



2023 SAN DIEGO STATE CROSS COUNTRY

2023 Schedule/Results

September

- 1 Big West Preview
San Luis Obispo, Calif.
- 16 UC Riverside Invitational
Riverside, Calif.
- 22 Bill Dellinger Invitational
Eugene, Ore.

OCTOBER

- 14 Highlander Invitational
Riverside, Calif.
- 27 Mountain West Championships
Boise, Id.

NOVEMBER

- 10 NCAA West Regionals
Sacramento, Calif.

Roster

Name	Year	Hometown
Vanessa Cabello	Jr.	Los Altos, Calif.
Sophia Connerton-Nevin	Fr.	Glenwood Springs, Colo.
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.
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 #1: Big West Preview (5K) hosted by Cal Poly
Friday, Sept. 1 | 8:30 a.m. PT | Nipomo, Calif. | Blacklake Golf Course

SAN DIEGO – San Diego State women’s cross country is set to open their 2023 season in the central coast as they head to Cal Poly on Friday. The race will be a 5K beginning at 8:30 a.m. PT at Blacklake Golf Course in Nipomo, Calif.

The Aztecs will be competing against nine other teams on Friday’s meet including Cal State Monterey Bay, Westmont, and the entire Big West conference.

Aztecs slated to run: Vanessa Cabello, Sophia Connerton-Nevin, Amber Elias, Maddie Heller, Jessica Kain, Maddy Parrone, Bella Peretti, Eva Rethmeier, Bailey Watts, Tatum Zinkin

From Coach Lusitana: “Our women did a tremendous job with their offseason training and everyone is excited for the start of the season. We’re returning a solid group from last year and added a pair of newcomers (Connerton-Nevin and Rethmeier) who are going to add a lot to our team. Friday will be a good first meet for us competing against several highly ranked teams, so it will be great competition to really gauge where we’re at to start the season.”

Aztec Storylines

- The Aztecs raced in six meets last year, including the Mountain West Championships and NCAA West Regionals.
- The roster returns 10 women from last season all six-point scorers at the NCAA regional meet in Seattle at the end of the 2022 campaign.
- In total, the roster consists of three graduate students, two seniors, four sophomores, and one freshman.
- Jessica Kain returns to lead the Aztecs this season, coming off a year where she set the school record for the 6K at the NCAA regionals. Her time of 20:40.3 surpassed her own program-best that she had set just over a month prior. She also ranks sixth all-time for the 5K (without replacement)
- Vanessa Cabello, Alex Lomelli, Bella Peretti, Maddy Parrone, and Lauren Harper join Kain as the remaining five of SDSU’s NCAA point scorers.
- The Aztecs welcome in a pair of newcomers in Sophia Connerton-Nevin and Eva Rethmeier. Connerton-Nevin is an incoming freshman while Rethmeier is a Division I transfer from Cal State Fullerton.



2022 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)				
Sep. 16	UC Riverside Invitational				
Sep. 22	Bill Dellinger Invitational				
Oct. 14	Highlander Invitational				
Oct. 27	Mountain West Championships				
Nov. 10	NCAA West Regionals				



2022 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Vanessa Cabello (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Bests: 17:49.4 (5K) / 20:57.2 (6K)

Sophia Connerton-Nevin (Fr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Bests: - (5K) / - (6K)

Amber Elias (Sr.)

Date	Meet (Distance)	Finish	Time
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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
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Collegiate Career Best: 19:12.3 (5K) / 21:35.8 (6K)

Jessica Kain (Gr.)

Date	Meet (Distance)	Finish	Time
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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
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Collegiate Career Best: 19:47.6 (5K) / 21:36.6 (6K)

Maddy Parrone (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:58.9 (5K) / 21:41.0 (6K)

Bella Peretti (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:39.1 (5K) / 21:53.8 (6K)

Eva Rethmeier (Jr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 18:38.8 (5K) / 20:46.9 (6K)

Bailey Watts (Sr.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 19:10.5 (5K) / 22:47.0 (6K)

Tatum Zinkin (So.)

Date	Meet (Distance)	Finish	Time
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Collegiate Career Best: 19:56.4 (5K) / 25:11.6 (6K)



2022 SAN DIEGO STATE CROSS COUNTRY

2023 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date/Year
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Top-10 Times -- 5K (Without Replacement)

Athlete	Time	Meet	Date/Year
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Top-10 Times -- 6K (With Replacement)

Athlete	Time	Meet	Date/Year
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Top-10 Times -- 6K (Without Replacement)

Athlete	Time	Meet	Date/Year
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2022 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 Plane 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 Plane 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.)	
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. 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