

# 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	5th, 154pts
	Riverside, Calif. (hosted by UCR)	
27	<b>MW Championships</b>	<b>10 a.m. PT</b>
	<b>Boise, Id.</b>	

### NOVEMBER

10	NCAA West Regionals	TBA
	Sacramento, Calif.	

## 2023 Roster

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

*Bold Italic* indicates scheduled to run in MW Championships.

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

## Meet #4: Mountain West Championships

Friday, Oct. 27 | 10:00 a.m. PT | Boise, Idaho | Eagle Island State Park

**SAN DIEGO** – San Diego State women’s cross country heads to Boise, Idaho to compete in the Mountain West Conference Championships. The race will be a 6k beginning at 10 a.m. PT (11 a.m. MT) and will be streamed live on the Mountain West website.

The Aztecs were picked to finish 7th in the Mountain West’s pre-championship coaches’ poll, totaling 43 points. Colorado State earned all 10 first-place votes as the favorites to win it all.

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

### 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 continues her impressive final collegiate season. She currently owns the three fastest 6k times (any course) in program history.
- Junior transfer Eva Rethmeier has been the consistent number two through this season, being the second Aztec across the finish line all three races this season.
- In total, 11 of the 13 Aztecs on the roster have competed this season with five (Elias, Heller, Kain, Parrone, and Rethmeier) running in all three meets.

### Last Time Out

- The Aztecs had their best race of the season last time out at the Highlander Invitational. Overall, they finished fifth out of 23 teams and posted the best team time (1:46:08.0) in program history.
- Jessica Kain won the race with a time of 19:58.3, the first sub-20 minute 6k time in program history. She was awarded the Mountain West Women’s Athlete of the Week for her efforts, the second of her cross country career.
- Once again, Eva Rethmeier was the second Aztec finisher, crossing the line in 20:46.7 for a new personal best. It is the fourth fastest 6k time in program history, and puts her at number two on SDSU’s all-time list at the UCR Ag/Ops Course.

### The 2022 MW Championships

- The Aztecs finished 10th in last year’s conference championship race. Of the six student-athletes that raced in that 6k, two are scheduled to compete in this year’s meet (Parrone and Peretti).



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## 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	2:24.3	Jessica Kain - 20:52.1 (27th)
Oct. 14	Highlander Invitational (6K) <i>Top Five: Kain, Rethmeier, Cabello, Heller, Elias</i>	5th/23 (154 pts)	2:09.0	3:11.0	Jessica Kain - 19:58.3 (1st)
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)	41st/256	21:37.4

**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
Oct. 14	Highlander Invitational (6k)	80th/256	22:07.3

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

### Melanie Falkowski (So.)

Date	Meet (Distance)	Finish	Time
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**Collegiate Career Best:**

### Lauren Harper (Gr.)

Date	Meet (Distance)	Finish	Time
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**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	<b>19:05.1</b>
Sept. 22	Bill Dellinger Invitational (6k)	114th/134	22:45.3
Oct. 14	Highlander Invitational (6k)	42nd/256	21:38.4

**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)	1st/256	<b>19:58.3</b>

**Collegiate Career Best: 17:08.4 (5K) / 19:58.3 (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	<b>17:45.9</b>
Sept. 22	Bill Dellinger Invitational (6k)	122nd/134	<b>23:13.1</b>

**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)	84th/256	22:17.1

**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)	124th/256	23:09.3

**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)	13th/256	<b>20:46.7</b>

**Collegiate Career Best: 18:15.2 (5K) / 20:46.7 (6K)**

*\*Ranked second in the 6K (without replacement).*

### 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)	187th/256	<b>24:32.6</b>

**Collegiate Career Best: 19:56.4 (5K) / 24:32.6 (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.)	Sep. 1, 2023
2. Eva Rethmeier	18:15.2	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
3. Maddie Heller	19:05.1	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
4. Amber Elias	19:21.3	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
5. Sophia Connerton-Nevin	19:25.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
6. Maddy Parrone	19:50.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
7. Bailey Watts	20:01.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
8. Bella Peretti	20:04.0	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 1, 2023
9. Tatum Zinkin	20:38.8	Big West Preview (Blacklake Golf Course - Nipomo, Calif.)	Sep. 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	19:58.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
3. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
4. Eva Rethmeier	21:24.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
5. Vanessa Cabello	21:37.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
6. Maddie Heller	21:38.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
7. Amber Elias	22:07.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
8. Maddy Parrone	22:17.1	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
9. Vanessa Cabello	22:21.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
10. Alex Lomeli	22:38.9	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	19:58.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
3. Vanessa Cabello	21:37.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
4. Maddie Heller	21:38.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
5. Amber Elias	22:07.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
6. Maddy Parrone	22:17.1	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
7. Alex Lomeli	22:38.9	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
8. Bella Peretti	23:09.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
9. Sophia Nevin	23:13.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
10. Tatum Zinkin	24:32.6	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023

# 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
<b>6. Jessica Kain</b>	<b>17:08.4</b>	<b>Joe Piane Invitational (South Bend, Ind.)</b>	<b>Sep. 30, 2022</b>
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
<b>1. Jessica Kain</b>	<b>19:58.3</b>	<b>Highlander Invitational (Riverside, Calif.)</b>	<b>Oct. 14, 2023</b>
<b>2. Jessica Kain</b>	<b>20:40.3</b>	<b>NCAA West Regionals (Seattle, Wash.)</b>	<b>Nov. 11, 2022</b>
<b>3. Jessica Kain</b>	<b>20:46.5</b>	<b>UC Riverside Invitational (Riverside, Calif.)</b>	<b>Sep. 17, 2022</b>
<b>4. Eva Rethmeier</b>	<b>20:46.7</b>	<b>Highlander Invitational (Riverside, Calif.)</b>	<b>Oct. 14, 2023</b>
5. Christine Kent	20:47.8	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016
6. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
7. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
8. Lital Azulay	21:14.2	MW Championships (Fort Collins, Colo.)	Oct. 29, 2005
9. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
10. Elaine Ribeiro	21:22.5	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016

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

Athlete	Time	Meet	Date/Year
<b>1. Jessica Kain</b>	<b>19:58.3</b>	<b>Highlander Invitational (Riverside, Calif.)</b>	<b>Oct. 14, 2023</b>
<b>2. Eva Rethmeier</b>	<b>20:46.7</b>	<b>Highlander Invitational (Riverside, Calif.)</b>	<b>Oct. 14, 2023</b>
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. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
7. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
8. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
9. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. Cassidy Towner	21:38.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 17, 2016