

# SDSU CROSS COUNTRY

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## 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>	NTS
Oct. 27	MWC Championships <i>Albuquerque, N.M.</i>	9th of 9 (229 pts.)
Nov. 10	<b>NCAA West Regionals</b> <i>Eugene, Ore.</i>	<b>12:15 p.m. PT</b>
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



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## SDSU Cross Country Travels to Track Town, USA, for NCAA West Regional Championships

The San Diego State cross country team returns to action this weekend when they take part in the NCAA West Regional Championships on Saturday, Nov. 10, in Eugene, Ore. The meet is set for 12:15 p.m. PT at Springfield Country Club.

The regional championships' top two teams along with the top four individual runners from non-qualifying teams will automatically advance to the NCAA Championships, scheduled for Nov. 19 at Indiana State's LaVern Gibson Championship Course in Terre Haute, Ind. On Sunday evening (Nov. 11), an additional 13 at-large teams and two at-large athletes will be added to the field.

SDSU returns to action after not competing last weekend. Saturday will mark the first race for the Aztecs since competing at the Mountain West Conference Championships on Oct. 27 in Albuquerque, N.M.

The Aztecs will bring Stephanie Armstrong, Lindsay Barajas, Darien Buc, Kristin Glen, Makenzie Mabry, Lisa Naucler and Anne Vieira to compete for a spot at the national meet.

The last SDSU athlete to qualify for the NCAA meet was Sophia Hawker, who earned an at-large bid in 1999. Hawker finished 24th of 196 runners at the 5K regional meet that year, which was held in Troutdale, Ore.

San Diego State has only qualified once as a team for the national championships, where it finished seventh in 1981.

## Regionals Bring Out Best in Aztecs

As the season moves forward, Aztec runners get stronger and history shows that regionals bring out the best in them. Of the 10 all-time top 6K times in school history, five have occurred at the regional meet and all have happened during the last four years. Two years ago, Lital Azulay registered the second fastest time in program history, while Lisa Crampton (fourth) and Christal Cuadra (sixth) also etched their names in the Aztec record book. The complete top 10 can be found on page two of this release.

## On the Verge of Surpassing Tyson

After turning in San Diego State's fastest time in all six 'A'-squad meets this season, Lisa Naucler has a shot at surpassing 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. If Naucler turns in the Aztecs' best time, she will surpass her former teammate's achievement in her last season on Montezuma Mesa.

## Last Year at the West Regionals

San Diego State finished in 25th place last season at the NCAA West Regionals in a race contested at Blue Lake Park in Fairview, Ore. Celeste Tyson led the way for the Aztecs with a 6K time of 23:06.31.

Tyson was SDSU's top runner for the sixth consecutive race after she finished the course with her second-fastest 6K-time of the season. With her final effort, Tyson ended the season with the three fastest 6K times among all Aztec runners.

Meryl Folloso was the next top SDSU runner as she completed the meet with ninth-fastest time of season at 24:51.47. Lisa Naucler crossed the finish line just after Folloso, clocking in with a time of 24:59.87.

Jackie Duncan finished the race in 25:25.56, just ahead of Jessica Mason, who turned a time of 25:31.71.

Stephanie Armstrong registered a 26:26.82-effort, while Lital Azulay came in at 26:29.45 to round the San Diego State group.

## Last Time Out

San Diego State raced at the MWC Championships and finished in ninth place just days after making the last-second trip to Albuquerque, N.M., after wildfires in San Diego County forced the championships to be moved from Mission Bay. The Aztecs earned 229 points in a 6K that took place at the UNM North Golf Course.

For the sixth straight race she has run in, Lisa Naucler posted SDSU's top time by completing the course in 23:35, to finish in 36th place.

Finishing behind Naucler were three sophomores in Stephanie Armstrong (24:24.00), Darien Buc (24:49.00) and Makenzie Mabry (25:00.00). Rounding out SDSU's top five was Kristin Glen, who turned in a time of 25:10.00.

Other Aztecs to compete in the race were Anne Vieira (25:27.00), Lindsay Barajas (25:53.00), Sara Cunningham (27:18.00) and Alyssa Robinson (29:29.00).

Overall, No. 12 Colorado State won the meet and broke 17th-ranked Brigham Young's 19-year conference championship winning streak that dated back to when it was a member of the Western Athletic Conference.

# 2007 SDSU TOP TIMES/RECORD BOOK

## 2007 TOP 10 TIMES - - 4K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
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

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
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. Lindsay Barajas	19:08.00	Cougar 5K Challenge	Oct. 20
5. Darien Buc	19:12.00	Bronco Invitational	Oct. 13
6. Lisa Naucler	19:13.80	Fullerton Season Opener	Sept. 1
7. Kristin Glen	19:13.00	Cougar 5K Challenge	Oct. 20
8. Anne Vieira	19:15.00	Bronco Invitational	Oct. 13
9. Michelle Martinez	19:15.20	UC Riverside Invitational	Sept. 29
10. Kristin Glen	19:16.00	Bronco Invitational	Oct. 13
Lisa Naucler	19:16.00	Aztec Invitational	Sept. 15

## 2007 TOP 10 TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Date</u>
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. Lisa Naucler	23:35.00	MWC Championships	Oct. 27
6. Anne Vieira	23:48.00	Stanford Invitational	Sept. 29
7. Darien Buc	24:00.00	Stanford Invitational	Sept. 29
8. Alyssa Robinson	24:01.00	Stanford Invitational	Sept. 29
9. Stephanie Armstrong	24:24.00	MWC Championships	Oct. 27
10. Michelle Martinez	24:49.30	Triton Classic	Oct. 6

## ALL - TIME TOP - IO TIMES - - 5K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
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 - IO TIMES - - 6K

<u>Athlete</u>	<u>Time</u>	<u>Meet</u>	<u>Year</u>
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	Oct. 27	MWC Championships (6K)	68	27:18.00
				<i>Aztec Career Best:</i> 18:56.10 (5K); 25:08.90 (6K)			

## 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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	49	24:24.00

*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
Oct. 20	Cougar 5K Challenge (5K)	15	19:08.00
Oct. 27	MWC Championships (6K)	62	25:53.00

*Aztec Career Best:* 19:08.00 (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
Oct. 20	Cougar 5K Challenge (5K)	32	20:14.00
Oct. 27	MWC Championships (6K)	--	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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	--	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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	53	24:49.00

*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
Oct. 20	Cougar 5K Challenge (5K)	23	19:46.00

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
Oct. 20	Cougar 5K Challenge (5K)	43	21:42.00
Oct. 27	MWC Championships (6K)	--	DNC

## 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
Oct. 20	Cougar 5K Challenge (5K)	43	21:42.00
Oct. 27	MWC Championships (6K)	--	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
Oct. 20	Cougar 5K Challenge (5K)	16	19:13.00
Oct. 27	MWC Championships (6K)	56	25:10.00

*Aztec Career Best:* 15:44.00 (4K); 19:13.00 (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
Oct. 20	Cougar 5K Challenge (5K)	30	20:05.00
Oct. 27	MWC Championships (6K)	--	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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	55	25:00.00

*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
Oct. 20	Cougar 5K Challenge (5K)	29	20:05.00
Oct. 27	MWC Championships (6K)	--	DNC

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

## Lisa Naucner

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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC

# 2007 SDSU INDIVIDUAL RESULTS

Oct. 27 MWC Championships (6K) 36 23:35.00  
*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
Oct. 20	Cougar 5K Challenge (5K)	33	20:20.00
Oct. 27	MWC Championships (6K)	--	DNC

*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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	--	DNC

*Aztec Career Best:* NA

## Jaclyn 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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	--	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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	70	29:29.00

*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
Oct. 20	Cougar 5K Challenge (5K)	--	DNC
Oct. 27	MWC Championships (6K)	58	25:27.00

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