

STATE CROSS COUNTRY RECORD BOOK - updated 4/1/2026

IGHSAU State Meet History Individual and Team Champions

Year	Class	Team Champion/Head Coach	Team Runner Up	Individual Champion
(@ Adel, 1.25 Mile, score 4)				
1966		Central Argyle - Bruce Knott	Lake City	Marj Benjamin, Central Argyle
1967		Cedar Valley – Richard Kern	Rolfe	Sara Beckford, Rolfe
(1.5 Mile, run 5 score 4)				
1968		Adel-DeSoto – Larry Niemeyer	Schleswig	Chris Gemberling, Lake City
1969		BGM - Richard Pollitt	Schleswig	Chris Gemberling, Lake City
1970		(tie) BGM - Richard Pollitt, Manilla - Larry Bullock		Robin Evans, Manilla
1971		BGM – Richard Pollitt	Manilla	Cindy Hough, Missouri Valley
1972		Manilla – Larry Bullock	BGM	Robin Evans, Manilla
1973		Manilla – Larry Bullock	North Fayette	Barb Brown, Adel
1974		Manilla – Larry Bullock	North, West Union	Theresa Holm, North, West Union
1975		North, West Union – Robert Scott	Ames	Kris Skov, Marshalltown
(2.0 Mile)				
1976		Decorah – Darryl Landas	North, West Union	Yvonne Mennega, Unity Christian
1977		Bettendorf – John Wellerding	Fort Madison	Lori Nole, Mason City
1978	1A-2A	Missouri Valley – Joe Cathcart	North, West Union	Anne Mueksch, Missouri Valley
	3A	Spencer – Jill Little	Cedar Rapids Jefferson	Julie Williams, Spencer
(Became IGHSAU/HSAA Coed Meet @ Veenker GC, Iowa State University)				
1979	1A-2A	North Tama – Lee Wiges	Missouri Valley	Nan Doak, Hedrick
	3A	Fort Madison – Timm Lamb	Waverly Shell Rock	Tina Jackson, Waterloo Columbus
1980	1A-2A	Decorah – Darryl Landas	Missouri Valley	Sue Younberg, Essex
	3A	Cedar Rapids Jefferson – Larry Nolting	Dubuque Senior	Paulette Bendixen, Linn Mar
1981	1A	North Tama – Lee Wiges	Montezuma	Jan Hall, George
	2A	New Hampton – Gene Morgan	Waverly Shell Rock	Pam Janssen, Missouri Valley
	3A	Dubuque Wahlert – Cynthia Wagner	Pleasant Valley	Dawn Lentsch, Cedar Falls
1982	1A	North Tama – Don Wallis	Pekin	Nancy Peterson, Newman
	2A	Decorah – Darryl Landas	Mount Pleasant	Jill Gazaway, Eagle Grove
	3A	New Hampton – Gene Morgan	Waverly Shell Rock	Dawn Lentsch, Cedar Falls
1983	1A	Belle Plaine – Ron Snyder	Pekin	Nancy Peterson, Newman
	2A	Cascade – Bob Davidshofer	Maquoketa	Kerry Greenwood, Cascade
	3A	Pleasant Valley – Ron Swanson	Bettendorf	Julie Hudetz, Bettendorf
1984	1A	Woodbine – Phil Hummel	Lake City	Brenda Matheny, Lenox
	2A	Cascade – Bob Davishofer	Central Dewitt	Kerry Greenwood, Cascade
	3A	Bettendorf – Marta Brooks	North Scott	Wendy Bare, North Scott
1985	1A	Maurice, Orange City – Don Harding	Lake City	Brenda Matheny, Lenox
	2A	Cascade – Bob Davidshofer	Waukon	Kerry Greenwood, Cascade
	3A	Pleasant Valley – Ron Swanson	West Des Moines Valley	Christa Holms, WDM Valley
1986	1A	Gehlen Catholic – Dan O'Brien	Maurice, Orange City	Jennifer Brower, St. Ansgar
	2A	Maquoketa – Curt Nelson	Cascade	Jennifer Hubbard, Davis County
	3A	Keokuk – Rich Weston	Marshalltown	Sara Roberson, Bettendorf
1987	1A	Maurice, Orange City – Don Harding	West Sioux	Kathy Halligan, West Sioux
	2A	Cascade – Bob Davidshofer	Crestwood	Holly Barnes, Eddyville
	3A	Bettendorf – Gary Roberson	Ames	Christa Holms, WDM Valley
1988	1A	Maquoketa Valley – Patrick Meehan	Gehlen Catholic	Marcia Vandersall, Maurice Orange City
	2A	Cascade – Bob Davidshofer	North Linn	Holly Barnes, Eddyville
	3A	North Scott – Dennis Johnson	Bettendorf	Christa Holms, West Des Moines Valley
1989	1A	Tipton – David Vogelgesang	Unity Christian	Jacinda Grishaber, North Linn
	2A	Gilbert, United – Deb Anderson	Crestwood	Jean York, Assumption, Davenport
	3A	Iowa City High – Bud Williams	Ames	Toni Bechen, Dubuque Wahlert
1990	1A	Unity Christian – Mark Kauk	Maquoketa Valley	Heather Amundson, Northwood Kensett
	2A	Cascade – Bob Davidshofer	Gilbert - United	Sydney Pounds, Gilbert-United

	3A	Iowa City High – Bud Williams	Cedar Rapids Jefferson	Kiersten Pauling, DM Lincoln
1991	1A	Unity Christian – Mark Kauk	Gilbert – United	Sara Pluim, Unity Christian
	2A	Cascade – Bob Davidshofer	Central Dewitt	Leann Rychnovsky, Clarke
	3A	Iowa City High – Bud Williams	Dowling Catholic	Summer Johnson, Indianola
1992	1A	Colfax Mingo – Jim Spencer	North Linn	Sydney Pounds, Gilbert
	2A	Cascade – Bob Davidshofer	Unity Christian	Sara Pluim, Unity Christian
	3A	Iowa City High – Bud Williams	Webster City	Jennifer Schnoover, Cedar Rapids Kennedy

(@Lakeside Golf Course, Fort Dodge)

1993	1A	Colfax Mingo – Jim Spencer	North Linn	Bethany Rulapaugh, S-C-M-T
	2A	Waukon – Don Steffens	MFL, Mar Mac	Megan Wagner, Cascade
	3A	Iowa City High – Bud Williams	Pleasant Valley	Alienor Gilchrist, Ames
1994	1A	Tipton – Nany Heiter	Iowa Mennonite	Mandy Vitense, Tipton
	2A	Unity Christian – Mark Kauk	Waukon	Jana Peterson, Webster City
	3A	Pleasant Valley – Ron Swanson	Iowa City High	Summer Johnson, Indianola
1995	1A	Lynnvile Sully – Jim Robidoux	North Linn	Jessie Henderson, North Linn
	2A	Maquoketa – Curt Nelson	Nevada	Amber Schmitt, Northeast
	3A	Iowa City High – Bud Williams	Pleasant Valley	Keely Barnett, Iowa City High
1996	1A	Lynnvile Sully – Mike Gruver	North Linn	Amber Schmidt, Northeast
	2A	Durant-Bennett – Tonya Johnson	O.C., Unity Christian	Val Oltman, Nevada
	3A	Cedar Falls – Bob Schmidt	Pleasant Valley	Julie Wuorinen, Pleasant Valley
1997	1A	Durant-Bennett – Tonya Johnson	North Linn	Jane McDemott, North Tama
	2A	Sibley-Ocheyedan – Pete Dammel	Benton	Kristina Quigley, Council Bluffs St. Albert
	3A	Iowa City West – Mike Parker	Iowa City High	Bethany Young, Iowa City High
1998	1A	Calamus Wheatland – Steve Dennison	East Central, Preston	Heather Kite, Jesup
	2A	Benton Community – Marty Thomae	Sibley Ocheyedan	Missy Buttry, Shenandoah – Essex
	3A	Iowa City West – Mike Parker	Iowa City High	Michelle Lilienthal, Iowa City High
1999	1A	North Linn – Bob Mudd	Starmont	Kristin Hansen, Okoboji
	2A	Benton Community – Marty Thomae	Tipton	Amber Friederich, Algona
	3A	Iowa City High – Tom Mittman	Iowa City West	Michelle Lilienthal, Iowa City High
2000	1A	Durant-Bennett – Mary Morris	Okoboji	Kristin Hansen, Okoboji
	2A	Benton Community – Marty Thomae	Union	Amber Friederich, Algona
	3A	Iowa City West – Mike Parker	Iowa City High	Jeni Frudden, Iowa City West
2001	1A	Tipton – Jenny King	Durant-Bennett	Emily Klein, South Hamilton
	2A	Union Community – Rick Kolpitts	Monticello	Kristin Hansen, Okoboji
	3A	Iowa City West – Mike Parker	Iowa City High	Jeni Frudden, Iowa City West

(4 Kilometers)

2002	1A	Durant Bennett – Mary Morris	West Sioux	Megan Winkleman, Nodaway Valley
	2A	Mount Pleasant – Denny White	Monticello	Marcy Rahn, Clear Creek-Amana
	3A	Iowa City High – Tom Mittman	Iowa City West	Robdu Adam, Iowa City West
2003	1A	Valley, Elgin – Lowell Lyngaas	Iowa City Regina	Ellen Ries, North-Linn
	2A	Tipton – Jenny King	Clear Creek Amana	Megan Winkleman, Nodaway Valley
	3A	CR Xavier – Brian Ernst	Waukon	Sara Fassbinder, Dubuque Wahlert
	4A	Iowa City High – Tom Mittman	Iowa City West	Sarah Wickman, Iowa City West
2004	1A	Valley, Elgin – Lowell Lyngaas	Corning	Ellen Ries, North-Linn
	2A	Tipton – Jenny King	Solon	Ashley Miller, Tipton
	3A	Marion – Tonya Johnson	Dubuque Wahlert	Caedryn Schrunk, Spirit Lake Park
	4A	Iowa City West – Mike Parker	Iowa City High	Hannah Roeder, Des Moines Roosevelt
2005	1A	North Tama – Mike Skopec	Nodaway Valley	Brooke Dinsdale, North Tama
	2A	Tipton – Jenny King	Durant	Mallory Marshall, Center Point, Urbana
	3A	Harlan – Doug Renkly	Cedar Rapids Xavier	Regina Reing, Harlan
	4A	Iowa City High – Tom Mittman	West Des Moines Valley	Sarah Wickman, Iowa City West
2006	1A	Valley, Elgin – Lowell Lyngaas	Central Elkader	Brooke Dinsdale, North Tama
	2A	Tipton – Jenny King	Solon	Ashley Miller, Tipton
	3A	Cedar Rapids Xavier – Brian Ernst	Harlan	Meaghan Nelson, Cedar Rapids Xavier
	4A	Iowa City High – Tom Mittman	Dowling Catholic	Katie Flood, Dowling Catholic

(Change to Displacement Scoring)

2007	1A	Council Bluffs St. Albert - Bob Wiedman	Valley Community	Blaire Dinsdale, North Tama
	2A	Union Community – Andy McQuillen	Tipton	Steph Wibben, Central Lyon
	3A	Decorah – Christy Nimrod	Denver-Tripoli	Danielle Nowasell, Grinnell
	4A	Dowling Catholic – Fr. Jim Kirbv	Urbandale	Katie Flood, Dowling Catholic

2008	1A	Pekin – Davis Eidahl	Nodaway Valley	Sarah Stoakes, North Tama
	2A	Union Community – Andy McQuillen	Hudson	Morgan Casey, Northeast
	3A	Mount Vernon-Lisbon – Roger Johnson	Williamsburg	Sara Dickerson, Oskaloosa
	4A	Dowling Catholic – Fr. Jim Kirby	Iowa City High	Ashley Decker, Dowling Catholic
2009	1A	Nodaway Valley – Darrell Burmeister	Dike-New Hartford	Katie Moen, Wapsie Valley
	2A	Union Community – Andy McQuillen	Pekin	Morgan Casey, Northeast
	3A	Dubuque Wahlert – Cynthia Wagner	Decorah	Ali Krogman, Atlantic
	4A	Dowling Catholic – Fr. Jim Kirby	Iowa City High	Katie Flood, Dowling Catholic
2010	1A	Pekin – Davis Eidahl	Earlham	Emily Franks, Northeast
	2A	Union Community – Andy McQuillen	Unity Christian	Lauren Benzing, Solon
	3A	Dubuque Wahlert – Cynthia Wagner	Decorah	Anna Holdiman, Wavery-Shell Rock
	4A	Dowling Catholic – Fr. Jim Kirby	Iowa City High	Shelby Houlihan, Sioux City East
2011	1A	Pekin – Davis Eidahl	Earlham	Rebekah Topham, Griswold
	2A	Unity Christia, Mark Kauk	Iowa City Regina	Sadie Timms, Gilbert
	3A	Dubuque Wahlert – Cynthia Wagner	Assumption, Davenport	Madison Waymire, DC- Grimes
	4A	Dowling Catholic – Fr. Jim Kirby	Linn Mar	Grace Gibbons, Dowling Catholic
2012	1A	Griswold – Jane Challie	Pekin	Rebekah Topham, Griswold
	2A	Unity Christian, Orange City- Mark Kauk	Northeast Goose Lake	Cassandra Stufflick, New London
	3A	Decorah – Cristy Nimrod	MOC-Floyd Valley	Anna Holdiman, Waverly Shell Rock
	4A	Pleasant Valley – Jane Wheeler	Linn Mar	Stephanie Jenks, Linn Mar
2013	1A	Pekin – Davis Eidahl	Pocahontas Area	Rebekah Topham, Griswold
	2A	Gilbert – Laura Kaufman	Unity Christian	Grace Gibbons, Gilbert
	3A	Decorah – Cristy Nimrod	MOC Floyd Valley	Tess Roorda, Pella
	4A	Dowling Catholic – Fr. Jim Kirby	Ames	McKenzie Yanek, Pleasant Valley
2014	1A	Pocahontas Area – Mitch Hackbreath	Pekin	Rebekah Topham, Griswold
	2A	Monticello – Dan Sauser	Cascade	Paige Holub, Monticello
	3A	Decorah – Cristy Nimrod	Gilbert	Grace Gibbons, Gilbert
	4A	Johnston – Patrick Hennes	Urbandale	Megan Schott, DM Roosevelt
(5 Kilometers)				
2015	1A	Central Elkader – Mark Bauder	Pekin	Alyssa Williams, Durant
	2A	Cascade – Bob Davidsofer	Monticello	Paige Holub, Monticello
	3A	Assumption, Davenport – Alex Flores	Pella	Julia Schumacher, Assumption
	4A	Urbandale – Dan Davis	Pleasant Valley	McKenzie Yanek, Pleasant Valley
2016	1A	Central Elkader – Patrick Hennes	Hudson	Kate Crawford, ACGC
	2A	Monticello – Dan Sauser	South Winneshiek	Anna Hostetler, Mid Prairie
	3A	Decorah – Cristy Nimrod	Pella	Adrianna Katcher, Center Point Urbana
	4A	Johnston – Patrick Hennes	Dubuque Hempstead	Bailey Nock, Iowa City West
2017	1A	Hudson – Sherri Selkenke	Panorama	Emily Staal, Central City-Springville
	2A	Mid Prairie, Wellman – Mark Hostetler	Monticello	Marie Hostetler, Mid Prairie
	3A	Dubuque Wahlert – Cynthia Wagner	Pella	Adrianna Katcher, Center Point Urbana
	4A	Johnston – Patrick Hennes	Dubuque Senior	Paige Horner, Johnston
2018	1A	Logan Magnolia – Kelli Kersten	Iowa City Regina	Emma Lucas, Bedford
	2A	Mid Prairie, Wellman – Mark Hostetler	Williamsburg	Marie Hostetler, Mid Prairie
	3A	Dubuque Wahlert – Cynthia Wagner	Dallas Center Grimes	Janette Schraft, Glenwood
	4A	Southeast Polk – Chad Willeford	Johnston	Micah Poellet, Linn Mar
2019	1A	Logan Magnolia – Kelli Kersten	Hudson	Peyton Pogge, Tri Center
	2A	Mid Prairie, Wellman – Mark Hostetler	Williamsburg	Marie Hostetler, Mid Prairie
	3A	Ballard – Scott Barth	Dallas Center Grimes	Adrianna Katcher, Center Point Urbana
	4A	Johnston – Patrick Hennes	Dubuque Senior	Camille Jackson, Ames
2020	1A	Hudson – Holly Petersen	South Winneshiek	Haley Meyer, Kee, Lansing
	2A	Mid Prairie, Wellman – Mark Hostetler	Tipton	Danielle Hostetler, Mid Prairie
	3A	Ballard – Scott Barth	Dallas Center Grimes	Shewaye Johnson, Ballard
	4A	Johnston – Patrick Hennes	West Des Moines Valley	Keelee Leitzen, Hempstead
2021	1A	South Winneshiek – Scott Conway	Logan Magnolia	Noelle Steines, Calamus Wheatland
	2A	Mid Prairie, Wellman – Mark Hostetler	Denver	Danielle Hostetler, Mid Prairie
	3A	Solon – Emy Williams	Ballard	Paityn Noe, Ballard
	4A	Dubuque Hempstead – Sharon Klein	Pleasant Valley	Addison Dorenkamp, WDM Valley

2022	1A	Earlham – Dion Braet	South Winneshiek	Noelle Steines, Calamus Wheatland
	2A	Van Meter – Josh Flaws	Williamsburg	Danielle Hostetler, Mid Prairie
	3A	Pella – Doug Cutler	Ballard	Paityn Noe, Ballard
	4A	Dubuque Hempstead – Sharon Klein	Johnston	Adrienne Buettner Cable, Roosevelt
2023	1A	Madrid – Kelly Grothus	South Winneshiek	Noelle Steines, Calamus Wheatland
	2A	Des Moines Christian – Andrew Hamer	Van Meter	Hillary Trainor, Sumner Fredericksburg
	3A	Pella – Doug Cutler	Mount Vernon Lisbon	Marissa Ferebee, Pella
	4A	Johnston – Patrick Hennes	West Des Moines Valley	Addison Dorenkamp, WDM Valley
2024	1A	Earlham – Dion Braet	Madrid	Lili Denton, Council Bluffs St. Albert
	2A	Mid Prairie, Wellman – Mark Hostetler	Unity Christian	Noelle Steines, Tipton
	3A	Pella – Doug Cutler	Sioux Center	Marissa Ferebee, Pella
	4A	Pleasant Valley – Jane Wheeler	Johnston	Piper Messerly, Dallas Center Grimes
2025	1A	South Winneshiek – Scott Conway	Sumner Fredericksburg	Lili Denton, Council Bluffs St. Albert
	2A	Treynor – Chaley Hempel	Waukon	Mckenna Montgomery, Albia
	3A	Pella – Doug Cutler	Des Moines Christian	Marissa Ferebee, Pella
	4A	Waukee Northwest – Pete Westerkamp	Pleasant Valley	Piper Messerly, Dallas Center Grimes

Coaching State Titles

9	Bob Davidshofer - Cascade	'83, '84, '85, '87, '88, '90, '91, '92, '15
6	Bud Williams – Iowa City High	'89, '90, '91, '92, '93, '95
	Mark Hostetler – Mid Prairie	'17, '18, '19, '20, '21, '24
	Fr. Jim Kirby – Dowling Catholic	'07, '08, '09, '10, '11, '13
	Mark Kauk – Unity Christian	'90, '91, '94, '11, '12
5	Mike Parker – Iowa City West	'97, '98, '00, '01, '04
	Tom Mittman – Iowa City High	'99, '02, '03, '05, '06
	Jenny King – Tipton	'01, '03, '04, '05, '06
	Christy Nimrod – Decorah	'07, '12, '13, '14, '16
4	Larry Bullock – Manilla	'70, '72, '73, '74
	Andy McQuillen – Union Comm.	'07, '08, '09, '10
	Davis Eidahl – Pekin	'08, '10, '11, '13
	Pat Hennes – Johnston	'14, '17, '19, '20
3	Doug Cutler – Pella	'22, '23, '24, '25
	Ron Swanson- Pleasant Valley	'83, '84, '95
	Marty Thomae – Benton	'98, '99, '00
	Lowell Lyngaas – Valley, Elgin	'03, '04, '06
2	Tonya Johnson – Durant Bennett/Marion	'96, '97, '04
	Richard Pollitt – BGM	'69, '70
	Lee Wiges – North Tama	'79, '81
	Jim Spencer – Colfax Mingo	'92, '93
	Mary Morris – Durant Bennett	'00, '02
	Jane Wheeler – Pleasant Valley	'12, '24
	Mark Bauder – Central Elkader	'15, '16
	Cynthia Wagner – Wahlert Catholic	'17, '18
	Scott Barth – Ballard	'19, '20
	Sharon Klein – Hempstead	'21, '22
	Scott Conway – South Winneshiek	'21, '25

IGHSAU Cross Country Timeline

- 1966 IGHSAU conducts the first Girls State Cross Country Meet in Adel. Teams can enter 5 runners and 4 runners are scored. The race distance is 1.25 miles. The first team champion is Central Argyle and the first individual champion is Marj Benjamin from Central Argyle.
- 1969 District qualifying meets begin for teams and individuals. Top 5 teams and top 15 individuals advance to the state meet.
- 1972 The race distance increases to 1.5 miles.
- 1975 The race distance increases to 2.0 miles.
- 1976 State meet move from Adel to West Union.
- 1977 State meet is contested at Eagle Grove
- 1978 With interest expanding and with bigger schools starting cross country teams programs post Title IX, girls' cross country is divided into three classes. However, at the state meet Class 1A and 2A compete together. Class 3A competes alone.
- 1979 The inaugural Coed State Meet is held with the Iowa High School Athletic Association at Veenker Golf Course on the campus of Iowa State University.
- 1981 All three classes (1A, 2A, 3A) compete separately for individual and team state championships.
- 1993 Coed State Meet moves to Lakeside Golf Course in Kennedy Park, north of Fort Dodge.
- 1994 Teams can enter 7 runners and 5 runners are scored.
- 2002 The race distance increases to 4 kilometers (2.48 miles).
- 2003 Four-class State Qualifying Meets begin with 15 teams in each class qualifying for the State Meet.
- 2007 Displaced team scoring starts for the State Qualifying and State Meets.
- 2015 The race distance increases to 5 kilometers (3.1 miles)
- 2015 Medals are awarded to the top 15 place winners in each class.
- 2020 Meet separated into two days to limit crowd size due to Covid-19. Competition is split by class, with Class 4A and 3A competing on Friday and Class 2A and 1A competing on Saturday. The two-day state meet continues in future years with the four classes competing on Friday or Saturday, rotating each year.
- 2026 The 60th IGHSAU State Cross Country Meet will be contested.

Iowa State Cross Country Championships Four Time “Top Ten” Finishers

Name	School	Years/Place
Marissa Ferebee	Pella	2022 – 5th, 2023 – 1st, 2024 – 1st, 2025 – 1st
Noelle Steines	Cal Wheatland/Tipton	2021 – 1st, 2022 – 1st, 2023 – 1st, 2024 – 1st
Addison Dorenkamp	WDM Valley	2020 – 8th, 2021 – 1st, 2022 – 4th, 2023 – 1st
Danielle Hostetler	Mid Prairie	2020 – 1st, 2021 – 1st, 2022 – 1st, 2023 – 5th
Keelee Leitzen	Dubuque Hempstead	2020 – 1st, 2021 – 5th, 2022 – 8th, 2023 – 3rd
Olivia Verde	Johnston	2020 – 7th, 2021 – 4th, 2022 – 2nd, 2023 – 2nd
Paityn Noe	Ballard	2019 – 3rd, 2020 – 2nd, 2021 – 1st, 2022 – 1st
Adriana Katcher	Center Point Urbana	2016 – 1st, 2017 – 1st, 2018 – 2nd, 2019 – 1st
Bailey Nock	Iowa City West	2014 – 3rd, 2015 – 7th, 2016 – 1st, 2017 – 2nd
Jessica McKee	Johnston	2014 – 7th, 2015 – 10th, 2016 – 2nd, 2017 – 3rd
Ellie Friesen	Osage/Crestwood	2014 – 3rd, 2015 – 5th, 2016 – 8th, 2017 – 3rd
Joy Ripslinger	Assumption	2013 – 2nd, 2014 – 3rd, 2015 – 10th, 2016 – 4th
Abby Kohut-Jackson	Ballard	2012 – 8th, 2013 – 5th, 2014 – 2nd, 2015 – 5th
Karissa Schwiezer	Dowling Catholic	2010 – 5th, 2011 – 7th, 2012 – 3rd, 2013 – 2nd
Madison Waymire	Dallas Center Grimes	2010 – 2nd, 2011 – 1st, 2012 – 4th, 2013 – 5th
Marie Hostetler	Mid Prairie	2016 – 2nd, 2017 – 1st, 2018 – 1st, 2019 – 1st
Paige Holub	Monticello	2014 – 1st, 2015 – 1st, 2016 – 4th, 2017 – 4th
Rebecca Topham	Griswold	2011 – 1st, 2012 – 1st, 2013 – 1st, 2014 – 1st
Anna Holdiman	Waverly Shell Rock	2009 – 5th, 2010 – 1st, 2011 – 3rd, 2012 – 1st
Shelby Houlihan	Sioux City East	2007 – 3rd, 2008 – 3rd, 2009 – 3rd, 2010 – 1st
Katie Flood	Dowling Catholic	2006 – 1st, 2007 – 1st, 2008 – 2nd, 2009 – 1st
Ashley Decker	Dowling Catholic	2006 – 8th, 2007 – 2nd, 2008 – 1st, 2009 – 2nd
Brooke Dinsdale	North Tama	2004 – 5th, 2005 – 1st, 2006 – 1st, 2007 – 2nd
Blaire Dinsdale	North Tama	2004 – 6th, 2005 – 2nd, 2006 – 3rd, 2007 – 1st
Stephanie Mundt	Urbandale	2004 – 7th, 2005 – 2nd, 2006 – 6th, 2007 – 4th
Sarah Wickman	Iowa City West	2003 – 1st, 2004 – 2nd, 2005 – 1st, 2006 – 7th
Ashley Miller	Tipton	2003 – 3rd, 2004 – 1st, 2005 – 5th, 2006 – 1st
Hannah Roeder	DM Roosevelt	2002 – 7th, 2003 – 4th, 2004 – 1st, 2005 – 7th
Ellen Ries	North Linn	2001 – 4th, 2002 – 2nd, 2003 – 2nd, 2004 – 1st
Jennie Funk	Iowa City High	2000 – 2nd, 2001 – 2nd, 2002 – 5th, 2003 – 4th
Kate Greer	Marshalltown	1999 – 9th, 2000 – 10th, 2001 – 8th, 2002 – 3rd
Jeni Frudden	Iowa City West	1998 – 1st, 1999 – 2nd, 2000 – 1st, 2001 – 1st
Kristin Hansen	Okoboji	1998 – 4th, 1999 – 1st, 2000 – 1st, 2001 – 1st
Michelle Sokol	Urbandale/Chariton	1997 – 6th, 1998 – 10th, 1999 – 6th, 2000 – 2nd
Sydney Pounds	Gilbert	1989 – 2nd, 1990 – 1st, 1991 – 4th, 1992 – 1st
Kiersten Pauling	Des Moines Lincoln	1989 – 2nd, 1990 – 1st, 1991 – 2nd, 1992 – 2nd
Christa Holms	WDM Valley	1985 – 1st, 1986 – 2nd, 1987 – 1st, 1988 – 1st
Sarah Roberson	Bettendorf	1983 – 6th, 1984 – 3rd, 1985 – 2nd, 1986 – 1st
Kerry Greenwood	Cascade	1982 – 4th, 1983 – 1st, 1984 – 1st, 1985 – 1st

Four Time Champions State Individual Champions

Noelle Steines	Calamus Wheatland/Tipton	2022, 2023, 2024, 2025
Rebekah Topham	Griswold	2011, 2012, 2013, 2014

Three Time Champions State Individual Champions

Marissa Ferebee	Pella	2023, 2024, 2025
Danielle Hostetler	Mid Prairie	2020, 2021, 2022
Marie Hostetler	Mid Prairie	2017, 2018, 2019
Adriana Katcher	Center Point Urbana	2016, 2017, 2019
Grace Gibbons	Dowling Catholic/Gilbert	2011, 2013, 2014
Katie Flood	Dowling Catholic	2006, 2007, 2009
Kristin Hansen	Okoboji	1999, 2000, 2001
Christa Holms	West Des Moines Valley	1985, 1987, 1988
Kerry Greenwood	Cascade	1983, 1984, 1985

Two Time Champions State Individual Champions

Piper Messerly	Dallas Center Grimes	2024, 2025
Addison Dorenkamp	West Des Moines Valley	2021, 2023
Paityn Noe	Ballard	2021, 2022
Paige Holub	Monticello	2014, 2015
Mackenzie Yanek	Pleasant Valley	2013, 2015
Anna Holdiman	Waverly Shell Rock	2010, 2012
Sarah Wickman	Iowa City West	2003, 2005
Megan Winkleman	Nodaway Valley	2002, 2003
Michelle Lilienthal	Iowa City High	1998, 1999
Ashley Miller	Tipton	2004, 2006
Brooke Dinsdale	North Tama	2005, 2006
Summer Johnson	Indianola	1991, 1994
Sarah Pluim	Unity Christian	1991, 1992
Sydney Pounds	Gilbert	1990, 1992
Holly Barnes	Eddyville	1987, 1988
Dawn Lentsch	Cedar Falls	1981, 1982

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
Addison Dorenkamp, WDM Valley, 17:41.5, 2023
Piper Messerly, Dallas Center-Grimes, 17:41.9, 2025
Ashlyn Keeney, Iowa City Liberty, 17:44.1, 2019
Laney Sundet, Waukee Northwest, 17:48.6, 2025
Olivia Verde, Johnston, 17:50.7, 2023
Marie Hostetler, Mid-Prairie, 17:51.2, 2017
Tenley Heidgerken, Dallas Center-Grimes, 17:51.9, 2025
Joley Sullivan, Davenport Central, 17:52.5, 2025
McKenzie Yanek, Pleasant Valley, 17:55.0, 2015
Shewaye Johnson, Ballard, 17:55.3, 2020
Maddie Millage, Pleasant Valley, 17:55.4, 2025
Lili Denton, Council Bluffs St. Albert, 17:56.6, 2025
Anna Hostetler, Mid-Prairie, 17:57.7, 2016
Elsie Brenneman, Pella, 17:58.0, 2024
Emmy Stubbendeck, Waukee Northwest, 17:59.0, 2025
Keelee Leitzen, Dubuque Hempstead, 18:00.9, 2023
Emma Chesterman, Dubuque Senior, 18:01.7, 2025
Nakia Olivierre, Waterloo West, 18:01.9, 2023
Anika Morehauser, Ankeny Centennial, 18:02.4, 2024
Ellie Blevins, Ankeny Centennial, 18:02.6, 2025
Izzy Hardin, Maquoketa, 18:02.8, 2025

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	2007	4A - Katie Flood, Dowling Cathoic
	1A - Jacinda Grishaber, North Linn		3A - Danielle Nowasell, Grinnell
1990	3A - Kiersten Pauling, DM Lincoln		2A - Steph Wibben, George-LR/C Lyon
	2A - Sydney Pounds, Gilbert-United		1A - Blaire Dinsdale, North Tama
	1A - Heather Amundson, Northwood-Kensett	2008	4A - Ashlie Decker, Dowling Catholic
1991	3A - Summer Johnson, Indianola		3A - Sara Dickinson, Oskaloosa
	2A - LeAnn Rychnovsky, Clarke		2A - Morgan Casey, Northeast
	1A - Sara Pluim, Unity Christian		1A - Sara Stoakes, North Tama
1992	3A - Jennifer Schoonover, CR Kennedy	2009	4A - Katie Flood, Dowling Catholic
	2A - Sarah Pluim, Unity Christian		3A - Ali Krogman, Atlantic
	1A - Sydney Pounds, Gilbert		2A - Morgan Casey, Northeast
1993	3A - Alienor Gilchrist, Ames		1A - Katy Moen, Wapsie Valley
	2A - Megan Wagner, Cascade	2010	4A - Shelby Houlihan, SC East
	1A - Bethany Rulapaugh, SCMT		3A - Anna Holdiman, Waverly-SR
1994	3A - Summer Johnson, Indianola		2A - Lauren Benzing, Solon
	2A - Jana Peterson, Webster City		1A - Emily Franks, Northeast, Goose Lake
	1A - Mandy Vitense, Tipton	2011	4A - Grace Gibbons, Dowling Catholic
1995	3A - Keely Barnett, Iowa City High		3A - Madison Waymire, Dallas Center-Grimes
	2A - Amber Schmidt, Northeast		2A - Saddle Timms, Gilbert
	1A - Jessie Henderson, North Linn		1A - Rebekah Topham, Griswold
1996	3A - Julie Wuorinen, Pleasant Valley	2012	4A - Stephanie Jenks, Linn-Mar
	2A - Val Oltman, Nevada		3A - Anna Holdiaman, Waverly-Shell Rock
	1A - Amber Schmidt, Northeast		2A - Cassandra Stufflick, Danville/New London
1997	3A - Bethany Young, Iowa City High		1A - Rebekah Topham, Griswold
	2A - Kristina Quigley, Council Bluffs St. Albert	2013	4A - McKenzie Yanek, Pleasant Valley
	1A - Jane McDermott, North Tama		3A - Tess Roorda, Pella
1998	3A - Michelle Lilienthal, Iowa City High		2A - Grace Gibbons, Gilbert
	2A - Missy Buttry, Shenandoah-Essex		1A - Rebekah Topham, Griswold
	1A - Heather Kite, Jesup	2014	4A - Megan Schott, Des Moines Roosevelt
1999	3A - Michelle Lilienthal, Iowa City		3A - Grace Gibbons, Gilbert
	2A - Amber Friederich, Algona		2A - Paige Holub, Monticello
	1A - Kristin Hansen, Okoboji		1A - Rebekah Topham, Griswold
2000	3A - Jeni Frudden, Iowa City West	2015	4A - McKenzie Yanek, Pleasant Valley
	2A - Amber Friederich, Algona		3A - Julia Schmacher, Davenport Assumption
	1A - Kristin Hansen, Okoboji		2A - Paige Holub, Monticello
2001	3A - Jeni Frudden, Iowa City West		1A - Alyssa Williams, Durant
	2A - Kristin Hansen, Okoboji	2016	4A - Bailey Nock, Iowa City West
	1A - Emily Klein, South Hamilton		3A - Adrianna Katcher, Center Point-Urbana
2002	3A - Robdu Adam, Iowa City West		2A - Anna Hostetler, Mid-Prairie
	2A - Marcy Rahn, Clear Creek-Amana		1A - Kate Crawford, ACGC
	1A - Megan Winkelman, Nodaway Valley	2017	4A - Paige Horner, Johnston
2003	4A - Sarah Wickman, Iowa City West		3A - Adrianna Katcher, Center Point-Urbana
	3A - Sara Fassbinder, Dubuque Wahlert		2A - Marie Hostetler, Mid-Prairie
	2A - Megan Winkelman, Nodaway Valley		1A - Emily Staal, Springville/Central City
	1A - Ellen Ries, North Linn	2018	4A - Micah Poellet, Linn-Mar
2004	4A - Hannah Roeder, DM Roosevelt		3A - Janette Schraft, Glenwood
	3A - Caedryn Schrunk, Spirit Lake Park		2A - Marie Hostetler, Mid-Prairie
	2A - Ashley Miller, Tipton		1A - Emma Lucas, Bedford
	1A - Ellen Ries, North Linn	2019	4A - Camille Jackson, Ames
2005	4A - Sarah Wickman, Iowa City West		3A - Adrianna Katcher, Center Point-Urbana
	3A - Regina Reing, Harlan		2A - Marie Hostetler, Mid-Prairie
	2A - Mallory Marshall, Center Point-Urbana		1A - Peyton Pogge, Tri-Center
	1A - Brooke Dinsdale, North Tama	2020	4A - Keelee Leitzen, Dubuque Hempstead
2006	4A - Katie Flood, Dowling Catholic		3A - Shewaye Johnston, Ballard
	3A - Meaghan Nelson, CR Xavier		2A - Danielle Hostetler, Mid-Prairie
	2A - Ashley Miller, Tipton		1A - Haley Meyer, Kee
	1A - Brooke Dinsdale, North Tama	2021	4A - Addison Dorenkamp, West Des Moines Valley
			3A - Paityn Noe, Ballard
			2A - Danielle Hostetler, Mid-Prairie
			1A - Noelle Steines, Calamus-Wheatland

2022 4A - Adrienne Buettner-Cable, DM Roosevelt
 3A - Paityn Noe, Ballard
 2A - Danielle Hostetler, Mid-Prairie
 1A - Noelle Steines, Calamus-Wheatland
 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 Ferreebee, Pella
 2A - Noelle Steines, Tipton
 1A - Lili Denton, Council Bluffs St. Albert
 2025 4A - Piper Messerly, Dallas Center-Grimes
 3A - Marissa Ferreebee, Pella
 2A - McKenna Montgomery, Albia
 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

2025 4A - Waukee Northwest
3A - Pella
2A - Treynor
1A - South Winneshiek

STATE RUNNERS-UP (since 2003)
Four Class era

Ames: 2013
Assumption: 2011
Ballard: 2021, 22
Cascade: 2014
Cedar Rapids Xavier: 2005
Central Elkader: 2006
Clear Creek-Amana: 2003
Corning: 2004
Dallas Center-Grimes: 2018, 19, 20
Decorah: 2009, 10
Denver: 2007, 21
Dike-New Hartford: 2009
Dowling Catholic: 2006
Dubuque Hempstead: 2016
Dubuque Senior: 2017, 19
Dubuque Wahlert: 2004
Durant: 2005
Earlham: 2010, 11
Gilbert: 2014
Harlan: 2006
Hudson: 2008 (2A), 16 (1A), 19 (1A)
Iowa City High: 2004, 08, 09, 10
Iowa City Regina: 2011 (2A), 18 (1A)
Iowa City West: 2003
Johnston: 2018, 22, 24
Linn-Mar: 2011, 12
Logan-Magnolia: 2021
Madrid: 2024
MOC-Floyd Valley: 2012, 13
Monticello: 2015, 17
Mount Vernon-Lisbon ; 2023
Nodaway Valley: 2005, 08
Northeast: 2012
Panorama: 2017
Pekin: 2009 (2A), 12 (1A), 14 (1A), 15 (1A)
Pella: 2015, 16, 17
Pleasant Valley: 2015, 21
Pocahontas: 2013
Sioux Center: 2024
Solon: 2004. 06

South Winneshiek: 2016, 20, 22, 23
 Tipton: 2007, 20
 Unity Christian: 2010, 13, 24
 Urbandale: 2007, 14
 Valley Community: 2007
 Van Meter: 2023
 Waukon: 2003
 WDM Valley: 2005, 20, 23
 West Sioux: 2003
 Williamsburg: 2008 (3A), 18 (2A), 19 (2A), 22 (2A)

STATE THIRD PLACE
(Trophies awarded beginning 2011)

AHSTW: 2019
 Ames: 2014, 21
 Ankeny Centennial: 2020
 Assumption: 2012, 13, 14
 Beckman Catholic: 2023
 Bettendorf: 2015
 Cascade: 2013
 Cedar Rapids Xavier: 2009
 Central Elkader: 2007, 12, 13
 Charles City: 2016
 CMB: 2005
 Dallas Center-Grimes: 2021, 23 (4A)
 Decorah: 2017
 Des Moines Roosevelt: 2004
 Dubuque Senior: 2022, 24
 Dubuque Wahlert: 2003, 08, 15, 19, 20
 Fort Dodge St. Edmond: 2021
 Gilbert: 2023
 Glenwood: 2018
 Griswold: 2011, 14
 Hudson: 2007 (2A), 18 (1A)
 Iowa City High: 2007, 16
 Iowa City Regina: 2003 (1A), 09 (2A), 10 (2A), 20 (1A)
 Iowa City West: 2008, 09
 Johnston: 2012
 Kee: 2017
 Linn-Mar: 2019
 Marion: 2005, 06
 Mid-Prairie: 2016
 Monticello: 2003, 12, 19, 21, 22, 23
 Mount Vernon-Lisbon: 2024
 Nodaway Valley: 2004, 06
 North Tama: 2006
 Osage: 2014
 Panorama: 2009
 Pekin: 2016
 Pella: 2007, 10, 11
 Pleasant Valley: 2011, 13
 Sibley-Ocheyedan: 2022
 Sioux Center: 2011
 Solon: 2022
 South Winneshiek: 2015
 Treynor: 2024
 Tri-Center: 2010
 Urbandale: 2005, 06
 Valley Community: 2005, 08
 Van Meter: 2024

Waukee: 2017
 Waukon: 2004
 WDM Valley: 2003, 10, 18
 West Fork: 2015
 West Sioux: 2004
 Williamsburg: 2020
 Wilton: 2008
 Woodbury Central/Kingsley-Pierson: 2017, 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
 Grundy 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
 Lynnvile-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
 Nodaway Valley (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 Unitv 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 Waukeke
 20 Williamsburg
 19 Dowling Catholic
 19 Dubuque Wahlert
 19 Harlan
 19 Solon
 18 Decorah
 18 Iowa City Regina
 18 WDM Valley

IGHSAU State Cross Country Meet

All Time Best Team Scores (scoring 5 runners – since 1994)

Team Score	School	Class	Year
23	Pella	3A	2024
26	Johnston	4A	2016
28 **	Iowa City West	4A	2001
31	Iowa City West	3A	2000
31	Pella	3A	2025
32	Dowling Catholic	4A	2007
40 **	Tipton	2A	2004
41 **	Tipton	1A	2001
45	Mid Prairie	2A	2020
45	Pekin	1A	2010
49	Pleasant Valley	4A	2012
50	Mid Prairie	2A	2021
50 **	Bennett-Durant	1A	2002
50 **	Iowa City West	3A	1998
52 **	Valley Community	1A	2006
54	Pekin	1A	2008
56	Johnston	4A	2019
56	Dubuque Wahlert	3A	2018
57	Ballard	3A	2019
57	Dowling Catholic	4A	2009
57	Union Laporte City	2A	2009
57 **	Tipton	2A	2005
57 **	Bennett-Durant	1A	2000
57 **	Pleasant Valley	3A	1994
58 **	Tipton	2A	2004
59	Gilbert	2A	2013
59	Iowa City High	3A	1999
60	Dowling Catholic	4A	2010
60	Pekin	2A	2009
60 **	Iowa City West	4A	2004
60 **	Tipton	2A	2003

61 **	Iowa City High	4A	2006
63	Decorah	3A	2012
63	Dowling Catholic	4A	2011
63 **	Tipton	2A	2006
64	Urbandale	4A	2015
64 **	Calamus Wheatland	1A	1998
65	Iowa City High	4A	2009
66	Logan Magnolia	1A	2018
66	Central Elkader	1A	2015

** Indicates a team score without displacement scoring – after 2006

IGHSAU State Cross County Meet

All Time Fastest Performances – 5 Kilometer Era

1	Marissa Ferebee	Pella	16:30.9	2024	3A
2	Paityn Noe	Ballard	16:48.6	2022	3A
3	Camille Jackson	Ames	17:23.9	2019	4A
4	Adrianna Buettner-Cable	DSM Roosevelt	17:41.2	2022	4A
5	Addison Dorenkamp	Valley, West DSM	17:41.5	2023	4A
6	Piper Messerly	Dallas Center-Grimes	17:41.9	2025	4A
7	Ashlyn Keeney	IC, Liberty	17:44.1	2019	4A
8	Laney Sundet	Waukeke NW	17:48.5	2025	4A
9	Olivia Verde	Johnston	17:50.7	2023	4A
10	Marie Hostetler	Mid-Prairie	17:51.2	2017	2A
11	Tenley Heidgerken	Dallas Center-Grimes	17:51.9	2025	4A
12	Joley Sullivan	Davenport Central	17:52.5	2025	4A
13	McKenzie Yanek	Pleasant Valley	17:55.0	2015	4A
14	Shewaye Johnson	Ballard	17:55.3	2020	3A
15	Maddie Millage	Pleasant Valley	17:55.4	2025	4A
16	Lili Denton	St. Albert	17:56.6	2025	1A
17	Anna Hostetler	Mid-Prairie	17:57.7	2016	2A
18	Elsie Brenneman	Pella	17:58.0	2024	3A
19	Emmy Stubbendeck	Waukeke NW	17:59.0	2025	4A
20	Keelee Leitzen	Dub Hempstead	18:00.8	2023	4A
21	Emma Chesterman	Dubuque Sr	18:01.7	2025	4A
22	Nakia Olivierre	Waterloo West	18:01.9	2023	4A
23	Anika Mohrhauser	Ankeny Centennial	18:02.4	2024	4A
24	Ellie Blevins	Ankeny Centennial	18:02.6	2025	4A
25	Izzy Hardin	Maquoketa	18:02.8	2025	3A
26	Julia Gehl	Dub Hempstead	18:03.2	2022	4A
27	Micah Poellet	Linn-Mar	18:03.4	2018	4A
28	Paige Horner	Johnston	18:04.3	2017	4A
29	Evelyn Moeller	Mt Vernon-Lisbon	18:06.5	2025	3A
30T	Bailey Nock	IC, West	18:06.9	2016	4A
30T	Drew Beason	Ankeny	18:06.9	2023	4A
30T	Alyx Woodley	Johnston	18:06.9	2025	4A
33	Emily Staal	Springville-Central City	18:07.4	2018	2A
34	Lilian Schmidt	Dub Senior	18:07.6	2019	4A
35	Charlee Gall	Cedar Falls	18:08.0	2025	4A
36	Hillary Trainer	Sumner-Fredericksburg	18:09.5	2023	2A
37	Jessica McKee	Johnston	18:10.0	2016	4A
38	Ele Wharton	Johnston	18:12.4	2025	4A
39	Makenna Madetzke	Ankeny	18:12.7	2025	4A
40	Noelle Steines	Calamus-Wheatland	18:12.8	2024	2A
41T	Rebecca Flick	Ankeny Centennial	18:13.5	2025	4A
41T	Abigail Burns	City High	18:13.5	2025	4A
43	Kamryn Ensley	Valley, West DSM	18:14.9	2021	4A
44	Rondi Quass	Ankeny Centennial	18:15.7	2022	4A
45	Gracie Foster	Indianola	18:17.1	2023	4A
46	Claire Helmers	Ames	18:17.8	2023	4A

47T Lauren Schulze	Valley, West DSM	18:18.3	2020	4A
47T Kaia Downs	SC East	18:18.3	2021	4A
49 Evie Henneberry	Dubuque Hempstead	18:20.0	2024	4A

All Time State Meet Individual Performances – By Class

5 Kilometer Era

Class 4A

1. Camille Jackson	Ames	17:23.9	2019
2. Adrianna Buettner–Cable	DM Roosevelt	17:41.2	2022
3. Addison Dorenkamp	WDM Valley	17:41.5	2023
4. Piper Messerly	Dallas Center- Grimes	17:41.9	2025
5. Ashlyn Keeney	IC Liberty	17:44.1	2019
6. Laney Sundet	Waukee NW	17:48.5	2025
7. Olivia Verde	Johnston	17:50.7	2023
8. Tenley Heidgerken	Dallas Center-Grimes	17:51.9	2025
9. Joley Sullivan	Davenport Central	17:52.5	2025
10. McKenzie Yanek	Pleasant Valley	17:55.0	2015

Class 3A

1. Marissa Ferebee	Pella	16:30.9	2024
2. Paityn Noe	Ballard	16:48.6	2022
3. Shewaye Johnson	Ballard	17:55.3	2020
4. Elsie Brenneman	Pella	17:58.0	2024
5. Izzy Hardin	Maquoketa	18:02.8	2025
6. Evelyn Moeller	Mount Vernon	18:06.5	2025
7. Kayla Young	Solon	18:24.1	2022
8. Elyse Erzen	Des Moines Christian	18:28.6	2025
9. Lindsey Sonderman	Harlan	18:29.3	2024
10. Adrianna Katcher	Center Point Urbana	18:29.4	2019

Class 2A

1. Marie Hostetler	Mid Prairie	17:51.2	2017
2. Anna Hostetler	Mid Prairie	17:57.7	2016
3. Emily Staal	Springville-Central City	18:07.4	2018
4. Hillary Trainer	Sumner Fredericksburg	18:09.5	2023
5. Noelle Steines	Calamus Wheatland	18:12.8	2024
6. McKenna Montgomery	Albia	18:20.7	2025
7. Mackenzie Wilson	Jesup	18:38.7	2023
8. Addison Liston	Unity Christian	18:45.1	2024
9. Clare Wright	Jesup	18:46.2	2023
10. Scarlett Brynes	Osage	18:47.2	2024

Class 1A

1. Lili Denton	Council Bluffs St. Albert	17:56.6	2025
2. Nora Peterson	Alta Aurelia	18:28.5	2024
3. Chloe Glosser	Pekin	18:33.5	2025
4. Lauren Kroggman	Starmont, West Central	18:34.6	2025
5. Meghan Wheatley	North Linn	18:35.6	2023
6. Jalyssa Black	Turkey Valley	18:36.3	2021
7. Madison Brouwer	Sibley-Ocheyedan	18:42.1	2022
8. Peyton Pogge	Tri Center Neola	18:45.4	2019
9. Karsen Oberender	Martensdale-St. Marys	18:50.9	2025
10. Haley Meyer	Kee, Lansing	18:51.4	2019

IGHSAU State Cross Country Meet

All Time Top Freshmen Performances – 5 kilometer Era

1. Laney Sundet	Waukee NW	17:48.5	2025	4A
2. Tenley Heidgererken	Dallas Center-Grimes	17:51.9	2025	4A
3. Emmy Stubbendeck	Waukee NW	17:59.9	2025	4A
4. Keelee Leitzen	Dubuque Hempstead	18:08	2020	4A
5. Piper Messerly	Dallas Center-Grimes	18:10.9	2023	4A
6. Charlee Gall	Cedar Falls	18:11.8	2024	4A
7. Rebecca Flick	Ankeny Centennial	18:13.5	2025	4A
8. Marie Hostetler	Mid Prairie	18:15.3	2016	4A
9. Noelle Steines	Calamus-Wheatland	18:20.9	2021	1A
10. Adrianna Katcher	Center Point-Urbana	18:27.7	2016	3A
11. Olivia Verde	Johnston	18:27.9	2020	4A
12. Brooke McKee	Johnston	18:30.6	2016	4A

13. Addi Dorenkamp	WDM Valley	18:30.7	2020	4A
14. Mallory Lafever	Pleasant Valley	18:40.3	2015	4A
15. Ella Jones	Waukee NW	18:41.3	2024	4A
16. Alyx Woodley	Johnston	18:41.9	2022	4A
17. Joley Sullivan	Davenport Central	18:43.4	2024	4A
18. Julia Gehl	Dubuque Hempstead	18:46.0	2020	4A
19. Grace Beasley	Johnston	18:50.1	2023	4A
20. Marissa Ferebee	Pella	18:50.3	2022	3A
21. Sarah Foad	Pleasant Valley	18:53.2	2025	4A
22. Audrina Jones	Sioux Center	18:53.8	2023	3A
23. Mary Grace Lyons	Monticello	18:55.2	2025	2A
24. Julia Heslink	Harlan	18:56.5	2025	3A
25. Ainsley Erzen	Carlisle	18:57.4	2018	3A