



SAN DIEGO STATE AZTECS

2018 Cross Country Notes

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Schedule/Results

September

1	Mark Covert Classic (5K) Brea, Calif. (Carbon Canyon Regional Park)	8th/14
15	UC Riverside Invitational (6K) Riverside, Calif. (UCR Ag Ops Course)	7th/21
29	Capital Cross Challenge (6K) Sacramento, Calif.. (Haggin Oaks Golf Complex)	11th/26

October

13	Highlander Invitational (5K) Riverside, Calif. (UCR Ag Ops Course)
26	Mountain West Championships (6K) San Diego, Calif. (Morley Field)

November

10	NCAA West Regional (6K) Sacramento, Calif. (Haggin Oaks Golf Complex)
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Roster

Name	Year	Hometown (Last School)
Carina Bosse	Freshman	Winters, Calif. (Winters HS)
Paige Comiso	Freshman	San Jose, Calif. (Presnetation HS)
Caitlyn Couch	Freshman	La Crescenta, Calif. (Crescenta Valley HS)
Marissa D'Atri	Freshman	Martinez, Calif. (Alhambra HS)
Isabelle Davis	Freshman	San Diego, Calif. (Del Norte HS)
Alize Hartke	Freshman	Roseville, Calif. (Oakmont HS)
Maro Kapetani	Freshman	Athens, Greece (Campion International School)
Renee Laurenzana	Freshman	Escondido, Calif. (San Pasqual HS)
Carlene Masar	Freshman	Jamul, Calif. (Steele Canyon HS)
Nyjari McNeil	Freshman	Reistertown, Md. (Franklin HS)
Natalie Medina	Freshman	Spring Valley, Calif. (Bonita Vista HS)
Mackenzie Mora	Sophomore	Clovis, Calif. (Buchanan HS)
Renee Phillips	Sophomore	San Diego, Calif. (Coronado HS)
Natalie Regalado	Freshman	Lake Forest, Calif. (Trabuco Hills)
Sakura Roberson	Sophomore	San Diego, Calif. (La Jolla HS)
Danielle Scott	Sophomore	Long Beach, Calif. (Poly HS)
Naomi Smitham	Freshman	San Diego, Calif. (Canyon Crest Academy)
Angela Wilson	Senior	Lancaster, Calif. (Antelope Valley College)

Head Coach: Shelia Burrell (UCLA, 1995), 10th season

Assistant Coach: Robert Lusitana (San Diego State, 1982), 2nd season

Meet Week Preview

Highlander Invitational (5K)

Saturday, Oct. 12 | 8:40 a.m. PT | UCR Agricultural Operations Course | Riverside, Calif.

The San Diego State cross country team heads back to UC Riverside for the Highlander Invitational this Saturday. The Aztecs raced on this course a month ago, running a 6k in the UC Riverside Invitational on Sept. 15, where they took seventh out of 21 teams.

This time SDSU will be running a 5k, which begins 8:40 a.m. Live results will be available on GoAztecs.com. The UC Riverside course is mostly flat with a few rolling hills, and hard packed dirt with pre-competition watering to reduce dust. It is run through the agricultural operations center which features 100-year-old citrus trees.

A record 15 Aztecs will be competing in this meet. Paige Comiso, Caitlyn Couch, Marissa D'Atri, Isabelle Davis, Alize Hartke, Renee Laurenzana, Carlene Masar, Nyjari McNeil, Natalie Medina, Renee Phillips, Natalie Regalado, Sakura Roberson, Danielle Scott, Naomi Smitham, and Angela Wilson.

Last Time Out

The Aztecs finished in 11th place (out of 26 teams) at the Capital Cross Challenge 6k two weeks ago. They finished in seventh among 14 DI schools.

Carlene Masar was the Aztecs' top finisher, clocking in at 22:30.0, good for 51st place. The rest of the Aztecs' top five consisted of: Paige Comiso (61st; 22:42.2), Renee Laurenzana (68th; 22:48.9), Alize Hartke (72nd; 22:52.0) and Marissa D'Atri (78th; 22:55.9).

"Carlene Masar and Paige Comiso continue to turn in solid performances each race and are only getting stronger as the season progresses," Coach Robert Lusitana said.

Also competing for the Aztecs was Caitlyn Couch (129th; 23:38.5), SDSU's top runner in the last meet, and Natalie Regalado (193rd; 23:42.9).

There were also four Aztecs who competed unattached at the Masters University XC Invitational 5k in Santa Clarita, Calif.: Renee Phillips (61st; 19:31.6), Isabelle Davis (72nd; 19:49.7), Natalie Medina (80th; 19:59.1) and Naomi Smitham (113th; 20:38.8).

Aztec Storylines

- San Diego State has run the 5K Agricultural Operations Course Course nine times since it was laid out in 2003. Their best finish came in 2015 when took first place with a team time of 1:28.43.7, led by Elaine Ribeiro (17:31.7). Last year, the Aztecs took 7th and were led by Lily Seynaeve (17:37.8).
- Four Aztecs will be making their season debut on Saturday: Nyjari McNeil, Sakura Roberson, Danielle Scott, and Angela Wilson. It will be the first collegiate competition for McNeil, a highly-recruited track star.
- Sophomore Renee Phillips ran her first race of the season two weeks ago, pacing the four unattached runners at the Master's University Invite 5k with a time of 19:31.6, good for 61st.
- The Aztecs have had a spread of less than 30 seconds among their top five runners in all three races this season.

2018 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 3	~ Mark Covert Classic (5K) <i>Top Five: Hartke, Masar, Comiso, Couch, D'Atri</i>	8th /14	21.7	57.8	Alize Hartke (19:00.0)
Sept. 15	! UC Riverside Invitational (6K) <i>Top Five: Couch, Masar, Laurenzana, Comiso, D'Atri</i>	7th/21	29.6	1:32.0	Caitlyn Couch (21:46.6)
Sept. 29	# Capital Cross Challenge (6K) <i>Top Five: Masar, Comiso, Laurenzana, Hartke, D'Atri</i>	11th/26	25.0	2.12	Carlene Masar (22:30.0)
Oct. 13	\$ Highlander Invitational (5K)				
Oct. 13	@ Wisconsin Pre-Nationals (5K)				
Oct. 26	% Mountain West Championships (6K)				
Nov. 10	^ NCAA West Regional (6K)				

~ Mark Covert Classic at Carbon Canyon Regional Park in Brea, Calif.

! UC Riverside Invitational at UCR Agricultural Operations Course in Riverside, Calif.

Capital Cross Challenge at Haggin Oaks Golf Complex in Sacramento, Calif.

\$ Highlander Invitational at UCR Agricultural Operations Course in Riverside, Calif.

@ Wisconsin Pre-Nationals at Zimmer Championship Course in Verona, Wisc.

% Mountain West Championships at Morley Field in San Diego, Calif.

^ NCAA West Regional at Haggin Oaks Golf Complex in Sacramento, Calif.

2018 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Paige Comiso (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	65th/163	19:10.4
Sept. 15	Riverside Invitational 6K	60th/160	22:09.4
Sept. 29	Capital Cross Challenge 6K	61st/251	22:42.2

Collegiate Career Best: 5K - 19:10.4; 6K - 22:09.4

Caitlyn Couch (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	67th/163	19:03.7
Sept. 15	Riverside Invitational 6K	41st/160	21:46.6
Sept. 29	Capital Cross Challenge 6K	129th/251	23:38.5

Collegiate Career Best: 5K - 19:13.7; 6K - 21:46.6

Marissa D'Atri (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	71th/163	19:21.7
Sept. 15	Riverside Invitational 6K	67th/170	22:16.2
Sept. 29	Capital Cross Challenge 6K	78th/251	22:55.9

Collegiate Career Best: 5K - 19:21.7; 6K - 22:16.2

Isabelle Davis (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	98th/163	19:57.8
Sept. 15	Riverside Invitational 6K	133rd/170	23:51.1
Sept. 29	Master's University XC Invite 5K	72nd/202	19:49.7

Collegiate Career Best: 5K - 19:49.7; 6K - 23:51.1

Alize Hartke (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	55th/163	19:00.0
Sept. 15	Riverside Invitational 6K	96th/170	22:43.2
Sept. 29	Capital Cross Challenge 6K	72nd/251	22:52.0

Collegiate Career Best: 5K - 19:00.0; 6K - 22:43.2

Renee Laurenzana (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	82nd/163	19:38.7
Sept. 15	Riverside Invitational 6K	50th/170	21:56.0
Sept. 29	Capital Cross Challenge 6K	68th/251	22:48.9

Collegiate Career Best: 5K - 19:38.7; 6K - 21:56.0

Carlene Masar (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	61st/163	19:03.0
Sept. 15	Riverside Invitational 6K	42nd/170	21:47.0
Sept. 29	Capital Cross Challenge 6K	51st/251	22:30.0

Collegiate Career Best: 5K - 19:03.4; 6K - 21:47.0

Natalie Medina (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	141st/163	21:05.7
Sept. 15	Riverside Invitational 6K	146th/160	24:15.2
Sept. 29	Master's University XC Invite 5K	80th/202	19:59.1

Collegiate Career Best: 5K - 19:59.1; 6K - 24:15.2

Mackenzie Mora (So.)

Collegiate Career Best: 5K - 18:28; 6K - 22:01.8

Renee Phillips (So.)

Sept. 29	Master's University XC Invite 5K	61st/202	19:31.6
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Collegiate Career Best: 5K - 18:52.8; 6K - 23:08.5

Natalie Regalado (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	115th/163	20:17.1
Sept. 15	Riverside Invitational 6K	118th/170	23:18.6
Sept. 29	Capital Cross Challenge 6K	193rd/251	24:42.9

Collegiate Career Best: 5K - 20:17.1; 6K - 23:18.6

Naomi Smitham (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Mark Covert Classic 5K	144th/163	21:10.8
Sept. 29	Master's University XC Invite 5K	113th/202	20:38.8

Collegiate Career Best: 5K - 20:38.8; 6K - N/A

2018 AZTEC CROSS COUNTRY TOP-10 TIMES

2018 Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Alize Hartke	19:00.0	Mark Covert Classic (Brea, Calif.)	Sept. 1
2. Carlene Masar	19:03.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
3. Paige Comiso	19:10.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
4. Caitlyn Couch	19:13.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
5. Marissa D'Atri	19:21.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
6. Renee Phillips	19:31.6	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29
7. Renee Laurenzana	19:38.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
8. Isabelle Davis	19:49.7	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29
9. Isabelle Davis	19:57.8	Mark Covert Classic (Brea, Calif.)	Sept. 1
10. Natalie Medina	19:59.1	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29

2018 Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Alize Hartke	19:00.0	Mark Covert Classic (Brea, Calif.)	Sept. 1
2. Carlene Masar	19:03.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
3. Paige Comiso	19:10.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
4. Caitlyn Couch	19:13.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
5. Marissa D'Atri	19:21.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
6. Renee Phillips	19:31.6	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29
7. Renee Laurenzana	19:38.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
8. Isabelle Davis	19:49.8	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29
9. Natalie Medina	19:59.1	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29
10. Natalie Regalado	20:17.1	Mark Covert Classic (Brea, Calif.)	Sept. 1

2018 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Caitlyn Couch	21:46.6	Riverside Invitational (Riverside, Calif.)	Sept. 15
2. Carlene Masar	21:47.0	Riverside Invitational (Riverside, Calif.)	Sept. 15
3. Renee Laurenzana	21:56.0	Riverside Invitational (Riverside, Calif.)	Sept. 15
4. Paige Comiso	22:09.4	Riverside Invitational (Riverside, Calif.)	Sept. 15
5. Marissa D'Atri	22:16.2	Riverside Invitational (Riverside, Calif.)	Sept. 15
6. Carlene Masar	22:30.0	Capital Cross Challenge (Sacramento, Calif.)	Sept. 29
7. Paige Comison	22:42.2	Capital Cross Challenge (Sacramento, Calif.)	Sept. 29
8. Alize Hartke	22:43.2	Riverside Invitational (Riverside, Calif.)	Sept. 15
9. Renee Laurenzana	22:48.9	Capital Cross Challenge (Sacramento, Calif.)	Sept. 29
10. Alize Hartke	22:52.0	Capital Cross Challenge (Sacramento, Calif.)	Sept. 29

2018 Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date
1. Caitlyn Couch	21:46.6	Riverside Invitational (Riverside, Calif.)	Sept. 15
2. Carlene Masar	21:47.0	Riverside Invitational (Riverside, Calif.)	Sept. 15
3. Renee Laurenzana	21:56.0	Riverside Invitational (Riverside, Calif.)	Sept. 15
4. Paige Comiso	22:09.4	Riverside Invitational (Riverside, Calif.)	Sept. 15
5. Marissa D'Atri	22:16.2	Riverside Invitational (Riverside, Calif.)	Sept. 15
6. Alize Hartke	22:43.2	Riverside Invitational (Riverside, Calif.)	Sept. 15
7. Natalie Regalado	23:18.6	Riverside Invitational (Riverside, Calif.)	Sept. 15
8. Isabelle Davis	23:51.1	Riverside Invitational (Riverside, Calif.)	Sept. 15
9. Natalie Medina	24:15.2	Riverside Invitational (Riverside, Calif.)	Sept. 15

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. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982

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. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
7. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
8. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005
10. Eric Sherman	17:35.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982

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

Athlete	Time	Meet	Date/Year
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
5. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
7. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015
10. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010

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

Athlete	Time	Meet	Date/Year
1. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
2. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
3. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
4. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
5. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
6. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
7. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
8. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
9. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013
10. Laura Vazquez	21:40.0	NCAA West Regional (Seattle, Wash.)	Nov. 9, 2012