



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: September 24, 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	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)	8:30 a.m.

October

1	Dave Murray Invitational Tucson, Ariz.	TBA
16	Highlander Invitational (6k) Riverside, Calif. (UCR Ag Ops Course)	8 a.m.
22	Titan Invitational Fullerton, Calif. (Titan Track Complex)	TBA
29	Mountain West Championships (6k) Albuquerque, N.M.	TBA

November

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

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

Cougar Challenge (6k)
 Saturday, Sept. 25 | 8:30 a.m. PT | San Marcos, Calif. | Mangrum Track & Field Complex
 Media Coverage: Stream on CCAA Network | Live Results (Finished Results)

SAN DIEGO – The San Diego State cross country team will be competing at Cal State San Marcos Saturday morning when they run in the Cougar Challenge (6k) at CSUSM's Mangrum Track and Field Complex. The race will be streamed on the CCAA Network.

The Aztecs will have just four runners competing: Paige Comiso, Isabelle Davis, Alex Lomeli and Natalie Regalado. Comiso, Lomeli and Regalado ran in last week's USD Invitational while it will be the first race of the season for Davis.

SDSU will be competing against runners from Azusa Pacific, Cal Poly Pomona, Cal State Los Angeles, Cal State San Bernardino, Cal State Monterey Bay, Cal State San Marcos, Chico State, Claremont Mudd Scripps, Occidental College, Point Loma, Pomona-Pitzer, Sonoma State and Stanislaus State. With the Aztecs only sending four runners, they will be ineligible for a team score.

The forecast calls for sunny skies with temperatures in the high 60's. The mostly grass course runs throughout the Cal State San Marcos campus.

Coach Lusitana's Take on the Cougar Challenge

"Those participating this week, like the USD Invitational last Friday, will be our non-travel squad. This presents a good opportunity for these four ladies to test their competitive fitness level an opportunity to be elevated to the travel squad."

Aztec Storylines

- Three Aztecs ran in the USD Invitational (6k) last Friday. Alex Lomeli placed fourth (22:21.10) while Paige Comiso (25:21.10) and Natalie Regalado (26:16.90) each made their 2021 6k debut.
- Jessica Kain has been the top Aztec finisher in the last four races she's run in.
- Kain, Carlene Masar, Emily Burd, Lauren Harper, Amber Elias and Naomi Smitham all recorded career-best 6k times at the Stump Invitational two weeks ago.
- 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's 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

Alex Lomeli (Los Angeles/Notre Dame Academy HS) led a trio of San Diego State cross country runners competing at the USD Invite Friday on the shores of Mission Bay at Tecolote Shores North Park.

Lomeli complete the 6,000-meter course in 23 minutes, 21.10 seconds, to finish in fourth place out of 28 entrants. The junior was just under six seconds short of San Diego's Macey Holt (23:15.30) for third, while Holt's teammates Maddie Heller (22:54.30) and Emma Clark (23:13.20) finished first and second, respectively.

Senior Paige Comiso (San Jose, Calif./Presentation HS) made her 2021 debut in 17th with a time of 25:21.80, while classmate Natalie Regalado (Lake Forest, Calif./Trabuco Hills HS) came in 22nd in 26:16.90.

"The plan for the race was for these three to have the opportunity to gain some needed 6K race experience and we achieved that" volunteer assistant coach Robert Lusitana said. "Alex did an excellent job staying with the leaders for much of the race and was able to keep her focus over the final 2k."

"This was, not only Paige's first race this year but also her first 6k in nearly two years. She did a good job of closing on several in the race over the second half of the race. (This was) something to build upon for all three runners."

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)	No Team Score	N/A	N/A	Alex Lomeli (23:21.10)

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.)

Date	Meet (Distance)	Finish	Time
Sept. 17	USD Invitational 6k	17th/28	25:21.80

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

Isabelle Davis (Sr.)

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

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

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

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

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

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 6k	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 6k	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 6k	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
Sept. 17	USD Invitational 6k	22nd/28	26:16.90

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

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)

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	21:32.8	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. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
7. Taylor Lustyan	21:57.3	Stump Invitational	Sept. 10
8. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
9. Alex Lomeli	23:21.1	USD Invitational	Sept. 17
10. Paige Comiso	25:21.8	USD Invitational	Sept. 17

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	21:32.8	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. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
7. Taylor Lustyan	21:57.3	Stump Invitational	Sept. 10
8. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
9. Alex Lomeli	23:21.1	USD Invitational	Sept. 17
10. Paige Comiso	25:21.8	USD Invitational	Sept. 17