



SAN DIEGO STATE AZTECS

2015 Cross Country Weekly Notes

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Schedule/Results

Overall: 0-0 | **Mountain West:** 0-0

September

5	Mark Covert Classic (5K) Brea, Calif. (Carbon Canyon Regional Park)	9:15 a.m. PT
12	UC Riverside Invitational (6K) Riverside, Calif. (UCR Ag Ops Course)	7:30 a.m. PT
18	71st Annual Aztec Invitational (5K) San Diego, Calif. (Tecolote Shores - Mission Bay)	9:30 a.m. PT

October

3	UNLV Invitational (5K) Las Vegas, Nev. (Craig Ranch Regional Park)	8:15 a.m. PT
17	Highlander Invitational (5K) Riverside, Calif. (UCR Ag Ops Course)	8 a.m. PT
30	Mountain West Championships (6K) Reno, Nev. (Montreux Golf Course)	10:45 a.m. PT

November

13	NCAA West Regional (6K) Seattle, Wash. (TBA)	TBA
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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 (0-0) at Mark Covert Classic Invitational (5K)

Saturday, Sept. 5 | 9:15 a.m. PT | Carbon Canyon Regional Park | Brea, Calif.

Mark Covert Classic Preview

The San Diego State cross country team kicks off the 2015 campaign Saturday at Cal State Fullerton's Mark Covert Classic Invitational in Brea, Calif.

The women's 5K invitational will start at 9:15 a.m. PT and follows the men's invitational 8K, which is set for 8:30 a.m. PT. The meet will once again be held at Carbon Canyon Park (4442 Carbon Canyon Regional Park, Brea, CA 92821).

Formerly the Fullerton Season Opener, it was renamed the Mark Covert Classic in 2012 in honor of the 1970 Division II champion and Cal State Fullerton alum. The course consists of multiple loops alternating between a 1K grass inner loop in the main section of the park and a dirt trail nature loop.

The Aztecs and host Titans will be joined by squads from Loyola Marymount (LOYM), Canyons (CANS), Cerritos (CC), Desert (COD), Glendale (GCC), La Verne (LAVE), Mt. SAC (MSAC), Orange Coast (OCC), Pasadena (PCC), San Diego (SDU), and Whittier (WHCA). Additional track clubs that will be competing include Chino Hills Flash (CHIN), Lancer Track Club (LANC) and South Bay TC (SOUT), as well as some unattached athletes. There will be a total of 376 participants at Saturday's meet.

2014 Recap

This year's SDSU team features eight runners, who are all returning after finishing 27th as a team at the 2014 NCAA West Regional.

Junior Elaine Ribeiro was the team's top finisher in five of the seven races last year, while senior Grace Hanshaw led the way in two other events. In last year's Mark Covert Invite, the two were among the top 10, with Ribeiro placing sixth and Hanshaw ninth, respectively, out of 94 total participants.

Sophomore Lily Seynaeve, who made her San Diego State debut last season, posted times to become one of the team's top-3 runners in five of the races she competed in as a freshman. After clocking in at 21 minutes, 44.9 seconds at the UC Riverside Invitational over the 6K course, she finished in 18th out of 172 and made SDSU's all-time Top 10 list.

Other returners on this year's team include seniors Lily Mayko, Rachel Roesgen and Hannah Sawatzki, junior Cali King and sophomore Cassidy Towner.

Last year at this meet, San Diego State finished third out of eight teams, led by Ribeiro's time of 18:25.6.

Results for the Mark Covert Classic Invitational will be posted first on finishedresults.com and later on GoAztecs.com.

Aztecs Release Schedule

The San Diego State cross country team will play host to the 71st annual Aztec Invitational on Friday, Sept. 18. The Aztecs are also slated to compete in at least six other meets on the year.

For the second straight year, the Aztec Invitational will take place at San Diego Mission Bay's Tecolote Shores North Park. Last season, SDSU took second in the meet. The course was also the site of the 2008 and 2011 USA Cross Country Championships, as well as the 2008 Mountain West Championships. The Invitational Men's 8K kicks off the meet at 8:30 a.m. PT, while San Diego State will compete in the Women's 8K Invitational at 9:30 a.m. PT. The Southern California Junior College Cross Country Preview races follow at 11 a.m. PT, but are not a part of the Aztec Invitational.

The women's 5K course consists of two and half loops, almost entirely on grass in a park setting, occasionally crossing sidewalks. The men's 8K course consists of four complete loops along essentially the same course. Both race courses have 15 feet of total elevation differential during a single loop and are blessed with spectacular views of the bay and light ocean breezes.

SDSU is also slated to compete at the Mark Covert Classic Invitational in Brea, Calif., on Sept. 5, the UC Riverside Invitational in Riverside, Calif., on Sept. 12, the UNLV Invitational in Las Vegas on Oct. 3, the Highlander Invitational in Riverside, Calif., on Oct. 17, the Mountain West Championships in Reno, Nev., on Oct. 30 and the NCAA West Regional in Seattle on Nov. 13.

2014 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Aug. 31	~ Mark Covert Classic (5K) <i>Top Five:</i> Ribeiro, Hanshaw, Seynaeve, Roesgen, Towner <i>No. 6-7:</i> McCall, Kruthers	3rd / 8 teams	0:30.8	1:18.2	Elaine Ribeiro (18:25.6)
Sept. 13	! UC Riverside Invitational (6K) <i>Top Five:</i> Ribeiro, Seynaeve, Hanshaw, Roesgen, Towner <i>No. 6-7:</i> Kruthers, McCall	4th / 23 teams	0:27.8	1:01.9	Elaine Ribeiro (21:42.6)
	! UC Riverside Invitational (5K) <i>Top Five:</i> Gammage, Regalado, King, Sawatzki, Wendorf <i>No. 6-7:</i>	3rd / 20 teams	0:47.6	N/A	Dynasty Gammage (18:45.5)
Sept. 20	@ 70th Annual Aztec Invitational (5K) <i>Top Five:</i> Hanshaw, Regalado, Roesgen, King, Sawatzki <i>No. 6-7:</i> Wendorf	2nd / 8 teams	0:26.4	N/A	Grace Hanshaw (19:32.80)
Sept. 27	# Stanford Invitational (6K) <i>Top Five:</i> Ribeiro, Hanshaw, Seynaeve, Roesgen, Kruthers <i>No. 6-7:</i> Gammage, Towner	T-10th / 21 teams	0:47.0	2:01.0	Elaine Ribeiro (22:10.0)
Oct. 18	\$ Highlander Invitational (5K) <i>Top Five:</i> Ribeiro, Hanshaw, Seynaeve, Gammage, Towner <i>No. 6-7:</i> Roesgen, Sawatzki	2nd / 8 teams	0:24.6	0:48.6	Elaine Ribeiro (17:54.0)
Oct. 31	& Mountain West Championships (6K) <i>Top Five:</i> Ribeiro, Seynaeve, Towner, Gammage, Rosegen <i>No. 6-7:</i> Hanshaw	10th / 11 teams	0:56.3	N/A	Elaine Ribeiro (22:02.30)
Nov. 14	^ NCAA West Regional (6K) <i>Top Five:</i> Hanshaw, Ribeiro, Towner, Gammage, Roesgen <i>No. 6-7:</i>	27th / 34 teams	0:51.3	N/A	Grace Hanshaw (22:25.6)

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

! UC Riverside Invitational at UC Riverside in Riverside, Calif.

@ 70th Annual Aztec Invitational at San Diego State in San Diego, Calif.

Stanford Invitational at Stanford in Stanford, Calif.

\$ Highlander Invitational at UC Riverside in Riverside, Calif.

^ Mountain West Championships at Fresno State in Fresno, Calif.

& NCAA West Regional Championships at Stanford in Stanford, Calif.

2014 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Dynasty Gammage (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	38th/94	19:51.3
Sept. 13	UC Riverside Invitational (5K)	14th/247	18:45.5
Sept. 20	70th Aztec Invitational (5K)	DNF	--
Sept. 27	Stanford Invitational (6K)	160th/330	23:31.0
Oct. 18	Highlander Invitational (5K)	16th/82	18:17.4
Oct. 31	Mountain West Champs (6K)	66th/87	22:45.6
Nov. 14	NCAA West Regional (6K)	160th/232	23:00.8

Collegiate Career Best: 5K - 18:17.4; 6K - 22:18.0

Percentile (top is 100.00): 57.65 pct.

Grace Hanshaw (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	9th/94	18:39.1
Sept. 13	UC Riverside Invitational (6K)	24th/172	21:51.0
Sept. 20	70th Aztec Invitational (5K)	7th/67	19:32.8
Sept. 27	Stanford Invitational (6K)	65th/330	22:24.0
Oct. 18	Highlander Invitational (5K)	9th/82	18:01.1
Oct. 31	Mountain West Champs (6K)	77th/87	23:33.9
Nov. 14	NCAA West Regional (6K)	120th/232	22:25.6

Collegiate Career Best: 5K - 18:01.1; 6K - 21:51.0

Percentile (top is 100.00): 70.77 pct.

Cali King (So.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	53rd/94	20:18.4
Sept. 13	UC Riverside Invitational (5K)	31st/247	19:12.7
Sept. 20	70th Aztec Invitational (5K)	16th/67	19:59.0
Sept. 27	Stanford Invitational (6K)	DNC	--
Oct. 18	Highlander Invitational (5K)	33rd/82	18:46.4
Oct. 31	Mountain West Champs (6K)	DNC	--
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 18:46.4; 6K - N/A

Percentile (top is 100.00): 72.86 pct.

Chelsea Kruthers (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	34th/94	19:43.8
Sept. 13	UC Riverside Invitational (6K)	73rd/172	22:41.2
Sept. 20	70th Aztec Invitational (5K)	DNF	--
Sept. 27	Stanford Invitational (6K)	103rd/330	22:57.0
Oct. 18	Highlander Invitational (5K)	DNC	--
Oct. 31	Mountain West Champs (6K)	DNC	--
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 17:44.0; 6K - 21:39.0

Percentile (top is 100.00): 64.77 pct.

Jessica McCall (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	24th/94	19:23.5
Sept. 13	UC Riverside Invitational (6K)	77th/172	22:44.5
Sept. 20	70th Aztec Invitational (5K)	DNF	--
Sept. 27	Stanford Invitational (6K)	DNC	--
Oct. 18	Highlander Invitational (5K)	38th/82	18:49.5
Oct. 31	Mountain West Champs (6K)	DNC	--
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 18:30.7; 6K - 22:44.5

Percentile (top is 100.00): 60.06 pct.

Dominique Regalado (Fr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	39th/94	19:53.4
Sept. 13	UC Riverside Invitational (5K)	23rd/257	19:05.5
Sept. 20	70th Aztec Invitational (5K)	10th/67	19:39.5
Sept. 27	Stanford Invitational (6K)	DNC	--
Oct. 18	Highlander Invitational (5K)	45th/82	19:04.6
Oct. 31	Mountain West Champs (6K)	DNC	--
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 19:04.6; 6K - N/A

Percentile (top is 100.00): 76.60 pct.

Elaine Ribeiro (So.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	6th/94	18:25.6
Sept. 13	UC Riverside Invitational (6K)	17th/172	21:42.6
Sept. 20	70th Aztec Invitational (5K)	DNF	--
Sept. 27	Stanford Invitational (6K)	44th/330	22:10.0
Oct. 18	Highlander Invitational (5K)	6th/82	17:54.0
Oct. 31	Mountain West Champs (6K)	39th/87	22:02.3
Nov. 14	NCAA West Regional (6K)	150th/232	22:48.9

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

Percentile (top is 100.00): 73.72 pct.

Rachel Roesgen (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	13rd/94	18:46.0
Sept. 13	UC Riverside Invitational (6K)	37th/172	22:07.9
Sept. 20	70th Aztec Invitational (5K)	14th/67	19:50.8
Sept. 27	Stanford Invitational (6K)	89th/330	22:49.0
Oct. 18	Highlander Invitational (5K)	23rd/82	18:31.7
Oct. 31	Mountain West Champs (6K)	72nd/87	22:58.6
Nov. 14	NCAA West Regional (6K)	179th/232	23:16.9

Collegiate Career Best: 5K - 17:50.0; 6K - 22:05.0

Percentile (top is 100.00): 59.87 pct.

2014 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Hannah Sawatzki (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	51st/94	20:12.8
Sept. 13	UC Riverside Invitational (5K)	33rd/247	19:13.6
Sept. 20	70th Aztec Invitational (5K)	17th/67	19:59.2
Sept. 27	Stanford Invitational (6K)	DNC	--
Oct. 18	Highlander Invitational (5K)	31st/82	18:42.6
Oct. 31	Mountain West Champs (6K)	DNC	--
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 18:42.6; 6K - 24:02.4

Percentile (top is 100.00): 73.06 pct.

Lily Seynaeve (Fr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	10th/94	18:39.8
Sept. 13	UC Riverside Invitational (6K)	18th/172	21:44.9
Sept. 20	70th Aztec Invitational (5K)	DNF	--
Sept. 27	Stanford Invitational (6K)	72nd/330	22:26.0
Oct. 18	Highlander Invitational (5K)	14th/82	18:14.5
Oct. 31	Mountain West Champs (6K)	61st/87	22:36.3
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 18:14.5; 6K - 21:44.9

Percentile (top is 100.00): 77.12 pct.

Cassidy Towner (Fr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	17th/94	18:56.4
Sept. 13	UC Riverside Invitational (6K)	39th/172	22:10.4
Sept. 20	70th Aztec Invitational (5K)	DNF	--
Sept. 27	Stanford Invitational (6K)	218th/330	24:11.0
Oct. 18	Highlander Invitational (5K)	18th/82	18:18.6
Oct. 31	Mountain West Champs (6K)	64th/87	22:43.0
Nov. 14	NCAA West Regional (6K)	158th/232	22:56.4

Collegiate Career Best: 5K - 18:18.6; 6K - 22:10.4

Percentile (top is 100.00): 48.45 pct.

Melissa Wendorf (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 30	Mark Covert Classic (5K)	61st/94	20:32.7
Sept. 13	UC Riverside Invitational (5K)	54th/247	19:33.1
Sept. 20	70th Aztec Invitational (5K)	19th/67	20:04.3
Sept. 27	Stanford Invitational (6K)	DNC	--
Oct. 18	Highlander Invitational (5K)	54th/82	19:23.9
Oct. 31	Mountain West Champs (6K)	DNC	--
Nov. 14	NCAA West Regional (6K)	DNC	--

Collegiate Career Best: 5K - 19:18.8; 6K - 25:26.0

Percentile (top is 100.00): 61.63 pct.

2014 AZTEC CROSS COUNTRY TOP-10 TIMES

2014 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribiero (So.)	17:54.0	Highlander Invitational	Oct. 18
2. Grace Hanshaw (Jr.)	18:01.1	Highlander Invitational	Oct. 18
3. Lily Seynaeve (Fr.)	18:14.5	Highlander Invitational	Oct. 18
4. Dynasty Gammage (Sr.)	18:17.4	Highlander Invitational	Oct. 18
5. Cassidy Towner (Fr.)	18:18.6	Highlander Invitational	Oct. 18
6. Elaine Ribeiro (So.)	18:25.6	Mark Covert Classic	Aug. 30
7. Rachel Roesgen (Jr.)	18:31.7	Highlander Invitational	Oct. 18
8. Grace Hanshaw (Jr.)	18:39.1	Mark Covert Classic	Aug. 30
9. Lily Seynaeve (Fr.)	18:39.8	Mark Covert Classic	Aug. 30
10. Hannah Sawatzki (Jr.)	18:42.6	Highlander Invitational	Oct. 18

2014 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribiero (So.)	17:54.0	Highlander Invitational	Oct. 18
2. Grace Hanshaw (Jr.)	18:01.1	Highlander Invitational	Oct. 18
3. Lily Seynaeve (Fr.)	18:14.5	Highlander Invitational	Oct. 18
4. Dynasty Gammage (Sr.)	18:17.4	Highlander Invitational	Oct. 18
5. Cassidy Towner (Fr.)	18:18.6	Highlander Invitational	Oct. 18
6. Rachel Roesgen (Jr.)	18:31.7	Highlander Invitational	Oct. 18
7. Hannah Sawatzki (Jr.)	18:42.6	Highlander Invitational	Oct. 18
8. Cali King (So.)	18:46.4	Highlander Invitational	Oct. 18
9. Jessica McCall (Jr.)	18:49.5	Highlander Invitational	Oct. 18
10. Dominique Regalado (Fr.)	19:04.6	Highlander Invitational	Oct. 18

2014 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribeiro (So.)	21:42.6	UC Riverside Invitational	Sept. 13
2. Lily Seynaeve (Fr.)	21:44.9	UC Riverside Invitational	Sept. 13
3. Grace Hanshaw (Jr.)	21:51.0	UC Riverside Invitational	Sept. 13
4. Elaine Ribeiro (So.)	22:02.3	Mountain West Championships	Oct. 31
5. Rachel Roesgen (Jr.)	22:07.9	UC Riverside Invitational	Sept. 13
6. Elaine Ribeiro (So.)	22:10.0	Stanford Invitational	Sept. 27
7. Cassidy Towner (Fr.)	22:10.4	UC Riverside Invitational	Sept. 13
8. Grace Hanshaw (Jr.)	22:25.6	NCAA West Regional	Nov. 14
9. Lily Seynaeve (Fr.)	22:36.3	Mountain West Championships	Oct. 31
10. Grace Hanshaw (Jr.)	22:34.0	Stanford Invitational	Sept. 27

2014 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Elaine Ribeiro (So.)	21:42.6	UC Riverside Invitational	Sept. 13
2. Lily Seynaeve (Fr.)	21:44.9	UC Riverside Invitational	Sept. 13
3. Grace Hanshaw (Jr.)	21:51.0	UC Riverside Invitational	Sept. 13
4. Rachel Roesgen (Jr.)	22:07.9	UC Riverside Invitational	Sept. 13
5. Cassidy Towner (Fr.)	22:10.4	UC Riverside Invitational	Sept. 13
6. Chelsea Kruthers (Jr.)	22:41.2	UC Riverside Invitational	Sept. 13
7. Jessica McCall (Jr.)	22:44.5	UC Riverside Invitational	Sept. 13
8. Dynasty Gammage (Sr.)	22:45.6	Mountain West Championships	Oct. 31

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