

IGHSAU
State Cross Country History
Four Class era (since 2003)

STATE CHAMPIONS

Assumption: 15
Ballard: 19, 20
Cascade: 15
Cedar Rapids Xavier: 03, 06
Central Elkader: 15
Council Bluffs St. Albert: 07
Decorah: 07, 12, 13, 14, 16
Dowling Catholic, WDM: 07, 08, 09, 10, 11, 13
Dubuque Hempstead: 21, 22
Dubuque Wahlert: 09, 10, 11, 17, 18
Earlham: 22
Gilbert: 13
Griswold: 12
Harlan: 05
Hudson: 17, 20
Iowa City High: 03, 05, 06
Iowa City West: 04
Johnston: 14, 16, 17, 19, 20
Logan-Magnolia: 18, 19
Marion: 04
Mid-Prairie: 17, 18, 19, 20, 21
Monticello: 14, 16
Mount Vernon-Lisbon: 08
Nodaway Valley: 09
North Tama: 05
Pekin: 08, 10, 11, 13
Pella: 22
Pleasant Valley: 12
Pocahontas: 14
Solon: 21
Southeast Polk: 18
South Winneshiek: 21
Tipton: 03, 04, 05, 06
Union: 07, 08, 09, 10
Unity Christian, 11, 12
Urbandale: 15
Valley Community: 03, 04, 06
Van Meter: 22

STATE RUNNERS-UP

Ames: 13
Assumption: 11
Ballard: 21, 22
Cascade: 14
Cedar Rapids Xavier: 05
Central Elkader: 06
Clear Creek-Amana: 03
Corning: 04
Dallas Center-Grimes: 18, 19, 20
Decorah: 09, 10

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Denver: 07, 21
Dike-New Hartford: 09
Dowling Catholic: 06
Dubuque Hempstead: 16
Dubuque Senior: 17, 19
Dubuque Wahlert: 04
Durant: 05
Earlham: 10, 11
Gilbert: 14
Harlan: 06
Hudson: 08 (2A), 16 (1A), 19 (1A)
Iowa City High: 04, 08, 09, 10
Iowa City Regina: 11 (2A), 18 (1A)
Iowa City West: 03
Johnston: 18, 22
Linn-Mar: 11, 12
Logan-Magnolia: 21
MOC-Floyd Valley: 12, 13
Monticello: 15, 17
Nodaway Valley: 05, 08
Northeast: 12
Panorama: 17
Pekin: 09 (2A), 12 (1A), 14 (1A), 15 (1A)
Pella: 15, 16, 17
Pleasant Valley: 15, 21
Pocahontas: 13
Solon: 04, 06
South Winneshiek: 16, 20, 22
Tipton: 07, 20
Unity Christian: 10, 13
Urbandale: 07, 14
Valley Community: 07
Waukon: 03
WDM Valley: 05, 20
West Sioux: 03
Williamsburg: 08 (3A), 18 (2A), 19 (2A), 22 (2A)

STATE THIRD PLACE (Trophies awarded beginning 2011)

AHSTW: 19
Ames: 14, 21
Ankeny Centennial: 20
Assumption: 12, 13, 14
Bettendorf: 15
Cascade: 13
Cedar Rapids Xavier: 09
Central Elkader: 07, 12, 13
Charles City: 16
CMB: 05
Dallas Center-Grimes: 21
Decorah: 17
Des Moines Roosevelt: 04
Dubuque Senior: 22

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Dubuque Wahlert: 03, 08, 15, 19, 20
Fort Dodge St. Edmond: 21
Glenwood: 18
Griswold: 11, 14
Hudson: 07 (2A), 18 (1A)
Iowa City High: 07, 16
Iowa City Regina: 03 (1A), 09 (2A), 10 (2A), 20 (1A)
Iowa City West: 08, 09
Johnston: 12
Kee: 17
Linn-Mar: 19
Marion: 05, 06
Mid-Prairie: 16
Monticello: 03, 12, 19, 21, 22
Nodaway Valley: 04, 06
North Tama: 06
Osage: 14
Panorama: 09
Pekin: 16
Pella: 07, 10, 11
Pleasant Valley: 11, 13
Sibley-Ocheyedan: 22
Sioux Center: 11
Solon: 22
South Winneshiek: 15
Tri-Center: 10
Urbandale: 05, 06
Valley Community: 05, 08
Waukee: 17
Waukon: 04
WDM Valley: 03, 10, 18
West Fork: 15
West Sioux: 04
Williamsburg: 20
Wilton: 08
Woodbury Central/Kingsley-Pierson: 17, 18

STATE TEAM QUALIFIERS (Since 2003)

ACGC (5): 16, 18, 19, 20, 21
ADM (4): 07, 08, 19, 22
AHSTW (3): 17, 19, 20
Albia (5): 09, 10, 18, 21, 22
Algona (1): 10
Alta-Aurelia (4): 15, 16, 17, 22
Ames (15): 03, 04, 05, 06, 07, 08, 09, 11, 12, 13, 14, 15, 16, 21, 22
Anamosa (1): 17
Ankeny (12): 03, 05, 06, 08, 09, 10, 11, 12, 16, 20, 21, 22
Ankeny Centennial (9): 13, 14, 15, 16, 17, 18, 20, 21, 22
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

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Ballard (14): 03, 07, 08, 09, 10, 14, 15, 16, 17, 18, 19, 20, 21, 22
Baxter (1): 17
BCLUW (3): 06, 08, 09
Beckman Catholic (2): 21, 22
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 (16): 04, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22
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 (13): 03, 04, 05, 06, 07, 09, 10, 11, 12, 15, 16, 17, 22
Cedar Rapids Kennedy (9): 03, 04, 05, 07, 10, 11, 12, 13, 18
Cedar Rapids Prairie (4): 18, 19, 20, 21
Cedar Rapids Washington (7): 03, 04, 06, 07, 08, 09, 10
Cedar Rapids Xavier (7): 03, 04, 05, 06, 07, 09, 13
Center Point-Urbana (4): 19, 20, 21, 22
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 (6): 03, 18, 19, 20, 21, 22
Clarinda (4): 05, 06, 21, 22
Clear Creek-Amana (2): 03, 22
Clear Lake (1): 22
Colfax-Mingo (1): 14
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 (3): 12, 17, 18
Dallas Center-Grimes (12): 04, 10, 11, 12, 13, 15, 16, 17, 18, 19, 20, 21
Danville (4): 07, 17, 18, 20
Davenport North (1): 06
Davis County (5): 11, 12, 13, 19, 20
Decorah (16): 04, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20
Denison-Schleswig (7): 03, 04, 05, 06, 15, 16, 17
Denver (15): 05, 06, 07, 08, 09, 10, 11, 12, 16, 17, 18, 19, 20, 21, 22
Des Moines Christian (4): 14, 20, 21, 22
Des Moines Roosevelt (11): 03, 04, 07, 10, 11, 13, 14, 17, 18, 21, 22
Dike-New Hartford (9): 05, 08, 09, 12, 14, 15, 18, 19, 20
Dowling Catholic (17): 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22
Dubuque Hempstead (9): 14, 15, 16, 17, 18, 19, 20, 21, 22
Dubuque Senior (12): 06, 08, 11, 12, 13, 16, 17, 18, 19, 20, 21, 22
Dubuque Wahlert (18): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 14, 15, 16, 17, 18, 19, 20, 21
Durant (8): 03, 05, 06, 07, 08, 12, 13, 14
Eagle Grove (5): 03, 10, 11, 12, 17

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Earlham (10): 03, 07, 08, 10, 11, 12, 18, 20, 21, 22
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 (1): 03
Epworth WD (1): 21
Estherville-LC (4): 06, 07, 08, 09
Exira/EHK (1): 13
Fairfield (1): 06
Forest City (2): 03, 05
Fort Dodge (2): 03, 04
Fort Dodge St. Edmond (12): 04, 08, 09, 14, 15, 16, 17, 18, 19, 20, 21, 22
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 (4): 05, 06, 07, 22
Gilbert (14): 03, 04, 05, 07, 08, 10, 11, 12, 13, 14, 15, 16, 21, 22
Glenwood (7): 04, 17, 18, 19, 20, 21, 22
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 (3): 09, 11, 15
Harlan (16): 04, 05, 06, 07, 08, 09, 10, 11, 12, 14, 15, 18, 19, 20, 21, 22
Hudson (13): 06, 07, 08, 09, 10, 11, 16, 17, 18, 19, 20, 21, 22
Humboldt (9): 07, 08, 09, 10, 13, 14, 15, 16, 17
IKM-Manning (1): 22
Indianola (4): 15, 19, 20, 21
Iowa City High (18): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 19, 21, 22
Iowa City Regina (17): 03, 04, 05, 06, 07, 08, 09, 10, 11, 13, 15, 17, 18, 19, 20, 21, 22
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 (6): 10, 15, 18, 19, 20, 21
Johnston (19): 03, 04, 05, 06, 07, 08, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22
Kee, Lansing (4): 17, 18, 19, 20
Knoxville (6): 03, 04, 05, 06, 07, 08
Le Mars Gehlen (4): 03, 04, 10, 11
Linn-Mar (15): 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22
Logan-Magnolia (7): 04, 17, 18, 19, 20, 21, 22
Lone Tree (1): 10
Lynnville-Sully (3): 10, 12, 13
Madrid (3): 03, 19, 22
Manson NW Webster (1): 20
Maple Valley-Athon-Oto (1): 16
Maquoketa Valley (1): 04
Marion (8): 03, 04, 05, 06, 07, 08, 15, 21
Marquette (4): 08, 09, 10, 12
Marquette Cath (3): 16, 17, 18
Marshalltown (4): 03, 04, 07, 08
Mason City (2): 08, 09
Mason City Newman (10): 07, 08, 10, 13, 14, 15, 16, 17, 20, 21

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Mediapolis (3): 12, 14, 15
Mid-Prairie (9): 14, 15, 16, 17, 18, 19, 20, 21, 22
Missouri Valley (2): 09, 11
MOC-Floyd Valley (7): 03, 11, 12, 13, 14, 21, 22
Montezuma (1): 20
Monticello (13): 03, 04, 05, 06, 12, 13, 14, 15, 16, 17, 19, 21, 22
Mount Pleasant (1): 07
Mount Vernon-Lisbon (8): 08, 10, 11, 13, 14, 16, 21, 22
Muscatine (5): 05, 13, 14, 15, 16
Nasua-Plainfield (2): 11, 20
Nevada (1): 05
Newton (1): 05
New Hampton (1): 22
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 (15): 03, 04, 05, 07, 09, 10, 11, 12, 13, 14, 15, 16, 18, 21, 22
North Polk (13): 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 21
North Scott (3): 04, 07, 16
North Tama (5): 05, 06, 07, 21, 22
Northeast (3): 11, 12, 13
Norwalk (3): 05, 18, 19
OA-BCIG (1): 11
Ogden (1): 03
Okoboji (3): 06, 16, 17
Osage (3): 14, 15, 16
Ottumwa (3): 2005, 06, 17
Panorama (12): 06, 07, 09, 10, 12, 13, 14, 15, 16, 17, 18, 20
Pekin (19): 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22
Pella (17): 03, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 22
Pella Christian (2): 08, 22
Pleasant Valley (18): 03, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 20, 21, 22
Pocahontas (4): 06, 13, 14, 15, 16
Prairie City Monroe (1): 17
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 (8): 04, 10, 11, 12, 13, 16, 20, 21
Sheldon (3): 03, 04, 05
Shenandoah (8): 03, 10, 11, 12, 15, 16, 17, 18
Sibley-Ocheyedan (4): 13, 20, 21, 22
Sioux Center (8): 03, 04, 05, 07, 08, 09, 10, 11
Sioux Central (1): 11
Sioux City East (2): 09, 19
Sioux City North (2): 04, 05
Solon (16): 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 16, 18, 19, 20, 21, 22
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 (10): 03, 11, 13, 14, 15, 16, 17, 20, 21, 22

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

CONSECUTIVE STATE MEET APPEARANCES (4-class era)

19 Pekin (04-22)
16 Waukee (05-20)
16 Iowa City West (03-18)
17 Dowling Catholic (06-22)
17 Unity Christian (06-22)
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)

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- 13 Johnston (10-22)
- 12 North Polk (07-18)
- 10 Griswold (07-16)
- 10 Dubuque Wahlert (03-12)

CONSECUTIVE STATE MEET APPEARANCES (ACTIVE)

- 19 Pekin (04-22)
- 17 Dowling Catholic (06-22)
- 17 Pella (06-22)
- 17 Unity Christian (06-22)
- 15 Linn-Mar (08-22)
- 13 Johnston (10-22)

Best State Meet Times (all-classes) Recorded over 5,000 meters (since 2015)

- 16:48.58 Paityn Noe, Ballard, 2022**
- 17:23.9 Camille Jackson, Ames, 2019
- 17:41.24 Adrienne Buettner-Cable, DM Roosevelt, 2022**
- 17:44.1 Ashlyn Kenney, Iowa City Liberty, 2019
- 17:51.2 Marie Hostetler, Mid-Prairie, 2017
- 17:55.0 McKenzie Yanek, Pleasant Valley, 2015
- 17:55.18 Addison Dorenkamp, WDM Valley, 2021**
- 17:55.3 Shewaye Johnson, Ballard, 2020**
- 17:57.7 Anna Hostetler, Mid-Prairie, 2016
- 18:01.57 Olivia Verde, Johnston, 2022
- 18:03.20 Julia Gehl, Dubuque Hempstead, 2022
- 18:03.4 Micah Poellet, Linn-Mar, 2018
- 18:04.3 Paige Horner, Johnston, 2017
- 18:06.9 Bailey Nock, Iowa City West, 2016
- 18:07.4 Emily Staal, Springville-Central City, 2018
- 18:07.6 Lillian Schmidt, Dubuque Senior, 2019
- 18:08.0 Keelee Leitzen, Dubuque Hempstead, 2020
- 18:10.0 Jessica McKee, Johnston, 2016
- 18:14.89 Kamryn Ensley, WDM Valley, 2021
- 18:15.69 Randi Quass, Ankeny Centennial, 2022
- 18:18.28 Kaia Downs, Sioux City East, 2021
- 18:18.3 Lauren Schulze, WDM Valley, 2020
- 18:20.2 Bella Heikes, Johnston, 2020
- 18:20.91 Noelle Steines, Calamus-Wheatland, 2021**
- 18:21.7 Julia Noah, Urbandale, 2015

**STATE CHAMP

Best State Meet Times (CLASS 4A) Recorded over 5,000 meters (since 2015)

- 17:23.9 Camille Jackson, Ames, 2019**
- 17:41.24 Adrienne Buettner-Cable, DM Roosevelt, 2022
- 17:44.1 Ashlyn Kenney, Iowa City Liberty, 2019
- 17:55.0 McKenzie Yanek, Pleasant Valley, 2015**
- 17:55.9 Addison Dorenkamp, WDM Valley, 2021**
- 18:01.57 Olivia Verde, Johnston, 2022

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18:03.20 Julia Gehl, Dubuque Hempstead, 2022
18:03.4 Micah Poellet, Linn-Mar, 2018** (18:18.9 in 2019; 18:21.4 in 2020)
18:04.3 Paige Horner, Johnston, 2017**
18:06.9 Bailey Nock, Iowa City West, 2016** (18:19.9 in 2017)

**STATE CHAMP

Best State Meet Times (CLASS 3A) Recorded over 5,000 meters (since 2015)

16:48.58 Paityn Noe, Ballard, 2022**
17:55.3 Shewaye Johnson, Ballard, 2020**
18:22.5 Janette Schraft, Glenwood, 2018**
18:23.5 Adrianna Katcher, Center Point-Urbana, 2017**
18:24.13 Kayla Young, Solon, 2022
18:27.32 Lourdes Mason, Mount Vernon-Lisbon, 2022
18:35.7 Mary Blanchard, Grinnell, 2017
18:40.0 McKayla Cole, Charles City, 2016
18:40.31 Geneva Timmerman, ADM, 2022
18:43.5 Julia Schumacher, Davenport Assumption, 2016

**STATE CHAMP

Best State Meet Times (CLASS 2A) Recorded over 5,000 meters (since 2015)

17:51.2 Marie Hostetler, Mid-Prairie, 2017** (18:02.1 in 2018**; 17:58.2 in 2019**)
17:57.7 Anna Hostetler, Mid-Prairie, 2016** (18:06.0 in 2017)
18:07.4 Emily Staal, Springville-Central City, 2018 (18:39.3 in 2019)
18:27.23 Danielle Hostetler, Mid-Prairie, 2021**
18:25.2 Karley Larson, Underwood, 2016
18:26.6 Paige Holub, Monticello, 2016 (18:54.7 in 2015**)
18:36.2 Ellie Friesen, Crestwood, 2017
18:48.6 Jordan Winke, Albia, 2016
18:49.91 Madison Brouwer, Sibley-Ocheyedan, 2021
18:51.04 Katelyn Johnston, Osage, 2021

**STATE CHAMP

Best State Meet Times (CLASS 1A) Recorded over 5,000 meters (since 2015)

18:20.91 Noelle Steines, Calamus-Wheatland, 2021**
18:36.25 Jalyssa Blazek, Turkey Valley, 2021
18:36.5 Emily Staal, Springville-Central City, 2017**
18:41.7 Emma Lucas, Bedford, 2018** (18:59.3 in 2017)
18:42.12 Madison Brouwer, Sibley-Ocheyedan, 2022
18:45.4 Peyton Pogge, Tri-Center, 2019** (19:24.5 in 2018; 19:25.0 in 2017, 19:35.3 in 2020)
18:51.4 Haley Meyer, Kee, 2019 (19:11.3 in 2020**)
18:54.0 Jalyssa Blazek, Turkey Valley, 2019 (19:30.5 in 2020)
18:54.3 Sophia Jungling, Aplington Parkersburg, 2019
19:02.6 Billie Wagner, South Winneshiek, 2019 (19:19.8 in 2020)

**STATE CHAMP