SAN DIEGO STATE CROSS COUNTRY / 2013 RESULTS & SEASON-BEST TIMES

2013 AZTEC CROSS COUNTRY TEAM RESULTS

Date Aug. 31	Meet (Distance) ~ Mark Covert Classic (5K) Top Five: Vazquez, Cygan, McCall, Kruth	5th / 8 teams	Spread (Top 5) 0:21.5 6-7: Ribeiro, Smith	Spread (Top 7) 1:08.1	Top Finisher Laura Vazquez (19:11.4)
Sept. 7	! adidas/UCI Invitational (5K) Top Five: Vazquez, Kruthers, Roesgen, C	1st / 13 teams ygan, Smith <i>No.</i>	0:49.6 <i>6-7</i> : Ribeiro, Wendorf	1:30.8	Laura Vazquez (18:24.5)
Sept. 21	@ 69th Annual Aztec Invitational (5K) Top Five: Roesgen, Kruthers, Cygan, Rib		1:13.0 V <i>o. 6-7</i> : Smith, Wendorf	1:34.0	Rachel Roesgen (18:51.0)
Oct. 4	# NCAA Inter-Regional Jamboree (5K) Top Five: Kruthers, Roesgen, Vazquez, G		0:55.0 <i>No. 6-7</i> : Ribeiro, Cygan	1:06.0	Chelsea Kruthers (17:44.0)
Oct. 19	\$ Highlander Invitational (5K) Top Five: Kruthers, Roesgen, Cygan, Gar	4th/9 teams mmage, Smith <i>No</i>	0:31.5 <i>o. 6-7</i> : Ribeiro, King	2:37.4	Chelsea Kruthers (17:55.8)
Oct. 25	% Titan Invitational Top Five:				
Nov. 1	^ Mountain West Championships				

- Nov. 1 ^ Mountain West Championships *Top Five*:
- Nov. 15 & NCAA West Regional Championships Top Five:
- ~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.
- ! adidas/UCI Invitational at UC Irvine in Irvine, Calif.
- @ 69th Annual Aztec Invitational at San Diego State in San Diego, Calif.
- # NCAA Inter-Regional Jamboree at Sacramento State in Sacramento, Calif.
- \$ Highlander Invitational at UC Riverside in Riverside, Calif.
- % Titan Invitational at Cal State Fullerton in Fullerton, Calif.
- ^ Mountain West Championships at Air Force in USAF Academy, Colo.
- & NCAA West Regional Championships at Sacramento State in Sacramento, Calif.

2013 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Cygan (Jr.)				
Meet (Distance)	Finish	Time		
Mark Covert Classic (5K)	29th/147	19:24.3		
adidas/UCI Invitational (5K)	9th/134	18:46.1		
69th Aztec Invitational (5K)	20th/85	19:20.0		
NCAA Inter-Regional (5K)	106th/156	18:50.0		
Highlander Invitational (5K)	22nd/91	18:20.8		
Titan Invitational				
Mountain West Championships	;			
NCAA West Regional Champion	rships			
Collegiate Career Best: 5K - 18:10.0; 6K - 21:06.8				
le (top is 100.00): 69.66 pc	t.			
	Meet (Distance) Mark Covert Classic (5K) adidas/UCI Invitational (5K) 69th Aztec Invitational (5K) NCAA Inter-Regional (5K) Highlander Invitational (5K) Titan Invitational Mountain West Championships NCAA West Regional Champion Te Career Best: 5K - 18:10.0;	Meet (Distance) Finish Mark Covert Classic (5K) 29th/147 adidas/UCI Invitational (5K) 9th/134 69th Aztec Invitational (5K) 20th/85 NCAA Inter-Regional (5K) 106th/156 Highlander Invitational (5K) 22nd/91 Titan Invitational Mountain West Championships NCAA West Regional Championships		

Dynasty Gammage (Ir)

pyllusi	y Oullilliuge (Ji.)				
Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)		DNC		
Sept. 7	adidas/UCI Invitational (5K)		DNC		
Sept. 21	69th Aztec Invitational (5K)	25th/85	20:04.0		
Oct. 4	NCAA Inter-Regional (5K)	90th/156	18:25.0		
Oct. 19	Highlander Invitational (5K)	24th/91	18:25.5		
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships				
Nov. 15	NCAA West Regional Champion	ships			
Collegiate Career Best: 5K - 18:25.0; 6K - N/A					
Percentile (top is 100.00): 58.13 pct.					

Cali King (Fr.)

Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)	103rd/147	21:19.9		
Sept. 7	adidas/UCI Invitational (5K)	81st/134	21:00.6		
Sept. 21	69th Aztec Invitational (5K)	44th/85	21:25.0		
Oct. 4	NCAA Inter-Regional (5K)		DNC		
Oct. 19	Highlander Invitational (5K)	79th/91	20:33.2		
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships	;			
Nov. 15	ov. 15 NCAA West Regional Championships				
Collegiate Career Best: 5K - 20:33.2; 6K - N/A					

Percentile (top is 100.00): 32.82 pct.

Chelsea Kruthers (So.)

Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	34th/147	19:31.9	
Sept. 7	adidas/UCI Invitational (5K)	5th/134	18:33.9	
Sept. 21	69th Aztec Invitational (5K)	16th/85	18:52.0	
Oct. 4	NCAA Inter-Regional (5K)	42nd/156	17:44.0	
Oct. 19	Highlander Invitational (5K)	9th/91	17:55.8	
Oct. 25	Titan Invitational	•		
Nov. 1	Mountain West Championships			
Nov. 15	NCAA West Regional Championships			
Collegiate Career Posts EV 17-44 0. 4V 22-24 0				

Collegiate Career Best: 5K - 17:44.0; 6K - 22:34.0

Percentile (top is 100.00): 82.71 pct.

Lily	Ma	yko	(:	0.)

Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)		DNC	
Sept. 7	adidas/UCI Invitational (5K)		DNC	
Sept. 21	69th Aztec Invitational (5K)		DNC	
Oct. 4	NCAA Inter-Regional (5K)		DNC	
Oct. 19	Highlander Invitational (5K)		DNC	
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships			
Nov. 15	NCAA West Regional Championsh	ips		
Collegiate Career Posts EV 20.02 2. 4V 25.04 2				

Collegiate Career Best: 5K - 20:02.2; 6K - 25:04.3

Percentile (top is 100.00): N/A

Jessica McCall (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	33rd/147	19:31.6
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
Oct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15		ships	
C-11:	4. Carroon Doods EV 10.20 7.	/ V 22.00 0	

Collegiate Career Best: 5K - 18:30.7; 6K - 23:00.0 **Percentile (top is 100.00):** 77.55 pct.

Amanda Okun (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
Oct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championship	os	
	to Caroor Posts SV 20.20 0. 6V	25.40 1	

Collegiate Career Best: 5K - 20:28.9; 6K - 25:48.1

Percentile (top is 100.00): N/A

Amy Reaser (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
Oct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championships		
4 11 4	- 4 D - FI/ 00 00 0 /I/	04.50.0	

Collegiate Career Best: 5K - 20:29.0; 6K - 24:52.9 **Percentile (top is 100.00):** N/A

2013 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Elaine	Ri	beiro	(Fr.)
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Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)	52nd/147	20:04.1		
Sept. 7	adidas/UCI Invitational (5K)	20th/134	19:21.2		
Sept. 21	69th Aztec Invitational (5K)	21st/85	19:23.0		
Oct. 4	NCAA Inter-Regional (5K)	104th/156	18:47.0		
Oct. 19	Highlander Invitational (5K)	31st/91	18:34.7		
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships	5			
Nov. 15					
Collegiate Career Best: 5K - 18:34.7; 6K - N/A					

Percentile (top is 100.00): 62.81 pct.

Rachel Roesaen (So.)

Date	Meet (Distance)	Finish	Time		
Aug. 31	Mark Covert Classic (5K)	35th/147	19:32.9		
Sept. 7	adidas/UCI Invitational (5K)	8th/134	18:43.4		
Sept. 21	69th Aztec Invitational (5K)	13th/85	18:51.0		
Oct. 4	NCAA Inter-Regional (5K)	65th/156	17:59.0		
Oct. 19	Highlander Invitational (5K)	14th/91	18:05.3		
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships	;			
Nov. 15	NCAA West Regional Champion				
Collegiate Career Best: 5K - 17:59.0; 6K - 23:29.0					
Percentile (top is 100.00): 77.98 pct.					

Hannah Sawatzki (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
Oct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championships		

Collegiate Career Best: 5K - 18:58.9 ; 6K - 24:02.4

Percentile (top is 100.00): N/A

Katy Smith (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	68th/147	20:19.5
Sept. 7	adidas/UCI Invitational (5K)	17th/134	19:14.1
Sept. 21	69th Aztec Invitational (5K)	27th/85	20:15.0
Oct. 4	NCAA Inter-Regional (5K)	101st/156	18:39.0
Oct. 19	Highlander Invitational (5K)	26th/91	18:27.3
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships	;	
Nov. 15	NCAA West Regional Championships		
Callania	to Carroon Doots EV 10.07		

Collegiate Career Best: 5K - 18:27.3; 6K - 23:27.0

Percentile (top is 100.00): 61.10 pct.

Katie Thrall	s (Gr.))
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Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational (5K)		DNC
Sept. 21	69th Aztec Invitational (5K)		DNC
Oct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championships	5	

Collegiate Career Best: 5K - N/A; 6K - 21:28.2

Percentile (top is 100.00): N/A

Laura Vazauez (So.)

Luciu	MALGOCE (30.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	20th/147	19:11.4
Sept. 7	adidas/UCI Invitational (5K)	3rd/134	18:24.5
Sept. 21	69th Aztec Invitational (5K)		DNC
Oct. 4	NCAA Inter-Regional (5K)	69th/156	18:06.0
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion		
e II •	D . EV 100/	0 /1/ 01 40 0	

Collegiate Career Best: 5K - 18:06.0; 6K - 21:40.0 **Percentile (top is 100.00):** 82.38 pct.

Melissa Wendorf (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	71st/147	20:25.0
Sept. 7	adidas/UCI Invitational (5K)	38th/134	19:55.3
Sept. 21	69th Aztec Invitational (5K)	30th/85	20:25.0
Oct. 4	NCAA Inter-Regional (5K)	139th/156	19:33.0
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships	;	
Nov. 15	NCAA West Regional Champion	nships	

Collegiate Career Best: 5K - 19:33.0; 6K - 25:26.0

Percentile (top is 100.00): 46.74 pct.

2013 AZTEC CROSS COUNTRY TOP-10 TIMES

2013 Top-10 Times	5K (Wi	ith Rep	olacement)
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Athlete	Time	Meet	Date
1. Chelsea Kruthers (So.)	17:44.0	NCAA Inter-Regional Jamboree	Oct. 4
2. Chelsea Kruthers (So.)	17:55.8	Highlander Invitational	Oct. 19
3. Rachel Roesgen (So.)	17:59.0	NCAA Inter-Regional Jamboree	Oct. 4
4. Rachel Roesgen (So.)	18:05.3	Highlander Invitational	Oct. 19
5. Laura Vazquez (So.)	18:06.0	NCAA Inter-Regional Jamboree	Oct. 4
6. Jessica Cygan (Jr.)	18:20.8	Highlander Invitational	Oct. 19
7. Laura Vazquez (So.)	18:24.5	adidas/UC Irvine Invitational	Sept. 7
8. Dynasty Gammage (Jr.)	18:25.0	NCAA Inter-Regional Jamboree	Oct. 4
9. Dynasty Gammage (Jr.)	18:25.5	Highlander Invitational	Oct. 19
10. Katy Smith (Jr.)	18:27.3	Highlander Invitational	Oct. 19

2013 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Chelsea Kruthers (So.)	17:44.0	NCAA Inter-Regional Jamboree	Oct. 4
2. Rachel Roesgen (So.)	17:59.0	NCAA Inter-Regional Jamboree	Oct. 4
3. Laura Vazquez (So.)	18:06.0	NCAA Inter-Regional Jamboree	Oct. 4
4. Jessica Cygan (Jr.)	18:20.8	Highlander Invitational	Oct. 19
5. Dynasty Gammage (Jr.)	18:25.0	NCAA Inter-Regional Jamboree	Oct. 4
6. Katy Smith (Jr.)	18:27.3	Highlander Invitational	Oct. 19
7. Elaine Ribeiro (Fr.)	18:34.7	Highlander Invitational	Oct. 19
8. Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
9. Melissa Wendorf (Jr.)	19:33.0	NCAA Inter-Regional Jamboree	Oct. 4
10. Cali King (Fr.)	20:33.2	Highlander Invitational	Oct. 19

2013 Top-10 Times -- 6K (With Replacement)

Athlete Time Meet Date

2013 Top-10 Times -- 6K (Without Replacement)

Athlete Time Meet Date

ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

<u>**Top-10 Times -- 5K**</u>

Athlete	Time	Meet	Date
1. Monica Joyce	16:28.9	District 8 Championships	1981
2. Lynn Kanuka	16:54.1	District 8 Championships	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	2005
6. Monica Joyce	17:05.0	UCLA Invitational	1981
7. Lynn Kanuka	17:07.3	WCAA Championships	1981
8. Eva Enstrom	17:08.0	District 8 Championships	1981
9. Laurie Crisp	17:09.0	UCLA Invitational	1982
10. Lital Azulay	17:10.5	Willamette Invitational	2005

Top-10 Times -- 6K

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Athlete	Time	Meet	Date	
1. Marie Nilsson	21:04.0	NCAA West Regional	2003	
2. Lital Azulay	21:05.8	NCAA West Regional	2005	
3. Lital Azulay	21:14.2	MW Championships	2005	
4. Marianne Hogan	21:32.0	Stanford Invitational	2010	
5. Lisa Crampton	21:32.3	NCAA West Regional	2005	
6. Marianne Hogan	21:49.0	Stanford Invitational	2011	
7. Jennifer Stakiw	21:50.0	Stanford Invitational	2002	
8. Christal Cuadra	21:50.9	NCAA West Regional	2005	
9. Marie Nilsson	21:53.0	MW Championships	2003	
Marie Nilsson	21:53.0	Stanford Invitational	2003	