



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

Joe Paine - Notre Dame Invitational (5K)
Friday, Sept. 30 | 10:30 a.m. PT / 1:30 p.m. ET | South Bend, Ind. | Burke Golf Course

SAN DIEGO – The San Diego State cross country team continues their 2022 season at the Joe Paine - Notre Dame Invitational on Friday morning. The team will compete in a 5K at 10:30 a.m. PT in the Gold Division.

Slated to run for SDSU: Vanessa Cabello, Amber Elias, Lauren Harper, Jessica Kain, Taylor Lustyan, Nicole Meyer, Maddy Parrone, Bella Peretti.

Coach Lusitana’s Take: “The Gold Division race presents a great opportunity for us to compete against high-level competition. There will be some very solid squads competing on Friday morning. The entire team will need to compete and stay focused for the full 5,000 meters. The Aztecs are ready to compete at a high-level again this weekend.”

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.
- 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.
- 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.
- The Aztecs finished off the 2021 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)
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)



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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

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

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

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

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

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

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

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

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

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

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
Sept. 17	UC Riverside Invitational (6k)	100th/265	22:00.0

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



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2022 AZTEC CROSS COUNTRY TOP-10 TIMES

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

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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