



SAN DIEGO STATE AZTECS

2021 Cross Country Notes

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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)	8:45 a.m.
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)
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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 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

Stump Invitational (6k)
 Friday, Sept. 10 | 8:45 a.m. PT | Davis Calif. | Wildhorse Golf Club
 Media Coverage: Live Results (via RT Timing Results)

SAN DIEGO – The San Diego State cross country team runs their first 6k of the season Friday at the Stump Invitational, which takes place at the Wildhorse Golf Club.

The Aztecs will be competing against Cal Poly, Sonoma St., UC Davis, UC Riverside, UC San Diego and UC Santa Barbara.

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

The grass course consists of three 2k loops on holes 7, 8, 12 and 13 at the Wildhorse Golf Club. The forecast calls for clear skies and temperatures in the low 70's

This is the second annual Stump Invitational which is named in memory of Sarah Sumpter, a two-time Big West runner-up and a 2012 track & field All-American who compiled an outstanding career despite a 2010 diagnosis of a brain tumor. She was inducted posthumously into the Cal Aggie Athletics Hall of Fame in 2020.

Coach Lusitana's Take on the Stump Invitational

"The team felt like they learned a good amount from last Wednesday's rust buster. This week's discussion has been about how we can improve. They recognize this race will be a great opportunity to begin to take the steps towards achieving seasonal team goals. They are looking forward to competing at our normal 6k distance. Conditions will be challenging for all participants because Northern California has been dealing with warm temperatures and smoke-filled skies for several weeks.

Aztec Storylines

- The Aztecs placed third at the Anteater Opener 4k and were paced by Jessica Kain's 14:22.5.
- Jessica Kain has been the top Aztec finisher in SDSU's last three races.
- Freshman Nicole Meyer placed 22nd and 4th among SDSU runners with a time of 15:03.6 in her first collegiate race.
- Newcomer Taylor Lustyan, a Chico State transfer, placed 27th, crossing the finish line in 15:16.2.
- Carlene Masar, who missed the last race, 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.
- Every race besides the Mountain West Championships (Oct. 29), which is hosted by New Mexico, will be in the state of California.
- 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 third at UC Irvine's Anteater Opener, their first meet of the 2021 season. Jessica Kain was the top Aztec finisher, coming in sixth place with a time of 14:22.5 in the 4k.

"The race was a solid rust buster for all who raced," Coach Lusitana said after the race. "Jessica [Kain] did an excellent job of breaking up CBU's top five. As a group everyone competed very well. Our top seven stayed focused throughout the race. We were dealing with some injuries, but still were very close to beating a very good UC Irvine team."

SDSU placed three runners in the top 20 and four in the top 25. California Baptist, who is ranked in the top ten in the West Region, took first place and was followed by UC Irvine, SDSU and then Long Beach State.

The next SDSU finisher behind Kain was senior Emily Burd who clocked in at 14:37.9, good for 11th place. Lauren Harper finished in 14:55.9 (17th place) and the Aztec top five was rounded out by freshman Nicole Meyer (22nd, 15:03.6) and Amber Elias (26th, 15:13.0).

Also running for SDSU was Taylor Lustyan (27th, 15:16.2), the Chico State transfer, Naomi Smitham (28th, 15:20.2), Alex Lomeli (35th, 15:40.6), Bailey Watts (40th, 16:05.4) and Natalie Regalado (46th, 17:25.6).

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)

2021 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Collegiate

Emily Burd (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	11th/53	14:37.9

*Collegiate Career Best: 5K - 19:05.20; 6K - 22:24.30**Career Best: 5K - N/A; 6K - 23:15.7***Paige Comiso (Sr.)**

<i>Collegiate Career Best: 5K - 18:22.1; 6K - 22:09.4</i>			
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Isabelle Davis (Sr.)

<i>Collegiate Career Best: 5K - 19:49.7; 6K - 23:51.1</i>			
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Amber Elias (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	26th/53	15:13.0

*Collegiate Career Best: 5K - N/A; 6K - 22:06.3***Lauren Harper (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	17th/53	14:55.9

*Collegiate Career Best: 5K - 19:34.2; 6K - 22:27.3***Jessica Kain (Jr.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	6th/53	14:22.5

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

*Collegiate Career Best: 5K - N/A; 6K - 21:37***Carlene Masar (Sr.)**

Date	Meet (Distance)	Finish	Time
<i>Collegiate Career Best: 5K - 19:03.4; 6K - 21:44.5</i>			

Nicole Meyer (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	22nd/53	15:03.6

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

*Collegiate Career Best: 5K - 20:09.1; 6K - 23:06.4***Bailey Watts (So.)**

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4K	40th/53	16:05.4