

OSAA Girls Cross Country Championships

Individual State Champions

Year	Class	State Champion, School	Time	Distance			Time	Distance	
1974	AAA	Elaine Pond, Grant.....	10:56.0	2 miles	2A/1A	Iris Cripps, Glendale	19:17.7	5,000 meters	
	AA	Jamie Mitchell, La Salle	11:02.8	2 miles					
	A/B	Rosana Cahill, Bonanza.....	11:26.0	2 miles					
1975	AAA	Eryn Forbes, Sunset	11:01.0	2 miles	1994	4A	Sarah Brandy, Ashland	18:38.9	5,000 meters
	AA	Dana Merrill, Lakeview	12:00.5	2 miles					
	A/B	Barbie Butler, Siletz	12:31.5	2 miles					
1976	AAA	Eryn Forbes, Sunset	9:59.3	3,000 meters	2A/1A	3A	Heather Miller, Henley	19:08.5	5,000 meters
	AA	Jamie Mitchell, La Salle	10:36.3	3,000 meters					
	A/B	Susan Bragdon, Catlin Gabel.....	11:13.7	3,000 meters					
1977	AAA	Eryn Forbes, Sunset	10:59.3	3,000 meters	1995	4A	Pam Fields, North Bend.....	18:50.5	5,000 meters
	AA	Diane Theriault, Oakridge	11:56.5	3,000 meters					
	A/B	Rosa Gutierrez, Glendale.....	11:39.3	3,000 meters					
1978	AAA	Kathy Hayes, Newberg	10:23.5	3,000 meters	2A/1A	3A	Amy Nickerson, Coquille.....	19:12.3	5,000 meters
	AA	Tammy Bilderback, Creswell.....	11:30.6	3,000 meters					
	A/B	Rosa Gutierrez, Glendale.....	10:50.7	3,000 meters					
1979	AAA	Kathy Hayes, Newberg	10:26.3	3,000 meters	1996	4A	Abby McAllister, Bend.....	18:47	5,000 meters
	AA	Jennifer Pade, Gold Beach	11:07.8	3,000 meters					
	A/B	Rosa Gutierrez, Glendale.....	10:59.9	3,000 meters					
1980	AAA	Kim Roth, Sprague.....	10:47.4	3,000 meters	2A/1A	3A	Melinda Campbell, Newport.....	18:50	5,000 meters
	AA	Tassie Norton, Philomath.....	11:33.9	3,000 meters					
	A/B	Deanna Schiedler, Kennedy	11:24.8	3,000 meters					
1981	AAA	Sue Martineau, North Eugene.....	10:25.1	3,000 meters	1997	4A	Abby McAllister, Bend.....	18:36	5,000 meters
	AA	Julie Link, St. Mary of Valley	11:07.4	3,000 meters					
	A/B	Deanna Schiedler, Kennedy	11:08.5	3,000 meters					
1982	AAA	Marnie Mason, Klamath Union.....	10:39.2	3,000 meters	2A/1A	3A	Amy Nickerson, Coquille.....	18:59	5,000 meters
	AA	Tassie Norton, Philomath.....	11:04.0	3,000 meters					
	A/B	Kathryn O'Leary, Paisley.....	11:10.9	3,000 meters					
1983	AAA	Cathy Wall, Molalla	10:44.7	3,000 meters	1998	4A	Mariel Ettinger, La Grande.....	18:36	5,000 meters
	AA	Rhonda Groshong, Tillamook.....	11:43.7	3,000 meters					
	A/B	Hilary Simmons, Oakland.....	11:41.2	3,000 meters					
1984	AAA	Lisa Karnopp, Mountain View	10:36.4	3,000 meters	2A/1A	3A	Mary Anne Miller, Vernonia.....	20:33	5,000 meters
	AA	Angela Sanders, Cascade	10:43.6	3,000 meters					
	A/B	Hilary Simmons, Oakland.....	11:16.5	3,000 meters					
1985	AAA	Jamie Fallon, Klamath Union	10:23.6	3,000 meters	1999	4A	Paris Edwards, Ashland.....	18:49	5,000 meters
	AA	Jeannine Davis, Pleasant Hill.....	10:42.4	3,000 meters					
	A/B	Sally Maier, Catlin Gabel.....	10:48.0	3,000 meters					
1986	AAA	Rose Schneider, Ashland.....	10:11.5	3,000 meters	2A/1A	3A	Mandi FitzGustafson, The Dalles.....	19:19	5,000 meters
	AA	Githa Hampton, Rogue River	10:26.1	3,000 meters					
	A/B	Sally Maier, Catlin Gabel.....	10:45.7	3,000 meters					
1987	AAA	Allison Warner, Sunset	10:44.7	3,000 meters	1999	2A/1A	Anna Skordahl, Oakridge.....	21:08	5,000 meters
	AA	Jeannine Davis, Pleasant Hill.....	10:47.7	3,000 meters					
	A/B	Katie Purkiss, Waldport.....	11:34.4	3,000 meters					
1988	AAA	Allison Warner, Sunset	10:39.0	3,000 meters	2000	4A	Liz Lindgren, Klamath Union.....	18:47	5,000 meters
	AA	Andrea Garner, Illinois Valley.....	10:35.9	3,000 meters					
	A/B	Sally Maier, Catlin Gabel.....	10:46.9	3,000 meters					
1989	AAA	Jenna Carlson, Grants Pass	10:27.6	3,000 meters	2A/1A	3A	Jeanne Goff, Cascade	19:12	5,000 meters
	AA	Amy Flora, Myrtle Point.....	10:44.6	3,000 meters					
	A/B	Katie Malm, Catlin Gabel	10:36.2	3,000 meters					
1990	AAA	Maria Mutola, Springfield	10:34.5	3,000 meters	2A/1A	3A	Jenny Brown, St. Mary's	20:09	5,000 meters
	AA	Amy Flora, Myrtle Point.....	10:58.5	3,000 meters					
	A/B	Iris Cripps, Glendale	11:14.1	3,000 meters					
1991	AAA	Allison Warner, Sunset	10:39.0	3,000 meters	2001	4A	Christy Paul, Hood River Valley.....	18:27	5,000 meters
	AA	Andrea Garner, Illinois Valley.....	10:35.9	3,000 meters					
	A/B	Sally Maier, Catlin Gabel.....	10:46.9	3,000 meters					
1992	AAA	Jenna Carlson, Grants Pass	10:27.6	3,000 meters	2A/1A	3A	Brianna Anderson-Gregg, Philomath	18:54	5,000 meters
	AA	Amy Flora, Myrtle Point.....	10:44.6	3,000 meters					
	A/B	Katie Malm, Catlin Gabel	10:36.2	3,000 meters					
1993	AAA	Allison Warner, Sunset	10:39.0	3,000 meters	2A/1A	3A	Shalene Fine, Oakridge	19:46	5,000 meters
	AA	Andrea Garner, Illinois Valley.....	10:35.9	3,000 meters					
	A/B	Sally Maier, Catlin Gabel.....	10:46.9	3,000 meters					
1994	AAA	Jenna Carlson, Grants Pass	10:27.6	3,000 meters	2002	4A	Erin Gray, South Eugene.....	18:14	5,000 meters
	AA	Amy Flora, Myrtle Point.....	10:44.6	3,000 meters					
	A/B	Katie Malm, Catlin Gabel	10:36.2	3,000 meters					
1995	AAA	Maria Mutola, Springfield	10:34.5	3,000 meters	2A/1A	3A	Brianna Anderson-Gregg, Philomath	18:54	5,000 meters
	AA	Amy Flora, Myrtle Point.....	10:58.5	3,000 meters					
	A/B	Iris Cripps, Glendale	11:14.1	3,000 meters					
1996	AAA	Maria Mutola, Springfield	10:34.5	3,000 meters	2A/1A	3A	Shalene Fine, Oakridge	19:46	5,000 meters
	AA	Amy Flora, Myrtle Point.....	10:58.5	3,000 meters					
	A/B	Iris Cripps, Glendale	11:14.1	3,000 meters					
1997	AAA	Marie Davis, Lincoln.....	10:58.7	3,000 meters	2003	4A	Katie Leary, Klamath Union	18:03	5,000 meters
	AA	Betsy Meek, Rainier.....	11:01.8	3,000 meters					
	A/B	Iris Cripps, Glendale	11:26.7	3,000 meters					
1998	AAA	Marie Davis, Lincoln.....	10:58.7	3,000 meters	2A/1A	3A	Brianna Anderson-Gregg, Philomath	18:33	5,000 meters
	AA	Betsy Meek, Rainier.....	11:01.8	3,000 meters					
	A/B	Iris Cripps, Glendale	11:26.7	3,000 meters					
1999	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2A/1A	3A	Jolee Van Leuvan, Catlin Gabel	18:59	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2000	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2004	4A	Kimber Mattox, Bend	18:19	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2001	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2A/1A	3A	Krista Stangel, Enterprise	19:12	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2002	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2005	4A	Claire Michel, Clackamas	18:32	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2003	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2A/1A	3A	Ilsa Paulson, Sherwood	18:31	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2004	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2A/1A	3A	Krista Stangel, Enterprise	19:05	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2005	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	2006	6A	Casey Masterson, Sheldon.....	18:25	5,000 meters
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2006	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	5A	Ilsa Paulson, Sherwood	18:54	5,000 meters	
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2007	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	4A	Linsie Michels, Cascade	19:02	5,000 meters	
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								
2008	AAA	Melissa Lucas, Jesuit.....	17:34.9	5,000 meters	3A/2A/1A	Ashley Baldovino, Lakeview	18:47	5,000 meters	
	AA	Jessie Schra, Sweet Home	18:41.6	5,000 meters					
	A/B								