

Girls	Conference - Individual	Conference - Team	Districts - Individual	Districts - Team	State - Individual	State - Team	Other Info
1986							*1st Year of the program *Coach Gary Kruse
1987							
1988							
1989							
1990	<b>Patty Ryan - 6th</b>		<b>Patty Ryan - 8th Tracy Childress - 10th?</b>	5th - Missed qualifying by one place	Patty Ryan - 25th 13:05 Tracy Childress - 27th - 13:06	Ames	2 Miles - *Top 10 individuals & Top 4 Teams
1991			<b>Tracy Childress -</b>	2nd out of 22 - Qualified	Tracy Childress - 30th, Aimee Lee - 53rd, Jeanne - 55	Ames: 8th out of 16	2 Miles - *Top 10 individuals & Top 4 Teams
1992							
1993				Middle of the pack			
1994							*New Coach - Tammy Hoppe
1995							*New Coach - Stacy Kolbeck
1996							
1997	<b>Sibley - Ocheyeden: Chelsea Bahnson - 8th - 14:03, Megan Vanden Bosch - 9th - 14:04</b>	3rd out of 7	Holstein: Top Finisher: Chelsea Bahnson - 10th - 12:33	6th out of 15			*New Coach - Todd McCallum *Top 12 All-Conference *2A - Top 7 Individuals Qualify for state and Top 3 Teams
1998	<b>Sioux Center (Sandy Hollow): Chelsea Bahnson - 9th - 12:45, Ashlee Bahnson - 14th - 13:17</b>	3rd out of 6	Hawarden: Top Finisher: Chelsea Bahnson - 18th - 12:26	10th out of 13			*Top 15 All-Conference *2A - Top 7 Individuals qualify for state and Top 3 Teams
1999	<b>West Lyon (Meadow Acres): Ashlee Bahnson - 13th - 13:34</b>	5th out of 6	Southern Cal. (Lake City): Top Finisher: Ashlee Bahnson - 11th - 13:53	7th out of 16			*Top 15 All-Conference *1A - Top 7 Individuals qualify for state and Top 3 Teams
2000	<b>Boyden-Hull: Ashlee Bahnson - 10th - 13:18</b>	5th out of 5	Holstein: Top Finisher: Ashlee Bahnson - 16th - 13:05	8th out of 20			*Top 15 All-Conference *1A - Top 7 Individuals qualify for state and Top 3 Teams
2001	<b>George: Ashlee Bahnson - 14th - 14:04</b>	4th out of 5	West Sioux: Top Finisher: Ashlee Bahnson - 39th - 14:04	10th out of 19			*Top 15 All-Conference *1A - Top 7 Individuals qualify for state and Top 3 Teams
2002	HMS (Sanborn): Top Finisher: Betsy Van Ginkel - 21st - 17:54		West Sioux: Top Finisher: Betsy Van Ginkel - 38th - 18:18	14th out of 15th			* Moved to 4K - (2.5 Miles) *Top 15 All-Conference *1A - Top 7 Individuals qualify for state and Top 3 Teams
2003	MOC (Orange City): Top Finisher: Karen Hoogendoorn - 19th - 17:19		Holstein: Top Finisher: Karen Hoogendoorn - 25th - 16:02				*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2004	<b>Okoboji (Milford - Woodlyn Hills): Teresa Scholten - 3rd - 14:16</b>	4th out of 5	<b>Sheldon: Teresa Scholten - 7th - 15:58</b>	6th out of 9	Fort Dodge (Kennedy Park): 129 Runners - Teresa Scholten - 30th - 16:18		*2.5 Miles *Top 15 All-Conference *2A - Top 10 Individuals qualify for state and Top 3 Teams *Teresa Scholten won at George - 15:16
2005	<b>Sibley - Ocheyeden: Teresa Scholten - 3rd - 14:38</b>	4th out of 5	<b>Holstein - Teresa Scholten - 1st - 15:29</b>	7th out of 14	Fort Dodge (Kennedy Park): Teresa Scholten - 24th - 16:20		*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams

2006	<b>Sioux Center (Sandy Hollow): Teresa Scholten - 2nd - 15:34, Breann Rozeboom - 11th - 16: 59</b>	5th out of 5	<b>Holstein - Teresa Scholten - 4th - 16:24</b>	7th out of 12	Fort Dodge (Kennedy Park): Teresa Scholten - 26th - 16:07	*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2007	<b>West Lyon (Meadow Acres): Teresa Scholten - 2nd - 14:34, Teresa Klarenbeek - 10th - 15: 58</b>	4th out of 6	<b>Holstein - Teresa Scholten - 2nd - 16:08</b>		Fort Dodge (Kennedy Park): 110 Runners - Teresa Scholten - 25th - 15:30	*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2008	<b>Boyden-Hull: Kendra Gerber - 8th - 16:39, Teresa Klarenbeek - 11th - 16:43</b>	3rd out of 6	Holstein - Top Finisher: Kendra Gerber - 22nd - 17:10	6th out of 16		*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2009	<b>George: Teresa Klarenbeek - 7th - 16:25</b>		<b>Holstein - Teresa Klarenbeek - 9th - 16:59</b>		Fort Dodge (Kennedy Park): Teresa Klarenbeek - 56th - 16: 42	*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2010	MOC: Top Finisher: Alyssa Albrecht - 19:41		Holstein - Top Finisher: Alyssa Albrecht - 80th - 19:37			*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2011	Okoboji (Milford - Woodlyn Hills): Top Finisher: Alyssa Albrecht - 28th - 19:19		Holstein - Top Finisher: Alyssa Albrecht - 61st - 19:27			*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2012	Sheldon: Top Finisher: Grace Rens - 33rd - 18:26		Holstein: Top Finisher: Aszhia Albrecht - 39th - 18:43			*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2013	Sibley: Top Finisher: Aszhia Albrecht - 31st - 17:07		West Sioux: Top Finisher: Aszhia Albrecht - 20th - 18:16	6th out of 10		*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2014	Sioux Center: Top Finisher: Karie Klingensmith - 16th - 17: 25	6th out of 7	Holstein: Top Finisher: Karie Klingensmith - 42nd - 18:43	6th out of 17		*2.5 Miles *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2015	<b>West Lyon: Grand Falls: Talia Knobloch - 15th - 22:39</b>	6th out of 6	West Sioux: Top Finisher: Talia Knobloch - 26th - 22:55	9th out of 15		*Moved to 5K *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2016	Boyden Hull: Top Finisher: Talia Knobloch - 24th - 22:31		Holstein: Top Finisher: Talia Knobloch - 36th - 23:07			*5K *New Coach: Teresa Kerkvliet *Top 15 All-Conference *1A - Top 10 Individuals qualify for state and Top 3 Teams
2017	<b>George: Sarah Perez - 6th - 21:27, Ambria Knobloch - 9th - 22:02, Karie Klingensmith - 11th - 22:13</b>		<b>Unity: Sarah Perez - 15th - 21: 29</b>	6th out of 14	Fort Dodge (Kennedy Park) 136 Runners: Sarah Perez - 44th - 20: 56	*5K *1st at Sibley-Ocheyedan and West Lyon *Top 15 All-Conference *2A - Top 15 Individuals and Top 3 teams qualify for state
2018	<b>Sibley: Sarah Perez - 7th - 20: 23, Ambria Knobloch - 13th - 20:53</b>	4th out of 6	<b>Unity: Sarah Perez - 13th - 21: 39, Ambria Knobloch - 14th - 21:40</b>	5th out of 12	Fort Dodge (Kennedy Park): 138 Runners: Sarah Perez - 91st - 22: 22.9; Ambria Knobloch - 98th - 22:40.5	*5K * *Top 15 All-Conference *2A - Top 15 Individuals and Top 3 teams qualify for state
2019	<b>Sibley: Sarah Perez - 13th - 21:28.4</b>	6th out of 7	Unity: Top Finisher: Sarah Perez - 18th - 21:28.53	8th out of 13		*5K * *Top 15 All-Conference *2A - Top 15 Individuals and Top 3 teams qualify for state

2020	Sheldon: Top Finisher: Sarah Perez - 23rd - 22:12:59	7th out of 7	Unity: Top Finisher: Emma Knobloch - 37th - 23:15:3	9th out of 13			*5K * *Top 15 All-Conference *2A - Top 15 Individuals and Top 3 teams qualify for state
2021	Sioux Center: Top Finisher: Shay Langenhorst - 32nd - 23:34:94	7th out of 7	Unity: Top Finisher - Shay Langenhorst - 39th - 23:35:08	8th out of 12			*5K * *Top 15 All-Conference *2A - Top 15 Individuals and Top 3 teams qualify for state
	24 All -Conference Runners		11 All- District (State Qualifiers) Runners				
	2 Individual Meet Champions		1 Individual District Champion				
	2 Team Meet Champions		Team State Qualifiers: 1991				
			(Granted meet location & route hasn't changed):		(Granted meet location & route hasn't changed):		
			Fastest District Time (Holstein): 5K - 2016 -Talia Knobloch - 23:07		Fastest 2 Mile State Time: 1990 - Patty Ryan - 13:05		
			Fastest District Time (Holstein): 4K - 2005 - Teresa Scholten- 15:29				
					Fastest 4K State Time: 2008 - Teresa Scholten - 15:30		
			Fastest District Time (West Sioux): 5K - 2015 -Talia Knobloch - 22:55				
			Fastest District Time (West Sioux): 4K - 2013 Aszhia Albrecht - 18:16		Fastest 5K State Time: 2017 - Sarah Perez - 20:56		
			Fastest District Time (Unity): 5K - 2019 - Sarah Perez - 21:28.53				