



ARCHIVES

MINNESOTA STATE HIGH SCHOOL LEAGUE

Girls Cross Country State Meet Team and Individual Champions

Single Class Team Champions — 1975-1977

YEAR	TEAM	POINTS
University of Minnesota Golf Course (2 miles)		
1977	White Bear Mariner	122
1976	Robbinsdale Armstrong	94
1975	Minneapolis Regina	66

Class A Team Champions — 1978-2023

YEAR	TEAM	POINTS
University of Minnesota Les Bolstad Golf Course, Falcon Heights (5,000 meters)		
2023	St. Cloud Cathedral	68
St. Olaf College, Northfield (5,000 meters)		
2022	Perham	56
2021	Staples-Motley	103
2020	No Meet: COVID-19 Pandemic	
2019	Perham	103
2018	Perham	94
2017	Perham	86
2016	Fairmont	84
2015	Perham	74
St. Olaf College, Northfield (4,000 meters)		
2014	Trinity School at River Ridge	55
2013	Annandale	85
2012	Esko	115
2011	St. Cloud Cathedral	94
2010	Adrian	89
2009	Waseca	81
2008	Adrian	98
2007	Adrian	97
2006	Adrian	60
2005	Adrian	63
2004	Glencoe-Silver Lake	111
2003	Staples-Motley	45
2002	New London-Spicer	109
2001	New London-Spicer	96

2000	New London-Spicer	81
1999	*Deer River/Northland	141
1998	Wadena-Deer Creek	90
1997	Lake City	64
1996	Wadena-Deer Creek	67
1995	Sartell	86
1994	Rochester Lourdes	77
St. Olaf College, Northfield (3,200 meters)		
1993	*Canby/Minneota	102
1992	International Falls	104
Arrowood Golf Course, Alexandria (3,200 meters)		
1991	*Hawley/Ulen-Hitterdal	82
University of Minnesota Golf Course (3,200 meters)		
1990	Plainview	98
1989	*Hawley/Ulen-Hitterdal	79
1988	*Windom/Storden-Jeffers	75
1987	*Windom/Storden-Jeffers	45
1986	St. Cloud Cathedral	79
1985	Hermantown	77
1984	Hermantown	89
1983	*Redwood Falls/Morton	85
1982	Redwood Falls	86
1981	Rochester Lourdes	113
1980	Esko	95
1979	Montgomery-Lonsdale	80
1978	Hinckley	101

Class AA Team Champions — 1978-2023

YEAR	INDIVIDUAL	TIME
University of Minnesota Les Bolstad Golf Course, Falcon Heights (5,000 meters)		
2023	Marshall	81
St. Olaf College, Northfield (5,000 meters)		
2022	St. Paul Highland Park	79
2021	St. Paul Highland Park	61
2020	No Meet: COVID-19 Pandemic	
2019	Edina	55
2018	St. Michael-Albertville	70
2017	Wayzata	51
2016	Edina	45
2015	Edina	68
St. Olaf College, Northfield (4,000 meters)		
2014	Wayzata	65
2013	Wayzata	37
2012	Wayzata	50
2011	Monticello	93
2010	Eden Prairie	69
2009	*Elk River	120
2008	Eden Prairie	48
2007	Burnsville	90
2006	Woodbury	87

2005	Lakeville North	87
2004	Minnnetonka	78
2003	Lakeville	102
2002	Hopkins	87
2001	Hopkins	119
2000	Grand Rapids	107
1999	Bloomington Jefferson	65
1998	Duluth East	94
1997	Duluth East	42
1996	Duluth East	40
1995	Duluth East	29
1994	Duluth East	55

St. Olaf College, Northfield (3,200 meters)

1993	Duluth East	45
1992	Duluth East	64

Arrowwood Golf Course, Alexandria (3,200 meters)

1991	Minnnetonka	99
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University of Minnesota Golf Course (3,200 meters)

1990	Rochester John Marshall	77
1989	Winona	59
1988	Fairmont	68
1987	Alexandria	59
1986	Winona	53
1985	Alexandria	60
1984	Faribault	85
1983	Hopkins	71
1982	Minnnetonka	61
1981	Minnnetonka	54
1980	Eden Prairie	106
1979	Owatonna	104
1978	Robbinsdale Armstrong	78

Class AAA Team Champions — 2021-2023

YEAR	INDIVIDUAL	TIME
University of Minnesota Les Bolstad Golf Course, Falcon Heights (5,000 meters)		
2023	Wayzata	48
St. Olaf College, Northfield (5,000 meters)		
2022	Wayzata	39
2021	Edina	75

Single Class Individual Champions — 1975-1977

YEAR	INDIVIDUAL, SCHOOL	TIME
University of Minnesota Golf Course (2 miles)		
1977	Marta Wilson, Stillwater	11:39
1976	Paula Class, St. Paul Highland Park	11:54.3
1975	Leslie Seymour, Minneapolis Regina	12:04.6

Class A Individual Champions — 1978-2023

YEAR	INDIVIDUAL	TIME
University of Minnesota Les Bolstad Golf Course, Falcon Heights (5,000 meters)		
2023	Olivia Pauly, St. John's Prep	18:20.5
St. Olaf College, Northfield (5,000 meters)		
2022	Jade Rypkema, Nevis	17:43.5
2021	Amanda Overgaauw, *Murray County Central/Fulda	18:09.13
2020	No Meet: COVID-19 Pandemic	
2019	Morgan Gehl, *Murray County Central	17:53.5
2018	Grace Ping, Cotter	^17:19.4
2017	Tierney Wolfgram, Math & Science Academy	17:31.56
2016	Tierney Wolfgram, Math & Science Academy	18:23.6
2015	Grace Ping, Cotter	17:52.0
St. Olaf College, Northfield (4,000 meters)		
2014	Emily Donnay, *Eden Valley-Watkins/Kimball Area	14:27.5
2013	Emi Trost, Cannon Falls	14:40.3
2012	Clare Flanagan, Blake	14:04.1
2011	Clare Flanagan, Blake	14:21.7
2010	Marisa Shady, Esko	14:45.4
2009	Maddie McClellan, Perham	14:55.2
2008	Linda Keller, Paynesville Area	14:38.2
2007	Linda Keller, Paynesville Area	14:30.2
2006	Nikki Swenson, *Lac qui Parle Valley/Dawson-Boyd	14:23.6
2005	Bria Wetsch, Holy Family Catholic	# 13:54.7
2004	Nicole Calabrese, Kingsland	14:29.6
2003	Nikki Swenson, *Lac qui Parle Valley/Dawson-Boyd	14:27.7
2002	Lauren Brueberg, Minnehaha Academy	15:11.5
2001	Jen Hess, Paynesville Area	14:56.3
2000	Jen Hess, Paynesville Area	14:55.7
1999	Julie Gifford, Tracy-Milroy	14:30.2
1998	Casey McGraw, Wadena-Deer Creek	14:47.5
1997	Kristi Colbenson, *Rushford-Peterson/Houston	15:09.3
1996	April Maine, Holdingford	14:46.1
1995	Nicole Kuznia, BOLD	15:03.0
1994	Nicole Kuznia, BOLD	14:46.1
St. Olaf College, Northfield (3,200 meters)		
1993	Carrie Tollefson, *Dawson-Boyd/Lac qui Parle Valley	11:42.1
1992	Carrie Tollefson, *Dawson-Boyd/Lac qui Parle Valley	11:49.3
Arrowwood Golf Course, Alexandria (3,200 meters)		
1991	Missy Peterson, Sartell	11:09.9
University of Minnesota Golf Course (3,200 meters)		
1990	Carrie Tollefson, *Dawson-Boyd/Lac qui Parle Valley	12:00.5

1989	Sarah Erickson, *Hawley/Ulen-Hitterdal	11:47.3
1988	Amy Wachholz, Lewiston-Altura	12:27.1
1987	Kara Parker, Olivia	11:26.1
1986	Kara Parker, Olivia	11:01.8
1985	Michelle Marthaler, *Brooten/Belgrade	11:06.2
1984	Shari Sullivan, Visitation	11:43.2
1983	Shari Sullivan, Visitation	11:18.5
1982	Jackie Hubbard, Becker	11:38
1981	Monica Schliep, Rochester Lourdes	11:16.8
1980	Kristin Asp, Lamberton	11:29.5
1979	Kristin Asp, Lamberton	11:23.4
1978	Ann Miles, Wadena	11:20.9

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

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

Class AA Individual Champions — 1978-2023

YEAR	INDIVIDUAL	TIME
University of Minnesota Les Bolstad Golf Course, Falcon Heights (5,000 meters)		
2023	Isabelle Schmitz, Hutchinson	17:56.5
St. Olaf College, Northfield (5,000 meters)		
2022	Luna Scorzelli, St. Paul Highland Park	17:45.1
2021	Isabelle Schmitz, Hutchinson	17:59.44
2020	No Meet: COVID-19 Pandemic	
2019	Analee Weaver, Stillwater Area	17:46.1
2018	Emily Covert, Minneapolis Washburn	^^17:03.4
2017	Emily Covert, Minneapolis Washburn	17:30.07
2016	Anna Fenske, Farmington	17:41.5
2015	Bethany Hasz, Alexandria	17:32.2
St. Olaf College, Northfield (4,000 meters)		
2014	Megan Hasz, Alexandria	# 13:40.9
2013	Bethany Hasz, Alexandria	13:53.1
2012	Maria Hauger, Shakopee	13:42.0
2011	Maria Hauger, Shakopee	14:04.1
2010	Maria Hauger, Shakopee	14:18.9
2009	Maria Hauger, Shakopee	14:40.8
2008	Cassy Opitz, Eden Prairie	14:24.5
2007	Laura Hughes, Mankato West	14:28.4
2006	Alex Gits, Edina	14:15.4
2005	Elizabeth Yetzer, Lakeville North	13:59.3
2004	Elizabeth Yetzer, Lakeville	14:28.4
2003	Lisa Waananen, Maple Grove	14:13.0
2002	Brenna Carey, Big Lake	14:57.4
2001	Ladia Albertson, Stillwater	14:18.6
2000	Lisa Dyer, Moorhead	14:13.1
1999	Kasandra Hendricks, Hutchinson	14:37.1
1998	Emily Naslund, Bloomington Jefferson	14:35.2
1997	Josie Johnson, Rochester John Marshall	14:49.5
1996	Josie Johnson, Rochester John Marshall	14:46.1
1995	Elaine Eggleston, Roseville Area	14:49.3

1994	Carrie Tollefson, *Dawson-Boyd/Lac qui Parle Valley	
St. Olaf College, Northfield (3,200 meters)		
1993	Kara Wheeler, Duluth East	11:42.3
1992	Lisa Aro, Buffalo	11:41.0
Arrowood Golf Course, Alexandria (3,200 meters)		
1991	Carrie Tollefson, *Dawson-Boyd/Lac qui Parle Valley	10:48.7
University of Minnesota Golf Course (3,200 meters)		
1990	Tina Forthmiller, St. Francis	11:48.8
1989	Missy Johnson, Hibbing	11:58.4
1988	Tracy Dahl, Anoka	12:10.1
1987	Tracy Dahl, Anoka	11:18.5
1986	Kim Kauls, Forest Lake	11:00.1
1985	Gretchen Farkas, Totino-Grace	11:05.8
1984	Heather Doyle, Moorhead	11:31.8
1983	Stephanie Herbst, Chaska	11:08.9
1982	Hillary Wackman, Mounds View	11:10
1981	Lisa Koelfgen, Robbinsdale Armstrong	10:59.9
1980	Lisa Koelfgen, Robbinsdale Armstrong	11:10.1
1979	Tina Bahr, International Falls	11:02.0
1978	Tina Bahr, International Falls	11:06.5

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

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

Class AAA Individual Champions — 2021-2023

YEAR	INDIVIDUAL	TIME
University of Minnesota Les Bolstad Golf Course, Falcon Heights (5,000 meters)		
2023	Norah Hushagen, Forest Lake	17:27.6
St. Olaf College, Northfield (5,000 meters)		
2022	Abbey Nechanicky, Wayzata	^^16:47.7
2021	Ali Weimer, St. Michael-Albertville	17:42.81

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