



# SAN DIEGO STATE AZTECS

## 2017 Cross Country Weekly Notes

**Jen Heisel (Primary Contact)**  
 Assistant Media Relations Director  
**Office Phone Number:** (619) 594-5547  
**E-Mail Address:** jheisel@mail.sdsu.edu  
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**SDSU Official Athletics Website:** goaztecs.com  
**SDSU Official Athletics Twitter:** @GoAztecs  
**SDSU Official Athletics Instagram:** @GoAztecs  
**SDSU Official Athletics Facebook:** facebook.com/goaztecs  
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### Schedule/Results

#### September

2	Mark Covert Classic (5K) Brea, Calif. (Carbon Canyon Regional Park)	3rd/4 (87 pts.)
16	UC Riverside Invitational (6K) Riverside, Calif. (UCR Ag Ops Course)	7:30 a.m. PT
23	UNLV Invitational (5K) Las Vegas, Nev. (Craig Ranch Regional Park)	8 a.m. PT
30	Capital Cross Challenge (6K) Sacramento, Calif. (Haggin Oaks Golf Complex)	10:30 a.m. PT

#### October

14	Highlander Invitational (5K) Riverside, Calif. (UCR Ag Ops Course)	8:30 a.m. PT
27	Mountain West Championships (6K) UNM North Golf Course	TBA

#### November

10	NCAA West Regional (6K) Seattle, Wash. (Jefferson Golf Course)	TBA
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### Roster

Name	Year	Hometown (Last School)
Chrissy Calain	Junior	Temecula, Calif. (Northern Arizona)
Cindy Flores	Senior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Mackenzie Mora	Freshman	Clovis, Calif. (Buchanan HS)
Renee Phillips	Freshman	San Diego, Calif. (Coronado HS)
Sakura Roberson	Freshman	San Diego, Calif. (La Jolla HS)
Danielle Scott	Freshman	Long Beach, Calif. (Poly HS)
Lily Seynaeve	Senior	Corona, Calif. (Santiago HS)
Cassidy Townner	Senior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

**Head Coach:** Shelia Burrell (UCLA, 1995), ninth season

**Assistant Coach:** Robert Lusitana (San Diego State, 1982), first season

### Meet Week Preview

#### San Diego State at UC Riverside Invitational (6K)

Saturday, Sept. 16 | 7:30 a.m. PT | UCR AgOps Course | Riverside, Calif.

#### UC Riverside Invitational Preview

After a solid start to the year at the Mark Covert Classic (5K), San Diego State cross country heads to the UC Riverside Invitational (6K) on Sat., Sept. 16 at the UCR Ag Ops Course.

The women's 5K invitational will start at 7:30 a.m. PT and follows the men's invitational 8K, which is set for 8:05 a.m. PT. The meet will once be held at UCR Agricultural Operations Course.

The meet will be held at the UCR AgOps Course, which is adjacent to the UCR campus on the corner of Martin Luther King Boulevard and Canyon Crest Drive. General parking is available at UCR Lot 30 for \$5. From the 215/60 freeway, exit Martin Luther King and go west. Pass through the Canyon Crest traffic light and make a right into UCR Lot 30.

The UC Riverside course is mostly flat with a few rolling hills, winding through orange groves and eucalyptus trees. It has hard-packed dirt with pre-competition watering to reduce dust.

The Aztecs and host Highlanders will be joined by squads from Cal State L.A., UC Irvine, UC Davis, Fort Lewis College, Sacramento State, Chico State, Arkansas, USC, Loyola Marymount, Southern Utah, Alabama, Cal State Fullerton, Utah Valley, Cal State Northridge, UC Santa Barbara, Cal State San Marcos, Cal Tech, Claremont-Mudd-Scripps, Chapman, Cal State Long Beach, Biola, Pepperdine, Pacific, Cal State San Bernadino, Fresno Pacific and Cal Coast Track Club, as well as some unattached athletes.

Entered into the race for SDSU are Chrissy Calain, Cindy Flores, Mackenzie Mora, Renee Phillips and Lily Seynaeve.

At the meet's 2016 iteration, nearly every member of the Aztecs that competed at the UC Riverside Invitational recorded her collegiate best en route to a fifth-place team finish at the 6,000-meter race. Senior Christine Kent finished 11th out of 83 NCAA Division I runners with a time of 20 minutes, 47.8 seconds, running a PR that was nearly one-and-a-half minutes better than her previous PR (22:14) and breaking San Diego State's 6K record of 21:04.0, set by Marie Nilsson on Nov. 15, 2003.

### Mark Covert Classic Recap

San Diego State cross country produced a solid effort in its first meet of the year, yielding a top 10 finisher and placing third in the Mark Covert Classic (5K), hosted by Cal State Fullerton, on Sat., Sept. 2.

"The team worked well together," SDSU head distance coach Robert Lusitana said. "The freshmen contributed strongly by staying in a pack alongside the seniors. It was a great start to what is going to be an exciting season. With little to no room for error, the Aztecs proved today that there isn't always power in numbers but power in drive and teamwork."

Senior Lily Seynaeve was SDSU's top finisher at the meet, which saw temperatures in the 80s by the time the race began at 8:45 a.m. She clocked in at 18:51.6 to take seventh among collegiate athletes. Her time was 13.2 seconds faster than her finish at the 2016 Mark Covert Classic (19:04.8).

Classmate Cindy Flores crossed the 5K finish line in 19:43.2 for 25th and, making her collegiate debut, Renee Phillips was 26th with a 19:44.5 time. First-year Aztec Mackenzie Mora logged a 19:54.4 time (33rd) and junior Chrissy Calain rounded out the group at 21:13.8 (60th).

Appearing at the meet for the fifth-straight year, SDSU took third with 87 points behind race-winner Loyola Marymount (29) and the host Titans (30). San Diego (93) also competed. The Aztecs averaged a 19:53.50 5K time with a total time of 1:39.27.

# 2017 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 2	~ Mark Covert Classic (5K) <i>Top Five: Seynaeve, Flores, Phillips, Mora, Calain</i>	3rd / 4 teams	2:22.2	N/A	Lily Seynaeve (18:51.6)

- ~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.
- ! UC Riverside Invitational at UCR Agricultural Operations Course in Riverside, Calif.
- @ UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.
- # Capital Cross Challenge at Haggin Oaks Golf Complex in Sacramento, Calif.
- \$ Highlander Invitational at UCR Agricultural Operations Course in Riverside, Calif.
- % Mountain West Championships at UNM North Golf Course in Albuquerque, N.M.
- ^ NCAA West Regional at Jefferson Golf Course in Seattle, Wash.

# 2017 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

## Chrissy Calain (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8

**Collegiate Career Best: 5K - 19:44.8**

## Cindy Flores (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	29th/146	19:43.2

**Collegiate Career Best: 5K - 18:43; 6K - 21:51**

## Mackenzie Mora (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	39th/146	19:54.4

**Collegiate Career Best: 5K - 19:54.4**

## Renee Phillips (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	31st/146	19:44.5

**Collegiate Career Best: 5K - 19:44.5**

## Lily Seynaeve (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8

**Collegiate Career Best: 5K - 18:51.6**

# 2017 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2017 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 2
2. Cindy Flores (Sr.)	19:43.2	Mark Covert Classic	Sept. 2
3. Renee Phillips (Fr.)	19:44.5	Mark Covert Classic	Sept. 2
4. Mackenzie Mora (Fr.)	19:54.4	Mark Covert Classic	Sept. 2
5. Chrissy Calain (Jr.)	21:13.8	Mark Covert Classic	Sept. 2

## 2017 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 2
2. Cindy Flores (Sr.)	19:43.2	Mark Covert Classic	Sept. 2
3. Renee Phillips (Fr.)	19:44.5	Mark Covert Classic	Sept. 2
4. Mackenzie Mora (Fr.)	19:54.4	Mark Covert Classic	Sept. 2
5. Chrissy Calain (Jr.)	21:13.8	Mark Covert Classic	Sept. 2

## 2017 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
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## 2017 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
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# ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

## Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Monica Joyce	16:28.9	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
2. Lynn Kanuka	16:54.4	District 8 Championships (Stanford, Calif.)	Nov. 8, 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 (Belmont, Calif.)	Oct. 15, 2005
6. Monica Joyce	17:05.0	UCLA Invitational (Los Angeles, Calif.)	1981
7. Lynn Kanuka	17:07.3	WCAA Championships	1981
8. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
9. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
10. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Monica Joyce	16:28.9	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
2. Lynn Kanuka	16:54.1	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
3. Lital Azulay	17:03.1	Santa Clara Invitational (Belmont, Calif.)	Oct. 15, 2005
4. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
5. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
6. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
7. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
10. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
5. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
7. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
9. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016

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1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
5. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
6. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
7. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
8. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
9. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
10. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014