

Cross Country, Girls

TEAM/SCHOOL

Most State Championships, All-Time

- 8 – Carson (2 in 4A, 6 in 3A)
- 8 – Lowry (3A)
- 7 – North Tahoe (2 in 3A, 5 in 2A)
- 7 – Reno (3 in 4A, 4 in 3A)
- 6 – Reed (3A)
- 4 – Bishop Manogue (2A)
- 4 – Faith Lutheran (2A)
- 4 – Spring Creek (2 in 3A, 2 in 2A)
- 3 – Fernley (2A)
- 3 – Incline (2A)
- 2 – Boulder City (2A)
- 2 – Cheyenne (3A)
- 2 – Laughlin (2A)
- 2 – Sage Ridge (2A)
- 2 – South Tahoe (4A)
- 2 – Whittell (2A)

Most State Championships, Consecutive

- 6 – Lowry, 2000-2005 (3A)
- 4 – Faith Lutheran, 1998-2001 (2A)
- 4 – Spring Creek, 1994-1997 (2A and 3A)
- 4 – Carson, 1989-1992 (3A)
- 4 – North Tahoe, 1987-1990 (2A)
- 4 – Reno, 1979-1982 (3A)
- 2 – Lowry, 2007-2008 (3A)
- 2 – Sage Ridge, 2007-2008 (2A)
- 2 – Laughlin, 2005-2006 (2A)
- 2 – South Tahoe, 2004-2005 (4A)
- 2 – Reno, 2002-2003 (4A)
- 2 – Cheyenne, 1996-1997 (4A)
- 2 – Reed, 1993-1994 (3A)
- 2 – Incline, 1991-1992 (2A)
- 2 – Reed, 1987-1988 (3A)
- 2 – Fernley, 1984-1985 (2A)
- 2 – Reed, 1984-1985 (3A)

Lowest Winning Score, State Meet

15 – Faith Lutheran, 1999 (2A)	33 – Whittell, 2004* (2A)
17 – Faith Lutheran, 2001 (2A)	35 – Lowry, 2005* (3A)
17 – Lowry, 2000 (3A)	35 – Cheyenne, 1996 (4A)
19 – Faith Lutheran, 1998 (2A)	39 – Sage Ridge, 2007* (2A)
19 – North Tahoe, 1988 (2A)	39 – Fernley, 1984 (2A)
20 – Incline, 2003* (2A)	41 – Sage Ridge, 2008* (2A)
20 – Lowry, 2002 (3A)	43 – Douglas, 1998 (4A)
21 – Faith Lutheran, 2000 (2A)	44 – Whittell, 2002 (2A)
22 – Reno, 2003* (4A)	45 – Laughlin, 2005* (2A)
22 – Lowry, 2001 (3A)	46 – Spring Creek, 1997 (3A)
23 – North Tahoe, 1990 (2A)	47 – North Tahoe, 1998 (3A)
25 – Lowry, 2003* (3A)	49 – Lowry, 2007* (3A)
25 – Lowry, 2003* (3A)	49 – Green Valley, 1999 (4A)
25 – Wells, 1997 (2A)	50 – Spring Creek, 1996 (3A)
25 – North Tahoe, 1989 (2A)	51 – Galena, 2008* (4A)
26 – The Meadows, 1996 (2A)	51 – Lowry, 2008* (3A)
29 – Reno, 2002 (4A)	51 – Reno, 2006* (4A)
30 – Fernley, 1985 (2A)	51 – Reed, 1994 (3A)
31 – Lowry, 2004* (3A)	52 – Laughlin, 2006* (2A)
32 – South Tahoe, 2005* (4A)	53 – North Tahoe, 2006* (3A)
32 – South Tahoe, 2004* (4A)	58 – Centennial, 2000 (4A)

* New (reduced) team format used in 2003-2008.

INDIVIDUAL**Four-Time State Champion**

Abby Miller, Green Valley (1996-1999)

Three-Time State Champion

Marie Lawrence, Reno (2004-2006)
 Addie Devine, Incline (2002-2004)
 Kelsey Engstrom, Lowry (2000-2001, 2003)
 Inga Thompson, Reno (1979-1981)

Two-Time State Champion

Claire Kelley, Sage Ridge (2007-2008)
 Kelsey Smith, South Tahoe (2007-2008)
 McKenzie Dean, Pahrump Valley (2006-2007)
 Wendy Harris, Lund (2004-2005)
 Collier Lawrence, Reno (2002-2003)
 Nikki Peterson, Faith Lutheran (2000-2001)
 Heather Sandeman, North Tahoe (1998-1999)
 Dana Garcia, Spring Creek (1993-1994)
 Amy Carling, Wooster (1992-1993)
 Carrie Newman, North Tahoe (1990-1991)
 Shelly Bessey, Reed (1985, 1987)
 Cindy Rockwood, Carson (1984, 1986)
 Jackie Cavilia, Bishop Manogue (1981-1982)

COACHING

Most Team State Championships, All-Time

- 7 – Warren Mills, North Tahoe
- 6 – Dave Nolte, Reed
- 6 – Dave Amster, Carson
- 5 – Robbie Grant, Lowry
- 4 – Jessica Scobell, Faith Lutheran
- 3 – Jim Billingsley, Lowry

Most Team State Championships, Consecutive

- 4 – Jessica Scobell, Faith Lutheran (1998-2001)
- 4 – Dave Amster, Carson (1989-1992)
- 4 – Warren Mills, North Tahoe (1987-1990)
- 3 – Robbie Grant, Lowry (2003-2005)
- 3 – Jim Billingsley, Lowry (2000-2002)
- 2 – Robbie Grant, Lowry (2007-2008)
- 2 – Dan Wilvers, South Tahoe (2004-2005)
- 2 – Bruce Susong, Reno (2002-2003)
- 2 – Dave Nolte, Reed (1984-1985)
- 2 – Tim Powers, Fernley (1984-1985)

STATE SITES – COURSE RECORDS

Rancho San Rafael Regional Park, Reno

1. Marie Lawrence, Reno – 18:09 (2006 region)
2. Collier Lawrence, Reno – 18:57 (2002 region)
3. Kelsey Smith, South Tahoe – 19:06 (2007 state)
4. Shana Sparks, Carson – 19:22 (2002 region)
5. Whitney Lindsey, Douglas – 19:42 (2007 state)
6. Demerey Kirsch, Reno – 19:49 (2008 region)
6. Kate Lambdin, South Tahoe – 19:49 (2007 state)
8. Wendy Harris, Lund – 19:50 (2005 state)
9. Daryan Glenn, Reno – 19:52 (2002 region)
10. Kylie Noll, South Tahoe – 19:53 (2005 region)
11. Shelby McIntyre, South Tahoe – 19:54 (2008 region)
11. Nicole Lajeunesse, Reno – 19:54 (2004 region)
13. Christa Avena, Bishop Gorman – 19:58 (2001 state)
14. Yvonne Hollett, Carson – 20:00 (2008 region)
15. Britney Almaguer, Elko – 20:02 (2002 region)
16. Nikki Peterson, Faith Lutheran – 20:03 (2001 state)
17. Rebecca Fisher, North Valleys – 20:04 (2008 region)
18. Joelle Slater, Reno – 20:06 (2007 state)
19. Alyssa Abbott, Galena – 20:08 (2004 region)
20. Madison Knight, Galena – 20:12 (2008 region)
20. Chantel Williams, Galena – 20:12 (2001 region)
22. Karen DeMartini, Reno – 20:22 (2002 region)
23. Megan Mathis, Reno – 20:25 (2007 state)
23. Kourtney Moody, Spring Valley – 20:25 (2007 state)
25. Biaggi Taylor, Douglas – 20:26 (2008 region)
26. Julie Pederson, Galena – 20:27 (2008 region)
26. Kelsey Engstrom, Lowry – 20:27 (2003 state)
28. Kimmy Arroues, South Tahoe – 20:28 (2004 region)
29. Natasha Wicks, Cimarron-Memorial – 20:29 (2001 state)
30. Amanda Grodon, Carson – 20:31 (2008 region)
30. Heather Thompson, Lowry – 20:31 (2002 league)
32. Jenny Mital, Carson – 20:34 (2008 region)
33. Katie Engstrom, Lowry – 20:35 (2003 state)
34. Kelsey McClurg, South Tahoe – 20:38 (2003 state)
34. Kathryn Magrath, Reno – 20:38 (2002 region)
36. Ciera Biselli, Bishop Manogue – 20:39 (2007 state)
37. Claire Kelley, Sage Ridge – 20:40 (2008 league)
37. Taylor Biaggi, Reno – 20:40 (2006 region)
37. Amanda Gramly, Clark – 20:40 (2003 state)
40. Maria Melton, Bishop Manogue – 20:42 (2003 league)
41. Lauren Matthews, Damonte Ranch – 20:43 (2008 region)
41. Michelle Glenn, Reno – 20:43 (2002 region)
41. Christy Works, Carson – 20:43 (2006 region)
44. Michaelanne Laurent, Coronado – 20:45 (2007 state)
45. Chelsea Larsen, Elko – 20:47 (2007 state)
46. Torrie Zaccor, South Tahoe – 20:49 (2008 region)
47. McKenzie Dean, Pahrump Valley – 20:51 (2007 state)
48. Heather Hollinger, Canyon Springs – 20:59 (2007 state)

Veteran's Memorial Park, Boulder City

1. Marie Lawrence, Reno – 17:57 (2004 state)
2. Collier Lawrence, Reno – 18:23 (2002 state)
3. Natasha Wicks, Cimarron-Memorial – 18:30 (2002 state)
4. Wendy Harris, Lund – 18:31 (2004 league)
5. Ashley Wimmer, Palo Verde – 18:55 (2004 region)
6. Kelsey Smith, South Tahoe – 18:59 (2008 state)
7. Shanna Sparks, Carson – 19:05 (2002 state)
8. Britney Almaguer, Elko – 19:14 (2002 state)
9. Leah Leedy, Foothill – 19:15 (2008 region)
10. Meghan Mathews, Centennial – 19:22 (2002 state)
11. Christa Avena, Bishop Gorman – 19:26 (2002 region)
12. Kelly Fernandez, Silverado – 19:29 (2004 region)
13. Nikki Peterson, Faith Lutheran – 19:30 (2001 league)
14. Karen DeMartini, Reno – 19:39 (2002 state)
15. Melissa Voss, Palo Verde – 19:42 (2002 region)
16. Nicole Lajeunesse, Reno – 19:44 (2004 state)
17. Daryan Glenn, Reno – 19:45 (2002 state)
18. Kathryn Magrath, Reno – 19:47 (2002 state)
19. Kimmy Arroues, South Tahoe – 19:53 (2004 state)
19. Heather Thompson, Lowry – 19:53 (2002 state)
21. Amanda Gramly, Clark – 19:55 (2003 region)
22. Michaelanne Laurent, Coronado – 19:56 (2008 region)
22. Chantel Williams, Galena – 19:56 (2002 state)
24. Kalsey McClurg, South Tahoe – 19:58 (2004 state)
24. Samantha Arvizu, Green Valley – 19:58 (2004 region)
26. Tiffany Tandy, Green Valley – 19:59 (2004 region)
27. Amanda Gilbert, Centennial – 20:00 (2004 region)
28. Leah Leedy, Foothill – 20:01 (2007 region)
29. Lauren Dudley, Palo Verde – 20:05 (2004 region)

PREVIOUS NORTH STATE SITES – RECORDS

Shadow Mountain - Reed High School, Sparks

Abby Miller, Green Valley – 18:51 (1999 state)
Jessica Zarndt, Cheyenne – 19:30 (1997 state)
Shanna Sparks, Carson – 19:33 (1999 state)
Katie Bailey, Cheyenne – 19:41 (1997 state)
Angela Petersen, The Meadows – 19:49 (1999 state)
Laura Shackelton, McQueen – 19:59 (1997 state)
Kathleen McSweeney, Douglas – 20:09 (1997 state)
Audrey Townsell, Reed – 20:11 (1993 state)
Emily Eskin, Green Valley – 20:18 (1999 state)
Heather Sandeman, North Tahoe – 20:22 (1999 state)
Julie Whitehead, Basic – 20:25 (1997 state)
Tatyana Tibaduiza, Galena – 20:31 (1999 state)
Karen DeMartini, Reno – 20:45 (1999 state)
Christina Boland, Carson – 20:45 (1997 state)
Julie Whitehead, Basic – 20:48 (1997 state)
Rhonda Kilfoyle, Clark – 20:49 (1997 state)
Kelly Mogab, Douglas – 20:51 (1997 state)
Tiffany Hollins, Cheyenne – 20:51 (1997 state)
Erin Holloman, Galena – 20:52 (1997 state)
Annie Gastelum, Douglas – 20:54 (1997 state)
Jackie Favreau, Green Valley – 20:56 (1999 state)
Deann Bradshaw, Foothill – 20:57 (1999 state)
Jennifer Forzard, Carson – 20:58 (1997 state)

Laughlin (possible future state site, 2A & 3A region site)

McKenzie Dean, Pahrump Valley – 20:25 (2007 league)
 Keely Bakken, Faith Lutheran – 21:01 (2008 league)
 Kaleigh Clark, West Wendover – 21:45 (2007 league)
 JoJo Stanton, Boulder City – 21:49 (2007 league)
 Gloria Rhodes, Faith Lutheran – 21:53 (2007 league)
 Jessica Gnadl, Laughlin – 21:57 (2008 league)

PREVIOUS SOUTH STATE SITES – RECORDS**Indian Springs High School**

Abby Miller, Green Valley – 18:53 (1998 zone)
 Chaz LaHodny, Clark – 19:49 (1998 zone)
 Laura Shackelton, McQueen – 20:05 (1998 state)
 Katie Bailey, Cheyenne – 20:23 (1998 zone)
 Rhonda Kilfoyle, Clark – 20:41 (1998 zone)
 Julie Kyriacou, Green Valley – 20:48 (1998 state)
 Jenny Smokey, Douglas – 20:49 (1998 state)
 Angela Albert, The Meadows – 20:55 (1998 state)
 Rochelle Campbell, Basic – 20:55 (1998 zone)
 Annie Gastelum, Douglas – 20:56 (1998 state)

Moapa Valley High School, Overton

Abby Miller, Green Valley – 18:57 (1996 state)
 Sharlene Downing, Cheyenne – 20:43 (1994 state)
 Tatyana Tibaduiza, Wooster – 20:46 (1996 state)
 Jasmyne Parker, Reno – 20:50 (1996 state)
 Sandy Acosta, Sparks – 21:03 (1994 state)
 Audrey Townsell, Reed – 21:05 (1994 state)
 Jessica Zarndt, Cheyenne – 21:09 (1996 state)
 Katie Barto, Green Valley – 21:14 (1996 state)
 Laura Shackelton, McQueen – 21:14 (1996 state)
 Katie Bailey, Cheyenne – 21:19 (1996 state)
 Jody Carlsen, Carson – 21:26 (1994 state)
 Kathleen McSweeney, Douglas – 21:27 (1996 state)
 Kaelynn Nielson, Green Valley – 21:28 (1996 state)

NIAA Girls Cross County State Titles

Bishop Manogue High School (4)	1979 (2A), 1980 (2A), 1983 (2A), 1993 (2A)
Boulder City High School (3)	1981 (2A), 1986 (2A), 1999 (3A)
Carson High School (8)	1983 (3A), 1986 (3A), 1989 (3A), 1990 (3A), 1991 (3A), 1992 (3A), 2001 (4A), 2007 (4A)
Centennial High School (1)	2000 (4A)
Cheyenne High School (2)	1996 (4A), 1997 (4A)
Douglas High School (1)	1998 (4A)
Faith Lutheran High School (4)	1998 (2A), 1999 (2A), 2000 (2A), 2001 (2A)
Fernley High School (3)	1978 (2A), 1984 (2A), 1985 (2A)
Galena High School (1)	2008 (4A)
Green Valley High School (1)	1999 (4A)
Incline High School (3)	1991 (2A), 1992 (2A), 2003 (2A)
Laughlin High School (2)	2005 (2A), 2006 (2A)
Lowry High School (8)	2000 (3A), 2001 (3A), 2002 (3A), 2003 (3A), 2004 (3A), 2005 (3A), 2007 (3A), 2008 (3A)
The Meadows School (1)	1996 (2A)
North Tahoe High School (7)	1982 (2A), 1987 (2A), 1988 (2A), 1989 (2A), 1990 (2A), 1998 (3A), 2006 (3A)
Reed High School (6)	1984 (3A), 1985 (3A), 1987 (3A), 1988 (3A), 1993 (3A), 1994 (3A)
Reno High School (7)	1979 (3A), 1980 (3A), 1981 (3A), 1982 (3A), 2002 (4A), 2003 (4A), 2006 (4A)
Sage Ridge High School (2)	2007 (2A), 2008 (2A)
South Tahoe High School (2)	2004 (4A), 2005 (4A)
Sparks High School (1)	1995 (3A)
Spring Creek High School (4)	1994 (2A), 1995 (2A), 1996 (3A), 1997 (3A)
Wells High School (1)	1997 (2A)
Western High School (1)	1978 (3A)
Whittell High School (2)	2002 (2A), 2004 (2A)