

Eisenhower Girls' XC State Records (1974-2019, 2021-22)

1.5 Miles (1973 & 1974)

Rank	Name	Year	Time	Distance	Grade	Place	Site
	Cheryl Roulrier	1974	8:59	1.5 miles	12	10	Granger

2 Miles (1975-1979)

Rank	Name	Year	Time	Distance	Grade	Place	Site
1	Elizabeth Conlon	1977	12:35	2 miles		9	Seattle
2	Elizabeth Conlon	1979	12:47	2 miles		37	Seattle
3	Jenny Sperry	1978	12:48	2 miles		24	Seattle
4	Lory Knapp	1979	13:05	2 miles		47	Seattle
5	Juile Byers	1977	13:09	2 miles		38	Seattle
6	Juile Byers	1975	13:13	2 miles		52	Issaquah
7	Heidi Olsen	1978	13:21	2 miles		51	Seattle
8	Carol Weston	1978	13:26	2 miles		55	Seattle
9	Katie Halverson	1979	13:32	2 miles		80	Seattle
10	Debbie Armstrong	1979	13:33	2 miles		81	Seattle
11	Jenny Sperry	1979	13:34	2 miles		83	Seattle
12	Heidi Olsen	1977	13:40	2 miles		64	Seattle
13	Jenny Sperry	1977	13:41	2 miles		66	Seattle
14	Heidi Olsen	1979	13:50	2 miles		96	Seattle
15	Debbie Armstrong	1978	13:52	2 miles		81	Seattle
16	Lory Knapp	1978	14:02	2 miles		91	Seattle
17	Elieen Shaw	1977	14:16	2 miles		92	Seattle
18	Shelly Gardner	1979	14:18	2 miles		114	Seattle
19	Elieen Shaw	1978	14:27	2 miles		106	Seattle
20	Shelly Gardner	1978	14:59	2 miles		117	Seattle
21	Beverly Manley	1977	15:46	2 miles		123	Seattle
22	Tammy Mow	1977	16:08	2 miles		126	Seattle

3 Miles (1980-1996)

Rank	Name	Year	Time	Distance	Grade	Place	Site
1	Robin Bryson	1988	17:03	3 miles	10	1	Pasco
2	Robin Bryson	1990	17:06	3 miles	12	2	Pasco
3	Robin Bryson	1987	17:31	3 miles	9	2	Port Townsend
4	Aleah Thome	1994	17:40	3 miles	11	1	Pasco
5	Melanie Kosin	1988	17:40	3 miles	12	5	Pasco
6	Stephanie Heaton	1995	17:51	3 miles	10	4	Pasco
7	Melanie Kosin	1987	17:52	3 miles	11	7	Port Townsend
8	Robin Bryson	1989	18:00	3 miles	11	3	Pasco
9	Stephanie Heaton	1994	18:02	3 miles	9	3	Pasco
10	Tara Hangge	1995	18:07	3 miles	12	9	Pasco
11	Molly Peterson	1987	18:08	3 miles	11	13	Port Townsend
12	Stephanie Heaton	1996	18:09	3 miles	11	11	Pasco
13	Aleah Thome	1995	18:16	3 miles	12	12	Pasco
14	Debi Panell	1990	18:17	3 miles	10	26	Pasco
15	Aleah Thome	1992	18:25	3 miles	9	6	Pasco
16	Aleah Thome	1993	18:26	3 miles	10	15	Pasco

17	Liza English	1994	18:33	3 miles	10	19	Pasco
18	Molly Peterson	1988	18:34	3 miles	12	28	Pasco
19	Tanya Bryson	1990	18:39	3 miles	11	36	Pasco
20	Karina Slocum	1990	18:40	3 miles	11	38	Pasco
21	Erica Scheuffele	1995	18:43	3 miles	11	29	Pasco
22	Tara Hangge	1994	18:44	3 miles	11	28	Pasco
23	Megan Murphy	1990	18:45	3 miles	10	40	Pasco
24	Tanya Bryson	1991	18:48	3 miles	12	38	Pasco
25	Erica Scheuffele	1996	18:49	3 miles	12	30	Pasco
26	Kirstin Larson	1990	18:49	3 miles	10	44	Pasco
27	Karina Slocum	1991	18:51	3 miles	12	40	Pasco
28	Traci Deason	1996	18:54	3 miles	10	37	Pasco
29	Melissa Thompson	1988	18:54	3 miles	10	43	Pasco
30	Liza English	1995	18:55	3 miles	11	41	Pasco
31	Ingrid Chapman	1996	19:02	3 miles	11	45	Pasco
32	Tanya Bryson	1988	19:02	3 miles	9	47	Pasco
33	Melissa Thompson	1990	19:12	3 miles	12	63	Pasco
34	Erika Larson	1995	19:14	3 miles	9	60	Pasco
35	Cindy Gorset	1987	19:15	3 miles		45	Port Townsend
36	Erica Scheuffele	1994	19:16	3 miles	10	53	Pasco
37	Michelle Thielke	1987	19:17	3 miles	10	48	Port Townsend
38	Harmony Chapman	1994	19:22	3 miles	12	57	Pasco
39	Megan Murphy	1991	19:22	3 miles	11	63	Pasco
40	Debi Panell	1989	19:27	3 miles	9	34	Pasco
41	Michelle Thielke	1988	19:31	3 miles	11	69	Pasco
42	Tanya Bryson	1989	19:32	3 miles	10	37	Pasco
43	Camille Rivard	1980	19:33	3 miles		32	Seattle
44	Liza English	1996	19:36	3 miles	12	82	Pasco
45	Caseie Williams	1987	19:36	3 miles	11	68	Port Townsend
46	Harmony Chapman	1992	19:41	3 miles	10	52	Pasco
47	Caseie Williams	1988	19:42	3 miles	12	80	Pasco
48	Erika Larson	1996	19:43	3 miles	10	91	Pasco
49	Melissa Thompson	1989	19:48	3 miles	11	51	Pasco
50	Melanie Kosin	1985	19:48	3 miles	10	13	Hangman Valley
51	Megan Maguire	1996	19:50	3 miles	11	99	Pasco
52	Lory Knapp	1980	19:50	3 miles		44	Seattle
53	Camille Rivard	1981	19:54	3 miles		37	Seattle
54	Megan Murphy	1992	20:01	3 miles	12	73	Pasco
55	Megan Murphy	1989	20:05	3 miles	9	62	Pasco
56	Leah Boyd	1994	20:07	3 miles	12	105	Pasco
57	Michelle Thielke	1989	20:08	3 miles	12	65	Pasco
58	Samantha Ashlock	1995	20:12	3 miles	12	106	Pasco
59	Stacey Burns	1992	20:12	3 miles	12	91	Pasco
60	Amy Welsch	1991	20:12	3 miles	9	104	Pasco
61	Colleen Kinney	1987	20:12	3 miles		89	Port Townsend
62	Kris Vickers	1981	20:26	3 miles		54	Seattle
63	Debi Panell	1991	20:30	3 miles	11	114	Pasco

64	Shari Thompson	1980	20:31	3 miles		67	Seattle
65	Lisa Schulz	1980	20:47	3 miles		80	Seattle
66	Cathy Lovell	1992	20:48	3 miles	10	119	Pasco
67	Heather White	1991	20:49	3 miles	9	124	Pasco
68	Katie Halverson	1980	20:51	3 miles		85	Seattle
69	Stacey Burns	1991	20:58	3 miles	11	129	Pasco
70	Kirstin Stebbin	1980	21:16	3 miles		95	Seattle
71	Kirstina Skarin	1989	21:21	3 miles	10	112	Pasco
72	Shari Thompson	1981	21:23	3 miles		83	Seattle
73	Robyn Bowman	1981	21:37	3 miles		91	Seattle
74	Lisa Schulz	1981	21:51	3 miles		96	Seattle
75	Shelly Gardner	1980	22:00	3 miles		109	Seattle
76	Amy Welsch	1992	22:12	3 miles	10	137	Pasco
77	Keri Hart	1981	22:30	3 miles		108	Seattle
78	Tweedy Esterholdt	1981	23:05	3 miles		116	Seattle

5K (1997-2019 & 2021-23)

Rank	Name	Year	Time	Distance	Grade	Place	Site
1	Erica Simison	2017	18:03	5K	12	5	Pasco
2	Mayra Chavez	2011	18:25	5K	12	6	Pasco
3	Elise Tello	2013	18:27	5K	12	10	Pasco
4	Erica Simison	2016	18:32	5K	11	10	Pasco
5	Mayra Chavez	2010	18:34	5K	11	11	Pasco
6	Elise Tello	2012	18:36	5K	11	11	Pasco
7	Erica Simison	2015	18:37	5K	10	17	Pasco
8	Chelsea VanDeBrake	2005	18:42	5K	12	6	Pasco
9	Elise Tello	2011	18:45	5K	10	12	Pasco
10	Berenice Penalzoa	2010	18:46	5K	12	15	Pasco
11	Hannah Hilton	2021	18:54	5K	12	9	Pasco
12	Berenice Penalzoa	2009	18:56	5K	11	12	Pasco
13	Mayra Chavez	2009	18:57	5K	10	13	Pasco
14	Erica Simison	2014	19:00	5K	9	27	Pasco
15	Angela Talarico	1999	19:04	5K	11	9	Pasco
16	Katie Hummel	2001	19:05	5K	11	8	Pasco
17	Katie Hummel	1999	19:05	5K	9	10	Pasco
18	Stephanie Heaton	1997	19:08	5K	12	16	Pasco
19	Alison Barany	1998	19:09	5K	10	15	Pasco
20	Elise Tello	2010	19:11	5K	9	31	Pasco
21	Katie Hummel	2002	19:11	5K	12	12	Pasco
22	Molly Carmody	2001	19:13	5K	11	9	Pasco
23	Isabela Alvarado	2022	19:14	5K	12	15	Pasco
24	Laura Blount	1999	19:17	5K	12	16	Pasco
25	Ciera Reyes	2019	19:20	5k	10	48	Pasco
26	Alison Barany	1999	19:22	5K	11	21	Pasco
27	Dantzel Petersen	2016	19:25	5K	10	32	Pasco
28	Elana Darnell	2004	19:26	5K	12	29	Pasco
29	Alyssa Pena	2013	19:29	5K	12	57	Pasco
30	Kirsten Kaplan	2008	19:29	5K	11	28	Pasco

31	Mikell Gibbons	2002	19:30	5K	11	20	Pasco
32	Dantzel Petersen	2017	19:31	5K	11	63	Pasco
33	Julie Baird	2001	19:32	5K	11	19	Pasco
34	Traci Deason	1997	19:32	5K	11	25	Pasco
35	Cristina Pineda	2004	19:33	5K	12	35	Pasco
36	Alison Barany	1997	19:33	5K	9	27	Pasco
37	Caroline McCarthy	2015	19:35	5K	11	45	Pasco
38	Caroline McCarthy	2014	19:35	5K	10	55	Pasco
39	Savannah de la Combe	2013	19:35	5K	11	60	Pasco
40	Tori Klein	2012	19:35	5K	12	52	Pasco
41	Samantha Dahlstrom	2003	19:35	5K	10	28	Pasco
42	Katherine Bravo	2010	19:36	5K	12	48	Pasco
43	Megan Glenski	2012	19:38	5K	9	55	Pasco
44	Alyssa Pena	2011	19:39	5K	10	57	Pasco
45	Molly Stephenson	2017	19:40	5K	12	76	Pasco
46	Caroline McCarthy	2016	19:40	5K	12	45	Pasco
47	Savannah de la Combe	2014	19:42	5K	12	59	Pasco
48	Megan Glenski	2013	19:42	5K	10	70	Pasco
49	Mikell Gibbons	2001	19:45	5K	10	27	Pasco
50	Alyssa Chavez	2019	19:46	5k	10	76	Pasco
51	Samantha Dahlstrom	2004	19:46	5K	11	50	Pasco
52	Hannah Hilton	2019	19:48	5k	10	79	Pasco
53	Heidi Gibbons	1998	19:48	5K	12	38	Pasco
54	Haley Heater	1998	19:48	5K	10	39	Pasco
55	Angela Talarico	2000	19:51	5K	12	12	Pasco
56	Megan Glenski	2014	19:52	5K	11	68	Pasco
57	Whitney Stohr	2003	19:53	5K	12	44	Pasco
58	Whitney Stohr	2002	19:53	5K	11	41	Pasco
59	Alyssa Pena	2012	19:54	5K	11	74	Pasco
60	Hilarie Glenn	2005	19:56	5K	12	45	Pasco
61	Hilarie Glenn	2004	19:56	5K	11	57	Pasco
62	Zophie Hopkins	2023	19:57	5K	9	51	Pasco
63	Tori Klein	2011	19:57	5K	11	75	Pasco
64	Sophia Abb	2017	19:58	5K	11	102	Pasco
65	Helen Camden	2005	19:58	5K	12	48	Pasco
66	Ingrid Chapman	1997	20:01	5K	12	52	Pasco
67	Katherine Bravo	2009	20:02	5K	11	76	Pasco
68	Mikell Gibbons	2003	20:03	5K	12	51	Pasco
69	Molly Carmody	2002	20:04	5K	12	51	Pasco
70	Caroline McCarthy	2013	20:05	5K	9	97	Pasco
71	Molly Carmody	1999	20:05	5K	9	62	Pasco
72	Alison Barany	2000	20:07	5K	12	23	Pasco
73	Katherine Mickelson	2022	20:08	5K	9	47	Pasco
74	Madi Oliva	2017	20:10	5K	11	113	Pasco
75	Olive Clark	2021	20:11	5K	9	63	Pasco
76	Mikell Gibbons	2000	20:11	5K	9	28	Pasco
77	Kirsten Sheffield	2009	20:12	5K	12	87	Pasco

78 Molly Stephenson	2014	20:13	5K	9	88	Pasco
79 Madi Oliva	2018	20:14	5K	12	83	Pasco
80 Ciera Reyes	2018	20:15	5K	9	85	Pasco
81 Keana Fine	2011	20:16	5K	9	96	Pasco
82 Laura Blount	1998	20:17	5K	11	73	Pasco
83 Alyssa Pena	2010	20:18	5K	9	96	Pasco
84 Edith Zaragoza	2011	20:19	5K	12	99	Pasco
85 Molly Carmody	2000	20:19	5K	10	33	Pasco
86 Molly Stephenson	2015	20:20	5K	10	88	Pasco
87 Samantha Dahlstrom	2005	20:20	5K	12	67	Pasco
88 Samantha Gil	2011	20:22	5K	10	103	Pasco
89 Keana Fine	2012	20:23	5K	10	100	Pasco
90 Kirsten Kaplan	2009	20:24	5K	12	99	Pasco
91 Erika Larson	1997	20:25	5K	11	79	Pasco
92 Alyssa Visaya	2013	20:26	5K	10	103	Pasco
93 Traci Deason	1998	20:26	5K	12	82	Pasco
94 Alyssa Chavez	2021	20:27	5K	12	74	Pasco
95 Angela Talarico	1998	20:28	5K	10	84	Pasco
96 Heidi Gibbons	1997	20:28	5K	11	84	Pasco
97 Minelly Sereno	2019	20:29	5k	12	115	Pasco
98 Caris Cuevas	2023	20:30	5K	10	84	Pasco
99 Katie Hummel	2000	20:31	5K	10	41	Pasco
100 Julie Baird	1999	20:32	5K	9	83	Pasco
101 Heather Sweowat	2014	20:33	5K	12	103	Pasco
102 Viviana Larios	2013	20:33	5K	12	119	Pasco
103 Cristina Pineda	2003	20:40	5K	11	90	Pasco
104 Erika Larson	1998	20:42	5K	12	94	Pasco
105 Haley Heater	1999	20:46	5K	11	92	Pasco
106 Katherine Mickelson	2023	20:51	5K	10	100	Pasco
107 Sydney Raymond	2009	20:51	5K	10	122	Pasco
108 Julie Baird	2000	20:54	5K	10	61	Pasco
109 Paris Miramontes	2019	20:55	5k	10	128	Pasco
110 Kayla Rivera	2014	20:55	5K	11	115	Pasco
111 Tori Klein	2010	20:56	5K	10	119	Pasco
112 Ann McCarthy	2007	20:58	5K	12	88	Pasco
113 Ann McCarthy	2005	20:58	5K	10	107	Pasco
114 Kara Mickelson	2021	21:00	5K	12	98	Pasco
115 Megan Maguire	1997	21:00	5K	12	112	Pasco
116 Megan Glenski	2015	21:04	5K	12	121	Pasco
117 Cristina Pineda	2002	21:04	5K	10	104	Pasco
118 Natalie Stephenson	2016	21:05	5K	9	136	Pasco
119 Haven Nutting	2019	21:07	5k	12	134	Pasco
120 Mercedes Chavez	2012	21:07	5K	10	122	Pasco
121 Hannah Hilton	2018	21:13	5K	9	134	Pasco
122 Lindsay Thomas	2010	21:14	5K	12	127	Pasco
123 Kara Mickelson	2018	21:16	5K	9	139	Pasco
124 Shanik Taylor	2005	21:16	5K	12	123	Pasco

125 Isabel Gutierrez	2018	21:17	5K	12	140	Pasco
126 Alyssa Chavez	2018	21:17	5K	9	141	Pasco
127 Kara Mickelson	2019	21:21	5k	10	142	Pasco
128 Nayeli Barron	2017	21:24	5K	10	150	Pasco
129 Isabela Alvarado	2021	21:25	5K	11	112	Pasco
130 Nataly Godinez	2015	21:25	5K	10	127	Pasco
131 Laura Labbee	2001	21:25	5K	12	105	Pasco
132 Christine Whiteside	2001	21:25	5K	9	106	Pasco
133 Minelly Sereno	2017	21:26	5K	10	151	Pasco
134 Alyssa Visaya	2012	21:27	5K	9	129	Pasco
135 Ann McCarthy	2004	21:27	5K	9	128	Pasco
136 Jessican Montoya	2005	21:29	5K	9	128	Pasco
137 Shanik Taylor	2004	21:29	5K	11	129	Pasco
138 Annette Figuero	2021	21:32	5K	12	117	Pasco
139 Paris Miramontes	2018	21:39	5K	9	152	Pasco
140 Kayla Rivera	2015	21:42	5K	12	135	Pasco
141 Minelly Sereno	2016	21:44	5K	9	151	Pasco
142 Lindsay Thomas	2009	21:47	5K	11	144	Pasco
143 Vidi Badillo	2002	21:50	5K	12	136	Pasco
144 Megan Kurtz	2000	22:00	5K	12	108	Pasco
145 Ciera Reyes	2021	22:02	5K	12	129	Pasco
146 Maegan Caplungan	2004	22:08	5K	12	145	Pasco
147 Veronica Torres	2015	22:25	5K	9	141	Pasco
148 Elana Darnell	2003	22:35	5K	11	141	Pasco
149 Nayeli Barron	2016	22:41	5K	9	158	Pasco
150 Vidi Badillo	2001	23:09	5K	11	140	Pasco
151 Isabel Buenrostro	2016	23:12	5K	12	160	Pasco
152 Hilary Freund	2003	23:22	5K	9	145	Pasco
153 Mackenzie Rehfield	2003	26:10	5K	10	148	Pasco

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Notes: 1.5 Mile - 1973-1974 @ Granger H.S., Granger

2 Mile - 1975-1979

3 Mile - 1980-1996 @ 1980-82 @ Evergreen HS, Seattle, 83-85 @ Hangman Valley GC, Spokane,
86-87 @ Fort Warden Park, Port Townsend & 88-1996 @ Sun Willows GC, Pasco

5k - 1997-present @ Sun Willows GC, Pasco