



CAROLINA CROSS COUNTRY

2022 SEASON SCHEDULE/RESULTS

Date	Meet	Location	Finish	Points	Top Finisher
9/3	Carolina Challenge	Camden, S.C.	1st	22	Ella Zeigler (2nd)
9/17	Winthrop Invitational	Rock Hill, S.C.	1st	15	Gabby Gait-Smith (1st)



CAROLINA CROSS COUNTRY

2022 MEET RESULTS

Carolina Challenge Top 5 Teams

Team	Points	Scoring Order	Total
South Carolina	22	2-3-4-5-8 (10) (11)	1:36:04
SCAD Savannah	68	6-9-15-18-20 (23) (27)	1:43:25
Coastal Carolina	77	1-7-12-22-35 (41)	1:44:35
Columbia (S.C.)	116	14-17-26-28-31 (34) (36)	1:50:41
Gardner-Webb	121	13-21-24-30-33 (37)	1:51:14

Carolina Challenge Gamecock Finishers

Name	Time	Place	Score
Ella Zeigler	18:53.3	2nd	2
Anna Boyd	18:55.4	3rd	3
Hope Dominique	19:12.5	4th	4
Hayden Withers	19:19.5	5th	5
Lily Weeks	19:42.7	8th	8
Emily Smith	20:11.2	10th	10
Katerina Hendrix	20:19.2	11th	11
Ally Wilson	20:25.0	13th	--
Jenna Pellizzari	20:25.8	14th	--
Brooke Donoghue	20:27.7	15th	--
Sarah Neville	21:06.9	21st	--



CAROLINA CROSS COUNTRY

2022 MEET RESULTS

Winthrop Invitational Top 5 Teams

Team	Points	Scoring Order	Total
South Carolina	15	1-2-3-4-5 (6) (8)	1:34:10
UNC Asheville	64	10-11-13-14-16 (22) (25)	1:43.23
Gardner-Webb	92	9-18-20-21-24 (27)	1:47.46
The Citadel	99	7-15-19-26-32 (33)	1:49.39
Winthrop	109	12-17-23-28-29 (30) (31)	1:52.12

Winthrop Invitational Gamecock Finishers

Name	Time	Place	Score
Gaby Gait-Smith	18:37.2	1st	1
Hope Dominique	18:40.7	2nd	2
Hayden Withers	18:45.3	3rd	3
Ella Zeigler	19:02.3	4th	4
Anna Boyd	19:03.9	5th	5
Katerina Hendrix	19:12.0	6th	6
Lily Weeks	19:23.7	8th	8
Emily Smith	19:51.4	10th	--
Ally Wilson	20:03.4	12th	--
Brooke Donoghue	20:08.2	13th	--
Molly Joseph	20:11.1	14th	--
Emily Pierontoni	20:31.2	16th	--
Savannah Bowers	20:41.7	17th	--
Sarah Neville	20:45.1	18th	--



CAROLINA CROSS COUNTRY

2022 TOP 10 PERFORMANCES

5,000 Meters

Name	Time	Meet
Gaby Gait-Smith	18:37.2	Winthrop Invitational
Hope Dominique	18:40.7	Winthrop Invitational
Hayden Withers	18:45.3	Winthrop Invitational
Ella Zeigler	18:53.3	Carolina Challenge
Anna Boyd	18:55.4	Carolina Challenge
Ella Zeigler	19:02.3	Winthrop Invitational
Anna Boyd	19:03.9	Winthrop Invitational
Katerina Hendrix	19:12.0	Winthrop Invitational
Hope Dominique	19:12.5	Carolina Challenge
Hayden Withers	19:19.5	Carolina Challenge



CAROLINA CROSS COUNTRY

2022 PROGRESSIONS

SAVANNAH BOWERS • SR • VIRGINIA BEACH, VIRGINIA

PRs: 5K - 18:54.1, 6K - 23:14.1

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	17th	20:41.7

ANNA BOYD • FR • ATTLEBORO, MASSACHUSETTS

PRs: 5K - 18:55.4

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	3rd	18:55.4
9/17	Winthrop Invitational	5K	5th	19:03.9

HOPE DOMINIQUE • JR • WAKE FOREST, NORTH CAROLINA

PRs: 5K - 18:35.4, 6K - 21:46.1

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	4th	19:12.5
9/17	Winthrop Invitational	5K	2nd	18:40.7

BROOKE DONOGHUE • SO • PHOENIXVILLE, PENNSYLVANIA

PRs: 5K - 20:08.2

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	15th	20:27.7
9/17	Winthrop Invitational	5K	13th	20:08.2

GABY GAIT-SMITH • FR • JOHANNESBURG, SOUTH AFRICA

PRs: 5K - 18:37.2

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	1st	18:37.2

KATERINA HENDRIX • JR • SPARTANBURG, SOUTH CAROLINA

PRs: 5K - 19:12.0, 6K - 23:12.0

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	11th	20:19.2
9/17	Winthrop Invitational	5K	6th	19:12.0

MOLLY JOSEPH • SR • AUGUSTA, GEORGIA

PRs: 5K - 20:11.1

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	14th	20:11.1

SARAH NEVILLE • SO • HILTON HEAD ISLAND, SOUTH CAROLINA

PRs: 5K - 20:45.1

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	21st	21:06.9
9/17	Winthrop Invitational	5K	18th	20:45.1

JENNA PELLIZZARI • JR • WILMINGTON, NORTH CAROLINA

PRs: 5K - 20:25.8, 6K - 24:25.7

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	14th	20:25.8

EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

PRs: 5K - 20:31.2

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	16th	20:31.2

EMILY SMITH • JR • LIMERICK, PENNSYLVANIA

PRs: 5K - 19:51.4, 6K - 25:38.4

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	10th	20:11.2
9/17	Winthrop Invitational	5K	10th	19:51.4

LILY WEEKS • SO • MANSFIELD, OHIO

PRs: 5K - 18:52.2, 6K - 22:30.9

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	8th	19:42.7
9/17	Winthrop Invitational	5K	8th	19:23.7

ALLY WILSON • SO • CENTRAL, SOUTH CAROLINA

PRs: 5K - 20:03.4

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	13th	20:25.0
9/17	Winthrop Invitational	5K	12th	20:03.4

HAYDEN WITHERS • FR • CINCINNATI, OHIO

PRs: 5K - 18:45.3

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	5th	19:19.5
9/17	Winthrop Invitational	5K	3rd	18:45.3

ELLA ZEIGLER • FR • OLNEY, MARYLAND

PRs: 5K - 18:53.3

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	2nd	18:53.3
9/17	Winthrop Invitational	5K	4th	19:02.3