

Girls INDIVIDUAL & TEAM CHAMPIONS / runners-up

Single Class — 1975-1977

YEAR	INDIVIDUAL	TIME	TEAM	POINTS	COACH
	University of Minnesota Golf Course (2 miles)				
1975	Leslie Seymour, Minneapolis Regina	12:04.6	Minneapolis Regina	66	Tim Graham
	Melisa Fry, North St. Paul		Hinckley	80	Ron Jensen
1976	Paula Class, St. Paul Highland Park	11:54.3	Robbinsdale Armstrong	94	Rick Kleyman
	Laurie Orness, Mankato West	12:02	Minneapolis Regina	94	Tim Graham
1977	Marta Wilson, Stillwater	11:39	White Bear Mariner	122	Lyle Helke
	Tammy McGrane, Park Rapids	11:53	Rochester Lourdes	124	Myron Glass

CLASS A — 1978-2021

YEAR	INDIVIDUAL	TIME	TEAM	POINTS	COACH
	University of Minnesota Golf Course (3,200 meters)				
1978	Ann Miles, Wadena	11:20.9	Hinckley	101	Ron Jensen
	Joan Hopfenspirger, Redwood Falls	11:30	Lamberton	106	Gene Asp
1979	Kristin Asp, Lamberton	11:23.4	Montgomery-Lonsdale	80	Gerry Smith
	Lois Bergstrom, Foley	11:24.1	Esko	125	Ted Wallace
1980	Kristin Asp, Lamberton	11:29.5	Esko	95	Ted Wallace
	Julie Johnson, Hinckley	11:43.9	Sauk Centre	113	Brian Griffen
1981	Monica Schliep, Rochester Lourdes	11:16.8	Rochester Lourdes	113	Myron Glass
	Lori Phipps, Elgin-Millville	11:19.4	Sauk Centre	118	Brian Griffen
1982	Jackie Hubbard, Becker	11:38	Redwood Falls	86	Bob Peterson
	Lori Phipps, Elgin-Millville	11:39	Elgin-Millville	107	Verdon Hasliet
1983	Shari Sullivan, Visitation	11:18.5	Redwood Falls/Morton	85	Bob Peterson
	Jennie Schultz, Lester Prairie	11:19.8	Mountain Lake	108	Paul Metcalf
1984	Shari Sullivan, Visitation	11:43.2	Hermantown	89	Jim Busch
	Jill Slettedahl, Granite Falls	11:48.8	Redwood Falls/Morton	91	Bob Peterson
1985	Michelle Marthaler, Brooten/Belgrade	11:06.2	Hermantown	77	Jim Busch
	Kara Parker, Olivia	11:17.1	Lake City	94	Howie Cook
1986	Kara Parker, Olivia	11:01.8	St. Cloud Cathedral	79	Kelly Haws
	Denise Ward, Aurora-Hoyt Lakes	11:33.7	Foley	103	Keith Levinski
1987	Kara Parker, Olivia	11:26.1	Windom/Storden-Jeffers	45	Mitch Peterson
	Lisa Witty, Plainview	11:37.3	Redwood Falls/Morton	113	Cheryl Larson
1988	Amy Wachholz, Lewiston-Altura	12:27.1	Windom/Storden-Jeffers	75	Mitch Peterson
	Sarah Erickson, Hawley/Ulen-Hitterdahl	12:44.5	Hinckley/Finlayson	82	Ron Jensen
1989	Sarah Erickson, Hawley/Ulen-Hitterdahl	11:47.3	Hawley/Ulen-Hitterdahl	79	Ginger Solum
	Missy Peterson, Sartell	11:57.5	Hinckley/Finlayson	87	Ron Jensen
1990	Carrie Tollefson, Dawson-Boyd/Lac qui Parle Valley	12:00.5	Plainview	98	Denny Ranta
	Amy Wachholz, Lewiston-Altura	12:05.8	Sartell	131	Jeff Kellerman
	Arrowwood Golf Course, Alexandria (3,200 meters)				
1991	Missy Peterson, Sartell	11:09.9	Hawley/Ulen-Hitterdahl	82	Ginger Solum
	Megan Mahle, Plainview	11:21.0	International Falls	107	Ray Wood
	St. Olaf College, Northfield (3,200 meters)				
1992	Carrie Tollefson, Dawson-Boyd/Lac qui Parle Valley	11:49.3	International Falls	104	Ray Wood
	Megan Mahle, Plainview	12:07.0	Sartell	105	Jeff Kellerman
1993	Carrie Tollefson, Dawson-Boyd/Lac qui Parle Valley	11:42.1	Canby/Minneota	102	Bill Bredeson
	Kim Bendel, Rochester Lourdes	11:57.7	Plainview	143	Denny Ranta

St. Olaf College, Northfield (4,000 meters)

1994	Nicole Kuznia, B O L D, Olivia	14:46.1	Rochester Lourdes	77	Myron Glass	
	Johanna Olson, Wadena-Deer Creek	14:50.1	Morris Area	111	Marv Meyer	
1995	Nicole Kuznia, B O L D, Olivia	15:03.0	Sartell	86	Jeff Kellerman	
	Johanna Olson, Wadena-Deer Creek	15:13.7	Murray County Central	100	Dick Davidson	
1996	April Maine, Holdingford	14:46.1	Wadena-Deer Creek	67	Terry Olson	
	Johanna Olson, Wadena-Deer Creek	14:54.7	Canby/Minneota/Lincoln HI	106	Bill Bredeson	
1997	Kristi Colbenson, Rushford-Peterson/Houston	15:09.3	Lake City	64	Howie Cook	
	Julie Gifford, Tracy-Milroy/Balaton	15:10.7	New London-Spicer	79	Dean Urdahl	
1998	Casey McGraw, Wadena-Deer Creek	14:47.5	Wadena-Deer Creek	90	Terry Olson	
	Krista Anderson, Crosby-Ironton	14:55	Deer River/Northland, Remer	105	Dale Hillstrom	
1999	Julie Gifford, Tracy-Milroy	14:30.2	Deer River/Northland, Remer	141	Dale Hillstrom	
	Joanna Bea, Rochester Lourdes	14:53.7	St. Cloud Cathedral	148	Kelly Haws	
2000	Jen Hess, Paynesville Area	14:55.7	New London-Spicer	81	Dean Urdahl	
	Sandy Moyer, Lake City	15:05.7	Minnehaha Academy	128	Steve O'Neil	
2001	Jen Hess, Paynesville Area	14:56.3	New London-Spicer	96	Dean Urdahl	
	Liz Palke, Wrenshall/Carlton	15:06.7	Paynesville Area	107	Darrel Carstens	
2002	Lauren Brueberg, Minnehaha Academy	15:11.5	New London-Spicer	109	Dean Urdahl	
	Nicole Calabrese, Kingsland, Spring Valley	15:25.6	Staples-Motley	118	Gene Mattila	
2003	Nikki Swenson, Lac qui Parle Valley/Dawson-Boyd	14:27.7	Staples-Motley	45	Gene Mattila	
	Beth Tacl, St. Cloud Cathedral	14:33.2	St. Cloud Cathedral	129	Kelly Haws	
2004	Nicole Calabrese, Kingsland, Spring Valley	14:29.6	Glencoe-Silver Lake	111	Scott Eckhoff	60°, breezy, sunny
	Nikki Swenson, Lac qui Parle Valley/Dawson-Boyd	14:33.7	Staples-Motley	121	Gene Mattila	
2005	Bria Wetsch, Holy Family Catholic, Victoria	# 13:54.7	Adrian	63	Doug Petersen	50°, cloudy, light breeze
	Nikki Swenson, Lac qui Parle Valley/Dawson-Boyd	14:15.6	Staples-Motley	71	Gene Mattila	
2006	Nikki Swenson, Lac qui Parle Valley/Dawson-Boyd	14:23.6	Adrian	60	Doug Petersen	50°, sunny, calm
	Claire Richardson, The Blake School, Minneapolis	14:51.0	The Blake School, Minneapolis	75	Gary Lee	
2007	Linda Keller, Paynesville Area	14:30.2	Adrian	97	Doug Petersen	Mid-50°s, sunny, calm
	Naomi Landecker, Staples-Motley	14:43.4	Holy Family Catholic, Victoria	142	Jim Kappel	
2008	Linda Keller, Paynesville Area	14:38.2	Adrian	98	Doug Petersen	Mid-50s, sunny, calm
	Kayla Woltz, Chatfield	14:42.8	Perham	108	Jeff Morris	
2009	Maddie McClellan, Perham	14:55.2	Waseca	81	Gary Meurer	50s, sunny, breezy
	Kayla Woltz, Chatfield	15:02.3	Perham	92	Jeff Morris	
2010	Marisa Shady, Esko	14:45.4	Adrian	89	John Olson	40s, sunny, windy
	Lauren Friese, Fairmont	14:51.5	St. Cloud Cathedral	118	Kelly Haws	
2011	Clare Flanagan, The Blake School, Minneapolis	14:21.7	St. Cloud Cathedral	94	Kelly Haws	50s, sunny, breezy
	Emi Trost, Cannon Falls	14:34.7	Annandale	118	Scott Massmann	
2012	Clare Flanagan, The Blake School, Minneapolis	14:04.1	Esko	115	Jerry Zimny & Tim Lindquist	40s, cloudy, calm
	Emi Trost, Cannon Falls	14:16.5	Annandale	150	Scott Massman	
2013	Emi Trost, Cannon Falls	14:40.3	Annandale	85	Scott Massman	
	Mary Naas, St. Paul Academy & Summit School	14:50.5	Lac qui Parle Valley/Dawson-Boyd	113	John Shrub	
2014	Emily Donnay, *Eden Valley-Watkins/Kimball Area	14:27.5	Trinity School at River Ridge, Eagan	55	Jesse Schoen	
	Madi Schandelmeier, Luverne	14:49.0	Annandale	87	Scott Massmann	
St. Olaf College, Northfield (5,000 meters)						
2015	Grace Ping, Cotter, Winona	17:52.0	Perham	74	Jeff Morris	
	Morgan Richter, Breck School, Golden Valley	18:42.7	Annandale	98	Scott Massmann	
2016	Tierney Wolfgram, Math & Science Academy, Woodbury	18:23.6	Fairmont	84	Bob Bonk	
	Marissa Whitehead, *Martin County West/ Martin Luther	19:08.6	Perham	86	Jeff Morris	
2017	Tierney Wolfgram, Math & Science Academy, Woodbury	17:31.56	Perham	86	Jeff Morris	
	Lauren Ping, Cotter, Winona	18:19.68	Cotter, Winona	87	Mike Costello	
2018	Grace Ping, Cotter, Winona	^^17:19.4	Perham	94	Jeff Morris	
	Lauren Ping, Cotter, Winona	17:41.5	Howard Lake-Waverly-Winsted	99	Wade Moravec	

2019	Morgan Gehl, *Murray County Central	17:53.5	Perham	103	Jeff Morris
	Jade Rypkema, Nevis	18:20.2	Luverne	138	Pete Janiszkeski
2020	No Meet: COVID-19 Pandemic				
2021	Amanda Overgaauw, *Murray County Central/Fulda	18:09.13	Staples-Motley	103	Bruce Fuhrman
	Tenley Nelson, Luverne	18:47.00	Perham	109	Jeff Morris

Class A Record for 4,000 meters & Class A Course Record

^^ Class A Record for 5,000 meters & Class A Course Record

CLASS AA — 1978-2021

YEAR	INDIVIDUAL	TIME	TEAM	POINTS	COACH
	University of Minnesota Golf Course (3,200 meters)				
1978	Tina Bahr, International Falls	11:06.5	Robbinsdale Armstrong	78	Rick Kleyman
	Lynn Ranfranz, Rochester John Marshall	11:11.1	St. Cloud Tech	81	Teresa Hillmer
1979	Tina Bahr, International Falls	11:02.0	Owatonna	104	Ev Berg
	Lani Granowski, Owatonna	11:02.3	Wayzata	111	Bill Miles
1980	Lisa Koelfgen, Robbinsdale Armstrong	11:10.1	Eden Prairie	106	Larry Anderson
	Darnel Johnson, Burnsville	11:15.9	Robbinsdale Armstrong	109	Rick Kleyman
1981	Lisa Koelfgen, Robbinsdale Armstrong	10:59.9	Minnetonka	54	Bob Rogness
	Shelly Brisbois, Hibbing	11:06.6	Faribault	91	Lonnie Nelson
1982	Hillary Wackman, Mounds View	11:10	Minnetonka	61	Bob Rogness
	Stephanie Herbst, Chaska	11:22	Faribault	114	Lonnie Nelson
1983	Stephanie Herbst, Chaska	11:08.9	Hopkins	71	Jim Rovn
	Patti Walsh, Mounds View	11:17.5	Faribault	76	Lonnie Nelson
1984	Heather Doyle, Moorhead	11:31.8	Faribault	85	Lonnie Nelson
	Kim Kauls, Forest Lake	11:33.8	Alexandria	132	Mark Nelson
1985	Gretchen Farkas, Totino-Grace	11:05.8	Alexandria	60	Mark Nelson
	Kim Kauls, Forest Lake	11:10.6	Winona	63	Jim Flim
1986	Kim Kauls, Forest Lake	11:00.1	Winona	53	Jim Flim
	Sarah Renk, Winona	11:16.3	Fairmont	75	Bob Bonk
1987	Tracy Dahl, Anoka	11:18.5	Alexandria	59	Mark Nelson
	Gretchen Farkas, Totino-Grace	11:29.9	Fairmont	69	Bob Bonk
1988	Tracy Dahl, Anoka	12:10.1	Fairmont	68	Bob Bonk
	Andy DeVries, Fairmont	12:30.8	Alexandria	93	Mark Nelson
1989	Missy Johnson, Hibbing	11:58.4	Winona	59	Jim Flim
	Cindy Clavitar, Mt. Iron-Buhl/Virgina	12:05.3	White Bear Lake	88	Lyle Helke
1990	Tina Forthmiller, St. Francis	11:48.8	Rochester John Marshall	77	Ben Holt
	Missy Johnson, Hibbing	11:56.8	Woodbury	102	Mike Moran
	Arrowwood Golf Course, Alexandria (3,200 meters)				
1991	Carrie Tollefson, Dawson-Boyd/Lac qui Parle Valley	10:48.7	Minnetonka	99	Bob Rogness
	Tina Forthmiller, St. Francis	11:10.7	Woodbury	120	Mike Moran
	St. Olaf College, Northfield (3,200 meters)				
1992	Lisa Aro, Buffalo	11:41.0	Duluth East	64	Dick Skogg
	Amy Hill, Duluth East	11:52.3	Minnetonka	76	Bob Rogness
1993	Kara Wheeler, Duluth East	11:42.3	Duluth East	45	Dick Skogg
	Sophie Harshorn, St. Paul Central	12:01.0	Mounds View	59	Patti Percival
	St. Olaf College, Northfield (4,000 meters)				
1994	Carrie Tollefson, Dawson-Boyd/Lac qui Parle Valley	14:09.2	Duluth East	55	Dick Skogg
	Kara Wheeler, Duluth East	14:10.5	Mounds View	67	Patti Percival
1995	Elaine Eggleston, Roseville Area	14:49.3	Duluth East	29	Dick Skogg

	Yvonne Glenn, Duluth Central	14:51.7	Mounds View	113	Patti Percival	
1996	Josie Johnson, Rochester John Marshall	14:46.1	Duluth East	40	Dick Skogg	
	Colleen Flaherty, Hopkins	14:59.5	Alexandria	110	Mark Nelson	
1997	Josie Johnson, Rochester John Marshall	14:49.5	Duluth East	42	David Wicker	
	Emily Naslund, Bloomington Jefferson	14:53.7	Alexandria	85	Mark Nelson	
1998	Emily Naslund, Bloomington Jefferson	14:35.2	Duluth East	94	David Wicker	
	Kendall Wheeler, Duluth East	14:37.7	Bloomington Jefferson	133	Collin Beachy	
1999	Kasandra Hendricks, Hutchinson	14:37.1	Bloomington Jefferson	65	Collin Beachy	
	Rachel Foley, Mound-Westonka	14:47.4	Edina	113	Kathy Miller	
2000	Lisa Dyer, Moorhead	14:13.1	Grand Rapids	107	Paul Bauer	
	Leah Wurm, Monticello	14:32.0	Winona	127	Jim Flim	
2001	Ladia Albertson, Stillwater	14:18.6	Hopkins	119	Jim Rovn	
	Bria Wetsch, Chaska	14:29.3	Grand Rapids	123	Paul Bauer	
2002	Brenna Carey, Big Lake	14:57.4	Hopkins	87	Jim Rovn	
	Shannon Bergstedt, Hopkins	15:14.8	Minnetonka	130	Jane Reimer Meads	
2003	Lisa Waananen, Maple Grove	14:13.0	Lakeville	102	Bob Ertl	
	Elizabeth Yetzer, Lakeville	14:21.7	Brainerd	108	Dave Herath	
2004	Elizabeth Yetzer, Lakeville	14:28.4	Minnetonka	78	Jane Reimer Meads	65°, windy, sunny
	Hanna Grinnaker, Detroit Lakes	14:36.6	Roseville Area	94	Mary Schifsky	
2005	Elizabeth Yetzer, Lakeville North	13:59.3	Lakeville North	87	Bob Ertl	50°, cloudy, almost calm
	Hanna Grinnaker, Detroit Lakes	14:17.7	Roseville Area	92	Mary Schifsky	
2006	Alex Gits, Edina	14:15.4	Woodbury	87	Mark Andrews	50's, sunny, light breeze
	Laura Hughes, Mankato West	14:25.2	Minnetonka	118	Jane Reimer Meads	
2007	Laura Hughes, Mankato West	14:28.4	Burnsville	90	Jeff Walsh	Mid-40's, sunny, calm
	Cassy Opitz, Eden Prairie	14:45.2	Eden Prairie	106	Jeff Lindleif	
2008	Cassy Opitz, Eden Prairie	14:24.5	Eden Prairie	48	Jeff Lindleif	Mid-50s, sunny, calm
	Claire Guidinger, Winona	14:35.8	Lakeville North	111	Robert Ertl	
2009	Maria Hauger, Shakopee	14:40.8	*Elk River	120	Michael Niziolek	50s, sunny, light breeze
	Emma Bates, *Elk River	14:41.7	Prior Lake	123	Dan Saad	
2010	Maria Hauger, Shakopee	14:18.9	Eden Prairie	69	Jeff Lindleif	40s, sunny, windy
	Jamie Piepenburg, Alexandria	14:33.1	Monticello	79	Gail Grieme	
2011	Maria Hauger, Shakopee	14:04.1	Monticello	93	Gail Grieme	40s, sunny, breezy
	Jamie Piepenburg, Alexandria	14:04.8	Lakeville South	118	Jessica Just	
2012	Maria Hauger, Shakopee	13:42.0	Wayzata	50	Dave Emmans	30s, cloudy, calm
	Anna French, Wayzata	13:57.6	Eagan	93	Lisa Langenhahn	
2013	Bethany Hasz, Alexandria	13:53.1	Wayzata	37	Dave Emmans	
	Megan Hasz, Alexandria	14:13.9	East Ridge, Woodbury	134	Chad Cronin	
2014	Megan Hasz, Alexandria	# 13:40.9	Wayzata	65	Dave Emmans	
	Bethany Hasz, Alexandria	13:44.4	Edina	94	Matt Gabrielson	
	St. Olaf College, Northfield (5,000 meters)					
2015	Bethany Hasz, Alexandria	17:32.2	Edina	68	Matt Gabrielson	
	Megan Hasz, Alexandria	17:38.9	Marshall	76	Marie Sample	
2016	Anna Fenske, Farmington	17:41.5	Edina	45	Matt Gabrielson	
	Lauren Peterson, Farmington	18:17.1	Willmar	58	Jerry Popp	
2017	Emily Covert, Minneapolis Washburn	17:30.07	Wayzata	51	Dave Emmans	
	Anna Fenske, Farmington	17:34.78	Edina	72	Matt Gabrielson	
2018	Emily Covert, Minneapolis Washburn	^^17:03.4	St. Michael-Albertville	70	Heather Strait	
	Lauren Peterson, Farmington	17:28.8	Wayzata	75	Dave Emmans	
2019	Analee Weaver, Stillwater Area	17:46.1	Edina	55	Matt Gabrielson	
	Abbey Nechanicky, Wayzata	17:52.8	Wayzata	109	Addy Hallen	
2020	No Meet: COVID-19 Pandemic					
2021	Isabelle Schmitz, Hutchinson	17:59.44	St. Paul Highland Park	61	Brad Moening	

Olivia Goebel, Albany

18:07.90

Willmar

78

Eric Hjelden

State Record for 4,000 Meters & Class AA Course Record

^^ Class AA Record for 5,000 meters & Class AA Course Record

CLASS AAA — 2021

YEAR INDIVIDUAL

St. Olaf College, Northfield (5,000 meters)

2021 Ali Weimer, St. Michael-Albertville

Sydney Drevlow, Hopkins

TIME

TEAM

POINTS

COACH

^^17:42.81

Edina

75

Matt Gabrielson

17:57.10

Wayzata

100

Addy Hallen

^^ Class AAA Record for 5,000 meters & Class AAA Course Record