

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>	10:00 a.m.
Nov. 15	NCAA West Regionals (6K) <i>Palo Alto, Calif.</i>	10:00 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

SDSU SET TO PLAY HOST TO MWC CROSS COUNTRY CHAMPIONSHIPS

The San Diego State cross country team is set to play host to the 10th annual Mountain West Conference Men's and Women's Cross Country Championships, on Saturday, Nov. 1, at Mission Bay Park in San Diego. The women's 6K will begin at 10 a.m. PT and the men's 8K will start at 11 a.m.



This year's Championships will feature one of the most, if not the most, competitive fields in conference history. Of the nine women's teams, seven are regionally ranked, while five of the six squads on the men's side hold a rank in their region. On a national scale, two women's teams and a men's team were ranked in the USTFCCCA Top 30 Poll, released Oct. 28.

All 15 teams will be competing on a course that played host to the 2008 USA Cross Country Championships and World Cross Country Team Trials back in February. It is also the same site where the 2007 MWC Championships were to be held, but wildfires in San Diego forced the relocation to Albuquerque, N.M.

Following the league meet, SDSU will have next week off prior to traveling to Stanford for the NCAA West Regionals on Nov. 15. It will be the Aztecs third trip to Northern California this season and their second to Stanford.

DIRECTIONS TO MISSION BAY PARK

From San Diego State: Take Interstate 8 West to Interstate 5 North and exit Sea World Drive. Make a right on E. Mission Bay Drive. The park is on the left approximately 1/2 mile down the road.

MWC CHAMPIONSHIPS HISTORY

This weekend in front of their home fans, the Aztecs will be looking to finish higher than fifth for the first time in MWC history. Throughout the years, SDSU has registered three seventh-place performances (2001, 2002, 2004), finished sixth in 2003, came in fifth three times (1999, 2000, 2005), finished eighth in 2006 and ninth last year.

Former Aztecs Lital Azulay and Marie Nilsson are the lone runners to earn all-MWC first-team honors and are the only ones to finish in the top 10. In 2005, Azulay finished fifth with a time of 21:14.20, while Nilsson came in fourth (21:53.00) in 2003. Back in 2004, Christal Cuadra emerged with second-team honors with a 14th-place performance (23:03.00).

This is the second time in school history that SDSU has played host to the conference's premier event. The last time the MWC held its meet in San Diego was in 2004 and the Aztecs finished in seventh place.

Below is a year-by-year look at SDSU at

the MWC Championships:

Year	Team Finish	Top Aztec Finisher (Time)
2007	9th (229 pts.)	36. Lisa Naucler (23:35.00)
2006	8th (203 pts.)	30. Celeste Tyson (22:57.00)
2005	5th (134 pts.)	5. Lital Azulay (21:14.20)*
2004	7th (192 pts.)	14. Christal Cuadra (23:03.00)#
2003	6th (143 pts.)	4. Marie Nilsson (21:53.00)*
2002	7th (176 pts.)	22. Jennifer Stakiw (22:36.80)
2001	7th (177 pts.)	32. Alicia Stewart (23:24.00)
2000	5th (166 pts.)	31. Kylie Edwards (23:10.20)
1999	5th (146 pts.)	16. Sophia Hawker (18:36.10)^

* - All-MWC first team, # - All-MWC second team, ^ - 5K race (all others 6K)

THE LINEUP

SDSU assistant coach Jennifer Nanista will take the same nine-athlete lineup that appeared in the team's last outing at the Bronco Invitational. That group, which posted eight personal records and a season best performance for a 5,000-meter course, includes Sara Beyers, Darien Buc, Sara Cunningham, Kristin Glen, Michelle Martinez, Andrea Norton, Kelly Oelschlager, Anne Vieira and Rachel Williams. The group also recorded the top three, five of the top six and six of the top-10 5K times of the year.

NEW FACES AT CONFERENCE

Despite having practiced on the Championship course last week, there will be five Aztecs who will be racing for the first time at an MWC meet. That group includes Sara Beyers, Michelle Martinez, Andrea Norton, Kelly Oelschlager and Rachel Williams. As for the rest of the travel squad, only four athletes boast previous experience at conference as Darien Buc, Sara Cunningham, Kristin Glen and Anne Vieira have only one league race under their belts. With that said, SDSU will be counting on the experience of its senior (Glen, Oelschlager, Vieira) and junior classes (Buc, Cunningham, Williams) to shoulder the load this Saturday.

RECORD MORNING AT BRONCO INVITATIONAL

San Diego State had eight runners establish personal records for a 5K at the Bronco Invitational. Kristin Glen was one of those eight and led the Aztecs for a third straight meet.

Glen logged a time of 18:09.00 to finish in 28th place at Baylands Regional Park. The Rancho Santa Margarita, Calif., native shattered her old personal record of 18:52.00 set earlier this year at the Aztec Invitational and earned MWC athlete of the week honors for her performance. More impressive is the fact that Glen completed last year's Bronco Invite in 19:16.00 (92nd place).

Other Aztecs to set personal records were Rachel Williams (18:19.00), Darien Buc (18:22.00), Sara Cunningham (18:41.00), Kelly Oelschlager (18:43.00), Sara Beyers (19:03.00), Michelle Martinez (19:08.00) and Andrea Norton (19:22.00). Anne Vieira, the ninth member of the group, posted a season-best effort of 19:51.00.

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	23:20.00	Stanford Invitational	Sept. 28
2. Kristin Glen	22:57.70	Triton Classic	Oct. 11
3. Darien Buc	23:39.80	Triton Classic	Oct. 11
4. Rachel Williams	23:42.60	Triton Classic	Oct. 11
5. Michelle Martinez	23:45.00	Stanford Invitational	Sept. 28
6. Darien Buc	23:54.00	Stanford Invitational	Sept. 28
7. Kelly Oelschlager	23:59.90	Triton Classic	Oct. 11
8. Kelly Oelschlager	24:06.00	Stanford Invitational	Sept. 28
9. Sara Beyers	24:11.00	Stanford Invitational	Sept. 28
10. Sara Cunningham	24:21.10	Triton Classic	Oct. 11

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)		
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)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:30.48 (4K); 19:03.00 (5K); 24:11.00 (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)		
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)		
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)		
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)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 18:41.00 (5K); 24:21.10 (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)		
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)		
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)		
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)		
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)		
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)		
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)		
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)		
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)		
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)		
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)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 22:30.60 (5K)