

SDSU Cross Country



This Week: Sept. 11 - at Fresno State, Fresno, Calif. (Woodward Park), 8 a.m.

2004 Schedule

Date	Meet	Result/Time
Sept. 4	at Fullerton Invitational 14th of 19 (Brea, Calif.)	
Sept. 11	at Fresno St. Invitational (Fresno, Calif.)	8 a.m.
Sept. 18	Aztec Invitational (San Diego, Calif.)	8 a.m.
Sept. 25	at Stanford Invitational (Palo Alto, Calif.)	4 p.m.
Oct. 2	at UC Riverside Invite (Riverside, Calif.)	9 a.m.
Oct. 9	Pre-MWC Meet (San Diego, Calif.)	10 a.m.
Oct. 16	at Long Beach Invitational (Long Beach, Calif.)	8 a.m.
Oct. 30	2004 MWC Championships (San Diego, Calif.)	9 a.m.
Nov. 13	at NCAA West Regional (Fresno, Calif.)	9 a.m.
Nov. 22	at NCAA Championships (Terre Haute, Ind.)	9:15 a.m.

Home meets in bold, held at Balboa Park
All times local to site

2004 ROSTER

Athlete	Yr.	Hometown
Ali Baker	Jr.	Pine Valley, Calif.
Larnie Boyd	Fr.	Vallejo, Calif.
Sara Cates	So.	Carlsbad, Calif.
Christal Cuadra	Jr.	Honolulu, Hawai'i
Brookie Dettermann	Fr.	Santa Cruz, Calif.
Jackie Duncan	Jr.	Syracuse, N.Y.
Christian Fairing	So.	Irvine, Calif.
Emily Joller	Sr.	Rancho Bernardo, Calif.
Briana Powell	Fr.	Long Beach, Calif.
Stephanie Rickerts	Fr.	Vista, Calif.
Kristen Scanlon	Fr.	Concord, Calif.
Jamillah Titus	Jr.	American Canyon, Calif.
Celeste Tyson	So.	Austin, Texas
Anne Vieira	Fr.	San Diego, Calif.

Head Coach: Rahn Sheffield
Assistants: Jennifer Nanista

2003 RESULTS

Date	Meet	Place/Teams
Aug. 30	Fullerton Invite	6th of 14
Sept. 13	59th Annual Aztec Invite	6th of 14
Sept. 20	Univ. of Hawai'i Invite	3rd of 11
Sept. 27	Stanford Invite	12th of 26
Oct. 4	Pre-MWC Meet	6th of 6
Oct. 11	UCSD Invite	3rd of 21
Oct. 18	Long Beach Invite	1st of 9
Nov. 1	MWC Championships	6th of 8
Nov. 15	NCAA Regionals	15th of 31

Cross Country Competes at Fresno State Invitational

• The San Diego State women's cross country squad will compete in the Fresno St. Invitational on Saturday, Sept. 11 at 8 a.m.

Fresno State History

• Fresno State will host the Fresno State Invitational on Saturday, Sept. 11th after a one-year hiatus. The invitational, which will take place at Woodward Park, is the first of two meets that the Aztecs will compete at Fresno State this season. Fresno State is also hosting the NCAA West Regionals on Nov. 13th.

The Aztecs last competed at Woodward Park on Nov. 11, 2000, when they ran in the NCAA West Regionals.

Last Week At the Fullerton Opener

• The San Diego State women's cross country team opened its 2004 season with a 15th-place finish at the Fullerton Opener Saturday at Carbon Canyon Regional Park in Brea, Calif. The Aztecs, running without many of their top runners, tallied 370 points at the 19-team meet, which was won by host Cal State Fullerton (97 pts.).

"Overall, I was pleased with the result," said assistant coach Jennifer Nanista. "We were missing some of our top athletes. Once we throw them in the mix, we'll be competitive."

SDSU was led individually by junior Jackie Duncan, who had a career-best 5K time by almost a minute, coming in 53rd overall in 19:49.70.

"I was glad to help out the team," Duncan said. "Hopefully this (personal record) will encourage the other girls to compete and run well this season."

Sophomore Ali Baker (72nd, 20:14.20) and freshman Brookie Dettermann (75th, 20:20.20) also finished in the top-100 for the Aztecs.

Other SDSU finishers included: senior Emily Joller (154th, 22:53.20), junior Jamillah Titus (100th, 20:59.70), sophomore Sara Cates (101st, 21:01.40) and freshman Kristen Scanlon (112th, 21:16.00).

Fullerton Results

• Final Team Results: 1. CS Fullerton, 97; 2. Cal Coast, 106; 3. Concordia, 114; 4. USC, 131; 5. UC Riverside, 132; 6. Biola, 154; 7. Pepperdine, 158; 8. Cal Poly Pomona, 192; 9. A Snails Pace, 251; 9. Vanguard Univ., 251; 11. Orange Coast College, 289; 12. CS San Bernardino, 299; 13. UNLV, 305; 14. San Diego, 348; **15. San Diego State, 370**; 16. Alliant International, 418; 17. Santa Ana, 540; 18. Santiago Canyon, 557; 19. San Bernardino Valley, 590.

• Final Aztec Individual Results: 53. Jackie Duncan, 19:49.70; 72. Ali Baker, 20:14.20; 75. Brookie Dettermann, 20:20.20; 154. Emily Joller, 22:53.20; 100. Jamillah Titus, 20:59.70; 101. Sara Cates, 21:01.40; 112. Kristen Scanlon, 21:16.00.

Home Sweet Home

• San Diego State plays host to three meets this season, including the Mountain West Conference championships.

The Aztecs begin at home with the 60th Annual Aztec Invitational on Sept. 18. The next two meets then involve MWC competition as SDSU plays host to the pre-conference championship on Oct. 9, followed by the real MWC meet on Nov. 1.

San Diego State was suppose to play host to last year's MWC championship meet, but the fires and poor air quality in the San Diego area forced the move Albuquerque, N.M..2004 will now be the first time San Diego State has played host to the MWC Championship meet in the league's six-year history.

2003 Aztec Top Times

Athlete	Top 5K	Meet
1. Marie Nilsson	18:23.00	Aztec Invitational
2. Christal Cuadra	18:39.80	CSU Fullerton Opener
3. Christal Cuadra	19:07.00	Aztec Invitational
4. Allison Brown	19:18.30	CSU Fullerton Opener
5. Jamillah Titus	19:45.00	UC Riverside Invitational
6. Celeste Tyson	19:46.00	Aztec Invitational
7. Emily Wynne	19:48.00	UC Riverside Invitational
8. Angie Fitzpatrick	19:51.40	UC Riverside Invitational
9. Tina Fodor	19:54.50	CSU Fullerton Opener
10. Christian Fairing	19:55.00	CSU Fullerton Opener

Athlete	Top 6K	Meet
1. Marie Nilsson	21:04.00*	NCAA West Regionals
2. Marie Nilsson	21:53.00	Stanford Invitational
Marie Nilsson	21:53.00	MWC Championships
4. Kylie Edwards	22:09.00	NCAA West Regionals
5. Marie Nilsson	22:20.00	Long Beach Invitational
6. Christal Cuadra	22:25.00	NCAA West Regionals
7. Marie Nilsson	22:30.00	UCSD Triton Classic
8. Christal Cuadra	22:32.00	Stanford Invitational
9. Christal Cuadra	22:54.00	Long Beach Invitational
10. Christal Cuadra	23:00.60	UCSD Triton Classic

*School Record

2004 Aztec Top Times

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1. Jackie Duncan	19:49.70	CSU Fullerton Opener
2. Ali Baker	20:14.20	CSU Fullerton Opener
3. Brookie Dettermann	20:20.20	CSU Fullerton Opener
4. Emily Joller	22:53.20	CSU Fullerton Opener
5. Jamillah Titus	20:59.70	CSU Fullerton Opener
6. Sara Cates	21:01.40	CSU Fullerton Opener
7. Kristen Scanlon	21:16.00	CSU Fullerton Opener

