



# SAN DIEGO STATE AZTECS

## 2019 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 29, 2019

**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/goaztecscom

### Schedule/Results

<b>August</b>		
21	Mark Covert Classic (5K) Brea, Calif. (Carbon Canyon Regional Park)	9:15 am
<b>September</b>		
14	UC Riverside Invitational (6K) Riverside, Calif. (UCR Ag Ops Course)	7:30 am
28	Capital Cross Challenge (6K) Sacramento, Calif. (Haggin Oaks Golf Complex)	10:30 am
28	Master's University (5K) Santa Clarita, Calif. (Central Park)	7:45 am
<b>October</b>		
12	Triton Classic (6K) La Jolla, Calif. (UC San Diego Campus)	8:00 am
19	Bronco Invitational (6K) Sunnyvale, Calif. (Baylands Regional Park)	9:30 am
25	Titan Invitational (5K) Fullerton, Calif. (CS Fullerton Campus)	5:00 pm
<b>November</b>		
1	Mountain West Championships (6K) Logan, Utah	TBA
15	NCAA West Regional (6K) Colfax, Wash. (Colfax Golf Club)	TBA

### Roster

Name	Year	Hometown (Last School)
Paige Comiso	Sophomore	San Jose, Calif. (Presentation HS)
Marissa D'Atri	Sophomore	Martinez, Calif. (Alhambra HS)
Isabelle Davis	Sophomore	San Diego, Calif. (Del Norte HS)
Bella Goode	Freshman	Tustin, Calif. (Foothill HS)
Lauren Harper	Freshman	Weaverville, Calif. (Trinity HS)
Jessica Kain	Freshman	Scotts Valley, Calif. (Scotts Valley HS)
Alex Lomeli	Freshman	Los Angeles, Calif. (Notre Dame Academy)
Carlene Masar	Sophomore	Jamul, Calif. (Steele Canyon HS)
Nyjari McNeil	Sophomore	Reistertown, Md. (Franklin HS)
Mackenzie Mora	Junior	Clovis, Calif. (Buchanan HS)
Renee Phillips	Junior	San Diego, Calif. (Coronado HS)
Natalie Regaldo	Sophomore	Lake Forest, Calif. (Trabuco Hills)
Sakura Roberson	Junior	San Diego, Calif. (La Jolla HS)
Danielle Scott	Junior	Long Beach, Calif. (Poly HS)
Naomi Smitham	Sophomore	San Diego, Calif. (Canyon Crest Academy)

**Head Coach:** Shelia Burrell (UCLA, 1995), 11th season

**Assistant Coach:** Robert Lusitana (San Diego State, 1982), 3rd season

### Meet Week Preview

Mark Covert Classic (5K)

Saturday, Aug. 31 | 9:15 a.m. PT | Carbon Canyon Regional Park | Brea, Calif.

Media Coverage: Live Results (Finished Results)

**SAN DIEGO** - The San Diego State cross country team begins their 2019 season this Saturday when they compete in the annual Mark Covert Classic 5K at Carbon Canyon Regional Park in Brea, Calif.

The Aztecs will be competing against D1 schools such as Cal State Fullerton, California Baptist, Long Beach State, Loyola Marymount, UC Irvine, San Diego and Cal State Bakersfield among others.

The race is named in honor of Cal State Fullerton alum Mark Covert, who was the 1970 Division II champion. The Aztecs have competed in this race every year since 2012.

Last season, SDSU took eighth out of 14 DI schools with their entire squad competing in their first collegiate meet.

The course consists of multiple loops alternating between a 1K grass inner loop in the main section of the park and a dirt trail nature loop.

This year's squad features 11 returners; four juniors and seven sophomores.

"This year's team has much better team chemistry than last year," Coach Lusitana said. "They are a much more cohesive unit and far more confident and motivated than last year. The returners are more focused and mature and now understand what it takes to be successful at the DI level. It's very refreshing and I'm very encouraged by what I've seen thus far."

The Aztecs also have four freshmen, all of which are from California, who joined the team over the summer.

"The four freshmen are all very competitive and motivated to make the travel squad in their first year," Lusitana explained. "This has caused the returners to respond with the same level of competitiveness and focus. The thing I see this year is healthy competition between the girls with a focus and end goal of making us a better team."

## 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) <i>Top Five:</i> D'Atri, Comiso, Laurenzana, Hartke, Phillips	28th/36	1:21.0	2:35.9	Marissa D'Atri (21:58.3)

~ 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
Nov. 9	NCAA West Regionals 6k	161st/250	22:25.1

**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	19:13.7
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
Nov. 9	NCAA West Regionals 6k	244th/250	24:34.2

**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
Nov. 9	NCAA West Regionals 6k	126th/250	21:58.3

**Collegiate Career Best: 5K - 18:07.0; 6K - 21:58.3**

**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
Nov. 9	NCAA West Regionals 6k	169th/250	22:30.3

**Collegiate Career Best: 5K - 18:11.3; 6K - 22:30.3**

**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
Nov. 9	NCAA West Regionals 6k	163rd/250	22:26.3

**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
Nov. 9	NCAA West Regionals 6k	219th/250	23:19.3

**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
Nov. 9	NCAA West Regionals 6k	241st/250	24:19.9

**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. Marissa D'Atri	21:58.3	NCAA West Regionals (Sacramento, Calif.)	Nov. 9
5. Paige Comiso	22:09.4	Riverside Invitational (Riverside, Calif.)	Sept. 15
6. Marissa D'Atri	22:16.2	Riverside Invitational (Riverside, Calif.)	Sept. 15
7. Paige Comiso	22:25.1	NCAA West Regionals (Sacramento, Calif.)	Nov. 9
8. Renee Laurenzana	22:26.3	NCAA West Regionals (Sacramento, Calif.)	Nov. 9
9. Carlene Masar	22:30.0	Capital Cross Challenge (Sacramento, Calif.)	Sept. 29
10. Alize Hartke	22:30.3	NCAA West Regionals (Sacramento, Calif.)	Nov. 9

## 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. Marissa D'Atri	21:58.3	NCAA West Regionals (Sacramento, Calif.)	Nov. 9
5. Paige Comiso	22:09.4	Riverside Invitational (Riverside, Calif.)	Sept. 15
6. Alize Hartke	22:30.3	NCAA West Regionals (Sacramento, Calif.)	Nov. 9
7. Natalie Regalado	23:18.6	Riverside Invitational (Riverside, Calif.)	Sept. 15
8. Renee Phillips	23:19.3	NCAA West Regionals (Sacramento, Calif.)	Nov. 9
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date/Year</b>
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