

Montana High School Sports Record Book
Updated 10/28/2011

GIRLS' CROSS COUNTRY
TEAM
MOST STATE CHAMPIONSHIPS

All-Time

15	Flathead	89,91,93,94,96,2001-04
14	Glasgow	1973-80,83, 2005, 07, 08, 10, 11
10	Fergus (Lewistown)	1999
9	Jefferson (Boulder)	1981-83,1987,89,90,96,1999-2000
8	Browning	1972,1980-82,1984-86,1992
8	Great Falls CMR	1976,78,1984,92,95,1997-99
6	Belt/Centerville	2002, 2006-10
5	Bozeman	2007-11
5	Centerville	1982-86,
5	Valier	1988-91,2003
5	Cascade	1974, 76, 93,94,95

Consecutive

8	Glasgow	1973-80
6	Belt/Centerville	2006-11
5	Bozeman	2007-11
5	Centerville	1982-86
4	Fergus (Lewistown)	1983-86
4	Flathead (Kalispell)	1986-89,2001-04
4	Flathead (Kalispell)	2001-04
4	Valier	1988-91
3	Belt/Centerville	2006-8
3	Manhattan Christian	2000-02
3	Browning	1980-82
3	Jefferson (Boulder)	1981-83
3	Browning	1984-86

All-Time Championship Scores

31	AA	Flathead (Kalispell)	2001
25	A	Glasgow	1976
24	B	Seeley-Swan	1973
15	C	Hot Springs	1971

INDIVIDUAL
STATE CHAMPIONSHIPS

Four-Time State Champions

Kathy Jarvis	Havre	1982-95
Ruby Yellowtail	Lodge Grass	1989-92
Zoe Nelson	Flathead	2001-2004

Three-Time Champions

Clesa Bowman	Frenchtown	1980-82
Patrice Anthony	Centerville	1982-84
Flora Big Hair	Hardin	1991-93
Elizabeth Roodell	Eureka	1994-96
Lois Ricardi	Manhattan Christian	2000-02
Heidi Turner	Bozeman	2007-09
Brook Rodgers	Fergus	2008-10

Two-Time State Champions

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Gayle Hunt	Hot Springs	1971-72
Laurie Adams	Helena	1973-74
Kathy Estes	Granite (Philipsburg)	1973-74
Laurie Holm	Missoula Sentinel	1975-76
Gena Brown	Forsyth	
Theresa Pidcock	Great Falls CMR	1977-78
Teri Anderson	Hamilton	1977-78
Jennifer Red Fox	St. Labre (Ashland)	1978-79
Mary Losensky	Hamilton	1980-81
Kalli Ryti	Terry	1985-86
Christine Mount	Wolf Point	1985-86
Jeannie Berthiaune	Helena	1986-88
Leasha Omeasoo	Browning	1987-88
Heidi Ackerly	Flathead (Kalispell)	1987-89
Brenda Naber	Havre	1989-90
Vanessa Guardipee	Valier	1989-92
Emily Nay	Helena Capital	1992-93
Muffy Schmidt	Miles City	1997,1999
Amber Arvidson	Flathead (Kalispell)	1997, 1998
Heidi Lane	Great Falls CMR	1999,2000
Bethany Long	Wolf Point	1999, 2000
Jayne Larson	Glasgow	2002, 2003
Katie Gilboy	Helena Capital	2005, 2006
Heidi Turner	Bozeman High School	20,072,008

STATE COURSE RECORD HOLDERS

1.5 Mile Course

08:16.4	AA	Laurie Adams - Helena	1974
08:15.3	A	Doris McHugh - Glasgow	1974
09:40.0	B	Kathy Estes - Granite(Philipsburg)	1974
10:18	C	Glen Friesen - Frazer	1971

2 Mile Course

11:17.7	AA	Kathy Jarvis - Havre	1983
11:30.4	A	Teri Anderson - Hamilton	1978
11:42.2	B	Christine Mount - Wolf Point	1985
12:00.2	C	Kalli Ryti - Terry	1985

3 Mile Course

16:50	AA	Zoe Nelson-Flathead	2002
17:39	A	Flora Big Hair - Hardin	1992
17:58	B	Elizabeth Roodell-Eureka	1996
18:21	B-C	Christine Mount - Wolf Point	1987
18:40	C	Kalli Ryti - Terry	1986

TOP THREE MILE PERFORMANCES AT STATE

16:50	Zoe Nelson	Flathead	2002
17:08	Zoe Nelson	Flathead	2004
17:25	Caroline Hardin	Bozeman High School	2011
17:29	Zoe Nelson	Flathead	2001
17:30	Caroline Hardin	Bozeman High School	2010
17:31	Heidi Lane	Great Falls CMR	2001
17:36	Dani Aragon	Billings Senior	2011
17:39	Flora Big Hair	Hardin	1992

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17:40	Heidi Turner	Bozeman High School	2008
17:42	Katie Gillroy	Helena Capital	2006

COACHING MOST STATE CHAMPIONSHIPS

All-Time

13	Paul Jorgensen	Flathead (Kalispell)	1971,72,80,1986-89,91,93,94,96,2001-2004
7	Eadie Schultz	Fergus (Lewistown)	1971, 72, 1983-86, 1988
7	Randy Sheppard	Browning	1980-82, 1984-86, 1992
8	Branch Brady	Great Falls CMR	1976, 78, 84, 92, 95,97-99
6	Mark Yoakam	Glasgow	1976-79
5	Mark Garber	Belt/Centerviller	2006-10
3	Dan Freund	Glasgow	1973-75
9	Coaches with two championships.		

Consecutive

5	Mark Yoakam	Glasgow	1976-80
5	Mark Garber	Belt/Centerville	2006-10
4	Eadie Schultz	Fergus (Lewistown)	1983-86
4	Paul Jorgensen	Flathead (Kalispell)	1986-89
4	Paul Jorgensen	Flathead (Kalispell)	2001-04
3	Dan Freund	Glasgow	1973-75
3	Randy Sheppard	Browning	1980-82
3	Sam Samson	Jefferson (Boulder)	1981-83
3	Randy Sheppard	Browning	1984-86
10	championships.		