



# 2022 SAN DIEGO STATE CROSS COUNTRY

## 2022 Schedule/Results

### SEPTEMBER

- 1 Anteater Opener (4K)  
Irvine, Calif.
- 17 UC Riverside Invitational (6K)  
Riverside, Calif.
- 30 Joe Paine-Notre Dame Invitational (5K)  
South Bend, Ind.

### OCTOBER

- 15 **Highlander Invitational**  
**Riverside, Calif.**
- 28 Mountain West Championships  
Laramie, Wyo.

### NOVEMBER

- 11 NCAA West Regionals  
Seattle, Wash.

## Roster

Name	Year	Hometown
Vanessa Cabello	Sophomore	Los Altos, Calif.
Amber Elias	Junior	Napa, Calif.
Melanie Falkowski	Freshman	Laguna Beach, Calif.
Lauren Harper	Senior	Weaverville, Calif.
Jessica Kain	Senior	Scotts Valley, Calif.
Alex Lomeli	Senior	Los Angeles, Calif.
Taylor Lustyan	Senior	Clovis, Calif.
Nicole Meyer	Sophomore	Orange, Calif.
Maddy Parrone	Freshman	Westlake Village, Calif.
Bella Peretti	Freshman	San Jose, Calif.
Zala Sekavcnik	Freshman	Slovenj Gradec, Slovenia
Bailey Watts	Junior	Foothill Ranch, Calif.
Tatum Zinkin	Freshman	Fresno, Calif.

**Head Coach:** Shelia Burrell (UCLA, 1995), 14th Season

**Assistant Coach:** Robert Lusitana (San Diego State, 1982) 6th season

## Meet Week Preview

Highlander Invitational - Riverside, Calif. (6K)  
Saturday, Oct. 15 | 8:35 a.m. PT | Riverside, Calif. | UCR AG Ops Course

**SAN DIEGO** – The San Diego State cross country team continues their 2022 season at the Highlander Invitational on Saturday morning. The team will compete in a 6K at 8:35 a.m. PT.

**Slated to run for SDSU:** Vanessa Cabello, Amber Elias, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Nicole Meyer, Maddy Parrone, Bella Peretti, Zala Sekavcnik, and Tatum Zinkin.

**Coach Lusitana’s Take:** “For several on the team, the Highlander Invitational will be the final prep race before the postseason, and the race we are focusing on, NCAA Regionals. It will be a smaller race than the last two races we have competed in but there are still some very good teams entered.”

## Aztec Storylines

- In the season opener four Aztecs made their collegiate debuts, and three runners ran faster than they did during the 2021 edition of the Anteater Opener.
- Jessica Kain paced the Aztecs, finishing in 14:12.0 which was good for fifth place overall. Kain’s time was 10 seconds better than the mark she recorded at this event last year.
- Kain followed up her strong performance in the opening race of the season with another strong outing at the UC Riverside Invitational. She ran an Aztec course record at the UC Riverside Invitational, running 20:46.5 to set a new record on the course.
- Additionally, the Aztecs finished ahead multiple power five schools on their way to a 14th place showing at the UC Riverside Invitational. The Aztecs finished in front of the likes of CAL, USC, and Arizona State.
- The Aztecs finished sixth at the Joe Piane Invitational held at Notre Dame on Sept. 30. Jessica Kain was the top Aztec finisher for the third consecutive race, finishing sixth overall, in a new personal best 5K 17:08.4. That time is the sixth fastest 5K in Aztec history.
- Lauren Harper and Vanessa Cabello continued their early season success, placing amongst the top five Aztec runners for the third consecutive meet at the Joe Piane Invitational. Harper finished second of the Aztecs in a time of 17:43.3 followed by Cabello at 17:49.4.
- Following the Highlander Invitational, the Aztecs will begin postseason competition at the MW Conference Championships in Laramie, Wyoming. on Friday, October 28 followed by the NCAA West Regionals in Seattle, Washington on Friday, November 11.
- Eight athletes return for the 2022 season, including three of the Aztecs top five consistent scorers from last season in Jessica Kain, Nicole Meyer, and Lauren Harper.
- The Aztecs have added five freshmen to the roster for the 2022 season, four are from the state of California, and Zala Sekavcnik is from Slovenia.



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## 2022 AZTEC CROSS COUNTRY TEAM RESULTS

<b>Date</b>	<b>Meet (Distance)</b>	<b>Finish</b>	<b>Spread (Top 5)</b>	<b>Spread (Top 7)</b>	<b>Top Finisher</b>
Sept. 4	Anteater Opener (4k) <i>Top Five: Kain, Harper, Cabello, Peretti, Lustyan</i>	4th/5	1:02.2	1:15.6	Jessica Kain (14:12.0)
Sept. 17	UC Riverside Invitational (6k) <i>Top Five: Kain, Cabello, Lustyan, Peretti, Harper</i>	14th/31	1:21.1	1:34.2	Jessica Kain (20:46.5)
Sept. 30	Joe Piane Invitational (5K) <i>Top Five: Kain, Harper, Cabello, Elias, Peretti</i>	6th/19	1:31.7	1:51.8	Jessica Kain (17:08.4)



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## 2022 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

### Vanessa Cabello (So.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener	19th/57	14:51.0
Sept. 17	UC Riverside Invitational (6k)	48th/265	21:22.6
Sept. 30	Joe Plane Invitational (5k)	28th/145	17:49.4

**Collegiate Career Best: 5K - N/A; 6K - 21:22.6**

### Amber Elias (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	30th/57	15:27.6
Sept. 17	UC Riverside Invitational (6k)	131st/265	22:14.8
Sept. 30	Joe Plane Invitational (5k)	62nd/145	18:35.3

**Collegiate Career Best: 5K - N/A; 6K - 21:36.2**

### Lauren Harper (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	18th/57	14:50.6
Sept. 17	UC Riverside Invitational (6k)	116th/265	22:07.6
Sept. 30	Joe Plane Invitational (5k)	21st/145	17:43.3

**Collegiate Career Best: 5K - 19:34.2; 6K - 21:32.8**

### Jessica Kain (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	5th/57	14:12.0
Sept. 17	UC Riverside Invitational (6k)	17th/265	20:46.5
Sept. 30	Joe Plane Invitational (5k)	6th/145	17:08.4

**Collegiate Career Best: 5K - 17:08.4; 6K - 20:46.5**

### Alex Lomeli (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	5th/	14:12.0
Sept. 17	UC Riverside Invitational (6k)	210th/265	23:09.2

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

### Taylor Lustyan (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	26th/57	15:14.2
Sept. 17	UC Riverside Invitational (6k)	97th/265	21:57.2
Sept. 30	Joe Plane Invitational (5k)	85th/145	18:59.2

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

### Nicole Meyer (So.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	30th/	15:45.6
Sept. 17	UC Riverside Invitational (6k)	147th/265	22:20.7
Sept. 30	Joe Plane Invitational (5k)	90th/145	18:35.3

**Collegiate Career Best: 5K - N/A; 6K - 21:45.5**

### Maddy Parrone (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	27th/57	15:15.4
Sept. 30	Joe Plane Invitational (5k)	84th/145	18:58.9

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

### Bella Peretti (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	22nd/57	14:55.6
Sept. 17	UC Riverside Invitational (6k)	100th/265	22:00.0
Sept. 30	Joe Plane Invitational (5k)	69th/145	18:39.1

**Collegiate Career Best: 5K - N/A; 6K - 22:00.0**

### Zala Sekavcnik (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	39th/57	16:05.7

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



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## 2022 AZTEC CROSS COUNTRY TOP-10 TIMES

### Top-10 Times -- 5k (Without Replacement)

Athlete	Time	Meet	Date
1. Jessica Kain	17:08.4	Joe Piane Invitational	Sept. 30
2. Lauren Harper	17:43.3	Joe Piane Invitational	Sept. 30
3. Vanessa Cabello	17:49.4	Joe Piane Invitational	Sept. 30
4. Amber Elias	18:35.3	Joe Piane Invitational	Sept. 30
5. Bella Peretti	18:39.1	Joe Piane Invitational	Sept. 30
6. Maddy Parone	18:58.9	Joe Piane Invitational	Sept. 30
7. Taylor Lustyan	18:59.2	Joe Piane Invitational	Sept. 30
8. Nicole Meyer	19:01.8	Joe Piane Invitational	Sept. 30

### Top-10 Times -- 6k (Without Replacement)

Athlete	Time	Meet	Date
1. Jessica Kain	20:46.5	UC Riverside Invitational	Sept. 17
2. Vanessa Cabello	21:22.6	UC Riverside Invitational	Sept. 17
3. Taylor Bailey-Lustyan	21:57.2	UC Riverside Invitational	Sept. 17
4. Isabella Peretti	22:00.0	UC Riverside Invitational	Sept. 17
5. Lauren Harper	22:07.6	UC Riverside Invitational	Sept. 17
6. Amber Elias	22:14.8	UC Riverside Invitational	Sept. 17
7. Nicole Meyer	22:20.7	UC Riverside Invitational	Sept. 17
8. Alex Lomeli	23:09.2	UC Riverside Invitational	Sept. 17

# 2022 SAN DIEGO STATE CROSS COUNTRY

## 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. Jessica Kain	17:08.4	Joe Plane Invitational (South Bend, Ind.)	Sept. 30, 2022

### 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. Jessica Kain	17:08.4	Joe Plane Invitational (South Bend, Ind.)	Sept. 30, 2022
7. Laurie Crisp	17:09.1	UCLA Invitational (Los Angeles, Calif.)	Sept. 19, 1982
8. Liz Baker	17:26.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
9. Debra Chaddock	17:31.0	District 8 Championships (Fresno, Calif.)	Nov. 13, 1982
10. Lisa Crampton	17:32.6	Willamette Invitational (Salem, Ore.)	Oct. 1, 2005

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:46.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 30, 2022
2. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
3. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
4. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
5. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
6. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
7. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
8. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
9. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
10. Lily Seynaeve	21:30.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 12, 2015

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:46.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 30, 2022
2. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
3. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
4. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
5. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
6. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
7. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
8. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
9. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
10. Chelsea Kruthers	21:39.0	NCAA West Regional (Sacramento, Calif.)	Nov. 15, 2013