

Eisenhower Girls' XC State Records (1974-2019 & 2021-23)

3 Miles to 5k (1980-2019 & 2021-23)

3 Miles (1988-1996) & 5K (1997-present)

Rank	Name	Year	3 mi Time	5k Time	Distance	Grade	Place	Site
1	Robin Bryson	1990	17:06	17:48	3 miles	12	2	Pasco
2	Robin Bryson	1988	17:03	17:54	3 miles	10	1	Pasco
3	Erica Simison	2017		18:03	5K	12	5	Pasco
4	Robin Bryson	1987	17:31	18:13	3 miles	9	2	Port Townsend
5	Aleah Thome	1994	17:40	18:22	3 miles	11	1	Pasco
6	Melanie Kosin	1988	17:40	18:22	3 miles	12	5	Pasco
7	Mayra Chavez	2011		18:25	5K	12	6	Pasco
8	Elise Tello	2013		18:27	5K	12	10	Pasco
9	Stephanie Heaton	1995	17:51	18:31	3 miles	10	4	Pasco
10	Erica Simison	2016		18:32	5K	11	10	Pasco
11	Melanie Kosin	1987	17:52	18:32	3 miles	11	7	Port Townsend
12	Mayra Chavez	2010		18:34	5K	11	11	Pasco
13	Elise Tello	2012		18:36	5K	11	11	Pasco
14	Erica Simison	2015		18:37	5K	10	17	Pasco
15	Stephanie Heaton	1994	18:02	18:41	3 miles	9	3	Pasco
16	Chelsea VanDeBrake	2005		18:42	5K	12	6	Pasco
17	Robin Bryson	1989	18:00	18:42	3 miles	11	3	Pasco
18	Elise Tello	2011		18:45	5K	10	12	Pasco
19	Berenice Penaloza	2010		18:46	5K	12	15	Pasco
20	Tara Hangge	1995	18:07	18:47	3 miles	12	9	Pasco
21	Molly Peterson	1987	18:08	18:48	3 miles	11	13	Port Townsend
22	Stephanie Heaton	1996	18:09	18:49	3 miles	11	11	Pasco
23	Hannah Hilton	2021		18:54	5K	12	9	Pasco
24	Berenice Penaloza	2009		18:56	5K	11	12	Pasco
25	Aleah Thome	1995	18:16	18:56	3 miles	12	12	Pasco
26	Mayra Chavez	2009		18:57	5K	10	13	Pasco
27	Debi Panell	1990	18:17	18:58	3 miles	10	26	Pasco
28	Erica Simison	2014		19:00	5K	9	27	Pasco
29	Angela Talarico	1999		19:04	5K	11	9	Pasco
30	Katie Hummel	2001		19:05	5K	11	8	Pasco
31	Katie Hummel	1999		19:05	5K	9	10	Pasco
32	Aleah Thome	1992	18:25	19:05	3 miles	9	6	Pasco
33	Aleah Thome	1993	18:26	19:06	3 miles	10	15	Pasco
34	Stephanie Heaton	1997		19:08	5K	12	16	Pasco
35	Alison Barany	1998		19:09	5K	10	15	Pasco
36	Elise Tello	2010		19:11	5K	9	31	Pasco
37	Katie Hummel	2002		19:11	5K	12	12	Pasco
38	Molly Carmody	2001		19:13	5K	11	9	Pasco
39	Liza English	1994	18:33	19:13	3 miles	10	19	Pasco
40	Isabela Alvarado	2022		19:14	5K	12	15	Pasco
41	Molly Peterson	1988	18:34	19:14	3 miles	12	28	Pasco
42	Laura Blount	1999		19:17	5K	12	16	Pasco

43 Tanya Bryson	1990	18:39	19:19	3 miles	11	36	Pasco
44 Ciera Reyes	2019		19:20	5k	10	48	Pasco
45 Karina Slocum	1990	18:40	19:20	3 miles	11	38	Pasco
46 Alison Barany	1999		19:22	5K	11	21	Pasco
47 Erica Scheuffele	1995	18:43	19:23	3 miles	11	29	Pasco
48 Tara Hangge	1994	18:44	19:24	3 miles	11	28	Pasco
49 Dantzel Petersen	2016		19:25	5K	10	32	Pasco
50 Megan Murphy	1990	18:45	19:25	3 miles	10	40	Pasco
51 Elana Darnell	2004		19:26	5K	12	29	Pasco
52 Tanya Bryson	1991	18:48	19:28	3 miles	12	38	Pasco
53 Alyssa Pena	2013		19:29	5K	12	57	Pasco
54 Kirsten Kaplan	2008		19:29	5K	11	28	Pasco
55 Erica Scheuffele	1996	18:49	19:29	3 miles	12	30	Pasco
56 Kirstin Larson	1990	18:49	19:29	3 miles	10	44	Pasco
57 Mikell Gibbons	2002		19:30	5K	11	20	Pasco
58 Dantzel Petersen	2017		19:31	5K	11	63	Pasco
59 Karina Slocum	1991	18:51	19:31	3 miles	12	40	Pasco
60 Julie Baird	2001		19:32	5K	11	19	Pasco
61 Traci Deason	1997		19:32	5K	11	25	Pasco
62 Cristina Pineda	2004		19:33	5K	12	35	Pasco
63 Alison Barany	1997		19:33	5K	9	27	Pasco
64 Traci Deason	1996	18:54	19:34	3 miles	10	37	Pasco
65 Melissa Thompson	1988	18:54	19:34	3 miles	10	43	Pasco
66 Caroline McCarthy	2015		19:35	5K	11	45	Pasco
67 Caroline McCarthy	2014		19:35	5K	10	55	Pasco
68 Savannah de la Combe	2013		19:35	5K	11	60	Pasco
69 Tori Klein	2012		19:35	5K	12	52	Pasco
70 Samantha Dahlstrom	2003		19:35	5K	10	28	Pasco
71 Liza English	1995	18:55	19:35	3 miles	11	41	Pasco
72 Katherine Bravo	2010		19:36	5K	12	48	Pasco
73 Megan Glenski	2012		19:38	5K	9	55	Pasco
74 Alyssa Pena	2011		19:39	5K	10	57	Pasco
75 Molly Stephenson	2017		19:40	5K	12	76	Pasco
76 Caroline McCarthy	2016		19:40	5K	12	45	Pasco
77 Savannah de la Combe	2014		19:42	5K	12	59	Pasco
78 Megan Glenski	2013		19:42	5K	10	70	Pasco
79 Ingrid Chapman	1996	19:02	19:42	3 miles	11	45	Pasco
80 Tanya Bryson	1988	19:02	19:42	3 miles	9	47	Pasco
81 Mikell Gibbons	2001		19:45	5K	10	27	Pasco
82 Alyssa Chavez	2019		19:46	5k	10	76	Pasco
83 Samantha Dahlstrom	2004		19:46	5K	11	50	Pasco
84 Hannah Hilton	2019		19:48	5k	10	79	Pasco
85 Heidi Gibbons	1998		19:48	5K	12	38	Pasco
86 Haley Heater	1998		19:48	5K	10	39	Pasco
87 Angela Talarico	2000		19:51	5K	12	12	Pasco
88 Megan Glenski	2014		19:52	5K	11	68	Pasco
89 Melissa Thompson	1990	19:12	19:52	3 miles	12	63	Pasco

90	Whitney Stohr	2003		19:53	5K	12	44	Pasco
91	Whitney Stohr	2002		19:53	5K	11	41	Pasco
92	Alyssa Pena	2012		19:54	5K	11	74	Pasco
93	Erika Larson	1995	19:14	19:54	3 miles	9	60	Pasco
94	Cindy Gorest	1987	19:15	19:55	3 miles		45	Port Townsend
95	Hilarie Glenn	2005		19:56	5K	12	45	Pasco
96	Hilarie Glenn	2004		19:56	5K	11	57	Pasco
97	Erica Scheuffele	1994	19:16	19:56	3 miles	10	53	Pasco
98	Zophie Hopkins	2023		19:57	5K	9	51	Pasco
99	Tori Klein	2011		19:57	5K	11	75	Pasco
100	Michelle Thielke	1987	19:17	19:57	3 miles	10	48	Port Townsend
101	Sophia Abb	2017		19:58	5K	11	102	Pasco
102	Helen Camden	2005		19:58	5K	12	48	Pasco
103	Ingrid Chapman	1997		20:01	5K	12	52	Pasco
104	Katherine Bravo	2009		20:02	5K	11	76	Pasco
105	Harmony Chapman	1994	19:22	20:02	3 miles	12	57	Pasco
106	Megan Murphy	1991	19:22	20:02	3 miles	11	63	Pasco
107	Mikell Gibbons	2003		20:03	5K	12	51	Pasco
108	Molly Carmody	2002		20:04	5K	12	51	Pasco
109	Caroline McCarthy	2013		20:05	5K	9	97	Pasco
110	Molly Carmody	1999		20:05	5K	9	62	Pasco
111	Alison Barany	2000		20:07	5K	12	23	Pasco
112	Debi Panell	1989	19:27	20:07	3 miles	9	34	Pasco
113	Katherine Mickelson	2022		20:08	5K	9	47	Pasco
114	Madi Oliva	2017		20:10	5K	11	113	Pasco
115	Olive Clark	2021		20:11	5K	9	63	Pasco
116	Mikell Gibbons	2000		20:11	5K	9	28	Pasco
117	Michelle Thielke	1988	19:31	20:11	3 miles	11	69	Pasco
118	Kirsten Sheffield	2009		20:12	5K	12	87	Pasco
119	Tanya Bryson	1989	19:32	20:12	3 miles	10	37	Pasco
120	Molly Stephenson	2014		20:13	5K	9	88	Pasco
121	Camille Rivard	1980	19:33	20:13	3 miles		32	Seattle
122	Madi Oliva	2018		20:14	5K	12	83	Pasco
123	Ciera Reyes	2018		20:15	5K	9	85	Pasco
124	Keana Fine	2011		20:16	5K	9	96	Pasco
125	Liza English	1996	19:36	20:16	3 miles	12	82	Pasco
126	Caseie Williams	1987	19:36	20:16	3 miles	11	68	Port Townsend
127	Laura Blount	1998		20:17	5K	11	73	Pasco
128	Alyssa Pena	2010		20:18	5K	9	96	Pasco
129	Edith Zaragoza	2011		20:19	5K	12	99	Pasco
130	Molly Carmody	2000		20:19	5K	10	33	Pasco
131	Molly Stephenson	2015		20:20	5K	10	88	Pasco
132	Samantha Dahlstrom	2005		20:20	5K	12	67	Pasco
133	Harmony Chapman	1992	19:41	20:21	3 miles	10	52	Pasco
134	Samantha Gil	2011		20:22	5K	10	103	Pasco
135	Caseie Williams	1988	19:42	20:22	3 miles	12	80	Pasco
136	Keana Fine	2012		20:23	5K	10	100	Pasco

137	Erika Larson	1996	19:43	20:23	3 miles	10	91	Pasco
138	Kirsten Kaplan	2009		20:24	5K	12	99	Pasco
139	Erika Larson	1997		20:25	5K	11	79	Pasco
140	Alyssa Visaya	2013		20:26	5K	10	103	Pasco
141	Traci Deason	1998		20:26	5K	12	82	Pasco
142	Alyssa Chavez	2021		20:27	5K	12	74	Pasco
143	Angela Talarico	1998		20:28	5K	10	84	Pasco
144	Heidi Gibbons	1997		20:28	5K	11	84	Pasco
145	Melissa Thompson	1989	19:48	20:28	3 miles	11	51	Pasco
146	Melanie Kosin	1985	19:48	20:28	3 miles	10	13	Hangman Valley
147	Minelly Sereno	2019		20:29	5k	12	115	Pasco
148	Caris Cuevas	2023		20:30	5K	10	84	Pasco
149	Megan Maguire	1996	19:50	20:30	3 miles	11	99	Pasco
150	Lory Knapp	1980	19:50	20:30	3 miles		44	Seattle
151	Katie Hummel	2000		20:31	5K	10	41	Pasco
152	Julie Baird	1999		20:32	5K	9	83	Pasco
153	Heather Sweowat	2014		20:33	5K	12	103	Pasco
154	Viviana Larios	2013		20:33	5K	12	119	Pasco
155	Camille Rivard	1981	19:54	20:34	3 miles		37	Seattle
156	Cristina Pineda	2003		20:40	5K	11	90	Pasco
157	Megan Murphy	1992	20:01	20:41	3 miles	12	73	Pasco
158	Erika Larson	1998		20:42	5K	12	94	Pasco
159	Megan Murphy	1989	20:05	20:45	3 miles	9	62	Pasco
160	Haley Heater	1999		20:46	5K	11	92	Pasco
161	Leah Boyd	1994	20:07	20:47	3 miles	12	105	Pasco
162	Michelle Thielke	1989	20:08	20:48	3 miles	12	65	Pasco
163	Katherine Mickelson	2023		20:51	5K	10	100	Pasco
164	Sydney Raymond	2009		20:51	5K	10	122	Pasco
165	Samantha Ashlock	1995	20:12	20:52	3 miles	12	106	Pasco
166	Stacey Burns	1992	20:12	20:52	3 miles	12	91	Pasco
167	Amy Welsch	1991	20:12	20:52	3 miles	9	104	Pasco
168	Colleen Kinney	1987	20:12	20:52	3 miles		89	Port Townsend
169	Julie Baird	2000		20:54	5K	10	61	Pasco
170	Paris Miramontes	2019		20:55	5k	10	128	Pasco
171	Kayla Rivera	2014		20:55	5K	11	115	Pasco
172	Tori Klein	2010		20:56	5K	10	119	Pasco
173	Ann McCarthy	2007		20:58	5K	12	88	Pasco
174	Ann McCarthy	2005		20:58	5K	10	107	Pasco
175	Kara Mickelson	2021		21:00	5K	12	98	Pasco
176	Megan Maguire	1997		21:00	5K	12	112	Pasco
177	Megan Glenski	2015		21:04	5K	12	121	Pasco
178	Cristina Pineda	2002		21:04	5K	10	104	Pasco
179	Natalie Stephenson	2016		21:05	5K	9	136	Pasco
180	Kris Vickers	1981	20:26	21:06	3 miles		54	Seattle
181	Haven Nutting	2019		21:07	5k	12	134	Pasco
182	Mercedes Chavez	2012		21:07	5K	10	122	Pasco
183	Debi Panell	1991	20:30	21:10	3 miles	11	114	Pasco

184	Shari Thompson	1980	20:31	21:11	3 miles		67	Seattle
185	Hannah Hilton	2018		21:13	5K	9	134	Pasco
186	Lindsay Thomas	2010		21:14	5K	12	127	Pasco
187	Kara Mickelson	2018		21:16	5K	9	139	Pasco
188	Shanik Taylor	2005		21:16	5K	12	123	Pasco
189	Isabel Gutierrez	2018		21:17	5K	12	140	Pasco
190	Alyssa Chavez	2018		21:17	5K	9	141	Pasco
191	Kara Mickelson	2019		21:21	5k	10	142	Pasco
192	Kirstina Skarin	1989		21:21	3 miles	10	112	Pasco
193	Nayeli Barron	2017		21:24	5K	10	150	Pasco
194	Isabela Alvarado	2021		21:25	5K	11	112	Pasco
195	Nataly Godinez	2015		21:25	5K	10	127	Pasco
196	Laura Labbee	2001		21:25	5K	12	105	Pasco
197	Christine Whiteside	2001		21:25	5K	9	106	Pasco
198	Minelly Sereno	2017		21:26	5K	10	151	Pasco
199	Alyssa Visaya	2012		21:27	5K	9	129	Pasco
200	Ann McCarthy	2004		21:27	5K	9	128	Pasco
201	Lisa Schulz	1980	20:47	21:27	3 miles		80	Seattle
202	Cathy Lovell	1992	20:48	21:28	3 miles	10	119	Pasco
203	Jessican Montoya	2005		21:29	5K	9	128	Pasco
204	Shanik Taylor	2004		21:29	5K	11	129	Pasco
205	Heather White	1991	20:49	21:29	3 miles	9	124	Pasco
206	Katie Halverson	1980	20:51	21:31	3 miles		85	Seattle
207	Annette Figuero	2021		21:32	5K	12	117	Pasco
208	Stacey Burns	1991	20:58	21:38	3 miles	11	129	Pasco
209	Paris Miramontes	2018		21:39	5K	9	152	Pasco
210	Kayla Rivera	2015		21:42	5K	12	135	Pasco
211	Minelly Sereno	2016		21:44	5K	9	151	Pasco
212	Lindsay Thomas	2009		21:47	5K	11	144	Pasco
213	Vidi Badillo	2002		21:50	5K	12	136	Pasco
214	Kirstin Stebbin	1980	21:16	21:56	3 miles		95	Seattle
215	Megan Kurtz	2000		22:00	5K	12	108	Pasco
216	Ciera Reyes	2021		22:02	5K	12	129	Pasco
217	Shari Thompson	1981	21:23	22:03	3 miles		83	Seattle
218	Maegan Caplungan	2004		22:08	5K	12	145	Pasco
219	Robyn Bowman	1981	21:37	22:17	3 miles		91	Seattle
220	Lisa Schulz	1981	21:51	22:21	3 miles		96	Seattle
221	Veronica Torres	2015		22:25	5K	9	141	Pasco
222	Elana Darnell	2003		22:35	5K	11	141	Pasco
223	Shelly Gardner	1980	22:00	22:40	3 miles		109	Seattle
224	Nayeli Barron	2016		22:41	5K	9	158	Pasco
225	Amy Welsch	1992	22:12	22:52	3 miles	10	137	Pasco
226	Vidi Badillo	2001		23:09	5K	11	140	Pasco
227	Isabel Buenrostro	2016		23:12	5K	12	160	Pasco
228	Keri Hart	1981	22:30	23:15	3 miles		108	Seattle
229	Hilary Freund	2003		23:22	5K	9	145	Pasco
230	Tweedy Esterholdt	1981	23:05	23:50	3 miles		116	Seattle

231 Mackenzie Rehfield

2003

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5K

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Pasco