

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>	5th of 12
Sept. 23	Griak Invitational <i>Falcon Heights, Minn.</i>	31st of 31
Sept. 30	Willamette Invitational <i>Salem, Ore.</i>	7th of 19
	UC Riverside Invitational <i>Riverside, Calif.</i>	12th of 20
Oct. 7	UCSD Triton Classic <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 Follosco	Jr.-JC	Cypress, Calif.
Makenzie Mabry	Fr.-HS	La Crescenta, Calif.
Jessica Mason	Fr.-HS	Alameda, Calif.
Amanda Maydeck	So.-SQ	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



Follow the San Diego State cross country team at www.goaztecs.cstv.com.

SDSU Cross Country to Compete at UCSD Triton Classic

The Aztecs will stay close to home this weekend as they travel to La Jolla, Calif., for the UCSD Triton Classic, Saturday, Oct. 7. The 6K meet is set for a 9:30 a.m. PT start and will be contested on the campus of UC San Diego.

SDSU, which ran in two meets, is coming off a weekend in which all of its competing runners set either Aztec career bests or season-low times with many entering the 2006 5K top-times list. Their efforts led them to a seventh of 19 finish at the Willamette Invitational in Salem, Ore., and a 12th of 20 performance at the UC Riverside Invite.

Tyson Setting the Tone

In her first race of the season, the Fullerton Season Opener, Celeste Tyson ran the Aztecs' second-fastest time at 19:18.40. Since then, the senior captain has improved on her 5K time each week and has crossed the finish line first for SDSU.

In the team's next race, the Aztec Invitational, Tyson shaved nearly 20 seconds off her previous time, finishing in 20th place at 18:58.00. Last week, she came in ninth, set a personal best, turned in the fastest time in 2006 and the second fastest in the Mountain West Conference heading into the weekend, with her 17:54.95 clocking at the Willamette Invitational. Brigham Young's Kassie Anderson ran the BYU Autumn Classic in 17:54.30.

At the Roy Griak Invitational, the lone 6K meet of the season for San Diego State, Tyson was the Aztecs' top runner with a time of 23:49.00.

Aztecs Improving as Season Progresses

As the season moves forward, the Aztecs continue to improve. Of the top-10 5K times of 2006, six occurred over the past weekend, including the top three. What is more telling is the amount of runners who set SDSU career- or season-low times last weekend. Eight Aztecs (Tyson, Follosco, Mason, Armstrong, Mabry, Walker, Barajas, Buc) established SDSU career bests, while five others (Naucler, Azulay, Duncan, Maydeck, Vieira) set season-low times.

Mabry Going About Her Business

While the SDSU 'A' team was running at the Willamette Invitational, freshman Makenzie Mabry quietly led the Aztec 'B' squad at the UC Riverside Invitational. Even though the Aztecs finished 12th, Mabry found her way onto the 2006 5K top-10 list with her 19:11.00 performance. Her effort ranks as the seventh-fastest time of the season and was the fifth-fastest mark among all SDSU competitors over the weekend. It is the first time since after the Fullerton Season Opener that Mabry has found herself on this season's 5K top 10.

Mason Making Noise

After turning in the ninth-best SDSU time at the Fullerton Season Opener, with a clocking of 20:50 in the 5K, Jessica Mason has made tremendous strides in her last three races. At the Aztec Invitational, the Alameda, Calif., native finished with the fifth-best time on the team helping SDSU to a fifth-place showing. Two weeks ago at the Griak Invite, San Diego State's first 6K race of 2006, Mason completed the race in 24:47, garnering the third-fastest time on the squad. Last week, Mason continued to excel as she again owned SDSU's third-best time of the race and of the season posting a 5K effort of 18:57.55 at the Willamette Invitational.

Taking It Back to 2005: The UCSD Triton Classic

During the 2005 UCSD Triton Classic, the Aztecs sent select runners to compete, while giving its 'A' team the week off. Dora Sanders was the first Aztec to cross the finish line, covering the 6,000-meter course in 25:15 to finish 76th out of 184 runners.

Also competing were Amanda Maydeck (88th - 25:33) and Anne Vieira (116th - 26:31). Jackie Duncan, who ran unattached for a second consecutive week, clocked in with a time of 23:52 to finish 28th in the race.

A Look Back at Week No. 4: Willamette Invitational and UCR Invite

Celeste Tyson, who established an Aztec career best and turned in the team's fastest 5K time of the season, led SDSU to a seventh-place finish at the Willamette Invitational at Bush Park in Salem, Ore. Tyson, who completed the race in 17:54.95, was one of four Aztecs to set an SDSU personal best, while three others put forth season-best efforts.

Tyson was the Aztecs top runner for a third straight week and in the process, posted her best finish of the season as she placed ninth of 180 runners.

Meanwhile, the SDSU 'B' team ran at the UC Riverside Invitational. The six-member squad also had a successful day as they all turned in Aztec career bests or season-low performances en route to a 12th-place effort. Makenzie Mabry enjoyed her best day as an Aztec as she finished the race in 19:11.00 (41st), shaving 1:26 off her previous top time.

2006 SDSU TOP TIMES/RECORD BOOK

2006 TOP 10 TIMES - - 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	17:54.95	Willamette Invitational	Sept. 30
2. Meryl FolloSCO	18:34.20	Willamette Invitational	Sept. 30
3. Jessica Mason	18:57.55	Willamette Invitational	Sept. 30
4. Celeste Tyson	18:58.00	Aztec Invitational	Sept. 16
5. Meryl FolloSCO	19:03.00	Fullerton Season Opener	Sept. 2
6. Lisa Naucler	19:10.30	Willamette Invitational	Sept. 30
7. Makenzie Mabry	19:11.00	UC Riverside Invitational	Sept. 30
8. Stephanie Armstrong	19:16.95	Willamette Invitational	Sept. 30
9. Meryl FolloSCO	19:17.00	Aztec Invitational	Sept. 16
10. Celeste Tyson	19:18.40	Fullerton Season Opener	Sept. 2

2006 TOP 10 TIMES - - 6K (only seven results for 2006)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	23:49.00	Griak Invitational	Sept. 23
2. Meryl FolloSCO	24:11.00	Griak Invitational	Sept. 23
3. Jessica Mason	24:47.00	Griak Invitational	Sept. 23
4. Lital Azulay	25:35.00	Griak Invitational	Sept. 23
5. Lisa Naucler	25:38.00	Griak Invitational	Sept. 23
6. Jackie Duncan	25:48.00	Griak Invitational	Sept. 23
7. Stephanie Armstrong	26:10.00	Griak Invitational	Sept. 23

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
Sept. 16	Aztec Invitational (5K)	--	DNC
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	Willamette/UCR Invitationals (5K)	--	DNC

Aztec Career Best: 27:38.00 (5K)

Stephanie Armstrong

Sept. 2	Fullerton Season Opener (5K)	81	20:38.50
Sept. 16	Aztec Invitational (5K)	62	20:30.00
Sept. 23	Griak Invitational (6K)	269	26:10.00
Sept. 30	Willamette Invitational (5K)	73	19:16.95

Aztec Career Best: 19:16.95 (5K)

Lital Azulay

Sept. 2	Fullerton Season Opener (5K)	153	21:45.50
Sept. 16	Aztec Invitational (5K)	54	20:17.00
Sept. 23	Griak Invitational (6K)	253	25:35.00
Sept. 30	Willamette Invitational (5K)	80	19:29.55

Aztec Career Best: 17:03.10 (5K); 21:05.80 (6K)

Lindsay Barajas

Sept. 2	Fullerton Season Opener (5K)	111	21:02.60
Sept. 16	Aztec Invitational (5K)	74	20:47.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	UC Riverside Invitational (5K)	82	19:56.40

Aztec Career Best: 19:56.40 (5K)

Darien Buc

Sept. 2	Fullerton Season Opener (5K)	173	22:17.90
Sept. 16	Aztec Invitational (Open Meet) (5K)	46	21:16.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	UC Riverside Invitational (5K)	125	20:33.30

Aztec Career Best: 20:33.30 (5K)

Sara Cates

Sept. 2	Fullerton Season Opener (5K)	69	20:16.70
Sept. 16	Aztec Invitational (5K)	34	19:45.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	Willamette/UCR Invitationals (5K)	--	DNC

Aztec Career Best: 18:51.87 (5K); 23:15.10 (6K)

Jackie Duncan

Sept. 2	Fullerton Season Opener (5K)	67	20:12.90
Sept. 16	Aztec Invitational (5K)	73	20:47.00
Sept. 23	Griak Invitational (6K)	262	25:48.00
Sept. 30	Willamette Invitational (5K)	90	19:42.40

Aztec Career Best: 19:42.00 (5K); 25:37.00 (6K)

Meryl Follocco

Sept. 2	Fullerton Season Opener (5K)	16	19:03.00
Sept. 16	Aztec Invitational (5K)	26	19:17.00
Sept. 23	Griak Invitational (6K)	170	24:11.00
Sept. 30	Willamette Invitational (5K)	39	18:34.20

Aztec Career Best: 18:34.20 (5K); 24:11.00 (6K)

Makenzie Mabry

Sept. 2	Fullerton Season Opener (5K)	90	20:45.60
Sept. 16	Aztec Invitational (5K)	70	20:37.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	UC Riverside Invitational (5K)	41	19:11.00

Aztec Career Best: 19:11.00 (5K)

Jessica Mason

Sept. 2	Fullerton Season Opener (5K)	94	20:50.00
Sept. 16	Aztec Invitational (5K)	53	20:15.00
Sept. 23	Griak Invitational (6K)	209	24:47.00
Sept. 30	Willamette Invitational (5K)	57	18:57.55

Aztec Career Best: 18:57.55 (5K); 24:47.00 (6K)

Amanda Maydeck

Sept. 2	Fullerton Season Opener (5K)	174	22:18.70
Sept. 16	Aztec Invitational (Open Meet) (5K)	62	21:44.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	UC Riverside Invitational (5K)	137	20:49.70

Aztec Career Best: 20:47.70 (5K); 25:33.00 (6K)

Lisa Naucner

Sept. 2	Fullerton Season Opener (5K)	58	20:02.50
Sept. 16	Aztec Invitational (5K)	36	19:49.00
Sept. 23	Griak Invitational (6K)	255	25:38.00
Sept. 30	Willamette Invitational (5K)	65	19:10.30

Aztec Career Best: 18:02.19 (5K); 22:42.20 (6K)

Celeste Tyson

Sept. 2	Fullerton Season Opener (5K)	24	19:18.40
Sept. 16	Aztec Invitational (5K)	20	18:58.00
Sept. 23	Griak Invitational (6K)	141	23:49.00
Sept. 30	Willamette Invitational (5K)	9	17:54.95

Aztec Career Best: 15:38.00 (4K); 17:54.95 (5K); 22:20.60 (6K)

Anne Vieira

Sept. 2	Fullerton Season Opener (5K)	171	22:11.50
Sept. 16	Aztec Invitational (Open Meet) (5K)	74	22:15.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	UC Riverside Invitational (5K)	152	21:20.60

Aztec Career Best: 20:59.10 (5K); 26:31.80 (6K)

Jessica Walker

Sept. 2	Fullerton Season Opener (5K)	92	20:47.20
Sept. 16	Aztec Invitational (5K)	80	21:12.00
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	UC Riverside Invitational (5K)	71	19:44.90

Aztec Career Best: 19:44.90 (5K)

Michelle Warburton

Sept. 2	Fullerton Season Opener (5K)	210	25:23.80
Sept. 16	Aztec Invitational (5K)	--	DNC
Sept. 23	Griak Invitational (6K)	--	DNC
Sept. 30	Willamette/UCR Invitationals (5K)	--	DNC

Aztec Career Best: 25:23.80 (5K)