### SAN DIEGO STATE CROSS COUNTRY / 2013 RESULTS & SEASON-BEST TIMES 2013 AZTEC CROSS COUNTRY TEAM RESULTS

<b>Date</b> Aug. 31	Meet (Distance)Finish~ Mark Covert Classic (5K)5th / 8 teamsTop Five: Vazquez, Cygan, McCall, Kruthers, Roesgen   No	<b>Spread (Top 5)</b> 0:21.5 . <i>6-7</i> : Ribeiro, Smith	Spread (Top 7) 1:08.1	<b>Top Finisher</b> Laura Vazquez (19:11.4)
Sept. 7	! adidas/UCI Invitational (5K) 1st / 13 teams <i>Top Five</i> : Vazquez, Kruthers, Roesgen, Cygan, Smith   <i>No.</i>	0:49.6 <i>6-7</i> : Ribeiro, Wendorf	1:30.8	Laura Vazquez (18:24.5)
Sept. 21	@ 69th Annual Aztec Invitational (5K) 4th/11 teams <i>Top Five</i> : Roesgen, Kruthers, Cygan, Ribeiro, Gammage	1:13.0 <i>No. 6-7</i> : Smith, Wendorf	1:34.0	Rachel Roesgen (18:51.0)
Oct. 4	# NCAA Inter-Regional Jamboree (5K) 14th/19 teams <i>Top Five</i> : Kruthers, Roesgen, Vazquez, Gammage, Smith	0:55.0 <i>No. 6-7</i> : Ribeiro, Cygan	1:06.0	Chelsea Kruthers (17:44.0)
Oct. 19	\$ Highlander Invitational (5K) 4th/9 teams <i>Top Five</i> : Kruthers, Roesgen, Cygan, Gammage, Smith   N	0:31.5 <i>lo. 6-7</i> : Ribeiro, King	2:37.4	Chelsea Kruthers (17:55.8)
Oct. 25	% Titan Invitational (5K) 2nd/10 teams <i>Top Five</i> : Kruthers, Roesgen, Smith, Gammage, Ribeiro   A	0:43.0 Vo. 6-7: Wendorf, King	2:10.7	Chelsea Kruthers (17:46.5)
Nov. 1	^ Mountain West Championships <i>Top Five</i> :			
Nov. 15	& NCAA West Regional Championships <i>Top Five</i> :			
~ Mark Covert Classic at Cal State Fullerton in Brea, Calif. ! adidas/UCI Invitational at UC Irvine in Irvine, Calif.				

@ 69th Annual Aztec Invitational at San Diego State in San Diego, Calif.

# NCAA Inter-Regional Jamboree at Sacramento State in Sacramento, Calif.

\$ Highlander Invitational at UC Riverside in Riverside, Calif.

% Titan Invitational at Cal State Fullerton in Fullerton, Calif.

^ Mountain West Championships at Air Force in USAF Academy, Colo.

& NCAA West Regional Championships at Sacramento State in Sacramento, Calif.

# **2013 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS**

Jessica	Cygan (Jr.)				
Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)	29th/147	19:24.3		
Sept. 7	adidas/UCI Invitational (5K)	9th/134	18:46.1		
Sept. 21	69th Aztec Invitational (5K)	20th/85	19:20.0		
Oct. 4	NCAA Inter-Regional (5K)	106th/156	18:50.0		
Oct. 19	Highlander Invitational (5K)	22nd/91	18:20.8		
Oct. 25	Titan Invitational (5K)		DNC		
Nov. 1	Mountain West Championships	5 (6K)			
Nov. 15	NCAA West Regional Champion	nships			
<b>Collegiate Career Best:</b> 5K - 18:10.0; 6K - 21:06.8					
Percenti	Percentile (top is 100.00): 69.66 pct.				

#### Dynasty Gammage (Jr.)

Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)		DNC	
Sept. 7	adidas/UCI Invitational (5K)		DNC	
Sept. 21	69th Aztec Invitational (5K)	25th/85	20:04.0	
0ct. 4	NCAA Inter-Regional (5K)	90th/156	18:25.0	
Oct. 19	Highlander Invitational (5K)	24th/91	18:25.5	
Oct. 25	Titan Invitational (5K)	20th/95	18:29.1	
Nov. 1	Mountain West Championships	5 (6K)		
Nov. 15	NCAA West Regional Champion	nships		
Collegiate Career Best: 5K - 18:25.0; 6K - N/A				
Percentile (top is 100.00): 62.76 pct.				
Oct. 19 Oct. 25 Nov. 1 Nov. 15 <b>Collegia</b>	Titan Invitational (5K) Mountain West Championships NCAA West Regional Champion <b>te Career Best:</b> 5K - 18:25.0;	24th/91 20th/95 5 (6K) nships 6K - N/A	18:25	

#### Cali King (Fr.)

Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	103rd/147	21:19.9	
Sept. 7	adidas/UCI Invitational (5K)	81st/134	21:00.6	
Sept. 21	69th Aztec Invitational (5K)	44th/85	21:25.0	
0ct. 4	NCAA Inter-Regional (5K)		DNC	
Oct. 19	Highlander Invitational (5K)	79th/91	20:33.2	
Oct. 25	Titan Invitational (5K)	66th/95	19:57.2	
Nov. 1	Mountain West Championships	s (6K)		
Nov. 15	NCAA West Regional Champion			
Collegiate Career Best: 5K - 19:57.2; 6K - N/A				
Percentile (top is 100.00): 32.43 pct.				

#### Chelsea Kruthers (So.)

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Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	34th/147	19:31.9	
Sept. 7	adidas/UCI Invitational (5K)	5th/134	18:33.9	
Sept. 21	69th Aztec Invitational (5K)	16th/85	18:52.0	
0ct. 4	NCAA Inter-Regional (5K)	42nd/156	17:44.0	
Oct. 19	Highlander Invitational (5K)	9th/91	17:55.8	
Oct. 25	Titan Invitational (5K)	5th/95	17:46.5	
Nov. 1	Mountain West Championships	(6K)		
Nov. 15	NCAA West Regional Champion			
<b>Collegiate Career Best: 5K - 17:44.0</b> ; 6K - 22:34.0				
Percentile (top is 100.00): 84.32 pct.				

#### Lily Mayko (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	Mountain West Championships (6	6K)	
Nov. 15			
Collegia	<b>te Career Best:</b> 5K - 20:02.2; 6I		
	i <b>le (top is 100.00):</b> N/A		

#### Jessica McCall (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	33rd/147	19:31.6
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	Mountain West Championships	(6K)	
Nov. 15	NCAA West Regional Champion		
Collegia	te Career Best: 5K - 18:30.7;		
Percenti	ile (top is 100.00): 77.55 pct	•	

#### Amanda Okun (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	Mountain West Championships (6	K)	
Nov. 15	NCAA West Regional Championsh		
Collegia	<b>te Career Best:</b> 5K - 20:28.9; 6k		
	le (top is 100.00): N/A		

#### Amy Reaser (Sr.)

	cusci (si.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	Mountain West Championships (	6K)	
Nov. 15	NCAA West Regional Champions	nips	
Collegia	<b>te Career Best:</b> 5K - 20:29.0; 6		
Percenti	ile (top is 100.00): N/A		

# **2013 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS**

Elaine	Ribeiro	(Fr.)
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Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	52nd/147	20:04.1	
Sept. 7	adidas/UCI Invitational (5K)	20th/134	19:21.2	
Sept. 21	69th Aztec Invitational (5K)	21st/85	19:23.0	
0ct. 4	NCAA Inter-Regional (5K)	104th/156	18:47.0	
Oct. 19	Highlander Invitational (5K)	31st/91	18:34.7	
Oct. 25	Titan Invitational (5K)	23rd/95	18:29.5	
Nov. 1	Mountain West Championships	5 (6K)		
Nov. 15	NCAA West Regional Championships			
Collegia	te Career Best: 5K - 18:29.			

Percentile (top is 100.00): 64.55 pct.

#### Rachel Roesgen (So.)

ILMUIUI				
Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	35th/147	19:32.9	
Sept. 7	adidas/UCI Invitational (5K)	8th/134	18:43.4	
Sept. 21	69th Aztec Invitational (5K)	13th/85	18:51.0	
0ct. 4	NCAA Inter-Regional (5K)	65th/156	17:59.0	
Oct. 19	Highlander Invitational (5K)	14th/91	18:05.3	
Oct. 25	Titan Invitational (5K)	7th/95	17:50.0	
Nov. 1	Mountain West Championships	5 (6K)		
Nov. 15				
Collegiate Career Best: 5K - 17:50.0; 6K - 23:29.0				
Percentile (top is 100.00): 79.94 pct.				

#### Hannah Sawatzki (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	Mountain West Championships (6K	)	
Nov. 15			
Collegia	te Career Best: 5K - 18:58.9 ; 6K		
	le (top is 100.00): N/A		

#### Katy Smith (Jr.)

Italy S				
Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	68th/147	20:19.5	
Sept. 7	adidas/UCI Invitational (5K)	17th/134	19:14.1	
Sept. 21	69th Aztec Invitational (5K)	27th/85	20:15.0	
Oct. 4	NCAA Inter-Regional (5K)	101st/156	18:39.0	
Oct. 19	Highlander Invitational (5K)	26th/91	18:27.3	
Oct. 25	Titan Invitational (5K)	18th/95	18:22.2	
Nov. 1 Mountain West Championships (6K)				
Nov. 15 NCAA West Regional Championships				
Collegiate Career Best: 5K - 18:22.2; 6K - 23:27.0				
Percentile (top is 100.00): 63.70 pct.				

#### Katie Thralls (Gr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	Mountain West Championships (6K	()	
Nov. 15	NCAA West Regional Championship	)S	
Collegia	<b>te Career Best:</b> 5K - N/A ; 6K - 2		
	le (top is 100.00): N/A		

#### Laura Vazquez (So.)

Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	20th/147	19:11.4	
Sept. 7	adidas/UCI Invitational (5K)	3rd/134	18:24.5	
Sept. 21	69th Aztec Invitational (5K)		DNC	
0ct. 4	NCAA Inter-Regional (5K)	69th/156	18:06.0	
Oct. 19	Highlander Invitational (5K)		DNC	
Oct. 25	Titan Invitational (5K) DNC			
Nov. 1	1 Mountain West Championships (6K)			
Nov. 15	NCAA West Regional Champion			
Collegia	te Career Best: 5K - 18:06.			

**Percentile (top is 100.00):** 82.38 pct.

#### Melissa Wendorf (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	71st/147	20:25.0
Sept. 7	adidas/UCI Invitational (5K)	38th/134	19:55.3
Sept. 21	69th Aztec Invitational (5K)	30th/85	20:25.0
0ct. 4	NCAA Inter-Regional (5K)	139th/156	19:33.0
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)	50th/95	19:18.8
Nov. 1	Mountain West Championships	5 (6K)	
Nov. 15	NCAA West Regional Champion		
Collegia	te Career Best: 5K - 19:18.		

Percentile (top is 100.00): 46.84 pct.

### SAN DIEGO STATE CROSS COUNTRY / 2013 RESULTS & SEASON-BEST TIMES 2013 AZTEC CROSS COUNTRY TOP-10 TIMES

18:20.8

18:22.2

18:24.5

#### 2013 Top-10 Times -- 5K (With Replacement) Athlete Time Meet Date 1. Chelsea Kruthers (So.) 17:44.0 NCAA Inter-Regional Jamboree Oct. 4 2. Chelsea Kruthers (So.) **Titan Invitational** Oct. 25 17:46.5 3. Rachel Roesgen (So.) 17:50.0 Titan Invitational Oct. 25 4. Chelsea Kruthers (So.) 17:55.8 Highlander Invitational Oct. 19 5. Rachel Roesgen (So.) 17:59.0 NCAA Inter-Regional Jamboree Oct. 4 **Highlander Invitational** Oct. 19 6. Rachel Roesgen (So.) 18:05.3 7. Laura Vazquez (So.) 18:06.0 NCAA Inter-Regional Jamboree **Oct.** 4

- 8. Jessica Cygan (Jr.)
- 9. Katy Smith (Jr.)
- 10. Laura Vazquez (So.)

## 2013 Top-10 Times -- 5K (Without Replacement)

Highlander Invitational

adidas/UC Irvine Invitational

**Titan Invitational** 

Oct. 19

Oct. 25

Sept. 7

Date

		<u>SK (Williour Keplacement)</u>	
Athlete	- Time	Meet	Date
1. Chelsea Kruthers (So.)	17:44.0	NCAA Inter-Regional Jamboree	Oct. 4
2. Rachel Roesgen (So.)	17:50.0	Titan Invitational	Oct. 25
3. Laura Vazquez (So.)	18:06.0	NCAA Inter-Regional Jamboree	Oct. 4
4. Jessica Cygan (Jr.)	18:20.8	Highlander Invitational	Oct. 19
5. Katy Smith (Jr.)	18:22.2	Titan Invitational	Oct. 25
6. Dynasty Gammage (Jr.)	18:25.0	NCAA Inter-Regional Jamboree	Oct. 4
7. Elaine Ribeiro (Fr.)	18:29.5	Titan Invitational	Oct. 25
8. Melissa Wendorf (Jr.)	19:18.8	Titan Invitational	Oct. 25
9. Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
10. Cali King (Fr.)	19:57.2	Titan Invitational	Oct. 25

### 2013 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1.			
	2013 Top-10 Times	6K (Without Replaceme	nt)

Athlete	Time	Meet	

1.

#### SAN DIEGO STATE CROSS COUNTRY / 2013 RESULTS & SEASON-BEST TIMES

# **ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES**

### <u>Top-10 Times -- 5K</u>

Athlete	Time	Meet	Date
1. Monica Joyce	16:28.9	District 8 Championships	1981
2. Lynn Kanuka	16:54.1	District 8 Championships	1981
3. Monica Joyce	16:55.0	WCAA Championships	1981
4. Monica Joyce	16:56.0	Aztec Invitational	1981
5. Lital Azulay	17:03.1	Santa Clara Invitational	2005
6. Monica Joyce	17:05.0	UCLA Invitational	1981
7. Lynn Kanuka	17:07.3	WCAA Championships	1981
8. Eva Enstrom	17:08.0	District 8 Championships	1981
9. Laurie Crisp	17:09.0	UCLA Invitational	1982
10. Lital Azulay	17:10.5	Willamette Invitational	2005

### <u>Top-10 Times -- 6K</u>

Ath	lete	Time	Meet	Date
1.	Marie Nilsson	21:04.0	NCAA West Regional	2003
2.	Lital Azulay	21:05.8	NCAA West Regional	2005
3.	Lital Azulay	21:14.2	MW Championships	2005
4.	Marianne Hogan	21:32.0	Stanford Invitational	2010
5.	Lisa Crampton	21:32.3	NCAA West Regional	2005
6.	Marianne Hogan	21:49.0	Stanford Invitational	2011
7	Jennifer Stakiw	21:50.0	Stanford Invitational	2002
8.	Christal Cuadra	21:50.9	NCAA West Regional	2005
9.	Marie Nilsson	21:53.0	MW Championships	2003
	Marie Nilsson	21:53.0	Stanford Invitational	2003