

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>	8 a.m. PT
Sept. 23	Griak Invitational <i>Falcon Heights, Minn.</i>	12:10 p.m. CT
Sept. 30	Willamette Invitational <i>Salem, Ore.</i>	10:10 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 Folloasco	Jr.-JC	Cypress, Calif.
Makenzie Mabry	Fr.-HS	La Crescenta, Calif.
Jessica Mason	Fr.-HS	Alameda, Calif.
Amanda Maydeck	So.-5Q	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 to Play Host to 62nd Annual Aztec Invitational

San Diego State looks to build off its fourth-place effort at the Fullerton Season Opener this Saturday, Sept. 16, as it plays host to the 62nd Annual Aztec Invitational at Balboa Park. The meet will begin at 7:30 a.m. with the 5K People's Race and will be followed by the 5K women's open (8:15 a.m.) and women's invitational (9 a.m.). The morning will conclude with the men competing in the 8K open (9:30 a.m.) followed by the invitational at 10:15 a.m.

General race information can be found on the sidebar of the San Diego State cross country page of goaztecs.com (<http://goaztecs.cstv.com/sports/w-xc/sdsu-w-xc-body.html>). Complete results will also be posted on Aztec cross country page at the conclusion of the race.

Aztec Invitational History

● **Invite Tidbits:** The meet first began with a men's race on December 18, 1943 ... A women's division was introduced 34 years later in 1977 ... For the first time in its history, the Aztec Invitational was cancelled in 2001 due to the events of September 11, and was not rescheduled ... Former San Diego prep and UCLA standout Mebrahtom Keflezighi owns the men's meet record with an 8K time of 24:37 (1995), while Arizona's Joan Hansen ran the fastest women's 5K race in 16:47 (1981).

● A year ago, the SDSU finished third out of 11 teams with 98 points ... Then-sophomore Lital Azulay led the squad with a time of 18:12, finishing eighth out of 100 runners ... Following Azulay was senior Christal Cuadra (18:42), who finished in 20th place.

● Arkansas, ranked No. 17 at the time, won the 2005 invitational division with 31 points, followed by Northern Arizona (83 pts.). NAU's Johanna Nilsson won the individual title with a time of 17:29.

2005 Aztec Invitational Results (Invitational Division)

FINAL TEAM RESULTS (Top 5): 1. Arkansas, 31; 2. NAU, 83; 3. SDSU, 98; 4. LMU, 116; 5. Cal Coast, 124.

AZTEC INDIVIDUAL RESULTS (2006 Returnees Only): 8. Lital Azulay, 18:12; 26. Lisa Naucler, 19:02; 33. Celeste Tyson, 19:18; 39. Sarah Belger, 19:46; 40. Sara Cates, 19:46; 71. Amanda Maydeck, 21:22; 74. Anne Vieira, 21:35.

Meryl Folloasco Named MWC Athlete of the Week

Junior Meryl Folloasco was selected as the Mountain West Conference women's cross country athlete of the week, the league announced Sept. 7.

Folloasco, in her first race as an Aztec, finished 16th of 225 competitors and 11th among collegiate runners at the Fullerton Season Opener (Sept. 2) held at Carbon Canyon Regional Park in Brea, Calif. She posted a time of 19:03.00 in the 5K race, helping SDSU finish fourth in the 19-team field.

The award is Folloasco's first and marks the ninth weekly award for the Aztec cross country program since the league's inception in 1999.

A Look Back at Meet No. 1: Fullerton Season Opener

The San Diego State cross country team kicked off its season with a fourth-place showing at the 19-team, 5K Fullerton Season Opener at Carbon Canyon Regional Park. The Aztecs recorded 169 points and finished behind Concordia (74 points), LMU (97) and CS Fullerton (128).

Individually, Meryl Folloasco led the way for the Aztecs as she finished the race in 19:03.00, good for 16th place.

Senior Celeste Tyson was San Diego State's next fastest runner as she clocked in with 24th-place effort of 19:18.40.

A total of seven Aztecs finished within the top 100, including junior Lisa Naucler (58th, 20:02.50) and seniors Jackie Duncan (67th, 20:12.90) and Sara Cates (69th, 20:16.70). True freshmen Stephanie Armstrong (20:38.50), Makenzie Mabry (90th, 20:45.60), Jessica Walker (92nd, 20:47.20) and Jessica Mason (94th, 20:50.00) also finished among the top 100.

Other SDSU runners who crossed the finish line were freshman Lindsay Barajas (111th, 21:02.60), juniors Lital Azulay (153rd, 21:45.50) and Anne Vieira (171st, 22:11.50), freshman Darien Buc (173rd, 22:17.90), sophomore Amanda Maydeck (174th, 22:18.70), and freshmen Michelle Warburton (210th, 25:23.80) and Priscilla Arco (220th, 27:38.00).

SDSU Runners Picked to Finish in Tie for Fifth in MWC

In a poll released by the Mountain West Conference and voted on by the league's coaches, SDSU was predicted to finish in a fifth-place tie with Air Force. BYU (64 points), Colorado State (56), New Mexico (49) and Wyoming (41) were all picked ahead of the Aztecs and Falcons, who garnered 28 points apiece. Utah (26), TCU (22) and UNLV (10) rounded out the poll. SDSU's fifth-place selection is its highest since 2000 where it was picked fourth and comes a year after being picked eighth in the 2005 preseason poll.



Follow the San Diego State cross country team on 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. Meryl Follosco	19:03.00	Fullerton Season Opener	Sept. 2
2. Celeste Tyson	19:18.40	Fullerton Season Opener	Sept. 2
3. Lisa Naucler	20:02.50	Fullerton Season Opener	Sept. 2
4. Jackie Duncan	20:12.90	Fullerton Season Opener	Sept. 2
5. Sara Cates	20:16.70	Fullerton Season Opener	Sept. 2
6. Stephanie Armstrong	20:38.50	Fullerton Season Opener	Sept. 2
7. Makenzie Mabry	20:45.60	Fullerton Season Opener	Sept. 2
8. Jessica Walker	20:47.20	Fullerton Season Opener	Sept. 2
9. Jessica Mason	20:50.00	Fullerton Season Opener	Sept. 2
10. Lindsay Barajas	21:02.60	Fullerton Season Opener	Sept. 2

2006 TOP 10 TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
None			

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

Stephanie Armstrong

Sept. 2 Fullerton Season Opener (5K) 81 20:38.50

Lital Azulay

Sept. 2 Fullerton Season Opener (5K) 153 21:45.50

Lindsay Barajas

Sept. 2 Fullerton Season Opener (5K) 111 21:02.60

Darien Buc

Sept. 2 Fullerton Season Opener (5K) 173 22:17.90

Sara Cates

Sept. 2 Fullerton Season Opener (5K) 69 20:16.70

Jackie Duncan

Sept. 2 Fullerton Season Opener (5K) 67 20:12.90

Meryl FolloSCO

Sept. 2 Fullerton Season Opener (5K) 16 19:03.00

Makenzie Mabry

Sept. 2 Fullerton Season Opener (5K) 90 20:45.60

Jessica Mason

Sept. 2 Fullerton Season Opener (5K) 94 20:50.00

Amanda Maydeck

Sept. 2 Fullerton Season Opener (5K) 174 22:18.70

Lisa Naucier

Sept. 2 Fullerton Season Opener (5K) 58 20:02.50

Celeste Tyson

Sept. 2 Fullerton Season Opener (5K) 24 19:18.40

Anne Vieira

Sept. 2 Fullerton Season Opener (5K) 171 22:11.50

Jessica Walker

Sept. 2 Fullerton Season Opener (5K) 92 20:47.20

Michelle Warburton

Sept. 2 Fullerton Season Opener (5K) 210 25:23.80