

Cross Country Record Book

5K All-Time Performance

Marissa Ferebee, Pella, 16:30.9, 2024
 Paityn Noe, Ballard, 16:48.6, 2022
 Camille Jackson, Ames, 17:23.9, 2019
 Adrianna Buettner-Cable, DM Roosevelt, 17:41.2, 2022
 Ashlyn Keeney, Iowa City Liberty, 17:44.1, 2019
 Olivia Verde, Johnston, 17:50.7, 2023
 Marie Hostetler, Mid-Prairie, 17:51.2, 2017
 McKenzie Yanek, Pleasant Valley, 17:55.0, 2015
 Addison Dorenkamp, WDM Valley, 17:55.2, 2021
 Shewaye Johnson, Ballard, 17:55.3, 2020
 Anna Hostetler, Mid-Prairie, 17:57.7, 2016
 Piper Messerly, Dallas Center-Grimes, 17:58.7, 2024
 Lili Denton, Council Bluffs St. Albert, 17:39.3, 2024
 Keelee Leitzen, Dubuque Hempstead, 18:00.9, 2023
 Nakia Olivierre, Waterloo West, 18:01.9, 2023
 Julia Gehl, Dubuque Hempstead, 18:03.2, 2022
 Micah Poellet, Linn-Mar, 18:03.4, 2018
 Paige Horner, Johnston, 18:04.3, 2017
 Bailey Nock, Iowa City West, 18:06.7, 2016
 Drew Beason, Ankeny, 18:06.9, 2023
 Emily Staal, Springville-Central City, 18:07.4, 2018
 Lilian Schmidt, Dubuque Senior, 18:07.6, 2019

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
 Noelle Steines, Cal-Wheatland & Tipton, 21-22-23-24
 3 Danielle Hostetler, Mid-Prairie, 2020-21-22
 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, WDM 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 Johnston 2014-16-17-19-20-23
 6 Dowling Catholic 2007-08-09-10-11
 6 Dubuque Wahlert 1981-09-10-11-17-18
 6 Mid-Prairie: 2017-18-19-20-21-24
 5 Iowa City West 1997-98-2000-01-04
 5 Union 2001-07-08-09-10
 5 Unity Christian 1990-91-94-2011-12

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 Wahlert
 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	2008	4A - Ashlie Decker, Dowling Catholic 3A - Sara Dickinson, Oskaloosa 2A - Morgan Casey, Northeast 1A - Sara Stoakes, North Tama
1991	3A - Summer Johnson, Indianola 2A - LeAnn Rychnovsky, Clarke 1A - Sara Plum, Unity Christian	2009	4A - Katie Flood, Dowling Catholic 3A - Ali Krogman, Atlantic 2A - Morgan Casey, Northeast 1A - Katy Moen, Wapsie Valley
1992	3A - Jennifer Schoonover, CR Kennedy 2A - Sarah Plum, Unity Christian 1A - Sydney Pounds, Gilbert	2010	4A - Shelby Houlihan, SC East 3A - Anna Holdiman, Waverly-SR 2A - Lauren Benzing, Solon 1A - Emily Franks, Northeast, Goose Lake
1993	3A - Alienor Gilchrist, Ames 2A - Megan Wagner, Cascade 1A - Bethany Rulapaugh, SCMT	2011	4A - Grace Gibbons, Dowling Catholic 3A - Madison Waymire, Dallas Center-Grimes 2A - Saddle Timms, Gilbert 1A - Rebekah Topham, Griswold
1994	3A - Summer Johnson, Indianola 2A - Jana Peterson, Webster City 1A - Mandy Vitense, Tipton	2012	4A - Stephanie Jenks, Linn-Mar 3A - Anna Holdiaman, Waverly-Shell Rock 2A - Cassandra Stufflick, Danville/New London 1A - Rebekah Topham, Griswold
1995	3A - Keely Barnett, Iowa City High 2A - Amber Schmidt, Northeast 1A - Jessie Henderson, North Linn	2013	4A - McKenzie Yanek, Pleasant Valley 3A - Tess Roorda, Pella 2A - Grace Gibbons, Gilbert 1A - Rebekah Topham, Griswold
1996	3A - Julie Wuorinen, Pleasant Valley 2A - Val Oltman, Nevada 1A - Amber Schmidt, Northeast	2014	4A - Megan Schott, Des Moines Roosevelt 3A - Grace Gibbons, Gilbert 2A - Paige Holub, Monticello 1A - Rebekah Topham, Griswold
1997	3A - Bethany Young, Iowa City High 2A - Kristina Quigley, Council Bluffs St. Albert 1A - Jane McDermott, North Tama	2015	4A - McKenzie Yanek, Pleasant Valley 3A - Julia Schmacher, Davenport Assumption 2A - Paige Holub, Monticello 1A - Alyssa Williams, Durant
1998	3A - Michelle Lilienthal, Iowa City High 2A - Missy Buttry, Shenandoah-Essex 1A - Heather Kite, Jesup	2016	4A - Bailey Nock, Iowa City West 3A - Adrianna Katcher, Center Point-Urbana 2A - Anna Hostetler, Mid-Prairie 1A - Kate Crawford, ACGC
1999	3A - Michelle Lilienthal, Iowa City 2A - Amber Friederich, Algona 1A - Kristin Hansen, Okoboji	2017	4A - Paige Horner, Johnston 3A - Adrianna Katcher, Center Point-Urbana 2A - Marie Hostetler, Mid-Prairie 1A - Emily Staal, Springville/Central City
2000	3A - Jeni Frudden, Iowa City West 2A - Amber Friederich, Algona 1A - Kristin Hansen, Okoboji	2018	4A - Micah Poellet, Linn-Mar 3A - Janette Schraft, Glenwood 2A - Marie Hostetler, Mid-Prairie 1A - Emma Lucas, Bedford
2001	3A - Jeni Frudden, Iowa City West 2A - Kristin Hansen, Okoboji 1A - Emily Klein, South Hamilton	2019	4A - Camille Jackson, Ames 3A - Adrianna Katcher, Center Point-Urbana 2A - Marie Hostetler, Mid-Prairie 1A - Peyton Pogge, Tri-Center
2002	3A - Robdu Adam, Iowa City West 2A - Marcy Rahn, Clear Creek-Amana 1A - Megan Winkelman, Nodaway Valley	2020	4A - Keelee Leitzen, Dubuque Hempstead 3A - Shewaye Johnston, Ballard 2A - Danielle Hostetler, Mid-Prairie 1A - Haley Meyer, Kee
2003	4A - Sarah Wickman, Iowa City West 3A - Sara Fassbinder, Dubuque Wahlert 2A - Megan Winkelman, Nodaway Valley 1A - Ellen Ries, North Linn	2021	4A - Addison Dorenkamp, West Des Moines Valley 3A - Paityn Noe, Ballard 2A - Danielle Hostetler, Mid-Prairie 1A - Noelle Steines, Calamus-Wheatland
2004	4A - Hannah Roeder, DM Roosevelt 3A - Caedryn Schrunk, Spirit Lake Park 2A - Ashley Miller, Tipton 1A - Ellen Ries, North Linn	2022	4A - Adrienne Buettner-Cable, DM Roosevelt 3A - Paityn Noe, Ballard 2A - Danielle Hostetler, Mid-Prairie 1A - Noelle Steines, Calamus-Wheatland
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		

2023 4A - Addison Doremkamp, WDM Valley
 3A - Marisa Ferreebee, Pella
 2A - Hillary Trainor, Sumner-Fredericksburg
 1A - Noelle Steines, Calamus-Wheatland
 2024 4A - Piper Messerly, Dallas Center-Grimes
 3A - Marissa Ferebee, Pella
 2A - Noelle Steines, Tipton
 1A - Lili Denton, Council Bluffs St. Albert

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

2021 4A - Dubuque Hempstead
3A - Solon
2A - Mid-Prairie
1A - South Winneshiek

2022 4A - Dubuque Hempstead
3A - Pella
2A - Van Meter
1A - Earlham

2023 4A - Johnston
3A - Pella
2A - Des Moines Christian
1A - Madrid

2024 4A - Pleasant Valley
3A - Pella
2A - Mid-Prairie
1A - Earlham

STATE RUNNERS-UP (since 2003)

Ames: 13
Assumption: 11
Ballard: 21, 22
Cascade: 14
Cedar Rapids Xavier: 05
Central Elkader: 06
IGHSAU
State Cross Country History
Four Class era (since 2003)
Clear Creek-Amana: 03
Corning: 04
Dallas Center-Grimes: 18, 19, 20
Decorah: 09, 10
Denver: 07, 21
Dike-New Hartford: 09
Dowling Catholic: 06
Dubuque Hempstead: 16
Dubuque Senior: 17, 19
Dubuque Wahlert: 04
Durant: 05
Earlham: 10, 11
Gilbert: 14
Harlan: 06
Hudson: 08 (2A), 16 (1A), 19 (1A)
Iowa City High: 04, 08, 09, 10
Iowa City Regina: 11 (2A), 18 (1A)
Iowa City West: 03
Johnston: 18, 22, 24
Linn-Mar: 11, 12
Logan-Magnolia: 21
Madrid: 24
MOC-Floyd Valley: 12, 13
Monticello: 15, 17
Mount Vernon-Lisbon ; 23
Nodaway Valley: 05, 08
Northeast: 12
Panorama: 17
Pekin: 09 (2A), 12 (1A), 14 (1A), 15 (1A)
Pella: 15, 16, 17
Pleasant Valley: 15, 21
Pocahontas: 13
Sioux Center: 24
Solon: 04, 06
South Winneshiek: 16, 20, 22, 23
Tipton: 07, 20
Unity Christian: 10, 13, 24
Urbandale: 07, 14
Valley Community: 07
Van Meter: 23
Waukon: 03

WDM Valley: 05, 20, 23
West Sioux: 03
Williamsburg: 08 (3A), 18 (2A), 19 (2A), 22 (2A)

STATE THIRD PLACE

(Trophies awarded beginning 2011)

AHSTW: 19
Ames: 14, 21
Ankeny Centennial: 20
Assumption: 12, 13, 14
Beckman Catholic: 23
IGHSAU
State Cross Country History
Four Class era (since 2003)
Bettendorf: 15
Cascade: 13
Cedar Rapids Xavier: 09
Central Elkader: 07, 12, 13
Charles City: 16
CMB: 05
Dallas Center-Grimes: 21, 23 (4A)
Decorah: 17
Des Moines Roosevelt: 04
Dubuque Senior: 22, 24
Dubuque Wahlert: 03, 08, 15, 19, 20
Fort Dodge St. Edmond: 21
Gilbert: 23
Glenwood: 18
Griswold: 11, 14
Hudson: 07 (2A), 18 (1A)
Iowa City High: 07, 16
Iowa City Regina: 03 (1A), 09 (2A), 10 (2A), 20 (1A)
Iowa City West: 08, 09
Johnston: 12
Kee: 17
Linn-Mar: 19
Marion: 05, 06
Mid-Prairie: 16
Monticello: 03, 12, 19, 21, 22, 23
Mount Vernon-Lisbon: 24
Nodaway Valley: 04, 06
North Tama: 06
Osage: 14
Panorama: 09
Pekin: 16
Pella: 07, 10, 11
Pleasant Valley: 11, 13
Sibley-Ocheyedan: 22
Sioux Center: 11
Solon: 22
South Winneshiek: 15
Treynor: 24
Tri-Center: 10
Urbandale: 05, 06
Valley Community: 05, 08
Van Meter: 24
Waukee: 17
Waukon: 04
WDM Valley: 03, 10, 18
West Fork: 15

West Sioux: 04
Williamsburg: 20
Wilton: 08
Woodbury Central/Kingsley-Pierson: 17, 18

STATE TEAM QUALIFIERS Four-Class Era Since 2003

ACGC (7): 16, 18, 19, 20, 21, 23, 24
ADM (6): 07, 08, 19, 22, 23, 25
AHSTW (4): 17, 19, 20, 23
Albia (8): 09, 10, 18, 21, 22, 23, 24, 25
Algona (1): 10
Alta-Aurelia (6): 15, 16, 17, 22, 24, 25
Ames (18): 03, 04, 05, 06, 07, 08, 09, 11, 12, 13, 14, 15, 16, 21, 22, 23, 24, 25
Anamosa (1): 17
Ankeny (14): 03, 05, 06, 08, 09, 10, 11, 12, 16, 20, 21, 22, 23, 24
Ankeny Centennial (11): 13, 14, 15, 16, 17, 18, 20, 21, 22, 23, 24, 25
Aplington-Parkersburg (4): 16, 17, 18, 19
Assumption (12): 04, 05, 06, 09, 10, 11, 12, 13, 14, 15, 16, 20
Atlantic (4): 08, 09, 10, 18
Audubon (1): 03
Ballard (16): 03, 07, 08, 09, 10, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 25
Baxter (1): 17
BCLUW (3): 06, 08, 09
Beckman Catholic (3): 21, 22, 23
Bellevue (1): 06
Bennett (1): 04
Benton (8): 04, 05, 06, 08, 09, 10, 11, 17
Bettendorf (11): 03, 04, 09, 10, 11, 12, 13, 14, 15, 19, 20
Bishop Garrigan (5): 04, 05, 06, 11, 12
Bishop Heelan (17): 04, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22, 23
Boone (1): 09
Boyer Valley (2): 06, 07
Carlisle (3): 20, 21, 22
Cascade (10): 08, 09, 12, 13, 14, 15, 16, 17, 18, 22
Cedar Falls (16): 03, 04, 05, 06, 07, 09, 10, 11, 12, 15, 16, 17, 22, 23, 24, 25
Cedar Rapids Kennedy (9): 03, 04, 05, 07, 10, 11, 12, 13, 18
Cedar Rapids Prairie (5): 18, 19, 20, 21, 25
Cedar Rapids Washington (7): 03, 04, 06, 07, 08, 09, 10
Cedar Rapids Xavier (8): 03, 04, 05, 06, 07, 09, 13, 25
Center Point-Urbana (5): 19, 20, 21, 22, 25
Central Decatur (1): 21
Central DeWitt (1): 03
Central Elkader (13): 04, 05, 06, 07, 08, 09, 10, 12, 13, 14, 15, 16, 17
Central Springs (1): 09
Chariton (1): 18
Charles City (5): 13, 16, 17, 18, 19
Cherokee (7): 03, 18, 19, 20, 21, 22, 24
Clarinda (5): 05, 06, 21, 22, 23
Clear Creek-Amana (3): 03, 22, 23

Clear Lake (3): 22, 23, 24
 Colfax-Mingo (1): 14
 Collins-Maxwell (3): 23, 24, 25
 Collins-Maxwell-Baxter (5): 04, 05, 06, 12, 16
 Colo-Nesco (1): 15, 16
 Corning (4): 03, 04, 05, 11
 Council Bluffs Abraham Lincoln (1): 03
 Council Bluffs St. Albert (6): 05, 06, 07, 08, 13, 21
 Crestwood (5): 12, 17, 18, 24, 25
 Dallas Center-Grimes (15): 04, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 21, 23, 24, 25
 Danville (5): 07, 17, 18, 20, 24
 Davenport Central (1): 24
 Davenport North (1): 06
 Davis County (5): 11, 12, 13, 19, 20
 Decorah (18): 04, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 23, 24
 Denison-Schleswig (7): 03, 04, 05, 06, 15, 16, 17
 Denver (17): 05, 06, 07, 08, 09, 10, 11, 12, 16, 17, 18, 19, 20, 21, 22, 23, 24
 Des Moines Christian (7): 14, 20, 21, 22, 23, 24, 25
 Des Moines Roosevelt (12): 03, 04, 07, 10, 11, 13, 14, 17, 18, 21, 22, 24
 Dike-New Hartford (10): 05, 08, 09, 12, 14, 15, 18, 19, 20, 25
 Dowling Catholic (19): 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 25
 Dubuque Hempstead (11): 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24
 Dubuque Senior (15): 06, 08, 11, 12, 13, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
 Dubuque Wahlert (19): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 14, 15, 16, 17, 18, 19, 20, 21, 25
 Durant (8): 03, 05, 06, 07, 08, 12, 13, 14
 Eagle Grove (5): 03, 10, 11, 12, 17
 Earlham (13): 03, 07, 08, 10, 11, 12, 18, 20, 21, 22, 23, 24, 25
 East Central (1): 03
 East Marshall (4): 04, 05, 13, 18
 Edgewood-Colesburg (1): 09
 Emmetsburg (6): 13, 14, 15, 16, 17, 19
 English Valley (3): 03, 24, 25
 Estherville-LC (4): 06, 07, 08, 09
 Exira/EHK (1): 13
 Fairfield (1): 06
 Forest City (5): 03, 05, 23, 24, 25
 Fort Dodge (2): 03, 04
 Fort Dodge St. Edmond (13): 04, 08, 09, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23
 Fort Madison (2): 12, 15
 Galva-Holstein (4): 03, 07, 08, 09
 Garner-Hayfield (6): 03, 04, 06, 09, 10, 11
 George-Little Rock/CL (5): 05, 06, 07, 22, 23
 Gilbert (17): 03, 04, 05, 07, 08, 10, 11, 12, 13, 14, 15, 16, 21, 22, 23, 24, 25
 Glenwood (9): 04, 17, 18, 19, 20, 21, 22, 23, 24
 Greene County (1): 13
 Grinnell (6): 12, 13, 14, 17, 18, 19
 Griswold (10): 07, 08, 09, 10, 11, 12, 13, 14, 15, 16
 Grundv Center (5): 09, 11, 15, 23, 25
 Harlan (19): 04, 05, 06, 07, 08, 09, 10, 11, 12, 14, 15, 18, 19, 20, 21, 22, 23, 24, 25
 Hinton (1): 23
 Hudson (16): 06, 07, 08, 09, 10, 11, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
 Humboldt (9): 07, 08, 09, 10, 13, 14, 15, 16, 17
 IKM-Manning (1): 22
 Indianola (5): 15, 19, 20, 21, 23
 Iowa City High (21): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 19, 21, 22, 23, 24, 25
 Iowa City Regina (18): 03, 04, 05, 06, 07, 08, 09, 10, 11, 13, 15, 17, 18, 19, 20, 21, 22, 23
 Iowa City West (16): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18
 Iowa Falls (2): 05, 06
 Iowa Mennonite (4): 03, 04, 05, 06
 Jefferson-Scranton (2): 03, 05
 Jesup (8): 10, 15, 18, 19, 20, 21, 23, 25
 Johnston (22): 03, 04, 05, 06, 07, 08, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
 Kee, Lansing (4): 17, 18, 19, 20
 Knoxville (6): 03, 04, 05, 06, 07, 08
 Le Mars Gehlen (4): 03, 04, 10, 11
 Lewis Central (1): 23
 Linn-Mar (16): 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 25
 Logan-Magnolia (8): 04, 17, 18, 19, 20, 21, 22, 24
 Lone Tree (1): 10
 Lynnville-Sully (5): 10, 12, 13, 24, 25
 Madrid (6): 03, 19, 22, 23, 24, 25
 Manson NW Webster (1): 20
 Maple Valley-Athon-Oto (1): 16
 Maquoketa Valley (2): 04, 24
 Marion (10): 03, 04, 05, 06, 07, 08, 15, 21, 23, 24
 Marquette (4): 08, 09, 10, 12
 Marquette Cath (3): 16, 17, 18
 Marshalltown (4): 03, 04, 07, 08
 Martensdale-St. Marys (3): 23, 24, 25
 Mason City (2): 08, 09
 Mason City Newman (10): 07, 08, 10, 13, 14, 15, 16, 17, 20, 21
 Mediapolis (3): 12, 14, 15
 MFL Mar Mac (1): 25
 Mid-Prairie (12): 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
 Missouri Valley (2): 09, 11
 MOC-Floyd Valley (9): 03, 11, 12, 13, 14, 21, 22, 24, 25
 Montezuma (1): 20
 Monticello (14): 03, 04, 05, 06, 12, 13, 14, 15, 16, 17, 19, 21, 22, 23
 Mount Pleasant (1): 07
 Mount Vernon-Lisbon (11): 08, 10, 11, 13, 14, 16, 21, 22, 23, 24, 25
 Muscatine (5): 05, 13, 14, 15, 16
 Nasua-Plainfield (2): 11, 20
 Nevada (1): 05
 Newton (1): 05
 New Hampton (1): 22
 Newell-Fonda (1): 25
 Nodawav Vallev (8): 03, 04, 05, 06, 07, 08, 09, 19

North Fayette (4): 11, 12, 13, 14
 North Iowa (5): 05, 06, 07, 13, 22
 North Linn (16): 03, 04, 05, 07, 09, 10, 11, 12, 13, 14, 15, 16, 18, 21, 22, 23
 North Polk (14): 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 21, 24
 North Scott (3): 04, 07, 16
 North Tama (5): 05, 06, 07, 21, 22
 Northeast (3): 11, 12, 13
 Norwalk (4): 05, 18, 19, 25
 OA-BCIG (1): 11
 Ogden (1): 03
 Okoboji (4): 06, 16, 17, 23
 Osage (3): 14, 15, 16
 Ottumwa (3): 2005, 06, 17
 Panorama (13): 06, 07, 09, 10, 12, 13, 14, 15, 16, 17, 18, 20, 24
 Pekin (20): 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23
 Pella (20): 03, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22, 23, 24, 25
 Pella Christian (4): 08, 22, 24, 25
 Pleasant Valley (21): 03, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 20, 21, 22, 23, 24, 25
 Pocahontas (4): 06, 13, 14, 15, 16
 Prairie City Monroe (3): 17, 24, 25
 Prairie valley (2): 09, 12
 Prince of Peace (6): 08, 09, 10, 11, 19, 20
 Red Oak (1): 14
 Ridge View (1): 18
 Riverside (1): 04
 Roland-Story (9): 04, 10, 11, 12, 13, 16, 20, 21, 24
 Sheldon (3): 03, 04, 05
 Shenandoah (8): 03, 10, 11, 12, 15, 16, 17, 18
 Sibley-Ocheyedan (5): 13, 20, 21, 22, 25
 Sioux Center (11): 03, 04, 05, 07, 08, 09, 10, 11, 23, 24, 25
 Sioux Central (3): 11, 24, 25
 Sioux City East (2): 09, 19
 Sioux City North (2): 04, 05
 Solon (19): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 16, 18, 19, 20, 21, 22, 23, 24, 25
 South Central Calhoun (1): 13
 South Hamilton (8): 03, 04, 05, 07, 08, 11, 12, 13
 South Hardin (1): 14
 South O'Brien (3): 04, 05, 06
 South Winneshiek (13): 03, 11, 13, 14, 15, 16, 17, 20, 21, 22, 23, 24, 25
 Southeast Polk (6): 14, 17, 18, 19, 20, 22
 Southeast Valley (1): 15
 Southeast Webster (1): 06
 Spencer (9): 12, 13, 15, 16, 17, 18, 19, 20, 21
 Spirit Lake Park (7): 05, 06, 07, 08, 09, 10, 12
 Springville-Central City (1): 16
 Starmont (5): 14, 15, 18, 19, 20
 Sumner-Fredericksburg (4): 19, 21, 24, 25
 Tipton (11): 03, 04, 05, 06, 07, 19, 20, 21, 22, 23, 24
 Treynor (4): 15, 23, 24, 25
 Tri-Center (5): 10, 11, 12, 18, 25
 Turkey Valley (1): 09
 Underwood (4): 10, 12, 14, 16

Union (4): 07, 08, 09, 10
 Unity Christian (21): 04, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25
 Urbandale (16): 04, 05, 06, 07, 08, 09, 10, 12, 13, 14, 15, 17, 18, 19, 20, 21
 Valley Community (6): 03, 04, 05, 06, 07, 08
 Van Buren (1): 25
 Van Meter (7): 19, 20, 21, 22, 23, 24, 25
 Vinton-Shellsburg (3): 13, 14, 15
 Wapello (2): 04, 11
 Wapsie Valley (3): 21, 24, 25
 Washington (2): 22, 24
 Waukee (20): 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22, 23, 24, 25
 Waukee Northwest (3): 23, 24, 25
 Waukon (9): 03, 04, 05, 06, 17, 18, 19, 24, 25
 Waverly-Shell Rock (1): 20
 WDM Valley (18): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 18, 19, 20, 21, 22, 23, 24, 25
 Webster City (2): 04, 06
 West Central Valley (1): 14
 West Delaware (2): 03, 05
 West Fork (2): 15, 16
 West Marshall (2): 14, 25
 West Sioux (5): 03, 04, 05, 07, 08
 Western Christian (5): 11, 12, 13, 14, 15
 Western Dubuque (3): 11, 19, 21
 Williamsburg (20): 03, 04, 05, 07, 08, 09, 10, 11, 12, 13, 14, 15, 17, 18, 19, 20, 21, 22, 23, 25
 Wilton (4): 07, 08, 09, 10
 Winterset (4): 13, 14, 24, 25
 Woodbine (4): 03, 21, 22, 23
 Woodbury Central/Kingsley-Pierson (4): 14, 17, 18, 19

**CONSECUTIVE STATE MEET APPEARANCES
(4-class era)**

20 Pekin (04-23)
 20 Unity Christian (06-25)
 18 Dowling Catholic (06-23)
 16 Waukee (05-20)
 16 Iowa City West (03-18)
 16 Johnston (10-25)
 15 Iowa City High (03-17)
 15 Decorah (06-20)
 15 Pella (06-20)
 15 Linn-Mar (08-22)
 14 Pleasant Valley (05-18)
 14 Bishop Heelan (07-20)
 12 North Polk (07-18)
 12 Mid-Prairie (14-25)
 11 Dubuque Hempstead (14-24)
 10 Griswold (07-16)
 10 Dubuque Wahlert (03-12)
CONSECUTIVE STATE MEET APPEARANCES (ACTIVE)
 20 Unity Christian (06-25)
 16 Johnston (10-25)
 12 Mid-Prairie (14-25)
 10 Dubuque Senior (16-25)
 8 Harlan (18-25)
 8 Solon (18-25)

7 Van Meter (19-25)

MOST STATE MEET APPEARANCES
(4 class era, since 2003, 23 total possible)

22 Johnston
21 Iowa City High
21 Unity Christian
21 Pleasant Valley
20 Pekin
20 Pella
20 Waukee
20 Williamsburg
19 Dowling Catholic
19 Dubuque Wahlert
19 Harlan
19 Solon
18 Decorah
18 Iowa City Regina
18 WDM Valley

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