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

2013 AZTEC CROSS COUNTRY TEAM RESULTS

Date Aug. 31	Meet (Distance)FinishSpread (Top 5)Spread (Top 7)~ Mark Covert Classic (5K)5th / 8 teams0:21.51:08.1Top Five: Vazquez, Cygan, McCall, Kruthers, Roesgen No. 6-7: Ribeiro, Smith	Top Finisher Laura Vazquez (19:11.4)
Sept. 7	! adidas/UCI Invitational (5K) 1st / 13 teams 0:49.6 1:30.8 <i>Top Five</i> : Vazquez, Kruthers, Roesgen, Cygan, Smith <i>No. 6-7</i> : Ribeiro, Wendorf	Laura Vazquez (18:24.5)
Sept. 21	@ 69th Annual Aztec Invitational (5K) 4th/11 teams 1:13.0 1:34.0 <i>Top Five</i> : Roesgen, Kruthers, Cygan, Ribeiro, Gammage <i>No. 6-7</i> : Smith, Wendorf	Rachel Roesgen (18:51)
Oct. 4	# NCAA Inter-Regional Jamboree <i>Top Five</i> :	
Oct. 19	\$ Highlander Invitational <i>Top Five</i> :	
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> :	
! adidas/ @ 69th # # NCAA In \$ Highlar % Titan In ^ Mounta	overt Classic at Cal State Fullerton in Brea, Calif. UCI Invitational at UC Irvine in Irvine, Calif. Annual Aztec Invitational at San Diego State in San Diego, Calif. Inter-Regional Jamboree at Sacramento State in Sacramento, Calif. Inder Invitational at UC Riverside in Riverside, Calif. Invitational at Cal State Fullerton in Fullerton, Calif. Invitational at Cal State Fullerton in Fullerton, Calif. In West Championships at Air Force in USAF Academy, Colo. Vest 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 Jamboree	l .			
Oct. 19	Highlander Invitational				
Oct. 25	Titan Invitational				
Nov. 1	Mountain West Championships				
Nov. 15		ships			
	te Career Best: 5K - 18:10.0; ile (top is 100.00): 84.15 pct				

Dynasty Gammage (Jr.)

- y			
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 Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	ships	
Collegiate Career Best: 5K - 20:04.0; 6K - N/A			
	le (top is 100.00): 70.58 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	
0ct. 4	NCAA Inter-Regional Jambore	9		
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.)

CIICIDE			
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
0ct. 4	NCAA Inter-Regional Jamboree)	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	rships	
Collegiate Career Best: 5K - 18:33.9; 6K - 22:34.0			
Percentile (top is 100.00): 84.97 pct.			
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Lily Mayko (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
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	nips	
	te Career Best: 5K - 20:02.2; 6		
Percenti	le (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
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	ships	
Collegia	te Career Best: 5K - 18:30.7; 6	5K - 23:00.0	
Percenti	le (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 Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15		ips	
Colleaia	te Career Best: 5K - 20:28.9; 6k		
	le (top is 100.00): N/A		

Amy Reaser (Sr.)

eusei (Ji./		
Meet (Distance)	Finish	Time
Mark Covert Classic (5K)		DNC
adidas/UCI Invitational (5K)		DNC
69th Aztec Invitational (5K)		DNC
NCAA Inter-Regional Jamboree		
Highlander Invitational		
Titan Invitational		
Mountain West Championships		
NCAA West Regional Championsh	ips	
le (top is 100.00): N/A		
	Meet (Distance) Mark Covert Classic (5K) adidas/UCI Invitational (5K) 69th Aztec Invitational (5K) NCAA Inter-Regional Jamboree Highlander Invitational Titan Invitational Mountain West Championships NCAA West Regional Championsh	Meet (Distance)FinishMark Covert Classic (5K)adidas/UCI Invitational (5K)69th Aztec Invitational (5K)NCAA Inter-Regional JamboreeHighlander InvitationalTitan InvitationalMountain West ChampionshipsNCAA West Regional Championshipste Career Best: 5K - 20:29.0; 6K - 24:52.9

2013 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Elaine l	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 Jamboree)	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	iships	
	te Career Best: 5K - 19:21. le (top is 100.00): 74.59 pct	2 ; 6K - N/A	

Rachel Roesgen (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	
0ct. 4	NCAA Inter-Regional Jamboree)		
Oct. 19	Highlander Invitational			
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships			
Nov. 15	NCAA West Regional Champion	rships 🛛		
Collegiate Career Best: 5K - 18:43.4 ; 6K - 23:29.0 Percentile (top is 100.00): 84.70 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
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	nips	
Collegia	te Career Best: 5K - 18:58.9 ; 6	oK - 24:02.4	
Percenti	le (top is 100.00): N/A		

Katy Smith (Jr.)

Kury J				
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	
0ct. 4	NCAA Inter-Regional Jamboree	9		
Oct. 19	Highlander Invitational			
Oct. 25	Titan Invitational			
Nov. 1	Mountain West Championships			
Nov. 15	NCAA West Regional Champion			
Collegiate Career Best: 5K - 19:14.1; 6K - 23:27.0				
Percentile (top is 100.00): 69.40 pct.				

Katie Thralls (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
0ct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	hips	
Collegia	te Career Best: 5K - N/A ; 6K -		
	le (top is 100.00): N/A		

Laura Vazquez (So.)

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
0ct. 4	NCAA Inter-Regional Jamboree)	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
	NCAA West Regional Champion		
Collegiate Career Best: 5K - 18:24.5; 6K - 21:40.0 Percentile (top is 100.00): 91.82 pct.			
I EI CEIIII	ie (iup is iuu.uu). 71.02 pu	•	

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
0ct. 4	NCAA Inter-Regional Jamboree)	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champion	iships	
Collegiate Career Best: 5K - 19:55.3; 6K - 25:26.0			

Percentile (top is 100.00): 62.02 pct.

SAN DIEGO STATE CROSS COUNTRY / 2013 RESULTS & SEASON-BEST TIMES 2013 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Laura Vazquez (So.)	18:24.5	adidas/UC Irvine Invitational	Sept. 7
2. Chelsea Kruthers (So.)	18:33.9	adidas/UC Irvine Invitational	Sept. 7
3. Rachel Roesgen (So.)	18:43.4	adidas/UC Irvine Invitational	Sept. 7
4. Jessica Cycan (Jr.)	18:46.1	adidas/UC Irvine Invitational	Sept. 7
5. Katy Smith (Jr.)	19:14.1	adidas/UC Irvine Invitational	Sept. 7
6. Elaine Ribeiro (Fr.)	19:21.2	adidas/UC Irvine Invitational	Sept. 7
7. Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
8. Melissa Wendorf (Jr.)	19:55.3	adidas/UC Irvine Invitational	Sept. 7
9. Dynasty Gammage (Jr.)	20:04.0	69th Annual Aztec Invitational	Sept. 21
10. Cali King (Fr.)	21:00.6	adidas/UC Irvine Invitational	Sept. 7

2013 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Laura Vazquez (So.)	18:24.5	adidas/UC Irvine Invitational	Sept. 7
2. Chelsea Kruthers (So.)	18:33.9	adidas/UC Irvine Invitational	Sept. 7
3. Rachel Roesgen (So.)	18:43.4	adidas/UC Irvine Invitational	Sept. 7
4. Jessica Cycan (Jr.)	18:46.1	adidas/UC Irvine Invitational	Sept. 7
5. Rachel Roesgen (So.)	18:51.0	69th Annual Aztec Invitational	Sept. 21
6. Chelsea Kruthers (So.)	18:52.0	69th Annual Aztec Invitational	Sept. 21
7. Laura Vazquez (So.)	19:11.4	Mark Covert Classic	Aug. 31
8. Katy Smith (Jr.)	19:14.1	adidas/UC Irvine Invitational	Sept. 7
9. Jessica Cygan (Jr.)	19:20.0	69th Annual Aztec Invitational	Sept. 21
10. Elaine Ribeiro (Fr.)	19:21.2	adidas/UC Irvine Invitational	Sept. 7

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

Athlete	Time	Meet	Date
1.			

	<u>2013 Top-10 Ti</u>	<u>mes 6K (Wi</u> t	t <u>h Replacement)</u>
Athlete	Tin	ne Meet	- Date
1.			

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

ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Monica Joyce	16:28.90	District 8 Championships	1981
2. Lynn Kanuka	16:54.10	District 8 Championships	1981
3. Monica Joyce	16:55.00	WCAA Championships	1981
4. Monica Joyce	16:56.00	Aztec Invitational	1981
5. Lital Azulay	17:03.10	Santa Clara Invitational	2005
6. Monica Joyce	17:05.00	UCLA Invitational	1981
7. Lynn Kanuka	17:07.30	WCAA Championships	1981
8. Eva Enstrom	17:08.00	District 8 Championships	1981
9. Laurie Crisp	17:09.00	UCLA Invitational	1982
10. Lital Azulay	17:10.50	Willamette Invitational	2005

<u>Top-10 Times -- 6K</u>

Athlete	Time	Meet	Date
1. Marie Nilsson	21:04.00	NCAA West Regional	2003
2. Lital Azulay	21:05.80	NCAA West Regional	2005
3. Lital Azulay	21:14.20	MWC Championships	2005
4. Marianne Hogan	21:32.00	Stanford Invitational	2010
5. Lisa Crampton	21:32.30	NCAA West Regional	2005
6. Marianne Hogan	21:49.00	Stanford Invitational	2011
7. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
8. Christal Cuadra	21:50.90	NCAA West Regional	2005
9. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003