



# SAN DIEGO STATE AZTECS

## 2021 Cross Country Notes

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### Schedule/Results

#### September

1	Anteater Opener (4k)	3rd/4
	Irvine, Calif. (UCI Arc Fields)	
10	Stump Invitational (6k)	4th/8
	Davis, Calif. (Wildhorse Golf Club)	
17	USD Invitational (6k)	No Team Score
	San Diego, Calif. (Tecolote Shores - Mission Bay)	
25	Cougar Challenge (6k)	No Team Score
	San Marcos, Calif. (Mangrum Track & Field Complex)	

#### October

1	Dave Murray Invitational (6k)	2nd/5
	Tucson, Ariz.	
16	<b>Highlander Invitational (6k)</b>	<b>8:40 a.m.</b>
	<b>Riverside, Calif. (UCR Ag Ops Course)</b>	
22	Titan Invitational	4 p.m.
	Fullerton, Calif. (Titan Track Complex)	
29	Mountain West Championships (6k)	TBA
	Albuquerque, N.M.	

#### November

12	NCAA West Regional (6k)	TBA
	Sacramento, Calif. (Haggin Oaks Golf Complex)	

### Roster

Name	Year	Hometown (Last School)
Anaya Alexander	Senior	Long Beach, Calif. (Iowa)
Emily Burd	Senior	Havertown, Pa. (Pittsburgh)
Vanessa Cabello	Freshman	Los Altos, Calif. (Saint Francis HS)
Paige Comiso	Senior	San Jose, Calif. (Presentation HS)
Isabelle Davis	Senior	San Diego, Calif. (Del Norte HS)
Amber Elias	Sophomore	Napa, Calif. (Vintage HS)
Lauren Harper	Freshman	Weaverville, Calif. (Trinity HS)
Jessica Kain	Junior	Scotts Valley, Calif. (Scotts Valley HS)
Alex Lomeli	Junior	Los Angeles, Calif. (Notre Dame Academy)
Taylor Lustyan	Junior	Clovis, Calif. (Chico State)
Carlene Masar	Senior	Jamul, Calif. (Steele Canyon HS)
Nyjari McNeil	Sophomore	Reisterstown, Md. (Franklin HS)
Nicole Meyer	Freshman	Orange, Calif. (Orange Lutheran HS)
Natalie Regalado	Senior	Lake Forest, Calif. (Trabuco Hills)
Naomi Smitham	Senior	San Diego, Calif. (Canyon Crest Academy)
Bailey Watts	Freshman	Foothill Ranch, Calif. (Trabuco Hills HS)

**Head Coach:** Shelia Burrell (UCLA, 1995), 13th season

**Assistant Coach:** Robert Lusitana (San Diego State, 1982), 5th season

### Meet Week Preview

Highlander Invitational (6k)  
 Saturday, Oct. 16 | 8:40 a.m. PT | Riverside, Calif. | UCR Ag Ops Course  
 Media Coverage: Live Results (Finished Results)

**SAN DIEGO** – The San Diego State cross country team will be competing at UC Riverside’s Highlander Invitational (6k) Saturday morning at 8:40 a.m.

The Aztecs will have their entire team running: Emily Burd, Paige Comiso, Isabelle Davis, Amber Elias, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Carlene Masar, Nicole Meyer, Natalie Regalado, Naomi Smitham and Bailey Watts.

SDSU will be competing against runners from California Baptist, Cal State Fullerton, Dixie State, Embry Riddle (Ariz.), Grand Canyon, Long Beach State, Montana, New Mexico State, San Diego, UC Irvine, UC Riverside, UC San Diego among other schools.

The race is at 8:40 a.m. PT so temperatures should be cooler. The forecast calls for clear skies and temperatures in the high 50’s to low 60’s and minimal wind.

The race is being run at UC Riverside’s Agricultural Operations Cross Country Course, which is on a 420-acre Citrus Research Center and Agricultural Experiment Station located adjacent to the UCR campus. The course is deceptive, appearing flat, fast and easy at first, but with a large difference in elevation from one end of the course to the other. The west end, at about the 1.5 mile mark, is 100 feet lower than the start/finish area, and runners tend to go out fast only to find the return home challenging. With a wide running surface, the course features a long loop that winds through citrus trees and crosses over irrigation canals.

#### Aztec Storylines

- The Aztecs took second (out of 5) at the Arizona’s Dave Murray Invitational on October 1st. They placed three runners on the top ten and beat New Mexico State, Arizona State and Grand Canyon
- Alex Lomeli paced the Aztecs at both the USD Invitational (Sept. 17) and Cougar Challenge (Sept. 24).
- Jessica Kain has been the top Aztec finisher in the last four of the last five races she’s run in.
- Carlene Masar has finished in the top two among Aztecs in every race she’s run and was the top SDSU finisher in their last race the Dave Murray Invitational.
- Kain, Masar, Emily Burd, Lauren Harper, Amber Elias and Naomi Smitham all recorded career-best 6k times at the Stump Invitational on Sept. 10.

#### Coach Lusitana’s Take on the Highlander Invitational

"This race will be our final prep before our postseason races. It will be one more opportunity for them to gain valuable experience against strong teams in a larger field of runners. Among other strong teams, we will be racing against Cal State Fullerton, who is ranked No. 13 in the Western Region. The results from our last race in Arizona really energized the team. They were already motivated and focused, but that race showed them how exciting it can be for them to compete when team goals are within reach. They have put in another solid two weeks of training and are very excited to race on this course and to be able to race together as a full team."

#### Last Time Out

The Aztec cross country team finished in second place at the Dave Murray Invitational 6k at the Rolling Hills Golf Club in Tucson, Ariz. on Oct. 1

SDSU placed three runners in the top 10 and totaled 51 points, trailing just Arizona, the host school, who had 45. The Aztecs beat New Mexico State (69), Arizona State (73) and Grand Canyon (100).

SDSU was led by Carlene Masar who finished in 21:29.5, good for fourth place. Emily Burd came in seventh with a time of 21:55.7 and Alex Lomeli continued her breakout season with a 10th place finish (21:59.4).

Freshman Nicole Meyer (13th, 22:10.7) and Jessica Kain (17th, 22:21.1) rounded out the Aztecs' top five.

# 2021 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 1	Anteater Opener (4k) <i>Top Five: Kain, Burd, Harper, Meyer, Elias</i>	3rd/4	50.5	57.7	Jessica Kain (14:22.5)
Sept. 10	Stump Invitational (6k) <i>Top Five: Kain, Masar, Burd, Harper, Elias</i>	4th/8	1:40.2	2:01.2	Jessica Kain (20:56.1)
Sept. 17	USD Invitational (6k) <i>Runners: Lomeli, Comiso, Regalado</i>	No Team Score	N/A	N/A	Alex Lomeli (23:21.10)
Sept. 24	Cougar Challenge (6k) <i>Runners: Lomeli, Comiso, Regalado, Davis</i>	No Team Score	N/A	N/A	Alex Lomeli (21:42.5)
Oct. 1	Dave Murray Invitational (6k) <i>Top Five: Masar, Burd, Lomeli, Meyer, Kain</i>	2nd/5	51.6	1:06.2	Carlene Masar (21:29.5)

## 2021 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

**Emily Burd (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	11th/53	14:37.9
Sept. 10	Stump Invitational	22nd/93	21:02.8
Oct. 1	Highlander Invitational	7th/40	21:55.7

**Collegiate Career Best: 5K - 19:05.20; 6K - 21:02.8**

**Paige Comiso (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 17	USD Invitational 6k	17th/28	25:21.80
Sept. 24	Cougar Challenge 6k	79th/139	23:55.3

**Collegiate Career Best: 5K - 18:22.1; 6K - 22:09.4**

**Isabelle Davis (Sr.)**

Sept. 24	Cougar Challenge 6k	117th/139	25:20.6
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**Collegiate Career Best: 5K - 19:49.7; 6K - 23:51.1**

**Amber Elias (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	26th/53	15:13.0
Sept. 10	Stump Invitational 6k	37th/93	21:36.2
Oct. 1	Highlander Invitational	19th/40	22:22.2

**Collegiate Career Best: 5K - N/A; 6K - 21:36.2**

**Lauren Harper (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	17th/53	14:55.9
Sept. 10	Stump Invitational 6k	32nd/93	21:32.8
Oct. 1	Highlander Invitational	23rd/40	22:35.7

**Collegiate Career Best: 5K - 19:34.2; 6K - 21:32.8**

**Jessica Kain (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	6th/53	14:22.5
Sept. 10	Stump Invitational 6k	19th/93	20:56.1
Oct. 1	Highlander Invitational	17th/40	22:21.1

**Collegiate Career Best: 5K - 19:36.2; 6K - 20:56.1**

**Alex Lomeli (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	35th/53	15:40.6
Sept. 17	USD Invitational 6k	4th/28	23:21.10
Sept. 24	Cougar Challenge 6k	13th/139	21:42.5
Oct. 1	Highlander Invitational	10th/40	21:59.4

**Collegiate Career Best: 5K - 19:47.6; 6K - 21:42.5**

**Taylor Lustyan (Jr.)**

Sept. 1	Anteater Opener 4k	27th/53	15:16.2
Sept. 10	Stump Invitational 6k	51st/93	21:57.3
Oct. 1	Highlander Invitational	29th/40	23:15.1

**Collegiate Career Best: 5K - N/A; 6K - 21:37**

**Carlene Masar (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 10	Stump Invitational 6k	21st/93	21:00.9
Oct. 1	Highlander Invitational	4th/40	21:29.5

**Collegiate Career Best: 5K - 19:03.4; 6K - 21:00.9**

**Nicole Meyer (Fr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	22nd/53	15:03.6

Sept. 10	Stump Invitational 6k	43rd/93	21:45.5
Oct. 1	Highlander Invitational	13th/40	22:10.7

**Collegiate Career Best: 5K - N/A; 6K - 21:45.5**

**Natalie Regalado (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	46th/53	17:25.6
Sept. 17	USD Invitational 6k	22nd/28	26:16.90
Sept. 24	Cougar Challenge 6k	79th/139	24:07.9

**Collegiate Career Best: 5K - 19:20.0; 6K - 23:18.6**

**Naomi Smitham (Sr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	28th/53	15:20.2
Sept. 10	Stump Invitational 6k	53rd/93	22:01.2
Oct. 1	Highlander Invitational	26th/40	22:52.6

**Collegiate Career Best: 5K - 20:09.1; 6K - 22:01.2**

**Bailey Watts (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	40th/53	16:05.4

**Collegiate Career Best: 5K - N/A; 6K - 23:15.7**

# 2021 AZTEC CROSS COUNTRY TOP-10 TIMES

## 2021 Top-10 Times -- 6k (With Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Jessica Kain	20:56.1	Stump Invitational	Sept. 10
2. Carlene Masar	21:00.9	Stump Invitational	Sept. 10
3. Carlene Masar	21:29.5	Dave Murray Invitational	Oct. 1
4. Emily Burd	21:32.8	Stump Invitational	Sept. 10
5. Lauren Harper	21:32.8	Stump Invitational	Sept. 10
6. Amber Elias	21:36.2	Stump Invitational	Sept. 10
7. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
8. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
9. Emily Burd	21:55.7	Dave Murray Invitational	Oct. 1
10. Taylor Lustyan	21:57.3	Stump Invitational	Sept. 10

## 2021 Top-10 Times -- 6k (Without Replacement)

<b>Athlete</b>	<b>Time</b>	<b>Meet</b>	<b>Date</b>
1. Jessica Kain	20:56.1	Stump Invitational	Sept. 10
2. Carlene Masar	21:00.9	Stump Invitational	Sept. 10
3. Emily Burd	21:32.8	Stump Invitational	Sept. 10
4. Lauren Harper	21:32.8	Stump Invitational	Sept. 10
5. Amber Elias	21:36.2	Stump Invitational	Sept. 10
6. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
7. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
8. Taylor Lustyan	21:57.3	Stump Invitational	Sept. 10
9. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
10. Paige Comiso	23:55.3	Cougar Challenge	Sept. 24