



CAROLINA CROSS COUNTRY

2024 SEASON SCHEDULE/RESULTS

Date	Meet	Location	Finish	Points	Top Finisher
8/30	Covered Bridge Open	Boone, N.C.	1st	16	Teresa Cherotich (1st)
9/14	Furman Invitational	Greenville, S.C.	2nd	51	Teresa Cherotich (1st)
10/5	Live in Lou Classic	Louisville, Ky.	5th	165	Teresa Cherotich (7th)
10/18	Crimson Classic	Tuscaloosa, Ala.	3rd	114	Teresa Cherotich (5th)
10/19	Upstate Invite	Spartanburg, S.C.	5th	126	Ella Zeigler (12th)
11/1	SEC Championship	College Station, Texas	14th	312	Teresa Cherotich (14th)
11/15	NCAA Southeast Regional	Rock Hill, S.C.	11th	296	Teresa Cherotich (13th)



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

Covered Bridge Open Top 5 Teams

Team	Points	Scoring Order	Total
South Carolina	16	1-2-3-4-6 (10) (11)	1:28:58.82
Appalachian State	51	5-8-9-13-16 (19) (30)	1:31:24.16
Mercer	91	7-18-20-21-25 (27) (28)	1:33:16.20
Montreat	117	12-22-23-29-31 (32) (43)	1:34:00.00
Western Carolina	147	15-26-34-35-37 (38) (40)	1:36:11.22

Covered Bridge Open Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	17:16.14	1st	1
Mary Frances Iseman	17:47.47	2nd	2
Anya Arroyo	17:51.46	3rd	3
Cate Conklin	17:58.90	4th	4
Emma Torbert	18:04.85	6th	6
Abigail White	18:14.12	10th	(10)
Molly Parker	18:15.90	11th	(11)
Eliza Brand	18:28.84	15th	--
Hilaree Vega	18:35.21	18th	--
Madelyn Gomez	18:36.50	19th	--
Lauren Horwitt	18:42.28	20th	--
Sofie Kurzawa	18:43.19	24th	--
Hannah Vroon	18:46.29	29th	--
Anna Boyd	18:49.67	30th	--
Caitlin Gemmill	19:01.96	37th	--
Sarah DiVasta	19:21.68	44th	--
Maria Lombardi	19:31.62	49th	--
Maddie White	20:32.59	74th	--



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

Furman Invitational Top 5 Teams

Team	Points	Scoring Order	Total
Furman	20	2-3-4-5-6 (8) (9)	
South Carolina	51	1-11-12-13-14 (15) (16)	
Charleston Southern	78	7-10-18-21-22 (23) (28)	
UNC Asheville	147	17-24-31-32-43 (48) (52)	
Western Carolina	160	25-29-34-35-37 (40) (42)	

Furman Invitational Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	20:21.1	1st	1
Cate Conklin	21:55.1	14th	11
Anya Arroyo	22:00.1	16th	12
Emma Torbert	22:00.8	17th	13
Abigail White	22:13.6	18th	14
Madelyn Gomez	22:25.7	21st	(15)
Molly Parker	22:26.9	22nd	(16)
Eliza Brand	22:32.1	23rd	--
Hannah Vroon	22:44.3	26th	--
Hilaree Vega	22:46.3	27th	--
Mary Frances Iseman	22:55.5	31st	--
Sofie Kurzawa	22:56.0	32nd	--
Lauren Horwitt	23:08.5	34th	--
Anna Boyd	23:09.2	35th	--
Sarah DiVasta	23:32.9	42nd	--
Elle Mehlretter	23:56.3	48th	--
Maddie White	24:14.0	54th	--
Maria Lombardi	25:02.5	67th	--



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

Live in Lou Classic Top 5 Teams

Team	Points	Scoring Order	Total
West Virginia	36	1-4-8-11-12 (29) (126)	1:23:47
Clemson	100	2-3-5-38-52 (53) (66)	1:24:49
Ohio	122	16-20-21-31-34 (88) (112)	1:27:38
West Texas A&M	147	18-22-27-37-43 (136)	1:28:04
South Carolina	165	7-33-40-41-44 (68) (70)	1:28:04

Live in Lou Classic Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	16:54.2	7th	7
Mary Frances Iseman	17:41.3	33rd	33
Cate Conklin	17:49.1	41st	40
Anya Arroyo	17:49.7	42nd	41
Emma Torbert	17:50.5	45th	44
Siobhan Joyce	18:10.8	70th	(68)
Abigail White	18:11.4	72nd	(70)
Hannah Vroon	18:13.0	74th	--
Hattie Jennings	18:21.5	91st	--
Lily Weeks	18:23.4	93rd	--
Eliza Brand	18:32.3	105th	--
Molly Parker	18:47.0	130th	--
Hilaree Vega	18:49.4	136th	--
Sofie Kurzawa	18:53.5	146th	--
Sylvia Chelangat	19:13.1	176th	--
Lauren Horwitt	19:21.6	190th	--



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

Crimson Classic Top 5 Teams

Team	Points	Scoring Order	Total
Alabama	28	1-2-6-7-12 (13) (25)	1:38:08.2
Missouri	99	8-20-21-24-26 (29) (38)	1:42:21.8
South Carolina	114	5-22-23-31-33 (48) (49)	1:42:25.2
Mississippi State	118	9-11-15-41-42 (55) (57)	1:42:49.7
Clemson	124	3-4-27-44-46 (58) (77)	1:41:47.3

Crimson Classic Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	19:46.7	5th	5
Mary Frances Iseman	20:35.2	23rd	22
Cate Conklin	20:35.3	24th	23
Anya Arroyo	20:43.5	36th	31
Emma Torbert	20:44.7	38th	33
Siobhan Joyce	21:08.3	57th	(48)
Hattie Jennings	21:08.4	58th	(49)
Lily Weeks	21:11.6	63rd	--
Eliza Brand	21:33.1	77th	--
Hannah Vroon	21:42.4	87th	--
Anna Boyd	21:49.5	92nd	--
Molly Parker	21:54.8	99th	--
Hilaree Vega	21:58.0	103rd	--
Abigail White	22:10.5	117th	--
Madelyn Gomez	22:10.6	118th	--
Sarah DiVasta	22:15.4	123rd	--
Lauren Horwitt	22:39.6	137th	--
Maria Lombardi	23:13.0	152nd	--
Caitlin Gemmill	DNF	--	--



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

Upstate Invite Top 5 Teams

Team	Points	Scoring Order	Total
Emory	34	1-3-8-9-13 (14) (16)	1:29:24
Jacksonville State	86	2-10-11-15-48 (50) (67)	1:31:15
UNC Asheville	103	4-17-19-24-39 (44) (56)	1:32:13
Longwood	123	5-25-26-31-36 (37) (45)	1:32:57
South Carolina	126	12-21-23-29-41 (75)	1:33:03

Upstate Invite Gamecock Finishers

Name	Time	Place	Score
Ella Zeigler	18:12.3	12th	12
Elle Mehltrittter	18:28.8	21st	21
Maddie White	18:31.2	23rd	23
Hayden Withers	18:43.1	31st	29
Maddie Smith	19:08.0	44th	41
Sarah Neville	19:40.1	88th	(75)



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

SEC Championship Top 5 Teams

Team	Points	Scoring Order	Total
Alabama	72	1-4-15-19-33 (39) (41)	1:36:46
Tennessee	103	6-18-20-21-38 (46) (49)	1:38:56
Florida	122	2-28-29-31-32 (42) (56)	1:38:31
Arkansas	132	3-10-11-50-58 (74) (105)	1:38:41
Texas	150	12-16-17-45-60 (69) (78)	1:40:00

SEC Championship Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	19:42.8	14th	14
Mary Frances Iseman	20:38.0	69th	66
Cate Conklin	20:38.8	71st	68
Anya Arroyo	20:45.8	85th	79
Emma Torbert	20:52.0	91st	85
Hattie Jennings	21:12.6	113th	(99)
Siobhan Joyce	21:19.5	123rd	(104)
Lily Weeks	21:26.5	128th	--
Hannah Vroon	21:26.9	129th	--
Abigail White	21:34.3	140th	--
Ella Zeigler	21:50.2	151st	--
Eliza Brand	22:10.2	160th	--



CAROLINA CROSS COUNTRY

2024 MEET RESULTS

NCAA Southeast Regional Top 5 Teams

Team	Points	Scoring Order	Total
N.C. State	60	1-3-9-19-28 (42) (49)	1:43:19
Virginia	85	5-6-21-24-29 (36) (47)	1:45:01
North Carolina	119	11-12-26-31-39 (50) (59)	1:46:03
Wake Forest	126	10-17-23-33-43 (44) (75)	1:46:16
Liberty	162	8-20-30-48-56 (67) (68)	1:46:57

NCAA Southeast Regional Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	20:51.3	13th	13
Cate Conklin	21:38.2	42nd	41
Anya Arroyo	22:08.0	71st	69
Emma Torbert	22:13.8	77th	74
Mary Frances Iseman	22:37.7	104th	99
Hattie Jennings	22:51.4	118th	(112)
Lily Weeks	22:53.1	119th	(113)



CAROLINA CROSS COUNTRY

2024 TOP 10 PERFORMANCES

5,000 Meters

Name	Time	Meet
Teresa Cherotich	16:54.2	Live in Lou Classic
Teresa Cherotich	17:16.14	Covered Bridge Open
Mary Frances Iseman	17:41.3	Live in Lou Classic
Mary Frances Iseman	17:47.47	Covered Bridge Open
Cate Conklin	17:49.1	Live in Lou Classic
Anyar Arroyo	17:49.7	Live in Lou Classic
Emma Torbert	17:50.5	Live in Lou Classic
Anyar Arroyo	17:51.46	Covered Bridge Open
Cate Conklin	17:58.90	Covered Bridge Open
Emma Torbert	18:04.85	Covered Bridge Open



CAROLINA CROSS COUNTRY

2024 TOP 10 PERFORMANCES

6,000 Meters

Name	Time	Meet
Teresa Cherotich	19:42.8	SEC Championship
Teresa Cherotich	20:21.1	Furman Invitational
Mary Frances Iseman	20:38.0	SEC Championship
Cate Conklin	20:38.8	SEC Championship
Anya Arroyo	20:45.8	SEC Championship
Teresa Cherotich	20:51.3	NCAA Southeast Regional
Emma Torbert	20:52.0	SEC Championship
Hattie Jennings	21:12.6	SEC Championship
Siobhan Joyce	21:19.5	SEC Championship
Lily Weeks	21:26.5	SEC Championship



CAROLINA CROSS COUNTRY

2024 PROGRESSIONS

ANYA ARROYO • SO • HILTON HEAD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:49.7)				
8/30	Covered Bridge Open	5K	3rd	17:51.46
10/5	Live in Lou Classic	5K	42nd	17:49.7
6K (PR: 20:45.8)				
9/14	Furman Invitational	6K	16th	22:00.1
10/18	Crimson Classic	5926m	36th	20:43.5
11/1	SEC Championship	6K	85th	20:45.8
11/15	Southeast Regional	6K	71st	22:08.0

ANNA BOYD • JR • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:23.4)				
8/30	Covered Bridge Open	5K	30th	18:49.67
6K (PR: 21:39.2)				
9/14	Furman Invitational	6K	35th	23:09.2
10/18	Crimson Classic	5926m	92nd	21:49.5

ELIZA BRAND • FR • WINSTON-SALEM, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:28.84)				
8/30	Covered Bridge Open	5K	15th	18:28.84
10/5	Live in Lou Classic	5K	105th	18:32.3
6K (PR: 22:10.2)				
9/14	Furman Invitational	6K	23rd	22:32.1
10/18	Crimson Classic	5926m	77th	21:33.1
11/1	SEC Championship	6K	160th	22:10.2

SYLVIA CHELANGAT • SO • KENYA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:49.9)				
10/5	Live in Lou Classic	5K	176th	19:13.1

TERESA CHEROTICH • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 16:54.2)				
8/30	Covered Bridge Open	5K	1st	17:16.14
10/5	Live in Lou Classic	5K	7th	16:54.2
6K (PR: 19:42.8)				
9/14	Furman Invitational	6K	1st	20:21.1
10/18	Crimson Classic	5926m	5th	19:46.7
11/1	SEC Championship	6K	14th	19:42.8
11/15	Southeast Regional	6K	13th	20:51.3

CATE CONKLIN • FR • LEXINGTON, KENTUCKY

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:49.1)				
8/30	Covered Bridge Open	5K	4th	17:58.90
10/5	Live in Lou Classic	5K	41st	17:49.1
6K (PR: 20:38.8)				
9/14	Furman Invitational	6K	14th	21:55.1
10/18	Crimson Classic	5926m	24th	20:35.3
11/1	SEC Championship	6K	71st	20:38.8
11/15	Southeast Regional	6K	42nd	21:38.2

SARAH DiVASTA • SO • PEABODY, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:57.7)				
8/30	Covered Bridge Open	5K	44th	19:21.69
6K (PR: 23:32.9)				
9/14	Furman Invitational	6K	42nd	23:32.9
10/18	Crimson Classic	5926m	123rd	22:15.4

CAITLIN GEMMILL • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 19:01.96)				
8/30	Covered Bridge Open	5K	37th	19:01.96
6K (PR: N/A)				
10/18	Crimson Classic	5926m	--	DNF

MADelyn GOMEZ • FR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:36.50)				
8/30	Covered Bridge Open	5K	19th	18:36.50
6K (PR: 22:25.7)				
9/14	Furman Invitational	6K	21st	22:25.7
10/18	Crimson Classic	5926m	118th	22:10.6

LAUREN HORWITT • FR • CHARLOTTE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:42.28)				
8/30	Covered Bridge Open	5K	20th	18:42.28
10/5	Live in Lou Classic	5K	190th	19:21.6
6K (PR: 23:08.5)				
9/14	Furman Invitational	6K	34th	23:08.5
10/18	Crimson Classic	5926m	137th	22:39.6

MARY FRANCES ISEMAN • FR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:41.3)				
8/30	Covered Bridge Open	5K	2nd	17:47.47
10/5	Live in Lou Classic	5K	33rd	17:41.3
6K (PR: 20:38.0)				
9/14	Furman Invitational	6K	31st	22:55.5
10/18	Crimson Classic	5926m	23rd	20:35.2
11/1	SEC Championship	6K	69th	20:38.0
11/15	Southeast Regional	6K	104th	22:37.7

HATTIE JENNINGS • SO • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:28.0)				
10/5	Live in Lou Classic	5K	91st	18:21.5
6K (PR: 21:12.6)				
10/18	Crimson Classic	5926m	58th	21:08.4
11/1	SEC Championship	6K	113th	21:12.6
11/15	Southeast Regional	6K	118th	22:51.4

SIOBHAN JOYCE • FR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:10.8)				
10/5	Live in Lou Classic	5K	70th	18:10.8
6K (PR: 21:19.5)				
10/18	Crimson Classic	5926m	57th	21:08.3
11/1	SEC Championship	6K	123rd	21:19.5

SOFIE KURZAWA • SO • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:39.4)				
8/30	Covered Bridge Open	5K	24th	18:43.19
10/5	Live in Lou Classic	5K	146th	18:53.5
6K (PR: 22:35.2)				
9/14	Furman Invitational	6K	32nd	22:56.0



CAROLINA CROSS COUNTRY

2024 PROGRESSIONS

MARIA LOMBARDI • SO • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:06.3)				
8/30	Covered Bridge Open	5K	49th	19:31.62
6K (PR: 22:55.0)				
9/14	Furman Invitational	6K	67th	25:02.5
10/18	Crimson Classic	5926m	152nd	23:13.0

ELLE MEHLTRETTTER • FR • SEMINOLE, FLORIDA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:28.8)				
10/19	Upstate Invite	5K	21st	18:28.8
6K (PR: 19:01.96)				
9/14	Furman Invitational	6K	48th	23:56.3

SARAH NEVILLE • JR • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 19:35.4)				
10/19	Upstate Invite	5K	88th	19:40.1

MOLLY PARKER • SO • WRIGHTSVILLE BEACH, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:15.3)				
8/30	Covered Bridge Open	5K	11th	18:15.90
10/5	Live in Lou Classic	5K	130th	18:47.0
6K (PR: 22:26.9)				
9/14	Furman Invitational	6K	22nd	22:26.9
10/18	Crimson Classic	5926m	99th	21:54.8

MADDIE SMITH • FR • ROCK HILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 19:08.0)				
10/19	Upstate Invite	5K	44th	19:08.0

EMMA TORBERT • SO • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:50.5)				
8/30	Covered Bridge Open	5K	6th	18:04.85
10/5	Live in Lou Classic	5K	45th	17:50.5
6K (PR: 20:52.0)				
9/14	Furman Invitational	6K	17th	22:00.8
10/18	Crimson Classic	5926m	38th	20:44.7
11/1	SEC Championship	6K	91st	20:52.0
11/15	Southeast Regional	6K	77th	22:13.8

HILAREE VEGA • FR • PONTE VEDRA, FLORIDA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:35.21)				
8/30	Covered Bridge Open	5K	18th	18:35.21
10/5	Live in Lou Classic	5K	136th	18:49.4
6K (PR: 22:46.3)				
9/14	Furman Invitational	6K	27th	22:46.3
10/18	Crimson Classic	5926m	103rd	21:58.0

HANNAH VROON • FR • JAMES ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:13.0)				
8/30	Covered Bridge Open	5K	29th	18:46.29
10/5	Live in Lou Classic	5K	74th	18:13.0
6K (PR: 21:26.9)				
9/14	Furman Invitational	6K	26th	22:44.3
10/18	Crimson Classic	5926m	87th	21:42.4
11/1	SEC Championship	6K	129th	21:26.9

LILY WEEKS • SR • MANSFIELD, OHIO

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:30.8)				
10/5	Live in Lou Classic	5K	93rd	18:23.4
6K (PR: 21:26.5)				
10/18	Crimson Classic	5926m	63rd	21:11.6
11/1	SEC Championship	6K	128th	21:26.5
11/15	Southeast Regional	6K	119th	22:53.1

ABIGAIL WHITE • FR • CHAPIN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:11.4)				
8/30	Covered Bridge Open	5K	10th	18:14.12
10/5	Live in Lou Classic	5K	72nd	18:11.4
6K (PR: 21:34.3)				
9/14	Furman Invitational	6K	18th	22:13.6
10/18	Crimson Classic	5926m	117th	22:10.5
11/1	SEC Championship	6K	140th	21:34.3

MADDIE WHITE • JR • GREER, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:31.2)				
8/30	Covered Bridge Open	5K	74th	20:32.59
10/19	Upstate Invite	5K	23rd	18:31.2
6K (PR: 24:14.0)				
9/14	Furman Invitational	6K	54th	24:14.0

HAYDEN WITHERS • JR • CINCINNATI, OHIO

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:14.0)				
10/19	Upstate Invite	5K	31st	18:43.1

ELLA ZEIGLER • JR • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:22.8)				
10/19	Upstate Invite	5K	12th	18:12.3
6K (PR: 21:50.2)				
11/1	SEC Championship	6K	151st	21:50.2

UPDATED 11/15/24