

| School | Member Since | Boys' Cross Country Team State Titles |
|-----------------------------|---------------------|--|
| St. Xavier | 1920 | (22) 1959, 1960, 1962, 1963, 1964; Class AAA 1971, 1973, 1974, 1979, 1980, 1983, 1984, 1994, 1999, 2001, 2005, 2009, 2011, 2012, 2013, 2015, 2016 |
| Trinity (Louisville) | 1954 | (18) 1957, 1958, 1961, 1965, 1966; Class AAA 1967, 1976, 1977, 1981, 1985, 1986, 1988, 1991, 1992, 1996, 1997, 2006, 2010 |
| St. Henry District | 1942 | (16) Class A 1975, 1990, 1993, 1994, 1996, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012 |
| Bishop Brossart | 1954 | (10) Class A 1972, 1984, 1991, 1992, 1997, 1999, 2000, 2001, 2013, 2014 |
| Daviess County | 1920 | (10) Class AA 1971, 1972; Class AAA 1982, 1993, 1995, 1998, 2002, 2003, 2004, 2008 |
| North Oldham | 2004 | (7) Class AA 2008, 2010, 2011, 2012, 2013, 2014, 2015 |
| Fort Campbell | 1962 | (5) Class A 1980, 1981, 1982; Class AA 1988, 1989 |
| Owensboro | 1917 | (5) Class AA 1967, 1968, 1969, 1970, 1973 |
| Owensboro Catholic | 1939 | (4) Class AA 2001, 2005, 2006, 2007 |
| Pulaski County | 1950 | (4) Class AA 1976, 1977, 1981; Class AAA 1987 |
| South Oldham | 1989 | (4) Class AA 1993, 2009 Class AAA 2000, 2014 |
| Bowling Green | 1922 | (3) Class AA 1995, 1996, 1997 |
| Cordia | 1932 | (3) Class A 1988, 1989, 1995 |
| DeSales | 1957 | (3) Class AAA 1968, 1969, 1970 |
| Highlands | 1920 | (3) Class AA 1979, 1983, 1985 |
| Lloyd Memorial | 1928 | (3) Class AA 1974, 1975, 1978 |
| Somerset | 1917 | (3) Class A 1976, 1977, 1978 |
| Warren East | 1969 | (3) Class AA 1999, 2000, 2002 |
| Ballard | 1969 | (2) Class AAA 1972, 1975 |
| Covington Catholic | 1935 | (2) Class AA 1982, 1994 |
| Dayton | 1920 | (2) Class A 1983, 1985 |
| Elizabethtown | 1919 | (2) Class AA 1991, 1992 |
| Lexington Christian Academy | 1989 | (2) Class A 2015, 2016 |
| Shelby County | 1961 | (2) Class AAA 1989, 1990 |
| St. Joseph* | | (2) 1955, 1956 |
| West Hardin* | | (2) Class A 1973, 1974 |
| Paducah Tilghman | 1918 | (2) Class AA 2003, 2004 |
| Adair County | 1921 | (1) Class AA 1980 |
| Atherton | 1960 | (1) Class AAA 1978 |
| Barren County | 1973 | (1) Class AA 1990 |
| Breckinridge County | 1925 | (1) 1953 |
| Calloway County | 1960 | (1) Class AA 1984 |
| DuPont Manual | 1919 | (1) Class AAA 2007 |
| Franklin County | 1958 | (1) Class AA 1986 |
| Green County | 1923 | (1) Class AA 1998 |
| Lexington Catholic | 1945 | (1) Class AA 2016 |
| Model | 1930 | (1) Class A 1979 |
| Rowan County | 1926 | (1) Class AA 1987 |
| St. Mary | 1939 | (1) Class A 1998 |
| Trigg County | 1937 | (1) Class A 1986 |
| Trimble County | 1920 | (1) 1954 |
| West Hopkins* | | (1) Class A 1987 |

* no longer a member school of the KHSAA