



# SAN DIEGO STATE AZTECS

## 2017 Cross Country Weekly Notes

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### Schedule/Results

#### September

2	Mark Covert Classic (5K)	3rd/4 (87 pts.)
	Brea, Calif. (Carbon Canyon Regional Park)	
16	UC Riverside Invitational (6K)	12th/17 (548 pts.)
	Riverside, Calif. (UCR Ag Ops Course)	
23	UNLV Invitational (5K)	5th/5 (94 pts.)
	Las Vegas, Nev. (Craig Ranch Regional Park)	
30	Capital Cross Challenge (6K)	9th/11 (457 pts.)
	Sacramento, Calif. (Haggin Oaks Golf Complex)	

#### October

14	Highlander Invitational (5K)	8:30 a.m. PT
	Riverside, Calif. (UCR Ag Ops Course)	
27	Mountain West Championships (6K)	10:45 a.m. MT
	UNM North Golf Course	

#### November

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

### 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 Highlander Invitational (5K)

Saturday, Oct. 14 | 8:30 a.m. PT | UCR AgOps Course | Riverside, Calif.

#### Highlander Invitational Preview

San Diego State cross country will look to defend its title as the Highlander Invitational (5K) reigning champion at the 2017 iteration of the meet on Sat., Oct. 14, hosted by UC Riverside.

The women's 5K will start at 8:30 a.m. PT and follows the men's 6K, which is set for 8 a.m. PT.

The meet will be held at the UCR AgOps Course, which is adjacent to the UCR campus on the corner of Martin Luther King Boulevard and Canyon Crest Drive. General parking is available at UCR Lot 30 for \$5. From the 215/60 freeway, exit Martin Luther King and go west. Pass through the Canyon Crest traffic light and make a right into UCR Lot 30.

The UC Riverside course is mostly flat with a few rolling hills, winding through orange groves and eucalyptus trees. It has hard-packed dirt with pre-competition watering to reduce dust.

The Aztecs and host Highlanders will be joined by Division I squads from CSUN, Long Beach State, UC Irvine, UNLV and USC. Also competing in the meet are teams from College of the Canyons, San Bernadino Valley College and UC Merced.

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

San Diego State is the reigning Highlander Invitational Division I champion, winning last year's meet by beating out Cal State Fullerton, UC Riverside, UC Irvine, USC, Cal State Northridge and Long Beach State.

Christine Kent raced to the eighth-best time in San Diego State cross country history with her second-place finish. The senior from San Diego finished just :01.45 second out of the top spot, earned by Faith Makau of the host UC Riverside (17:06.14).

Classmate Angel Bucci bested her own PR by 1:06, finishing the race in 17:42.73 for seventh. Junior Lily Seynaeve also recorded a PR, logging a 17:45.16 time for eighth (previous PR was 18:14.5). Elaine Ribeiro posted an 18:02.93 mark for 14th, followed closely by Cassidy Towner in 15th (18:05.3). Cali King (18:43.72, 35th) and Cindy Flores (18:49.52, 40th) rounded out the Aztecs' finishers.

#### Capital Cross Challenge Recap

San Diego State cross country raced to a ninth-place finish at Sacramento's Capital Cross Challenge on Sat., Sept. 30, led by senior Lily Seynaeve.

"Lily had a nice race today, getting a PR on this course," head distance coach Robert Lusitana said. "The other four ran as a pack and did a good job working together. Three meets in a row is difficult but we are pointing towards regionals in November."

At Haggin Oaks Golf Complex, Seynaeve placed 17th after crossing the finish line in 21:32.0, just two seconds off her 6K collegiate best of 21:30.00, which she set earlier this year at the UC Riverside Invitational. This is the second consecutive meet in which Seynaeve has finished among the race's top 20 Division I participants after placing eighth at the UNLV Invitational (5K) last week.

Classmate Cindy Flores was the Aztecs' next finisher, clocking in at 23:27.3 for 75th. Freshman Renee Phillips recorded a 23:30.3 time, taking 80th among Division I athletes. Junior Chrissy Calain finished the race in 23:40.7, the 82nd-best time. Freshman McKenzie Mora finished just behind her, rounding out SDSU's finishers at 23:42.1 for 83rd.

## 2017 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 2	~ Mark Covert Classic (5K) <i>Top Five:</i> Seynaeve, Flores, Phillips, Mora, Calain	3rd / 4 teams	2:22.2	N/A	Lily Seynaeve (18:51.6)
Sept. 16	! UC Riverside Invitational (6K) <i>Top Five:</i> Seynaeve, Mora, Flores, Phillips, Calain	12th / 17 teams	2:21.2	N/A	Lily Seynaeve (21:30.0)
Sept. 23	@ UNLV Invitational (5K) <i>Top Five:</i> Seynaeve, Mora, Flores, Calain, Phillips	5th/5 teams	1:31	N/A	Lily Seynaeve (18:03)
Sept. 30	# Capital Cross Challenge (6K) <i>Top Five:</i> Seynaeve, Flores, Phillips, Calain, Mora	9th/14 teams	2:10.1	N/A	Lily Seynaeve (21:32.0)

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

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

@ UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.

# 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 UNM North Golf Course in Albuquerque, N.M.

^ NCAA West Regional at Jefferson Golf Course in Seattle, Wash.

# 2017 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

## Chrissy Calain (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8
Sept. 16	UC Riverside Invitational 6K	159th/191	23:51.2
Sept. 23	UNLV Invitational 5K	35th/66	19:26
Sept. 30	Capital Cross Challenge 6K	82nd/111	23:40.7

**Collegiate Career Best: 5K - 19:26; 6K - 21:17.96**

## Cindy Flores (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	29th/146	19:43.2
Sept. 16	UC Riverside Invitational	159th/191	22:17.6
Sept. 23	UNLV Invitational	32nd/66	19:12
Sept. 30	Capital Cross Challenge 6K	75th/111	23:27.3

**Collegiate Career Best: 5K - 18:43; 6K - 21:51.0**

## Mackenzie Mora (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	39th/146	19:54.4
Sept. 16	UC Riverside Invitational	88th/191	22:01.8
Sept. 23	UNLV Invitational	14th/66	18:28
Sept. 30	Capital Cross Challenge 6K	83rd/111	23:42.1

**Collegiate Career Best: 5K - 18:28; 6K - 22:01.8**

## Renee Phillips (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	31st/146	19:44.5
Sept. 16	UC Riverside Invitational	141st/191	23:08.5
Sept. 23	UNLV Invitational	37th/66	19:34
Sept. 30	Capital Cross Challenge 6K	80th/111	23:30.3

**Collegiate Career Best: 5K - 19:34; 6K - 23:08.5**

## Lily Seynaeve (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8
Sept. 16	UC Riverside Invitational	55th/191	21:30.0
Sept. 23	UNLV Invitational	8th/66	18:03
Sept. 30	Capital Cross Challenge 6K	17th/111	21:32.0

**Collegiate Career Best: 5K - 18:03; 6K - 21:30.0**

# 2017 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2017 Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	18:03	UNLV Invitational	Sept. 23
2. Cindy Flores (Sr.)	19:12	UNLV Invitational	Sept. 23
3. Renee Phillips (Fr.)	19:34	UNLV Invitational	Sept. 23
4. Mackenzie Mora (Fr.)	18:28	UNLV Invitational	Sept. 23
5. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 2
6. Chrissy Calain (Jr.)	19:26	UNLV Invitational	Sept. 23
7. Cindy Flores (Sr.)	19:43.2	Mark Covert Classic	Sept. 2
8. Renee Phillips (Fr.)	19:44.5	Mark Covert Classic	Sept. 2
9. Mackenzie Mora (Fr.)	19:54.4	Mark Covert Classic	Sept. 2
10. Chrissy Calain (Jr.)	21:13.8	Mark Covert Classic	Sept. 2

## 2017 Top-10 Times -- 5K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	18:03	UNLV Invitational	Sept. 23
2. Cindy Flores (Sr.)	19:12	UNLV Invitational	Sept. 23
3. Renee Phillips (Fr.)	19:34	UNLV Invitational	Sept. 23
4. Mackenzie Mora (Fr.)	18:28	UNLV Invitational	Sept. 23
5. Chrissy Calain (Jr.)	19:26	UNLV Invitational	Sept. 23

## 2017 Top-10 Times -- 6K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Lily Seynaeve (Sr.)	21:32.0	Capital Cross Challenge	Sept. 30
3. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
4. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
5. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
6. Cindy Flores (Sr.)	23:27.3	Capital Cross Challenge	Sept. 30
7. Renee Phillips (Fr.)	23:30.3	Capital Cross Challenge	Sept. 30
8. Chrissy Calain (Jr.)	23:40.7	Capital Cross Challenge	Sept. 30
9. Mackenzie Mora (Fr.)	23:42.1	Capital Cross Challenge	Sept. 30
10. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

## 2017 Top-10 Times -- 6K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
3. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
4. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
5. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

# ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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
8. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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
4. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
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. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
7. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
10. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
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. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
5. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
6. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
7. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
8. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
9. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
10. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012