



SAN DIEGO STATE AZTECS

2017 Cross Country Weekly Notes

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Schedule/Results

September

2	Mark Covert Classic (5K)	3rd/4 (87 pts.)
	Brea, Calif. (Carbon Canyon Regional Park)	
16	UC Riverside Invitational (6K)	12th/17 (548 pts.)
	Riverside, Calif. (UCR Ag Ops Course)	
23	UNLV Invitational (5K)	5th/5 (94 pts.)
	Las Vegas, Nev. (Craig Ranch Regional Park)	
30	Capital Cross Challenge (6K)	10:30 a.m. PT
	Sacramento, Calif. (Haggin Oaks Golf Complex)	

October

14	Highlander Invitational (5K)	8:30 a.m. PT
	Riverside, Calif. (UCR Ag Ops Course)	
27	Mountain West Championships (6K)	TBA
	UNM North Golf Course	

November

10	NCAA West Regional (6K)	TBA
	Seattle, Wash. (Jefferson Golf Course)	

Roster

Name	Year	Hometown (Last School)
Chrissy Calain	Junior	Temecula, Calif. (Northern Arizona)
Cindy Flores	Senior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Mackenzie Mora	Freshman	Clovis, Calif. (Buchanan HS)
Renee Phillips	Freshman	San Diego, Calif. (Coronado HS)
Sakura Roberson	Freshman	San Diego, Calif. (La Jolla HS)
Danielle Scott	Freshman	Long Beach, Calif. (Poly HS)
Lily Seynaeve	Senior	Corona, Calif. (Santiago HS)
Cassidy Townner	Senior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

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

Assistant Coach: Robert Lusitana (San Diego State, 1982), first season

Meet Week Preview

San Diego State at Capital Cross Challenge (6K)

Saturday, Sept. 30 | 10:30 a.m. PT | Haggin Oaks Golf Complex | Sacramento, Calif.

Capital Cross Challenge Preview

San Diego State cross country heads to the site of the 2016 NCAA West Region Cross Country Championships, Sacramento's Haggin Oaks Golf Complex, for the Capital Cross Challenge (6K) on Sat., Sept. 30.

The college women's 6K will start at 10:30 a.m. PT and follows the college men's 8K, which is set for 9:50 a.m. PT. Also taking place at the Capital Cross Challenge are the unseeded and seeded varsity girls and boys 5K, freshmen/sophomore girls and boys, open boys and girls two-mile, and youth girls and boys 1.4-mile races. Awards at the college level will be handed out at 11 a.m.

The course 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. The address of the course is 3649 Fulton Ave., Sacramento, Calif., 95821. Admission to the event is free but there is a fee for parking.

The Aztecs and host Hornets will be joined by Division I squads from California, Cal State Fullerton, Cal State Northridge, Fresno State, Loyola Marymount, Nevada, New Mexico State, Pacific, Pepperdine, Sacramento State, San Francisco, San José State, Santa Clara, Southern Utah, UC Davis and UNLV. Also competing in the meet are teams from Azusa Pacific, Cal Poly Pomona, Cal State East Bay, Cal State Monterey Bay, Chico State, Hawaii Pacific, Holy Names, Sierra Nevada College, Southern Oregon, Stanislaus State, UC Davis Track Club, UC San Diego and UC Santa Cruz.

Entered into the race for SDSU are Chrissy Calain, Cindy Flores, Mackenzie Mora, Renee Phillips and Lily Seynaeve.

Last year at the Capital Cross Challenge, senior Elaine Ribeiro shaved off 00.2 from her 6K collegiate career best and notched the fifth-best 6K time in program history at the Capital Cross Challenge (6K) on Oct. 1, 2016. With a time of 21:25.3, classmate Christine Kent also made her mark on the program's Top-10 6K list. Her mark was good enough for a spot in sixth behind Ribeiro's time in Sacramento. In her first 6K of the year, Lily Seynaeve raced to a 22:24.9 (86th) time. With 260 points, San Diego State finished 11th of 19 teams.

The Scarlet and Black's most recent appearance at the Haggin Oaks Golf Complex, the NCAA West Regional on Nov. 11, 2016, saw SDSU race to the second fastest NCAA Regional 6K time in program history with its 22:12.06 average time and earned a 26th-place finish at the Regional. The Aztecs' finish at Sacramento's Haggin Oaks Golf Complex was also the sixth best 6,000-meter time in 16 years. The Aztecs were led by senior Christine Kent, whose 21:30.4 time was good for 90th out of 238 finishers. The San Diego native was her team's top finisher in five of seven races this year. For the second consecutive race, Lily Seynaeve was the Aztecs' No. 2 finisher, running the course in 21:39.6 and 104th place. She bested her PR by 5.3 seconds.

UNLV Invitational Recap

Four Aztecs raced to collegiate bests at the UNLV Invitational 5K, helping San Diego State cross country to a fifth-place finish at the meet in Las Vegas Saturday morning.

For the third consecutive meet, senior Lily Seynaeve was the Scarlet and Black's top finisher, placing eighth. Crossing the finish line in 18:03, she bested her collegiate personal best by 48.6 seconds.

Freshman Mackenzie Mora recorded an 18:28 time for 14th, her best time as a collegian by nearly one-and-a-half minute. Senior Cindy Flores clocked in at 19:12 to take 32nd. Also recording collegiate bests were junior Chrissy Calain (19:26, 35th), besting her former collegiate top time by 18 seconds, and freshman Renee Phillips (19:34, 37th), topping her previous collegiate best by 10 seconds.

Utah Valley won the meet by taking four of the top five spots for 18 points. Long Beach State was next with 73 points. UNLV (84) and USC (93) placed third and fourth, respectively.

2017 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 2	~ Mark Covert Classic (5K) <i>Top Five:</i> Seynaeve, Flores, Phillips, Mora, Calain	3rd / 4 teams	2:22.2	N/A	Lily Seynaeve (18:51.6)
Sept. 16	! UC Riverside Invitational (6K) <i>Top Five:</i> Seynaeve, Mora, Flores, Phillips, Calain	12th / 17 teams	2:21.2	N/A	Lily Seynaeve (21:30.0)
Sept. 23	@ UNLV Invitational (5K) <i>Top Five:</i> Seynaeve, Mora, Flores, Calain, Phillips	5th/5 teams	1:31	N/A	Lily Seynaeve (18:03)

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

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

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

Capital Cross Challenge at Haggin Oaks Golf Complex in Sacramento, Calif.

\$ Highlander Invitational at UCR Agricultural Operations Course in Riverside, Calif.

% Mountain West Championships at UNM North Golf Course in Albuquerque, N.M.

^ NCAA West Regional at Jefferson Golf Course in Seattle, Wash.

2017 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Chrissy Calain (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8
Sept. 16	UC Riverside Invitational	159th/191	23:51.2
Sept. 23	UNLV Invitational	35th/66	19:26

Collegiate Career Best: 5K - 19:26; 6K - 21:17.96

Cindy Flores (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	29th/146	19:43.2
Sept. 16	UC Riverside Invitational	159th/191	22:17.6
Sept. 23	UNLV Invitational	32nd/66	19:12

Collegiate Career Best: 5K - 18:43; 6K - 21:51.0

Mackenzie Mora (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	39th/146	19:54.4
Sept. 16	UC Riverside Invitational	88th/191	22:01.8
Sept. 23	UNLV Invitational	14th/66	18:28

Collegiate Career Best: 5K - 18:28; 6K - 22:01.8

Renee Phillips (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	31st/146	19:44.5
Sept. 16	UC Riverside Invitational	141st/191	23:08.5
Sept. 23	UNLV Invitational	37th/66	19:34

Collegiate Career Best: 5K - 19:34; 6K - 23:08.5

Lily Seynaeve (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8
Sept. 16	UC Riverside Invitational	55th/191	21:30.0
Sept. 23	UNLV Invitational	8th/66	18:03

Collegiate Career Best: 5K - 18:03; 6K - 21:30.0

2017 AZTEC CROSS COUNTRY TOP-10 TIMES

2017 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	18:03	UNLV Invitational	Sept. 23
2. Cindy Flores (Sr.)	19:12	UNLV Invitational	Sept. 23
3. Renee Phillips (Fr.)	19:34	UNLV Invitational	Sept. 23
4. Mackenzie Mora (Fr.)	18:28	UNLV Invitational	Sept. 23
5. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 2
6. Chrissy Calain (Jr.)	19:26	UNLV Invitational	Sept. 23
7. Cindy Flores (Sr.)	19:43.2	Mark Covert Classic	Sept. 2
8. Renee Phillips (Fr.)	19:44.5	Mark Covert Classic	Sept. 2
9. Mackenzie Mora (Fr.)	19:54.4	Mark Covert Classic	Sept. 2
10. Chrissy Calain (Jr.)	21:13.8	Mark Covert Classic	Sept. 2

2017 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	18:03	UNLV Invitational	Sept. 23
2. Cindy Flores (Sr.)	19:12	UNLV Invitational	Sept. 23
3. Renee Phillips (Fr.)	19:34	UNLV Invitational	Sept. 23
4. Mackenzie Mora (Fr.)	18:28	UNLV Invitational	Sept. 23
5. Chrissy Calain (Jr.)	19:26	UNLV Invitational	Sept. 23

2017 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
3. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
4. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
5. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

2017 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
3. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
4. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
5. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

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. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
9. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
10. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982

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	Oct. 15, 2016
5. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
6. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
7. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
10. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982

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	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
7. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
10. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010

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	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
5. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
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