

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	21st, 616pts
	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.



2021 SAN DIEGO STATE CROSS COUNTRY

2021 AZTEC CROSS COUNTRY TEAM RESULTS

Date	Meet (Distance)	Finish	Spread (Top 5)	Spread (Top 7)	Top Finisher
Sept. 1	Anteater Opener (4k) <i>Top Five: Kain, Burd, Harper, Meyer, Elias</i>	3rd/4	50.5	57.7	Jessica Kain (14:22.5)
Sept. 10	Stump Invitational (6k) <i>Top Five: Kain, Masar, Burd, Harper, Elias</i>	4th/8	1:40.2	2:01.2	Jessica Kain (20:56.1)
Sept. 17	USD Invitational (6k) <i>Runners: Lomeli, Comiso, Regalado</i>	No Team Score	N/A	N/A	Alex Lomeli (23:21.10)
Sept. 24	Cougar Challenge (6k) <i>Runners: Lomeli, Comiso, Regalado, Davis</i>	No Team Score	N/A	N/A	Alex Lomeli (21:42.5)
Oct. 1	Dave Murray Invitational (6k) <i>Top Five: Masar, Burd, Lomeli, Meyer, Kain</i>	2nd/5	51.6	1:06.2	Carlene Masar (21:29.5)
Oct. 16	Highlander Invitational (6k) <i>Top Five: Kain, Burd, Lustyan, Elias, Meyer</i>	5th/25	24.8	59.4	Jessica Kain (21:35.0)
Oct. 22	Titan Invitational (5k) <i>Top Five: Watts, Comiso, Regalado, McNeil, Davis</i>	6th/10	1:03.2	3:08.8	Bailey Watts (19:10.5)
Oct. 29	Mountain West Championships (6k) <i>Top Five: Meyer, Elias, Burd, Kain, Smitham</i>	8th/11	1:10.6	1:46.2	Nicole Meyer (21:56.7)
Nov. 12	NCAA West Regionals (6k) <i>Top Five: Kain, Masar, Meyer, Burd, Elias</i>	23rd/36	1:00.8	1:16.7	Jessica Kain (21:46.5)



2021 SAN DIEGO STATE CROSS COUNTRY

2021 AZTEC CROSS COUNTRY INDIVIDUAL RESULTS

Anaya Alexander (Sr.)

Date	Meet (Distance)	Finish	Time
Oct. 22	Titan Invitational 5k	90th/113	22:19.3

Collegiate Career Best: 5K - 22:19.3; 6K - N/A

Emily Burd (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	11th/53	14:37.9
Sept. 10	Stump Invitational 6k	22nd/93	21:02.8
Oct. 1	Dave Murray Invitational 6k	7th/40	21:55.7
Oct. 16	Highlander Invitational 6k	25th/261	21:38.0
Oct. 29	Mountain West Championships 6k	67th/94	22:25.5
Nov. 12	NCAA West Regionals 6k	144th/235	22:30.1

Collegiate Career Best: 5K - 19:05.20; 6K - 21:02.8

Paige Comiso (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 17	USD Invitational 6k	17th/28	25:21.8
Sept. 24	Cougar Challenge 6k	79th/139	23:55.3
Oct. 16	Highlander Invitational 6k	172nd/261	24:10.7
Oct. 22	Titan Invitational 5k	32nd/113	19:11.8

Collegiate Career Best: 5K - 18:22.1; 6K - 22:09.4

Isabelle Davis (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 24	Cougar Challenge 6k	117th/139	25:20.6
Oct. 16	Highlander Invitational 6k	207th/261	25:00.3
Oct. 22	Titan Invitational 5k	56th/113	20:13.7

Collegiate Career Best: 5K - 19:49.7; 6K - 23:51.1

Amber Elias (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	26th/53	15:13.0
Sept. 10	Stump Invitational 6k	37th/93	21:36.2
Oct. 1	Dave Murray Invitational 6k	19th/40	22:22.2
Oct. 16	Highlander Invitational 6k	46th/261	21:58.0
Oct. 29	Mountain West Championships 6k	66th/94	22:21.5
Nov. 12	NCAA West Regionals 6k	165th/235	22:47.3

Collegiate Career Best: 5K - N/A; 6K - 21:36.2

Lauren Harper (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	17th/53	14:55.9
Sept. 10	Stump Invitational 6k	32nd/93	21:32.8
Oct. 1	Dave Murray Invitational 6k	23rd/40	22:35.7
Oct. 29	Mountain West Championships 6k	76th/94	23:23.3
Nov. 12	NCAA West Regionals 6k	180th/235	23:03.2

Collegiate Career Best: 5K - 19:34.2; 6K - 21:32.8

Jessica Kain (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	6th/53	14:22.5
Sept. 10	Stump Invitational 6k	19th/93	20:56.1
Oct. 1	Dave Murray Invitational 6k	17th/40	22:21.1
Oct. 16	Highlander Invitational 6k	23rd/261	21:38.0
Oct. 29	Mountain West Championships 6k	70th/94	22:39.2
Nov. 12	NCAA West Regionals 6k	100th/235	21:46.5

Collegiate Career Best: 5K - 19:36.2; 6K - 20:56.1

Kennedy Jennings (Fr.)

Date	Meet (Distance)	Finish	Time
Oct. 22	Titan Invitational 5k	68th/113	20:47.1

Collegiate Career Best: 5K - 20:47.1; 6K - N/A

Alex Lomeli (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	35th/53	15:40.6
Sept. 17	USD Invitational 6k	4th/28	23:21.10
Sept. 24	Cougar Challenge 6k	13th/139	21:42.5
Oct. 1	Dave Murray Invitational 6k	10th/40	21:59.4
Oct. 29	Mountain West Championships 6k	81st/94	23:42.9

Collegiate Career Best: 5K - 19:47.6; 6K - 21:42.5

Taylor Lustyan (Jr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	27th/53	15:16.2
Sept. 10	Stump Invitational 6k	51st/93	21:57.3
Oct. 1	Highlander Invitational	29th/40	23:15.1
Oct. 16	Highlander Invitational 6k	76th/261	22:34.6

Collegiate Career Best: 5K - N/A; 6K - 21:37

Carlene Masar (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 10	Stump Invitational 6k	21st/93	21:00.9
Oct. 1	Dave Murray Invitational 6k	4th/40	21:29.5
Oct. 16	Highlander Invitational 6k	82nd/261	22:40.7
Nov. 12	NCAA West Regionals 6k	122nd/235	22:11.4

Collegiate Career Best: 5K - 19:03.4; 6K - 21:00.9

Nicole Meyer (Fr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	22nd/53	15:03.6
Sept. 10	Stump Invitational 6k	43rd/93	21:45.5
Oct. 1	Dave Murray Invitational 6k	13th/40	22:10.7
Oct. 16	Highlander Invitational 6k	47th/261	21:59.8
Oct. 29	Mountain West Championships 6k	60th/94	21:56.7
Nov. 12	NCAA West Regionals 6k	126th/235	22:14.5

Collegiate Career Best: 5K - N/A; 6K - 21:45.5

Nyjarl McNeil (Jr.)

Date	Meet (Distance)	Finish	Time
Oct. 22	Titan Invitational 5k	53rd/113	20:03.4

Collegiate Career Best: 5K - 19:45.8; 6K - N/A

Natalie Regalado (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	46th/53	17:25.6
Sept. 17	USD Invitational 6k	22nd/28	26:16.90
Sept. 24	Cougar Challenge 6k	79th/139	24:07.9
Oct. 16	Highlander Invitational 6k	201st/261	24:53.2
Oct. 22	Titan Invitational 5k	44th/113	19:47.3

Collegiate Career Best: 5K - 19:20.0; 6K - 23:18.6

Naomi Smitham (Sr.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	28th/53	15:20.2
Sept. 10	Stump Invitational 6k	53rd/93	22:01.2
Oct. 1	Dave Murray Invitational 6k	26th/40	22:52.6
Oct. 16	Highlander Invitational 6k	74th/261	22:33.1
Oct. 29	Mountain West Championships 6k	74th/94	23:07.3
Nov. 12	NCAA West Regionals 6k	175th/235	22:57.6

Collegiate Career Best: 5K - 20:09.1; 6K - 22:01.2

Bailey Watts (So.)

Date	Meet (Distance)	Finish	Time
Sept. 1	Anteater Opener 4k	40th/53	16:05.4
Oct. 16	Highlander Invitational 6k	114th/261	23:10.8

Collegiate Career Best: 5K - N/A; 6K - 22:47.0



2021 SAN DIEGO STATE CROSS COUNTRY

2021 AZTEC CROSS COUNTRY TOP-10 TIMES

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:56.1	Stump Invitational	Sept. 10
2. Carlene Masar	21:00.9	Stump Invitational	Sept. 10
3. Carlene Masar	21:29.5	Dave Murray Invitational	Oct. 1
4. Emily Burd	21:02.8	Stump Invitational	Sept. 10
5. Lauren Harper	21:32.8	Stump Invitational	Sept. 10
6. Jessica Kain	21:35.0	Highlander Invitational	Oct. 16
7. Amber Elias	21:36.2	Stump Invitational	Sept. 10
8. Emily Burd	21:38.0	Highlander Invitational	Oct. 16
9. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
10. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10

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

Athlete	Time	Meet	Date/Year
1. Jessica Kain	20:56.1	Stump Invitational	Sept. 10
2. Carlene Masar	21:00.9	Stump Invitational	Sept. 10
3. Emily Burd	21:02.8	Stump Invitational	Sept. 10
4. Lauren Harper	21:32.8	Stump Invitational	Sept. 10
5. Amber Elias	21:36.2	Stump Invitational	Sept. 10
6. Alex Lomeli	21:42.5	Cougar Challenge	Sept. 24
7. Nicole Meyer	21:45.5	Stump Invitational	Sept. 10
8. Taylor Lustyan	21:54.5	Highlander Invitational	Oct. 16
9. Naomi Smitham	22:01.2	Stump Invitational	Sept. 10
10. Bailey Watts	23:10.8	Highlander Invitational	Oct. 16

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. Jessica Kain	20:52.1	Bill Dellinger Invitational (Pine Ridge Golf Club - Springfield, Ore.)	Sept. 22, 2023
7. Jessica Kain	20:56.3	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
8. Marie Nilsson	21:04.0	NCAA West Regional (Fairview, Ore.)	Nov. 15, 2003
9. Lital Azulay	21:05.8	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005
10. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023

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. Vanessa Cabello	21:05.9	NCAA West Regionals (Haggin Oaks Golf Course - Sacramento, Calif.)	Nov. 10, 2023
7. Elaine Ribeiro	21:22.3	Capital Cross Challenge (Sacramento, Calif.)	Oct. 1, 2016
8. Lily Seynaeve	21:30.0	UC Riverside Invitational (Riverside, Calif.)	Sept. 16, 2017
9. Marianne Hogan	21:32.0	Stanford Invitational (Stanford, Calif.)	Sept. 25, 2010
10. Lisa Crampton	21:32.3	NCAA West Regional (Stanford, Calif.)	Nov. 12, 2005