



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)	

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)
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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 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

Capital Cross Challenge (6K)

Saturday, Sept. 29 | 10:30 a.m. PT | Arcade Creek 6k Course at Haggin Oaks Golf Course | Sacramento, Calif.

The San Diego State cross country team heads to the state capital to compete in the annual Capital Cross Challenge this Saturday. The 6k race begins at 10:30 a.m. and live results will be available on GoAztecs.com. 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 fairways. Seven Aztecs, once again all freshmen, will be competing: Paige Comiso, Caitlyn Couch, Marissa D'Atri, Alize Hartke, Renee Laurenzana, Carlene Masar, and Natalie Regalado.

Last Time Out

The Aztecs placed seventh out of 21 teams at the Riverside Invitational 6k two weeks ago. Caitlyn Couch (21:46.6) and Carlene Masar (21:47.0) were the top Aztecs runners, finishing in 41st and 42nd place (out of 170 runners) respectively. The rest of the SDSU top five consisted of Renee Laurenzana (50th; 21:56.0), Paige Comiso (60th; 22:09.4) and Marissa D'Atri (67th; 22:16.2).

"Once again, this all freshmen group, ran and competed as a team," Coach Robert Lusitana said after the race. "Led by Caitlyn Couch, Carlene Masar and Renee Laurenzana, the spread from our first to fifth girl was under 30 seconds."

Aztec Storylines

- San Diego State has run the Arcade Creek 6K Course at Haggin Oaks Golf Course four times since 2013. Their best finish came in 2016 when they finished eighth with a team time of 1:49.46.7, led by Elaine Ribeiro (21:22.3) and Christine Kent (21:25.3). Last year, the Aztecs took 15th and were led by Lily Seynaeve (21:32.0).
- Alize Hartke ran in the High School 5K section of the Capital Cross Challenge last year and placed second with a 17:54.1 mark.
- In their last race, Caitlyn Couch and Carlene Masar were just seven seconds away from being the tenth fastest Aztec in program history in the 6k. It was the first collegiate 6k for both runners.

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)				
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

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

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

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

Collegiate Career Best: 5K - 19:57.8; 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

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

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

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

Collegiate Career Best: 5K - 21:05.7; 6K - 24:15.2

Mackenzie Mora (So.)

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

Renee Phillips (So.)

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

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

Collegiate Career Best: 5K - 21:10.8; 6K - N/A

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