

SDSU Cross Country



This Week: Sept. 4 - at Fullerton Opener, Carbon Canyon Regional Park (Brea, Calif.), 8 a.m.

2004 Schedule

Date	Meet	Result/Time
Sept. 4	at Fullerton Invitational (Brea, Calif.)	8 a.m.
Sept. 11	at Fresno St. Invitational (Fresno, Calif.)	8 a.m.
Sept. 18	Aztec Invitational (San Diego, Calif.)	8 a.m.
Sept. 25	at Stanford Invitational (Palo Alto, Calif.)	4 p.m.
Oct. 2	at UC Riverside Invite (Riverside, Calif.)	9 a.m.
Oct. 9	Pre-MWC Meet (San Diego, Calif.)	10 a.m.
Oct. 16	at Long Beach Invitational (Long Beach, Calif.)	8 a.m.
Oct. 30	2004 MWC Championships (San Diego, Calif.)	9 a.m.
Nov. 13	at NCAA West Regional (Fresno, Calif.)	9 a.m.
Nov. 22	at NCAA Championships (Terre Haute, Ind.)	9:15 a.m.

Home meets in bold, held at Balboa Park
All times local to site

2004 ROSTER

Athlete	Yr.	Hometown
Ali Baker	Jr.	Pine Valley, Calif.
Larnie Boyd	Fr.	Vallejo, Calif.
Sara Cates	So.	Carlsbad, Calif.
Christal Cuadra	Jr.	Honolulu, Hawai'i
Brookie Dettermann	Fr.	Santa Cruz, Calif.
Jackie Duncan	Jr.	Syracuse, N.Y.
Christian Fairing	So.	Irvine, Calif.
Emily Joller	Sr.	Rancho Bernardo, Calif.
Briana Powell	Fr.	Long Beach, Calif.
Stephanie Rickerts	Fr.	Vista, Calif.
Kristen Scanlon	Fr.	Concord, Calif.
Jamillah Titus	Jr.	American Canyon, Calif.
Celeste Tyson	So.	Austin, Texas
Anne Vieira	Fr.	San Diego, Calif.

Head Coach: Rahn Sheffield
Assistants: Jennifer Nanista

2003 RESULTS

Date	Meet	Place/Teams
Aug. 30	Fullerton Invite	6th of 14
Sept. 13	59th Annual Aztec Invite	6th of 14
Sept. 20	Univ. of Hawai'i Invite	3rd of 11
Sept. 27	Stanford Invite	12th of 26
Oct. 4	Pre-MWC Meet	6th of 6
Oct. 11	UCSD Invite	3rd of 21
Oct. 18	Long Beach Invite	1st of 9
Nov. 1	MWC Championships	6th of 8
Nov. 15	NCAA Regionals	15th of 31

Cross Country Kicks Off 2004 Campaign Saturday at CS Fullerton

• The San Diego State women's cross country squad opens its 2004 campaign on Saturday at the Fullerton Opener, hosted by Cal State Fullerton, in Brea, Calif. The Aztecs are coming off a three-day training camp in Big Bear, Calif., after reporting to campus on Aug. 25.

SDSU returns three of its top seven runners from a year ago. The three returning scorers include junior Christal Cuadra, and sophomores Sara Cates and Christian Fairing.

Cal State Fullerton History

• Keeping with the tradition, the San Diego State women's cross country team begins its schedule at Cal State Fullerton. About 10-12 Aztecs are expected to compete on Saturday.

A year ago, SDSU took sixth out of 14 teams with 164 points. Cuadra posted a personal-best time in the 5K race of 18 minutes, 39.80 seconds.

2003 Fullerton Opener

Final Team Results (Top 6): 1. CS Fullerton, 90; 2. A Snail's Pace, 117; 3. USC, 118; 4. Concordia, 146; 5. Biola, 161; 6. San Diego State, 164.

Aztec Individual Results:

43. Tina Fodor (19:54.50); 44. Christian Fairing (19:55.00); 60. Alison Baker (20:28.80); 71. Emily Wynne (20:43.70); 76. Jackie Duncan (20:47.60); 86. Jamillah Titus (21:04.40); 88. Julie Amster (21:09.60); 92. Angie Fitzpatrick (21:21.40); 117. Marilyn Smith (22:22.90); 122. Katie Parry (22:50.00).

Home Sweet Home

• San Diego State plays host to three meets this season, including the Mountain West Conference championships.

The Aztecs begin at home with the 60th Annual Aztec Invitational on Sept. 18. The next two meets then involve MWC competition as SDSU plays host to

the pre-conference championship on Oct. 9, followed by the real MWC meet on Nov. 1.

San Diego State was suppose to play host to last year's MWC championship meet, but the fires and poor air quality in the San Diego area forced the move Albuquerque, N.M..2004 will now be the first time San Diego State has played host to the MWC Championship meet in the league's six-year history.

2003 Season Review

• The San Diego State women's cross country squad put together one of its finest seasons in recent memory in 2003 with the help of a talented newcomer and a deep supporting cast.

The Aztecs made improvements at both the Mountain West Conference and NCAA Regional meets, finishing in the top six in seven of its 10 races.

The year was highlighted by the program's first team title in three seasons, as five runners finished in the top 11 at the Long Beach State Invite.

SDSU also placed in the top three at two other meets, the Hawai'i Big Wave Invitational and UCSD's Triton Classic.

In her only season as an Aztec, senior Marie Nilsson, a transfer from Oklahoma State, made her case as one of the best in SDSU program history. Nilsson logged three of the school's top-four 6K times, including a school record of 21:04 at the NCAA regional meet. She also was the team's top finisher in every race she competed in, tallying five, top-seven individual finishes. She ended with a spot on the seven-runner MWC first team, a first in program history, and earned all-region honors with her top-25 finish.

Cuadra was the Aztecs' No. 2 runner for most of the season. She rounded out the year with her fastest 6K time of her career at the NCAA regional meet, completing the race in 22:25.

Senior Kylie Edwards tallied the fifth best 6K effort in school history at the west regional of 22:09 (55th), while true freshman Sara Cates and redshirt freshman Christian Fairing rounded out the top-5.

2003 Aztec Top Times

Athlete	Top 5K Time	Meet	Date
1. Marie Nilsson	18:23.00	Aztec Invitational	Sept. 13
2. Christal Cuadra	18:39.80	CSU Fullerton Opener	Aug. 30
3. Christal Cuadra	19:07.00	Aztec Invitational	Sept. 13
4. Allison Brown	19:18.30	CSU Fullerton Opener	Aug. 30
5. Jamillah Titus	19:45.00	UC Riverside Invitational	Sept. 20
6. Celeste Tyson	19:46.00	Aztec Invitational	Sept. 13
7. Emily Wynne	19:48.00	UC Riverside Invitational	Sept. 20
8. Angie Fitzpatrick	19:51.40	UC Riverside Invitational	Sept. 20
9. Tina Fodor	19:54.50	CSU Fullerton Opener	Aug. 30
10. Christian Fairing	19:55.00	CSU Fullerton Opener	Aug. 30
Athlete	Top 6K Time	Meet	Date
1. Marie Nilsson	21:04.00*	NCAA West Regionals	Nov. 15
2. Marie Nilsson	21:53.00	Stanford Invitational	Sept. 27
Marie Nilsson	21:53.00	MWC Championships	Nov. 1
4. Kylie Edwards	22:09.00	NCAA West Regionals	Nov. 15
5. Marie Nilsson	22:20.00	Long Beach Invitational	Oct. 18
6. Christal Cuadra	22:25.00	NCAA West Regionals	Nov. 15
7. Marie Nilsson	22:30.00	UCSD Triton Classic	Oct. 11
8. Christal Cuadra	22:32.00	Stanford Invitational	Sept. 27
9. Christal Cuadra	22:54.00	Long Beach Invitational	Oct. 18
10. Christal Cuadra	23:00.60	UCSD Triton Classic	Oct. 11

*School Record