

# SDSU Cross Country



This Week: Sept. 17 - 61st Aztec Invitational, Balboa Park (San Diego, Calif.), 8 a.m.

## 2005 SCHEDULE

Date	Event	Result/Time
Sept. 3	at Fullerton Opener (Fullerton, Calif.)	2nd of 24
<b>Sept. 17</b>	<b>61st Aztec Invitational (San Diego, Calif.)</b>	<b>8 a.m.</b>
Sept. 24	at Stanford Invitational (Palo Alto, Calif.)	4 p.m.
Oct. 1	at Willamette Invitational (Salem, Ore.)	9 a.m.
Oct. 8	at UCSD Invitational (San Diego, Calif.)	10 a.m.
Oct. 15	TBA	TBA
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**, held at Balboa Park  
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

## 2004 TOP-10 5K TIMES

Athlete	Event	Time
1. Celeste Tyson	Fresno State Invitational	19:31.00
2. Ali Baker	Fresno State Invitational	19:34.00
3. Christal Cuadra	UNLV Invitational	19:35.00
4. Jackie Duncan	Fresno State Invitational	19:42.00
5. Christal Cuadra	Aztec Invitational	19:44.00
6. Jackie Duncan	Fullerton Opener	19:49.70
7. Jamillah Titus	Fresno State Invitational	19:52.00
8. Brookie Detterman	Fresno State Invitational	19:54.00
9. Ali Baker	Fullerton Opener	20:14.20
10. Brookie Detterman	Fullerton Opener	20:20.00

## ALL-TIME TOP-10 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. Laurie Crisp	17:14.00	1982
10. Lynn Kanuka	17:20.00	1981
Lynn Kanuka	17:20.00	1979

## Cross Country Plays Host To 61st Annual

### Aztec Invitational Saturday

● In its only home meet of the season, the San Diego State women's cross country team plays host to the 61st Annual Aztec Invitational Saturday at Balboa Park.

The day commences at 8:00 a.m. with the women's open division and is followed by the women's invitational at 8:45 a.m. The men's open and invitational races begin at 9:15 and 10 a.m., respectively.

The women will run a 5K and the men are set for an 8K. The race begins and ends to the north and south of Laurel Street.

### Aztec Invitational History

● **History 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 in 13th place out of 15 teams with 283 points ... Then junior Christal Cuadra led the squad with a time of 19:44, finishing 35th out of 117 runners ... Following Cuadra was sophomore Ali Baker (20:21), who finished in 61st place.

● Duke University, ranked 20th at the time, won the invitational division with a near perfect 18 points, followed by Arizona (97 pts.). Duke's Shannon Rowbury won the individual title with a time of 17:03.

### 2004 Aztec Invite Results (Invitational Division)

**Final Team Results (Top 5):** 1. Duke, 18; 2. Arizona 97; 3. Northern Arizona, 109; 4. Southern Utah, 149; 5. USC, 176; **13. San Diego State, 283.**

### Aztec Individual Results (2005 Returnees only):

35. Christal Cuadra (19:44); 61. Ali Baker (20:21); 70. Celeste Tyson (20:28); 77. Sara Cates (20:43); 82. Jackie Duncan (20:54); 100. Jamillah Titus (21:32).

### Fullerton Wrap-Up

● The San Diego State women's cross country team opened its season with an impressive second-place finish on Sept. 3 at the Fullerton Season Opener at Craig Regional Park in Fullerton, Calif. The Aztecs tallied 100 points at the 24-team meet, which was won by UCLA (90 points).

"I thought we ran very well together as a group," assistant coach Jennifer Nanista said. "I was very happy with everyone's effort today. Our top six runners were only 49 seconds apart which is very, very good."

SDSU was led individually by junior Lisa Crampton (Livermore, Calif.) with a 19:11 clocking in the 5K race. The transfer from Belmont University paced the scarlet and black with a ninth-place finish.

Four other Aztecs placed in the top 40 including sophomore Lisa Naucler (17th, 19:33), junior Celeste Tyson (18th, 19:34), senior Christal Cuadra (21st, 19:37) and junior Sarah Belger (35th, 19:55).

San Diego State's second-place finish tied their highest ever standing at the Fullerton meet. The Aztecs also finished runner-up in both 1999 and 2000.

### 2005 Fullerton Season Opener Results

**Final Team Results (Top 5):** 1. UCLA, 90; 2. San Diego State, 100; 3. Loyola Marymount 115; 4. Cal State Fullerton, 120; 5. Concordia, 152.

### Aztec Individual Results:

9. Lisa Crampton (19:11); 17. Lisa Naucler (19:33); 18. Celeste Tyson (19:34); 21. Christal Cuadra (19:37); 35. Sarah Belger (19:55); 55. Sara Cates (20:31); 96. Lisa Marchini (21:12); 111. Ali Baker (21:30); 119. Briana Powell (21:40); 141. Dora Sanders (22:06); 148. Anne Vieira (22:12).

### 2005 Season Preview

The San Diego State women's cross country team enters the 2005 season brimming with confidence and high expectations. Even after placing seventh at the conference meet last year, assistant coach Jennifer Nanista believes they are poised for an upper-division finish this fall.

"I feel we have the strongest team we've ever assembled here," Nanista said. "Our goal is to finish in the top three in conference and place in the top ten at the NCAA West Regional with one or two athletes competing at the NCAA meet."

Fueling such optimism on Montezuma Mesa is the return of five of SDSU's top seven runners from a year ago. The Aztecs also welcome three talented transfers who are expected to become major contributors this season.

Once again leading SDSU's charge is senior Christal Cuadra. Last year, the Honolulu, Hawaii product earned a spot on the all-Mountain West Conference second team, becoming only the second Aztec runner ever to make all-conference since its inception. Cuadra also logged a personal-best 6K time of 22:00 at the NCAA West Regional.

"This is Christal's senior year and we'd like to get her close to nationals," Nanista said.

Along with Cuadra, San Diego State will rely heavily on the troika of Lital Azulay (Coastal Carolina), Lisa Naucler (Manhattan), and Lisa Crampton (Belmont). Azulay and Naucler both ran for the Aztec track team last spring and both are expected to make an immediate impact this fall. Primarily a distance runner, Azulay finished fourth in the 10,000 meters at the 2005 MWC outdoor championships, while Naucler competed in both the 800 and 1,500 meters throughout the season.

"Lital is very strong, she's very good in the distance," Nanista said. "She is someone that I'm definitely looking to come in and make an immediate impact. I'm looking for her to lead the team. Lisa Naucler is a middle-distance runner, but I do think she has a lot of potential to do well in cross country and be a key contributor."

Crampton was a two-year competitor in both cross country and track at Belmont University, earning Atlantic Sun Conference freshman of the year honors in 2003.

Competing for the fifth spot will be seniors Jackie Duncan and Jamillah Titus and juniors Ali Baker, Sarah Cates and Celeste Tyson. Another possibility is transfer Sarah Belger who had an impressive training camp following knee surgery earlier this spring.

Rounding out the roster are sophomores Briana Powell and Anne Vieira along with transfers Lisa Marchini and Dora Sanders and freshman Amanda Maydeck.

A trip to the Stanford Invitational on Sept. 24 highlights the 2005 schedule.

"The Stanford Invitational is probably the biggest competition that we'll see," Nanista said. "Several top-25 teams will compete there. I think we'll see a lot more teams from our region, because our regional meet is going to be held at Stanford and a lot of teams will be there to preview the course."