

## INDEX

Records	Page 2
Team State Results	Page 3
Team SIC Results	Page 4
Team GDC Results	Page 5
Team Metro Results	Page 6
Indiv State Finishers	Page 7
Indiv GDC Finishers	Page 12
Indiv Metro Finishers	Page 15

## O'GORMAN GIRLS COURSE RECORDS 5K Courses

<u>Course</u>	<u>Record Holder</u>	<u>Year</u>	<u>Record</u>
Yankton Trail Nike Course	Abby Ripperda	2015	18:56
Watertown Invite	Abby Ripperda	2015	19:23
Kuehn Park	Abby Ripperda	2015	20:00
Huron	Abby Ripperda	2016	19:53
Hawarden	Abby Ripperda	2015	19:01
Griak Invite Minneapolis	Abby Ripperda	2015	20:07
Valley City Invite	Abby Ripperda	2016	19:30
	State Champions		
	Julie Pederson	1982	
	Karla Hay	1987	
	Amy Lindner	2001	

## O'GORMAN GIRLS STATE CROSS COUNTRY SEASON RESULTS

<u>Season</u>	<u>Coach</u>	<u>Place</u>	<u>Points</u>
1978-79	Tim Mulhair	13th	342
1979-80	Doug Lindner	Incomplete Team	
1980-81	Doug Lindner	Incomplete Team	
1981-82	Doug Lindner	3rd	71
1982-83	Doug Lindner	4th	106
1983-84	Doug Lindner	4th	129
1984-85	Doug Lindner	6th	168
1985-86	Doug Lindner	7th	165
1986-87	Doug Lindner	1st	78
1987-88	Doug Lindner	2nd	70
1988-89	Doug Lindner	1st	52
1989-90	Doug Lindner	5th	141
1990-91	Doug Lindner	8th	196
1991-92	Doug Lindner	10th	206
1992-93	Doug Lindner	10th	208
1993-94	Doug Lindner	5th	165
1994-95	Doug Lindner	11th	238
1995-96	Doug Lindner	9th	228
1996-97	Doug Lindner	5th	139
1997-98	Doug Lindner	6th	140
1998-99	Doug Lindner	2nd	103
1999-00	Doug Lindner	3rd	113
2000-01	Doug Lindner	6th	174
2001-02	Doug Lindner	4th	128
2002-03	Doug Lindner	3rd	83
2003-04	Doug Lindner	5th	157
2004-05	Doug Lindner	4th	84
2005-06	Doug Lindner	3rd	94
2006-07	Doug Lindner	3rd	133
2007-08	Doug Lindner	4th	121
2008-09	Doug Lindner	11th	297
2009-10	Doug Lindner	11th	287
2010-11	Doug Lindner	12th	267
2011-12	Doug Lindner	13th	301
2012-13	Doug Lindner	12th	307
2013-14	Doug Lindner	10th	247
2014-15	Doug Lindner	8th	219
2015-16	Doug Lindner	5th	143
2016-17	Aaron Strand	7th	172
2017-18	Aaron Strand	8th	229
2018-19	Aaron Strand	4th	135

## O'GORMAN GIRLS SIC CROSS COUNTRY SEASON RESULTS

<u>Season</u>	<u>Coach</u>	<u>Place</u>	<u>Points</u>
1980-81	Doug Lindner	1st	53
1981-82	Doug Lindner	2nd	44
1982-83	Doug Lindner	2nd	62
1983-84	Doug Lindner	5th	101
1984-85	Doug Lindner	5th	101
1985-86	Doug Lindner	4th	60
1986-87	Doug Lindner	1st	31
1987-88	Doug Lindner	1st	40
1988-89	Doug Lindner	1st	25
1989-90	Doug Lindner	2nd	49
1990-91	Doug Lindner	2nd	45
1991-92	Doug Lindner	3rd	79
1992-93	Doug Lindner	1st	62
1993-94	Doug Lindner	1st	43
1994-95	Doug Lindner	2nd	60
1995-96	Doug Lindner	6th	110
1996-97	Doug Lindner	1st	45
1997-98	Doug Lindner	1st	53

## O'GORMAN GIRLS GDC CONFERENCE CROSS COUNTRY SEASON RESULTS

<u>Season</u>	<u>Coach</u>	<u>Place</u>	<u>Points</u>
1998-99	Doug Lindner	3rd	60
1999-00	Doug Lindner	2nd	69
2000-01	Doug Lindner	6th	143
2001-02	Doug Lindner	6th	123
2002-03	Doug Lindner	1st	56
2003-04	Doug Lindner	4th	95
2004-05	Doug Lindner	2nd	56
2005-06	Doug Lindner	2nd	55
2006-07	Doug Lindner	3rd	79
2007-28	Doug Lindner	3rd	103
2008-09	Doug Lindner	6th	153
2009-10	Doug Lindner	5th	142
2010-11	Doug Lindner	7th	138
2011-12	Doug Lindner	6th	134
2012-13	Doug Lindner	7th	182

# O'GORMAN GIRLS METRO CONFERENCE CROSS COUNTRY SEASON RESULTS

<u>Season</u>	<u>Coach</u>	<u>Place</u>	<u>Points</u>
2013-14	Doug Lindner	Meet Canceled	
2014-15	Doug Lindner	5th	105
2015-16	Doug Lindner	5th	130
2016-17	Aaron Strand	2nd	58
2017-18	Aaron Strand	3rd	87
2018-19	Aaron Strand	4th	93

## O'GORMAN GIRLS CROSS COUNTRY STATE PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
1978-79	Peggie Hansen	18th
1979-80	Peggie Hansen	17th
1980-81	None in top 20	
1981-82	Peggie Hansen	5th
1981-82	Julie Pederson	6th
1981-82	Ann Jackson	16th
1982-83	Julie Pederson	1st
1982-83	Renee Hayes	12th
1982-83	Dana Butz	17th
1983-84	Dana Butz	14th
1984-85	Mary Gillen	5th
1985-86	Chris Rowe	7th
1985-86	Lisa Gillen	18th
1986-87	Chris Rowe	10th
1986-87	Lisa Gillen	14th
1986-87	Karla Hay	15th
1986-87	Teresa Hohn	16th
1987-88	Karla Hay	1st
1987-88	Chris Rowe	4th
1987-88	Lisa Gillen	15th
1988-89	Kris Ellenbecker	7th
1988-89	Erin Daughters	8th
1988-89	Lisa Gillen	10th
1988-89	Heidi Ovrelid	13th
1988-89	Ellie Gage	14th
1989-90	Kris Ellenbecker	10th
1989-90	Erin Daughters	14th
1990-91	None in Top 20	
1991-92	None in Top 20	
1992-93	Erin Daughters	14th
1993-94	Erin Daughters	9th
1993-94	Emily Fleming	10th

## O'GORMAN GIRLS CROSS COUNTRY STATE PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
1994-95	Emily Fleming	3rd
1995-96	Emily Fleming	7th
1995-96	Erin Klein	9th
1996-97	Emily Fleming	2nd
1996-97	Erin Klein	10th
1997-98	Erin Klein	2nd
1997-98	Jamie Johnson	8th
1998-99	Erin Klein	5th
1998-99	Meghan Platek	8th
1998-99	Kelly Murphy	19th
1998-99	Amy Lindner	33rd
1998-99	Morgan Hurley	38th
1998-99	Maggie Donohue	64th
1998-99	Keely Elgethun	68th
1999-00	Erin Klein	4th
1999-00	Amy Lindner	11th
1999-00	Kelly Murphy	20th
1999-00	Becca Kean	35th
1999-00	Meghan Platek	43rd
1999-00	Morgan Hurley	55th
1999-00	Liz Donohue	63rd
2000-01	Amy Lindner	10th
2000-01	Mary Nelson	23rd
2000-01	Liz Donohue	35th
2000-01	Sydney Sturdevant	50th
2000-01	Morgan Hurley	56th
2000-01	Lisa Goeden	71st
2000-01	Katie Weber	74th
2001-02	Amy Lindner	1st
2001-02	Mary Margaret Nelson	8th
2001-02	Ashley VanHemert	32nd
2001-02	Morgan Hurley	34th
2001-02	Lisa Goeden	56th
2001-02	Alyssa Erickson	81st
2001-02	Angy Murphy	89th



## O'GORMAN GIRLS CROSS COUNTRY STATE PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
2002-03	Krista Eckert	2nd
2002-03	Allison Eckert	4th
2002-03	Paige Orcutt	18th
2002-03	Mary Margaret Nelson	29th
2002-03	Alyssa Erickson	30th
2002-03	Kelly O'Shea	31st
2002-03	Beth Wettlin	64th
2003-04	Paige Orcutt	8th
2003-04	Mary Margaret Nelson	17th
2003-04	Jordan Larson	33rd
2003-04	Meghan Bucy	49th
2003-04	Alyssa Erickson	52nd
2003-04	Oliva Ford	69th
2003-04	Rachel Fritsch	79th
2004-05	Paige Orcutt	5th
2004-05	Jordan Larson	8th
2004-05	Mary Margaret Nelson	21st
2004-05	Whitney Millar	24th
2004-05	Kate Ridder	26th
2004-05	Alyssa Erickson	43rd
2004-05	Olivia Ford	49th
2005-06	Paige Orcutt	6th
2005-06	Mary Margaret Nelson	15th
2005-06	Jordan Larson	22nd
2005-06	Katie Ridder	24th
2005-06	Arielle Schmidt	27th
2005-06	Aly Spencer	37th
2005-06	Cady Sea	43rd
2006-07	Paige Orcutt	9th
2006-07	Katie Ridder	26th
2006-07	Abbey VanDenBerg	27th
2006-07	Jordan Larson	30th
2006-07	Marie Yokan	41st
2006-07	Kayla Fuller	79th
2006-07	Alyssa Hansen	83rd
2007-08	Paige Orcutt	7th
2007-08	Abbey VanDenBerg	10th
2007-08	Chandler Nielsen	14th
2007-08	Marie Yokan	41st
2007-08	Cady Sea	49th
2007-08	Aly Spencer	63rd
2007-08	Tiffany Hooten	72nd

## O'GORMAN GIRLS CROSS COUNTRY STATE PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
2008-09	Abbey VanDenBerg	25th
2008-09	Marie Yokan	35th
2008-09	Cady Sea	56th
2008-09	Sarah Ermer	90th
2008-09	Tiffany Hooten	91st
2008-09	Taylor Sharpe	96th
2008-09	Liz Cynkar	113th
2009-10	Abbey VanDenBerg	21st
2009-10	Bekah Ridder	44th
2009-10	Allie Kneip	50th
2009-10	Taylor Sharpe	84th
2009-10	Liz Cynkar	88th
2009-10	Ally Beacom	90th
2009-10	Erin Peterson	103rd
2010-11	Bekah Ridder	30th
2010-11	Abbey VanDenBerg	42nd
2010-11	Lydia Enderson	43rd
2010-11	Madyson Muller	72nd
2010-11	Holly Polak	80th
2010-11	Annie Prouse	81st
2010-11	Danelle Kalo	94th
2011-12	Lydia Enderson	29th
2011-12	Bekah Ridder	38th
2011-12	Klarissa Kobernusz	63rd
2011-12	Ally Beacom	84th
2011-12	Alyssa Bornhoft	87th
2011-12	Madyson Muller	107th
2012-13	Alyssa Bornhoft	35th
2012-13	Bekah Ridder	49th
2012-13	Lydia Enderson	59th
2012-13	Kendyl Kreber	81st
2012-13	Klarissa Kobernuse	83rd
2012-13	Annie Prouse	91st
2012-13	Christina Salter	93rd
2013-14	Abbey Ripperda	15th
2013-14	Alyssa Bornhoft	41th
2013-14	Emma Houwman	56th
2013-14	Lydia Enderson	61st
2013-14	Bekah Ridder	75th
2013-14	Regina Fischer	87th
2013-14	Lauren Ermer	107th

## O'GORMAN GIRLS CROSS COUNTRY STATE PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
2014-15	Abby Ripperda	18th
2014-15	Alyssa Bornhoft	30th
2014-15	Oliva Althoff	45th
2014-15	Ashton Vavra	54th
2014-15	Emma Houwman	74th
2014-15	Georgina Sugrue	79th
2014-15	Katie Vockler	104th
2015-16	Abby Ripperda	6th
2015-16	Olivia Althoff	25th
2015-16	Ashton Vavra	22nd
2015-16	George Sugrue	29th
2015-16	Paige Thorton	71st
2015-16	Emma Houwman	72nd
2016-17	Abby Ripperda	12th
2016-17	Ashton Vavra	23rd
2016-17	George Sugrue	26th
2016-17	Alea Hardie	44th
2016-17	Elizabeth Kolb	67th
2016-17	Emma Houwman	89th
2017-18	Alea Hardie	15th
2017-18	George Surgrue	30th
2017-18	Emma Houwman	46th
2017-18	Elizabeth Kolb	65th
2017-18	Grace Waage	73rd
2017-18	Oliva Althyoff	74th
2017-18	Abby Hericks	79th
2018-19	Alea Hardie	6th
2018-19	Ndjakalenga Mwenentanda	16th
2018-19	Oliva Althoff	30th
2018-19	Grace Waage	38th
2018-19	Ashton Vavra	45th
2018-19	George Surgrue	56th
2018-19	Page Thorton	62nd

## O'GORMAN GIRLS GDC CONFERENCE CROSS COUNTRY PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
1998-99	Erin Klein	5th
1998-99	Meghan Platek	6th
1998-99	Amy Lindner	12th
1998-99	Kelly Murphy	15th
1998-99	Morgan Hurley	26th
1998-99	Becca Kean	31st
1998-99	Keely Elgethun	41st
1998-99	Maggie Donohue	43rd
1999-00	Erin Klein	2nd
1999-00	Amy Lindner	8th
1999-00	Kelly Murphy	13th
1999-00	Meghan Platek	22nd
1999-00	Liz Donohue	24th
1999-00	Becca Kean	28th
1999-00	Morgan Hurley	34th
2000-01	Liz Donohue	18th
2000-01	Mary Nelson	22nd
2000-01	Sydney Sturdevant	24th
2000-01	Katie Weber	40th
2000-01	Lisa Goeden	46th
2000-01	Angy Murphy	51st
2000-01	Morgan Hurley	59th
2001-02	Amy Lindner	5th
2001-02	Mary Margaret Nelson	13th
2001-02	Morgan Hurley	22nd
2001-02	Lisa Goeden	34th
2001-02	Angy Murphy	54th
2001-02	Britta Kolb	56th
2001-02	Kara Gjesdal	64th
2001-02	Katie Clarkson	66th
2002-03	Krista Eckert	1st
2002-03	Allison Eckert	2nd
2002-03	Mary Margaret Nelson	16th
2002-03	Paige Orcutt	17th
2002-03	Alyssa Erickson	20th
2003-04	Paige Orcutt	2nd
2003-04	Jordan Larson	16th
2003-04	Mary Margaret Nelson	24th
2003-04	Alyssa Erickson	27th
2003-04	Meghan Bucy	28th
2003-04	Rachel Fritsch	35th
2003-04	Oliva Ford	37th
2003-04	Leah Klotzbach	44th

## O'GORMAN GIRLS GDC CONFERENCE CROSS COUNTRY PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
2004-05	Paige Orcutt	3rd
2004-05	Jordan Larson	8th
2004-05	Mary Margaret Nelson	11th
2004-05	Whitney Millar	14th
2004-05	Kate Ridder	20th
2004-05	Alyssa Erickson	25th
2004-05	Olivia Ford	34th
2005-06	Paige Orcutt	5th
2005-06	Jordan Larson	10th
2005-06	Kate Ridder	11th
2005-06	Mary Margaret Nelson	12th
2005-06	Cady Sea	17th
2005-06	Arielle Schmidt	21st
2005-06	Olivia Ford	25th
2005-06	Kayla Fuller	29th
2005-06	Alyssa Erickson	40th
2006-07	Paige Orcutt	2nd
2006-07	Abbey VanDenBerg	13th
2006-07	Jordan Larson	14th
2006-07	Marie Yokan	24th
2006-07	Katie Ridder	26th
2006-07	Kayla Fuller	50th
2006-07	Alyssa Hansen	53rd
2007-08	Abbey VanDenBerg	10th
2007-08	Paige Orcutt	11th
2007-08	Marie Yokan	17th
2007-08	Cady Sea	31st
2007-08	Aly Spencer	43rd
2007-08	Tiffany Hooten	45th
2008-09	Abby VanDenBerg	15th
2008-09	Marie Yokan	18th
2008-09	Cady Sea	31st
2008-09	Tiffany Hooten	51st
2008-09	Taylor Sharpe	55th
2008-09	Liz Cynkar	67th
2009-10	Abby VanDenBerg	12th
2009-10	Allie Knelp	16th
2009-10	Liz Cynkar	40th
2009-10	Erin Petersen	41st
2009-10	Taylor Sharpe	46th
2009-10	Sarah Mergens	48th

## O'GORMAN GIRLS GDC CONFERENCE CROSS COUNTRY PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
2010-11	Bekah Ridder	14th
2010-11	Abby VanDenBerg	22nd
2010-11	Lydia Enderson	31st
2010-11	Annie Prouse	35th
2010-11	Madyson Muller	36th
2010-11	Holly Polak	41st
2010-11	Alyssa Hanisch	48th
2010-11	Danelle Kalo	52nd
2010-11	Jody Boldt	57th
2011-12	Lydia Enderson	8th
2011-12	Bekah Ridder	9th
2011-12	Ally Beacom	34th
2011-12	Klarissa Kobernusz	45th
2011-12	Alyssa Bornhoft	49th
2011-12	Madyson Muller	52nd
2012-13	Alyssa Bornhoft	23rd
2012-13	Bekah Ridder	41st
2012-13	Klarissa Kobernusz	43rd
2012-13	Lydia Enderson	50th
2012-13	Annie Prouse	53rd
2012-13	Kendyl Kreber	55th
2012-13	Christina Salter	58th

## O'GORMAN GIRLS METRO CONFERENCE CROSS COUNTRY PLACE RUNNERS

<u>Year</u>	<u>Runner</u>	<u>Place</u>
2014-15	Emma Houwman	16th
2014-15	Abby Ripperda	18th
2014-14	Alyssa Bornhoft	19th
2014-15	Oliva Althoff	20th
2014-15	Katie Vockler	35th
2014-15	Kendyl Kreber	38th
2015-16	Olivia Althoff	8th
2015-16	Lauren Ermer	33rd
2015-16	Katie Pardy	34th
2015-16	Isabelle Bauers	35th
2015-16	Lauren Crouch	36th
2015-16	Grace Nielsen	37th
2016-17	Abby Ripperda	1st
2016-17	Oliva Althoff	6th
2016-17	George Sugrue	9th
2016-17	Ashton Vavra	16th
2016-17	Elizabeth Kolb	26th
2016-17	Alea Hardie	38th
2017-18	Alea Hardie	3rd
2017-18	Olivia Althoff	15th
2017-18	Ndjakalenga Mwenentanda	16th
2017-18	George Sugrue	24th
2017-18	Elizabeth Kolb	30th
2017-18	Grace Waage	33rd
2017-18	Abby Hericks	36th
2018-19	Alea Hardie	5th
2018-19	Grace Waage	19th
2018-19	Olivia Althoff	20th
2018-19	Ashton Vavra	21st
2018-19	George Sugrue	28th
2018-19	Paige Thorton	31st