GIRLS CROSS COUNTRY RECORDS

TOP 4K TIMES (1984-2006)

Place	Athlete	Time	Year
1	Winter Holman	14:31.2	2000
2	Kassie Kovert	14:54.6	2005
3	Cally Thompson	15:02	1997
4	Suzanne Botkin	15:03	1995
5	Heather Smith	15:39	1995
6	Bethany Botkin	15:46	1997
7	Melissa Morrison	15:50	1985
8	Leah Owen	15:58	1997
9	Patricia Norton	16:07	1984
10	Amber Niewedde	16:13	1994
11	Karmen Hansome	16:14	2002
12	Haley Locke	16:37	2003
13	Lisa Persinger	16:38	1984
14	Audrey Berry	16:43	2004
15	Kristi Stuckwisch	16:45	1987
16	Missy Thompson	16:48	1997
17	Cassie Baker	16:50	2005
18	Lisa Robison	16:51	2003
19	Christin Turmail	16:54	2002
20	Kallie Kovert	16:56	2001
21	Erin Botkin	16:58	1993
22	Diana Butcher	17:02	1991
23	Rendy Morrison	17:04	1987
24	Jessica Bryant	17:30	2004
25	Rachel Zabel	17:32	1995
26	Mende Berry	17:39	1987
27	Abby Peters	17:42	2001
28	Natalie Teulker	17:43	1996
29	Shanty Thompson	17:48	1997
	Cara Botkin	17:48	1990
31	Ann Summers	17:50	1991
32	Katrina Blair	17:56	1993
	Suzi Warren	17:56	1985
34	Kara Kamperschroer	17:57	1984

TOP 5K TIMES (2007-present)

Place	Athlete	Time	Year
1	Hope Lockman	18:57.6	2010
2	Kassie Kovert	19:13	2007
3	Paige McKain	20:40	2021
4	Kaelyn Johnson	20:41	2016
5	Destinie Staley	20:43	2010
6	Elisa Gallion	21:03	2013
7	Victoria Ollo	21:18	2008
8	Mallory Smith	21:31	2007
	Destiny Satterthwaite	21:31	2016
	Jazzlynn Yeadon	21:31	2019
11	Shauna Drake	21:41	2018
12	Trinity Cody	21:50	2022
13	Alexis Koch	21:52	2013
14	Kari Brown	21:53	2012
15	Kelsey Schneider	21:59	2022
16	Grace Garland	22:01	2018
17	Shelby Walls	22:02	2010
	Brielle Schumpe	22:02	2012
	Miriah Lasher	22:02	2013
20	Kylee Wischmeier	22:04	2016
21	Emma Winks	22:08	2018
22	Claire Poulton	22:10	2017
23	Jenna Hackman	22:19	2008
24	Cambell Shasteen	22:20	2022
25	Jacqueline Ollo	22:23	2013
26	Kaitlin McPike	22:25	2012
27	Darcey Fritz	22:26	2008
28	Renee Nehrt	22:30	2007
29	Miranda Lasher	22:38	2010
30	Mariah Huff	22:46	2007
31	Madison Klinge	22:54	2017
32	Olivia Goecker	23:01	2012
33	Alexandrea Caffee	23:04	2017
34	Kourtney Branaman	23:06	2013
35	Alyson Nash	23:08	2010
36	Zoe Fountain	23:20	2018
37	Madaline Schepman	23:24	2022
38	Celina Schumpe	23:29	2010
	Kristen Stuckwisch	23:29	2016
40	Brycelyn Ruddick	23:31	2011
41	Sammi Amers	23:32	2008
	Maria Allen	23:32	2008
43	Brianna Toppe	23:46	2009
	Samantha Persinger	23:46	2010
45	Emily Newberry	23:56	2010
46	Morgan Harrison	23:58	2015
47	Maxilina Buehling	24:00	2017
48	Claire Smith	24:04	2016
49	Ashley Allen	24:05	2008
50	Heather Gilbert	24:07	2007