

**42nd ANNUAL STATE HIGH SCHOOL
GIRLS CROSS COUNTRY CHAMPIONSHIPS**

5.000 METERS (All Classes - Girls)

Hart Ranch Camping Resort – Rapid City – October 21, 2017

GIRLS INDIVIDUAL RESULTS

(All Times Have Been Recorded F.A.T.)

CLASS "B" (Winning Time – 19:52.33 – 114 Runners)

| Name | Year School | Time |
|-------------------------|---------------------------|----------|
| 1 Leber, Delaney | 12 Newell | 19:52.33 |
| 2 Olsen, Josie | 11 Deubrook Area | 19:55.83 |
| 3 Steger, Aleah | 11 Ipswich | 20:03.55 |
| 4 Vandermeer, Andrea | 9 Deubrook Area | 20:11.95 |
| 5 Zirbel, Victoria | 10 Dakota Hills | 20:14.88 |
| 6 Kilber, Tessa | 10 Ipswich | 20:24.95 |
| 7 Dugan, Jolie | 7 Jones County | 20:25.87 |
| 8 Fairley, Madison | 8 Gayville-Volin | 20:27.84 |
| 9 Burtzlaff, Lexa | 9 Newell | 20:34.25 |
| 10 Jensen, Kendra | 11 Alcester-Hudson | 20:38.12 |
| 11 Kraft, Shay | 7 Timber Lake | 20:43.46 |
| 12 Gaulke, Christine | 7 Kimball/White Lake | 20:46.43 |
| 13 Weinheimer, Gracie | 12 Sully Buttes | 20:48.04 |
| 14 Steele, Kayden | 9 Newell | 20:53.08 |
| 15 O'Malley, Nora | 8 Irene-Wakonda | 20:54.48 |
| 16 Engen, Jayden | 12 Gayville-Volin | 20:56.73 |
| 17 Boekelheide, Jessica | 8 Northwestern | 20:59.17 |
| 18 Brantner, Madelynn | 10 James Valley Christian | 20:59.83 |
| 19 Thomas, Emma | 8 Gregory | 21:00.52 |
| 20 DeKnikker, Ashlyn | 10 Lake Preston | 21:00.85 |
| 21 Heinitz, Ella | 9 DR St. Mary | 21:02.87 |
| 22 McCord, Sidney | 9 Kimball/White Lake | 21:07.10 |
| 23 Koerner, Jada | 7 Freeman Academy/Marion | 21:14.21 |
| 24 Groft, Peyton | 12 Northwestern | 21:15.72 |
| 25 Goldade, Kira | 8 Aberdeen Christian | 21:21.71 |

CLASS "A" (Winning Time – 18:35.75 – 123 Runners)

| Name | Year School | Time |
|-----------------------|--------------------|----------|
| 1 Savey, Cait | 12 Beresford | 18:35.75 |
| 2 Simmons, Karlee | 11 Hill City | 18:45.68 |
| 3 Lavin, Maddie | 12 Vermillion | 19:18.24 |
| 4 Schuyler, Sidra | 8 Winner Area | 19:32.96 |
| 5 Bainbridge, Ali | 7 Lennox | 19:33.15 |
| 6 Cooper, Kaci | 10 St. Thomas More | 19:38.04 |
| 7 Whisler, Taryn | 9 Vermillion | 19:47.62 |
| 8 Flute, Sinona | 11 Flandreau | 19:49.35 |
| 9 Hanka, Janean | 11 Hill City | 19:56.55 |
| 10 Hough, Allison | 7 Chamberlain | 19:59.06 |
| 11 Ecoffey, Jade | 7 Red Cloud | 20:02.05 |
| 12 VanKalsbeek, Micah | 11 SF Christian | 20:02.85 |
| 13 Hamann, Kenzie | 10 Deuel | 20:08.65 |
| 14 Hohn, Marion | 12 Hill City | 20:09.42 |
| 15 Dooley, Kadense | 8 Custer | 20:12.77 |

| | | |
|-------------------------|--------------------|----------|
| 16 Escalante, Lizzy | 10 Hill City | 20:19.10 |
| 17 Delmont, Mallory | 10 Custer | 20:20.57 |
| 18 Wilkison, Anastasia | 9 Baltic | 20:22.99 |
| 19 Hegg, Rana | 9 Webster Area | 20:23.92 |
| 20 Carlson, Tayler | 12 Custer | 20:25.33 |
| 21 Roth, Lindsey | 8 Ethan/Parkston | 20:28.71 |
| 22 Laprath, Jaclyn | 11 Winner Area | 20:29.39 |
| 23 Dion, Alcista | 8 Wagner | 20:33.03 |
| 24 Blote, Brigit | 12 St. Thomas More | 20:35.61 |
| 25 Erlandson, Elizabeth | 12 St. Thomas More | 20:40.55 |

CLASS "AA" (Winning Time – 18:23.48 – 120 Runners)

| Name | Year | School | Time |
|----------------------|------|-------------------|----------|
| 1 Abraham, Ellie | 10 | Brookings | 18:23.48 |
| 2 Klatt, Courtney | 12 | SF Lincoln | 18:39.72 |
| 3 Jacobs, Melanie | 9 | Aberdeen Central | 18:42.76 |
| 4 McClure, Maddy | 12 | Yankton | 19:03.01 |
| 5 Bennett, Kylee | 9 | Sturgis Brown | 19:03.23 |
| 6 Kuhn, Bryanna | 10 | RC Stevens | 19:11.28 |
| 7 Waterfall, Haylee | 12 | Brandon Valley | 19:18.32 |
| 8 Kost, Delaney | 9 | RC Central | 19:20.94 |
| 9 Bietz, Madisyn | 8 | Yankton | 19:26.70 |
| 10 Wells, Lauren | 11 | Brandon Valley | 19:28.36 |
| 11 Neumiller, Lia | 8 | Sturgis Brown | 19:29.25 |
| 12 Lather, Sydney | 10 | SF Washington | 19:32.38 |
| 13 Uhre, Hailey | 8 | RC Stevens | 19:35.57 |
| 14 Levesque, Analise | 11 | SF Lincoln | 19:36.41 |
| 15 Hardie, Alea | 8 | SF O'Gorman | 19:37.09 |
| 16 Douglas, Zoe | 9 | Aberdeen Central | 19:39.63 |
| 17 Hovdenes, Angela | 11 | Spearfish | 19:41.00 |
| 18 Rief, Allison | 11 | Brandon Valley | 19:41.08 |
| 19 Geurts, Jaide | 10 | SF Roosevelt | 19:42.19 |
| 20 DeGeest, Makaen | 8 | RC Central | 19:45.24 |
| 21 Karolevitz, Ellie | 8 | Yankton | 19:47.79 |
| 22 Larson, Gracin | 7 | RC Central | 19:53.19 |
| 23 Martell, Hunter | 10 | Pierre T.F. Riggs | 19:53.75 |
| 24 Kopecky, Abby | 9 | Aberdeen Central | 19:55.83 |
| 25 Dykstra, Erica | 12 | RC Stevens | 19:57.16 |

GIRLS' TEAM POINTS



State Class "B" Cross Country Champions Newell

Team members include: Austin Alexander, Lexa Burtzlaff, Delaney Leber, Kayden Steele,
Kassidy Weeldreyer, Head Coach Kyle Sanderson

| Rank | Team | Total |
|------|------------------------|-------|
| 1 | Newell | 22 |
| 2 | Ipswich | 38 |
| 3 | Deubrook Area | 44 |
| 4 | Gayville-Volin | 49 |
| 5 | Kimball/White Lake | 51 |
| 6 | Sully Buttes | 53 |
| 7 | Burke/South Central | 78 |
| 8 | Northwestern | 81 |
| 9 | Philip | 85 |
| 10 | Dakota Hills | 89 |
| 11 | Potter County | 95 |
| 12 | James Valley Christian | 104 |
| 13 | Freeman Academy/Marion | 128 |
| 14 | Howard | 135 |
| 15 | Jones County | 138 |
| 16 | De Smet | 158 |



**State Class "A" Cross Country Champions
Hill City**

Team members include: Caden Comer, Lizzy Escalante, Janean Hanka, Marion Hohn, Annie Johnson, Karlee Simmons, Head Coach Joe Noyes

| Rank | Team | Total |
|------|-----------------------|-------|
| 1 | Hill City | 33 |
| 2 | Custer | 64 |
| 3 | St. Thomas More | 67 |
| 4 | Sioux Falls Christian | 106 |
| 5 | Winner Area | 109 |
| 6 | Beresford | 115 |
| 7 | Flandreau | 117 |
| 8 | Ethan/Parkston | 126 |
| 9 | Lennox | 140 |
| 10 | Milbank | 174 |
| 11 | Chamberlain | 195 |
| 12 | Dell Rapids | 227 |
| 13 | Mt. Vernon/Plankinton | 229 |
| 14 | Todd County | 231 |
| 15 | Deuel | 245 |
| 16 | Aberdeen Roncall | 251 |



**State Class "AA" Cross Country Champions
Brandon Valley**

Team members include: Mikaela Birath, Kylie Foss, Megan Pickering, Allison Rief, Haylee Waterfall, Lauren Wells, Katie Wentzy, Head Coach Larry Beesley

| Rank | Team | Total |
|------|------------------------|-------|
| 1 | Brandon Valley | 99 |
| 2 | Sioux Falls Lincoln | 104 |
| 3 | Aberdeen Central | 109 |
| 4 | Yankton | 123 |
| 5 | Rapid City Stevens | 139 |
| 6 | Sioux Falls Washington | 179 |
| 7 | Rapid City Central | 180 |
| 8 | Sioux Falls O'Gorman | 229 |
| 9 | Sioux Falls Roosevelt | 248 |
| 10 | Brookings | 269 |
| 11 | Pierre T.F. Riggs | 284 |
| 12 | Sturgis Brown | 288 |
| 13 | Harrisburg | 321 |
| 14 | Spearfish | 377 |
| 15 | Watertown | 378 |
| 16 | Huron | 448 |
| 17 | Mitchell | 451 |

GIRLS' STATE CROSS COUNTRY MEET RECORDS FOR VARIOUS SITES

CLASS "B"

(3000m)

| | | |
|-------------------------------------|----------|--|
| Brookings (Edgebrook Golf Course) | 10:57 | Tessy Brandner, Herreid, 1979 |
| Huron (Meadowbrook Golf Course) | 10:49 | Suzanne Brockmueller, Freeman Acad, 1981 |
| Mitchell (Lakeview Golf Course) | 10:58.39 | Kristen Peterson, Arlington, 1998 |
| Pierre (Hillsview Golf Course) | 10:57 | Nickki Jones, Viborg, 1985 |
| Huron (Broadland Creek Golf Course) | 11:56.22 | Jenny Aman, Edmunds Central, 1999 |

(4000m)

| | | |
|--|----------|---------------------------------------|
| Rapid City (Elks Golf Course) | 15:40.90 | Hilary Krein, Eureka/Bowdle, 2009 |
| Sioux Falls (Yankton Trails Park) | 14:54.62 | Mindy Kraft, Wessington Springs, 2011 |
| Rapid City (Robbinsdale Park) | 16:06.03 | Laura Nelson, Gayville-Volin, 2013 |
| Huron (Broadland Creek Golf Course-2000) | 15:09.08 | Macy Heinz, Ipswich, 2014 |

(5000m)

| | | |
|-------------------------------------|----------|------------------------------------|
| Sioux Falls (Yankton Trail Park) | 19:17.62 | Aleah Steger, Ipswich, 2015 |
| Huron (Broadland Creek Golf Course) | 18:38.88 | Laura Nelson, Gayville-Volin, 2016 |
| Rapid City (Hart Ranch) | 19:52.33 | Delaney Leber, Newell, 2017 |

CLASS "A"

(3000m)

| | | |
|-----------------------------------|-------|-----------------------------------|
| Brookings (Edgebrook Golf Course) | 10:57 | Lenae Reinschmidt, Groton, 1979 |
| Huron (Meadowbrook Golf Course) | 10:27 | Shelli Koistinen, Spearfish, 1982 |
| Mitchell (Lakeview Golf Course) | 10:56 | Coni Fritz, Lennox, 1986 |
| Pierre (Hillsview Golf Course) | 10:46 | Nyla Hoffman, Jefferson, 1985 |

(4000m)

| | | |
|--|----------|-------------------------------------|
| Rapid City (Elks Golf Course) | 15:32.90 | Kelsey Barrett, Britton-Hecla, 2009 |
| Pierre (Hillsview Golf Course) | 15:13.33 | Salley Meyer, Madison, 1997 |
| Mitchell (Lakeview Golf Course) | 14:11.16 | Jessica Donner, Lead, 1998 |
| Huron (Meadowbrook Golf Course) | 14:21.70 | Jaime Pauli, Milbank, 1993 |
| Huron (Broadland Creek Golf Course) | 14:29.77 | Salley Meyer, Madison, 1996 |
| Huron (Broadland Creek-effective 2000) | 14:47.93 | Emily Hawkes, Madison, 2014 |
| Sioux Falls (Yankton Trail Park) | 14:49.45 | Kelsey Barrett, Britton-Hecla, 2011 |
| Rapid City (Robbinsdale Park) | 14:45.38 | Madisen Lavin, Vermillion, 2013 |

(5000m)

| | | |
|-------------------------------------|----------|---------------------------------------|
| Sioux Falls (Yankton Trail Park) | 18:41:21 | Ella Byers, Chamberlain, 2015 |
| Huron (Broadland Creek Golf Course) | 18:36:39 | Haleigh Timmer, St. Thomas More, 2016 |
| Rapid City (Hart Ranch) | 18:35.75 | Cait Savey, Beresford, 2017 |

CLASS "AA"

(3000m)

| | | |
|-----------------------------------|-------|--|
| Brookings (Edgebrook Golf Course) | 11:00 | Cindy Sargent, Rapid City Stevens, 1978 |
| | 11:00 | Pam Mansheim, Brookings, 1979 |
| Huron (Meadowbrook Golf Course) | 10:37 | Michelle Taitano, Rapid City Central, 1981 |
| Mitchell (Lakeview Golf Course) | 10:54 | Lisa Darley, Rapid City Stevens, 1986 |
| Pierre (Hillsview Golf Course) | 10:40 | Lisa Darley, Rapid City Stevens, 1985 |

(4,000m)

| | | |
|--|----------|--|
| Rapid City (Elks Golf Course) | 14:35.50 | Betsy Bies, Yankton, 2005 |
| Pierre (Hillsview Golf Course) | 14:45.80 | Jaime Kulbel, Yankton, 1994 |
| Mitchell (Lakeview Golf Course) | 14:07.30 | Anne Vollmer, Rapid City Central, 1992 |
| Huron (Meadowbrook Golf Course) | 14:09.90 | Tammy Harding, Watertown, 1993 |
| Huron (Broadland Creek Golf Course) | 13:12.93 | Jessica Fox, Watertown, 1999 |
| Huron (Broadland Creek-effective 2000) | 14:22.59 | Allison Eckert, SF Roosevelt, 2006 |
| Sioux Falls (Yankton Trail Park) | 14:19.50 | Alex Hess, SF Roosevelt, 2011 |
| Rapid City (Robbinsdale Park) | 14:03.31 | Annie Kruse, Yankton, 2013 |

(5000m)

| | | |
|-------------------------------------|----------|---|
| Sioux Falls (Yankton Trail Park) | 18:44:74 | Eleanor Abraham, Brookings, 2015 |
| Huron (Broadland Creek Golf Course) | 18:38:58 | Courtney Klatt, Sioux Falls Lincoln, 2016 |
| Rapid City (Hart Ranch) | 18:23.48 | Ellie Abraham, Brookings, 2017 |

GIRLS' STATE CHAMPIONS AND RUNNERS-UP
Girls' Class "B" Cross-Country - Three Class System

| | Champion | Runner-Up | | Champion | Runner-Up |
|------|------------------|-------------------|------|-------------------|------------------|
| 1976 | St. Francis | Burke | 1997 | Elkton | Chester |
| 1977 | Burke | Hill City | 1998 | Herreid | Chester |
| 1978 | Dakota Christian | Kadoka | 1999 | Frederick/Hecla | Elkton |
| 1979 | Dakota Christian | Hoven | 2000 | Ipswich | Elkton |
| 1980 | Herreid | Hoven | 2001 | Summit | Ipswich |
| 1981 | Herreid | Hoven | 2002 | Eureka | Ipswich |
| 1982 | Willow Lake | Dakota Christian | 2003 | Eureka | Scotland |
| 1983 | Hoven | Garretson | 2004 | Bonesteel-Fairfax | Ipswich |
| 1984 | Hoven | Wall | 2005 | Kimball | South Central |
| 1985 | Hoven | Viborg | 2006 | Freeman | Kimball |
| 1986 | Hoven | Arlington | 2007 | Kadoka | Scotland |
| 1987 | Hoven | Kadoka | 2008 | Kadoka Area | Lemmon |
| 1988 | Platte | Hecla | 2009 | Lemmon | Kadoka Area |
| 1989 | Hecla | Kadoka | 2010 | Ipswich | Lemmon |
| 1990 | Hoven | Kadoka | 2011 | Ipswich | Kadoka Area |
| 1991 | Hitchcock/Tulare | Hoven | 2012 | Ipswich | Gayville-Volin |
| 1992 | Hoven | Arlington | 2013 | Ipswich | Gayville-Volin |
| 1993 | Hoven | Hitchcock/Tulare | 2014 | Ipswich | Gayville-Volin |
| 1994 | Faulkton | Bonesteel-Fairfax | 2015 | Ipswich | Philip |
| 1995 | Arlington | Gettysburg | 2016 | Ipswich | Newel |
| 1996 | Faulkton | Herreid | 2017 | Newell | Ipswich |

Girls' Class "A" Cross-Country - Three Class System

| | Champion | Runner-Up | | Champion | Runner-Up |
|------|-----------------|------------------|------|----------------------|----------------------|
| 1976 | Arlington | Vermillion | 1997 | Lead | Hot Springs |
| 1977 | Arlington | Sioux Valley | 1998 | Hot Springs | Madison |
| 1978 | St. Francis | Arlington | 1999 | Garretson | Custer |
| 1979 | Custer | Lennox | 2000 | Madison | Douglas |
| 1980 | Redfield | Jefferson | 2001 | McCook Central | Madison |
| 1981 | Jefferson | Hot Springs | 2002 | McCook Central | Milbank |
| 1982 | Jefferson | Spearfish | 2003 | Chamberlain | Garretson |
| 1983 | Spearfish | Jefferson | 2004 | Groton Area | Chamberlain |
| 1984 | Spearfish | Jefferson | 2005 | Chamberlain | ST More/RC Christian |
| 1985 | Milbank | Jefferson | 2006 | Cheyenne-Eagle Butte | Custer |
| 1986 | Milbank | Groton | 2007 | Custer | Cheyenne-Eagle Butte |
| 1987 | Lennox | Milbank | 2008 | Chamberlain | Custer |
| 1988 | Lennox | Milbank | 2009 | Garretson | Canton |
| 1989 | Lennox | Hot Springs | 2010 | Garretson | West Central |
| 1990 | Lennox | Milbank | 2011 | Spearfish | Garretson |
| 1991 | Spearfish | Lennox | 2012 | Spearfish | Garretson |
| 1992 | Milbank | Spearfish | 2013 | Garretson | Custer |
| 1993 | Lennox | Milbank | 2014 | St. Thomas More | Madison |
| 1994 | Hot Springs | Howard | 2015 | Custer | Beresford |
| 1995 | Milbank | Custer | 2016 | Custer | St. Thomas More |
| 1996 | Lead | Hot Springs | 2017 | Hill City | Custer |

Girls' Class "AA" Cross-Country - Three Class System

| | Champion | Runner-Up | | Champion | Runner-Up |
|------|-----------------|------------------|------|-----------------|------------------|
| 1976 | RC Stevens | Pierre | 1986 | SF O'Gorman | SF Lincoln |
| 1977 | RC Stevens | Pierre | 1987 | Huron | SF O'Gorman |
| 1978 | Huron | Yankton | 1988 | SF O'Gorman | Huron |
| 1979 | RC Stevens | Huron | 1989 | Huron | SF Lincoln |
| 1980 | Brookings | Watertown | 1990 | Mitchell | RC Central |
| 1981 | Huron | RC Stevens | 1991 | RC Central | RC Stevens |
| 1982 | Brookings | Huron | 1992 | RC Central | RC Stevens |
| 1983 | Brookings | SF Washington | 1993 | RC Stevens | Watertown |
| 1984 | RC Stevens | SF Lincoln | 1994 | RC Stevens | Watertown |
| 1985 | RC Stevens | Huron | 1995 | RC Stevens | SF Washington |

| | | | | | |
|------|------------|--------------|------|----------------|---------------------|
| 1996 | RC Stevens | Watertown | 2007 | Yankton | SF Roosevelt |
| 1997 | RC Stevens | Spearfish | 2008 | SF Roosevelt | Aberdeen Cent/SDBVI |
| 1998 | RC Stevens | SF O'Gorman | 2009 | Yankton | SF Roosevelt |
| 1999 | RC Stevens | Watertown | 2010 | Sturgis Brown | Yankton |
| 2000 | RC Stevens | Watertown | 2011 | Yankton | RC Central |
| 2001 | Watertown | RC Stevens | 2012 | RC Central | SF Washington |
| 2002 | RC Stevens | Yankton | 2013 | RC Stevens | RC Central |
| 2003 | Yankton | RC Stevens | 2014 | RC Stevens | SF Lincoln |
| 2004 | Yankton | SF Roosevelt | 2015 | SF Lincoln | Aberdeen Central |
| 2005 | Yankton | SF Roosevelt | 2016 | SF Lincoln | Aberdeen Central |
| 2006 | Yankton | SF Roosevelt | 2017 | Brandon Valley | SF Lincoln |

GIRLS CROSS COUNTRY INDIVIDUAL CHAMPIONS AND RUNNERS-UP CLASS "B"

| Year | Champion | Runner-Up |
|-------------|--|--|
| 1976 | Julie Tolstedt, Burke | Theresa Young, St. Francis |
| 1977 | Julie Tolstedt, Burke | Janean Steffen, Burke |
| 1978 | Tess Brandner, Herreid | Sheri Veurink, Dakota Chrisian |
| 1979 | Tess Brandner, Herreid | Suzanne Brockmueller, Freeman Academy |
| 1980 | Suzanne Brockmueller, Freeman Academy | Melissa Knoepfle, Herreid |
| 1981 | Suzanne Brockmueller, Freeman Academy | Doris Brandner, Herreid |
| 1982 | Suzanne Brockmueller, Freeman Academy | Joanne Herber, Kadoka |
| 1983 | Suzanne Brockmueller, Freeman Academy | Amy Von Wald, Hoven |
| 1984 | Amy Von Wald, Hoven | Jane Fauske, Wall |
| 1985 | Nikki Jones, Viborg | Amy Von Wald, Hoven |
| 1986 | Linda Groom, Arlington | Christine Mason, Doland |
| 1987 | Nikki Jones, Viborg | Kris Pipal, Platte |
| 1988 | Nikki Jones, Viborg | Kris Pipal, Platte |
| 1989 | Naomi Ireland, Kadoka | Shantel Swedlund, Arlington |
| 1990 | Shannon Brenner, Hitchcock/Tulare | Debbie Ferguson, Kadoka |
| 1991 | Missy Puffer, Hitchcock/Tulare | Laura Walter, Arlington |
| 1992 | Amy Van Dyke, Hoven | Shannon Brenner, Hitchcock/Tulare |
| 1993 | Julie Huss, Faulkton | Billie Rae Pistulka, Bonesteel-Fairfax |
| 1994 | Billie Rae Pistulka, Bonesteel-Fairfax | Kelly Greve, Jones County |
| 1995 | Kristen Peterson, Arlington | Kelly Greve, Jones County |
| 1996 | Kristen Peterson, Arlington | Lynn Burge, Marion |
| 1997 | Kristen Peterson, Arlington | Stephanie Gebhart, Elkton |
| 1998 | Kristen Peterson, Arlington | Jenny Ching, Estelline |
| 1999 | Jenny Aman, Edmunds Central | Jeni Ching, Estelline |
| 2000 | Jeni Ching, Estelline | Valerie Moore, Ipswich |
| 2001 | Melinda Zirbel, Summit | Nicole Zirbel, Summit |
| 2002 | Valerie Warnke, Bonesteel-Fairfax | Cami Koehn, Colman-Egan |
| 2003 | Nicky Rausch, Hoven/Cresbard | Cami Koehn, Colman-Egan |
| 2004 | Emma Erickson, Gayville-Volin | Valerie Warnke, Bonesteel-Fairfax |
| 2005 | Emma Erickson, Gayville-Volin | Nicole Rausch, Hoven/Edmunds Central |
| 2006 | Emma Erickson, Gayville-Volin | Nicole Rausch, Hoven/Edmunds Central |
| 2007 | Hilary Krein, Eureka/Bowdle | Courtney Rasmussen, Viborg |
| 2008 | Mindy Kraft, Wessington Springs | Shaley Herber, Kadoka Area |
| 2009 | Hilary Krein, Eureka/Bowdle | Lydia Eagle, McIntosh |
| 2010 | Lillie Koerner, Freeman Academy | Tia Carlson, Kadoka Area |
| 2011 | Mindy Kraft, Wessington Springs | Tori Moore, Ipswich |
| 2012 | Genevieve Clark, Gayville-Volin | Macy Heinz, Ipswich |
| 2013 | Laura Nelson, Gayville-Volin | Genevieve Clark, Gayville-Volin |
| 2014 | Macy Heinz, Ipswich | Laura Nelson, Gayville-Volin |
| 2015 | Aleah Steger, Ipswich | Laura Nelson, Gayville-Volin |
| 2016 | Laura Nelson, Gayville-Volin | Josie Olsen, Deubrook Area |
| 2017 | Delaney Leber, Newell | Josie Olsen, Deubrook Area |

GIRLS CROSS COUNTRY INDIVIDUAL CHAMPIONS AND RUNNERS-UP CLASS "A"

| Year | Champion | Runner-Up |
|-------------|-----------------------------------|-----------------------------------|
| 1976 | Jane Knutson, Vermillion | Eileen Wounded Shield, Pine Ridge |
| 1977 | Eileen Wounded Shield, Pine Ridge | Kathy Nelson, Sioux Valley |
| 1978 | Kathy Nelson, Sioux Valley | Bernice Whiting, St. Francis |
| 1979 | Lenae Reinschmidt, Groton | Robin Lenocker, Howard |
| 1980 | Angie Jungwirth, Redfield | Robin Lenocker, Howard |
| 1981 | Nyla Hoffman, Jefferson | Robin Lenocker, Howard |
| 1982 | Shelli Koistinen, Spearfish | Mary Schrader, Hot Springs |
| 1983 | Shelli Koistinen, Spearfish | Sarah Johnson, Gregory |
| 1984 | Lisa Darley, Custer | Sarah Johnson, Gregory |

| | | |
|------|--|--|
| 1985 | Nyla Hoffman, Jefferson | Stacy Hermans, Milbank |
| 1986 | Coni Fritz, Lennox | Michelle Russell, Madison |
| 1987 | Coni Fritz, Lennox | Kathy Young, Custer |
| 1988 | Hiedi Reed, Canton | Coni Fritz, Lennox |
| 1989 | Hiedi Reed, Canton | Renee Tadstad, Groton |
| 1990 | Hiedi Reed, Canton | Sally O'Dell, Spearfish |
| 1991 | Jamie Pauli, Milbank | Hiedi Reed, Canton |
| 1992 | Lynn Routh, Spearfish | Catherine Brechtel, Hot Springs |
| 1993 | Jaime Pauli, Milbank | Angela Buus, Lennox |
| 1994 | Salley Meyer, Madison | Nyla Schroeder, Hot Springs |
| 1995 | Jaime Pauli, Milbank | Salley Meyer, Madison |
| 1996 | Salley Meyer, Madison | Maren Hanson, Garretson |
| 1997 | Salley Meyer, Madison | Jessie Akers, Custer |
| 1998 | Jessica Donner, Lead | Salley Meyer, Madison |
| 1999 | Amanda Backes, Douglas | Drew Neuharth, Britton |
| 2000 | Shannon Daly, Groton | Michelle Rasmussen, Vermillion |
| 2001 | Kari Schaefer, Madison | Shannon Daly, Groton |
| 2002 | Emilee Barnes, Alcester-Hudson | Kari Schaefer, Madison |
| 2003 | Sierra McCauley, Dakota Valley | Robin Webber, Pine Ridge |
| 2004 | Robin Webber, Pine Ridge | Caitlin Friesz, Mobridge |
| 2005 | Alida Oegema, St. Thomas More/RC Christian | Laura Wolles, Chester Area |
| 2006 | Jordan Wohlleber, Cheyenne-Eagle Butte | Miranda Kobes, Beresford |
| 2007 | Kelsey Barrett, Britton-Hecla | Jordan Wohlleber, Cheyenne-Eagle Butte |
| 2008 | Lottie Grimshaw, Todd County | Kelsey Barrett, Britton-Hecla |
| 2009 | Kelsey Barrett, Britton-Hecla | Lottie Grimshaw, Todd County |
| 2010 | Kelsey Barrett, Britton-Hecla | Lottie Grimshaw, Todd County |
| 2011 | Kelsey Barrett, Britton-Hecla | Savannah Childers, Spearfish |
| 2012 | Emily Hawkes, Madison | Madisen Lavin, Vermillion |
| 2013 | Madisen Lavin, Vermillion | Mattie Shirley-Fairbair, Lead-Deadwood |
| 2014 | Emily Hawkes, Madison | Hailey Streff, Madison |
| 2015 | Ella Byers, Chamberlain | Maddie Lavin, Vermillion |
| 2016 | Haleigh Timmer, St. Thomas More | Maddie Lavin, Vermillion |
| 2017 | Cait Savey, Beresford | Karlee Simmons, Hill City |

GIRLS CROSS COUNTRY INDIVIDUAL CHAMPIONS AND RUNNERS-UP CLASS "AA"

| Year | Champion | Runner-Up |
|-------------|------------------------------|--------------------------------|
| 1976 | Cindy Sargent, RC Stevens | Brenda Michel, RC Central |
| 1977 | Cindy Sargent, RC Stevens | Kay Stormo, Watertown |
| 1978 | Cindy Sargent, RC Stevens | Cindy Gallagher, Yankton |
| 1979 | Pam Mansheim, Brookings | Cindy Gallagher, Yankton |
| 1980 | Traci Fie, Watertown | Brenda Wright, Milbank |
| 1981 | Michelle Taitano, RC Central | Karla Galbraith, RC Stevens |
| 1982 | Julie Pederson, SF O'Gorman | Allison Laack, SF Washington |
| 1983 | Kristi Rieger, SF Washington | Jody Dybing, Brookings |
| 1984 | Tammy Feltman, SF Lincoln | Theresa Moss, Flandreau Indian |
| 1985 | Lisa Darley, RC Stevens | Monica Hulstein, SF Washington |
| 1986 | Lisa Darley, RC Stevens | Ann Westby, Brookings |
| 1987 | Karla Hay, SF O'Gorman | Kim Puterbaugh, Huron |
| 1988 | Ann Westby, Brookings | Marcie Dawson, Brookings |
| 1989 | Marcie Dawson, Brookings | Susie Kerkaert, SF Lincoln |
| 1990 | Tammy Harding, Watertown | Susie Kerkaert, SF Lincoln |
| 1991 | Anne Vollmer, RC Central | Lisa Weltzer, RC Stevens |
| 1992 | Anne Vollmer, RC Central | Nikki Arp, RC Central |
| 1993 | Tammy Harding, Watertown | Amy Boke, Spearfish |
| 1994 | Jaime Kulbel, Yankton | Ruthanne Anderson, RC Stevens |
| 1995 | Jenna Lucas, RC Stevens | Erin Fields, RC Stevens |
| 1996 | Jessica Fox, Watertown | Emily Fleming, SF O'Gorman |
| 1997 | Jenna Lucas, RC Stevens | Erin Klein, SF O'Gorman |

| | | |
|------|------------------------------------|--|
| 1998 | Jessica Fox, Watertown | Jennie Buller, Yankton |
| 1999 | Jessica Fox, Watertown | Kaylee Keating, SF Roosevelt |
| 2000 | Steph Richardson, RC Stevens | Kaylee Keating, SF Roosevelt |
| 2001 | Amy Lindner, SF O’Gorman | Nichol Deckert, RC Central |
| 2002 | Ramsey Kavan, Yankton | Krista Eckert, SF O’Gorman |
| 2003 | Ramsey Kavan, Yankton | Nichol Deckert, RC Stevens |
| 2004 | Ramsey Kavan, Yankton | Krista Eckert, SF Roosevelt |
| 2005 | Betsy Bies, Yankton | Allison Eckert, SF Roosevelt |
| 2006 | Allison Eckert, SF Roosevelt | Betsy Bies, Yankton |
| 2007 | Madeleine Takahashi, Sturgis Brown | Bailey Breems, SF Roosevelt |
| 2008 | Megan Hilson, Yankton | Seanna Kautz, SF Roosevelt |
| 2009 | Madeleine Takahashi, Sturgis Brown | Megan Hilson, Yankton |
| 2010 | Tamara Gorman, RC Stevens | Courtney Neubert, Aberdeen Central/SDBVI |
| 2011 | Alex Hess, SF Roosevelt | Abbie Harrelson, Douglas |
| 2012 | Savannah Woods, Yankton | Annie Kruse, Yankton |
| 2013 | Annie Kruse, Yankton | Tamara Gorman, RC Stevens |
| 2014 | Jasmyne Cooper, SF Lincoln | Jamie Schweiss, RC Stevens |
| 2015 | Eleanor Abraham, Brookings | Savannah Woods, Yankton |
| 2016 | Courtney Klatt, SF Lincoln | Caroline Sudbeck, SF Lincoln |
| 2017 | Ellie Abraham, Brookings | Courtney Klatt, SF Lincoln |