SAN DIEGO STATE AZTECS

2015 Cross Country Weekly Notes

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Schedule/Results

Overall: 35-5 | **Mountain West:** 2-0

September

5	Mark Covert Classic (5K)	1st/11 teams; 26 pts.
	Brea, Calif. (Carbon Canyon Regional Park)	
12	UC Riverside Invitational (6K)	5th/15 teams; 149 pts.
	Riverside, Calif. (UCR Ag Ops Course)	
18	71st Annual Aztec Invite (5K)	1st/5 teams; 41 pts.
	San Diego, Calif. (Tecolote Shores - Mission Bay)	

October

3	UNLV Invitational (5K)	1st/4 teams; 27 pts.
	Las Vegas, Nev. (Craig Ranch Regional Park)	
17	Highlander Invitational (5K)	2nd/10 teams; 81 pts.
	Riverside, Calif. (UCR Ag Ops Course)	
30	**Mountain West Championships (6K) 10:45 a.m. PT**	
	Reno, Nev. (Montreux Golf Course)	

November

13	NCAA West Regional (6K)	TBA
	Seattle, Wash. (TBA)	

Roster

Name	Year	Hometown (Last School)
Grace Hanshaw	Senior	San Diego, Calif. (San Diego Mesa College)
Cali King	Junior	La Crescenta, Calif. (Crescenta Valley HS)
Lily Mayko	Senior	Portland, Ore. (Southridge HS)
Elaine Ribeiro	Junior	La Mesa, Calif. (Helix HS)
Rachel Roesgen	Senior	Coto de Caza, Calif. (Santa Margarita Catholic HS)
Hannah Sawatzki	Senior	San Diego, Calif. (Westview HS)
Lily Seynaeve	Sophomore	Corona, Calif. (Santiago HS)
Cassidy Towner	Sophomore	Placentia, Calif. (El Dorado HS)

Head Coach: Shelia Burrell (UCLA, 1995), seventh season
Assistant Coach: Karoly Varga (Louisiana Tech, 2005), first season

Meet Week Preview

San Diego State (35-5, 2-0 MW) at Mountain West Championships
Friday, Oct. 30 | 10:45 a.m. PT | Montreux Golf Course | Reno, Nev.

2015 Mountain West Championship Preview

The San Diego State cross country team begins its championship season Friday (Oct. 30) at the 2015 Mountain West Championships in Reno, Nev. The women's 6,000-meter race will begin at 10:45 a.m. PT at Montrêux Golf Course.

The 6K women's race and the men's 8K race (10 a.m. PT) will each be broadcast live on the Mountain West Network here: http://www.themwc.com/page/championship_c-xc.

The Aztecs head into this weekend's meet with three team wins in five meets, their most in a single season in the MW era (since 1999. Additionally, SDSU has placed in the top five (UC Riverside Invite - 5th-of-15 and Highlander Invite - 2nd-of-10) at its other two meets of the season.

Junior Elaine Ribeiro has led the way in all five races and posted collegiate-best marks in both the 5K (Highlander Invite, 17:31.70) and 6K (UC Riverside Invite, 21:05.3). Ribeiro's 6K time is No. 2 on SDSU's all-time rankings, while her 5K time places her at No. 8. Ribeiro's performances have resulted in two first-place finishes for the La Mesa, Calif., native in addition to being named the California Bank and Trust Student Athlete of the Week (Sept. 15) and the MW Athlete of the Week (Sept. 22).

Meanwhile, sophomores Lily Seynaeve and Cassidy Towner have earned top-10 finishes at each of the three meets SDSU has won this season (Mark Covert Classic, Aztec Invitational and UNLV Invitational). Both also ran a career-best time at the UC Riverside 6K, with Seynaeve (21:30.8) taking 18th and Towner (22:10.9) 37th out of 110 participants. Senior Rachel Roesgen also has compiled three top-10 finishes to contribute to the Aztecs' success over the course of the season.

At last year's championships in Fresno, Calif., the SDSU finished 10th and was led by Ribeiro, who took 39th with a time of 22:02.30. Seynaeve (61st, 22:36.30), Towner (64th, 22:43.00), Dynasty Gammage (22:45.60), Roesgen (72nd, 22:58.60) and Grace Hanshaw (77th, 23:33.90) also ran in the race. Last year's New Mexico team, which was ranked at No. 10 heading into the championship meet, won with 33 points.

Results and photos from the race will be posted at TheMWC.com following the meet.

If you'd like to follow along via social media, content will be available on Twitter (@MW_OlySports), Facebook (Facebook.com/MountainWestConference), Instagram (@MountainWestConference) and Snapchat (@MountainWest), courtesy of the Mountain West Conference Staff.

Following the MW Championships, the Aztecs will head to Seattle for the NCAA West Regional Championships on Nov. 13.

Highlander Invite Recap

Elaine Ribeiro took third out of 101 runners to pace the San Diego State cross country team to a second-place showing at the Highlander Invitational Oct. 17 on the UCR campus in Riverside, Calif. This is the fifth straight race the Aztecs have finished among the top five (out of five total races) this season.

"We had a good race today," assistant coach Karoly Varga stated. "Unfortunately, two of our best (student-athletes) got sick (Lily Seynaeve and Grace Hanshaw) and didn't race. I was very proud of the team for stepping up to fill in the missing gaps and am looking forward to conference in two weeks."

As a team, SDSU finished second out of 10 with 81 points. The host Highlanders won the meet with 70 points. USC (87), Cal State Fullerton (91) and Long Beach State (111) rounded out the top-five teams.

Ribeiro set a collegiate-best time over the 5,000-meter course in 17 minutes, 31.70 seconds. UCR's Faith Makau (17:17.63) and Weslie Totten (17.17.72) placed first and second, respectively.

Rachel Roesgen finished within the top 10 for the third time this season with a season-best time of 18:03.21, good for seventh. Cassidy Towner (16th) was the next San Diego State runner to cross the finish line at 18:20.44, while Cali King (18:20.44), Hannah Sawatzki (18:43.06), Lily Mayko (19:11.92) were 27th, 31st and 49th, respectively. King (junior) and Mayko (senior) both set a collegiate-best time.

2015 AZTEC CROSS COUNTRY TEAM RESULTS

-Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 5	~ Mark Covert Classic (5K)	1st / 11 teams	0:46.6	0:54.4	Elaine Ribeiro (18:05.48)
	Top Five: Ribeiro, Hanshaw, Towner, Roesgen, Seynaeve	*No. 6-7*: King, Sawatzki			
Sept. 12	! UC Riverside Invitational (6K)	5th / 15 teams	1:27.2	2:45.8	Elaine Ribeiro (21:05.3)
	Top Five: Ribeiro, Seynaeve, Towner, Rosegen, King	*No. 6-7*: Mayko, Sawatzki			
Sept. 18	@ Aztec Invitational (5K)	1st/5 teams	0:20.5	0:31.1	Elaine Ribeiro (18:09.74)
	Top Five: Ribeiro, Seynaeve, Towner, Hanshaw, King	*No. 6-7*: Roesgen, Sawatzki			
Oct. 3	# UNLV Inviational (5K)	1st/4 teams	0:24.7	0:32.3	Elaine Ribeiro (17:44.7)
	Top Five: Ribeiro, Towner, Hanshaw, Seynaeve, Roesgen	*No. 6-7*: King, Sawatzki			
Oct. 17	$ Highlander Invitational (5K)	2nd/10 teams	0:26.0	N/A	Elaine Ribeiro (17:31.70)
	Top Five: Ribeiro, Roesgen, Towner, King, Sawatzki	*No. 6-7*: Mayko			

Oct. 30   % Mountain West Championships (6K)

Nov. 13   ^ NCAA West Regional (6K)

~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.
! UC Riverside Invitational at UCR Ag Ops Course in Riverside, Calif.
@ 71st Annual Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.
# UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.
$ Highlander Invitational at UCR Ag Ops Course in Riverside, Calif.
% Mountain West Championships at Montreux Golf Couse in Reno, Nev.
^ NCAA West Regional at Seattle, Wash.

2015 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Grace Hanshaw (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	4th/120	18:29.57
Sept. 12	UC Riverside Invite 6K	DNC	--
Sept. 18	Aztec Invitational 5K	13th/126	19:09.41
Oct. 3	UNLV Invitational 5K	5th/38	18:09.4
Oct. 17	Highlander Invitational 5K	DNC	--
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 18:01.1; 6K - 21:51.0
Percentile (top is 100.00): 92.25 pct.

Cali King (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	15th/120	18:58.42
Sept. 12	UC Riverside Invite 6K	15th/110	22:32.5
Sept. 18	Aztec Invitational 5K	23rd/126	19:29.57
Oct. 3	UNLV Invitational 5K	19th/38	18:58.6
Oct. 17	Highlander Invitational 5K	27th/101	18:38.56
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 18:38.56; 6K - 22:32.5
Percentile (top is 100.00): 80.00 pct.

Lily Mayko (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	46th/120	19:59.63
Sept. 12	UC Riverside Invite 6K	70th/110	22:57.7
Sept. 18	Aztec Invitational 5K	46th/126	20:18.64
Oct. 3	UNLV Invitational 5K	31st/38	19:41.7
Oct. 17	Highlander Invitational 5K	49th/101	19:11.92
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 19:11.92; 6K - 22:57.7
Percentile (top is 100.00): 51.11 pct.

Elaine Ribeiro (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	2nd/120	17:48.49
Sept. 12	UC Riverside Invite 6K	12th/110	21:05.3
Sept. 18	Aztec Invitational 5K	1st/126	18:09.74
Oct. 3	UNLV Invitational 5K	1st/38	17:44.7
Oct. 17	Highlander Invitational 5K	3rd/101	17:31.70
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 17:31.70; 6K - 21:05.3
Percentile (top is 100.00): 96.16 pct.

Rachel Roesgen (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	7th/120	18:43.15
Sept. 12	UC Riverside Invite 6K	38th/110	22:13.0
Sept. 18	Aztec Invitational 5K	25th/126	19:33.54
Oct. 3	UNLV Invitational 5K	10th/38	18:25.1
Oct. 17	Highlander Invitational 5K	7th/101	18:03.21
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 17:50.0; 6K - 22:05.0
Percentile (top is 100.00): 82.42 pct.

Hannah Sawatzki (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	40th/120	19:44.27
Sept. 12	UC Riverside Invite 6K	89th/110	23:51.1
Sept. 18	Aztec Invitational 5K	29th/126	19:40.05
Oct. 3	UNLV Invitational 5K	26th/38	19:16.2
Oct. 17	Highlander Invitational 5K	31st/101	18:43.06
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 18:42.6; 6K - 23:51.1
Percentile (top is 100.00): 56.57 pct.

Lily Seynaeve (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	8th/120	18:43.72
Sept. 12	UC Riverside Invite 6K	18th/110	21:30.8
Sept. 18	Aztec Invitational 5K	5th/126	18:29.23
Oct. 3	UNLV Invitational 5K	7th/38	18:17.0
Oct. 17	Highlander Invitational 5K	DNC	--
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 18:14.5; 6K - 21:30.8
Percentile (top is 100.00): 90.36 pct.

Cassidy Towner (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	5th/120	18:35.59
Sept. 12	UC Riverside Invite 6K	37th/110	22:10.9
Sept. 18	Aztec Invitational 5K	10th/126	18:51.12
Oct. 3	UNLV Invitational 5K	4th/38	18:04.6
Oct. 17	Highlander Invitational 5K	16th/101	18:20.44
Oct. 30	Mountain West Championships 6K		
Nov. 13	NCAA West Regional 6K		

Collegiate Career Best: 5K - 18:04.6; 6K - 22:10.4
Percentile (top is 100.00): 85.45 pct.

2015 AZTEC CROSS COUNTRY TOP-10 TIMES

2015 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribeiro (Jr.)	17.31.70	Highlander Invite	Oct. 17
2. Elaine Ribeiro (Jr.)	17:44.7	UNLV Invite	Oct. 3
3. Rachel Roesgen (Sr.)	18:03.21	Highlander Invite	Oct. 17
4. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
5. Elaine Ribeiro (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
6. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
7. Elaine Ribeiro (Jr.)	18:09.74	71st Aztec Invite	Sept. 18
8. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
9. Cassidy Towner (So.)	18:20.44	Highlander Invite	Oct. 17
10. Rachel Roesgen (Sr.)	18:25.1	UNLV Invite	Oct. 3

2015 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribiero (Jr.)	17:31.70	Highlander Invite	Oct. 17
2. Rachel Roesgen (Sr.)	18:03.21	Highlander Invite	Oct. 17
3. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
4. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
5. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
6. Cali King (Jr.)	18:38.56	Highlander Invite	Oct. 17
7. Hannah Sawatzki (Sr.)	18:43.06	Highlander Invite	Oct. 17
8. Lily Mayko (Sr.)	19:11.92	Highlander Invite	Oct. 17

2015 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribiero (Jr.)	21:05.3	UC Riverside Invitational	Sept. 12
2. Lily Seynaeve (So.)	21:30.8	UC Riverside Invitational	Sept. 12
3. Cassidy Towner (So.)	22:10.9	UC Riverside Invitational	Sept. 12
4. Rachel Roesgen (Sr.)	22:13.0	UC Riverside Invitational	Sept. 12
5. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
6. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
7. Hannah Sawatzki (Sr.)	23:51.1	UC Riverside Invitational	Sept. 12

2015 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribiero (Jr.)	21:05.3	UC Riverside Invitational	Sept. 12
2. Lily Seynaeve (So.)	21:30.8	UC Riverside Invitational	Sept. 12
3. Cassidy Towner (So.)	22:10.9	UC Riverside Invitational	Sept. 12
4. Rachel Roesgen (Sr.)	22:13.0	UC Riverside Invitational	Sept. 12
5. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
6. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
7. Hannah Sawatzki (Sr.)	23:51.1	UC Riverside Invitational	Sept. 12

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.	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)

	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.	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.	**Elaine Ribeiro**	**17:31.70**	**Highlander Invite (Riverside, Calif.)**	**Oct. 17, 2015**
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)

	Athlete	Time	Meet	Date/Year
1.	Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2.	**Elaine Ribeiro**	**21:05.3**	**UC Riverside Invitational (Riverside, Calif.)**	**Sept. 12, 2015**
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.	**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.	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.	Marianne Hogan	21.41.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012

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

	Athlete	Time	Meet	Date/Year
1.	Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2.	**Elaine Ribeiro**	**21:05.3**	**UC Riverside Invitational (Riverside, Calif.)**	**Sept. 12, 2015**
3.	Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4.	**Lily Seynaeve**	**21:30.8**	**UC Riverside Invitational (Riverside, Calif.)**	**Sept. 12, 2015**
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.	Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
8.	Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
9.	Jennifer Stakiw	21:50.0	Stanford Invitational (Stanford, Calif.)	Sept. 28, 2002
10.	Christal Cuadra	21:50.9	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005