



CAROLINA CROSS COUNTRY

TOP PROGRAM TIMES

5,000 Meters Top 20 Program Times

Name	Time	Meet (Location)	Date
1. Meredith Mill	17:03.6	Royal Cross Country Challenge (Charlotte, N.C.)	10/11/13
2. Kayla Lampe	17:10.2	Gamecock Invitational (Columbia, S.C.)	8/31/12
3. Heather Stone	17:14.2	Adidas XC Challenge (Cary, N.C.)	9/20/19
4. Beatrice Biwott	17:33.7	Charlotte Invitational (Charlotte, N.C.)	10/2/09
5. Sue McGhie	17:34.0	SEC Championships (Baton Rouge, La.)	10/30/93
6. Mary Reiser	17:39.0	Royal Cross Country Challenge (Charlotte, N.C.)	10/11/13
7. Jenny Lake	17:44.0	Clemson Invitational (Clemson, S.C.)	10/18/03
8. Anna Todd	17:44.99	Crimson Classic (Tuscaloosa, Ala.)	10/17/14
9. Allie Mueller	17:51.26	Joe Piane Notre Dame Invitational (South Bend, Ind.)	9/28/18
10. Casey Gale	17:58.96	Auburn Invitational (Auburn, Ala.)	9/30/06
11. Hope Dominique	17:59.0	Live in Lou Classic (Louisville, Ky.)	10/1/22
12. Wilma DePiorie	18:00.0	UNC Charlotte Invitational (Charlotte, NC)	9/29/90
13. Ivana Skladana	18:01.0	Auburn Invitational (Auburn, AL)	10/12/96
14. Sarah Hadwin	18:01.9	Gamecock Invitational (Columbia, SC)	9/11/99
15. Shannon Wyatt	18:03.0	UNC Charlotte Invitational (Charlotte, NC)	9/29/90
16. Danielle Barnes	18:03.22	Gamecock Invitational (Columbia, SC)	9/4/09
17. Brooke Wilson	18:03.9	FSU Invite (Tallahassee, FL)	10/2/20
18. Svenja Sommer	18:04.2	Live in Lou Classic (Louisville, Ky.)	10/1/22
19. Stephanie Berger	18:04.5	Royal Cross Country Challenge (Charlotte, NC)	10/11/13
20. Chelsea France	18:04.7	Gamecock Invitational (Columbia, SC)	8/13/12



CAROLINA CROSS COUNTRY

TOP PROGRAM TIMES

6,000 Meters Top 20 Program Times

Name	Time	Meet (Location)	Date
1. Heather Stone	20:38.8	Paul Short Invitational (Bethlehem, Pa.)	10/5/19
2. Kayla Lampe	20:40.43	NCAA Southeast Regional (Charlotte, N.C.)	11/9/12
3. Jenny Lake	20:42.13	SEC Championship (Auburn, Ala.)	10/29/01
4. Mary Reiser	20:45.7	SEC Championship (College Station, Texas)	10/30/15
5. Meredith Mill	20:57.38	SEC Championship (Gainesville, Fla.)	11/1/13
6. Anna Todd	21:02.0	Paul Short Invitational (Bethlehem, Pa.)	10/4/14
7. Anna Kathryn Stoddard	21:08.5	NCAA Southeast Regional (Rock Hill, SC)	11/9/18
8. Rachel Smith	21:13.0	SEC Championship (Auburn, Ala.)	10/29/01
9. Beatrice Biwott	21:19.5	NCAA Southeast Regional (Louisville, Ky.)	11/12/11
10. Chelsea France	21:23.67	SEC Championship (Nashville, Tenn.)	10/26/12
11. Abby Sox	21:31	SEC Championship (Auburn, Ala.)	10/29/01
12. Brooke Wilson	21:31.3	SEC Championship (Baton Rouge, La.)	10/30/20
13. Kinsey Eichenberg	21:38	SEC Championship (Auburn, Ala.)	10/29/01
14. Rachel Hensler	21:43.2	SEC Championship (Baton Rouge, LA)	10/30/20
15. Rebecca Chain	21:44	SEC Championship (Columbia, SC)	10/29/05
16. Hope Dominique	21:46.1	SEC Championship (Baton Rouge, LA)	10/30/20
17. Hannah Twine	21:47.9	NCAA Southeast Regional (Charlottesville, VA)	11/15/19
18. Sarah-Sims McGrath	21:48.8	NCAA Southeast Regional (Rock Hill, SC)	11/9/18
19. Allie Sprague	21:52	Paul Short Run (Bethlehem, PA)	10/2/15
20. Stephanie Berger	21:54	Paul Short Run (Bethlehem, PA)	10/4/14