



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: August 30, 2018

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SDSU Official Athletics Twitter: @GoAztecs
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Schedule/Results

September

- 1 Mark Covert Classic (5K)
Brea, Calif. (Carbon Canyon Regional Park)
- 15 UC Riverside Invitational (6K)
Riverside, Calif. (UCR Ag Ops Course)
- 29 Capital Cross Challenge (6K)
Sacramento, Calif.. (Haggin Oaks Golf Complex)

October

- 13 Highlander Invitational (5K)
Riverside, Calif. (UCR Ag Ops Course)
- 13 Wisconsin Pre-Nationals (6K)
Verona, Wisc. (Zimmer Championship Course)
- 26 Mountain West Championships (6K)
San Diego, Calif. (Morley Field)

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. (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 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

Mark Covert Classic (5K)

Saturday, Sept. 1 | 9:15 a.m. PT | Carbon Canyon Regional Park | Brea, Calif.

The San Diego State cross country team begins their 2018 season this Saturday when they compete in the annual Mark Covert Classic (5K) at Carbon Canyon Regional Park in Brea, Calif.

This year's squad features 13 freshmen, giving the Aztecs a whole new look. Sophomore Mackenzie Mora and Renee Philips are the only returners who raced in at least five competitions last year.

"It is a really unusual situation to have that many new girls," Head Coach Robert Lusitana explained. "It is a good opportunity for them to set the tone and establish a winning culture and all the traditions that go along with it."

The team spent the past week training at Mammoth Lakes, giving the Aztecs a chance to run at elevation and to bond as a team.

"I decided to that make this a great program, which is my goal and the girls' goal, we need to do whatever other programs do, which is train at altitude in the preseason," Lusitana said. "The girls really enjoyed it, they worked hard and I think they got a lot out of it. They are all new and they are all the top girls from their high school so they have to come in and meld as a team. This next month will be interesting to see how they jell and start working together."

The field of teams is the largest it has ever been at the Mark Covert Classic, with nearly 700 entries. That list includes Arizona State, Cal Poly, CSUN, Long Beach State, Loyola Marymount, Pepperdine, UC Davis, UC Irvine, UC Riverside, UC Santa Barbara and others.

Last year there were only four DI schools participating with the Aztecs taking third to edge out the University of San Diego.

"I want to see them run together as a team," Lusitana stated. "I want them to be competitive and worry more about beating girls on the other team than where their position is on our team. That's our goal for this weekend."

2017 AZTEC CROSS COUNTRY TEAM RESULTS

| Date | Meet (Distance) | Finish | Spread (Top 5) | Spread (Top 7) | Top Finisher |
|----------|---|-----------------|----------------|----------------|--------------------------|
| Sept. 2 | ~ Mark Covert Classic (5K) <i>Top Five: Seynaeve, Flores, Phillips, Mora, Calain</i> | 3rd / 4 teams | 2:22.2 | N/A | Lily Seynaeve (18:51.6) |
| Sept. 16 | ! UC Riverside Invitational (6K) <i>Top Five: Seynaeve, Mora, Flores, Phillips, Calain</i> | 12th / 17 teams | 2:21.2 | N/A | Lily Seynaeve (21:30.0) |
| Sept. 23 | @ UNLV Invitational (5K) <i>Top Five: Seynaeve, Mora, Flores, Calain, Phillips</i> | 5th / 5 teams | 1:31 | N/A | Lily Seynaeve (18:03) |
| Sept. 30 | # Capital Cross Challenge (6K) <i>Top Five: Seynaeve, Flores, Phillips, Calain, Mora</i> | 9th / 14 teams | 2:10.1 | N/A | Lily Seynaeve (21:32.0) |
| Oct. 14 | \$ Highlander Invitational (5K) <i>Top Five: Seynaeve, Mora, Phillips, Flores, Calain</i> | 7th / 11 teams | 1:51.4 | N/A | Lily Seynaeve (17:37.8) |
| Oct. 28 | % Mountain West Championships (6K) <i>Top Three: Seynaeve, Flores, Calain</i> | NTS / 11 teams | 2:49.45 | N/A | Lily Seynaeve (22:45.95) |
| Nov. 10 | ^ NCAA West Regional (6K) <i>Top Three: Seynaeve, Calain, Flores</i> | 34th / 36 teams | 9:51.2 | N/A | Lily Seynaeve (21:33.7) |

~ Mark Covert Classic at Cal State Fullerton in Brea, Calif.

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

@ UNLV Invitational at Craig Ranch Regional Park in Las Vegas, Nev.

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 UNM North Golf Course in Albuquerque, N.M.

^ NCAA West Regional at Jefferson Golf Course in Seattle, Wash.

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 | 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 | 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 | 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 |

2017 AZTEC CROSS COUNTRY TOP-10 TIMES

2017 Top-10 Times -- 5K (With Replacement)

| Athlete | Time | Meet | Date |
|--------------------------|-------------|-------------------------|-------------|
| 1. Lily Seynaeve (Sr.) | 17:37.8 | Highlander Invitational | Oct. 14 |
| 2. Lily Seynaeve (Sr.) | 18:03 | UNLV Invitational | Sept. 23 |
| 3. Mackenzie Mora (Fr.) | 18:28 | UNLV Invitational | Sept. 23 |
| 4. Lily Seynaeve (Sr.) | 18:51.6 | Mark Covert Classic | Sept. 22 |
| 5. Renee Phillips (Fr.) | 18:52.8 | Highlander Invitational | Oct. 14 |
| 6. Cindy Flores (Sr.) | 19:01.2 | Highlander Invitational | Oct. 14 |
| 7. Cindy Flores (Sr.) | 19:12 | UNLV Invitational | Sept. 23 |
| 8. Chrissy Calain (Jr.) | 19:26 | UNLV Invitational | Sept. 2 |
| 9. Chrissy Calain (Jr.) | 19:29.2 | Highlander Invitational | Oct. 14 |
| 10. Renee Phillips (Fr.) | 19:34 | UNLV Invitational | Sept. 23 |

2017 Top-10 Times -- 5K (Without Replacement)

| Athlete | Time | Meet | Date |
|-------------------------|-------------|-------------------------|-------------|
| 1. Lily Seynaeve (Sr.) | 17:37.8 | Highlander Invitational | Oct. 14 |
| 2. Mackenzie Mora (Fr.) | 18:28 | UNLV Invitational | Sept. 23 |
| 3. Renee Phillips (Fr.) | 18:52.8 | Highlander Invitational | Oct. 14 |
| 4. Cindy Flores (Sr.) | 19:01.2 | Highlander Invitational | Oct. 14 |
| 5. Chrissy Calain (Jr.) | 19:26 | UNLV Invitational | Sept. 23 |

2017 Top-10 Times -- 6K (With Replacement)

| Athlete | Time | Meet | Date |
|--------------------------|-------------|---------------------------|-------------|
| 1. Lily Seynaeve (Sr.) | 21:30.0 | UC Riverside Invitational | Sept. 16 |
| 2. Lily Seynaeve (Sr.) | 21:32.0 | Capital Cross Challenge | Sept. 30 |
| 3. Mackenzie Mora (Fr.) | 22:01.8 | UC Riverside Invitational | Sept. 16 |
| 4. Cindy Flores (Sr.) | 22:17.6 | UC Riverside Invitational | Sept. 16 |
| 5. Renee Phillips (Fr.) | 23:08.5 | UC Riverside Invitational | Sept. 16 |
| 6. Cindy Flores (Sr.) | 23:27.3 | Capital Cross Challenge | Sept. 30 |
| 7. Renee Phillips (Fr.) | 23:30.3 | Capital Cross Challenge | Sept. 30 |
| 8. Chrissy Calain (Jr.) | 23:13.5 | NCAA West Regional | Nov. 10 |
| 9. Mackenzie Mora (Fr.) | 23:42.1 | Capital Cross Challenge | Sept. 30 |
| 10. Chrissy Calain (Jr.) | 23:40.7 | Capital Cross Challenge | Sept. 30 |

2017 Top-10 Times -- 6K (Without Replacement)

| Athlete | Time | Meet | Date |
|-------------------------|-------------|---------------------------|-------------|
| 1. Lily Seynaeve (Sr.) | 21:30.0 | UC Riverside Invitational | Sept. 16 |
| 2. Mackenzie Mora (Fr.) | 22:01.8 | UC Riverside Invitational | Sept. 16 |
| 3. Cindy Flores (Sr.) | 22:17.6 | UC Riverside Invitational | Sept. 16 |
| 4. Renee Phillips (Fr.) | 23:08.5 | UC Riverside Invitational | Sept. 16 |
| 5. Chrissy Calain (Jr.) | 23:13.5 | NCAA West Regionals | Nov. 10 |

2017 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Chrissy Calain (Jr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|-----------|----------|
| Sept. 2 | Mark Covert Classic 5K | 34th/54 | 21:13.8 |
| Sept. 16 | UC Riverside Invitational 6K | 159th/191 | 23:51.2 |
| Sept. 23 | UNLV Invitational 5K | 35th/66 | 19:26 |
| Sept. 30 | Capital Cross Challenge 6K | 82nd/111 | 23:40.7 |
| Oct. 14 | Highlander Invitational 5K | 73rd/103 | 19:29.2 |
| Oct. 27 | Mountain West Championships 6K | 81st/83 | 25:44.50 |
| Nov. 10 | NCAA West Regional 6K | 205th/241 | 23:13.5 |

Collegiate Career Best: 5K - 19:26; 6K - 21:17.96

Cindy Flores (Sr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|-----------|----------|
| Sept. 2 | Mark Covert Classic 5K | 16th/54 | 19:43.2 |
| Sept. 16 | UC Riverside Invitational 6K | 159th/191 | 22:17.6 |
| Sept. 23 | UNLV Invitational 5K | 32nd/66 | 19:12 |
| Sept. 30 | Capital Cross Challenge 6K | 75th/111 | 23:27.3 |
| Oct. 14 | Highlander Invitational 5K | 60th/103 | 19:01.2 |
| Oct. 27 | Mountain West Championships 6K | 78th/83 | 24:42.16 |
| Nov. 10 | NCAA West Regional 6K | 228th/241 | 24:08.0 |

Collegiate Career Best: 5K - 18:43; 6K - 21:51.0

Mackenzie Mora (Fr.)

| Date | Meet (Distance) | Finish | Time |
|----------|------------------------------|----------|---------|
| Sept. 2 | Mark Covert Classic 5K | 22nd/54 | 19:54.4 |
| Sept. 16 | UC Riverside Invitational 6K | 88th/191 | 22:01.8 |
| Sept. 23 | UNLV Invitational 5K | 14th/66 | 18:28 |
| Sept. 30 | Capital Cross Challenge 6K | 83rd/111 | 23:42.1 |
| Oct. 14 | Highlander Invitational 5K | 46th/103 | 18:43.1 |

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

Renee Phillips (Fr.)

| Date | Meet (Distance) | Finish | Time |
|----------|------------------------------|-----------|---------|
| Sept. 2 | Mark Covert Classic 5K | 18th/54 | 19:44.5 |
| Sept. 16 | UC Riverside Invitational 6K | 141st/191 | 23:08.5 |
| Sept. 23 | UNLV Invitational 5K | 37th/66 | 19:34 |
| Sept. 30 | Capital Cross Challenge 6K | 80th/111 | 23:30.3 |
| Oct. 14 | Highlander Invitational 5K | 53rd/103 | 18:52.8 |
| Nov. 10 | NCAA West Regional 6K | 229th/241 | 24:09.3 |

Collegiate Career Best: 5K - 18:52.8; 6K - 23:08.5

Lily Seynaeve (Sr.)

| Date | Meet (Distance) | Finish | Time |
|----------|--------------------------------|----------|----------|
| Sept. 2 | Mark Covert Classic 5K | 7th/54 | 18:51.6 |
| Sept. 16 | UC Riverside Invitational 6K | 55th/191 | 21:30.0 |
| Sept. 23 | UNLV Invitational 5K | 8th/66 | 18:03 |
| Sept. 30 | Capital Cross Challenge 6K | 17th/111 | 21:32.0 |
| Oct. 14 | Highlander Invitational 5K | 9th/103 | 17:37.8 |
| Oct. 28 | Mountain West Championships 6K | 53rd/83 | 22:45.96 |
| Nov. 10 | NCAA West Regionals 6K | 94th/241 | 21:33.7 |

Collegiate Career Best: 5K - 17:37.8; 6K - 21:30.0