

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>	7th of 13
Oct. 28	MWC Championships <i>Salt Lake City, Utah</i>	8th of 9
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 Folloso	Jr.-JC	Cypress, Calif.
Makenzie Mabry	Fr.-HS	La Crescenta, Calif.
Jessica Mason	Fr.-HS	Alameda, Calif.
Amanda Maydeck	So.-SQ	Glendora, Calif.
Lisa Naucner	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

SDSU Cross Country to Compete at NCAA West Regionals

San Diego State resumes its postseason schedule this weekend after taking last week off when it runs at the NCAA West Regional Championships in Portland, Ore. The 6,000-meter race is set to begin at 10 a.m. PST at Blue Lake Park.

Bids to the national meet in Terre Haute, Ind., are on the line as the top two teams will receive automatic invitations to the Nov. 20 championship. The top four runners not on the top-two finishing teams will also receive invitations to participate as individual entries.

The Aztecs are set to bring seniors Celeste Tyson and Jackie Duncan, juniors Lital Azulay, Meryl Folloso and Lisa Naucner and freshmen Stephanie Armstrong and Jessica Mason to the regional meet. Of the seven, only Tyson, Azulay and Naucner have experience running at regionals.

The last Aztec to qualify for the NCAA meet was Sophia Hawker, who earned an at-large bid in 1999. Hawker finished 24th of 196 runners at the 5K regional meet that year, which was held in Troutdale, Ore.

SDSU has only qualified once as a team for the national championships, where it finished seventh in 1981.

Below is a look what San Diego State has done in the past six NCAA regional meets:

Year	Team Finish	Top Aztec Finisher (Time)
2005	7th (290 pts.)	21. Lital Azulay (21:05.80)
2004	NTS	55. Christal Cuadra (23:03.00)
2003	15th (415 pts.)	22. Marie Nilsson (21:04.00)*
2002	18th (478 pts.)	71. Jamillah Titus (23:31.00)
2001	NTS	61. Jennifer Stakiw (23:35.30)
2000	16th (492 pts.)	75. Kylie Edwards (22:34.00)
1999	18th (435 pts.)	24. Sophia Hawker (17:57.00)^

* - SDSU school record; ^ - 5K race, all others 6K

Bye Week Good for Aztecs ... Again

The meet following a bye week has produced great results for Aztec runners this season. Earlier this year after competing in the Fullerton Season Opener, SDSU had a bye week and then played host to the Aztec Invitational. It was in their lone home meet that five SDSU runners established Aztec personal bests, while four others set season bests. Less than a month later, the SDSU 'A' team had the week off and came back to set five lifetime bests and two season-low times at the Santa Clara Invite. At the MWC Championships two weeks ago, San Diego State had three set Aztec career bests and another three establish season-low times. This Saturday, SDSU will look to continue that trend as it looks to improve upon last year's best-ever seventh-place finish.

Oregon Kind to Aztecs

Oregon has historically been kind to SDSU as it finished seventh earlier this year at the Willamette Invitational in Salem. It was at that meet that Celeste Tyson set a then season-best time in the 5K, while six others had either personal- (three) or season-best (three) efforts. In fact, the last time San Diego State had a runner (Sophia Hawker in 1999) qualify for the national meet, the regional was held in Oregon.

NCAA West Regionals Bring Out Best in Aztecs

As the season moves forward, Aztec runners get stronger and history shows that regionals bring out the best in them. Of the 10 all-time top 6K times in school history, five have occurred at the regional meet and all have happened during the last three years. Last season, Lital Azulay registered the second fastest time in program history, while Lisa Crampton (fourth) and Christal Cuadra (sixth) also etched their names in the Aztec record book. The complete top 10 can be found on page two of this release.

Taking It Back to 2005: The NCAA West Regional

San Diego State had five Aztecs record career-best times at the 2005 NCAA West Regional championships at Stanford Golf Course in Palo Alto, Calif. SDSU posted its best-ever finish at a regional meet, placing seventh out of 30 schools with 290 points.

Leading the Aztecs' charge was Lital Azulay who crossed the finish line at 21:05.80, which was the second-fastest 6K time by an SDSU runner in school history. Azulay finished 21st in a field of 199 runners and just missed Marie Nilsson's school-record mark of 21:04 set at the 2003 NCAA regional meet.

Azulay was followed by Lisa Crampton, who placed 39th at 21:32.30, the fourth-fastest mark in school history. Christal Cuadra made her final collegiate appearance a memorable one, placing 60th with a career-best effort of 21:50.90, the sixth-fastest time in SDSU history. Celeste Tyson (79th - 22:20.60) and sophomore Lisa Naucner (99th - 22:42.20) also logged career-bests for the Aztecs. Rounding out the SDSU contingent was Sarah Belger (22:56.0) and Sara Cates (23:18.5) finished 115th and 137th, respectively.



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	17:52.00	Santa Clara Invitational	Oct. 14
2. Celeste Tyson	17:54.95	Willamette Invitational	Sept. 30
3. Meryl FolloSCO	18:31.00	Santa Clara Invitational	Oct. 14
4. Meryl FolloSCO	18:34.20	Willamette Invitational	Sept. 30
5. Lisa Naucler	18:38.40	Santa Clara Invitational	Oct. 14
6. Jackie Duncan	18:48.30	Santa Clara Invitational	Oct. 14
7. Jessica Mason	18:48.70	Santa Clara Invitational	Oct. 14
8. Lital Azulay	18:57.30	Santa Clara Invitational	Oct. 14
9. Jessica Mason	18:57.55	Willamette Invitational	Sept. 30
10. Celeste Tyson	18:58.00	Aztec Invitational	Sept. 16

2006 TOP 10 TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	22:57.00	MWC Championships	Oct. 28
2. Celeste Tyson	23:49.00	Griak Invitational	Sept. 23
3. Meryl FolloSCO	24:11.00	Griak Invitational	Sept. 23
4. Lital Azulay	24:12.30	MWC Championships	Oct. 28
5. Jessica Mason	24:18.00	MWC Championships	Oct. 28
6. Lisa Naucler	24:33.60	MWC Championships	Oct. 28
7. Jackie Duncan	24:38.80	MWC Championships	Oct. 28
8. Jessica Mason	24:47.00	Griak Invitational	Sept. 23
9. Jessica Walker	25:11.90	UCSD Triton Classic	Oct. 7
10. Lital Azulay	25:16.30	UCSD Triton Classic	Oct. 7

ALL - TIME TOP - 10 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 - 10 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			
Oct. 28	MWC Championships (6K)	--				DNC
	<i>Aztec Career Best:</i> 18:51.87 (5K); 23:15.10 (6K)					

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
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships (6K)	--	DNC
	<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	61	19:03.01
Oct. 28	MWC Championships (6K)	58	25:50.90
	<i>Aztec Career Best:</i> 19:03.01 (5K); 25:50.90 (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
Oct. 14	Santa Clara Invitational (5K)	52	18:57.30
Oct. 28	MWC Championships (6K)	45	24:12.30
	<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships (6K)	--	DNC
	<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships	--	DNC
	<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	--	DNC

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
Oct. 14	Santa Clara Invitational (5K)	48	18:48.30
Oct. 28	MWC Championships (6K)	50	24:38.80
	<i>Aztec Career Best:</i> 18:48.30 (5K); 24:38.80 (6K)		

Meryl Folloso

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
Oct. 14	Santa Clara Invitational (5K)	32	18:31.00
Oct. 28	MWC Championships (6K)	--	DNF
	<i>Aztec Career Best:</i> 18:31.00 (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
Oct. 14	Santa Clara Invitational (5K)	73	19:18.00
Oct. 28	MWC Championships (6K)	--	DNC
	<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	49	18:48.70
Oct. 28	MWC Championships (6K)	46	24:18.00
	<i>Aztec Career Best:</i> 18:48.70 (5K); 24:18.00 (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
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships (6K)	--	DNC
	<i>Aztec Career Best:</i> 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

2006 SDSU INDIVIDUAL RESULTS

Oct. 14	Santa Clara Invitational (5K)	36	18:38.40
Oct. 28	MWC Championships (6K)	49	24:33.60
<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	8	17:52.00
Oct. 28	MWC Championships (6K)	30	22:57.00
<i>Aztec Career Best:</i> 15:38.00 (4K); 17:52.00 (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
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships (6K)	--	DNC
<i>Aztec Career Best:</i> 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
Oct. 7	UCSD Triton Classic (6K)	51	25:11.90
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships (6K)	--	DNC
<i>Aztec Career Best:</i> 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
Oct. 14	Santa Clara Invitational (5K)	--	DNC
Oct. 28	MWC Championships (6K)	--	DNC
<i>Aztec Career Best:</i> 25:23.80 (5K)			