



SAN DIEGO STATE AZTECS

2016 Cross Country Weekly Notes

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Schedule/Results

Overall: 33-48 | **Mountain West:** 2-0

September

- 3 Mark Covert Classic (5K) 2nd/4 teams; 47 pts.
Brea, Calif. (Carbon Canyon Regional Park)
- 17 UC Riverside Invitational (6K) 5th/10 teams; 148 pts.
Riverside, Calif. (UCR Ag Ops Course)
- 23 72nd Annual Aztec Invitational (5K) 1st/2 teams; 23 pts.
San Diego, Calif. (Tecolote Shores - Mission Bay)

October

- 1 Capital Cross Challenge (6K) 11th/19 teams; 260 points
Sacramento, Calif. (Haggin Oaks Golf Complex)
- 15 Highlander Invitational (5K) 1st/7 teams; 46 pts.
Riverside, Calif. (UCR Ag Ops Course)
- 28 Mountain West Championship (6K) 9th/11 teams; 261 pts.
Kuna, Idaho (Falcon Crest Golf Club)

November

- 11 NCAA West Regional (6K) 26th/35 teams; 681 pts.
Sacramento, Calif. (Haggin Oaks Golf Complex)

Roster

Name	Year	Hometown (Last School)
Angel Bucci	Senior	Upper Darby, Pa. (UMBC)
Chrissy Calain	Sophomore	Temecula, Calif. (Arizona)
Cindy Flores	Junior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Christine Kent	Senior	San Diego, Calif. (South Carolina)
Cali King	Senior	La Crescenta, Calif. (Crescenta Valley HS)
Mary Kunigan	Freshman	Rochester, N.Y. (Hilton HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Elaine Ribeiro	Senior	La Mesa, Calif. (Helix HS)
Lily Seynaeve	Sophomore	Corona, Calif. (Santiago HS)
Cassidy Towner	Junior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

Head Coach: Shelia Burrell (UCLA, 1995), eighth season

Assistant Coach: Karoly Varga (Louisiana Tech, 2005), second season

2016 Season 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 this season by Kent and classmate Elaine Ribeiro, who finished 1-2 on the team in four of seven races this year. Each earned a second place finish (Kent – Highlander Invitational; Ribeiro – 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.

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

NCAA West Regional (6K) Recap

San Diego State cross country raced to the second fastest NCAA Regional 6K time in program history with its 22:12.06 average time and earned a 26th-place finish at the NCAA West Regional.

The Aztecs' finish at Sacramento's Haggin Oaks Golf Complex was also the sixth best 6,000-meter time in 16 years.

SDSU was led by Kent, whose 21:30.4 time was good for 90th out of 238 finishers. The San Diego native was her team's top finisher in five of seven races this year.

For the second consecutive race, Lily Seynaeve was the Aztecs' No. 2 finisher, running the course in 21:39.6 and 104th place.

Running a course PR was Cassidy Towner, whose 22:01.9 run for 130th place was a 1.9-second improvement. Ribeiro was San Diego State's fourth finisher in 165th (22:35.4). Besting her course PR by 17.4 seconds was Angel Bucci (23:13.0, 195th), while Cali King (23:34.8, 204th) rounded out the Aztecs' finishers.

The Scarlet and Black's 681 points was 26th-best out of 35 programs. San Diego State beat out Sacramento State (695), UC Riverside (716), UNLV (827), UC Irvine (831), Portland State (841), Cal State Northridge (906), Pacific (986), Santa Clara (1,000) and Long Beach State (1,056).

No. 7 Stanford won the NCAA West Regional with 71 points and a 19:57 average time. No. 4 Washington (88), No. 16 San Francisco (101), No. 11 Oregon (107) and Portland (130) comprised the top five. Washington's Amy-Eloise Neale was the individual winner with a 19:27.8 time.

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. 17	^ NCAA West Regional <i>Top Five: Kent, Seynaeve, Towner, Ribeiro, Bucci No. 6: King</i>	26th / 35 teams	1:42.6	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 - 17:31.7; 6K - 21:05.3

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 - 21:30.8

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)

Athlete	Time	Meet	Date
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)

Athlete	Time	Meet	Date
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)

Athlete	Time	Meet	Date
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)

Athlete	Time	Meet	Date
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
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)

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
4. Christine Kent	17:07.59	Highlander Invitational (Riverside, Calif.)	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. Elaine Ribeiro	17:31.7	Highlander Invitational (Riverside, Calif.)	Oct. 17, 2015
10. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005

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

Athlete	Time	Meet	Date/Year
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. Elaine Ribeiro	21:05.3	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
4. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
5. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
6. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
7. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
8. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
9. Christine Kent	21:30.4	NCAA West Regional (Sacramento, Calif.)	Nov. 11, 2016
10. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010

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

Athlete	Time	Meet	Date/Year
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. Elaine Ribeiro	21:05.3	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
4. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
5. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
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