

WOMEN'S CROSS COUNTRY RECORDS

(As of 2009)

Top Ten All-Time 5,000 Meters

1.	Katie Gillespie	17:33	2008
2.	Amy Arnold	18:19	2001
	Christina Blair	18:19	2009
3.	Katie Gillespie	18:20	2007
4.	Amy Arnold	18:23	2000
5.	Carolyn Case	18:54	2008
6.	Amy Arnold	18:55	1998
7.	Katie Gillespie	18:59	2006
8.	Katie Gillespie	19:02	2005
9.	Amy Arnold	19:06	1999
10.	Carolyn Case	19:16	2005

Individual State Qualifiers

Amy Arnold	9 th	1998
Amy Arnold	3 rd	1999
Lizz Meier	71 st	1999
Amy Arnold	3 rd	2000
Amy Arnold	1 st	2001
Erin Rhodes	16 th	2005
Allison Schuck	43 rd	2005
Ashley Imoff	61 st	2005
Tiffany Mielnik	66 th	2005
Katie Gillespie	3 rd	2005
Carolyn Case	7 th	2005
Katie Gillespie	6 th	2006
Carolyn Case	22 nd	2006
Katie Gillespie	4 th	2007
Joy Talbott	18 th	2007
Katie Gillespie	1 st	2008
Joy Talbott	12 th	2008
Carolyn Case	13 th	2008
Irene Frangos	20 th	2008
Christina Blair	1 st	2009
Joy Talbott	34 th	2009
Mallory Myers	48 th	2009

ALL OHIO

Amy Arnold	9 th	1998
Amy Arnold	3 rd	1999
Amy Arnold	3 rd	2000
Amy Arnold	1 st	2001
Erin Rhodes	16 th	2002
Katie Gillespie	3 rd	2005
Carolyn Case	7 th	2005
Katie Gillespie	6 th	2006
Carolyn Case	22 nd	2006
Katie Gillespie	4 th	2007

Joy Talbott	18 th	2007
Katie Gillespie	1 st	2008
Joy Talbott	12 th	2008
Carolyn Case	13 th	2008
Irene Frangos	20 th	2008
Christina Blair	1 st	2009

BEST 5,000 METER TIMES BY GRADE LEVEL

SENIORS

1.	Katie Gillespie	17:33
2.	Amy Arnold	18:19
3.	Carolyn Case	18:54
4.	Sarah Dietzel	19:30
5.	Erin Craig	19:42
6.	Erin Rhodes	19:44
7.	Carrie Lawver	19:54
8.	Brittany Fabris	20:01
9.	Ana Lewison	20:02
10.	Brianna Jones	20:15

JUNIORS

1.	Christina Blair	18:19
2.	Katie Gillespie	18:20
3.	Amy Arnold	18:23
4.	Joy Talbott	19:21
5.	Erin Rhodes	19:47
6.	Carolyn Case	19:52
7.	Sarah Dietzel	19:55
8.	Allison Schuck	20:07
	Ana Lewison	20:07
	Irene Frangos	20:07
9.	Tiffany Mielnik	20:13
10.	Lizz Meier	20:16

WOMEN'S CROSS COUNTRY RECORDS

(As of 2009)

SOPHOMORES

1. Katie Gillespie	18:59
2. Joy Talbott	19:01
3. Amy Arnold	19:06
Laura Rybka	19:06
4. Irene Frangos	19:32
5. Carolyn Case	19:35
6. Erin Rhodes	19:49
7. Allison Schuck	20:06
8. Ana Lewison	20:30
9. Allison Flaker	20:31
10. Lizz Meier	20:37

FRESHMEN

1. Amy Arnold	18:55
2. Katie Gillespie	19:02
3. Carolyn Case	19:16
4. Joy Talbott	19:17
5. Irene Frangos	19:32
6. Erin Rhodes	19:33
7. Laura Rybka	19:35
8. Mallory Myers	19:55
9. Ana Lewison	20:05
10. Lizz Meier	20:46

YEAR	COACH	MVP	CAPTAINS	TEAM ACCOMPLISHMENT
1996	Hallis	Sarah Pollock	Sarah Pollock	4 th – Districts – 1 st year for girl's CC 11 th – Regionals-Div.III
1997	Hallis	Kristan Milner	Kristan Milner	P.S.L. League Champions 9 th – Districts-Div.III
1998	Hallis	Amy Arnold	Karen Kirkwood Jordyn Taylor	District Runner-Up-Div.III 9 th – Regionals
1999	Hallis	Amy Arnold	Sarah Kirkwood	District Runner-Up-Div.III 6 th – Regionals
2000	Hallis	Amy Arnold	Sarah Kirkwood Nicole Hallis Jackie Conway	District Runner-Up-Div.II 4 th – Regionals 6th – State – 1 st girl's team in any sport to qualify for state tournament competition
2001	Hallis	Amy Arnold	Carrie Lawver Amy Arnold	PAC-7 League Champion District Runner-Up-Div.II 3 rd – Regionals 5th - State
2002	Hallis	Erin Rhodes	Sarah Prosek Katie Hasson Laura Thomas	PAC-7 League Champion District Champion – Div.II Regional Champion State Runner-Up Overall Record 174 - 3
2003	Hallis	Sarah Dietzel	Allison Schuck Ashley Imhoff Kate Schweitzer Tiffany Mielnik	PAC-7 League Champions District Runner Up – Div. II Regional Runner Up 9th – State Overall Record 203-14
2004	Hallis	Sarah Dietzel	Julia Arnold	PAC-7 League Champions District Runner-Up 3 rd – Regionals 7th – State Overall Record 212-17

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2005	Hallis	Katie Gillespie	Erin Rhodes Erin Crocker Allison Flaker Jamie Mazzola Emily Thomas	PAC-7 League Champions District Champion Div III Regional Runner-Up <u>4th in State</u> Overall Record 191-7-0
2006	Hallis	Katie Gillespie	Kate McRoberts Bailey Teague	PAC-7 League Champions District Runner-up Div III 4 th – Regionals <u>6th – State</u> Overall Record 144 - 15
2007	Hallis	Katie Gillespie	Lauren Peterson Krista Wilson	PAC-7 League Champions District Champion – Div. II Regional Runner-UP <u>State Runner-Up</u> Overall Record 206-2
2008	Hallis	Katie Gillespie	Lauren Wurm Brianna Jones Grace Dworakowski Brittany Fabris Carolyn Case Katie Gillespie	PAC-7 League Champions District Champion – Div II Regional Champion – Div II <u>1st – STATE CHAMPIONS</u> Overall Record 188 - 0
2009	Hallis	Christina Blair	Ana Lewison Irene Frangos Joy Talbott Hannah Lyons Christina Blair	PAC-7 League Champions District Champion – Div II Regional runner-up <u>3rd in State</u> Overall Record 160-4