

CROSS COUNTRY

2006 SCHEDULE

Date	Meet	Time/Result
Sept. 2	Fullerton Season Opener <i>Fullerton, Calif.</i>	4th of 19
Sept. 16	AZTEC INVITATIONAL <i>San Diego, Calif.</i>	5th of 12
Sept. 23	Griak Invitational <i>Falcon Heights, Minn.</i>	12:10 p.m. CT
Sept. 30	Willamette Invitational <i>Salem, Ore.</i>	10:10 a.m. PT
	UC Riverside Invitational <i>Riverside, Calif.</i>	8:15 a.m. PT
Oct. 7	UC San Diego Invitational <i>La Jolla, Calif.</i>	9:30 a.m. PT
Oct. 14	Santa Clara Invitational <i>Sunnyvale, Calif.</i>	10:15 a.m. PT
	CS Northridge Invitational <i>Northridge, Calif.</i>	9 a.m. PT
Oct. 28	MWC Championships <i>Salt Lake City, Utah</i>	10:45 a.m. MT
Nov. 11	NCAA West Regionals <i>Portland, Ore.</i>	10 a.m. PT
Nov. 20	NCAA Championships <i>Terre Haute, Ind.</i>	12:15 p.m. ET

All times subject to change
Bold indicates the meet of the week
 CAPS indicates home meet at Balboa Park

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Priscilla Arco	Jr.-JC	Northridge, Calif.
Stephanie Armstrong	Fr.-HS	Foothill Ranch, Calif.
Bonnie Axman	Jr.-TR	Fairfax, Va.
Lital Azulay	Jr.-1L	Holon, Israel
Lindsay Barajas	Fr.-HS	Rancho Cucamonga, Calif.
Sarah Belger	Sr.-1L	Albuquerque, N.M.
Darien Buc	Fr.-HS	Dana Point, Calif.
Sara Cates	Sr.-3L	Carlsbad, Calif.
Jackie Duncan	Sr.-1L	Syracuse, N.Y.
Meryl Folloso	Jr.-JC	Cypress, Calif.
Makenzie Mabry	Fr.-HS	La Crescenta, Calif.
Jessica Mason	Fr.-HS	Alameda, Calif.
Amanda Maydeck	So.-SQ	Glendora, Calif.
Lisa Naucler	Jr.-1L	Ljusdal, Sweden
Celeste Tyson	Sr.-3L	Austin, Texas
Anne Vieira	Jr.-SQ	San Diego, Calif.
Jessica Walker	Fr.-HS	Murrieta, Calif.
Michelle Warburton	Fr.-HS	Wantagh, N.Y.

Head Coach: Rahn Sheffield, 16th season
Assistant Coach: Jennifer Nanista, 14th season
Volunteer Assistant Coach: Richard Fox, 10th season
Athletic Trainers: Laura Meldrum & Marco Zucconi



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Aztecs to Travel to Upper Midwest for Roy Griak Invitational

San Diego State will compete in its first meet outside the state of California when it travels to Falcon Heights, Minn., Saturday, Sept. 23, for the 21st Annual Roy Griak Invitational. SDSU is coming off a fifth-place finish at their own Aztec Invitational last weekend and will look to improve on several marks that were among the team's best of the season.

The 6K race will take place at the University of Minnesota's Les Bolstad Golf Course, where rolling hills and grassy terrain will greet runners. This weekend's invitational will mark the first 6K race of the season for SDSU. Among the team's scheduled to compete are No. 9 Arizona State, No. 13 Baylor, No. 16 Minnesota, No. 18 Marquette, No. 23 Michigan State and No. 26 Virginia (all rankings are from the USTFCCA poll released Sept. 12). Other teams slated to appear who received votes in the poll include Northern Arizona, Rice, UCLA and UC Santa Barbara.

Upperclass Leading By Example

Through two races, nine of San Diego State's 10 runners who earned points have been members of the upperclass. At the Fullerton Season Opener (Sept. 2), Meryl Folloso (Jr.), Celeste Tyson (Sr.), Lisa Naucler (Jr.), Jackie Duncan (Sr.) and Sara Cates (Sr.) were SDSU's top-5 finishers helping the Aztecs to a fourth-place showing. Last week at the Aztec Invitational, SDSU was led by Tyson, Folloso, Cates, Naucler and freshman Jessica Mason. A year ago, seven of the Aztecs' 10 point earners were upperclassmen.

Freshmen Coming Along

The San Diego State roster contains seven true freshmen and all have shown they have a bright future on Montezuma Mesa after running in their first meet at the Fullerton Season Opener. With six freshmen running in the Aztec Invitational over the weekend, five (Stephanie Armstrong, Lindsay Barajas, Darien Buc, Makenzie Mabry, Jessica Mason) established new Aztec career bests during the 5K race heading into the Griak Invite.

Deadly Duo

Celeste Tyson and Meryl Folloso have been staples at the top of SDSU's results list so far this season as they have finished one-two in each of the Aztecs' first two races. Folloso, a junior college transfer, impressed in her first meet as she finished 16th at the Fullerton Season Opener to garner Mountain West Conference athlete of the week honors, while Tyson finished with the second-fastest SDSU time. Last week at the Aztec Invitational, Tyson, a senior, returned the favor as she became San Diego State's top runner with Folloso crossing the finish line right behind her.

A Look Back at Meet No. 2: 62nd Annual Aztec Invitational

San Diego State played host to its only home meet of the season, the Aztec Invitational, and registered a fifth-place finish with 139 points at Balboa Park. Arkansas won its second straight invitational title with 20 points, followed by Long Beach State (60 pts.), Loyola Marymount (80 pts.), CS Fullerton (129 pts.) and the Aztecs.

Celeste Tyson paced SDSU, finishing 20th with a season-best time of 18:58. Her 5K-clocking surpasses Meryl Folloso's effort in the Fullerton Season Opener for the top Aztec time in 2006.

Speaking of Folloso, the junior crossed the finish line in 19:17, good for 26th place, while Sara Cates (19:45) and Lisa Naucler (19:49), turned 34th- and 36th-place performances, respectively. Both Cates and Naucler put forth season-best efforts.

The SDSU freshmen class also had an impressive showing as Jessica Mason (53rd - 20:15), Stephanie Armstrong (62nd - 20:30), Makenzie Mabry (70th - 20:37) and Lindsay Barajas (74th - 20:47), all established collegiate personal bests.

Lital Azulay set a season-low time of 20:17 (54th), while Jackie Duncan finished the course in 20:47 (73rd) and Jessica Walker completed the race in 21:12 to place 80th.

In the women's open race, Darien Buc was the top SDSU runner, finishing the 5K in a personal-best time of 21:16 (46th). Other Aztecs to compete in the open were Amanda Maydeck (season-best 21:44) and Anne Vieira (22:15), who placed 62nd and 74th, respectively.

2006 Aztec Invitational Results (Invitational Division)

FINAL TEAM RESULTS: 1. Arkansas, 20; 2. Long Beach State, 60; 3. Loyola Marymount, 80; 4. CS Fullerton 'A', 129; 5. **San Diego State, 139**; 6. Southern California, 168; 7. CS San Marcos, 193; 8. Ft. Lewis College, 232; 9. CS Northridge, 250; 10. Saint Mary's, 286; 11. CS Fullerton 'B', 300; 12. UNLV, 360.

AZTEC INDIVIDUAL RESULTS: Invitational - 20. Celeste Tyson, 18:58; 26. Meryl Folloso, 19:17; 34. Sara Cates, 19:45; 36. Lisa Naucler, 19:49; 53. Jessica Mason, 20:15; 54. Lital Azulay, 20:17; 62. Stephanie Armstrong, 20:30; 70. Makenzie Mabry, 20:37; 73. Jackie Duncan, 20:47; 74. Lindsay Barajas, 20:47; 80. Jessica Walker, 21:12. Open - 46. Darien Buc, 21:16; 62. Amanda Maydeck, 21:44; 74. Anne Vieira, 22:15.

2006 SDSU TOP TIMES/RECORD BOOK

2006 TOP 10 TIMES - - 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	18:58.00	Aztec Invitational	Sept. 16
2. Meryl FolloSCO	19:03.00	Fullerton Season Opener	Sept. 2
3. Meryl FolloSCO	19:17.00	Aztec Invitational	Sept. 16
4. Celeste Tyson	19:18.40	Fullerton Season Opener	Sept. 2
5. Sara Cates	19:45.00	Aztec Invitational	Sept. 16
6. Lisa Naucler	19:49.00	Aztec Invitational	Sept. 16
7. Lisa Naucler	20:02.50	Fullerton Season Opener	Sept. 2
8. Jackie Duncan	20:12.90	Fullerton Season Opener	Sept. 2
9. Jessica Mason	20:15.00	Aztec Invitational	Sept. 16
10. Sara Cates	20:16.70	Fullerton Season Opener	Sept. 2

2006 TOP 10 TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
None			

ALL - TIME TOP - IO TIMES - - 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1. Monica Joyce	16:28.90	District 8 Championships	1981
2. Lynn Kanuka	16:54.10	District 8 Championships	1981
3. Monica Joyce	16:55.00	WCAA Championships	1981
4. Monica Joyce	16:56.00	Aztec Invitational	1981
5. Lital Azulay	17:03.10	Santa Clara Invitational	2005
6. Monica Joyce	17:05.00	UCLA Invitational	1981
7. Lynn Kanuka	17:07.30	WCAA Championships	1981
8. Eva Enstrom	17:08.00	District 8 Championships	1981
9. Laurie Crisp	17:09.00	UCLA Invitational	1982
10. Lital Azulay	17:10.50	Willamette Invitational	2005

ALL - TIME TOP - IO TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1. Marie Nilsson	21:04.00	NCAA West Regional	2003
2. Lital Azulay	21:05.80	NCAA West Regional	2005
3. Lital Azulay	21:14.20	MWC Championships	2005
4. Lisa Crampton	21:32.30	NCAA West Regional	2005
5. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
6. Christal Cuadra	21:50.90	NCAA West Regional	2005
7. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
9. Lital Azulay	21:54.00	Stanford Invitational	2005
10. Christal Cuadra	22:00.00	NCAA West Regional	2004

2006 SDSU INDIVIDUAL RESULTS

Date Meet (Distance) Finish Time

Priscilla Arco

Sept. 2 Fullerton Season Opener (5K) 220 27:38.00
 Sept. 16 Aztec Invitational (5K) -- DNC
Aztec Career Best: 27:38.00 (5K)

Stephanie Armstrong

Sept. 2 Fullerton Season Opener (5K) 81 20:38.50
 Sept. 16 Aztec Invitational (5K) 62 20:30.00
Aztec Career Best: 20:30.00 (5K)

Lital Azulay

Sept. 2 Fullerton Season Opener (5K) 153 21:45.50
 Sept. 16 Aztec Invitational (5K) 54 20:17.00
Aztec Career Best: 17:03.10 (5K); 21:05.80 (6K)

Lindsay Barajas

Sept. 2 Fullerton Season Opener (5K) 111 21:02.60
 Sept. 16 Aztec Invitational (5K) 74 20:47.00
Aztec Career Best: 20:47.00 (5K)

Darien Buc

Sept. 2 Fullerton Season Opener (5K) 173 22:17.90
 Sept. 16 Aztec Invitational (Open Meet) (5K) 46 21:16.00
Aztec Career Best: 21:16.00 (5K)

Sara Cates

Sept. 2 Fullerton Season Opener (5K) 69 20:16.70
 Sept. 16 Aztec Invitational (5K) 34 19:45.00
Aztec Career Best: 18:51.87 (5K); 23:15.10 (6K)

Jackie Duncan

Sept. 2 Fullerton Season Opener (5K) 67 20:12.90
 Sept. 16 Aztec Invitational (5K) 73 20:47.00
Aztec Career Best: 19:42.00 (5K); 25:37.00 (6K)

Meryl Follocco

Sept. 2 Fullerton Season Opener (5K) 16 19:03.00
 Sept. 16 Aztec Invitational (5K) 26 19:17.00
Aztec Career Best: 19:03.00 (5K)

Makenzie Mabry

Sept. 2 Fullerton Season Opener (5K) 90 20:45.60
 Sept. 16 Aztec Invitational (5K) 70 20:37.00
Aztec Career Best: 20:37.00 (5K)

Jessica Mason

Sept. 2 Fullerton Season Opener (5K) 94 20:50.00
 Sept. 16 Aztec Invitational (5K) 53 20:15.00
Aztec Career Best: 20:15.00 (5K)

Amanda Maydeck

Sept. 2 Fullerton Season Opener (5K) 174 22:18.70
 Sept. 16 Aztec Invitational (Open Meet) (5K) 62 21:44.00
Aztec Career Best: 20:47.70 (5K); 25:33.00 (6K)

Lisa Naucler

Sept. 2 Fullerton Season Opener (5K) 58 20:02.50
 Sept. 16 Aztec Invitational (5K) 36 19:49.00
Aztec Career Best: 18:02.19 (5K); 22:42.20 (6K)

Celeste Tyson

Sept. 2 Fullerton Season Opener (5K) 24 19:18.40
 Sept. 16 Aztec Invitational (5K) 20 18:58.00
Aztec Career Best: 15:38.00 (4K); 18:28.33 (5K); 22:20.60 (6K)

Anne Vieira

Sept. 2 Fullerton Season Opener (5K) 171 22:11.50
 Sept. 16 Aztec Invitational (Open Meet) (5K) 74 22:15.00
Aztec Career Best: 20:59.10 (5K); 26:31.80 (6K)

Jessica Walker

Sept. 2 Fullerton Season Opener (5K) 92 20:47.20
 Sept. 16 Aztec Invitational (5K) 80 21:12.00
Aztec Career Best: 20:47.20 (5K)

Michelle Warburton

Sept. 2 Fullerton Season Opener (5K) 210 25:23.80
 Sept. 16 Aztec Invitational (5K) -- DNC
Aztec Career Best: 25:23.80 (5K)