



SAN DIEGO STATE AZTECS

2018 Cross Country Notes

Ben Pearson (Primary Contact)
 Assistant Media Relations Director
Office Phone Number: (619) 594-5549
E-Mail Address: ben.pearson@sdsu.edu
News Release Date: November 7, 2018

SDSU Official Athletics Website: goaztecs.com
SDSU Official Athletics Twitter: @GoAztecs
SDSU Official Athletics Instagram: @GoAztecs
SDSU Official Athletics Facebook: facebook.com/goaztecs
SDSU Official Athletics YouTube: youtube.com/goaztecs.com

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)	9th/22
26	Mountain West Championships (6K) San Diego, Calif. (Morley Field)	10th/11

November

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

Roster

Name	Year	Hometown (Last School)
Carina Bosse	Freshman	Winters, Calif. (Winters HS)
Paige Comiso	Freshman	San Jose, Calif. (Presentation 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 Regaldo	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

NCAA West Regional Championships (6K)

Friday, Nov. 9 | 11:00 a.m. PT | Arcade Creek 6k Course at Haggin Oaks Golf Course | Sacramento, Calif.

Media Coverage: FloSports (Subscription required)

The San Diego State cross country team will compete in the NCAA West Regional Championships (6k) this Friday at Haggin Oaks Golf Course in Sacramento, Calif.

The course uses nine holes of the complex's Arcade Creek golf course following an outer and inner horseshoe design. Almost all of the running on the flat course will occur on well-maintained fairway.

The Aztecs competed on this course September 29 for the Capital Cross Challenge, taking 11th out of 26 teams and seventh among 14 DI programs. Carlene Masar, who missed the Aztecs last race with an injury, was the top SDSU runner in that race with a time of 22:30. Paige Comiso (22:42.2), Renee Laurenzana (22:48.9), Alize Hartke (22:52.0) and Marissa D'Atri (22:55.9) made up the Aztec top five.

Last Time Out

The Aztecs competed at the Mountain West cross country championships at Morley Field in Balboa Park on Oct. 26. The Aztecs finished in tenth place out of 11 teams and were led by Renee Laurenzana.

Eight of the nine Aztecs runners were freshmen and they were without one of their top runners, Carlene Masar, who sat out due to injury.

"I'm proud of the team and their effort today," Coach Robert Lusitana said after the race. "This is the first collegiate championship race for the majority of them and we have one of the toughest cross country conferences in the nation. They are a young team that is still learning, and this race was a valuable experience for them."

Racing on a challenging and hilly course, Renee Laurenzana paced the Aztecs with a time of 23:16.0, good for 59th place. She became the fifth different Aztec runner to be the team's top finisher.

"Our team has incredible depth." Lusitana explained. "Our spread has been small all year long, which is a good sign for the future. Most of our freshmen are running much faster than they did in high school, which is encouraging."

Behind Laurenzana was Marissa D'Atri who was leading the Aztecs for much of the race. She finished in 66th place (23:34.8). The rest of the Aztecs' top five consisted of Paige Comiso (72nd; 23:52.5), Alize Hartke (73rd; 23:56.0) and Renee Phillips (79th; 23:34.5). Other Aztec runners included: Natalie Regalado (82nd; 25:15.0), Isabelle Davis (85th; 25:32.1), Natalie Medina (89th; 26:20.5) and Caitlyn Couch (89th; 26:34.1), who was battling an injury.

Aztec Storylines

- The Aztecs have had a different top finisher in all five of their races so far this season.
- Paige Comiso and Marisa D'Atri are the only two Aztecs to finish among the team's top five in all five 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:</i> Hartke, Masar, Comiso, Couch, D'Atri	8th /14	21.7	57.8	Alize Hartke (19:00.0)
Sept. 15	! UC Riverside Invitational (6K) <i>Top Five:</i> Couch, Masar, Laurenzana, Comiso, D'Atri	7th/21	29.6	1:32.0	Caitlyn Couch (21:46.6)
Sept. 29	# Capital Cross Challenge (6K) <i>Top Five:</i> Masar, Comiso, Laurenzana, Hartke, D'Atri	11th/26	25.0	2:12.9	Carlene Masar (22:30.0)
Oct. 13	\$ Highlander Invitational (5K) <i>Top Five:</i> D'Atri, Hartke, Comiso, Laurenzana, Phillips	9th/22	58.6	1:29.4	Marissa D'Atri (18:07.0)
Oct. 26	% Mountain West Championships (6K) <i>Top Five:</i> Laurenzana, D'Atri, Comiso, Hartke, Phillips	10th/11	18.5	3:18.1	Renee Laurenzana (23:16.0)

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.

% 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
Oct. 13	Highlander Invitational 5K	51st/251	18:22.1
Oct. 26	Mountain West Championships 6K	72nd/91	23:52.5

Collegiate Career Best: 5K - 18:22.1; 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
Oct. 26	Mountain West Championships 6K	89th/91	26:34.1

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
Oct. 13	Highlander Invitational 5K	36th/251	18:07.0
Oct. 26	Mountain West Championships 6K	66th/91	23:34.8

Collegiate Career Best: 5K - 18:07.0; 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
Oct. 13	Highlander Invitational 5K	138th/251	20:01.2
Oct. 26	Mountain West Championships 6K	85th/91	25:32.0

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
Oct. 13	Highlander Invitational 5K	39th/251	18:11.3
Oct. 26	Mountain West Championships 6K	73rd/91	23:56.0

Collegiate Career Best: 5K - 18:11.3; 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
Oct. 13	Highlander Invitational 5K	56th/251	18:27.9
Oct. 26	Mountain West Championships 6K	59th/91	23:16.0

Collegiate Career Best: 5K - 18:27.9; 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

Nyari McNeil (Fr.)

Date	Meet (Distance)	Finish	Time
Oct. 13	Highlander Invitational 5K	151st/251	20:15.3

Collegiate Career Best: 5K - 20:15.3; 6K - N/A

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
Oct. 13	Highlander Invitational 5K	121st/251	19:36.4
Oct. 26	Mountain West Championships 6K	87th/91	26:20.5

Collegiate Career Best: 5K - 19:36.4; 6K - 24:15.2

Mackenzie Mora (So.)

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

Renee Phillips (So.)

Date	Meet (Distance)	Finish	Time
Sept. 29	Master's University XC Invite 5K	61st/202	19:31.6
Oct. 13	Highlander Invitational 5K	83rd/251	18:58.7
Oct. 26	Mountain West Championships 6K	79th/91	23:34.5

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
Oct. 13	Highlander Invitational 5K	104th/251	19:21.0
Oct. 26	Mountain West Championships 6K	82nd/91	25:15.5

Collegiate Career Best: 5K - 19:21.0; 6K - 23:18.6

Sakura Roberson (So.)

Date	Meet (Distance)	Finish	Time
Oct. 13	Highlander Invitational 5K	202nd/251	21:48.4

Collegiate Career Best: 5K - 21:48.4; 6K - 29:50.5

Danielle Scott (So.)

Date	Meet (Distance)	Finish	Time
Oct. 13	Highlander Invitational 5K	223rd/251	22:55.5

Collegiate Career Best: 5K - 22:55.5; 6K - N/A

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
Oct. 13	Highlander Invitational 5K	175th/251	20:52.5

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

Angela Wilson (Sr.)

Date	Meet (Distance)	Finish	Time
Oct. 13	Highlander Invitational 5K	174th/251	20:51.2

Collegiate Career Best: 5K - 20:51.2; 6K - N/A

2018 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
1. Marissa D'Atri	18:07.0	Highlander Invitational (Riverside, Calif.)	Oct. 13
2. Alize Hartke	18:11.3	Highlander Invitational (Riverside, Calif.)	Oct. 13
3. Paige Comiso	18:22.1	Highlander Invitational (Riverside, Calif.)	Oct. 13
4. Renee Laurenzana	18:27.9	Highlander Invitational (Riverside, Calif.)	Oct. 13
5. Renee Phillips	18:58.7	Highlander Invitational (Riverside, Calif.)	Oct. 13
6. Alize Hartke	19:00.0	Mark Covert Classic (Brea, Calif.)	Sept. 1
7. Carlene Masar	19:03.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
9. Paige Comiso	19:10.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
9. Caitlyn Couch	19:13.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
10. Natalie Regalado	19:21.0	Highlander Invitational (Riverside, Calif.)	Oct. 13

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

Athlete	Time	Meet	Date
1. Marissa D'Atri	18:07.0	Highlander Invitational (Riverside, Calif.)	Oct. 13
2. Alize Hartke	18:11.3	Highlander Invitational (Riverside, Calif.)	Oct. 13
3. Paige Comiso	18:22.1	Highlander Invitational (Riverside, Calif.)	Oct. 13
4. Renee Laurenzana	18:27.9	Highlander Invitational (Riverside, Calif.)	Oct. 13
5. Renee Phillips	18:58.7	Highlander Invitational (Riverside, Calif.)	Oct. 13
6. Carlene Masar	19:03.4	Mark Covert Classic (Brea, Calif.)	Sept. 1
7. Caitlyn Couch	19:13.7	Mark Covert Classic (Brea, Calif.)	Sept. 1
8. Natalie Regalado	19:21.0	Highlander Invitational (Riverside, Calif.)	Oct. 13
9. Isabelle Davis	19:49.8	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29
10. Natalie Medina	19:59.1	Master's University XC Invite (Santa Clarita, Calif.)	Sept. 29

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. Renee Phillips	23:34.5	MW Championships (San Diego, Calif.)	Oct. 26
9. Isabelle Davis	23:51.1	Riverside Invitational (Riverside, Calif.)	Sept. 15
10. 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