



SAN DIEGO STATE AZTECS

2015 Cross Country Weekly Notes

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Schedule/Results

Overall: 20-4 | **Mountain West:** 0-0

September

- 5 Mark Covert Classic (5K) 1st/11 teams; 26 pts.
 Brea, Calif. (Carbon Canyon Regional Park)
- 12 UC Riverside Invitational (6K) 5th/15 teams; 149 pts.
 Riverside, Calif. (UCR Ag Ops Course)
- 18 **71st Annual Aztec Invite (5K) 9:30 a.m. PT**
San Diego, Calif. (Tecolote Shores - Mission Bay)

October

- 3 UNLV Invitational (5K) 8:15 a.m. PT
 Las Vegas, Nev. (Craig Ranch Regional Park)
- 17 Highlander Invitational (5K) 8 a.m. PT
 Riverside, Calif. (UCR Ag Ops Course)
- 30 Mountain West Championships (6K) 10:45 a.m. PT
 Reno, Nev. (Montreux Golf Course)

November

- 13 NCAA West Regional (6K) TBA
 Seattle, Wash. (TBA)

Roster

| Name | Year | Hometown (Last School) |
|-----------------|-----------|--|
| Grace Hanshaw | Senior | San Diego, Calif. (San Diego Mesa College) |
| Cali King | Junior | La Crescenta, Calif. (Crescenta Valley HS) |
| Lily Mayko | Senior | Portland, Ore. (Southridge HS) |
| Elaine Ribeiro | Junior | La Mesa, Calif. (Helix HS) |
| Rachel Roesgen | Senior | Coto de Caza, Calif. (Santa Margarita Catholic HS) |
| Hannah Sawatzki | Senior | San Diego, Calif. (Westview HS) |
| Lily Seynaeve | Sophomore | Corona, Calif. (Santiago HS) |
| Cassidy Towner | Sophomore | Placentia, Calif. (El Dorado HS) |

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

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

Meet Week Preview

San Diego State (20-4) at 71st Annual Aztec Invitational

Friday, Sept. 18 | 9:30 a.m. PT | Mission Bay Tecolote Shores North Park | San Diego, Calif.

71st Annual Aztec Invitational Preview

After another successful outing last week at the UC Riverside Invitational, the San Diego State cross country returns to America's Finest City to play host to the 71st running of the Aztec Invitational. The Invitational Men's 8K kicks off the meet at 8:30 a.m. PT, while the Aztecs will compete in the Women's 8K Invitational at 9:30 a.m. PT. The Southern California Junior College Cross Country Preview races follow at 11 a.m. PT, but are not a part of the Aztec Invitational.

For the second straight year, the Aztec Invitational will take place at San Diego Mission Bay's Tecolote Shores North Park. Last season, SDSU took second in the meet. The course was also the site of the 2008 and 2011 USA Cross Country Championships, as well as the 2008 Mountain West Championships. The official address is Mission Bay Tecolote Shores North Park, 1740 E Mission Bay Dr, San Diego, CA 92109.

The Aztec Invitational is one of the oldest continuous collegiate cross country meets in the United States. The first meet, which only included men's teams, was held on the San Diego State campus in 1944. As the campus grew, SDSU's home cross country course was moved to Balboa Park. In 2001, the meet was cancelled because of the 9/11 tragedy, so the 58th running was held in 2002. In past years, up to 75 universities, colleges and club teams have participated in a single meet. Elite distance women like Monica Joyce (SDSU, 1982; 1984 Olympics, Los Angeles), Lynn Kanuka (SDSU, 1982; 1984 Olympics, Los Angeles; 1988 Olympics, Seoul), Joan Hanson (Arizona, 1981, 1984 Olympics, Los Angeles), Shannon Rowbury (Duke, 2005; 2008 Olympics, Beijing; current U.S. 1,500 record holder) and her late teammate, Sally Meyerhoff (Duke, 2005) have run in the Aztec Invitational. On the men's side, distance greats like Billy Mills (San Diego Track Club 1967; 1964 Olympics, Tokyo), Tracy Smith (Athletes in Action, 1972; 1968 Olympics, Mexico City), Meb Keflezighi (UCLA, 1994, 1996; 2000, 2004 and 2012 Olympics) and Abdi Abdirahman (Arizona, 1998; 2012 Olympics) are also Aztec Invitational veterans.

The women's 5K course consists of two and half loops, almost entirely on grass in a park setting, occasionally crossing sidewalks. The men's 8K course consists of four complete loops along essentially the same course. Both race courses have 15 feet of total elevation differential during a single loop and are blessed with spectacular views of the bay and light ocean breezes.

Competing teams will be announced by Wednesday morning.

UC Riverside Invitational Recap

San Diego State junior Elaine Ribeiro posted a 12th-place individual finish on Saturday to lead the Aztec cross country team at the UC Riverside Invitational in Riverside, Calif. Ribeiro completed the 6,000-meter course at the UCR Agricultural Operations Course with a time of 21 minutes, 5.3 seconds, the second-fastest 6K time in school history.

"Elaine Ribeiro had a nice race," assistant cross country coach Karoly Varga stated. "She ran with the lead pack for the first two miles at a pretty fast pace. Arkansas is one of the best teams in the country and Elaine was able to let the pack carry her to a 6k personal best by 37 seconds."

As a team, SDSU placed fifth out of 15 teams with 149 points, trailing fourth-place host school UC Riverside (135 pts), while Arkansas (27 pts.), UC Davis (86 pts.) and UC Santa Barbara (128 pts.) encompassed the top three.

Following Ribeiro, sophomore Lily Seynaeve was the next Aztec runner to cross the finish line, clocking in at 21:30.8, which was good for 18th place.

"I felt that Lily Seynaeve had a very good run today," Varga stated. "She really impressed me with her toughness. I think she will keep improving as we get to the end of the season."

Ensuing Seynaeve was sophomore Cassidy Towner (22:10.9) and senior Rachel Roesgen (22:13:0) who placed 37th and 38th in the race that featured 110 runners.

The Red and Black was also represented by junior Cali King, who ended her first 6K race in 54th place at 22:32.5, while senior Lily Mayko finished in 70th with a time of 22:57.7.

Rounding out the Aztec contingent was senior Hannah Sawatzki, who took 89th after completing the course at 23:51.1, 11 seconds faster than last season's 6K time (24:02.4).

2015 AZTEC CROSS COUNTRY TEAM RESULTS

| Date | Meet (Distance) | Finish | Spread (Top 5) | Spread (Top 7) | Top Finisher |
|----------|---|----------------|----------------|----------------|---------------------------|
| Sept. 5 | ~ Mark Covert Classic (5K) <i>Top Five:</i> Ribeiro, Hanshaw, Towner, Roesgen, Seynaeve <i>No. 6-7:</i> King, Sawatzki | 1st / 11 teams | 0:46.6 | 0:54.4 | Elaine Ribeiro (18:05.48) |
| Sept. 12 | ! UC Riverside Invitational (6K) <i>Top Five:</i> Ribeiro, Seynaeve, Towner, Rosegen, King <i>No. 6-7:</i> Mayko, Sawatzki | 5th / 15 teams | 1:27.2 | 2:45.8 | Elaine Ribeiro (21:05.3) |
| Sept. 18 | @ Aztec Invitational (5K) | | | | |
| Oct. 3 | # UNLV Invitational (5K) | | | | |
| Oct. 17 | \$ Highlander Invitational (5K) | | | | |
| Oct. 30 | % Mountain West Championships (6K) | | | | |
| Nov. 13 | ^ NCAA West Regional (6K) | | | | |

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

! UC Riverside Invitational at UCR Ag Ops Course in Riverside, Calif.

@ 71st Annual Aztec Invitational at Tecolote Shores - Mission Bay in San Diego, Calif.

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

\$ Highlander Invitational at UCR Ag Ops Course in Riverside, Calif.

% Mountain West Championships at Montreux Golf Course in Reno, Nev.

^ NCAA West Regional at Seattle, Wash.

2015 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Grace Hanshaw (Sr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|---------|----------|
| Sept. 5 | Mark Covert Classic 5K | 4th/120 | 18:29.57 |
| Sept. 12 | UC Riverside Invite 6K | DNC | -- |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 18:01.1; 6K - 21:51.0

Percentile (top is 100.00): 96.67 pct.

Cali King (Jr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 15th/120 | 18:58.42 |
| Sept. 12 | UC Riverside Invite 6K | 15th/110 | 22:32.5 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 18:46.4; 6K - 22:32.5

Percentile (top is 100.00): 86.96 pct.

Lily Mayko (Sr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 46th/120 | 19:59.63 |
| Sept. 12 | UC Riverside Invite 6K | 70th/110 | 22:57.7 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 19:59.63; 6K - 22:57.7

Percentile (top is 100.00): 49.57 pct.

Elaine Ribeiro (Jr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 2nd/120 | 17:48.49 |
| Sept. 12 | UC Riverside Invite 6K | 12th/110 | 21:05.3 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 17:48.49; 6K - 21:05.3

Percentile (top is 100.00): 93.91 pct.

Rachel Roesgen (Sr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 7th/120 | 18:43.15 |
| Sept. 12 | UC Riverside Invite 6K | 38th/110 | 22:13.0 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 17:50.0; 6K - 22:05.0

Percentile (top is 100.00): 80.43 pct.

Hannah Sawatzki (Sr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 40th/120 | 19:44.27 |
| Sept. 12 | UC Riverside Invite 6K | 89th/110 | 23:51.1 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 18:42.6; 6K - 24:02.4

Percentile (top is 100.00): 43.91 pct.

Lily Seynaeve (So.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 8th/120 | 18:43.72 |
| Sept. 12 | UC Riverside Invite 6K | 18th/110 | 21:30.8 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 18:14.5; 6K - 21:30.8

Percentile (top is 100.00): 88.70 pct.

Cassidy Towner (So.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 5 | Mark Covert Classic 5K | 5th/120 | 18:35.59 |
| Sept. 12 | UC Riverside Invite 6K | 37th/110 | 22:10.9 |
| Sept. 18 | Aztec Invitational 5K | | |
| Oct. 3 | UNLV Invitational 5K | | |
| Oct. 17 | Highlander Invitational 5K | | |
| Oct. 30 | Mountain West Championships 6K | | |
| Nov. 13 | NCAA West Regional 6K | | |

Collegiate Career Best: 5K - 18:18.6; 6K - 22:10.4

Percentile (top is 100.00): 81.74 pct.

2015 AZTEC CROSS COUNTRY TOP-10 TIMES

2015 Top-10 Times -- 5K (With Replacement)

| Athlete | Time | Meet | Date |
|--------------------------|-------------|---------------------|-------------|
| 1. Elaine Ribiero (Jr.) | 18:05.48 | Mark Covert Classic | Sept. 5 |
| 2. Grace Hanshaw (Sr.) | 18:29.57 | Mark Covert Classic | Sept. 5 |
| 3. Cassidy Towner (So.) | 18:35.59 | Mark Covert Classic | Sept. 5 |
| 4. Rachel Roesgen (Sr.) | 18:43.15 | Mark Covert Classic | Sept. 5 |
| 5. Lily Seynaeve (So.) | 18:43.72 | Mark Covert Classic | Sept. 5 |
| 6. Cali King (Jr.) | 18:58.42 | Mark Covert Classic | Sept. 5 |
| 7. Hannah Sawatzki (Sr.) | 19:44.27 | Mark Covert Classic | Sept. 5 |
| 8. Lily Mayko (Sr.) | 19:59.63 | Mark Covert Classic | Sept. 5 |

2015 Top-10 Times -- 5K (Without Replacement)

| Athlete | Time | Meet | Date |
|--------------------------|-------------|---------------------|-------------|
| 1. Elaine Ribiero (Jr.) | 18:05.48 | Mark Covert Classic | Sept. 5 |
| 2. Grace Hanshaw (Sr.) | 18:29.57 | Mark Covert Classic | Sept. 5 |
| 3. Cassidy Towner (So.) | 18:35.59 | Mark Covert Classic | Sept. 5 |
| 4. Rachel Roesgen (Sr.) | 18:43.15 | Mark Covert Classic | Sept. 5 |
| 5. Lily Seynaeve (So.) | 18:43.72 | Mark Covert Classic | Sept. 5 |
| 6. Cali King (Jr.) | 18:58.42 | Mark Covert Classic | Sept. 5 |
| 7. Hannah Sawatzki (Sr.) | 19:44.27 | Mark Covert Classic | Sept. 5 |
| 8. Lily Mayko (Sr.) | 19:59.63 | Mark Covert Classic | Sept. 5 |

2015 Top-10 Times -- 6K (With Replacement)

| Athlete | Time | Meet | Date |
|--------------------------|-------------|---------------------------|-------------|
| 1. Elaine Ribiero (Jr.) | 21:05.3 | UC Riverside Invitational | Sept. 12 |
| 2. Lily Seynaeve (So.) | 21:30.8 | UC Riverside Invitational | Sept. 12 |
| 3. Cassidy Towner (So.) | 22:10.9 | UC Riverside Invitational | Sept. 12 |
| 4. Rachel Roesgen (Sr.) | 22:13.0 | UC Riverside Invitational | Sept. 12 |
| 5. Cali King (Jr.) | 22:32.5 | UC Riverside Invitational | Sept. 12 |
| 6. Lily Mayko (Sr.) | 22:57.7 | UC Riverside Invitational | Sept. 12 |
| 7. Hannah Sawatzki (Sr.) | 23:51.1 | UC Riverside Invitational | Sept. 12 |

2015 Top-10 Times -- 6K (Without Replacement)

| Athlete | Time | Meet | Date |
|--------------------------|-------------|---------------------------|-------------|
| 1. Elaine Ribiero (Jr.) | 21:05.3 | UC Riverside Invitational | Sept. 12 |
| 2. Lily Seynaeve (So.) | 21:30.8 | UC Riverside Invitational | Sept. 12 |
| 3. Cassidy Towner (So.) | 22:10.9 | UC Riverside Invitational | Sept. 12 |
| 4. Rachel Roesgen (Sr.) | 22:13.0 | UC Riverside Invitational | Sept. 12 |
| 5. Cali King (Jr.) | 22:32.5 | UC Riverside Invitational | Sept. 12 |
| 6. Lily Mayko (Sr.) | 22:57.7 | UC Riverside Invitational | Sept. 12 |
| 7. Hannah Sawatzki (Sr.) | 23:51.1 | UC Riverside Invitational | Sept. 12 |

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. Eva Ernstrom | 17:08.0 | District 8 Championships (Stanford, Calif.) | Nov. 8, 1981 |
| 9. Laurie Crisp | 17:09.1 | UCLA Invitational (Los Angeles, Calif.) | Sept. 19, 1982 |
| 10. Lital Azulay | 17:10.5 | Willamette Invitational (Salem, Ore.) | Oct. 1, 2005 |

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. Eva Ernstrom | 17:08.0 | District 8 Championships (Stanford, Calif.) | Nov. 8, 1981 |
| 5. Laurie Crisp | 17:09.1 | UCLA Invitational (Los Angeles, Calif.) | Sept. 19, 1982 |
| 6. Liz Baker | 17:26.0 | District 8 Championships (Fresno, Calif.) | Nov. 13, 1982 |
| 7. Debra Chaddock | 17:31.0 | District 8 Championships (Fresno, Calif.) | Nov. 13, 1982 |
| 8. Lisa Crampton | 17:32.6 | Willamette Invitational (Salem, Ore.) | Oct. 1, 2005 |
| 9. Eric Sherman | 17:35.0 | District 8 Championships (Fresno, Calif.) | Nov. 13, 1982 |
| 10. Marianne Hogan | 17:35.3 | Titan Invitational (Fullerton, Calif.) | Oct. 19, 2012 |

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

| Athlete | Time | Meet | Date/Year |
|---------------------|---------|---|----------------|
| 1. Marie Nilsson | 21:04.0 | NCAA West Regional (Fairview, Ore.) | Nov. 15, 2003 |
| 2. Elaine Ribeiro | 21:05.3 | UC Riverside Invitational (Riverside, Calif.) | Sept. 12, 2015 |
| 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. Lily Seynaeve | 21:30.8 | UC Riverside Invitational (Riverside, Calif.) | Sept. 12, 2015 |
| 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. 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. Marianne Hogan | 21:41.0 | NCAA West Regional (Seattle, Wash.) | Nov. 9, 2012 |

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

| Athlete | Time | Meet | Date/Year |
|---------------------|---------|---|----------------|
| 1. Marie Nilsson | 21:04.0 | NCAA West Regional (Fairview, Ore.) | Nov. 15, 2003 |
| 2. Elaine Ribeiro | 21:05.3 | UC Riverside Invitational (Riverside, Calif.) | Sept. 12, 2015 |
| 3. Lital Azulay | 21:05.8 | NCAA West Regional (Stanford, Calif.) | Nov. 12, 2005 |
| 4. Lily Seynaeve | 21:30.8 | UC Riverside Invitational (Riverside, Calif.) | Sept. 12, 2015 |
| 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. Chelsea Kruthers | 21:39.0 | NCAA West Regional (Sacramento, Calif.) | Nov. 15, 2013 |
| 8. Laura Vazquez | 21:40.0 | NCAA West Regional (Seattle, Wash.) | Nov. 9, 2012 |
| 9. Jennifer Stakiw | 21:50.0 | Stanford Invitational (Stanford, Calif.) | Sept. 28, 2002 |
| 10. Christal Cuadra | 21:50.9 | NCAA West Regional (Stanford, Calif.) | Nov. 12, 2005 |