



SAN DIEGO STATE AZTECS

2021 Cross Country Notes

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News Release Date: November 11, 2021

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Schedule/Results

September

1	Anteater 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) Albuquerque, N.M. (UNM North Golf Course)	8th/11

November

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

NCAA West Regional Championships (6k)
 Friday, Nov. 12 | 10 a.m. PT | Sacramento, Calif. | Haggin Oaks Golf Course
 Media Coverage: Live Results (via Record Timing)

SAN DIEGO – The San Diego State cross country team will wrap up their 2021 regular season at the NCAA West Regionals Friday morning at 10 a.m. PT. The race will take place at the Haggin Oaks Golf Complex in Sacramento, Calif.

The Aztecs will send eight runners and then decide which seven will run: Emily Burd, Amber Elias, Lauren Harper, Jessica Kain, Alex Lomeli, Carlene Masar, Nicole Meyer and Naomi Smitham.

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

The course follows an outer and inner horseshoe design. Almost all of the running on the flat course will occur on well-maintained fairways.

Coach Lusitana Previews the Meet

"At the beginning of the season the team established some goals for the season which centered around this meet. We have a solid group that has worked extremely hard all year and as a team we have accomplished a great deal. This year we have nine student-athletes who have worked hard enough to deserve to participate in this meet, but unfortunately NCAA rules only allow us to race seven.

The team is fit, motivated, and excited about the opportunity this race presents for them. Because our conference is one of the best in the nation for cross country, we have seen the type of top competition we will see on Friday. The two major differences between this race and the conference meet is that there are 36 teams and around 250 runners and that we get to race at sea level."

Aztec Storylines

- SDSU finished in eighth place at the Mountain West Championships two weeks ago.
- Freshman Nicole Meyer was the first Aztec to finish crossing the finish line in 21:56.7 (60th place). This was Meyer's first time finishing in the top three among Aztec runners.
- Amber Elias was the second Aztec to finish, her best career finish among SDSU runners.
- Emily Burd finished third among Aztec runners, her fourth time finishing in the top three for SDSU.
- Jessica Kain has been the top Aztec finisher in the last five of the last seven races she's run in.
- Kain, Carlene Masar, Burd, Lauren Harper, 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, Lustyman, 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)
Oct. 29	Mountain West Championships (6k) <i>Top Five: Meyer, Elias, Burd, Kain, Smitham</i>	8th/11	1:10.6	1:46.2	Nicole Meyer (21:56.7)

2021 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Anaya Alexander (Sr.)

Oct. 22	Titan Invitational 5k	90th/113	22:19.3
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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
Oct. 29	Mountain West Championships 6k	67th/94	22:25.5

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
Oct. 29	Mountain West Championships 6k	66th/94	22:21.5

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
Oct. 29	Mountain West Championships 6k	76th/94	23:23.3

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
Oct. 29	Mountain West Championships 6k	70th/94	22:39.2

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

Kennedy Jennings (Fr.)

Oct. 22	Titan Invitational 5k	68th/113	20:47.1
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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
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Sept. 24	Cougar Challenge 6k	13th/139	21:42.5
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Oct. 1	Dave Murray Invitational 6k	10th/40	21:59.4
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Oct. 29	Mountain West Championships 6k	81st/94	23:42.9
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Collegiate Career Best: 5K - 19:47.6; 6K - 21:42.5

Taylor Lustyan (Jr.)

Sept. 1	Anteater Opener 4k	27th/53	15:16.2
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Sept. 10	Stump Invitational 6k	51st/93	21:57.3
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Oct. 1	Highlander Invitational	29th/40	23:15.1
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Oct. 16	Highlander Invitational 6k	76th/261	22:34.6
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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
Oct. 29	Mountain West Championships 6k	60th/94	21:56.7

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

Nyari McNeil (Jr.)

Oct. 22	Titan Invitational 5k	53rd/113	20:03.4
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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
Oct. 29	Mountain West Championships 6k	74th/94	23:07.3

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