

CROSS COUNTRY

2007 SCHEDULE

Date	Meet	Time/Result
Sept. 1	Fullerton Season Opener <i>Brea, Calif.</i>	7th of 12 (176 pts.)
Sept. 15	AZTEC INVITATIONAL <i>Balboa Park - San Diego, Calif.</i>	11th of 14 (278 pts.)
Sept. 22	Big Wave Invitational <i>Honolulu, Hawaii</i>	2nd of 7 (60 pts.)
Sept. 29	Stanford Invitational <i>Palo Alto, Calif.</i> UC Riverside Invitational <i>Riverside, Calif.</i>	16th of 28 (434 pts.) 13th of 22 (366 pts.)
Oct. 6	Triton Classic <i>La Jolla, Calif.</i>	8th of 10 (236 pts.)
Oct. 13	Bronco Invitational <i>Sunnyvale, Calif.</i>	13th of 16 (362 pts.)
Oct. 20	Cougar 5K Challenge <i>San Marcos, Calif.</i>	NTS
Oct. 27	MWC CHAMPIONSHIPS <i>Albuquerque, N.M.</i>	11:00 a.m. MT
Nov. 10	NCAA West Regionals <i>Eugene, Ore.</i>	10:00 a.m. PT
Nov. 19	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 meet hosted by San Diego State

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Stephanie Armstrong	So.-1L	Foothill Ranch, Calif.
Lindsay Barajas	So.-SQ	Rancho Cucamonga, Calif.
Sara Beyers	Fr.-HS	Danville, Calif.
Amy Brown	Fr.-HS	Sydney, Australia
Darien Buc	So.-SQ	Dana Point, Calif.
Sara Cunningham	R-So.-HS	Torrance, Calif.
Lindsey Deane	Fr.-HS	Ben Lomond, Calif.
Kristin Glen	Jr.-JC	Rancho Santa Margarita, Calif.
Elizabeth Leonard	Fr.-HS	South Pasadena, Calif.
Makenzie Mabry	So.-SQ	La Crescenta, Calif.
Michelle Martinez	Fr.-HS	Burbank, Calif.
Lisa Naucler	Sr.-2L	Ljusdal, Sweden
Andrea Norton	R-Fr.-HS	Sacramento, Calif.
Kelly Oelschlager	Jr.-JC	Irvine, Calif.
Jaelyn Perakis	R-Fr.-HS	Pleasanton, Calif.
Alyssa Robinson	Jr.-JC	Ojai, Calif.
Anne Vieira	Jr.-SQ	San Diego, Calif.

Head Coach: Rahn Sheffield, 17th season

Assistant Coach: Jennifer Nanista, 15th season

Volunteer Assistant Coach: Richard Fox, 11th season

Aztecs Leave For Albuquerque for MWC Cross Country Championships

San Diego State, which was to play host to the Mountain West Conference Men's and Women's Cross Country Championships this Saturday, Oct. 27 at Mission Bay, will now instead travel to Albuquerque, N.M., for the league meet due to the recent wildfires in San Diego County.

The championships will still be held this Saturday and will take place at the UNM North Golf Course. The men's 8K is slated for a 10 a.m. MT start, with the women's 6K to follow at 11 a.m. MT.

Last weekend, the Aztecs ran in the Cougar 5K Challenge and were led by Lindsay Barajas, who was named MWC athlete of the week on Tuesday. The sophomore from Rancho Cucamonga, Calif., ran a personal-record 19:08.00 to finish in 15th place, her best-ever individual finish. Junior Kristin Glen also had a solid performance as she established an Aztec career best for the second straight week with a time of 19:13.00.

Following the championships, SDSU will return to action Nov. 10, when it competes at the NCAA West Region Championships in Eugene, Ore.



MWC Championships History

This weekend, the Aztecs will be looking to break a disturbing trend. In eight runnings of the MWC cross country championships, the Aztecs have never finished higher than fifth. Throughout the years, SDSU has registered three seventh-place performances (2001, 2002, 2004), finished sixth in 2003, has three fifth-place efforts (1999, 2000, 2005) and came in eighth in 2006.

Former Aztecs Lital Azulay and Marie Nilsson are the only runners to earn all-MWC first-team honors and are the only ones to finish in the top 10. In 2005, Azulay finished fifth with a time of 21:14.20, while Nilsson came in fourth (21:53.00) in 2003. Two years ago, Christal Cuadra walked away with second team honors with a 14th-place performance (23:03.00).

Below is a year-by-year look at SDSU at the MWC Championships:

Year	Team Finish	Top Aztec Finisher (Time)
2006	8th (203 pts.)	30. Celeste Tyson (22:57.00)
2005	5th (134 pts.)	5. Lital Azulay (21:14.20)*
2004	7th (192 pts.)	14. Christal Cuadra (23:03.00)#
2003	6th (143 pts.)	4. Marie Nilsson (21:53.00)*
2002	7th (176 pts.)	22. Jennifer Stakiw (22:36.80)
2001	7th (177 pts.)	32. Alicia Stewart (23:24.00)
2000	5th (166 pts.)	31. Kylie Edwards (23:10.20)
1999	5th (146 pts.)	16. Sophia Hawker (18:36.10)^

* - All-MWC first team, # - All-MWC second team, ^ - 5K race (all others 6K)

Sound Familiar?

Saturday would have marked the second time in the nine-year history of the MWC, that SDSU would have played host to the championships. Similar to this year, wildfires in San Diego County forced the championships to relocate back in 2003. That year, Morley Field was to be the site for the league meet, but wildfires and poor air quality forced the conference to move it to New Mexico.

Looking for More of the Same

The Aztecs have had two bye weeks in 2007 and the results following the week off have been great. After its first bye, which came after the season-opening meet in Fullerton, five of the eight regular 'A'-team runners logged a time that was faster than their last time out. Following its week off three weeks ago, seven of the eight posted their best time of the season at the Bronco Invite. And with most not competing in the Cougar 5K Challenge, the Aztecs are hoping to continue the trend this weekend at the MWC Championships.

Making a Lasting Impression

Sophomore Lindsay Barajas made an exceptional lasting impression at the Cougar 5K Challenge over the weekend as she ran a personal-record time of 19:08.00 in placing 15th. Her individual finish was the best of her Aztec career and her time was more than 32 seconds faster than her previous PR of 19:40.50, set at the UC Riverside Invitational back on Sept. 29.

Glen Going

For the second straight week, Kristin Glen has been on the move. After running 19:16.60 in the first 5K of the season at the Fullerton Season Opener, Glen suffered a setback at the Aztec Invitational, completing the 5,000-meter course in 19:53.00. However, in her last two 5K races, the Rancho Santa Margarita, Calif., native has put together back-to-back Aztec personal-best efforts. After posting a time of 19:16.00 at the Bronco Invite, Glen eclipsed that time by three seconds this past weekend, clocking in at 19:13.00 to finish in 16th place at the Cougar 5K Challenge.



Follow the San Diego State cross country team at www.goaztecs.cstv.com.

2007 SDSU TOP TIMES/RECORD BOOK

2007 TOP 10 TIMES - - 4K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Lisa Naucler	15:13:00	Big Wave Invitational	Sept. 22
2. Stephanie Armstrong	15:43:00	Big Wave Invitational	Sept. 22
3. Darien Buc	15:43:00	Big Wave Invitational	Sept. 22
4. Kristin Glen	15:44:00	Big Wave Invitational	Sept. 22
5. Alyssa Robinson	15:44:00	Big Wave Invitational	Sept. 22
6. Anne Vieira	15:58:00	Big Wave Invitational	Sept. 22
7. Makenzie Mabry	16:02:00	Big Wave Invitational	Sept. 22
8. Andrea Norton	16:28:00	Big Wave Invitational	Sept. 22

2007 TOP 10 TIMES - - 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Lisa Naucler	18:27.00	Bronco Invitational	Oct. 13
2. Stephanie Armstrong	18:45.00	Bronco Invitational	Oct. 13
3. Sara Cunningham	18:56.10	UC Riverside Invitational	Sept. 29
4. Lindsay Barajas	19:08.00	Cougar 5K Challenge	Oct. 20
5. Darien Buc	19:12.00	Bronco Invitational	Oct. 13
6. Lisa Naucler	19:13.80	Fullerton Season Opener	Sept. 1
7. Kristin Glen	19:13.00	Cougar 5K Challenge	Oct. 20
8. Anne Vieira	19:15.00	Bronco Invitational	Oct. 13
9. Michelle Martinez	19:15.20	UC Riverside Invitational	Sept. 29
10. Kristin Glen	19:16.00	Bronco Invitational	Oct. 13
Lisa Naucler	19:16.00	Aztec Invitational	Sept. 15

2007 TOP 10 TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Lisa Naucler	22:06.00	Stanford Invitational	Sept. 29
2. Kristin Glen	22:52.00	Stanford Invitational	Sept. 29
3. Makenzie Mabry	23:12.00	Stanford Invitational	Sept. 29
4. Stephanie Armstrong	23:28.00	Stanford Invitational	Sept. 29
5. Anne Vieira	23:48.00	Stanford Invitational	Sept. 29
6. Darien Buc	24:00.00	Stanford Invitational	Sept. 29
7. Alyssa Robinson	24:01.00	Stanford Invitational	Sept. 29
8. Michelle Martinez	24:49.30	Triton Classic	Oct. 6
9. Elizabeth Leonard	24:56.40	Triton Classic	Oct. 6
10. Sara Cunningham	25:08.90	Triton Classic	Oct. 6

ALL - TIME TOP - IO 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 - IO 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

2007 SDSU INDIVIDUAL RESULTS

Date Meet (Distance) Finish Time

Stephanie Armstrong

Sept. 1	Fullerton Season Opener (5K)	51	20:04.90
Sept. 15	Aztec Invitational (5K)	48	19:29.00
Sept. 22	Big Wave Invitational (4K)	12	15:43:00
Sept. 29	Stanford Invitational (6K)	105	23:28.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	64	18:45.00
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

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

Lindsay Barajas

Sept. 1	Fullerton Season Opener (5K)	110	22:02.80
Sept. 15	Aztec Invitational - Open (5K)	24	20:59.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	106	19:40.50
Oct. 6	Triton Classic (6K)	77	25:46.10
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	15	19:08.00

Aztec Career Best: 19:08.00 (5K); 25:29.40 (6K)

Sara Beyers

Sept. 1	Fullerton Season Opener (5K)	68	20:34.40
Sept. 15	Aztec Invitational (5K)	103	20:46.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	114	19:51.80
Oct. 6	Triton Classic (6K)	71	25:38.80
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	32	20:14.00

Aztec Career Best: 19:51.80 (5K); 25:38.80 (6K)

Amy Brown

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	--	DNC
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	Stanford Invite (6K)/UCR Invite (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

Aztec Career Best: NA

Darien Buc

Sept. 1	Fullerton Season Opener (5K)	85	21:01.40
Sept. 15	Aztec Invitational (5K)	74	20:02.00
Sept. 22	Big Wave Invitational (4K)	13	15:43:00
Sept. 29	Stanford Invitational (6K)	120	24:00.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	88	19:12.00
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

Aztec Career Best: 15:43.00 (4K); 19:12.00 (5K); 24:00.00 (6K)

Sara Cunningham

Sept. 1	Fullerton Season Opener (5K)	90	21:05.50
Sept. 15	Aztec Invitational (5K)	102	20:44.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	58	18:56.10
Oct. 6	Triton Classic (6K)	58	25:08.90
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	23	19:46.00

Aztec Career Best: 18:56.10 (5K); 25:08.90 (6K)

Lindsey Deane

Sept. 1	Fullerton Season Opener (5K)	114	22:31.60
Sept. 15	Aztec Invitational - Open (5K)	39	22:20.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	183	21:41.90
Oct. 6	Triton Classic (6K)	96	28:40.30
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	43	21:42.00

Aztec Career Best: 21:41.90 (5K)

Kristin Glen

Sept. 1	Fullerton Season Opener (5K)	27	19:16.60
Sept. 15	Aztec Invitational (5K)	67	19:53.00
Sept. 22	Big Wave Invitational (4K)	15	15:44:00
Sept. 29	Stanford Invitational (6K)	83	22:52.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	92	19:16.00
Oct. 20	Cougar 5K Challenge (5K)	16	19:13.00

Aztec Career Best: 15:44.00 (4K); 19:13.00 (5K); 22:52.00 (6K)

Elizabeth Leonard

Sept. 1	Fullerton Season Opener (5K)	98	21:17.00
Sept. 15	Aztec Invitational (5K)	111	20:53.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	98	19:27.40
Oct. 6	Triton Classic (6K)	53	24:56.40
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	30	20:05.00

Aztec Career Best: 19:27.40 (5K); 24:56.40 (6K)

Makenzie Mabry

Sept. 1	Fullerton Season Opener (5K)	95	21:12.40
Sept. 15	Aztec Invitational (5K)	91	20:26.00
Sept. 22	Big Wave Invitational (4K)	21	16:02:00
Sept. 29	Stanford Invitational (6K)	95	23:12.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	114	19:51.00
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

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

Michelle Martinez

Sept. 1	Fullerton Season Opener (5K)	89	21:04.90
Sept. 15	Aztec Invitational (5K)	114	21:09.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	81	19:15.20
Oct. 6	Triton Classic (6K)	50	24:49.30
Oct. 13	Bronco Invitational (5K)	120	20:14.00
Oct. 20	Cougar 5K Challenge (5K)	29	20:05.00

Aztec Career Best: 19:15.20 (5K); 24:49.30 (6K)

Lisa Naucner

Sept. 1	Fullerton Season Opener (5K)	25	19:13.80
Sept. 15	Aztec Invitational (5K)	44	19:16.00
Sept. 22	Big Wave Invitational (4K)	8	15:13:00
Sept. 29	Stanford Invitational (6K)	35	22:06.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	51	18:27.00
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

Aztec Career Best: 15:13.00 (4K); 18:02.19 (5K); 22:06.00 (6K)

Andrea Norton

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	81	20:08.00
Sept. 22	Big Wave Invitational (4K)	32	16:28:00
Sept. 29	Stanford Invite (6K)/UCR Invite (5K)	--	DNC

2007 SDSU INDIVIDUAL RESULTS

Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	126	20:31.00
Oct. 20	Cougar 5K Challenge (5K)	33	20:20.00

Aztec Career Best: 16:28.00 (4K); 20:08.00 (5K)

Kelly Oelschlager

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	--	DNC
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

Aztec Career Best: NA

Jaclyn Perakis

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	--	DNC
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	--	DNC
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

Aztec Career Best: NA

Alyssa Robinson

Sept. 1	Fullerton Season Opener (5K)	47	19:58.40
Sept. 15	Aztec Invitational (5K)	73	20:01.00
Sept. 22	Big Wave Invitational (4K)	16	15:44:00
Sept. 29	Stanford Invitational (6K)	122	24:01.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	102	19:28.00
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

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

Anne Vieira

Sept. 1	Fullerton Season Opener (5K)	65	20:32.50
Sept. 15	Aztec Invitational (5K)	95	20:32.00
Sept. 22	Big Wave Invitational (4K)	19	15:58:00
Sept. 29	Stanford Invitational (6K)	116	23:48.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	91	19:15.00
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

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