

2023 SAN DIEGO STATE CROSS COUNTRY

2023 Schedule/Results

SEPTEMBER

1	Big West Preview	T-6th, 133pts
	Nipomo, Calif. (hosted by Cal Poly)	
22	Bill Dellinger Invitational	12th, 307pts
	Springfield, Ore. (hosted by Oregon)	

OCTOBER

14	Highlander Invitational	8:40 a.m.
	Riverside, Calif. (hosted by UCR)	
27	Mountain West Championships	TBA
	Boise, Id.	

NOVEMBER

10	NCAA West Regionals	TBA
	Sacramento, Calif.	

2023 Roster

Name	Year	Hometown
Vanessa Cabello	Jr.	Los Altos, Calif.
Amber Elias	Sr.	Napa, Calif.
Melanie Falkowski	So.	Laguna Beach, Calif.
Lauren Harper	Gr.	Weaverville, Calif.
Maddie Keller	Jr.	San Juan Capistrano, Calif.
Jessica Kain	Gr.	Scotts Valley, Calif.
Alex Lomelli	Gr.	Los Angeles, Calif.
Sophia Nevin	Fr.	Glenwood Springs, Colo.
Maddy Parrone	So.	Westlake Village, Calif.
Bella Peretti	So.	San Jose, Calif.
Eva Rethmeier	Jr.	San Diego, Calif.
Bailey Watts	Sr.	Foothill Ranch, Calif.
Tatum Zinkin	So.	Fresno, Calif.

Head Coach: Robert Lusitana (San Diego State, 1982)
7th season

Meet #3: Highlander Invitational (hosted by UC Riverside)
Saturday, Oct. 14 | 8:40 a.m. PT | Riverside, Calif. | UCR Ag/Ops Course

SAN DIEGO – San Diego State women’s cross country is set for their final regular season meet, heading to Riverside, Calif. for the Highlander Invitational. The 6k race will begin at 8:40 a.m. at the UCR Agricultural Operations Course.

The Aztecs will be competing against Arizona State, Northern Colorado, Cal State Fullerton, Long Beach State, UC San Diego, and host UC Riverside among others.

Aztecs slated to run: Vanessa Cabello, Amber Elias, Maddie Heller, Jessica Kain, Sophia Nevin, Maddy Parrone, Bella Perretti, Eva Rethmeier, Tatum Zinkin

About the Roster

- The Aztecs roster is made up of 10 returners and three newcomers. Of the 10 returners, six scored points at last year’s NCAA West Regional meet.
- School record holder Jessica Kain is back for her final collegiate season. After breaking her 6k record at NCAA Regionals last year, she has led the Aztecs in both of their meets this season.
- Junior transfer Eva Rethmeier has been the consistent number two through the first two meets. Posting a new PR in the season opening meet, she owns 11th-place (out of 104) and 46th-place (out of 134) finishes this season.
- In total, 11 of the 13 Aztecs on the roster have competed this season with six (Elias, Heller, Kain, Nevin, Parrone, and Rethmeier) running in both meets.

Last Time Out

- The Aztecs faced some of the toughest competition in the country last time out at the Bill Dellinger Invitational, hosted by the University of Oregon. The field consisted of eight teams that had a top-15 ranking in their respective region by the USTFCCA.
- In the team standings, the Aztecs finished 12th with 307 total points. They had two runners finish in the top 50 out of a field of 134 runners.
- Jessica Kain paced the team, finishing 27th out of a field of 134 runners, with a time of 20:52.1.
- Eva Rethmeier was the second Aztec across the line in 46th with a time of 21:24.0. The Cal State Fullerton transfer finished ahead of seven of her former teammates.
- Making her season debut, Vanessa Cabello was the third runner in scarlet and black to finish, posting a time of 22:21.0.



2023 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 1	Big West Preview (5K) <i>Top Five: Kain, Rethmeier, Heller, Elias, Nevin</i>	6th/10 (133 pts)	1:39.9	2:15.1	Jessica Kain - 17:45.9 (3rd)
Sept. 22	Bill Dellinger Invitational (6K) <i>Top Five: Kain, Rethmeier, Cabello, Lomeli, Heller</i>	12th/14 (307 pts)	1:54.2	22:24.3	Jessica Kain - 20:52.1 (27th)
Oct. 14	Highlander Invitational (6K)				
Oct. 27	Mountain West Championships (6K)				
Sept. 1	NCAA West Regionals (6K)				



2023 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Vanessa Cabello (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 22	Bill Dellinger Invitational (6k)	97th/134	22:21.0
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Bests: 17:49.4 (5K) / 20:57.2 (6K)

Amber Elias (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	47th/104	19:21.3
Sept. 22	Bill Dellinger Invitational (6k)	124th/134	23:16.4

Collegiate Career Bests: 18:35.3 (5K) / 21:36.2 (6K)

Melanie Falkowski (So.)

Date	Meet (Distance)	Finish	Time
------	-----------------	--------	------

Collegiate Career Best:

Lauren Harper (Gr.)

Date	Meet (Distance)	Finish	Time
------	-----------------	--------	------

Collegiate Career Best: 17:43.3 (5K) / 21:29.1 (6K)

Maddie Heller (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	39th/104	19:05.1
Sept. 22	Bill Dellinger Invitational (6k)	114th/134	22:45.3
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Best: 19:05.1 (5K) / 21:35.8 (6K)

Jessica Kain (Gr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	3rd/104	17:45.9
Sept. 22	Bill Dellinger Invitational (6k)	27th/134	20:52.1
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Best: 17:08.4 (5K) / 20:40.3 (6K)

**Program record holder in the 6K. Ranked sixth in the 5K (without replacement).*

Alex Lomelli (Gr.)

Date	Meet (Distance)	Finish	Time
Sept. 22	Bill Dellinger Invitational (6k)	108th/134	22:38.9

Collegiate Career Best: 19:47.6 (5K) / 21:36.6 (6K)

Sophia Nevin (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	11th/104	17:45.9
Sept. 22	Bill Dellinger Invitational (6k)	122nd/134	23:13.1
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Bests: 17:45.9 (5K) / 23:13.1 (6K)

Maddy Parrone (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	63rd/104	19:50.0
Sept. 22	Bill Dellinger Invitational (6k)	132nd/134	23:52.5
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Best: 18:58.9 (5K) / 21:41.0 (6K)

Bella Peretti (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	72nd/104	20:04.0
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Best: 18:39.1 (5K) / 21:53.8 (6K)

Eva Rethmeier (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	11th/104	18:15.2
Sept. 22	Bill Dellinger Invitational (6k)	46th/134	21:24.0
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Best: 18:15.2 (5K) / 20:46.9 (6K)

Bailey Watts (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	71st/104	20:01.0

Collegiate Career Best: 19:10.5 (5K) / 22:47.0 (6K)

Tatum Zinkin (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Big West Preview (5K)	81st/104	20:38.8
Oct. 14	Highlander Invitational (6k)		

Collegiate Career Best: 19:56.4 (5K) / 25:11.6 (6K)

2023 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY TOP-10 TIMES

Top-10 Times -- 5K (With Replacement)

Athlete	Time	Meet	Date
1. Jessica Kain	17:45.9	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
2. Eva Rethmeier	18:15.2	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
3. Maddie Heller	19:05.1	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
4. Amber Elias	19:21.3	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
5. Sophia Connerton-Nevin	19:25.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
6. Maddy Parrone	19:50.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
7. Bailey Watts	20:01.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
8. Bella Peretti	20:04.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
9. Tatum Zinkin	20:38.8	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
10.			

Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date
1. Jessica Kain	17:45.9	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
2. Eva Rethmeier	18:15.2	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
3. Maddie Heller	19:05.1	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
4. Amber Elias	19:21.3	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
5. Sophia Connerton-Nevin	19:25.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
6. Maddy Parrone	19:50.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
7. Bailey Watts	20:01.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
8. Bella Peretti	20:04.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
9. Tatum Zinkin	20:38.8	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sept. 1, 2023
10.			

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
2. Eva Rethmeier	21:24.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
3. Vanessa Cabello	22:21.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
4. Alex Lomeli	22:38.9	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
5. Maddie Heller	22:45.3	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
6. Sophia Nevin	23:13.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
7. Amber Elias	23:16.4	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
8. Maddy Parrone	23:52.5	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
9.			
10.			

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
2. Eva Rethmeier	21:24.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
3. Vanessa Cabello	22:21.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
4. Alex Lomeli	22:38.9	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
5. Maddie Heller	22:45.3	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
6. Sophia Nevin	23:13.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
7. Amber Elias	23:16.4	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
8. Maddy Parrone	23:52.5	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
9.			
10.			

2023 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 Piane Invitational (South Bend, Ind.)	Sep. 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 Piane Invitational (South Bend, Ind.)	Sep. 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	20:40.3	NCAA West Regionals (Seattle, Wash.)	Nov. 11, 2022
2. Jessica Kain	20:46.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2022
3. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
4. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
5. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
6. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
7. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
9. Christine Kent	21:25.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
10. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:40.3	NCAA West Regionals (Seattle, Wash.)	Nov. 11, 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