

SDSU Cross Country



This Week: Sept. 25 - 31st annual Stanford Invitational, Palo Alto, Calif. (Stanford Golf Course), 4 p.m.

2004 Schedule

Date	Meet	Result/Time
Sept. 4	at Fullerton Invitational 14th of 19 (Brea, Calif.)	
Sept. 11	at Fresno St. Invitational 8th of 10 (Fresno, Calif.)	
Sept. 18	Aztec Invitational (San Diego, Calif.)	13th of 15
Sept. 25	at Stanford Invitational (Palo Alto, Calif.)	4 p.m.
Oct. 2	at UC Riverside Invite (Riverside, Calif.)	9 a.m.
Oct. 9	Pre-MWC Meet (San Diego, Calif.)	10 a.m.
Oct. 16	at Long Beach Invitational (Long Beach, Calif.)	8 a.m.
Oct. 30	2004 MWC Championships (San Diego, Calif.)	9 a.m.
Nov. 13	at NCAA West Regional (Fresno, Calif.)	9 a.m.
Nov. 22	at NCAA Championships (Terre Haute, Ind.)	9:15 a.m.

Home meets in bold, held at Balboa Park
All times local to site

2004 ROSTER

Athlete	Yr.	Hometown
Ali Baker	Jr.	Pine Valley, Calif.
Sara Cates	So.	Carlsbad, Calif.
Christal Cuadra	Jr.	Honolulu, Hawai'i
Brookie Dettermann	Fr.	Santa Cruz, Calif.
Jackie Duncan	Jr.	Syracuse, N.Y.
Christian Fairing	So.	Irvine, Calif.
Emily Joller	Sr.	Rancho Bernardo, Calif.
Briana Powell	Fr.	Long Beach, Calif.
Jamillah Titus	Jr.	American Canyon, Calif.
Celeste Tyson	So.	Austin, Texas
Anne Vieira	Fr.	San Diego, Calif.

Head Coach: Rahn Sheffield, 14th season
Assistant: Jennifer Nanista, 12th season

2003 RESULTS

Date	Meet	Place/Teams
Aug. 30	Fullerton Invite	6th of 14
Sept. 13	59th Annual Aztec Invite	6th of 14
Sept. 20	Univ. of Hawai'i Invite	3rd of 11
Sept. 27	Stanford Invite	12th of 26
Oct. 4	Pre-MWC Meet	6th of 6
Oct. 11	UCSD Invite	3rd of 21
Oct. 18	Long Beach Invite	1st of 9
Nov. 1	MWC Championships	6th of 8
Nov. 15	NCAA Regionals	15th of 31

Cross Country Travels To Stanford

• The San Diego State women's cross country team will face its biggest test of the season on Sat., Sept. 25, at the prestigious 31st annual Stanford Invitational, beginning at 4 p.m. at the Stanford Golf Course.

The Aztecs will compete in the 6K, which is the fourth collegiate race of the day. More than 3,000 runners representing both the collegiate and high school levels are set for the largest cross country meet this year in Northern California.

• SDSU's opponents Saturday include two top-25 teams with host and No. 1 Stanford and No. 8 UCLA. The meet also features UC Santa Barbara, which is receiving votes in the FinishLynx poll, and Mountain West Conference foe UNLV.

• For the first time this season, the Aztecs will run a 6K course, which is the distance used at November's important conference, regional and national championship meets.

SDSU has run the 5K distance at the Fullerton Opener, Fresno State Invitational and the Aztec Invitational.

2003 Stanford Invitational

• In 2003, the San Diego State women's cross country team finished 12th out of 26 teams at the 30th annual Stanford Invitational. The Aztecs, racing their first 6K distance of the season, ended up with 314 team points at a meet won by 24th-ranked UCLA, which upset No. 2 Stanford to the title.

Senior Marie Nilsson was the first SDSU runner to cross the finish line for the third straight meet, coming in 13th of 187 runners with a time of 21:53. Behind her was sophomore Christal Cuadra (Honolulu, Hawaii), who established herself as the team's consistent No. 2 runner, placing 36th overall in 22:32.

• **Final Team Results (Top 5 and SDSU)** - 1. UCLA (37 pts.); 2. Stanford (56); 3. Wisconsin (88); 4. Arkansas (101); 5. Nevada (219); **12. SDSU (314 pts.).**

2003 Aztec Top Times

Athlete	Top 5K	Meet
1. Marie Nilsson	18:23.00	Aztec Invitational
2. Christal Cuadra	18:39.80	CSU Fullerton Opener
3. Christal Cuadra	19:07.00	Aztec Invitational
4. Allison Brown	19:18.30	CSU Fullerton Opener
5. Jamillah Titus	19:45.00	UC Riverside Invitational
6. Celeste Tyson	19:46.00	Aztec Invitational
7. Emily Wynne	19:48.00	UC Riverside Invitational
8. Angie Fitzpatrick	19:51.40	UC Riverside Invitational
9. Tina Fodor	19:54.50	CSU Fullerton Opener
10. Christian Fairing	19:55.00	CSU Fullerton Opener

Athlete	Top 6K	Meet
1. Marie Nilsson	21:04.00*	NCAA West Regionals
2. Marie Nilsson	21:53.00	Stanford Invitational
Marie Nilsson	21:53.00	MWC Championships
4. Kylie Edwards	22:09.00	NCAA West Regionals
5. Marie Nilsson	22:20.00	Long Beach Invitational
6. Christal Cuadra	22:25.00	NCAA West Regionals
7. Marie Nilsson	22:30.00	UCSD Triton Classic
8. Christal Cuadra	22:32.00	Stanford Invitational
9. Christal Cuadra	22:54.00	Long Beach Invitational
10. Christal Cuadra	23:00.60	UCSD Triton Classic

*School Record

• **Stanford Individual Results (6K) (2004 Returnees)** - 36. Christal Cuadra (22:32); 105. Christian Fairing (24:01); 113. Celeste Tyson (24:13)*; 152. Jamillah Titus (25:24). *- personal best time

Last Week At The Aztec Invitational

• Aztec junior Christal Cuadra finished in 35th place to pace the San Diego State women's cross country team to a 13th-place team finish (283 pts.) in the 60th Annual Aztec Invitational at Balboa Park on Saturday. No. 20 Duke University won the women's invitational race with a near-perfect 18 points, followed by Arizona (97 pts.), No. 15 Northern Arizona (109 pts.), Southern Utah (149 pts.) and USC (176 pts.).

"I was happy with our grouping today," SDSU assistant coach Jennifer Nanista said. "We had a 33-second gap between our number 2 and 7 runners. It's still early in the season and we will get faster."

Cuadra, who didn't compete in the first two races for SDSU this season, completed the 5,000-meter course in 19:44. Duke's Shannon Rowbury won the invitational race with time of 17:03, the ninth fastest effort in Aztec Invitational history.

Sophomore Ali Baker (Pine Valley, Calif.) was the next Aztec runner to cross the line in 61st place (20:21). Following Baker was freshman Brookie Dettermann (68th, 20:27), sophomores Celeste Tyson (70th, 20:28), Sara Cates (77th, 20:43) and Christian Fairing (80th, 20:53) and junior Jackie Duncan (82nd, 20:54). Junior Jamillah Titus (100th, 21:32) and senior Emily Joller (105th, 21:58) also finished the course for SDSU.

• **Final Team Results:** - 1. Duke (18 pts.); 2. Arizona (97); 3. Northern Arizona (109); 4. Southern Utah (149); 5. USC (176); **13. SDSU (283).**

• **Aztec Individual Results (5K):** 35. Christal Cuadra (19:44); 61. Ali Baker (20:21); 68. Brookie Dettermann (20:27); 70. Celeste Tyson (20:28); 77. Sara Cates (20:43); 80. Christian Fairing (20:53); 82. Jackie Duncan (20:54); 100. Jamillah Titus (21:32); 105. Emily Joller (21:58).

2004 Aztec Top Times

Athlete	Top 5K	Meet
1. Celeste Tyson	19:31.00	Fresno State Invitational
2. Ali Baker	19:34.00	Fresno State Invitational
3. Jackie Duncan	19:42.00	Fresno State Invitational
4. Christal Cuadra	19:44.00	Aztec Invitational
5. Jackie Duncan	19:49.70	CSU Fullerton Opener
6. Jamillah Titus	19:52.00	Fresno State Invitational
7. Brookie Dettermann	19:54.00	Fresno State Invitational
8. Ali Baker	20:14.20	CSU Fullerton Opener
9. Brookie Dettermann	20:20.20	CSU Fullerton Opener
10. Ali Baker	20:21.00	Aztec Invitational

