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

2013 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Aug. 31	~ Mark Covert Classic (5K)	5th / 8 teams	0:21.5	1:08.1	Laura Vazquez (19:11.4)
_	Top Five: Vazquez, Cygan, McCall, Krutho	ers, Roesgen <i>No</i> .	6-7: Ribeiro, Smith		-
Sept. 7	! adidas/UCI Invitational				
•	Top Five:				
Sept. 21	@ 69th Annual Aztec Invitational				
•	Top Five:				
Oct. 4	# NCAA Inter-Regional Jamboree				
	Top Five:				
Oct. 19	\$ Highlander Invitational				
	Top Five:				
Oct. 25	% Titan Invitational				
	Top Five:				
Nov. 1	^ Mountain West Championships				
	Top Five:				
Nov. 15	& NCAA West Regional Championships				
	Top Five:				

- ~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.
- ! adidas/UCI Invitational at UC Irvine in Irvine, Calif.
- @ 69th Annual Aztec Invitational at San Diego State in San Diego, Calif.
- # 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 XC 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		
Sept. 21	69th Annual Aztec Invitation	al	
Oct. 4	NCAA Inter-Regional Jambore	ee	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championship	os	
Nov. 15	NCAA West Regional Champio	onships	
Collegiate Career Best: 5K - 18:10.0; 6K - 21:06.8			

Dynasty Gammage	(Jr.)
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Pyllusi	y Gailliago (51.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championshi	ips	
Collegiat	re Career Best: 5K - N/A; 6K - N	/A	

Cali King (Fr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	103rd/147	21:19.9
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitation	al	
Oct. 4	NCAA Inter-Regional Jambor	ree	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championshi	ps	
Nov. 15	NCAA West Regional Champi	onships	
Collegia	te Career Best: 5K - 21:19.	9; 6K - N/A	

Chelsea Kruthers (So.)

CIICISC	u 1410111613 (30.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	34th/147	19:31.9
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitation	al	
Oct. 4	NCAA Inter-Regional Jambor	ee	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championship	os	
Nov. 15	NCAA West Regional Champio	onships	
Collogia	to Carper Rost 5K - 19:07	1 · 6K - 22 · 34 N	

Collegiate Career Best: 5K - 19:07.1; 6K - 22:34.0

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Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	hips	
Collegia	te Career Best: 5K - 20:02.2; 6		

Jessica McCall (So.)

Meet (Distance)	Finish	Time
Mark Covert Classic (5K)	33rd/147	19:31.6
adidas/UCI Invitational		
69th Annual Aztec Invitationa	il	
NCAA Inter-Regional Jambore	e	
Highlander Invitational		
Titan Invitational		
Mountain West Championship	S	
NCAA West Regional Champio	nships	
	Meet (Distance) Mark Covert Classic (5K) adidas/UCI Invitational 69th Annual Aztec Invitational NCAA Inter-Regional Jambore Highlander Invitational Titan Invitational Mountain West Championship	Meet (Distance) Finish Mark Covert Classic (5K) 33rd/147 adidas/UCI Invitational 69th Annual Aztec Invitational NCAA Inter-Regional Jamboree Highlander Invitational

Collegiate Career Best: 5K - 18:30.7; 6K - 23:00.0

Amanda Okun (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championship	os	

Collegiate Career Best: 5K - 20:28.9; 6K - 25:48.1

Amy Reaser (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championship)S	

Collegiate Career Best: 5K - 20:29.0; 6K - 24:52.9

2013 AZTEC XC INDIVIDUAL RESULTS

Elaine Ribeiro (Fr.)				
Date	Meet (Distance)	Finish	Time	
Aug. 31	Mark Covert Classic (5K)	52nd/147	20:04.1	
Sept. 7	adidas/UCI Invitational			
Sept. 21	69th Annual Aztec Invitational			
Oct. 4	NCAA Inter-Regional Jamboree			
Oct. 19	Highlander Invitational			

Oct. 25 Titan Invitational
Nov. 1 Mountain West Championships
Nov. 15 NCAA West Regional Championships

Collegiate Career Best: 5K - 20:04.1; 6K - N/A

Rachel Roesgen (So.)

moosgon (soo)		
Meet (Distance)	Finish	Time
Mark Covert Classic (5K)	35th/147	19:32.9
adidas/UCI Invitational		
69th Annual Aztec Invitation	al	
NCAA Inter-Regional Jambore	ee	
Highlander Invitational		
Titan Invitational		
Mountain West Championship	os	
	Meet (Distance) Mark Covert Classic (5K) adidas/UCI Invitational 69th Annual Aztec Invitational NCAA Inter-Regional Jambora Highlander Invitational Titan Invitational Mountain West Championship NCAA West Regional Champi	Meet (Distance) Finish Mark Covert Classic (5K) 35th/147 adidas/UCI Invitational 69th Annual Aztec Invitational NCAA Inter-Regional Jamboree Highlander Invitational

Hannah Sawatzki (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Championships		
Collogia	to Carpor Rost. 5K - 18.58 9 · 6K -	24.02 4	

Collegiate Career Best: 5K - 18:58.9 ; 6K - 24:02.4

Katy Smith (Jr.)

ILMIY 5	\31•/		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	68th/147	20:19.5
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitation	al	
Oct. 4	NCAA Inter-Regional Jambor	ee	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championship	os	
Nov. 15	NCAA West Regional Champi	onships	
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Collegiate Career Best: 5K - 19:24.8; 6K - 23:27.0

Katie	Thral	ls ((Gr.))
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Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)		DNC
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitational		
Oct. 4	NCAA Inter-Regional Jamboree		
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championships		
Nov. 15	NCAA West Regional Champions	ships	
Collegia	te Career Best: 5K - N/A ; 6K		

Laura Vazauez (So.)

LUUIU	MUZYUGZ (JU.)		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	20th/147	19:11.4
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitation	al	
Oct. 4	NCAA Inter-Regional Jambore	ee	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championship)S	
Nov. 15	NCAA West Regional Champio	onships	

Collegiate Career Best: 5K - 18:34.0; 6K - 21:40.0

Melissa Wendorf (Jr.)

MICHO	u vvenuori (51./		
Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5K)	71st/147	20:25.0
Sept. 7	adidas/UCI Invitational		
Sept. 21	69th Annual Aztec Invitations	ıl	
Oct. 4	NCAA Inter-Regional Jambore	e	
Oct. 19	Highlander Invitational		
Oct. 25	Titan Invitational		
Nov. 1	Mountain West Championship	S	
Nov. 15	NCAA West Regional Champio	onships	

Collegiate Career Best: 5K - 20:12.5; 6K - 25:26.0

2013 AZTEC CROSS COUNTRY TOP-10 TIMES

2013 Top-10 Times 5K	(Without Replacement)
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Athlete	Time	Meet	Date
1. Laura Vazquez (So.)	19:11.4	Mark Covert Classic	Aug. 31
2. Jessica Cycan (Jr.)	19:24.3	Mark Covert Classic	Aug. 31
3. Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
4. Chelsea Kruthers (So.)	19:31.9	Mark Covert Classic	Aug. 31
5. Rachel Roesgen (So.)	19:32.9	Mark Covert Classic	Aug. 31
6. Elaine Ribeiro (Fr.)	20:04.1	Mark Covert Classic	Aug. 31
7. Katy Smith (Jr.)	20:19.5	Mark Covert Classic	Aug. 31
8. Melissa Wendorf (Jr.)	20:25.0	Mark Covert Classic	Aug. 31
9. Cali King (Fr.)	21:19.9	Mark Covert Classic	Aug. 31

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

At	hlete	Time	Meet	Date
1.	Laura Vazquez (So.)	19:11.4	Mark Covert Classic	Aug. 31
2.	Jessica Cycan (Jr.)	19:24.3	Mark Covert Classic	Aug. 31
3.	Jessica McCall (So.)	19:31.6	Mark Covert Classic	Aug. 31
4.	Chelsea Kruthers (So.)	19:31.9	Mark Covert Classic	Aug. 31
5.	Rachel Roesgen (So.)	19:32.9	Mark Covert Classic	Aug. 31
6.	Elaine Ribeiro (Fr.)	20:04.1	Mark Covert Classic	Aug. 31
7.	Katy Smith (Jr.)	20:19.5	Mark Covert Classic	Aug. 31
8.	Melissa Wendorf (Jr.)	20:25.0	Mark Covert Classic	Aug. 31
9.	Cali King (Fr.)	21:19.9	Mark Covert Classic	Aug. 31

2013 Top-10 Times -- 6K (Without Replacement)

Athlete Time Meet Date

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

Athlete Time Meet Date

ALL-TIME AZTEC CROSS COUNTRY TOP-10 TIMES

<u>**Top-10 Times -- 5K**</u>

Athlete	Time	Meet	Date
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

Top-10 Times -- 6K

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Athlete	Time	Meet	Date
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. Marianne Hogan	21:32.00	Stanford Invitational	2010
5. Lisa Crampton	21:32.30	NCAA West Regional	2005
6. Marianne Hogan	21:49.00	Stanford Invitational	2011
7. Jennifer Stakiw	21:50.00	Stanford Invitational	2002
8. Christal Cuadra	21:50.90	NCAA West Regional	2005
9. Marie Nilsson	21:53.00	MWC Championships	2003
Marie Nilsson	21:53.00	Stanford Invitational	2003