

SDSU CROSS COUNTRY

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2008 SCHEDULE

Date	Meet	Time/Result
Aug. 30	Fullerton Season Opener (5K) <i>Brea, Calif.</i>	5th of 15 (125 pts.)
Sept. 13	AZTEC INVITATIONAL (5K) <i>Balboa Park - San Diego, Calif.</i>	14th of 17 (309 pts.)
Sept. 20	Big Wave Invitational (4K) <i>Honolulu, Hawaii</i>	2nd of 8 (63 pts.)
Sept. 27	UC Riverside Invitational (5K) <i>Riverside, Calif.</i>	NTS
	Stanford Invitational (6K) <i>Palo Alto, Calif.</i>	22nd of 33 (619 pts.)
Oct. 11	Triton Classic (6K) <i>La Jolla, Calif.</i>	10:15 a.m.
Oct. 18	Bronco Invitational (5K) <i>Sunnyvale, Calif.</i>	9:45 a.m.
Nov. 1	MWC CHAMPIONSHIPS (6K) <i>Mission Bay Park - San Diego, Calif.</i>	10:45 a.m.
Nov. 15	NCAA West Regionals (6K) <i>Palo Alto, Calif.</i>	10:00 a.m.
Nov. 24	NCAA Championships (6K) <i>Terre Haute, Ind.</i>	12:15 p.m.

All times local and subject to change

Bold indicates the meet of the week

CAPS indicates meet hosted by San Diego State

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Stephanie Armstrong	Jr.-2L	Foothill Ranch, Calif.
Sara Beyers	So.-SQ	Danville, Calif.
Amy Brown	Fr.-RS	Sydney, Australia
Darien Buc	Jr.-1L	Dana Point, Calif.
Melissa Bunn	Fr.-HS	Simi Valley, Calif.
Sara Cunningham	Jr.-SQ	Torrance, Calif.
Alma Escobar	Jr.-JC	Corona, Calif.
Kristin Glen	Sr.-1L	Rancho Santa Margarita, Calif.
Makenzie Mabry	Jr.-1L	La Crescenta, Calif.
Michelle Martinez	So.-SQ	Burbank, Calif.
Andrea Norton	So.-SQ	Sacramento, Calif.
Kelly Oelschlager	Sr.-RS	Irvine, Calif.
Jaclyn Perakis	So.-RS	Pleasanton, Calif.
Lyndsi Riley	So.-JC	Orangevale, Calif.
Alyssa Robinson	Sr.-1L	Ojai, Calif.
Leigh Rutherford	Fr.-HS	San Diego, Calif.
Anne Vieira	Sr.-1L	San Diego, Calif.
Rachel Williams	Jr.-JC	Mt. Hermon, Calif.

Head Coach: Rahn Sheffield, 18th season

Assistant Coach: Jennifer Nanista, 16th season

Volunteer Asst. Coach: Richard Fox, 12th season

AZTECS RETURN TO ACTION THIS WEEK AT TRITON CLASSIC

The San Diego State cross country team returns from a bye week to race at the Triton Classic on Saturday, Oct. 11, at nearby UC San Diego. The 6,000-meter competition is set to begin at 10:15 a.m. PT on the La Jolla, Calif., campus.

SDSU will compete on a course that includes varied terrain on grass and dirt trails with sidewalk. The race is scheduled to start at UCSD's North Campus Athletic Fields and end on the Triton Track. In the past, the meet has brought outstanding racing with teams representing all divisions of college athletics from Arizona, Colorado, Nevada, New York, Oregon, Pennsylvania, Utah, Washington and all of California, to San Diego County to compete for the Classic title.

SDSU, which has not raced since Sept. 27, will be in Sunnyvale, Calif., next weekend for the Bronco Invitational on Oct. 18. The invitational will be the last for the Aztecs before playing host to the Mountain West Conference Championships at Mission Bay Park on Nov. 1.

GLEN POSTS TOP TIME FOR FIRST TIME IN 2008

For the first time this season, senior co-captain Kristin Glen recorded the team's fastest time at a meet after completing the Stanford Invitational in 23 minutes, 20 seconds.

Glen has consistently produced solid times in her final year on campus as she has finished among the team's top three in all four races to date. So far, Glen has finished third on the team once (Fullerton Season Opener), second twice (Aztec Invitational, Big Wave Invitational) and first on one occasion (Stanford Invite).

MARTINEZ MAKING HER WAY UP THE LADDER

Sophomore Michelle Martinez is becoming a staple near the top of the San Diego State results list. In four first-team meets this season, Martinez has finished among the team's top-three twice, with those performances coming at the Aztec (third) and Stanford (third) Invitationals.

Martinez has finished with SDSU's sixth-fastest time on two occasions with the most recent one coming at the Big Wave Invitational. Just making the trip to Hawaii was an accomplishment in itself as only the team's top seven runners were selected to the travel squad that week. The 4K race in the nation's 50th state was the first for Martinez as a member of SDSU.

The Burbank, Calif., native has already established new personal records in both the 5K and 6K with the most impressive being her 6K time. Last year, Martinez's best 6K was

clocked at 24:49.30, but has already run that distance in 23:45.00 this season. In the 5K, Martinez finished with a PR of 19:15.20 in 2007 and has erased that figure with a time of 19:13.00 earlier this year at the Aztec Invitational.

NEW RECORDS SET FOR TRIO ON THE FARM

During San Diego State's trip to Stanford, three additional Aztecs set records of different sorts on that warm Northern California morning.

Junior Darien Buc logged a time of 23:54 to set a new personal course record. Prior to this season, Buc completed the race in a then personal-record 24:00.

The remaining two to enjoy personal-best days were a pair of Saras - Sara Beyers and Sara Cunningham. Beyers eclipsed her previous PR of 25:38.80 set in 2007 and replaced it with a time of 24:11. Cunningham, meanwhile, was 16 seconds faster than her old PR by navigating the course in 24:53.

RELIVING THE UC RIVERSIDE INVITATIONAL

While the SDSU first team was competing at the Stanford Invite, four Aztec runners got some work in at the 5K UC Riverside Invitational.

Junior Makenzie Mabry led the way for San Diego State with a season-best performance of 20:13.00, while freshman Melissa Bunn enjoyed her best day as an Aztec with a personal-record run of 20:23.90.

As for the other two SDSU athletes competing, senior Alyssa Robinson posted a time of 21:03.00, while freshman Leigh Rutherford clocked in with a personal-best effort of 27:50.10 in just her second meet as a collegian and first since Aug. 30 at the Fullerton Season Opener.

San Diego State finished with no team score as it did not send the required amount of runners to field a team score.

LAST YEAR AT THE TRITON CLASSIC

Last season, the San Diego State cross country 'B' team made the short trip north to compete in the Triton Classic and finished the 6K in eighth place after earning 236 points.

SDSU, which had five runners finish within 57 seconds of each other, was led by then freshman Michelle Martinez, who came in 50th place after crossing the finish line in 24:49. Martinez, like the majority of her teammates, was competing in her first 6K of her collegiate career.

Other Aztecs who raced on that day were Sara Cunningham and Sara Beyers. Cunningham recorded a 58th-place time of 25:08, while Beyers navigated the course in 25:38 to finish in 71st.

2008 SDSU TOP TIMES/RECORD BOOK

2008 TOP 10 TIMES -- 4K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams	14:47.81	Big Wave Invitational	Sept. 20
2. Kristin Glen	15:01.20	Big Wave Invitational	Sept. 20
3. Darien Buc	15:14.90	Big Wave Invitational	Sept. 20
4. Sara Beyers	15:30.48	Big Wave Invitational	Sept. 20
5. Kelly Oelschlager	15:35.50	Big Wave Invitational	Sept. 20
6. Michelle Martinez	15:47.40	Big Wave Invitational	Sept. 20
7. Andrea Norton	16:06.74	Big Wave Invitational	Sept. 20

2008 TOP 10 TIMES -- 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Rachel Williams	18:39.00	Aztec Invitational	Sept. 13
2. Kristin Glen	18:52.00	Aztec Invitational	Sept. 13
3. Alma Escobar	19:01.90	Fullerton Season Opener	Aug. 30
4. Rachel Williams	19:07.30	Fullerton Season Opener	Aug. 30
5. Michelle Martinez	19:13.00	Aztec Invitational	Sept. 13
6. Kristin Glen	19:19.40	Fullerton Season Opener	Aug. 30
7. Sara Beyers	19:29.90	Fullerton Season Opener	Aug. 30
8. Darien Buc	19:37.90	Fullerton Season Opener	Aug. 30
9. Michelle Martinez	19:49.80	Fullerton Season Opener	Aug. 30
10. Sara Cunningham	19:55.20	Fullerton Season Opener	Aug. 30

2008 TOP 10 TIMES -- 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Kristin Glen	23:20.00	Stanford Invitational	Sept. 28
2. Michelle Martinez	23:45.00	Stanford Invitational	Sept. 28
3. Darien Buc	23:54.00	Stanford Invitational	Sept. 28
4. Kelly Oelschlager	24:06.00	Stanford Invitational	Sept. 28
5. Sara Beyers	24:11.00	Stanford Invitational	Sept. 28
6. Rachel Williams	24:23.00	Stanford Invitational	Sept. 28
7. Andrea Norton	24:49.00	Stanford Invitational	Sept. 28
8. Sara Cunningham	24:53.00	Stanford Invitational	Sept. 28
9. Anne Vieira	25:33.00	Stanford Invitational	Sept. 28

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

2008 SDSU INDIVIDUAL RESULTS

STEPHANIE ARMSTRONG

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	--	DNC
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:43.00 (4K); 18:45.00 (5K); 23:28.00 (6K)

SARA BEYERS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	34	19:29.90
Sept. 13	Aztec Invitational (5K)	88	19:38.00
Sept. 20	Big Wave Invitational (4K)	19	15:30.48
Sept. 27	Stanford Invitational (6K)	142	24:11.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:30.48 (4K); 19:29.90 (5K); 24:11.00 (6K)

AMY BROWN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	95	21:15.80
Sept. 13	Aztec Invitational (5K)	157	22:14.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 21:15.80 (5K)

DARIEN BUC

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	36	19:37.90
Sept. 13	Aztec Invitational (5K)	100	19:52.00
Sept. 20	Big Wave Invitational (4K)	11	15:14.90
Sept. 27	Stanford Invitational (6K)	129	23:54.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:14.90 (4K); 19:12.00 (5K); 23:40.70 (6K)

MELISSA BUNN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	77	20:47.00
Sept. 13	Aztec Invitational (5K)	136	20:55.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	193	20:23.90
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 20:23.90 (5K)

SARA CUNNINGHAM

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	48	19:55.20
Sept. 13	Aztec Invitational (5K)	114	20:07.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	197	24:53.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 18:56.10 (5K); 24:53.00 (6K)

ALMA ESCOBAR

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	18	19:01.90*
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 19:01.90 (5K)

KRISTIN GLEN

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	29	19:19.40
Sept. 13	Aztec Invitational (5K)	39	18:52.00
Sept. 20	Big Wave Invitational (4K)	9	15:01.20
Sept. 27	Stanford Invitational (6K)	91	23:20.00*
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:01.20 (4K); 18:52.00 (5K); 22:52.00 (6K)

MAKENZIE MABRY

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	101	21:30.90
Sept. 13	Aztec Invitational (5K)	139	21:10.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	178	20:13.00*
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 16:02.00 (4K); 19:11.00 (5K); 23:12.00 (6K)

MICHELLE MARTINEZ

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	44	19:49.80
Sept. 13	Aztec Invitational (5K)	67	19:13.00
Sept. 20	Big Wave Invitational (4K)	24	15:47.40
Sept. 27	Stanford Invitational (6K)	119	23:45.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:47.40 (4K); 19:13.00 (5K); 23:45.00 (6K)

2008 SDSU INDIVIDUAL RESULTS

ANDREA NORTON

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	--	DNC
Sept. 13	Aztec Invitational (5K)	110	20:05.00
Sept. 20	Big Wave Invitational (4K)	32	16:06.74
Sept. 27	Stanford Invitational (6K)	170	24:49.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 16:06.74 (4K); 20:05.00 (5K); 24:49.00 (6K)

KELLY OELSCHLAGER

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	66	20:31.60
Sept. 13	Aztec Invitational (5K)	105	19:57.00
Sept. 20	Big Wave Invitational (4K)	20	15:35.50
Sept. 27	Stanford Invitational (6K)	138	24:06.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:35.50 (4K); 19:57.00 (5K); 24:06.00 (6K)

JACLYN PERAKIS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	123	22:36.50
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 22:36.50 (5K)

ALYSSA ROBINSON

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	62	20:25.80
Sept. 13	Aztec Invitational (5K)	134	20:49.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	233	21:03.00
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:44.00 (4K); 19:28.00 (5K); 24:01.00 (6K)

LEIGH RUTHERFORD

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	141	27:50.10
Sept. 13	Aztec Invitational (5K)	--	DNC
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	--	DNC
	UC Riverside Invitational (5K)	290	22:30.60
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 22:30.60 (5K)

ANNE VIEIRA

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	61	20:24.30
Sept. 13	Aztec Invitational (5K)	113	20:06.00
Sept. 20	Big Wave Invitational (4K)	--	DNC
Sept. 27	Stanford Invitational (6K)	219	25:33.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 15:58.00 (4K); 19:15.00 (5K); 23:48.00 (6K)

RACHEL WILLIAMS

Date	Meet (Distance)	Finish	Time
Aug. 30	Fullerton Season Opener (5K)	22	19:07.30
Sept. 13	Aztec Invitational (5K)	24	18:39.00*
Sept. 20	Big Wave Invitational (4K)	4	14:47.81*
Sept. 27	Stanford Invitational (6K)	152	24:23.00
	UC Riverside Invitational (5K)	--	DNC
Oct. 11	Triton Classic (6K)		
Oct. 18	Bronco Invitational (5K)		
Nov. 1	MWC Championships (6K)		
Nov. 15	NCAA West Regionals (6K)		

Aztec Career Best: 14:47.81 (4K); 18:39.00 (5K); 24:23.00 (6K)

DNC - Did Not Compete; * - Top Aztec Finisher