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

2013 AZTEC CROSS COUNTRY TEAM RESULTS

Date Aug. 31	Meet (Distance) Finish ~ Mark Covert Classic (5K) 5th / 8 teams Top Five: Vazquez, Cygan, McCall, Kruthers, Roesgen No.	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) 1st / 13 teams Top Five: Vazquez, Kruthers, Roesgen, Cygan, Smith No.	0:49.6 <i>6-7</i> : Ribeiro, Wendorf	1:30.8	Laura Vazquez (18:24.5)
Sept. 21	@ 69th Annual Aztec Invitational (5K) 4th/11 teams <i>Top Five</i> : Roesgen, Kruthers, Cygan, Ribeiro, Gammage A	1:13.0 <i>No. 6-7</i> : Smith, Wendorl	1:34.0	Rachel Roesgen (18:51)
Oct. 4	# NCAA Inter-Regional Jamboree (5K) 14th/19 teams Top Five: Kruthers, Roesgen, Vazquez, Gammage, Smith	0:55.0 <i>No. 6-7</i> : Ribeiro, Cygan	1:06.0	Chelsea Kruthers (17:44)
Oct. 19	\$ Highlander Invitational Top Five:			
Oct. 25	% Titan Invitational <i>Top Five</i> :			
Nov. 1	^ Mountain West Championships <i>Top Five</i> :			
Nov. 15	& NCAA West Regional Championships <i>Top Five</i> :			

- ~ 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

Jessica	Cygan (Jr.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	29th/147	19:24.3
Sept. 7	adidas/UCI Invitational (5K)	9th/134	18:46.1
Sept. 21	69th Aztec Invitational (5K)	20th/85	19:20.0
Oct. 4	NCAA Inter-Regional (5K)	106th/156	18:50.0
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships	;	
Nov. 15	NCAA West Regional Champion	nships	
Collegiate Career Best: 5K - 18:10.0; 6K - 21:06.8			
Percentile (top is 100.00): 68.58 pct.			

y Gammage (Jr.)			
Meet (Distance)	Finish	Time	
Mark Covert Classic (5K)		DNC	
adidas/UCI Invitational (5K)		DNC	
69th Aztec Invitational (5K)	25th/85	20:04.0	
NCAA Inter-Regional (5K)	90th/156	18:25.0	
Highlander Invitational			
Titan Invitational			
Mountain West Championships			
NCAA West Regional Champion	ıships		
Collegiate Career Best: 5K - 18:25.0; 6K - N/A			
Percentile (top is 100.00): 52.28 pct.			
	Meet (Distance) Mark Covert Classic (5K) adidas/UCI Invitational (5K) 69th Aztec Invitational (5K) NCAA Inter-Regional (5K) Highlander Invitational Titan Invitational Mountain West Championships NCAA West Regional Champior Te Career Best: 5K - 18:25.0;	Meet (Distance) Finish Mark Covert Classic (5K) adidas/UCI Invitational (5K) 25th/85 NCAA Inter-Regional (5K) 90th/156 Highlander Invitational Titan Invitational Mountain West Championships NCAA West Regional Championships te Career Best: 5K - 18:25.0; 6K - N/A	

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	
0ct. 4	NCAA Inter-Regional (5K)		DNC	
Oct. 19	Highlander Invitational			
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships	;		
Nov. 15	NCAA West Regional Champion	nships		

Collegiate Career Best: 5K - 21:00.6; 6K - N/A Percentile (top is 100.00): 37.70 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 (5KO	42nd/156	17:44.0
Oct. 19	Highlander Invitational	•	
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion		
c.II	1. C D. J. FV 17.44	0. // 00.04.0	

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

Percentile (top is 100.00): 81.42 pct.

Lily Ma	yko (So.)
Date	Meet (Distance)
۸ ۵۱	14 LC .CL : 1510

	111001 (210141110)		
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		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
	NCAA West Regional Championsh	nips	
	. C D . CI/ 00 00 0 /1		

Finish

Time

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		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion		

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
0ct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championships	5	

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

Percentile (top is 100.00): N/A

Amy Reaser (Sr.)

me
ONC
ONC
ONC
ONC

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 Ribeiro (Fr.)

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		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships	S	
Nov. 15			
Collegiate Career Best: 5K - 18:47.0; 6K - N/A			
Percentile (top is 100.00): 62.26 pct.			

Rachel Roesaen (So.)

itaciioi	moosgon (sos)		
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	•	
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion		
	te Career Best: 5K - 17:59.		

Collegiate Career Best: 5K - 17:59.0; 6K - 23:29.0 **Percentile (top is 100.00):** 76.82 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		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championsl	hips	
C-11:-	4. C D. 4. EV 10.E0 0 . /		

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

Percentile (top is 100.00): N/A

Katv 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	•	
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champior		
Callania	to Caroor Posts 5V - 19.20		

Collegiate Career Best: 5K - 18:39.0; 6K - 23:27.0

Percentile (top is 100.00): 59.20 pct.

Katie Thrall	ls (Gr.))
--------------	----------	---

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		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15		nips	
	to Caroor Posts 5V N/A : 6V		

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

Percentile (top is 100.00): N/A

Laura Vazquez (So.)

Eddid	rarquor (50.)		
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	,	
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	ships	
4 11 4	- 4 - 5 - 51/ 50 0/	0 (1/ 01 10 0	

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

1 ercennie (10p 13 100.00). 02.30 pc

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		
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

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. Laura Vazquez (So.)	18:24.5	adidas/UC Irvine Invitational	Sept. 7
5. Dynasty Gammage (Jr.)	18:25.0	NCAA Inter-Regional Jamboree	Oct. 4
6. Chelsea Kruthers (So.)	18:33.9	adidas/UC Irvine Invitational	Sept. 7
7. Katy Smith (Jr.)	18:39.0	NCAA Inter-Regional Jamboree	Oct. 4
8. Rachel Roesgen (So.)	18:43.4	adidas/UC Irvine Invitational	Sept. 7
9. Jessica Cycan (Jr.)	18:46.1	adidas/UC Irvine Invitational	Sept. 7
10. Elaine Ribeiro (Fr.)	18:47.0	NCAA Inter-Regional Jamboree	Oct. 4

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. Dynasty Gammage (Jr.)	18:25.0	NCAA Inter-Regional Jamboree	Oct. 4
5. Katy Smith (Jr.)	18:39.0	NCAA Inter-Regional Jamboree	Oct. 4
6. Jessica Cycan (Jr.)	18:46.1	adidas/UC Irvine Invitational	Sept. 7
7. Elaine Ribeiro (Fr.)	18:47.0	NCAA Inter-Regional Jamboree	Oct. 4
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.)	21:00.6	adidas/UC Irvine Invitational	Sept. 7

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

100 10 1111103 011				
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	