

**GIRL'S CROSS COUNTRY 4K RECORDS**  
**CROSS COUNTRY ALL TIME TOP TWENTY**

1.	Jill Hughes	15:42	2004
2.	Beth Orr	15:44	2005
3.	Ashley Evans	16:01	2003
4.	Kelsey Beeding	16:10	2005
5.	Ashli Czerwiec	16:21	2004
6.	Rachel Echelbarger	16:28	2004
7.	Lizzie Wunder	16:34	2005
8.	Meghan Fick	16:45	2004
9.	Cori Moore	17:03	2002
10.	Becca Meyer	17:22	2002
11.	Kate Edwards	17:32	2003
12.	Mary Huddleston	17:34	2005
13.	Annie Brooker	17:44	2002
14.	Dennette Hall	18:01	2003
16.	Yuli Sanchez	18:09	2003
17.	Dani Moore	18:13	2005
18.	Leslie Morales	18:23	2002
19.	Katie Kenyon	18:28	2004
20.	Megan Roelle	18:34	2005

**MUSKIE COURSE RECORDS**

*SENIOR*

**Beth Orr      16:48.0      2005**

*SOPHOMORE*

**Ashley Evans   17:00.0      2002**

*JUNIOR*

**Lizzie Wunder   17:03.0      2005**

*FRESHMAN*

**Jill Hughes      16:41.0      2004**

# GIRL'S CROSS COUNTRY 4K RECORDS

## CROSS COUNTRY ALL TIME TOP TIMES BY CLASS

### SENIOR

- 1 - Beth Orr - 15:44 - 2005
- 2 - Meghan Fick - 16:45 - 2004
- 3 - Cori Moore - 17:03 - 2002
- 4 - Mary Huddleston - 17:34 - 2005
- 5 - Annie Brooker - 18:05 - 2003
- 6 - Yuli Sanchez - 18:09 - 2002
- 7 - Dennette Hall - 18:12 - 2004
- 8 - Leslie Morales - 18:23 - 2003
- 9 - Becca Meyer - 18:37 - 2004
- 10 - Michelle Lorentzen - 18:50 - 2002
- 11 - Ester Ayala - 19:02 - 2003
- 12 - Jaime William - 19:11 - 2003
- 13 - Katie Kenyon - 19:12 - 2005
- 14 - Ashley Carlson - 19:20 - 2002
- 15 - Katie Post - 19:28 - 2002

### JUNIOR

- 1 - Ashley Evans - 16:01 - 2003
- 2 - Kelsey Beeding - 16:10 - 2005
- 3 - Lizzie Wunder - 16:34 - 2005
- 4 - Meghan Fick - 16:48 - 2003
- 5 - Ashley Czerwiec - 16:51 - 2005
- 6 - Rachel Echelbarger - 17:24 - 2005
- 7 - Annie Brooker - 17:44 - 2002
- 8 - Dani Moore - 18:13 - 2005
- 9 - Katie Kenyon - 18:28 - 2004
- 10 - Megan Roelle - 18:34 - 2005
- 11 - Becca Meyer - 18:43 - 2003
- 12 - Mary Huddleston - 18:47 - 2004
- 13 - Amy Cooney - 19:02 - 2005
- 14 - Kate Edwards - 19:03 - 2005
- 15 - Maddy Harmon - 19:18 - 2005

### SOPHOMORE

- 1 - Ashli Cerwiec - 16:21 - 2004
- 2 - Rachel Echelbarger - 16:28 - 2004
- 3 - Kelsey Beeding - 16:34 - 2004
- 4 - Jill Hughes - 16:36 - 2005
- 5 - Beth Orr - 16:45 - 2003
- 6 - Ashley Evans - 17:00 - 2002
- 7 - Becca Meyer - 17:22 - 2002
- 8 - Meghan Fick - 17:50 - 2002
- 9 - Kate Edwards - 17:55 - 2004
- 10 - Dennette Hall - 18:01 - 2002
- 11 - Joy Stalzer - 18:39 - 2005
- 12 - Mary Huddleston - 18:47 - 2003
- 13 - Lauren Poirier - 18:55 - 2003
- 14 - Miranda Weikert - 18:56 - 2003
- 15 - Jessica Sheperd - 18:58 - 2005

### FRESHMAN

- 1 - Jill Hughes - 15:42 - 2004
- 2 - Ashli Czerwiec - 16:39 - 2003
- 3 - Beth Orr - 16:45 - 2002
- 4 - Kelsey Beeding - 17:13 - 2003
- 5 - Kate Edwards - 17:32 - 2003
- 6 - Allison Kisner - 18:38 - 2005
- 7 - Katie Fick - 19:01 - 2005
- 8 - Angela Karkosh - 19:06 - 2005
- 9 - Amy Eichelberger - 19:17 - 2004
- 10 - Sarah Meyer - 19:58 - 2003
- 11 - Joy Stalzer - 20:05 - 2004
- 12 - Kassy Middagh - 20:13 - 2005
- 13 - Bailey Harrison - 21:52 - 2004
- 14 - Danielle Dolan - 22:30 - 2005
- 15 - Tess Harrison - 24:17 - 2005

# GIRLS' CROSS COUNTRY RECORDS CONFERENCE

INDIVIDUAL FINISHERS		FRESH/SOPH		TEAM FINISHES					
VARSITY				YR.	VAR.	FR/SO	COACH		
1st		<b>Cori Moore '00</b>		2005	5th	3rd	R Washburn		
		<b>Natalie Hetzler '97</b>		2004	<b>2nd</b>	7th	R Washburn		
2nd	<b>Colleen Schmitt '98</b>	<b>Candice Frost '90</b>		2003	5th	5th	R Washburn		
		<b>Michelle Kilberger '87</b>		2002	9th	3rd	R Washburn		
	<b>Cindy Springman '79</b>	<b>Mandy Welk '93</b>		2001	3rd	6th	R Washburn		
		<b>Norrine Tubant '92</b>		2000	7th	<b>2nd</b>	R Washburn		
		<b>Michelle Nowling '86</b>		1999	5th	3rd	R Washburn		
3rd	Sarah Lacina '01 Lea Lucas '91 & '00 Tami Hoskins '86 Alice Drum '81	<b>Katie Springman '82</b>		1998	<b>2nd</b>	3rd	R Washburn		
		Beth Newell '93		1997	3rd	3rd	R. Washburn		
		Cindy Mull '82		1996	3rd	5th	R. Washburn		
				1995	3rd	<b>1st</b>	R. Washburn		
4th	Sarah Lacina '99 Kathryn Stamler '97 & '98 Mandy Welk '94			1994	<b>2nd</b>	3rd	R. Washburn		
		Colleen Schmitt '95		1993	7th	<b>2nd</b>	R. Washburn		
				1992	5th	<b>1st</b>	R. Washburn		
5th	Jill Hughes '04 Tami Hoskins '83 & '85 Lora Brookhart '81			1991	<b>2nd</b>	3 Runners	R. Washburn		
		Ashley Evans '02		1990	7th	3rd	R. Washburn		
		Laura Brouwer '92		1989	Did Not Run	5th	J. Johnson		
		Leigh Ramser '90		1988	6th	3rd	J. Lorimor		
		Jill Fick '82		1987	7th	3rd	J. Lorimor		
		Lora Brookhart '79		1986	5th	<b>1st</b>	J. Lorimor		
		Natalie Wieskamp '99		1985	4th	4th	J. Lorimor		
		Karrie Temple '98		1984	6th	3rd	J. Lorimor		
		Desiree Flickinger '95		1983	3rd	<b>2nd</b>	J. Lorimor		
		Jody Whitlock '84		1982	6th	<b>1st</b>	J. Lorimor		
6th	Beckie Sweatman '97 Shelly Kuhn '80 Teresa Harper '76	Jill Fick '83		1981	4th	<b>1st</b>	J. Lorimor		
		Lesley Morales '00		1980	4th	5th	J. Lorimor		
		Katie DeKock '95		1979	5th	4th	J. Lorimor		
		Lisa Hetzler '94		1978	5th	6th	J. Lorimor		
		Michelle Martz '93		1977	5th	Did Not Run	J. Lorimor		
		Mandy Welk '92		1976	5th	<b>2nd</b>	J. Lorimor		
		Michelle Kilberger '86		1975	No Conference Meet		J. Lorimor		
		Kaaren Lister '82 & '83		1974	No Conference Meet		J. Lorimor		
		8th	Candice Frost '92	Annie Brooker '00					
				Kathryn Stamler '95					
Cindy Mull '81									
Michelle Fuhlman '78									
9th	Sarah Lacina '98 Michelle Martz '94 Teresa Harper '77	Becca Meyer '02							
		Katie DeKock '94							
		Heather Lande '92							
		Casey Krueger '88							
		Jill Lurndal '81							
		Carol Powers '76							
		Anne Brooker '01							
10th	Michelle Nowling '87	Ashley Carlson '00							
		Tera Roth '98							
		Christy Velasquez '97							
		Heather Lande '93							
		Christina Luna '89							
		Chanda Bishop '87							
		Taura Drake '86							
		Mary Templeman '81							
		Ann Mitchell '76							

# GIRLS' CROSS COUNTRY RECORDS

## ***DISTRICT MEET TEAM RESULTS***

### **STATE MEET TEAM QUALIFIERS**

**2nd 1975, 1998**  
**3rd 1994; 2005**  
**4th 1983, 1991**

### **OTHER PLACES**

4th 1997, 2001, 2003  
5th 1976, 1984, 1986, 1999, 2004  
6th 1977, 1978, 1985, 1993, 1995, 1996  
7th 1980, 1990  
8th 1992, 2000, 2002  
9th 1981, 1987  
10th 1979  
12th 1988  
13th 1989

## ***STATE MEET INDIVIDUAL QUALIFIERS & (District Place)***

2005 – Beth Orr (8th)  
2003 - Ashley Evans (8th) (**Muskie's First 4K State Meet Qualifier**)  
2000 - Sarah Lacina (6th)  
1999 - Sarah Lacina (5th)  
1998 - Colleen Schmitt (4th) & Kathryn Stamler (5th)  
1994 - Mandy Welk (8th)  
1993 - Candice Frost (8th)  
1991 - Lea Lucas (8th) & Candice Frost (9th)  
1990 - Candice Frost (2nd)  
1986 - Tami Hoskins (2nd)  
1985 - Tami Hoskins (6th)  
1984 - Alice Drum (5th)  
1983 - Tami Hoskins (5th)  
1981 - Alice Drum (2nd)  
1980 - Shelly Kuhn (11th)  
1979 - Cindy Springman (2nd)  
1976 - Teresa Harper (3rd)  
1975 - Marianne Oveson (6th) & Carol Lambrecht (10th) & Teresa Harper (15th)  
1974 - Carol Lambrecht (4th)

# GIRL'S CROSS COUNTRY RECORDS

## STATE MEET INDIVIDUAL FINISHES

Tami Hoskins	3 <sup>rd</sup>	11:59.5	1986 (All-State)
Cindy Springman	4 <sup>th</sup>	11:35.0	1979 (All-State)
Tami Hoskins	6 <sup>th</sup>	12:04.0	1985 (All-State)
Alice Drum	7 <sup>th</sup>	11:47.2	1984 (All-State)
Tami Hoskins	12 <sup>th</sup>	11:56.6	1983
Colleen Schmitt	19 <sup>th</sup>	12:10.0	1998
Mandy Welk	19 <sup>th</sup>	12:15.2	1994
Candice Frost	20 <sup>th</sup>	12:52.8	1991
Candice Frost	20 <sup>th</sup>	12:52.0	1990
Lea Lucas	25 <sup>th</sup>	13:01.6	1991
Beth Orr	27 <sup>th</sup>	15:51.0	2005 (4K)
Sarah Lacina	27 <sup>th</sup>	12:03.0	2000
Michelle Martz	27 <sup>th</sup>	12:18.7	1994
Kathryn Stamler	29 <sup>th</sup>	12:21.0	1998
Candice Frost	29 <sup>th</sup>	12:35.3	1993
Sarah Lacina	30 <sup>th</sup>	12:06.0	1999
Carol Lambrecht	30 <sup>th</sup>	9:09.0	1974 [1.5 Miles]
Alice Drum	31 <sup>st</sup>	12:24.8	1981
Sarah Lacina	38 <sup>th</sup>	12:28.0	1998
Shelly Kuhn	45 <sup>th</sup>	12:29.0	1980
Stephanie Mauch	49 <sup>th</sup>	13:24.8	1991
Alissa Evans	51 <sup>st</sup>	12:36.9	1994
Sarah Gruemmer	57 <sup>th</sup>	12:42.0	1998
Natalie Hetzler	58 <sup>th</sup>	12:42.5	1998
Carol Lambrecht	63 <sup>rd</sup>	12:50.8	1975
Norrine Tubandt	71 <sup>st</sup>	13:48.5	1991
Beth Newell	72 <sup>nd</sup>	12:59.0	1994
Leigh Ramser	76 <sup>th</sup>	13:55.3	1991
Marianne Oveson	80 <sup>th</sup>	13:02.0	1975
Teresa Harper	84 <sup>th</sup>	13:34.0	1976
Kelsey Beeding	87 <sup>th</sup>	16:50.0	2005 (4K)
Lisa Hetzler	88 <sup>th</sup>	13:12.6	1994
Jill Hughes	90 <sup>th</sup>	16:53.0	2005 (4K)
Ashley Evans	92 <sup>nd</sup>	16:40.0	2003 (1 <sup>st</sup> 4K State Meet)
Katie DeKock	92 <sup>nd</sup>	13:14.6	1994
Sheri Cook	103 <sup>rd</sup>	13:15.0	1975
Kristy Mendoza	103 <sup>rd</sup>	13:26.5	1994
Teresa Harper	106 <sup>th</sup>	13:20.4	1978
Michelle Oveson	110 <sup>th</sup>	13:22.0	1975
Ashli Czerwicz	111 <sup>th</sup>	17:55.0	2005 (4K)
Mary Huddleston	115 <sup>th</sup>	18:29.0	2005 (4K)
Rachel Echelbarger	116 <sup>th</sup>	18:32.0	2005 (4K)
Dani Moore	117 <sup>th</sup>	18:37.0	2005 (4K)
Desiree Flickinger	117 <sup>th</sup>	13:39.0	1998
Karrie Temple	137 <sup>th</sup>	14:09.0	1998
Sue Pribyl	145 <sup>th</sup>	14:30.0	1975

## STATE MEET TEAMS

### 2005

15th (430 pts.)

Beth Orr

Kelsey Beeding – Jill Hughes  
Ashli Czerwicz – Mary Huddleston  
Rachel Echalberger – Dani Moore

### 1998

4th (201 pts.)

Colleen Schmitt

Kathryn Stamler - Sarah Lacina  
Sarah Gruemmer - Natalie Hetzler  
Desiree Flickinger - Karrie Temple

### 1994

6th (257 pts.)

Mandy Welk

Michelle Martz - Alissa Evans  
Beth Newell - Lisa Hetzler  
Katie DeKock - Kristy Mendoza

### 1991

6th (167 pts.)

Candice Frost

Lea Lucas - Stephanie Mauch  
Norrine Tubandt - Leigh Ramser

### 1983

16th (207 pts.)

Tami Hoskins

Alice Drum - Anjie Hjelle  
Cindy Mull - Kathy Ohlandorf

### 1975

18th (356 pts.)

Carol Lambrecht

Marianne Oveson - Sheri Cook  
Michelle Oveson - Sue Pribyl

## GIRLS' CROSS COUNTRY RECORDS

### **Win / Loss Records**

#### Varsity

Year	Won	Lost
2005	145	62
2004	97	93
2003	53	72
2002	36	93
2001	93	43
2000	47	74
1999	79	65
1998	138	33
1997	101	28
1996	91	30
1995	91	26
1994	112	18
1993	88	37
1992	68	63
1991	90	50
1990	64	59
Total	1310	846

#### Fresh/Soph

Year	Won	Lost
2005	62	36
2004	94	31
2003	32	30
2002	65	21
2001	65	46
2000	71	42
1999	92	39
1998	106	47
1997	73	46
1996	68	38
1995	88	14
1994	80	27
1993	80	27
1992	63	16
1991	62	12
1990	76	21
Total	1177	490

## Cross Country Awards

	<b>Varsity Most Valuable "Lambrecht"</b>	<b>Most Valuable Fresh / Soph Runner</b>	<b>New Runner of the Year</b>	<b>Most Improved</b>
2005	Beth Orr Kelsey Beeding	Jill Hughes	Lizzie Wunder	Mary Huddleston
2004	Meghan Fick	Ashli Czerwiec Jill Hughes	Rachel Echelbarger	Kelsey Beeding
2003	Ashley Evans	Ashli Czerwiec	Kelsey Beeding Kate Edwards	Meghan Fick
2002	Yuli Sanchez	Ashley Evans	Becca Meyer	Meghan Fick
2001	Sarah Lacina	Ashley Evans	Dannette Hall	Rachel Farrar
2000	Sarah Lacina	Cori Moore	Ashley Carlson	Ann Creasey
1999	Sarah Lacina	Natalie Wieskamp	Heather Maxwell	Mandy Hershey
1998	Colleen Schmitt	Sarah Lacina	Sarah Lacina	Desiree Flickinger
1997	Kathryn Stamler Colleen Schmitt	Natalie Hetzler	Beckie Sweatman	Michelle Healy
1996	Beth Newell Michelle Martz	Colleen Schmitt Kathryn Stamler	Sarah Gruemmer	Kathryn Stamler
1995	Beth Newell	Alissa Evans	Colleen Schmitt	Heather Lande
1994	Mandy Welk	Beth Newell	Alissa Evans	Kristy Mendoza
1993	Candice Frost	Mandy Welk	Beth Newell	Lisa Hetzler
1992	Candice Frost	Mandy Welk	Laura Brouwer	Norraine Tubandt
1991	Lea Lucas	Candice Frost	Stephanie Mauch	Mary Hermann
1990	Candice Frost	Candice Frost	Leigh Ramser	Lea Lucas
1989	Angie Roberts			
1988	Rachel McCleary			
1987	Michelle Nowling			
1986	Tammi Hoskins			
1985	Lisa Olsen			
1984	Angie Hjelle Tammi Hoskins			
1983	Cindi Mull			
1982	Kathie Ohlendorf			
1981	Alice Drum			
1980	Lora Brookhart			
1979	Shelly Kuhn			
1978	Cindy Springman			
1977	Teresa Harper			