

GIRLS CROSS COUNTRY RECORDS

GIRLS CROSS COUNTRY STATE FINISHES

1999	State Champions
2001	State Champions
2002	State Runner-up
2017	State Runner-up
2020	State Champions
2021	State Champions

ALL-STATE ATHLETES

1983	Jill Westra (6th)
1984	None
1985	Jill Westra (5th) Heather Hommes (7th)
1986	Heather Hommes (7th)
1987-1996	None
1997	Joy Ricardi (3rd)
1998	Sarah Weeda (6th)
1999	Joy Ricardi (3rd) Lois Ricardi (4th) Sarah Weeda (7th) Shawna Flikkema (10th) Valerie Droge (11th)
2000	Lois Ricardi (2nd) Valerie Droge (5th) Megan Venhuizen (9th) Shawn Flikkema (11th)
2001	Lois Ricardi (1st) Valerie Droge (2nd) Lisa Kamp (5th) Megan Venhuizen (10th) Shawna Flikkema (11th)
2002	Lois Ricardi (1st) Angela Flikkema (8th) Megan Schutter (14th)
2003-04	None
2005	Sarah Jackson (6th)
2006	Sarah Jackson (11th)
2007-10	None
2011	Nikki Aiken (2nd) Kathryn Smit (4th)
2012	Nikki Aiken (3rd)
2013	Nikki Aiken (4th) Emma Adams (14th)

2014	Nikki Aiken (5th)
	Emma Adams (10th)
2015	Emma Adams (10th)
2016	Emma Adams (11th)
2017	Shelby Walls (12th)
2018	Shelby Walls (8th)
2019	Ava Bellach (7th)
2020	Ava Bellach (3rd)
	Mali Kamerman (11th)
	Kiersten VanKirk (15th)
2021	Jadyn VanDyken (4th)

BEST TIMES - 2 MILES

12:53	Jill Westra	1983
13:16	Heather Hommes	1985

BEST TIMES - 3 MILES

18:59	Joy Ricardi
19:14	Sarah Jackson
19:16	Nikki Aiken
19:24	Lois Ricardi
20:14	Emma Adams
20:16	Becca VanDam
20:17	Kathryn Smit
20:24	Heather Hommes
20:47	Rachel Hoekman
20:50	Valerie Droge
20:52	Julie Ovenell
21:21	Sarah Weeda
21:22	Lisa Kamp
21:26	Caitlin Spencer
21:31	Anna Schutter
21:49	Angela Flikkema
21:54	Megan Venhuizen
21:58	Shawna Flikkema
22:21	Megan Schutter
22:24	Karen DeVries
22:27	Ary Ekola
22:29	Heidi Westra
22:30	Whitney Alberda
22:32	Rhiana Cok
22:34	Shelby Walls
22:49	Christine Alberda
22:58	Alicia VanEgmond
22:58	Tina Miller

BEST TIMES - 5K

20:05	Jadyn VanDyken	2021
21:14	Shelby Walls	2018
21:21	Ava Bellach	2019
21:41	Alex Veltkamp	2017
22:28	Kellie VanKirk	2017
22:45	Elyse Kuperus	2017
22:45	Kiersten VanKirk	2020
23:08	Natalie Walhof	2021
23:17	Mali Kamerman	2020
24:02	Malaya Kamerman	2020
24:31	Katelyn VanKirk	2020