

2024 SAN DIEGO STATE CROSS COUNTRY

2024 Schedule/Results

AUGUST

31 Mark Covert Classic 8:45 a.m. PT
Fullerton, Calif. (Cal State Fullerton)

SEPTEMBER

20 Roy Griak Invitational 10:45 a.m. CT
St. Paul, Minn. (Minnesota)

21 UC Riverside Invitational 7:15 a.m. PT
Riverside, Calif. (UC Riverside)

OCTOBER

11 Bill Dellinger Invitational 12:00 p.m. PT
Eugene, Ore. (Oregon)

19 Highlander Invitational 8:00 a.m. PT
Riverside, Calif. (UC Riverside)

NOVEMBER

1 Mountain West Championships
Colorado Springs, Colo. (Air Force)

15 NCAA West Regionals
Pullman, Wash. (Washington State)

2024 Roster

Name	Year	Hometown (Prev.)
Presley Bennett	So.	Encinitas, Calif. (San Diego Mesa)
Vanessa Cabello	Jr.	Los Altos, Calif. (Saint Francis HS)
Melanie Falkowski	Jr.	Laguna Beach, Calif. (Laguan Beach HS)
Isabella Fauria	Jr.	Sacramento, Calif. (New Mexico)
Lauren Harper	Sr.	Weaverville, Calif. (Trinity HS)
Maddie Heller	Sr.	San Juan Capistrano, Calif. (San Diego)
Sara Jones	Fr.	Gilbert, Ariz. (Perry HS)
Maddy Parrone	Jr.	Westlake Village, Calif. (Oak Park HS)
Bella Peretti	Jr.	San Jose, Calif. (Pioneer HS)
Eva Rethmeier	Sr.	San Diego, Calif. (Cal State Fullerton)
Emily van Valkenburg	So.	Sammamish, Wash. (Oregon State)
Samantha Wood	Jr.	Post Falls, Idaho (Boise State)
Tatum Zinkin	Jr.	Fresno, Calif. (Clovis North HS)

Head Coach: Robert Lusitana (San Diego State, 1982)
8th season

Meet #1: Mark Covert Classic

Saturday, Aug. 31 | 8:45 a.m. PT | Fullerton, Calif. | Carbon Canyon Regional Park

SAN DIEGO – San Diego State women’s cross country begins the 2024 campaign in Fullerton, Calif. competing at the Mark Covert Classic hosted by Cal State Fullerton. The women’s 5k race will begin at 8:45 a.m. PT at Carbon Canyon Regional Park.

The Aztecs, picked to finish seventh in the Mountain West preseason coaches’ poll, are set to compete against California Baptist, UC San Diego, San Diego and host Cal State Fullerton as well as several Division II and junior college programs in their first meet of the season.

Aztecs slated to run: Presley Bennett, Vanessa Cabello, Melani Falkowski, Isabella Fauria, Maddie Heller, Sara Jones, Maddy Parrone, Bella Peretti, Eva Rethmeier, Emily van Valkenburg, Samantha Wood, Tatum Zinkin

About the Roster

- The Aztecs return eight from last year’s cross country season, six of which ran at least one race throughout the 2023 season. They also return winter transfers Isabella Fauria and Samantha Wood who competed during the track and field season, but not cross country.
- Among the returners, Vanessa Cabello and Eva Rethmeier lead the way as the duo finished as the second and third SDSU finishers at four of last year’s races including the Mountain West Championships and NCAA West Regionals. Both women also recorded 6k times that rank in the program’s all-time top ten.
- Maddie Heller, Maddy Parrone, Bella Peretti and Tatum Zinkin also return from last year’s participants as well as Melanie Falkowski and Lauren Harper who redshirted in 2023.
- Heller is another top returner for the Aztecs, finishing among the top five SDSU finishers at all five races last year.
- Three new faces will don the Scarlet and Black this season as junior transfers Presley Bennett (San Diego Mesa) and Emily van Valkenburg (Oregon State) along with freshman Sara Jones enter the fold.
- Van Valkenburg has championship experience with the Beavers, scoring points for her team at the 2022 PAC-12 Championships, NCAA West Regionals and NCAA Championships. Her career best 6k time (20:22.9) would rank second-fastest in SDSU program history.

Recapping Last Year

- San Diego State had one of its best seasons in recent years in 2023, setting program record team times at the NCAA West Regionals and MW Championships as well as their fastest team time ever of any meet at the Highlander Invitational.
- They also recorded their best placement at the regional meet (21st) since 2005 and their best placement at the conference meet (7th) since 2010.
- Eva Rethmeier ran the second fastest 6k time (20:46.7) - without replacement - at the



2024 SAN DIEGO STATE CROSS COUNTRY

2024 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (All)	SDSU Finishing Order
Aug. 31	Mark Covert Classic (5k)				
Sept. 20	Roy Griak Invitational (6k)				
Sept. 21	UC Riverside Invitational (6k)				
Oct. 11	Bill Dellinger Invitational (6k)				
Oct. 19	Highlander Invitational (6k)				
Nov. 1	Mountain West Championships (6k)				
Nov. 15	NCAA West Regionals (6k)				



2024 SAN DIEGO STATE CROSS COUNTRY

2024 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Presley Bennett (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Bests: 19:33.70 (5K)* / 23:46.20 (6K)*
**set at San Diego Mesa*

Vanessa Cabello (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Bests: 17:49.4 (5K) / 20:57.2 (6K)

Melanie Falkowski (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best:

Isabella Fauria (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:10.9 (5K)* / 22:24.7 (6K)*
**set at New Mexico*

Lauren Harper (Sr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 17:43.3 (5K) / 21:29.1 (6K)

Maddie Heller (Sr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 19:05.1 (5K) / 21:35.8 (6K)*
**set at University of San Diego*

Sara Jones (Fr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best:

Sophia Nevin (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Bests: 17:45.9 (5K) / 23:13.1 (6K)

Maddy Parrone (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:58.9 (5K) / 21:41.0 (6K)

Bella Peretti (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:39.1 (5K) / 21:53.8 (6K)

Eva Rethmeier (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:15.2 (5K) / 20:46.7 (6K)

Emily van Valkenburg (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 17:31.6 (5K)* / 20:22.9 (6K)*
**set at Oregon State*

Samantha Wood (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 17:22.17 (5K)* / 20:47.5 (6K)*
**set at Boise State*

Tatum Zinkin (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 19:56.4 (5K) / 24:32.6 (6K)



2024 SAN DIEGO STATE CROSS COUNTRY

2024 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
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Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
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Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date/Year
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Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date/Year
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2024 SAN DIEGO STATE CROSS COUNTRY

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 (San Diego, Calif.)	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. Christine Kent	17:07.59	Highlander Invitational (Riverside, Calif.)	Oct. 15, 2016
9. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
10. Jessica Kain	17:08.4	Joe Plane Invitational (South Bend, Ind.)	Sept. 30, 2022

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. Christine Kent	17:07.59	Highlander Invitational (Riverside, Calif.)	Oct. 15, 2016
5. Eva Ernstrom	17:08.0	District 8 Championships (Stanford, Calif.)	Nov. 8, 1981
6. Jessica Kain	17:08.4	Joe Plane Invitational (South Bend, Ind.)	Sept. 30, 2022
7. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
8. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
10. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
2. Jessica Kain	20:40.3	NCAA West Regionals (Seattle, Wash.)	Nov. 11, 2022
3. Jessica Kain	20:46.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2022
4. Eva Rethmeier	20:46.7	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
5. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
6. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
7. Jessica Kain	20:56.3	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
8. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
9. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
3. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
4. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
5. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
6. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
7. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
10. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005