



# SAN DIEGO STATE AZTECS

## 2016 Cross Country Weekly Notes

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### Schedule/Results

**Overall:** 16-15 | **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) 8:30 a.m. PT**  
**Riverside, Calif. (UCR Ag Ops Course)**
- 28 Mountain West Championships (6K) TBA  
Kuna, Idaho (Falcon Crest Golf Club)

#### November

- 11 NCAA West Regional (6K) TBA  
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

### Meet Week Preview

#### San Diego State (16-15, 2-0 MW) at Highlander Invitational 5K

Saturday, Oct. 15 | 8 a.m. PT | UCR Ag Ops Course | Riverside, Calif.

#### The Highlander Invitational 6K Preview

Less than one month after setting six PRs and the program's 6K record in Riverside, Calif., the San Diego State cross country team will return to the UCR Ag Ops Course for the Highlander Invitational 5K on Sat., Oct. 15 at 8:30 a.m.

The Women's 5K Invitational kicks off at 8:30 a.m., following the Men's 6K Invitational at 8 a.m. 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 meet will be held at the UCR Agricultural Operations 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 Aztecs will be competing against runners from the host Highlanders, Arkansas, Azusa Pacific, Cal Coast Track Club, Cal Poly, Cal State East Bay, Cal State Los Angeles, Cal State Northridge, Cal State San Marcos, Chapman, Claremont-Mudd, Fresno Pacific, Long Beach State, UC Irvine, UC Riverside, UC San Diego, UC Santa Barbara, UNLV, USC, Utah Valley and Whittier.

Entered into the race for SDSU are seniors Angel Bucci, Christine Kent, Cali King and Elaine Ribeiro and juniors Lily Seynaeve and Cassidy Towner, sophomore Chrissy Calain and freshman Mary Kunigan.

The last time San Diego State appeared at the UCR Ag Ops Course was at the UC Riverside Invitational 6K on Sept. 17. Nearly every Aztec that competed at the UC Riverside Invitational recorded her collegiate best en route to a fifth place team finish at the 6,000-meter race. Seniors Christine Kent and Elaine Ribeiro were the Aztecs' top finishers. Kent finished 11th out of 83 NCAA Division I runners with a time of 20 minutes, 47.8 seconds, running a PR that was nearly one-and-a-half minutes better than her previous PR (22:14). She also broke San Diego State's 6K record of 21:04.0, set by Marie Nilsson on Nov. 15, 2003.

San Diego State finished fifth out of eight NCAA Division I teams in Riverside with 148 points behind Arkansas (28), Cal Poly (47), Utah Valley (142) and UC Riverside (148). Rounding out the group was UC Irvine (6th, 214), Cal State Northridge (7th, 251) and Long Beach State (8th, 355).

The Scarlet and Black return to action following an 11th-place finish at the Capital Cross Challenge 6K in Sacramento, Calif., on Oct. 1. Ribeiro shaved off 00.2 from her 6K collegiate career best and notched the fifth-best time in program history at the Capital Cross Challenge, while Kent's 21:25.3 mark was good enough for a spot in sixth behind her classmate Ribeiro's time in Sacramento.

Final results from the race will be posted on GoHighlanders.com, FinishedResults.com (<https://registration.finishedresults.com/meets/262>) and later on GoAztecs.com.

#### Capital Cross Challenge 6K Recap

Senior Elaine Ribeiro shaved off 00.2 from her 6K collegiate career best and notched the fifth-best time in program history at the Capital Cross Challenge (6K) on Saturday morning at Haggin Oaks Golf Complex.

With a time of 21:25.3, Christine Kent also made her mark on the program's Top-10 6K list for the second time this season. Her mark was good enough for a spot in sixth behind her classmate Ribeiro's time in Sacramento. Earlier this season at the UC Riverside Invitational 6K, Kent raced to the top time in San Diego State history at 20:47.8.

Also competing for the Scarlet and Black, Cassidy Towner's 22:03.8 time was good for 68th. In her first 6K of the year, Lily Seynaeve ran a 22:24.9 (86th). Angel Bucci (22:30.4, 90th) and Cali King (23:13.3, 123rd) were the Aztecs' fifth- and sixth-place finishers, respectively.

With 260 points, San Diego State finished 11th of 19 teams. The site of the race, Haggin Oaks Golf Complex will also be the host of the NCAA West Regional later this fall. Arizona State won the race with 72 points, while Southern Utah (139), Cal Baptist (141), Loyola Marymount (147) and Chico State (153) rounded out the top five.

# 2016 AZTEC CROSS COUNTRY TEAM RESULTS

<b>Date</b>	<b>Meet (Distance)</b>	<b>Finish</b>	<b>Spread (Top 5)</b>	<b>Spread (Top 7)</b>	<b>Top Finisher</b>
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)	11th/19 teams	1:08.1	1:51.0	Elaine Ribeiro (21:22.3)

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

! UC Riverside Highlander 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.

# 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

**Collegiate Career Best: 5K - 18:46.8; 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**

## 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

**Collegiate Career Best: 5K - 17:52.8; 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

**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

**Collegiate Career Best: 5K - 17:54.0; 6K - 21:22.3**

## 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

**Collegiate Career Best: 5K - 18:14.5; 6K - 21:44.9**

## 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

**Collegiate Career Best: 5K - 18:04.6; 6K - 21:38.0**

## 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

**Collegiate Career Best: 5K - 18:43; 6K - 21:51**

# 2016 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2016 Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Christine Kent (Sr.)	17:52.8	Mark Covert Classic	Sept. 10
2. Elaine Ribeiro (Sr.)	18:06.0	Mark Covert Classic	Sept. 10
3. Elaine Ribeiro (Sr.)	18:31.6	72nd Aztec Invitational	Sept. 23
4. Christine Kent (Sr.)	18:35.5	72nd Aztec Invitational	Sept. 23
5. Cassidy Towner (Jr.)	19:01.2	Mark Covert Classic	Sept. 10
6. Lily Seynaeve (Jr.)	19:04.8	Mark Covert Classic	Sept. 10
7. Cassidy Towner (Jr.)	19:09.3	72nd Aztec Invitational	Sept. 23
8. Angel Bucci (Sr.)	19:28.2	72nd Aztec Invitational	Sept. 23
9. Cali King (Sr.)	19:38.7	Mark Covert Classic	Sept. 10
10. Chrissy Calain (So.)	19:44.8	Mark Covert Classic	Sept. 10

## 2016 Top-10 Times -- 5K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Christine Kent (Sr.)	17:52.8	Mark Covert Classic	Sept. 10
2. Elaine Ribeiro (Sr.)	18:06.0	Mark Covert Classic	Sept. 10
3. Cassidy Towner (Jr.)	19:01.2	Mark Covert Classic	Sept. 10
4. Lily Seynaeve (Jr.)	19:04.8	Mark Covert Classic	Sept. 10
5. Angel Bucci (Sr.)	19:28.2	72nd Aztec Invitational	Sept. 23
6. Cali King (Sr.)	19:38.7	Mark Covert Classic	Sept. 10
7. Chrissy Calain (So.)	19:44.8	Mark Covert Classic	Sept. 10
8. Mary Kunigan (Fr.)	20:10.9	Mark Covert Classic	Sept. 10

## 2016 Top-10 Times -- 6K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
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. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
6. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
7. Cassidy Towner (Jr.)	22:03.8	Capital Cross Challenge	Oct. 1
8. Lily Seynaeve (Jr.)	22:24.9	Capital Cross Challenge	Oct. 1
9. Angel Bucci (Sr.)	22:30.4	Capital Cross Challenge	Oct. 1
10. Cali King (Sr.)	22:39.7	UC Riverside Invitational	Sept. 17

## 2016 Top-10 Times -- 6K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
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. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
5. Lily Seynaeve (Jr.)	22:24.9	Capital Cross Challenge	Oct. 1
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)

<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. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
9. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
10. Lital Azulay	17:10.5	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005

## 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. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
5. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
6. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
7. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
9. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
10. Marianne Hogan	17:35.3	Titan Invitational (Fullerton, Calif.)	Oct. 19, 2012

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. <b>Christine Kent</b>	<b>20:47.8</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
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. <b>Elaine Ribeiro</b>	<b>21:22.3</b>	<b>Capital Cross Challenge (Sacramento, Calif.)</b>	<b>Oct. 1, 2016</b>
6. <b>Elaine Ribeiro</b>	<b>21:22.5</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
7. <b>Christine Kent</b>	<b>21:25.3</b>	<b>Capital Cross Challenge (Sacramento, Calif.)</b>	<b>Oct. 1, 2016</b>
8. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
9. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. <b>Cassidy Towner</b>	<b>21:38.0</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
1. <b>Christine Kent</b>	<b>20:47.8</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
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. <b>Elaine Ribeiro</b>	<b>21:22.3</b>	<b>Capital Cross Challenge (Sacramento, Calif.)</b>	<b>Oct. 1, 2016</b>
5. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
6. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
7. <b>Cassidy Towner</b>	<b>21:38.0</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sept. 17, 2016</b>
8. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
9. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
10. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014