



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: August 31, 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/goaztecscom

Schedule/Results

September

- 1 **Anteater Opener (4K)**
Irvine, Calif. (UCI Arc Fields)
- 10 Stump Invitational (6k)
Davis, Calif. (Wildhorse Golf Club)
- 17 USD Invitational
San Diego, Calif. (Tecolote Shores - Mission Bay)
- 25 Cougar Challenge (6k)
San Marcos, Calif. (Mangrum Track & Field Complex)

October

- 1 Pacific Collegiate Invitational
Lodi, Calif.
- 16 Highlander Invitational (6K)
Riverside, Calif. (UCR Ag Ops Course)
- 22 Titan Invitational
Fullerton, Calif. (Titan Track Complex)
- 29 Mountain West Championships (6K)
Albuquerque, N.M.

November

- 12 NCAA West Regional (6K)
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

Anteater Opener (4K)
 Wednesday, Sept. 1 | 5:30 p.m. PT | Irvine, Calif. | UCI Arc Fields
 Media Coverage: Live Results (via Finished Results)

SAN DIEGO - The San Diego State cross country team kicks off their 2021 season Wednesday evening at the Anteater Opener at UC Irvine.

The Aztecs will be competing in a 4k on UCI's Arc Fields, which features a mix of flat 1,500m and 1000m grass loops. Other schools competing will be UC Irvine, California Baptist and Long Beach State. The forecast calls for clear skies and temperatures in the low 70's.

Slated to run for SDSU: Emily Burd, Jessica Kain, Amber Elias, Lauren Harper, Alex Lomeli, Taylor Lustyan, Carlene Masar, Nicole Meyer, Natalie Regalado, Naomi Smitham and Bailey Watts.

Coach Lusitana's Take on the Anteater Opener

"The team is excited to get out and compete again. Since it's a very early season meet, it's a shorter course than we will see during the year, a 4k instead of the normal 6k. The team trained hard on their own over the summer and we just had two quality weeks of training, the first of which was in altitude in Mammoth. They are ready to race but we'll be facing a stiff challenge on Wednesday, going up against California Baptist, who is ranked No. 10 in the west region preseason rankings as well as a strong young UC Irvine team and a veteran Long Beach State squad."

Aztec Storylines

- The Aztecs competed in just two races in the shortened 2020 season (that occurred in the winter of 2021), both of which took place at Craig Ranch Regional Park in Las Vegas.
- SDSU had the same top three finishers in both races: Jessica Kain, Carlene Masar and freshman Amber Elias.
- Carlene Masar has finished in the top two among Aztecs in every race she's run in her career.
- SDSU has three new runners this year: freshmen Vanessa Cabello (Los Altos, Calif.) and Nicole Meyer (Orange, Calif.) and Taylor Lustyan (Clovis, Calif.), a transfer from Chico State.
- Jessica Kain broke out during the 2021 outdoor track season. She became the first Aztec to qualify for the NCAA West Regionals in the 1,500m and her PR of 4:21.87 was the fastest time by an SDSU runner since 1982.
- Every race besides the Mountain West Championships (Oct. 29), which are hosted by New Mexico, will be in the state of California.

Coach Lusitana's Season Outlook

"As difficult as the pandemic has been for all of us, it has actually motivated the team and brought them together. They had a much-improved track season last spring and if our first two weeks of practice are any indication, the team is even more focused and motivated this cross country season. As always our focus for the season will be the end of the season meets, the conference championship and NCAA regionals in Sacramento. We hope to make some big improvements at these meets and to surprise some teams."

2020 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Feb.1	Silver State Collegiate Challenge (6K) <i>Top Five: Kain, Masar, Elias, Harper, Watts</i>	4th/5	58.1	1:24.4	Jessica Kain (21:48.9)
March 5	Mountain West Championships (6K) <i>Top Five: Kain, Masar, Elias, Burd, Phillips</i>	8th/9	1:06.4	1:15.9	Jessica Kain (21:49.4)

2020 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Emily Burd (Sr.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	31st/41	22:47.0
March 5	Mountain West Championships 6K	61st/86	22:33.3

Collegiate Career Best: 5K - 19:05.20; 6K - 22:24.30

Paige Comiso (Jr.)

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

Isabelle Davis (Jr.)

Collegiate Career Best: 5K - 19:49.7; 6K - 23:51.1

Amber Elias (Fr.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	16th/41	22:06.6
March 5	Mountain West Championships 6K	56th/86	22:20.6

Collegiate Career Best: 5K - N/A; 6K - 22:06.3

Bella Goode (So.)

Collegiate Career Best: 5K - 20:22.5; 6K - N/A

Lauren Harper (So.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	27th/41	22:46.6
March 5	Mountain West Championships 6K	72nd/86	23:15.2

Collegiate Career Best: 5K - 19:34.2; 6K - 22:27.3

Jessica Kain (So.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	9th/41	21:48.9
March 5	Mountain West Championships 6K	45th/86	21:49.4

Collegiate Career Best: 5K - 19:36.2; 6K - 21:48.9

Alex Lomeli (So.)

Collegiate Career Best: 5K - 19:47.6; 6K - 22:15.5

Carlene Masar (Jr.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	14th/41	22:02.1
March 5	Mountain West Championships 6K	52nd/86	22:05.3

Collegiate Career Best: 5K - 19:03.4; 6K - 21:44.5

Renee Phillips (Sr.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	35th/41	23:13.3
March 5	Mountain West Championships 6K	70th/86	23:05.7

Collegiate Career Best: 5K - 18:52.8; 6K - 22:18.7

Naomi Smitham (Jr.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	37th/41	23:27.9
March 5	Mountain West Championships 6K	45th/86	23:06.4

Collegiate Career Best: 5K - 20:09.1; 6K - 23:06.4

Bailey Watts (Fr.)

Date	Meet (Distance)	Finish	Time
Feb. 1	Silver State Collegiate Challenge 6K	28th/41	22:47.0
March 5	Mountain West Championships 6K	56th/86	23:15.7

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

2020 AZTEC CROSS COUNTRY TOP-10 TIMES

2020 Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date
1. Jessica Kain	21:48.9	Silver State Collegiate Challenge	Feb. 1
2. Jessica Kain	21:49.4	Mountain West Championships	March 5
3. Carlene Masar	22:02.1	Silver State Collegiate Challenge	Feb. 1
4. Carlene Masar	22:05.3	Mountain West Championships	March 5
5. Amber Elias	22:06.6	Silver State Collegiate Challenge	Feb. 1
6. Amber Elias	22:20.6	Mountain West Championships	March 5
7. Emily Burd	22:33.3	Mountain West Championships	March 5
8. Lauren Harper	22:46.6	Silver State Collegiate Challenge	Feb. 1
9. Bailey Watts	22:47.0	Silver State Collegiate Challenge	Feb. 1
10. Emily Burd	22:55.9	Silver State Collegiate Challenge	Feb. 1

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

Athlete	Time	Meet	Date
1. Jessica Kain	21:48.9	Silver State Collegiate Challenge	Feb. 1
2. Carlene Masar	22:02.1	Silver State Collegiate Challenge	Feb. 1
3. Amber Elias	22:06.6	Silver State Collegiate Challenge	Feb. 1
4. Emily Burd	22:33.3	Mountain West Championships	March 5
5. Lauren Harper	22:46.6	Silver State Collegiate Challenge	Feb. 1
6. Bailey Watts	22:47.0	Silver State Collegiate Challenge	Feb. 1
7. Renee Phillips	23:05.7	Mountain West Championships	March 5
8. Naomi Smitham	23:06.4	Mountain West Championships	March 5

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 (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)

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 (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)

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