



# SAN DIEGO STATE AZTECS

## 2015 Cross Country Weekly Notes

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**SDSU Official Athletics Website:** goaztecs.com  
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## Schedule/Results

**Overall:** 37-4 | **Mountain West:** 2-0

### September

- 5 Mark Covert Classic (5K) 1st/11 teams; 26 pts.  
 Brea, Calif. (Carbon Canyon Regional Park)
- 12 UC Riverside Invitational (6K) 5th/15 teams; 149 pts.  
 Riverside, Calif. (UCR Ag Ops Course)
- 18 71st Annual Aztec Invite (5K) 1st/13 teams; 52 pts.  
 San Diego, Calif. (Tecolote Shores - Mission Bay)

### October

- 3 UNLV Invitational (5K) 1st/4 teams; 27 pts.  
 Las Vegas, Nev. (Craig Ranch Regional Park)
- 17 **Highlander Invitational (5K) 8 a.m. PT**  
**Riverside, Calif. (UCR Ag Ops Course)**
- 30 Mountain West Championships (6K) 10:45 a.m. PT  
 Reno, Nev. (Montreux Golf Course)

### November

- 13 NCAA West Regional (6K) TBA  
 Seattle, Wash. (TBA)

## Roster

Name	Year	Hometown (Last School)
Grace Hanshaw	Senior	San Diego, Calif. (San Diego Mesa College)
Cali King	Junior	La Crescenta, Calif. (Crescenta Valley HS)
Lily Mayko	Senior	Portland, Ore. (Southridge HS)
Elaine Ribeiro	Junior	La Mesa, Calif. (Helix HS)
Rachel Roesgen	Senior	Coto de Caza, Calif. (Santa Margarita Catholic HS)
Hannah Sawatzki	Senior	San Diego, Calif. (Westview HS)
Lily Seynaeve	Sophomore	Corona, Calif. (Santiago HS)
Cassidy Towner	Sophomore	Placentia, Calif. (El Dorado HS)

**Head Coach:** Shelia Burrell (UCLA, 1995), seventh season

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

## Meet Week Preview

San Diego State (37-4, 2-0 MW) at Highlander Invitational

Saturday, Oct. 17 | 8:30 a.m. PT | UCR Ag Ops Course | Riverside, Calif.

## Highlander Preview

The San Diego State cross country team completes its final tune-up before the championship season this Saturday when it travels to Riverside, Calif., for the fourth annual Highlander Invitational on the UC Riverside campus. The women's 5,000-meter race is scheduled to begin at 8:30 a.m. PT on the UCR Agricultural Operations Course.

In addition to the host Highlanders and Aztecs, scheduled to compete on Saturday include Pepperdine and USC, as well as Big West teams Long Beach State, UC Irvine, Cal State Fullerton and CSUN.

The UC Riverside course is 85 percent flat with a few rolling hills and hard-packed dirt with pre-competition watering to reduce dust. The course also goes through 100-year-old orange groves and eucalyptus trees.

To reach the Ag/Ops Course from the 215/60 freeway, exit Martin Luther King Boulevard and go west before turning left on Canyon Crest traffic light and travel approximately 300 meters to the course entrance.

SDSU is coming off a first-place finish at the UNLV Invite on Oct. 3. San Diego State was led by junior Elaine Ribeiro, who finished first for the second time this season with a time of 17 minutes, 44.7 seconds. Ribeiro's first-place finish helped the Aztecs win their third meet this season, their most team in a single season in the Mountain West era (since 1999).

Cassidy Towner (fourth place, 18:04.6), Grace Hanshaw (fifth place, 18:09.4), Lily Seynaeve (seventh place, 18:17.0) and Rachel Roesgen (10th place, 18:25.1) all placed in the top 10 for San Diego State. Cali King (19th, 18:58.6), Hannah Sawatzki (26th, 19:16.2) and Lily Mayko (31st, 19:41.7) also ran for the Aztecs in a group of 38 total participants. All eight are expected to compete at Saturday's 5K.

Results will first be posted on [www.finishedresults.com](http://www.finishedresults.com) and later on [GoAztecs.com](http://GoAztecs.com). Following this weekend's meet, the Aztecs will compete in the Mountain West Championships in Reno, Nev., on Oct. 30 and the NCAA West Regional Championships in Seattle, Wash., on Nov. 13.

## UNLV Invite Recap

The San Diego State cross country team brought home another first-place trophy after winning the UNLV Invitational in Southern Nevada on Saturday morning. This is the third time the Aztecs have won a 5K meet this season.

"We ran an outstanding race today and I couldn't be happier," assistant coach Karoly Varga stated. "Everyone ran controlled and smart the whole way. We have what it takes to take our game to the next level."

Junior Elaine Ribeiro was once again the top individual for SDSU coming in first place among 38 runners with a collegiate-best time of 17 minutes, 44.7 seconds. Ribeiro has now been the top Aztec finisher in all four races this season.

Sophomore Cassidy Towner (fourth), the next San Diego State athlete to cross the finish line, ran a collegiate-best time of 18:04.6 and was followed by senior Grace Hanshaw (fifth), who clocked in at 18:09.4.

The Aztecs amassed 27 points at the four-team meet and finished ahead of second-place finisher Southern Utah with 61 points. USC added 61 points to take third, followed by host and SDSU's Mountain West foe, UNLV (65 points).

Season-best times also highlighted the Aztecs' victory and were achieved as sophomore Lily Seynaeve, who took seventh in 18:17.0, senior Rachel Roesgen (10th) in 18:25.1, junior Cali King (19th) in 18:58.6 and senior Hannah Sawatzki (26th) in 19:16.2. Senior Lily Mayko also competed for SDSU and finished 31st after shaving 17.93 seconds off her previous collegiate-best time of 19:59.63.

# 2015 AZTEC CROSS COUNTRY TEAM RESULTS

-Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 5	~ Mark Covert Classic (5K) <i>Top Five: Ribeiro, Hanshaw, Towner, Roesgen, Seynaeve   No. 6-7: King, Sawatzki</i>	1st / 11 teams	0:46.6	0:54.4	Elaine Ribeiro (18:05.48)
Sept. 12	! UC Riverside Invitational (6K) <i>Top Five: Ribeiro, Seynaeve, Towner, Rosegen, King   No. 6-7: Mayko, Sawatzki</i>	5th / 15 teams	1:27.2	2:45.8	Elaine Ribeiro (21:05.3)
Sept. 18	@ Aztec Invitational (5K) <i>Top Five: Ribeiro, Seynaeve, Towner, Hanshaw, King   No. 6-7: Roesgen, Sawatzki</i>	1st/13 teams	0:20.51	0:31.12	Elaine Ribeiro (18:09.74)
Oct. 3	# UNLV Invitational (5K) <i>Top Five: Ribeiro, Towner, Hanshaw, Seynaeve, Roesgen   No. 6-7: King, Sawatzki</i>	1st/4 teams	0:24.7	0:32.3	Elaine Ribeiro (17:44.7)
Oct. 17	<b>\$ Highlander Invitational (5K)</b>				
Oct. 30	% Mountain West Championships (6K)				
Nov. 13	^ NCAA West Regional (6K)				

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

! UC Riverside Invitational at UCR Ag Ops Course in Riverside, Calif.

@ 71st Annual Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.

# UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.

\$ Highlander Invitational at UCR Ag Ops Course in Riverside, Calif.

% Mountain West Championships at Montreux Golf Course in Reno, Nev.

^ NCAA West Regional at Seattle, Wash.

## 2015 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

**Grace Hanshaw (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	4th/120	18:29.57
Sept. 12	UC Riverside Invite 6K	DNC	--
Sept. 18	Aztec Invitational 5K	13th/126	19:09.41
Oct. 3	UNLV Invitational 5K	5th/38	18:09.4
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:01.1; 6K - 21:51.0

**Percentile (top is 100.00):** 92.25 pct.

**Cali King (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	15th/120	18:58.42
Sept. 12	UC Riverside Invite 6K	15th/110	22:32.5
Sept. 18	Aztec Invitational 5K	23rd/126	19:29.57
Oct. 3	UNLV Invitational 5K	19th/38	18:58.6
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:46.4; 6K - 22:32.5

**Percentile (top is 100.00):** 81.73 pct.

**Lily Mayko (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	46th/120	19:59.63
Sept. 12	UC Riverside Invite 6K	70th/110	22:57.7
Sept. 18	Aztec Invitational 5K	46th/126	20:18.64
Oct. 3	UNLV Invitational 5K	31st/38	19:41.7
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 19:41.7; 6K - 22:57.7

**Percentile (top is 100.00):** 51.02 pct.

**Elaine Ribeiro (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	2nd/120	17:48.49
Sept. 12	UC Riverside Invite 6K	12th/110	21:05.3
Sept. 18	Aztec Invitational 5K	1st/126	18:09.74
Oct. 3	UNLV Invitational 5K	1st/38	17:44.7
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 17:44.7; 6K - 21:05.3

**Percentile (top is 100.00):** 95.94 pct.

**Rachel Roesgen (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	7th/120	18:43.15
Sept. 12	UC Riverside Invite 6K	38th/110	22:13.0
Sept. 18	Aztec Invitational 5K	25th/126	19:33.54
Oct. 3	UNLV Invitational 5K	10th/38	18:25.1
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 17:50.0; 6K - 22:05.0

**Percentile (top is 100.00):** 79.70 pct.

**Hannah Sawatzki (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	40th/120	19:44.27
Sept. 12	UC Riverside Invite 6K	89th/110	23:51.1
Sept. 18	Aztec Invitational 5K	29th/126	19:40.05
Oct. 3	UNLV Invitational 5K	26th/38	19:16.2
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:42.6; 6K - 24:02.4

**Percentile (top is 100.00):** 53.30 pct.

**Lily Seynaeve (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	8th/120	18:43.72
Sept. 12	UC Riverside Invite 6K	18th/110	21:30.8
Sept. 18	Aztec Invitational 5K	5th/126	18:29.23
Oct. 3	UNLV Invitational 5K	7th/38	18:17.0
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:14.5; 6K - 21:30.8

**Percentile (top is 100.00):** 90.36 pct.

**Cassidy Towner (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	5th/120	18:35.59
Sept. 12	UC Riverside Invite 6K	37th/110	22:10.9
Sept. 18	Aztec Invitational 5K	10th/126	18:51.12
Oct. 3	UNLV Invitational 5K	4th/38	18:04.6
Oct. 17	Highlander Invitational 5K		
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

**Collegiate Career Best:** 5K - 18:04.6; 6K - 22:10.4

**Percentile (top is 100.00):** 85.79 pct.

# 2015 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2015 Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribeiro (Jr.)	17:44.7	UNLV Invite	Oct. 3
2. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
3. Elaine Ribeiro (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
4. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
5. Elaine Ribeiro (Jr.)	18:09.74	71st Aztec Invite	Sept. 18
6. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
7. Rachel Roesgen (Sr.)	18:25.1	UNLV Invite	Oct. 3
8. Lily Seynaeve (So.)	18:29.23	71st Aztec Invite	Sept. 18
9. Grace Hanshaw (Sr.)	18:29.57	Mark Covert Classic	Sept. 5
10. Cassidy Towner (So.)	18:35.59	Mark Covert Classic	Sept. 5

## 2015 Top-10 Times -- 5K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribiero (Jr.)	17:44.7	UNLV Invite	Oct. 3
2. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
3. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
2. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
5. Rachel Roesgen (Sr.)	18:25.1	UNLV Invite	Oct. 3
6. Cali King (Jr.)	18:58.42	Mark Covert Classic	Sept. 5
7. Hannah Sawatzki (Sr.)	19:16.2	UNLV Invite	Oct. 3
8. Lily Mayko (Sr.)	19:41.7	UNLV Invite	Oct. 3

## 2015 Top-10 Times -- 6K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribiero (Jr.)	21:05.3	UC Riverside Invitational	Sept. 12
2. Lily Seynaeve (So.)	21:30.8	UC Riverside Invitational	Sept. 12
3. Cassidy Towner (So.)	22:10.9	UC Riverside Invitational	Sept. 12
4. Rachel Roesgen (Sr.)	22:13.0	UC Riverside Invitational	Sept. 12
5. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
6. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
7. Hannah Sawatzki (Sr.)	23:51.1	UC Riverside Invitational	Sept. 12

## 2015 Top-10 Times -- 6K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Elaine Ribiero (Jr.)	21:05.3	UC Riverside Invitational	Sept. 12
2. Lily Seynaeve (So.)	21:30.8	UC Riverside Invitational	Sept. 12
3. Cassidy Towner (So.)	22:10.9	UC Riverside Invitational	Sept. 12
4. Rachel Roesgen (Sr.)	22:13.0	UC Riverside Invitational	Sept. 12
5. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
6. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
7. Hannah Sawatzki (Sr.)	23:51.1	UC Riverside Invitational	Sept. 12

# ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2. Elaine Ribeiro	21:05.3	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
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. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
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. 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. Marianne Hogan	21:41.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2. Elaine Ribeiro	21:05.3	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
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. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
8. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
9. Jennifer Stakiw	21:50.0	Stanford Invitational (Stanford, Calif.)	Sept. 28, 2002
10. Christal Cuadra	21:50.9	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005