



SAN DIEGO STATE AZTECS

2015 Cross Country Weekly Notes

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News Release Date: Nov. 19, 2015

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Schedule/Results

Overall: 47-37 | **Mountain West:** 5-10

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) 1st/5 teams; 41 pts.
San Diego, Calif. (Tecolote Shores - Mission Bay)

October

- 3 UNLV Invitational (5K) 1st/4 teams; 27 pts.
Las Vegas, Nev. (Craig Ranch Regional Park)
- 17 Highlander Invitational (5K) 2nd/10 teams; 81 pts.
Riverside, Calif. (UCR Ag Ops Course)
- 30 Mountain West Championships (6K) 9th/11 teams; 267 pts.
Reno, Nev. (Montreux Golf Course)

November

- 13 NCAA West Regional (6K) 25th/35 teams; 673 pts.
Seattle, Wash. (Jefferson Golf Course)

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

San Diego State (47-37, 5-10 MW)

Thursday, Nov. 19, 2015

2015 Season Recap

The San Diego State cross country team finished another strong 2015 campaign, winning a total of three races, including the Mark Covert Classic on Sept. 5, the Aztec Invitational on Sept. 18 and the UNLV Invitational on Oct. 3. The three wins account for the program's most in the Mountain West era (since 1999).

For their final race of the season, the Aztecs traveled to Seattle to compete at the NCAA West Regional on Nov. 13 and finished 25th out of 35 schools, matching its best finish since 2005. SDSU's No. 1 runner, Elaine Ribeiro, finished the 6,000-meter race in 22 minutes, 15.1 seconds, which was good for 87th place among 242 participants. Her finish is the first time an Aztec runner has placed within the top 100 since Marianne Hogan's 80th-place finish (21:36.77) in 2010.

Rachel Roesgen (115th, 22:25.7), Grace Hanshaw (133rd, 22:38.5), Cassidy Towner (155th, 22:57.3), Cali King (197th, 23:39.9) and Hannah Sawatzki (233rd, 24:41.8) also competed for the Scarlet and Black in the Emerald City.

Prior to the NCAA meet, SDSU went head-to-head against fellow Mountain West teams at the championship meet, placing ninth with 267 points ahead of UNLV (10th, 299 pts) and Fresno State (11th, 312 pts). No. 1 New Mexico won the meet with a total of 24 points.

Looking back at the season, five Aztecs ran career-best 6K times at the UC Riverside Invitational on Sept. 12, which included King, Mayko, Ribeiro, Sawatzki and Seynaeve. Ribeiro's 6K time (21:05.3) was the second-fastest in school history.

SDSU also held the 71st Annual Aztec Invitational on Sept. 18 and saw its second win of the season after four (Ribeiro, Seynaeve, Towner, Hanshaw) finished within the top 10. Ribeiro's individual title led her to be named MW Women's Cross Country Athlete of the Week on Sept. 22.

Other highlights of the season included Towner (18:04.6) who posted a career-best in the 5K race at the UNLV Invite on Oct. 3, while King (18:38.56), Mayko (19:11.92) and Ribeiro (17:31.70) matched that feat at the Highlander Invite two weeks later on Oct. 17.

The Aztecs finished their season at 47-37 overall and 5-10 against Mountain West teams.

2015 NCAA West Regional Recap

The San Diego State cross country team completed its season Friday at the NCAA West Regional on the Jefferson Park Golf Course in Seattle with a 25th-place finish.

The Aztecs were once again led by Elaine Ribeiro, who took 87th out of 242 runners with a 6,000-meter time of 22 minutes, 15.1 seconds. Ribeiro has been SDSU's top finisher in six out of the seven races this season.

Rachel Roesgen was the second San Diego State runner to cross the finish line, taking 115th in 22:25.7. Grace Hanshaw followed closely behind to finish 133rd at 22:38.5.

Cassidy Towner was 155th in 22:57.3, while Cali King (197th, 23:39.9) and Hannah Sawatzki (233rd, 24:41.8) also competed for the Aztecs.

As a team, SDSU finished 25th out of 35 schools with 673 points, defeating UC Riverside (682), UNLV (715), Cal State Fullerton (743), San Diego (764), Long Beach State (863), Saint Mary's (881), Pacific (922), Hawai'i (949), Cal State Northridge (1,015) and UC Irvine (1,041).

No. 4 Oregon won the meet with 79 points, while No. 9 Boise State (80), No. 12 Washington (105), No. 11 Stanford (121) and San Francisco (182) rounded out the top five. Boise State's Allie Ostrander took home the individual crown with a time of 20:10.9.

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) <i>Top Five:</i> Ribeiro, Seynaeve, Towner, Hanshaw, King <i>No. 6-7:</i> Roesgen, Sawatzki	1st/5 teams	0:20.5	0:31.1	Elaine Ribeiro (18:09.74)
Oct. 3	# UNLV Invitational (5K) <i>Top Five:</i> Ribeiro, Towner, Hanshaw, Seynaeve, Roesgen <i>No. 6-7:</i> King, Sawatzki	1st/4 teams	0:24.7	0:32.3	Elaine Ribeiro (17:44.7)
Oct. 17	\$ Highlander Invitational (5K) <i>Top Five:</i> Ribeiro, Roesgen, Towner, King, Sawatzki <i>No. 6-7:</i> Mayko	2nd/10 teams	0:26.0	N/A	Elaine Ribeiro (17:31.70)
Oct. 30	% Mountain West Championships (6K) <i>Top Five:</i> Towner, Hanshaw, Seynaeve, King, Roesgen <i>No. 6-7:</i> Sawatzki	9th/11 teams	0:50.01	1:05.17	Cassidy Towner (24:58.97)
Nov. 13	^ NCAA West Regional (6K) <i>Top Five:</i> Ribeiro, Roesgen, Hanshaw, Towner, King <i>No. 6-7:</i> Sawatzki	25th/35 teams	0:31.3	0:36.5	Elaine Ribeiro (22:15.1)

~ 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	13th/126	19:09.41
Oct. 3	UNLV Invitational 5K	5th/38	18:09.4
Oct. 17	Highlander Invitational 5K	DNC	--
Oct. 30	Mountain West Championships 6K	42nd/83	25:08.80
Nov. 13	NCAA West Regional 6K	133rd/242	22:38.5

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

Percentile (top is 100.00): 67.65 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	23rd/126	19:29.57
Oct. 3	UNLV Invitational 5K	19th/38	18:58.6
Oct. 17	Highlander Invitational 5K	27th/101	18:38.56
Oct. 30	Mountain West Championships 6K	70th/83	26:41.22
Nov. 13	NCAA West Regional 6K	197th/242	23:39.9

Collegiate Career Best: 5K - 18:38.56; 6K - 22:32.5

Percentile (top is 100.00): 55.37 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	46th/126	20:18.64
Oct. 3	UNLV Invitational 5K	31st/38	19:41.7
Oct. 17	Highlander Invitational 5K	49th/101	19:11.92
Oct. 30	Mountain West Championships 6K	DNC	--
Nov. 13	NCAA West Regional 6K	DNC	--

Collegiate Career Best: 5K - 19:11.92; 6K - 22:57.7

Percentile (top is 100.00): 51.11 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	1st/126	18:09.74
Oct. 3	UNLV Invitational 5K	1st/38	17:44.7
Oct. 17	Highlander Invitational 5K	3rd/101	17:31.70
Oct. 30	Mountain West Championships 6K	DNF	--
Nov. 13	NCAA West Regional 6K	87th/242	22:15.1

Collegiate Career Best: 5K - 17:31.70; 6K - 21:05.3

Percentile (top is 100.00): 85.62 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	25th/126	19:33.54
Oct. 3	UNLV Invitational 5K	10th/38	18:25.1
Oct. 17	Highlander Invitational 5K	7th/101	18:03.21
Oct. 30	Mountain West Championships 6K	72nd/83	26:48.97
Nov. 13	NCAA West Regional 6K	115th/242	22:25.7

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

Percentile (top is 100.00): 66.59 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	29th/126	19:40.05
Oct. 3	UNLV Invitational 5K	26th/38	19:16.2
Oct. 17	Highlander Invitational 5K	31st/101	18:43.06
Oct. 30	Mountain West Championships 6K	78th/83	27:20.91
Nov. 13	NCAA West Regional 6K	233rd/242	24:41.8

Collegiate Career Best: 5K - 18:42.6; 6K - 23:51.1

Percentile (top is 100.00): 35.85 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	5th/126	18:29.23
Oct. 3	UNLV Invitational 5K	7th/38	18:17.0
Oct. 17	Highlander Invitational 5K	DNC	--
Oct. 30	Mountain West Championships 6K	67th/83	26:32.95
Nov. 13	NCAA West Regional 6K	DNC	--

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

Percentile (top is 100.00): 77.99 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	10th/126	18:51.12
Oct. 3	UNLV Invitational 5K	4th/38	18:04.6
Oct. 17	Highlander Invitational 5K	16th/101	18:20.44
Oct. 30	Mountain West Championships 6K	35th/83	24:58.97
Nov. 13	NCAA West Regional 6K	155th/242	22:57.3

Collegiate Career Best: 5K - 18:04.6; 6K - 22:10.4

Percentile (top is 100.00): 68.05 pct.

2015 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Elaine Ribeiro (Jr.)	17:31.70	Highlander Invite	Oct. 17
2. Elaine Ribeiro (Jr.)	17:44.7	UNLV Invite	Oct. 3
3. Rachel Roesgen (Sr.)	18:03.21	Highlander Invite	Oct. 17
4. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
5. Elaine Ribeiro (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
6. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
7. Elaine Ribeiro (Jr.)	18:09.74	71st Aztec Invite	Sept. 18
8. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
9. Cassidy Towner (So.)	18:20.44	Highlander Invite	Oct. 17
10. Rachel Roesgen (Sr.)	18:25.1	UNLV Invite	Oct. 3

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

Athlete	Time	Meet	Date
1. Elaine Ribiero (Jr.)	17:31.70	Highlander Invite	Oct. 17
2. Rachel Roesgen (Sr.)	18:03.21	Highlander Invite	Oct. 17
3. Cassidy Towner (So.)	18:04.6	UNLV Invite	Oct. 3
4. Grace Hanshaw (Sr.)	18:09.4	UNLV Invite	Oct. 3
5. Lily Seynaeve (So.)	18:17.0	UNLV Invite	Oct. 3
6. Cali King (Jr.)	18:38.56	Highlander Invite	Oct. 17
7. Hannah Sawatzki (Sr.)	18:43.06	Highlander Invite	Oct. 17
8. Lily Mayko (Sr.)	19:11.92	Highlander Invite	Oct. 17

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. Elaine Ribeiro (Jr.)	22:15.1	NCAA West Regional	Nov. 13
6. Rachel Roesgen (Sr.)	22:25.7	NCAA West Regional	Nov. 13
7. Cali King (Jr.)	22:32.5	UC Riverside Invitational	Sept. 12
8. Grace Hanshaw (Sr.)	22:38.5	NCAA West Regional	Nov. 13
9. Cassidy Towner (So.)	22:57.3	NCAA West Regional	Nov. 13
10. Lily Mayko (Sr.)	22:57.7	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. Grace Hanshaw (Sr.)	22:38.5	NCAA West Regional	Nov. 13
7. Lily Mayko (Sr.)	22:57.7	UC Riverside Invitational	Sept. 12
8. 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. Elaine Ribeiro	17:31.70	Highlander Invite (Riverside, Calif.)	Oct. 17, 2015
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. 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