Girls Cross Country

Individual 5K Records

19:32	Hilliary Heard	1998
20:03	Kendall Cowart	2005
20:15	Hannah Hall	2006
20:27	Ellie McMahon	2025
20:27	Kailey Cotton	1998
20:32	Cali Ruth Hays	2012
20:36	Allison Rogers	2001
20:54	Blaire Burton	2008
21:13	Christy Cantrell	1998
21:14	Lee Schroder	2007
21:16	Annie Garner	2025
21:17	Lizzi Clayton	2012
21:18	Julianna Hightower	2012
21:26	Dylan Driver	2019
21:42	Annie Putzke	2019
21:50	Emory Sutherland	2015
21:50	Ellie Peterson	2014
21:51	Conner Hefner	2012
21:55	Rachel Putzke	2020
21:57	Jean Hightower	2020
21:58	Colleen Beringer	2005

Team Records (5K Average)

21:35	2006
	Kendall Cowart
	Hannah Hall
	Colleen Beringer
	Mary Del Holleman
	Lauren Hale
21:36	2012
	Cali Ruth Hays
	Lizzi Clayton
	Julianna Hightower
	Conner Hefner
	Malone Slappey

21:37	2007 Kendall Cowart Lee Schroder Emmy Stroup Colleen Beringer Mary Del Holleman
21:41	2005 Kendall Cowart Hannah Hall Colleen Beringer Sarah Beringer Mary Del Holleman
21:53	2008 Blaire Burton Kendall Cowart Savannah Walker Mary Del Holleman Kate Bickley

State Championships

1997 – Coach John Hilburn
2006 – Coach Ginny Reeves
2012 – Coach Ginny Reeves

State Runners-up

1998 – Coach John Hilburn
1999 – Coach John Hilburn
2005 – Coach Ginny Reeves
2007 – Coach Ginny Reeves
2008 – Coach Ginny Reeves

Region | Area* Champions

1997 – Coach John Hilburn
1998 – Coach John Hilburn
1999 – Coach John Hilburn
2000 – Coach Edward England
2006 – Coach Ginny Reeves
2008 – Coach Ginny Reeves
2011 – Coach Ginny Reeves

2012 – Coach Ginny Reeves
2012 – Coach Ginny Reeves
2018* - Coach Ginny Reeves
2019* - Coach Ginny Reeves
2020 – Coach Ginny Reeves
2021 – Coach Ginny Reeves
2023 – Coach Ginny Reeves
2024 – Coach Ginny Reeves
2025 – Coach Ginny Reeves

All State

1997 – Laura Kellum, Hilliary Heard, Corinne Erickson
1998 – Hillary Heard, Kailey Cotton
2000 – Allison Rogers
2001 – Allison Rogers
2005 – Kendall Cowart, Hannah Hall
2006 – Kendall Cowart, Hannah Hall
2007 – Kendall Cowart, Lee Schroder
2008 – Blaire Burton, Kendall Cowart
2012 – Cali Ruth Hays
2013 - Cali Ruth Hays
2025 – Ellie McMahon

*Updated December 19th, 2025