



SAN DIEGO STATE AZTECS

2021 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: October 27, 2021

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/goaztecs.com

Schedule/Results

September

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

October

1	Dave Murray Invitational (6k) Tucson, Ariz.	2nd/5
16	Highlander Invitational (6k) Riverside, Calif. (UCR Ag Ops Course)	5th/25
22	Titan Invitational (5k) Fullerton, Calif. (Titan Track Complex)	6th/10
29	Mountain West Championships (6k) 10 a.m. PT Albuquerque, N.M. (UNM North Golf Course)	

November

12	NCAA West Regional (6k) Sacramento, Calif. (Haggin Oaks Golf Complex)	10 a.m. PT
----	--	------------

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	Reistertown, Md. (Franklin HS)
Nicole Meyer	Freshman	Orange, Calif. (Orange Lutheran HS)
Natalie Regaldo	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

Mountain West Championships (6k)
 Friday, Oct. 29 | 10 a.m. PT | Albuquerque, N.M. | UNM North Golf Course
 Media Coverage: Mountain West Network

SAN DIEGO – The San Diego State cross country team will be competing at the Mountain West Championships Friday morning at 10 a.m. PT. The race will take place at the University of New Mexico's North Golf Course, which has an elevation of approximately 5,300 feet.

The Aztecs were recently picked eighth in the Mountain West midseason coaches poll. New Mexico is ranked No. 1 in the nation and Colorado State is No. 12. Utah State (No. 7), Air Force (No. 10) and Wyoming (No. 11) are both ranked in the top 15 in the Mountain region while Boise State is sixth in the West Region.

The Aztecs will have Emily Burd, Amber Elias, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Nicole Meyer and Naomi Smitham running.

The forecast calls for clear skies and temperatures in the mid 50's and minimal wind.

The UNM North Golf Course starts with a flat 800 meters before it turns down a slight hill, back up a slight elevation and then back the same hole. From there, the course goes back and forth on three holes of straight level ground before making the loop and starting again.

Coch Lusitana Previews the Meet

"At the beginning of the season, the team established some team goals - some modest goals and some stretch goals related to the conference and regional championships. We have now reached the point in the season where they are in a position to attain some of those goals.

The entire season the team has been focused and motivated and last week they quite possibly, collectively, had their best workout week ever. Therefore, they know they are physically ready. The key now is for them to stay focused and execute their race plan in a very competitive race.

The Mountain West is arguably one of the toughest conferences in the nation when it comes to XC and distance running. Year in and year out the programs all take pride in being nationally recognized. This year the conference is exceptionally strong, so this meet presents a great challenge for the team, but they are fired up and are looking forward to it."

Aztec Storylines

- The Aztecs took fifth (out of 25) at the UC Riverside's Highlander Invitational Oct. 1). Running in a big field, eight of the 20 schools they beat were DI programs and SDSU placed five runners in the top 50. This was the second fastest team time on a 6k course in program history.
- The 24.8 second spread among SDSU's top five runners was their smallest of the year by a large margin. Their previous best in a 6k was 51.6 at the Dave Murray Invitational.
- Emily Burd was second among Aztec runners for the second consecutive race and for the third time this season. Taylor Lustyan, a Chico State transfer, finished third among Aztec runners, her first time being in the SDSU top five.
- 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 five of the last six races she's run in.
- Kain, Masar, Emily Burd, Lauren Harper, Amber Elias and Naomi Smitham all recorded career-best 6k times at the Stump Invitational on Sept. 10.

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)
Oct. 16	Highlander Invitational (6k) <i>Top Five: Kain, Burd, Lustyan, Elias, Meyer</i>	5th/25	24.8	59.4	Jessica Kain (21:35.0)
Oct. 22	Titan Invitational (5k) <i>Top Five: Watts, Comiso, Regalado, McNeil, Davis</i>	6th/10	1:03.2	3:08.8	Bailey Watts (19:10.5)

2021 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Anaya Alexander (Sr.)

Oct. 22	Titan Invitational 5k	90th/113	22:19.3
---------	-----------------------	----------	---------

Collegiate Career Best: 5K - 22:19.3; 6K - N/A

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	Dave Murray Invitational 6k	7th/40	21:55.7
Oct. 16	Highlander Invitational 6k	25th/261	21:38.0

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	25:21.8
Sept. 24	Cougar Challenge 6k	79th/139	23:55.3
Oct. 16	Highlander Invitational 6k	172nd/261	24:10.7
Oct. 22	Titan Invitational 5k	32nd/113	19:11.8

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

Isabelle Davis (Sr.)

Sept. 24	Cougar Challenge 6k	117th/139	25:20.6
Oct. 16	Highlander Invitational 6k	207th/261	25:00.3
Oct. 22	Titan Invitational 5k	56th/113	20:13.7

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	Dave Murray Invitational 6k	19th/40	22:22.2
Oct. 16	Highlander Invitational 6k	46th/261	21:58.0

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	Dave Murray Invitational 6k	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	Dave Murray Invitational 6k	17th/40	22:21.1
Oct. 16	Highlander Invitational 6k	23rd/261	21:38.0

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

Kennedy Jennings (Fr.)

Oct. 22	Titan Invitational 5k	68th/113	20:47.1
---------	-----------------------	----------	---------

Collegiate Career Best: 5K - 20:47.1; 6K - N/A

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	Dave Murray Invitational 6k	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
--------	-------------------------	---------	---------

Oct. 16	Highlander Invitational 6k	76th/261	22:34.6
---------	----------------------------	----------	---------

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	Dave Murray Invitational 6k	4th/40	21:29.5
--------	-----------------------------	--------	---------

Oct. 16	Highlander Invitational 6k	82nd/261	22:40.7
---------	----------------------------	----------	---------

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	Dave Murray Invitational 6k	13th/40	22:10.7
Oct. 16	Highlander Invitational 6k	47th/261	21:59.8

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

Nyari McNeil (Jr.)

Oct. 22	Titan Invitational 5k	53rd/113	20:03.4
---------	-----------------------	----------	---------

Collegiate Career Best: 5K - 19:45.8; 6K - N/A

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
Oct. 16	Highlander Invitational 6k	201st/261	24:53.2
Oct. 22	Titan Invitational 5k	44th/113	19:47.3

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	Dave Murray Invitational 6k	26th/40	22:52.6
Oct. 16	Highlander Invitational 6k	74th/261	22:33.1

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
Oct. 16	Highlander Invitational 6k	114th/261	23:10.8

Collegiate Career Best: 5K - N/A; 6K - 22:47.0

2021 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date
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	21:02.8	Stump Invitational	Sept. 10
5. Lauren Harper	21:32.8	Stump Invitational	Sept. 10
6. Jessica Kain	21:35.0	Highlander Invitational	Oct. 16
7. Amber Elias	21:36.2	Stump Invitational	Sept. 10
8. Emily Burd	21:38.0	Highlander Invitational	Oct. 16
9. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
10. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10

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

Athlete	Time	Meet	Date
1. Jessica Kain	20:56.1	Stump Invitational	Sept. 10
2. Carlene Masar	21:00.9	Stump Invitational	Sept. 10
3. Emily Burd	21:02.8	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	21:54.5	Highlander Invitational	Oct. 16
9. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
10. Bailey Watts	23:10.8	Highlander Invitational	Oct. 16