

SDSU Cross Country



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2005 SCHEDULE

Date	Event	Result/Time
Sept. 3	at Fullerton Opener (Fullerton, Calif.)	2nd of 24
Sept. 17	61st Aztec Invitational (San Diego, Calif.)	3rd of 11
Sept. 24	at Stanford Invitational (Palo Alto, Calif.)	4th of 32
Oct. 1	at Willamette Invitational (Salem, Ore.)	5th of 15
Oct. 1	at UC Riverside Invitational (Riverside, Calif.)	No team score
Oct. 8	at UCSD Invitational (San Diego, Calif.)	8:30 a.m.
Oct. 15	at Santa Clara Invitational (Sunnyvale, Calif.)	10:45 a.m.
Oct. 29	at MWC Championships (Fort Collins, Colo.)	9 a.m.
Nov. 12	at NCAA West Regional (Palo Alto, Calif.)	10 a.m.
Nov. 21	at NCAA Championships (Terre Haute, Ind.)	10:15 a.m.

Home meet in **bold**. All times Pacific.

2005 ROSTER

Athlete	Yr.	Exp.	Hometown
Lital Azulay	So.	TR	Holon, Israel
Ali Baker	Jr.	1V	Pine Valley, Calif.
Sarah Belger	Jr.	TR	Albuquerque, N.M.
Sara Cates	Jr.	2V	Carlsbad, Calif.
Lisa Crampton	Jr.	TR	Livermore, Calif.
Christal Cuadra	Sr.	3V	Honolulu, Hawai'i
Jackie Duncan	Sr.	1V	Syracuse, N.Y.
Lisa Marchini	Jr.	TR	Hercules, Calif.
Amanda Maydeck	Fr.	HS	Glendora, Calif.
Lisa Naucler	So.	TR	Ljusdal, Sweden
Briana Powell	So.	SQ	Long Beach, Calif.
Dora Sanders	Jr.	TR	El Cajon, Calif.
Jamillah Titus	Jr.	SQ	American Canyon, Calif.
Celeste Tyson	Jr.	2V	Austin, Texas
Anne Vieira	So.	SQ	San Diego, Calif.

Head Coach: Rahn Sheffield, 15th season

Assistant Coach: Jennifer Nanista, 13th season

2005 TOP-10 5K TIMES

Athlete	Event	Time
1. Lital Azulay	Willamette Invitational	17:10.50
2. Lisa Crampton	Willamette Invitational	17:32.60
3. Christal Cuadra	Willamette Invitational	17:54.60
4. Lisa Naucler	Willamette Invitational	18:09.50
5. Lital Azulay	Aztec Invitational	18:12.00
6. Sarah Belger	Willamette Invitational	18:32.00
7. Christal Cuadra	Aztec Invitational	18:42.00
8. Celeste Tyson	Willamette Invitational	18:43.70
9. Lisa Crampton	Aztec Invitational	18:56.00
10. Lisa Naucler	Aztec Invitational	19:02.00

ALL-TIME TOP-10 5K TIMES

Athlete	Time	Year
1. Monica Joyce	16:28.90	1981
2. Lynn Kanuka	16:54.10	1981
3. Monica Joyce	16:55.00	1981
4. Monica Joyce	16:56.00	1981
5. Monica Joyce	17:05.00	1981
6. Lynn Kanuka	17:07.30	1981
7. Eva Ernstrom	17:08.00	1981
8. Laurie Crisp	17:09.00	1982
9. Lital Azulay	17:10.50	2005
10. Laurie Crisp	17:14.00	1982

SDSU Cross Country Receives First-Ever Regional Ranking

The San Diego State women's cross country team appeared in the regional polls for the first time ever this week. The Aztecs were ranked No. 9 in the West Region in the latest poll released by the Women's Intercollegiate Cross Country Coaches Association (WICCCA). SDSU has recorded four straight top-five team finishes and possesses an aggregate 68-10 record against the competition so far in 2005.

WICCCA Rankings--West Region (Week of Oct. 2)

1. Stanford, 2. Arizona State, 3. Washington, 4. Oregon, 5. UCLA, 6. Washington State, 7. Portland, 8. UC Irvine, 9. **San Diego State**, 10. Arizona.

Select Runners To Compete At UCSD Triton Classic

After competing in three consecutive weekend meets, including a long road-trip to the state of Oregon last Saturday, the top-seven runners from the San Diego State women's cross country team take a much needed week off as they gear up for the Mountain West Conference championships on Oct. 29.

Four Aztecs comprising the SDSU 'B' squad, however, will run in the UCSD Triton Classic this Saturday on the campus of UC San Diego in La Jolla, Calif.

Junior **Dora Sanders**, sophomores **Briana Powell** and **Anne Vieira** and freshman **Amanda Maydeck** are scheduled to compete for the scarlet and black beginning at 8:30 a.m. at the North Campus Athletic Fields.

The 6,000-meter course is newly designed for 2005, featuring varied terrain on grass and dirt trails with sidewalk crossings.

This year marks the Aztecs' return to the UCSD meet after a one-year absence. However, since only four runners are entered for SDSU in this week's meet, there will be no team score for the Aztecs.

2005 Willamette Invite Rewind

Aztec sophomore Lital Azulay (Holon, Israel) placed third out of 138 runners in 17 minutes, 10 seconds to lead the San Diego State women's cross country team to a fifth-place finish Saturday at the 31st Annual Willamette Invitational at Bush Park in Salem, Ore. The University of Washington won the 15-team women's university division with 55 points, followed by Oregon (58 pts.), Iowa (112 pts.), UC Irvine (115 pts.) and SDSU (120 pts.). For the Aztecs, it was their fourth straight top-five team finish.

"Overall, I was very pleased with our performance," SDSU coach Jennifer Nanista said. "Every single runner set a personal best today. We're a little tired right now, having run three weekends in row, but this certainly does a lot for our confidence."

Lital Azulay turned in another strong perform-

ance, coming in just nine seconds behind the leader, Dee Olson of Idaho, who finished the 5K race in 17:01. Azulay's 17:10 clocking was also the ninth-fastest 5K time in school history.

SDSU placed three other runners in the top 30, including junior Lisa Crampton (12th place - 17:32), senior Christal Cuadra (23rd - 17:54) and sophomore Lisa Naucler (30th - 18:09).

Also completing the course for the Aztecs were juniors Sarah Belger (53rd - 18:32), Celeste Tyson (64th - 18:43) and Sara Cates (78th - 19:02).

2005 Willamette Invitational Results (Women's University)

Final Team Results (Top 5): 1. Washington, 55; 2. Oregon, 58; 3. Iowa, 112; 4. UC Irvine, 115; 5. **San Diego State**, 120.

Aztec Individual 5K Results:

9. Lital Azulay (17:10); 12. Lisa Crampton (17:32); 23. Christal Cuadra (17:54); 30. Lisa Naucler (18:09); 53. Sarah Belger (18:32); 64. Celeste Tyson (18:43); 78. Sara Cates (19:02).

2005 UC Riverside Invite Capsule

Three other SDSU runners competed in the collegiate open division of the UC Riverside Invitational last Saturday. Junior Dora Sanders placed 37th of 131 runners with a time of 19:57. Also running for the Aztecs were freshman Amanda Maydeck (57th - 20:47) and sophomore Anne Vieira (68th - 20:59). Senior Jackie Duncan, who ran unattached, made her first appearance in 2005, crossing the finish line in 19:29 to place 23rd overall.

2005 UC Riverside Invitational Results

Final Team Results (Top 5): 1. Cal Coast TC, 31; 2. Long Beach State, 35; 3. UC Irvine, 119; 4. Pomona-Pitzer, 136; 5. CS Fullerton, 138. **SDSU -- No team score.**

Aztec Individual 5K Results:

37. Dora Sanders (19:57); 57. Amanda Maydeck (20:47); 68. Anne Vieira (20:59).

Lital Stands Tall

With just three meets as an Aztec under her belt, sophomore **Lital Azulay** has already distinguished herself as one of the team's top runners.

Azulay was the first SDSU runner to cross the finish line at the Aztec Invitational, the Stanford meet and the Willamette Invitational. She was also named the Mountain West Conference Cross Country Athlete of the Week on Oct. 5, for her performance at the Willamette Invite.

Azulay has three top-nine finishes and boasts the squad's fastest 5K (17:10.50) and 6K (21:54.00) times in 2005, which also rank ninth and fifth, respectively, in school history.

"You can just see Lital's confidence grow with each race," coach Nanista said. "And, she's only going to get better."

2005 TOP 6K TIMES

Athlete	Event	Time
1. Lital Azulay	Stanford Invite	21:54.00
2. Lisa Crampton	Stanford Invite	22:27.00
3. Christal Cuadra	Stanford Invite	22:34.00
4. Lisa Naucler	Stanford Invite	23:27.00
5. Sarah Belger	Stanford Invite	23:31.00
6. Celeste Tyson	Stanford Invite	23:33.00
7. Sara Cates	Stanford Invite	23:52.00

ALL-TIME TOP-10 6K TIMES

Athlete	Time	Year
1. Marie Nilsson	21:04.00	2003
2. Jennifer Stakiw	21:50.00	2002
3. Marie Nilsson	21:53.00	2003
Marie Nilsson	21:53.00	2003
5. Lital Azulay	21:54.00	2005
6. Christal Cuadra	22:00.00	2004
7. Kylie Edwards	22:09.00	2003
8. Alicia Stewart	22:12.00	2002
9. Marie Nilsson	22:20.00	2003
10. Christal Cuadra	22:25.00	2003