

2024 USC CROSS COUNTRY



New Trojan Squad Ready For First Big Ten Season

• USC Is the Place To Be •

MEDIA GUIDE

• Director of Track & Field/Cross Country • Quincy Watts

Former Trojan Olympic great Quincy Watts is in his fourth season in charge of the Trojans' program as he was promoted to USC Director of Track and Field and Cross Country on June 17, 2021 after eight seasons on Caryl Smith Gilbert's staff as an assistant in charge of sprints, long hurdles and relays.

In his 11 seasons working with USC athletes, he has guided Trojans to 119 indoor and outdoor All-America honors in the 400 meters, 400-meter hurdles and 4x400-meter relay. His Trojan athletes also claimed 21 NCAA titles and 39 Pac-12 crowns, and they set three collegiate records and 29 school records plus all four USC freshman 400-meter records and the women's 400-meter hurdles freshman record.

Last season, Watts led the men's team to a third-place finish outdoors and the women's team to a 10th-place tie. During the indoor season the men tied for seventh and the women tied for eighth. USC accumulated a combined 30 outdoor and indoor All-America honors, with Jasmine Jones winning the indoor 60m hurdles title and the outdoor 400m hurdles titles, both with school records, and JC Stevenson winning the men's outdoor long jump title. Both the men's and women's teams placed second at the Pac-12 Championships, with Trojans claiming 11 total event titles. During the summer, USC once again stood out at the Olympics with USC athletes winning nine medals, including five gold. The total medals were more than any other collegiate program in track and field.



During his second season at the helm in 2023, Watts led the men's and women's team to second-place finishes at the Pac-12 Championships, with the Trojans winning nine event titles. His 400m crew was especially dominant with freshman William Jones edging teammate and two-time defending champion Johnnie Blockburger in the final with a time of 44.65, just 0.05 off the school freshman record. On the women's side, Jan'Taijah Jones won the title with the second-fastest 400m time by a USC woman of 50.44, to lead a 1-2-3-5 finish for the Trojans in the event. The women's 4x400m relay earned outdoor All-America honors and the women's and men's 4x400m relays earned indoor All-America honors. Jan'Taijah Jones also placed fifth in the 400m at the NCAA Indoor Championships. USC athletes combined to post 60 indoor and outdoor Trojan all-time top 10 results during the season. During the season Allie Jones set the USC heptathlon record, Tade Ojora the men's 60m hurdles record, Samirah Moody the women's 60m record and Summer Mosley the women's weight throw record.

In inaugural season as a head coach in 2022, Watts led USC to some pretty impressive accomplishments. His athletes posted 16 outdoor and 17 indoor all-time USC indoor marks, including setting five school records. Trojans setting USC records were Davonte Burnett in the 60m, Summer Mosley in the women's weight throw, Alyssa Brewer the women's indoor 800m, Janiah Brown, Gigi Maccagnini, Jemima Russell and Brewer in the women's 4x800m relay and Kasaun James, Brendon Stewart, Ashton Allen and Johnnie Blockburger in the men's 4x100m relay, set in winning the NCAA title. The men's team placed 12th at the NCAA Championships, after taking third at the Pac-12 Championships, while the women were 30th at NCAAs and fourth at Pac-12s.

Watts was named 2022 NCAA Indoor West Region Coach of the Year and had athletes earn 12 indoor All-America honors and earn 11 first-team outdoor All-America status. In addition, USC athletes combined to earn 23 All-Academic honor roll designations for the Winter and Spring semesters. The Trojans also swept the annual dual meet against UCLA. Watts also continues coaching USA Olympic medalists Michael Norman, Rai Benjamin and Kendall Ellis. Norman won gold medals in the 400m and with the USA 4x400m relay team and Benjamin a silver medal in the 400m hurdles at the 2022 World Athletics Championships.

Watts was the 2021 U.S. Track & Field and Cross Country Coaches Association National Outdoor Women's Assistant Coach of the Year as well as the West Region Indoor and Outdoor Women's Assistant Coach of the Year. At the 2021 NCAA Indoor meet, he helped Kaelin Roberts to her second 400-meter title and the women's 4x400-meter relay team to a second place finish, while at last week's NCAA Outdoor meet Anna Cockrell was the 400-meter hurdles champ, the women won the 4x100-meter relay and three women earned All-America honors in the 400 meters (the first time by any school in the event since 2014).

In his eight years (2014-21) as a USC assistant, the Women of Troy had four Top 3 finishes at the NCAA meet, including winning it all in 2018 and 2021 and placing second in 2019, and the team never finished below second place at the Pac-12 meet. The Trojan men had a quartet of Top 5 NCAA finishes and Pac-12 runner-up finishes.

Besides Cockrell and Roberts, among the other champion Trojan athletes that Watts has coached are Michael Norman, Rai Benjamin, Ricky Morgan Jr., Cameron Samuel, Kendall Ellis, Kyra Constantine, Bailey Lear, Jaide Stepter, Amalie Iuel, Nicole Yeargin and Vanessa Jones. In 2018, Norman in the 400m, Benjamin in the 400m hurdles and USC's 4x400m relay all won national titles and set collegiate records during the final day of the 2018 Men's NCAA Track & Field Outdoor Championships.

Watts spent the 2012 and 2013 seasons as an assistant coach at CS Northridge, primarily working with the distance runners and cross country team. Prior to that, he was an assistant coach at Harvard-Westlake High in Los Angeles (Calif.), where he helped develop one of the strongest distance programs in the country. He began his coaching career as head coach at his prep alma mater, Taft High in Woodland Hills (Calif.).

Watts came to USC from Taft specializing in the 100- and 200-meter dashes, then turned into one of the best 400-meter runners in Trojan history. The four-year (1989-92) letterman won the 1992 NCAA 400-meter race in 44.00, a meet record that stood for 25 years. Watts also ran the anchor leg on the 4x400-meter relay team that set a school record of 3:00.58 while placing second at those NCAAs. As a junior, he finished second in the 400 meters at the 1991 NCAA Championships.

Watts, who was inducted into the USC Athletic Hall of Fame in 2012, also was a wide receiver on the Trojan football team in 1990.

At the 1992 Olympic Games in Barcelona, Watts twice broke Lee Evans' Olympic record in winning the 400 meters. He ran 43.71 in the semifinal before clocking 43.50 in the final (that still stands as the USC record) to become the first 400-meter athlete to run sub-44.0 in a championship meet. He then teamed with Andrew Valmon, Michael Johnson and Steve Lewis to win the gold in the 4x400-meter relay in a then-world record time of 2:55.74 (he ran the second leg in a blistering 43.10).

He also earned a gold medal in the 4x400-meter relay at the 1993 World Championships (in a still-standing world record time of 2:54.29), and a silver medal in that relay at the 1991 World Championships.

Watts was ranked in the world Top 10 in the 400 meters for four consecutive years (1991-94), including No. 1 in 1992.

A native of Detroit, Mich., he was born on June 19, 1970. He and his wife, Kelly, have three children, daughters Talise and Kylie and son Quincy Jr.

2024 USC Cross Country Roster

Runner	Height	Birthdate	Class	Hometown
Alyssa Blockburger	5-7	7/12/02	Grad. Student	Tucson, Ariz.
Isabella Duarte	5-5	3/5/05	Sophomore	Chino Hills, Calif.
Jacqueline Duarte	5-7	8/10/03	Junior*	Chino Hills, Calif.
Gigi Maccagnini	5-5	1/4/02	Senior	Melbourne, Australia
Giovanna Pisano	5-7	6/23/03	Senior	San Antonio, Texas
Lucia Rabolli	5-6	3/23/04	Junior	Ridgewood, N.J.
Sierra Ransweiler	5-8	5/18/02	Grad. Student	Danville, Calif.
Olivia Schmitt	5-6	8/19/02	Grad. Student	Lindenhurst, Ill.
Haley Spoden	5-6	8/29/05	Sophomore	Falls Church, Va.
Helena Teixeira-Dasilva	5-9	8/28/02	Grad. Student	Newton, Mass.
Angelina Vasquez	5-7	1/20/05	Sophomore	Barstow, Calif.

• Associate Head Coach, Cross Country/ Assistant Track & Field • Milton Mallard

Milton Mallard was named USC's assistant coach for distances and associate head coach for cross country by Director of Track & Field and Cross Country Quincy Watts on Aug. 28. .

Mallard coached at Texas A&M from 2011-12 and from 2018-23 developing nine NCAA Champions, seven USATF National Champions and 27 Conference champions.

Mallard spent the 2023-24 season at UTEP as the associate head coach of track and field. He helped lead his athletes to six school records in his time at UTEP.

While at Texas A&M, Mallard served as an assistant coach for the sprints, middle distances and relays, while leading the charge for the Aggies recruiting efforts. One of the 46 NCAA All-Americans that Mallard helped develop is the USA record-holder in the women's 800m race, Athing Mu, who clocked 1:55.21 in winning the gold medal at the 2020 Tokyo Olympics. In her one season at Texas A&M under Mallard, Mu was a four-time All-American and a three-time NCAA champion. She set 11 all-time top-12 mark, including six all-time collegiate records. Also, Brandon Miller won the 2022 NCAA indoor 800m title and the 2021 SEC 800m title-the fourth time in five seasons a Texas A&M athlete won the title.

During the shortened 2020 season his athletes earned 11 All-America honors and two SEC indoor event titles. Devin Dixon claimed his third consecutive SEC indoor 800m gold, while the men's 4x400m claimed its fourth consecutive SEC title. Carlton Orange and true freshman Charokee Young each earned All-SEC honors with third place finishes in the 800m.

Mallard played a key role in the success of the Aggie women's fourth-place team finish at the 2019 NCAA Championships in Austin. He coached Jazmine Fray to her first NCAA title in the women's 800 meters while Devin Dixon (American Collegiate indoor 800m record holder) and Carlton Orange earned second and fourth place finishes in the men's 800. The Aggies closed both NCAA Championship meets in style by sweeping the mile relays with the men just missing the NCAA record after finishing in 2:59.05.

During Mallard's first semester on the job in Spring 2018, the Aggies swept the SEC Outdoor Meet in the 800 meters while Sammy Watson went on to win the NCAA Championship at that distance. The Aggie women claimed three of the top five spots in the women's 800 meters at the 2018 SEC Championships while three different 800 meter athletes, headlined by Watson's NCAA title, scored at the national meet. Mallard also helped coach the Aggie men's mile relay to an SEC title and an NCAA runner-up finish in 2018.

Prior to returning to Texas A&M in 2018, Mallard was an athletic coordinator and coach within the Channelview school district. He also served as co-events director for the Houston site of the American Track League.

Following his service as a volunteer coach in 2012 at Texas A&M, Mallard became an assistant coach at Texas Lutheran University, working with the men's and women's sprints, hurdles and relays. The men's team at Texas Lutheran also restarted its program that year.

Mallard also coached athletes to national championship titles in Jamaica (2), Bermuda and the Bahamas, and was the head jumps coach for the Bermuda World Indoor Championship team in 2008.

As a professional athlete, Mallard competed from 1997 to 2005 and qualified for the 2000 and 2004 U.S. Olympic Trials in the 200 meters. He ranked among the top 20 in the world in the 200m in 1994, 2000 and 2004. In 2000 he placed fourth in the 200m dash at the USATF Indoor Championships.

Collegiately, Mallard competed for UTEP and LSU. In addition to five All-America honors, Mallard claimed five Western Athletic Conference titles at UTEP and two SEC titles at LSU. At UTEP, Mallard was the 1994 NCAA runner-up in the 400m. He was also a scoring member of two top-three team finishes at the NCAA Championships.

In 1992, Mallard earned gold and silver medals in the World Junior Championships. As a prep at North Garland High School (Texas), Mallard won a pair of State 5A titles in the 200m and 400m in 1992.

Following his retirement as a professional sprinter, Mallard worked with Carl Lewis Athletics, where he was involved with athlete recruitment as well as meet and sponsorship scheduling. Mallard assisted Lewis in developing and overseeing projects with the IAAF, USATF and several community-based programs throughout the country.

Mallard is married to LaTarsha Stroman Mallard, a four-time track and field champion for LSU. The Mallards have three daughters – Keondra, Aliyah and London.



2024 USC Women's Cross Country Team Outlook

• New Year, New Direction, New Conference, New Leader •

The 2024 USC cross country season will feature lots of “news” as in a new team, new conference and new leader of the program. The Trojans return seven athletes from a squad that showed promise during the 2023 season, moved up a position in the Pac-12 standings and competed at the NCAA West Regional.

Experienced and successful associate head coach of cross country Milton Mallard has taken over to lead the program into its first season in the Big Ten, but will have to be a quick study as he accepted the position just days before the season started. He will rely heavily on the veteran leadership of seniors Gigi Maccagnini and Giovanna Pisano, as well as returning graduate student Alyssa Blockburger, redshirt junior Jacqueline Duarte, junior Lucia Rabolli and sophomores Haley Spoden and Angelina Vasquez. Joining the team this season as transfers are sophomore Isabella Duarte and graduate students Sierra Ransweiler, Olivia Schmitt and Helena Teixeira-Dasilva.

The Trojans opened the 2023 season by placing second at the LMU South Bay Twilight Meet, the best team result since winning the 2016 Pepperdine Invitational. The Trojans then tied for third at the Waves Invitational, making it consecutive top five finishes for the first time since the 2015 season. USC placed 11th at the Pac-12 Championships which was its highest finish since also placing 11 during the 2021 season. The Trojans then went on to compete at the 2023 NCAA West Regional, just the second time USC had a team compete at the regional since the 2015 season.

Maccagnini was the Trojans' top runner the final three meets of the season and was one of USC's top three finishers in all five meets during the season. Maccagnini had a season-best 6K time of 21:11.3 in placing 25th at the Highlander Invitational, just two seconds off her PR set during the 2021 season. She was the Trojans' top finisher at the Pac-12 Championships with a time of 21:21.7. That time was the fastest by a Trojan at the conference meet since Amber Gore ran 21:00.5 in 2017. Maccagnini's finish of 6th overall was also the highest by a Trojan since Pisano placed 66th at the 2021 meet. With Pisano returning to health the Trojans should feature a strong one-two veteran punch in the lineup.

The Trojans also added an influx of experience with Ransweiler, Schmitt and Teixeira-Dasilva who have combined to have competed in 19 collegiate cross country races.

There is excitement around the program with the entrance into the Big Ten and the influx of new talent. The 2024 season promised to be a special one as the team continues to develop and will have a new voice to lead them in Mallard. It will likely be a process, but the goal is to be hitting full stride for the team's first Big Ten Cross Country Championships to be held in Savoy, Ill. on Nov. 1.



Veteran USC cross country leaders Gigi Maccagnini (L) and Giovanna Pisano (R)

MEET THE 2024 TROJANS



PLAYER BIOGRAPHIES



ALYSSA BLOCKBURGER

Ht. -5-7

Birthdate - 7/12/02

Class - Grad Student

Hometown - Tucson, Ariz.

Best 5K time - 21:30.9, Mark Covert Classic (9/4/21)

Best 6K time - N/A

THIS YEAR:

Grad student Alyssa Blockburger is in her final season as a USC's cross country runner. She also competed in track and field for USC. She transferred to USC from Arizona following the 2022-21 school year.

2023-24: Blockburger competed one cross country meet. She had a time of 16:58.0 at the Waves Invitational (4K) on Sept. 9. During the track season, she ran an 800m personal best of 2:07.07 to place fifth at the Oxy Invitational on May. 4.

2022-23: Blockburger did not compete in any cross country meets during the season. She was able to compete in five meets during the 2023 track season and set her 800m PR of 2:08.48 to place third at the USC-UCLA Dual Meet. She placed 17th in the event at the Pac-12 Championships.

2021-22: Blockburger was hampered by injury during her first season as a Trojan. She was limited to one cross country meet, running 21:30.9 at the Mark Covert Classic on Sept. 4, her first collegiate cross country race. She also competed in one indoor meet, posting a 400m time of 57.50 at the Red Raider Invite on Jan. 21.

BEFORE USC:

As a freshman at Arizona, Blockburger had a season-best time of 2:09.41 in the 800m to place sixth at the Desert Heat Classic on May 1. She finished in the top six in every regular season 800m race in which she competed. She did not reach the finals of the 800m at the Pac-12 Championships, but did run a leg on the 4x400m relay which posted a time of 3:44.22 to finish fifth. She also competed with the 4x400m relay at the NCAA West Preliminary Rounds which ran 3:36.08 to finish 13th.

HIGH SCHOOL:

Blockburger graduated in 2020 from Tucson High in Tucson, Ariz. Had an indoor 400m PR of 57.46 to take third at the 2020 Great Southwest Classic. She placed 10th in the 400m with a time of 56.86 at the 2019 USATF National Junior Olympics. She won the 400m at the Willie Williams Invitational - High School Events with a time of 57.55 on March 16. She had a 400m PR of 55.92 to win the 400m at the Great Southwest Classic on June 8. She finished third in the 400m with a time of 57.35 at the 2018 Arcadia Invitational.

PERSONAL:

Alyssa was born on July 12, 2002 in San Luis Obispo, Calif...Her parents are Cynthia and Sheldon Blockburger and her twin brother, Johnnie, also competes for the USC track and field team...Her father Sheldon served as USC's jumps and multi-events coach from 2016-18.

Alyssa Blockburger Cross Country Results

	Date	Meet (Distance)	Finish	Time
2021	Sept. 4	Mark Covert Classic (5K)	101st	21:30.9
2023	Sept. 9	Waves Invitational (4K)	79th	16:58.0



ISABELLA DUARTE

Ht. - 5-5

Birthdate - 3/5/05

Class - Sophomore

Hometown - Chino Hills, Calif.

Best 5K time - 20:28.7, UCR Open Invitational (9/16/23)

Best 6K time - N/A

THIS YEAR:

Sophomore Isabella "Bella" Duarte is in her first season as a distance runner on the USC track and field and cross country teams. She spent one season competing for UC Irvine before transferring to USC.

BEFORE USC:

Duarte spent her freshman season (2023-24) competing at UC Irvine in cross country and track and field. She ran in one cross country race and had a 5K time of 20:28.7 at the UCR Open Invitational on Sept. 16. She competed in a total of three meets during the indoor and outdoor track and field seasons. She had a 400m best time of 59.52 at the Ben Brown Invitational. She was a Dean's List student at UCI.

HIGH SCHOOL:

Duarte is a 2023 graduate of Chino Hill High in Chino, Calif. where she was a four-year letterwinner. She qualified twice with Chino Hills in the 4x400m relay to the CIF State meet, finishing fourth as a senior and seventh as a junior. She also was part of the 4x100m relay and 4x800m relays which placed seventh and sixth respectively at the 2023 state championships. She became the first female athlete to compete in all three relay events at the CIF State Championships. Duarte was the 2023 Baseline League 800m champion. She had an 800m PR of 2:16.01 and a three-mile best of 18:33.8. She was a Scholar Athlete student while at Chino Hills High.

PERSONAL:

Isabella was born on March 5, 2005 in Fullerton, Calif...Her parents are Marco and Maria Duarte and she has three siblings, Jacqueline, Nigel and Damian...Jacqueline is also on the USC cross country and track and field teams...Has volunteered at St. Paul The Apostle Catholic Church and for Run Your City L.A...Her interests include soccer, dancing and crafts...List her favorite actor as Zendaya, favorite musical artist as Olivia Rodrigo and favorite movie as 10 Things I Hate About You... Says her sister Jacqui is her sports hero for her endless perseverance, positive attitude, and inspiring work ethic...Isabella's favorite food is cheeseburgers...Someday would like to travel to Paris and Greece...Her goals after USC include pursuing a teaching career with children...She is a Psychology major at USC.

Isabella Duarte Cross Country Results

	<u>Date</u>	<u>Meet (Distance)</u>	<u>Finish</u>	<u>Time</u>
2023	Sept. 16	UCR Open Invitational (5K)	151st	20:28.7



JACQUELINE DUARTE

Ht. - 5-7

Birthdate - 8/10/03

Class - Rs-Junior

Hometown - Chino Hills, Calif.

Best 5K time -18:04.3

Best 6K time -23:03.6, Highlander Invitational (10/14/23)

THIS YEAR:

Redshirt junior Jacqueline Duarte is in her fourth season as a distance runner on the USC track and field and cross country teams. She redshirted the 2021-22 season as she recovered from an injury suffered during her high school senior season.

2023-24: Duarte competed in USC's first three meets of the 2023 cross country season. She posted a 6K personal best of 23:03.6 at the Highlander Invitational on Oct. 14. In track, she had a season-best 1500m time of 4:42.92 to place eighth at the Mt. SAC Relays on April 19. She ran in her first indoor meet as a Trojan at the Ken Shannon Last Chance Meet on Feb. 24 and had a time of 5:13.39 in the one-mile race.

2022-23: Competed in three cross country meets, her first three 6K cross country races. Posted her best time of 23:50.8 at the Bronco Invitational. She was one of USC's runners selected to compete at the Pac-12 Cross Country Championships, finishing sixth among the Trojans. She competed in five meets during the outdoor season. She set her 1500m PR of 4:39.83 at the Mt. SAC Relays on April 14.

2021-22: Redshirted in both cross country and track and field.

HIGH SCHOOL::

Duarte is a 2021 graduate of Chino Hills High in Chino Hills, Calif. She had an 800m PR of 2:11.66 and a 1600m best of 4:42.58. In cross country she had a 3-mile best of 16:40.5. As a freshman Duarte won the CIF SS Div. I 1600m title and placed third in the State Meet. In 2019 she closed strong to win the California State Meet 1600m title with her PR of 4:42.58 which ranked No. 1 for California and No. 5 in the U.S. among high schoolers. She also put her speed on display in the 800m, winning her first nine races at that distance last year, including a 2:11.66 PR to win the CIF-SS Division 1 title. That time ranked CA No. 12 overall. She was also the CIF SS champion in the 1600m in 2018 and 2019 and ran on the CIF SS 4x400m relay champion team in 2018. She was also a 2019 Brooks PR qualifier. She received the Chino Hills Scholar-Athlete Award.

PERSONAL:

Jacqueline was born on Aug. 10, 2003 in Fullerton, Calif....Her parents are Marco and Maria Duarte and she has three siblings, Nigel, Damian and Isabella...Isabella joined the USC track and field and cross country teams this season after one year at UC Irvine. Jacqueline was also a top-notch soccer recruit and had received offers prior to deciding to focus on track... Her hobbies include soccer, hiking and biking...She volunteered for the Catechetical Student Body at her church and served with the Best Buddies Club throughout high school which worked with special needs students...Her favorite movies are The Greatest Showman and Crazy Rich Asians...Says Brenda Martinez is her sports hero and a mentor who shows you can overcome anything...Her favorite food is pasta...Would like to travel to Bali someday...She is a Communication major at USC.

Jacqueline Duarte Cross Country Results

	Date	Meet (Distance)	Finish	Time
2022	Sept. 17	UC Riverside Invitational (6K)	251st	24:22.8
	Oct. 15	Bronco Invitational (6K)	197th	23:50.8
	Oct. 28	Pac-12 Championships (6K)	103rd	24:36.9
2023	Sept. 1	LMU South Bay Twilight Meet (6K)	29th	23:35.8
	Sept. 9	Waves Invitational (4K)	64th	16:02.6
	Oct. 14	Highlander Invitational (6K)	119th	23:03.6



GIGI MACCAGNINI

Ht. - 5-5

Birthdate - 1/4/02

Class - Senior

Hometown - Melbourne, Australia

Best 5K time - 18:38.4, Mark Covert Classic (9/4/21)

Best 6K time - 21:09.4, UC Riverside Invitational (9/18.21)

THIS YEAR:

Senior Gigi Maccagnini is in her fourth season as a distance runner on the USC track and field and cross country teams.

2023-24: Maccagnini competed in all five cross country races for the Trojans, being the team's lead runner in the final three meets. She led the Trojans and finished 25th overall with a time of 21:11.3 at the Highlander Invitational (6K) on Oct. 14. She led USC with a time of 21:21.7 at the Pac-12 Championships on Oct. 27, which was the fastest time by a Trojan runner at the conference meet since 2017 (Amber Gore).

2022-23: Maccagnini was injured and did not compete during the cross country season. She competed in four outdoor track meets, setting her 1500m PR and tops by a Trojan of 4:22.30 at the Aztec Invitational on March 25. She had a season-best 800m time of 2:06.44 at the Florida Relays on April 1. She advanced to the NCAA West Preliminary Rounds in the 800m. During the indoor season, she set an 800m PR of 2:05.11 to finish seventh at the Husky Classic on Feb. 11.

2021-22: Maccagnini led the Trojans in her first two career cross country races, finishing 12th overall with a time of 18:38.4 at the Mark Covert Classic (5K) on Sept. 4 and placing 24th overall with a time of 21:09.4 at the UC Riverside Invitational (6K) on Sept. 18. She also was USC's third finisher with a time of 23:33.1 at the Pac-12 Championships on Oct. 29 and fourth scorer with a time of 22:24.4 at the NCAA West Regional on Nov. 12. During the 2022 outdoor track season, she had a USC team-best 1500m time of 4:25.50 to win the event at the USC-UCLA Dual Meet on May 1. She had a season-best 800m time of 2:06.79 to place 10th at the Stanford Invitational on April 2. She competed in the 800m race at the Pac-12 Championships and NCAA West Regional.

HIGH SCHOOL:

Maccagnini is a 2020 graduate of Caulfield Grammar School in Melbourne, Australia. She has bests of 2:04.81 in the 800m and 4:22.75 in the 1500m. She ran the 2:04.81 at the 2021 Canberra Track Classic. Maccagnini was the 2019 U18 Oceanian Championships gold medalist in the 800m. Won the U15 400m title at the 2016 Australian Junior Championships with a time of 57.37.

PERSONAL:

Gigi was born on Jan. 4, 2002...She has one sister, Lola...Her interests include listening to music and walking her dogs... Her favorite band is Spacey Jane and her favorite song is Booster Seat...Lists her favorite food as Vegemite toast... Someday would like to travel all around the world...This past summer, Gigi visited Japan and then taught at a school in the Australian Outback for a month...She is a volunteer tutor for School on Wheels...She is a Biomedical Engineering major with a Mechanical emphasis.

Gigi Maccagnini Cross Country Results

	<u>Date</u>	<u>Meet (Distance)</u>	<u>Finish</u>	<u>Time</u>
2021	Sept. 4	Mark Covert Classic (5K)	12th	18:38.4*
	Sept. 18	UC Riverside Invitational (6K)	24th	21:09.4*
	Oct. 29	Pac-12 Championships (6K)	77th	23:33.1+
	Nov. 12	NCAA West Regional (6K)	138st	22:24.4
2023	Sept. 1	LMU South Bay Twilight Meet (6K)	12th	21:52.9
	Sept. 9	Waves Invitational (4K)	21st	14:28.7
	Oct. 14	Highlander Invitational (6K)	25th	21:11.3*
	Oct. 27	Pac-12 Championships (6K)	69th	21:21.7*
	Nov. 10	NCAA West Regional (6K)	109th	21:14.9*

* led the Trojans
+at altitude



GIOVANNA PISANO

Ht. - 5-7
Class - Senior
Best 5K time - 18:49
Best 6K time - 21:27.8, UC Riverside Invitational (9/19/21)
Birthdate - 6/23/03
Hometown - San Antonio, Texas

THIS YEAR:

Senior Giovanna Pisano is in her fourth season as a distance runner for the USC track and field and cross country teams.

2023-24: Pisano was recovering from injury and did not compete during the cross country season. In track, she competed in her first two meets since the 2022 season. She placed ninth in the 3000m with a time of 11:10.62 at the Trojan Invitational on March 23 and ninth in the 3000m with a time of 11:09.11 at the USC-UCLA Dual Meet on April 28.

2022-23: Pisano competed in the first and last cross country meets of the season. She was USC's fifth-scoring runner with a time of 20:11.6 at the 5K Mark Covert Classic on Sept. 3. She did not run again until the Pac-12 Championships on Oct. 28 where she was USC's seventh runner. She did not compete during the outdoor track season.

2021-22: Pisano led USC in two of the five cross country meets it competed in and finished no lower than third among the Trojans. She was one of two Trojans to run in all five cross country meets. Opened her USC career with a time of 18:54.3 to finish 20th, second among Trojans, at the Mark Covert Classic (5K) on Sept. 4. She set her 6K PR of 21:27.8 at the UC Riverside Invitational on Sept. 18. Led USC with a time of 21:39.9 at the Highlander Invitational on Oct. 16. Pisano was the top Trojan at the Pac-12 Championships with a time of 23:09.2 to finish 66th overall, the best finish by a USC runner at the conference meet since 2016. During the 2022 outdoor track season, Pisano set PRs in the 1500m (4:49.62) and in the 3000m (10:45.47).

HIGH SCHOOL:

Pisano is a 2021 graduate of Phillips Exeter Academy in Exeter, N.H. where she was named the cross country team MVP. She had a best of 10:44 in the 3200m and a best of 17:47 in the 5000m, both Exeter Academy records. Prior to that she attended Antonian College Prep and as a freshman she placed seventh in the 800m, sixth in the 1600m and fifth in the 3200m at the 2018 TAPPS 6A State Meet.

PERSONAL:

Giovanna was born on June 23, 2003...Her parents are Steven Pisano and Susan Hertel...She has two brothers, Matthew and Justin...Her hobbies include cooking, hiking, writing letters and watching documentaries about musicians...Lists her favorite musicians as Janis Joplin and Jimi Hendrix...Her favorite television show is Breaking Bad and her favorite books are No Country for Old Men and Sharp Objects...Says Benedict Cumberbatch is her favorite actor...Niki Lauda is her sports hero as he was detail oriented, courageous and knew how to learn from his losses...Favorite foods are honeycrisp apples, pesto pasta, shrimp, salmon and dark chocolate caramels with sea salt...Would like to visit Yellowstone National Park, Lake Tahoe and Ireland...After USC would like to start her own mug collection, invest in small businesses (especially coffee shops) and find a fulfilling career...Is interested in law school (white collar crime)...Is a Cognitive Sciences major at USC.

Giovanna Pisano Cross Country Results

	Date	Meet (Distance)	Finish	Time
2021	Sept. 4	Mark Covert Classic (5K)	20th	18:54.3
	Sept. 18	UC Riverside Invitational (6K)	35th	21:27.8
	Oct. 16	Highlander Invitational (6K)	29th	21:39.9*
	Oct. 29	Pac-12 Championships (6K)	66th	23:09.2*+
	Nov. 12	NCAA West Regional (6K)	131st	22:20.1
2022	Sept. 3	Mark Covert Classic (5K)	54th	20:11.6
	Oct. 28	Pac-12 Championships (6K)	104th	25:18.8
				* led the Trojans
				+at altitude



LUCIA RABOLLI

Ht. - 5-6

Class - Junior

Best 5K time - N/A

Best 6K time - 21:53.3, Lehigh Paul Short Run (9/30/22)

Birthdate - 3/23/04

Hometown - Ridgewood, N.J.

THIS YEAR:

Junior Lucia Rabiolli is in her second season as a distance runner on the USC track and field and cross country teams. She spent her freshman season on the Rutgers cross country and track and field teams.

2023-24: Rabiolli competed in all five of USC's cross country meets. She posted her 6K season best of 22:32.0 at the Highlander Invitational on Oct. 14. She competed in both of the postseason meets for the Trojans, finishing seventh among the USC runners at the Pac-12 Championships and sixth among the Trojan runners at the NCAA West Regional. She competed in three outdoor track and field meets for USC. She ran a PR of 4:50.62 in the 1500m to finish eighth at the USC-UCLA Dual Meet on April 28.

BEFORE USC:

Rabiolli spent the 2022-23 season at Rutgers. Rabiolli opened her collegiate cross country career by placing 15th with a time of 23:03.00 at the Lehigh Invitational on Sept. 2. Rabiolli was the Scarlet Knights' fifth finisher and 55th overall with a time of 23:04.9 at the Big Ten Preview Meet on Sept. 9. She had a 6K PR of 21:53.3 at the Lehigh Paul Short Run on Sept. 30. She had a time of 22:55.1 at the NCAA Mid-Atlantic Region Cross Country Championships on Nov. 11. Rabiolli had an indoor 800m best of 2:14.18 to place 15th at the Scarlet Knight Open on Feb. 3. She did not compete outdoors for the Scarlet Knights. She set her indoor one-mile PR of 4:56.69 at the 2023 BU David Henry Valentine Invite.

HIGH SCHOOL:

Rabiolli is a 2022 graduate of Ridgewood High in Ridgewood, N.J. She had a high school best in the 800m of 2:12.94, which she ran in placing second at the 2022 New Jersey High School Championships. She was a high honors student at Ridgewood HS.

PERSONAL:

Lucia was born on March 23, 2004 in New York, N.Y....Her parents are Agnes and Tom Rabiolli and she has two siblings, Cellina and Tommy...Her interests include maps, traveling and making ice cream cakes...Her favorite movie is Interstellar and her favorite musical artist is Bruno Mars...Someday would like to travel to Patagonia and Rio...Lists her sports hero as Jakob Ingebrigtsen and Sydney McLaughlin...She volunteered at Oasis-A Haven for Women and Children...Plans on joining a Core Counseling Group...She is an Economics major with a minor in Finance at USC.

Lucia Rabiolli Cross Country Results

	Date	Meet (Distance)	Finish	Time
2022	Sept. 2	Lehigh Invitational (6K)	15th	23:03.0
	Sept. 9	Big Ten Preview (6K)	55th	23:04.9
	Sept. 30	Lehigh Paul Short Run (6K)	264th	21:53.3
	Oct. 14	Penn State National Open (6K)	100th	23:07.5
	Oct. 28	Big Ten Championships (6K)	130th	22:58.5
	Nov. 11	NCAA Mid-Atlantic Regional (6K)	109th	22:55.1
2023	Sept. 1	LMU South Bay Twilight Meet (6K)	22nd	22:41.4
	Sept. 9	Waves Invitational (4K)	31st	14:44.5
	Oct. 14	Highlander Invitational (6K)	101st	22:32.0
	Oct. 27	Pac-12 Championships (6K)	102nd	23:32.3
	Nov. 10	NCAA West Regional (6K)	242nd	23:57.6



SIERRA RANSWEILER

Ht. - 5-8

Birthdate - 5/18/02

Class - Grad Student

Hometown - Danville, Calif.

Best 5K time - 17:52.0, UCSB Lagoon Meet (9/3/22)

Best 6K Time - 21:22.3, UCR Invitational (9/17/22)

THIS YEAR:

Graduate student Sierra Ransweiler is in her first season as a distance runner on the USC track and field and cross country teams. She graduated from UC Santa Barbara in 2024 with a degree in Environmental Studies and a Certificate in Technology Management.

BEFORE USC:

Ransweiler competed in cross country and track and field at UC Santa Barbara from 2021-24. She posted a career-best 5K cross country time of 17:52.0 in placing second at the UCSB Lagoon Meet on Sept. 3, 2022. Her 6K cross country best time of 21:22.3 came two weeks later at the UCR Invitational on Sept. 17, 2022, finishing fourth among the Gauchos and helping lead the team to a fifth-place finish. She has a personal best in the 3000m steeplechase of 10:39.94 which ranks 10th on UCSB's all-time list in the event. She also has PRs of 4:48.54 in the 1500m and 18:59.53 in the 5000m on the track. Ransweiler was a six-time UCSB Dean's List student and four times received Big West All-Academic honors.

HIGH SCHOOL:

Ransweiler is a 2020 graduate of San Ramon Valley High School. She earned 12 varsity letters at San Ramon in cross country, track and field and soccer. She posted personal bests of 2:22.22 in the 800m, 5:11.30 in the 1600m and 11:26.95 in the 3200m.

PERSONAL:

Sierra was born on May 18, 2002 in Danville, Calif...Her parents are John and Angela Ransweiler and she has two siblings, Mia and Tala...Tala is on the USC rowing team...in her spare time, Sierra likes hiking, cooking, taking walks to pretty places and sitting at coffee shops...She lists her sports hero as cyclist Tadej Pogacar because he rides with passion and determination...Says her favorite foods are miso or wonton soup, burrata and a good baguette and ice cream...Someday she would like to travel to Jamaica...She has volunteered at food banks in her hometown and while working at American Honda Motor Company, Inc., helped distribute meals at the YMCA and provided tech support for seniors...After USC would like to work for a company that she is passionate about and start saving up to buy land...At USC, Sierra is pursuing a master's in Global Supply Chain Management through the Marshall School of Business and Viterbi School of Engineering.

Sierra Ransweiler Cross Country Results

	<u>Date</u>	<u>Meet</u> <u>(Distance)</u>	<u>Finish</u>	<u>Time</u>
2021	Sept. 10	UC Davis Stump Invitational (6K)	56th	22:16.6
	Sept. 18	UCR Invitational (6K)	62nd	22:00.0
	Oct. 16	Bronco Invitational (6K)	85th	22:47.0
	Oct. 29	Big West Championships (6K)	67th	24:31.2
	Nov. 12	NCAA West Region (6K)	163rd	22:44.9
2022	Sept. 3	UCSB Lagoon Meet (5K)	2nd	17:52.0
	Sept. 17	UCR Invitational (6K)	47th	21:22.3
2023	Sept. 1	Big West Preview (5K)	44th	19:16.0
	Sept. 22	Bill Dellinger Invitational (6K)	100th	22:25.1
	Oct. 14	Bronco Invitational (6K)	56th	21:31.9
	Oct. 27	Big West Championships (6K)	45th	22:37.8
	Nov. 10	NCAA West Regional (6K)	175th	22:13.6



OLIVIA SCHMITT

Ht. - 5-6

Birthdate - 8/19/02

Class - Grad Student

Hometown - Lindenhurst, Ill.

Best 5K time - 19:08.7, Mets Cross Country Championships (10/7/23)

Best 6K time - N/A

THIS YEAR:

Graduate student Olivia Schmitt is in her first season as a distance runner on the USC track and field and cross country teams. She graduated from Columbia in 2024 with a degree in Computer Science from the Fu Foundation School of Engineering and Applied Science.

BEFORE USC:

Schmitt competed in cross country and track and field at Columbia from 2021-24. She ran her 5K PR of 19:08.7 in placing 25th at the Mets Cross Country Championships on Oct. 7, 2023, helping her team to a fifth-place finish. In track she had an 800m best of 2:07.01 to finish 18th at the Wake Forest Invitational on April 19, 2024. She placed fourth in the 800m at the 2024 Ivy League Indoor Championships with a time of 2:07.08. She set the school record with the Championship of America DMR team with a time of 11:00.38 at the 2024 Penn Relays. She was part of the 2024 Ivy League champion 4x800m relay which won the title with a school-record time of 8:36.97. Her freshman season in cross country and track and field was cancelled due to COVID-19. She was a Dean's List student all four years at Columbia.

HIGH SCHOOL:

Schmitt is a 2020 graduate of Lakes Community High in Lake Villa, Ill. where she was a four-time letterwinner. In 2019 she was named a Cross Country All-Sectional athlete as she helped her team finish as the 2019 Illinois State Championships runner-ups. She was a three-time All-Sectional and three-time All-Conference 800m runner. She was also a two-time All-State 800m selection and in 2019 earned All-State honors in the 400m. She was a National Honor Society member and was named to the Illinois All-State Academic team in 2019-20.

PERSONAL:

Olivia was born on Aug. 19, 2002 in Highland Park, Ill...Her parents are Ruby and Christopher Schmitt and she has two siblings, Maya and Alex...Her sister Maya played four years of soccer at Wisconsin-La Crosse...Olivia worked as a ski instructor at Wilmot Mountain...Her hobbies include gardening and sewing...Her interests include climate resiliency, data justice and community development...She is working on a master's in Urban Planning at USC.

Olivia Schmitt Cross Country Results

	Date	Meet (Distance)	Finish	Time
2021	Sept. 4	Stony Brook Invitational (2.49K)	39th	15:30.7
	Oct. 8	Mets Cross Country Championships (5K)	14th	20:23.0
2022	Oct. 7	Mets Cross Country Championships (5K)	40th	23:17.9
2023	Oct. 7	Mets Cross Country Championships (5K)	25th	19:08.3



HALEY SPODEN

Ht. - 5-6

Class - Sophomore

Best 5K time - 18:30.40

Best 6K time - 22:30.1, Highlander Invitational (10/14/23)

Birthdate - 8/29/05

Hometown -Vienna, Va.

THIS YEAR:

Sophomore Haley Spoden is in her second season as a distance runner on the USC track and field and cross country teams.

2023-24: Spoden ran in four of the five meets during the cross country season for the Trojans. She opened with a time of 22:57.3 to finish 25th at the LMU South Bay Twilight Meet (6K) on Sept. 1. She set her 6K personal best of 22:30.1 and was one of USC's scoring runners at the Highlander Invitational on Oct. 14. She competed for USC at the Pac-12 Championships (6K) and had a time of 23:43.1. She was injured and did not compete in the outdoor track and field season.

HIGH SCHOOL:

Spoden is a 2023 graduate of George C. Marshall High in Falls Church, Va. She was named Marshall's 2023 Female Athlete of the Year. She has an indoor 1600m best time of 4:59.91. She was named 2021 and 2022 All-Met honorable mention in cross country. She finished 10th at the 2021 Virginia 6A State Meet and was named to the All-Run Washington Virginia postseason team. She was All-State as a freshman in the 1600m and in cross country her junior season. She has a cross country 5K best of 18:30.40.

PERSONAL:

Haley was born on August 29, 2005...Her parents are Myra and Len Spoden and she has two siblings, Amanda Diede and Caryl...She likes to read in her spare time...Her favorite musical artists are Ariana Grande and The Weeknd and her favorite movie is A Silent Voice...Her favorite food is pasta...Would like to travel to London someday...List her sports hero as Alexandra Trusova because she is always pushing....She is a Quantitative Biology major at USC and her goal is to attend medical school.

Haley Spoden Cross Country Results

	<u>Date</u>	<u>Meet (Distance)</u>	<u>Finish</u>	<u>Time</u>
2023	Sept. 1	LMU South Bay Twilight Meet (6K)	25th	22:57.3
	Sept. 9	Waves Invitational (4K)	50th	15:13.5
	Oct. 14	Highlander Invitational (6K)	100th	22:30.1
	Oct. 27	Pac-12 Championships (6K)	104th	23:43.1



HELENA TEIXEIRA-DASILVA

Ht. - 5-9

Birthdate - 8/28/02

Class - Grad. Student

Hometown - Newton, Mass.

Best 5K time - N/A

Best 6K time - 22:25.5, Dan Huston Invitational (10/1/22)

THIS YEAR:

Graduate student Helena Teixeira-Dasilva is in her first season as a distance runner on the USC track and field and cross country teams. She graduated from Washington University of St. Louis in 2024.

BEFORE USC:

Teixeira-Dasilva competed in cross country and track and field at Washington University of St. Louis from 2021-24. She posted a career-best 6K cross country time of 22:25.5 in placing 12th at the Dan Huston Invitational on Oct. 1, 2022. She competed at the 2022 and 2023 NCAA Division III Midwest Cross Country Regional and at the 2023 NCAA Division III Cross Country Championships. In track and field she has personal bests of 4:33.78 in the 1500m and 5:01.42 in the one-mile races. Her one-mile PR came at the 2024 NCAA Division III Indoor Championships, where she placed 12th in the event.

HIGH SCHOOL:

Teixeira-Dasilva is a 2020 graduate of Newton North High School. She ran an outdoor two-mile best of 11:47 which still ranks 11th on the school's all-time list. She had an indoor two-mile PR of 11:40.04.

PERSONAL:

Helena was born on August 28, 2022 in Newton, Mass...She is an Aerospace and Mechanical Engineering major at USC.

Helena Teixeira-Dasilva Cross Country Results

	Date	Meet (Distance)	Finish	Time
2021	Sept. 1	WashU vs. Greenville Duel Meet (4.17K)	1st	15:37.4
	Sept. 18	Tom Hoffman Invitational (6K)	9th	23:36.1
	Oct. 2	Dan Huston Invitational (6K)	DNF	-----
	Oct. 16	Augustana Interregional Invitational (6K)	34th	22:41.2
	Oct. 30	UAA Championships (6K)	27th	24:05.8
2022	Sept. 17	Gil Dodds Invitational (6K)	20th	23:13.1
	Oct. 1	Dan Huston Invitational (6K)	12th	22:25.5
	Nov. 12	NCAA Division III Midwest Regional (6K)	25th	22:59.2
2023	Sept. 16	Gil Dodds Invitational (6K)	30th	23:09.3
	Sept. 29	Gans Creek Invitational (6K)	18th	23:10.7
	Oct. 14	Augustana Interregional Invitational (6K)	33rd	22:46.6
	Nov. 11	NCAA Division III Midwest Regional (6K)	31st	22:32.5
	Nov. 18	NCAA Division III Championships (6K)	175th	22:58.0



ANGELINA VASQUEZ

Ht. - 5-7

Birthdate - 1/20/05

Class - Sophomore

Hometown - Barstow, Calif.

Best 5K time - N/A

Best 6K time - 22:13.2, LMU South Bay Twilight Meet (9/1/23)

THIS YEAR:

Sophomore Angelina Vasquez is in her second season as a distance runner on the USC track and field and cross country teams.

2023-24: Vasquez opened her USC career by placing 17th with a 6K personal-best time of 22:13.2 at the LMU South Bay Twilight Meet on Sept. 1. She then led the Trojans and finished 15th overall with a time of 14:16.9 at the Waves Invitational (4K) on Sept. 9. She competed at the Pac-12 Championships (6K) on Oct. 27, posting a time of 23:15.0, sixth among the Trojans. She competed in three track meets for the Trojans during the outdoor season. She ran a PR of 4:51.08 to place eighth in the 1500m at the Trojan Invitational on March 23.

HIGH SCHOOL:

Vasquez is a 2023 graduate of Barstow High in Barstow, Calif. She had personal bests of 2:12.61 in the 800m and 5:01 in the 1600m. She also had a best 400m of 61.0. She was a two-time high school league champion, four-time All-League selection and a two-time HD Athlete of the Year.

PERSONAL:

Angelina was born on Jan. 20, 2005 in Barstow, Calif...Her parents are Isabel and Cesar Vasquez and she has one sibling, Cesar...Her community service work includes volunteering at a Veterans Home and working at a Veterans Thrift Shop, a Basketball Clinic and for Toys for Tots...She likes to paint in her free time...Lists Steve Lacy as her favorite musician and Johnny Depp as her favorite actor...Says Sydney McLaughlin is her sports hero because she is such an inspiration with her journey with God and track...Her favorite food is pasta...One day would like to visit Ecuador...Would like to go into coaching once her running career is over...Vasquez is a Psychology major (Sports Psychologist) with a minor in Writing.

Angelina Vasquez Cross Country Results

	Date	Meet (Distance)	Finish	Time
2023	Sept. 1	LMU South Bay Twilight Meet (6K)	17th	22:13.2
	Sept. 9	Waves Invitational (4K)	15th	14:16.9
	Oct. 27	Pac-12 Championships (6K)	99th	23:15.0

TROJAN FAMILY: The Trojan Family is always supporting each other. Director of Track & Field and Cross Country Quincy Watts, Senior Associate Athletic Director Lindsay Jaffee, and many of the T&F staff and teammates came out to the 2023 season opening LMU South Bay Twilight Meet.



TROJANS ALWAYS TOUGH IN THE CLASSROOM, TOO:

In 2023 the Trojans recorded a perfect NCAA Academic Progress Rate (APR) score of 1,000 points for a ninth consecutive seasons, the longest streak by any USC program. They are also are always strongly represented on the Pac-12 All-Academic team and last season Liyat Kebbede and Giovanna Pisano were all named to the conference honor roll.

The cross country team virtually every season receives the NCAA Public Recognition Awards which honors those team that are in the top 10 percent in its sport among all team in the country. Routinely the USC cross country team's members fill up the Pac-12 All-Academic honor roll and contributed to the 2021, 2022, 2023 and 2024 Trojan women's track and field team earning a USTFCCA Outdoor All-Academic designation.

The Trojan cross country runners have earned 47 Pac-12 All-Academic honors in the last 10 seasons. In 2011, Zara Luke-ns was named to the First Team as well as being named a Renaissance Scholar, an academic honor that is awarded to select undergraduate students who graduate with a major and a minor (or two majors) in widely separated fields of study.

As the Trojans like to say, two Duartes are better than one....!



Jacqueline Duarte

Isabella Duarte

CROSS COUNTRY SCORING

Team Competition:

A cross country team may consist of 12 runners, or more if otherwise agreed upon by the teams competing.

Team Scoring:

All runners who finish a race shall be given an overall finish place. However, only the first seven runners on any one team may be used in scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team. Those teams not finishing at least five runners likewise shall not be included in the order of team finish.

The score shall be determined by totaling the points of the first five runners of each team to finish. The team scoring the lower number of points shall be the winner. For example, a team with runners finishing 1, 5, 7, 24, 39 for a total of 76 would defeat a team with runners finishing 2, 3, 4, 48, 52 for a total of 109.

Although the sixth and seventh runners of a team to finish do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents.

Ties in team scoring shall not be broken, except for advancement to the championship finals.



USC hosted the 2022 Pac-12 Cross Country Championships at the Ag Ops Course in Riverside, Calif. It was the first time USC hosted the Pac-12 Cross Country Championships since 2009.

RECENT RESULTS

- TROJANS EYE A STEADY INCLINE TO THE CROSS COUNTRY PROGRAM -

USC cross country has made great strides over the recent seasons while building a foundation for the future. USC placed 11th at least season's Pac-12 Championships and at the 2021 Pac-12 Championships, its highest finishes since also placing 11th in 2014. The last Trojan team victory was at the 2016 Pepperdine Invitational and the last USC individual runner to finish as the overall winner was Amber Gore at the 2019 Master's XC Invitational. The following is the most recent season results and USC's top finisher at each meet:

2016

Date	Meet	Top Trojan	Place	Team Finish
Sept. 1	Pepperdine Invitational (4K)	Ricks	1st	1st
Sept. 17	UC Riverside Invitational (6K)	Racette	30th	7th
Oct. 1	Sac. St. Regional Preview (6K)	Racette	31st	13th
Oct. 15	Highlander Invitational (5K)	Racette	4th	5th

Oct. 28	Pac-12 Championships (6K)	Racette	60th	12th
Nov. 11	NCAA West Regional (6K)	Racette	91st	N/A

2017

Date	Meet	Top Trojan	Place	Team Finish
Sept. 1	Pepperdine Invitational (4K)	Gore	2nd	4th
Sept. 16	UC Riverside Invitational (6K)	Gore	46th	25th
Sept. 16	UC Riverside Invitational (5K)	Berry	20th	18th
Sept. 23	UNLV Invitational (5K)	Gore	10th	4th
Oct. 14	Highlander Invitational (5K)	Gore	6th	8th

Oct. 27	Pac-12 Championships (6K)	Gore	79th	N/A
Nov. 10	NCAA West Regional (6K)	Gore	103rd	N/A

2018

Date	Meet	Top Trojan	Place	Team Finish
Sept. 15	UC Riverside Invitational (6K)	Gore	18th	---
Sept. 15	UC Riverside Invitational (5K)	Brewer	51st	---
Sept. 29	Master's XC Invitational (5K)	Gore	1st	5th
Oct. 13	Pre-Nationals Meet (6K)	Gore	139th	36th

Oct. 26	Pac-12 Championships (6K)	Gore	73rd	12th

2019

Date	Meet	Top Trojan	Place	Team Finish
Sept. 14	UC Riverside Invitational (6K)	Weber	75th	17th
Sept. 28	Master's XC Invitational (5K)	Weber	17th	4th
Oct. 19	Highlander Invitational (6K)	Brewer	25th	7th

Nov. 1	Pac-12 Championships (6K)	Brewer	95th	12th

2021

Date	Meet	Top Trojan	Place	Team Finish
Sept. 4	Mark Covert Classic (5K)	Maccagnini	12th	3rd
Sept. 18	UC Riverside Invitational (6K)	Maccagnini	24th	7th
Oct. 16	Highlander Invitational (6K)	Pisano	25th	12th

Oct. 29	Pac-12 Championships (6K)*	Pisano	66th	11th*at altitude
Nov. 12	NCAA West Regional (6K)	Brewer	108th	22nd

RECENT RESULTS (Cont.)

2022

Date	Meet	Top Trojan - Place		Team Finish
Sept. 3	Mark Covert Classic (5K)	Westlake	11th	3rd
Sept. 17	UC Riverside Invitational (6K)	Westlake	105th	27th
Oct. 15	Bronco Invitational (6K)	Gallegos	133rd	26th
<hr/>				
Oct. 28	Pac-12 Championships (6K)*	Westlake	78th	12th

2023

Date	Meet	Top Trojan - Place		Team Finish
Sept. 1	LMU South Bay Twilight Meet (6K)	Lopez	4th	2nd
Sept. 9	Waves Invitational (4K)	Vasquez	15th	T3rd
Oct. 14	Highlander Invitational (6K)	Maccagnini	25th	11th
<hr/>				
Oct. 27	Pac-12 Championships (6K)	Maccagnini	69th	11th
Nov. 10	NCAA West Regional (6K)	Maccagnini	109th	29th

HISTORY OF CROSS COUNTRY AT USC

The Trojans' history in cross country in the Pac-12 has been limited in team competition. The men competed in the Pac-10 from 1969 to 1972 and then again from 1985 to 1993. Their highest finish was fourth place in 1969 and 1971.

The women began fielding a cross country team in the Pac-10 in 1990. The Women of Troy had their highest league finish in 1996 and 1997, when they took sixth-place in the Pac-10 Cross Country Championships.

Tom Walsh took over as head coach in 1993 and was able to move the team out of the conference cellar after it had finished last in the conference the first five seasons. The Women of Troy's fledgling program had finished between sixth and eighth place all but three seasons between 1995-2007. USC finished eighth in 2007 as Sarah Cocco placed 11th and was named second team All-Pac-10 Conference. She then placed 18th at the West Regional and was invited to compete at the 2007 NCAA Championships. The Trojans placed 9th in 2008 in a highly contested finish with teams 5-9, as Zsafia Erdelyi was Troy's top finisher at 17th. She went on to take 8th at the West Regional and was invited to the NCAA Championships where she placed 120th. Erdelyi again led USC at the Pac-10 Championships in 2009 (22nd) and 2010 (14th), while the team placed ninth and 10th respectively. David Freeman took over the program in 2013 and he was followed by Patrick Henner in 2017 and they guided the Trojans through the 2019 season. USC sat out the 2020 season due to COVID-19, but hired Jebreh Harris to take over the reigns of the program and he began laying the foundation for the future in the Fall of 2020. The Trojans had several strong seasons under Harris and now the team is in the hands of the very capable Milton Mallard for the 2024 season.

Several Trojans have qualified to run at the NCAA Championships, with Sarah Ellis (2001), Brooke Thomas (2002), Iryna Vashchuk (2003-04), Cocco (2007) and Erdelyi (2008). Emebet Shiferaw, who finished 51st in 1995 and seventh in 1996 at the NCAAs, is the only Women of Troy cross country runner to be an All-American (1996). Her time of 17:53 in 1996 was second among all Pac-10 runners, as Arizona's Amy Skieresz won the national title.

Over the past 10 seasons USC has had 47 runners earn Pac-12 All-Academic team honors and since 1998 has had 11 runners earn first-team designation including Kate Neeper, who was a first-team selection from 2003-05, Chanel Fischetti in 2007, Zara Lukens in 2008-10, Katherine Ellis in 2009 and Jackie Dion in 2013.

The Trojans' only NCAA champion in cross country was Max Truex, who won the individual men's title in 1957. Men's cross country has been an NCAA sanctioned sport since 1938 and women's cross country began in 1981.

TROJAN CROSS COUNTRY RUNNERS QUALIFYING FOR THE NCAA CHAMPIONSHIPS

1990	Amy Goodwin
1995	Emebet Shiferaw
1996	Emebet Shiferaw (Cross Country All-American)
2001	Sarah Ellis
2002	Brooke Thomas
2003	Iryna Vashchuk
2004	Iryna Vashchuk
2007	Sarah Cocco
2008	Zsafia Erdelyi

Emebet Shiferaw



Brooke Thomas



Iryna Vashchuk





*Zsolia
Erdelyi*



*Tina
Kefalas*



USC cross country alumni Zsolia Erdelyi (Hungary) and Tina Kefalas (Greece) represented the Trojans at the 2012 London Olympics in the marathon. USC was the only school in the country with two runners qualified for the Olympic marathon race in London. Erdelyi competed again at the 2016 Rio Olympics and placed 52nd.



Alyssa Blockburger



Isabella Duarte



Jacqueline Duarte



Gigi Mascagnini



Giovanna Pisano



Lucia Rabolli



Sierra Kansweiler



Olivia Schmitt



Haley Spoden



Helena Teixeira-Dasilva



Angelina Vasquez



USC's Beautiful New Track & Field Home

• The Colich Track & Field Center •



USC Director of Track & Field Quincy Watts, Parker Kennedy, USC President Carol L. Folt, Janine & John Colich, Leslie and Joe Antunovich



Gigi Maccagnini addresses the USC athletics department at the 2022-23 staff assembly. She spoke about being a foreign-born athlete at USC



The dream became a reality with the opening of the Colich Track & Field Center on Sept. 10, 2021



Front: Gigi Maccagnini, Isabella Duarte, Angelina Vasquez
Middle: Haley Spoden, Lucia Rabolli, Giovanna Pisano, Jacqueline Duarte, Olivia Schmitt
Top: Sierra Ransweiler, Helena Teixeira-Dasilva, Alyssa Blockburger

2024 USC Cross Country Schedule

Aug. 30 -	Waves Invitational	Malibu, Calif.
Sept. 28 -	Dave Murray Invitational	Tucson, Ariz.
Oct. 19 -	Highlander Invitational	Riverside, Calif.
Nov. 1 -	Big Ten XC Championships	Savoy, Ill.
Nov. 15 -	NCAA West Regional	Colfax, Wash.
Nov. 23 -	NCAA XC Championships	Madison, Wisc.