



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	Gabriella Gait-Smith (1st)
10/1	Live in Lou Classic	Louisville, Ky.	17th	502	Hope Dominique (86th)
10/7	Royals Challenge	Charlotte, N.C.	4th	170	Sommer (5th)
10/14	Crimson Classic	Tuscaloosa, Ala.	4th	134	Sommer (15th)
10/28	SEC Championship	Oxford, Miss.	12th	326	Dominique (52nd)
11/11	NCAA Southeast Regional	Louisville, Ky.	16th	497	Dominique (65th)



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
Gabriella 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 MEET RESULTS

Live in Lou Classic Top 5 Teams

Team	Points	Scoring Order	Total
Furman	44	2-5-10-11-16	1:24:32
West Virginia	92	1-4-14-27-46	1:25:08
Grand Valley State	132	6-13-35-38-40	1:26:12
UC Colorado Springs	198	17-24-34-58-65	1:27:15
Auburn	251	7-25-28-84-107	1:27:30

Live in Lou Classic Gamecock Finishers

Name	Time	Place	Score
Hope Dominique	17:59.0	86th (Gold)	83
Svenja Sommer	18:04.2	98th (Gold)	95
Anna Boyd	18:07.5	106th (Gold)	103
Ella Zeigler	18:12.3	112th (Gold)	109
Hayden Withers	18:14.0	116th (Gold)	112
Gabriella Gait-Smith	18:15.2	122nd (Gold)	116
Katerina Hendrix	19:11.5	261st (Gold)	235
Lily Weeks	19:07.5	97th (Blue)	95
Molly Joseph	19:21.9	119th (Blue)	115
Brooke Donoghue	19:29.1	137th (Blue)	132
Emily Smith	19:30.1	140th (Blue)	135
Emily Pierontoni	19:35.8	150th (Blue)	145
Savannah Bowers	19:57.8	196th (Blue)	188
Ally Wilson	20:12.4	228th (Blue)	215



CAROLINA CROSS COUNTRY

2022 MEET RESULTS

Royals Challenge Top 5 Teams

Team	Points	Scoring Order	Total
Milligan	75	2-6-15-21-31	1:31:06
Queens	84	1-13-20-24-26	1:31:13
College of Charleston	150	8-17-34-35-56	1:33:27
South Carolina	170	3-9-41-49-68	1:33:10
Anderson	190	14-33-38-39-66	1:34:25

Royals Challenge Gamecock Finishers

Name	Time	Place	Score
Svenja Sommer	17:33.6	5th	3
Gabriella Gait-Smith	18:11.5	13th	9
Katerina Hendrix	18:58.9	50th	41
Emily Smith	19:06.8	58th	49
Molly Joseph	19:19.5	79th	68
Emily Pierontoni	19:26.2	87th	76
Savannah Bowers	19:31.5	97th	85
Brooke Donoghue	19:38.0	105th	--
Ally Wilson	20:26.4	157th	--
Jenna Pellizzari	20:38.3	166th	--
Kaitlyn Porter	19:46.5	8th (Blue)	--
Sarah Neville	20:55.3	31st (Blue)	--



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2022 MEET RESULTS

Crimson Classic Top 5 Teams

Team	Points	Scoring Order	Total
Alabama	26	1-2-3-9-11	1:40:17
Auburn	79	7-8-10-20-34	1:44:23
Middle Tennessee State	120	18-19-23-24-36	1:46:20
South Carolina	134	14-16-26-33-45	1:46:36
Samford	151	4-25-35-40-47	1:46:30

Crimson Classic Gamecock Finishers

Name	Time	Place	Score
Svenja Sommer	20:59.4	15th	14
Hope Dominique	21:08.5	17th	16
Anna Boyd	21:15.8	28th	26
Hayden Withers	21:31.3	36th	33
Gabriella Gait-Smith	21:42.3	48th	45
Ella Zeigler	21:50.8	55th	(51)
Katerina Hendrix	22:00.0	64th	(59)
Lily Weeks	22:39.6	90th	--
Molly Joseph	22:56.8	101st	--
Emily Pierontoni	22:58.4	102nd	--
Emily Smith	23:19.3	110th	--
Brooke Donoghue	24:35.4	143rd	--



CAROLINA CROSS COUNTRY

2022 MEET RESULTS

SEC Championship Top 5 Teams

Team	Points	Scoring Order	Total
Alabama	36	2-3-5-7-19	1:36:29
Arkansas	74	4-11-12-21-26	1:40:14
Ole Miss	83	8-10-16-18-31	1:41:05
Kentucky	122	6-9-30-35-42	1:41:32
Florida	147	1-14-20-52-60	1:41:51

SEC Championship Gamecock Finishers

Name	Time	Place	Score
Hope Dominique	21:12.17	52nd	49
Svenja Sommer	21:14.19	55th	51
Gabriella Gait-Smith	21:38.67	80th	71
Anna Boyd	21:39.20	82nd	73
Hayden Withers	21:55.14	97th	82
Ella Zeigler	22:18.11	113th	(89)
Lily Weeks	22:19.41	115th	(90)
Katerina Hendrix	22:37.51	123rd	--
Molly Joseph	23:06.27	136th	--
Emily Smith	23:37.69	143rd	--
Emily Pierontoni	23:42.82	144th	--
Savannah Bowers	24:08.72	146th	--



CAROLINA CROSS COUNTRY

2022 MEET RESULTS

NCAA Southeast Regional Top 5 Teams

Team	Points	Scoring Order	Total
N.C. State	25	1-2-3-7-12	1:40:35
North Carolina	76	8-11-17-18-22	1:42:35
Virginia	109	13-16-23-25-32	1:43:46
Furman	133	5-15-31-40-42	1:44:14
Duke	188	6-35-46-49-52	1:45:22

NCAA Southeast Regional Gamecock Finishers

Name	Time	Place	Score
Hope Dominique	21:41.1	65th	64
Hayden Withers	22:14.9	96th	93
Gabriella Gait-Smith	22:20.3	104th	101
Svenja Sommer	22:24.7	109th	106
Ella Zeigler	22:55.9	137th	133
Anna Boyd	22:56.0	138th	134
Lily Weeks	23:14.5	152nd	145



CAROLINA CROSS COUNTRY

2022 TOP 10 PERFORMANCES

5,000 Meters

Name	Time	Meet
Svenja Sommer	17:33.6	Royals Challenge
Hope Dominique	17:59.0	Live in Lou Classic
Svenja Sommer	18:04.2	Live in Lou Classic
Anna Boyd	18:07.5	Live in Lou Classic
Gaby Gait-Smith	18:11.5	Royals Challenge
Ella Zeigler	18:12.3	Live in Lou Classic
Hayden Withers	18:14.0	Live in Lou Classic
Gaby Gait-Smith	18:15.2	Live in Lou Classic
Gaby Gait-Smith	18:37.2	Winthrop Invitational
Hope Dominique	18:40.7	Winthrop Invitational



CAROLINA CROSS COUNTRY

2022 TOP 10 PERFORMANCES

6,000 Meters

Name	Time	Meet
Hope Dominique	21:12.17	SEC Championship
Svenja Sommer	21:14.19	SEC Championship
Gabriella Gait-Smith	21:38.67	SEC Championship
Anna Boyd	21:39.20	SEC Championship
Hope Dominique	21:41.10	NCAA Southeast Regional
Hayden Withers	21:55.14	SEC Championship
Hayden Withers	22:14.90	NCAA Southeast Regional
Ella Zeigler	22:18.11	SEC Championship
Lily Weeks	22:19.41	SEC Championship
Gabriella Gait-Smith	22:20.30	NCAA Southeast Regional



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
10/1	Live in Lou Classic	5K	196th	19:57.8
10/7	Royals Challenge	5K	97th	19:31.5
10/28	SEC Championship	6K	146th	24:08.72

ANNA BOYD • FR • ATTLEBORO, MASSACHUSETTS

PRs: 5K - 18:07.5, 6K - 21:39.20

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	3rd	18:55.4
9/17	Winthrop Invitational	5K	5th	19:03.9
10/1	Live in Lou Classic	5K	106th	18:07.5
10/14	Crimson Classic	6K*	28th	21:15.8*
10/28	SEC Championship	6K	82nd	21:39.20
11/11	NCAA Regional	6K	138th	22:56.0

HOPE DOMINIQUE • JR • WAKE FOREST, NORTH CAROLINA

PRs: 5K - 17:59.0, 6K - 21:12.17

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	4th	19:12.5
9/17	Winthrop Invitational	5K	2nd	18:40.7
10/1	Live in Lou Classic	5K	86th	17:59.0
10/14	Crimson Classic	6K*	17th	21:08.5*
10/28	SEC Championship	6K	52nd	21:12.17
11/11	NCAA Regional	6K	65th	21:41.1

BROOKE DONOGHUE • SO • PHOENIXVILLE, PENNSYLVANIA

PRs: 5K - 19:29.1

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	15th	20:27.7
9/17	Winthrop Invitational	5K	13th	20:08.2
10/1	Live in Lou Classic	5K	137th	19:29.1
10/7	Royals Challenge	5K	105th	19:38.0
10/14	Crimson Classic	6K*	143rd	24:35.4*

GABRIELLA GAIT-SMITH • FR • JOHANNESBURG, SOUTH AFRICA

PRs: 5K - 18:11.5, 6K - 21:38.67

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	1st	18:37.2
10/1	Live in Lou Classic	5K	122nd	18:15.2
10/7	Royals Challenge	5K	13th	18:11.5
10/14	Crimson Classic	6K*	48th	21:42.3*
10/28	SEC Championship	6K	80th	21:38.67
11/11	NCAA Regional	6K	104th	22:20.3

KATERINA HENDRIX • JR • SPARTANBURG, SOUTH CAROLINA

PRs: 5K - 18:58.9, 6K - 22:37.51

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	11th	20:19.2
9/17	Winthrop Invitational	5K	6th	19:12.0
10/1	Live in Lou Classic	5K	261st	19:11.5
10/7	Royals Challenge	5K	50th	18:58.9
10/14	Crimson Classic	6K*	64th	22:00.0*
10/28	SEC Championship	6K	123rd	22:37.51

MOLLY JOSEPH • SR • AUGUSTA, GEORGIA

PRs: 5K - 19:19:5, 6K - 23:06.27

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	14th	20:11.1
10/1	Live in Lou Classic	5K	119th	19:21.9
10/7	Royals Challenge	5K	79th	19:19.5
10/14	Crimson Classic	6K*	101st	22:56.8*
10/28	SEC Championship	6K	136th	23:06.27

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
10/7	Royals Challenge	5K	31st	20:55.3

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
10/7	Royals Challenge	5K	166th	20:38.3

EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

PRs: 5K - 19:26.2, 6K - 23:42.82

Date	Meet	Event	Finish	Time/Mark
9/17	Winthrop Invitational	5K	16th	20:31.2
10/1	Live in Lou Classic	5K	150th	19:35.8
10/7	Royals Challenge	5K	87th	19:26.2
10/14	Crimson Classic	6K*	102nd	22:58.4*
10/28	SEC Championship	6K	144th	23:42.82

KAITLYN PORTER • JR • NEWBURGH, INDIANA

PRs: 5K - 19:46.5

Date	Meet	Event	Finish	Time/Mark
10/7	Royals Challenge	5K	8th	19:46.5

EMILY SMITH • JR • LIMERICK, PENNSYLVANIA

PRs: 5K - 19:30.1, 6K - 23:37.69

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	10th	20:11.2
9/17	Winthrop Invitational	5K	10th	19:51.4
10/1	Live in Lou Classic	5K	140th	19:30.1
10/7	Royals Challenge	5K	58th	19:06.8
10/14	Crimson Classic	6K*	110th	23:19.3*
10/28	SEC Championship	6K	143rd	23:37.69

SVENJA SOMMER • JR • FRANKFURT, GERMANY

PRs: 5K - 17:33.6, 6K - 21:14.19

Date	Meet	Event	Finish	Time/Mark
10/1	Live in Lou Classic	5K	98th	18:04.2
10/7	Royals Challenge	5K	5th	17:33.6
10/14	Crimson Classic	6K*	15th	20:59.4*
10/28	SEC Championship	6K	55th	21:14.19
11/11	NCAA Regional	6K	109th	22:24.7

LILY WEEKS • SO • MANSFIELD, OHIO

PRs: 5K - 18:52.2, 6K - 22:19.41

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	8th	19:42.7
9/17	Winthrop Invitational	5K	8th	19:23.7
10/1	Live in Lou Classic	5K	97th	19:07.5
10/14	Crimson Classic	6K*	90th	22:39.6*
10/28	SEC Championship	6K	115th	22:19.41
11/11	NCAA Regional	6K	152nd	23:14.5

UPDATED 11/11/22



CAROLINA CROSS COUNTRY

2022 PROGRESSIONS

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
10/1	Live in Lou Classic	5K	228th	20:12.4
10/7	Royals Challenge	5K	157th	20:26.4

HAYDEN WITHERS • FR • CINCINNATI, OHIO

PRs: 5K - 18:14.0, 6K - 21:55.14

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	5th	19:19.5
9/17	Winthrop Invitational	5K	3rd	18:45.3
10/1	Live in Lou Classic	5K	116th	18:14.0
10/14	Crimson Classic	6K*	36th	21:31.3*
10/28	SEC Championship	6K	97th	21:55.14
11/11	NCAA Regional	6K	96th	22:14.9

ELLA ZEIGLER • FR • OLNEY, MARYLAND

PRs: 5K - 18:12.3, 6K - 22:18.11

Date	Meet	Event	Finish	Time/Mark
9/3	Carolina Challenge	5K	2nd	18:53.3
9/17	Winthrop Invitational	5K	4th	19:02.3
10/1	Live in Lou Classic	5K	112th	18:12.3
10/14	Crimson Classic	6K*	55th	21:50.8*
10/28	SEC Championship	6K	113th	22:18.11
11/11	NCAA Regional	6K	137th	22:55.9

*denotes that Crimson Classic "6K" was only 5,850m