



2022 SAN DIEGO STATE CROSS COUNTRY

2022 Schedule/Results

September

- 1 **Anteater Opener (4K)**
Irvine, Calif.
- 17 UC Riverside Invitational
Riverside, Calif.
- 24 Cougar Challenge
San Marcos, Calif.
- 30 San Diego Mesa College Invitational
San Diego, Calif.
- 30 Joe Paine-Notre Dame Invitational
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	San Jose, Calif.
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

Anteater Opener (4K)

Thursday, Sept. 4 | 6 p.m. PT | Irvine, Calif. | UCI Arc Fields

IRVINE, Calif. – The San Diego State cross country team kicks off their 2022 season Thursday evening at the Anteater Opener on the campus of UC Irvine. The Aztecs will be competing in a 4k at 6 p.m. PT.

The Aztecs will be competing in a 4k on UCI’s Arc Fields, which features a mix of flat 1,500m and 1000m grass loops. Other schools competing will be UC Irvine, California Baptist, Long Beach State and Cal State Northridge. The forecast calls for clear skies and temperatures in the mid 80’s by race time.

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

Coach Lusitana’s Take on the Anteater Opener

“The team is looking forward to the season opener to get the rust off and find out exactly where they are at fitness wise. The upper-class women are happy to get the season going and to begin work on our overall team goals. The newcomers are eager to make an impact and show their worth. We are all looking forward to a great season in 2022 and to build off our momentum from the 2021 season.”

Aztec Storylines

- The Aztecs competed in nine meets during the 2021 season, and earned four top five finishes throughout the season. The Aztecs finished in second at the Dave Murray Invitational, third at the Anteater Opener, fourth at the Stump Invitational, and fifth at the Highlander Invitational.
- Four of the Aztecs who raced at the NCAA West Regional held at the Haggin Oaks Golf Complex in Sacramento, California also return.
- The Aztecs finished off the 2022 season strongly, finishing in 23rd at the NCAA West Regionals, their highest finish at the event since the 2005 season.
- 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.
- Jessica Kain, who was the Aztecs top runner in three different meets during the 2021 season, returns for her senior season.
- The Aztecs have added five freshmen to the roster for the 2022 season, all from within the state of California.



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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)
Oct. 1	Dave Murray Invitational (6k) <i>Top Five: Masar, Burd, Lomeli, Meyer, Kain</i>	2nd/5	51.6	1:06.2	Carlene Masar (21:29.5)
Oct. 16	Highlander Invitational (6k) <i>Top Five: Kain, Burd, Lustyan, Elias, Meyer</i>	5th/25	24.8	59.4	Jessica Kain (21:35.0)
Oct. 22	Titan Invitational (5k) <i>Top Five: Watts, Comiso, Regalado, McNeil, Davis</i>	6th/10	1:03.2	3:08.8	Bailey Watts (19:10.5)
Oct. 29	Mountain West Championships (6k) <i>Top Five: Meyer, Elias, Burd, Kain, Smitham</i>	8th/11	1:10.6	1:46.2	Nicole Meyer (21:56.7)
Nov. 12	NCAA West Regionals <i>Top Five: Kain, Masar, Meyer, Burd, Elias</i>	23/36	1:01.8	2:17.3	Jessica Kain (21:46.5)



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2021 AZTEC CROSS COUNTRY RETURNING INDIVIDUAL RESULTS

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
Oct. 1	Dave Murray Invitational (6k)	19th/40	22:22.2
Oct. 16	Highlander Invitational (6k)	46th/261	21:58.0
Oct. 29	Mountain West Championships (6k)	66th/94	22:21.5
Nov. 11	NCAA West Regionals (6k)	165th/235	22:47.3

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

Lauren Harper (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
Oct. 1	Dave Murray Invitational (6k)	23rd/40	22:35.7
Oct. 29	Mountain West Championships (6k)	76th/94	23:23.3
Nov. 11	NCAA West Regionals (6k)	180th/235	23:03.2

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
Oct. 1	Dave Murray Invitational (6k)	17th/40	22:21.1
Oct. 16	Highlander Invitational (6k)	23rd/261	21:38.0
Oct. 29	Mountain West Championships (6k)	70th/94	22:39.2
Nov. 11	NCAA West Regionals (6k)	100th/235	21:46.5

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
Oct. 1	Dave Murray Invitational 6k	10th/40	21:59.4
Oct. 29	Mountain West Championships 6k	81st/94	23:42.9

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
Oct. 16	Highlander Invitational (6k)	76th/261	22:34.6

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

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
Oct. 1	Dave Murray Invitational (6k)	13th/40	22:10.7
Oct. 16	Highlander Invitational (6k)	47th/261	21:59.8
Oct. 29	Mountain West Championships (6k)	60th/94	21:56.7
Nov. 11	NCAA West Regionals	126th/235	22:14.5

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

Bailey Watts (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener (4k)	40th/53	16:05.4
Oct. 16	Highlander Invitational (6k)	114th/261	23:10.8

Collegiate Career Best: 5K - N/A; 6K - 22:47.0

2022 SAN DIEGO STATE CROSS COUNTRY

2021 AZTEC CROSS COUNTRY TOP-10 TIMES

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. Carlene Masar	21:29.5	Dave Murray Invitational	Oct. 1
4. Emily Burd	21:02.8	Stump Invitational	Sept. 10
5. Lauren Harper	21:32.8	Stump Invitational	Sept. 10
6. Jessica Kain	21:35.0	Highlander Invitational	Oct. 16
7. Amber Elias	21:36.2	Stump Invitational	Sept. 10
8. Emily Burd	21:38.0	Highlander Invitational	Oct. 16
9. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
10. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10

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	21:02.8	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	21:54.5	Highlander Invitational	Oct. 16
9. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
10. Bailey Watts	23:10.8	Highlander Invitational	Oct. 16



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. 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.) S	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