



SAN DIEGO STATE AZTECS

2015 Cross Country Weekly Notes

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Schedule/Results

Overall: 34-4 | **Mountain West:** 1-0

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) 1st/13 teams; 52 pts.
 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 (34-4, 1-0 MW) at UNLV Invitational

Saturday, Oct. 3 | 8:15 a.m. PT | Craig Ranch Regional Park | Las Vegas, Nev.

UNLV Invitational Preview

The San Diego State cross country team travels to Sin City to compete in the UNLV Invitational on Saturday morning at North Las Vegas' Craig Ranch Regional Park. The college/university women's 5,000-meter race is set to kickoff at 8:15 a.m. PT.

The Aztecs are competing at a UNLV meet for the first time since the 2012 Mountain West Championships and at a regular season meet for the first time since the UNLV Desert Invitational on Oct. 1, 2011.

Joining the Aztecs will be the host Rebels, Southern Utah and USC. This will be the second time this season SDSU has faced UNLV and USC, the first time being two weeks ago at the 71st Aztec Invitational. At that meet, the Scarlet and Black placed first, with UNLV and USC finishing third and fifth, respectively, out of 13 total teams.

Junior Elaine Ribeiro won the individual title at the race held at San Diego Mission Bay's Tecolote Shores National Park with a time of 18 minutes, 9.74 seconds en route to earning MW Athlete-of-the-Week accolades.

Rounding out the top-10 finishers were sophomores Lily Seynaeve (5th, 18:29.23) and Cassidy Towner (10th, 18:51.12). Also contributing to the Aztecs' success was Grace Hanshaw (13th, 19:09.41), Cali King (23rd, 19:29.57), Rachel Roesgen (25th, 19:33.54), Hannah Sawatzki (29th, 19:40.05) and Lily Mayko (46th, 20:18.64).

Results will be posted on GoAztecs.com when they become available.

71st Aztec Invitational Recap

The San Diego State cross country team came out on top on Sept. 18 after junior Elaine Ribeiro took first in the 5,000-meter race, helping the Aztecs also take the top spot as a team. Ribeiro's winning time was 18 minutes, 9.74 seconds (18:09.74).

"It (the race) went the way I wanted it to go," Ribeiro stated. "I was hoping to be top three or five within the first mile. Hitting the second mile, I really wanted to pick it up and run away from the pack and win the race, which I did today."

The win marks the second team title in the first three meets of the 2015 season in addition to the Aztecs' first win at the Aztec Invite since 1999. The Aztecs accumulated 52 points in the competitive race and finished ahead of second-place finisher USD with 62 points. SDSU's Mountain West foe, UNLV, took third (75 points), followed by Cal St. Bernardino (80), USC (119), Pepperdine (145), UC San Diego (215) and Concordia (246). Rounding out the race was Sonoma State in 9th with 296 points, Marymount (302), Soka (313), Western New Mexico (316) and Glendale CC (355).

Sophomore Lily Seynaeve wasn't far behind Ribeiro, clocking in at 18:29.23 which was good for fifth-place out of 126 runners.

"We all came into this race with a positive attitude," Seynaeve stated. "We've been on a roll this season. (We won) the race in Brea, Calif. and placed really well at UCR with one really great runner down. We came in today wanting to win and we carried that into the race."

SDSU sophomore Cassidy Towner (10th) was the third Aztec to place within the top 10 at 18:51.12. Senior Grace Hanshaw, who did not compete in last week's race, was entered today and finished in 13th place at 19:09.41. Meanwhile, Cali King (23rd, 19:29.57), Rachel Roesgen (25th, 19:33.54), Hannah Sawatzki (29th, 19:40.05) and Lily Mayko (46th, 20:18.64) combined efforts to help the team achieve its victory.

"The team is doing well and everyone is really motivated," assistant cross country coach Karoly Varga stated. "Our goal is conference championship and beyond so the ladies are working really hard for that."

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: Ribeiro, Hanshaw, Towner, Roesgen, Seynaeve No. 6-7: King, Sawatzki</i>	1st / 11 teams	0:46.6	0:54.4	Elaine Ribeiro (18:05.48)
Sept. 12	! UC Riverside Invitational (6K) <i>Top Five: Ribeiro, Seynaeve, Towner, Rosegen, King No. 6-7: Mayko, Sawatzki</i>	5th / 15 teams	1:27.2	2:45.8	Elaine Ribeiro (21:05.3)
Sept. 18	@ Aztec Invitational (5K) <i>Top Five: Ribeiro, Seynaeve, Towner, Hanshaw, King No. 6-7: Roesgen, Sawatzki</i>	1st/13 teams	0:20.51	0:31.12	Elaine Ribeiro (18:09.74)
Oct. 3	# UNLV Inviational (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	13th/126	19:09.41
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	23rd/126	19:29.57
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	46th/126	20:18.64
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	1st/126	18:09.74
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	25th/126	19:33.54
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	29th/126	19:40.05
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	5th/126	18:29.23
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	10th/126	18:51.12
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 Ribeiro (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
2. Elaine Ribeiro (Jr.)	18:09.74	71st Aztec Invite	Sept. 18
3. Lily Seynaeve (So.)	18:29.23	71st Aztec Invite	Sept. 18
4. Grace Hanshaw (Sr.)	18:29.57	Mark Covert Classic	Sept. 5
5. Cassidy Towner (So.)	18:35.59	Mark Covert Classic	Sept. 5
6. Rachel Roesgen (Sr.)	18:43.15	Mark Covert Classic	Sept. 5
7. Lily Seynaeve (So.)	18:43.72	Mark Covert Classic	Sept. 5
8. Cassidy Towner (So.)	18:51.12	71st Aztec Invite	Sept. 18
9. Cali King (Jr.)	18:58.42	Mark Covert Classic	Sept. 5
10. Grace Hanshaw	19:09.41	71st Aztec Invite	Sept. 18

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

Athlete	Time	Meet	Date
1. Elaine Ribiero (Jr.)	18:05.48	Mark Covert Classic	Sept. 5
2. Lily Seynaeve (So.)	18:29.23	71st Aztec Invite	Sept. 18
3. Grace Hanshaw (Sr.)	18:29.57	Mark Covert Classic	Sept. 5
4. Cassidy Towner (So.)	18:35.59	Mark Covert Classic	Sept. 5
5. Rachel Roesgen (Sr.)	18:43.15	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