



# SAN DIEGO STATE AZTECS

## 2017 Cross Country Weekly Notes

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**News Release Date:** August 31, 2017

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### Schedule/Results

#### September

2	Mark Covert Classic (5K) Brea, Calif. (Carbon Canyon Regional Park)	8:45 a.m. PT
16	UC Riverside Invitational (6K) Riverside, Calif. (UCR Ag Ops Course)	7:30 a.m. PT
23	UNLV Invitational (5K) Las Vegas, Nev. (Craig Ranch Regional Park)	8 a.m. PT
30	Capital Cross Challenge (6K) Sacramento, Calif. (Haggin Oaks Golf Complex)	10:30 a.m. PT

#### October

14	Highlander Invitational (5K) Riverside, Calif. (UCR Ag Ops Course)	8:30 a.m. PT
27	Mountain West Championships (6K) UNM North Golf Course	TBA

#### November

10	NCAA West Regional (6K) Seattle, Wash. (Jefferson Golf Course)	TBA
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### Roster

Name	Year	Hometown (Last School)
Chrissy Calain	Junior	Temecula, Calif. (Northern Arizona)
Cindy Flores	Senior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Mackenzie Mora	Freshman	Clovis, Calif. (Buchanan HS)
Renee Phillips	Freshman	San Diego, Calif. (Coronado HS)
Sakura Roberson	Freshman	San Diego, Calif. (La Jolla HS)
Danielle Scott	Freshman	Long Beach, Calif. (Poly HS)
Lily Seynaeve	Senior	Corona, Calif. (Santiago HS)
Cassidy Towner	Senior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

**Head Coach:** Shelia Burrell (UCLA, 1995), ninth season

**Assistant Coach:** Robert Lusitana (San Diego State, 1982), first season

### Meet Week Preview

#### San Diego State at Mark Covert Classic Invitational (5K)

Saturday, Sept. 2 | 8:45 a.m. PT | Carbon Canyon Regional Park | Brea, Calif.

### Mark Covert Classic Preview

Following a strong 2016 campaign, the San Diego State cross country team kicks off the 2017 campaign on Saturday at Cal State Fullerton's Mark Covert Classic Invitational in Brea, Calif., for the fifth consecutive year.

The women's 5K invitational will start at 8:45 a.m. PT and follows the men's invitational 8K, which is set for 8 a.m. PT. The meet will once again be held at Carbon Canyon Park (4442 Carbon Canyon Regional Park, Brea, CA 92821).

Formerly the Fullerton Season Opener, it was renamed the Mark Covert Classic in 2012 in honor of the 1970 Division II champion and Cal State Fullerton alum. The course consists of multiple loops alternating between a 1K grass inner loop in the main section of the park and a dirt trail nature loop.

The Aztecs and host Titans will be joined by squads from Cal Lutheran, College of the Canyons, Concordia, Glendale, Loyola Marymount, Mt. SAC, Palomar, Pomona-Pitzer, San Diego, The Master's University, Vanguard and Ventura. Additional track clubs that will be competing include Arc Racing Project, Cal Coast Track Club, In Stride, New Basin Blues, Run With Us, Snails Pace, So Cal Track Club, James Elite Running Team and Town and Country Running, as well as some individual and unattached athletes.

Entered into the race for SDSU are Chrissy Calain, Cindy Flores, Mackenzie Mora, Renee Phillips and Lily Seynaeve.

### 2016 Recap

The San Diego State cross country team produced one of its stronger seasons in recent memory in 2016. The Aztecs won a pair of races: the Highlander Invitational on Oct. 15 and, for the second consecutive season, the 72nd Annual Aztec Invitational.

The Scarlet and Black's postseason showed the team's improvement from a year prior. SDSU ran its third best Mountain West Cross Country Championship 6K team time in 17 years with its ninth place finish. At the Conference meet, senior Christine Kent was the Aztecs' top finisher, running the course in 21:40.60 for 34th place. The NCAA West Regional saw San Diego State post its second-fastest NCAA Regional 6K time and its sixth best 6,000-meter time in program history led, once again, by Kent.

In addition to the Aztecs' two race wins in 2016, the team finished in the top five in two additional races. SDSU was led by Kent and classmate Elaine Ribiero, who finished 1-2 on the team in four of seven races last year. Each earned a second place finish (Kent – Highlander Invitational; Ribiero – Aztec Invitational) in one race during the season.

In her first year in the Scarlet and Black following a transfer from South Carolina, Kent was the Aztecs' top runner in five of seven races this year. She made her mark in the program record books, becoming the program's 6K record holder with her 20:47.8 time at the UC Riverside Invitational on Sept. 17, 2016. She also earned a place in the program's 5K top 10 list with her 17:07.59 time at the Highlander Invitational on Oct. 15.

Ribiero, a four-year Aztec, also made her mark on the program. SDSU's top runner for her sophomore and junior seasons, she ran San Diego State's sixth fastest 6K time at the Capital Cross Challenge on Oct. 1 (21:22.3).

### Robert Lusitana Added to SDSU Staff

San Diego State alum Robert Lusitana has been added to the SDSU track and field/cross country staff as the head distance and cross country coach, head coach Shelia Burrell announced.

Most recently, Lusitana was an assistant cross country and track coach at Canyon Crest Academy in Carmel Valley, Calif., beginning in 2013. The Ravens placed third or better each of Lusitana's four seasons on the staff, advancing to the CIF state championship meet each of the last six years. In 2016, Canyon Crest placed second in the CIF San Diego Section Division II championship, led by race-winner Kira Loren. The Ravens placed ninth at the state cross country championships.

Lusitana's other coaching stop was a two-year tenure on the cross country and track staff at Torrey Pines High School in La Jolla, Calif. He was an assistant coach for the 1985-86 school year before he was elevated to head coach for the 1986-87 season. Lusitana left coaching in 1988 to run his business, Redsand Inc., an action sports clothing company. Lusitana and his partners sold the company to Perry Ellis in 2003 and he then became a manager and partner of Amigo Custom Screen Prints in Carlsbad, Calif.

Lusitana also directed City Slickers Can't Stay With Me, a film about National Track and Field Hall of Fame distance running coach Bob Larsen, a San Diego State graduate and former head coach at UCLA. Larsen led UCLA to two NCAA Outdoor Track and Field titles, winning national coach of the year honors four times, and helped found Team USA Running Group in 2001.

A San Diego native, Lusitana ran on UCLA's cross country team in 1979, which was the first Bruin team to advance to the NCAA Cross Country Championships. He also competed in track for one year at San Diego State, graduating with a Bachelor's of Science in accounting in 1982. He trained with the Jamul Toads Running Club from 1977-85.

## 2016 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 3	~ Mark Covert Classic (5K) <i>Top Five: Kent, Ribeiro, Towner, Seynaeve, King   No. 6-7: Calain, Bucci</i>	2nd / 4 teams	1:45.9	1:54.0	Christine Kent (17:52.79)
Sept. 17	! UC Riverside Invitational (6K) <i>Top Five: Kent, Ribeiro, Towner, Bucci, King   No. 6-7: Kunigan, Flores</i>	5th / 20 teams	1:51.9	2:31.0	Christine Kent (20:47.8)
Sept. 23	@ Aztec Invitational (5K) <i>Top Five: Ribeiro, Kent, Towner, Bucci, King   No. 6-7: Kunigan, Flores</i>	1st / 2 teams	1:19.0	1:56.4	Elaine Ribeiro (20:47.8)
Oct. 1	# Capital Cross Challenge (6K) <i>Top Five: Ribeiro, Kent, Towner, Seynaeve, Bucci   No. 6: King</i>	11th / 19 teams	1:08.1	1:51.0	Elaine Ribeiro (21:22.3)
Oct. 15	\$ Highlander Invitational (5K) <i>Top Five: Kent, Bucci, Seynaeve, Ribeiro, Towner   No. 6-7: King, Flores</i>	1st / 7 teams	0:57.71	1:41.93	Christine Kent (17:07.59)
Oct. 28	% Mountain West Championships (6K) <i>Top Five: Kent, Seynaeve, Ribeiro, Towner, Bucci   No. 6: King</i>	9th / 11 teams	2:03.4	N/A	Christine Kent (21:40.60)
Nov. 11	^ NCAA West Regional (6K) <i>Top Five: Kent, Seynaeve, Towner, Ribeiro, Bucci   No. 6: King</i>	26th / 35 teams	2:04.4	N/A	Christine Kent (21:30.40)

~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.

! UC Riverside Invitational at UCR Agricultural Operations Course in Riverside, Calif.

@ 72nd Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.

# Capital Cross Challenge at Haggin Oaks Golf Complex in Sacramento, Calif.

\$ Highlander Invitational at UCR Agricultural Operations Course in Riverside, Calif.

% Mountain West Championships at Falcon Crest Golf Club in Kuna, Idaho

^ NCAA West Regional at Haggin Oaks Golf Complex in Sacramento, Calif.

# 2016 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

## Angel Bucci (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	26th/48	19:46.8
Sept. 17	UC Riverside Invitational (6K)	32nd/83	21:44.1
Sept. 23	Aztec Invitational (5K)	6th/14	19:28.2
Oct. 1	Capital Cross Challenge (6K)	90th/174	22:30.4
Oct. 15	Highlander Invitational (5K)	7th/66	17:42.73
Oct. 28	MW Championships (6K)	78th/88	23:44.0
Nov. 11	NCAA West Regional (6K)	195th/242	23:13.0

**Collegiate Career Best: 5K - 17:42.73; 6K - 21:44.1**

## Chrissy Calain (So.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	24th/48	19:44.8

**Collegiate Career Best: 5K - 19:44.8**

## Cindy Flores (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 17	UC Riverside Invitational (6K)	66th/83	23:18.8
Sept. 23	Aztec Invitational (5K)	13th/14	20:28.0
Oct. 15	Highlander Invitational (5K)	40th/66	18:49.52

**Collegiate Career Best: 5K - 18:43; 6K - 21:51**

## Christine Kent (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	1st/48	17:52.8
Sept. 17	UC Riverside Invitational (6K)	11th/83	20:47.8
Sept. 23	Aztec Invitational (5K)	2nd/14	18:35.5
Oct. 1	Capital Cross Challenge (6K)	25th/174	21:25.3
Oct. 15	Highlander Invitational (5K)	2nd/66	17:07.59
Oct. 28	MW Championships (6K)	34th/88	21:40.6
Nov. 11	NCAA West Regional (6K)	90th/242	21:30.4

**Collegiate Career Best: 5K - 17:07.59; 6K - 20:47.8**

## Cali King (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	22nd/48	19:38.7
Sept. 17	UC Riverside Invitational (6K)	55th/83	22:39.7
Sept. 23	Aztec Invitational (5K)	10th/14	19:50.6
Oct. 1	Capital Cross Challenge (6K)	123rd/174	23:13.3
Oct. 15	Highlander Invitational (5K)	35th/66	18:43.72
Oct. 28	MW Championships (6K)	79th/88	23:46.8
Nov. 11	NCAA West Regional (6K)	204th/242	23:34.8

**Collegiate Career Best: 5K - 18:38.56; 6K - 22:39.7**

## Mary Kunigan (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	32nd/48	20:10.9
Sept. 17	UC Riverside Invitational (6K)	59th/83	22:53.0
Sept. 23	Aztec Invitational (5K)	11th/14	19:55.3

**Collegiate Career Best: 5K - 19:55.3; 6K - 22:53.0**

## Elaine Ribeiro (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	2nd/48	18:06.00
Sept. 17	UC Riverside Invitational (6K)	23rd/83	21:22.5
Sept. 23	Aztec Invitational (5K)	1st/14	18:31.6
Oct. 1	Capital Cross Challenge (6K)	22nd/174	21:22.3
Oct. 15	Highlander Invitational (5K)	14th/66	18:02.93
Oct. 28	MW Championships (6K)	65th/88	22:39.1
Nov. 11	NCAA West Regional (6K)	165th/242	22:35.4

**Collegiate Career Best: 5K - 17:54.0; 6K - 21:22.3**

## Lily Seynaeve (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	12th/48	19:04.8
Oct. 1	Capital Cross Challenge (6K)	86th/174	22:24.9
Oct. 15	Highlander Invitational (5K)	8th/66	17:45.16
Oct. 28	MW Championships (6K)	50th/88	22:10.4
Nov. 11	NCAA West Regional (6K)	104th/242	21:39.6

**Collegiate Career Best: 5K - 17:45.16; 6K - 21:39.6**

## Cassidy Towner (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	10th/48	19:01.2
Sept. 17	UC Riverside Invitational (6K)	31st/83	21:38.0
Sept. 23	Aztec Invitational (5K)	4th/14	19:09.3
Oct. 1	Capital Cross Challenge (6K)	68th/174	22:03.8
Oct. 15	Highlander Invitational (5K)	15th/66	18:05.30
Oct. 28	MW Championships (6K)	70th/88	22:55.7
Nov. 11	NCAA West Regional (6K)	130th/242	22:01.9

**Collegiate Career Best: 5K - 18:04.6; 6K - 21:38.0**

# 2016 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2016 Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Christine Kent (Sr.)	17:07.59	Highlander Invitational	Oct. 15
2. Angel Bucci (Sr.)	17:42.73	Highlander Invitational	Oct. 15
3. Lily Seynaeve (Jr.)	17:45.16	Highlander Invitational	Oct. 15
4. Christine Kent (Sr.)	17:52.8	Mark Covert Classic	Sept. 10
5. Elaine Ribeiro (Sr.)	18:02.93	Highlander Invitational	Oct. 15
6. Cassidy Towner (Jr.)	18:05.3	Highlander Invitational	Oct. 15
7. Elaine Ribeiro (Sr.)	18:06.0	Mark Covert Classic	Sept. 10
8. Elaine Ribeiro (Sr.)	18:31.6	72nd Aztec Invitational	Sept. 23
9. Christine Kent (Sr.)	18:35.5	72nd Aztec Invitational	Sept. 23
10. Cassidy Towner (Jr.)	19:01.2	Mark Covert Classic	Sept. 10

## 2016 Top-10 Times -- 5K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Christine Kent (Sr.)	17:07.59	Highlander Invitational	Oct. 15
2. Angel Bucci (Sr.)	17:42.73	Highlander Invitational	Oct. 15
3. Lily Seynaeve (Jr.)	17:45.16	Highlander Invitational	Oct. 15
4. Elaine Ribeiro (Sr.)	18:02.93	Highlander Invitational	Oct. 15
5. Cassidy Towner (Jr.)	18:05.3	Highlander Invitational	Oct. 15
6. Cali King (Sr.)	18:43.72	Highlander Invitational	Oct. 15
7. Cindy Flores (Jr.)	18:49.52	Highlander Invitational	Oct. 15
8. Chrissy Calain (So.)	19:44.8	Mark Covert Classic	Sept. 10
9. Mary Kunigan (Fr.)	20:10.9	Highlander Invitational	Oct. 15

## 2016 Top-10 Times -- 6K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Christine Kent (Sr.)	20:47.8	UC Riverside Invitational	Sept. 17
2. Elaine Ribeiro (Sr.)	21:22.3	Capital Cross Challenge	Oct. 1
3. Elaine Ribeiro (Sr.)	21:22.5	UC Riverside Invitational	Sept. 17
4. Christine Kent (Sr.)	21:25.3	Capital Cross Challenge	Oct. 1
5. Christine Kent (Sr.)	21:30.4	NCAA West Regional	Nov. 11
6. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
7. Lily Seynaeve (Jr.)	21:39.6	NCAA West Regional	Nov. 11
8. Christine Kent (Sr.)	21:40.6	MW Championships	Oct. 28
9. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
10. Cassidy Towner (Jr.)	22:01.9	NCAA West Regional	Nov. 11

## 2016 Top-10 Times -- 6K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Christine Kent (Sr.)	20:47.8	UC Riverside Invitational	Sept. 17
2. Elaine Ribeiro (Sr.)	21:22.3	Capital Cross Challenge	Oct. 1
3. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
4. Lily Seynaeve (Jr.)	21:39.6	NCAA West Regional	Nov. 11
5. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
6. Cali King (Sr.)	22:39.7	UC Riverside Invitational	Sept. 17
7. Mary Kunigan (Fr.)	22:53.0	UC Riverside Invitational	Sept. 17
8. Cindy Flores (Jr.)	23:18.8	UC Riverside Invitational	Sept. 17

# ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

## Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date/Year
1. Monica Joyce	16:28.9	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
2. Lynn Kanuka	16:54.4	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
3. Monica Joyce	16:55.0	WCAA Championships	1981
4. Monica Joyce	16:56.0	Aztec Invitational	1981
5. Lital Azulay	17:03.1	Santa Clara Invitational (Belmont, Calif.)	Oct. 15, 2005
6. Monica Joyce	17:05.0	UCLA Invitational (Los Angeles, Calif.)	1981
7. Lynn Kanuka	17:07.3	WCAA Championships	1981
<b>8. Christine Kent</b>	<b>17:07.59</b>	<b>Highlander Invitational</b>	<b>Oct. 15, 2016</b>
9. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
10. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982

## Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date/Year
1. Monica Joyce	16:28.9	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
2. Lynn Kanuka	16:54.1	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
3. Lital Azulay	17:03.1	Santa Clara Invitational (Belmont, Calif.)	Oct. 15, 2005
<b>4. Christine Kent</b>	<b>17:07.59</b>	<b>Highlander Invitational</b>	<b>Oct. 15, 2016</b>
5. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
6. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
7. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
10. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982

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

Athlete	Time	Meet	Date/Year
<b>1. Christine Kent</b>	<b>20:47.8</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
5. <b>Elaine Ribeiro</b>	<b>21:22.3</b>	<b>Capital Cross Challenge (Sacramento, Calif.)</b>	<b>Oct. 1, 2016</b>
6. <b>Elaine Ribeiro</b>	<b>21:22.5</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
7. <b>Christine Kent</b>	<b>21:25.3</b>	<b>Capital Cross Challenge (Sacramento, Calif.)</b>	<b>Oct. 1, 2016</b>
8. <b>Christine Kent</b>	<b>21:30.4</b>	<b>NCAA West Regional (Sacramento, Calif.)</b>	<b>Nov. 11, 2016</b>
9. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
10. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005

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

Athlete	Time	Meet	Date/Year
<b>1. Christine Kent</b>	<b>20:47.8</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. <b>Elaine Ribeiro</b>	<b>21:22.3</b>	<b>Capital Cross Challenge (Sacramento, Calif.)</b>	<b>Oct. 1, 2016</b>
5. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
6. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
7. <b>Cassidy Towner</b>	<b>21:38.0</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
8. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
9. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
10. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014