

SDSU

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CROSS COUNTRY

2007 SCHEDULE

Date	Meet	Time/Result
Sept. 1	Fullerton Season Opener <i>Brea, Calif.</i>	7th of 12 (176 pts.)
Sept. 15	AZTEC INVITATIONAL <i>Balboa Park - San Diego, Calif.</i>	11th of 14 (278 pts.)
Sept. 22	Big Wave Invitational <i>Honolulu, Hawaii</i>	2nd of 7 (60 pts.)
Sept. 29	Stanford Invitational <i>Palo Alto, Calif.</i>	16th of 28 (434 pts.)
	UC Riverside Invitational <i>Riverside, Calif.</i>	13th of 22 (366 pts.)
Oct. 6	Triton Classic <i>La Jolla, Calif.</i>	8th of 10 (236 pts.)
Oct. 13	Bronco Invitational <i>Sunnyvale, Calif.</i>	13th of 16 (362 pts.)
Oct. 20	Cougar 5K Challenge <i>San Marcos, Calif.</i>	7:30 a.m. PT
Oct. 27	MWC CHAMPIONSHIPS <i>Mission Bay - San Diego, Calif.</i>	11:00 a.m. PT
Nov. 10	NCAA West Regionals <i>Eugene, Ore.</i>	10:00 a.m. PT
Nov. 19	NCAA Championships <i>Terre Haute, Ind.</i>	12:15 p.m. ET

All times subject to change

Bold indicates the meet of the week

CAPS indicates meet hosted by San Diego State

AZTEC ROSTER

Name	Yr.-Exp.	Hometown
Stephanie Armstrong	So.-1L	Foothill Ranch, Calif.
Lindsay Barajas	So.-SQ	Rancho Cucamonga, Calif.
Sara Beyers	Fr.-HS	Danville, Calif.
Amy Brown	Fr.-HS	Sydney, Australia
Darien Buc	So.-SQ	Dana Point, Calif.
Sara Cunningham	R-So.-HS	Torrance, Calif.
Lindsey Deane	Fr.-HS	Ben Lomond, Calif.
Kristin Glen	Jr.-JC	Rancho Santa Margarita, Calif.
Elizabeth Leonard	Fr.-HS	South Pasadena, Calif.
Makenzie Mabry	So.-SQ	La Crescenta, Calif.
Michelle Martinez	Fr.-HS	Burbank, Calif.
Lisa Naucler	Sr.-2L	Ljusdal, Sweden
Andrea Norton	R-Fr.-HS	Sacramento, Calif.
Kelly Oelschlager	Jr.-JC	Irvine, Calif.
Jaelyn Perakis	R-Fr.-HS	Pleasanton, Calif.
Alyssa Robinson	Jr.-JC	Ojai, Calif.
Anne Vieira	Jr.-SQ	San Diego, Calif.

Head Coach: Rahn Sheffield, 17th season

Assistant Coach: Jennifer Nanista, 15th season

Volunteer Assistant Coach: Richard Fox, 11th season

SDSU Cross Country Closes Regular Season at Cougar 5K Challenge

San Diego State will close out its regular-season slate at the Cougar 5K Challenge in San Marcos, Calif., on Saturday, Oct. 20, at 7:30 a.m. PT. The meet will feature the Aztec 'B' team in one last race before SDSU plays host to the Mountain West Conference Championships at Mission Bay on Oct. 27.

Last weekend, SDSU competed at the Bronco Invitational in Sunnyvale, Calif., and were led Lisa Naucler for a fifth straight meet, three Aztecs who established new personal records and two others who posted Aztec personal bests. The 5,000-meter race featured some of the best individual performances of the season in one of the most crucial portions of the season with the postseason right around the corner.

After this weekend's meet, SDSU will play host to its second meet of the season in San Diego, the MWC Championships at Mission Bay. The Oct. 27 meet will get underway at 10 a.m. PT with the men's 8K and will be followed by the women's 6K at 11 a.m.

Raising the Bar

Stephanie Armstrong, Darien Buc and Anne Vieira all finished the Bronco Invitational by establishing new personal records. Armstrong broke her previous best of 19:03.01 accomplished during her freshman season by clocking in at 18:45.00. Meanwhile, Buc and Vieira erased their old PRs set at the Aztec Invitational earlier this year by crossing the finish in line in 19:12.00 and 19:15.00, respectively. Buc's performance was 50 seconds faster than her 20:02.00 effort and Vieira completely shattered her old time of 20:32.00 by 1:17.

Don't Forget Us

In addition to the three who set new personal marks, juniors Kristin Glen and Alyssa Robinson recorded Aztec career bests with their effort in Northern California. Glen just barely beat out her old SDSU best as she completed the course in 19:16.00. Prior to the meet, the junior college transfer's top time was 19:16.60 at the Fullerton Season Opener to start the year. Robinson, meanwhile, crossed the finish line 12 seconds later, clocking in at 19:28.00, 30.40 seconds faster than her performance at Fullerton.

Three for Three

The trio of Stephanie Armstrong, Darien Buc and Anne Vieira made it three for three in setting new PRs when they posted personal records at the 5K Bronco Invitational. All three of them set lifetime bests in the 4K, 5K and 6K this season, becoming the only Aztecs to accomplish the feat in 2007.

First Time Out

Freshman Michelle Martinez made her debut with the San Diego State 'A' squad at the Bronco Invitational last weekend. The Burbank, Calif., native earned the promotion with the first team after a strong performance the week before at the Triton Classic. Martinez delivered a time of 24:49.30 on UC San Diego's 6K course to receive the call up and followed it with a Bronco Invite time of 20:14.00.

Moving in the Right Direction

Despite finishing in 13th place at the Bronco Invitational, San Diego State's runners are definitely moving in the right direction with the conference meet rapidly approaching. The race produced the top two 5K times of the season thanks to Lisa Naucler and Stephanie Armstrong and five of the top eight overall, after solid efforts by Darien Buc, Anne Vieira and Kristin Glen. Even more impressive, considering the MWC meet is a 6K, is the fact that SDSU's top-two 6K times are better than 2006's fastest mark. In addition, this season's top-five 6K times are faster than the three fastest times from last year.

Closing in on Tyson

After turning in San Diego State's fastest time in all five 'A'-squad meets this season, Lisa Naucler has a shot at tying former teammate Celeste Tyson's mark from a year ago. Last season, Tyson ended her collegiate career at SDSU by finishing first among all Aztecs in the final six races of the year. With the MWC Championships set for the following weekend and the NCAA West Regionals scheduled for Nov. 10, Naucler can match and surpass her former teammate's achievement before closing out her own career on Montezuma Mesa.



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2007 SDSU TOP TIMES/RECORD BOOK

2007 TOP 10 TIMES - 4K

Athlete	Time	Meet	Date
1. Lisa Naucler	15:13:00	Big Wave Invitational	Sept. 22
2. Stephanie Armstrong	15:43:00	Big Wave Invitational	Sept. 22
3. Darien Buc	15:43:00	Big Wave Invitational	Sept. 22
4. Kristin Glen	15:44:00	Big Wave Invitational	Sept. 22
5. Alyssa Robinson	15:44:00	Big Wave Invitational	Sept. 22
6. Anne Vieira	15:58:00	Big Wave Invitational	Sept. 22
7. Makenzie Mabry	16:02:00	Big Wave Invitational	Sept. 22
8. Andrea Norton	16:28:00	Big Wave Invitational	Sept. 22

2007 TOP 10 TIMES - 5K

Athlete	Time	Meet	Date
1. Lisa Naucler	18:27.00	Bronco Invitational	Oct. 13
2. Stephanie Armstrong	18:45.00	Bronco Invitational	Oct. 13
3. Sara Cunningham	18:56.10	UC Riverside Invitational	Sept. 29
4. Darien Buc	19:12.00	Bronco Invitational	Oct. 13
5. Lisa Naucler	19:13.80	Fullerton Season Opener	Sept. 1
6. Anne Vieira	19:15.00	Bronco Invitational	Oct. 13
7. Michelle Martinez	19:15.20	UC Riverside Invitational	Sept. 29
8. Kristin Glen	19:16.00	Bronco Invitational	Oct. 13
Lisa Naucler	19:16.00	Aztec Invitational	Sept. 15
10. Kristin Glen	19:16.60	Fullerton Season Opener	Sept. 1

2007 TOP 10 TIMES - 6K

Athlete	Time	Meet	Date
1. Lisa Naucler	22:06.00	Stanford Invitational	Sept. 29
2. Kristin Glen	22:52.00	Stanford Invitational	Sept. 29
3. Makenzie Mabry	23:12.00	Stanford Invitational	Sept. 29
4. Stephanie Armstrong	23:28.00	Stanford Invitational	Sept. 29
5. Anne Vieira	23:48.00	Stanford Invitational	Sept. 29
6. Darien Buc	24:00.00	Stanford Invitational	Sept. 29
7. Alyssa Robinson	24:01.00	Stanford Invitational	Sept. 29
8. Michelle Martinez	24:49.30	Triton Classic	Oct. 6
9. Elizabeth Leonard	24:56.40	Triton Classic	Oct. 6
10. Sara Cunningham	25:08.90	Triton Classic	Oct. 6

ALL-TIME TOP 10 TIMES - 5K

Athlete	Time	Meet	Year
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

ALL-TIME TOP 10 TIMES - 6K

Athlete	Time	Meet	Year
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. Lisa Crampton	21:32.30	NCAA West Regional	2005
5. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
6. Christal Cuadra	21:50.90	NCAA West Regional	2005
7. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003
9. Lital Azulay	21:54.00	Stanford Invitational	2005
10. Christal Cuadra	22:00.00	NCAA West Regional	2004

2007 SDSU INDIVIDUAL RESULTS

Date Meet (Distance) Finish Time

Stephanie Armstrong

Sept. 1	Fullerton Season Opener (5K)	51	20:04.90
Sept. 15	Aztec Invitational (5K)	48	19:29.00
Sept. 22	Big Wave Invitational (4K)	12	15:43:00
Sept. 29	Stanford Invitational (6K)	105	23:28.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	64	18:45.00

Aztec Career Best: 15:43.00 (4K); 18:45.00 (5K); 23:28.00 (6K)

Lindsay Barajas

Sept. 1	Fullerton Season Opener (5K)	110	22:02.80
Sept. 15	Aztec Invitational - Open (5K)	24	20:59.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	106	19:40.50
Oct. 6	Triton Classic (6K)	77	25:46.10
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: 19:40.50 (5K); 25:29.40 (6K)

Sara Beyers

Sept. 1	Fullerton Season Opener (5K)	68	20:34.40
Sept. 15	Aztec Invitational (5K)	103	20:46.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	114	19:51.80
Oct. 6	Triton Classic (6K)	71	25:38.80
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: 19:51.80 (5K); 25:38.80 (6K)

Amy Brown

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	--	DNC
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	Stanford Invite (6K)/UCR Invite (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: NA

Darien Buc

Sept. 1	Fullerton Season Opener (5K)	85	21:01.40
Sept. 15	Aztec Invitational (5K)	74	20:02.00
Sept. 22	Big Wave Invitational (4K)	13	15:43:00
Sept. 29	Stanford Invitational (6K)	120	24:00.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	88	19:12.00

Aztec Career Best: 15:43.00 (4K); 19:12.00 (5K); 24:00.00 (6K)

Sara Cunningham

Sept. 1	Fullerton Season Opener (5K)	90	21:05.50
Sept. 15	Aztec Invitational (5K)	102	20:44.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	58	18:56.10
Oct. 6	Triton Classic (6K)	58	25:08.90
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: 18:56.10 (5K); 25:08.90 (6K)

Lindsey Deane

Sept. 1	Fullerton Season Opener (5K)	114	22:31.60
Sept. 15	Aztec Invitational - Open (5K)	39	22:20.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	183	21:41.90
Oct. 6	Triton Classic (6K)	96	28:40.30
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: 21:41.90 (5K)

Kristin Glen

Sept. 1	Fullerton Season Opener (5K)	27	19:16.60
Sept. 15	Aztec Invitational (5K)	67	19:53.00
Sept. 22	Big Wave Invitational (4K)	15	15:44:00
Sept. 29	Stanford Invitational (6K)	83	22:52.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	92	19:16.00

Aztec Career Best: 15:44.00 (4K); 19:16.00 (5K); 22:52.00 (6K)

Elizabeth Leonard

Sept. 1	Fullerton Season Opener (5K)	98	21:17.00
Sept. 15	Aztec Invitational (5K)	111	20:53.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	98	19:27.40
Oct. 6	Triton Classic (6K)	53	24:56.40
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: 19:27.40 (5K); 24:56.40 (6K)

Makenzie Mabry

Sept. 1	Fullerton Season Opener (5K)	95	21:12.40
Sept. 15	Aztec Invitational (5K)	91	20:26.00
Sept. 22	Big Wave Invitational (4K)	21	16:02:00
Sept. 29	Stanford Invitational (6K)	95	23:12.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	114	19:51.00

Aztec Career Best: 16:02.00 (4K); 19:11.00 (5K); 23:12.00 (6K)

Michelle Martinez

Sept. 1	Fullerton Season Opener (5K)	89	21:04.90
Sept. 15	Aztec Invitational (5K)	114	21:09.00
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	81	19:15.20
Oct. 6	Triton Classic (6K)	50	24:49.30
Oct. 13	Bronco Invitational (5K)	120	20:14.00

Aztec Career Best: 19:15.20 (5K); 24:49.30 (6K)

Lisa Naucler

Sept. 1	Fullerton Season Opener (5K)	25	19:13.80
Sept. 15	Aztec Invitational (5K)	44	19:16.00
Sept. 22	Big Wave Invitational (4K)	8	15:13:00
Sept. 29	Stanford Invitational (6K)	35	22:06.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	51	18:27.00

Aztec Career Best: 15:13.00 (4K); 18:02.19 (5K); 22:06.00 (6K)

Andrea Norton

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	81	20:08.00
Sept. 22	Big Wave Invitational (4K)	32	16:28:00
Sept. 29	Stanford Invite (6K)/UCR Invite (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	126	20:31.00

Aztec Career Best: 16:28.00 (4K); 20:08.00 (5K)

Kelly Oelschlager

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	--	DNC
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: NA

2007 SDSU INDIVIDUAL RESULTS

Jaelyn Perakis

Sept. 1	Fullerton Season Opener (5K)	--	DNC
Sept. 15	Aztec Invitational (5K)	--	DNC
Sept. 22	Big Wave Invitational (4K)	--	DNC
Sept. 29	UC Riverside Invitational (5K)	--	DNC
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	--	DNC

Aztec Career Best: NA

Alyssa Robinson

Sept. 1	Fullerton Season Opener (5K)	47	19:58.40
Sept. 15	Aztec Invitational (5K)	73	20:01.00
Sept. 22	Big Wave Invitational (4K)	16	15:44:00
Sept. 29	Stanford Invitational (6K)	122	24:01.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	102	19:28.00

Aztec Career Best: 15:44.00 (4K); 19:28.00 (5K); 24:01.00 (6K)

Anne Vieira

Sept. 1	Fullerton Season Opener (5K)	65	20:32.50
Sept. 15	Aztec Invitational (5K)	95	20:32.00
Sept. 22	Big Wave Invitational (4K)	19	15:58:00
Sept. 29	Stanford Invitational (6K)	116	23:48.00
Oct. 6	Triton Classic (6K)	--	DNC
Oct. 13	Bronco Invitational (5K)	91	19:15.00

Aztec Career Best: 15:58.00 (4K); 19:15.00 (5K); 23:48.00 (6K)