



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)	5 p.m.
	San Diego, Calif. (Tecolote Shores - Mission Bay)	
25	Cougar Challenge (6k)	8:30 a.m.
	San Marcos, Calif. (Mangrum Track & Field Complex)	

October

1	Dave Murray Invitational	TBA
	Tucson, Ariz.	
16	Highlander Invitational (6k)	8 a.m.
	Riverside, Calif. (UCR Ag Ops Course)	
22	Titan Invitational	TBA
	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	Reistertown, 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

USD Invitational (6k)
 Friday, Sept. 17 | 5 p.m. PT | San Diego, Calif. | Tecolote Shores North Park - Mission Bay
 Media Coverage: Live Results

SAN DIEGO – The San Diego State cross country team will be competing in San Diego this Friday when they run in the USD Invitational (6k) on the shores of Mission Bay at Tecolote Shores North Park.

The Aztecs will have just four runners competing: Paige Comiso, Alex Lomeli, Natalie Regalado and Bailey Watts. It will be the first race of the season for Comiso and the first 6k for Lomeli, Regalado and Watts.

SDSU will be competing against runners from La Verne, Mesa College, Point Loma, San Diego and Ventura College. With the Aztecs only sending four runners, they will be ineligible for a team score.

The forecast calls for mostly sunny skies with temperatures in the high 60's.

The grass course consists of three 2k loops. Tecolote Shores North Park sits between Interstate 5 and Mission Bay, across from Fiesta Island.

Coach Lusitana's Take on the USD Invitational

"Those participating in the USD meet this week will be our non-travel squad. It's a low-key meet which presents a good opportunity for these four ladies to test their competitive fitness level. The entire team has been working hard in practice and everyone needs to keep racing sharp. This race also provides the opportunity for those racing to potentially move up to the group that travels."

Aztec Storylines

- The Aztecs took fourth (out of eight teams) at UC Davis' Stump Invitational last weekend.
- Jessica Kain has been the top Aztec finisher in SDSU's last four races.
- Kain, Carlene Masar, Emily Burd, Lauren Harper, Amber Elias and Naomi Smitham all recorded career-best 6k times last week.
- Carlene Masar has finished in the top two among Aztecs in every race she's run.
- 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.
- SDSU made a tweak to their schedule, and they will now be competing at the University of Arizona' Dave Murray Invitational October 1.
- 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.

Last Time Out

The Aztec cross country team placed fourth in UC Davis' Stump Invitational Friday morning and saw six runners record career-best times.

"The girls took some steps forward and overall had a good team race," Coach Robert Lusitana said after the race. "Some still need to adjust to the normal 6k distance. That said, we were just a few points out of third in a competitive field. They'll learn from this and stay focused and motivated to achieve season team goals."

Racing in ideal conditions, Jessica Kain (19th, 20:56.1), Carlene Masar (21st, 21:00.9) and Emily Burd's (22nd, 21:02.8) each finished with the fastest 6k times in their collegiate careers.

Lauren Harper's career-best time of 21:32.8 gave her a 32nd place finish. Amber Elias rounded out the SDSU top five, also posting a career best time (21:36.2, 37th).

Freshman Nicole Meyer, who was running her first collegiate 6k, placed 43rd with a time of 21:45.5. Also running for the Aztecs was Taylor Lustyan (51st, 21:57.3) and

Naomi Smitham, who also posted a career-best time of 22:01.2 (53rd), finished over a minute better than her previous best.

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)

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

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

Paige Comiso (Sr.)

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

Isabelle Davis (Sr.)

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	37th/93	21:36.2

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	32nd/93	21:32.8

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	19th/93	20:56.1

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

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

Taylor Lustyan (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	27th/53	15:16.2
Sept. 10	Stump Invitational	51st/93	21:57.3

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

Carlene Masar (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 10	Stump Invitational	21st/93	21:00.9

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	43rd/93	21:45.5

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

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	53rd/93	22:01.2

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

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