



2019 MISSISSIPPI STATE WOMEN'S CROSS COUNTRY

Head Coach Patrick McGregor (First Season)

2 NCAA Championships Appearances

4 All-Americans

UNA INVITATIONAL

Sept. 7, 2019 | Florence, Ala. | 5K

TEAM RESULTS

1.	Mississippi State	47
2.	Memphis	58
3.	North Alabama	60
4.	Evansville	107
5.	Cumberland (Tenn.)	164
6.	Blue Mountain	170
7.	Alabama A&M	197
8.	West Florida	204
9.	Trevecca Nazarene	222
10.	Jacksonville State	244

(12 total teams)

COMMODORE CLASSIC

Sept. 14, 2019 | Nashville, Tenn. | 6K

TEAM RESULTS

1.	Ole Miss	76
2.	Ohio State	92
3.	Indiana	99
4.	Missouri	141
5.	Vanderbilt	163
6.	Georgia	185
7.	M.T.S.U.	231
8.	Southern Miss.	232
9.	Xavier (Ohio)	256
10.	Lipscomb	271

11.	Louisville	281
12.	Auburn	282
13.	High Point	283
14.	Mississippi State	369

(20 total teams)

LOUISVILLE CLASSIC

Oct. 5, 2019 | Louisville, Ky. | 5K

TEAM RESULTS

1.	Middle Tennessee State	103
2.	Lipscomb	145
3.	Xavier (Ohio)	175
4.	Johns Hopkins	195
5.	Marquette	201
6.	Louisville	291
7.	Campbell	311
8.	Southwest Baptist	332
9.	Appalachian State	336
10.	Memphis	376

11.	Cincinnati	376
12.	Mississippi State	383
20.	Kentucky	588
22.	Vanderbilt	598

(39 total teams)

INDIVIDUAL RESULTS

2.	Sydney Steely	18:17.6
4.	Ava Weems	18:32.3
9.	Mary Beth Woodward	19:10.9
14.	Kate Zacharias	19:28.5
18.	Breja Hooks	19:43.8
30.	Savannah Schwab	20:16.0
53.	Nicole Franklin	21:30.2

INDIVIDUAL RESULTS

35.	Sylvia Russell	22:18.9
63.	Sydney Steely	22:48.9
86.	Kristy Terp	23:06.6
88.	Ava Weems	23:08.2
127.	Mary Beth Woodward	23:51.3
147.	Breja Hooks	24:21.1
151.	Silvia De La Pena Garibay	24:28.2
155.	Savannah Schwab	24:39.5
156.	Kate Zacharias	24:39.6
164.	Charlotte Cayton-Smith	25:18.0
176.	Audrey Honiotes	25:56.8

INDIVIDUAL RESULTS

15.	Sylvia Russell	17:32.7
80.	Kristy Terp	18:16.5
83.	Ava Weems	18:16.7
95.	Silvia De La Pena Garibay	18:23.5
110.	Breja Hooks	18:30.7
111.	Sydney Steely	18:31.3
164.	Mary Beth Woodward	18:50.4
217.	Charlotte Cayton-Smith	19:12.5
DNF.	Ashley Melcherts	



2019 MISSISSIPPI STATE WOMEN'S CROSS COUNTRY

Head Coach Patrick McGregor (First Season)

2 NCAA Championships Appearances

4 All-Americans

UAB BLAZER CLASSIC

Oct. 18, 2019 | Montevallo, Ala. | 6K

TEAM RESULTS

1.	Florida State	32
2.	Southern Miss	94
3.	Charlotte	130
4.	South Alabama	130
5.	Mississippi State	132
6.	Samford	191
7.	Alabama	207
8.	Memphis	215
9.	Belmont	215
10.	UAB	226

(24 total teams)

SEC CHAMPIONSHIP

Nov. 1, 2019 | Lexington, Ky. | 6K

TEAM RESULTS

1.	Arkansas	21
2.	Ole Miss	93
3.	Missouri	159
4.	Tennessee	170
5.	Alabama	171
6.	Vanderbilt	176
7.	Kentucky	179
8.	Georgia	184
9.	Texas A&M	189
10.	Auburn	229

11.	Florida	243
12.	Mississippi State	336
13.	LSU	349
14.	South Carolina	367

(14 total teams)

NCAA SOUTH REGION CHAMPIONSHIP

Nov. 15, 2019 | Tallahassee, Fla. | 6K

TEAM RESULTS

1.	Florida State	42
2.	Ole Miss	100
3.	Tennessee	144
4.	Georgia Tech	154
5.	Vanderbilt	166
6.	Alabama	167
7.	Georgia	178
8.	Florida	189
9.	Auburn	218
10.	Lipscomb	258

11.	Middle Tennessee State	295
12.	Southern Miss	310
13.	South Alabama	360
14.	Mississippi State	411

(27 total teams)

INDIVIDUAL RESULTS

7.	Sylvia Russell	21:09.68
14.	Silvia De La Pena Garibay	21:23.95
27.	Ava Weems	21:38.36
35.	Kristy Terp	21:43.20
49.	Sydney Steely	21:54.55
56.	Breja Hooks	22:08.16
64.	Mary Beth Woodward	22:19.61
75.	Audrey Honiotes	22:29.63
88.	Savannah Schwab	22:52.97
129.	Charlotte Cayton-Smith	23:39.79
131.	Nicole Franklin	23:42.28
147.	Anna Balzli	24:16.10

INDIVIDUAL RESULTS

43.	Sylvia Russell	21:21.6
78.	Sydney Steely	22:03.3
83.	Silvia De La Pena Garibay	22:10.3
85.	Kristy Terp	22:10.6
89.	Breja Hooks	22:15.4
116.	Mary Beth Woodward	22:59.5
129.	Charlotte Cayton-Smith	23:35.6
132.	Ava Weems	23:40.5
134.	Savannah Schwab	23:54.1
139.	Audrey Honiotes	24:24.6

INDIVIDUAL RESULTS

34.	Sylvia Russell	21:05.9
91.	Silvia De La Pena Garibay	22:10.3
95.	Ava Weems	22:16.8
99.	Kristy Terp	22:18.3
106.	Breja Hooks	22:22.3
122.	Sydney Steely	22:34.2
137.	Mary Beth Woodward	22:54.1



2019 MISSISSIPPI STATE WOMEN'S CROSS COUNTRY

Head Coach Patrick McGregor (First Season)

2 NCAA Championships Appearances

4 All-Americans

INDIVIDUAL BREAKDOWN

Anna Balzli

24:16.10 ! UAB Blazer Classic 6K

Charlotte Cayton-Smith

25:18.0 Commodore Classic 6K

19:12.5 Louisville Classic 5K

23:39.79 UAB Blazer Classic 6K

23:35.6 SEC Championships 6K

Silvia De La Pena Garibay

24:28.2 ! Commodore Classic 6K

18:23.5 ! Louisville Classic 5K

21:23.95 ! UAB Blazer Classic 6K

22:10.3 SEC Championships 6K

22:10.3 NCAA South Regionals 6K

Nicole Franklin

21:30.2 ! UNA Invitational 5K

23:42.28 ! UAB Blazer Classic 6K

Audrey Honiotes

25:56.8 Commodore Classic 6K

22:29.63 UAB Blazer Classic 6K

24:24.6 SEC Championships 6K

Breja Hooks

19:43.8 ! UNA Invitational 5K

24:21.1 ! Commodore Classic 6K

18:30.7 ! Louisville Classic 5K

22:08.16 ! UAB Blazer Classic 6K

22:15.4 SEC Championships 6K

22:22.3 NCAA South Regionals 6K

Sylvia Russell

22:18.9 Commodore Classic 6K

17:32.7 ! Louisville Classic 5K

21:09.68 UAB Blazer Classic 6K

21:21.6 SEC Championships 6K

21:05.9 ! NCAA South Regionals 6K

Savannah Schwab

20:16.0 ! UNA Invitational 5K

24:39.5 ! Commodore Classic 6K

22:52.97 ! UAB Blazer Classic 6K

23:54.1 SEC Championships 6K

Sydney Steely

18:17.6 ! UNA Invitational 5K

22:48.9 Commodore Classic 6K

18:31.3 Louisville Classic 5K

21:54.55 UAB Blazer Classic 6K

22:03.3 SEC Championships 6K

22:34.2 NCAA South Regionals 6K

Kristy Terp

23:06.6 Commodore Classic 6K

18:16.5 ! Louisville Classic 5K

21:43.20 UAB Blazer Classic 6K

22:10.6 SEC Championships 6K

22:18.3 NCAA South Regionals 6K

Ava Weems

18:32.3 ! UNA Invitational 5K

23:08.2 ! Commodore Classic 6K

18:16.7 ! Louisville Classic 5K

21:38.36 ! UAB Blazer Classic 6K

23:40.5 SEC Championships 6K

22:16.8 NCAA South Regionals 6K

Mary Beth Woodward

19:10.9 ! UNA Invitational 5K

23:51.3 ! Commodore Classic 6K

18:50.4 ! Louisville Classic 5K

22:19.61 ! UAB Blazer Classic 6K

22:59.5 SEC Championships 6K

22:54.1 NCAA South Regionals 6K

Kate Zacharias

19:28.5 ! UNA Invitational 5K

24:39.6 ! Commodore Classic 6K

KEY

! Personal best



2019 MISSISSIPPI STATE MEN'S CROSS COUNTRY

Head Coach Patrick McGregor (First Season)

2 NCAA Championships Appearances

4 All-Americans

LOUISVILLE CLASSIC

Oct. 5, 2019 | Louisville, Ky. | 8K

TEAM RESULTS

1.	Middle Tennessee State	81
2.	Louisville	111
3.	Campbell	147
4.	Lipscomb	211
5.	East Tennessee State	213
6.	Marquette	257
7.	Appalachian State	307
8.	Memphis	309
9.	West Texas A&M	321
10.	Eastern Illinois	326

11.	Vanderbilt	378
22.	Kentucky	540

26. Mississippi State 628
(41 total teams)

INDIVIDUAL RESULTS

32.	Giacomo DeLuca	24:25.2
80.	Luke Zacharias	24:56.1
98.	Lake Spradling	25:04.0
199.	Eryk Yunk	25:46.1
261.	Clayton Fulgham	26:09.2
315.	Joseph Wohlers	26:57.8

UAB BLAZER CLASSIC

Oct. 18, 2019 | Montevallo, Ala. | 8K

TEAM RESULTS

1.	Charlotte	38
2.	Belmont	62
3.	Memphis	99
4.	South Alabama	104
5.	Mississippi State	127
6.	Samford	142
7.	North Alabama	203
8.	Montevallo	215
9.	Mercer	268
10.	Troy	278

(21 total teams)

INDIVIDUAL RESULTS

1.	Stephen Jones	23:51.98
17.	Giacomo DeLuca	24:40.28
26.	Luke Zacharias	24:54.20
39.	Lake Spradling	25:28.49
46.	Clayton Fulgham	25:48.20
52.	Blake Beavers	25:54.73
77.	Matthew Ray	26:33.65
80.	Joseph Wohlers	26:36.08
84.	Brock Isom	26:43.36
97.	Eryk Yunk	27:09.27
100.	Jacob Warner	27:14.24
105.	Slater Richardson	27:23.66

NCAA SOUTH REGION CHAMPIONSHIP

Nov. 15, 2019 | Tallahassee, Fla. | 10K

TEAM RESULTS

1.	Ole Miss	69
2.	Middle Tennessee State	83
3.	Alabama	97
4.	Florida State	136
5.	Georgia Tech	169
6.	Lipscomb	205
7.	North Florida	220
8.	Florida	220
9.	Belmont	246
10.	East Tennessee State	259

11.	Vanderbilt	303
12.	Tennessee	320
13.	Georgia	364
15.	Auburn	374

17. Mississippi State 396
(24 total teams)

INDIVIDUAL RESULTS

11.	Stephen Jones	30:33.5
77.	Lake Spradling	32:19.4
90.	Luke Zacharias	32:40.5
105.	Giacomo DeLuca	32:56.8
127.	Clayton Fulgham	33:38.0
146.	Matthew Ray	34:45.6



2019 MISSISSIPPI STATE MEN'S CROSS COUNTRY

Head Coach Patrick McGregor (First Season)

2 NCAA Championships Appearances

4 All-Americans

NCAA CHAMPIONSHIP

Nov. 23, 2019 | Terre Haute, Ind. | 10K

INDIVIDUAL RESULTS

80. Stephen Jones 31:46.5



2019 MISSISSIPPI STATE MEN'S CROSS COUNTRY

Head Coach Patrick McGregor (First Season)

2 NCAA Championships Appearances

4 All-Americans

INDIVIDUAL BREAKDOWN

Blake Beavers

25:54.73 ! UAB Blazer Classic 8K

Giacomo DeLuca

24:25.2 ! Louisville Classic 8K

24:40.28 UAB Blazer Classic 8K

32:56.8 ! NCAA South Regionals 10K

Clayton Fulgham

26:09.2 ! Louisville Classic 8K

25:48.20 ! UAB Blazer Classic 8K

33:38.0 ! NCAA South Regionals 10K

Brock Isom

26:43.36 ! UAB Blazer Classic 8K

Stephen Jones

23:51.98 ! \$ UAB Blazer Classic 8K

30:33.5 ! NCAA South Regionals 10K

31:46.5 NCAA Championship 10K

Matthew Ray

26:33.65 ! UAB Blazer Classic 8K

34:45.6 ! NCAA South Regionals 10K

Slater Richardson

27:23.66 ! UAB Blazer Classic 8K

Lake Spradling

25:04.0 ! Louisville Classic 8K

25:28.49 UAB Blazer Classic 8K

32:19.4 ! NCAA South Regionals 10K

Jacob Warner

27:14.24 ! UAB Blazer Classic 8K

Joseph Wohlers

26:57.8 ! Louisville Classic 8K

26:36.08 ! UAB Blazer Classic 8K

Eryk Yunk

25:46.1 ! Louisville Classic 8K

27:09.27 UAB Blazer Classic 8K

Luke Zacharias

24:56.1 ! Louisville Classic 8K

24:54.20 ! UAB Blazer Classic 8K

32:40.5 ! NCAA South Regionals 10K

KEY

! Personal best

\$ School Record