

## STATE TRACK AND CROSS COUNTRY APPEARANCES

<b>Athlete</b>	<b>Cross Country</b>	<b>Track</b>	<b>Event</b>	<b>Total</b>
Kelly Crum	1996, 97, 98, 99	1997, 98, 99, 00	1600m, 4x800m	8
Alison Zeinner	1996, 97, 98, 99	1997, 98, 99, 00	3200m, 4x800m	8
Brittany Detzel	2001, 02, 03, 04	2002, 03, 04, 05	4x800m, 800m, 1600m	8
Erin Ragouzis	2003, 04, 05, 06	2004, 05, 06, 07	1600m, 4x800m, 800m	8
Angie Kist	1994, 96, 97	1995, 96, 97, 98	800m, 4x800m	7
Teri Littlepage	1997, 98, 99, 00	1999, 00, 01	4x800m	7
Amanda Ward	1993, 94, 95, 96	1995, 96, 97	4x800m	7
Mason Ward	1996, 97, 98, 99	1998, 99, 00	1600m, 4x800m	7
Gerri Buck	1994, 95, 96, 97	1995, 96	3200m, 4x800m	6
Shelly Dickinson	1998, 99, 00, 01	2001, 02	4x800m	6
Lisa Hunsche	1992, 93, 94	1994, 95, 96	800m, 4x800m	6
Alison Bedingfield	1997, 98, 99, 00	1999, 00	3200m, 1600m, 4x800m	6
Mandi McCullah	2003, 04, 05	2005, 06, 07	4x800m	6
Kate Wharton	2004, 05, 07	2005, 06, 07	4x800m	6
Andrea Maas	2000, 01, 02	2001, 02	3200m, 4x800m	5
Justin Hussel	1996, 97, 98	1998, 99	4x800m	5
Henry Dennis	1990, 91	1991, 92	1600m, 3200m	4
Catie Grebe	1996, 07, 08	1998	4x800m	4
Laura Kreuter	2000, 01, 02	2001	4x800m	4
Jennifer Limle	1998, 99	1999, 00	4x800m	4
Mitch Mink	1975, 76, 77	1977	2 mile	4

Frank Russo	1976, 77, 78	1979	2 mile	4
Ron Russo	1976, 77, 78	1978	2 mile	4
Karen Stehlin	1992, 93, 94	1993	3200m	4
Bryn Winters	2003, 04, 05	2006	4x800m	4
Meggie Schmidt	2002, 03	2004	4x800m	3
Ken Ehman	1982, 83	1984	1600m	3
Blair Hopkins	1977, 78	1979	880yd, 4x800m	3
Melissa Miller		1999, 00, 02	400m, 4x800m	3
Mike Peters	1976, 77, 78			3
Michelle Wagner	1992, 93, 94			3
Lydia Kern	2002, 03, 04			3
Lyndsay Detzel	2007, 2008	2007	4x800m	3
Nina Vaughn	2002, 05			2
Kayla Dunn		2004, 05	Pole Vault	2
Lisa Klotz		2004, 05	Shot Put, discus	2
Terrance Sherrer		2004, 05	100m, 4x1, 4x2, 200m	2
Brian Edwards		2004, 05	4x100m, 4x200m	2
Brayden Coombs		2004, 05	4x200m	2
Mark Arriens	1974, 75			2
Elizabeth Bauer	1992, 93			2
Hal Hopkins	1976, 77			2
Jason Hussel	1991, 92			2
Tim Lupp	1975, 76			2

Bob Mahl	1975, 76			2
Mike Meister	1974, 75			2
Chris Noelcke		1998, 99	4x800m	2
Todd Portune	1974, 75			2
Melanie Schumacher	1992, 93			2
Krista Totten	2001, 02			2
Tara Meier		2002, 03	Pole Vault	2
Sam Work	2007, 2008			2
Alex Work	2007, 2008			2
Allison Steinbeck	2007, 2008			2
Chelsie Pechiney	2007, 2008			2
Rachel Bensman	2001			1
Mike Best	1978			1
Michelle Bosse		1997	4x800m	1
Alysa Croxton		2000	400m	1
David Denny	1978			1
Mike Duggins	1982			1
Jim Flesch		1979		1
Jessica Grear	2000			1
Blake Hill		2000		1
Robin Joecken		2002	Shot Put	1
Kristen Kiger	2000			1
Molly Nease	1996			1
Ryan Nickson		1999	4x800m1	1

Jen Schmoihorst	2001			1
Lori Siconolfi	1999			1
Kris Smith		1998	High Jump	1
David Sprigg	1983			1
Grant Stanley	1984			1
Kara Patterson	2005			1
Ali Vogel	2005			1
Christian Walters		1998	4x800m	1
Brad Watts		1995	Pole Vault	1
Mark Bierkan		2003	800m	1
Kara Hyde	2003			1
Maria Doerger	2004			1
Amanda Watson		2004	4x800m	1
Everett Johnson		2004	4x100m, 4x200m	1
Erick Fitzpatrick		2004	4x100m, 4x200m	1
Dan Magness		2005	4x200m	1
Brittany Wilson		2007	Shot Put	1
Jessica Cobb		2007	Shot Put	1
John Teufel		2007	High Jump	1
Kristen Wells	2007			1
Tony Pechiney	2008			1
Stacey Sulken	2008			1
Abby Feuchter	2008			1

