



SAN DIEGO STATE AZTECS

2016 Cross Country Weekly Notes

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Schedule/Results

Overall: 8-5 | **Mountain West:** 2-0

September

- 3 Mark Covert Classic (5K) 2nd/4 teams; 47 pts.
Brea, Calif. (Carbon Canyon Regional Park)
- 17 UC Riverside Invitational (6K) 5th/10 teams; 148 pts.
Riverside, Calif. (UCR Ag Ops Course)
- 23 72nd Annual Aztec Invitational (5K) 1st/2 teams; 23 pts.
San Diego, Calif. (Tecolote Shores - Mission Bay)

October

- 1 **Capital Cross Challenge (6K) 10:15 a.m. PT**
Sacramento, Calif. (Haggin Oaks Golf Complex)
- 15 Highlander Invitational (5K) 8 a.m. PT
Riverside, Calif. (UCR Ag Ops Course)
- 28 Mountain West Championships (6K) TBA
Kuna, Idaho (Falcon Crest Golf Club)

November

- 11 NCAA West Regional (6K) TBA
Sacramento, Calif. (Haggin Oaks Golf Complex)

Roster

Name	Year	Hometown (Last School)
Angel Buccì	Senior	Upper Darby, Pa. (UMBC)
Chrissy Calain	Sophomore	Temecula, Calif. (Arizona)
Cindy Flores	Junior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Christine Kent	Senior	San Diego, Calif. (South Carolina)
Cali King	Senior	La Crescenta, Calif. (Crescenta Valley HS)
Mary Kunigan	Freshman	Rochester, N.Y. (Hilton HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Elaine Ribeiro	Senior	La Mesa, Calif. (Helix HS)
Lily Seynaeve	Sophomore	Corona, Calif. (Santiago HS)
Cassidy Towner	Junior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

Head Coach: Shelia Burrell (UCLA, 1995), eighth season

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

Meet Week Preview

San Diego State (8-5, 2-0 MW) at Capital Cross Challenge (6K)

Saturday, Oct. 1 | 10:05 a.m. PT | Haggin Oaks Golf Complex | Sacramento, Calif.

The Capital Cross Challenge Preview

The San Diego State cross country team will get a taste of its NCAA Regional course this weekend at the Capital Cross Challenge, hosted by Sacramento State at Haggin Oaks Golf Complex on Sat., Oct. 1. The 6K race is slated to begin at 10:15 a.m.

The College Women's Race 6K follows the College Men's Race 8K at 9:35 a.m. Also taking place at the Capital Cross Challenge are the Varsity Boys 5K (small and large school), Varsity Girls 5K, Freshman/Sophomore Boys 2.1 miles (small and large school), Freshman/Sophomore Girls 2.1 miles and Middle School/Youth Boys and Girls 1.4 miles races. Awards at the college level will be handed out at 11 a.m.

The course, which is the site of the 2016 NCAA West Region Cross Country Championships, uses nine holes of the complex's Arcade Creek course following an outer and inner horseshoe design. Almost all of the running on the flat course will occur on well-maintained fairways. Said senior Christine Kent of the course, "It's a really fast course and will hopefully produce some good PRs and fast times." The address of the course is 3649 Fulton Ave., Sacramento, Calif., 95821. Admission to the event is free but there is a charge for parking.

The Aztecs will be competing against runners from the host Hornets, Academy of Art, Arizona State, Cal Baptist, Cal State Fullerton, Cal State Northridge, California, Chico State, Eastern Washington, Hawaii, Long Beach State, Loyola Marymount, Pacific, Pepperdine, Richmond, Southern Utah, UC Davis and USC.

Entered into the race for SDSU are seniors Angel Buccì, Christine Kent, Cali King and Elaine Ribeiro and juniors Lily Seynaeve and Cassidy Towner.

San Diego State's last appearance at Haggin Oaks Golf Complex came at the 2013 NCAA West Regional Championships.

The Aztecs venture to the state capitol following an admirable performance at the 72nd Annual Aztec Invitational. The Scarlet and Black won the race on the home course for the second consecutive year, thanks to three top-five finishes by the Aztecs.

Final results from the Capital Cross Challenge will be posted on Record Timing (<http://www.rtspt.com/events/SacSt/cxc16/>) and later on GoAztecs.com.

72nd Aztec Invitational Recap

San Diego State won the Aztec Invitational for the second consecutive season, thanks to three top-five finishes by the Aztecs. For the third straight race, seniors Elaine Ribeiro and Christine Kent finished 1-2 for the Scarlet and Black.

"This race is definitely a building block," Ribeiro said. "It's a tough course but mentality, we had to help each other push through it."

Ribeiro, last year's race winner, came in second with a time of 18:31.6, while Kent crossed the finish line in 18:35.5.

"Our goal was to win it and look at it as a stepping stone for conference," said Ribeiro. "The course is difficult for everyone and we faced good competition."

Junior Cassidy Towner took fifth with a 19:09.3 mark. In eighth place was senior Angel Buccì, clocking in at 19:28.2. Classmate Cali King's 19:50.6 time was good for 13th, while freshman Mary Kunigan finished the race with a PR of 19:55.4 (15th). Junior Cindy Flores recorded a 20:28.1 mark for 21st.

At the meet, San Diego State amassed 24 points, finishing eight points ahead of second-place finisher and Mountain West foe UNLV (32). It was the second meet this season that the Aztecs finished ahead of the Rebels (UC Riverside Invitational, Sept. 17).

2016 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 3	~ Mark Covert Classic (5K) <i>Top Five: Kent, Ribeiro, Towner, Seynaeve, King No. 6-7: Calain, Bucci</i>	2nd / 4 teams	1:45.9	1:54.0	Christine Kent (17:52.79)
Sept. 17	! UC Riverside Invitational (6K) <i>Top Five: Kent, Ribeiro, Towner, Bucci, King No. 6-7: Kunigan, Flores</i>	5th / 20 teams	1:51.9	2:31.0	Christine Kent (20:47.8)
Sept. 23	@ Aztec Invitational <i>Top Five: Ribeiro, Kent, Towner, Bucci, King No. 6-7: Kunigan, Flores</i>	1st / 2 teams	1:19.0	1:56.4	Elaine Ribeiro (20:47.8)

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

! UC Riverside Highlander Invitational at UCR Agricultural Operations Course in Riverside, Calif.

@ 72nd Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.

2016 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Angel Bucci (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	26th/48	19:46.8
Sept. 17	UC Riverside Invitational (6K)	32nd/83	21:44.1
Sept. 23	Aztec Invitational (5K)	6th/14	19:28.2

Collegiate Career Best: 5K - 18:46.8; 6K - 21:44.1

Chrissy Calain (So.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	24th/48	19:44.8

Collegiate Career Best: 5K - 19:44.8

Christine Kent (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	1st/48	17:52.8
Sept. 17	UC Riverside Invitational (6K)	11th/83	20:47.8
Sept. 23	Aztec Invitational (5K)	2nd/14	18:35.5

Collegiate Career Best: 5K - 17:52.8; 6K - 20:47.8

Cali King (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	22nd/48	19:38.7
Sept. 17	UC Riverside Invitational (6K)	55th/83	22:39.7
Sept. 23	Aztec Invitational (5K)	10th/14	19:50.6

Collegiate Career Best: 5K - 18:38.56; 6K - 22:39.7

Mary Kunigan (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	32nd/48	20:10.9
Sept. 17	UC Riverside Invitational (6K)	59th/83	22:53.0
Sept. 23	Aztec Invitational (5K)	11th/14	19:55.3

Collegiate Career Best: 5K - 19:55.3; 6K - 22:53.0

Elaine Ribeiro (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	2nd/48	18:06.00
Sept. 17	UC Riverside Invitational (6K)	23rd/83	21:22.5
Sept. 23	Aztec Invitational (5K)	1st/14	18:31.6

Collegiate Career Best: 5K - 17:54.0; 6K - 21:22.5

Lily Seynaeve (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	12th/48	19:04.8

Collegiate Career Best: 5K - 18:14.5; 6K - 21:44.9

Cassidy Towner (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	10th/48	19:01.2
Sept. 17	UC Riverside Invitational (6K)	31st/83	21:38.0
Sept. 23	Aztec Invitational (5K)	4th/19:09.3	19:09.3

Collegiate Career Best: 5K - 18:04.6; 6K - 21:38.0

Cindy Flores (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 17	UC Riverside Invitational (6K)	66th/83	23:18.8
Sept. 23	Aztec Invitational (5K)	13th/14	20:28.0

Collegiate Career Best: 5K - 18:43; 6K - 21:51

2016 AZTEC CROSS COUNTRY TOP-10 TIMES

2016 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	17:52.8	Mark Covert Classic	Sept. 10
2. Elaine Ribeiro (Sr.)	18:06.0	Mark Covert Classic	Sept. 10
3. Elaine Ribeiro (Sr.)	18:31.6	72nd Aztec Invitational	Sept. 23
4. Christine Kent (Sr.)	18:35.5	72nd Aztec Invitational	Sept. 23
5. Cassidy Towner (Jr.)	19:01.2	Mark Covert Classic	Sept. 10
6. Lily Seynaeve (Jr.)	19:04.8	Mark Covert Classic	Sept. 10
7. Cassidy Towner (Jr.)	19:09.3	72nd Aztec Invitational	Sept. 23
8. Angel Bucci (Sr.)	19:28.2	72nd Aztec Invitational	Sept. 23
9. Cali King (Sr.)	19:38.7	Mark Covert Classic	Sept. 10
10. Chrissy Calain (So.)	19:44.8	Mark Covert Classic	Sept. 10

2016 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	17:52.8	Mark Covert Classic	Sept. 10
2. Elaine Ribeiro (Sr.)	18:06.0	Mark Covert Classic	Sept. 10
3. Cassidy Towner (Jr.)	19:01.2	Mark Covert Classic	Sept. 10
4. Lily Seynaeve (Jr.)	19:04.8	Mark Covert Classic	Sept. 10
5. Angel Bucci (Sr.)	19:28.2	72nd Aztec Invitational	Sept. 23
6. Cali King (Sr.)	19:38.7	Mark Covert Classic	Sept. 10
7. Chrissy Calain (So.)	19:44.8	Mark Covert Classic	Sept. 10
8. Mary Kunigan (Fr.)	20:10.9	Mark Covert Classic	Sept. 10

2016 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	20:47.8	UC Riverside Invitational	Sept. 17
2. Elaine Ribeiro (Sr.)	21:22.5	UC Riverside Invitational	Sept. 17
3. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
4. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
5. Cali King (Sr.)	22:39.7	UC Riverside Invitational	Sept. 17
6. Mary Kunigan (Fr.)	22:53.0	UC Riverside Invitational	Sept. 17
7. Cindy Flores (Jr.)	23:18.8	UC Riverside Invitational	Sept. 17

2016 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	20:47.8	UC Riverside Invitational	Sept. 17
2. Elaine Ribeiro (Sr.)	21:22.5	UC Riverside Invitational	Sept. 17
3. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
4. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
5. Cali King (Sr.)	22:39.7	UC Riverside Invitational	Sept. 17
6. Mary Kunigan (Fr.)	22:53.0	UC Riverside Invitational	Sept. 17
7. Cindy Flores (Jr.)	23:18.8	UC Riverside Invitational	Sept. 17

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. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
9. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
10. Marianne Hogan	17:35.3	Titan Invitational (Fullerton, Calif.)	Oct. 19, 2012

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

Athlete	Time	Meet	Date/Year
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
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. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
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. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
9. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
10. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012

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

Athlete	Time	Meet	Date/Year
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
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. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
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. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014