



# 2024 SAN DIEGO STATE CROSS COUNTRY

## 2024 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Team Time	Spread of Point Scorers	SDSU Point Scorers/ Top Finishers
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)	9th of 17 (262 points)	2:44:39.4	2:34.6 (top seven)	31. Samantha Wood - 22:31.8 37. Emily Van Valkenburg - 22:39.6 67. Vanessa Cabello - 23:07.9 72. Maddie Heller - 23:11.9 78. Eva Rethmeier - 23:21.3 152. Lauren Harper - 24:37.5 170. Presley Bennett - 25:09.4
<i>Race Notes: This was the first time San Diego State raced at the Roy Griak Invitational.</i>					
Sept. 21	UC Riverside Invitational (6k)	N/A	N/A	N/A	6. Sara Jones - 17:53.1 62. Maddy Parrone - 18:50.9 64. Melani Falkowski - 18:52.4 178. Tatum Zinkin - 20:00.1
<i>Race Notes: Jones' time is the fastest by an Aztec on UCR's 5k course since 2017 and ranks fifth fastest at the course in program history. Jones, Parrone and Falkowski all ran personal bests. With only four runners, SDSU did not factor into team scoring.</i>					
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 (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	36th/173	<b>18:59.0</b>
Sept. 20	Roy Griak Invitational (6k)	170th/195	25:09.4

**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	<b>17:47.1</b>
Sept. 20	Roy Griak Invitational (6k)	67th/195	23:07.9

**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*
Sept. 21	UC Riverside Invitational (5k)	64th/280	<b>18:52.4</b>

**\*first collegiate cross country race**

**Collegiate Career Best: 18:52.4 (5k)**

### Isabella Fauria (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	34th/173	18:57.7
Sept. 20	Roy Griak Invitational (6k)	182nd/195	25:36.5

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

**\*set at New Mexico**

### Lauren Harper (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 20	Roy Griak Invitational (6k)	152nd/195	24:37.5

**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	<b>18:17.4</b>
Sept. 20	Roy Griak Invitational (6k)	72nd/195	23:11.9

**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*
Sept. 21	UC Riverside Invitational (5k)	6th/280	<b>17:53.1</b>

**\*first collegiate cross country race**

**Collegiate Career Best: 17:53.1 (5k)**

### Maddy Parrone (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	88th/173	19:53.3
Sept. 21	UC Riverside Invitational (5k)	62nd/280	<b>18:50.9</b>

**Collegiate Career Best: 18:50.9 (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
Aug. 31	Mark Covert Classic (5k)	21st/173	18:24.3
Sept. 20	Roy Griak Invitational (6k)	78th/195	23:21.3

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

### Emily Van Valkenburg (Jr.)

Date	Meet (Distance)	Finish	Time
Aug. 31	Mark Covert Classic (5k)	6th/173	17:58.9
Sept. 20	Roy Griak Invitational (6k)	37th/195	22:39.6

**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
Sept. 20	Roy Griak Invitational (6k)	31st/195	22:31.8

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

**\*set at Boise State**

### Tatum Zinkin (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 21	UC Riverside Invitational (5k)	178th/280	20:00.1

**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. Sara Jones	17:53.1	UC Riverside Invitational (Riverside, Calif.)	Sept. 21, 2024
3. Samantha Wood	17:54.5	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
4. Emily Van Valkenburg	17:58.9	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
5. Maddie Heller	18:17.4	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
6. Eva Rethmeier	18:24.3	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
7. Maddy Parrone	18:50.9	UC Riverside Invitational (Riverside, Calif.)	Sept. 21, 2024
8. Melanie Falkowski	18:52.4	UC Riverside Invitational (Riverside, Calif.)	Sept. 21, 2024
9. Isabella Fauria	18:57.7	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
10. Presley Bennett	18:59.0	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. Sara Jones	17:53.1	UC Riverside Invitational (Riverside, Calif.)	Sept. 21, 2024
3. Samantha Wood	17:54.5	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
4. Emily Van Valkenburg	17:58.9	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
5. Maddie Heller	18:17.4	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
6. Eva Rethmeier	18:24.3	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
7. Maddy Parrone	18:50.9	UC Riverside Invitational (Riverside, Calif.)	Sept. 21, 2024
8. Melanie Falkowski	18:52.4	UC Riverside Invitational (Riverside, Calif.)	Sept. 21, 2024
9. Isabella Fauria	18:57.7	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024
10. Presley Bennett	18:59.0	Mark Covert Classic (Fullerton, Calif.)	Aug. 31, 2024

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

Athlete	Time	Meet	Date/Year
1. Samantha Wood	22:31.8	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
2. Emily Van Valkenburg	22:39.6	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
3. Vanessa Cabello	23:07.9	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
4. Maddie Heller	23:11.9	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
5. Eva Rethmeier	23:21.3	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
6. Lauren Harper	24:37.5	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
7. Presley Bennett	25:09.4	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
8. Isabella Fauria	25:36.5	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
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### Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date/Year
1. Samantha Wood	22:31.8	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
2. Emily Van Valkenburg	22:39.6	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
3. Vanessa Cabello	23:07.9	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
4. Maddie Heller	23:11.9	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
5. Eva Rethmeier	23:21.3	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
6. Lauren Harper	24:37.5	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
7. Presley Bennett	25:09.4	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
8. Isabella Fauria	25:36.5	Roy Griak Invitational (Falcon Heights, Minn.)	Sept. 20, 2024
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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 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