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 (6K)
	Riverside, Calif.
28	**Mountain West Championship**
	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

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Meet Week Preview
Mountain West Championships (6K)
Friday, Oct. 28 | 9:15 a.m. PT / 10:15 a.m. MT | Laramie, Wyo. | Jacoby Golf Course

SAN DIEGO – The San Diego State cross country team begins their 2022 post season at the Mountain West Championships on Friday morning. The team will compete in a 6K at 9:15 a.m. PT.

Slated to run for SDSU: Taylor Lustyan, Nicole Meyer, Maddy Parrone, Bella Peretti, Zala Sekavcnik, and Tatum Zinkin.

Coach Lusitana's Take: "The team is having a successful year and the goals we set at the beginning of the year revolve around the NCAA Regionals in November. Because of those goals and the challenges presented to us due to the elevation of the location of this year's conference championship, we are training through this week with high expectations for the NCAA West Regionals. Those participating in this year's conference meet will get valuable experience for future championships."

Aztec Storylines

• The Aztecs finished ahead of multiple power five schools on their way to a 14th place showing at the UC Riverside Invitational on Sept. 17. The Aztecs finished in front of the likes of CAL, USC, and Arizona State.

• Jessica Kain has paced the Aztecs in all four races this season and set a new personal best 5K, finishing sixth overall at the Joe Piane Invitational on Sept. 30 with a time of 17:08.4. That time is the sixth fastest 5K in Aztec history.

• The Aztecs competed at the Highlander Invitational held at UC Riverside on Oct. 15 and finished sixth. The team completed the course in 1:46:34, the fastest total team time ever for a SDSU squad on the 6K course.

• Lauren Harper and Vanessa Cabello have continued their early season success, placing amongst the top five Aztec runners for the fourth consecutive meet at the Highlander Invitational in Riverside, California. Cabello finished
second of the Aztecs in a time of 20:57.2 followed by Harper at 21.29.1 (PR).

• Following the Mountain West Championships in Laramie, Wyo., the Scarlett and Black will travel to Seattle, Wash. on Friday, Nov. 11 for the NCAA West Regionals.

• 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.

2022 SAN DIEGO STATE CROSS COUNTRY

2022 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 4	Anteater Opener (4k)	4th/5	1:02.2	1:15.6	Jessica Kain (14:12.0)
	Top Five: Kain, Harper, Cabello, Peretti, Lustyan				
Sept. 17	UC Riverside Invitational (6k)	14th/31	1:21.1	1:34.2	Jessica Kain (20:46.5)
	Top Five: Kain, Cabello, Lustyan, Peretti, Harper				
Sept. 30	Joe Piane Invitational (5K)	6th/19	1:31.7	1:51.8	Jessica Kain (17:08.4)
	Top Five: Kain, Harper, Cabello, Elias, Peretti				
Oct. 15	Highlander Invitational (6K)	6th/26	0:47.3	1:01.3	Jessica Kain (20:52.4)
	Top Five: Kain, Cabello, Harper, Lomeli, Elias				

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 Piane Invitational (5k)	28th/145	17:49.4
Oct. 15	Highlander Invitational (6k)	24th/276	20:57.2

Collegiate Career Best: 5K - N/A; 6K - 20:57.2

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 Piane Invitational (5k)	62nd/145	18:35.3
Oct. 15	Highlander Invitational (6k)	56th/276	21:39.1

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 Piane Invitational (5k)	21st/145	17:43.3
Oct. 15	Highlander Invitational (6k)	48th/276	21:29.1

Collegiate Career Best: 5K - 19:34.2; 6K - 21:29.1

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 Piane Invitational (5k)	6th/145	17:08.4
Oct. 15	Highlander Invitational (6k)	21st/276	20:52.4

Collegiate Career Best: 5K - 19:36.2; 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
Oct. 15	Highlander Invitational (6k)	55th/276	21:36.6

Collegiate Career Best: 5K - 19:47.6; 6K - 21:36.6

Taylor Lustyan (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	26h/57	15:14.2
Sept. 17	UC Riverside Invitational (6k)	97th/265	21:57.2
Sept. 30	Joe Piane Invitational (5k)	85th/145	18:59.2
Oct. 15	Highlander Invitational (6k)	140th/276	23:28.8

Collegiate Career Best: 5K - 18:59.2; 6K - 21:37.2

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 Piane Invitational (5k)	90th/145	18:35.3

Oct. 15	Highlander Invitational (6k)	69th/276	21:53.7

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 Piane Invitational (5k)	84th/145	18:58.9
Oct. 15	Highlander Invitational (6k)	59th/276	21:41.0

Collegiate Career Best: 5K - 18:58.9; 6K - 21:41.0

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 Piane Invitational (5k)	69th/145	18:39.1
Oct. 15	Highlander Invitational (6k)	76th/276	22:04.2

Collegiate Career Best: 5K - ; 6K - 22:00.0

Zala Sekavcnik (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	39th/57	16:05.7
Oct. 15	Highlander Invitational (6k)	113th/276	22:55.5

Collegiate Career Best: 5K - N/A; 6K - 22:55.5

Tatum Zinkin (Fr.)

Date	Meet (Distance)	Finish	Time
Oct. 15	Highlander Invitational (6k)	113th/276	25:11.6

Collegiate Career Best: 5K - N/A; 6K - 25:11.6

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 Parrone	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	20:57.2	Highlander Invitational	Oct. 15
3. Lauren Harper	21:29.1	Highlander Invitational	Oct. 15
4. Taylor Bailey-Lustyan	21:36.2	UC Riverside Invitational	Sept. 17
5. Alex Lomeli	21:36.6	Highlander Invitational	Oct. 15
6. Amber Elias	21.39.1	Highlander Invitational	Oct. 15
7. Maddy Parrone	21:41.0	Highlander Invitational	Oct. 15
8. Nicole Meyer	21:53.7	Highlander Invitational	Oct. 15
9. Isabella Peretti	22:00.0	UC Riverside Invitational	Sept. 17
10. Zala Sekavcnik	22:55.5	Highlander Invitational	Oct. 15

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	17:08.1	Joe Piane 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	17:08.1	Joe Piane 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