

CROSS COUNTRY – GIRLS

1975 - Pleasure Ridge Park, AAA Team
- Michele Lowry, Westport, AAA Ind.
- Franklin County, AA Team
- Holly Straight, Woodford County, AA Ind.
- Lex. Catholic, A Team
- Susan Cunningham, Bath County, A Ind.
1976 - Waggener, AAA Team
- Kathleen Beumel, Apollo, AAA Ind.
- Daviess County, AA Team
- Karen Porter, Apollo, AA Ind.
- Lex. Catholic, A Team
- Karen Porter, Owen County, A Ind.
1977 - Central, AAA Team
- Leslie Voit, Atherton, AAA Ind.
- Daviess County, AA Team
- Kathleen Beumel, Apollo, AA Ind.
- Lex. Catholic, A Team
- Karen Porters, Owen County, A Ind.
1978 - Atherton, AAA Team
- Camille Forrster, Atherton, AAA Ind.
- Highlands, AA Team
- Kathleen Beumel, Apollo, AA Ind.
- Ft. Campbell, A Team
- Karen Porter, Owen County, A Ind.
1979 - Central, AAA Team
- Camille Forrester, Central, AAA Ind.
- Highlands, AA Team
- Kathleen Buemel, Apollo, AA Ind.
- Ft. Campbell, A Team
- Mary Shuber, Berea, A Ind.
1980 - Central, AAA Team
- Lori Linville, Daviess County, AAA Ind.
- Highlands, AA Team
- Lynn Russel, Harrison County, AA Ind.
- Ft. Campbell, A Team
- Jamie Balar, Silver Grove, A Ind.
1981 - Daviess County, AAA Team
- Karen Daniel, Owensboro, AAA Ind.
- Pulaski County, AA Team
- Pam Raglin, Bourbon County, AA Ind.
- Providence, A Team
- Kitty Davidson, Ft. Campbell, A Ind.
1982 - Daviess County, AAA Team
- Nancy Crutcher, Oldham County, AAA Ind.
- Danville, AA Team
- Melissa Thomas, Union County, AA Ind.
- Trigg County, A Team
- Kim Hawkins, Bath County, A Ind.
1983 - Daviess County, AAA Team
- Nancy Crutcher, Oldham County, AAA Ind.
- Clay County, AA Team
- Kathy Plank, Conner, AA Ind.
- Lex. Catholic, A Team
- Kim Hawkins, Bath County, A Ind.
1984 - Oldham County, AAA Team
- Donna Combs, Ballard, AAA Ind.
- Danville, AA Team
- Kathy Plank, Conner, AA Ind.
- Lex. Catholic, A Team
- Kim Hawkins, Bath County, A Ind.
1985 - Oldham County, AAA Team
- Donna Combs, Ballard, AAA Ind.
- Danville, AA Team
- Denna Boggs, Whitesburg, AA Ind.
- Providence, A Team
- Denise Schank, St. Henry, A Ind.
1986 - Oldham County, AAA Team
- Wendy Frazler, Henry Clay, AAA Ind.
- Danville, AA Team
- Katie Stamps, Danville, AA Ind.

- St. Henry, A Team
- Amy Clements, St. Henry, A Ind.
1987 - Pulaski County, AAA Team
- Paula Kelly, Boyd County, AAA Ind.
- Danville, AA Team
- Katie Stamps, Danville, AA Ind.
- St. Henry, A Team
- Stephanie Edgar, Dayton, Ind.
1988 - Pulaski County, AAA Team
- Ginger Watkins, Franklin County, AAA Ind.
- Warren East, AA Team
- Patty Dowd, Fleming County, AA Ind.
- Frankfort, A Team
- Stephanie Edgar, Dayton, Ind.
1989 - Notre Dame, AAA Team
- Ginger Watkins, Franklin County, AAA Ind.
- Warren East, AA Team
- Scarlett Haley, Russell, AA Ind.
- St. Henry, A Team
- Stephanie Edgar, Dayton, Ind.
1990 - Notre Dame, AAA Team
- Michelle Marshall, Boone County, AAA Ind.
- Fort Campbell, AA Team
- Sylvia Moreno, Fort Campbell, AA Ind.
- St. Henry, A Team
- Maureen Egan, St. Henry, A Ind.
1991 - Pulaski County, AAA Team
- Mandy Jones, Pulaski County, AAA Ind.
- Notre Dame Academy, AA Team
- Ginger Watkins, Franklin County, AA Ind.
- Trigg County, A Team
- Christina Brown, Owen County, A Ind.
1992 - Pulaski County, AAA Team
- Michele Marshall, Boone County, AAA Ind.
- Oldham County, AA Team
- Catoyia Brown, Owensboro, AA Ind.
- Fort Knox, A Team
- Christina Brown, Owen County, A Ind.
1993 - Daviess County, AAA Team
- Rachel Sanford, Pulaski Southwestern, AAA Ind.
- Warren East, AA Team
- Anna Ryan, Scott, AA Ind.
- St. Henry, A Team
- Mindy Martin, Walton Verona, A Ind.
1994 - Sacred Heart, AAA Team
- Rachel Sanford, Pulaski Southwestern, AAA Ind.
- Western Hills, AA Team
- Christi Beth Johnston, Hart County, AA Ind.
- St. Mary, A Team
- Adrienne Lima, St. Mary, A Ind.
1995 - Sacred Heart, AAA Team
- Rachel Sanford, Pulaski Southwestern, AAA Ind.
- Western Hills, AA Team
- Karen Lutes, Harrison County, AA Ind.
- St. Mary, A Team
- Mindy Martin, Walton Verona, A Ind.
1996 - Pulaski County, AAA Team
- Rachel Sanford, Pulaski Southwestern, AAA Ind.
- Western Hills, AA Team
- Jessica Southers, Russell, AA Ind.
- St. Mary, A Team
- Laura Brammel, Lexington Christian, A Ind.
1997 - Pulaski County, AAA Team

- Rachel Sanford, Pulaski County, AAA Ind.
- Western Hills, AA Team
- Cara Nichols, Bowling Green, AA Ind.
- St. Henry, A Team
- Jackie Wagner, St. Mary, A Ind.
1998 - Scott, AAA Team
- Sara Graybill, Daviess County, AAA Ind.
- Western Hills, AA Team
- Carah Nichols, Bowling Green, AA Ind.
- St. Henry, A Team
- Jackie Wagner, St. Mary, A Ind.
1999 - Daviess County, AAA Team
- Alli Sauer, South Oldham, AAA Ind.
- Warren East, AA Team
- Jessica Southers, Russell, AA Ind.
- Ludlow, A Team
- Geraldine Smith, Ky. Country Day, A Ind.
2000 - Pulaski County, AAA Team
- Suzanne Cooney, Paul Laurence Dunbar, AAA Individual
- Warren East, AA Team
- Jenny Wimsatt, Warren East, AA Individual
- Frankfort, A Team
- Jackie Wagner, St. Mary, A Ind.
2001 - Greenwood, AAA Team
- Elizabeth Campbell, North Hardin, AAA Ind.
- Warren East, AA Team
- Carmen Mims, Mercy, AA Ind.
- Hancock County, A Team
- Heather Vincent, Hancock County, A Ind.
2002 - Sacred Heart, AAA Team
- Maddie Scheuler, Sacred Heart, AAA Ind.
- Highlands, AA Team
- Carmen Mims, Mercy, AA Ind.
- Hancock County, A Team
- Sarah Cole, Somerset, A Ind.
2003 - Sacred Heart, AAA Team
- Maddie Schuler, Sacred Heart, AAA Ind.
- Highlands, AA Team
- Heather Coulter, Warren East, AA Ind.
- St. Henry, A Team
- Jenna Siemer, St. Henry, A Ind.
2004 - Sacred Heart, AAA Team
- Melissa Massey, DuPont Manual, AAA Ind.
- Highlands, AA Team
- Carmen Mims, Mercy, AA Ind.
- St. Henry, A Team
- Jenna Siemer, St. Henry, A Ind.
2005 - Paul Laurence Dunbar, AAA Team
- Laura Steinmetz, Paul Laurence Dunbar, AAA Ind.
- Bell County, AA Team
- Rachel Blank, Bell County, AA Ind.
- St. Henry, A Team
- Valerie Thomas, Trimble County, A Ind.
2006 - DuPont Manual, AAA Team
- Laura Steinmetz, Paul Laurence Dunbar, AAA Ind.
- Muhlenberg South, AA Team
- Suzanne Holt, Muhlenberg South, AA Ind.
- Walton-Verona, A Team
- Kaitlin Snapp, Danville, A Ind.
2007 - Assumption, AAA Team
- Emma Brink, Sacred Heart, AAA Ind.
- Bell County, AA Team
- Kelsey McCain, Pendleton County, AA Ind.
- St. Henry, A Team
- Kaitlin Snapp, Danville, A Ind.

2008 - Assumption, AAA Team
 - Emma Brink, Sacred Heart, AAA Ind.
 - South Oldham, AA Team
 - Jessie Murner, South Oldham, AA Ind.
 - St. Henry, A Team
 - Kaitlin Snapp, Danville, A Ind.

2009 - Sacred Heart, AAA Team
 - Emma Brink, Sacred Heart, AAA Ind.
 - South Oldham, AA Team
 - Jenna Rogers, Christian Academy-
 Louisville, AA Ind.
 - St. Henry, A Team
 - Maddox Patterson, Sayre, A Ind.

2010 - Assumption, AAA Team
 - Emma Brink, Assumption, AAA Ind.
 - South Oldham, AA Team
 - Caterina Karas, Collins, AA Ind.
 - Fairview, A Team
 - Maddox Patterson, Sayre, A Ind.

2011 - Assumption, AAA Team
 - Cassidy Hale, DuPont Manual, AAA Ind.
 - South Oldham, AA Team
 - Gabriella Karas, Collins, AA Ind.
 - St. Henry, A Team
 - Maddox Patterson, Sayre, A Ind.

2012 - Assumption, AAA Team
 - Bailey Davis, Assumption, AAA Ind.
 - Highlands, AA Team
 - Gabriella Karas, Collins, AA Ind.
 - St. Henry, A Team
 - Megan Smith, Danville, A Ind.

2013 - Assumption, AAA Team
 - Whitney O'Bryan, Daviess County, AAA
 Ind.
 - Highlands, AA Team
 - Gabriella Karas, Collins, AA Ind.
 - St. Henry, A Team
 - Meagan Smith, Danville, A Ind.

2014 - Sacred Heart, AAA Team
 - Kathleen Simms, Sacred Heart, AAA Ind.
 - Highlands, AA Team
 - Gabriella Karas, Collins, AA Ind.
 - St. Henry, A Team
 - Caroline Gosser, Presentation, A Ind.

2015 - Daviess County, AAA Team
 - Alena Sapienza-Wright, DuPont Manual
 - Highlands, AA Team
 - Michaela Reinhart, Lexington Catholic,
 AA Ind.
 - St. Henry, A Team
 - Selena Mattingly, Williamsburg, A Ind.

2016 - DuPont Manual, AAA Team
 - Alena Sapienza-Wright, DuPont Manual,
 AAA Ind.
 - Christian Academy-Lou., AA Team
 - Michaela Reinhart, Lexington Catholic,
 AA Ind.
 - St. Henry, A Team
 - Kailee Perry, Morgan County, A Ind.

2017 - DuPont Manual, AAA Team
 - Kaitlyn Lacy, Male, AAA Ind.
 - Highlands, AA Team
 - Victoria Dotson, Rockcastle County, AA
 Ind.
 - Bishop Brossart, A Team
 - Selena Mattingly, Williamsburg, A Ind.

2018 - Oldham County, AAA Team
 - Ciara O'Shea, Madison Central, AAA Ind.
 - Scott, AA Team
 - Maggie Schroeder, Highlands, AA Team
 - Bishop Brossart, A Team
 - Anna Rupp, Lexington Christian, A Ind.