



SAN DIEGO STATE AZTECS

2016 Cross Country Weekly Notes

Jen Heisel (Primary Contact)
 Assistant Media Relations Director
Office Phone Number: (619) 594-5547
E-Mail Address: jheisel@mail.sdsu.edu
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Schedule/Results

Overall: 22-15 | Mountain West: 2-0

September

- 3 Mark Covert Classic (5K) 2nd/4 teams; 47 pts.
Brea, Calif. (Carbon Canyon Regional Park)
- 17 UC Riverside Invitational (6K) 5th/10 teams; 148 pts.
Riverside, Calif. (UCR Ag Ops Course)
- 23 72nd Annual Aztec Invitational (5K) 1st/2 teams; 23 pts.
San Diego, Calif. (Tecolote Shores - Mission Bay)

October

- 1 Capital Cross Challenge (6K) 11th/19 teams; 260 points
Sacramento, Calif. (Haggin Oaks Golf Complex)
- 15 Highlander Invitational (5K) 1st/7 teams; 46 pts.
Riverside, Calif. (UCR Ag Ops Course)
- 28 **Mountain West Championship (6K) 10 a.m. MT**
Kuna, Idaho (Falcon Crest Golf Club)

November

- 11 NCAA West Regional (6K) TBA
Sacramento, Calif. (Haggin Oaks Golf Complex)

Roster

Name	Year	Hometown (Last School)
Angel Buccì	Senior	Upper Darby, Pa. (UMBC)
Chrissy Calain	Sophomore	Temecula, Calif. (Arizona)
Cindy Flores	Junior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Christine Kent	Senior	San Diego, Calif. (South Carolina)
Cali King	Senior	La Crescenta, Calif. (Crescenta Valley HS)
Mary Kunigan	Freshman	Rochester, N.Y. (Hilton HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Elaine Ribeiro	Senior	La Mesa, Calif. (Helix HS)
Lily Seynaeve	Sophomore	Corona, Calif. (Santiago HS)
Cassidy Towner	Junior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

Head Coach: Shelia Burrell (UCLA, 1995), eighth season

Assistant Coach: Karoly Varga (Louisiana Tech, 2005), second season

Meet Week Preview

San Diego State (22-15, 2-0 MW) at MW Championship (6K)

Friday, Oct. 28 | 10 a.m. | Falcon Crest Golf Club | Kuna, Idaho

The Mountain West Championship (6K) Preview

Coming off of its second race win of the year, San Diego State cross country visits Idaho for the 2016 Mountain West Cross Country Championships, hosted by Boise State, on Fri., Oct. 28.

The women's race, held at Falcon Crest Golf Club, will go off at 10 a.m. (MT) and the men will follow at 10:45 a.m. (MT). The Championships will be held on the club's Robin Hood and Freedom courses.

The Aztecs head into the Championships with two wins in their last three races, finishing in the top five in two additional races. They have been led this season by seniors Christine Kent and Elaine Ribeiro, who have finished 1-2 on the team in four of five races this year. Each has earned a second-place finish (Kent – Highlander Invitational; Ribeiro – Aztec Invitational) in one race during the season.

San Diego State has improved dramatically as the season has progressed. The spread between SDSU's top five finishers improved from 1:51:9 at the UC Riverside Invitational on Sept. 17 to 0:57.71 at the Highlander Invitational on Oct. 15.

Entered into the race for SDSU are seniors Angel Buccì, Christine Kent, Cali King and Elaine Ribeiro and juniors Lily Seynaeve and Cassidy Towner, and freshman Mary Kunigan.

San Diego State will have a tough test at the conference meet, competing against three runners ranked among the top 20 in the Saucony Flo50 Individual Cross Country Rankings. Heading into the championship, Boise State's Brenna Peloquin is the nation's top-ranked runner, New Mexico's Alice Wright is ranked No. 3 and her teammate Calli Thackery sits 19th. Entering the championship, the Mountain West has the second-most runners ranked in the top 20 behind the Pac-12 (6).

At the 2015 Mountain West Championships, the Aztecs were ninth with 267 points. Cassidy Towner was the team's top finisher at 35th (24:58.97). Lily Seynaeve finished 67th (26:32.95) and Cali King was 70th (26:41.22).

Final results from the Championships will be posted on TheMW.com Cross Country Championships Central page and later on GoAztecs.com. Photos from the race will be posted at TheMWC.com following the meet. During the meet, content will be available on Twitter (@MW_OlySports), Facebook (Facebook.com/MountainWestConference), Instagram (@MountainWestConference) and Snapchat (@MountainWest), courtesy of the Mountain West staff.

Highlander Invitational 5K Recap

An impressive performance by the team's upperclassmen in its final race of the regular season helped the San Diego State cross country team to a win at the Highlander Invitational 5K on Oct. 15.

The Aztecs won its second race of the year (72nd Annual Aztec Invitational, Sept. 23) with 46 points, beating out Cal State Fullerton (54), UC Riverside (79), UC Irvine (91), USC (103), Cal State Northridge (155) and Long Beach State (180).

"This win was very important before conference," San Diego State cross country assistant coach Karoly Varga said. "It shows that we are on the right track and are in really good shape. We beat some good teams today and it was a confidence booster for everyone."

Christine Kent raced to the eighth-best time in San Diego State cross country history with her second-place finish. The senior from San Diego finished just :01.45 second out of the top spot, earned by Faith Makau of the host UC Riverside (17:06.14). Classmate Angel Buccì bested her own PR by 1:06, finishing the race in 17:42.73 for seventh.

"This meet really contributed to the overall confidence and trust we've been building in each other through our workouts," Buccì said. "Packing up and running together is incredibly important for the conference meet at the end of the month and we're really starting to see that come together."

Junior Lily Seynaeve also recorded a PR, logging a 17:45.16 time for eighth (previous PR was 18:14.5). Elaine Ribeiro posted an 18:02.93 mark for 14th, followed closely by Cassidy Towner in 15th (18:05.3). Cali King (18:43.72, 35th) and Cindy Flores (18:49.52, 40th) rounded out the Aztecs' finishers.

2016 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 3	~ Mark Covert Classic (5K) <i>Top Five: Kent, Ribeiro, Towner, Seynaeve, King No. 6-7: Calain, Bucci</i>	2nd / 4 teams	1:45.9	1:54.0	Christine Kent (17:52.79)
Sept. 17	! UC Riverside Invitational (6K) <i>Top Five: Kent, Ribeiro, Towner, Bucci, King No. 6-7: Kunigan, Flores</i>	5th / 20 teams	1:51.9	2:31.0	Christine Kent (20:47.8)
Sept. 23	@ Aztec Invitational (5K) <i>Top Five: Ribeiro, Kent, Towner, Bucci, King No. 6-7: Kunigan, Flores</i>	1st / 2 teams	1:19.0	1:56.4	Elaine Ribeiro (20:47.8)
Oct. 1	# Capital Cross Challenge (6K) <i>Top Five: Ribeiro, Kent, Towner, Seynaeve, Bucci No. 6: King</i>	11th / 19 teams	1:08.1	1:51.0	Elaine Ribeiro (21:22.3)
Oct. 15	\$ Highlander Invitational (5K) <i>Top Five: Kent, Bucci, Seynaeve, Ribeiro, Towner No. 6-7: King, Flores</i>	1st / 7 teams	0:57.71	1:41.93	Christine Kent (17:07.59)

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

! UC Riverside Invitational at UCR Agricultural Operations Course in Riverside, Calif.

@ 72nd Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.

Capital Cross Challenge at Haggin Oaks Golf Complex in Sacramento, Calif.

\$ Highlander Invitational at UCR Agricultural Operations Course in Riverside, Calif.

2016 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Angel Bucci (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	26th/48	19:46.8
Sept. 17	UC Riverside Invitational (6K)	32nd/83	21:44.1
Sept. 23	Aztec Invitational (5K)	6th/14	19:28.2
Oct. 1	Capital Cross Challenge (6K)	90th/174	22:30.4
Oct. 15	Highlander Invitational (5K)	7th/66	17:42.73

Collegiate Career Best: 5K - 17:42.73; 6K - 21:44.1

Chrissy Calain (So.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	24th/48	19:44.8

Collegiate Career Best: 5K - 19:44.8

Christine Kent (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	1st/48	17:52.8
Sept. 17	UC Riverside Invitational (6K)	11th/83	20:47.8
Sept. 23	Aztec Invitational (5K)	2nd/14	18:35.5
Oct. 1	Capital Cross Challenge (6K)	25th/174	21:25.3
Oct. 15	Highlander Invitational (5K)	2nd/66	17:07.59

Collegiate Career Best: 5K - 17:07.59; 6K - 20:47.8

Cali King (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	22nd/48	19:38.7
Sept. 17	UC Riverside Invitational (6K)	55th/83	22:39.7
Sept. 23	Aztec Invitational (5K)	10th/14	19:50.6
Oct. 1	Capital Cross Challenge (6K)	123rd/174	23:13.3
Oct. 15	Highlander Invitational (5K)	35th/66	18:43.72

Collegiate Career Best: 5K - 18:38.56; 6K - 22:39.7

Mary Kunigan (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	32nd/48	20:10.9
Sept. 17	UC Riverside Invitational (6K)	59th/83	22:53.0
Sept. 23	Aztec Invitational (5K)	11th/14	19:55.3

Collegiate Career Best: 5K - 19:55.3; 6K - 22:53.0

Elaine Ribeiro (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	2nd/48	18:06.00
Sept. 17	UC Riverside Invitational (6K)	23rd/83	21:22.5
Sept. 23	Aztec Invitational (5K)	1st/14	18:31.6
Oct. 1	Capital Cross Challenge (6K)	22nd/174	21:22.3
Oct. 15	Highlander Invitational (5K)	14th/66	18:02.93

Collegiate Career Best: 5K - 17:54.0; 6K - 21:22.3

Lily Seynaeve (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	12th/48	19:04.8
Oct. 1	Capital Cross Challenge (6K)	86th/174	22:24.9
Oct. 15	Highlander Invitational (5K)	8th/66	17:45.16

Collegiate Career Best: 5K - 17:45.16; 6K - 21:44.9

Cassidy Towner (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 3	Mark Covert Classic 5K	10th/48	19:01.2
Sept. 17	UC Riverside Invitational (6K)	31st/83	21:38.0
Sept. 23	Aztec Invitational (5K)	4th/14	19:09.3
Oct. 1	Capital Cross Challenge (6K)	68th/174	22:03.8
Oct. 15	Highlander Invitational (5K)	15th/66	18:05.30

Collegiate Career Best: 5K - 18:04.6; 6K - 21:38.0

Cindy Flores (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 17	UC Riverside Invitational (6K)	66th/83	23:18.8
Sept. 23	Aztec Invitational (5K)	13th/14	20:28.0
Oct. 15	Highlander Invitational (5K)	40th/66	18:49.52

Collegiate Career Best: 5K - 18:43; 6K - 21:51

2016 AZTEC CROSS COUNTRY TOP-10 TIMES

2016 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	17:07.59	Highlander Invitational	Oct. 15
2. Angel Bucci (Sr.)	17:42.73	Highlander Invitational	Oct. 15
3. Lily Seynaeve (Jr.)	17:45.16	Highlander Invitational	Oct. 15
4. Christine Kent (Sr.)	17:52.8	Mark Covert Classic	Sept. 10
5. Elaine Ribeiro (Sr.)	18:02.93	Highlander Invitational	Oct. 15
6. Cassidy Towner (Jr.)	18:05.3	Highlander Invitational	Oct. 15
7. Elaine Ribeiro (Sr.)	18:06.0	Mark Covert Classic	Sept. 10
8. Elaine Ribeiro (Sr.)	18:31.6	72nd Aztec Invitational	Sept. 23
9. Christine Kent (Sr.)	18:35.5	72nd Aztec Invitational	Sept. 23
10. Cassidy Towner (Jr.)	19:01.2	Mark Covert Classic	Sept. 10

2016 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	17:07.59	Highlander Invitational	Oct. 15
2. Angel Bucci (Sr.)	17:42.73	Highlander Invitational	Oct. 15
3. Lily Seynaeve (Jr.)	17:45.16	Highlander Invitational	Oct. 15
4. Elaine Ribeiro (Sr.)	18:02.93	Highlander Invitational	Oct. 15
5. Cassidy Towner (Jr.)	18:05.3	Highlander Invitational	Oct. 15
6. Cali King (Sr.)	18:43.72	Highlander Invitational	Oct. 15
7. Cindy Flores (Jr.)	18:49.52	Highlander Invitational	Oct. 15
8. Chrissy Calain (So.)	19:44.8	Mark Covert Classic	Sept. 10
9. Mary Kunigan (Fr.)	20:10.9	Highlander Invitational	Oct. 15

2016 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	20:47.8	UC Riverside Invitational	Sept. 17
2. Elaine Ribeiro (Sr.)	21:22.3	Capital Cross Challenge	Oct. 1
3. Elaine Ribeiro (Sr.)	21:22.5	UC Riverside Invitational	Sept. 17
4. Christine Kent (Sr.)	21:25.3	Capital Cross Challenge	Oct. 1
5. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
6. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
7. Cassidy Towner (Jr.)	22:03.8	Capital Cross Challenge	Oct. 1
8. Lily Seynaeve (Jr.)	22:24.9	Capital Cross Challenge	Oct. 1
9. Angel Bucci (Sr.)	22:30.4	Capital Cross Challenge	Oct. 1
10. Cali King (Sr.)	22:39.7	UC Riverside Invitational	Sept. 17

2016 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Christine Kent (Sr.)	20:47.8	UC Riverside Invitational	Sept. 17
2. Elaine Ribeiro (Sr.)	21:22.3	Capital Cross Challenge	Oct. 1
3. Cassidy Towner (Jr.)	21:38.0	UC Riverside Invitational	Sept. 17
4. Angel Bucci (Sr.)	21:44.1	UC Riverside Invitational	Sept. 17
5. Lily Seynaeve (Jr.)	22:24.9	Capital Cross Challenge	Oct. 1
6. Cali King (Sr.)	22:39.7	UC Riverside Invitational	Sept. 17
7. Mary Kunigan (Fr.)	22:53.0	UC Riverside Invitational	Sept. 17
8. Cindy Flores (Jr.)	23:18.8	UC Riverside Invitational	Sept. 17

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. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
9. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
10. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982

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. Christine Kent	17:07.59	Highlander Invitational	Oct. 15, 2016
5. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
6. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
7. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
10. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982

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

Athlete	Time	Meet	Date/Year
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
5. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
7. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
9. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016

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

Athlete	Time	Meet	Date/Year
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
5. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
6. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
7. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
8. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
9. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
10. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014