

MONMOUTH COLLEGE
WOMEN'S CROSS COUNTRY
RECORD BOOK

TEAM HISTORY

Women's cross country was begun at Monmouth in the fall of 1981. The sport was granted championship status by the Midwest Athletic Conference for Women (MACW) in the fall of 1979 and Monmouth entered its first league championship in 1981. Monmouth has participated in every conference meet but has never won a league title. The conference women's championship has always been contested at the present course distance of 5000 meters. The conference held separate men's and women's championship races in 1981 and 1982 but the league meets have been held at a common site since 1983.

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[revised December 2008]

CROSS COUNTRY COACHES

NAME	YEAR
Jud Kruidenier	1981-87
Chris Pio	1988-98
Dan Schisler	1999
Roger Haynes	2000 –

MIDWEST CONFERENCE CHAMPIONSHIP MEET RESULTS

YEAR	PLACE - PTS	COACH	HOST
1981	5th - 130	Kruidenier	Cornell
1982	3rd - 77	Kruidenier	Grinnell
1983	8th - 194	Kruidenier	Coe
1984	7th - 150	Kruidenier	Lawrence
1985	6th - 143	Kruidenier	Cornell
1986	no score	Kruidenier	Chicago
1987	no score	Kruidenier	Grinnell
1988	7th - 154	Pio	Beloit
1989	8th - 185	Pio	Coe
1990	9th - 215	Pio	Ripon
1991	7th - 165	Pio	Monmouth
1992	no score	Pio	St. Norbert
1993	8th - 196	Pio	Illinois College
1994	3rd - 80	Pio	Lawrence
1995	2nd - 86	Pio	Cornell
1996	3rd - 131	Pio	Carroll
1997	4th - 99	Pio	Grinnell
1998	9th - 190	Pio	Beloit
1999	9 th - 239	Schisler	Monmouth
2000	9 th - 285	Haynes	Ripon
2001	7 th - 184	Haynes	Grinnell
2002	6 th - 125	Haynes	St. Norbert
2003	7 th - 166	Haynes	Lake Forest
2004	8 th - 203	Haynes	Lawrence
2005	7 th - 139	Haynes	Grinnell
2006	5 th - 127	Haynes	Carroll
2007	5 th - 108	Haynes	Illinois College
2008	1 st - 55	Haynes	Knox

MIDWEST CONFERENCE CROSS COUNTRY TEAM CHAMPIONS

YEAR	CHAMPION	1994	Grinnell
1979	Grinnell	1995	Grinnell
1980	Grinnell	1996	Carroll
1981	Cornell	1997	Carroll
1982	Cornell	1998	Beloit
1983	Grinnell	1999	Lawrence
1984	St. Norbert	2000	Carroll
1985	St. Norbert	2001	Lawrence
1986	St. Norbert	2002	St. Norbert
1987	Cornell	2003	St. Norbert
1988	Cornell	2004	Grinnell
1989	Grinnell	2005	Grinnell
1990	Lawrence	2006	Grinnell
1991	Grinnell	2007	Grinnell
1992	Grinnell	2008	MONMOUTH
1993	Grinnell		

TEAM RECORDS - MAJOR CHAMPIONSHIP MEETS

NCAA Midwest Regional Meet

Highest Place Finish	14th place (1989 at UW-Oshkosh)
Lowest Point Total	373 points (1989 at UW-Oshkosh)

Midwest Conference Championship Meet

Highest Place Finish	1st place (2008 at Knox)
Lowest Point Total	55 points (2008 at Knox, 2-5-14-15-19)
Most All-Conference Runners	5 (2008 at Knox)

Division III Illinois State Meet

Highest Place Finish	2nd place (1996, 1995, 1994)
Lowest Point Total	62 points (1995, 7-10-13-17-18)
Most All-State Medalists	5 (1995)

TEAM RECORDS - PACK SPLIT TIME

Pack split time records are established by the time difference between position finishers. Split times are listed for common race distances with the invitational race and year. Times are from 1987 season to the present.

2 miles

#1-2	#1-3	#1-4	#1-5	#1-6	#1-7
0:04	0:05	0:14	0:23	0:35	0:44
Cornell Invit. 1995	Cornell Invit. 1995	Elmhurst Invit 1997.	Elmhurst Invit. 1997	Elmhurst Invit. 1997	Elmhurst Invit. 1997

3 miles

0:07	0:22	0:36	0:38	1:13	2:03
Div 3 State Mt. 1997	Div 3 State Mt. 1995	Div 3 State Mt. 1996/1995	Div 3 State Mt. 1995	Div 3 State Mt. 1997	Div 3 State Mt. 1997

5000 meters

0:01	0:06	0:14	0:33	0:49	0:49
Loyola / IC Invit 1996 / 1995	Lake Forest 2002	Alma Invit 1995	Beloit Invit 1997	Augustana Invit1997	Augustana Invit 1997

TEAM RECORDS - TOTAL TIME

Total time records are established by adding the cumulative race times of the runners. Time records are listed with the invitational race, year and course location.

	2 miles	3 miles	5000 meters	6000 meters
TOP 5 RUNNERS	64:34 Ill. Wes. Invite (2008) Maxwell Park	96:27 Div 3 State Meet (1997) Monmouth Park	102:10 Augustana Invit (1997) Highland Springs GC	1:19.18 Loras Invite (2008) Dubuque Soccer Site
TOP 7 RUNNERS	91:02 Ill. Wes. Invite (2008) Maxwell Park	137:07 Div 3 State Meet (1997) Monmouth Park	143:48 Augustana Invit (1997) Highland Springs GC	170:02 Midwest Conf. (2008) Lake Storey, Galesburg
TOP 10 RUNNERS	134:50 Ill. Wes. Invite (2008) Maxwell Park	205:42 Div 3 State Meet (1997) Monmouth Park	212:23 Augustana Invit (1997) Highland Springs GC	251.17 Midwest Conf. (2008) Lake Storey, Galesburg

INDIVIDUAL RECORDS - ALL COURSES

Women's Cross Country Records, All Courses

2 miles	12:07.67	Mary Kate Beyer (2008, Illinois Wesleyan Invitational)
2½ miles	15:59	Angie Hickerson (1985, Knox Invitational)
3 miles	18:42	Carrie Knauer (1997, Div. 3 State Meet - Monmouth)
5000 meters	18:41	Angie Hickerson (1986, NCAA Regional - Augustana)

Women's Cross Country Records, Home Course [Monmouth City Park, 1991-1998] - 3 Miles

Overall	17:57	Kelly Roliardi, Augustana (1997)
Monmouth	18:42	Carrie Knauer (1997)

INDIVIDUAL RECORDS - CLASS & DISTANCE

All-time records are listed for each class (freshman through senior) for a number of common race distances. Times are listed with the year and race. The all-course record for each distance is denoted by an asterisk [].*

	2 miles	3 miles	5000 meters	6000 meters
SENIOR	12:48 Lindsey Whately 2002 (Elmhurst)	18:42 * Carrie Knauer 1997 (Div 3 State Meet)	18:41 * Angie Hickerson 1986 (NCAA Regional)	24:42.1 Taylor Froeliger 2006 (NCAA Regional)
JUNIOR	12:36 * Angie Hickerson 1985 (Cornell)	18:49 Gretchen Vandergriff 1997 (Div 3 State Meet)	19:48 Carrie Knauer 1996 (NCAA Regional)	23:08.9 Katie Staab 2008 (NCAA Regional)
SOPH.	12:07.67 Mary Kate Beyer 2008 (Illinois Wesleyan)	18:59.2 Aleksandra Forsman 2003 (Augustana Co- Ed)	19:41 Gretchen Vandergriff 1996 (Augustana)	21:58.4 Mary Kate Beyer 2008 (NCAA Regional)
FRESH.	12:57 Lindsay Krbavac 1995 (Cornell)	19:38 Jody Smith 1987 (Chicago)	19:06.77 Mary Kate Beyer 2007 (Conference – Illinois College)	22:19 Mary Kate Beyer 2007 (NCAA Regional – UW-Oshkosh)

INDIVIDUAL RECORDS - MIDWEST CONFERENCE CHAMPIONSHIPS

ALL-CONFERENCE MEDALISTS (Top 15 Finishers, MWC Championships -

NOTE – Beginning 2004 Top 20 Finishers)

1982 (1)	Susan Kvasnicka (8th)
1984 (1)	Laura Cavanaugh (9th)
1985 (2)	Angie Hickerson (5th), Laura Cavanaugh (8th)
1986 (2)	Angie Hickerson (1st) , Sue Tomlinson (10th)
1987 (1)	Jody Smith (5th)
1988 (1)	Julia Zobrist (14th)
1989 (1)	Julia Zobrist (15th)
1991 (1)	Julia Zobrist (15th)
1992 (1)	Pauline Mahoney (11th)
1993 (1)	Pauline Mahoney (14th)
1994 (1)	Kristin Kite (6th)
1995 (2)	Carrie Knauer (12th), Kathleen Yarger (15th)
1996 (1)	Carrie Knauer (13th)
1997 (2)	Carrie Knauer (6th), Gretchen Vandergriff (12th)
2002 (2)	Lindsey Whately (9 th), Aleksandra Forsman (12 th)
2003 (1)	Elizabeth Altekruise (11 th)
2004 (1)	Tiffanie York (5 th)
2005 (1)	Valerie Daves (15 th)
2006 (1)	Katie Staab (19 th)
2007 (2)	Mary Kate Beyer (5 th), Katie Staab (9 th)
2008 (5)	Mary Kate Beyer (2 nd), Katie Staab (5 th), Taryn Tang (14 th), Amy Aghababian (15 th), Whitney Didier (19 th)

MOST INDIVIDUAL ALL-CONFERENCE MEDALS:

3 - Katie Staab (2006-08), Carrie Knauer (1995-97), Julia Zobrist (1988-89, 1991)

2 – Mary Kate Beyer (2007-08), Pauline Mahoney (1992-93), Angie Hickerson (1985-86), Laura Cavanaugh (1984-85)

HIGHEST INDIVIDUAL CONFERENCE MEET PLACES:

1st - Angie Hickerson (1986 - Chicago)

2nd – Mary Kate Beyer (2008 – Knox)

5th – Katie Staab (2008 – Knox), Mary Kate Beyer (2007 – Illinois College),
Tiffanie York (2004 - Lawrence), Jody Smith (1987 - Grinnell), Angie Hickerson (1985 - Cornell)

6th - Carrie Knauer (1997 - Grinnell), Kristin Kite (1994 - Lawrence)

8th place - Laura Cavanaugh (1985 - Cornell), Susan Kvasnicka (1982 - Grinnell)

BEST INDIVIDUAL PERFORMANCES – CLASS, PLACE

Freshman Place	5th, Mary Kate Beyer (2007), Tiffanie York (2004), Jody Smith (1987)
Sophomore Place	2nd, Mary Kate Beyer (2008)
Junior Place	5th, Katie Staab (2008), Angie Hickerson (1985)
Senior Place	1st, Angie Hickerson (1986)

INDIVIDUAL RECORDS - NCAA REGIONALS

ALL-REGIONAL PERFORMANCES

YEAR	NAME/CLASS	REGIONAL PLACE/TIME	SITE
2007	Mary Kate Beyer (Fr.)	20 th /22:19	UW-Oshkosh (Lake Breeze GC)
2008	Mary Kate Beyer (So.)	7 th /21:58.4	Augustana (Saukie GC)

Highest NCAA Regional Meet Finish

- 7th – Mary Kate Beyer, 2008 (Augustana)
- 15th – Angie Hickerson, 1986 (Augustana)

Fastest NCAA Regional Meet Time

- (5K) 18:41 - Angie Hickerson, 1986 (Augustana)
- (6K) 21:58.4 – Mary Kate Beyer, 2008 (Augustana)

BEST INDIVIDUAL PERFORMANCES - CLASS PLACE AND TIME

Freshman Place	20 th , Mary Kate Beyer (UW-Oshkosh, 2007)
Freshman Time (5K)	20:10, Jody Smith (Augustana, 1987)
	(6K) 22:19, Mary Kate Beyer (UW-Oshkosh, 2007)
Sophomore Place	55th, Julia Zobrist (UW-Oshkosh, 1989)
Sophomore Time (5K)	20:07, Gretchen Vandergriff (Augustana, 1996)
	(6K) 21:58.4, Mary Kate Beyer (Augustana, 2008)
Junior Place	34th, Angie Hickerson (Augustana, 1985)
Junior Time (5K)	19:48, Carrie Knauer (Augustana, 1996)
	(6K) 23:08.9, Katie Staab (Augustana, 2008)

Senior Place 15th, Angie Hickerson (Augustana, 1986)
Senior Time (5K) 18:41, Angie Hickerson (Augustana, 1986)
(6K) 23:59.06, Lindsey Whately (Detwiller, 2002)

INDIVIDUAL RECORDS - NCAA NATIONALS

NCAA NATIONAL MEET INDIVIDUAL QUALIFIERS

YEAR	NAME	REGL PLACE	NCAA PLACE	HOST/SITE
2008	Mary Kate Beyer (So.)	7 th , 21:58.4	74 th , 22:12.78	Hanover, Hanover, Ind.

Highest NCAA National Meet Finish
 74th – Mary Kate Beyer, 2008 (at Hanover)

Fastest NCAA National Meet Time
 21:58.4 – Mary Kate Beyer, 2008 (at UW-Hanover)

Most NCAA National Meet Qualifications
 1 – Mary Kate Beyer (2008)

ALL-AMERICANS (field expanded to top 30 for All-Americans after 1992)
 Year – Name/Class – place – time – site

INDIVIDUAL RECORDS - DIVISION III ILLINOIS STATE MEET (1982-98)

ALL-STATE MEDALISTS (Top 20 Finishers, Division III Illinois State Meet)

Susan Kvasnicka	1982-1983	Kristin Kite	1994
Laura Cavanaugh	1984	Carrie Knauer	1994-1995-1996-1997
Anne Tyler	1984-1985	Kathleen Yarger	1994-1995
Gail Gullickson	1985	Rita McQuinn	1994
Angie Hickerson	1985-1986	Lindsay Krbavac	1995
Sue Tomlinson	1986	Gretchen Vandergriff	1995-1996-1997-1998
Jody Smith	1987-1988-1989	Diana Plack	1995-1996
Julia Zobrist	1988-1989-1990	Ann Moody	1996-1998
Pauline Mahoney	1993		

ALL-STATE MEDALISTS (By Year)

1982 (1) Susan Kvasnicka (14th)
 1983 (1) Susan Kvasnicka (20th)

- 1984 (2) Laura Cavanaugh (15th), Anne Tyler (18th)
- 1985 (3) Angie Hickerson (9th), Gail Gullickson (18th), Anne Tyler (20th)
- 1986 (2) Angie Hickerson (4th), Sue Tomlinson (14th)
- 1987 (1) Jody Smith (10th)
- 1988 (2) Julia Zobrist (10th), Jody Smith (14th)
- 1989 (2) Julia Zobrist (10th), Jody Smith (14th)
- 1990 (1) Julia Zobrist (18th)
- 1993 (1) Pauline Mahoney (15th)
- 1994 (4) Kristin Kite (5th), Carrie Knauer (9th), Kathleen Yarger (15th), Rita McQuinn (19th)
- 1995 (5) Lindsay Krbavac (7th), Kathleen Yarger (10th), Carrie Knauer (13th), Gretchen Vandergriff (17th), Diana Plack (18th)
- 1996 (4) Gretchen Vandergriff (10th), Carrie Knauer (14th), Diana Plack (16th), Ann Moody (18th)
- 1997 (2) Carrie Knauer (11th), Gretchen Vandergriff (12th)
- 1998 (2) Gretchen Vandergriff (16th), Ann Moody (18th)

MOST INDIVIDUAL ALL-STATE MEDALS:

- 4 - Gretchen Vandergriff (1995-98), Carrie Knauer (1994-97)**
- 3 - Julia Zobrist (1988-90), Jody Smith (1987-89)

HIGHEST INDIVIDUAL STATE MEET PLACE:

- 4th place - Angie Hickerson (1986)**
- 5th place - Kristin Kite (1994)
- 7th place - Lindsay Krbavac (1995)
- 9th place - Carrie Knauer (1994), Angie Hickerson (1985)

BEST INDIVIDUAL PERFORMANCES - CLASS PLACE AND TIME

- | | |
|------------------------|---|
| Freshman Place | 5th, Kristin Kite (1994) |
| Freshman Time | 19:45, Ann Moody (1996) |
|
 | |
| Sophomore Place | 10th, Gretchen Vandergriff (1996), Kathleen Yarger (1995), Julia Zobrist (1989) |
| Sophomore Time | 19:09, Gretchen Vandergriff (1996) |
|
 | |
| Junior Place | 9th, Angie Hickerson (1985) |
| Junior Time | 18:49, Gretchen Vandergriff (1997) |
|
 | |
| Senior Place | 4th, Angie Hickerson (1986) |
| Senior Time | 18:42, Carrie Knauer (1997) |

MONMOUTH WOMEN'S CROSS COUNTRY TOP 10 PERFORMANCES (By Distance)

6000 METERS

1.	21:58.4	Mary Kate Beyer	2008	(NCAA Regional – Augustana)
2.	22:03.73	Mary Kate Beyer	2008	(Conference – Knox)
3.	22:12.78	Mary Kate Beyer	2008	(NCAA Nationals – Hanover)
4.	22:19	Mary Kate Beyer	2007	(NCAA Regional – UW-Oshkosh)
5.	22:29	Mary Kate Beyer	2007	(Augustana – Brissman-Lundeen)
	22:29	Mary Kate Beyer	2008	(Loras – Tucker Invitational)
6.	22:40.4	Mary Kate Beyer	2008	(Augustana – Brissman-Lundeen)
7.	23:02.7	Tiffanie York	2004	(NCAA Regional – Augustana)
8.	23:08.9	Katie Staab	2008	(NCAA Regional – Augustana)
9.	23:23	Alexsandra Forsman	2004	(Augustana – Brissman-Lundeen)
10.	23:28.38	Katie Staab	2008	(Conference – Knox)

5000 METERS

1.	18:41	Angie Hickerson	1986	(NCAA Regional - Augustana)
2.	19:06	Mary Kate Beyer	2007	(Conference – Illinois College)
3.	19:07	Mary Kate Beyer	2007	(Bradley)
4.	19:22	Mary Kate Beyer	2008	(Bradley)
5.	19:28	Alexsandra Forsman	2004	(Loyola)
6.	19:41	Gretchen Vandergriff	1996	(Augustana)
7.	19:42	Mary Kate Beyer	2007	(Augustana)
8.	19:43	Tiffanie York	2004	(Loyola)
9.	19:45	Valerie Daves	2005	(MWC – Grinnell)
10.	19:46	Lindsey Whately	2002	(Conf- St. Norbert)

3 MILES

1.	18:42	Carrie Knauer	1997	(Monmouth)
2.	18:49	Gretchen Vandergriff	1997	(Monmouth)
3.	18:59.2	Aleksandra Forsman	2003	(Rock Island)
3.	19:01	Angie Hickerson	1986	(Monmouth)
4.	19:36	Dara Pagel	1997	(Monmouth)
	19:36	Diana Plack	1996	(Monmouth)
	19:36.2	Elizabeth Altekruise	2003	(Rock Island)
5.	19:38	Jody Smith	1987	(Chicago)
6.	19:40	Rita McQuinn	1997	(Monmouth)
	19:40	Kathleen Yarger	1997	(Monmouth)
7.	19:43	Julia Zobrist	1989	(Knox)
8.	19:45	Ann Moody	1996	(Monmouth)
9.	19:55	Jennifer Hoffman	1997	(Monmouth)
	19:55	Kristin Kite	1994	(Monmouth)
10.	20:00	Sue Tomlinson	1986	(Monmouth)

3 MILES (Home Course - since 1991)

1.	18:42	Carrie Knauer	1997
2.	18:49	Gretchen Vandergriff	1997
3.	19:36	Dara Pagel	1997
	19:36	Diana Plack	1996
4.	19:40	Rita McQuinn	1997
	19:40	Kathleen Yarger	1997
5.	19:45	Ann Moody	1996
6.	19:55	Jennifer Hoffman	1997
	19:55	Kristin Kite	1994
7.	20:13	Lindsay Krbavac	1995
8.	20:40	Julia Zobrist	1991
9.	20:45	Jessica Mills	1991

2 MILES

1.	12:07.67	Mary Kate Beyer	2008	(Illinois Wesleyan)
2.	12:17	Angie Hickerson	1986	(Quincy)
3.	12:36	Angie Hickerson	1985	(Cornell)
4.	12:41.75	Katie Staab	2008	(Illinois Wesleyan)
5.	12:48	Lindsey Whately	2002	(Elmhurst)
6.	12:52	Susan Kvasnicka	1983	(Monmouth)
7.	12:56	Diana Plack	1996	(Elmhurst)
8.	12:57	Lindsay Krbavac	1995	(Cornell)
9.	13:01	Kathleen Yarger	1995	(Cornell)
10.	13:03	Aleksandra Forsman	2002	(Elmhurst)

MONMOUTH WOMEN'S CROSS COUNTRY TOP 10 PERFORMANCES (By Meet)

** indicates race times converted from miles*

NCAA Midwest Regional Meet (5000m)

1.	18:41	Angie Hickerson	1986 (Augustana)
2.	19:48	Carrie Knauer	1996 (Augustana)
3.	19:54	Pauline Mahoney	1992 (Augustana)
4.	20:07	Gretchen Vandergriff	1996 (Augustana)
5.	20:10	Jody Smith	1987 (Augustana)
6.	20:13	Kristin Kite	1994 (Augustana)
7.	20:14	Julia Zobrist	1990 (Augustana)
8.	20:15	Lindsey Whately	2001 (Augustana)
9.	20:23	Carrie Knauer	1994 (Augustana)
10.	20:25	Carrie Knauer	1997 (Oshkosh)

NCAA Midwest Regional Meet (6000m)

1.	21:58.4	Mary Kate Beyer	2008 (Augustana)
2.	22:19	Mary Kate Beyer	2007 (UW-Oshkosh)
3.	23:00	Aleksandra Forsman	2002 (Peoria)
4.	23:02.7	Tiffanie York	2004 (Augustana)
5.	23:08.9	Katie Staab	2008 (Augustana)
6.	23:33	Mary Kate Beyer	2007 (UW-Oshkosh)
7.	23:59	Lindsey Whately	2002 (Peoria)
8.	24:39.1	Katie Staab	2006 (Augustana)
9.	24:42.1	Taylor Froeliger	2006 (Augustana)
10.	24:45.4	Taryn Tang	2008 (Augustana)

Midwest Conference Championship Meet (5000m)

1.	19:06.77	Mary Kate Beyer	2007 (Illinois College)
2.	19:45	Valerie Daves	2005 (Grinnell)
3.	19:48	Angie Hickerson	1986 (Chicago)
4.	19:46	Lindsey Whately	2002 (St. Norbert)
5.	19:50	Jody Smith	1987 (Grinnell)
6.	19:53	Aleksandra Forsman	2002 (St. Norbert)
7.	19:53.63	Katie Staab	2007 (Illinois College)
8.	19:54	Elizabeth Altekruise	2003 (Lake Forest)
9.	19:59.08	Tiffanie York	2004 (Lawrence)
10.	20:05	Lindsey Whately	2001 (Grinnell)

Midwest Conference Championship Meet (6000m)

1.	22:03.73	Mary Kate Beyer	2008 (Knox)
2.	23:28.38	Katie Staab	2008 (Knox)
3.	24:25.69	Taryn Tang	2008 (Knox)
4.	24:27.79	Amy Aghababian	2008 (Knox)
5.	24:35.33	Whitney Didier	2008 (Knox)
6.	25:28.58	Jayne Ayers	2008 (Knox)
7.	25:34.19	Ashley Szabo	2008 (Knox)
8.	26:17.30	Briana Flynn	2008 (Knox)

Division III Illinois State Meet (3 miles)**Monmouth City Park, Monmouth IL (1991-98)**

1.	18:42	Carrie Knauer	1997
2.	18:49	Gretchen Vandergriff	1997
3.	19:09	Gretchen Vandergriff	1996
4.	19:26	Carrie Knauer	1996
5.	19:36	Dara Pagel	1997
	19:36	Diana Plack	1996
6.	19:40	Rita McQuinn	1997
	19:40	Kathleen Yarger	1997
7.	19:45	Ann Moody	1996

8.	19:55	Jennifer Hoffman	1997
	19:55	Kristin Kite	1994
9.	19:59	Rita McQuinn	1996
10.	20:02	Gretchen Vandergriff	1998

Division III Illinois State Meet (3 miles)

All Courses

1.	18:42	Carrie Knauer	1997
2.	18:49	Gretchen Vandergriff	1997
3.	19:01	Angie Hickerson	1986
4.	19:09	Gretchen Vandergriff	1996
5.	19:21	Angie Hickerson	1985
6.	19:26	Carrie Knauer	1996
7.	19:36	Dara Pagel	1997
	19:36	Diana Plack	1996
8.	19:40	Rita McQuinn	1997
	19:40	Kathleen Yarger	1997
9.	19:45	Ann Moody	1996
10.	19:49	Julia Zobrist	1988

Cornell Ram Run Invitational (2 miles)

Cornell College, Mt. Vernon IA

1.	12:36	Angie Hickerson	1985
2.	12:57	Lindsay Krbavac	1995
3.	13:01	Kathleen Yarger	1995
4.	13:02	Diana Plack	1995
5.	13:29	Carrie Knauer	1995
6.	13:52	Gretchen Vandergriff	1995
	13:52	Kathleen Yarger	1994
	13:52	Laura Cavanaugh	1985
7.	13:54	Rita McQuinn	1995
8.	14:01	Carrie Knauer	1994
9.	14:05	Pauline Mahoney	1993
10.	14:07	Grace Jurkowski	1994

UW-Parkside Invitational/Midwest Open (5000m)

National CC Course, Kenosha WI

1.	20:41	Pauline Mahoney	1992
2.	20:46	Carrie Knauer	1996
3.	21:01	Jody Smith	1989
4.	21:04	Kathleen Yarger	1995
5.	21:10	Diana Plack	1996
6.	21:11	Diana Plack	1995
7.	21:13	Carrie Knauer	1995
	21:13	Julia Zobrist	1989

8.	21:16	Jessica Mills	1993
9.	21:20	Gretchen Vandergriff	1996
10.	21:22	Kathleen Yarger	1994

Augustana Invitational (5000m)

Credit Island, Davenport IA

1.	19:42	Mary Kate Beyer	2007
2.	20:37	Julia Zobrist	1990
3.	20:45	Kathleen Yarger	1995
4.	20:54	Diana Plack	1995
5.	20:55	Lindsay Krbavac	1995
6.	21:05	Carrie Knauer	1995
7.	21:38	Jody Smith	1990
8.	22:02	Rita McQuinn	1995
9.	22:14*	Jessica Mills	1993
10.	23:08	Grace Jurkowski	1995

Credit Island, Davenport IA - All 5000m Races

1.	18:41	Angie Hickerson	1986 (NCAA Regional)
2.	19:42	Mary Kate Beyer	2007 (Augustana Invitational)
2.	19:54	Pauline Mahoney	1992 (NCAA Regional)
3.	20:10	Jody Smith	1987 (NCAA Regional)
4.	20:14	Julia Zobrist	1990 (NCAA Regional)
5.	20:28	Angie Hickerson	1985 (NCAA Regional)
6.	20:37	Julia Zobrist	1990 (Augustana Invitational)
7.	20:45	Kathleen Yarger	1995 (Augustana Invitational)
8.	20:51	Laura Cavanaugh	1984 (NCAA Regional)
9.	20:54	Diana Plack	1995 (Augustana Invitational)
10.	20:55	Lindsay Krbavac	1995 (Augustana Invitational)

Credit Island, Davenport IA - All 6000m Races

1.	22:49	Mary Kate Beyer	2007 (Augustana – Brissman-Lundeen)
1.	23:02.7	Tiffany York	2004 (NCAA Regional)
2.	23:23	Aleksandra Forsman	2004 (Augustana – Brissman-Lundeen)
3.	23:57	Elizabeth Altekruze	2003 (Augustana – Brissman-Lundeen)
4.	24:10	Tiffanie York	2004 (Augustana – Brissman-Lundeen))
5.	24:39.6	Katie Staab	2006 (NCAA Regional)
6.	24:42.1	Taylor Froeliger	2006 (NCAA Regional)
7.	24:43	Joni Nelson	2006 (Augustana – Brissman-Lundeen)
8.	24:51	Joni Nelson	2003 (Augustana – Brissman-Lundeen)
9.	24:51.9	Sara Ingersoll	2006 (NCAA Regional)
10.	24:52	Sara Ingersoll	2003 (Augustana – Brissman-Lundeen)

Augustana Invitational (5000m)**Highland Springs, Rock Island IL**

1.	19:41	Gretchen Vandergriff	1996
2.	20:00	Carrie Knauer	1997
3.	20:20	Rita McQuinn	1997
4.	20:27	Carrie Knauer	1996
5.	20:28	Gretchen Vandergriff	1997
6.	20:39	Jennifer Hoffman	1997
	20:39	Philicia Moredock	2000
7.	20:43	Kathleen Yarger	1997
8.	20:46	Lindsey Whately	2001
9.	20:49	Dara Pagel	1997
		Greta Swanson	1997
10.	20:52	Diana Plack	1996

Highland Springs, Rock Island,IL - All Races

1.	19:41	G. Vandergriff	1996 (Augie Invit)
2.	19:48	Carrie Knauer	1996 (NCAA Reg)
3.	20:07	G. Vandergriff	1996 (NCAA Reg)
4.	20:13	Kristin Kite	1994 (NCAA Reg)
5.	20:15	Lindsey Whately	2001 (NCAA Reg.)
6.	20:23	Carrie Knauer	1994 (NCAA Reg)
7.	20:27	Carrie Knauer	1996 (Augie Invit)
8.	20:29	Diana Plack	1996 (NCAA Reg)
9.	20:39	Philicia Moredock	2000 (Augie Invit)
10.	20:46	Lindsey Whately	2001 (Augie Invit)

Grinnell-Les Duke Invitational (5000m)**Oakland Acres, Grinnell IA**

1.	20:12	Diana Plack	1995
2.	20:20	Lindsay Krbavac	1995
3.	20:28	Philicia Moredock	2000
4.	20:32	Elizabeth Altekruise	2000
5.	20:38	Kathleen Yarger	1995
6.	20:49	Gretchen Vandergriff	1997
7.	20:58	Lindsey Whately	2001
8.	21:08	Carrie Knauer	1997
9.	21:13	Carrie Knauer	1995
10.	21:18	Rita McQuinn	1997

Grinnell-Les Duke Invitational (6000m)**Oakland Acres, Grinnell IA**

1.	25:30	Elizabeth Altekruise	2003
2.	26:22	Sarah Ingersoll	2003
3.	26:24	Valerie Daves	2005

4.	26:27	Kaile Schreiner	2005
5.	26:29	Erin Mann	2003
6.	26:54	Joni Nelson	2003
7.	27:02	Kila Cox	2005
8.	27:03	Erin Mann	2005
9.	27:38	Carissa Young	2005
10.	28:08	Carissa Young	2003

Loyola Lakefront Invitational (5000m)

Montrose Harbor, Chicago IL

1.	19:28	Aleksandra Forsman	2004
2.	19:43	Tiffanie York	2004
3.	20:22	Carrie Knauer	1996
4.	20:23	Gretchen Vandergriff	1996
5.	20:56	Carrie Knauer	1994
6.	21:08	Kathleen Yarger	1994
7.	21:17	Ann Moody	1996
	21:17	Valerie Daves	2005
8.	21:19	Ann Moody	1997
9.	21:20	Jessica Mills	1994
10.	21:22	Diana Plack	1996
	21:22	Rita McQuinn	1996

Illinois College Invitational (5000m)

Nichols Park, Jacksonville IL

1.	20:16	Kristin Kite	1994
2.	20:50	Kathleen Yarger	1994
3.	20:54	Kathleen Yarger	1995
4.	20:55	Diana Plack	1995
5.	21:04	Lindsay Krbavac	1995
6.	21:22	G. Vandergriff	1995
7.	21:39	Jessica Mills	1994
8.	21:43	Rita McQuinn	1994
9.	21:44	Carrie Knauer	1995
10.	21:55	Rita McQuinn	1995

Nichols Park, Jacksonville IL - All Races

1.	20:16	Kristin Kite	1994 (IC Invit)
2.	20:33	Pauline Mahoney	1993 (MWC)
3.	20:50	Kathleen Yarger	1994 (IC Invit)
4.	20:53	Jessica Mills	1993 (MWC)
5.	20:54	Kathleen Yarger	1995 (IC Invit)
6.	20:55	Diana Plack	1995 (IC Invit)
7.	21:04	Lindsay Krbavac	1995 (IC Invit)
8.	21:22	G. Vandergriff	1995 (IC Invit)

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|-----|-------|---------------|-----------------|
| 9. | 21:39 | Jessica Mills | 1994 (IC Invit) |
| 10. | 21:43 | Rita McQuinn | 1994 (IC Invit) |

Bradley University Open (5000m)

Detwiller Park, Peoria IL

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|-----|-------|----------------------|------|
| 1. | 19:07 | Mary Kate Beyer | 2007 |
| 2. | 19:22 | Mary Kate Beyer | 2008 |
| 3. | 20:13 | Gretchen Vandergriff | 1997 |
| 4. | 20:17 | Katie Staab | 2007 |
| 5. | 20:18 | Katie Staab | 2008 |
| 6. | 20:30 | Jennifer Hoffman | 1997 |
| 7. | 20:34 | Kathleen Yarger | 1997 |
| 8. | 20:44 | Rita McQuinn | 1997 |
| 9. | 20:45 | Philicia Moredock | 2000 |
| 10. | 20:48 | Dara Pagel | 1997 |

Beloit Invitational (5000m)

Leeson Park, Beloit, WI

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|----|-------|----------------------|------|
| 1. | 22:04 | Ann Moody | 1998 |
| 2. | 22:54 | Dara Pagel | 1998 |
| | 22:54 | Christina Barbic | 1998 |
| 3. | 24:28 | Gretchen Vandergriff | 1998 |

Leeson Park, Beloit, WI - All Races

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|----|-------|----------------------|---------------|
| 1. | 20:41 | Gretchen Vandergriff | 1998 (MWC) |
| 2. | 21:50 | Dara Pagel | 1998 (MWC) |
| 3. | 21:53 | Christina Barbic | 1998 (MWC) |
| 4. | 22:04 | Gretchen Vandergriff | 1998 (Beloit) |
| 5. | 22:43 | Ann Moody | 1998 (MWC) |
| 6. | 22:54 | Dara Pagel | 1998 (Beloit) |
| | 22:54 | Christina Barbic | 1998 (Beloit) |
| 7. | 24:28 | Gretchen Vandergriff | 1998 (Beloit) |
| 8. | 26:26 | Tammy Schrieber | 1998 (MWC) |

Carroll-Juedes Invitational (5000m)

Minooka Park, Waukesha WI

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|----|-------|---------------|------|
| 1. | 21:32 | Julia Zobrist | 1990 |
| 2. | 25:35 | Felicia Tank | 1990 |

Minooka Park, Waukesha WI - All Races

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|----|---------|----------------|------------|
| 1. | 20:57 | Carrie Knauer | 1996 (MWC) |
| 2. | 21:00.5 | Katie Staab | 2006 (MWC) |
| 3. | 21:13 | Ann Moody | 1996 (MWC) |
| 4. | 21:16.3 | Sara Ingersoll | 2006 (MWC) |
| | 21:16.3 | Valerie Daves | 2006 (MWC) |

5.	21:21.3	Taylor Froeliger	2006 (MWC)
6.	21:32	Julia Zobrist	1990 (Juedes)
7.	21:35.6	Joni Nelson	2006 (MWC)
8.	21:41	Diana Plack	1996 (MWC)
9.	21:56	Rita McQuinn	1996 (MWC)
10.	21:59	Kathleen Yarger	1996 (MWC)

Eastern Illinois Invitational (5000m)

EIU Campus, Charleston IL

1.	20:19	Carrie Knauer	1994
2.	20:27	Kathleen Yarger	1994
3.	20:59	Rita McQuinn	1994
4.	21:10	Jessica Mills	1994
5.	22:00	Jennifer Koranda	1994
6.	22:02	Caryn Brow	1994
7.	23:16	Grace Jurkowski	1994
8.	27:12	Nicki Mathison	1994

Washington Univ Invitational (5000m)

Tower Grove Park, St. Louis MO

1.	19:53	Carrie Knauer	1996
2.	20:35	Diana Plack	1996
3.	20:37	Gretchen Vandergriff	1996
4.	21:17	Rita McQuinn	1996
5.	21:28	Ann Moody	1996
6.	22:54	Caryn Brow	1996
7.	23:33	Dara Pagel	1996
8.	27:49	LeeAnn Stewart	1996
9.	28:21	Tammy Schrieber	1996

Washington Univ Invitational (5000m)

Forest Park, St. Louis MO

1.	20:15	Gretchen Vandergriff	1998
2.	20:26	Ann Moody	1998
3.	20:42	Dara Pagel	1998
4.	21:14	Christina Barbic	1998
5.	27:06	Tammy Schrieber	1998

Forest Park, St. Louis MO - All Races

1.	20:15	Gretchen Vandergriff	1998 (Wash Invit)
2.	20:26	Ann Moody	1998 (Wash Invit)
3.	20:32	Gretchen Vandergriff	1998 (NCAA Regl)
4.	20:42	Dara Pagel	1998 (Wash Invit)
5.	21:14	Christina Barbic	1998 (Wassh Invit)
6.	21:34	Dara Pagel	1998 (NCAA Regl)

7.	21:43	Ann Moody	1998 (NCAA Regl)
8.	22:10	Christina Barbic	1998 (NCAA Regl)
9.	26:27	Tammy Schrieber	1998 (NCAA Regl)
10.	27:06	Tammy Schrieber	1998 (Wash Invit)

UW-LaCrosse/Neubauer Invitational (5000m)

Maple Grove Golf Course, LaCrosse WI

1.	20:04	Gretchen Vandergriff	1996
2.	20:42	Diana Plack	1996
3.	20:48	Rita McQuinn	1996
4.	21:06	Ann Moody	1996
5.	23:21	Dara Pagel	1996
6.	23:39	Caryn Brow	1996
7.	23:59	Tamara Wallace	1996
8.	26:47	Tammy Schrieber	1996
9.	28:20	LeeAnn Stewart	1996

Elmhurst Invitational (2 miles)

Eldridge Park, Elmhurst IL

1.	12:48	Lindsey Whately	2002
2.	12:56	Diana Plack	1996
3.	13:03	Aleksandra Forsman	2002
4.	13:05	Carrie Knauer	1996
5.	13:18	Kathleen Yarger	1997
6.	13:30	Dara Pagel	1997
7.	13:31	Rita McQuinn	1997
8.	13:32	Gretchen Vandergriff	1997
	13:32	Ann Moody	1996
9.	13:34	Ann Moody	1998
10.	13:40	Dara Pagel	1998
	13:40	Gretchen Vandergriff	1996

St. Ambrose Invitational (5000m)

Emeis Park, Davenport IA

1.	20:52	Kathleen Yarger	1994
2.	20:55	Kristin Kite	1994
3.	21:09	Carrie Knauer	1994
4.	21:51	Rita McQuinn	1994
5.	22:12	Jennifer Koranda	1994
6.	23:05	Caryn Brow	1994
7.	23:43	Sandy Gavin	1994
8.	26:51	Nicki Mathison	1994

Alma College Invitational (5000m)**Pine River Park, Alma MI**

1.	21:12	Diana Plack	1995
2.	21:15	Lindsay Krbavac	1995
3.	21:19	Carrie Knauer	1995
4.	21:26	Kathleen Yarger	1995
5.	22:11	Gretchen Vandergriff	1995
6.	22:18	Rita McQuinn	1995
7.	24:12	Caryn Brow	1995
8.	28:46	Tammy Schrieber	1995
9.	29:27	Nicki Mathison	1995

Madison Tech Invitational (5000m)**Madison WI**

1.	21:32	Julia Zobrist	1988
2.	21:38	Julia Zobrist	1990
3.	21:42	Laura Cavanaugh	1984
4.	22:10	Julia Zobrist	1991
5.	22:30	Susan Kvasnicka	1982
6.	22:56	Jody Smith	1990
7.	23:24	Anne Tyler	1984
8.	23:47	Terri Lacey	1988
9.	23:51	Jessica Mills	1991
10.	24:11	Diane Buehrig	1984

UW-Whitewater Warhawk Invitational (5000m)**Whitewater Campus, Whitewater WI**

1.	21:48	Pauline Mahoney	1992
2.	22:59	Jessica Mills	1992
3.	23:07	Jenny Salisbury	1992

Spoon River Invitational (5000m)**SRC Campus, Canton IL**

1.	20:26	Angie Hickerson	1986
2.	21:14	Jody Smith	1987
3.	21:54	Pauline Mahoney	1992
4.	21:56	Sue Tomlinson	1986
5.	22:03	Laura Cavanaugh	1984
6.	23:30	Kelly Simpson	1987
7.	23:36	Jenny Salisbury	1992
8.	24:34	Melanie Morgan	1984
9.	24:51	Anne Tyler	1984
10.	25:27	Diane Buehrig	1984

Knox Invitational (5000m)

Lake Storey Park, Galesburg IL

1.	19:49	Angie Hickerson	1985
2.	20:15	Lilndsey Whately	2002
3.	20:22	Julia Zobrist	1989
4.	20:41	Aleksandra Forsman	2002
5.	20:46	Julia Zobrist	1988
6.	20:48	Jody Smith	1988
7.	20:51	Jody Smith	1989
8.	20:56	Julia Zobrist	1991
9.	20:58	Lindsey Whately	2001
10.	21:00	Erin Mann	2002

Coe Lamb-Kohawk Invitational (5000m)

Cedar Rapids, IA

1.	20:50	Julia Zobrist	1989
2.	21:07*	Nicki Bertelsen	1991
3.	21:14	Jody Smith	1989
	21:14*	Jessica Mills	1991
4.	23:26*	Felicia Tank	1991
5.	24:34	Dawn Fordyce	1989
6.	24:56*	Kara Young	1991
7.	26:23	Dawn Taylor	1989
8.	29:37	Erica Mowitz	1989

Lincoln Land Invitational (3 miles)

Community College Campus, Springfield IL

1.	20:19	Julia Zobrist	1990
2.	23:39	Terri Lacey	1990