

STATE CROSS- COUNTRY CHAMPIONSHIPS
SEWARD HIGH SCHOOL RECORDS

Women's:

Women's Best Team Finishes

2009, 2010 – 1st Place

2011, 2004 – 2nd Place

2007 – 3rd Place

2008, 2005 – 4th Place

2001 – 6th Place

2002, 2003 – 9th Place

2000, 2006 – 11th Place

Top 50 Best State Meet Times

(Since 1990)

1. Kelsey Christensen	15:06	2010
2. Kelsey Christensen	15:14	2009
3. Hannah Tvrdy	15:15	2009
4. Natasha Mueller	15:39	2008
5. Shelbi Sloup	15:40	2011
6. Taylor Seaman	15:44	2011
7. Kelsey Christensen	15:49	2008
8. Shelbi Sloup	15:50	2010
9. Kelsey Christensen	15:53	2007
10. Lauren Wilcox	15:55	2011
11. McKenzie Christensen	16:01	2011
12. Natasha Mueller	16:02	2007
13. Marti Vlasin	16:03	2010
14. Taylor Felix	16:06	2005
15. Liz Damman	16:09	2009
15. Lauren Wilcox	16:09	2010
17. Taylor Seaman	16:16	2009
17. McKenzie Christensen	16:16	2010
19. Anna Meyer	16:17	2005
20. Natasha Mueller	16:20	2009
21. Kinzi Roth	16:21	2008
22. Marti Vlasin	16:23	2011
23. Lauren Kongjord	16:30	2008
24. McKenzie Christensen	16:34	2009
25. Liz Damman	16:43	2007
26. Taylor Felix	16:43	2004
27. Rachel Ness	16:44	2005
27. Christa Duncan	16:44	2001
29. Anna Meyer	16:50	2007
30. Carrie Niemoth	16:58	2004
31. Liz Damman	16:59	2008
32. Ashley Elwell	17:00	2005
33. Alyssa Mueller	17:06	2001
33. Natalie Gooder	17:06	2000
35. Carrie Niemoth	17:07	2001
36. Alyssa Mueller	17:12	2003
37. Bethany Dani	17:14	2004
38. Faith Bohaty	17:15	2010
39. Lauren Kongsjord	17:17	2006
39. Lauren Kongsjord	17:17	2007
41. Christa Duncan	17:20	2000
42. Anna Meyer	17:22	2006
43. Bethany Dani	17:22	2003
44. Amy Jackman	17:25	2003
45. Cameo Hofpar	17:26	2000
46. Alyssa Mueller	17:27	2002
46. Jessica Brandl	17:27	2001
48. Lindsey Wallman	17:33	2002
49. Lindsey Wallman	17:36	2004
50. Jessica Cochran	17:42	2006
50. Jessica Brandl	17:42	2000

Women's Top (60th Place) Finishers

Kelsey Christensen	3 rd	2010
Kelsey Christensen	3 rd	2009
Hannah Tvrdy	4 th	2009
Kelsey Christensen	4 th	2007
Natasha Mueller	9 th	2007
Natasha Mueller	9 th	2008
Kelsey Christensen	10 th	2008
Taylor Felix	10 th	2005
Taylor Felix	10 th	2004
Shelbi Sloup	11 th	2011
Deena Clark	11 th	1984
Taylor Seaman	12 th	2011
Deena Clark	14 th	1983
Shelbi Sloup	15 th	2010
Lauren Wilcox	16 th	2011
Liz Damman	16 th	2009
Anna Meyer	17 th	2005
Carrie Niemoth	17 th	2004
Taylor Seaman	19 th	2009
McKenzie Christensen	20 th	2011
Marti Vlasin	20 th	2010
Natasha Mueller	20 th	2009
Christa Duncan	21 st	2001
Lauren Wilcox	24 th	2010
McKenzie Christensen	25 th	2009
Liz Damman	27 th	2007
Rachel Ness	27 th	2005
Bethany Dani	27 th	2004
Kinzi Roth	28 th	2008
Alyssa Mueller	29 th	2003
Marti Vlasin	30 th	2011
McKenzie Christensen	30 th	2010
Anna Meyer	31 st	2007
Alyssa Mueller	32 nd	2001
Alyssa Muller	32 nd	2002
Lindsey Wallman	35 th	2002
Carrie Niemoth	35 th	2001
Lauren Kongsjord	36 th	2008
Natalie Gooder	37 th	2000
Bethany Dani	38 th	2004
Ashley Elwell	40 th	2005
Amy Jackman	42 nd	2003
Jessica Brandl	42 nd	2001
Christa Duncan	46 th	2000
Lauren Kongsjord	50 th	2006
Ashley Elwell	50 th	2004
Emly Hartmann	50 th	2002
Carrie Niemoth	51 st	2002
Cameo Hofpar	51 st	2000
Christa Duncan	52 nd	2002
Anna Meyer	53 rd	2006
Emly Hartmann	54 th	2001
Liz Damman	55 th	2008
Lauren Kongsjord	57 th	2007
Lindsey Wallman	60 th	2003