

Idaho High School Activities Association

2020 State Cross Country Meet Manual



IHSAA

Dairy West
Official Sponsor of
IHSAA State Championship Events



IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Serving Idaho's Youth Since 1926

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Welcome

The Idaho High School Activities Association welcomes you to the 2020 State Cross Country Championships - an event which is the culmination of countless hours of dedicated training by 750+ outstanding Idaho student-athletes. We hope it will be an enjoyable and rewarding experience for all participants. Thanks go to those who are working diligently to make this year's meet a successful event, especially Travis Bell and Doug Hopster, and District V coaches and meet volunteers. A very special thanks to Tim Severa for all of his work and planning for the meet in the Boise area before a change in venue was needed.

This manual has been prepared to provide information for administration of IHSAA sponsored cross country meets. Although intended as a guideline to establish uniformity, it specifically addresses state tournament rules and regulations.

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2020-2021 State Cross Country Host Hotels

The following hotel has agreed to serve as the 2020-2021 State Tournament Host Hotel by providing complimentary rooms for tournament officials. We appreciate their generous support and urge all IHSAA member schools to patronize these Partners in Youth Development.

Best Western Pocatello Inn, Pocatello

1415 Bench Road
Pocatello, ID 83201
(208) 237-7650

Clarion Inn, Pocatello

1399 Bench Road
Pocatello, ID 83201
(208) 237-1400

Holiday Inn Express, Pocatello

200 Via Venitio
Pocatello, ID 83201
(208) 478-9800

Super 8, Pocatello

1330 Bench Rd
Pocatello, ID 83201
(208) 234-0888

DAIRY WEST SWEATSHIRTS ARE FOR COMPETING RUNNERS ONLY

School administrator will need to submit the sweatshirt order at www.idhsaa.org

- Under the “Schools” tab CLICK “Rosters”
- Log in with Username and Password used to update school directory
- Select appropriate activity
- Verify School Details – If changes are needed; CLICK “Edit My School” If correct; CLICK “My School is Correct”
- Submit Sweatshirt Order – The total number of shirts requested must be no more than the number of qualified participants.
** To purchase additional sweatshirts, contact Nancy at McU Sports nancy@mcusports.com
- SUBMIT FORM

STATE MEET INFORMATION

October 30th and 31st, 2020 – Portneuf Wellness Center, Pocatello

Meet Directors: Travis Bell/Doug Hopster
IHSAA Administrator: Ty Jones, Executive Director

Schedule of Events: Please do not show up when it is not your assigned time

Course Open for Preview: Thursday: 3A: 2:00 – 3:00; 4A: 3:30 – 4:30; 5A: 5:00 – 6:00
Friday: 1A: 4:00 – 5:00; 2A: 5:30 – 6:30
Coaches' Meeting: Via Zoom Wednesday, October 28th 6:00 MST
First Call: 8:45 a.m. (No course preview permitted after 8:45)
First Race: 9:00 a.m.

Order of Races: Please do not show up when it is not your assigned time

Friday

Race 1:	9:00	3A Girls	Race 2:	9:45	3A Boys
Race 3:	11:30	4A Girls	Race 4:	12:15	4A Boys
Race 5:	2:00	5A Girls	Race 6:	2:45	5A Boys

Saturday

Race 7:	9:00	1A Girls	Race 8:	9:45	1A Boys
Race 9:	11:30	2A Girls	Race 10:	12:15	2A Boys

Race order is set to allow time for only one classification to be present at any one time. Awards ceremony will be limited this year. Details will be provided at the Zoom meeting on the 28th.

Parking and Traffic Instructions

Teams: The buses will enter the Wellness Complex off of Fairgrounds Road at the Southwest entrance to the Wellness Complex. Buses will unload in the parking lot and then park in the overflow parking lot South of the Wellness Complex. When leaving, teams will load the buses in the South parking lot and buses will leave, exiting at the South side of the overflow parking lot. **Bus traffic is one way only. Once the bus is parked in the south parking lot, the buses will not be allowed back into the main parking area.**

Spectators: *There will be a limit of two spectators per runner and masks are required while on site when not able to social distance. Please adhere to this number for attendance and mask rule.* Parking at the Wellness Complex will be \$5.00. Cars will park in the main Complex parking lot on the South side of the Complex. Once the main parking lot is full, cars will be directed to the overflow parking area South of the Complex. **Please be aware that cars are not allowed to park on Olympus Drive on the East side of the Wellness Complex, and could be ticketed or towed if the park on Olympus Drive.**

Handicapped Parking: There are handicapped parking spots in the general parking area.

Course Preview Parking: Buses will unload for the course preview but will be allowed to pick up in the same area as unloading during the Thursday/Friday course preview only.

Contestant Numbers

Each team packet will contain pre-assigned numbers. There are two numbers per participant, one chest number and one smaller hip number. **There will be no pull-tags this year as we will be chip timing.** The hip number must be pinned both top and bottom on the hip. Coaches: Please ensure that each runner is wearing his/her assigned numbers (and that they match).

Awards

Awards will be presented immediately following the boys' race of each classification.

Team Awards: Trophies will be awarded to the champion, runner-up, third, and fourth place teams for boys and girls in 5A, 4A, 3A, 2A and 1A. Championship banners from the Dairy West will be awarded to all first-place teams. All seven members of first place and second place teams will receive medals.

Individual Awards: The top 20 finishers in each division and classification will receive a medal in 5A, 4A, 3A, 2A and 1A.

Games Committee

The Games Committee is responsible for the proper conduct and supervision of the State Cross Country meet.

2020 Games Committee:

Ty Jones, IHSAA Administrator
Tyler Johnson, Meet Referee
Gerry Nutt, Asst. Meet Referee
Troy Sullivan, Asst. Meet Referee
Jay Darrington, Asst. Meet Referee

Concessions

Concessions will not be provided at the 2020 state meet.

Medical Facilities

Medical facilities will be set up near the finish line, and medical personnel will be available at all times during the meet. Coaches - please bring your own taping supplies.

Park Facilities/Awards

Portneuf Wellness Center does not have indoor facilities for runners to gather or dress. Teams should bring their own towels. Note: Do not allow athletes to take towels from your hotel. Awards will be presented at the conclusion of the boys' race in each classification at the park pavilion.

Pet Restrictions

It is requested that no animals be brought into the course. If it is imperative to bring one, the animal must be on a leash at all times. Service animals are allowed.

Restrooms

Portable toilets, some with handicap access, will be located around the area.

T-shirts/ Souvenir Merchandise

State Championship merchandise, including t-shirts, sweatshirts, and other items will be available for purchase from McU Sports on Thursday afternoon and Friday/Saturday during the meet.

Hotel Conduct/Supervision

Please make sure your athletes are properly supervised at all times. Coaches are strongly encouraged to check rooms closely upon arrival and again at departure.

High School Media Credential Protocol

Members of the school media (school newspaper/yearbook) will only be issued site credentials and will count towards the total number of people allowed for each runner.

- Credential will be picked up at the Media/Pass gate by school administrator
- Credential will be returned to Media/Pass gate at conclusion of game/event
- FAILURE TO RETURN CREDENTIAL MAY RESULT IN LOSS OF FUTURE PRIVILEGES.

Broadcasting/Web casting

Live video and audio broadcasting of IHSAA State events (full or condensed versions) is strictly prohibited and in direct violation of the IHSAA's agreement with the NFHS Network and Idaho Sports.com.

Broadcasting or streaming events declined by the NFHS Network and/or Idaho Sports.com must be approved by the Idaho High School Activities Association and each member school that is participating in this event.

QUALIFYING STANDARDS FOR STATE CROSS COUNTRY

Team: The number of teams that qualify to the state meet shall be determined by the following procedure:

- 1 Teams that finish in the top one-half, or major portion thereof, of the full teams that complete the district meet shall qualify for the state meet. If a tie exists in the final qualifying position, the tie will be broken according to NFHS Rule 8-2.
2. If a school is unable to participate as a full team in the district meet due to circumstances beyond their control (e.g. 5th runner is injured, bus breaks down, etc.), the school shall be included in the count that determines the number of qualifying teams, provided they competed as a full team (at least five members) in six meets during the regular season.
3. If only two full teams compete at the district/regional meet, the second-place team may be eligible for an at-large berth to the state meet by the following procedure:

- a. The second-place school submits an at-large qualifying request to the IHSAA by 8:00 a.m. Sunday prior to the state meet.
- b. Representatives from each district will determine which, if any, teams should qualify by evaluating: 1) head to head competition with teams from their district and surrounding districts; 2) time average for the team's top five runners from their final five meets of the regular season.

Individual: Runners, whose team does not qualify, may qualify as individuals by finishing in the top one-third of the total number of competitors that complete the district meet. A maximum of seven runners per school shall be counted in determining the total number of competitors.

Hardship Qualification: An individual may receive a hardship qualification to the state cross country meet if he/she meets #1 and #2 or #3 of the following criteria:

1. Finish in the top 1/3 at the last four meets prior to the district/regional meet.
2. Fail to finish in the top 1/3 at the district/regional meet because of a situation beyond their control (e.g., being fouled by a spectator).
3. Being unable to compete in the district/regional meet due to an injury or illness as certified by a licensed medical practitioner. The certification must specify that participation at the state meet is allowed.

Honest Effort Rule: If a runner starts, but does not finish, the district meet, he/she shall be included in the count that determines the number of qualifying teams and individuals, provided the district manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the runner's control.

2020 CROSS COUNTRY RULES

Classification (based on grades 9-12)

Class 5A	1280 and over	Class 2A	319-160
Class 4A	1279-640	Class 1A	159 and below
Class 3A	639-320		

Governance

National Federation rules will be followed in all Idaho cross country meets. Cross country rules are included in the National Federation Track and Field Rules Book issued in spring of preceding school year.

Scheduling Requirements / Limitations

Teams and individuals are limited to eight meets during the regular season, not to exceed two meets per week. A contestant who exceeds these limitations will become ineligible for district, state, or any further IHSAA-sponsored cross country competition.

Road Runs

Cross country runners are not permitted to participate in road runs, fun runs, marathons, etc. during the season August 12 to November 2.

Team Size

A full team consists of five runners. At the state meet, a maximum of seven runners per school will be permitted to participate. If fewer than five runners participate, it will be for individual honors only. District Boards of Control set numbers for district meets.

Scoring

Team scores are determined by adding together the places of finish for a team's top 5 finishers. At least 5 finishers are required to compute a team score.

Ties in team scoring shall be resolved by comparing the sixth-place finisher from the tying teams. The team with the

best sixth place finisher shall prevail. If only five runners of the tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

Disqualifications

Contestants guilty of the following infractions shall be disqualified:

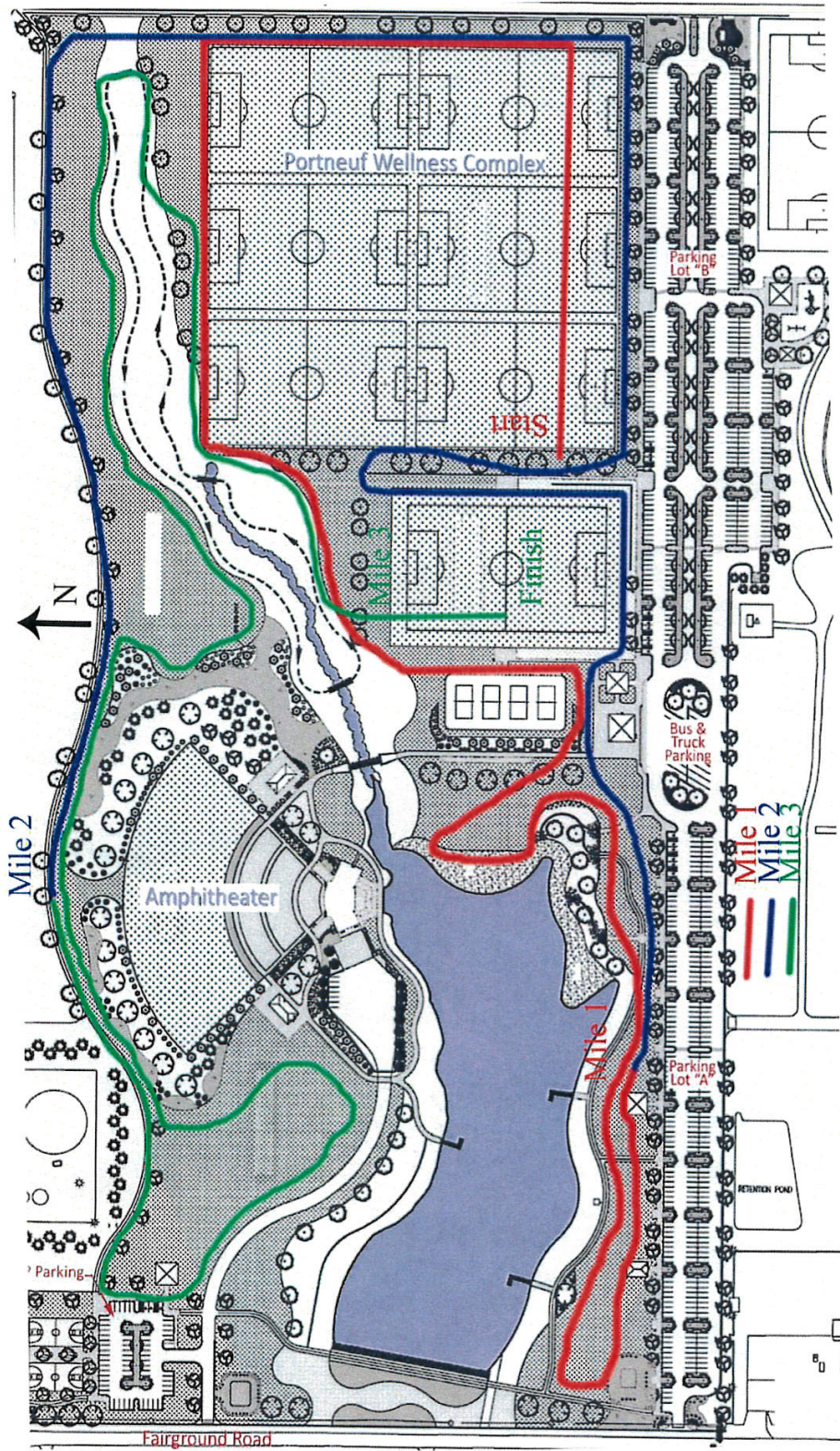
1. False start
2. Interference with another runner. Interference is any action that unfairly changes the course or natural running rhythm of another
3. Receiving assistance from another person that could improve performance. Assistance includes:
 - a) Pacing a runner or being stationed near the course for the purpose of aiding a runner
 - b) Runners joining hands or grasping each other during a race
 - c) Runner using an aid during a race (handing water to runner is ok)
4. Failure to complete the legally marked, prescribed course
5. Wearing an illegal uniform or number
6. Unsportsmanlike conduct includes, but is not limited to: disrespect towards official; use of profanity; taunting or criticizing an opponent; willful failure to follow the directions of meet officials. This includes contestants, coaches, and other school personnel.

Uniforms

1. Cross country uniforms consist of a full-length-jersey and cross country shorts or one-piece uniform issued by the school. The team should be able to be clearly identified as representing the same school through predominate color, school logo, and color combinations of all outer garments.
 - a. Shorts may vary in length and style, but must be of the same color for all team members;
 - b. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls;
 - c. The jersey and shorts or once piece uniform may have school identification and the jersey may have the competitor's name;
 - d. The jersey shall not be knotted or have a knot-like protrusion;
 - e. A single manufacturer's logo/trademark, no more than 2 1/4 square inches with no dimensions more than 2 1/4 inches is permitted on each item of apparel;
 - f. The American flag, not exceeding 2x3 inches, is permitted;
 - g. French or high-cut apparel may be worn under the shorts, but not in lieu of shorts.
2. Uniforms must be worn as intended by the manufacturer. The waistband of the shorts shall be worn above the hips. Jersey tops must be long enough to cover the waistband of the shorts.
3. Each team member shall wear the same color and design school uniform. Any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.
4. Shoes must be worn. Shoes must have both an upper (which can be fastened securely to the foot) and a definitely recognizable sole and heel. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. Slippers or socks do not meet the requirement of this rule.
5. (Idaho Modification) Headwear may be worn in inclement weather at the discretion of the meet referee, or unless otherwise prescribed by a medical professional. Headbands must be solid color, must be worn on the forehead, and be a maximum of 2" wide. They must be moisture-absorbing, nonabrasive, and unadorned. One 2 1/4 square inch manufacturer's logo or school reference/mascot is allowed. Only one item is permitted on the head.
6. A competitor shall wear the assigned unaltered contestant numbers and computer chips.
7. Removing any part of the team uniform (excluding shoes) while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event.



Wellness Complex



state cross country team champions

Boys One Class

1964	Boise	Pat Bieter
1965	Capital	Ron McNeley
1966	Nampa	Buck MacGillivray
1967	Nampa	Buck MacGillivray

Boys Class A

1968	Nampa	Buck MacGillivray
1969	Nampa	Buck MacGillivray
1970	Twin Falls	Jerry Kleinkopf
1971	Twin Falls	Jerry Kleinkopf
1972	Blackfoot	Zane Abbott
1973	Blackfoot	Zane Abbott
1974	Blackfoot	Zane Abbott
1975	Blackfoot	Zane Abbott
1976	Twin Falls	Jerry Kleinkopf
1977	Capital	Terry Cantrell
1978	Nampa	Gary Tipton
1979	Borah	Bob Firman
1980	Pocatello	Mike Mayfield
1981	Highland	Bob Conley
1982	Highland	Bob Conley
1983	Highland	Bob Conley
1984	Highland	Bob Conley
1985	Highland	Bob Conley
1986	Meridian	Dennis Kerfoot
1987	Highland	Bob Conley
1988	Highland	Bob Conley
1989	Highland	Bob Conley
1990	Highland	Bob Conley
1991	Centennial	Ron Ascuena
1992	Centennial	Ron Ascuena
1993	Centennial	Ron Ascuena

Boys Class B

1968	Wood River	Pat Armstrong
1969	Jerome	Tim Dunne
1970	Jerome	Tim Dunne
1971	Wood River	Bob Shay
1972	Wood River	Bob Shay
1973	Jerome	Tim Dunne
1974	Jerome	Tim Dunne
1975	Jerome	Tim Dunne
1976	Jerome	Tim Dunne
1977	Jerome	Tim Dunne
1978	Jerome	Tim Dunne
1979	Jerome	Tim Dunne
1980	Jerome	Tim Dunne
1981	Jerome	Tim Dunne
1982	Jerome	Tim Dunne
1983	Madison	Darrell Henderson
1984	Malad	Terry Jones
1985	Bishop Kelly	Rev. J. Rodenspeil
1986	Jerome	Tim Dunne
1987	Malad	Terry Jones
1988	Malad	Terry Jones
1989	Malad	Terry Jones
1990	Priest River	Ivan Benson
1991	Malad	Terry Jones
1992	Vallivue	Gary Ward
1993	Moscow	Bob Weisel

5A Boys

1994	Centennial	Ron Ascuena
1995	Idaho Falls	Scott Miller
1996	Idaho Falls	Scott Miller
1997	Skyline	Deloy Roberts
1998	Meridian	Tracy Harris
1999	Centennial	Ron Ascuena
2000	Capital	Rob Parsons
2001	Meridian	Tracy Harris
2002	Idaho Falls	Alan McMurtrey
2003	Borah	Tim Severa
2004	Capital	Rob Parsons
2005	Boise	Rod Daron
2006	Mountain View	Tracy Harris
2007	Twin Falls	Marty Grindstaff
2008	Twin Falls	Marty Grindstaff
2009	Boise	Dave Mills
2010	Eagle	Greg Harm
2011	Coeur d'Alene	Cathy Compton
2012	Rocky Mountain	Krista Fritz
2013	Capital	John Doherty

2014	Mountain View	Tracy Harris
2015	Mountain View	Tracy Harris
2016	Rocky Mountain	Bob Hays
2017	Rocky Mountain	Jeff Howard
2018	Rocky Mountain	Jeff Howard
2019	Timberline	Ty Axtman

4A Boys

2000	Vallivue	Gary Ward
2001	Bishop Kelly	Tom Shanahan
2002	Hillcrest	Bob Hagert
2003	Hillcrest	Bob Hagert
2004	Hillcrest	Bob Hagert
2005	Bishop Kelly	Tom Shanahan
2006	Hillcrest	Bob Hagert
2007	Preston	Tyler Jones
2008	Bishop Kelly	Tom Shanahan
2009	Twin Falls	Marty Grindstaff
2010	Wood River	Monte Brothwell
2011	Pocatello	Shannon Whitmer
2012	Pocatello	Shannon Whitmer
2013	Pocatello	Shannon Whitmer
2014	Pocatello	Shannon Whitmer
2015	Pocatello	Shannon Whitmer
2016	Skyline	Sean Schmidt
2017	Idaho Falls	Alan McMurtrey
2018	Idaho Falls	Alan McMurtrey
2019	Idaho Falls	Alan McMurtrey

3A Boys

1994	Preston	King Smith
1995	Emmett	Wayne Rexford
1996	Vallivue	Gary Ward
1997	Vallivue	Gary Ward
1998	Snake River	Ed Jackson
1999	Snake River	Ed Jackson
2000	Preston	King Smith
2001	Preston	King Smith
2002	Preston	King Smith
2003	Gooding	Kent Seifert
2004	Bear Lake	Don Golding
2005	Bear Lake	Don Golding
2006	Bear Lake	Don Golding
2007	Bear Lake	Don Golding
2008	Teton	Neil Gleichman
2009	Sugar-Salem	Jerry Powell
2010	Teton	Neil Gleichman
2011	Teton	Neil Gleichman
2012	Teton	Neil Gleichman
2013	Shelley	Ryan Campbell
2014	Shelley	Ryan Campbell
2015	Sugar-Salem	Brett Hill
2016	Sugar-Salem	Brett Hill
2017	Sugar-Salem	Brett Hill
2018	Sugar-Salem	Brett Hill
2019	Sugar-Salem	Brett Hill

2A Boys

1994	Soda Springs	Ken Heuseveldt
1995	Soda Springs	Ken Heuseveldt
1996	Ririe	Burke Christensen
1997	Firth	Brett Hill
1998	Firth	Brett Hill
1999	Firth	Brett Hill
2000	Firth	Brett Hill
2001	Firth	Brett Hill
2002	Firth	Brett Hill
2003	Firth	Brett Hill
2004	Firth	Brett Hill
2005	Firth	Brett Hill
2006	Soda Springs	Jeff Horsley
2007	Firth	Brett Hill
2008	Firth	Brett Hill
2009	Soda Springs	Jeff Horsley
2010	Challis	Paul Lind
2011	Soda Springs	Jeff Horsley
2012	Logos	Allison Ryan
2013	Soda Springs	Jeff Horsley
2014	Soda Springs	Jeff Horsley
2015	Soda Springs	Jeff Horsley
2016	Soda Springs	Jeff Horsley
2017	Soda Springs	Jeff Horsley
2018	Salmon	Cecil Jackson

2019	Salmon	Cecil Jackson
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1A Boys

2015	Logos	Allison Ryan
2016	Logos	Paula Casebolt
2017	Liberty Charter	John Burkey
2018	Liberty Charter	John Burkey
2019	Liberty Charter	John Burkey

Girls Class A

1974	Twin Falls	Jerry Kleinkopf
1975	Twin Falls	Jerry Kleinkopf
1976	Twin Falls	Duane Stands
1977	Twin Falls	Duane Stands
1978	Twin Falls	Duane Stands
1979	Twin Falls	Duane Stands
1980	Capital	Terry Cantrell
1981	Twin Falls	Duane Stands
1982	Coeur d'Alene	Emmett Arndt
1983	Highland	Bob Conley
1984	Borah	Bob Firman
1985	Coeur d'Alene	Mike Dilley
1986	Boise	Dave Mills
1987	Highland	Bob Conley
1988	Borah	Tim Severa
1989	Borah	Tim Severa
1990	Madison	Lee Terry
1991	Centennial	Ron Ascuena
1992	Minico	Randy Reddington
1993	Centennial	Ron Ascuena

Girls Class B

1974	Filer/Leadore	J Astorquia/M Beyeler
1975	Wood River	Bob Shay
1976	Jerome	Leon Kytle
1977	Jerome	Leon Kytle
1978	Weiser	Jim Reed
1979	Jerome	Leon Kytle
1980	Jerome	Leon Kytle
1981	Jerome	Leon Kytle
1982	Weiser	Mike Halverson
1983	Wood River	Bob Shay
1984	Wood River	Bob Shay
1985	Kuna	Gib Floyd
1986	Jerome	John Andrew
1987	Jerome	John Andrew
1988	Jerome	John Andrew
1989	Jerome	John Andrew
1990	Jerome	John Andrew
1991	Ririe	Burke Christensen
1992	Sugar-Salem	Nyle Garn
1993	Ririe	Burke Christensen

5A Girls

1994	Centennial	Ron Ascuena
1995	Pocatello	Deborah Reavis
1996	Pocatello	Deborah Reavis
1997	Boise	Dave Mills
1998	Boise	Dave Mills
1999	Meridian	Tracy Harris
2000	Meridian	Tracy Harris
2001	Meridian	Tracy Harris
2002	Meridian	Tracy Harris
2003	Borah	Tim Severa
2004	Coeur d'Alene	Cathy Compton
2005	Boise	Rod Daron
2006	Boise	Barber / Mills
2007	Boise	Barber / Mills
2008	Mountain View	Tracy Harris
2009	Boise	Dave Mills
2010	Mountain View	Tracy Harris
2011	Boise	Dave Mills
2012	Coeur d'Alene	Cathy Compton
2013	Coeur d'Alene	Cathy Compton
2014	Coeur d'Alene	Cathy Compton
2015	Eagle	Greg Harm
2016	Mountain View	Tracy Harris
2017	Eagle	Greg Harm
2018	Boise	Aaron Olswanger
2019	Boise	Aaron Olswanger

4A Girls

2000	Vallivue	Gary Ward
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2001	Bishop Kelly	Tom Shanahan
2002	Sandpoint	Cheryl Klein
2003	Bishop Kelly	Tom Shanahan
2004	Bishop Kelly	Tom Shanahan
2005	Bishop Kelly	Tom Shanahan
2006	Bishop Kelly	Tom Shanahan
2007	Bishop Kelly	Cory Mooney
2008	Preston	Tyler Jones
2009	Bishop Kelly	Tom Shanahan
2010	Bishop Kelly	Tom Shanahan
2011	Bishop Kelly	Tom Shanahan
2012	Middleton	Kelly Stauffer
2013	Sandpoint	Matt Brass
2014	Sandpoint	Matt Brass
2015	Century	Carly Flandro
2016	Twin Falls	Marty Grindstaff
2017	Skyline	Sean Schmidt
2018	Bishop Kelly	Tom Shanahan
2019	Idaho Falls	Alan McMurtrey

3A Girls

1994	Preston	King Smith
1995	Marsh Valley	Bert Marley
1996	Jerome	Michelle Skyles
1997	Jerome	Tim Severa
1998	Bishop Kelly	Wayne Norman
1999	Bishop Kelly	Wayne Norman
2000	Preston	King Smith
2001	Preston	King Smith
2002	Salmon	S. Moulton/N. Tucker
2003	Bear Lake	Don Golding
2004	Bear Lake	Don Golding
2005	Bear Lake	Don Golding
2006	Bear Lake	Don Golding
2007	Bear Lake	Don Golding
2008	Bear Lake	Don Golding
2009	Timberlake	Shawn Lawler
2010	Timberlake	Shawn Lawler
2011	Timberlake	Shawn Lawler
2012	Sugar-Salem	Brett Hill
2013	Sugar-Salem	Brett Hill
2014	Shelley	Ryan Campbell
2015	Shelley	Ryan Campbell
2016	Shelley	Ryan Campbell
2017	Sugar-Salem	Brett Hill
2018	Sugar-Salem	Brett Hill
2019	Sugar-Salem	Brett Hill

2A Girls

1994	Ririe	Burke Christensen
1995	McCall-Donnelly	Rae Brown
1996	McCall-Donnelly	Jerry Randolph
1997	McCall-Donnelly	Rae Brown
1998	Teton	Neil Gleichman
1999	Malad	Terry Jones
2000	Malad	Terry Jones
2001	Malad	Terry Jones
2002	Firth	Brett Hill
2003	Firth	Brett Hill
2004	Firth	Brett Hill
2005	Firth	Brett Hill
2006	Soda Springs	Jeff Horsley
2007	Soda Springs	Jeff Horsley
2008	Soda Springs	Jeff Horsley
2009	Soda Springs	Jeff Horsley
2010	Soda Springs	Jeff Horsley
2011	Soda Springs	Jeff Horsley
2012	Soda Springs	Jeff Horsley
2013	Soda Springs	Jeff Horsley
2014	Soda Springs	Jeff Horsley
2015	Soda Springs	Jeff Horsley
2016	Soda Springs	Jeff Horsley
2017	Soda Springs	Jeff Horsley
2018	Soda Springs	Jeff Horsley
2019	Soda Springs	Jeff Horsley

1A Girls

2015	Liberty Charter	Jill Linford
2016	Deary	Gordon Heath
2017	Liberty Charter	John Burkey
2018	Oakley	Michael Jenks
2019	Oakley	Michael Jenks

state cross country individual champions

Boys One Class

1965	Gary Hills	Nampa
1966	Lynn Hills	Nampa
1967	Lynn Hills	Nampa

Boys Class A

1968	Scott Lloyd	Idaho Falls
1969	Benny Windsor	Twin Falls
1970	Jeff Kelly	Borah
1971	Brian Parker	Idaho Falls
1972	Mike Gregory	Blackfoot
1973	Mike Gregory	Blackfoot
1974	Dave Draper	Blackfoot
1975	Rick Murray	Twin Falls
1976	Rob Harker	Skyline
1977	Jay Linderborn	Borah
1978	Mark Holmlund	Capital
1979	Kent Newman	Pocatello
1980	Jay Ost	Pocatello
1981	Keith McNeil	Pocatello
1982	Don Nielsen	Borah
1983	Frank Horn	Capital
1984	Marty Stroschein	Highland
1985	Robin Card	Capital
1986	Travis Guse	Idaho Falls
1987	Frank Lee	Highland
1988	J'Dee Wilson	Pocatello
1989	Jason Uhlman	Lewiston
1990	Jason Uhlman	Lewiston
1991	Jason Uhlman	Lewiston
1992	Andy Lyda	Twin Falls
1993	Billy Herman	Centennial

Boys Class B

1968	Allan Judd	Weiser
1969	Larry Hess	Jerome
1970	Randy Suter	Jerome
1971	Rick Ward	Wood River
1972	Monte Brothwell	Wood River
1973	John Hunter	ISDB
1974	Chris Weigle	Jerome
1975	Mark Tappen	Buhl
1976	Mike Thompson	Jerome
1977	Mike Thompson	Jerome
1978	Brian Ochsner	Filer
1979	Gerry Leininger	Jerome
1980	Larry Smith	Kuna
1981	Robin Mein	Jerome
1982	Bob Larsen	Ririe
1983	Brad Barton	Salmon
1984	Matt Farley	Bishop Kelly
1985	Duane West	Middleton
1986	Brian Corbett	Salmon
1987	Brian Corbett	Salmon
1988	Toby Conley	Malad
1989	Toby Conley	Malad
1990	Cameron York	Priest River
1991	Jeff Brothers	Kuna
1992	Randy Reeder	Kuna
1993	Chris Reeder	Kuna

5A Boys

1994	Billy Herman	Centennial
1995	Billy Herman	Centennial
1996	Danny Powell	Boise
1997	Tyler Williams	Centennial
1998	Jed Barta	Bonneville
1999	Morgan Anderson	Highland
2000	Matt Knoff	Highland
2001	Matt Knoff	Highland
2002	Matt Knoff	Highland
2003	Adam Follett	Idaho Falls
2004	Michael Armon	Coeur d'Alene
2005	Sawyer Bosch	Borah
2006	Taylor Farnsworth	Highland
2007	Eric Fitzpatrick	Boise
2008	Eric Fitzpatrick	Boise
2009	Eric Fitzpatrick	Boise
2010	Dallin Farnsworth	Highland
2011	Dallin Farnsworth	Highland
2012	Dwain Stucker	Meridian
2013	Andrew Raffla	Timberline
2014	Drew Schultz	Capital
2015	Michael Slagowski	Rocky Mountain

2016	Austin Byrer	Lewiston
2017	Stetson Moss	Bonneville
2018	Nathan Green	Borah
2019	Nathan Green	Borah

4A Boys

2000	Bobby Haymes	Vallivue
2001	Nick Symmonds	Bishop Kelly
2002	Aaron Wolfe	Century
2003	Aaron Wolfe	Century
2004	Jason McKee	Century
2005	Licivalter Lima	Bishop Kelly
2006	Chio Lopez	Century
2007	Aaron Jenkins	Century
2008	Barak Watson	Columbia
2009	Chase Caulkins	Wood River
2010	Erik Harris	Twin Falls
2011	Elijah Armstrong	Pocatello
2012	Elijah Armstrong	Pocatello
2013	Elijah Armstrong	Pocatello
2014	Elijah Armstrong	Pocatello
2015	Caleb Armstrong	Pocatello
2016	Nicholas Russell	Bishop Kelly
2017	Nicholas Russell	Bishop Kelly
2018	Nicholas Russell	Bishop Kelly
2019	Zac Bright	Idaho Falls

3A Boys

1994	Matt Forey	Kuna
1995	Tony Smith	Moscow
1996	Alan Archuleta	Emmett
1997	Tyson Campbell	Preston
1998	Miles Wiscombe	Kuna
1999	Ryan Jenks	Snake River
2000	Forest Braden	Bonnors Ferry
2001	Forest Braden	Bonnors Ferry
2002	Rodger Jachim	Middleton
2003	Dallas Eborn	Bear Lake
2004	Dallas Eborn	Bear Lake
2005	Frank Lagrimanta	Timberlake
2006	Frank Lagrimanta	Timberlake
2007	Matt Jones	Declo
2008	Ryan Jaggi	Weiser
2009	Ryan Jaggi	Weiser
2010	Tavner Wilson	Teton
2011	James Withers	Snake River
2012	Caleb Moosman	Teton
2013	Austin Stewart	Shelley
2014	Austin Stewart	Shelley
2015	Austin Stewart	Shelley
2016	Landon Chang	CDA Charter
2017	Brennan Anderson	Sugar-Salem
2018	Kooper Williams	Sugar-Salem
2019	Logan Hunt	Timberlake

2A Boys

1994	Blaine Coburn	New Plymouth
1995	Russ McCrea	Nampa Christian
1996	Steve Prescott	Firth
1997	Mark Landon	Ririe
1998	Andy Robinson	Parma
1999	Derek Peterson	Firth
2000	Brad Landon	Ririe
2001	Marcus Veristain	Idaho City
2002	Cody Fowers	Hansen
2003	Jake Peterson	Firth
2004	Keane Shuler	Soda Springs
2005	Seth Clark	Grangeville
2006	Skylar Stotts	Soda Springs
2007	Zeke Wilson	Challis
2008	Caden Portela	Firth
2009	Kasey Meyers	Soda Springs
2010	Dylan Crevelt	Cascade
2011	Tyler Jaskowiak	Challis
2012	Conrad Larson	Victory Charter
2013	W. Leif Fredericks	Coeur d'Alene Charter
2014	Paul Ryan	Logos
2015	Joshua Balls	Soda Springs
2016	Jackson Pratt	Bear Lake
2017	Jackson Pratt	Bear Lake
2018	Andy Gebhardt	Salmon
2019	Johnathon Simmons	Salmon

1A Boys

2015	Marshall Wheeler	Victory Charter
2016	Cole Olsen	Clearwater Valley
2017	Ben Christensen	Valley
2018	Caleb Hamblin	Liberty Charter
2019	Caleb Hamblin	Liberty Charter

Girls Class A

1974	Cindy Partridge	Moscow
1975	Brenda Falash	Twin Falls
1976	Brenda Falash	Twin Falls
1977	Brenda Falash	Twin Falls
1978	Kerrie Pinder	Idaho Falls
1979	Cindy Crow	Twin Falls
1980	Lucia Wanders	Caldwell
1981	Lucia Wanders	Caldwell
1982	Carol Bradley	Pocatello
1983	Nicolle Lowther	Highland
1984	Shaun Sintay	Borah
1985	Jenny Reese	Coeur d'Alene
1986	Michelle Brown	Borah
1987	Jenny Reese	Coeur d'Alene
1988	Elizabeth Humphries	Bonneville
1989	Corissa Yassen	Coeur d'Alene
1990	Jane Chi	Centennial
1991	Jenny Mortensen	Minico
1992	Christine Kohler	Idaho Falls
1993	Jamee Windsor	Twin Falls

Girls Class B

1974	Beth Rupprecht	Filer
1975	Suzanne Boyle	Payette
1976	Denise Hezeltine	Weiser
1977	Olga Paz	Marsing
1978	Ellen Lyons	Bishop Kelly
1979	Ellen Lyons	Bishop Kelly
1980	Ana Moran	Salmon
1981	Lori Pasco	Wood River
1982	Maureen McGinnis	Wood River
1983	Michele Skyles	Nampa Christian
1984	Laura Jensen	Jerome
1985	Karen Packham	Kuna
1986	Karen Packham	Kuna
1987	Kristen Galbraith	Sugar-Salem
1988	Kristen Galbraith	Sugar-Salem
1989	Rochelle Hair	Payette
1990	Rochelle Hair	Payette
1991	Becky Ward	Richfield
1992	Shannon McCargish	Kellogg
1993	Becky Ward	Richfield

5A Girls

1994	Susan Werner	Boise
1995	Christine Kohler	Idaho Falls
1996	Sharlyn Maughn	Minico
1997	Robin Witcher	Boise
1998	Robin Witcher	Boise
1999	Janae Johnson	Hillcrest
2000	Karley Meikle	Hillcrest
2001	Karley Meikle	Hillcrest
2002	Breanna Sande	Lake City
2003	Karleigh Gempler	Borah
2004	Hilary McClendon	Eagle
2005	Dana Morgan	Boise
2006	Karleigh Gempler	Borah
2007	Kinsey Gomez	Coeur d'Alene
2008	Liz Brandon	Eagle
2009	Kinsey Gomez	Coeur d'Alene
2010	Kinsey Gomez	Coeur d'Alene
2011	Emily Hamlin	Boise
2012	Emily Hamlin	Boise
2013	Sam McKinnon	Mountain View
2014	Emily Hamlin	Boise
2015	Rachel Morrin	Madison
2016	Lexy Halladay	Mountain View
2017	Lexy Halladay	Mountain View
2018	Lexy Halladay	Mountain View
2019	Lizzie Dildine	Eagle

4A Girls

2000	Tausha Kuzmic	Vallivue
2001	Taryn Trapp	Vallivue
2002	Ali Brosh	Sandpoint
2003	Ali Brosh	Sandpoint

2004	Carissa Lee	Jerome
2005	Bethany McInturff	Century
2006	Bethany McInturff	Century
2007	Megan Bartlett	Sandpoint
2008	Emily Nist	Bishop Kelly
2009	Emily Nist	Bishop Kelly
2010	McKinzie Chojnacky	Jerome
2011	Emily Nist	Bishop Kelly
2012	Rachel McGovern	Pocatello
2013	Caitlin Elgan	Preston
2014	Katherine Ruck	Moscow
2015	Katherine Ruck	Moscow
2016	Michelle Pratt	Blackfoot
2017	Mattalyn Geddes	Twin Falls
2018	Mattalyn Geddes	Twin Falls
2019	Mattalyn Geddes	Twin Falls

3A Girls

1994	Santina Skeem	Marsh Valley
1995	Laura Newell	Emmett
1996	Anita Gilbert	Kuna
1997	Amber Cellan	Soda Springs
1998	Tai Child	Kuna
1999	Donilyn Golding	Bear Lake
2000	Carin Patterson	Gooding
2001	Danielle Allen	Teton
2002	April Homan	Gooding
2003	Sheralyn Davidson	Bear Lake
2004	Sheralyn Davidson	Bear Lake
2005	Cydney Jacobsen	Bear Lake
2006	Cydney Jacobsen	Bear Lake
2007	Cydney Jacobsen	Bear Lake
2008	Jessica Leonhardt	Bear Lake
2009	Marquita Palmer	Weiser
2010	Alice Keller	Salmon
2011	Alice Keller	Salmon
2012	Olivia Redd	Sugar-Salem
2013	Olivia Redd	Sugar-Salem
2014	Klarissa Andersen	Shelley
2015	LeAnn Larkin	Shelley
2016	Paytin Drollinger	Shelley
2017	Karlie Callahan	Shelley
2018	Emma Hillam	Fruitland
2019	Sarenady Price	Sugar-Salem

2A Girls

1994	Becky Ward	Richfield
1995	Amber Cellan	Soda Springs
1996	Greta Johnson	Potlatch
1997	Greta Johnson	Potlatch
1998	Greta Johnson	Potlatch
1999	Danielle Allen	Teton
2000	Christy Luthy	Ririe
2001	Amy Collins	Kootenai
2002	Ashley Puga	Nampa Christian
2003	Lacey Holder	Firth
2004	Lacey Holder	Firth
2005	Lisa Romer	Valley
2006	Mali Noyes	Community School
2007	Bailee Siefert	Soda Springs
2008	Taylor Hewitt	Culdesac
2009	Natalie Evans	New Plymouth
2010	Carly Hansen	Butte County
2011	Rachel Youren	Gooding
2012	Sierra Manzer	Melba
2013	Kelsey Yamauchi	Soda Springs
2014	Sierra Manzer	Melba
2015	Kathryne McCullough	Soda Springs
2016	Josi Kelsey	Bear Lake
2017	Josi Kelsey	Bear Lake
2018	Elli Kelsey	Bear Lake
2019	Sophie McManus	McCall-Donnelly

1A Girls

2015	Sage Way	Cascade
2016	Britta Holmberg	Ambrose
2017	Natalya Babcock	Butte County
2018	Kaybree Christensen	Raft River
2019	Britta Holmberg	Ambrose

state cross country course records

Eagle Island State Park

5A Boys

Stetson Moss, Bonneville - 15:51.41, 2017

5A Girls

Lexy Halladay, Mountain View - 17:50.44, 2017

4A Boys

Nicholas Russell, Bishop Kelly - 15:37.65, 2017

4A Girls

Mattalyn Geddes, Twin Falls - 18:22.46, 2017

3A Boys

Brennan Anderson, Sugar-Salem - 16:04.09, 2017

3A Girls

Karlie Callahan, Shelley - 19:01.04, 2017

2A Boys

Jackson Pratt, Bear Lake - 15:41.59, 2017

2A Girls

Josi Kelsey, Bear Lake - 19:27.16, 2017

1A Boys

Ben Christensen, Valley - 16:11.25, 2017

1A Girls

Natalya Babcock, Butte County - 19:27.18, 2017

Portneuf Wellness Complex

5A Boys

Nathan Green, Borah - 15:13.97, 2019

5A Girls

Lizzie Dildine, Eagle - 17:42.16, 2019

4A Boys

Zac Bright, Idaho Falls - 15:23.30, 2019

4A Girls

Mattalyn Geddes, Twin Falls - 17:30.09, 2019

3A Boys

Logan Hunt, Timberlake- 15:48.36, 2019

3A Girls

Paytin Drollinger, Shelley - 19:13.5, 2016

2A Boys

Johnathon Simmons, Salmon - 15:56.55, 2019

2A Girls

Sophie McManus, McCall-Donnelly - 18:30.78, 2019

1A Boys

Caleb Hamblin, Liberty Charter - 15:31.49, 2019

1A Girls

Britta Holmberg, Ambrose - 19:01.43, 2019

Lewiston Orchards

5A Boys

Nathan Green, Borah - 15:10.07, 2018

5A Girls

Lexy Halladay, Mountain View - 17:08.73, 2018

4A Boys

Nicholas Russell, Bishop Kelly - 15:11.25, 2018

4A Girls

Mattalyn Geddes, Twin Falls - 17:29.49, 2018

3A Boys

Kooper Williams, Sugar-Salem - 15:23.72, 2018

3A Girls

Emma Hillam, Fruitland - 18:47.73, 2018

2A Boys

Andy Gebhardt, Salmon - 15:54.96, 2018

2A Girls

Elli Kelsey, Bear Lake - 18:24.22, 2018

1A Boys

Ben Christensen, Valley - 16:11.25, 2018

1A Girls

Kaybree Christensen, Raft River - 18:28.74, 2018