#### SAN DIEGO STATE CROSS COUNTRY / 2013 RESULTS & SEASON-BEST TIMES

#### **2013 AZTEC CROSS COUNTRY TEAM RESULTS**

<b>Date</b> Aug. 31	Meet (Distance) ~ Mark Covert Classic (5K) Top Five: Vazquez, Cygan, McCall, Kruthers,	5th / 8 teams	0:21.5	<b>Spread (Top 7)</b> 1:08.1	<b>Top Finisher</b> Laura Vazquez (19:11.4)
Sept. 7	! adidas/UCI Invitational (5K) 1: Top Five: Vazquez, Kruthers, Roesgen, Cyga	st / 13 teams ın, Smith   <i>No</i> .	0:49.6 <i>6-7</i> : Ribeiro, Wendorf	1:30.8	Laura Vazquez (18:24.5)
Sept. 21	@ 69th Annual Aztec Invitational <i>Top Five</i> :				
Oct. 4	# NCAA Inter-Regional Jamboree Top Five:				
Oct. 19	\$ Highlander Invitational Top Five:				
Oct. 25	% Titan Invitational Top Five:				
Nov. 1	^ Mountain West Championships <i>Top Five</i> :				
Nov. 15	& NCAA West Regional Championships <i>Top Five</i> :				
~ Mark Covert Classic at Cal State Fullerton in Brea, Calif. ! adidas/UCI Invitational at UC Irvine in Irvine, Calif.					

- ! adidas/UCI Invitational at UC Irvine in Irvine, Calit.
- @ 69th Annual Aztec Invitational at San Diego State in San Diego, Calif.
- # NCAA Inter-Regional Jamboree at Sacramento State in Sacramento, Calif.
- \$ Highlander Invitational at UC Riverside in Riverside, Calif.
- % Titan Invitational at Cal State Fullerton in Fullerton, Calif.
- ^ Mountain West Championships at Air Force in USAF Academy, Colo.
- & NCAA West Regional Championships at Sacramento State in Sacramento, Calif.

# **2013 AZTEC XC INDIVIDUAL RESULTS**

Jessica	Cygan (Jr.)			
Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	29th/147	19:24.3	
Sept. 7	adidas/UCI Invitational (5K)	9th/134	18:46.1	
Sept. 21	69th Annual Aztec Invitational			
Oct. 4	NCAA Inter-Regional Jamboree	<b>)</b>		
Oct. 19	Highlander Invitational			
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships			
Nov. 15	NCAA West Regional Champion			
<b>Collegiate Career Best:</b> 5K - 18:10.0; 6K - 21:06.8				
	ile (top is 100.00): 86.48 pc			

Dynast	y Gammage (Jr.)			
Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)		DNC	
Sept. 7	adidas/UCI Invitational (5K)		DNC	
Sept. 21	69th Annual Aztec Invitational			
Oct. 4	NCAA Inter-Regional Jamboree			
Oct. 19	Highlander Invitational			
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships			
Nov. 15	NCAA West Regional Championsh	ips		
Collegiate Career Best: 5K - N/A; 6K - N/A				
Percenti	le (top is 100.00): N/A			

Cali King (Fr.)				
Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	103rd/147	21:19.9	
Sept. 7	adidas/UCI Invitational (5K)	81st/134	21:00.6	
Sept. 21	69th Annual Aztec Invitational			
Oct. 4	NCAA Inter-Regional Jambore	Э		
Oct. 19	Highlander Invitational			
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships	;		
Nov. 15	NCAA West Regional Champion			
Collegiate Career Best: 5K - 21:00.6; 6K - N/A				
	ile (ton is 100.00): 34 52 nd			

Chelse	a Kruthers (So.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	34th/147	19:31.9
Sept. 7	adidas/UCI Invitational (5K)	5th/134	18:33.9
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	hips	
Collegia	te Career Best: 5K - 18:33.9		

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Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championships		
Collegiate Career Best: 5K - 18:33.9; 6K - 22:34.0			
<b>Percentile (top is 100.00):</b> 86.12 pct.			

Lily Mo	ıyko (50.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15		ips	
Collegia	<i>te Career Best:</i> 5K - 20:02.2; 6K		
	ile (top is 100.00): N/A		

Jessica	Jessica McCall (So.)				
Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)	33rd/147	19:31.6		
Sept. 7	adidas/UCI Invitational (5K)		DNC		
Sept. 21	69th Annual Aztec Invitational				
Oct. 4	NCAA Inter-Regional Jamboree				
Oct. 19	Highlander Invitational				
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships				
Nov. 15	NCAA West Regional Champions	ships			
Collegia	<b>te Career Best:</b> 5K - 18:30.7; (	6K - 23:00.0			
Percenti	<b>ile (top is 100.00):</b> 77.55 pct.				

a Okun (Sr.)		
Meet (Distance)	Finish	Time
Mark Covert Classic (5K)		DNC
adidas/UCI Invitational (5K)		DNC
Highlander Invitational		
Titan Invitational		
Mountain West Championships		
NCAA West Regional Championsh	nips	
t <b>e Career Best:</b> 5K - 20:28.9; 6I	K - 25:48.1	
le (top is 100.00): N/A		
	Meet (Distance) Mark Covert Classic (5K) adidas/UCI Invitational (5K) 69th Annual Aztec Invitational NCAA Inter-Regional Jamboree Highlander Invitational Titan Invitational Mountain West Championships NCAA West Regional Championsh te Career Best: 5K - 20:28.9; 61	Meet (Distance) Finish Mark Covert Classic (5K) adidas/UCI Invitational (5K) 69th Annual Aztec Invitational NCAA Inter-Regional Jamboree Highlander Invitational Titan Invitational Mountain West Championships NCAA West Regional Championships te Career Best: 5K - 20:28.9; 6K - 25:48.1

Amy R	easer (Sr.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Annual Aztec Invitational		
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25			
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championsl	nips	
Collegia	te Career Best: 5K - 20:29.0; 6	K - 24:52.9	
	le (top is 100.00): N/A		

#### **2013 AZTEC XC INDIVIDUAL RESULTS**

<b>Elaine</b>	Ribeiro	(Fr.)
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Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	52nd/147	20:04.1
Sept. 7	adidas/UCI Invitational (5K)	20th/134	19:21.2
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	ships	
Collegiate Career Best: 5K - 19:21.2; 6K - N/A			
Percentile (top is 100.00): 74.38 pct.			

Pachal Paggan (Sa )

kacnei koesgen (50.)					
Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)	35th/147	19:32.9		
Sept. 7	adidas/UCI Invitational (5K)	8th/134	18:43.4		
Sept. 21	69th Annual Aztec Invitational				
Oct. 4	NCAA Inter-Regional Jamboree				
Oct. 19	Highlander Invitational				
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships				
Nov. 15	NCAA West Regional Champions	ships			
<b>Collegiate Career Best: 5K - 18:43.4</b> ; 6K - 23:29.0					
Percentile (top is 100.00): 84.70 pct.					

Hannah Sawatzki (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Annual Aztec Invitational		
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15		S	
Collogia	to Carpor Rost. 5K - 18.58 9 . 6K		

**Collegiate Career Best:** 5K - 18:58.9 ; 6K - 24:02.4

Percentile (top is 100.00): N/A

Katy Cmith / Ir \

Ruly 3	MIIN (JI. <i>)</i>		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	68th/147	20:19.5
Sept. 7	adidas/UCI Invitational (5K)	17th/134	19:14.1
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	hips	
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**Collegiate Career Best: 5K - 19:14.1;** 6K - 23:27.0

Percentile (top is 100.00): 69.75 pct.

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valle	Thral	12 I	UI.	,

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
	NCAA West Regional Championshi	ins	
		11.00 0	

**Collegiate Career Best:** 5K - N/A; 6K - 21:28.2

Percentile (top is 100.00): N/A

Laura Vazauez (So.)

LUUIU	ardocr (20.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	20th/147	19:11.4
Sept. 7	adidas/UCI Invitational (5K)	3rd/134	18:24.5
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	ships	
e II •	B . EV 1004	E / I/ O1 40 0	

**Collegiate Career Best: 5K - 18:24.5;** 6K - 21:40.0 **Percentile (top is 100.00):** 91.82 pct.

Melissa Wendorf (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	71st/147	20:25.0
Sept. 7	adidas/UCI Invitational (5K)	38th/134	19:55.3
Sept. 21	69th Annual Aztec Invitational		
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	ships	

**Collegiate Career Best: 5K - 19:55.3**; 6K - 25:26.0

Percentile (top is 100.00): 61.21 pct.

#### **2013 AZTEC CROSS COUNTRY TOP-10 TIMES**

2013 Top-10 Times 5K (Without Replacement)
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Athlete		Time	Meet	Date
1. Laura Vazquez (So.)		18:24.5	adidas/UC Irvine Invitational	Sept. 7
2. Chelsea Kruthers (So.)		18:33.9	adidas/UC Irvine Invitational	Sept. 7
3. Rachel Roesgen (So.)		18:43.4	adidas/UC Irvine Invitational	Sept. 7
4. Jessica Cycan (Jr.)		18:46.1	adidas/UC Irvine Invitational	Sept. 7
5. Katy Smith (Jr.)		19:14.1	adidas/UC Irvine Invitational	Sept. 7
6. Elaine Ribeiro (Fr.)		19:21.2	adidas/UC Irvine Invitational	Sept. 7
7. Jessica McCall (So.)		19:31.6	Mark Covert Classic	Aug. 31
8. Melissa Wendorf (Jr.)		19:55.3	adidas/UC Irvine Invitational	Sept. 7
9. Cali King (Fr.)		21:00.6	adidas/UC Irvine Invitational	Sept. 7
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#### 2013 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Laura Vazquez (So.)	18:24.5	adidas/UC Irvine Invitational	Sept. 7
2. Chelsea Kruthers (So.)	18:33.9	adidas/UC Irvine Invitational	Sept. 7
3. Rachel Roesgen (So.)	18:43.4	adidas/UC Irvine Invitational	Sept. 7
4. Jessica Cycan (Jr.)	18:46.1	adidas/UC Irvine Invitational	Sept. 7
5. Laura Vazquez (So.)	19:11.4	Mark Covert Classic	Aug. 31
6. Katy Smith (Jr.)	19:14.1	adidas/UC Irvine Invitational	Sept. 7
7. Elaine Ribeiro (Fr.)	19:21.2	adidas/UC Irvine Invitational	Sept. 7
8. Jessica Cycan (Jr.)	19:24.3	Mark Covert Classic	Aug. 31
9. Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
10. Chelsea Kruthers (So.)	19:31.9	Mark Covert Classic	Aug. 31

## 2013 Top-10 Times -- 6K (Without Replacement)

Athlete Time Meet Date

#### 2013 Top-10 Times -- 6K (With Replacement)

Athlete Time Meet Date

# **ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES**

## <u>**Top-10 Times -- 5K**</u>

Athlete	Time	Meet	Date
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

#### **Top-10 Times -- 6K**

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Athlete	Time	Meet	Date	
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. Marianne Hogan	21:32.00	Stanford Invitational	2010	
5. Lisa Crampton	21:32.30	NCAA West Regional	2005	
6. Marianne Hogan	21:49.00	Stanford Invitational	2011	
7. Jennifer Stakiw	21:50.00	Stanford Invitational	2002	
8. Christal Cuadra	21:50.90	NCAA West Regional	2005	
9. Marie Nilsson	21:53.00	MWC Championships	2003	
Marie Nilsson	21:53.00	Stanford Invitational	2003	