



CAROLINA CROSS COUNTRY

2025 SEASON SCHEDULE/RESULTS

Date	Meet	Location	Finish	Points	Top Finisher
8/29	Covered Bridge Open	Boone, N.C.	1st	18	Teresa Cherotich (1st)
9/19	Adidas XC Challenge	Cary, N.C.	3rd	63	Teresa Cherotich (4th)
10/3	Joe Plane Invitational	South Bend, Ind.	2nd	47	Salma Elbadra (3rd)
10/17	Crimson Classic	Tuscaloosa, Ala.	1st	30	Salma Elbadra (1st)
10/31	SEC Championship	Knoxville, Tenn.	3rd	130	Salma Elbadra (5th)
11/14	NCAA Southeast Regional	Charlottesville, Va.	2nd	100	Salma Elbadra (1st)
11/22	NCAA Championship	Columbia, Mo.	15th	457	Salma Elbadra (28th)



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

Covered Bridge Open Top 5 Teams

Team	Points	Scoring Order	Total
South Carolina	18	1-2-3-5-7 (8) (9)	1:26:06
Georgia	47	4-6-10-12-15 (16)	1:28:51
Appalachian State	82	11-13-14-20-24 (25) (30)	1:31:13
College of Charleston	115	17-21-23-26-28 (32) (33)	1:32:59
Tennessee Tech	133	18-19-27-34-35 (36) (37)	1:34:01

Covered Bridge Open Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	16:52.8	1st	1
Anya Arroyo	16:56.5	2nd	2
Mary Frances Iseman	17:15.7	3rd	3
Eline Mast	17:29.6	5th	5
Abigail White	17:32.0	7th	7
Cate Conklin	17:37.2	9th	(8)
Hattie Jennings	17:44.3	10th	(9)
Allie Matasich	17:46.8	11th	--
Emma Torbert	17:54.5	14th	--
Ella Zeigler	18:21.5	21st	--
Sofie Kurzawa	18:25.0	23rd	--
Sinead Joyce	18:38.2	30th	--



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

Adidas XC Challenge Top 5 Teams

Team	Points	Scoring Order	Total
N.C. State	38	1-2-3-15-17 (20) (26)	1:23:10
North Carolina	62	6-9-12-14-21 (22) (34)	1:25:08
South Carolina	63	4-7-10-18-24 (25) (27)	1:25:00
Liberty	102	5-16-23-28-30 (32) (33)	1:26:34
Elon	143	8-11-36-43-45 (48) (50)	1:28:21

Adidas XC Challenge Gamecock Finishers

Name	Time	Place	Score
Teresa Cherotich	16:35.9	4th	4
Anya Arroyo	16:37.9	7th	7
Abir Reffas	16:57.4	11th	10
Jade Buridon	17:18.9	20th	18
Emma Torbert	17:29.7	28th	24
Abigail White	17:31.5	29th	(25)
Cate Conklin	17:38.4	31st	(27)
Hattie Jennings	17:53.8	40th	--
Allie Matasich	17:57.1	42nd	--
Sofie Kurzawa	17:58.9	44th	--
Eline Mast	18:02.7	51st	--
Mary Frances Iseman	18:49.5	74th	--
Sinead Joyce	19:02.7	80th	--



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

Joe Piane Invitational Top 5 Teams

Team	Points	Scoring Order	Total
Notre Dame	29	1-4-7-8-9 (13) (20)	1:20:31
South Carolina	47	3-6-10-11-17 (35) (37)	1:21:20
Boise State	108	5-21-23-29-30 (31) (46)	1:23:32
Grand Valley St.	161	14-25-27-47-48 (66) (71)	1:24:27
Liberty	190	2-28-51-54-55 (62) (77)	1:24:28

Joe Piane Invitational Gamecock Finishers

Name	Time	Place	Score
Salma Elbadra	15:57.5	3rd	3
Abir Reffas	16:09.8	6th	6
Anyia Arroyo	16:14.3	10th	10
Teresa Cherotich	16:17.8	11th	11
Jade Buridon	16:41.4	18th	17
Abigail White	16:59.6	38th	(35)
Mary Frances Iseman	17:00.2	40th	(37)
Cate Conklin	17:03.6	42nd	--
Emma Torbert	17:12.1	56th	--
Eline Mast	17:31.9	6th	--
Allie Matasich	17:35.8	7th	--
Hattie Jennings	17:46.7	13th	--



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

Crimson Classic Top 5 Teams

Team	Points	Scoring Order	Total
South Carolina	30	1-4-6-7-12 (13) (20)	1:37:38
Tulane	85	5-11-22-23-24 (25) (27)	1:41:56
Alabama	101	2-3-9-38-49 (50) (61)	1:40:53
Vanderbilt	114	8-10-15-37-44 (78) (85)	1:42:59
Georgia Tech	160	17-33-34-36-40 (42) (73)	1:45:02

Crimson Classic Gamecock Finishers

Name	Time	Place	Score
Salma Elbadra	18:40.3	1st	1
Teresa Cherotich	19:31.3	4th	4
Anyar Arroyo	19:32.0	6th	6
Abir Reffas	19:42.4	7th	7
Abigail White	20:12.4	12th	12
Jade Buridon	20:12.6	13th	(13)
Hattie Jennings	20:34.7	20th	(20)
Allie Matasich	20:45.1	25th	--
Emma Torbert	20:48.3	27th	--
Eline Mast	21:24.0	51st	--



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

SEC Championship Top 5 Teams

Team	Points	Scoring Order	Total
Florida	45	2-7-8-10-18 (26) (31)	1:41:00
Alabama	117	1-3-4-34-75 (93) (99)	1:42:14
South Carolina	130	5-21-23-39-42 (47) (53)	1:43:26
LSU	159	13-15-27-49-55 (85) (102)	1:44:22
Missouri	172	6-33-36-38-59 (62) (63)	1:44:26

SEC Championship Gamecock Finishers

Name	Time	Place	Score
Salma Elbadra	20:01.4	5th	5
Teresa Cherotich	20:38.4	21st	21
Anya Arroyo	20:40.1	23rd	23
Abigail White	21:01.1	39th	39
Abir Reffas	21:06.2	42nd	42
Cate Conklin	21:11.1	48th	(47)
Jade Buridon	21:20.4	54th	(53)
Mary Frances Iseman	21:36.9	63rd	--
Allie Matasich	21:53.8	73rd	--
Emma Torbert	21:55.2	75th	--
Eline Mast	22:08.4	88th	--
Hattie Jennings	22:14.5	92nd	--



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

NCAA Southeast Regional Top 5 Teams

Team	Points	Scoring Order	Total
NC State	55	2-6-8-14-25 (34) (51)	1:37:53
South Carolina	100	1-18-21-22-38 (43) (60)	1:39:41
North Carolina	108	3-15-23-31-36 (44) (61)	1:39:55
Virginia	138	10-12-19-45-52 (53) (64)	1:40:40
Wake Forest	147	7-17-26-40-57 (90) (125)	1:40:48

NCAA Southeast Regional Gamecock Finishers

Name	Time	Place	Score
Salma Elbadra	19:03.1	1st	1
Abir Reffas	19:57.3	18th	18
Anya Arroyo	20:04.0	21st	21
Teresa Cherotich	20:08.8	22nd	22
Abigail White	20:27.9	38th	38
Cate Conklin	20:32.2	43rd	(43)
Jade Buridon	20:50.6	61st	(61)



CAROLINA CROSS COUNTRY

2025 MEET RESULTS

NCAA Championship Top 5 Teams

Team	Points	Scoring Order	Total
NC State	114	5-6-24-35-44 (96) (122)	1:35:53.8
BYU	130	2-4-36-41-47 (63) (68)	1:35:53.8
Oregon	153	9-26-31-34-53 (56) (146)	1:36:34.4
New Mexico	216	16-38-42-59-61 (62) (100)	1:37:28.3
Florida	225	3-15-19-72-116 (119) (149)	1:37:00.3

NCAA Championship Gamecock Finishers

Name	Time	Place	Score
Salma Elbadra	19:14.7	28th	23
Teresa Cherotich	19:59.8	109th	91
Abigail White	20:07.1	129th	103
Abir Reffas	20:09.3	137th	109
Anyar Arroyo	20:21.2	163rd	130
Cate Conklin	20:23.3	169th	(136)
Jade Buridon	20:37.3	203rd	(167)



CAROLINA CROSS COUNTRY

2025 TOP 10 PERFORMANCES

5,000 Meters

Name	Time	Meet
Salma Elbadra	15:57.5	Joe Piane Invitational
Abir Reffas	16:09.8	Joe Piane Invitational
Anyar Arroyo	16:14.3	Joe Piane Invitational
Teresa Cherotich	16:17.8	Joe Piane Invitational
Teresa Cherotich	16:35.9	Adidas XC Challenge
Anyar Arroyo	16:37.9	Adidas XC Challenge
Jade Buridon	16:41.4	Joe Piane Invitational
Teresa Cherotich	16:52.8	Covered Bridge Open
Anyar Arroyo	16:56.5	Covered Bridge Open
Abir Reffas	16:57.4	Adidas XC Challenge



CAROLINA CROSS COUNTRY

2025 TOP 10 PERFORMANCES

6,000 Meters

Name	Time	Meet
Salma Elbadra	19:03.1	NCAA Southeast Regional
Salma Elbadra	19:14.7	NCAA Championship
Abir Reffas	19:57.3	NCAA Southeast Regional
Teresa Cherotich	19:59.8	NCAA Championship
Salma Elbadra	20:01.4	SEC Championship
Anyar Arroyo	20:04.0	NCAA Southeast Regional
Abigail White	20:07.1	NCAA Championship
Teresa Cherotich	20:08.8	NCAA Southeast Regional
Abir Reffas	20:09.3	NCAA Championship
Anyar Arroyo	20:21.2	NCAA Championship



CAROLINA CROSS COUNTRY

2025 PROGRESSIONS

ANYA ARROYO • JR • HILTON HEAD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 16:14.3)				
8/29	Covered Bridge Open	5K	2nd	16:56.5
9/19	Adidas XC Challenge	5K	7th	16:37.9
10/3	Joe Plane Invitational	5K	10th	16:14.3
10/17	Crimson Classic	5,868M	6th	19:32.0
6K (PR: 20:04.0)				
10/31	SEC Championship	6K	23rd	20:40.1
11/14	NCAA SE Regional	6K	21st	20:04.0
11/22	NCAA Championship	6K	163rd	20:21.2

JADE BURIDON • FR • SOULTZ-LES-BAINS, FRANCE

Date	Meet	Event	Finish	Time/Mark
5K (PR: 16:41.4)				
9/19	Adidas XC Challenge	5K	20th	17:18.9
10/3	Joe Plane Invitational	5K	18th	16:41.4
10/17	Crimson Classic	5,868M	13th	20:12.6
6K (PR: 20:37.3)				
10/31	SEC Championship	6K	54th	21:20.4
11/14	NCAA SE Regional	6K	61st	20:50.6
11/22	NCAA Championship	6K	203rd	20:37.3

TERESA CHEROTICH • SO • KENYA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 16:17.8)				
8/29	Covered Bridge Open	5K	1st	16:52.8
9/19	Adidas XC Challenge	5K	4th	16:35.9
10/3	Joe Plane Invitational	5K	11th	16:17.8
10/17	Crimson Classic	5,868M	4th	19:31.3
6K (PR: 19:42.8)				
10/31	SEC Championship	6K	21st	20:38.4
11/14	NCAA SE Regional	6K	22nd	20:08.8
11/22	NCAA Championship	6K	109th	19:59.8

CATE CONKLIN • SO • LEXINGTON, KENTUCKY

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:03.6)				
8/29	Covered Bridge Open	5K	9th	17:37.2
9/19	Adidas XC Challenge	5K	31st	17:38.4
10/3	Joe Plane Invitational	5K	42nd	17:03.6
6K (PR: 20:23.3)				
10/31	SEC Championship	6K	48th	21:11.1
11/14	NCAA SE Regional	6K	43rd	20:32.2
11/22	NCAA Championship	6K	169th	20:23.3

SALMA ELBADRA • FR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
5K (PR: 15:57.5)				
10/3	Joe Plane Invitational	5K	3rd	15:57.5
10/17	Crimson Classic	5,868M	1st	18:40.3
6K (PR: 19:03.1)				
10/31	SEC Championship	6K	5th	20:01.4
11/14	NCAA SE Regional	6K	1st	19:03.1
11/22	NCAA Championship	6K	28th	19:14.7

MARY FRANCES ISEMAN • SO • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:00.2)				
8/29	Covered Bridge Open	5K	3rd	17:15.7
9/19	Adidas XC Challenge	5K	74th	18:49.5
10/3	Joe Plane Invitational	5K	40th	17:00.2
6K (PR: 20:38.0)				
10/31	SEC Championship	6K	63rd	21:36.9

HATTIE JENNINGS • JR • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:28.0)				
8/29	Covered Bridge Open	5K	10th	17:44.3
9/19	Adidas XC Challenge	5K	40th	17:53.8
10/3	Joe Plane Invitational	5K	13th	17:46.7
10/17	Crimson Classic	5,868M	20th	20:34.7
6K (PR: 21:12.6)				
10/31	SEC Championship	6K	92nd	22:14.5

SINEAD JOYCE • SO • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 18:38.2)				
8/29	Covered Bridge Open	5K	30th	18:38.2
9/19	Adidas XC Challenge	5K	80th	19:02.7

SOFIE KURZAWA • JR • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:39.4)				
8/29	Covered Bridge Open	5K	23rd	18:25.0
9/19	Adidas XC Challenge	5K	44th	17:58.9

ELINE MAST • SR • PURMEREND, NETHERLANDS

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:29.6)				
8/29	Covered Bridge Open	5K	5th	17:29.6
9/19	Adidas XC Challenge	5K	51st	18:02.7
10/3	Joe Plane Invitational	5K	6th	17:31.9
10/17	Crimson Classic	5,868M	51st	21:24.0
6K (PR: 21:03.6)				
10/31	SEC Championship	6K	88th	22:08.4

ALLIE MATASICH • FR • COLLEGEVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:35.8)				
8/29	Covered Bridge Open	5K	11th	17:46.8
9/19	Adidas XC Challenge	5K	42nd	17:57.1
10/3	Joe Plane Invitational	5K	7th	17:35.8
10/17	Crimson Classic	5,868M	25th	20:45.1
6K (PR: 21:53.8)				
10/31	SEC Championship	6K	73rd	21:53.8

ABIR REFFAS • JR • ALGERIA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 16:09.8)				
9/19	Adidas XC Challenge	5K	11th	16:57.4
10/3	Joe Plane Invitational	5K	6th	16:09.8
10/17	Crimson Classic	5,868M	7th	19:42.4
6K (PR: 19:57.3)				
10/31	SEC Championship	6K	42nd	21:06.2
11/14	NCAA SE Regional	6K	18th	19:57.3
11/22	NCAA Championship	6K	137th	20:09.3

EMMA TORBERT • JR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:12.1)				
8/29	Covered Bridge Open	5K	14th	17:54.5
9/19	Adidas XC Challenge	5K	28th	17:29.7
10/3	Joe Plane Invitational	5K	56th	17:12.1
10/17	Crimson Classic	5,868M	27th	20:48.3
6K (PR: 20:52.0)				
10/31	SEC Championship	6K	75th	21:55.2

UPDATED 11/24/25



CAROLINA CROSS COUNTRY

2025 PROGRESSIONS

ABIGAIL WHITE • SO • CHAPIN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5K (PR: 16:59.6)				
8/29	Covered Bridge Open	5K	7th	17:32.0
9/19	Adidas XC Challenge	5K	29th	17:31.5
10/3	Joe Plane Invitational	5K	38th	16:59.6
10/17	Crimson Classic	5,868M	12th	20:12.4
6K (PR: 20:07.1)				
10/31	SEC Championship	6K	39th	21:01.1
11/14	NCAA SE Regional	6K	38th	20:27.9
11/22	NCAA Championship	6K	130th	20:07.1

ELLA ZEIGLER • SR • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
5K (PR: 17:22.8)				
8/29	Covered Bridge Open	5K	21st	18:21.5