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

Date Aug. 31	Meet (Distance)Finish~ Mark Covert Classic (5K)5th / 8 teamsTop Five: Vazquez, Cygan, McCall, Kruthers, Roesgen No.	Spread (Top 5) 0:21.5 . <i>6-7</i> : Ribeiro, Smith	Spread (Top 7) 1:08.1	Top Finisher Laura Vazquez (19:11.4)
Sept. 7	! adidas/UCI Invitational (5K) 1st / 13 teams <i>Top Five</i> : Vazquez, Kruthers, Roesgen, Cygan, Smith <i>No.</i>	0:49.6 <i>6-7</i> : Ribeiro, Wendorf	1:30.8	Laura Vazquez (18:24.5)
Sept. 21	@ 69th Annual Aztec Invitational (5K) 4th/11 teams <i>Top Five</i> : Roesgen, Kruthers, Cygan, Ribeiro, Gammage A	1:13.0 <i>No. 6-7</i> : Smith, Wendorf	1:34.0	Rachel Roesgen (18:51.0)
Oct. 4	# NCAA Inter-Regional Jamboree (5K) 14th/19 teams <i>Top Five</i> : Kruthers, Roesgen, Vazquez, Gammage, Smith	0:55.0 <i>No. 6-7</i> : Ribeiro, Cygan	1:06.0	Chelsea Kruthers (17:44.0)
Oct. 19	\$ Highlander Invitational (5K) 4th/9 teams <i>Top Five</i> : Kruthers, Roesgen, Cygan, Gammage, Smith N	0:31.5 <i>o. 6-7</i> : Ribeiro, King	2:37.4	Chelsea Kruthers (17:55.8)
Oct. 25	% Titan Invitational (5K) 2nd/10 teams <i>Top Five</i> : Kruthers, Roesgen, Smith, Gammage, Ribeiro A	0:43.0 <i>Vo. 6-7</i> : Wendorf, King	2:10.7	Chelsea Kruthers (17:46.5)
Nov. 1	^ Mountain West Championships (6K) 9th/11 teams <i>Top Five</i> : Kruthers, Roesgen, Ribeiro, Gammage, Smith <i>N</i>	0:33.1 <i>Vo. 6-7</i> : Wendorf, Cygan	5:44.9	Chelsea Kruthers (23:50.9)
Nov. 15	& NCAA West Regional Championships (6K) 30th/32 teams <i>Top Five</i> : Kruthers, Roesgen, Gammage, Ribeiro, Smith A	1:15.0 <i>Vo. 6-7</i> : N/A	N/A	Chelsea Kruthers (21:39.0)
! adidas/	Covert 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, Ca	alif.		

NCAA Inter-Regional Jamboree at Sacramento State in Sacramento, Calif.

\$ Highlander Invitational at UC Riverside in Riverside, Calif.

% Titan Invitational at Cal State Fullerton in Fullerton, Calif.

^ Mountain West Championships at Air Force in USAF Academy, Colo.

& NCAA West 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	
0ct. 4	NCAA Inter-Regional (5K)	106th/156	18:50.0	
Oct. 19	Highlander Invitational (5K)	22nd/91	18:20.8	
Oct. 25	Titan Invitational (5K)		DNC	
Nov. 1	MW Championships (6K)	86th/86	29:35.8	
Nov. 15	NCAA West Regional Champs (6K)	DNC	
Collegiate Career Best: 5K - 18:10.0; 6K - 21:06.8				
	Percentile (top is 100.00): 61.09 pct.			

Dynasty Gammage (Jr.)

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	
0ct. 4	NCAA Inter-Regional (5K)	90th/156	18:25.0	
Oct. 19	Highlander Invitational (5K)	24th/91	18:25.5	
Oct. 25	Titan Invitational (5K)	20th/95	18:29.1	
Nov. 1	MW Championships (6K)	64th/86	24:12.6	
Nov. 15	NCAA West Regional Champs (6K	() 169th/225	22:18.0	
Collegiate Career Best: 5K - 18:25.0; 6K - 22:18.0				
Percentile (top is 100.00): 46.88 pct.				

Cali Kina (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 (5K)		DNC		
Oct. 19	Highlander Invitational (5K)	79th/91	20:33.2		
Oct. 25	Titan Invitational (5K)	66th/95	19:57.2		
Nov. 1	MW Championships (6K)		DNC		
Nov. 15	NCAA West Regional Champs (6K)		DNC		
Collegiate Career Best: 5K - 19:57.2; 6K - N/A					
D					

Percentile (top is 100.00): 32.43 pct.

Chelsea Kruthers (So.)

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 (5K)	42nd/156	17:44.0	
Oct. 19	Highlander Invitational (5K)	9th/91	17:55.8	
Oct. 25	Titan Invitational (5K)	5th/95	17:46.5	
Nov. 1	MW Championships (6K)	56th/86	23:50.9	
Nov. 15	NCAA West Regional Champs (6K	() 119th/225	21:39.0	
Collegiate Career Best: 5K - 17:44.0; 6K - 21:39.0 Percentile (top is 100.00): 71.93 pct.				

Lilv Mavko (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 (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	MW Championships (6K)		DNC
Nov. 15	NCAA West Regional Champs (6K)		DNC
Collegia	te Career Best: 5K - 20:02.2; 6K	- 25:04.3	
	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 (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	MW Championships (6K)		DNC
Nov. 15	NCAA West Regional Champs (6K)		DNC
Collegia	te Career Best: 5K - 18:30.7; 6	K - 23:00.0	
	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 (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	MW Championships (6K)		DNC
Nov. 15			DNC
Collegia	te Career Best: 5K - 20:28.9; 6K	- 25:48.1	
	le (top is 100.00): N/A		

Amy Reaser (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 (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	MW Championships (6K)		DNC
Nov. 15	NCAA West Regional Champs (6K)		DNC
Collegia	te Career Best: 5K - 20:29.0; 6K	- 24:52.9	
Percenti	i le (top is 100.00): N/A		

2013 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Elaine Ribeiro	(Fr.)
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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 (5K)	104th/156	18:47.0	
Oct. 19	Highlander Invitational (5K)	31st/91	18:34.7	
Oct. 25	Titan Invitational (5K)	23rd/95	18:29.5	
Nov. 1	MW Championships (6K)	60th/86	24:02.7	
Nov. 15	NCAA West Regional Champs (6)	()182nd/225	22:29.0	
Collegiate Career Best: 5K - 18:29.5; 6K - 22:29.0				
Percentile (top is 100.00): 51.62 pct.				

Rachel Roesgen (So.)

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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 (5K)	65th/156	17:59.0	
Oct. 19	Highlander Invitational (5K)	14th/91	18:05.3	
Oct. 25	Titan Invitational (5K)	7th/95	17:50.0	
Nov. 1	MW Championships (6K)	59th/86	24:02.2	
Nov. 15	NCAA West Regional Champs (6K	() 155th/225	22:05.0	
Collegiate Career Best: 5K - 17:50.0; 6K - 22:05.0				
Percentile (top is 100.00): 65.06 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 (5K)		DNC	
Oct. 19	Highlander Invitational (5K)		DNC	
Oct. 25	Titan Invitational (5K)		DNC	
Nov. 1	MW Championships (6K)		DNC	
Nov. 15			DNC	
Collegiate Career Best: 5K - 18:58.9 ; 6K - 24:02.4 Percentile (top is 100.00): N/A				

Katy Smith (Jr.)

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 (5K)	101st/156	18:39.0	
Oct. 19	Highlander Invitational (5K)	26th/91	18:27.3	
Oct. 25	Titan Invitational (5K)	18th/95	18:22.2	
Nov. 1	MW Championships (6K)	69th/86	24:24.0	
Nov. 15	NCAA West Regional Champs (61	() 203rd/225	22:54.0	
Collegiate Career Best: 5K - 18:22.2; 6K - 22:54.0				
Percentile (top is 100.00): 48.09 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
Oct. 4	NCAA Inter-Regional (5K)		DNC
Oct. 19	Highlander Invitational (5K)		DNC
Oct. 25	Titan Invitational (5K)		DNC
Nov. 1	MW Championships (6K)		DNC
Nov. 15	NCAA West Regional Champs (6K)		DNC
	te Career Best: 5K - N/A ; 6K - 2	1:28.2	

Percentile (top is 100.00): N/A

Laura Vazquez (So.)

Meet (Distance)	Finish	Time
Mark Covert Classic (5K)	20th/147	19:11.4
adidas/UCI Invitational (5K)	3rd/134	18:24.5
69th Aztec Invitational (5K)		DNC
NCAA Inter-Regional (5K)	69th/156	18:06.0
		DNC
Titan Invitational (5K)		DNC
MW Championships (6K)		DNC
		DNC
	; 6K - 21:40.0	
	Mark Covert Classic (5K) adidas/UCI Invitational (5K) 69th Aztec Invitational (5K) NCAA Inter-Regional (5K) Highlander Invitational (5K) Titan Invitational (5K) MW Championships (6K) NCAA West Regional Champs (6K)	Meet (Distance)FinishMark Covert Classic (5K)20th/147adidas/UCI Invitational (5K)3rd/13469th Aztec Invitational (5K)NCAA Inter-Regional (5K)69th/156Highlander Invitational (5K)Titan Invitational (5K)MW Championships (6K)NCAA West Regional Champs (6K)te Career Best: 5K - 18:06.0; 6K - 21:40.0

Percentile (top is 100.00): 82.38 pct.

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 (5K)	139th/156	19:33.0	
Oct. 19	Highlander Invitational (5K)		DNC	
Oct. 25	Titan Invitational (5K)	50th/95	19:18.8	
Nov. 1	MW Championships (6K)	81st/86	25:57.2	
Nov. 15	NCAA West Regional Champs (6K	()	DNC	
Collegiate Career Best: 5K - 19:18.8; 6K - 25:26.0				

Percentile (top is 100.00): 41.82 pct.

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

2013 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Chelsea Kruthers (So.)	17:44.0	NCAA Inter-Regional Jamboree	Oct. 4
2. Chelsea Kruthers (So.)	17:46.5	Titan Invitational	Oct. 25
3. Rachel Roesgen (So.)	17:50.0	Titan Invitational	Oct. 25
4. Chelsea Kruthers (So.)	17:55.8	Highlander Invitational	Oct. 19
5. Rachel Roesgen (So.)	17:59.0	NCAA Inter-Regional Jamboree	Oct. 4
6. Rachel Roesgen (So.)	18:05.3	Highlander Invitational	Oct. 19
7. Laura Vazquez (So.)	18:06.0	NCAA Inter-Regional Jamboree	Oct. 4
8. Jessica Cygan (Jr.)	18:20.8	Highlander Invitational	Oct. 19
9. Katy Smith (Jr.)	18:22.2	Titan Invitational	Oct. 25
10. Laura Vazquez (So.)	18:24.5	adidas/UC Irvine Invitational	Sept. 7

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

At	hlete	 Time	Meet	Date
1.		17:44.0	NCAA Inter-Regional Jamboree	Oct. 4
2.	Rachel Roesgen (So.)	17:50.0	Titan Invitational	Oct. 25
3.	Laura Vazquez (So.)	18:06.0	NCAA Inter-Regional Jamboree	Oct. 4
4.	Jessica Cygan (Jr.)	18:20.8	Highlander Invitational	Oct. 19
5.	Katy Smith (Jr.)	18:22.2	Titan Invitational	Oct. 25
6.	Dynasty Gammage (Jr.)	18:25.0	NCAA Inter-Regional Jamboree	Oct. 4
7.	Elaine Ribeiro (Fr.)	18:29.5	Titan Invitational	Oct. 25
8.	Melissa Wendorf (Jr.)	19:18.8	Titan Invitational	Oct. 25
9.	Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
10.	Cali King (Fr.)	19:57.2	Titan Invitational	Oct. 25

2013 Top-10 Times -- 6K (With Replacement)

hlete	- Time	Meet	Date
Chelsea Kruthers (So.)	21:39.0	NCAA West Regionals	Nov. 15
Rachel Roesgen (So.)	22:05.0	NCAA West Regionals	Nov. 15
Dynasty Gammage (Jr.)	22:18.0	NCAA West Regionals	Nov. 15
Elaine Ŕibeiro (Fr.)	22:29.0	NCAA West Regionals	Nov. 15
Katy Smith (Jr.)	22:54.0	NCAA West Regionals	Nov. 15
Chelsea Kruthers (So.)	23:50.9	Mountain West Championships	Nov. 1
Rachel Roesgen (So.)	24:02.2	Mountain West Championships	Nov. 1
Elaine Ribeiro (Fr.)	24:02.7	Mountain West Championships	Nov. 1
Dynasty Gammage (Jr.)	24:12.4	Mountain West Championships	Nov. 1
Katy Smith (Jr.)	24:24.0	Mountain West Championships	Nov. 1
	Rachel Roesgen (So.) Dynasty Gammage (Jr.) Elaine Ribeiro (Fr.) Katy Smith (Jr.) Chelsea Kruthers (So.) Rachel Roesgen (So.) Elaine Ribeiro (Fr.)	Chelsea Kruthers (So.) 21:39.0 Rachel Roesgen (So.) 22:05.0 Dynasty Gammage (Jr.) 22:18.0 Elaine Ribeiro (Fr.) 22:29.0 Katy Smith (Jr.) 22:54.0 Chelsea Kruthers (So.) 23:50.9 Rachel Roesgen (So.) 24:02.2 Elaine Ribeiro (Fr.) 24:02.7 Dynasty Gammage (Jr.) 24:12.4	Chelsea Kruthers (So.)21:39.0NCAA West RegionalsRachel Roesgen (So.)22:05.0NCAA West RegionalsDynasty Gammage (Jr.)22:18.0NCAA West RegionalsElaine Ribeiro (Fr.)22:29.0NCAA West RegionalsKaty Smith (Jr.)22:54.0NCAA West RegionalsChelsea Kruthers (So.)23:50.9Mountain West ChampionshipsRachel Roesgen (So.)24:02.2Mountain West ChampionshipsElaine Ribeiro (Fr.)24:02.7Mountain West ChampionshipsDynasty Gammage (Jr.)24:12.4Mountain West Championships

2013	Top-10	Times	6K	(Without	Replacement)	
	•	Time		Meet	•	

Date

Athlete

		MCCI	Puit
1. Chelsea Kruthers (So.)	21:39.0	NCAA West Regionals	Nov. 15
2. Rachel Roesgen (So.)	22:05.0	NCAA West Regionals	Nov. 15
3. Dynasty Gammage (Jr.)	22:18.0	NCAA West Regionals	Nov. 15
4. Elaine Ribeiro (Fr.)	22:29.0	NCAA West Regionals	Nov. 15
5. Katy Smith (Jr.)	22:54.0	NCAA West Regionals	Nov. 15
6. Melissa Wendorf (Jr.)	25:57.2	Mountain West Championships	Nov. 1
7. Jessica Cygan (Jr.)	29:35.8	Mountain West Championships	Nov. 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	16:28.9	District 8 Championships	1981
2. Lynn Kanuka	16:54.1	District 8 Championships	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	2005
6. Monica Joyce	17:05.0	UCLA Invitational	1981
7. Lynn Kanuka	17:07.3	WCAA Championships	1981
8. Eva Enstrom	17:08.0	District 8 Championships	1981
9. Laurie Crisp	17:09.0	UCLA Invitational	1982
10. Lital Azulay	17:10.5	Willamette Invitational	2005

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

Athlete	Time	Meet	Date
1. Marie Nilsson	21:04.0	NCAA West Regional	2003
2. Lital Azulay	21:05.8	NCAA West Regional	2005
3. Lital Azulay	21:14.2	MW Championships	2005
4. Marianne Hogan	21:32.0	Stanford Invitational	2010
5. Lisa Crampton	21:32.3	NCAA West Regional	2005
6. Chelsea Kruthers	21:39.0	NCAA West Regional	2013
7. Marianne Hogan	21:49.0	Stanford Invitational	2011
8. Jennifer Stakiw	21:50.0	Stanford Invitational	2002
9. Christal Cuadra	21:50.9	NCAA West Regional	2005
10. Marie Nilsson	21:53.0	MW Championships	2003
Marie Nilsson	21:53.0	Stanford Invitational	2003