

SDSU CROSS COUNTRY

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2008 SCHEDULE

Date	Meet	Time/Result
Aug. 30	Fullerton Season Opener (5K) <i>Brea, Calif.</i>	5th of 15 (125 pts.)
Sept. 13	AZTEC INVITATIONAL (5K) <i>Balboa Park - San Diego, Calif.</i>	14th of 17 (309 pts.)
Sept. 20	Big Wave Invitational (4K) <i>Honolulu, Hawaii</i>	2nd of 8 (63 pts.)
Sept. 27	UC Riverside Invitational (5K) <i>Riverside, Calif.</i>	NTS
	Stanford Invitational (6K) <i>Palo Alto, Calif.</i>	22nd of 33 (619 pts.)
Oct. 11	Triton Classic (6K) <i>La Jolla, Calif.</i>	3rd of 14 (111 pts.)
Oct. 18	Bronco Invitational (5K) <i>Sunnyvale, Calif.</i>	9th of 17 (203 pts.)
Nov. 1	MWC CHAMPIONSHIPS (6K) <i>Mission Bay Park - San Diego, Calif.</i>	9th of 9 (239 pts.)
Nov. 15	NCAA West Regionals (6K) <i>Palo Alto, Calif.</i>	11:00 a.m.
Nov. 24	NCAA Championships (6K) <i>Terre Haute, Ind.</i>	12:15 p.m.

All times local and subject to change
Bold indicates the meet of the week
CAPS indicates meet hosted by San Diego State

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Stephanie Armstrong	Jr.-2L	Foothill Ranch, Calif.
Sara Beyers	So.-SQ	Danville, Calif.
Amy Brown	Fr.-RS	Sydney, Australia
Darien Buc	Jr.-1L	Dana Point, Calif.
Melissa Bunn	Fr.-HS	Simi Valley, Calif.
Sara Cunningham	Jr.-SQ	Torrance, Calif.
Alma Escobar	Jr.-JC	Corona, Calif.
Kristin Glen	Sr.-1L	Rancho Santa Margarita, Calif.
Makenzie Mabry	Jr.-1L	La Crescenta, Calif.
Michelle Martinez	So.-SQ	Burbank, Calif.
Andrea Norton	So.-SQ	Sacramento, Calif.
Kelly Oelschlager	Sr.-RS	Irvine, Calif.
Jaclyn Perakis	So.-RS	Pleasanton, Calif.
Lyndsi Riley	So.-JC	Orangevale, Calif.
Alyssa Robinson	Sr.-1L	Ojai, Calif.
Leigh Rutherford	Fr.-HS	San Diego, Calif.
Anne Vieira	Sr.-1L	San Diego, Calif.
Rachel Williams	Jr.-JC	Mt. Hermon, Calif.

Head Coach: Rahn Sheffield, 18th season
Assistant Coach: Jennifer Nanista, 16th season
Volunteer Asst. Coach: Richard Fox, 12th season

SAN DIEGO STATE CROSS COUNTRY TO RACE AT NCAA WEST REGIONALS

The San Diego State cross country team will travel to Palo Alto, Calif., for a second time this season as it will compete at the NCAA West Regionals. The 6,000-meter race is scheduled for Saturday, Nov. 15, at Stanford Golf Course. The meet will start at 11 a.m. PT and will feature all Division I teams from the states of Arizona, California, Hawaii, Idaho, Nevada, Oregon and Washington.

The top two teams in each race automatically qualify for the NCAA Championships, along with the top four individuals not on qualifying teams. Additionally, teams around the country are competing for 13 at-large berths, which will be awarded based on a season-long points system developed by the NCAA, with priority toward top regional placers. In the past, the West Region has received several at-large bids and is one of the most competitive in the nation.

SDSU will be looking to rebound from a ninth-place showing at the Mountain West Conference Championships held at Mission Bay Park back on Nov. 1. The Aztecs will be competing for one of those aforementioned spots at the NCAA Championships on Nov. 24 in Terre Haute, Ind. If San Diego State or any of its individual runners fall short of its bid to qualify for nationals, its season will come to an end.

REGIONALS BRING OUT BEST IN AZTECS

As the season moves forward, Aztec runners get stronger and history shows that regionals bring out the best in them. Of the 10 all-time top 6K times in school history, five have occurred at the regional meet and all have happened during the last five years. Three seasons ago, Lital Azulay registered the second fastest time in program history, while Lisa Crampton (fourth) and Christal Cuadra (sixth) also etched their names in the Aztec record book. The complete top 10 can be found on page two of this release.

MWC CHAMPIONSHIPS RECAP

Senior co-captain Kristin Glen led the Aztecs for a fourth straight meet at the Mountain West Conference Championships at Mission Bay Park. Sara Beyers and Sara Cunningham established new personal bests at the meet, while Glen and Michelle Martinez narrowly missed setting new personal records.

Glen, competing in San Diego for the last time as a collegian, crossed the finish line in 23 minutes, 23 seconds. Her effort was 26 seconds short of tying her season best and ended the race nine spots ahead of Martinez. The sophomore from Burbank, Calif., just missed matching her season best by seven

seconds with a time of 23:52.

Darien Buc clocked in 10 seconds behind Martinez at 24:02 to log her second-best 6K of 2008, while Beyers established a personal record by navigating the course in 24:04. Cunningham followed Beyers' lead by setting her own PR of 24:19, a mark that was 2.1 seconds better than her previous lifetime best.

Rounding out the SDSU contingent were Rachel Williams (24:37), co-captain Anne Vieira (25:13), Andrea Norton (25:27) and Kelly Oelschlager (26:21).

LAST YEAR AT REGIONALS

San Diego State completed its season at the ultra-competitive NCAA West Regional Championships at Springfield Country Club in Eugene, Ore. Lisa Naucler led the way for the seventh and final race of 2007, while Darien Buc and Lindsay Barajas established personal records at the 6,000-meter course.

Naucler logged the third-fastest 6K time of the season for the Aztecs with a time of 22 minutes, 57.24 seconds. Despite finishing in 138th place, her performance was better than Celeste Tyson's from the previous year when Tyson, SDSU's top runner that day, finished 67th with a mark of 23:06.31.

Kristin Glen concluded her first season in scarlet and black by recording SDSU's second-fastest time at 23:19.30. Trailing Glen was Buc, who turned in a personal-record effort of 23:40.70.

The next three Aztecs all finished within 34 seconds of each of other. Headlining the trio was Makenzie Mabry, who posted a time of 24:03.50, while Anne Vieira crossed the finish line in 24:14.60. The third member of the group was Stephanie Armstrong with a time 24:37.20.

Barajas, who was called up to the 'A' team for the MWC Championships, made the trip for the second consecutive week and continued her strong running by recording a new personal record (25:14.65).

Despite finishing in 29th place with 819 points, San Diego State's top-six finishers had times faster than its second-place athlete from the previous year.

FAMILIAR TERRITORY

San Diego State hopes its familiarity with the course will provide them with an advantage other teams may not have after racing at the Stanford Invitational earlier this year in late September.

Of the top-10 6K times of the season for SDSU, four occurred at the Stanford Invite, including the second-best mark of 23:20.00 set by Kristin Glen. The other times were produced by Michelle Martinez (23:45.00; 6th), Darien Buc (23:54.00; 8th), and Kelly Oelschlager (24:06.00; 10th).

2008 SDSU TOP TIMES/RECORD BOOK

2008 TOP 10 TIMES -- 4K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams	14:47.81	Big Wave Invitational	Sept. 20
2. Kristin Glen	15:01.20	Big Wave Invitational	Sept. 20
3. Darien Buc	15:14.90	Big Wave Invitational	Sept. 20
4. Sara Beyers	15:30.48	Big Wave Invitational	Sept. 20
5. Kelly Oelschlager	15:35.50	Big Wave Invitational	Sept. 20
6. Michelle Martinez	15:47.40	Big Wave Invitational	Sept. 20
7. Andrea Norton	16:06.74	Big Wave Invitational	Sept. 20

2008 TOP 10 TIMES -- 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Kristin Glen	18:09.00	Bronco Invitational	Oct. 18
2. Rachel Williams	18:19.00	Bronco Invitational	Oct. 18
3. Darien Buc	18:22.00	Bronco Invitational	Oct. 18
4. Rachel Williams	18:39.00	Aztec Invitational	Sept. 13
5. Sara Cunningham	18:41.00	Bronco Invitational	Oct. 18
6. Kelly Oelschlager	18:43.00	Bronco Invitational	Oct. 18
7. Kristin Glen	18:52.00	Aztec Invitational	Sept. 13
8. Alma Escobar	19:01.90	Fullerton Season Opener	Aug. 30
9. Sara Beyers	19:03.00	Bronco Invitational	Oct. 18
10. Rachel Williams	19:07.30	Fullerton Season Opener	Aug. 30

2008 TOP 10 TIMES -- 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Kristin Glen	22:57.70	Triton Classic	Oct. 11
2. Kristin Glen	23:20.00	Stanford Invitational	Sept. 28
3. Kristin Glen	23:23.00	MWC Championships	Nov. 1
4. Darien Buc	23:39.80	Triton Classic	Oct. 11
5. Rachel Williams	23:42.60	Triton Classic	Oct. 11
6. Michelle Martinez	23:45.00	Stanford Invitational	Sept. 28
7. Michelle Martinez	23:52.00	MWC Championships	Nov. 1
8. Darien Buc	23:54.00	Stanford Invitational	Sept. 28
9. Kelly Oelschlager	23:59.90	Triton Classic	Oct. 11
10. Kelly Oelschlager	24:06.00	Stanford Invitational	Sept. 28

ALL-TIME TOP-10 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-10 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

2008 SDSU INDIVIDUAL RESULTS

STEPHANIE ARMSTRONG

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	--	DNC
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:43.00 (4K); 18:45.00 (5K); 23:28.00 (6K)

SARA BEYERS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	34	19:29.90
Sept. 13	Aztec Invitational (5K)	88	19:38.00
Sept. 20	Big Wave Invitational (4K)	19	15:30.48
Sept. 27	Stanford Invitational (6K)	142	24:11.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	46	24:32.40
Oct. 18	Bronco Invitational (5K)	73	19:03.00
Nov. 1	MWC Championships (6K)	56	24:04.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:30.48 (4K); 19:03.00 (5K); 24:04.00 (6K)

AMY BROWN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	95	21:15.80
Sept. 13	Aztec Invitational (5K)	157	22:14.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 21:15.80 (5K)

DARIEN BUC

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	36	19:37.90
Sept. 13	Aztec Invitational (5K)	100	19:52.00
Sept. 20	Big Wave Invitational (4K)	11	15:14.90
Sept. 27	Stanford Invitational (6K)	129	23:54.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	23	23:39.80
Oct. 18	Bronco Invitational (5K)	37	18:22.00
Nov. 1	MWC Championships (6K)	55	24:02.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:14.90 (4K); 18:22.00 (5K); 23:39.80 (6K)

MELISSA BUNN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	77	20:47.00
Sept. 13	Aztec Invitational (5K)	136	20:55.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	193	20:23.90
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 20:23.90 (5K)

SARA CUNNINGHAM

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	48	19:55.20
Sept. 13	Aztec Invitational (5K)	114	20:07.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	197	24:53.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	42	24:21.10
Oct. 18	Bronco Invitational (5K)	56	18:41.00
Nov. 1	MWC Championships (6K)	59	24:19.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 18:41.00 (5K); 24:19.00 (6K)

ALMA ESCOBAR

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	18	19:01.90*
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 19:01.90 (5K)

KRISTIN GLEN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	29	19:19.40
Sept. 13	Aztec Invitational (5K)	39	18:52.00
Sept. 20	Big Wave Invitational (4K)	9	15:01.20
Sept. 27	Stanford Invitational (6K)	91	23:20.00*
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	14	22:57.70*
Oct. 18	Bronco Invitational (5K)	28	18:09.00*
Nov. 1	MWC Championships (6K)	42	23:23.00*
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:01.20 (4K); 18:09.00 (5K); 22:52.00 (6K)

MAKENZIE MABRY

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	101	21:30.90
Sept. 13	Aztec Invitational (5K)	139	21:10.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	178	20:13.00*
Oct. 11	Triton Classic (6K)	68	25:15.10
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 16:02.00 (4K); 19:11.00 (5K); 23:12.00 (6K)

MICHELLE MARTINEZ

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	44	19:49.80
Sept. 13	Aztec Invitational (5K)	67	19:13.00
Sept. 20	Big Wave Invitational (4K)	24	15:47.40
Sept. 27	Stanford Invitational (6K)	119	23:45.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	45	24:32.20
Oct. 18	Bronco Invitational (5K)	77	19:08.00
Nov. 1	MWC Championships (6K)	51	23:52.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:47.40 (4K); 19:08.00 (5K); 23:45.00 (6K)

2008 SDSU INDIVIDUAL RESULTS

ANDREA NORTON

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	--	DNC
Sept. 13	Aztec Invitational (5K)	110	20:05.00
Sept. 20	Big Wave Invitational (4K)	32	16:06.74
Sept. 27	Stanford Invitational (6K)	170	24:49.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	89	19:22.00
Nov. 1	MWC Championships (6K)	70	25:27.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 16:06.74 (4K); 19:22.00 (5K); 24:49.00 (6K)

ANNE VIEIRA

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	61	20:24.30
Sept. 13	Aztec Invitational (5K)	113	20:06.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	219	25:33.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	56	24:55.50
Oct. 18	Bronco Invitational (5K)	108	19:51.00
Nov. 1	MWC Championships (6K)	66	25:13.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:58.00 (4K); 19:15.00 (5K); 23:48.00 (6K)

KELLY OELSCHLAGER

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	66	20:31.60
Sept. 13	Aztec Invitational (5K)	105	19:57.00
Sept. 20	Big Wave Invitational (4K)	20	15:35.50
Sept. 27	Stanford Invitational (6K)	138	24:06.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	33	23:59.90
Oct. 18	Bronco Invitational (5K)	58	18:43.00
Nov. 1	MWC Championships (6K)	72	26:21.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:35.50 (4K); 18:43.00 (5K); 23:59.90 (6K)

RACHEL WILLIAMS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	22	19:07.30
Sept. 13	Aztec Invitational (5K)	24	18:39.00*
Sept. 20	Big Wave Invitational (4K)	4	14:47.81*
Sept. 27	Stanford Invitational (6K)	152	24:23.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	24	23:42.60
Oct. 18	Bronco Invitational (5K)	35	18:19.00
Nov. 1	MWC Championships (6K)	61	24:37.00
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 14:47.81 (4K); 18:19.00 (5K); 23:42.60 (6K)

JACLYN PERAKIS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	123	22:36.50
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 22:36.50 (5K)

DNC - Did Not Compete; * - Top Aztec Finisher

ALYSSA ROBINSON

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	62	20:25.80
Sept. 13	Aztec Invitational (5K)	134	20:49.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	233	21:03.00
Oct. 11	Triton Classic (6K)	60	24:59.50
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:44.00 (4K); 19:28.00 (5K); 24:01.00 (6K)

LEIGH RUTHERFORD

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	141	27:50.10
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	290	22:30.60
Oct. 11	Triton Classic (6K)	--	DNC
Oct. 18	Bronco Invitational (5K)	--	DNC
Nov. 1	MWC Championships (6K)	--	DNC
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 22:30.60 (5K)