

# SDSU Cross Country



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## 2005 SCHEDULE

Date	Event	Result/Time
Sept. 3	at Fullerton Opener (Fullerton, Calif.)	2nd of 24
Sept. 17	<b>61st Aztec Invitational (San Diego, Calif.)</b>	<b>3rd of 11</b>
Sept. 24	at Stanford Invitational (Palo Alto, Calif.)	4th of 32
Oct. 1	at Willamette Invitational (Salem, Ore.)	5th of 15
Oct. 1	at UC Riverside Invitational (Riverside, Calif.)	No team score
Oct. 8	at UCSD Invitational (San Diego, Calif.)	No team score
Oct. 15	at Santa Clara Invitational (Sunnyvale, Calif.)	1st of 8
Oct. 29	at MWC Championships (Fort Collins, Colo.)	10 a.m.
Nov. 12	at NCAA West Regional (Palo Alto, Calif.)	10 a.m.
Nov. 21	at NCAA Championships (Terre Haute, Ind.)	10:15 a.m.

Home meet in **bold**. All times Pacific.

## 2005 ROSTER

Athlete	Yr.	Exp.	Hometown
Lital Azulay	So.	TR	Holon, Israel
Ali Baker	Jr.	1V	Pine Valley, Calif.
Sarah Belger	Jr.	TR	Albuquerque, N.M.
Sara Cates	Jr.	2V	Carlsbad, Calif.
Lisa Crampton	Jr.	TR	Livermore, Calif.
Christal Cuadra	Sr.	3V	Honolulu, Hawaii
Jackie Duncan	Sr.	1V	Syracuse, N.Y.
Lisa Marchini	Jr.	TR	Hercules, Calif.
Amanda Maydeck	Fr.	HS	Glendora, Calif.
Lisa Naucler	So.	TR	Ljusdal, Sweden
Briana Powell	So.	SQ	Long Beach, Calif.
Dora Sanders	Jr.	TR	El Cajon, Calif.
Jamillah Titus	Jr.	SQ	American Canyon, Calif.
Celeste Tyson	Jr.	2V	Austin, Texas
Anne Vieira	So.	SQ	San Diego, Calif.

Head Coach: Rahn Sheffield, 15th season

Assistant Coach: Jennifer Nanista, 13th season

## 2005 TOP-10 5K TIMES

Athlete	Event	Time
1. Lital Azulay	Santa Clara Invitational	17:03.10
2. Lital Azulay	Willamette Invitational	17:10.50
3. Lisa Crampton	Willamette Invitational	17:32.60
4. Lisa Crampton	Santa Clara Invitational	17:34.23
5. Christal Cuadra	Willamette Invitational	17:54.60
6. Lisa Naucler	Santa Clara Invitational	18:02.19
7. Christal Cuadra	Santa Clara Invitational	18:05.73
8. Lisa Naucler	Willamette Invitational	18:09.50
9. Sarah Belger	Aztec Invitational	18:11.79
10. Lital Azulay	Aztec Invitational	18:12.00

## ALL-TIME TOP-10 5K TIMES

Athlete	Time	Year
1. Monica Joyce	16:28.90	1981
2. Lynn Kanuka	16:54.10	1981
3. Monica Joyce	16:55.00	1981
4. Monica Joyce	16:56.00	1981
5. <b>Lital Azulay</b>	<b>17:03.10</b>	<b>2005</b>
6. Monica Joyce	17:05.00	1981
7. Lynn Kanuka	17:07.30	1981
8. Eva Ernstrom	17:08.00	1981
9. Laurie Crisp	17:09.00	1982
10. <b>Lital Azulay</b>	<b>17:10.50</b>	<b>2005</b>

## SDSU Cross Country Looks For First-Ever Upper-Division Finish At MWC Championships

● The San Diego State women's cross country team will have its sights set on a first-ever upper-division finish on Saturday when it travels to Fort Collins, Colo., for the Mountain West Conference championships, set to begin at 11 a.m. MDT at Collindale Golf Course.

Seven Aztecs are scheduled for the 6K race, including four first-time participants: juniors **Sarah Belger** and **Lisa Crampton** and sophomores **Lital Azulay** and **Lisa Naucler**.

This week will be the fourth trip to the conference meet for senior **Christal Cuadra**, while juniors **Sara Cates** and **Celeste Tyson** are each slated to compete in their third consecutive MWC championships.

Brigham Young has won all six MWC meets since the conference's inception in 1999 and are once again favored to claim another title. The Cougars are currently ranked eighth nationally in the latest FinishLynx poll released Oct. 17.

A year ago, the Aztecs finished seventh in the overall standings with 192 points as SDSU played host to the MWC championships for the first time, which were held at Morley Field. Then junior Christal Cuadra earned second-team All-MWC honors, finishing in 14th place with a time of 23:03.00.

Below is a rundown of the Aztecs history in the MWC meet:

Year	Team Finish	Top Aztec Finisher (Time)
2004	7th (192 pts.)	14. Christal Cuadra (23:03.00)#
2003	6th (143 pts.)	4. Marie Nilsson (21:53.00)*
2002	7th (176 pts.)	22. Jennifer Stakiw (22:36.80)
2001	7th (177 pts.)	32. Alicia Stewart (23:24.00)
2000	5th (166 pts.)	31. Kylie Edwards (23:10.20)
1999	5th (146 pts.)	16. Sophia Hawker (18:36.10)^

^ - 5K race (all others 6K)  
\* - First Team All-MWC  
# - Second Team All-MWC

## Scaling New Heights

● Saturday's MWC championships will be the first meet of the season in which SDSU competes at a high elevation. Fort Collins, Colo., is situated 5,004 feet above sea level at the base of the Rocky Mountains.

With the exception of TCU and UNLV, all of the Aztecs' conference foes train at a high elevation on a daily basis.

## Aztecs Receive First-Ever Regional Ranking

● SDSU received its first-ever regional ranking this season. The Aztecs entered the polls on Oct. 3 and are currently ranked No. 8 in the West Region according to the latest Women's Intercollegiate Cross Country Coaches Association (WICCCA) poll released Oct. 17. With its victory at Santa Clara, SDSU has now recorded five straight top-five team finishes and possesses an aggregate 75-10 record against the competition thus far in 2005.

## WICCCA Rankings--West Region (Week of Oct. 16)

1. Stanford, 2. Arizona State, 3. Washington, 4. Oregon, 5. UCLA, 6. Washington State, 7. Portland, 8. **San Diego State**, 9. UC Irvine, 10. Arizona.

## 2005 Santa Clara Invite--Two Weeks Ago

● Backed by the duo of sophomore Lital Azulay (Holon, Israel) and junior Lisa Crampton (Livermore, Calif.), the San Diego State women's cross country team captured its first team title in two years Saturday at the Santa Clara Invitational at Baylands Regional Park in Sunnyvale, Calif. SDSU won the eight-team women's division with 31 points, placing five runners in the top 12 en route to its first meet victory since the 2003 Long Beach State Invitational.

"I was very happy with everyone's performance," Aztec coach Jennifer Nanista said. "We got out to a great start during the first mile, and for the first time this season, we were able to really close the gaps between our fourth and fifth runners. This gives us tremendous confidence heading into the conference and regional meets."

Lital Azulay won the individual title out of a field of 79 runners, completing the 5,000-meter course in a time of 17 minutes, three seconds, which was her career-best and also the fifth-fastest 5K time in school history. Lisa Crampton finished second overall behind Azulay, coming in with a 17:34 clocking.

SDSU placed three other runners in the top 12, including sophomore Lisa Naucler (seventh - 18:02), senior Christal Cuadra (ninth - 18:05) and junior Sarah Belger (12th - 18:11). Also completing a successful day for the Aztecs were juniors Celeste Tyson (18th - 18:28) and Sara Cates (27th - 18:51).

## 2005 Santa Clara Invitational Results (Women's 5K)

**Final Team Results (Top 5):** 1. **San Diego State** 31; 2. Cal State Fullerton, 54; 3. UC Davis, 70; 4. San Jose State, 87; 5. Santa Clara, 109.

## Aztec Individual 5K Results:

1. Lital Azulay (17:03.10); 2. Lisa Crampton (17:34.23); 7. Lisa Naucler (18:02.19); 9. Christal Cuadra (18:05.73); 12. Sarah Belger (18:11.79); 18. Celeste Tyson (18:28.33); 27. Sara Cates (18:51.87).

## Lital Stands Tall

● Sophomore **Lital Azulay** continues to lead the Aztecs' resurgence in 2005.

Azulay has been the team's top runner this season, finishing no worse than ninth place overall in each of her four meets. She has also posted the fifth and tenth-fastest 5K times in school history along with the fifth-fastest 6K mark.

Azulay was named the Mountain West Conference Cross Country Athlete of the Week on two occasions, becoming only the second Aztec after Marie Nilsson (2003) to receive the award twice in one season.



## 2005 TOP-10 6K TIMES

Athlete	Event	Time
1. Lital Azulay	Stanford Invite	21:54.00
2. Lisa Crampton	Stanford Invite	22:27.00
3. Christal Cuadra	Stanford Invite	22:34.00
4. Lisa Naucler	Stanford Invite	23:27.00
5. Sarah Belger	Stanford Invite	23:31.00
6. Celeste Tyson	Stanford Invite	23:33.00
7. Sara Cates	Stanford Invite	23:52.00
8. Dora Sanders	UCSD Triton Classic	25:15.50
9. Amanda Maydeck	UCSD Triton Classic	25:33.00
10. Anne Vieira	UCSD Triton Classic	26:31.80

## ALL-TIME TOP-10 6K TIMES

Athlete	Time	Year
1. Marie Nilsson	21:04.00	2003
2. Jennifer Stakiw	21:50.00	2002
3. Marie Nilsson	21:53.00	2003
Marie Nilsson	21:53.00	2003
5. <b>Lital Azulay</b>	<b>21:54.00</b>	<b>2005</b>
6. Christal Cuadra	22:00.00	2004
7. Kylie Edwards	22:09.00	2003
8. Alicia Stewart	22:12.00	2002
9. Marie Nilsson	22:20.00	2003
10. Christal Cuadra	22:25.00	2003