



**HIGH POINT
MEN'S CROSS COUNTRY
HISTORY & RECORD BOOK
<ALL-TIME>**

EVENT-BY-EVENT RESULTS

<1959>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 24	1959	1.	High Point	Davidson	Davidson, N.C.		27 pts,
Oct. 24	1959		Louis Farlow	Davidson	Davidson, N.C.		22:35

<1960>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 8	1960	-	High Point	N.C. Collegiate Championships	Raleigh, N.C.	6k	NTS
Nov. 8	1960	3.	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k	21:57.2

<1961>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 4	1961	-	High Point	NAIA District 26	Wilson, N.C.	6k	-
Nov. 4	1961	1.	Mike Sambino	NAIA District 26	Wilson, N.C.	6k	20:29.1
Nov. 7	1961	-	High Point	N.C. Collegiate Championships	Raleigh, N.C.	6k	-
Nov. 7	1961	2.	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k	21:26

<1962>

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

<1963>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 18	1963			Barton College	High Point, N.C.		HPU, W
Oct. 20	1963			Wake Forest	Winston-Salem, N.C.		HPU, L
Oct. 22	1963			UNC Pembroke	Pembroke, N.C.		HPU, L
Nov. 4	1963			N.C. Collegiate Championships	Raleigh, N.C.		
Nov. 7	1963			Barton College	Wilson, N.C.		HPU, W
Nov. 8	1963			UNC Pembroke	High Point, N.C.		HPU, W
Nov. 12	1963			Davidson	Davidson, N.C.		HPU, L
Dec. 8	1963			10,000 Meter Race	Lexington, Va.		

<1964>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 3	1964	7.	High Point	N.C. Collegiate Championships	Raleigh, N.C.		220 pts.

<1965>

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

<1966>

Date	Year	Finish	Individual	Event	Site	Distance	Time
	1966			St. Andrews			HPU, W, 30-55
	1966			Methodist College			HPU, W, 20-35
	1966			Methodist College			HPU, W, 15-40
	1966			Campbell			HPU, W, 27-29
	1966			N.C. State			HPU, L, 16-47
	1966			Davidson			HPU, W, 19-40
	1966			Washington & Lee			HPU, W, 22-39
	1966			St. Andrews			HPU, W, 27-29

<1967>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 29	1967	1.	Richard Ross	St. Andrews	High Point, N.C.		HPU, W, 17-44
Sept. 29	1967			UNC Charlotte	High Point, N.C.		HPU, W, 19-41
Oct. 3	1967	1.	High Point	Methodist College	High Point, N.C.	6k	HPU, W, 19-42
Oct. 3	1967	1.	Bill Carter	Methodist College	High Point, N.C.	6k	23:25
Oct. 3	1967	1.	Richard Ross	Methodist College	High Point, N.C.	6k	-
	1967			St. Andrews			HPU, W, 17-44
	1967			UNC Pembroke			HPU, L, 28-30
	1967			Methodist College			HPU, W, 21-39
	1967			N.C. State			HPU, L, 15-40
	1967			UNC Pembroke			HPU, W, 26-30
	1967			Appalachian State			HPU, W, 25-31
	1967			Davidson			HPU, L, 25-31
	1967			Appalachian State			HPU, T, 25-25
	1967			Washington & Lee			HPU, W, 21-36
	1967			State Meet			8th Place

EVENT-BY-EVENT RESULTS

Nov. 10 1967 NAIA District 26 Rocky Mount, N.C. 6k 5th Place

<1968>

Date	Year	Finish	Individual	Event	Site	Distance	Time
	1968			UNC Pembroke			HPU, W, 19-36
	1968			Methodist College			HPU, W, 18-37
	1968			UNC Pembroke			HPU, L, 26-33
	1968			Old Dominion			HPU, W, 19-38
	1968			N.C. State			HPU, L, 20-39
	1968			Appalachian State			HPU, L, 26-30
	1968			Appalachian State			HPU, L, 21-38
	1968			Appalachian State			HPU, L, 47-62
	1968			UNC Pembroke			HPU, W, 62-64
	1968			Davidson			HPU, W, 62-79
	1968			Wake Forest			HPU, W, 62-80
	1968			Western Carolina			HPU, L, 23-36
	1968			N.C. Collegiate Championships			8th
Nov. 10	1968	1.	High Point	NAIA District 26	Lynchburg, Va.	8k	1st, 19 pts.
Nov. 10	1968	1.	Bill Carter	NAIA District 26	Lynchburg, Va.	8k	27:20
Nov. 22	1968		High Point	Oklahoma City Nationals			35th
Nov. 22	1968		Bill Carter	Oklahoma City Nationals			35th
Nov. 22	1968		Dwight Hood	Oklahoma City Nationals			35th
Nov. 22	1968		Eric Noren	Oklahoma City Nationals			35th
Nov. 22	1968		Frank Hardenstein	Oklahoma City Nationals			35th
Nov. 22	1968		Tim Reihm	Oklahoma City Nationals			35th
Nov. 22	1968		Walter Mantz	Oklahoma City Nationals			35th

<1969>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 4	1969	10.	High Point	N.C. Collegiate Championships	Raleigh, N.C.	8k	302 pts.
Nov. 15	1969	1.	High Point	NAIA District 26 Championship	Charlotte, N.C.		24 pts.
Nov. 15	1969	2.	Lloyd Davis	NAIA District 26 Championship	Charlotte, N.C.		
Nov. 15	1969	3.	Richard Litchford	NAIA District 26 Championship	Charlotte, N.C.		
Nov. 15	1969	4.	Grinch Johnson	NAIA District 26 Championship	Charlotte, N.C.		
Nov. 15	1969	5.	Eric Noren	NAIA District 26 Championship	Charlotte, N.C.		
Nov. 23	1969	34.	High Point	NAIA National Championship	Oklahoma City, Okla.		
Nov. 23	1969	142.	Mike Johnson	NAIA National Championship	Oklahoma City, Okla.		27:28
Nov. 23	1969	149.	Eric Noren	NAIA National Championship	Oklahoma City, Okla.		
Nov. 23	1969	166.	Lloyd Davis	NAIA National Championship	Oklahoma City, Okla.		
Nov. 23	1969	214.	Richard Litchford	NAIA National Championship	Oklahoma City, Okla.		
Nov. 23	1969	223.	Walter Mantz	NAIA National Championship	Oklahoma City, Okla.		

<1970>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 3	1970	8.	High Point	N.C. Collegiate Championships	Raleigh, N.C.	8k	252 pts.
Nov. 14	1970	1.	High Point	NAIA District 26 Championship	High Point, N.C.	8k	30 pts.
Nov. 14	1970		Mike Turmala	NAIA District 26 Championship	High Point, N.C.	8k	26:43
Nov. 21	1970		Mike Turmala	NAIA National Championship	Liberty, Mo. (William Jewel College)		

<1971>

Date	Year	Finish	Individual	Event	Site	Distance	Time
	1971			Campbell			HPU, W, 21-46
	1971			Belmont Abbey			
	1971			Wake Forest			HPU, T, 28-28
	1971			UNC Pembroke			HPU, L, 18-39
	1971			West Georgia Invitational			4th
	1971			Davidson Invitational			4th
	1971			Campbell			HPU, W, 21-34
	1971			Davidson			HPU, W, 23-46
	1971			Western Carolina			1st
Nov. 13	1971			NAIA District 26 Championship			1st

<1972>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 23	1972	2.	High Point				65 pts.
Nov. 4	1972			NAIA District 26 Championship	High Point, N.C.		
Nov. 11	1972			ANIA Area 7 Meet	High Point, N.C.	8k	HPU, L, 23-54

<1973>

EVENT-BY-EVENT RESULTS

Date	Year	Finish	Individual	Event	Site	Distance	Time
	1973			Campbell			HPU, W, 27-29
	1973			Wake Forest			HPU, L, 17-43
	1973			UNC Pembroke Invitational			5th
	1973			Western Carolina			HPU, L, 15-48
	1973			West Georgia Invitational			4th
	1973			Campbell			HPU, W, 26-33
	1973			Elon			
	1973			Davidson Invitational			4th
	1973			State Meet			10th
	1973			Davidson			HPU, L, 29-44
	1973			Guilford			
	1973			Elon			
	1973			NAIA District 26 Championship			1st
	1973			Area Seven Meet			3rd

<1974>

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

<1975>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1975			vs. Ferrum	High Point, N.C.		
Sept. 15	1975			at Campbell	Buies Creek, N.C.		
Sept. 18	1975			vs. Davidson	High Point, N.C.		
Sept. 22	1975			at Wake Forest	Winston-Salem, N.C.		
Sept. 27	1975			UNC Pembroke Invitational	Pembroke, N.C.		109 pts.
Sept. 27	1975	7.	Dennis Covahey	UNC Pembroke Invitational	Pembroke, N.C.		26:56
Sept. 27	1975	22.	John Hardison	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 27	1975	23.	Perry Macheras	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 27	1975	27.	Randy Lazelere	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 27	1975	30.	Chip Wilson	UNC Pembroke Invitational	Pembroke, N.C.		
Oct. 8	1975			Campbell	High Point, N.C.		HPU, W, 22-36
Oct. 8	1975			Johnson C. Smith	High Point, N.C.		HPU, W, 23-36
Oct. 8	1975	1.	Dennis Covahey	Campbell / Johnson C. Smith	High Point, N.C.		26:52
Oct. 8	1975	3.	Ron Demint	Campbell / Johnson C. Smith	High Point, N.C.		
Oct. 11	1975	10.	Dennis Covahey	West Georgia Invitational	Carrollton, Ga.		26:41
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 11	1975			West Georgia Invitational	Carrollton, Ga.		
Oct. 18	1975			at Davidson	Davidson, N.C.		
Oct. 18	1975			vs. Wake Forest	Davidson, N.C.		
Oct. 25	1975			State Meet	Raleigh, N.C.		
Nov. 8	1975			Bi-Area Seven			
Nov. 22	1975			NAIA National Championship			

<1976>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	1976			at Ferrum	Ferrum, Va.		
Sept. 18	1976			vs. Wake Forest	High Point, N.C.		
Sept. 25	1976			at UNC Pembroke Invitational	Pembroke, N.C.		
Oct. 4	1976			vs. Campbell	High Point, N.C.		
3	1976			West Georgia Invitational	Carrollton, Ga.		
Oct. 16	1976			Wake Forest Invitational	Winston-Salem, N.C.		
Oct. 23	1976			State Meet	Raleigh, N.C.		
Oct. 28	1976			vs. Davidson	High Point, N.C.		
Oct.30	1976	1.	High Point	NAIA District 26 Championship	Greensboro, N.C.		22 pts.
Oct.30	1976	2.	Mark Hamlett	NAIA District 26 Championship	Greensboro, N.C.		
Oct.30	1976	3.	Steve Dunham	NAIA District 26 Championship	Greensboro, N.C.		
Oct.30	1976	4.	Matt Rogers	NAIA District 26 Championship	Greensboro, N.C.		
Oct.30	1976	5.	Randy Lazelere	NAIA District 26 Championship	Greensboro, N.C.		
Nov. 6	1976			Bi-Area 7 Meet	UNC Pembroke		
Nov. 20	1976			NAIA National Championship			

<1977>

EVENT-BY-EVENT RESULTS

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

Program stopped due to Carolinas Conference non-sponsorship of cross country

<1989>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	1989			Methodist College Relay	Fayetteville, N.C.		
Sept. 9	1989			UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 9	1989	20.	John High	UNC Pembroke Invitational	Pembroke, N.C.		29:12
Sept. 9	1989		Terry Kersey	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 9	1989		Jason Seedorf	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 9	1989		John Harrington	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 9	1989		Tommy Hodgins	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 9	1989			UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 9	1989			UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 16	1989	2.	High Point	Belmont Abbey Invitational	Belmont, N.C.		HPU, L, 27-32
Sept. 16	1989	1.	John High	Belmont Abbey Invitational	Belmont, N.C.		26:47
Sept. 16	1989	2.	Terry Kersey	Belmont Abbey Invitational	Belmont, N.C.		27:21
Sept. 16	1989	6.	David Ray	Belmont Abbey Invitational	Belmont, N.C.		30:59
Sept. 16	1989	11.	Jason Seedorf	Belmont Abbey Invitational	Belmont, N.C.		33:58
Sept. 16	1989	12.	Tommy Hodgins	Belmont Abbey Invitational	Belmont, N.C.		36:30
Sept. 30	1989	6.	Jason Seedorf	Methodist College Invitational	Fayetteville, N.C.	8k	27:42
Sept. 30	1989	22.	David Ray	Methodist College Invitational	Fayetteville, N.C.	8k	29:17
Sept. 30	1989	41.	Tommy Hodgins	Methodist College Invitational	Fayetteville, N.C.	8k	32:25
Sept. 30	1989	5.	High Point	Methodist College Invitational	Fayetteville, N.C.		
Sept. 30	1989	6.	John High	Methodist College Invitational	Fayetteville, N.C.		27:42
Sept. 30	1989	22.	Terry Kersey	Methodist College Invitational	Fayetteville, N.C.		
Sept. 30	1989	41.	David Ray	Methodist College Invitational	Fayetteville, N.C.		
Sept. 30	1989	47.	Jason Seedorf	Methodist College Invitational	Fayetteville, N.C.		
Oct. 7	1989	1.	High Point	Belmont Abbey	Belmont, N.C.	8k	48 pts.
Oct. 7	1989	1.	John High	Belmont Abbey	Belmont, N.C.	8k	25:37
Oct. 7	1989	3.	Terry Kersey	Belmont Abbey	Belmont, N.C.	8k	27:23
Oct. 7	1989	9.	David Ray	Belmont Abbey	Belmont, N.C.	8k	29:55
Oct. 7	1989	14.	Jason Seedorf	Belmont Abbey	Belmont, N.C.	8k	31:08
Oct. 7	1989	21.	Tommy Hodgins	Belmont Abbey	Belmont, N.C.	8k	33:53
Oct. 19	1989	56.	John High	N.C. Collegiate Championships	Wilmington, N.C.	8k	28:34
Oct. 19	1989	76.	Terry Kersey	N.C. Collegiate Championships	Wilmington, N.C.	8k	29:28
Oct. 19	1989	104.	David Ray	N.C. Collegiate Championships	Wilmington, N.C.	8k	32:20
Oct. 19	1989			N.C. Collegiate Championships	Wilmington, N.C.		
Oct. 21	1989	4.	High Point	Francis Marion Invitational	Florence, S.C.	8k	83 pts.
Oct. 21	1989	3.	John High	Francis Marion Invitational	Florence, S.C.	8k	26:39
Oct. 21	1989	7.	Terry Kersey	Francis Marion Invitational	Florence, S.C.	8k	27:33
Oct. 21	1989	13.	David Ray	Francis Marion Invitational	Florence, S.C.	8k	29:34
Oct. 21	1989	26.	Tommy Hodgins	Francis Marion Invitational	Florence, S.C.	8k	35:38
Oct. 28	1989	2.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	41 pts.
Oct. 28	1989	3.	John High	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	26:43
Oct. 28	1989	6.	Terry Kersey	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	
Oct. 28	1989	9.	David Ray	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	
Oct. 28	1989	13.	Jason Seedorf	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	
Oct. 28	1989	18.	Tommy Hodgins	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	
Nov.	1989			Carolinas Intercollegiate Athletic Conference			

<1990>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	1990	5.	John High / Shane Smith	Methodist College Relay			1:07.45
Sept. 8	1990	9.	High Point	UNC Pembroke Invitational		8k	
Sept. 8	1990		John High	UNC Pembroke Invitational		8k	27:27
Sept. 15	1990		High Point	Belmont Abbey Invitational			L, 29-40
Sept. 15	1990	1.	John High	Belmont Abbey Invitational		8k	25:44
Sept. 15	1990	2.	Shane Smith	Belmont Abbey Invitational		8k	28:31
Sept. 15	1990	4.	Darren Jones	Belmont Abbey Invitational		8k	30:19
Sept. 22	1990			Winthrop Invitational			
Sept. 22	1990	3.	John High	Winthrop Invitational			27:03
Sept. 22	1990	39.	Shane Smith	Winthrop Invitational			28:52
Sept. 22	1990	89.	Darren Jones	Winthrop Invitational			31:21
Sept. 29	1990	2.	John High	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k	28:06
Sept. 29	1990	13.	Shane Smith	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k	29:31
Sept. 29	1990	22.	Darren Jones	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k	32:46
Oct. 2	1990			St. Andrews Invitational	Laurinburg, N.C.		
Oct. 2	1990	1.	John High	St. Andrews Invitational	Laurinburg, N.C.	8k	26:55
Oct. 2	1990	7.	Darren Jones	St. Andrews Invitational	Laurinburg, N.C.	8k	30:13
Oct. 6	1990	-	High Point	Belmont Abbey Invitational	Belmont, N.C.		NTS
Oct. 6	1990	1.	John High	Belmont Abbey Invitational	Belmont, N.C.		25:00

EVENT-BY-EVENT RESULTS

Oct. 6	1990	2.	Shane Smith	Belmont Abbey Invitational	Belmont, N.C.	26:57
Oct. 6	1990	8.	Darren Jones	Belmont Abbey Invitational	Belmont, N.C.	28:52
Oct. 13	1990	-	High Point	N.C. Collegiate Championships	Brevard, N.C.	NTS
Oct. 13	1990	42.	John High	N.C. Collegiate Championships	Brevard, N.C.	
Oct. 13	1990	67.	Shane Smith	N.C. Collegiate Championships	Brevard, N.C.	
Oct. 13	1990	76.	Darren Jones	N.C. Collegiate Championships	Brevard, N.C.	
Oct. 27	1990	3.	High Point	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	75 pts.
Oct. 27	1990	1.	John High	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	25:46
Oct. 27	1990	11.	Shane Smith	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	28:11
Oct. 27	1990	16.	Darren Jones	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	28:29
Oct. 27	1990	34.	Steve Wall	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	32:29
Oct. 27	1990	41.	Andy Ritchie	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	35:25
Nov.	1990			NAIA National Championships	Wisconsin	

<1991>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1991	5.	High Point	USC Upstate Invitational	Spartanburg, S.C.		
Sept. 7	1991	4.	John High	USC Upstate Invitational	Spartanburg, S.C.		29:24
Sept. 7	1991	14.	Terry Kersey	USC Upstate Invitational	Spartanburg, S.C.		29:24
Sept. 7	1991	31.	Kevin Hampson	USC Upstate Invitational	Spartanburg, S.C.		30:27
Sept. 7	1991	35.	Sean Carter	USC Upstate Invitational	Spartanburg, S.C.		30:39
Sept. 7	1991	39.	Bobby Watts	USC Upstate Invitational	Spartanburg, S.C.		31:01
Sept. 14	1991	2.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	8k	95
Sept. 14	1991	2.	John High	UNC Pembroke Invitational	Pembroke, N.C.	8k	26:46
Sept. 14	1991	13.	Terry Kersey	UNC Pembroke Invitational	Pembroke, N.C.	8k	28:34
Sept. 14	1991	19.	Kevin Hampson	UNC Pembroke Invitational	Pembroke, N.C.	8k	28:53
Sept. 14	1991	25.	Bobby Watts	UNC Pembroke Invitational	Pembroke, N.C.	8k	29:15
Sept. 14	1991		Sean Carter	UNC Pembroke Invitational	Pembroke, N.C.	8k	29:58
Sept. 21	1991			Winthrop Invitational	Rock Hill, S.C.	8k	
Sept. 21	1991	8.	John High	Winthrop Invitational	Rock Hill, S.C.	8k	26:39
Sept. 21	1991	35.	Kevin Hampson	Winthrop Invitational	Rock Hill, S.C.	8k	28:17
Sept. 21	1991	47.	Sean Carter	Winthrop Invitational	Rock Hill, S.C.	8k	28:54
Sept. 21	1991	61.	Terry Kersey	Winthrop Invitational	Rock Hill, S.C.	8k	29:25
Sept. 21	1991	67.	Mike Dyess	Winthrop Invitational	Rock Hill, S.C.	8k	29:36
Sept. 28	1991	5.	High Point	Charleston Southern Invitational	Charleston, S.C.		135 pts
Sept. 28	1991	4.	John High	Charleston Southern Invitational	Charleston, S.C.		26:13
Sept. 28	1991	23.	Kevin Hampson	Charleston Southern Invitational	Charleston, S.C.		27:36
Sept. 28	1991	30.	Terry Kersey	Charleston Southern Invitational	Charleston, S.C.		28:02
Sept. 28	1991	35.	Bobby Watts	Charleston Southern Invitational	Charleston, S.C.		28:14
Sept. 28	1991	43.	Mike Dyess	Charleston Southern Invitational	Charleston, S.C.		28:40
Oct. 5	1991	12.	High Point	UNC Charlotte Invitational	Charlotte, N.C.	8k	419 pts.
Oct. 5	1991	31.	John High	UNC Charlotte Invitational	Charlotte, N.C.	8k	26:54
Oct. 5	1991	86.	Sean Carter	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:13
Oct. 5	1991	96.	Terry Kersey	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:48
Oct. 5	1991	102.	Kevin Hampson	UNC Charlotte Invitational	Charlotte, N.C.	8k	30:30
Oct. 5	1991	104.	Mike Dyess	UNC Charlotte Invitational	Charlotte, N.C.	8k	30:40
Oct. 5	1991	105.	Darren Jones	UNC Charlotte Invitational	Charlotte, N.C.	8k	30:56
Oct. 5	1991	109.	Matt Johnson	UNC Charlotte Invitational	Charlotte, N.C.	8k	32:56
Oct. 5	1991	118.	Clark Stevens	UNC Charlotte Invitational	Charlotte, N.C.	8k	37:59
Oct. 19	1991	12.	High Point	Davidson Invitational	Davidson, N.C.		
Oct. 19	1991	6.	John High	Davidson Invitational	Davidson, N.C.	8k	26:13
Oct. 19	1991	74.	Kevin Hampson	Davidson Invitational	Davidson, N.C.	8k	28:56
Oct. 19	1991	93.	Mike Dyess	Davidson Invitational	Davidson, N.C.	8k	29:44
Oct. 19	1991	99.	Sean Carter	Davidson Invitational	Davidson, N.C.	8k	30:03
Oct. 19	1991	112.	Matt Johnson	Davidson Invitational	Davidson, N.C.	8k	31:48
Oct. 26	1991	2.	High Point	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	51 pts.
Oct. 26	1991	1.	John High	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	25:51
Oct. 26	1991	9.	Mike Dyess	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	28:18
Oct. 26	1991	11.	Kevin Hampson	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	
Oct. 26	1991	13.	Darren Jones	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	
Oct. 26	1991	17.	Sean Carter	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	
Nov. 16	1991	147.	John High	NAIA National Championships	Kenosha, Wisc.		27:17

<1992>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 8	1992			High Point Invitational	High Point, N.C.		
Sept. 12	1992	8.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 12	1992	11.	James White	UNC Pembroke Invitational	Pembroke, N.C.		26:39
Sept. 12	1992	37.	Kevin Hampson	UNC Pembroke Invitational	Pembroke, N.C.		27:54
Sept. 12	1992	63.	Jeff Goddard	UNC Pembroke Invitational	Pembroke, N.C.		29:14
Sept. 19	1992	9.	High Point	Winthrop Invitational	Rock Hill, S.C.		253 pts.
Sept. 19	1992	9.	James White	Winthrop Invitational	Rock Hill, S.C.		27:08
Sept. 19	1992	36.	Kevin Hampson	Winthrop Invitational	Rock Hill, S.C.		

EVENT-BY-EVENT RESULTS

Sept. 19	1992	50.	Sean Carter	Winthrop Invitational	Rock Hill, S.C.		
Sept. 19	1992	58.	Mike Dyess	Winthrop Invitational	Rock Hill, S.C.		
Sept. 19	1992	65.	Jeff Goddard	Winthrop Invitational	Rock Hill, S.C.		
Sept. 26	1992	3.	High Point	Greensboro Invitational	Greensboro, N.C.	85 pts.	
Sept. 26	1992	4.	James White	Greensboro Invitational	Greensboro, N.C.	26:51	
Sept. 26	1992	10.	Kevin Hampson	Greensboro Invitational	Greensboro, N.C.	26:58	
Sept. 26	1992	19.	Nelson Delgot	Greensboro Invitational	Greensboro, N.C.	27:36	
Sept. 26	1992	20.	Jeff Goddard	Greensboro Invitational	Greensboro, N.C.	27:45	
Oct. 3	1992	8.	High Point	UNC Charlotte Invitational	Charlotte, N.C.	8k	266 pts.
Oct. 3	1992	18.	James White	UNC Charlotte Invitational	Charlotte, N.C.	8k	26:06
Oct. 3	1992	54.	Jeff Goodard	UNC Charlotte Invitational	Charlotte, N.C.	8k	28:17
Oct. 3	1992	58.	Mike Dyess	UNC Charlotte Invitational	Charlotte, N.C.	8k	28:46
Oct. 3	1992	65.	Sean Carter	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:12
Oct. 3	1992	70.	Kevin Hampson	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:36
Oct. 10	1992	1.	High Point	Belmont Abbey Invitational	Belmont, N.C.		23 pts.
Oct. 10	1992	1.	James White	Belmont Abbey Invitational	Belmont, N.C.		26:42
Oct. 10	1992	2.	Sean Carter	Belmont Abbey Invitational	Belmont, N.C.		26:47
Oct. 10	1992	5.	Kevin Hampson	Belmont Abbey Invitational	Belmont, N.C.		27:20
Oct. 10	1992	7.	Mike Dyess	Belmont Abbey Invitational	Belmont, N.C.		27:47
Oct. 10	1992	8.	Jeff Goddard	Belmont Abbey Invitational	Belmont, N.C.		28:08
Oct. 10	1992	12.	Darren Jones	Belmont Abbey Invitational	Belmont, N.C.		29:35
Oct. 10	1992	18.	Joe Olinger	Belmont Abbey Invitational	Belmont, N.C.		30:47
Oct. 17	1992	8.	Darren Jones	Catawba Invitational	Salisbury, N.C.		29:02
Oct. 17	1992	11.	Mike Jacobs	Catawba Invitational	Salisbury, N.C.		29:30
Oct. 17	1992	13.	Joe Olinger	Catawba Invitational	Salisbury, N.C.		29:38
Oct. 17	1992	13.	High Point	N.C. Collegiate Championships	Durham, N.C.		329
Oct. 17	1992	23.	James White	N.C. Collegiate Championships	Durham, N.C.		27:06
Oct. 17	1992	66.	Sean Carter	N.C. Collegiate Championships	Durham, N.C.		28:38
Oct. 17	1992	78.	Jeff Goddard	N.C. Collegiate Championships	Durham, N.C.		29:11
Oct. 17	1992	80.	Kevin Hampson	N.C. Collegiate Championships	Durham, N.C.		29:15
Oct. 17	1992	95.	Mike Dyess	N.C. Collegiate Championships	Durham, N.C.		30:10
Oct. 24	1992	28.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		28 pts.
Oct. 24	1992	1.	James White	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		26:22
Oct. 24	1992	2.	Sean Carter	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		27:21
Oct. 24	1992	4.	Mike Dyess	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		27:57
Oct. 24	1992	5.	Kevin Hampson	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		28:10
Oct. 24	1992	6.	Jeff Goddard	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		28:26
Oct. 24	1992	30.	High Point	NAIA National Championships	Kenosha, Wisc.		
Oct. 24	1992	74.	James White	NAIA National Championships	Kenosha, Wisc.		28:20
Oct. 24	1992	179.	Mike Dyess	NAIA National Championships	Kenosha, Wisc.		30:08
Oct. 24	1992	187.	Sean Carter	NAIA National Championships	Kenosha, Wisc.		30:21
Oct. 24	1992	201.	Jeff Goddard	NAIA National Championships	Kenosha, Wisc.		30:47
Oct. 24	1992	211.	Kevin Hampson	NAIA National Championships	Kenosha, Wisc.		31:07

<1993>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1993	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		15 pts.
Sept. 11	1993	1.	James White	UNC Pembroke Invitational	Pembroke, N.C.		20:23
Sept. 11	1993	2.	Mike White	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	3.	Sean Carter	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	4.	Mike Dyess	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	5.	Jeff Goddard	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	4.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.		
Sept. 18	1993	1.	James White	Wake Forest CC Classic	Winston-Salem, N.C.		16:22
Sept. 18	1993	2.	Mike White	Wake Forest CC Classic	Winston-Salem, N.C.		16:54
Sept. 18	1993	5.	Sean Carter	Wake Forest CC Classic	Winston-Salem, N.C.		17:35
Sept. 18	1993	6.	Jeff Goddard	Wake Forest CC Classic	Winston-Salem, N.C.		17:42
Sept. 18	1993	8.	Mike Dyess	Wake Forest CC Classic	Winston-Salem, N.C.		18:02
Sept. 25	1993	6.	High Point	N.C. Collegiate Championships	Greensboro, N.C.		219 pts.
Sept. 25	1993	6.	James White	N.C. Collegiate Championships	Greensboro, N.C.		25:25
Sept. 25	1993		Mike White	N.C. Collegiate Championships	Greensboro, N.C.		27:48
Sept. 25	1993		Sean Carter	N.C. Collegiate Championships	Greensboro, N.C.		27:53
Sept. 25	1993		Mike Dyess	N.C. Collegiate Championships	Greensboro, N.C.		29:09
Sept. 25	1993		Ben Hawkins	N.C. Collegiate Championships	Greensboro, N.C.		34:01
Oct. 3	1993	3.	High Point	Methodist Invitational	Fayetteville, N.C.		67 pts.
Oct. 3	1993	1.	James White	Methodist Invitational	Fayetteville, N.C.		26:35
Oct. 3	1993	8.	Mike Dyess	Methodist Invitational	Fayetteville, N.C.		28:09
Oct. 3	1993	15.	Sean Carter	Methodist Invitational	Fayetteville, N.C.		28:47
Oct. 3	1993	19.	Mike Jacobs	Methodist Invitational	Fayetteville, N.C.		30:32
Oct. 3	1993	24.	Ben Hawkins	Methodist Invitational	Fayetteville, N.C.		35:05
Oct. 10	1993	1.	High Point	Belmont Abbey Invitational	Belmont, N.C.		47 pts.
Oct. 10	1993	1.	James White	Belmont Abbey Invitational	Belmont, N.C.	8k	27:08
Oct. 10	1993	2.	Sean Carter	Belmont Abbey Invitational	Belmont, N.C.	8k	27:56
Oct. 10	1993	3.	Mike Dyess	Belmont Abbey Invitational	Belmont, N.C.	8k	28:24

EVENT-BY-EVENT RESULTS

Oct. 10	1993	13.	Mike Jacobs	Belmont Abbey Invitational	Belmont, N.C.	8k	29:54
Oct. 10	1993	28.	Ben Hawkins	Belmont Abbey Invitational	Belmont, N.C.	8k	32:27
Oct. 17	1993	11.	High Point	N.C. Collegiate Championships	Cullowhee, N.C.	8k	289 pts.
Oct. 17	1993	2.	James White	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:06
Oct. 17	1993	8.	Mike White	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:26
Oct. 17	1993	13.	Sean Carter	N.C. Collegiate Championships	Cullowhee, N.C.	8k	
Oct. 17	1993	16.	Mike Dyess	N.C. Collegiate Championships	Cullowhee, N.C.	8k	
Oct. 17	1993	18.	Jeff Goddard	N.C. Collegiate Championships	Cullowhee, N.C.	8k	
Nov. 20	1993	27.	High Point	NAIA National Championships	Kenosha, Wisc.	8k	727 pts.
Nov. 20	1993	25.	James White	NAIA National Championships	Kenosha, Wisc.	8k	25:35
Nov. 20	1993	127.	Sean Carter	NAIA National Championships	Kenosha, Wisc.	8k	27:45
Nov. 20	1993	192.	Mike Dyess	NAIA National Championships	Kenosha, Wisc.	8k	28:07
Nov. 20	1993	217.	Jeff Goddard	NAIA National Championships	Kenosha, Wisc.	8k	28:37
Nov. 20	1993	237.	Mike Jacobs	NAIA National Championships	Kenosha, Wisc.	8k	29:44

<1994>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	1.	High Point	High Point Invitational	High Point, N.C.	5k	20 pts.
Sept. 7	1994	1.	Robert McCulloch	High Point Invitational	High Point, N.C.	5k	16:24
Sept. 7	1994	2.	Sean Carter	High Point Invitational	High Point, N.C.	5k	17:21
Sept. 7	1994	4.	Mike Dyess	High Point Invitational	High Point, N.C.	5k	17:40
Sept. 7	1994	6.	Jeff Goddard	High Point Invitational	High Point, N.C.	5k	17:53
Sept. 7	1994	7.	Brian Donaruma	High Point Invitational	High Point, N.C.	5k	18:09
Sept. 7	1994	11.	Tony Pompa	High Point Invitational	High Point, N.C.	5k	18:45
Sept. 7	1994	14.	Daniel Doub	High Point Invitational	High Point, N.C.	5k	19:15
Sept. 7	1994	16.	Anthony Billings	High Point Invitational	High Point, N.C.	5k	19:25
Sept. 7	1994	17.	Brent Ward	High Point Invitational	High Point, N.C.	5k	19:34
Sept. 17	1994	2.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.		67 pts.
Sept. 17	1994	1.	Robert McCulloch	Wake Forest CC Classic	Winston-Salem, N.C.		16:01
Sept. 17	1994	10.	Sean Carter	Wake Forest CC Classic	Winston-Salem, N.C.		16:57
Sept. 17	1994	15.	Brian Donaruma	Wake Forest CC Classic	Winston-Salem, N.C.		17:28
Sept. 17	1994	19.	Mike Dyess	Wake Forest CC Classic	Winston-Salem, N.C.		17:52
Sept. 17	1994	22.	Jeff Goodard	Wake Forest CC Classic	Winston-Salem, N.C.		17:59
Sept. 17	1994	27.	Daniel Doub	Wake Forest CC Classic	Winston-Salem, N.C.		18:44
Sept. 17	1994	29.	Anthony Billings	Wake Forest CC Classic	Winston-Salem, N.C.		18:46
Sept. 17	1994	37.	Brent Ward	Wake Forest CC Classic	Winston-Salem, N.C.		19:52
Sept. 24	1994	1.	High Point	-	-		-
Sept. 24	1994	2.	Robert McCulloch	-	-		26:09
Sept. 24	1994	6.	Sean Carter	-	-		27:51
Sept. 24	1994	11.	Brian Donaruma	-	-		28:44
Sept. 24	1994	13.	Mike Dyess	-	-		28:49
Sept. 24	1994	17.	Jeff Goddard	-	-		29:19
Sept. 24	1994	41.	Daniel Doub	-	-		31:46
Sept. 24	1994	44.	Anthony Billings	-	-		32:07
Sept. 24	1994	60	Brent Ward	-	-		34:06
Oct. 1	1994	1.	High Point	East Carolina Invitational	Greenville, N.C.	8k	15 pts.
Oct. 1	1994	2.	Robert McCulloch	East Carolina Invitational	Greenville, N.C.	8k	27:28
Oct. 1	1994	4.	Mike Dyess	East Carolina Invitational	Greenville, N.C.	8k	28:19
Oct. 1	1994	6.	Brian Donaruma	East Carolina Invitational	Greenville, N.C.	8k	28:28
Oct. 1	1994	9.	Sean Carter	East Carolina Invitational	Greenville, N.C.	8k	28:54
Oct. 1	1994	18.	Jeff Goddard	East Carolina Invitational	Greenville, N.C.	8k	31:21
Oct. 1	1994	19.	Daniel Doub	East Carolina Invitational	Greenville, N.C.	8k	31:23
Oct. 1	1994	21.	Tony Pompa	East Carolina Invitational	Greenville, N.C.	8k	31:36
Oct. 1	1994	22.	Anthony Billings	East Carolina Invitational	Greenville, N.C.	8k	32:04
Oct. 1	1994	23.	Brent Ward	East Carolina Invitational	Greenville, N.C.	8k	34:18
Oct. 8	1994	2.	High Point	USC Upstate Invitational	Spartanburg, S.C.	10k	77 pts.
Oct. 8	1994	4.	Robert McCulloch	USC Upstate Invitational	Spartanburg, S.C.	10k	33:12.53
Oct. 8	1994	12.	Sean Carter	USC Upstate Invitational	Spartanburg, S.C.	10k	34:51.67
Oct. 8	1994	16.	Brian Donaruma	USC Upstate Invitational	Spartanburg, S.C.	10k	35:35.28
Oct. 8	1994	22.	Jeff Goddard	USC Upstate Invitational	Spartanburg, S.C.	10k	35:45.93
Oct. 8	1994	31.	Mike Dyess	USC Upstate Invitational	Spartanburg, S.C.	10k	36:22.57
Oct. 8	1994	59.	Daniel Doub	USC Upstate Invitational	Spartanburg, S.C.	10k	38:34.50
Oct. 8	1994	74.	Tony Pompa	USC Upstate Invitational	Spartanburg, S.C.	10k	40:21.28
Oct. 8	1994	78.	Anthony Billings	USC Upstate Invitational	Spartanburg, S.C.	10k	41:18.67
Oct. 8	1994	82.	Brent Ward	USC Upstate Invitational	Spartanburg, S.C.	10k	42:52.10
	1994	1.	Robert McCulloch	Carolinas Intercollegiate Athletic Conference Championship			26:55
	1994	2.	Sean Carter	Carolinas Intercollegiate Athletic Conference Championship			28:07
	1994	3.	Mike Dyess	Carolinas Intercollegiate Athletic Conference Championship			28:21
	1994	6.	Daniel Doub	Carolinas Intercollegiate Athletic Conference Championship			29:38
	1994	7.	Brian Donaruma	Carolinas Intercollegiate Athletic Conference Championship			30:08
	1994	8.	Jeff Goddard	Carolinas Intercollegiate Athletic Conference Championship			30:29
	1994	9.	Anthony Billings	Carolinas Intercollegiate Athletic Conference Championship			31:04

<1995>

EVENT-BY-EVENT RESULTS

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	1.	High Point	High Point Invitational	Greensboro, N.C.	5k	39 pts.
Sept. 12	1995	1.	David Duggan	High Point Invitational	Greensboro, N.C.	5k	16:01
Sept. 12	1995	3.	Shon Hildreth	High Point Invitational	Greensboro, N.C.	5k	17:08
Sept. 12	1995	4.	Roby Chase	High Point Invitational	Greensboro, N.C.	5k	17:16
Sept. 12	1995	12.	Daniel Doub	High Point Invitational	Greensboro, N.C.	5k	17:49
Sept. 12	1995	19.	Jeff Goddard	High Point Invitational	Greensboro, N.C.	5k	18:49
Sept. 12	1995	20.	Christian Kell	High Point Invitational	Greensboro, N.C.	5k	18:49
Oct. 14	1995	1.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	8k	35 pts
Oct. 14	1995	2.	David Duggan	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:11.2
Oct. 14	1995	5.	Shon Hildreth	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:47.7
Oct. 14	1995	6.	Roby Chase	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:58.5
Oct. 14	1995	7.	Christian Kell	N.C. Collegiate Championships	Charlotte, N.C.	8k	29:14.6
Oct. 14	1995	15.	Daniel Doub	N.C. Collegiate Championships	Charlotte, N.C.	8k	30:08.2
Oct. 14	1995	30.	Keith Corbett	N.C. Collegiate Championships	Charlotte, N.C.	8k	33:39.4
Oct. 28	1995	1.	High Point	Carolinas-Virginia Conference Championship		8k	19 pts.
Oct. 28	1995	1.	David Duggan	Carolinas-Virginia Conference Championship		8k	27:23
Oct. 28	1995	3.	Christian Kell	Carolinas-Virginia Conference Championship		8k	28:52
Oct. 28	1995	4.	Roby Chase	Carolinas-Virginia Conference Championship		8k	29:15
Oct. 28	1995	5.	Daniel Doub	Carolinas-Virginia Conference Championship		8k	29:27
Oct. 28	1995	6.	Shon Hildreth	Carolinas-Virginia Conference Championship		8k	29:32
Oct. 28	1995	16.	Keith Corbett	Carolinas-Virginia Conference Championship		8k	32:10
Nov. 4	1995	4.	High Point	NCAA Southeast Regional (Division II)			

<1996>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1996	3.	High Point	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		114 pts.
Sept. 7	1996	2.	Shon Hildreth	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		28:54
Sept. 7	1996	11.	David Duggan	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		30:35
Sept. 7	1996	25.	Christian Kell	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		31:44
Sept. 7	1996	35.	Mark Klamerus	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		32:58
Sept. 7	1996	41.	Ron Davis	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		33:34
Sept. 14	1996	2.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		34 pts.
Sept. 14	1996	2.	David Duggan	UNC Pembroke Invitational	Pembroke, N.C.		21:24.74
Sept. 14	1996	3.	Shon Hildreth	UNC Pembroke Invitational	Pembroke, N.C.		22:21.36
Sept. 14	1996	10.	Kenji Dorsey	UNC Pembroke Invitational	Pembroke, N.C.		23:38.44
Sept. 14	1996	13.	Ron Davis	UNC Pembroke Invitational	Pembroke, N.C.		24:06.74
Sept. 14	1996	14.	Mark Klamerus	UNC Pembroke Invitational	Pembroke, N.C.		24:09.31
Sept. 14	1996	20.	Keith Corbett	UNC Pembroke Invitational	Pembroke, N.C.		25:35.66
Sept. 21	1996	5.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	122 pts.
Sept. 21	1996	2.	David Duggan	Winthrop Invitational	Rock Hill, S.C.	8k	26:52
Sept. 21	1996	6.	Shon Hildreth	Winthrop Invitational	Rock Hill, S.C.	8k	27:50
Sept. 21	1996	37.	Kenji Dorsey	Winthrop Invitational	Rock Hill, S.C.	8k	29:45
Sept. 21	1996	38.	Mark Klamerus	Winthrop Invitational	Rock Hill, S.C.	8k	29:54
Sept. 21	1996	49.	Christian Kell	Winthrop Invitational	Rock Hill, S.C.	8k	30:42
Sept. 21	1996	62.	Keith Corbett	Winthrop Invitational	Rock Hill, S.C.	8k	31:42
Sept. 21	1996	65.	Ron Davis	Winthrop Invitational	Rock Hill, S.C.	8k	32:00
Oct. 19	1996	2.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	8k	64 pts.
Oct. 19	1996	73.	David Duggan	N.C. Collegiate Championships	Charlotte, N.C.	8k	26:47.10
Oct. 19	1996	97.	Shon Hildreth	N.C. Collegiate Championships	Charlotte, N.C.	8k	27:22.00
Oct. 19	1996	123.	Christian Kell	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:18.40
Oct. 19	1996	159.	Ron Davis	N.C. Collegiate Championships	Charlotte, N.C.	8k	30:08.70
Oct. 19	1996	166.	Keith Corbett	N.C. Collegiate Championships	Charlotte, N.C.	8k	30:34.50
Oct. 26	1996	1.	High Point	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	20 pts.
Oct. 26	1996	1.	David Duggan	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	27:06
Oct. 26	1996	2.	Shon Hildreth	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	27:57
Oct. 26	1996	3.	Christian Kell	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	28:44
Oct. 26	1996	7.	Mark Klamerus	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	29:52
Oct. 26	1996	9.	Kenji Dorsey	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	30:18
Oct. 26	1996	10.	Ron Davis	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	30:20
Oct. 26	1996	19.	Keith Corbett	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	31:52
Nov. 9	1996	12.	High Point	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	307 pts.
Nov. 9	1996	8.	David Duggan	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	34:18.0
Nov. 9	1996	38.	Shon Hildreth	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	36:10.2
Nov. 9	1996	62.	John Kell	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	37:54.4
Nov. 9	1996	107.	Kenji Dorsey	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	39:33.7
Nov. 9	1996	121.	Ron Davis	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	40:54.1

<1997>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.		79 pts.
Sept. 6	1997	1.	David Duggan	HPU / Elon Invitational	Greensboro, N.C.		26:54

EVENT-BY-EVENT RESULTS

Sept. 6	1997	2.	Aaron Bowman	HPU / Elon Invitational	Greensboro, N.C.	27:09
Sept. 6	1997	11.	Shon Hildreth	HPU / Elon Invitational	Greensboro, N.C.	28:56
Sept. 6	1997	27.	Kevin Logan	HPU / Elon Invitational	Greensboro, N.C.	29:59
Sept. 6	1997	40.	Mark Klamerus	HPU / Elon Invitational	Greensboro, N.C.	32:05
Sept. 13	1997	2.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	6k 51 pts.
Sept. 13	1997	1.	Aaron Bowman	UNC Pembroke Invitational	Pembroke, N.C.	6k 20:48
Sept. 13	1997	2.	David Duggan	UNC Pembroke Invitational	Pembroke, N.C.	6k 21:29
Sept. 13	1997	6.	Shon Hildreth	UNC Pembroke Invitational	Pembroke, N.C.	6k 22:46
Sept. 13	1997	17.	Mark Klamerus	UNC Pembroke Invitational	Pembroke, N.C.	6k 24:33
Sept. 13	1997	25.	Kenji Dorsey	UNC Pembroke Invitational	Pembroke, N.C.	6k 25:52
Sept. 20	1997	4.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k 148 pts.
Sept. 20	1997	4.	David Duggan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k 26:47
Sept. 20	1997	5.	Aaron Bowman	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k 26:48
Sept. 20	1997	35.	Shon Hildreth	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k 29:20
Sept. 20	1997	47.	Mark Klamerus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k 30:07
Sept. 20	1997	67.	Kevin Logan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k 30:52
Oct. 4	1997	-	High Point	The Citadel Invitational	Charleston, S.C.	-
Oct. 4	1997	1.	Aaron Bowman	The Citadel Invitational	Charleston, S.C.	26:23
Oct. 4	1997	2.	David Duggan	The Citadel Invitational	Charleston, S.C.	26:48
Oct. 4	1997	10.	Shon Hildreth	The Citadel Invitational	Charleston, S.C.	28:40
Oct. 18	1997	2.	High Point	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	55 pts.
Oct. 18	1997	1.	Aaron Bowman	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	25:33
Oct. 18	1997	5.	David Duggan	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	27:30
Oct. 18	1997	7.	Shon Hildreth	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	27:47
Oct. 18	1997	16.	Mark Klamerus	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	28:44
Oct. 18	1997	26.	Kevin Logan	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	30:18
Oct. 25	1997	25.	High Point	Gettysburg Invitational	Gettysburg, Pa.	8k 622 pts.
Oct. 25	1997	18.	Aaron Bowman	Gettysburg Invitational	Gettysburg, Pa.	8k 25:35.1
Oct. 25	1997	116.	David Duggan	Gettysburg Invitational	Gettysburg, Pa.	8k 27:14.2
Oct. 25	1997	133.	Shon Hildreth	Gettysburg Invitational	Gettysburg, Pa.	8k 27:37.9
Oct. 25	1997	176.	Mark Klamerus	Gettysburg Invitational	Gettysburg, Pa.	8k 28:36.7
Oct. 25	1997	206.	Kevin Logan	Gettysburg Invitational	Gettysburg, Pa.	8k 29:33.0
Nov. 1	1997	-	High Point	Big South Championships	Rock Hill, S.C.	8k -
Nov. 1	1997	4.	Aaron Bowman	Big South Championships	Rock Hill, S.C.	8k 25:54
Nov. 1	1997	38.	Shon Hildreth	Big South Championships	Rock Hill, S.C.	8k 28:04
Nov. 1	1997	47.	Mark Klamerus	Big South Championships	Rock Hill, S.C.	8k 29:00
Nov. 1	1997	51.	Kevin Logan	Big South Championships	Rock Hill, S.C.	8k 29:41

<1998>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	55 pts.
Sept. 5	1998	1.	David Duggan	HPU / Elon Invitational	Greensboro, N.C.	8k	27:38
Sept. 5	1998	8.	Shon Hildreth	HPU / Elon Invitational	Greensboro, N.C.	8k	29:00
Sept. 5	1998	10.	Matt Van Deusen	HPU / Elon Invitational	Greensboro, N.C.	8k	29:30
Sept. 5	1998	17.	Nick Shrouder	HPU / Elon Invitational	Greensboro, N.C.	8k	32:29
Sept. 5	1998	19.	Kenji Dorsey	HPU / Elon Invitational	Greensboro, N.C.	8k	33:26
Sept. 5	1998	21.	Chris Coorigan	HPU / Elon Invitational	Greensboro, N.C.	8k	35:00
Sept. 12	1998	4.	High Point	UNC Pembroke Meet	Pembroke, N.C.	6k	91 pts.
Sept. 12	1998	2.	David Duggan	UNC Pembroke Meet	Pembroke, N.C.	6k	21:14
Sept. 12	1998	7.	Shon Hildreth	UNC Pembroke Meet	Pembroke, N.C.	6k	21:40
Sept. 12	1998	11.	Matt Van Deusen	UNC Pembroke Meet	Pembroke, N.C.	6k	22:32
Sept. 12	1998	21.	Nick Shrouder	UNC Pembroke Meet	Pembroke, N.C.	6k	23:13
Sept. 12	1998	41.	Kenji Dorsey	UNC Pembroke Meet	Pembroke, N.C.	6k	25:00
Sept. 12	1998	56.	Chris Coorigan	UNC Pembroke Meet	Pembroke, N.C.	6k	26:46
Sept. 19	1998	5.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	124 pts.
Sept. 19	1998	8.	Shon Hildreth	Winthrop Invitational	Rock Hill, S.C.	8k	26:49
Sept. 19	1998	12.	David Duggan	Winthrop Invitational	Rock Hill, S.C.	8k	27:18
Sept. 19	1998	23.	Matt Van Deusen	Winthrop Invitational	Rock Hill, S.C.	8k	27:52
Sept. 19	1998	40.	Nick Shrouder	Winthrop Invitational	Rock Hill, S.C.	8k	29:51
Sept. 19	1998	55.	Chris Coorigan	Winthrop Invitational	Rock Hill, S.C.	8k	33:39
Sept. 26	1998	5.	High Point	Greenboro Invitational	Greensboro, N.C.	8k	165 pts.
Sept. 26	1998	5.	Shon Hildreth	Greenboro Invitational	Greensboro, N.C.	8k	27:55
Sept. 26	1998	8.	David Duggan	Greenboro Invitational	Greensboro, N.C.	8k	28:19
Sept. 26	1998	35.	Matt Van Deusen	Greenboro Invitational	Greensboro, N.C.	8k	29:54
Sept. 26	1998	51.	Nick Shrouder	Greenboro Invitational	Greensboro, N.C.	8k	32:51
Sept. 26	1998	59.	Kenji Dorsey	Greenboro Invitational	Greensboro, N.C.	8k	33:07
Sept. 26	1998	71.	Chris Coorigan	Greenboro Invitational	Greensboro, N.C.	8k	35:47
Oct. 3	1998	3.	High Point	Radford Invitational	Radford, Va.	8k	59 pts.
Oct. 3	1998	2.	Shon Hildreth	Radford Invitational	Radford, Va.	8k	26:23
Oct. 3	1998	8.	Matt Van Deusen	Radford Invitational	Radford, Va.	8k	27:16
Oct. 3	1998	16.	Nick Shrouder	Radford Invitational	Radford, Va.	8k	29:13
Oct. 3	1998	18.	David Duggan	Radford Invitational	Radford, Va.	8k	29:55
Oct. 3	1998	22.	Chris Coorigan	Radford Invitational	Radford, Va.	8k	33:01
Oct. 17	1998	9.	High Point	N.C. Collegiate Championships	Greenville, N.C.	8k	351 pts.

EVENT-BY-EVENT RESULTS

Oct. 17	1998	35.	Shon Hildreth	N.C. Collegiate Championships	Greenville, N.C.	8k	25:57
Oct. 17	1998	66.	Matt Van Deusen	N.C. Collegiate Championships	Greenville, N.C.	8k	26:51
Oct. 17	1998	106.	Nick Shrouder	N.C. Collegiate Championships	Greenville, N.C.	8k	28:59
Oct. 17	1998	130.	Chris Coorigan	N.C. Collegiate Championships	Greenville, N.C.	8k	32:04
Oct. 17	1998	131.	Kenji Dorsey	N.C. Collegiate Championships	Greenville, N.C.	8k	32:31
Oct. 31	1998	2.	High Point	Big South Championship (Division B)	Radford, Va.	8k	33 pts
Oct. 31	1998	18.	Shon Hildreth	Big South Championship (Division B)	Radford, Va.	8k	26:41
Oct. 31	1998	26.	Matt Van Deusen	Big South Championship (Division B)	Radford, Va.	8k	27:16
Oct. 31	1998	48.	Kenji Dorsey	Big South Championship (Division B)	Radford, Va.	8k	32:11
Oct. 31	1998	50.	Chris Coorigan	Big South Championship (Division B)	Radford, Va.	8k	34:50

<1999>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	1999	5.	High Point	HPU / Elon Invitational			122 pts.
Sept. 4	1999	2.	Tommy Evans	HPU / Elon Invitational			26:21
Sept. 4	1999	11.	Shaun Sherwood	HPU / Elon Invitational			28:07
Sept. 4	1999	39.	Dan Gariepy	HPU / Elon Invitational			31:27
Sept. 4	1999	20.	Kenji Dorsey	HPU / Elon Invitational			30:59
Sept. 4	1999	50.	Derion Cooper	HPU / Elon Invitational			34:18
Sept. 11	1999	5.	High Point	Western Carolina Classic	Cullowhee, N.C.	6k	131 pts.
Sept. 11	1999	5.	Tommy Evans	Western Carolina Classic	Cullowhee, N.C.	6k	19:13
Sept. 11	1999	25.	Shaun Sherwood	Western Carolina Classic	Cullowhee, N.C.	6k	20:23
Sept. 11	1999	30.	Dan Gariepy	Western Carolina Classic	Cullowhee, N.C.	6k	20:44
Sept. 11	1999	50.	Kenji Dorsey	Western Carolina Classic	Cullowhee, N.C.	6k	22:42
Sept. 11	1999	52.	Derion Cooper	Western Carolina Classic	Cullowhee, N.C.	6k	24:59
Sept. 18	1999	-	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	-
Sept. 18	1999	13.	Tommy Evans	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:26
Sept. 18	1999	71.	Shaun Sherwood	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	27:36
Sept. 18	1999	101.	Dan Gariepy	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	29:13
Sept. 18	1999	114.	Kenji Dorsey	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	30:28
Sept. 25	1999	-	High Point	Greensboro Invitational	Greensboro, N.C.		-
Sept. 25	1999	11.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.		26:23
Sept. 25	1999	48.	Shaun Sherwood	Greensboro Invitational	Greensboro, N.C.		28:11
Sept. 25	1999	66.	Dan Gariepy	Greensboro Invitational	Greensboro, N.C.		29:29
Sept. 25	1999	85.	Kenji Dorsey	Greensboro Invitational	Greensboro, N.C.		31:14
Oct. 9	1999	-	High Point	Furman Invitational	Greenville, S.C.		-
Oct. 9	1999	57.	Shaun Sherwood	Furman Invitational	Greenville, S.C.		28:13
Oct. 9	1999	64.	Dan Gariepy	Furman Invitational	Greenville, S.C.		28:31
Oct. 9	1999	116.	Kenji Dorsey	Furman Invitational	Greenville, S.C.		33:51
Oct. 9	1999	119.	Derion Cooper	Furman Invitational	Greenville, S.C.		35:16
Oct. 16	1999	14.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	8k	401 pts.
Oct. 16	1999	70.	Shaun Sherwood	N.C. Collegiate Championships	Charlotte, N.C.	8k	27:33
Oct. 16	1999	75.	Dan Gariepy	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:09
Oct. 16	1999	76.	Tommy Evans	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:10
Oct. 16	1999	88.	Kenji Dorsey	N.C. Collegiate Championships	Charlotte, N.C.	8k	29:45
Oct. 16	1999	92.	Derion Cooper	N.C. Collegiate Championships	Charlotte, N.C.	8k	33:21
Oct. 30	1999	8.	High Point	Big South Championship	Rock Hill, S.C.	8k	201 pts.
Oct. 30	1999	26.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	27:14
Oct. 30	1999	32.	Dan Gariepy	Big South Championship	Rock Hill, S.C.	8k	27:51
Oct. 30	1999	41.	Shaun Sherwood	Big South Championship	Rock Hill, S.C.	8k	29:09
Oct. 30	1999	50.	Kenji Dorsey	Big South Championship	Rock Hill, S.C.	8k	31:41
Oct. 30	1999	52.	Clayton Lyles	Big South Championship	Rock Hill, S.C.	8k	37:18
Nov. 13	1999	-	High Point	NCAA Southeast Regional	Greenville, S.C.	10k	-
Nov. 13	1999	87.	Tommy Evans	NCAA Southeast Regional	Greenville, S.C.	10k	32:58
Nov. 13	1999	137.	Shaun Sherwood	NCAA Southeast Regional	Greenville, S.C.	10k	35:07
Nov. 13	1999	140.	Dan Gariepy	NCAA Southeast Regional	Greenville, S.C.	10k	35:19
Nov. 13	1999	165.	Kenji Dorsey	NCAA Southeast Regional	Greenville, S.C.	10k	39:46

<2000>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	-
Sept. 2	2000	3.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	27:23
Sept. 2	2000	4.	Niran Pillay	HPU / Elon Invitational	Greensboro, N.C.	8k	27:33
Sept. 2	2000	12.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	29:01
Sept. 2	2000	20.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	29:15
Sept. 2	2000	28.	Dan Gariepy	HPU / Elon Invitational	Greensboro, N.C.	8k	29:32
Sept. 2	2000	75.	Michael Lancaster	HPU / Elon Invitational	Greensboro, N.C.	8k	31:39
Sept. 2	2000	87.	Keith Gates	HPU / Elon Invitational	Greensboro, N.C.	8k	32:22
Sept. 2	2000	103.	Mike Christiansen	HPU / Elon Invitational	Greensboro, N.C.	8k	32:54
Sept. 2	2000	113.	Tommy Evans	HPU / Elon Invitational	Greensboro, N.C.	8k	33:44
Sept. 2	2000	129.	Kenji Dorsey	HPU / Elon Invitational	Greensboro, N.C.	8k	36:07
Sept. 9	2000	3.	High Point	Western Carolina Invitational	Cullowhee, N.C.	6k	-
Sept. 9	2000	10.	Tommy Evans	Western Carolina Invitational	Cullowhee, N.C.	6k	20:05

EVENT-BY-EVENT RESULTS

Sept. 9	2000	11.	Niran Pillay	Western Carolina Invitational	Cullowhee, N.C.	6k	20:05
Sept. 9	2000	16.	Alex Baikovs	Western Carolina Invitational	Cullowhee, N.C.	6k	20:33
Sept. 9	2000	19.	Mike Salamone	Western Carolina Invitational	Cullowhee, N.C.	6k	20:40
Sept. 9	2000	20.	Taylor Milne	Western Carolina Invitational	Cullowhee, N.C.	6k	20:44
Sept. 9	2000	21.	Dan Gariepy	Western Carolina Invitational	Cullowhee, N.C.	6k	20:47
Sept. 9	2000	39.	Michael Lancaster	Western Carolina Invitational	Cullowhee, N.C.	6k	22:36
Sept. 9	2000	45.	Mike Christiansen	Western Carolina Invitational	Cullowhee, N.C.	6k	23:35
Sept. 9	2000	46.	Keith Gates	Western Carolina Invitational	Cullowhee, N.C.	6k	23:48
Sept. 9	2000	49.	Kenji Dorsey	Western Carolina Invitational	Cullowhee, N.C.	6k	24:27
Sept. 16	2000	7.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	150 pts.
Sept. 16	2000	17.	Tommy Evans	Winthrop Invitational	Rock Hill, S.C.	8k	26:15
Sept. 16	2000	28.	Niran Pillay	Winthrop Invitational	Rock Hill, S.C.	8k	26:31
Sept. 16	2000	37.	Taylor Milne	Winthrop Invitational	Rock Hill, S.C.	8k	27:01
Sept. 16	2000	43.	Dan Gariepy	Winthrop Invitational	Rock Hill, S.C.	8k	27:15
Sept. 16	2000	46.	Alex Baikovs	Winthrop Invitational	Rock Hill, S.C.	8k	27:34
Sept. 16	2000	50.	Mike Salamone	Winthrop Invitational	Rock Hill, S.C.	8k	27:43
Sept. 16	2000	71.	Michael Lancaster	Winthrop Invitational	Rock Hill, S.C.	8k	29:29
Sept. 16	2000	77.	Keith Gates	Winthrop Invitational	Rock Hill, S.C.	8k	30:52
Sept. 16	2000	78.	Mike Christiansen	Winthrop Invitational	Rock Hill, S.C.	8k	31:19
Sept. 16	2000	79.	Kenji Dorsey	Winthrop Invitational	Rock Hill, S.C.	8k	31:36
Sept. 22	2000	16.	High Point	Great American Classic	Charlotte, N.C.	8k	-
Sept. 22	2000	71.	Tommy Evans	Great American Classic	Charlotte, N.C.	8k	26:17
Sept. 22	2000	72.	Niran Pillay	Great American Classic	Charlotte, N.C.	8k	26:22
Sept. 22	2000	84.	Taylor Milne	Great American Classic	Charlotte, N.C.	8k	26:40
Sept. 22	2000	101.	Mike Salamone	Great American Classic	Charlotte, N.C.	8k	27:03
Sept. 22	2000	112.	Alex Baikovs	Great American Classic	Charlotte, N.C.	8k	27:17
Sept. 22	2000	120.	Dan Gariepy	Great American Classic	Charlotte, N.C.	8k	27:27
Sept. 22	2000	141.	Michael Lancaster	Great American Classic	Charlotte, N.C.	8k	28:15
Sept. 22	2000	167.	Keith Gates	Great American Classic	Charlotte, N.C.	8k	29:41
Sept. 22	2000	181.	Mike Christiansen	Great American Classic	Charlotte, N.C.	8k	30:37
Sept. 22	2000	187.	Kenji Dorsey	Great American Classic	Charlotte, N.C.	8k	32:04
Sept. 30	2000	7.	High Point	Greensboro Invitational	Greensboro, N.C.	8k	-
Sept. 30	2000	32.	Niran Pillay	Greensboro Invitational	Greensboro, N.C.	8k	26:49
Sept. 30	2000	34.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.	8k	26:50
Sept. 30	2000	46.	Taylor Milne	Greensboro Invitational	Greensboro, N.C.	8k	27:36
Sept. 30	2000	51.	Alex Baikovs	Greensboro Invitational	Greensboro, N.C.	8k	27:48
Sept. 30	2000	58.	Dan Gariepy	Greensboro Invitational	Greensboro, N.C.	8k	28:06
Sept. 30	2000	74.	Mike Salamone	Greensboro Invitational	Greensboro, N.C.	8k	29:37
Sept. 30	2000	78.	Michael Lancaster	Greensboro Invitational	Greensboro, N.C.	8k	29:55
Sept. 30	2000	91.	Keith Gates	Greensboro Invitational	Greensboro, N.C.	8k	31:37
Sept. 30	2000	95.	Kenji Dorsey	Greensboro Invitational	Greensboro, N.C.	8k	32:08
Sept. 30	2000	99.	Mike Christiansen	Greensboro Invitational	Greensboro, N.C.	8k	32:09
Oct. 14	2000	4.	High Point	N.C. Collegiate Championships	Cullowhee, N.C.	8k	114 pts.
Oct. 14	2000	13.	Tommy Evans	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:14
Oct. 14	2000	21.	Niran Pillay	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:47
Oct. 14	2000	25.	Taylor Milne	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:57
Oct. 14	2000	34.	Alex Baikovs	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:34
Oct. 14	2000	35.	Mike Salamone	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:35
Oct. 14	2000	38.	Dan Gariepy	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:44
Oct. 14	2000	73.	Michael Lancaster	N.C. Collegiate Championships	Cullowhee, N.C.	8k	29:51
Oct. 14	2000	76.	Keith Gates	N.C. Collegiate Championships	Cullowhee, N.C.	8k	29:56
Oct. 14	2000	88.	Mike Christiansen	N.C. Collegiate Championships	Cullowhee, N.C.	8k	31:21
Oct. 14	2000	92.	Kenji Dorsey	N.C. Collegiate Championships	Cullowhee, N.C.	8k	32:28
Oct. 28	2000	5.	High Point	Big South Championship	Charleston, S.C.	8k	138 pts.
Oct. 28	2000	5.	Niran Pillay	Big South Championship	Charleston, S.C.	8k	26:01
Oct. 28	2000	23.	Alex Baikovs	Big South Championship	Charleston, S.C.	8k	27:48
Oct. 28	2000	28.	Dan Gariepy	Big South Championship	Charleston, S.C.	8k	28:00
Oct. 28	2000	39.	Mike Salamone	Big South Championship	Charleston, S.C.	8k	28:40
Oct. 28	2000	43.	Taylor Milne	Big South Championship	Charleston, S.C.	8k	28:58
Oct. 28	2000	49.	Michael Lancaster	Big South Championship	Charleston, S.C.	8k	30:35
Oct. 28	2000	-	Tommy Evans	Big South Championship	Charleston, S.C.	8k	DNF
Nov. 11	2000	21.	High Point	NCAA Southeast Regional	Greenville, S.C.		595 pts.
Nov. 11	2000	61.	Tommy Evans	NCAA Southeast Regional	Greenville, S.C.		32:38
Nov. 11	2000	73.	Niran Pillay	NCAA Southeast Regional	Greenville, S.C.		32:59
Nov. 11	2000	154.	Mike Salamone	NCAA Southeast Regional	Greenville, S.C.		35:07
Nov. 11	2000	175.	Dan Gariepy	NCAA Southeast Regional	Greenville, S.C.		36:30
Nov. 11	2000	182.	Alex Baikovs	NCAA Southeast Regional	Greenville, S.C.		37:00
Nov. 11	2000	183.	Taylor Milne	NCAA Southeast Regional	Greenville, S.C.		37:00
Nov. 11	2000	196.	Keith Gates	NCAA Southeast Regional	Greenville, S.C.		43:15

<2001>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	5.	High Point	Appalachian State Invitational	Boone, N.C.	8k	143 pts.
Aug. 31	2001	2.	Tommy Evans	Appalachian State Invitational	Boone, N.C.	8k	24:54

EVENT-BY-EVENT RESULTS

Aug. 31	2001	45.	Alex Baikovs	Appalachian State Invitational	Boone, N.C.	8k	26:24
Aug. 31	2001	46.	Jeff Fairman	Appalachian State Invitational	Boone, N.C.	8k	26:28
Aug. 31	2001	50.	Taylor Milne	Appalachian State Invitational	Boone, N.C.	8k	26:34
Aug. 31	2001	54.	Niran Pillay	Appalachian State Invitational	Boone, N.C.	8k	26:37
Aug. 31	2001	56.	Dan Gariepy	Appalachian State Invitational	Boone, N.C.	8k	26:41
Aug. 31	2001	73.	Chris Pereschuk	Appalachian State Invitational	Boone, N.C.	8k	27:10
Aug. 31	2001	85.	Mike Salamone	Appalachian State Invitational	Boone, N.C.	8k	27:43
Aug. 31	2001	118.	Chad Roberts	Appalachian State Invitational	Boone, N.C.	8k	29:50
Aug. 31	2001	120.	Mike Christiansen	Appalachian State Invitational	Boone, N.C.	8k	30:36
Aug. 31	2001	123.	Aaron Posey	Appalachian State Invitational	Boone, N.C.	8k	30:51
Aug. 31	2001	131.	Keith Gates	Appalachian State Invitational	Boone, N.C.	8k	32:58
Aug. 31	2001	132.	Ty Ron Stidam	Appalachian State Invitational	Boone, N.C.	8k	33:47
Sept. 8	2001	1.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	28 pts.
Sept. 8	2001	2.	Jeff Fairman	HPU / Elon Invitational	Greensboro, N.C.	8k	27:14
Sept. 8	2001	3.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	27:19
Sept. 8	2001	6.	Dan Gariepy	HPU / Elon Invitational	Greensboro, N.C.	8k	27:35
Sept. 8	2001	7.	Chris Pereschuk	HPU / Elon Invitational	Greensboro, N.C.	8k	27:45
Sept. 8	2001	10.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	28:04
Sept. 8	2001	13.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	28:43
Sept. 8	2001	24.	Mike Christiansen	HPU / Elon Invitational	Greensboro, N.C.	8k	30:21
Sept. 8	2001	26.	Chad Roberts	HPU / Elon Invitational	Greensboro, N.C.	8k	30:47
Sept. 8	2001	28.	Aaron Posey	HPU / Elon Invitational	Greensboro, N.C.	8k	31:28
Sept. 8	2001	30.	Ty Ron Stidam	HPU / Elon Invitational	Greensboro, N.C.	8k	33:06
Sept. 8	2001	35.	Keith Gates	HPU / Elon Invitational	Greensboro, N.C.	8k	35:45
Sept. 21	2001	12.	High Point	Great American XC Classic	Rock Hill, S.C.	5k	376 pts.
Sept. 21	2001	11.	Tommy Evans	Great American XC Classic	Rock Hill, S.C.	5k	24:42
Sept. 21	2001	77.	Alex Baikovs	Great American XC Classic	Rock Hill, S.C.	5k	26:13
Sept. 21	2001	107.	Jeff Fairman	Great American XC Classic	Rock Hill, S.C.	5k	26:38
Sept. 21	2001	132.	Niran Pillay	Great American XC Classic	Rock Hill, S.C.	5k	27:02
Sept. 21	2001	146.	Chris Pereschuk	Great American XC Classic	Rock Hill, S.C.	5k	27:22
Sept. 21	2001	192.	Mike Salamone	Great American XC Classic	Rock Hill, S.C.	5k	28:33
Sept. 21	2001	198.	Dan Gariepy	Great American XC Classic	Rock Hill, S.C.	5k	28:44
Sept. 21	2001	210.	Taylor Milne	Great American XC Classic	Rock Hill, S.C.	5k	29:10
Sept. 21	2001	232.	Mike Christiansen	Great American XC Classic	Rock Hill, S.C.	5k	30:35
Sept. 21	2001	238.	Aaron Posey	Great American XC Classic	Rock Hill, S.C.	5k	31:11
Sept. 21	2001	240.	Chad Roberts	Great American XC Classic	Rock Hill, S.C.	5k	31:25
Sept. 21	2001	254.	Ty Ron Stidam	Great American XC Classic	Rock Hill, S.C.	5k	33:35
Sept. 29	2001	6.	High Point	Greensboro Invitational	Greensboro, N.C.		168 pts.
Sept. 29	2001	1.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.		25:10
Sept. 29	2001	38.	Jared Prunty	Greensboro Invitational	Greensboro, N.C.		26:58
Sept. 29	2001	41.	Dan Gariepy	Greensboro Invitational	Greensboro, N.C.		27:04
Sept. 29	2001	42.	Chris Pereschuk	Greensboro Invitational	Greensboro, N.C.		27:04
Sept. 29	2001	46.	Taylor Milne	Greensboro Invitational	Greensboro, N.C.		27:11
Sept. 29	2001	50.	Niran Pillay	Greensboro Invitational	Greensboro, N.C.		27:22
Sept. 29	2001	56.	Mike Salamone	Greensboro Invitational	Greensboro, N.C.		27:47
Sept. 29	2001	75.	Mike Christiansen	Greensboro Invitational	Greensboro, N.C.		29:27
Sept. 29	2001	80.	Chad Roberts	Greensboro Invitational	Greensboro, N.C.		29:48
Sept. 29	2001	82.	Aaron Posey	Greensboro Invitational	Greensboro, N.C.		29:58
Sept. 29	2001	102.	Ty Ron Stidam	Greensboro Invitational	Greensboro, N.C.		34:38
Oct. 6	2001	1.	High Point	Hagan-Stone XC Classic	Greensboro, N.C.		19 pts.
Oct. 6	2001	1.	Taylor Milne	Hagan-Stone XC Classic	Greensboro, N.C.		26:57
Oct. 6	2001	3.	Jared Prunty	Hagan-Stone XC Classic	Greensboro, N.C.		27:20
Oct. 6	2001	4.	Mike Salamone	Hagan-Stone XC Classic	Greensboro, N.C.		27:49
Oct. 6	2001	5.	Niran Pillay	Hagan-Stone XC Classic	Greensboro, N.C.		28:33
Oct. 6	2001	6.	Chad Roberts	Hagan-Stone XC Classic	Greensboro, N.C.		29:39
Oct. 6	2001	7.	Mike Christiansen	Hagan-Stone XC Classic	Greensboro, N.C.		30:06
Oct. 6	2001	10.	Aaron Posey	Hagan-Stone XC Classic	Greensboro, N.C.		31:01
Oct. 6	2001	15.	Ty Ron Stidam	Hagan-Stone XC Classic	Greensboro, N.C.		31:48
Oct. 13	2001	1.	High Point	N.C. Collegiate Championships	Greenville, S.C.	8k	36 pts.
Oct. 13	2001	1.	Tommy Evans	N.C. Collegiate Championships	Greenville, S.C.	8k	24:34
Oct. 13	2001	5.	Jeff Fairman	N.C. Collegiate Championships	Greenville, S.C.	8k	25:42
Oct. 13	2001	9.	Niran Pillay	N.C. Collegiate Championships	Greenville, S.C.	8k	25:48
Oct. 13	2001	10.	Jared Prunty	N.C. Collegiate Championships	Greenville, S.C.	8k	25:52
Oct. 13	2001	11.	Chris Pereschuk	N.C. Collegiate Championships	Greenville, S.C.	8k	25:59
Oct. 13	2001	12.	Alex Baikovs	N.C. Collegiate Championships	Greenville, S.C.	8k	26:02
Oct. 13	2001	15.	Dan Gariepy	N.C. Collegiate Championships	Greenville, S.C.	8k	26:08
Oct. 13	2001	28.	Taylor Milne	N.C. Collegiate Championships	Greenville, S.C.	8k	27:13
Oct. 13	2001	49.	Mike Christiansen	N.C. Collegiate Championships	Greenville, S.C.	8k	28:07
Oct. 13	2001	55.	Mike Salamone	N.C. Collegiate Championships	Greenville, S.C.	8k	28:20
Oct. 13	2001	68.	Aaron Posey	N.C. Collegiate Championships	Greenville, S.C.	8k	29:56
Oct. 27	2001	2.	High Point	Big South Championship	Rock Hill, S.C.	8k	64 pts.
Oct. 27	2001	2.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	24:55
Oct. 27	2001	20.	Niran Pillay	Big South Championship	Rock Hill, S.C.	8k	26:40
Oct. 27	2001	21.	Taylor Milne	Big South Championship	Rock Hill, S.C.	8k	26:45
Oct. 27	2001	11.	Alex Baikovs	Big South Championship	Rock Hill, S.C.	8k	26:14

EVENT-BY-EVENT RESULTS

Oct. 27	2001	34.	Jeff Fairman	Big South Championship	Rock Hill, S.C.	8k	27:57
Oct. 27	2001	14.	Dan Garipey	Big South Championship	Rock Hill, S.C.	8k	26:18
Oct. 27	2001	17.	Chris Pereschuk	Big South Championship	Rock Hill, S.C.	8k	26:28
Nov. 10	2001	15.	High Point	NCAA Southeast Regional	Greenville, S.C.	10k	431 pts.
Nov. 10	2001	14.	Tommy Evans	NCAA Southeast Regional	Greenville, S.C.	10k	30:53
Nov. 10	2001	85.	Niran Pillay	NCAA Southeast Regional	Greenville, S.C.	10k	33:06
Nov. 10	2001	123.	Dan Garipey	NCAA Southeast Regional	Greenville, S.C.	10k	33:56
Nov. 10	2001	127.	Jared Prunty	NCAA Southeast Regional	Greenville, S.C.	10k	33:59
Nov. 10	2001	130.	Chris Pereschuk	NCAA Southeast Regional	Greenville, S.C.	10k	34:03
Nov. 10	2001	154.	Alex Baikovs	NCAA Southeast Regional	Greenville, S.C.	10k	34:38
Nov. 10	2001	191.	Taylor Milne	NCAA Southeast Regional	Greenville, S.C.	10k	36:38
Nov. 19	2001	174.	Tommy Evans	NCAA Championships	Greenville, S.C.	10k	31:43

<2002>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	5.	High Point	Mountaineer Open	Boone, N.C.	8k	32 pts.
Aug. 30	2002	1.	Tommy Evans	Mountaineer Open	Boone, N.C.	8k	19:55.80
Aug. 30	2002	2.	Taylor Milne	Mountaineer Open	Boone, N.C.	8k	20:02.80
Aug. 30	2002	5.	Jeff Fairman	Mountaineer Open	Boone, N.C.	8k	20:23.80
Aug. 30	2002	10.	Alex Baikovs	Mountaineer Open	Boone, N.C.	8k	20:32.80
Aug. 30	2002	20.	Adrian Hill	Mountaineer Open	Boone, N.C.	8k	20:58.10
Aug. 30	2002	27.	Matt Goodale	Mountaineer Open	Boone, N.C.	8k	21:10.30
Aug. 30	2002	28.	Jared Prunty	Mountaineer Open	Boone, N.C.	8k	21:11.70
Aug. 30	2002	32.	Chris Pereschuk	Mountaineer Open	Boone, N.C.	8k	21:20.40
Aug. 30	2002	39.	Dan Garipey	Mountaineer Open	Boone, N.C.	8k	21:28.30
Aug. 30	2002	41.	Niran Pillay	Mountaineer Open	Boone, N.C.	8k	21:31.60
Aug. 30	2002	44.	Mike Salamone	Mountaineer Open	Boone, N.C.	8k	21:39.30
Aug. 30	2002	52.	Derek Naklusi	Mountaineer Open	Boone, N.C.	8k	22:16.60
Aug. 30	2002	55.	Jon Renner	Mountaineer Open	Boone, N.C.	8k	22:21.70
Aug. 30	2002	61.	Mike Szalach	Mountaineer Open	Boone, N.C.	8k	22:34.20
Aug. 30	2002	82.	Nick Adams	Mountaineer Open	Boone, N.C.	8k	24:08.00
Aug. 30	2002	94.	Kevin Scola	Mountaineer Open	Boone, N.C.	8k	25:22.10
Sept. 7	2002	1.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	19 pts.
Sept. 7	2002	1.	Jeff Fairman	HPU / Elon Invitational	Greensboro, N.C.	8k	25:49
Sept. 7	2002	3.	Adrian Hill	HPU / Elon Invitational	Greensboro, N.C.	8k	26:22
Sept. 7	2002	4.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	26:42
Sept. 7	2002	5.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	26:45.12
Sept. 7	2002	6.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	26:45.82
Sept. 7	2002	11.	Derek Naklusi	HPU / Elon Invitational	Greensboro, N.C.	8k	27:03
Sept. 7	2002	12.	Dan Garipey	HPU / Elon Invitational	Greensboro, N.C.	8k	27:06
Sept. 7	2002	20.	Jared Prunty	HPU / Elon Invitational	Greensboro, N.C.	8k	27:52
Sept. 7	2002	21.	Jon Renner	HPU / Elon Invitational	Greensboro, N.C.	8k	27:54
Sept. 7	2002	32.	Mike Szalach	HPU / Elon Invitational	Greensboro, N.C.	8k	28:29
Sept. 7	2002	56.	Nick Adams	HPU / Elon Invitational	Greensboro, N.C.	8k	29:30
Sept. 7	2002	61.	Niran Pillay	HPU / Elon Invitational	Greensboro, N.C.	8k	29:56
Sept. 7	2002	123.	Kevin Scola	HPU / Elon Invitational	Greensboro, N.C.	8k	34:21
Sept. 21	2002	1.	High Point	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	20 pts.
Sept. 21	2002	1.	Tommy Evans	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:09.14
Sept. 21	2002	3.	Taylor Milne	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:53.71
Sept. 21	2002	4.	Alex Baikovs	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:56.27
Sept. 21	2002	5.	Jeff Fairman	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:04.84
Sept. 21	2002	7.	Bubba Hill	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:14.98
Sept. 21	2002	9.	Niran Pillay	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:24.96
Sept. 21	2002	21.	Mike Salamone	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:18.67
Sept. 21	2002	23.	Jared Prunty	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:19.43
Sept. 21	2002	28.	Matt Goodale	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:48.11
Sept. 21	2002	29.	Derek Naklusi	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:51.06
Sept. 21	2002	30.	Dan Garipey	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:51.45
Sept. 21	2002	38.	Mike Szalach	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	28:36.71
Sept. 21	2002	56.	Nick Adams	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	29:59.37
Sept. 27	2002	13.	High Point	Great American Classic	Charlotte, N.C.	8k	358 pts.
Sept. 27	2002	48.	Taylor Milne	Great American Classic	Charlotte, N.C.	8k	27:41.0
Sept. 27	2002	67.	Adrian Hill	Great American Classic	Charlotte, N.C.	8k	28:00.0
Sept. 27	2002	76.	Tommy Evans	Great American Classic	Charlotte, N.C.	8k	28:05.8
Sept. 27	2002	82.	Jeff Fairman	Great American Classic	Charlotte, N.C.	8k	28:10.7
Sept. 27	2002	94.	Alex Baikovs	Great American Classic	Charlotte, N.C.	8k	28:28.9
Sept. 27	2002	111.	Niran Pillay	Great American Classic	Charlotte, N.C.	8k	28:53.9
Sept. 27	2002	146.	Jared Prunty	Great American Classic	Charlotte, N.C.	8k	30:26.9
Oct. 12	2002	1.	High Point	N.C. Collegiate Championships	Greenville, N.C.	8k	17 pts.
Oct. 12	2002	1.	Tommy Evans	N.C. Collegiate Championships	Greenville, N.C.	8k	23:53
Oct. 12	2002	2.	Taylor Milne	N.C. Collegiate Championships	Greenville, N.C.	8k	24:27
Oct. 12	2002	3.	Jeff Fairman	N.C. Collegiate Championships	Greenville, N.C.	8k	24:32
Oct. 12	2002	4.	Bubba Hill	N.C. Collegiate Championships	Greenville, N.C.	8k	24:41
Oct. 12	2002	7.	Alex Baikovs	N.C. Collegiate Championships	Greenville, N.C.	8k	25:10

EVENT-BY-EVENT RESULTS

Oct. 12	2002	10.	Niran Pillay	N.C. Collegiate Championships	Greenville, N.C.	8k	25:28
Oct. 12	2002	13.	Dan Gariepy	N.C. Collegiate Championships	Greenville, N.C.	8k	25:38
Oct. 12	2002	32.	Matt Goodale	N.C. Collegiate Championships	Greenville, N.C.	8k	26:51
Oct. 12	2002	33.	Jared Prunty	N.C. Collegiate Championships	Greenville, N.C.	8k	26:51
Oct. 12	2002	36.	Derek Naklusi	N.C. Collegiate Championships	Greenville, N.C.	8k	26:58
Oct. 12	2002	55.	Mike Salamone	N.C. Collegiate Championships	Greenville, N.C.	8k	27:59
Oct. 12	2002	58.	Mike Szalach	N.C. Collegiate Championships	Greenville, N.C.	8k	28:15
Oct. 12	2002	59.	Nick Adams	N.C. Collegiate Championships	Greenville, N.C.	8k	28:27
Oct. 12	2002	67.	Kevin Scola	N.C. Collegiate Championships	Greenville, N.C.	8k	32:09
Oct. 19	2002	-	High Point	Tribe Open	Williamsburg, Va.	8k	-
Oct. 19	2002	1.	Tommy Evans	Tribe Open	Williamsburg, Va.	8k	25:07.0
Oct. 19	2002	3.	Jeff Fairman	Tribe Open	Williamsburg, Va.	8k	25:25.0
Oct. 19	2002	8.	Taylor Milne	Tribe Open	Williamsburg, Va.	8k	25:43.0
Oct. 19	2002	9.	Adrian Hill	Tribe Open	Williamsburg, Va.	8k	25:46.0
Oct. 19	2002	14.	Niran Pillay	Tribe Open	Williamsburg, Va.	8k	26:09.0
Oct. 19	2002	25.	Alex Baikovs	Tribe Open	Williamsburg, Va.	8k	26:33.0
Oct. 19	2002	34.	Derek Naklusi	Tribe Open	Williamsburg, Va.	8k	26:48.0
Oct. 19	2002	46.	Dan Gariepy	Tribe Open	Williamsburg, Va.	8k	27:01.0
Oct. 19	2002	51.	Mike Salamone	Tribe Open	Williamsburg, Va.	8k	27:17.0
Oct. 19	2002	67.	Jared Prunty	Tribe Open	Williamsburg, Va.	8k	27:51.0
Oct. 19	2002	82.	Matt Goodale	Tribe Open	Williamsburg, Va.	8k	28:25.1
Oct. 19	2002	86.	Jon Renner	Tribe Open	Williamsburg, Va.	8k	28:44.0
Oct. 19	2002	102.	Mike Szalach	Tribe Open	Williamsburg, Va.	8k	30:11.0
Oct. 19	2002	106.	Nick Adams	Tribe Open	Williamsburg, Va.	8k	30:56.0
Nov. 2	2002	1.	High Point	Big South Championship	Rock Hill, S.C.	8k	29 pts.
Nov. 2	2002	2.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	24:52
Nov. 2	2002	3.	Jeff Fairman	Big South Championship	Rock Hill, S.C.	8k	25:03
Nov. 2	2002	5.	Taylor Milne	Big South Championship	Rock Hill, S.C.	8k	25:35
Nov. 2	2002	6.	Bubba Hill	Big South Championship	Rock Hill, S.C.	8k	25:36
Nov. 2	2002	13.	Dan Gariepy	Big South Championship	Rock Hill, S.C.	8k	26:11
Nov. 2	2002	14.	Derek Naklusi	Big South Championship	Rock Hill, S.C.	8k	26:14
Nov. 2	2002	15.	Alex Baikovs	Big South Championship	Rock Hill, S.C.	8k	26:16
Nov. 16	2002	10.	High Point	NCAA Southeast Regional	Greenville, N.C.	10k	248 pts.
Nov. 16	2002	19.	Tommy Evans	NCAA Southeast Regional	Greenville, N.C.	10k	30:40.4
Nov. 16	2002	53.	Adrian Hill	NCAA Southeast Regional	Greenville, N.C.	10k	31:41.0
Nov. 16	2002	56.	Taylor Milne	NCAA Southeast Regional	Greenville, N.C.	10k	31:45.5
Nov. 16	2002	61.	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k	31:52.8
Nov. 16	2002	87.	Dan Gariepy	NCAA Southeast Regional	Greenville, N.C.	10k	32:37.5
Nov. 16	2002	134.	Niran Pillay	NCAA Southeast Regional	Greenville, N.C.	10k	33:46.5
Nov. 16	2002	155.	Derek Naklusi	NCAA Southeast Regional	Greenville, N.C.	10k	34:22.8

<2003>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 29	2003	3.	High Point	Mountaineer Open	Boone, N.C.	5k	49 pts.
Aug. 29	2003	1.	Derek Naklusi	Mountaineer Open	Boone, N.C.	5k	15:33.10
Aug. 29	2003	5.	Jeff Fairman	Mountaineer Open	Boone, N.C.	5k	15:39.40
Aug. 29	2003	9.	Bubba Hill	Mountaineer Open	Boone, N.C.	5k	15:52.80
Aug. 29	2003	15.	Niran Pillay	Mountaineer Open	Boone, N.C.	5k	16:05.10
Aug. 29	2003	19.	Kyle Lounsbury	Mountaineer Open	Boone, N.C.	5k	16:19.10
Aug. 29	2003	32.	Chris Pereschuk	Mountaineer Open	Boone, N.C.	5k	16:44.20
Aug. 29	2003	47.	Jon Renner	Mountaineer Open	Boone, N.C.	5k	17:07.90
Aug. 29	2003	63.	Mike Salamone	Mountaineer Open	Boone, N.C.	5k	17:29.40
Aug. 29	2003	80.	Mike Szalach	Mountaineer Open	Boone, N.C.	5k	18:50.60
Aug. 29	2003	83.	Nick Adams	Mountaineer Open	Boone, N.C.	5k	19:25.50
Sept. 6	2003	50.	Mike Szalach	HPU / Elon Invitational	Greensboro, N.C.		29:54
Sept. 6	2003	66.	Nick Adams	HPU / Elon Invitational	Greensboro, N.C.		31:15
Sept. 6	2003	99.	Kevin Scola	HPU / Elon Invitational	Greensboro, N.C.		34:17
Sept.20	2003	1.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	31 pts.
Sept.20	2003	1.	Jeff Fairman	Winthrop Invitational	Rock Hill, S.C.	8k	25:25.02
Sept.20	2003	4.	Derek Naklusi	Winthrop Invitational	Rock Hill, S.C.	8k	25:40.55
Sept.20	2003	7.	Bubba Hill	Winthrop Invitational	Rock Hill, S.C.	8k	25:50.67
Sept.20	2003	9.	Kyle Lounsbury	Winthrop Invitational	Rock Hill, S.C.	8k	26:09.18
Sept.20	2003	10.	Niran Pillay	Winthrop Invitational	Rock Hill, S.C.	8k	26:10.80
Sept.20	2003	16.	Chris Pereschuk	Winthrop Invitational	Rock Hill, S.C.	8k	26:41.57
Sept.20	2003	17.	Mike Salamone	Winthrop Invitational	Rock Hill, S.C.	8k	26:43.32
Sept.20	2003	31.	Jon Renner	Winthrop Invitational	Rock Hill, S.C.	8k	27:15.86
Sept.20	2003	33.	Matt Vera	Winthrop Invitational	Rock Hill, S.C.	8k	27:20.75
Sept.20	2003	38.	Eric Martinez	Winthrop Invitational	Rock Hill, S.C.	8k	27:47.91
Sept.20	2003	45.	Tony Miranda	Winthrop Invitational	Rock Hill, S.C.	8k	28:30.24
Sept.20	2003	52.	Mike Szalach	Winthrop Invitational	Rock Hill, S.C.	8k	29:37.90
Sept.20	2003	1.	Tommy Evans	Winthrop Invitational (Non-Award)	Rock Hill, S.C.	8k	25:13.41
Sept. 26	2003	7.	High Point	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	196 pts.
Sept. 26	2003	39.	Jeff Fairman	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	26:38.1
Sept. 26	2003	101.	Derek Naklusi	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:00.5

EVENT-BY-EVENT RESULTS

Sept. 26	2003	104.	Adrian Hill	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:02.9
Sept. 26	2003	118.	Kyle Lounsbury	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:22.9
Sept. 26	2003	133.	Chris Pereschuk	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:53.0
Sept. 26	2003	141.	Taylor Milne	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	29:27.9
Sept. 26	2003	144.	Niran Pillay	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	29:37.7
Sept. 26	2003	18.	High Point	Great American Classic / Univ. B Open	Cary, N.C.	8k	487 pts.
Sept. 26	2003	5.	Tommy Evans	Great American Classic / Univ. B Open	Cary, N.C.	8k	27:01.5
Sept. 26	2003	56.	Mike Salamone	Great American Classic / Univ. B Open	Cary, N.C.	8k	29:26.1
Sept. 26	2003	59.	Matt Vera	Great American Classic / Univ. B Open	Cary, N.C.	8k	29:33.2
Sept. 26	2003	64.	Jon Renner	Great American Classic / Univ. B Open	Cary, N.C.	8k	29:43.4
Sept. 26	2003	77.	Eric Martinez	Great American Classic / Univ. B Open	Cary, N.C.	8k	30:26.1
Sept. 26	2003	83.	Mike Szalach	Great American Classic / Univ. B Open	Cary, N.C.	8k	30:44.0
Sept. 26	2003	104.	Tony Miranda	Great American Classic / Univ. B Open	Cary, N.C.	8k	33:00.3
Oct. 11	2003	2.	High Point	Furman Invitational	Greenville, S.C.	5k	77 pts.
Oct. 11	2003	9.	Bubba Hill	Furman Invitational	Greenville, S.C.	5k	26:24.69
Oct. 11	2003	12.	Derek Naklusi	Furman Invitational	Greenville, S.C.	5k	26:45.97
Oct. 11	2003	13.	Niran Pillay	Furman Invitational	Greenville, S.C.	5k	26:47.92
Oct. 11	2003	33.	Taylor Milne	Furman Invitational	Greenville, S.C.	5k	27:33.81
Oct. 11	2003	37.	Chris Pereschuk	Furman Invitational	Greenville, S.C.	5k	27:40.47
Oct. 11	2003	46.	Matt Vera	Furman Invitational	Greenville, S.C.	5k	27:55.39
Oct. 11	2003	57.	Mike Salamone	Furman Invitational	Greenville, S.C.	5k	28:25.23
Oct. 11	2003	63.	Eric Martinez	Furman Invitational	Greenville, S.C.	5k	28:35.76
Oct. 11	2003	65.	Jon Renner	Furman Invitational	Greenville, S.C.	5k	28:41.48
Oct. 11	2003	83.	Mike Szalach	Furman Invitational	Greenville, S.C.	5k	29:44.20
Oct. 18	2003	2.	High Point	N.C. Collegiate Championships	Greenville, N.C.	8k	42 pts.
Oct. 18	2003	1.	Jeff Fairman	N.C. Collegiate Championships	Greenville, N.C.	8k	23:49.37
Oct. 18	2003	5.	Bubba Hill	N.C. Collegiate Championships	Greenville, N.C.	8k	24:08.03
Oct. 18	2003	6.	Derek Naklusi	N.C. Collegiate Championships	Greenville, N.C.	8k	24:09.05
Oct. 18	2003	12.	Niran Pillay	N.C. Collegiate Championships	Greenville, N.C.	8k	24:31.65
Oct. 18	2003	18.	Kyle Lounsbury	N.C. Collegiate Championships	Greenville, N.C.	8k	24:39.59
Oct. 18	2003	33.	Taylor Milne	N.C. Collegiate Championships	Greenville, N.C.	8k	25:09.06
Oct. 18	2003	38.	Chris Pereschuk	N.C. Collegiate Championships	Greenville, N.C.	8k	25:16.29
Oct. 18	2003	43.	Mike Salamone	N.C. Collegiate Championships	Greenville, N.C.	8k	25:24.40
Oct. 18	2003	68.	Matt Vera	N.C. Collegiate Championships	Greenville, N.C.	8k	26:11.19
Oct. 18	2003	75.	Jon Renner	N.C. Collegiate Championships	Greenville, N.C.	8k	25:23.32
Oct. 18	2003	78.	Eric Martinez	N.C. Collegiate Championships	Greenville, N.C.	8k	26:26.10
Oct. 18	2003	87.	Mike Szalach	N.C. Collegiate Championships	Greenville, N.C.	8k	27:04.94
Nov. 1	2003	1.	High Point	Big South Championship	Conway, S.C.	8k	45 pts.
Nov. 1	2003	4.	Jeff Fairman	Big South Championship	Conway, S.C.	8k	25:53.99
Nov. 1	2003	6.	Bubba Hill	Big South Championship	Conway, S.C.	8k	26:23.76
Nov. 1	2003	9.	Derek Naklusi	Big South Championship	Conway, S.C.	8k	26:38.97
Nov. 1	2003	12.	Kyle Lounsbury	Big South Championship	Conway, S.C.	8k	26:57.00
Nov. 1	2003	14.	Chris Pereschuk	Big South Championship	Conway, S.C.	8k	27:05.49
Nov. 1	2003	18.	Taylor Milne	Big South Championship	Conway, S.C.	8k	27:25.88
Nov. 1	2003	28.	Mike Salamone	Big South Championship	Conway, S.C.	8k	28:03.30
Nov. 1	2003	39.	Jon Renner	Big South Championship	Conway, S.C.	8k	28:26.91
Nov. 1	2003	40.	Eric Martinez	Big South Championship	Conway, S.C.	8k	28:32.99
Nov. 1	2003	61.	Niran Pillay	Big South Championship	Conway, S.C.	8k	29:35.35
Nov. 15	2003	12.	High Point	NCAA Southeast Regional	Greenville, N.C.	10k	320 pts.
Nov. 15	2003	26.	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k	30:59.6
Nov. 15	2003	50.	Niran Pillay	NCAA Southeast Regional	Greenville, N.C.	10k	31:45.9
Nov. 15	2003	61.	Bubba Hill	NCAA Southeast Regional	Greenville, N.C.	10k	32:01.4
Nov. 15	2003	75.	Kyle Lounsbury	NCAA Southeast Regional	Greenville, N.C.	10k	32:20.2
Nov. 15	2003	109.	Chris Pereschuk	NCAA Southeast Regional	Greenville, N.C.	10k	33:25.3
Nov. 15	2003	135.	Taylor Milne	NCAA Southeast Regional	Greenville, N.C.	10k	34:35.9

<2004>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2004	3.	Derek Naklusi / Matthias Ewender	Wake Forest Relays	Winston-Salem, N.C.	-	45:32
Sept. 1	2004	8.	Kyle Lounsbury / Jason Williams	Wake Forest Relays	Winston-Salem, N.C.	-	46:28
Sept. 1	2004	9.	Joel Primus / Danel Slaydon	Wake Forest Relays	Winston-Salem, N.C.	-	46:29
Sept. 1	2004	10.	David Ferrier / Bubba Hill	Wake Forest Relays	Winston-Salem, N.C.	-	46:33
Sept. 1	2004	19.	Matt Goodale / Jesse Slowikowski	Wake Forest Relays	Winston-Salem, N.C.	-	49:14
Sept. 1	2004	23.	Justin Adams / Eric Martinez	Wake Forest Relays	Winston-Salem, N.C.	-	50:58
Sept. 10	2004	1.	High Point	UNC Wilmington Invitational	Wilmington, N.C.	5k	23 pts.
Sept. 10	2004	2.	Derek Naklusi	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:29
Sept. 10	2004	3.	David Ferrier	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:35
Sept. 10	2004	5.	Matthias Ewender	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:38
Sept. 10	2004	6.	Bubba Hill	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:40
Sept. 10	2004	7.	Matt Goodale	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:42
Sept. 10	2004	9.	Kyle Lounsbury	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:47
Sept. 10	2004	12.	Joel Primus	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:00
Sept. 10	2004	19.	Danel Slaydon	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:20
Sept. 10	2004	20.	Jason Williams	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:22

EVENT-BY-EVENT RESULTS

Sept. 10	2004	32.	Justin Adams	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:43
Sept. 10	2004	43.	Jesse Slowikowski	UNC Wilmington Invitational	Wilmington, N.C.	5k	17:07
Sept. 10	2004	45.	Eric Martinez	UNC Wilmington Invitational	Wilmington, N.C.	5k	17:16
Sept. 25	2004	1.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	37 pts.
Sept. 25	2004	3.	David Ferier	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	24:47
Sept. 25	2004	5.	Joel Primus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:12
Sept. 25	2004	7.	Bubba Hill	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:14
Sept. 25	2004	9.	Matt Goodale	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:24
Sept. 25	2004	13.	Kyle Lounsbury	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:27
Sept. 25	2004	28.	Jason Williams	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:01
Sept. 25	2004	37.	Danel Slaydon	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:21
Sept. 25	2004	38.	Matthias Ewender	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:24
Sept. 25	2004	52.	Justin Adams	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	27:17
Sept. 25	2004	58.	Eric Martinez	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	27:44
Sept. 25	2004	74.	Jesse Slowikowski	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	29:02
Oct. 1	2004	14.	High Point	Great American XC Festival	Cary, N.C.	8k	328 pts.
Oct. 1	2004	46.	David Ferier	Great American XC Festival	Cary, N.C.	8k	25:51.07
Oct. 1	2004	47.	Bubba Hill	Great American XC Festival	Cary, N.C.	8k	25:51.83
Oct. 1	2004	65.	Matthias Ewender	Great American XC Festival	Cary, N.C.	8k	26:12.96
Oct. 1	2004	89.	Joel Primus	Great American XC Festival	Cary, N.C.	8k	26:39.34
Oct. 1	2004	96.	Matt Goodale	Great American XC Festival	Cary, N.C.	8k	26:45.19
Oct. 1	2004	113.	Derek Naklusi	Great American XC Festival	Cary, N.C.	8k	27:06.95
Oct. 1	2004	117.	Danel Slaydon	Great American XC Festival	Cary, N.C.	8k	27:21.31
Oct. 1	2004	134.	Jason Williams	Great American XC Festival	Cary, N.C.	8k	28:13.84
Oct. 1	2004	141.	Justin Adams	Great American XC Festival	Cary, N.C.	8k	28:39.81
Oct. 16	2004	1.	High Point	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	26 pts.
Oct. 16	2004	2.	Derek Naklusi	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:04
Oct. 16	2004	3.	David Ferier	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:05
Oct. 16	2004	4.	Bubba Hill	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:17
Oct. 16	2004	5.	Joel Primus	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:18
Oct. 16	2004	12.	Danel Slaydon	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:46
Oct. 16	2004	18.	Matthias Ewender	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:54
Oct. 16	2004	23.	Justin Adams	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	19:04
Oct. 16	2004	52.	Kyle Lounsbury	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	19:52
Oct. 16	2004	63.	Jesse Slowikowski	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	20:07
Oct. 30	2004	1.	High Point	Big South Championship	Rock Hill, S.C.	8k	30 pts.
Oct. 30	2004	3.	Derek Naklusi	Big South Championship	Rock Hill, S.C.	8k	25:07
Oct. 30	2004	4.	David Ferier	Big South Championship	Rock Hill, S.C.	8k	25:13
Oct. 30	2004	5.	Bubba Hill	Big South Championship	Rock Hill, S.C.	8k	25:21
Oct. 30	2004	6.	Joel Primus	Big South Championship	Rock Hill, S.C.	8k	25:27
Oct. 30	2004	12.	Matthias Ewender	Big South Championship	Rock Hill, S.C.	8k	26:06
Oct. 30	2004	13.	Matt Goodale	Big South Championship	Rock Hill, S.C.	8k	26:13
Oct. 30	2004	22.	Danel Slaydon	Big South Championship	Rock Hill, S.C.	8k	26:44
Oct. 30	2004	25.	Justin Adams	Big South Championship	Rock Hill, S.C.	8k	26:52
Oct. 30	2004	45.	Eric Martinez	Big South Championship	Rock Hill, S.C.	8k	27:58
Oct. 30	2004	48.	Jason Williams	Big South Championship	Rock Hill, S.C.	8k	28:04
Nov. 13	2004	7.	High Point	NCAA Southeast Regional	Greenville, N.C.	10k	231 pts.
Nov. 13	2004	23.	Derek Naklusi	NCAA Southeast Regional	Greenville, N.C.	10k	31:02.70
Nov. 13	2004	34.	David Ferier	NCAA Southeast Regional	Greenville, N.C.	10k	31:16.70
Nov. 13	2004	40.	Adrian Hill	NCAA Southeast Regional	Greenville, N.C.	10k	31:35.70
Nov. 13	2004	57.	Joel Primus	NCAA Southeast Regional	Greenville, N.C.	10k	31:55.40
Nov. 13	2004	94.	Danel Slaydon	NCAA Southeast Regional	Greenville, N.C.	10k	32:32.20
Nov. 13	2004	183.	Matt Goodale	NCAA Southeast Regional	Greenville, N.C.	10k	35:07.60

<2005>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	3.	High Point	Wake Forest Invitational	Winston-Salem, N.C.	-	22 pts.
Sept. 2	2005	2.	Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	21:56
Sept. 2	2005	11.	Jesse Cherry	Wake Forest Invitational	Winston-Salem, N.C.	-	22:53
Sept. 2	2005	13.	Danel Slaydon	Wake Forest Invitational	Winston-Salem, N.C.	-	23:03
Sept. 2	2005	29.	Jeff Fairman	Wake Forest Invitational	Winston-Salem, N.C.	-	24:22
Sept. 2	2005	32.	Jason Williams	Wake Forest Invitational	Winston-Salem, N.C.	-	24:34
Sept. 2	2005	36.	Matt Goodale	Wake Forest Invitational	Winston-Salem, N.C.	-	26:04
Sept. 2	2005	37.	Eric Martinez	Wake Forest Invitational	Winston-Salem, N.C.	-	26:10
Sept. 2	2005	38.	Steve Royal	Wake Forest Invitational	Winston-Salem, N.C.	-	26:12
Sept. 2	2005	39.	Justin Adams	Wake Forest Invitational	Winston-Salem, N.C.	-	26:39
Sept. 2	2005	41.	Daniel Page	Wake Forest Invitational	Winston-Salem, N.C.	-	27:41
Sept. 2	2005	3.	Danel Slaydon / Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	45:01
Sept. 2	2005	8.	Jesse Cherry / Kyle Lounsbury	Wake Forest Invitational	Winston-Salem, N.C.	-	46:30
Sept. 2	2005	15.	Jeff Fairman / Jason Williams	Wake Forest Invitational	Winston-Salem, N.C.	-	48:57
Sept. 2	2005	20.	Matt Goodale / Steve Royal	Wake Forest Invitational	Winston-Salem, N.C.	-	52:16
Sept. 2	2005	22.	Justin Adams / Eric Martinez	Wake Forest Invitational	Winston-Salem, N.C.	-	52:49
Sept. 17	2005	1.	High Point	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	39 pts.
Sept. 17	2005	1.	Tamas Kovacs	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	25:26

EVENT-BY-EVENT RESULTS

Sept. 17	2005	2.	Kyle Lounsbury	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	26:06
Sept. 17	2005	5.	Jesse Cherry	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	26:40
Sept. 17	2005	13.	Danel Slaydon	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	27:24
Sept. 17	2005	18.	Jason Williams	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	27:43
Sept. 17	2005	19.	Jeff Fairman	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	27:48
Sept. 17	2005	29.	Matt Goodale	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	28:58
Sept. 17	2005	32.	Eric Martinez	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	29:25
Sept. 17	2005	35.	Daniel Page	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	30:00
Sept. 17	2005	37.	Justin Adams	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	30:36
Sept. 24	2005	1.	High Point	Overton XC Meet	Greenville, N.C.	8k	16 pts.
Sept. 24	2005	1.	Tamas Kovacs	Overton XC Meet	Greenville, N.C.	8k	24:44.91
Sept. 24	2005	2.	Jesse Cherry	Overton XC Meet	Greenville, N.C.	8k	25:24.31
Sept. 24	2005	3.	Danel Slaydon	Overton XC Meet	Greenville, N.C.	8k	25:26.88
Sept. 24	2005	5.	Kyle Lounsbury	Overton XC Meet	Greenville, N.C.	8k	25:37.83
Sept. 24	2005	7.	Matt Goodale	Overton XC Meet	Greenville, N.C.	8k	26:00.41
Sept. 24	2005	9.	Jason Williams	Overton XC Meet	Greenville, N.C.	8k	26:19.56
Sept. 24	2005	12.	Jeff Fairman	Overton XC Meet	Greenville, N.C.	8k	26:43.02
Sept. 24	2005	25.	Justin Adams	Overton XC Meet	Greenville, N.C.	8k	28:11.23
Sept. 24	2005	32.	Daniel Page	Overton XC Meet	Greenville, N.C.	8k	29:06.34
Sept. 24	2005	34.	Steve Royal	Overton XC Meet	Greenville, N.C.	8k	29:26.60
Oct. 14	2005	4.	High Point	Blue Ridge Open	Boone, N.C.	8k	125 pts.
Oct. 14	2005	8.	Tamas Kovacs	Blue Ridge Open	Boone, N.C.	8k	25:18
Oct. 14	2005	24.	Jesse Cherry	Blue Ridge Open	Boone, N.C.	8k	26:05
Oct. 14	2005	29.	Matt Goodale	Blue Ridge Open	Boone, N.C.	8k	26:26
Oct. 14	2005	39.	Danel Slaydon	Blue Ridge Open	Boone, N.C.	8k	26:42
Oct. 14	2005	55.	Jason Williams	Blue Ridge Open	Boone, N.C.	8k	27:20
Oct. 14	2005	69.	Jeff Fairman	Blue Ridge Open	Boone, N.C.	8k	27:59
Oct. 14	2005	74.	Justin Adams	Blue Ridge Open	Boone, N.C.	8k	28:27
Oct. 29	2005	3.	High Point	Big South Championship	Lexington, Va.	8k	80 pts.
Oct. 29	2005	2.	Tamas Kovacs	Big South Championship	Lexington, Va.	8k	25:14.88
Oct. 29	2005	14.	Danel Slaydon	Big South Championship	Lexington, Va.	8k	26:16.11
Oct. 29	2005	20.	Jason Williams	Big South Championship	Lexington, Va.	8k	26:41.26
Oct. 29	2005	21.	Kyle Lounsbury	Big South Championship	Lexington, Va.	8k	26:41.58
Oct. 29	2005	23.	Matt Goodale	Big South Championship	Lexington, Va.	8k	26:54.39
Oct. 29	2005	48.	Jeff Fairman	Big South Championship	Lexington, Va.	8k	28:06.33
Oct. 29	2005	58.	Justin Adams	Big South Championship	Lexington, Va.	8k	28:32.29
Oct. 29	2005	59.	Eric Martinez	Big South Championship	Lexington, Va.	8k	28:34.17
Oct. 29	2005	69.	Steve Royal	Big South Championship	Lexington, Va.	8k	31:16.38
Oct. 29	2005	-	Jesse Cherry	Big South Championship	Lexington, Va.	8k	DNF
Nov. 12	2005	15.	High Point	NCAA Southeast Regional	Greenville, N.C.	10k	346 pts.
Nov. 12	2005	32.	Tamas Kovacs	NCAA Southeast Regional	Greenville, N.C.	10k	31:06.2
Nov. 12	2005	60.	Kyle Lounsbury	NCAA Southeast Regional	Greenville, N.C.	10k	31:56.4
Nov. 12	2005	79.	Jason Williams	NCAA Southeast Regional	Greenville, N.C.	10k	32:14.5
Nov. 12	2005	80.	Jesse Cherry	NCAA Southeast Regional	Greenville, N.C.	10k	32:14.6
Nov. 12	2005	104.	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k	32:35.6
Nov. 12	2005	145.	Danel Slaydon	NCAA Southeast Regional	Greenville, N.C.	10k	33:28.6

<2006>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	3.	High Point	Wake Forest Relays	Winston-Salem, N.C.	8k	-
Sept. 1	2006	1.	Tamas Kovacs	Wake Forest Relays	Winston-Salem, N.C.	8k	22:06
Sept. 1	2006	2.	Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	22:13
Sept. 1	2006	8.	Danel Slaydon	Wake Forest Relays	Winston-Salem, N.C.	8k	22:41
Sept. 1	2006	20.	Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.	8k	23:31
Sept. 1	2006	27.	Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.	8k	24:13
Sept. 1	2006	33.	Steve Royal	Wake Forest Relays	Winston-Salem, N.C.	8k	25:52
Sept. 1	2006	1.	Tamas Kovacs / Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	44:19
Sept. 1	2006	7.	Danel Slaydon / Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.	8k	46:12
Sept. 1	2006	16.	Steve Royal / Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.	8k	50:05
Sept. 9	2006	6.	High Point	Lou Onesty Invitational	Charlottesville, Va.	8k	160 pts.
Sept. 9	2006	8.	Tamas Kovacs	Lou Onesty Invitational	Charlottesville, Va.	8k	25:24.60
Sept. 9	2006	14.	Jesse Cherry	Lou Onesty Invitational	Charlottesville, Va.	8k	25:44.30
Sept. 9	2006	36.	Danel Slaydon	Lou Onesty Invitational	Charlottesville, Va.	8k	26:22.30
Sept. 9	2006	39.	Kyle Lounsbury	Lou Onesty Invitational	Charlottesville, Va.	8k	26:28.10
Sept. 9	2006	87.	Josh Cashman	Lou Onesty Invitational	Charlottesville, Va.	8k	28:47.0
Sept. 23	2006		High Point	Old North State Championships	Greensboro, N.C.	8k	
Sept. 23	2006	2.	Tamas Kovacs	Old North State Championships	Greensboro, N.C.	8k	26:01.4
Sept. 23	2006	3.	Kyle Lounsbury	Old North State Championships	Greensboro, N.C.	8k	26:14.4
Sept. 23	2006	4.	Danel Slaydon	Old North State Championships	Greensboro, N.C.	8k	26:24.9
Sept. 23	2006	7.	Josh Morgan	Old North State Championships	Greensboro, N.C.	8k	26:40.1
Sept. 23	2006	17.	Josh Cashman	Old North State Championships	Greensboro, N.C.	8k	27:58.6
Sept. 23	2006	33.	Justin Adams	Old North State Championships	Greensboro, N.C.	8k	29:17.9
Sept. 29	2006	12.	High Point	Paul Short Invitational	Bethlehem, Pa.	8k	354 pts.
Sept. 29	2006	14.	Tamas Kovacs	Paul Short Invitational	Bethlehem, Pa.	8k	24:41

EVENT-BY-EVENT RESULTS

Sept. 29	2006	39.	Jesse Cherry	Paul Short Invitational	Bethlehem, Pa.	8k	25:10
Sept. 29	2006	83.	Danel Slaydon	Paul Short Invitational	Bethlehem, Pa.	8k	25:37
Sept. 29	2006	92.	Kyle Lounsbury	Paul Short Invitational	Bethlehem, Pa.	8k	25:42
Sept. 29	2006	126.	Josh Morgan	Paul Short Invitational	Bethlehem, Pa.	8k	26:04
Sept. 29	2006	216.	Justin Adams	Paul Short Invitational	Bethlehem, Pa.	8k	27:04
Sept. 29	2006	242.	Josh Cashman	Paul Short Invitational	Bethlehem, Pa.	8k	27:37
Oct. 13	2006	1.	High Point	Blue Ridge Open	Boone, N.C.	8k	50 pts.
Oct. 13	2006	6.	Tamas Kovacs	Blue Ridge Open	Boone, N.C.	8k	24:57.2
Oct. 13	2006	7.	Jesse Cherry	Blue Ridge Open	Boone, N.C.	8k	25:08.5
Oct. 13	2006	11.	Kyle Lounsbury	Blue Ridge Open	Boone, N.C.	8k	25:27.3
Oct. 13	2006	21.	Danel Slaydon	Blue Ridge Open	Boone, N.C.	8k	25:54.4
Oct. 13	2006	34.	Josh Morgan	Blue Ridge Open	Boone, N.C.	8k	26:24.1
Oct. 13	2006	53.	Justin Adams	Blue Ridge Open	Boone, N.C.	8k	26:57.2
Oct. 13	2006	70.	Josh Cashman	Blue Ridge Open	Boone, N.C.	8k	27:30.6
Oct. 28	2006	3.	High Point	Big South Championship	Summerville, S.C.	8k	62 pts.
Oct. 28	2006	6.	Tamas Kovacs	Big South Championship	Summerville, S.C.	8k	25:15.43
Oct. 28	2006	8.	Jesse Cherry	Big South Championship	Summerville, S.C.	8k	25:23.58
Oct. 28	2006	11.	Kyle Lounsbury	Big South Championship	Summerville, S.C.	8k	25:35.05
Oct. 28	2006	13.	Danel Slaydon	Big South Championship	Summerville, S.C.	8k	25:43.13
Oct. 28	2006	24.	Josh Morgan	Big South Championship	Summerville, S.C.	8k	26:32.73
Oct. 28	2006	39.	Josh Cashman	Big South Championship	Summerville, S.C.	8k	27:17.62
Oct. 28	2006	45.	Justin Adams	Big South Championship	Summerville, S.C.	8k	27:43.38
Nov. 11	2006	17.	High Point	NCAA Southeast Regional	Louisville, Ky.	10k	-
Nov. 11	2006	28.	Tamas Kovacs	NCAA Southeast Regional	Louisville, Ky.	10k	31:45.40
Nov. 11	2006	52.	Kyle Lounsbury	NCAA Southeast Regional	Louisville, Ky.	10k	32:31.30
Nov. 11	2006	88.	Danel Slaydon	NCAA Southeast Regional	Louisville, Ky.	10k	32:54.45
Nov. 11	2006	146.	Josh Morgan	NCAA Southeast Regional	Louisville, Ky.	10k	33:47.55
Nov. 11	2006	168.	Justin Adams	NCAA Southeast Regional	Louisville, Ky.	10k	34:33.40
Nov. 11	2006	203.	Josh Cashman	NCAA Southeast Regional	Louisville, Ky.	10k	32:52.50

<2007>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	1.	High Point	North Carolina Opener	Chapel Hill, N.C.	5k	18 pts.
Sept. 1	2007	1.	Tamas Kovacs	North Carolina Opener	Chapel Hill, N.C.	5k	15:30.80
Sept. 1	2007	2.	Jesse Cherry	North Carolina Opener	Chapel Hill, N.C.	5k	15:35.60
Sept. 1	2007	4.	Jevin Monds	North Carolina Opener	Chapel Hill, N.C.	5k	15:40.60
Sept. 1	2007	5.	Josh Morgan	North Carolina Opener	Chapel Hill, N.C.	5k	15:47.20
Sept. 1	2007	6.	Danel Slaydon	North Carolina Opener	Chapel Hill, N.C.	5k	15:59.20
Sept. 1	2007	9.	Corey Grove	North Carolina Opener	Chapel Hill, N.C.	5k	16:13.30
Sept. 1	2007	11.	Josh Cashman	North Carolina Opener	Chapel Hill, N.C.	5k	16:14.30
Sept. 1	2007	23.	Jacob Peters	North Carolina Opener	Chapel Hill, N.C.	5k	20:13.50
Sept. 8	2007	2.	Tamas Kovacs	Lou Onesty Invitational Away	Charlottesville, Va.	8k	24:37.6
Sept. 8	2007	6.	Jesse Cherry	Lou Onesty Invitational Away	Charlottesville, Va.	8k	25:11.7
Sept. 8	2007	15.	Josh Morgan	Lou Onesty Invitational Away	Charlottesville, Va.	8k	25:42.4
Sept. 8	2007	17.	Jevin Monds	Lou Onesty Invitational Away	Charlottesville, Va.	8k	25:49.2
Sept. 8	2007	50.	Josh Cashman	Lou Onesty Invitational Away	Charlottesville, Va.	8k	27:03.6
Sept. 8	2007	62.	Corey Grove	Lou Onesty Invitational Away	Charlottesville, Va.	8k	27:50.3
Sept. 8	2007	95.	Jacob Peters	Lou Onesty Invitational Away	Charlottesville, Va.	8k	32:10.9
Sept. 14	2007	1.	High Point	Big South Conference Preview	Hendersonville, N.C.	8k	24 pts.
Sept. 14	2007	1.	Tamas Kovacs	Big South Conference Preview	Hendersonville, N.C.	8k	25:56.0
Sept. 14	2007	2.	Jesse Cherry	Big South Conference Preview	Hendersonville, N.C.	8k	26:16.0
Sept. 14	2007	4.	Josh Morgan	Big South Conference Preview	Hendersonville, N.C.	8k	26:59.2
Sept. 14	2007	7.	Jevin Monds	Big South Conference Preview	Hendersonville, N.C.	8k	27:31.4
Sept. 14	2007	10.	Josh Cashman	Big South Conference Preview	Hendersonville, N.C.	8k	27:42.2
Sept. 14	2007	36.	Jacob Peters	Big South Conference Preview	Hendersonville, N.C.	8k	34:23.1
Sept. 28	2007	13.	High Point	Notre Dame Invitational	South Bend, Ind.	8k	370 pts.
Sept. 28	2007	2.	Tamas Kovacs	Notre Dame Invitational	South Bend, Ind.	8k	24:45
Sept. 28	2007	5.	Jesse Cherry	Notre Dame Invitational	South Bend, Ind.	8k	25:02
Sept. 28	2007	119.	Josh Cashman	Notre Dame Invitational	South Bend, Ind.	8k	26:59
Sept. 28	2007	125.	Jevin Monds	Notre Dame Invitational	South Bend, Ind.	8k	27:06
Sept. 28	2007	157.	Corey Grove	Notre Dame Invitational	South Bend, Ind.	8k	27:38
Oct. 12	2007	8.	High Point	Blue Ridge Mountain Open	Boone, N.C.	8k	244 pts.
Oct. 12	2007	52.	John Yankello	Blue Ridge Mountain Open	Boone, N.C.	8k	25:45.07
Oct. 12	2007	53.	Chris Colo	Blue Ridge Mountain Open	Boone, N.C.	8k	25:45.12
Oct. 12	2007	70.	Ben Robinson	Blue Ridge Mountain Open	Boone, N.C.	8k	26:05.96
Oct. 12	2007	75.	Dakota Peachee	Blue Ridge Mountain Open	Boone, N.C.	8k	26:17.68
Oct. 12	2007	92.	Kevin MaGuire	Blue Ridge Mountain Open	Boone, N.C.	8k	26:41.51
Oct. 12	2007	93.	Eddie Whitlock	Blue Ridge Mountain Open	Boone, N.C.	8k	26:43.43
Oct. 12	2007	112.	Kevin Kreider	Blue Ridge Mountain Open	Boone, N.C.	8k	27:30.42
Oct. 27	2007	2.	High Point	Big South Championship	Hendersonville, N.C.	8k	27 pts.
Oct. 27	2007	4.	Jesse Cherry	Big South Championship	Hendersonville, N.C.	8k	25:35.4
Oct. 27	2007	5.	Tamas Kovacs	Big South Championship	Hendersonville, N.C.	8k	25:40.3
Oct. 27	2007	14.	Josh Cashman	Big South Championship	Hendersonville, N.C.	8k	26:57.7
Oct. 27	2007	16.	Josh Morgan	Big South Championship	Hendersonville, N.C.	8k	29:59.3

EVENT-BY-EVENT RESULTS

Oct. 27	2007	19.	Jevin Monds	Big South Championship	Hendersonville, N.C.	8k	27:13.6
Oct. 27	2007	38.	Corey Grove	Big South Championship	Hendersonville, N.C.	8k	28:31.9
Oct. 27	2007	63.	Jacob Peters	Big South Championship	Hendersonville, N.C.	8k	33:08.6
Nov. 10	2007	15.	High Point	NCAA Southeast Regional	Louisville, Ky.	10k	412 pts.
Nov. 10	2007	30.	Tamas Kovacs	NCAA Southeast Regional	Louisville, Ky.	10k	31:00.70
Nov. 10	2007	33.	Jesse Cherry	NCAA Southeast Regional	Louisville, Ky.	10k	31:05.50
Nov. 10	2007	107.	Jevin Monds	NCAA Southeast Regional	Louisville, Ky.	10k	32:45.90
Nov. 10	2007	116.	Josh Morgan	NCAA Southeast Regional	Louisville, Ky.	10k	32:56.70
Nov. 10	2007	143.	Corey Grove	NCAA Southeast Regional	Louisville, Ky.	10k	32:49.35
Nov. 10	2007	169.	Josh Cashman	NCAA Southeast Regional	Louisville, Ky.	10k	34:45.35

<2008>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	3.	High Point	Liberty Invitational	Lynchburg, Va.	8k	72 pts.
Sept. 20	2008	4.	Anthony Berkis	Liberty Invitational	Lynchburg, Va.	8k	26:34.70
Sept. 20	2008	8.	Neal Darmody	Liberty Invitational	Lynchburg, Va.	8k	26:44.20
Sept. 20	2008	9.	Cole Atkins	Liberty Invitational	Lynchburg, Va.	8k	26:46.40
Sept. 20	2008	22.	Josh Cashman	Liberty Invitational	Lynchburg, Va.	8k	27:52.40
Sept. 20	2008	31.	Mike Feroe	Liberty Invitational	Lynchburg, Va.	8k	28:58.20
Sept. 20	2008	32.	Mike Ali	Liberty Invitational	Lynchburg, Va.	8k	29:15.30
Sept. 20	2008	35.	Scott McColleston	Liberty Invitational	Lynchburg, Va.	8k	29:37.40
Sept. 27	2008	18.	High Point	Roy Griak Invitational	Falcon Heights, Minn.	8k	483 pts.
Sept. 27	2008	26.	Jesse Cherry	Roy Griak Invitational	Falcon Heights, Minn.	8k	25:03.40
Sept. 27	2008	105.	Cole Atkins	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:00.40
Sept. 27	2008	119.	Josh Morgan	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:13.50
Sept. 27	2008	152.	Neal Darmody	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:46.00
Sept. 27	2008	160.	Anthony Berkis	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:53.80
Sept. 27	2008	192.	Josh Cashman	Roy Griak Invitational	Falcon Heights, Minn.	8k	27:41.40
Sept. 27	2008	204.	Danel Slaydon	Roy Griak Invitational	Falcon Heights, Minn.	8k	28:05.10
Oct. 17	2008	6.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	172 pts.
Oct. 17	2008	8.	Jesse Cherry	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	24:44
Oct. 17	2008	26.	Cole Atkins	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	25:27
Oct. 17	2008	39.	Anthony Berkis	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	25:45
Oct. 17	2008	70.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	26:25
Oct. 17	2008	87.	Josh Cashman	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	26:46
Oct. 17	2008	124.	Jevin Monds	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	27:25
Oct. 17	2008	125.	Mike Ali	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	27:25
Oct. 17	2008	33.	Scott McColleston	Blue Ridge Open	Boone, N.C.	8k	28:10
Oct. 17	2008	39.	Mike Feroe	Blue Ridge Open	Boone, N.C.	8k	28:33
Nov. 1	2008	2.	High Point	Big South Championship	Lynchburg, Va.	8k	64 pts.
Nov. 1	2008	3.	Jesse Cherry	Big South Championship	Lynchburg, Va.	8k	25:05.04
Nov. 1	2008	9.	Anthony Berkis	Big South Championship	Lynchburg, Va.	8k	26:07.49
Nov. 1	2008	13.	Josh Morgan	Big South Championship	Lynchburg, Va.	8k	26:31.29
Nov. 1	2008	16.	Neal Darmody	Big South Championship	Lynchburg, Va.	8k	26:55.87
Nov. 1	2008	24.	Josh Cashman	Big South Championship	Lynchburg, Va.	8k	27:29.66
Nov. 1	2008	28.	Danel Slaydon	Big South Championship	Lynchburg, Va.	8k	27:46.90
Nov. 1	2008	32.	Jevin Monds	Big South Championship	Lynchburg, Va.	8k	27:59.34
Nov. 1	2008	40.	Mike Ali	Big South Championship	Lynchburg, Va.	8k	28:33.05
Nov. 1	2008	47.	Scott McColleston	Big South Championship	Lynchburg, Va.	8k	29:08.11
Nov. 8	2008	2.	High Point	Wolfpack Invitational	Raleigh, N.C.	5k	30 pts.
Nov. 8	2008	3.	Anthony Berkis	Wolfpack Invitational	Raleigh, N.C.	5k	15:16
Nov. 8	2008	6.	Neal Darmody	Wolfpack Invitational	Raleigh, N.C.	5k	15:27
Nov. 8	2008	9.	Cole Atkins	Wolfpack Invitational	Raleigh, N.C.	5k	15:38
Nov. 8	2008	14.	Josh Cashman	Wolfpack Invitational	Raleigh, N.C.	5k	16:02
Nov. 8	2008	16.	Mike Ali	Wolfpack Invitational	Raleigh, N.C.	5k	16:08
Nov. 8	2008	23.	Jevin Monds	Wolfpack Invitational	Raleigh, N.C.	5k	16:36
Nov. 8	2008	33.	Mike Feroe	Wolfpack Invitational	Raleigh, N.C.	5k	17:27
Nov. 15	2008	14.	High Point	NCAA Southeast Regional	Clemmons, N.C.	10k	389 pts.
Nov. 15	2008	25.	Jesse Cherry	NCAA Southeast Regional	Clemmons, N.C.	10k	31:28.8
Nov. 15	2008	66.	Cole Atkins	NCAA Southeast Regional	Clemmons, N.C.	10k	32:36.0
Nov. 15	2008	70.	Neal Darmody	NCAA Southeast Regional	Clemmons, N.C.	10k	32:43.3
Nov. 15	2008	83.	Anthony Berkis	NCAA Southeast Regional	Clemmons, N.C.	10k	32:58.0
Nov. 15	2008	160.	Josh Cashman	NCAA Southeast Regional	Clemmons, N.C.	10k	34:51.7

<2009>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	1.	High Point	Wake Forest Relays	Winston-Salem, N.C.		6 pts.
Sept. 4	2009	2.	Anthony Berkis	Wake Forest Relays	Winston-Salem, N.C.		22:28
Sept. 4	2009	3.	Neal Darmody	Wake Forest Relays	Winston-Salem, N.C.		22:45
Sept. 4	2009	4.	Jevin Monds	Wake Forest Relays	Winston-Salem, N.C.		22:53
Sept. 4	2009	7.	Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.		23:00
Sept. 4	2009	8.	Stuart Edmonds	Wake Forest Relays	Winston-Salem, N.C.		23:02
Sept. 4	2009	9.	Jacob Smith	Wake Forest Relays	Winston-Salem, N.C.		23:12

EVENT-BY-EVENT RESULTS

Sept. 4	2009	10.	Dakota Peachee	Wake Forest Relays	Winston-Salem, N.C.	23:17
Sept. 4	2009	11.	Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.	23:23
Sept. 4	2009	t-30.	Mike Ali	Wake Forest Relays	Winston-Salem, N.C.	25:01
Sept. 4	2009	31.	Jonathan Riley	Wake Forest Relays	Winston-Salem, N.C.	25:25
Sept. 4	2009	32.	Mike Peavey	Wake Forest Relays	Winston-Salem, N.C.	25:38
Sept. 4	2009	33.	Mike Feroe	Wake Forest Relays	Winston-Salem, N.C.	25:46
Sept. 19	2009	3.	High Point	Big South Preview	Winston-Salem, N.C.	64 pts.
Sept. 19	2009	6.	High Point-Unattached	Big South Preview	Winston-Salem, N.C.	165 pts.
Sept. 19	2009	1.	Jesse Cherry	Big South Preview	Winston-Salem, N.C.	25:27
Sept. 19	2009	4.	Josh Morgan	Big South Preview	Winston-Salem, N.C.	26:38
Sept. 19	2009	5.	Neal Darmody	Big South Preview	Winston-Salem, N.C.	26:56
Sept. 19	2009	14.	Jevin Monds	Big South Preview	Winston-Salem, N.C.	27:39
Sept. 19	2009	18.	Jacob Smith	Big South Preview	Winston-Salem, N.C.	27:59
Sept. 19	2009	25.	Mike Ali	Big South Preview	Winston-Salem, N.C.	28:30
Sept. 19	2009	28.	Josh Cashman	Big South Preview	Winston-Salem, N.C.	28:36
Sept. 19	2009	37.	Mike Feroe	Big South Preview	Winston-Salem, N.C.	29:48
Sept. 19	2009	39.	Jonathan Riley	Big South Preview	Winston-Salem, N.C.	29:58
Sept. 19	2009	47.	Mike Peavey	Big South Preview	Winston-Salem, N.C.	30:48
Sept. 19	2009	50.	Mike Thiele	Big South Preview	Winston-Salem, N.C.	31:34
Sept. 19	2009	52.	Rob Pitts	Big South Preview	Winston-Salem, N.C.	31:48
Sept. 19	2009	55.	Alex Ruano	Big South Preview	Winston-Salem, N.C.	33:44
Sept. 19	2009	56.	Seth Harwood	Big South Preview	Winston-Salem, N.C.	35:24
Sept. 19	2009	57.	Robinson-Williams	Big South Preview	Winston-Salem, N.C.	36:12
Sept. 26	2009	12.	High Point	Ray Griak Invitational	St. Paul, Minn.	348 pts.
Sept. 26	2009	48.	Anthony Berkis	Ray Griak Invitational	St. Paul, Minn.	25:53.4
Sept. 26	2009	72.	Neal Darmody	Ray Griak Invitational	St. Paul, Minn.	26:05.6
Sept. 26	2009	89.	Stuart Edmonds	Ray Griak Invitational	St. Paul, Minn.	26:43.7
Sept. 26	2009	92.	Jacob Smith	Ray Griak Invitational	St. Paul, Minn.	26:46.9
Sept. 26	2009	94.	Jevin Monds	Ray Griak Invitational	St. Paul, Minn.	26:48.0
Sept. 26	2009	100.	Dakota Peachee	Ray Griak Invitational	St. Paul, Minn.	26:53.5
Sept. 26	2009	117.	Josh Cashman	Ray Griak Invitational	St. Paul, Minn.	27:18.6
Sept. 26	2009	161.	Josh Morgan	Ray Griak Invitational	St. Paul, Minn.	-
Oct. 16	2009	1.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.	76 pts.
Oct. 16	2009	7.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.	25:15.25
Oct. 16	2009	9.	Josh Morgan	Blue Ridge Open (Gold Race)	Boone, N.C.	25:26.27
Oct. 16	2009	19.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.	25:44.17
Oct. 16	2009	25.	Dakota Peachee	Blue Ridge Open (Gold Race)	Boone, N.C.	25:52.05
Oct. 16	2009	42.	Jevin Monds	Blue Ridge Open (Gold Race)	Boone, N.C.	26:11.03
Oct. 16	2009	56.	Stuart Edmonds	Blue Ridge Open (Gold Race)	Boone, N.C.	26:25.16
Oct. 16	2009	62.	Josh Cashman	Blue Ridge Open (Gold Race)	Boone, N.C.	26:32.87
Oct. 16	2009	15.	Mike Ali	Blue Ridge Open	Boone, N.C.	27:28.60
Oct. 16	2009	21.	Jonathan Riley	Blue Ridge Open	Boone, N.C.	27:50.21
Oct. 16	2009	53.	Mike Thiele	Blue Ridge Open	Boone, N.C.	29:33.19
Oct. 16	2009	61.	Mike Peavey	Blue Ridge Open	Boone, N.C.	29:48.61
Oct. 31	2009	2.	High Point	Big South Championship	Winston-Salem, N.C.	46 pts.
Oct. 31	2009	3.	Josh Morgan	Big South Championship	Winston-Salem, N.C.	25:48
Oct. 31	2009	7.	Neal Darmody	Big South Championship	Winston-Salem, N.C.	26:13
Oct. 31	2009	9.	Jacob Smith	Big South Championship	Winston-Salem, N.C.	26:24
Oct. 31	2009	13.	Stuart Edmonds	Big South Championship	Winston-Salem, N.C.	26:35
Oct. 31	2009	14.	Dakota Peachee	Big South Championship	Winston-Salem, N.C.	26:38
Oct. 31	2009	18.	Josh Cashman	Big South Championship	Winston-Salem, N.C.	27:09
Oct. 31	2009	29.	Mike Ali	Big South Championship	Winston-Salem, N.C.	27:43
Oct. 31	2009	35.	Jevin Monds	Big South Championship	Winston-Salem, N.C.	27:57
Oct. 31	2009	60.	Mike Peavey	Big South Championship	Winston-Salem, N.C.	29:57
Oct. 31	2009	65.	Mike Thiele	Big South Championship	Winston-Salem, N.C.	30:45
Nov. 14	2009	16.	High Point	NCAA Southeast Regional	Louisville, Ky.	144 pts.
Nov. 14	2009	63.	Neal Darmody	NCAA Southeast Regional	Louisville, Ky.	32:15.30
Nov. 14	2009	73.	Jevin Monds	NCAA Southeast Regional	Louisville, Ky.	32:23.42
Nov. 14	2009	117.	Stuart Edmonds	NCAA Southeast Regional	Louisville, Ky.	33:08.88
Nov. 14	2009	121.	Josh Cashman	NCAA Southeast Regional	Louisville, Ky.	33:16.41
Nov. 14	2009	139.	Jacob Smith	NCAA Southeast Regional	Louisville, Ky.	33:37.86
Nov. 14	2009	145.	Dakota Peachee	NCAA Southeast Regional	Louisville, Ky.	33:47.99

<2010>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	2.	High Point	Covered Bridge Open	Boone, N.C.		75 pts.
Sept. 3	2010	2.	Patrick Crawford	Covered Bridge Open	Boone, N.C.		19:42.66
Sept. 3	2010	4.	Neal Darmody	Covered Bridge Open	Boone, N.C.		19:46.55
Sept. 3	2010	9.	Jevin Monds	Covered Bridge Open	Boone, N.C.		20:06.47
Sept. 3	2010	23.	Jacob Smith	Covered Bridge Open	Boone, N.C.		20:27.67
Sept. 3	2010	39.	John Yankello	Covered Bridge Open	Boone, N.C.		20:46.05
Sept. 3	2010	68.	Jacob Smith	Covered Bridge Open	Boone, N.C.		21:13.60
Sept. 3	2010	70.	Mike Feroe	Covered Bridge Open	Boone, N.C.		21:16.01
Sept. 3	2010	93.	Mike Ali	Covered Bridge Open	Boone, N.C.		22:02.08

EVENT-BY-EVENT RESULTS

Sept. 3	2010	99.	Jonathan Riley	Covered Bridge Open	Boone, N.C.	22:09.16
Sept. 3	2010	109.	Anthony Kilar	Covered Bridge Open	Boone, N.C.	22:57.22
Sept. 3	2010	114.	Mike Peavey	Covered Bridge Open	Boone, N.C.	23:35.31
Sept. 25	2010	1.	High Point	Big South Preview	Blacksburg, Va.	38 pts.
Sept. 25	2010	2.	Jevin Monds	Big South Preview	Blacksburg, Va.	26:15.63
Sept. 25	2010	3.	Patrick Crawford	Big South Preview	Blacksburg, Va.	26:19.12
Sept. 25	2010	7.	Neal Darmody	Big South Preview	Blacksburg, Va.	27:02.49
Sept. 25	2010	12.	Dakota Peachee	Big South Preview	Blacksburg, Va.	27:27.03
Sept. 25	2010	14.	Jacob Roach	Big South Preview	Blacksburg, Va.	27:32.98
Sept. 25	2010	20.	Jacob Smith	Big South Preview	Blacksburg, Va.	27:48.98
Sept. 25	2010	21.	John Yankello	Big South Preview	Blacksburg, Va.	27:55.38
Sept. 25	2010	24.	Mike Ali	Big South Preview	Blacksburg, Va.	28:00.78
Sept. 25	2010	28.	Mike Feroe	Big South Preview	Blacksburg, Va.	28:25.79
Sept. 25	2010	42.	Jonathan Riley	Big South Preview	Blacksburg, Va.	29:30.86
Sept. 25	2010	51.	Mike Peavey	Big South Preview	Blacksburg, Va.	30:32.28
Sept. 25	2010	52.	Anthony Kilar	Big South Preview	Blacksburg, Va.	30:43.09
Oct. 1	2010	14.	High Point	Paul Short Invitational	Bethlehem, Pa.	461 pts.
Oct. 1	2010	39.	Neal Darmody	Paul Short Invitational	Bethlehem, Pa.	24:45
Oct. 1	2010	46.	Patrick Crawford	Paul Short Invitational	Bethlehem, Pa.	24:51
Oct. 1	2010	78.	Jevin Monds	Paul Short Invitational	Bethlehem, Pa.	25:05
Oct. 1	2010	145.	Dakota Peachee	Paul Short Invitational	Bethlehem, Pa.	25:28
Oct. 1	2010	158.	Jacob Smith	Paul Short Invitational	Bethlehem, Pa.	25:31
Oct. 1	2010	258.	Jacob Roach	Paul Short Invitational	Bethlehem, Pa.	26:13
Oct. 1	2010	329.	John Yankello	Paul Short Invitational	Bethlehem, Pa.	26:56
Oct. 2	2010	-	High Point	Hagan-Stone Classic	Greensboro, N.C.	NTS
Oct. 2	2010	3.	Mike Ali	Hagan-Stone Classic	Greensboro, N.C.	26:58.8
Oct. 2	2010	5.	Mike Feroe	Hagan-Stone Classic	Greensboro, N.C.	27:09.7
Oct. 2	2010	12.	Jonathan Riley	Hagan-Stone Classic	Greensboro, N.C.	27:30.7
Oct. 2	2010	25.	Anthony Kilar	Hagan-Stone Classic	Greensboro, N.C.	28:42.4
Oct. 15	2010	2.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.	63 pts.
Oct. 15	2010	1.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.	24:35.9
Oct. 15	2010	6.	Patrick Crawford	Blue Ridge Open (Gold Race)	Boone, N.C.	24:57.5
Oct. 15	2010	16.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.	25:19.5
Oct. 15	2010	29.	Jacob Roach	Blue Ridge Open (Gold Race)	Boone, N.C.	25:38.6
Oct. 15	2010	34.	Dakota Peachee	Blue Ridge Open (Gold Race)	Boone, N.C.	25:45.1
Oct. 15	2010	45.	John Yankello	Blue Ridge Open (Gold Race)	Boone, N.C.	26:02.8
Oct. 15	2010	67.	Mike Ali	Blue Ridge Open (Gold Race)	Boone, N.C.	26:29.5
Oct. 15	2010	87.	Mike Feroe	Blue Ridge Open (Gold Race)	Boone, N.C.	26:47.8
Oct. 15	2010	4.	Jonathan Riley	Blue Ridge Open	Boone, N.C.	26:56.1
Oct. 15	2010	10.	Anthony Kilar	Blue Ridge Open	Boone, N.C.	27:42.7
Oct. 15	2010	28.	Mike Peavey	Blue Ridge Open	Boone, N.C.	29:51.5
Oct. 30	2010	2.	High Point	Big South Championship	Blacksburg, Va.	45 pts.
Oct. 30	2010	4.	Neal Darmody	Big South Championship	Blacksburg, Va.	24:53.96
Oct. 30	2010	6.	Patrick Crawford	Big South Championship	Blacksburg, Va.	25:01.85
Oct. 30	2010	10.	Jevin Monds	Big South Championship	Blacksburg, Va.	25:27.81
Oct. 30	2010	12.	Jacob Smith	Big South Championship	Blacksburg, Va.	25:30.04
Oct. 30	2010	13.	Dakota Peachee	Big South Championship	Blacksburg, Va.	25:44.63
Oct. 30	2010	15.	Jacob Roach	Big South Championship	Blacksburg, Va.	25:53.05
Oct. 30	2010	21.	John Yankello	Big South Championship	Blacksburg, Va.	26:22.54
Oct. 30	2010	26.	Mike Ali	Big South Championship	Blacksburg, Va.	26:47.13
Oct. 30	2010	35.	Jonathan Riley	Big South Championship	Blacksburg, Va.	27:15.22
Oct. 30	2010	60.	Mike Feroe	Big South Championship	Blacksburg, Va.	28:59.55
Nov. 13	2010	12.	High Point	NCAA Southeast Regional	Louisville, Ky.	10k 506 pts.
Nov. 13	2010	34.	Neal Darmody	NCAA Southeast Regional	Louisville, Ky.	10k 31:34.8
Nov. 13	2010	36.	Patrick Crawford	NCAA Southeast Regional	Louisville, Ky.	10k 31:40.1
Nov. 13	2010	76.	Jevin Monds	NCAA Southeast Regional	Louisville, Ky.	10k 32:37.4
Nov. 13	2010	107.	Jacob Smith	NCAA Southeast Regional	Louisville, Ky.	10k 33:12.5
Nov. 13	2010	111.	Jacob Roach	NCAA Southeast Regional	Louisville, Ky.	10k 33:17.1
Nov. 13	2010	151.	Mike Ali	NCAA Southeast Regional	Louisville, Ky.	10k 34:06.2
Nov. 13	2010	219.	John Yankello	NCAA Southeast Regional	Louisville, Ky.	10k 36:50.93

<2011>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	3.	High Point	Covered Bridge Open	Boone, N.C.	8k	85 pts.
Sept. 2	2011	7.	Jacob Smith	Covered Bridge Open	Boone, N.C.	8k	25:51.9
Sept. 2	2011	9.	Jeff LaCoste	Covered Bridge Open	Boone, N.C.	8k	26:01.3
Sept. 2	2011	17.	Patrick Crawford	Covered Bridge Open	Boone, N.C.	8k	26:20.8
Sept. 2	2011	20.	Neal Darmody	Covered Bridge Open	Boone, N.C.	8k	26:26.4
Sept. 2	2011	32.	Dakota Peachee	Covered Bridge Open	Boone, N.C.	8k	26:44.5
Sept. 2	2011	42.	Chris Colo	Covered Bridge Open	Boone, N.C.	8k	27:06.0
Sept. 2	2011	57.	John Yankello	Covered Bridge Open	Boone, N.C.	8k	27:37.1
Sept. 2	2011	63.	Mike Ali	Covered Bridge Open	Boone, N.C.	8k	27:45.1
Sept. 2	2011	69.	Michael Colven	Covered Bridge Open	Boone, N.C.	8k	27:58.4
Sept. 2	2011	87.	Mike Feroe	Covered Bridge Open	Boone, N.C.	8k	28:49.7

EVENT-BY-EVENT RESULTS

Sept. 2	2011	97.	Jonathan Riley	Covered Bridge Open	Boone, N.C.	8k	29:14.8
Sept. 2	2011	102.	Anthony Kilar	Covered Bridge Open	Boone, N.C.	8k	30:02.4
Sept. 17	2011	2.	High Point	Big South Preview	Conway, S.C.		40 pts.
Sept. 17	2011	2.	Patrick Crawford	Big South Preview	Conway, S.C.		24:57
Sept. 17	2011	5.	Jacob Smith	Big South Preview	Conway, S.C.		25:16
Sept. 17	2011	7.	Dakota Peachee	Big South Preview	Conway, S.C.		25:33
Sept. 17	2011	10.	Neal Darmody	Big South Preview	Conway, S.C.		25:52
Sept. 17	2011	16.	Reece Ayers	Big South Preview	Conway, S.C.		26:06
Sept. 17	2011	17.	John Yankello	Big South Preview	Conway, S.C.		26:17
Sept. 17	2011	21.	Mike Ali	Big South Preview	Conway, S.C.		26:47
Sept. 17	2011	25.	Jonathan Riley	Big South Preview	Conway, S.C.		26:53
Sept. 17	2011	33.	Mike Feroe	Big South Preview	Conway, S.C.		27:17
Sept. 17	2011	36.	Anthony Kilar	Big South Preview	Conway, S.C.		27:31
Sept. 17	2011	39.	Michael Colven	Big South Preview	Conway, S.C.		27:45
Sept. 30	2011	30.	High Point	Paul Short Invitational	Bethlehem, Pa.		909 pts.
Sept. 30	2011	63.	Patrick Crawford	Paul Short Invitational	Bethlehem, Pa.		25:18
Sept. 30	2011	210.	Jacob Smith	Paul Short Invitational	Bethlehem, Pa.		26:10
Sept. 30	2011	234.	Reece Ayers	Paul Short Invitational	Bethlehem, Pa.		26:21
Sept. 30	2011	254.	Dakota Peachee	Paul Short Invitational	Bethlehem, Pa.		26:33
Sept. 30	2011	264.	Neal Darmody	Paul Short Invitational	Bethlehem, Pa.		26:37
Sept. 30	2011	283.	John Yankello	Paul Short Invitational	Bethlehem, Pa.		27:24
Oct. 1	2011	3.	High Point	Hagan-Stone Classic	Greensboro, N.C.		58 pts.
Oct. 1	2011	3.	Jonathan Riley	Hagan-Stone Classic	Greensboro, N.C.		26:47.01
Oct. 1	2011	8.	Chris Colo	Hagan-Stone Classic	Greensboro, N.C.		27:25.73
Oct. 1	2011	11.	Mike Feroe	Hagan-Stone Classic	Greensboro, N.C.		27:29.38
Oct. 1	2011	14.	Michael Colven	Hagan-Stone Classic	Greensboro, N.C.		27:37.06
Oct. 1	2011	28.	Anthony Kilar	Hagan-Stone Classic	Greensboro, N.C.		28:45.91
Oct. 14	2011	3.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.		96 pts.
Oct. 14	2011	3.	Patrick Crawford	Blue Ridge Open (Gold Race)	Boone, N.C.		24:38.2
Oct. 14	2011	5.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.		25:06.1
Oct. 14	2011	25.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.		25:46.9
Oct. 14	2011	41.	Reece Ayers	Blue Ridge Open (Gold Race)	Boone, N.C.		26:02.1
Oct. 14	2011	44.	John Yankello	Blue Ridge Open (Gold Race)	Boone, N.C.		26:07.8
Oct. 14	2011	66.	Mike Ali	Blue Ridge Open (Gold Race)	Boone, N.C.		26:31.1
Oct. 14	2011	92.	Jonathan Riley	Blue Ridge Open (Gold Race)	Boone, N.C.		27:03.1
Oct. 14	2011	3.	Chris Colo	Blue Ridge Open	Boone, N.C.	8k	26:34.3
Oct. 14	2011	15.	Michael Colven	Blue Ridge Open	Boone, N.C.	8k	27:55.6
Oct. 14	2011	16.	Anthony Kilar	Blue Ridge Open	Boone, N.C.	8k	28:19.1
Oct. 29	2011	2.	High Point	Big South Championship	Conway, S.C.		40 pts.
Oct. 29	2011	2.	Jacob Smith	Big South Championship	Conway, S.C.		24:14
Oct. 29	2011	3.	Patrick Crawford	Big South Championship	Conway, S.C.		24:15
Oct. 29	2011	4.	Neal Darmody	Big South Championship	Conway, S.C.		24:28
Oct. 29	2011	15.	Dakota Peachee	Big South Championship	Conway, S.C.		25:19
Oct. 29	2011	16.	Reece Ayers	Big South Championship	Conway, S.C.		25:21
Oct. 29	2011	19.	Mike Ali	Big South Championship	Conway, S.C.		25:32
Oct. 29	2011	21.	John Yankello	Big South Championship	Conway, S.C.		25:36
Oct. 29	2011	24.	Chris Colo	Big South Championship	Conway, S.C.		25:44
Oct. 29	2011	26.	Jonathan Riley	Big South Championship	Conway, S.C.		25:52
Oct. 29	2011	36.	Mike Feroe	Big South Championship	Conway, S.C.		26:12
Nov. 12	2011	15.	High Point	NCAA Southeast Regional	Louisville, Ky.		
Nov. 12	2011	38.	Patrick Crawford	NCAA Southeast Regional	Louisville, Ky.		31:11.9
Nov. 12	2011	56.	Jacob Smith	NCAA Southeast Regional	Louisville, Ky.		31:36.9
Nov. 12	2011	76.	Neal Darmody	NCAA Southeast Regional	Louisville, Ky.		32:03.9
Nov. 12	2011	125.	John Yankello	NCAA Southeast Regional	Louisville, Ky.		33:02.1
Nov. 12	2011	131.	Mike Ali	NCAA Southeast Regional	Louisville, Ky.		33:11.6
Nov. 12	2011	165.	Reece Ayers	NCAA Southeast Regional	Louisville, Ky.		34:10.6
Nov. 12	2011	DNF	Dakota Peachee	NCAA Southeast Regional	Louisville, Ky.		-

<2012>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2012	1.	High Point	Demon Deacon Quad	Winston-Salem, N.C.		8
Aug. 31	2012	1.	Patrick Crawford / Jeff Lacoste	Demon Deacon Quad	Winston-Salem, N.C.		47:59
Aug. 31	2012	2.	Reece Ayers / Paddy Grandinali	Demon Deacon Quad	Winston-Salem, N.C.		48:27
Aug. 31	2012	5.	Kevin McGuire / Ben Robinson	Demon Deacon Quad	Winston-Salem, N.C.		49:10
Aug. 31	2012	6.	Dakota Peachee / Cody Seymour	Demon Deacon Quad	Winston-Salem, N.C.		49:12
Aug. 31	2012	12.	John Yankello / Chris Colo	Demon Deacon Quad	Winston-Salem, N.C.		50:59
Aug. 31	2012	13.	Kevin Kreider / Zach Hostetler	Demon Deacon Quad	Winston-Salem, N.C.		51:14
Sept. 15	2012	5.	High Point	adidas/Winthrop Invitational	Rock Hill, S.C.		160 pts.
Sept. 15	2012	14.	Patrick Crawford	adidas/Winthrop Invitational	Rock Hill, S.C.		25:18.12
Sept. 15	2012	31.	Reece Ayers	adidas/Winthrop Invitational	Rock Hill, S.C.		25:53.43
Sept. 15	2012	34.	Paddy Grandinali	adidas/Winthrop Invitational	Rock Hill, S.C.		26:01.13
Sept. 15	2012	40.	Cody Seymour	adidas/Winthrop Invitational	Rock Hill, S.C.		26:11.54
Sept. 15	2012	49.	Chris Colo	adidas/Winthrop Invitational	Rock Hill, S.C.		26:23.32
Sept. 15	2012	54.	John Yankello	adidas/Winthrop Invitational	Rock Hill, S.C.		26:33.23

EVENT-BY-EVENT RESULTS

Sept. 15	2012	56.	Ben Robinson	adidas/Winthrop Invitational	Rock Hill, S.C.	26:38.23
Sept. 15	2012	59.	Kevin MaGuire	adidas/Winthrop Invitational	Rock Hill, S.C.	26:41.98
Sept. 15	2012	74.	Eddie Whitlock	adidas/Winthrop Invitational	Rock Hill, S.C.	27:05.87
Sept. 15	2012	93.	Zach Hostetler	adidas/Winthrop Invitational	Rock Hill, S.C.	27:31.52
Sept. 15	2012	102.	Kevin Kreider	adidas/Winthrop Invitational	Rock Hill, S.C.	27:50.13
Sept. 15	2012	116.	Dakota Peachee	adidas/Winthrop Invitational	Rock Hill, S.C.	28:09.22
Sept. 28	2012	5.	High Point	Charlotte Invitational	Charlotte, N.C.	154 pts.
Sept. 28	2012	6.	Benji Szalai	Charlotte Invitational	Charlotte, N.C.	24:34.89
Sept. 28	2012	11.	Patrick Crawford	Charlotte Invitational	Charlotte, N.C.	24:50.13
Sept. 28	2012	27.	Jacob Smith	Charlotte Invitational	Charlotte, N.C.	25:16.43
Sept. 28	2012	43.	Paddy Grandinali	Charlotte Invitational	Charlotte, N.C.	25:40.72
Sept. 28	2012	67.	Chris Colo	Charlotte Invitational	Charlotte, N.C.	26:08.95
Sept. 28	2012	83.	John Yankello	Charlotte Invitational	Charlotte, N.C.	26:24.11
Sept. 28	2012	2.	High Point	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	40 pts.
Sept. 28	2012	1.	Jeff LaCoste	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	25:33
Sept. 28	2012	6.	Cody Seymour	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	25:57
Sept. 28	2012	7.	Ben Robinson	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	26:05
Sept. 28	2012	9.	Kevin MaGuire	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	26:18
Sept. 28	2012	17.	Eddie Whitlock	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	26:59
Sept. 28	2012	18.	Zach Hostetler	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	27:27
Sept. 28	2012	22.	Kevin Kreider	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	27:46
Oct. 12	2012	8.	High Point	Blue Ridge Open	Boone, N.C.	244 pts.
Oct. 12	2012	52.	John Yankello	Blue Ridge Open	Boone, N.C.	25:45.07
Oct. 12	2012	53.	Chris Colo	Blue Ridge Open	Boone, N.C.	25:45.12
Oct. 12	2012	70.	Ben Robinson	Blue Ridge Open	Boone, N.C.	26:05.96
Oct. 12	2012	75.	Dakota Peachee	Blue Ridge Open	Boone, N.C.	26:17.58
Oct. 12	2012	92.	Kevin MaGuire	Blue Ridge Open	Boone, N.C.	26:41.51
Oct. 12	2012	93.	Eddie Whitlock	Blue Ridge Open	Boone, N.C.	26:43.43
Oct. 12	2012	112.	Kevin Kreider	Blue Ridge Open	Boone, N.C.	27:30.42
Oct. 13	2012	9.	High Point	Chile Pepper Festival	Fayetteville, Ark.	10k 259 pts
Oct. 13	2012	34.	Jacob Smith	Chile Pepper Festival	Fayetteville, Ark.	10k 31:49.4
Oct. 13	2012	36.	Jeff LaCoste	Chile Pepper Festival	Fayetteville, Ark.	10k 31:52.4
Oct. 13	2012	70.	Patrick Crawford	Chile Pepper Festival	Fayetteville, Ark.	10k 32:29.3
Oct. 13	2012	90.	Paddy Grandinali	Chile Pepper Festival	Fayetteville, Ark.	10k 32:49.4
Oct. 13	2012	105.	Cody Seymour	Chile Pepper Festival	Fayetteville, Ark.	10k 32:59.2
Oct. 13	2012	143.	Reece Ayers	Chile Pepper Festival	Fayetteville, Ark.	10k 33:30.4
Oct. 13	2012	DNF	Benji Szalai	Chile Pepper Festival	Fayetteville, Ark.	10k -
Oct. 27	2012	2.	High Point	Big South Championship	Rock Hill, S.C.	49 pts.
Oct. 27	2012	1.	Jacob Smith	Big South Championship	Rock Hill, S.C.	24:35.79
Oct. 27	2012	5.	Patrick Crawford	Big South Championship	Rock Hill, S.C.	24:52.27
Oct. 27	2012	8.	Jeff LaCoste	Big South Championship	Rock Hill, S.C.	25:17.51
Oct. 27	2012	16.	Paddy Grandinali	Big South Championship	Rock Hill, S.C.	25:40.78
Oct. 27	2012	19.	Chris Colo	Big South Championship	Rock Hill, S.C.	26:00.40
Oct. 27	2012	20.	Reece Ayers	Big South Championship	Rock Hill, S.C.	26:03.34
Oct. 27	2012	24.	Ben Robinson	Big South Championship	Rock Hill, S.C.	26:12.91
Oct. 27	2012	34.	Benji Szalai	Big South Championship	Rock Hill, S.C.	26:33.35
Oct. 27	2012	36.	John Yankello	Big South Championship	Rock Hill, S.C.	26:36.55
Oct. 27	2012	62.	Cody Seymour	Big South Championship	Rock Hill, S.C.	27:58.85
Nov. 9	2012	17.	High Point	NCAA Southeast Regional	Charlotte, N.C.	432 pts.
Nov. 9	2012	68.	Jeff LaCoste	NCAA Southeast Regional	Charlotte, N.C.	31:43.97
Nov. 9	2012	71.	Patrick Crawford	NCAA Southeast Regional	Charlotte, N.C.	31:46.24
Nov. 9	2012	81.	Jacob Smith	NCAA Southeast Regional	Charlotte, N.C.	31:59.83
Nov. 9	2012	101.	Benji Szalai	NCAA Southeast Regional	Charlotte, N.C.	32:27.63
Nov. 9	2012	111.	Reece Ayers	NCAA Southeast Regional	Charlotte, N.C.	32:36.31
Nov. 9	2012	137.	Paddy Grandinali	NCAA Southeast Regional	Charlotte, N.C.	33:08.50
Nov. 9	2012	138.	Chris Colo	NCAA Southeast Regional	Charlotte, N.C.	33:10.61

<2013>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	2.	High Point	Western Carolina XC Invitational	Cullowhee, N.C.		43 pts.
Aug. 30	2013	2.	Patrick Crawford	Western Carolina XC Invitational	Cullowhee, N.C.		15:02.34
Aug. 30	2013	5.	Jeff LaCoste	Western Carolina XC Invitational	Cullowhee, N.C.		15:19.90
Aug. 30	2013	7.	Paddy Grandinali	Western Carolina XC Invitational	Cullowhee, N.C.		15:24.60
Aug. 30	2013	9.	Reece Ayers	Western Carolina XC Invitational	Cullowhee, N.C.		15:26.99
Aug. 30	2013	20.	Vinny Todaro	Western Carolina XC Invitational	Cullowhee, N.C.		15:51.81
Aug. 30	2013	25.	Chris Colo	Western Carolina XC Invitational	Cullowhee, N.C.		16:04.08
Aug. 30	2013	26.	John Yankello	Western Carolina XC Invitational	Cullowhee, N.C.		16:05.48
Aug. 30	2013	27.	Chernet Sisay	Western Carolina XC Invitational	Cullowhee, N.C.		16:06.64
Aug. 30	2013	28.	Kevin MaGuire	Western Carolina XC Invitational	Cullowhee, N.C.		16:10.00
Aug. 30	2013	35.	Mason Lenox	Western Carolina XC Invitational	Cullowhee, N.C.		16:21.03
Aug. 30	2013	49.	Cody Seymour	Western Carolina XC Invitational	Cullowhee, N.C.		16:36.79
Aug. 30	2013	57.	Zach Hostetler	Western Carolina XC Invitational	Cullowhee, N.C.		16:50.60
Sept. 14	2013	2.	High Point	Furman XC Classic	Greenville, S.C.		63 pts.
Sept. 14	2013	1.	Patrick Crawford	Furman XC Classic	Greenville, S.C.		23:46.67

EVENT-BY-EVENT RESULTS

Sept. 14	2013	3.	Jeff LaCoste	Furman XC Classic	Greenville, S.C.	23:59.58
Sept. 14	2013	14.	Benji Szalai	Furman XC Classic	Greenville, S.C.	24:29.97
Sept. 14	2013	19.	Paddy Grandinali	Furman XC Classic	Greenville, S.C.	24:35.55
Sept. 14	2013	26.	Reece Ayers	Furman XC Classic	Greenville, S.C.	24:52.14
Sept. 14	2013	30.	Vinny Todaro	Furman XC Classic	Greenville, S.C.	25:01.62
Sept. 14	2013	36.	Chernet Sisay	Furman XC Classic	Greenville, S.C.	25:08.19
Sept. 14	2013	45.	John Yankello	Furman XC Classic	Greenville, S.C.	25:24.06
Sept. 14	2013	50.	Cody Seymour	Furman XC Classic	Greenville, S.C.	25:33.93
Sept. 14	2013	53.	Chris Colo	Furman XC Classic	Greenville, S.C.	25:36.85
Sept. 14	2013	63.	Kevin MaGuire	Furman XC Classic	Greenville, S.C.	25:53.25
Sept. 14	2013	69.	Mason Lenox	Furman XC Classic	Greenville, S.C.	26:22.71
Sept. 21	2013	2.	High Point	VMI Invitational	Buena Vista, Va.	51 pts.
Sept. 21	2013	6.	Patrick Crawford	VMI Invitational	Buena Vista, Va.	26:59.88
Sept. 21	2013	7.	Jeff LaCoste	VMI Invitational	Buena Vista, Va.	27:08.12
Sept. 21	2013	10.	Benji Szalai	VMI Invitational	Buena Vista, Va.	27:27.64
Sept. 21	2013	12.	Paddy Grandinali	VMI Invitational	Buena Vista, Va.	27:35.49
Sept. 21	2013	16.	Chernet Sisay	VMI Invitational	Buena Vista, Va.	27:48.15
Sept. 21	2013	17.	Reece Ayers	VMI Invitational	Buena Vista, Va.	27:50.89
Sept. 21	2013	22.	John Yankello	VMI Invitational	Buena Vista, Va.	28:02.46
Sept. 21	2013	25.	Kevin MaGuire	VMI Invitational	Buena Vista, Va.	28:14.70
Sept. 21	2013	26.	Chris Colo	VMI Invitational	Buena Vista, Va.	28:17.10
Sept. 21	2013	29.	Mason Lenox	VMI Invitational	Buena Vista, Va.	28:36.65
Sept. 21	2013	39.	Cody Seymour	VMI Invitational	Buena Vista, Va.	28:55.95
Sept. 21	2013	52.	Vinny Todaro	VMI Invitational	Buena Vista, Va.	29:30.13
Sept. 21	2013	64.	Zach Hostetler	VMI Invitational	Buena Vista, Va.	30:34.36
Sept. 28	2013	10.	High Point	Virginia/Panorama Farms Invitational	Earlsville, Va.	239 pts.
Sept. 28	2013	22.	Jeff LaCoste	Virginia/Panorama Farms Invitational	Earlsville, Va.	24:14.9
Sept. 28	2013	42.	Benji Szalai	Virginia/Panorama Farms Invitational	Earlsville, Va.	24:42.8
Sept. 28	2013	60.	Paddy Grandinali	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:08.9
Sept. 28	2013	61.	Reece Ayers	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:09.5
Sept. 28	2013	64.	Patrick Crawford	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:17.4
Sept. 28	2013	80.	Chernet Sisay	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:42.4
Sept. 28	2013	90.	John Yankello	Virginia/Panorama Farms Invitational	Earlsville, Va.	26:04.1
Sept. 28	2013	-	High Point	Greensboro XC Invitational	Greensboro, N.C.	NTS
Sept. 28	2013	1.	Chris Colo	Greensboro XC Invitational	Greensboro, N.C.	26:08.24
Sept. 28	2013	2.	Kevin MaGuire	Greensboro XC Invitational	Greensboro, N.C.	26:12.05
Sept. 28	2013	3.	Cody Seymour	Greensboro XC Invitational	Greensboro, N.C.	26:37.74
Sept. 28	2013	4.	Mason Lenox	Greensboro XC Invitational	Greensboro, N.C.	26:42.49
Sept. 28	2013	-	Zach Hostetler	Greensboro XC Invitational	Greensboro, N.C.	27:28.51
Oct. 18	2013	6.	High Point	Blue Ridge Open	Boone, N.C.	168 pts.
Oct. 18	2013	4.	Jeff LaCoste	Blue Ridge Open	Boone, N.C.	24:37.06
Oct. 18	2013	14.	Paddy Grandinali	Blue Ridge Open	Boone, N.C.	25:12.86
Oct. 18	2013	43.	Benji Szalai	Blue Ridge Open	Boone, N.C.	25:36.38
Oct. 18	2013	49.	Chris Colo	Blue Ridge Open	Boone, N.C.	25:43.14
Oct. 18	2013	91.	Cody Seymour	Blue Ridge Open	Boone, N.C.	26:25.67
Oct. 18	2013	103.	Chernet Sisay	Blue Ridge Open	Boone, N.C.	26:37.54
Oct. 18	2013	112.	Kevin MaGuire	Blue Ridge Open	Boone, N.C.	26:45.14
Oct. 18	2013	139.	Reece Ayers	Blue Ridge Open	Boone, N.C.	27:11.44
Oct. 18	2013	143	Vinny Todaro	Blue Ridge Open	Boone, N.C.	27:15.82
Nov. 2	2013	2.	High Point	Big South Championship	Buena Vista, Va.	48 pts.
Nov. 2	2013	1.	Patrick Crawford	Big South Championship	Buena Vista, Va.	25:32.28
Nov. 2	2013	2.	Jeff LaCoste	Big South Championship	Buena Vista, Va.	25:52.84
Nov. 2	2013	12.	Paddy Grandinali	Big South Championship	Buena Vista, Va.	26:55.42
Nov. 2	2013	14.	Reece Ayers	Big South Championship	Buena Vista, Va.	27:06.53
Nov. 2	2013	19.	Chris Colo	Big South Championship	Buena Vista, Va.	27:17.36
Nov. 2	2013	22.	Benji Szalai	Big South Championship	Buena Vista, Va.	27:22.47
Nov. 2	2013	27.	Kevin MaGuire	Big South Championship	Buena Vista, Va.	27:38.62
Nov. 2	2013	32.	Cody Seymour	Big South Championship	Buena Vista, Va.	27:53.53
Nov. 2	2013	51.	Vinny Todaro	Big South Championship	Buena Vista, Va.	28:28.69
Nov. 15	2013	9.	High Point	NCAA Southeast Regional	Earlsville, Va.	264 pts.
Nov. 15	2013	16.	Jeff LaCoste	NCAA Southeast Regional	Earlsville, Va.	29:35.2
Nov. 15	2013	20.	Patrick Crawford	NCAA Southeast Regional	Earlsville, Va.	29:41.8
Nov. 15	2013	50.	Benji Szalai	NCAA Southeast Regional	Earlsville, Va.	30:35.6
Nov. 15	2013	83.	Paddy Grandinali	NCAA Southeast Regional	Earlsville, Va.	31:05.5
Nov. 15	2013	98.	Chris Colo	NCAA Southeast Regional	Earlsville, Va.	31:21.1
Nov. 15	2013	117.	Reece Ayers	NCAA Southeast Regional	Earlsville, Va.	31:39.2
Nov. 15	2013	170.	Chernet Sisay	NCAA Southeast Regional	Earlsville, Va.	32:43.8

<2014>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 13	2014	1.	High Point	Gardner-Webb Invitational	Boiling Springs, N.C.		28 pts.
Sept. 13	2014	2.	Jeff LaCoste	Gardner-Webb Invitational	Boiling Springs, N.C.		25:44.78
Sept. 13	2014	4.	Paddy Grandinali	Gardner-Webb Invitational	Boiling Springs, N.C.		25:48.94
Sept. 13	2014	6.	James Quattlebaum	Gardner-Webb Invitational	Boiling Springs, N.C.		25:51.62

EVENT-BY-EVENT RESULTS

Sept. 13	2014	7.	Chris Colo	Gardner-Webb Invitational	Boiling Springs, N.C.	26:04.62
Sept. 13	2014	9.	Ryan Udvadia	Gardner-Webb Invitational	Boiling Springs, N.C.	26:07.33
Sept. 13	2014	10.	Reece Ayers	Gardner-Webb Invitational	Boiling Springs, N.C.	26:16.21
Sept. 13	2014	14.	Mason Lenox	Gardner-Webb Invitational	Boiling Springs, N.C.	26:52.65
Sept. 13	2014	20.	Chernet Sisay	Gardner-Webb Invitational	Boiling Springs, N.C.	27:21.21
Sept. 13	2014	22.	Kevin McGuire	Gardner-Webb Invitational	Boiling Springs, N.C.	27:29.89
Sept. 13	2014	31.	Cody Seymour	Gardner-Webb Invitational	Boiling Springs, N.C.	28:23.55
Sept. 26	2014	6.	High Point	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 165 pts.
Sept. 26	2014	17.	Jeff LaCoste	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 24:34.13
Sept. 26	2014	21.	James Quattlebaum	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 24:41.55
Sept. 26	2014	30.	Chris Colo	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 24:53.66
Sept. 26	2014	47.	Paddy Grandinali	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 25:17.07
Sept. 26	2014	52.	Reece Ayers	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 25:25.66
Sept. 26	2014	68.	Chernet Sisay	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 26:00.38
Sept. 26	2014	76.	Mason Lenox	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 26:09.36
Sept. 26	2014	77.	Ryan Udvadia	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k 26:10.45
Sept. 26	2014	3.	High Point	UNCG Spartan Invitational	Kemersville, N.C.	95 pts.
Sept. 26	2014	16.	Benji Szalai	UNCG Spartan Invitational	Kemersville, N.C.	26:46.91
Sept. 26	2014	22.	Cody Seymour	UNCG Spartan Invitational	Kemersville, N.C.	27:17.51
Sept. 26	2014	25.	Vinny Todaro	UNCG Spartan Invitational	Kemersville, N.C.	27:37.53
Sept. 26	2014	26.	Eddie Whitlock	UNCG Spartan Invitational	Kemersville, N.C.	27:47.77
Sept. 26	2014	29.	Paul O'Donoghue	UNCG Spartan Invitational	Kemersville, N.C.	28:03.53
Oct. 17	2014	1.	High Point	Blue Ridge Open	Boone, N.C.	29 pts.
Oct. 17	2014	3.	Jeff LaCoste	Blue Ridge Open	Boone, N.C.	20:17.01
Oct. 17	2014	4.	Chris Colo	Blue Ridge Open	Boone, N.C.	20:19.88
Oct. 17	2014	6.	Paddy Grandinali	Blue Ridge Open	Boone, N.C.	20:20.84
Oct. 17	2014	9.	Ryan Udvadia	Blue Ridge Open	Boone, N.C.	20:42.94
Oct. 17	2014	12.	James Quattlebaum	Blue Ridge Open	Boone, N.C.	20:47.53
Oct. 17	2014	18.	Benji Szalai	Blue Ridge Open	Boone, N.C.	20:52.07
Oct. 17	2014	38.	Chernet Sisay	Blue Ridge Open	Boone, N.C.	21:23.60
Oct. 17	2014	43.	Reece Ayers	Blue Ridge Open	Boone, N.C.	21:27.87
Oct. 17	2014	48.	Vinny Todaro	Blue Ridge Open	Boone, N.C.	21:51.95
Oct. 17	2014	51.	Cody Seymour	Blue Ridge Open	Boone, N.C.	21:58.69
Nov. 1	2014	1.	High Point	Big South Championship	Boiling Springs, N.C.	27 pts.
Nov. 1	2014	1.	Jeff LaCoste	Big South Championship	Boiling Springs, N.C.	24:59.30
Nov. 1	2014	3.	Chris Colo	Big South Championship	Boiling Springs, N.C.	25:05.40
Nov. 1	2014	5.	James Quattlebaum	Big South Championship	Boiling Springs, N.C.	25:24.90
Nov. 1	2014	8.	Reece Ayers	Big South Championship	Boiling Springs, N.C.	25:49.70
Nov. 1	2014	10.	Ryan Udvadia	Big South Championship	Boiling Springs, N.C.	25:57.90
Nov. 1	2014	12.	Paddy Grandinali	Big South Championship	Boiling Springs, N.C.	25:58.90
Nov. 1	2014	17.	Benji Szalai	Big South Championship	Boiling Springs, N.C.	26:15.10
Nov. 1	2014	20.	Chernet Sisay	Big South Championship	Boiling Springs, N.C.	26:24.20
Nov. 1	2014	21.	Vinny Todaro	Big South Championship	Boiling Springs, N.C.	26:36.70
Nov. 1	2014	31.	Mason Lenox	Big South Championship	Boiling Springs, N.C.	27:22.70
Nov. 8	2014	3.	High Point	Three Stripe Invite	Cary, N.C.	5k 64 pts.
Nov. 8	2014	9.	Vinny Todaro	Three Stripe Invite	Cary, N.C.	5k 15:29.42
Nov. 8	2014	12.	Chernet Sisay	Three Stripe Invite	Cary, N.C.	5k 15:32.13
Nov. 8	2014	21.	Mason Lenox	Three Stripe Invite	Cary, N.C.	5k 16:07.88
Nov. 8	2014	27.	Eddie Whitlock	Three Stripe Invite	Cary, N.C.	5k 16:25.38
Nov. 8	2014	28.	Paul O'Donoghue	Three Stripe Invite	Cary, N.C.	5k 16:37.57
Nov. 8	2014	29.	Cody Seymour	Three Stripe Invite	Cary, N.C.	5k 16:43.67
Nov. 8	2014	32.	Luke Goodrich	Three Stripe Invite	Cary, N.C.	5k 17:24.14
Nov. 8	2014	36.	Nick Williams	Three Stripe Invite	Cary, N.C.	5k 18:55.35
Nov. 14	2014	7.	High Point	NCAA Southeast Regional	Louisville, Ky.	218 pts.
Nov. 14	2014	19.	Jeff LaCoste	NCAA Southeast Regional	Louisville, Ky.	30:42.4
Nov. 14	2014	29.	Chris Colo	NCAA Southeast Regional	Louisville, Ky.	31:01.4
Nov. 14	2014	44.	James Quattlebaum	NCAA Southeast Regional	Louisville, Ky.	31:16.4
Nov. 14	2014	52.	Paddy Grandinali	NCAA Southeast Regional	Louisville, Ky.	31:25.4
Nov. 14	2014	77.	Benji Szalai	NCAA Southeast Regional	Louisville, Ky.	31:52.5
Nov. 14	2014	85.	Reece Ayers	NCAA Southeast Regional	Louisville, Ky.	31:59.7
Nov. 14	2014	176.	Ryan Udvadia	NCAA Southeast Regional	Louisville, Ky.	33:53.7

<2015>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2015	1.	High Point	Elon Invitational	Elon, N.C.		28 pts.
Sept. 4	2015	3.	Ryan Udvadia	Elon Invitational	Elon, N.C.		18:45
Sept. 4	2015	4.	Vinny Todaro	Elon Invitational	Elon, N.C.		18:49
Sept. 4	2015	6.	Alejandro Juan Torres	Elon Invitational	Elon, N.C.		18:55
Sept. 4	2015	7.	Jeff LaCoste	Elon Invitational	Elon, N.C.		18:57
Sept. 4	2015	8.	Chernet Sisay	Elon Invitational	Elon, N.C.		19:01
Sept. 4	2015	17.	Cody Seymour	Elon Invitational	Elon, N.C.		19:30
Sept. 4	2015	33.	Bryan Gonzales	Elon Invitational	Elon, N.C.		20:35
Sept. 26	2015	10.	High Point	Virginia/Panorama Farms Invitational	Earlsville, Va.		247 pts.
Sept. 26	2015	34.	Vinny Todaro	Virginia/Panorama Farms Invitational	Earlsville, Va.		24:52.2

EVENT-BY-EVENT RESULTS

Sept. 26	2015	47.	Paddy Grandinali	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:06.9
Sept. 26	2015	57.	Jeff LaCoste	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:26.2
Sept. 26	2015	63.	Chernet Sisay	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:32.9
Sept. 26	2015	67.	Ryan Udvadia	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:41.3
Sept. 26	2015	74.	Cody Seymour	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:56.5
Sept. 26	2015	80.	Alejandro Juan Torres	Virginia/Panorama Farms Invitational	Earlsville, Va.	26:04.3
Oct. 3	2015	1.	High Point	USC Upstate Invitational	Spartanburg, S.C.	8k 28
Oct. 3	2015	1.	Vinny Todaro	USC Upstate Invitational	Spartanburg, S.C.	8k 25:28.97
Oct. 3	2015	3.	Paddy Grandinali	USC Upstate Invitational	Spartanburg, S.C.	8k 25:35.97
Oct. 3	2015	7.	Alejandro Juan Torres	USC Upstate Invitational	Spartanburg, S.C.	8k 26:01.92
Oct. 3	2015	9.	Chernet Sisay	USC Upstate Invitational	Spartanburg, S.C.	8k 26:06.01
Oct. 3	2015	11.	Jeff LaCoste	USC Upstate Invitational	Spartanburg, S.C.	8k 26:11.24
Oct. 3	2015	12.	Ryan Udvadia	USC Upstate Invitational	Spartanburg, S.C.	8k 26:14.00
Oct. 3	2015	34.	Cody Seymour	USC Upstate Invitational	Spartanburg, S.C.	8k 27:22.03
Oct. 3	2015	40.	Paul O'Donoghue	USC Upstate Invitational	Spartanburg, S.C.	8k 27:44.54
Oct. 3	2015	56.	Bryan Gonzales	USC Upstate Invitational	Spartanburg, S.C.	8k 28:27.04
Oct. 16	2015	127.	Bryan Gonzales	Wake Forest Invitational	Kernersville, N.C.	28:03.95
Oct. 16	2015	151.	Spencer Ader	Wake Forest Invitational	Kernersville, N.C.	29:46.96
Oct. 16	2015	159.	Jeff Mettler	Wake Forest Invitational	Kernersville, N.C.	31:16.65
Oct. 17	2015	4.	High Point	Pre Nationals (Black Race)	Louisville, Ky.	8k 223 pts.
Oct. 17	2015	16.	Paddy Grandinali	Pre Nationals (Black Race)	Louisville, Ky.	8k 24:23.50
Oct. 17	2015	23.	Alejandro Juan Torres	Pre Nationals (Black Race)	Louisville, Ky.	8k 24:38.60
Oct. 17	2015	46.	Chernet Sisay	Pre Nationals (Black Race)	Louisville, Ky.	8k 24:57.10
Oct. 17	2015	48.	Jeff LaCoste	Pre Nationals (Black Race)	Louisville, Ky.	8k 24:59.10
Oct. 17	2015	90.	Ryan Udvadia	Pre Nationals (Black Race)	Louisville, Ky.	8k 25:19.30
Oct. 17	2015	94.	Vinny Todaro	Pre Nationals (Black Race)	Louisville, Ky.	8k 25:22.90
Oct. 17	2015	157.	Cody Seymour	Pre Nationals (Black Race)	Louisville, Ky.	8k 26:04.60
Oct. 31	2015	3.	High Point	Big South Championship	Spartanburg, S.C.	8k 48 pts.
Oct. 31	2015	6.	Paddy Grandinali	Big South Championship	Spartanburg, S.C.	8k 24:39.5
Oct. 31	2015	7.	Vinny Todaro	Big South Championship	Spartanburg, S.C.	8k 24:54.3
Oct. 31	2015	10.	Alejandro Juan Torres	Big South Championship	Spartanburg, S.C.	8k 25:03.4
Oct. 31	2015	12.	Jeff LaCoste	Big South Championship	Spartanburg, S.C.	8k 25:15.5
Oct. 31	2015	13.	Chernet Sisay	Big South Championship	Spartanburg, S.C.	8k 25:18.1
Oct. 31	2015	15.	Ryan Udvadia	Big South Championship	Spartanburg, S.C.	8k 25:41.0
Oct. 31	2015	24.	Benji Szalai	Big South Championship	Spartanburg, S.C.	8k 26:07.0
Oct. 31	2015	27.	Cody Seymour	Big South Championship	Spartanburg, S.C.	8k 26:29.4
Oct. 31	2015	44.	Bryan Gonzales	Big South Championship	Spartanburg, S.C.	8k 27:26.7
Nov. 13	2015	15.	High Point	NCAA Southeast Regional	Earlsville, Va.	431 pts.
Nov. 13	2015	64.	Jeff LaCoste	NCAA Southeast Regional	Earlsville, Va.	31:16.5
Nov. 13	2015	77.	Paddy Grandinali	NCAA Southeast Regional	Earlsville, Va.	31:30.4
Nov. 13	2015	80.	Alejandro Juan Torres	NCAA Southeast Regional	Earlsville, Va.	31:35.8
Nov. 13	2015	99.	Ryan Udvadia	NCAA Southeast Regional	Earlsville, Va.	31:51.8
Nov. 13	2015	120.	Vinny Todaro	NCAA Southeast Regional	Earlsville, Va.	32:18.3
Nov. 13	2015	142.	Chernet Sisay	NCAA Southeast Regional	Earlsville, Va.	32:43.7
Nov. 13	2015	162.	Benji Szalai	NCAA Southeast Regional	Earlsville, Va.	33:01.3

<2016>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	2.	High Point	Elon Opener	Elon, N.C.		60 pts.
Sept. 1	2016	2.	Vinny Todaro	Elon Opener	Elon, N.C.		18:56
Sept. 1	2016	3.	Chernet Sisay	Elon Opener	Elon, N.C.		19:00
Sept. 1	2016	13.	Alejandro Juan Torres	Elon Opener	Elon, N.C.		19:38
Sept. 1	2016	17.	Sean McGinnis	Elon Opener	Elon, N.C.		19:44
Sept. 1	2016	25.	TJ Morales	Elon Opener	Elon, N.C.		20:00
Sept. 1	2016	28.	Drew Roeber	Elon Opener	Elon, N.C.		20:07
Sept. 1	2016	31.	Will Elliott	Elon Opener	Elon, N.C.		20:10
Sept. 1	2016	48.	Bryan Gonzales	Elon Opener	Elon, N.C.		21:10
Sept. 1	2016	51.	Spencer Ader	Elon Opener	Elon, N.C.		21:38
Sept. 16	2016	10.	High Point	Coast-to-Coast Battle in Beantown	Boston, Mass.		278 pts.
Sept. 16	2016	35.	Alejandro Juan Torres	Coast-to-Coast Battle in Beantown	Boston, Mass.		25:39.20
Sept. 16	2016	37.	Vinny Todaro	Coast-to-Coast Battle in Beantown	Boston, Mass.		25:43
Sept. 16	2016	59.	Chernet Sisay	Coast-to-Coast Battle in Beantown	Boston, Mass.		26:14
Sept. 16	2016	64.	Sean McGinnis	Coast-to-Coast Battle in Beantown	Boston, Mass.		26:19
Sept. 16	2016	83.	Drew Roeber	Coast-to-Coast Battle in Beantown	Boston, Mass.		26:46
Sept. 16	2016	93.	Will Elliott	Coast-to-Coast Battle in Beantown	Boston, Mass.		27:10
Sept. 16	2016	103.	TJ Morales	Coast-to-Coast Battle in Beantown	Boston, Mass.		28:04
Sept. 24	2016	1.	High Point	Greensboro XC Invitational	Greensboro, N.C.	8k	24 pts.
Sept. 24	2016	1.	Chernet Sisay	Greensboro XC Invitational	Greensboro, N.C.	8k	26:38.0
Sept. 24	2016	2.	Vinny Todaro	Greensboro XC Invitational	Greensboro, N.C.	8k	27:20.5
Sept. 24	2016	5.	Bryan Gonzales	Greensboro XC Invitational	Greensboro, N.C.	8k	28:58.0
Sept. 24	2016	7.	Sean McGinnis	Greensboro XC Invitational	Greensboro, N.C.	8k	29:25.9
Sept. 24	2016	9.	Patrick Van Der Cruyssen	Greensboro XC Invitational	Greensboro, N.C.	8k	29:54.1
Sept. 24	2016	10.	TJ Morales	Greensboro XC Invitational	Greensboro, N.C.	8k	30:15.8
Oct. 1	2016	4.	High Point	Asheville XC Challenge	Asheville, N.C.	8k	111 pts.

EVENT-BY-EVENT RESULTS

Oct.1	2016	5.	Vinny Todaro	Asheville XC Challenge	Asheville, N.C.	8k	26:01.12
Oct.1	2016	13.	Sean McGinnis	Asheville XC Challenge	Asheville, N.C.	8k	26:38.95
Oct.1	2016	14.	Chernet Sisay	Asheville XC Challenge	Asheville, N.C.	8k	26:42.47
Oct.1	2016	38.	Drew Roeber	Asheville XC Challenge	Asheville, N.C.	8k	27:29.55
Oct.1	2016	48.	TJ Morales	Asheville XC Challenge	Asheville, N.C.	8k	27:48.25
Oct.1	2016	59.	Bryan Gonzales	Asheville XC Challenge	Asheville, N.C.	8k	28:08.41
Oct.1	2016	81.	Spencer Ader	Asheville XC Challenge	Asheville, N.C.	8k	29:19.61
Oct.14	2016	9.	High Point	VertCross Invitational	Kernersville, N.C.	8k	288 pts.
Oct.14	2016	8.	Paddy Grandinali	VertCross Invitational	Kernersville, N.C.	8k	25:20.92
Oct.14	2016	28.	Alejandro Juan Torres	VertCross Invitational	Kernersville, N.C.	8k	25:49.88
Oct.14	2016	45.	Vinny Todaro	VertCross Invitational	Kernersville, N.C.	8k	26:09.73
Oct.14	2016	79.	Sean McGinnis	VertCross Invitational	Kernersville, N.C.	8k	26:38.60
Oct.14	2016	104.	Chernet Sisay	VertCross Invitational	Kernersville, N.C.	8k	27:03.44
Oct.14	2016	123.	Bryan Gonzales	VertCross Invitational	Kernersville, N.C.	8k	27:17.07
Oct.14	2016	130.	Patrick Van Der Cruyssen	VertCross Invitational	Kernersville, N.C.	8k	27:26.53
Oct.14	2016	155.	TJ Morales	VertCross Invitational	Kernersville, N.C.	8k	27:53.28
Oct.14	2016	174.	Will Elliott	VertCross Invitational	Kernersville, N.C.	8k	28:15.67
Oct.14	2016	180.	Drew Roeber	VertCross Invitational	Kernersville, N.C.	8k	28:20.88
Oct.14	2016	212.	Spencer Ader	VertCross Invitational	Kernersville, N.C.	8k	29:36.95
Oct.28	2016	4.	High Point	Big South Championship	Asheville, N.C.	8k	103 pts.
Oct.28	2016	6.	Vinny Todaro	Big South Championship	Asheville, N.C.	8k	25:43.07
Oct.28	2016	15.	Sean McGinnis	Big South Championship	Asheville, N.C.	8k	26:33.49
Oct.28	2016	22.	Alejandro Juan Torres	Big South Championship	Asheville, N.C.	8k	26:59.32
Oct.28	2016	26.	Patrick Van Der Cruyssen	Big South Championship	Asheville, N.C.	8k	27:14.00
Oct.28	2016	34.	Chernet Sisay	Big South Championship	Asheville, N.C.	8k	27:32.69
Oct.28	2016	44.	Drew Roeber	Big South Championship	Asheville, N.C.	8k	27:53.79
Oct.28	2016	47.	Bryan Gonzales	Big South Championship	Asheville, N.C.	8k	28:14.49
Oct.28	2016	50.	TJ Morales	Big South Championship	Asheville, N.C.	8k	28:29.97
Oct.28	2016	54.	Will Elliott	Big South Championship	Asheville, N.C.	8k	28:43.66
Oct.28	2016	66.	Spencer Ader	Big South Championship	Asheville, N.C.	8k	29:40.25

<2017>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept.2	2017	6.	High Point	Elon Opener	Elon, N.C.		149 pts.
Sept.2	2017	6.	Alejandro Juan Torres	Elon Opener	Elon, N.C.		18:44.5
Sept.2	2017	23.	Anthony Sasso	Elon Opener	Elon, N.C.		19:40.2
Sept.2	2017	25.	TJ Morales	Elon Opener	Elon, N.C.		19:46.8
Sept.2	2017	37.	Stephen Gray	Elon Opener	Elon, N.C.		20:25.4
Sept.2	2017	62.	Patrick Van Der Cruyssen	Elon Opener	Elon, N.C.		21:52.6
Sept.2	2017	74.	Jeff Mettler	Elon Opener	Elon, N.C.		24:05.7
Sept.16	2017	4.	High Point	Big South Preview	Lynchburg, Va.	8k	83 pts.
Sept.16	2017	2.	Alejandro Juan Torres	Big South Preview	Lynchburg, Va.	8k	26:46.3
Sept.16	2017	19.	TJ Morales	Big South Preview	Lynchburg, Va.	8k	28:29.1
Sept.16	2017	23.	Anthony Sasso	Big South Preview	Lynchburg, Va.	8k	28:48.0
Sept.16	2017	30.	Stephen Gray	Big South Preview	Lynchburg, Va.	8k	29:28.1
Sept.16	2017	35.	Patrick Van Der Cruyssen	Big South Preview	Lynchburg, Va.	8k	31:16.5
Sept.16	2017	38.	Jeff Mettler	Big South Preview	Lynchburg, Va.	8k	33:09.5
Sept.30	2017	7.	High Point	Upstate Invite	Spartanburg, S.C.		176 pts.
Sept.30	2017	2.	Alejandro Juan Torres	Upstate Invite	Spartanburg, S.C.		24:58.7
Sept.30	2017	38.	TJ Morales	Upstate Invite	Spartanburg, S.C.		27:05.7
Sept.30	2017	53.	Stephen Gray	Upstate Invite	Spartanburg, S.C.		27:36.1
Sept.30	2017	67.	Patrick Van Der Cruyssen	Upstate Invite	Spartanburg, S.C.		27:58.4
Sept.30	2017	82.	Nate Markle	Upstate Invite	Spartanburg, S.C.		28:39.7
Oct.13	2017	6.	High Point	HPU VertCross Invitational	Kernersville, N.C.	8k	181 pts.
Oct.13	2017	5.	Hocine Bouchrak	HPU VertCross Invitational	Kernersville, N.C.	8k	24:51.68
Oct.13	2017	6.	Alejandro Juan Torres	HPU VertCross Invitational	Kernersville, N.C.	8k	24:55.73
Oct.13	2017	65.	Anthony Sasso	HPU VertCross Invitational	Kernersville, N.C.	8k	26:59.17
Oct.13	2017	68.	TJ Morales	HPU VertCross Invitational	Kernersville, N.C.	8k	27:05.26
Oct.13	2017	72.	Siro Pina Cardona	HPU VertCross Invitational	Kernersville, N.C.	8k	27:18.02
Oct.13	2017	78.	Stephen Gray	HPU VertCross Invitational	Kernersville, N.C.	8k	27:28.36
Oct.13	2017	79.	Patrick Van Der Cruyssen	HPU VertCross Invitational	Kernersville, N.C.	8k	27:29.85
Oct.13	2017	97.	Nate Markle	HPU VertCross Invitational	Kernersville, N.C.	8k	28:13.04
Oct.13	2017	113.	Philip Sherwin	HPU VertCross Invitational	Kernersville, N.C.	8k	29:48.66
Oct.28	2017	6.	High Point	Big South Championship	Lynchburg, Va.	8k	159 pts.
Oct.28	2017	8.	Hocine Bouchrak	Big South Championship	Lynchburg, Va.	8k	25:29.8
Oct.28	2017	28.	Siro Pina Cardona	Big South Championship	Lynchburg, Va.	8k	27:13.1
Oct.28	2017	38.	Patrick Van Der Cruyssen	Big South Championship	Lynchburg, Va.	8k	27:47.8
Oct.28	2017	50.	Stephen Gray	Big South Championship	Lynchburg, Va.	8k	28:16.1
Oct.28	2017	52.	TJ Morales	Big South Championship	Lynchburg, Va.	8k	28:55.0
Oct.28	2017	6.	High Point	Big South Championship	Lynchburg, Va.	8k	159 pts.
Oct.28	2017	8.	Hocine Bouchrak	Big South Championship	Lynchburg, Va.	8k	25:29.8
Oct.28	2017	28.	Siro Pina Cardona	Big South Championship	Lynchburg, Va.	8k	27:13.1
Oct.28	2017	38.	Patrick Van Der Cruyssen	Big South Championship	Lynchburg, Va.	8k	27:47.8
Oct.28	2017	50.	Stephen Gray	Big South Championship	Lynchburg, Va.	8k	28:16.1

EVENT-BY-EVENT RESULTS

Oct. 28	2017	52.	TJ Morales	Big South Championship	Lynchburg, Va.	8k	28:55.0
Oct. 28	2017	55.	Anthony Sasso	Big South Championship	Lynchburg, Va.	8k	29:12.7
Oct. 28	2017	62.	Nate Markle	Big South Championship	Lynchburg, Va.	8k	30:04.8
Oct. 28	2017	64.	Philip Sherwin	Big South Championship	Lynchburg, Va.	8k	30:22.4
Nov. 10	2017	22.	High Point	NCAA Southeast Regional	Earlsville, Va.	10k	646 pts.
Nov. 10	2017	63.	Hocine Bouchrak	NCAA Southeast Regional	Earlsville, Va.	10k	30:52.2
Nov. 10	2017	75.	Alejandro Juan Torres	NCAA Southeast Regional	Earlsville, Va.	10k	31:07.7
Nov. 10	2017	158.	Siro Pina Cardona	NCAA Southeast Regional	Earlsville, Va.	10k	32:41.7
Nov. 10	2017	186.	TJ Morales	NCAA Southeast Regional	Earlsville, Va.	10k	33:29.7
Nov. 10	2017	189.	Patrick Van Der Cruyssen	NCAA Southeast Regional	Earlsville, Va.	10k	33:33.1
Nov. 10	2017	206.	Anthony Sasso	NCAA Southeast Regional	Earlsville, Va.	10k	34:16.4
Nov. 10	2017	218.	Stephen Gray	NCAA Southeast Regional	Earlsville, Va.	10k	35:01.7

<2018>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	3.	High Point	Elon Opener	Elon, N.C.	6k	97 pts.
Aug. 31	2018	9.	Hocine Bouchrak	Elon Opener	Elon, N.C.	6k	19:01
Aug. 31	2018	24.	Spencer Smucker	Elon Opener	Elon, N.C.	6k	20:04
Aug. 31	2018	28.	Siro Pina Cardona	Elon Opener	Elon, N.C.	6k	20:18
Aug. 31	2018	33.	TJ Morales	Elon Opener	Elon, N.C.	6k	20:25
Aug. 31	2018	40.	Anthony Sasso	Elon Opener	Elon, N.C.	6k	20:43
Aug. 31	2018	46.	Stephen Gray	Elon Opener	Elon, N.C.	6k	20:56
Aug. 31	2018	60.	Edward Hayfron	Elon Opener	Elon, N.C.	6k	21:45
Aug. 31	2018	61.	Philip Sherwin	Elon Opener	Elon, N.C.	6k	21:47
Aug. 31	2018	71.	Nate Gregory	Elon Opener	Elon, N.C.	6k	24:02
Sept. 29	2018	37.	High Point	Paul Short Invitational	Bethlehem, Pa.		998 pts.
Sept. 29	2018	32.	Hocine Bouchrak	Paul Short Invitational	Bethlehem, Pa.		25:03
Sept. 29	2018	178.	Spencer Smucker	Paul Short Invitational	Bethlehem, Pa.		26:10
Sept. 29	2018	260.	Anthony Sasso	Paul Short Invitational	Bethlehem, Pa.		27:15
Sept. 29	2018	263.	Stephen Gray	Paul Short Invitational	Bethlehem, Pa.		27:17
Sept. 29	2018	265.	TJ Morales	Paul Short Invitational	Bethlehem, Pa.		27:22
Sept. 29	2018	281.	Philip Sherwin	Paul Short Invitational	Bethlehem, Pa.		29:28
Oct. 12	2018	8.	High Point	VertCross Invitational	Kernersville, N.C.		158 pts.
Oct. 12	2018	7.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.		25:29.14
Oct. 12	2018	34.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.		26:45.75
Oct. 12	2018	43.	TJ Morales	VertCross Invitational	Kernersville, N.C.		27:10.11
Oct. 12	2018	56.	Edward Hayfron	VertCross Invitational	Kernersville, N.C.		27:32.55
Oct. 12	2018	57.	Siro Pina Cardona	VertCross Invitational	Kernersville, N.C.		27:33.93
Oct. 12	2018	85.	Anthony Sasso	VertCross Invitational	Kernersville, N.C.		28:25.21
Oct. 12	2018	86.	Philip Sherwin	VertCross Invitational	Kernersville, N.C.		28:29.53
Oct. 12	2018	98.	Grant Gilbert	VertCross Invitational	Kernersville, N.C.		28:59.45
Oct. 12	2018	99.	Stephen Gray	VertCross Invitational	Kernersville, N.C.		29:04.17
Oct. 26	2018	3.	High Point	Big South Championship	Kernersville, N.C.	8k	75 pts.
Oct. 26	2018	3.	Hocine Bouchrak	Big South Championship	Kernersville, N.C.	8k	25:37.3
Oct. 26	2018	13.	Spencer Smucker	Big South Championship	Kernersville, N.C.	8k	26:50.4
Oct. 26	2018	17.	Siro Pina Cardona	Big South Championship	Kernersville, N.C.	8k	27:20.8
Oct. 26	2018	19.	TJ Morales	Big South Championship	Kernersville, N.C.	8k	27:30.5
Oct. 26	2018	23.	Stephen Gray	Big South Championship	Kernersville, N.C.	8k	27:56.8
Oct. 26	2018	24.	Anthony Sasso	Big South Championship	Kernersville, N.C.	8k	27:46.8
Oct. 26	2018	31.	Grant Gilbert	Big South Championship	Kernersville, N.C.	8k	28:00.5
Oct. 26	2018	44.	Philip Sherwin	Big South Championship	Kernersville, N.C.	8k	28:33.1
Oct. 26	2018	62.	Edward Hayfron	Big South Championship	Kernersville, N.C.	8k	30:07.2
Nov. 9	2018	25.	High Point	NCAA Southeast Regional	Rock Hill, S.C.		731 pts.
Nov. 9	2018	25.	Hocine Bouchrak	NCAA Southeast Regional	Rock Hill, S.C.		31:05.2
Nov. 9	2018	158.	Spencer Smucker	NCAA Southeast Regional	Rock Hill, S.C.		33:25.8
Nov. 9	2018	170.	Siro Pina Cardona	NCAA Southeast Regional	Rock Hill, S.C.		33:52.5
Nov. 9	2018	179.	Anthony Sasso	NCAA Southeast Regional	Rock Hill, S.C.		34:06.9
Nov. 9	2018	196.	TJ Morales	NCAA Southeast Regional	Rock Hill, S.C.		34:30.1
Nov. 9	2018	208.	Grant Gilbert	NCAA Southeast Regional	Rock Hill, S.C.		34:58.2
Nov. 9	2018	209.	Stephen Gray	NCAA Southeast Regional	Rock Hill, S.C.		35:04.0

<2019>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	4.	High Point	Covered Bridge Open	Boone, N.C.	8k	96 pts.
Aug. 30	2019	3.	Hocine Bouchrak	Covered Bridge Open	Boone, N.C.	8k	25:18.33
Aug. 30	2019	19.	Siro Pina Cardona	Covered Bridge Open	Boone, N.C.	8k	26:24.52
Aug. 30	2019	22.	TJ Morales	Covered Bridge Open	Boone, N.C.	8k	26:31.64
Aug. 30	2019	24.	Austen Cave	Covered Bridge Open	Boone, N.C.	8k	26:34.17
Aug. 30	2019	28.	Ian Miller	Covered Bridge Open	Boone, N.C.	8k	26:47.52
Aug. 30	2019	33.	Shane Henderson	Covered Bridge Open	Boone, N.C.	8k	26:57.97
Aug. 30	2019	35.	Spencer Smucker	Covered Bridge Open	Boone, N.C.	8k	27:03.97
Aug. 30	2019	57.	Stephen Gray	Covered Bridge Open	Boone, N.C.	8k	28:22.12
Sept. 14	2019	11.	High Point	Commodore Classic	Nashville, Tenn.	8k	299 pts.

EVENT-BY-EVENT RESULTS

Sept. 14	2019	34.	Hocine Bouchrak	Commodore Classic	Nashville, Tenn.	8k	25:23.07
Sept. 14	2019	83.	Austen Cave	Commodore Classic	Nashville, Tenn.	8k	26:19.00
Sept. 14	2019	89.	Ian Miller	Commodore Classic	Nashville, Tenn.	8k	26:25.00
Sept. 14	2019	78.	Siro Pina Cardona	Commodore Classic	Nashville, Tenn.	8k	26:11.09
Sept. 14	2019	81.	Spencer Smucker	Commodore Classic	Nashville, Tenn.	8k	26:17.02
Sept. 14	2019	97.	TJ Morales	Commodore Classic	Nashville, Tenn.	8k	26:44.04
Sept. 27	2019	10.	High Point	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	288 pts.
Sept. 27	2019	6.	Hocine Bouchrak	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	24:16.6
Sept. 27	2019	73.	Spencer Smucker	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	25:47.7
Sept. 27	2019	76.	Austen Cave	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	25:52.2
Sept. 27	2019	90.	Siro Pina Cardona	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:05.7
Sept. 27	2019	102.	Ian Miller	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:17.7
Sept. 27	2019	112.	Shane Henderson	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:36.2
Sept. 27	2019	130.	TJ Morales	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	27:07.3
Sept. 27	2019	138.	Stephen Gray	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	27:25.9
Oct. 18	2019	2.	High Point	VertCross Invitational	Kernersville, N.C.	8k	64 pts.
Oct. 18	2019	1.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.	8k	24:53.09
Oct. 18	2019	6.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.	8k	25:18.99
Oct. 18	2019	15.	Siro Pina Cardona	VertCross Invitational	Kernersville, N.C.	8k	25:45.80
Oct. 18	2019	20.	Austen Cave	VertCross Invitational	Kernersville, N.C.	8k	25:54.11
Oct. 18	2019	25.	Ian Miller	VertCross Invitational	Kernersville, N.C.	8k	26:06.07
Oct. 18	2019	38.	TJ Morales	VertCross Invitational	Kernersville, N.C.	8k	26:35.57
Oct. 18	2019	40.	Shane Henderson	VertCross Invitational	Kernersville, N.C.	8k	26:38.30
Oct. 18	2019	61.	Stephen Gray	VertCross Invitational	Kernersville, N.C.	8k	27:15.54
Oct. 18	2019	71.	Grant Gilbert	VertCross Invitational	Kernersville, N.C.	8k	27:34.25
Oct. 18	2019	83.	Philip Sherwin	VertCross Invitational	Kernersville, N.C.	8k	27:59.28
Oct. 18	2019	91.	Michael Klein	VertCross Invitational	Kernersville, N.C.	8k	28:19.50
Nov. 2	2019	3.	High Point	Big South Championship	Buies Creek, N.C.		61 pts.
Nov. 2	2019	4.	Hocine Bouchrak	Big South Championship	Buies Creek, N.C.		24:58.74
Nov. 2	2019	10.	Spencer Smucker	Big South Championship	Buies Creek, N.C.		25:39.80
Nov. 2	2019	11.	Austen Cave	Big South Championship	Buies Creek, N.C.		25:41.88
Nov. 2	2019	13.	Siro Pina Cardona	Big South Championship	Buies Creek, N.C.		26:05.83
Nov. 2	2019	23.	Ian Miller	Big South Championship	Buies Creek, N.C.		26:34.77
Nov. 2	2019	31.	Shane Henderson	Big South Championship	Buies Creek, N.C.		27:10.08
Nov. 2	2019	32.	TJ Morales	Big South Championship	Buies Creek, N.C.		27:11.17
Nov. 2	2019	36.	Stephen Gray	Big South Championship	Buies Creek, N.C.		27:26.74
Nov. 15	2019	14.	High Point	NCAA Southeast Regional	Earlsville, Va.	10k	396 pts.
Nov. 15	2019	21.	Hocine Bouchrak	NCAA Southeast Regional	Earlsville, Va.	10k	30:34.8
Nov. 15	2019	72.	Spencer Smucker	NCAA Southeast Regional	Earlsville, Va.	10k	31:45.0
Nov. 15	2019	74.	Austen Cave	NCAA Southeast Regional	Earlsville, Va.	10k	31:47.5
Nov. 15	2019	117.	Siro Pina Cardona	NCAA Southeast Regional	Earlsville, Va.	10k	32:41.6
Nov. 15	2019	124.	Ian Miller	NCAA Southeast Regional	Earlsville, Va.	10k	32:46.1
Nov. 15	2019	154.	Shane Henderson	NCAA Southeast Regional	Earlsville, Va.	10k	33:18.4
Nov. 15	2019	189.	TJ Morales	NCAA Southeast Regional	Earlsville, Va.	10k	34:05.1

<2020-21>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	1.	High Point	Winthrop / Adidas Invitational	Rock Hill, S.C.		25 pts.
Jan. 29	2021	1.	Hocine Bouchrak	Winthrop / Adidas Invitational	Rock Hill, S.C.		24:45.6
Jan. 29	2021	2.	Austen Cave	Winthrop / Adidas Invitational	Rock Hill, S.C.		25:20.0
Jan. 29	2021	4.	Hunter Steinau	Winthrop / Adidas Invitational	Rock Hill, S.C.		25:53.4
Jan. 29	2021	8.	Siro Pina Cardona	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:10.4
Jan. 29	2021	10.	Spencer Smucker	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:19.3
Jan. 29	2021	18.	Philip Sherwin	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:49.3
Jan. 29	2021	20.	Ian Miller	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:54.9
Jan. 29	2021	24.	Aiden Morrison	Winthrop / Adidas Invitational	Rock Hill, S.C.		27:19.4
Jan. 29	2021	29.	Jack LaSalla	Winthrop / Adidas Invitational	Rock Hill, S.C.		27:29.0
Jan. 29	2021	34.	Patrick Kelly	Winthrop / Adidas Invitational	Rock Hill, S.C.		28:00.5
Jan. 29	2021	41.	JP Grace	Winthrop / Adidas Invitational	Rock Hill, S.C.		28:32.6
Feb. 12	2021	1.	High Point	Winter VertCross	Kernersville, N.C.	8k	37 pts.
Feb. 12	2021	1.	Hocine Bouchrak	Winter VertCross	Kernersville, N.C.	8k	25:21.27
Feb. 12	2021	4.	Austen Cave	Winter VertCross	Kernersville, N.C.	8k	25:43.42
Feb. 12	2021	9.	Spencer Smucker	Winter VertCross	Kernersville, N.C.	8k	26:23.72
Feb. 12	2021	10.	Hunter Steinau	Winter VertCross	Kernersville, N.C.	8k	26:24.61
Feb. 12	2021	13.	Stephen Gray	Winter VertCross	Kernersville, N.C.	8k	26:32.93
Feb. 12	2021	14.	Siro Pina Cardona	Winter VertCross	Kernersville, N.C.	8k	26:46.88
Feb. 12	2021	16.	Ian Miller	Winter VertCross	Kernersville, N.C.	8k	26:53.56
Feb. 12	2021	18.	Philip Sherwin	Winter VertCross	Kernersville, N.C.	8k	27:04.98
Feb. 12	2021	23.	Aiden Morrison	Winter VertCross	Kernersville, N.C.	8k	27:23.59
Feb. 12	2021	32.	Patrick Kelly	Winter VertCross	Kernersville, N.C.	8k	28:03.90
Feb. 12	2021	34.	Jack LaSalla	Winter VertCross	Kernersville, N.C.	8k	28:16.18
Feb. 12	2021	45.	JP Grace	Winter VertCross	Kernersville, N.C.	8k	29:32.75
March 5	2021	2.	High Point	Big South Championship	Rock Hill, S.C.	8k	51 pts.
March 5	2021	2.	Spencer Smucker	Big South Championship	Rock Hill, S.C.	8k	24:08.0

EVENT-BY-EVENT RESULTS

March 5	2021	10.	Hocine Bouchrak	Big South Championship	Rock Hill, S.C.	8k	24:43.9
March 5	2021	12.	Hunter Steinau	Big South Championship	Rock Hill, S.C.	8k	24:43.9
March 5	2021	13.	Siro Pina Cardona	Big South Championship	Rock Hill, S.C.	8k	24:47.6
March 5	2021	14.	Stephen Gray	Big South Championship	Rock Hill, S.C.	8k	24:50.7
March 5	2021	15.	Ian Miller	Big South Championship	Rock Hill, S.C.	8k	24:52.8
March 5	2021	17.	Philip Sherwin	Big South Championship	Rock Hill, S.C.	8k	25:01.9
March 5	2021	32.	Jack LaSalla	Big South Championship	Rock Hill, S.C.	8k	26:07.4
March 5	2021	34.	Aiden Morrison	Big South Championship	Rock Hill, S.C.	8k	26:13.8
March 5	2021	36.	Patrick Kelly	Big South Championship	Rock Hill, S.C.	8k	26:17.5

<2021>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	4.	High Point	Covered Bridge Open	Boone, N.C.	8k	108 pts.
Sept. 3	2021	2.	Hocine Bouchrak	Covered Bridge Open	Boone, N.C.	8k	25:08.18
Sept. 3	2021	20.	Ian Miller	Covered Bridge Open	Boone, N.C.	8k	26:05.95
Sept. 3	2021	21.	Austen Cave	Covered Bridge Open	Boone, N.C.	8k	26:09.66
Sept. 3	2021	33.	Stephen Gray	Covered Bridge Open	Boone, N.C.	8k	26:24.64
Sept. 3	2021	34.	Spencer Smucker	Covered Bridge Open	Boone, N.C.	8k	26:26.44
Sept. 3	2021	43.	Ben Dertinger	Covered Bridge Open	Boone, N.C.	8k	26:39.30
Sept. 3	2021	45.	Graham Ferguson	Covered Bridge Open	Boone, N.C.	8k	26:40.94
Sept. 3	2021	47.	Lorenzo Botter	Covered Bridge Open	Boone, N.C.	8k	26:45.07
Sept. 3	2021	55.	Jake Tarosky	Covered Bridge Open	Boone, N.C.	8k	27:02.01
Sept. 3	2021	62.	Hunter Steinau	Covered Bridge Open	Boone, N.C.	8k	27:19.20
Sept. 3	2021	65.	Kyler Koning	Covered Bridge Open	Boone, N.C.	8k	27:24.22
Sept. 3	2021	92.	Chase Barajas	Covered Bridge Open	Boone, N.C.	8k	28:30.53
Sept. 3	2021	111.	Aiden Morrison	Covered Bridge Open	Boone, N.C.	8k	29:33.63
Sept. 3	2021	120.	Patrick Kelly	Covered Bridge Open	Boone, N.C.	8k	29:55.59
Sept. 17	2021	4.	High Point	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	89 pts.
Sept. 17	2021	3.	Hocine Bouchrak	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	24:28.6
Sept. 17	2021	19.	Ian Miller	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:33.0
Sept. 17	2021	21.	Ben Dertinger	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:37.0
Sept. 17	2021	22.	Stephen Gray	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:40.5
Sept. 17	2021	32.	Austen Cave	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:58.7
Sept. 17	2021	34.	Hunter Steinau	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	26:02.9
Sept. 17	2021	45.	Graham Ferguson	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	26:34.3
Sept. 17	2021	48.	Jake Tarosky	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	26:56.7
Sept. 17	2021	51.	Kyler Koning	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	27:14.2
Sept. 17	2021	66.	Patrick Kelly	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	28:22.9
Oct. 2	2021	17.	High Point	Live in Lou Classic	Louisville, Ky.	8k	475 pts.
Oct. 2	2021	14.	Hocine Bouchrak	Live in Lou Classic	Louisville, Ky.	8k	23:44.2
Oct. 2	2021	109.	Hunter Steinau	Live in Lou Classic	Louisville, Ky.	8k	24:59.8
Oct. 2	2021	113.	Austen Cave	Live in Lou Classic	Louisville, Ky.	8k	25:02.3
Oct. 2	2021	122.	Ian Miller	Live in Lou Classic	Louisville, Ky.	8k	25:06.6
Oct. 2	2021	150.	Spencer Smucker	Live in Lou Classic	Louisville, Ky.	8k	25:19.6
Oct. 2	2021	161.	Stephen Gray	Live in Lou Classic	Louisville, Ky.	8k	25:26.9
Oct. 2	2021	177.	Graham Ferguson	Live in Lou Classic	Louisville, Ky.	8k	25:33.9
Oct. 2	2021	213.	Ben Dertinger	Live in Lou Classic	Louisville, Ky.	8k	25:56.8
Oct. 2	2021	262.	Jake Tarosky	Live in Lou Classic	Louisville, Ky.	8k	26:33.6
Oct. 2	2021	273.	Kyler Koning	Live in Lou Classic	Louisville, Ky.	8k	26:40.3
Oct. 15	2021	2.	High Point	VertCross Invitational	Kernersville, N.C.		47 pts.
Oct. 15	2021	1.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.	8k	24:54.7
Oct. 15	2021	11.	Austen Cave	VertCross Invitational	Kernersville, N.C.	8k	25:55.9
Oct. 15	2021	12.	Ian Miller	VertCross Invitational	Kernersville, N.C.	8k	25:58.0
Oct. 15	2021	17.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.	8k	26:08.9
Oct. 15	2021	22.	Stephen Gray	VertCross Invitational	Kernersville, N.C.	8k	26:26.6
Oct. 15	2021	24.	Hunter Steinau	VertCross Invitational	Kernersville, N.C.	8k	26:31.6
Oct. 15	2021	30.	Jake Tarosky	VertCross Invitational	Kernersville, N.C.	8k	26:57.3
Oct. 15	2021	38.	Graham Ferguson	VertCross Invitational	Kernersville, N.C.	8k	27:15.0
Oct. 15	2021	51.	Kyler Koning	VertCross Invitational	Kernersville, N.C.	8k	27:48.6
Oct. 15	2021	59.	Chase Barajas	VertCross Invitational	Kernersville, N.C.	8k	28:22.7
Oct. 15	2021	60.	Patrick Kelly	VertCross Invitational	Kernersville, N.C.	8k	28:28.2
Oct. 15	2021	84.	Aiden Morrison	VertCross Invitational	Kernersville, N.C.	8k	31:31.1
Oct. 15	2021	-	JP Grace	VertCross Invitational	Kernersville, N.C.	8k	DNF
Oct. 29	2021	2.	High Point	Big South Championship	Kernersville, N.C.	8k	50 pts.
Oct. 29	2021	3.	Hocine Bouchrak	Big South Championship	Kernersville, N.C.	8k	24:25.0
Oct. 29	2021	8.	Spencer Smucker	Big South Championship	Kernersville, N.C.	8k	25:05.4
Oct. 29	2021	10.	Ryan Vanderpoorten	Big South Championship	Kernersville, N.C.	8k	25:26.9
Oct. 29	2021	14.	Hunter Steinau	Big South Championship	Kernersville, N.C.	8k	25:36.8
Oct. 29	2021	15.	Austen Cave	Big South Championship	Kernersville, N.C.	8k	25:40.9
Oct. 29	2021	19.	Ian Miller	Big South Championship	Kernersville, N.C.	8k	25:52.3
Oct. 29	2021	34.	Ben Dertinger	Big South Championship	Kernersville, N.C.	8k	26:42.5
Oct. 29	2021	35.	Jake Tarosky	Big South Championship	Kernersville, N.C.	8k	26:43.2
Oct. 29	2021	49.	Graham Ferguson	Big South Championship	Kernersville, N.C.	8k	27:24.8
Oct. 29	2021	93.	Stephen Gray	Big South Championship	Kernersville, N.C.	8k	32:25.8

EVENT-BY-EVENT RESULTS

Nov. 12	2021	15.	High Point	NCAA Southeast Regional	Louisville, Ky.	10k	425 pts.
Nov. 12	2021	42.	Hocine Bouchrak	NCAA Southeast Regional	Louisville, Ky.	10k	30:29.8
Nov. 12	2021	64.	Spencer Smucker	NCAA Southeast Regional	Louisville, Ky.	10k	31:01.6
Nov. 12	2021	105.	Hunter Steinau	NCAA Southeast Regional	Louisville, Ky.	10k	31:50.5
Nov. 12	2021	107.	Ian Miller	NCAA Southeast Regional	Louisville, Ky.	10k	31:51.9
Nov. 12	2021	132.	Stephen Gray	NCAA Southeast Regional	Louisville, Ky.	10k	32:18.2
Nov. 12	2021	186.	Jake Tarosky	NCAA Southeast Regional	Louisville, Ky.	10k	34:03.4
Nov. 12	2021	-	Rayan Vanderpoorten	NCAA Southeast Regional	Louisville, Ky.	10k	DNF

<2022>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	4.	High Point	Covered Bridge Open	Boone, N.C.	8k	123 pts.
Sept. 2	2022	20.	Hunter Steinau	Covered Bridge Open	Boone, N.C.	8k	26:03.08
Sept. 2	2022	22.	Spencer Smucker	Covered Bridge Open	Boone, N.C.	8k	26:10.32
Sept. 2	2022	23.	Lorenzo Botter	Covered Bridge Open	Boone, N.C.	8k	26:15.15
Sept. 2	2022	29.	Patrick Kelly	Covered Bridge Open	Boone, N.C.	8k	26:18.99
Sept. 2	2022	31.	Graham Ferguson	Covered Bridge Open	Boone, N.C.	8k	26:19.64
Sept. 2	2022	32.	Ian Miller	Covered Bridge Open	Boone, N.C.	8k	26:21.04
Sept. 2	2022	43.	Ben Dertinger	Covered Bridge Open	Boone, N.C.	8k	26:38.91
Sept. 2	2022	45.	Jake Tarosky	Covered Bridge Open	Boone, N.C.	8k	26:39.74
Sept. 2	2022	46.	Kyler Koning	Covered Bridge Open	Boone, N.C.	8k	26:41.57
Sept. 2	2022	61.	Klaus Mangeot	Covered Bridge Open	Boone, N.C.	8k	27:05.85
Sept. 2	2022	74.	Aiden Soto	Covered Bridge Open	Boone, N.C.	8k	27:36.79
Sept. 2	2022	79.	Jake Fiorillo	Covered Bridge Open	Boone, N.C.	8k	27:52.24
Sept. 2	2022	104.	Aiden Morrison	Covered Bridge Open	Boone, N.C.	8k	28:53.29
Sept. 2	2022	117.	Evan Mills	Covered Bridge Open	Boone, N.C.	8k	29:19.83
Sept. 2	2022	120.	Evan Parkerson	Covered Bridge Open	Boone, N.C.	8k	29:26.63
Sept. 2	2022	127.	Aidan Finn	Covered Bridge Open	Boone, N.C.	8k	29:58.42
Sept. 2	2022	130.	Jack LaSalla	Covered Bridge Open	Boone, N.C.	8k	30:10.33
Sept. 16	2022	4.	High Point	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	103 pts.
Sept. 16	2022	15.	Spencer Smucker	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:27.5
Sept. 16	2022	23.	Othmane El Gharissi	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:47.0
Sept. 16	2022	28.	Ian Miller	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:56.7
Sept. 16	2022	30.	Lorenzo Botter	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:59.6
Sept. 16	2022	32.	Hunter Steinau	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:04.8
Sept. 16	2022	38.	Patrick Kelly	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:16.5
Sept. 16	2022	43.	Kyler Koning	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:23.0
Sept. 16	2022	63.	Klaus Mangeot	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:58.7
Sept. 16	2022	68.	Ben Dertinger	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	27:06.3
Sept. 16	2022	70.	Jake Tarosky	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	27:11.1
Sept. 16	2022	92.	Jake Fiorillo	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	28:24.2
Sept. 16	2022	95.	Aiden Soto	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	28:27.9
Sept. 16	2022	99.	Evan Mills	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	28:44.9
Oct. 1	2022	15.	High Point	Live in Lou Classic	Louisville, Ky.	8k	409 pts.
Oct. 1	2022	19.	Othmane El Gharissi	Live in Lou Classic	Louisville, Ky.	8k	24:01.0
Oct. 1	2022	39.	Spencer Smucker	Live in Lou Classic	Louisville, Ky.	8k	24:12.7
Oct. 1	2022	99.	Ian Miller	Live in Lou Classic	Louisville, Ky.	8k	25:46.8
Oct. 1	2022	132.	Lorenzo Botter	Live in Lou Classic	Louisville, Ky.	8k	25:02.0
Oct. 1	2022	145.	Patrick Kelly	Live in Lou Classic	Louisville, Ky.	8k	25:09.6
Oct. 1	2022	170.	Kyler Koning	Live in Lou Classic	Louisville, Ky.	8k	25:24.1
Oct. 1	2022	183.	Hunter Steinau	Live in Lou Classic	Louisville, Ky.	8k	25:32.5
Oct. 1	2022	211.	Graham Ferguson	Live in Lou Classic	Louisville, Ky.	8k	25:48.0
Oct. 1	2022	213.	Ben Dertinger	Live in Lou Classic	Louisville, Ky.	8k	25:49.6
Oct. 1	2022	260.	Klaus Mangeot	Live in Lou Classic	Louisville, Ky.	8k	26:23.3
Oct. 14	2022	2.	High Point	VertCross Invitational	Kernersville, N.C.	8k	45 pts.
Oct. 14	2022	7.	Othmane El Gharissi	VertCross Invitational	Kernersville, N.C.	8k	25:01.9
Oct. 14	2022	8.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.	8k	25:04.3
Oct. 14	2022	9.	Ian Miller	VertCross Invitational	Kernersville, N.C.	8k	25:07.8
Oct. 14	2022	16.	Patrick Kelly	VertCross Invitational	Kernersville, N.C.	8k	25:41.9
Oct. 14	2022	18.	Jake Tarosky	VertCross Invitational	Kernersville, N.C.	8k	25:44.6
Oct. 14	2022	20.	Ben Dertinger	VertCross Invitational	Kernersville, N.C.	8k	25:51.8
Oct. 14	2022	21.	Lorenzo Botter	VertCross Invitational	Kernersville, N.C.	8k	25:54.6
Oct. 14	2022	26.	Kyler Koning	VertCross Invitational	Kernersville, N.C.	8k	26:27.7
Oct. 14	2022	38.	Klaus Mangeot	VertCross Invitational	Kernersville, N.C.	8k	27:04.8
Oct. 14	2022	39.	Jake Fiorillo	VertCross Invitational	Kernersville, N.C.	8k	27:05.4
Oct. 14	2022	47.	Evan Mills	VertCross Invitational	Kernersville, N.C.	8k	27:30.7
Oct. 14	2022	54.	Aiden Morrison	VertCross Invitational	Kernersville, N.C.	8k	27:59.4
Oct. 14	2022	59.	Aiden Soto	VertCross Invitational	Kernersville, N.C.	8k	28:12.4
Oct. 14	2022	69.	Evan Parkerson	VertCross Invitational	Kernersville, N.C.	8k	29:05.8
Oct. 14	2022	72.	Jack LaSalla	VertCross Invitational	Kernersville, N.C.	8k	29:40.4
Oct. 14	2022	84.	Aidan Finn	VertCross Invitational	Kernersville, N.C.	8k	33:17.4
Oct. 29	2022	2.	High Point	Big South Championship	Farmville, Va.	8k	45 pts.
Oct. 29	2022	3.	Othmane El Gharissi	Big South Championship	Farmville, Va.	8k	24:32.7
Oct. 29	2022	4.	Spencer Smucker	Big South Championship	Farmville, Va.	8k	24:36.9

EVENT-BY-EVENT RESULTS

Oct. 29	2022	7.	Ian Miller	Big South Championship	Farmville, Va.	8k	24:59.5
Oct. 29	2022	14.	Patrick Kelly	Big South Championship	Farmville, Va.	8k	25:43.8
Oct. 29	2022	20.	Jake Tarosky	Big South Championship	Farmville, Va.	8k	25:55.6
Oct. 29	2022	22.	Ben Dertinger	Big South Championship	Farmville, Va.	8k	25:56.9
Oct. 29	2022	23.	Kyler Koning	Big South Championship	Farmville, Va.	8k	26:01.8
Oct. 29	2022	33.	Lorenzo Botter	Big South Championship	Farmville, Va.	8k	26:31.5
Oct. 29	2022	42.	Klaus Mangeot	Big South Championship	Farmville, Va.	8k	26:57.4
Oct. 29	2022	59.	Jake Fiorillo	Big South Championship	Farmville, Va.	8k	28:04.1
Nov. 11	2022	15.	High Point	NCAA Southeast Regional	Louisville, Ky.	10k	422 pts.
Nov. 11	2022	48.	Othmane El Gharissi	NCAA Southeast Regional	Louisville, Ky.	10k	30:55.0
Nov. 11	2022	51.	Spencer Smucker	NCAA Southeast Regional	Louisville, Ky.	10k	30:56.8
Nov. 11	2022	93.	Ian Miller	NCAA Southeast Regional	Louisville, Ky.	10k	31:52.5
Nov. 11	2022	117.	Patrick Kelly	NCAA Southeast Regional	Louisville, Ky.	10k	32:24.2
Nov. 11	2022	118.	Kyler Koning	NCAA Southeast Regional	Louisville, Ky.	10k	32:24.2
Nov. 11	2022	123.	Jake Tarosky	NCAA Southeast Regional	Louisville, Ky.	10k	32:37.1
Nov. 11	2022	160.	Ben Dertinger	NCAA Southeast Regional	Louisville, Ky.	10k	33:42.1

TEAM TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 24	1959	1.	High Point	Davidson	Davidson, N.C.		27 pts.
Sept. 29	1967	1.	High Point	St. Andrews	High Point, N.C.		HPU, W, 17-44
Oct. 3	1967	1.	High Point	Methodist College	High Point, N.C.	6k	HPU, W, 19-42
Nov. 10	1968	1.	High Point	NAIA District 26	Lynchburg, Va.	8k	1st, 19 pts.
Nov. 15	1969	1.	High Point	NAIA District 26 Championship	Charlotte, N.C.		24 pts.
Nov. 14	1970	1.	High Point	NAIA District 26 Championship	High Point, N.C.	8k	30 pts.
Oct. 23	1972	2.	High Point				65 pts.
Oct. 30	1976	1.	High Point	NAIA District 26 Championship	Greensboro, N.C.		22 pts.
Oct. 7	1989	1.	High Point	Belmont Abbey	Belmont, N.C.	8k	48 pts.
Oct. 10	1992	1.	High Point	Belmont Abbey Invitational	Belmont, N.C.		23 pts.
Sept. 11	1993	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		15 pts.
Oct. 10	1993	1.	High Point	Belmont Abbey Invitational	Belmont, N.C.	8k	47 pts.
Sept. 7	1994	1.	High Point	High Point Invitational	High Point, N.C.	5k	20 pts.
Sept. 24	1994	1.	High Point	-	-		-
Oct. 1	1994	1.	High Point	East Carolina Invitational	Greenville, N.C.	8k	15 pts.
Sept. 12	1995	1.	High Point	High Point Invitational	Greensboro, N.C.	5k	39 pts.
Oct. 14	1995	1.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	8k	35 pts.
Oct. 28	1995	1.	High Point	Carolinas-Virginia Conference Championship		8k	19 pts.
Oct. 26	1996	1.	High Point	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	20 pts.
Sept. 8	2001	1.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	28 pts.
Oct. 6	2001	1.	High Point	Hagan-Stone XC Classic	Greensboro, N.C.		19 pts.
Oct. 13	2001	1.	High Point	N.C. Collegiate Championships	Greenville, S.C.	8k	36 pts.
Sept. 7	2002	1.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	19 pts.
Sept. 21	2002	1.	High Point	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	20 pts.
Oct. 12	2002	1.	High Point	N.C. Collegiate Championships	Greenville, N.C.	8k	17 pts.
Nov. 2	2002	1.	High Point	Big South Championship	Rock Hill, S.C.	8k	29 pts.
Sept. 20	2003	1.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	31 pts.
Nov. 1	2003	1.	High Point	Big South Championship	Conway, S.C.	8k	45 pts.
Sept. 10	2004	1.	High Point	UNC Wilmington Invitational	Wilmington, N.C.	5k	23 pts.
Sept. 25	2004	1.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	37 pts.
Oct. 16	2004	1.	High Point	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	26 pts.
Oct. 30	2004	1.	High Point	Big South Championship	Rock Hill, S.C.	8k	30 pts.
Sept. 17	2005	1.	High Point	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	39 pts.
Sept. 24	2005	1.	High Point	Overton XC Meet	Greenville, N.C.	8k	16 pts.
Oct. 13	2006	1.	High Point	Blue Ridge Open	Boone, N.C.	8k	50 pts.
Sept. 1	2007	1.	High Point	North Carolina Opener	Chapel Hill, N.C.	5k	18 pts.
Sept. 14	2007	1.	High Point	Big South Conference Preview	Hendersonville, N.C.	8k	24 pts.
Oct. 16	2009	1.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.		76 pts.
Sept. 25	2010	1.	High Point	Big South Preview	Blacksburg, Va.		38 pts.
Aug. 31	2012	1.	High Point	Demon Deacon Quad	Winston-Salem, N.C.		8
Sept. 13	2014	1.	High Point	Gardner-Webb Invitational	Boiling Springs, N.C.		28 pts.
Oct. 17	2014	1.	High Point	Blue Ridge Open	Boone, N.C.		29 pts.
Nov. 1	2014	1.	High Point	Big South Championship	Boiling Springs, N.C.		27 pts.
Sept. 4	2015	1.	High Point	Elon Invitational	Elon, N.C.		28 pts.
Oct. 3	2015	1.	High Point	USC Upstate Invitational	Spartanburg, S.C.	8k	28
Sept. 24	2016	1.	High Point	Greensboro XC Invitational	Greensboro, N.C.	8k	24 pts.
Jan. 29	2021	1.	High Point	Winthrop / Adidas Invitational	Rock Hill, S.C.		25 pts.
Feb. 12	2021	1.	High Point	Winter VertCross	Kernersville, N.C.	8k	37 pts.
Sept. 4	2009	1.	High Point	Wake Forest Relays	Winston-Salem, N.C.		6 pts.
Sept. 16	1989	2.	High Point	Belmont Abbey Invitational	Belmont, N.C.		HPU, L, 27-32
Oct. 28	1989	2.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	41 pts.
Sept. 14	1991	2.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	8k	95
Oct. 26	1991	2.	High Point	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	51 pts.
Sept. 17	1994	2.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.		67 pts.
Oct. 8	1994	2.	High Point	USC Upstate Invitational	Spartanburg, S.C.	10k	77 pts.
Sept. 14	1996	2.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		34 pts.
Oct. 19	1996	2.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	8k	64 pts.
Sept. 13	1997	2.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	6k	51 pts.
Oct. 18	1997	2.	High Point	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		55 pts.
Oct. 31	1998	2.	High Point	Big South Championship (Division B)	Radford, Va.	8k	33 pts.
Oct. 27	2001	2.	High Point	Big South Championship	Rock Hill, S.C.	8k	64 pts.
Oct. 11	2003	2.	High Point	Furman Invitational	Greenville, S.C.	5k	77 pts.
Oct. 18	2003	2.	High Point	N.C. Collegiate Championships	Greenville, N.C.	8k	42 pts.
Oct. 27	2007	2.	High Point	Big South Championship	Hendersonville, N.C.	8k	27 pts.
Nov. 1	2008	2.	High Point	Big South Championship	Lynchburg, Va.	8k	64 pts.
Nov. 8	2008	2.	High Point	Wolfpack Invitational	Raleigh, N.C.	5k	30 pts.
Oct. 31	2009	2.	High Point	Big South Championship	Winston-Salem, N.C.		46 pts.
Sept. 3	2010	2.	High Point	Covered Bridge Open	Boone, N.C.		75 pts.
Oct. 15	2010	2.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.		63 pts.
Oct. 30	2010	2.	High Point	Big South Championship	Blacksburg, Va.		45 pts.
Sept. 17	2011	2.	High Point	Big South Preview	Conway, S.C.		40 pts.
Oct. 29	2011	2.	High Point	Big South Championship	Conway, S.C.		40 pts.
Sept. 28	2012	2.	High Point	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		40 pts.
Oct. 27	2012	2.	High Point	Big South Championship	Rock Hill, S.C.		49 pts.

TEAM TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	2.	High Point	Western Carolina XC Invitational	Cullowhee, N.C.		43 pts.
Sept. 14	2013	2.	High Point	Furman XC Classic	Greenville, S.C.		63 pts.
Sept. 21	2013	2.	High Point	VMI Invitational	Buena Vista, Va.		51 pts.
Nov. 2	2013	2.	High Point	Big South Championship	Buena Vista, Va.		48 pts.
Sept. 1	2016	2.	High Point	Elon Opener	Elon, N.C.		60 pts.
Oct. 18	2019	2.	High Point	VertCross Invitational	Kernersville, N.C.	8k	64 pts.
March 5	2021	2.	High Point	Big South Championship	Rock Hill, S.C.	8k	51 pts.
Oct. 15	2021	2.	High Point	VertCross Invitational	Kernersville, N.C.		47 pts.
Oct. 29	2021	2.	High Point	Big South Championship	Kernersville, N.C.	8k	50 pts.
Oct. 14	2022	2.	High Point	VertCross Invitational	Kernersville, N.C.	8k	45 pts.
Oct. 29	2022	2.	High Point	Big South Championship	Farmville, Va.	8k	45 pts.
Oct. 27	1990	3.	High Point	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.		75 pts.
Sept. 26	1992	3.	High Point	Greensboro Invitational	Greensboro, N.C.		85 pts.
Oct. 3	1993	3.	High Point	Methodist Invitational	Fayetteville, N.C.		67 pts.
Sept. 7	1996	3.	High Point	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		114 pts.
Sept. 6	1997	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.		79 pts.
Sept. 5	1998	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	55 pts.
Oct. 3	1998	3.	High Point	Radford Invitational	Radford, Va.	8k	59 pts.
Sept. 2	2000	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.	8k	-
Sept. 9	2000	3.	High Point	Western Carolina Invitational	Cullowhee, N.C.	6k	-
Aug. 29	2003	3.	High Point	Mountaineer Open	Boone, N.C.	5k	49 pts.
Sept. 2	2005	3.	High Point	Wake Forest Invitational	Winston-Salem, N.C.	-	22 pts.
Oct. 29	2005	3.	High Point	Big South Championship	Lexington, Va.	8k	80 pts.
Sept. 1	2006	3.	High Point	Wake Forest Relays	Winston-Salem, N.C.	8k	-
Oct. 28	2006	3.	High Point	Big South Championship	Summerville, S.C.	8k	62 pts.
Sept. 20	2008	3.	High Point	Liberty Invitational	Lynchburg, Va.	8k	72 pts.
Sept. 2	2011	3.	High Point	Covered Bridge Open	Boone, N.C.	8k	85 pts.
Oct. 1	2011	3.	High Point	Hagan-Stone Classic	Greensboro, N.C.		58 pts.
Oct. 14	2011	3.	High Point	Blue Ridge Open (Gold Race)	Boone, N.C.		96 pts.
Sept. 26	2014	3.	High Point	UNCG Spartan Invitational	Kernersville, N.C.		95 pts.
Nov. 8	2014	3.	High Point	Three Stripe Invite	Cary, N.C.	5k	64 pts.
Oct. 31	2015	3.	High Point	Big South Championship	Spartanburg, S.C.	8k	48 pts.
Aug. 31	2018	3.	High Point	Elon Opener	Elon, N.C.	6k	97 pts.
Oct. 26	2018	3.	High Point	Big South Championship	Kernersville, N.C.	8k	75 pts.
Nov. 2	2019	3.	High Point	Big South Championship	Buies Creek, N.C.		61 pts.
Sept. 19	2009	3.	High Point	Big South Preview	Winston-Salem, N.C.		64 pts.
Oct. 21	1989	4.	High Point	Francis Marion Invitational	Florence, S.C.	8k	83 pts.
Sept. 18	1993	4.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.		
Nov. 4	1995	4.	High Point	NCAA Southeast Regional (Division II)			
Sept. 20	1997	4.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	148 pts.
Sept. 12	1998	4.	High Point	UNC Pembroke Meet	Pembroke, N.C.	6k	91 pts.
Oct. 14	2000	4.	High Point	N.C. Collegiate Championships	Cullowhee, N.C.	8k	114 pts.
Oct. 14	2005	4.	High Point	Blue Ridge Open	Boone, N.C.	8k	125 pts.
Oct. 17	2015	4.	High Point	Pre Nationals (Black Race)	Louisville, Ky.	8k	223 pts.
Oct. 1	2016	4.	High Point	Asheville XC Challenge	Asheville, N.C.	8k	111 pts.
Oct. 28	2016	4.	High Point	Big South Championship	Asheville, N.C.	8k	103 pts.
Sept. 16	2017	4.	High Point	Big South Preview	Lynchburg, Va.	8k	83 pts.
Aug. 30	2019	4.	High Point	Covered Bridge Open	Boone, N.C.	8k	96 pts.
Sept. 3	2021	4.	High Point	Covered Bridge Open	Boone, N.C.	8k	108 pts.
Sept. 17	2021	4.	High Point	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	89 pts.
Sept. 2	2022	4.	High Point	Covered Bridge Open	Boone, N.C.	8k	123 pts.
Sept. 16	2022	4.	High Point	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	103 pts.
Sept. 30	1989	5.	High Point	Methodist College Invitational	Fayetteville, N.C.		
Sept. 7	1991	5.	High Point	USC Upstate Invitational	Spartanburg, S.C.		
Sept. 28	1991	5.	High Point	Charleston Southern Invitational	Charleston, S.C.		135 pts.
Sept. 21	1996	5.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	122 pts.
Sept. 19	1998	5.	High Point	Winthrop Invitational	Rock Hill, S.C.	8k	124 pts.
Sept. 26	1998	5.	High Point	Greenboro Invitational	Greensboro, N.C.	8k	165 pts.
Sept. 4	1999	5.	High Point	HPU / Elon Invitational			122 pts.
Sept. 11	1999	5.	High Point	Western Carolina Classic	Cullowhee, N.C.	6k	131 pts.
Oct. 28	2000	5.	High Point	Big South Championship	Charleston, S.C.	8k	138 pts.
Aug. 31	2001	5.	High Point	Appalachian State Invitational	Boone, N.C.	8k	143 pts.
Aug. 30	2002	5.	High Point	Mountaineer Open	Boone, N.C.	8k	32 pts.
Sept. 15	2012	5.	High Point	adidas/Winthrop Invitational	Rock Hill, S.C.		160 pts.
Sept. 28	2012	5.	High Point	Charlotte Invitational	Charlotte, N.C.		154 pts.

INDIVIDUAL TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 4	1961	1.	Mike Sambino	NAIA District 26	Wilson, N.C.	6k	20:29.1
Oct. 3	1967	1.	Bill Carter	Methodist College	High Point, N.C.	6k	23:25
Oct. 3	1967	1.	Richard Ross	Methodist College	High Point, N.C.	6k	-
Nov. 10	1968	1.	Bill Carter	NAIA District 26	Lynchburg, Va.	8k	27:20
Oct. 8	1975	1.	Dennis Covahey	Campbell / Johnson C. Smith	High Point, N.C.		26:52
Sept. 16	1989	1.	John High	Belmont Abbey Invitational	Belmont, N.C.		26:47
Oct. 7	1989	1.	John High	Belmont Abbey	Belmont, N.C.	8k	25:37
Sept. 15	1990	1.	John High	Belmont Abbey Invitational		8k	25:44
Oct. 2	1990	1.	John High	St. Andrews Invitational	Laurinburg, N.C.	8k	26:55
Oct. 6	1990	1.	John High	Belmont Abbey Invitational	Belmont, N.C.		25:00
Oct. 27	1990	1.	John High	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.		25:46
Oct. 26	1991	1.	John High	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	25:51
Oct. 10	1992	1.	James White	Belmont Abbey Invitational	Belmont, N.C.		26:42
Oct. 24	1992	1.	James White	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		26:22
Oct. 10	1993	1.	James White	Belmont Abbey Invitational	Belmont, N.C.	8k	27:08
Sept. 11	1993	1.	James White	UNC Pembroke Invitational	Pembroke, N.C.		20:23
Sept. 18	1993	1.	James White	Wake Forest CC Classic	Winston-Salem, N.C.		16:22
Oct. 3	1993	1.	James White	Methodist Invitational	Fayetteville, N.C.		26:35
Sept. 7	1994	1.	Robert McCulloch	High Point Invitational	High Point, N.C.	5k	16:24
Sept. 17	1994	1.	Robert McCulloch	Wake Forest CC Classic	Winston-Salem, N.C.		16:01
	1994	1.	Robert McCulloch	Carolinas Intercollegiate Athletic Conference Championship			26:55
Sept. 12	1995	1.	David Duggan	High Point Invitational	Greensboro, N.C.	5k	16:01
Oct. 28	1995	1.	David Duggan	Carolinas-Virginia Conference Championship		8k	27:23
Oct. 26	1996	1.	David Duggan	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	27:06
Sept. 6	1997	1.	David Duggan	HPU / Elon Invitational	Greensboro, N.C.		26:54
Sept. 13	1997	1.	Aaron Bowman	UNC Pembroke Invitational	Pembroke, N.C.	6k	20:48
Oct. 4	1997	1.	Aaron Bowman	The Citadel Invitational	Charleston, S.C.		26:23
Oct. 18	1997	1.	Aaron Bowman	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		25:33
Sept. 5	1998	1.	David Duggan	HPU / Elon Invitational	Greensboro, N.C.	8k	27:38
Sept. 29	2001	1.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.		25:10
Oct. 6	2001	1.	Taylor Milne	Hagan-Stone XC Classic	Greensboro, N.C.		26:57
Oct. 13	2001	1.	Tommy Evans	N.C. Collegiate Championships	Greenville, S.C.	8k	24:34
Aug. 30	2002	1.	Tommy Evans	Mountaineer Open	Boone, N.C.	8k	19:55.80
Sept. 7	2002	1.	Jeff Fairman	HPU / Elon Invitational	Greensboro, N.C.	8k	25:49
Sept. 21	2002	1.	Tommy Evans	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:09.14
Oct. 12	2002	1.	Tommy Evans	N.C. Collegiate Championships	Greenville, N.C.	8k	23:53
Oct. 19	2002	1.	Tommy Evans	Tribe Open	Williamsburg, Va.	8k	25:07.0
Aug. 29	2003	1.	Derek Naklusi	Mountaineer Open	Boone, N.C.	5k	15:33.10
Sept.20	2003	1.	Jeff Fairman	Winthrop Invitational	Rock Hill, S.C.	8k	25:25.02
Sept.20	2003	1.	Tommy Evans	Winthrop Invitational (Non-Award)	Rock Hill, S.C.	8k	25:13.41
Oct. 18	2003	1.	Jeff Fairman	N.C. Collegiate Championships	Greenville, N.C.	8k	23:49.37
Sept. 17	2005	1.	Tamas Kovacs	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	25:26
Sept. 24	2005	1.	Tamas Kovacs	Overton XC Meet	Greenville, N.C.	8k	24:44.91
Sept. 1	2006	1.	Tamas Kovacs	Wake Forest Relays	Winston-Salem, N.C.	8k	22:06
Sept. 1	2006	1.	Tamas Kovacs / Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	44:19
Sept. 1	2007	1.	Tamas Kovacs	North Carolina Opener	Chapel Hill, N.C.	5k	15:30.80
Sept. 14	2007	1.	Tamas Kovacs	Big South Conference Preview	Hendersonville, N.C.	8k	25:56.0
Sept. 19	2009	1.	Jesse Cherry	Big South Preview	Winston-Salem, N.C.		25:27
Oct. 15	2010	1.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.		24:35.9
Aug. 31	2012	1.	Patrick Crawford / Jeff Lacoste	Demon Deacon Quad	Winston-Salem, N.C.		47:59
Sept. 28	2012	1.	Jeff LaCoste	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		25:33
Oct. 27	2012	1.	Jacob Smith	Big South Championship	Rock Hill, S.C.		24:35.79
Sept. 14	2013	1.	Patrick Crawford	Furman XC Classic	Greenville, S.C.		23:46.67
Sept. 28	2013	1.	Chris Colo	Greensboro XC Invitational	Greensboro, N.C.		26:08.24
Nov. 2	2013	1.	Patrick Crawford	Big South Championship	Buena Vista, Va.		25:32.28
Nov. 1	2014	1.	Jeff LaCoste	Big South Championship	Boiling Springs, N.C.		24:59.30
Oct. 3	2015	1.	Vinny Todaro	USC Upstate Invitational	Spartanburg, S.C.	8k	25:28.97
Sept. 24	2016	1.	Chernet Sisay	Greensboro XC Invitational	Greensboro, N.C.	8k	26:38.0
Oct. 18	2019	1.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.	8k	24:53.09
Feb. 12	2021	1.	Hocine Bouchrak	Winter VertCross	Kernersville, N.C.	8k	25:21.27
Jan. 29	2021	1.	Hocine Bouchrak	Winthrop / Adidas Invitational	Rock Hill, S.C.		24:45.6
Oct. 15	2021	1.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.	8k	24:54.7
Nov. 7	1961	2.	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k	21:26
Nov. 15	1969	2.	Lloyd Davis	NAIA District 26 Championship	Charlotte, N.C.		
Oct.30	1976	2.	Mark Hamlett	NAIA District 26 Championship	Greensboro, N.C.		
Sept. 16	1989	2.	Terry Kersey	Belmont Abbey Invitational	Belmont, N.C.		27:21
Sept. 15	1990	2.	Shane Smith	Belmont Abbey Invitational		8k	28:31
Sept. 29	1990	2.	John High	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k	28:06
Oct. 6	1990	2.	Shane Smith	Belmont Abbey Invitational	Belmont, N.C.		26:57
Sept. 14	1991	2.	John High	UNC Pembroke Invitational	Pembroke, N.C.	8k	26:46
Oct. 10	1992	2.	Sean Carter	Belmont Abbey Invitational	Belmont, N.C.		26:47
Oct. 24	1992	2.	Sean Carter	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		27:21
Sept. 11	1993	2.	Mike White	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	2.	Mike White	Wake Forest CC Classic	Winston-Salem, N.C.		16:54

INDIVIDUAL TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 10	1993	2.	Sean Carter	Belmont Abbey Invitational	Belmont, N.C.	8k	27:56
Oct. 17	1993	2.	James White	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:06
Sept. 7	1994	2.	Sean Carter	High Point Invitational	High Point, N.C.	5k	17:21
Sept. 24	1994	2.	Robert McCulloch	-	-	-	26:09
Oct. 1	1994	2.	Robert McCulloch	East Carolina Invitational	Greenville, N.C.	8k	27:28
	1994	2.	Sean Carter	Carolinas Intercollegiate Athletic Conference Championship			28:07
Oct. 14	1995	2.	David Duggan	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:11.2
Sept. 7	1996	2.	Shon Hildreth	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		28:54
Sept. 14	1996	2.	David Duggan	UNC Pembroke Invitational	Pembroke, N.C.		21:24.74
Sept. 21	1996	2.	David Duggan	Winthrop Invitational	Rock Hill, S.C.	8k	26:52
Oct. 26	1996	2.	Shon Hildreth	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	27:57
Sept. 6	1997	2.	Aaron Bowman	HPU / Elon Invitational	Greensboro, N.C.		27:09
Sept. 13	1997	2.	David Duggan	UNC Pembroke Invitational	Pembroke, N.C.	6k	21:29
Oct. 4	1997	2.	David Duggan	The Citadel Invitational	Charleston, S.C.		26:48
Sept. 12	1998	2.	David Duggan	UNC Pembroke Meet	Pembroke, N.C.	6k	21:14
Oct. 3	1998	2.	Shon Hildreth	Radford Invitational	Radford, Va.	8k	26:23
Sept. 4	1999	2.	Tommy Evans	HPU / Elon Invitational			26:21
Aug. 31	2001	2.	Tommy Evans	Appalachian State Invitational	Boone, N.C.	8k	24:54
Sept. 8	2001	2.	Jeff Fairman	HPU / Elon Invitational	Greensboro, N.C.	8k	27:14
Oct. 27	2001	2.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	24:55
Aug. 30	2002	2.	Taylor Milne	Mountaineer Open	Boone, N.C.	8k	20:02.80
Oct. 12	2002	2.	Taylor Milne	N.C. Collegiate Championships	Greenville, N.C.	8k	24:27
Nov. 2	2002	2.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	24:52
Sept. 10	2004	2.	Derek Naklusi	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:29
Oct. 16	2004	2.	Derek Naklusi	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:04
Sept. 2	2005	2.	Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	21:56
Sept. 17	2005	2.	Kyle Lounsbury	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	26:06
Sept. 24	2005	2.	Jesse Cherry	Overton XC Meet	Greenville, N.C.	8k	25:24.31
Oct. 29	2005	2.	Tamas Kovacs	Big South Championship	Lexington, Va.	8k	25:14.88
Sept. 1	2006	2.	Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	22:13
Sept. 23	2006	2.	Tamas Kovacs	Old North State Championships	Greensboro, N.C.	8k	26:01.4
Sept. 1	2007	2.	Jesse Cherry	North Carolina Opener	Chapel Hill, N.C.	5k	15:35.60
Sept. 8	2007	2.	Tamas Kovacs	Lou Onesty Invitational Away	Charlottesville, Va.	8k	24:37.6
Sept. 14	2007	2.	Jesse Cherry	Big South Conference Preview	Hendersonville, N.C.	8k	26:16.0
Sept. 28	2007	2.	Tamas Kovacs	Notre Dame Invitational	South Bend, Ind.	8k	24:45
Sept. 4	2009	2.	Anthony Berkis	Wake Forest Relays	Winston-Salem, N.C.		22:28
Sept. 3	2010	2.	Patrick Crawford	Covered Bridge Open	Boone, N.C.		19:42.66
Sept. 25	2010	2.	Jevin Monds	Big South Preview	Blacksburg, Va.		26:15.63
Sept. 17	2011	2.	Patrick Crawford	Big South Preview	Conway, S.C.		24:57
Oct. 29	2011	2.	Jacob Smith	Big South Championship	Conway, S.C.		24:14
Aug. 31	2012	2.	Reece Ayers / Paddy Grandinali	Demon Deacon Quad	Winston-Salem, N.C.		48:27
Aug. 30	2013	2.	Patrick Crawford	Western Carolina XC Invitational	Cullowhee, N.C.		15:02.34
Sept. 28	2013	2.	Kevin McGuire	Greensboro XC Invitational	Greensboro, N.C.		26:12.05
Nov. 2	2013	2.	Jeff LaCoste	Big South Championship	Buena Vista, Va.		25:52.84
Sept. 13	2014	2.	Jeff LaCoste	Gardner-Webb Invitational	Boiling Springs, N.C.		25:44.78
Sept. 1	2016	2.	Vinny Todaro	Elon Opener	Elon, N.C.		18:56
Sept. 24	2016	2.	Vinny Todaro	Greensboro XC Invitational	Greensboro, N.C.	8k	27:20.5
Sept. 16	2017	2.	Alejandro Juan Torres	Big South Preview	Lynchburg, Va.	8k	26:46.3
Sept. 30	2017	2.	Alejandro Juan Torres	Upstate Invite	Spartanburg, S.C.		24:58.7
Jan. 29	2021	2.	Austen Cave	Winthrop / Adidas Invitational	Rock Hill, S.C.		25:20.0
March 5	2021	2.	Spencer Smucker	Big South Championship	Rock Hill, S.C.	8k	24:08.0
Sept. 3	2021	2.	Hocine Bouchrak	Covered Bridge Open	Boone, N.C.	8k	25:08.18
Nov. 8	1960	3.	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k	21:57.2
Nov. 15	1969	3.	Richard Litchford	NAIA District 26 Championship	Charlotte, N.C.		
Oct. 8	1975	3.	Ron Demint	Campbell / Johnson C. Smith	High Point, N.C.		
Oct.30	1976	3.	Steve Dunham	NAIA District 26 Championship	Greensboro, N.C.		
Oct. 7	1989	3.	Terry Kersey	Belmont Abbey	Belmont, N.C.	8k	27:23
Oct. 21	1989	3.	John High	Francis Marion Invitational	Florence, S.C.	8k	26:39
Oct. 28	1989	3.	John High	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	26:43
Sept. 22	1990	3.	John High	Winthrop Invitational			27:03
Sept. 11	1993	3.	Sean Carter	UNC Pembroke Invitational	Pembroke, N.C.		
Oct. 10	1993	3.	Mike Dyess	Belmont Abbey Invitational	Belmont, N.C.	8k	28:24
	1994	3.	Mike Dyess	Carolinas Intercollegiate Athletic Conference Championship			28:21
Sept. 12	1995	3.	Shon Hildreth	High Point Invitational	Greensboro, N.C.	5k	17:08
Oct. 28	1995	3.	Christian Kell	Carolinas-Virginia Conference Championship		8k	28:52
Sept. 14	1996	3.	Shon Hildreth	UNC Pembroke Invitational	Pembroke, N.C.		22:21.36
Oct. 26	1996	3.	Christian Kell	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	28:44
Sept. 2	2000	3.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	27:23
Sept. 8	2001	3.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	27:19
Oct. 6	2001	3.	Jared Prunty	Hagan-Stone XC Classic	Greensboro, N.C.		27:20
Sept. 7	2002	3.	Adrian Hill	HPU / Elon Invitational	Greensboro, N.C.	8k	26:22
Sept. 21	2002	3.	Taylor Milne	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:53.71
Oct. 12	2002	3.	Jeff Fairman	N.C. Collegiate Championships	Greenville, N.C.	8k	24:32
Oct. 19	2002	3.	Jeff Fairman	Tribe Open	Williamsburg, Va.	8k	25:25.0

INDIVIDUAL TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 2	2002	3.	Jeff Fairman	Big South Championship	Rock Hill, S.C.	8k	25:03
Sept. 1	2004	3.	Derek Naklusi / Matthias Ewender	Wake Forest Relays	Winston-Salem, N.C.	-	45:32
Sept. 10	2004	3.	David Ferier	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:35
Sept. 25	2004	3.	David Ferier	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	24:47
Oct. 16	2004	3.	David Ferier	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:05
Oct. 30	2004	3.	Derek Naklusi	Big South Championship	Rock Hill, S.C.	8k	25:07
Sept. 2	2005	3.	Danel Slaydon / Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	45:01
Sept. 24	2005	3.	Danel Slaydon	Overton XC Meet	Greenville, N.C.	8k	25:26.88
Sept. 23	2006	3.	Kyle Lounsbury	Old North State Championships	Greensboro, N.C.	8k	26:14.4
Nov. 1	2008	3.	Jesse Cherry	Big South Championship	Lynchburg, Va.	8k	25:05.04
Nov. 8	2008	3.	Anthony Berkis	Wolfpack Invitational	Raleigh, N.C.	5k	15:16
Sept. 4	2009	3.	Neal Darmody	Wake Forest Relays	Winston-Salem, N.C.		22:45
Oct. 31	2009	3.	Josh Morgan	Big South Championship	Winston-Salem, N.C.		25:48
Sept. 25	2010	3.	Patrick Crawford	Big South Preview	Blacksburg, Va.		26:19.12
Oct. 2	2010	3.	Mike Ali	Hagan-Stone Classic	Greensboro, N.C.		26:58.8
Oct. 1	2011	3.	Jonathan Riley	Hagan-Stone Classic	Greensboro, N.C.		26:47.01
Oct. 14	2011	3.	Chris Colo	Blue Ridge Open	Boone, N.C.	8k	26:34.3
Oct. 14	2011	3.	Patrick Crawford	Blue Ridge Open (Gold Race)	Boone, N.C.		24:38.2
Oct. 29	2011	3.	Patrick Crawford	Big South Championship	Conway, S.C.		24:15
Sept. 14	2013	3.	Jeff LaCoste	Furman XC Classic	Greenville, S.C.		23:59.58
Sept. 28	2013	3.	Cody Seymour	Greensboro XC Invitational	Greensboro, N.C.		26:37.74
Oct. 17	2014	3.	Jeff LaCoste	Blue Ridge Open	Boone, N.C.		20:17.01
Nov. 1	2014	3.	Chris Colo	Big South Championship	Boiling Springs, N.C.		25:05.40
Sept. 4	2015	3.	Ryan Udvadia	Elon Invitational	Elon, N.C.		18:45
Oct. 3	2015	3.	Paddy Grandinali	USC Upstate Invitational	Spartanburg, S.C.	8k	25:35.97
Sept. 1	2016	3.	Chernet Sisay	Elon Opener	Elon, N.C.		19:00
Oct. 26	2018	3.	Hocine Bouchrak	Big South Championship	Kernersville, N.C.	8k	25:37.3
Aug. 30	2019	3.	Hocine Bouchrak	Covered Bridge Open	Boone, N.C.	8k	25:18.33
Sept. 17	2021	3.	Hocine Bouchrak	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	24:28.6
Oct. 29	2021	3.	Hocine Bouchrak	Big South Championship	Kernersville, N.C.	8k	24:25.0
Oct. 29	2022	3.	Othmane El Gharissi	Big South Championship	Farmville, Va.	8k	24:32.7
Nov. 15	1969	4.	Grinch Johnson	NAIA District 26 Championship	Charlotte, N.C.		
Oct.30	1976	4.	Matt Rogers	NAIA District 26 Championship	Greensboro, N.C.		
Sept. 15	1990	4.	Darren Jones	Belmont Abbey Invitational		8k	30:19
Sept. 7	1991	4.	John High	USC Upstate Invitational	Spartanburg, S.C.		29:24
Sept. 28	1991	4.	John High	Charleston Southern Invitational	Charleston, S.C.		26:13
Sept. 26	1992	4.	James White	Greensboro Invitational	Greensboro, N.C.		26:51
Oct. 24	1992	4.	Mike Dyess	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		27:57
Sept. 11	1993	4.	Mike Dyess	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 7	1994	4.	Mike Dyess	High Point Invitational	High Point, N.C.	5k	17:40
Oct. 1	1994	4.	Mike Dyess	East Carolina Invitational	Greenville, N.C.	8k	28:19
Oct. 8	1994	4.	Robert McCulloch	USC Upstate Invitational	Spartanburg, S.C.	10k	33:12.53
Sept. 12	1995	4.	Roby Chase	High Point Invitational	Greensboro, N.C.	5k	17:16
Oct. 28	1995	4.	Roby Chase	Carolinas-Virginia Conference Championship		8k	29:15
Sept. 20	1997	4.	David Duggan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:47
Nov. 1	1997	4.	Aaron Bowman	Big South Championships	Rock Hill, S.C.	8k	25:54
Sept. 2	2000	4.	Niran Pillay	HPU / Elon Invitational	Greensboro, N.C.	8k	27:33
Oct. 6	2001	4.	Mike Salamone	Hagan-Stone XC Classic	Greensboro, N.C.		27:49
Sept. 7	2002	4.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	26:42
Sept. 21	2002	4.	Alex Baikovs	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:56.27
Oct. 12	2002	4.	Bubba Hill	N.C. Collegiate Championships	Greenville, N.C.	8k	24:41
Sept.20	2003	4.	Derek Naklusi	Winthrop Invitational	Rock Hill, S.C.	8k	25:40.55
Nov. 1	2003	4.	Jeff Fairman	Big South Championship	Conway, S.C.	8k	25:53.99
Oct. 16	2004	4.	Bubba Hill	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:17
Oct. 30	2004	4.	David Ferier	Big South Championship	Rock Hill, S.C.	8k	25:13
Sept. 23	2006	4.	Danel Slaydon	Old North State Championships	Greensboro, N.C.	8k	26:24.9
Sept. 1	2007	4.	Jevin Monds	North Carolina Opener	Chapel Hill, N.C.	5k	15:40.60
Sept. 14	2007	4.	Josh Morgan	Big South Conference Preview	Hendersonville, N.C.	8k	26:59.2
Oct. 27	2007	4.	Jesse Cherry	Big South Championship	Hendersonville, N.C.	8k	25:35.4
Sept. 20	2008	4.	Anthony Berkis	Liberty Invitational	Lynchburg, Va.	8k	26:34.70
Sept. 4	2009	4.	Jevin Monds	Wake Forest Relays	Winston-Salem, N.C.		22:53
Sept. 19	2009	4.	Josh Morgan	Big South Preview	Winston-Salem, N.C.		26:38
Sept. 3	2010	4.	Neal Darmody	Covered Bridge Open	Boone, N.C.		19:46.55
Oct. 15	2010	4.	Jonathan Riley	Blue Ridge Open	Boone, N.C.		26:56.1
Oct. 30	2010	4.	Neal Darmody	Big South Championship	Blacksburg, Va.		24:53.96
Oct. 29	2011	4.	Neal Darmody	Big South Championship	Conway, S.C.		24:28
Sept. 28	2013	4.	Mason Lenox	Greensboro XC Invitational	Greensboro, N.C.		26:42.49
Oct. 18	2013	4.	Jeff LaCoste	Blue Ridge Open	Boone, N.C.		24:37.06
Sept. 13	2014	4.	Paddy Grandinali	Gardner-Webb Invitational	Boiling Springs, N.C.		25:48.94
Oct. 17	2014	4.	Chris Colo	Blue Ridge Open	Boone, N.C.		20:19.88
Sept. 4	2015	4.	Vinny Todaro	Elon Invitational	Elon, N.C.		18:49
Nov. 2	2019	4.	Hocine Bouchrak	Big South Championship	Buies Creek, N.C.		24:58.74
Feb. 12	2021	4.	Austen Cave	Winter VertCross	Kernersville, N.C.	8k	25:43.42
Jan. 29	2021	4.	Hunter Steinau	Winthrop / Adidas Invitational	Rock Hill, S.C.		25:53.4

INDIVIDUAL TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 29	2022	4.	Spencer Smucker	Big South Championship	Farmville, Va.	8k	24:36.9
Nov. 15	1969	5.	Eric Noren	NAIA District 26 Championship	Charlotte, N.C.		
Oct.30	1976	5.	Randy Lazelere	NAIA District 26 Championship	Greensboro, N.C.		
Sept. 1	1990	5.	John High / Shane Smith	Methodist College Relay			1:07.45
Oct. 10	1992	5.	Kevin Hampson	Belmont Abbey Invitational	Belmont, N.C.		27:20
Oct. 24	1992	5.	Kevin Hampson	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		28:10
Sept. 11	1993	5.	Jeff Goddard	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	5.	Sean Carter	Wake Forest CC Classic	Winston-Salem, N.C.		17:35
Oct. 14	1995	5.	Shon Hildreth	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:47.7
Oct. 28	1995	5.	Daniel Doub	Carolinas-Virginia Conference Championship		8k	29:27
Sept. 20	1997	5.	Aaron Bowman	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:48
Oct. 18	1997	5.	David Duggan	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		27:30
Sept. 11	1999	5.	Tommy Evans	Western Carolina Classic	Cullowhee, N.C.	6k	19:13
Sept. 26	1998	5.	Shon Hildreth	Greenboro Invitational	Greensboro, N.C.	8k	27:55
Oct. 28	2000	5.	Niran Pillay	Big South Championship	Charleston, S.C.	8k	26:01
Oct. 6	2001	5.	Niran Pillay	Hagan-Stone XC Classic	Greensboro, N.C.		28:33
Oct. 13	2001	5.	Jeff Fairman	N.C. Collegiate Championships	Greenville, S.C.	8k	25:42
Aug. 30	2002	5.	Jeff Fairman	Mountaineer Open	Boone, N.C.	8k	20:23.80
Sept. 7	2002	5.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	26:45.12
Sept. 21	2002	5.	Jeff Fairman	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:04.84
Nov. 2	2002	5.	Taylor Milne	Big South Championship	Rock Hill, S.C.	8k	25:35
Aug. 29	2003	5.	Jeff Fairman	Mountaineer Open	Boone, N.C.	5k	15:39.40
Sept. 26	2003	5.	Tommy Evans	Great American Classic / Univ. B Open	Cary, N.C.	8k	27:01.5
Oct. 18	2003	5.	Bubba Hill	N.C. Collegiate Championships	Greenville, N.C.	8k	24:08.03
Sept. 10	2004	5.	Matthias Ewender	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:38
Sept. 25	2004	5.	Joel Primus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:12
Oct. 16	2004	5.	Joel Primus	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:18
Oct. 30	2004	5.	Bubba Hill	Big South Championship	Rock Hill, S.C.	8k	25:21
Sept. 17	2005	5.	Jesse Cherry	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	26:40
Sept. 24	2005	5.	Kyle Lounsbury	Overton XC Meet	Greenville, N.C.	8k	25:37.83
Sept. 1	2007	5.	Josh Morgan	North Carolina Opener	Chapel Hill, N.C.	5k	15:47.20
Sept. 28	2007	5.	Jesse Cherry	Notre Dame Invitational	South Bend, Ind.	8k	25:02
Oct. 27	2007	5.	Tamas Kovacs	Big South Championship	Hendersonville, N.C.	8k	25:40.3
Sept. 19	2009	5.	Neal Darmody	Big South Preview	Winston-Salem, N.C.		26:56
Oct. 2	2010	5.	Mike Feroe	Hagan-Stone Classic	Greensboro, N.C.		27:09.7
Sept. 17	2011	5.	Jacob Smith	Big South Preview	Conway, S.C.		25:16
Oct. 14	2011	5.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.		25:06.1
Aug. 31	2012	5.	Kevin McGuire / Ben Robinson	Demon Deacon Quad	Winston-Salem, N.C.		49:10
Oct. 27	2012	5.	Patrick Crawford	Big South Championship	Rock Hill, S.C.		24:52.27
Aug. 30	2013	5.	Jeff LaCoste	Western Carolina XC Invitational	Cullowhee, N.C.		15:19.90
Nov. 1	2014	5.	James Quattlebaum	Big South Championship	Boiling Springs, N.C.		25:24.90
Sept. 24	2016	5.	Bryan Gonzales	Greensboro XC Invitational	Greensboro, N.C.	8k	28:58.0
Oct. 1	2016	5.	Vinny Todaro	Asheville XC Challenge	Asheville, N.C.	8k	26:01.12
Oct. 13	2017	5.	Hocine Bouchrak	HPU VertCross Invitational	Kernersville, N.C.	8k	24:51.68

BEST INDIVIDUAL TIMES <BY DISTANCE>

<5K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Nov. 8	2008	Anthony Berkis	Wolfpack Invitational	Raleigh, N.C.	5k 15:16
2.	Nov. 8	2008	Neal Darmody	Wolfpack Invitational	Raleigh, N.C.	5k 15:27
3.	Sept. 10	2004	Derek Naklusi	UNC Wilmington Invitational	Wilmington, N.C.	5k 15:29
4.	Nov. 8	2014	Vinny Todaro	Three Stripe Invite	Cary, N.C.	5k 15:29.42
5.	Sept. 1	2007	Tamas Kovacs	North Carolina Opener	Chapel Hill, N.C.	5k 15:30.80
6.	Nov. 8	2014	Chernet Sisay	Three Stripe Invite	Cary, N.C.	5k 15:32.13
7.	Aug. 29	2003	Derek Naklusi	Mountaineer Open	Boone, N.C.	5k 15:33.10
8.	Sept. 10	2004	David Ferier	UNC Wilmington Invitational	Wilmington, N.C.	5k 15:35
9.	Sept. 1	2007	Jesse Cherry	North Carolina Opener	Chapel Hill, N.C.	5k 15:35.60
10.	Nov. 8	2008	Cole Atkins	Wolfpack Invitational	Raleigh, N.C.	5k 15:38
11.	Sept. 10	2004	Matthias Ewender	UNC Wilmington Invitational	Wilmington, N.C.	5k 15:38
12.	Aug. 29	2003	Jeff Fairman	Mountaineer Open	Boone, N.C.	5k 15:39.40
13.	Sept. 10	2004	Bubba Hill	UNC Wilmington Invitational	Wilmington, N.C.	5k 15:40
14.	Sept. 1	2007	Jevin Monds	North Carolina Opener	Chapel Hill, N.C.	5k 15:40.60
15.	Sept. 10	2004	Matt Goodale	UNC Wilmington Invitational	Wilmington, N.C.	5k 15:42

<6K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Nov. 4	1961	Mike Sambino	NAIA District 26	Wilson, N.C.	6k 20:29.1
2.	Nov. 8	1960	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k 21:57.2
3.	Oct. 16	2004	Derek Naklusi	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 18:04
4.	Oct. 16	2004	David Ferier	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 18:05
5.	Oct. 16	2004	Bubba Hill	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 18:17
6.	Oct. 16	2004	Joel Primus	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 18:18
7.	Oct. 16	2004	Danel Slaydon	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 18:46
8.	Oct. 16	2004	Matthias Ewender	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 18:54
9.	Aug. 31	2018	Hocine Bouchrak	Elon Opener	Elon, N.C.	6k 19:01
10.	Oct. 16	2004	Justin Adams	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 19:04
11.	Sept. 11	1999	Tommy Evans	Western Carolina Classic	Cullowhee, N.C.	6k 19:13
12.	Oct. 16	2004	Kyle Lounsbury	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k 19:52
13.	Aug. 31	2018	Spencer Smucker	Elon Opener	Elon, N.C.	6k 20:04
14.	Sept. 9	2000	Niran Pillay	Western Carolina Invitational	Cullowhee, N.C.	6k 20:05
15.	Sept. 9	2000	Tommy Evans	Western Carolina Invitational	Cullowhee, N.C.	6k 20:05

<8K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Aug. 30	2002	Tommy Evans	Mountaineer Open	Boone, N.C.	8k 19:55.80
2.	Aug. 30	2002	Taylor Milne	Mountaineer Open	Boone, N.C.	8k 20:02.80
3.	Aug. 30	2002	Jeff Fairman	Mountaineer Open	Boone, N.C.	8k 20:23.80
4.	Aug. 30	2002	Alex Baikovs	Mountaineer Open	Boone, N.C.	8k 20:32.80
5.	Aug. 30	2002	Adrian Hill	Mountaineer Open	Boone, N.C.	8k 20:58.10
6.	Aug. 30	2002	Matt Goodale	Mountaineer Open	Boone, N.C.	8k 21:10.30
7.	Aug. 30	2002	Jared Prunty	Mountaineer Open	Boone, N.C.	8k 21:11.70
8.	Aug. 30	2002	Chris Pereschuk	Mountaineer Open	Boone, N.C.	8k 21:20.40
9.	Aug. 30	2002	Dan Garipey	Mountaineer Open	Boone, N.C.	8k 21:28.30
10.	Aug. 30	2002	Niran Pillay	Mountaineer Open	Boone, N.C.	8k 21:31.60
11.	Aug. 30	2002	Mike Salamone	Mountaineer Open	Boone, N.C.	8k 21:39.30
12.	Sept. 1	2006	Tamas Kovacs	Wake Forest Relays	Winston-Salem, N.C.	8k 22:06
13.	Sept. 1	2006	Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k 22:13
14.	Aug. 30	2002	Derek Naklusi	Mountaineer Open	Boone, N.C.	8k 22:16.60
15.	Aug. 30	2002	Jon Renner	Mountaineer Open	Boone, N.C.	8k 22:21.70

<10K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Nov. 12	2021	Hocine Bouchrak	NCAA Southeast Regional	Louisville, Ky.	10k 30:29.8
2.	Nov. 15	2019	Hocine Bouchrak	NCAA Southeast Regional	Earlsville, Va.	10k 30:34.8
3.	Nov. 16	2002	Tommy Evans	NCAA Southeast Regional	Greenville, N.C.	10k 30:40.4
4.	Nov. 10	2017	Hocine Bouchrak	NCAA Southeast Regional	Earlsville, Va.	10k 30:52.2
5.	Nov. 11	2022	Othmane El Gharissi	NCAA Southeast Regional	Louisville, Ky.	10k 30:55.0
6.	Nov. 11	2022	Spencer Smucker	NCAA Southeast Regional	Louisville, Ky.	10k 30:56.8
7.	Nov. 15	2003	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k 30:59.6
8.	Nov. 10	2007	Tamas Kovacs	NCAA Southeast Regional	Louisville, Ky.	10k 31:00.70
9.	Nov. 12	2021	Spencer Smucker	NCAA Southeast Regional	Louisville, Ky.	10k 31:01.6
10.	Nov. 13	2004	Derek Naklusi	NCAA Southeast Regional	Greenville, N.C.	10k 31:02.70
11.	Nov. 10	2007	Jesse Cherry	NCAA Southeast Regional	Louisville, Ky.	10k 31:05.50
12.	Nov. 12	2005	Tamas Kovacs	NCAA Southeast Regional	Greenville, N.C.	10k 31:06.2
13.	Nov. 10	2017	Alejandro Juan Torres	NCAA Southeast Regional	Earlsville, Va.	10k 31:07.7
14.	Nov. 13	2004	David Ferier	NCAA Southeast Regional	Greenville, N.C.	10k 31:16.70
15.	Nov. 15	2008	Jesse Cherry	NCAA Southeast Regional	Clemmons, N.C.	10k 31:28.8

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

<JUSTIN ADAMS>

Best Overall Finish (5k):	32nd / UNC Wilmington Invitational
Best Overall Finish (6k):	23rd / Winthrop / Asics Fall Classic
Best Overall Finish (8k):	25th (2x) / Overton XC Meet
Best Overall Finish (10k):	168th / NCAA Southeast Regional
Best Time (5k):	16:43 / UNC Wilmington Invitational
Best Time (6k):	19:04 / Winthrop / Asics Fall Classic
Best Time (8k):	26:52 / Big South Championship
Best Time (10k):	34:33.40 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	32.	Justin Adams	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:43
Sept. 25	2004	52.	Justin Adams	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	27:17
Oct. 1	2004	141.	Justin Adams	Great American XC Festival	Cary, N.C.	8k	28:39.81
Oct. 16	2004	23.	Justin Adams	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	19:04
Oct. 30	2004	25.	Justin Adams	Big South Championship	Rock Hill, S.C.	8k	26:52
Sept. 2	2005	39.	Justin Adams	Wake Forest Invitational	Winston-Salem, N.C.	-	26:39
Sept. 17	2005	37.	Justin Adams	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	30:36
Sept. 24	2005	25.	Justin Adams	Overton XC Meet	Greenville, N.C.	8k	28:11.23
Oct. 14	2005	74.	Justin Adams	Blue Ridge Open	Boone, N.C.	8k	28:27
Oct. 29	2005	58.	Justin Adams	Big South Championship	Lexington, Va.	8k	28:32.29
Sept. 23	2006	33.	Justin Adams	Old North State Championships	Greensboro, N.C.	8k	29:17.9
Sept. 29	2006	216.	Justin Adams	Paul Short Invitational	Bethlehem, Pa.	8k	27:04
Oct. 13	2006	53.	Justin Adams	Blue Ridge Open	Boone, N.C.	8k	26:57.2
Oct. 28	2006	45.	Justin Adams	Big South Championship	Summerville, S.C.	8k	27:43.38
Nov. 11	2006	168.	Justin Adams	NCAA Southeast Regional	Louisville, Ky.	10k	34:33.40
Sept. 1	2004	23.	Justin Adams / Eric Martinez	Wake Forest Relays	Winston-Salem, N.C.	-	50:58
Sept. 2	2005	22.	Justin Adams / Eric Martinez	Wake Forest Invitational	Winston-Salem, N.C.	-	52:49

<NICK ADAMS>

Best Overall Finish (5k):	83rd / Mountaineer Open
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	56th (2x) / Quality Inn Winthrop Invitational (Gold)
Best Overall Finish (10k):	N/A
Best Time (5k):	19:25.50 / Mountaineer Open
Best Time (6k):	N/A
Best Time (8k):	24:08.00 / Mountaineer Open
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	82.	Nick Adams	Mountaineer Open	Boone, N.C.	8k	24:08.00
Sept. 7	2002	56.	Nick Adams	HPU / Elon Invitational	Greensboro, N.C.	8k	29:30
Sept. 21	2002	56.	Nick Adams	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	29:59.37
Oct. 12	2002	59.	Nick Adams	N.C. Collegiate Championships	Greenville, N.C.	8k	28:27
Oct. 19	2002	106.	Nick Adams	Tribe Open	Williamsburg, Va.	8k	30:56.0
Aug. 29	2003	83.	Nick Adams	Mountaineer Open	Boone, N.C.	5k	19:25.50
Sept. 6	2003	66.	Nick Adams	HPU / Elon Invitational	Greensboro, N.C.		31:15

<SPENCER ADER>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	66th / Big South Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	29:19.61 / Asheville XC Challenge
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 16	2015	151.	Spencer Ader	Wake Forest Invitational	Kernersville, N.C.		29:46.96
Sept. 1	2016	51.	Spencer Ader	Elon Opener	Elon, N.C.		21:38
Oct. 1	2016	81.	Spencer Ader	Asheville XC Challenge	Asheville, N.C.	8k	29:19.61
Oct. 14	2016	212.	Spencer Ader	VertCross Invitational	Kernersville, N.C.	8k	29:36.95
Oct. 28	2016	66.	Spencer Ader	Big South Championship	Asheville, N.C.	8k	29:40.25

<MIKE ALI>

Best Overall Finish (5k):	16th / Wolfpack Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	32nd / Liberty Invitational
Best Overall Finish (10k):	151st / Wake Forest Relays
Best Time (5k):	16:08 / Wolfpack Invitational
Best Time (6k):	N/A
Best Time (8k):	27:25 / Blue Ridge Open (Gold Race)
Best Time (10k):	34:06.2 / Wake Forest Relays

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	32.	Mike Ali	Liberty Invitational	Lynchburg, Va.	8k	29:15.30
Oct. 17	2008	125.	Mike Ali	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	27:25
Nov. 1	2008	40.	Mike Ali	Big South Championship	Lynchburg, Va.	8k	28:33.05
Nov. 8	2008	16.	Mike Ali	Wolfpack Invitational	Raleigh, N.C.	5k	16:08
Sept. 4	2009	t-30.	Mike Ali	Wake Forest Relays	Winston-Salem, N.C.		25:01
Sept. 19	2009	25.	Mike Ali	Big South Preview	Winston-Salem, N.C.		28:30
Oct. 16	2009	15.	Mike Ali	Blue Ridge Open	Boone, N.C.		27:28.60
Oct. 31	2009	29.	Mike Ali	Big South Championship	Winston-Salem, N.C.		27:43
Sept. 3	2010	93.	Mike Ali	Covered Bridge Open	Boone, N.C.		22:02.08
Sept. 25	2010	24.	Mike Ali	Big South Preview	Blacksburg, Va.		28:00.78
Oct. 2	2010	3.	Mike Ali	Hagan-Stone Classic	Greensboro, N.C.		26:58.8
Oct. 15	2010	67.	Mike Ali	Blue Ridge Open (Gold Race)	Boone, N.C.		26:29.5
Oct. 30	2010	26.	Mike Ali	Big South Championship	Blacksburg, Va.		26:47.13
Nov. 13	2010	151.	Mike Ali	NCAA Southeast Regional	Louisville, Ky.	10k	34:06.2
Sept. 2	2011	63.	Mike Ali	Covered Bridge Open	Boone, N.C.	8k	27:45.1
Sept. 17	2011	21.	Mike Ali	Big South Preview	Conway, S.C.		26:47
Oct. 14	2011	66.	Mike Ali	Blue Ridge Open (Gold Race)	Boone, N.C.		26:31.1
Oct. 29	2011	19.	Mike Ali	Big South Championship	Conway, S.C.		25:32
Nov. 12	2011	131.	Mike Ali	NCAA Southeast Regional	Louisville, Ky.		33:11.6

<COLE ATKINS>

Best Overall Finish (5k):	9th / Wolfpack Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	9th / Liberty Invitational
Best Overall Finish (10k):	66th / NCAA Southeast Regional
Best Time (5k):	15:38 / Wolfpack Invitational
Best Time (6k):	N/A
Best Time (8k):	25:27 / Blue Ridge Open (Gold Race)
Best Time (10k):	32:36.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	9.	Cole Atkins	Liberty Invitational	Lynchburg, Va.	8k	26:46.40
Sept. 27	2008	105.	Cole Atkins	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:00.40
Oct. 17	2008	26.	Cole Atkins	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	25:27
Nov. 8	2008	9.	Cole Atkins	Wolfpack Invitational	Raleigh, N.C.	5k	15:38
Nov. 15	2008	66.	Cole Atkins	NCAA Southeast Regional	Clemmons, N.C.	10k	32:36.0

<REECE AYERS>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	52nd / Virginia/Panorama Farms Invitational
Best Overall Finish (10k):	143rd / Chile Pepper Festival
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	25:25.66 / Virginia/Panorama Farms Invitational
Best Time (10k):	33:30.4 / Chile Pepper Festival

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 17	2011	16.	Reece Ayers	Big South Preview	Conway, S.C.		26:06
Sept. 30	2011	234.	Reece Ayers	Paul Short Invitational	Bethlehem, Pa.		26:21
Oct. 14	2011	41.	Reece Ayers	Blue Ridge Open (Gold Race)	Boone, N.C.		26:02.1
Oct. 29	2011	16.	Reece Ayers	Big South Championship	Conway, S.C.		25:21
Nov. 12	2011	165.	Reece Ayers	NCAA Southeast Regional	Louisville, Ky.		34:10.6
Sept. 15	2012	31.	Reece Ayers	adidas/Winthrop Invitational	Rock Hill, S.C.		25:53.43
Oct. 13	2012	143.	Reece Ayers	Chile Pepper Festival	Fayetteville, Ark.	10k	33:30.4
Oct. 27	2012	20.	Reece Ayers	Big South Championship	Rock Hill, S.C.		26:03.34
Nov. 9	2012	111.	Reece Ayers	NCAA Southeast Regional	Charlotte, N.C.		32:36.31
Aug. 30	2013	9.	Reece Ayers	Western Carolina XC Invitational	Cullowhee, N.C.		15:26.99
Sept. 14	2013	26.	Reece Ayers	Furman XC Classic	Greenville, S.C.		24:52.14
Sept. 21	2013	17.	Reece Ayers	VMI Invitational	Buena Vista, Va.		27:50.89
Sept. 28	2013	61.	Reece Ayers	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:09.5
Oct. 18	2013	139.	Reece Ayers	Blue Ridge Open	Boone, N.C.		27:11.44
Nov. 2	2013	14.	Reece Ayers	Big South Championship	Buena Vista, Va.		27:06.53
Nov. 15	2013	117.	Reece Ayers	NCAA Southeast Regional	Earlsville, Va.		31:39.2
Sept. 13	2014	10.	Reece Ayers	Gardner-Webb Invitational	Boiling Springs, N.C.		26:16.21
Sept. 26	2014	52.	Reece Ayers	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	25:25.66
Oct. 17	2014	43.	Reece Ayers	Blue Ridge Open	Boone, N.C.		21:27.87
Nov. 1	2014	8.	Reece Ayers	Big South Championship	Boiling Springs, N.C.		25:49.70
Nov. 14	2014	85.	Reece Ayers	NCAA Southeast Regional	Louisville, Ky.		31:59.7

<ALEX BAIKOV>

Best Overall Finish (5k):	77th / Great American XC Classic
Best Overall Finish (6k):	16th / Western Carolina Invitational
Best Overall Finish (8k):	3rd / HPU / Elon Invitational

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (10k): 154th / NCAA Southeast Regional
 Best Time (5k): 26:13 / Great American XC Classic
 Best Time (6k): 20:33 / Western Carolina Invitational
 Best Time (8k): 20:32.80 / Mountaineer Open
 Best Time (10k): 34:38 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	12.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	29:01
Sept. 9	2000	16.	Alex Baikovs	Western Carolina Invitational	Cullowhee, N.C.	6k	20:33
Sept. 16	2000	46.	Alex Baikovs	Winthrop Invitational	Rock Hill, S.C.	8k	27:34
Sept. 22	2000	112.	Alex Baikovs	Great American Classic	Charlotte, N.C.	8k	27:17
Sept. 30	2000	51.	Alex Baikovs	Greensboro Invitational	Greensboro, N.C.	8k	27:48
Oct. 14	2000	34.	Alex Baikovs	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:34
Oct. 28	2000	23.	Alex Baikovs	Big South Championship	Charleston, S.C.	8k	27:48
Nov. 11	2000	182.	Alex Baikovs	NCAA Southeast Regional	Greenville, S.C.		37:00
Aug. 31	2001	45.	Alex Baikovs	Appalachian State Invitational	Boone, N.C.	8k	26:24
Sept. 8	2001	3.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	27:19
Sept. 21	2001	77.	Alex Baikovs	Great American XC Classic	Rock Hill, S.C.	5k	26:13
Oct. 13	2001	12.	Alex Baikovs	N.C. Collegiate Championships	Greenville, S.C.	8k	26:02
Oct. 27	2001	11.	Alex Baikovs	Big South Championship	Rock Hill, S.C.	8k	26:14
Nov. 10	2001	154.	Alex Baikovs	NCAA Southeast Regional	Greenville, S.C.	10k	34:38
Aug. 30	2002	10.	Alex Baikovs	Mountaineer Open	Boone, N.C.	8k	20:32.80
Sept. 7	2002	4.	Alex Baikovs	HPU / Elon Invitational	Greensboro, N.C.	8k	26:42
Sept. 21	2002	4.	Alex Baikovs	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:56.27
Sept. 27	2002	94.	Alex Baikovs	Great American Classic	Charlotte, N.C.	8k	28:28.9
Oct. 12	2002	7.	Alex Baikovs	N.C. Collegiate Championships	Greenville, N.C.	8k	25:10
Oct. 19	2002	25.	Alex Baikovs	Tribe Open	Williamsburg, Va.	8k	26:33.0
Nov. 2	2002	15.	Alex Baikovs	Big South Championship	Rock Hill, S.C.	8k	26:16

<CHASE BARAJAS>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 59th / VertCross Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 28:22.7 / VertCross Invitational
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	92.	Chase Barajas	Covered Bridge Open	Boone, N.C.	8k	28:30.53
Oct. 15	2021	59.	Chase Barajas	VertCross Invitational	Kemersville, N.C.	8k	28:22.7

<ANTHONY BERKIS>

Best Overall Finish (5k): 3rd / Wolfpack Invitational
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 4th / Liberty Invitational
 Best Overall Finish (10k): 83rd / NCAA Southeast Regional
 Best Time (5k): 15:16 / Wolfpack Invitational
 Best Time (6k): N/A
 Best Time (8k): 25:45 / Blue Ridge Open (Gold Race)
 Best Time (10k): 32:58.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	4.	Anthony Berkis	Liberty Invitational	Lynchburg, Va.	8k	26:34.70
Sept. 27	2008	160.	Anthony Berkis	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:53.80
Oct. 17	2008	39.	Anthony Berkis	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	25:45
Nov. 1	2008	9.	Anthony Berkis	Big South Championship	Lynchburg, Va.	8k	26:07.49
Nov. 8	2008	3.	Anthony Berkis	Wolfpack Invitational	Raleigh, N.C.	5k	15:16
Nov. 15	2008	83.	Anthony Berkis	NCAA Southeast Regional	Clemmons, N.C.	10k	32:58.0
Sept. 4	2009	2.	Anthony Berkis	Wake Forest Relays	Winston-Salem, N.C.		22:28
Sept. 26	2009	48.	Anthony Berkis	Ray Griak Invitational	St. Paul, Minn.		25:53.4

<ANTHONY BILLINGS>

Best Overall Finish (5k): 16th / High Point Invitational
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 22nd / East Carolina Invitational
 Best Overall Finish (10k): 78th / USC Upstate Invitational
 Best Time (5k): 19:25 / High Point Invitational
 Best Time (6k): N/A
 Best Time (8k): 32:04 / East Carolina Invitational
 Best Time (10k): 41:18.67 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	16.	Anthony Billings	High Point Invitational	High Point, N.C.	5k	19:25

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 17	1994	29.	Anthony Billings	Wake Forest CC Classic	Winston-Salem, N.C.		18:46
Sept. 24	1994	44.	Anthony Billings	-	-		32:07
Oct. 1	1994	22.	Anthony Billings	East Carolina Invitational	Greenville, N.C.	8k	32:04
Oct. 8	1994	78.	Anthony Billings	USC Upstate Invitational	Spartanburg, S.C.	10k	41:18.67
	1994	9.	Anthony Billings	Carolinas Intercollegiate Athletic Conference Championship			31:04

<LORENZO BOTTER>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		21st / VertCross Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		25:02.0 / Live in Lou Classic
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	47.	Lorenzo Botter	Covered Bridge Open	Boone, N.C.	8k	26:45.07
Sept. 2	2022	23.	Lorenzo Botter	Covered Bridge Open	Boone, N.C.	8k	26:15.15
Sept. 16	2022	30.	Lorenzo Botter	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:59.6
Oct. 1	2022	132.	Lorenzo Botter	Live in Lou Classic	Louisville, Ky.	8k	25:02.0
Oct. 14	2022	21.	Lorenzo Botter	VertCross Invitational	Kernersville, N.C.	8k	25:54.6
Oct. 29	2022	33.	Lorenzo Botter	Big South Championship	Farmville, Va.	8k	26:31.5

<HOCINE BOUCHRAK>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		9th / Elon Opener
Best Overall Finish (8k):		1st (3x) / VertCross Invitational
Best Overall Finish (10k):		21st / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		19:01 / Elon Opener
Best Time (8k):		23:44.2 / Live in Lou Classic
Best Time (10k):		30:29.8 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 13	2017	5.	Hocine Bouchrak	HPU VertCross Invitational	Kernersville, N.C.	8k	24:51.68
Oct. 28	2017	8.	Hocine Bouchrak	Big South Championship	Lynchburg, Va.	8k	25:29.8
Oct. 28	2017	8.	Hocine Bouchrak	Big South Championship	Lynchburg, Va.	8k	25:29.8
Nov. 10	2017	63.	Hocine Bouchrak	NCAA Southeast Regional	Earlsville, Va.	10k	30:52.2
Aug. 31	2018	9.	Hocine Bouchrak	Elon Opener	Elon, N.C.	6k	19:01
Sept. 29	2018	32.	Hocine Bouchrak	Paul Short Invitational	Bethlehem, Pa.		25:03
Oct. 12	2018	7.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.		25:29.14
Oct. 26	2018	3.	Hocine Bouchrak	Big South Championship	Kernersville, N.C.	8k	25:37.3
Nov. 9	2018	25.	Hocine Bouchrak	NCAA Southeast Regional	Rock Hill, S.C.		31:05.2
Aug. 30	2019	3.	Hocine Bouchrak	Covered Bridge Open	Boone, N.C.	8k	25:18.33
Sept. 14	2019	34.	Hocine Bouchrak	Commodore Classic	Nashville, Tenn.	8k	25:23.07
Sept. 27	2019	6.	Hocine Bouchrak	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	24:16.6
Oct. 18	2019	1.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.	8k	24:53.09
Nov. 2	2019	4.	Hocine Bouchrak	Big South Championship	Buies Creek, N.C.		24:58.74
Nov. 15	2019	21.	Hocine Bouchrak	NCAA Southeast Regional	Earlsville, Va.	10k	30:34.8
Jan. 29	2021	1.	Hocine Bouchrak	Winthrop / Adidas Invitational	Rock Hill, S.C.		24:45.6
Feb. 12	2021	1.	Hocine Bouchrak	Winter VertCross	Kernersville, N.C.	8k	25:21.27
March 5	2021	10.	Hocine Bouchrak	Big South Championship	Rock Hill, S.C.	8k	24:43.9
Sept. 3	2021	2.	Hocine Bouchrak	Covered Bridge Open	Boone, N.C.	8k	25:08.18
Sept. 17	2021	3.	Hocine Bouchrak	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	24:28.6
Oct. 2	2021	14.	Hocine Bouchrak	Live in Lou Classic	Louisville, Ky.	8k	23:44.2
Oct. 15	2021	1.	Hocine Bouchrak	VertCross Invitational	Kernersville, N.C.	8k	24:54.7
Oct. 29	2021	3.	Hocine Bouchrak	Big South Championship	Kernersville, N.C.	8k	24:25.0
Nov. 12	2021	42.	Hocine Bouchrak	NCAA Southeast Regional	Louisville, Ky.	10k	30:29.8

<AARON BOWMAN>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		1st / UNC Pembroke Invitational
Best Overall Finish (8k):		4th / Big South Championships
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		20:48 / UNC Pembroke Invitational
Best Time (8k):		25:35.1 / Gettysburg Invitational
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	2.	Aaron Bowman	HPU / Elon Invitational	Greensboro, N.C.		27:09
Sept. 13	1997	1.	Aaron Bowman	UNC Pembroke Invitational	Pembroke, N.C.	6k	20:48
Sept. 20	1997	5.	Aaron Bowman	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:48
Oct. 4	1997	1.	Aaron Bowman	The Citadel Invitational	Charleston, S.C.		26:23

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Oct. 18	1997	1.	Aaron Bowman	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		25:33
Oct. 25	1997	18.	Aaron Bowman	Gettysburg Invitational	Gettysburg, Pa.	8k	25:35.1
Nov. 1	1997	4.	Aaron Bowman	Big South Championships	Rock Hill, S.C.	8k	25:54

<SIRO PINA CARDONA>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	28th / Elon Opener
Best Overall Finish (8k):	13th / Big South Championship
Best Overall Finish (10k):	117th / NCAA Southeast Regional
Best Time (5k):	N/A
Best Time (6k):	20:18 / Elon Opener
Best Time (8k):	24:47.6 / Big South Championship
Best Time (10k):	32:41.6 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 13	2017	72.	Siro Pina Cardona	HPU VertCross Invitational	Kernersville, N.C.	8k	27:18.02
Oct. 28	2017	28.	Siro Pina Cardona	Big South Championship	Lynchburg, Va.	8k	27:13.1
Oct. 28	2017	28.	Siro Pina Cardona	Big South Championship	Lynchburg, Va.	8k	27:13.1
Nov. 10	2017	158.	Siro Pina Cardona	NCAA Southeast Regional	Earlsville, Va.	10k	32:41.7
Aug. 31	2018	28.	Siro Pina Cardona	Elon Opener	Elon, N.C.	6k	20:18
Oct. 12	2018	57.	Siro Pina Cardona	VertCross Invitational	Kernersville, N.C.		27:33.93
Oct. 26	2018	17.	Siro Pina Cardona	Big South Championship	Kernersville, N.C.	8k	27:20.8
Nov. 9	2018	170.	Siro Pina Cardona	NCAA Southeast Regional	Rock Hill, S.C.		33:52.5
Aug. 30	2019	19.	Siro Pina Cardona	Covered Bridge Open	Boone, N.C.	8k	26:24.52
Sept. 14	2019	78.	Siro Pina Cardona	Commodore Classic	Nashville, Tenn.	8k	26:11.09
Sept. 27	2019	90.	Siro Pina Cardona	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:05.7
Oct. 18	2019	15.	Siro Pina Cardona	VertCross Invitational	Kernersville, N.C.	8k	25:45.80
Nov. 2	2019	13.	Siro Pina Cardona	Big South Championship	Buies Creek, N.C.		26:05.83
Nov. 15	2019	117.	Siro Pina Cardona	NCAA Southeast Regional	Earlsville, Va.	10k	32:41.6
Jan. 29	2021	8.	Siro Pina Cardona	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:10.4
Feb. 12	2021	14.	Siro Pina Cardona	Winter VertCross	Kernersville, N.C.	8k	26:46.88
March 5	2021	13.	Siro Pina Cardona	Big South Championship	Rock Hill, S.C.	8k	24:47.6

<BILL CARTER>

Best Overall Finish (5k):	X
Best Overall Finish (6k):	1st / Methodist College
Best Overall Finish (8k):	1st / NAIA District 26
Best Overall Finish (10k):	X
Best Time (5k):	X
Best Time (6k):	23:25 / Methodist College
Best Time (8k):	27:20 / NAIA District 26
Best Time (10k):	X

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 3	1967	1.	Bill Carter	Methodist College	High Point, N.C.	6k	23:25
Nov. 10	1968	1.	Bill Carter	NAIA District 26	Lynchburg, Va.	8k	27:20
Nov. 22	1968		Bill Carter	Oklahoma City Nationals			35th

<SEAN CARTER>

Best Overall Finish (5k):	2nd / High Point Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	2nd / Belmont Abbey Invitational
Best Overall Finish (10k):	12th / USC Upstate Invitational
Best Time (5k):	17:21 / High Point Invitational
Best Time (6k):	N/A
Best Time (8k):	27:45 / NAIA National Championships
Best Time (10k):	34:51.67 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1991	35.	Sean Carter	USC Upstate Invitational	Spartanburg, S.C.		30:39
Sept. 14	1991		Sean Carter	UNC Pembroke Invitational	Pembroke, N.C.	8k	29:58
Sept. 21	1991	47.	Sean Carter	Winthrop Invitational	Rock Hill, S.C.	8k	28:54
Oct. 5	1991	86.	Sean Carter	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:13
Oct. 19	1991	99.	Sean Carter	Davidson Invitational	Davidson, N.C.	8k	30:03
Oct. 26	1991	17.	Sean Carter	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	
Sept. 19	1992	50.	Sean Carter	Winthrop Invitational	Rock Hill, S.C.		
Oct. 3	1992	65.	Sean Carter	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:12
Oct. 10	1992	2.	Sean Carter	Belmont Abbey Invitational	Belmont, N.C.		26:47
Oct. 17	1992	66.	Sean Carter	N.C. Collegiate Championships	Durham, N.C.		28:38
Oct. 24	1992	2.	Sean Carter	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		27:21
Oct. 24	1992	187.	Sean Carter	NAIA National Championships	Kenosha, Wisc.		30:21
Sept. 11	1993	3.	Sean Carter	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	5.	Sean Carter	Wake Forest CC Classic	Winston-Salem, N.C.		17:35
Sept. 25	1993		Sean Carter	N.C. Collegiate Championships	Greensboro, N.C.		27:53
Oct. 3	1993	15.	Sean Carter	Methodist Invitational	Fayetteville, N.C.		28:47

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Oct. 10	1993	2.	Sean Carter	Belmont Abbey Invitational	Belmont, N.C.	8k	27:56
Oct. 17	1993	13.	Sean Carter	N.C. Collegiate Championships	Cullowhee, N.C.	8k	
Nov. 20	1993	127.	Sean Carter	NAIA National Championships	Kenosha, Wisc.	8k	27:45
Sept. 7	1994	2.	Sean Carter	High Point Invitational	High Point, N.C.	5k	17:21
Sept. 17	1994	10.	Sean Carter	Wake Forest CC Classic	Winston-Salem, N.C.		16:57
Sept. 24	1994	6.	Sean Carter	-	-		27:51
Oct. 1	1994	9.	Sean Carter	East Carolina Invitational	Greenville, N.C.	8k	28:54
Oct. 8	1994	12.	Sean Carter	USC Upstate Invitational	Spartanburg, S.C.	10k	34:51.67
	1994	2.	Sean Carter	Carolinas Intercollegiate Athletic Conference Championship			28:07

<JOSH CASHMAN>

Best Overall Finish (5k):		11th / North Carolina Opener
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		10th / Big South Conference Preview
Best Overall Finish (10k):		160th / NCAA Southeast Regional Championship
Best Time (5k):		16:02 / Wolfpack Invitational
Best Time (6k):		N/A
Best Time (8k):		24:13 / Wake Forest Relays
Best Time (10k):		32:52.50 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	27.	Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.	8k	24:13
Sept. 9	2006	87.	Josh Cashman	Lou Onesty Invitational	Charlottesville, Va.	8k	28:47.0
Sept. 23	2006	17.	Josh Cashman	Old North State Championships	Greensboro, N.C.	8k	27:58.6
Sept. 29	2006	242.	Josh Cashman	Paul Short Invitational	Bethlehem, Pa.	8k	27:37
Oct. 13	2006	70.	Josh Cashman	Blue Ridge Open	Boone, N.C.	8k	27:30.6
Oct. 28	2006	39.	Josh Cashman	Big South Championship	Summerville, S.C.	8k	27:17.62
Nov. 11	2006	203.	Josh Cashman	NCAA Southeast Regional	Louisville, Ky.	10k	32:52.50
Sept. 1	2007	11.	Josh Cashman	North Carolina Opener	Chapel Hill, N.C.	5k	16:14.30
Sept. 8	2007	50.	Josh Cashman	Lou Onesty Invitational Away	Charlottesville, Va.	8k	27:03.6
Sept. 14	2007	10.	Josh Cashman	Big South Conference Preview	Hendersonville, N.C.	8k	27:42.2
Sept. 28	2007	119.	Josh Cashman	Notre Dame Invitational	South Bend, Ind.	8k	26:59
Oct. 27	2007	14.	Josh Cashman	Big South Championship	Hendersonville, N.C.	8k	26:57.7
Nov. 10	2007	169.	Josh Cashman	NCAA Southeast Regional	Louisville, Ky.	10k	34:45.35
Sept. 20	2008	22.	Josh Cashman	Liberty Invitational	Lynchburg, Va.	8k	27:52.40
Sept. 27	2008	192.	Josh Cashman	Roy Griak Invitational	Falcon Heights, Minn.	8k	27:41.40
Oct. 17	2008	87.	Josh Cashman	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	26:46
Nov. 1	2008	24.	Josh Cashman	Big South Championship	Lynchburg, Va.	8k	27:29.66
Nov. 8	2008	14.	Josh Cashman	Wolfpack Invitational	Raleigh, N.C.	5k	16:02
Nov. 15	2008	160.	Josh Cashman	NCAA Southeast Regional	Clemmons, N.C.	10k	34:51.7
Sept. 4	2009	11.	Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.		23:23
Sept. 19	2009	28.	Josh Cashman	Big South Preview	Winston-Salem, N.C.		28:36
Sept. 26	2009	117.	Josh Cashman	Ray Griak Invitational	St. Paul, Minn.		27:18.6
Oct. 16	2009	62.	Josh Cashman	Blue Ridge Open (Gold Race)	Boone, N.C.		26:32.87
Oct. 31	2009	18.	Josh Cashman	Big South Championship	Winston-Salem, N.C.		27:09
Nov. 14	2009	121.	Josh Cashman	NCAA Southeast Regional	Louisville, Ky.		33:16.41
Sept. 1	2006	16.	Steve Royal / Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.	8k	50:05

<AUSTEN CAVE>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		4th / Winter VertCross
Best Overall Finish (10k):		74th / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		25:02.3 / Live in Lou Classic
Best Time (10k):		31:47.5 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	24.	Austen Cave	Covered Bridge Open	Boone, N.C.	8k	26:34.17
Sept. 14	2019	83.	Austen Cave	Commodore Classic	Nashville, Tenn.	8k	26:19.00
Sept. 27	2019	76.	Austen Cave	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	25:52.2
Oct. 18	2019	20.	Austen Cave	VertCross Invitational	Kernersville, N.C.	8k	25:54.11
Nov. 2	2019	11.	Austen Cave	Big South Championship	Buies Creek, N.C.		25:41.88
Nov. 15	2019	74.	Austen Cave	NCAA Southeast Regional	Earlsville, Va.	10k	31:47.5
Jan. 29	2021	2.	Austen Cave	Winthrop / Adidas Invitational	Rock Hill, S.C.		25:20.0
Feb. 12	2021	4.	Austen Cave	Winter VertCross	Kernersville, N.C.	8k	25:43.42
Sept. 3	2021	21.	Austen Cave	Covered Bridge Open	Boone, N.C.	8k	26:09.66
Sept. 17	2021	32.	Austen Cave	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:58.7
Oct. 2	2021	113.	Austen Cave	Live in Lou Classic	Louisville, Ky.	8k	25:02.3
Oct. 15	2021	11.	Austen Cave	VertCross Invitational	Kernersville, N.C.	8k	25:55.9
Oct. 29	2021	15.	Austen Cave	Big South Championship	Kernersville, N.C.	8k	25:40.9

<ROBY CHASE>

Best Overall Finish (5k):		4th / High Point Invitational
----------------------------------	-------	-------------------------------

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 4th / Carolinas-Virginia Conference Championship
 Best Overall Finish (10k): N/A
 Best Time (5k): 17:16 / High Point Invitational
 Best Time (6k): N/A
 Best Time (8k): 28:58.5 / N.C. Collegiate Championships
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	4.	Roby Chase	High Point Invitational	Greensboro, N.C.	5k	17:16
Oct. 14	1995	6.	Roby Chase	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:58.5
Oct. 28	1995	4.	Roby Chase	Carolinas-Virginia Conference Championship		8k	29:15

<JESSE CHERRY>

Best Overall Finish (5k): 2nd / North Carolina Opener
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 2nd (3x) / Big South Conference Preview
 Best Overall Finish (10k): 25th / NCAA Southeast Regional
 Best Time (5k): 15:35.60 / North Carolina Opener
 Best Time (6k): N/A
 Best Time (8k): 22:13 / Wake Forest Relays
 Best Time (10k): 31:05.50 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	11.	Jesse Cherry	Wake Forest Invitational	Winston-Salem, N.C.	-	22:53
Sept. 17	2005	5.	Jesse Cherry	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	26:40
Sept. 24	2005	2.	Jesse Cherry	Overton XC Meet	Greenville, N.C.	8k	25:24.31
Oct. 14	2005	24.	Jesse Cherry	Blue Ridge Open	Boone, N.C.	8k	26:05
Oct. 29	2005	-	Jesse Cherry	Big South Championship	Lexington, Va.	8k	DNF
Nov. 12	2005	80.	Jesse Cherry	NCAA Southeast Regional	Greenville, N.C.	10k	32:14.6
Sept. 1	2006	2.	Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	22:13
Sept. 9	2006	14.	Jesse Cherry	Lou Onesty Invitational	Charlottesville, Va.	8k	25:44.30
Sept. 29	2006	39.	Jesse Cherry	Paul Short Invitational	Bethlehem, Pa.	8k	25:10
Oct. 13	2006	7.	Jesse Cherry	Blue Ridge Open	Boone, N.C.	8k	25:08.5
Oct. 28	2006	8.	Jesse Cherry	Big South Championship	Summerville, S.C.	8k	25:23.58
Sept. 1	2007	2.	Jesse Cherry	North Carolina Opener	Chapel Hill, N.C.	5k	15:35.60
Sept. 8	2007	6.	Jesse Cherry	Lou Onesty Invitational Away	Charlottesville, Va.	8k	25:11.7
Sept. 14	2007	2.	Jesse Cherry	Big South Conference Preview	Hendersonville, N.C.	8k	26:16.0
Sept. 28	2007	5.	Jesse Cherry	Notre Dame Invitational	South Bend, Ind.	8k	25:02
Oct. 27	2007	4.	Jesse Cherry	Big South Championship	Hendersonville, N.C.	8k	25:35.4
Nov. 10	2007	33.	Jesse Cherry	NCAA Southeast Regional	Louisville, Ky.	10k	31:05.50
Sept. 27	2008	26.	Jesse Cherry	Roy Griak Invitational	Falcon Heights, Minn.	8k	25:03.40
Oct. 17	2008	8.	Jesse Cherry	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	24:44
Nov. 1	2008	3.	Jesse Cherry	Big South Championship	Lynchburg, Va.	8k	25:05.04
Nov. 15	2008	25.	Jesse Cherry	NCAA Southeast Regional	Clemmons, N.C.	10k	31:28.8
Sept. 19	2009	1.	Jesse Cherry	Big South Preview	Winston-Salem, N.C.		25:27
Sept. 2	2005	8.	Jesse Cherry / Kyle Lounsbury	Wake Forest Invitational	Winston-Salem, N.C.	-	46:30
Sept. 1	2006	1.	Tamas Kovacs / Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	44:19

<MIKE CHRISTIANSEN>

Best Overall Finish (5k): 232nd / Great American XC Classic
 Best Overall Finish (6k): 45th / Western Carolina Invitational
 Best Overall Finish (8k): 24th / HPU / Elon Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): 30:35 / Great American XC Classic
 Best Time (6k): 23:35 / Western Carolina Invitational
 Best Time (8k): 28:07 / N.C. Collegiate Championships
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	103.	Mike Christiansen	HPU / Elon Invitational	Greensboro, N.C.	8k	32:54
Sept. 9	2000	45.	Mike Christiansen	Western Carolina Invitational	Cullowhee, N.C.	6k	23:35
Sept. 16	2000	78.	Mike Christiansen	Winthrop Invitational	Rock Hill, S.C.	8k	31:19
Sept. 22	2000	181.	Mike Christiansen	Great American Classic	Charlotte, N.C.	8k	30:37
Sept. 30	2000	99.	Mike Christiansen	Greensboro Invitational	Greensboro, N.C.	8k	32:09
Oct. 14	2000	88.	Mike Christiansen	N.C. Collegiate Championships	Cullowhee, N.C.	8k	31:21
Aug. 31	2001	120.	Mike Christiansen	Appalachian State Invitational	Boone, N.C.	8k	30:36
Sept. 8	2001	24.	Mike Christiansen	HPU / Elon Invitational	Greensboro, N.C.	8k	30:21
Sept. 21	2001	232.	Mike Christiansen	Great American XC Classic	Rock Hill, S.C.	5k	30:35
Sept. 29	2001	75.	Mike Christiansen	Greensboro Invitational	Greensboro, N.C.		29:27
Oct. 6	2001	7.	Mike Christiansen	Hagan-Stone XC Classic	Greensboro, N.C.		30:06
Oct. 13	2001	49.	Mike Christiansen	N.C. Collegiate Championships	Greenville, S.C.	8k	28:07

<CHRIS COLO>

Best Overall Finish (5k): N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 3rd / Blue Ridge Open
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 24:53.66 / Virginia/Panorama Farms Invitational
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2007	53.	Chris Colo	Blue Ridge Mountain Open	Boone, N.C.	8k	25:45.12
Sept. 2	2011	42.	Chris Colo	Covered Bridge Open	Boone, N.C.	8k	27:06.0
Oct. 1	2011	8.	Chris Colo	Hagan-Stone Classic	Greensboro, N.C.		27:25.73
Oct. 14	2011	3.	Chris Colo	Blue Ridge Open	Boone, N.C.	8k	26:34.3
Oct. 29	2011	24.	Chris Colo	Big South Championship	Conway, S.C.		25:44
Sept. 15	2012	49.	Chris Colo	adidas/Winthrop Invitational	Rock Hill, S.C.		26:23.32
Sept. 28	2012	67.	Chris Colo	Charlotte Invitational	Charlotte, N.C.		26:08.95
Oct. 12	2012	53.	Chris Colo	Blue Ridge Open	Boone, N.C.		25:45.12
Oct. 27	2012	19.	Chris Colo	Big South Championship	Rock Hill, S.C.		26:00.40
Nov. 9	2012	138.	Chris Colo	NCAA Southeast Regional	Charlotte, N.C.		33:10.61
Aug. 30	2013	25.	Chris Colo	Western Carolina XC Invitational	Cullowhee, N.C.		16:04.08
Sept. 14	2013	53.	Chris Colo	Furman XC Classic	Greenville, S.C.		25:36.85
Sept. 21	2013	26.	Chris Colo	VMI Invitational	Buena Vista, Va.		28:17.10
Sept. 28	2013	1.	Chris Colo	Greensboro XC Invitational	Greensboro, N.C.		26:08.24
Oct. 18	2013	49.	Chris Colo	Blue Ridge Open	Boone, N.C.		25:43.14
Nov. 2	2013	19.	Chris Colo	Big South Championship	Buena Vista, Va.		27:17.36
Nov. 15	2013	98.	Chris Colo	NCAA Southeast Regional	Earlsville, Va.		31:21.1
Sept. 13	2014	7.	Chris Colo	Gardner-Webb Invitational	Boiling Springs, N.C.		26:04.62
Sept. 26	2014	30.	Chris Colo	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	24:53.66
Oct. 17	2014	4.	Chris Colo	Blue Ridge Open	Boone, N.C.		20:19.88
Nov. 1	2014	3.	Chris Colo	Big South Championship	Boiling Springs, N.C.		25:05.40
Nov. 14	2014	29.	Chris Colo	NCAA Southeast Regional	Louisville, Ky.		31:01.4
Aug. 31	2012	12.	John Yankello / Chris Colo	Demon Deacon Quad	Winston-Salem, N.C.		50:59

<MICHAEL COLVEN>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 15th / Blue Ridge Open
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 27:55.6 / Blue Ridge Open
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	69.	Michael Colven	Covered Bridge Open	Boone, N.C.	8k	27:58.4
Sept. 17	2011	39.	Michael Colven	Big South Preview	Conway, S.C.		27:45
Oct. 1	2011	14.	Michael Colven	Hagan-Stone Classic	Greensboro, N.C.		27:37.06
Oct. 14	2011	15.	Michael Colven	Blue Ridge Open	Boone, N.C.	8k	27:55.6

<DERION COOPER>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): 52nd / Western Carolina Classic
 Best Overall Finish (8k): 92nd / N.C. Collegiate Championships
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): 24:59 / Western Carolina Classic
 Best Time (8k): 33:21 / N.C. Collegiate Championships
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	1999	50.	Derion Cooper	HPU / Elon Invitational			34:18
Sept. 11	1999	52.	Derion Cooper	Western Carolina Classic	Cullowhee, N.C.	6k	24:59
Oct. 9	1999	119.	Derion Cooper	Furman Invitational	Greenville, S.C.		35:16
Oct. 16	1999	92.	Derion Cooper	N.C. Collegiate Championships	Charlotte, N.C.	8k	33:21

<CHRIS COORIGAN>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): 56th / UNC Pembroke Meet
 Best Overall Finish (8k): 22nd / Radford Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): 26:46 / UNC Pembroke Meet
 Best Time (8k): 32:04 / N.C. Collegiate Championships
 Best Time (10k): N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	21.	Chris Coorigan	HPU / Elon Invitational	Greensboro, N.C.	8k	35:00
Sept. 12	1998	56.	Chris Coorigan	UNC Pembroke Meet	Pembroke, N.C.	6k	26:46
Sept. 19	1998	55.	Chris Coorigan	Winthrop Invitational	Rock Hill, S.C.	8k	33:39
Sept. 26	1998	71.	Chris Coorigan	Greenboro Invitational	Greensboro, N.C.	8k	35:47
Oct. 3	1998	22.	Chris Coorigan	Radford Invitational	Radford, Va.	8k	33:01
Oct. 17	1998	130.	Chris Coorigan	N.C. Collegiate Championships	Greenville, N.C.	8k	32:04
Oct. 31	1998	50.	Chris Coorigan	Big South Championship (Division B)	Radford, Va.	8k	34:50

<KEITH CORBETT>

Best Overall Finish (5k):	19th / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	16th / Carolinas-Virginia Conference Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	31:52 / Carolinas-Virginia Conference Championship
Best Time (6k):	N/A
Best Time (8k):	30:34.50 / N.C. Collegiate Championships
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 14	1995	30.	Keith Corbett	N.C. Collegiate Championships	Charlotte, N.C.	8k	33:39.4
Oct. 28	1995	16.	Keith Corbett	Carolinas-Virginia Conference Championship		8k	32:10
Sept. 14	1996	20.	Keith Corbett	UNC Pembroke Invitational	Pembroke, N.C.		25:35.66
Sept. 21	1996	62.	Keith Corbett	Winthrop Invitational	Rock Hill, S.C.	8k	31:42
Oct. 19	1996	166.	Keith Corbett	N.C. Collegiate Championships	Charlotte, N.C.	8k	30:34.50
Oct. 26	1996	19.	Keith Corbett	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	31:52

<DENNIS COVAHEY>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 27	1975	7.	Dennis Covahey	UNC Pembroke Invitational	Pembroke, N.C.		26:56
Oct. 8	1975	1.	Dennis Covahey	Campbell / Johnson C. Smith	High Point, N.C.		26:52
Oct. 11	1975	10.	Dennis Covahey	West Georgia Invitational	Carrollton, Ga.		26:41

<PATRICK CRAWFORD>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	17th / Covered Bridge Open
Best Overall Finish (10k):	36th / NCAA Southeast Regional
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	26:20.8 / Covered Bridge Open
Best Time (10k):	31:40.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	2.	Patrick Crawford	Covered Bridge Open	Boone, N.C.		19:42.66
Sept. 25	2010	3.	Patrick Crawford	Big South Preview	Blacksburg, Va.		26:19.12
Oct. 1	2010	46.	Patrick Crawford	Paul Short Invitational	Bethlehem, Pa.		24:51
Oct. 15	2010	6.	Patrick Crawford	Blue Ridge Open (Gold Race)	Boone, N.C.		24:57.5
Oct. 30	2010	6.	Patrick Crawford	Big South Championship	Blacksburg, Va.		25:01.85
Nov. 13	2010	36.	Patrick Crawford	NCAA Southeast Regional	Louisville, Ky.	10k	31:40.1
Sept. 2	2011	17.	Patrick Crawford	Covered Bridge Open	Boone, N.C.	8k	26:20.8
Sept. 17	2011	2.	Patrick Crawford	Big South Preview	Conway, S.C.		24:57
Sept. 30	2011	63.	Patrick Crawford	Paul Short Invitational	Bethlehem, Pa.		25:18
Oct. 14	2011	3.	Patrick Crawford	Blue Ridge Open (Gold Race)	Boone, N.C.		24:38.2
Oct. 29	2011	3.	Patrick Crawford	Big South Championship	Conway, S.C.		24:15
Nov. 12	2011	38.	Patrick Crawford	NCAA Southeast Regional	Louisville, Ky.		31:11.9
Sept. 15	2012	14.	Patrick Crawford	adidas/Winthrop Invitational	Rock Hill, S.C.		25:18.12
Sept. 28	2012	11.	Patrick Crawford	Charlotte Invitational	Charlotte, N.C.		24:50.13
Oct. 13	2012	70.	Patrick Crawford	Chile Pepper Festival	Fayetteville, Ark.	10k	32:29.3
Oct. 27	2012	5.	Patrick Crawford	Big South Championship	Rock Hill, S.C.		24:52.27
Nov. 9	2012	71.	Patrick Crawford	NCAA Southeast Regional	Charlotte, N.C.		31:46.24
Aug. 30	2013	2.	Patrick Crawford	Western Carolina XC Invitational	Cullowhee, N.C.		15:02.34
Sept. 14	2013	1.	Patrick Crawford	Furman XC Classic	Greenville, S.C.		23:46.67
Sept. 21	2013	6.	Patrick Crawford	VMI Invitational	Buena Vista, Va.		26:59.88
Sept. 28	2013	64.	Patrick Crawford	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:17.4
Nov. 2	2013	1.	Patrick Crawford	Big South Championship	Buena Vista, Va.		25:32.28

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 15	2013	20.	Patrick Crawford	NCAA Southeast Regional	Earlsville, Va.	29:41.8
Aug. 31	2012	1.	Patrick Crawford / Jeff Lacoste	Demon Deacon Quad	Winston-Salem, N.C.	47:59

<NEAL DARMODY>

Best Overall Finish (5k):	6th / Wolfpack Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	8th / Liberty Invitational
Best Overall Finish (10k):	34th / NCAA Southeast Regional
Best Time (5k):	15:27 / Wolfpack Invitational
Best Time (6k):	N/A
Best Time (8k):	26:25 / Blue Ridge Open (Gold Race)
Best Time (10k):	31:34.8 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	8.	Neal Darmody	Liberty Invitational	Lynchburg, Va.	8k	26:44.20
Sept. 27	2008	152.	Neal Darmody	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:46.00
Oct. 17	2008	70.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	26:25
Nov. 1	2008	16.	Neal Darmody	Big South Championship	Lynchburg, Va.	8k	26:55.87
Nov. 8	2008	6.	Neal Darmody	Wolfpack Invitational	Raleigh, N.C.	5k	15:27
Nov. 15	2008	70.	Neal Darmody	NCAA Southeast Regional	Clemmons, N.C.	10k	32:43.3
Sept. 4	2009	3.	Neal Darmody	Wake Forest Relays	Winston-Salem, N.C.		22:45
Sept. 19	2009	5.	Neal Darmody	Big South Preview	Winston-Salem, N.C.		26:56
Sept. 26	2009	72.	Neal Darmody	Ray Griak Invitational	St. Paul, Minn.		26:05.6
Oct. 16	2009	7.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.		25:15.25
Oct. 31	2009	7.	Neal Darmody	Big South Championship	Winston-Salem, N.C.		26:13
Nov. 14	2009	63.	Neal Darmody	NCAA Southeast Regional	Louisville, Ky.		32:15.30
Sept. 3	2010	4.	Neal Darmody	Covered Bridge Open	Boone, N.C.		19:46.55
Sept. 25	2010	7.	Neal Darmody	Big South Preview	Blacksburg, Va.		27:02.49
Oct. 1	2010	39.	Neal Darmody	Paul Short Invitational	Bethlehem, Pa.		24:45
Oct. 15	2010	1.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.		24:35.9
Oct. 30	2010	4.	Neal Darmody	Big South Championship	Blacksburg, Va.		24:53.96
Nov. 13	2010	34.	Neal Darmody	NCAA Southeast Regional	Louisville, Ky.	10k	31:34.8
Sept. 2	2011	20.	Neal Darmody	Covered Bridge Open	Boone, N.C.	8k	26:26.4
Sept. 17	2011	10.	Neal Darmody	Big South Preview	Conway, S.C.		25:52
Sept. 30	2011	264.	Neal Darmody	Paul Short Invitational	Bethlehem, Pa.		26:37
Oct. 14	2011	25.	Neal Darmody	Blue Ridge Open (Gold Race)	Boone, N.C.		25:46.9
Oct. 29	2011	4.	Neal Darmody	Big South Championship	Conway, S.C.		24:28
Nov. 12	2011	76.	Neal Darmody	NCAA Southeast Regional	Louisville, Ky.		32:03.9

<LLOYD DAVIS>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 15	1969	2.	Lloyd Davis	NAIA District 26 Championship	Charlotte, N.C.		
Nov. 23	1969	166.	Lloyd Davis	NAIA National Championship	Oklahoma City, Okla.		

<RON DAVIS>

Best Overall Finish (5k):	10th / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	65th / Winthrop Invitational
Best Overall Finish (10k):	121st / NCAA Southeast Regional (Division II)
Best Time (5k):	30:20 / Carolinas-Virginia Conference Championship
Best Time (6k):	N/A
Best Time (8k):	30:08.70 / N.C. Collegiate Championships
Best Time (10k):	40:54.1 / NCAA Southeast Regional (Division II)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1996	41.	Ron Davis	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		33:34
Sept. 14	1996	13.	Ron Davis	UNC Pembroke Invitational	Pembroke, N.C.		24:06.74
Sept. 21	1996	65.	Ron Davis	Winthrop Invitational	Rock Hill, S.C.	8k	32:00
Oct. 19	1996	159.	Ron Davis	N.C. Collegiate Championships	Charlotte, N.C.	8k	30:08.70
Oct. 26	1996	10.	Ron Davis	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	30:20
Nov. 9	1996	121.	Ron Davis	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	40:54.1

<NELSON DELGOT>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): N/A
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 26	1992	19.	Nelson Delgot	Greensboro Invitational	Greensboro, N.C.		27:36

<RON DEMINT>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): N/A
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): N/A
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 8	1975	3.	Ron Demint	Campbell / Johnson C. Smith	High Point, N.C.		

<BEN DERTINGER>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 20th / VertCross Invitational
 Best Overall Finish (10k): 160th / NCAA Southeast Regional
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 25:37.0 / Virginia/Panorama Farms Invitational
 Best Time (10k): 33:42.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	43.	Ben Dertinger	Covered Bridge Open	Boone, N.C.	8k	26:39.30
Sept. 17	2021	21.	Ben Dertinger	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:37.0
Oct. 2	2021	213.	Ben Dertinger	Live in Lou Classic	Louisville, Ky.	8k	25:56.8
Oct. 29	2021	34.	Ben Dertinger	Big South Championship	Kemersville, N.C.	8k	26:42.5
Sept. 2	2022	43.	Ben Dertinger	Covered Bridge Open	Boone, N.C.	8k	26:38.91
Sept. 16	2022	68.	Ben Dertinger	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	27:06.3
Oct. 1	2022	213.	Ben Dertinger	Live in Lou Classic	Louisville, Ky.	8k	25:49.6
Oct. 14	2022	20.	Ben Dertinger	VertCross Invitational	Kemersville, N.C.	8k	25:51.8
Oct. 29	2022	22.	Ben Dertinger	Big South Championship	Farmville, Va.	8k	25:56.9
Nov. 11	2022	160.	Ben Dertinger	NCAA Southeast Regional	Louisville, Ky.	10k	33:42.1

<BRIAN DONARUMA>

Best Overall Finish (5k): 7th / High Point Invitational
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 6th / East Carolina Invitational
 Best Overall Finish (10k): 16th / USC Upstate Invitational
 Best Time (5k): 18:09 / High Point Invitational
 Best Time (6k): N/A
 Best Time (8k): 28:28 / East Carolina Invitational
 Best Time (10k): 35:35.28 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	7.	Brian Donaruma	High Point Invitational	High Point, N.C.	5k	18:09
Sept. 17	1994	15.	Brian Donaruma	Wake Forest CC Classic	Winston-Salem, N.C.		17:28
Sept. 24	1994	11.	Brian Donaruma	-	-		28:44
Oct. 1	1994	6.	Brian Donaruma	East Carolina Invitational	Greenville, N.C.	8k	28:28
Oct. 8	1994	16.	Brian Donaruma	USC Upstate Invitational	Spartanburg, S.C.	10k	35:35.28
	1994	7.	Brian Donaruma	Carolinas Intercollegiate Athletic Conference Championship			30:08

<KENJI DORSEY>

Best Overall Finish (5k): 9th / Carolinas-Virginia Conference Championship
 Best Overall Finish (6k): 25th / UNC Pembroke Invitational
 Best Overall Finish (8k): 19th / HPU / Elon Invitational
 Best Overall Finish (10k): 107th / NCAA Southeast Regional (Division II)
 Best Time (5k): 30:18 / Carolinas-Virginia Conference Championship
 Best Time (6k): 22:42 / Western Carolina Classic
 Best Time (8k): 29:45 / N.C. Collegiate Championships
 Best Time (10k): 39:33.7 / NCAA Southeast Regional (Division II)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 14	1996	10.	Kenji Dorsey	UNC Pembroke Invitational	Pembroke, N.C.		23:38.44
Sept. 21	1996	37.	Kenji Dorsey	Winthrop Invitational	Rock Hill, S.C.	8k	29:45

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Oct. 26	1996	9.	Kenji Dorsey	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	30:18
Nov. 9	1996	107.	Kenji Dorsey	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	39:33.7
Sept. 13	1997	25.	Kenji Dorsey	UNC Pembroke Invitational	Pembroke, N.C.	6k	25:52
Sept. 5	1998	19.	Kenji Dorsey	HPU / Elon Invitational	Greensboro, N.C.	8k	33:26
Sept. 12	1998	41.	Kenji Dorsey	UNC Pembroke Meet	Pembroke, N.C.	6k	25:00
Sept. 26	1998	59.	Kenji Dorsey	Greenboro Invitational	Greensboro, N.C.	8k	33:07
Oct. 17	1998	131.	Kenji Dorsey	N.C. Collegiate Championships	Greenville, N.C.	8k	32:31
Oct. 31	1998	48.	Kenji Dorsey	Big South Championship (Division B)	Radford, Va.	8k	32:11
Sept. 4	1999	20.	Kenji Dorsey	HPU / Elon Invitational			30:59
Sept. 11	1999	50.	Kenji Dorsey	Western Carolina Classic	Cullowhee, N.C.	6k	22:42
Sept. 18	1999	114.	Kenji Dorsey	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	30:28
Sept. 25	1999	85.	Kenji Dorsey	Greensboro Invitational	Greensboro, N.C.		31:14
Oct. 9	1999	116.	Kenji Dorsey	Furman Invitational	Greenville, S.C.		33:51
Oct. 16	1999	88.	Kenji Dorsey	N.C. Collegiate Championships	Charlotte, N.C.	8k	29:45
Oct. 30	1999	50.	Kenji Dorsey	Big South Championship	Rock Hill, S.C.	8k	31:41
Nov. 13	1999	165.	Kenji Dorsey	NCAA Southeast Regional	Greenville, S.C.	10k	39:46
Sept. 2	2000	129.	Kenji Dorsey	HPU / Elon Invitational	Greensboro, N.C.	8k	36:07
Sept. 9	2000	49.	Kenji Dorsey	Western Carolina Invitational	Cullowhee, N.C.	6k	24:27
Sept. 16	2000	79.	Kenji Dorsey	Winthrop Invitational	Rock Hill, S.C.	8k	31:36
Sept. 22	2000	187.	Kenji Dorsey	Great American Classic	Charlotte, N.C.	8k	32:04
Sept. 30	2000	95.	Kenji Dorsey	Greensboro Invitational	Greensboro, N.C.	8k	32:08
Oct. 14	2000	92.	Kenji Dorsey	N.C. Collegiate Championships	Cullowhee, N.C.	8k	32:28

<DANIEL DOUB>

Best Overall Finish (5k):		12th / High Point Invitational
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		5th / Carolinas-Virginia Conference Championship
Best Overall Finish (10k):		59th / USC Upstate Invitational
Best Time (5k):		17:49 / High Point Invitational
Best Time (6k):		N/A
Best Time (8k):		29:27 / Carolinas-Virginia Conference Championship
Best Time (10k):		38:34.50 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	14.	Daniel Doub	High Point Invitational	High Point, N.C.	5k	19:15
Sept. 17	1994	27.	Daniel Doub	Wake Forest CC Classic	Winston-Salem, N.C.		18:44
Sept. 24	1994	41.	Daniel Doub	-	-		31:46
Oct. 1	1994	19.	Daniel Doub	East Carolina Invitational	Greenville, N.C.	8k	31:23
Oct. 8	1994	59.	Daniel Doub	USC Upstate Invitational	Spartanburg, S.C.	10k	38:34.50
	1994	6.	Daniel Doub	Carolinas Intercollegiate Athletic Conference Championship			29:38
Sept. 12	1995	12.	Daniel Doub	High Point Invitational	Greensboro, N.C.	5k	17:49
Oct. 14	1995	15.	Daniel Doub	N.C. Collegiate Championships	Charlotte, N.C.	8k	30:08.2
Oct. 28	1995	5.	Daniel Doub	Carolinas-Virginia Conference Championship		8k	29:27

<DAVID DUGGAN>

Best Overall Finish (5k):		1st (2x) / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):		2nd (2x) / UNC Pembroke Meet
Best Overall Finish (8k):		1st (2x) / HPU / Elon Invitational
Best Overall Finish (10k):		8th / NCAA Southeast Regional (Division II)
Best Time (5k):		16:01 / High Point Invitational
Best Time (6k):		21:14 / UNC Pembroke Meet
Best Time (8k):		26:47 / Winthrop Invitational (Garnet)
Best Time (10k):		34:18.0 / NCAA Southeast Regional (Division II)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	1.	David Duggan	High Point Invitational	Greensboro, N.C.	5k	16:01
Oct. 14	1995	2.	David Duggan	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:11.2
Oct. 28	1995	1.	David Duggan	Carolinas-Virginia Conference Championship		8k	27:23
Sept. 7	1996	11.	David Duggan	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		30:35
Sept. 14	1996	2.	David Duggan	UNC Pembroke Invitational	Pembroke, N.C.		21:24.74
Sept. 21	1996	2.	David Duggan	Winthrop Invitational	Rock Hill, S.C.	8k	26:52
Oct. 19	1996	73.	David Duggan	N.C. Collegiate Championships	Charlotte, N.C.	8k	26:47.10
Oct. 26	1996	1.	David Duggan	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	27:06
Nov. 9	1996	8.	David Duggan	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	34:18.0
Sept. 6	1997	1.	David Duggan	HPU / Elon Invitational	Greensboro, N.C.		26:54
Sept. 13	1997	2.	David Duggan	UNC Pembroke Invitational	Pembroke, N.C.	6k	21:29
Sept. 20	1997	4.	David Duggan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:47
Oct. 4	1997	2.	David Duggan	The Citadel Invitational	Charleston, S.C.		26:48
Oct. 18	1997	5.	David Duggan	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		27:30
Oct. 25	1997	116.	David Duggan	Gettysburg Invitational	Gettysburg, Pa.	8k	27:14.2
Sept. 5	1998	1.	David Duggan	HPU / Elon Invitational	Greensboro, N.C.	8k	27:38
Sept. 12	1998	2.	David Duggan	UNC Pembroke Meet	Pembroke, N.C.	6k	21:14
Sept. 19	1998	12.	David Duggan	Winthrop Invitational	Rock Hill, S.C.	8k	27:18
Sept. 26	1998	8.	David Duggan	Greenboro Invitational	Greensboro, N.C.	8k	28:19
Oct. 3	1998	18.	David Duggan	Radford Invitational	Radford, Va.	8k	29:55

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

<STEVE DUNHAM>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct.30	1976	3.	Steve Dunham	NAIA District 26 Championship	Greensboro, N.C.		

<MIKE DYESS>

Best Overall Finish (5k):		4th / High Point Invitational
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		3rd / Belmont Abbey Invitational
Best Overall Finish (10k):		31st / USC Upstate Invitational
Best Time (5k):		17:40 / High Point Invitational
Best Time (6k):		N/A
Best Time (8k):		28:07 / NAIA National Championships
Best Time (10k):		36:22.57 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 21	1991	67.	Mike Dyess	Winthrop Invitational	Rock Hill, S.C.	8k	29:36
Oct. 24	1992	179.	Mike Dyess	NAIA National Championships	Kenosha, Wisc.		30:08
Sept. 28	1991	43.	Mike Dyess	Charleston Southern Invitational	Charleston, S.C.		28:40
Oct. 5	1991	104.	Mike Dyess	UNC Charlotte Invitational	Charlotte, N.C.	8k	30:40
Oct. 19	1991	93.	Mike Dyess	Davidson Invitational	Davidson, N.C.	8k	29:44
Oct. 26	1991	9.	Mike Dyess	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	28:18
Sept. 19	1992	58.	Mike Dyess	Winthrop Invitational	Rock Hill, S.C.		
Oct. 3	1992	58.	Mike Dyess	UNC Charlotte Invitational	Charlotte, N.C.	8k	28:46
Oct. 10	1992	7.	Mike Dyess	Belmont Abbey Invitational	Belmont, N.C.		27:47
Oct. 17	1992	95.	Mike Dyess	N.C. Collegiate Championships	Durham, N.C.		30:10
Oct. 24	1992	4.	Mike Dyess	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		27:57
Sept. 11	1993	4.	Mike Dyess	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	8.	Mike Dyess	Wake Forest CC Classic	Winston-Salem, N.C.		18:02
Sept. 25	1993		Mike Dyess	N.C. Collegiate Championships	Greensboro, N.C.		29:09
Oct. 3	1993	8.	Mike Dyess	Methodist Invitational	Fayetteville, N.C.		28:09
Oct. 10	1993	3.	Mike Dyess	Belmont Abbey Invitational	Belmont, N.C.	8k	28:24
Oct. 17	1993	16.	Mike Dyess	N.C. Collegiate Championships	Cullowhee, N.C.	8k	
Nov. 20	1993	192.	Mike Dyess	NAIA National Championships	Kenosha, Wisc.	8k	28:07
Sept. 7	1994	4.	Mike Dyess	High Point Invitational	High Point, N.C.	5k	17:40
Sept. 17	1994	19.	Mike Dyess	Wake Forest CC Classic	Winston-Salem, N.C.		17:52
Sept. 24	1994	13.	Mike Dyess	-	-		28:49
Oct. 1	1994	4.	Mike Dyess	East Carolina Invitational	Greenville, N.C.	8k	28:19
Oct. 8	1994	31.	Mike Dyess	USC Upstate Invitational	Spartanburg, S.C.	10k	36:22.57
	1994	3.	Mike Dyess	Carolinas Intercollegiate Athletic Conference Championship			28:21

<STUART EDMONDS>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	8.	Stuart Edmonds	Wake Forest Relays	Winston-Salem, N.C.		23:02
Sept. 26	2009	89.	Stuart Edmonds	Ray Griak Invitational	St. Paul, Minn.		26:43.7
Oct. 16	2009	56.	Stuart Edmonds	Blue Ridge Open (Gold Race)	Boone, N.C.		26:25.16
Oct. 31	2009	13.	Stuart Edmonds	Big South Championship	Winston-Salem, N.C.		26.35
Nov. 14	2009	117.	Stuart Edmonds	NCAA Southeast Regional	Louisville, Ky.		33:08.88

<OTHMANE EL GHARISSI>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		3rd / Big South Championship
Best Overall Finish (10k):		48th / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (8k):.....24:01.0 / Live in Lou Classic
Best Time (10k):.....30:55.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 16	2022	23.	Othmane El Gharissi	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:47.0
Oct. 1	2022	19.	Othmane El Gharissi	Live in Lou Classic	Louisville, Ky.	8k	24:01.0
Oct. 14	2022	7.	Othmane El Gharissi	VertCross Invitational	Kernersville, N.C.	8k	25:01.9
Oct. 29	2022	3.	Othmane El Gharissi	Big South Championship	Farmville, Va.	8k	24:32.7
Nov. 11	2022	48.	Othmane El Gharissi	NCAA Southeast Regional	Louisville, Ky.	10k	30:55.0

<WILL ELLIOTT>

Best Overall Finish (5k):.....N/A
Best Overall Finish (6k):.....N/A
Best Overall Finish (8k):.....54th / Big South Championship
Best Overall Finish (10k):.....N/A
Best Time (5k):.....N/A
Best Time (6k):.....N/A
Best Time (8k):.....28:15.67 / VertCross Invitational
Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	31.	Will Elliott	Elon Opener	Elon, N.C.		20:10
Sept. 16	2016	93.	Will Elliott	Coast-to-Coast Battle in Beantown	Boston, Mass.		27:10
Oct. 14	2016	174.	Will Elliott	VertCross Invitational	Kernersville, N.C.	8k	28:15.67
Oct. 28	2016	54.	Will Elliott	Big South Championship	Asheville, N.C.	8k	28:43.66

<TOMMY EVANS>

Best Overall Finish (5k):.....11th / Great American XC Classic
Best Overall Finish (6k):.....6th / Western Carolina Classic
Best Overall Finish (8k):.....1st (6x) / Winthrop Invitational (Non-Award)
Best Overall Finish (10k):.....14th / NCAA Southeast Regional
Best Time (5k):.....24:42 / Great American XC Classic
Best Time (6k):.....19:13 / Western Carolina Classic
Best Time (8k):.....19:55.80 / Mountaineer Open
Best Time (10k):.....30:40.4 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	1999	2.	Tommy Evans	HPU / Elon Invitational			26:21
Sept. 11	1999	5.	Tommy Evans	Western Carolina Classic	Cullowhee, N.C.	6k	19:13
Sept. 18	1999	13.	Tommy Evans	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:26
Sept. 25	1999	11.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.		26:23
Oct. 16	1999	76.	Tommy Evans	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:10
Oct. 30	1999	26.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	27:14
Nov. 13	1999	87.	Tommy Evans	NCAA Southeast Regional	Greenville, S.C.	10k	32:58
Sept. 2	2000	113.	Tommy Evans	HPU / Elon Invitational	Greensboro, N.C.	8k	33:44
Sept. 9	2000	10.	Tommy Evans	Western Carolina Invitational	Cullowhee, N.C.	6k	20:05
Sept. 16	2000	17.	Tommy Evans	Winthrop Invitational	Rock Hill, S.C.	8k	26:15
Sept. 22	2000	71.	Tommy Evans	Great American Classic	Charlotte, N.C.	8k	26:17
Sept. 30	2000	34.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.	8k	26:50
Oct. 14	2000	13.	Tommy Evans	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:14
Oct. 28	2000	-	Tommy Evans	Big South Championship	Charleston, S.C.	8k	DNF
Nov. 11	2000	61.	Tommy Evans	NCAA Southeast Regional	Greenville, S.C.		32:38
Aug. 31	2001	2.	Tommy Evans	Appalachian State Invitational	Boone, N.C.	8k	24:54
Sept. 21	2001	11.	Tommy Evans	Great American XC Classic	Rock Hill, S.C.	5k	24:42
Sept. 29	2001	1.	Tommy Evans	Greensboro Invitational	Greensboro, N.C.		25:10
Oct. 13	2001	1.	Tommy Evans	N.C. Collegiate Championships	Greenville, S.C.	8k	24:34
Oct. 27	2001	2.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	24:55
Nov. 10	2001	14.	Tommy Evans	NCAA Southeast Regional	Greenville, S.C.	10k	30:53
Nov. 19	2001	174.	Tommy Evans	NCAA Championships	Greenville, S.C.	10k	31:43
Aug. 30	2002	1.	Tommy Evans	Mountaineer Open	Boone, N.C.	8k	19:55.80
Sept. 21	2002	1.	Tommy Evans	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:09.14
Sept. 27	2002	76.	Tommy Evans	Great American Classic	Charlotte, N.C.	8k	28:05.8
Oct. 12	2002	1.	Tommy Evans	N.C. Collegiate Championships	Greenville, N.C.	8k	23:53
Oct. 19	2002	1.	Tommy Evans	Tribe Open	Williamsburg, Va.	8k	25:07.0
Nov. 2	2002	2.	Tommy Evans	Big South Championship	Rock Hill, S.C.	8k	24:52
Nov. 16	2002	19.	Tommy Evans	NCAA Southeast Regional	Greenville, N.C.	10k	30:40.4
Sept.20	2003	1.	Tommy Evans	Winthrop Invitational (Non-Award)	Rock Hill, S.C.	8k	25:13.41
Sept. 26	2003	5.	Tommy Evans	Great American Classic / Univ. B Open	Cary, N.C.	8k	27:01.5

<MATTHIAS EWENDER>

Best Overall Finish (5k):.....5th / UNC Wilmington Invitational
Best Overall Finish (6k):.....18th / Winthrop / Asics Fall Classic
Best Overall Finish (8k):.....12th / Big South Championship
Best Overall Finish (10k):.....N/A
Best Time (5k):.....15:38 / UNC Wilmington Invitational

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (6k):..... 18:54 / Winthrop / Asics Fall Classic
 Best Time (8k):..... 26:06 / Big South Championship
 Best Time (10k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	5.	Matthias Ewender	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:38
Sept. 25	2004	38.	Matthias Ewender	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:24
Oct. 1	2004	65.	Matthias Ewender	Great American XC Festival	Cary, N.C.	8k	26:12.96
Oct. 16	2004	18.	Matthias Ewender	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:54
Oct. 30	2004	12.	Matthias Ewender	Big South Championship	Rock Hill, S.C.	8k	26:06
Sept. 1	2004	3.	Derek Nakluski / Matthias Ewender	Wake Forest Relays	Winston-Salem, N.C.	-	45:32

<JEFF FAIRMAN>

Best Overall Finish (5k):..... 5th / Mountaineer Open
 Best Overall Finish (6k):..... N/A
 Best Overall Finish (8k):..... 1st (3x) / N.C. Collegiate Championships
 Best Overall Finish (10k):..... 26th / NCAA Southeast Regional
 Best Time (5k):..... 15:39.40 / Mountaineer Open
 Best Time (6k):..... N/A
 Best Time (8k):..... 20:23.80 / Mountaineer Open
 Best Time (10k):..... 30:59.6 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	46.	Jeff Fairman	Appalachian State Invitational	Boone, N.C.	8k	26:28
Sept. 8	2001	2.	Jeff Fairman	HPU / Elon Invitational	Greensboro, N.C.	8k	27:14
Sept. 21	2001	107.	Jeff Fairman	Great American XC Classic	Rock Hill, S.C.	5k	26:38
Oct. 13	2001	5.	Jeff Fairman	N.C. Collegiate Championships	Greenville, S.C.	8k	25:42
Oct. 27	2001	34.	Jeff Fairman	Big South Championship	Rock Hill, S.C.	8k	27:57
Aug. 30	2002	5.	Jeff Fairman	Mountaineer Open	Boone, N.C.	8k	20:23.80
Sept. 7	2002	1.	Jeff Fairman	HPU / Elon Invitational	Greensboro, N.C.	8k	25:49
Sept. 21	2002	5.	Jeff Fairman	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:04.84
Sept. 27	2002	82.	Jeff Fairman	Great American Classic	Charlotte, N.C.	8k	28:10.7
Oct. 12	2002	3.	Jeff Fairman	N.C. Collegiate Championships	Greenville, N.C.	8k	24:32
Oct. 19	2002	3.	Jeff Fairman	Tribe Open	Williamsburg, Va.	8k	25:25.0
Nov. 2	2002	3.	Jeff Fairman	Big South Championship	Rock Hill, S.C.	8k	25:03
Nov. 16	2002	61.	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k	31:52.8
Aug. 29	2003	5.	Jeff Fairman	Mountaineer Open	Boone, N.C.	5k	15:39.40
Sept. 20	2003	1.	Jeff Fairman	Winthrop Invitational	Rock Hill, S.C.	8k	25:25.02
Sept. 26	2003	39.	Jeff Fairman	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	26:38.1
Oct. 18	2003	1.	Jeff Fairman	N.C. Collegiate Championships	Greenville, N.C.	8k	23:49.37
Nov. 1	2003	4.	Jeff Fairman	Big South Championship	Conway, S.C.	8k	25:53.99
Nov. 15	2003	26.	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k	30:59.6
Sept. 2	2005	29.	Jeff Fairman	Wake Forest Invitational	Winston-Salem, N.C.	-	24:22
Sept. 17	2005	19.	Jeff Fairman	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	27:48
Sept. 24	2005	12.	Jeff Fairman	Overton XC Meet	Greenville, N.C.	8k	26:43.02
Oct. 14	2005	69.	Jeff Fairman	Blue Ridge Open	Boone, N.C.	8k	27:59
Oct. 29	2005	48.	Jeff Fairman	Big South Championship	Lexington, Va.	8k	28:06.33
Nov. 12	2005	104.	Jeff Fairman	NCAA Southeast Regional	Greenville, N.C.	10k	32:35.6
Sept. 2	2005	15.	Jeff Fairman / Jason Williams	Wake Forest Invitational	Winston-Salem, N.C.	-	48:57

<LOUIS FARLOW>

Best Overall Finish (5k):..... N/A
 Best Overall Finish (6k):..... N/A
 Best Overall Finish (8k):..... N/A
 Best Overall Finish (10k):..... N/A
 Best Time (5k):..... N/A
 Best Time (6k):..... N/A
 Best Time (8k):..... N/A
 Best Time (10k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 24	1959		Louis Farlow	Davidson	Davidson, N.C.		22:35

<DAVID FERIER>

Best Overall Finish (5k):..... 3rd / UNC Wilmington Invitational
 Best Overall Finish (6k):..... 3rd / Winthrop / Asics Fall Classic
 Best Overall Finish (8k):..... 3rd / Winthrop Invitational (Garnet)
 Best Overall Finish (10k):..... 34th / NCAA Southeast Regional
 Best Time (5k):..... 15:35 / UNC Wilmington Invitational
 Best Time (6k):..... 18:05 / Winthrop / Asics Fall Classic
 Best Time (8k):..... 24:47 / Winthrop Invitational (Garnet)
 Best Time (10k):..... 31:16.70 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 10	2004	3.	David Ferier	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:35
Sept. 25	2004	3.	David Ferier	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	24:47
Oct. 1	2004	46.	David Ferier	Great American XC Festival	Cary, N.C.	8k	25:51.07
Oct. 16	2004	3.	David Ferier	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:05
Oct. 30	2004	4.	David Ferier	Big South Championship	Rock Hill, S.C.	8k	25:13
Nov. 13	2004	34.	David Ferier	NCAA Southeast Regional	Greenville, N.C.	10k	31:16.70
Sept. 1	2004	10.	David Ferier / Bubba Hill	Wake Forest Relays	Winston-Salem, N.C.	-	46:33

<MIKE FEROE>

Best Overall Finish (5k):		33rd / Wolfpack Invitational
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		31st / Liberty Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		17:27 / Wolfpack Invitational
Best Time (6k):		28.33 / Blue Ridge Open
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	31.	Mike Feroe	Liberty Invitational	Lynchburg, Va.	8k	28:58.20
Oct. 17	2008	39.	Mike Feroe	Blue Ridge Open	Boone, N.C.	8k	28:33
Nov. 8	2008	33.	Mike Feroe	Wolfpack Invitational	Raleigh, N.C.	5k	17:27
Sept. 4	2009	33.	Mike Feroe	Wake Forest Relays	Winston-Salem, N.C.		25:46
Sept. 19	2009	37.	Mike Feroe	Big South Preview	Winston-Salem, N.C.		29:48
Sept. 3	2010	70.	Mike Feroe	Covered Bridge Open	Boone, N.C.		21:16.01
Sept. 25	2010	28.	Mike Feroe	Big South Preview	Blacksburg, Va.		28:25.79
Oct. 2	2010	5.	Mike Feroe	Hagan-Stone Classic	Greensboro, N.C.		27:09.7
Oct. 15	2010	87.	Mike Feroe	Blue Ridge Open (Gold Race)	Boone, N.C.		26:47.8
Oct. 30	2010	60.	Mike Feroe	Big South Championship	Blacksburg, Va.		28:59.55
Sept. 2	2011	87.	Mike Feroe	Covered Bridge Open	Boone, N.C.	8k	28:49.7
Sept. 17	2011	33.	Mike Feroe	Big South Preview	Conway, S.C.		27:17
Oct. 1	2011	11.	Mike Feroe	Hagan-Stone Classic	Greensboro, N.C.		27:29.38
Oct. 29	2011	36.	Mike Feroe	Big South Championship	Conway, S.C.		26:12

<GRAHAM FERGUSON>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		31st / Covered Bridge Open
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		25:33.9 / Live in Lou Classic

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	45.	Graham Ferguson	Covered Bridge Open	Boone, N.C.	8k	26:40.94
Sept. 17	2021	45.	Graham Ferguson	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	26:34.3
Oct. 2	2021	177.	Graham Ferguson	Live in Lou Classic	Louisville, Ky.	8k	25:33.9
Oct. 15	2021	38.	Graham Ferguson	VertCross Invitational	Kernersville, N.C.	8k	27:15.0
Oct. 29	2021	49.	Graham Ferguson	Big South Championship	Kernersville, N.C.	8k	27:24.8
Sept. 2	2022	31.	Graham Ferguson	Covered Bridge Open	Boone, N.C.	8k	26:19.64
Oct. 1	2022	211.	Graham Ferguson	Live in Lou Classic	Louisville, Ky.	8k	25:48.0

<AIDAN FINN>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		84th / VertCross Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		29:58.42 / Covered Bridge Open
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	127.	Aidan Finn	Covered Bridge Open	Boone, N.C.	8k	29:58.42
Oct. 14	2022	84.	Aidan Finn	VertCross Invitational	Kernersville, N.C.	8k	33:17.4

<JAKE FIOROLLO>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		39th / VertCross Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (8k):.....27:05.4 / VertCross Invitational
Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	79.	Jake Fiorillo	Covered Bridge Open	Boone, N.C.	8k	27:52.24
Sept. 16	2022	92.	Jake Fiorillo	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	28:24.2
Oct. 14	2022	39.	Jake Fiorillo	VertCross Invitational	Kemersville, N.C.	8k	27:05.4
Oct. 29	2022	59.	Jake Fiorillo	Big South Championship	Farmville, Va.	8k	28:04.1

<DAN GARIEPY>

Best Overall Finish (5k):.....198th / Great American XC Classic
Best Overall Finish (6k):.....21st / Western Carolina Invitational
Best Overall Finish (8k):.....6th / HPU / Elon Invitational
Best Overall Finish (10k):.....87th / NCAA Southeast Regional
Best Time (5k):.....28:44 / Great American XC Classic
Best Time (6k):.....20:44 / Western Carolina Classic
Best Time (8k):.....21:28.30 / Mountaineer Open
Best Time (10k):.....32:37.5 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	1999	39.	Dan Garipey	HPU / Elon Invitational			31:27
Sept. 11	1999	30.	Dan Garipey	Western Carolina Classic	Cullowhee, N.C.	6k	20:44
Sept. 18	1999	101.	Dan Garipey	Winthrop Invitational (Garret)	Rock Hill, S.C.	8k	29:13
Sept. 25	1999	66.	Dan Garipey	Greensboro Invitational	Greensboro, N.C.		29:29
Oct. 9	1999	64.	Dan Garipey	Furman Invitational	Greenville, S.C.		28:31
Oct. 16	1999	75.	Dan Garipey	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:09
Oct. 30	1999	32.	Dan Garipey	Big South Championship	Rock Hill, S.C.	8k	27:51
Nov. 13	1999	140.	Dan Garipey	NCAA Southeast Regional	Greenville, S.C.	10k	35:19
Sept. 2	2000	28.	Dan Garipey	HPU / Elon Invitational	Greensboro, N.C.	8k	29:32
Sept. 9	2000	21.	Dan Garipey	Western Carolina Invitational	Cullowhee, N.C.	6k	20:47
Sept. 16	2000	43.	Dan Garipey	Winthrop Invitational	Rock Hill, S.C.	8k	27:15
Sept. 22	2000	120.	Dan Garipey	Great American Classic	Charlotte, N.C.	8k	27:27
Sept. 30	2000	58.	Dan Garipey	Greensboro Invitational	Greensboro, N.C.	8k	28:06
Oct. 14	2000	38.	Dan Garipey	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:44
Oct. 28	2000	28.	Dan Garipey	Big South Championship	Charleston, S.C.	8k	28:00
Nov. 11	2000	175.	Dan Garipey	NCAA Southeast Regional	Greenville, S.C.		36:30
Aug. 31	2001	56.	Dan Garipey	Appalachian State Invitational	Boone, N.C.	8k	26:41
Sept. 8	2001	6.	Dan Garipey	HPU / Elon Invitational	Greensboro, N.C.	8k	27:35
Sept. 21	2001	198.	Dan Garipey	Great American XC Classic	Rock Hill, S.C.	5k	28:44
Sept. 29	2001	41.	Dan Garipey	Greensboro Invitational	Greensboro, N.C.		27:04
Oct. 13	2001	15.	Dan Garipey	N.C. Collegiate Championships	Greenville, S.C.	8k	26:08
Oct. 27	2001	14.	Dan Garipey	Big South Championship	Rock Hill, S.C.	8k	26:18
Nov. 10	2001	123.	Dan Garipey	NCAA Southeast Regional	Greenville, S.C.	10k	33:56
Aug. 30	2002	39.	Dan Garipey	Mountaineer Open	Boone, N.C.	8k	21:28.30
Sept. 7	2002	12.	Dan Garipey	HPU / Elon Invitational	Greensboro, N.C.	8k	27:06
Sept. 21	2002	30.	Dan Garipey	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:51.45
Oct. 12	2002	13.	Dan Garipey	N.C. Collegiate Championships	Greenville, N.C.	8k	25:38
Oct. 19	2002	46.	Dan Garipey	Tribe Open	Williamsburg, Va.	8k	27:01.0
Nov. 2	2002	13.	Dan Garipey	Big South Championship	Rock Hill, S.C.	8k	26:11
Nov. 16	2002	87.	Dan Garipey	NCAA Southeast Regional	Greenville, N.C.	10k	32:37.5

<KEITH GATES>

Best Overall Finish (5k):.....N/A
Best Overall Finish (6k):.....46th / Western Carolina Invitational
Best Overall Finish (8k):.....35th / HPU / Elon Invitational
Best Overall Finish (10k):.....N/A
Best Time (5k):.....N/A
Best Time (6k):.....23:48 / Western Carolina Invitational
Best Time (8k):.....29:41 / Great American Classic
Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	87.	Keith Gates	HPU / Elon Invitational	Greensboro, N.C.	8k	32:22
Sept. 9	2000	46.	Keith Gates	Western Carolina Invitational	Cullowhee, N.C.	6k	23:48
Sept. 16	2000	77.	Keith Gates	Winthrop Invitational	Rock Hill, S.C.	8k	30:52
Sept. 22	2000	167.	Keith Gates	Great American Classic	Charlotte, N.C.	8k	29:41
Sept. 30	2000	91.	Keith Gates	Greensboro Invitational	Greensboro, N.C.	8k	31:37
Oct. 14	2000	76.	Keith Gates	N.C. Collegiate Championships	Cullowhee, N.C.	8k	29:56
Nov. 11	2000	196.	Keith Gates	NCAA Southeast Regional	Greenville, S.C.		43:15
Aug. 31	2001	131.	Keith Gates	Appalachian State Invitational	Boone, N.C.	8k	32:58
Sept. 8	2001	35.	Keith Gates	HPU / Elon Invitational	Greensboro, N.C.	8k	35:45

<GRANT GILBERT>

Best Overall Finish (5k):.....N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (6k):N/A
 Best Overall Finish (8k):31st / Big South Championship
 Best Overall Finish (10k):N/A
 Best Time (5k):N/A
 Best Time (6k):N/A
 Best Time (8k):27:34.25 / VertCross Invitational
 Best Time (10k):N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2018	98.	Grant Gilbert	VertCross Invitational	Kernersville, N.C.		28:59.45
Oct. 26	2018	31.	Grant Gilbert	Big South Championship	Kernersville, N.C.	8k	28:00.5
Nov. 9	2018	208.	Grant Gilbert	NCAA Southeast Regional	Rock Hill, S.C.		34:58.2
Oct. 18	2019	71.	Grant Gilbert	VertCross Invitational	Kernersville, N.C.	8k	27:34.25

<MATT GOODALE>

Best Overall Finish (5k):7th / UNC Wilmington Invitational
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):7th / Overton XC Meet
 Best Overall Finish (10k):183rd / NCAA Southeast Regional
 Best Time (5k):15:42 / UNC Wilmington Invitational
 Best Time (6k):N/A
 Best Time (8k):21:10.30 / Mountaineer Open
 Best Time (10k):35:07.60 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	27.	Matt Goodale	Mountaineer Open	Boone, N.C.	8k	21:10.30
Sept. 21	2002	28.	Matt Goodale	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:48.11
Oct. 12	2002	32.	Matt Goodale	N.C. Collegiate Championships	Greenville, N.C.	8k	26:51
Oct. 19	2002	82.	Matt Goodale	Tribe Open	Williamsburg, Va.	8k	28:25.1
Sept. 10	2004	7.	Matt Goodale	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:42
Sept. 25	2004	9.	Matt Goodale	Winthrop Invitational (Garret)	Rock Hill, S.C.	8k	25:24
Oct. 1	2004	96.	Matt Goodale	Great American XC Festival	Cary, N.C.	8k	26:45.19
Oct. 30	2004	13.	Matt Goodale	Big South Championship	Rock Hill, S.C.	8k	26:13
Nov. 13	2004	183.	Matt Goodale	NCAA Southeast Regional	Greenville, N.C.	10k	35:07.60
Sept. 2	2005	36.	Matt Goodale	Wake Forest Invitational	Winston-Salem, N.C.	-	26:04
Sept. 17	2005	29.	Matt Goodale	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	28:58
Sept. 24	2005	7.	Matt Goodale	Overton XC Meet	Greenville, N.C.	8k	26:00.41
Oct. 14	2005	29.	Matt Goodale	Blue Ridge Open	Boone, N.C.	8k	26:26
Oct. 29	2005	23.	Matt Goodale	Big South Championship	Lexington, Va.	8k	26:54.39
Sept. 1	2004	19.	Matt Goodale / Jesse Slowikowski	Wake Forest Relays	Winston-Salem, N.C.	-	49:14
Sept. 2	2005	20.	Matt Goodale / Steve Royal	Wake Forest Invitational	Winston-Salem, N.C.	-	52:16

<JEFF GODDARD>

Best Overall Finish (5k):6th / High Point Invitational
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):18th (2x) / East Carolina Invitational
 Best Overall Finish (10k):22nd / USC Upstate Invitational
 Best Time (5k):17:53 / High Point Invitational
 Best Time (6k):N/A
 Best Time (8k):28:17 / UNC Charlotte Invitational
 Best Time (10k):35:45.93 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1992	63.	Jeff Goddard	UNC Pembroke Invitational	Pembroke, N.C.		29:14
Sept. 19	1992	65.	Jeff Goddard	Winthrop Invitational	Rock Hill, S.C.		
Sept. 26	1992	20.	Jeff Goddard	Greensboro Invitational	Greensboro, N.C.		27:45
Oct. 10	1992	8.	Jeff Goddard	Belmont Abbey Invitational	Belmont, N.C.		28:08
Oct. 17	1992	78.	Jeff Goddard	N.C. Collegiate Championships	Durham, N.C.		29:11
Oct. 24	1992	6.	Jeff Goddard	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		28:26
Oct. 24	1992	201.	Jeff Goddard	NAIA National Championships	Kenosha, Wisc.		30:47
Sept. 11	1993	5.	Jeff Goddard	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	6.	Jeff Goddard	Wake Forest CC Classic	Winston-Salem, N.C.		17:42
Oct. 17	1993	18.	Jeff Goddard	N.C. Collegiate Championships	Cullowhee, N.C.	8k	
Nov. 20	1993	217.	Jeff Goddard	NAIA National Championships	Kenosha, Wisc.	8k	28:37
Sept. 7	1994	6.	Jeff Goddard	High Point Invitational	High Point, N.C.	5k	17:53
Sept. 24	1994	17.	Jeff Goddard	-	-		29:19
Oct. 1	1994	18.	Jeff Goddard	East Carolina Invitational	Greenville, N.C.	8k	31:21
Oct. 8	1994	22.	Jeff Goddard	USC Upstate Invitational	Spartanburg, S.C.	10k	35:45.93
	1994	8.	Jeff Goddard	Carolinas Intercollegiate Athletic Conference Championship			30:29
Sept. 12	1995	19.	Jeff Goddard	High Point Invitational	Greensboro, N.C.	5k	18:49
Oct. 3	1992	54.	Jeff Goodard	UNC Charlotte Invitational	Charlotte, N.C.	8k	28:17
Sept. 17	1994	22.	Jeff Goodard	Wake Forest CC Classic	Winston-Salem, N.C.		17:59

<BRYAN GONZALES>

Best Overall Finish (5k):N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 5th / Greensboro XC Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 27:17.07 / VertCross Invitational
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2015	33.	Bryan Gonzales	Elon Invitational	Elon, N.C.		20:35
Oct. 3	2015	56.	Bryan Gonzales	USC Upstate Invitational	Spartanburg, S.C.	8k	28:27.04
Oct. 16	2015	127.	Bryan Gonzales	Wake Forest Invitational	Kemersville, N.C.		28:03.95
Oct. 31	2015	44.	Bryan Gonzales	Big South Championship	Spartanburg, S.C.	8k	27:26.7
Sept. 1	2016	48.	Bryan Gonzales	Elon Opener	Elon, N.C.		21:10
Sept. 24	2016	5.	Bryan Gonzales	Greensboro XC Invitational	Greensboro, N.C.	8k	28:58.0
Oct. 1	2016	59.	Bryan Gonzales	Asheville XC Challenge	Asheville, N.C.	8k	28:08.41
Oct. 14	2016	123.	Bryan Gonzales	VertCross Invitational	Kemersville, N.C.	8k	27:17.07
Oct. 28	2016	47.	Bryan Gonzales	Big South Championship	Asheville, N.C.	8k	28:14.49

<LUKE GOODRICH>

Best Overall Finish (5k): 32nd / Three Stripe Invite
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): N/A
 Best Overall Finish (10k): N/A
 Best Time (5k): 17:24.14 / Three Stripe Invite
 Best Time (6k): N/A
 Best Time (8k): N/A
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 8	2014	32.	Luke Goodrich	Three Stripe Invite	Cary, N.C.	5k	17:24.14

<JP GRACE>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 45th / Winter VertCross
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 29:32.75 / Winter VertCross
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	41.	JP Grace	Winthrop / Adidas Invitational	Rock Hill, S.C.		28:32.6
Feb. 12	2021	45.	JP Grace	Winter VertCross	Kemersville, N.C.	8k	29:32.75
Oct. 15	2021	-	JP Grace	VertCross Invitational	Kemersville, N.C.	8k	DNF

<PADDY GRANDINALI>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 3rd / USC Upstate Invitational
 Best Overall Finish (10k): 10th / Chile Pepper Festival
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 24:23.50 / Pre Nationals (Black Race)
 Best Time (10k): 32:49.4 / Chile Pepper Festival

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	2012	34.	Paddy Grandinali	adidas/Winthrop Invitational	Rock Hill, S.C.		26:01.13
Sept. 28	2012	43.	Paddy Grandinali	Charlotte Invitational	Charlotte, N.C.		25:40.72
Oct. 13	2012	90.	Paddy Grandinali	Chile Pepper Festival	Fayetteville, Ark.	10k	32:49.4
Oct. 27	2012	16.	Paddy Grandinali	Big South Championship	Rock Hill, S.C.		25:40.78
Nov. 9	2012	137.	Paddy Grandinali	NCAA Southeast Regional	Charlotte, N.C.		33:08.50
Aug. 30	2013	7.	Paddy Grandinali	Western Carolina XC Invitational	Cullowhee, N.C.		15:24.60
Sept. 14	2013	19.	Paddy Grandinali	Furman XC Classic	Greenville, S.C.		24:35.55
Sept. 21	2013	12.	Paddy Grandinali	VMI Invitational	Buena Vista, Va.		27:35.49
Sept. 28	2013	60.	Paddy Grandinali	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:08.9
Oct. 18	2013	14.	Paddy Grandinali	Blue Ridge Open	Boone, N.C.		25:12.86
Nov. 2	2013	12.	Paddy Grandinali	Big South Championship	Buena Vista, Va.		26:55.42
Nov. 15	2013	83.	Paddy Grandinali	NCAA Southeast Regional	Earlsville, Va.		31:05.5
Sept. 13	2014	4.	Paddy Grandinali	Gardner-Webb Invitational	Boiling Springs, N.C.		25:48.94
Sept. 26	2014	47.	Paddy Grandinali	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	25:17.07
Oct. 17	2014	6.	Paddy Grandinali	Blue Ridge Open	Boone, N.C.		20:20.84
Nov. 1	2014	12.	Paddy Grandinali	Big South Championship	Boiling Springs, N.C.		25:58.90

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 14	2014	52.	Paddy Grandinali	NCAA Southeast Regional	Louisville, Ky.	31:25.4
Sept. 26	2015	47.	Paddy Grandinali	Virginia/Panorama Farms Invitational	Earlsville, Va.	25:06.9
Oct. 3	2015	3.	Paddy Grandinali	USC Upstate Invitational	Spartanburg, S.C.	8k 25:35.97
Oct. 17	2015	16.	Paddy Grandinali	Pre Nationals (Black Race)	Louisville, Ky.	8k 24:23.50
Oct. 31	2015	6.	Paddy Grandinali	Big South Championship	Spartanburg, S.C.	8k 24:39.5
Nov. 13	2015	77.	Paddy Grandinali	NCAA Southeast Regional	Earlsville, Va.	31:30.4
Oct. 14	2016	8.	Paddy Grandinali	VertCross Invitational	Kernersville, N.C.	8k 25:20.92
Aug. 31	2012	2.	Reece Ayers / Paddy Grandinali	Demon Deacon Quad	Winston-Salem, N.C.	48:27

<STEPHEN GRAY>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	46th / Elon Opener
Best Overall Finish (8k):	13th / Winter VertCross
Best Overall Finish (10k):	132nd / NCAA Southeast Regional
Best Time (5k):	N/A
Best Time (6k):	20:56 / Elon Opener
Best Time (8k):	24:50.7 / Big South Championship
Best Time (10k):	32:18.2 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	37.	Stephen Gray	Elon Opener	Elon, N.C.		20:25.4
Sept. 16	2017	30.	Stephen Gray	Big South Preview	Lynchburg, Va.	8k	29:28.1
Sept. 30	2017	53.	Stephen Gray	Upstate Invite	Spartanburg, S.C.		27:36.1
Oct. 13	2017	78.	Stephen Gray	HPU VertCross Invitational	Kernersville, N.C.	8k	27:28.36
Oct. 28	2017	50.	Stephen Gray	Big South Championship	Lynchburg, Va.	8k	28:16.1
Oct. 28	2017	50.	Stephen Gray	Big South Championship	Lynchburg, Va.	8k	28:16.1
Nov. 10	2017	218.	Stephen Gray	NCAA Southeast Regional	Earlsville, Va.	10k	35:01.7
Aug. 31	2018	46.	Stephen Gray	Elon Opener	Elon, N.C.	6k	20:56
Sept. 29	2018	263.	Stephen Gray	Paul Short Invitational	Bethlehem, Pa.		27:17
Oct. 12	2018	99.	Stephen Gray	VertCross Invitational	Kernersville, N.C.		29:04.17
Oct. 26	2018	23.	Stephen Gray	Big South Championship	Kernersville, N.C.	8k	27:56.8
Nov. 9	2018	209.	Stephen Gray	NCAA Southeast Regional	Rock Hill, S.C.		35:04.0
Aug. 30	2019	57.	Stephen Gray	Covered Bridge Open	Boone, N.C.	8k	28:22.12
Sept. 27	2019	138.	Stephen Gray	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	27:25.9
Oct. 18	2019	61.	Stephen Gray	VertCross Invitational	Kernersville, N.C.	8k	27:15.54
Nov. 2	2019	36.	Stephen Gray	Big South Championship	Buies Creek, N.C.		27:26.74
Feb. 12	2021	13.	Stephen Gray	Winter VertCross	Kernersville, N.C.	8k	26:32.93
March 5	2021	14.	Stephen Gray	Big South Championship	Rock Hill, S.C.	8k	24:50.7
Sept. 3	2021	33.	Stephen Gray	Covered Bridge Open	Boone, N.C.	8k	26:24.64
Sept. 17	2021	22.	Stephen Gray	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:40.5
Oct. 2	2021	161.	Stephen Gray	Live in Lou Classic	Louisville, Ky.	8k	25:26.9
Oct. 15	2021	22.	Stephen Gray	VertCross Invitational	Kernersville, N.C.	8k	26:26.6
Oct. 29	2021	93.	Stephen Gray	Big South Championship	Kernersville, N.C.	8k	32:25.8
Nov. 12	2021	132.	Stephen Gray	NCAA Southeast Regional	Louisville, Ky.	10k	32:18.2

<NATE GREGORY>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	71st / Elon Opener
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	24:02 / Elon Opener
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	71.	Nate Gregory	Elon Opener	Elon, N.C.	6k	24:02

<COREY GROVE>

Best Overall Finish (5k):	9th / North Carolina Opener
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	38th / Big South Championship
Best Overall Finish (10k):	143rd / NCAA Southeast Regional
Best Time (5k):	16:13.30 / North Carolina Opener
Best Time (6k):	N/A
Best Time (8k):	27:38 / Notre Dame Invitational
Best Time (10k):	32:49.35 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	9.	Corey Grove	North Carolina Opener	Chapel Hill, N.C.	5k	16:13.30
Sept. 8	2007	62.	Corey Grove	Lou Onesty Invitational Away	Charlottesville, Va.	8k	27:50.3
Sept. 28	2007	157.	Corey Grove	Notre Dame Invitational	South Bend, Ind.	8k	27:38
Oct. 27	2007	38.	Corey Grove	Big South Championship	Hendersonville, N.C.	8k	28:31.9
Nov. 10	2007	143.	Corey Grove	NCAA Southeast Regional	Louisville, Ky.	10k	32:49.35

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

<MARK HAMLETT>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct.30	1976	2.	Mark Hamlett	NAIA District 26 Championship	Greensboro, N.C.		

<KEVIN HAMPSON>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	11th / Carolinas Conference / NAIA District 26 Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	28:17 / Winthrop Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1991	31.	Kevin Hampson	USC Upstate Invitational	Spartanburg, S.C.		30:27
Sept. 14	1991	19.	Kevin Hampson	UNC Pembroke Invitational	Pembroke, N.C.	8k	28:53
Sept. 21	1991	35.	Kevin Hampson	Winthrop Invitational	Rock Hill, S.C.	8k	28:17
Sept. 28	1991	23.	Kevin Hampson	Charleston Southern Invitational	Charleston, S.C.		27:36
Oct. 5	1991	102.	Kevin Hampson	UNC Charlotte Invitational	Charlotte, N.C.	8k	30:30
Oct. 19	1991	74.	Kevin Hampson	Davidson Invitational	Davidson, N.C.	8k	28:56
Oct. 26	1991	11.	Kevin Hampson	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	
Sept. 12	1992	37.	Kevin Hampson	UNC Pembroke Invitational	Pembroke, N.C.		27:54
Sept. 19	1992	36.	Kevin Hampson	Winthrop Invitational	Rock Hill, S.C.		
Sept. 26	1992	10.	Kevin Hampson	Greensboro Invitational	Greensboro, N.C.		26:58
Oct. 3	1992	70.	Kevin Hampson	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:36
Oct. 10	1992	5.	Kevin Hampson	Belmont Abbey Invitational	Belmont, N.C.		27:20
Oct. 17	1992	80.	Kevin Hampson	N.C. Collegiate Championships	Durham, N.C.		29:15
Oct. 24	1992	5.	Kevin Hampson	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		28:10
Oct. 24	1992	211.	Kevin Hampson	NAIA National Championships	Kenosha, Wisc.		31:07

<JOHN HARDISON>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 27	1975	22.	John Hardison	UNC Pembroke Invitational	Pembroke, N.C.		

<FRANK HARDENSTEIN>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 22	1968		Frank Hardenstein	Oklahoma City Nationals			35th

<JOHN HARRINGTON>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	1989		John Harrington	UNC Pembroke Invitational	Pembroke, N.C.		
<SETH HARWOOD>							
Best Overall Finish (5k):							N/A
Best Overall Finish (6k):							N/A
Best Overall Finish (8k):							N/A
Best Overall Finish (10k):							N/A
Best Time (5k):							N/A
Best Time (6k):							N/A
Best Time (8k):							N/A
Best Time (10k):							N/A
Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	56.	Seth Harwood	Big South Preview	Winston-Salem, N.C.		35:24
<BEN HAWKINS>							
Best Overall Finish (5k):							N/A
Best Overall Finish (6k):							N/A
Best Overall Finish (8k):							28th / Belmont Abbey Invitational
Best Overall Finish (10k):							N/A
Best Time (5k):							N/A
Best Time (6k):							N/A
Best Time (8k):							32:27 / Belmont Abbey Invitational
Best Time (10k):							N/A
Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 25	1993		Ben Hawkins	N.C. Collegiate Championships	Greensboro, N.C.		34:01
Oct. 3	1993	24.	Ben Hawkins	Methodist Invitational	Fayetteville, N.C.		35:05
Oct. 10	1993	28.	Ben Hawkins	Belmont Abbey Invitational	Belmont, N.C.	8k	32:27
<EDWARD HAYFRON>							
Best Overall Finish (5k):							N/A
Best Overall Finish (6k):							60th / Elon Opener
Best Overall Finish (8k):							62nd / Big South Championship
Best Overall Finish (10k):							N/A
Best Time (5k):							N/A
Best Time (6k):							21:45 / Elon Opener
Best Time (8k):							30:07.2 / Big South Championship
Best Time (10k):							N/A
Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	60.	Edward Hayfron	Elon Opener	Elon, N.C.	6k	21:45
Oct. 12	2018	56.	Edward Hayfron	VertCross Invitational	Kernersville, N.C.		27:32.55
Oct. 26	2018	62.	Edward Hayfron	Big South Championship	Kernersville, N.C.	8k	30:07.2
<SHANE HENDERSON>							
Best Overall Finish (5k):							N/A
Best Overall Finish (6k):							N/A
Best Overall Finish (8k):							33rd / Covered Bridge Open
Best Overall Finish (10k):							154th / NCAA Southeast Regional
Best Time (5k):							N/A
Best Time (6k):							N/A
Best Time (8k):							26:36.2 / Virginia/Panorama Farms Invitational
Best Time (10k):							33:18.4 / NCAA Southeast Regional
Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	33.	Shane Henderson	Covered Bridge Open	Boone, N.C.	8k	26:57.97
Sept. 27	2019	112.	Shane Henderson	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:36.2
Oct. 18	2019	40.	Shane Henderson	VertCross Invitational	Kernersville, N.C.	8k	26:38.30
Nov. 2	2019	31.	Shane Henderson	Big South Championship	Buies Creek, N.C.		27:10.08
Nov. 15	2019	154.	Shane Henderson	NCAA Southeast Regional	Earlsville, Va.	10k	33:18.4
<JOHN HIGH>							
Best Overall Finish (5k):							N/A
Best Overall Finish (6k):							N/A
Best Overall Finish (8k):							4th / Carolinas Conference / NAIA District 26 Championship
Best Overall Finish (10k):							N/A
Best Time (5k):							N/A
Best Time (6k):							N/A
Best Time (8k):							25:37 / Belmont Abbey
Best Time (10k):							N/A
Date	Year	Finish	Individual	Event	Site	Distance	Time

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 7	1991	4.	John High	USC Upstate Invitational	Spartanburg, S.C.	29:24
Sept. 9	1989	20.	John High	UNC Pembroke Invitational	Pembroke, N.C.	29:12
Sept. 16	1989	1.	John High	Belmont Abbey Invitational	Belmont, N.C.	26:47
Sept. 30	1989	6.	John High	Methodist College Invitational	Fayetteville, N.C.	27:42
Oct. 7	1989	1.	John High	Belmont Abbey	Belmont, N.C.	8k 25:37
Oct. 19	1989	56.	John High	N.C. Collegiate Championships	Wilmington, N.C.	8k 28:34
Oct. 21	1989	3.	John High	Francis Marion Invitational	Florence, S.C.	8k 26:39
Oct. 28	1989	3.	John High	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k 26:43
Sept. 8	1990		John High	UNC Pembroke Invitational		8k 27:27
Sept. 15	1990	1.	John High	Belmont Abbey Invitational		8k 25:44
Sept. 22	1990	3.	John High	Winthrop Invitational		27:03
Sept. 29	1990	2.	John High	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k 28:06
Oct. 2	1990	1.	John High	St. Andrews Invitational	Laurinburg, N.C.	8k 26:55
Oct. 6	1990	1.	John High	Belmont Abbey Invitational	Belmont, N.C.	25:00
Oct. 13	1990	42.	John High	N.C. Collegiate Championships	Brevard, N.C.	
Oct. 27	1990	1.	John High	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.	25:46
Sept. 14	1991	2.	John High	UNC Pembroke Invitational	Pembroke, N.C.	8k 26:46
Sept. 21	1991	8.	John High	Winthrop Invitational	Rock Hill, S.C.	8k 26:39
Sept. 28	1991	4.	John High	Charleston Southern Invitational	Charleston, S.C.	26:13
Oct. 5	1991	31.	John High	UNC Charlotte Invitational	Charlotte, N.C.	8k 26:54
Oct. 19	1991	6.	John High	Davidson Invitational	Davidson, N.C.	8k 26:13
Oct. 26	1991	1.	John High	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k 25:51
Nov. 16	1991	147.	John High	NAIA National Championships	Kenosha, Wisc.	27:17
Sept. 1	1990	5.	John High / Shane Smith	Methodist College Relay		1:07.45

<SHON HILDRETH>

Best Overall Finish (5k):	2nd / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):	6th / UNC Pembroke Invitational
Best Overall Finish (8k):	2nd / Radford Invitational
Best Overall Finish (10k):	38th / NCAA Southeast Regional (Division II)
Best Time (5k):	17:08 / High Point Invitational
Best Time (6k):	21:40 / UNC Pembroke Meet
Best Time (8k):	25:57 / N.C. Collegiate Championships
Best Time (10k):	36:10.0 / NCAA Southeast Regional (Division II)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	3.	Shon Hildreth	High Point Invitational	Greensboro, N.C.	5k	17:08
Oct. 14	1995	5.	Shon Hildreth	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:47.7
Oct. 28	1995	6.	Shon Hildreth	Carolinas-Virginia Conference Championship		8k	29:32
Sept. 7	1996	2.	Shon Hildreth	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		28:54
Sept. 14	1996	3.	Shon Hildreth	UNC Pembroke Invitational	Pembroke, N.C.		22:21.36
Sept. 21	1996	6.	Shon Hildreth	Winthrop Invitational	Rock Hill, S.C.	8k	27:50
Oct. 19	1996	97.	Shon Hildreth	N.C. Collegiate Championships	Charlotte, N.C.	8k	27:22.00
Oct. 26	1996	2.	Shon Hildreth	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	27:57
Nov. 9	1996	38.	Shon Hildreth	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	36:10.2
Sept. 6	1997	11.	Shon Hildreth	HPU / Elon Invitational	Greensboro, N.C.		28:56
Sept. 13	1997	6.	Shon Hildreth	UNC Pembroke Invitational	Pembroke, N.C.	6k	22:46
Sept. 20	1997	35.	Shon Hildreth	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	29:20
Oct. 4	1997	10.	Shon Hildreth	The Citadel Invitational	Charleston, S.C.		28:40
Oct. 18	1997	7.	Shon Hildreth	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		27:47
Oct. 25	1997	133.	Shon Hildreth	Gettysburg Invitational	Gettysburg, Pa.	8k	27:37.9
Nov. 1	1997	38.	Shon Hildreth	Big South Championships	Rock Hill, S.C.	8k	28:04
Sept. 5	1998	8.	Shon Hildreth	HPU / Elon Invitational	Greensboro, N.C.	8k	29:00
Sept. 12	1998	7.	Shon Hildreth	UNC Pembroke Meet	Pembroke, N.C.	6k	21:40
Sept. 19	1998	8.	Shon Hildreth	Winthrop Invitational	Rock Hill, S.C.	8k	26:49
Sept. 26	1998	5.	Shon Hildreth	Greenboro Invitational	Greensboro, N.C.	8k	27:55
Oct. 3	1998	2.	Shon Hildreth	Radford Invitational	Radford, Va.	8k	26:23
Oct. 17	1998	35.	Shon Hildreth	N.C. Collegiate Championships	Greenville, N.C.	8k	25:57
Oct. 31	1998	18.	Shon Hildreth	Big South Championship (Division B)	Radford, Va.	8k	26:41

<ADRIAN HILL>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	3rd / HPU / Elon Invitational
Best Overall Finish (10k):	40th / NCAA Southeast Regional
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	20:58.10 / Mountaineer Open
Best Time (10k):	31:35.70 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	20.	Adrian Hill	Mountaineer Open	Boone, N.C.	8k	20:58.10
Sept. 7	2002	3.	Adrian Hill	HPU / Elon Invitational	Greensboro, N.C.	8k	26:22
Sept. 27	2002	67.	Adrian Hill	Great American Classic	Charlotte, N.C.	8k	28:00.0
Oct. 19	2002	9.	Adrian Hill	Tribe Open	Williamsburg, Va.	8k	25:46.0

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 16	2002	53.	Adrian Hill	NCAA Southeast Regional	Greenville, N.C.	10k	31:41.0
Sept. 26	2003	104.	Adrian Hill	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:02.9
Nov. 13	2004	40.	Adrian Hill	NCAA Southeast Regional	Greenville, N.C.	10k	31:35.70

<BUBBA HILL>

Best Overall Finish (5k):	6th / UNC Wilmington Invitational
Best Overall Finish (6k):	4th / Winthrop / Asics Fall Classic
Best Overall Finish (8k):	4th / N.C. Collegiate Championships
Best Overall Finish (10k):	61st / NCAA Southeast Regional
Best Time (5k):	15:40 / UNC Wilmington Invitational
Best Time (6k):	18:17 / Winthrop / Asics Fall Classic
Best Time (8k):	24:08.03 / N.C. Collegiate Championships
Best Time (10k):	32:01.4 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 21	2002	7.	Bubba Hill	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:14.98
Oct. 12	2002	4.	Bubba Hill	N.C. Collegiate Championships	Greenville, N.C.	8k	24:41
Nov. 2	2002	6.	Bubba Hill	Big South Championship	Rock Hill, S.C.	8k	25:36
Aug. 29	2003	9.	Bubba Hill	Mountaineer Open	Boone, N.C.	5k	15:52.80
Sept.20	2003	7.	Bubba Hill	Winthrop Invitational	Rock Hill, S.C.	8k	25:50.67
Oct. 11	2003	9.	Bubba Hill	Furman Invitational	Greenville, S.C.	5k	26:24.69
Oct. 18	2003	5.	Bubba Hill	N.C. Collegiate Championships	Greenville, N.C.	8k	24:08.03
Nov. 1	2003	6.	Bubba Hill	Big South Championship	Conway, S.C.	8k	26:23.76
Nov. 15	2003	61.	Bubba Hill	NCAA Southeast Regional	Greenville, N.C.	10k	32:01.4
Sept. 10	2004	6.	Bubba Hill	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:40
Sept. 25	2004	7.	Bubba Hill	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:14
Oct. 1	2004	47.	Bubba Hill	Great American XC Festival	Cary, N.C.	8k	25:51.83
Oct. 16	2004	4.	Bubba Hill	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:17
Oct. 30	2004	5.	Bubba Hill	Big South Championship	Rock Hill, S.C.	8k	25:21
Sept. 1	2004	10.	David Ferier / Bubba Hill	Wake Forest Relays	Winston-Salem, N.C.	-	46:33

<TOMMY HODGIN>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	18th / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	32:25 / Methodist College Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	1989		Tommy Hodgin	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 16	1989	12.	Tommy Hodgin	Belmont Abbey Invitational	Belmont, N.C.		36:30
Sept. 30	1989	41.	Tommy Hodgin	Methodist College Invitational	Fayetteville, N.C.	8k	32:25
Oct. 7	1989	21.	Tommy Hodgin	Belmont Abbey	Belmont, N.C.	8k	33:53
Oct. 21	1989	26.	Tommy Hodgin	Francis Marion Invitational	Florence, S.C.	8k	35:38
Oct. 28	1989	18.	Tommy Hodgin	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	

<DWIGHT HOOD>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 22	1968		Dwight Hood	Oklahoma City Nationals			35th

<ZACH HOSTETLER>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	2012	93.	Zach Hostetler	adidas/Winthrop Invitational	Rock Hill, S.C.		27:31.52

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 28	2012	18.	Zach Hostetler	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	27:27
Aug. 30	2013	57.	Zach Hostetler	Western Carolina XC Invitational	Cullowhee, N.C.	16:50.60
Sept. 21	2013	64.	Zach Hostetler	VMI Invitational	Buena Vista, Va.	30:34.36
Sept. 28	2013	-	Zach Hostetler	Greensboro XC Invitational	Greensboro, N.C.	27:28.51
Aug. 31	2012	13.	Kevin Kreider / Zach Hostetler	Demon Deacon Quad	Winston-Salem, N.C.	51:14

<MIKE JACOBS>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	13th / Belmont Abbey Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	29:44 / NAIA National Championships
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 17	1992	11.	Mike Jacobs	Catawba Invitational	Salisbury, N.C.		29:30
Oct. 3	1993	19.	Mike Jacobs	Methodist Invitational	Fayetteville, N.C.		30:32
Oct. 10	1993	13.	Mike Jacobs	Belmont Abbey Invitational	Belmont, N.C.	8k	29:54
Nov. 20	1993	237.	Mike Jacobs	NAIA National Championships	Kenosha, Wisc.	8k	29:44

<GRINCH JOHNSON>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 15	1969	4.	Grinch Johnson	NAIA District 26 Championship	Charlotte, N.C.		

<MATT JOHNSON>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	109th / UNC Charlotte Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	31:48 / Davidson Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 5	1991	109.	Matt Johnson	UNC Charlotte Invitational	Charlotte, N.C.	8k	32:56
Oct. 19	1991	112.	Matt Johnson	Davidson Invitational	Davidson, N.C.	8k	31:48
Nov. 23	1969	142.	Mike Johnson	NAIA National Championship	Oklahoma City, Okla.		27:28

<DARREN JONES>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	7th / St. Andrews Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	30:13 / St. Andrews Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	1990	4.	Darren Jones	Belmont Abbey Invitational		8k	30:19
Sept. 22	1990	89.	Darren Jones	Winthrop Invitational			31:21
Sept. 29	1990	22.	Darren Jones	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k	32:46
Oct. 2	1990	7.	Darren Jones	St. Andrews Invitational	Laurinburg, N.C.	8k	30:13
Oct. 6	1990	8.	Darren Jones	Belmont Abbey Invitational	Belmont, N.C.		28:52
Oct. 27	1990	16.	Darren Jones	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.		28:29
Oct. 5	1991	105.	Darren Jones	UNC Charlotte Invitational	Charlotte, N.C.	8k	30:56
Oct. 26	1991	13.	Darren Jones	Carolinas Conference / NAIA District 26 Championship	Pembroke, N.C.	8k	
Oct. 10	1992	12.	Darren Jones	Belmont Abbey Invitational	Belmont, N.C.		29:35
Oct. 17	1992	8.	Darren Jones	Catawba Invitational	Salisbury, N.C.		29:02
Oct. 13	1990	76.	Darren Jones	N.C. Collegiate Championships	Brevard, N.C.		

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

<CHRISTIAN KELL>

Best Overall Finish (5k):3rd / Carolinas-Virginia Conference Championship
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):7th / N.C. Collegiate Championships
 Best Overall Finish (10k):N/A
 Best Time (5k):18:49 / High Point Invitational
 Best Time (6k):N/A
 Best Time (8k):28:18.40 / N.C. Collegiate Championships
 Best Time (10k):N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 19	1996	123.	Christian Kell	N.C. Collegiate Championships	Charlotte, N.C.	8k	28:18.40
Sept. 12	1995	20.	Christian Kell	High Point Invitational	Greensboro, N.C.	5k	18:49
Oct. 14	1995	7.	Christian Kell	N.C. Collegiate Championships	Charlotte, N.C.	8k	29:14.6
Oct. 28	1995	3.	Christian Kell	Carolinas-Virginia Conference Championship		8k	28:52
Sept. 7	1996	25.	Christian Kell	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		31:44
Sept. 21	1996	49.	Christian Kell	Winthrop Invitational	Rock Hill, S.C.	8k	30:42
Oct. 26	1996	3.	Christian Kell	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	28:44

<JOHN KELL>

Best Overall Finish (5k):N/A
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):N/A
 Best Overall Finish (10k):62nd / NCAA Southeast Regional (Division II)
 Best Time (5k):N/A
 Best Time (6k):N/A
 Best Time (8k):N/A
 Best Time (10k):37:54.4 / NCAA Southeast Regional (Division II)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 9	1996	62.	John Kell	NCAA Southeast Regional (Division II)	Atlanta, Ga.	10k	37:54.4

<PATRICK KELLY>

Best Overall Finish (5k):N/A
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):14th / Big South Championship
 Best Overall Finish (10k):117th / NCAA Southeast Regional
 Best Time (5k):N/A
 Best Time (6k):N/A
 Best Time (8k):25:09.6 / Live in Lou Classic
 Best Time (10k):32:24.2 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	34.	Patrick Kelly	Winthrop / Adidas Invitational	Rock Hill, S.C.		28:00.5
Feb. 12	2021	32.	Patrick Kelly	Winter VertCross	Kernersville, N.C.	8k	28:03.90
March 5	2021	36.	Patrick Kelly	Big South Championship	Rock Hill, S.C.	8k	26:17.5
Sept. 3	2021	120.	Patrick Kelly	Covered Bridge Open	Boone, N.C.	8k	29:55.59
Sept. 17	2021	66.	Patrick Kelly	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	28:22.9
Oct. 15	2021	60.	Patrick Kelly	VertCross Invitational	Kernersville, N.C.	8k	28:28.2
Sept. 2	2022	29.	Patrick Kelly	Covered Bridge Open	Boone, N.C.	8k	26:18.99
Sept. 16	2022	38.	Patrick Kelly	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:16.5
Oct. 1	2022	145.	Patrick Kelly	Live in Lou Classic	Louisville, Ky.	8k	25:09.6
Oct. 14	2022	16.	Patrick Kelly	VertCross Invitational	Kernersville, N.C.	8k	25:41.9
Oct. 29	2022	14.	Patrick Kelly	Big South Championship	Farmville, Va.	8k	25:43.8
Nov. 11	2022	117.	Patrick Kelly	NCAA Southeast Regional	Louisville, Ky.	10k	32:24.2

<TERRY KERSEY>

Best Overall Finish (5k):N/A
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):3rd / Belmont Abbey
 Best Overall Finish (10k):N/A
 Best Time (5k):N/A
 Best Time (6k):N/A
 Best Time (8k):27:23 / Belmont Abbey
 Best Time (10k):N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	1989		Terry Kersey	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 16	1989	2.	Terry Kersey	Belmont Abbey Invitational	Belmont, N.C.		27:21
Sept. 30	1989	22.	Terry Kersey	Methodist College Invitational	Fayetteville, N.C.		
Oct. 7	1989	3.	Terry Kersey	Belmont Abbey	Belmont, N.C.	8k	27:23
Oct. 19	1989	76.	Terry Kersey	N.C. Collegiate Championships	Wilmington, N.C.	8k	29:28
Oct. 21	1989	7.	Terry Kersey	Francis Marion Invitational	Florence, S.C.	8k	27:33
Oct. 28	1989	6.	Terry Kersey	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	
Sept. 7	1991	14.	Terry Kersey	USC Upstate Invitational	Spartanburg, S.C.		29:24

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 14	1991	13.	Terry Kersey	UNC Pembroke Invitational	Pembroke, N.C.	8k	28:34
Sept. 21	1991	61.	Terry Kersey	Winthrop Invitational	Rock Hill, S.C.	8k	29:25
Sept. 28	1991	30.	Terry Kersey	Charleston Southern Invitational	Charleston, S.C.		28:02
Oct. 5	1991	96.	Terry Kersey	UNC Charlotte Invitational	Charlotte, N.C.	8k	29:48

<ANTHONY KILAR>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	16th / Blue Ridge Open
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	28:19.1 / Blue Ridge Open
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	109.	Anthony Kilar	Covered Bridge Open	Boone, N.C.		22:57.22
Sept. 25	2010	52.	Anthony Kilar	Big South Preview	Blacksburg, Va.		30:43.09
Oct. 2	2010	25.	Anthony Kilar	Hagan-Stone Classic	Greensboro, N.C.		28:42.4
Oct. 15	2010	10.	Anthony Kilar	Blue Ridge Open	Boone, N.C.		27:42.7
Sept. 2	2011	102.	Anthony Kilar	Covered Bridge Open	Boone, N.C.	8k	30:02.4
Sept. 17	2011	36.	Anthony Kilar	Big South Preview	Conway, S.C.		27:31
Oct. 1	2011	28.	Anthony Kilar	Hagan-Stone Classic	Greensboro, N.C.		28:45.91
Oct. 14	2011	16.	Anthony Kilar	Blue Ridge Open	Boone, N.C.	8k	28:19.1

<MARK KLAMERUS>

Best Overall Finish (5k):	7th / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):	17th / UNC Pembroke Invitational
Best Overall Finish (8k):	38th / Winthrop Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	29:52 / Carolinas-Virginia Conference Championship
Best Time (6k):	24:33 / UNC Pembroke Invitational
Best Time (8k):	28:36.7 / Gettysburg Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1996	35.	Mark Klamerus	Carolinas-Virginia Conference / South Atlantic Conf. Meet	Greensboro, N.C.		32:58
Sept. 14	1996	14.	Mark Klamerus	UNC Pembroke Invitational	Pembroke, N.C.		24:09.31
Sept. 21	1996	38.	Mark Klamerus	Winthrop Invitational	Rock Hill, S.C.	8k	29:54
Oct. 26	1996	7.	Mark Klamerus	Carolinas-Virginia Conference Championship	Due West, S.C.	5k	29:52
Sept. 6	1997	40.	Mark Klamerus	HPU / Elon Invitational	Greensboro, N.C.		32:05
Sept. 13	1997	17.	Mark Klamerus	UNC Pembroke Invitational	Pembroke, N.C.	6k	24:33
Sept. 20	1997	47.	Mark Klamerus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	30:07
Oct. 18	1997	16.	Mark Klamerus	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		28:44
Oct. 25	1997	176.	Mark Klamerus	Gettysburg Invitational	Gettysburg, Pa.	8k	28:36.7
Nov. 1	1997	47.	Mark Klamerus	Big South Championships	Rock Hill, S.C.	8k	29:00

<MICHAEL KLEIN>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	91st / VertCross Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	28:19.50 / VertCross Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 18	2019	91.	Michael Klein	VertCross Invitational	Kernersville, N.C.	8k	28:19.50

<KYLER KONING>

Best Overall Finish (5k):	7th / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):	17th / UNC Pembroke Invitational
Best Overall Finish (8k):	23rd / Big South Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	29:52 / Carolinas-Virginia Conference Championship
Best Time (6k):	24:33 / UNC Pembroke Invitational
Best Time (8k):	25:24.1 / Live in Lou Classic
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	65.	Kyler Koning	Covered Bridge Open	Boone, N.C.	8k	27:24.22
Sept. 17	2021	51.	Kyler Koning	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	27:14.2
Oct. 2	2021	273.	Kyler Koning	Live in Lou Classic	Louisville, Ky.	8k	26:40.3
Oct. 15	2021	51.	Kyler Koning	VertCross Invitational	Kernersville, N.C.	8k	27:48.6

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 2	2022	46.	Kyler Koning	Covered Bridge Open	Boone, N.C.	8k	26:41.57
Sept. 16	2022	43.	Kyler Koning	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:23.0
Oct. 1	2022	170.	Kyler Koning	Live in Lou Classic	Louisville, Ky.	8k	25:24.1
Oct. 14	2022	26.	Kyler Koning	VertCross Invitational	Kernersville, N.C.	8k	26:27.7
Oct. 29	2022	23.	Kyler Koning	Big South Championship	Farmville, Va.	8k	26:01.8
Nov. 11	2022	118.	Kyler Koning	NCAA Southeast Regional	Louisville, Ky.	10k	32:24.2

<TAMAS KOVACS>

Best Overall Finish (5k):		1st / North Carolina Opener
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		1st (4x) / Big South Conference Preview
Best Overall Finish (10k):		28th / NCAA Southeast Regional
Best Time (5k):		15:30.80 / North Carolina Opener
Best Time (6k):		N/A
Best Time (8k):		22:06 / Wake Forest Relays
Best Time (10k):		31:00.70 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	2.	Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	21:56
Sept. 17	2005	1.	Tamas Kovacs	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	25:26
Sept. 24	2005	1.	Tamas Kovacs	Overton XC Meet	Greenville, N.C.	8k	24:44.91
Oct. 14	2005	8.	Tamas Kovacs	Blue Ridge Open	Boone, N.C.	8k	25:18
Oct. 29	2005	2.	Tamas Kovacs	Big South Championship	Lexington, Va.	8k	25:14.88
Nov. 12	2005	32.	Tamas Kovacs	NCAA Southeast Regional	Greenville, N.C.	10k	31:06.2
Sept. 1	2006	1.	Tamas Kovacs	Wake Forest Relays	Winston-Salem, N.C.	8k	22:06
Sept. 9	2006	8.	Tamas Kovacs	Lou Onesty Invitational	Charlottesville, Va.	8k	25:24.60
Sept. 23	2006	2.	Tamas Kovacs	Old North State Championships	Greensboro, N.C.	8k	26:01.4
Sept. 29	2006	14.	Tamas Kovacs	Paul Short Invitational	Bethlehem, Pa.	8k	24:41
Oct. 13	2006	6.	Tamas Kovacs	Blue Ridge Open	Boone, N.C.	8k	24:57.2
Oct. 28	2006	6.	Tamas Kovacs	Big South Championship	Summerville, S.C.	8k	25:15.43
Nov. 11	2006	28.	Tamas Kovacs	NCAA Southeast Regional	Louisville, Ky.	10k	31:45.40
Sept. 1	2007	1.	Tamas Kovacs	North Carolina Opener	Chapel Hill, N.C.	5k	15:30.80
Sept. 8	2007	2.	Tamas Kovacs	Lou Onesty Invitational Away	Charlottesville, Va.	8k	24:37.6
Sept. 14	2007	1.	Tamas Kovacs	Big South Conference Preview	Hendersonville, N.C.	8k	25:56.0
Sept. 28	2007	2.	Tamas Kovacs	Notre Dame Invitational	South Bend, Ind.	8k	24:45
Oct. 27	2007	5.	Tamas Kovacs	Big South Championship	Hendersonville, N.C.	8k	25:40.3
Nov. 10	2007	30.	Tamas Kovacs	NCAA Southeast Regional	Louisville, Ky.	10k	31:00.70
Sept. 1	2006	1.	Tamas Kovacs / Jesse Cherry	Wake Forest Relays	Winston-Salem, N.C.	8k	44:19
Sept. 2	2005	3.	Danel Slaydon / Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	45:01

<KEVIN KREIDER>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		112th / Blue Ridge Mountain Open
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		27:30.42 / Blue Ridge Mountain Open
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2007	112.	Kevin Kreider	Blue Ridge Mountain Open	Boone, N.C.	8k	27:30.42
Sept. 15	2012	102.	Kevin Kreider	adidas/Winthrop Invitational	Rock Hill, S.C.		27:50.13
Sept. 28	2012	22.	Kevin Kreider	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		27:46
Oct. 12	2012	112.	Kevin Kreider	Blue Ridge Open	Boone, N.C.		27:30.42
Aug. 31	2012	13.	Kevin Kreider / Zach Hostettler	Demon Deacon Quad	Winston-Salem, N.C.		51:14

<JEFF LaCOSTE>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		9th / Covered Bridge Open
Best Overall Finish (10k):		36th / Chile Pepper Festival
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		24:34.13 / Virginia/Panorama Farms Invitational
Best Time (10k):		31:52.4 / Chile Pepper Festival

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	9.	Jeff LaCoste	Covered Bridge Open	Boone, N.C.	8k	26:01.3
Sept. 28	2012	1.	Jeff LaCoste	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		25:33
Oct. 13	2012	36.	Jeff LaCoste	Chile Pepper Festival	Fayetteville, Ark.	10k	31:52.4
Oct. 27	2012	8.	Jeff LaCoste	Big South Championship	Rock Hill, S.C.		25:17.51
Nov. 9	2012	68.	Jeff LaCoste	NCAA Southeast Regional	Charlotte, N.C.		31:43.97
Aug. 30	2013	5.	Jeff LaCoste	Western Carolina XC Invitational	Cullowhee, N.C.		15:19.90

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 14	2013	3.	Jeff LaCoste	Furman XC Classic	Greenville, S.C.		23:59.58
Sept. 21	2013	7.	Jeff LaCoste	VMI Invitational	Buena Vista, Va.		27:08.12
Sept. 28	2013	22.	Jeff LaCoste	Virginia/Panorama Farms Invitational	Earlysville, Va.		24:14.9
Oct. 18	2013	4.	Jeff LaCoste	Blue Ridge Open	Boone, N.C.		24:37.06
Nov. 2	2013	2.	Jeff LaCoste	Big South Championship	Buena Vista, Va.		25:52.84
Nov. 15	2013	16.	Jeff LaCoste	NCAA Southeast Regional	Earlysville, Va.		29:35.2
Sept. 13	2014	2.	Jeff LaCoste	Gardner-Webb Invitational	Boiling Springs, N.C.		25:44.78
Sept. 26	2014	17.	Jeff LaCoste	Virginia/Panorama Farms Invitational	Earlysville, Va.	8k	24:34.13
Oct. 17	2014	3.	Jeff LaCoste	Blue Ridge Open	Boone, N.C.		20:17.01
Nov. 1	2014	1.	Jeff LaCoste	Big South Championship	Boiling Springs, N.C.		24:59.30
Nov. 14	2014	19.	Jeff LaCoste	NCAA Southeast Regional	Louisville, Ky.		30:42.4
Sept. 4	2015	7.	Jeff LaCoste	Elon Invitational	Elon, N.C.		18:57
Sept. 26	2015	57.	Jeff LaCoste	Virginia/Panorama Farms Invitational	Earlysville, Va.		25:26.2
Oct. 3	2015	11.	Jeff LaCoste	USC Upstate Invitational	Spartanburg, S.C.	8k	26:11.24
Oct. 17	2015	48.	Jeff LaCoste	Pre Nationals (Black Race)	Louisville, Ky.	8k	24:59.10
Oct. 31	2015	12.	Jeff LaCoste	Big South Championship	Spartanburg, S.C.	8k	25:15.5
Nov. 13	2015	64.	Jeff LaCoste	NCAA Southeast Regional	Earlysville, Va.		31:16.5
Aug. 31	2012	1.	Patrick Crawford / Jeff Lacoste	Demon Deacon Quad	Winston-Salem, N.C.		47:59

<JACK LaSALLA>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	29th / Winthrop / Adidas Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	26:07.4 / Big South Championship
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	29.	Jack LaSalla	Winthrop / Adidas Invitational	Rock Hill, S.C.		27:29.0
Feb. 12	2021	34.	Jack LaSalla	Winter VertCross	Kernersville, N.C.	8k	28:16.18
March 5	2021	32.	Jack LaSalla	Big South Championship	Rock Hill, S.C.	8k	26:07.4
Sept. 2	2022	130.	Jack LaSalla	Covered Bridge Open	Boone, N.C.	8k	30:10.33
Oct. 14	2022	72.	Jack LaSalla	VertCross Invitational	Kernersville, N.C.	8k	29:40.4

<MICHAEL LANCASTER>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	39th / Western Carolina Invitational
Best Overall Finish (8k):	49th / Big South Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	22:36 / Western Carolina Invitational
Best Time (8k):	28:15 / Great American Classic
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	75.	Michael Lancaster	HPU / Elon Invitational	Greensboro, N.C.	8k	31:39
Sept. 9	2000	39.	Michael Lancaster	Western Carolina Invitational	Cullowhee, N.C.	6k	22:36
Sept. 16	2000	71.	Michael Lancaster	Winthrop Invitational	Rock Hill, S.C.	8k	29:29
Sept. 22	2000	141.	Michael Lancaster	Great American Classic	Charlotte, N.C.	8k	28:15
Sept. 30	2000	78.	Michael Lancaster	Greensboro Invitational	Greensboro, N.C.	8k	29:55
Oct. 14	2000	73.	Michael Lancaster	N.C. Collegiate Championships	Cullowhee, N.C.	8k	29:51
Oct. 28	2000	49.	Michael Lancaster	Big South Championship	Charleston, S.C.	8k	30:35

<RANDY LAZELERE>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 27	1975	27.	Randy Lazelere	UNC Pembroke Invitational	Pembroke, N.C.		
Oct.30	1976	5.	Randy Lazelere	NAIA District 26 Championship	Greensboro, N.C.		

<MASON LENOX>

Best Overall Finish (5k):	21st / Three Stripe Invite
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	76th / Virginia/Panorama Farms Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	21st / Three Stripe Invite

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (6k):.....N/A
 Best Time (8k):.....26:09.36 / Virginia/Panorama Farms Invitational
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	35.	Mason Lenox	Western Carolina XC Invitational	Cullowhee, N.C.		16:21.03
Sept. 14	2013	69.	Mason Lenox	Furman XC Classic	Greenville, S.C.		26:22.71
Sept. 21	2013	29.	Mason Lenox	VMI Invitational	Buena Vista, Va.		28:36.65
Sept. 28	2013	4.	Mason Lenox	Greensboro XC Invitational	Greensboro, N.C.		26:42.49
Sept. 13	2014	14.	Mason Lenox	Gardner-Webb Invitational	Boiling Springs, N.C.		26:52.65
Sept. 26	2014	76.	Mason Lenox	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:09.36
Nov. 1	2014	31.	Mason Lenox	Big South Championship	Boiling Springs, N.C.		27:22.70
Nov. 8	2014	21.	Mason Lenox	Three Stripe Invite	Cary, N.C.	5k	16:07.88

<RICHARD LITCHFORD>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....N/A
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....N/A
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 23	1969	214.	Richard Litchford	NAIA National Championship	Oklahoma City, Okla.		
Nov. 15	1969	3.	Richard Litchford	NAIA District 26 Championship	Charlotte, N.C.		

<KEVIN LOGAN>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....51st / Big South Championships
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....29:33.0 / Gettysburg Invitational
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	27.	Kevin Logan	HPU / Elon Invitational	Greensboro, N.C.		29:59
Sept. 20	1997	67.	Kevin Logan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	30:52
Oct. 18	1997	26.	Kevin Logan	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		30:18
Oct. 25	1997	206.	Kevin Logan	Gettysburg Invitational	Gettysburg, Pa.	8k	29:33.0
Nov. 1	1997	51.	Kevin Logan	Big South Championships	Rock Hill, S.C.	8k	29:41

<KYLE LOUNSBURY>

Best Overall Finish (5k):.....9th / UNC Wilmington Invitational
 Best Overall Finish (6k):.....52nd / Winthrop / Asics Fall Classic
 Best Overall Finish (8k):.....2nd / Winthrop / Asics Invitational (Gold)
 Best Overall Finish (10k):.....52nd / NCAA Southeast Regional
 Best Time (5k):.....15:47 / UNC Wilmington Invitational
 Best Time (6k):.....19:52 / Winthrop / Asics Fall Classic
 Best Time (8k):.....24:39.59 / N.C. Collegiate Championships
 Best Time (10k):.....31:56.4 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 29	2003	19.	Kyle Lounsbury	Mountaineer Open	Boone, N.C.	5k	16:19.10
Sept.20	2003	9.	Kyle Lounsbury	Winthrop Invitational	Rock Hill, S.C.	8k	26:09.18
Sept. 26	2003	118.	Kyle Lounsbury	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:22.9
Oct. 18	2003	18.	Kyle Lounsbury	N.C. Collegiate Championships	Greenville, N.C.	8k	24:39.59
Nov. 1	2003	12.	Kyle Lounsbury	Big South Championship	Conway, S.C.	8k	26:57.00
Nov. 15	2003	75.	Kyle Lounsbury	NCAA Southeast Regional	Greenville, N.C.	10k	32:20.2
Sept. 10	2004	9.	Kyle Lounsbury	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:47
Sept. 25	2004	13.	Kyle Lounsbury	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:27
Oct. 16	2004	52.	Kyle Lounsbury	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	19:52
Sept. 17	2005	2.	Kyle Lounsbury	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	26:06
Sept. 24	2005	5.	Kyle Lounsbury	Overton XC Meet	Greenville, N.C.	8k	25:37.83
Oct. 29	2005	21.	Kyle Lounsbury	Big South Championship	Lexington, Va.	8k	26:41.58
Nov. 12	2005	60.	Kyle Lounsbury	NCAA Southeast Regional	Greenville, N.C.	10k	31:56.4
Sept. 9	2006	39.	Kyle Lounsbury	Lou Onesty Invitational	Charlottesville, Va.	8k	26:28.10
Sept. 23	2006	3.	Kyle Lounsbury	Old North State Championships	Greensboro, N.C.	8k	26:14.4
Sept. 29	2006	92.	Kyle Lounsbury	Paul Short Invitational	Bethlehem, Pa.	8k	25:42
Oct. 13	2006	11.	Kyle Lounsbury	Blue Ridge Open	Boone, N.C.	8k	25:27.3
Oct. 28	2006	11.	Kyle Lounsbury	Big South Championship	Summerville, S.C.	8k	25:35.05

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 11	2006	52.	Kyle Lounsbury	NCAA Southeast Regional	Louisville, Ky.	10k	32:31.30
Sept. 1	2004	8.	Kyle Lounsbury / Jason Williams	Wake Forest Relays	Winston-Salem, N.C.	-	46:28
Sept. 2	2005	8.	Jesse Cherry / Kyle Lounsbury	Wake Forest Invitational	Winston-Salem, N.C.	-	46:30

<CLAYTON LYLES>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		52nd / Big South Championship
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		37:18 / Big South Championship
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 30	1999	52.	Clayton Lyles	Big South Championship	Rock Hill, S.C.	8k	37:18

<CLAYTON LYLES>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		52nd / Big South Championship
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		37:18 / Big South Championship
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 30	1999	52.	Clayton Lyles	Big South Championship	Rock Hill, S.C.	8k	37:18

<PERRY MACHERAS>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 27	1975	23.	Perry Macheras	UNC Pembroke Invitational	Pembroke, N.C.		

<WALTER MANTZ>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 22	1968		Walter Mantz	Oklahoma City Nationals			35th
Nov. 23	1969	223.	Walter Mantz	NAIA National Championship	Oklahoma City, Okla.		

<NATE MARKLE>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		62nd / Big South Championship
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		28:13.04 / HPU VertCross Invitational
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 30	2017	82.	Nate Markle	Upstate Invite	Spartanburg, S.C.		28:39.7
Oct. 13	2017	97.	Nate Markle	HPU VertCross Invitational	Kemersville, N.C.	8k	28:13.04
Oct. 28	2017	62.	Nate Markle	Big South Championship	Lynchburg, Va.	8k	30:04.8

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

<ERIC MARTINEZ>

Best Overall Finish (5k):45th / UNC Wilmington Invitational
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):32nd / Winthrop / Asics Invitational (Gold)
 Best Overall Finish (10k):N/A
 Best Time (5k):17:16 / UNC Wilmington Invitational
 Best Time (6k):N/A
 Best Time (8k):26:26.10 / N.C. Collegiate Championships
 Best Time (10k):N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept.20	2003	38.	Eric Martinez	Winthrop Invitational	Rock Hill, S.C.	8k	27:47.91
Sept. 26	2003	77.	Eric Martinez	Great American Classic / Univ. B Open	Cary, N.C.	8k	30:26.1
Oct. 11	2003	63.	Eric Martinez	Furman Invitational	Greenville, S.C.	5k	28:35.76
Oct. 18	2003	78.	Eric Martinez	N.C. Collegiate Championships	Greenville, N.C.	8k	26:26.10
Nov. 1	2003	40.	Eric Martinez	Big South Championship	Conway, S.C.	8k	28:32.99
Sept. 10	2004	45.	Eric Martinez	UNC Wilmington Invitational	Wilmington, N.C.	5k	17:16
Sept. 25	2004	58.	Eric Martinez	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	27:44
Oct. 30	2004	45.	Eric Martinez	Big South Championship	Rock Hill, S.C.	8k	27:58
Sept. 2	2005	37.	Eric Martinez	Wake Forest Invitational	Winston-Salem, N.C.	-	26:10
Sept. 17	2005	32.	Eric Martinez	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	29:25
Oct. 29	2005	59.	Eric Martinez	Big South Championship	Lexington, Va.	8k	28:34.17
Sept. 1	2004	23.	Justin Adams / Eric Martinez	Wake Forest Relays	Winston-Salem, N.C.	-	50:58
Sept. 2	2005	22.	Justin Adams / Eric Martinez	Wake Forest Invitational	Winston-Salem, N.C.	-	52:49

<KEVIN MaGUIRE>

Best Overall Finish (5k):N/A
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):92nd / Blue Ridge Mountain Open
 Best Overall Finish (10k):N/A
 Best Time (5k):N/A
 Best Time (6k):N/A
 Best Time (8k):26:41.51 / Blue Ridge Mountain Open
 Best Time (10k):N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2007	92.	Kevin MaGuire	Blue Ridge Mountain Open	Boone, N.C.	8k	26:41.51
Sept. 28	2012	9.	Kevin MaGuire	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		26:18
Sept. 15	2012	59.	Kevin MaGuire	adidas/Winthrop Invitational	Rock Hill, S.C.		26:41.98
Oct. 12	2012	92.	Kevin MaGuire	Blue Ridge Open	Boone, N.C.		26:41.51
Aug. 30	2013	28.	Kevin MaGuire	Western Carolina XC Invitational	Cullowhee, N.C.		16:10.00
Sept. 14	2013	63.	Kevin MaGuire	Furman XC Classic	Greenville, S.C.		25:53.25
Sept. 21	2013	25.	Kevin MaGuire	VMI Invitational	Buena Vista, Va.		28:14.70
Sept. 28	2013	2.	Kevin MaGuire	Greensboro XC Invitational	Greensboro, N.C.		26:12.05
Oct. 18	2013	112.	Kevin MaGuire	Blue Ridge Open	Boone, N.C.		26:45.14
Nov. 2	2013	27.	Kevin MaGuire	Big South Championship	Buena Vista, Va.		27:38.62
Sept. 13	2014	22.	Kevin MaGuire	Gardner-Webb Invitational	Boiling Springs, N.C.		27:29.89
Aug. 31	2012	5.	Kevin MaGuire / Ben Robinson	Demon Deacon Quad	Winston-Salem, N.C.		49:10

<KLAUS MANGEOT>

Best Overall Finish (5k):N/A
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):38th / VertCross Invitational
 Best Overall Finish (10k):N/A
 Best Time (5k):N/A
 Best Time (6k):N/A
 Best Time (8k):26:23.3 / Live in Lou Classic
 Best Time (10k):N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	61.	Klaus Mangeot	Covered Bridge Open	Boone, N.C.	8k	27:05.85
Sept. 16	2022	63.	Klaus Mangeot	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:58.7
Oct. 1	2022	260.	Klaus Mangeot	Live in Lou Classic	Louisville, Ky.	8k	26:23.3
Oct. 14	2022	38.	Klaus Mangeot	VertCross Invitational	Kernersville, N.C.	8k	27:04.8
Oct. 29	2022	42.	Klaus Mangeot	Big South Championship	Farmville, Va.	8k	26:57.4

<ROBERT McCULLOCH>

Best Overall Finish (5k):1st / High Point Invitational
 Best Overall Finish (6k):N/A
 Best Overall Finish (8k):2nd / East Carolina Invitational
 Best Overall Finish (10k):10th / USC Upstate Invitational
 Best Time (5k):16:24 / High Point Invitational
 Best Time (6k):N/A
 Best Time (8k):27:28 / East Carolina Invitational

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (10k):..... 33:12.53 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	1.	Robert McCulloch	High Point Invitational	High Point, N.C.	5k	16:24
Sept. 17	1994	1.	Robert McCulloch	Wake Forest CC Classic	Winston-Salem, N.C.		16:01
Sept. 24	1994	2.	Robert McCulloch	-	-		26:09
Oct. 1	1994	2.	Robert McCulloch	East Carolina Invitational	Greenville, N.C.	8k	27:28
Oct. 8	1994	4.	Robert McCulloch	USC Upstate Invitational	Spartanburg, S.C.	10k	33:12.53
	1994	1.	Robert McCulloch	Carolinas Intercollegiate Athletic Conference Championship			26:55

<SCOTT McCOLLESTER>

Best Overall Finish (5k):..... N/A
 Best Overall Finish (6k):..... N/A
 Best Overall Finish (8k):..... 33rd / Blue Ridge Open
 Best Overall Finish (10k):..... N/A
 Best Time (5k):..... N/A
 Best Time (6k):..... N/A
 Best Time (8k):..... 28:10 / Blue Ridge Open
 Best Time (10k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	35.	Scott McColester	Liberty Invitational	Lynchburg, Va.	8k	29:37.40
Oct. 17	2008	33.	Scott McColester	Blue Ridge Open	Boone, N.C.	8k	28:10
Nov. 1	2008	47.	Scott McColester	Big South Championship	Lynchburg, Va.	8k	29:08.11

<SEAN McGINNIS>

Best Overall Finish (5k):..... N/A
 Best Overall Finish (6k):..... N/A
 Best Overall Finish (8k):..... 7th / Greensboro XC Invitational
 Best Overall Finish (10k):..... N/A
 Best Time (5k):..... N/A
 Best Time (6k):..... N/A
 Best Time (8k):..... 26:33.49 / Big South Championship
 Best Time (10k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	17.	Sean McGinnis	Elon Opener	Elon, N.C.		19:44
Sept. 16	2016	64.	Sean McGinnis	Coast-to-Coast Battle in Beantown	Boston, Mass.		26:19
Sept. 24	2016	7.	Sean McGinnis	Greensboro XC Invitational	Greensboro, N.C.	8k	29:25.9
Oct. 1	2016	13.	Sean McGinnis	Asheville XC Challenge	Asheville, N.C.	8k	26:38.95
Oct. 14	2016	79.	Sean McGinnis	VertCross Invitational	Kernersville, N.C.	8k	26:38.60
Oct. 28	2016	15.	Sean McGinnis	Big South Championship	Asheville, N.C.	8k	26:33.49

<JEFF METTLER>

Best Overall Finish (5k):..... N/A
 Best Overall Finish (6k):..... N/A
 Best Overall Finish (8k):..... 38th / Big South Preview
 Best Overall Finish (10k):..... N/A
 Best Time (5k):..... N/A
 Best Time (6k):..... N/A
 Best Time (8k):..... 33:09.5 / Big South Preview
 Best Time (10k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 16	2015	159.	Jeff Mettler	Wake Forest Invitational	Kernersville, N.C.		31:16.65
Sept. 2	2017	74.	Jeff Mettler	Elon Opener	Elon, N.C.		24:05.7
Sept. 16	2017	38.	Jeff Mettler	Big South Preview	Lynchburg, Va.	8k	33:09.5

<IAN MILLER>

Best Overall Finish (5k):..... N/A
 Best Overall Finish (6k):..... N/A
 Best Overall Finish (8k):..... 7th / Big South Championship
 Best Overall Finish (10k):..... 93rd / NCAA Southeast Regional
 Best Time (5k):..... N/A
 Best Time (6k):..... N/A
 Best Time (8k):..... 24:52.8 / Big South Championship
 Best Time (10k):..... 31:51.9 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	28.	Ian Miller	Covered Bridge Open	Boone, N.C.	8k	26:47.52
Sept. 14	2019	89.	Ian Miller	Commodore Classic	Nashville, Tenn.	8k	26:25.00
Sept. 27	2019	102.	Ian Miller	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:17.7
Oct. 18	2019	25.	Ian Miller	VertCross Invitational	Kernersville, N.C.	8k	26:06.07
Nov. 2	2019	23.	Ian Miller	Big South Championship	Buies Creek, N.C.		26:34.77

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 15	2019	124.	Ian Miller	NCAA Southeast Regional	Earlysville, Va.	10k	32:46.1
Jan. 29	2021	20.	Ian Miller	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:54.9
Feb. 12	2021	16.	Ian Miller	Winter VertCross	Kernersville, N.C.	8k	26:53.56
March 5	2021	15.	Ian Miller	Big South Championship	Rock Hill, S.C.	8k	24:52.8
Sept. 3	2021	20.	Ian Miller	Covered Bridge Open	Boone, N.C.	8k	26:05.95
Sept. 17	2021	19.	Ian Miller	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	25:33.0
Oct. 2	2021	122.	Ian Miller	Live in Lou Classic	Louisville, Ky.	8k	25:06.6
Oct. 15	2021	12.	Ian Miller	VertCross Invitational	Kernersville, N.C.	8k	25:58.0
Oct. 29	2021	19.	Ian Miller	Big South Championship	Kernersville, N.C.	8k	25:52.3
Nov. 12	2021	107.	Ian Miller	NCAA Southeast Regional	Louisville, Ky.	10k	31:51.9
Sept. 2	2022	32.	Ian Miller	Covered Bridge Open	Boone, N.C.	8k	26:21.04
Sept. 16	2022	28.	Ian Miller	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:56.7
Oct. 1	2022	99.	Ian Miller	Live in Lou Classic	Louisville, Ky.	8k	25:46.8
Oct. 14	2022	9.	Ian Miller	VertCross Invitational	Kernersville, N.C.	8k	25:07.8
Oct. 29	2022	7.	Ian Miller	Big South Championship	Farmville, Va.	8k	24:59.5
Nov. 11	2022	93.	Ian Miller	NCAA Southeast Regional	Louisville, Ky.	10k	31:52.5

<EVAN MILLS>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		47th / VertCross Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		27:30.7 / VertCross Invitational
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	117.	Evan Mills	Covered Bridge Open	Boone, N.C.	8k	29:19.83
Sept. 16	2022	99.	Evan Mills	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	28:44.9
Oct. 14	2022	47.	Evan Mills	VertCross Invitational	Kernersville, N.C.	8k	27:30.7

<TAYLOR MILNE>

Best Overall Finish (5k):		33rd / Furman Invitational
Best Overall Finish (6k):		20th / Western Carolina Invitational
Best Overall Finish (8k):		1st / Hagan-Stone XC Classic
Best Overall Finish (10k):		56th / NCAA Southeast Regional
Best Time (5k):		27:33.81 / Furman Invitational
Best Time (6k):		20:44 / Western Carolina Invitational
Best Time (8k):		20:02.80 / Mountaineer Open
Best Time (10k):		31:45.5 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	3.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	27:23
Sept. 9	2000	20.	Taylor Milne	Western Carolina Invitational	Cullowhee, N.C.	6k	20:44
Sept. 16	2000	37.	Taylor Milne	Winthrop Invitational	Rock Hill, S.C.	8k	27:01
Sept. 22	2000	84.	Taylor Milne	Great American Classic	Charlotte, N.C.	8k	26:40
Sept. 30	2000	46.	Taylor Milne	Greensboro Invitational	Greensboro, N.C.	8k	27:36
Oct. 14	2000	25.	Taylor Milne	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:57
Oct. 28	2000	43.	Taylor Milne	Big South Championship	Charleston, S.C.	8k	28:58
Nov. 11	2000	183.	Taylor Milne	NCAA Southeast Regional	Greenville, S.C.		37:00
Aug. 31	2001	50.	Taylor Milne	Appalachian State Invitational	Boone, N.C.	8k	26:34
Sept. 8	2001	10.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	28:04
Sept. 21	2001	210.	Taylor Milne	Great American XC Classic	Rock Hill, S.C.	5k	29:10
Sept. 29	2001	46.	Taylor Milne	Greensboro Invitational	Greensboro, N.C.		27:11
Oct. 6	2001	1.	Taylor Milne	Hagan-Stone XC Classic	Greensboro, N.C.		26:57
Oct. 13	2001	28.	Taylor Milne	N.C. Collegiate Championships	Greenville, S.C.	8k	27:13
Oct. 27	2001	21.	Taylor Milne	Big South Championship	Rock Hill, S.C.	8k	26:45
Nov. 10	2001	191.	Taylor Milne	NCAA Southeast Regional	Greenville, S.C.	10k	36:38
Aug. 30	2002	2.	Taylor Milne	Mountaineer Open	Boone, N.C.	8k	20:02.80
Sept. 7	2002	6.	Taylor Milne	HPU / Elon Invitational	Greensboro, N.C.	8k	26:45.82
Sept. 21	2002	3.	Taylor Milne	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	25:53.71
Sept. 27	2002	48.	Taylor Milne	Great American Classic	Charlotte, N.C.	8k	27:41.0
Oct. 12	2002	2.	Taylor Milne	N.C. Collegiate Championships	Greenville, N.C.	8k	24:27
Oct. 19	2002	8.	Taylor Milne	Tribe Open	Williamsburg, Va.	8k	25:43.0
Nov. 2	2002	5.	Taylor Milne	Big South Championship	Rock Hill, S.C.	8k	25:35
Nov. 16	2002	56.	Taylor Milne	NCAA Southeast Regional	Greenville, N.C.	10k	31:45.5
Sept. 26	2003	141.	Taylor Milne	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	29:27.9
Oct. 11	2003	33.	Taylor Milne	Furman Invitational	Greenville, S.C.	5k	27:33.81
Oct. 18	2003	33.	Taylor Milne	N.C. Collegiate Championships	Greenville, N.C.	8k	25:09.06
Nov. 1	2003	18.	Taylor Milne	Big South Championship	Conway, S.C.	8k	27:25.88
Nov. 15	2003	135.	Taylor Milne	NCAA Southeast Regional	Greenville, N.C.	10k	34:35.9

<TONY MIRANDA>

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	45th / Winthrop Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	28:30.24 / Winthrop Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept.20	2003	45.	Tony Miranda	Winthrop Invitational	Rock Hill, S.C.	8k	28:30.24
Sept. 26	2003	104.	Tony Miranda	Great American Classic / Univ. B Open	Cary, N.C.	8k	33:00.3

<JOSH MORGAN>

Best Overall Finish (5k):	5th / North Carolina Opener
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	4th / Big South Conference Preview
Best Overall Finish (10k):	116th / NCAA Southeast Regional
Best Time (5k):	15:47.20 / North Carolina Opener
Best Time (6k):	N/A
Best Time (8k):	23:31 / Wake Forest Relays
Best Time (10k):	32:56.70 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	20.	Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.	8k	23:31
Sept. 23	2006	7.	Josh Morgan	Old North State Championships	Greensboro, N.C.	8k	26:40.1
Sept. 29	2006	126.	Josh Morgan	Paul Short Invitational	Bethlehem, Pa.	8k	26:04
Oct. 13	2006	34.	Josh Morgan	Blue Ridge Open	Boone, N.C.	8k	26:24.1
Oct. 28	2006	24.	Josh Morgan	Big South Championship	Summerville, S.C.	8k	26:32.73
Nov. 11	2006	146.	Josh Morgan	NCAA Southeast Regional	Louisville, Ky.	10k	33:47.55
Sept. 1	2007	5.	Josh Morgan	North Carolina Opener	Chapel Hill, N.C.	5k	15:47.20
Sept. 8	2007	15.	Josh Morgan	Lou Onesty Invitational Away	Charlottesville, Va.	8k	25:42.4
Sept. 14	2007	4.	Josh Morgan	Big South Conference Preview	Hendersonville, N.C.	8k	26:59.2
Oct. 27	2007	16.	Josh Morgan	Big South Championship	Hendersonville, N.C.	8k	29:59.3
Nov. 10	2007	116.	Josh Morgan	NCAA Southeast Regional	Louisville, Ky.	10k	32:56.70
Sept. 27	2008	119.	Josh Morgan	Roy Griak Invitational	Falcon Heights, Minn.	8k	26:13.50
Nov. 1	2008	13.	Josh Morgan	Big South Championship	Lynchburg, Va.	8k	26:31.29
Sept. 4	2009	7.	Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.		23:00
Sept. 19	2009	4.	Josh Morgan	Big South Preview	Winston-Salem, N.C.		26:38
Sept. 26	2009	161.	Josh Morgan	Ray Griak Invitational	St. Paul, Minn.		-
Oct. 16	2009	9.	Josh Morgan	Blue Ridge Open (Gold Race)	Boone, N.C.		25:26.27
Oct. 31	2009	3.	Josh Morgan	Big South Championship	Winston-Salem, N.C.		25:48
Sept. 1	2006	7.	Danel Slaydon / Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.	8k	46:12

<JEVIN MONDS>

Best Overall Finish (5k):	4th / North Carolina Opener
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	7th / Big South Conference Preview
Best Overall Finish (10k):	107th / NCAA Southeast Regional
Best Time (5k):	15:40.60 / North Carolina Opener
Best Time (6k):	N/A
Best Time (8k):	25:49.2 / Lou Onesty Invitational Away
Best Time (10k):	32:45.90 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	4.	Jevin Monds	North Carolina Opener	Chapel Hill, N.C.	5k	15:40.60
Sept. 8	2007	17.	Jevin Monds	Lou Onesty Invitational Away	Charlottesville, Va.	8k	25:49.2
Sept. 14	2007	7.	Jevin Monds	Big South Conference Preview	Hendersonville, N.C.	8k	27:31.4
Sept. 28	2007	125.	Jevin Monds	Notre Dame Invitational	South Bend, Ind.	8k	27:06
Oct. 27	2007	19.	Jevin Monds	Big South Championship	Hendersonville, N.C.	8k	27:13.6
Nov. 10	2007	107.	Jevin Monds	NCAA Southeast Regional	Louisville, Ky.	10k	32:45.90
Oct. 17	2008	124.	Jevin Monds	Blue Ridge Open (Gold Race)	Boone, N.C.	8k	27:25
Nov. 1	2008	32.	Jevin Monds	Big South Championship	Lynchburg, Va.	8k	27:59.34
Nov. 8	2008	23.	Jevin Monds	Wolfpack Invitational	Raleigh, N.C.	5k	16:36
Sept. 4	2009	4.	Jevin Monds	Wake Forest Relays	Winston-Salem, N.C.		22:53
Sept. 19	2009	14.	Jevin Monds	Big South Preview	Winston-Salem, N.C.		27:39
Sept. 26	2009	94.	Jevin Monds	Ray Griak Invitational	St. Paul, Minn.		26:48.0
Oct. 16	2009	42.	Jevin Monds	Blue Ridge Open (Gold Race)	Boone, N.C.		26:11.03
Oct. 31	2009	35.	Jevin Monds	Big South Championship	Winston-Salem, N.C.		27:57
Nov. 14	2009	73.	Jevin Monds	NCAA Southeast Regional	Louisville, Ky.		32:23.42
Sept. 3	2010	9.	Jevin Monds	Covered Bridge Open	Boone, N.C.		20:06.47
Sept. 25	2010	2.	Jevin Monds	Big South Preview	Blacksburg, Va.		26:15.63
Oct. 1	2010	78.	Jevin Monds	Paul Short Invitational	Bethlehem, Pa.		25:05
Oct. 30	2010	10.	Jevin Monds	Big South Championship	Blacksburg, Va.		25:27.81
Nov. 13	2010	76.	Jevin Monds	NCAA Southeast Regional	Louisville, Ky.	10k	32:37.4

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

<TJ MORALES>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		33rd / Elon Opener
Best Overall Finish (8k):		10th / Greensboro XC Invitational
Best Overall Finish (10k):		76th / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		20:25 / Elon Opener
Best Time (8k):		26:31.64 / Covered Bridge Open
Best Time (10k):		33:29.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	25.	TJ Morales	Elon Opener	Elon, N.C.		20:00
Sept. 16	2016	103.	TJ Morales	Coast-to-Coast Battle in Beantown	Boston, Mass.		28:04
Sept. 24	2016	10.	TJ Morales	Greensboro XC Invitational	Greensboro, N.C.	8k	30:15.8
Oct. 1	2016	48.	TJ Morales	Asheville XC Challenge	Asheville, N.C.	8k	27:48.25
Oct. 14	2016	155.	TJ Morales	VertCross Invitational	Kernersville, N.C.	8k	27:53.28
Oct. 28	2016	50.	TJ Morales	Big South Championship	Asheville, N.C.	8k	28:29.97
Sept. 2	2017	25.	TJ Morales	Elon Opener	Elon, N.C.		19:46.8
Sept. 16	2017	19.	TJ Morales	Big South Preview	Lynchburg, Va.	8k	28:29.1
Sept. 30	2017	38.	TJ Morales	Upstate Invite	Spartanburg, S.C.		27:05.7
Oct. 13	2017	68.	TJ Morales	HPU VertCross Invitational	Kernersville, N.C.	8k	27:05.26
Oct. 28	2017	52.	TJ Morales	Big South Championship	Lynchburg, Va.	8k	28:55.0
Oct. 28	2017	52.	TJ Morales	Big South Championship	Lynchburg, Va.	8k	28:55.0
Nov. 10	2017	186.	TJ Morales	NCAA Southeast Regional	Earlsville, Va.	10k	33:29.7
Aug. 31	2018	33.	TJ Morales	Elon Opener	Elon, N.C.	6k	20:25
Sept. 29	2018	265.	TJ Morales	Paul Short Invitational	Bethlehem, Pa.		27:22
Oct. 12	2018	43.	TJ Morales	VertCross Invitational	Kernersville, N.C.		27:10.11
Oct. 26	2018	19.	TJ Morales	Big South Championship	Kernersville, N.C.	8k	27:30.5
Nov. 9	2018	196.	TJ Morales	NCAA Southeast Regional	Rock Hill, S.C.		34:30.1
Aug. 30	2019	22.	TJ Morales	Covered Bridge Open	Boone, N.C.	8k	26:31.64
Sept. 14	2019	97.	TJ Morales	Commodore Classic	Nashville, Tenn.	8k	26:44.04
Sept. 27	2019	130.	TJ Morales	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	27:07.3
Oct. 18	2019	38.	TJ Morales	VertCross Invitational	Kernersville, N.C.	8k	26:35.57
Nov. 2	2019	32.	TJ Morales	Big South Championship	Buies Creek, N.C.		27:11.17
Nov. 15	2019	189.	TJ Morales	NCAA Southeast Regional	Earlsville, Va.	10k	34:05.1

<AIDEN MORRISON>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		23rd / Winter VertCross
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		26:13.8 / Big South Championship
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	24.	Aiden Morrison	Winthrop / Adidas Invitational	Rock Hill, S.C.		27:19.4
Feb. 12	2021	23.	Aiden Morrison	Winter VertCross	Kernersville, N.C.	8k	27:23.59
March 5	2021	34.	Aiden Morrison	Big South Championship	Rock Hill, S.C.	8k	26:13.8
Sept. 3	2021	111.	Aiden Morrison	Covered Bridge Open	Boone, N.C.	8k	29:33.63
Oct. 15	2021	84.	Aiden Morrison	VertCross Invitational	Kernersville, N.C.	8k	31:31.1
Sept. 2	2022	104.	Aiden Morrison	Covered Bridge Open	Boone, N.C.	8k	28:53.29
Oct. 14	2022	54.	Aiden Morrison	VertCross Invitational	Kernersville, N.C.	8k	27:59.4

<DEREK NAKLUSKI>

Best Overall Finish (5k):		1st / Mountaineer Open
Best Overall Finish (6k):		2nd / Winthrop / Asics Fall Classic
Best Overall Finish (8k):		3rd / Big South Championship
Best Overall Finish (10k):		23rd / NCAA Southeast Regional
Best Time (5k):		15:29 / UNC Wilmington Invitational
Best Time (6k):		18:04 / Winthrop / Asics Fall Classic
Best Time (8k):		22:16.60 / Mountaineer Open
Best Time (10k):		31:02.70 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 18	2003	6.	Derek Naklusi	N.C. Collegiate Championships	Greenville, N.C.	8k	24:09.05
Aug. 30	2002	52.	Derek Naklusi	Mountaineer Open	Boone, N.C.	8k	22:16.60
Sept. 7	2002	11.	Derek Naklusi	HPU / Elon Invitational	Greensboro, N.C.	8k	27:03
Sept. 21	2002	29.	Derek Naklusi	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:51.06
Oct. 12	2002	36.	Derek Naklusi	N.C. Collegiate Championships	Greenville, N.C.	8k	26:58
Oct. 19	2002	34.	Derek Naklusi	Tribe Open	Williamsburg, Va.	8k	26:48.0
Nov. 2	2002	14.	Derek Naklusi	Big South Championship	Rock Hill, S.C.	8k	26:14

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 16	2002	155.	Derek Nakluski	NCAA Southeast Regional	Greenville, N.C.	10k	34:22.8
Aug. 29	2003	1.	Derek Nakluski	Mountaineer Open	Boone, N.C.	5k	15:33.10
Sept.20	2003	4.	Derek Nakluski	Winthrop Invitational	Rock Hill, S.C.	8k	25:40.55
Sept. 26	2003	101.	Derek Nakluski	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:00.5
Oct. 11	2003	12.	Derek Nakluski	Furman Invitational	Greenville, S.C.	5k	26:45.97
Nov. 1	2003	9.	Derek Nakluski	Big South Championship	Conway, S.C.	8k	26:38.97
Sept. 10	2004	2.	Derek Nakluski	UNC Wilmington Invitational	Wilmington, N.C.	5k	15:29
Oct. 1	2004	113.	Derek Nakluski	Great American XC Festival	Cary, N.C.	8k	27:06.95
Oct. 16	2004	2.	Derek Nakluski	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:04
Oct. 30	2004	3.	Derek Nakluski	Big South Championship	Rock Hill, S.C.	8k	25:07
Nov. 13	2004	23.	Derek Nakluski	NCAA Southeast Regional	Greenville, N.C.	10k	31:02.70
Sept. 1	2004	3.	Derek Nakluski / Matthias Ewender	Wake Forest Relays	Winston-Salem, N.C.	-	45:32

<ERIC NOREN>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 22	1968		Eric Noren	Oklahoma City Nationals			35th
Nov. 15	1969	5.	Eric Noren	NAIA District 26 Championship	Charlotte, N.C.		
Nov. 23	1969	149.	Eric Noren	NAIA National Championship	Oklahoma City, Okla.		

<PAUL O'DONOGHUE>

Best Overall Finish (5k):		28th / Three Stripe Invite
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		40th / USC Upstate Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		16:37.57 / Three Stripe Invite
Best Time (6k):		N/A
Best Time (8k):		27:44.54 / USC Upstate Invitational
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 26	2014	29.	Paul O'Donoghue	UNCG Spartan Invitational	Kernersville, N.C.		28:03.53
Nov. 8	2014	28.	Paul O'Donoghue	Three Stripe Invite	Cary, N.C.	5k	16:37.57
Oct. 3	2015	40.	Paul O'Donoghue	USC Upstate Invitational	Spartanburg, S.C.	8k	27:44.54

<JOE OLINGER>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 10	1992	18.	Joe Olinger	Belmont Abbey Invitational	Belmont, N.C.		30:47
Oct. 17	1992	13.	Joe Olinger	Catawba Invitational	Salisbury, N.C.		29:38

<DANIEL PAGE>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		32nd / Overton XC Meet
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		29:06.34 / Overton XC Meet
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	41.	Daniel Page	Wake Forest Invitational	Winston-Salem, N.C.	-	27:41
Sept. 17	2005	35.	Daniel Page	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	30:00
Sept. 24	2005	32.	Daniel Page	Overton XC Meet	Greenville, N.C.	8k	29:06.34

<EVAN PARKERSON>

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....69th / VertCross Invitational
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....29:05.8 / VertCross Invitational
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	120.	Evan Parkerson	Covered Bridge Open	Boone, N.C.	8k	29:26.63
Oct. 14	2022	69.	Evan Parkerson	VertCross Invitational	Kemersville, N.C.	8k	29:05.8

<DAKOTA PEACHEE>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....32nd / Covered Bridge Open
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....26:17.68 / Blue Ridge Mountain Open
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	10.	Dakota Peachee	Wake Forest Relays	Winston-Salem, N.C.		23:17
Sept. 26	2009	100.	Dakota Peachee	Ray Griak Invitational	St. Paul, Minn.		26:53.5
Oct. 16	2009	25.	Dakota Peachee	Blue Ridge Open (Gold Race)	Boone, N.C.		25:52.05
Oct. 31	2009	14.	Dakota Peachee	Big South Championship	Winston-Salem, N.C.		26:38
Nov. 14	2009	145.	Dakota Peachee	NCAA Southeast Regional	Louisville, Ky.		33:47.99
Sept. 25	2010	12.	Dakota Peachee	Big South Preview	Blacksburg, Va.		27:27.03
Oct. 1	2010	145.	Dakota Peachee	Paul Short Invitational	Bethlehem, Pa.		25:28
Oct. 15	2010	34.	Dakota Peachee	Blue Ridge Open (Gold Race)	Boone, N.C.		25:45.1
Oct. 30	2010	13.	Dakota Peachee	Big South Championship	Blacksburg, Va.		25:44.63
Sept. 2	2011	32.	Dakota Peachee	Covered Bridge Open	Boone, N.C.	8k	26:44.5
Sept. 17	2011	7.	Dakota Peachee	Big South Preview	Conway, S.C.		25:33
Sept. 30	2011	254.	Dakota Peachee	Paul Short Invitational	Bethlehem, Pa.		26:33
Oct. 29	2011	15.	Dakota Peachee	Big South Championship	Conway, S.C.		25:19
Nov. 12	2011	DNF	Dakota Peachee	NCAA Southeast Regional	Louisville, Ky.		-
Sept. 15	2012	116.	Dakota Peachee	adidas/Winthrop Invitational	Rock Hill, S.C.		28:09.22
Oct. 12	2012	75.	Dakota Peachee	Blue Ridge Open	Boone, N.C.		26:17.58
Aug. 31	2012	6.	Dakota Peachee / Cody Seymour	Demon Deacon Quad	Winston-Salem, N.C.		49:12
Oct. 12	2007	75.	Dakota Peachee	Blue Ridge Mountain Open	Boone, N.C.	8k	26:17.68

<MIKE PEAVEY>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....N/A
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....N/A
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 16	2009	61.	Mike Peavey	Blue Ridge Open	Boone, N.C.		29:48.61
Sept. 25	2010	51.	Mike Peavey	Big South Preview	Blacksburg, Va.		30:32.28
Sept. 4	2009	32.	Mike Peavey	Wake Forest Relays	Winston-Salem, N.C.		25:38
Sept. 19	2009	47.	Mike Peavey	Big South Preview	Winston-Salem, N.C.		30:48
Oct. 31	2009	60.	Mike Peavey	Big South Championship	Winston-Salem, N.C.		29:57
Sept. 3	2010	114.	Mike Peavey	Covered Bridge Open	Boone, N.C.		23:35.31
Oct. 15	2010	28.	Mike Peavey	Blue Ridge Open	Boone, N.C.		29:51.5

<CHRIS PERESCHUK>

Best Overall Finish (5k):.....32nd / Mountaineer Open
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....7th / HPU / Elon Invitational
 Best Overall Finish (10k):.....109th / NCAA Southeast Regional
 Best Time (5k):.....16:44.20 / Mountaineer Open
 Best Time (6k):.....N/A
 Best Time (8k):.....21:20.40 / Mountaineer Open
 Best Time (10k):.....33:25.3 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Aug. 31	2001	73.	Chris Pereschuk	Appalachian State Invitational	Boone, N.C.	8k	27:10
Sept. 8	2001	7.	Chris Pereschuk	HPU / Elon Invitational	Greensboro, N.C.	8k	27:45
Sept. 21	2001	146.	Chris Pereschuk	Great American XC Classic	Rock Hill, S.C.	5k	27:22
Sept. 29	2001	42.	Chris Pereschuk	Greensboro Invitational	Greensboro, N.C.		27:04
Oct. 13	2001	11.	Chris Pereschuk	N.C. Collegiate Championships	Greenville, S.C.	8k	25:59
Oct. 27	2001	17.	Chris Pereschuk	Big South Championship	Rock Hill, S.C.	8k	26:28
Nov. 10	2001	130.	Chris Pereschuk	NCAA Southeast Regional	Greenville, S.C.	10k	34:03
Aug. 30	2002	32.	Chris Pereschuk	Mountaineer Open	Boone, N.C.	8k	21:20.40
Aug. 29	2003	32.	Chris Pereschuk	Mountaineer Open	Boone, N.C.	5k	16:44.20
Sept. 20	2003	16.	Chris Pereschuk	Winthrop Invitational	Rock Hill, S.C.	8k	26:41.57
Sept. 26	2003	133.	Chris Pereschuk	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	28:53.0
Oct. 11	2003	37.	Chris Pereschuk	Furman Invitational	Greenville, S.C.	5k	27:40.47
Oct. 18	2003	38.	Chris Pereschuk	N.C. Collegiate Championships	Greenville, N.C.	8k	25:16.29
Nov. 1	2003	14.	Chris Pereschuk	Big South Championship	Conway, S.C.	8k	27:05.49
Nov. 15	2003	109.	Chris Pereschuk	NCAA Southeast Regional	Greenville, N.C.	10k	33:25.3

<JACOB PETERS>

Best Overall Finish (5k):	23rd / North Carolina Opener
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	36th / Big South Conference Preview
Best Overall Finish (10k):	N/A
Best Time (5k):	20:13.50 / North Carolina Opener
Best Time (6k):	N/A
Best Time (8k):	32:10.9 / Lou Onesty Invitational Away
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	23.	Jacob Peters	North Carolina Opener	Chapel Hill, N.C.	5k	20:13.50
Sept. 8	2007	95.	Jacob Peters	Lou Onesty Invitational Away	Charlottesville, Va.	8k	32:10.9
Sept. 14	2007	36.	Jacob Peters	Big South Conference Preview	Hendersonville, N.C.	8k	34:23.1
Oct. 27	2007	63.	Jacob Peters	Big South Championship	Hendersonville, N.C.	8k	33:08.6

<NIRAN PILLAY>

Best Overall Finish (5k):	13th / Furman Invitational
Best Overall Finish (6k):	11th / Western Carolina Invitational
Best Overall Finish (8k):	4th / HPU / Elon Invitational
Best Overall Finish (10k):	50th / NCAA Southeast Regional
Best Time (5k):	16:05.10 / Mountaineer Open
Best Time (6k):	20:05 / Western Carolina Invitational
Best Time (8k):	21:31.60 / Mountaineer Open
Best Time (10k):	31:45.9 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	4.	Niran Pillay	HPU / Elon Invitational	Greensboro, N.C.	8k	27:33
Sept. 9	2000	11.	Niran Pillay	Western Carolina Invitational	Cullowhee, N.C.	6k	20:05
Sept. 16	2000	28.	Niran Pillay	Winthrop Invitational	Rock Hill, S.C.	8k	26:31
Sept. 22	2000	72.	Niran Pillay	Great American Classic	Charlotte, N.C.	8k	26:22
Sept. 30	2000	32.	Niran Pillay	Greensboro Invitational	Greensboro, N.C.	8k	26:49
Oct. 14	2000	21.	Niran Pillay	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:47
Oct. 28	2000	5.	Niran Pillay	Big South Championship	Charleston, S.C.	8k	26:01
Nov. 11	2000	73.	Niran Pillay	NCAA Southeast Regional	Greenville, S.C.		32:59
Aug. 31	2001	54.	Niran Pillay	Appalachian State Invitational	Boone, N.C.	8k	26:37
Sept. 21	2001	132.	Niran Pillay	Great American XC Classic	Rock Hill, S.C.	5k	27:02
Sept. 29	2001	50.	Niran Pillay	Greensboro Invitational	Greensboro, N.C.		27:22
Oct. 6	2001	5.	Niran Pillay	Hagan-Stone XC Classic	Greensboro, N.C.		28:33
Oct. 13	2001	9.	Niran Pillay	N.C. Collegiate Championships	Greenville, S.C.	8k	25:48
Oct. 27	2001	20.	Niran Pillay	Big South Championship	Rock Hill, S.C.	8k	26:40
Nov. 10	2001	85.	Niran Pillay	NCAA Southeast Regional	Greenville, S.C.	10k	33:06
Aug. 30	2002	41.	Niran Pillay	Mountaineer Open	Boone, N.C.	8k	21:31.60
Sept. 7	2002	61.	Niran Pillay	HPU / Elon Invitational	Greensboro, N.C.	8k	29:56
Sept. 21	2002	9.	Niran Pillay	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	26:24.96
Sept. 27	2002	111.	Niran Pillay	Great American Classic	Charlotte, N.C.	8k	28:53.9
Oct. 12	2002	10.	Niran Pillay	N.C. Collegiate Championships	Greenville, N.C.	8k	25:28
Oct. 19	2002	14.	Niran Pillay	Tribe Open	Williamsburg, Va.	8k	26:09.0
Nov. 16	2002	134.	Niran Pillay	NCAA Southeast Regional	Greenville, N.C.	10k	33:46.5
Aug. 29	2003	15.	Niran Pillay	Mountaineer Open	Boone, N.C.	5k	16:05.10
Sept. 20	2003	10.	Niran Pillay	Winthrop Invitational	Rock Hill, S.C.	8k	26:10.80
Sept. 26	2003	144.	Niran Pillay	Great American Classic / Nike Race of Champions	Cary, N.C.	8k	29:37.7
Oct. 11	2003	13.	Niran Pillay	Furman Invitational	Greenville, S.C.	5k	26:47.92
Oct. 18	2003	12.	Niran Pillay	N.C. Collegiate Championships	Greenville, N.C.	8k	24:31.65
Nov. 1	2003	61.	Niran Pillay	Big South Championship	Conway, S.C.	8k	29:35.35
Nov. 15	2003	50.	Niran Pillay	NCAA Southeast Regional	Greenville, N.C.	10k	31:45.9

<ROB PITTS>

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	52.	Rob Pitts	Big South Preview	Winston-Salem, N.C.		31:48

<TONY POMPA>

Best Overall Finish (5k):	11th / High Point Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	21st / East Carolina Invitational
Best Overall Finish (10k):	74th / USC Upstate Invitational
Best Time (5k):	18:45 / High Point Invitational
Best Time (6k):	N/A
Best Time (8k):	31:36 / East Carolina Invitational
Best Time (10k):	40:21.28 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	11.	Tony Pompa	High Point Invitational	High Point, N.C.	5k	18:45
Oct. 1	1994	21.	Tony Pompa	East Carolina Invitational	Greenville, N.C.	8k	31:36
Oct. 8	1994	74.	Tony Pompa	USC Upstate Invitational	Spartanburg, S.C.	10k	40:21.28

<AARON POSEY>

Best Overall Finish (5k):	238th / Great American XC Classic
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	28th / HPU / Elon Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	31:11 / Great American XC Classic
Best Time (6k):	N/A
Best Time (8k):	29:56 / N.C. Collegiate Championships
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	123.	Aaron Posey	Appalachian State Invitational	Boone, N.C.	8k	30:51
Sept. 8	2001	28.	Aaron Posey	HPU / Elon Invitational	Greensboro, N.C.	8k	31:28
Sept. 21	2001	238.	Aaron Posey	Great American XC Classic	Rock Hill, S.C.	5k	31:11
Sept. 29	2001	82.	Aaron Posey	Greensboro Invitational	Greensboro, N.C.		29:58
Oct. 6	2001	10.	Aaron Posey	Hagan-Stone XC Classic	Greensboro, N.C.		31:01
Oct. 13	2001	68.	Aaron Posey	N.C. Collegiate Championships	Greenville, S.C.	8k	29:56

<JOEL PRIMUS>

Best Overall Finish (5k):	12th / UNC Wilmington Invitational
Best Overall Finish (6k):	5th / Winthrop / Asics Fall Classic
Best Overall Finish (8k):	5th / Winthrop Invitational (Garnet)
Best Overall Finish (10k):	57th / NCAA Southeast Regional
Best Time (5k):	16:00 / UNC Wilmington Invitational
Best Time (6k):	18:18 / Winthrop / Asics Fall Classic
Best Time (8k):	25:12 / Winthrop Invitational (Garnet)
Best Time (10k):	31:55.40 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	12.	Joel Primus	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:00
Sept. 25	2004	5.	Joel Primus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	25:12
Oct. 1	2004	89.	Joel Primus	Great American XC Festival	Cary, N.C.	8k	26:39.34
Oct. 16	2004	5.	Joel Primus	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:18
Oct. 30	2004	6.	Joel Primus	Big South Championship	Rock Hill, S.C.	8k	25:27
Nov. 13	2004	57.	Joel Primus	NCAA Southeast Regional	Greenville, N.C.	10k	31:55.40
Sept. 1	2004	9.	Joel Primus / Danel Slaydon	Wake Forest Relays	Winston-Salem, N.C.	-	46:29

<JARED PRUNTY>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	10th / N.C. Collegiate Championships
Best Overall Finish (10k):	127th / NCAA Southeast Regional
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	21:11.70 / Mountaineer Open
Best Time (10k):	33:59 / NCAA Southeast Regional

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 29	2001	38.	Jared Prunty	Greensboro Invitational	Greensboro, N.C.		26:58
Oct. 6	2001	3.	Jared Prunty	Hagan-Stone XC Classic	Greensboro, N.C.		27:20
Oct. 13	2001	10.	Jared Prunty	N.C. Collegiate Championships	Greenville, S.C.	8k	25:52
Nov. 10	2001	127.	Jared Prunty	NCAA Southeast Regional	Greenville, S.C.	10k	33:59
Aug. 30	2002	28.	Jared Prunty	Mountaineer Open	Boone, N.C.	8k	21:11.70
Sept. 7	2002	20.	Jared Prunty	HPU / Elon Invitational	Greensboro, N.C.	8k	27:52
Sept. 21	2002	23.	Jared Prunty	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:19.43
Sept. 27	2002	146.	Jared Prunty	Great American Classic	Charlotte, N.C.	8k	30:26.9
Oct. 12	2002	33.	Jared Prunty	N.C. Collegiate Championships	Greenville, N.C.	8k	26:51
Oct. 19	2002	67.	Jared Prunty	Tribe Open	Williamsburg, Va.	8k	27:51.0

<JAMES QUATTLEBAUM>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	21st / Virginia/Panorama Farms Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	24:41.55 / Virginia/Panorama Farms Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 13	2014	6.	James Quattlebaum	Gardner-Webb Invitational	Boiling Springs, N.C.		25:51.62
Sept. 26	2014	21.	James Quattlebaum	Virginia/Panorama Farms Invitational	Earlysville, Va.	8k	24:41.55
Oct. 17	2014	12.	James Quattlebaum	Blue Ridge Open	Boone, N.C.		20:47.53
Nov. 1	2014	5.	James Quattlebaum	Big South Championship	Boiling Springs, N.C.		25:24.90
Nov. 14	2014	44.	James Quattlebaum	NCAA Southeast Regional	Louisville, Ky.		31:16.4

<DAVID RAY>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	9th / Belmont Abbey
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	29:17 / Methodist College Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 16	1989	6.	David Ray	Belmont Abbey Invitational	Belmont, N.C.		30:59
Sept. 30	1989	22.	David Ray	Methodist College Invitational	Fayetteville, N.C.	8k	29:17
Sept. 30	1989	41.	David Ray	Methodist College Invitational	Fayetteville, N.C.		
Oct. 7	1989	9.	David Ray	Belmont Abbey	Belmont, N.C.	8k	29:55
Oct. 19	1989	104.	David Ray	N.C. Collegiate Championships	Wilmington, N.C.	8k	32:20
Oct. 21	1989	13.	David Ray	Francis Marion Invitational	Florence, S.C.	8k	29:34
Oct. 28	1989	9.	David Ray	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	

<TIM REIHM>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 22	1968		Tim Reihm	Oklahoma City Nationals			35th

<JON RENNER>

Best Overall Finish (5k):	47th / Mountaineer Open
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	21st / HPU / Elon Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	17:07.90 / Mountaineer Open
Best Time (6k):	N/A
Best Time (8k):	22:21.70 / Mountaineer Open
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
------	------	--------	------------	-------	------	----------	------

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Aug. 30	2002	55.	Jon Renner	Mountaineer Open	Boone, N.C.	8k	22:21.70
Sept. 7	2002	21.	Jon Renner	HPU / Elon Invitational	Greensboro, N.C.	8k	27:54
Oct. 19	2002	86.	Jon Renner	Tribe Open	Williamsburg, Va.	8k	28:44.0
Aug. 29	2003	47.	Jon Renner	Mountaineer Open	Boone, N.C.	5k	17:07.90
Sept.20	2003	31.	Jon Renner	Winthrop Invitational	Rock Hill, S.C.	8k	27:15.86
Sept. 26	2003	64.	Jon Renner	Great American Classic / Univ. B Open	Cary, N.C.	8k	29:43.4
Oct. 11	2003	65.	Jon Renner	Furman Invitational	Greenville, S.C.	5k	28:41.48
Oct. 18	2003	75.	Jon Renner	N.C. Collegiate Championships	Greenville, N.C.	8k	25:23.32
Nov. 1	2003	39.	Jon Renner	Big South Championship	Conway, S.C.	8k	28:26.91

<JONATHAN RILEY>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	97th / Covered Bridge Open
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	29:14.8 / Covered Bridge Open
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	31.	Jonathan Riley	Wake Forest Relays	Winston-Salem, N.C.		25:25
Sept. 19	2009	39.	Jonathan Riley	Big South Preview	Winston-Salem, N.C.		29:58
Oct. 16	2009	21.	Jonathan Riley	Blue Ridge Open	Boone, N.C.		27:50.21
Sept. 3	2010	99.	Jonathan Riley	Covered Bridge Open	Boone, N.C.		22:09.16
Sept. 25	2010	42.	Jonathan Riley	Big South Preview	Blacksburg, Va.		29:30.86
Oct. 2	2010	12.	Jonathan Riley	Hagan-Stone Classic	Greensboro, N.C.		27:30.7
Oct. 15	2010	4.	Jonathan Riley	Blue Ridge Open	Boone, N.C.		26:56.1
Oct. 30	2010	35.	Jonathan Riley	Big South Championship	Blacksburg, Va.		27:15.22
Sept. 2	2011	97.	Jonathan Riley	Covered Bridge Open	Boone, N.C.	8k	29:14.8
Sept. 17	2011	25.	Jonathan Riley	Big South Preview	Conway, S.C.		26:53
Oct. 1	2011	3.	Jonathan Riley	Hagan-Stone Classic	Greensboro, N.C.		26:47.01
Oct. 14	2011	92.	Jonathan Riley	Blue Ridge Open (Gold Race)	Boone, N.C.		27:03.1
Oct. 29	2011	26.	Jonathan Riley	Big South Championship	Conway, S.C.		25:52

<ANDY RITCHIE>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 27	1990	41.	Andy Ritchie	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		35:25

<JACOB ROACH>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	111th / NCAA Southeast Regional
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	33:17.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 25	2010	14.	Jacob Roach	Big South Preview	Blacksburg, Va.		27:32.98
Oct. 1	2010	258.	Jacob Roach	Paul Short Invitational	Bethlehem, Pa.		26:13
Oct. 15	2010	29.	Jacob Roach	Blue Ridge Open (Gold Race)	Boone, N.C.		25:38.6
Oct. 30	2010	15.	Jacob Roach	Big South Championship	Blacksburg, Va.		25:53.05
Nov. 13	2010	111.	Jacob Roach	NCAA Southeast Regional	Louisville, Ky.	10k	33:17.1

<CHAD ROBERTS>

Best Overall Finish (5k):	240th / Great American XC Classic
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	26th / HPU / Elon Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	31:25 / Great American XC Classic
Best Time (6k):	N/A
Best Time (8k):	29:50 / Appalachian State Invitational
Best Time (10k):	N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	118.	Chad Roberts	Appalachian State Invitational	Boone, N.C.	8k	29:50
Sept. 8	2001	26.	Chad Roberts	HPU / Elon Invitational	Greensboro, N.C.	8k	30:47
Sept. 21	2001	240.	Chad Roberts	Great American XC Classic	Rock Hill, S.C.	5k	31:25
Sept. 29	2001	80.	Chad Roberts	Greensboro Invitational	Greensboro, N.C.		29:48
Oct. 6	2001	6.	Chad Roberts	Hagan-Stone XC Classic	Greensboro, N.C.		29:39

<BEN ROBINSON>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	70th / Blue Ridge Mountain Open
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	26:05.96 / Blue Ridge Mountain Open
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2007	70.	Ben Robinson	Blue Ridge Mountain Open	Boone, N.C.	8k	26:05.96
Sept. 15	2012	56.	Ben Robinson	adidas/Winthrop Invitational	Rock Hill, S.C.		26:38.23
Sept. 28	2012	7.	Ben Robinson	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		26:05
Oct. 12	2012	70.	Ben Robinson	Blue Ridge Open	Boone, N.C.		26:05.96
Oct. 27	2012	24.	Ben Robinson	Big South Championship	Rock Hill, S.C.		26:12.91
Aug. 31	2012	5.	Kevin McGuire / Ben Robinson	Demon Deacon Quad	Winston-Salem, N.C.		49:10

<ROBINSON-WILLIAMS>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	57.	Robinson-Williams	Big South Preview	Winston-Salem, N.C.		36:12

<DREW ROEBER>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	38th / Asheville XC Challenge
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	27:29.55 / Asheville XC Challenge
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	28.	Drew Roeber	Elon Opener	Elon, N.C.		20:07
Sept. 16	2016	83.	Drew Roeber	Coast-to-Coast Battle in Beantown	Boston, Mass.		26:46
Oct. 1	2016	38.	Drew Roeber	Asheville XC Challenge	Asheville, N.C.	8k	27:29.55
Oct. 14	2016	180.	Drew Roeber	VertCross Invitational	Kernersville, N.C.	8k	28:20.88
Oct. 28	2016	44.	Drew Roeber	Big South Championship	Asheville, N.C.	8k	27:53.79
Oct. 30	1976	4.	Matt Rogers	NAIA District 26 Championship	Greensboro, N.C.		

<RICHARD ROSS>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	6th / Methodist College
Best Overall Finish (8k):	N/A
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	N/A
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 29	1967	1.	Richard Ross	St. Andrews	High Point, N.C.		-
Oct. 3	1967	1.	Richard Ross	Methodist College	High Point, N.C.	6k	-

<STEVE ROYAL>

Best Overall Finish (5k):	N/A
---------------------------	-----

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 33rd / Wake Forest Relays
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 25:52 / Wake Forest Relays
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 29	2005	69.	Steve Royal	Big South Championship	Lexington, Va.	8k	31:16.38
Sept. 2	2005	38.	Steve Royal	Wake Forest Invitational	Winston-Salem, N.C.	-	26:12
Sept. 1	2006	33.	Steve Royal	Wake Forest Relays	Winston-Salem, N.C.	8k	25:52
Sept. 24	2005	34.	Steve Royal	Overton XC Meet	Greenville, N.C.	8k	29:26.60
Sept. 1	2006	16.	Steve Royal / Josh Cashman	Wake Forest Relays	Winston-Salem, N.C.	8k	50:05
Sept. 2	2005	20.	Matt Goodale / Steve Royal	Wake Forest Invitational	Winston-Salem, N.C.	-	52:16

<ALEX RUANO>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): N/A
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): N/A
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	55.	Alex Ruano	Big South Preview	Winston-Salem, N.C.		33:44

<MIKE SALAMONE>

Best Overall Finish (5k): 53rd / Furman Invitational
 Best Overall Finish (6k): 19th / Western Carolina Invitational
 Best Overall Finish (8k): 5th / HPU / Elon Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): 17:29.40 / Mountaineer Open
 Best Time (6k): 20:40 / Western Carolina Invitational
 Best Time (8k): 21:39.30 / Mountaineer Open
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	20.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	29:15
Sept. 9	2000	19.	Mike Salamone	Western Carolina Invitational	Cullowhee, N.C.	6k	20:40
Sept. 16	2000	50.	Mike Salamone	Winthrop Invitational	Rock Hill, S.C.	8k	27:43
Sept. 22	2000	101.	Mike Salamone	Great American Classic	Charlotte, N.C.	8k	27:03
Sept. 30	2000	74.	Mike Salamone	Greensboro Invitational	Greensboro, N.C.	8k	29:37
Oct. 14	2000	35.	Mike Salamone	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:35
Oct. 28	2000	39.	Mike Salamone	Big South Championship	Charleston, S.C.	8k	28:40
Nov. 11	2000	154.	Mike Salamone	NCAA Southeast Regional	Greenville, S.C.		35:07
Aug. 31	2001	85.	Mike Salamone	Appalachian State Invitational	Boone, N.C.	8k	27:43
Sept. 8	2001	13.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	28:43
Sept. 21	2001	192.	Mike Salamone	Great American XC Classic	Rock Hill, S.C.	5k	28:33
Sept. 29	2001	56.	Mike Salamone	Greensboro Invitational	Greensboro, N.C.		27:47
Oct. 6	2001	4.	Mike Salamone	Hagan-Stone XC Classic	Greensboro, N.C.		27:49
Oct. 13	2001	55.	Mike Salamone	N.C. Collegiate Championships	Greenville, S.C.	8k	28:20
Aug. 30	2002	44.	Mike Salamone	Mountaineer Open	Boone, N.C.	8k	21:39.30
Sept. 7	2002	5.	Mike Salamone	HPU / Elon Invitational	Greensboro, N.C.	8k	26:45.12
Sept. 21	2002	21.	Mike Salamone	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	27:18.67
Oct. 12	2002	55.	Mike Salamone	N.C. Collegiate Championships	Greenville, N.C.	8k	27:59
Oct. 19	2002	51.	Mike Salamone	Tribe Open	Williamsburg, Va.	8k	27:17.0
Aug. 29	2003	63.	Mike Salamone	Mountaineer Open	Boone, N.C.	5k	17:29.40
Sept. 20	2003	17.	Mike Salamone	Winthrop Invitational	Rock Hill, S.C.	8k	26:43.32
Sept. 26	2003	56.	Mike Salamone	Great American Classic / Univ. B Open	Cary, N.C.	8k	29:26.1
Oct. 11	2003	57.	Mike Salamone	Furman Invitational	Greenville, S.C.	5k	28:25.23
Oct. 18	2003	43.	Mike Salamone	N.C. Collegiate Championships	Greenville, N.C.	8k	25:24.40
Nov. 1	2003	28.	Mike Salamone	Big South Championship	Conway, S.C.	8k	28:03.30

<MIKE SAMBINO>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): 1st / NAIA District 26
 Best Overall Finish (8k): N/A
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): 20:29.1 / NAIA District 26
 Best Time (8k): N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 8	1960	3.	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k	21:57.2
Nov. 4	1961	1.	Mike Sambino	NAIA District 26	Wilson, N.C.	6k	20:29.1
Nov. 7	1961	2.	Mike Sambino	N.C. Collegiate Championships	Raleigh, N.C.	6k	21:26

<ANTHONY SASSO>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....40th / Elon Opener
 Best Overall Finish (8k):.....23rd / Big South Preview
 Best Overall Finish (10k):.....206th / NCAA Southeast Regional
 Best Time (5k):.....N/A
 Best Time (6k):.....20:43 / Elon Opener
 Best Time (8k):.....26:59.17 / HPU VertCross Invitational
 Best Time (10k):.....34:16.4 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	23.	Anthony Sasso	Elon Opener	Elon, N.C.		19:40.2
Sept. 16	2017	23.	Anthony Sasso	Big South Preview	Lynchburg, Va.	8k	28:48.0
Oct. 13	2017	65.	Anthony Sasso	HPU VertCross Invitational	Kernersville, N.C.	8k	26:59.17
Oct. 28	2017	55.	Anthony Sasso	Big South Championship	Lynchburg, Va.	8k	29:12.7
Nov. 10	2017	206.	Anthony Sasso	NCAA Southeast Regional	Earlysville, Va.	10k	34:16.4
Aug. 31	2018	40.	Anthony Sasso	Elon Opener	Elon, N.C.	6k	20:43
Sept. 29	2018	260.	Anthony Sasso	Paul Short Invitational	Bethlehem, Pa.		27:15
Oct. 12	2018	85.	Anthony Sasso	VertCross Invitational	Kernersville, N.C.		28:25.21
Oct. 26	2018	24.	Anthony Sasso	Big South Championship	Kernersville, N.C.	8k	27:46.8
Nov. 9	2018	179.	Anthony Sasso	NCAA Southeast Regional	Rock Hill, S.C.		34:06.9

<KEVIN SCOLA>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....67th / N.C. Collegiate Championships
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....25:22.10 / Mountaineer Open
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	94.	Kevin Scola	Mountaineer Open	Boone, N.C.	8k	25:22.10
Sept. 7	2002	123.	Kevin Scola	HPU / Elon Invitational	Greensboro, N.C.	8k	34:21
Oct. 12	2002	67.	Kevin Scola	N.C. Collegiate Championships	Greenville, N.C.	8k	32:09
Sept. 6	2003	99.	Kevin Scola	HPU / Elon Invitational	Greensboro, N.C.		34:17

<JASON SEEDORF>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....6th / Methodist College Invitational
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....27:42 / Methodist College Invitational
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	1989		Jason Seedorf	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 16	1989	11.	Jason Seedorf	Belmont Abbey Invitational	Belmont, N.C.		33:58
Sept. 30	1989	6.	Jason Seedorf	Methodist College Invitational	Fayetteville, N.C.	8k	27:42
Sept. 30	1989	47.	Jason Seedorf	Methodist College Invitational	Fayetteville, N.C.		
Oct. 7	1989	14.	Jason Seedorf	Belmont Abbey	Belmont, N.C.	8k	31:08
Oct. 28	1989	13.	Jason Seedorf	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	8k	

<CHERNET SISAY>

Best Overall Finish (5k):.....12th / Three Stripe Invite
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....1st / Greensboro XC Invitational
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....15:32.13 / Three Stripe Invite
 Best Time (6k):.....N/A
 Best Time (8k):.....24:57.10 / Pre Nationals (Black Race)
 Best Time (10k):.....N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	27.	Chernet Sisay	Western Carolina XC Invitational	Cullowhee, N.C.		16:06.64
Sept. 14	2013	36.	Chernet Sisay	Furman XC Classic	Greenville, S.C.		25:08.19
Sept. 21	2013	16.	Chernet Sisay	VMI Invitational	Buena Vista, Va.		27:48.15
Sept. 28	2013	80.	Chernet Sisay	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:42.4
Oct. 18	2013	103.	Chernet Sisay	Blue Ridge Open	Boone, N.C.		26:37.54
Nov. 15	2013	170.	Chernet Sisay	NCAA Southeast Regional	Earlsville, Va.		32:43.8
Sept. 13	2014	20.	Chernet Sisay	Gardner-Webb Invitational	Boiling Springs, N.C.		27:21.21
Sept. 26	2014	68.	Chernet Sisay	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:00.38
Oct. 17	2014	38.	Chernet Sisay	Blue Ridge Open	Boone, N.C.		21:23.60
Nov. 1	2014	20.	Chernet Sisay	Big South Championship	Boiling Springs, N.C.		26:24.20
Nov. 8	2014	12.	Chernet Sisay	Three Stripe Invite	Cary, N.C.	5k	15:32.13
Sept. 4	2015	8.	Chernet Sisay	Elon Invitational	Elon, N.C.		19:01
Sept. 26	2015	63.	Chernet Sisay	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:32.9
Oct. 3	2015	9.	Chernet Sisay	USC Upstate Invitational	Spartanburg, S.C.	8k	26:06.01
Oct. 17	2015	46.	Chernet Sisay	Pre Nationals (Black Race)	Louisville, Ky.	8k	24:57.10
Oct. 31	2015	13.	Chernet Sisay	Big South Championship	Spartanburg, S.C.	8k	25:18.1
Nov. 13	2015	142.	Chernet Sisay	NCAA Southeast Regional	Earlsville, Va.		32:43.7
Sept. 1	2016	3.	Chernet Sisay	Elon Opener	Elon, N.C.		19:00
Sept. 16	2016	59.	Chernet Sisay	Coast-to-Coast Battle in Beantown	Boston, Mass.		26:14
Sept. 24	2016	1.	Chernet Sisay	Greensboro XC Invitational	Greensboro, N.C.	8k	26:38.0
Oct. 1	2016	14.	Chernet Sisay	Asheville XC Challenge	Asheville, N.C.	8k	26:42.47
Oct. 14	2016	104.	Chernet Sisay	VertCross Invitational	Kernersville, N.C.	8k	27:03.44
Oct. 28	2016	34.	Chernet Sisay	Big South Championship	Asheville, N.C.	8k	27:32.69

<CODY SEYMOUR>

Best Overall Finish (5k):	29th / Three Stripe Invite
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	27th / Big South Championship
Best Overall Finish (10k):	105th / Chile Pepper Festival
Best Time (5k):	16:43.67 / Three Stripe Invite
Best Time (6k):	N/A
Best Time (8k):	26:04.60 / Pre Nationals (Black Race)
Best Time (10k):	32:59.2 / Chile Pepper Festival

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	2012	40.	Cody Seymour	adidas/Winthrop Invitational	Rock Hill, S.C.		26:11.54
Sept. 28	2012	6.	Cody Seymour	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		25:57
Oct. 13	2012	105.	Cody Seymour	Chile Pepper Festival	Fayetteville, Ark.	10k	32:59.2
Oct. 27	2012	62.	Cody Seymour	Big South Championship	Rock Hill, S.C.		27:58.85
Aug. 30	2013	49.	Cody Seymour	Western Carolina XC Invitational	Cullowhee, N.C.		16:36.79
Sept. 14	2013	50.	Cody Seymour	Furman XC Classic	Greenville, S.C.		25:33.93
Sept. 21	2013	39.	Cody Seymour	VMI Invitational	Buena Vista, Va.		28:55.95
Sept. 28	2013	3.	Cody Seymour	Greensboro XC Invitational	Greensboro, N.C.		26:37.74
Oct. 18	2013	91.	Cody Seymour	Blue Ridge Open	Boone, N.C.		26:25.67
Nov. 2	2013	32.	Cody Seymour	Big South Championship	Buena Vista, Va.		27:53.53
Sept. 13	2014	31.	Cody Seymour	Gardner-Webb Invitational	Boiling Springs, N.C.		28:23.55
Sept. 26	2014	22.	Cody Seymour	UNCG Spartan Invitational	Kernersville, N.C.		27:17.51
Oct. 17	2014	51.	Cody Seymour	Blue Ridge Open	Boone, N.C.		21:58.69
Nov. 8	2014	29.	Cody Seymour	Three Stripe Invite	Cary, N.C.	5k	16:43.67
Sept. 4	2015	17.	Cody Seymour	Elon Invitational	Elon, N.C.		19:30
Sept. 26	2015	74.	Cody Seymour	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:56.5
Oct. 3	2015	34.	Cody Seymour	USC Upstate Invitational	Spartanburg, S.C.	8k	27:22.03
Oct. 17	2015	157.	Cody Seymour	Pre Nationals (Black Race)	Louisville, Ky.	8k	26:04.60
Oct. 31	2015	27.	Cody Seymour	Big South Championship	Spartanburg, S.C.	8k	26:29.4
Aug. 31	2012	6.	Dakota Peachee / Cody Seymour	Demon Deacon Quad	Winston-Salem, N.C.		49:12

<PHILIP SHERWIN>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	61st / Elon Opener
Best Overall Finish (8k):	17th / Big South Championship
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	21:47 / Elon Opener
Best Time (8k):	25:01.9 / Big South Championship
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 13	2017	113.	Philip Sherwin	HPU VertCross Invitational	Kernersville, N.C.	8k	29:48.66
Oct. 28	2017	64.	Philip Sherwin	Big South Championship	Lynchburg, Va.	8k	30:22.4
Aug. 31	2018	61.	Philip Sherwin	Elon Opener	Elon, N.C.	6k	21:47
Sept. 29	2018	281.	Philip Sherwin	Paul Short Invitational	Bethlehem, Pa.		29:28
Oct. 12	2018	86.	Philip Sherwin	VertCross Invitational	Kernersville, N.C.		28:29.53
Oct. 26	2018	44.	Philip Sherwin	Big South Championship	Kernersville, N.C.	8k	28:33.1

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Oct. 18	2019	83.	Philip Sherwin	VertCross Invitational	Kernersville, N.C.	8k	27:59.28
Jan. 29	2021	18.	Philip Sherwin	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:49.3
Feb. 12	2021	18.	Philip Sherwin	Winter VertCross	Kernersville, N.C.	8k	27:04.98
March 5	2021	17.	Philip Sherwin	Big South Championship	Rock Hill, S.C.	8k	25:01.9

<SHAUN SHERWOOD>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		25th / Western Carolina Classic
Best Overall Finish (8k):		41st / Big South Championship
Best Overall Finish (10k):		137th / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		20:23 / Western Carolina Classic
Best Time (8k):		27:33 / N.C. Collegiate Championships
Best Time (10k):		35:07 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	1999	11.	Shaun Sherwood	HPU / Elon Invitational			28:07
Sept. 11	1999	25.	Shaun Sherwood	Western Carolina Classic	Cullowhee, N.C.	6k	20:23
Sept. 18	1999	71.	Shaun Sherwood	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	27:36
Sept. 25	1999	48.	Shaun Sherwood	Greensboro Invitational	Greensboro, N.C.		28:11
Oct. 9	1999	57.	Shaun Sherwood	Furman Invitational	Greenville, S.C.		28:13
Oct. 16	1999	70.	Shaun Sherwood	N.C. Collegiate Championships	Charlotte, N.C.	8k	27:33
Oct. 30	1999	41.	Shaun Sherwood	Big South Championship	Rock Hill, S.C.	8k	29:09
Nov. 13	1999	137.	Shaun Sherwood	NCAA Southeast Regional	Greenville, S.C.	10k	35:07

<NICK SHROUDER>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		21st / UNC Pembroke Meet
Best Overall Finish (8k):		16th / Radford Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		23:13 / UNC Pembroke Meet
Best Time (8k):		28:59 / N.C. Collegiate Championships
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	17.	Nick Shrouder	HPU / Elon Invitational	Greensboro, N.C.	8k	32:29
Sept. 12	1998	21.	Nick Shrouder	UNC Pembroke Meet	Pembroke, N.C.	6k	23:13
Sept. 19	1998	40.	Nick Shrouder	Winthrop Invitational	Rock Hill, S.C.	8k	29:51
Sept. 26	1998	51.	Nick Shrouder	Greenboro Invitational	Greensboro, N.C.	8k	32:51
Oct. 3	1998	16.	Nick Shrouder	Radford Invitational	Radford, Va.	8k	29:13
Oct. 17	1998	106.	Nick Shrouder	N.C. Collegiate Championships	Greenville, N.C.	8k	28:59

<DANEL SLAYDON>

Best Overall Finish (5k):		6th / North Carolina Opener
Best Overall Finish (6k):		12th / Winthrop / Asics Fall Classic
Best Overall Finish (8k):		3rd / Overton XC Meet
Best Overall Finish (10k):		88th / NCAA Southeast Regional
Best Time (5k):		15:59.20 / North Carolina Opener
Best Time (6k):		18:46 / Winthrop / Asics Fall Classic
Best Time (8k):		32:32.20 / 88th / NCAA Southeast Regional
Best Time (10k):		32:32.20 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	19.	Danel Slaydon	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:20
Sept. 25	2004	37.	Danel Slaydon	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:21
Oct. 1	2004	117.	Danel Slaydon	Great American XC Festival	Cary, N.C.	8k	27:21.31
Oct. 16	2004	12.	Danel Slaydon	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	18:46
Oct. 30	2004	22.	Danel Slaydon	Big South Championship	Rock Hill, S.C.	8k	26:44
Nov. 13	2004	94.	Danel Slaydon	NCAA Southeast Regional	Greenville, N.C.	10k	32:32.20
Sept. 2	2005	13.	Danel Slaydon	Wake Forest Invitational	Winston-Salem, N.C.	-	23:03
Sept. 17	2005	13.	Danel Slaydon	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	27:24
Sept. 24	2005	3.	Danel Slaydon	Overton XC Meet	Greenville, N.C.	8k	25:26.88
Oct. 14	2005	39.	Danel Slaydon	Blue Ridge Open	Boone, N.C.	8k	26:42
Oct. 29	2005	14.	Danel Slaydon	Big South Championship	Lexington, Va.	8k	26:16.11
Nov. 12	2005	145.	Danel Slaydon	NCAA Southeast Regional	Greenville, N.C.	10k	33:28.6
Sept. 1	2006	8.	Danel Slaydon	Wake Forest Relays	Winston-Salem, N.C.	8k	22:41
Sept. 9	2006	36.	Danel Slaydon	Lou Onesty Invitational	Charlottesville, Va.	8k	26:22.30
Sept. 23	2006	4.	Danel Slaydon	Old North State Championships	Greensboro, N.C.	8k	26:24.9
Sept. 29	2006	83.	Danel Slaydon	Paul Short Invitational	Bethlehem, Pa.	8k	25:37
Oct. 13	2006	21.	Danel Slaydon	Blue Ridge Open	Boone, N.C.	8k	25:54.4
Oct. 28	2006	13.	Danel Slaydon	Big South Championship	Summerville, S.C.	8k	25:43.13
Nov. 11	2006	88.	Danel Slaydon	NCAA Southeast Regional	Louisville, Ky.	10k	32:54.45
Sept. 1	2007	6.	Danel Slaydon	North Carolina Opener	Chapel Hill, N.C.	5k	15:59.20

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 27	2008	204.	Danel Slaydon	Roy Griak Invitational	Falcon Heights, Minn.	8k	28:05.10
Nov. 1	2008	28.	Danel Slaydon	Big South Championship	Lynchburg, Va.	8k	27:46.90
Sept. 1	2006	7.	Danel Slaydon / Josh Morgan	Wake Forest Relays	Winston-Salem, N.C.	8k	46:12
Sept. 2	2005	3.	Danel Slaydon / Tamas Kovacs	Wake Forest Invitational	Winston-Salem, N.C.	-	45:01
Sept. 1	2004	9.	Joel Primus / Danel Slaydon	Wake Forest Relays	Winston-Salem, N.C.	-	46:29

<JESSE SLOWIKOWSKI>

Best Overall Finish (5k):	43rd / UNC Wilmington Invitational
Best Overall Finish (6k):	63rd / Winthrop / Asics Fall Classic
Best Overall Finish (8k):	74th / Winthrop Invitational (Garnet)
Best Overall Finish (10k):	N/A
Best Time (5k):	17:07 / UNC Wilmington Invitational
Best Time (6k):	20:07 / Winthrop / Asics Fall Classic
Best Time (8k):	29:02 / Winthrop Invitational (Garnet)
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	43.	Jesse Slowikowski	UNC Wilmington Invitational	Wilmington, N.C.	5k	17:07
Sept. 25	2004	74.	Jesse Slowikowski	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	29:02
Oct. 16	2004	63.	Jesse Slowikowski	Winthrop / Asics Fall Classic	Rock Hill, S.C.	6k	20:07
Sept. 1	2004	19.	Matt Goodale / Jesse Slowikowski	Wake Forest Relays	Winston-Salem, N.C.	-	49:14

<JACOB SMITH>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	7th / Covered Bridge Open
Best Overall Finish (10k):	34th / Chile Pepper Festival
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	25:51.9 / Covered Bridge Open
Best Time (10k):	31:49.4 / Chile Pepper Festival

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	9.	Jacob Smith	Wake Forest Relays	Winston-Salem, N.C.		23:12
Sept. 19	2009	18.	Jacob Smith	Big South Preview	Winston-Salem, N.C.		27:59
Sept. 26	2009	92.	Jacob Smith	Ray Griak Invitational	St. Paul, Minn.		26:46.9
Oct. 16	2009	19.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.		25:44.17
Oct. 31	2009	9.	Jacob Smith	Big South Championship	Winston-Salem, N.C.		26:24
Nov. 14	2009	139.	Jacob Smith	NCAA Southeast Regional	Louisville, Ky.		33:37.86
Sept. 3	2010	23.	Jacob Smith	Covered Bridge Open	Boone, N.C.		20:27.67
Sept. 3	2010	68.	Jacob Smith	Covered Bridge Open	Boone, N.C.		21:13.60
Sept. 25	2010	20.	Jacob Smith	Big South Preview	Blacksburg, Va.		27:48.98
Oct. 1	2010	158.	Jacob Smith	Paul Short Invitational	Bethlehem, Pa.		25:31
Oct. 15	2010	16.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.		25:19.5
Oct. 30	2010	12.	Jacob Smith	Big South Championship	Blacksburg, Va.		25:30.04
Nov. 13	2010	107.	Jacob Smith	NCAA Southeast Regional	Louisville, Ky.	10k	33:12.5
Sept. 2	2011	7.	Jacob Smith	Covered Bridge Open	Boone, N.C.	8k	25:51.9
Sept. 17	2011	5.	Jacob Smith	Big South Preview	Conway, S.C.		25:16
Sept. 30	2011	210.	Jacob Smith	Paul Short Invitational	Bethlehem, Pa.		26:10
Oct. 14	2011	5.	Jacob Smith	Blue Ridge Open (Gold Race)	Boone, N.C.		25:06.1
Oct. 29	2011	2.	Jacob Smith	Big South Championship	Conway, S.C.		24:14
Nov. 12	2011	56.	Jacob Smith	NCAA Southeast Regional	Louisville, Ky.		31:36.9
Sept. 28	2012	27.	Jacob Smith	Charlotte Invitational	Charlotte, N.C.		25:16.43
Oct. 13	2012	34.	Jacob Smith	Chile Pepper Festival	Fayetteville, Ark.	10k	31:49.4
Oct. 27	2012	1.	Jacob Smith	Big South Championship	Rock Hill, S.C.		24:35.79
Nov. 9	2012	81.	Jacob Smith	NCAA Southeast Regional	Charlotte, N.C.		31:59.83

<SHANE SMITH>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	2nd / Belmont Abbey Invitational
Best Overall Finish (10k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A
Best Time (8k):	28:31 / Belmont Abbey Invitational
Best Time (10k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	1990	2.	Shane Smith	Belmont Abbey Invitational		8k	28:31
Sept. 22	1990	39.	Shane Smith	Winthrop Invitational			28:52
Sept. 29	1990	13.	Shane Smith	Meredith Invitational (Methodist Invitational)	Fayetteville, N.C.	8k	29:31
Oct. 6	1990	2.	Shane Smith	Belmont Abbey Invitational	Belmont, N.C.		26:57
Oct. 27	1990	11.	Shane Smith	CarolinasConference / NAIA District 26 Championship	Laurinburg, N.C.		28:11
Oct. 13	1990	67.	Shane Smith	N.C. Collegiate Championships	Brevard, N.C.		

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 1 1990 5. John High / Shane Smith

Methodist College Relay

1:07.45

<SPENCER SMUCKER>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): 24th / Elon Opener
 Best Overall Finish (8k): 2nd / Big South Championship
 Best Overall Finish (10k): 51st / NCAA Southeast Regional
 Best Time (5k): N/A
 Best Time (6k): 20:04 / Elon Opener
 Best Time (8k): 24:08 / Big South Championship
 Best Time (10k): 30:56.8 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	24.	Spencer Smucker	Elon Opener	Elon, N.C.	6k	20:04
Sept. 29	2018	178.	Spencer Smucker	Paul Short Invitational	Bethlehem, Pa.		26:10
Oct. 12	2018	34.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.		26:45.75
Oct. 26	2018	13.	Spencer Smucker	Big South Championship	Kernersville, N.C.	8k	26:50.4
Nov. 9	2018	158.	Spencer Smucker	NCAA Southeast Regional	Rock Hill, S.C.		33:25.8
Aug. 30	2019	35.	Spencer Smucker	Covered Bridge Open	Boone, N.C.	8k	27:03.97
Sept. 14	2019	81.	Spencer Smucker	Commodore Classic	Nashville, Tenn.	8k	26:17.02
Sept. 27	2019	73.	Spencer Smucker	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	25:47.7
Oct. 18	2019	6.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.	8k	25:18.99
Nov. 2	2019	10.	Spencer Smucker	Big South Championship	Buies Creek, N.C.		25:39.80
Nov. 15	2019	72.	Spencer Smucker	NCAA Southeast Regional	Earlsville, Va.	10k	31:45.0
Jan. 29	2021	10.	Spencer Smucker	Winthrop / Adidas Invitational	Rock Hill, S.C.		26:19.3
Feb. 12	2021	9.	Spencer Smucker	Winter VertCross	Kernersville, N.C.	8k	26:23.72
March 5	2021	2.	Spencer Smucker	Big South Championship	Rock Hill, S.C.	8k	24:08.0
Sept. 3	2021	34.	Spencer Smucker	Covered Bridge Open	Boone, N.C.	8k	26:26.44
Oct. 2	2021	150.	Spencer Smucker	Live in Lou Classic	Louisville, Ky.	8k	25:19.6
Oct. 15	2021	17.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.	8k	26:08.9
Oct. 29	2021	8.	Spencer Smucker	Big South Championship	Kernersville, N.C.	8k	25:05.4
Nov. 12	2021	64.	Spencer Smucker	NCAA Southeast Regional	Louisville, Ky.	10k	31:01.6
Sept. 2	2022	22.	Spencer Smucker	Covered Bridge Open	Boone, N.C.	8k	26:10.32
Sept. 16	2022	15.	Spencer Smucker	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	25:27.5
Oct. 1	2022	39.	Spencer Smucker	Live in Lou Classic	Louisville, Ky.	8k	24:12.7
Oct. 14	2022	8.	Spencer Smucker	VertCross Invitational	Kernersville, N.C.	8k	25:04.3
Oct. 29	2022	4.	Spencer Smucker	Big South Championship	Farmville, Va.	8k	24:36.9
Nov. 11	2022	51.	Spencer Smucker	NCAA Southeast Regional	Louisville, Ky.	10k	30:56.8

<AIDEN SOTO>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 59th / VertCross Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 27:36.79 / Covered Bridge Open
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	74.	Aiden Soto	Covered Bridge Open	Boone, N.C.	8k	27:36.79
Sept. 16	2022	95.	Aiden Soto	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	28:27.9
Oct. 14	2022	59.	Aiden Soto	VertCross Invitational	Kernersville, N.C.	8k	28:12.4

<TY RON STIDAM>

Best Overall Finish (5k): 254th / Great American XC Classic
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 30th / HPU / Elon Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): 33:35 / Great American XC Classic
 Best Time (6k): N/A
 Best Time (8k): 33:06 / HPU / Elon Invitational
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	132.	Ty Ron Stidam	Appalachian State Invitational	Boone, N.C.	8k	33:47
Sept. 8	2001	30.	Ty Ron Stidam	HPU / Elon Invitational	Greensboro, N.C.	8k	33:06
Sept. 21	2001	254.	Ty Ron Stidam	Great American XC Classic	Rock Hill, S.C.	5k	33:35
Sept. 29	2001	102.	Ty Ron Stidam	Greensboro Invitational	Greensboro, N.C.		34:38
Oct. 6	2001	15.	Ty Ron Stidam	Hagan-Stone XC Classic	Greensboro, N.C.		31:48

<HUNTER STEINAU>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (8k): 10th / Winter VertCross
 Best Overall Finish (10k): 105th / Big South Championship
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 24:43.9 / Big South Championship
 Best Time (10k): 31:50.5 / Big South Championship

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	4.	Hunter Steinau	Winthrop / Adidas Invitational	Rock Hill, S.C.		25:53.4
Feb. 12	2021	10.	Hunter Steinau	Winter VertCross	Kemersville, N.C.	8k	26:24.61
March 5	2021	12.	Hunter Steinau	Big South Championship	Rock Hill, S.C.	8k	24:43.9
Sept. 3	2021	62.	Hunter Steinau	Covered Bridge Open	Boone, N.C.	8k	27:19.20
Sept. 17	2021	34.	Hunter Steinau	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	26:02.9
Oct. 2	2021	109.	Hunter Steinau	Live in Lou Classic	Louisville, Ky.	8k	24:59.8
Oct. 15	2021	24.	Hunter Steinau	VertCross Invitational	Kemersville, N.C.	8k	26:31.6
Oct. 29	2021	14.	Hunter Steinau	Big South Championship	Kemersville, N.C.	8k	25:36.8
Nov. 12	2021	105.	Hunter Steinau	NCAA Southeast Regional	Louisville, Ky.	10k	31:50.5
Sept. 2	2022	20.	Hunter Steinau	Covered Bridge Open	Boone, N.C.	8k	26:03.08
Sept. 16	2022	32.	Hunter Steinau	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	26:04.8
Oct. 1	2022	183.	Hunter Steinau	Live in Lou Classic	Louisville, Ky.	8k	25:32.5

<CLARK STEVENS>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 118th / UNC Charlotte Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 37:59 / UNC Charlotte Invitational
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 5	1991	118.	Clark Stevens	UNC Charlotte Invitational	Charlotte, N.C.	8k	37:59

<MIKE SZALACH>

Best Overall Finish (5k): 80th / Mountaineer Open
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 38th / Quality Inn Winthrop Invitational (Gold)
 Best Overall Finish (10k): N/A
 Best Time (5k): 18:50.60 / Mountaineer Open
 Best Time (6k): N/A
 Best Time (8k): 22:34.20 / Mountaineer Open
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	61.	Mike Szalach	Mountaineer Open	Boone, N.C.	8k	22:34.20
Sept. 7	2002	32.	Mike Szalach	HPU / Elon Invitational	Greensboro, N.C.	8k	28:29
Sept. 21	2002	38.	Mike Szalach	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	8k	28:36.71
Oct. 12	2002	58.	Mike Szalach	N.C. Collegiate Championships	Greenville, N.C.	8k	28:15
Oct. 19	2002	102.	Mike Szalach	Tribe Open	Williamsburg, Va.	8k	30:11.0
Aug. 29	2003	80.	Mike Szalach	Mountaineer Open	Boone, N.C.	5k	18:50.60
Sept. 6	2003	50.	Mike Szalach	HPU / Elon Invitational	Greensboro, N.C.		29:54
Sept.20	2003	52.	Mike Szalach	Winthrop Invitational	Rock Hill, S.C.	8k	29:37.90
Sept. 26	2003	83.	Mike Szalach	Great American Classic / Univ. B Open	Cary, N.C.	8k	30:44.0
Oct. 11	2003	83.	Mike Szalach	Furman Invitational	Greenville, S.C.	5k	29:44.20
Oct. 18	2003	87.	Mike Szalach	N.C. Collegiate Championships	Greenville, N.C.	8k	27:04.94

<BENJI SZALAI>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 24th / Big South Championship
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 26:07.0 / Big South Championship
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 28	2012	6.	Benji Szalai	Charlotte Invitational	Charlotte, N.C.		24:34.89
Oct. 13	2012	DNF	Benji Szalai	Chile Pepper Festival	Fayetteville, Ark.	10k	-
Oct. 27	2012	34.	Benji Szalai	Big South Championship	Rock Hill, S.C.		26:33.35
Nov. 9	2012	101.	Benji Szalai	NCAA Southeast Regional	Charlotte, N.C.		32:27.63
Sept. 14	2013	14.	Benji Szalai	Furman XC Classic	Greenville, S.C.		24:29.97
Sept. 21	2013	10.	Benji Szalai	VMI Invitational	Buena Vista, Va.		27:27.64

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 28	2013	42.	Benji Szalai	Virginia/Panorama Farms Invitational	Earlsville, Va.	24:42.8
Oct. 18	2013	43.	Benji Szalai	Blue Ridge Open	Boone, N.C.	25:36.38
Nov. 2	2013	22.	Benji Szalai	Big South Championship	Buena Vista, Va.	27:22.47
Nov. 15	2013	50.	Benji Szalai	NCAA Southeast Regional	Earlsville, Va.	30:35.6
Sept. 26	2014	16.	Benji Szalai	UNCG Spartan Invitational	Kernersville, N.C.	26:46.91
Oct. 17	2014	18.	Benji Szalai	Blue Ridge Open	Boone, N.C.	20:52.07
Nov. 1	2014	17.	Benji Szalai	Big South Championship	Boiling Springs, N.C.	26:15.10
Nov. 14	2014	77.	Benji Szalai	NCAA Southeast Regional	Louisville, Ky.	31:52.5
Oct. 31	2015	24.	Benji Szalai	Big South Championship	Spartanburg, S.C.	8k 26:07.0
Nov. 13	2015	162.	Benji Szalai	NCAA Southeast Regional	Earlsville, Va.	33:01.3

<JAKE TAROSKY>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		18th / VertCross Invitational
Best Overall Finish (10k):		123rd / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		25:44.6 / VertCross Invitational
Best Time (10k):		32:37.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	55.	Jake Tarosky	Covered Bridge Open	Boone, N.C.	8k	27:02.01
Sept. 17	2021	48.	Jake Tarosky	Virginia/Panorama Farms Invitational	Charlottesville, Va.	8k	26:56.7
Oct. 2	2021	262.	Jake Tarosky	Live in Lou Classic	Louisville, Ky.	8k	26:33.6
Oct. 15	2021	30.	Jake Tarosky	VertCross Invitational	Kernersville, N.C.	8k	26:57.3
Oct. 29	2021	35.	Jake Tarosky	Big South Championship	Kernersville, N.C.	8k	26:43.2
Nov. 12	2021	186.	Jake Tarosky	NCAA Southeast Regional	Louisville, Ky.	10k	34:03.4
Sept. 2	2022	45.	Jake Tarosky	Covered Bridge Open	Boone, N.C.	8k	26:39.74
Sept. 16	2022	70.	Jake Tarosky	Virginia Tech Alumni Invite	Blacksburg, Va.	8k	27:11.1
Oct. 14	2022	18.	Jake Tarosky	VertCross Invitational	Kernersville, N.C.	8k	25:44.6
Oct. 29	2022	20.	Jake Tarosky	Big South Championship	Farmville, Va.	8k	25:55.6
Nov. 11	2022	123.	Jake Tarosky	NCAA Southeast Regional	Louisville, Ky.	10k	32:37.1

<MIKE THIELE>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		N/A
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	50.	Mike Thiele	Big South Preview	Winston-Salem, N.C.		31:34
Oct. 16	2009	53.	Mike Thiele	Blue Ridge Open	Boone, N.C.		29:33.19
Oct. 31	2009	65.	Mike Thiele	Big South Championship	Winston-Salem, N.C.		30.45

<VINNY TODARO>

Best Overall Finish (5k):		9th / Three Stripe Invite
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		1st / USC Upstate Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		15:29.42 / Three Stripe Invite
Best Time (6k):		N/A
Best Time (8k):		24:54.3 / Big South Championship
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	20.	Vinny Todaro	Western Carolina XC Invitational	Cullowhee, N.C.		15:51.81
Sept. 14	2013	30.	Vinny Todaro	Furman XC Classic	Greenville, S.C.		25:01.62
Sept. 21	2013	52.	Vinny Todaro	VMI Invitational	Buena Vista, Va.		29:30.13
Oct. 18	2013	143	Vinny Todaro	Blue Ridge Open	Boone, N.C.		27:15.82
Nov. 2	2013	51.	Vinny Todaro	Big South Championship	Buena Vista, Va.		28:28.69
Sept. 26	2014	25.	Vinny Todaro	UNCG Spartan Invitational	Kernersville, N.C.		27:37.53
Oct. 17	2014	48.	Vinny Todaro	Blue Ridge Open	Boone, N.C.		21:51.95
Nov. 1	2014	21.	Vinny Todaro	Big South Championship	Boiling Springs, N.C.		26:36.70
Nov. 8	2014	9.	Vinny Todaro	Three Stripe Invite	Cary, N.C.	5k	15:29.42
Sept. 4	2015	4.	Vinny Todaro	Elon Invitational	Elon, N.C.		18:49
Sept. 26	2015	34.	Vinny Todaro	Virginia/Panorama Farms Invitational	Earlsville, Va.		24:52.2
Oct. 3	2015	1.	Vinny Todaro	USC Upstate Invitational	Spartanburg, S.C.	8k	25:28.97
Oct. 17	2015	94.	Vinny Todaro	Pre Nationals (Black Race)	Louisville, Ky.	8k	25:22.90
Oct. 31	2015	7.	Vinny Todaro	Big South Championship	Spartanburg, S.C.	8k	24:54.3

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Nov. 13	2015	120.	Vinny Todaro	NCAA Southeast Regional	Earlsville, Va.		32:18.3
Sept. 1	2016	2.	Vinny Todaro	Elon Opener	Elon, N.C.		18:56
Sept. 16	2016	37.	Vinny Todaro	Coast-to-Coast Battle in Beantown	Boston, Mass.		25:43
Sept. 24	2016	2.	Vinny Todaro	Greensboro XC Invitational	Greensboro, N.C.	8k	27:20.5
Oct. 1	2016	5.	Vinny Todaro	Asheville XC Challenge	Asheville, N.C.	8k	26:01.12
Oct. 14	2016	45.	Vinny Todaro	VertCross Invitational	Kernersville, N.C.	8k	26:09.73
Oct. 28	2016	6.	Vinny Todaro	Big South Championship	Asheville, N.C.	8k	25:43.07

<ALEJANDRO JUAN TORRES>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		2nd / Big South Preview
Best Overall Finish (10k):		75th / NCAA Southeast Regional
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		24:30.60 / Pre Nationals (Black Race)
Best Time (10k):		31:07.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2015	6.	Alejandro Juan Torres	Elon Invitational	Elon, N.C.		18:55
Sept. 26	2015	80.	Alejandro Juan Torres	Virginia/Panorama Farms Invitational	Earlsville, Va.		26:04.3
Oct. 3	2015	7.	Alejandro Juan Torres	USC Upstate Invitational	Spartanburg, S.C.	8k	26:01.92
Oct. 17	2015	23.	Alejandro Juan Torres	Pre Nationals (Black Race)	Louisville, Ky.	8k	24:38.60
Oct. 31	2015	10.	Alejandro Juan Torres	Big South Championship	Spartanburg, S.C.	8k	25:03.4
Nov. 13	2015	80.	Alejandro Juan Torres	NCAA Southeast Regional	Earlsville, Va.		31:35.8
Sept. 1	2016	13.	Alejandro Juan Torres	Elon Opener	Elon, N.C.		19:38
Sept. 16	2016	35.	Alejandro Juan Torres	Coast-to-Coast Battle in Beantown	Boston, Mass.		25:39.20
Oct. 14	2016	28.	Alejandro Juan Torres	VertCross Invitational	Kernersville, N.C.	8k	25:49.88
Oct. 28	2016	22.	Alejandro Juan Torres	Big South Championship	Asheville, N.C.	8k	26:59.32
Sept. 2	2017	6.	Alejandro Juan Torres	Elon Opener	Elon, N.C.		18:44.5
Sept. 16	2017	2.	Alejandro Juan Torres	Big South Preview	Lynchburg, Va.	8k	26:46.3
Sept. 30	2017	2.	Alejandro Juan Torres	Upstate Invite	Spartanburg, S.C.		24:58.7
Oct. 13	2017	6.	Alejandro Juan Torres	HPU VertCross Invitational	Kernersville, N.C.	8k	24:55.73
Nov. 10	2017	75.	Alejandro Juan Torres	NCAA Southeast Regional	Earlsville, Va.	10k	31:07.7

<MIKE TURMALA>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		N/A
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		26:43 / NAIA District 26 Championship
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 14	1970		Mike Turmala	NAIA District 26 Championship	High Point, N.C.	8k	26:43
Nov. 21	1970		Mike Turmala	NAIA National Championship	Liberty, Mo. (William Jewel College)		

<RYAN UDVADIA>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):		12th / USC Upstate Invitational
Best Overall Finish (10k):		N/A
Best Time (5k):		N/A
Best Time (6k):		N/A
Best Time (8k):		25:19.30 / Pre Nationals (Black Race)
Best Time (10k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 13	2014	9.	Ryan Udvadia	Gardner-Webb Invitational	Boiling Springs, N.C.		26:07.33
Sept. 26	2014	77.	Ryan Udvadia	Virginia/Panorama Farms Invitational	Earlsville, Va.	8k	26:10.45
Oct. 17	2014	9.	Ryan Udvadia	Blue Ridge Open	Boone, N.C.		20:42.94
Nov. 1	2014	10.	Ryan Udvadia	Big South Championship	Boiling Springs, N.C.		25:57.90
Nov. 14	2014	176.	Ryan Udvadia	NCAA Southeast Regional	Louisville, Ky.		33:53.7
Sept. 4	2015	3.	Ryan Udvadia	Elon Invitational	Elon, N.C.		18:45
Sept. 26	2015	67.	Ryan Udvadia	Virginia/Panorama Farms Invitational	Earlsville, Va.		25:41.3
Oct. 3	2015	12.	Ryan Udvadia	USC Upstate Invitational	Spartanburg, S.C.	8k	26:14.00
Oct. 17	2015	90.	Ryan Udvadia	Pre Nationals (Black Race)	Louisville, Ky.	8k	25:19.30
Oct. 31	2015	15.	Ryan Udvadia	Big South Championship	Spartanburg, S.C.	8k	25:41.0
Nov. 13	2015	99.	Ryan Udvadia	NCAA Southeast Regional	Earlsville, Va.		31:51.8

<RAYAN VANDERPOORTEN>

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....10th / Big South Championship
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....25:26.9 / Big South Championship
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 29	2021	10.	Rayan Vanderpoorten	Big South Championship	Kernersville, N.C.	8k	25:26.9
Nov. 12	2021	-	Rayan Vanderpoorten	NCAA Southeast Regional	Louisville, Ky.	10k	DNF

<PATRICK VAN DER CRUYSSSEN>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....9th / Greensboro XC Invitational
 Best Overall Finish (10k):.....189th / NCAA Southeast Regional
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....27:14.00 / Big South Championship
 Best Time (10k):.....33:33.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 24	2016	9.	Patrick Van Der Cruyssen	Greensboro XC Invitational	Greensboro, N.C.	8k	29:54.1
Oct. 14	2016	130.	Patrick Van Der Cruyssen	VertCross Invitational	Kernersville, N.C.	8k	27:26.53
Oct. 28	2016	26.	Patrick Van Der Cruyssen	Big South Championship	Asheville, N.C.	8k	27:14.00
Sept. 2	2017	62.	Patrick Van Der Cruyssen	Elon Opener	Elon, N.C.		21:52.6
Sept. 16	2017	35.	Patrick Van Der Cruyssen	Big South Preview	Lynchburg, Va.	8k	31:16.5
Sept. 30	2017	67.	Patrick Van Der Cruyssen	Upstate Invite	Spartanburg, S.C.		27:58.4
Oct. 13	2017	79.	Patrick Van Der Cruyssen	HPU VertCross Invitational	Kernersville, N.C.	8k	27:29.85
Oct. 28	2017	38.	Patrick Van Der Cruyssen	Big South Championship	Lynchburg, Va.	8k	27:47.8
Nov. 10	2017	189.	Patrick Van Der Cruyssen	NCAA Southeast Regional	Earlsville, Va.	10k	33:33.1

<MATT VAN DEUSEN>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....11th / UNC Pembroke Meet
 Best Overall Finish (8k):.....8th / Radford Invitational
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....22:32 / UNC Pembroke Meet
 Best Time (8k):.....26:51 / N.C. Collegiate Championships
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	10.	Matt Van Deusen	HPU / Elon Invitational	Greensboro, N.C.	8k	29:30
Sept. 12	1998	11.	Matt Van Deusen	UNC Pembroke Meet	Pembroke, N.C.	6k	22:32
Sept. 19	1998	23.	Matt Van Deusen	Winthrop Invitational	Rock Hill, S.C.	8k	27:52
Sept. 26	1998	35.	Matt Van Deusen	Greenboro Invitational	Greensboro, N.C.	8k	29:54
Oct. 3	1998	8.	Matt Van Deusen	Radford Invitational	Radford, Va.	8k	27:16
Oct. 17	1998	66.	Matt Van Deusen	N.C. Collegiate Championships	Greenville, N.C.	8k	26:51
Oct. 31	1998	26.	Matt Van Deusen	Big South Championship (Division B)	Radford, Va.	8k	27:16

<MATT VERA>

Best Overall Finish (5k):.....46th / Furman Invitational
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....33rd / Winthrop Invitational
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....27:55.39 / Furman Invitational
 Best Time (6k):.....N/A
 Best Time (8k):.....26:11.19 / N.C. Collegiate Championships
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept.20	2003	33.	Matt Vera	Winthrop Invitational	Rock Hill, S.C.	8k	27:20.75
Sept. 26	2003	59.	Matt Vera	Great American Classic / Univ. B Open	Cary, N.C.	8k	29:33.2
Oct. 11	2003	46.	Matt Vera	Furman Invitational	Greenville, S.C.	5k	27:55.39
Oct. 18	2003	68.	Matt Vera	N.C. Collegiate Championships	Greenville, N.C.	8k	26:11.19

<STEVE WALL>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): N/A
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 27	1990	34.	Steve Wall	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		32:29

<BRENT WARD>

Best Overall Finish (5k): 17th / High Point Invitational
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 23rd / East Carolina Invitational
 Best Overall Finish (10k): 82nd / USC Upstate Invitational
 Best Time (5k): 19:34 / High Point Invitational
 Best Time (6k): N/A
 Best Time (8k): 34:18 / East Carolina Invitational
 Best Time (10k): 42:52.10 / USC Upstate Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	17.	Brent Ward	High Point Invitational	High Point, N.C.	5k	19:34
Sept. 17	1994	37.	Brent Ward	Wake Forest CC Classic	Winston-Salem, N.C.		19:52
Sept. 24	1994	60	Brent Ward	-	-		34:06
Oct. 1	1994	23.	Brent Ward	East Carolina Invitational	Greenville, N.C.	8k	34:18
Oct. 8	1994	82.	Brent Ward	USC Upstate Invitational	Spartanburg, S.C.	10k	42:52.10

<BOBBY WATTS>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): 25th / UNC Pembroke Invitational
 Best Overall Finish (10k): N/A
 Best Time (5k): N/A
 Best Time (6k): N/A
 Best Time (8k): 29:15 / UNC Pembroke Invitational
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1991	39.	Bobby Watts	USC Upstate Invitational	Spartanburg, S.C.		31:01
Sept. 14	1991	25.	Bobby Watts	UNC Pembroke Invitational	Pembroke, N.C.	8k	29:15
Sept. 28	1991	35.	Bobby Watts	Charleston Southern Invitational	Charleston, S.C.		28:14

<JAMES WHITE>

Best Overall Finish (5k): 1st / Belmont Abbey Invitational
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): N/A
 Best Overall Finish (10k): N/A
 Best Time (5k): 25:35 / NAIA National Championships
 Best Time (6k): N/A
 Best Time (8k): N/A
 Best Time (10k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1992	11.	James White	UNC Pembroke Invitational	Pembroke, N.C.		26:39
Sept. 19	1992	9.	James White	Winthrop Invitational	Rock Hill, S.C.		27:08
Sept. 26	1992	4.	James White	Greensboro Invitational	Greensboro, N.C.		26:51
Oct. 3	1992	18.	James White	UNC Charlotte Invitational	Charlotte, N.C.	8k	26:06
Oct. 10	1992	1.	James White	Belmont Abbey Invitational	Belmont, N.C.		26:42
Oct. 17	1992	23.	James White	N.C. Collegiate Championships	Durham, N.C.		27:06
Oct. 24	1992	1.	James White	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		26:22
Oct. 24	1992	74.	James White	NAIA National Championships	Kenosha, Wisc.		28:20
Sept. 11	1993	1.	James White	UNC Pembroke Invitational	Pembroke, N.C.		20:23
Sept. 18	1993	1.	James White	Wake Forest CC Classic	Winston-Salem, N.C.		16:22
Sept. 25	1993	6.	James White	N.C. Collegiate Championships	Greensboro, N.C.		25:25
Oct. 3	1993	1.	James White	Methodist Invitational	Fayetteville, N.C.		26:35
Oct. 10	1993	1.	James White	Belmont Abbey Invitational	Belmont, N.C.	8k	27:08
Oct. 17	1993	2.	James White	N.C. Collegiate Championships	Cullowhee, N.C.	8k	26:06
Nov. 20	1993	25.	James White	NAIA National Championships	Kenosha, Wisc.	8k	25:35

<MIKE WHITE>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): N/A
 Best Overall Finish (8k): N/A
 Best Overall Finish (10k): 8th / N.C. Collegiate Championships

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....27:26 / N.C. Collegiate Championships
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1993	2.	Mike White	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	2.	Mike White	Wake Forest CC Classic	Winston-Salem, N.C.		16:54
Sept. 25	1993		Mike White	N.C. Collegiate Championships	Greensboro, N.C.		27:48
Oct. 17	1993	8.	Mike White	N.C. Collegiate Championships	Cullowhee, N.C.	8k	27:26

<EDDIE WHITLOCK>

Best Overall Finish (5k):.....27th / Three Stripe Invite
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....93rd / Blue Ridge Mountain Open
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....16:25.38 / Three Stripe Invite
 Best Time (6k):.....N/A
 Best Time (8k):.....26:43.43 / Blue Ridge Mountain Open
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2007	93.	Eddie Whitlock	Blue Ridge Mountain Open	Boone, N.C.	8k	26:43.43
Sept. 15	2012	74.	Eddie Whitlock	adidas/Winthrop Invitational	Rock Hill, S.C.		27:05.87
Sept. 28	2012	17.	Eddie Whitlock	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.		26:59
Oct. 12	2012	93.	Eddie Whitlock	Blue Ridge Open	Boone, N.C.		26:43.43
Sept. 26	2014	26.	Eddie Whitlock	UNCG Spartan Invitational	Kemersville, N.C.		27:47.77
Nov. 8	2014	27.	Eddie Whitlock	Three Stripe Invite	Cary, N.C.	5k	16:25.38

<JASON WILLIAMS>

Best Overall Finish (5k):.....20th / UNC Wilmington Invitational
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....9th / Overton XC Meet
 Best Overall Finish (10k):.....79th / NCAA Southeast Regional
 Best Time (5k):.....16:22 / UNC Wilmington Invitational
 Best Time (6k):.....N/A
 Best Time (8k):.....26:01 / Winthrop Invitational (Garnet)
 Best Time (10k):.....32:14.5 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	20.	Jason Williams	UNC Wilmington Invitational	Wilmington, N.C.	5k	16:22
Sept. 25	2004	28.	Jason Williams	Winthrop Invitational (Garnet)	Rock Hill, S.C.	8k	26:01
Oct. 1	2004	134.	Jason Williams	Great American XC Festival	Cary, N.C.	8k	28:13.84
Oct. 30	2004	48.	Jason Williams	Big South Championship	Rock Hill, S.C.	8k	28:04
Sept. 2	2005	32.	Jason Williams	Wake Forest Invitational	Winston-Salem, N.C.	-	24:34
Sept. 17	2005	18.	Jason Williams	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	8k	27:43
Sept. 24	2005	9.	Jason Williams	Overton XC Meet	Greenville, N.C.	8k	26:19.56
Oct. 14	2005	55.	Jason Williams	Blue Ridge Open	Boone, N.C.	8k	27:20
Oct. 29	2005	20.	Jason Williams	Big South Championship	Lexington, Va.	8k	26:41.26
Nov. 12	2005	79.	Jason Williams	NCAA Southeast Regional	Greenville, N.C.	10k	32:14.5
Sept. 2	2005	15.	Jeff Fairman / Jason Williams	Wake Forest Invitational	Winston-Salem, N.C.	-	48:57
Sept. 1	2004	8.	Kyle Lounsbury / Jason Williams	Wake Forest Relays	Winston-Salem, N.C.	-	46:28

<NICK WILLIAMS>

Best Overall Finish (5k):.....36th / Three Stripe Invite
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....N/A
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....18:55.35 / Three Stripe Invite
 Best Time (6k):.....N/A
 Best Time (8k):.....N/A
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 8	2014	36.	Nick Williams	Three Stripe Invite	Cary, N.C.	5k	18:55.35

<CHIP WILSON>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....N/A
 Best Overall Finish (10k):.....N/A
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A

INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Best Time (8k):.....N/A
 Best Time (10k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 27	1975	30.	Chip Wilson	UNC Pembroke Invitational	Pembroke, N.C.		

<JOHN YANKELLO>

Best Overall Finish (5k):.....N/A
 Best Overall Finish (6k):.....N/A
 Best Overall Finish (8k):.....52nd / Blue Ridge Mountain Open
 Best Overall Finish (10k):.....219th / NCAA Southeast Regional
 Best Time (5k):.....N/A
 Best Time (6k):.....N/A
 Best Time (8k):.....25:45.07 / Blue Ridge Mountain Open
 Best Time (10k):.....36:50.93 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2007	52.	John Yankello	Blue Ridge Mountain Open	Boone, N.C.	8k	25:45.07
Sept. 3	2010	39.	John Yankello	Covered Bridge Open	Boone, N.C.		20:46.05
Sept. 25	2010	21.	John Yankello	Big South Preview	Blacksburg, Va.		27:55.38
Oct. 1	2010	329.	John Yankello	Paul Short Invitational	Bethlehem, Pa.		26:56
Oct. 15	2010	45.	John Yankello	Blue Ridge Open (Gold Race)	Boone, N.C.		26:02.8
Oct. 30	2010	21.	John Yankello	Big South Championship	Blacksburg, Va.		26:22.54
Nov. 13	2010	219.	John Yankello	NCAA Southeast Regional	Louisville, Ky.	10k	36:50.93
Sept. 2	2011	57.	John Yankello	Covered Bridge Open	Boone, N.C.	8k	27:37.1
Sept. 17	2011	17.	John Yankello	Big South Preview	Conway, S.C.		26:17
Sept. 30	2011	283.	John Yankello	Paul Short Invitational	Bethlehem, Pa.		27:24
Oct. 14	2011	44.	John Yankello	Blue Ridge Open (Gold Race)	Boone, N.C.		26:07.8
Oct. 29	2011	21.	John Yankello	Big South Championship	Conway, S.C.		25:36
Nov. 12	2011	125.	John Yankello	NCAA Southeast Regional	Louisville, Ky.		33:02.1
Sept. 15	2012	54.	John Yankello	adidas/Winthrop Invitational	Rock Hill, S.C.		26:33.23
Sept. 28	2012	83.	John Yankello	Charlotte Invitational	Charlotte, N.C.		26:24.11
Oct. 12	2012	52.	John Yankello	Blue Ridge Open	Boone, N.C.		25:45.07
Oct. 27	2012	36.	John Yankello	Big South Championship	Rock Hill, S.C.		26:36.55
Aug. 30	2013	26.	John Yankello	Western Carolina XC Invitational	Cullowhee, N.C.		16:05.48
Sept. 14	2013	45.	John Yankello	Furman XC Classic	Greenville, S.C.		25:24.06
Sept. 21	2013	22.	John Yankello	VMI Invitational	Buena Vista, Va.		28:02.46
Sept. 28	2013	90.	John Yankello	Virginia/Panorama Farms Invitational	Earlsville, Va.		26:04.1
Aug. 31	2012	12.	John Yankello / Chris Colo	Demon Deacon Quad	Winston-Salem, N.C.		50:59

AWARDS & ACCOLADES

<BIG SOUTH ALL-CONFERENCE (55)>

Player	Distinction	Date / Year
Niran Pillay	Big South All-Conference Team	2000
Tommy Evans	Big South All-Conference Team	2001
Tommy Evans	Big South All-Conference Team	2002
Jeff Fairman	Big South All-Conference Team	2002
Taylor Maine	Big South All-Conference Team	2002
Adrian Hill	Big South All-Conference Team	2002
Jeff Fairman	Big South All-Conference Team	2003
Bubba Hill	Big South All-Conference Team	2003
Tim Dutton	Big South All-Conference Team	2003
Derek Naklusi	Big South All-Conference Team	2003
Derek Naklusi	Big South All-Conference Team	2004
David Ferier	Big South All-Conference Team	2004
Bubba Hill	Big South All-Conference Team	2004
Joel Primus	Big South All-Conference Team	2004
Tamas Kovacs	Big South All-Conference Team	2005
Tamas Kovacs	Big South All-Conference Team	2006
Jesse Cherry	Big South All-Conference Team	2006
Jesse Cherry	Big South All-Conference Team	2007
Tamas Kovacs	Big South All-Conference Team	2007
Jesse Cherry	Big South All-Conference Team	2008
Anthony Berkis	Big South All-Conference Team	2008
Josh Morgan	Big South All-Conference Team	2009
Neal Darmody	Big South All-Conference Team	2009
Jacob Smith	Big South All-Conference Team	2009
Neal Darmody	Big South All-Conference Team	2010
Patrick Crawford	Big South All-Conference Team	2010
Jevin Monds	Big South All-Conference Team	2010
Jacob Smith	Big South All-Conference Team	2011
Patrick Crawford	Big South All-Conference Team	2011
Neal Darmody	Big South All-Conference Team	2011
Jacob Smith	Big South All-Conference Team	2012
Patrick Crawford	Big South All-Conference Team	2012
Jeff LaCoste	Big South All-Conference Team	2012
Patrick Crawford	Big South All-Conference Team	2013
Jeff LaCoste	Big South All-Conference Team	2013
Paddy Grandinali	Big South All-Conference Team	2013
Jeff LaCoste	Big South All-Conference Team	2014
Chris Colo	Big South All-Conference Team	2014
James Quattlebaum	Big South All-Conference Team	2014
Reece Ayers	Big South All-Conference Team	2014
Ryan Udvadia	Big South All-Conference Team	2014
Paddy Grandinali	Big South All-Conference Team	2014
Paddy Grandinali	Big South All-Conference Team	2015
Vinny Todaro	Big South All-Conference Team	2015
Alejandro Juan Torres	Big South All-Conference Team	2015
Jeff LaCoste	Big South All-Conference Team	2015
Vinny Todaro	Big South All-Conference Team	2016
Hocine Bouchark	Big South All-Conference Team	2017
Hocine Bouchark	Big South All-Conference Team	2018
Hocine Bouchark	Big South All-Conference Team	2019
Spencer Smucker	Big South All-Conference Team	2019
Austen Cave	Big South All-Conference Team	2019
Spencer Smucker	Big South All-Conference Team	2020-21
Hocine Bouchark	Big South All-Conference Team	2020-21
Hunter Steinau	Big South All-Conference Team	2020-21

AWARDS & ACCOLADES

<BIG SOUTH ALL-CONFERENCE (FIRST TEAM) (1)>

Player	Distinction	Date / Year
Hocine Bouchark	Big South All-Conference Team (First Team)	2021

<BIG SOUTH ALL-CONFERENCE (SECOND TEAM) (3)>

Player	Distinction	Date / Year
Spencer Smucker	Big South All-Conference Team (Second Team)	2021
Rayan Vanderpoorten	Big South All-Conference Team (Second Team)	2021
Hunter Steinau	Big South All-Conference Team (Second Team)	2021

<BIG SOUTH TEAM SPORTSMANSHIP AWARD (1)>

Player	Distinction	Date / Year
High Point	Big South Team Sportsmanship Award	2008

<BIG SOUTH ALL-DECADE TEAM (4)>

Player	Distinction	Date / Year
Jesse Cherry	Big South All-Decade Team	2000-09
Tamas Kovacs	Big South All-Decade Team	2000-09
Patrick Crawford	Big South All-Decade Team	2010-19
Jeff LaCoste	Big South All-Decade Team	2010-19
Jacob Smith	Big South All-Decade Team	2010-19

<BIG SOUTH FRESHMAN RUNNER OF THE WEEK (15)>

Player	Distinction	Date / Year
Tamas Kovacs	Big South Runner of the Week	October 3, 2006
Tamas Kovacs	Big South Runner of the Week	September 6, 2007
Jesse Cherry	Big South Runner of the Week	October 1, 2008
Patrick Crawford	Big South Runner of the Week	September 8, 2010
Patrick Crawford	Big South Runner of the Week	October 19, 2011
Benji Szalai	Big South Runner of the Week	October 3, 2012
Patrick Crawford	Big South Runner of the Week	September 4, 2013
Patrick Crawford	Big South Runner of the Week	September 18, 2013
Jeff LaCoste	Big South Runner of the Week	October 23, 2013
Jeff LaCoste	Big South Runner of the Week	Septemer 23, 2014
Vinny Todaro	Big South Runner of the Week	October 7, 2015
Hocine Bouchark	Big South Runner of the Week	October 2, 2019
Hocine Bouchark	Big South Runner of the Week	February 3, 2021
Hocine Bouchark	Big South Runner of the Week	February 17, 2021
Othmane El Gharissi	Big South Runner of the Week	October 5, 2022

<BIG SOUTH FRESHMAN RUNNER OF THE WEEK (3)>

Player	Distinction	Date / Year
Graham Ferguson	Big South Freshman Runner of the Week	September 22, 2021
Graham Ferguson	Big South Freshman Runner of the Week	October 5, 2021
Jake Tarosky	Big South Freshman Runner of the Week	October 21, 2021

<BIG SOUTH ALL-ACADEMIC TEAM (20)>

Player	Distinction	Date / Year
Jeff Fairman	Big South All-Academic Team	2002
Jeff Fairman	Big South All-Academic Team	2003
Kyle Lounsbury	Big South All-Academic Team	2004
Jeff Fairman	Big South All-Academic Team	2005
Tamas Kovacs	Big South All-Academic Team	2006
Tamas Kovacs	Big South All-Academic Team	2007
Cole Atkins	Big South All-Academic Team	2008
Josh Morgan	Big South All-Academic Team	2009
Jevin Monds	Big South All-Academic Team	2010
Neal Darmody	Big South All-Academic Team	2011
John Yankello	Big South All-Academic Team	2012
Reece Ayers	Big South All-Academic Team	2013

AWARDS & ACCOLADES

Reece Ayers	Big South All-Academic Team	2014
Vinny Todaro	Big South All-Academic Team	2015
Vinny Todaro	Big South All-Academic Team	2016
Alejandro Juan Torres	Big South All-Academic Team	2017
Siro Pina Cardona	Big South All-Academic Team	2018
Hocine Bouchark	Big South All-Academic Team	2019
Hocine Bouchark	Big South All-Academic Team	2020-21
Hocine Bouchark	Big South All-Academic Team	2021

<BIG SOUTH RUNNER OF THE YEAR (3)>

Player	Distinction	Date / Year
Jacob Smith	Big South Runner of the Year	2012
Patrick Crawford	Big South Runner of the Year	2013
Jeff LaCoste	Big South Runner of the Year	2014

<BIG SOUTH ROOKIE / FRESHMAN OF THE YEAR (8)>

Player	Distinction	Date / Year
Niran Pillay	Big South Rookie / Freshman of the Year	2000
Kyle Lounsbury	Big South Rookie / Freshman of the Year	2003
Tamas Kovacs	Big South Rookie / Freshman of the Year	2005
Anthony Berkis	Big South Rookie / Freshman of the Year	2008
Jacob Smith	Big South Rookie / Freshman of the Year	2009
Patrick Crawford	Big South Rookie / Freshman of the Year	2010
Reese Ayers	Big South Rookie / Freshman of the Year	2011
Spencer Smucker	Big South Rookie / Freshman of the Year	2018

<BIG SOUTH COACH OF THE YEAR (4)>

Player	Distinction	Date / Year
Al Barnes	Big South Coach of the Year	2002
Al Barnes	Big South Coach of the Year	2003
Al Barnes	Big South Coach of the Year	2004
Mike Esposito	Big South Coach of the Year	2014

<BIG SOUTH SCHOLAR-ATHLETE OF THE YEAR (3)>

Player	Distinction	Date / Year
Tamas Kovacs	Big South Scholar-Athlete of the Year	2007
Neal Darmody	Big South Scholar-Athlete of the Year	2011
Reece Ayers	Big South Scholar-Athlete of the Year	2014

<ALL-CONFERENCE / ALL-DISTRICT (2)>

Player	Distinction	Date / Year
Cindy Harvey	Carolinas Intercollegiate Athletic Conference All-Conference	1989
Delia Stanley	Carolinas Intercollegiate Athletic Conference All-Conference	1991

<MVP-CAROLINAS INTERCOLLEGIATE ATHLETIC CONFERENCE / DISTRICT 26 MEET (10)>

Player	Distinction	Date / Year
John High	Most Valuable Player-Carolinas Intercollegiate Athletic Conference / District 26 Meet	October 26, 1991

<CAROLINAS INTERCOLLEGIATE ATHLETIC CONFERENCE ALL-CONFERENCE (7)>

Player	Distinction	Date / Year
Mike Turmala	All-Conference / All-District	1974
Perry Macheras	All-Conference / All-District	1974

<CAROLINAS INTERCOLLEGIATE ATHLETIC CONFERENCE COACH OF THE YEAR (2)>

Player	Distinction	Date / Year
Bob Davidson	Carolinas Intercollegiate Athletic Conference Coach of the Year	1991
Bob Davidson	Carolinas Intercollegiate Athletic Conference Coach of the Year	1994

AWARDS & ACCOLADES

<CAROLINAS ATHLETIC CONFERENCE RUNNER OF THE YEAR (1)>

Player	Distinction	Date / Year
John High	Carolinas Athletic Conference Runner of the Year	1989

<CAROLINAS INTERCOLLEGIATE ATHLETIC CONFERENCE RUNNER OF THE YEAR (1)>

Player	Distinction	Date / Year
Robert McCulloch	Carolinas Intercollegiate Athletic Conference Runner of the Year	1994

<CAROLINAS INTERCOLLEGIATE ATHLETIC CONFERENCE ALL-CONFERENCE (10)>

Player	Distinction	Date / Year
John High	Carolinas Intercollegiate Athletic Conference All-Conference	1989
John High	Carolinas Intercollegiate Athletic Conference All-Conference	1991
Mike Dyess	Carolinas Intercollegiate Athletic Conference All-Conference	1991
John High	Carolinas Intercollegiate Athletic Conference All-Conference	1993
Terry Kersey	Carolinas Intercollegiate Athletic Conference All-Conference	1993
Robert McCulloch	Carolinas Intercollegiate Athletic Conference All-Conference	1994
Sean Carter	Carolinas Intercollegiate Athletic Conference All-Conference	1994
Brian Donaruma	Carolinas Intercollegiate Athletic Conference All-Conference	1994
Daniel Doub	Carolinas Intercollegiate Athletic Conference All-Conference	1994
Mike Dyess	Carolinas Intercollegiate Athletic Conference All-Conference	1994

<NAIA ALL-DISTRICT 26 (8)>

Player	Distinction	Date / Year
Ron DeMent	NAIA All-District 26	1975
Steve Dunham	NAIA All-District 26	1976
Mark Hamlett	NAIA All-District 26	1976
Matt Rogers	NAIA All-District 26	1976
Randy Lazelere	NAIA All-District 26	1976
John High	NAIA All-District 26	1991
John High	NAIA All-District 26	1993
Terry Kersey	NAIA All-District 26	1993

<NAIA ALL-DISTRICT 26 FIRST TEAM (7)>

Player	Distinction	Date / Year
Eric Noren	NAIA District 26 All-District First Team	1969
Grinch Johnson	NAIA District 26 All-District First Team	1969
Lloyd Davis	NAIA District 26 All-District First Team	1969
Lloyd Davis	NAIA District 26 All-District First Team	1970
Mike Turmala	NAIA District 26 All-District First Team	1970
Richard Litchford	NAIA District 26 All-District First Team	1969
Richard Litchford	NAIA District 26 All-District First Team	1970

<NAIA ALL-DISTRICT 26 SECOND TEAM (7)>

Player	Distinction	Date / Year
Walter Mantz	NAIA District 26 All-District Second Team	1969
Eric Noren	NAIA District 26 All-District Second Team	1970

<NAIA DISTRICT 26 COACH OF THE YEAR (3)>

Player	Distinction	Date / Year
Bob Davidson	NAIA Area Seven Coach of the Year	1993

<NAIA AREA SEVEN COACH OF THE YEAR (1)>

Player	Distinction	Date / Year
Bob Davidson	NAIA District 26 Coach of the Year	1969
Bob Davidson	NAIA District 26 Coach of the Year	1970
Bob Davidson	NAIA District 26 Coach of the Year	1976

<NAIA ALL-AMERICAN (1)>

Player	Distinction	Date / Year
James White	NAIA All-American	1993

AWARDS & ACCOLADES

<NORTH CAROLINA ALL-STATE TEAM (1)>

Player	Distinction	Date / Year
James White	North Carolina All-State Team	1993

<U.S. TRACK & FIELD CROSS COUNTRY COACHES ASSOCIATION ATHLETE OF THE WEEK (1)>

Player	Distinction	Date / Year
Hocine Bouchark	U.S. Track & Field Cross Country Coaches Association Athlete of the Week	February 17, 2021

<U.S. TRACK & FIELD CROSS COUNTRY COACHES ASSOCIATION ATHLETE (1)>

Player	Distinction	Date / Year
Hocine Bouchark	U.S. Track & Field Cross Country Coaches Association Athlete	2019

<U.S. TRACK & FIELD CROSS COUNTRY COACHES ASSOCIATION ALL-REGION (SOUTHEAST) (4)>

Player	Distinction	Date / Year
Jeff LaCoste	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2013
Patrick Crawford	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2013
Jeff LaCoste	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2014
Hocine Bouchark	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2019

<U.S. TRACK & FIELD CROSS COUNTRY COACHES ASSOCIATION ALL-ACADEMIC TEAM (13)>

Player	Distinction	Date / Year
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2003
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2004
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2007
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2008
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2009
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2011
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2013
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2015
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2016
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2017
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2018
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2019
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2020

<WORLD CROSS COUNTRY CHAMPIONSHIP PARTICIPANT (1)>

Player	Distinction	Date / Year
Joel Primus	World Cross Country Championship Participant	2004