

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 MW Championships 7th, 206pts
Boise, Id.

NOVEMBER

- 10 **NCAA West Regionals** 10 a.m.
Sacramento, Calif.

2023 Roster

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

Bold Italic indicates scheduled to run in NCAA West Regionals.

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

Meet #5: NCAA West Regionals

Friday, Nov. 10 | 10:00 a.m. PT | Sacramento, Calif. | Haggins Oak Golf Course

SAN DIEGO – San Diego State women’s cross country continues their postseason competition in Sacramento, Calif. to compete in the NCAA West Regionals meet. The race will be a 6k beginning at 10 a.m. PT at Haggins Oak Golf Course.

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

Last Time Out

- The Aztecs finished 7th at the Mountain West Championships, their best finish at the conference championships since the 2010 season.
- Their team time of 1:49:07 was the fastest at the MW Championships in program history.
- Jessica Kain paced the team, finishing 28th with a time of 21:09.2. It is the highest individual placement by an Aztec since Marianne Hogan finished 23rd in 2012.
- Vanessa Cabello had her best race of the season with a time of 21:17.8 for a 33rd-place finish as the second SDSU finisher.

NCAA Regionals History

- San Diego State finished 26th at last year’s regional meet with a team time of 1:48:26.0, their fastest at an NCAA West Regional in program history.
- The Aztecs raced on this same course (Haggins Oak Golf Course) two years ago for the 2021 regionals, finishing 23rd with a team time of 1:51:30. Three of the program’s fastest eight team times in regional races have come on this course.
- SDSU’s highest placement at this meet, since it became a 6k race in 2000, was a seventh-place finish in 2005. The highest individual placement in that span was a 21st-place finish, also in 2005, by Lital Azulay.

Individual Notes

- Seven of the eight Aztecs traveling have raced in a regionals meet before. Kain, Heller (2021-22 with USD), and Rethmeier (2021-22 with CSF) will be running their third while Cabello, Elias, Parrone, and Peretti run their second. Kain, Cabello, Peretti, and Parrone all scored points for the Aztecs at the 2022 NCAA West Regionals.
- Jessica Kain has led the team in all four races this season, including her win at the Highlander Invitational. She owns the three fastest 6k times in SDSU history (any course), including the only sub-20 minute 6k which she ran at the Highlander Invitational.
- Eva Rethmeier was the third Aztec across the line at the MW Championships, but has been the second SDSU finisher in their other three meets. Her 20:46.7 at the Highlander Invitational is the third fastest time by an Aztec at the UCR/Ag Ops Course.



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	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)	7th/11 (206 pts)	1:32.1	3:00.8	Jessica Kain - 21:09.2 (28th)
Nov. 10	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
Oct. 27	Mountain West Championships (6k)	33rd/101	21:17.8

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
Oct. 27	Mountain West Championships (6k)	56th/101	22:18.9

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	19:05.1
Sept. 22	Bill Dellinger Invitational (6k)	114th/134	22:45.3
Oct. 14	Highlander Invitational (6k)	42nd/256	21:38.4
Oct. 27	Mountain West Championships (6k)	66th/101	22:41.3

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	19:58.3
Oct. 27	Mountain West Championships (6k)	28th/101	21:09.2

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	17:45.9
Sept. 22	Bill Dellinger Invitational (6k)	122nd/134	23:13.1
Oct. 27	Mountain West Championships (6k)	88th/101	24:10.0

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
Oct. 27	Mountain West Championships (6k)	79th/101	23:10.9

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
Oct. 27	Mountain West Championships (6k)	77th/101	23:07.5

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	20:46.7
Oct. 27	Mountain West Championships (6k)	44th/101	21:39.4

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	24:32.6

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. Jessica Kain	21:09.2	Mountain West Championships (Eagle Island State Park - Boise, Idaho)	Oct. 27, 2023
5. Vanessa Cabello	21:17.8	Mountain West Championships (Eagle Island State Park - Boise, Idaho)	Oct. 27, 2023
6. Eva Rethmeier	21:24.0	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
7. Vanessa Cabello	21:37.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
8. Maddie Heller	21:38.4	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 2023
9. Eva Rethmeier	21:39.4	Mountain West Championships (Eagle Island State Park - Boise, Idaho)	Oct. 27, 2023
10. Amber Elias	22:07.3	Highlander Invitational (UCR Ag/Ops Course - Riverside, Calif.)	Oct. 14, 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	21:17.8	Mountain West Championships (Eagle Island State Park - Boise, Idaho)	Oct. 27, 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
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	19:58.3	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
2. Jessica Kain	20:40.3	NCAA West Regionals (Seattle, Wash.)	Nov. 11, 2022
3. Jessica Kain	20:46.5	UC Riverside Invitational (Riverside, Calif.)	Sep. 17, 2022
4. Eva Rethmeier	20:46.7	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
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
1. Jessica Kain	19:58.3	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
2. Eva Rethmeier	20:46.7	Highlander Invitational (Riverside, Calif.)	Oct. 14, 2023
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