



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

EVENT-BY-EVENT RESULTS

<1989>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	1989			Methodist College Relay	Fayetteville, N.C.		
Sept. 16	1989	-	High Point	Belmont Abbey Invitational	Belmont, N.C.	5k	NTS
Sept. 16	1989		Cindy Harvey	Belmont Abbey Invitational	Belmont, N.C.	5k	22:51
Sept. 16	1989		Tracey Stanley	Belmont Abbey Invitational	Belmont, N.C.	5k	26:11
Sept. 23	1989	-	High Point	Methodist College Invitational	Fayetteville, N.C.		NTS
Sept. 23	1989	22.	Missy Frazier	Methodist College Invitational	Fayetteville, N.C.		23:59
Sept. 23	1989	26.	Cindy Harvey	Methodist College Invitational	Fayetteville, N.C.		25:06
Sept. 23	1989	32.	Carol Frick	Methodist College Invitational	Fayetteville, N.C.		26:40
Sept. 23	1989	37.	Tracey Stanley	Methodist College Invitational	Fayetteville, N.C.		27:39
Oct. 7	1989	-	High Point	Belmont Abbey	Belmont, N.C.	5k	NTS
Oct. 7	1989	2.	Cindy Harvey	Belmont Abbey	Belmont, N.C.	5k	22:08
Oct. 7	1989	4.	Maxine Monroe	Belmont Abbey	Belmont, N.C.	5k	22:47
Oct. 7	1989	6.	Tracey McIver	Belmont Abbey	Belmont, N.C.	5k	23:07
Oct. 7	1989	8.	Tracey Stanley	Belmont Abbey	Belmont, N.C.	5k	24:52
Oct. 19	1989			N.C. Collegiate Championships	Wilmington, N.C.		
Oct. 21	1989	-	High Point	Francis Marion Invitational	Florence, S.C.	5k	NTS
Oct. 21	1989	6.	Sandra Shore	Francis Marion Invitational	Florence, S.C.	5k	22:51
Oct. 21	1989	9.	Maxine Monroe	Francis Marion Invitational	Florence, S.C.	5k	26:45
Oct. 28	1989	t-1.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	38 pts.
Oct. 28	1989	2.	Cindy Harvey	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	21:54
Oct. 28	1989	5.	Tracey McIver	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	22:60
Oct. 28	1989	8.	Tracey Stanley	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	
Oct. 28	1989	13.	Sandra Shore	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	
Oct. 28	1989	18.	Sue Mosher	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	

<1990>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 8	1990	5.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	5k	
Sept. 8	1990	9.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:28
Sept. 15	1990		High Point	Belmont Abbey Invitational		5k	HPU, T, 28-28
Sept. 15	1990	1.	Missy Frazier	Belmont Abbey Invitational		5k	21:28
Sept. 15	1990	3.	Cindy Harvey	Belmont Abbey Invitational		5k	22:20
Sept. 15	1990	4.	Delia Stanley	Belmont Abbey Invitational		5k	22:48
Sept. 15	1990	9.	Cindy Romero	Belmont Abbey Invitational		5k	25:16
Sept. 15	1990	11.	Jamie Raymond	Belmont Abbey Invitational		5k	26:07
Sept. 22	1990	58.	Cindy Harvey	Winthrop Invitational		5k	23:42
Sept. 22	1990	87.	Cindy Romero	Winthrop Invitational		5k	27:51
Sept. 22	1990	89.	Jamie Raymond	Winthrop Invitational		5k	27:59
Sept. 29	1990	2.	Delia Stanley	Methodist Invitational	Fayetteville, N.C.	5k	23:22
Sept. 29	1990	4.	Missy Frazier	Methodist Invitational	Fayetteville, N.C.	5k	24:44
Sept. 29	1990	5.	Cindy Harvey	Methodist Invitational	Fayetteville, N.C.	5k	24:56
Oct. 2	1990	-	High Point	St. Andrews Invitational	Laurinburg, N.C.	5k	HPU, W, 22
Oct. 2	1990	2.	Delia Stanley	St. Andrews Invitational	Laurinburg, N.C.	5k	21:20.20
Oct. 2	1990	3.	Missy Frazier	St. Andrews Invitational	Laurinburg, N.C.	5k	21:48.00
Oct. 2	1990	4.	Cindy Harvey	St. Andrews Invitational	Laurinburg, N.C.	5k	22:00.3
Oct. 2	1990	6.	Cindy Romero	St. Andrews Invitational	Laurinburg, N.C.	5k	25:32
Oct. 2	1990	7.	Jamie Raymond	St. Andrews Invitational	Laurinburg, N.C.	5k	25:41
Oct. 6	1990	1.	High Point	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 6	1990	3.	Delia Stanley	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 6	1990	4.	Missy Frazier	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 6	1990	6.	Cindy Harvey	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 6	1990	15.	Jamie Raymond	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 6	1990	16.	Lonnies Bates	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 6	1990	19.	Cindy Romero	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 13	1990	-	High Point	N.C. Collegiate Championships	Brevard, N.C.		NTS
Oct. 13	1990	45.	Delia Stanley	N.C. Collegiate Championships	Brevard, N.C.		23:47
Oct. 13	1990	53.	Cindy Harvey	N.C. Collegiate Championships	Brevard, N.C.		25:06
Oct. 27	1990	2.	High Point	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		46 pts.
Oct. 27	1990	9.	Cindy Harvey	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		21:35
Oct. 27	1990	10.	Missy Frazier	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		21:44
Oct. 27	1990	11.	Delia Stanley	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		22:21
Oct. 27	1990	22.	Connie Bates	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		24:25
Oct. 27	1990	31.	Cindy Romero	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		26:06
Nov.	1990			NAIA National Championship Meet	Wisconsin		

<1991>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1991			USC Upstate Invitational	Spartanburg, S.C.		
Sept. 14	1991	18.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 21	1991	-	High Point	Winthrop Invitational	Rock Hill, S.C.		NTS

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Sept. 21	1991	44.	Delia Stanley	Winthrop Invitational	Rock Hill, S.C.		22:15
Sept. 21	1991	67.	Mary Routh	Winthrop Invitational	Rock Hill, S.C.		25:06
Sept. 21	1991	72.	Jamie Raymond	Winthrop Invitational	Rock Hill, S.C.		25:36
Sept. 21	1991	91.	Cindy Romero	Winthrop Invitational	Rock Hill, S.C.		27:45
Sept. 28	1991	41.	Delia Stanley	Charleston Southern Invitational	Charleston, S.C.		21:33
Sept. 28	1991	57.	Mary Routh	Charleston Southern Invitational	Charleston, S.C.		23:26
Oct. 5	1991	-	High Point	UNC Charlotte Invitational	Charlotte, N.C.	5k	NTS
Oct. 5	1991	71.	Delia Stanley	UNC Charlotte Invitational	Charlotte, N.C.	5k	22:36
Oct. 5	1991	79.	Mary Routh	UNC Charlotte Invitational	Charlotte, N.C.	5k	23:54
Oct. 5	1991	87.	Jamie Raymond	UNC Charlotte Invitational	Charlotte, N.C.	5k	25:23
Oct. 5	1991	88.	Cindy Romero	UNC Charlotte Invitational	Charlotte, N.C.	5k	29:04
Oct. 19	1991	82.	Delia Stanley	Davidson Invitational	Davidson, N.C.		23:13
Oct. 19	1991		Jamie Raymond	Davidson Invitational	Davidson, N.C.		26:34
Oct. 19	1991	100.	Mary Routh	Davidson Invitational	Davidson, N.C.		27:09
Oct. 19	1991	102.	Cindy Romero	Davidson Invitational	Davidson, N.C.		27:34
Oct. 26	1991	5.	High Point	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	92 pts.
Oct. 26	1991	10.	Delia Stanley	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	22:21
Oct. 26	1991	16.	Mary Routh	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	
Oct. 26	1991	19.	Jamie Raymond	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	
Oct. 26	1991	24.	Cindy Harvey	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	
Oct. 26	1991	28.	Cindy Romero	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	

<1992>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 8	1992			High Point Invitational	High Point, N.C.		
Sept. 12	1992	10.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		345 pts.
Sept. 12	1992		Elizabeth Young	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:00
Sept. 12	1992		Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:09
Sept. 12	1992		Alisa McDonald	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:51
Sept. 12	1992		Mary Routh	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:55
Sept. 19	1992		High Point	Winthrop Invitational	Rock Hill, S.C.		NTS
Sept. 19	1992	61.	Elizabeth Young	Winthrop Invitational	Rock Hill, S.C.		
Sept. 19	1992	69.	Delia Stanley	Winthrop Invitational	Rock Hill, S.C.		
Sept. 19	1992	101.	Alisa McDonald	Winthrop Invitational	Rock Hill, S.C.		
Sept. 19	1992			Winthrop Invitational	Rock Hill, S.C.		
Sept. 26	1992		High Point	Greensboro Invitational	Greensboro, N.C.		
Sept. 26	1992	29.	Delia Stanley	Greensboro Invitational	Greensboro, N.C.		22:40
Sept. 26	1992	30.	Elizabeth Young	Greensboro Invitational	Greensboro, N.C.		22:43
Sept. 26	1992	59.	Mary Routh	Greensboro Invitational	Greensboro, N.C.		24:58
Oct. 3	1992	-	High Point	UNC Charlotte Invitational	Charlotte, N.C.		NTS
Oct. 3	1992	28.	Delia Stanley	UNC Charlotte Invitational	Charlotte, N.C.		21:20
Oct. 3	1992	45.	Elizabeth Young	UNC Charlotte Invitational	Charlotte, N.C.		23:02
Oct. 10	1992	2.	High Point	Belmont Abbey Invitational	Belmont, N.C.		72 pts.
Oct. 10	1992	2.	Delia Stanley	Belmont Abbey Invitational	Belmont, N.C.		20:37
Oct. 10	1992	5.	Elizabeth Young	Belmont Abbey Invitational	Belmont, N.C.		20:55
Oct. 10	1992	17.	Mary Routh	Belmont Abbey Invitational	Belmont, N.C.		23:02
Oct. 10	1992	19.	Alisa McDonald	Belmont Abbey Invitational	Belmont, N.C.		23:14
Oct. 10	1992		Tanesha Green	Belmont Abbey Invitational	Belmont, N.C.		24:22
Oct. 17	1992	2.	Elizabeth Young	Catawba Invitational	Salisbury, N.C.		22:15
Oct. 17	1992	3.	Delia Stanley	Catawba Invitational	Salisbury, N.C.		22:23
Oct. 17	1992	10.	Mary Routh	Catawba Invitational	Salisbury, N.C.		24:22
Oct. 24	1992	5.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.		113 pts

<1993>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1993	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		16 pts.
Sept. 11	1993	1.	Melissa Lansberg	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	2.	Roz Hall	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	3.	Elizabeth Young	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	4.	LeeAnn Smith	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 11	1993	6.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	6.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.		
Sept. 18	1993	5.	Melissa Lansberg	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:02
Sept. 18	1993	7.	Delia Stanley	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:29
Sept. 18	1993	8.	LeeAnn Smith	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:30
Sept. 18	1993	9.	Roz Hall	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:36
Sept. 18	1993	11.	Elizabeth Young	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:58
Sept. 25	1993	6.	High Point	N.C. Collegiate Championships	Greensboro, N.C.		246 pts.
Sept. 25	1993		Melissa Lansberg	N.C. Collegiate Championships	Greensboro, N.C.		21:28
Sept. 25	1993		Roz Hall	N.C. Collegiate Championships	Greensboro, N.C.		21:43
Sept. 25	1993		Delia Stanley	N.C. Collegiate Championships	Greensboro, N.C.		21:59
Sept. 25	1993		LeeAnn Smith	N.C. Collegiate Championships	Greensboro, N.C.		22:29
Sept. 25	1993		Cindy Romero	N.C. Collegiate Championships	Greensboro, N.C.		24:31

EVENT-BY-EVENT RESULTS

Oct. 3	1993	2.	High Point	Methodist Invitational	Fayetteville, N.C.	51 pts.
Oct. 3	1993	6.	Delia Stanley	Methodist Invitational	Fayetteville, N.C.	21:25
Oct. 3	1993	8.	Elizabeth Young	Methodist Invitational	Fayetteville, N.C.	21:34
Oct. 3	1993	9.	Roz Hall	Methodist Invitational	Fayetteville, N.C.	21:55
Oct. 3	1993	12.	LeeAnn Smith	Methodist Invitational	Fayetteville, N.C.	22:47
Oct. 3	1993	16.	Cindy Romero	Methodist Invitational	Fayetteville, N.C.	25:01
Oct. 10	1993	-	High Point	Belmont Abbey Invitational	Belmont, N.C.	Invalid Scores

**-race ruled invalid as official inadvertently directed runners off race course.*

Oct. 17	1993	14.	High Point	N.C. Collegiate Championships	Cullowhee, N.C.	5k	458 pts.
Oct. 17	1993	6.	Roz Hall	N.C. Collegiate Championships	Cullowhee, N.C.	5k	21:19
Oct. 17	1993	10.	LeeAnn Smith	N.C. Collegiate Championships	Cullowhee, N.C.	5k	21:36
Oct. 17	1993	11.	Melissa Lansberg	N.C. Collegiate Championships	Cullowhee, N.C.	5k	
Oct. 17	1993	12.	Delia Stanley	N.C. Collegiate Championships	Cullowhee, N.C.	5k	
Oct. 17	1993	14.	Elizabeth Young	N.C. Collegiate Championships	Cullowhee, N.C.	5k	
Nov. 20	1993	33.	High Point	NAIA National Championships	Kenosha, Wisc.	8k	929 pts.
Nov. 20	1993	138.	Melissa Lansberg	NAIA National Championships	Kenosha, Wisc.	8k	20:38
Nov. 20	1993	181.	LeeAnn Smith	NAIA National Championships	Kenosha, Wisc.	8k	21:18
Nov. 20	1993	189.	Roz Hall	NAIA National Championships	Kenosha, Wisc.	8k	21:27
Nov. 20	1993	209.	Elizabeth Young	NAIA National Championships	Kenosha, Wisc.	8k	22:01
Nov. 20	1993	212.	Delia Stanley	NAIA National Championships	Kenosha, Wisc.	8k	22:02
Nov. 20	1993	237.	Cindy Romero	NAIA National Championships	Kenosha, Wisc.	8k	23:06

<1994>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	3.	High Point	High Point Invitational	High Point, N.C.	5k	58 pts.
Sept. 7	1994	2.	Elizabeth Young	High Point Invitational	High Point, N.C.	5k	21:44
Sept. 7	1994	3.	Melissa Lansberg	High Point Invitational	High Point, N.C.	5k	22:14
Sept. 7	1994	9.	Roz Hall	High Point Invitational	High Point, N.C.	5k	23:42
Sept. 7	1994	16.	Geisa O'Reilly	High Point Invitational	High Point, N.C.	5k	24:48
Sept. 7	1994	23.	Lisa Fuller	High Point Invitational	High Point, N.C.	5k	29:05
Sept. 17	1994	2.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.		73 pts.
Sept. 17	1994	4.	Elizabeth Young	Wake Forest CC Classic	Winston-Salem, N.C.		21:21
Sept. 17	1994	8.	Melissa Lansberg	Wake Forest CC Classic	Winston-Salem, N.C.		22:46
Sept. 17	1994	14.	Roz Hall	Wake Forest CC Classic	Winston-Salem, N.C.		23:16
Sept. 17	1994	20.	Geisa O'Reilly	Wake Forest CC Classic	Winston-Salem, N.C.		24:30
Sept. 17	1994	27.	Lisa Fuller	Wake Forest CC Classic	Winston-Salem, N.C.		27:12
Sept. 24	1994	4.	High Point	Greensboro Invitational	Greensboro, N.C.		383 pts.
Sept. 24	1994	1.	Elizabeth Young	Greensboro Invitational	Greensboro, N.C.		20:40
Sept. 24	1994	2.	Melissa Lansberg	Greensboro Invitational	Greensboro, N.C.		20:49
Sept. 24	1994	3.	Roz Hall	Greensboro Invitational	Greensboro, N.C.		22:59
Sept. 24	1994	4.	Geisa O'Reilly	Greensboro Invitational	Greensboro, N.C.		23:41
Sept. 24	1994	5.	Lisa Fuller	Greensboro Invitational	Greensboro, N.C.		25:54
Oct. 1	1994	3.	High Point	East Carolina Invitational	Greenville, N.C.	5k	-
Oct. 1	1994	30.	Elizabeth Young	East Carolina Invitational	Greenville, N.C.	5k	21:20
Oct. 1	1994	32.	Melissa Lansberg	East Carolina Invitational	Greenville, N.C.	5k	21:30
Oct. 1	1994	35.	Roz Hall	East Carolina Invitational	Greenville, N.C.	5k	22:54
Oct. 1	1994	39.	Geisa O'Reilly	East Carolina Invitational	Greenville, N.C.	5k	23:58
Oct. 1	1994	43.	Lisa Fuller	East Carolina Invitational	Greenville, N.C.	5k	26:26
Oct. 8	1994	6.	High Point	USC Upstate Invitational	Spartanburg, S.C.	5k	150 pts.
Oct. 8	1994	10.	Elizabeth Young	USC Upstate Invitational	Spartanburg, S.C.	5k	20:45.21
Oct. 8	1994	13.	Melissa Lansberg	USC Upstate Invitational	Spartanburg, S.C.	5k	21:13.71
Oct. 8	1994	27.	Roz Hall	USC Upstate Invitational	Spartanburg, S.C.	5k	22:20.34
Oct. 8	1994	44.	Geisa O'Reilly	USC Upstate Invitational	Spartanburg, S.C.	5k	23:55.64
Oct. 8	1994	68.	Lisa Fuller	USC Upstate Invitational	Spartanburg, S.C.	5k	25:52.24
Oct. 24	1994	1.	High Point	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		32 pts.
Oct. 24	1994	2.	Elizabeth Young	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		20:59
Oct. 24	1994	3.	Melissa Lansberg	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		21:12
Oct. 24	1994	4.	Roz Hall	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		22:14
Oct. 24	1994	9.	Geisa O'Reilly	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		24:31
Oct. 24	1994	14.	Lisa Fuller	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		25:11

<1995>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	1.	High Point	High Point Invitational	Greensboro, N.C.	5k	
Sept. 12	1995	5.	Elizabeth Young	High Point Invitational	Greensboro, N.C.	5k	21:52
Sept. 12	1995	13.	Geisa O'Reilly	High Point Invitational	Greensboro, N.C.	5k	23:17
Sept. 12	1995	24.	Holly Jurgensen	High Point Invitational	Greensboro, N.C.	5k	26:13
Sept. 12	1995	26.	Aga Putrzebawski	High Point Invitational	Greensboro, N.C.	5k	26:46
Oct. 14	1995	1.	High Point	N.C. Collegiate Championships	Charlotte, N.C.		35 pts
Oct. 14	1995	7.	Elizabeth Young	N.C. Collegiate Championships	Charlotte, N.C.		21:01.8
Oct. 14	1995	14.	Melissa Lansberg	N.C. Collegiate Championships	Charlotte, N.C.		22:10.1
Oct. 14	1995	15.	Geisa O'Reilly	N.C. Collegiate Championships	Charlotte, N.C.		22:26.3
Oct. 14	1995	18.	Aga Putrzebawski	N.C. Collegiate Championships	Charlotte, N.C.		23:11

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Oct. 14	1995	27.	Alisa McDonald	N.C. Collegiate Championships	Charlotte, N.C.	25:01
Oct. 14	1995	30.	Holly Jurgensen	N.C. Collegiate Championships	Charlotte, N.C.	25:36.02
Oct. 28	1995	1.	High Point	Carolinas-Virginia Conference Championship	5k	44 pts.
Oct. 28	1995	1.	Elizabeth Young	Carolinas-Virginia Conference Championship	5k	21:29
Oct. 28	1995	5.	Geisa O'Reilly	Carolinas-Virginia Conference Championship	5k	22:40
Oct. 28	1995	11.	Aga Putrzebawski	Carolinas-Virginia Conference Championship	5k	24:04
Oct. 28	1995	15.	Holly Jurgensen	Carolinas-Virginia Conference Championship	5k	24:44
Oct. 28	1995	18.	Alisa McDonald	Carolinas-Virginia Conference Championship	5k	25:13
Nov. 4	1995	4.	High Point	NCAA Southeast Regional (Division II)		

<1996>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1996	4.	High Point	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	103 pts.
Sept. 7	1996	4.	Heather Bowers	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	21:59
Sept. 7	1996	11.	Melissa Lansberg	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	22:30
Sept. 7	1996	21.	Geisa O'Reilly	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	23:44
Sept. 7	1996	37.	Holly Jurgensen	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	25:15
Sept. 7	1996	45.	Carrie Hallenbeck	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	26:16
Sept. 14	1996	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.		34 pts.
Sept. 14	1996	2.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.		19:44.99
Sept. 14	1996	3.	Melissa Lansberg	UNC Pembroke Invitational	Pembroke, N.C.		20:44.71
Sept. 14	1996	8.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C.		21:15.88
Sept. 14	1996	9.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.		21:16.24
Sept. 14	1996	12.	Aga Putrzebawski	UNC Pembroke Invitational	Pembroke, N.C.		22:26.96
Sept. 14	1996	13.	Geisa O'Reilly	UNC Pembroke Invitational	Pembroke, N.C.		22:27.93
Sept. 14	1996	26.	Holly Jurgensen	UNC Pembroke Invitational	Pembroke, N.C.		23:54.41
Sept. 14	1996	31.	Carrie Hallenbeck	UNC Pembroke Invitational	Pembroke, N.C.		24:37.41
Sept. 21	1996	2.	High Point	Winthrop Invitational	Rock Hill, S.C.	5k	88 pts.
Sept. 21	1996	6.	Heather Bowers	Winthrop Invitational	Rock Hill, S.C.	5k	20:20
Sept. 21	1996	10.	Melissa Lansberg	Winthrop Invitational	Rock Hill, S.C.	5k	21:11
Sept. 21	1996	22.	Katie Powers	Winthrop Invitational	Rock Hill, S.C.	5k	21:53
Sept. 21	1996	24.	Mindy Cox	Winthrop Invitational	Rock Hill, S.C.	5k	22:00
Sept. 21	1996	33.	Geisa O'Reilly	Winthrop Invitational	Rock Hill, S.C.	5k	23:01
Sept. 21	1996	44.	Aga Putrzebawski	Winthrop Invitational	Rock Hill, S.C.	5k	24:05
Sept. 21	1996	55.	Holly Jurgensen	Winthrop Invitational	Rock Hill, S.C.	5k	25:16
Sept. 21	1996	59.	Carrie Hallenbeck	Winthrop Invitational	Rock Hill, S.C.	5k	25:26
Oct. 19	1996	3.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	5k	93 pts.
Oct. 19	1996	61.	Heather Bowers	N.C. Collegiate Championships	Charlotte, N.C.	5k	19:45.50
Oct. 19	1996	117.	Melissa Lansberg	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:14.00
Oct. 19	1996	124.	Mindy Cox	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:35.50
Oct. 19	1996	129.	Katie Powers	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:54.20
Oct. 19	1996	137.	Aga Putrzebawski	N.C. Collegiate Championships	Charlotte, N.C.	5k	22:17.00
Oct. 19	1996	160.	Holly Jurgensen	N.C. Collegiate Championships	Charlotte, N.C.	5k	25:19.30
Oct. 26	1996	1.	High Point	Carolinas-Virginia Conference Championship	Due West, S.C.		-
Oct. 26	1996	1.	Heather Bowers	Carolinas-Virginia Conference Championship	Due West, S.C.		20:07
Oct. 26	1996	3.	Melissa Lansberg	Carolinas-Virginia Conference Championship	Due West, S.C.		21:12
Oct. 26	1996	4.	Mindy Cox	Carolinas-Virginia Conference Championship	Due West, S.C.		21:18
Oct. 26	1996	6.	Katie Powers	Carolinas-Virginia Conference Championship	Due West, S.C.		21:42
Oct. 26	1996	12.	Aga Putrzebawski	Carolinas-Virginia Conference Championship	Due West, S.C.		23:01
Oct. 26	1996	20.	Holly Jurgensen	Carolinas-Virginia Conference Championship	Due West, S.C.		24:54
Oct. 26	1996	30.	Carrie Hallenbeck	Carolinas-Virginia Conference Championship	Due West, S.C.		26:46
Nov. 9	1996	11.	High Point	NCAA Southeast Regional (Division II)	Atlanta, Ga.		238 pts.
Nov. 9	1996	13.	Heather Bowers	NCAA Southeast Regional (Division II)	Atlanta, Ga.		20:00.1
Nov. 9	1996	47.	Katie Powers	NCAA Southeast Regional (Division II)	Atlanta, Ga.		21:26.3
Nov. 9	1996	56.	Melissa Lansberg	NCAA Southeast Regional (Division II)	Atlanta, Ga.		21:39.9
Nov. 9	1996	68.	Miranda Cox	NCAA Southeast Regional (Division II)	Atlanta, Ga.		22:17.5
Nov. 9	1996	92.	Aga Putrzebawski	NCAA Southeast Regional (Division II)	Atlanta, Ga.		23:14.8

<1997>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	-	High Point	HPU / Elon Invitational	Greensboro, N.C.		-
Sept. 6	1997	1.	Sara Day	HPU / Elon Invitational	Greensboro, N.C.		18:56
Sept. 6	1997	3.	Heather Bowers	HPU / Elon Invitational	Greensboro, N.C.		20:25
Sept. 6	1997	16.	Mindy Cox	HPU / Elon Invitational	Greensboro, N.C.		22:29
Sept. 6	1997	17.	Katie Powers	HPU / Elon Invitational	Greensboro, N.C.		22:39
Sept. 6	1997	18.	Lisa Mobley	HPU / Elon Invitational	Greensboro, N.C.		23:12
Sept. 6	1997	37.	Gwen Brostrom	HPU / Elon Invitational	Greensboro, N.C.		24:53
Sept. 6	1997	51.	Paula Salacova	HPU / Elon Invitational	Greensboro, N.C.		27:03
Sept. 6	1997	65.	Nichole Lee	HPU / Elon Invitational	Greensboro, N.C.		30:46
Sept. 13	1997	-	High Point	UNC Pembroke Invitational	Pembroke, N.C.		-
Sept. 13	1997	1.	Sara Day	UNC Pembroke Invitational	Pembroke, N.C.	5k	17:55
Sept. 13	1997	2.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:46
Sept. 13	1997	5.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:13

EVENT-BY-EVENT RESULTS

Sept. 13	1997	11.	Lisa Mobley	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:14
Sept. 13	1997	13.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:25
Sept. 13	1997	33.	Paula Salacova	UNC Pembroke Invitational	Pembroke, N.C.	5k	27:07
Sept. 13	1997	36.	Nichole Lee	UNC Pembroke Invitational	Pembroke, N.C.	5k	29:02
Sept. 20	1997	3.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.		120 pts.
Sept. 20	1997	4.	Sara Day	Winthrop Invitational (Garnet)	Rock Hill, S.C.		19:46
Sept. 20	1997	5.	Heather Bowers	Winthrop Invitational (Garnet)	Rock Hill, S.C.		19:47
Sept. 20	1997	35.	Katie Powers	Winthrop Invitational (Garnet)	Rock Hill, S.C.		22:15
Sept. 20	1997	37.	Lisa Mobley	Winthrop Invitational (Garnet)	Rock Hill, S.C.		22:23
Sept. 20	1997	46.	Mindy Cox	Winthrop Invitational (Garnet)	Rock Hill, S.C.		22:49
Sept. 20	1997	89.	Gwen Brostrom	Winthrop Invitational (Garnet)	Rock Hill, S.C.		26:02
Sept. 20	1997	101.	Paula Salacova	Winthrop Invitational (Garnet)	Rock Hill, S.C.		27:17
Sept. 20	1997	117.	Nichole Lee	Winthrop Invitational (Garnet)	Rock Hill, S.C.		30:25
Oct. 4	1997	3.	High Point	The Citadel Invitational	Charleston, S.C.		55 pts.
Oct. 4	1997	1.	Sara Day	The Citadel Invitational	Charleston, S.C.		19:13
Oct. 4	1997	3.	Heather Bowers	The Citadel Invitational	Charleston, S.C.		20:37
Oct. 4	1997	12.	Katie Powers	The Citadel Invitational	Charleston, S.C.		22:34
Oct. 4	1997	17.	Lisa Mobley	The Citadel Invitational	Charleston, S.C.		23:39
Oct. 4	1997	22.	Paula Salacova	The Citadel Invitational	Charleston, S.C.		26:26
Oct. 4	1997	28.	Nichole Lee	The Citadel Invitational	Charleston, S.C.		30:44
Oct. 18	1997	2.	High Point	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		69 pts.
Oct. 18	1997	1.	Sara Day	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		18:42
Oct. 18	1997	2.	Heather Bowers	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		19:27
Oct. 18	1997	16.	Katie Powers	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		22:16
Oct. 18	1997	23.	Lisa Mobley	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		22:42
Oct. 18	1997	37.	Paula Salacova	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		24:50
Oct. 18	1997	43.	Nichole Lee	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		28:25
Oct. 25	1997	21.	High Point	Gettysburg Invitational	Gettysburg, Pa.		599 pts.
Oct. 25	1997	9.	Sara Day	Gettysburg Invitational	Gettysburg, Pa.		18:00.7
Oct. 25	1997	58.	Heather Bowers	Gettysburg Invitational	Gettysburg, Pa.		19:17.9
Oct. 25	1997	166.	Katie Powers	Gettysburg Invitational	Gettysburg, Pa.		21:43.5
Oct. 25	1997	179.	Lisa Mobley	Gettysburg Invitational	Gettysburg, Pa.		22:24.5
Oct. 25	1997	202.	Paula Salacova	Gettysburg Invitational	Gettysburg, Pa.		24:21.5
Nov. 1	1997	-	High Point	Big South Championships	Rock Hill, S.C.	5k	-
Nov. 1	1997	17.	Sara Day	Big South Championships	Rock Hill, S.C.	5k	19:42
Nov. 1	1997	24.	Heather Bowers	Big South Championships	Rock Hill, S.C.	5k	20:05
Nov. 1	1997	50.	Katie Powers	Big South Championships	Rock Hill, S.C.	5k	22:18
Nov. 1	1997	53.	Mindy Cox	Big South Championships	Rock Hill, S.C.	5k	23:03
Nov. 1	1997	57.	Paula Salacova	Big South Championships	Rock Hill, S.C.	5k	26:02

<1998>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	2.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k	30 pts.
Sept. 5	1998	1.	Sara Day	HPU / Elon Invitational	Greensboro, N.C.	5k	19:16
Sept. 5	1998	3.	Martha Fuller	HPU / Elon Invitational	Greensboro, N.C.	5k	20:10
Sept. 5	1998	4.	Brianne Hegedus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:41
Sept. 5	1998	9.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	21:46
Sept. 5	1998	11.	Jessica Healon	HPU / Elon Invitational	Greensboro, N.C.	5k	22:10
Sept. 5	1998	22.	Katie Powers	HPU / Elon Invitational	Greensboro, N.C.	5k	22:13
Sept. 5	1998	32.	Mindy Cox	HPU / Elon Invitational	Greensboro, N.C.	5k	22:57
Sept. 12	1998	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	4k	30 pts.
Sept. 12	1998	1.	Sara Day	UNC Pembroke Invitational	Pembroke, N.C.	5k	17:19
Sept. 12	1998	3.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.	5k	18:38
Sept. 12	1998	4.	Martha Fuller	UNC Pembroke Invitational	Pembroke, N.C.	5k	18:38
Sept. 12	1998	10.	Kristy Whitaker	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:14
Sept. 12	1998	12.	Jessica Healan	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:36
Sept. 12	1998	17.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.	5k	20:17
Sept. 12	1998	33.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:11
Sept. 19	1998	2.	High Point	Winthrop Invitational	Rock Hill, S.C.	5k	47 pts.
Sept. 19	1998	1.	Sara Day	Winthrop Invitational	Rock Hill, S.C.	5k	18:11
Sept. 19	1998	7.	Heather Bowers	Winthrop Invitational	Rock Hill, S.C.	5k	19:03
Sept. 19	1998	10.	Martha Fuller	Winthrop Invitational	Rock Hill, S.C.	5k	19:21
Sept. 19	1998	13.	Kristy Whitaker	Winthrop Invitational	Rock Hill, S.C.	5k	19:55
Sept. 19	1998	16.	Jessica Healan	Winthrop Invitational	Rock Hill, S.C.	5k	20:19
Sept. 19	1998	17.	Brianne Hegedus	Winthrop Invitational	Rock Hill, S.C.	5k	20:31
Sept. 19	1998	23.	Katie Powers	Winthrop Invitational	Rock Hill, S.C.	5k	20:43
Sept. 26	1998	1.	High Point	Greenboro Invitational	Greensboro, N.C.	5k	58 pts.
Sept. 26	1998	1.	Sara Day	Greenboro Invitational	Greensboro, N.C.	5k	18:20
Sept. 26	1998	8.	Heather Bowers	Greenboro Invitational	Greensboro, N.C.	5k	20:00
Sept. 26	1998	10.	Martha Fuller	Greenboro Invitational	Greensboro, N.C.	5k	20:13
Sept. 26	1998	17.	Kristy Whitaker	Greenboro Invitational	Greensboro, N.C.	5k	20:43
Sept. 26	1998	22.	Brianne Hegedus	Greenboro Invitational	Greensboro, N.C.	5k	21:05
Sept. 26	1998	23.	Annaliza Ravelo	Greenboro Invitational	Greensboro, N.C.	5k	21:11
Sept. 26	1998	26.	Katie Powers	Greenboro Invitational	Greensboro, N.C.	5k	21:18

EVENT-BY-EVENT RESULTS

Oct. 3	1998	1.	High Point	Radford Invitational	Radford, Va.	5k	22 pts.
Oct. 3	1998	1.	Sara Day	Radford Invitational	Radford, Va.	5k	19:00
Oct. 3	1998	3.	Heather Bowers	Radford Invitational	Radford, Va.	5k	19:32
Oct. 3	1998	4.	Martha Fuller	Radford Invitational	Radford, Va.	5k	19:36
Oct. 3	1998	6.	Kristy Whitaker	Radford Invitational	Radford, Va.	5k	19:47
Oct. 3	1998	8.	Brianne Hegedus	Radford Invitational	Radford, Va.	5k	20:17
Oct. 3	1998	11.	Annaliza Ravelo	Radford Invitational	Radford, Va.	5k	20:36
Oct. 3	1998	13.	Jessica Healan	Radford Invitational	Radford, Va.	5k	20:45
Oct. 17	1998	8.	High Point	N.C. Collegiate Championships	Greenville, N.C.	5k	173 pts.
Oct. 17	1998	5.	Sara Day	N.C. Collegiate Championships	Greenville, N.C.	5k	18:11
Oct. 17	1998	20.	Heather Bowers	N.C. Collegiate Championships	Greenville, N.C.	5k	18:54
Oct. 17	1998	33.	Martha Fuller	N.C. Collegiate Championships	Greenville, N.C.	5k	19:13
Oct. 17	1998	60.	Kristy Whitaker	N.C. Collegiate Championships	Greenville, N.C.	5k	19:47
Oct. 17	1998	69.	Annaliza Ravelo	N.C. Collegiate Championships	Greenville, N.C.	5k	20:07
Oct. 17	1998	70.	Katie Powers	N.C. Collegiate Championships	Greenville, N.C.	5k	20:08
Oct. 17	1998	76.	Jessica Healan	N.C. Collegiate Championships	Greenville, N.C.	5k	20:23
Oct. 17	1998	1.	High Point	Big South Championship (B Division)	Radford, Va.	5k	15 pts.
Oct. 17	1998	3.	Sara Day	Big South Championship (B Division)	Radford, Va.	5k	18:32
Oct. 17	1998	23.	Heather Bowers	Big South Championship (B Division)	Radford, Va.	5k	19:55
Oct. 17	1998	31.	Kristy Whitaker	Big South Championship (B Division)	Radford, Va.	5k	20:19
Oct. 17	1998	41.	Katie Powers	Big South Championship (B Division)	Radford, Va.	5k	20:56
Oct. 17	1998	44.	Brianne Hegedus	Big South Championship (B Division)	Radford, Va.	5k	21:16

<1999>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	1999	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k	78 pts.
Sept. 4	1999	9.	Heather Bowers	HPU / Elon Invitational	Greensboro, N.C.	5k	20:34
Sept. 4	1999	12.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	20:50
Sept. 4	1999	15.	Brianne Hegedus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:58
Sept. 4	1999	19.	Jessica Healan	HPU / Elon Invitational	Greensboro, N.C.	5k	21:06
Sept. 4	1999	23.	Katie Powers	HPU / Elon Invitational	Greensboro, N.C.	5k	21:21
Sept. 4	1999	27.	Martha Fuller	HPU / Elon Invitational	Greensboro, N.C.	5k	21:33
Sept. 4	1999	30.	Annaliza Ravelo	HPU / Elon Invitational	Greensboro, N.C.	5k	21:39
Sept. 4	1999	40.	Mindy Cox	HPU / Elon Invitational	Greensboro, N.C.	5k	22:16
Sept. 11	1999	4.	High Point	Western Carolina Classic	Cullowhee, N.C.	5k	100 pts.
Sept. 11	1999	15.	Heather Bowers	Western Carolina Classic	Cullowhee, N.C.	5k	19:50
Sept. 11	1999	17.	Kristy Whitaker	Western Carolina Classic	Cullowhee, N.C.	5k	20:04
Sept. 11	1999	24.	Brianne Hegedus	Western Carolina Classic	Cullowhee, N.C.	5k	20:28
Sept. 11	1999	25.	Annaliza Ravelo	Western Carolina Classic	Cullowhee, N.C.	5k	20:37
Sept. 11	1999	27.	Jessica Healan	Western Carolina Classic	Cullowhee, N.C.	5k	20:39
Sept. 11	1999	34.	Martha Fuller	Western Carolina Classic	Cullowhee, N.C.	5k	21:06
Sept. 11	1999	39.	Mindy Cox	Western Carolina Classic	Cullowhee, N.C.	5k	21:44
Sept. 11	1999	41.	Katie Powers	Western Carolina Classic	Cullowhee, N.C.	5k	21*53
Sept. 18	1999	8.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	244 pts.
Sept. 18	1999	46.	Heather Bowers	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:47
Sept. 18	1999	52.	Kristy Whitaker	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:58
Sept. 18	1999	59.	Brianne Hegedus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:10
Sept. 18	1999	60.	Annaliza Ravelo	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:11
Sept. 18	1999	72.	Jessica Healan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:31
Sept. 18	1999	79.	Martha Fuller	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:39
Sept. 18	1999	80.	Katie Powers	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:43
Sept. 18	1999	104.	Mindy Cox	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	22:02
Sept. 25	1999	6.	High Point	Greensboro Invitational	Greensboro, N.C.	5k	187 pts.
Sept. 25	1999	26.	Heather Bowers	Greensboro Invitational	Greensboro, N.C.	5k	20:01
Sept. 25	1999	28.	Brianne Hegedus	Greensboro Invitational	Greensboro, N.C.	5k	20:07
Sept. 25	1999	37.	Annaliza Ravelo	Greensboro Invitational	Greensboro, N.C.	5k	20:26
Sept. 25	1999	47.	Martha Fuller	Greensboro Invitational	Greensboro, N.C.	5k	20:46
Sept. 25	1999	49.	Jessica Healan	Greensboro Invitational	Greensboro, N.C.	5k	20:47
Sept. 25	1999	57.	Katie Powers	Greensboro Invitational	Greensboro, N.C.	5k	21:13
Sept. 25	1999	66.	Mindy Cox	Greensboro Invitational	Greensboro, N.C.	5k	22:32
Sept. 25	1999	-	Kristy Whitaker	Greensboro Invitational	Greensboro, N.C.	5k	DNF
Oct. 9	1999	10.	High Point	Furman Invitational	Greenville, S.C.	5k	259 pts.
Oct. 9	1999	36.	Heather Bowers	Furman Invitational	Greenville, S.C.	5k	19:38
Oct. 9	1999	44.	Kristy Whitaker	Furman Invitational	Greenville, S.C.	5k	20:06
Oct. 9	1999	52.	Martha Fuller	Furman Invitational	Greenville, S.C.	5k	20:13
Oct. 9	1999	62.	Jessica Healan	Furman Invitational	Greenville, S.C.	5k	30:31
Oct. 9	1999	65.	Brianne Hegedus	Furman Invitational	Greenville, S.C.	5k	20:36
Oct. 9	1999	82.	Mindy Cox	Furman Invitational	Greenville, S.C.	5k	21:14
Oct. 9	1999	96	Katie Powers	Furman Invitational	Greenville, S.C.	5k	22:03
Oct. 16	1999	9.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	5k	219 pts.
Oct. 16	1999	20.	Heather Bowers	N.C. Collegiate Championships	Charlotte, N.C.	5k	18:54
Oct. 16	1999	37.	Martha Fuller	N.C. Collegiate Championships	Charlotte, N.C.	5k	19:38
Oct. 16	1999	53.	Jessica Healan	N.C. Collegiate Championships	Charlotte, N.C.	5k	19:55
Oct. 16	1999	58.	Mindy Cox	N.C. Collegiate Championships	Charlotte, N.C.	5k	20:22

EVENT-BY-EVENT RESULTS

Oct. 16	1999	60.	Annaliza Ravelo	N.C. Collegiate Championships	Charlotte, N.C.	5k	20:25
Oct. 16	1999	64.	Katie Powers	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:00
Oct. 30	1999	7.	High Point	Big South Championship	Rock Hill, S.C.	5k	164 pts.
Oct. 30	1999	14.	Heather Bowers	Big South Championship	Rock Hill, S.C.	5k	19:09
Oct. 30	1999	29.	Jessica Healan	Big South Championship	Rock Hill, S.C.	5k	20:05
Oct. 30	1999	31.	Martha Fuller	Big South Championship	Rock Hill, S.C.	5k	20:12
Oct. 30	1999	43.	Katie Powers	Big South Championship	Rock Hill, S.C.	5k	21:09
Oct. 30	1999	47.	Annaliza Ravelo	Big South Championship	Rock Hill, S.C.	5k	21:22
Oct. 30	1999	49.	Mindy Cox	Big South Championship	Rock Hill, S.C.	5k	21:42
Nov. 13	1999		High Point	NCAA Southeast Regional	Greenville, S.C.	5k	
Nov. 13	1999	130.	Heather Bowers	NCAA Southeast Regional	Greenville, S.C.	5k	20:00
Nov. 13	1999	152.	Martha Fuller	NCAA Southeast Regional	Greenville, S.C.	5k	20:40
Nov. 13	1999	160.	Jessica Healan	NCAA Southeast Regional	Greenville, S.C.	5k	20:59
Nov. 13	1999	185.	Katie Powers	NCAA Southeast Regional	Greenville, S.C.	5k	21:58
Nov. 13	1999	-	Annaliza Ravelo	NCAA Southeast Regional	Greenville, S.C.	5k	DNF
Nov. 13	1999	-	Mindy Cox	NCAA Southeast Regional	Greenville, S.C.	5k	DNF

<2000>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	-	High Point	HPU / Elon Invitational	Greensboro, N.C.		-
Sept. 2	2000	8.	Cricket Indra	HPU / Elon Invitational	Greensboro, N.C.		20:09
Sept. 2	2000	59.	Michelle Fromal	HPU / Elon Invitational	Greensboro, N.C.		23:04
Sept. 2	2000	60.	Erika Holder	HPU / Elon Invitational	Greensboro, N.C.		23:04
Sept. 2	2000	128.	Ginny Gielen	HPU / Elon Invitational	Greensboro, N.C.		30:59
Sept. 9	2000	6.	High Point	Western Carolina Invitational	Cullowhee, N.C.		
Sept. 9	2000	8.	Cricket Indra	Western Carolina Invitational	Cullowhee, N.C.		19:46
Sept. 9	2000	32.	Michelle Fromal	Western Carolina Invitational	Cullowhee, N.C.		22:19
Sept. 9	2000	36.	Denise Montgomery	Western Carolina Invitational	Cullowhee, N.C.		22:56
Sept. 9	2000	37.	Erika Holder	Western Carolina Invitational	Cullowhee, N.C.		22:59
Sept. 9	2000	56.	Melissa Henderson	Western Carolina Invitational	Cullowhee, N.C.		30:56
Sept. 9	2000	57.	Ginny Gielen	Western Carolina Invitational	Cullowhee, N.C.		31:54
Sept. 16	2000	9.	High Point	Winthrop Invitational	Rock Hill, S.C.		238 pts.
Sept. 16	2000	20.	Cricket Indra	Winthrop Invitational	Rock Hill, S.C.		19:32
Sept. 16	2000	64.	Michelle Fromal	Winthrop Invitational	Rock Hill, S.C.		21:46
Sept. 16	2000	68.	Denise Montgomery	Winthrop Invitational	Rock Hill, S.C.		22:02
Sept. 16	2000	70.	Erika Holder	Winthrop Invitational	Rock Hill, S.C.		22:13
Sept. 16	2000	79.	Ginny Gielen	Winthrop Invitational	Rock Hill, S.C.		28:31
Sept. 22	2000	20.	High Point	Great American Classic	Charlotte, N.C.		626 pts.
Sept. 22	2000	112.	Cricket Indra	Great American Classic	Charlotte, N.C.		19:50
Sept. 22	2000	170.	Michelle Fromal	Great American Classic	Charlotte, N.C.		21:27
Sept. 22	2000	186.	Denise Montgomery	Great American Classic	Charlotte, N.C.		22:46
Sept. 22	2000	187.	Erika Holder	Great American Classic	Charlotte, N.C.		22:56
Sept. 22	2000	194.	Melissa Henderson	Great American Classic	Charlotte, N.C.		26:18
Sept. 22	2000	202.	Ginny Gielen	Great American Classic	Charlotte, N.C.		29:28
Sept. 30	2000	10.	High Point	Greensboro Invitational	Greensboro, N.C.		
Sept. 30	2000	40.	Cricket Indra	Greensboro Invitational	Greensboro, N.C.		20:33
Sept. 30	2000	53.	Erika Holder	Greensboro Invitational	Greensboro, N.C.		21:51
Sept. 30	2000	61.	Denise Montgomery	Greensboro Invitational	Greensboro, N.C.		22:19
Sept. 30	2000	67.	Michelle Fromal	Greensboro Invitational	Greensboro, N.C.		22:46
Sept. 30	2000	90.	Melissa Henderson	Greensboro Invitational	Greensboro, N.C.		28:35
Oct. 14	2000	9.	High Point	N.C. Collegiate Championships	Cullowhee, N.C.		283 pts.
Oct. 14	2000	33.	Cricket Indra	N.C. Collegiate Championships	Cullowhee, N.C.		20:09
Oct. 14	2000	60.	Michelle Fromal	N.C. Collegiate Championships	Cullowhee, N.C.		21:43
Oct. 14	2000	64.	Denise Montgomery	N.C. Collegiate Championships	Cullowhee, N.C.		21:58
Oct. 14	2000	68.	Erika Holder	N.C. Collegiate Championships	Cullowhee, N.C.		22:08
Oct. 14	2000	89.	Melissa Henderson	N.C. Collegiate Championships	Cullowhee, N.C.		25:39
Oct. 14	2000	92.	Ginny Gielen	N.C. Collegiate Championships	Cullowhee, N.C.		31:49
Oct. 28	2000	8.	High Point	Big South Championship	Charleston, S.C.	5k	223 pts.
Oct. 28	2000	34.	Cricket Indra	Big South Championship	Charleston, S.C.	5k	25:23
Oct. 28	2000	42.	Michelle Fromal	Big South Championship	Charleston, S.C.	5k	21:37
Oct. 28	2000	46.	Denise Montgomery	Big South Championship	Charleston, S.C.	5k	22:02
Oct. 28	2000	47.	Erika Holder	Big South Championship	Charleston, S.C.	5k	22:02
Oct. 28	2000	54.	Melissa Henderson	Big South Championship	Charleston, S.C.	5k	29:00
Nov. 11	2000	152.	Cricket Indra	NCAA Southeast Regional	Greenville, S.C.	5k	25:23

<2001>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	11.	High Point	Appalachian State Invitational	Boone, N.C.	5k	254 pts.
Aug. 31	2001	37.	Melissa Caudill	Appalachian State Invitational	Boone, N.C.	5k	19:24
Aug. 31	2001	59.	Stephanie Cabarcus	Appalachian State Invitational	Boone, N.C.	5k	20:13
Aug. 31	2001	64.	Jessica Healan	Appalachian State Invitational	Boone, N.C.	5k	20:23
Aug. 31	2001	65.	Cricket Indra	Appalachian State Invitational	Boone, N.C.	5k	20:25
Aug. 31	2001	81.	Jamie Vetten	Appalachian State Invitational	Boone, N.C.	5k	21:06

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Aug. 31	2001	84.	Erika Holder	Appalachian State Invitational	Boone, N.C.	5k	21:21
Aug. 31	2001	100.	Kristy Whitaker	Appalachian State Invitational	Boone, N.C.	5k	22:28
Aug. 31	2001	104.	Denise Montgomery	Appalachian State Invitational	Boone, N.C.	5k	22:57
Aug. 31	2001	106.	Lara Wittstadt	Appalachian State Invitational	Boone, N.C.	5k	23:26
Aug. 31	2001	112.	Samantha Sandusky	Appalachian State Invitational	Boone, N.C.	5k	25:19
Sept. 8	2001	2.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k	44 pts.
Sept. 8	2001	5.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.	5k	20:08
Sept. 8	2001	7.	Jessica Healan	HPU / Elon Invitational	Greensboro, N.C.	5k	20:20
Sept. 8	2001	8.	Cricket Indra	HPU / Elon Invitational	Greensboro, N.C.	5k	20:30
Sept. 8	2001	10.	Stephanie Cabarcus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:35
Sept. 8	2001	14.	Jamie Vetten	HPU / Elon Invitational	Greensboro, N.C.	5k	21:03
Sept. 8	2001	15.	Erika Holder	HPU / Elon Invitational	Greensboro, N.C.	5k	21:05
Sept. 8	2001	27.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	22:42
Sept. 8	2001	29.	Denise Montgomery	HPU / Elon Invitational	Greensboro, N.C.	5k	22:56
Sept. 8	2001	33.	Lara Wittstadt	HPU / Elon Invitational	Greensboro, N.C.	5k	24:08
Sept. 8	2001	42.	Samantha Sandusky	HPU / Elon Invitational	Greensboro, N.C.	5k	27:22
Sept. 21	2001	22.	High Point	Great American XC Classic	Rock Hill, S.C.	5k	648 pts.
Sept. 21	2001	124.	Melissa Caudill	Great American XC Classic	Rock Hill, S.C.	5k	19:38
Sept. 21	2001	173.	Jessica Healan	Great American XC Classic	Rock Hill, S.C.	5k	20:13
Sept. 21	2001	177.	Stephanie Cabarcus	Great American XC Classic	Rock Hill, S.C.	5k	20:15
Sept. 21	2001	193.	Jamie Vetten	Great American XC Classic	Rock Hill, S.C.	5k	20:28
Sept. 21	2001	206.	Cricket Indra	Great American XC Classic	Rock Hill, S.C.	5k	20:42
Sept. 21	2001	210.	Erika Holder	Great American XC Classic	Rock Hill, S.C.	5k	20:50
Sept. 21	2001	241.	Denise Montgomery	Great American XC Classic	Rock Hill, S.C.	5k	21:51
Sept. 21	2001	250.	Kristy Whitaker	Great American XC Classic	Rock Hill, S.C.	5k	22:07
Sept. 21	2001	271.	Samantha Sandusky	Great American XC Classic	Rock Hill, S.C.	5k	23:13
Sept. 21	2001	280.	Lara Wittstadt	Great American XC Classic	Rock Hill, S.C.	5k	24:14
Sept. 29	2001	5.	High Point	Greensboro Invitational	Greensboro, N.C.		174 pts.
Sept. 29	2001	21.	Melissa Caudill	Greensboro Invitational	Greensboro, N.C.		19:25
Sept. 29	2001	4.	Jamie Vetten	Greensboro Invitational	Greensboro, N.C.		20:36
Sept. 29	2001	32.	Stephanie Cabarcus	Greensboro Invitational	Greensboro, N.C.		19:55
Sept. 29	2001	35.	Jessica Healan	Greensboro Invitational	Greensboro, N.C.		20:06
Sept. 29	2001	42.	Cricket Indra	Greensboro Invitational	Greensboro, N.C.		20:30
Sept. 29	2001	52.	Erika Holder	Greensboro Invitational	Greensboro, N.C.		21:02
Sept. 29	2001	58.	Kristy Whitaker	Greensboro Invitational	Greensboro, N.C.		21:32
Sept. 29	2001	71.	Denise Montgomery	Greensboro Invitational	Greensboro, N.C.		22:24
Sept. 29	2001	74.	Samantha Sandusky	Greensboro Invitational	Greensboro, N.C.		23:27
Sept. 29	2001	78.	Lara Wittstadt	Greensboro Invitational	Greensboro, N.C.		23:20
Oct. 13	2001	4.	High Point	N.C. Collegiate XC Championships	Greenville, N.C.	5k	107 pts.
Oct. 13	2001	15.	Stephanie Cabarcus	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:39
Oct. 13	2001	16.	Jessica Healan	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:41
Oct. 13	2001	27.	Cricket Indra	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:07
Oct. 13	2001	29.	Jamie Vetten	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:13
Oct. 13	2001	31.	Melissa Caudill	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:24
Oct. 13	2001	33.	Erika Holder	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:27
Oct. 13	2001	49.	Denise Montgomery	N.C. Collegiate XC Championships	Greenville, N.C.	5k	20:28
Oct. 13	2001	51.	Kristy Whitaker	N.C. Collegiate XC Championships	Greenville, N.C.	5k	20:39
Oct. 13	2001	58.	Samantha Sandusky	N.C. Collegiate XC Championships	Greenville, N.C.	5k	21:07
Oct. 13	2001	70.	Lara Wittstadt	N.C. Collegiate XC Championships	Greenville, N.C.	5k	22:22
Oct. 27	2001	7.	High Point	Big South Championship	Rock Hill, S.C.	5k	159 pts.
Oct. 27	2001	25.	Melissa Caudill	Big South Championship	Rock Hill, S.C.	5k	19:37
Oct. 27	2001	29.	Jessica Healan	Big South Championship	Rock Hill, S.C.	5k	19:45
Oct. 27	2001	32.	Stephanie Cabarcus	Big South Championship	Rock Hill, S.C.	5k	20:09
Oct. 27	2001	36.	Jamie Vetten	Big South Championship	Rock Hill, S.C.	5k	20:24
Oct. 27	2001	37.	Cricket Indra	Big South Championship	Rock Hill, S.C.	5k	20:29
Oct. 27	2001	39.	Erika Holder	Big South Championship	Rock Hill, S.C.	5k	20:38
Oct. 27	2001	45.	Kristy Whitaker	Big South Championship	Rock Hill, S.C.	5k	21:56
Nov. 10	2001	25.	High Point	NCAA Southeast Regional	Greenville, S.C.	6k	691 pts.
Nov. 10	2001	132.	Melissa Caudill	NCAA Southeast Regional	Greenville, S.C.	6k	25:07
Nov. 10	2001	137.	Jessica Healan	NCAA Southeast Regional	Greenville, S.C.	6k	25:12
Nov. 10	2001	155.	Erika Holder	NCAA Southeast Regional	Greenville, S.C.	6k	25:41
Nov. 10	2001	169.	Cricket Indra	NCAA Southeast Regional	Greenville, S.C.	6k	26:15
Nov. 10	2001	170.	Jamie Vetten	NCAA Southeast Regional	Greenville, S.C.	6k	26:24

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Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	5.	High Point	Mountaineer Open	Boone, N.C.	5k	143 pts.
Aug. 30	2002	21.	Melissa Caudill	Mountaineer Open	Boone, N.C.	5k	19:25.10
Aug. 30	2002	34.	Erin Kelly	Mountaineer Open	Boone, N.C.	5k	19:59.30
Aug. 30	2002	40.	Cat Lewis	Mountaineer Open	Boone, N.C.	5k	20:13.00
Aug. 30	2002	58.	Jamie Vetten	Mountaineer Open	Boone, N.C.	5k	21:10.80
Aug. 30	2002	63.	Lindsay Zerance	Mountaineer Open	Boone, N.C.	5k	21:39.50
Aug. 30	2002	74.	Tracy Warring	Mountaineer Open	Boone, N.C.	5k	22:12.40
Aug. 30	2002	85.	Samantha Sandusky	Mountaineer Open	Boone, N.C.	5k	25:04.50

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Aug. 30	2002	88.	Ginny Gielen	Mountaineer Open	Boone, N.C.	5k	30:18.00
Sept. 7	2002	4.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k	102 pts.
Sept. 7	2002	13.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.	5k	19:31
Sept. 7	2002	17.	Cat Lewis	HPU / Elon Invitational	Greensboro, N.C.	5k	19:57
Sept. 7	2002	23.	Erin Kelly	HPU / Elon Invitational	Greensboro, N.C.	5k	20:15
Sept. 7	2002	157.	Ginny Gielen	HPU / Elon Invitational	Greensboro, N.C.	5k	32:14
Sept. 21	2002	5.	High Point	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	136 pts.
Sept. 21	2002	21.	Melissa Caudill	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:01.44
Sept. 21	2002	23.	Cat Lewis	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:08.55
Sept. 21	2002	25.	Erin Kelly	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:17.95
Sept. 21	2002	30.	Jamie Vetten	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:31.88
Sept. 21	2002	39.	Lindsay Zerance	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	21:21.81
Sept. 21	2002	49.	Tracy Warring	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	21:58.93
Sept. 27	2002	13.	High Point	Great American Classic	Charlotte, N.C.	5k	329 pts.
Sept. 27	2002	36.	Melissa Caudill	Great American Classic	Charlotte, N.C.	5k	21:25.8
Sept. 27	2002	61.	Cat Lewis	Great American Classic	Charlotte, N.C.	5k	21:55.6
Sept. 27	2002	62.	Erin Kelly	Great American Classic	Charlotte, N.C.	5k	22:00.9
Sept. 27	2002	90.	Jamie Vetten	Great American Classic	Charlotte, N.C.	5k	22:41.0
Sept. 27	2002	99.	Tracy Warring	Great American Classic	Charlotte, N.C.	5k	23:01.8
Sept. 27	2002	111.	Lindsay Zerance	Great American Classic	Charlotte, N.C.	5k	24:01.3
Oct. 5	2002	1.	High Point	Hagan-Stone Classic	Greensboro, N.C.	5k	24 pts.
Oct. 5	2002	8.	Cat Lewis	Hagan-Stone Classic	Greensboro, N.C.	5k	19:36
Oct. 5	2002	10.	Melissa Caudill	Hagan-Stone Classic	Greensboro, N.C.	5k	19:42
Oct. 5	2002	13.	Jamie Vetten	Hagan-Stone Classic	Greensboro, N.C.	5k	20:07
Oct. 5	2002	14.	Erin Kelly	Hagan-Stone Classic	Greensboro, N.C.	5k	20:07
Oct. 5	2002	32.	Tracy Warring	Hagan-Stone Classic	Greensboro, N.C.	5k	21:21
Oct. 12	2002	5.	High Point	N.C. Collegiate XC Championships	Greenville, N.C.	5k	-
Oct. 12	2002	34.	Cat Lewis	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:58.20
Oct. 12	2002	38.	Melissa Caudill	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:08.99
Oct. 12	2002	50.	Erin Kelly	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:30.44
Oct. 12	2002	51.	Jamie Vetten	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:31.67
Oct. 12	2002	78.	Tracy Warring	N.C. Collegiate XC Championships	Greenville, N.C.	5k	20:37.26
Oct. 12	2002	90.	Lindsay Zerance	N.C. Collegiate XC Championships	Greenville, N.C.	5k	21:14.00
Nov. 2	2002	5.	High Point	Big South Championship	Rock Hill, S.C.	5k	145 pts.
Nov. 2	2002	23.	Melissa Caudill	Big South Championship	Rock Hill, S.C.	5k	19:25.25
Nov. 2	2002	26.	Jamie Vetten	Big South Championship	Rock Hill, S.C.	5k	19:50.28
Nov. 2	2002	27.	Cat Lewis	Big South Championship	Rock Hill, S.C.	5k	19:51.61
Nov. 2	2002	34.	Erin Kelly	Big South Championship	Rock Hill, S.C.	5k	20:27.07
Nov. 2	2002	35.	Tracy Warring	Big South Championship	Rock Hill, S.C.	5k	20:37.78
Nov. 2	2002	50.	Lindsay Zerance	Big South Championship	Rock Hill, S.C.	5k	22:14.48
Nov. 16	2002	24.	High Point	NCAA Southeast Regional	Greenville, N.C.	6k	674 pts.
Nov. 16	2002	122.	Melissa Caudill	NCAA Southeast Regional	Greenville, N.C.	6k	23:16.50
Nov. 16	2002	134.	Erin Kelly	NCAA Southeast Regional	Greenville, N.C.	6k	23:32.90
Nov. 16	2002	136.	Jamie Vetten	NCAA Southeast Regional	Greenville, N.C.	6k	23:36.00
Nov. 16	2002	155.	Cat Lewis	NCAA Southeast Regional	Greenville, N.C.	6k	24:01.80
Nov. 16	2002	168.	Tracy Warring	NCAA Southeast Regional	Greenville, N.C.	6k	24:45.90
Nov. 16	2002	185.	Lindsay Zerance	NCAA Southeast Regional	Greenville, N.C.	6k	32:08.20

<2003>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 29	2003	5.	High Point	Mountaineer Open	Boone, N.C.	5k	133 pts.
Aug. 29	2003	20.	Melissa Caudill	Mountaineer Open	Boone, N.C.	5k	19:42.40
Aug. 29	2003	25.	Jemissa Hess	Mountaineer Open	Boone, N.C.	5k	19:55.60
Aug. 29	2003	34.	Tracy Warring	Mountaineer Open	Boone, N.C.	5k	20:40.20
Aug. 29	2003	40.	Shawwna Truelove	Mountaineer Open	Boone, N.C.	5k	21:07.00
Aug. 29	2003	44.	Cat Lewis	Mountaineer Open	Boone, N.C.	5k	21:28.40
Aug. 29	2003	50.	Jamie Vetten	Mountaineer Open	Boone, N.C.	5k	22:04.20
Aug. 29	2003	65.	Nicole Beaudwin	Mountaineer Open	Boone, N.C.	5k	24:28.00
Sept. 6	2003	2.	High Point	HPU / Elon Invitational	Greensboro, N.C.		41 pts.
Sept. 6	2003	1.	Jemissa Hess	HPU / Elon Invitational	Greensboro, N.C.		19:43
Sept. 6	2003	3.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.		19:56
Sept. 6	2003	15.	Cat Lewis	HPU / Elon Invitational	Greensboro, N.C.		20:49
Sept. 6	2003	19.	Tracy Warring	HPU / Elon Invitational	Greensboro, N.C.		21:19
Sept. 6	2003	45.	Shawwna Truelove	HPU / Elon Invitational	Greensboro, N.C.		22:24
Sept. 6	2003	77.	Nicole Beaudwin	HPU / Elon Invitational	Greensboro, N.C.		24:21
Sept. 20	2003	5.	High Point	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	105 pts.
Sept. 20	2003	4.	Jemissa Hess	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:04.13
Sept. 20	2003	13.	Melissa Caudill	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:33.21
Sept. 20	2003	34.	Tracy Warring	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	20:42.63
Sept. 20	2003	37.	Shawwna Truelove	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	20:49.59
Sept. 20	2003	42.	Cat Lewis	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	21:05.71
Sept. 20	2003	62.	Nicole Beaudwin	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	26:12.28
Sept. 26	2003	13.	High Point	Great American Classic	Cary, N.C.	5k	279 pts.
Sept. 26	2003	11.	Jemissa Hess	Great American Classic	Cary, N.C.	5k	19:28.7

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Sept. 26	2003	42.	Melissa Caudill	Great American Classic	Cary, N.C.	5k	20:23.0
Sept. 26	2003	70.	Tracy Warring	Great American Classic	Cary, N.C.	5k	21:05.2
Sept. 26	2003	79.	Shawwna Truelove	Great American Classic	Cary, N.C.	5k	21:21.3
Sept. 26	2003	80.	Cat Lewis	Great American Classic	Cary, N.C.	5k	21:22.8
Sept. 26	2003	122.	Jamie Vetten	Great American Classic	Cary, N.C.	5k	26:46.7
Oct. 11	2003	4.	High Point	Furman Invitational	Greenville, S.C.	5k	93 pts.
Oct. 11	2003	5.	Jemissa Hess	Furman Invitational	Greenville, S.C.	5k	19:04.73
Oct. 11	2003	7.	Melissa Caudill	Furman Invitational	Greenville, S.C.	5k	19:10.87
Oct. 11	2003	25.	Tracy Warring	Furman Invitational	Greenville, S.C.	5k	20:13.07
Oct. 11	2003	27.	Shawwna Truelove	Furman Invitational	Greenville, S.C.	5k	20:17.33
Oct. 11	2003	33.	Cat Lewis	Furman Invitational	Greenville, S.C.	5k	20:28.07
Oct. 11	2003	53.	Erin Kelly	Furman Invitational	Greenville, S.C.	5k	21:10.92
Oct. 11	2003	62.	Jamie Vetten	Furman Invitational	Greenville, S.C.	5k	21:34.49
Oct. 11	2003	112.	Nicole Beaudwin	Furman Invitational	Greenville, S.C.	5k	25:26.33
Oct. 18	2003	6.	High Point	N.C. Collegiate XC Championships	Greenville, N.C.	5k	128 pts.
Oct. 18	2003	2.	Jemissa Hess	N.C. Collegiate XC Championships	Greenville, N.C.	5k	17:27.75
Oct. 18	2003	28.	Melissa Caudill	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:23.08
Oct. 18	2003	38.	Cat Lewis	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:53.71
Oct. 18	2003	40.	Shawwna Truelove	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:59.17
Oct. 18	2003	52.	Tracy Warring	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:12.88
Oct. 18	2003	59.	Jamie Vetten	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:41.24
Oct. 18	2003	87.	Nicole Beaudwin	N.C. Collegiate XC Championships	Greenville, N.C.	5k	24:16.08
Nov.1	2003	3.	High Point	Big South Championship	Conway, S.C.	5k	76 pts.
Nov.1	2003	4.	Jemissa Hess	Big South Championship	Conway, S.C.	5k	18:40.20
Nov.1	2003	10.	Melissa Caudill	Big South Championship	Conway, S.C.	5k	19:15.23
Nov.1	2003	17.	Shawwna Truelove	Big South Championship	Conway, S.C.	5k	19:49.38
Nov.1	2003	22.	Jamie Vetten	Big South Championship	Conway, S.C.	5k	20:19.49
Nov.1	2003	23.	Tracy Warring	Big South Championship	Conway, S.C.	5k	20:24.44
Nov.1	2003	28.	Cat Lewis	Big South Championship	Conway, S.C.	5k	20:32.55
Nov.1	2003	42.	Erin Kelly	Big South Championship	Conway, S.C.	5k	21:16.57
Nov.1	2003	68.	Nicole Beaudwin	Big South Championship	Conway, S.C.	5k	28:50.81
Nov. 15	2003	19.	High Point	NCAA Southeast Regional	Greenville, N.C.	6k	549 pts.
Nov. 15	2003	65.	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k	21:58.3
Nov. 15	2003	107.	Melissa Caudill	NCAA Southeast Regional	Greenville, N.C.	6k	23:12.3
Nov. 15	2003	112.	Shawwna Truelove	NCAA Southeast Regional	Greenville, N.C.	6k	23:18.7
Nov. 15	2003	131.	Jamie Vetten	NCAA Southeast Regional	Greenville, N.C.	6k	23:57.6
Nov. 15	2003	134.	Tracy Warring	NCAA Southeast Regional	Greenville, N.C.	6k	24:00.0
Nov. 15	2003	149.	Cat Lewis	NCAA Southeast Regional	Greenville, N.C.	6k	24:25.3

<2004>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2004	12.	Melissa Caudill / Jemissa Hess	Wake Forest Relays	Winston-Salem, N.C.	-	37:15
Sept. 1	2004	14.	Cheryl Gainey / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	-	38:56
Sept. 1	2004	16.	Kala Robertson / J. Ennis	Wake Forest Relays	Winston-Salem, N.C.	-	40:43
Sept. 1	2004	17.	Shawwna Truelove / Kate Atkinson	Wake Forest Relays	Winston-Salem, N.C.	-	43:19
Sept. 10	2004	1.	High Point	UNC Wilmington Invitational	Wilmington, N.C.	5k	49 pts.
Sept. 10	2004	1.	Jemissa Hess	UNC Wilmington Invitational	Wilmington, N.C.	5k	18:32
Sept. 10	2004	9.	Melissa Caudill	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:42
Sept. 10	2004	10.	Kala Robertson	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:43
Sept. 10	2004	11.	Cheryl Gainey	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:44
Sept. 10	2004	18.	Sumiyya Hunter	UNC Wilmington Invitational	Wilmington, N.C.	5k	20:16
Sept. 10	2004	20.	Kate Atkinson	UNC Wilmington Invitational	Wilmington, N.C.	5k	20:26
Sept. 10	2004	29.	Shawwna Truelove	UNC Wilmington Invitational	Wilmington, N.C.	5k	21:08
Sept. 10	2004	32.	Jamie Vetten	UNC Wilmington Invitational	Wilmington, N.C.	5k	21:16
Sept. 10	2004	40.	Erin Kelly	UNC Wilmington Invitational	Wilmington, N.C.	5k	21:33
Sept. 10	2004	44.	Jolene Ellis	UNC Wilmington Invitational	Wilmington, N.C.	5k	22:00
Sept. 25	2004	4.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	107 pts.
Sept. 25	2004	1.	Jemissa Hess	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	17:54
Sept. 25	2004	18.	Melissa Caudill	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:20
Sept. 25	2004	24.	Sumiyya Hunter	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:37
Sept. 25	2004	29.	Cheryl Gainey	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:49
Sept. 25	2004	35.	Kala Robertson	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:04
Sept. 25	2004	41.	Kate Atkinson	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:09
Sept. 25	2004	56.	Jamie Vetten	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:46
Sept. 25	2004	57.	Erin Kelly	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:50
Oct. 1	2004	1.	High Point	Great American XC Festival	Cary, N.C.	5k	65 pts.
Oct. 1	2004	1.	Jemissa Hess	Great American XC Festival	Cary, N.C.	5k	18:09.38
Oct. 1	2004	4.	Belinda Wilsher	Great American XC Festival	Cary, N.C.	5k	18:41.08
Oct. 1	2004	19.	Melissa Caudill	Great American XC Festival	Cary, N.C.	5k	19:23.98
Oct. 1	2004	20.	Sumiyya Hunter	Great American XC Festival	Cary, N.C.	5k	19:26.19
Oct. 1	2004	24.	Kala Robertson	Great American XC Festival	Cary, N.C.	5k	19:37.54
Oct. 1	2004	30.	Cheryl Gainey	Great American XC Festival	Cary, N.C.	5k	19:48.69
Oct. 1	2004	67.	Shawwna Truelove	Great American XC Festival	Cary, N.C.	5k	21:07.11
Oct. 1	2004	77.	Kate Atkinson	Great American XC Festival	Cary, N.C.	5k	21:28.48

EVENT-BY-EVENT RESULTS

Oct. 16	2004	1.	High Point	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	40 pts.
Oct. 16	2004	1.	Jemissa Hess	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	14:24
Oct. 16	2004	6.	Belinda Wilsher	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:12
Oct. 16	2004	9.	Sumiyya Hunter	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:22
Oct. 16	2004	11.	Melissa Caudill	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:25
Oct. 16	2004	14.	Cheryl Gainey	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:29
Oct. 16	2004	36.	Kala Robertson	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:14
Oct. 16	2004	41.	Shawwna Truelove	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:25
Oct. 16	2004	43.	Jamie Vetten	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:26
Oct. 16	2004	49.	Erin Kelly	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:44
Oct. 16	2004	51.	Kate Atkinson	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:54
Oct. 30	2004	3.	High Point	Big South Championship	Rock Hill, S.C.	5k	75 pts.
Oct. 30	2004	1.	Jemissa Hess	Big South Championship	Rock Hill, S.C.	5k	17:42
Oct. 30	2004	13.	Sumiyya Hunter	Big South Championship	Rock Hill, S.C.	5k	19:04
Oct. 30	2004	19.	Melissa Caudill	Big South Championship	Rock Hill, S.C.	5k	19:22
Oct. 30	2004	22.	Kala Robertson	Big South Championship	Rock Hill, S.C.	5k	19:31
Oct. 30	2004	23.	Belinda Wilsher	Big South Championship	Rock Hill, S.C.	5k	19:34
Oct. 30	2004	32.	Cheryl Gainey	Big South Championship	Rock Hill, S.C.	5k	19:50
Oct. 30	2004	39.	Jamie Vetten	Big South Championship	Rock Hill, S.C.	5k	20:07
Oct. 30	2004	44.	Shawwna Truelove	Big South Championship	Rock Hill, S.C.	5k	20:29
Oct. 30	2004	46.	Kate Atkinson	Big South Championship	Rock Hill, S.C.	5k	20:41
Oct. 30	2004	59.	Jolene Ellis	Big South Championship	Rock Hill, S.C.	5k	22:19
Nov. 13	2004	17.	High Point	NCAA Southeast Regional	Greenville, N.C.	6k	431 pts.
Nov. 13	2004	8.	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k	20:35.30
Nov. 13	2004	98.	Sumiyya Hunter	NCAA Southeast Regional	Greenville, N.C.	6k	22:47.10
Nov. 13	2004	111.	Kala Robertson	NCAA Southeast Regional	Greenville, N.C.	6k	23:03.70
Nov. 13	2004	116.	Cheryl Gainey	NCAA Southeast Regional	Greenville, N.C.	6k	23:07.10
Nov. 13	2004	121.	Melissa Caudill	NCAA Southeast Regional	Greenville, N.C.	6k	23:12.80
Nov. 13	2004	153.	Shawwna Truelove	NCAA Southeast Regional	Greenville, N.C.	6k	24:05.40
Nov. 13	2004	157.	Jamie Vetten	NCAA Southeast Regional	Greenville, N.C.	6k	24:13.80
Nov. 22	2004	159.	Jemissa Hess	NCAA Championships	Terre Haute, Ind.	6k	22:27.2

<2005>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	3.	High Point	Wake Forest Invitational	Winston-Salem, N.C.	-	33 pts.
Sept. 2	2005	15.	Sumiyya Hunter	Wake Forest Invitational	Winston-Salem, N.C.	-	18:56
Sept. 2	2005	18.	Shauna Marsh	Wake Forest Invitational	Winston-Salem, N.C.	-	19:11
Sept. 2	2005	25.	Kate Atkinson	Wake Forest Invitational	Winston-Salem, N.C.	-	19:51
Sept. 2	2005	25.	Kali Burt	Wake Forest Invitational	Winston-Salem, N.C.	-	19:51
Sept. 2	2005	28.	Cheryl Gainey	Wake Forest Invitational	Winston-Salem, N.C.	-	20:07
Sept. 2	2005	31.	Tracy Warring	Wake Forest Invitational	Winston-Salem, N.C.	-	20:26
Sept. 2	2005	33.	Erin Kelly	Wake Forest Invitational	Winston-Salem, N.C.	-	20:36
Sept. 2	2005	35.	Shawwna Truelove	Wake Forest Invitational	Winston-Salem, N.C.	-	20:52
Sept. 2	2005	37.	Cat Lewis	Wake Forest Invitational	Winston-Salem, N.C.	-	21:22
Sept. 2	2005	9.	Sumiyya Hunter / Shauna Marsh	Wake Forest Invitational	Winston-Salem, N.C.	-	38:07
Sept. 2	2005	13.	Kate Atkinson / Kali Burt	Wake Forest Invitational	Winston-Salem, N.C.	-	39:45
Sept. 2	2005	16.	Cheryl Gainey / Tracy Warring	Wake Forest Invitational	Winston-Salem, N.C.	-	40:34
Sept. 2	2005	17.	Shawwna Truelove / Erin Kelly	Wake Forest Invitational	Winston-Salem, N.C.	-	41:30
Sept. 17	2005	1.	High Point	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	33 pts.
Sept. 17	2005	2.	Kali Burt	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	18:51
Sept. 17	2005	4.	Sumiyya Hunter	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	19:39
Sept. 17	2005	6.	Shauna Marsh	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	19:47
Sept. 17	2005	9.	Kate Atkinson	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:21
Sept. 17	2005	12.	Cheryl Gainey	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:31
Sept. 17	2005	16.	Erin Kelly	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:45
Sept. 17	2005	39.	Tracy Warring	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	22:38
Sept. 17	2005	48.	Melaney Hodge	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	23:37
Sept. 17	2005	57.	Stephanie Hutchens	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	25:55
Sept. 24	2005	1.	High Point	Overton XC Meet	Greenville, N.C.	5k	29 pts.
Sept. 24	2005	1.	Kali Burt	Overton XC Meet	Greenville, N.C.	5k	18:33.06
Sept. 24	2005	4.	Sumiyya Hunter	Overton XC Meet	Greenville, N.C.	5k	18:57.40
Sept. 24	2005	6.	Kate Atkinson	Overton XC Meet	Greenville, N.C.	5k	19:16.76
Sept. 24	2005	7.	Shauna Marsh	Overton XC Meet	Greenville, N.C.	5k	19:17.67
Sept. 24	2005	12.	Erin Kelly	Overton XC Meet	Greenville, N.C.	5k	19:55.05
Sept. 24	2005	22.	Tracy Warring	Overton XC Meet	Greenville, N.C.	5k	20:26.07
Sept. 24	2005	24.	Cheryl Gainey	Overton XC Meet	Greenville, N.C.	5k	20:38.66
Sept. 24	2005	37.	Cat Lewis	Overton XC Meet	Greenville, N.C.	5k	21:20.83
Sept. 24	2005	48.	Melaney Hodge	Overton XC Meet	Greenville, N.C.	5k	22:58.57
Sept. 24	2005	57.	Stephanie Hutchens	Overton XC Meet	Greenville, N.C.	5k	25:32.91
Oct. 14	2005	3.	High Point	Blue Ridge Open	Boone, N.C.	5k	104 pts.
Oct. 14	2005	4.	Kali Burt	Blue Ridge Open	Boone, N.C.	5k	18:34.5
Oct. 14	2005	19.	Shauna Marsh	Blue Ridge Open	Boone, N.C.	5k	19:26.3
Oct. 14	2005	24.	Kate Atkinson	Blue Ridge Open	Boone, N.C.	5k	19:38.2
Oct. 14	2005	33.	Erin Kelly	Blue Ridge Open	Boone, N.C.	5k	20:03.9

EVENT-BY-EVENT RESULTS

Oct. 14	2005	36.	Cheryl Gainey	Blue Ridge Open	Boone, N.C.	5k	20:13.5
Oct. 14	2005	38.	Tracy Warring	Blue Ridge Open	Boone, N.C.	5k	20:16.5
Oct. 14	2005	39.	Sumiyya Hunter	Blue Ridge Open	Boone, N.C.	5k	20:17.9
Oct. 14	2005	95.	Cat Lewis	Blue Ridge Open	Boone, N.C.	5k	21:44.3
Oct. 29	2005	3.	High Point	Big South Championship	Lexington, Va.	5k	79 pts.
Oct. 29	2005	4.	Kali Burt	Big South Championship	Lexington, Va.	5k	18:19.95
Oct. 29	2005	11.	Sumiyya Hunter	Big South Championship	Lexington, Va.	5k	19:01.55
Oct. 29	2005	17.	Kate Atkinson	Big South Championship	Lexington, Va.	5k	19:26.56
Oct. 29	2005	26.	Cheryl Gainey	Big South Championship	Lexington, Va.	5k	19:57.73
Oct. 29	2005	27.	Shauna Marsh	Big South Championship	Lexington, Va.	5k	20:00.54
Oct. 29	2005	28.	Tracy Warring	Big South Championship	Lexington, Va.	5k	20:13.42
Oct. 29	2005	38.	Erin Kelly	Big South Championship	Lexington, Va.	5k	20:37.00
Oct. 29	2005	44.	Shawna Truelove	Big South Championship	Lexington, Va.	5k	20:53.98
Oct. 29	2005	62.	Cat Lewis	Big South Championship	Lexington, Va.	5k	22:40.60
Nov. 12	2005	20.	High Point	NCAA Southeast Regional	Greenville, N.C.	6k	513 pts.
Nov. 12	2005	44.	Kali Burt	NCAA Southeast Regional	Greenville, N.C.	6k	21:35.3
Nov. 12	2005	75.	Sumiyya Hunter	NCAA Southeast Regional	Greenville, N.C.	6k	22:19.9
Nov. 12	2005	126.	Shauna Marsh	NCAA Southeast Regional	Greenville, N.C.	6k	23:20.7
Nov. 12	2005	145.	Kate Atkinson	NCAA Southeast Regional	Greenville, N.C.	6k	23:53.6
Nov. 12	2005	146.	Cheryl Gainey	NCAA Southeast Regional	Greenville, N.C.	6k	23:56.3
Nov. 12	2005	154.	Erin Kelly	NCAA Southeast Regional	Greenville, N.C.	6k	24:06.3
Nov. 12	2005	160.	Tracy Warring	NCAA Southeast Regional	Greenville, N.C.	6k	24:12.8

<2006>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	3.	High Point	Wake Forest Relays	Winston-Salem, N.C.	5k	-
Sept. 1	2006	8.	Kali Burt	Wake Forest Relays	Winston-Salem, N.C.	5k	17:46
Sept. 1	2006	11.	Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	5k	18:27
Sept. 1	2006	14.	Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.	5k	18:29
Sept. 1	2006	24.	Shauna Marsh	Wake Forest Relays	Winston-Salem, N.C.	5k	19:04
Sept. 1	2006	25.	Joya Canfield	Wake Forest Relays	Winston-Salem, N.C.	5k	19:05
Sept. 1	2006	30.	Cheryl Gainey	Wake Forest Relays	Winston-Salem, N.C.	5k	20:10
Sept. 1	2006	31.	Michelle Foley	Wake Forest Relays	Winston-Salem, N.C.	5k	20:15
Sept. 1	2006	5.	Kali Burt / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	5k	36:13
Sept. 1	2006	9.	Shauna Marsh / Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.	5k	37:33
Sept. 1	2006	14.	Joya Canfield / Cheryl Gainey	Wake Forest Relays	Winston-Salem, N.C.	5k	39:15
Sept. 9	2006	5.	High Point	Lou Onesty Invitational	Charlottesville, Va.	5k	149 pts.
Sept. 9	2006	14.	Kali Burt	Lou Onesty Invitational	Charlottesville, Va.	5k	18:45.90
Sept. 9	2006	25.	Sumiyya Hunter	Lou Onesty Invitational	Charlottesville, Va.	5k	19:18.90
Sept. 9	2006	40.	Geneva Winterink	Lou Onesty Invitational	Charlottesville, Va.	5k	19:50.20
Sept. 9	2006	50.	Joya Canfield	Lou Onesty Invitational	Charlottesville, Va.	5k	20:14.40
Sept. 9	2006	65.	Kate Atkinson	Lou Onesty Invitational	Charlottesville, Va.	5k	20:40.80
Sept. 9	2006	83.	Cheryl Gainey	Lou Onesty Invitational	Charlottesville, Va.	5k	21:40.40
Sept. 9	2006	86.	Michelle Foley	Lou Onesty Invitational	Charlottesville, Va.	5k	21:53.70
Sept. 9	2006	91.	Shauna Marsh	Lou Onesty Invitational	Charlottesville, Va.	5k	22:14.10
Sept. 23	2006		High Point	Old North State Championships	Greensboro, N.C.	5k	
Sept. 23	2006	2.	Kali Burt	Old North State Championships	Greensboro, N.C.	5k	18:56.4
Sept. 23	2006	3.	Sumiyya Hunter	Old North State Championships	Greensboro, N.C.	5k	19:00.6
Sept. 23	2006	7.	Geneva Winterink	Old North State Championships	Greensboro, N.C.	5k	19:22.6
Sept. 23	2006	8.	Shauna Marsh	Old North State Championships	Greensboro, N.C.	5k	19:23.6
Sept. 23	2006	10.	Kate Atkinson	Old North State Championships	Greensboro, N.C.	5k	19:49.3
Sept. 23	2006	20.	Joya Canfield	Old North State Championships	Greensboro, N.C.	5k	20:21.6
Sept. 23	2006	24.	Cheryl Gainey	Old North State Championships	Greensboro, N.C.	5k	20:35.2
Sept. 23	2006	26.	Michelle Foley	Old North State Championships	Greensboro, N.C.	5k	20:44.9
Sept. 23	2006	38.	Shawna Truelove	Old North State Championships	Greensboro, N.C.	5k	21:44.9
Sept. 29	2006	17.	High Point	Paul Short Invitational	Bethlehem, Pa.	6k	475 pts.
Sept. 29	2006	46.	Kali Burt	Paul Short Invitational	Bethlehem, Pa.	6k	21:49
Sept. 29	2006	67.	Sumiyya Hunter	Paul Short Invitational	Bethlehem, Pa.	6k	22:23
Sept. 29	2006	103.	Kate Atkinson	Paul Short Invitational	Bethlehem, Pa.	6k	22:56
Sept. 29	2006	113.	Geneva Winterink	Paul Short Invitational	Bethlehem, Pa.	6k	23:06
Sept. 29	2006	146.	Joya Canfield	Paul Short Invitational	Bethlehem, Pa.	6k	23:32
Sept. 29	2006	170.	Shauna Marsh	Paul Short Invitational	Bethlehem, Pa.	6k	23:53
Sept. 29	2006	190.	Michelle Foley	Paul Short Invitational	Bethlehem, Pa.	6k	24:20
Oct. 13	2006	4.	High Point	Blue Ridge Open	Boone, N.C.	5k	110 pts.
Oct. 13	2006	9.	Shauna Marsh	Blue Ridge Open	Boone, N.C.	5k	19:02.7
Oct. 13	2006	13.	Kate Atkinson	Blue Ridge Open	Boone, N.C.	5k	19:10.3
Oct. 13	2006	24.	Geneva Winterink	Blue Ridge Open	Boone, N.C.	5k	19:33.0
Oct. 13	2006	33.	Sumiyya Hunter	Blue Ridge Open	Boone, N.C.	5k	19:44.6
Oct. 13	2006	39.	Cheryl Gainey	Blue Ridge Open	Boone, N.C.	5k	19:59.0
Oct. 13	2006	43.	Joya Canfield	Blue Ridge Open	Boone, N.C.	5k	20:00.5
Oct. 13	2006	70.	Michelle Foley	Blue Ridge Open	Boone, N.C.	5k	20:57.2
Oct. 13	2006	79.	Shawna Truelove	Blue Ridge Open	Boone, N.C.	5k	21:25.2
Oct. 28	2006	3.	High Point	Big South Championship	Summerville, S.C.	5k	67 pts.
Oct. 28	2006	10.	Kali Burt	Big South Championship	Summerville, S.C.	5k	18:30.69

EVENT-BY-EVENT RESULTS

Oct. 28	2006	11.	Sumiyya Hunter	Big South Championship	Summerville, S.C.	5k	18:34.51
Oct. 28	2006	12.	Shauna Marsh	Big South Championship	Summerville, S.C.	5k	18:44.21
Oct. 28	2006	15.	Kate Atkinson	Big South Championship	Summerville, S.C.	5k	18:51.09
Oct. 28	2006	19.	Geneva Winterink	Big South Championship	Summerville, S.C.	5k	18:58.60
Oct. 28	2006	31.	Joya Canfield	Big South Championship	Summerville, S.C.	5k	19:46.31
Oct. 28	2006	34.	Cheryl Gainey	Big South Championship	Summerville, S.C.	5k	19:51.29
Oct. 28	2006	48.	Michelle Foley	Big South Championship	Summerville, S.C.	5k	20:48.74
Oct. 28	2006	57.	Shawna Truelove	Big South Championship	Summerville, S.C.	5k	21:22.87
Nov. 11	2006	19.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	-
Nov. 11	2006	56.	Kali Burt	NCAA Southeast Regional	Louisville, Ky.	6k	22:12.70
Nov. 11	2006	106.	Shauna Marsh	NCAA Southeast Regional	Louisville, Ky.	6k	23:02.15
Nov. 11	2006	111.	Sumiyya Hunter	NCAA Southeast Regional	Louisville, Ky.	6k	23:06.80
Nov. 11	2006	117.	Kate Atkinson	NCAA Southeast Regional	Louisville, Ky.	6k	23:10.15
Nov. 11	2006	143.	Geneva Winterink	NCAA Southeast Regional	Louisville, Ky.	6k	23:45.35
Nov. 11	2006	171.	Joya Canfield	NCAA Southeast Regional	Louisville, Ky.	6k	24:15.20
Nov. 11	2006	178.	Cheryl Gainey	NCAA Southeast Regional	Louisville, Ky.	6k	24:29.40

<2007>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	2.	High Point	North Carolina Opener	Chapel Hill, N.C.	5k	34 pts.
Sept. 1	2007	2.	Kali Burt	North Carolina Opener	Chapel Hill, N.C.	5k	18:18.80
Sept. 1	2007	3.	Zsanett Kis	North Carolina Opener	Chapel Hill, N.C.	5k	18:25.20
Sept. 1	2007	8.	Sumiyya Hunter	North Carolina Opener	Chapel Hill, N.C.	5k	19:20.10
Sept. 1	2007	9.	Kate Atkinson	North Carolina Opener	Chapel Hill, N.C.	5k	19:22.10
Sept. 1	2007	13.	Joya Canfield	North Carolina Opener	Chapel Hill, N.C.	5k	19:54.70
Sept. 1	2007	14.	Andi Bolyki	North Carolina Opener	Chapel Hill, N.C.	5k	19:58.10
Sept. 1	2007	15.	Emily Webb	North Carolina Opener	Chapel Hill, N.C.	5k	20:14.60
Sept. 1	2007	17.	Geneva Winterink	North Carolina Opener	Chapel Hill, N.C.	5k	20:36.10
Sept. 1	2007	19.	Kylee Jordan	North Carolina Opener	Chapel Hill, N.C.	5k	21:55.30
Sept. 1	2007	22.	Monica Delizo	North Carolina Opener	Chapel Hill, N.C.	5k	22:25.20
Sept. 1	2007	26.	Christy Buckles	North Carolina Opener	Chapel Hill, N.C.	5k	24:22.20
Sept. 1	2007	27.	Dianna Bell	North Carolina Opener	Chapel Hill, N.C.	5k	24:38.10
Sept. 8	2007	5.	Zsanett Kis	Lou Onesty Invitational	Charlottesville, Va.	5k	18:27.6
Sept. 8	2007	7.	Kali Burt	Lou Onesty Invitational	Charlottesville, Va.	5k	18:37.2
Sept. 8	2007	14.	Sumiyya Hunter	Lou Onesty Invitational	Charlottesville, Va.	5k	18:57.5
Sept. 8	2007	29.	Andi Bolyki	Lou Onesty Invitational	Charlottesville, Va.	5k	20:00.0
Sept. 8	2007	30.	Kate Atkinson	Lou Onesty Invitational	Charlottesville, Va.	5k	20:01.3
Sept. 8	2007	32.	Joya Canfield	Lou Onesty Invitational	Charlottesville, Va.	5k	20:03.1
Sept. 8	2007	38.	Emily Webb	Lou Onesty Invitational	Charlottesville, Va.	5k	20:21.3
Sept. 8	2007	40.	Geneva Winterink	Lou Onesty Invitational	Charlottesville, Va.	5k	20:25.5
Sept. 8	2007	63.	Monica Delizo	Lou Onesty Invitational	Charlottesville, Va.	5k	21:49.2
Sept. 8	2007	76.	Kylee Jordan	Lou Onesty Invitational	Charlottesville, Va.	5k	23:34.8
Sept. 8	2007	83.	Dianna Bell	Lou Onesty Invitational	Charlottesville, Va.	5k	25:26.1
Sept. 8	2007	84.	Christy Buckles	Lou Onesty Invitational	Charlottesville, Va.	5k	25:58.4
Sept. 14	2007	1.	High Point	Big South Preview	Hendersonville, N.C.	5k	38 pts.
Sept. 14	2007	1.	Zsanett Kis	Big South Preview	Hendersonville, N.C.	5k	18:33.9
Sept. 14	2007	7.	Sumiyya Hunter	Big South Preview	Hendersonville, N.C.	5k	19:22.4
Sept. 14	2007	9.	Kate Atkinson	Big South Preview	Hendersonville, N.C.	5k	19:30.3
Sept. 14	2007	10.	Andi Bolyki	Big South Preview	Hendersonville, N.C.	5k	19:40.8
Sept. 14	2007	11.	Joya Canfield	Big South Preview	Hendersonville, N.C.	5k	19:42.8
Sept. 14	2007	12.	Emily Webb	Big South Preview	Hendersonville, N.C.	5k	19:50.6
Sept. 14	2007	14.	Geneva Winterink	Big South Preview	Hendersonville, N.C.	5k	20:18.1
Sept. 14	2007	26.	Monica Delizo	Big South Preview	Hendersonville, N.C.	5k	21:38.2
Sept. 14	2007	33.	Christy Buckles	Big South Preview	Hendersonville, N.C.	5k	23:21.0
Sept. 14	2007	36.	Dianna Bell	Big South Preview	Hendersonville, N.C.	5k	24:01.9
Sept. 28	2007	12.	High Point	Notre Dame Invitational	South Bend, Ind.	5k	332 pts.
Sept. 28	2007	3.	Zsanett Kis	Notre Dame Invitational	South Bend, Ind.	5k	17:56
Sept. 28	2007	5.	Kali Burt	Notre Dame Invitational	South Bend, Ind.	5k	18:01
Sept. 28	2007	92.	Andi Bolyki	Notre Dame Invitational	South Bend, Ind.	5k	19:12
Sept. 28	2007	118.	Emily Webb	Notre Dame Invitational	South Bend, Ind.	5k	19:37
Sept. 28	2007	127.	Joya Canfield	Notre Dame Invitational	South Bend, Ind.	5k	19:44
Sept. 28	2007	156.	Kate Atkinson	Notre Dame Invitational	South Bend, Ind.	5k	20:12
Sept. 28	2007	3.	High Point	Greensboro Invitational	Greensboro, N.C.	5k	55 pts.
Sept. 28	2007	4.	Kylee Jordan	Greensboro Invitational	Greensboro, N.C.	5k	19:46
Sept. 28	2007	21.	Shauna Marsh	Greensboro Invitational	Greensboro, N.C.	5k	21:03
Sept. 28	2007	30.	Monica Delizo	Greensboro Invitational	Greensboro, N.C.	5k	21:23
Sept. 28	2007	41.	Dana Robinson	Greensboro Invitational	Greensboro, N.C.	5k	21:53
Sept. 28	2007	42.	Kylee Jordan	Greensboro Invitational	Greensboro, N.C.	5k	21:54
Sept. 28	2007	75.	Dianna Bell	Greensboro Invitational	Greensboro, N.C.	5k	23:45
Oct. 12	2007	2.	High Point	Blue Ridge Mountain Open	Boone, N.C.	5k	66 pts.
Oct. 12	2007	2.	Zsanett Kis	Blue Ridge Mountain Open	Boone, N.C.	5k	18:09
Oct. 12	2007	4.	Kali Burt	Blue Ridge Mountain Open	Boone, N.C.	5k	18:13
Oct. 12	2007	14.	Sumiyya Hunter	Blue Ridge Mountain Open	Boone, N.C.	5k	18:56
Oct. 12	2007	24.	Andi Bolyki	Blue Ridge Mountain Open	Boone, N.C.	5k	19:09

EVENT-BY-EVENT RESULTS

Oct. 12	2007	31.	Kate Atkinson	Blue Ridge Mountain Open	Boone, N.C.	5k	19:17
Oct. 12	2007	42.	Joya Canfield	Blue Ridge Mountain Open	Boone, N.C.	5k	19:27
Oct. 12	2007	72.	Emily Webb	Blue Ridge Mountain Open	Boone, N.C.	5k	20:05
Oct. 12	2007	94.	Geneva Winterink	Blue Ridge Mountain Open	Boone, N.C.	5k	20:22
Oct. 12	2007	122.	Monica Delizo	Blue Ridge Mountain Open	Boone, N.C.	5k	21:05
Oct. 12	2007	129.	Dana Robinson	Blue Ridge Mountain Open	Boone, N.C.	5k	21:13
Oct. 12	2007	144.	Kylee Jordan	Blue Ridge Mountain Open	Boone, N.C.	5k	21:46
Oct. 12	2007	169.	Dianna Bell	Blue Ridge Mountain Open	Boone, N.C.	5k	23:00
Oct. 12	2007	175.	Christy Buckles	Blue Ridge Mountain Open	Boone, N.C.	5k	23:50
Oct. 27	2007	3.	High Point	Big South Championship	Hendersonville, N.C.		31 pts.
Oct. 27	2007	4.	Zsanett Kis	Big South Championship	Hendersonville, N.C.		17:58.7
Oct. 27	2007	5.	Kali Burt	Big South Championship	Hendersonville, N.C.		18:00.5
Oct. 27	2007	15.	Sumiyya Hunter	Big South Championship	Hendersonville, N.C.		18:43.2
Oct. 27	2007	21.	Andi Bolyki	Big South Championship	Hendersonville, N.C.		19:01.7
Oct. 27	2007	23.	Shauna Marsh	Big South Championship	Hendersonville, N.C.		19:27.6
Oct. 27	2007	30.	Joya Canfield	Big South Championship	Hendersonville, N.C.		19:41.8
Oct. 27	2007	31.	Geneva Winterink	Big South Championship	Hendersonville, N.C.		19:45.6
Oct. 27	2007	33.	Emily Webb	Big South Championship	Hendersonville, N.C.		19:48.8
Oct. 27	2007	50.	Monica Delizo	Big South Championship	Hendersonville, N.C.		20:39.5
Oct. 27	2007	67.	Kylee Jordan	Big South Championship	Hendersonville, N.C.		22:22.1
Nov. 10	2007	18.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	464 pts.
Nov. 10	2007	31.	Zsanett Kis	NCAA Southeast Regional	Louisville, Ky.	6k	21:29.05
Nov. 10	2007	37.	Kali Burt	NCAA Southeast Regional	Louisville, Ky.	6k	21:32.90
Nov. 10	2007	94.	Sumiyya Hunter	NCAA Southeast Regional	Louisville, Ky.	6k	22:29.05
Nov. 10	2007	144.	Shauna Marsh	NCAA Southeast Regional	Louisville, Ky.	6k	23:22.45
Nov. 10	2007	166.	Andi Bolyki	NCAA Southeast Regional	Louisville, Ky.	6k	23:44.95
Nov. 10	2007	192.	Joya Canfield	NCAA Southeast Regional	Louisville, Ky.	6k	24:10.25
Nov. 10	2007	213.	Kate Atkinson	NCAA Southeast Regional	Louisville, Ky.	6k	25:01.95

<2008>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	4.	High Point	Liberty Invitational	Lynchburg, Va.	5k	85 pts.
Sept. 20	2008	1.	Zsanett Kis	Liberty Invitational	Lynchburg, Va.	5k	19:11.30
Sept. 20	2008	10.	Emily Webb	Liberty Invitational	Lynchburg, Va.	5k	19:57.40
Sept. 20	2008	20.	Geneva Winterink	Liberty Invitational	Lynchburg, Va.	5k	20:44.10
Sept. 20	2008	25.	Monica Delizo	Liberty Invitational	Lynchburg, Va.	5k	21:14.00
Sept. 20	2008	34.	Kelsey Hinchliffe	Liberty Invitational	Lynchburg, Va.	5k	21:55.60
Sept. 20	2008	43.	Lany Wenke	Liberty Invitational	Lynchburg, Va.	5k	22:46.90
Sept. 20	2008	47.	Kirsten Dahlberg	Liberty Invitational	Lynchburg, Va.	5k	24:19.30
Sept. 20	2008	-	Andi Bolyki	Liberty Invitational	Lynchburg, Va.	5k	DNF
Sept. 20	2008	-	Joya Canfield	Liberty Invitational	Lynchburg, Va.	5k	DNF
Sept. 20	2008	-	Christy Buckles	Liberty Invitational	Lynchburg, Va.	5k	DNF
Sept. 20	2008	-	Dianna Bell	Liberty Invitational	Lynchburg, Va.	5k	DNF
Sept. 27	2008	17.	High Point	Roy Giiak Invitational	Falcon Heights, Minn.	6k	496 pts.
Sept. 27	2008	57.	Kali Burt	Roy Giiak Invitational	Falcon Heights, Minn.	6k	22:45.70
Sept. 27	2008	120.	Andi Bolyki	Roy Giiak Invitational	Falcon Heights, Minn.	6k	23:46.40
Sept. 27	2008	121.	Shauna Marsh	Roy Giiak Invitational	Falcon Heights, Minn.	6k	23:47.80
Sept. 27	2008	143.	Joya Canfield	Roy Giiak Invitational	Falcon Heights, Minn.	6k	24:11.80
Sept. 27	2008	144.	Geneva Winterink	Roy Giiak Invitational	Falcon Heights, Minn.	6k	24:12.10
Sept. 27	2008	152.	Kelsey Fraser	Roy Giiak Invitational	Falcon Heights, Minn.	6k	24:20.30
Oct. 17	2008	7.	Monica Delizo	Blue Ridge Open	Boone, N.C.	5k	20:09
Oct. 17	2008	20.	Lany Wenke	Blue Ridge Open	Boone, N.C.	5k	20:53
Oct. 17	2008	21.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.	5k	20:58
Oct. 17	2008	52.	Kirsten Dahlberg	Blue Ridge Open	Boone, N.C.	5k	23:01
Oct. 17	2008	64.	Dianna Bell	Blue Ridge Open	Boone, N.C.	5k	24:50
Oct. 17	2008	2.	High Point	Blue Ridge Open (Gold)	Boone, N.C.	5k	83 pts.
Oct. 17	2008	4.	High Point	Blue Ridge Open	Boone, N.C.	5k	103 pts.
Oct. 17	2008	9.	Zsanett Kis	Blue Ridge Open (Gold)	Boone, N.C.	5k	18:30
Oct. 17	2008	12.	Shauna Marsh	Blue Ridge Open (Gold)	Boone, N.C.	5k	18:39
Oct. 17	2008	27.	Kali Burt	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:05
Oct. 17	2008	29.	Kelsey Fraser	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:07
Oct. 17	2008	32.	Andi Bolyki	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:10
Oct. 17	2008	53.	Emily Webb	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:27
Oct. 17	2008	72.	Joya Canfield	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:44
Oct. 17	2008	133.	Geneva Winterink	Blue Ridge Open (Gold)	Boone, N.C.	5k	20:39
Nov. 1	2008	3.	High Point	Big South Championship	Lynchburg, Va.	5k	58 pts.
Nov. 1	2008	1.	Zsanett Kis	Big South Championship	Lynchburg, Va.	5k	18:23.24
Nov. 1	2008	5.	Kali Burt	Big South Championship	Lynchburg, Va.	5k	18:52.57
Nov. 1	2008	14.	Andi Bolyki	Big South Championship	Lynchburg, Va.	5k	19:24.81
Nov. 1	2008	22.	Emily Webb	Big South Championship	Lynchburg, Va.	5k	19:32.36
Nov. 1	2008	23.	Geneva Winterink	Big South Championship	Lynchburg, Va.	5k	20:09.07
Nov. 1	2008	24.	Kelsey Fraser	Big South Championship	Lynchburg, Va.	5k	20:13.81
Nov. 1	2008	27.	Monica Delizo	Big South Championship	Lynchburg, Va.	5k	20:20.13
Nov. 1	2008	34.	Joya Canfield	Big South Championship	Lynchburg, Va.	5k	20:42.43

EVENT-BY-EVENT RESULTS

Nov. 1	2008	45.	Shauna Marsh	Big South Championship	Lynchburg, Va.	5k	21:29.31
Nov. 8	2008	2.	High Point	Wolfpack Invitational	Raleigh, N.C.	5k	38 pts.
Nov. 8	2008	16.	Kelsey Fraser	Wolfpack Invitational	Raleigh, N.C.	5k	19:21
Nov. 8	2008	20.	Joya Canfield	Wolfpack Invitational	Raleigh, N.C.	5k	19:42
Nov. 8	2008	22.	Monica Delizo	Wolfpack Invitational	Raleigh, N.C.	5k	20:06
Nov. 8	2008	32.	Lany Wenke	Wolfpack Invitational	Raleigh, N.C.	5k	20:34
Nov. 8	2008	35.	Kelsey Hinchliffe	Wolfpack Invitational	Raleigh, N.C.	5k	20:39
Nov. 8	2008	49.	Dianna Bell	Wolfpack Invitational	Raleigh, N.C.	5k	23:37
Nov. 15	2008	16.	High Point	NCAA Southeast Regional	Clemmons, N.C.	6k	464 pts.
Nov. 15	2008	41.	Kali Burt	NCAA Southeast Regional	Clemmons, N.C.	6k	22:04.6
Nov. 15	2008	64.	Zsanett Kis	NCAA Southeast Regional	Clemmons, N.C.	6k	22:26.8
Nov. 15	2008	106.	Emily Webb	NCAA Southeast Regional	Clemmons, N.C.	6k	23:10.2
Nov. 15	2008	127.	Andi Bolyki	NCAA Southeast Regional	Clemmons, N.C.	6k	23:22.3
Nov. 15	2008	129.	Geneva Winterink	NCAA Southeast Regional	Clemmons, N.C.	6k	23:24.2
Nov. 15	2008	147.	Kelsey Fraser	NCAA Southeast Regional	Clemmons, N.C.	6k	23:45.9
Nov. 15	2008	194.	Shauna Marsh	NCAA Southeast Regional	Clemmons, N.C.	6k	24:46.4

<2009>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	13.	Joya Canfield	Wake Forest Relays	Winston-Salem, N.C.		18:58.0
Sept. 4	2009	16.	Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.		19:02.0
Sept. 4	2009	18.	Emily Webb	Wake Forest Relays	Winston-Salem, N.C.		19:08.0
Sept. 4	2009	19.	Kelsey Hunt	Wake Forest Relays	Winston-Salem, N.C.		19:11.0
Sept. 4	2009	20.	Kelsey Fraser	Wake Forest Relays	Winston-Salem, N.C.		19:14.0
Sept. 4	2009	24.	Brittany Killough	Wake Forest Relays	Winston-Salem, N.C.		19:22.0
Sept. 4	2009	26.	Francesca Carrone	Wake Forest Relays	Winston-Salem, N.C.		19:26.0
Sept. 4	2009	31.	Dani Paul	Wake Forest Relays	Winston-Salem, N.C.		19:46.0
Sept. 4	2009	32.	Vanessa Piacente	Wake Forest Relays	Winston-Salem, N.C.		19:48.0
Sept. 4	2009	34.	Kelsey Paine	Wake Forest Relays	Winston-Salem, N.C.		20:04.0
Sept. 19	2009	3.	High Point	Big South Preview	Winston-Salem, N.C.		61 pts.
Sept. 19	2009	6.	Joya Canfield	Big South Preview	Winston-Salem, N.C.		19:40
Sept. 19	2009	7.	Geneva Winterink	Big South Preview	Winston-Salem, N.C.		19:43
Sept. 19	2009	12.	Emily Webb	Big South Preview	Winston-Salem, N.C.		19:52
Sept. 19	2009	13.	Brittany Killough	Big South Preview	Winston-Salem, N.C.		19:54
Sept. 19	2009	23.	Vanessa Piacente	Big South Preview	Winston-Salem, N.C.		20:19
Sept. 19	2009	26.	Francesca Carrone	Big South Preview	Winston-Salem, N.C.		20:24
Sept. 19	2009	27.	Kelsey Hunt	Big South Preview	Winston-Salem, N.C.		20:31
Sept. 19	2009	28.	Dani Paul	Big South Preview	Winston-Salem, N.C.		20:32
Sept. 19	2009	32.	Monica Delizo	Big South Preview	Winston-Salem, N.C.		20:43
Sept. 19	2009	34.	Kelsey Paine	Big South Preview	Winston-Salem, N.C.		20:57
Sept. 19	2009	45.	Erin Lonon	Big South Preview	Winston-Salem, N.C.		22:14
Sept. 19	2009	50.	Kelsey Hinchliffe	Big South Preview	Winston-Salem, N.C.		23:11
Sept. 19	2009	52.	Emma Tobin	Big South Preview	Winston-Salem, N.C.		23:36
Sept. 19	2009	53.	Manika Gamble	Big South Preview	Winston-Salem, N.C.		24:31
Sept. 19	2009	55.	Dianna Bell	Big South Preview	Winston-Salem, N.C.		25:21
Sept. 26	2009	-	High Point	Greensboro XC Invitational	Greensboro, N.C.	5k	NTS
Sept. 26	2009	2.	Dani Paul	Greensboro XC Invitational	Greensboro, N.C.	5k	19:22.2
Sept. 26	2009	4.	Kelsey Paine	Greensboro XC Invitational	Greensboro, N.C.	5k	19:27.6
Sept. 26	2009	12.	Monica Delizo	Greensboro XC Invitational	Greensboro, N.C.	5k	19:44.1
Sept. 26	2009	13.	High Point	Roy Griak Invitational	St. Paul, Minn.	6k	360 pts.
Sept. 26	2009	69.	Emily Webb	Roy Griak Invitational	St. Paul, Minn.	6k	23:46
Sept. 26	2009	72.	Joya Canfield	Roy Griak Invitational	St. Paul, Minn.	6k	23:51
Sept. 26	2009	75.	Geneva Winterink	Roy Griak Invitational	St. Paul, Minn.	6k	23:51
Sept. 26	2009	128.	Vanessa Piacente	Roy Griak Invitational	St. Paul, Minn.	6k	24:50
Sept. 26	2009	138.	Kelsey Hunt	Roy Griak Invitational	St. Paul, Minn.	6k	24:57
Sept. 26	2009	150.	Francesca Carrone	Roy Griak Invitational	St. Paul, Minn.	6k	25:18
Sept. 26	2009	168.	Kelsey Fraser	Roy Griak Invitational	St. Paul, Minn.	6k	26:03
Sept. 26	2009	192.	Brittany Killough	Roy Griak Invitational	St. Paul, Minn.	6k	DNF
Oct. 16	2009	3.	High Point	Blue Ridge Open	Boone, N.C.		79 pts.
Oct. 16	2009	4.	Kelsey Paine	Blue Ridge Open	Boone, N.C.		20:04.73
Oct. 16	2009	11.	Kelsey Hunt	Blue Ridge Open	Boone, N.C.		20:13.69
Oct. 16	2009	12.	Dani Paul	Blue Ridge Open	Boone, N.C.		20:18.55
Oct. 16	2009	26.	Francesca Carrone	Blue Ridge Open	Boone, N.C.		20:48.20
Oct. 16	2009	45.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.		21:45.99
Oct. 16	2009	74.	Dianna Bell	Blue Ridge Open	Boone, N.C.		25:24.32
Oct. 31	2009	4.	High Point	Big South Championship	Winston-Salem, N.C.	5k	86 pts.
Oct. 31	2009	8.	Emily Webb	Big South Championship	Winston-Salem, N.C.	5k	19:12
Oct. 31	2009	11.	Geneva Winterink	Big South Championship	Winston-Salem, N.C.	5k	19:21
Oct. 31	2009	15.	Joya Canfield	Big South Championship	Winston-Salem, N.C.	5k	19:32
Oct. 31	2009	24.	Kelsey Fraser	Big South Championship	Winston-Salem, N.C.	5k	19:55
Oct. 31	2009	29.	Brittany Killough	Big South Championship	Winston-Salem, N.C.	5k	20:15
Oct. 31	2009	30.	Monica Delizo	Big South Championship	Winston-Salem, N.C.	5k	20:17
Oct. 31	2009	32.	Dani Paul	Big South Championship	Winston-Salem, N.C.	5k	20:22
Oct. 31	2009	42.	Kelsey Paine	Big South Championship	Winston-Salem, N.C.	5k	20:52

EVENT-BY-EVENT RESULTS

Oct. 31	2009	45.	Kelsey Hunt	Big South Championship	Winston-Salem, N.C.	5k	21:02
Nov. 14	2009	96.	Geneva Winterink	NCAA Southeast Regional	Louisville, Ky.	6k	22:42.83
Nov. 14	2009	102.	Emily Webb	NCAA Southeast Regional	Louisville, Ky.	6k	22:46.52
Nov. 14	2009	121.	Joya Canfield	NCAA Southeast Regional	Louisville, Ky.	6k	23:02.75

<2010>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	6.	High Point	Covered Bridge Open	Boone, N.C.		141 pts.
Sept. 3	2010	12.	Kaylyn Peck	Covered Bridge Open	Boone, N.C.		18:30.90
Sept. 3	2010	26.	Emily Webb	Covered Bridge Open	Boone, N.C.		19:07.63
Sept. 3	2010	27.	Kelsey Hunt	Covered Bridge Open	Boone, N.C.		19:09.06
Sept. 3	2010	37.	Kayleigh Perry	Covered Bridge Open	Boone, N.C.		19:20.96
Sept. 3	2010	45.	Kelsey Fraser	Covered Bridge Open	Boone, N.C.		19:27.93
Sept. 3	2010	49.	Audrey Malloy	Covered Bridge Open	Boone, N.C.		19:35.78
Sept. 3	2010	70.	Monica Delizo	Covered Bridge Open	Boone, N.C.		20:00.55
Sept. 3	2010	72.	Dani Paul	Covered Bridge Open	Boone, N.C.		20:09.37
Sept. 3	2010	77.	Colleen Hollowood	Covered Bridge Open	Boone, N.C.		20:17.10
Sept. 3	2010	93.	Kelsey Paine	Covered Bridge Open	Boone, N.C.		20:53.83
Sept. 3	2010	98.	Dianna Bell	Covered Bridge Open	Boone, N.C.		21:05.58
Sept. 3	2010	101.	Kelsey Hinchliffe	Covered Bridge Open	Boone, N.C.		21:10.08
Sept. 25	2010	2.	High Point	Big South Preview	Blacksburg, Va.		60 pts.
Sept. 25	2010	6.	Emily Webb	Big South Preview	Blacksburg, Va.		19:36.57
Sept. 25	2010	10.	Kaylyn Peck	Big South Preview	Blacksburg, Va.		19:46.83
Sept. 25	2010	12.	Kelsey Hunt	Big South Preview	Blacksburg, Va.		19:57.00
Sept. 25	2010	14.	Kayleigh Perry	Big South Preview	Blacksburg, Va.		20:11.91
Sept. 25	2010	21.	Kelsey Fraser	Big South Preview	Blacksburg, Va.		20:27.71
Sept. 25	2010	22.	Monica Delizo	Big South Preview	Blacksburg, Va.		20:29.75
Sept. 25	2010	24.	Audrey Malloy	Big South Preview	Blacksburg, Va.		20:37.16
Sept. 25	2010	31.	Dani Paul	Big South Preview	Blacksburg, Va.		21:08.18
Sept. 25	2010	36.	Dianna Bell	Big South Preview	Blacksburg, Va.		21:21.70
Sept. 25	2010	39.	Emma Tobin	Big South Preview	Blacksburg, Va.		21:50.96
Sept. 25	2010	44.	Kelsey Hinchliffe	Big South Preview	Blacksburg, Va.		22:29.90
Oct. 1	2010	30.	High Point	Paul Short Invitational	Bethlehem, Pa.		792 pts.
Oct. 1	2010	83.	Emily Webb	Paul Short Invitational	Bethlehem, Pa.		21:57
Oct. 1	2010	125.	Kaylyn Peck	Paul Short Invitational	Bethlehem, Pa.		22:20
Oct. 1	2010	177.	Kelsey Hunt	Paul Short Invitational	Bethlehem, Pa.		22:48
Oct. 1	2010	200.	Kayleigh Perry	Paul Short Invitational	Bethlehem, Pa.		22:58
Oct. 1	2010	284.	Audrey Malloy	Paul Short Invitational	Bethlehem, Pa.		23:45
Oct. 1	2010	300.	Monica Delizo	Paul Short Invitational	Bethlehem, Pa.		23:58
Oct. 1	2010	316.	Kelsey Fraser	Paul Short Invitational	Bethlehem, Pa.		24:13
Oct. 2	2010	7.	Brittany Killough	Hagan-Stone Classic	Greensboro, N.C.		18:39.8
Oct. 2	2010	10.	Dani Paul	Hagan-Stone Classic	Greensboro, N.C.		19:40.1
Oct. 2	2010	22.	Emma Tobin	Hagan-Stone Classic	Greensboro, N.C.		20:30.5
Oct. 2	2010	24.	Dianna Bell	Hagan-Stone Classic	Greensboro, N.C.		20:39.8
Oct. 2	2010	35.	Kelsey Hinchliffe	Hagan-Stone Classic	Greensboro, N.C.		21:13.0
Oct. 2	2010	-	High Point	Hagan-Stone Classic	Greensboro, N.C.		NTS
Oct. 2	2010	7.	Brittany Killough	Hagan-Stone Classic	Greensboro, N.C.		18:39.8
Oct. 2	2010	10.	Dani Paul	Hagan-Stone Classic	Greensboro, N.C.		19:40.1
Oct. 2	2010	22.	Emma Tobin	Hagan-Stone Classic	Greensboro, N.C.		20:30.5
Oct. 2	2010	24.	Dianna Bell	Hagan-Stone Classic	Greensboro, N.C.		20:39.8
Oct. 2	2010	35.	Kelsey Hinchliffe	Hagan-Stone Classic	Greensboro, N.C.		21:13.0
Oct. 15	2010	6.	High Point	Blue Ridge Open (Gold)	Boone, N.C.		198 pts.
Oct. 15	2010	35.	Emily Webb	Blue Ridge Open (Gold)	Boone, N.C.		18:37.5
Oct. 15	2010	42.	Kaylyn Peck	Blue Ridge Open (Gold)	Boone, N.C.		18:44.8
Oct. 15	2010	51.	Audrey Malloy	Blue Ridge Open (Gold)	Boone, N.C.		18:57.4
Oct. 15	2010	58.	Kelsey Hunt	Blue Ridge Open (Gold)	Boone, N.C.		19:01.5
Oct. 15	2010	74.	Monica Delizo	Blue Ridge Open (Gold)	Boone, N.C.		19:12.4
Oct. 15	2010	78.	Kayleigh Perry	Blue Ridge Open (Gold)	Boone, N.C.		19:18.2
Oct. 15	2010	2.	High Point	Blue Ridge Open	Boone, N.C.		41 pts.
Oct. 15	2010	11.	Dani Paul	Blue Ridge Open	Boone, N.C.		20:05.8
Oct. 15	2010	19.	Kelsey Fraser	Blue Ridge Open	Boone, N.C.		20:35.4
Oct. 15	2010	20.	Emma Tobin	Blue Ridge Open	Boone, N.C.		20:37.1
Oct. 15	2010	22.	Dianna Bell	Blue Ridge Open	Boone, N.C.		20:45.5
Oct. 15	2010	26.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.		21:01.2
Oct. 30	2010	4.	High Point	Big South Championship	Blacksburg, Va.		72 pts.
Oct. 30	2010	5.	Emily Webb	Big South Championship	Blacksburg, Va.		18:27.38
Oct. 30	2010	13.	Kaylyn Peck	Big South Championship	Blacksburg, Va.		18:48.12
Oct. 30	2010	14.	Kelsey Hunt	Big South Championship	Blacksburg, Va.		18:48.45
Oct. 30	2010	18.	Brittany Killough	Big South Championship	Blacksburg, Va.		18:52.46
Oct. 30	2010	23.	Kelsey Fraser	Big South Championship	Blacksburg, Va.		19:07.97
Oct. 30	2010	25.	Audrey Malloy	Big South Championship	Blacksburg, Va.		19:12.04
Oct. 30	2010	40.	Monica Delizo	Big South Championship	Blacksburg, Va.		19:46.00
Oct. 30	2010	53.	Dani Paul	Big South Championship	Blacksburg, Va.		20:26.36
Oct. 30	2010	62.	Emma Tobin	Big South Championship	Blacksburg, Va.		21:31.81

EVENT-BY-EVENT RESULTS

Nov. 13	2010	19.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	510 pts.
Nov. 13	2010	74.	Emily Webb	NCAA Southeast Regional	Louisville, Ky.	6k	22:09.93
Nov. 13	2010	102.	Kaylyn Peck	NCAA Southeast Regional	Louisville, Ky.	6k	22:34.67
Nov. 13	2010	105.	Brittany Killough	NCAA Southeast Regional	Louisville, Ky.	6k	22:35.90
Nov. 13	2010	110.	Kelsey Hunt	NCAA Southeast Regional	Louisville, Ky.	6k	22:38.16
Nov. 13	2010	123.	Kayleigh Perry	NCAA Southeast Regional	Louisville, Ky.	6k	22:45.02
Nov. 13	2010	136.	Monica Delizo	NCAA Southeast Regional	Louisville, Ky.	6k	22:55.75
Nov. 13	2010	179.	Audrey Malloy	NCAA Southeast Regional	Louisville, Ky.	6k	23:25.80

<2011>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	8.	High Point	Covered Bridge Open	Boone, N.C.		218 pts.
Sept. 2	2011	35.	Kayleigh Perry	Covered Bridge Open	Boone, N.C.		19:51.8
Sept. 2	2011	43.	Sarah Dorrell	Covered Bridge Open	Boone, N.C.		19:59.5
Sept. 2	2011	50.	Kelsey Paine	Covered Bridge Open	Boone, N.C.		20:11.0
Sept. 2	2011	52.	Kelsey Hunt	Covered Bridge Open	Boone, N.C.		20:13.7
Sept. 2	2011	53.	Kelsey Fraser	Covered Bridge Open	Boone, N.C.		20:14.6
Sept. 2	2011	64.	Lauren Blackwell	Covered Bridge Open	Boone, N.C.		20:32.4
Sept. 2	2011	81.	Audrey Malloy	Covered Bridge Open	Boone, N.C.		21:10.4
Sept. 2	2011	97.	Krista Willard	Covered Bridge Open	Boone, N.C.		21:50.9
Sept. 2	2011	112.	Colleen Hollowood	Covered Bridge Open	Boone, N.C.		22:56.0
Sept. 2	2011	116.	Kelsey Hinchliffe	Covered Bridge Open	Boone, N.C.		23:42.1
Sept. 17	2011	2.	High Point	Big South Preview	Conway, S.C.		70 pts.
Sept. 17	2011	8.	Kayleigh Perry	Big South Preview	Conway, S.C.		18:23
Sept. 17	2011	12.	Kelsey Hunt	Big South Preview	Conway, S.C.		18:36
Sept. 17	2011	15.	Sarah Dorrell	Big South Preview	Conway, S.C.		18:48
Sept. 17	2011	17.	Audrey Malloy	Big South Preview	Conway, S.C.		18:52
Sept. 17	2011	18.	Kelsey Fraser	Big South Preview	Conway, S.C.		18:52
Sept. 17	2011	20.	Kelsey Paine	Big South Preview	Conway, S.C.		18:54
Sept. 17	2011	29.	Colleen Hollowood	Big South Preview	Conway, S.C.		19:17
Sept. 17	2011	34.	Lauren Blackwell	Big South Preview	Conway, S.C.		19:30
Sept. 17	2011	51.	Krista Willard	Big South Preview	Conway, S.C.		20:27
Sept. 17	2011	66.	Kelsey Hinchliffe	Big South Preview	Conway, S.C.		22:24
Sept. 30	2011	37.	High Point	Paul Short Invitational	Bethlehem, Pa.		926
Sept. 30	2011	142.	Kayleigh Perry	Paul Short Invitational	Bethlehem, Pa.		22:34
Sept. 30	2011	158.	Kelsey Hunt	Paul Short Invitational	Bethlehem, Pa.		22:41
Sept. 30	2011	217.	Audrey Malloy	Paul Short Invitational	Bethlehem, Pa.		23:07
Sept. 30	2011	240.	Kelsey Fraser	Paul Short Invitational	Bethlehem, Pa.		23:22
Sept. 30	2011	271.	Sarah Dorrell	Paul Short Invitational	Bethlehem, Pa.		23:34
Sept. 30	2011	296.	Kelsey Paine	Paul Short Invitational	Bethlehem, Pa.		23:51
Sept. 30	2011	309.	Lauren Blackwell	Paul Short Invitational	Bethlehem, Pa.		23:59
Sept. 30	2011	382.	Colleen Hollowood	Paul Short Invitational	Bethlehem, Pa.		25:35
Oct. 14	2011	3.	High Point	Blue Ridge Open	Boone, N.C.	5k	82 pts.
Oct. 14	2011	7.	Audrey Malloy	Blue Ridge Open	Boone, N.C.	5k	18:20.8
Oct. 14	2011	10.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.	5k	18:27.5
Oct. 14	2011	17.	Kelsey Paine	Blue Ridge Open	Boone, N.C.	5k	18:51.6
Oct. 14	2011	23.	Kelsey Hunt	Blue Ridge Open	Boone, N.C.	5k	18:57.6
Oct. 14	2011	39.	Kelsey Fraser	Blue Ridge Open	Boone, N.C.	5k	19:14.9
Oct. 14	2011	77.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.	5k	19:43.4
Oct. 14	2011	87.	Colleen Hollowood	Blue Ridge Open	Boone, N.C.	5k	20:14.3
Oct. 14	2011	124.	Krista Willard	Blue Ridge Open	Boone, N.C.	5k	20:44.6
Oct. 14	2011	158.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.	5k	22:02.8
Oct. 29	2011	1.	High Point	Big South Championship	Conway, S.C.		33 pts.
Oct. 29	2011	3.	Kayleigh Perry	Big South Championship	Conway, S.C.		17:52
Oct. 29	2011	5.	Audrey Malloy	Big South Championship	Conway, S.C.		18:01
Oct. 29	2011	7.	Kelsey Hunt	Big South Championship	Conway, S.C.		18:10
Oct. 29	2011	8.	Kelsey Paine	Big South Championship	Conway, S.C.		18:12
Oct. 29	2011	10.	Kelsey Fraser	Big South Championship	Conway, S.C.		18:14
Oct. 29	2011	17.	Leah Anne Wirfel	Big South Championship	Conway, S.C.		18:38
Oct. 29	2011	20.	Sarah Dorrell	Big South Championship	Conway, S.C.		18:46
Oct. 29	2011	23.	Lauren Blackwell	Big South Championship	Conway, S.C.		18:51
Oct. 29	2011	40.	Colleen Hollowood	Big South Championship	Conway, S.C.		19:21
Oct. 29	2011	61.	Krista Willard	Big South Championship	Conway, S.C.		20:16
Nov. 12	2011	18.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	419 pts.
Nov. 12	2011	68.	Kayleigh Perry	NCAA Southeast Regional	Louisville, Ky.	6k	21:54.6
Nov. 12	2011	76.	Audrey Malloy	NCAA Southeast Regional	Louisville, Ky.	6k	21:59.7
Nov. 12	2011	103.	Kelsey Hunt	NCAA Southeast Regional	Louisville, Ky.	6k	22:25.0
Nov. 12	2011	133.	Kelsey Paine	NCAA Southeast Regional	Louisville, Ky.	6k	22:50.2
Nov. 12	2011	136.	Leah Anne Wirfel	NCAA Southeast Regional	Louisville, Ky.	6k	22:55.1
Nov. 12	2011	143.	Kelsey Fraser	NCAA Southeast Regional	Louisville, Ky.	6k	23:00.1
Nov. 12	2011	203.	Sarah Dorrell	NCAA Southeast Regional	Louisville, Ky.	6k	24:05.2

EVENT-BY-EVENT RESULTS

<2012>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2012	2.	High Point	Demon Deacon Quad	Winston-Salem, N.C.		19 pts.
Aug. 31	2012	5.	Kelsey Hunt / Katie Farina	Demon Deacon Quad	Winston-Salem, N.C.		39:04
Aug. 31	2012	7.	Lauren Blackwell / Erika Peoples	Demon Deacon Quad	Winston-Salem, N.C.		39:21
Aug. 31	2012	9.	Audrey Malloy / Julia Zautcke	Demon Deacon Quad	Winston-Salem, N.C.		41:24
Sept. 15	2012	7.	High Point	adidas / Winthrop Invitational	Rock Hill, S.C.		207 pts.
Sept. 15	2012	12.	Kelsey Hunt	adidas / Winthrop Invitational	Rock Hill, S.C.		18:28.96
Sept. 15	2012	21.	Lauren Blackwell	adidas / Winthrop Invitational	Rock Hill, S.C.		18:49.90
Sept. 15	2012	44.	Audrey Malloy	adidas / Winthrop Invitational	Rock Hill, S.C.		19:15.60
Sept. 15	2012	66.	Erika Peoples	adidas / Winthrop Invitational	Rock Hill, S.C.		19:37.05
Sept. 15	2012	76.	Colleen Hollowood	adidas / Winthrop Invitational	Rock Hill, S.C.		19:48.50
Sept. 15	2012	83.	Katie Farina	adidas / Winthrop Invitational	Rock Hill, S.C.		19:56.54
Sept. 15	2012	123.	Julia Zautcke	adidas / Winthrop Invitational	Rock Hill, S.C.		20:42.40
Sept. 28	2012	13.	High Point	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	340 pts.
Sept. 28	2012	23.	Kelsey Hunt	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	22:27.85
Sept. 28	2012	38.	Kayleigh Perry	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	22:45.90
Sept. 28	2012	86.	Colleen Hollowood	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:30.02
Sept. 28	2012	94.	Sarah Dorrell	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:40.12
Sept. 28	2012	99.	Lauren Blackwell	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:46.99
Sept. 28	2012	105.	Erika Peoples	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:59.85
Sept. 28	2012	143.	Audrey Malloy	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	25:32.65
Sept. 28	2012	6.	High Point	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	147 pts.
Sept. 28	2012	27.	Katie Farina	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:01.84
Sept. 28	2012	36.	Kelsey Paine	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:18.72
Sept. 28	2012	37.	Julia Zautcke	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:22.33
Sept. 28	2012	49.	Lindsey Siska	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:50.10
Sept. 28	2012	54.	Leah Anne Wirfel	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	25:02.78
Sept. 28	2012	60.	Rebecca Baldinger	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	25:16.25
Oct. 12	2012	3.	High Point	Blue Ridge Open	Boone, N.C.		94 pts.
Oct. 12	2012	6.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.		18:20.93
Oct. 12	2012	12.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.		18:30.01
Oct. 12	2012	14.	Kelsey Hunt	Blue Ridge Open	Boone, N.C.		18:33.79
Oct. 12	2012	33.	Audrey Malloy	Blue Ridge Open	Boone, N.C.		19:01.01
Oct. 12	2012	35.	Erika Peoples	Blue Ridge Open	Boone, N.C.		19:03.40
Oct. 12	2012	37.	Sarah Bode	Blue Ridge Open	Boone, N.C.		19:08.11
Oct. 12	2012	41.	Sarah Dorrell	Blue Ridge Open	Boone, N.C.		19:21.64
Oct. 12	2012	53.	Kelsey Paine	Blue Ridge Open	Boone, N.C.		19:33.82
Oct. 12	2012	57.	Katie Farina	Blue Ridge Open	Boone, N.C.		19:45.14
Oct. 12	2012	67.	Colleen Hollowood	Blue Ridge Open	Boone, N.C.		19:58.44
Oct. 12	2012	75.	Julia Zautcke	Blue Ridge Open	Boone, N.C.		20:08.61
Oct. 12	2012	82.	Lindsey Siska	Blue Ridge Open	Boone, N.C.		20:28.68
Oct. 12	2012	103.	Rebecca Baldinger	Blue Ridge Open	Boone, N.C.		21:35.19
Oct. 27	2012	3.	High Point	Big South Championship	Rock Hill, S.C.		73 pts.
Oct. 27	2012	5.	Kayleigh Perry	Big South Championship	Rock Hill, S.C.		18:00.33
Oct. 27	2012	6.	Kelsey Hunt	Big South Championship	Rock Hill, S.C.		18:05.93
Oct. 27	2012	17.	Audrey Malloy	Big South Championship	Rock Hill, S.C.		18:44.24
Oct. 27	2012	19.	Lauren Blackwell	Big South Championship	Rock Hill, S.C.		18:46.00
Oct. 27	2012	26.	Katie Farina	Big South Championship	Rock Hill, S.C.		18:55.45
Oct. 27	2012	28.	Sarah Bode	Big South Championship	Rock Hill, S.C.		19:02.49
Oct. 27	2012	31.	Sarah Dorrell	Big South Championship	Rock Hill, S.C.		19:11.43
Oct. 27	2012	32.	Colleen Hollowood	Big South Championship	Rock Hill, S.C.		19:13.92
Oct. 27	2012	39.	Erika Peoples	Big South Championship	Rock Hill, S.C.		19:25.01
Oct. 27	2012	55.	Kelsey Paine	Big South Championship	Rock Hill, S.C.		19:59.43
Nov. 9	2012	21.	High Point	NCAA Southeast Regional	Charlotte, N.C.	6k	582 pts.
Nov. 9	2012	69.	Kelsey Hunt	NCAA Southeast Regional	Charlotte, N.C.	6k	22:02.77
Nov. 9	2012	74.	Kayleigh Perry	NCAA Southeast Regional	Charlotte, N.C.	6k	22:07.79
Nov. 9	2012	132.	Lauren Blackwell	NCAA Southeast Regional	Charlotte, N.C.	6k	22:52.76
Nov. 9	2012	150.	Colleen Hollowood	NCAA Southeast Regional	Charlotte, N.C.	6k	23:08.25
Nov. 9	2012	157.	Audrey Malloy	NCAA Southeast Regional	Charlotte, N.C.	6k	23:15.64
Nov. 9	2012	177.	Erika Peoples	NCAA Southeast Regional	Charlotte, N.C.	6k	23:35.12
Nov. 9	2012	180.	Sarah Dorrell	NCAA Southeast Regional	Charlotte, N.C.	6k	23:38.71

<2013>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	3.	High Point	Western Carolina XC Invitational	Cullowhee, N.C.		81 pts.
Aug. 30	2013	9.	Cozette Collin	Western Carolina XC Invitational	Cullowhee, N.C.		11:27.43
Aug. 30	2013	12.	Katie Farina	Western Carolina XC Invitational	Cullowhee, N.C.		11:41.56
Aug. 30	2013	16.	Sarah Dorrell	Western Carolina XC Invitational	Cullowhee, N.C.		11:52.81
Aug. 30	2013	19.	Julia Zautcke	Western Carolina XC Invitational	Cullowhee, N.C.		11:56.16
Aug. 30	2013	25.	Lauren Blackwell	Western Carolina XC Invitational	Cullowhee, N.C.		12:02.89
Aug. 30	2013	36.	Audrey Malloy	Western Carolina XC Invitational	Cullowhee, N.C.		12:14.83
Aug. 30	2013	46.	Erika Peoples	Western Carolina XC Invitational	Cullowhee, N.C.		12:25.58

EVENT-BY-EVENT RESULTS

Aug. 30	2013	47.	Krista Willard	Western Carolina XC Invitational	Cullowhee, N.C.		12:27.21
Aug. 30	2013	48.	Natalia Ocasio	Western Carolina XC Invitational	Cullowhee, N.C.		12:27.68
Sept. 14	2013	5.	High Point	Furman Classic	Greenville, S.C.		129 pts.
Sept. 14	2013	5.	Cozette Collin	Furman Classic	Greenville, S.C.		21:22.33
Sept. 14	2013	14.	Katie Farina	Furman Classic	Greenville, S.C.		21:51.01
Sept. 14	2013	35.	Audrey Malloy	Furman Classic	Greenville, S.C.		22:16.54
Sept. 14	2013	36.	Lauren Blackwell	Furman Classic	Greenville, S.C.		22:23.74
Sept. 14	2013	40.	Sarah Dorrell	Furman Classic	Greenville, S.C.		22:27.55
Sept. 14	2013	45.	Julia Zautcke	Furman Classic	Greenville, S.C.		22:37.76
Sept. 14	2013	46.	Kayleigh Perry	Furman Classic	Greenville, S.C.		22:38.21
Sept. 14	2013	47.	Natalia Ocasio	Furman Classic	Greenville, S.C.		22:38.45
Sept. 14	2013	64.	Erika Peoples	Furman Classic	Greenville, S.C.		23:10.42
Sept. 14	2013	71.	Krista Willard	Furman Classic	Greenville, S.C.		23:32.08
Sept. 21	2013	3.	High Point	VMI Invitational	Buena Vista, Va.	5k	63 pts.
Sept. 21	2013	4.	Cozette Collin	VMI Invitational	Buena Vista, Va.	5k	18:57.08
Sept. 21	2013	13.	Audrey Malloy	VMI Invitational	Buena Vista, Va.	5k	19:45.74
Sept. 21	2013	14.	Katie Farina	VMI Invitational	Buena Vista, Va.	5k	19:48.28
Sept. 21	2013	15.	Sarah Dorrell	VMI Invitational	Buena Vista, Va.	5k	19:50.78
Sept. 21	2013	17.	Natalia Ocasio	VMI Invitational	Buena Vista, Va.	5k	20:00.28
Sept. 21	2013	20.	Julia Zautcke	VMI Invitational	Buena Vista, Va.	5k	20:04.34
Sept. 21	2013	24.	Kayleigh Perry	VMI Invitational	Buena Vista, Va.	5k	20:17.29
Sept. 21	2013	28.	Erika Peoples	VMI Invitational	Buena Vista, Va.	5k	20:20.57
Sept. 21	2013	34.	Krista Willard	VMI Invitational	Buena Vista, Va.	5k	20:47.21
Sept. 21	2013	44.	Lauren Blackwell	VMI Invitational	Buena Vista, Va.	5k	20:58.91
Sept. 28	2013	13.	High Point	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	347 pts.
Sept. 28	2013	34.	Cozette Collin	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:09.2
Sept. 28	2013	76.	Audrey Malloy	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:58.6
Sept. 28	2013	80.	Katie Farina	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:08.0
Sept. 28	2013	92.	Kayleigh Perry	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:25.8
Sept. 28	2013	95.	Sarah Dorrell	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:30.0
Sept. 28	2013	96.	Julia Zautcke	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:32.4
Sept. 28	2013	113.	Natalia Ocasio	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	20:27.4
Sept. 28	2013	-	High Point	Greensboro XC Invitational	Greensboro, N.C.		NTS
Sept. 28	2013	2.	Erika Peoples	Greensboro XC Invitational	Greensboro, N.C.		19:13.55
Sept. 28	2013	4.	Krista Willard	Greensboro XC Invitational	Greensboro, N.C.		19:26.87
Sept. 28	2013	5.	Colleen Hollowood	Greensboro XC Invitational	Greensboro, N.C.		19:38.78
Sept. 28	2013	7.	Lauren Blackwell	Greensboro XC Invitational	Greensboro, N.C.		19:54.64
Oct. 18	2013	9.	High Point	Blue Ridge Open	Boone, N.C.		263 pts.
Oct. 18	2013	31.	Cozette Collin	Blue Ridge Open	Boone, N.C.		19:04.76
Oct. 18	2013	44.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.		19:15.79
Oct. 18	2013	71.	Erika Peoples	Blue Ridge Open	Boone, N.C.		19:39.92
Oct. 18	2013	73.	Natalia Ocasio	Blue Ridge Open	Boone, N.C.		19:40.60
Oct. 18	2013	77.	Julia Zautcke	Blue Ridge Open	Boone, N.C.		19:44.48
Oct. 18	2013	106.	Audrey Malloy	Blue Ridge Open	Boone, N.C.		20:11.10
Oct. 18	2013	115.	Krista Willard	Blue Ridge Open	Boone, N.C.		20:16.80
Oct. 18	2013	125.	Katie Farina	Blue Ridge Open	Boone, N.C.		20:27.46
Oct. 18	2013	157.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.		21:06.52
Oct. 18	2013	179.	Colleen Hollowood	Blue Ridge Open	Boone, N.C.		21:42.73
Nov. 2	2013	4.	High Point	Big South Championship	Buena Vista, Va.		83 pts.
Nov. 2	2013	8.	Kayleigh Perry	Big South Championship	Buena Vista, Va.		18:51.70
Nov. 2	2013	13.	Cozette Collin	Big South Championship	Buena Vista, Va.		19:08.00
Nov. 2	2013	15.	Natalia Ocasio	Big South Championship	Buena Vista, Va.		19:09.71
Nov. 2	2013	23.	Audrey Malloy	Big South Championship	Buena Vista, Va.		19:29.67
Nov. 2	2013	24.	Erika Peoples	Big South Championship	Buena Vista, Va.		19:32.48
Nov. 2	2013	27.	Krista Willard	Big South Championship	Buena Vista, Va.		19:43.90
Nov. 2	2013	35.	Katie Farina	Big South Championship	Buena Vista, Va.		19:51.03
Nov. 2	2013	38.	Julia Zautcke	Big South Championship	Buena Vista, Va.		19:59.37
Nov. 2	2013	40.	Colleen Hollowood	Big South Championship	Buena Vista, Va.		20:04.48
Nov. 2	2013	68.	Lauren Blackwell	Big South Championship	Buena Vista, Va.		21:18.84
Nov. 15	2013	29.	High Point	NCAA Southeast Regional	Earlsville, Va.	6k	802 pts.
Nov. 15	2013	140.	Erika Peoples	NCAA Southeast Regional	Earlsville, Va.	6k	23:00.6
Nov. 15	2013	147.	Kayleigh Perry	NCAA Southeast Regional	Earlsville, Va.	6k	23:05.9
Nov. 15	2013	169.	Audrey Malloy	NCAA Southeast Regional	Earlsville, Va.	6k	23:19.5
Nov. 15	2013	173.	Julia Zautcke	NCAA Southeast Regional	Earlsville, Va.	6k	23:22.1
Nov. 15	2013	184.	Natalia Ocasio	NCAA Southeast Regional	Earlsville, Va.	6k	23:33.8
Nov. 15	2013	193.	Katie Farina	NCAA Southeast Regional	Earlsville, Va.	6k	23:41.1
Nov. 15	2013	213.	Krista Willard	NCAA Southeast Regional	Earlsville, Va.	6k	24:06.6

<2014>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 13	2014	1.	High Point	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	41 pts.
Sept. 13	2014	6.	Kelly Hayes	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:29.18
Sept. 13	2014	7.	Leah Anne Wirfel	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:37.85
Sept. 13	2014	8.	Katie Farina	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:41.46

EVENT-BY-EVENT RESULTS

Sept. 13	2014	9.	Cozette Collin	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:44.26
Sept. 13	2014	11.	Krista Willard	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:55.46
Sept. 13	2014	19.	Natalia Ocasio	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:17.12
Sept. 13	2014	20.	Julia Zautcke	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:20.26
Sept. 13	2014	27.	Sarah Bode	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:31.63
Sept. 13	2014	34.	Lindsey Siska	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:52.97
Sept. 13	2014	39.	Erika Peoples	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	21:07.48
Sept. 13	2014	43.	Lauren Blackwell	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	21:19.05
Sept. 13	2014	48.	Sarah Dorrell	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	21:26.12
Sept. 26	2014	10.	High Point	Virginia / Panorama Farms Invitational	Earlsville, Va.		270 pts.
Sept. 26	2014	41.	Cozette Collin	Virginia / Panorama Farms Invitational	Earlsville, Va.		22:46.50
Sept. 26	2014	57.	Katie Farina	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:17.32
Sept. 26	2014	64.	Krista Willard	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:34.96
Sept. 26	2014	65.	Kelly Hayes	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:38.14
Sept. 26	2014	72.	Leah Anne Wirfel	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:46.92
Sept. 26	2014	79.	Natalia Ocasio	Virginia / Panorama Farms Invitational	Earlsville, Va.		24:39.95
Sept. 26	2014	3.	High Point	UNCG Spartan Invitational	Kernersville, N.C.	5k	70 pts.
Sept. 26	2014	6.	Lindsey Siska	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:19.66
Sept. 26	2014	7.	Sarah Dorrell	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:20.53
Sept. 26	2014	11.	Erika Peoples	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:32.95
Sept. 26	2014	21.	Sarah Bode	UNCG Spartan Invitational	Kernersville, N.C.	5k	20:04.81
Sept. 26	2014	25.	Lonamaria Williams	UNCG Spartan Invitational	Kernersville, N.C.	5k	20:45.32
Sept. 26	2014	26.	Lauren Blackwell	UNCG Spartan Invitational	Kernersville, N.C.	5k	20:59.75
Oct. 17	2014	4.	High Point	Blue Ridge Open	Boone, N.C.	5k	114 pts.
Oct. 17	2014	21.	Leah Anne Wirfel	Blue Ridge Open	Boone, N.C.	5k	19:26.22
Oct. 17	2014	27.	Natalia Ocasio	Blue Ridge Open	Boone, N.C.	5k	19:40.67
Oct. 17	2014	28.	Kelly Hayes	Blue Ridge Open	Boone, N.C.	5k	19:44.99
Oct. 17	2014	34.	Krista Willard	Blue Ridge Open	Boone, N.C.	5k	19:59.17
Oct. 17	2014	44.	Erika Peoples	Blue Ridge Open	Boone, N.C.	5k	20:21.75
Oct. 17	2014	47.	Julia Zautcke	Blue Ridge Open	Boone, N.C.	5k	20:30.39
Oct. 17	2014	52.	Katie Farina	Blue Ridge Open	Boone, N.C.	5k	20:41.55
Oct. 17	2014	56.	Sarah Dorrell	Blue Ridge Open	Boone, N.C.	5k	20:48.69
Oct. 17	2014	60.	Sarah Bode	Blue Ridge Open	Boone, N.C.	5k	21:04.69
Oct. 17	2014	64.	Lonamaria Williams	Blue Ridge Open	Boone, N.C.	5k	21:17.07
Oct. 17	2014	71.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.	5k	21:34.75
Nov. 1	2014	1.	High Point	Big South Championship	Boiling Springs, N.C.	5k	67 pts.
Nov. 1	2014	9.	Natalia Ocasio	Big South Championship	Boiling Springs, N.C.	5k	18:50.05
Nov. 1	2014	10.	Kelly Hayes	Big South Championship	Boiling Springs, N.C.	5k	18:51.83
Nov. 1	2014	13.	Cozette Collin	Big South Championship	Boiling Springs, N.C.	5k	18:56.48
Nov. 1	2014	17.	Leah Anne Wirfel	Big South Championship	Boiling Springs, N.C.	5k	19:08.34
Nov. 1	2014	18.	Katie Farina	Big South Championship	Boiling Springs, N.C.	5k	19:10.19
Nov. 1	2014	27.	Krista Willard	Big South Championship	Boiling Springs, N.C.	5k	19:31.28
Nov. 1	2014	33.	Erika Peoples	Big South Championship	Boiling Springs, N.C.	5k	19:38.85
Nov. 1	2014	37.	Sarah Dorrell	Big South Championship	Boiling Springs, N.C.	5k	19:53.58
Nov. 1	2014	46.	Lonamaria Williams	Big South Championship	Boiling Springs, N.C.	5k	20:17.92
Nov. 1	2014	50.	Julia Zautcke	Big South Championship	Boiling Springs, N.C.	5k	20:28.11
Nov. 8	2014	3.	High Point	Three Stripe Invite	Cary, N.C.	5k	87 pts.
Nov. 8	2014	21.	Lonamaria Williams	Three Stripe Invite	Cary, N.C.	5k	19:49.81
Nov. 8	2014	25.	Lindsey Siska	Three Stripe Invite	Cary, N.C.	5k	20:10.32
Nov. 8	2014	26.	Sarah Dorrell	Three Stripe Invite	Cary, N.C.	5k	20:16.57
Nov. 8	2014	27.	Lauren Blackwell	Three Stripe Invite	Cary, N.C.	5k	20:23.36
Nov. 8	2014	28.	Sarah Bode	Three Stripe Invite	Cary, N.C.	5k	20:33.20
Nov. 14	2014	26.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	702 pts.
Nov. 14	2014	128.	Leah Anne Wirfel	NCAA Southeast Regional	Louisville, Ky.	6k	22:35.0
Nov. 14	2014	132.	Cozette Collin	NCAA Southeast Regional	Louisville, Ky.	6k	22:38.1
Nov. 14	2014	140.	Natalia Ocasio	NCAA Southeast Regional	Louisville, Ky.	6k	22:49.9
Nov. 14	2014	159.	Krista Willard	NCAA Southeast Regional	Louisville, Ky.	6k	23:01.6
Nov. 14	2014	160.	Katie Farina	NCAA Southeast Regional	Louisville, Ky.	6k	23:03.3
Nov. 14	2014	182.	Kelly Hayes	NCAA Southeast Regional	Louisville, Ky.	6k	23:18.2
Nov. 14	2014	211.	Erika Peoples	NCAA Southeast Regional	Louisville, Ky.	6k	23:53.4

<2015>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2015	3.	High Point	Elon Invitational	Elon, N.C.		50 pts.
Sept. 4	2015	1.	Kelly Hayes	Elon Invitational	Elon, N.C.		14:39
Sept. 4	2015	7.	Natalia Ocasio	Elon Invitational	Elon, N.C.		29:54
Sept. 4	2015	13.	Courtney Kerr	Elon Invitational	Elon, N.C.		45:41
Sept. 4	2015	14.	Julia Zautcke	Elon Invitational	Elon, N.C.		1:01.32
Sept. 4	2015	15.	Sarah Bode	Elon Invitational	Elon, N.C.		1:17.38
Sept. 4	2015	18.	Erika Peoples	Elon Invitational	Elon, N.C.		1:33.55
Sept. 4	2015	19.	Kasey Spence	Elon Invitational	Elon, N.C.		1:50.13
Sept. 12	2015	6.	High Point	Furman Classic	Greenville, S.C.		154 pts.
Sept. 12	2015	12.	Kelly Hayes	Furman Classic	Greenville, S.C.		21:53.96
Sept. 12	2015	22.	Natalia Ocasio	Furman Classic	Greenville, S.C.		22:16.54

EVENT-BY-EVENT RESULTS

Sept. 12	2015	32	Katie Farina	Furman Classic	Greenville, S.C.	22:33.82
Sept. 12	2015	52.	Courtney Kerr	Furman Classic	Greenville, S.C.	23:11.33
Sept. 12	2015	55.	Cozette Collin	Furman Classic	Greenville, S.C.	23:24.68
Sept. 12	2015	57.	Erika Peoples	Furman Classic	Greenville, S.C.	23:29.29
Sept. 12	2015	68.	Julia Zautcke	Furman Classic	Greenville, S.C.	23:51.01
Sept. 12	2015	76.	Lindsey Siska	Furman Classic	Greenville, S.C.	24:08.09
Sept. 12	2015	101.	Sarah Bode	Furman Classic	Greenville, S.C.	25:37.03
Sept. 12	2015	113.	Janelle Rothacker	Furman Classic	Greenville, S.C.	27:30.64
Sept. 26	2015	11.	High Point	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 284 pts.
Sept. 26	2015	51.	Kelly Hayes	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 18:37.9
Sept. 26	2015	55.	Cozette Collin	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 18:44.9
Sept. 26	2015	59.	Natalia Ocasio	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 18:49.3
Sept. 26	2015	61.	Katie Farina	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 18:50.8
Sept. 26	2015	87.	Julia Zautcke	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 19:46.5
Sept. 26	2015	101.	Erika Peoples	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 20:20.4
Sept. 26	2015	103.	Sarah Bode	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 20:30.5
Sept. 26	2015	111.	Kasey Spence	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k 20:53.1
Oct. 3	2015	2.	High Point	USC Upstate Invitational	Spartanburg, S.C.	48 pts.
Oct. 3	2015	1.	Kelly Hayes	USC Upstate Invitational	Spartanburg, S.C.	18:18.52
Oct. 3	2015	2.	Natalia Ocasio	USC Upstate Invitational	Spartanburg, S.C.	18:34.22
Oct. 3	2015	5.	Cozette Collin	USC Upstate Invitational	Spartanburg, S.C.	18:42.12
Oct. 3	2015	8.	Katie Farina	USC Upstate Invitational	Spartanburg, S.C.	18:53.77
Oct. 3	2015	39.	Sarah Bode	USC Upstate Invitational	Spartanburg, S.C.	19:51.18
Oct. 3	2015	40.	Lindsey Siska	USC Upstate Invitational	Spartanburg, S.C.	19:54.09
Oct. 3	2015	53.	Erika Peoples	USC Upstate Invitational	Spartanburg, S.C.	20:19.57
Oct. 3	2015	54.	Julia Zautcke	USC Upstate Invitational	Spartanburg, S.C.	20:20.27
Oct. 3	2015	71.	Kasey Spence	USC Upstate Invitational	Spartanburg, S.C.	20:56.57
Oct. 3	2015	88.	Janelle Rothacker	USC Upstate Invitational	Spartanburg, S.C.	21:57.83
Oct. 16	2015	6.	High Point	Wake Forest Invitational	Kernersville, N.C.	6k 138 pts.
Oct. 16	2015	5.	Kelly Hayes	Wake Forest Invitational	Kernersville, N.C.	6k 21:45.30
Oct. 16	2015	6.	Cozette Collin	Wake Forest Invitational	Kernersville, N.C.	6k 21:48.07
Oct. 16	2015	36.	Natalia Ocasio	Wake Forest Invitational	Kernersville, N.C.	6k 22:50.38
Oct. 16	2015	57.	Julia Zautcke	Wake Forest Invitational	Kernersville, N.C.	6k 23:16.45
Oct. 16	2015	61.	Lindsey Siska	Wake Forest Invitational	Kernersville, N.C.	6k 23:19.77
Oct. 16	2015	64.	Sarah Bode	Wake Forest Invitational	Kernersville, N.C.	6k 23:21.27
Oct. 16	2015	90.	Erika Peoples	Wake Forest Invitational	Kernersville, N.C.	6k 23:57.72
Oct. 16	2015	105.	Kasey Spence	Wake Forest Invitational	Kernersville, N.C.	6k 24:32.51
Oct. 16	2015	124.	Courtney Kerr	Wake Forest Invitational	Kernersville, N.C.	6k 25:11.21
Oct. 16	2015	132.	Janelle Rothacker	Wake Forest Invitational	Kernersville, N.C.	6k 25:36.35
Oct. 31	2015	1.	High Point	Big South Championship	Spartanburg, S.C.	5k 47 pts.
Oct. 31	2015	4.	Kelly Hayes	Big South Championship	Spartanburg, S.C.	5k 17:32.7
Oct. 31	2015	6.	Cozette Collin	Big South Championship	Spartanburg, S.C.	5k 17:54.6
Oct. 31	2015	7.	Natalia Ocasio	Big South Championship	Spartanburg, S.C.	5k 18:03.1
Oct. 31	2015	9.	Katie Farina	Big South Championship	Spartanburg, S.C.	5k 18:09.6
Oct. 31	2015	21.	Sarah Bode	Big South Championship	Spartanburg, S.C.	5k 18:54.5
Oct. 31	2015	22.	Lindsey Siska	Big South Championship	Spartanburg, S.C.	5k 18:55.4
Oct. 31	2015	30.	Erika Peoples	Big South Championship	Spartanburg, S.C.	5k 19:09.2
Oct. 31	2015	32.	Julia Zautcke	Big South Championship	Spartanburg, S.C.	5k 19:13.4
Oct. 31	2015	45.	Courtney Kerr	Big South Championship	Spartanburg, S.C.	5k 19:34.0
Oct. 31	2015	58.	Kasey Spence	Big South Championship	Spartanburg, S.C.	5k 20:20.6
Nov. 13	2015	64.	Natalia Ocasio	NCAA Southeast Regional	Earlsville, Va.	6k 22:30.20
Nov. 13	2015	115.	Cozette Collin	NCAA Southeast Regional	Earlsville, Va.	6k 23:09.09

<2016>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	3.	High Point	Elon Opener	Elon, N.C.		93 pts.
Sept. 1	2016	14.	Keaton Case	Elon Opener	Elon, N.C.		15:21
Sept. 1	2016	17.	Natalia Ocasio	Elon Opener	Elon, N.C.		31:00
Sept. 1	2016	18.	Charis Dinger	Elon Opener	Elon, N.C.		46:40
Sept. 1	2016	22.	Kylie Hennessey	Elon Opener	Elon, N.C.		1:02.22
Sept. 1	2016	24.	Courtney Kerr	Elon Opener	Elon, N.C.		1:18.44
Sept. 1	2016	30.	Emily Boger	Elon Opener	Elon, N.C.		1:34.47
Sept. 1	2016	34.	Catherine Matteo	Elon Opener	Elon, N.C.		1:51.32
Sept. 16	2016	9.	High Point	Adidas XC Challenge	Cary, N.C.	5k	217 pts.
Sept. 16	2016	46.	Keaton Case	Adidas XC Challenge	Cary, N.C.	5k	18:55.9
Sept. 16	2016	48.	Zoe Geis	Adidas XC Challenge	Cary, N.C.	5k	19:05.5
Sept. 16	2016	52.	Cozette Collin	Adidas XC Challenge	Cary, N.C.	5k	19:12.6
Sept. 16	2016	58.	Kylie Hennessey	Adidas XC Challenge	Cary, N.C.	5k	19:16.6
Sept. 16	2016	60.	Courtney Kerr	Adidas XC Challenge	Cary, N.C.	5k	19:17.6
Sept. 16	2016	73.	Emily Boger	Adidas XC Challenge	Cary, N.C.	5k	19:46.7
Sept. 16	2016	77.	Natalia Ocasio	Adidas XC Challenge	Cary, N.C.	5k	19:59.3
Sept. 16	2016	101.	Catherine Matteo	Adidas XC Challenge	Cary, N.C.	5k	21:09.2
Sept. 16	2016	126.	Kallie Baughman	Adidas XC Challenge	Cary, N.C.	5k	22:44.5
Sept. 24	2016	1.	High Point	Greensboro XC Invitational	Greensboro, N.C.	5k	20 pts.

EVENT-BY-EVENT RESULTS

Sept. 24	2016	2.	Cozette Collin	Greensboro XC Invitational	Greensboro, N.C.	5k	19:36.7
Sept. 24	2016	3.	Keaton Case	Greensboro XC Invitational	Greensboro, N.C.	5k	20:14.0
Sept. 24	2016	4.	Natalia Ocasio	Greensboro XC Invitational	Greensboro, N.C.	5k	20:15.1
Sept. 24	2016	5.	Zoe Geis	Greensboro XC Invitational	Greensboro, N.C.	5k	20:22.3
Sept. 24	2016	6.	Kylie Hennessey	Greensboro XC Invitational	Greensboro, N.C.	5k	20:37.5
Sept. 24	2016	8.	Emily Boger	Greensboro XC Invitational	Greensboro, N.C.	5k	20:50.1
Sept. 24	2016	11.	Charis Dinger	Greensboro XC Invitational	Greensboro, N.C.	5k	21:32.0
Sept. 24	2016	17.	Kallie Baughman	Greensboro XC Invitational	Greensboro, N.C.	5k	23:45.6
Oct. 1	2016	1.	High Point	Asheville XC Challenge	Asheville, N.C.	5k	57 pts.
Oct. 1	2016	3.	Natalia Ocasio	Asheville XC Challenge	Asheville, N.C.	5k	18:48.32
Oct. 1	2016	4.	Cozette Collin	Asheville XC Challenge	Asheville, N.C.	5k	18:53.67
Oct. 1	2016	9.	Keaton Case	Asheville XC Challenge	Asheville, N.C.	5k	19:21.28
Oct. 1	2016	19.	Kylie Hennessey	Asheville XC Challenge	Asheville, N.C.	5k	19:40.29
Oct. 1	2016	22.	Zoe Geis	Asheville XC Challenge	Asheville, N.C.	5k	19:51.99
Oct. 1	2016	29.	Emily Boger	Asheville XC Challenge	Asheville, N.C.	5k	20:12.12
Oct. 1	2016	34.	Courtney Kerr	Asheville XC Challenge	Asheville, N.C.	5k	20:21.82
Oct. 1	2016	40.	Charis Dinger	Asheville XC Challenge	Asheville, N.C.	5k	20:34.18
Oct. 1	2016	82.	Kallie Baughman	Asheville XC Challenge	Asheville, N.C.	5k	22:47.06
Oct. 14	2016	5.	High Point	VertCross Invitational	Kernersville, N.C.	6k	148 pts.
Oct. 14	2016	20.	Cozette Collin	VertCross Invitational	Kernersville, N.C.	6k	22:11.80
Oct. 14	2016	24.	Natalia Ocasio	VertCross Invitational	Kernersville, N.C.	6k	22:14.95
Oct. 14	2016	37.	Keaton Case	VertCross Invitational	Kernersville, N.C.	6k	22:47.72
Oct. 14	2016	44.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	22:57.11
Oct. 14	2016	61.	Kylie Hennessey	VertCross Invitational	Kernersville, N.C.	6k	23:23.52
Oct. 14	2016	97.	Courtney Kerr	VertCross Invitational	Kernersville, N.C.	6k	24:07.32
Oct. 14	2016	127.	Emily Boger	VertCross Invitational	Kernersville, N.C.	6k	24:35.02
Oct. 14	2016	163.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	6k	25:31.89
Oct. 28	2016	2.	High Point	Big South Championship	Asheville, N.C.	5k	45 pts.
Oct. 28	2016	3.	Natalia Ocasio	Big South Championship	Asheville, N.C.	5k	18:30.53
Oct. 28	2016	4.	Cozette Collin	Big South Championship	Asheville, N.C.	5k	18:45.67
Oct. 28	2016	9.	Zoe Geis	Big South Championship	Asheville, N.C.	5k	19:11.00
Oct. 28	2016	11.	Keaton Case	Big South Championship	Asheville, N.C.	5k	19:14.36
Oct. 28	2016	19.	Kylie Hennessey	Big South Championship	Asheville, N.C.	5k	19:40.23
Oct. 28	2016	40.	Courtney Kerr	Big South Championship	Asheville, N.C.	5k	20:21.76
Oct. 28	2016	43.	Charis Dinger	Big South Championship	Asheville, N.C.	5k	20:39.64
Oct. 28	2016	44.	Emily Boger	Big South Championship	Asheville, N.C.	5k	20:40.80
Oct. 28	2016	76.	Kallie Baughman	Big South Championship	Asheville, N.C.	5k	23:31.19

<2017>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	3.	High Point	Elon Opener	Elon, N.C.		64 pts.
Sept. 2	2017	2.	Famke Heinst	Elon Opener	Elon, N.C.		14:36.1
Sept. 2	2017	12.	Julia Hellman	Elon Opener	Elon, N.C.		14:54.9
Sept. 2	2017	14.	Franziska Jakobs	Elon Opener	Elon, N.C.		14:58.7
Sept. 2	2017	17.	Caroline Baudinet	Elon Opener	Elon, N.C.		15:02.7
Sept. 2	2017	19.	Zoe Geis	Elon Opener	Elon, N.C.		15:14.0
Sept. 2	2017	22.	Sydney Bagus	Elon Opener	Elon, N.C.		15:15.6
Sept. 2	2017	26.	Kylie Hennessey	Elon Opener	Elon, N.C.		15:30.5
Sept. 2	2017	31.	Courtney Kerr	Elon Opener	Elon, N.C.		15:41.0
Sept. 2	2017	50.	Charis Dinger	Elon Opener	Elon, N.C.		16:21.4
Sept. 2	2017	80.	Carmela Culhane	Elon Opener	Elon, N.C.		18:27.6
Sept. 16	2017	1.	High Point	Big South Preview	Lynchburg, Va.	5k	19 pts.
Sept. 16	2017	1.	Famke Heinst	Big South Preview	Lynchburg, Va.	5k	18:41.2
Sept. 16	2017	3.	Julia Hellman	Big South Preview	Lynchburg, Va.	5k	18:49.2
Sept. 16	2017	4.	Franziska Jakobs	Big South Preview	Lynchburg, Va.	5k	19:26.6
Sept. 16	2017	5.	Zoe Geis	Big South Preview	Lynchburg, Va.	5k	19:27.9
Sept. 16	2017	6.	Caroline Baudinet	Big South Preview	Lynchburg, Va.	5k	19:34.8
Sept. 16	2017	12.	Sydney Bagus	Big South Preview	Lynchburg, Va.	5k	19:53.8
Sept. 16	2017	14.	Kylie Hennessey	Big South Preview	Lynchburg, Va.	5k	19:56.7
Sept. 16	2017	15.	Courtney Kerr	Big South Preview	Lynchburg, Va.	5k	19:58.1
Sept. 16	2017	21.	Keaton Case	Big South Preview	Lynchburg, Va.	5k	20:44.7
Sept. 16	2017	27.	Charis Dinger	Big South Preview	Lynchburg, Va.	5k	21:38.9
Sept. 16	2017	30.	Carmela Culhane	Big South Preview	Lynchburg, Va.	5k	21:46.3
Sept. 16	2017	40.	Cory Wilson	Big South Preview	Lynchburg, Va.	5k	23:40.3
Sept. 23	2017	5.	High Point	Virginia / Panorama Farms Invitational	Earlsville, Va.		139 pts.
Sept. 23	2017	6.	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.		17:43.6
Sept. 23	2017	28.	Julia Hellman	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:29.4
Sept. 23	2017	29.	Franziska Jakobs	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:34.5
Sept. 23	2017	36.	Zoe Geis	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:43.6
Sept. 23	2017	40.	Caroline Baudinet	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:47.4
Sept. 23	2017	64.	Keaton Case	Virginia / Panorama Farms Invitational	Earlsville, Va.		19:26.8
Sept. 23	2017	67.	Kylie Hennessey	Virginia / Panorama Farms Invitational	Earlsville, Va.		19:32.2
Sept. 23	2017	72.	Sydney Bagus	Virginia / Panorama Farms Invitational	Earlsville, Va.		19:35.2
Sept. 23	2017	76.	Courtney Kerr	Virginia / Panorama Farms Invitational	Earlsville, Va.		19:42.2

EVENT-BY-EVENT RESULTS

Oct. 13	2017	1.	High Point	VertCross Invitational	Kernersville, N.C.	6k	62 pts.
Oct. 13	2017	2.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k	21:32.94
Oct. 13	2017	7.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	22:05.22
Oct. 13	2017	16.	Julia Hellman	VertCross Invitational	Kernersville, N.C.	6k	22:28.34
Oct. 13	2017	18.	Caroline Baudinet	VertCross Invitational	Kernersville, N.C.	6k	22:30.09
Oct. 13	2017	19.	Franziska Jakobs	VertCross Invitational	Kernersville, N.C.	6k	22:30.35
Oct. 13	2017	33.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.	6k	23:03.66
Oct. 13	2017	34.	Kylie Hennessey	VertCross Invitational	Kernersville, N.C.	6k	23:04.73
Oct. 13	2017	36.	Courtney Kerr	VertCross Invitational	Kernersville, N.C.	6k	23:06.21
Oct. 13	2017	73.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	6k	24:39.21
Oct. 13	2017	103.	Cory Wilson	VertCross Invitational	Kernersville, N.C.	6k	25:40.80
Oct. 13	2017	109.	Carmela Culhane	VertCross Invitational	Kernersville, N.C.	6k	26:12.08
Oct. 28	2017	1.	High Point	Big South Championship	Lynchburg, Va.	5k	29 pts.
Oct. 28	2017	1.	Famke Heinst	Big South Championship	Lynchburg, Va.	5k	17:55.1
Oct. 28	2017	3.	Julia Hellman	Big South Championship	Lynchburg, Va.	5k	18:28.7
Oct. 28	2017	5.	Zoe Geis	Big South Championship	Lynchburg, Va.	5k	18:40.5
Oct. 28	2017	8.	Caroline Baudinet	Big South Championship	Lynchburg, Va.	5k	18:51.7
Oct. 28	2017	12.	Keaton Case	Big South Championship	Lynchburg, Va.	5k	19:13.7
Oct. 28	2017	14.	Sydney Bagus	Big South Championship	Lynchburg, Va.	5k	19:17.3
Oct. 28	2017	16.	Kylie Hennessey	Big South Championship	Lynchburg, Va.	5k	19:26.3
Oct. 28	2017	17.	Franziska Jakobs	Big South Championship	Lynchburg, Va.	5k	19:28.1
Oct. 28	2017	19.	Courtney Kerr	Big South Championship	Lynchburg, Va.	5k	19:31.7
Oct. 28	2017	46.	Charis Dinger	Big South Championship	Lynchburg, Va.	5k	20:56.7
Nov. 10	2017	18.	High Point	NCAA Southeast Regional	Earlsville, Va.	6k	570 pts.
Nov. 10	2017	78.	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k	22:14.7
Nov. 10	2017	94.	Julia Hellman	NCAA Southeast Regional	Earlsville, Va.	6k	22:27.6
Nov. 10	2017	120.	Caroline Baudinet	NCAA Southeast Regional	Earlsville, Va.	6k	22:44.0
Nov. 10	2017	133.	Zoe Geis	NCAA Southeast Regional	Earlsville, Va.	6k	22:55.2
Nov. 10	2017	152.	Keaton Case	NCAA Southeast Regional	Earlsville, Va.	6k	23:10.5
Nov. 10	2017	164.	Franziska Jakobs	NCAA Southeast Regional	Earlsville, Va.	6k	23:18.5
Nov. 10	2017	186.	Sydney Bagus	NCAA Southeast Regional	Earlsville, Va.	6k	23:51.3

<2018>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	1.	High Point	Elon Opener	Elon, N.C.	4k	28 pts.
Aug. 31	2018	1.	Famke Heinst	Elon Opener	Elon, N.C.	4k	13:48
Aug. 31	2018	5.	Keaton Case	Elon Opener	Elon, N.C.	4k	14:46
Aug. 31	2018	6.	Julia Hellman	Elon Opener	Elon, N.C.	4k	14:47
Aug. 31	2018	9.	Franziska Jakobs	Elon Opener	Elon, N.C.	4k	14:57
Aug. 31	2018	12.	Zoe Geis	Elon Opener	Elon, N.C.	4k	14:58
Aug. 31	2018	15.	Lindsey Ickes	Elon Opener	Elon, N.C.	4k	15:09
Aug. 31	2018	24.	Sydney Bagus	Elon Opener	Elon, N.C.	4k	15:25
Aug. 31	2018	25.	Charis Dinger	Elon Opener	Elon, N.C.	4k	15:26
Aug. 31	2018	26.	Camryn Harper	Elon Opener	Elon, N.C.	4k	15:41
Aug. 31	2018	36.	Lucy Clayton	Elon Opener	Elon, N.C.	4k	16:00
Sept. 29	2018	17.	High Point	Paul Short Invitational	Bethlehem, Pa.	5k	516 pts.
Sept. 29	2018	5.	Famke Heinst	Paul Short Invitational	Bethlehem, Pa.	5k	20:38
Sept. 29	2018	96.	Keaton Case	Paul Short Invitational	Bethlehem, Pa.	5k	22:12
Sept. 29	2018	117.	Julia Hellman	Paul Short Invitational	Bethlehem, Pa.	5k	22:12
Sept. 29	2018	136.	Lindsey Ickes	Paul Short Invitational	Bethlehem, Pa.	5k	22:29
Sept. 29	2018	162.	Zoe Geis	Paul Short Invitational	Bethlehem, Pa.	5k	22:38
Sept. 29	2018	172.	Franziska Jakobs	Paul Short Invitational	Bethlehem, Pa.	5k	22:44
Sept. 29	2018	251.	Sydney Bagus	Paul Short Invitational	Bethlehem, Pa.	5k	23:46
Sept. 29	2018	326.	Charis Dinger	Paul Short Invitational	Bethlehem, Pa.	5k	24:31
Sept. 29	2018	328.	Camryn Harper	Paul Short Invitational	Bethlehem, Pa.	5k	24:34
Oct. 12	2018	2.	High Point	VertCross Invitational	Kernersville, N.C.	5k	53 pts.
Oct. 12	2018	1.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	5k	17:35.02
Oct. 12	2018	7.	Keaton Case	VertCross Invitational	Kernersville, N.C.	5k	18:32.65
Oct. 12	2018	9.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	5k	18:40.82
Oct. 12	2018	18.	Julia Hellman	VertCross Invitational	Kernersville, N.C.	5k	18:58.31
Oct. 12	2018	20.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	5k	19:08.94
Oct. 12	2018	25.	Franziska Jakobs	VertCross Invitational	Kernersville, N.C.	5k	19:17.46
Oct. 12	2018	32.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.	5k	19:35.42
Oct. 12	2018	50.	Camryn Harper	VertCross Invitational	Kernersville, N.C.	5k	20:00.37
Oct. 12	2018	66.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	5k	20:32.88
Oct. 12	2018	76.	Lucy Clayton	VertCross Invitational	Kernersville, N.C.	5k	20:57.34
Oct. 26	2018	1.	High Point	Big South Championship	Kernersville, N.C.	5k	23 pts.
Oct. 26	2018	1.	Famke Heinst	Big South Championship	Kernersville, N.C.	5k	17:53.8
Oct. 26	2018	3.	Lindsey Ickes	Big South Championship	Kernersville, N.C.	5k	18:34.3
Oct. 26	2018	4.	Zoe Geis	Big South Championship	Kernersville, N.C.	5k	18:35.4
Oct. 26	2018	7.	Keaton Case	Big South Championship	Kernersville, N.C.	5k	18:44.3
Oct. 26	2018	8.	Julia Hellman	Big South Championship	Kernersville, N.C.	5k	18:46.7
Oct. 26	2018	12.	Franziska Jakobs	Big South Championship	Kernersville, N.C.	5k	18:57.8
Oct. 26	2018	15.	Sydney Bagus	Big South Championship	Kernersville, N.C.	5k	19:23.0

EVENT-BY-EVENT RESULTS

Oct. 26	2018	24.	Charis Dinger	Big South Championship	Kernersville, N.C.	5k	19:49.8
Oct. 26	2018	27.	Camryn Harper	Big South Championship	Kernersville, N.C.	5k	20:03.2
Oct. 26	2018	38.	Lucy Clayton	Big South Championship	Kernersville, N.C.	5k	20:37.7
Nov.9	2018	12.	High Point	NCAA Southeast Regional	Rock Hill, S.C.	6k	391 pts.
Nov.9	2018	13.	Famke Heinst	NCAA Southeast Regional	Rock Hill, S.C.	6k	20:19.5
Nov.9	2018	81.	Keaton Case	NCAA Southeast Regional	Rock Hill, S.C.	6k	21:37.7
Nov.9	2018	84.	Zoe Geis	NCAA Southeast Regional	Rock Hill, S.C.	6k	21:39.6
Nov.9	2018	97.	Lindsey Ickes	NCAA Southeast Regional	Rock Hill, S.C.	6k	21:48.4
Nov.9	2018	122.	Julia Hellman	NCAA Southeast Regional	Rock Hill, S.C.	6k	22:03.6
Nov.9	2018	150.	Sydney Bagus	NCAA Southeast Regional	Rock Hill, S.C.	6k	22:27.4
Nov.9	2018	161.	Franziska Jakobs	NCAA Southeast Regional	Rock Hill, S.C.	6k	22:39.2

<2019>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	3.	High Point	Covered Bridge Open	Boone, N.C.	5k	63 pts.
Aug. 30	2019	1.	Famke Heinst	Covered Bridge Open	Boone, N.C.	5k	18:00.60
Aug. 30	2019	16.	Zoe Geis	Covered Bridge Open	Boone, N.C.	5k	18:56.92
Aug. 30	2019	18.	Tessa Webb	Covered Bridge Open	Boone, N.C.	5k	18:59.06
Aug. 30	2019	21.	Olive Allen	Covered Bridge Open	Boone, N.C.	5k	19:06.72
Aug. 30	2019	23.	Franziska Jakobs	Covered Bridge Open	Boone, N.C.	5k	19:10.47
Aug. 30	2019	25.	Courtney Kerr	Covered Bridge Open	Boone, N.C.	5k	19:18.40
Aug. 30	2019	31.	Katie Taylor	Covered Bridge Open	Boone, N.C.	5k	19:36.61
Aug. 30	2019	32.	Julia Hellman	Covered Bridge Open	Boone, N.C.	5k	19:40.96
Aug. 30	2019	35.	Camryn Harper	Covered Bridge Open	Boone, N.C.	5k	19:50.74
Aug. 30	2019	36.	Brooke Ruffin	Covered Bridge Open	Boone, N.C.	5k	19:53.19
Aug. 30	2019	38.	Charis Dinger	Covered Bridge Open	Boone, N.C.	5k	20:03.14
Aug. 30	2019	55.	Sydney Bagus	Covered Bridge Open	Boone, N.C.	5k	20:33.19
Aug. 30	2019	61.	Lucy Clayton	Covered Bridge Open	Boone, N.C.	5k	20:49.83
Aug. 30	2019	64.	Julianna Higgins	Covered Bridge Open	Boone, N.C.	5k	20:56.07
Sept. 14	2019	13.	High Point	Commodore Classic	Nashville, Tenn.	6k	283 pts.
Sept. 14	2019	3.	Famke Heinst	Commodore Classic	Nashville, Tenn.	6k	21:09.5
Sept. 14	2019	62.	Tessa Webb	Commodore Classic	Nashville, Tenn.	6k	22:41.05
Sept. 14	2019	70.	Zoe Geis	Commodore Classic	Nashville, Tenn.	6k	22:55.1
Sept. 14	2019	71.	Julia Hellman	Commodore Classic	Nashville, Tenn.	6k	22:56.0
Sept. 14	2019	97.	Franziska Jakobs	Commodore Classic	Nashville, Tenn.	6k	23:18.0
Sept. 14	2019	100.	Courtney Kerr	Commodore Classic	Nashville, Tenn.	6k	23:20.7
Sept. 14	2019	111.	Olive Allen	Commodore Classic	Nashville, Tenn.	6k	23:32.1
Sept. 14	2019	114.	Katie Taylor	Commodore Classic	Nashville, Tenn.	6k	23:37.6
Sept. 14	2019	127.	Sydney Bagus	Commodore Classic	Nashville, Tenn.	6k	23:47.0
Sept. 14	2019	146.	Lucy Clayton	Commodore Classic	Nashville, Tenn.	6k	24:09.1
Sept. 14	2019	157.	Camryn Harper	Commodore Classic	Nashville, Tenn.	6k	24:31.1
Sept. 14	2019	172.	Charis Dinger	Commodore Classic	Nashville, Tenn.	6k	25:22.4
Sept. 27	2019	7.	High Point	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	180 pts.
Sept. 27	2019	4.	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	20:36.3
Sept. 27	2019	27.	Zoe Geis	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	21:40.8
Sept. 27	2019	39.	Tessa Webb	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	21:56.2
Sept. 27	2019	60.	Julia Hellman	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:38.5
Sept. 27	2019	65.	Katie Taylor	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:42.3
Sept. 27	2019	66.	Courtney Kerr	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:43.4
Sept. 27	2019	68.	Olive Allen	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:45.3
Sept. 27	2019	89.	Sydney Bagus	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	23:09.3
Sept. 27	2019	99.	Camryn Harper	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	23:28.5
Sept. 27	2019	106.	Lindsey Ickes	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	23:41.8
Sept. 27	2019	118.	Lucy Clayton	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	24:00.0
Sept. 27	2019	125.	Charis Dinger	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	24:14.0
Oct. 18	2019	1.	High Point	VertCross Invitational	Kernersville, N.C.	6k	47 pts.
Oct. 18	2019	1.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k	21:12.73
Oct. 18	2019	3.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	21:48.16
Oct. 18	2019	5.	Tessa Webb	VertCross Invitational	Kernersville, N.C.	6k	22:02.73
Oct. 18	2019	18.	Olive Allen	VertCross Invitational	Kernersville, N.C.	6k	22:52.80
Oct. 18	2019	20.	Courtney Kerr	VertCross Invitational	Kernersville, N.C.	6k	22:53.99
Oct. 18	2019	29.	Katie Taylor	VertCross Invitational	Kernersville, N.C.	6k	23:11.18
Oct. 18	2019	30.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	6k	23:16.37
Oct. 18	2019	36.	Camryn Harper	VertCross Invitational	Kernersville, N.C.	6k	23:23.71
Oct. 18	2019	39.	Julia Hellman	VertCross Invitational	Kernersville, N.C.	6k	23:28.58
Oct. 18	2019	53.	Lucy Clayton	VertCross Invitational	Kernersville, N.C.	6k	23:58.79
Oct. 18	2019	66.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.	6k	24:34.68
Oct. 18	2019	74.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	6k	24:43.89
Oct. 18	2019	76.	Julianna Higgins	VertCross Invitational	Kernersville, N.C.	6k	24:45.90
Oct. 18	2019	83.	Brooke Ruffin	VertCross Invitational	Kernersville, N.C.	6k	24:59.32
Nov. 2	2019	1.	High Point	Big South Championship	Buies Creek, N.C.	5k	32 pts.
Nov. 2	2019	1.	Famke Heinst	Big South Championship	Buies Creek, N.C.	5k	17:06.0
Nov. 2	2019	2.	Zoe Geis	Big South Championship	Buies Creek, N.C.	5k	17:43.5
Nov. 2	2019	5.	Tessa Webb	Big South Championship	Buies Creek, N.C.	5k	18:04.08

EVENT-BY-EVENT RESULTS

Nov. 2	2019	10.	Lindsey Ickes	Big South Championship	Buies Creek, N.C.	5k	18:37.7
Nov. 2	2019	14.	Courtney Kerr	Big South Championship	Buies Creek, N.C.	5k	18:49.8
Nov. 2	2019	18.	Olive Allen	Big South Championship	Buies Creek, N.C.	5k	19:10.6
Nov. 2	2019	19.	Katie Taylor	Big South Championship	Buies Creek, N.C.	5k	19:11.0
Nov. 2	2019	25.	Julia Hellman	Big South Championship	Buies Creek, N.C.	5k	19:20.6
Nov. 2	2019	28.	Lucy Clayton	Big South Championship	Buies Creek, N.C.	5k	19:33.6
Nov. 15	2019	11.	High Point	NCAA Southeast Regional	Earlsville, Va.	6k	356 pts.
Nov. 15	2019	10.	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k	20:21.2
Nov. 15	2019	30.	Zoe Geis	NCAA Southeast Regional	Earlsville, Va.	6k	21:07.7
Nov. 15	2019	57.	Tessa Webb	NCAA Southeast Regional	Earlsville, Va.	6k	21:33.7
Nov. 15	2019	132.	Lindsey Ickes	NCAA Southeast Regional	Earlsville, Va.	6k	22:34.3
Nov. 15	2019	140.	Julia Hellman	NCAA Southeast Regional	Earlsville, Va.	6k	22:43.7
Nov. 15	2019	148.	Olive Allen	NCAA Southeast Regional	Earlsville, Va.	6k	22:50.3
Nov. 15	2019	151.	Courtney Kerr	NCAA Southeast Regional	Earlsville, Va.	6k	22:51.7

<2020-21>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	1.	High Point	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	22 pts.
Jan. 29	2021	2.	Famke Heinst	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:06.0
Jan. 29	2021	3.	Lindsey Ickes	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:20.5
Jan. 29	2021	4.	Katie Taylor	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:32.3
Jan. 29	2021	6.	Olive Allen	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:50.5
Jan. 29	2021	7.	Sydney Bagus	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:57.9
Jan. 29	2021	9.	Julia Hellman	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:12.5
Jan. 29	2021	10.	Tatum Castillo	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:15.9
Jan. 29	2021	11.	Camryn Harper	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:18.0
Jan. 29	2021	12.	Franziska Jakobs	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:20.5
Jan. 29	2021	26.	Alyssa Deeds	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:59.5
Feb. 12	2021	3.	High Point	Winter VertCross	Kernersville, N.C.		48 pts.
Feb. 12	2021	3.	Famke Heinst	Winter VertCross	Kernersville, N.C.		22:17.66
Feb. 12	2021	5.	Lindsey Ickes	Winter VertCross	Kernersville, N.C.		22:23.15
Feb. 12	2021	8.	Zoe Geis	Winter VertCross	Kernersville, N.C.		22:31.04
Feb. 12	2021	12.	Katie Taylor	Winter VertCross	Kernersville, N.C.		22:47.99
Feb. 12	2021	15.	Olive Allen	Winter VertCross	Kernersville, N.C.		23:12.83
Feb. 12	2021	16.	Camryn Harper	Winter VertCross	Kernersville, N.C.		23:13.25
Feb. 12	2021	21.	Sydney Bagus	Winter VertCross	Kernersville, N.C.		23:28.05
Feb. 12	2021	22.	Julia Hellman	Winter VertCross	Kernersville, N.C.		23:33.21
Feb. 12	2021	25.	Franziska Jakobs	Winter VertCross	Kernersville, N.C.		23:53.80
Feb. 12	2021	31.	Tatum Castillo	Winter VertCross	Kernersville, N.C.		24:07.44
Feb. 12	2021	35.	Alyssa Deeds	Winter VertCross	Kernersville, N.C.		24:26.00
Feb. 12	2021	48.	Rachel Martin	Winter VertCross	Kernersville, N.C.		27:55.11
March 5	2021	1.	High Point	Big South Championship	Rock Hill, S.C.		29 pts.
March 5	2021	1.	Famke Heinst	Big South Championship	Rock Hill, S.C.		17:09.1
March 5	2021	3.	Lindsey Ickes	Big South Championship	Rock Hill, S.C.		17:35.9
March 5	2021	7.	Olive Allen	Big South Championship	Rock Hill, S.C.		18:00.4
March 5	2021	9.	Ashley Jones	Big South Championship	Rock Hill, S.C.		18:06.7
March 5	2021	12.	Camryn Harper	Big South Championship	Rock Hill, S.C.		18:13.3
March 5	2021	13.	Sydney Bagus	Big South Championship	Rock Hill, S.C.		18:27.1
March 5	2021	15.	Julia Hellman	Big South Championship	Rock Hill, S.C.		18:32.1
March 5	2021	16.	Tatum Castillo	Big South Championship	Rock Hill, S.C.		18:34.3
March 5	2021	21.	Franziska Jakobs	Big South Championship	Rock Hill, S.C.		18:57.3
March 5	2021	28.	Alyssa Deeds	Big South Championship	Rock Hill, S.C.		19:19.9
March 15	2021	209.	Famke Heinst	NCAA Championship	Stillwater, Okla.	6k	22:35.00

<2021>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	3.	High Point	Covered Bridge Open	Boone, N.C.	5k	102 pts.
Sept. 3	2021	2.	Hannah Brookover	Covered Bridge Open	Boone, N.C.	5k	17:11.03
Sept. 3	2021	12.	Lindsey Ickes	Covered Bridge Open	Boone, N.C.	5k	17:45.84
Sept. 3	2021	19.	Franziska Jakobs	Covered Bridge Open	Boone, N.C.	5k	18:05.74
Sept. 3	2021	22.	Sydney Bagus	Covered Bridge Open	Boone, N.C.	5k	18:15.22
Sept. 3	2021	25.	Anna Ritter	Covered Bridge Open	Boone, N.C.	5k	18:17.61
Sept. 3	2021	29.	Katie Taylor	Covered Bridge Open	Boone, N.C.	5k	18:25.23
Sept. 3	2021	30.	Madeline Quinn	Covered Bridge Open	Boone, N.C.	5k	18:26.05
Sept. 3	2021	44.	Lucy Clayton	Covered Bridge Open	Boone, N.C.	5k	18:55.32
Sept. 3	2021	46.	Tatum Castillo	Covered Bridge Open	Boone, N.C.	5k	18:56.76
Sept. 3	2021	51.	Eliza Broce	Covered Bridge Open	Boone, N.C.	5k	19:12.10
Sept. 3	2021	71.	Tessa Webb	Covered Bridge Open	Boone, N.C.	5k	20:00.82
Sept. 3	2021	79.	Juliana Higgins	Covered Bridge Open	Boone, N.C.	5k	20:09.15
Sept. 3	2021	88.	Alyssa Deeds	Covered Bridge Open	Boone, N.C.	5k	20:19.88
Sept. 3	2021	103.	Lilly Fowler	Covered Bridge Open	Boone, N.C.	5k	20:59.57
Sept. 17	2021	4.	High Point	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	109 pts.
Sept. 17	2021	14.	Lindsey Ickes	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:09.9

EVENT-BY-EVENT RESULTS

Sept. 17	2021	18.	Sydney Bagus	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:23.8
Sept. 17	2021	25.	Katie Taylor	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:42.1
Sept. 17	2021	31.	Anna Ritter	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:54.6
Sept. 17	2021	32.	Camryn Harper	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:56.8
Sept. 17	2021	34.	Tatum Castillo	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:57.8
Sept. 17	2021	49.	Lucy Clayton	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	19:34.3
Sept. 17	2021	51.	Eliza Broce	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	19:44.4
Sept. 17	2021	53.	Tessa Webb	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	19:57.4
Oct. 2	2021	12.	High Point	Live in Lou Classic	Louisville, Ky.	5k	443 pts.
Oct. 2	2021	62.	Lindsey Ickes	Live in Lou Classic	Louisville, Ky.	5k	17:44.2
Oct. 2	2021	82.	Sydney Bagus	Live in Lou Classic	Louisville, Ky.	5k	18:00.01
Oct. 2	2021	86.	Katie Taylor	Live in Lou Classic	Louisville, Ky.	5k	18:02.6
Oct. 2	2021	117.	Camryn Harper	Live in Lou Classic	Louisville, Ky.	5k	18:14.9
Oct. 2	2021	123.	Anna Ritter	Live in Lou Classic	Louisville, Ky.	5k	18:19.7
Oct. 2	2021	141.	Tatum Castillo	Live in Lou Classic	Louisville, Ky.	5k	18:25.5
Oct. 2	2021	200.	Lucy Clayton	Live in Lou Classic	Louisville, Ky.	5k	18:49.8
Oct. 2	2021	237.	Madeline Quinn	Live in Lou Classic	Louisville, Ky.	5k	19:03.0
Oct. 2	2021	238.	Tessa Webb	Live in Lou Classic	Louisville, Ky.	5k	19:03.1
Oct. 2	2021	269.	Eliza Broce	Live in Lou Classic	Louisville, Ky.	5k	19:14.8
Oct. 15	2021	3.	High Point	VertCross Invitational	Kemersville, N.C.		74 pts.
Oct. 15	2021	1.	Hannah Brookover	VertCross Invitational	Kemersville, N.C.		17:30.4
Oct. 15	2021	6.	Lindsey Ickes	VertCross Invitational	Kemersville, N.C.		18:07.4
Oct. 15	2021	11.	Sydney Bagus	VertCross Invitational	Kemersville, N.C.		18:28.6
Oct. 15	2021	20.	Tatum Castillo	VertCross Invitational	Kemersville, N.C.		18:52.9
Oct. 15	2021	23.	Katie Taylor	VertCross Invitational	Kemersville, N.C.		18:59.7
Oct. 15	2021	27.	Camryn Harper	VertCross Invitational	Kemersville, N.C.		19:03.7
Oct. 15	2021	37.	Franziska Jakobs	VertCross Invitational	Kemersville, N.C.		19:26.2
Oct. 15	2021	38.	Anna Ritter	VertCross Invitational	Kemersville, N.C.		19:29.1
Oct. 15	2021	39.	Olive Allen	VertCross Invitational	Kemersville, N.C.		19:29.5
Oct. 15	2021	41.	Lucy Clayton	VertCross Invitational	Kemersville, N.C.		19:36.7
Oct. 15	2021	45.	Tessa Webb	VertCross Invitational	Kemersville, N.C.		19:41.6
Oct. 15	2021	53.	Alyssa Deeds	VertCross Invitational	Kemersville, N.C.		20:04.2
Oct. 15	2021	54.	Madeline Quinn	VertCross Invitational	Kemersville, N.C.		20:04.4
Oct. 15	2021	59.	Juliana Higgins	VertCross Invitational	Kemersville, N.C.		20:13.2
Oct. 15	2021	94.	Lilly Fowler	VertCross Invitational	Kemersville, N.C.		22:35.3
Oct. 29	2021	1.	High Point	Big South Championship	Kemersville, N.C.	5k	50 pts.
Oct. 29	2021	4.	Lindsey Ickes	Big South Championship	Kemersville, N.C.	5k	17:56.1
Oct. 29	2021	7.	Sydney Bagus	Big South Championship	Kemersville, N.C.	5k	18:19.0
Oct. 29	2021	9.	Camryn Harper	Big South Championship	Kemersville, N.C.	5k	18:24.4
Oct. 29	2021	14.	Olive Allen	Big South Championship	Kemersville, N.C.	5k	18:32.1
Oct. 29	2021	16.	Tatum Castillo	Big South Championship	Kemersville, N.C.	5k	18:39.7
Oct. 29	2021	18.	Katie Taylor	Big South Championship	Kemersville, N.C.	5k	18:46.5
Oct. 29	2021	19.	Franziska Jakobs	Big South Championship	Kemersville, N.C.	5k	18:50.5
Oct. 29	2021	25.	Anna Ritter	Big South Championship	Kemersville, N.C.	5k	19:08.2
Oct. 29	2021	29.	Lucy Clayton	Big South Championship	Kemersville, N.C.	5k	19:20.0
Oct. 29	2021	36.	Tessa Webb	Big South Championship	Kemersville, N.C.	5k	19:41.3
Oct. 29	2021	-	Juliana Higgins	Big South Championship	Kemersville, N.C.	5k	DNF
Oct. 29	2021	-	Madeline Quinn	Big South Championship	Kemersville, N.C.	5k	DNF
Oct. 29	2021	-	Alyssa Deeds	Big South Championship	Kemersville, N.C.	5k	DNF
Nov. 12	2021	16.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	449 pts.
Nov. 12	2021	46.	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k	21:24.8
Nov. 12	2021	75.	Sydney Bagus	NCAA Southeast Regional	Louisville, Ky.	6k	22:04.4
Nov. 12	2021	80.	Franziska Jakobs	NCAA Southeast Regional	Louisville, Ky.	6k	22:08.0
Nov. 12	2021	117.	Camryn Harper	NCAA Southeast Regional	Louisville, Ky.	6k	22:40.4
Nov. 12	2021	148.	Katie Taylor	NCAA Southeast Regional	Louisville, Ky.	6k	23:11.4
Nov. 12	2021	166.	Olive Allen	NCAA Southeast Regional	Louisville, Ky.	6k	23:28.3
Nov. 12	2021	185.	Lucy Clayton	NCAA Southeast Regional	Louisville, Ky.	6k	23:53.4

<2022>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	2.	High Point	Covered Bridge Open	Boone, N.C.	5k	50 pts.
Sept. 2	2022	1.	Lindsey Ickes	Covered Bridge Open	Boone, N.C.	5k	16:51.15
Sept. 2	2022	7.	Anna Ritter	Covered Bridge Open	Boone, N.C.	5k	17:50.55
Sept. 2	2022	13.	Joanna Poland	Covered Bridge Open	Boone, N.C.	5k	18:01.48
Sept. 2	2022	14.	Amber Schulz	Covered Bridge Open	Boone, N.C.	5k	18:02.13
Sept. 2	2022	15.	Katie Taylor	Covered Bridge Open	Boone, N.C.	5k	18:03.37
Sept. 2	2022	16.	Paris Stankewich	Covered Bridge Open	Boone, N.C.	5k	18:13.47
Sept. 2	2022	17.	Camryn Harper	Covered Bridge Open	Boone, N.C.	5k	18:14.73
Sept. 2	2022	24.	Alyssa Deeds	Covered Bridge Open	Boone, N.C.	5k	18:19.22
Sept. 2	2022	26.	Charli Montalvo	Covered Bridge Open	Boone, N.C.	5k	18:23.97
Sept. 2	2022	27.	Tessa Webb	Covered Bridge Open	Boone, N.C.	5k	18:24.39
Sept. 2	2022	43.	Kaylee Copenspire	Covered Bridge Open	Boone, N.C.	5k	19:09.95
Sept. 2	2022	48.	Madeline Quinn	Covered Bridge Open	Boone, N.C.	5k	19:18.05
Sept. 2	2022	49.	Sonia Plombino	Covered Bridge Open	Boone, N.C.	5k	19:20.24

EVENT-BY-EVENT RESULTS

Sept. 2	2022	55.	Shauna Skow	Covered Bridge Open	Boone, N.C.	5k	19:29.62
Sept. 2	2022	65.	Mikayla Moxley	Covered Bridge Open	Boone, N.C.	5k	19:37.86
Sept. 2	2022	69.	Nikki Frail	Covered Bridge Open	Boone, N.C.	5k	19:43.04
Sept. 2	2022	76.	Julianne Higgins	Covered Bridge Open	Boone, N.C.	5k	19:57.64
Sept. 2	2022	110.	Lauren Vossen	Covered Bridge Open	Boone, N.C.	5k	21:11.16
Sept. 2	2022	111.	Lauren Buckminster	Covered Bridge Open	Boone, N.C.	5k	21:11.90
Sept. 2	2022	126.	Lilly Fowler	Covered Bridge Open	Boone, N.C.	5k	21:54.58
Sept. 16	2022	3.	High Point	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	87 pts.
Sept. 16	2022	2.	Lindsey Ickes	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	21:09.54
Sept. 16	2022	13.	Olive Allen	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:19.2
Sept. 16	2022	20.	Katie Taylor	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:38.8
Sept. 16	2022	28.	Anna Ritter	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:54.3
Sept. 16	2022	30.	Charli Montalvo	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:03.0
Sept. 16	2022	32.	Camryn Harper	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:06.1
Sept. 16	2022	35.	Alyssa Deeds	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:18.1
Sept. 16	2022	36.	Joanna Poland	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:20.3
Sept. 16	2022	42.	Tessa Webb	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:43.4
Sept. 16	2022	47.	Sonia Plombino	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:51.4
Sept. 16	2022	55.	Kaylee Copenspire	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:20.4
Sept. 16	2022	60.	Mikayla Moxley	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:34.7
Sept. 16	2022	73.	Nikki Frail	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:52.6
Sept. 16	2022	75.	Shauna Skow	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:59.3
Sept. 16	2022	85.	Madeline Quinn	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	25:13.2
Sept. 16	2022	96.	Julianne Higgins	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	25:49.6
Sept. 16	2022	102.	Lauren Vossen	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	26:34.3
Oct. 1	2022	7.	High Point	Live in Lou Classic	Louisville, Ky.		265 pts.
Oct. 1	2022	12.	Lindsey Ickes	Live in Lou Classic	Louisville, Ky.		16:59.5
Oct. 1	2022	46.	Olive Allen	Live in Lou Classic	Louisville, Ky.		17:34.6
Oct. 1	2022	54.	Ashley Jones	Live in Lou Classic	Louisville, Ky.		17:42.5
Oct. 1	2022	68.	Camryn Harper	Live in Lou Classic	Louisville, Ky.		17:47.2
Oct. 1	2022	94.	Katie Taylor	Live in Lou Classic	Louisville, Ky.		18:02.8
Oct. 1	2022	97.	Anna Ritter	Live in Lou Classic	Louisville, Ky.		18:03.2
Oct. 1	2022	102.	Paris Stankewich	Live in Lou Classic	Louisville, Ky.		18:05.6
Oct. 1	2022	117.	Charli Montalvo	Live in Lou Classic	Louisville, Ky.		18:14.1
Oct. 1	2022	133.	Joanna Poland	Live in Lou Classic	Louisville, Ky.		18:18.5
Oct. 1	2022	208.	Alyssa Deeds	Live in Lou Classic	Louisville, Ky.		18:49.5
Oct. 14	2022	1.	High Point	VertCross Invitational	Kemersville, N.C.	6k	32 pts.
Oct. 14	2022	1.	Lindsey Ickes	VertCross Invitational	Kemersville, N.C.	6k	20:39.2
Oct. 14	2022	4.	Katie Taylor	VertCross Invitational	Kemersville, N.C.	6k	21:55.2
Oct. 14	2022	8.	Anna Ritter	VertCross Invitational	Kemersville, N.C.	6k	22:11.0
Oct. 14	2022	9.	Charli Montalvo	VertCross Invitational	Kemersville, N.C.	6k	22:11.7
Oct. 14	2022	10.	Camryn Harper	VertCross Invitational	Kemersville, N.C.	6k	22:12.9
Oct. 14	2022	15.	Sonia Plombino	VertCross Invitational	Kemersville, N.C.	6k	22:43.5
Oct. 14	2022	20.	Alyssa Deeds	VertCross Invitational	Kemersville, N.C.	6k	22:59.4
Oct. 14	2022	25.	Tessa Webb	VertCross Invitational	Kemersville, N.C.	6k	23:26.4
Oct. 14	2022	29.	Joanna Poland	VertCross Invitational	Kemersville, N.C.	6k	23:53.6
Oct. 14	2022	30.	Julianne Higgins	VertCross Invitational	Kemersville, N.C.	6k	23:59.2
Oct. 14	2022	31.	Mikayla Moxley	VertCross Invitational	Kemersville, N.C.	6k	24:01.9
Oct. 14	2022	34.	Madeline Quinn	VertCross Invitational	Kemersville, N.C.	6k	24:10.7
Oct. 14	2022	37.	Nikki Frail	VertCross Invitational	Kemersville, N.C.	6k	24:29.6
Oct. 14	2022	39.	Kaylee Copenspire	VertCross Invitational	Kemersville, N.C.	6k	24:32.7
Oct. 14	2022	40.	Shauna Skow	VertCross Invitational	Kemersville, N.C.	6k	24:33.0
Oct. 14	2022	52.	Lauren Vossen	VertCross Invitational	Kemersville, N.C.	6k	26:05.6
Oct. 14	2022	54.	Lauren Buckminster	VertCross Invitational	Kemersville, N.C.	6k	26:21.0
Oct. 14	2022	58.	Lilly Fowler	VertCross Invitational	Kemersville, N.C.	6k	27:34.3
Oct. 29	2022	1.	High Point	Big South Championship	Farmville, Va.	5k	25 pts.
Oct. 29	2022	1.	Lindsey Ickes	Big South Championship	Farmville, Va.	5k	16:45.2
Oct. 29	2022	4.	Ashley Jones	Big South Championship	Farmville, Va.	5k	17:35.0
Oct. 29	2022	5.	Katie Taylor	Big South Championship	Farmville, Va.	5k	17:45.0
Oct. 29	2022	6.	Camryn Harper	Big South Championship	Farmville, Va.	5k	17:45.1
Oct. 29	2022	9.	Charli Montalvo	Big South Championship	Farmville, Va.	5k	17:59.0
Oct. 29	2022	11.	Joanna Poland	Big South Championship	Farmville, Va.	5k	18:08.5
Oct. 29	2022	12.	Anna Ritter	Big South Championship	Farmville, Va.	5k	18:08.9
Oct. 29	2022	17.	Sonia Plombino	Big South Championship	Farmville, Va.	5k	18:26.5
Oct. 29	2022	18.	Tessa Webb	Big South Championship	Farmville, Va.	5k	18:28.8
Oct. 29	2022	20.	Alyssa Deeds	Big South Championship	Farmville, Va.	5k	18:40.4
Nov. 11	2022	11.	High Point	NCAA Southeast Regional	Louisville, Ky.	6k	336 pts.
Nov. 11	2022	29.	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k	20:56.5
Nov. 11	2022	39.	Ashley Jones	NCAA Southeast Regional	Louisville, Ky.	6k	21:08.0
Nov. 11	2022	87.	Camryn Harper	NCAA Southeast Regional	Louisville, Ky.	6k	22:02.2
Nov. 11	2022	91.	Charli Montalvo	NCAA Southeast Regional	Louisville, Ky.	6k	22:09.7
Nov. 11	2022	101.	Anna Ritter	NCAA Southeast Regional	Louisville, Ky.	6k	22:19.9
Nov. 11	2022	112.	Katie Taylor	NCAA Southeast Regional	Louisville, Ky.	6k	22:27.6
Nov. 11	2022	115.	Sonia Plombino	NCAA Southeast Regional	Louisville, Ky.	6k	22:33.4

EVENT-BY-EVENT RESULTS

<2023>

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2023	2.	High Point	Elon Opener	Elon, N.C.	4k	45 pts.
Sept. 1	2023	7.	Brianna Malone	Elon Opener	Elon, N.C.	4k	13:33.5
Sept. 1	2023	8.	Katie Taylor	Elon Opener	Elon, N.C.	4k	13:39.0
Sept. 1	2023	9.	Paris Stankewich	Elon Opener	Elon, N.C.	4k	13:45.3
Sept. 1	2023	10.	Elizabeth Ritter	Elon Opener	Elon, N.C.	4k	13:54.1
Sept. 1	2023	12.	Anna Ritter	Elon Opener	Elon, N.C.	4k	13:55.9
Sept. 1	2023	17.	Olive Allen	Elon Opener	Elon, N.C.	4k	14:09.1
Sept. 1	2023	23.	Shauna Skow	Elon Opener	Elon, N.C.	4k	14:27.2
Sept. 1	2023	27.	Madeline Quinn	Elon Opener	Elon, N.C.	4k	14:32.8
Sept. 1	2023	29.	Jill Thorning	Elon Opener	Elon, N.C.	4k	14:36.9
Sept. 1	2023	32.	Charli Montalvo	Elon Opener	Elon, N.C.	4k	14:45.1
Sept. 1	2023	38.	Audrey Houle	Elon Opener	Elon, N.C.	4k	14:52.2
Sept. 1	2023	42.	Nikki Frail	Elon Opener	Elon, N.C.	4k	14:59.2
Sept. 1	2023	43.	Joanna Poland	Elon Opener	Elon, N.C.	4k	15:01.2
Sept. 1	2023	56.	Lauren Vossen	Elon Opener	Elon, N.C.	4k	15:27.1
Sept. 15	2023	2.	High Point	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	61 pts.
Sept. 15	2023	3.	Brianna Malone	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	21:48.5
Sept. 15	2023	10.	Katie Taylor	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:15.3
Sept. 15	2023	12.	Paris Stankewich	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:29.1
Sept. 15	2023	17.	Elizabeth Ritter	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:37.3
Sept. 15	2023	25.	Charli Montalvo	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:19.0
Sept. 15	2023	32.	Shauna Skow	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:54.6
Sept. 15	2023	33.	Jill Thorning	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:55.1
Sept. 15	2023	41.	Mikayla Moxley	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:17.8
Sept. 15	2023	50.	Audrey Houle	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:41.4
Sept. 15	2023	55.	Lauren Vossen	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:54.9
Sept. 29	2023	4.	High Point	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	132 pts.
Sept. 29	2023	2.	Brianna Malone	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	17:06.0
Sept. 29	2023	25.	Elizabeth Ritter	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:00.7
Sept. 29	2023	26.	Katie Taylor	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:01.2
Sept. 29	2023	27.	Paris Stankewich	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:01.4
Sept. 29	2023	52.	Charli Montalvo	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:31.4
Sept. 29	2023	66.	Shauna Skow	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:45.5
Sept. 29	2023	93.	Joanna Poland	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	19:08.1
Oct. 14	2023	8.	Brianna Malone	Virginia Invitational (Orange)	Charlottesville, Va.	6k	21:06.7
Oct. 14	2023	12.	Katie Taylor	Virginia Invitational (Orange)	Charlottesville, Va.	6k	21:15.4
Oct. 14	2023	37.	Elizabeth Ritter	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:00.7
Oct. 14	2023	55.	Charli Montalvo	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:17.7
Oct. 14	2023	68.	Joanna Poland	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:36.6
Oct. 14	2023	79.	Olive Allen	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:51.7
Oct. 14	2023	84.	Paris Stankewich	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:56.5
Oct. 14	2023	106.	Shauna Skow	Virginia Invitational (Orange)	Charlottesville, Va.	6k	23:40.5
Oct. 14	2023	7.	High Point	Virginia Invitational (Orange)	Charlottesville, Va.	6k	179 pts.
Oct. 29	2023	1.	High Point	Big South Championship	Salem, Va.	5k	35 pts.
Oct. 29	2023	1.	Brianna Malone	Big South Championship	Salem, Va.	5k	16:45.2
Oct. 29	2023	4.	Katie Taylor	Big South Championship	Salem, Va.	5k	17:09.6
Oct. 29	2023	9.	Charli Montalvo	Big South Championship	Salem, Va.	5k	17:31.6
Oct. 29	2023	10.	Elizabeth Ritter	Big South Championship	Salem, Va.	5k	17:33.8
Oct. 29	2023	11.	Anna Ritter	Big South Championship	Salem, Va.	5k	18:07.9
Oct. 29	2023	13.	Paris Stankewich	Big South Championship	Salem, Va.	5k	18:12.1
Oct. 29	2023	19.	Olive Allen	Big South Championship	Salem, Va.	5k	18:37.4
Oct. 29	2023	24.	Shauna Skow	Big South Championship	Salem, Va.	5k	18:56.3
Oct. 29	2023	30.	Mikayla Moxley	Big South Championship	Salem, Va.	5k	19:08.6
Oct. 29	2023	35.	Joanna Poland	Big South Championship	Salem, Va.	5k	19:26.9
Nov. 10	2023	14.	High Point	NCAA Southeast Regional	Spartanburg, S.C.	6k	398 pts.
Nov. 10	2023	36.	Brianna Malone	NCAA Southeast Regional	Spartanburg, S.C.	6k	20:49.7
Nov. 10	2023	52.	Katie Taylor	NCAA Southeast Regional	Spartanburg, S.C.	6k	20:58.9
Nov. 10	2023	78.	Charli Montalvo	NCAA Southeast Regional	Spartanburg, S.C.	6k	21:23.6
Nov. 10	2023	109.	Elizabeth Ritter	NCAA Southeast Regional	Spartanburg, S.C.	6k	21:52.5
Nov. 10	2023	135.	Anna Ritter	NCAA Southeast Regional	Spartanburg, S.C.	6k	22:25.4
Nov. 10	2023	146.	Olive Allen	NCAA Southeast Regional	Spartanburg, S.C.	6k	22:32.6
Nov. 10	2023	200.	Joanna Poland	NCAA Southeast Regional	Spartanburg, S.C.	6k	23:41.0

TEAM TOP-5 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance
Oct. 6	1990	1.	High Point	Belmont Abbey Invitational	Belmont, N.C.	
Sept. 11	1993	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	
Oct. 24	1994	1.	High Point	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.	
Sept. 12	1995	1.	High Point	High Point Invitational	Greensboro, N.C.	5k
Oct. 14	1995	1.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	
Oct. 28	1995	1.	High Point	Carolinas-Virginia Conference Championship		5k
Sept. 14	1996	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	
Oct. 26	1996	1.	High Point	Carolinas-Virginia Conference Championship	Due West, S.C.	
Sept. 12	1998	1.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	4k
Sept. 26	1998	1.	High Point	Greenboro Invitational	Greensboro, N.C.	5k
Oct. 3	1998	1.	High Point	Radford Invitational	Radford, Va.	5k
Oct. 17	1998	1.	High Point	Big South Championship (B Division)	Radford, Va.	5k
Oct. 5	2002	1.	High Point	Hagan-Stone Classic	Greensboro, N.C.	5k
Sept. 10	2004	1.	High Point	UNC Wilmington Invitational	Wilmington, N.C.	5k
Oct. 1	2004	1.	High Point	Great American XC Festival	Cary, N.C.	5k
Oct. 16	2004	1.	High Point	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k
Sept. 17	2005	1.	High Point	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k
Sept. 24	2005	1.	High Point	Overton XC Meet	Greenville, N.C.	5k
Sept. 14	2007	1.	High Point	Big South Preview	Hendersonville, N.C.	5k
Oct. 29	2011	1.	High Point	Big South Championship	Conway, S.C.	
Sept. 13	2014	1.	High Point	Gardner-Webb Invitational	Boiling Springs, N.C.	5k
Nov. 1	2014	1.	High Point	Big South Championship	Boiling Springs, N.C.	5k
Oct. 31	2015	1.	High Point	Big South Championship	Spartanburg, S.C.	5k
Sept. 24	2016	1.	High Point	Greensboro XC Invitational	Greensboro, N.C.	5k
Oct. 1	2016	1.	High Point	Asheville XC Challenge	Asheville, N.C.	5k
Sept. 16	2017	1.	High Point	Big South Preview	Lynchburg, Va.	5k
Oct. 13	2017	1.	High Point	VertCross Invitational	Kernersville, N.C.	6k
Oct. 28	2017	1.	High Point	Big South Championship	Lynchburg, Va.	5k
Aug. 31	2018	1.	High Point	Elon Opener	Elon, N.C.	4k
Oct. 26	2018	1.	High Point	Big South Championship	Kernersville, N.C.	5k
Oct. 18	2019	1.	High Point	VertCross Invitational	Kernersville, N.C.	6k
Nov. 2	2019	1.	High Point	Big South Championship	Buies Creek, N.C.	5k
Jan. 29	2021	1.	High Point	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k
March 5	2021	1.	High Point	Big South Championship	Rock Hill, S.C.	
Oct. 29	2021	1.	High Point	Big South Championship	Kernersville, N.C.	5k
Oct. 14	2022	1.	High Point	VertCross Invitational	Kernersville, N.C.	6k
Oct. 29	2022	1.	High Point	Big South Championship	Farmville, Va.	5k
Oct. 29	2023	1.	High Point	Big South Championship	Salem, Va.	5k
Oct. 28	1989	t-1.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k
Oct. 27	1990	2.	High Point	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.	
Oct. 10	1992	2.	High Point	Belmont Abbey Invitational	Belmont, N.C.	
Oct. 3	1993	2.	High Point	Methodist Invitational	Fayetteville, N.C.	
Sept. 17	1994	2.	High Point	Wake Forest CC Classic	Winston-Salem, N.C.	
Sept. 21	1996	2.	High Point	Winthrop Invitational	Rock Hill, S.C.	5k
Oct. 18	1997	2.	High Point	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.	
Sept. 5	1998	2.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k
Sept. 19	1998	2.	High Point	Winthrop Invitational	Rock Hill, S.C.	5k
Sept. 8	2001	2.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k
Sept. 6	2003	2.	High Point	HPU / Elon Invitational	Greensboro, N.C.	
Sept. 1	2007	2.	High Point	North Carolina Opener	Chapel Hill, N.C.	5k
Oct. 12	2007	2.	High Point	Blue Ridge Mountain Open	Boone, N.C.	5k
Oct. 17	2008	2.	High Point	Blue Ridge Open (Gold)	Boone, N.C.	5k
Nov. 8	2008	2.	High Point	Wolfpack Invitational	Raleigh, N.C.	5k
Sept. 25	2010	2.	High Point	Big South Preview	Blacksburg, Va.	
Oct. 15	2010	2.	High Point	Blue Ridge Open	Boone, N.C.	
Sept. 17	2011	2.	High Point	Big South Preview	Conway, S.C.	
Aug. 31	2012	2.	High Point	Demon Deacon Quad	Winston-Salem, N.C.	
Oct. 3	2015	2.	High Point	USC Upstate Invitational	Spartanburg, S.C.	
Oct. 28	2016	2.	High Point	Big South Championship	Asheville, N.C.	5k
Oct. 12	2018	2.	High Point	VertCross Invitational	Kernersville, N.C.	5k
Sept. 2	2022	2.	High Point	Covered Bridge Open	Boone, N.C.	5k
Sept. 1	2023	2.	High Point	Elon Opener	Elon, N.C.	4k
Sept. 15	2023	2.	High Point	Virginia Tech Alumni Invite	Blacksburg, Va.	6k
Sept. 7	1994	3.	High Point	High Point Invitational	High Point, N.C.	5k
Oct. 1	1994	3.	High Point	East Carolina Invitational	Greenville, N.C.	5k
Oct. 19	1996	3.	High Point	N.C. Collegiate Championships	Charlotte, N.C.	5k
Sept. 20	1997	3.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	
Oct. 4	1997	3.	High Point	The Citadel Invitational	Charleston, S.C.	
Sept. 4	1999	3.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k
Nov. 1	2003	3.	High Point	Big South Championship	Conway, S.C.	5k
Oct. 30	2004	3.	High Point	Big South Championship	Rock Hill, S.C.	5k
Sept. 2	2005	3.	High Point	Wake Forest Invitational	Winston-Salem, N.C.	-
Oct. 14	2005	3.	High Point	Blue Ridge Open	Boone, N.C.	5k
Oct. 29	2005	3.	High Point	Big South Championship	Lexington, Va.	5k

TEAM TOP-5 FINISHES

Sept. 1	2006	3.	High Point	Wake Forest Relays	Winston-Salem, N.C.	5k
Oct. 28	2006	3.	High Point	Big South Championship	Summerville, S.C.	5k
Sept. 28	2007	3.	High Point	Greensboro Invitational	Greensboro, N.C.	5k
Date	Year	Finish	Individual	Event	Site	Distance
Oct. 27	2007	3.	High Point	Big South Championship	Hendersonville, N.C.	
Nov. 1	2008	3.	High Point	Big South Championship	Lynchburg, Va.	5k
Sept. 19	2009	3.	High Point	Big South Preview	Winston-Salem, N.C.	
Oct. 16	2009	3.	High Point	Blue Ridge Open	Boone, N.C.	
Oct. 14	2011	3.	High Point	Blue Ridge Open	Boone, N.C.	5k
Oct. 12	2012	3.	High Point	Blue Ridge Open	Boone, N.C.	
Oct. 27	2012	3.	High Point	Big South Championship	Rock Hill, S.C.	
Aug. 30	2013	3.	High Point	Western Carolina XC Invitational	Cullowhee, N.C.	
Sept. 21	2013	3.	High Point	VMI Invitational	Buena Vista, Va.	5k
Sept. 26	2014	3.	High Point	UNCG Spartan Invitational	Kernersville, N.C.	5k
Nov. 8	2014	3.	High Point	Three Stripe Invite	Cary, N.C.	5k
Sept. 4	2015	3.	High Point	Elon Invitational	Elon, N.C.	
Sept. 1	2016	3.	High Point	Elon Opener	Elon, N.C.	
Sept. 2	2017	3.	High Point	Elon Opener	Elon, N.C.	
Aug. 30	2019	3.	High Point	Covered Bridge Open	Boone, N.C.	5k
Feb. 12	2021	3.	High Point	Winter VertCross	Kernersville, N.C.	
Sept. 3	2021	3.	High Point	Covered Bridge Open	Boone, N.C.	5k
Oct. 15	2021	3.	High Point	VertCross Invitational	Kernersville, N.C.	
Sept. 16	2022	3.	High Point	Virginia Tech Alumni Invite	Blacksburg, Va.	6k
Sept. 24	1994	4.	High Point	Greensboro Invitational	Greensboro, N.C.	
Nov. 4	1995	4.	High Point	NCAA Southeast Regional (Division II)		
Sept. 7	1996	4.	High Point	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k
Sept. 11	1999	4.	High Point	Western Carolina Classic	Cullowhee, N.C.	5k
Oct. 13	2001	4.	High Point	N.C. Collegiate XC Championships	Greenville, N.C.	5k
Sept. 7	2002	4.	High Point	HPU / Elon Invitational	Greensboro, N.C.	5k
Oct. 11	2003	4.	High Point	Furman Invitational	Greenville, S.C.	5k
Sept. 25	2004	4.	High Point	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k
Oct. 13	2006	4.	High Point	Blue Ridge Open	Boone, N.C.	5k
Sept. 20	2008	4.	High Point	Liberty Invitational	Lynchburg, Va.	5k
Oct. 17	2008	4.	High Point	Blue Ridge Open	Boone, N.C.	5k
Oct. 31	2009	4.	High Point	Big South Championship	Winston-Salem, N.C.	5k
Oct. 30	2010	4.	High Point	Big South Championship	Blacksburg, Va.	
Nov. 2	2013	4.	High Point	Big South Championship	Buena Vista, Va.	
Oct. 17	2014	4.	High Point	Blue Ridge Open	Boone, N.C.	5k
Sept. 17	2021	4.	High Point	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k
Sept. 29	2023	4.	High Point	Joe Piane Invitational (Gold)	South Bend, Ind.	5k
Sept. 8	1990	5.	High Point	UNC Pembroke Invitational	Pembroke, N.C.	5k
Oct. 26	1991	5.	High Point	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k
Oct. 24	1992	5.	High Point	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Greensboro, N.C.	
Sept. 29	2001	5.	High Point	Greensboro Invitational	Greensboro, N.C.	
Aug. 30	2002	5.	High Point	Mountaineer Open	Boone, N.C.	5k
Sept. 21	2002	5.	High Point	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k
Oct. 12	2002	5.	High Point	N.C. Collegiate XC Championships	Greenville, N.C.	5k
Nov. 2	2002	5.	High Point	Big South Championship	Rock Hill, S.C.	5k
Aug. 29	2003	5.	High Point	Mountaineer Open	Boone, N.C.	5k
Sept. 20	2003	5.	High Point	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k
Sept. 9	2006	5.	High Point	Lou Onesty Invitational	Charlottesville, Va.	5k
Sept. 14	2013	5.	High Point	Furman Classic	Greenville, S.C.	
Oct. 14	2016	5.	High Point	VertCross Invitational	Kernersville, N.C.	6k
Sept. 23	2017	5.	High Point	Virginia / Panorama Farms Invitational	Earlysville, Va.	

BEST INDIVIDUAL TIMES <BY DISTANCE>

<4K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Aug. 31	2018	Famke Heinst	Elon Opener	Elon, N.C.	4k 13:48
2.	Sept. 1	2023	Brianna Malone	Elon Opener	Elon, N.C.	4k 13:33.5
3.	Sept. 1	2023	Katie Taylor	Elon Opener	Elon, N.C.	4k 13:39.0
4.	Sept. 1	2023	Paris Stankewich	Elon Opener	Elon, N.C.	4k 13:45.3
5.	Sept. 1	2023	Elizabeth Ritter	Elon Opener	Elon, N.C.	4k 13:54.1
6.	Sept. 1	2023	Anna Ritter	Elon Opener	Elon, N.C.	4k 13:55.9
7.	Sept. 1	2023	Olive Allen	Elon Opener	Elon, N.C.	4k 14:09.1
8.	Oct. 16	2004	Jemissa Hess	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k 14:24
9.	Sept. 1	2023	Shauna Skow	Elon Opener	Elon, N.C.	4k 14:27.2
10.	Sept. 1	2023	Madeline Quinn	Elon Opener	Elon, N.C.	4k 14:32.8
11.	Sept. 1	2023	Jill Thorning	Elon Opener	Elon, N.C.	4k 14:36.9
12.	Sept. 1	2023	Charli Montalvo	Elon Opener	Elon, N.C.	4k 14:45.1
13.	Aug. 31	2018	Keaton Case	Elon Opener	Elon, N.C.	4k 14:46
14.	Aug. 31	2018	Julia Hellman	Elon Opener	Elon, N.C.	4k 14:47
15.	Sept. 1	2023	Audrey Houle	Elon Opener	Elon, N.C.	4k 14:52.2

<5K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
t-1.	Oct. 29	2022	Lindsey Ickes	Big South Championship	Farmville, Va.	5k 16:45.2
t-1.	Oct. 29	2023	Brianna Malone	Big South Championship	Salem, Va.	5k 16:45.2
3.	Sept. 2	2022	Lindsey Ickes	Covered Bridge Open	Boone, N.C.	5k 16:51.15
t-4.	Nov. 2	2019	Famke Heinst	Big South Championship	Buies Creek, N.C.	5k 17:06.0
t-4.	Sept. 29	2023	Brianna Malone	Joe Plane Invitational (Gold)	South Bend, Ind.	5k 17:06.0
6.	Oct. 29	2023	Katie Taylor	Big South Championship	Salem, Va.	5k 17:09.6
7.	Sept. 3	2021	Hannah Brookover	Covered Bridge Open	Boone, N.C.	5k 17:11.03
8.	Oct. 18	2003	Jemissa Hess	N.C. Collegiate XC Championships	Greenville, N.C.	5k 17:27.75
9.	Oct. 29	2023	Charli Montalvo	Big South Championship	Salem, Va.	5k 17:31.6
10.	Oct. 31	2015	Kelly Hayes	Big South Championship	Spartanburg, S.C.	5k 17:32.7
11.	Oct. 29	2023	Elizabeth Ritter	Big South Championship	Salem, Va.	5k 17:33.8
12.	Oct. 29	2022	Ashley Jones	Big South Championship	Farmville, Va.	5k 17:35.0
13.	Oct. 12	2018	Famke Heinst	VertCross Invitational	Kernersville, N.C.	5k 17:35.02
14.	Nov. 2	2019	Zoe Geis	Big South Championship	Buies Creek, N.C.	5k 17:43.5
15.	Oct. 2	2021	Lindsey Ickes	Live in Lou Classic	Louisville, Ky.	5k 17:44.2

<6K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Nov. 9	2018	Famke Heinst	NCAA Southeast Regional	Rock Hill, S.C.	6k 20:19.5
2.	Nov. 15	2019	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k 20:21.2
3.	Nov. 13	2004	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k 20:35.30
4.	Sept. 27	2019	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k 20:36.3
5.	Oct. 14	2022	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	6k 20:39.2
6.	Nov. 10	2023	Brianna Malone	NCAA Southeast Regional	Spartanburg, S.C.	6k 20:49.7
7.	Nov. 11	2022	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k 20:56.5
8.	Nov. 10	2023	Katie Taylor	NCAA Southeast Regional	Spartanburg, S.C.	6k 20:58.9
9.	Oct. 14	2023	Brianna Malone	Virginia Invitational (Orange)	Charlottesville, Va.	6k 21:06.7
10.	Nov. 15	2019	Zoe Geis	NCAA Southeast Regional	Earlsville, Va.	6k 21:07.7
11.	Nov. 11	2022	Ashley Jones	NCAA Southeast Regional	Louisville, Ky.	6k 21:08.0
12.	Sept. 14	2019	Famke Heinst	Commodore Classic	Nashville, Tenn.	6k 21:09.5
13.	Sept. 16	2022	Lindsey Ickes	Virginia Tech Alumni Invite	Blacksburg, Va.	6k 21:09.54
14.	Oct. 18	2019	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k 21:12.73
15.	Oct. 14	2023	Katie Taylor	Virginia Invitational (Orange)	Charlottesville, Va.	6k 21:15.4

<8K>						
Rank	Date	Year	Individual	Event	Site	Distance Time
1.	Nov. 20	1993	Melissa Lansberg	NAIA National Championships	Kenosha, Wisc.	8k 20:38
2.	Nov. 20	1993	LeeAnn Smith	NAIA National Championships	Kenosha, Wisc.	8k 21:18
3.	Nov. 20	1993	Roz Hall	NAIA National Championships	Kenosha, Wisc.	8k 21:27
4.	Nov. 20	1993	Elizabeth Young	NAIA National Championships	Kenosha, Wisc.	8k 22:01
5.	Nov. 20	1993	Delia Stanley	NAIA National Championships	Kenosha, Wisc.	8k 22:02
6.	Nov. 20	1993	Cindy Romero	NAIA National Championships	Kenosha, Wisc.	8k 23:06

<Big South Conference Championships Only>						
Rank	Date	Year	Individual	Event	Site	Distance Time
t-1.	Oct. 29	2022	Lindsey Ickes	Big South Championship	Farmville, Va.	5k 16:45.2
t-1.	Oct. 29	2023	Brianna Malone	Big South Championship	Salem, Va.	5k 16:45.2
3.	Nov. 2	2019	Famke Heinst	Big South Championship	Buies Creek, N.C.	5k 17:06.0
4.	March 5	2021	Famke Heinst	Big South Championship	Rock Hill, S.C.	17:09.1
5.	Oct. 29	2023	Katie Taylor	Big South Championship	Salem, Va.	5k 17:09.6
6.	Oct. 29	2023	Charli Montalvo	Big South Championship	Salem, Va.	5k 17:31.6
7.	Oct. 31	2015	Kelly Hayes	Big South Championship	Spartanburg, S.C.	5k 17:32.7
8.	Oct. 29	2023	Elizabeth Ritter	Big South Championship	Salem, Va.	5k 17:33.8

BEST INDIVIDUAL TIMES <BY DISTANCE>

9.	Oct. 29	2022	Ashley Jones	Big South Championship	Farmville, Va.	5k	17:35.0
10.	March 5	2021	Lindsey Ickes	Big South Championship	Rock Hill, S.C.		17:35.9
11.	Nov. 2	2019	Zoe Geis	Big South Championship	Buies Creek, N.C.	5k	17:43.5
12.	Oct. 29	2022	Katie Taylor	Big South Championship	Farmville, Va.	5k	17:45.0
13.	Oct. 29	2022	Camryn Harper	Big South Championship	Farmville, Va.	5k	17:45.1
14.	Oct. 26	2018	Famke Heinst	Big South Championship	Kernersville, N.C.	5k	17:53.8
15.	Oct. 31	2015	Cozette Collin	Big South Championship	Spartanburg, S.C.	5k	17:54.6

<NCAA Championship Meets Only>

Rank	Date	Year	Individual	Event	Site	Distance	Time
1.	Nov. 9	1996	Heather Bowers	NCAA Southeast Regional (Division II)	Atlanta, Ga.		20:00.1
2.	Nov. 9	2018	Famke Heinst	NCAA Southeast Regional	Rock Hill, S.C.	6k	20:19.5
3.	Nov. 15	2019	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k	20:21.2
4.	Nov. 13	2004	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k	20:35.30
5.	Nov. 10	2023	Brianna Malone	NCAA Southeast Regional	Spartanburg, S.C.	6k	20:49.7
6.	Nov. 11	2022	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k	20:56.5
7.	Nov. 10	2023	Katie Taylor	NCAA Southeast Regional	Spartanburg, S.C.	6k	20:58.9
8.	Nov. 15	2019	Zoe Geis	NCAA Southeast Regional	Earlsville, Va.	6k	21:07.7
9.	Nov. 11	2022	Ashley Jones	NCAA Southeast Regional	Louisville, Ky.	6k	21:08.0
10.	Nov. 10	2023	Charli Montalvo	NCAA Southeast Regional	Spartanburg, S.C.	6k	21:23.6
11.	Nov. 12	2021	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k	21:24.8
12.	Nov. 9	1996	Katie Powers	NCAA Southeast Regional (Division II)	Atlanta, Ga.		21:26.3
13.	Nov. 10	2007	Zsanett Kis	NCAA Southeast Regional Championships	Louisville, Ky.	6k	21:29.05
14.	Nov. 10	2007	Kali Burt	NCAA Southeast Regional Championships	Louisville, Ky.	6k	21:32.90
15.	Nov. 15	2019	Tessa Webb	NCAA Southeast Regional	Earlsville, Va.	6k	21:33.7

INDIVIDUAL TOP-10 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	1990	1.	Missy Frazier	Belmont Abbey Invitational		5k	21:28
Sept. 11	1993	1.	Melissa Lansberg	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 24	1994	1.	Elizabeth Young	Greensboro Invitational	Greensboro, N.C.		20:40
Oct. 28	1995	1.	Elizabeth Young	Carolinas-Virginia Conference Championship		5k	21:29
Oct. 26	1996	1.	Heather Bowers	Carolinas-Virginia Conference Championship	Due West, S.C.		20:07
Sept. 6	1997	1.	Sara Day	HPU / Elon Invitational	Greensboro, N.C.		18:56
Sept. 13	1997	1.	Sara Day	UNC Pembroke Invitational	Pembroke, N.C.	5k	17:55
Oct. 4	1997	1.	Sara Day	The Citadel Invitational	Charleston, S.C.		19:13
Oct. 18	1997	1.	Sara Day	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		18:42
Sept. 5	1998	1.	Sara Day	HPU / Elon Invitational	Greensboro, N.C.	5k	19:16
Sept. 12	1998	1.	Sara Day	UNC Pembroke Invitational	Pembroke, N.C.	5k	17:19
Sept. 19	1998	1.	Sara Day	Winthrop Invitational	Rock Hill, S.C.	5k	18:11
Sept. 26	1998	1.	Sara Day	Greenboro Invitational	Greensboro, N.C.	5k	18:20
Oct. 3	1998	1.	Sara Day	Radford Invitational	Radford, Va.	5k	19:00
Sept. 6	2003	1.	Jemissa Hess	HPU / Elon Invitational	Greensboro, N.C.		19:43
Sept. 10	2004	1.	Jemissa Hess	UNC Wilmington Invitational	Wilmington, N.C.	5k	18:32
Sept. 25	2004	1.	Jemissa Hess	Winthrop Invitational (Garret)	Rock Hill, S.C.	5k	17:54
Oct. 1	2004	1.	Jemissa Hess	Great American XC Festival	Cary, N.C.	5k	18:09.38
Oct. 16	2004	1.	Jemissa Hess	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	14:24
Oct. 30	2004	1.	Jemissa Hess	Big South Championship	Rock Hill, S.C.	5k	17:42
Sept. 24	2005	1.	Kali Burt	Overton XC Meet	Greenville, N.C.	5k	18:33.06
Sept. 14	2007	1.	Zsanett Kis	Big South Preview	Hendersonville, N.C.	5k	18:33.9
Sept. 20	2008	1.	Zsanett Kis	Liberty Invitational	Lynchburg, Va.	5k	19:11.30
Nov. 1	2008	1.	Zsanett Kis	Big South Championship	Lynchburg, Va.	5k	18:23.24
Sept. 4	2015	1.	Kelly Hayes	Elon Invitational	Elon, N.C.		14:39
Oct. 3	2015	1.	Kelly Hayes	USC Upstate Invitational	Spartanburg, S.C.		18:18.52
Sept. 16	2017	1.	Famke Heinst	Big South Preview	Lynchburg, Va.	5k	18:41.2
Oct. 28	2017	1.	Famke Heinst	Big South Championship	Lynchburg, Va.	5k	17:55.1
Aug. 31	2018	1.	Famke Heinst	Elon Opener	Elon, N.C.	4k	13:48
Oct. 12	2018	1.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	5k	17:35.02
Oct. 26	2018	1.	Famke Heinst	Big South Championship	Kernersville, N.C.	5k	17:53.8
Aug. 30	2019	1.	Famke Heinst	Covered Bridge Open	Boone, N.C.	5k	18:00.60
Oct. 18	2019	1.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k	21:12.73
Nov. 2	2019	1.	Famke Heinst	Big South Championship	Buies Creek, N.C.	5k	17:06.0
March 5	2021	1.	Famke Heinst	Big South Championship	Rock Hill, S.C.		17:09.1
Oct. 15	2021	1.	Hannah Brookover	VertCross Invitational	Kernersville, N.C.		17:30.4
Sept. 2	2022	1.	Lindsey Ickes	Covered Bridge Open	Boone, N.C.	5k	16:51.15
Oct. 14	2022	1.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	6k	20:39.2
Oct. 29	2022	1.	Lindsey Ickes	Big South Championship	Farmville, Va.	5k	16:45.2
Oct. 29	2023	1.	Brianna Malone	Big South Championship	Salem, Va.	5k	16:45.2
Oct. 27	1990	31.	Cindy Romero	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		26:06
Oct. 7	1989	2.	Cindy Harvey	Belmont Abbey	Belmont, N.C.	5k	22:08
Oct. 28	1989	2.	Cindy Harvey	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	21:54
Sept. 29	1990	2.	Delia Stanley	Methodist Invitational	Fayetteville, N.C.	5k	23:22
Oct. 2	1990	2.	Delia Stanley	St. Andrews Invitational	Laurinburg, N.C.	5k	21:20.20
Oct. 10	1992	2.	Delia Stanley	Belmont Abbey Invitational	Belmont, N.C.		20:37
Oct. 17	1992	2.	Elizabeth Young	Catawba Invitational	Salisbury, N.C.		22:15
Sept. 11	1993	2.	Roz Hall	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 7	1994	2.	Elizabeth Young	High Point Invitational	High Point, N.C.	5k	21:44
Oct. 24	1994	2.	Elizabeth Young	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		20:59
Sept. 24	1994	2.	Melissa Lansberg	Greensboro Invitational	Greensboro, N.C.		20:49
Sept. 14	1996	2.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.		19:44.99
Sept. 13	1997	2.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:46
Oct. 18	1997	2.	Heather Bowers	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		19:27
Oct. 18	2003	2.	Jemissa Hess	N.C. Collegiate XC Championships	Greenville, N.C.	5k	17:27.75
Sept. 17	2005	2.	Kali Burt	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	18:51
Sept. 23	2006	2.	Kali Burt	Old North State Championships	Greensboro, N.C.	5k	18:56.4
Sept. 1	2007	2.	Kali Burt	North Carolina Opener	Chapel Hill, N.C.	5k	18:18.80
Oct. 12	2007	2.	Zsanett Kis	Blue Ridge Mountain Open	Boone, N.C.	5k	18:09
Sept. 26	2009	2.	Dani Paul	Greensboro XC Invitational	Greensboro, N.C.	5k	19:22.2
Sept. 28	2013	2.	Erika Peoples	Greensboro XC Invitational	Greensboro, N.C.		19:13.55
Oct. 3	2015	2.	Natalia Ocasio	USC Upstate Invitational	Spartanburg, S.C.		18:34.22
Sept. 24	2016	2.	Cozette Collin	Greensboro XC Invitational	Greensboro, N.C.	5k	19:36.7
Sept. 2	2017	2.	Famke Heinst	Elon Opener	Elon, N.C.		14:36.1
Oct. 13	2017	2.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k	21:32.94
Nov. 2	2019	2.	Zoe Geis	Big South Championship	Buies Creek, N.C.	5k	17:43.5
Jan. 29	2021	2.	Famke Heinst	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:06.0
Sept. 3	2021	2.	Hannah Brookover	Covered Bridge Open	Boone, N.C.	5k	17:11.03
Sept. 16	2022	2.	Lindsey Ickes	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	21:09.54
Sept. 29	2023	2.	Brianna Malone	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	17:06.0
Sept. 15	1990	3.	Cindy Harvey	Belmont Abbey Invitational		5k	22:20
Oct. 6	1990	3.	Delia Stanley	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 2	1990	3.	Missy Frazier	St. Andrews Invitational	Laurinburg, N.C.	5k	21:48.00
Oct. 17	1992	3.	Delia Stanley	Catawba Invitational	Salisbury, N.C.		22:23

INDIVIDUAL TOP-10 FINISHES

Sept. 11	1993	3.	Elizabeth Young	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 7	1994	3.	Melissa Lansberg	High Point Invitational	High Point, N.C.	5k	22:14
Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 24	1994	3.	Melissa Lansberg	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		21:12
Sept. 24	1994	3.	Roz Hall	Greensboro Invitational	Greensboro, N.C.		22:59
Sept. 14	1996	3.	Melissa Lansberg	UNC Pembroke Invitational	Pembroke, N.C.		20:44.71
Oct. 26	1996	3.	Melissa Lansberg	Carolinas-Virginia Conference Championship	Due West, S.C.		21:12
Sept. 6	1997	3.	Heather Bowers	HPU / Elon Invitational	Greensboro, N.C.		20:25
Oct. 4	1997	3.	Heather Bowers	The Citadel Invitational	Charleston, S.C.		20:37
Sept. 12	1998	3.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.	5k	18:38
Oct. 3	1998	3.	Heather Bowers	Radford Invitational	Radford, Va.	5k	19:32
Sept. 5	1998	3.	Martha Fuller	HPU / Elon Invitational	Greensboro, N.C.	5k	20:10
Oct. 17	1998	3.	Sara Day	Big South Championship (B Division)	Radford, Va.	5k	18:32
Sept. 6	2003	3.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.		19:56
Sept. 23	2006	3.	Sumiyya Hunter	Old North State Championships	Greensboro, N.C.	5k	19:00.6
Sept. 1	2007	3.	Zsanett Kis	North Carolina Opener	Chapel Hill, N.C.	5k	18:25.20
Sept. 28	2007	3.	Zsanett Kis	Notre Dame Invitational	South Bend, Ind.	5k	17:56
Oct. 29	2011	3.	Kayleigh Perry	Big South Championship	Conway, S.C.		17:52
Sept. 24	2016	3.	Keaton Case	Greensboro XC Invitational	Greensboro, N.C.	5k	20:14.0
Oct. 1	2016	3.	Natalia Ocasio	Asheville XC Challenge	Asheville, N.C.	5k	18:48.32
Oct. 28	2016	3.	Natalia Ocasio	Big South Championship	Asheville, N.C.	5k	18:30.53
Sept. 16	2017	3.	Julia Hellman	Big South Preview	Lynchburg, Va.	5k	18:49.2
Oct. 28	2017	3.	Julia Hellman	Big South Championship	Lynchburg, Va.	5k	18:28.7
Oct. 26	2018	3.	Lindsey Ickes	Big South Championship	Kernersville, N.C.	5k	18:34.3
Sept. 14	2019	3.	Famke Heinst	Commodore Classic	Nashville, Tenn.	6k	21:09.5
Oct. 18	2019	3.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	21:48.16
Feb. 12	2021	3.	Famke Heinst	Winter VertCross	Kernersville, N.C.		22:17.66
Jan. 29	2021	3.	Lindsey Ickes	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:20.5
March 5	2021	3.	Lindsey Ickes	Big South Championship	Rock Hill, S.C.		17:35.9
Sept. 15	2023	3.	Brianna Malone	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	21:48.5
Oct. 7	1989	4.	Maxine Monroe	Belmont Abbey	Belmont, N.C.	5k	22:47
Oct. 2	1990	4.	Cindy Harvey	St. Andrews Invitational	Laurinburg, N.C.	5k	22:003
Sept. 15	1990	4.	Delia Stanley	Belmont Abbey Invitational		5k	22:48
Sept. 29	1990	4.	Missy Frazier	Methodist Invitational	Fayetteville, N.C.	5k	24:44
Oct. 6	1990	4.	Missy Frazier	Belmont Abbey Invitational	Belmont, N.C.		
Sept. 11	1993	4.	LeeAnn Smith	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 17	1994	4.	Elizabeth Young	Wake Forest CC Classic	Winston-Salem, N.C.		21:21
Sept. 24	1994	4.	Geisa O'Reilly	Greensboro Invitational	Greensboro, N.C.		23:41
Oct. 24	1994	4.	Roz Hall	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		22:14
Sept. 7	1996	4.	Heather Bowers	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	21:59
Oct. 26	1996	4.	Mindy Cox	Carolinas-Virginia Conference Championship	Due West, S.C.		21:18
Sept. 20	1997	4.	Sara Day	Winthrop Invitational (Garnet)	Rock Hill, S.C.		19:46
Sept. 5	1998	4.	Brianne Hegedus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:41
Sept. 12	1998	4.	Martha Fuller	UNC Pembroke Invitational	Pembroke, N.C.	5k	18:38
Oct. 3	1998	4.	Martha Fuller	Radford Invitational	Radford, Va.	5k	19:36
Sept. 29	2001	4.	Jamie Vetten	Greensboro Invitational	Greensboro, N.C.		20:36
Sept. 20	2003	4.	Jemissa Hess	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:04.13
Nov.1	2003	4.	Jemissa Hess	Big South Championship	Conway, S.C.	5k	18:40.20
Oct. 1	2004	4.	Belinda Wilsher	Great American XC Festival	Cary, N.C.	5k	18:41.08
Oct. 14	2005	4.	Kali Burt	Blue Ridge Open	Boone, N.C.	5k	18:34.5
Oct. 29	2005	4.	Kali Burt	Big South Championship	Lexington, Va.	5k	18:19.95
Sept. 17	2005	4.	Sumiyya Hunter	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	19:39
Sept. 24	2005	4.	Sumiyya Hunter	Overton XC Meet	Greenville, N.C.	5k	18:57.40
Oct. 12	2007	4.	Kali Burt	Blue Ridge Mountain Open	Boone, N.C.	5k	18:13
Sept. 28	2007	4.	Kylee Jordan	Greensboro Invitational	Greensboro, N.C.	5k	19:46
Oct. 27	2007	4.	Zsanett Kis	Big South Championship	Hendersonville, N.C.		17:58.7
Sept. 26	2009	4.	Kelsey Paine	Greensboro XC Invitational	Greensboro, N.C.	5k	19:27.6
Oct. 16	2009	4.	Kelsey Paine	Blue Ridge Open	Boone, N.C.		20:04.73
Sept. 21	2013	4.	Cozette Collin	VMI Invitational	Buena Vista, Va.	5k	18:57.08
Sept. 28	2013	4.	Krista Willard	Greensboro XC Invitational	Greensboro, N.C.		19:26.87
Oct. 31	2015	4.	Kelly Hayes	Big South Championship	Spartanburg, S.C.	5k	17:32.7
Oct. 1	2016	4.	Cozette Collin	Asheville XC Challenge	Asheville, N.C.	5k	18:53.67
Oct. 28	2016	4.	Cozette Collin	Big South Championship	Asheville, N.C.	5k	18:45.67
Sept. 24	2016	4.	Natalia Ocasio	Greensboro XC Invitational	Greensboro, N.C.	5k	20:15.1
Sept. 16	2017	4.	Franziska Jakobs	Big South Preview	Lynchburg, Va.	5k	19:26.6
Oct. 26	2018	4.	Zoe Geis	Big South Championship	Kernersville, N.C.	5k	18:35.4
Sept. 27	2019	4.	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	20:36.3
Jan. 29	2021	4.	Katie Taylor	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:32.3
Oct. 29	2021	4.	Lindsey Ickes	Big South Championship	Kernersville, N.C.	5k	17:56.1
Oct. 29	2022	4.	Ashley Jones	Big South Championship	Farmville, Va.	5k	17:35.0
Oct. 14	2022	4.	Katie Taylor	VertCross Invitational	Kernersville, N.C.	6k	21:55.2
Oct. 29	2023	4.	Katie Taylor	Big South Championship	Salem, Va.	5k	17:09.6
Oct. 28	1989	5.	Tracey McIver	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	22:60
Sept. 29	1990	5.	Cindy Harvey	Methodist Invitational	Fayetteville, N.C.	5k	24:56
Oct. 10	1992	5.	Elizabeth Young	Belmont Abbey Invitational	Belmont, N.C.		20:55

INDIVIDUAL TOP-10 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 18	1993	5.	Melissa Lansberg	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:02
Sept. 24	1994	5.	Lisa Fuller	Greensboro Invitational	Greensboro, N.C.		25:54
Sept. 12	1995	5.	Elizabeth Young	High Point Invitational	Greensboro, N.C.	5k	21:52
Oct. 28	1995	5.	Geisa O'Reilly	Carolinas-Virginia Conference Championship		5k	22:40
Sept. 20	1997	5.	Heather Bowers	Winthrop Invitational (Garnet)	Rock Hill, S.C.		19:47
Sept. 13	1997	5.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:13
Oct. 17	1998	5.	Sara Day	N.C. Collegiate Championships	Greenville, N.C.	5k	18:11
Sept. 8	2001	5.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.	5k	20:08
Oct. 11	2003	5.	Jemissa Hess	Furman Invitational	Greenville, S.C.	5k	19:04.73
Sept. 1	2006	5.	Kali Burt / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	5k	36:13
Sept. 28	2007	5.	Kali Burt	Notre Dame Invitational	South Bend, Ind.	5k	18:01
Oct. 27	2007	5.	Kali Burt	Big South Championship	Hendersonville, N.C.		18:00.5
Sept. 8	2007	5.	Zsanett Kis	Lou Onesty Invitational	Charlottesville, Va.	5k	18:27.6
Nov. 1	2008	5.	Kali Burt	Big South Championship	Lynchburg, Va.	5k	18:52.57
Oct. 30	2010	5.	Emily Webb	Big South Championship	Blacksburg, Va.		18:27.38
Oct. 29	2011	5.	Audrey Malloy	Big South Championship	Conway, S.C.		18:01
Oct. 27	2012	5.	Kayleigh Perry	Big South Championship	Rock Hill, S.C.		18:00.33
Aug. 31	2012	5.	Kelsey Hunt / Katie Farina	Demon Deacon Quad	Winston-Salem, N.C.		39:04
Sept. 28	2013	5.	Colleen Hollowood	Greensboro XC Invitational	Greensboro, N.C.		19:38.78
Sept. 14	2013	5.	Cozette Collin	Furman Classic	Greenville, S.C.		21:22.33
Oct. 3	2015	5.	Cozette Collin	USC Upstate Invitational	Spartanburg, S.C.		18:42.12
Oct. 16	2015	5.	Kelly Hayes	Wake Forest Invitational	Kernersville, N.C.	6k	21:45.30
Sept. 24	2016	5.	Zoe Geis	Greensboro XC Invitational	Greensboro, N.C.	5k	20:22.3
Sept. 16	2017	5.	Zoe Geis	Big South Preview	Lynchburg, Va.	5k	19:27.9
Oct. 28	2017	5.	Zoe Geis	Big South Championship	Lynchburg, Va.	5k	18:40.5
Sept. 29	2018	5.	Famke Heinst	Paul Short Invitational	Bethlehem, Pa.	5k	20:38
Aug. 31	2018	5.	Keaton Case	Elon Opener	Elon, N.C.	4k	14:46
Oct. 18	2019	5.	Tessa Webb	VertCross Invitational	Kernersville, N.C.	6k	22:02.73
Nov. 2	2019	5.	Tessa Webb	Big South Championship	Buies Creek, N.C.	5k	18:04.08
Feb. 12	2021	5.	Lindsey Ickes	Winter VertCross	Kernersville, N.C.		22:23.15
Oct. 29	2022	5.	Katie Taylor	Big South Championship	Farmville, Va.	5k	17:45.0
Oct. 21	1989	6.	Sandra Shore	Francis Marion Invitational	Florence, S.C.	5k	22:51
Oct. 7	1989	6.	Tracey McIver	Belmont Abbey	Belmont, N.C.	5k	23:07
Oct. 6	1990	6.	Cindy Harvey	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 2	1990	6.	Cindy Romero	St. Andrews Invitational	Laurinburg, N.C.	5k	25:32
Sept. 11	1993	6.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.		
Oct. 3	1993	6.	Delia Stanley	Methodist Invitational	Fayetteville, N.C.		21:25
Oct. 17	1993	6.	Roz Hall	N.C. Collegiate Championships	Cullowhee, N.C.	5k	21:19
Sept. 21	1996	6.	Heather Bowers	Winthrop Invitational	Rock Hill, S.C.	5k	20:20
Oct. 26	1996	6.	Katie Powers	Carolinas-Virginia Conference Championship	Due West, S.C.		21:42
Oct. 3	1998	6.	Kristy Whitaker	Radford Invitational	Radford, Va.	5k	19:47
Oct. 16	2004	6.	Belinda Wilsher	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:12
Sept. 24	2005	6.	Kate Atkinson	Overton XC Meet	Greenville, N.C.	5k	19:16.76
Sept. 17	2005	6.	Shauna Marsh	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	19:47
Sept. 19	2009	6.	Joya Canfield	Big South Preview	Winston-Salem, N.C.		19:40
Sept. 25	2010	6.	Emily Webb	Big South Preview	Blacksburg, Va.		19:36.57
Oct. 12	2012	6.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.		18:20.93
Oct. 27	2012	6.	Kelsey Hunt	Big South Championship	Rock Hill, S.C.		18:05.93
Sept. 13	2014	6.	Kelly Hayes	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:29.18
Sept. 26	2014	6.	Lindsey Siska	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:19.66
Oct. 16	2015	6.	Cozette Collin	Wake Forest Invitational	Kernersville, N.C.	6k	21:48.07
Oct. 31	2015	6.	Cozette Collin	Big South Championship	Spartanburg, S.C.	5k	17:54.6
Sept. 24	2016	6.	Kylie Hennessey	Greensboro XC Invitational	Greensboro, N.C.	5k	20:37.5
Sept. 16	2017	6.	Caroline Baudinet	Big South Preview	Lynchburg, Va.	5k	19:34.8
Sept. 23	2017	6.	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.		17:43.6
Aug. 31	2018	6.	Julia Hellman	Elon Opener	Elon, N.C.	4k	14:47
Oct. 15	2021	6.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.		18:07.4
Jan. 29	2021	6.	Olive Allen	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:50.5
Oct. 29	2022	6.	Camryn Harper	Big South Championship	Farmville, Va.	5k	17:45.1
Oct. 2	1990	7.	Jamie Raymond	St. Andrews Invitational	Laurinburg, N.C.	5k	25:41
Sept. 18	1993	7.	Delia Stanley	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:29
Oct. 14	1995	7.	Elizabeth Young	N.C. Collegiate Championships	Charlotte, N.C.		21:01.8
Sept. 19	1998	7.	Heather Bowers	Winthrop Invitational	Rock Hill, S.C.	5k	19:03
Sept. 8	2001	7.	Jessica Healan	HPU / Elon Invitational	Greensboro, N.C.	5k	20:20
Oct. 11	2003	7.	Melissa Caudill	Furman Invitational	Greenville, S.C.	5k	19:10.87
Sept. 24	2005	7.	Shauna Marsh	Overton XC Meet	Greenville, N.C.	5k	19:17.67
Sept. 23	2006	7.	Geneva Winterink	Old North State Championships	Greensboro, N.C.	5k	19:22.6
Sept. 8	2007	7.	Kali Burt	Lou Onesty Invitational	Charlottesville, Va.	5k	18:37.2
Sept. 14	2007	7.	Sumiyya Hunter	Big South Preview	Hendersonville, N.C.	5k	19:22.4
Oct. 17	2008	7.	Monica Delizo	Blue Ridge Open	Boone, N.C.	5k	20:09
Sept. 19	2009	7.	Geneva Winterink	Big South Preview	Winston-Salem, N.C.		19:43
Oct. 2	2010	7.	Brittany Killough	Hagan-Stone Classic	Greensboro, N.C.		18:39.8
Oct. 2	2010	7.	Brittany Killough	Hagan-Stone Classic	Greensboro, N.C.		18:39.8
Oct. 14	2011	7.	Audrey Malloy	Blue Ridge Open	Boone, N.C.	5k	18:20.8

INDIVIDUAL TOP-10 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 29	2011	7.	Kelsey Hunt	Big South Championship	Conway, S.C.		18:10
Aug. 31	2012	7.	Lauren Blackwell / Erika Peoples	Demon Deacon Quad	Winston-Salem, N.C.		39:21
Sept. 28	2013	7.	Lauren Blackwell	Greensboro XC Invitational	Greensboro, N.C.		19:54.64
Sept. 13	2014	7.	Leah Anne Wirfel	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:37.85
Sept. 26	2014	7.	Sarah Dorrell	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:20.53
Sept. 4	2015	7.	Natalia Ocasio	Elon Invitational	Elon, N.C.		29:54
Oct. 31	2015	7.	Natalia Ocasio	Big South Championship	Spartanburg, S.C.	5k	18:03.1
Oct. 13	2017	7.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	22:05.22
Oct. 12	2018	7.	Keaton Case	VertCross Invitational	Kernersville, N.C.	5k	18:32.65
Oct. 26	2018	7.	Keaton Case	Big South Championship	Kernersville, N.C.	5k	18:44.3
March 5	2021	7.	Olive Allen	Big South Championship	Rock Hill, S.C.		18:00.4
Jan. 29	2021	7.	Sydney Bagus	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:57.9
Oct. 29	2021	7.	Sydney Bagus	Big South Championship	Kernersville, N.C.	5k	18:19.0
Sept. 2	2022	7.	Anna Ritter	Covered Bridge Open	Boone, N.C.	5k	17:50.55
Sept. 1	2023	7.	Brianna Malone	Elon Opener	Elon, N.C.	4k	13:33.5
Oct. 7	1989	8.	Tracey Stanley	Belmont Abbey	Belmont, N.C.	5k	24:52
Oct. 28	1989	8.	Tracey Stanley	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	
Oct. 3	1993	8.	Elizabeth Young	Methodist Invitational	Fayetteville, N.C.		21:34
Sept. 18	1993	8.	LeeAnn Smith	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:30
Sept. 17	1994	8.	Melissa Lansberg	Wake Forest CC Classic	Winston-Salem, N.C.		22:46
Sept. 14	1996	8.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C.		21:15.88
Oct. 3	1998	8.	Brianne Hegedus	Radford Invitational	Radford, Va.	5k	20:17
Sept. 26	1998	8.	Heather Bowers	Greenboro Invitational	Greensboro, N.C.	5k	20:00
Sept. 2	2000	8.	Cricket Indra	HPU / Elon Invitational	Greensboro, N.C.		20:09
Sept. 9	2000	8.	Cricket Indra	Western Carolina Invitational	Cullowhee, N.C.		19:46
Sept. 8	2001	8.	Cricket Indra	HPU / Elon Invitational	Greensboro, N.C.	5k	20:30
Oct. 5	2002	8.	Cat Lewis	Hagan-Stone Classic	Greensboro, N.C.	5k	19:36
Nov. 13	2004	8.	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k	20:35.30
Sept. 1	2006	8.	Kali Burt	Wake Forest Relays	Winston-Salem, N.C.	5k	17:46
Sept. 23	2006	8.	Shauna Marsh	Old North State Championships	Greensboro, N.C.	5k	19:23.6
Sept. 1	2007	8.	Sumiyya Hunter	North Carolina Opener	Chapel Hill, N.C.	5k	19:20.10
Oct. 31	2009	8.	Emily Webb	Big South Championship	Winston-Salem, N.C.	5k	19:12
Sept. 17	2011	8.	Kayleigh Perry	Big South Preview	Conway, S.C.		18:23
Oct. 29	2011	8.	Kelsey Paine	Big South Championship	Conway, S.C.		18:12
Nov. 2	2013	8.	Kayleigh Perry	Big South Championship	Buena Vista, Va.		18:51.70
Sept. 13	2014	8.	Katie Farina	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:41.46
Oct. 3	2015	8.	Katie Farina	USC Upstate Invitational	Spartanburg, S.C.		18:53.77
Sept. 24	2016	8.	Emily Boger	Greensboro XC Invitational	Greensboro, N.C.	5k	20:50.1
Oct. 28	2017	8.	Caroline Baudinet	Big South Championship	Lynchburg, Va.	5k	18:51.7
Oct. 26	2018	8.	Julia Hellman	Big South Championship	Kernersville, N.C.	5k	18:46.7
Feb. 12	2021	8.	Zoe Geis	Winter VertCross	Kernersville, N.C.		22:31.04
Oct. 14	2022	8.	Anna Ritter	VertCross Invitational	Kernersville, N.C.	6k	22:11.0
Oct. 14	2023	8.	Brianna Malone	Virginia Invitational (Orange)	Charlottesville, Va.	6k	21:06.7
Sept. 1	2023	8.	Katie Taylor	Elon Opener	Elon, N.C.	4k	13:39.0
Oct. 21	1989	9.	Maxine Monroe	Francis Marion Invitational	Florence, S.C.	5k	26:45
Oct. 27	1990	9.	Cindy Harvey	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		21:35
Sept. 15	1990	9.	Cindy Romero	Belmont Abbey Invitational		5k	25:16
Sept. 8	1990	9.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:28
Sept. 18	1993	9.	Roz Hall	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:36
Oct. 3	1993	9.	Roz Hall	Methodist Invitational	Fayetteville, N.C.		21:55
Oct. 24	1994	9.	Geisa O'Reilly	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		24:31
Sept. 7	1994	9.	Roz Hall	High Point Invitational	High Point, N.C.	5k	23:42
Sept. 14	1996	9.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.		21:16.24
Oct. 25	1997	9.	Sara Day	Gettysburg Invitational	Gettysburg, Pa.		18:00.7
Sept. 5	1998	9.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	21:46
Sept. 4	1999	9.	Heather Bowers	HPU / Elon Invitational	Greensboro, N.C.	5k	20:34
Sept. 10	2004	9.	Melissa Caudill	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:42
Oct. 16	2004	9.	Sumiyya Hunter	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:22
Sept. 17	2005	9.	Kate Atkinson	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:21
Sept. 2	2005	9.	Sumiyya Hunter / Shauna Marsh	Wake Forest Invitational	Winston-Salem, N.C.	-	38:07
Oct. 13	2006	9.	Shauna Marsh	Blue Ridge Open	Boone, N.C.	5k	19:02.7
Sept. 1	2006	9.	Shauna Marsh / Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.	5k	37:33
Sept. 1	2007	9.	Kate Atkinson	North Carolina Opener	Chapel Hill, N.C.	5k	19:22.10
Sept. 14	2007	9.	Kate Atkinson	Big South Preview	Hendersonville, N.C.	5k	19:30.3
Oct. 17	2008	9.	Zsanett Kis	Blue Ridge Open (Gold)	Boone, N.C.	5k	18:30
Aug. 31	2012	9.	Audrey Malloy / Julia Zautcke	Demon Deacon Quad	Winston-Salem, N.C.		41:24
Aug. 30	2013	9.	Cozette Collin	Western Carolina XC Invitational	Cullowhee, N.C.		11:27.43
Sept. 13	2014	9.	Cozette Collin	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:44.26
Nov. 1	2014	9.	Natalia Ocasio	Big South Championship	Boiling Springs, N.C.	5k	18:50.05
Oct. 31	2015	9.	Katie Farina	Big South Championship	Spartanburg, S.C.	5k	18:09.6
Oct. 1	2016	9.	Keaton Case	Asheville XC Challenge	Asheville, N.C.	5k	19:21.28
Oct. 28	2016	9.	Zoe Geis	Big South Championship	Asheville, N.C.	5k	19:11.00
Aug. 31	2018	9.	Franziska Jakobs	Elon Opener	Elon, N.C.	4k	14:57
Oct. 12	2018	9.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	5k	18:40.82

INDIVIDUAL TOP-10 FINISHES

Date	Year	Finish	Individual	Event	Site	Distance	Time
March 5	2021	9.	Ashley Jones	Big South Championship	Rock Hill, S.C.		18:06.7
Oct. 29	2021	9.	Camryn Harper	Big South Championship	Kernersville, N.C.	5k	18:24.4
Jan. 29	2021	9.	Julia Hellman	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:12.5
Oct. 14	2022	9.	Charli Montalvo	VertCross Invitational	Kernersville, N.C.	6k	22:11.7
Oct. 29	2022	9.	Charli Montalvo	Big South Championship	Farmville, Va.	5k	17:59.0
Oct. 29	2023	9.	Charli Montalvo	Big South Championship	Salem, Va.	5k	17:31.6
Sept. 1	2023	9.	Paris Stankewich	Elon Opener	Elon, N.C.	4k	13:45.3
Oct. 27	1990	10.	Missy Frazier	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		21:44
Oct. 26	1991	10.	Delia Stanley	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	22:21
Oct. 17	1992	10.	Mary Routh	Catawba Invitational	Salisbury, N.C.		24:22
Oct. 17	1993	10.	LeeAnn Smith	N.C. Collegiate Championships	Cullowhee, N.C.	5k	21:36
Oct. 8	1994	10.	Elizabeth Young	USC Upstate Invitational	Spartanburg, S.C.	5k	20:45.21
Sept. 21	1996	10.	Melissa Lansberg	Winthrop Invitational	Rock Hill, S.C.	5k	21:11
Sept. 12	1998	10.	Kristy Whitaker	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:14
Sept. 19	1998	10.	Martha Fuller	Winthrop Invitational	Rock Hill, S.C.	5k	19:21
Sept. 26	1998	10.	Martha Fuller	Greensboro Invitational	Greensboro, N.C.	5k	20:13
Sept. 8	2001	10.	Stephanie Cabarcus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:35
Oct. 5	2002	10.	Melissa Caudill	Hagan-Stone Classic	Greensboro, N.C.	5k	19:42
Nov. 1	2003	10.	Melissa Caudill	Big South Championship	Conway, S.C.	5k	19:15.23
Sept. 10	2004	10.	Kala Robertson	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:43
Oct. 28	2006	10.	Kali Burt	Big South Championship	Summerville, S.C.	5k	18:30.69
Sept. 23	2006	10.	Kate Atkinson	Old North State Championships	Greensboro, N.C.	5k	19:49.3
Sept. 14	2007	10.	Andi Bolyki	Big South Preview	Hendersonville, N.C.	5k	19:40.8
Sept. 20	2008	10.	Emily Webb	Liberty Invitational	Lynchburg, Va.	5k	19:57.40
Oct. 2	2010	10.	Dani Paul	Hagan-Stone Classic	Greensboro, N.C.		19:40.1
Oct. 2	2010	10.	Dani Paul	Hagan-Stone Classic	Greensboro, N.C.		19:40.1
Sept. 25	2010	10.	Kaylyn Peck	Big South Preview	Blacksburg, Va.		19:46.83
Oct. 14	2011	10.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.	5k	18:27.5
Oct. 29	2011	10.	Kelsey Fraser	Big South Championship	Conway, S.C.		18:14
Nov. 1	2014	10.	Kelly Hayes	Big South Championship	Boiling Springs, N.C.	5k	18:51.83
Nov. 15	2019	10.	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k	20:21.2
Nov. 2	2019	10.	Lindsey Ickes	Big South Championship	Buies Creek, N.C.	5k	18:37.7
Jan. 29	2021	10.	Tatum Castillo	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:15.9
Oct. 14	2022	10.	Camryn Harper	VertCross Invitational	Kernersville, N.C.	6k	22:12.9
Sept. 1	2023	10.	Elizabeth Ritter	Elon Opener	Elon, N.C.	4k	13:54.1
Oct. 29	2023	10.	Elizabeth Ritter	Big South Championship	Salem, Va.	5k	17:33.8
Sept. 15	2023	10.	Katie Taylor	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:15.3

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

<OLIVE ALLEN>

Best Overall Finish (4k): 17th / Elon Opener
 Best Overall Finish (5k): 14th / Big South Championship
 Best Overall Finish (6k): 13th / Virginia Tech Alumni Invite
 Best Time (4k): 14:09.1 / Elon Opener
 Best Time (5k): 18:32.1 / Big South Championship
 Best Time (6k): 22:19.2 / Virginia Tech Alumni Invite

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	21.	Olive Allen	Covered Bridge Open	Boone, N.C.	5k	19:06.72
Sept. 14	2019	111.	Olive Allen	Commodore Classic	Nashville, Tenn.	6k	23:32.1
Sept. 27	2019	68.	Olive Allen	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:45.3
Oct. 18	2019	18.	Olive Allen	VertCross Invitational	Kernersville, N.C.	6k	22:52.80
Nov. 2	2019	18.	Olive Allen	Big South Championship	Buies Creek, N.C.	5k	19:10.6
Nov. 15	2019	148.	Olive Allen	NCAA Southeast Regional	Earlsville, Va.	6k	22:50.3
Jan. 29	2021	6.	Olive Allen	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:50.5
Feb. 12	2021	15.	Olive Allen	Winter VertCross	Kernersville, N.C.		23:12.83
March 5	2021	7.	Olive Allen	Big South Championship	Rock Hill, S.C.		18:00.4
Oct. 15	2021	39.	Olive Allen	VertCross Invitational	Kernersville, N.C.		19:29.5
Oct. 29	2021	14.	Olive Allen	Big South Championship	Kernersville, N.C.	5k	18:32.1
Nov. 12	2021	166.	Olive Allen	NCAA Southeast Regional	Louisville, Ky.	6k	23:28.3
Sept. 16	2022	13.	Olive Allen	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:19.2
Oct. 1	2022	46.	Olive Allen	Live in Lou Classic	Louisville, Ky.		17:34.6
Sept. 1	2023	17.	Olive Allen	Elon Opener	Elon, N.C.	4k	14:09.1
Oct. 29	2023	19.	Olive Allen	Big South Championship	Salem, Va.	5k	18:37.4
Oct. 14	2023	79.	Olive Allen	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:51.7
Nov. 10	2023	146.	Olive Allen	NCAA Southeast Regional	Spartanburg, S.C.	6k	22:32.6

<KATIE ATKINSON>

Best Overall Finish (4k): 51st / Winthrop / Asics Fall Classic
 Best Overall Finish (5k): 6th / Overton XC Meet
 Best Overall Finish (6k): 103rd / Paul Short Invitational
 Best Time (4k): 16:54 / Winthrop / Asics Fall Classic
 Best Time (5k): 18:51.09 / Big South Championship
 Best Time (6k): 23:10.15 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	20.	Kate Atkinson	UNC Wilmington Invitational	Wilmington, N.C.	5k	20:26
Sept. 25	2004	41.	Kate Atkinson	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:09
Oct. 1	2004	77.	Kate Atkinson	Great American XC Festival	Cary, N.C.	5k	21:28.48
Oct. 16	2004	51.	Kate Atkinson	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:54
Oct. 30	2004	46.	Kate Atkinson	Big South Championship	Rock Hill, S.C.	5k	20:41
Sept. 2	2005	25.	Kate Atkinson	Wake Forest Invitational	Winston-Salem, N.C.	-	19:51
Sept. 17	2005	9.	Kate Atkinson	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:21
Sept. 24	2005	6.	Kate Atkinson	Overton XC Meet	Greenville, N.C.	5k	19:16.76
Oct. 14	2005	24.	Kate Atkinson	Blue Ridge Open	Boone, N.C.	5k	19:38.2
Oct. 29	2005	17.	Kate Atkinson	Big South Championship	Lexington, Va.	5k	19:26.56
Nov. 12	2005	145.	Kate Atkinson	NCAA Southeast Regional	Greenville, N.C.	6k	23:53.6
Sept. 9	2006	65.	Kate Atkinson	Lou Onesty Invitational	Charlottesville, Va.	5k	20:40.80
Sept. 23	2006	10.	Kate Atkinson	Old North State Championships	Greensboro, N.C.	5k	19:49.3
Sept. 29	2006	103.	Kate Atkinson	Paul Short Invitational	Bethlehem, Pa.	6k	22:56
Oct. 13	2006	13.	Kate Atkinson	Blue Ridge Open	Boone, N.C.	5k	19:10.3
Oct. 28	2006	15.	Kate Atkinson	Big South Championship	Summerville, S.C.	5k	18:51.09
Nov. 11	2006	117.	Kate Atkinson	NCAA Southeast Regional	Louisville, Ky.	6k	23:10.15
Sept. 1	2007	9.	Kate Atkinson	North Carolina Opener	Chapel Hill, N.C.	5k	19:22.10
Sept. 8	2007	30.	Kate Atkinson	Lou Onesty Invitational	Charlottesville, Va.	5k	20:01.3
Sept. 14	2007	9.	Kate Atkinson	Big South Preview	Hendersonville, N.C.	5k	19:30.3
Sept. 28	2007	156.	Kate Atkinson	Notre Dame Invitational	South Bend, Ind.	5k	20:12
Oct. 12	2007	31.	Kate Atkinson	Blue Ridge Mountain Open	Boone, N.C.	5k	19:17
Nov. 10	2007	213.	Kate Atkinson	NCAA Southeast Regional	Louisville, Ky.	6k	25:01.95
Sept. 1	2004	17.	Shawwna Truelove / Kate Atkinson	Wake Forest Relays	Winston-Salem, N.C.	-	43:19
Sept. 2	2005	13.	Kate Atkinson / Kali Burt	Wake Forest Invitational	Winston-Salem, N.C.	-	39:45

<CONNIE BATES>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 27	1990	22.	Connie Bates	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		24:25

<CAROLINE BAUDINET>

Best Overall Finish (5k): 6th / Big South Preview
 Best Overall Finish (6k): 18th / VertCross Invitational

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

Best Time (5k):..... 18:51.7 / Big South Championship
Best Time (6k):..... 22:30.09 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	17.	Caroline Baudinet	Elon Opener	Elon, N.C.		15:02.7
Sept. 16	2017	6.	Caroline Baudinet	Big South Preview	Lynchburg, Va.	5k	19:34.8
Sept. 23	2017	40.	Caroline Baudinet	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:47.4
Oct. 13	2017	18.	Caroline Baudinet	VertCross Invitational	Kernersville, N.C.	6k	22:30.09
Oct. 28	2017	8.	Caroline Baudinet	Big South Championship	Lynchburg, Va.	5k	18:51.7
Nov. 10	2017	120.	Caroline Baudinet	NCAA Southeast Regional	Earlsville, Va.	6k	22:44.0

<SYDNEY BAGUS>

Best Overall Finish (4k):..... 24th / Elon Opener
Best Overall Finish (5k):..... 7th (2x) / Big South Championship
Best Overall Finish (6k):..... 33rd / VertCross Invitational
Best Time (4k):..... 15:25 / Elon Opener
Best Time (5k):..... 18:00.01 / Live in Lou Classic
Best Time (6k):..... 22:04.4 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	22.	Sydney Bagus	Elon Opener	Elon, N.C.		15:15.6
Sept. 16	2017	12.	Sydney Bagus	Big South Preview	Lynchburg, Va.	5k	19:53.8
Sept. 23	2017	72.	Sydney Bagus	Virginia / Panorama Farms Invitational	Earlsville, Va.		19:35.2
Oct. 13	2017	33.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.	6k	23:03.66
Oct. 28	2017	14.	Sydney Bagus	Big South Championship	Lynchburg, Va.	5k	19:17.3
Nov. 10	2017	186.	Sydney Bagus	NCAA Southeast Regional	Earlsville, Va.	6k	23:51.3
Aug. 31	2018	24.	Sydney Bagus	Elon Opener	Elon, N.C.	4k	15:25
Sept. 29	2018	251.	Sydney Bagus	Paul Short Invitational	Bethlehem, Pa.	5k	23:46
Oct. 12	2018	32.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.	5k	19:35.42
Oct. 26	2018	15.	Sydney Bagus	Big South Championship	Kernersville, N.C.	5k	19:23.0
Nov. 9	2018	150.	Sydney Bagus	NCAA Southeast Regional	Rock Hill, S.C.	6k	22:27.4
Aug. 30	2019	55.	Sydney Bagus	Covered Bridge Open	Boone, N.C.	5k	20:33.19
Sept. 14	2019	127.	Sydney Bagus	Commodore Classic	Nashville, Tenn.	6k	23:47.0
Sept. 27	2019	89.	Sydney Bagus	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	23:09.3
Oct. 18	2019	66.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.	6k	24:34.68
Jan. 29	2021	7.	Sydney Bagus	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:57.9
Feb. 12	2021	21.	Sydney Bagus	Winter VertCross	Kernersville, N.C.		23:28.05
March 5	2021	13.	Sydney Bagus	Big South Championship	Rock Hill, S.C.		18:27.1
Sept. 3	2021	22.	Sydney Bagus	Covered Bridge Open	Boone, N.C.	5k	18:15.22
Sept. 17	2021	18.	Sydney Bagus	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:23.8
Oct. 2	2021	82.	Sydney Bagus	Live in Lou Classic	Louisville, Ky.	5k	18:00.01
Oct. 15	2021	11.	Sydney Bagus	VertCross Invitational	Kernersville, N.C.		18:28.6
Oct. 29	2021	7.	Sydney Bagus	Big South Championship	Kernersville, N.C.	5k	18:19.0
Nov. 12	2021	75.	Sydney Bagus	NCAA Southeast Regional	Louisville, Ky.	6k	22:04.4

<REBECCA BALDINGER>

Best Overall Finish (5k):..... N/A
Best Overall Finish (6k):..... 60th / Charlotte Invitational (Sub-Varsity)
Best Time (5k):..... N/A
Best Time (6k):..... 25:16.25 / Charlotte Invitational (Sub-Varsity)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 28	2012	60.	Rebecca Baldinger	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	25:16.25
Oct. 12	2012	103.	Rebecca Baldinger	Blue Ridge Open	Boone, N.C.		21:35.19

<LONNIE BATES>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 6	1990	16.	Lonnie Bates	Belmont Abbey Invitational	Belmont, N.C.		

<KALLIE BAUGHMAN>

Best Overall Finish (5k):..... 17th / Greensboro XC Invitational
Best Overall Finish (6k):..... N/A
Best Time (5k):..... 22:44.5 / Adidas XC Challenge
Best Time (6k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 16	2016	126.	Kallie Baughman	Adidas XC Challenge	Cary, N.C.	5k	22:44.5
Sept. 24	2016	17.	Kallie Baughman	Greensboro XC Invitational	Greensboro, N.C.	5k	23:45.6
Oct. 1	2016	82.	Kallie Baughman	Asheville XC Challenge	Asheville, N.C.	5k	22:47.06
Oct. 28	2016	76.	Kallie Baughman	Big South Championship	Asheville, N.C.	5k	23:31.19

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

<NICOLE BEAUDWIN>

Best Overall Finish (5k): 62nd / Winthrop / Adidas Invitational
 Best Overall Finish (6k): N/A
 Best Time (5k): 24:16.08 / N.C. Collegiate XC Championships
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 29	2003	65.	Nicole Beaudwin	Mountaineer Open	Boone, N.C.	5k	24:28.00
Sept. 6	2003	77.	Nicole Beaudwin	HPU / Elon Invitational	Greensboro, N.C.		24:21
Sept. 20	2003	62.	Nicole Beaudwin	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	26:12.28
Oct. 11	2003	112.	Nicole Beaudwin	Furman Invitational	Greenville, S.C.	5k	25:26.33
Oct. 18	2003	87.	Nicole Beaudwin	N.C. Collegiate XC Championships	Greenville, N.C.	5k	24:16.08
Nov. 1	2003	68.	Nicole Beaudwin	Big South Championship	Conway, S.C.	5k	28:50.81

<DIANNA BELL>

Best Overall Finish (5k): 27th / North Carolina Opener
 Best Overall Finish (6k): N/A
 Best Time (5k): 28:50.81 / Big South Championship
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	27.	Dianna Bell	North Carolina Opener	Chapel Hill, N.C.	5k	24:38.10
Sept. 8	2007	83.	Dianna Bell	Lou Onesty Invitational	Charlottesville, Va.	5k	25:26.1
Sept. 14	2007	36.	Dianna Bell	Big South Preview	Hendersonville, N.C.	5k	24:01.9
Sept. 28	2007	75.	Dianna Bell	Greensboro Invitational	Greensboro, N.C.	5k	23:45
Oct. 12	2007	169.	Dianna Bell	Blue Ridge Mountain Open	Boone, N.C.	5k	23:00
Sept. 20	2008	-	Dianna Bell	Liberty Invitational	Lynchburg, Va.	5k	DNF
Oct. 17	2008	64.	Dianna Bell	Blue Ridge Open	Boone, N.C.	5k	24:50
Nov. 8	2008	49.	Dianna Bell	Wolfpack Invitational	Raleigh, N.C.	5k	23:37
Sept. 19	2009	55.	Dianna Bell	Big South Preview	Winston-Salem, N.C.		25:21
Oct. 16	2009	74.	Dianna Bell	Blue Ridge Open	Boone, N.C.		25:24.32
Sept. 3	2010	98.	Dianna Bell	Covered Bridge Open	Boone, N.C.		21:05.58
Sept. 25	2010	36.	Dianna Bell	Big South Preview	Blacksburg, Va.		21:21.70
Oct. 2	2010	24.	Dianna Bell	Hagan-Stone Classic	Greensboro, N.C.		20:39.8
Oct. 2	2010	24.	Dianna Bell	Hagan-Stone Classic	Greensboro, N.C.		20:39.8
Oct. 15	2010	22.	Dianna Bell	Blue Ridge Open	Boone, N.C.		20:45.5

<LAURA BLACKWELL>

Best Overall Finish (5k): 27th / Three Stripe Invite
 Best Overall Finish (6k): 99th / Charlotte Invitational (Championship)
 Best Time (5k): 19:43.4 / Blue Ridge Open
 Best Time (6k): 22:52.76 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	64.	Lauren Blackwell	Covered Bridge Open	Boone, N.C.		20:32.4
Sept. 17	2011	34.	Lauren Blackwell	Big South Preview	Conway, S.C.		19:30
Sept. 30	2011	309.	Lauren Blackwell	Paul Short Invitational	Bethlehem, Pa.		23:59
Oct. 14	2011	77.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.	5k	19:43.4
Oct. 29	2011	23.	Lauren Blackwell	Big South Championship	Conway, S.C.		18:51
Sept. 15	2012	21.	Lauren Blackwell	adidas / Winthrop Invitational	Rock Hill, S.C.		18:49.90
Sept. 28	2012	99.	Lauren Blackwell	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:46.99
Oct. 12	2012	12.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.		18:30.01
Oct. 27	2012	19.	Lauren Blackwell	Big South Championship	Rock Hill, S.C.		18:46.00
Nov. 9	2012	132.	Lauren Blackwell	NCAA Southeast Regional	Charlotte, N.C.	6k	22:52.76
Aug. 30	2013	25.	Lauren Blackwell	Western Carolina XC Invitational	Cullowhee, N.C.		12:02.89
Sept. 14	2013	36.	Lauren Blackwell	Furman Classic	Greenville, S.C.		22:23.74
Sept. 21	2013	44.	Lauren Blackwell	VMI Invitational	Buena Vista, Va.	5k	20:58.91
Sept. 28	2013	7.	Lauren Blackwell	Greensboro XC Invitational	Greensboro, N.C.		19:54.64
Oct. 18	2013	157.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.		21:06.52
Nov. 2	2013	68.	Lauren Blackwell	Big South Championship	Buena Vista, Va.		21:18.84
Sept. 13	2014	43.	Lauren Blackwell	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	21:19.05
Sept. 26	2014	26.	Lauren Blackwell	UNCG Spartan Invitational	Kernersville, N.C.	5k	20:59.75
Oct. 17	2014	71.	Lauren Blackwell	Blue Ridge Open	Boone, N.C.	5k	21:34.75
Nov. 8	2014	27.	Lauren Blackwell	Three Stripe Invite	Cary, N.C.	5k	20:23.36
Aug. 31	2012	7.	Lauren Blackwell / Erika Peoples	Demon Deacon Quad	Winston-Salem, N.C.		39:21

<SARAH BODE>

Best Overall Finish (5k): 21st (2x) / Big South Championship
 Best Overall Finish (6k): 64th / Wake Forest Invitational
 Best Time (5k): 18:54.5 / Big South Championship
 Best Time (6k): 23:21.27 / Wake Forest Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 12	2012	37.	Sarah Bode	Blue Ridge Open	Boone, N.C.		19:08.11

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

Oct. 27	2012	28.	Sarah Bode	Big South Championship	Rock Hill, S.C.		19:02.49
Sept. 13	2014	27.	Sarah Bode	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:31.63
Sept. 26	2014	21.	Sarah Bode	UNCG Spartan Invitational	Kernersville, N.C.	5k	20:04.81
Oct. 17	2014	60.	Sarah Bode	Blue Ridge Open	Boone, N.C.	5k	21:04.69
Nov. 8	2014	28.	Sarah Bode	Three Stripe Invite	Cary, N.C.	5k	20:33.20
Sept. 4	2015	15.	Sarah Bode	Elon Invitational	Elon, N.C.		1:17.38
Sept. 12	2015	101.	Sarah Bode	Furman Classic	Greenville, S.C.		25:37.03
Sept. 26	2015	103.	Sarah Bode	Virginia / Panorama Farms Invitational	Earlysville, Va.	5k	20:30.5
Oct. 3	2015	39.	Sarah Bode	USC Upstate Invitational	Spartanburg, S.C.		19:51.18
Oct. 16	2015	64.	Sarah Bode	Wake Forest Invitational	Kernersville, N.C.	6k	23:21.27
Oct. 31	2015	21.	Sarah Bode	Big South Championship	Spartanburg, S.C.	5k	18:54.5

<EMILY BOGER>

Best Overall Finish (5k):	8th / Greensboro XC Invitational
Best Overall Finish (6k):	127th / VertCross Invitational
Best Time (5k):	19:46.7 / Adidas XC Challenge
Best Time (6k):	24:35.02 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	30.	Emily Boger	Elon Opener	Elon, N.C.		1:34.47
Sept. 16	2016	73.	Emily Boger	Adidas XC Challenge	Cary, N.C.	5k	19:46.7
Sept. 24	2016	8.	Emily Boger	Greensboro XC Invitational	Greensboro, N.C.	5k	20:50.1
Oct. 1	2016	29.	Emily Boger	Asheville XC Challenge	Asheville, N.C.	5k	20:12.12
Oct. 14	2016	127.	Emily Boger	VertCross Invitational	Kernersville, N.C.	6k	24:35.02
Oct. 28	2016	44.	Emily Boger	Big South Championship	Asheville, N.C.	5k	20:40.80

<ANDI BOLYKI>

Best Overall Finish (5k):	10th / Big South Preview
Best Overall Finish (6k):	120th / Roy Giiak Invitational
Best Time (5k):	19:24.81 / Big South Championship
Best Time (6k):	23:22.3 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	14.	Andi Bolyki	North Carolina Opener	Chapel Hill, N.C.	5k	19:58.10
Sept. 8	2007	29.	Andi Bolyki	Lou Onesty Invitational	Charlottesville, Va.	5k	20:00.0
Sept. 14	2007	10.	Andi Bolyki	Big South Preview	Hendersonville, N.C.	5k	19:40.8
Sept. 28	2007	92.	Andi Bolyki	Notre Dame Invitational	South Bend, Ind.	5k	19:12
Oct. 12	2007	24.	Andi Bolyki	Blue Ridge Mountain Open	Boone, N.C.	5k	19:09
Oct. 27	2007	21.	Andi Bolyki	Big South Championship	Hendersonville, N.C.		19:01.7
Nov. 10	2007	166.	Andi Bolyki	NCAA Southeast Regional	Louisville, Ky.	6k	23:44.95
Sept. 20	2008	-	Andi Bolyki	Liberty Invitational	Lynchburg, Va.	5k	DNF
Sept. 27	2008	120.	Andi Bolyki	Roy Giiak Invitational	Falcon Heights, Minn.	6k	23:46.40
Oct. 17	2008	32.	Andi Bolyki	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:10
Nov. 1	2008	14.	Andi Bolyki	Big South Championship	Lynchburg, Va.	5k	19:24.81
Nov. 15	2008	127.	Andi Bolyki	NCAA Southeast Regional	Clemmons, N.C.	6k	23:22.3

<HEATHER BOWERS>

Best Overall Finish (5k):	2nd / UNC Pembroke Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	18:38 / UNC Pembroke Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1996	4.	Heather Bowers	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	21:59
Sept. 14	1996	2.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.		19:44.99
Sept. 21	1996	6.	Heather Bowers	Winthrop Invitational	Rock Hill, S.C.	5k	20:20
Oct. 19	1996	61.	Heather Bowers	N.C. Collegiate Championships	Charlotte, N.C.	5k	19:45.50
Oct. 26	1996	1.	Heather Bowers	Carolinas-Virginia Conference Championship	Due West, S.C.		20:07
Nov. 9	1996	13.	Heather Bowers	NCAA Southeast Regional (Division II)	Atlanta, Ga.		20:00.1
Sept. 6	1997	3.	Heather Bowers	HPU / Elon Invitational	Greensboro, N.C.		20:25
Sept. 13	1997	2.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:46
Sept. 20	1997	5.	Heather Bowers	Winthrop Invitational (Garnet)	Rock Hill, S.C.		19:47
Oct. 4	1997	3.	Heather Bowers	The Citadel Invitational	Charleston, S.C.		20:37
Oct. 18	1997	2.	Heather Bowers	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		19:27
Oct. 25	1997	58.	Heather Bowers	Gettysburg Invitational	Gettysburg, Pa.		19:17.9
Nov. 1	1997	24.	Heather Bowers	Big South Championships	Rock Hill, S.C.	5k	20:05
Sept. 12	1998	3.	Heather Bowers	UNC Pembroke Invitational	Pembroke, N.C.	5k	18:38
Sept. 19	1998	7.	Heather Bowers	Winthrop Invitational	Rock Hill, S.C.	5k	19:03
Sept. 26	1998	8.	Heather Bowers	Greenboro Invitational	Greensboro, N.C.	5k	20:00
Oct. 3	1998	3.	Heather Bowers	Radford Invitational	Radford, Va.	5k	19:32
Oct. 17	1998	20.	Heather Bowers	N.C. Collegiate Championships	Greenville, N.C.	5k	18:54
Oct. 17	1998	23.	Heather Bowers	Big South Championship (B Division)	Radford, Va.	5k	19:55
Sept. 4	1999	9.	Heather Bowers	HPU / Elon Invitational	Greensboro, N.C.	5k	20:34
Sept. 11	1999	15.	Heather Bowers	Western Carolina Classic	Cullowhee, N.C.	5k	19:50
Sept. 18	1999	46.	Heather Bowers	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:47

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

Sept. 25	1999	26.	Heather Bowers	Greensboro Invitational	Greensboro, N.C.	5k	20:01
Oct. 9	1999	36.	Heather Bowers	Furman Invitational	Greenville, S.C.	5k	19:38
Oct. 16	1999	20.	Heather Bowers	N.C. Collegiate Championships	Charlotte, N.C.	5k	18:54
Oct. 30	1999	14.	Heather Bowers	Big South Championship	Rock Hill, S.C.	5k	19:09
Nov. 13	1999	130.	Heather Bowers	NCAA Southeast Regional	Greenville, S.C.	5k	20:00

<ELIZA BROCE>

Best Overall Finish (5k):		51st (2x) / Virginia / Panorama Farms Invitational
Best Overall Finish (6k):		N/A
Best Time (5k):		19:12.10 / Covered Bridge Open
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	51.	Eliza Broce	Covered Bridge Open	Boone, N.C.	5k	19:12.10
Sept. 17	2021	51.	Eliza Broce	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	19:44.4
Oct. 2	2021	269.	Eliza Broce	Live in Lou Classic	Louisville, Ky.	5k	19:14.8

<HANNAH BROOKOVER>

Best Overall Finish (5k):		2nd / Covered Bridge Open
Best Overall Finish (6k):		N/A
Best Time (5k):		17:11:03 / Covered Bridge Open
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	2.	Hannah Brookover	Covered Bridge Open	Boone, N.C.	5k	17:11.03
Oct. 15	2021	1.	Hannah Brookover	VertCross Invitational	Kernersville, N.C.		17:30.4

<GWEN BROSTROM>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	37.	Gwen Brostrom	HPU / Elon Invitational	Greensboro, N.C.		24:53
Sept. 20	1997	89.	Gwen Brostrom	Winthrop Invitational (Garnet)	Rock Hill, S.C.		26:02

<CHRISTY BUCKLES>

Best Overall Finish (5k):		26th / North Carolina Opener
Best Overall Finish (6k):		N/A
Best Time (5k):		23:21.0 / Big South Preview
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	26.	Christy Buckles	North Carolina Opener	Chapel Hill, N.C.	5k	24:22.20
Sept. 8	2007	84.	Christy Buckles	Lou Onesty Invitational	Charlottesville, Va.	5k	25:58.4
Sept. 14	2007	33.	Christy Buckles	Big South Preview	Hendersonville, N.C.	5k	23:21.0
Oct. 12	2007	175.	Christy Buckles	Blue Ridge Mountain Open	Boone, N.C.	5k	23:50
Sept. 20	2008	-	Christy Buckles	Liberty Invitational	Lynchburg, Va.	5k	DNF

<LAUREN BUCKMINSTER>

Best Overall Finish (5k):		111th / Covered Bridge Open
Best Overall Finish (6k):		54th / VertCross Invitational
Best Time (5k):		21:11.90 / Covered Bridge Open
Best Time (6k):		26:21.0 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	111.	Lauren Buckminster	Covered Bridge Open	Boone, N.C.	5k	21:11.90
Oct. 14	2022	54.	Lauren Buckminster	VertCross Invitational	Kernersville, N.C.	6k	26:21.0

<KALI BURT>

Best Overall Finish (5k):		1st / Overton XC Meet
Best Overall Finish (6k):		37th / NCAA Southeast Regional
Best Time (5k):		18:18.80 / North Carolina Opener
Best Time (6k):		21:35.3 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	25.	Kali Burt	Wake Forest Invitational	Winston-Salem, N.C.	-	19:51
Sept. 17	2005	2.	Kali Burt	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	18:51
Sept. 24	2005	1.	Kali Burt	Overton XC Meet	Greenville, N.C.	5k	18:33.06
Oct. 14	2005	4.	Kali Burt	Blue Ridge Open	Boone, N.C.	5k	18:34.5
Oct. 29	2005	4.	Kali Burt	Big South Championship	Lexington, Va.	5k	18:19.95
Nov. 12	2005	44.	Kali Burt	NCAA Southeast Regional	Greenville, N.C.	6k	21:35.3
Sept. 1	2006	8.	Kali Burt	Wake Forest Relays	Winston-Salem, N.C.	5k	17:46
Sept. 9	2006	14.	Kali Burt	Lou Onesty Invitational	Charlottesville, Va.	5k	18:45.90

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

Sept. 23	2006	2.	Kali Burt	Old North State Championships	Greensboro, N.C.	5k	18:56.4
Sept. 29	2006	46.	Kali Burt	Paul Short Invitational	Bethlehem, Pa.	6k	21:49
Oct. 28	2006	10.	Kali Burt	Big South Championship	Summerville, S.C.	5k	18:30.69
Nov. 11	2006	56.	Kali Burt	NCAA Southeast Regional	Louisville, Ky.	6k	22:12.70
Sept. 1	2007	2.	Kali Burt	North Carolina Opener	Chapel Hill, N.C.	5k	18:18.80
Sept. 8	2007	7.	Kali Burt	Lou Onesty Invitational	Charlottesville, Va.	5k	18:37.2
Sept. 28	2007	5.	Kali Burt	Notre Dame Invitational	South Bend, Ind.	5k	18:01
Oct. 12	2007	4.	Kali Burt	Blue Ridge Mountain Open	Boone, N.C.	5k	18:13
Oct. 27	2007	5.	Kali Burt	Big South Championship	Hendersonville, N.C.		18:00.5
Nov. 10	2007	37.	Kali Burt	NCAA Southeast Regional	Louisville, Ky.	6k	21:32.90
Sept. 27	2008	57.	Kali Burt	Roy Griak Invitational	Falcon Heights, Minn.	6k	22:45.70
Oct. 17	2008	27.	Kali Burt	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:05
Nov. 1	2008	5.	Kali Burt	Big South Championship	Lynchburg, Va.	5k	18:52.57
Nov. 15	2008	41.	Kali Burt	NCAA Southeast Regional	Clemmons, N.C.	6k	22:04.6
Sept. 2	2005	13.	Kate Atkinson / Kali Burt	Wake Forest Invitational	Winston-Salem, N.C.	-	39:45
Sept. 1	2006	5.	Kali Burt / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	5k	36:13

<STEPHANIE CABARCUS>

Best Overall Finish (5k):	10th / HPU / Elon Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	18:39 / N.C. Collegiate XC Championships
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	59.	Stephanie Cabarcus	Appalachian State Invitational	Boone, N.C.	5k	20:13
Sept. 8	2001	10.	Stephanie Cabarcus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:35
Sept. 21	2001	177.	Stephanie Cabarcus	Great American XC Classic	Rock Hill, S.C.	5k	20:15
Sept. 29	2001	32.	Stephanie Cabarcus	Greensboro Invitational	Greensboro, N.C.		19:55
Oct. 13	2001	15.	Stephanie Cabarcus	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:39
Oct. 27	2001	32.	Stephanie Cabarcus	Big South Championship	Rock Hill, S.C.	5k	20:09

<JOYA CANFIELD>

Best Overall Finish (5k):	11th / Big South Preview
Best Overall Finish (6k):	72nd / Roy Griak Invitational
Best Time (5k):	19:42.8 / Big South Preview
Best Time (6k):	23:02.75 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	25.	Joya Canfield	Wake Forest Relays	Winston-Salem, N.C.	5k	19:05
Sept. 9	2006	50.	Joya Canfield	Lou Onesty Invitational	Charlottesville, Va.	5k	20:14.40
Sept. 23	2006	20.	Joya Canfield	Old North State Championships	Greensboro, N.C.	5k	20:21.6
Sept. 29	2006	146.	Joya Canfield	Paul Short Invitational	Bethlehem, Pa.	6k	23:32
Oct. 13	2006	43.	Joya Canfield	Blue Ridge Open	Boone, N.C.	5k	20:00.5
Oct. 28	2006	31.	Joya Canfield	Big South Championship	Summerville, S.C.	5k	19:46.31
Nov. 11	2006	171.	Joya Canfield	NCAA Southeast Regional	Louisville, Ky.	6k	24:15.20
Sept. 1	2007	13.	Joya Canfield	North Carolina Opener	Chapel Hill, N.C.	5k	19:54.70
Sept. 8	2007	32.	Joya Canfield	Lou Onesty Invitational	Charlottesville, Va.	5k	20:03.1
Sept. 14	2007	11.	Joya Canfield	Big South Preview	Hendersonville, N.C.	5k	19:42.8
Sept. 28	2007	127.	Joya Canfield	Notre Dame Invitational	South Bend, Ind.	5k	19:44
Oct. 12	2007	42.	Joya Canfield	Blue Ridge Mountain Open	Boone, N.C.	5k	19:27
Oct. 27	2007	30.	Joya Canfield	Big South Championship	Hendersonville, N.C.		19:41.8
Nov. 10	2007	192.	Joya Canfield	NCAA Southeast Regional	Louisville, Ky.	6k	24:10.25
Sept. 20	2008	-	Joya Canfield	Liberty Invitational	Lynchburg, Va.	5k	DNF
Sept. 27	2008	143.	Joya Canfield	Roy Griak Invitational	Falcon Heights, Minn.	6k	24:11.80
Oct. 17	2008	72.	Joya Canfield	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:44
Nov. 1	2008	34.	Joya Canfield	Big South Championship	Lynchburg, Va.	5k	20:42.43
Nov. 8	2008	20.	Joya Canfield	Wolfpack Invitational	Raleigh, N.C.	5k	19:42
Sept. 4	2009	13.	Joya Canfield	Wake Forest Relays	Winston-Salem, N.C.		18:58.0
Sept. 19	2009	6.	Joya Canfield	Big South Preview	Winston-Salem, N.C.		19:40
Sept. 26	2009	72.	Joya Canfield	Roy Griak Invitational	St. Paul, Minn.	6k	23:51
Oct. 31	2009	15.	Joya Canfield	Big South Championship	Winston-Salem, N.C.	5k	19:32
Nov. 14	2009	121.	Joya Canfield	NCAA Southeast Regional	Louisville, Ky.	6k	23:02.75
Sept. 1	2006	14.	Joya Canfield / Cheryl Gainey	Wake Forest Relays	Winston-Salem, N.C.	5k	39:15

<FRANCESCA CARRONE>

Best Overall Finish (5k):	N/A
Best Overall Finish (6k):	150th / Roy Griak Invitational
Best Time (5k):	N/A
Best Time (6k):	25:18 / Roy Griak Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	26.	Francesca Carrone	Wake Forest Relays	Winston-Salem, N.C.		19:26.0
Sept. 19	2009	26.	Francesca Carrone	Big South Preview	Winston-Salem, N.C.		20:24
Sept. 26	2009	150.	Francesca Carrone	Roy Griak Invitational	St. Paul, Minn.	6k	25:18
Oct. 16	2009	26.	Francesca Carrone	Blue Ridge Open	Boone, N.C.		20:48.20

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

<KEATON CASE>

Best Overall Finish (4k): 5th / Elon Opener
 Best Overall Finish (5k): 3rd / Greensboro XC Invitational
 Best Overall Finish (6k): 37th / VertCross Invitational
 Best Time (4k): 14:46 / Elon Opener
 Best Time (5k): 18:32.65 / VertCross Invitational
 Best Time (6k): 21:37.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	14.	Keaton Case	Elon Opener	Elon, N.C.		15:21
Sept. 16	2016	46.	Keaton Case	Adidas XC Challenge	Cary, N.C.	5k	18:55.9
Sept. 24	2016	3.	Keaton Case	Greensboro XC Invitational	Greensboro, N.C.	5k	20:14.0
Oct. 1	2016	9.	Keaton Case	Asheville XC Challenge	Asheville, N.C.	5k	19:21.28
Oct. 14	2016	37.	Keaton Case	VertCross Invitational	Kernersville, N.C.	6k	22:47.72
Oct. 28	2016	11.	Keaton Case	Big South Championship	Asheville, N.C.	5k	19:14.36
Sept. 16	2017	21.	Keaton Case	Big South Preview	Lynchburg, Va.	5k	20:44.7
Sept. 23	2017	64.	Keaton Case	Virginia / Panorama Farms Invitational	Earlysville, Va.		19:26.8
Oct. 28	2017	12.	Keaton Case	Big South Championship	Lynchburg, Va.	5k	19:13.7
Nov. 10	2017	152.	Keaton Case	NCAA Southeast Regional	Earlysville, Va.	6k	23:10.5
Aug. 31	2018	5.	Keaton Case	Elon Opener	Elon, N.C.	4k	14:46
Sept. 29	2018	96.	Keaton Case	Paul Short Invitational	Bethlehem, Pa.	5k	22:12
Oct. 12	2018	7.	Keaton Case	VertCross Invitational	Kernersville, N.C.	5k	18:32.65
Oct. 26	2018	7.	Keaton Case	Big South Championship	Kernersville, N.C.	5k	18:44.3
Nov.9	2018	81.	Keaton Case	NCAA Southeast Regional	Rock Hill, S.C.	6k	21:37.7

<TATUM CASTILLO>

Best Overall Finish (5k): 10th / Winthrop / Adidas Invitational
 Best Overall Finish (6k): N/A
 Best Time (5k): 18:25.5 / Live in Lou Classic
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	10.	Tatum Castillo	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:15.9
Feb. 12	2021	31.	Tatum Castillo	Winter VertCross	Kernersville, N.C.		24:07.44
March 5	2021	16.	Tatum Castillo	Big South Championship	Rock Hill, S.C.		18:34.3
Sept. 3	2021	46.	Tatum Castillo	Covered Bridge Open	Boone, N.C.	5k	18:56.76
Sept. 17	2021	34.	Tatum Castillo	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:57.8
Oct. 2	2021	141.	Tatum Castillo	Live in Lou Classic	Louisville, Ky.	5k	18:25.5
Oct. 15	2021	20.	Tatum Castillo	VertCross Invitational	Kernersville, N.C.		18:52.9
Oct. 29	2021	16.	Tatum Castillo	Big South Championship	Kernersville, N.C.	5k	18:39.7

<MELISSA CAUDILL>

Best Overall Finish (4k): 11th / Winthrop / Asics Fall Classic
 Best Overall Finish (5k): 5th / HPU / Elon Invitational
 Best Overall Finish (6k): 107th / NCAA Southeast Regional
 Best Time (4k): 15:25 / Winthrop / Asics Fall Classic
 Best Time (5k): 18:23.08 / N.C. Collegiate XC Championships
 Best Time (6k): 23:12.3 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	37.	Melissa Caudill	Appalachian State Invitational	Boone, N.C.	5k	19:24
Sept. 8	2001	5.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.	5k	20:08
Sept. 21	2001	124.	Melissa Caudill	Great American XC Classic	Rock Hill, S.C.	5k	19:38
Sept. 29	2001	21.	Melissa Caudill	Greensboro Invitational	Greensboro, N.C.		19:25
Oct. 13	2001	31.	Melissa Caudill	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:24
Oct. 27	2001	25.	Melissa Caudill	Big South Championship	Rock Hill, S.C.	5k	19:37
Nov. 10	2001	132.	Melissa Caudill	NCAA Southeast Regional	Greenville, S.C.	6k	25:07
Aug. 30	2002	21.	Melissa Caudill	Mountaineer Open	Boone, N.C.	5k	19:25.10
Sept. 7	2002	13.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.	5k	19:31
Sept. 21	2002	21.	Melissa Caudill	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:01.44
Sept. 27	2002	36.	Melissa Caudill	Great American Classic	Charlotte, N.C.	5k	21:25.8
Oct. 5	2002	10.	Melissa Caudill	Hagan-Stone Classic	Greensboro, N.C.	5k	19:42
Oct. 12	2002	38.	Melissa Caudill	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:08.99
Nov. 2	2002	23.	Melissa Caudill	Big South Championship	Rock Hill, S.C.	5k	19:25.25
Nov. 16	2002	122.	Melissa Caudill	NCAA Southeast Regional	Greenville, N.C.	6k	23:16.50
Aug. 29	2003	20.	Melissa Caudill	Mountaineer Open	Boone, N.C.	5k	19:42.40
Sept. 6	2003	3.	Melissa Caudill	HPU / Elon Invitational	Greensboro, N.C.		19:56
Sept. 20	2003	13.	Melissa Caudill	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:33.21
Sept. 26	2003	42.	Melissa Caudill	Great American Classic	Cary, N.C.	5k	20:23.0

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

Oct. 11	2003	7.	Melissa Caudill	Furman Invitational	Greenville, S.C.	5k	19:10.87
Oct. 18	2003	28.	Melissa Caudill	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:23.08
Nov.1	2003	10.	Melissa Caudill	Big South Championship	Conway, S.C.	5k	19:15.23
Nov. 15	2003	107.	Melissa Caudill	NCAA Southeast Regional	Greenville, N.C.	6k	23:12.3
Sept. 10	2004	9.	Melissa Caudill	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:42
Sept. 25	2004	18.	Melissa Caudill	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:20
Oct. 1	2004	19.	Melissa Caudill	Great American XC Festival	Cary, N.C.	5k	19:23.98
Oct. 16	2004	11.	Melissa Caudill	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:25
Oct. 30	2004	19.	Melissa Caudill	Big South Championship	Rock Hill, S.C.	5k	19:22
Nov. 13	2004	121.	Melissa Caudill	NCAA Southeast Regional	Greenville, N.C.	6k	23:12.80
Sept. 1	2004	12.	Melissa Caudill / Jemissa Hess	Wake Forest Relays	Winston-Salem, N.C.	-	37:15

<LUCY CLAYTON>

Best Overall Finish (4k):	36th / / Elon Opener
Best Overall Finish (5k):	28th / Big South Championship
Best Overall Finish (6k):	53rd / VertCross Invitational
Best Time (4k):	16:00 / Elon Opener
Best Time (5k):	18:48.9 / Live in Lou Classic
Best Time (6k):	23:53.4 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	36.	Lucy Clayton	Elon Opener	Elon, N.C.	4k	16:00
Oct. 12	2018	76.	Lucy Clayton	VertCross Invitational	Kernersville, N.C.	5k	20:57.34
Oct. 26	2018	38.	Lucy Clayton	Big South Championship	Kernersville, N.C.	5k	20:37.7
Aug. 30	2019	61.	Lucy Clayton	Covered Bridge Open	Boone, N.C.	5k	20:49.83
Sept. 14	2019	146.	Lucy Clayton	Commodore Classic	Nashville, Tenn.	6k	24:09.1
Sept. 27	2019	118.	Lucy Clayton	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	24:00.0
Oct. 18	2019	53.	Lucy Clayton	VertCross Invitational	Kernersville, N.C.	6k	23:58.79
Nov. 2	2019	28.	Lucy Clayton	Big South Championship	Buies Creek, N.C.	5k	19:33.6
Sept. 3	2021	44.	Lucy Clayton	Covered Bridge Open	Boone, N.C.	5k	18:55.32
Sept. 17	2021	49.	Lucy Clayton	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	19:34.3
Oct. 2	2021	200.	Lucy Clayton	Live in Lou Classic	Louisville, Ky.	5k	18:49.8
Oct. 15	2021	41.	Lucy Clayton	VertCross Invitational	Kernersville, N.C.		19:36.7
Oct. 29	2021	29.	Lucy Clayton	Big South Championship	Kernersville, N.C.	5k	19:20.0
Nov. 12	2021	185.	Lucy Clayton	NCAA Southeast Regional	Louisville, Ky.	6k	23:53.4

<COZETTE COLLIN>

Best Overall Finish (5k):	2nd / Greensboro XC Invitational
Best Overall Finish (6k):	20th / VertCross Invitational
Best Time (5k):	17:54.6 / Big South Championship
Best Time (6k):	21:48.07 / Wake Forest Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	9.	Cozette Collin	Western Carolina XC Invitational	Cullowhee, N.C.		11:27.43
Sept. 14	2013	5.	Cozette Collin	Furman Classic	Greenville, S.C.		21:22.33
Sept. 21	2013	4.	Cozette Collin	VMI Invitational	Buena Vista, Va.	5k	18:57.08
Sept. 28	2013	34.	Cozette Collin	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:09.2
Oct. 18	2013	31.	Cozette Collin	Blue Ridge Open	Boone, N.C.		19:04.76
Nov. 2	2013	13.	Cozette Collin	Big South Championship	Buena Vista, Va.		19:08.00
Sept. 13	2014	9.	Cozette Collin	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:44.26
Sept. 26	2014	41.	Cozette Collin	Virginia / Panorama Farms Invitational	Earlsville, Va.		22:46.50
Nov. 1	2014	13.	Cozette Collin	Big South Championship	Boiling Springs, N.C.	5k	18:56.48
Nov. 14	2014	132.	Cozette Collin	NCAA Southeast Regional	Louisville, Ky.	6k	22:38.1
Sept. 12	2015	55.	Cozette Collin	Furman Classic	Greenville, S.C.		23:24.68
Sept. 26	2015	55.	Cozette Collin	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:44.9
Oct. 3	2015	5.	Cozette Collin	USC Upstate Invitational	Spartanburg, S.C.		18:42.12
Oct. 16	2015	6.	Cozette Collin	Wake Forest Invitational	Kernersville, N.C.	6k	21:48.07
Oct. 31	2015	6.	Cozette Collin	Big South Championship	Spartanburg, S.C.	5k	17:54.6
Nov. 13	2015	115.	Cozette Collin	NCAA Southeast Regional	Earlsville, Va.	6k	23:09.09
Sept. 16	2016	52.	Cozette Collin	Adidas XC Challenge	Cary, N.C.	5k	19:12.6
Sept. 24	2016	2.	Cozette Collin	Greensboro XC Invitational	Greensboro, N.C.	5k	19:36.7
Oct. 1	2016	4.	Cozette Collin	Asheville XC Challenge	Asheville, N.C.	5k	18:53.67
Oct. 14	2016	20.	Cozette Collin	VertCross Invitational	Kernersville, N.C.	6k	22:11.80
Oct. 28	2016	4.	Cozette Collin	Big South Championship	Asheville, N.C.	5k	18:45.67

<MINDY COX>

Best Overall Finish (5k):	20:22 / N.C. Collegiate Championships
Best Overall Finish (6k):	N/A
Best Time (5k):	13th / UNC Pembroke Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 14	1996	8.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C.		21:15.88
Sept. 21	1996	24.	Mindy Cox	Winthrop Invitational	Rock Hill, S.C.	5k	22:00
Oct. 19	1996	124.	Mindy Cox	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:35.50

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

Oct. 26	1996	4.	Mindy Cox	Carolinas-Virginia Conference Championship	Due West, S.C.	21:18
Sept. 6	1997	16.	Mindy Cox	HPU / Elon Invitational	Greensboro, N.C.	22:29
Sept. 13	1997	13.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C. 5k	22:25
Sept. 20	1997	46.	Mindy Cox	Winthrop Invitational (Garnet)	Rock Hill, S.C.	22:49
Nov. 1	1997	53.	Mindy Cox	Big South Championships	Rock Hill, S.C. 5k	23:03
Sept. 5	1998	32.	Mindy Cox	HPU / Elon Invitational	Greensboro, N.C. 5k	22:57
Sept. 12	1998	33.	Mindy Cox	UNC Pembroke Invitational	Pembroke, N.C. 5k	22:11
Sept. 4	1999	40.	Mindy Cox	HPU / Elon Invitational	Greensboro, N.C. 5k	22:16
Sept. 11	1999	39.	Mindy Cox	Western Carolina Classic	Cullowhee, N.C. 5k	21:44
Sept. 18	1999	104.	Mindy Cox	Winthrop Invitational (Garnet)	Rock Hill, S.C. 5k	22:02
Sept. 25	1999	66.	Mindy Cox	Greensboro Invitational	Greensboro, N.C. 5k	22:32
Oct. 9	1999	82.	Mindy Cox	Furman Invitational	Greenville, S.C. 5k	21:14
Oct. 16	1999	58.	Mindy Cox	N.C. Collegiate Championships	Charlotte, N.C. 5k	20:22
Oct. 30	1999	49.	Mindy Cox	Big South Championship	Rock Hill, S.C. 5k	21:42
Nov. 13	1999	-	Mindy Cox	NCAA Southeast Regional	Greenville, S.C. 5k	DNF

<MIRANDA COX>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Nov. 9	1996	68.	Miranda Cox	NCAA Southeast Regional (Division II)	Atlanta, Ga.		22:17.5

<KAYLEE COPENSPIRE>

Best Overall Finish (5k):		43rd / Covered Bridge Open
Best Overall Finish (6k):		39th / VertCross Invitational
Best Time (5k):		19:09.55 / Covered Bridge Open
Best Time (6k):		24:20.4 / Virginia Tech Alumni Invite

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	43.	Kaylee Copenspire	Covered Bridge Open	Boone, N.C.	5k	19:09.95
Sept. 16	2022	55.	Kaylee Copenspire	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:20.4
Oct. 14	2022	39.	Kaylee Copenspire	VertCross Invitational	Kernersville, N.C.	6k	24:32.7

<CARMELA CUHANE>

Best Overall Finish (5k):		30th / Big South Preview
Best Overall Finish (6k):		109th / VertCross Invitational
Best Time (5k):		21:46.3 / Big South Preview
Best Time (6k):		26:12.08 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	80.	Carmela Culhane	Elon Opener	Elon, N.C.		18:27.6
Sept. 16	2017	30.	Carmela Culhane	Big South Preview	Lynchburg, Va.	5k	21:46.3
Oct. 13	2017	109.	Carmela Culhane	VertCross Invitational	Kernersville, N.C.	6k	26:12.08

<KRISTEN DAHLBERG>

Best Overall Finish (5k):		47th / Liberty Invitational
Best Overall Finish (6k):		N/A
Best Time (5k):		23:01 / Blue Ridge Open
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	47.	Kirsten Dahlberg	Liberty Invitational	Lynchburg, Va.	5k	24:19.30
Oct. 17	2008	52.	Kirsten Dahlberg	Blue Ridge Open	Boone, N.C.	5k	23:01

<SARA DAY>

Best Overall Finish (5k):		1st (9x) / Radford Invitational
Best Overall Finish (6k):		N/A
Best Time (5k):		17:55 / UNC Pembroke Invitational
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	1.	Sara Day	HPU / Elon Invitational	Greensboro, N.C.		18:56
Sept. 13	1997	1.	Sara Day	UNC Pembroke Invitational	Pembroke, N.C. 5k		17:55
Sept. 20	1997	4.	Sara Day	Winthrop Invitational (Garnet)	Rock Hill, S.C.		19:46
Oct. 4	1997	1.	Sara Day	The Citadel Invitational	Charleston, S.C.		19:13
Oct. 18	1997	1.	Sara Day	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		18:42
Oct. 25	1997	9.	Sara Day	Gettysburg Invitational	Gettysburg, Pa.		18:00.7
Nov. 1	1997	17.	Sara Day	Big South Championships	Rock Hill, S.C. 5k		19:42
Sept. 5	1998	1.	Sara Day	HPU / Elon Invitational	Greensboro, N.C. 5k		19:16
Sept. 12	1998	1.	Sara Day	UNC Pembroke Invitational	Pembroke, N.C. 5k		17:19
Sept. 19	1998	1.	Sara Day	Winthrop Invitational	Rock Hill, S.C. 5k		18:11
Sept. 26	1998	1.	Sara Day	Greenboro Invitational	Greensboro, N.C. 5k		18:20

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

Oct. 3	1998	1.	Sara Day	Radford Invitational	Radford, Va.	5k	19:00
Oct. 17	1998	5.	Sara Day	N.C. Collegiate Championships	Greenville, N.C.	5k	18:11
Oct. 17	1998	3.	Sara Day	Big South Championship (B Division)	Radford, Va.	5k	18:32

<ALYSSA DEEDS>

Best Overall Finish (5k):	20th / Big South Championship
Best Overall Finish (6k):	20th / VertCross Invitational
Best Time (5k):	18:40.4 / Big South Championship
Best Time (6k):	22:59.4 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Jan. 29	2021	26.	Alyssa Deeds	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:59.5
Feb. 12	2021	35.	Alyssa Deeds	Winter VertCross	Kernersville, N.C.		24:26.00
March 5	2021	28.	Alyssa Deeds	Big South Championship	Rock Hill, S.C.		19:19.9
Sept. 3	2021	88.	Alyssa Deeds	Covered Bridge Open	Boone, N.C.	5k	20:19.88
Oct. 15	2021	53.	Alyssa Deeds	VertCross Invitational	Kernersville, N.C.		20:04.2
Oct. 29	2021	-	Alyssa Deeds	Big South Championship	Kernersville, N.C.	5k	DNF
Sept. 2	2022	24.	Alyssa Deeds	Covered Bridge Open	Boone, N.C.	5k	18:19.22
Sept. 16	2022	35.	Alyssa Deeds	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:18.1
Oct. 1	2022	208.	Alyssa Deeds	Live in Lou Classic	Louisville, Ky.		18:49.5
Oct. 14	2022	20.	Alyssa Deeds	VertCross Invitational	Kernersville, N.C.	6k	22:59.4
Oct. 29	2022	20.	Alyssa Deeds	Big South Championship	Farmville, Va.	5k	18:40.4

<MONICA DELIZO>

Best Overall Finish (5k):	7th / Blue Ridge Open
Best Overall Finish (6k):	136th / NCAA Southeast Regional
Best Time (5k):	19:44.1 / Greensboro XC Invitational
Best Time (6k):	22:55.75 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	22.	Monica Delizo	North Carolina Opener	Chapel Hill, N.C.	5k	22:25.20
Sept. 8	2007	63.	Monica Delizo	Lou Onesty Invitational	Charlottesville, Va.	5k	21:49.2
Sept. 14	2007	26.	Monica Delizo	Big South Preview	Hendersonville, N.C.	5k	21:38.2
Sept. 28	2007	30.	Monica Delizo	Greensboro Invitational	Greensboro, N.C.	5k	21:23
Oct. 12	2007	122.	Monica Delizo	Blue Ridge Mountain Open	Boone, N.C.	5k	21:05
Oct. 27	2007	50.	Monica Delizo	Big South Championship	Hendersonville, N.C.		20:39.5
Sept. 20	2008	25.	Monica Delizo	Liberty Invitational	Lynchburg, Va.	5k	21:14.00
Oct. 17	2008	7.	Monica Delizo	Blue Ridge Open	Boone, N.C.	5k	20:09
Nov. 1	2008	27.	Monica Delizo	Big South Championship	Lynchburg, Va.	5k	20:20.13
Nov. 8	2008	22.	Monica Delizo	Wolfpack Invitational	Raleigh, N.C.	5k	20:06
Sept. 19	2009	32.	Monica Delizo	Big South Preview	Winston-Salem, N.C.		20:43
Sept. 26	2009	12.	Monica Delizo	Greensboro XC Invitational	Greensboro, N.C.	5k	19:44.1
Oct. 31	2009	30.	Monica Delizo	Big South Championship	Winston-Salem, N.C.	5k	20:17
Sept. 3	2010	70.	Monica Delizo	Covered Bridge Open	Boone, N.C.		20:00.55
Sept. 25	2010	22.	Monica Delizo	Big South Preview	Blacksburg, Va.		20:29.75
Oct. 1	2010	300.	Monica Delizo	Paul Short Invitational	Bethlehem, Pa.		23:58
Oct. 15	2010	74.	Monica Delizo	Blue Ridge Open (Gold)	Boone, N.C.		19:12.4
Oct. 30	2010	40.	Monica Delizo	Big South Championship	Blacksburg, Va.		19:46.00
Nov. 13	2010	136.	Monica Delizo	NCAA Southeast Regional	Louisville, Ky.	6k	22:55.75

<CHARIS DINGER>

Best Overall Finish (4k):	18th / Elon Opener
Best Overall Finish (5k):	11th / Greensboro XC Invitational
Best Overall Finish (6k):	73rd / VertCross Invitational
Best Time (4k):	15:26 / Elon Opener
Best Time (5k):	19:49.8 / Big South Championship
Best Time (6k):	24:14.0 / Virginia / Panorama Farms Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	18.	Charis Dinger	Elon Opener	Elon, N.C.		46:40
Sept. 24	2016	11.	Charis Dinger	Greensboro XC Invitational	Greensboro, N.C.	5k	21:32.0
Oct. 1	2016	40.	Charis Dinger	Asheville XC Challenge	Asheville, N.C.	5k	20:34.18
Oct. 14	2016	163.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	6k	25:31.89
Oct. 28	2016	43.	Charis Dinger	Big South Championship	Asheville, N.C.	5k	20:39.64
Sept. 2	2017	50.	Charis Dinger	Elon Opener	Elon, N.C.		16:21.4
Sept. 16	2017	27.	Charis Dinger	Big South Preview	Lynchburg, Va.	5k	21:38.9
Oct. 13	2017	73.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	6k	24:39.21
Oct. 28	2017	46.	Charis Dinger	Big South Championship	Lynchburg, Va.	5k	20:56.7
Aug. 31	2018	25.	Charis Dinger	Elon Opener	Elon, N.C.	4k	15:26
Sept. 29	2018	326.	Charis Dinger	Paul Short Invitational	Bethlehem, Pa.	5k	24:31
Oct. 12	2018	66.	Charis Dinger	VertCross Invitational	Kernersville, N.C.	5k	20:32.88
Oct. 26	2018	24.	Charis Dinger	Big South Championship	Kernersville, N.C.	5k	19:49.8
Aug. 30	2019	38.	Charis Dinger	Covered Bridge Open	Boone, N.C.	5k	20:03.14
Sept. 14	2019	172.	Charis Dinger	Commodore Classic	Nashville, Tenn.	6k	25:22.4
Sept. 27	2019	125.	Charis Dinger	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	24:14.0

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

Oct. 18 2019 74. Charis Dinger VertCross Invitational Kernersville, N.C. 6k 24:43.89

<SARAH DORRELL>

Best Overall Finish (5k): 7th / UNCG Spartan Invitational
 Best Overall Finish (6k): 94th / Charlotte Invitational (Championship)
 Best Time (5k): 19:20.53 / UNCG Spartan Invitational
 Best Time (6k): 23:38.71 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	43.	Sarah Dorrell	Covered Bridge Open	Boone, N.C.		19:59.5
Sept. 17	2011	15.	Sarah Dorrell	Big South Preview	Conway, S.C.		18:48
Sept. 30	2011	271.	Sarah Dorrell	Paul Short Invitational	Bethlehem, Pa.		23:34
Oct. 29	2011	20.	Sarah Dorrell	Big South Championship	Conway, S.C.		18:46
Nov. 12	2011	203.	Sarah Dorrell	NCAA Southeast Regional	Louisville, Ky.	6k	24:05.2
Sept. 28	2012	94.	Sarah Dorrell	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:40.12
Oct. 12	2012	41.	Sarah Dorrell	Blue Ridge Open	Boone, N.C.		19:21.64
Oct. 27	2012	31.	Sarah Dorrell	Big South Championship	Rock Hill, S.C.		19:11.43
Nov. 9	2012	180.	Sarah Dorrell	NCAA Southeast Regional	Charlotte, N.C.	6k	23:38.71
Aug. 30	2013	16.	Sarah Dorrell	Western Carolina XC Invitational	Cullowhee, N.C.		11:52.81
Sept. 14	2013	40.	Sarah Dorrell	Furman Classic	Greenville, S.C.		22:27.55
Sept. 21	2013	15.	Sarah Dorrell	VMI Invitational	Buena Vista, Va.	5k	19:50.78
Sept. 28	2013	95.	Sarah Dorrell	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:30.0
Sept. 13	2014	48.	Sarah Dorrell	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	21:26.12
Sept. 26	2014	7.	Sarah Dorrell	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:20.53
Oct. 17	2014	56.	Sarah Dorrell	Blue Ridge Open	Boone, N.C.	5k	20:48.69
Nov. 1	2014	37.	Sarah Dorrell	Big South Championship	Boiling Springs, N.C.	5k	19:53.58
Nov. 8	2014	26.	Sarah Dorrell	Three Stripe Invite	Cary, N.C.	5k	20:16.57

<JOLENE ELLIS>

Best Overall Finish (5k): 44th / UNC Wilmington Invitational
 Best Overall Finish (6k): N/A
 Best Time (5k): 22:00 / UNC Wilmington Invitational
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	44.	Jolene Ellis	UNC Wilmington Invitational	Wilmington, N.C.	5k	22:00
Oct. 30	2004	59.	Jolene Ellis	Big South Championship	Rock Hill, S.C.	5k	22:19

<J. ENNIS>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2004	16.	Kala Robertson / J. Ennis	Wake Forest Relays	Winston-Salem, N.C.	-	40:43

<KATIE FARINA>

Best Overall Finish (5k): 8th / Gardner-Webb Invitational
 Best Overall Finish (6k): 27th / Charlotte Invitational (Sub-Varsity)
 Best Time (5k): 18:09.6 / Big South Championship
 Best Time (6k): 23:41.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	2012	83.	Katie Farina	adidas / Winthrop Invitational	Rock Hill, S.C.		19:56.54
Sept. 28	2012	27.	Katie Farina	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:01.84
Oct. 12	2012	57.	Katie Farina	Blue Ridge Open	Boone, N.C.		19:45.14
Oct. 27	2012	26.	Katie Farina	Big South Championship	Rock Hill, S.C.		18:55.45
Aug. 30	2013	12.	Katie Farina	Western Carolina XC Invitational	Cullowhee, N.C.		11:41.56
Sept. 14	2013	14.	Katie Farina	Furman Classic	Greenville, S.C.		21:51.01
Sept. 21	2013	14.	Katie Farina	VMI Invitational	Buena Vista, Va.	5k	19:48.28
Sept. 28	2013	80.	Katie Farina	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:08.0
Oct. 18	2013	125.	Katie Farina	Blue Ridge Open	Boone, N.C.		20:27.46
Nov. 2	2013	35.	Katie Farina	Big South Championship	Buena Vista, Va.		19:51.03
Nov. 15	2013	193.	Katie Farina	NCAA Southeast Regional	Earlsville, Va.	6k	23:41.1
Sept. 13	2014	8.	Katie Farina	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:41.46
Sept. 26	2014	57.	Katie Farina	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:17.32
Oct. 17	2014	52.	Katie Farina	Blue Ridge Open	Boone, N.C.	5k	20:41.55
Nov. 1	2014	18.	Katie Farina	Big South Championship	Boiling Springs, N.C.	5k	19:10.19
Nov. 14	2014	160.	Katie Farina	NCAA Southeast Regional	Louisville, Ky.	6k	23:03.3
Sept. 12	2015	32	Katie Farina	Furman Classic	Greenville, S.C.		22:33.82
Sept. 26	2015	61.	Katie Farina	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:50.8
Oct. 3	2015	8.	Katie Farina	USC Upstate Invitational	Spartanburg, S.C.		18:53.77
Oct. 31	2015	9.	Katie Farina	Big South Championship	Spartanburg, S.C.	5k	18:09.6
Aug. 31	2012	5.	Kelsey Hunt / Katie Farina	Demon Deacon Quad	Winston-Salem, N.C.		39:04

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

<MICHELLE FOLEY>

Best Overall Finish (5k): 26th / Old North State Championships
 Best Overall Finish (6k): 19th / Paul Short Invitational
 Best Time (5k): 20:44.9 / Old North State Championships
 Best Time (6k): 24:220 / Paul Short Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	31.	Michelle Foley	Wake Forest Relays	Winston-Salem, N.C.	5k	20:15
Sept. 9	2006	86.	Michelle Foley	Lou Onesty Invitational	Charlottesville, Va.	5k	21:53.70
Sept. 23	2006	26.	Michelle Foley	Old North State Championships	Greensboro, N.C.	5k	20:44.9
Sept. 29	2006	190.	Michelle Foley	Paul Short Invitational	Bethlehem, Pa.	6k	24:20
Oct. 13	2006	70.	Michelle Foley	Blue Ridge Open	Boone, N.C.	5k	20:57.2
Oct. 28	2006	48.	Michelle Foley	Big South Championship	Summerville, S.C.	5k	20:48.74

<LILLY FOWLER>

Best Overall Finish (5k): 103rd / Covered Bridge Open
 Best Overall Finish (6k): 58th / VertCross Invitational
 Best Time (5k): 20:59.57 / Covered Bridge Open
 Best Time (6k): 27:34.3 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	103.	Lilly Fowler	Covered Bridge Open	Boone, N.C.	5k	20:59.57
Oct. 15	2021	94.	Lilly Fowler	VertCross Invitational	Kernersville, N.C.		22:35.3
Sept. 2	2022	126.	Lilly Fowler	Covered Bridge Open	Boone, N.C.	5k	21:54.58
Oct. 14	2022	58.	Lilly Fowler	VertCross Invitational	Kernersville, N.C.	6k	27:34.3

<NIKKI FRAIL>

Best Overall Finish (4k): 42nd / Elon Opener
 Best Overall Finish (5k): 69th / Covered Bridge Open
 Best Overall Finish (6k): 37th / VertCross Invitational
 Best Time (4k): 14:59.2 / Elon Opener
 Best Time (5k): 19:43.04 / Covered Bridge Open
 Best Time (6k): 24:29.6 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	69.	Nikki Frail	Covered Bridge Open	Boone, N.C.	5k	19:43.04
Sept. 16	2022	73.	Nikki Frail	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:52.6
Oct. 14	2022	37.	Nikki Frail	VertCross Invitational	Kernersville, N.C.	6k	24:29.6
Sept. 1	2023	42.	Nikki Frail	Elon Opener	Elon, N.C.	4k	14:59.2

<KELSEY FRASER>

Best Overall Finish (5k): 16th / Wolfpack Invitational
 Best Overall Finish (6k): 143rd / NCAA Southeast Regional
 Best Time (5k): 19:14.9 / Blue Ridge Open
 Best Time (6k): 23:00.1 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 27	2008	152.	Kelsey Fraser	Roy Griak Invitational	Falcon Heights, Minn.	6k	24:20.30
Oct. 17	2008	29.	Kelsey Fraser	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:07
Nov. 1	2008	24.	Kelsey Fraser	Big South Championship	Lynchburg, Va.	5k	20:13.81
Nov. 8	2008	16.	Kelsey Fraser	Wolfpack Invitational	Raleigh, N.C.	5k	19:21
Nov. 15	2008	147.	Kelsey Fraser	NCAA Southeast Regional	Clemmons, N.C.	6k	23:45.9
Sept. 4	2009	20.	Kelsey Fraser	Wake Forest Relays	Winston-Salem, N.C.		19:14.0
Sept. 26	2009	168.	Kelsey Fraser	Roy Griak Invitational	St. Paul, Minn.	6k	26:03
Oct. 31	2009	24.	Kelsey Fraser	Big South Championship	Winston-Salem, N.C.	5k	19:55
Sept. 3	2010	45.	Kelsey Fraser	Covered Bridge Open	Boone, N.C.		19:27.93
Sept. 25	2010	21.	Kelsey Fraser	Big South Preview	Blacksburg, Va.		20:27.71
Oct. 1	2010	316.	Kelsey Fraser	Paul Short Invitational	Bethlehem, Pa.		24:13
Oct. 15	2010	19.	Kelsey Fraser	Blue Ridge Open	Boone, N.C.		20:35.4
Oct. 30	2010	23.	Kelsey Fraser	Big South Championship	Blacksburg, Va.		19:07.97
Sept. 2	2011	53.	Kelsey Fraser	Covered Bridge Open	Boone, N.C.		20:14.6
Sept. 17	2011	18.	Kelsey Fraser	Big South Preview	Conway, S.C.		18:52
Sept. 30	2011	240.	Kelsey Fraser	Paul Short Invitational	Bethlehem, Pa.		23:22
Oct. 14	2011	39.	Kelsey Fraser	Blue Ridge Open	Boone, N.C.	5k	19:14.9
Oct. 29	2011	10.	Kelsey Fraser	Big South Championship	Conway, S.C.		18:14
Nov. 12	2011	143.	Kelsey Fraser	NCAA Southeast Regional	Louisville, Ky.	6k	23:00.1

<MISSY FRAZIER>

Best Overall Finish (5k): 1st / Belmont Abbey Invitational
 Best Overall Finish (6k): N/A
 Best Time (5k): 21:28 / Belmont Abbey Invitational
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
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INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 23	1989	22.	Missy Frazier	Methodist College Invitational	Fayetteville, N.C.	23:59
Sept. 15	1990	1.	Missy Frazier	Belmont Abbey Invitational	5k	21:28
Sept. 29	1990	4.	Missy Frazier	Methodist Invitational	Fayetteville, N.C.	5k 24:44
Oct. 2	1990	3.	Missy Frazier	St. Andrews Invitational	Laurinburg, N.C.	5k 21:48.00
Oct. 6	1990	4.	Missy Frazier	Belmont Abbey Invitational	Belmont, N.C.	
Oct. 27	1990	10.	Missy Frazier	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.	21:44

<CAROL FRICK>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 23	1989	32.	Carol Frick	Methodist College Invitational	Fayetteville, N.C.		26:40

<MICHELLE FROMAL>

Best Overall Finish (5k):		42nd / Big South Championship
Best Overall Finish (6k):		N/A
Best Time (5k):		21:37 / Big South Championship
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	59.	Michelle Fromal	HPU / Elon Invitational	Greensboro, N.C.		23:04
Sept. 9	2000	32.	Michelle Fromal	Western Carolina Invitational	Cullowhee, N.C.		22:19
Sept. 16	2000	64.	Michelle Fromal	Winthrop Invitational	Rock Hill, S.C.		21:46
Sept. 22	2000	170.	Michelle Fromal	Great American Classic	Charlotte, N.C.		21:27
Sept. 30	2000	67.	Michelle Fromal	Greensboro Invitational	Greensboro, N.C.		22:46
Oct. 14	2000	60.	Michelle Fromal	N.C. Collegiate Championships	Cullowhee, N.C.		21:43
Oct. 28	2000	42.	Michelle Fromal	Big South Championship	Charleston, S.C.	5k	21:37

<LISA FULLER>

Best Overall Finish (5k):		23rd / High Point Invitational
Best Overall Finish (6k):		N/A
Best Time (5k):		25:52.24 / USC Upstate Invitational
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	23.	Lisa Fuller	High Point Invitational	High Point, N.C.	5k	29:05
Sept. 17	1994	27.	Lisa Fuller	Wake Forest CC Classic	Winston-Salem, N.C.		27:12
Sept. 24	1994	5.	Lisa Fuller	Greensboro Invitational	Greensboro, N.C.		25:54
Oct. 1	1994	43.	Lisa Fuller	East Carolina Invitational	Greenville, N.C.	5k	26:26
Oct. 8	1994	68.	Lisa Fuller	USC Upstate Invitational	Spartanburg, S.C.	5k	25:52.24
Oct. 24	1994	14.	Lisa Fuller	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		25:11

<MARTHA FULLER>

Best Overall Finish (5k):		3rd / HPU / Elon Invitational
Best Overall Finish (6k):		N/A
Best Time (5k):		18:38 / UNC Pembroke Invitational
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	3.	Martha Fuller	HPU / Elon Invitational	Greensboro, N.C.	5k	20:10
Sept. 12	1998	4.	Martha Fuller	UNC Pembroke Invitational	Pembroke, N.C.	5k	18:38
Sept. 19	1998	10.	Martha Fuller	Winthrop Invitational	Rock Hill, S.C.	5k	19:21
Sept. 26	1998	10.	Martha Fuller	Greenboro Invitational	Greensboro, N.C.	5k	20:13
Oct. 3	1998	4.	Martha Fuller	Radford Invitational	Radford, Va.	5k	19:36
Oct. 17	1998	33.	Martha Fuller	N.C. Collegiate Championships	Greenville, N.C.	5k	19:13
Sept. 4	1999	27.	Martha Fuller	HPU / Elon Invitational	Greensboro, N.C.	5k	21:33
Sept. 11	1999	34.	Martha Fuller	Western Carolina Classic	Cullowhee, N.C.	5k	21:06
Sept. 18	1999	79.	Martha Fuller	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:39
Sept. 25	1999	47.	Martha Fuller	Greensboro Invitational	Greensboro, N.C.	5k	20:46
Oct. 9	1999	52.	Martha Fuller	Furman Invitational	Greenville, S.C.	5k	20:13
Oct. 16	1999	37.	Martha Fuller	N.C. Collegiate Championships	Charlotte, N.C.	5k	19:38
Oct. 30	1999	31.	Martha Fuller	Big South Championship	Rock Hill, S.C.	5k	20:12
Nov. 13	1999	152.	Martha Fuller	NCAA Southeast Regional	Greenville, S.C.	5k	20:40

<CHERYL GAINEY>

Best Overall Finish (4k):		14th / Winthrop / Asics Fall Classic
Best Overall Finish (5k):		11h / UNC Wilmington Invitational
Best Overall Finish (6k):		116th / NCAA Southeast Regional
Best Time (4k):		15:29 / Winthrop / Asics Fall Classic
Best Time (5k):		19:48.69 / Great American XC Festival
Best Time (6k):		23:07.10 / NCAA Southeast Regional

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	11.	Cheryl Gainey	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:44
Sept. 25	2004	29.	Cheryl Gainey	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:49
Oct. 1	2004	30.	Cheryl Gainey	Great American XC Festival	Cary, N.C.	5k	19:48.69
Oct. 16	2004	14.	Cheryl Gainey	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:29
Oct. 30	2004	32.	Cheryl Gainey	Big South Championship	Rock Hill, S.C.	5k	19:50
Nov. 13	2004	116.	Cheryl Gainey	NCAA Southeast Regional	Greenville, N.C.	6k	23:07.10
Sept. 2	2005	28.	Cheryl Gainey	Wake Forest Invitational	Winston-Salem, N.C.	-	20:07
Sept. 17	2005	12.	Cheryl Gainey	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:31
Sept. 24	2005	24.	Cheryl Gainey	Overton XC Meet	Greenville, N.C.	5k	20:38.66
Oct. 14	2005	36.	Cheryl Gainey	Blue Ridge Open	Boone, N.C.	5k	20:13.5
Oct. 29	2005	26.	Cheryl Gainey	Big South Championship	Lexington, Va.	5k	19:57.73
Nov. 12	2005	146.	Cheryl Gainey	NCAA Southeast Regional	Greenville, N.C.	6k	23:56.3
Sept. 1	2006	30.	Cheryl Gainey	Wake Forest Relays	Winston-Salem, N.C.	5k	20:10
Sept. 9	2006	83.	Cheryl Gainey	Lou Onesty Invitational	Charlottesville, Va.	5k	21:40.40
Sept. 23	2006	24.	Cheryl Gainey	Old North State Championships	Greensboro, N.C.	5k	20:35.2
Oct. 13	2006	39.	Cheryl Gainey	Blue Ridge Open	Boone, N.C.	5k	19:59.0
Oct. 28	2006	34.	Cheryl Gainey	Big South Championship	Summerville, S.C.	5k	19:51.29
Nov. 11	2006	178.	Cheryl Gainey	NCAA Southeast Regional	Louisville, Ky.	6k	24:29.40
Sept. 1	2004	14.	Cheryl Gainey / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	-	38:56
Sept. 2	2005	16.	Cheryl Gainey / Tracy Warring	Wake Forest Invitational	Winston-Salem, N.C.	-	40:34
Sept. 1	2006	14.	Joya Canfield / Cheryl Gainey	Wake Forest Relays	Winston-Salem, N.C.	5k	39:15

<MANIKA GAMBLE>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	53.	Manika Gamble	Big South Preview	Winston-Salem, N.C.		24:31

<ZOE GEIS>

Best Overall Finish (4k):	14th / Elon Opener
Best Overall Finish (5k):	2nd / Big South Championship
Best Overall Finish (6k):	7th / VertCross Invitational
Best Time (4k):	14:58 / Elon Opener
Best Time (5k):	17:43.5 / Big South Championship
Best Time (6k):	21:07.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 16	2016	48.	Zoe Geis	Adidas XC Challenge	Cary, N.C.	5k	19:05.5
Sept. 24	2016	5.	Zoe Geis	Greensboro XC Invitational	Greensboro, N.C.	5k	20:22.3
Oct. 1	2016	22.	Zoe Geis	Asheville XC Challenge	Asheville, N.C.	5k	19:51.99
Oct. 14	2016	44.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	22:57.11
Oct. 28	2016	9.	Zoe Geis	Big South Championship	Asheville, N.C.	5k	19:11.00
Sept. 2	2017	19.	Zoe Geis	Elon Opener	Elon, N.C.		15:14.0
Sept. 16	2017	5.	Zoe Geis	Big South Preview	Lynchburg, Va.	5k	19:27.9
Sept. 23	2017	36.	Zoe Geis	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:43.6
Oct. 13	2017	7.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	22:05.22
Oct. 28	2017	5.	Zoe Geis	Big South Championship	Lynchburg, Va.	5k	18:40.5
Nov. 10	2017	133.	Zoe Geis	NCAA Southeast Regional	Earlsville, Va.	6k	22:55.2
Aug. 31	2018	12.	Zoe Geis	Elon Opener	Elon, N.C.	4k	14:58
Sept. 29	2018	162.	Zoe Geis	Paul Short Invitational	Bethlehem, Pa.	5k	22:38
Oct. 12	2018	9.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	5k	18:40.82
Oct. 26	2018	4.	Zoe Geis	Big South Championship	Kernersville, N.C.	5k	18:35.4
Nov. 9	2018	84.	Zoe Geis	NCAA Southeast Regional	Rock Hill, S.C.	6k	21:39.6
Aug. 30	2019	16.	Zoe Geis	Covered Bridge Open	Boone, N.C.	5k	18:56.92
Sept. 14	2019	70.	Zoe Geis	Commodore Classic	Nashville, Tenn.	6k	22:55.1
Sept. 27	2019	27.	Zoe Geis	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	21:40.8
Oct. 18	2019	3.	Zoe Geis	VertCross Invitational	Kernersville, N.C.	6k	21:48.16
Nov. 2	2019	2.	Zoe Geis	Big South Championship	Buies Creek, N.C.	5k	17:43.5
Nov. 15	2019	30.	Zoe Geis	NCAA Southeast Regional	Earlsville, Va.	6k	21:07.7
Feb. 12	2021	8.	Zoe Geis	Winter VertCross	Kernersville, N.C.		22:31.04

<GINNY GIELEN>

Best Overall Finish (5k):	88th / Mountaineer Open
Best Overall Finish (6k):	N/A
Best Time (5k):	30:18.00 / Mountaineer Open
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	128.	Ginny Gielen	HPU / Elon Invitational	Greensboro, N.C.		30:59
Sept. 9	2000	57.	Ginny Gielen	Western Carolina Invitational	Cullowhee, N.C.		31:54
Sept. 16	2000	79.	Ginny Gielen	Winthrop Invitational	Rock Hill, S.C.		28:31

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

Sept. 22	2000	202.	Ginny Gielen	Great American Classic	Charlotte, N.C.		29:28
Oct. 14	2000	92.	Ginny Gielen	N.C. Collegiate Championships	Cullowhee, N.C.		31:49
Aug. 30	2002	88.	Ginny Gielen	Mountaineer Open	Boone, N.C.	5k	30:18.00
Sept. 7	2002	157.	Ginny Gielen	HPU / Elon Invitational	Greensboro, N.C.	5k	32:14

<TANESHA GREEN>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 10	1992		Tanesha Green	Belmont Abbey Invitational	Belmont, N.C.		24:22

<ROZ HALL>

Best Overall Finish (5k):	6th / N.C. Collegiate Championships	
Best Overall Finish (6k):		N/A
Best Overall Finish (8k):	189th / NAIA National Championships	
Best Time (5k):	21:19 / N.C. Collegiate Championships	
Best Time (6k):		N/A
Best Time (8k):	21:27 / NAIA National Championships	

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1993	2.	Roz Hall	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	9.	Roz Hall	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:36
Sept. 25	1993		Roz Hall	N.C. Collegiate Championships	Greensboro, N.C.		21:43
Oct. 3	1993	9.	Roz Hall	Methodist Invitational	Fayetteville, N.C.		21:55
Oct. 17	1993	6.	Roz Hall	N.C. Collegiate Championships	Cullowhee, N.C.	5k	21:19
Nov. 20	1993	189.	Roz Hall	NAIA National Championships	Kenosha, Wisc.	8k	21:27
Sept. 7	1994	9.	Roz Hall	High Point Invitational	High Point, N.C.	5k	23:42
Sept. 17	1994	14.	Roz Hall	Wake Forest CC Classic	Winston-Salem, N.C.		23:16
Sept. 24	1994	3.	Roz Hall	Greensboro Invitational	Greensboro, N.C.		22:59
Oct. 1	1994	35.	Roz Hall	East Carolina Invitational	Greenville, N.C.	5k	22:54
Oct. 8	1994	27.	Roz Hall	USC Upstate Invitational	Spartanburg, S.C.	5k	22:20.34
Oct. 24	1994	4.	Roz Hall	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		22:14

<CARRIE HALLENBECK>

Best Overall Finish (5k):	45th / Carolinas-Virginia Conference / South Atlantic Conference Meet	
Best Overall Finish (6k):		N/A
Best Time (5k):	25:26 / Winthrop Invitational	
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1996	45.	Carrie Hallenbeck	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	26:16
Sept. 14	1996	31.	Carrie Hallenbeck	UNC Pembroke Invitational	Pembroke, N.C.		24:37.41
Sept. 21	1996	59.	Carrie Hallenbeck	Winthrop Invitational	Rock Hill, S.C.	5k	25:26
Oct. 26	1996	30.	Carrie Hallenbeck	Carolinas-Virginia Conference Championship	Due West, S.C.		26:46

<CAMRYN HARPER>

Best Overall Finish (4k):	26th / Elon Opener	
Best Overall Finish (5k):	6th / Big South Championship	
Best Overall Finish (6k):	10th / VertCross Invitational	
Best Time (4k):	15:41 / Elon Opener	
Best Time (5k):	17:45.1 / Big South Championship	
Best Time (6k):	22:02.2 / NCAA Southeast Regional	

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	26.	Camryn Harper	Elon Opener	Elon, N.C.	4k	15:41
Sept. 29	2018	328.	Camryn Harper	Paul Short Invitational	Bethlehem, Pa.	5k	24:34
Oct. 12	2018	50.	Camryn Harper	VertCross Invitational	Kernersville, N.C.	5k	20:00.37
Oct. 26	2018	27.	Camryn Harper	Big South Championship	Kernersville, N.C.	5k	20:03.2
Aug. 30	2019	35.	Camryn Harper	Covered Bridge Open	Boone, N.C.	5k	19:50.74
Sept. 14	2019	157.	Camryn Harper	Commodore Classic	Nashville, Tenn.	6k	24:31.1
Sept. 27	2019	99.	Camryn Harper	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	23:28.5
Oct. 18	2019	36.	Camryn Harper	VertCross Invitational	Kernersville, N.C.	6k	23:23.71
Jan. 29	2021	11.	Camryn Harper	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:18.0
Feb. 12	2021	16.	Camryn Harper	Winter VertCross	Kernersville, N.C.		23:13.25
March 5	2021	12.	Camryn Harper	Big South Championship	Rock Hill, S.C.		18:13.3
Sept. 17	2021	32.	Camryn Harper	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:56.8
Oct. 2	2021	117.	Camryn Harper	Live in Lou Classic	Louisville, Ky.	5k	18:14.9
Oct. 15	2021	27.	Camryn Harper	VertCross Invitational	Kernersville, N.C.		19:03.7
Oct. 29	2021	9.	Camryn Harper	Big South Championship	Kernersville, N.C.	5k	18:24.4
Nov. 12	2021	117.	Camryn Harper	NCAA Southeast Regional	Louisville, Ky.	6k	22:40.4
Sept. 2	2022	17.	Camryn Harper	Covered Bridge Open	Boone, N.C.	5k	18:14.73
Sept. 16	2022	32.	Camryn Harper	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:06.1

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

Oct. 1	2022	68.	Camryn Harper	Live in Lou Classic	Louisville, Ky.		17:47.2
Oct. 14	2022	10.	Camryn Harper	VertCross Invitational	Kemersville, N.C.	6k	22:12.9
Oct. 29	2022	6.	Camryn Harper	Big South Championship	Farmville, Va.	5k	17:45.1
Nov. 11	2022	87.	Camryn Harper	NCAA Southeast Regional	Louisville, Ky.	6k	22:02.2

<CINDY HARVEY>

Best Overall Finish (5k):	2nd (2x) / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
Best Overall Finish (6k):	N/A
Best Time (5k):	21:54 / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 16	1989		Cindy Harvey	Belmont Abbey Invitational	Belmont, N.C.	5k	22:51
Sept. 23	1989	26.	Cindy Harvey	Methodist College Invitational	Fayetteville, N.C.		25:06
Oct. 7	1989	2.	Cindy Harvey	Belmont Abbey	Belmont, N.C.	5k	22:08
Oct. 28	1989	2.	Cindy Harvey	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	21:54
Sept. 15	1990	3.	Cindy Harvey	Belmont Abbey Invitational		5k	22:20
Sept. 22	1990	58.	Cindy Harvey	Winthrop Invitational		5k	23:42
Sept. 29	1990	5.	Cindy Harvey	Methodist Invitational	Fayetteville, N.C.	5k	24:56
Oct. 2	1990	4.	Cindy Harvey	St. Andrews Invitational	Laurinburg, N.C.	5k	22:00.3
Oct. 6	1990	6.	Cindy Harvey	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 13	1990	53.	Cindy Harvey	N.C. Collegiate Championships	Brevard, N.C.		25:06
Oct. 27	1990	9.	Cindy Harvey	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		21:35
Oct. 26	1991	24.	Cindy Harvey	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	

<KELLY HAYES>

Best Overall Finish (5k):	4th / Big South Championship
Best Overall Finish (6k):	5th / Wake Forest Invitational
Best Time (5k):	17:32.7 / Big South Championship
Best Time (6k):	21:45.30 / Blue Ridge Open

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 13	2014	6.	Kelly Hayes	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:29.18
Sept. 26	2014	65.	Kelly Hayes	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:38.14
Oct. 17	2014	28.	Kelly Hayes	Blue Ridge Open	Boone, N.C.	5k	19:44.99
Nov. 1	2014	10.	Kelly Hayes	Big South Championship	Boiling Springs, N.C.	5k	18:51.83
Nov. 14	2014	182.	Kelly Hayes	NCAA Southeast Regional	Louisville, Ky.	6k	23:18.2
Sept. 4	2015	1.	Kelly Hayes	Elon Invitational	Elon, N.C.		14:39
Sept. 12	2015	12.	Kelly Hayes	Furman Classic	Greenville, S.C.		21:53.96
Sept. 26	2015	51.	Kelly Hayes	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:37.9
Oct. 3	2015	1.	Kelly Hayes	USC Upstate Invitational	Spartanburg, S.C.		18:18.52
Oct. 16	2015	5.	Kelly Hayes	Wake Forest Invitational	Kemersville, N.C.	6k	21:45.30
Oct. 31	2015	4.	Kelly Hayes	Big South Championship	Spartanburg, S.C.	5k	17:32.7

<JESSICA HEALAN>

Best Overall Finish (5k):	7th / HPU / Elon Invitational
Best Overall Finish (6k):	137th / NCAA Southeast Regional
Best Time (5k):	18:41 / N.C. Collegiate XC Championships
Best Time (6k):	25:12 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1998	12.	Jessica Healan	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:36
Oct. 3	1998	13.	Jessica Healan	Radford Invitational	Radford, Va.	5k	20:45
Oct. 17	1998	76.	Jessica Healan	N.C. Collegiate Championships	Greenville, N.C.	5k	20:23
Sept. 4	1999	19.	Jessica Healan	HPU / Elon Invitational	Greensboro, N.C.	5k	21:06
Sept. 11	1999	27.	Jessica Healan	Western Carolina Classic	Cullowhee, N.C.	5k	20:39
Sept. 18	1999	72.	Jessica Healan	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:31
Sept. 25	1999	49.	Jessica Healan	Greensboro Invitational	Greensboro, N.C.	5k	20:47
Oct. 9	1999	62.	Jessica Healan	Furman Invitational	Greenville, S.C.	5k	30:31
Oct. 16	1999	53.	Jessica Healan	N.C. Collegiate Championships	Charlotte, N.C.	5k	19:55
Oct. 30	1999	29.	Jessica Healan	Big South Championship	Rock Hill, S.C.	5k	20:05
Nov. 13	1999	160.	Jessica Healan	NCAA Southeast Regional	Greenville, S.C.	5k	20:59
Aug. 31	2001	64.	Jessica Healan	Appalachian State Invitational	Boone, N.C.	5k	20:23
Sept. 8	2001	7.	Jessica Healan	HPU / Elon Invitational	Greensboro, N.C.	5k	20:20
Sept. 21	2001	173.	Jessica Healan	Great American XC Classic	Rock Hill, S.C.	5k	20:13
Sept. 29	2001	35.	Jessica Healan	Greensboro Invitational	Greensboro, N.C.		20:06
Oct. 13	2001	16.	Jessica Healan	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:41
Oct. 27	2001	29.	Jessica Healan	Big South Championship	Rock Hill, S.C.	5k	19:45
Nov. 10	2001	137.	Jessica Healan	NCAA Southeast Regional	Greenville, S.C.	6k	25:12
Sept. 19	1998	16.	Jessica Healan	Winthrop Invitational	Rock Hill, S.C.	5k	20:19
Sept. 5	1998	11.	Jessica Healan	HPU / Elon Invitational	Greensboro, N.C.	5k	22:10

<BRIANNE HEGEDUS>

Best Overall Finish (5k):	4th / HPU / Elon Invitational
Best Overall Finish (6k):	N/A

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

Best Time (5k):..... 20:07 / Greensboro Invitational
Best Time (6k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 5	1998	4.	Brianne Hegedus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:41
Sept. 19	1998	17.	Brianne Hegedus	Winthrop Invitational	Rock Hill, S.C.	5k	20:31
Sept. 26	1998	22.	Brianne Hegedus	Greenboro Invitational	Greensboro, N.C.	5k	21:05
Oct. 3	1998	8.	Brianne Hegedus	Radford Invitational	Radford, Va.	5k	20:17
Oct. 17	1998	44.	Brianne Hegedus	Big South Championship (B Division)	Radford, Va.	5k	21:16
Sept. 4	1999	15.	Brianne Hegedus	HPU / Elon Invitational	Greensboro, N.C.	5k	20:58
Sept. 11	1999	24.	Brianne Hegedus	Western Carolina Classic	Cullowhee, N.C.	5k	20:28
Sept. 18	1999	59.	Brianne Hegedus	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:10
Sept. 25	1999	28.	Brianne Hegedus	Greensboro Invitational	Greensboro, N.C.	5k	20:07
Oct. 9	1999	65.	Brianne Hegedus	Furman Invitational	Greenville, S.C.	5k	20:36

<FAMKE HEINST>

Best Overall Finish (4k):..... 1st / Elon Opener
Best Overall Finish (5k):..... 1st (5x) / Big South Championship
Best Overall Finish (6k):..... 1st / VertCross Invitational
Best Time (4k):..... 13:48 / Elon Opener
Best Time (5k):..... 17:06.0 / Big South Championship
Best Time (6k):..... 20:19.5 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	2.	Famke Heinst	Elon Opener	Elon, N.C.		14:36.1
Sept. 16	2017	1.	Famke Heinst	Big South Preview	Lynchburg, Va.	5k	18:41.2
Sept. 23	2017	6.	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.		17:43.6
Oct. 13	2017	2.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k	21:32.94
Oct. 28	2017	1.	Famke Heinst	Big South Championship	Lynchburg, Va.	5k	17:55.1
Nov. 10	2017	78.	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k	22:14.7
Aug. 31	2018	1.	Famke Heinst	Elon Opener	Elon, N.C.	4k	13:48
Sept. 29	2018	5.	Famke Heinst	Paul Short Invitational	Bethlehem, Pa.	5k	20:38
Oct. 12	2018	1.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	5k	17:35.02
Oct. 26	2018	1.	Famke Heinst	Big South Championship	Kernersville, N.C.	5k	17:53.8
Nov. 9	2018	13.	Famke Heinst	NCAA Southeast Regional	Rock Hill, S.C.	6k	20:19.5
Aug. 30	2019	1.	Famke Heinst	Covered Bridge Open	Boone, N.C.	5k	18:00.60
Sept. 14	2019	3.	Famke Heinst	Commodore Classic	Nashville, Tenn.	6k	21:09.5
Sept. 27	2019	4.	Famke Heinst	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	20:36.3
Oct. 18	2019	1.	Famke Heinst	VertCross Invitational	Kernersville, N.C.	6k	21:12.73
Nov. 2	2019	1.	Famke Heinst	Big South Championship	Buies Creek, N.C.	5k	17:06.0
Nov. 15	2019	10.	Famke Heinst	NCAA Southeast Regional	Earlsville, Va.	6k	20:21.2
Jan. 29	2021	2.	Famke Heinst	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:06.0
Feb. 12	2021	3.	Famke Heinst	Winter VertCross	Kernersville, N.C.		22:17.66
March 5	2021	1.	Famke Heinst	Big South Championship	Rock Hill, S.C.		17:09.1
March 15	2021	209.	Famke Heinst	NCAA Championship	Stillwater, Okla.	6k	22:35.00

<JULIA HELLMAN>

Best Overall Finish (4k):..... 6th / Elon Opener
Best Overall Finish (5k):..... 3rd (2x) / Big South Championship
Best Overall Finish (6k):..... 122nd / NCAA Southeast Regional
Best Time (4k):..... 14:47 / Elon Opener
Best Time (5k):..... 22:03.6 / NCAA Southeast Regional
Best Time (6k):..... 22:03.6 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	12.	Julia Hellman	Elon Opener	Elon, N.C.		14:54.9
Sept. 16	2017	3.	Julia Hellman	Big South Preview	Lynchburg, Va.	5k	18:49.2
Sept. 23	2017	28.	Julia Hellman	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:29.4
Oct. 13	2017	16.	Julia Hellman	VertCross Invitational	Kernersville, N.C.	6k	22:28.34
Oct. 28	2017	3.	Julia Hellman	Big South Championship	Lynchburg, Va.	5k	18:28.7
Nov. 10	2017	94.	Julia Hellman	NCAA Southeast Regional	Earlsville, Va.	6k	22:27.6
Aug. 31	2018	6.	Julia Hellman	Elon Opener	Elon, N.C.	4k	14:47
Sept. 29	2018	117.	Julia Hellman	Paul Short Invitational	Bethlehem, Pa.	5k	22:12
Oct. 12	2018	18.	Julia Hellman	VertCross Invitational	Kernersville, N.C.	5k	18:58.31
Oct. 26	2018	8.	Julia Hellman	Big South Championship	Kernersville, N.C.	5k	18:46.7
Nov. 9	2018	122.	Julia Hellman	NCAA Southeast Regional	Rock Hill, S.C.	6k	22:03.6
Aug. 30	2019	32.	Julia Hellman	Covered Bridge Open	Boone, N.C.	5k	19:40.96
Sept. 14	2019	71.	Julia Hellman	Commodore Classic	Nashville, Tenn.	6k	22:56.0
Sept. 27	2019	60.	Julia Hellman	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:38.5
Oct. 18	2019	39.	Julia Hellman	VertCross Invitational	Kernersville, N.C.	6k	23:28.58
Nov. 2	2019	25.	Julia Hellman	Big South Championship	Buies Creek, N.C.	5k	19:20.6
Nov. 15	2019	140.	Julia Hellman	NCAA Southeast Regional	Earlsville, Va.	6k	22:43.7
Jan. 29	2021	9.	Julia Hellman	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:12.5
Feb. 12	2021	22.	Julia Hellman	Winter VertCross	Kernersville, N.C.		23:33.21
March 5	2021	15.	Julia Hellman	Big South Championship	Rock Hill, S.C.		18:32.1

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

<MELISSA HENDERSON>

Best Overall Finish (5k): 54th / Big South Championship
 Best Overall Finish (6k): N/A
 Best Time (5k): 29:00 / Big South Championship
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	2000	56.	Melissa Henderson	Western Carolina Invitational	Cullowhee, N.C.		30:56
Sept. 22	2000	194.	Melissa Henderson	Great American Classic	Charlotte, N.C.		26:18
Sept. 30	2000	90.	Melissa Henderson	Greensboro Invitational	Greensboro, N.C.		28:35
Oct. 14	2000	89.	Melissa Henderson	N.C. Collegiate Championships	Cullowhee, N.C.		25:39
Oct. 28	2000	54.	Melissa Henderson	Big South Championship	Charleston, S.C.	5k	29:00

<JEMISSA HESS>

Best Overall Finish (4k): 1st / Winthrop / Asics Fall Classic
 Best Overall Finish (5k): 1st (4x) / Big South Championship
 Best Overall Finish (6k): 8th / NCAA Southeast Regional
 Best Time (4k): 14:24 / Winthrop / Asics Fall Classic
 Best Time (5k): 17:27.75 / N.C. Collegiate XC Championships
 Best Time (6k): 20:35.30 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 29	2003	25.	Jemissa Hess	Mountaineer Open	Boone, N.C.	5k	19:55.60
Sept. 6	2003	1.	Jemissa Hess	HPU / Elon Invitational	Greensboro, N.C.		19:43
Sept. 20	2003	4.	Jemissa Hess	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:04.13
Sept. 26	2003	11.	Jemissa Hess	Great American Classic	Cary, N.C.	5k	19:28.7
Oct. 11	2003	5.	Jemissa Hess	Furman Invitational	Greenville, S.C.	5k	19:04.73
Oct. 18	2003	2.	Jemissa Hess	N.C. Collegiate XC Championships	Greenville, N.C.	5k	17:27.75
Nov. 1	2003	4.	Jemissa Hess	Big South Championship	Conway, S.C.	5k	18:40.20
Nov. 15	2003	65.	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k	21:58.3
Sept. 10	2004	1.	Jemissa Hess	UNC Wilmington Invitational	Wilmington, N.C.	5k	18:32
Sept. 25	2004	1.	Jemissa Hess	Winthrop Invitational (Garret)	Rock Hill, S.C.	5k	17:54
Oct. 1	2004	1.	Jemissa Hess	Great American XC Festival	Cary, N.C.	5k	18:09.38
Oct. 16	2004	1.	Jemissa Hess	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	14:24
Oct. 30	2004	1.	Jemissa Hess	Big South Championship	Rock Hill, S.C.	5k	17:42
Nov. 13	2004	8.	Jemissa Hess	NCAA Southeast Regional	Greenville, N.C.	6k	20:35.30
Nov. 22	2004	159.	Jemissa Hess	NCAA Championships	Terre Haute, Ind.	6k	22:27.2
Sept. 1	2004	12.	Melissa Caudill / Jemissa Hess	Wake Forest Relays	Winston-Salem, N.C.	-	37:15

<JULIANNA HIGGINS>

Best Overall Finish (5k): 76th / Covered Bridge Open
 Best Overall Finish (6k): 30th / VertCross Invitational
 Best Time (5k): 19:57.64 / Covered Bridge Open
 Best Time (6k): 23:59.2 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	64.	Julianna Higgins	Covered Bridge Open	Boone, N.C.	5k	20:56.07
Oct. 18	2019	76.	Julianna Higgins	VertCross Invitational	Kernersville, N.C.	6k	24:45.90
Sept. 3	2021	79.	Julianna Higgins	Covered Bridge Open	Boone, N.C.	5k	20:09.15
Oct. 15	2021	59.	Julianna Higgins	VertCross Invitational	Kernersville, N.C.		20:13.2
Oct. 29	2021	-	Julianna Higgins	Big South Championship	Kernersville, N.C.	5k	DNF
Sept. 2	2022	76.	Julianna Higgins	Covered Bridge Open	Boone, N.C.	5k	19:57.64
Sept. 16	2022	96.	Julianna Higgins	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	25:49.6
Oct. 14	2022	30.	Julianna Higgins	VertCross Invitational	Kernersville, N.C.	6k	23:59.2

<KELSEY HINCHLIFFE>

Best Overall Finish (5k): 21st / Blue Ridge Open
 Best Overall Finish (6k): N/A
 Best Time (5k): 21:55.60 / Liberty Invitational
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	34.	Kelsey Hinchliffe	Liberty Invitational	Lynchburg, Va.	5k	21:55.60
Oct. 17	2008	21.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.	5k	20:58
Nov. 8	2008	35.	Kelsey Hinchliffe	Wolfpack Invitational	Raleigh, N.C.	5k	20:39
Sept. 19	2009	50.	Kelsey Hinchliffe	Big South Preview	Winston-Salem, N.C.		23:11
Oct. 16	2009	45.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.		21:45.99
Sept. 3	2010	101.	Kelsey Hinchliffe	Covered Bridge Open	Boone, N.C.		21:10.08
Sept. 25	2010	44.	Kelsey Hinchliffe	Big South Preview	Blacksburg, Va.		22:29.90
Oct. 2	2010	35.	Kelsey Hinchliffe	Hagan-Stone Classic	Greensboro, N.C.		21:13.0
Oct. 2	2010	35.	Kelsey Hinchliffe	Hagan-Stone Classic	Greensboro, N.C.		21:13.0
Oct. 15	2010	26.	Kelsey Hinchliffe	Blue Ridge Open	Boone, N.C.		21:01.2
Sept. 2	2011	116.	Kelsey Hinchliffe	Covered Bridge Open	Boone, N.C.		23:42.1
Sept. 17	2011	66.	Kelsey Hinchliffe	Big South Preview	Conway, S.C.		22:24

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

Oct. 14 2011 158. Kelsey Hinchliffe Blue Ridge Open Boone, N.C. 5k 22:02.8

<MELANEY HODGE>

Best Overall Finish (5k): 48th (2x) / Overton XC Meet
 Best Overall Finish (6k): N/A
 Best Time (5k): 22:58.57 / Overton XC Meet
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 17	2005	48.	Melaney Hodge	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	23:37
Sept. 24	2005	48.	Melaney Hodge	Overton XC Meet	Greenville, N.C.	5k	22:58.57

<ERIKA HOLDER>

Best Overall Finish (5k): 15th / HPU / Elon Invitational
 Best Overall Finish (6k): 155th / NCAA Southeast Regional
 Best Time (5k): 19:27 / N.C. Collegiate XC Championships
 Best Time (6k): 25:41 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	60.	Erika Holder	HPU / Elon Invitational	Greensboro, N.C.		23:04
Sept. 9	2000	37.	Erika Holder	Western Carolina Invitational	Cullowhee, N.C.		22:59
Sept. 16	2000	70.	Erika Holder	Winthrop Invitational	Rock Hill, S.C.		22:13
Sept. 22	2000	187.	Erika Holder	Great American Classic	Charlotte, N.C.		22:56
Sept. 30	2000	53.	Erika Holder	Greensboro Invitational	Greensboro, N.C.		21:51
Oct. 14	2000	68.	Erika Holder	N.C. Collegiate Championships	Cullowhee, N.C.		22:08
Oct. 28	2000	47.	Erika Holder	Big South Championship	Charleston, S.C.	5k	22:02
Aug. 31	2001	84.	Erika Holder	Appalachian State Invitational	Boone, N.C.	5k	21:21
Sept. 8	2001	15.	Erika Holder	HPU / Elon Invitational	Greensboro, N.C.	5k	21:05
Sept. 21	2001	210.	Erika Holder	Great American XC Classic	Rock Hill, S.C.	5k	20:50
Sept. 29	2001	52.	Erika Holder	Greensboro Invitational	Greensboro, N.C.		21:02
Oct. 13	2001	33.	Erika Holder	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:27
Oct. 27	2001	39.	Erika Holder	Big South Championship	Rock Hill, S.C.	5k	20:38
Nov. 10	2001	155.	Erika Holder	NCAA Southeast Regional	Greenville, S.C.	6k	25:41

<COLLEEN HOLLOWOOD>

Best Overall Finish (5k): 87th / Blue Ridge Open
 Best Overall Finish (6k): 86th / Charlotte Invitational (Championship)
 Best Time (5k): 20:14.3 / Blue Ridge Open
 Best Time (6k): 23:08.25 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	77.	Colleen Hollowood	Covered Bridge Open	Boone, N.C.		20:17.10
Sept. 2	2011	112.	Colleen Hollowood	Covered Bridge Open	Boone, N.C.		22:56.0
Sept. 17	2011	29.	Colleen Hollowood	Big South Preview	Conway, S.C.		19:17
Sept. 30	2011	382.	Colleen Hollowood	Paul Short Invitational	Bethlehem, Pa.		25:35
Oct. 14	2011	87.	Colleen Hollowood	Blue Ridge Open	Boone, N.C.	5k	20:14.3
Oct. 29	2011	40.	Colleen Hollowood	Big South Championship	Conway, S.C.		19:21
Sept. 15	2012	76.	Colleen Hollowood	adidas / Winthrop Invitational	Rock Hill, S.C.		19:48.50
Sept. 28	2012	86.	Colleen Hollowood	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:30.02
Oct. 12	2012	67.	Colleen Hollowood	Blue Ridge Open	Boone, N.C.		19:58.44
Oct. 27	2012	32.	Colleen Hollowood	Big South Championship	Rock Hill, S.C.		19:13.92
Nov. 9	2012	150.	Colleen Hollowood	NCAA Southeast Regional	Charlotte, N.C.	6k	23:08.25
Sept. 28	2013	5.	Colleen Hollowood	Greensboro XC Invitational	Greensboro, N.C.		19:38.78
Oct. 18	2013	179.	Colleen Hollowood	Blue Ridge Open	Boone, N.C.		21:42.73
Nov. 2	2013	40.	Colleen Hollowood	Big South Championship	Buena Vista, Va.		20:04.48

<AUDREY HOULE>

Best Overall Finish (4k): 38th / Elon Opener
 Best Overall Finish (6k): 50th / Virginia Tech Alumni Invite
 Best Time (4k): 14:52.2 / Elon Opener
 Best Time (6k): 24:41.4 / Virginia Tech Alumni Invite

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2023	38.	Audrey Houle	Elon Opener	Elon, N.C.	4k	14:52.2
Sept. 15	2023	50.	Audrey Houle	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:41.4

<KELSEY HUNT>

Best Overall Finish (5k): 23rd / Blue Ridge Open
 Best Overall Finish (6k): 23rd / Charlotte Invitational (Championship)
 Best Time (5k): 18:57.6 / Blue Ridge Open
 Best Time (6k): 22:02.77 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	19.	Kelsey Hunt	Wake Forest Relays	Winston-Salem, N.C.		19:11.0
Sept. 19	2009	27.	Kelsey Hunt	Big South Preview	Winston-Salem, N.C.		20:31

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

Sept. 26	2009	138.	Kelsey Hunt	Roy Griak Invitational	St. Paul, Minn.	6k	24:57
Oct. 16	2009	11.	Kelsey Hunt	Blue Ridge Open	Boone, N.C.		20:13.69
Oct. 31	2009	45.	Kelsey Hunt	Big South Championship	Winston-Salem, N.C.	5k	21:02
Sept. 3	2010	27.	Kelsey Hunt	Covered Bridge Open	Boone, N.C.		19:09.06
Sept. 25	2010	12.	Kelsey Hunt	Big South Preview	Blacksburg, Va.		19:57.00
Oct. 1	2010	177.	Kelsey Hunt	Paul Short Invitational	Bethlehem, Pa.		22:48
Oct. 15	2010	58.	Kelsey Hunt	Blue Ridge Open (Gold)	Boone, N.C.		19:01.5
Oct. 30	2010	14.	Kelsey Hunt	Big South Championship	Blacksburg, Va.		18:48.45
Nov. 13	2010	110.	Kelsey Hunt	NCAA Southeast Regional	Louisville, Ky.	6k	22:38.16
Sept. 2	2011	52.	Kelsey Hunt	Covered Bridge Open	Boone, N.C.		20:13.7
Sept. 17	2011	12.	Kelsey Hunt	Big South Preview	Conway, S.C.		18:36
Sept. 30	2011	158.	Kelsey Hunt	Paul Short Invitational	Bethlehem, Pa.		22:41
Oct. 14	2011	23.	Kelsey Hunt	Blue Ridge Open	Boone, N.C.	5k	18:57.6
Oct. 29	2011	7.	Kelsey Hunt	Big South Championship	Conway, S.C.		18:10
Nov. 12	2011	103.	Kelsey Hunt	NCAA Southeast Regional	Louisville, Ky.	6k	22:25.0
Sept. 15	2012	12.	Kelsey Hunt	adidas / Winthrop Invitational	Rock Hill, S.C.		18:28.96
Sept. 28	2012	23.	Kelsey Hunt	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	22:27.85
Oct. 12	2012	14.	Kelsey Hunt	Blue Ridge Open	Boone, N.C.		18:33.79
Oct. 27	2012	6.	Kelsey Hunt	Big South Championship	Rock Hill, S.C.		18:05.93
Nov. 9	2012	69.	Kelsey Hunt	NCAA Southeast Regional	Charlotte, N.C.	6k	22:02.77
Aug. 31	2012	5.	Kelsey Hunt / Katie Farina	Demon Deacon Quad	Winston-Salem, N.C.		39:04

<SUMIYYA HUNTER>

Best Overall Finish (4k):	9th / Winthrop / Asics Fall Classic
Best Overall Finish (5k):	3rd / Old North State Championships
Best Overall Finish (6k):	67th / Paul Short Invitational
Best Time (4k):	15:22 / Winthrop / Asics Fall Classic
Best Time (5k):	18:34.51 / Big South Championship
Best Time (6k):	22:19.9 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	18.	Sumiyya Hunter	UNC Wilmington Invitational	Wilmington, N.C.	5k	20:16
Sept. 25	2004	24.	Sumiyya Hunter	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:37
Oct. 1	2004	20.	Sumiyya Hunter	Great American XC Festival	Cary, N.C.	5k	19:26.19
Oct. 16	2004	9.	Sumiyya Hunter	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:22
Oct. 30	2004	13.	Sumiyya Hunter	Big South Championship	Rock Hill, S.C.	5k	19:04
Nov. 13	2004	98.	Sumiyya Hunter	NCAA Southeast Regional	Greenville, N.C.	6k	22:47.10
Sept. 2	2005	15.	Sumiyya Hunter	Wake Forest Invitational	Winston-Salem, N.C.	-	18:56
Sept. 17	2005	4.	Sumiyya Hunter	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	19:39
Sept. 24	2005	4.	Sumiyya Hunter	Overton XC Meet	Greenville, N.C.	5k	18:57.40
Oct. 14	2005	39.	Sumiyya Hunter	Blue Ridge Open	Boone, N.C.	5k	20:17.9
Oct. 29	2005	11.	Sumiyya Hunter	Big South Championship	Lexington, Va.	5k	19:01.55
Nov. 12	2005	75.	Sumiyya Hunter	NCAA Southeast Regional	Greenville, N.C.	6k	22:19.9
Sept. 1	2006	11.	Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	5k	18:27
Sept. 9	2006	25.	Sumiyya Hunter	Lou Onesty Invitational	Charlottesville, Va.	5k	19:18.90
Sept. 23	2006	3.	Sumiyya Hunter	Old North State Championships	Greensboro, N.C.	5k	19:00.6
Sept. 29	2006	67.	Sumiyya Hunter	Paul Short Invitational	Bethlehem, Pa.	6k	22:23
Oct. 13	2006	33.	Sumiyya Hunter	Blue Ridge Open	Boone, N.C.	5k	19:44.6
Oct. 28	2006	11.	Sumiyya Hunter	Big South Championship	Summerville, S.C.	5k	18:34.51
Nov. 11	2006	111.	Sumiyya Hunter	NCAA Southeast Regional	Louisville, Ky.	6k	23:06.80
Sept. 1	2007	8.	Sumiyya Hunter	North Carolina Opener	Chapel Hill, N.C.	5k	19:20.10
Sept. 8	2007	14.	Sumiyya Hunter	Lou Onesty Invitational	Charlottesville, Va.	5k	18:57.5
Sept. 14	2007	7.	Sumiyya Hunter	Big South Preview	Hendersonville, N.C.	5k	19:22.4
Oct. 12	2007	14.	Sumiyya Hunter	Blue Ridge Mountain Open	Boone, N.C.	5k	18:56
Oct. 27	2007	15.	Sumiyya Hunter	Big South Championship	Hendersonville, N.C.		18:43.2
Nov. 10	2007	94.	Sumiyya Hunter	NCAA Southeast Regional	Louisville, Ky.	6k	22:29.05
Sept. 1	2004	14.	Cheryl Gainey / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	-	38:56
Sept. 2	2005	9.	Sumiyya Hunter / Shauna Marsh	Wake Forest Invitational	Winston-Salem, N.C.	-	38:07
Sept. 1	2006	5.	Kali Burt / Sumiyya Hunter	Wake Forest Relays	Winston-Salem, N.C.	5k	36:13

<STEPHANIE HUTCHENS>

Best Overall Finish (5k):	57th (2x) / Overton XC Meet
Best Overall Finish (6k):	N/A
Best Time (5k):	25:32.91 / Overton XC Meet
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 17	2005	57.	Stephanie Hutchens	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	25:55
Sept. 24	2005	57.	Stephanie Hutchens	Overton XC Meet	Greenville, N.C.	5k	25:32.91

<LINDSEY IKES>

Best Overall Finish (4k):	15th / Elon Opener
Best Overall Finish (5k):	1st (3x) / Big South Championship
Best Overall Finish (6k):	30th / VertCross Invitational
Best Time (4k):	15:09 / Elon Opener

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

Best Time (5k):..... 16:45.2 / Big South Championship
Best Time (6k):..... 20:39.2 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2018	15.	Lindsey Ickes	Elon Opener	Elon, N.C.	4k	15:09
Sept. 29	2018	136.	Lindsey Ickes	Paul Short Invitational	Bethlehem, Pa.	5k	22:29
Oct. 12	2018	20.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	5k	19:08.94
Oct. 26	2018	3.	Lindsey Ickes	Big South Championship	Kernersville, N.C.	5k	18:34.3
Nov.9	2018	97.	Lindsey Ickes	NCAA Southeast Regional	Rock Hill, S.C.	6k	21:48.4
Sept. 27	2019	106.	Lindsey Ickes	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	23:41.8
Oct. 18	2019	30.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	6k	23:16.37
Nov. 2	2019	10.	Lindsey Ickes	Big South Championship	Buies Creek, N.C.	5k	18:37.7
Nov. 15	2019	132.	Lindsey Ickes	NCAA Southeast Regional	Earlsville, Va.	6k	22:34.3
Jan. 29	2021	3.	Lindsey Ickes	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:20.5
Feb. 12	2021	5.	Lindsey Ickes	Winter VertCross	Kernersville, N.C.		22:23.15
March 5	2021	3.	Lindsey Ickes	Big South Championship	Rock Hill, S.C.		17:35.9
Sept. 3	2021	12.	Lindsey Ickes	Covered Bridge Open	Boone, N.C.	5k	17:45.84
Sept. 17	2021	14.	Lindsey Ickes	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:09.9
Oct. 2	2021	62.	Lindsey Ickes	Live in Lou Classic	Louisville, Ky.	5k	17:44.2
Oct. 15	2021	6.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.		18:07.4
Oct. 29	2021	4.	Lindsey Ickes	Big South Championship	Kernersville, N.C.	5k	17:56.1
Nov. 12	2021	46.	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k	21:24.8
Sept. 2	2022	1.	Lindsey Ickes	Covered Bridge Open	Boone, N.C.	5k	16:51.15
Sept. 16	2022	2.	Lindsey Ickes	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	21:09.54
Oct. 1	2022	12.	Lindsey Ickes	Live in Lou Classic	Louisville, Ky.		16:59.5
Oct. 14	2022	1.	Lindsey Ickes	VertCross Invitational	Kernersville, N.C.	6k	20:39.2
Oct. 29	2022	1.	Lindsey Ickes	Big South Championship	Farmville, Va.	5k	16:45.2
Nov. 11	2022	29.	Lindsey Ickes	NCAA Southeast Regional	Louisville, Ky.	6k	20:56.5

<CRICKET INDRA>

Best Overall Finish (5k):..... 8th / HPU / Elon Invitational
Best Overall Finish (6k):..... 169th / NCAA Southeast Regional
Best Time (5k):..... 19:07 / N.C. Collegiate XC Championships
Best Time (6k):..... 26:15 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2000	8.	Cricket Indra	HPU / Elon Invitational	Greensboro, N.C.		20:09
Sept. 9	2000	8.	Cricket Indra	Western Carolina Invitational	Cullowhee, N.C.		19:46
Sept. 16	2000	20.	Cricket Indra	Winthrop Invitational	Rock Hill, S.C.		19:32
Sept. 22	2000	112.	Cricket Indra	Great American Classic	Charlotte, N.C.		19:50
Sept. 30	2000	40.	Cricket Indra	Greensboro Invitational	Greensboro, N.C.		20:33
Oct. 14	2000	33.	Cricket Indra	N.C. Collegiate Championships	Cullowhee, N.C.		20:09
Oct. 28	2000	34.	Cricket Indra	Big South Championship	Charleston, S.C.	5k	25:23
Nov. 11	2000	152.	Cricket Indra	NCAA Southeast Regional	Greenville, S.C.	5k	25:23
Aug. 31	2001	65.	Cricket Indra	Appalachian State Invitational	Boone, N.C.	5k	20:25
Sept. 8	2001	8.	Cricket Indra	HPU / Elon Invitational	Greensboro, N.C.	5k	20:30
Sept. 21	2001	206.	Cricket Indra	Great American XC Classic	Rock Hill, S.C.	5k	20:42
Sept. 29	2001	42.	Cricket Indra	Greensboro Invitational	Greensboro, N.C.		20:30
Oct. 13	2001	27.	Cricket Indra	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:07
Oct. 27	2001	37.	Cricket Indra	Big South Championship	Rock Hill, S.C.	5k	20:29
Nov. 10	2001	169.	Cricket Indra	NCAA Southeast Regional	Greenville, S.C.	6k	26:15

<FRANZISKA JACOBS>

Best Overall Finish (4k):..... 9th / Elon Opener
Best Overall Finish (5k):..... 18:05.74 / Covered Bridge Open
Best Overall Finish (6k):..... 19th / VertCross Invitational
Best Time (4k):..... 14:57 / Elon Opener
Best Time (5k):..... 4th / Big South Preview
Best Time (6k):..... 22:08.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2017	14.	Franziska Jakobs	Elon Opener	Elon, N.C.		14:58.7
Sept. 16	2017	4.	Franziska Jakobs	Big South Preview	Lynchburg, Va.	5k	19:26.6
Sept. 23	2017	29.	Franziska Jakobs	Virginia / Panorama Farms Invitational	Earlsville, Va.		18:34.5
Oct. 13	2017	19.	Franziska Jakobs	VertCross Invitational	Kernersville, N.C.	6k	22:30.35
Oct. 28	2017	17.	Franziska Jakobs	Big South Championship	Lynchburg, Va.	5k	19:28.1
Nov. 10	2017	164.	Franziska Jakobs	NCAA Southeast Regional	Earlsville, Va.	6k	23:18.5
Aug. 31	2018	9.	Franziska Jakobs	Elon Opener	Elon, N.C.	4k	14:57
Sept. 29	2018	172.	Franziska Jakobs	Paul Short Invitational	Bethlehem, Pa.	5k	22:44
Oct. 12	2018	25.	Franziska Jakobs	VertCross Invitational	Kernersville, N.C.	5k	19:17.46
Oct. 26	2018	12.	Franziska Jakobs	Big South Championship	Kernersville, N.C.	5k	18:57.8
Nov.9	2018	161.	Franziska Jakobs	NCAA Southeast Regional	Rock Hill, S.C.	6k	22:39.2
Aug. 30	2019	23.	Franziska Jakobs	Covered Bridge Open	Boone, N.C.	5k	19:10.47
Sept. 14	2019	97.	Franziska Jakobs	Commodore Classic	Nashville, Tenn.	6k	23:18.0
Jan. 29	2021	12.	Franziska Jakobs	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	19:20.5

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

Feb. 12	2021	25.	Franziska Jakobs	Winter VertCross	Kernersville, N.C.	23:53.80
March 5	2021	21.	Franziska Jakobs	Big South Championship	Rock Hill, S.C.	18:57.3
Sept. 3	2021	19.	Franziska Jakobs	Covered Bridge Open	Boone, N.C. 5k	18:05.74
Oct. 15	2021	37.	Franziska Jakobs	VertCross Invitational	Kernersville, N.C.	19:26.2
Oct. 29	2021	19.	Franziska Jakobs	Big South Championship	Kernersville, N.C. 5k	18:50.5
Nov. 12	2021	80.	Franziska Jakobs	NCAA Southeast Regional	Louisville, Ky. 6k	22:08.0

<ASHLEY JONES>

Best Overall Finish (5k):	4th / Big South Championship
Best Overall Finish (6k):	39th / NCAA Southeast Regional
Best Time (5k):	17:35.0 / Big South Championship
Best Time (6k):	21:08.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
March 5	2021	9.	Ashley Jones	Big South Championship	Rock Hill, S.C.		18:06.7
Oct. 1	2022	54.	Ashley Jones	Live in Lou Classic	Louisville, Ky.		17:42.5
Oct. 29	2022	4.	Ashley Jones	Big South Championship	Farmville, Va.	5k	17:35.0
Nov. 11	2022	39.	Ashley Jones	NCAA Southeast Regional	Louisville, Ky.	6k	21:08.0

<KYLEE JORDAN>

Best Overall Finish (5k):	4th / Greensboro Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	19:46 / Greensboro Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	19.	Kylee Jordan	North Carolina Opener	Chapel Hill, N.C.	5k	21:55.30
Sept. 8	2007	76.	Kylee Jordan	Lou Onesty Invitational	Charlottesville, Va.	5k	23:34.8
Sept. 28	2007	4.	Kylee Jordan	Greensboro Invitational	Greensboro, N.C.	5k	19:46
Sept. 28	2007	42.	Kylee Jordan	Greensboro Invitational	Greensboro, N.C.	5k	21:54
Oct. 12	2007	144.	Kylee Jordan	Blue Ridge Mountain Open	Boone, N.C.	5k	21:46
Oct. 27	2007	67.	Kylee Jordan	Big South Championship	Hendersonville, N.C.		22:22.1

<HOLLY JURGENSEN>

Best Overall Finish (5k):	15th / Carolinas-Virginia Conference Championship
Best Overall Finish (6k):	N/A
Best Time (5k):	24:44 / Carolinas-Virginia Conference Championship
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	24.	Holly Jurgensen	High Point Invitational	Greensboro, N.C.	5k	26:13
Oct. 14	1995	30.	Holly Jurgensen	N.C. Collegiate Championships	Charlotte, N.C.		25:36.02
Oct. 28	1995	15.	Holly Jurgensen	Carolinas-Virginia Conference Championship		5k	24:44
Sept. 7	1996	37.	Holly Jurgensen	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	25:15
Sept. 14	1996	26.	Holly Jurgensen	UNC Pembroke Invitational	Pembroke, N.C.		23:54.41
Sept. 21	1996	55.	Holly Jurgensen	Winthrop Invitational	Rock Hill, S.C.	5k	25:16
Oct. 19	1996	160.	Holly Jurgensen	N.C. Collegiate Championships	Charlotte, N.C.	5k	25:19.30
Oct. 26	1996	20.	Holly Jurgensen	Carolinas-Virginia Conference Championship	Due West, S.C.		24:54

<ERIN KELLY>

Best Overall Finish (4k):	49th / Winthrop / Asics Fall Classic
Best Overall Finish (5k):	12th / Overton XC Meet
Best Overall Finish (6k):	134th / NCAA Southeast Regional
Best Time (4k):	16:44 / Winthrop / Asics Fall Classic
Best Time (5k):	19:30.44 / N.C. Collegiate XC Championships
Best Time (6k):	23:32.90 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	34.	Erin Kelly	Mountaineer Open	Boone, N.C.	5k	19:59.30
Sept. 7	2002	23.	Erin Kelly	HPU / Elon Invitational	Greensboro, N.C.	5k	20:15
Sept. 21	2002	25.	Erin Kelly	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:17.95
Sept. 27	2002	62.	Erin Kelly	Great American Classic	Charlotte, N.C.	5k	22:00.9
Oct. 5	2002	14.	Erin Kelly	Hagan-Stone Classic	Greensboro, N.C.	5k	20:07
Oct. 12	2002	50.	Erin Kelly	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:30.44
Nov. 2	2002	34.	Erin Kelly	Big South Championship	Rock Hill, S.C.	5k	20:27.07
Nov. 16	2002	134.	Erin Kelly	NCAA Southeast Regional	Greenville, N.C.	6k	23:32.90
Oct. 11	2003	53.	Erin Kelly	Furman Invitational	Greenville, S.C.	5k	21:10.92
Nov.1	2003	42.	Erin Kelly	Big South Championship	Conway, S.C.	5k	21:16.57
Sept. 10	2004	40.	Erin Kelly	UNC Wilmington Invitational	Wilmington, N.C.	5k	21:33
Sept. 25	2004	57.	Erin Kelly	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:50
Oct. 16	2004	49.	Erin Kelly	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:44
Sept. 2	2005	33.	Erin Kelly	Wake Forest Invitational	Winston-Salem, N.C.	-	20:36
Sept. 17	2005	16.	Erin Kelly	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	20:45
Sept. 24	2005	12.	Erin Kelly	Overton XC Meet	Greenville, N.C.	5k	19:55.05
Oct. 14	2005	33.	Erin Kelly	Blue Ridge Open	Boone, N.C.	5k	20:03.9

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

Oct. 29	2005	38.	Erin Kelly	Big South Championship	Lexington, Va.	5k	20:37.00
Nov. 12	2005	154.	Erin Kelly	NCAA Southeast Regional	Greenville, N.C.	6k	24:06.3
Sept. 2	2005	17.	Shawwna Truelove / Erin Kelly	Wake Forest Invitational	Winston-Salem, N.C.	-	41:30

<COURTNEY KERR>

Best Overall Finish (5k):	14th / Big South Championship
Best Overall Finish (6k):	20th / VertCross Invitational
Best Time (5k):	18:49.8 / Big South Championship
Best Time (6k):	22:43.4 / Virginia / Panorama Farms Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2015	13.	Courtney Kerr	Elon Invitational	Elon, N.C.		45:41
Sept. 12	2015	52.	Courtney Kerr	Furman Classic	Greenville, S.C.		23:11.33
Oct. 16	2015	124.	Courtney Kerr	Wake Forest Invitational	Kernersville, N.C.	6k	25:11.21
Oct. 31	2015	45.	Courtney Kerr	Big South Championship	Spartanburg, S.C.	5k	19:34.0
Sept. 1	2016	24.	Courtney Kerr	Elon Opener	Elon, N.C.		1:18.44
Sept. 16	2016	60.	Courtney Kerr	Adidas XC Challenge	Cary, N.C.	5k	19:17.6
Oct. 1	2016	34.	Courtney Kerr	Asheville XC Challenge	Asheville, N.C.	5k	20:21.82
Oct. 14	2016	97.	Courtney Kerr	VertCross Invitational	Kernersville, N.C.	6k	24:07.32
Oct. 28	2016	40.	Courtney Kerr	Big South Championship	Asheville, N.C.	5k	20:21.76
Sept. 2	2017	31.	Courtney Kerr	Elon Opener	Elon, N.C.		15:41.0
Sept. 16	2017	15.	Courtney Kerr	Big South Preview	Lynchburg, Va.	5k	19:58.1
Sept. 23	2017	76.	Courtney Kerr	Virginia / Panorama Farms Invitational	Earlsville, Va.		19:42.2
Oct. 13	2017	36.	Courtney Kerr	VertCross Invitational	Kernersville, N.C.	6k	23:06.21
Oct. 28	2017	19.	Courtney Kerr	Big South Championship	Lynchburg, Va.	5k	19:31.7
Aug. 30	2019	25.	Courtney Kerr	Covered Bridge Open	Boone, N.C.	5k	19:18.40
Sept. 14	2019	100.	Courtney Kerr	Commodore Classic	Nashville, Tenn.	6k	23:20.7
Sept. 27	2019	66.	Courtney Kerr	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	22:43.4
Oct. 18	2019	20.	Courtney Kerr	VertCross Invitational	Kernersville, N.C.	6k	22:53.99
Nov. 2	2019	14.	Courtney Kerr	Big South Championship	Buies Creek, N.C.	5k	18:49.8
Nov. 15	2019	151.	Courtney Kerr	NCAA Southeast Regional	Earlsville, Va.	6k	22:51.7

<BRITTANY KILOUGH>

Best Overall Finish (5k):	29th / Big South Championship
Best Overall Finish (6k):	105th / NCAA Southeast Regional
Best Time (5k):	20:15 / Big South Championship
Best Time (6k):	22:35.90 / / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	24.	Brittany Killough	Wake Forest Relays	Winston-Salem, N.C.		19:22.0
Sept. 19	2009	13.	Brittany Killough	Big South Preview	Winston-Salem, N.C.		19:54
Sept. 26	2009	192.	Brittany Killough	Roy Griak Invitational	St. Paul, Minn.	6k	DNF
Oct. 31	2009	29.	Brittany Killough	Big South Championship	Winston-Salem, N.C.	5k	20:15
Oct. 2	2010	7.	Brittany Killough	Hagan-Stone Classic	Greensboro, N.C.		18:39.8
Oct. 2	2010	7.	Brittany Killough	Hagan-Stone Classic	Greensboro, N.C.		18:39.8
Oct. 30	2010	18.	Brittany Killough	Big South Championship	Blacksburg, Va.		18:52.46
Nov. 13	2010	105.	Brittany Killough	NCAA Southeast Regional	Louisville, Ky.	6k	22:35.90

<ZSANETT KIS>

Best Overall Finish (5k):	1st (3x) / Big South Championship
Best Overall Finish (6k):	31st / NCAA Southeast Regional
Best Time (5k):	18:23.24 / Big South Championship
Best Time (6k):	21:29.05 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	3.	Zsanett Kis	North Carolina Opener	Chapel Hill, N.C.	5k	18:25.20
Sept. 8	2007	5.	Zsanett Kis	Lou Onesty Invitational	Charlottesville, Va.	5k	18:27.6
Sept. 14	2007	1.	Zsanett Kis	Big South Preview	Hendersonville, N.C.	5k	18:33.9
Sept. 28	2007	3.	Zsanett Kis	Notre Dame Invitational	South Bend, Ind.	5k	17:56
Oct. 12	2007	2.	Zsanett Kis	Blue Ridge Mountain Open	Boone, N.C.	5k	18:09
Oct. 27	2007	4.	Zsanett Kis	Big South Championship	Hendersonville, N.C.		17:58.7
Nov. 10	2007	31.	Zsanett Kis	NCAA Southeast Regional	Louisville, Ky.	6k	21:29.05
Sept. 20	2008	1.	Zsanett Kis	Liberty Invitational	Lynchburg, Va.	5k	19:11.30
Oct. 17	2008	9.	Zsanett Kis	Blue Ridge Open (Gold)	Boone, N.C.	5k	18:30
Nov. 1	2008	1.	Zsanett Kis	Big South Championship	Lynchburg, Va.	5k	18:23.24
Nov. 15	2008	64.	Zsanett Kis	NCAA Southeast Regional	Clemmons, N.C.	6k	22:26.8

<MELISSA LANSBERG>

Best Overall Finish (5k):	13th / USC Upstate Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	138th / NAIA National Championships
Best Time (5k):	21:11 / Winthrop Invitational
Best Time (6k):	N/A
Best Time (8k):	20:38 / NAIA National Championships

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1993	1.	Melissa Lansberg	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	5.	Melissa Lansberg	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:02
Sept. 25	1993		Melissa Lansberg	N.C. Collegiate Championships	Greensboro, N.C.		21:28
Oct. 17	1993	11.	Melissa Lansberg	N.C. Collegiate Championships	Cullowhee, N.C.	5k	
Nov. 20	1993	138.	Melissa Lansberg	NAIA National Championships	Kenosha, Wisc.	8k	20:38
Sept. 7	1994	3.	Melissa Lansberg	High Point Invitational	High Point, N.C.	5k	22:14
Sept. 17	1994	8.	Melissa Lansberg	Wake Forest CC Classic	Winston-Salem, N.C.		22:46
Sept. 24	1994	2.	Melissa Lansberg	Greensboro Invitational	Greensboro, N.C.		20:49
Oct. 1	1994	32.	Melissa Lansberg	East Carolina Invitational	Greenville, N.C.	5k	21:30
Oct. 8	1994	13.	Melissa Lansberg	USC Upstate Invitational	Spartanburg, S.C.	5k	21:13.71
Oct. 24	1994	3.	Melissa Lansberg	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		21:12
Oct. 14	1995	14.	Melissa Lansberg	N.C. Collegiate Championships	Charlotte, N.C.		22:10.1
Sept. 7	1996	11.	Melissa Lansberg	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	22:30
Sept. 14	1996	3.	Melissa Lansberg	UNC Pembroke Invitational	Pembroke, N.C.		20:44.71
Sept. 21	1996	10.	Melissa Lansberg	Winthrop Invitational	Rock Hill, S.C.	5k	21:11
Oct. 19	1996	117.	Melissa Lansberg	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:14.00
Oct. 26	1996	3.	Melissa Lansberg	Carolinas-Virginia Conference Championship	Due West, S.C.		21:12
Nov. 9	1996	56.	Melissa Lansberg	NCAA Southeast Regional (Division II)	Atlanta, Ga.		21:39.9

<NICHOLE LEE>

Best Overall Finish (5k):	36th / UNC Pembroke Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	29:02 / UNC Pembroke Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	65.	Nichole Lee	HPU / Elon Invitational	Greensboro, N.C.		30:46
Sept. 13	1997	36.	Nichole Lee	UNC Pembroke Invitational	Pembroke, N.C.	5k	29:02
Sept. 20	1997	117.	Nichole Lee	Winthrop Invitational (Garnet)	Rock Hill, S.C.		30:25
Oct. 4	1997	28.	Nichole Lee	The Citadel Invitational	Charleston, S.C.		30:44
Oct. 18	1997	43.	Nichole Lee	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		28:25

<CAT LEWIS>

Best Overall Finish (5k):	8th / Hagan-Stone Classic
Best Overall Finish (6k):	149th / NCAA Southeast Regional
Best Time (5k):	18:53.71 / N.C. Collegiate XC Championships
Best Time (6k):	24:01.80 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	40.	Cat Lewis	Mountaineer Open	Boone, N.C.	5k	20:13.00
Sept. 7	2002	17.	Cat Lewis	HPU / Elon Invitational	Greensboro, N.C.	5k	19:57
Sept. 21	2002	23.	Cat Lewis	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:08.55
Sept. 27	2002	61.	Cat Lewis	Great American Classic	Charlotte, N.C.	5k	21:55.6
Oct. 5	2002	8.	Cat Lewis	Hagan-Stone Classic	Greensboro, N.C.	5k	19:36
Oct. 12	2002	34.	Cat Lewis	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:58.20
Nov. 2	2002	27.	Cat Lewis	Big South Championship	Rock Hill, S.C.	5k	19:51.61
Nov. 16	2002	155.	Cat Lewis	NCAA Southeast Regional	Greenville, N.C.	6k	24:01.80
Aug. 29	2003	44.	Cat Lewis	Mountaineer Open	Boone, N.C.	5k	21:28.40
Sept. 6	2003	15.	Cat Lewis	HPU / Elon Invitational	Greensboro, N.C.		20:49
Sept. 20	2003	42.	Cat Lewis	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	21:05.71
Sept. 26	2003	80.	Cat Lewis	Great American Classic	Cary, N.C.	5k	21:22.8
Oct. 11	2003	33.	Cat Lewis	Furman Invitational	Greenville, S.C.	5k	20:28.07
Oct. 18	2003	38.	Cat Lewis	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:53.71
Nov. 1	2003	28.	Cat Lewis	Big South Championship	Conway, S.C.	5k	20:32.55
Nov. 15	2003	149.	Cat Lewis	NCAA Southeast Regional	Greenville, N.C.	6k	24:25.3
Sept. 2	2005	37.	Cat Lewis	Wake Forest Invitational	Winston-Salem, N.C.	-	21:22
Sept. 24	2005	37.	Cat Lewis	Overton XC Meet	Greenville, N.C.	5k	21:20.83
Oct. 14	2005	95.	Cat Lewis	Blue Ridge Open	Boone, N.C.	5k	21:44.3
Oct. 29	2005	62.	Cat Lewis	Big South Championship	Lexington, Va.	5k	22:40.60

<ERIN LONON>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	45.	Erin Lonon	Big South Preview	Winston-Salem, N.C.		22:14

<AUDREY MALLOY>

Best Overall Finish (5k):	7th / Blue Ridge Open
Best Overall Finish (6k):	76th / NCAA Southeast Regional
Best Time (5k):	18:20.8 / Blue Ridge Open
Best Time (6k):	21:59.7 / NCAA Southeast Regional

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	49.	Audrey Malloy	Covered Bridge Open	Boone, N.C.		19:35.78
Sept. 25	2010	24.	Audrey Malloy	Big South Preview	Blacksburg, Va.		20:37.16
Oct. 1	2010	284.	Audrey Malloy	Paul Short Invitational	Bethlehem, Pa.		23:45
Oct. 15	2010	51.	Audrey Malloy	Blue Ridge Open (Gold)	Boone, N.C.		18:57.4
Oct. 30	2010	25.	Audrey Malloy	Big South Championship	Blacksburg, Va.		19:12.04
Sept. 2	2011	81.	Audrey Malloy	Covered Bridge Open	Boone, N.C.		21:10.4
Sept. 17	2011	17.	Audrey Malloy	Big South Preview	Conway, S.C.		18:52
Sept. 30	2011	217.	Audrey Malloy	Paul Short Invitational	Bethlehem, Pa.		23:07
Oct. 14	2011	7.	Audrey Malloy	Blue Ridge Open	Boone, N.C.	5k	18:20.8
Oct. 29	2011	5.	Audrey Malloy	Big South Championship	Conway, S.C.		18:01
Nov. 12	2011	76.	Audrey Malloy	NCAA Southeast Regional	Louisville, Ky.	6k	21:59.7
Oct. 27	2012	17.	Audrey Malloy	Big South Championship	Rock Hill, S.C.		18:44.24
Nov. 9	2012	157.	Audrey Malloy	NCAA Southeast Regional	Charlotte, N.C.	6k	23:15.64
Nov. 13	2010	179.	Audrey Malloy	NCAA Southeast Regional	Louisville, Ky.	6k	23:25.80
Sept. 15	2012	44.	Audrey Malloy	adidas / Winthrop Invitational	Rock Hill, S.C.		19:15.60
Sept. 28	2012	143.	Audrey Malloy	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	25:32.65
Oct. 12	2012	33.	Audrey Malloy	Blue Ridge Open	Boone, N.C.		19:01.01
Aug. 30	2013	36.	Audrey Malloy	Western Carolina XC Invitational	Cullowhee, N.C.		12:14.83
Sept. 14	2013	35.	Audrey Malloy	Furman Classic	Greenville, S.C.		22:16.54
Sept. 21	2013	13.	Audrey Malloy	VMI Invitational	Buena Vista, Va.	5k	19:45.74
Sept. 28	2013	76.	Audrey Malloy	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	18:58.6
Oct. 18	2013	106.	Audrey Malloy	Blue Ridge Open	Boone, N.C.		20:11.10
Nov. 2	2013	23.	Audrey Malloy	Big South Championship	Buena Vista, Va.		19:29.67
Nov. 15	2013	169.	Audrey Malloy	NCAA Southeast Regional	Earlsville, Va.	6k	23:19.5
Aug. 31	2012	9.	Audrey Malloy / Julia Zautcke	Demon Deacon Quad	Winston-Salem, N.C.		41:24

<BRIANNA MALONE>

Best Overall Finish (4k):	7th / Elon Opener
Best Overall Finish (5k):	1st / Big South Championship
Best Overall Finish (6k):	3rd / Virginia Tech Alumni Invite
Best Time (4k):	13:33.5 / Elon Opener
Best Time (5k):	16:45.2 / Big South Championship
Best Time (6k):	20:49.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2023	7.	Brianna Malone	Elon Opener	Elon, N.C.	4k	13:33.5
Sept. 15	2023	3.	Brianna Malone	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	21:48.5
Sept. 29	2023	2.	Brianna Malone	Joe Piane Invitational (Gold)	South Bend, Ind.	5k	17:06.0
Oct. 14	2023	8.	Brianna Malone	Virginia Invitational (Orange)	Charlottesville, Va.	6k	21:06.7
Oct. 29	2023	1.	Brianna Malone	Big South Championship	Salem, Va.	5k	16:45.2
Nov. 10	2023	36.	Brianna Malone	NCAA Southeast Regional	Spartanburg, S.C.	6k	20:49.7

<SHAUNA MARSH>

Best Overall Finish (5k):	19th / Winthrop / Asics Invitational (Gold)
Best Overall Finish (6k):	106th / NCAA Southeast Regional
Best Time (5k):	18:44.21 / Big South Championship
Best Time (6k):	23:02.15 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2005	18.	Shauna Marsh	Wake Forest Invitational	Winston-Salem, N.C.	-	19:11
Sept. 17	2005	6.	Shauna Marsh	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	19:47
Sept. 24	2005	7.	Shauna Marsh	Overton XC Meet	Greenville, N.C.	5k	19:17.67
Oct. 14	2005	19.	Shauna Marsh	Blue Ridge Open	Boone, N.C.	5k	19:26.3
Oct. 29	2005	27.	Shauna Marsh	Big South Championship	Lexington, Va.	5k	20:00.54
Nov. 12	2005	126.	Shauna Marsh	NCAA Southeast Regional	Greenville, N.C.	6k	23:20.7
Sept. 1	2006	24.	Shauna Marsh	Wake Forest Relays	Winston-Salem, N.C.	5k	19:04
Sept. 9	2006	91.	Shauna Marsh	Lou Onesty Invitational	Charlottesville, Va.	5k	22:14.10
Sept. 23	2006	8.	Shauna Marsh	Old North State Championships	Greensboro, N.C.	5k	19:23.6
Sept. 29	2006	170.	Shauna Marsh	Paul Short Invitational	Bethlehem, Pa.	6k	23:53
Oct. 13	2006	9.	Shauna Marsh	Blue Ridge Open	Boone, N.C.	5k	19:02.7
Oct. 28	2006	12.	Shauna Marsh	Big South Championship	Summerville, S.C.	5k	18:44.21
Nov. 11	2006	106.	Shauna Marsh	NCAA Southeast Regional	Louisville, Ky.	6k	23:02.15
Sept. 28	2007	21.	Shauna Marsh	Greensboro Invitational	Greensboro, N.C.	5k	21:03
Oct. 27	2007	23.	Shauna Marsh	Big South Championship	Hendersonville, N.C.		19:27.6
Nov. 10	2007	144.	Shauna Marsh	NCAA Southeast Regional	Louisville, Ky.	6k	23:22.45
Sept. 27	2008	121.	Shauna Marsh	Roy Giak Invitational	Falcon Heights, Minn.	6k	23:47.80
Oct. 17	2008	12.	Shauna Marsh	Blue Ridge Open (Gold)	Boone, N.C.	5k	18:39
Nov. 1	2008	45.	Shauna Marsh	Big South Championship	Lynchburg, Va.	5k	21:29.31
Nov. 15	2008	194.	Shauna Marsh	NCAA Southeast Regional	Clemmons, N.C.	6k	24:46.4
Sept. 1	2006	9.	Shauna Marsh / Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.	5k	37:33
Sept. 2	2005	9.	Sumiyya Hunter / Shauna Marsh	Wake Forest Invitational	Winston-Salem, N.C.	-	38:07

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

<RACHEL MARTIN>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Feb. 12	2021	48.	Rachel Martin	Winter VertCross	Kernersville, N.C.		27:55.11

<CATHERINE MATTEO>

Best Overall Finish (5k):..... 101st / Adidas XC Challenge
 Best Overall Finish (6k):..... N/A
 Best Time (5k):..... 21:09.2 / Adidas XC Challenge
 Best Time (6k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2016	34.	Catherine Matteo	Elon Opener	Elon, N.C.		1:51.32
Sept. 16	2016	101.	Catherine Matteo	Adidas XC Challenge	Cary, N.C.	5k	21:09.2

<ALISA McDONALD>

Best Overall Finish (5k):..... 18th / Carolinas-Virginia Conference Championship
 Best Overall Finish (6k):..... N/A
 Best Time (5k):..... 22:51 / UNC Pembroke Invitational
 Best Time (6k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1992		Alisa McDonald	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:51
Sept. 19	1992	101.	Alisa McDonald	Winthrop Invitational	Rock Hill, S.C.		
Oct. 10	1992	19.	Alisa McDonald	Belmont Abbey Invitational	Belmont, N.C.		23:14
Oct. 14	1995	27.	Alisa McDonald	N.C. Collegiate Championships	Charlotte, N.C.		25:01
Oct. 28	1995	18.	Alisa McDonald	Carolinas-Virginia Conference Championship		5k	25:13

<TRACEY McIVER>

Best Overall Finish (5k):..... 5th / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
 Best Overall Finish (6k):..... N/A
 Best Time (5k):..... 22:60 / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
 Best Time (6k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 7	1989	6.	Tracey McIver	Belmont Abbey	Belmont, N.C.	5k	23:07
Oct. 28	1989	5.	Tracey McIver	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	22:60

<LISA MOBLEY>

Best Overall Finish (5k):..... 11th / UNC Pembroke Invitational
 Best Overall Finish (6k):..... N/A
 Best Time (5k):..... 22:14 / UNC Pembroke Invitational
 Best Time (6k):..... N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	18.	Lisa Mobley	HPU / Elon Invitational	Greensboro, N.C.		23:12
Sept. 13	1997	11.	Lisa Mobley	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:14
Sept. 20	1997	37.	Lisa Mobley	Winthrop Invitational (Garnet)	Rock Hill, S.C.		22:23
Oct. 4	1997	17.	Lisa Mobley	The Citadel Invitational	Charleston, S.C.		23:39
Oct. 18	1997	23.	Lisa Mobley	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		22:42
Oct. 25	1997	179.	Lisa Mobley	Gettysburg Invitational	Gettysburg, Pa.		22:24.5

<CHARLI MONTALVO>

Best Overall Finish (4k):..... 32nd / Elon Opener
 Best Overall Finish (5k):..... 9th (2x) / Big South Championship
 Best Overall Finish (6k):..... 9th / VertCross Invitational
 Best Time (4k):..... 14:45.1 / Elon Opener
 Best Time (5k):..... 17:31.6 / Big South Championship
 Best Time (6k):..... 22:09.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	26.	Charli Montalvo	Covered Bridge Open	Boone, N.C.	5k	18:23.97
Sept. 16	2022	30.	Charli Montalvo	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:03.0
Oct. 1	2022	117.	Charli Montalvo	Live in Lou Classic	Louisville, Ky.		18:14.1
Oct. 14	2022	9.	Charli Montalvo	VertCross Invitational	Kernersville, N.C.	6k	22:11.7
Oct. 29	2022	9.	Charli Montalvo	Big South Championship	Farmville, Va.	5k	17:59.0
Nov. 11	2022	91.	Charli Montalvo	NCAA Southeast Regional	Louisville, Ky.	6k	22:09.7
Sept. 1	2023	32.	Charli Montalvo	Elon Opener	Elon, N.C.	4k	14:45.1
Sept. 15	2023	25.	Charli Montalvo	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:19.0
Sept. 29	2023	52.	Charli Montalvo	Joe Piane Invitational (Gold)	South Bend, Ind.	5k	18:31.4

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

Oct. 14	2023	55.	Charli Montalvo	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:17.7
Oct. 29	2023	9.	Charli Montalvo	Big South Championship	Salem, Va.	5k	17:31.6
Nov. 10	2023	78.	Charli Montalvo	NCAA Southeast Regional	Spartanburg, S.C.	6k	21:23.6

<DENISE MONTGOMERY>

Best Overall Finish (5k):	29th / HPU / Elon Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	22:56 / HPU / Elon Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 9	2000	36.	Denise Montgomery	Western Carolina Invitational	Cullowhee, N.C.		22:56
Sept. 16	2000	68.	Denise Montgomery	Winthrop Invitational	Rock Hill, S.C.		22:02
Sept. 22	2000	186.	Denise Montgomery	Great American Classic	Charlotte, N.C.		22:46
Sept. 30	2000	61.	Denise Montgomery	Greensboro Invitational	Greensboro, N.C.		22:19
Oct. 14	2000	64.	Denise Montgomery	N.C. Collegiate Championships	Cullowhee, N.C.		21:58
Oct. 28	2000	46.	Denise Montgomery	Big South Championship	Charleston, S.C.	5k	22:02
Aug. 31	2001	104.	Denise Montgomery	Appalachian State Invitational	Boone, N.C.	5k	22:57
Sept. 8	2001	29.	Denise Montgomery	HPU / Elon Invitational	Greensboro, N.C.	5k	22:56
Sept. 21	2001	241.	Denise Montgomery	Great American XC Classic	Rock Hill, S.C.	5k	21:51
Sept. 29	2001	71.	Denise Montgomery	Greensboro Invitational	Greensboro, N.C.		22:24
Oct. 13	2001	49.	Denise Montgomery	N.C. Collegiate XC Championships	Greenville, N.C.	5k	20:28

<MAXINE MONROE>

Best Overall Finish (5k):	4th / Belmont Abbey
Best Overall Finish (6k):	N/A
Best Time (5k):	22:47 / Belmont Abbey
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 7	1989	4.	Maxine Monroe	Belmont Abbey	Belmont, N.C.	5k	22:47
Oct. 21	1989	9.	Maxine Monroe	Francis Marion Invitational	Florence, S.C.	5k	26:45

<SUE MOSHER>

Best Overall Finish (5k):	5th / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
Best Overall Finish (6k):	N/A
Best Time (5k):	N/A
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 28	1989	18.	Sue Mosher	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	

<MIKAYLA MOXLEY>

Best Overall Finish (5k):	30th / Big South Championship
Best Overall Finish (6k):	31st / VertCross Invitational
Best Time (5k):	19:08.6 / Big South Championship
Best Time (6k):	24:01.9 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	65.	Mikayla Moxley	Covered Bridge Open	Boone, N.C.	5k	19:37.86
Sept. 16	2022	60.	Mikayla Moxley	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:34.7
Oct. 14	2022	31.	Mikayla Moxley	VertCross Invitational	Kernersville, N.C.	6k	24:01.9
Oct. 29	2023	30.	Mikayla Moxley	Big South Championship	Salem, Va.	5k	19:08.6
Sept. 15	2023	41.	Mikayla Moxley	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:17.8

<NATALIA OCASIO>

Best Overall Finish (5k):	3rd / Asheville XC Challenge
Best Overall Finish (6k):	24th / VertCross Invitational
Best Time (5k):	18:48.33 / Asheville XC Challenge
Best Time (6k):	22:14.95 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2013	48.	Natalia Ocasio	Western Carolina XC Invitational	Cullowhee, N.C.		12:27.68
Sept. 14	2013	47.	Natalia Ocasio	Furman Classic	Greenville, S.C.		22:38.45
Sept. 21	2013	17.	Natalia Ocasio	VMI Invitational	Buena Vista, Va.	5k	20:00.28
Sept. 28	2013	113.	Natalia Ocasio	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	20:27.4
Oct. 18	2013	73.	Natalia Ocasio	Blue Ridge Open	Boone, N.C.		19:40.60
Nov. 2	2013	15.	Natalia Ocasio	Big South Championship	Buena Vista, Va.		19:09.71
Nov. 15	2013	184.	Natalia Ocasio	NCAA Southeast Regional	Earlsville, Va.	6k	23:33.8
Sept. 13	2014	19.	Natalia Ocasio	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:17.12
Sept. 26	2014	79.	Natalia Ocasio	Virginia / Panorama Farms Invitational	Earlsville, Va.		24:39.95
Oct. 17	2014	27.	Natalia Ocasio	Blue Ridge Open	Boone, N.C.	5k	19:40.67
Nov. 1	2014	9.	Natalia Ocasio	Big South Championship	Boiling Springs, N.C.	5k	18:50.05
Nov. 14	2014	140.	Natalia Ocasio	NCAA Southeast Regional	Louisville, Ky.	6k	22:49.9

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

Sept. 4	2015	7.	Natalia Ocasio	Elon Invitational	Elon, N.C.	29:54
Sept. 12	2015	22.	Natalia Ocasio	Furman Classic	Greenville, S.C.	22:16.54
Sept. 26	2015	59.	Natalia Ocasio	Virginia / Panorama Farms Invitational	Earlysville, Va.	18:49.3
Oct. 3	2015	2.	Natalia Ocasio	USC Upstate Invitational	Spartanburg, S.C.	18:34.22
Oct. 16	2015	36.	Natalia Ocasio	Wake Forest Invitational	Kernersville, N.C.	22:50.38
Oct. 31	2015	7.	Natalia Ocasio	Big South Championship	Spartanburg, S.C.	18:03.1
Nov. 13	2015	64.	Natalia Ocasio	NCAA Southeast Regional	Earlysville, Va.	22:30.20
Sept. 1	2016	17.	Natalia Ocasio	Elon Opener	Elon, N.C.	31:00
Sept. 16	2016	77.	Natalia Ocasio	Adidas XC Challenge	Cary, N.C.	19:59.3
Sept. 24	2016	4.	Natalia Ocasio	Greensboro XC Invitational	Greensboro, N.C.	20:15.1
Oct. 1	2016	3.	Natalia Ocasio	Asheville XC Challenge	Asheville, N.C.	18:48.32
Oct. 14	2016	24.	Natalia Ocasio	VertCross Invitational	Kernersville, N.C.	22:14.95
Oct. 28	2016	3.	Natalia Ocasio	Big South Championship	Asheville, N.C.	18:30.53

<GEISA O'REILLY>

Best Overall Finish (5k): 5th / Carolinas-Virginia Conference Championship
 Best Overall Finish (6k): N/A
 Best Time (5k): 23:01 / Winthrop Invitational
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 7	1994	16.	Geisa O'Reilly	High Point Invitational	High Point, N.C.	5k	24:48
Sept. 17	1994	20.	Geisa O'Reilly	Wake Forest CC Classic	Winston-Salem, N.C.		24:30
Sept. 24	1994	4.	Geisa O'Reilly	Greensboro Invitational	Greensboro, N.C.		23:41
Oct. 1	1994	39.	Geisa O'Reilly	East Carolina Invitational	Greenville, N.C.	5k	23:58
Oct. 8	1994	44.	Geisa O'Reilly	USC Upstate Invitational	Spartanburg, S.C.	5k	23:55.64
Oct. 24	1994	9.	Geisa O'Reilly	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		24:31
Sept. 12	1995	13.	Geisa O'Reilly	High Point Invitational	Greensboro, N.C.	5k	23:17
Oct. 14	1995	15.	Geisa O'Reilly	N.C. Collegiate Championships	Charlotte, N.C.		22:26.3
Oct. 28	1995	5.	Geisa O'Reilly	Carolinas-Virginia Conference Championship		5k	22:40
Sept. 7	1996	21.	Geisa O'Reilly	Carolinas-Virginia Conference / South Atlantic Conference Meet	Greensboro, N.C.	5k	23:44
Sept. 14	1996	13.	Geisa O'Reilly	UNC Pembroke Invitational	Pembroke, N.C.		22:27.93
Sept. 21	1996	33.	Geisa O'Reilly	Winthrop Invitational	Rock Hill, S.C.	5k	23:01

<KELSEY PAINE>

Best Overall Finish (5k): 4th / Greensboro XC Invitational
 Best Overall Finish (6k): 36th / Charlotte Invitational (Sub-Varsity)
 Best Time (5k): 18:51.6 / Blue Ridge Open
 Best Time (6k): 22:50.2 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	34.	Kelsey Paine	Wake Forest Relays	Winston-Salem, N.C.		20:04.0
Sept. 19	2009	34.	Kelsey Paine	Big South Preview	Winston-Salem, N.C.		20:57
Sept. 26	2009	4.	Kelsey Paine	Greensboro XC Invitational	Greensboro, N.C.	5k	19:27.6
Oct. 16	2009	4.	Kelsey Paine	Blue Ridge Open	Boone, N.C.		20:04.73
Oct. 31	2009	42.	Kelsey Paine	Big South Championship	Winston-Salem, N.C.	5k	20:52
Sept. 3	2010	93.	Kelsey Paine	Covered Bridge Open	Boone, N.C.		20:53.83
Sept. 2	2011	50.	Kelsey Paine	Covered Bridge Open	Boone, N.C.		20:11.0
Sept. 17	2011	20.	Kelsey Paine	Big South Preview	Conway, S.C.		18:54
Sept. 30	2011	296.	Kelsey Paine	Paul Short Invitational	Bethlehem, Pa.		23:51
Oct. 14	2011	17.	Kelsey Paine	Blue Ridge Open	Boone, N.C.	5k	18:51.6
Oct. 29	2011	8.	Kelsey Paine	Big South Championship	Conway, S.C.		18:12
Nov. 12	2011	133.	Kelsey Paine	NCAA Southeast Regional	Louisville, Ky.	6k	22:50.2
Sept. 28	2012	36.	Kelsey Paine	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:18.72
Oct. 12	2012	53.	Kelsey Paine	Blue Ridge Open	Boone, N.C.		19:33.82
Oct. 27	2012	55.	Kelsey Paine	Big South Championship	Rock Hill, S.C.		19:59.43

<DANI PAUL>

Best Overall Finish (5k): 2nd / Greensboro XC Invitational
 Best Overall Finish (6k): N/A
 Best Time (5k): 19:22.2 / Greensboro XC Invitational
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	31.	Dani Paul	Wake Forest Relays	Winston-Salem, N.C.		19:46.0
Sept. 19	2009	28.	Dani Paul	Big South Preview	Winston-Salem, N.C.		20:32
Sept. 26	2009	2.	Dani Paul	Greensboro XC Invitational	Greensboro, N.C.	5k	19:22.2
Oct. 16	2009	12.	Dani Paul	Blue Ridge Open	Boone, N.C.		20:18.55
Oct. 31	2009	32.	Dani Paul	Big South Championship	Winston-Salem, N.C.	5k	20:22
Sept. 3	2010	72.	Dani Paul	Covered Bridge Open	Boone, N.C.		20:09.37
Sept. 25	2010	31.	Dani Paul	Big South Preview	Blacksburg, Va.		21:08.18
Oct. 2	2010	10.	Dani Paul	Hagan-Stone Classic	Greensboro, N.C.		19:40.1
Oct. 2	2010	10.	Dani Paul	Hagan-Stone Classic	Greensboro, N.C.		19:40.1
Oct. 15	2010	11.	Dani Paul	Blue Ridge Open	Boone, N.C.		20:05.8
Oct. 30	2010	53.	Dani Paul	Big South Championship	Blacksburg, Va.		20:26.36

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

<KAYLYN PECK>

Best Overall Finish (5k): N/A
 Best Overall Finish (6k): 102nd / NCAA Southeast Regional
 Best Time (5k): N/A
 Best Time (6k): 22:34.67 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	12.	Kaylyn Peck	Covered Bridge Open	Boone, N.C.		18:30.90
Sept. 25	2010	10.	Kaylyn Peck	Big South Preview	Blacksburg, Va.		19:46.83
Oct. 1	2010	125.	Kaylyn Peck	Paul Short Invitational	Bethlehem, Pa.		22:20
Oct. 15	2010	42.	Kaylyn Peck	Blue Ridge Open (Gold)	Boone, N.C.		18:44.8
Oct. 30	2010	13.	Kaylyn Peck	Big South Championship	Blacksburg, Va.		18:48.12
Nov. 13	2010	102.	Kaylyn Peck	NCAA Southeast Regional	Louisville, Ky.	6k	22:34.67

<ERIKA PEOPLES>

Best Overall Finish (5k): 11th / UNCG Spartan Invitational
 Best Overall Finish (6k): 90th / Wake Forest Invitational
 Best Time (5k): 19:09.2 / Big South Championship
 Best Time (6k): 23:00.6 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	2012	66.	Erika Peoples	adidas / Winthrop Invitational	Rock Hill, S.C.		19:37.05
Sept. 28	2012	105.	Erika Peoples	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	23:59.85
Oct. 12	2012	35.	Erika Peoples	Blue Ridge Open	Boone, N.C.		19:03.40
Oct. 27	2012	39.	Erika Peoples	Big South Championship	Rock Hill, S.C.		19:25.01
Nov. 9	2012	177.	Erika Peoples	NCAA Southeast Regional	Charlotte, N.C.	6k	23:35.12
Aug. 30	2013	46.	Erika Peoples	Western Carolina XC Invitational	Cullowhee, N.C.		12:25.58
Sept. 14	2013	64.	Erika Peoples	Furman Classic	Greenville, S.C.		23:10.42
Sept. 21	2013	28.	Erika Peoples	VMI Invitational	Buena Vista, Va.	5k	20:20.57
Sept. 28	2013	2.	Erika Peoples	Greensboro XC Invitational	Greensboro, N.C.		19:13.55
Oct. 18	2013	71.	Erika Peoples	Blue Ridge Open	Boone, N.C.		19:39.92
Nov. 2	2013	24.	Erika Peoples	Big South Championship	Buena Vista, Va.		19:32.48
Nov. 15	2013	140.	Erika Peoples	NCAA Southeast Regional	Earlsville, Va.	6k	23:00.6
Sept. 13	2014	39.	Erika Peoples	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	21:07.48
Sept. 26	2014	11.	Erika Peoples	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:32.95
Oct. 17	2014	44.	Erika Peoples	Blue Ridge Open	Boone, N.C.	5k	20:21.75
Nov. 1	2014	33.	Erika Peoples	Big South Championship	Boiling Springs, N.C.	5k	19:38.85
Nov. 14	2014	211.	Erika Peoples	NCAA Southeast Regional	Louisville, Ky.	6k	23:53.4
Sept. 4	2015	18.	Erika Peoples	Elon Invitational	Elon, N.C.		1:33.55
Sept. 12	2015	57.	Erika Peoples	Furman Classic	Greenville, S.C.		23:29.29
Sept. 26	2015	101.	Erika Peoples	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	20:20.4
Oct. 3	2015	53.	Erika Peoples	USC Upstate Invitational	Spartanburg, S.C.		20:19.57
Oct. 16	2015	90.	Erika Peoples	Wake Forest Invitational	Kernersville, N.C.	6k	23:57.72
Oct. 31	2015	30.	Erika Peoples	Big South Championship	Spartanburg, S.C.	5k	19:09.2
Aug. 31	2012	7.	Lauren Blackwell / Erika Peoples	Demon Deacon Quad	Winston-Salem, N.C.		39:21

<KAYLEIGH PERRY>

Best Overall Finish (5k): 10th / Blue Ridge Open
 Best Overall Finish (6k): 68th / NCAA Southeast Regional
 Best Time (5k): 18:27.5 / Blue Ridge Open
 Best Time (6k): 22:07.79 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2010	37.	Kayleigh Perry	Covered Bridge Open	Boone, N.C.		19:20.96
Sept. 25	2010	14.	Kayleigh Perry	Big South Preview	Blacksburg, Va.		20:11.91
Oct. 1	2010	200.	Kayleigh Perry	Paul Short Invitational	Bethlehem, Pa.		22:58
Oct. 15	2010	78.	Kayleigh Perry	Blue Ridge Open (Gold)	Boone, N.C.		19:18.2
Nov. 13	2010	123.	Kayleigh Perry	NCAA Southeast Regional	Louisville, Ky.	6k	22:45.02
Sept. 2	2011	35.	Kayleigh Perry	Covered Bridge Open	Boone, N.C.		19:51.8
Sept. 17	2011	8.	Kayleigh Perry	Big South Preview	Conway, S.C.		18:23
Sept. 30	2011	142.	Kayleigh Perry	Paul Short Invitational	Bethlehem, Pa.		22:34
Oct. 14	2011	10.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.	5k	18:27.5
Oct. 29	2011	3.	Kayleigh Perry	Big South Championship	Conway, S.C.		17:52
Nov. 12	2011	68.	Kayleigh Perry	NCAA Southeast Regional	Louisville, Ky.	6k	21:54.6
Sept. 28	2012	38.	Kayleigh Perry	Charlotte Invitational (Championship)	Charlotte, N.C.	6k	22:45.90
Oct. 12	2012	6.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.		18:20.93
Oct. 27	2012	5.	Kayleigh Perry	Big South Championship	Rock Hill, S.C.		18:00.33
Nov. 9	2012	74.	Kayleigh Perry	NCAA Southeast Regional	Charlotte, N.C.	6k	22:07.79
Sept. 14	2013	46.	Kayleigh Perry	Furman Classic	Greenville, S.C.		22:38.21
Sept. 21	2013	24.	Kayleigh Perry	VMI Invitational	Buena Vista, Va.	5k	20:17.29
Sept. 28	2013	92.	Kayleigh Perry	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:25.8
Oct. 18	2013	44.	Kayleigh Perry	Blue Ridge Open	Boone, N.C.		19:15.79
Nov. 2	2013	8.	Kayleigh Perry	Big South Championship	Buena Vista, Va.		18:51.70
Nov. 15	2013	147.	Kayleigh Perry	NCAA Southeast Regional	Earlsville, Va.	6k	23:05.9

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

<VANESSA PIACENTE>

Best Overall Finish (5k):N/A
 Best Overall Finish (6k): 128th / Roy Griak Invitational
 Best Time (5k):N/A
 Best Time (6k): 24:50 / Roy Griak Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 4	2009	32.	Vanessa Piacente	Wake Forest Relays	Winston-Salem, N.C.		19:48.0
Sept. 19	2009	23.	Vanessa Piacente	Big South Preview	Winston-Salem, N.C.		20:19
Sept. 26	2009	128.	Vanessa Piacente	Roy Griak Invitational	St. Paul, Minn.	6k	24:50

<SONIA PLOMBINO>

Best Overall Finish (5k): 11th / Big South Championship
 Best Overall Finish (6k): 128th / Roy Griak Invitational
 Best Time (5k): 18:01.48 / Covered Bridge Open
 Best Time (6k): 23:20.3 / Virginia Tech Alumni Invite

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	49.	Sonia Plombino	Covered Bridge Open	Boone, N.C.	5k	19:20.24
Sept. 16	2022	47.	Sonia Plombino	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:51.4
Oct. 14	2022	15.	Sonia Plombino	VertCross Invitational	Kernersville, N.C.	6k	22:43.5
Oct. 29	2022	17.	Sonia Plombino	Big South Championship	Farmville, Va.	5k	18:26.5
Nov. 11	2022	115.	Sonia Plombino	NCAA Southeast Regional	Louisville, Ky.	6k	22:33.4

<JOANNA POLAND>

Best Overall Finish (5k): X
 Best Overall Finish (6k): X
 Best Time (5k): X
 Best Time (6k): X

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	13.	Joanna Poland	Covered Bridge Open	Boone, N.C.	5k	18:01.48
Sept. 16	2022	36.	Joanna Poland	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:20.3
Oct. 1	2022	133.	Joanna Poland	Live in Lou Classic	Louisville, Ky.		18:18.5
Oct. 14	2022	29.	Joanna Poland	VertCross Invitational	Kernersville, N.C.	6k	23:53.6
Oct. 29	2022	11.	Joanna Poland	Big South Championship	Farmville, Va.	5k	18:08.5

<KATIE POWERS>

Best Overall Finish (5k): 5th / UNC Pembroke Invitational
 Best Overall Finish (5k): N/A
 Best Time (5k): 20:08 / N.C. Collegiate Championships
 Best Time (6k): N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 14	1996	9.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.		21:16.24
Sept. 21	1996	22.	Katie Powers	Winthrop Invitational	Rock Hill, S.C.	5k	21:53
Oct. 19	1996	129.	Katie Powers	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:54.20
Oct. 26	1996	6.	Katie Powers	Carolinas-Virginia Conference Championship	Due West, S.C.		21:42
Nov. 9	1996	47.	Katie Powers	NCAA Southeast Regional (Division II)	Atlanta, Ga.		21:26.3
Sept. 6	1997	17.	Katie Powers	HPU / Elon Invitational	Greensboro, N.C.		22:39
Sept. 13	1997	5.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:13
Sept. 20	1997	35.	Katie Powers	Winthrop Invitational (Garnet)	Rock Hill, S.C.		22:15
Oct. 4	1997	12.	Katie Powers	The Citadel Invitational	Charleston, S.C.		22:34
Oct. 18	1997	16.	Katie Powers	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		22:16
Oct. 25	1997	166.	Katie Powers	Gettysburg Invitational	Gettysburg, Pa.		21:43.5
Nov. 1	1997	50.	Katie Powers	Big South Championships	Rock Hill, S.C.	5k	22:18
Sept. 5	1998	22.	Katie Powers	HPU / Elon Invitational	Greensboro, N.C.	5k	22:13
Sept. 12	1998	17.	Katie Powers	UNC Pembroke Invitational	Pembroke, N.C.	5k	20:17
Sept. 19	1998	23.	Katie Powers	Winthrop Invitational	Rock Hill, S.C.	5k	20:43
Sept. 26	1998	26.	Katie Powers	Greenboro Invitational	Greensboro, N.C.	5k	21:18
Oct. 17	1998	70.	Katie Powers	N.C. Collegiate Championships	Greenville, N.C.	5k	20:08
Oct. 17	1998	41.	Katie Powers	Big South Championship (B Division)	Radford, Va.	5k	20:56
Sept. 4	1999	23.	Katie Powers	HPU / Elon Invitational	Greensboro, N.C.	5k	21:21
Sept. 11	1999	41.	Katie Powers	Western Carolina Classic	Cullowhee, N.C.	5k	21:53
Sept. 18	1999	80.	Katie Powers	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:43
Sept. 25	1999	57.	Katie Powers	Greensboro Invitational	Greensboro, N.C.	5k	21:13
Oct. 9	1999	96	Katie Powers	Furman Invitational	Greenville, S.C.	5k	22:03
Oct. 16	1999	64.	Katie Powers	N.C. Collegiate Championships	Charlotte, N.C.	5k	21:00
Oct. 30	1999	43.	Katie Powers	Big South Championship	Rock Hill, S.C.	5k	21:09
Nov. 13	1999	185.	Katie Powers	NCAA Southeast Regional	Greenville, S.C.	5k	21:58

<AGA PUTRZEBAWSKI>

Best Overall Finish (5k): 26th / High Point Invitational
 Best Overall Finish (6k): N/A

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

Best Time (5k):.....22:17.00 / N.C. Collegiate Championships
Best Time (6k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1995	26.	Aga Putrzebawski	High Point Invitational	Greensboro, N.C.	5k	26:46
Oct. 14	1995	18.	Aga Putrzebawski	N.C. Collegiate Championships	Charlotte, N.C.		23:11
Oct. 28	1995	11.	Aga Putrzebawski	Carolinas-Virginia Conference Championship		5k	24:04
Sept. 14	1996	12.	Aga Putrzebawski	UNC Pembroke Invitational	Pembroke, N.C.		22:26.96
Sept. 21	1996	44.	Aga Putrzebawski	Winthrop Invitational	Rock Hill, S.C.	5k	24:05
Oct. 19	1996	137.	Aga Putrzebawski	N.C. Collegiate Championships	Charlotte, N.C.	5k	22:17.00
Oct. 26	1996	12.	Aga Putrzebawski	Carolinas-Virginia Conference Championship	Due West, S.C.		23:01
Nov. 9	1996	92.	Aga Putrzebawski	NCAA Southeast Regional (Division II)	Atlanta, Ga.		23:14.8

<MADELINE QUINN>

Best Overall Finish (4k):.....27th / Elon Opener
Best Overall Finish (5k):.....30th / Covered Bridge Open
Best Overall Finish (6k):.....34th / VertCross Invitational
Best Time (4k):.....14:32.8 / Elon Opener
Best Time (5k):.....18:26.05 / Covered Bridge Open
Best Time (6k):.....24:10.07 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	30.	Madeline Quinn	Covered Bridge Open	Boone, N.C.	5k	18:26.05
Oct. 2	2021	237.	Madeline Quinn	Live in Lou Classic	Louisville, Ky.	5k	19:03.0
Oct. 15	2021	54.	Madeline Quinn	VertCross Invitational	Kernersville, N.C.		20:04.4
Oct. 29	2021	-	Madeline Quinn	Big South Championship	Kernersville, N.C.	5k	DNF
Sept. 2	2022	48.	Madeline Quinn	Covered Bridge Open	Boone, N.C.	5k	19:18.05
Sept. 16	2022	85.	Madeline Quinn	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	25:13.2
Oct. 14	2022	34.	Madeline Quinn	VertCross Invitational	Kernersville, N.C.	6k	24:10.7
Sept. 1	2023	27.	Madeline Quinn	Elon Opener	Elon, N.C.	4k	14:32.8

<ANNALIZA RAVELO>

Best Overall Finish (5k):.....11th / Radford Invitational
Best Overall Finish (6k):.....N/A
Best Time (5k):.....20:07 / N.C. Collegiate Championships
Best Time (6k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 26	1998	23.	Annaliza Ravelo	Greenboro Invitational	Greensboro, N.C.	5k	21:11
Oct. 3	1998	11.	Annaliza Ravelo	Radford Invitational	Radford, Va.	5k	20:36
Oct. 17	1998	69.	Annaliza Ravelo	N.C. Collegiate Championships	Greenville, N.C.	5k	20:07
Sept. 4	1999	30.	Annaliza Ravelo	HPU / Elon Invitational	Greensboro, N.C.	5k	21:39
Sept. 11	1999	25.	Annaliza Ravelo	Western Carolina Classic	Cullowhee, N.C.	5k	20:37
Sept. 18	1999	60.	Annaliza Ravelo	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:11
Sept. 25	1999	37.	Annaliza Ravelo	Greensboro Invitational	Greensboro, N.C.	5k	20:26
Oct. 16	1999	60.	Annaliza Ravelo	N.C. Collegiate Championships	Charlotte, N.C.	5k	20:25
Oct. 30	1999	47.	Annaliza Ravelo	Big South Championship	Rock Hill, S.C.	5k	21:22
Nov. 13	1999	-	Annaliza Ravelo	NCAA Southeast Regional	Greenville, S.C.	5k	DNF

<JAMIE RAYMOND>

Best Overall Finish (5k):.....7th / St. Andrews Invitational
Best Overall Finish (6k):.....N/A
Best Time (5k):.....25:23 / UNC Charlotte Invitational
Best Time (6k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	1990	11.	Jamie Raymond	Belmont Abbey Invitational		5k	26:07
Sept. 22	1990	89.	Jamie Raymond	Winthrop Invitational		5k	27:59
Oct. 2	1990	7.	Jamie Raymond	St. Andrews Invitational	Laurinburg, N.C.	5k	25:41
Oct. 6	1990	15.	Jamie Raymond	Belmont Abbey Invitational	Belmont, N.C.		
Sept. 21	1991	72.	Jamie Raymond	Winthrop Invitational	Rock Hill, S.C.		25:36
Oct. 5	1991	87.	Jamie Raymond	UNC Charlotte Invitational	Charlotte, N.C.	5k	25:23
Oct. 19	1991		Jamie Raymond	Davidson Invitational	Davidson, N.C.		26:34
Oct. 26	1991	19.	Jamie Raymond	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	

<ANNA RITTER>

Best Overall Finish (4k):.....12th / Elon Opener
Best Overall Finish (5k):.....5th / Covered Bridge Open
Best Overall Finish (6k):.....8th / VertCross Invitational
Best Time (4k):.....13:55.9 / Elon Opener
Best Time (5k):.....17:50.55 / Covered Bridge Open
Best Time (6k):.....22:11.0 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 3	2021	25.	Anna Ritter	Covered Bridge Open	Boone, N.C.	5k	18:17.61

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

Sept. 17	2021	31.	Anna Ritter	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:54.6
Oct. 2	2021	123.	Anna Ritter	Live in Lou Classic	Louisville, Ky.	5k	18:19.7
Oct. 15	2021	38.	Anna Ritter	VertCross Invitational	Kernersville, N.C.		19:29.1
Oct. 29	2021	25.	Anna Ritter	Big South Championship	Kernersville, N.C.	5k	19:08.2
Sept. 2	2022	7.	Anna Ritter	Covered Bridge Open	Boone, N.C.	5k	17:50.55
Sept. 16	2022	28.	Anna Ritter	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:54.3
Oct. 1	2022	97.	Anna Ritter	Live in Lou Classic	Louisville, Ky.		18:03.2
Oct. 14	2022	8.	Anna Ritter	VertCross Invitational	Kernersville, N.C.	6k	22:11.0
Oct. 29	2022	12.	Anna Ritter	Big South Championship	Farmville, Va.	5k	18:08.9
Nov. 11	2022	101.	Anna Ritter	NCAA Southeast Regional	Louisville, Ky.	6k	22:19.9
Oct. 29	2023	11.	Anna Ritter	Big South Championship	Salem, Va.	5k	18:07.9
Sept. 1	2023	12.	Anna Ritter	Elon Opener	Elon, N.C.	4k	13:55.9
Nov. 10	2023	135.	Anna Ritter	NCAA Southeast Regional	Spartanburg, S.C.	6k	22:25.4

<ELIZABETH RITTER>

Best Overall Finish (4k):	10th / Elon Opener
Best Overall Finish (5k):	10th / Big South Championship
Best Overall Finish (6k):	17th / Virginia Tech Alumni Invite
Best Time (4k):	13:54.1/ Elon Opener
Best Time (5k):	17:33.8 / Big South Championship
Best Time (6k):	21:52.5 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2023	10.	Elizabeth Ritter	Elon Opener	Elon, N.C.	4k	13:54.1
Sept. 15	2023	17.	Elizabeth Ritter	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:37.3
Sept. 29	2023	25.	Elizabeth Ritter	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:00.7
Oct. 14	2023	37.	Elizabeth Ritter	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:00.7
Oct. 29	2023	10.	Elizabeth Ritter	Big South Championship	Salem, Va.	5k	17:33.8
Nov. 10	2023	109.	Elizabeth Ritter	NCAA Southeast Regional	Spartanburg, S.C.	6k	21:52.5

<KALA ROBERTSON>

Best Overall Finish (4k):	36th / Winthrop / Asics Fall Classic
Best Overall Finish (5k):	10th / UNC Wilmington Invitational
Best Overall Finish (6k):	111th / NCAA Southeast Regional
Best Time (4k):	40:43 / Winthrop / Asics Fall Classic
Best Time (5k):	19:31 / Big South Championship
Best Time (6k):	23:03.70 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 10	2004	10.	Kala Robertson	UNC Wilmington Invitational	Wilmington, N.C.	5k	19:43
Sept. 25	2004	35.	Kala Robertson	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:04
Oct. 1	2004	24.	Kala Robertson	Great American XC Festival	Cary, N.C.	5k	19:37.54
Oct. 16	2004	36.	Kala Robertson	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:14
Oct. 30	2004	22.	Kala Robertson	Big South Championship	Rock Hill, S.C.	5k	19:31
Nov. 13	2004	111.	Kala Robertson	NCAA Southeast Regional	Greenville, N.C.	6k	23:03.70
Sept. 1	2004	16.	Kala Robertson / J. Ennis	Wake Forest Relays	Winston-Salem, N.C.	-	40:43

<DANA ROBINSON>

Best Overall Finish (5k):	41st / Greensboro Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	21:13 / Blue Ridge Mountain Open
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 28	2007	41.	Dana Robinson	Greensboro Invitational	Greensboro, N.C.	5k	21:53
Oct. 12	2007	129.	Dana Robinson	Blue Ridge Mountain Open	Boone, N.C.	5k	21:13

<CINDY ROMERO>

Best Overall Finish (5k):	6th / St. Andrews Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	237th / NAIA National Championships
Best Time (5k):	25:16 / Belmont Abbey Invitational
Best Time (6k):	N/A
Best Time (8k):	23:06 / NAIA National Championships

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	1990	9.	Cindy Romero	Belmont Abbey Invitational		5k	25:16
Sept. 22	1990	87.	Cindy Romero	Winthrop Invitational		5k	27:51
Oct. 2	1990	6.	Cindy Romero	St. Andrews Invitational	Laurinburg, N.C.	5k	25:32
Oct. 6	1990	19.	Cindy Romero	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 27	1990	31.	Cindy Romero	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		26:06
Sept. 21	1991	91.	Cindy Romero	Winthrop Invitational	Rock Hill, S.C.		27:45
Oct. 5	1991	88.	Cindy Romero	UNC Charlotte Invitational	Charlotte, N.C.	5k	29:04
Oct. 19	1991	102.	Cindy Romero	Davidson Invitational	Davidson, N.C.		27:34
Oct. 26	1991	28.	Cindy Romero	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	

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

Sept. 25	1993		Cindy Romero	N.C. Collegiate Championships	Greensboro, N.C.		24:31
Oct. 3	1993	16.	Cindy Romero	Methodist Invitational	Fayetteville, N.C.		25:01
Nov. 20	1993	237.	Cindy Romero	NAIA National Championships	Kenosha, Wisc.	8k	23:06

<JANELLE ROTHACKER>

Best Overall Finish (5k):		N/A
Best Overall Finish (6k):		132nd / Wake Forest Invitational
Best Time (5k):		N/A
Best Time (6k):		25:36.35 / Wake Forest Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	2015	113.	Janelle Rothacker	Furman Classic	Greenville, S.C.		27:30.64
Oct. 3	2015	88.	Janelle Rothacker	USC Upstate Invitational	Spartanburg, S.C.		21:57.83
Oct. 16	2015	132.	Janelle Rothacker	Wake Forest Invitational	Kernersville, N.C.	6k	25:36.35

<MARY ROUTH>

Best Overall Finish (5k):		16th / Carolinas Conference / NAIA District 26 Championship
Best Overall Finish (6k):		N/A
Best Time (5k):		23:54 / UNC Charlotte Invitational
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 21	1991	67.	Mary Routh	Winthrop Invitational	Rock Hill, S.C.		25:06
Sept. 28	1991	57.	Mary Routh	Charleston Southern Invitational	Charleston, S.C.		23:26
Oct. 5	1991	79.	Mary Routh	UNC Charlotte Invitational	Charlotte, N.C.	5k	23:54
Oct. 19	1991	100.	Mary Routh	Davidson Invitational	Davidson, N.C.		27:09
Oct. 26	1991	16.	Mary Routh	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	
Sept. 12	1992		Mary Routh	UNC Pembroke Invitational	Pembroke, N.C.	5k	22:55
Sept. 26	1992	59.	Mary Routh	Greensboro Invitational	Greensboro, N.C.		24:58
Oct. 10	1992	17.	Mary Routh	Belmont Abbey Invitational	Belmont, N.C.		23:02
Oct. 17	1992	10.	Mary Routh	Catawba Invitational	Salisbury, N.C.		24:22

<BROOKE RUFFIN>

Best Overall Finish (5k):		36th / Covered Bridge Open
Best Overall Finish (6k):		83rd / VertCross Invitational
Best Time (5k):		19:53.19 / Covered Bridge Open
Best Time (6k):		24:59.32 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	36.	Brooke Ruffin	Covered Bridge Open	Boone, N.C.	5k	19:53.19
Oct. 18	2019	83.	Brooke Ruffin	VertCross Invitational	Kernersville, N.C.	6k	24:59.32

<PAULA SALACOVA>

Best Overall Finish (5k):		33rd / UNC Pembroke Invitational
Best Overall Finish (6k):		N/A
Best Time (5k):		26:02 / Big South Championships
Best Time (6k):		N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 6	1997	51.	Paula Salacova	HPU / Elon Invitational	Greensboro, N.C.		27:03
Sept. 13	1997	33.	Paula Salacova	UNC Pembroke Invitational	Pembroke, N.C.	5k	27:07
Sept. 20	1997	101.	Paula Salacova	Winthrop Invitational (Garnet)	Rock Hill, S.C.		27:17
Oct. 4	1997	22.	Paula Salacova	The Citadel Invitational	Charleston, S.C.		26:26
Oct. 18	1997	37.	Paula Salacova	N.C. Collegiate Championships (White Div.)	Charlotte, N.C.		24:50
Oct. 25	1997	202.	Paula Salacova	Gettysburg Invitational	Gettysburg, Pa.		24:21.5
Nov. 1	1997	57.	Paula Salacova	Big South Championships	Rock Hill, S.C.	5k	26:02

<SAMANTHA SANDUSKY>

Best Overall Finish (5k):		X
Best Overall Finish (6k):		X
Best Time (5k):		X
Best Time (6k):		X

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	112.	Samantha Sandusky	Appalachian State Invitational	Boone, N.C.	5k	25:19
Sept. 8	2001	42.	Samantha Sandusky	HPU / Elon Invitational	Greensboro, N.C.	5k	27:22
Sept. 21	2001	271.	Samantha Sandusky	Great American XC Classic	Rock Hill, S.C.	5k	23:13
Sept. 29	2001	74.	Samantha Sandusky	Greensboro Invitational	Greensboro, N.C.		23:27
Oct. 13	2001	58.	Samantha Sandusky	N.C. Collegiate XC Championships	Greenville, N.C.	5k	21:07
Aug. 30	2002	85.	Samantha Sandusky	Mountaineer Open	Boone, N.C.	5k	25:04.50

<AMBER SCHULZ>

Best Overall Finish (5k):		14th / Covered Bridge Open
Best Overall Finish (6k):		N/A
Best Time (5k):		18:02.13 / Covered Bridge Open

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

Best Time (6k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	14.	Amber Schulz	Covered Bridge Open	Boone, N.C.	5k	18:02.13

<SANDRA SHORE>

Best Overall Finish (5k):.....6th / Francis Marion Invitational

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

Best Time (5k):.....22:51 / Francis Marion Invitational

Best Time (6k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 21	1989	6.	Sandra Shore	Francis Marion Invitational	Florence, S.C.	5k	22:51
Oct. 28	1989	13.	Sandra Shore	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	

<LINDSEY SISK>

Best Overall Finish (5k):.....8th / Wake Forest CC Classic

Best Overall Finish (6k):.....40th / VertCross Invitational

Best Overall Finish (8k):.....181st / NAIA National Championships

Best Time (5k):.....18:55.4 / Big South Championship

Best Time (6k):.....24:33.0 / VertCross Invitational

Best Time (8k):.....21:18 / NAIA National Championships

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 28	2012	49.	Lindsey Sisk	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:50.10
Oct. 12	2012	82.	Lindsey Sisk	Blue Ridge Open	Boone, N.C.		20:28.68
Sept. 13	2014	34.	Lindsey Sisk	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:52.97
Sept. 26	2014	6.	Lindsey Sisk	UNCG Spartan Invitational	Kernersville, N.C.	5k	19:19.66
Nov. 8	2014	25.	Lindsey Sisk	Three Stripe Invite	Cary, N.C.	5k	20:10.32
Sept. 12	2015	76.	Lindsey Sisk	Furman Classic	Greenville, S.C.		24:08.09
Oct. 3	2015	40.	Lindsey Sisk	USC Upstate Invitational	Spartanburg, S.C.		19:54.09
Oct. 16	2015	61.	Lindsey Sisk	Wake Forest Invitational	Kernersville, N.C.	6k	23:19.77
Oct. 31	2015	22.	Lindsey Sisk	Big South Championship	Spartanburg, S.C.	5k	18:55.4

<SHAUNA SKOW>

Best Overall Finish (4k):.....23rd / Elon Opener

Best Overall Finish (5k):.....24th / Big South Championship

Best Overall Finish (6k):.....32nd / Virginia Tech Alumni Invite

Best Time (4k):.....14:27.2 / Elon Opener

Best Time (5k):.....18:56.3/ Big South Championship

Best Time (6k):.....23:40.5 / Virginia Invitational (Orange)

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	55.	Shauna Skow	Covered Bridge Open	Boone, N.C.	5k	19:29.62
Sept. 16	2022	75.	Shauna Skow	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:59.3
Oct. 14	2022	40.	Shauna Skow	VertCross Invitational	Kernersville, N.C.	6k	24:33.0
Sept. 1	2023	23.	Shauna Skow	Elon Opener	Elon, N.C.	4k	14:27.2
Oct. 29	2023	24.	Shauna Skow	Big South Championship	Salem, Va.	5k	18:56.3
Sept. 15	2023	32.	Shauna Skow	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:54.6
Sept. 29	2023	66.	Shauna Skow	Joe Piane Invitational (Gold)	South Bend, Ind.	5k	18:45.5
Oct. 14	2023	106.	Shauna Skow	Virginia Invitational (Orange)	Charlottesville, Va.	6k	23:40.5

<LeeAnn SMITH>

Best Overall Finish (5k):.....2nd (2x) / St. Andrews Invitational

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

Best Overall Finish (8k):.....212th / NAIA National Championships

Best Time (5k):.....21:20.20 / St. Andrews Invitational

Best Time (6k):.....N/A

Best Time (8k):.....22:02 / NAIA National Championships

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 11	1993	4.	LeeAnn Smith	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	8.	LeeAnn Smith	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:30
Sept. 25	1993		LeeAnn Smith	N.C. Collegiate Championships	Greensboro, N.C.		22:29
Oct. 3	1993	12.	LeeAnn Smith	Methodist Invitational	Fayetteville, N.C.		22:47
Oct. 17	1993	10.	LeeAnn Smith	N.C. Collegiate Championships	Cullowhee, N.C.	5k	21:36
Nov. 20	1993	181.	LeeAnn Smith	NAIA National Championships	Kenosha, Wisc.	8k	21:18

<KASEY SPENCE>

Best Overall Finish (5k):.....58th / Big South Championship

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

Best Time (5k):.....20:20.6 / Big South Championship

Best Time (6k):.....N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
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INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 4	2015	19.	Kasey Spence	Elon Invitational	Elon, N.C.		1:50.13
Sept. 26	2015	111.	Kasey Spence	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	20:53.1
Oct. 3	2015	71.	Kasey Spence	USC Upstate Invitational	Spartanburg, S.C.		20:56.57
Oct. 16	2015	105.	Kasey Spence	Wake Forest Invitational	Kernersville, N.C.	6k	24:32.51
Oct. 31	2015	58.	Kasey Spence	Big South Championship	Spartanburg, S.C.	5k	20:20.6

<PARIS STANKEWICH>

Best Overall Finish (4k):	9th / Elon Opener
Best Overall Finish (5k):	13th (2x) / Big South Championship
Best Overall Finish (6k):	12th / Virginia Tech Alumni Invite
Best Time (4k):	13:45.3 / Elon Opener
Best Time (5k):	18:13.47 / Covered Bridge Open
Best Time (6k):	22:29.1 / Virginia Tech Alumni Invite

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	16.	Paris Stankewich	Covered Bridge Open	Boone, N.C.	5k	18:13.47
Oct. 1	2022	102.	Paris Stankewich	Live in Lou Classic	Louisville, Ky.		18:05.6
Sept. 1	2023	9.	Paris Stankewich	Elon Opener	Elon, N.C.	4k	13:45.3
Sept. 15	2023	12.	Paris Stankewich	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:29.1
Oct. 29	2023	13.	Paris Stankewich	Big South Championship	Salem, Va.	5k	18:12.1
Sept. 29	2023	27.	Paris Stankewich	Joe Plane Invitational (Gold)	South Bend, Ind.	5k	18:01.4
Oct. 14	2023	84.	Paris Stankewich	Virginia Invitational (Orange)	Charlottesville, Va.	6k	22:56.5

<DELIA STANLEY>

Best Overall Finish (5k):	2nd / St. Andrews Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (6k):	212th / NAIA National Championships
Best Time (5k):	21:09 / UNC Pembroke Invitational
Best Time (6k):	N/A
Best Time (6k):	22:02 / NAIA National Championships

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 8	1990	9.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:28
Sept. 15	1990	4.	Delia Stanley	Belmont Abbey Invitational		5k	22:48
Sept. 29	1990	2.	Delia Stanley	Methodist Invitational	Fayetteville, N.C.	5k	23:22
Oct. 2	1990	2.	Delia Stanley	St. Andrews Invitational	Laurinburg, N.C.	5k	21:20.20
Oct. 6	1990	3.	Delia Stanley	Belmont Abbey Invitational	Belmont, N.C.		
Oct. 13	1990	45.	Delia Stanley	N.C. Collegiate Championships	Brevard, N.C.		23:47
Oct. 27	1990	11.	Delia Stanley	Carolinas Conference / NAIA District 26 Championship	Laurinburg, N.C.		22:21
Sept. 14	1991	18.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 21	1991	44.	Delia Stanley	Winthrop Invitational	Rock Hill, S.C.		22:15
Sept. 28	1991	41.	Delia Stanley	Charleston Southern Invitational	Charleston, S.C.		21:33
Oct. 5	1991	71.	Delia Stanley	UNC Charlotte Invitational	Charlotte, N.C.	5k	22:36
Oct. 19	1991	82.	Delia Stanley	Davidson Invitational	Davidson, N.C.		23:13
Oct. 26	1991	10.	Delia Stanley	CarolinasConference / NAIA District 26 Championship	Pembroke, N.C.	5k	22:21
Sept. 12	1992		Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:09
Sept. 19	1992	69.	Delia Stanley	Winthrop Invitational	Rock Hill, S.C.		
Sept. 26	1992	29.	Delia Stanley	Greensboro Invitational	Greensboro, N.C.		22:40
Oct. 3	1992	28.	Delia Stanley	UNC Charlotte Invitational	Charlotte, N.C.		21:20
Oct. 10	1992	2.	Delia Stanley	Belmont Abbey Invitational	Belmont, N.C.		20:37
Oct. 17	1992	3.	Delia Stanley	Catawba Invitational	Salisbury, N.C.		22:23
Sept. 11	1993	6.	Delia Stanley	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	7.	Delia Stanley	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:29
Sept. 25	1993		Delia Stanley	N.C. Collegiate Championships	Greensboro, N.C.		21:59
Oct. 3	1993	6.	Delia Stanley	Methodist Invitational	Fayetteville, N.C.		21:25
Oct. 17	1993	12.	Delia Stanley	N.C. Collegiate Championships	Cullowhee, N.C.	5k	
Nov. 20	1993	212.	Delia Stanley	NAIA National Championships	Kenosha, Wisc.	8k	22:02

<TRACEY STANLEY>

Best Overall Finish (5k):	8th (2x) / Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship
Best Overall Finish (6k):	N/A
Best Time (5k):	24:52 / Belmont Abbey
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 16	1989		Tracey Stanley	Belmont Abbey Invitational	Belmont, N.C.	5k	26:11
Sept. 23	1989	37.	Tracey Stanley	Methodist College Invitational	Fayetteville, N.C.		27:39
Oct. 7	1989	8.	Tracey Stanley	Belmont Abbey	Belmont, N.C.	5k	24:52
Oct. 28	1989	8.	Tracey Stanley	Carolinas Intercollegiate Athletic Conference / NAIA District 26 Championship	Laurinburg, N.C.	5k	

<KATIE TAYLOR>

Best Overall Finish (4k):	8th / Elon Opener
Best Overall Finish (5k):	4th (2x) / Big South Championship
Best Overall Finish (6k):	4th / VertCross Invitational

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

Best Time (4k):..... 13:39.0 / Elon Opener
 Best Time (5k):..... 17:09.6 / Big South Championship
 Best Time (6k):..... 20:58.9 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	31.	Katie Taylor	Covered Bridge Open	Boone, N.C.	5k	19:36.61
Sept. 14	2019	114.	Katie Taylor	Commodore Classic	Nashville, Tenn.	6k	23:37.6
Sept. 27	2019	65.	Katie Taylor	Virginia / Panorama Farms Invitational	Earlysville, Va.	6k	22:42.3
Oct. 18	2019	29.	Katie Taylor	VertCross Invitational	Kernersville, N.C.	6k	23:11.18
Nov. 2	2019	19.	Katie Taylor	Big South Championship	Buies Creek, N.C.	5k	19:11.0
Jan. 29	2021	4.	Katie Taylor	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	18:32.3
Feb. 12	2021	12.	Katie Taylor	Winter VertCross	Kernersville, N.C.		22:47.99
Sept. 3	2021	29.	Katie Taylor	Covered Bridge Open	Boone, N.C.	5k	18:25.23
Sept. 17	2021	25.	Katie Taylor	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	18:42.1
Oct. 2	2021	86.	Katie Taylor	Live in Lou Classic	Louisville, Ky.	5k	18:02.6
Oct. 15	2021	23.	Katie Taylor	VertCross Invitational	Kernersville, N.C.		18:59.7
Oct. 29	2021	18.	Katie Taylor	Big South Championship	Kernersville, N.C.	5k	18:46.5
Nov. 12	2021	148.	Katie Taylor	NCAA Southeast Regional	Louisville, Ky.	6k	23:11.4
Sept. 2	2022	15.	Katie Taylor	Covered Bridge Open	Boone, N.C.	5k	18:03.37
Sept. 16	2022	20.	Katie Taylor	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:38.8
Oct. 1	2022	94.	Katie Taylor	Live in Lou Classic	Louisville, Ky.		18:02.8
Oct. 14	2022	4.	Katie Taylor	VertCross Invitational	Kernersville, N.C.	6k	21:55.2
Oct. 29	2022	5.	Katie Taylor	Big South Championship	Farmville, Va.	5k	17:45.0
Nov. 11	2022	112.	Katie Taylor	NCAA Southeast Regional	Louisville, Ky.	6k	22:27.6
Oct. 29	2023	4.	Katie Taylor	Big South Championship	Salem, Va.	5k	17:09.6
Sept. 1	2023	8.	Katie Taylor	Elon Opener	Elon, N.C.	4k	13:39.0
Sept. 15	2023	10.	Katie Taylor	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	22:15.3
Oct. 14	2023	12.	Katie Taylor	Virginia Invitational (Orange)	Charlottesville, Va.	6k	21:15.4
Sept. 29	2023	26.	Katie Taylor	Joe Piane Invitational (Gold)	South Bend, Ind.	5k	18:01.2
Nov. 10	2023	52.	Katie Taylor	NCAA Southeast Regional	Spartanburg, S.C.	6k	20:58.9

<EMMA TOBIN>

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

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 19	2009	52.	Emma Tobin	Big South Preview	Winston-Salem, N.C.		23:36
Sept. 25	2010	39.	Emma Tobin	Big South Preview	Blacksburg, Va.		21:50.96
Oct. 2	2010	22.	Emma Tobin	Hagan-Stone Classic	Greensboro, N.C.		20:30.5
Oct. 2	2010	22.	Emma Tobin	Hagan-Stone Classic	Greensboro, N.C.		20:30.5
Oct. 15	2010	20.	Emma Tobin	Blue Ridge Open	Boone, N.C.		20:37.1
Oct. 30	2010	62.	Emma Tobin	Big South Championship	Blacksburg, Va.		21:31.81

<SHAWNNA TRUELOVE>

Best Overall Finish (4k):..... 41st / Winthrop / Asics Fall Classic
 Best Overall Finish (5k):..... 17th / Big South Championship
 Best Overall Finish (6k):..... 112th / NCAA Southeast Regional
 Best Time (4k):..... 16:25 / Winthrop / Asics Fall Classic
 Best Time (5k):..... 18:59.17 / N.C. Collegiate XC Championships
 Best Time (6k):..... 23:18.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 30	2004	44.	Shawnna Truelove	Big South Championship	Rock Hill, S.C.	5k	20:29
Aug. 29	2003	40.	Shawnna Truelove	Mountaineer Open	Boone, N.C.	5k	21:07.00
Sept. 6	2003	45.	Shawnna Truelove	HPU / Elon Invitational	Greensboro, N.C.		22:24
Sept. 20	2003	37.	Shawnna Truelove	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	20:49.59
Sept. 26	2003	79.	Shawnna Truelove	Great American Classic	Cary, N.C.	5k	21:21.3
Oct. 11	2003	27.	Shawnna Truelove	Furman Invitational	Greenville, S.C.	5k	20:17.33
Oct. 18	2003	40.	Shawnna Truelove	N.C. Collegiate XC Championships	Greenville, N.C.	5k	18:59.17
Nov. 1	2003	17.	Shawnna Truelove	Big South Championship	Conway, S.C.	5k	19:49.38
Nov. 15	2003	112.	Shawnna Truelove	NCAA Southeast Regional	Greenville, N.C.	6k	23:18.7
Sept. 10	2004	29.	Shawnna Truelove	UNC Wilmington Invitational	Wilmington, N.C.	5k	21:08
Oct. 1	2004	67.	Shawnna Truelove	Great American XC Festival	Cary, N.C.	5k	21:07.11
Oct. 16	2004	41.	Shawnna Truelove	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:25
Nov. 13	2004	153.	Shawnna Truelove	NCAA Southeast Regional	Greenville, N.C.	6k	24:05.40
Sept. 2	2005	35.	Shawnna Truelove	Wake Forest Invitational	Winston-Salem, N.C.	-	20:52
Oct. 29	2005	44.	Shawnna Truelove	Big South Championship	Lexington, Va.	5k	20:53.98
Sept. 23	2006	38.	Shawnna Truelove	Old North State Championships	Greensboro, N.C.	5k	21:44.9
Oct. 13	2006	79.	Shawnna Truelove	Blue Ridge Open	Boone, N.C.	5k	21:25.2
Oct. 28	2006	57.	Shawnna Truelove	Big South Championship	Summerville, S.C.	5k	21:22.87
Sept. 2	2005	17.	Shawnna Truelove / Erin Kelly	Wake Forest Invitational	Winston-Salem, N.C.	-	41:30
Sept. 1	2004	17.	Shawnna Truelove / Kate Atkinson	Wake Forest Relays	Winston-Salem, N.C.	-	43:19

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

<JAMIE VETTEN>

Best Overall Finish (4k):	43rd / Winthrop / Asics Fall Classic
Best Overall Finish (5k):	13th / Hagan-Stone Classic
Best Overall Finish (6k):	131st / NCAA Southeast Regional
Best Time (4k):	16:26 / Winthrop / Asics Fall Classic
Best Time (5k):	19:31.67 / N.C. Collegiate XC Championships
Best Time (6k):	23:36.00 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	81.	Jamie Vetten	Appalachian State Invitational	Boone, N.C.	5k	21:06
Sept. 8	2001	14.	Jamie Vetten	HPU / Elon Invitational	Greensboro, N.C.	5k	21:03
Sept. 21	2001	193.	Jamie Vetten	Great American XC Classic	Rock Hill, S.C.	5k	20:28
Sept. 29	2001	4.	Jamie Vetten	Greensboro Invitational	Greensboro, N.C.		20:36
Oct. 13	2001	29.	Jamie Vetten	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:13
Oct. 27	2001	36.	Jamie Vetten	Big South Championship	Rock Hill, S.C.	5k	20:24
Nov. 10	2001	170.	Jamie Vetten	NCAA Southeast Regional	Greenville, S.C.	6k	26:24
Aug. 30	2002	58.	Jamie Vetten	Mountaineer Open	Boone, N.C.	5k	21:10.80
Sept. 21	2002	30.	Jamie Vetten	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	20:31.88
Sept. 27	2002	90.	Jamie Vetten	Great American Classic	Charlotte, N.C.	5k	22:41.0
Oct. 5	2002	13.	Jamie Vetten	Hagan-Stone Classic	Greensboro, N.C.	5k	20:07
Oct. 12	2002	51.	Jamie Vetten	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:31.67
Nov. 2	2002	26.	Jamie Vetten	Big South Championship	Rock Hill, S.C.	5k	19:50.28
Nov. 16	2002	136.	Jamie Vetten	NCAA Southeast Regional	Greenville, N.C.	6k	23:36.00
Aug. 29	2003	50.	Jamie Vetten	Mountaineer Open	Boone, N.C.	5k	22:04.20
Sept. 26	2003	122.	Jamie Vetten	Great American Classic	Cary, N.C.	5k	26:46.7
Oct. 11	2003	62.	Jamie Vetten	Furman Invitational	Greenville, S.C.	5k	21:34.49
Oct. 18	2003	59.	Jamie Vetten	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:41.24
Nov.1	2003	22.	Jamie Vetten	Big South Championship	Conway, S.C.	5k	20:19.49
Nov. 15	2003	131.	Jamie Vetten	NCAA Southeast Regional	Greenville, N.C.	6k	23:57.6
Sept. 10	2004	32.	Jamie Vetten	UNC Wilmington Invitational	Wilmington, N.C.	5k	21:16
Sept. 25	2004	56.	Jamie Vetten	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	20:46
Oct. 16	2004	43.	Jamie Vetten	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	16:26
Oct. 30	2004	39.	Jamie Vetten	Big South Championship	Rock Hill, S.C.	5k	20:07
Nov. 13	2004	157.	Jamie Vetten	NCAA Southeast Regional	Greenville, N.C.	6k	24:13.80

<LAUREN VOSSEN>

Best Overall Finish (4k):	56th / Elon Opener
Best Overall Finish (5k):	110th / Covered Bridge Open
Best Overall Finish (6k):	52nd / VertCross Invitational
Best Time (4k):	15:27.1 / Elon Opener
Best Time (5k):	21:11.16 / Covered Bridge Open
Best Time (6k):	24:54.9 / Virginia Tech Alumni Invite

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2022	110.	Lauren Vossen	Covered Bridge Open	Boone, N.C.	5k	21:11.16
Sept. 16	2022	102.	Lauren Vossen	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	26:34.3
Oct. 14	2022	52.	Lauren Vossen	VertCross Invitational	Kernersville, N.C.	6k	26:05.6
Sept. 15	2023	55.	Lauren Vossen	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	24:54.9
Sept. 1	2023	56.	Lauren Vossen	Elon Opener	Elon, N.C.	4k	15:27.1

<TRACY WARRING>

Best Overall Finish (5k):	22nd / Overton XC Meet
Best Overall Finish (6k):	134th / NCAA Southeast Regional
Best Time (5k):	19:12.88 / N.C. Collegiate XC Championships
Best Time (6k):	24:00.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	74.	Tracy Warring	Mountaineer Open	Boone, N.C.	5k	22:12.40
Sept. 21	2002	49.	Tracy Warring	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	21:58.93
Sept. 27	2002	99.	Tracy Warring	Great American Classic	Charlotte, N.C.	5k	23:01.8
Oct. 5	2002	32.	Tracy Warring	Hagan-Stone Classic	Greensboro, N.C.	5k	21:21
Oct. 12	2002	78.	Tracy Warring	N.C. Collegiate XC Championships	Greenville, N.C.	5k	20:37.26
Nov. 2	2002	35.	Tracy Warring	Big South Championship	Rock Hill, S.C.	5k	20:37.78
Nov. 16	2002	168.	Tracy Warring	NCAA Southeast Regional	Greenville, N.C.	6k	24:45.90
Aug. 29	2003	34.	Tracy Warring	Mountaineer Open	Boone, N.C.	5k	20:40.20
Sept. 6	2003	19.	Tracy Warring	HPU / Elon Invitational	Greensboro, N.C.		21:19
Sept. 20	2003	34.	Tracy Warring	Winthrop / Adidas Invitational	Rock Hill, S.C.	5k	20:42.63
Sept. 26	2003	70.	Tracy Warring	Great American Classic	Cary, N.C.	5k	21:05.2
Oct. 11	2003	25.	Tracy Warring	Furman Invitational	Greenville, S.C.	5k	20:13.07
Oct. 18	2003	52.	Tracy Warring	N.C. Collegiate XC Championships	Greenville, N.C.	5k	19:12.88
Nov.1	2003	23.	Tracy Warring	Big South Championship	Conway, S.C.	5k	20:24.44
Nov. 15	2003	134.	Tracy Warring	NCAA Southeast Regional	Greenville, N.C.	6k	24:00.0
Sept. 2	2005	31.	Tracy Warring	Wake Forest Invitational	Winston-Salem, N.C.	-	20:26
Sept. 17	2005	39.	Tracy Warring	Winthrop / Asics Invitational (Gold)	Rock Hill, S.C.	5k	22:38
Sept. 24	2005	22.	Tracy Warring	Overton XC Meet	Greenville, N.C.	5k	20:26.07

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

Oct. 14	2005	38.	Tracy Warring	Blue Ridge Open	Boone, N.C.	5k	20:16.5
Oct. 29	2005	28.	Tracy Warring	Big South Championship	Lexington, Va.	5k	20:13.42
Nov. 12	2005	160.	Tracy Warring	NCAA Southeast Regional	Greenville, N.C.	6k	24:12.8
Sept. 2	2005	16.	Cheryl Gainey / Tracy Warring	Wake Forest Invitational	Winston-Salem, N.C.	-	40:34

<EMILY WEBB>

Best Overall Finish (5k):	8th / Big South Championship
Best Overall Finish (6k):	69th/ Roy Griak Invitational
Best Time (5k):	19:32.36 / Big South Championship
Best Time (6k):	22:09.93/ NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2007	15.	Emily Webb	North Carolina Opener	Chapel Hill, N.C.	5k	20:14.60
Sept. 8	2007	38.	Emily Webb	Lou Onesty Invitational	Charlottesville, Va.	5k	20:21.3
Sept. 14	2007	12.	Emily Webb	Big South Preview	Hendersonville, N.C.	5k	19:50.6
Sept. 28	2007	118.	Emily Webb	Notre Dame Invitational	South Bend, Ind.	5k	19:37
Oct. 12	2007	72.	Emily Webb	Blue Ridge Mountain Open	Boone, N.C.	5k	20:05
Oct. 27	2007	33.	Emily Webb	Big South Championship	Hendersonville, N.C.		19:48.8
Sept. 20	2008	10.	Emily Webb	Liberty Invitational	Lynchburg, Va.	5k	19:57.40
Oct. 17	2008	53.	Emily Webb	Blue Ridge Open (Gold)	Boone, N.C.	5k	19:27
Nov. 1	2008	22.	Emily Webb	Big South Championship	Lynchburg, Va.	5k	19:32.36
Nov. 15	2008	106.	Emily Webb	NCAA Southeast Regional	Clemmons, N.C.	6k	23:10.2
Sept. 4	2009	18.	Emily Webb	Wake Forest Relays	Winston-Salem, N.C.		19:08.0
Sept. 19	2009	12.	Emily Webb	Big South Preview	Winston-Salem, N.C.		19:52
Sept. 26	2009	69.	Emily Webb	Roy Griak Invitational	St. Paul, Minn.	6k	23:46
Oct. 31	2009	8.	Emily Webb	Big South Championship	Winston-Salem, N.C.	5k	19:12
Nov. 14	2009	102.	Emily Webb	NCAA Southeast Regional	Louisville, Ky.	6k	22:46.52
Sept. 3	2010	26.	Emily Webb	Covered Bridge Open	Boone, N.C.		19:07.63
Sept. 25	2010	6.	Emily Webb	Big South Preview	Blacksburg, Va.		19:36.57
Oct. 1	2010	83.	Emily Webb	Paul Short Invitational	Bethlehem, Pa.		21:57
Oct. 15	2010	35.	Emily Webb	Blue Ridge Open (Gold)	Boone, N.C.		18:37.5
Oct. 30	2010	5.	Emily Webb	Big South Championship	Blacksburg, Va.		18:27.38
Nov. 13	2010	74.	Emily Webb	NCAA Southeast Regional	Louisville, Ky.	6k	22:09.93

<TESSA WEBB>

Best Overall Finish (5k):	5th / Big South Championship
Best Overall Finish (6k):	5th / VertCross Invitational
Best Time (5k):	18:04.08 / Big South Championship
Best Time (6k):	21:33.7 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2019	18.	Tessa Webb	Covered Bridge Open	Boone, N.C.	5k	18:59.06
Sept. 14	2019	62.	Tessa Webb	Commodore Classic	Nashville, Tenn.	6k	22:41.05
Sept. 27	2019	39.	Tessa Webb	Virginia / Panorama Farms Invitational	Earlsville, Va.	6k	21:56.2
Oct. 18	2019	5.	Tessa Webb	VertCross Invitational	Kernersville, N.C.	6k	22:02.73
Nov. 2	2019	5.	Tessa Webb	Big South Championship	Buies Creek, N.C.	5k	18:04.08
Nov. 15	2019	57.	Tessa Webb	NCAA Southeast Regional	Earlsville, Va.	6k	21:33.7
Sept. 3	2021	71.	Tessa Webb	Covered Bridge Open	Boone, N.C.	5k	20:00.82
Sept. 17	2021	53.	Tessa Webb	Virginia / Panorama Farms Invitational	Charlottesville, Va.	5k	19:57.4
Oct. 2	2021	238.	Tessa Webb	Live in Lou Classic	Louisville, Ky.	5k	19:03.1
Oct. 15	2021	45.	Tessa Webb	VertCross Invitational	Kernersville, N.C.		19:41.6
Oct. 29	2021	36.	Tessa Webb	Big South Championship	Kernersville, N.C.	5k	19:41.3
Sept. 2	2022	27.	Tessa Webb	Covered Bridge Open	Boone, N.C.	5k	18:24.39
Sept. 16	2022	42.	Tessa Webb	Virginia Tech Alumni Invite	Blacksburg, Va.	6k	23:43.4
Oct. 14	2022	25.	Tessa Webb	VertCross Invitational	Kernersville, N.C.	6k	23:26.4
Oct. 29	2022	18.	Tessa Webb	Big South Championship	Farmville, Va.	5k	18:28.8

<LANY WENKE>

Best Overall Finish (5k):	20th / Blue Ridge Open
Best Overall Finish (6k):	N/A
Best Time (5k):	20:34 / Wolfpack Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 20	2008	43.	Lany Wenke	Liberty Invitational	Lynchburg, Va.	5k	22:46.90
Oct. 17	2008	20.	Lany Wenke	Blue Ridge Open	Boone, N.C.	5k	20:53
Nov. 8	2008	32.	Lany Wenke	Wolfpack Invitational	Raleigh, N.C.	5k	20:34

<KRISTY WHITAKER>

Best Overall Finish (5k):	6th / Radford Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	19:14 / UNC Pembroke Invitational
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
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INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 5	1998	9.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	21:46
Sept. 12	1998	10.	Kristy Whitaker	UNC Pembroke Invitational	Pembroke, N.C.	5k	19:14
Sept. 19	1998	13.	Kristy Whitaker	Winthrop Invitational	Rock Hill, S.C.	5k	19:55
Sept. 26	1998	17.	Kristy Whitaker	Greensboro Invitational	Greensboro, N.C.	5k	20:43
Oct. 3	1998	6.	Kristy Whitaker	Radford Invitational	Radford, Va.	5k	19:47
Oct. 17	1998	60.	Kristy Whitaker	N.C. Collegiate Championships	Greenville, N.C.	5k	19:47
Oct. 17	1998	31.	Kristy Whitaker	Big South Championship (B Division)	Radford, Va.	5k	20:19
Sept. 4	1999	12.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	20:50
Sept. 11	1999	17.	Kristy Whitaker	Western Carolina Classic	Cullowhee, N.C.	5k	20:04
Sept. 18	1999	52.	Kristy Whitaker	Winthrop Invitational (Garnet)	Rock Hill, S.C.	5k	19:58
Sept. 25	1999	-	Kristy Whitaker	Greensboro Invitational	Greensboro, N.C.	5k	DNF
Oct. 9	1999	44.	Kristy Whitaker	Furman Invitational	Greenville, S.C.	5k	20:06
Aug. 31	2001	100.	Kristy Whitaker	Appalachian State Invitational	Boone, N.C.	5k	22:28
Sept. 8	2001	27.	Kristy Whitaker	HPU / Elon Invitational	Greensboro, N.C.	5k	22:42
Sept. 21	2001	250.	Kristy Whitaker	Great American XC Classic	Rock Hill, S.C.	5k	22:07
Sept. 29	2001	58.	Kristy Whitaker	Greensboro Invitational	Greensboro, N.C.		21:32
Oct. 13	2001	51.	Kristy Whitaker	N.C. Collegiate XC Championships	Greenville, N.C.	5k	20:39
Oct. 27	2001	45.	Kristy Whitaker	Big South Championship	Rock Hill, S.C.	5k	21:56

<KRISTA WILLARD>

Best Overall Finish (5k):	11th / Gardner-Webb Invitational
Best Overall Finish (6k):	159th / NCAA Southeast Regional
Best Time (5k):	19:31.28 / Big South Championship
Best Time (6k):	23:01.6 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 2	2011	97.	Krista Willard	Covered Bridge Open	Boone, N.C.		21:50.9
Sept. 17	2011	51.	Krista Willard	Big South Preview	Conway, S.C.		20:27
Oct. 14	2011	124.	Krista Willard	Blue Ridge Open	Boone, N.C.	5k	20:44.6
Oct. 29	2011	61.	Krista Willard	Big South Championship	Conway, S.C.		20:16
Aug. 30	2013	47.	Krista Willard	Western Carolina XC Invitational	Cullowhee, N.C.		12:27.21
Sept. 14	2013	71.	Krista Willard	Furman Classic	Greenville, S.C.		23:32.08
Sept. 21	2013	34.	Krista Willard	VMI Invitational	Buena Vista, Va.	5k	20:47.21
Sept. 28	2013	4.	Krista Willard	Greensboro XC Invitational	Greensboro, N.C.		19:26.87
Oct. 18	2013	115.	Krista Willard	Blue Ridge Open	Boone, N.C.		20:16.80
Nov. 2	2013	27.	Krista Willard	Big South Championship	Buena Vista, Va.		19:43.90
Nov. 15	2013	213.	Krista Willard	NCAA Southeast Regional	Earlsville, Va.	6k	24:06.6
Sept. 13	2014	11.	Krista Willard	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:55.46
Sept. 26	2014	64.	Krista Willard	Virginia / Panorama Farms Invitational	Earlsville, Va.		23:34.96
Oct. 17	2014	34.	Krista Willard	Blue Ridge Open	Boone, N.C.	5k	19:59.17
Nov. 1	2014	27.	Krista Willard	Big South Championship	Boiling Springs, N.C.	5k	19:31.28
Nov. 14	2014	159.	Krista Willard	NCAA Southeast Regional	Louisville, Ky.	6k	23:01.6

<LONAMARIE WILLIAMS>

Best Overall Finish (5k):	21st / Three Stripe Invite
Best Overall Finish (6k):	N/A
Best Time (5k):	19:49.81 / Three Stripe Invite
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 26	2014	25.	Lonamare Williams	UNCG Spartan Invitational	Kernersville, N.C.	5k	20:45.32
Oct. 17	2014	64.	Lonamare Williams	Blue Ridge Open	Boone, N.C.	5k	21:17.07
Nov. 1	2014	46.	Lonamare Williams	Big South Championship	Boiling Springs, N.C.	5k	20:17.92
Nov. 8	2014	21.	Lonamare Williams	Three Stripe Invite	Cary, N.C.	5k	19:49.81

<BELINDA WILSHER>

Best Overall Finish (4k):	6th / Winthrop / Asics Fall Classic
Best Overall Finish (5k):	4th / Great American XC Festival
Best Overall Finish (6k):	N/A
Best Time (4k):	15:12 / Winthrop / Asics Fall Classic
Best Time (5k):	18:41.08 / Great American XC Festival
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 1	2004	4.	Belinda Wilsher	Great American XC Festival	Cary, N.C.	5k	18:41.08
Oct. 16	2004	6.	Belinda Wilsher	Winthrop / Asics Fall Classic	Rock Hill, S.C.	4k	15:12
Oct. 30	2004	23.	Belinda Wilsher	Big South Championship	Rock Hill, S.C.	5k	19:34

<CORY WILSON>

Best Overall Finish (5k):	40th / Big South Preview
Best Overall Finish (6k):	103rd / VertCross Invitational
Best Time (5k):	23:40.3 / Big South Preview
Best Time (6k):	25:40.80 / VertCross Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
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INDIVIDUAL MEET-BY-MEET RESULTS (ALL-TIME)

Sept. 16	2017	40.	Cory Wilson	Big South Preview	Lynchburg, Va.	5k	23:40.3
Oct. 13	2017	103.	Cory Wilson	VertCross Invitational	Kemersville, N.C.	6k	25:40.80

<GENEVA WINTERINK>

Best Overall Finish (5k):	7th / 18:58.60 / Big South Championship
Best Overall Finish (6k):	75th / Roy Griak Invitational
Best Time (5k):	18:58.60 / Big South Championship
Best Time (6k):	22:42.83 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 1	2006	14.	Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.	5k	18:29
Sept. 9	2006	40.	Geneva Winterink	Lou Onesty Invitational	Charlottesville, Va.	5k	19:50.20
Sept. 23	2006	7.	Geneva Winterink	Old North State Championships	Greensboro, N.C.	5k	19:22.6
Sept. 29	2006	113.	Geneva Winterink	Paul Short Invitational	Bethlehem, Pa.	6k	23:06
Oct. 13	2006	24.	Geneva Winterink	Blue Ridge Open	Boone, N.C.	5k	19:33.0
Oct. 28	2006	19.	Geneva Winterink	Big South Championship	Summerville, S.C.	5k	18:58.60
Nov. 11	2006	143.	Geneva Winterink	NCAA Southeast Regional	Louisville, Ky.	6k	23:45.35
Sept. 1	2007	17.	Geneva Winterink	North Carolina Opener	Chapel Hill, N.C.	5k	20:36.10
Sept. 8	2007	40.	Geneva Winterink	Lou Onesty Invitational	Charlottesville, Va.	5k	20:25.5
Sept. 14	2007	14.	Geneva Winterink	Big South Preview	Hendersonville, N.C.	5k	20:18.1
Oct. 12	2007	94.	Geneva Winterink	Blue Ridge Mountain Open	Boone, N.C.	5k	20:22
Oct. 27	2007	31.	Geneva Winterink	Big South Championship	Hendersonville, N.C.		19:45.6
Sept. 20	2008	20.	Geneva Winterink	Liberty Invitational	Lynchburg, Va.	5k	20:44.10
Sept. 27	2008	144.	Geneva Winterink	Roy Griak Invitational	Falcon Heights, Minn.	6k	24:12.10
Oct. 17	2008	133.	Geneva Winterink	Blue Ridge Open (Gold)	Boone, N.C.	5k	20:39
Nov. 1	2008	23.	Geneva Winterink	Big South Championship	Lynchburg, Va.	5k	20:09.07
Nov. 15	2008	129.	Geneva Winterink	NCAA Southeast Regional	Clemmons, N.C.	6k	23:24.2
Sept. 4	2009	16.	Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.		19:02.0
Sept. 19	2009	7.	Geneva Winterink	Big South Preview	Winston-Salem, N.C.		19:43
Sept. 26	2009	75.	Geneva Winterink	Roy Griak Invitational	St. Paul, Minn.	6k	23:51
Oct. 31	2009	11.	Geneva Winterink	Big South Championship	Winston-Salem, N.C.	5k	19:21
Nov. 14	2009	96.	Geneva Winterink	NCAA Southeast Regional	Louisville, Ky.	6k	22:42.83
Sept. 1	2006	9.	Shauna Marsh / Geneva Winterink	Wake Forest Relays	Winston-Salem, N.C.	5k	37:33

<LEAH ANNE WIRFEL>

Best Overall Finish (5k):	7th / Gardner-Webb Invitational
Best Overall Finish (6k):	54th / Charlotte Invitational (Sub-Varsity)
Best Time (5k):	19:08.34 / Big South Championship
Best Time (6k):	22:35.0 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Oct. 29	2011	17.	Leah Anne Wirfel	Big South Championship	Conway, S.C.		18:38
Nov. 12	2011	136.	Leah Anne Wirfel	NCAA Southeast Regional	Louisville, Ky.	6k	22:55.1
Sept. 28	2012	54.	Leah Anne Wirfel	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	25:02.78
Sept. 13	2014	7.	Leah Anne Wirfel	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	19:37.85
Sept. 26	2014	72.	Leah Anne Wirfel	Virginia / Panorama Farms Invitational	Earlysville, Va.		23:46.92
Oct. 17	2014	21.	Leah Anne Wirfel	Blue Ridge Open	Boone, N.C.	5k	19:26.22
Nov. 1	2014	17.	Leah Anne Wirfel	Big South Championship	Boiling Springs, N.C.	5k	19:08.34
Nov. 14	2014	128.	Leah Anne Wirfel	NCAA Southeast Regional	Louisville, Ky.	6k	22:35.0

<LARA WITTSTADT>

Best Overall Finish (5k):	33rd / HPU / Elon Invitational
Best Overall Finish (6k):	N/A
Best Time (5k):	22:22 / N.C. Collegiate XC Championships
Best Time (6k):	N/A

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 31	2001	106.	Lara Wittstadt	Appalachian State Invitational	Boone, N.C.	5k	23:26
Sept. 8	2001	33.	Lara Wittstadt	HPU / Elon Invitational	Greensboro, N.C.	5k	24:08
Sept. 21	2001	280.	Lara Wittstadt	Great American XC Classic	Rock Hill, S.C.	5k	24:14
Sept. 29	2001	78.	Lara Wittstadt	Greensboro Invitational	Greensboro, N.C.		23:20
Oct. 13	2001	70.	Lara Wittstadt	N.C. Collegiate XC Championships	Greenville, N.C.	5k	22:22

<ELIZABETH YOUNG>

Best Overall Finish (5k):	20:45.21 / USC Upstate Invitational
Best Overall Finish (6k):	N/A
Best Overall Finish (8k):	209th / NAIA National Championships
Best Time (5k):	20:45.21 / USC Upstate Invitational
Best Time (6k):	N/A
Best Time (8k):	22:01 / NAIA National Championships

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 12	1992		Elizabeth Young	UNC Pembroke Invitational	Pembroke, N.C.	5k	21:00
Sept. 19	1992	61.	Elizabeth Young	Winthrop Invitational	Rock Hill, S.C.		
Sept. 26	1992	30.	Elizabeth Young	Greensboro Invitational	Greensboro, N.C.		22:43

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

Oct. 3	1992	45.	Elizabeth Young	UNC Charlotte Invitational	Charlotte, N.C.		23:02
Oct. 10	1992	5.	Elizabeth Young	Belmont Abbey Invitational	Belmont, N.C.		20:55
Oct. 17	1992	2.	Elizabeth Young	Catawba Invitational	Salisbury, N.C.		22:15
Sept. 11	1993	3.	Elizabeth Young	UNC Pembroke Invitational	Pembroke, N.C.		
Sept. 18	1993	11.	Elizabeth Young	Wake Forest CC Classic	Winston-Salem, N.C.	5k	22:58
Oct. 3	1993	8.	Elizabeth Young	Methodist Invitational	Fayetteville, N.C.		21:34
Oct. 17	1993	14.	Elizabeth Young	N.C. Collegiate Championships	Cullowhee, N.C.	5k	
Nov. 20	1993	209.	Elizabeth Young	NAIA National Championships	Kenosha, Wisc.	8k	22:01
Sept. 7	1994	2.	Elizabeth Young	High Point Invitational	High Point, N.C.	5k	21:44
Sept. 17	1994	4.	Elizabeth Young	Wake Forest CC Classic	Winston-Salem, N.C.		21:21
Sept. 24	1994	1.	Elizabeth Young	Greensboro Invitational	Greensboro, N.C.		20:40
Oct. 1	1994	30.	Elizabeth Young	East Carolina Invitational	Greenville, N.C.	5k	21:20
Oct. 8	1994	10.	Elizabeth Young	USC Upstate Invitational	Spartanburg, S.C.	5k	20:45.21
Oct. 24	1994	2.	Elizabeth Young	Carolinas Intercollegiate Athletic Conference Championship	Greensboro, N.C.		20:59
Sept. 12	1995	5.	Elizabeth Young	High Point Invitational	Greensboro, N.C.	5k	21:52
Oct. 14	1995	7.	Elizabeth Young	N.C. Collegiate Championships	Charlotte, N.C.		21:01.8
Oct. 28	1995	1.	Elizabeth Young	Carolinas-Virginia Conference Championship		5k	21:29

<JULIA ZAUTCKE>

Best Overall Finish (5k): 20th (2x) / Gardner-Webb Invitational
 Best Overall Finish (6k): 37th / Charlotte Invitational (Sub-Varsity)
 Best Time (5k): 19:13.4 / Big South Championship
 Best Time (6k): 23:16.45 / Wake Forest Invitational

Date	Year	Finish	Individual	Event	Site	Distance	Time
Sept. 15	2012	123.	Julia Zautcke	adidas / Winthrop Invitational	Rock Hill, S.C.		20:42.40
Sept. 28	2012	37.	Julia Zautcke	Charlotte Invitational (Sub-Varsity)	Charlotte, N.C.	6k	24:22.33
Oct. 12	2012	75.	Julia Zautcke	Blue Ridge Open	Boone, N.C.		20:08.61
Aug. 30	2013	19.	Julia Zautcke	Western Carolina XC Invitational	Cullowhee, N.C.		11:56.16
Sept. 14	2013	45.	Julia Zautcke	Furman Classic	Greenville, S.C.		22:37.76
Sept. 21	2013	20.	Julia Zautcke	VMI Invitational	Buena Vista, Va.	5k	20:04.34
Sept. 28	2013	96.	Julia Zautcke	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:32.4
Oct. 18	2013	77.	Julia Zautcke	Blue Ridge Open	Boone, N.C.		19:44.48
Nov. 2	2013	38.	Julia Zautcke	Big South Championship	Buena Vista, Va.		19:59.37
Nov. 15	2013	173.	Julia Zautcke	NCAA Southeast Regional	Earlsville, Va.	6k	23:22.1
Sept. 13	2014	20.	Julia Zautcke	Gardner-Webb Invitational	Boiling Springs, N.C.	5k	20:20.26
Oct. 17	2014	47.	Julia Zautcke	Blue Ridge Open	Boone, N.C.	5k	20:30.39
Nov. 1	2014	50.	Julia Zautcke	Big South Championship	Boiling Springs, N.C.	5k	20:28.11
Sept. 4	2015	14.	Julia Zautcke	Elon Invitational	Elon, N.C.		1:01.32
Sept. 12	2015	68.	Julia Zautcke	Furman Classic	Greenville, S.C.		23:51.01
Sept. 26	2015	87.	Julia Zautcke	Virginia / Panorama Farms Invitational	Earlsville, Va.	5k	19:46.5
Oct. 3	2015	54.	Julia Zautcke	USC Upstate Invitational	Spartanburg, S.C.		20:20.27
Oct. 16	2015	57.	Julia Zautcke	Wake Forest Invitational	Kernersville, N.C.	6k	23:16.45
Oct. 31	2015	32.	Julia Zautcke	Big South Championship	Spartanburg, S.C.	5k	19:13.4
Aug. 31	2012	9.	Audrey Malloy / Julia Zautcke	Demon Deacon Quad	Winston-Salem, N.C.		41:24

<LINDSAY ZERANCE>

Best Overall Finish (5k): 39th / Quality Inn Winthrop Invitational (Gold)
 Best Overall Finish (6k): 185th / NCAA Southeast Regional
 Best Time (5k): 21:14.00 / N.C. Collegiate XC Championships
 Best Time (6k): 32:08.20 / NCAA Southeast Regional

Date	Year	Finish	Individual	Event	Site	Distance	Time
Aug. 30	2002	63.	Lindsay Zerance	Mountaineer Open	Boone, N.C.	5k	21:39.50
Sept. 21	2002	39.	Lindsay Zerance	Quality Inn Winthrop Invitational (Gold)	Rock Hill, S.C.	5k	21:21.81
Sept. 27	2002	111.	Lindsay Zerance	Great American Classic	Charlotte, N.C.	5k	24:01.3
Oct. 12	2002	90.	Lindsay Zerance	N.C. Collegiate XC Championships	Greenville, N.C.	5k	21:14.00
Nov. 2	2002	50.	Lindsay Zerance	Big South Championship	Rock Hill, S.C.	5k	22:14.48
Nov. 16	2002	185.	Lindsay Zerance	NCAA Southeast Regional	Greenville, N.C.	6k	32:08.20

AWARDS & ACCOLADES

<BIG SOUTH ALL-CONFERENCE (52)>

Player	Distinction	Date / Year
Jemissa Hess	Big South All-Conference Team	2003
Melissa Caudill	Big South All-Conference Team	2003
Jemissa Hess	Big South All-Conference Team	2004
Kali Burt	Big South All-Conference Team	2005
Kali Burt	Big South All-Conference Team	2006
Zsanett Kis	Big South All-Conference Team	2007
Kali Burt	Big South All-Conference Team	2007
Zsanett Kis	Big South All-Conference Team	2008
Hannah Granger	Big South All-Conference Team	2008
Emily Webb	Big South All-Conference Team	2009
Kayleigh Perry	Big South All-Conference Team	2011
Audrey Malloy	Big South All-Conference Team	2011
Kelsey Hunt	Big South All-Conference Team	2011
Kelsey Paine	Big South All-Conference Team	2011
Kelsey Fraser	Big South All-Conference Team	2011
Kayleigh Perry	Big South All-Conference Team	2012
Kelsey Hunt	Big South All-Conference Team	2012
Kayleigh Perry	Big South All-Conference Team	2013
Natalia Ocasio	Big South All-Conference Team	2014
Kelly Hayes	Big South All-Conference Team	2014
Kelly Hayes	Big South All-Conference Team	2015
Cozette Collin	Big South All-Conference Team	2015
Natalia Ocasio	Big South All-Conference Team	2015
Katie Farina	Big South All-Conference Team	2015
Natalia Ocasio	Big South All-Conference Team	2016
Cozette Collin	Big South All-Conference Team	2016
Zoe Geis	Big South All-Conference Team	2016
Keaton Case	Big South All-Conference Team	2016
Famke Heinst	Big South All-Conference Team	2017
Julia Hellman	Big South All-Conference Team	2017
Zoe Geis	Big South All-Conference Team	2017
Caroline Baudinet	Big South All-Conference Team	2017
Keaton Case	Big South All-Conference Team	2017
Famke Heinst	Big South All-Conference Team	2018
Lindsey Ickes	Big South All-Conference Team	2018
Zoe Geis	Big South All-Conference Team	2018
Keaton Case	Big South All-Conference Team	2018
Julia Hellman	Big South All-Conference Team	2018
Franziska Jakobs	Big South All-Conference Team	2018
Famke Heinst	Big South All-Conference Team	2018
Zoe Geis	Big South All-Conference Team	2018
Tessa Webb	Big South All-Conference Team	2018
Lindsey Ickes	Big South All-Conference Team	2018
Famke Heinst	Big South All-Conference Team	2019
Zoe Geis	Big South All-Conference Team	2019
Tessa Webb	Big South All-Conference Team	2019
Lindsey Ickes	Big South All-Conference Team	2019
Famke Heinst	Big South All-Conference Team	2020-21
Lindsey Ickes	Big South All-Conference Team	2020-21
Olive Allen	Big South All-Conference Team	2020-21
Ashley Jones	Big South All-Conference Team	2020-21
Camryn Harper	Big South All-Conference Team	2020-21

<BIG SOUTH ALL-CONFERENCE (FIRST TEAM) (8)>

Player	Distinction	Date / Year
Lindsey Ickes	Big South All-Conference First Team	2021
Sydney Bagus	Big South All-Conference First Team	2021
Lindsey Ickes	Big South All-Conference First Team	2022

AWARDS & ACCOLADES

Ashley Jones	Big South All-Conference First Team	2022
Katie Taylor	Big South All-Conference First Team	2022
Camryn Harper	Big South All-Conference First Team	2022
Brianna Malone	Big South All-Conference First Team	2023
Katie Taylor	Big South All-Conference First Team	2023

<BIG SOUTH ALL-CONFERENCE (SECOND TEAM) (8)>

Player	Distinction	Date / Year
Camryn Harper	Big South All-Conference Second Team	2021
Olive Allen	Big South All-Conference Second Team	2021
Charli Montalvo	Big South All-Conference Second Team	2022
Joanna Poland	Big South All-Conference Second Team	2022
Anna Ritter	Big South All-Conference Second Team	2022
Charli Montalvo	Big South All-Conference Second Team	2023
Elizabeth Ritter	Big South All-Conference Second Team	2023
Paris Stankewich	Big South All-Conference Second Team	2023

<BIG SOUTH TEAM SPORTSMANSHIP AWARD (2)>

Player	Distinction	Date / Year
High Point	Big South Team Sportsmanship Award	2007
High Point	Big South Team Sportsmanship Award	2019

<BIG SOUTH ALL-DECADE TEAM (4)>

Player	Distinction	Date / Year
Kali Burt	Big South All-Decade Team	2000-09
Keaton Case	Big South All-Decade Team	2010-19
Zoe Geis	Big South All-Decade Team	2010-19
Famke Heinst	Big South All-Decade Team	2010-19

<BIG SOUTH ALL-DECADE TEAM (COACH) (1)>

Player	Distinction	Date / Year
Remy Tamer	Big South All-Decade Team (Coach)	2010-19

<BIG SOUTH FRESHMAN RUNNER OF THE WEEK (23)>

Player	Distinction	Date / Year
Kali Burt	Big South Runner of the Week	September 28, 2005
Kali Burt	Big South Runner of the Week	September 27, 2006
Zsanett Kis	Big South Runner of the Week	September 19, 2007
Zsanett Kis	Big South Runner of the Week	September 24, 2008
Kali Burt	Big South Runner of the Week	October 1, 2008
Dani Paul	Big South Runner of the Week	September 29, 2009
Audrey Malloy	Big South Runner of the Week	October 19, 2011
Kelly Hayes	Big South Runner of the Week	September 15, 2015
Kelly Hayes	Big South Runner of the Week	October 7, 2015
Cozette Collin	Big South Runner of the Week	September 28, 2016
Famke Heinst	Big South Runner of the Week	September 6, 2017
Famke Heinst	Big South Runner of the Week	September 20, 2017
Famke Heinst	Big South Runner of the Week	September 27, 2017
Famke Heinst	Big South Runner of the Week	October 3, 2018
Famke Heinst	Big South Runner of the Week	September 18, 2019
Famke Heinst	Big South Runner of the Week	October 2, 2019
Famke Heinst	Big South Runner of the Week	October 23, 2019
Lindsey Ickes	Big South Runner of the Week	September 7, 2022
Lindsey Ickes	Big South Runner of the Week	September 21, 2022
Lindsey Ickes	Big South Runner of the Week	October 5, 2022
Lindsey Ickes	Big South Runner of the Week	October 19, 2022
Brianna Malone	Big South Runner of the Week	October 4, 2023
Brianna Malone	Big South Runner of the Week	October 19, 2023

AWARDS & ACCOLADES

<BIG SOUTH FRESHMAN RUNNER OF THE WEEK (6)>

Player	Distinction	Date / Year
Anna Ritter	Big South Freshman Runner of the Week	September 22, 2021
Anna Ritter	Big South Freshman Runner of the Week	October 6, 2021
Joanna Poland	Big South Freshman Runner of the Week	September 7, 2022
Charli Montalvo	Big South Freshman Runner of the Week	October 5, 2022
Brianna Malone	Big South Freshman Runner of the Week	September 6, 2023
Brianna Malone	Big South Freshman Runner of the Week	September 20, 2023

<BIG SOUTH ALL-ACADEMIC TEAM (25)>

Player	Distinction	Date / Year
Sara Day	Big South All-Academic Team	1998
Martha Fuller	Big South All-Academic Team	1999
Jessica Healan	Big South All-Academic Team	2001
Melissa Caudill	Big South All-Academic Team	2002
Catherine Lewis	Big South All-Academic Team	2003
Jamie Vetten	Big South All-Academic Team	2004
Kate Atkinson	Big South All-Academic Team	2005
Shauna Marsh	Big South All-Academic Team	2006
Kali Burt	Big South All-Academic Team	2007
Zsanett Kis	Big South All-Academic Team	2008
Joya Canfield	Big South All-Academic Team	2009
Kelsey Hunt	Big South All-Academic Team	2010
Kelsey Fraser	Big South All-Academic Team	2011
Kelsey Paine	Big South All-Academic Team	2012
Katie Farina	Big South All-Academic Team	2013
Julia Zautcke	Big South All-Academic Team	2014
Julia Zautcke	Big South All-Academic Team	2015
Courtney Kerr	Big South All-Academic Team	2016
Zoe Geis	Big South All-Academic Team	2017
Keaton Case	Big South All-Academic Team	2018
Famke Heinst	Big South All-Academic Team	2019
Lindsey Ickes	Big South All-Academic Team	2020-21
Lindsey Ickes	Big South All-Academic Team	2021
Katie Taylor	Big South All-Academic Team	2022
Katie Taylor	Big South All-Academic Team	2023

<BIG SOUTH RUNNER OF THE YEAR (7)>

Player	Distinction	Date / Year
Jemissa Hess	Big South Runner of the Year	2004
Zsanett Kis	Big South Runner of the Year	2008
Famke Heinst	Big South Runner of the Year	2017
Famke Heinst	Big South Runner of the Year	2018
Famke Heinst	Big South Runner of the Year	2019
Famke Heinst	Big South Runner of the Year	2020-21
Lindsey Ickes	Big South Runner of the Year	2022

<BIG SOUTH ROOKIE / FRESHMAN OF THE YEAR (4)>

Player	Distinction	Date / Year
Famke Heinst	Big South Rookie / Freshman of the Year	2017
Ashley Jones	Big South Rookie / Freshman of the Year	2020-21
Charli Montalvo	Big South Rookie / Freshman of the Year	2022
Brianna Malone	Big South Rookie / Freshman of the Year	2023

<BIG SOUTH COACH OF THE YEAR (8)>

Player	Distinction	Date / Year
Mike Esposito	Big South Coach of the Year	2011
Jenna Wrieden	Big South Coach of the Year	2014
Jenna Wrieden	Big South Coach of the Year	2015
Remy Tamer	Big South Coach of the Year	2017

AWARDS & ACCOLADES

Remy Tamer	Big South Coach of the Year	2018
Remy Tamer	Big South Coach of the Year	2019
Remy Tamer	Big South Coach of the Year	2023

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

Player	Distinction	Date / Year
Kelsey Fraser	Big South Scholar-Athlete of the Year	2011
Julia Zautcke	Big South Scholar-Athlete of the Year	2015
Keaton Case	Big South Scholar-Athlete of the Year	2018

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

Player	Distinction	Date / Year
Cindy Harvey	Carolinas Intercollegiate Athletic Conference All-Conference	1989
Delia Stanley	Carolinas Intercollegiate Athletic Conference All-Conference	1991
Elizabeth Young	Carolinas Intercollegiate Athletic Conference All-Conference	1994
Cindy Harvey	Carolinas Intercollegiate Athletic Conference All-Conference	1993
Tracy McIver	Carolinas Intercollegiate Athletic Conference All-Conference	1993
Melissa Landsberg	Carolinas Intercollegiate Athletic Conference All-Conference	1994
Roz Hall	Carolinas Intercollegiate Athletic Conference All-Conference	1994

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

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

<INTERNATIONAL COMPETITION (EUROPEAN CHAMPIONSHIPS) (1)>

Player	Distinction	Date / Year
Famke Heinst	International Competition (European Championships)	2018

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

Player	Distinction	Date / Year
Famke Heinst	U.S. Track & Field Cross Country Coaches Association All-Academic	2018
Famke Heinst	U.S. Track & Field Cross Country Coaches Association All-Academic	2019
Famke Heinst	U.S. Track & Field Cross Country Coaches Association All-Academic	2020
Lindsey Ickes	U.S. Track & Field Cross Country Coaches Association All-Academic	2020

<U.S. TRACK & FIELD CROSS COUNTRY COACHES ASSOCIATION ALL-REGION (SOUTHEAST) (3)>

Player	Distinction	Date / Year
Jemissa Hess	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2004
Famke Heinst	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2018
Famke Heinst	U.S. Track & Field Cross Country Coaches Association All-Region (Southeast)	2019

<U.S. TRACK & FIELD CROSS COUNTRY COACHES ASSOCIATION ALL-ACADEMIC TEAM (17)>

Player	Distinction	Date / Year
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2002
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	2010
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	2012
High Point	U.S. Track & Field Cross Country Coaches Association All-Academic Team	2012
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	2014
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

AWARDS & ACCOLADES

<NAIA ALL-DISTRICT 26 (3)>

Player	Distinction	Date / Year
Cindy Harvey	NAIA All-District 26	1989
Cindy Harvey	NAIA All-District 26	1993
Tracy McIver	NAIA All-District 26	1993

<NCAA PUBLIC RECOGNITION FOR HIGH ACADEMIC ACHIEVEMENT (6)>

Player	Distinction	Date / Year
High Point	NCAA Public Recognition for High Academic Achievement	2015
High Point	NCAA Public Recognition for High Academic Achievement	2016
High Point	NCAA Public Recognition for High Academic Achievement	2017
High Point	NCAA Public Recognition for High Academic Achievement	2018
High Point	NCAA Public Recognition for High Academic Achievement	2019
High Point	NCAA Public Recognition for High Academic Achievement	2020

<WACHOVIA WOMAN OF THE MONTH (1)>

Player	Distinction	Date / Year
Jemissa Hess	Wachovia Woman of the Month	October 2003