



# SAN DIEGO STATE AZTECS

## 2015 Cross Country Weekly Notes

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## Schedule/Results

**Overall:** 34-13 | **Mountain West:** 4-8

### September

- 5 Mark Covert Classic (5K) 1st/11 teams; 26 pts.  
 Brea, Calif. (Carbon Canyon Regional Park)
- 12 UC Riverside Invitational (6K) 5th/15 teams; 149 pts.  
 Riverside, Calif. (UCR Ag Ops Course)
- 18 71st Annual Aztec Invite (5K) 1st/5 teams; 41 pts.  
 San Diego, Calif. (Tecolote Shores - Mission Bay)

### October

- 3 UNLV Invitational (5K) 1st/4 teams; 27 pts.  
 Las Vegas, Nev. (Craig Ranch Regional Park)
- 17 Highlander Invitational (5K) 2nd/10 teams; 81 pts.  
 Riverside, Calif. (UCR Ag Ops Course)
- 30 MW Championships (6K) 9th/11 teams; 267 pts.  
 Reno, Nev. (Montreux Golf Course)

### November

- 13 **NCAA West Regional (6K) 12:00 p.m. PT**  
**Seattle, Wash. (Jefferson Golf Course)**

## Roster

Name	Year	Hometown (Last School)
Grace Hanshaw	Senior	San Diego, Calif. (San Diego Mesa College)
Cali King	Junior	La Crescenta, Calif. (Crescenta Valley HS)
Lily Mayko	Senior	Portland, Ore. (Southridge HS)
Elaine Ribeiro	Junior	La Mesa, Calif. (Helix HS)
Rachel Roesgen	Senior	Coto de Caza, Calif. (Santa Margarita Catholic HS)
Hannah Sawatzki	Senior	San Diego, Calif. (Westview HS)
Lily Seynaeve	Sophomore	Corona, Calif. (Santiago HS)
Cassidy Towner	Sophomore	Placentia, Calif. (El Dorado HS)

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

**Assistant Coach:** Karoly Varga (Louisiana Tech, 2005), first season

## Meet Week Preview

San Diego State (34-13, 4-8 MW) at NCAA West Regionals

Friday, Nov. 13 | Noon PT | Jefferson Park Golf Course | Seattle, Wash.

## 2015 NCAA West Regional Preview

The San Diego State cross country team travels to Seattle to compete in the NCAA West Regional on Friday. The women's 6,000-meter race kicks off at noon PT on the Jefferson Park Golf Course, which consists of multiple 2K loops on flat fairways crossing some cart paths.

The top-two teams in the NCAA West Regional and the top-four individuals not on qualifying teams will advance to the NCAA Championships on Nov. 21 at Tom Sawyer State Park in Louisville, Ky. The west regional is one of nine regionals that will be competing on Friday as 18 teams and 36 individuals will automatically advance. Another 13 teams and two individuals will be chosen by an NCAA subcommittee on Saturday for the additional at-large selections.

The Aztecs are one of 38 teams that have entered Friday's meet. Five of the 38 teams are nationally ranked, including No. 4 Oregon, No. 9 Boise State, No. 11 Stanford, No. 12 Washington and No. 30 Gonzaga.

At last year's NCAA West Regional meet, SDSU finished 27th out of 34 at the Stanford Golf Course in Stanford, Calif. Grace Hanshaw was the Aztecs' top placer, taking 120nd out of 232 runners with a time of 22 minutes, 25.6 seconds. Other current San Diego State athletes included Elaine Ribeiro (150th, 22:48.9), Cassidy Towner (158th, 22:56.4) and Rachel Roesgen (179th, 23:16.9).

The Aztecs are coming off a ninth-place showing at the Mountain West Championships on Oct. 30 in Reno, Nev. Towner led SDSU in 35th (24:58.97), followed by Hanshaw (42nd, 25:08.80), Lily Seynaeve (67th, 26:32.95), Cali King (70th, 26:41.22), Roesgen (72nd, 26:48.97) and Hannah Sawatzki (78th, 27:20.91). Ribeiro, SDSU's top runner this season, was unable to finish the race due to complications from a fainting spell.

Scheduled to run at this Friday's championship meet include Hanshaw, King, Mayko, Ribeiro, Roesgen, Sawatzki, Seynaeve and Towner.

Results will first be posted here: <http://www.rtspt.com/events/ncaa/d1westxc15/> and later on GoAztecs.com.

## 2015 Mountain West Championships Recap

The San Diego State cross country team finished ninth at the 2015 Mountain West Championships on Oct. 30 at the Montréux Golf Course in Reno, Nev.

The Aztecs accumulated 267 points to take ninth out of 11 teams, defeating UNLV (299) and Fresno State (312). New Mexico won the meet with 24 points, while Boise State (71), Air Force (98), Colorado State (106) and Wyoming (129) rounded out the top five. Utah State came in sixth with 144 points, followed by Nevada (149), San José State (218), SDSU (267), the Rebels (299) and the Bulldogs (312).

"We had a great and promising regular season this year," said head coach Shelia Burrell. "It's always hard for me to see our women train really well and compete well, only to have to compete at altitude which has a significant impact on our performances. Still, Cassidy Towner and Grace Hanshaw ran very strong and competitive races. We went into this meet knowing that it would be a challenge and had to mentally prepare ourselves for the challenge so that we can have a strong NCAA regional meet."

Towner covered the 6,000-meter course in 24 minutes, 58.97 seconds to finish as the Aztecs' No. 1 runner and place 35th out of 83 finishers.

Next to cross the finish line was Hanshaw, who took 42nd with a time of 25:08.80. SDSU's No. 3-6 runners were Lily Seynaeve (67th, 26:32.95), Cali King (70th, 26:41.22), Rachel Roesgen (72nd, 26:48.97) and Hannah Sawatzki (78th, 27:20.91).

SDSU's top runner this season, Elaine Ribeiro, was unable to finish the race due to complications from a fainting spell, but is expected to compete with the team at the regional meet.

Boise State's Allie Ostrander won the meet in 21:49.97, ahead of second-place finisher Courtney Frerichs (22:05.19) from New Mexico.

## 2015 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 5	~ Mark Covert Classic (5K) <i>Top Five:</i> Ribeiro, Hanshaw, Towner, Roesgen, Seynaeve   <i>No. 6-7:</i> King, Sawatzki	1st / 11 teams	0:46.6	0:54.4	Elaine Ribeiro (18:05.48)
Sept. 12	! UC Riverside Invitational (6K) <i>Top Five:</i> Ribeiro, Seynaeve, Towner, Rosegen, King   <i>No. 6-7:</i> Mayko, Sawatzki	5th / 15 teams	1:27.2	2:45.8	Elaine Ribeiro (21:05.3)
Sept. 18	@ Aztec Invitational (5K) <i>Top Five:</i> Ribeiro, Seynaeve, Towner, Hanshaw, King   <i>No. 6-7:</i> Roesgen, Sawatzki	1st/5 teams	0:20.5	0:31.1	Elaine Ribeiro (18:09.74)
Oct. 3	# UNLV Invitational (5K) <i>Top Five:</i> Ribeiro, Towner, Hanshaw, Seynaeve, Roesgen   <i>No. 6-7:</i> King, Sawatzki	1st/4 teams	0:24.7	0:32.3	Elaine Ribeiro (17:44.7)
Oct. 17	\$ Highlander Invitational (5K) <i>Top Five:</i> Ribeiro, Roesgen, Towner, King, Sawatzki   <i>No. 6-7:</i> Mayko	2nd/10 teams	0:26.0	N/A	Elaine Ribeiro (17:31.70)
Oct. 30	% Mountain West Championships (6K) <i>Top Five:</i> Towner, Hanshaw, Seynaeve, King, Roesgen   <i>No. 6-7:</i> Sawatzki	9th/11 teams	0:50.0	N/A	Cassidy Towner (24:58.97)
Nov. 13	^ NCAA West Regional (6K) <i>Top Five:</i> TBA   <i>No. 6-7:</i> TBA				

~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.

! UC Riverside Invitational at UCR Ag Ops Course in Riverside, Calif.

@ 71st Annual Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.

# UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.

\$ Highlander Invitational at UCR Ag Ops Course in Riverside, Calif.

% Mountain West Championships at Montreux Golf Course in Reno, Nev.

^ NCAA West Regional at Seattle, Wash.

## 2015 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

**Grace Hanshaw (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	4th/120	18:29.57
Sept. 12	UC Riverside Invite 6K	DNC	--
Sept. 18	Aztec Invitational 5K	13th/126	19:09.41
Oct. 3	UNLV Invitational 5K	5th/38	18:09.4
Oct. 17	Highlander Invitational 5K	DNC	--
Oct. 30	Mountain West Championships 6K	42nd/83	25:08.80
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:01.1; 6K - 21:51.0  
**Percentile (top is 100.00):** 82.56 pct.

**Cali King (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	15th/120	18:58.42
Sept. 12	UC Riverside Invite 6K	15th/110	22:32.5
Sept. 18	Aztec Invitational 5K	23rd/126	19:29.57
Oct. 3	UNLV Invitational 5K	19th/38	18:58.6
Oct. 17	Highlander Invitational 5K	27th/101	18:38.56
Oct. 30	Mountain West Championships 6K	70th/83	26:41.22
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:38.56; 6K - 22:32.5  
**Percentile (top is 100.00):** 70.76 pct.

**Lily Mayko (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	46th/120	19:59.63
Sept. 12	UC Riverside Invite 6K	70th/110	22:57.7
Sept. 18	Aztec Invitational 5K	46th/126	20:18.64
Oct. 3	UNLV Invitational 5K	31st/38	19:41.7
Oct. 17	Highlander Invitational 5K	49th/101	19:11.92
Oct. 30	Mountain West Championships 6K	DNC	--
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 19:11.92; 6K - 22:57.7  
**Percentile (top is 100.00):** 51.11 pct.

**Elaine Ribeiro (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	2nd/120	17:48.49
Sept. 12	UC Riverside Invite 6K	12th/110	21:05.3
Sept. 18	Aztec Invitational 5K	1st/126	18:09.74
Oct. 3	UNLV Invitational 5K	1st/38	17:44.7
Oct. 17	Highlander Invitational 5K	3rd/101	17:31.70
Oct. 30	Mountain West Championships 6K	DNF	--
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 17:31.70; 6K - 21:05.3  
**Percentile (top is 100.00):** 96.16 pct.

**Rachel Roesgen (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	7th/120	18:43.15
Sept. 12	UC Riverside Invite 6K	38th/110	22:13.0
Sept. 18	Aztec Invitational 5K	25th/126	19:33.54
Oct. 3	UNLV Invitational 5K	10th/38	18:25.1
Oct. 17	Highlander Invitational 5K	7th/101	18:03.21
Oct. 30	Mountain West Championships 6K	72nd/83	26:48.97
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 17:50.0; 6K - 22:05.0  
**Percentile (top is 100.00):** 72.49 pct.

**Hannah Sawatzki (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	40th/120	19:44.27
Sept. 12	UC Riverside Invite 6K	89th/110	23:51.1
Sept. 18	Aztec Invitational 5K	29th/126	19:40.05
Oct. 3	UNLV Invitational 5K	26th/38	19:16.2
Oct. 17	Highlander Invitational 5K	31st/101	18:43.06
Oct. 30	Mountain West Championships 6K	78th/83	27:20.91
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:42.6; 6K - 23:51.1  
**Percentile (top is 100.00):** 49.31 pct.

**Lily Seynaeve (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	8th/120	18:43.72
Sept. 12	UC Riverside Invite 6K	18th/110	21:30.8
Sept. 18	Aztec Invitational 5K	5th/126	18:29.23
Oct. 3	UNLV Invitational 5K	7th/38	18:17.0
Oct. 17	Highlander Invitational 5K	DNC	--
Oct. 30	Mountain West Championships 6K	67th/83	26:32.95
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:14.5; 6K - 21:30.8  
**Percentile (top is 100.00):** 77.99 pct.

**Cassidy Towner (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	5th/120	18:35.59
Sept. 12	UC Riverside Invite 6K	37th/110	22:10.9
Sept. 18	Aztec Invitational 5K	10th/126	18:51.12
Oct. 3	UNLV Invitational 5K	4th/38	18:04.6
Oct. 17	Highlander Invitational 5K	16th/101	18:20.44
Oct. 30	Mountain West Championships 6K	35th/83	24:58.97
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:04.6; 6K - 22:10.4  
**Percentile (top is 100.00):** 81.49 pct.

# 2015 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2015 Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribeiro (Jr.)	17:31.70	Highlander Invite	Oct. 17
2. Elaine Ribeiro (Jr.)	17:44.7	UNLV Invite	Oct. 3
3. Rachel Roesgen (Sr.)	18:03.21	Highlander Invite	Oct. 17
4. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
5. Elaine Ribeiro (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
6. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
7. Elaine Ribeiro (Jr.)	18:09.74	71st Aztec Invite	Sept. 18
8. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
9. Cassidy Towner (So.)	18:20.44	Highlander Invite	Oct. 17
10. Rachel Roesgen (Sr.)	18:25.1	UNLV Invite	Oct. 3

## 2015 Top-10 Times -- 5K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribiero (Jr.)	17:31.70	Highlander Invite	Oct. 17
2. Rachel Roesgen (Sr.)	18:03.21	Highlander Invite	Oct. 17
3. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
4. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
5. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
6. Cali King (Jr.)	18:38.56	Highlander Invite	Oct. 17
7. Hannah Sawatzki (Sr.)	18:43.06	Highlander Invite	Oct. 17
8. Lily Mayko (Sr.)	19:11.92	Highlander Invite	Oct. 17

## 2015 Top-10 Times -- 6K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribiero (Jr.)	21:05.3	UC Riverside Invitational	Sept. 12
2. Lily Seynaeve (So.)	21:30.8	UC Riverside Invitational	Sept. 12
3. Cassidy Towner (So.)	22:10.9	UC Riverside Invitational	Sept. 12
4. Rachel Roesgen (Sr.)	22:13.0	UC Riverside Invitational	Sept. 12
5. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
6. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
7. Hannah Sawatzki (Sr.)	23:51.1	UC Riverside Invitational	Sept. 12

## 2015 Top-10 Times -- 6K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribiero (Jr.)	21:05.3	UC Riverside Invitational	Sept. 12
2. Lily Seynaeve (So.)	21:30.8	UC Riverside Invitational	Sept. 12
3. Cassidy Towner (So.)	22:10.9	UC Riverside Invitational	Sept. 12
4. Rachel Roesgen (Sr.)	22:13.0	UC Riverside Invitational	Sept. 12
5. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
6. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
7. Hannah Sawatzki (Sr.)	23:51.1	UC Riverside Invitational	Sept. 12

# ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date/Year
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. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
9. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
10. Lital Azulay	17:10.5	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005

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

Athlete	Time	Meet	Date/Year
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. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
5. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
6. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
7. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. <b>Elaine Ribeiro</b>	<b>17:31.70</b>	<b>Highlander Invite (Riverside, Calif.)</b>	<b>Oct. 17, 2015</b>
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)

Athlete	Time	Meet	Date/Year
1. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2. <b>Elaine Ribeiro</b>	<b>21:05.3</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 12, 2015</b>
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. <b>Lily Seynaeve</b>	<b>21:30.8</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 12, 2015</b>
6. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
7. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
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. Marianne Hogan	21:41.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012

## Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date/Year
1. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2. <b>Elaine Ribeiro</b>	<b>21:05.3</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 12, 2015</b>
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. <b>Lily Seynaeve</b>	<b>21:30.8</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 12, 2015</b>
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. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
8. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
9. Jennifer Stakiw	21:50.0	Stanford Invitational (Stanford, Calif.)	Sept. 28, 2002
10. Christal Cuadra	21:50.9	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005