



# 2024 SAN DIEGO STATE CROSS COUNTRY

## 2024 AZTEC CROSS COUNTRY TEAM RESULTS

<b>Date</b>	<b>Meet (Distance)</b>	<b>Finish</b>	<b>Team Time</b>	<b>Spread of Point Scorers</b>	<b>SDSU Point Scorers</b>
Aug. 31	Mark Covert Classic (5k)	2nd of 13 (49 points)	1:30:22.7	0:37.2 (top five)	1. Vanessa Cabello - 17:47.1 4. Samantha Wood - 17:54.5 6. Emily Van Valkenburg - 17:58.9 17. Maddie Heller - 18:17.4 21. Eva Rethmeier - 18:24.3
<i>Race Notes: Cabello's time of 17:47.1 is a course record for SDSU. The team time of 1:30:22.7 is the fastest for San Diego State in their eight races at the Mark Covert Classic. Van Valkenburg and Bennett made their SDSU debuts, Jones made her collegiate debut and Falkowski ran in her first career cross country race.</i>					
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
Aug. 31	Mark Covert Classic (5k)	36th/173	18:59.0

**Collegiate Career Bests: 18:59.0 (5K) / 23:46.20 (6K)\***

**\*set at San Diego Mesa**

### Vanessa Cabello (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	1st/173	17:47.1

**Collegiate Career Bests: 17:47.1 (5K) / 20:57.2 (6K)**

### Melanie Falkowski (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	89th/173	19:54.4*

**\*first collegiate cross country race**

**Collegiate Career Best: 19:54.4 (5k)**

### Isabella Fauria (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic	34th/173	18:57.7

**Collegiate Career Best: 18:10.9 (5K)\* / 22:24.7 (6K)\***

**\*set at New Mexico**

### Lauren Harper (Sr.)

Date	Meet (Distance)	Finish	Time

**Collegiate Career Best: 17:43.3 (5K) / 21:29.1 (6K)**

### Maddie Heller (Sr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	17th/173	18:17.4

**Collegiate Career Best: 18:17.4 (5K) / 21:35.8 (6K)\***

**\*set at University of San Diego**

### Sara Jones (Fr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	41st/173	18:59.0*

**\*first collegiate cross country race**

**Collegiate Career Best: 18:59.0 (5k)**

### Maddy Parrone (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	88th/173	19:53.3

**Collegiate Career Best: 18:58.9 (5K) / 21:41.0 (6K)**

### Bella Peretti (Jr.)

Date	Meet (Distance)	Finish	Time

**Collegiate Career Best: 18:39.1 (5K) / 21:53.8 (6K)**

### Eva Rethmeier (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	21st/173	18:24.3

**Collegiate Career Best: 18:15.2 (5K) / 20:46.7 (6K)**

### Emily Van Valkenburg (So.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	6th/173	17:58.9

**Collegiate Career Best: 17:31.6 (5K)\* / 20:22.9 (6K)\***

**\*set at Oregon State**

### Samantha Wood (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	4th/173	17:54.5

**Collegiate Career Best: 17:22.17 (5K)\* / 20:47.5 (6K)\***

**\*set at Boise State**

### Tatum Zinkin (Jr.)

Date	Meet (Distance)	Finish	Time

**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
1. Vanessa Cabello	17:47.1	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
2. Samantha Wood	17:54.5	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
3. Emily Van Valkenburg	17:58.9	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
4. Maddie Heller	18:17.4	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
5. Eva Rethmeier	18:24.3	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
6. Isabella Fauria	18:57.7	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
7. Presley Bennett	18:59.0	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
8. Sara Jones	19:04.5	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
9. Maddy Parrone	19:53.3	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
10. Melanie Falkowski	19:54.4	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024

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

Athlete	Time	Meet	Date
1. Vanessa Cabello	17:47.1	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
2. Samantha Wood	17:54.5	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
3. Emily Van Valkenburg	17:58.9	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
4. Maddie Heller	18:17.4	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
5. Eva Rethmeier	18:24.3	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
6. Isabella Fauria	18:57.7	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
7. Presley Bennett	18:59.0	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
8. Sara Jones	19:04.5	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
9. Maddy Parrone	19:53.3	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
10. Melanie Falkowski	19:54.4	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024

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

Athlete	Time	Meet	Date/Year
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

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

Athlete	Time	Meet	Date/Year
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

# 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 Piane Invitational (South Bend, Ind.)	Sep. 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 Piane Invitational (South Bend, Ind.)	Sep. 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. <b>Eva Rethmeier</b>	<b>20:46.7</b>	<b>Highlander Invitational (Riverside, Calif.)</b>	<b>Oct. 14, 2023</b>
5. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
6. Jessica Kain	20:52.1	Bill Dellinger Invitational (Springfield, Ore.)	Sept. 22, 2023
7. Jessica Kain	20:56.3	NCAA West Regionals (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. <b>Vanessa Cabello</b>	<b>21:05.9</b>	<b>NCAA West Regionals (Sacramento, Calif.)</b>	<b>Nov. 10, 2023</b>

### 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. <b>Eva Rethmeier</b>	<b>20:46.7</b>	<b>Highlander Invitational (Riverside, Calif.)</b>	<b>Oct. 14, 2023</b>
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. <b>Vanessa Cabello</b>	<b>21:05.9</b>	<b>NCAA West Regionals (Sacramento, Calif.)</b>	<b>Nov. 10, 2023</b>
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