

SDSU

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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>	10th of 17
Oct. 14	Santa Clara Invitational <i>Sunnyvale, Calif.</i>	10:15 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

Aztecs Look to Defend Santa Clara Invitational Title This Weekend

San Diego State cross country, which finished first at the Santa Clara Invitational last year, will look to defend its crown Saturday, Oct. 14, at Baylands Regional Park in Sunnyvale, Calif. The 5K meet is scheduled to start at 10:15 a.m. PT on a course that consists of short-cut grass and hard-packed dirt paths.

Getting Back to Work

After taking a week off, the San Diego State 'A' team will be back in action looking to repeat as Santa Clara Invite champions. If history repeats itself, the Aztecs will be in good position to finish atop the leaderboard. In 2005, SDSU finished fifth at the Willamette Invitational, took a week off and bounced back to win at Santa Clara. This season, the Aztecs placed seventh at the Willamette Invite and will look to do what they did last year. Individually this season, the race following a bye has produced great results. Earlier this year after a bye week, five SDSU runners established Aztec personal bests, while four others set season bests at the Aztec Invitational.

Azulay Looking to Repeat

In addition to SDSU looking to repeat as team champions, Lital Azulay will be trying to defend her individual title. In 2005, the Holon, Israel, native finished first of 79 competitors with a 5K personal-best time of 17:03.10. Her performance was also the fifth-best effort in San Diego State history and earned her Mountain West Conference Athlete of the Week honors for the second time last season.

Entering the Top 10

Three freshmen, Jessica Walker (4th), Makenzie Mabry (6th) and Lindsay Barajas (7th), were new entrants on the 2006 6K top-10 list this past weekend with their efforts at the UCSD Triton Classic. Lital Azulay also performed well enough to have her time rank as the fifth best of the season. She owns the eighth-fastest time as well. Currently four freshmen and five newcomers hold a spot on the 6K list.

Taking It Back to 2005: The Santa Clara Invitational

Backed by the duo of Lital Azulay and Lisa Crampton, San Diego State captured its first team title in two years at the Santa Clara Invitational. SDSU won the eight-team women's division with 31 points, placing five runners in the top 12 en route to its first meet victory since the 2003 Long Beach State Invitational.

Azulay won the individual title, while Lisa Crampton finished second overall, coming in with a 17:34 clocking.

SDSU placed three other runners in the top 12, including Lisa Naucler (seventh - 18:02), Christal Cuadra (ninth - 18:05) and Sarah Belger (12th - 18:11). Also completing a successful day for the Aztecs were Celeste Tyson (18th - 18:28) and Sara Cates (27th - 18:51).

A Look Back at Week No. 5: UCSD Triton Classic

The San Diego State 'B' team registered a 10th-place finish at the 17-team UCSD Triton Classic Oct. 7. Jessica Walker led a group of seven Aztecs in the 6K meet with a time of 25:11.90.

For six of the seven SDSU runners, the race was their first of the season on a 6,000-meter course. The lone Aztec to have competed in a 6K this season was Lital Azulay, who turned in a season-best time of 25:16.30, to finish 53rd of 151 competitors.

Following Azulay were Makenzie Mabry and Lindsay Barajas. Mabry ended with a time of 25:26.00 (57th place), while Barajas completed the course in 25:29.40 (58th).

Darien Buc placed 93rd as she finished with a time of 26:34.10, while Anne Vieira (26:45.80 - 98th) and Amanda Maydeck (27:03.10 - 105th) rounded out the Aztec entry in the meet.

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 with a time of 18:58.00. At the Willamette Invitational, she came in ninth, setting a personal best, turning in the fastest time of 2006 and the second fastest in the MWC heading into the race, with her 17:54.95 clocking.

At the Roy Griak Invitational, Tyson was the Aztecs' top runner with a 6K-time of 23:49.00.



Follow the San Diego State cross country team at 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. 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

<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. Jessica Walker	25:11.90	UCSD Triton Classic	Oct. 7
5. Lital Azulay	25:16.30	UCSD Triton Classic	Oct. 7
6. Makenzie Mabry	25:26.00	UCSD Triton Classic	Oct. 7
7. Lindsay Barajas	25:29.40	UCSD Triton Classic	Oct. 7
8. Lital Azulay	25:35.00	Griak Invitational	Sept. 23
9. Lisa Naucler	25:38.00	Griak Invitational	Sept. 23
10. Jackie Duncan	25:48.00	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
Oct. 7	UCSD Triton Classic (6K)	--	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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

Aztec Career Best: 19:16.95 (5K); 26:10.00 (6K)

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
Oct. 7	UCSD Triton Classic (6K)	53	25:16.30

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
Oct. 7	UCSD Triton Classic (6K)	58	25:29.40

Aztec Career Best: 19:56.40 (5K); 25:29.40 (6K)

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
Oct. 7	UCSD Triton Classic (6K)	93	26:34.10

Aztec Career Best: 20:33.30 (5K); 26:34.10 (6K)

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
Oct. 7	UCSD Triton Classic (6K)	--	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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

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

Meryl Follosco

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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

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
Oct. 7	UCSD Triton Classic (6K)	57	25:26.00

Aztec Career Best: 19:11.00 (5K); 25:26.00 (6K)

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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

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
Oct. 7	UCSD Triton Classic (6K)	105	27:03.10

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

Lisa Naucler

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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

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
Oct. 7	UCSD Triton Classic (6K)	98	26:45.80

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

(more)

2006 SDSU INDIVIDUAL RESULTS

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
Oct. 7	UCSD Triton Classic (6K)	51	25:11.90

Aztec Career Best: 19:44.90 (5K); 25:11.90 (6K)

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
Oct. 7	UCSD Triton Classic (6K)	--	DNC

Aztec Career Best: 25:23.80 (5K)