

2024 NSIC WOMEN'S CROSS COUNTRY CHAMPIONSHIP

Bib	Name	YR	School	Bib	Name	YR	School	Bib	Name	YR	School
115	Ella Bakken	JR	AUGIE	253	Paulette Dominguez	SR	MINOT	404	Jozlyn Barnes	SO	WSC
116	Ramsey Karim	SO	AUGIE	254	Julie Folk	FR	MINOT	405	Maelee Beacom	JR	WSC
117	Eleni Lovgren	SO	AUGIE	255	Baylee Lura	SO	MINOT	406	Kaitlyn Bloomenrader	FR	WSC
118	Taylor Melton	SR	AUGIE	256	Nicole Reeves	JR	MINOT	407	Allie Czapla	FR	WSC
119	Tenley Nelson	SO	AUGIE	257	Sidra Sadowsky	SR	MINOT	408	Sydney Escritt	JR	WSC
120	Amanda Overgaauw	SO	AUGIE	258	Emery Smith	JR	MINOT	409	Callie Kirchner	SO	WSC
121	Ashley Overgaauw	SO	AUGIE	259	Addyson Wendt	FR	MINOT	410	Madeline Kunz	JR	WSC
122	Caroline Sudbeck	SR	AUGIE	260	Afton Wride	FR	MINOT	411	Madi McKie	FR	WSC
123	Aubrey Sorage	SR	AUGIE	261	Bailey Wride	SO	MINOT	412	Nikola Prochazkova	JR	WSC
124	Laura Thompson	SO	AUGIE	273	Brooke Baumann	SO	MSUM	413	Taylor Thorp	SR	WSC
125	Lindsey Young	SO	AUGIE	274	Abbie Christen	JR	MSUM	426	Jenna Anders	SO	WSU
126	Carmen Lyon	SO	BSU	275	Grace Dorsher	SR	MSUM	427	Kylie Anderson	JR	WSU
127	Maggie McCarthy	JR	BSU	276	Katelyn Kennedy	SO	MSUM	428	Rhyla Brandemuehl	SO	WSU
128	Carol Miller	SR	BSU	277	Madison Kepner	SO	MSUM	429	Mady Dockendorf	FR	WSU
129	Abigail Namukwaya	FR	BSU	278	Sophia Ness	FR	MSUM	430	Sam Harke	SO	WSU
130	Sydney Price	SO	BSU	279	Kaela Traugott	SO	MSUM	431	Caroline Hemann	SO	WSU
131	Callie Ressler	JR	BSU	293	Summer Carlson	JR	NSU	432	Kelly McCarthy	FR	WSU
132	Sophie Rylance	FR	BSU	294	Jolie Dugan	SO	NSU	433	Madeline Palmer	JR	WSU
133	Nadia Vaughn	JR	BSU	295	Abby Hasart	SO	NSU	434	Libby Ray	FR	WSU
134	Ava Werner	FR	BSU	296	Alli Jackson	JR	NSU	435	Stella Rusch	FR	WSU
145	Elise Atkins	FR	CSP	297	Payton Kernitz	FR	NSU	436	Violet Schulteis	FR	WSU
146	Maddy Bryant	SO	CSP	298	Avery Miles	SO	NSU	437	Sophia Taarud	JR	WSU
147	Nyadio Chan	JR	CSP	299	Avery Murray	SR	NSU	438	McKenna Taylor	SR	WSU
148	Steph De Leon	FR	CSP	300	Emaleigh Olesiak	FR	NSU	439	Lexi Terwedo	SO	WSU
149	Tess Hougum	SR	CSP	301	Adisen Stadem	SO	NSU	440	Ella Voit	FR	WSU
150	Anna Sajdak	SR	CSP	317	Chloe Aanenson	FR	USF	441	Billie Wagner	SO	WSU
151	Carolina Scott	SO	CSP	318	Olivia Babler	FR	USF				
152	Kelsey Thelen	SR	CSP	319	Josephine Boyd	SR	USF				
166	Scarlett Babcock	FR	MSU	320	Morgan Gehl	SR	USF				
167	Sophie Baker	FR	MSU	321	Khot Juac	SR	USF				
168	Ashley Bass	SO	MSU	322	Ella Kolb	SR	USF				
169	Makayla Bishop	SR	MSU	323	Lillian McCone	JR	USF				
170	Madelin Bruessel	SR	MSU	324	Faith Rustad	JR	USF				
171	Emily Cunningham	SR	MSU	325	Mallory Salazar	JR	USF				
172	Emmah Dmytrasz	JR	MSU	326	Eva Studdt	JR	USF				
173	Paige Larsen	FR	MSU	327	Maddie Swanson	JR	USF				
174	Alexi MacDonald	JR	MSU	328	Sierra Tecklenburg	FR	USF				
175	Danielle Malone	FR	MSU	329	Emma Thomas	JR	USF				
176	Madison Matzek	JR	MSU	330	MerriAnna Johnson	FR	SCSU				
177	Olivia Minear	FR	MSU	331	Audrey Rabitz	SO	SCSU				
178	Megan Narveson	SR	MSU	332	Paige Beason	SO	SCSU				
179	Addison Peed	SO	MSU	333	Alena Donahue	SO	SCSU				
180	Isabelle Renlund	FR	MSU	334	Greta Freed	SR	SCSU				
181	Aspen Rohde	FR	MSU	335	Cambrie Kowal	SR	SCSU				
182	Maria Selting	SO	MSU	336	Hannah Little	JR	SCSU				
183	Kennedy Speer	SO	MSU	337	Madeline Mehur	SO	SCSU				
194	Grace Alwardt	SO	UMC	338	Tegan Michalak	SO	SCSU				
195	Evelyn Dupont	SO	UMC	339	Abbygail Nunez	FR	SCSU				
196	Madison Elijah	SR	UMC	348	Carissa Andres	SO	SMSU				
197	Anna Grabowski	SR	UMC	349	Alicia Blesi	FR	SMSU				
198	Madison Hilliard	JR	UMC	350	Lila Bungarden	FR	SMSU				
199	Caroline Kuehne	FR	UMC	351	Savanna Busch	SR	SMSU				
200	Katie Mack	SR	UMC	352	Brycelyn Hanson	SR	SMSU				
201	Catie Neumann	SO	UMC	353	Malayna Hemmen	FR	SMSU				
202	Eva Robinson	FR	UMC	354	Catherine Ihrke	SR	SMSU				
203	Emma Williams	SO	UMC	355	Natalie Jorschumb	JR	SMSU				
217	Isabelle Alderman	FR	UMD	356	Kyra Kusnierek	JR	SMSU				
218	Kira Almsberger	JR	UMD	357	Macie Langstraat	SR	SMSU				
219	Eve Anderson	SR	UMD	358	Madison Marco	SO	SMSU				
220	Sarah Baum	FR	UMD	359	Kaitlin Olson	FR	SMSU				
221	Claire Becker	FR	UMD	372	Elizabeth Acheson	SR	UMary				
222	Josie Bond	SR	UMD	373	Grace Acheson	SR	UMary				
223	Ella Cole	SO	UMD	374	Alyssa Becker	SR	UMary				
224	Ellie Hanowski	SO	UMD	375	Cierra Bornemann	FR	UMary				
225	Shaelyn Hostager	SR	UMD	376	Jazmyn Christen	JR	UMary				
226	Sierra Ingle	FR	UMD	377	Ellyn Engels	FR	UMary				
227	Brookelyn Kuechle	FR	UMD	378	Briley Farris	FR	UMary				
228	Katie McConkey	SR	UMD	379	Gianna Frasher	FR	UMary				
229	Camilla Millett	JR	UMD	380	Holly Fromherz	SO	UMary				
230	Rebekah Muhlenkamp	SR	UMD	381	Andrijana Fundak	SR	UMary				
231	Julia Rademacher	SO	UMD	382	Taylor Gabbert	FR	UMary				
232	Savannah Schley	SR	UMD	383	Sarah Grotberg	FR	UMary				
233	Franny Seidel	SR	UMD	384	Emma Hehn	SO	UMary				
234	Mileena Sullivan	FR	UMD	385	Giselle Jahner	FR	UMary				
235	Erika Swanson	SR	UMD	386	Kristine Kalthoff	SR	UMary				
236	Lauren Swanson	SO	UMD	387	Rachael Neu	SR	UMary				
237	Rachel Ulrich	SO	UMD	388	Sophie Olsonawski	FR	UMary				
238	Elizabeth VanLoon	JR	UMD	389	Amber Rosemeier	FR	UMary				
239	Maddie Verkerke	SR	UMD	390	Abigail Vlahovich	FR	UMary				
240	Anna Wickizer	FR	UMD	391	Hannah Westin	SO	UMary				
252	Natalie Becker	FR	MINOT	392	Terez Wycklendt	JR	UMary				

WOMEN'S INDIVIDUAL CHAMPIONS

1983 - Polly Durand, Minnesota Duluth
1984 - Jane Remark, MSU Moorhead
1985 - Teresa Greenwood, MSU Moorhead
1986 - Lynn Stottler, Minnesota Duluth
1987 - Marlene Calmus, Northern State
1988 - Stephanie Hengel, Northern State
1989 & 1990 - Jayne Dusich, Bemidji State
1991 - Gina Hahn, MSU Moorhead
1992 - Maureen Ryan, Winona State
1993 & 1994 - Karen Walczak, Minnesota Duluth
1995 & 1996 - Jessica Faith, MSU Moorhead
1997 - Brandy Griffith, Minnesota Duluth
1998 & 1999 - Katie Huntley, Minnesota Duluth
2000 & 2001 - Tammy Stang, Minnesota Duluth
2002 - Emily Shoop, Concordia-St. Paul
2003 - Sara Frederickson, Minnesota Duluth
2004 - Amelia Soto, Winona State
2005 - Erin Norenberg, Wayne State
2006 - Tiffany Czarnomska, University of Mary
2007 - Anna VanWechel, MSU Moorhead
2008 & 2009 - Morgan Place, Minnesota Duluth
2010 & 2011 - Runa Falch, Augustana
2012 - Melissa Agnew, University of Mary
2013 - Jennifer Agnew, University of Mary*
2014 - Sasha Hovind, Northern State
2015 - Alexis Zeis, University of Mary*
2016 - Emi Trost, Minnesota Duluth
2017 - Alexis Zeis, University of Mary
2018 - Jaiden Schuette, University of Mary
2019 - Ida Narbuvooll, University of Mary
2020 - Not Awarded - COVID19
2021-2023 - Lindsay Cunningham, Winona State
 *National Champion

Roster Limits - A final declaration of 12 runners were made by coaches prior to the meet

Sorted by bib number

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Bib	Name	YR	School	Bib	Name	YR	School	Bib	Name	YR	School
100	Isaiah Anderson	FR	AUGIE	265	Zane Guderjahn	FR	MSUM	422	Connor Norby	SO	WSU
101	Nick Batchelor	SO	AUGIE	266	Chase Hoechst	FR	MSUM	423	Calvin Redker	FR	WSU
102	Beau Brock	JR	AUGIE	267	Brett Kurschner	SO	MSUM	424	Robert Spain	FR	WSU
103	Isaac Fink	JR	AUGIE	268	Lander Lahtinen	FR	MSUM	425	Carter Zimmerman	SO	WSU
104	Parker Fitzgerald	SO	AUGIE	269	Salman Mohamed	FR	MSUM				
105	Kadin Groen	SO	AUGIE	270	Colin O'Farrell	SO	MSUM				
106	Erik Gundersen	SR	AUGIE	271	Janis Riekstins	FR	MSUM				
107	Ben Haberman	JR	AUGIE	272	Adnew Stueven	SR	MSUM				
108	Ryan Hartman	SR	AUGIE	280	Nathan Alto	JR	NSU				
109	Brady Hogan	SR	AUGIE	281	Jacob Angerhofer	JR	NSU				
110	Evan Myran	JR	AUGIE	282	Ricky Berndt	SO	NSU				
111	Tyson Ricker	FR	AUGIE	283	Jonathan Burkhalter	SR	NSU				
112	Daniel Street	JR	AUGIE	284	Evan Halbe	JR	NSU				
113	Patrick Vogel	SO	AUGIE	285	Bailen Hayford	FR	NSU				
114	Soren Weeg	SO	AUGIE	286	Dan Istvanovich	FR	NSU				
135	Zay Acosta	FR	CSP	287	Jessup Pederson	FR	NSU				
136	Andrew Alexander	JR	CSP	288	Dylan Schimke	FR	NSU				
137	Ethan Blischke	JR	CSP	289	Taylor Thorson	SO	NSU				
138	Andrew Boyum	JR	CSP	290	Turner Thorson	SO	NSU				
139	Emmett Faltsek	SR	CSP	291	David VanVeen	FR	NSU				
140	Matthew Helser	SR	CSP	292	Lincoln Woodring	FR	NSU				
141	Joshua Krummel	SO	CSP	302	Kade Bullion	SR	USF				
142	Matthew Krummel	SR	CSP	303	Guta Buta	FR	USF				
143	Will Sacay	JR	CSP	304	Bryson Canton	JR	USF				
144	Travis Tock	FR	CSP	305	Jace Cofer	SO	USF				
153	Adam Bohm	SR	MSU	306	Colter Elkin	SR	USF				
154	Jack Castelli	FR	MSU	307	Parker Hahn	JR	USF				
155	Maquanet Collins	JR	MSU	308	Chase Henderson	SO	USF				
156	Benjamin Gesslin	SO	MSU	309	Ben Morrison	SR	USF				
157	Charlie Hibbs	FR	MSU	310	Aaden Nauman	FR	USF				
158	Reilly Kopp	FR	MSU	311	Miles Olofson	SR	USF				
159	Leif Larsen	JR	MSU	312	Dylan Saur	SO	USF				
160	Grant Mayers	SO	MSU	313	Josiah Schroeder	SO	USF				
161	Dominic Ripperda	FR	MSU	314	Micade Shumway	SR	USF				
162	Erek Ross	SO	MSU	315	Mikele Walu	SO	USF				
163	Nikolai Schmanski	SR	MSU	316	Filmon Wolday	SO	USF				
164	Luke Scholtes	FR	MSU	340	Elliott Hoffman	FR	SMSU				
165	Caden Speikers	SR	MSU	341	Patrick Jenkins	SR	SMSU				
184	Riley Hanson	SO	UMC	342	Ian Kalin	SO	SMSU				
185	Zach Hanson	SO	UMC	343	Daniel Olson	JR	SMSU				
186	Lane Hoefs	SO	UMC	344	Roel Palomo	SO	SMSU				
187	Robert Ingle	FR	UMC	345	Logan Roelofs	FR	SMSU				
188	Taylor Johnson	SO	UMC	346	Carter Schwalbe	FR	SMSU				
189	Tristan Morneau	SR	UMC	347	Seth Torgerson	SO	SMSU				
190	Noah Revels	JR	UMC	360	Gavin Artner	FR	UMary				
191	Connor Thoennes	JR	UMC	361	Lance Bradley	FR	UMary				
192	Colton Uber	SR	UMC	362	Gideon Hammah	FR	UMary				
193	Chase Werner	FR	UMC	363	Caleb Hansen	JR	UMary				
204	Nathan Amundson	SO	UMD	364	Andrew Kilman	FR	UMary				
205	Zack Anderson	JR	UMD	365	Max Lefor	SO	UMary				
206	Nolan Bakken	SO	UMD	366	Kaden Mattson	FR	UMary				
207	Connor Bialka	FR	UMD	367	Luke Mortensen	FR	UMary				
208	Nathaniel Brandt	JR	UMD	368	Ethan Olsen	FR	UMary				
209	Owen Dickenson	SR	UMD	369	Ethan Schaffer	SO	UMary				
210	Noah Foster	SO	UMD	370	Andrew Scheer	SO	UMary				
211	Alex Heidorn	JR	UMD	371	Raine Skjod	JR	UMary				
212	Jake Heimkes	FR	UMD	393	Quentin Dreyer	JR	WSC				
213	Mikey Kvaal	SR	UMD	394	Brady Franzen	SO	WSC				
214	Isaac Martel	JR	UMD	395	Akron Jostand	FR	WSC				
215	Dylan Taggart	FR	UMD	396	William Keller	FR	WSC				
216	Jack VanKempfen	SR	UMD	397	Brody Lucas	JR	WSC				
241	Grayson Bonilla	SR	MINOT	398	Brandon Mitzel	SR	WSC				
242	Holter Bridwell	SO	MINOT	399	Ethan Ramos	JR	WSC				
243	Zander Grover	FR	MINOT	400	Gannon Walsh	FR	WSC				
244	Jake Jenkins	SO	MINOT	401	Ethan Walters	FR	WSC				
245	Auston Lemer	FR	MINOT	402	Simeon Weers	FR	WSC				
246	Marco Murillo	SR	MINOT	403	Andrew Wyllie	SR	WSC				
247	Nikita Neyshtadt	JR	MINOT	414	Mitchell Buerkle	SR	WSU				
248	Yoni Neyshtadt	JR	MINOT	415	Tyler Erickson	SO	WSU				
249	Isaac Rathbun	SO	MINOT	416	Carter Hahn	FR	WSU				
250	Peyton Tuhy	JR	MINOT	417	Connor Hallaway	JR	WSU				
251	Kaden Vermillion	SO	MINOT	418	Mitchell Johnstone	JR	WSU				
262	Joel Brault	JR	MSUM	419	Jacob Lanzara	SO	WSU				
263	Luke Buentello	FR	MSUM	420	Tyler Merrell	SR	WSU				
264	James Dorado	JR	MSUM	421	Andrew Metcalf	SR	WSU				

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MEN'S INDIVIDUAL CHAMPIONS

1965-67 - Van Nelson – St. Cloud State
1968-69 - Jerry Dirkes – St. Cloud State
1970-71 - Len Brenny – St. Cloud State
1972 - Bill Zindler – St. Cloud State
1973 - John Tiemann - MSU Moorhead
1974 - Mike Francis - MSU Moorhead
1975 - Paul Nelson - St. Cloud State
1976-77 - Daryl Henderson - Winona State
1978 - Lee Anderson - Mankato State
1979 - Tony Schiller - Winona State
1980 - Lindsay Brown - Mankato State
1981 - Dave Sederquist - MSU Moorhead
1982 - Randy Goblirsch - MSU Moorhead
1983-84 - Keith Haverland - MSU Moorhead
1985 - Craig Olson - Southwest State
1986 - Tim Magnuson - Minnesota Duluth
1990 - Wade Berger - Winona State
1991 - Greg Zahalka - MSU Moorhead
1992 - Chris Erickson - MSU Moorhead
1993 - Daniel Ranneby - Minnesota Duluth
1994 - Andy Hopkins - Minnesota Duluth
1995 - Dan Feda - MSU Moorhead
1996 - Andy Hopkins - Minnesota Duluth
1997 - Jason Holton - Minnesota Duluth
1998 - Andy Tucknott - Wayne State
1999 - Tim Rand - Minnesota Duluth
2000 - Bill Revering - Minnesota Duluth
2001 - Brett Carroll - Minnesota Duluth
2002 - Nathan Beerling - Minnesota Duluth
2003 - Robb Winterfield - Minnesota Duluth
2004 - Matt Scott - Northern State
2005 - Dane Moreland - MSU Moorhead
2006 - Jeremiah Herron - Wayne State
2007 - Nate Preston - Wayne State
2008-09 - James Krajsa - Minnesota State
2010 - Tom Karbo - Augustana
2011-13 - Paul Yak - Augustana
2014 - Robert Brockmueller - Sioux Falls
2015-16 - Glen Ellingson - Augustana
2017 - Mason Phillips - Sioux Falls
2018 - Steven Brown - Sioux Falls
2019 - Aaron Runge, Augustana
2020 - Not Awarded - COVID19
2021 - Austin Miller, Augustana
2022 - Matt Steiger, Augustana
2023 - Ryan Hartman, Augustana