



SAN DIEGO STATE AZTECS

2018 Cross Country Notes

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News Release Date: September 13, 2018

SDSU Official Athletics Website: goaztecs.com
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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

UC Riverside Invitational (6K)

Saturday, Sept. 15 | 7:30 a.m. PT | UCR Agricultural Operations Course | Riverside, Calif.

The San Diego State cross country team heads to Riverside, Calif. on Saturday to compete in the annual UCR Invitational. The 6k race begins at 7:30 a.m. and results will be available on the Finished Results app as well on GoAztecs.com. The UC Riverside course is mostly flat with a few rolling hills, winding through orange groves and eucalyptus trees. It has hard-packed dirt with pre-competition watering to reduce dust. Nine Aztecs will be competing: Paige Comiso, Caitlyn Couch, Marissa D'Atri, Isabelle Davis, Alize Hartke, Renee Laurenzana, Carlene Masar, Natalie Medina, and Natalie Regalado.

Last Time Out

The Aztecs opened up the season by finishing eighth out of 14 in the Mark Covert Classic 5k in Brea, Calif. Alize Hartke was the top Aztec, finishing in 19 minutes flat, good for 55th place (out of 163 athletes). Head Coach Robert Lusitana praised the young team's effort, "The team performed well for their first meet. All the ladies competed fiercely against the steep competition. Alize Hartke did an exceptional job moving up throughout the race to be our first finisher. Caitlyn Couch was courageous and pulled the team out, setting the pace for the Aztecs early. The top five women worked well together."

Aztec Storylines

- The Aztecs have been running in this meet since 2003, but have only been running the 6k event since 2014. The SDSU course record for the 6k is held by Christine Kent, who finished in 20:47.8 in 2016. Lily Seynaeve was the Aztecs' top finisher last year with a time of 21:30.0 and SDSU took 12th place out of 17 teams.
- Like their last race, all SDSU runners competing Saturday will be freshmen, meaning this will be the first 6k of their college careers.
- The Aztecs will be returning to Riverside again October 13th for the Highlander Invitational.
- In their last race, the Aztecs' top finishers all crossed the finish line within 22 seconds of each other. Alize Hartke paced SDSU, finishing in 19:00.0. Not far behind her was Carlene Masar, who crossed the finish line in 19:03.4 (61st place). The rest of the Aztecs' top five consisted of Paige Comiso (19:10.4; 65th), Caitlyn Couch (19:13.7; 67th) and Marissa D'Atri (19:21.7; 71st).

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)				
Sept. 29	# Capital Cross Challenge (6K)				
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.

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

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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