SAN DIEGO STATE AZTECS

2015 Cross Country Weekly Notes

Katie Willis (Primary Contact)
Student Assistant
Office Phone Number: (619) 594-5547
E-Mail Address: katelynnewillis@gmail.com
News Release Date: September 10, 2015

Schedule/Results

Overall: 10-0 | **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)**	**7:30 a.m. PT**
	Riverside, Calif. (UCR Ag Ops Course)	
18	71st Annual Aztec Invitational (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 (10-0) at UC Riverside Invitational (6K)
Saturday, Sept. 12 | 7:30 a.m. PT | UCR Ag Ops Course | Riverside, Calif.

UC Riverside Invitational Preview

After winning the Mark Covert Classic Invitational last Saturday, the San Diego State cross country team travels to Riverside, Calif., this weekend for the UC Riverside Invitational. The event will feature a women's 6K invitational and a 5K collegiate open, with both races set to begin at 7:30 a.m. and 8:45 a.m. PT, respectively.

All four races (including the men's races) will take place at the UCR Agricultural Operations Course, which is adjacent to the UCR campus on the corner of Martin Luther King Boulevard and Canyon Crest Drive. General parking is available at UCR Lot 30 for $5. From the 215/60 freeway, exit Martin Luther King and go west. Pass through the Canyon Crest traffic light and make a right into UCR Lot 30. General admission is $5 and attendees 3 and under are free.

The course is 85 percent flat with a few rolling hills, hard-packed dirt with pre-competition watering to reduce dust. The course also goes through 100-year-old orange groves and eucalyptus trees.

Scheduled to run in either the 6K invitational or 5K collegiate with San Diego State and the host Highlanders include Arkansas, Azusa Pacific, Cal Baptist, Cal Lutheran, Cal Poly Pomona, Cal St. Los Angeles, CSU Monterey Bay, CSU San Marcos, Central Arizona, Chapman, Colorado Mesa, Concordia, Glendale CC, La Verne, Long Beach State, Mesa CC, Paramount, Pasadena, Pomona-Pitzer, Riverside, Southern Utah, Southwestern, UC Davis, UC Santa Barbara, University of Oregon, Vanguard, and numerous unattached athletes.

The Aztecs have entered seniors Grace Hanshaw, Lily Mayko, Rachel Roesgen and Hannah Sawatzki, juniors Cali King and Elaine Ribeiro, and sophomores Lily Seynaeve and Cassidy Towner.

At last year's UCR Invite, the Aztecs finished fourth out of 23 teams in the 6K invitational race and third out of 20 squads in the 5K open race. Junior Elaine Ribeiro took 17th out of 172 runners in the 6K and posted the seventh-fastest time in school history after passing the finish line at 21 minutes, 42.6 seconds. Another top runner was sophomore Lily Seynaeve who finished 18th with a 6K debut time of 21:44.9, making SDSU's all-time list at No. 8.

SDSU heads into this weekend after winning the Mark Covert Classic last Saturday at Carbon Canyon Park in Brea, Calif. Highlighting the meet was Ribeiro who placed second out of 120 runners with a time of 18 minutes, 5.48 seconds. Hanshaw (4th, 18:29.57) and Towner (5th, 18:35.59) rounded out the top 5 list for the meet.

Results for the UC Riverside Invitational will first be posted on GoHighlanders.com and FinishedResults.com, and later on GoAztecs.com.

Mark Covert Classic Recap

The San Diego State cross country team begun their season in exciting fashion after winning Cal State Fullerton's Mark Covert Classic Invitational Saturday in Brea, Calif. The win marks the first for the Aztecs since the Adidas UC Irvine Invitational on Sept. 7, 2013 and the fourth under head coach Shelia Burrell.

"I was very pleased today," assistant cross country couch Karoly Varga stated. "(The team) was pretty tired coming in after a hard week of training, but they raced very tough. We have work to do (from now) until conference but I was glad to see this great start to our season. This group has great potential so I am looking forward to the weeks to come leading into conference."

Junior Elaine Ribeiro placed second out of 120 runners, clocking in at 18 minutes, 5.48 seconds. Last year at the same meet, Ribeiro came in sixth with a time of 18 minutes, 25.6 seconds.

Following closely behind Ribeiro and contributing to SDSU's victory were teammates Grace Hanshaw (4th, 18:29.57), Cassidy Towner (5th, 18:35.59), Rachel Roesgen (7th, 18:43.15) and Lily Seynaeve (8th, 18:43.72). All four women improved from their times a year ago at the same meet.

Also competing in today's meet was junior Cali King who placed 15th at 18 minutes, 58.42 seconds. Finishing seconds later was senior Hannah Sawatzki (40th, 19:44.27). Lily Mayko (46th, 19:59.63) also competed at the 5K course for San Diego State.

The Aztecs finished first out of 11 teams with 26 points.

2015 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Aug. 31	~ Mark Covert Classic (5K)	1st / 11 teams	0:46.62	0:54.36	Elaine Ribeiro (18:5.48)
	Top Five: Ribeiro, Hanshaw, Towner, Roesgen, Seynaeve	*No. 6-7*: King, Sawatzki			

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

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

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

Collegiate Career Best: **5K - 18:46.4**; 6K - N/A
Percentile (top is 100.00): 87.50pct.

Lily Mayko (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	46th/120	19:59.63

Collegiate Career Best: **5K - 18:18.6; 6K - 22:10.4**
Percentile (top is 100.00): 61.67 pct.--

Elaine Ribeiro (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	2nd/120	17:48.49

Collegiate Career Best: **5K - 17:54.0; 6K - 21:42.6**
Percentile (top is 100.00): 98.33 pct.

Rachel Roesgen (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	7th/120	18:43.15

Collegiate Career Best: 5K - 17:50.0; 6K - 22:05.0
Percentile (top is 100.00): 94.17 pct.

Hannah Sawatzki (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	40th/120	19:44.27

Collegiate Career Best: **5K - 18:42.6**; 6K - 24:02.4
Percentile (top is 100.00): 66.67 pct.

Lily Seynaeve (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	8th/120	18:43.72

Collegiate Career Best: **5K - 18:14.5; 6K - 21:44.9**
Percentile (top is 100.00): 93.33 pct.

Cassidy Towner (So.)

Date	Meet (Distance)	Finish	Time
Sept. 5	Mark Covert Classic 5K	5th/120	18:35.59

Collegiate Career Best: **5K - 18:18.6; 6K - 22:10.4**
Percentile (top is 100.00): 95.83 pct.

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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

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. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
3. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
4. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
5. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
6. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
7. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
8. Marianne Hogan	21.41.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
9. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014
10. Lily Seynaeve	21:44.9	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014

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. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
3. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
4. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
5. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
6. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012
7. Elaine Ribeiro	21:42.6	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014
8. Lily Seynaeve	21:44.9	UC Riverside Invitational (Riverside, Calif.)	Sept. 13, 2014
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