

SDSU CROSS COUNTRY

contact: darin wong // phone: 619.594.5547 // fax: 619.582.6541 // email: dwong@mail.sdsu.edu

2007 SCHEDULE

Date	Meet	Time/Result
Sept. 1	Fullerton Season Opener <i>Brea, Calif.</i>	7th of 12 (176 pts.)
Sept. 15	AZTEC INVITATIONAL Balboa Park - San Diego, Calif.	7:30 a.m. PT
Sept. 22	Big Wave Invitational <i>Honolulu, Hawaii</i>	7:50 a.m. HT
Sept. 29	Stanford Invitational <i>Palo Alto, Calif.</i>	4:48 p.m. PT
	UC Riverside Invitational <i>Riverside, Calif.</i>	7:30 a.m. PT
Oct. 6	Triton Classic <i>La Jolla, Calif.</i>	8:30 a.m. PT
Oct. 13	Santa Clara Invitational <i>Sunnyvale, Calif.</i>	10:15 a.m. PT
Oct. 20	Cougar 5K Challenge <i>San Marcos, Calif.</i>	7:30 a.m. PT
Oct. 27	MWC CHAMPIONSHIPS <i>Mission Bay - San Diego, Calif.</i>	10:45 a.m. PT
Nov. 10	NCAA West Regionals <i>Eugene, Ore.</i>	10:00 a.m. PT
Nov. 19	NCAA Championships <i>Terre Haute, Ind.</i>	12:15 p.m. ET

All times subject to change

Bold indicates the meet of the week

CAPS indicates meet hosted by San Diego State

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Stephanie Armstrong	So.-1L	Foothill Ranch, Calif.
Lindsay Barajas	So.-SQ	Rancho Cucamonga, Calif.
Sara Beyers	Fr.-HS	Danville, Calif.
Amy Brown	Fr.-HS	Sydney, Australia
Darien Buc	So.-SQ	Dana Point, Calif.
Sara Cunningham	R-So.-HS	Torrance, Calif.
Lindsey Deane	Fr.-HS	Ben Lomond, Calif.
Kristin Glen	Jr.-JC	Rancho Santa Margarita, Calif.
Elizabeth Leonard	Fr.-HS	South Pasadena, Calif.
Makenzie Mabry	So.-SQ	La Crescenta, Calif.
Michelle Martinez	Fr.-HS	Burbank, Calif.
Lisa Naucner	Sr.-2L	Ljusdal, Sweden
Andrea Norton	R-Fr.-HS	Sacramento, Calif.
Kelly Oelschlager	Jr.-JC	Irvine, Calif.
Jaclyn Perakis	R-Fr.-HS	Pleasanton, Calif.
Alyssa Robinson	Jr.-JC	Ojai, Calif.
Anne Vieira	Jr.-SQ	San Diego, Calif.

Head Coach: Rahn Sheffield, 17th season

Assistant Coach: Jennifer Nanista, 15th season

Volunteer Assistant Coach: Richard Fox, 11th season



Follow the San Diego State
cross country team at
www.goaztecs.cstv.com.

SDSU Cross Country to Play Host to 63rd Annual Aztec Invitational

After nearly two weeks off, the San Diego State cross country squad returns to action as it plays host to the 63rd annual Aztec Invitational Saturday morning, Sept. 15, at historic Balboa Park. The day will begin at 7:30 a.m. with the 5K People's Race and will be followed by the Women's Open (5K) at 8:15 a.m. and the Women's Invitational at 9 a.m. After the women compete, the men will gather at the starting line for a pair of 8K races - the 9:30 a.m. Men's Open and the 10:15 a.m. Men's Invitational - to conclude the morning.

Schools highlighting the women's side are No. 4 Arkansas, UC Santa Barbara (No. 5 - West Region), Loyola Marymount (No. 15 - West), Northern Arizona (No. 8 - Mountain) and Southern Utah (No. 12 - Mountain).

General information on the race can be found on the SDSU cross country page on goaztecs.com. Complete results will also be posted on the official athletic site of San Diego State at the conclusion of the race.

Aztec Invitational History

- **Invite Tidbits:** The meet first began with a men's race on December 18, 1943 ... A women's division was introduced 34 years later in 1977 ... For the first time in its history, the Aztec Invitational was cancelled in 2001 due to the events of September 11, and was not rescheduled ... Former San Diego prep and UCLA standout Mebrahtom Keflezighi owns the men's meet record with an 8K time of 24:37 (1995), while Arizona's Joan Hansen ran the fastest women's 5K race in 16:47 (1981).

- A year ago, SDSU finished fifth out of 12 teams with 139 points ... Senior team captain Celeste Tyson led the squad with a time of 18:58, finishing 20th out of 97 runners ... This season's captain Lisa Naucner crossed the finish line in 19:49 to come in 36th place.

- Arkansas won the 2006 invitational division for the fifth time, breaking Arizona's record of four titles, after earning 20 points. The Razorbacks were followed by Long Beach State (60 pts.). Loyola Marymount's Laura Mickelson won the individual title with a time of 17:19.

2006 Aztec Invitational Results (Invitational Division)

FINAL TEAM RESULTS (Top 5): 1. Arkansas, 20; 2. Long Beach State, 80; 3. Loyola Marymount, 80; 4. CS Fullerton 'A', 129; 5. **San Diego State, 139.**

AZTEC INDIVIDUAL RESULTS (2007 Returnees Only): **INVITATIONAL:** 36. Lisa Naucner, 19:49; 62. Stephanie Armstrong, 20:30; 70. Makenzie Mabry, 20:37; 74. Lindsay Barajas, 20:47. **OPEN:** 46. Darien Buc, 21:16; 74. Anne Vieira, 22:15.

A Look Back at Meet No. 1: Fullerton Season Opener

San Diego State opened its season with a seventh-place finish at the Fullerton Season Opener at Carbon Canyon Regional Park on Sept. 1, in Brea, Calif. The Aztecs completed the race with 176 points and recorded a top 10 finish at the meet for the eighth time in the past nine seasons.

SDSU was led by Lisa Naucner, who finished in 25th place with a time of 19 minutes, 13.80 seconds. Her effort at Carbon Canyon was nearly 49 seconds better than her performance a year ago when she came in 58th place after finishing the race in 20:02.50.

Junior Kristin Glen logged the Aztecs' second-best time as she crossed the finish line in 19:16.60 to come in 27th place.

Rounding out SDSU's top seven was Alyssa Robinson (47th, 19:58.40), Stephanie Armstrong (51st, 20:04.90), Anne Vieira (65th, 20:32.50), Sara Beyers (68th, 20:34.40) and Darien Buc (85th, 21:01.40).

Other Aztecs to finish inside the top 100, include Michelle Martinez (89th, 21:04.90), Sara Cunningham (90th, 21:05.50), Makenzie Mabry (95th, 21:12.40) and Elizabeth Leonard (98th, 21:17.00).

Starting Strong

San Diego State's top runner at the Fullerton Season Opener, Lisa Naucner, had more than just finishing first among all Aztecs (25th overall) to brag about. The senior posted a result nearly 49 seconds better than in 2006, had her best individual finish dating back to Oct. 15, 2005 at the Santa Clara Invitational when she placed seventh, and recorded her second-best time (19:13.80) dating back to last year. Meanwhile, junior Anne Vieira had a strong performance as she registered an Aztec career best with a time of 20:32.50. Her 65th-place showing was also a personal best for the San Diego native. Junior college transfers Kristin Glen and Alyssa Robinson also had nice debuts as they finished with the second- and third-fastest times on the squad.

Schedule Alert

The Aztecs made a slight change to their 2007 schedule early last week. Rather than compete in the Titan Invitational on Friday, Oct. 19, in Fullerton, Calif., SDSU will instead stay in San Diego County and run in the Cougar 5K Challenge in San Marcos the following day, Saturday, Oct. 20. The meet, hosted by CS San Marcos, is slated for a 7:30 a.m. PT start.

63RD ANNUAL AZTEC INVITATIONAL

Participating Schools

Saturday, Sept. 15, Balboa Park, San Diego, Calif.

Women's Open

Race begins at 8:15 a.m. PT

Cal Tech
CS San Bernardino
Ft. Lewis College
Grand Canyon University
Point Loma Nazarene
San Diego Christian
San Diego Mesa College
San Diego State
Soka University
The Master's College
Vanguard University

Women's Invitational

Race begins at 9 a.m. PT

Air Force
Arkansas
CS Los Angeles
CS San Marcos 'A'
CS San Marcos 'B'
Long Beach State
Loyola Marymount
Mesa (Ariz.) Community College
Northern Arizona
Saint Mary's
San Diego
San Diego State
Southern California
Southern Utah
UC Santa Barbara
UNLV
Unattached

Men's Open

Race begins at 9:30 a.m. PT

Cal Tech
Ft. Lewis College
Grand Canyon University
Point Loma Nazarene
San Diego Christian
San Diego Mesa College

Men's Invitational

Race begins at 10:15 a.m. PT

Air Force
CS San Marcos 'A'
CS San Marcos 'B'
Long Beach State
Loyola Marymount
Mesa (Ariz.) Community College
Mesa (Ariz.) Community College
Northern Arizona
Saint Mary's
San Diego
San Diego Mesa College
Southern Utah
The Master's College
UC Santa Barbara
Unattached
Vanguard University

2007 SDSU TOP TIMES/RECORD BOOK

2007 TOP 10 TIMES · · 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Lisa Naucler	19:13.80	Fullerton Season Opener	Sept. 1
2. Kristin Glen	19:16.60	Fullerton Season Opener	Sept. 1
3. Alyssa Robinson	19:58.40	Fullerton Season Opener	Sept. 1
4. Stephanie Armstrong	20:04.90	Fullerton Season Opener	Sept. 1
5. Anne Vieira	20:32.50	Fullerton Season Opener	Sept. 1
6. Sara Beyers	20:34.40	Fullerton Season Opener	Sept. 1
7. Darien Buc	21:01.40	Fullerton Season Opener	Sept. 1
8. Michelle Martinez	21:04.90	Fullerton Season Opener	Sept. 1
9. Sara Cunningham	21:05.50	Fullerton Season Opener	Sept. 1
10. Makenzie Mabry	21:12.40	Fullerton Season Opener	Sept. 1

2007 TOP 10 TIMES · · 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
San Diego State has not run in a 6K race in 2007.			

ALL · TIME TOP · 10 TIMES · · 5K

<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. Lital Azulay	17:03.10	Santa Clara Invitational	2005
6. Monica Joyce	17:05.00	UCLA Invitational	1981
7. Lynn Kanuka	17:07.30	WCAA Championships	1981
8. Eva Enstrom	17:08.00	District 8 Championships	1981
9. Laurie Crisp	17:09.00	UCLA Invitational	1982
10. Lital Azulay	17:10.50	Willamette Invitational	2005

ALL · TIME TOP · 10 TIMES · · 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
1. Marie Nilsson	21:04.00	NCAA West Regional	2003
2. Lital Azulay	21:05.80	NCAA West Regional	2005
3. Lital Azulay	21:14.20	MWC Championships	2005
4. Lisa Crampton	21:32.30	NCAA West Regional	2005
5. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
6. Christal Cuadra	21:50.90	NCAA West Regional	2005
7. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
9. Lital Azulay	21:54.00	Stanford Invitational	2005
10. Christal Cuadra	22:00.00	NCAA West Regional	2004

2007 SDSU INDIVIDUAL RESULTS

Date	Meet (Distance)	Finish	Time
------	-----------------	--------	------

Stephanie Armstrong

Sept. 1	Fullerton Season Opener (5K)	51	20:04.90
<i>Aztec Career Best:</i> 19:03.01 (5K); 25:50.90 (6K)			

Lindsay Barajas

Sept. 1	Fullerton Season Opener (5K)	110	22:02.80
<i>Aztec Career Best:</i> 19:56.40 (5K); 25:29.40 (6K)			

Sara Beyers

Sept. 1	Fullerton Season Opener (5K)	68	20:34.40
<i>Aztec Career Best:</i> 20:34.40 (5K)			

Amy Brown

Sept. 1	Fullerton Season Opener (5K)	--	DNC
<i>Aztec Career Best:</i> NA			

Darien Buc

Sept. 1	Fullerton Season Opener (5K)	85	21:01.40
<i>Aztec Career Best:</i> 20:33.30 (5K); 26:34.10 (6K)			

Sara Cunningham

Sept. 1	Fullerton Season Opener (5K)	90	21:05.50
<i>Aztec Career Best:</i> 21:05.50 (5K)			

Lindsay Deane

Sept. 1	Fullerton Season Opener (5K)	114	22:31.60
<i>Aztec Career Best:</i> 22:31.60 (5K)			

Kristin Glen

Sept. 1	Fullerton Season Opener (5K)	27	19:16.60
<i>Aztec Career Best:</i> 19:16.60 (5K)			

Elizabeth Leonard

Sept. 1	Fullerton Season Opener (5K)	98	21:17.00
<i>Aztec Career Best:</i> 21:17.00 (5K)			

Makenzie Mabry

Sept. 1	Fullerton Season Opener (5K)	95	21:12.40
<i>Aztec Career Best:</i> 19:11.00 (5K); 25:26.00 (6K)			

Michelle Martinez

Sept. 1	Fullerton Season Opener (5K)	89	21:04.90
<i>Aztec Career Best:</i> 21:04.90 (5K)			

Lisa Naucier

Sept. 1	Fullerton Season Opener (5K)	25	19:13.80
<i>Aztec Career Best:</i> 18:02.19 (5K); 22:42.20 (6K)			

Andrea Norton

Sept. 1	Fullerton Season Opener (5K)	--	DNC
<i>Aztec Career Best:</i> NA			

Kelly Oelschlager

Sept. 1	Fullerton Season Opener (5K)	--	DNC
<i>Aztec Career Best:</i> NA			

Jaclyn Perakis

Sept. 1	Fullerton Season Opener (5K)	--	DNC
<i>Aztec Career Best:</i> NA			

Alyssa Robinson

Sept. 1	Fullerton Season Opener (5K)	47	19:58.40
<i>Aztec Career Best:</i> 19:58.40 (5K)			

Anne Vieira

Sept. 1	Fullerton Season Opener (5K)	65	20:32.50
<i>Aztec Career Best:</i> 20:32.50 (5K); 26:31.80 (6K)			