



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	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

UC Riverside Invitational (6K)

Saturday, Sept. 17 | 7:15 a.m. PT | Riverside, Calif. | UCR Agricultural Operations Course

SAN DIEGO – The San Diego State cross country team continues their 2022 season at the UC Riverside Invitational on Saturday morning. The team will compete in a 6K at 7:15 a.m. PT and will run in the invitational heat of the meet, as well as a few student-athletes will participate in the open 5K at 8:25 a.m. PT.

Slated to run for SDSU: Vanessa Cabello, Amber Elias, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Nicole Meyer, Bella Peretti, Zala Sekavcnik (open 5K), and Tatum Zinkin (open 5K).

Coach Lusitana’s Take: “This will be a competitive early season meet because this course will be the conference championship meet course for both the Big West and the PAC-12. Many teams from both conferences will be competing in order to get a feel for the course as preparation for their conference championship meets. This will be the first true test for us this season as it is a full 6k and a challenging course. The team is excited about the opportunity and understands that they need to come into the race with a business like attitude to meet the challenge.”

Aztec Storylines

- San Diego State opened their 2022 season at the Anteater Opener on Thursday Sept. 4.
- 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.
- SDSU 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 student-athletes 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, four are from the state of California, and Zala Sekavcnik is from Slovenia.



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2022 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
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)



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2022 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Vanessa Cabello (So.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	19th/53	14:51.0

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

Amber Elias (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	30th/57	15:27.6

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

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

Jessica Kain (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener (4k)	5th/57	14:12.0

Collegiate Career Best: 5K - 19:36.2; 6K - 20:56.1

Taylor Lustyan (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener (4k)	26th/57	15:14.2

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

Nicole Meyer (So.)

Date	Meet (Distance)	Finish	Time
Sept. 4	Anteater Opener (4k)	34th/57	15:45.6

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

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

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

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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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