

2023 SAN DIEGO STATE CROSS COUNTRY

2023 Schedule/Results

SEPTEMBER

1 Big West Preview T-6th/10 (133pts)
Nipomo, Calif. (hosted by Cal Poly)

22 Bill Dellinger Invitational 11:40 a.m.
Springfield, Ore. (hosted by Oregon)

OCTOBER

14 Highlander Invitational 8:40 a.m.
Riverside, Calif. (hosted by UC Riverside)

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.
Sophia 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 #2: Bill Dellinger Invitational (hosted by Oregon)
Friday, Sep. 22 | 11:40 a.m. PT | Springfield, Ore. | Pine Ridge Golf Club

SAN DIEGO – San Diego State women’s cross country returns to action as they head to Oregon for the Bill Dellinger Invitational. The 6k race will begin at 11:40 a.m. at Pine Ridge Golf Club.

The Aztecs will be competing against 16 other teams, including seven of the West Region top-15. Among those are host and No. 1 ranked Oregon, No. 4 Oregon State, No. 7 Portland along with Mountain Region No. 3 BYU.

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

About the Roster

- The Aztecs return 10 women from last season, including all six-point scorers at the NCAA regional meet in Seattle at the end of the 2022 campaign.
- 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 other five of SDSU’s NCAA point scorers from a season ago.
- The Aztecs welcome in a pair of newcomers in Sophia Nevin and Eva Rethmeier. Nevin is an incoming freshman while Rethmeier is a DI transfer from Cal St Fullerton.

Last Time Out

- The Aztecs opened their season in Nipomo, Calif. with a sixth-place finish and total of 133 points out of 10 teams competing.
- Jessica Kain paced the field for the first half of the race, reaching the first three kilometer checkpoints in the lead. She ultimately finished third overall with a time of 17:45.9.
- Eva Rethmeier just missed the top ten with an 11th place finish in her San Diego State debut. Her 18:15.2 marked a new personal best in the 5k for the junior transfer.
- Maddie Heller was the third Aztec across the line, posting a new personal best of 18:15.2 with Amber Elias (19:21.3) and Sophia Nevin rounding the Aztec top five. Nevin made her collegiate debut with a PR of 19:25.0.



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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, Connerton-Nevin</i>	6th/10 (133 pts)	1:39.9	2:15.1	Jessica Kain - 17:45.9 (3rd)
Sept. 22	Bill Dellinger Invitational (6K)				
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
Sep. 1	Big West Preview (5K)	11th/104	17:45.9

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

Sophia Nevin (Fr.)

Date	Meet (Distance)	Finish	Time
Sep. 1	Big West Preview (5K)	11th/104	17:45.9

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

Amber Elias (Sr.)

Date	Meet (Distance)	Finish	Time
Sep. 1	Big West Preview (5K)	47th/104	19:21.3

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
Sep. 1	Big West Preview (5K)	39th/104	19:05.1

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

Jessica Kain (Gr.)

Date	Meet (Distance)	Finish	Time
Sep. 1	Big West Preview (5K)	3rd/104	17:45.9

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
Sep. 1	Big West Preview (5K)	63rd/104	19:50.0

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

Bella Peretti (So.)

Date	Meet (Distance)	Finish	Time
Sep. 1	Big West Preview (5K)	72nd/104	20:04.0

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

Eva Rethmeier (Jr.)

Date	Meet (Distance)	Finish	Time
Sep. 1	Big West Preview (5K)	11th/104	18:15.2

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

Bailey Watts (Sr.)

Date	Meet (Distance)	Finish	Time
Sep. 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
Sep. 1	Big West Preview (5K)	81st/104	20:38.8

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.)	Sep. 1, 2023
2. Eva Reithmeier	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.)	Sep. 1, 2023
2. Eva Reithmeier	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 -- 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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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