



2004 SDSU CROSS COUNTRY

Prospectus

Junior
Christal Cuadra



San Diego State Cross Country

General Information

Location San Diego, Calif.
 Enrollment 33,400
 Nickname Aztecs
 Founded 1897
 Colors Scarlet and Black
 Conference Mountain West
 President Dr. Stephen L. Weber
 Director of Athletics Mike Bohn
 Sr. Woman Administrator Kathy Van Wyk

Team Information

Head Coach Rahn Sheffield (SDSU, 1980)
 Assistant Coach Jennifer Nanista (SDSU, 1990)
 Cross Country Office Phone (619) 594-1951
 Nanista's E-mail nanista@mail.sdsu.edu
 Letterwinners Returning/Lost 4/5
 Strength & Conditioning Dave Ohton
 Academic Advisor Bre White
 Athletic Trainer Sara Williamson
 Home Course Balboa Park

Media Information

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2004 Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>
Sept. 4	at Fullerton Opener (Brea, Calif.)	8 a.m.
Sept. 11	at Fresno State Invitational (Fresno, Calif.)	8 a.m.
Sept. 18	60th Annual Aztec Invitational (Balboa Park - San Diego, Calif.)	8 a.m.
Sept. 25	at Stanford Univ. Invitational (Palo Alto, Calif.)	4 p.m.
Oct. 2	at UC Riverside Invitational (Riverside, Calif.)	9 a.m.
Oct. 9	Pre-MWC Championship Meet (Morley Field - San Diego, Calif.)	10 a.m.
Oct. 16	at UNLV Invitational (Las Vegas, Nevada)	8 a.m.
Oct. 30	MWC Championships (Morley Field - San Diego, Calif.)	9 a.m.
Nov. 13	at NCAA Regionals (Fresno, Calif.)	9 a.m.
Nov. 22	at NCAA Finals (Terre Haute, Ind.)	10 a.m.

Home meets in bold. Times local to site.

2004 Roster

<u>Athlete</u>	<u>Ht.</u>	<u>Yr.</u>	<u>Exp.</u>	<u>Hometown (Previous School)</u>
Ali Baker	5-5	So.	SQ.	Pine Valley, Calif. (Mountain Empire HS)
Sara Cates	5-5	So.	1V	Carlsbad, Calif. (Carlsbad HS)
Christal Cuadra	5-7	Jr.	2V	Honolulu, Hawai'i (Maryknoll HS)
Brookie Dettermann	5-6	Fr.	HS	Santa Cruz, Calif. (Soquel HS)
Jackie Duncan	5-6	Jr.	SQ	Syracuse, New York (Liverpool HS)
Christian Fairing	5-6	So.	1V	Irvine, Calif. (Woodbridge HS)
Emily Joller	5-5	Sr.	SQ	Rancho Bernardo, Calif. (Rancho Bernardo HS)
Briana Powell	5-4	Fr.	HS	Long Beach, Calif. (Long Beach Polytechnic)
Jamillah Titus	5-8	Jr.	1V	American Canyon, Calif. (Vintage HS)
Celeste Tyson	5-1	So.	1V	Austin, Texas (McNeil HS)
Anne Vieira	5-4	Fr.	HS	San Diego, Calif. (Point Loma HS)
Head Coach: Rahn Sheffield, 14th season		Assistant Coach: Jennifer Nanista, 12th season		

San Diego State Cross Country

2004 Season Outlook

Despite losing four of its top-seven runners from a year ago, this season's Aztec cross country team is expected to rely heavily on its depth. Three of the top five runners at the last year's season-ending NCAA West Regional Meet return to the Montezuma Mesa and the newcomers should make an immediate impact on the 2004 team.

Under coaches Rahn Sheffield and Jennifer Nanista, the Aztecs are poised to improve from a season ago in a conference that includes four-time national champion BYU.

"We would like to finish in the middle of the pack at the (Mountain West) Conference championships," Nanista said. "Our strength will be our depth. If we can stay consistent and keep the group running as a pack, we'll do well."

Junior captain Christal Cuadra is the top returning Aztec from a season ago. Cuadra was the top-Aztec finisher at the Cal State Fullerton Invitational and placed in the No. 2 spot in five of her eight races.

"Christal is showing herself to be a leader and is our team captain," Nanista said. "She worked hard in the summer and is in great shape heading into the season."

Sophomores Sara Cates and Christian Fairing are the other returning letterwinners for SDSU. Cates finished No. 4 on the team at the NCAA west regional meet and fifth in the UC Riverside and Pre-Mountain West Conference meets, while Fairing was the No. 4 finisher on the team twice and fifth on the squad five times in 2003.

Also returning to the Mesa is senior Emily Joller, juniors Jackie Duncan and Jamillah Titus and sophomores Ali Baker and Celeste Tyson.

Three newcomers joining the squad include freshmen Brookie Dettermann, Briana Powell and Anne Vieira.

"Brookie (Dettermann) did well at camp (Big Bear, Calif.) and at our first meet (third on team)", said Nanista. "She challenges herself to be in the front in every workout and I think her hard work will pay off. The other freshmen will also come into their own by the end of the season."

The 2004 Aztec cross country schedule is highlighted by three home meets, including the Mountain West Conference championship, set for Oct. 30, at Morley Field. This is the first time San Diego State has played host to the MWC meet in the league's six-year history.

The Aztecs were 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 to Albuquerque, N.M.

"We'll have a fighting chance since we know our course so well," said Nanista. "It's nice to be at home and we'll get an opportunity to train on the course throughout the season. Also, the weather will be nice and we won't have to deal with freezing temperatures like in the past."

2003 Season Review



Freshman Sara Cates finished 135th at last season's NCAA regional meet.

The San Diego State women's cross country squad put together one of its finest seasons in recent memory in 2003 with the help of a talented newcomer and a deep supporting cast.

The Aztecs made improvements at both the Mountain West Conference and NCAA Regional meets, finishing in the top six in seven of its 10 races.

The year was highlighted by the program's first team title in three seasons, as five runners finished in the top 11 at the Long Beach State Invite.

SDSU also placed in the top three at two other meets, the Hawai'i

Big Wave Invitational and UCSD's Triton Classic.

In her only season as an Aztec, senior Marie Nilsson, a transfer from Oklahoma State, made her case as one of the best in SDSU program history. Nilsson logged three of the school's top-four 6K times, including a school record of 21:04 at the NCAA regional meet. She also was the team's top finisher in every race she competed in, tallying five, top-seven individual finishes. She ended with a spot on the seven-runner MWC first team, a first in program history, and earned all-region honors with her top-25 finish.

Junior Christian Cuadra was the Aztecs' No. 2 runner for most of the season. She finished the year with her fastest 6K time of her career at the NCAA regional meet, completing the race in 22:25.

Senior Kylie Edwards tallied the fifth best 6K effort in school history at the west regional of 22:09 (55th), while true freshman Sara Cates (135th, 23:24) and redshirt freshman Christian Fairing (143rd, 23:31) rounded out the top-5.

2003 Results

<u>Date</u>	<u>Meet</u>	<u>Place/Tms.</u>
Aug. 30	CSU Fullerton Invitational	6th of 14 (164 pts)
Sept. 13	Aztec Invitational	6th of 14 (156 pts)
Sept. 20	UC Riverside Invitational	11th of 14 (297 pts)
Sept. 20	Hawai'i Invitational	t3rd of 11 (122 pts)
Sept. 27	Stanford Invitational	12th of 26 (314 pts)
Oct. 4	Pre-MWC Meet	6th of 6 (160 pts)
Oct. 11	UCSD Triton Classic	3rd of 21 (94 pts)
Oct. 18	Long Beach Invitational	1st of 9 (27 pts)
Nov. 1	MWC Championships	6th of 8 (143 pts)
Nov. 15	NCAA Regionals	15th of 31 (415 pts)

2004 Prospectus

San Diego State Cross Country



Assistant Coach Jennifer Nanista
12th Season at San Diego State
San Diego State, B.S. '90, M.S. '97

Jennifer Nanista begins her 12th season as an assistant coach at San Diego State. In the fall, she heads the Aztecs' cross country team, while during the track season, Nanista is in charge of the team's middle distance and distance runners. In addition, Nanista is involved with every facet of the Aztec program, including academics, recruiting, fundraising, meet management and all administrative aspects.

One of the best middle distance runners to ever don the scarlet and black, she finished second in the 800 meters at both the 1989 and 1990 Big West Conference championships. She also helped lead the Aztecs to a third-place team finish in 1990. Her career best time of 2:11.83 in the 800 was one of the fastest times in school history. Nanista also competed at Mesa Junior College under former Aztec great Arnie Robinson, before transferring to SDSU.

That competitive spirit has carried over to her coaching. In 2003, she directed the SDSU cross country squad to one of its finest seasons in recent memory. The Aztecs made improvements at both the Mountain West Conference and NCAA Regional meets, finishing in the top six in seven of its 10 races.

The year was highlighted by the program's first team title in three seasons, as five runners finished in the top 11 at the Long Beach State Invitational. SDSU also placed in the top three at two other meets, the Hawai'i Big Wave Invitational and UCSD's Triton Classic.

Individually, Nanista coached newcomer Marie Nilsson to three of the school's top-four 6K times in 2003, including an SDSU record of 21:04 at the NCAA regional meet. Nilsson was the team's top finisher in every race in which she competed, tallying five, top-seven individual finishes.

Nilsson also became the first Aztec to earn Mountain West Conference Runner of the Week honors twice in a season. She followed that up with a spot on the seven-runner MWC first team, a first in program history, and made the NCAA all-west region squad.

In 1999, Nanista coached Sophia Hawker to an NCAA Cross Country Championships qualifying berth, becoming the first Aztec to compete at the national meet in 18 years. Hawker was also a 1999 first-team all-region selection.

Nanista continues to compete as a member of the Sheffield Elite Track Club. She has won races at the Occidental Invitational, the UC San Diego Invitational and was a runner-up at the Baldy Castillo Invite. Her personal record in the 800 meters currently stands at 2:08.10. Nanista's résumé also includes a runner-up finish in the Arturo Barrios 5K Road Race in nearby Chula Vista, Calif.

A native of Golden, Colo., Nanista earned a bachelor of science in financial services in 1990 and in 1997 completed her master's of science in marketing at SDSU.



Volunteer Assistant Coach Rich Fox
Eighth Season at San Diego State
San Diego State, B.S. '92, M.S. '04

Richard Fox enters his eighth season as an assistant coach at San Diego State. In 1998 when the NCAA implemented the pole vault for women, Fox became a member of the Aztec staff as a volunteer coach. Since then, Fox has brought SDSU to the forefront in collegiate pole vaulting as one of the nation's premier programs.

In 2003, Fox's duties with the Aztecs also included working as an assistant coach with the cross country squad. SDSU improved both its conference and NCAA regional finishes and had one runner, Marie Nilsson, earn first team all-MWC and all-district honors.

Fox's pole vaulters have posted tremendous success over the past seven years. SDSU has had 26 all-conference performances, won three MWC titles, provisionally qualified for the NCAAs 21 times and sent three to the national meet, with one earning All-America honors. The Aztecs have also broken the indoor and outdoor school records on numerous occasions and have set both the MWC championship meet and overall conference records.

Fox was a four-year track and field team member and varsity letterwinner at San Diego State from 1988-1992. He is a 1992 graduate of SDSU with a bachelor of science in finance and is currently seeking his master of science in criminal justice with an expected graduation date of December 2004.

Fox was a special agent with the Drug Enforcement Agency (DEA) for one year and has been with the San Diego Police Department as an officer since 1994, where he works patrol in the Mid-City Division.

He also spends time volunteering with the San Diego Association for track and field officials and is a certified member as a USATF official. Fox completed an open 5K road run in 18:34 in 2003.

San Diego State Cross Country

2004 Aztec Bios



Ali Baker
So. • 5-4 • SQ
Pine Valley, Calif. (Mountain Empire HS)

2003 (Freshman): Competed in six meets as a true freshman ... Finished in the No. 3 spot and 35th overall in the Pre-MWC meet on Oct. 4 ... Had a season-best 5K time of 19:59.70 at the UC Riverside Invitational on Sept. 20.

High School: Four-year letterwinner in both cross country and track at Mountain Empire High School ... Led her cross country squad to four league titles and two runner-up finishes at CIFs ... Two-time league individual champion as a junior and senior ... Three-time team MVP ... Ran both the 800 and the 1600 in track ... Three-time CIF finalist in the 1600-meter race ... Also lettered in basketball.

Personal: Alison Jean Baker was born September 1, 1985, in La Mesa, Calif. ... Daughter of Nancy and Allen Baker ... Majoring in exercise and nutritional sciences with plans to become a physical therapist.



Sara Cates
Sophomore • 5-5 • 1V
Carlsbad, Calif. (Carlsbad HS)

2003 (Freshman): Saw action in seven meets in 2003 ... Finished No. 4 on the team at the NCAA west regional meet and fifth in the UC Riverside and Pre-Mountain West Conference meets ... Posted Aztec career-best times of 20:15.40 in the 5K at UC Riverside on Sept. 20 and 23:24.00 in the 6K at NCAA west regionals on Nov. 15 ... Also competed in the MWC championships (48th).

High School: Earned 13 varsity letters in cross country, track, soccer and swimming at Carlsbad High School ... helped the cross country squad to two runner-up finishes at the CIF meet and a pair of top-12 finishes at the state meet ... Garnered team MVP honors and was a second-team all-league selection as a junior ... Placed ninth individually at the CIF meet her junior season ... Served as the team captain of the soccer team.

Personal: Sara Michelle Cates was born June 19, 1985, in La Jolla, Calif. ... Daughter of Mike and Sue Cates ... Has one brother and one sister ... Parents are both SDSU alums ... Majoring in exercise and nutritional sciences with an emphasis in physical therapy.



Christal Cuadra
Junior • 5-7 • 2V
Honolulu, Hawaii (Mary Knoll HS)

2003 (Sophomore): Ran in eight races in 2003 ... was the top Aztec finisher at the CS Fullerton meet on Aug. 30 (fourth overall) ... finished in the No. 2 spot for the Aztecs in five of her eight races ... took fifth at the Long Beach Invitational and 13th at the UCSD Invitational ... posted a Aztec career-best 5k time of 18:39.80 at the CS Fullerton ... competed in the Mountain West Conference (42nd) and the NCAA west regional meet (70th) ... set a personal-best time of 22:25 in the NCAA west regional meet on Nov. 15.

2002 (Freshman): Competed in seven of the team's eight cross country meets ... finished in the No. 2 spot for the Aztecs in four of her seven races ... scored a pair of 17th-place finishes in back-to-back meets at the Aztec Invite and in her home state of Hawai'i at the Hawai'i Invitational ... posted her best 5K time of 19:08.00 at the Aztec Invitational on Sept. 14 ... competed in the MWC (56th) and the NCAA west regional meet (85th).

High School: Attended Mary Knoll High School where she was a four-time letterwinner ... Cross Country league champion ... Also league champ in the 3,000 and 1,500 meters... 2001 Hawaii State Cross Country Champion ... Coached by her father, Greg Cuadra ... 5K personal record stands at 17:28.

Personal: Christal Park Cuadra was born on Feb. 9, 1984, in Honolulu, Hawaii ... Daughter of Kisun and Greg Cuadra ... majoring in economics.



San Diego State Cross Country



Brookie Detterman
So. • 5-6 • SQ
Syracuse, N.Y. (Liverpool HS)

High School: Attended Soquel High School where she was a four-time letterwinner ... MVP and team captain senior year ... coached by Brian De Diego ... personal records of 5:03 in the 1,500 and 11:51 in the 3,200.
Personal: Margaret Brooke Detterman was born on Feb. 28, 1986, in Santa Cruz, Calif. ... daughter of Helen C. Detterman ... undecided on a major.



Jackie Duncan
Jr. • 5-6 • SQ
Syracuse, N.Y. (Liverpool HS)

2003 (Sophomore): Competed in six races as a sophomore ... finished 37th in the Pre-Mountain West Conference championship meet on Oct. 4 ... Set a personal best in the 5K at the UC Riverside Invitational on Sept. 20 (20:43.90).

2002 (Freshman): Set a personal best at the CSU Fullerton Invitational (22:16.20).

High School: Was a two-year letterwinner at Liverpool High School in New York ... All-League selection ... Also competed in tennis and synchronized swimming for the Warriors. **Personal:** Jacqueline Cheney Duncan was born on Sept. 17, 1983, in Syracuse, New York ... Parents are Margo Cheney and Joseph Duncan ... Enjoys playing the piano and traveling ... Is fluent in Spanish ... Majoring in international business.



Christian Fairing
So. • 5-6 • 1V
Irvine, Calif. (Woodbridge HS)

2003 (Freshman): Competed in eight of 10 possible races as an Aztec ... finished No. 4 on the team twice and fifth on the squad five times in 2003 ... placed 11th overall in the Long Beach Invitational on Oct. 18 ... posted a personal best 5K time of 19:55.00 at the CS Fullerton Invitational on Aug. 30.

2002: Redshirted the cross country campaign ... Competed in one race at the Long Beach Invitational (21:25.00).

High School: Four-year letterwinner at Woodbridge High ... Member of the 1999 State Championship team ... Also competed in track.

Personal: Christian Emily Fairing was born on July 29, 1984, in Newport Beach ... Daughter of Emily Fairing ... Majoring in communications with plans to become a news-caster.



Emily Joller
Sr. • 5-5 • SQ
Rancho Bernardo, Calif. (R.B. HS)

2003: Did not compete.

2002 (Sophomore): Competed in five races for the cross country team ... set a personal best at the CSU Fullerton Invitational (21:57.50).

2001 (Freshman): Ran season best time of 21:54 at the UC Riverside Invitational ... also competed at the CSU Fullerton and Long Beach Invites ... made consistent improvement as the year progressed.

High School: Four-year cross country and track letterwinner at Rancho Bernardo High ... four-time all-Palomar League pick ... received the Silver Star award for maintaining a 4.0 grade-point average ... was student of the month her senior year ... member of the varsity club.

Personal: Emily Renee Joller was born Oct. 26, 1982, in Patuxent River, Md., to Walter and Sue Joller ... enjoys running and spending time with friends ... majoring in hospitality and tourism management.

San Diego State Cross Country



Briana Powell
Fr. • 5-6 • RS
Irvine, Calif. (Woodbridge HS)

High School: Four-year letterwinner at Long Beach Poly ... member of the 2003 state championship cross country team ... cross country team finished the season ranked-10th nationally ... also competed in track and field ... member of the 3,200-relay team who set a national record in 2004 ... named who's who in track and field ... has personal record times of 2:14 in the 800, 5:11 in the mile and 18:37 in the 3-mile.

Personal: Briana Monique Powell was born on Oct. 9, 1986, in Long Beach, Calif. ... daughter of Dwayne and Alicia Powell ... undecided on a major.



Jamillah Titus
Jr. • 5-8 • 1V
American Canyon, Calif. (Vintage HS)

2003 (Sophomore): Competed in six meets as a sophomore ... Aztec top finisher in the UC Riverside Invitational (67th) and the Long Beach State Invitational (57th).

2002 (Freshman): Ran in eight cross country meets in her first year at San Diego State ... had one top 20 finish, placing 18th at the Aztec Invitational with a time of 19:11 ... season-best 5K time at the Long Beach Invitational, placing 20th in 18:46 ... stepped up to lead the Aztecs at the NCAA west regionals and was the No. 3 finisher for the squad in five other races.

High School: Four-year letterwinner at Vintage High in Napa ... Honored with Athlete of the Year by the high school, as well as the local newspaper ... State champion in the 800-meters ... Also played basketball and was a member of the swim team.

Personal: Jamillah Danyae Titus was born on Nov. 30, 1984 to Cassandra and Victor Titus ... Majoring in psychology with aspirations of becoming a child psychologist.



Celeste Tyson
So. • 5-1 • 1L
Austin, Texas (McNeil HS)

2003 (Freshman): Ran in six meets for the Aztecs ... finished in the top-40 twice in the season, taking 37th in the Aztec Invitational on Sept. 13 and 39th in the Hawai'i Big Wave Invitational on Sept. 20 ... set Aztec career best time of

19:46 in the 5K at the Aztec Invitational ... competed in the Mountain West Conference championships (58th).

High School: Earned 10 letters in three sports at McNeil High School in Austin, Texas ... Four-time letterwinner in cross country and track ... Finished in the top 10 at the Texas state cross country meet as a senior ... Top 20 finisher at the regional level as a sophomore and junior ... captained her team to a league title as a junior and a runner-up finish as a sophomore ... Trained for three years in both the 800 and 1600 under Traci Neely, competing unattached.

Personal: Celeste Nicole Tyson was born February 27, 1985, in Corpus Christi, Texas ... Daughter of Coral and Karl Tyson ... Is an only child ... Undecided on a major.



Anne Vieira
Fr. • 5-4 • HS
San Diego, Calif. (Point Loma HS)

High School: Four-year letterwinner at Point Loma High School in cross country and track and field ... also competed in water polo for two years ... all-Eastern in junior and senior years ... team won league championship twice under coach Rob Barnett ... league champion in pole vault in 2003 ... 5K personal best time stands at 19:52.

Personal: Anne Elizabeth Vieira was born on Sept. 10, 1986, in San Diego, Calif. ... daughter of Glen and Lisa Vieira ... intended major is accounting and international business with career plans to be an international certified personal accountant.

San Diego State Cross Country

2003 Top-10 Times (5K)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Marie Nilsson	18:23.00	Aztec Invitational	9/13/03
2. Christal Cuadra	18:39.80	CSU Fullerton Invitational	8/30/03
3. Christal Cuadra	19:07.00	Aztec Invitational	9/13/03
4. Allison Brown	19:18.30	CSU Fullerton Invitational	8/30/03
5. Jamillah Titus	19:45.00	UC Riverside Invitational	9/20/03
6. Celeste Tyson	19:46.00	Aztec Invitational	9/13/03
7. Emily Wynne	19:48.00	UC Riverside Invitational	9/20/03
8. Angie Fitzpatrick	19:51.40	UC Riverside Invitational	9/20/03
9. Tina Fodor	19:54.50	CSU Fullerton Invitational	8/30/03
10. Christian Fairing	19:55.00	CSU Fullerton Invitational	8/30/03

2003 Top-10 Times (6K)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Marie Nilsson	21:04.00	NCAA West Regionals	11/15/03
2. Marie Nilsson	21:53.00	MWC Championships	11/01/03
Marie Nilsson	21:53.00	Stanford Invitational	9/27/03
4. Kylie Edwards	22:09.00	NCAA West Regionals	11/15/03
5. Marie Nilsson	22:20.00	Long Beach Invitational	10/18/03
6. Christal Cuadra	22:25.00	NCAA West Regionals	11/15/03
7. Marie Nilsson	22:30.00	UCSD Triton Classic	10/11/03
8. Christal Cuadra	22:32.00	Stanford Invitational	9/27/03
9. Christal Cuadra	22:54.00	Long Beach Invitational	10/18/03
10. Christal Cuadra	23:00.60	UCSD Triton Classic	10/11/03

All-Time Top-10 5K Times

<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. Monica Joyce	17:05.00	UCLA Invitational	1981
6. Lynn Kanuka	17:07.30	WCAA Championships	1981
7. Eva Enstrom	17:08.00	District 8 Championships	1981
8. Laurie Crisp	17:09.00	UCLA Invitational	1982
9. Laurie Crisp	17:14.00	District 8 Championships	1982
10. Lynn Kanuka	17:20.00	UCLA Invitational	1981
Lynn Kanuka	17:20.00	UC Riverside Invitational	1979

All-Time Top-10 6K Times

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Marie Nilsson	21:04.00	NCAA West Regionals	2003
2. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
3. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
5. Kylie Edwards	22:09.00	NCAA West Regionals	2003
6. Alicia Stewart	22:12.00	Stanford Invitational	2002
7. Marie Nilsson	22:20.00	Long Beach Invitational	2003
8. Christal Cuadra	22:25.00	NCAA West Regionals	2003
9. Marie Nilsson	22:30.00	UCSD Triton Classic	2003
10. Christal Cuadra	22:32.00	Stanford Invitational	2003