

Cross Country

This Week's Meet

Oct. 11.....UCSD Triton Classic
UCSD North Campus Course (La Jolla, Calif.)
8:30 a.m.



2003 SCHEDULE

Date	Meet	Result/Time
Aug. 30	at Fullerton Opener (Brea, Calif.)	6th of 14
Sept. 13	59th Annual Aztec Invite (Balboa Park - San Diego, Calif.)	6th of 14
Sept. 20	at UH Big Wave Invitational (Kaneohe, Hawaii)	t3rd of 11
Sept. 20	at UC Riverside Invitational (Riverside, Calif.)	11th of 14
Sept. 27	at Stanford Univ. Invitational (Stanford, Calif.)	12th of 26
Oct. 4	Pre-MWC Meet (Morley Field - San Diego, Calif.)	6th of 6
Oct. 11	at UCSD Triton Classic (La Jolla, Calif.)	8:30 a.m.
Oct. 18	at Long Beach Invitational (Long Beach, Calif.)	8 a.m.
Nov. 1	MWC Championships (Morley Field - San Diego, Calif.)	9 a.m.
Nov. 15	at NCAA Regionals (Portland, Ore.)	9 a.m.
Nov. 24	at NCAA Finals (Cedar Falls, Iowa)	10 a.m.

Home meets in bold. Times local to site.

2003 ROSTER

Athlete	Yr.	Exp.	Hometown
Julie Amster	Sr.	1V	Long Beach, Calif.
Allison Baker	Fr.	HS	Pine Valley, Calif.
Brianne Bricker	Sr.	1V	Riverside, Calif.
Allison Brown	Jr.	2V	Mission Viejo, Calif.
Sara Cates	Fr.	HS	Carlsbad, Calif.
Christal Cuadra	So.	1V	Honolulu, Hawaii
Jackie Duncan	So.	SQ	Syracuse, N.Y.
Kylie Edwards	Sr.	2V	Mt. Dundeed, Australia
Christian Fairing	Fr.	RS	Irvine, Calif.
Angie Fitzpatrick	Sr.	1V	San Diego, Calif.
Tina Fodor	Jr.	2V	Fullerton, Calif.
Emily Joller	Jr.	SQ	R. Bernardo, Calif.
Marie Nilsson	Sr.	TR	Kil, Sweden
Katie Parry	So.	SQ	Lake Forest, Calif.
Marilyn Smith	Jr.	TR	Fresno, Calif.
Jamillah Titus	So.	1V	A. Canyon, Calif.
Celeste Tyson	Fr.	HS	Austin, Texas
Emily Wynne	Fr.	RS	Omak, Wash.

Head Coach: Rahn Sheffield, 13th season

Assistant Coach: Jennifer Nanista, 11th season

2003 TOP-10 5K TIMES

Athlete	Event	Time
1 Marie Nilsson	Aztec Invitational	18:23.00
2 Christal Cuadra	Fullerton Opener	18:39.80
3 Allison Brown	Fullerton Opener	19:18.30
4 Jamillah Titus	UC Riverside	19:45.00
5 Celeste Tyson	Aztec Invitational	19:46.00
6 Emily Wynne	UC Riverside	19:48.00
7 Angie Fitzpatrick	UC Riverside	19:51.40
8 Tina Fodor	Fullerton Opener	19:54.50
9 Christian Fairing	Fullerton Opener	19:55.00
10 Alison Baker	UC Riverside	19:59.70

ALL-TIME TOP-10 5K TIMES

Athlete	Time	Year
1. Monica Joyce	16:28.90	1981
2. Lynn Kanuka	16:54.10	1981
3. Monica Joyce	16:55.00	1981
4. Monica Joyce	16:56.00	1981
5. Monica Joyce	17:05.00	1981
6. Lynn Kanuka	17:07.30	1981
7. Eva Enstrom	17:08.00	1981
8. Laurie Crisp	17:09.00	1982
9. Laurie Crisp	17:14.00	1982
10. Lynn Kanuka	17:20.00	1981
Lynn Kanuka	17:20.00	1979

Cross Country Stays In San Diego Area For Second Straight Week

• The San Diego State women's cross country team will be back to full strength when it travels across town to the UCSD Triton Classic in La Jolla, Calif., on Saturday. Sixteen Aztecs are scheduled to run at this week's meet.

• This Saturday's race will take place at UCSD's North Campus Course with the women's 6K beginning at 8:30 a.m.

• Saturday's meet will be the Aztecs' third at the 6K distance so far this season. The remaining four meets on this year's schedule will all be 6Ks.

• Besides SDSU, there are five other NCAA Div. I teams entered in this week's meet, including No. 12 UCLA, USC, UC Irvine, San Diego and Pepperdine.

Flash Back - 2002 Triton Classic

• San Diego State women's cross country team claimed a sixth-place finish among 11 NCAA Division I teams at the 6K UC San Diego Triton Classic, held at the UCSD North Campus Course. UCLA won the competition with 57 points, 19 ahead of runner-up UC Irvine.

SDSU garnered 172 points and boasted an average time of 23:57.20 for the 6K run. The Aztecs had two runners place in the Div. I top 25, including **Christal Cuadra (Honolulu, Hawaii)**, who took 24th place among Div. I runners and 36th overall in 23:32.30.

2002 UC San Diego Triton Classic

• **Final Div. I Team Results (Top 6)** - 1. UCLA (57 pts.); 2. UC Irvine (78 pts.); 3. Hawai'i (101 pts.); 4. Nevada (102 pts.); 5. USC (136 pts.); 6. SDSU (172 pts.).

• **Aztec Individual Results (2003 Returnees)** - 24. Christal Cuadra (23:32.30); 33. Jamillah Titus (23:49.90); 48. Tina Fodor (24:28.00); 51. Kylie Edwards (24:33.00); 66. Julie Amster (25:17.20); 79. Katie Parry (26:05.50); 83. Brianne Bricker (26:41.80); 87. Angie Fitzpatrick (26:53.20); 92. Emily Joller (27:18.00); 96. Jackie Duncan (27:43.10)

Rewind- Pre-MWC Meet

• Competing without its top runners, the San Diego State women's cross country squad finished sixth (160 pts.) at the pre-Mountain West Conference championship meet last Saturday at Morley Field in Balboa Park. The top-ranked Brigham Young women (19 pts.) and the New Mexico men (25 pts.) both easily claimed the team titles.

The Aztecs were led by senior **Angie Fitzpatrick (San Diego, Calif.)**, who came in 29th overall with a 6K time of 25:15. She was followed by junior trans-

fer **Marilyn Smith (Fresno, Calif.)** and freshman **Ali Baker (Pine Valley, Calif.)**, who placed 33rd (25:34) and 35th (25:42), respectively.

"I was happy with the way that the 'B' team stepped up, took charge of the race and ran very well together as a pack," SDSU coach Jennifer Nanista said. "I think it is a fast course and this meet will help us (logistically) work out the bugs for the championships."

BYU's Rena Williams (22:27) won the women's race, while Wyoming's Brian Knight claimed the men's 8K title by crossing the finish line in 26:09.

The pre-MWC meet allows competitors to get used to the course which they will also run on Nov. 1, when the Aztecs play host to the MWC championship meet for the first time in the conference's five-year history.

• **Final Team Results** - 1. BYU (19 pts.); 2. Utah (55 pts.); 3. Wyoming (81 pts.); 4. New Mexico (85 pts.); 5. UNLV (138 pts.); 6. SDSU (160 pts.).

• **Aztec Individual Results** - 29. Angie Fitzpatrick (25:15); 33. Marilyn Smith (25:34); 35. Alison Baker (25:42); 37. Jackie Duncan (25:50); 39. Sara Cates (26:16); 40. Julie Amster (26:44)

Oops, She Did It Again

• SDSU senior **Marie Nilsson (Kil, Sweden)** was named the Mountain West Cross Country Athlete of the Week for the second time this season, the conference office announced Sept. 30.

Nilsson became the first Aztec in the conference's five-year history to be named athlete of the week twice in one season and two times in a career. Previous SDSU honorees include: Sophia Hawker (1999), Kylie Edwards (2000), Alicia Stewart (2001) and Jennifer Stakiw (2002).

Nilsson earned the award for her performance at Saturday's prestigious 30th annual Stanford Invitational in Palo Alto, Calif. She was the Aztecs' top finisher for the third straight meet, coming in 13th overall in 21:53, the second-fastest 6K time in school history. Nilsson also finished ahead of the entire No. 11 Arkansas team at the Invite, which also featured No. 2 Stanford, No. 18 UCLA and No. 19 Wisconsin.

Upcoming Schedule

• The Aztecs will move out of San Diego County for their final meet prior to the conference championships, Oct. 18, at Long Beach State. SDSU finished third overall and second among collegiate teams at the same meet a year ago.

2003 TOP-10 6K TIMES

Athlete	Event	Time
1. Maria Nilsson	Stanford Invite	21:53.00
2. Christal Cuadra	Stanford Invite	22:32.00
3. Allison Brown	Stanford Invite	23:39.00
4. Kylie Edwards	Stanford Invite	23:51.00
5. Christian Fairing	Stanford Invite	24:01.00
6. Celeste Tyson	Stanford Invite	24:13.00
7. Tina Fodor	Stanford Invite	24:25.00
8. Emily Wynne	Stanford Invite	24:43.00
9. Angie Fitzpatrick	Pre-MWC Meet	25:15.00
10. Jamillah Titus	Stanford Invite	25:24.00

ALL-TIME TOP-10 6K TIMES

Athlete	Time	Year
1. Jennifer Stakiw	21:50.00	2002
2. Marie Nilsson	21:53.00	2003
3. Alicia Stewart	22:12.00	2002
4. Christal Cuadra	22:23.00	2003
5. Jennifer Stakiw	22:36.80	2002
6. Christal Cuadra	22:50.00	2002
7. Jennifer Stakiw	22:53.00	2001
8. Jamillah Titus	22:54.00	2002
9. Alicia Stewart	22:56.00	2001
10. Sophia Hawker	23:01.00	2000