

Conference Championship History



Year	Team Time	Avg Time	Spread	Finish	Points	Head Coach/Distance Coach	Top Aztec Finisher
Western Collegiate Athletics Association (WCAA)							
1979				4th		Fred LaPlante/Fred LaPlante	Lynn Kanuka (5th, 17:44)
1980				3rd		Fred LaPlante/Fred LaPlante	Liz Baker (8th, 18:21)
1981				2nd		Fred LaPlante/Fred LaPlante	Monica Joyce (2nd, 16:55.6)
1982	1:28:08.0	17:37.7	1:45.6	3rd		Fred LaPlante/Jim Cerveny	Liz Baker (8th, 17:49)
1983	1:30:32.0	18:06.4	0:38.0	T-3rd		Jim Cerveny/Jim Cerveny	Stacy Kneeshaw (18:28)
1984	1:31:51.0	18:22.2	0:29.0	6th		Jim Cerveny/Jim Cerveny	Maureen Bradley (23rd, 18:02)
Pacific Coast Athletic Association (PCAA)							
1985	1:35:39.0	19:09.1	1:07.0	2nd		Jim Cerveny/Jim Cerveny	Maureen Bradley (3rd, 18:34)
1986	1:32:34.0	18:30.8	1:19.0	3rd		Jim Cerveny/Jim Cerveny	Maureen Bradley (8th, 17:46)
1987	1:29:52.0	17:58.4	1:16.0	2nd		Jim Cerveny/Jim Cerveny	Maureen Bradley (3rd, 17:06)
Big West Conference (BWC)							
1988	1:32:06.0	18:42.0	0:58.0	3rd		Jim Cerveny/Jim Cerveny	Cindi Sullivan (10th, 17:50.9)
1989				5th		Jim Cerveny/Jim Cerveny	Wendy Petersen (9th, 18:30.5)
Western Athletic Conference (WAC)							
1990				6th		Rhan Sheffield/Gary Stathas	Wendy Petersen (18:43)
1991	1:43:14.0	20:08.20	3:01.0	7th		Rhan Sheffield/Gary Stathas	Chrystee Perkins (18:45)
1992	1:45:29.0	21:05.80	2:16.0	8th		Rhan Sheffield/Ted Dixon	Margaret McDowell (39th, 19:48)
1993	1:43:09.0	20:37.80	2:27.0	8th		Rhan Sheffield/Gary Stathas	Michelle Marsh (38th, 19:32.70)
1994	1:40:21.0	20:04.20	2:28.0	8th		Rhan Sheffield/Gary Stathas	Michelle Marsh (24th, 18:51.04)
1995	1:46:15.0	21:15.00	1:48.0	8th		Rhan Sheffield/Gary Stathas	Megan Stewart (36th, 20:19)
1996	1:37:24.0	19:28.80	2:06.0	12th		Rhan Sheffield/Gary Stathas	Teresa Vega (27th, 18:15.72)
1997	1:38:30.0	19:40.00	1:35.0	12th		Rhan Sheffield/Gary Stathas	Sophia Hawker (36th, 19:00)
1998	1:39:17.0	19:51.40	2:10.0	11th		Rhan Sheffield/Jennifer Nanista	Sophia Hawker (18th, 18:24)
Mountain West Conference (MW)							
1999	1:38:12.0	19:38.40	2:07.0	5th	146	Rhan Sheffield/Jennifer Nanista	Sophia Hawker (16th, 18:36.1)
* Races changed from 5k to 6k *							
2000	1:57:15.3	23:27.03	0:29.8	5th	166	Rhan Sheffield/Jennifer Nanista	Kylie Edwards (31st, 23:10.2)
2001	2:00:17.0	24:03.40	2:16.0	7th	177	Rhan Sheffield/Jennifer Nanista	Alicia Stewart (32nd, 23:24)
2002	1:58:12.3	23:38.46	2:08.5	7th	176	Rhan Sheffield/Jennifer Nanista	Jennifer Stakiw (22nd, 22:36.8)
2003	1:58:36.0	23:43.20	2:56.0	6th	143	Rhan Sheffield/Jennifer Nanista	Marie Nilsson (4th, 21:53)
2004	2:05:25.0	25:05.00	2:59.0	7th	192	Rhan Sheffield/Jennifer Nanista	Christal Cuadra (14th, 23:03)
2005	1:52:31.2	22:30.24	2:05.2	5th	134	Rhan Sheffield/Jennifer Nanista	Lital Azulay (5th, 21:14.2)
2006	2:00:39.7	24:07.94	1:41.8	8th	203	Rhan Sheffield/Jennifer Nanista	Celeste Tyson (30th, 22:57.0)
2007	2:02:58.0	24:36.00	2:35.0	9th	229	Rhan Sheffield/Jennifer Nanista	Lisa Naucler (36th, 23:35)
2008	1:56:40.0	23:20.00	0:56.0	9th	239	Rhan Sheffield/Jennifer Nanista	Kristin Glen (42nd, 23:23)
2009	1:59:36.8	23:55.36	1:43.7	8th	207	Sheilia Burrell/Jason Carp	Rachel Williams (21st, 22:39.9)
2010	2:02:10.3	24:26.06	2:23.9	7th	214	Sheilia Burrell/Aaron Ross	Marianne Hogan (20th, 22:56.4)

^San Diego State competed in the AIAW from 1977-80 (SDSU began competing in NCAA Division I in 1981).

* Prior to the 2000 season, conference championships were 5k races.

Conference Championship History



Year	Team Time	Avg Time	Spread	Finish	Points	Head Coach/Distance Coach	Top Aztec Finisher
Mountain West Conference (MW) cont.							
2011	2:01:34.2	24:18.24	3:05.8	8th	218	Sheilia Burrell/Mike Dunne	Marianne Hogan (25th, 22:28.6)
2012	1:54:36.1	22:55.23	1:34.1	8th	210	Sheilia Burrell/Mike Dunne	Marianne Hogan (23rd, 22:00.72)
2013	2:00:32.0	24:06.47	0:33.1	9th	274	Sheilia Burrell/Chris Capeau	Chelsea Kruthers (56th, 23:50.92)
2014	1:53:05.8	22:37.16	0:56.3	10th	276	Sheilia Burrell/Chris Capeau	Elaine Ribeiro (39th, 22:02.30)
2015	2:10:11.0	26:02.18	1:50.0	9th	267	Sheilia Burrell/Karoly Varga	Cassidy Towner (35th, 24:58.97)
2016	1:53:10.0	22:38.00	2:03.4	9th	261	Sheilia Burrell/Karoly Varga	Christine Kent (34th, 21:40.60)
2017	N/A	N/A	N/A	DNP	N/A	Sheilia Burrell/Robert Lusitana	N/A
2018	1:59:13.8	23:50.76	1:18.5	10th	307	Sheilia Burrell/Robert Lusitana	Carlene Massar (51st, 22:30.0)
2019	1:55:36.0	23:08.00	1:12.9	10th	299	Sheilia Burrell/Robert Lusitana	Carlene Masar (59th, 22:26.3)
2020	1:51:54.3	22:22.86	1:16.3	8th	229	Sheilia Burrell/Robert Lusitana	Jessica Kain (45th, 21:49.4)
2021	1:52:30.0	22:30.00	1:11.6	8th	261	Sheilia Burrell/Robert Lusitana	Nicole Meyer (60th, 21:56.7)
2022	2:09:14.6	25:50.92	1:26.0	10th	326	Sheilia Burrell/Robert Lusitana	Zala Sekavcnik (76th, 24:51.3)
2023	1:49:07.0	21:49.32	1:32.1	7th	206	Sheilia Burrell/Robert Lusitana	Jessica Kain (28th, 21:09.2)

^San Diego State competed in the AIAW from 1977-80 (SDSU began competing in NCAA Division I in 1981).

* Prior to the 2000 season, conference championships were 5k races.

District / Region History



Year	Team Time	Avg Time	Spread	Host	Finish	Student-Athletes
1977 [^]	- Only three runners competed -			Texas	N/A	Abare, Riley, Robbins <i>Top Finisher: Jeanna Abare (107th, 19:27.5)</i>
1978 [^]	1:36:40.0	19:20.0	2:16.09	Long Beach State	6th	Riley, Abare, Askin, Hoagland, Harrell, Wilkinson <i>Top Finisher: Diane Riley (21st, 18:15)</i>
1979 [^]	1:34:07.0	18:49.4	0:40.0	Sierra College	8th	Gilbreth, Chaddock, Garcia, Trisco, Torrans <i>Top Finisher: Chris Gilbreth (32nd, 18:27)</i>
1980 [^]	1:29:41.0	17:56.2	0:59.0	Long Beach State	5th	Baker, Joyce, Kanuka, Prentice, Chaddock, Kneesaw, Trisco, Spencer, Hummell <i>Top Finisher: Liz Baker (171st, 19:09)</i>
1981	1:26:13.0	17:14.6	1:35.0	Stanford	3rd	Joyce, Kanuka, Ernstrom, Baker, Chaddock, Simmons, Torrans <i>Top Finisher: Monica Joyce (1st, 16:28.9)</i>
1982	1:27:22.0	17:28.4	0:22.0	Fresno State	8th	Crisp, Baker, Chaddock, Sherman, Kneeshaw, Gross, Garcia <i>Top Finisher: Laurie Crisp (24th, 17:14)</i>
1991	1:43:14.0	20:38.8	3:01.0	Utah	21st	Perkins, Williams, Wynne, Venkus, Hartless <i>Top Finisher: Chrystee Perkins (18:45)</i>
1999	1:35:49.0	19:09.8	2:12.0	Portland	18th	Hawker, Stakiw, Stewart, Acero, Moreno, Cox, Luna <i>Top Finisher: Sophia Hawker (24th, 17:57)</i>
* Races changed from 5k to 6k *						
2000	1:55:24.0	23:04.00	0:58.0	Fresno State	16th	Edwards, Hawker, Stewart, Stakiw, A. Brown, Moreno, Gemmill <i>Top Finisher: Kylie Edwards (75th, 22:34)</i>
2001	- Only four runners competed -			Arizona	N/A	Stakiw, Vielbaum, Stewart, Brown <i>Top Finisher: Jennifer Stakiw (61st, 23:35.30)</i>
2002	2:00:18.0	24:07.00	1:27.0	Stanford	18th	Titus, Cuadra, Stewart, Edwards, Fodor <i>Top Finisher: Jamillah Titus (71st, 23:31)</i>
2003	1:52:33.0	22:30.00	2:27.0	Portland	15th	Nilsson, Edwards, Cuadra, Cates, Fairing, Fodor, A. Brown <i>Top Finisher: Marie Nilsson (22nd, 21:04)</i>
2004	- Only four runners competed -			Fresno State	N/A	Cuadra, Fairing, Cates, Baker <i>Top Finisher: Cristal Cuadra (55th, 22:00)</i>
2005	1:49:32.0	21:54.00	1:36.0	Stanford	7th	Azulay, Crampton, Cuadra, Tyson, Naucler, Belger, Cates <i>Top Finisher: Lital Azulay (21st, 21:05.8)</i>
2006	2:03:55.0	24:47.00	2:19.0	Portland	25th	Tyson, Folloso, Naucler, Duncan, Mason, Armstrong, Azulay <i>Top Finisher: Celeste Tyson (67th, 23:06.31)</i>
2007	1:58:15.0	23:39.00	1:17.0	Oregon	29th	Naucler, Glen, Buc, Mabry, Vieira, Armstrong, Barajas <i>Top Finisher: Lisa Naucler (138th, 22:57.2)</i>
2008	1:56:04.0	23:13.00	1:29.0	Stanford	27th	Glen, Buc, Martinez, Beyers, Cunningham, Williams, Vieira <i>Top Finisher: Kristin Glen (92nd, 22:02.73)</i>
2009	- Did not compete -				-	-
2010	1:53:04.0	22:37.00	2:24.0	Oregon	28th	Hogan, Beyers, Koskinen, Escobar, Davis, Brown <i>Top Finisher: Marianne Hogan (80th, 21:36.8)</i>
2011	1:57:30.0	23:30.00	2:12.0	Stanford	28th	Hogan, Koskinen, Johnson, Rigney, Novak, Carman, Reaser <i>Top Finisher: Marianne Hogan (109th, 22:18)</i>
2012	1:51:11.0	22:15.00	1:20.0	Washington	25th	Vazquez, Hogan, Koskinen, Kruthers, McCall, Roesgen <i>Top Finisher: Laura Vazquez (105th, 21:40)</i>

[^]San Diego State competed in the AIAW from 1977-80 (SDSU began competing in NCAA Division I in 1981).

* Prior to the 2000 season, district/region championships were 5k races.

District / Region History



Year	Team Time	Avg Time	Spread	Host	Finish	Student-Athletes
2013	1:51:25.0	22:17.00	1:15.0	Sacramento State	30th	Kruthers, Roesgen, Gammage, Ribeiro, Smith <i>Top Finisher: Chelsea Kruthers (119th, 21:39)</i>
2014	1:54:29.0	22:54.00	0:51.0	Stanford	27th	Hanshaw, Ribeiro, Towner, Gammage, Roesgen <i>Top Finisher: Grace Hanshaw (120th, 22:25.6)</i>
2015	1:53:56.5	22:47.30	1:24.8	Washington	25th	Ribeiro, Roesgen, Hanshaw, Towner, King, Sawatzki <i>Top Finisher: Elaine Ribeiro (87th, 22:15.1)</i>
2016	1:51:00.3	22:12.06	1:42.6	Sacramento State	26th	Kent, Seynaeve, Towner, Ribeiro, Bucci, King <i>Top Finisher: Christine Kent (90th, 21:30.4)</i>
2017	2:02:55.0	24:35.00	8:16.9	Washington	34th	Seynaeve, Calain, Flores, Phillips, Roberson <i>Top Finisher: Lily Seynaeve (94th, 21:33.7)</i>
2018	1:52:39.3	22:31.86	1:21.0	Sacramento State	28th	D'Atri, Comiso, Laurenzana, Hartke, Phillips, Regalado, Couch <i>Top Finisher: Marissa D'Atri (126th, 21:58.3)</i>
2019	1:53:33.6	22:42.72	1:56.0	Washington State	31st	Masar, D'Atri, Comiso, Phillips, Harper, Smitham <i>Top Finisher: Carlene Masar (111th, 21:44.5)</i>
2020	- Cancelled due to COVID-19 -				-	-
2021	1:51:30.0	22:18.00	1:00.9	Sacramento State	23rd	Kain, Masar, Meyer, Burd, Elias, Smitham, Harper <i>Top Finisher: Jessica Kain (100th, 21:46.5)</i>
2022	1:48:26.0	21:41.20	1:54.2	Washington	26th	Kain, Cabello, Lomeli, Peretti, Parrone, Harper <i>Top Finisher: Jessica Kain (78th, 20:40.3)</i>
2023	1:47:38.0	21:31.46	1:15.9	Sacramento State	21st	Kain, Cabello, Rethmeier, Elias, Heller, Parrone, Peretti <i>Top Finisher: Jessica Kain (83rd, 20:56.3)</i>

^San Diego State competed in the AIAW from 1977-80 (SDSU began competing in NCAA Division I in 1981).

* Prior to the 2000 season, district/region championships were 5k races.

AIAW/NCAA Championship History



Team History

Year	Team Time	Avg Time	Spread	Distance	Location	Finish	Student-Athletes
1981 (NCAA)	1:21:37.0	16:19.4	1:53.7	5K	Echo Hills Golf Course Park City, Kan.	7th	Joyce, Kanuka, Ernstrom, Baker Simmons, Garcia, Chaddock

Individual History

Year	Student-Athlete	Time	Distance	Location	Finish
1977 (AIAW)	Jeanne Abare	19:27.5	5K	Kurth-Landrum Golf Course (Georgetown, Texas)	107th
1977 (AIAW)	Diane Riley	19:35.0	5K	Kurth-Landrum Golf Course (Georgetown, Texas)	120th
1978 (AIAW)	Diane Riley	18:57.9	5K	Denver Kent Country Day School (Englewood, Colo.)	112th
1980 (AIAW)	Liz Baker	19:09.0	5K	Tyee Valley Golf Course (Seatac, Wash.)	171st
1981 (NCAA)	Monica Joyce	16:49.9	5K	Echo Hills Golf Course (Park City, Kan.)	15th
1981 (NCAA)	Lynn Kanuka	16:57.8	5K	Echo Hills Golf Course (Park City, Kan.)	18th
1981 (NCAA)	Eva Ernstrom	17:12.9	5K	Echo Hills Golf Course (Park City, Kan.)	31st
1981 (NCAA)	Liz Baker	17:52.9	5K	Echo Hills Golf Course (Park City, Kan.)	63rd
1981 (NCAA)	Debi Simmons	18:43.3	5K	Echo Hills Golf Course (Park City, Kan.)	95th
1981 (NCAA)	Eliana Garcia	18:50.7	5K	Echo Hills Golf Course (Park City, Kan.)	98th
1981 (NCAA)	Debra Chaddock	18:57.0	5K	Echo Hills Golf Course (Park City, Kan.)	101st
1999 (NCAA)	Sophia Hawker	18:11.8	5K	Indiana University Championship XC Course (Bloomington, Ind.)	131st

^San Diego State competed in the AIAW from 1977-80 (SDSU began competing in NCAA Division I in 1981).

* Prior to the 2000 season, championships were 5k races.

Honors/Awards



All-Americans

Student-Athlete	Class	Finish	Year
Monica Joyce	Sr.	15th	1981
Lynn Kanuka	Sr.	18th	1981

All-Mountain West

Student-Athlete	Class	Team	Year
Marie Nilsson	Sr.	First Team	2003
Christal Cuarda	Jr.	Second Team	2004
Lital Azulay	So.	First Team	2005

Mountain West Athlete of the Week

Student-Athlete	Class	Date
Sophia Hawker	Jr.	Oct. 21, 1999
Kylie Edwards	So.	Sept. 27, 2000
Alicia Stewart	So.	Oct. 10, 2001
Jennifer Stakiw	Jr.	Sept. 24, 2002
Marie Nilsson	Sr.	Sept. 16, 2003
Marie Nilsson (2)	Sr.	Sept. 30, 2003
Lital Azulay	So.	Oct. 5, 2005
Lital Azulay (2)	So.	Oct. 19, 2005
Celeste Tyson	Sr.	Oct. 18, 2006
Lisa Naucler	Sr.	Sept. 18, 2007
Lindsay Barajas	So.	Oct. 23, 2007
Kristin Glen	Sr.	Oct. 14, 2008
Rachel Williams	Sr.	Oct. 13, 2009
Marianne Hogan	So.	Oct. 5, 2010
Marianne Hogan (2)	So.	Oct. 12, 2010
Marianne Hogan* (3)	Jr.	Sept. 20, 2011
Marianne Hogan (4)	Jr.	Oct. 11, 2011
Marianne Hogan (5)	Sr.	Oct. 10, 2012
Elaine Ribeiro	Jr.	Sept. 29, 2015
Jessica Kain	Sr.	Sept. 20, 2022
Jessica Kain (2)	R-Sr.	Oct. 17, 2023

**indicates shared award*