

SDSU Cross Country



This Week: Oct. 30 - 2004 Mountain West Conference Championship Meet, San Diego, Calif. 9 a.m.

2004 Schedule

Date	Meet	Result/Time
Sept. 4	at Fullerton Invitational	14th of 19 (Brea, Calif.)
Sept. 11	at Fresno St. Invitational	8th of 10 (Fresno, Calif.)
Sept. 18	Aztec Invitational	13th of 15 (San Diego, Calif.)
Sept. 25	at Stanford Invitational	16th of 19 (Palo Alto, Calif.)
Oct. 9	Pre-MWC Meet	2nd of 2 (San Diego, Calif.)
Oct. 16	at UNLV Invitational	2nd of 5 (Las Vegas, Nevada)
Oct. 30	2004 MWC Championships	9 a.m. (San Diego, Calif.)
Nov. 13	at NCAA West Regional	9 a.m. (Fresno, Calif.)
Nov. 22	at NCAA Championships	9:15 a.m. (Terre Haute, Ind.)

Home meets in bold, held at Balboa Park
All times local to site

2004 ROSTER

Athlete	Yr.	Hometown
Ali Baker	Jr.	Pine Valley, Calif.
Sara Cates	So.	Carlsbad, Calif.
Christal Cuadra	Jr.	Honolulu, Hawai'i
Brookie Detterman	Fr.	Santa Cruz, Calif.
Jackie Duncan	Jr.	Syracuse, N.Y.
Christian Fairing	So.	Irvine, Calif.
Emily Joller	Sr.	Rancho Bernardo, Calif.
Briana Powell	Fr.	Long Beach, Calif.
Jamillah Titus	Jr.	American Canyon, Calif.
Celeste Tyson	So.	Austin, Texas
Anne Vieira	Fr.	San Diego, Calif.

Head Coach: Rahn Sheffield, 14th season
Assistant: Jennifer Nanista, 12th season

2003 RESULTS

Date	Meet	Place/Teams
Aug. 30	Fullerton Invite	6th of 14
Sept. 13	59th Annual Aztec Invite	6th of 14
Sept. 20	Univ. of Hawai'i Invite	3rd of 11
Sept. 27	Stanford Invite	12th of 26
Oct. 4	Pre-MWC Meet	6th of 6
Oct. 11	UCSD Invite	3rd of 21
Oct. 18	Long Beach Invite	1st of 9
Nov. 1	MWC Championships	6th of 8
Nov. 15	NCAA Regionals	15th of 31

Cross Country to Host 2004 MWC Championship

• The San Diego State women's cross country team will host the 2004 Mountain West Conference Championships at Morley Field in Balboa Park at 9 a.m. Saturday.

It will be the third meet the Aztecs have hosted this year. On Sept. 18, SDSU finished 13th in the Aztec Invitational held at Balboa Park. On Oct. 9, the Aztecs took second in the Pre-MWC meet at Morley Field.

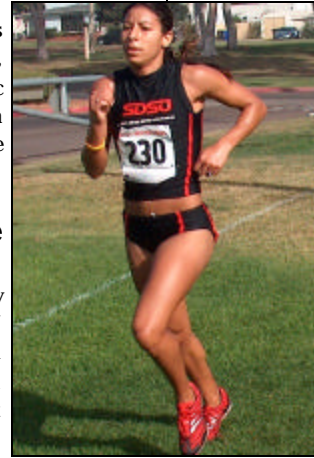
Two Weeks Ago at the UNLV Invitational

• The San Diego State cross country team took second place at the UNLV Invitational in Las Vegas, Nevada on Saturday morning. The Aztecs ended up with 49 points at the five-team meet won by San Diego (36 points).

Junior Christal Cuadra (Honolulu, Hawai'i) was once again the top individual for SDSU coming in fourth place out of 50 runners with a 5K season-best time of 19 minutes, 35 seconds. Cuadra has now been the top Aztec finisher in all four races she has competed in.

Sophomore Celeste Tyson (seventh place, 20:29) and freshman Brookie Detterman (eighth, 20:34) also finished in the top-10 for SDSU, while sophomore Sara Cates (20:45) and junior Jackie Duncan (20:49) placed 14th and 16th, respectively.

Sophomore Christian Fairing (20th, 21:15), senior Emily Joller (24th, 21:24), sophomore Ali Baker (29th, 21:52) and junior Jamillah Titus (32nd, 22:04) also completed the course for the Aztecs.



Junior Jackie Duncan

• **Final UNLV Invitational Team Results:** 1. San Diego, 36; 2. San Diego State, 49; 3. UNLV, 57; 4. Golden West College, 106; 5. CS Dominguez, 127.

• **UNLV Invitational Individual (5K):** 4. Christal Cuadra, 19:35; 7. Celeste Tyson, 20:29; 8. Brookie Detterman, 20:34; 14. Sara Cates, 20:45; 16. Jackie Duncan, 20:49; 20. Christian Fairing, 21:15; 24. Emily Joller, 21:24; 29. Ali Baker, 21:52; 32. Jamillah Titus, 22:04.

2003 MWC Invitational

• The San Diego State women's cross country squad made the best of a difficult situation, posting its best finish in three seasons by coming in sixth overall (143 points) Saturday morning at the 2003 Mountain West Conference championships in Albuquerque, N.M.

Senior Marie Nilsson (Kil, Sweden) posted the best-ever finish and time by an Aztec at the MWC championships, coming in fourth overall in 6K time of 21:53. Nilsson's finish earned her a

spot on the seven-member Mountain West Conference first team, becoming the first SDSU runner so honored in the meet's five-year history.

Nilsson was helped by fellow senior Kylie Edwards (Mt. Dundeed, Australia), who came in 24th overall with a season-best time of 23:18. Junior Allison Brown (39th - 24:12), sophomore Christal Cuadra (42nd - 24:24) and redshirt freshman Christian Fairing (47th - 24:49) rounded out the Aztec top-five finishers.

The Aztecs were supposed to play host to this year's conference meet, but wildfires and the ensuing poor air quality in the San Diego area earlier in the week, caused the event to be moved to Albuquerque, N.M., with just three days notice.

2003 Aztec Top Times

Athlete	Top 5K	Meet
1. Marie Nilsson	18:23.00	Aztec Invitational
2. Christal Cuadra	18:39.80	CSU Fullerton Opener
3. Christal Cuadra	19:07.00	Aztec Invitational
4. Allison Brown	19:18.30	CSU Fullerton Opener
5. Jamillah Titus	19:45.00	UC Riverside Invitational
6. Celeste Tyson	19:46.00	Aztec Invitational
7. Emily Wynne	19:48.00	UC Riverside Invitational
8. Angie Fitzpatrick	19:51.40	UC Riverside Invitational
9. Tina Fodor	19:54.50	CSU Fullerton Opener
10. Christian Fairing	19:55.00	CSU Fullerton Opener

Athlete	Top 6K	Meet
1. Marie Nilsson	21:04.00*	NCAA West Regionals
2. Marie Nilsson	21:53.00	Stanford Invitational
3. Marie Nilsson	21:53.00	MWC Championships
4. Kylie Edwards	22:09.00	NCAA West Regionals
5. Marie Nilsson	22:20.00	Long Beach Invitational
6. Christal Cuadra	22:25.00	NCAA West Regionals
7. Marie Nilsson	22:30.00	UCSD Triton Classic
8. Christal Cuadra	22:32.00	Stanford Invitational
9. Christal Cuadra	22:54.00	Long Beach Invitational
10. Christal Cuadra	23:00.60	UCSD Triton Classic

*School Record

2004 Aztec Top Times

Athlete	Top 5K	Meet
1. Celeste Tyson	19:31.00	Fresno State Invitational
2. Ali Baker	19:34.00	Fresno State Invitational
3. Christal Cuadra	19:35.00	UNLV Invitational
4. Jackie Duncan	19:42.00	Fresno State Invitational
5. Christal Cuadra	19:44.00	Aztec Invitational
6. Jackie Duncan	19:49.70	CSU Fullerton Opener
7. Jamillah Titus	19:52.00	Fresno State Invitational
8. Brookie Detterman	19:54.00	Fresno State Invitational
9. Ali Baker	20:14.20	CSU Fullerton Opener
10. Brookie Detterman	20:20.20	CSU Fullerton Opener

Athlete	Top 6K	Meet
1. Christal Cuadra	23:22.00	Stanford Invitational
2. Christal Cuadra	24:08.00	Pre-MWC Meet
3. Ali Baker	24:34.00	Stanford Invitational
4. Brookie Detterman	24:41.00	Stanford Invitational
5. Sara Cates	24:53.00	Stanford Invitational
6. Christian Fairing	25:14.00	Stanford Invitational
7. Celeste Tyson	25:14.00	Stanford Invitational
8. Brookie Detterman	25:18.00	Pre-MWC Meet
9. Celeste Tyson	25:21.00	Pre-MWC Meet
10. Jackie Duncan	25:37.00	Stanford Invitational

