



SAN DIEGO STATE AZTECS

2017 Cross Country Weekly Notes

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Schedule/Results

September

2	Mark Covert Classic (5K)	3rd/4 (87 pts.)
	Brea, Calif. (Carbon Canyon Regional Park)	
16	UC Riverside Invitational (6K)	12th/17 (548 pts.)
	Riverside, Calif. (UCR Ag Ops Course)	
23	UNLV Invitational (5K)	5th/5 (94 pts.)
	Las Vegas, Nev. (Craig Ranch Regional Park)	
30	Capital Cross Challenge (6K)	9th/11 (457 pts.)
	Sacramento, Calif. (Haggin Oaks Golf Complex)	

October

14	Highlander Invitational (5K)	7th/11 (227 pts.)
	Riverside, Calif. (UCR Ag Ops Course)	
27	Mountain West Championships (6K)	10:45 a.m. MT
	UNM North Golf Course	

November

10	NCAA West Regional (6K)	10:30 am. PT
	Seattle, Wash. (Jefferson Golf Course)	

Roster

Name	Year	Hometown (Last School)
Chrissy Calain	Junior	Temecula, Calif. (Northern Arizona)
Cindy Flores	Senior	San Diego, Calif. (San Diego Mesa College)
Ellison Grove	Junior	Catharpin, Va. (Battlefield HS)
Monique McPherson	Junior	Kingston, Jamaica (Wayland Baptist)
Mackenzie Mora	Freshman	Clovis, Calif. (Buchanan HS)
Renee Phillips	Freshman	San Diego, Calif. (Coronado HS)
Sakura Roberson	Freshman	San Diego, Calif. (La Jolla HS)
Danielle Scott	Freshman	Long Beach, Calif. (Poly HS)
Lily Seynaeve	Senior	Corona, Calif. (Santiago HS)
Cassidy Towner	Senior	Placentia, Calif. (El Dorado HS)
Angela Wilson	Junior	Lancaster, Calif. (Antelope Valley College)

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

Assistant Coach: Robert Lusitana (San Diego State, 1982), first season

Meet Week Preview

San Diego State at Mountain West Championships (6K)

Friday, Oct. 27 | 10:45 a.m. MT | UNM North Golf Course | Albuquerque, N.M.

Mountain West Championships Preview

San Diego State cross country kicks off the postseason portion of its season this week with the Mountain West Championships on Fri., Oct. 27. The women's 6K race is set for a 10:45 a.m. (MT) start at UNM North Golf Course in Albuquerque, N.M. Both the men's and women's races will be streamed live on the Mountain West Network and have live results.

This year, the Aztecs have been led by senior Lily Seynaeve, who has been SDSU's top finisher in every race this year. The senior from Corona, Calif., has set PRs in both the 5K (17:37.8 at the Highlander Invitational) and 6K (21:30.0 at the UC Riverside Invitational) this season, finishing 20th or better in four of five meets this season. One of San Diego State's freshmen, Mackenzie Mora, has also been a bright spot. Mora ran SDSU's third-best 5K and 6K times this season and was the Scarlet and Black's second finisher in three meets this year.

San Diego State faces tough competition at the conference meet, with four of the MW's 11 women's teams either ranked or receiving votes in the USTFCCCA national cross country poll (No. 2 New Mexico, No. 8 Boise State, No. 12 Utah State and Air Force is receiving votes). The host Lobos are the reigning champion nine years running, and the 2016 individual conference champion, Alice Wright, is in her senior season for UNM.

Entered into the race for SDSU are Chrissy Calain, Cindy Flores, Mackenzie Mora, Renee Phillips and Lily Seynaeve. San Diego State is coming off of a ninth-place finish at the 2016 MW Championships for the second-straight year. Their 1:53:09.8 team time was their 15th lowest since 2001 and third best this season. The time was also a 17:01.3 improvement from last season (2:10:11.1).

Senior Christine Kent was the Aztecs' top finisher at the race, running the course in 21:40.60 for 34th place. Earning a season-best time was junior Lily Seynaeve, who finished 50th with a 22:10.40 time. Senior Elaine Ribeiro was 65th with her 22:39.10 time, while Cassidy Towner's 22:55.70 time was 70th. Angel Bucci (78th, 23:44.00) and Cali King (79th, 23:46.80) were the team's No. 5 and 6 runners.

Highlander Invitational Recap

Running the fastest 5K of her collegiate career, senior Lily Seynaeve led San Diego State cross country to a seventh-place finish at the Highlander Invitational, hosted by UC Riverside's AgOps Course, Saturday.

The Corona, Calif., native crossed the finish line in 17:37.8 for her collegiate personal best and seventh place. It was the third fastest time recorded by an Aztec on the UCR AgOps Course in program history and the fastest 5K by any Aztec since Christine Kent recorded a 17:07.59 time at last year's Highlander Invitational. Seynaeve's time bested her previous 5K PR of 18:03, which she ran earlier this year at the UNLV Invitational.

"My strategy today was to go out fast and battle it out with the top pack of runners," said Seynaeve. "I was in the fourth-fifth spots for a while and the pack was pretty physical. I made some strong moves against tough competitors. I've been hitting my PRs on the dot throughout the season so it was time I broke through."

Freshman Mackenzie Mora was SDSU's second finisher for the second consecutive 5K, placing 46th among Division I runners with an 18:43.3 time.

Classmate Renee Phillips crossed the finish line in a collegiate-best 18:52.8, which was good enough for 53rd. Senior Cindy Flores took 60th with her 19:01.2, while junior Chrissy Calain clocked in at 19:29.2 for 73rd place.

San Diego State finished seventh with 227 points behind race-winner UC Santa Barbara (50 points), Cal State Fullerton (67), UC Riverside (71), San Diego (102), Long Beach State (142) and UNLV (195). USC (243), CSUN (258), UC Irvine (264) and Pepperdine (272) were the Aztecs' remaining Division I competitors. SDSU logged a 1:33.44 team time, the fifth fastest on the UCR AgOps Course in the SDSU history.

2017 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 2	~ Mark Covert Classic (5K) <i>Top Five: Seynaeve, Flores, Phillips, Mora, Calain</i>	3rd / 4 teams	2:22.2	N/A	Lily Seynaeve (18:51.6)
Sept. 16	! UC Riverside Invitational (6K) <i>Top Five: Seynaeve, Mora, Flores, Phillips, Calain</i>	12th / 17 teams	2:21.2	N/A	Lily Seynaeve (21:30.0)
Sept. 23	@ UNLV Invitational (5K) <i>Top Five: Seynaeve, Mora, Flores, Calain, Phillips</i>	5th / 5 teams	1:31	N/A	Lily Seynaeve (18:03)
Sept. 30	# Capital Cross Challenge (6K) <i>Top Five: Seynaeve, Flores, Phillips, Calain, Mora</i>	9th / 14 teams	2:10.1	N/A	Lily Seynaeve (21:32.0)
Oct. 14	\$ Highlander Invitational (5K) <i>Top Five: Seynaeve, Mora, Phillips, Flores, Calain</i>	7th / 11 teams	1:51.4	N/A	Lily Seynaeve (17:37.8)

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

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

@ UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.

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

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

% Mountain West Championships at UNM North Golf Course in Albuquerque, N.M.

^ NCAA West Regional at Jefferson Golf Course in Seattle, Wash.

2017 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Chrissy Calain (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	34th/54	21:13.8
Sept. 16	UC Riverside Invitational 6K	159th/191	23:51.2
Sept. 23	UNLV Invitational 5K	35th/66	19:26
Sept. 30	Capital Cross Challenge 6K	82nd/111	23:40.7
Oct. 14	Highlander Invitational 5K	73rd/103	19:29.2

Collegiate Career Best: 5K - 19:26; 6K - 21:17.96

Cindy Flores (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	16th/54	19:43.2
Sept. 16	UC Riverside Invitational 6K	159th/191	22:17.6
Sept. 23	UNLV Invitational 5K	32nd/66	19:12
Sept. 30	Capital Cross Challenge 6K	75th/111	23:27.3
Oct. 14	Highlander Invitational 5K	60th/103	19:01.2

Collegiate Career Best: 5K - 18:43; 6K - 21:51.0

Mackenzie Mora (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	22nd/54	19:54.4
Sept. 16	UC Riverside Invitational 6K	88th/191	22:01.8
Sept. 23	UNLV Invitational 5K	14th/66	18:28
Sept. 30	Capital Cross Challenge 6K	83rd/111	23:42.1
Oct. 14	Highlander Invitational 5K	46th/103	18:43.1

Collegiate Career Best: 5K - 18:28; 6K - 22:01.8

Renee Phillips (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	18th/54	19:44.5
Sept. 16	UC Riverside Invitational 6K	141st/191	23:08.5
Sept. 23	UNLV Invitational 5K	37th/66	19:34
Sept. 30	Capital Cross Challenge 6K	80th/111	23:30.3
Oct. 14	Highlander Invitational 5K	53rd/103	18:52.8

Collegiate Career Best: 5K - 18:52.8; 6K - 23:08.5

Lily Seynaeve (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 2	Mark Covert Classic 5K	7th/54	18:51.6
Sept. 16	UC Riverside Invitational 6K	55th/191	21:30.0
Sept. 23	UNLV Invitational 5K	8th/66	18:03
Sept. 30	Capital Cross Challenge 6K	17th/111	21:32.0
Oct. 14	Highlander Invitational 5K	9th/103	17:37.8

Collegiate Career Best: 5K - 17:37.8; 6K - 21:30.0

2017 AZTEC CROSS COUNTRY TOP-10 TIMES

2017 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	17:37.8	Highlander Invitational	Oct. 14
2. Lily Seynaeve (Sr.)	18:03	UNLV Invitational	Sept. 23
3. Mackenzie Mora (Fr.)	18:28	UNLV Invitational	Sept. 23
4. Lily Seynaeve (Sr.)	18:51.6	Mark Covert Classic	Sept. 22
5. Renee Phillips (Fr.)	18:52.8	Highlander Invitational	Oct. 14
6. Cindy Flores (Sr.)	19:01.2	Highlander Invitational	Oct. 14
7. Cindy Flores (Sr.)	19:12	UNLV Invitational	Sept. 23
8. Chrissy Calain (Jr.)	19:26	UNLV Invitational	Sept. 2
9. Chrissy Calain (Jr.)	19:29.2	Highlander Invitational	Oct. 14
10. Renee Phillips (Fr.)	19:34	UNLV Invitational	Sept. 23

2017 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	17:37.8	Highlander Invitational	Oct. 14
2. Mackenzie Mora (Fr.)	18:28	UNLV Invitational	Sept. 23
3. Renee Phillips (Fr.)	18:52.8	Highlander Invitational	Oct. 14
4. Cindy Flores (Sr.)	19:01.2	Highlander Invitational	Oct. 14
5. Chrissy Calain (Jr.)	19:26	UNLV Invitational	Sept. 23

2017 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Lily Seynaeve (Sr.)	21:32.0	Capital Cross Challenge	Sept. 30
3. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
4. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
5. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
6. Cindy Flores (Sr.)	23:27.3	Capital Cross Challenge	Sept. 30
7. Renee Phillips (Fr.)	23:30.3	Capital Cross Challenge	Sept. 30
8. Chrissy Calain (Jr.)	23:40.7	Capital Cross Challenge	Sept. 30
9. Mackenzie Mora (Fr.)	23:42.1	Capital Cross Challenge	Sept. 30
10. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

2017 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Lily Seynaeve (Sr.)	21:30.0	UC Riverside Invitational	Sept. 16
2. Mackenzie Mora (Fr.)	22:01.8	UC Riverside Invitational	Sept. 16
3. Cindy Flores (Sr.)	22:17.6	UC Riverside Invitational	Sept. 16
4. Renee Phillips (Fr.)	23:08.5	UC Riverside Invitational	Sept. 16
5. Chrissy Calain (Jr.)	23:51.2	UC Riverside Invitational	Sept. 16

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. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
10. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010

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. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
6. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
7. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
8. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
9. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
10. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012