



SAN DIEGO STATE AZTECS

2016 Cross Country Weekly Notes

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News Release Date: September 15, 2016

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Schedule/Results

Overall: 2-1 | Mountain West: 0-0

September

3	Mark Covert Classic (5K)	2nd/4 teams; 47 pts.
	Brea, Calif. (Carbon Canyon Regional Park)	
17	UC Riverside Invitational (6K)	7:30 a.m. PT
	Riverside, Calif. (UCR Ag Ops Course)	
23	72nd Annual Aztec Invitational (5K)	8:30 a.m. PT
	San Diego, Calif. (Tecolote Shores - Mission Bay)	

October

1	Capital Cross Challenge (6K)	10:05 a.m. PT
	Sacramento, Calif. (Haggin Oaks Golf Complex)	
15	Highlander Invitational (5K)	8 a.m. PT
	Riverside, Calif. (UCR Ag Ops Course)	
21	Titan Invitational (5K)	5:15 p.m. PT
	Fullerton, Calif. (Titan Track Complex)	
28	Mountain West Championships (6K)	TBA
	Boise, Idaho	

November

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

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	Junior	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	Sophomore	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 (2-1) at UC Riverside Cross Country Invitational

Saturday, Sept. 17 | 8:45 a.m. PT | UCR Agricultural Operations Course | Riverside, Calif.

UC Riverside Cross Country Invitational Preview

Following a solid start to the season at the Mark Covert Classic on Sept. 3, the San Diego State cross country team will look to continue its success at the UC Riverside Cross Country Invitational on Sat., Sept. 17.

The women's 5K collegiate open starts at 8:45 a.m. and follows the women's 6K invitational at 7:30 a.m. and the men's 8K invitational at 8:05 a.m. The award presentation is set for 9:15 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 and host Highlanders will be racing alongside 38 additional teams (15 addition Division I teams), including competitors from Arkansas, Azusa Pacific, 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 San Diego, UC Santa Barbara, UNLV, USC, Utah Valley and Whittier.

The Aztecs have entered seniors Angel Bucci, Christine Kent and Elaine Ribeiro, junior Cali King, sophomore Lily Seynaeve and Cassidy Towner, and freshman Mary Kunigan.

At the UC Riverside Invitational last year, the Aztecs finished fourth out of 23 teams in the 6,000-meter invitational race and third out of 20 squads in the 5K open race. In the invitational 6K, Elaine Ribeiro led SDSU for the second straight race, taking 17th out of 172 runners in a personal-best time of 21 minutes, 42.6 seconds. Ribeiro was one of five San Diego State runners (out of seven) who PR'd in the 6K race. The time was the seventh-fastest in school history.

San Diego State visits Riverside, Calif., following an impressive showing at the Mark Covert Classic. Seniors Christine Kent and Elaine Ribeiro finished among Division I competitors in the top two, helping the Scarlet and Black to a second-place finish at the race. Kent beat out 134 of her 135 competitors in the race with a time of 17 minutes, 52.8 seconds.

Final results from the race will be posted on GoHighlanders.com, FinishedResults.com (<https://registration.finishedresults.com/meets/228>) and later on GoAztecs.com.

Mark Covert Classic Recap

Christine Kent and Elaine Ribeiro finished in first and second place, respectively, at the Mark Covert Classic's collegiate 5K at Carbon Canyon Regional Park in Brea, Calif., on Sat., Sept. 3. Overall, the Aztecs finished in second place in a field of four Division I teams.

Kent completed the 5,000-meter run in 17 minutes, 52.8 seconds, while her senior classmate, Ribeiro, clocked in at 18:06.0. For Kent, a transfer from South Carolina, her performance was a personal best, which eclipsed an 18:19.2 effort in 2013. Ribeiro, meanwhile, finished in second for the second consecutive season.

A pair of juniors, Cassidy Towner and Lily Seynaeve, produced two top-12 performances. Towner came in 10th place with a time of 19:01.2, with Seynaeve crossing the finish line just seconds later, clocking in at 19:04.8.

Cali King and Chrissy Calain were among the field's top 25, coming in 22nd place and 24th place, respectively. King finished with a time of 19:38.7 and Calain recorded a mark of 19:44.8. Angel Bucci and Mary Kunigan rounded out the Aztec contingent, turning times of 19:46.8 (26th) and 20:10.9 (32nd).

As a squad, San Diego State earned 47 points to finish behind the champion and host, Cal State Fullerton, which had 31 points. Coming in third place was Loyola Marymount with 49 points and USD came in fourth with 85 points.

2016 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
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)

~ Mark Covert Classic at Cal State Fullerton in Brea, 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

Collegiate Career Best: 5K - 18:46.8; 6K - 23:02

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

Collegiate Career Best: 5K - 17:52.8; 6K - 22:14

Cali King (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	22nd/48	19:38.7

Collegiate Career Best: 5K - 18:38.56; 6K - 23:39.9

Mary Kunigan (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	32nd/48	20:10.9

Collegiate Career Best: 5K - 20:10.9; 6K - N/A

Elaine Ribeiro (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	2nd/48	18:06.00

Collegiate Career Best: 5K - 17:54.0; 6K - 21:42.6

Lily Seynaeve (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	12th/48	19:04.8

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

Collegiate Career Best: 5K - 18:04.6; 6K - 22:10.4

2015 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Elaine Ribiero (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
2. Grace Hanshaw (Sr.)	18:29.57	Mark Covert Classic	Sept. 5
3. Cassidy Towner (So.)	18:35.59	Mark Covert Classic	Sept. 5
4. Rachel Roesgen (Sr.)	18:43.15	Mark Covert Classic	Sept. 5
5. Lily Seynaeve (So.)	18:43.72	Mark Covert Classic	Sept. 5
6. Cali King (Jr.)	18:58.42	Mark Covert Classic	Sept. 5
7. Hannah Sawatzki (Sr.)	19:44.27	Mark Covert Classic	Sept. 5
8. Lily Mayko (Sr.)	19:59.63	Mark Covert Classic	Sept. 5

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1. Elaine Ribiero (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
2. Grace Hanshaw (Sr.)	18:29.57	Mark Covert Classic	Sept. 5
3. Cassidy Towner (So.)	18:35.59	Mark Covert Classic	Sept. 5
4. Rachel Roesgen (Sr.)	18:43.15	Mark Covert Classic	Sept. 5
5. Lily Seynaeve (So.)	18:43.72	Mark Covert Classic	Sept. 5
6. Cali King (Jr.)	18:58.42	Mark Covert Classic	Sept. 5
7. Hannah Sawatzki (Sr.)	19:44.27	Mark Covert Classic	Sept. 5
8. Lily Mayko (Sr.)	19:59.63	Mark Covert Classic	Sept. 5

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. 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)

Athlete	Time	Meet	Date/Year
1. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
2. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
3. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
4. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
5. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
6. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
7. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
8. Marianne Hogan	21:41.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
9. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014
10. Lily Seynaeve	21:44.9	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014

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. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
3. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
4. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
5. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
6. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
7. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014
8. Lily Seynaeve	21:44.9	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014
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