

## **Cross Country Records**

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# Boys Cross Country

## Individual Records

### Top Championship Performances

Name, School	Class	Gr.	Year	Time
Matt Tegenkamp, Lee's Summit	4A	Sr.	1999	15:26.7
Josh Thebeau, Potosi	3	Sr.	2006	15:37.9
Kyle Rood, Fort Zumwalt South	4	Sr.	2006	15:38.1
Josh Mathis, Potosi	3	Jr.	2005	15:41.6
Chris Borsa, Christian Brothers	4A	Sr.	1984	15:41.7
Jason Sandfort, West Plains	4A	Sr.	2000	15:43.2
Dan Quigley, Christian Brothers	4	Sr.	2006	15:44.5
Chris Zinn, West Plains	4A	Sr.	1983	15:46.7
Josh Mathis, Potosi	3	Sr.	2006	15:49.4
Eric Fernandez, Parkway West	4	Sr.	2007	15:50.0
Jacob Swearingen, Potosi	3	So.	2006	15:52.7
Phillip King, Rock Bridge	4	Sr.	2006	15:54.2
Tom Breckenridge, St. Charles West	4A	Sr.	1995	15:55.0
Chris Zinn, West Plains	4A	Jr.	1982	15:55.3
Pat Cole, Fort Zumwalt South	4	Sr.	2006	15:55.9
Joe Falcon, Belton	3A	Sr.	1983	15:57.5
Rick Elliott, Kickapoo	4	Sr.	2007	15:58.0
Jon Hatley, West Plains	4A	Sr.	1985	15:58.7
Matt Schwab, Francis Howell North	4	Sr.	2007	15:59.0
Ben Brammeier, Parkway South	4	Sr.	2005	15:59.5
Adam Perkins, Liberty	4A	Jr.	2001	15:59.8
Matt Lawder, St. Louis Univ. High	4	Sr.	2006	15:59.9
Jacob Swearingen, Potosi	3	Jr.	2007	16:00.0
Josh Davis, Liberty	4A	Sr.	2000	16:00.2
Tim Cornell, Hickman	4	Jr.	2003	16:01.3
Andrew Tobben, St. Francis Borgia	3	Sr.	2006	16:02.3
Randon Richards, Blue Springs	4A	Sr.	1992	16:02.8
Jason Gauert, Lee's Summit	4A	Sr.	1990	16:03.2
Ben Murphy-Baum, St. Louis University High	4	Sr.	2005	16:03.6
Arthur Waddle, Poplar Bluff	4A	Sr.	1982	16:03.7
Greg Speicher, Marquette	4A	Sr.	1995	16:03.9
Josh Thebeau, Potosi	3	Jr.	2005	16:04.1
Jay Townsend, Neosho	4A	Jr.	1982	16:05.9
Joe Lembeck, Lafayette (Wildwood)	4A	Jr.	1995	16:06.8
Walker Eye, Potosi	3A	Sr.	1999	16:06.8

*Note - The 5 km Oak Hills Golf Center Course at Hough Park in Jefferson City has been redesigned with minor modifications several times in the event's history, most recently in 2006.*

### Championship Records By Class

Class 1	16:33.9 - Tommy Neal, Leeton, 2000
Class 2	16:12.0 - Scott Smith, Willow Springs, 1998
Class 3	15:37.9 - Josh Thebeau, Potosi, 2006
Class 4	15:26.7 - Matt Tegenkamp, Lee's Summit, 1999

### Other Top Individual Performances

#### Other Top 5-Kilometer Times (non-Championship)

15:01	Christopher Borsa, Christian Brothers, Oct. 9, 1985
15:28	Monty Caldwell, Francis Howell (at Rolla, Sectionals), Oct. 29, 1983
15:28	Christopher Borsa, Christian Brothers, Oct. 2, 1985
15:33	Darwin Price, Normandy (at Granite City, Ill.), Sept. 1, 2007
15:35	Tom Declue, Francis Howell (at Rolla, Sectionals), Oct. 29, 1983
15:38	Corey Nelson, Francis Howell (at Rolla, Sectionals), Nov. 1, 1986
15:38	Eric Fernandez, Parkway West (at Parkway West Invit.), Sept. 29, 2007
15:38.8	Connor Callahan, De Smet (at Notre Dame High School), Oct. 14, 2008
15:39.6	Jacob Swearingen, Potosi (at Forest Park), Sept. 8, 2007
15:40	Adam Behnke, Lutheran South (at Spanish Lake Park), Sept. 14, 2007
15:48.7	Nick Niggemann, Potosi (at Forest Park), Sept. 8, 2007

#### Consecutive Races Won

10	Jordan Millam, Clinton, Sept. 9 to Nov. 6, 1999
8	Jack Preus, Lutheran South, Sept. 3 to Nov. 4, 1994

### Coaching Records

#### Meets Won

355	Joe Bill Dixon, West Plains, 1977-2007 (355-54)
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# Boys Cross Country

## Team Records

### Team Scoring

#### Best Team Score (minimum 5-team race)

15	Parkway West, at own invitational, Oct. 1, 1988 (7 schools)
15	Lutheran South at own invitational, Sept. 3, 1994 (5 schools)
19	Francis Howell at Gateway Athletic Conf., October 1980 (8 schools)
20	Francis Howell at Gateway Athletic Conf., Oct. 15, 1982 (8 schools)
21	Francis Howell at Gateway Athletic Conf., Oct. 16, 1981 (8 schools)
23	Francis Howell at Gateway Athletic Conf., Oct. 12, 1984 (8 schools)
26	Francis Howell at Gateway Athletic Conf., Oct. 14, 1983 (8 schools)

#### Best Team Score (minimum 10-team race)

15	Francis Howell at Troy Invitational, Oct. 2, 1980 (12 teams)
16	Potosi at MSHSAA Championships, Nov. 4, 2006 (16 teams)
17	College Hts. Christian at MSHSAA Championships, Nov. 3, 2007 (16 teams)
29	Lutheran South at Fulton Invitational, Sept. 17, 1994 (10 teams)
36	Potosi at MSHSAA Championships, Nov. 5, 2005 (16 teams)
38	Bowling Green at Clopton Invitational, Oct. 13, 1997 (10 teams)

#### Sweep Performances (top five finishers, same team)

Francis Howell at Troy Invitational, Oct. 2, 1980 (top 5 finishers) 12 teams
Parkway West, at own invitational, Oct. 1, 1988 (top 5 finishers) 7 teams

### Winning Streaks

#### Consecutive Team Victories

13	Parkway West, Sept. 8, 1990 to Sept. 28, 1991
7	Clinton, Sept. 26 to Oct. 31, 1998
5	Lutheran South, Oct. 7, 1993 to Sept. 3, 1994
5	Lutheran South, Oct. 6, 1994 to Sept. 2, 1995
5	Lutheran South, Sept 19 to Oct. 31, 1998

#### Consecutive Conference Championships Won

20	Warrensburg, 1973-92
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#### Consecutive District Titles Won

13	Southwest (Washburn), 1991-2003
11	Warrensburg, 1977-87

# Girls Cross Country

## Individual Records

### Top Championship Performances

Name, School	Class	Gr.	Year	Time
Merideth Snow, Eureka	4	Sr.	2005	17:51.4
Megan Thompson, Hazelwood Central	4A	Sr.	1989	18:16.8
Susan Bliss, Francis Howell	4A	Sr.	1987	18:20.5
Allison Medlin, Carthage	4A	So.	1995	18:21.0
Andrea Fischer, Hannibal	--	Sr.	1980	18:33.5
Merideth Snow, Eureka	4	So.	2003	18:34.7
Ann Marie Brooks, Central (St. Joseph)	4A	Sr.	1996	18:35.4
Amy Chipman, Blue Springs	4A	Sr.	1998	18:38.5
Megan Thompson, Hazelwood Central	4A	Jr.	1988	18:38.9
Diane Robison, Parkway Central	4	So.	2007	18:39.0
Brittani Johnson, West Plains	3	So.	2005	18:42.5
Leslie Dugan, Herculaneum	1A-3A	So.	1983	18:44.9
Sarah Haskins, Parkway South	4A	Jr.	1997	18:49.0
Jill Kingsbury, Washington	--	Sr.	1982	18:49.3
Amy Wiseman, Lee's Summit	4A	Sr.	1996	18:49.5
Laura Kennedy, Lafayette (Wildwood)	4A	So.	1998	18:50.1
Jill Petersen, Francis Howell	4A	Sr.	2000	18:51.9
Jennifer Harper, West Plains	4	Jr.	2003	18:52.3
Melissa Sapa, Oakville	4A	So.	1995	18:52.4
Merideth Snow, Eureka	4	Jr.	2004	18:52.9
Rachel York, St. Clair	3	Sr.	2005	18:53.3
Jill Kingsbury, Washington	--	So.	1980	18:53.8
Allison Medlin, Carthage	4A	Jr.	1996	18:55.0
Megan Thompson, Hazelwood Central	4A	So.	1987	18:55.2
Katherine Bonugli, Francis Howell	4A	Jr.	1998	18:57.8
Katy Bundy, Marquette	4A	Jr.	2001	18:58.4
Jackie Pirtle, Francis Howell North	4A	So.	1998	18:58.6
Amber Warren, Lutheran (St. Peters)	2	Jr.	2003	19:01.3
Brittani Johnson, West Plains	3	Jr.	2006	19:01.9
Karen Rogers, Kirkwood	4A	Sr.	1998	19:02.2
Brittany McCormack, West Plains	4	Sr.	2003	19:03.0
Amanda Marcak, West Plains	4A	Sr.	2000	19:03.7
Sabrina Dornhoefer, Waynesville	--	Sr.	1980	19:04.3
Jennifer Reekie, Fort Zumwalt South	4	Sr.	2003	19:04.7
Natalie Todd, Ladue Horton Watkins	3	Jr.	2007	19:05.0

Note - The 5 km Oak Hills Golf Center Course at Hough Park in Jefferson City has been redesigned with minor modifications several times in the event's history, most recently in 2006.

### Championship Records By Class

Class 1	19:30.2 - Meagan Hudson, Crystal City, 2005
Class 2	19:01.3 - Amber Warren, Lutheran (St. Peters), 2003
Class 3	18:42.5 - Brittani Johnson, West Plains, 2005
Class 4	17:51.4 - Merideth Snow, Eureka, 2005

### Other Top Individual Performances

#### Other Top 5-Kilometer Times (non-Championship)

17:01	Susan Bliss, Francis Howell (at Rolla, Sectionals), Oct. 31, 1987
17:43	Sarah Bliss, Francis Howell (at Rolla, Sectionals), Oct. 31, 1987
18:31	Dawn Calabrese, Francis Howell (at Rolla, Sectionals), Oct. 29, 1983
18:32.8	Natalie Todd, Ladue Horton Watkins (at Big Driver Park, Washington), Oct. 13, 2007
18:42	Sherry Schultz, Francis Howell (at Rolla Sectionals), Nov. 2, 1985
18:44	Katherine Bonugli, Francis Howell (at Columbia, Sectionals), Oct. 31, 1998

#### Consecutive Races Won

18 Susan Bliss, Francis Howell, 1986-1987 (18 career races)

### Coaching Records

#### Meets Won

197 Joe Bill Dixon, West Plains, 1982-2007 (197-46)

# Girls Cross Country

## Team Records

### Team Scoring

#### Best Team Score (minimum 5-team race)

17	Lee's Summit West at Suburban Mid 6 Conference, Oct. 10, 2008
18	Francis Howell at Gateway Athletic Conference, Oct., 1986 (8 teams)
18	Francis Howell at Gateway Athletic Conference, Oct., 1987 (8 teams)
19	Francis Howell at Gateway Athletic Conference, Oct., 12, 1984 (8 teams)
20	Francis Howell at Gateway Athletic Conference, Oct, 1985 (8 teams)
21	Francis Howell at Gateway Athletic Conference, Oct. 14, 1983 (8 teams)
22	Raytown South at Paola (Kan.) Invitational, Sept. 20, 1999 (7 teams)
23	Lutheran South at Jefferson Barracks, District, Oct. 31, 1998 (6 teams)
24	Francis Howell at Rolla, Sectionals, Nov. 1, 1986 (8 teams)

#### Best Team Score (minimum 10-team race)

15	West Plains at MSHSAA Championships, Nov. 6, 2004 (16 teams)
22	Lee's Summit West at Missouri XC Challenge, Sept. 13, 2008
24	Francis Howell at Park Hill Invitational (Swope Park), Sept. 12, 1987 (17 teams)
25	Francis Howell at 1st Capital Invitational, Sept. 4, 1987 (13 teams)
27	West Plains at MSHSAA Championships, Nov. 8, 2003 (16 teams)
27	Ste. Genevieve at MSHSAA Championships, Nov. 5, 2005 (16 teams)
27	Penney at MSHSAA Championships, Nov. 3, 2007 (15 teams)
32	West Plains at MSHSAA Championships, Nov. 9, 2002 (16 teams)
32	Herculaneum at MSHSAA Championships, Nov. 4, 2006 (16 teams)
43	Ste. Genevieve at MSHSAA Championships, Nov. 6, 2004 (16 teams)
44	Lutheran South at Lyon/Metro Meet, Oct. 4, 1990 (10 teams)

#### Sweep Performances (top five finishers, same team)

15	West Plains at MSHSAA Championships, Nov. 6, 2004 (16 teams)
15	Herculaneum at Hancock Invitational (Jefferson Barracks Park), Sept. 25, 2006
15	Herculaneum at Class 2, District 1 Meet (Jefferson Barracks Park), Oct. 28, 2006

### Winning Streaks

#### Consecutive Team Victories

9	Francis Howell, Sept. 5 to Nov. 1, 1986
8	Francis Howell Sept. 4 to Oct. 24, 1987

#### Consecutive Conference Championships Won

8	Warrensburg, 1983-90
8	Herculaneum, 1999-2006 (Jefferson County Conference)

#### Consecutive District Titles Won

8	Warrensburg, 1983-90
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