

2021 SOUTHERN MISS CROSS COUNTRY

Date	Meet	Location	Race	Finish (Points)
9/17	North Alabama Showcase	Huntsville, Ala. / North Alabama	5K	7th (207)
10/1	The Joe Piane Notre Dame Invitational	South Bend, Ind. / Notre Dame	5K	13th (303)
10/15	Pre-National Meet	Tallahassee, Fla. / FSU	6K	12th (298)
10/30	C-USA Championships	Charlotte, N.C. / WKU	6K	4th (125)
11/12	NCAA South Regional	Tallahassee, Fla. / Florida State	6K	11th (361)

ROSTER

Name	Class	Height	Hometown	Last School
Carlin Beal	Junior	5'3"	Mandeville, La.	Mandeville HS
Katelyn Cartwright	Junior	5'1"	Hernando, Miss.	Hernando HS
Rebecca DeKay	Sophomore	5'7"	Ontario, Canada	University of Hawai'i
Kate Mattox	Graduate	5'9"	Starkville, Miss.	Starkville HS
Lina May	Junior	5'6"	Vancleave, Miss.	Vancleave HS
Sarah Parnell	Sophomore	5'4"	Auburn, Ala.	Auburn HS
Cassidy Teuscher	Sophomore	5'6"	Trophy Club, Texas	Pleasant Grove HS

Jon Stuart	Track & Field Head Coach
Nick Gibson	Assistant Coach / Head Cross Country Coach
Grant Keith	Athletic Communications Graduate Assistant



RACES

North Alabama Showcase

5k Race | 9/17 | Huntsville, Ala. | North Alabama

Place – 7th
Total Points – 207
Total Time – 1:31:05.20
Average Time – 18:13
Conditions – 74, cloudy
Number of Teams – 21
Number of Runners – 171

Individual Finishes

16. Lina May - 17:25.55
40. Katelyn Cartwright - 18:05.69
45. Kate Mattox - 18:13.18
52. Cassidy Teuscher - 18:24.78
80. Rebecca DeKay - 18:56.00
114. Sarah Parnell - 19:38.26

Ran against: Ole Miss (1), Lipscomb (2), Alabama (3), Kennesaw State (4), Samford (5), Georgia (6), Mississippi State (8), Chattanooga (9), Tennessee (10), ETSU (11), Tulane (12), South Alabama (13), North Alabama (14), UAB (15), Georgia State (17), Jacksonville State (18), Mercer (19), Wallace State (20), Reinhardt (21)

Joe Paine Notre Dame Invitational

5k Race | 10/1 | South Bend, Ind. | Notre Dame

Place – 13th
Total Points – 303
Total Time – 1:32:28.9
Average Time – 18:29
Conditions – 81, sunny
Number of Teams – 24
Number of Runners – 171

Individual Finishes

9. Lina May - 17:36.1
44. Cassidy Teuscher - 18:20.6
71. Carlin Beal - 18:44.1
83. Katelyn Cartwright - 18:50.6
96. Kate Mattox - 18:57.5
128. Sarah Parnell - 19:26.2
143. Rebecca DeKay - 19:50.8

Ran against: CBU (1), Charlotte (2), Auburn (3), Akron (4), ECU (5), Clemson (6), Ball State (7), Cincinnati (8), Ohio State (9), Kennesaw State (10), Dayton (11), Youngstown St. (12), Illinois State (14), Pittsburgh (15), CMU (16), SIU (17), EMU (18), Indiana State (19), Kent State (20), NIU (21), UIC (22), WMU (23), IUPUI (24)

Pre-National Meet

6k Race | 10/15 | Tallahassee, Fla. | Florida State

Place – 12th
Total Points – 298
Total Time – 1:52:19
Average Time – 22:33.76
Conditions – 81, sunny
Number of Teams – 29
Number of Runners – 277

Individual Finishes

24. Lina May - 21:38.1
59. Cassidy Teuscher - 22:24.8
75. Katelyn Cartwright - 22:35.7
113. Carlin Beal - 23:01.9
120. Kate Mattox - 23:08.3
136. Rebecca DeKay - 23:18.2
180. Sarah Parnell - 24:04.7

Ran against: Tennessee (1), Texas (2), FSU (3), NAU (4), Utah (5), Northeastern (6), Cincinnati (7), Delaware (8), Kentucky (9), Charlotte (10), Richmond (11), ASU (13), Bucknell (14), UGA (15), Cal (16), UNF (17), Northern Colorado (18), ULM (19), Northern Kentucky (20), FAU (21), FGCU (22), FIU (23), USF (24), USA (25), Troy (26), Daytona (27), LA Tech (28), Lake Sumter (29)

C-USA Championships

6k Race | 10/30 | Charlotte, N.C. | Charlotte

Place – 4th
Total Points – 125
Total Time – 1:50:58
Average Time – 22:11.74
Conditions – 54, cloudy
Number of Teams – 13
Number of Runners – 98

Individual Finishes

4. Lina May - 21:08.5
23. Cassidy Teuscher - 22:08.1
29. Kate Mattox - 22:25.6
33. Katelyn Cartwright - 22:30.7
37. Carlin Beal - 22:45.8
42. Sarah Parnell - 22:52.9
46. Rebecca DeKay - 23:02.7

Ran against: MTSU (1), Charlotte (2), Rice (3), UTEP (5), Marshall (6), FIU (7), UAB (8), FAU (9), WKU (10), North Texas (11), UTSA (12), LA Tech (13)



RACES

NCAA South Regional

6K Race | 11/2 | Huntsville, Ala. | North Alabama

Place – 11th

Total Points – 361

Total Time – 1:48:51

Average Time – 21:46

Conditions – Sunny

Number of Teams – 32

Number of Runners – 225

Individual Finishes

31. Lina May - 20:49.26

68. Cassidy Teuscher - 21:44.61

81. Kate Mattox - 21:56.76

84. Katelyn Cartwright - 22:03.16

97. Carlin Beal - 22:18.17

119. Rebecca DeKay - 22:43.52

144. Sarah Parnell - 23:12:37

Ran against: Ole Miss (1), FSU (2), Alabama (3), Tennessee (4), Florida (5), Vanderbilt (6), Lipscomb (7), MTSU (8), GT (9), Auburn (10), UGA (11), Miami (13), Kennesaw State (14), UCF (15), ETSU (16), Samford (17), Belmont (18), North Florida (19), Tennessee Tech (20), Memphis (21), Stetson (22), USF (23), UAB (24), Alcorn State (25), FAU (26), UT Martin (27), Troy (28), Georgia State (29), FIU (30), JSU (31), Georgia Southern (32)



INDIVIDUALS

Carlin Beal

Junior 5'3" Mandeville, La.

Date	Race	Time
9/17	5K	DNR
9/31	5K	18:44.1 **
10/15	6K	23:01.9
10/30	6K	22:45.8
11/12	6K	22:18.17 **

5K PR | 18:44.1 ** 6K PR | 22:18.17 **

Katelyn Cartwright

Junior 5'1" Hernando, Miss.

Date	Race	Time
9/17	5K	18:05.69 **
9/31	5K	18:50.6
10/15	6K	22:35.7
10/30	6K	22:30.7
11/12	6K	21:56.76 **

5K PR | 18:05.69 ** 6K PR | 21:56.76 **

Rebecca DeKay

Sophomore 5'3" Ontario, Canada

Date	Race	Time
9/17	5K	18:56.00 **
9/31	5K	19:50.8
10/15	6K	23:18.2
10/30	6K	23:02.7
11/12	6K	22:43.52

5K PR | 18:56.00 ** 6K PR | 21:59.6

Kate Mattox

Graduate 5'9" Starkville, Miss.

Date	Race	Time
9/17	5K	18:13.18
9/31	5K	18:57.5
10/15	6K	23:08.3
10/30	6K	22:25.6
11/12	6K	22:03.16

5K PR | 17:38.9 6K PR | 21:16.4

Lina May

Junior 5'6" Vancleave, Miss.

Date	Race	Time
9/17	5K	17:25.55 **
9/31	5K	17:36.1
10/15	6K	21:38.1
10/30	6K	21:08.5 **
11/12	6K	20:49.26 **

5K PR | 17:25.55 ** 6K PR | 20:49.26 **

Sarah Parnell

Sophomore 5'4" Auburn, Ala.

Date	Race	Time
9/17	5K	19:38.26
9/31	5K	19:26.2
10/15	6K	24:04.7
10/30	6K	22:52.9
11/12	6K	23:12.37

5K PR | 19:16.1 6K PR | 22:52.4



INDIVIDUALS

Cassidy Teuscher

Sophomore 5'6" Trophy Club, Texas

Date	Race	Time
9/17	5K	18:24.78
9/31	5K	18:20.6
10/15	6K	22:24.8
10/30	6K	22:08.1
11/12	6K	21:44.61

5K PR | 18:07.6 6K PR | 21:37.4

2021 RANKINGS

NCAA South Region

Week	Ranking	Date
Preseason	13	8/30
Week 1	NR	9/13
Week 2	NR	9/20
Week 3	NR	9/27
Week 4	NR	10/4
Week 5	15	10/18
Week 6	12	11/1
FINAL	11	11/12

Awards

Lina May Conference USA Runner of the Week 9/21

