THE SUMMIT LEAGUE

CROSS COUNTRY CHAMPIONSHIPS

ST. PAUL, MN

2026

OCTOBER 31ST

HOSTED BY ST. THOMAS

#REACHTHESUMMIT

October 31, 2026

Dear Participants, Fans and Friends,

On behalf of The Summit League, let me be among the first to provide a warm welcome to the 2026 Cross Country Championships.

The Summit League and its hosts administrate 18 championship events for 3,000-plus competitive student-athletes. These student-athletes are the top priority, so the responsibility of providing an elite championship experience is taken very seriously. The St. Thomas staff has worked tirelessly to create a first-class event and the league would like to officially thank them for their efforts.

This season, The Summit League is celebrating 45 years of fostering high academic standards and crowning champions in athletic competitions. Since its inception in 1982, the league has spent more than four decades providing the stage for student-athletes to excel in athletics, academics, community outreach, and campus leadership. Attending these Championships is just one way to help celebrate the many memorable team and individual performances that have created our storied history along with the world-class performances of our current student-athletes.

On behalf of the league staff, I wish all of this weekends' competitors the best of luck as they "Reach for the Summit" and compete for the 2026 Summit League cross country crown.

Sincerely,



Josh Fenton | Summit League Commissioner

TABLE OF CONTENTS

Commissioners Welcome/Table of Contents 1
The Summit League 2-3
Kansas City Roos 4
North Dakota Fighting Hawks 6
North Dakota State Bison 8
Omaha Mavericks 10
Oral Roberts Golden Eagles 12
St. Thomas Tommies 14
South Dakota Coyotes 16
South Dakota State Jackrabbits 18
2026 Season in Review 19
History 20
All-Time Men's Awards 21
All-Time Women's Awards 22
Championship Records 23

CREDITS

Cover designs by Aubrie Laufenberg. Written and edited by The Summit League Communications Staff. Photos were provided by the sports information departments of current and former Summit League members.

2026-27 SUMMIT LEAGUE CHAMPIONSHIP SCHEDULE

Sport	Dates	Site // Host	Champion	Who Qualifies
Men's Cross Country	October 31, 2026	St. Paul, Minn. // St. Thomas	TBD	All Teams
Women's Cross Country	October 31, 2026	St. Paul, Minn. // St. Thomas	TBD	All Teams
Women's Soccer	Nov. 6 & 7; Nov. 11 & 14, 2026	Campus Sites	TBD	Top six teams
Men's Soccer	Nov. 6 & 7; Nov. 11 &14, 2026	Campus Sites	TBD	All Teams
Volleyball	November 22-24, 2026	Brookings, S.D. // South Dakota State	TBD	Top six teams
Men's Swimming & Diving	February 24-27, 2027	Iowa City, Iowa // Campus Recreation & Wellness Center	TBD	All Teams
Women's Swimming & Diving	February 24-27, 2027	Iowa City, Iowa // Campus Recreation & Wellness Center	TBD	All Teams
Men's Indoor Track & Field	February 26-27, 2027	Fargo, N.D. // North Dakota State	TBD	All Teams
Women's Indoor Track & Field	February 26-27, 2027	Fargo, N.D. // North Dakota State	TBD	All Teams
Men's Basketball	March 4-7, 2027	Sioux Falls, S.D. // Sioux Falls Sports Authority	TBD	All Teams
Women's Basketball	March 4-7, 2027	Sioux Falls, S.D. // Sioux Falls Sports Authority	TBD	All Teams
Women's Tennis	April 29-May 1, 2027	Tulsa, Okla. // Michael D. Case Tennis Center	TBD	All Teams
Women's Golf	April 25-27, 2027	Mesa, Ariz. // Longbow Golf Course	TBD	All Teams
Men's Golf	May 2-4, 2027	Mesa, Ariz. // Longbow Golf Course	TBD	All Teams
Softball	May 12-15, 2027	Omaha, Neb. // Omaha	TBD	Top six teams
Men's Outdoor Track & Field	May 13-15, 2027	Grand Forks, N.D. // North Dakota	TBD	All Teams
Women's Outdoor Track & Field	May 13-15, 2027	Grand Forks, N.D. // North Dakota	TBD	All Teams
Baseball	May 26-29, 2027	Tulsa, Okla. // Oral Roberts	TBD	Top four teams

MEMBERSHIP

KANSAS CITY
Nickname: Roos
Location: Kansas City, Mo.
Enrollment: 15,238
Founded: 1933
Joined League: 1994 | 2020

NORTH DAKOTA
Nickname: Fighting Hawks
Location: Grand Forks, N.D.
Enrollment: 15,908
Founded: 1883
Joined League: 2018

NORTH DAKOTA STATE
Nickname: Bison
Location: Fargo, N.D.
Enrollment: 11,609
Founded: 1890
Joined League: 2007

OMAHA
Nickname: Mavericks
Location: Omaha, Neb.
Enrollment: 14,810
Founded: 1908
Joined League: 2011

ORAL ROBERTS
Nickname: Golden Eagles
Location: Tulsa, Okla.
Enrollment: 6,504
Founded: 1963
Joined League: 1997 | 2014

ST. THOMAS
Nickname: Tommies
Location: St. Paul, Minn.
Enrollment: 9,876
Founded: 1885
Joined League: 2021

SOUTH DAKOTA
Nickname: Coyotes
Location: Vermillion, S.D.
Enrollment: 10,040
Founded: 1862
Joined League: 2011

SOUTH DAKOTA STATE
Nickname: Jackrabbits
Location: Brookings, S.D.
Enrollment: 11,901
Founded: 1881
Joined League: 2007

Through 4 years of Division I athletics, The Summit League offers 18 championship sports and has a combined enrollment of nearly 100,000 at eight institutions, including four located in top 60 U.S. metropolitan populations and two land-grant universities. Member institutions include: the University of Missouri-Kansas City, University of North Dakota, North Dakota State University, University of Nebraska Omaha, Oral Roberts University, University of St. Thomas, University of South Dakota and South Dakota State University. The Summit League was previously known as the Mid-Continent Conference before undergoing a rebrand in 2007. In the fall of 2025, the Knight Commission on Collegiate Atheltiecs award the Summit League C.A.R.E. Champion status for the league's work to prioritize college athletes' education, health, safety, well-being, equity, and opportunity in financial incentives and athletics spending.

The Summit League has produced 15 NCAA National Champions along with more than 130 All-Americans and 100 Academic All-Americans, including numerous student-athletes competing at the highest professional level in their respective sports.

Each year, approximately 3,000 student-athletes continue to raise the bar and help The Summit League reach exceptional success both in competition and in the classroom. Within the past eight years alone, The Summit League has produced two national postseason team tournament champions in women's basketball, a pair of NCAA semifinal appearances in men's soccer, a Men's College World Series appearance, a trio of Sweet 16 appearances across men's and women's basketball and eight individual NCAA Champions. That level of success also carries into the classroom. A total of 36 Summit League teams achieved perfect NCAA Academic Progress Rate scores in the most recently released figures, while 37 other teams garnered NCAA Public Recognition Awards for top academic progress rates.

The Summit League also produces the highest quality in competition. In 2025-26, former Summit League student-athletes also competed in the NBA, in MLB, on the PGA Tour, the LPGA Tour and in Major League Soccer (MLS).

Recent Success for Summit League members ...
> Women's basketball saw three teams earn postseason bids, with South Dakota advancing to the WNIT Fab 4 after winning three games, North Dakota State competing in the WBIT and South Dakota State earning a berth in the NCAA Tournament.
> Two teams were selected to the NCAA Women's Volleyball Tournament for the second consecutive season, with South Dakota and South Dakota State earning bids in 2024 and South Dakota State and St. Thomas qualifying in 2025.
> South Dakota softball earned its first NCAA Tournament victory in program history with a 2-1 win over Louisville in the Lincoln Regional.
> Omaha softball posted an NCAA Tournament win for the third straight season in 2025
> Kansas City advanced to the third round of the 2024 NCAA Men's Soccer Tournament
> Advanced to the Men's College World Series in 2023 (Oral Roberts)
> Advanced to the Sweet 16 of the 2021 NCAA Men's Basketball Tournament (Oral Roberts)
> Advanced to the Sweet 16 of the 2019 NCAA Women's Basketball Tournament (South Dakota State) and 2022 NCAA Women's Basketball Tournament (South Dakota)
> Won the 2017 Women's National Invitational Tournament (South Dakota) and 2022 Women's National Invitational Tournament (South Dakota State)
> Claimed NCAA Regional Championships in softball (2009; North Dakota State), and baseball (2023; Oral Roberts)

THE SUMMIT LEAGUE

4000 N. Brendan Lane
Suite 200
Sioux Falls, SD 57107
Phone: (605) 271-8481



Josh Fenton
Commissioner

Commissioner ..... Josh Fenton
Deputy Commissioner and Chief Operating Officer ..... Jessie Carmack
Associate Commissioner/Governance & Compliance ..... Cody Cranor
Senior Associate Commissioner/Commerical & Brand Strategy ..... Bryan Miller
Associate Commissioner/Championships & Student-Athlete Services Sarah Swanson
Senior Director for Strategic Communicationa ..... Andy Thurston
Director for Digital Content and Strategy ..... Aubrie Laufenberg
Director for Sport and Championship Operations ..... Sarah Humphries
Assistant Director for Strategic Communications ..... Lilly Gardenhire
Assistant Director for Strategic Communications ..... Jeffery Green
Assistant Director for Digital Content and Strategy ..... Emmy Wolfe
Office Manager ..... Ashleigh Lingo

Social Media Directory

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/thesummitleague
thesummitleague.org

THESUMMITLEAGUE

HISTORY

Since its inception in 1982, The Summit League has recorded several transcendent moments that resonate on the national stage. While known as the Mid-Continent Conference, the league's first two decades produced a pair of appearances in the NCAA Men's Basketball Tournament's "Sweet 16" and the Women's College World Series as well as three individual NCAA Track and Field Champions.



Since rebranding as The Summit League, those transcendent moments have continued to increase. In 2025, two Summit League women's volleyball programs earned NCAA Tournament berths for the second consecutive season. South Dakota and South Dakota State represented the League in 2024, followed by St. Thomas and South Dakota State in 2025, marking back-to-back seasons with multiple NCAA qualifiers.

The 2025 women's basketball postseason also showcased the League's depth, with three programs advancing to national postseason competition. South Dakota reached the Fab Four of the Women's National Invitation Tournament (WNIT), North Dakota State competed in the Women's Basketball Invitation Tournament (WBIT), and South Dakota State earned a berth in the NCAA Women's Basketball Tournament.

On the men's soccer pitch, Kansas City continued to make its mark on the national stage, winning at least one game in the NCAA Men's Soccer Championships for the second consecutive season.

The League also celebrated individual excellence in distance running. North Dakota's Jadyn Keeler capped her senior season with five All-America honors, earning recognition in cross country and the indoor and outdoor track and field seasons. She also rewrote the Summit League record books, setting League records in the 6K, 10,000 meters, steeplechase, indoor 5,000 meters, mile and outdoor 5,000 meters, cementing her place among the most decorated distance runners in League history.

In June of 2023, Oral Roberts became the first Summit League baseball team to advance to the Men's College World Series in Omaha. The Golden Eagles won their first game in Omaha, defeating TCU 6-5 in the opening game of the tournament thanks to a three-run homer by Blaze Brothers in the top of the ninth.

In March of 2022, the No. 10 seed South Dakota women's basketball team advanced to the program's first "Sweet 16", marking the second women's team from the league to achieve that feat in the NCAA Tournament. The South Dakota State women's basketball team also put together an impressive postseason run, capturing the 2022 WNIT title by winning six consecutive home games.

In March of 2021, the Oral Roberts men's basketball team captured the nation's attention by becoming just the second No. 15 seed in NCAA Tournament history to reach the "Sweet 16". Led by the nation's leading scorer, Max Abmas, the Golden Eagles knocked off No. 2 seed Ohio State and No. 7 seed Florida before coming up just two points shy from being the first league team to make the Elite 8, falling to No. 3 seed Arkansas.

Also in March of 2021, Summit League women's basketball produced a pair of NCAA Women's Tournament qualifiers for the second time in three seasons as South Dakota won its second straight tournament title and South Dakota State earned an at-large bid.

During the pandemic-shortened 2019-20 academic year, a pair of Summit League athletes etched their names in the NCAA record books. South Dakota's Chris Nilsen, a three-time NCAA National Champion pole vaulter, set the NCAA indoor mark with a clearance of 19-05.5". On the links, Denver freshman Anna Zanusso joined four other female golfers in equaling an NCAA record with a single-round score of 61 (-11) during round two of the Westbrook Invitational, an event she would go on to win.

The South Dakota women's basketball team became just the third Summit League squad to go undefeated in league play and win the tournament title as the Coyotes finished with the league's highest-national ranking ever, finishing at No. 11 in the final USA Today Coaches' Poll. The Coyotes, who finished 17th in the Associated Press poll with a 30-2 overall record, were led by senior Ciara Duffy who became the league's first player to be named the ESPNW Mid-Major Player of the Year and Becky Hammon Mid-Major Player of the Year.

In the spring of 2019, South Dakota State became the first women's basketball member to advance to the NCAA Tournament's "Sweet 16" while Nilsen claimed his third national championship and the league's 15th overall at the NCAA Indoor Track and Field Championship.

South Dakota won The Summit League's first national postseason team tournament title by claiming the 2016 WNIT crown in women's basketball.

Oral Roberts gave The Summit League its initial NCAA Baseball regional crown and Super Regional appearance in 2006 and three years later, North Dakota State became the league's first softball team to achieve the same feat.

The 2008-09 season also saw South Dakota State's women's basketball team carry a national ranking throughout a majority of the year and cap its season with an NCAA Tournament first-round victory. In the spring of 2014, North Dakota State gained the national spotlight with a victory over Oklahoma in the NCAA Men's Basketball Tournament Round of 64. A year later, the Bison softball team finished in the Top 25, one of six league teams to achieve a national ranking in their respective sport that year.

Throughout its history, The Summit League has produced 15 individual NCAA Championships, five Olympic medalists and dozens of All-Americans in the sports of track and field and swimming and diving. Several professional athletes and draft choices have come directly from The Summit League, including three Major League Baseball first-round picks, a pair of NBA first-round choices, and two WNBA selections. In addition, Summit Leaguers compete in the MLS and on numerous professional golf tours. Former Summit Leaguer Kevin Duckworth was a two-time NBA All-Star during his professional career.

The Summit League announced the formation of its Hall of Fame during its 35th anniversary season in 2016-17. The inaugural class celebrated eight decorated individuals who combined for 17 league Player or Coach of the Year awards, eight All-America honors, an Olympic Gold medal, and a World Series title. The latest class, inducted in 2024, included former Oral Roberts baseball All-American Dennis Bigley , former South Dakota track and field National Champion Bethany (Buell) Firsick and former softball All-American Nicole (Terpstra) Wondaal). Those three bring the Summit League's Hall of Fame induction total to 21.

95,000+

Number of students enrolled at Summit League institutions

Summit League alumni population

900,000+

8+ MILLION

Total population in Summit League metro areas

SUMMIT LEAGUE METRO AREAS

The Summit League has schools in five of the 60 largest U.S. metro areas, based on population totals from the United States Census Bureau (2020).

METRO POPULATIONS

Rk.	Market	Population	School
16	Twin Cities, Minn.	3.79 million	St. Thomas
31	Kansas City, MO	2.27 million	Kansas City
56	Tulsa, Okla.	1.07 million	Oral Roberts
60	Omaha, Neb.	1.00 million	Omaha
189	Sioux Falls, S.D.	0.31 million	USD/SDSU
195	Fargo, N.D.	0.27 million	NDSU

DID YOU KNOW...

> In 2026, South Dakota State's Brooklyn Meyer became the second Summit League player to earn Becky Hammon Mid-Major Player of the Year honors. Meyer led the Jackrabbits in scoring, averaging 22.6 points per game and totaling 767 points on the season. She also earned three honorable mention All-America selections from the WBCA, AP and USBWA.

> The Summit League had six players drafted in the 2023 Major League Baseball First-Year Player Draft, including four in the top nine rounds. Omaha's Mike Boeve was the highest selection, going No. 54 in the second round to the Milwaukee Brewers.

> In 2020, South Dakota's Ciara Duffy became the first Summit League player to be named the ESPNW Mid-Major Player of the Year and Becky Hammon Mid-Major Player of the Year. Duffy led the Coyotes to the league's highest national ranking ever as USD finished at No. 11 in the final USA Today Coaches' poll.

> North Dakota State's Payton Otterdahl became only the second man in NCAA history to sweep national titles when he won the 2019 NCAA Indoor Track & Field shot put and weight throw titles. His efforts helped the Bison tie for ninth on the men's side, which equals the best finish by a league team at the national meet. In total, the Summit League sent a league-record 12 student-athletes to compete at the 2019 NCAA Indoor Track & Field Championship.

> South Dakota's Chris Nilsen made history in 2017, becoming the first freshman in Summit League history to win an NCAA national championship with his victory in the indoor pole vault. He added two outdoor national titles in 2018 and 2019, becoming the only Summit League student-athlete to win three NCAA individual championships. Nilsen went on to earn the silver medal in the pole vault at the 2020 Tokyo Olympics.

> In the fall of 2018, two Summit League volleyball teams advanced to the NCAA Tournament during the same season for the first time in league history and, in 2019, two Summit League women's basketball teams advanced to the NCAA Tournament for the first time since 1994.

KANSAS CITY ROOS

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Samuel Cleary	Sr.	Liberty, Mo. // Liberty HS
Nathan Dyck	Jr.	Carman, Manitoba, Canada // Carman Collegiate
M.J. Foster	Jr.	Liberal, Kan. // Liberal HS
Blake Herron	Fr.	Platte City, Mo. // Platte County HS
Connor Jacober	Jr.	Shawnee, Kan. // De Soto HS
Evan Kiefer	Sr.	Jackson, Mo. // Jackson HS
Luke Swarts	Jr.	De Soto, Kan. // De Soto HS
Braxton Theel	So.	Overland Park, Kan. // Olathe West HS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Harper Barlow	Sr.	Yukon, Okla. // Yukon HS
Kate Dare	Jr.	Witchita, Kan. // Rose Hill HS
Kopelyn DeLong	Sr.	Ozark, Mo. // Ozark HS
Rayah Foltz	So.	Eudora, Kan. // Eudora HS
Sophia Hertrich	Fr.	Pittsburg, Kan. // Pittsburg HS
Alyiah Shirley	Jr.	Basehor, Kan. // Basehor-Linwood HS
Sarah Wulfert	So.	Stillwater, Okla. // Stillwater HS

MEN'S ROSTER
WOMEN'S ROSTER
SCHEDULE/RESULTS
ATHLETIC WEBSITE
UNIVERSITY WEBSITE

COACHING STAFF

Head Coach
Benaud Shirley

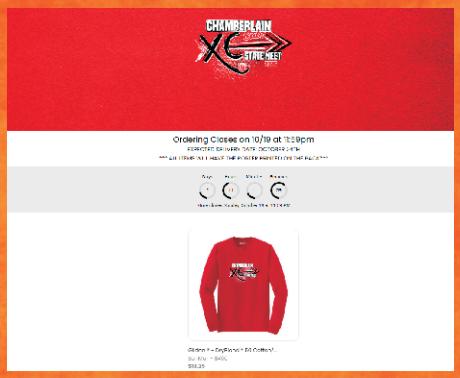
Assistant Coach
Clif Mitchell

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MRG Daubys Hauff SPORTS

DAKOTA LETTERING

Dakota Sports

NORTH DAKOTA FIGHTING HAWKS

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Ethan Adams	Jr.	Thornton, Colo. // Horizon HS
Niko Angell	Sr.	Lakeville, Minn. // Lakeville North HS
Ian Busche	Sr.	Hazen, N.D. // Hazen HS
Owen Chapman	So.	Loretto, Minn. // Orono Senior HS
Louis-Lys Fanucchi	Jr.	Mons En Baroeul, France // Lycee Ozanam
Weston Forward	Jr.	Rockford, Ill. // Rockford Christian HS
Matej Hrebacka	Jr.	Hodonin, Czech Republic // California Baptist
Henrik Lindstrot	Jr.	Steinfruit, Germany // Goethe Gymnasium
Aleksa Milanovic	Sr.	Cuprija, Serbia
Jacob Sarto	So.	Perth, Austrailia // Queens University of Charlotte
Jack Turnbull	So.	Zionsville, Ind. // Zionsville HS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Addison Beuche	Jr.	Edwards, Colo. // Battle Mountain HS
Olivia Correale	Jr.	Mississauga, Ontario // St. Marcellinus Secondary
Frida Giersdorff	Sr.	Bavaria, Germany // Camerloher-Gymnasium Freising
Morgan Hartze	Jr.	Grand Forks, N.D. // Red River HS
Leni Hirt	Fr.	Baden-Wurttemberg, Germany
Paris Hoverson	Sr.	Northwood, N.D. // Northwood HS
Shewaye Johnson	Sr.	Prosper, Texas // Texas A&M
Marie Louise Jorgensen	So.	Kolding, Denmark // Munkensdam Gymnasium
Sonja Lindemann	Fr.	Borstel-Hohenraden, Germany // Elsensee-Gymnasium
Katherine Rogers	So.	Moose Jaw, Saskatchewan // Central Collegiate Institute
Karolina Vynuchalova	Fr.	Pardubice, Czechia // Technial School of Chemistry
Naja Weiler	Jr.	Calgary, Alberta // Bowness HS

MEN'S ROSTER

WOMEN'S ROSTER

SCHEDULE/RESULTS

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COACHING STAFF

Head Coach
Tom Scott

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NORTH DAKOTA STATE BISON

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Ivan Askim	Sr.	Williston, N.D. // Williston HS
Regan Bosch	Sr.	Fargo, N.D. // Fargo Davies HS
Jacob Brown	Fr.	Roseville, Minn. // Roseville Area HS
Will Gerber	Sr.	Siren, Wis. // Grantsburg HS
Brady Goss	Sr.	Devils Lake, N.D. // Concordia Moorhead
Owen Johnson	Fr.	Harwood, N.D. // Northern Cass HS
Evan Liewer	Sr.	Gretna, Neb. // Gretna HS
Ethan Moe	Sr.	Williston, N.D. // Williston HS
Quinn Roehl	Sr.	Grand Forks, N.D. // Central HS
Brenden Sylvester	Fr.	Grand Rapids, Minn. // Grand Rapids HS
Austin Wanner	Sr.	Bowman, N.D. // Bowman County HS
Taylor Wanner	So.	Bowman, N.D. // Bowman County HS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Reagan Berg	Jr.	Valley City, N.D. // Valley City HS
Hannah Boese	Fr.	Elk River, Minn. // Spectrum HS
Acey Elkins	Sr.	Mandan, N.D. // Mandan HS
Logan Harz	Sr.	Oakbank, Manitoba // Springfield Collegiate Ins.
Abby Hibbs	So.	Brooklyn Park, Minn. // Champlin Park HS
Mia Hoffmann	Jr.	Bemidji, Minn. // Bemidji HS
Madison LeSage	Jr.	Howard Lake, Minn. // Howard Lake HS
Julia Link	So.	Plymouth, Minn. // Wayzata HS
Jaelyn Miller	Jr.	Alexandria, Minn. // Alexandria HS
Kylie Nelson	So.	Lino Lakes, Minn. // Centennial HS
Jade Rypkema	Sr.	Nevis, Minn. // Gonzaga
Kasey Soderholm	So.	Alexandria, Minn. // Alexandria HS

MEN'S ROSTER

WOMEN'S ROSTER

SCHEDULE/RESULTS

ATHLETIC WEBSITE

UNIVERSITY WEBSITE

COACHING STAFF

Director of Track & Field and Cross Country
Stevie Keller

Head Cross Country Coach
Dennis Newell

FOLLOW THE BISON



Let's talk about mental health.

Sanford Health and the Summit League are proud to be partnering to raise awareness about mental health. Today, more teens and young adults are experiencing poor mental health, and one in five adults in the U.S. live with a mental illness.

We're committed to normalizing mental health as an essential part of overall health and well-being. By starting the conversation, we can take away the stigma and better support the mental health of student athletes and everyone in our community.

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A PARTNERSHIP FOR MENTAL HEALTH AWARENESS

SUMMIT LEAGUE

SANFORD HEALTH

OMAHA MAVERICKS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Ainsley Anderson	Jr.	Omaha, Neb. // Millard North HS
Maya Bergstrom	Jr.	Carlisle, Iowa // Carlisle HS
Molly Caruso	Jr.	Omaha, Neb. // Millard North HS
Ava Dziedzic	Fr.	Slinger, Wis. // Slinger HS
Briley Early	So.	Leawood, Kan. // Blue Valley North HS
Sophia Palmesano	Fr.	Omaha, Neb. // Millard North HS
Hope Riedel	So.	Lincoln, Neb. // Lincoln North Star HS
Lily Rude	Fr.	Brandon, S.D. // Brandon Valley HS

WOMEN'S ROSTER

SCHEDULE/RESULTS

ATHLETIC WEBSITE

UNIVERSITY WEBSITE

COACHING STAFF

Head Coach
Cliff Cisar

Assistant Coach
Saskia Pingpank

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ORAL ROBERTS GOLDEN EAGLES

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Ishmael Acheampong	Jr.	Accra, Ghana // Asanteman Senior HS
Abraham Chelangam	R-Sr.	Kapchorwa, Uganda
Brian Cheruiyot	Sr.	Kapsabet, Kenya // Kipsigak HS
Jackson Cook	So.	Colorado Springs, Colo. // The Classic Academy HS
Artwell Magake	Jr.	Harare, Zimbabwe // Prince Edward
Andrew Smithwick	Sr.	Tulsa, Okla. // Lincoln Christian HS
Sibonokuhle Thwala	Jr.	Johannesburg, South Africa

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Madeline Cabana	Jr.	Clinton, Ark. // Clinton HS
Emelia Hesselgren	Fr.	Fayetteville, Ark. // Fayetteville Virtual HS
Helen Hesselgren	Fr.	Fayetteville, Ark. // Fayetteville Virtual HS
Sydney Lister	Fr.	Ozark, Mo. // Ozark HS
Ossly Murambidzi	Jr.	Harare, Zimbabwe // Glen View 2 Secondary School
Baylee Woodrich	So.	Tulsa, Okla. // Lincoln Christian HS
Lillian Woolery	Sr.	Edmond, Okla. / Homeschool

MEN'S ROSTER

WOMEN'S ROSTER

SCHEDULE/RESULTS

ATHLETIC WEBSITE

UNIVERSITY WEBSITE

COACHING STAFF

Head Coach
Alick Musukuma

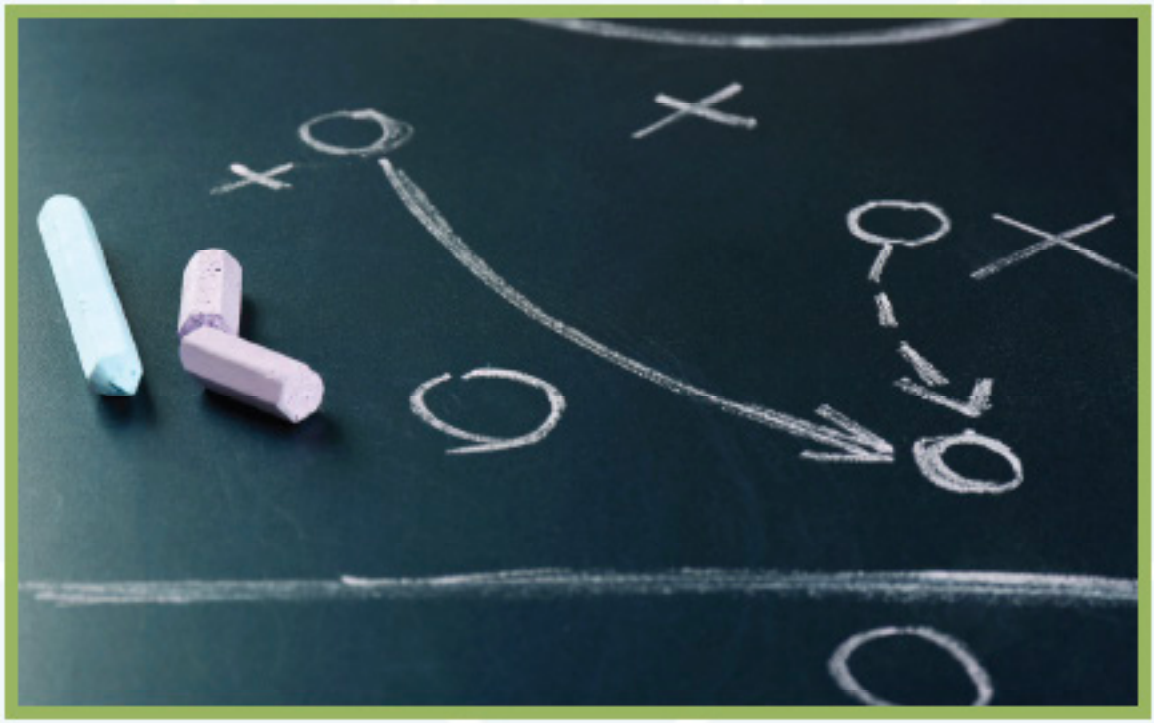
Assistant Coach
Adrena Mazzei

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ST. THOMAS TOMMIES

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Ben Clark	Fr.	St. Paul, Minn. // Como Park HS
George Edgar	Sr.	Inver Grove Heights, Minn. // Rosemount HS
Gabe Hallen	Fr.	Maple Plain, Minn. // Orono HS
Elijah Horeled	Fr.	Tulsa, Okla. // Bishop Kelley HS
Adam Lueth	Sr.	Bloomington, Minn. // Bloomington Jefferson HS
Liam Merrell	Fr.	Burnsville, Minn. // Burnsville HS
Nate Meyer	So.	Minneapolis, Minn. // Minneapolis Southwest HS
Isaac Nowak	Sr.	Green Bay, Wis. // Notre Dame Academy
Casey Poppler	So.	Shoreview, Minn. // Mounds View HS
Charlie Power-Theisen	Sr.	St. Paul, Minn. // Como Park HS
Ben Stricker	Jr.	Fort Atkinson, Wis. // Fort Atkinson HS
Max Westerlund	Sr.	Minnetonka, Minn. // Minnetonka HS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Emily Baker	Jr.	Zimmerman, Minn. // Zimmerman HS
Lindsay Berg	So.	Eau Claire, Wis. // Memorial HS
Amelia Borgen	Fr.	Minneapolis, Minn. // Bloomington Jefferson HS
Miley Clark	Fr.	Plymouth, Minn. // Wayzata HS
Sara Gastony	Fr.	Prior Lake, Minn. // Prior Lake HS
Olivia Goebel	Jr.	Albany, Minn. // Albany HS
Amber Haukoos	Jr.	Lakeville, Minn. // Lakeville South HS
Olivia Pauly	Jr.	St. Cloud, Minn. // Saint John's Prep
Anna VanAcker	Fr.	Scandia, Minn. // Forest Lake HS
Layla Vennink	So.	Prior Lake, Minn. // Prior Lake HS
Gabrielle Wahl	Gr.	Brooklyn Park, Minn. // Champlin Park HS
Sophie Yetter	Jr.	Winneconne, Wis. // Winneconne HS

MEN'S ROSTER
WOMEN'S ROSTER
SCHEDULE/RESULTS
ATHLETIC WEBSITE
UNIVERSITY WEBSITE

COACHING STAFF

Men's Head Coach
Pete Wareham

Women's Head Coach
Ashley Lucas

Assistant Coach/Director of Operations
Dan Scheff

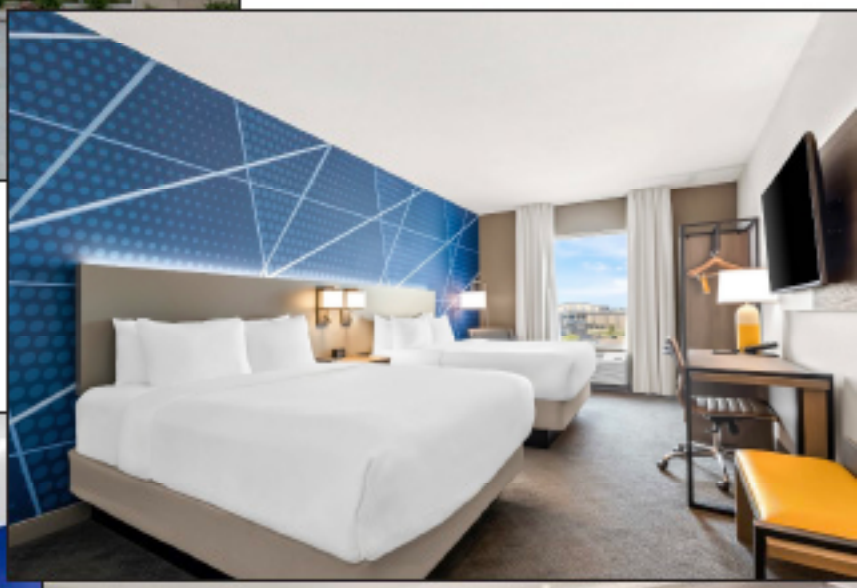
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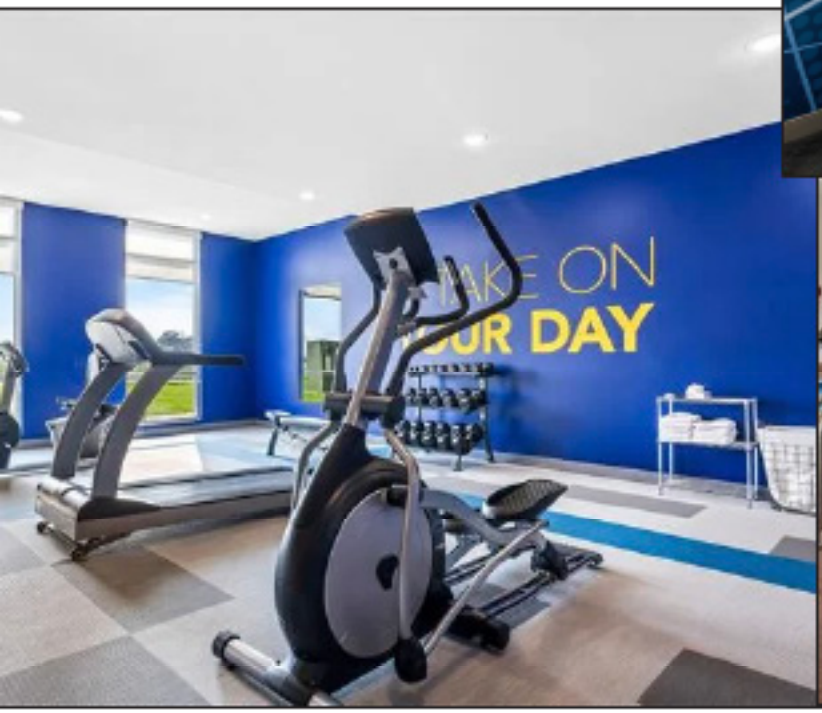


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SOUTH DAKOTA COYOTES

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Tommy Hensley	Jr.	Urbandale, Iowa // Urbandale HS
Levi Hill	Sr.	Ankeny, Iowa // Ankeny HS
Natnael Kifle	Jr.	Sioux City, Iowa // North HS
Charlie Larson	So.	Pelican Rapids, Minn. // Pelican Rapids HS
Piercze Marshall	Sr.	Omaha, Neb. // Millard West HS
Cohen Moll	Fr.	Ankeny, Iowa // Ankeny Centennial HS
Caleb Muehler	Fr.	McPherson, Kan. // McPherson HS
Isaac Ochoa	Jr.	Norfolk, Neb. // Norfolk HS
Ty Petrocco	So.	Sturgis, S.D. // Sturgis Brown HS
Isaiah Smith	Fr.	Ankeny, Iowa // Ankeny HS
Jack Williams	So.	Lee's Summit, Mo. // Lee's Summit West HS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Drew Beason	So.	Ankeny, Iowa // Ankeny HS
Calia Chaney	Jr.	Nisswa, Minn. // Pequot Lakes HS
Jade Ecoffey	RJr.	Wounded Knee, S.D. // Red Cloud HS
Kinsey Evans	Jr.	Chamberlain, S.D. // Chamberlin HS
Kori McClain	Fr.	North Platte, Neb. // North Platte HS
Alexus Sindelar	RSr.	Pierce, Neb. // Pierce HS
Peyton Svehla	Jr.	Lincoln, Neb. // Lincoln East HS
Ellie Thomas	Jr.	Hickman, Neb. // Norris HS
Geneva Timmerman	RJr.	Adel, Iowa // ADM HS
Alyx Woodley	Fr.	Johnston, Iowa // Johnston HS

MEN'S ROSTER
WOMEN'S ROSTER
SCHEDULE/RESULTS
ATHLETIC WEBSITE
UNIVERSITY WEBSITE

COACHING STAFF

Head Coach
Nolan Fife

Assistant Coaches
Matt Hoyt
Dave Gottsleben

Director of Operations
Josh Allen

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SOUTH DAKOTA STATE JACKRABBITS

2026 MEN'S ROSTER

Name	Yr.	Hometown // Previous School
Sully Anez	So.	Willmar, Minn. // Willmar HS
Jackson Dutcher	Sr.	Casper, Wyo. // Natrona HS
Eli Hall	Jr.	Pequot Lakes, Minn. // Pequot Lakes HS
Cashton Johnson	Sr.	Harrisburg, S.D. // Harrisburg HS
Dale Johnson	Jr.	Sterling, Ill. // Sterling HS
Luke Johnson	Sr.	Elkhorn, Neb. // Elkhorn South HS
Brandon Kampsen	Sr.	Sauk Centre, Minn. // Sauk Centre HS
Will Lohr	Gr.	Sioux City, Iowa // North HS
Jared Lutmer	Jr.	Pierre, S.D. // T.F. Riggs HS
Caleb Morris	Fr.	Pierre, S.D. // T.F. Riggs HS
Cade Sanvik	Jr.	Maple Grove, Minn. // Osseo HS
Owen Stuwe	Fr.	Shakopee, Minn. // Shakopee HS

2026 WOMEN'S ROSTER

Name	Yr.	Hometown // Previous School
Ella Boekelheide	Fr.	Northville, S.D. // Northwestern Area HS
Annika Larson	So.	Huxley, Iowa // Ballard HS
Emery Larson	Fr.	Pierre, S.D. // T.F. Riggs HS
Eleni Lovgren	Gr.	Williston, N.D. // Williston HS
Ashley Overgaauw	Sr.	Lake Wilson, Minn. // Murray County Central HS
Nora Peterson	So.	Aurelia, Iowa // Alta-Aurelia HS
Annie Robinson	So.	Mineral Point, Wis. // Mineral Point HS
Ellie Robinson	So.	Mineral Point, Wis. // Mineral Point HS
Kelsey Schmidt	So.	Lennox, S.D. // Lennox HS
Nicole Swanson	Sr.	Mankato, Minn. // West HS
Faith Wiese	Fr.	Flandreau, S.D. // Flandreau HS

MEN'S ROSTER

WOMEN'S ROSTER

SCHEDULE/RESULTS

ATHLETIC WEBSITE

UNIVERSITY WEBSITE

COACHING STAFF

Head Coach
Rod DeHaven

Assistsant Coach
Alex Muntefering

FOLLOW THE JACKRABBITS

2026 SEASON REVIEW

MEN'S TOP TIMES

6K

Rk	Time	Name	School	Date	Meet
1.	17:33.9	Louis-Lys Fanucchi	UND	9/4/26	Dragon Twilight
2.	17:36.7	Matej Hrebacka	UND	9/4/26	Dragon Twilight
3.	17:42.4	Ethan Adams	UND	9/4/26	Dragon Twilight
4.	17:44.7	Ian Busche	UND	9/4/26	Dragon Twilight
5.	17:45.5	Adam Lueth	UST	9/4/26	Dragon Twilight
6.	17:58.8	Abraham Chelangam	ORU	9/5/26	Bob Timmons XC Classic
7.	18:04.7	Max Westerlund	UST	9/4/26	Dragon Twilight
8.	18:05.3	Casey Poppler	UST	9/4/26	Dragon Twilight
9.	18:05.4	Henrik Lindstrot	UND	9/4/26	Dragon Twilight
10.	18:13.7	Nate Meyer	UST	9/4/26	Dragon Twilight

8K

Rk	Time	Name	School	Date	Meet
1.	23:00.9	Isaac Ochoa	USD	9/25/26	Gans Creek Classic
2.	23:26.4	Louis-Lys Fanucchi	UND	9/25/26	Gans Creek Classic
3.	23:28.4	Cashton Johnson	SDSU	9/25/26	Gans Creek Classic
4.	23:31.1	Jackson Dutcher	SDSU	9/25/26	Gans Creek Classic
5.	23:31.9	Natnael Kifle	USD	10/16/26	Bradley "Pink" Classic
6.	23:32.4	Ethan Moe	NDSU	10/16/26	Bradley "Pink" Classic
7.	23:42.1	Matej Hrebacka	UND	9/25/26	Gans Creek Classic
8.	23:51.3	Natnael Kifle	USD	9/25/26	Gans Creek Classic
9.	23:54.4	Abraham Chelangam	ORU	9/26/26	Cowboy Jamboree
10.	23:59.3	Will Lohr	SDSU	9/25/26	Gans Creek Classic

WOMEN'S TOP TIMES

5K

Rk	Time	Name	School	Date	Meet
1.	16:41.9	Ossly Murambidzi	ORU	10/3/26	Chile Pepper XC Festival
2.	16:59.0	Geneva Timmerman	USD	9/4/26	Augustana Twilight
3.	17:17.6	Shewaye Johnson	UND	9/4/26	Dragon Twilight
4.	17:21.1	Faith Wiese	SDSU	9/4/26	Augustana Twilight
5.	17:25.4	Drew Beason	USD	9/4/26	Augustana Twilight
6.	17:32.2	Alexus Sindelar	USD	9/4/26	Augustana Twilight
7.	17:34.0	Anna VanAcker	UST	10/2/26	Joe Piane Invitational
8.	17:35.2	Olivia Pauly	UST	10/2/26	Joe Piane Invitational
9.	17:36.4	Olivia Goebel	UST	10/2/26	Joe Piane Invitational
10.	17:36.9	Olivia Correale	UND	9/4/26	Dragon Twilight

6K

Rk	Time	Name	School	Date	Meet
1.	19:55.3	Olivia Correale	UND	9/25/26	Gans Creek Classic
2.	20:05.4	Jade Rypkema	NDSU	9/18/26	Roy Griak Invitational
3.	20:11.9	Shewaye Johnson	UND	9/25/26	Gans Creek Classic
4.	20:15.4	Meghan Ford	SDSU	9/25/26	Gans Creek Classic
5.	20:17.3	Geneva Timmerman	USD	10/16/26	Bradley "Pink" Classic
6.	20:17.6	Shewaye Johnson	UND	10/16/26	Pre-National Invite
7.	20:22.9	Geneva Timmerman	USD	9/25/26	Gans Creek Classic
8.	20:24.9	Jade Rypkema	NDSU	10/16/26	Bradley "Pink" Classic
9.	20:25.1	Marie-Louise Jorgensen	UND	9/25/26	Gans Creek Classic
10.	20:27.7	Olivia Correale	UND	10/16/26	Pre-National Invite

PEAK PERFORMERS OF THE WEEK

MEN'S

Week of	Athlete	School
Sept. 8	Abraham Chelangam	Oral Roberts
Sept. 15	N/A	
Sept. 22	Ethan Moe	North Dakota State
Sept. 29	Isaac Ochoa	South Dakota
Oct. 6	Sibonokuhle Thwala	Oral Roberts
Oct. 13	N/A	
Oct. 20	Natnael Kifle	South Dakota

WOMEN'S

Week of	Athlete	School
Sept. 8	Geneva Timmerman	South Dakota
Sept. 15	Jade Rypkema	North Dakota State
Sept. 22	Jade Rypkema	North Dakota State
Sept. 29	Olivia Correale	North Dakota
Oct. 6	Ossly Murambidzi	Oral Roberts
Oct. 13	N/A	
Oct. 20	Shewaye Johnson	North Dakota

HISTORY

TEAM CHAMPIONS

Year	Men's Champion(s)	Men's Runner-Up	Women's Champion(s)	Women's Runner-Up	Site
1982	Northern Iowa	Eastern Illinois	N/A	N/A	Charleston, Ill.
1983	Northern Iowa	Cleveland State	N/A	N/A	Cedar Falls, Iowa
1984	Northern Iowa/Missouri State	Missouri State	N/A	N/A	Valparaiso, Ind.
1985	Missouri State	Northern Iowa	N/A	N/A	Springfield, Mo.
1986	Missouri State	Northern Iowa	N/A	N/A	Macomb, Ill.
1987	Missouri State	Northern Iowa	N/A	N/A	Cleveland, Ohio
1988	Northern Iowa	Western Illinois	N/A	N/A	Cleveland, Ohio
1989	Missouri State	Northern Iowa	N/A	N/A	Chicago, Ill.
1990	Northern Iowa	Cleveland State	N/A	N/A	Akron, Ohio
1991	Western Illinois	Youngstown State	N/A	N/A	Charleston, Ill.
1992	Cleveland State	Milwaukee	Milwaukee	Eastern Illinois	Macomb, Ill.
1993	Milwaukee	Eastern Illinois	Milwaukee	Western Illinois	Valparaiso, Ind.
1994	Youngstown State	Western Illinois	Buffalo	Youngstown State	Chicago, Ill.
1995	Youngstown State	Buffalo	Buffalo	Youngstown State	Youngstown, Ohio
1996	Youngstown State	Buffalo	Buffalo	Youngstown State	Valparaiso, Ind.
1997	Southern Utah	Kansas City	Youngstown State	Southern Utah	Buffalo, N.Y.
1998	Southern Utah	Youngstown State	Southern Utah	Kansas City	Chicago, Ill.
1999	Southern Utah	Kansas City	Southern Utah	Kansas City	Kansas City, Mo.
2000	Southern Utah	Kansas City	Southern Utah	Oakland	Macomb, Ill.
2001	Southern Utah	Oakland	Southern Utah	Oakland	Cedar City, Utah
2002	Oakland	Southern Utah	Southern Utah	Western Illinois	Indianapolis, Ind.
2003	Southern Utah	Oakland	Southern Utah	Oakland	Tulsa, Okla.
2004	Southern Utah	IUPUI	Southern Utah	Western Illinois	Rochester, Mich.
2005	Oakland	Southern Utah	Oral Roberts	Southern Utah	Valparaiso, Ind.
2006	Southern Utah	Oakland	Oral Roberts	Valparaiso	Kansas City, Mo.
2007	Southern Utah	Oakland	Fort Wayne/Southern Utah	South Dakota State	Macomb, Ill.
2008	Southern Utah	Oakland	South Dakota State	Fort Wayne	Shreveport, La.
2009	South Dakota State	Southern Utah	Southern Utah	North Dakota State	Cedar City, Utah
2010	South Dakota State	Oakland	Oakland	Southern Utah	Carmel, Ind.
2011	Southern Utah	North Dakota State	North Dakota State	Southern Utah	Tulsa, Okla.
2012	South Dakota State	South Dakota	North Dakota State	South Dakota	Rochester, Mich.
2013	South Dakota State	South Dakota	North Dakota State	South Dakota State	Fort Wayne, Ind.
2014	IUPUI	South Dakota State	South Dakota	North Dakota State	Fargo, N.D.
2015	IUPUI	South Dakota State	South Dakota	South Dakota State	Brookings, S.D.
2016	South Dakota State	IUPUI	South Dakota	South Dakota State	Macomb, Ill.
2017	South Dakota State	North Dakota State	South Dakota	North Dakota State	Vermillion, S.D.
2018	South Dakota State	North Dakota State	South Dakota	North Dakota State	Omaha, Neb.
2019	South Dakota State	North Dakota State	North Dakota State	South Dakota	Fargo, N.D.
2020	South Dakota State	North Dakota State	South Dakota State	North Dakota	Macomb, Ill.
2021	South Dakota State	St. Thomas	South Dakota State	North Dakota State	Tulsa, Okla.
2022	South Dakota State	North Dakota State	North Dakota State	South Dakota State	Grand Forks, N.D.
2023	South Dakota State	North Dakota State	South Dakota	South Dakota State	Brookings, S.D.
2024	South Dakota State	North Dakota State	South Dakota State	North Dakota State	Vermillion, S.D.
2025	South Dakota State	North Dakota	North Dakota	South Dakota State	Ashland, Neb.





For the first time in program history, the North Dakota Fighting Hawks hoisted the Women's Summit League Cross Country Championship trophy. The Jackrabbit men (left) garnered their league record tenth-consecutive championship title while the Fighting Hawk women (right) captured their first crown.

HISTORY

ALL-TIME MEN'S AWARDS

ATHLETE OF THE YEAR

1982	Tim Warneke, Eastern Illinois
1983	Corey Frost, Cleveland State
1984	Pat Fredrick, Missouri State
1985	Matt Wegenka, Missouri State
1986	Dan Hostager, Northern Iowa
1987	Matt Wegenka, Missouri State
1988	Dan Hostager, Northern Iowa
1989	Bill Castle, Northern Iowa
1990	Pat Joyce, Cleveland State
1991	Bob Marchinko, Cleveland State
1992	Pat Joyce, Northern Iowa
1993	Nate Shaffer, Eastern Illinois
1994	Justin Weiss, Eastern Illinois
1995	John Stanley, Troy
1996	John Stanley, Troy
1997	Jody Benson, Southern Utah
1998	Curtis Moore, Southern Utah
1999	Jody Benson, Southern Utah
2000	Curtis Moore, Southern Utah
2001	Omar Brooks, Oral Roberts
2002	Bill Hibdon, Kansas City
2003	Cody Moat, Southern Utah
2004	Jess Baumgartner, Southern Utah
2005	Adam Frezza, Oakland
2006	Jess Baumgartner, Southern Utah
2007	Mark Currell, Southern Utah
2008	Jonah Lagat, Oral Roberts
2009	Cameron Levins, Southern Utah
2010	Cosmas Ayabei, Kansas City
2011	Cameron Levins, Southern Utah
2012	Michael Krsnak, South Dakota State
2013	Trent Lusignan, South Dakota State
2014	Tom Ohlman, IUPUI
2015	Trent Lusignan, South Dakota State
2016	Joel Reichow, South Dakota State
2017	Chase Cayo, South Dakota State
2018	Eldon Warner, South Dakota
2019	Joseph Minor-Williams, South Dakota State
2020	Patrick Kipkemboi, North Dakota
2021	Gabe Peters, South Dakota State
2022	Ben Olson, South Dakota State
2023	Carson Noecker, South Dakota State
2024	Abraham Chelangam, Oral Roberts
2025	Cody Larson, South Dakota State

CHAMPIONSHIP MVP

2008	Jonah Lagat, Oral Roberts
2009	Cameron Levins, Southern Utah
2010	Cosmas Ayabei, Kansas City
2011	Cameron Levins, Southern Utah
2012	Michael Krsnak, South Dakota State
2013	Trent Lusignan, South Dakota State
2014	Tom Ohlman, IUPUI
2015	Trent Lusignan, South Dakota State
2016	Robert Murphy, IUPUI
2017	Chase Cayo, South Dakota State
2018	Eldon Warner, South Dakota
2019	Joseph Minor-Williams, South Dakota State
2020	Patrick Kipkemboi, North Dakota
2021	Gabe Peters, South Dakota State
2022	Ben Olson, South Dakota State
2023	Carson Noecker, South Dakota State
2024	Abraham Chelangam, Oral Roberts
2025	Cody Larson, South Dakota State



Trent Lusignan, SDSU

NEWCOMER OF THE YEAR

1992	Scott Brinen, Milwaukee
1993	Chad Alexander, Western Illinois
1994	Mark Brady, Youngtown State
1995	Dan McSherry, Buffalo
1996	Patrick Nolan, Buffalo
1997	John Thorpe, Kansas City
1998	Brad Rodman, Kansas City
1999	Curtis Judice, Kansas City
2000	Jeremy Rhiem, Youngstown State
2001	J.D. Nielson, Southern Utah
2002	David Sheeran, Southern Utah
2003	Rabah Rahil, IUPUI
2004	Kevin Sandall, Southern Utah
2005	Dallas Eborn, Southern Utah
2006	Rex Shields, Southern Utah
2007	Cameron Levins, Southern Utah

NOTE: Award changed to "Newcomer of the Championship" following the 2007 season.

NEWCOMER OF THE CHAMPIONSHIP

2008	Nate Jewkes, Southern Utah
2009	Cosmas Ayabei, Kansas City
2010	Marty Joyce, North Dakota State
2011	Trent Lusignan, South Dakota State
2012	Mubarik Musa, South Dakota
2013	Brendan Sage, South Dakota State
2014	Isaiah White, IUPUI
2015	Elliott Stone, North Dakota State
2016	Jacob Stamm, IUPUI
2017	Gabe Peters, South Dakota State
2018	Joseph Minor-Williams, South Dakota State
2019	Clayton Whitehead, South Dakota
2020	Nick Oak, North Dakota
2021	Mason Kindel, North Dakota State
2022	Hunter McHenry, North Dakota State
2023	Carson Noecker, South Dakota State
2024	Eli Hall, South Dakota State
2025	Casey Poppler, St. Thomas

COACH OF THE YEAR

1982	Lynn King, Northern Iowa
1983	Lynn King, Northern Iowa
1984	Richard Clark, Missouri State
1985	Richard Clark, Missouri State
1986	Richard Clark, Missouri State
1987	Ricard Clark, Missouri State
1988	Chris Bucknam, Northern Iowa
1989	Richard Clark, Missouri State
1990	Chris Bucknam, Northern Iowa
1991	Joe Flannery, Western Illinois
1992	Dave Burger, Cleveland State
1993	Pete Corfeld, Milwaukee
1994	Brian Gorby, Youngtown State
1995	Brian Gorby, Youngtown State
1996	Brian Gorby, Youngstown State
1997	Eric Houle, Southern Utah
1998	Eric Houle, Southern Utah
1999	Eric Houle, Southern Utah
2000	Eric Houle, Southern Utah
2001	Paul Rice, Oakland
2002	Paul Rice, Oakland
2003	Eric Houle, Southern Utah
2004	Eric Houle, Southern Utah
2005	Paul Rice, Oakland
2006	Eric Houle, Southern Utah
2007	Eric Houle, Southern Utah
2008	Eric Houle, Southern Utah
2009	Rod DeHaven, South Dakota State
2010	Rod DeHaven, South Dakota State
2011	Eric Houle, Southern Utah
2012	Rod DeHaven, South Dakota State
2013	Rod DeHaven, South Dakota State
2014	Chuck Koeppen, IUPUI
2015	Chuck Koeppen, IUPUI
2016	Rod DeHaven, South Dakota State
2017	Rod DeHaven, South Dakota State
2018	Rod DeHaven, South Dakota State
2019	Rod DeHaven, South Dakota State
2020	Rod DeHaven, South Dakota State
2021	Rod DeHaven, South Dakota State
2022	Rod DeHaven, South Dakota State
2023	Rod DeHaven, South Dakota State
2024	Rod DeHaven, South Dakota State
2025	Rod DeHaven, South Dakota State

MEN'S CROSS COUNTRY NATIONAL AWARDS

ALL-AMERICA

2006	Jess Baumgartner, Southern Utah
2011	Cameron Levins, Southern Utah, USTFCCCA
2013	Trent Lusignan, South Dakota State, USTFCCCA
2015	Trent Lusignan, South Dakota State, USTFCCCA
	Joel Reichow, South Dakota State, USTFCCCA
2016	Joel Reichow, South Dakota State, USTFCCCA

ACADEMIC ALL-AMERICA

2002	Kyle Rowley, Southern Utah, CoSIDA (2nd)
2004	Cody Moat, Southern Utah, CoSIDA (2nd)
2005	Chad Sanada, Southern Utah, CoSIDA (2nd)
	Jess Baumgartner, Southern Utah, CoSIDA (3rd)
	Prince Mumba, Oral Roberts, USTFCCCA
2006	Jess Baumgartner, Southern Utah, CoSIDA (3rd)
2007	Jess Baumgartner, Southern Utah, CoSIDA (1st)
	Greg Liebl, North Dakota State, CoSIDA (1st)
2008	Greg Liebl, North Dakota State, CoSIDA (1st)
	Scott Nei, North Dakota State, CoSIDA (2nd)
	Walt Willis, Western Illinois, CoSIDA (2nd)
2013	Jeff Mettler, South Dakota, CoSIDA (2nd)
2015	Joel Reichow, South Dakota State, USTFCCCA
	Mubarik Musa, South Dakota, USTFCCCA
2016	Joel Reichow, South Dakota State, USTFCfCCA
2017	Kyle Burdick, South Dakota State, USTFCCCA
2018	Kyle Burdick, South Dakota State, USTFCCCA
	Elliott Stone, North Dakota State, CoSIDA (1st)
2019	Micah Mather, South Dakota State, USTFCCCA
	Elliott Stone, North Dakota State, CoSIDA (1st)
2022	Ben Olson, South Dakota State, USTFCCCA
	Daniel Burkhalter, South Dakota State, CSC (3rd)
2023	Daniel Burkhalter, South Dakota State, CSC (2nd), USTFFCCA

HISTORY

ALL-TIME WOMEN'S AWARDS

ATHLETE OF THE YEAR

1992	Kiya Thomas, Eastern Illinois
1993	Amy Ritzman, Cleveland State
1994	Elizabeth Mueller, Central Connecticut State
1995	Judith Novak, Buffalo
1996	Collette Liss, Valparaiso
1997	Laura Thomas, Youngstown State
1998	Wendy Allen, Southern Utah
1999	Andrea Cohol, Youngstown State
2000	Kristie Kieffer, Oakland
2001	Jandee (Hood) Anderson, Southern Utah
2002	Alisha Bezanson, Southern Utah
2003	Kristie Kieffer, Oakland
2004	Faithy Kamangila, Oral Roberts
2005	Faithy Kamangila, Oral Roberts
2006	Diana Chelimo, Oral Roberts
2007	Faithy Kamangila, Oral Roberts
2008	Crystina Martinez, Fort Wayne
2009	Sharla Manule, Southern Utah
2010	Jamie Smith, Southern Utah
2011	Diana Medina-Mitchell, Southern Utah
2012	Brittni Hutton, Oakland
2013	Brecca Wahlund, North Dakota State
2014	Erin Teschuk, North Dakota State
2015	Erin Teschuk, North Dakota State
2016	Emily Donnay, South Dakota State
2017	Rachel King, South Dakota State
2018	Emma Rafuse, Purdue Fort Wayne
2019	Kelby Anderson, North Dakota State
2020	Leah Hansen, South Dakota State
2021	Leah Hansen, South Dakota State
2022	Leah Hansen, South Dakota State
2023	Yonca Kutluk, North Dakota
2024	Reagan Baesler, North Dakota State
2025	Jadyn Keeler, North Dakota

CHAMPIONSHIP MVP

2008	Crystina Martinez, Fort Wayne
2009	Sharla Manuele, Southern Utah
2010	Jamie Smith, Southern Utah
2011	Diana Medina-Mitchell, Southern Utah
2012	Brittni Hutton, Oakland
2013	Brecca Wahlund, North Dakota State
2014	Erin Teschuk, North Dakota State
2015	Erin Teschuk, North Dakota State
2016	Emily Donnay, South Dakota State
2017	Rachel King, South Dakota State
2018	Emma Rafuse, Purdue Fort Wayne
2019	Kelby Anderson, North Dakota State
2020	Leah Hansen, South Dakota State
2021	Leah Hansen, South Dakota State
2022	Leah Hansen, South Dakota State
2023	Yonca Kutluk, North Dakota
2024	Reagan Baesler, North Dakota State
2025	Jadyn Keeler, North Dakota



Jadyn Keeler, North Dakota

NEWCOMER OF THE YEAR

1992	Kiya Thomas, Eastern Illinois
1993	Sonja Smith, Wright State
1994	Elizabeth Mueller, Central Connecticut State
1995	Julie Boyce, Kansas City
1996	Jennifer Folckemer, Buffalo
1997	Wndy Allen, Southern Utah
1998	Robyn Adams, Southern Utah
1999	Kristie Kieffer, Oakland
2000	Lyndsey Emerson, IUPUI
2001	Maegan Schmutz, Southern Utah
2002	Sarah Drouillard, Oakland
2003	Danielle Nunnelly, Valparaiso
2004	Faithy Kamangila, Oral Roberts
2005	Laura Rolf, Valparaiso
2006	Sara Lieblein, Oral Roberts
2007	Steffi Minson, Southern Utah

NOTE: Award changed to "Newcomer of the Championship" following the 2007 season.

NEWCOMER OF THE CHAMPIONSHIP

2008	Semehar Tesfaye, North Dakota State
2009	Whitney Curtis, Southern Utah
2010	Heidi Peterson, North Dakota State
2011	Abbi Aspengren, North Dakota State
2012	Amber Eickhorn, South Dakota
2013	Brittany Beard, Fort Wayne
2014	Bethany Kozak, South Dakota
2015	Rachel King, South Dakota State
2016	Julia Noah, South Dakota
2017	Kelby Anderson, North Dakota State
2018	Ellie Friesen, South Dakota State
2019	Kaleesa Houston, North Dakota State
2020	Cornelia Wohlfahrt, North Dakota
2021	Molly Desotell, St. Thomas
2022	Kamryn Ensley, Omaha
2023	Madison Brouwer, South Dakota
2024	Courtney Stadter, South Dakota State
2025	Marie-Louise Jorgensen, North Dakota

COACH OF THE YEAR

1992	Pete Corfeld, Milwaukee
1993	Pete Corfeld, Milwaukee
1994	Dick Barry, Buffalo
1995	Dick Barry, Buffalo
1996	Dick Barry, Buffalo
1997	Brian Gorby, Youngstown State
1998	Eric Houle, Southern Utah
1999	Geoff Masanet, Kansas City
2000	Eric Houle, Southern Utah
2001	Eric Houle, Southern Utah
2002	Eric Houle, Southern Utah
2003	Eric Houle, Southern Utah
2004	Eric Houle, Southern Utah
2005	Joe Dial, Oral Roberts
2006	Joe Dial, Oral Roberts
2007	Mike Fruchey, Fort Wayne
2008	Rod DeHaven, South Dakota State
2009	Eric Houle, Southern Utah
2010	Paul Rice, Oakland
2011	Ryun Godfrey, North Dakota State
2012	Ryun Godfrey, North Dakota State
2013	Ryun Godfrey, North Dakota State
2014	Dan Fitzsimmons, South Dakota
2015	Dan Fitzsimmons, South Dakota
2016	Dan Fitzsimmons, South Dakota
2017	Dan Fitzsimmons, South Dakota
2018	Dan Fitzsimmons, South Dakota
2019	Stevie Keller, North Dakota State
2020	Rod DeHaven, South Dakota State
2021	Rod DeHaven, South Dakota State
2022	Dennis Newell, North Dakota State
2023	Nolan Fife, South Dakota
2024	Rod DeHaven, South Dakota State
2025	Tom Scott, North Dakota

WOMEN'S CROSS COUNTRY NATIONAL AWARDS

ALL-AMERICA

2015	Erin Teschuk, North Dakota State	USTFCCCA
2025	Jadyn Keeler, North Dakota	USTFCCCA

ACADEMIC ALL-AMERICA

2002	Jackie Landess, IUPUI	CoSIDA (3rd)
2003	Natalie Quilter, Southern Utah	CoSIDA (3rd)
2004	Stephanie Moat, Southern Utah	CoSIDA (3rd)
	Natalie Quilter, Southern Utah	CoSIDA (3rd)
2005	Halee Clark, Oral Roberts	USTFCCCA
	Mable Kunihura, Oral Roberts	USTFCCCA
2007	Becka Mansheim, South Dakota State	CoSIDA (1st)
	Crystina Martinez (Ridenour), Fort Wayne	USTFCCCA
	Sharla Platt (Manuele), Southern Utah	USTFCCCA
2008	Crystina Martinez (Ridenour), Fort Wayne	USTFCCCA
	Crystal Martinez (Reichart), Fort Wayne	USTFCCCA
	Laura Hermanson, North Dakota State	CoSIDA (3rd)
2009	Laura Hermanson, North Dakota State	CoSIDA (1st)
	Lia Jones, Oakland	USTFCCCA
2010	Amanda Frohling, South Dakota State	CoSIDA (2nd)
2012	Brecca Wahlund, North Dakota State	USTFCCCA
2014	Erin Teschuk, North Dakota State	USTFCCCA
	Amber Eichkorn, South Dakota	USTFCCCA
2015	Erin Teschuk, North Dakota State	USTFCCCA
	Amber Eichkorn, South Dakota	USTFCCCA
2016	Erin Teschuk, North Dakota State	CoSIDA (3rd)
2017	Amber Eichkorn, South Dakota	CoSIDA (3rd)
	Rachel King, South Dakota State	USTFCCCA
2018	Kelby Anderson, North Dakota State	USTFCCCA
	Megan Billington, South Dakota	USTFCCCA
	Rachel King, South Dakota State	USTFCCCA
2019	Kelby Anderson, North Dakota State	USTFCCCA
	Anna Donnay, South Dakota State	USTFCCCA
	Abby Ripperda, South Dakota	USTFCCCA
2022	Leah Hansen, South Dakota State	USTFCCCA
2023	Yonca Kutluk, North Dakota	USTFCCCA
	Abby Ripperda, South Dakota	USTFCCCA
	Leah Hisken, South Dakota State	USTFCCCA
2025	Jadyn Keeler, North Dakota	USTFCCCA (1st)

HISTORY

CHAMPIONSHIP MEET RECORDS

MEN'S RECORDS

MEN

LOW TEAM SCORE

15 South Dakota State, 2019
(1. Joseph Minor-Williams, Micah Mather, Lukas Nelson, Chase Cayo, Tom Breuckman, Gabe Peters)
Southern Utah, 2006
(1. Jess Baumgartner, 2. Rex Shields, 3. Dave Sheeran, 4. Shaun Vernon, 5. Adam McDonald)

HIGH TEAM SCORE (CHAMPION)

59 South Dakota State, 2009

SMALLEST VICTORY MARGIN

0 1984, Northern Iowa (48) was declared winner on 5th runner over Missouri State (48)
2023, South Dakota St. (46) was declared winner based on NCAA rules over North Dakota St. (46)
1 1983, Northern Iowa (38) over Eastern Illinois (39)
2013, South Dakota State (41) over South Dakota (42)

LARGEST VICTORY MARGIN

60 2006, Southern Utah (15) over Oakland (75)

WINNING 8K TIMES

Rk.	Name, School	Time	Year
1.	Cody Larson, South Dakota State	23:15.6	2025
2.	Abraham Chelangam, Oral Roberts	23:41.43	2024
3.	Jonah Lagat, Oral Roberts	23:53.4	2008
4.	Curtis Moore, Southern Utah	24:16	2000
5.	Carson Noecker, South Dakota State	24:17.13	2023
6.	Trent Lusignan, South Dakota State	24:29.70	2015
7.	Cosmas Ayabei, Kansas City	24:31	2010
8.	Gabe Peters, South Dakota State	24:33.25	2021
9.	Tim Warneke, Eastern Illinois	24:34	1982
10.	Cameron Levins, Southern Utah	24:34.30	2011

WINNING 10K TIMES

Rk.	Name, School	Time	Year
1.	Corey Frost, Cleveland State	30:13	1983
2.	Matt Wegenka, Missouri State	30:44	1985
3.	Pat Frederick, Missouri State	32:47	1984

OVERALL FASTEST 8K TIMES

Rk.	Name, School	Time	Year
1.	Cody Larson, South Dakota State	23:15.6	2025
2.	Abraham Chelangam, Oral Roberts	23:22.8	2025
3.	Abraham Chelangam, Oral Roberts	23:41.43	2024
4.	Carson Noecker, South Dakota State	23:51.47	2024
5.	Jonah Lagat, Oral Roberts	23:53.4	2008
6.	Louis-Lys Fanucchi, North Dakota	23:58.8	2025
7.	Cashton Johnson, South Dakota State	23:59.8	2025
8.	Dale Johnson, South Dakota State	24:00.5	2025
9.	Ethan Moe, North Dakota State	24:01.1	2025
10.	Matej Hrebacka, North Dakota	24:01.2	2025

OVERALL FASTEST 10K TIMES

Rk.	Name, School	Time	Year
1.	Corey Frost, Cleveland State	30:13	1983
2.	Dan Fick, Northern Iowa	30:27	1983
3.	Matt Wegenka, Missouri State,	30:44	1985

MULTIPLE INDIVIDUAL CHAMPIONS

2 Matt Wegenka, Missouri State (1985, 1987); Dan Hostager, Northern Iowa (1986, 1988); Pat Joyce, Cleveland State (1990, 1992); John Stanley, Troy State (1995, 1996); Jody Benson, Southern Utah (1997, 1999); Curtis Moore, Southern Utah (1998, 2000); Jess Baumgartner, Southern Utah (2004, 2006), Cameron Levins (2009, 2011); Trent Lusignan, South Dakota State (2013, 2015)

WOMEN'S RECORDS

WOMEN

LOW TEAM SCORE

21 Southern Utah, 1998
(1. Wendy Allen; 2. Kelly Fugal, 3. Robyn Adams, 7. Jandee (Hood) Anderson, 8. Mary Ann Schauerhamer)

HIGH TEAM SCORE (CHAMPION)

67 IPFW/Southern Utah, 2007

SMALLEST VICTORY MARGIN

1 2007, Fort Wayne/Southern Utah (67) over South Dakota State (68)
1 2018, South Dakota (51) over North Dakota State (52)
1 2021, South Dakota State (55) over North Dakota State (56)

LARGEST VICTORY MARGIN

63 2001, Southern Utah (22) over Oakland (85)

WINNING 5K TIMES

Rk.	Name, School	Time	Year
1.	Wendy Allen, Southern Utah	17:17.2	1998
2.	Collette Liss, Valparaiso	17:18	1996
3.	Kristie Kieffer, Oakland	17:51	2000
4.	Judith Novak, Buffalo	17:53	1995
5.	Laura Thomas, Youngstown State	18:10	1997
6.	Kiya Thomas, Eastern Illinois	18:12	1992
7.	Andrea Cohol, Youngstown State	18:12.33	1999
8.	Elizabeth Mueller, Central Connecticut State	18:15	1994
9.	Amy Ritzman, Cleveland State	18:40	1993

WINNING 6K TIMES

Rk.	Name, School	Time	Year
1.	Jadyn Keeler, North Dakota	19:21.07	2025
2.	Emma Rafuse, Purdue Fort Wayne	20:32.92	2018
3.	Reagan Baesler, North Dakota State	20:34.04	2024
4.	Kelby Anderson, North Dakota State	20:35.1	2019
5.	Diana Chelimo, Oral Roberts	20:41.54	2006
6.	Erin Teschuk, North Dakota State	20:43.91	2015
7.	Rachel King, South Dakota State	20:53.54	2017
8.	Crystina Martinez, Fort Wayne	20:54.9	2008
9.	Yonca Kutluk, North Dakota	20:56.01	2023
10.	Leah Hansen, South Dakota State	21:03.78	2021

OVERALL FASTEST 5K TIMES

Rk.	Name, School	Time	Year
1.	Wendy Allen, Southern Utah	17:17.2	1998
2.	Collette Liss, Valparaiso	17:18	1996
3.	Kelly Fugal, Southern Utah	17:23.6	1998
4.	Robyn Adams, Southern Utah	17:27.9	1998
5.	Jennifer Potts, Western Illinois	17:30.9	1998
6.	Alisha Lehr, Kansas City	17:33.4	1998
7.	Tami Long, Valparaiso	17:34.3	1998
8.	Jandee (Hood) Anderston	17:34.8	1998
9.	Mary Ann Schauerhamer, Southern Utah	17:35.7	1998
10.	Stacey Strothman, Buffalo	17:38	1996

OVERALL FASTEST 6K TIMES

Rk.	Name, School	Time	Year
1.	Jadyn Keeler, North Dakota	19:21.08	2025
2.	Meghan Ford, South Dakota State	20:00.63	2025
3.	Reagan Baesler, North Dakota State	20:02.24	2025
4.	Shewaye Johnson, North Dakota	20:25.43	2025
5.	Emma Rafuse, Purdue Fort Wayne	20:32.92	2018
6.	Reagan Baesler, North Dakota State	20:34.04	2024
7.	Kelby Anderson, North Dakota State	20:35.1	2019
8.	Kelby Anderson, North Dakota State	20:41.46	2018
9.	Diana Chelimo, Oral Roberts	20:41.54	2006
10.	Erin Teschuk, North Dakota State	20:43.91	2015

MULTIPLE INDIVIDUAL CHAMPIONS

3 Faithy Kamangila, Oral Roberts (2004, 2005, 2007); Leah Hansen, South Dakota State (2020, 2021, 2022)
2 Kristie Kieffer, Oakland (2000, 2003); Erin Teschuk, North Dakota State (2014, 2015)

**Voted in by the League's head coaches, the 2022 Championship race results not factored into records due to course being 400 meters short*