

CROSS COUNTRY

2006 SCHEDULE

Date	Meet	Time/Result
Sept. 2	Fullerton Season Opener <i>Fullerton, Calif.</i>	4th of 19
Sept. 16	AZTEC INVITATIONAL <i>San Diego, Calif.</i>	5th of 12
Sept. 23	Griak Invitational <i>Falcon Heights, Minn.</i>	31st of 31
Sept. 30	Willamette Invitational <i>Salem, Ore.</i>	11:20 a.m. PT
	UC Riverside Invitational <i>Riverside, Calif.</i>	8:15 a.m. PT
Oct. 7	UC San Diego Invitational <i>La Jolla, Calif.</i>	9:30 a.m. PT
Oct. 14	Santa Clara Invitational <i>Sunnyvale, Calif.</i>	10:15 a.m. PT
	CS Northridge Invitational <i>Northridge, Calif.</i>	9 a.m. PT
Oct. 28	MWC Championships <i>Salt Lake City, Utah</i>	10:45 a.m. MT
Nov. 11	NCAA West Regionals <i>Portland, Ore.</i>	10 a.m. PT
Nov. 20	NCAA Championships <i>Terre Haute, Ind.</i>	12:15 p.m. ET

All times subject to change
Bold indicates the meet of the week
 CAPS indicates home meet at Balboa Park

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Priscilla Arco	Jr.-JC	Northridge, Calif.
Stephanie Armstrong	Fr.-HS	Foothill Ranch, Calif.
Bonnie Axman	Jr.-TR	Fairfax, Va.
Lital Azulay	Jr.-1L	Holon, Israel
Lindsay Barajas	Fr.-HS	Rancho Cucamonga, Calif.
Sarah Belger	Sr.-1L	Albuquerque, N.M.
Darien Buc	Fr.-HS	Dana Point, Calif.
Sara Cates	Sr.-3L	Carlsbad, Calif.
Jackie Duncan	Sr.-1L	Syracuse, N.Y.
Meryl Folloso	Jr.-JC	Cypress, Calif.
Makenzie Mabry	Fr.-HS	La Crescenta, Calif.
Jessica Mason	Fr.-HS	Alameda, Calif.
Amanda Maydeck	So.-SQ	Glendora, Calif.
Lisa Naucler	Jr.-1L	Ljusdal, Sweden
Celeste Tyson	Sr.-3L	Austin, Texas
Anne Vieira	Jr.-SQ	San Diego, Calif.
Jessica Walker	Fr.-HS	Murrieta, Calif.
Michelle Warburton	Fr.-HS	Wantagh, N.Y.

Head Coach: Rahn Sheffield, 16th season
Assistant Coach: Jennifer Nanista, 14th season
Volunteer Assistant Coach: Richard Fox, 10th season
Athletic Trainers: Laura Meldrum & Marco Zucconi

SDSU Cross Country to Run in Two Meets

The Aztecs will field two teams to participate in a pair of meets on Saturday, Sept. 30, as one group will travel to the Willamette Invitational in Salem, Ore., while the other heads north on Interstate 15 for the UC Riverside Invitational.

The San Diego State 'A' team will compete in Oregon beginning at 11:20 a.m. PT when it runs in the Women's Gold 5K. The race will be contested at McCulloch Stadium and Bush Park where runners will be faced with different surfaces, as grass, track, blacktop, cement and gravel paths dominate the course.

The Aztec 'B' squad, meanwhile, will run at the UCR Agricultural Operations Course at 8:15 a.m. The course is 85 percent flat with a few rolling hills and also hard packed dirt with pre-competition watering to reduce dust. Competitors will run through the shade of 100-year old orange groves and eucalyptus trees throughout the meet.

Mason Making Noise

After turning in the ninth-best SDSU time at the Fullerton Season Opener, with a clocking of 20:50 in the 5K, Jessica Mason has made tremendous strides in her last two races. At the Aztec Invitational, the Alameda, Calif., native was one of five point-earners as she finished with the fifth-best time on the team in leading SDSU to a fifth-place showing. Last week at the Griak Invite, San Diego State's first 6K race of 2006, Mason completed the race in 24:47, garnering the third-fastest time on the squad. So far this season, she is the only freshman to earn points and joins junior Meryl Folloso as the only newcomers to place among SDSU's top five.

Taking It Back to 2005: The Willamette Invitational

At the 2005 Willamette Invitational, Lital Azulay placed third out of 138 runners, finishing the 5K race in 17:10 to lead San Diego State to a fifth-place finish. Azulay's time was the ninth-fastest time in school history and currently is No. 10 on the all-time 5K list. In addition to Azulay, Lisa Crampton (12th; 17:32), Christal Cuadra (23rd; 17:54) and Lisa Naucler (30th; 18:09) all finished in the top 30.

Taking It Back One More Time: The UC Riverside Invitational

Last year, the Aztecs sent four runners to Riverside, Calif., to compete in the collegiate open division of the UCR Invitational. Dora Sanders placed 37th of 131 runners with a time of 19:57.10, while Amanda Maydeck (57th; 20:47) and Anne Vieira (68th; 20:59) also completed the race. Jackie Duncan made the trip as well and ran unattached, finishing 23rd with a time of 19:29.

A Look Back at Meet No. 3: Roy Griak Invitational

For a second straight week, Celeste Tyson led the way for the Aztecs as San Diego State turned in a 31st-place finish at the highly competitive 21st Annual Roy Griak Invitational at the University of Minnesota's Les Bolstad Golf Course in Falcon Heights, Minn.

A week after being SDSU's top runner at the 5K Aztec Invitational, Tyson finished the 6K race, San Diego State's first of the season, in 23:49. Meryl Folloso continued her trend of finishing among the team's top-two runners, as she followed Tyson with a time of 24:11.

Jessica Mason, in her first 6K race as a collegian, posted SDSU's third-best time of 24:47. Rounding out SDSU's point earners were Lital Azulay (25:35) and Lisa Naucler (25:38).

Other Aztecs who finished the race were senior Jackie Duncan (25:48) and freshman Stephanie Armstrong (26:10).

Upperclassmen Leading By Example

Through three races, 13 of San Diego State's 15 runners who earned points have been upperclassmen. At the Fullerton Season Opener (Sept. 2), Meryl Folloso (Jr.), Celeste Tyson (Sr.), Lisa Naucler (Jr.), Jackie Duncan (Sr.) and Sara Cates (Sr.) were SDSU's top-five finishers helping the Aztecs to a fourth-place showing. Two weeks ago at the Aztec Invitational, SDSU was led by Tyson, Folloso, Cates, Naucler and freshman Jessica Mason. And last week at the Griak Invite, the Aztecs were led by a different combination as Tyson, Folloso, Mason, Azulay and Naucler led the way. A year ago, 10 of the Aztecs' 15 point-earners were upperclassmen.

Deadly Duo

Celeste Tyson and Meryl Folloso have been staples at the top of SDSU's results list so far this season as they have finished one-two in each of the Aztecs' first three races. Folloso, a junior college transfer, impressed in her first meet as she finished 16th at the Fullerton Season Opener to garner MWC athlete of the week honors, while Tyson finished with the second-fastest SDSU time. At the Aztec Invitational and in last week's Roy Griak Invite, Tyson, a senior, returned the favor as she was SDSU's top runner with Folloso crossing the finish line right behind her.



Follow the San Diego State cross country team at www.goaztecs.cstv.com.

2006 SDSU TOP TIMES/RECORD BOOK

2006 TOP 10 TIMES - - 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	18:58.00	Aztec Invitational	Sept. 16
2. Meryl FolloSCO	19:03.00	Fullerton Season Opener	Sept. 2
3. Meryl FolloSCO	19:17.00	Aztec Invitational	Sept. 16
4. Celeste Tyson	19:18.40	Fullerton Season Opener	Sept. 2
5. Sara Cates	19:45.00	Aztec Invitational	Sept. 16
6. Lisa Naucler	19:49.00	Aztec Invitational	Sept. 16
7. Lisa Naucler	20:02.50	Fullerton Season Opener	Sept. 2
8. Jackie Duncan	20:12.90	Fullerton Season Opener	Sept. 2
9. Jessica Mason	20:15.00	Aztec Invitational	Sept. 16
10. Sara Cates	20:16.70	Fullerton Season Opener	Sept. 2

2006 TOP 10 TIMES - - 6K *(only seven results for 2006)*

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	23:49.00	Griak Invitational	Sept. 23
2. Meryl FolloSCO	24:11.00	Griak Invitational	Sept. 23
3. Jessica Mason	24:47.00	Griak Invitational	Sept. 23
4. Lital Azulay	25:35.00	Griak Invitational	Sept. 23
5. Lisa Naucler	25:38.00	Griak Invitational	Sept. 23
6. Jackie Duncan	25:48.00	Griak Invitational	Sept. 23
7. Stephanie Armstrong	26:10.00	Griak Invitational	Sept. 23

ALL - TIME TOP - IO 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 - IO 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

2006 SDSU INDIVIDUAL RESULTS

Date Meet (Distance) Finish Time

Priscilla Arco

Sept. 2	Fullerton Season Opener (5K)	220	27:38.00
Sept. 16	Aztec Invitational (5K)	--	DNC
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 27:38.00 (5K)

Stephanie Armstrong

Sept. 2	Fullerton Season Opener (5K)	81	20:38.50
Sept. 16	Aztec Invitational (5K)	62	20:30.00
Sept. 23	Griak Invitational (6K)	269	26:10.00

Aztec Career Best: 20:30.00 (5K)

Lital Azulay

Sept. 2	Fullerton Season Opener (5K)	153	21:45.50
Sept. 16	Aztec Invitational (5K)	54	20:17.00
Sept. 23	Griak Invitational (6K)	253	25:35.00

Aztec Career Best: 17:03.10 (5K); 21:05.80 (6K)

Lindsay Barajas

Sept. 2	Fullerton Season Opener (5K)	111	21:02.60
Sept. 16	Aztec Invitational (5K)	74	20:47.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 20:47.00 (5K)

Darien Buc

Sept. 2	Fullerton Season Opener (5K)	173	22:17.90
Sept. 16	Aztec Invitational (Open Meet) (5K)	46	21:16.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 21:16.00 (5K)

Sara Cates

Sept. 2	Fullerton Season Opener (5K)	69	20:16.70
Sept. 16	Aztec Invitational (5K)	34	19:45.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 18:51.87 (5K); 23:15.10 (6K)

Jackie Duncan

Sept. 2	Fullerton Season Opener (5K)	67	20:12.90
Sept. 16	Aztec Invitational (5K)	73	20:47.00
Sept. 23	Griak Invitational (6K)	262	25:48.00

Aztec Career Best: 19:42.00 (5K); 25:37.00 (6K)

Meryl Follocco

Sept. 2	Fullerton Season Opener (5K)	16	19:03.00
Sept. 16	Aztec Invitational (5K)	26	19:17.00
Sept. 23	Griak Invitational (6K)	170	24:11.00

Aztec Career Best: 19:03.00 (5K); 24:11.00 (6K)

Makenzie Mabry

Sept. 2	Fullerton Season Opener (5K)	90	20:45.60
Sept. 16	Aztec Invitational (5K)	70	20:37.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 20:37.00 (5K)

Jessica Mason

Sept. 2	Fullerton Season Opener (5K)	94	20:50.00
Sept. 16	Aztec Invitational (5K)	53	20:15.00
Sept. 23	Griak Invitational (6K)	209	24:47.00

Aztec Career Best: 20:15.00 (5K); 24:47.00 (6K)

Amanda Maydeck

Sept. 2	Fullerton Season Opener (5K)	174	22:18.70
Sept. 16	Aztec Invitational (Open Meet) (5K)	62	21:44.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 20:47.70 (5K); 25:33.00 (6K)

Lisa Naucler

Sept. 2	Fullerton Season Opener (5K)	58	20:02.50
Sept. 16	Aztec Invitational (5K)	36	19:49.00
Sept. 23	Griak Invitational (6K)	255	25:38.00

Aztec Career Best: 18:02.19 (5K); 22:42.20 (6K)

Celeste Tyson

Sept. 2	Fullerton Season Opener (5K)	24	19:18.40
Sept. 16	Aztec Invitational (5K)	20	18:58.00
Sept. 23	Griak Invitational (6K)	141	23:49.00

Aztec Career Best: 15:38.00 (4K); 18:28.33 (5K); 22:20.60 (6K)

Anne Vieira

Sept. 2	Fullerton Season Opener (5K)	171	22:11.50
Sept. 16	Aztec Invitational (Open Meet) (5K)	74	22:15.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 20:59.10 (5K); 26:31.80 (6K)

Jessica Walker

Sept. 2	Fullerton Season Opener (5K)	92	20:47.20
Sept. 16	Aztec Invitational (5K)	80	21:12.00
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 20:47.20 (5K)

Michelle Warburton

Sept. 2	Fullerton Season Opener (5K)	210	25:23.80
Sept. 16	Aztec Invitational (5K)	--	DNC
Sept. 23	Griak Invitational (6K)	--	DNC

Aztec Career Best: 25:23.80 (5K)