stoddard (6th)
1-Nov	SEC Championships	Lexington, Ky.	14th	367	Stoddard (34th)
15-Nov	NCAA Southeast Region	Charlottesville, Va.	15th	417	Stoddard (41st)

## 2019 Meet Results

### Carolina Challenge

Team	Points	Scoring Order	Total
Clemson	24	2-4-5-6-7(9)(11)	01:32.5
South Carolina	34	1-3-8-10-12(13)(14)	01:33.4
The Citadel	93	15-16-17-21-24(28)(31)	01:44.2
Presbyterian	129	19-20-23-27-40(41)	01:53.0
Benedict	142	18-25-32-33-34(36)(39)	01:53.5
Columbia (S.C.)	142	22-26-29-30-35(37)(38)	01:53.5

Name	Time	Place	Score
Heather Stone	17:27.6	1st	1
Hannah Twine	18:35.4	3rd	3
Cheyenne Young	19:03.9	8th	8
Kelsey Larkin	19:12.1	10th	10
Hillary Neely	19:16.5	13th	12
Brooke Wilson	19:18.1	14th	13
Savannah Bowers	19:27.9	16th	14
Sarah-Sims McGrath	19:34.3	18th	
Maryah Nasir	19:46.5	21st	
Morgan Adams	19:58.5	22nd	
Moran Lee	20:09.3	24th	
Sierra Biber	20:24.4	26th	
Sarah Riser	20:40.9	28th	
Elizabeth Davidson	20:42.3	30th	
Caitlin Conway	20:51.7	32nd	
Rachel Hensler	21:02.0	34th	

### Adidas XC Challenge

Team	Points	Scoring Order	Total
NC State	18	1-2-6-7-8(9)(10)	01:25.3
South Carolina	59	5-19-23-24-25(26)(27)	01:30.2
UNC-Greensboro	94	17-22-29-31-39(44)(45)	01:32.4
Davidson	105	21-30-32-34-35(36)(41)	01:33.1
Charleston Southern	118	14-28-37-38-50(57)(65)	01:33.2
UNCW	196	42-61-67-68-69(74)(77)	01:39.0
The Citadel	213	46-52-72-82-87(91)(95)	01:41.1
NC Central	256	58-89-90-93-94(97)	01:52.5
Gardner-Webb	260	79-84-86-92-96	01:52.1

Name	Time	Place	Score
Heather Stone	17:14.2	5th	3
Brooke Wilson	18:12.9	19th	11

Anna Kathryn Stoddard	18:16.1	23rd	14
Maryah Nasir	18:20.2	24th	15
Cheyenne Young	18:20.8	25th	16
Kelsey Larkin	18:25.0	26th	17
Hillary Neely	18:33.5	27th	18
Savannah Bowers	18:54.1	40th	
Morgan Lee	19:09.9	47th	
Sarah Riser	19:14.0	49th	
Elizabeth Davison	19:23.5	53rd	
Sierra Biber	19:23.9	54th	
Morgan Adams	19:27.0	55th	
Kira Jenkins	19:33.5	59th	
Sarah-Sims McGrath	20:08.3	70th	
Leah Ford	20:14.1	75th	

### Paul Short Run Gold

Team	Points	Scoring Order	Total
Queen's University	130	4-5-16-25-80(127)(162)	1:41:42
Adams State	180	1-18-21-61-79(91)	1:42:41
Penn	181	11-24-30-51-65(105)(145)	1:43:20
Tennessee	183	8-12-22-69-72(146)(271)	1:42:54
Georgetown	203	10-32-39-58-64(86)(93)	1:43:38
Princeton	211	7-47-49-53-55(124)(126)	1:43:43
Georgia	250	2-35-38-77-98(104)(169)	1:43:40
Guelph	272	23-28-50-81-90(113)(164)	1:44:27
New Hampshire	324	14-27-40-73-170(209)(220)	1:44:46
Cornell	338	17-46-57-83-135(137)(140)	1:44:58
Utah State	361	54-56-60-95-96(97)(134)	1:45:24
La Salle	366	20-29-48-88-181(194)(195)	1:45:12
Eastern Michigan	438	13-19-94-136-176(192)(200)	1:45:28
Montana State	448	9-26-110-151-152(267)	1:45:33
George Washington	453	15-70-107-118-143(262)(264)	1:45:53
Dartmouth	471	59-78-84-111-139(155)(208)	1:46:18
Boston University	472	44-45-74-85-224(245)(254)	1:46:24
Vermont	567	76-101-123-125-142(158)(191)	1:47:04
Maryland	651	43-67-89-213-239(244)(252)	1:47:58
Pittsburgh	655	66-68-128-130-263(284)(289)	1:48:03
Army West Point	678	109-133-141-147-148(149)(156)	1:48:00
East Carolina	687	82-108-112-187-198(228)(249)	1:48:01
Lehigh	694	106-122-129-159-178(186)(188)	1:48:05
Marist	695	41-117-165-167-205(210)(233)	1:48:10
Connecticut	716	33-115-173-193-202(217)(261)	1:48:12
Navy	733	71-121-144-190-207(211)(219)	1:48:25
Iona	741	34-42-87-288-290	1:50:55

Delaware	742	75-153-166-171-177(182)(212)	1:48:32
South Carolina	746	31-100-172-218-225(268)(273)	1:48:34
Siena	763	99-120-157-184-203(223)(226)	1:48:37
Duquense	765	114-138-154-163-196(206)(238)	1:48:45
Brown	797	36-103-131-250-277(286)(294)	1:49:48
Holy Cross	829	62-63-221-236-247(248)(258)	1:49:36
Quinnipic	858	119-132-150-227-230(231)(237)	1:49:33
George Mason	861	116-161-179-201-204(216)(243)	1:49:26
Albany	902	3-175-189-256-279(287)(293)	1:50:02
St. Joseph's (Pa.)	970	92-174-229-235-240(253)(259)	1:50:39
Binghamton	984	37-160-241-270-276(281)(283)	1:51:50
Rhode Island	992	6-199-255-257-275(278)(292)	1:51:01
Towson	1010	52-180-222-274-282(291)(295)	1:52:03
Stonehill	1056	168-197-215-234-242(246)(260)	1:51:20
Toronto	1093	102-214-232-265-280	1:52:30
UMass Lowell	1154	183-185-251-266-269(272)(285)	1:52:51

Name	Time	Place	Score
Heather Stone	20:38.8	34th	31
Anna Kathryn Stoddard	21:19.2	105th	100
Hannah Twine	21:54.7	185th	172
Hillary Neely	22:17.9	239th	218
Maryah Nasir	22:23.1	249th	225
Cheyenne Young	23:04.0	312th	268
Savannah Bowers	23:15.1	324th	273
Sarah-Sims McGrath	23:19.0	330th	
Kelsey Larkin	23:36.8	346th	

Name	Time	Place	Score
Morgan Lee	23:22.4	112th	
Sarah Riser	24:01.0	160th	

### Royals XC Challenge

Team	Points	Scoring Order	Total
Lee	90	4-5-18-20-43(52)(64)	1:29:26
Furman	126	9-19-23-25-50	1:30:45
Malone	160	6-10-22-53-69(93)(105)	1:30:40
Davidson	189	27-29-33-49-51(73)(83)	1:32:22
Cedarville	244	11-32-54-68-79(80)(81)	1:32:28
Wofford	280	1-31-62-91-95(230)(238)	1:32:02
Queens	289	17-55-57-74-86(132)	1:33:13
SCAD Atlanta	312	3-7-16-59-227(364)	1:32:00
Radford	314	8-35-45-108-118(125)(135)	1:33:07
Wingate	343	14-40-84-101-104(136)(149)	1:33:31

Anderson	363	38-41-88-96-100(106)(147)	1:34:13
Davis & Elkins	368	21-34-39-131-143(169)(184)	1:34:00
Washington & Lee	413	47-61-71-110-124(127)(128)	1:34:44
South Carolina	442	24-82-87-107-142(145)(154)	1:34:45
Florida Southern	460	28-60-90-115-167(194)(211)	1:35:05
Southeastern	487	30-103-112-116-126(146)(150)	1:35:13
Lenoir-Rhyne	504	13-48-117-161-165(201)(209)	1:35:14
Union (TN)	505	42-44-111-152-156(204)(221)	1:35:37
Saint Leo	523	58-92-97-137-139(162)(208)	1:35:40
Charlotte	525	37-65-67-121-235	1:36:10
SCAD Savannah	541	15-26-109-193-198(241)(260)	1:35:46
Adelphi	597	70-77-113-166-171(181)(205)	1:36:42
Appalachian State	627	75-99-133-141-179(192)(199)	1:36:50
UNC Pembroke	678	56-119-134-153-216(278)(332)	1:37:26
Elon	685	123-129-130-140-163(175)	1:37:11
Catawba	704	63-85-144-173-239(261)(274)	1:38:07
Tennessee Wesleyan	712	94-98-151-172-197(232)(257)	1:37:53
Mercer	726	46-157-158-176-189(264)	1:38:05
Mount Olive	730	2-36-185-195-312(315)(343)	1:38:07
UNCW	794	76-159-160-187-212(215)(218)	1:38:49
Charleston (W)	908	89-120-223-234-242(329)(368)	1:40:42
King	998	122-168-213-233-262(275)(339)	1:41:49
Lynn	1003	155 196 203 220 229 247 293	1:41:29
Benedict	1040	12-114-266-304-344(363)	1:43:58
North Greenville	1078	148-206-210-255-259(269)(310)	1:42:46
Ave Maria	1084	72 237 244 246 285 297 299	1:43:28
Erskine	1092	78-225-226-272-291(300)(350)	1:43:43
WVU Tech	1176	180-228-243-258-267(320)(335)	1:44:28
Belmont Abbey	1211	191-214-253-265-288(296)(307)	1:44:59
Wallace State	1236	188-249-250-263-286(287)(290)	1:45:25
Auburn Montgomery	1245	207-231-254-276-277(289)(331)	1:45:32
Bob Jones	1278	186-236-280-284-292(334)(336)	1:46:21
Mars Hill	1297	66-270-311-324-326(341)	1:48:09
Presbyterian	1330	178-183-251-327-391	1:51:43
Brenau	1353	164-202-294-316-377(380)(389)	1:50:38
Gardner-Webb	1354	217-224-256-317-340	1:48:08
Maryville (TN)	1376	138-240-271-361-366(371)(385)	1:51:00
Limestone	1405	200-252-295-321-337	1:49:05
Meredith	1481	177-268-333-351-352(365)(381)	1:51:51
Converse	1497	282-283-301-313-318(372)(384)	1:50:32
Lees-McRae	1497	170-306-328-346-347(355)(362)	1:51:53
Emmanuel (GA)	1504	190-298-314-323-379	1:53:36
Randolph	1522	102-281-373-376-390	1:59:56
Coker	1523	182-248-308-386-399	1:59:34
Reinhardt	1527	219-279-305-357-367	1:53:47

Barton	1611	174-273-382-388-394	2:03:18
UVA-Wise	1669	222-322-359-369-397(405)	2:01:45
USC-Beaufort	1689	245-345-354-370-375	1:59:28
Sweet Briar	1699	302-303-349-353-392(393)(396)	1:59:26
Warren Wilson	1731	325-342-348-356-360(374)	1:57:59
Paine	1756	309-319-330-398-400(403)	2:07:22
Johnson C. Smith	1909	338-378-383-404-406(407)	2:17:34
Elizabeth City St.	1943	358-387-395-401-402	2:20:43

Name	Time	Place	Score
Maryah Nasir	18:10.1	25th	24
Kelsey Larkin	18:56.0	84th	82
Sarah-Sims McGrath	18:49.0	89th	87
Morgan Adams	19:09.8	111th	107
Sarah Riser	19:30.4	153rd	142
Morgan Lee	19:31.8	157th	145
Sierra Biber	19:35.6	166th	154
Savannah Bowers	19:37.5	171st	
Elizabeth Davison	20:33.5	262nd	

#### East Carolina Pirate Invitational

Team	Points	Scoring Order	Total
Elon	35	1-3-4-7-20(30)(35)	1:46:18
Richmond	80	8-9-13-23-27(32)(44)	1:50:19
East Carolina	80	6-10-17-19-28(46)(54)	1:50:04
UNC-Greensboro	101	11-12-14-31-33(38)(39)	1:50:59
College of Charleston	160	21-25-26-43-45(57)(73)	1:53:01
South Carolina	166	5-29-36-47-49(50)(55)	1:52:54
Norfolk State	172	2-15-34-51-70(80)	1:54:00
Western Carolina	181	22-24-41-42-52(60)(63)	1:53:56
VCU	223	18-37-48-59-61	1:56:24
Coastal Carolina	282	16-56-64-69-77(83)(84)	2:00:19
UNCW	296	40-58-65-66-67(68)(74)	1:59:53
Hampton	363	53-71-76-81-82(88)	2:07:58
Methodist	402	62-75-86-87-92(94)(96)	2:18:25
Barton	435	72-79-89-97-98	2:26:55
St. Augustine's	437	78-85-90-91-93(95)	2:26:59

Name	Time	Place	Score
Anna Kathryn Stoddard	21:09.7	6th	5
Hillary Neely	22:27.6	32nd	29
Kelsey Larkin	22:45.0	39th	36
Sarah Riser	23:11.2	57th	47
Morgan Adams	23:20.9	62nd	49

Savannah Bowers	23:24.8	65th	50
Morgan Lee	23:33.1	72nd	55
Leah Ford	24:08.9	83rd	
Sarah-Sims McGrath	24:20.2	87th	
Elizabeth Davison	24:36.8	92nd	

### SEC XC Championships

Team	Points	Scoring Order	Total
Arkansas	21	1-2-4-5-9(13)(35)	1:39:59
Ole Miss	93	14-15-19-21-24(31)(32)	1:44:07
Missouri	159	18-28-29-40-44(48)(51)	1:45:40
Tennessee	170	20-25-30-45-50(71)(88)	1:45:48
Alabama	171	10-22-26-53-60(61)(82)	1:45:46
Vanderbilt	176	16-23-37-42-58(65)(67)	1:46:05
Kentucky	179	27-34-36-39-43(59)(74)	1:46:10
Georgia	184	6-8-47-55-68(79)(80)	1:46:47
Texas A&M	189	11-12-46-57-63(66)(83)	1:46:26
Auburn	229	3-52-54-56-64(76)(90)	1:46:38
Florida	243	7-38-49-72-77(81)(84)	1:47:26
Mississippi State	336	41-69-73-75-78(89)(94)	1:50:01
LSU	349	17-62-86-91-93(95)(96)	1:51:55
South Carolina	367	33-70-85-87-92(97)(98)	1:51:39

Name	Time	Place	Score
Anna Kathryn Stoddard	21:12.3	34th	33
Hannah Twine	22:03.5	79th	70
Hillary Neely	22:30.1	99th	85
Kelsey Larkin	22:39.2	107th	87
Maryah Nasir	23:14.5	124th	92
Savannah Bowers	23:54.2	135th	97
Sarah Riser	24:11.7	136th	98
Leah Ford	24:22.5	138th	
Morgan Lee	24:29.8	141st	
Morgan Adams	24:35.7	142nd	
Sarah-Sims McGrath	25:13.7	143rd	

### NCAA Southeast Regional

Team	Points	Scoring Order	Total
N.C. State	48	1-4-6-18-19(23)(34)	1:41:39
Furman	83	2-3-11-15-52(55)(64)	1:42:33
Virginia Tech	116	7-12-14-21-62(65)(75)	1:43:52
Wake Forest	133	13-22-26-30-42(46)(61)	1:44:51
Duke	154	10-17-28-39-60(80)(119)	1:45:12

North Carolina	162	8-31-35-37-51(58)(126)	1:45:24
Virginia	250	24-38-43-69-76(91)(193)	1:47:12
Kentucky	291	32-45-67-73-74(81)(86)	1:48:02
Elon	317	27-41-47-72-130(166)(180)	1:48:14
Clemson	326	16-70-77-79-84(95)(101)	1:48:20
High Point	356	9-29-57-127-134(141)(144)	1:48:20
William & Mary	363	49-50-83-87-94(106)(153)	1:49:11
Liberty	367	25-66-78-89-109(114)	1:49:10
Charlotte	375	33-53-56-115-118(129)(177)	1:49:07
South Carolina	417	40-44-68-117-148(167)(178)	1:49:49
Eastern Kentucky	431	20-54-97-121-139(163)(184)	1:49:53
Appalachian State	479	63-82-104-107-123(147)(198)	1:50:52
Richmond	4994	71-92-99-110-122(140)(172)	1:51:13
East Carolina	530	59-98-103-120-150(159)(175)	1:51:37
James Madison	574	93-100-113-131-137(138)(174)	1:52:19
Wofford	604	5-112-133-155-199(225)	1:52:12
UNC-Greensboro	608	85-88-90-164-181	1:53:01
Davidson	647	96-105-142-146-158(182)(189)	1:53:23
Charleston Southern	661	36-132-149-156-188(197)(208)	1:53:32
George Mason	668	48-143-152-160-165(171)	1:53:26
College of Charleston	737	124-125-151-168-169(187)(220)	1:54:26
VCU	738	111-116-145-170-196(229)	1:54:52
Radford	761	102-135-154-176-194	1:55:19
Morehead State	832	128-161-173-179-191(210)(216)	1:56:12
Northern Kentucky	833	108-136-190-195-204(213)(214)	1:56:45
Murray State	947	162-183-185-202-215(224)(228)	1:58:51
UNC-Wilmington	997	157-201-209-211-219(222)(223)	2:00:38
UNC-Asheville	1013	186-200-203-206-218(221)(227)	2:00:36
USC-Upstate	1033	192-205-207-212-217(226)(230)	2:01:15

Name	Time	Place	Score
Anna Kathryn Stoddard	21:16.5	41st	40
Heather Stone	21:19.3	46th	44
Hannah Twine	21:47.9	71st	68
Hillary Neely	22:29.4	122nd	117
Maryah Nasir	22:56.6	156th	148
Brooke Wilson	23:10.7	181st	167
Kelsey Larkin	23:28.9	193rd	178



## 2019 Top Performers

### 5K

Name	Time	Meet
Heather Stone	17:14.2	Adidas XC Challenge
Maryah Nasir	18:10.1	Royals XC Challenge
Brooke Wilson	18:12.9	Adidas XC Challenge
Anna Kathryn Stoddard	18:16.1	Adidas XC Challenge
Cheyenne Young	18:20.8	Adidas XC Challenge
Kelsey Larkin	18:25.0	Adidas XC Challenge
Hillary Neely	18:33.5	Adidas XC Challenge
Hannah Twine	18:35.4	Carolina Challenge
Savannah Bowers	18:54.1	Adidas XC Challenge
Morgan Lee	19:09.9	Adidas XC Challenge

### 6K

Name	Time	Meet
Heather Stone	20:38.8	Paul Short Run
Anna Kathryn Stoddard	21:09.7	East Carolina Pirate Invitational
Hannah Twine	21:47.9	NCAA Southeast Regional
Hillary Neely	22:17.9	Paul Short Run
Maryah Nasir	22:23.1	Paul Short Run
Kelsey Larkin	22:45.0	East Carolina Pirate Invitational
Cheyenne Young	23:04.0	Paul Short Run
Brooke Wilson	23:10.7	NCAA Southeast Regional
Sarah Riser	23:11.2	East Carolina Pirate Invitational
Savannah Bowers	23:15.1	Paul Short Run

## 2019 Progressions

### Morgan Adams

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:58.5	22nd
20-Sep	Adidas XC Challenge	5K	19:27.0	55th
11-Oct	Royals XC Challenge	5K	19:09.8	111th
19-Oct	East Carolina Pirate Invitational	6K	23:20.8	62nd
1-Nov	SEC XC Championships	6K*	24:35.7	142nd

### Sierra Biber

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	20:24.4	26th
20-Sep	Adidas XC Challenge	5K	19:23.9	54th
11-Oct	Royals XC Challenge	5K	19:35.6	166th

### Savannah Bowers

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:27.9	16th
20-Sep	Adidas XC Challenge	5K	18:54.1	40th
5-Oct	Paul Short Run (Gold)	6K	23:15.1	324th
11-Oct	Royals XC Challenge	5K	19:37.5	171st
19-Oct	East Carolina Pirate Invitational	6K	23:24.8	65th
1-Nov	SEC XC Championships	6K*	23:54.2	135th

### Caitlin Conway

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	20:51.7	32nd

### Elizabeth Davison

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	20:42.3	30th
20-Sep	Adidas XC Challenge	5K	19:23.5	53rd
11-Oct	Royals XC Challenge	5K	20:33.5	262nd
19-Oct	East Carolina Pirate Invitational	6K	24:36.8	92nd

### Leah Ford

Date	Meet	Distance	Time	Finish
20-Sep	Adidas XC Challenge	5K	20:14.1	75th
19-Oct	East Carolina Pirate Invitational	6K	24:08.9	83rd
1-Nov	SEC XC Championships	6K*	24:22.5	138th

### Rachel Hensler

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	21:02.0	34th

**Kira Jenkins**

Date	Meet	Distance	Time	Finish
20-Sep	Adidas XC Challenge	5K	19:33.5	59th

**Kelsey Larkin**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:12.1	10th
20-Sep	Adidas XC Challenge	5K	18:25.0	26th
5-Oct	Paul Short Run (Gold)	6K	23:36.8	346th
11-Oct	Royals XC Challenge	5K	18:56.0	84th
19-Oct	East Carolina Pirate Invitational	6K	22:45.0	39th
1-Nov	SEC XC Championships	6K*	22:39.2	107th
15-Nov	NCAA Southeast Regional	6K	23:28.9	193rd

**Morgan Lee**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	20:09.3	24th
20-Sep	Adidas XC Challenge	5K	19:09.9	47th
5-Oct	Paul Short Run (Open)	6K	23:22.4	112th
11-Oct	Royals XC Challenge	5K	19:31.8	157th
19-Oct	East Carolina Pirate Invitational	6K	23:33.1	72nd
1-Nov	SEC XC Championships	6K*	24:29.8	141st

**Sarah-Sims McGrath**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:34.3	18th
20-Sep	Adidas XC Challenge	5K	20:08.3	70th
5-Oct	Paul Short Run (Gold)	6K	23:19.0	330th
11-Oct	Royals XC Challenge	5K	18:59.0	89th
19-Oct	East Carolina Pirate Invitational	6K	24:20.2	87th
1-Nov	SEC XC Championships	6K*	25:13.7	143rd

**Maryah Nasir**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:46.5	21st
20-Sep	Adidas XC Challenge	5K	18:20.2	24th
5-Oct	Paul Short Run (Gold)	6K	22:23.1	249th
11-Oct	Royals XC Challenge	5K	18:10.1	25th
1-Nov	SEC XC Championships	6K*	23:14.5	124th
15-Nov	NCAA Southeast Regional	6K	22:56.6	

**Hillary Neely**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:16.5	13th

20-Sep	Adidas XC Challenge	5K	18:33.5	27th
5-Oct	Paul Short Run (Gold)	6K	22:17.9	239th
19-Oct	East Carolina Pirate Invitational	6K	22:27.6	32nd
1-Nov	SEC XC Championships	6K*	22:30.1	99th
15-Nov	NCAA Southeast Regional	6K	22:29.4	122nd

### **Sarah Riser**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	20:40.9	28th
20-Sep	Adidas XC Challenge	5K	19:14.0	49th
5-Oct	Paul Short Run (Open)	6K	24:01.0	160th
11-Oct	Royals XC Challenge	5K	19:30.4	153rd
19-Oct	East Carolina Pirate Invitational	6K	23:11.2	57th
1-Nov	SEC XC Championships	6K*	24:11.7	136th

### **Anna Kathryn Stoddard**

Date	Meet	Distance	Time	Finish
20-Sep	Adidas XC Challenge	5K	18:16.1	23rd
5-Oct	Paul Short Run (Gold)	6K	21:19.2	105th
19-Oct	East Carolina Pirate Invitational	6K	21:09.7	6th
1-Nov	SEC XC Championships	6K*	21:12.3	34th
15-Nov	NCAA Southeast Regional	6K	21:16.5	41st

### **Heather Stone**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	17:27.6	1st
20-Sep	Adidas XC Challenge	5K	17:14.2	5th
5-Oct	Paul Short Run (Gold)	6K	20:38.8	34th
15-Nov	NCAA Southeast Regional	6K	21:19.3	46th

### **Hannah Twine**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	18:35.4	3rd
5-Oct	Paul Short Run (Gold)	6K	21:54.7	185th
1-Nov	SEC XC Championships	6K*	22:03.5	79th
15-Nov	NCAA Southeast Regional	6K	21:47.9	71st

### **Brooke Wilson**

Date	Meet	Distance	Time	Finish
31-Aug	Carolina Challenge	5K	19:18.1	14th
20-Sep	Adidas XC Challenge	5K	18:12.9	19th
15-Nov	NCAA Southeast Regional	6K	23:10.7	181st

### **Cheyenne Young**

Date	Meet	Distance	Time	Finish
------	------	----------	------	--------

31-Aug	Carolina Challenge	5K	19:03.9	8th
20-Sep	Adidas XC Challenge	5K	18:20.8	25th
5-Oct	Paul Short Run (Gold)	6K	23:04.0	312th

\*Course was long

## PR Lists

### 5K

Name	Time	Meet	Date
Morgan Adams	19:09.8	Royals XC Challenge	10/11/19
Sierra Biber	19:23.9	Adidas XC Challenge	9/20/19
Savannah Bowers	18:54.1	Adidas XC Challenge	9/20/19
Caitlin Conway	20:51.7	Carolina Challenge	8/31/19
Emily Crouse	18:48.9	Joe Piane Notre Dame Invitational	9/30/16
Elizabeth Davison	19:23.5	Adidas XC Challenge	9/20/19
Leah Ford	19:06.6	Joe Piane Notre Dame Invitational	9/30/16
Lyndsey Fowler	21:34.8	Carolina Challenge	9/1/18
Rachel Hensler	19:10.4	Carolina Challenge	9/1/17
Kira Jenkins	18:33.5	Adidas XC Challenge	9/20/19
Kelsey Larkin	18:25.0	Adidas XC Challenge	9/20/19
Morgan Lee	19:09.9	Adidas XC Challenge	9/20/19
Sarah-Sims McGrath	18:33.9	Joe Piane Notre Dame Invitational	9/28/18
Morgan Moseley	20:05.2	Carolina Challenge	9/1/18
Maryah Nasir	18:10.1	Royals XC Challenge	10/11/19
Hillary Neely	18:33.5	Adidas XC Challenge	9/20/19
Sarah Riser	19:14.0	Adidas XC Challenge	9/20/19
Cailin Saylor	18:40.7	Joe Piane Notre Dame Invitational	9/28/18
Anna Kathryn Stoddard	18:16.1	Adidas XC Challenge	9/20/19
Heather Stone	17:14.2	Adidas XC Challenge	9/20/19
Hannah Twine	18:35.4	Carolina Challenge	8/31/19
Brooke Wilson	18:12.9	Adidas XC Challenge	9/20/19
Cheyenne Young	18:20.8	ADidas XC Challenge	9/20/19

### 6K

Name	Time	Meet	Date
Morgan Adams	23:20.8	East Carolina Pirate Invitational	10/18/19
Savannah Bowers	23:15.1	Paul Short Run	10/5/19
Emily Crouse	23:04.3	Crimson Classic	10/14/16
Elizabeth Davison	24:36.8	East Carolina Pirate Invitational	10/18/19
Leah Ford	23:25.7	Crimson Classic	10/14/16
Rachel Hensler	23:17.5	Crimson Classic	10/14/16
Kelsey Larkin	22:44.2	NCAA Southeast Regional	11/9/18
Morgan Lee	23:21.1	Crimson Classic	10/13/17
Sarah-Sims McGrath	21:48.8	NCAA Southeast Regional	11/9/18
Maryah Nasir	22:23.1	Paul Short Run	10/5/19
Hillary Neely	22:17.0	Paul Short Run	10/5/19
Sarah Riser	23:11.2	East Carolina Pirate Invitational	10/18/19
Cailin Saylor	23:05.2	Princeton Classic	10/12/18
Anna Kathryn Stoddard	21:08.5	NCAA Southeast Regional	11/9/18

Heather Stone	20:38.8	Paul Short Run	10/5/19
Hannah Twine	21:47.9	NCAA Southeast Regional	11/15/19
Brooke Wilson	23:04.1	NCAA Southeast Regional	11/9/18
Cheyenne Young	23:04.9	Paul Short Run	10/5/19