



# SAN DIEGO STATE AZTECS

## 2017 Cross Country Weekly Notes

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### Schedule/Results

#### September

2	Mark Covert Classic (5K)	3rd/4 (87 pts.)
	Brea, Calif. (Carbon Canyon Regional Park)	
16	UC Riverside Invitational (6K)	12th/17 (548 pts.)
	Riverside, Calif. (UCR Ag Ops Course)	
23	UNLV Invitational (5K)	8 a.m. PT
	Las Vegas, Nev. (Craig Ranch Regional Park)	
30	Capital Cross Challenge (6K)	10:30 a.m. PT
	Sacramento, Calif. (Haggin Oaks Golf Complex)	

#### October

14	Highlander Invitational (5K)	8:30 a.m. PT
	Riverside, Calif. (UCR Ag Ops Course)	
27	Mountain West Championships (6K)	TBA
	UNM North Golf Course	

#### November

10	NCAA West Regional (6K)	TBA
	Seattle, Wash. (Jefferson Golf Course)	

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### Roster

Name	Year	Hometown (Last School)
Chrissy Calain	Junior	Temecula, Calif. (Northern Arizona)
Cindy Flores	Senior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Mackenzie Mora	Freshman	Clovis, Calif. (Buchanan HS)
Renee Phillips	Freshman	San Diego, Calif. (Coronado HS)
Sakura Roberson	Freshman	San Diego, Calif. (La Jolla HS)
Danielle Scott	Freshman	Long Beach, Calif. (Poly HS)
Lily Seynaeve	Senior	Corona, Calif. (Santiago HS)
Cassidy Towner	Senior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

**Head Coach:** Shelia Burrell (UCLA, 1995), ninth season

**Assistant Coach:** Robert Lusitana (San Diego State, 1982), first season

### Meet Week Preview

#### San Diego State at UNLV Invitational (5K)

Saturday, Sept. 23 | 8 a.m. PT | Craig Ranch Regional Park | Las Vegas, Nev.

#### UNLV Invitational Preview

San Diego State cross country visits Mountain West foe UNLV this weekend for the UNLV Invitational (5K), set for Sat., Sept. 23 at Craig Ranch Regional Park.

The women's 5K invitational will start at 8 a.m. PT and follows the men's invitational 6K, which is set for 7:15 a.m. PT. The meet also hosts varsity boys and girls 5K races at 8:30 a.m. and 9:15 a.m., respectively, and open boys and girls 5K races at 10 a.m. and 10:45 a.m.

The meet will be held at Craig Ranch Regional Park in North Las Vegas. Parking for the race is available on the north side of the park along Lone Mountain Road and along the park's east side off of Commerce Street. The event is free and open to the public.

The Craig Ranch Regional Park course consists of one-and-a-half laps on a relatively flat surface with thin and thick grass, occasionally crossing over sidewalks.

The Aztecs and host Rebels will be joined by squads from Dixie State, Long Beach State, Utah Valley, Cerritos College and USC.

Entered into the race for SDSU are Chrissy Calain, Cindy Flores, Mackenzie Mora, Renee Phillips and Lily Seynaeve.

The last time San Diego State ran in the UNLV Invitational was in 2015 when the Aztecs won the race. Seynaeve, then a sophomore, placed seventh with a time of 18:17.0. Elaine Ribeiro was the top individual for SDSU coming in first place among 38 runners with a collegiate-best time of 17 minutes, 44.7 seconds. Cassidy Towner (fourth), the next San Diego State athlete to cross the finish line, ran a collegiate-best time of 18:04.6 and was followed by Grace Hanshaw (fifth), who clocked in at 18:09.4. The Aztecs amassed 27 points at the four-team meet and finished ahead of second-place finisher Southern Utah with 61 points. USC added 61 points to take third, followed by host and SDSU's Mountain West foe, UNLV (65 points).

### UC Riverside Invitational Recap

Against a bevy of nationally- and regionally-ranked teams at the UC Riverside Invitational, San Diego State cross country finished 12th out of 17 Division I teams on Sept. 16.

Said SDSU distance coach Robert Lusitana, "The race had a great field of competition, and the Aztecs' finish shows the team is making progress as the season goes on."

For the second straight meet, senior Lily Seynaeve led the Scarlet and Black with a 55th-place finish. She ran a collegiate personal best with her 21:30.00 time, just .8 second faster than her previous PR of 21:30.8.

Appearing in her first collegiate 6K, freshman Mackenzie Mora clocked in at 22:01.8 for 88th. Senior Cindy Flores crossed the finish line in 22:17.6. In her collegiate 6K debut, freshman Renee Phillips recorded a 23:08.5 time (141st) and junior Chrissy Calain rounded out the field (23:51.2, 159th).

Leading a stacked field of 29 teams from across the country was the nation's 12th-ranked team Arkansas. The Razorbacks scored 36 points by individually taking seven of the top 12 spots. Alabama, ranked third in the South Region by the USTFCCA, was the second-place team finisher (145 points) followed by the Mountain Region's 14th-ranked team Utah Valley (200 points). UC Santa Barbara (202 points), ranked 14th in the West Region, was fourth and Southern Utah (216 points), who sits fourth in the Mountain Region, placed fifth.

# 2017 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 2	~ Mark Covert Classic (5K) <i>Top Five:</i> Seynaeve, Flores, Phillips, Mora, Calain	3rd / 4 teams	2:22.2	N/A	Lily Seynaeve (18:51.6)
Sept. 16	! UC Riverside Invitational (6K) <i>Top Five:</i> Seynaeve, Mora, Flores, Phillips, Calain	12th / 17 teams	2:21.2	N/A	Lily Seynaeve (21:30.0)

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

! UC Riverside Invitational at UCR Agricultural Operations Course in Riverside, Calif.

@ UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.

# 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 UNM North Golf Course in Albuquerque, N.M.

^ NCAA West Regional at Jefferson Golf Course in Seattle, Wash.

# 2017 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

## Chrissy Calain (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8
Sept. 16	UC Riverside Invitational	159th/191	23:51.2

**Collegiate Career Best: 5K - 19:44.8; 6K - 21:17.96**

## Cindy Flores (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	29th/146	19:43.2
Sept. 16	UC Riverside Invitational	159th/191	22:17.6

**Collegiate Career Best: 5K - 18:43; 6K - 21:51.0**

## Mackenzie Mora (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	39th/146	19:54.4
Sept. 16	UC Riverside Invitational	88th/191	22:01.8

**Collegiate Career Best: 5K - 19:54.4; 6K - 22:01.8**

## Renee Phillips (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	31st/146	19:44.5
Sept. 16	UC Riverside Invitational	141st/191	23:08.5

**Collegiate Career Best: 5K - 19:44.5; 6K - 23:08.5**

## Lily Seynaeve (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	75th/146	21:13.8
Sept. 16	UC Riverside Invitational	55th/191	21:30.0

**Collegiate Career Best: 5K - 18:51.6; 6K - 21:30.0**

# 2017 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2017 Top-10 Times -- 5K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 2
2. Cindy Flores (Sr.)	19:43.2	Mark Covert Classic	Sept. 2
3. Renee Phillips (Fr.)	19:44.5	Mark Covert Classic	Sept. 2
4. Mackenzie Mora (Fr.)	19:54.4	Mark Covert Classic	Sept. 2
5. Chrissy Calain (Jr.)	21:13.8	Mark Covert Classic	Sept. 2

## 2017 Top-10 Times -- 5K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 2
2. Cindy Flores (Sr.)	19:43.2	Mark Covert Classic	Sept. 2
3. Renee Phillips (Fr.)	19:44.5	Mark Covert Classic	Sept. 2
4. Mackenzie Mora (Fr.)	19:54.4	Mark Covert Classic	Sept. 2
5. Chrissy Calain (Jr.)	21:13.8	Mark Covert Classic	Sept. 2

## 2017 Top-10 Times -- 6K (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
3. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
4. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
5. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

## 2017 Top-10 Times -- 6K (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
3. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
4. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
5. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

# 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. 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)

<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. Christine Kent	17:07.59	Highlander Invitational	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. 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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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. 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. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
7. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
10. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010

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

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
5. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
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