



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)	No Team Score
	San Diego, Calif. (Tecolote Shores - Mission Bay)	
25	Cougar Challenge (6k)	No Team Score
	San Marcos, Calif. (Mangrum Track & Field Complex)	

October

1	Dave Murray Invitational (6k)	7 a.m.
	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	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

Dave Murphy Invitational (6k)
 Saturday, Oct. 1 | 7 a.m. PT | Tucson, Ariz. | Rolling Hills Golf Club
 Media Coverage: Live Results (Finished Results)

SAN DIEGO – The San Diego State cross country team will be competing at the University of Arizona's Dave Murphy Invitational (6k) Friday morning at the Rolling Hills Golf Club.

The Aztecs will have Emily Burd, Amber Elias, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Carlene Masar, Nicole Meyer and Naomi Smitham running. Aside from Alex Lomeli, it will be the first race for these Aztecs since the Stump Invitational on Sept. 10. In that race, six Aztecs set new personal best times in the 6k.

SDSU will be competing against runners from Arizona, Arizona State, Grand Canyon and New Mexico State.

The race is at 7 a.m. PT so temperatures should still be moderate. The forecast calls for clear skies and temperatures in the low 60's and minimal wind.

The race is being run at Rolling Hill's Golf Club and will be three 2k loops on grass.

Aztec Storylines

- Four Aztecs ran in the USD Invitational (6k) last Friday. Alex Lomeli placed 13th out of 139 runners with a career best time of 21:42.5. Paige Comiso (23:55.3), Natalie Regalado (24:07.9) and Isabelle Davis (25:20.6) also competed. It was Davis' season debut.
- 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 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 on Sept. 10.
- 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.

Coach Lusitana's Take on the Dave Murphy Invitational

"The team has put in three quality weeks of training since the Stump Invitational race. They are looking forward to this race to gauge how they are progressing towards their season's goals. They are prepared for a very competitive race against a field which includes ranked Arizona, the 15th-ranked team in the western region, as well as the Pac 12's Arizona State, New Mexico State and a young talented GCU squad. This will be a great opportunity for the team to gain some important race experience against good competition."

Last Time Out

The Aztec cross country team had four runners competing in Cal State San Marcos' Cougar Challenge last Saturday morning and were led by Alex Lomeli's career-best 6k time of 21:42.5.

Lomeli finished in 13th place out of 139 runners and beat her previous best 6k time by over 30 seconds. This was Lomeli's second straight race posting the top time among Aztec runners.

Paige Comiso finished in 23:55.3 (79th place) and was followed by Natalie Regalado (24:07.9, 84th place).

Isabelle Davis made her 2021 debut and clocked in at 25:20.6 (117th place).

Since SDSU only had four runners, they didn't qualify for a team score.

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)

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
Sept. 24	Cougar Challenge 6k	79th/139	23:55.3

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

Isabelle Davis (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 24	Cougar Challenge 6k	117th/139	25:20.6

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
Sept. 24	Cougar Challenge 6k	13th/139	21:42.5

Collegiate Career Best: 5K - 19:47.6; 6K - 21:42.5

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
Sept. 24	Cougar Challenge 6k	79th/139	24:07.9

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. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
7. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
8. Taylor Lustyan	21:57.3	Stump Invitational	Sept. 10
9. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
10. Alex Lomeli	23:21.1	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. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
7. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
8. Taylor Lustyan	21:57.3	Stump Invitational	Sept. 10
9. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
10. Paige Comiso	23:55.3	Cougar Challenge	Sept. 24

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