



2023 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 1	Big West Preview (5K) <i>Top Five: Kain, Rethmeier, Heller, Elias, Nevin</i>	6th/10 (133 pts)	1:39.9	2:15.1	Jessica Kain - 17:45.9 (3rd)
Sept. 22	Bill Dellinger Invitational (6K) <i>Top Five: Kain, Rethmeier, Cabello, Lomeli, Heller</i>	12th/14 (307 pts)	1:54.2	2:24.3	Jessica Kain - 20:52.1 (27th)
Oct. 14	Highlander Invitational (6K) <i>Top Five: Kain, Rethmeier, Cabello, Heller, Elias</i>	5th/23 (154 pts)	2:09.0	3:11.0	Jessica Kain - 19:58.3 (1st)
Oct. 27	Mountain West Championships (6K) <i>Top Five: Kain, Cabello, Rethmeier, Elias, Heller</i>	7th/11 (206 pts)	1:32.1	3:00.8	Jessica Kain - 21:09.2 (28th)
Nov. 10	NCAA West Regionals (6K) <i>Top Five: Kain, Cabello, Rethmeier, Elias, Heller</i>	21st/37 (616 pts)	1:14.0	2:40.1	Jessica Kain - 20:56.3 (83rd)



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2023 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Vanessa Cabello (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 22	Bill Dellinger Invitational (6k)	97th/134	22:21.0
Oct. 14	Highlander Invitational (6k)	41st/256	21:37.4
Oct. 27	Mountain West Championships (6k)	33rd/101	21:17.8
Nov. 10	NCAA West Regionals (6k)	94th/253	21:05.9

Collegiate Career Bests: 17:49.4 (5K) / 20:57.2 (6K)

Amber Elias (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	47th/104	19:21.3
Sept. 22	Bill Dellinger Invitational (6k)	124th/134	23:16.4
Oct. 14	Highlander Invitational (6k)	80th/256	22:07.3
Oct. 27	Mountain West Championships (6k)	56th/101	22:18.9
Nov. 10	NCAA West Regionals (6k)	171st/253	22:10.3

Collegiate Career Bests: 18:35.3 (5K) / 21:36.2 (6K)

Melanie Falkowski (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best:

Lauren Harper (Gr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 17:43.3 (5K) / 21:29.1 (6K)

Maddie Heller (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	39th/104	19:05.1
Sept. 22	Bill Dellinger Invitational (6k)	114th/134	22:45.3
Oct. 14	Highlander Invitational (6k)	42nd/256	21:38.4
Oct. 27	Mountain West Championships (6k)	66th/101	22:41.3
Nov. 10	NCAA West Regionals (6k)	174th/253	22:12.2

Collegiate Career Best: 19:05.1 (5K) / 21:35.8 (6K)

Jessica Kain (Gr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	3rd/104	17:45.9
Sept. 22	Bill Dellinger Invitational (6k)	27th/134	20:52.1
Oct. 14	Highlander Invitational (6k)	1st/256	19:58.3
Oct. 27	Mountain West Championships (6k)	28th/101	21:09.2
Nov. 10	NCAA West Regionals (6k)	83rd/253	20:56.3

Collegiate Career Best: 17:08.4 (5K) / 19:58.3 (6K)

**Program record holder in the 6K. Ranked sixth in the 5K (without replacement).*

Alex Lomelli (Gr.)

Date	Meet (Distance)	Finish	Time
Sept. 22	Bill Dellinger Invitational (6k)	108th/134	22:38.9

Collegiate Career Best: 19:47.6 (5K) / 21:36.6 (6K)

Sophia Nevin (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	11th/104	17:45.9
Sept. 22	Bill Dellinger Invitational (6k)	122nd/134	23:13.1
Oct. 27	Mountain West Championships (6k)	88th/101	24:10.0

Collegiate Career Bests: 17:45.9 (5K) / 23:13.1 (6K)

Maddy Parrone (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	63rd/104	19:50.0
Sept. 22	Bill Dellinger Invitational (6k)	132nd/134	23:52.5
Oct. 14	Highlander Invitational (6k)	84th/256	22:17.1
Oct. 27	Mountain West Championships (6k)	79th/101	23:10.9
Nov. 10	NCAA West Regionals (6k)	225th/253	23:22.1

Collegiate Career Best: 18:58.9 (5K) / 21:41.0 (6K)

Bella Peretti (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	72nd/104	20:04.0
Oct. 14	Highlander Invitational (6k)	124th/256	23:09.3
Oct. 27	Mountain West Championships (6k)	77th/101	23:07.5
Nov. 10	NCAA West Regionals (6k)	232nd/253	23:36.4

Collegiate Career Best: 18:39.1 (5K) / 21:53.8 (6K)

Eva Rethmeier (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	11th/104	18:15.2
Sept. 22	Bill Dellinger Invitational (6k)	46th/134	21:24.0
Oct. 14	Highlander Invitational (6k)	13th/256	20:46.7
Oct. 27	Mountain West Championships (6k)	44th/101	21:39.4
Nov. 10	NCAA West Regionals (6k)	101st/253	21:12.6

Collegiate Career Best: 18:15.2 (5K) / 20:46.7 (6K)

**Ranked second in the 6K (without replacement).*

Bailey Watts (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	71st/104	20:01.0

Collegiate Career Best: 19:10.5 (5K) / 22:47.0 (6K)

Tatum Zinkin (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	81st/104	20:38.8
Oct. 14	Highlander Invitational (6k)	187th/256	24:32.6

Collegiate Career Best: 19:56.4 (5K) / 24:32.6 (6K)

2023 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Jessica Kain	17:45.9	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
2. Eva Rethmeier	18:15.2	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
3. Maddie Heller	19:05.1	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
4. Amber Elias	19:21.3	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
5. Sophia Connerton-Nevin	19:25.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
6. Maddy Parrone	19:50.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
7. Bailey Watts	20:01.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
8. Bella Peretti	20:04.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
9. Tatum Zinkin	20:38.8	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
10.			

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

Athlete	Time	Meet	Date
1. Jessica Kain	17:45.9	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
2. Eva Rethmeier	18:15.2	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
3. Maddie Heller	19:05.1	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
4. Amber Elias	19:21.3	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
5. Sophia Connerton-Nevin	19:25.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
6. Maddy Parrone	19:50.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
7. Bailey Watts	20:01.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
8. Bella Peretti	20:04.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
9. Tatum Zinkin	20:38.8	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
10.			

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
3. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
4. Jessica Kain	20:56.3	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
5. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
6. Jessica Kain	21:09.2	Mountain West Championships (Eagle Island State Park - Boise, Idaho)	Oct. 27, 2023
7. Eva Rethmeier	21:12.6	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
8. Vanessa Cabello	21:17.8	Mountain West Championships (Eagle Island State Park - Boise, Idaho)	Oct. 27, 2023
9. Eva Rethmeier	21:24.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
10. Vanessa Cabello	21:37.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
3. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
4. Maddie Heller	21:38.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
5. Amber Elias	22:07.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
6. Maddy Parrone	22:17.1	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
7. Alex Lomeli	22:38.9	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
8. Bella Peretti	23:09.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
9. Sophia Nevin	23:13.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
10. Tatum Zinkin	24:32.6	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023

2023 SAN DIEGO STATE CROSS COUNTRY

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 (San Diego, Calif.)	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. Christine Kent	17:07.59	Highlander Invitational (Riverside, Calif.)	Oct. 15, 2016
9. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
10. Jessica Kain	17:08.4	Joe Piane Invitational (South Bend, Ind.)	Sept. 30, 2022

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. Christine Kent	17:07.59	Highlander Invitational (Riverside, Calif.)	Oct. 15, 2016
5. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
6. Jessica Kain	17:08.4	Joe Piane Invitational (South Bend, Ind.)	Sep. 30, 2022
7. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
8. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
10. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
2. Jessica Kain	20:40.3	NCAA West Regionals (Seattle, Wash.)	Nov. 11, 2022
3. Jessica Kain	20:46.5	UC Riverside Invitational (Riverside, Calif.)	Sep. 17, 2022
4. Eva Rethmeier	20:46.7	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
5. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
6. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
7. Jessica Kain	20:56.3	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
8. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
9. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
3. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
4. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
5. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
6. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
7. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
10. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005