

Spartanburg, SC
UPSTATE INVITATIONAL XC
 Roger Milliken Center
 Partly Cloudy
 USC Upstate
 9/29/2018

Meet Director:
 Carson Blackwelder
Meet Referee:
Timing:
 TimingInc.com


Race #1
WOMEN • 5 Kilometers (3.11 Miles)
FINAL RESULTS
TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total
1 Appalachian State	23	1-3-4-6-9(11)(12)	1:31:29
2 Campbell	66	2-8-13-16-27(32)(35)	1:34:00
3 Georgia State	82	5-10-20-23-24(45)(50)	1:34:39
4 Milligan	129	7-18-19-39-46(47)(52)	1:36:21
5 Mercer	177	15-21-38-44-59(62)(93)	1:38:42
6 Wingate	211	26-36-37-48-64(65)(75)	1:40:12
7 Georgia Southern	226	17-30-43-49-87	1:40:49
8 Winthrop	227	14-25-34-71-83(101)	1:40:48
9 Catawba	234	29-31-51-60-63(70)(79)	1:41:21
10 USC Upstate	249	28-42-55-57-67(73)(82)	1:41:50
11 Southern Virginia	343*	41-68-69-76-89(103)(114)	1:45:39
12 Southern Wesleyan	343*	53-56-72-77-85(95)(111)	1:45:39
13 Citadel	345	22-54-80-91-98(110)	1:46:26
14 Wofford	400	40-58-74-107-121	1:50:23
15 Gardner-Webb	401	61-66-78-97-99	1:49:02
16 Columbia College	430	33-81-100-104-112(116)(126)	1:51:53
17 USC-Beaufort	504	90-92-102-105-115(124)(125)	1:55:28
18 Newberry	513	84-88-94-118-129	1:57:03
19 Converse	534	86-96-108-117-127(130)	1:58:36
20 Lander	623	106-120-122-136-139	2:19:41
21 Erskine	628	113-123-128-131-133(135)	2:09:35
22 Claflin	631	109-119-132-134-137(138)	2:16:01

***Tiebreakers**

Southern Virginia (343)	3	W-L-W-W-L
Southern Wesleyan (343)	2	L-W-L-L-W

INDIVIDUAL RESULTS

	Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
1	GREELEY, Phylissa	SR	Appalachian State	1	18:04.8	---	5:48.8
2	KOEKEMOER, Shanley	FR	Campbell	2	18:09.6	0:05.6	5:50.4
3	EVELY, Izzy	FR	Appalachian State	3	18:14.5	0:10.5	5:51.9
4	FEDDERS, Emily	SR	Appalachian State	4	18:17.7	0:13.7	5:52.9
5	ALONSO, Angela	JR	Georgia State	5	18:19.6	0:15.6	5:53.5
6	KOLOR, Samantha	SO	Appalachian State	6	18:21.9	0:17.9	5:54.3
7	CROW, Jacquelyn	SR	Milligan	7	18:24.2	0:20.2	5:55.0
8	BOTHA, Lize	JR	Campbell	8	18:28.5	0:24.5	5:56.4
9	BUTLER, Kate	SR	Appalachian State	9	18:30.1	0:26.1	5:56.9
10	MEYBERG, Lotte	SO	Georgia State	10	18:33.6	0:29.6	5:58.1
11	HAJNOS, Sarah	SO	Appalachian State	11	18:35.8	0:31.8	5:58.8
12	SARGENT, Elisa	SR	Appalachian State	12	18:41.6	0:37.6	6:00.6
13	SCANNELL, Megan	JR	Appalachian State	--	18:50.8	0:46.8	6:03.6
14	JACKSON, Roshae	SR	Campbell	13	18:51.8	0:47.8	6:03.9
15	HENSON, Harper	JR	Winthrop	14	18:52.3	0:48.3	6:04.1
16	CORSON, Hannah	FR	Mercer	15	18:53.6	0:49.6	6:04.5
17	LOUW, Michaela	SO	Campbell	16	18:56.5	0:52.5	6:05.4
18	NAGWANDALA , Merabu	FR	Georgia Southern	17	18:56.7	0:52.7	6:05.5
19	VENABLE, Sarah	JR	Appalachian State	--	18:57.2	0:53.2	6:05.7
20	MARDIS, Gabrielle	FR	Milligan	18	18:57.3	0:53.3	6:05.7
21	STONE, Erica	JR	Milligan	19	19:01.3	0:57.3	6:07.0
22	GARNIER, Marine	FR	Georgia State	20	19:05.9	1:01.9	6:08.4
23	MCMAHON, Ashley	FR	Mercer	21	19:08.6	1:04.6	6:09.3
24	OPP, Amber	SO	Citadel	22	19:10.5	1:06.5	6:09.9
25	VALLI, Mary	FR	Georgia State	23	19:19.6	1:15.6	6:12.8
26	RAMIREZ, Nuria	SR	Georgia State	24	19:20.3	1:16.3	6:13.1
27	ESSELMAN, Olivia	FR	Winthrop	25	19:22.5	1:18.5	6:13.8
28	MERHK, Annika	SO	Appalachian State	--	19:25.4	1:21.4	6:14.7
29	DIAZ, Julie	SO	Wingate	26	19:32.0	1:28.0	6:16.8
30	CRANFORD, Hannah	FR	Campbell	27	19:33.4	1:29.4	6:17.3
31	PIERSTORFF, Krysta	SR	USC Upstate	28	19:35.8	1:31.8	6:18.1
32	HUNT, Patience	JR	Catawba	29	19:36.9	1:32.9	6:18.4
33	SNELL, Sholonda	SR	Georgia Southern	30	19:37.4	1:33.4	6:18.6
34	MERCER, Hannah	JR	Catawba	31	19:37.7	1:33.7	6:18.7
35	FITCH, Madeline	JR	Campbell	32	19:38.6	1:34.6	6:18.9
36	WAIBEL, Alyssa	JR-3	Columbia College	33	19:39.6	1:35.6	6:19.3
37	RICHARDSON, Natalie	JR	Appalachian State	--	19:39.7	1:35.7	6:19.3
38	JAMESON, Erin	SR	Appalachian State	--	19:40.8	1:36.8	6:19.6
39	BALLOU, Kelsey	SR	Winthrop	34	19:42.7	1:38.7	6:20.3
40	BOWEN, Ali	SR	Campbell	35	19:43.3	1:39.3	6:20.5

	Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
41	TUMEY, Lauryn	SO	Wingate	36	19:46.1	1:42.1	6:21.4
42	LINEBERRY, Jenna	FR	Appalachian State	--	19:47.5	1:43.5	6:21.8
43	JESKE, Abby	FR	Wingate	37	19:49.0	1:45.0	6:22.3
44	VAN SICKLE, Marina	SO	Mercer	38	19:51.1	1:47.1	6:23.0
45	DEWOLF, Avery	FR	Milligan	39	19:51.4	1:47.4	6:23.1
46	PARASKEVA, Madison	JR	Wofford	40	19:52.7	1:48.7	6:23.5
47	BIGELOW, Sydney	JR	Southern Virginia	41	19:58.0	1:54.0	6:25.2
48	DAVIS, Mia	SO	USC Upstate	42	20:00.6	1:56.6	6:26.0
49	MULLICAN, Erin	SR	Georgia Southern	43	20:02.1	1:58.1	6:26.5
50	HANSON, Jerrica	FR	Mercer	44	20:03.2	1:59.2	6:26.9
51	PROP, Anouk	FR	Georgia State	45	20:04.4	2:00.4	6:27.2
52	BELL, Hannah	JR	Milligan	46	20:06.3	2:02.3	6:27.9
53	FERGUSON, Amy	SO	Milligan	47	20:07.1	2:03.1	6:28.1
54	SPENCER, Ellen	JR	Appalachian State	--	20:08.5	2:04.5	6:28.6
55	REAM, Brittany	FR	Wingate	48	20:10.3	2:06.3	6:29.2
56	MONTGOMERY, Ellunde	SR	Georgia Southern	49	20:13.7	2:09.7	6:30.2
57	HOFFERT, Sarah	FR	Appalachian State	--	20:13.8	2:09.8	6:30.3
58	BALDWIN, Jade	JR	Campbell	--	20:14.8	2:10.8	6:30.6
59	SHEALY, Lindsay	SR	Georgia State	50	20:15.7	2:11.7	6:30.9
60	TURRO, Casey	SO	Appalachian State	--	20:19.0	2:15.0	6:31.9
61	ELMINOWSKI, Nikkita	SR	Catawba	51	20:27.5	2:23.5	6:34.7
62	HAAS, Katlyn	JR	Milligan	52	20:30.4	2:26.4	6:35.6
63	RICE , Maggie	SO	Southern Wesleyan	53	20:30.5	2:26.5	6:35.6
64	MILLER, Casey	SO	Citadel	54	20:31.9	2:27.9	6:36.1
65	CHERONO, Stecy	FR	USC Upstate	55	20:33.2	2:29.2	6:36.5
66	MOWREY, Kelsey	FR	Milligan	--	20:33.8	2:29.8	6:36.7
67	LEWELLEN, Madison	FR	Southern Wesleyan	56	20:36.6	2:32.6	6:37.6
68	FEARN, Katie	FR	Appalachian State	--	20:40.6	2:36.6	6:38.9
69	BRADSHAW, Marcy	SO	USC Upstate	57	20:42.5	2:38.5	6:39.5
70	ELSASS, Whitley	SO	Wofford	58	20:44.3	2:40.3	6:40.1
71	THOMAS, Isabella	FR	Mercer	59	20:44.7	2:40.7	6:40.2
72	ADAMS, Abbie	SR	Catawba	60	20:46.1	2:42.1	6:40.7
73	JONES, Hannah	JR	Gardner-Webb	61	20:47.0	2:43.0	6:41.0
74	GRIER, Caroline	FR	Appalachian State	--	20:48.2	2:44.2	6:41.3
75	SHASHIDHARA, Nidhi	JR	Mercer	62	20:48.6	2:44.6	6:41.5
76	HALL, Kayla	FR	Appalachian State	--	20:51.9	2:47.9	6:42.5
77	D'AMELIO, Christina	SO	Catawba	63	20:53.0	2:49.0	6:42.9
78	MCDONALD, Alexis		Wingate	64	20:53.9	2:49.9	6:43.2
79	FEARN, Jessica	FR	Wingate	65	20:55.7	2:51.7	6:43.8
80	TURLINGTON, Amy	JR	Gardner-Webb	66	20:56.6	2:52.6	6:44.0

	Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
81	THOMPSON, Shamia	SR	USC Upstate	67	20:57.1	2:53.1	6:44.2
82	WESTMAN, Jill	FR	Southern Virginia	68	20:59.0	2:55.0	6:44.8
83	GREENGRASS, Lia	FR	Appalachian State	--	21:00.7	2:56.7	6:45.4
84	SIMPSON, Jessica	FR	Southern Virginia	69	21:03.5	2:59.5	6:46.3
85	CONNELLY, Jameie		Unattached	--	21:06.7	3:02.7	6:47.3
86	SELLERS, Paula	SO	Catawba	70	21:08.2	3:04.2	6:47.8
87	GRAHAM, Ashley	SR	Winthrop	71	21:08.5	3:04.5	6:47.9
88	HOOD, Kyra	SO	Southern Wesleyan	72	21:11.9	3:07.9	6:49.0
89	IMES, Janna	SO	Columbia Int'l	--	21:13.3	3:09.3	6:49.4
90	CHAVEZ, Alicia	JR	USC Upstate	73	21:15.1	3:11.1	6:50.0
91	GIRARDI, Mia	FR	Wofford	74	21:16.2	3:12.2	6:50.3
92	SHIPOTOFSKY, Janelle	JR	Wingate	75	21:18.7	3:14.7	6:51.1
93	DORAN, Anastasia		Upstate Alumni	--	21:27.9	3:23.9	6:54.1
94	SMITH, Elora	FR	Southern Virginia	76	21:30.4	3:26.4	6:54.9
95	BALAWI, Hanan	JR	Southern Wesleyan	77	21:31.7	3:27.7	6:55.3
96	MCGUIRT, Christina	SO	Gardner-Webb	78	21:32.3	3:28.3	6:55.5
97	PETTY, Lexie	SR	Catawba	79	21:35.3	3:31.3	6:56.5
98	NEELEY, Jordan	JR	Citadel	80	21:37.7	3:33.7	6:57.3
99	GLENCROSS, Lauren	SR-4	Columbia College	81	21:38.7	3:34.7	6:57.6
100	PALMQUIST, Joey	FR	USC Upstate	82	21:41.2	3:37.2	6:58.4
101	DEFALCO, Jesse	SO	Winthrop	83	21:42.0	3:38.0	6:58.6
102	MORRIS, Molly	SO	Georgia State	--	21:45.8	3:41.8	6:59.9
103	ZIMMER, Alex	SR	Newberry	84	21:46.4	3:42.4	7:00.1
104	KITTS, Morgan	FR	Spartanburg Methodist	--	21:47.2	3:43.2	7:00.3
105	SINGLETARY, Hayley	SR	Southern Wesleyan	85	21:48.1	3:44.1	7:00.6
106	LEAVITT, Allie	FR	USC Upstate	--	21:48.3	3:44.3	7:00.7
107	FELKEL, Caroline	FR	Converse	86	21:52.2	3:48.2	7:01.9
108	OWENS, Kristen	FR	Spartanburg Methodist	--	21:58.4	3:54.4	7:03.9
109	ROCKER, Kaitlin	JR	Georgia Southern	87	21:59.3	3:55.3	7:04.2
110	ANGEL, Amanda	SR	Wingate	--	21:59.7	3:55.7	7:04.3
111	LING, Michelle	SR	Newberry	88	22:06.0	4:02.0	7:06.4
112	HUBER, Kate	SO	Southern Virginia	89	22:07.9	4:03.9	7:07.0
113	TRINIDAD, Jenitza	FR	USC-Beaufort	90	22:09.3	4:05.3	7:07.4
114	REEVES, Bethany	SR	Citadel	91	22:12.9	4:08.9	7:08.6
115	TREGOING , Lauren	JR	USC-Beaufort	92	22:14.4	4:10.4	7:09.1
116	LEBLANC, Isabella	FR	Mercer	93	22:18.3	4:14.3	7:10.3
117	SMITH, Kenia	FR	Newberry	94	22:18.3	4:14.3	7:10.3
118	MARTIN, Ann-Marie	SR	Southern Wesleyan	95	22:19.4	4:15.4	7:10.7
119	ELLIOTT, Rebecca		Upstate Alumni	--	22:22.6	4:18.6	7:11.7
120	THOMSON, Ashleigh	FR	Wingate	--	22:24.9	4:20.9	7:12.4

Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
121 SNUFFER, Christine	FR	Columbia Int'l	--	22:30.0	4:26.0	7:14.1
122 BOOK, Gloria	JR	Columbia Int'l	--	22:32.6	4:28.6	7:14.9
123 ONUFER, Jordan	FR	Converse	96	22:40.0	4:36.0	7:17.3
124 CHESNEY, Madison	FR	Spartanburg Methodist	--	22:42.2	4:38.2	7:18.0
125 KANETZKE, Courtney	SO	Gardner-Webb	97	22:42.9	4:38.9	7:18.2
126 BEACH, Kennedy	FR-1	Unattached	--	22:50.7	4:46.7	7:20.7
127 SULZBACH, Shona	SR	Citadel	98	22:53.0	4:49.0	7:21.5
128 PARANDHAMAIA, Faith	FR	Gardner-Webb	99	23:02.5	4:58.5	7:24.5
129 MISHKOFF, Hannah	FR-1	Columbia College	100	23:05.6	5:01.6	7:25.5
130 STEWART, Raven	FR	Spartanburg Methodist	--	23:13.5	5:09.5	7:28.1
131 LOGGIA, Amber	FR	Winthrop	101	23:18.6	5:14.6	7:29.7
132 JENNETTE, Libby	SR	USC Upstate	--	23:22.3	5:18.3	7:30.9
133 MCMAHON , Ciara	SR	USC-Beaufort	102	23:23.3	5:19.3	7:31.2
134 SIMPSON, Amy	FR	Southern Virginia	103	23:27.0	5:23.0	7:32.4
135 EFIRD, Hannah	FR	Catawba	--	23:30.0	5:26.0	7:33.4
136 GLEATON, Diana	FR-1	Columbia College	104	23:30.4	5:26.4	7:33.5
137 JOHNSON, Hannah	SR	USC-Beaufort	105	23:31.2	5:27.2	7:33.7
138 TROTTER, Sarah	FR	Lander	106	23:35.0	5:31.0	7:35.0
139 BURROUGHS, Anastasia	SO	Wofford	107	23:39.8	5:35.8	7:36.5
140 VANSANT, Aubrey	FR	Converse	108	23:41.1	5:37.1	7:36.9
141 NJERI, Esther	SO	Claflin	109	23:45.2	5:41.2	7:38.2
142 SWANSON, Leah		Upstate Alumni	--	23:46.2	5:42.2	7:38.6
143 EARHART, Rebekah	FR	Citadel	110	23:47.2	5:43.2	7:38.9
144 ERFFMEYER, Hannah	SO	Columbia Int'l	--	23:51.8	5:47.8	7:40.4
145 DICKSON, Alison	FR	Southern Wesleyan	111	23:54.0	5:50.0	7:41.1
146 WOOLARD, Heather	FR-1	Columbia College	112	23:58.6	5:54.6	7:42.6
147 KOELLNER, Brawnwyn	FR	USC Upstate	--	23:59.8	5:55.8	7:43.0
148 SMITH, Brittany	SO	Erskine	113	24:04.6	6:00.6	7:44.5
149 BATTY, Tommi	FR	Southern Virginia	114	24:06.4	6:02.4	7:45.1
150 MILLER , Mackenzie	FR	USC-Beaufort	115	24:09.3	6:05.3	7:46.0
151 PITTS, Hatttie	FR	Southern Wesleyan	--	24:11.0	6:07.0	7:46.5
152 HOWARD, Ayanah	FR-1	Columbia College	116	24:11.6	6:07.6	7:46.7
153 PHILLIPPO, Kaitlyn	SO	Southern Wesleyan	--	24:14.3	6:10.3	7:47.6
154 JOLLEY , Abigail	SO	Converse	117	24:15.4	6:11.4	7:48.0
155 CROUT, Katy	SR	Newberry	118	24:21.5	6:17.5	7:49.9
156 MCKIE, Faith	JR	Claflin	119	24:25.0	6:21.0	7:51.1
157 SHACKLETON, Amanda	SO	Lander	120	24:48.4	6:44.4	7:58.6
158 MCCREARY, Ashley	JR	Wofford	121	24:49.3	6:45.3	7:58.9
159 HANSEN, Anahi	FR	Southern Virginia	--	24:52.9	6:48.9	8:00.0
160 RITHIANOS, Catherine	SO	Lander	122	24:57.6	6:53.6	8:01.5

Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
161 ACONE, Amanda	SO	Erskine	123	25:02.0	6:58.0	8:02.9
162 GILLESPIE, Dakota	SO	Southern Wesleyan	--	25:15.1	7:11.1	8:07.2
163 RILEY , Madison	FR	USC-Beaufort	124	25:19.7	7:15.7	8:08.6
164 JANE, Anyya		USC-Beaufort	125	25:30.6	7:26.6	8:12.2
165 PHIPPS, Ashlyn	FR-1	Columbia College	126	25:34.4	7:30.4	8:13.4
166 VENTURA, Micaela	FR	Converse	127	26:07.1	8:03.1	8:23.9
167 GLENN, Mikayla	JR	Erskine	128	26:12.3	8:08.3	8:25.6
168 CROUT, Allison	SO	Newberry	129	26:30.7	8:26.7	8:31.5
169 FRIZZELL, Kathryn	SO	Converse	130	26:39.4	8:35.4	8:34.3
170 HYDRICK, Anna Taylor	SR	Erskine	131	26:50.1	8:46.1	8:37.7
171 PEGUES, Daija	SR	Claflin	132	26:52.9	8:48.9	8:38.6
172			--	27:09.2	9:05.2	8:43.9
173 MALMGREN, Madison	FR	Southern Virginia	--	27:12.2	9:08.2	8:44.8
174 BILES, Nicole	JR	Erskine	133	27:25.4	9:21.4	8:49.1
175 ECHEVERRIA, Julisa	SO-2	Columbia College	--	27:52.7	9:48.7	8:57.8
176 MCKENNA, Mary	FR	Southern Virginia	--	28:26.6	10:22.6	9:08.7
177 MCGRADY, Brandi	SO	Claflin	134	28:36.8	10:32.8	9:12.0
178 ROBBINS, Brittany	Red Shirt/Unattached	Columbia College	--	29:38.7	11:34.7	9:31.9
179 ISENHOUR, Cait	FR	Erskine	135	30:01.5	11:57.5	9:39.2
180 PARKER, Ashlyn	FR	Lander	136	30:30.2	12:26.2	9:48.5
181 HALL, Destiny	FR	Claflin	137	32:20.6	14:16.6	10:24.0
182 HARRELL, Ayannah	SO	Claflin	138	32:57.1	14:53.1	10:35.7
183 LOVE, Kara	JR	Lander	139	35:49.5	17:45.5	11:31.1

Race #2**MEN • 8 Kilometers (4.97 Miles)****FINAL RESULTS****TEAM SCORING SUMMARY**

Final Standings		Score	Scoring Order	Total
1	Appalachian State	18	1-2-4-5-6(9)(11)	2:09:55
2	Wingate	94	3-14-24-26-27(28)(30)	2:15:50
3	USC Upstate	105	13-17-20-21-34(35)(40)	2:17:00
4	Milligan	115	12-19-22-23-39(42)(43)	2:17:07
5	Catawba	134	7-15-32-33-47(48)(61)	2:18:21
6	Southern Virginia	168*	8-16-29-52-63(66)(79)	2:20:22
7	Citadel	168*	10-31-37-44-46(59)(64)	2:20:19
8	Winthrop	267	25-45-56-67-74(80)(86)	2:27:06
9	USC-Beaufort	272	36-49-55-60-72	2:27:09
10	Newberry	322	53-57-58-71-83(91)(108)	2:30:36
11	Southern Wesleyan	344	41-54-75-81-93(95)(96)	2:32:50
12	Lander	346	51-65-69-77-84(94)(97)	2:32:28
13	Columbia Int'l	363	18-70-87-90-98(99)(109)	2:36:31
14	Wofford	366	38-73-82-85-88	2:34:12
15	Upstate Alumni	430	62-78-89-100-101(103)(111)	2:43:38
16	Gardner-Webb	435	50-76-92-107-110	2:46:10
17	Clafin	485	68-102-104-105-106(112)	2:54:50

***Tiebreakers**

Southern Virginia (168)	3	W-W-W-L-L
Citadel (168)	2	L-L-L-W-W

INDIVIDUAL RESULTS

Athlete		Yr.	Team	Score	Time	Gap	Avg. Mile
1	FREUDENTHAL, Adam		Unattached	--	24:51.6	---	5:00.1
2	DERSHEM, Gable		SO Appalachian State	1	25:48.4	0:57.4	5:11.5
3	FOLEY, Ian		SO Appalachian State	2	25:50.8	0:59.8	5:12.0
4	KIPCHUMBA, Micah		SO Wingate	3	25:55.5	1:04.5	5:13.0
5	LOY, Colin		SR Appalachian State	4	26:02.1	1:11.1	5:14.3
6	MENDENHALL , Dakota		FR Appalachian State	5	26:02.3	1:11.3	5:14.3
7	CIGNARALE, Ben		SO Appalachian State	6	26:11.5	1:20.5	5:16.2
8	ALEJANDRO, Javier		JR Catawba	7	26:15.8	1:24.8	5:17.1
9	MYERS, Michael		JR Southern Virginia	8	26:17.6	1:26.6	5:17.4
10	FLANAGAN, Michael		SO Appalachian State	9	26:24.3	1:33.3	5:18.8

Athlete		Yr.	Team	Score	Time	Gap	Avg. Mile
11	MARTIN, Colin	JR	Citadel	10	26:27.6	1:36.6	5:19.4
12	BROWN , Ryan	FR	Appalachian State	11	26:30.5	1:39.5	5:20.0
13	MORTIMER, Alex	SO	Milligan	12	26:35.9	1:44.9	5:21.1
14	MERCER, Zachary	SO	Appalachian State	--	26:41.6	1:50.6	5:22.2
15	CASTANO, Andrew	FR	USC Upstate	13	26:48.6	1:57.6	5:23.6
16	COX, Dalton	SR	Wingate	14	26:53.9	2:02.9	5:24.7
17	BEMIS, Ethan	SO	Catawba	15	26:58.0	2:07.0	5:25.5
18	MAY, Colter	SO	Southern Virginia	16	27:02.8	2:11.8	5:26.5
19	JOHNSON, Jonathan	FR	USC Upstate	17	27:09.2	2:18.2	5:27.8
20	GUILLOZET, Blake	SR	Columbia Int'l	18	27:12.5	2:21.5	5:28.5
21	BRONSTETTER, Mitch	JR	Milligan	19	27:13.8	2:22.8	5:28.7
22	BENZ, Isaac	SO	Appalachian State	--	27:20.1	2:29.1	5:30.0
23	COCCIA, Jacob	JR	USC Upstate	20	27:25.5	2:34.5	5:31.1
24	YOUNG, Marlin	FR	USC Upstate	21	27:26.3	2:35.3	5:31.2
25	NICOL, Seth	JR	Milligan	22	27:28.9	2:37.9	5:31.8
26	BATES, Tyler	SO	Milligan	23	27:29.1	2:38.1	5:31.8
27	HIXSON, Ian	FR	Wingate	24	27:29.8	2:38.8	5:31.9
28	METCALF-SHULL, William	FR	Winthrop	25	27:34.1	2:43.1	5:32.8
29	IRIGOYEN, Julian	JR	Wingate	26	27:44.2	2:53.2	5:34.8
30	MCLAUGHLIN, Kevin	FR	Wingate	27	27:46.6	2:55.6	5:35.3
31	TODD, Justin	FR	Wingate	28	27:53.3	3:02.3	5:36.7
32	SHELLEY, Kevin	JR	Southern Virginia	29	27:54.7	3:03.7	5:36.9
33	WOFFORD, Stephen	SR	Wingate	30	27:58.6	3:07.6	5:37.7
34	AKERS, Alex	JR	Wingate	--	28:00.0	3:09.0	5:38.0
35	JOHNSON, Lane	FR	Citadel	31	28:02.1	3:11.1	5:38.4
36	LEWIS, Ereck		Unattached	--	28:05.1	3:14.1	5:39.0
37	GWYN-ROWSOM, Sawyer	FR	Appalachian State	--	28:06.1	3:15.1	5:39.2
38	RHODES, Kyle	SO	Catawba	32	28:07.8	3:16.8	5:39.6
39	TOCZKO, Jake	JR	Appalachian State	--	28:08.9	3:17.9	5:39.8
40	SWEPSON, Michal	JR	Catawba	33	28:09.9	3:18.9	5:40.0
41	BURT, Brandon	FR	USC Upstate	34	28:10.5	3:19.5	5:40.1
42	COCCIA, Jared	JR	USC Upstate	35	28:11.2	3:20.2	5:40.3
43	ECKSTEIN, Tewodros	FR	USC-Beaufort	36	28:14.5	3:23.5	5:40.9
44	SHIPLEY, Jeremy	SO	Citadel	37	28:17.3	3:26.3	5:41.5
45	CLASSEY, Beck	FR	Wofford	38	28:18.5	3:27.5	5:41.7
46	AULICH, Cory	JR	Milligan	39	28:19.4	3:28.4	5:41.9
47	LAIEWSKI, Connor	FR	Wingate	--	28:19.7	3:28.7	5:42.0
48	TARDELLA, Michael	FR	USC Upstate	40	28:19.7	3:28.7	5:42.0
49	PRATT, Devon	SO	Wingate	--	28:20.5	3:29.5	5:42.1
50	STEWART, Elijah	FR	Southern Wesleyan	41	28:21.0	3:30.0	5:42.2

	Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
51	MILLER, Logan	JR	USC Upstate	--	28:21.5	3:30.5	5:42.3
52	EASTERLIN, Logan	FR	Spartanburg Methodist	--	28:21.9	3:30.9	5:42.4
53	SHULL, Eric	SR	Milligan	42	28:29.0	3:38.0	5:43.9
54	WEHNER, Sam	JR	Milligan	43	28:41.1	3:50.1	5:46.3
55	HEISLER, Devon	FR	Citadel	44	28:44.4	3:53.4	5:46.9
56	BIJEAU, Blair	JR	Winthrop	45	28:46.0	3:55.0	5:47.3
57	OBRIEN, Francis	FR	Citadel	46	28:47.5	3:56.5	5:47.6
58	SNIDE, Austin	SO	Catawba	47	28:48.8	3:57.8	5:47.8
59	LAKE, Drew	SR	Catawba	48	28:51.2	4:00.2	5:48.3
60	TAYLOR , Cameron	FR	USC-Beaufort	49	28:52.3	4:01.3	5:48.5
61	SASTRE, Patrick	SO	Gardner-Webb	50	28:53.9	4:02.9	5:48.9
62	HATTON, Dric		Unattached	--	28:54.4	4:03.4	5:49.0
63	O'ROURKE, Fergus	SO	Lander	51	28:54.6	4:03.6	5:49.0
64	TYNDALE, Jake	FR	Wingate	--	28:57.4	4:06.4	5:49.6
65	LEVONICK, Matt	FR	USC Upstate	--	28:59.7	4:08.7	5:50.0
66	LUND, Hunter	FR	Southern Virginia	52	29:00.6	4:09.6	5:50.2
67	BOUWKAMP, Caleb	SR	Newberry	53	29:06.4	4:15.4	5:51.4
68	JONES, Cole		Unattached	--	29:16.0	4:25.0	5:53.3
69	SHELTON, Peyton	FR	Southern Wesleyan	54	29:24.7	4:33.7	5:55.1
70	SWITZER, Trey	FR	Spartanburg Methodist	--	29:26.8	4:35.8	5:55.5
71	PFISTER, Ethan	FR	Milligan	--	29:29.0	4:38.0	5:55.9
72	MURPHY , Wesley	SO	USC-Beaufort	55	29:30.9	4:39.9	5:56.3
73	JARVIS, Hunter	JR	Winthrop	56	29:32.5	4:41.5	5:56.6
74	STANLEY, Chandler	FR	Newberry	57	29:34.4	4:43.4	5:57.0
75	LOY, Jonathan	FR	USC Upstate	--	29:36.3	4:45.3	5:57.4
76	REYNOLDS, Shelton	SO	Newberry	58	29:41.8	4:50.8	5:58.5
77	AVALOS, Eric	JR	Citadel	59	29:42.2	4:51.2	5:58.6
78	SELF , Matthew	SO	USC-Beaufort	60	29:44.3	4:53.3	5:59.0
79	BALDY, Eli	FR	Milligan	--	29:47.2	4:56.2	5:59.6
80	BEMIS, Logan	SO	Catawba	61	29:55.5	5:04.5	6:01.3
81	KEMBOI, Gilbert		Upstate Alumni	62	29:56.9	5:05.9	6:01.5
82	SCOTT, Brendan	FR	Southern Virginia	63	30:06.2	5:15.2	6:03.4
83	HATLEY, Parker	FR	Wingate	--	30:09.5	5:18.5	6:04.1
84	HAMILTON, Shawn	FR	Spartanburg Methodist	--	30:12.2	5:21.2	6:04.6
85	SNOWMAN, John	SO	Citadel	64	30:18.3	5:27.3	6:05.8
86	DANIELS, Brad	JR	Lander	65	30:21.7	5:30.7	6:06.5
87	MEYERS, Greyson	SR	Southern Virginia	66	30:23.3	5:32.3	6:06.9
88	OLIVER, John	SR	Winthrop	67	30:24.5	5:33.5	6:07.1
89	SAMUEL, Domenic	SO	Clafin	68	30:28.7	5:37.7	6:07.9
90	CARMACK, Curtis	SR	Catawba	--	30:30.7	5:39.7	6:08.3

	Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
91	HIOTT, Zach	FR	Lander	69	30:33.9	5:42.9	6:09.0
92	SHIELDS, Blaise	SO	Columbia Int'l	70	30:37.1	5:46.1	6:09.6
93	CARRASCO, Nate	FR	Newberry	71	30:44.9	5:53.9	6:11.2
94	DOLATA , Justin	SO	USC-Beaufort	72	30:47.1	5:56.1	6:11.6
95	BUTLER, Nick	JR	Wofford	73	30:47.9	5:56.9	6:11.8
96	THATCHER, Tyler	FR	Winthrop	74	30:48.7	5:57.7	6:12.0
97	SIMS, Mason	SR	Southern Wesleyan	75	30:50.0	5:59.0	6:12.2
98	MARTIN, Ezekiel	SR	Gardner-Webb	76	30:57.7	6:06.7	6:13.8
99	POWERS, Trent	FR	Lander	77	30:57.7	6:06.7	6:13.8
100	RENNIX, Mark		Upstate Alumni	78	31:00.5	6:09.5	6:14.3
101	CURNUTT, John	SO	Southern Virginia	79	31:07.9	6:16.9	6:15.8
102	HOYT, Zac	SO	Winthrop	80	31:08.0	6:17.0	6:15.8
103	PALACIOS, Konner	SO	Southern Wesleyan	81	31:15.1	6:24.1	6:17.3
104	SZALWINSKI, Dane	SR	Wofford	82	31:15.1	6:24.1	6:17.3
105	HERNANDEZ, Carlos	SO	Newberry	83	31:28.5	6:37.5	6:20.0
106	HILBURN, Austin	SO	Wingate	--	31:37.8	6:46.8	6:21.8
107	COUCH, Chase	FR	Lander	84	31:40.1	6:49.1	6:22.3
108	HARBACEVICH, Joe	SR	Wofford	85	31:43.7	6:52.7	6:23.0
109	JOHNSON, Requis	FR	Winthrop	86	31:44.0	6:53.0	6:23.1
110	GUEST, Braiden	FR	Columbia Int'l	87	31:51.3	7:00.3	6:24.6
111	URSERY, Blake	SO	Wingate	--	31:57.4	7:06.4	6:25.8
112	GIBBS , Walker	JR	Wofford	88	32:06.6	7:15.6	6:27.6
113	MUNDY, Josh		Unattached	--	32:15.6	7:24.6	6:29.4
114	ELLISON, Codey		Upstate Alumni	89	32:22.1	7:31.1	6:30.8
115	LANE, Jake	FR	Winthrop	--	32:22.4	7:31.4	6:30.8
116	KNIGHT, Michael	JR	Columbia Int'l	90	32:26.9	7:35.9	6:31.7
117	MEADOWS, AJ	JR	Catawba	--	32:28.3	7:37.3	6:32.0
118	GIBSON, James	FR	Newberry	91	32:31.6	7:40.6	6:32.7
119	SAYLES, Nathaniel	FR	Gardner-Webb	92	32:48.7	7:57.7	6:36.1
120	HARRIS, Jacob	FR	Southern Wesleyan	93	32:58.5	8:07.5	6:38.1
121	SMITH, Sam	FR	Lander	94	33:12.9	8:21.9	6:41.0
122	CABALCETA, Miguel		Unattached	--	33:19.5	8:28.5	6:42.3
123	BRYANT, Tyler	FR	Southern Virginia	--	33:19.8	8:28.8	6:42.4
124	MODICA, Austin	FR	Southern Wesleyan	95	33:30.5	8:39.5	6:44.5
125	FELTON, Rontrel	SO	Catawba	--	33:42.7	8:51.7	6:47.0
126	TURNER, Josiah	FR	Southern Wesleyan	96	33:51.1	9:00.1	6:48.7
127	CHAPMAN, Joshua	SO	Lander	97	34:03.5	9:12.5	6:51.2
128	WIGGINS, Samonzy	JR	Lander	--	34:05.8	9:14.8	6:51.6
129	NALLEY, Jason	FR	Columbia Int'l	98	34:23.0	9:32.0	6:55.1
130	DAVIS, Camden	FR	Southern Wesleyan	--	34:33.8	9:42.8	6:57.3

	Athlete	Yr.	Team	Score	Time	Gap	Avg. Mile
131	MOORE, Seth	FR	Columbia Int'l	99	34:44.3	9:53.3	6:59.4
132	TATE, Cory		Upstate Alumni	100	34:47.5	9:56.5	7:00.0
133	FORTENBERRY, Evin	SO	Lander	--	35:06.0	10:15.0	7:03.7
134	SCHUMACHER, Calin		Upstate Alumni	101	35:30.4	10:39.4	7:08.6
135	MILES, Isaiah	FR	Claflin	102	35:44.5	10:53.5	7:11.5
136	JACKSON, James		Upstate Alumni	103	35:46.0	10:55.0	7:11.8
137	ST. JEAN, Derick	FR	Claflin	104	36:09.1	11:18.1	7:16.4
138	CAMPBELL, Robert	FR	Claflin	105	36:13.2	11:22.2	7:17.2
139	BELL, Joshua	SO	Claflin	106	36:14.3	11:23.3	7:17.5
140	PODGAISKY, Bogdan	JR	Gardner-Webb	107	36:30.0	11:39.0	7:20.6
141	NORCIA, Peyton	FR	Newberry	108	36:32.7	11:41.7	7:21.2
142	GUESS, Krashawn	FR	Columbia Int'l	109	36:53.2	12:02.2	7:25.3
143	HERMANNNS, Samuel	SR	Gardner-Webb	110	36:59.5	12:08.5	7:26.6
144	MUSICK, Jake	JR	Southern Virginia	--	37:07.6	12:16.6	7:28.2
145	DAVERSA, Joey		Upstate Alumni	111	37:52.4	13:01.4	7:37.2
146	DOHERTY, Riley		Upstate Alumni	--	38:04.9	13:13.9	7:39.7
147	SCHUMACHER, Derek		Upstate Alumni	--	38:15.8	13:24.8	7:41.9
148	KRAMER, Aidan	FR	Lander	--	38:24.3	13:33.3	7:43.6
149	ADAMS, Jacob	FR	Southern Virginia	--	38:47.0	13:56.0	7:48.2
150	WATLINGTON, LaCarlos	FR	Claflin	112	44:59.3	20:08.3	9:03.1
151	FOWLER, Cam		Unattached	--	45:33.7	20:42.7	9:10.0
152	MASSEY, Isaac	SO	Southern Virginia	--	45:48.0	20:57.0	9:12.9
153	JOHNSON, Michael		Upstate Alumni	--	47:35.1	22:44.1	9:34.5