



2005 Prospectus

San Diego State
Cross Country



SAN DIEGO STATE CROSS COUNTRY

GENERAL INFORMATION

LocationSan Diego, Calif.
 Enrollment34,174
 NicknameAztecs
 Founded1897
 ColorsScarlet and Black
 ConferenceMountain West
 PresidentDr. Stephen L. Weber
 Director of AthleticsJeff Schemmel
 Sr. Woman AdministratorKathy Van Wyk

TEAM INFORMATION

Head CoachRahn Sheffield (SDSU, 1980)
 Assistant CoachJennifer Nanista (SDSU, 1990)
 Cross Country Office Phone(619) 594-1951
 Nanista's E-mailnanista@mail.sdsu.edu
 Letterwinners Returning/Lost5/2
 Strength & ConditioningCourtney Bale
 Academic AdvisorBre White
 Athletic TrainerChristina Scherr
 Home CourseBalboa Park

MEDIA INFORMATION

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2005 SCHEDULE

<u>Date</u>	<u>Event</u>	<u>Time</u>
Sept. 3	at Fullerton Invitational (Fullerton, Calif.)	8 a.m.
Sept. 17	61st Annual Aztec Invitational (Balboa Park - San Diego, Calif.)	8 a.m.
Sept. 24	at Stanford Invitational (Palo Alto, Calif.)	4 p.m.
Oct. 1	at Willamette Invitational (Salem, Ore.)	9 a.m.
Oct. 8	at UCSD Invitational (San Diego, Calif.)	10 a.m.
Oct. 15	TBA	TBA
Oct. 30	at MWC Championships (Fort Collins, Colo.)	10 a.m.
Nov. 12	at NCAA Regionals (Palo Alto, Calif.)	10 a.m.
Nov. 21	at NCAA Finals (Terre Haute, Ind.)	12:15 p.m.

Home meet in bold. Times local to site.

2004 RESULTS

<u>Date</u>	<u>Meet</u>	<u>Place/Tms.</u>
Sept. 4	at Fullerton Season Opener	15th of 19 (370 pts)
Sept. 11	at Fresno State Invitational	8th of 10 (237 pts)
Sept. 18	Aztec Invitational	13th of 15 (283 pts)
Sept. 25	at Stanford Invitational	16th of 19 (398 pts)
Oct. 9	Pre-MWC Meet	2nd of 2 (49 pts)
Oct. 16	at UNLV Invitational	2nd of 5 (49 pts)
Oct. 30	2004 MWC Championships	7th of 8 (192 pts)
Nov. 15	NCAA Regionals	Incomplete

2005 ROSTER

<u>Athlete</u>	<u>Ht.</u>	<u>Yr.</u>	<u>Exp.</u>	<u>Hometown (Previous School)</u>
Lital Azulay	5-6	So.	TR	Holon, Israel (Coastal Carolina)
Ali Baker	5-5	Jr.	1V	Pine Valley, Calif. (Mountain Empire HS)
Sarah Belger	5-6	Jr.	TR	Albuquerque, N.M. (S.D. Mesa College/New Mexico State)
Sara Cates	5-5	Jr.	2V	Carlsbad, Calif. (Carlsbad HS)
Lisa Crampton	5-6	Jr.	TR	Livermore, Calif. (Belmont University)
Christal Cuadra	5-7	Sr.	3V	Honolulu, Hawaii (Maryknoll HS)
Jackie Duncan	5-6	Sr.	1V	Syracuse, N.Y. (Liverpool HS)
Lisa Marchini	5-7	Jr.	TR	Hercules, Calif. (Salesian HS/Diablo Valley College)
Amanda Maydeck	5-5	Fr.	HS	Glendora, Calif. (Glendora HS)
Lisa Naucler	5-8	So.	TR	Ljusdal, Sweden (Manhattan College)
Briana Powell	5-4	So.	SQ	Long Beach, Calif. (Long Beach Poly HS)
Dora Sanders	5-3	Jr.	TR	El Cajon, Calif. (Valhalla HS/Cuyamaca College)
Jamillah Titus	5-8	Sr.	SQ	American Canyon, Calif. (Vintage HS)
Celeste Tyson	5-1	So.	2V	Austin, Texas (McNeil HS)
Anne Vieira	5-4	So.	SQ	San Diego, Calif. (Point Loma HS)

Head Coach: Rahn Sheffield, 15th season

Assistant Coach: Jennifer Nanista, 13th season

2005 PROSPECTUS

SAN DIEGO STATE CROSS COUNTRY

2005 SEASON OUTLOOK

The San Diego State women's cross country team enters the 2005 season brimming with confidence and high expectations. Even after placing seventh at the conference meet last year, assistant coach Jennifer Nanista believes they are poised for an upper-division finish this fall.

"I feel we have the strongest team we've ever assembled here," Nanista said. "Our goal is to finish in the top three in conference and place in the top 10 at the NCAA West Regional with one or two athletes competing at the NCAA meet."

Fueling such optimism on Montezuma Mesa is the return of five of SDSU's top seven runners from a year ago. The Aztecs also welcome three talented transfers who are expected to become major contributors this season.

Christal Cuadra enters her senior campaign as SDSU's top returnee. Last year, the Honolulu, Hawaii, product earned a spot on the all-Mountain West Conference second team, becoming only the second Aztec runner ever to earn all-MWC honors. Cuadra also logged a personal-best 6K time of 22:00 at the NCAA West Regional.

"This is Christal's senior year and we'd like to get her close to nationals," Nanista said.

Along with Cuadra, San Diego State will rely heavily on the trio of transfers in Lital Azulay (Coastal Carolina), Lisa Naucler (Manhattan) and Lisa Crampton (Belmont). Azulay and Naucler both ran for the Aztec track team last spring and both are expected to make an immediate impact this fall. Azulay finished fourth in the 10,000 meters at the 2005 MWC outdoor championships, while Naucler competed in both the 800 and 1,500 meters throughout the season.

"Lital is very strong, she's very good in long distance," Nanista said. "She is someone who I'm definitely looking to come in and make an immediate impact. I'm looking for her to lead the team. Lisa Naucler is a middle-distance runner, but I do think she has a lot of potential to do well in cross country and be a key contributor."

Crampton was a two-year competitor in both track and cross country at Belmont University, earning Atlantic Sun Conference Freshman-of-the-Year honors in 2003.

Competing for the fifth spot will be seniors Jackie Duncan and Jamillah Titus and juniors Ali Baker, Sarah Cates and Celeste Tyson. Another possibility is transfer Sarah Belger who had an impressive training camp following knee surgery earlier this spring.

Rounding out the roster are sophomores Briana Powell and Anne Vieira, along with transfers Lisa Marchini and Dora Sanders and freshman Amanda Maydeck.

A trip to the Stanford Invitational on Sept. 24 highlights the 2005 schedule.

"The Stanford Invitational is probably the biggest competition that we'll see," Nanista said. "Several top-25 teams will compete there. I think we'll see a lot more teams from

our region, because our regional meet is going to be held at Stanford and a lot of teams will be there to preview the course."

San Diego State's only home meet this season will take place at Balboa Park on Sept. 17 when it plays host to the 61st Annual Aztec Invitational, while the team ventures to Fort Collins, Colo., for this year's MWC championships on Oct. 29.

2004 SEASON REVIEW



Junior Christal Cuadra finished 55th at last season's NCAA West Regional meet

Despite returning only four letter-winners and losing 2003 all-regional and all-Mountain West Conference selection Marie Nilsson, the San Diego State women's cross country team fashioned another fine season in 2004.

Although the Aztecs slipped one team place in the MWC championship meet from the season before, the scarlet and black finished in the top eight in four of its seven scoring races.

The squad took second in consecutive meets, including a solid effort at the UNLV Invitational, as three runners finished in the top eight. SDSU also came within 13 team places from winning its second title in four seasons at the same meet.

Individually, junior Christal Cuadra compiled a breakthrough season, earning a spot on the all-MWC second team courtesy of her 14th-place finish at the 2004 MWC championships and becoming only the second Aztec to earn all-MWC honors.

After missing the first two weeks, Cuadra was the top Aztec finisher in the final six races, including a 55th-place showing at the NCAA West Regional, a 15-spot improvement with a personal best time of 22:00. The 6K result was the fifth-fastest on the SDSU all-time list.

Sophomore Celeste Tyson displayed tremendous consistency, finishing among the team's top five on five occasions, including second on the team and seventh overall at the UNLV Invitational. At the Fresno State Invitational, Tyson logged a personal-best and team season-best 5K time of 19:31.

Junior Jackie Duncan showed vast improvement, recording a personal-best 5K time of 19:42 at the Fresno State Invitational, shaving a minute off of her best effort in 2003.

SDSU also got notable contributions from its lone senior, Emily Joller, and sophomore Ali Baker as each had Aztec career-best times at both the 5K and 6K distances.

SAN DIEGO STATE CROSS COUNTRY



Assistant Coach Jennifer Nanista

13th Season at San Diego State

San Diego State, B.S. '90, M.S. '97

Jennifer Nanista begins her 13th season as an assistant coach at San Diego State. In the fall, she heads the Aztecs' cross country team, while during the track season, Nanista is in charge of the team's middle distance and distance runners. In addition, Nanista is involved with every facet of the Aztec program, including academics, recruiting, fundraising, meet management and all administrative duties.

One of the best middle distance runners to ever don the scarlet and black, she finished second in the 800 meters at both the 1989 and 1990 Big West Conference championships. She also helped lead the Aztecs to a third-place team finish in 1990. Her career best time of 2:11.83 in the 800 was one of the fastest times in school history. Nanista also competed at Mesa Junior College under former Aztec great Arnie Robinson, before transferring to SDSU.

That competitive spirit has carried over to her coaching. In 2003, she directed the SDSU cross country squad to one of its finest seasons in recent memory. The Aztecs made improvements at both the Mountain West Conference and NCAA Regional meets, finishing in the top six in seven of its 10 races.

The year was highlighted by the program's first team title in three seasons, as five runners finished in the top 11 at the Long Beach State Invitational. SDSU also placed in the top three at two other meets, the Hawai'i Big Wave Invitational and UCSD's Triton Classic.

Individually, Nanista coached Christal Cuadra to four of the school's top-five 6K times in 2004. Cuadra earned a spot on the all-Mountain West Conference second team, becoming only the second Aztec runner to be so honored. In 2003, she coached newcomer Marie Nilsson to three of the school's top-four 6K times that year, including an SDSU record of 21:04 at the NCAA regional meet. Nilsson was the team's top finisher in every race in which she competed, tallying five, top-seven individual finishes.

Nilsson also became the first Aztec to earn Mountain West Conference Runner of the Week honors twice in a season. She followed that up with a spot on the seven-runner MWC first team, a first in program history, and made the NCAA all-west region squad.

In 1999, Nanista coached Sophia Hawker to an NCAA Cross Country Championships qualifying berth, becoming the first Aztec to compete at the national meet in 18 years. Hawker was also a 1999 first-team all-region selection.

Nanista continues to compete as a member of the Sheffield Elite Track Club. She has won races at the Occidental Invitational, the UC San Diego Invitational and was a runner-up at the Baldy Castillo Invite. Her personal record in the 800 meters currently stands at 2:08.10. Nanista's résumé also includes a runner-up finish in the Arturo Barrios 5K Road Race in nearby Chula Vista, Calif.

A native of Golden, Colo., Nanista earned a bachelor of science in financial services in 1990 and in 1997 completed her master's of science in marketing at SDSU.



Volunteer Assistant Coach Rich Fox

Ninth Season at San Diego State

San Diego State, B.S. '92, Boston University M.S. '04

Richard Fox enters his ninth season as a volunteer assistant coach at San Diego State. In 1998 when the NCAA implemented the pole vault for women, Fox became a member of the Aztec staff as a volunteer coach. Since then, Fox has brought SDSU to the forefront in collegiate pole vaulting as one of the nation's premier programs.

In 2003, Fox's duties with the Aztecs also included working as an assistant coach with the cross country squad. SDSU improved both its conference and NCAA regional finishes and had one runner, Marie Nilsson, earn first team all-MWC and all-district honors.

Fox's pole vaulters have posted tremendous success over the past seven years. SDSU has had 26 all-conference performances, won three MWC titles, provisionally qualified for the NCAAs 21 times and sent three to the national meet, with one earning All-America honors. The Aztecs have also broken the indoor and outdoor school records on numerous occasions and have set both the MWC championship meet and overall conference records.

Fox was a four-year track and field team member and varsity letterwinner at San Diego State from 1988-1992. He is a 1992 graduate of SDSU with a bachelor of science in finance and received a postgraduate master's in criminal justice from Boston University in 2004.

Fox was a special agent with the Drug Enforcement Agency (DEA) for one year and has been with the San Diego Police Department as an officer since 1994, where he works patrol in the Mid-City Division.

He also spends time volunteering with the San Diego Association for track and field officials and is a certified member as a USATF official. Fox completed an open 5K road run in 18:34 in 2003.

SAN DIEGO STATE CROSS COUNTRY

2005 AZTEC BIOS



Lital Azulay
Sophomore • 5-6 • TR
Holon, Israel
(Coastal Carolina)

2004-05: Did not compete in cross country ... Spring signee for the outdoor track season ... Ran a season-best 17:16.08 in the 5,000 meters...finished fourth in the 10,000 (38:47.18) at the 2005 MWC outdoor championships ... earned a gold medal in the 3,000 this past summer at the Maccabiah Games.

At Coastal Carolina: Competed for one year (2003-04) with the Chanticleers, helping the team win the triple crown - cross country, indoor and outdoor championship - in the Big South Conference ... earned all-Big South accolades once in cross country and in two events apiece in indoor and outdoor track ... placed second in the 5,000 (17:46.09) and third in the 10,000 (37:55.77) at the 2004 Big South outdoor championship meet ... ran 1,200 leg of the winning distance medley relay team (12:18.91) and took third in the 5K (18:16.03) at the 2004 Big South indoor championships ... finished 12th at the 2003 Big South cross country championship meet, completing the 5K course in 19:28.44.

Personal: Lital Coral Azulay is the daughter of Ofra and Meir Azulay ... hopes to pursue a degree in graphic design ... aspires to continue her running career after college ... enjoys computers and singing ... favorite athlete is Paula Radcliffe.



Ali Baker
Junior • 5-4 • 1V
Pine Valley, Calif.
(Mountain Empire HS)

2004 (Sophomore): Ran in seven out of eight meets a sophomore ... set Aztec career-best times in the 5K (19:34.00) at the Fresno State Invitational on Sept. 11 and the 6K (24:34.00) at the Stanford Invitational on Sept. 24 ... also competed at the NCAA West Regional.

2003 (Freshman): Participated in six meets as a true freshman ... finished in the No. 3 spot and 35th overall in the Pre-MWC meet on Oct. 4 ... had a season-best 5K time of 19:59.70 at the UC Riverside Invitational on Sept. 20.

High School: Four-year letterwinner in both cross country and track at Mountain Empire High School ... led her cross country squad to four league titles and two runner-up finishes at CIFs ... two-time league individual champion as a junior and senior ... three-time team MVP ... ran both the 800 and the 1600 in track ... three-time CIF finalist in the 1600-meter race ... also lettered in basketball.

Personal: Alison Jean Baker was born September 1, 1985,

in La Mesa, Calif. ... daughter of Allen and Nancy Baker ... majoring in exercise and nutritional sciences with plans to become a physical therapist.



Sarah Belger
Junior • 5-6 • TR
Albuquerque, N.M.
(S.D. Mesa College/New Mexico State)

Mesa JC: Has not competed after undergoing three knee surgeries since high school.

High School: Multi-sport athlete ... won four varsity letters each in cross country and track for the Sandia High Matadors in Albuquerque ... earned all-district, all-city and all-state honors from 1999-2001 ... ran for coach Blaine Clarke ... also won three letters in soccer ... was her team's leading scorer as a junior.

Personal: Sarah Christine Belger was born Oct. 7, 1983, in San Diego, Calif. ... daughter of Mark Belger and Sue MacEachern ... enjoys snowboarding, playing the piano and writing poetry ... communications major considering a career in public relations.



Sara Cates
Junior • 5-5 • 2V
Carlsbad, Calif.
(Carlsbad HS)

2004 (Sophomore): Competed in seven races as a sophomore ... had a pair of top-20 finishes in consecutive weeks ... placed 13th at the Pre-MWC championship meet on Oct. 9 and was 14th at the UNLV Invitational on Oct. 16.

2003 (Freshman): Saw action in seven meets in 2003 ... finished No. 4 on the team at the NCAA West Regional meet and fifth in the UC Riverside and Pre-Mountain West Conference meets ... posted Aztec career-best times of 20:15.40 in the 5K at UC Riverside on Sept. 20 and 23:24.00 in the 6K at NCAA West Regionals on Nov. 15 ... also competed in the MWC championships (48th).

High School: Earned 13 varsity letters in cross country, track, soccer and swimming at Carlsbad High School ... helped the cross country squad to two runner-up finishes at the CIF meet and a pair of top-12 finishes at the state meet ... garnered team MVP honors and was a second-team all-league selection as a junior ... placed ninth individually at the CIF meet her junior season ... served as the team captain of the soccer team.

Personal: Sara Michelle Cates was born June 19, 1985, in La Jolla, Calif. ... daughter of Mike and Sue Cates ... parents are both SDSU alums ... majoring in exercise and nutritional sciences with an emphasis in physical therapy.

SAN DIEGO STATE CROSS COUNTRY



Lisa Crampton
Junior • 5-6 • TR
Livermore, Calif.
(Belmont University)

At Belmont: Won two letters under coach Seth Sheridan ... ran a personal-best 22:33 in the 6K at the 2004 NCAA championship preview meet ... three top-15 finishes in 2003 ... also ran a personal-best 5K time of 18:43 at the 2003 Atlantic Sun Conference championships ... 2003 conference freshman of the year ... posted six top-10 finishes during the 2004 outdoor track season ... has personal-best times of 4:32.00 in the 1,500 and 11:11.50 in the steeplechase.

High School: Four-year letterwinner for the Granada High Matadors ... finished fourth in the 1,600 meters at the 2003 CIF Division II finals ... also competed in basketball.

Personal: Lisa Michelle Crampton was born Nov. 19, 1984, in Livermore, Calif. ... daughter of Jim and Pam Crampton ... plans to major in psychology.



Christal Cuadra
Senior • 5-7 • 3V
Honolulu, Hawaii
(Maryknoll HS)

2004: (Junior) The Aztecs' top finisher in all six races in which she ran ... earned second-team all-MWC honors after placing 14th with a 6K time of 23:03 ... recorded the fifth-fastest 6K time in Aztec history with a 55th-place performance at the NCAA regional meet ... three top-15 finishes in three consecutive races ... logged the three fastest 6K times on the team and four out of the top five.



2003 (Sophomore): Ran in eight races in 2003 ... was the top Aztec finisher at the CS Fullerton meet on Aug. 30 (fourth overall) ... finished in the No. 2 spot for the Aztecs in five of her eight races ... took fifth at the Long Beach Invitational and 13th at the UCSD Invitational ... posted a Aztec career-best 5K time of 18:39.80 at CS Fullerton ... competed in the Mountain West Conference (42nd) and the NCAA west regional meets (70th) ... set a personal-best time of 22:25 in the NCAA west regional meet on Nov. 15.

2002 (Freshman): Competed in seven of the team's eight cross country meets ... finished in the No. 2 spot for the Aztecs in four of her seven races ... posted her best 5K time of 19:08.00 at the Aztec Invitational on Sept. 14 ... competed in the MWC (56th) and the NCAA west regional meets (85th).

High School: Attended Maryknoll High School where she was a four-time letterwinner ... Cross country league champion ... Also league champ in the 3,000 and 1,500 meters... 2001 Hawaii state cross country champion ... coached by her father, Greg Cuadra ... 5K personal record stands at 17:28.

Personal: Christal Park Cuadra was born on Feb. 9, 1984, in Honolulu, Hawaii ... daughter of Greg and Kisun Cuadra ... majoring in economics.



Jackie Duncan
Senior • 5-6 • 1V
Syracuse, N.Y.
(Liverpool HS)

2004 (Junior): Showed dramatic improvement in six races as a junior ... recorded a pair of top-20 finishes, placing 14th at the Pre-Mountain West Conference Championship Meet on Oct. 9, and 16th at the UNLV Invitational on Oct. 16 ... set a personal best in the 5K at the Fresno State Invitational on Sept. 11 (19:42) ... was the Aztecs' top finisher at the Fullerton Opener on Sept. 4 (53rd).

2003 (Sophomore): Competed in six races as a sophomore ... finished 37th in the Pre-Mountain West Conference championship meet on Oct. 4 ... set a personal best in the 5K at the UC Riverside Invitational on Sept. 20 (20:43.90).

2002 (Freshman): Set a personal best at the CSU Fullerton Invitational (22:16.20).

High School: Was a two-year letterwinner at Liverpool High School in New York ... All-league selection ... also competed in tennis and synchronized swimming for the Warriors.

Personal: Jacqueline Cheney Duncan was born on Sept. 17, 1983, in Syracuse, New York ... parents are Joseph Duncan and Margo Cheney ... enjoys playing the piano and traveling ... is fluent in Spanish ... majoring in international business.

SAN DIEGO STATE CROSS COUNTRY



Lisa Marchini
Junior • 5-7 • TR
Hercules, Calif.
(Salesian HS/Diablo Valley CC)

At Diablo Valley: All-Bay Valley Conference in 2004 ... recorded personal best times of 19:38 in the 5K and 4:56 in the 1,500 ... ran for coach Dan Cruz ... All-academic honoree.

High School: Won three letters for the Salesian High Chiefs in Richmond, Calif. ... ran for coach Paul Anderson...also competed in basketball, soccer and swimming.

Personal: Lisa Christine Marchini was born Sept. 2, 1985, in Daly City, Calif. ... daughter of Dena and Andrea Marchini ... plans to major in exercise and nutritional sciences.



Amanda Maydeck
Freshman • 5-7 • HS
Glendora, Calif.
(Glendora HS)

High School: Earned three letters in cross country for the Glendora High Tartans ... team captain her junior and senior year ... also earned two letters each in track and swim ... track team captain senior year ... has personal best time of 5:51 in the mile.

Personal: Amanda Nicole Maydeck was born Nov. 1, 1987, in Reno, Nev. ... daughter of Dan and Maria Maydeck. ... lists track legend Steve Prefontaine as her favorite athlete ... undeclared major ... considering a career as an orthopedic surgeon.



Lisa Naucler
Sophomore • 5-8 • TR
Ljusdal, Sweden
(Manhattan College)

2004-05: Did not compete during the cross country campaign ... enrolled at SDSU in time for the outdoor track season ... had team's top-time of 4:35.32 in the 1,500 ... finished seventh in the 800 at the MWC championships.

At Manhattan College: Competed one year for coach Dan Mecca in 2003-04 ... placed 11th at the ECAC cross country championships ... took 20th at the Metropolitan Cross Country championships and 32nd at the Metro Atlantic Athletic Conference meet ... set a personal 6K best of 23:50 at the NCAA Northeast Regional.

High School: Placed second in the 1,500 at the 2002 Outdoor Youth Finnkampen...personal bests are 2:10.53 in the 800 and 4:35 in the 1,500...competed for coach Richard Edman.

Personal: Lisa Margaretha Naucler was born Jan. 2, 1984, in Norkköpina, Sweden ... daughter of Harriet Naucler ... enjoys reading and traveling ... plans to major in international security and conflict resolution ... attended same high school as former Aztec All-American Marie Nilsson.



Briana Powell
Sophomore • 5-4 • SQ
Long Beach, Calif.
(Long Beach Poly HS)

2004-05: Did not compete during the cross country season ... ran both the 800 and 1,500 meters during the outdoor track season.

High School: Four-year letterwinner at Long Beach Poly ... member of the 2003 state championship cross country team, which finished the season ranked 10th nationally ... also competed in track and field ... member of the 3,200-relay team which set a national record in 2004 ... named Who's Who in track and field ... has personal record times of 2:14 in the 800, 5:11 in the mile and 18:37 in the Three-mile.

Personal: Briana Monique Powell was born on Oct. 9, 1986, in Long Beach, Calif. ... daughter of Dwayne and Alicia Powell... lists Donovan McNabb as her favorite athlete ... plans to major in criminal justice.



Dora Sanders
Junior • 5-3 • TR
El Cajon, Calif.
(Valhalla HS/Cuyamaca CC)

At Cuyamaca: Earned MVP honors for the Cuyamaca Coyotes ... has personal-best time of 19:38 in the 5K ... ran for coach Jennifer (Flores) Williams, who earned two letters at SDSU in 1997-98.

High School: Won two letters for the Valhalla High Norsemen ... ran for coach Richard Torge ... also competed in track.

Personal: Dora Alma Sanders was born Aug. 26, 1985, in Ensenada, Mexico ... daughter of Ron and Linda Sanders ... plans to major in sociology.

SAN DIEGO STATE CROSS COUNTRY



Jamillah Titus
Senior • 5-8 • SQ
American Canyon, Calif.
(Vintage HS)

2004 (Junior): Ran in six races as a junior...Recorded season-best 5K time at the Fresno State Invitational, placing 67th in 19:32.

2003 (Sophomore): Competed in six meets as a sophomore ... Aztec top finisher in the UC Riverside Invitational (67th) and the Long Beach State Invitational (57th).

2002 (Freshman): Ran in eight cross country meets in her first year at San Diego State ... had one top 20 finish, placing 18th at the Aztec Invitational with a time of 19:11 ... season-best 5K time at the Long Beach Invitational, placing 20th in 18:46 ... stepped up to lead the Aztecs at the NCAA west regionals and was the No. 3 finisher for the squad in five other races.

High School: Four-year letterwinner at Vintage High in Napa, Calif. ... earned athlete of the year award by the high school as well as the local newspaper ... state champion in the 800 meters ... also played basketball and was a member of the swim team.

Personal: Jamillah Danyae Titus was born on Nov. 30, 1984, in Oakland, Calif. ... daughter of Victor and Cassandra Titus ... majoring in psychology with aspirations of becoming a child psychologist.

tained her team to a league title as a junior and a runner-up finish as a sophomore ... trained for three years in both the 800 and 1600 under Traci Neely, competing unattached.

Personal: Celeste Nicole Tyson was born Feb. 27, 1985, in Corpus Christi, Texas ... Daughter of Karl and Coral Tyson ... is an only child ... undecided on a major.



Celeste Tyson
Junior • 5-1 • 2V
Austin, Texas
(McNeil HS)

2004 (Sophomore): Ran in five races for the Aztecs...finished in the top 10 twice, taking seventh at the UNLV Invitational on Oct. 16 and 10th at the Pre-Mountain West Conference meet on Oct. 9...set her Aztec career best time of 19:31 in the 5K at Fresno State Invitational on Sept. 11... also competed in the MWC championships (46th).

2003 (Freshman): Ran in six meets for the Aztecs ... finished in the top-40 twice, taking 37th in the Aztec Invitational on Sept. 13 and 39th in the Hawai'i Big Wave Invitational on Sept. 20 ... set her Aztec career best time of 19:46 in the 5K at the Aztec Invitational ... competed in the Mountain West Conference championships (58th).

High School: Earned 10 letters in three sports at McNeil High School in Austin, Texas ... four-time letterwinner in cross country and track ... finished in the top 10 at the Texas state cross country meet as a senior ... top 20 finisher at the regional level as a sophomore and junior ... cap-



Anne Vieira
Sophomore • 5-4 • SQ
San Diego, Calif.
(Point Loma HS)

2004-05 (Freshman): Did not compete in cross country ... ran both the 3,000 and 5,000 during the outdoor track season.

High School: Four-year letterwinner at Point Loma High School in cross country and track and field ... also competed in water polo for two years ... all-Eastern League as a junior and senior ... team won league championship twice under coach Rob Barnett ... league champion in pole vault in 2003 ... 5K personal-best time stands at 19:52.

Personal: Anne Elizabeth Vieira was born on Sept. 10, 1986, in San Diego, Calif. ... daughter of Glen and Lisa Vieira ... intended major is accounting and international business with career plans to be an international certified personal accountant.

SAN DIEGO STATE CROSS COUNTRY

2004 TOP 10 TIMES (5K)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Celeste Tyson	19:31.00	Fresno State Invitational	9/11/04
2. Ali Baker	19:34.00	Fresno State Invitational	9/11/04
3. Christal Cuadra	19:35.00	UNLV Invitational	10/16/04
4. Jackie Duncan	19:42.00	Fresno State Invitational	9/11/04
5. Christal Cuadra	19:44.00	Aztec Invitational	9/18/04
6. Jackie Duncan	19:49.70	Fullerton Season Opener	9/04/04
7. Jamillah Titus	19:52.00	Fresno State Invitational	9/11/04
8. Brookie Detterman	19:54.00	Fresno State Invitational	9/11/04
9. Ali Baker	20:14.20	Fullerton Season Opener	9/04/04
10. Brookie Detterman	20:20.00	Fullerton Season Opener	9/04/04

2004 TOP 10 TIMES (6K)

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Christal Cuadra	22:00.00	NCAA West Regional	11/13/04
2. Christal Cuadra	23:03.00	MWC Championships	11/01/04
3. Christal Cuadra	23:22.00	Stanford Invitational	9/25/04
4. Christian Fairing	23:29.00	NCAA West Regional	11/13/04
5. Christal Cuadra	24:08.00	Pre-MWC Meet	10/09/04
6. Sara Cates	24:09.00	NCAA West Regional	11/13/04
7. Ali Baker	24:34.00	Stanford Invitational	9/25/04
8. Ali Baker	24:38.00	NCAA West Regional	11/13/04
9. Brookie Detterman	24:41.00	Stanford Invitational	9/25/04
10. Sara Cates	24:53.00	Stanford Invitational	9/25/04

ALL-TIME TOP-10 5K TIMES

<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. Monica Joyce	17:05.00	UCLA Invitational	1981
6. Lynn Kanuka	17:07.30	WCAA Championships	1981
7. Eva Enstrom	17:08.00	District 8 Championships	1981
8. Laurie Crisp	17:09.00	UCLA Invitational	1982
9. Laurie Crisp	17:14.00	District 8 Championships	1982
10. Lynn Kanuka	17:20.00	UCLA Invitational	1981
Lynn Kanuka	17:20.00	UC Riverside Invitational	1979

ALL-TIME TOP-10 6K TIMES

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
1. Marie Nilsson	21:04.00	NCAA West Regional	2003
2. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
3. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
5. Christal Cuadra	22:00.00	NCAA West Regional	2004
6. Kylie Edwards	22:09.00	NCAA West Regional	2003
7. Alicia Stewart	22:12.00	Stanford Invitational	2002
8. Marie Nilsson	22:20.00	Long Beach Invitational	2003
9. Christal Cuadra	22:25.00	NCAA West Regional	2003
10. Marie Nilsson	22:30.00	UCSD Triton Classic	2003