

GIRLS DISTANCE RUNNING  
1971 to Date

<u>YEAR</u>	<u>AWARDS OR FINISH</u>	<u>COACH</u>
1971-72	Program started Fall, 1971	Ade Schmahl
1972-73		Ade Schmahl
1973-74		Ade Schmahl
1974-75	Highest finish 3 of 10, 3-0 in duals	Don Jenkins
1975-76	3rd at Districts, 21st at State	Don Jenkins
1976-77	4th at Ramette	Don Jenkins
1977-78	4th at Ramette	Don Jenkins
1978-79		Don Jenkins
1979-80	(Made Conference Sport)	Ron Kauffman
1980-81	2nd at Clarinda	Ron Kauffman
1981-82	2nd at Conf., Creston, Mo. Valley	Bill Howe
1982-83	1st at A.L., Mo.Valley, Conf., 2nd at Ramette, L.C., R.O., Clarinda, 2nd at Districts, 3rd at State	Bill Howe
1983-84	1st at Ramette, Clar., Creston, 2nd at A.L., R.O., Atlantic, Mo. Valley	Leonard Griffith
1984-85	2nd at A.L., 3rd at Ramette, 3rd at P.I.	Brian Stanley
1985-86	2nd at A.L., L.C., 1st at Creston, 2nd at Shen., 3rd at Atlantic, 1st at Conf., 2nd at Districts, 6th at State	Brad Rasmussen
1986-87	1st at Glenwood, 3rd at A.L. L.C., 2nd at R.O., 3rd at Clar.	Brad Rasmussen
1987-88	4th at Glenwood, R.O., Shen., 2nd at L.C., 3rd at Creston, Conf., Jenny O'Grady qualified for State at the District Meet by placing 4th, Jenny O'Grady placed 38th at State	Brad Rasmussen

1988-89	4th at Glenwood, 2nd at L.C., 3rd at Conf., Senior Jenny O'Grady qualified for State by placing 4th at Districts, Jenny O'Grady placed 20th at State (12:42, only 1 second from her Personal Best set at the State Meet her Freshman year of 12:41)	Brad Rasmussen
1989-90	1st at Clarinda	Brad Rasmussen
1990-91	3rd at Shenandoah	Brad Rasmussen
1991-92	Shawna Wagner=The goal of 75% at Districts	Brad Rasmussen
1992-93	The team finish at Districts 9/20, Melissa Esterling beats 79% at Districts, Stephanie Schoening beats 75% at Districts.	Brad Rasmussen
1993-94	Stephanie Schoening placing 10th in the H-10 Conference meet. Stephanie Schoening beating 88% of the runners at the District Meet.	Brad Rasmussen
1994-95	3rd at A.L., 3rd at Panorama, 2nd at Nebraska City, Lindsey Newman placing 6th in the H-10 Conference meet. Lindsey Newman qualified for State at the District meet by placing 10th. Lindsey placed 74th at State.	Brad Rasmussen
1995-96	2nd at A.L., 4th at Red Oak, 2nd at Nebraska City, Competing at the 3A District Meet.	Brad Rasmussen
1996-97		Brad Rasmussen
1997-98	An improved season, 8th place finish in the Conference, <u>We need to start next fall where we left off this season.</u>	Brad Rasmussen
1998-99	5th place - Creston 2nd place - Nebraska City 4th place - Shenandoah	Brad Rasmussen

1999-00	Emily Evans improved performances - Her All Conference Placing	Brad Rasmussen
2000-01	The Team being ranked as high as 5 <sup>th</sup> in S.W.I. The desire by the athletes To compete at a higher Level. Alix Causse being Ranked in S.W.I.- Her 5 <sup>th</sup> place at the Conference meet and a member of the 1 <sup>st</sup> team All Conference Team. Lynette Woodrow and her effort during the the season. Her attitude of wanting to work hard to improve. Her consistency all season and her performance at Districts.	Brad Rasmussen
2001-02	3 <sup>rd</sup> at A.L., Brenda Pavelka desire to learn and improve as the season progressed. Her attitude of TEAM UNITY. Her new records, 5 <sup>th</sup> place finish at Conference and a member of the 1 <sup>st</sup> team All Conference Team. Her 5 <sup>th</sup> place finish at Districts and qualifying for the State Meet. Her 25 <sup>th</sup> place finish at the State Meet. Lynette Woodrow's Leadership and effort to push others to improve. Lynette and Emily Evans being selected to the All Conference Academic Team.	Brad Rasmussen
2002-03	Higher Numbers, Brenda Pavelka 12 <sup>th</sup> place finish at Districts. Amber Sondag improved season and her determined attitude.	Brad Rasmussen
2003-04	Higher Numbers, Better Winning Percentage	Brad Rasmussen
2004-05	2 <sup>nd</sup> at Glenwood, 1 <sup>st</sup> at A.L., 2 <sup>nd</sup> at Clarinda, 1 <sup>st</sup> at Creston, 3 <sup>rd</sup> at Regionals, 15 <sup>th</sup> at State	Brad Rasmussen
2005-06	2 <sup>nd</sup> at Glenwood, 1 <sup>st</sup> at Creston, 3 <sup>rd</sup> at Conference, Jordan Williams Qualifying For State	Brad Rasmussen

2006-07	Higher Numbers, 3 <sup>rd</sup> at Clarinda	Brad Rasmussen
2007-08		Brad Rasmussen
2008-2009	3 <sup>rd</sup> at Nebraska City 4 <sup>th</sup> at Shenandoah Coaching with my Son - Eric Team Unity	Brad Rasmussen
2009-2010	2 <sup>nd</sup> at Nebraska City Coaching with my son - Eric	Brad Rasmussen