

# SDSU Cross Country



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## 2005 SCHEDULE

Date	Event	Result/Time
Sept. 3	at Fullerton Opener (Fullerton, Calif.)	2nd of 24
Sept. 17	<b>61st Aztec Invitational (San Diego, Calif.)</b>	<b>3rd of 11</b>
Sept. 24	at Stanford Invitational (Palo Alto, Calif.)	4th of 32
Oct. 1	at Willamette Invitational (Salem, Ore.)	10:10 a.m.
Oct. 1	at UC Riverside Invitational (Riverside, Calif.)	9:30 a.m.
Oct. 8	at UCSD Invitational (San Diego, Calif.)	10 a.m.
Oct. 15	at Santa Clara Invitational (Sunnyvale, Calif.)	10:45 a.m.
Oct. 29	at MWC Championships (Fort Collins, Colo.)	9 a.m.
Nov. 12	at NCAA West Regional (Palo Alto, Calif.)	10 a.m.
Nov. 21	at NCAA Championships (Terre Haute, Ind.)	10:15 a.m.

Home meet in bold. All times Pacific.

## 2005 ROSTER

Athlete	Yr.	Exp.	Hometown
Lital Azulay	So.	TR	Holon, Israel
Ali Baker	Jr.	1V	Pine Valley, Calif.
Sarah Belger	Jr.	TR	Albuquerque, N.M.
Sara Cates	Jr.	2V	Carlsbad, Calif.
Lisa Crampton	Jr.	TR	Livermore, Calif.
Christal Cuadra	Sr.	3V	Honolulu, Hawai'i
Jackie Duncan	Sr.	1V	Syracuse, N.Y.
Lisa Marchini	Jr.	TR	Hercules, Calif.
Amanda Maydeck	Fr.	HS	Glendora, Calif.
Lisa Naucler	So.	TR	Ljusdal, Sweden
Briana Powell	So.	SQ	Long Beach, Calif.
Dora Sanders	Jr.	TR	El Cajon, Calif.
Jamillah Titus	Jr.	SQ	American Canyon, Calif.
Celeste Tyson	Jr.	2V	Austin, Texas
Anne Vieira	So.	SQ	San Diego, Calif.

Head Coach: Rahn Sheffield, 15th season

Assistant Coach: Jennifer Nanista, 13th season

## 2005 TOP-10 5K TIMES

Athlete	Event	Time
1. Lital Azulay	Aztec Invitational	18:12.00
2. Christal Cuadra	Aztec Invitational	18:42.00
3. Lisa Crampton	Aztec Invitational	18:56.00
4. Lisa Naucler	Aztec Invitational	19:02.00
5. Lisa Crampton	Fullerton Season Opener	19:11.00
6. Celeste Tyson	Aztec Invitational	19:18.00
7. Lisa Naucler	Fullerton Season Opener	19:33.00
8. Celeste Tyson	Fullerton Season Opener	19:34.00
9. Christal Cuadra	Fullerton Season Opener	19:37.70
10. Sarah Belger	Aztec Invitational	19:46.00

## ALL-TIME TOP-10 5K TIMES

Athlete	Time	Year
1. Monica Joyce	16:28.90	1981
2. Lynn Kanuka	16:54.10	1981
3. Monica Joyce	16:55.00	1981
4. Monica Joyce	16:56.00	1981
5. Monica Joyce	17:05.00	1981
6. Lynn Kanuka	17:07.30	1981
7. Eva Ernstrom	17:08.00	1981
8. Laurie Crisp	17:09.00	1982
9. Laurie Crisp	17:14.00	1982
10. Lynn Kanuka	17:20.00	1981
Lynn Kanuka	17:20.00	1979

## Cross Country Splits For Two Meets

• The San Diego State women's cross country team will split for two separate 5K races on Saturday.

The SDSU 'A' team travels to Salem, Ore., for the 31st Annual Willamette Invitational, beginning at approximately 10:10 a.m. at Bush Park.

This year will be SDSU's first-ever appearance in the Willamette meet. Making the trek north to Oregon include last week's top finishers, sophomore **Lital Azulay**, junior **Lisa Crampton** and senior **Christal Cuadra**, along with juniors **Sarah Belger**, **Sara Cates** and **Celeste Tyson** and sophomore **Lisa Naucler**.

Closer to home, junior **Dora Sanders**, sophomore **Anne Vieira** and freshman **Amanda Maydeck** are scheduled to compete in the UC Riverside Invitational, which is set for a 9:30 a.m. start at the Ag-Ops Cross Country Course.

The last time San Diego State split its squad was Sept. 20, 2003, when the Aztecs' 'A' team participated at the University of Hawai'i Big Wave Invitational, while the SDSU 'B' team competed at the UC Riverside Invitational.

## UC Riverside Invitational--The Last Time

• The Aztecs' last visit to Riverside resulted in a 11th-place finish out of 14 teams at the 2003 meet. Then sophomore Jamillah Titus was SDSU's top individual finisher, coming in 67th with a time of 19:45.00. 2005 returnees Ali Baker, Sara Cates and Jackie Duncan also completed the course for the Aztecs.

## 2003 UC Riverside Invite Results

**Final Team Results (Top 5 + SDSU):** 1. UCSB, 34; 2. Track West 57; 3. CS Northridge, 108; 4. USC, 132; 5. San Jose State, 139; **11. San Diego State, 297.**  
**5K Individual Results (2005 Returnees only):** 67. Jamillah Titus (19:45.00); 78. Ali Baker (19:59.70); 86. Sara Cates (20:15.40); 102. Jackie Duncan (20:43.90).

## 2005 Stanford Invite Recap

• Aztec sophomore Lital Azulay (Holon, Israel) placed ninth of 227 runners in 21 minutes, 54 seconds to lead the San Diego State women's cross country team to a fourth-place finish Saturday at the 32nd Annual Stanford Invitational at Stanford Golf Course in Palo Alto, Calif. The host Cardinal won the 32-team women's invitational race with 31 points, followed by Chico State (136), Portland (155), the Aztecs (189) and UC Santa Barbara (193).

## 2005 TOP 6K TIMES

Athlete	Event	Time
1. Lital Azulay	Stanford Invite	21:54.00
2. Lisa Crampton	Stanford Invite	22:27.00
3. Christal Cuadra	Stanford Invite	22:34.00
4. Lisa Naucler	Stanford Invite	23:27.00
5. Sarah Belger	Stanford Invite	23:31.00
6. Celeste Tyson	Stanford Invite	23:33.00
7. Sara Cates	Stanford Invite	23:52.00

"Overall, I was very pleased with the results," SDSU coach Jennifer Nanista said. "We have room for improvement, but to go out run a race like we did up at Stanford, says a lot about our team."

Azulay's time of 21:54 was the fifth-fastest time ever run by a SDSU student-athlete and third-best ever at the Stanford meet. The Cardinal's Arianna Lambee won the 6,000-meter race with a 21:15 locking.

Junior Lisa Crampton was the next Aztec finisher, coming in 23rd with a time of 22:27. Senior Christal Cuadra (29th place, 22:34), sophomore Lisa Naucler (69th, 23:27) and junior Sarah Belger (73rd, 23:31) rounded out SDSU's top five.

San Diego State's fourth-place finish was its best-ever showing at the Stanford Invitational. The Aztecs' previous best came in 2002 when they placed ninth out of 33 teams.

## 2005 Stanford Invitational Results

### (Women's Collegiate)

**Final Team Results (Top 5):** 1. Stanford, 31; 2. Chico State, 136; 3. Portland, 155; **4. San Diego State, 189;** 5. UC Santa Barbara, 193.

### Aztec Individual 6K Results:

9. Lital Azulay (21:54); 23. Lisa Crampton (22:27); 29. Christal Cuadra (22:34); 69. Lisa Naucler (23:27); 73. Sarah Belger (23:31); 76. Celeste Tyson (23:33); 99. Sara Cates (23:52).

## More Mileage

• The Aztecs have added an additional meet to the 2005 schedule. On Oct. 15, SDSU will travel to Sunnyvale, Calif., for the Santa Clara Invitational at Baylands Regional Park, set to begin at 10:45 a.m.

## Looking Ahead

• When the Aztec cross country team travels to Fort Collins, Colo., for the Mountain West Conference championships on Oct. 29, they will be facing some stiff competition.

In the first regular-season women's national poll released Sept. 21, two MWC schools are currently ranked in the top 30, including No. 6 Brigham Young and No. 26 Colorado State. Duke is currently ranked No. 1, followed by Colorado, Notre Dame, Michigan and Stanford.



## ALL-TIME TOP-10 6K TIMES

Athlete	Time	Year
1. Marie Nilsson	21:04.00	2003
2. Jennifer Stakiw	21:50.00	2002
3. Marie Nilsson	21:53.00	2003
Marie Nilsson	21:53.00	2003
<b>5. Lital Azulay</b>	<b>21:54.00</b>	<b>2005</b>
6. Christal Cuadra	22:00.00	2004
7. Kylie Edwards	22:09.00	2003
8. Alicia Stewart	22:12.00	2002
9. Marie Nilsson	22:20.00	2003
10. Christal Cuadra	22:25.00	2003