

**34<sup>th</sup> ANNUAL STATE HIGH SCHOOL  
GIRLS CROSS-COUNTRY CHAMPIONSHIPS**

**4000 METERS ("All Classes - Girls)**

**Elk's Golf Course – Rapid City**

**October 24, 2009**

**GIRLS INDIVIDUAL RESULTS**

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

**CLASS "B" (Winning Time – 15:40.9 – 111 Runners)**

1. <b>Hilary Krein</b>	<b>12 Eureka/Bowdle</b>	<b>15:40.9</b>	14. Miranda Rossow	9 Herreid	17:00.5
2. Lydia Eagle	9 McIntosh	16:16.4	15. Becca Steadman	11 Centerville	17:01.4
3. Tia Carlson	10 Kadoka Area	16:19.7	16. Savannah Dolezal	8 Estelline	17:04.9
4. Mindy Kraft	10 Wessington Springs	16:20.0	17. Tori Moore	7 Ipswich	17:07.2
5. Morgan Millar	12 Mt. Vernon	16:25.6	18. Rina Larson	9 Warner	17:10.5
6. Bobbi Beer	11 Lemmon	16:32.3	19. Haley Brunke	10 Scotland	17:15.5
7. Haley Forelich	9 Lemmon	16:36.7	20. Robyn Everist	12 Dell Rapids St. Mary	17:16.4
8. Lillie Koerner	11 Freeman Academy	16:37.3	21. Lindsey Mettler	11 Wessington Springs	17:18.3
9. Holly Iwan	9 Philip	16:39.7	22. Shaley Herber	9 Kadoka Area	17:19.2
10. Megan Burma	10 Sunshine Bible Acad.	16:49.8	23. Sarara Mix	10 Arlington	17:21.0
11. Nicole Steadman	10 Centerville	16:52.5	24. EmmyLu Antonsen	11 Kadoka Area	17:22.3
12. Katie Homandberg	8 Alcester-Hudson	16:55.6	25. Chelsey Henes	11 Lemmon	17:26.5
13. April Winne	12 Scotland	16:59.3			

**CLASS "A" (Winning Time – 15:32.9 – 131 Runners)**

1. <b>Kelsey Barrett</b>	<b>10 Britton-Hecla</b>	<b>15:32.9</b>	14. Leah Deering	8 Custer	16:30.7
2. Lottie Grimshaw	9 Todd County	15:34.8	15. Myriam Alcantar	7 Red Cloud	16:30.9
3. Lindsey Bohl	9 Garretson	15:35.2	16. Maddie Nipe	7 Madison	16:31.3
4. Alena Laber	12 Parkston	15:43.4	17. Katie Boote	12 Canton	16:32.3
5. Ashley Iron Moccasin	11 Cheyenne-Eagle Butte	16:08.0	18. Kayla Byers	11 Chamberlain	16:33.4
6. Erin Nolz	10 Garretson	16:09.8	19. Chelsea Sweeter	11 Lennox	16:33.7
7. Macy Burke	8 Chamberlain	16:21.6	20. Kelsey Sutera	8 Bon Homme	16:35.9
8. Maggie Torness	8 Sisseton	16:22.5	21. Rochelle Wynia	10 Platte-Geddes	16:36.6
9. Tess Johnson	11 Clark/Willow Lake	16:24.4	22. Daysia Wiederholt	10 Mobridge-Pollock	16:37.6
10. Christi Sioux Bob	8 Red Cloud	16:25.1	23. Tillma Taylor	9 Garretson	16:39.3
11. Alayna Ackerman	11 St. T. More/RC Chris.	16:28.7	24. Oliva Barlund	11 Milbank	16:40.9
12. Kendra Woytassek	9 Aberdeen Roncalli	16:29.2	25. Jessi Sternhagen	11 Lead-Deadwood	16:42.1
13. Taylor Lohan	9 Canton	16:29.9			

**CLASS "AA" (Winning Time – 14:57.6 - 113 Runners)**

1. <b>Madeleine Takahashi</b>	<b>11 Sturgis Brown</b>	<b>14:57.6</b>	14. Sarah Coomes	10 RC Stevens	15:57.0
2. Megan Hilson	12 Yankton	14:58.6	15. Jenna Grossenburg	10 Yankton	15:57.9
3. Seanna Kautz	12 SF Roosevelt	15:06.4	16. Morgan Waage	8 Aberdeen Cent/SDBVI	16:02.3
4. Mariah Hofer	12 Yankton	15:10.9	17. Whitlee Larson	8 Yankton	16:04.5
5. Hannah Kastigar	9 Aberdeen Cent/SDBVI	15:12.8	18. Courtney Ziebart	11 Pierre Riggs	16:05.1
6. Tamara Gorman	8 RC Stevens	15:15.6	19. Megan Brown	11 SF Roosevelt	16:05.1
7. Alex Hess	10 SF Roosevelt	15:30.0	20. Brynn Flakus	9 Aberdeen Cent/SDBVI	16:06.0
8. Haley Kruger	10 Brandon Valley	15:38.9	21. Sami Smith	11 SF Washington	16:07.0
9. Carly Holmstrom	10 SF Lincoln	15:50.6	22. Abbey Van	11 SF O'Gorman	16:07.1
10. Bailey Breems	12 SF Roosevelt	15:53.3	23. Heidi Thyne	10 Watertown	16:07.7
11. Jordan Hanson	10 Watertown	15:54.3	24. Alexandria Suhr	11 Douglas	16:10.3
12. Bailey Eich	11 Douglas	15:55.1	25. Serina Robinson	11 SF Lincoln	16:11.5
13. Bridget Simmons	10 Pierre Riggs	15:55.4			

## GIRLS' TEAM POINTS



### State Class "B" Cross Country Champions – Lemmon Cowgirls

*Team members include:* Bobbi Beer, Haley Froelich, Chelsey Henes, Julia Blue Arm, Tawny Schopp, Mandy Schackow, Brandi Blue Arm, Shelby Beer. *Head Coach:* Tim Pelkofer.

#### CLASS "B"

1. Lemmon.....24	9. Timber Lake ..... 88
2. Kadoka Area .....32	10. Dell Rapids St. Mary ..... 92
3. Scotland .....52	11. Arlington..... 106
4. Estelline .....53	12. Summit..... 111
5. Centerville .....54	13. Mitchell Christian ..... 120
6. Freeman Academy .....58	14. Herreid ..... 123
7. Ipswich.....75	15. Gettysburg ..... 133
8. McIntosh.....78	16. Highmore-Harrold ..... 156



### State Class "A" Cross Country Champions – Garretson Blue Dragons

*Team members include:* Lindsey Bohl, Erin Nolz, Taylor Tillma, Shelby Ellefson, Cassidy Powell, Kayla Wieskus. *Head Coach:* Jason Bohl.

#### CLASS "A"

1. Garretson ..... 60	9. Custer..... 151
2. Canton.....76	9. Red Cloud ..... 151
3. Chamberlain.....79	11. Cheyenne-Eagle Butte ..... 161
4. Madison ..... 104	12. Parkston ..... 162
5. West Central ..... 105	13. Deuel..... 172
5. Milbank.....105	14. Aberdeen Roncalli ..... 196
7. Redfield/Doland..... 131	15. Beresford ..... 202
8. Hill City ..... 138	



**State Class "AA" Cross Country Champions - Yankton Gazelles**

*Team members include:* Megan Hilson, Mariah Hofer, Jenna Grossenburg, Whitlee Larson, Ciara Andrus, Lauren Storm, Sara Watt. *Head Coach:* Dave Dannenbring.

**CLASS "AA"**

1. Yankton .....	61	9. Sturgis Brown .....	250
2. Sioux Falls Roosevelt .....	69	10. Rapid City Central .....	279
3. Aberdeen Central/SDBVI .....	89	11. Sioux Falls O’Gorman .....	287
4. Rapid City Stevens .....	161	12. Brookings .....	289
4. Sioux Falls Lincoln .....	161	13. Sioux Falls Washington .....	309
6. Watertown .....	174	14. Spearfish .....	322
7. Brandon Valley .....	182	15. Mitchell .....	345
8. Pierre-Riggs .....	226	16. Huron .....	394

**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	Nickie Jones, Viborg, 1985
Huron (Broadland Creek Golf Course)	11:56.22	Jenny Aman, Edmunds Central, 1999

**CLASS "B"**

**(4000m)**

Rapid City (Elks Golf Course)	15:40.90	Hilary Krein, Eureka/Bowdle, 2009
Huron (Broadland Creek Golf Course-2000)	15:56.77	Emma Erickson, Gayville-Volin, 2006

**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	Sally Meyer, Madison, 1997
Mitchell (Lakeview Golf Course)	14:11.16	Jessica Donner, Lead, 1998
Huron (Meadowbrook Golf Course)	14:21.70	Jamie Pauli, Milbank, 1993
Huron (Broadland Creek Golf Course)	14:29.77	Salley Meyer, Madison, 1996
Huron (Broadland Creek-effective 2000)	15:38.30	Kelsey Barrett, Britton-Hecla, 2007

## 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

## GIRLS' STATE CHAMPIONS AND RUNNERS-UP

### Girls' Class "B" Cross-Country - Three Class System

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

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

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

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

	<b>Champion</b>	<b>Runner-Up</b>		<b>Champion</b>	<b>Runner-Up</b>
1976	RC Stevens	Pierre	1993	RC Stevens	Watertown
1977	RC Stevens	Pierre	1994	RC Stevens	Watertown
1978	Huron	Yankton	1995	RC Stevens	SF Washington
1979	RC Stevens	Huron	1996	RC Stevens	Watertown
1980	Brookings	Watertown	1997	RC Stevens	Spearfish
1981	Huron	RC Stevens	1998	RC Stevens	SF O'Gorman
1982	Brookings	Huron	1999	RC Stevens	Watertown
1983	Brookings	SF Washington	2000	RC Stevens	Watertown
1984	RC Stevens	SF Lincoln	2001	Watertown	RC Stevens
1985	RC Stevens	Huron	2002	RC Stevens	Yankton
1986	SF O'Gorman	SF Lincoln	2003	Yankton	RC Stevens
1987	Huron	SF O'Gorman	2004	Yankton	SF Roosevelt
1988	SF O'Gorman	Huron	2005	Yankton	SF Roosevelt
1989	Huron	SF Lincoln	2006	Yankton	SF Roosevelt
1990	Mitchell	RC Central	2007	Yankton	SF Roosevelt
1991	RC Central	RC Stevens	2008	SF Roosevelt	Aberdeen Cent/SDBVI
1992	RC Central	RC Stevens	2009	Yankton	SF Roosevelt

## GIRLS CROSS COUNTRY INDIVIDUAL CHAMPIONS AND RUNNERS-UP

### CLASS "B"

<b>Year</b>	<b>Champion</b>	<b>Runner-Up</b>
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	Karla Galbraith, RC Stevens
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 Groon, 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

## GIRLS CROSS COUNTRY INDIVIDUAL CHAMPIONS AND RUNNERS-UP

### CLASS "A"

<b>Year</b>	<b>Champion</b>	<b>Runner-Up</b>
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	Heidi Reed, Canton	Coni Fritz, Lennox
1989	Heidi Reed, Canton	Renee Tadstad, Groton
1990	Heidi Reed, Canton	Sally O'Dell, Spearfish
1991	Jamie Pauli, Milbank	Heidi Reed, Canton
1992	Lynn Routh, Spearfish	Catherine Brechtel, Hot Springs
1993	Jamie Pauli, Milbank	Angela Buus, Lennox
1994	Salley Meyer, Madison	Nyla Schroeder, Hot Springs
1995	Jamie 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	Karie 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

## GIRLS CROSS COUNTRY INDIVIDUAL CHAMPIONS AND RUNNERS-UP

### CLASS "AA"

<b>Year</b>	<b>Champion</b>	<b>Runner-Up</b>
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