

CROSS COUNTRY RECORDS

5K All-Time Performance

Camille Jackson, Ames, 17:23.9, 2019
Ashlyn Keeney, Iowa City Liberty, 17:44.1, 2019
Marie Hostetler, Mid-Prairie, 17:51, 2017
McKenzie Yanek, Pleasant Valley, 17:55, 2015
Shewaye Johnson, Ballard, 17:55, 2020
Anna Hostetler, Mid-Prairie, 17:57, 2016

4K All-Time Performance

Katie Flood – Dowling Catholic, 13:27, 2007
Ashlie Decker, Dowling Catholic, 13:37, 2008
Shelby Houlihan, Sioux City East, 13:40, 2010
Stephanie Jenks, Linn-Mar, 13:42, 2012
Anna Holdiman, Waverly-Shell Rock, 13:51, 2012

2 Miles

Jeni Frudden, Iowa City West, 10:46, 2001
Michelle Lilienthal, Iowa City High, 10:47, 1999
Julie Hudetz, Bettendorf, 11:06, 1983
Jennie Funk, Iowa City High, 11:09, 2001
Emily Shoopman, Waterloo West, 11:10, 1999

Most Individual Titles

4 Rebekah Topham, Griswold, 2011-12-13-14
3 Marie Hostetler, Mid-Prairie, 2017-18-19
Adriana Katcher, Center Point-Urbana, 2016-17, 19
Grace Gibbons, Gilbert, Dowling Catholic; 2011, 13, 14
Katie Flood, Dowling Catholic, 2006-07-09
Kristin Hansen, Okoboji, 1999-2000-01
Kerry Greenwood, Cascade, 1983-84-85
Christa Holmes, West Des Moines Valley, 1985-87-88

Most Team Titles

11 Iowa City High 1989-90-91-92-93-95-99-2002-03-05-06
9 Cascade 1983-84-85-87-88-90-91-92-2015
8 Decorah 1976-80-82-2007-12-13-14-16
7 Tipton 1989-94-2001-03-04-05-06
6 Dowling Catholic 2007-08-09-10-11
6 Dubuque Wahlert 1981-09-10-11-17-18
5 Iowa City West 1997-98-2000-01-04
5 Union 2001-07-08-09-10
5 Unity Christian 1990-91-94-2011-12
5 Johnston 2014-16-17-19-20

Cross Country Individual Champions

YEAR CHAMPION

1966 Marg Benjamin, Central (Argyle)
 1967 Sara Beckford, Rolfe
 1968 Chris Gemberling, Lake City
 1969 Chris Gemberling, Lake City
 1970 Robin Evans, Manilla
 1971 Cindy Hough, Missouri Valley
 1972 Robin Evans, Manilla
 1973 Barb Brown, Adel
 1974 Theresa Holm, North Fayette
 1975 Kris Skov, Marshalltown
 1976 Yvonne Mennega, Unity Christian
 1977 Lori Nolte, Mason City
 1978 3A - Julie Williams, Spencer
 2A-1A - Anne Mueksch, Missouri Valley
 1979 3A - Tina Jackson, Waterloo Columbus
 2A-1A - Nan Doak, Hedrick
 1980 3A - Paulette Bendixen, Linn-Mar
 2A-1A - Sue Youngberg, Essex
 1981 3A - Dawn Lentsch, Cedar Falls
 2A - Pam Janssen, Missouri Valley
 1A - Jan Hall, George
 1982 3A - Dawn Lentsch, Cedar Falls
 2A - Jill Gazaway, Eagle Grove
 1A - Nancy Peterson, Mason City Newman
 1983 3A - Julie Hudetz, Bettendorf
 2A - Kerry Greenwood, Cascade
 1A - Nancy Peterson, Mason City Newman
 1984 3A - Wendy Bare, North Scott
 2A - Kerry Greenwood, Cascade
 1A - Brenda Matheny, Lenox
 1985 3A - Christa Holms, West Des Moines Valley
 2A - Kerry Greenwood, Cascade
 1A - Brenda Matheny, Lenox
 1986 3A - Sara Roberson, Bettendorf
 2A - Jennifer Hubbart, Davis County
 1A - Jennifer Brower, St. Ansgar
 1987 3A - Christa Holms, West Des Moines Valley
 2A - Holly Barnes, Eddyville
 1A - Kathy Halligan, West Sioux
 1988 3A - Christa Holms, West Des Moines Valley
 2A - Holly Barnes, Eddyville
 1A - Marcia Vandersall, Maurice-Orange City
 1989 3A - Toni Bechen, Dubuque Wahelrt
 2A - Jean York, Davenport Assumption
 1A - Jacinda Grishaber, North Linn
 1990 3A - Kiersten Pauling, DM Lincoln
 2A - Sydney Pounds, Gilbert-United
 1A - Heather Amundson, Northwood-Kensett
 1991 3A - Summer Johnson, Indianola
 2A - LeAnn Rvchnovskv. Clarke

1992 1A - Sara Pluim, Unity Christian
 3A - Jennifer Schoonover, CR Kennedy
 2A - Sarah Pluim, Unity Christian
 1A - Sydney Pounds, Gilbert

1993 3A - Alienor Gilchrist, Ames
 2A - Megan Wagner, Cascade
 1A - Bethany Rulapaugh, SCMT

1994 3A - Summer Johnson, Indianola
 2A - Jana Peterson, Webster City
 1A - Mandy Vitense, Tipton

1995 3A - Keely Barnett, Iowa City High
 2A - Amber Schmidt, Northeast
 1A - Jessie Henderson, North Linn

1996 3A - Julie Wuorinen, Pleasant Valley
 2A - Val Oltman, Nevada
 1A - Amber Schmidt, Northeast

1997 3A - Bethany Young, Iowa City High
 2A - Kristina Quigley, Council Bluffs St. Albert
 1A - Jane McDermott, North Tama

1998 3A - Michelle Lilienthal, Iowa City High
 2A - Missy Buttry, Shenandoah-Essex
 1A - Heather Kite, Jesup

1999 3A - Michelle Lilienthal, Iowa City
 2A - Amber Friederich, Algona
 1A - Kristin Hansen, Okoboji

2000 3A - Jeni Frudden, Iowa City West
 2A - Amber Friederich, Algona
 1A - Kristin Hansen, Okoboji

2001 3A - Jeni Frudden, Iowa City West
 2A - Kristin Hansen, Okoboji
 1A - Emily Klein, South Hamilton

2002 3A - Robdu Adam, Iowa City West
 2A - Marcy Rahn, Clear Creek-Amana
 1A - Megan Winkelman, Nodaway Valley

2003 4A - Sarah Wickman, Iowa City West
 3A - Sara Fassbinder, Dubuque Wahlert
 2A - Megan Winkelman, Nodaway Valley
 1A - Ellen Ries, North Linn

2004 4A - Hannah Roeder, DM Roosevelt
 3A - Caedryn Schrunk, Spirit Lake Park
 2A - Ashley Miller, Tipton
 1A - Ellen Ries, North Linn

2005 4A - Sarah Wickman, Iowa City West
 3A - Regina Reing, Harlan
 2A - Mallory Marshall, Center Point-Urbana
 1A - Brooke Dinsdale, North Tama

2006 4A - Katie Flood, Dowling Catholic
 3A - Meaghan Nelson, CR Xavier
 2A - Ashley Miller, Tipton
 1A - Brooke Dinsdale, North Tama

2007 4A - Katie Flood, Dowling Catholic
 3A - Danielle Nowasell, Grinnell
 2A - Steph Wibben, George-LR/C Lyon
 1A - Blaire Dinsdale, North Tama

2008 4A - Ashlie Decker, Dowling Catholic
 3A - Sara Dickinson, Oskaloosa
 2A - Moraan Casev. Northeast

2009 1A - Sara Stoakes, North Tama
 4A - Katie Flood, Dowling Catholic
 3A - Ali Krogman, Atlantic
 2A - Morgan Casey, Northeast
 1A - Katy Moen, Wapsie Valley
 2010 4A - Shelby Houlihan, SC East
 3A - Anna Holdiman, Waverly-SR
 2A - Lauren Benzing, Solon
 1A - Emily Franks, Northeast, Goose Lake
 2011 4A - Grace Gibbons, Dowling Catholic
 3A - Madison Waymire, Dallas Center-Grimes
 2A - Sadies Timms, Gilbert
 1A - Rebekah Topham, Griswold
 2012 4A - Stephanie Jenks, Linn-Mar
 3A - Anna Holdiaman, Waverly-Shell Rock
 2A - Cassandra Stufflick, Danville/New London
 1A - Rebekah Topham, Griswold
 2013 4A - McKenzie Yanek, Pleasant Valley
 3A - Tess Roorda, Pella
 2A - Grace Gibbons, Gilbert
 1A - Rebekah Topham, Griswold
 2014 4A - Megan Schott, Des Moines Roosevelt
 3A - Grace Gibbons, Gilbert
 2A - Paige Holub, Monticello
 1A - Rebekah Topham, Griswold
 2015 4A - McKenzie Yanek, Pleasant Valley
 3A - Julia Schmacher, Davenport Assumption
 2A - Paige Holub, Monticello
 1A - Alyssa Williams, Durant
 2016 4A - Bailey Nock, Iowa City West
 3A - Adrianna Katcher, Center Point-Urbana
 2A - Anna Hostetler, Mid-Prairie
 1A - Kate Crawford, ACGC
 2017 4A - Paige Horner, Johnston
 3A - Adrianna Katcher, Center Point-Urbana
 2A - Marie Hostetler, Mid-Prairie
 1A - Emily Staal, Springville/Central City
 2018 4A - Micah Poellet, Linn-Mar
 3A - Janette Schraft, Glenwood
 2A - Marie Hostetler, Mid-Prairie
 1A - Emma Lucas, Bedford
 2019 4A - Camille Jackson, Ames
 3A - Adrianna Katcher, Center Point-Urbana
 2A - Marie Hostetler, Mid-Prairie
 1A - Peyton Pogge, Tri-Center
 2020 4A - Keelee Leitzen, Dubuque Hempstead
 3A - Shewaye Johnston, Ballard
 2A - Danielle Hostetler, Mid-Prairie
 1A - Haley Meyer, Kee

\Team Champions

1966 Central (Argyle)
 1967 Cedar Valley
 1968 Adel
 1969 BGM
 1970 (tie) BGM
 (tie) Manilla
 1971 BGM
 1972 Manilla
 1973 Manilla
 1974 Manilla
 1975 North, West Union
 1976 Decorah
 1977 Bettendorf
 1978 3A - Spencer
 2A-1A - Missouri Valley
 1979 3A - Fort Madison
 2A-1A - North Tama
 1980 3A - Cedar Rapids Jefferson 2A-1A - Decorah
 1981 3A - Dubuque Wahlert
 2A - New Hampton
 1A - North Tama
 1982 3A - New Hampton
 2A - Decorah
 1A - North Tama
 1983 3A - Pleasant Valley
 2A - Cascade
 1A - Belle Plaine
 1984 3A - Bettendorf
 2A - Cascade
 1A - Woodbine
 1985 3A - Pleasant Valley
 2A - Cascade
 1A - Maurice-Orange City
 1986 3A - Keokuk
 2A - Maquoketa
 1A - LeMars Gehlen Catholic
 1987 3A - Bettendorf
 2A - Cascade
 1A - Maurice-Orange City
 1988 3A - North Scott
 2A - Cascade
 1A - Maquoketa Valley
 1989 3A - Iowa City High
 2A - Gilbert
 1A - Tipton
 1990 3A - Iowa City High
 2A - Cascade
 1A - Orange City Unity Christian
 1991 3A - Iowa City High
 2A - Cascade
 1A - Unity Christian
 1992 3A - Iowa City High
 2A - Cascade
 1A - Colfax-Mingo
 1993 3A - Iowa City High
 2A - Waukon
 1A - Colfax-Mingo
 1994 3A - Pleasant Valley

2A--Orange City Unity Christian
 1A--Tipton
 1995 3A--Iowa City High
 2A--Maquoketa
 1A--Lynnville-Sully
 1996 3A--Cedar Falls
 2A--Bennett-Durant
 1A--Lynnville-Sully
 1997 3A--Iowa City West
 2A--Sibley-Ocheyedan
 1A--Bennett-Durant
 1998 3A--Iowa City West
 2A--Benton
 1A--Calamus-Wheatland
 1999 3A--Iowa City High
 2A--Benton
 1A--North Linn
 2000 3A--Iowa City West
 2A--Benton
 1A--Bennett-Durant
 2001 3A--Iowa City West
 2A--Union
 1A--Tipton
 2002 3A - Iowa City High
 2A - Mount Pleasant
 1A - Bennett-Durant
 2003 4A - Iowa City High
 3A - Cedar Rapids Xavier
 2A - Tipton
 1A - Valley Community
 2004 4A - Iowa City West
 3A - Marion
 2A - Tipton
 1A - Valley Community
 2005 4A - Iowa City High
 3A - Harlan
 2A - Tipton
 1A - North Tama
 2006 4A - Iowa City High
 3A - Cedar Rapids Xavier
 2A - Tipton
 1A - Valley Community
 2007 4A - Dowling Catholic
 3A - Decorah
 2A - Union
 1A - CB St. Albert
 2008 4A - Dowling Catholic
 3A - Mount Vernon-Lisbon
 2A - Union
 1A - Pekin
 2009 4A - Dowling Catholic
 3A - Dubuque Wahlert
 2A - Union
 1A - Nodaway Valley
 2010 4A - Dowling Catholic
 3A - Dubuque Wahlert
 2A - Union
 1A - Pekin
 2011 4A - Dowling Catholic
 3A - Dubuque Wahlert

2A - Unity Christian
 1A - Pekin
 2012 4A - Pleasant Valley
 3A - Decorah
 2A - Unity Christian
 1A - Griswold
 2013 4A - Dowling Catholic
 3A - Decorah
 2A - Gilbert
 1A - Pekin
 2014 4A - Johnston
 3A - Decorah
 2A - Monticello
 1A - Pocahontas Area
 2015 4A - Urbandale
 3A - Davenport Assumption
 2A - Cascade
 1A - Central Elkader
 2016 4A - Johnston
 3A - Decorah
 2A - Monticello
 1A - Central Elkader
 2017 4A - Johnston
 3A - Dubuque Wahlert
 2A - Mid-Prairie
 1A - Hudson
 2018 4A - Southeast Polk
 3A - Dubuque Wahlert
 2A - Mid-Prairie
 1A - Logan-Magnolia
 2019 4A - Johnston
 3A - Ballard
 2A - Mid-Prairie
 1A - Logan-Magnolia
 2020 4A - Johnston
 3A - Ballard
 2A - Mid-Prairie
 1A - Hudson