

GIRLS CROSS COUNTRY

State Class B - Team (Top 5 Finishers)

2019 - Champion - 78 points (Runner-Up - Bowman County - 161)
2018 - Runner-Up - 120 points (Champion - Hillsboro/Central Valley - 102)
2017 - 3rd Place - 148 points (Champion - Hillsboro/Central Valley - 96)
2016 - 3rd Place - 153 points (Champion - Hillsboro/Central Valley - 133)(First year of girls running 5K)
2013 - 5th Place - 201 points (Champion - Hillsboro/Central Valley - 94)
2012 - Runner-Up - 143 points (Champion - Hillsboro/Central Valley - 63)
2011 - 3rd Place - 177 points (Champion - Hillsboro - 125)
2010 - Champion - 55 points (Runner-Up - Velva - 124)
2006 - 3rd Place - 141 points (Champion - Griggs County Central - 96)
2005 - 4th Place - 162 points (Champion - Bowman - 78)
2002 - 5th Place - 254 points (Champion - New Town - 49)
1997 - 3rd Place - 126 points (Champion - Bowman - 32)
1996 - 3rd Place - 138 points (Champion - Bowman - 37)
1995 - 4th Place - 151 points (Champion - Bowman - 22)
1994 - 5th Place - 155 points (Champion - Bowman - 17)
1993 - 3rd Place - 96 points (Champion - Bowman - 18)
1992 - 3rd Place - 94 points (Champion - Bowman - 18)
1991 - 3rd Place - 83 points (Champion - Hazen - 32)
1990 - 5th Place - 119 points (Champion - Bowman - 35)

Class B All-State - Individual (Top 20 Finishers)

2019 - Quinn Nepl - 6th Place - 19:36
2019 - Brooklyn Bartsch - 8th Place - 19:46
2019 - Amelia Shepard - 9th Place - 19:47
2018 - Quinn Nepl - 6th Place - 19:51
2018 - Brooklyn Bartsch - 19th Place - 20:29
2017 - Quinn Nepl - 10th Place - 19:47
2017 - Ellie Duchscherer - 20th Place - 20:51
2016 - Kristina Brossart - 19th Place - 20:12 (First year of girls running 5K)
2014 - Tristin Lunde - 20th Place - 16:07
2012 - Lauren Christenson - 10th Place - 16:07
2011 - Sydney Kraft - Senior Athlete of the Year
2011 - Sydney Kraft - 11th Place - 15:52
2011 - Lauren Christenson - 14th Place - 16:01
2010 - Chandra Yankton - Runner-Up - 15:28
2010 - Sydney Kraft - 6th Place - 15:59
2010 - Lauren Christenson - 12th Place - 16:20
2010 - Crystal Hovland - 15th Place - 16:33

2010 - Shanaya Fred - 20th Place - 16:42
2009 - Sydney Kraft - 9th Place - 15:59
2008 - Sydney Kraft - Champion - 15:37
2007 - Sydney Kraft - 13th Place - 16:03
2006 - Kirsten Welk - 10th Place - 16:04
2006 - Chelsea Halvorson - 17th Place - 16:19
2005 - Kirsten Welk - 9th Place - 16:33
2005 - Chelsea Halvorson - 15th Place - 16:46
2002 - Sarah Skipper - 11th Place - 15:25
1997 - Stephanie Vangsnes - 6th Place - 16:00
1997 - Cassie Hagel - 9th Place - 16:05
1997 - Channa Pieterick - 16th Place - 16:18
1996 - Stephanie Vangsnes - 8th Place - 16:16
1993 - Jamie Jordan - 17th Place - 16:57
1991 - Jamie Jordan - 6th Place - 16:34

Class B East Region - Team (Top 2 Finishers)

2019 - Champion - 66 points (Runner-Up - Hillsboro/Central Valley - 127)
2018 - Runner-Up - 94 points (Champion - Hillsboro/Central Valley - 74)
2017 - Runner-Up - 86 points (Champion - Hillsboro/Central Valley - 76)
2016 - Runner-Up - 99 points (Champion - Hillsboro/Central Valley - 70)(First year of girls running 5K)
2014 - Runner-Up - 136 points (Champion - Hillsboro/Central Valley - 37)
2013 - Runner-Up - 111 points (Champion - Hillsboro/Central Valley - 63)
2012 - Runner-Up - 105 points (Champion - Hillsboro/Central Valley - 63)
2011 - Runner-Up - 100 points (Champion - Hillsboro - 86)
2010 - Champion - 48 points (Runner-Up - Velva - 77)
2008 - Runner-Up - 60 points (Champion - Griggs County Central - 58)
2005 - Champion - 64 points (Runner-Up - Griggs County Central - 84)
2002 - Runner-Up - 99 points (Champion - Carrington - 50)
1997 - Champion - 44 points (Runner-Up - Northwood - 50)
1996 - Champion - 42 points (Runner-Up - Griggs County Central - 77)
1995 - Runner-Up - 83 points (Champion - Griggs County Central - 81)
1994 - Champion - 69 points (Runner-Up - Northwood - 78)
1993 - Champion - 29 points (Runner-Up - Northwood - 64)
1992 - Champion - 55 points (Runner-Up - Four Winds - 101)
1991 - Champion - 30 points (Runner-Up - Northwood - 31)
1990 - Champion - 26 points (Runner-Up - New Rockford - 31)

Class B East All-Region - Individual (Top 20 Finishers)

2019 - Quinn Neppl - 6th Place - 20:38

2019 - Brooklyn Bartsch - 7th Place - 20:49
2019 - Amelia Shepard - 10th Place - 21:08
2018 - Quinn Nepl - 4th Place - 19:45
2018 - Mykell Heidlebaugh - 18th Place - 21:03
2017 - Quinn Nepl - 5th Place - 19:36
2017 - Ellie Duchscherer - 13th Place - 20:42
2017 - Tristin Lunde - 16th Place - 20:57
2017 - Mykell Heidlebaugh - 20th Place - 21:21
2016 - Kristina Brossart - 12th Place - 20:10 (First year of girls running 5K)
2016 - Tristin Lunde - 16th Place - 20:34
2016 - Quinn Nepl - 17th Place - 20:38
2015 - Tristin Lunde - 14th Place - 16:04
2015 - Ellie Duchscherer - 15th Place - 16:05
2015 - Kristina Brossart - 16th Place - 16:06
2014 - Tristin Lunde - 11th Place - 16:13
2014 - Allison Foster - 14th Place - 16:28
2013 - Allison Foster - 14th Place - 16:22
2013 - Tristin Lunde - 19th Place - 16:36
2012 - Lauren Christenson - 9th Place - 16:19
2012 - Allison Foster - 20th Place - 16:43
2011 - Sydney Kraft - 6th Place - 15:58
2011 - Lauren Christenson - 9th Place - 16:23
2010 - Chandra Yankton - Runner-Up - 15:00
2010 - Sydney Kraft - 5th Place - 15:42
2010 - Lauren Christenson - 7th Place - 16:04
2010 - Crystal Hovland - 16th Place - 16:39
2010 - Shanaya Fred - 18th Place - 17:00
2009 - Sydney Kraft - 4th Place - 16:13
2008 - Sydney Kraft - Champion - 15:17
2008 - Hannah Christenson - 7th Place - 16:41
2008 - Crystal Hovland - 8th Place - 16:42
2008 - Chelsea Halvorson - 15th Place - 17:03
2007 - Sydney Kraft - 9th Place - 16:56
2007 - Crystal Hovland - 11th Place - 17:08
2007 - Chelsea Halvorson - 14th Place - 17:21
2007 - Cortney Hill - 19th Place - 17:35
2006 - Danielle Wangler - 10th Place - 16:35
2006 - Kirsten Welk - 13th Place - 16:48
2006 - Chelsea Halvorson - 15th Place - 16:55
2006 - Mariya Bernhardt - 16th Place - 17:01
2005 - Kirsten Welk - 3rd Place - 15:47
2005 - Chelsea Halvorson - 8th Place - 16:10
2005 - Danielle Wangler - 16th Place - 16:58

2005 - Kelsey McAtee - 18th Place - 17:17
2005 - Crystal Hovland - 19th Place - 17:19
2004 - Chelsea Halvorson - 10th Place - 16:40
2004 - Danielle Wangler - 12th Place - 16:47
2003 - Kellie Pieterick - 19th Place - 16:50
2002 - Sarah Skipper - 4th Place - 16:20
2002 - Kellie Pieterick - 13th Place - 17:03
2002 - Sarah Baustad - 19th Place - 17:09
2001 - Kellie Pieterick - 9th Place - 17:05
2001 - Sarah Skipper - 10th Place - 17:09
2001 - Sarah Baustad - 19th Place - 17:49
2000 - Kellie Pieterick - 3rd Place - 16:39
2000 - Sarah Baustad - 17th Place - 17:40
2000 - Jennifer Black - 18th Place - 17:41
1999 - Kellie Pieterick - 12th Place - 17:18
1998 - Cassie Hagel - 7th Place - 17:50
1998 - Channa Pieterick - 14th Place - 18:10
1997 - Stephanie Vangsnes - Runner-Up - 16:26
1997 - Cassie Hagel - 3rd Place - 16:54
1997 - Channa Pieterick - 4th Place - 17:00
1997 - Allyson Fursather - 16th Place - 18:37
1997 - Olivia Friestad - 19th Place - 18:52
1996 - Stephanie Vangsnes - Runner-Up - 16:02
1996 - Channa Pieterick - 8th Place - 17:19
1996 - Keighly Jo Volk - 9th Place - 17:26
1996 - Cindy Stanley - 11th Place - 17:33
1996 - Becky Fuhrer - 12th Place - 17:36
1996 - Diane Voeller - 14th Place - 17:47
1996 - Terran Knutson - 17th Place - 17:52
1995 - Terran Knutson - 10th Place - 17:39
1995 - Channa Pieterick - 13th Place - 17:47
1995 - Diane Voeller - 15th Place - 17:58
1994 - Terran Knutson - 5th Place - 17:00
1994 - Becky Fuhrer - 12th Place - 17:35
1994 - Keri Thiel - 15th Place - 17:58
1994 - Keighly Jo Volk - 16th Place - 18:03
1993 - Jamie Jordan - 3rd Place - 16:17
1993 - Becky Fuhrer - 6th Place - 16:33
1993 - Keighly Jo Volk - 8th Place - 16:40
1993 - Erika Schiele - 16th Place - 17:17
1993 - Keri Thiel - 17th Place - 17:18
1993 - Jessica Anderson - 18th Place - 17:18
1993 - Carla Erickson - 20th Place - 17:22

1992 - Traci Voeller - 6th Place - 18:03
1992 - Nicole Godel - 10th Place - 18:31
1992 - Carla Erickson - 12th Place - 18:38
1992 - Bobbi Jo Blomster - 13th Place - 18:47
1992 - Erika Schiele - 14th Place - 19:02
1992 - Heather Ferguson - 17th Place - 19:13
1992 - Gretchen Schultz - 19th Place - 19:29
1991 - Jamie Jordan - Runner-Up - 17:04
1991 - Tracey Voeller - 6th Place - 18:00
1991 - Barbie Selensky - 8th Place - 18:11
1991 - Nicole Godel - 11th Place - 18:50
1991 - Heather Ferguson - 12th Place - 18:57
1991 - Bobbi Jo Blomster - 15th Place - 19:29
1990 - Barb Selensky - 3rd Place - 17:27
1990 - Jamie Jordan - 5th Place - 17:56
1990 - Tracey Voeller - 6th Place - 18:06
1990 - Terri Rierison - 7th Place - 18:07
1990 - Nicole Godel - 12th Place - 19:18
1990 - Erika Schiele - 16th Place - 19:59

BOYS CROSS COUNTRY

State Class B - Team (Top 5 Finishers)

2017 - 4th Place - 174 points (Champion - New Town - 29)
2016 - Runner-Up - 85 points (Champion - New Town - 18)
2015 - Runner-Up - 178 points (Champion - New Town - 17)
2014 - 5th Place - 244 points (Champion - New Town - 24)
2011 - Champion - 114 points (Runner-Up - New Town - 129)
2010 - Runner-Up - 93 points (Champion - New Town - 73)
2009 - Champion - 64 points (Runner-Up - New Town - 93)
2008 - Runner-Up - 86 points (Champion - New Town - 55)
2007 - 4th Place - 172 points (Champion - New Town - 39)
2006 - 5th Place - 211 points (Champion - New Town - 46)
2005 - 5th Place - 184 points (Champion - New Town - 35)
2003 - 5th Place - 195 points (Champion - Griggs County Central - 73)
1993 - 5th Place - 169 points (Champion - Bowman - 40)

Class B All-State - Individual (Top 20 Finishers)

2018 - Riley Zachmeier - 11th Place - 16:56
2017 - Riley Zachmeier - 8th Place - 16:51
2017 - Kadin Neppel - 20th Place - 17:31
2016 - Brett O'Connell - 8th Place - 16:58
2016 - Riley Zachmeier - 12th Place - 17:10
2016 - Dawson Schepp - 18th Place - 17:21
2015 - Jaydin Risovi - 10th Place - 17:21
2013 - Nolan Hovland - 20th Place - 17:55
2011 - Erik Wangler - 8th Place - 17:37
2011 - Kyle Halvorson - 9th Place - 17:39
2011 - Tanner Bernhardt - 18th Place - 18:05
2010 - Erik Wangler - 5th Place - 17:39
2010 - Garrett Thompson - 6th Place - 17:40
2010 - Kyle Volk - 14th Place - 18:09
2009 - Kyle Volk - 8th Place - 17:31
2009 - Dylan Yoder - 9th Place - 17:34
2009 - Erik Wangler - 13th Place - 17:43
2009 - Dustin Jundt - 14th Place - 17:44
2009 - Wyatt Thompson - 20th Place - 18:11
2008 - Dylan Yoder - 11th Place - 17:53
2008 - Kyle Volk - 15th Place - 18:11
2008 - Erik Wangler - 17th Place - 18:18
2008 - Dustin Jundt - 19th Place - 18:35

2007 - Dylan Yoder - 13th Place - 17:07
2006 - Dylan Yoder - Runner-Up - 16:57
2005 - Dylan Yoder - 13th Place - 18:11
2004 - Dylan Yoder - 17th Place - 18:22
2002 - Geoffrey Childress - 18th Place - 18:06
2001 - Geoffrey Childress - 16th Place - 18:29
1994 - Scott Brandt - 6th Place - 17:35
1993 - Scott Brandt - 9th Place - 17:17
1991 - Brent Hoffert - 19th Place - 17:32

Class A All-State - Individual (Top 20 Finishers)

1989 - Kevin Miiller - 4th Place - 16:21

Class B East Region - Team (Top 2 Finishers)

2016 - Champion - 38 points (Runner-Up - Hillsboro/Central Valley - 73)
2015 - Champion - 56 points (Runner-Up - Hillsboro/Central Valley - 98)
2014 - Runner-Up - 106 points (Champion - Hillsboro/Central Valley - 106)
2011 - Champion - 46 points (Runner-Up - Lisbon - 99)
2010 - Champion - 35 points (Runner-Up - Griggs County Central - 83)
2009 - Champion - 36 points (Runner-Up - Valley City - 111)
2008 - Champion - 40 points (Runner-Up - Lisbon - 61)
2007 - Runner-Up - 72 points (Champion - Lisbon - 68)

Class B East All-Region - Individual (Top 20 Finishers)

2019 - Kadin Neppl - 17th Place - 18:48
2018 - Riley Zachmeier - 5th Place - 17:07
2018 - Kadin Neppl - 9th Place - 17:27
2017 - Riley Zachmeier - 4th Place - 17:17
2017 - Kadin Neppl - 10th Place - 17:55
2017 - Dawson Schepp - 15th Place - 18:11
2016 - Dawson Schepp - 4th Place - 17:18
2016 - Kadin Neppl - 5th Place - 17:20
2016 - Brett O'Connell - 6th Place - 17:31
2016 - Riley Zachmeier - 11th Place - 17:42
2016 - John Mueller - 12th Place - 18:02
2016 - Gabe Clements - 15th Place - 18:11
2016 - Cole Wentz - 19th Place - 18:19
2015 - Jaydin Risovi - Runner-Up - 17:01
2015 - Dawson Schepp - 10th Place - 17:45
2015 - Kadin Neppl - 13th Place - 17:52

2015 - John Mueller - 14th Place - 17:53
2015 - Gabe Clements - 17th Place - 18:03
2014 - Tanner Bernhardt - 4th Place - 17:35
2014 - Nolan Hovland - 10th Place - 18:04
2014 - Brady Fossum - 17th Place - 18:28
2013 - Nolan Hovland - 19th Place - 19:02
2012 - Tanner Bernhardt - 15th Place - 18:44
2011 - Erik Wangler - 4th Place - 17:43
2011 - Kyle Halvorson - 7th Place - 17:52
2011 - Kyle Volk - 9th Place - 18:05
2011 - Andrew Hershey - 11th Place - 18:10
2011 - Tanner Bernhardt - 15th Place - 18:13
2010 - Erik Wangler - 3rd Place - 17:29
2010 - Garrett Thompson - 5th Place - 17:35
2010 - Kyle Volk - 6th Place - 17:40
2010 - Andrew Hershey - 9th Place - 18:01
2010 - Wyatt Thompson - 12th Place - 18:05
2009 - Kyle Volk - 4th Place - 17:37
2009 - Erik Wangler - 6th Place - 17:42
2009 - Wyatt Thompson - 7th Place - 17:47
2009 - Garrett Thompson - 9th Place - 17:57
2009 - Dylan Yoder - 10th Place - 18:06
2009 - Dustin Jundt - 11th Place - 18:16
2008 - Dylan Yoder - 4th Place - 17:36
2008 - Kyle Volk - 6th Place - 17:48
2008 - Erik Wangler - 7th Place - 17:49
2008 - Dustin Jundt - 10th Place - 18:15
2008 - Garrett Thompson - 13th Place - 18:19
2007 - Dylan Yoder - Runner-Up - 17:09
2007 - Dustin Jundt - 13th Place - 18:35
2007 - Kyle Volk - 14th Place - 18:38
2007 - David McAtee - 17th Place - 18:47
2006 - Dylan Yoder - Runner-Up - 17:21
2006 - Dustin Jundt - 17th Place - 18:41
2005 - Dylan Yoder - 4th Place - 17:33
2005 - Matthew Wangler - 18th Place - 18:46
2004 - Chad Haugen - 13th Place - 18:27
2004 - Dylan Yoder - 14th Place - 18:28
2004 - Matthew Wangler - 15th Place - 18:29
2003 - Matthew Wangler - 16th Place - 18:27
2003 - Chad Haugen - 17th Place - 18:28
2002 - Duane Broe - 15th Place - 18:36
2002 - Geoffrey Childress - 18th Place - 18:43

2001 - Geoffrey Childress - 8th Place - 18:22
2001 - Josh Knutson - 19th Place - 18:52
2000 - Geoffrey Childress - 15th Place - 19:12
1998 - Josh Knutson - 18th Place - 19:30
1997 - Jesse Fritz - 12th Place - 18:50
1997 - Josh Knutson - 13th Place - 18:53
1996 - Matt Seibel - 14th Place - 18:20
1995 - Matt Seibel - 14th Place - 18:47
1994 - Scott Brandt - Champion - 17:38
1994 - Matt Seibel - 16th Place - 18:49
1993 - Scott Brandt - 3rd Place - 16:59
1993 - Jason Blomster - 11th Place - 17:56
1992 - Scott Brandt - 13th Place - 18:48
1991 - Brent Hoffert - 13th Place - 18:36
1991 - Eric Bachmeier - 16th Place - 18:53
1991 - Josh Peterschick - 19th Place - 18:57