

# GIRLS CROSS COUNTRY

## **State Class B - Team** (Top 5 Finishers)

2020 - Champion - 80 points (Runner-Up - Hillsboro/Central Valley - 134)  
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)

2020 - Brooklyn Bartsch - 3rd Place - 19:28  
2020 - Hannah Senechal - 13th Place - 20:20  
2020 - Quinn Neppl - 19th Place - 20:29  
2019 - Quinn Neppl - 6th Place - 19:36  
2019 - Brooklyn Bartsch - 8th Place - 19:46  
2019 - Amelia Shepard - 9th Place - 19:47  
2018 - Quinn Neppl - 6th Place - 19:51  
2018 - Brooklyn Bartsch - 19th Place - 20:29  
2017 - Quinn Neppl - 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)

2020 - Champion - 43 points (Runner-Up - Hillsboro/Central Valley - 90)  
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 - Velve - 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)

2020 - Brooklyn Bartsch - Champion - 19:15  
2020 - Amelia Shepard - 5th Place - 19:41  
2020 - Quinn Nepl - 11th Place - 20:30  
2020 - Ella Jacobson - 12th Place - 20:35  
2020 - Hannah Senechal - 14th Place - 20:40  
2020 - Sara Schmaltz - 19th Place - 21:10  
2019 - Quinn Nepl - 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 Rierson - 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)

2020 - Austin Dibble - 19th Place - 17:30  
2018 - Riley Zachmeier - 11th Place - 16:56  
2017 - Riley Zachmeier - 8th Place - 16:51  
2017 - Kadin Neppl - 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)

2020 - Austin Dibble - 8th Place - 17:47  
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 Neppel - 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