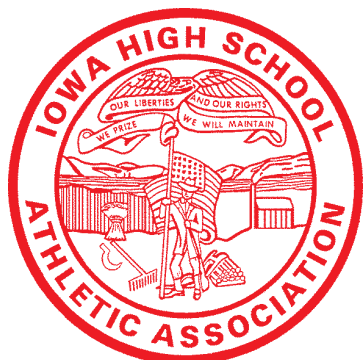


2006 IHSAA
CROSS COUNTRY
STATE MEET HISTORY
and STAT BOOK



**INCLUDES TEAM & INDIVIDUAL CHAMPIONS,
RUNNERS-UP & MEET RECORDS
THRU 2005 STATE CHAMPIONSHIPS**

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77th Year for IHSAA State Cross Country

Notice to Coaches, Media & the Public: This fall Iowa celebrates its 77th Annual State Championship Meet on October 28. It is one of the nation’s longest continuous running meets and this book in part pays tribute to the athletes, coaches and schools who have figured so prominently in that history. We have attempted to improve the information in this book each year, and need to find only the names of 7 runners -- one each in 1936 (21st) and 1937 (8th) from Iowa City, University High; two performers from Des Moines East in 1943 (2nd and 3rd) and the Mechanicsville team that finished 1-2-3. As you review the information presented, if you detect an error or know the names of the above runners please contact Bud Legg in our office (email: blegg@iahsaa.org).

MISSION STATEMENT

“The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, an awareness is expected of the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed by the Iowa High School Athletic Association as a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.”

TEAM CHAMPIONS - YEAR-BY-YEAR

1922	Cedar Rapids	5-7-8	20
1923	Iowa City	2-3-5	10
1924	Shellsburg	3-?-?	21
1925	(tie) Dubuque	3-?-?	28
	Fort Madison	4-?-?	28
1926	Fort Madison	5-6-16	27
1927	Iowa City, University High	5-6-16	27
1928	Keokuk	1-4-11	16
1929	Muscatine	1-4-9	14

State Championships Conducted Under the Auspices of the IHSAA Started in 1930

1930	Muscatine	T-1 & 2-14	17
1931	Ottumwa	4-?-?	23
1932	Ottumwa	2-6-7	15
1933	Ottumwa	2-13-18	33
1934	Muscatine	3-4-5	12
1935	Oskaloosa	2-3-4	9
1936	A Oskaloosa	2-5-9	16
	B Iowa City, University High	4-18-21	43
1937	A Des Moines, East	1-5-12	18
	B Iowa City, University High	2-4-8	14
	C Clarence	2-3-9	14
1938	A Oskaloosa	2-5-11	18
	B Iowa City, University High	4-5-11	20
	C Thornburg	1-5-10	16
1939	A Knoxville	2-4-9	15
	B Williamsburg	5-15-16	36
	C Martinsburg	20-25-27	72
1940	A Ottumwa	3-5-6	14
	B Iowa City, University High	1-2-4	7
	C LeClaire	2-3-4	9
1941	A Des Moines, East	3-4-5	12
	B Iowa City, University High	1-2-6	9
	C Minburn	3-5-7	15
1942	A Des Moines, East	1-4-5	10
	B Iowa City, University High	1-2-4	7
1943	A Des Moines, East	1-2-3	6
	B Iowa City, University High	2-3-5	10
	C Mechanicsville	1-2-3	6
1944	A Des Moines, North	3-5-6	14
	B Iowa City, University High	1-2-3	6
	C Mechanicsville	1-3-4	8

Team Champions Year-by-Year cont'd

1945	A	Des Moines, North	4-5-7	16
	B	Marion	2-3-4	9
	C	Mechanicsville	1-2-3	6
1946	A	Des Moines, North	3-5-15	23
	B	Marion	1-2-5	8
	C	Mechanicsville	2-3-4	9
1947	<i>Individual Race run but no team scores in classes kept</i>			
1948	AA	Council Bluffs, Abraham Lincoln	1-3-5	9
	A	Cedar Rapids, Roosevelt	1-2-5	8
	B	Marion	2-3-5	10
	C	Napier	2-3-4	9
1949	AA	Des Moines, East	1-4-15	20
	A	Fairfield	1-3-5	9
	B	Marion	1-2-3	6
	C	Ollie	1-2-4	7
1950	AA	Des Moines, North	3-6-7	16
	A	Des Moines, Tech	1-3-7	11
	B	(Tie) Monroe	1-3-10	14
		and Marion	2-4-8	14
C	Fremont	3-4-5	12	
1951	AA	Davenport	6-7-8	21
	A	(Tie) Cedar Rapids, Roosevelt	3-4-5	12
		and Charles City	1-2-9	12
	B	Marion	2-5-9	16
C	Stanley	1-4-8	13	
1952	AA	Des Moines, North	1-3-8	12
	A	Marion	1-4-5	10
	B	Eldora	1-2-4	7
	C	Underwood	1-4-8	13
1953	AA	Des Moines, North	1-6-10	17
	A	Marion	1-3-5	9
	B	Eldora	1-2-3	6
	C	Underwood	1-2-8	11
1954	AA	Des Moines, Tech	2-8-11	21
	A	Marion	1-3-6	10
	B	Eldora	2-3-5	10
	C	Underwood	2-3-6	11
1955	AA	Des Moines, Tech	1-9-15	25
	A	Valley, West Des Moines	1-3-5	9
	B	LeClaire	1-3-4	8
	C	Elliott	5-8-10	23
1956	AA	Des Moines, Tech	7-8-10	25
	A	Clarinda	2-3-4	9
	B	LeClaire	1-2-4	7
	C	Sheffield	1-5-9	15
1957	AAA	Sioux City, Central	1-5-6	12

Team Champions Year-by-Year cont'd

	AA	Oskaloosa	1-6-7	14
	A	Decorah	2-3-10	15
	B	Saydel	1-9-12	22
	C	Menlo	1-5-8	14
1958	AAA	Sioux City, Central	2-3-16	21
	AA	Decorah	1-2-8	11
	A	Marion	3-6-11	20
	B	Sheffield	3-4-7	14
	C	LuVerne	3-6-7	16
1959	AAA	Des Moines, Tech	2-3-6	11
	AA	Decorah	1-5-9	15
	A	College Springs, South Page	3-8-11	22
	B	Underwood	1-6-10	17
	C	LuVerne	1-2-5	8
1960	AAA	Des Moines, Tech	2-5-6	13
	AA	Marshalltown	3-5-11	19
	A	Winterset	1-4-7	12
	B	College Springs, South Page	1-6-11	18
	C	LuVerne	1-2-9	12
1961	AAA	Sioux City, Central	1-2-7	10
	AA	Marshalltown	1-3-5	9
	A	West Sioux, Hawarden	1-2-3	6
	B	Odebolt-Arthur	3-7-10	20
	C	Klemme	1-2-3	6
1962	AAA	Des Moines, Tech	1-3-4	8
	AA	Valley, West Des Moines	1-4-10	15
	A	Clarinda	2-8-12	22
	B	(Tie) Odebolt-Arthur	3-6-18	27
		and Sheffield-Chapin	7-8-12	27
	C	LuVerne	1-4-7	12
1963	AAA	Sioux City, Central	1-7-8	16
	AA	Grinnell-Newburg	8-10-16	34
	A	Clarinda	2-3-5	10
	B	Anita	2-5-8	15
	C	Sheffield-Chapin	3-4-7	14
1964	AAAA	Sioux City, Central	1-2-3	6
	AAA	Marshalltown	1-4-5	10
	AA	Decorah	5-9-13	27
	A	Odebolt-Arthur	2-4-10	16
	B	Anita	1-2-12	15
	C	Miles	2-6-12	20
1965	AAAA	Sioux City, Central	1-2-3	6
	AAA	Marshalltown	1-2-3	6
	AA	Red Oak	1-8-13	22
	A	Aquin, Cascade	3-10-16	29
	B	Madrid	1-6-12	19
	C	Charles City, Immaculate Conception	1-9-11	21
1966	AAAA	Sioux City, Central	1-2-3	6
	AAA	Marshalltown	1-4-12	17

Team Champions Year-by-Year cont'd

	AA	(tie) Red Oak	4-7-13	24
		and Decorah	5-9-10	24
	A	Aquin, Cascade	1-4-14	19
	B	Farragut	1-12-19	32
	C	Lincoln Centra1, Gruver	2-8-20	30
1967	AAAA	Sioux City, Central	1-3-4	8
	AAA	Ames	2-3-10	15
	AA	Red Oak	1-2-4	7
	A	Decorah	2-4-26	32
	B	Pekin, Packwood	2-7-8	17
	C	(tie) North Winneshiek, Decorah	6-10-14	30
		and Cedar Valley, Somers	7-11-12	30
1968	AAAA	Des Moines, Lincoln	4-5-20	29
	AAA	Ames	2-3-6	11
	AA	Urbandale	1-3-9	13
	A	Decorah	1-2-5	8
	B	Pekin, Packwood	4-8-10	22
	C	Miles	1-3-6	10
1969	AAAA	Cedar Falls	4-9-26	39
	AAA	Columbus, Waterloo	1-3-12	16
	AA	Ankeny	2-6-11	19
	A	Chariton	6-7-18	31
	B	Central Lyon, Rock Rapids	3-7-9	19
	C	BCL, Conrad	2-3-13	18
	D	Miles	2-3-12	17
1970	AAAA	Waterloo, West	3-7-8-28	46
	AAA	Des Moines, Hoover	3-9-10-15	37
	AA	Urbandale	5-8-9-11	33
	A	Osage	9-14-15-32	70
	B	Aquinas, Fort Madison	1-8-11-13	33
	C	BGM, Brooklyn	4-6-16-20	46
	D	Garnavillo	9-11-?-?	52
1971	AAAA	Davenport, Central	2-15-21 24	62
	AAA	Columbus, Waterloo	1-3-9-10	23
	AA	Indianola	6-9-10-14	39
	A	Sheldon	2-5-12-36	55
	B	Aquinas, Fort Madison	2-5-12-14	33
	C	Johnston	6-7-14-15	42
	D	Notre Dame, Cresco	6-8-9-14	37
1972	AAAA	Mason City	1-5-6-8	20
	AAA	Columbus, Waterloo	1-3-5-7	16
	AA	Indianola	1-2-9-10	22
	A	Decorah	4-9-12-16	41
	B	Johnston	7-8-10-31	56
	C	Tri-County, Thornburg	8-11-18-22	59
	D	Garnavillo	5-7-8-16	36
1973	AAAA	Mason City	7-11-13-23	54
	AAA	Ames	1-6-14-24	45
	AA	Lewis Central, Council Bluffs	1-7-13-17	38
	A	Western Christian, Hull	6-9-12-13	40
	B	Johnston	2-4-6-20	32

Team Champions Year-by-Year cont'd

	C	Milford	10-16-19-21	66
	D	(Tie) Garnavillo	4-12-23-36	75
		and Dike	15-16-18-26	75
1974	AAAA	Marshalltown	5-6-12-25	48
	AAA	Dowling, West Des Moines	4-9-10-16	39
	AA	Assumption, Davenport	2-3-24-27	56
	A	Decorah	3-11-12-32	58
	B	Shenandoah	2-7-13-24	46
	C	Dike	9-13-14-24	60
	D	Sanborn	4-5-13-40	62
1975	AAAA	Marshalltown	2-4-11-38	55
	AAA	Ames	2-3-8-20	33
	AA	Waverly-Shell Rock	5-9-10-13	37
	A	Shenandoah	1-7-14-21	43
	B	Tipton	1-2-8-15	26
	C	Aquin, Cascade	2-10-34-40	86
	D	Odebolt-Arthur	6-11-12-34	63
1976	AA	Clinton	4-5-22-29	60
	A	Decorah	8-10-16-19	53
	B	Unity Christian, Orange City	5-6-9-24	44
	C	Bancroft, St. John	1-3-6-11	21
1977	AA	Des Moines, Hoover	1-15-16-36	68
	A	Decorah	2-8-23-34	67
	B	Unity Christian, Orange City	3-4-12-20	39
	C	Bancroft, St. John	3-4-9-25	41
1978	AA	Muscatine	6-7-12-15	40
	A	Decorah	6-11-19-20	56
	B	Aquinas, Fort Madison	8-12-13-14	47
	C	Garnavillo	7-12-13-19	51
Joint IHSAA-IGHSAU State Championships Started in 1979				
1979	AA	Clinton	2-8-14-24	48
	A	Centerville	19-25-27-32	103
	B	Newman Catholic, Mason City	2-8-16-20	46
	C	Aquinas, Fort Madison	3-5-6-25	39
1980	AA	Waverly-Shell Rock	8-12-23-51	94
	A	Knoxville	4-8-18-33	63
	B	Kee, Lansing	3-4-5-19	31
	C	Cardinal Stritch, Keokuk	2-4-15-41	62
1981	3-A	Clinton	1-21-27-39	88
	2-A	Sheldon	1-4-19-28	52
	1-A	Kee, Lansing	1-2-17-25	45
1982	3-A	Clinton	3-7-11-24	45
	2-A	Western Christian, Hull	1-5-15-48	69
	1-A	Kee, Lansing	4-12-14-22	52
1983	3-A	Ames	4-9-16-19	48
	2-A	Cascade	5-12-14-58	89
	1-A	Unity Christian, Orange City	13-16-22-24	75

Team Champions Year-by-Year cont'd

1984	3-A	Clinton	4-13-15-16	48
	2-A	Eagle Grove	6-20-26-43	95
	1-A	NUH, Cedar Falls	1-7-17-35	60
1985	3-A	Dowling, West Des Moines	3-8-15-36	62
	2-A	Cascade	3-13-20-25	61
	1-A	NUH, Cedar Falls	3-7-40-48	98
1986	3-A	Clinton	1-10-16-19	46
	2-A	Cascade	9-10-14-18	51
	1-A	Woodbine	6-17-18-40	81
1987	3-A	Dubuque, Senior	13-14-16-21	64
	2-A	Eagle Grove	10-11-12-13	46
	1-A	Woodbine	5-9-22-31	62
1988	3-A	Iowa City, West	4-16-28-33-34	115
	2-A	Shenandoah	1-17-20-21-33	92
	1-A	Kee, Lansing	10-16-17-19-25	87
1989	3-A	Ames	4-6-10-27-53	100
	2-A	Shenandoah	3-6-7-9-26	51
	1-A	Kee, Lansing	3-12-15-16-19	70
1990	3-A	Muscatine	1-7-22-27-40	97
	2-A	Decorah	2-3-6-18-28	57
	1-A	Jesup	8-11-14-27-36	96
1991	3-A	Iowa City, City High	5-8-16-18-37	84
	2-A	Shenandoah	4-7-11-20-31	73
	1-A	Williamsburg	13-16-19-22-32	102
1992	3-A	Iowa City, City High	3-9-12-16-33	73
	2-A	Decorah	1-7-8-32-36	84
	1-A	St. Albert, Council Bluffs	2-8-12-14-20	56
1993	3-A	Iowa City, City High	5-6-9-12-13	45
	2-A	Waukon	4-5-14-17-19	59
	1-A	Regina, Iowa City	2-3-6-25-36	72
1994	3-A	Iowa City, City High	7-12-21-23-24	87
	2-A	Humboldt	2-3-6-38-44	93
	1-A	Denver	1-2-9-26-29	67
1995	3-A	Dubuque, Senior	1-2-3-20-28	54
	2-A	Waukon	2-4-12-17-20	55
	1-A	Iowa Mennonite, Kalona	9-13-20-22-31	95
1996	3-A	Iowa City, City High	4-11-12-18-25	70
	2-A	Waukon	2-3-5-9-10	29
	1-A	Calamus-Wheatland	1-8-26-34-39	108
1997	3-A	Iowa City, City High	11-16-19-20-23	89
	2-A	Waukon	6-9-14-17-28	74
	1-A	Regina, Iowa City	3-5-11-13-16	48
1998	3-A	Dubuque, Senior	11-15-16-18-33	93
	2-A	Waukon	3-10-14-32-39	98
	1-A	Regina, Iowa City	8-10-21-23-36	98

Team Champions Year-by-Year cont'd

1999	3-A	Iowa City, City	11-12-13-15-18	69
	2-A	Waukon	7-14-24-39-40	124
	1-A	West Sioux, Hawarden	4-12-17-18-41	92
2000	3-A	Iowa City, City	7-15-19-23-26	90
	2-A	Central Clinton, DeWitt	4-10-15-19-21	69
	1-A	Wapsie Valley, Fairbank	12-14-19-26-36	107
2001	3-A	Des Moines Roosevelt	2-5-14-34-47	102
	2-A	Central Clinton, DeWitt	4-8-11-41-47	111
	1-A	Bennett-Durant	18-21-22-24-26	111
2002	3-A	Des Moines Roosevelt	4-6-7-13-21	51
	2-A	Waukon	3-4-11-28-78	124
	1-A	Nodaway Valley, Greenfield	13-16-26-31-38	124
2003	4-A	Des Moines Roosevelt	1-2-4-16-22	45
	3-A	Wahlert, Dubuque	11-30-31-33-38	143
	2-A	Western Christian, Hull	4-13-20-22-26	85
	1-A	Regina, Iowa City	19-20-32-36-47	154
2004	4-A	Cedar Falls	8-9-10-31-33	91
	3-A	Wahlert, Dubuque	1-10-19-20-22	72
	2-A	Regina, Iowa City	12-27-28-33-36	136
	1-A	Wapsie Valley, Fairbank	12-24-32-36-76	180
2005	4-A	Cedar Falls	6-8-12-34-39	99
	3-A	Mount Vernon-Lisbon	8-10-17-24-25	84
	2-A	Western Christian, Hull	2-20-25-54-78	179
	1-A	Wapsie Valley, Fairbank	10-11-15-20-48	104

IHSAA STATE CHAMPIONSHIP TEAMS - Alphabetical

Ames	1967, 68, 73, 75, 83, 89	6
Anita	1963, 64	2
Ankeny	1969	1
Aquin, Cascade	1965, 66, 75	3
Aquinas, Fort Madison	1970, 71, 78, 79	4
Assumption, Davenport	1974	1
Bancroft, St. John	1976, 77	2
BCL, Conrad	1969	1
Bennett-Durant	2001	1
BGM, Brooklyn	1970	1
Calamus-Wheatland	1996	1
Cardinal Stritch, Keokuk	1980	1
Cascade	1983, 85, 86	3
Cedar Falls	1969, 2004, 05	3
Cedar Rapids, Roosevelt	1948, 51	2
Cedar Valley, Somers	1967	1
Centerville	1979	1
Central Clinton, DeWitt	2000, 2001	2
Central Lyon, Rock Rapids	1969	1
Chariton	1969	1
Charles City, Immaculate Conception	1965	1
Clarence	1937	1

State Championship Teams - Alphabetical cont'd

Clarinda	1956, 62, 63	3
Clinton	1976, 79, 81, 82, 84, 86	6
College Springs, South Page	1959, 60	2
Columbus, Waterloo	1969, 71, 72	3
Council Bluffs, Abraham Lincoln	1948	1
Davenport, Central	1951, 71	2
Decorah	1957, 58, 59, 64, 66, 67, 68, 72, 74, 76, 77, 78, 90, 92	14
Denver	1994	1
Des Moines, East	1937, 41, 42, 43, 49	5
Des Moines, Hoover	1970, 77	2
Des Moines, Lincoln	1968	1
Des Moines, North	1944, 45, 46, 50, 52, 53	6
Des Moines, Roosevelt	2001, 02, 03	3
Des Moines, Tech	1950, 54, 55, 56, 59, 60, 62	7
Dike	1973, 74	2
Dowling, West Des Moines	1974, 85	2
Dubuque, Senior	1987, 95, 98	3
Eagle Grove	1984, 87	2
Eldora	1952, 53, 54	3
Elliott	1955	1
Fairfield	1949	1
Farragut	1966	1
Fremont	1950	1
Garnavillo	1970, 72, 73, 78	4
Grinnell	1963	1
Humboldt	1994	1
Indianola	1971, 72	2
Iowa City, City High	1923, 1991, 92, 93, 94, 96, 97, 99, 2000	9
Iowa City, University High	1936, 37, 38, 40, 41, 42, 43, 44	8
Iowa City, West	1988	1
Iowa Mennonite, Kalona	1995	1
Jesup	1990	1
Johnston	1971, 72, 73	3
Kee, Lansing	1980, 81, 82, 88, 89	5
Klemme	1961	1
Knoxville	1939, 80	2
LeClaire	1940, 55, 56	3
Lewis Central, Council Bluffs	1973	1
Lincoln Central, Gruver	1966	1
LuVerne	1958, 59, 60, 62	4
Madrid	1965	1
Marion	1945, 46, 48, 49, 50, 51, 52, 53, 54, 58	10
Marshalltown	1960, 61, 64, 65, 66, 74, 75	7
Martinsburg	1939	1
Mason City	1972, 73	2
Mechanicsville	1943, 44, 45, 46	4
Menlo	1957	1
Miles	1964, 68, 69	3

State Championship Teams - Alphabetical cont'd

Milford	1973	1
Minburn	1941	1
Monroe	1950	1
Mount Vernon-Lisbon	2005	1
Muscatine	1930, 34, 78, 90	4
Napier	1948	1
Newman Catholic, Mason City	1979	1
Nodaway Valley, Greenfield	2002	1
North Winneshiek, Decorah	1967	1
Notre Dame, Cresco	1971	1
NUH, Cedar Falls	1984, 85	2
Odebolt-Arthur	1961, 62, 64, 75	4
Ollie	1949	1
Osage	1970	1
Oskaloosa	1935, 36, 38, 57	4
Ottumwa	1931, 32, 33, 40	4
Pekin, Packwood	1967, 68	2
Red Oak	1965, 66, 67	3
Regina, Iowa City	1993, 97, 98, 2003, 04	5
Saint Albert, Council Bluffs	1992	1
Sanborn	1974	1
Saydel	1957	1
Sheffield-Chapin	1956, 58, 62, 63	4
Sheldon	1971, 81	2
Shenandoah	1974, 75, 88, 89, 91	5
Sioux City, Central	1957, 58, 61, 63, 64, 65, 66, 67	8
Stanley	1951	1
Tipton	1975	1
Tri-County, Thornburg	1938, 72	2
Underwood	1952, 53, 54, 59	4
Unity Christian, Orange City	1976, 77, 83	3
Urbandale	1968, 70	2
Valley, West Des Moines	1955, 62	2
Wahlert, Dubuque	2003, 04	2
Wapsie Valley, Fairbank	2000, 04, 05	3
Waterloo, West	1970	1
Waukon	1993, 95, 96, 97, 98, 99, 2002	7
Waverly-Shell Rock	1975, 80	2
West Sioux, Hawarden	1961, 99	2
Western Christian, Hull	1973, 82, 2003, 05	4
Williamsburg	1939, 91	2
Winterset	1960	1
Woodbine	1986, 87	2

CHAMPIONSHIP TEAM RUNNERS IN IHSA STATE MEET

(Runners who scored for champions listed in order of finish)

1930 Muscatine (John Garnes - Bob McElroy - John Wilson)

Championship Team Runners cont'd

- 1931 Ottumwa (John Schmidt - ??-??)
- 1932 Ottumwa (Richard Beebe - John Schmidt - Harold Kinsinger)
- 1933 Ottumwa (John Schmidt - John Beebe - Clifford Gardner)
- 1934 Muscatine (Bernard Berger - Gerald Wyman - Clark Brown)
- 1935 Oskaloosa (Ray Davis - Glenn Lee - Eugene Henson)
- 1936 A Oskaloosa (Neal Hamilton - Wayne Allgood - Glenn Sparks)
B Iowa City, University High (Edwin Myers - Charles Robbins - ??)
- 1937 A Des Moines, East (Carl Gustafson - Hoskins - Hansen)
B Iowa City, University High (Donald Spencer - Hager - ??)
C Clarence (Dale Winey - Leroy Preuss - Ed Winey)
- 1938 A Oskaloosa (Stanley McCarger - Rex Lee - Warren McCaulley)
B Iowa City, University High (Lynn Frazier - Don Welt - Van Martin)
C Thornburg (Raymond (Berl) Edmundson - Geyer - Rogers)
- 1939 A Knoxville (Harold Goebel - Howard Goebel - Bill Hanna)
B Williamsburg (Charles Fetzer - Robert Mahan - Owen Jones)
C Martinsburg (Ralph Zepp - Willis Knaak - Gary Hollingsworth)
- 1940 A Ottumwa (Danny Smith - Charles Sedore - Joe Lord)
B Iowa City, University High (Lynn Frazier - Fred Zollar - Frank Zollar)
C LeClaire (Kenneth McFate - Lewis Randolph - Russell Jaynes)
- 1941 A Des Moines, East (Ben Mills, Charles Harban, Martin Grandquist)
B Iowa City, University High (Fred Zollar-Frank Zollar-Ed Smith)
C Minburn (Bill Jackson-Dee Thompson-Gene Waters)
- 1942 A Des Moines, East (Martin Grandquist-William Chappell-Vance Walters)
B Iowa City, University High (Ed Smith-Robert Hartsock-Richard Terrill)
- 1943 A Des Moines, East (Vance Walters-??-??)
B Iowa City, University High (Dick Terrill-Robert Hartsock-Francis Harney)
C Mechanicsville (???-??-??)
- 1944 A Des Moines, North (Jack Copeland-Mac Baty-Eluis Kirkpatrick)
B Iowa City, University High (Richard Terrill-Stanley Murray-Robert Hartsock)
C Mechanicsville (Calvin Robinson-Don Gemberling-Casper Robinson)
- 1945 A Des Moines, North (Tom Moore-John Kemble-Mac Baty)
B Marion (Russell Benedict-Raymond Petersen-Neil Woods)
C Mechanicsville (Calvin Robinson-Casper Robinson-Glen Svoboda)
- 1946 A Des Moines, North (Tom Moore-Leland Graves-M.L. Kerr)
B Marion (Raymond Petersen-Eugene Hastings-Neil Wood)
C Mechanicsville (Edward Hanson-Glen Svoboda-Jack Hudachek)
- 1947 ***Individual Race Run but no team scores in classes kept***
- 1948 AA Co Bluffs, Abraham Lincoln (Charles Whitaker-Galen Hassen-Bernard Lainson)
A Cedar Rapids, Roosevelt (Ocie Trimble-Stan Petrick-Richard Wise)
B Marion (Allen Mally-Jack Edmunds-Don Dean)
C Napier (Arthur Trumbower-Phillip Anderson-Darrell Erickson)

Championship Team Runners cont'd

- 1949** AA Des Moines, East (Don Murray-Eugene Hart-Richard Larson)
A Fairfield (Larry Manary-Wayne Davis-James Hilleary)
B Marion (Richard Hotz-Allen Mally-Jack Edmunds)
C Ollie (Neal Bottger-Eugene Kessell-Charles Scearcy)
- 1950** AA Des Moines, North (Larry Graves-Jay LaVine-Dean Gates)
A Des Moines, Tech (Tom Burch-Ben Prewitt-Jerry Greenwell)
B TIE - Monroe (Dick Rupert-Harold Wagner-Harold Boyer)
and Marion (Richard Hotz-Jack Edmunds-John Kassler)
C Fremont (Paul Roquet-Paul Abernathey-Lawrence Schmitz)
- 1951** AA Davenport (Loren Wulf-Ira Dunsworth-Dick Kerr)
AA TIE - Cedar Rapids, Roosevelt (Eldon Hasley-George Johnson-Dave Anderson)
and Charles City (Bill Fleuher-Roy Bever-Stanley Tolliver)
B Marion (Gerald Walker-Ernie Gates-Eugene Gonsales)
C Stanley (Burton Moore-Tommy Doyle-Dewey Geary)
- 1952** AA Des Moines, North (Caesar Smith-Dan Marin-Oscar Maldonado)
A Marion (Jerry Walker-Leo Corporon-Eugene Gonsales)
B Eldora (Jerry Crosser-Clyde Callahan-Jerry Cleveland)
C Underwood (Garold Ryan-George Lee-Paul Ryan)
- 1953** AA Des Moines, North (Caesar Smith-Oscar Maldonado-Jerry Hawkins)
A Marion (Jerry Walker-Leo Corporon-Bob Fernow)
B Eldora (Dan Munson-Kenny Brock-Art Berg)
C Underwood (Paul Ryan-George Lee-Ed Turk)
- 1954** AA Des Moines, Tech (Brian Travis-Jim Black-Jim Jones)
A Marion (Dick Jacobs-Ron Franklin-Vince Holt)
B Eldora (Ken Brock-Art Berg-Dan Munson)
C Underwood (George Lee-Paul Ryan-Bob Hough)
- 1955** AA Des Moines, Tech (Brian Travis-Fred Keller-Dale McDaniel)
A Valley, WDM (Deryl King-Gary Crow-Jon Ingraham)
B LeClaire (Homer Lattimer-Tom Tilton-Jimmy Bremmer)
C Elliott (Lyle Shires-Dale Elwood-Jerry Thompson)
- 1956** AA Des Moines, Tech (Fred Keller-Jim Bell-Dave Murray)
A Clarinda (John Woolson-Ken Hughes-Jerry Carlson)
B LeClaire (Homer Lattimer-Tom Tilton-Jim Bremmer)
C Sheffield (Bill Eno-Don Wearda-Marv Corporon)
- 1957** AAA Sioux City, Central (Tom Rivers-Dave Pettit-Bob Carley)
AA Oskaloosa (Konrad Billhardt-Ivan Ancell-John Quarton)
A Decorah (Ronnie Olson-Wayne Benzing-Paul Estrem)
B Saydel (John Raveling-Bob Lowe-Jack Kyle)
C Menlo (Raymond Miller-Brian Stemm-Tom Adamson)
- 1958** AAA Sioux City, Central (Eugene Rave-Dave Pettit-John Peters)
AA Decorah (Ron Olson-Wayne Benzing-Don Roney)
A Marion (Dick Stickney-Don Grant-Robert McDowell)
B Sheffield (Bill Taylor-Marvin Corporon-Dennis Blankenship)
C LuVerne (Earl Hanselman-Kenny Wilhelm-Charles Weber)
- 1959** AAA Des Moines, Tech (David Brown-Gregary Leaper-Richard Helm)
AA Decorah (Ron Olson-Don Roney-Gary Hall)
A College Springs, South Page (Joe Henderson-Norman Johnston-Jim Ripley)

Championship Team Runners cont'd

- B Underwood (Ron Hough-Kenneth Cahrs-Larry Barganquast)
C LuVerne (Earl Hanselman-Paul Gilligan-John Schade)
- 1960** AAA Des Moines, Tech (Richard Helm-David Lee-Bruce Adair)
AA Marshalltown (John Readout-Bill Perry-George Bell)
A Winterset (Tom Good-Dennis Cline-Steven Cline)
B College Springs, South Page (Joe Henderson-Roger Hamm-Dennis McMillen)
C LuVerne (John Schade-Paul Gilligan-Bernard Schade)
- 1961** AAA Sioux City, Central (Don Rivers-Jim Wilson-Dennis Thomsen)
AA Marshalltown (John Readout-Steve Brintnall-Merrill Moore)
A West Sioux, Hawarden (Ed Eneboe-Tim White-Rodney Vellinga)
B Odebolt-Arthur (Dennis Anderson-Larry Johnson-Dennis Dinges)
C Klemme (Art Hoffman-Jerry Murray-Bill McCollaugh)
- 1962** AAA Des Moines, Tech (David Lee-Darryl Green-Bruce Adair)
AA Valley, WDM (Ron Griffith-Roger Hansen-Pat Redden)
A Clarinda (Merlin Lewis-Curtis Meier-Ronald Taylor)
B (TIE) Odebolt-Arthur (Dennis Dinges-Larry Johnson-Ben Buehler)
and Sheffield-Chapin (Lester Corporon-Ron Zickefoose-John LaRoque)
C LuVerne (Bernard Schade-George Hanselman-Ray Welter)
- 1963** AAA Sioux City, Central (Dave Compton-Steve Gerkin-Ed Jensen)
AA Grinnell-Newburg (Ed Humphrey-Gary Lawson-Dennis Palmer)
A Clarinda (Ronald Taylor-Galen Lininger-John Scrivner)
B Anita (Dennis Reed-Tom Denny-Larry Ruggles)
C Sheffield-Chapin (Charles Schmalbeck-Bill Loeffelhardt-Les Corporon)
- 1964** AAAA Sioux City, Central (Dave Compton-Steve Gerkin-Doug Smith)
AAA Marshalltown (Ken Gallagher-Ted Fulk-Jack Koerber)
AA Decorah (Greg Gilbertson-John Sheridan-Tom Sheridan)
A Odebolt-Arthur (Tom Halboth-Steve Thayer-Don Anderson)
B Anita (Tom Denny-Larry Ruggles-Brad Reed)
C Miles (Gorden Hansen-Charles Bales-George Ackerman)
- 1965** AAAA Sioux City, Central (Doug Smith-Steve Gerkin-John Samore)
AAA Marshalltown (Joe Rohach-Ted Fulk-Duane Berger)
AA Red Oak (Paul Fish-Don Jenkins-Steve Bowman)
A Aquin, Cascade (Calvin Coohy-Daniel Manternach-Mark Ressler)
B Madrid (Dick Jensen-Danny Woodlund-Kenny Woodlund)
C Charles City, Immaculate Conception (Joseph Byrne-Pat Regan-Steve Kuhn)
- 1966** AAAA Sioux City, Central (Doug Smith-Greg Coons-Ken Bern)
AAA Marshalltown (Joe Rohach-Ted Fulk-Steve Beatty)
AA (TIE) Red Oak (Bob Wilson-Paul Werts-Lynn Ellis)
and Decorah (Mark Aschim-David Morstad-Arvi Rebasso)
A Cascade, Aquin (Calvin Coohy-Dan Manternach-John Althoff)
B Farragut (Bernie Hughes-George Hughes-Tom Shull)
C Lincoln Central, Gruver (Mike Origer-Mike Nichols-Torval Eide)
- 1967** AAAA Sioux City, Central (Doug Smith-Rich Wilson-Steve Koson)
AAA Ames (Greg Denler-Dave Powell-Chuck Maurer)
AA Red Oak (Bob Wilson-Lynn Ellis-Paul Werts)
A Decorah (Mark Aschim-Dennis Ellingson-Arvi Rebasso)
B Pekin, Packwood (Larry Greiner-Vern Wonderlich-Randy Lowenberg)
C (TIE) North Winneshiek (Mark Quandahl-Norbert Lovstuen-Harold Rosendahl)
Cedar Valley, Somers (John Turner-Bob Carlson-Paul Welter)

Championship Team Runners cont'd

- 1968** AAAA Des Moines, Lincoln (John McDonald-Steve Nordenson-Phil Valgarino)
AAA Ames (Dave Powell-Hugh Collins-Tom Montay)
AA Urbandale (Tom Kielty-Ron Keller-Dave Meshek)
A Decorah (Mark Aschim-Dennis Ellingson-Jim Ziegelmaier)
B Pekin, Packwood (Randy Lowenberg-Joe Adam-Vern Wonderlich)
C Miles (Mike Cassaday-Steve Seamer-Pat Cassaday)
- 1969** AAAA Cedar Falls (Dan Alderman-Mike Wilson-Mike Hankins)
AAA Columbus, Waterloo (Dave Krantz-Mark Borich-Mike Burke)
AA Ankeny (Lee Schreurs-Mark Trusty-Dan Marquardt)
A Chariton (Gary Mason-Greg Lewis-Mike Patterson)
B Central Lyon, Rock Rapids (Stan Timmer-Roy Lubbers-Doug Dunn)
C BCL, Conrad (Bob Schleisman-Brad Stevens-David Juchems)
D Miles (Steve Seamer-Pat Cassiday-Gary Wilcke)
- 1970** AAAA Waterloo, West (Ron Peters-Larry Carter-Chip Meier-Dave Narveson)
AAA Des Moines, Hoover (Bob Hughes-Frank Willborne-Rich Hall-Tom Howland)
AA Urbandale (Mark Davis-Dave Steffen-Larry More-Bruce Bornman)
A Osage (Lawrence Indra-Loran Erdman-Pete Indra-Kevin Hanson)
B Aquinas, Ft. Madison (Charley Rump-Bill Wagner-Randy Bohl-Kurt Rump)
C BGM, Brooklyn (Ron Longnecker-Dave Bazyn-Garland Roth-Don Longnecker)
D Garnavillo (Gary Werger-Alan Werger-Rick Allyn-Russ Tindell)
- 1971** AAAA Davenport, Central (Gregg Newell-Frosty Borland-Tim Cornish-Mark Olson)
AAA Waterloo, Columbus (Bob Connell-Mike Powers-Dave Riley-Dale Hansen)
AA Indianola (Mike Burns-Jeff Allsup-Sean McGuire-John Essick)
A Sheldon (Rex Madsen-Dan Castle-Jeff Hesebeck-Pat Cappes)
B Aquinas, Ft. Madison (Charles Rump-Bill Wagner-Dennis Beach-Mike Huffman)
C Johnston (John Trier-Darrell Cox-Ron Gomis-Dan Heithoff)
D Notre Dame, Cresco (Jeff Fraser-Stan Potter-Bill Ferrie-Mark Montague)
- 1972** AAAA Mason City (Mark Johnson-Dave Runge-John Dunn-Barry Brandt)
AAA Waterloo, Columbus (Dale Hansen-Mike Duncan-Phil Schaffer-Dave Schmidt)
AA Indianola (Mark Bishop-Mike Buens-Shawn McGuire-Jeff Allsup)
A Decorah (Mike Nelson-Jeff Seim-Fred Schultz-Mike Sloan)
B Johnston (John Trier-Ron Comis-Darrell Cox-Steve Wickner)
C Thornburg, Tri-Co (Dave Briggs-Chuck Moore-Den Green-Jeff Goldsmith)
D Garnavillo (Gary Werger-Bob Rodenberg-Lon Kuehl-Russ Tindell)
- 1973** AAAA Mason City (Barry Brandt-John Dunn-Mike Jones-Mark Young)
AAA Ames (Mark Grover-Greg Prestemon-Dick Bailey-Dean Dass)
AA Lewis Central, CB (Boyd Nansel-Ed Croson-Don Wood-Andy Everson)
A Western Christian, Hull (Randy Grevengoed-Bernie Haan-Carl DeJongh-Evan Blom)
B Johnston (Ron Gomis-Darrell Cox-John Trier-Steve Wilener)
C Milford (Rod Stevenson-Bob Fitzpatrick-Don Bonney-Bruce Boles)
D (TIE) Garnavillo (Lon Kuehl-Bob Rodenberg-Jeff Portwine-Neil Davis)
Dike (Steve Bernhardt-Dan Nagel-Tim Nagel-Pat Murphy)
- 1974** AAAA Marshalltown (John Mulvihill-Mike Mattox-Jamie Hutcheson-W Chizek)
AAA Dowling, WDM (Tom Farrell-John McMichael-Paul Pappas-Marty Scaglione)
AA Assumption, Davenport (Gene McGivern-Dave Nix-Tony Valainis-Steve High)
A Decorah (Keith Ellingson-Jon Nelson-Randy Fitzgerald-Mark Williams)
B Shenandoah (Blair Renfro-Ray Shaw-Tom Fichter-Bob Warnemunde)
C Dike (Pat Murphy-Steve Bernhardt-Jim Hansen-Tim Nagel)
D Sanborn (Dwayne Camarigg-Alan Camarigg-Mark Remme-Jeff Lymer)
- 1975** AAAA Marshalltown (Jamie Hutcheson-Mike Mattox-Matt McCright-Kelley Lacina)
AAA Ames (Jon Mathiason-Chuck Gratto-John Aurand-Mitch Delaney)

Championship Team Runners cont'd

- AA Waverly-SR (Paul Franken-Tim Smith-Dennis Huston-Jim Thompson)
A Shenandoah (Blair Renfro-Wally Duffy-Tom Fichter-Dennis Scharp)
B Tipton (Brett Eggert-Joe Pelzer-Tom Weih-Ed Pelser)
C Aquin, Cascade (Pat Hayes-Jerry Decker-Phil Kauder-Jim Trumm)
D Odebolt-Arthur (Nate Kitterman-Randy Lundberg-Brad Gehrke-John Simpson)
- 1976** AA Clinton (Paul Rickerl-Mike Schall-Mike Holle-Bob Emmons)
A Decorah (Dave Averill-Lyle Klotzbach-Derek Loeb-Randy Fitzgerald)
B Unity Christian, Orange City(Greg Kuiper-Stanton Visser-Dan Kroeze-Dan Kuiper)
C Bancroft, St John (Larry Hellman-A1 Brandenburg-Tony Marlow-Ron Studer)
- 1977** AA DM, Hoover (Mike Diment-Marty Wiedemann-Dale Jankovitz-Tim Hall)
A Decorah (Randy Fitzgerald-Lyle Klotzbach-Tom Hasvold-Eric Henrikson)
B Unity Christian, O.C. (Stanton Visser-Dan Kroege-Mark Pluion-Dan Kuiper)
C Bancroft, St John(L Hellman-A1 Brandenburg-Ron Studer-Mark Bradley)
- 1978** AA Muscatine (Jeff Fick-Chris Ales-Tony Shellabarger-Mike Allbee)
A Decorah (Dave Averill-Brian Tjelta-Jon Estren-Tom Hasvold)
B Aquinas, Ft Madison (J McGee-S Welding-Randy Biemhorst-Bob McGee)
C Garnavillo (Brian Brase-Tom Berns-Art Gomez-Tracy Werges)
- 1979** AA Clinton (Jeff Jacobs-Shawn Spooner-Lorne Burgess-Rob Ebensberger)
A Centerville (Henry Moritz-Randy Felkner-Dwayne Johnson-Bill Weideman)
B Newman Cath., MC (Mike Karamitros-John Cahalan-Chuck Knapp-Dan Cahalan)
C Aquinas, Fort Madison (Jim McGee-Bob McGee-Glenn Steffensmeier-Steve Welding)
- 1980** AA Waverly-SR (Tom Cornish-Dan Huston-Joel Alexander-Mike Zrostlik)
A Knoxville (T.K.Wignall-Rick Kaster-Stacy Washington-Mike Ritter)
B Kee, Lansing (Mike Hawes-Brian Hawes-Shawn Connor-Keith Moore)
C Cardinal Strtch, Keokuk (Dan Schreck-Andrew Harsch-Jeff Bohnet-Mark Inman)
- 1981** 3-A Clinton (Jeff Jacobs-Jon Menges-Loran Storts-Tom Bentley)
2-A Sheldon (Bill Kerkeart-Steve Drenkow-Steve Tolk-Scott Engelhardt)
1-A Kee, Lansing (Brian Hawes-Shawn Connor-Dave Gruber-Keith Moore)
- 1982** 3-A Clinton (Loran Storts-Mike Asmus-Jon Menges-Jim Jungjohann)
2-A Western Christian (Mike Grevengoed-Mike Kooistra-Greg Van'kamp-Morry Horstmann)
1-A Lansing, Kee (Brian Hawes-Shawn Connor-Dave Gruber-Bill Wilkins)
- 1983** 3-A Ames (Jeff Burris-Dave Voss-Jim Thomas-Scott Whigham)
2-A Cascade (Kyle Kauder-Phil Decker-Brian Annis-Dave Hoffmann)
1-A Unity Christian (Henry Byl-Dennis Dokter-Randy Rowenhorst-Marlin Schoenhoven)
- 1984** 3-A Clinton (Jim Jungjohann-Mike Walker-Brad Wall-Russell Johnson)
2-A Eagle Grove (Tim Coltvvet-Mark Sampson-Jeff Pickering-Rick Coltvvet)
1-A Cedar Falls, Northern (Trent Timson-Steve Budlong-Kyle Christianson-Per Ove Berg)
- 1985** 3-A Dowling, WDM (John Schuster-Steve Schweizer-Kev Miller-Doug Biorger)
2-A Cascade (Doug Hunt-Phil Lindauer-Kevin Kearney-Matt Nauman)
1-A NUH,C Falls(Trent Timson--Kyle Christiason-Jon Klinkowitz-Jackson Lounsberry)
- 1986** 3-A Clinton (Brad Wall-Dave Ladehoff-Craig Andresen-Brian Wall)
2-A Cascade (Steve Kremer-Doug Hunt-Kevin Kearney-Pat Henneberry)
1-A Woodbine (Rich Barry-Rex Baxter-Jason Barry-Bill Stephany)
- 1987** 3-A Dubuque, Senior (Tory Tepp-Eric Walsh-Greg Hughes-Joe Marshall)
2-A Eagle Grove (Mark Sampson-Chris Tofteberg-Pat Wieth-Rick Coltvvet)
1-A Woodbine (Jason Barry-Rex Baxter-Scott Tucker-Bill Stephany)

Championship Team Runners cont'd

- 1988** 3-A Iowa City, West (Dean Colony-Brian Mildenstein-Sean Boyle-Damian Savarino-Todd Lane)
2-A Shenandoah (Brian Hornbuckle-Mike Falk-Jason Armstrong-Andy Campbell-Pat McDermott)
1-A Kee, Lansing (Max Flack-Jesse Delaney-Mike Mitchell-Andy Wagner-Paul Manning)
- 1989** 3-A Ames (Damon Hawn-Brian Campbell-Guy Willey-Steve Beaudry-Jon Ramsey)
2-A Shenandoah (Chris Willeman-Jason Armstrong-Pat McDermott-Andy Campbell-Brian Hornbuckle)
1-A Kee, Lansing (Jesse Delaney-Andy Wagner-Max Flack-Paul Manning-Eric Van Brocklin)
- 1990** 3-A Muscatine (Jonathan Estabrook-Ryan Willits-Ahren Gross-Chad Hanna-Steve Leach)
2-A Decorah (Brent McGrew-Chris Olson-Niels Anderson-Tobin Laursen-David Tollefson)
1-A Jesup (Chad Weber-Darin Kite-Matt Jones-Clint Even-Matt Erpelding)
- 1991** 3-A Iowa City, City High (Dave Novotny-Erik Frank-Steve Kurth-Josh Briggs-Mike Robinson)
2-A Shenandoah-Essex (Chris Willeman-Aaron Widger-Neil Shull-Brian Lee-Mick Sederburg)
1-A Williamsburg (Brad Dubbels-Shane Sandersfeld-Tony Folkmann-Brian Fetzer-Tyson Greiner)
- 1992** 3-A Iowa City, City High (Erik Frank-Steve Kurth-Jason Keese-Nile Heefner-Sam Argall)
2-A Decorah (Brent McGrew-Lynnfered Begay-Greg Suhr-Matt Svenson-Terry Hageman)
1-A St. Albert, Council (Corey Stock-Phil Hasenkamp-Shawn Jones-Danny Stock-Jason Smith)
- 1993** 3-A Iowa City, City High (Steve Kurth-Mike Robinson-Sam Argall-Ryan Slebos-A.J. Johnson)
2-A Waukon (Adam Kolsrud-Mike Cunningham-Kevin Egan-Chris Hoisington-Joey Zimmerli)
1-A Regina, Iowa City (T.J. Craig-Brett Jondle-Brian Donohoe-Marty Nozena-Matt Bielicke)
- 1994** 3-A Iowa City, City (Ross Conklin-Jesse Ammerman-Ryan Slebos-Tim Ocheltree-John McMurray)
2-A Humboldt (Jon Lindaman-Chris Taylor-Mike Staver-Michael Carlson-Trent Biederman)
1-A Denver (Josh Illian-Clint Coberly-Aaron Homan-Jeff Brettman-Dave Hansen)
- 1995** 3-A Dubuque, Senior (Rob Brock-Trent Corey-David Repass-Nate Smith-Christian Borgwardt)
2-A Waukon (Nick Nordheim-Chris Hoisington-Mike Cunningham-Abe Regan-Brad Peter)
1-A Iowa Mennonite, Kalona (J.J. Roetlin-Brian Miller-Randy Ho-Joel Beachy-David Huerta)
- 1996** 3-A Iowa City, City High (Mark McPherson-John Hensley-T.J. Elbert-Luke Young-Jacob Smith)
2-A Waukon (Nick Nordheim-Mike Cunningham-Chris Hoisington-Brad Peter-Abe Regan)
1-A Calamus-Wheatland (Tait Steines-Josh Maxwell-Kerry Burzlaff-Camden Bousset-Jeff Leinen)
- 1997** 3-A Iowa City, City High (Bob Moreno-John Farlinger-David Rogers-John Hensley-Eric Mittman)
2-A Waukon (Justin Larson-Eddie Frick-Steve Winters-Joe Johnson-Chris Beardmore)
1-A Regina, Iowa City (Justin Kron-Cam Messier-Tony Bothell-Matt McCue-Jason Figg)
- 1998** 3-A Dubuque, Senior (Tim Orris-Chris Borgwardt-Jim Rang-Chris Coffey-Tyler Borgwardt)
2-A Waukon (Eddie Frick-Cody Kammeyer-Kirk Deal-Ben Stamper-Josh Tweedy)
1-A Regina, Iowa City (Cam Messier-Tony Bothell-Masashi Shiokawa-Matt McCue-Spencer Kathol)
- 1999** 3-A Iowa City, City (Eric Mittman-Bob Moreno-Paul Kresowik-Quincy Ely-Cate-Jeff Spence)
2-A Waukon (Eddie Frick-Kirk Deal-Ben Stamper-Cody Kammeyer-Justin Lyons)
1-A West Sioux, Hawarden (Jerod Bruget-Dan Huitink-Ross Koopmans-Derek Bockelman-Greg Schouten)
- 2000** 3-A Iowa City, City (Jeremy Mims-Jon Lamb-Quincy Ely-Cate-Mark Kresowik-Bo Rydze)
2-A Central Clinton (Matt Niemann-Shawn Dunnegan-Kevin Hansen-Tyler Mueller-Mitch Hansen)
1-A Wapsie Valley (Andrew Westendorf-Ryan Cox-Josh Moen-Keith Brunscheon-Mike Leehey)
- 2001** 3-A Des Moines, Roosevelt (Andy Johnson-Autin Williamson-Dave Deng-Thom Waters-Pat Tonka)
2-A Central Clinton, DeWitt (Tyler Mueller-Shawn Dunnegan-Mitch Hanson-Zach Betz-Ben Hall)
1-A Bennett-Durant (Justin Buesing-Kaylon Spengler-Chad August-Adam Price-Jack Flack)
- 2002** 3-A Des Moines, Roosevelt (Austin Williamson-Kiel Uhl-Jon Thomas-Yawusa Kinda-Jeremiah Donga)
2-A Waukon (Junior Swart-Andy Schon-Tom Cunningham-Eric Osterhaus-Corbett Grimstad)
1-A Nodaway Valley, Greenfield (Mark Holan-Micah Holan-Heath Brown-Lance Queck-Alan Miller)

Championship Team Runners cont'd

- 2003** 4-A Des Moines Roosevelt (Jon Thomas-Kiel Uhl-Austin Williamson-Thom Walters-Jeremiah Donga)
 3-A Wahlert, Dubuque (Ryan Dolan-John Page-Brian Kocj-Matt Ross-Andrew Weber)
 2-A Western Christian, Hull (Brett Kroeze, Derek Kraayenbrink-Zach VanGinkel-Aaron Teerink-Darin Keizer)
 1-A Regina, Iowa City (Tom Ries-Matt Larew-Michael Sinkey-John Dwyer-Chase Wombacher)
- 2004** 4-A Cedar Falls (Brian Chenoweth-Steve Arntson-Dan Chenoweth-Jason Mitchell-D.J. Gillrett)
 3-A Wahlert, Dubuque (Ryan Dolan-Scott Breifelder-Jacob Bahl-Tyler Meyer-Brian Koch)
 2-A Regina, Iowa City (Robert Ingram-Michale Sinkey-John Dwyer-Jeff Ross-Tom Ries)
 1-A Wapsie Valley, Fairbank (Corey Happel-Chris Moen-Ethan Conner-Kory Heineman-Lee Schnedier)
- 2005** 4-A Cedar Falls (Steve Arntson, Jason Mitchell, Alex Mark, Patrick Davis, Jason Knox)
 3-A Mount Vernon-Lisbon (Jake Vozenilek-Eyasu Russell-Keeghan Kuhn-Fitsum Russell-Aaron Schmidt)
 2-A Western Christian, Hull (Dalton Lems-Zach Van Ginkel-Jon Bierma-Darin Keizer-Josh Van Grouw)
 1-A Wapsie Valley, Fairbank (Keith Ryan, Kory Heineman, Corey Happel, Ethan Conner, John Schmitz)

INDIVIDUAL CHAMPIONS - Year-by-Year

Note: Some year's times and first names were not available

2 miles

- 1922** Gerald Vincent, Ottumwa
1923 Gerald Vincent, Ottumwa
1924 Ralph Cozine, Iowa City, University High
1925 Ralph Cozine, Iowa City, University High
1926 Ralph Cozine, Iowa City, University High
1927 Van Epps, Iowa City, University High
1928 John Garnes, Muscatine
1929 John Garnes, Muscatine

First Official IHSAA Meet in 1930

- 1930** (tie) John Garnes & Bob McElroy, Muscatine 11:00.5
1931 Warren King, Muscatine 11:12.3
1932 Matthew Bolsem, Oskaloosa 10:40.6
1933 Dale Wood, Mechanicsville 10:55.7
1934 John Beebe, Ottumwa

1.9 miles

- 1935** Vernon (Mike) Evans, Des Moines, East
1936 Vernon (Mike) Evans, Des Moines, East 10:40.4
- 1937** A Carl Gustafson, Des Moines, East 10:51.5
 B Marvin Davis, Lamont
 C Paul Hammill, LeClaire
- 1938** A Vernon Matsen, Ames 11:19.3
 B George Vacik, West Branch 11:15.0
 C Raymond (Berl) Edmundson, Thornburg 12:07.4
- 1939** A Harold Goebel, Knoxville 10:29.8
 B Richard Wilson, Adel 10:20.6
 C Raymond (Berl) Edmundson, Thornburg 10:34.3
- 1940** A Louis Loper, Council Bluffs, Abraham Lincoln 10:35.2
 B Lynn Frazier, Iowa City, University High 10:42.4
 C Raymond (Berl) Edmundson, Thornburg 10:45.0
- 1941** A William McLennon, Dubuque 11:17.2
 B Fred Zoller, Iowa City, University High 11:37.6
 C William Jackson, Minburn 12:06.7

Individual Champions - Year-by-Year cont'd

1942	A	Martin Grandquist, Des Moines, East	11:33.2
	B	Edward Smith, Iowa City, University High	12:54.0
	C	<i>No Race Contested</i>	
1943	A	Vance Walters, Des Moines, East	11:13.5
	B	John Oxley, Marion	11:26.7
	C	, Mechanicsville	11:38.4
1944	A	Paul Sloan, Des Moines, East	10:52.5
	B	Richard Terrill, Iowa City, University High	10:58.0
	C	Calvin Robinson, Mechanicsville	10:59.0
1945	A	Paul Sloan, Des Moines, East	10:26.4
	B	Richard Terrill, Iowa City, University High	11:19.5
	C	Calvin Robinson, Mechanicsville	11:29.8
1946	A	Jack Davis, Iowa City	10:32.7
	B	Raymond Petersen, Marion	10:57.5
	C	Jack O'Meara, Delmar	11:07.0
1947	A	Jack Davis, Iowa City	NT
	B	<i>Not contested due to weather</i>	
	C	<i>Not contested due to weather</i>	
1948	AA	Charles Whiteaker, Council Bluffs, Abraham Lincoln	10:51.4
	A	Ocie Trimble, Cedar Rapids, Roosevelt	10:13.0
	B	Dick McConnell, Nevada	11:17.6
	C	Bill Lamp, Charlotte	12:06.8
1949	AA	Don Murray, Des Moines, East	10:44.0
	A	Larry Manary, Fairfield	11:14.6
	B	Richard Hotz, Marion	12:22.8
	C	Neal Bottger, Ollie	12:30.0
1950	AA	Don Murray, Des Moines, East	10:05.7
	A	Tom Burch, Des Moines, Tech	10:26.9
	B	Dick Rupert, Monroe	10:13.0
	C	Garold Ryan, Underwood	10:43.5
1951			1.8 miles
	AA	John Aller, Dowling, West Des Moines	9:46.2
	A	Bill Fleuher, Charles City	10:39.6
	B	Garold Ryan, Underwood	9:50.1
	C	Burton Moore, Stanley	10:41.2
1952	AA	Caesar Smith, Des Moines, North	9:27.5
	A	Jerry Walker, Marion	10:04.0
	B	Jerry Crosser, Eldora	11:49.8
	C	Garold Ryan, Underwood	10:06.5
1953	AA	Caesar Smith, Des Moines, North	9:31.1
	A	Jerry Walker, Marion	9:27.2
	B	Dan Munson, Eldora	10:29.6
	C	Paul Ryan, Underwood	10:16.7
1954	AA	Bruce Trimble, Cedar Rapids, Roosevelt	9:38.1
	A	Dick Jacobs, Marion	10:39.6
	B	Homer Lattimer, LeClaire	10:13.2
	C	Delos Swanson, Sheffield	9:56.9

Individual Champions - Year-by-Year cont'd

1955	AA	Brian Travis, Des Moines, Tech	9:21.9
	A	Deryl King, West Des Moines	9:58.6
	B	Homer Lattimer, LeClaire	9:30.6
	C	Bob Hough, Underwood	10:02.2
1956	AA	Harry Olson, Decorah	9:13.7
	A	Deryl King, West Des Moines	9:48.2
	B	Homer Lattimer, LeClaire	9:35.5
	C	Bill Eno, Sheffield	10:10.9
1957	AAA	Tom Rivers, Sioux City, Central	9:10.3
	AA	Jessie Fitch, Council Bluffs, Abraham Lincoln	9:32.7
	A	Deryl King, West Des Moines	9:32.5
	B	John Raveling, Saydel	10:03.0
	C	Richard Beaver, Cedar	10:05.1
1958	AAA	Ralph Trimble, Cedar Rapids, Jefferson	9:06.7
	AA	Ron Olson, Decorah	9:14.6
	A	John Raveling, Saydel	9:29.1
	B	Arvene Bradley, Hedrick	9:48.9
	C	Loren Jasper, Fremont	9:49.1
1959	AAA	Clark Betts, Des Moines, East	9:17.5
	AA	Ron Olson, Decorah	9:25.3
	A	John Raveling, Saydel	9:29.5
	B	Ron Hough, Underwood	9:51.3
	C	Earl Hanselman, LuVerne	9:55.9
1960	AAA	Don Rivers, Sioux City, Central	9:10.0
	AA	Larry Ancell, Oskaloosa	9:06.5
	A	Tom Good, Winterset	9:44.5
	B	Joe Henderson, College Springs, South Page	9:08.6
	C	John Schade, LuVerne	10:41.5
1961	AAA	Don Rivers, Sioux City, Central	9:18.2
	AA	John Readout, Marshalltown	9:27.7
	A	Ed Eneboe, West Sioux, Hawarden	9:39.5
	B	Obie Thompson, Lamoni	9:40.7
	C	Art Hoffman, Klemme	10:13.9
1962	AAA	David Lee, Des Moines, Tech	9:02.5
	AA	Ron Griffith, West Des Moines, Valley	9:03.7
	A	Curtis LaBond, Ankeny	9:42.8
	B	Dennis Reed, Anita	9:40.1
	C	Bernard Schade, LuVerne	9:44.0
1963	AAA	Dave Compton, Sioux City, Central	9:11.1
	AA	Ron Griffith, West Des Moines	8:56.0
	A	Curtis LaBond, Ankeny	9:35.1
	B	Dan Bolin, College Springs, South Page	9:39.6
	C	John Parker, Bayard	9:46.1
1964	AAAA	Dave Compton, Sioux City, Central	9:10.7
	AAA	Ken Gallagher, Marshalltown	9:16.9
	AA	James Bowerman, Sheldon	9:39.3
	A	Don Greiner, Pekin, Packwood	9:33.3
	B	Tom Denny, Anita	9:16.4
	C	Larry Sellars, Russell	9:51.5

Individual Champions - Year-by-Year cont'd

1965	AAAA	Doug Smith, Sioux City, Central	8:51.8
	AAA	Joe Rohach, Marshalltown	9:13.7
	AA	Paul Fish, Red Oak	9:25.1
	A	Daryl Rockey, Urbandale	9:31.1
	B	Richard Jensen, Madrid	9:33.1
	C	Joseph Byrne, Charles City, Immaculate Conception	9:56.2
1966	AAAA	Doug Smith, Sioux City, Central	9:02.2
	AAA	Joe Rohach, Marshalltown	9:13.6
	AA	Dan Sanders, Humboldt	9:05.3
	A	Calvin Coohy, Cascade, Aquin	9:43.2
	B	Bernie Hughes, Farragut	9:42.8
	C	Doug Beck, Preston	9:45.1
			<u>2 miles</u>
1967	AAAA	Doug Smith, Sioux City, Central	9:52.1
	AAA	Chuck Schneider, Columbus, Waterloo	10:07.4
	AA	Bob Wilson, Red Oak	10:30.0
	A	Dan Sanders, Humboldt	10:13.3
	B	Rick O'Rourke, Villisca	10:30.0
	C	Mike Cassidy, Miles	10:36.1
1968	AAAA	Tom Carrizales, Des Moines, Tech	10:04.5
	AAA	Dave Krantz, Columbus, Waterloo	9:58.6
	AA	Tom Kielty, Urbandale	10:16.7
	A	Mark Aschim, Decorah	10:05.3
	B	Rick O'Rourke, Villisca	10:15.4
	C	Mike Cassidy, Miles	10:18.6
1969	AAAA	Mark Johnson, Mason City	10:00.0
	AAA	Dave Krantz, Columbus, Waterloo	9:42.2
	AA	Dennis Schultz, West Delaware, Manchester	10:03.1
	A	Chuck Cassell, Bishop Garrigan, Algona	10:06.7
	B	Steve Sundell, Odebolt-Arthur	10:18.6
	C	Rick O'Rourke, Villisca	10:19.9
	D	Curt Hoegh, Elk Horn-Kimballton	10:13.6
1970	AAAA	Mark Johnson, Mason City	9:53.3
	AAA	Tom Schoberg, Bishop Heelan, Sioux City	9:56.0
	AA	Paul Hanson, Indianola	10:26.9
	A	Dave Bell, Eagle Grove	10:06.8
	B	Charley Rump, Aquinas, Fort Madison	10:25.3
	C	Mark Skahill, Villisca	10:18.3
	D	Art Milliken, Hedrick	10:55.2
1971	AAAA	Mark Johnson, Mason City	9:33.9
	AAA	Bob Connell, Columbus, Waterloo	9:40.1
	AA	Larry More, Urbandale	10:14.9
	A	David Bell, Eagle Grove	9:53.0
	B	Steve MacTaggart, Starmont, Strawberry Point	10:14.1
	C	Mark Skahill, Villisca	10:21.3
	D	Phil Coppess, Oxford Junction	10:19.4
1972	AAAA	Mark Johnson, Mason City	9:40.8
	AAA	Dale Hanen, Columbus, Waterloo	9:57.6
	AA	Mark Bishop, Indianola	10:10.2
	A	Leo Meade, Mount Pleasant	10:03.1
	B	Steve MacTaggart, Starmont, Strawberry Point	10:03.0
	C	Brian Tindall, Pleasantville	10:18.0

Individual Champions - Year-by-Year cont'd

	D	Mike Arey, Preston	10:28.9
1973	AAAA	Jim Eicken, Davenport, Central	9:42.0
	AAA	Mark Grover, Ames	10:00.1
	AA	Boyd Nansel, Lewis Central, Council Bluffs	10:03.0
	A	Randy Wilson, Knoxville	9:59.5
	B	Mike Cregeen, Clarinda	10:25.0
	C	Doug Grave, Boyden-Hull	10:23.9
	D	Mark Hughes, Delwood, Elwood	10:17.9
1974	AAAA	Jim Eicken, Davenport, Central	9:28.0
	AAA	Joe Burke, Columbus, Waterloo	9:30.5
	AA	Mark Bishop, Indianola	9:46.1
	A	Steve Ostwinkle, Algona	9:55.7
	B	Dan Owen, Adel-DeSoto	10:04.0
	C	Joe Strohman, English Valleys, North English	10:09.5
	D	Mark Hughes, Delwood, Elwood	10:04.0
1975	AAAA	Rich Fuller, Davenport, Central	9:29.0
	AAA	Randy Jackson, Iowa City, City High	9:30.0
	AA	Gene McGivern, Assumption, Davenport	9:48.0
	A	Blair Renfro, Shenandoah	9:46.0
	B	Brett Eggert, Tipton	9:54.0
	C	Jim Hansen, Dike	9:52.0
	D	Dwayne Camarigg, Sanborn	10:13.0
1976	AA	Jim McCauley, Bishop Heelan, Sioux City	9:44.0
	A	Rick McKean, Missouri Valley	9:58.0
	B	Jim Hansen, Dike	10:01.0
	C	Larry Hellman, Bancroft, St. John	10:38.0
1977	AA	Mike Diment, Des Moines, Hoover	10:05.2
	A	Jim Zinnel, Algona	10:10.6
	B	Jon Betz, North Polk, Alleman	10:16.3
	C	Tom Peacher, Keokuk, Cardinal Stritch	10:29.6
1978	AA	Kirk Anderson, Mason City	9:50.0
	A	Wally Duffy, Shenandoah	9:38.0
	B	Steve Greiner, Pekin, Packwood	9:57.0
	C	Tom Peacher, Keokuk, Cardinal Stritch	10:07.0

The First IHSAA-IGHSAU Joint State Championships Was in 1979

1979	AA	Bill Thiesen, West Des Moines, Dowling	9:46.7
	A	Tim Wilson, Osceola, Clarke	9:36.0
	B	Mike Martin, Sac City	10:02.5
	C	Dan Schreck, Cardinal Stritch, Keokuk	10:11.2
1980	AA	Bill Thiesen, Dowling, West Des Moines	9:36.0
	A	Tim Wilson, Clarke, Osceola	9:40.0
	B	Danny Bauer, English Valleys, North English	10:09.6
	C	Marty Gingerich, Iowa Mennonite, Kalona	10:19.2
1981	3-A	Jeff Jacobs, Clinton	9:33.0
	2-A	Bill Kerkeart, Sheldon	9:48.8
	1-A	Brian Hawes, Kee, Lansing	10:08.7
1982	3-A	Bob Soule, Bishop Heelan, Sioux City	9:40.8
	2-A	Mike Grevengoed, Western Christian, Hull	9:57.6

Individual Champions - Year-by-Year cont'd

	1-A	David Juhl, Dike	10:08.2
1983	3-A	Jerry Anderson, Valley, West Des Moines	9:42.6
	2-A	Mike Kooistra, Western Christian, Hull	9:48.7
	1-A	Trent Timson, Northern University High, Cedar Falls	9:52.6
1984	3-A	Mike Holms, Valley, West Des Moines	9:47.4
	2-A	Paul Bunnell, Central Lee, Argyle	10:04.2
	1-A	Trent Timson, Northern University High, Cedar Falls	9:54.6
1985	3-A	Mike Holms, Valley, West Des Moines	9:56.5
	2-A	Dwaine Heppler, Sheldon	10:15.1
	1-A	Jeff Hammons, Iowa Valley, Marengo	9:47.4
1986	3-A	Brad Wall, Clinton	9:57.2
	2-A	Mark Brown, Grinnell	10:13.1
	1-A	Dan Krall, West Branch	10:07.5
			5,000 meters
1987	3-A	Dave Ladehoff, Clinton	15:37.1
	2-A	Greg Brower, Red Oak	16:09.5
	1-A	Dan Krall, West Branch	16:06.3
1988	3-A	Kurt Lightner, Des Moines, East	15:59.8
	2-A	Stacey Detar, Albia	16:06.6
	1-A	Mark Hammons, Iowa Valley, Marengo	16:14.0
1989	3-A	Dean Colony, Iowa City, West	16:01.9
	2-A	Jeremy Carter, Sheldon	16:15.9
	1-A	Denny Halligan, West Sioux, Hawarden	16:18.3
1990	3-A	Jonathan Estabrook, Muscatine	16:26.0
	2-A	Jeff Joiner, Waukon	16:38.0
	1-A	Andy Goodman, West Marshall	16:46.0
1991	3-A	Simeon Wright, Dubuque, Senior	16:15.0
	2-A	Brent McGrew, Decorah	16:36.7
	1-A	Bill Blay, Griswold	16:35.6
1992	3-A	Simeon Wright, Dubuque, Senior	15:25.7
	2-A	Brent McGrew, Decorah	16:09.3
	1-A	Bill Blay, Griswold	16:16.2
1993	3-A	Jason Carpenter, Dubuque, Senior	15:29.0
	2-A	Gary Flugum, Forest City	15:56.1
	1-A	Marty Dalton, Tri-Center, Neola	15:57.2
1994	3-A	Rob Brock, Dubuque, Senior	15:34.8
	2-A	Jesse Sand, Cedar Rapids, Regis	15:55.2
	1-A	Chris Schaefer, Lincoln/Clarence-Lowden, Stanwood	15:56.9
1995	3-A	Rob Brock, Dubuque, Senior	15:36.0
	2-A	Dan Reis, Turkey Valley, Jackson Junction	15:53.0
	1-A	Scott Stanley, Malvern	16:10.0
1996	3-A	Trent Corey, Dubuque, Senior	15:14.0
	2-A	Dan Reis, Turkey Valley, Jackson Junction	15:45.0
	1-A	Tait Steines, Calamus-Wheatland	16:02.0

Individual Champions - Year-by-Year cont'd

1997	3-A	Chris Francois, Davenport, North	15:05.0
	2-A	Nick Herman, Ballard, Huxley	15:43.0
	1-A	Ryan Pence, Eldora-New Providence	15:56.0
1998	3-A	Chris Francois, Davenport, North	15:31.0
	2-A	Joe Hughes, South Tama County	16:06.0
	1-A	Adam Sundall, Bishop Garrigan, Algona	15:58.0
1999	3-A	Grant Shadden, Marshalltown	15:05.0
	2-A	Dan Van Engen, Unity Christian, Orange City	15:39.0
	1-A	Nick Rubel, Marquette, Bellevue	16:13.0
2000	3-A	Ben Glaser, Dowling, West Des Moines	15:22.0
	2-A	Aaron Hamilton, Eagle Grove	16:04.0
	1-A	Dan Van Engen, Unity Christian, Orange City	15:46.0
2001	3-A	Dan Taylor, Fort Dodge	15:25.0
	2-A	Dylan Davis, A-D-M, Adel	15:49.0
	1-A	Jon Ries, Turkey Valley, Jackson Junction	15:57.0
2002	3-A	Ryan McCurnin, Mason City	15:21.0
	2-A	Dylan Davis, A-D-M, Adel	15:47.0
	1-A	Aaron Hamilton, Eagle Grove	16:05.0
2003	4-A	Jon Thomas, Des Moines Roosevelt	15:18.0
	3-A	Ben Grant, Epworth, Western Dubuque	15:29.0
	2-A	Jacob Berns, MFL, MarMac	16:15.0
	1-A	Eric Sink, Corning	15:57.0
2004	4-A	Kiel Uhl, Des Moines Roosevelt	15:26.0
	3-A	Ryan Dolan, Wahlert, Dubuque)	16:16.0
	2-A	Dan Mayer, West Central Valley, Stuart	16:42.0
	1-A	Tim McKenna, NUH, Cedar Falls	16:50.0
2005	4-A	Stephen Dak, Marshalltown	15:32.0
	3-A	Isaac Wendland, Charles City	16:31.0
	2-A	Dan Mayer, West Central Valley, Stuart	16:31.0
	1-A	Nathan Petesch, Marquette Catholic, Bellevue	16:36.0

IHSAA INDIVIDUAL CHAMPIONS - Alphabetical

Aller, John	Dowling, Des Moines 1951
Ancell, Larry	Oskaloosa 1960
Anderson, Jerry	Valley, West Des Moines 1983
Anderson, Kirk	Mason City 1978
Arey, Mike	Preston 1972
Aschim Mark	Decorah 1968
Bauer, Danny	English Valleys, North English 1980
Beaver, Richard	Cedar 1957
Beck, Doug	Preston 1966
Beebe, John	Ottumwa 1934
Bell, David (2)	Eagle Grove 1970, 71
Berns, Jacob	MFL, MarMac 2003
Betts, Clark	Des Moines, East 1959
Betz, Jon	North Polk, Alleman 1977

Individual Champions - Alphabetical cont'd

Bishop, Mark (2)	Indianola 1972, 74
Blay, Bill (2)	Griswold 1991, 92
Bolin, Dan	College Springs, South Page 1963
Bolsem, Matthew	Oskaloosa 1932
Bottger, Neal	Ollie 1949
Bowerman, James	Sheldon 1964
Bradley, Arvene	Hedrick 1958
Brock, Rob (2)	Dubuque Senior 1994, 95
Brower, Greg	Red Oak 1987
Brown, Mark	Grinnell 1986
Bunnell, Paul	Central Lee, Argyle 1984
Burch, Tom	Des Moines, Tech 1950
Burke, Joe	Columbus, Waterloo 1974
Byrne, Joseph	Charles City, Immaculate Conception 1965
Camarigg, Dwayne	Sanborn 1975
Carpenter, Jason	Dubuque, Senior 1993
Carrizales, Tom	Des Moines, Tech 1968
Carter, Jeremy	Sheldon 1989
Cassell, Chuck	Bishop Garrigan, Algona 1969
Cassiday, Mike (2)	Miles 1967, 68
Colony, Dean	Iowa City, West 1989
Compton, Dave (2)	Sioux City, Central 1963, 64
Connell, Bob	Columbus, Waterloo 1971
Coohy, Calvin	Aquin, Cascade 1966
Coppess, Phil	Oxford Junction 1971
Corey, Trent	Dubuque, Senior 1996
Cregeen, Mike	Clarinda 1973
Crosser, Jerry	Eldora 1952
Dak, Stephen	Marshalltown 2005
Dalton, Marty	Tri-Center, Neola 1993
Davis, Dylan (2)	A-D-M, Adel, 2001, 02
Davis, Jack (2)	Iowa City 1946, 47
Davis, Marvin	Lamont 1937
Denny, Tom	Anita 1964
Detar, Stacey	Albia 1988
Diment, Mike	Des Moines, Hoover 1977
Dolan, Ryan	Wahlert, Dubuque, 2004
Duffy, Wally	Shenandoah 1978
Edmundson, Raymond (Berl) (3)	Thornburg 1938, 39, 40
Eggert, Brett	Tipton 1975
Eicken, Jim (2)	Davenport, Central 1973, 74
Eneboe, Ed	West Sioux, Hawarden 1961
Eno, Bill	Sheffield 1956
Estabrook, Jonathan	Muscatine 1990
Evans, Vernon (Mike) (2)	Des Moines, East 1935, 36
Fish, Paul	Red Oak 1965
Fitch, Jessie	Council Bluffs, Abraham Lincoln 1957
Fleuher, Bill	Charles City 1951
Flugum, Gary	Forest City 1993
Francois, Chris (2)	Davenport, North 1997, 98
Frazier, Lynn	Iowa City, University High 1940
Fuller, Rich	Davenport, Central 1975
Gallagher, Ken	Marshalltown 1964

Individual Champions - Alphabetical cont'd

Garnes, John	Muscatine 1930 (tie w/ teammate Bob McElroy)
Gingerich, Marty	Iowa Mennonite, Kalona 1980
Glaser, Ben	Dowling, West Des Moines 2000
Goebel, Harold	Knoxville 1939
Good, Tom	Winterset 1960
Goodman, Andy	West Marshall, State Center 1990
Grandquist, Martin	Des Moines, East 1942
Grant, Ben	Epworth, Western Dubuque 2003
Grave, Doug	Boyden-Hull 1973
Greiner, Don	Pekin, Packwood 1964
Greiner, Steve	Pekin, Packwood 1978
Grevengoed, Mike	Western Christian, Hull 1982
Griffith, Ron (2)	West Des Moines 1962,63
Grover, Mark	Ames 1973
Gustafson, Carl	Des Moines, East 1937
Halligan, Denny	West Sioux, Hawarden 1989
Hamilton, Aaron (2)	Eagle Grove 2000, 2002
Hammill, Paul	LeClaire 1937
Hammons, Jeff	Iowa Valley, Marengo 1985
Hammons, Mark	Iowa Valley, Marengo 1988
Hanen, Dale	Columbus, Waterloo 1972
Hanselman, Earl	LuVerne 1959
Hansen, Jim (2)	Dike 1975, 76
Hanson, Paul	Indianola 1970
Hawes, Brian	Kee, Lansing 1981
Hellman, Larry	Bancroft, St John 1976
Henderson, Joe	College Springs, South Page 1960
Heppler, Dwaine	Sheldon 1985
Herman, Nick	Ballard, Huxley 1997
Hoegh, Curt	Elk Horn-Kimballton 1969
Hoffman, Art	Klemme 1961
Holms, Mike (2)	Valley, West Des Moines 1984,85
Hotz, Richard	Marion 1949
Hough, Bob	Underwood 1955
Hough, Ron	Underwood 1959
Hughes, Bernie	Farragut 1966
Hughes, Joe	South Tama County 1998
Hughes, Mark (2)	Delwood, Elwood 1973,74
Jackson, William	Minburn 1941
Jackson, Randy	Iowa City, City High 1975
Jacobs, Dick	Marion 1954
Jacobs, Jeff	Clinton 1981
Jasper, Loren	Fremont 1958
Jensen, Richard	Madrid 1965
Johnson, Mark (4)	Mason City 1969, 70, 71, 72
Joiner, Jeff	Waukon 1990
Juhl, David	Dike 1982
Kerkeart, Bill	Sheldon 1981
Kielty, Tom	Urbandale 1969
King,	Muscatine 1931
King, Deryl (3)	West Des Moines 1955, 56, 57
Kooistra, Mike	Western Christian, Hull 1983
Krall, Dan (2)	West Branch 1986, 87
Krantz, Dave (2)	Columbus, Waterloo 1968, 69

Individual Champions - Alphabetical cont'd

LaBond, Curtis (2)	Ankeny 1962, 63
Ladehoff, Dave	Clinton 1987
Lamp, Bill	Charlotte 1948
Lattimer, Homer (3)	LeClaire 1954, 55, 56
Lee, David	Des Moines, Tech 1962
Lightner, Kurt	Des Moines, East 1988
Loper, Louis	Council Bluffs, Abraham Lincoln 1940
Ludeen, John	Vinton 1936
MacTaggart, Steve (2)	Starmont, Strawberry Point 1971, 72
Manary, Larry	Fairfield 1949
Martin, Mike	Sac City 1979
Matsen, Vernon	Ames 1938
Mayer, Dan (2)	West Central Valley, Stuart 2004, 05
McCauley, Jim	Bishop Heelan, Sioux City 1976
McConnell, Dick	Nevada 1948
McCurnin, Ryan	Mason City 2002
McElroy, Bob	Muscatine 1930 (tie w teammate John Garnes)
McGivern, Gene	Assumption, Davenport 1975
McGrew, Brent (2)	Decorah 1991, 92
McKean, Rick	Missouri Valley 1976
McKenna, Tim	NUH, Cedar Falls 2004
McLennon, William	Dubuque 1941
Meade, Leo	Mount Pleasant 1972
Milliken, Art	Hedrick 1970
Moore, Burton	Stanley 1951
More, Larry	Urbandale 1971
Munson, Dan	Eldora 1953
Murray, Don (2)	Des Moines, East 1949, 50
Nansel, Boyd	Lewis Central, Council Bluffs 1973
Olson, Harry	Decorah 1956
Olson, Ron (2)	Decorah 1958, 59
O'Meara, Jack	Delmar 1946
Ostwinkle, Steve	Algona 1974
O'Rourke, Rick (3)	Villisca 1967, 68, 69
Owen, Dan	Adel-DeSoto 1974
Oxley, John	Marion 1943
Parker, John	Bayard 1963
Peacher, Tom (2)	Cardinal Stritch, Keokuk 1977, 78
Pence, Ryan	Eldora-New Providence 1997
Petersen, Raymond	Marion 1946
Petes, Nathan	Marquette Catholic, Bellevue 2005
Raveling, John (3)	Saydel 1957, 58, 59
Readout, John	Marshalltown 1961
Reed, Dennis	Anita 1962
Reis, Dan (2)	Turkey Valley, Jackson Jct 1995, 96
Reis, Jon	Turkey Valley, Jackson Jct. 2001
Renfro, Blair	Shenandoah 1975
Rivers, Don (2)	Sioux City, Central 1960, 61
Rivers, Tom	Sioux City, Central 1957
Robinson, Calvin (2)	Mechanicsville 1944, 45
Rockey, Daryl	Urbandale 1965
Rohach, Joe (2)	Marshalltown 1965, 66
Rubel, Nick	Marquette, Bellevue 1999
Rump, Charley	Aquinas, Fort Madison 1970

Individual Champions - Alphabetical cont'd

Rupert, Dick	Monroe 1950
Ryan, Garold (3)	Underwood 1950, 51, 52
Ryan, Paul	Underwood 1953
Sand, Jesse	Cedar Rapids, Regis 1994
Sanders, Dan (2)	Humboldt 1966, 67
Schade, Bernard	LuVerne 1962
Schade, John	LuVerne 1960
Schaefer, Chris	Lincoln/Clarence-Lowden 1994
Schneider, Chuck	Columbus, Waterloo 1967
Schoberg, Tom	Bishop Heelan, Sioux City 1970
Schreck, Dave	Cardinal Stritch, Keokuk 1979
Schultz, Dennis	West Delaware, Manchester 1969
Sellars, Larry	Russell 1964
Shadden, Grant	Marshalltown 1999
Sink, Eric	Corning 2003
Skahill, Mark (2)	Villisca 1970, 71
Sloan, Paul (2)	Des Moines, East 1944, 45
Smith, Edward	Iowa City, University High 1942
Smith, Caesar (2)	Des Moines, North 1952, 53
Smith, Doug (3)	Sioux City, Central 1965, 66, 67
Soule, Bob	Bishop Heelan, Sioux City 1982
Stanley, Scott	Malvern 1995
Steines, Tait	Calamus-Wheatland 1996
Strohman, Joe	English Valleys, North English 1974
Sundall, Adam	Bishop Garrigan, Algona 1998
Sundell, Steve	Odebolt-Arthur 1969
Swanson, Delos	Sheffield 1954
Taylor, Dan	Fort Dodge 2001
Terrell, Richard (2)	Iowa City, University High 1944, 45
Thiesen, Bill (2)	Dowling, West Des Moines 1979, 80
Thomas, Jon	Des Moines Roosevelt 2003
Thompson, Obie	Lamoni 1961
Timson, Trent (2)	NUH, Cedar Falls 1983, 84
Tindall, Brian	Pleasantville 1972
Travis, Brian	Des Moines, Tech 1955
Trimble, Bruce	Cedar Rapids, Roosevelt 1954
Trimble, Ocie	Cedar Rapids, Roosevelt 1948
Trimble, Ralph	Cedar Rapids, Jefferson 1958
Uhl, Kiel	Des Moines Roosevelt 2004
Vacik, George	West Branch 1938
Van Engen, Dan	Unity Christian, Orange City 1999, 2000
Walker, Jerry (2)	Marion 1952, 53
Wall, Brad	Clinton 1986
Walters, Vance	Des Moines, East 1943
Wendland, Isaac	Charles City 2005
Whitaker, Charles	Council Bluffs, Abraham Lincoln 1948
Wilson, Bob	Red Oak 1967
Wilson, Randy	Knoxville 1973
Wilson, Richard	Adel 1939
Wilson, Tim (2)	Clarke, Osceola 1979, 80
Wood, Dale	Mechanicsville 1933
Wright, Simeon (2)	Dubuque, Senior 1991, 92

Individual Champions - Alphabetical cont'd

Zinnel, Jim Algona 1977
Zollar, Frank Iowa City, University High 1941

COACHES OF STATE CHAMPIONSHIP TEAMS

Altena, Alden Western Christian, Hull 1973
Altfillisch, John (2) Clarinda 1962, 63
Arens, Jerry Cresco, Notre Dame 1971
Augustine, Mike (5) Des Moines, East 1937, 41, 42, 43, 49

Becker, Jerry (2) Eagle Grove 1984, 87
Becker, Troy (2) Cedar Falls 2004, 05
Bergan, Bill Columbus, Waterloo 1969
Bjorkgren, Paul (2) Underwood 1953, 54
Bottorff, Gary (5) Kee, Lansing 1980, 81, 82, 88, 89
Boughton, Jim (3) Dubuque, Senior 1987, 95, 98
Bouma, Glenn (2) Unity Christian, Orange City 1977, 83
Boyle, George (4) Aquinas, Fort Madison 1970, 71, 78, 79
Brechler, Paul Iowa City, University High 1942
Brown, Bob (5) Iowa City, Regina 1993, 97, 98, 2003, 04
Brown, David Lincoln Central, Gruver 1966
Brown, Steve (3) Des Moines, Roosevelt, 2001, 02, 03
Brown, Victor Napier 1948
Buel, Ron Cardinal Stritch, Keokuk 1980
Burmeister, Darrell Nodaway Valley, Greenfield 2002

Carpenter, Dr. M.F. (3) Iowa City, University High 1940, 41, 43
Caviness, D.W. Clarinda 1956
Chew, Fee Council Bluffs, Abraham Lincoln 1948
Clefish, Dale Sheldon 1981
Coberly, Curt Denver 1994
Collinge, Cole Cedar Falls 1969
Cretzmeyer, F.X. (3) Des Moines, North 1944, 45, 46
Davidshofer, Robert (6) Cascade, Aquin 1965, 66, 75; Cascade 83,85, 86
Day, Jesse Davenport 1951
Dean, Ken (5) Marshalltown 1960, 61, 64, 65, 66
Dennison, Steve Calamus-Wheatland 1996
DeVault, Dale (4) Eldora 1952, 53, 54; BCL, Conrad 1969
Dollar, Ambrose Underwood 1952
Dotson, Dick Waterloo, West 1970
Dunsworth, Ira Davenport, Central 1971

Eidahl, Davis (3) Anita 1963; Pekin, Packwood 1967, 68
Elinger, I.A. Cedar Rapids, Roosevelt 1951
Elslager, Vern Mechanicsville 1945
Exline, Dan Menlo 1957
Fiete, James Garnavillo 1970
Fitzgerald, Mike (5) Decorah 1972, 74, 76, 77, 78
Fitzpatrick, Jim Newman Catholic, Mason City 1979
Freeze, Jim Tri-County, Thornburg 1972

Geery, Henry Saydel 1957
Gemberling, D.C. (2) Mechanicsville 1943, 44
Graves, Ray (5) Shenandoah 1974, 75, 88, 89, 91

Halligan, Steve West Sioux, Hawarden 1999
Heidelbauer, Harlan (7) Waukon 1993, 95, 96, 97, 98, 99, 2002

Championship Coaches - Alphabetical cont'd

Henningsen, Roger (3)	Odebolt-Arthur 1961, 62, 64
Hetrick, Jim (2)	Central Clinton, DeWitt 2000, 2001
Hipple, Les (9)	Marion 1945, 46, 48, 49, 50, 51, 52, 53, 54
Holsclaw, Bill (6)	Clinton 1976, 79, 81, 82, 84, 86
Horton, Tom (2)	Wahlert, Dubuque 2003, 04
Hospers, Eugene	Western Christian, Hull 1982
Hostetler, Mark	Iowa Mennonite, Kalona 1995
Hummel, Phil (2)	Woodbine 1986, 87
Hyke, Charles (2)	LeClaire 1955, 56
Jankovitz, Robert	Des Moines, Hoover 1977
Johanson, Roger	Mount Vernon-Lisbon 2005
Johnson, Doug	Anita 1964
Joslin, Doug (2)	Marshalltown 1974, 75
Juhl, Richard (2)	Dike 1973, 74
Karpan, Tom (2)	West Des Moines 1955, 62
Kellenberger, Bill	Assumption, Davenport 1974
Kjome, George (7)	Decorah 1957, 58, 59, 64, 66, 67, 68
Koenigsfeld, Lou	Charles City, Immaculate Conception 1965
Kroeze, Dan (2)	Western Christian, Hull 2003, 05
Kruger, Arlen (2)	Miles 1968, 69
Kruse, Bill	Sheldon 1971
Kurth, E.A.	LeClaire 1940
Landas, Darryl (2)	Decorah 1990, 92
Larsen, Buck	Chariton 1969
Lee, Robert (5)	Garnavillo 1972, 73, 78; NUH, Cedar Falls 1984, 85
Lindaman, Rich	Humboldt 1994
Linder, Dave	Des Moines, Hoover 1970
Long, Dave (4)	Sheffield-Chapin 1962, 63; Mason City 1972, 73
Lyle, Jim (3)	Des Moines, North 1950, 52, 53
Manship, Truman	Charles City 1951
Maresh, Steve (2)	Iowa City, City High 1997, 99
Masche, Robert	North Winneshiek, Decorah 1967
Matthaidess, Troy	Wapsie Valley 2005
McClure, Robert	Elliott 1955
McCord, Jim	Centerville 1979
McCormick, Eugene	Fremont 1950
McGaffin, Charles	Winterset 1960
McVicker, D.	Farragut 1966
Millikin, Harlan (2)	Ames 1967, 68
Mitts, Ron (3)	Johnston 1971, 72, 73
Morris, Mary	Bennett-Durant 2001
Morrison, Dick	Red Oak 1966
Mortimer, Randall	Minburn 1941
Murtle, Rodney	Madrid 1965
Neill, Craig	Lewis Central, Council Bluffs 1973
Nelson, Irving	Mechanicsville 1946
Newell, Don	Ottumwa 1940
Noll, Don	Sanborn 1974
Norris, Bill (2)	Ollie 1949; Oskaloosa 1957
Obermiller, Ray (6)	Sioux City, Central 1957, 58, 61, 63, 64, 65
Ormston, Bill	Ankeny 1969

Championship Coaches - Alphabetical cont'd

Palmer, Gayle (2)	Urbandale 1968, 70
Peterson, Duane	West Sioux, Hawarden 1961
Peterson, Roger	Odebolt-Arthur 1975
Phelan, Steve (2)	Wapsie Valley, Fairbank 2000, 04
Pollitt, Richard	BGM, Brooklyn 1970
Provorse, Bob (2)	Sioux City, Central 1966, 67
Prussman, Noel	Muscatine 1990
Rannals, Al	Klemme 1961
Ray, David	Miles 1964
Reifenrath, Darrell	Central Lyon, Rock Rapids 1969
Reis, Mike	Red Oak 1967
Rogers, Mel	Underwood 1959
Sage, Dave (2)	Waverly-Shell Rock 1975, 80
Salberg, Chris	College Springs, South Page 1960
Schafer, Roy	Fairfield 1949
Schippers, John	Marion 1958
Schroeder, Don	Muscatine 1978
Schweizer, Frank (2)	Dowling, West Des Moines 1974, 85
Shadle, Fred	Osage 1970
Shaffer, Clayton (2)	Bancroft, St. John 1976, 77
Shorey, John	St. Albert, Council Bluffs 1992
Silvey, Chuck (6)	Des Moines, Tech 1954, 55, 56, 59, 60, 62
Sinram, Mike	Jesup 1990
Skay, Jayme (3)	Iowa City High 1997, 99, 2000
Sletten, John (4)	Ames 1973, 75, 83, 89
Snell, Leland	Des Moines, Tech 1950
Stanton, Walt (2)	College Springs, So. Page 1959; Red Oak 65
Stidolph, Robert	Monroe 1950
Stolze, Greg	Williamsburg 1991
Stoppels, Paul	Grinnell 1963
Stults, Greg	Knoxville 1980
Swails, Sara	Iowa City, West 1988
Tassell, Dennis	Cedar Valley, Somers 1967
Tuttle, Vaughn	Stanley 1951
VanderBerg, Rich	Unity Christian, Orange City 1976
VanderLinden, Bob	Des Moines, Lincoln 1968
Voqelqesanq, Dave	Tipton 1975
Wedemeyer, Ross	Iowa City, University High 1944
Wehrkamp, Glen (2)	Sheffield-Chapin 1956, 58
Werling, Ron (2)	Indianola 1971, 72
Wessels, Wayne (2)	Columbus, Waterloo 1971, 72
Whitmore, Tom	Milford 1973
Wickett, Bryce (4)	LuVerne 1958, 59, 60, 62
Williams, A.L. (Bud) (5)	Iowa City, City High 1991, 92, 93, 94, 96
Wolfe, Don	Cedar Rapids, Roosevelt 1948

SCHOOLS BOASTING IHSAA INDIVIDUAL STATE CHAMPIONS

A-D-M, Adel; Adel-DeSoto	3	Grinnell	1
Albia	1	Griswold	2
Algona	2		
Ames	2	Hedrick	2
Anita	2	Humboldt	2
Ankeny	2		
Aquin, Cascade	1	Immaculate Conception, Chas. City	1
Aquinas, Fort Madison	1	Indianola	3
Assumption, Davenport	1	Iowa City	2
		Iowa City, University High	5
Ballard, Huxley	1	Iowa City, West	1
Bayard	1	Iowa Mennonite, Kalona	1
Bishop Garrigan, Algona	2	Iowa Valley, Marengo	1
Bishop Heelan, Sioux City	3		
Boyden-Hull	1	Kee, Lansing	1
		Klemme	1
Calamus-Wheatland	1	Knoxville	1
Cardinal Stritch, Keokuk	3		
Cedar Falls	1	Lamoni	1
Cedar Rapids, Jefferson	1	Lamont	1
Cedar Rapids, Regis	1	LeClaire	4
Cedar Rapids, Roosevelt	2	Lewis Central, Co. Bluffs	1
Central Lee, Argyle	1	LuVerne	3
Charles City	1		
Charlotte	1	Madrid	1
Clarke, Clarke	2	Malvern	1
Clarinda	1	Marion	5
Clinton	3	Marquette, Bellevue	2
Columbus, Waterloo	6	Marshalltown	6
Corning	1	Mason City	6
Council Bluffs, Abraham Lincoln	3	Mechanicsville	2
		MFL, MarMac	1
Davenport, Central	3	Miles	2
Davenport, North	1	Minburn	1
Decorah	6	Missouri Valley	1
Delmar	1	Monroe	1
Delwood, Elwood	2	Mount Pleasant	1
Des Moines, East	11	Muscatine	2
Des Moines, Hoover	1	Nevada	1
Des Moines, North	2	Northern Univ. High, Cedar Falls	2
Des Moines Roosevelt	1	North Polk, Alleman	1
Des Moines, Tech	4		
Dike	3	Odebolt-Arthur	1
Dowling Catholic, DM & West Des Moines	5	Ollie	1
Dubuque, Senior	7	Oskaloosa	1
		Ottumwa	1
Eagle Grove	4	Oxford Junction	1
Eldora	3		
Elk Horn-Kimballton	1	Pekin, Packwood	2
English Valleys, North English	2	Pleasantville	1
Epworth, Western Dubuque	1	Preston	2
Fairfield	1	Red Oak	3
Farragut	1	Russell	1
Forest City	1		
Fremont	1	Sac City	1
		Sanborn	1

Schools Boasting Individual State Champions cont'd

Saydel	3	Underwood	6
Sheffield	2	Unity Christian, Orange City	2
Sheldon	4	Urbandale	3
Shenandoah	2		
Sioux City, Central	8	Valley, WDM (includes West Des Moines)	8
South Page, College Springs	2	Villisca	5
South Tama County, Tama	1	Vinton	1
Stanley	1		
Stanwood, Lincoln/Clarence-Lowden	1	West Branch	3
Starmont, Strawberry Point	2	West Central Valley, Stuart	2
St. John, Bancroft	1	West Delaware, Manchester	1
		West Sioux, Hawarden	2
Thornburg	3	Western Christian	2
Tipton	1	Wahlert, Dubuque	1
Tri-Center, Neola	1	Winterset	1
Turkey Valley, Jackson Jct.	2		

TEAM RUNNER-UP YEAR BY YEAR

* runner-up even though two teams tied for first

1922	Fort Dodge	C	No Team
1923	Ottumwa		
1924	Cedar Rapids, Washington	1942	A Cedar Rapids, Franklin B (Tie) Redfield; Iowa Falls
1925	Iowa City, University High		
1926	Ottumwa	1943	A Keokuk B None C None
1927	Knoxville		
1928	Muscatine	1944	A Des Moines, East B Washington C Zearing
1929	Des Moines, East		
	<u>First IHSAA State Meet in 1930</u>	1945	A Des Moines, East B Iowa City, University High C Dayton
1930	Maquoketa		
1931	Muscatine	1946	A Iowa City B Nevada C Delmar
1932	Muscatine		
1933	Cedar Rapids, Grant	1947	No team scores kept in classes
1934	(Tie) Ottumwa & Des Moines East		
1935	Ottumwa	1948	AA Des Moines, East A Iowa City B Nevada C Charlotte
1936	A Ottumwa B Janesville (Finchford Cons.)		
1937	A Ames B Vinton C LeClaire	1949	AA Des Moines, North A Cedar Rapids, Roosevelt B *Iowa City, University High C None
1938	A Ottumwa B Vinton C Buffalo Center		
1939	A Ottumwa B Adel C Thornburg	1950	AA Des Moines, East A Cedar Rapids, Roosevelt B Iowa City, University C Ollie
1940	A Fort Madison B Williamsburg C Thornburg		
1941	A Knoxville B No Team		

Team Runners-up - Year-by-Year cont'd

1951	AA	(tie) DM, Dowling; DM, North	A	Clarinda	
	A	*Cedar Rapids, McKinley	B	Linn-Mar, Marion	
	B	Grinnell	C	LuVerne	
	C	(tie) Fremont; Oxford			
1952	AA	Cedar Falls	1962	AAA	Sioux City, Central
	A	Grinnell		AA	Marshalltown
	B	Garner		A	Grinnell
	C	Stanley		B	*Underwood
				C	Bayard
1953	AA	Des Moines, East	1963	AAA	Dubuque
	A	Grinnell		AA	Oskaloosa
	B	Osage		A	Red Oak
	C	Stanley		B	Odebolt-Arthur
				C	Bayard
1954	AA	Des Moines, North	1964	AAAA	Des Moines, Tech
	A	West Des Moines		AAA	Ames
	B	LeClaire		AA	Red Oak
	C	Sheffield		A	West Sioux, Hawarden
				B	Alta
1955	AA	Des Moines, Lincoln		C	Bayard
	A	Grinnell	1965	AAAA	Davenport, West
	B	Mount Vernon		AAA	Sioux City, East
	C	Gibson		AA	Grinnell
				A	West Sioux, Hawarden
1956	AA	Des Moines, Lincoln		B	Fredericksburg
	A	West Des Moines		C	Elwood
	B	Griswold	1966	AAAA	Des Moines, Tech
	C	Grand Junction		AAA	Ames
				AA	*Nevada
1957	AAA	(tie) DM, East; DM, Roosevelt		A	West Sioux, Hawarden
	AA	Des Moines, North		B	Madrid
	A	Cedar Falls		C	Bellevue
	B	Sheffield	1967	AAAA	Des Moines, Tech
	C	College Springs		AAA	Columbus, Waterloo
				AA	Eagle Grove
1958	AAA	Cedar Rapids, Jefferson		A	Aquin, Cascade
	AA	Cedar Falls		B	Prairie, Gowrie
	A	Odebolt-Arthur		C	*Miles
	B	Eldon	1968	AAAA	Davenport, West
	C	Gowrie		AAA	Des Moines, Hoover
				AA	Eagle Grove
1959	AAA	Sioux City, Central		A	Prairie, Cedar Rapids
	AA	Oskaloosa		B	BCL, Conrad
	A	Clarinda		C	Elk Horn-Kimballton
	B	Sheffield	1969	AAAA	Davenport, West
	C	Agency		AAA	Des Moines, Hoover
				AA	West Delaware, Manchester
1960	AAA	Sioux City, Central		A	(tie) Prairie, CR; Eagle Grove
	AA	Oskaloosa			
	A	West Des Moines			
	B	Underwood			
	C	(tie)Linn-Mar; So Hamilton, Randall)			
1961	AAA	Des Moines, Tech			
	AA	Decorah			

Team Runners-up - Year-by-Year cont'd

	B	Odebolt-Arthur		B	Cascade
	C	Montezuma		C	Cardinal Stritch, Keokuk
	D	Pocahontas, Catholic			
1970	AAAA	Cedar Falls	1978	AA	Columbus, Waterloo
	AAA	Sioux City, East		A	Cascade
	AA	Indianola		B	Newman Catholic, Mason City
	A	Vinton, Washington		C	Bancroft, St. John
	B	Aquin, Cascade	1979	2-A	Muscatine
	C	Villisca		1-A	Pella Christian
	D	Hedrick		B	Kee, Lansing
				C	Cardinal Stritch, Keokuk
1971	AAAA	(tie) Mason City; Dowling, WDM	1980	2-A	(tie) Clinton; Oelwein
	AAA	(tie) SC, East; Bishop Heelan, SC		1-A	Glenwood
	AA	Grinnell		B	Belle Plaine
	A	Eagle Grove		C	Cresco, Notre Dame
	B	North Fayette, West Union	1981	3-A	Waverly-Shell Rock
	C	Villisca		2-A	Knoxville
	D	Garnavillo		1-A	BGM, Brooklyn
1972	AAAA	Marshalltown	1982	3-A	Ames
	AAA	Ames		2-A	Cascade
	AA	Assumption, Davenport		1-A	Gilbert
	A	Western Christian, Hull	1983	3-A	Clinton
	B	Tipton		2-A	Grinnell
	C	Aquinas, Fort Madison		1-A	NUH, Cedar Falls
	D	MarMac, McGregor	1984	3-A	Marshalltown
1973	AAAA	Davenport, West		2-A	Glenwood
	AAA	(tie) Columbus, W'loo; Dowling		1-A	Unity Christian, Orange City
	AA	Marion	1985	3-A	Clinton
	A	Knoxville		2-A	Eagle Grove
	B	Tipton		1-A	Unity Christian, Orange City
	C	Thornburg	1986	3-A	Dubuque, Senior
	D	*MarMac, McGregor		2-A	Clear Lake
1974	AAAA	Davenport, Central		1-A	Brooklyn, BGM
	AAA	Ames	1987	3-A	Indianola
	AA	Charles City		2-A	Cascade
	A	Algona		1-A	Eldora-New Providence
	B	Tipton	1988	3-A	Clinton
	C	Unity Christian, Orange City		2-A	Centerville
	D	Goldfield		1-A	South Hamilton, Jewell
1975	AAAA	Waterloo, West	1989	3-A	Muscatine
	AAA	Dowling, WDM		2-A	Waukon
	AA	Boone		1-A	Belmond
	A	Decorah	1990	3-A	Des Moines, East
	B	West Sioux, Hawarden		2-A	Waukon
	C	Unity Christian, Orange City		1-A	NUH, Cedar Falls
	D	Clinton, St. Mary's			
1976	2-A	Marshalltown			
	1-A	(tie) Centerville; Cherokee			
	B	Lake City			
	C	North Winneshiek, Decorah			
1977	2-A	Muscatine			
	1-A	Clarke, Osceola			

Team Runners-up - Year-by-Year cont'd

1991	3-A Iowa City, West 2-A St. Albert, Co. Bluffs 1-A Clinton, Mater Dei	2-A Waukon 1-A Regina, Iowa City
1992	3-A Dubuque, Senior 2-A Waukon 1-A Calamus-Wheatland	2001 3-A Iowa City, City 2-A Mount Vernon-Lisbon 1-A Wapsie Valley
1993	3-A Dubuque, Senior 2-A Western Christian, Hull 1-A Gilbert	2002 3-A Valley, WDM 2-A Monticello 1-A Marquette, Bellevue
1994	3-A Wahlert, Dubuque 2-A Waukon 1-A Eagle Grove	2003 4-A Iowa City, City 3-A Mount Vernon-Lisbon 2-A Nodaway Valley 1-A Midland, Wyoming
1995	3-A Cedar Falls 2-A Humboldt 1-A Woodbine	2004 4-A Des Moines Roosevelt 3-A Mount Vernon-Lisbon 2-A Western Christian, Hull 1-A Central Elkader
1996	3-A Cedar Falls 2-A Nevada 1-A Iowa Mennonite, Kalona	2005 4-A Cedar Rapids Kennedy 3-A Wahlert, Dubuque 2-A Clarinda 1-A Regina, Iowa City
1997	3-A Dubuque, Senior 2-A Unity Christian 1-A Eldora-New Providence	
1998	3-A Iowa City, City High 2-A Webster City 1-A Collins-Maxwell-Baxter	
1999	3-A Marshalltown 2-A Unity Christian, Orange City 1-A Dike-New Hartford	
2000	3-A Des Moines, Roosevelt	

IHSAA TEAM RUNNERS-UP - Alphabetically

Adel	1939	1
Agency	1959	1
Algona	1974	1
Alta	1964	1
Ames	1937, 64, 66, 72, 74, 82	6
Aquin, Cascade	1967, 70	2
Aquinas, Fort Madison	1972	1
Assumption, Davenport	1972	1
Bancroft, St. John	1978	1
Bayard	1962, 63, 64	3
BCL, Conrad	1968	1
Belle Plaine	1980	1
Bellevue	1966	1
Belmond	1989	1
BGM, Brooklyn	1981, 86	2
Bishop Heelan, Sioux City	1971	1

Team Runner-up Year-by-Year cont'd

Boone	1975	1
Buffalo Center	1938	1
Calamus-Wheatland	1992	1
Cardinal Stritch, Keokuk	1977, 79	2
Cascade	1977, 78, 82, 87	4
Cedar Falls	1952, 57, 58, 70, 95, 96	6
Cedar Rapids, Franklin	1942	1
Cedar Rapids, Grant	1933	1
Cedar Rapids, Jefferson	1958	1
Cedar Rapids, Kennedy	2005	1
Cedar Rapids, McKinley	1951	1
Cedar Rapids, Roosevelt	1949, 50	2
Centerville	1976, 88	2
Central, Elkader	2004	1
Charles City	1974	1
Charlotte	1948	1
Cherokee, Washington	1976	1
Clarinda	1959, 61, 2005	3
Clarke, Osceola	1977	1
Clear Lake	1986	1
Clinton	1980, 83, 85, 88	4
Clinton, St. Mary's; Mater Dei	1975, 91	2
CMB, Baxter	1998	1
College Springs, South Page	1957	1
Cresco, Notre Dame	1980	1
Davenport, Central	1974	1
Davenport, West	1965, 68, 69, 73	4
Dayton	1945	1
Decorah	1961, 75	2
Delmar	1946	1
Des Moines, East	1934, 44, 45, 48, 50, 53, 57, 90	8
Des Moines, Hoover	1968, 69	2
Des Moines, Lincoln	1955, 56	2
Des Moines, North	1949, 51, 54, 57	4
Des Moines, Roosevelt	1957, 2000, 04	3
Des Moines, Tech	1961, 64, 66, 67	4
Dike-New Hartford	1999	1
Dowling, West Des Moines	1951, 71, 73, 75	4
Dubuque, Senior	1963, 86, 92, 93, 97	5
Eagle Grove	1967, 68, 69, 71, 85, 94	6
Eldon	1958	1
Eldora-New Providence	1987, 97	2
Elk Horn-Kimballton	1968	1
Elwood	1965	1
Fredericksburg	1965	1
Fremont	1951	1
Fort Madison	1940	1
Garnavillo	1971	1
Garner	1952	1
Gibson	1955	1
Gilbert	1982, 93	2
Glenwood	1980, 84	2
Goldfield	1974	1

Team Runners-up - Alphabetically cont'd

Grand Junction	1956	1
Grinnell	1951, 52, 53, 55, 62, 65, 71, 83	8
Griswold	1956	1
Hedrick	1970	1
Humboldt	1995	1
Indianola	1970, 87	2
Iowa City; Iowa City, City High	1946, 48, 98, 2001, 03	5
Iowa City, University High	1945, 49, 50	3
Iowa City, West	1991	1
Iowa Falls	1942	1
Iowa Mennonite, Kalona	1996	1
Janesville (Finchford Consolidated)	1936	1
Kee, Lansing	1979	1
Keokuk	1943	1
Knoxville	1941, 73, 81	3
Lake City	1976	1
LeClaire	1937, 54	2
Linn-Mar, Marion	1960, 61	2
LuVerne	1961	1
Madrid	1966	1
Maquoketa	1930	1
Marion	1973	1
Mar-Mac, McGregor	1972, 73	2
Marquette, Bellevue	2002	1
Marshalltown	1962, 72, 76, 84, 99	5
Mason City	1971	1
Midland, Wyoming	2003	1
Miles	1967	1
Montezuma	1969	1
Monticello	2002	1
Mount Vernon	1955	1
Mount Vernon-Lisbon	2001, 03, 04	3
Muscatine	1931, 32, 77, 79, 89	5
Nevada	1946, 48, 66, 96	4
Newman Catholic, Mason City	1978	1
Nodaway Valley, Greenfield	2003	1
North Fayette, West Union	1971	1
North Winneshiek, Decorah	1976	1
NUH, Cedar Falls	1983, 90	2
Odebolt-Arthur	1958, 63, 69	3
Oelwein	1980	1
Ollie	1950	1
Osage	1953	1
Oskaloosa	1959, 60, 63	3
Ottumwa	1934, 35, 36, 38, 39	5
Oxford	1951	1
Pella Christian	1979	1
Pocahontas Catholic	1969	1
Prairie, Gowrie	1958, 67, 68, 69	4

Team Runners-up - Alphabetically cont'd

Red Oak	1963, 64	2
Redfield	1942	1
Regina, Iowa City	2000, 05	2
Sheffield	1954, 57, 59	3
Sioux City, Central	1959, 60, 62	3
Sioux City, East	1965, 70, 71	3
South Hamilton, Jewell	1988	1
South Hamilton, Randall	1960	1
St. Albert, Council Bluffs	1991	1
Stanley	1952, 53	2
Thornburg	1939, 40, 73	3
Tipton	1972, 73, 74	3
Underwood	1960, 62	2
Unity Christian, Orange City	1974, 75, 84, 85, 97, 99	6
Valley, West Des Moines	1954, 56, 60, 2002	4
Villisca	1970, 71	2
Vinton, Washington	1937, 38, 70	3
Wahlert, Dubuque	1994, 2005	2
Wapsie Valley, Fairbank	2001	1
Washington	1944	1
Waterloo, Columbus	1967, 73, 78	3
Waterloo, West	1975	1
Waukon	1989, 90, 92, 94, 2000	5
Waverly-Shell Rock	1981	1
Webster City	1998	1
West Delaware, Manchester	1969	1
West Sioux, Hawarden	1964, 65, 66, 75	4
Western Christian, Hull	1972, 73, 2004	3
Williamsburg	1940	1
Woodbine	1995	1
Zearing	1944	1

INDIVIDUAL RUNNERS-UP - YEAR-BY-YEAR
Note: Some years only the winning time was recorded

2 Miles

1922	Shipman, Fort Dodge
1923	Wallace Elliott, Iowa City
1924	McBaine, Fort Dodge
1925	Smith, Cedar Rapids, Grant
1926	Thomas Kelly, Parnell
1927	Ralph Cozine, Iowa City, University High
1928	Milo Wilson, Des Moines, East
1929	Holmes, Des Moines, East

(First Official IHSAA Meet, 1930)

1930	John Garnes & Bob McElroy Muscatine tied 1-2	11:00.5
1931	Teach, Grafton	NT
1932	Richard Beebe, Ottumwa	NT
1933	John Schmidt, Ottumwa	NT
1934	Frank Silver, Des Moines, East	NT

Individual Runners-up - Year-by-Year cont'd

1.9 Miles

1935	Ray Davis, Oskaloosa	NT
1936	A Neal Hamilton, Oskaloosa	NT
	B Edwin Meyers, Iowa City, University High	NT
1937	A Inman, Oelwein	NT
	B Donald Spencer, Iowa City, University High	NT
	C Dale Winey, Clarence	NT
1938	A Stanley McCargar, Oskaloosa	NT
	B Charles Wright, Monticello	NT
	C Walter Maytag, Laurel	NT
1939	A Howard Goebel, Knoxville	NT
	B Charles Fetzer, Williamsburg	NT
	C Ralph Zepp, Martinsburg	NT
1940	A Albert Slater, Fort Madison	NT
	B Fred Zollar, Iowa City, University High	NT
	C Kenneth McFate, LeClaire	NT
1941	A Louis Loper, Council Bluffs, Abraham Lincoln	11:19.4
	B Frank Zollar, Iowa City, University High	11:58.5
	C Dee Thompson, Minburn	NT
1942	A Howard Cole, Cedar Rapids, Franklin	NT
	B Bob Hartsock, Iowa City, University High	NT
1943	A Des Moines, East	NT
	B Dick Terrill, Iowa City University	NT
	C Mechanicsville	NT
1944	A Smith, Ottumwa	10:54.5
	B Stanley Murray, Iowa City, University High	11:02.5
	C Smith Oakes, Zearing	11:30.1
1945	A Keith Sanford, Cedar Rapids, Franklin	NT
	B Russell Benedict, Marion	NT
	C Casper Robinson, Mechanicsville	NT
1946	A Bob Hoak, Des Moines, Roosevelt	NT
	B Eugene Hastings, Marion	NT
	C V. Svoboda, Mechanicsville	NT
1947	<i>One race run for all classes - no runner-up reported</i>	
1948	AA George Sullivan, Des Moines, East	NT
	A Stan Petrick, Cedar Rapids, Roosevelt	NT
	B Allen Mally, Marion	NT
	C Arthur Trumbower, Napier	NT
1949	AA John Williams, Cedar Rapids, Franklin	NT
	A Donald Jones, Cedar Rapids, Roosevelt	NT
	B Allen Mally, Marion	NT
	C Eugene Kessell, Ollie	NT

Individual Runners-up - Year-by-Year cont'd

		2 Mile
1950	AA Galen Hassen, Council Bluffs, Abraham Lincoln	NT
	A Charles Bauserman, Cedar Rapids, Roosevelt	NT
	B Richard Hotz, Marion	NT
	C Roger Runkle, Ollie	NT
		1.8 Miles
1951	AA Carl Zimmerman, Waterloo, West	9:48.4
	A Roy Bever, Charles City	10:45.4
	B Gerald Walker, Marion	10:11.1
	C Harold Crowe, Fremont	10:43.1
1952	AA John Aller, Dowling, DM	NT
	A Charles DeLong, Grinnell	NT
	B Clyde Callahan, Eldora	NT
	C Ronny DeMuth, Stanley	NT
1953	AA Ray Phares, Des Moines, Tech	NT
	A Charles DeLong, Grinnell	NT
	B Kenny Brock, Eldora	NT
	C George Lee, Underwood	NT
1954	AA Brian Travis, Des Moines, Tech	9:41.5
	A Jim Hollis, West Des Moines	10:44.2
	B Kenny Brock, Eldora	10:37.3
	C George Lee, Underwood	10:05.7
1955	AA Jim McFadden, Des Moines, North	9:38.0
	A Laverne Latchem, Grinnell	10:06.0
	B Gary Haltmeyer, Postville	9:58.0
	C Tommy Sentman, Ollie	NT
1956	AA Tom Rivers, Sioux City, Central	NT
	A John Woolson, Clarinda	NT
	B Tom Tilton, LeClaire	NT
	C Tommy Sentman, Ollie	NT
1957	AAAA Ralph Trimble, Cedar Rapids, Jefferson	9:19.4
	AA Konrad Billhardt, Oskaloosa	9:49.5
	A Ronnie Olson, Decorah	9:34.7
	B Don Storjhan, Underwood	10:19.0
	C Raymond Miller, Menlo	10:33.0
1958	AAA Eugene Rave, Sioux City, Central	NT
	AA Wayne Benzing, Decorah	NT
	A Bill Lynn, West Des Moines	NT
	B Jim Batterson, Eldon	NT
	C Robert Powers, Norwalk	10:36.5
1959	AAA David Brown, Des Moines, Tech	NT
	AA Rich Corso, Iowa City	NT
	A Larry Kramer, Belmond	NT
	B Bill Taylor, Sheffield-Chapin	NT
	C Paul Gilligan, LuVerne	NT
1960	AAA Richard Helm, Des Moines, Tech	NT
	AA Don Bergan, Columbus, Waterloo	NT
	A Roger McCay, Creston	NT
	B Bill Taylor, Sheffield-Chapin	NT

Individual Runners-up - Year-by-Year cont'd

	C	Paul Gilligan, LuVerne	NT
1961	AAA	Jim Wilson, Sioux City, Central	9:19.7
	AA	Don Bergan, Columbus, Waterloo	9:30.0
	A	Tim White, West Sioux, Hawarden	NT
	B	Danny Achenbach, Fremont-Mills, Tabor	NT
	C	Jerry Murray, Klemme	NT
1962	AAA	Kenny Messer, Des Moines, Roosevelt	NT
	AA	Don Bergan, Columbus, Waterloo	NT
	A	Merlin Lewis, Clarinda	NT
	B	Paul Wright, Iowa City, University High	NT
	C	Bob Coons, Linn-Mar, Marion	NT
1963	AAA	Ken Gallagher, Marshalltown	NT
	AA	Rollie Kitt, Kuemper, Carroll	NT
	A	Ronald Taylor, Clarinda	NT
	B	Dennis Reed, Anita	NT
	C	Bruce Penney, Preston	NT
1964	AAAA	Steve Gerkin, Sioux City, Central	9:19.1
	AAA	Rollie Kitt, Kuemper, Carroll	9:23.0
	AA	Galen Lininger, Clarinda	NT
	A	Tom Halboth, Odebolt-Arthur	NT
	B	Larry Ruggles, Anita	NT
	C	Gorden Hansen, Miles	NT
1965	AAAA	Steve Gerkin, Sioux City, Central	9:02.0
	AAA	Ted Fulk, Marshalltown	9:15.0
	AA	Stan Visser, Western Christian, Hull	9:26.0
	A	Keith Allen, Cardinal, Eldon	9:31.2
	B	Larry Ruggles, Anita	9:39.0
	C	Larry Sellers, Russell	10:00.0
1966	AAAA	Greg Coons, Sioux City, Central	9:12.0
	AAA	Denny McGuire, Columbus, Waterloo	9:18.5
	AA	Dean Twedt, Nevada	9:11.9
	A	Larry Bockelman, West Sioux, Hawarden	9:46.5
	B	Jerry Lundquist, Sutherland	9:45.9
	C	Mike Origer, Lincoln Central, Gruver	9:47.8
			2 Miles
1967	AAAA	Lynn Lee, Mason City	10:09.5
	AAA	Greg Denler, Ames	10:08.5
	AA	Lynn Ellis, Red Oak	10:34.2
	A	Mark Aschim, Decorah	10:19.8
	B	Larry Greiner, Pekin, Packwood	10:34.8
	C	Greg Wood, Meservey-Thornton	10:59.5
1968	AAAA	Arnold DeAnda, Davenport, Central	10:13.2
	AAA	Dave Powell, Ames	10:00.8
	AA	Bob Stauffer, Eagle Grove	10:19.0
	A	Dennis Ellingson, Decorah	10:15.9
	B	Roger Villers, Montezuma	10:29.6
	C	Curt Hoegh, Elk Horn-Kimballton	10:20.2
1969	AAAA	Pat Yochum, Dowling, Des Moines	10:04.9
	AAA	Rich Twedt, Des Moines, Hoover	9:48.9

Individual Runners-up - Year-by-Year cont'd

	AA	Lee Schreurs, Ankeny	10:03.9
	A	Bob Stauffer, Eagle Grove	10:08.5
	B	Tim Williamson, Grundy Center	10:20.6
	C	Bob Schlieseman, BCL, Conrad	10:36.9
	D	Steve Seamer, Miles	10:14.2
1970	AAAA	Gene Bluedon, Davenport, West	10:03.2
	AAA	Don Akir, Sioux City, East	10:05.1
	AA	Dave Hanson, Grinnell	10:27.8
	A	Chuck Cassel, Bishop Garrigan, Algona	10:26.5
	B	Tim Williamson, Grundy Center	10:29.3
	C	Wayne Hammitt, Woodbine	10:52.6
	D	Dennis Capps, Hedrick	10:55.2
1971	AAAA	Gregg Newell, Davenport, Central	9:46.4
	AAA	Tom Schoberg, Bishop Heelan, Sioux City	9:44.2
	AA	Dave Hanson, Grinnell	10:21.7
	A	Rex Madsen, Sheldon	10:14.8
	B	Charles Rump, Aquinas, Fort Madison	10:15.4
	C	Don Longnecker, BGM, Brooklyn	10:29.1
	D	Dan Gingerich, MarMac, McGregor	10:42.4
1972	AAAA	Jeff Myers, Davenport, West	10:01.9
	AAA	Shane Dooley, Des Moines, Hoover	9:57.8
	AA	Mike Buens, Indianola	10:14.8
	A	Craig Hoden, Linn-Mar, Marion	10:03.7
	B	Brian Kenyon, Bishop Garrigan, Algona	10:12.6
	C	Chuck Baker, Dike	10:34.7
	D	Mark Hughes, Elwood	10:34.1
1973	AAAA	Edward Moreno, Davenport, Central	9:51.0
	AAA	Ed Newell, Sioux City, North	10:10.0
	AA	Mark Bishop, Indianola	10:17.0
	A	Mark Adamson, Cherokee, Washington	10:00.0
	B	Ron Gomis, Johnston	10:32.0
	C	Dan Stice, Aquinas, Fort Madison	10:42.0
	D	Wade Pestka, Oxford Junction	
1974	AAAA	David Korir, Cedar Rapids, Washington	9:40.0
	AAA	Mike Duncan, Columbus, Waterloo	9:33.3
	AA	Gene McGivern, Assumption, Davenport	10:02.0
	A	Tim Holton, Cherokee, Washington	10:02.0
	B	Blair Renfro, Shenandoah	10:11.0
	C	Pat Hayes, Aquin, Cascade	10:17.0
	D	Pete Stevenson, Meriden-Cleghorn	10:05.0
1975	AAAA	Jamie Hutcheson, Marshalltown	9:44.0
	AAA	Jon Mathiason, Ames	9:35.0
	AA	Ed Croson, Lewis Central, Council Bluffs	9:51.0
	A	Kevin Ubbelohde, Clear Lake	10:01.0
	B	Joe Pelsler, Tipton	9:56.0
	C	Pat Hayes, Aquin, Cascade	9:55.0
	D	Tom Ries, Clinton, St. Mary's	10:27.0
1976	AA	Jamie Hutcheson, Marshalltown	9:45.0
	A	Tim Holton, Cherokee, Washington	9:59.0
	B	Jon Betz, North Polk, Alleman	10:02.0
	C	Tom Peacher, Cardinal Stritch, Keokuk	10:42.0

Individual Runners-up - Year-by-Year cont'd

1977	AA	Jim McCauley, Bishop Heelan, Sioux City	NT
	A	Randy Fitzgerald, Decorah	NT
	B	Steve Greiner, Pekin, Packwood	NT
	C	Tim Henricksen, Lincoln Central, Gruver	NT
1978	AA	Matt Trimble, Iowa City, City High	NT
	A	Tim Mueting, Denison	NT
	B	Dan Kroeze, Unity Christian, Orange City	NT
	C	Tim Henricksen, Lincoln Central, Gruver	NT
1979	AA	Jeff Jacobs, Clinton	9:49.0
	A	Bill Kerkaert, Sheldon	9:46.0
	B	Mike Karamitros, Newman Catholic, Mason City	10:05.0
	C	Roger Tiarks, Treynor	10:20.0
1980	AA	Jeff Jacobs, Clinton	9:36.0
	A	Bill Kerkaert, Sheldon	9:46.0
	B	Randy Canaan, Maurice-Orange City	10:18.0
	C	Dan Schreck, Cardinal Stritch, Keokuk	10:23.0
1981	3-A	Mike Lee, Council Bluffs, Abraham Lincoln	9:48.4
	2-A	Mike Grevengoed, Western Christian, Hull	9:51.8
	1-A	Shawn Connor, Kee, Lansing	10:15.3
1982	3-A	Mike Lee, Council Bluffs, Abraham Lincoln	9:46.4
	2-A	Chris Shehan, Red Oak	10:00.6
	1-A	Lonnie Minor, BGM, Brooklyn	10:11.4
1983	3-A	Mark Block, Fort Dodge	9:45.3
	2-A	Tom Penningroth, Tipton	9:50.7
	1-A	Brian Hawes, Kee, Lansing	9:53.8
1984	3-A	Jeff Burris, Ames	9:55.3
	2-A	Dan Hostager, Audubon	10:04.5
	1-A	Paul Barnhart, Gehlen Catholic, LeMars	10:11.5
1985	3-A	Jason Maxson, Cedar Rapids, Washington	10:04.1
	2-A	Dave Halferty, Chariton	10:16.5
	1-A	Paul Barnhart, Gehlen Catholic, LeMars	9:53.2
1986	3-A	Tory Tepp, Dubuque, Senior	9:59.6
	2-A	Dwaine Heppler, Sheldon	10:17.8
	1-A	Kent Keith, Cedar Valley	10:32.1
<u>5,000 Meters</u>			
1987	3-A	Jason Maxson, Cedar Rapids, Washington	15:46.9
	2-A	Matt Lindaman, Humboldt	16:12.6
	1-A	Shawn Lansing, Holy Cross, Leo	16:12.0
1988	3-A	Brian Runyan, Indianola	16:06.4
	2-A	Brian Hornbuckle, Shenandoah	16:10.9
	1-A	Lance Elliott, Montezuma	16:15.0
1989	3-A	Doug Birk, Sioux City, East	16:20.1
	2-A	Andy Kauder, Cascade, Western Dubuque	16:28.3
	1-A	Mike Penningroth, Tipton	16:19.3
1990	3-A	Albert Hayton, Clinton	16:33.0

Individual Runners-up - Year-by-Year cont'd

	2-A	Brent McGrew, Decorah	16:40.0
	1-A	Nathan Smith, East Union, Afton	16:52.0
1991	3-A	Roba Bati, Iowa City, West	16:18.8
	2-A	Daron DeJong, MOC-Floyd Valley	16:38.6
	1-A	Chris Stone, Clinton, Mater Dei	16:54.7
1992	3-A	Ambo Bati, Iowa City, West	15:33.0
	2-A	Daron DeJong, MOC-Floyd Valley	16:15.2
	1-A	Corey Stock, St. Albert, Council Bluffs	16:24.8
1993	3-A	Sam Burkett, Urbandale	15:36.9
	2-A	Jesse Sand, Cedar Rapids, Regis	16:08.9
	1-A	Dan Reis, Turkey Valley, Jackson Junction	16:19.7
1994	3-A	Charley Kelly, Marshalltown	15:48.6
	2-A	Mike Stults, Knoxville	15:55.4
	1-A	Tavis Cummings, Van Buren, Keosauqua	16:01.3
1995	3-A	Trent Corey, Dubuque, Senior	15:44.0
	2-A	Peter Hollatz, Centerville	16:01.0
	1-A	Jason Probasco, Woodbine	16:17.0
1996	3-A	Shaun Allen, Fort Madison	15:41.0
	2-A	Peter Hollatz, Centerville	15:50.0
	1-A	David Baldwin, Jesup	16:20.0
1997	3-A	Shaun Allen, Fort Madison	15:16.0
	2-A	Matt Cook, Monticello	15:45.0
	1-A	Adam Sundall, Bishop Garrigan, Algona	15:59.0
1998	3-A	Grant Shadden, Marshalltown	15:32.0
	2-A	Dan Van Engen, Unity Christian, Orange City	16:07.0
	1-A	Tad Stolley, Woodbine	16:07.0
1999	3-A	Trent Graham, Des Moines Roosevelt	15:17.0
	2-A	Robby Weber, Perry	15:52.0
	1-A	Justin Pieper, Aquinas, Fort Madison	16:15.0
2000	3-A	Chris Jones, Iowa City West	15:39.0
	2-A	Dylan Davis, ADM, Adel	16:09.0
	1-A	Jason Flogel, Marquette Bellevue	16:09.0
2001	3-A	Andy Johnson, Des Moines, Roosevelt	15:46.0
	2-A	Chris Legore, Mount Vernon-Lisbon	15:59.0
	1-A	Adam Bohach, South Winneshiek, Calmar	16:14.0
2002	3-A	Joe Morgan, Clinton	15:27.0
	2-A	Brett Adams, Assumption, Davenport	15:53.0
	1-A	Dan Mayer, West Central Valley, Stuart	16:16.0
2003	4-A	Kiel Uhl, Des Moines Roosevelt	15:19.0
	3-A	Nick Murphy, Bishop Heelan, Sioux City	15:39.0
	2-A	Dan Mayer, West Central Valley, Stuart	16:26.0
	1-A	Tim McKenna, NUH, Cedar Falls	16:12.0
2004	4-A	Jon Thomas, Des Moines Roosevelt	15:34.0
	3-A	Tony Fischels, Webster City	16:22.0

Individual Runners-up - Year-by-Year cont'd

2-A	Danny Owens, Clarinda	16:45.0
1-A	Nate Petesch, Marquette Catholic, Bellevue`	16:58.0
2005		
4-A	Jordan Anderson, Mason City	15:58.0
3-A	Tyler Meyer, Wahlert, Dubuque	16:32.0
2-A	Dalton Lems, Western Christian, Hull	16:32.0
1-A	Cody Dreyer, Central Elkader	16:44.0

INDIVIDUAL IHSAA RUNNERS-UP - Alphabetically

Achenbach, Danny	Fremont-Mills 1961
Adams, Brett	Assumption, Davenport 2002
Adamson, Mark	Cherokee, Washington 1973
Akir, Don	Sioux City, East 1970
Allen, Keith	Cardinal, Eldon 1965
Allen, Shaun (2)	Fort Madison 1996, 97
Aller, John	Dowling, Des Moines 1952
Anderson, Jordan	Mason City 2005
Aschim, Mark	Decorah 1967
Baker, Chuck	Dike 1972
Baldwin, David	Jesup 1996
Barnhart, Paul (2)	Gehlen Catholic, LeMars 1984, 85
Bati, Ambo	Iowa City, West 1992
Bati, Roba	Iowa City, West 1991
Batterson, Jim	Eldon 1958
Bauserman, Charles	Cedar Rapids, Roosevelt 1950
Beebe, Richard	Ottumwa 1932
Benedict, Russell	Marion 1945
Benzing, Wayne	Decorah 1958
Bergan, Don (3)	Columbus, Waterloo 1960, 61, 62
Betz, Jon	North Polk, Alleman 1976
Bever, Roy	Charles City 1951
Billhardt, Konrad	Oskaloosa 1957
Birk, Doug	Sioux City, East 1989
Bishop, Mark	Indianola 1973
Block, Mark	Fort Dodge 1983
Bluedon, Gene	Davenport, West 1970
Bockelman, Larry	West Sioux, Hawarden 1966
Bohach, Adam	South Winneshiek, Calmar 2001
Brock, Kenny (2)	Eldora 1953, 54
Brown, David	Des Moines, Tech 1959
Buens, Mike	Indianola 1972
Burkett, Sam	Urbandale 1993
Burris, Jeff	Ames 1984
Callahan, Clyde	Eldora 1952
Canaan, Randy	Maurice-Orange City 1980
Capps, Dennis	Hedrick 1970
Cassell, Chuck	Bishop Garrigan, Algona 1970
Cole, Howard	Cedar Rapids, Franklin 1942
Connor, Shawn	Kee, Lansing 1981
Cook, Matt	Monticello 1997
Coons, Bob	Linn-Mar, Marion 1962
Coons, Greg	Sioux City, Central 1966
Corey, Trent	Dubuque, Senior 1995

Individual Runners-up - Alphabetically cont'd

Corso, Rich	Iowa City 1959
Croson, Ed	Lewis Central, Council Bluffs 1975
Crowe, Harold	Fremont 1951
Cummings, Tavis	Van Buren, Keosauqua 1994
Davis, Dylan	ADM, Adel 2000
Davis, Ray	Oskaloosa 1935
DeAnda, Arnold	Davenport, Central 1968
DeJong, Daron (2)	MOC-Floyd Valley 1991, 92
DeLong, Charles (2)	Grinnell 1952, 53
DeMuth, Ronny	Stanley 1952
Denler, Greg	Ames 1967
Dooley, Shane	Des Moines, Hoover 1972
Dreyer, Cody	Central Elkader 2005
Duncan, Mike	Columbus, Waterloo 1974
Ellingson, Dennis	Decorah 1968
Elliott, Lance	Montezuma 1988
Ellis, Lynn	Red Oak 1967
Fetzer, Charles	Williamsburg 1939
Fischels, Tony	Webster City 2004
Fitzgerald, Randy	Decorah 1977
Flogel, Jason	Marquette, Bellevue 2000
Fulk, Ted	Marshalltown 1965
Gallagher, Ken	Marshalltown 1963
Gerkin, Steve (2)	Sioux City, Central 1964, 65
Gilligan, Paul (2)	LuVerne 1959, 60
Gingerich, Dan	Mar-Mac, McGregor 1971
Goebel, Howard	Knoxville 1939
Gomis, Ron	Johnston 1973
Graham, Trent	Des Moines, Roosevelt 1999
Greiner, Larry	Pekin, Packwood 1967
Greiner, Steve	Pekin, Packwood 1977
Grevengoed, Mike	Western Christian, Hull 1981
Halboth, Tom	Odebolt-Arthur 1964
Halferty, Dave	Chariton 1985
Haltmeyer, Gary	Postville 1955
Hamilton, Neal	Oskaloosa 1936
Hammitt, Wayne	Woodbine 1970
Hansen, Gorden	Miles 1964
Hanson, Dave (2)	Grinnell 1970,71
Hanson, Edward	Mechanicsville 1946
Hartsock, Bob	Iowa City, University High 1942
Hassen, Galen	Council Bluffs, Abraham Lincoln 1950
Hastings, Eugene	Marion 1946
Hawes, Brian	Kee, Lansing 1983
Hayes, Pat (2)	Aquin, Cascade 1974, 75
Hayton, Albert	Clinton 1990
Helm, Richard	Des Moines, Tech 1960
Henricksen, Tim (2)	Lincoln Central, Gruver 1977, 78
Heppler, Dwaine	Sheldon 1986
Hoak, Bob	Des Moines, Roosevelt 1946
Hoden, Craig	Linn-Mar, Marion 1972
Hoegh, Curt	Elk Horn-Kimballton 1968
Hollatz, Peter (2)	Centerville 1995, 96
Hollis, Jim	West Des Moines 1954
Holton, Tim (2)	Cherokee, Washington 1974, 76

Individual Runners-up - Alphabetically cont'd

Hornbuckle, Brian	Shenandoah 1988
Hostager, Dan	Audubon 1984
Hotz, Richard	Marion 1950
Hughes, Mark	Elwood 1972
Hutcheson, Jamie (2)	Marshalltown 1975, 76
Inman,	Oelwein 1937
Jacobs, Jeff (2)	Clinton 1979, 80
Johnson, Andy	Des Moines, Roosevelt 2001
Jones, Chris	Iowa City, West 2000
Jones, Donald	Cedar Rapids, Roosevelt 1949
Karamitros, Mike	Newman Catholic, Mason City 1979
Kauder, Andy	Cascade, Western Dubuque 1989
Keith, Kent	Cedar Valley 1986
Kelly, Charley	Marshalltown 1994
Kenyon, Brian	Bishop Garrigan, Algona 1972
Kerkaert, Bill (2)	Sheldon 1979, 80
Kessell, Eugene	Ollie 1949
Kitt, Rollie (2)	Kuemper, Carroll 1963, 64
Korir, David	Cedar Rapids, Washington 1974
Kramer, Larry	Belmond 1959
Krooze, Dan	Unity Christian, Orange City 1978
Lansing, Shawn	Holy Cross, Leo 1987
Latchem, Laverne	Grinnell 1955
Lee, George (2)	Underwood 1953, 54
Lee, Lynn	Mason City 1967
Lee, Mike (2)	Co. Bluffs, Abraham Lincoln 1981, 82
Legore, Chris	Mount Vernon-Lisbon 2001
Lems, Dalton	Western Christian, Hull 2005
Lewis, Merlin	Clarinda 1962
Lindaman, Matt	Humboldt 1987
Liningner, Galen	Clarinda 1964
Longnecker, Don	BGM, Brooklyn 1971
Loper, Louis	Co. Bluffs, Abraham Lincoln 1941
Lundquist, Jerry	Sutherland 1966
Lynn, Bill	West Des Moines 1958
Madsen, Rex	Sheldon 1971
Mally, Allen (2)	Marion 1948, 49
Mathiason, Jon	Ames 1975
Maxson, Jason (2)	Cedar Rapids, Washington 1985, 87
Mayer, Dan (2)	West Central Valley, Stuart 2002, 03
Maytag, Walter	Laurel 1938
McCargar, Stanley	Oskaloosa 1938
McCauley, Jim	Bishop Heelan, Sioux City 1977
McCay, Roger	Creston 1960
McFadden, Jim	Des Moines, North 1955
McFate, Kenneth	LeClaire 1940
McGivern, Gene	Assumption, Davenport 1974
McGrew, Brent	Decorah 1990
McGuire, Denny	Columbus, Waterloo 1966
McKenna, Tim	NUH, Cedar Falls 2003
Messer, Kenny	Des Moines, Roosevelt 1962
Meyer, Tyler	Wahlert, Dubuque 2005
Miller, Raymond	Menlo 1957

Individual Runners-up - Alphabetically cont'd

Minor, Lonnie	BGM, Brooklyn 1982
Moreno, Edward	Davenport, Central 1973
Morgan, Joe	Clinton 2002
Mueting, Tim	Denison 1978
Murphy, Nick	Bishop Heelan, Sioux City 2003
Murray, Jerry	Klemme 1961
Murray, Stanley	Iowa City, University High 1944
Myers, Edwin	Iowa City, University High 1936
Myers, Jeff	Davenport, West 1972
Newell, Ed	Sioux City, North 1973
Newell, Gregg	Davenport, Central 1971
Oakes, Smith	Zearing 1944
Olson, Ronnie	Decorah 1957
Origer, Mike	Lincoln Central, Gruver 1966
Owens, Danny	Clarinda 2004
Peacher, Tom	Cardinal Stritch, Keokuk 1976
Pelzer, Joe	Tipton 1975
Penney, Bruce	Preston 1963
Pestka, Wade	Oxford Junction 1973
Petesch, Nate	Marquette Catholic, Bellevue 2004
Petrick, Stan	Cedar Rapids, Roosevelt 1948
Penningroth, Mike	Tipton 1989
Penningroth, Tom	Tipton 1983
Phares, Ray	Des Moines, Tech 1953
Pieper, Justin	Aquinas, Fort Madison 1999
Powell, Dave	Ames 1968
Powers, Robert	Norwalk 1958
Probasco, Jason	Woodbine 1995
Rave, Eugene	Sioux City, Central 1958
Reed, Denis	Anita 1963
Reis, Dan	Turkey Valley, Jackson Junction 1993
Renfro, Blair	Shenandoah 1974
Ries, Tom	Clinton, St. Mary's 1975
Rivers, Tom	Sioux City, Central 1956
Robinson, Casper	Mechanicsville 1945
Ruggles, Larry (2)	Anita 1964, 65
Rump, Charles	Aquinas, Fort Madison 1971
Runkle, Roger	Ollie 1950
Runyan, Brian	Indianola 1988
Sand, Jesse	Cedar Rapids, Regis 1993
Sanford, Keith	Cedar Rapids, Franklin 1945
Schlieseman, Bob	BCL, Conrad 1969
Schmidt, John	Ottumwa 1933
Schoberg, Tom	Bishop Heelan, Sioux City 1971
Schreck, Dan	Cardinal Stritch, Keokuk 1980
Schreurs, Lee	Ankeny 1969
Seamer, Steve	Miles 1969
Sellers, Larry	Russell 1965
Sentman, Tommy (2)	Ollie 1955, 56
Shadden, Grant	Marshalltown 1998
Shehan, Chris	Red Oak 1982
Silver, Frank	Des Moines, East 1934
Slater, Albert	Fort Madison 1940

Individual Runners-up - Alphabetically cont'd

Smith,	Ottumwa 1944
Smith, Nathan	East Union, Afton 1990
Spencer, Donald	Iowa City, University High 1937
Stauffer, Bob (2)	Eagle Grove 1968, 69
Stevenson, Pete	Meriden-Cleghorn 1974
Stice, Dan	Aquinas, Fort Madison 1973
Stock, Corey	St. Albert, Council Bluffs 1992
Stone, Chris	Clinton, Mater Dei 1991
Stolley, Tad	Woodbine 1998
Storjmann, Don	Underwood 1957
Stults, Mike	Knoxville 1994
Sullivan, George	Des Moines, East 1948
Sundall, Adam	Bishop Garrigan, Algona 1997
Taylor, Bill (2)	Sheffield-Chapin 1959, 60
Taylor, Ronald	Clarinda 1963
Teach,	Grafton 1931
Tepp, Tory	Dubuque, Senior 1986
Terrill, Dick	Iowa City, University 1943
Thomas, Jon	Des Moines Roosevelt, 2004
Thompson, D.	Minburn 1941
Tiarks, Roger	Treynor 1979
Tilton, Tom	LeClaire 1956
Travis, Brian	Des Moines, Tech 1954
Trimble, Matt	Iowa City, City High 1978
Trimble, Ralph	Cedar Rapids, Jefferson 1957
Trumbower, Arthur	Napier 1948
Twedt, Dean	Nevada 1966
Twedt, Rich	Des Moines, Hoover 1969
Ubbelohde, Kevin	Clear Lake 1975
Uhl, Kiel	Des Moines Roewevelt 2003
Van Engen, Dan	Unity Christian, Orange City 1998
Villers, Roger	Montezuma 1968
Visser, Stan	Western Christian, Hull 1965
Walker, Gerald	Marion 1951
Weber, Robby	Perry 1999
White, Tim	West Sioux, Hawarden 1961
Williams, John	Cedar Rapids, Franklin 1949
Williamson, Tim (2)	Grundy Center 1969, 70
Wilson, Jim	Sioux City, Central 1961
Winey, Dale	Clarence 1937
Wood, Greg	Meservey-Thornton 1967
Woolson, John	Clarinda 1956
Wright, Charles	Monticello 1938
Wright, Paul	Iowa City, University High 1962
Yochum, Pat	Dowling, Des Moines 1969
Zepp,	Martinsburg 1939
Zimerman, Carl	Waterloo, West 1951
Zollar, Fred	Iowa City, University High 1940
Zollar, Frank	Iowa City, University High 1941

SCHOOLS BOASTING IHSAA INDIVIDUAL RUNNER-UP

A-D-M, Adel	1	Elwood	1
Ames	4	Fort Dodge	1
Anita	3	Fort Madison	3
Ankeny	1	Fremont	1
Aquin, Cascade	2	Fremont-Mills, Tabor	1
Aquinas, Fort Madison	3	Gehlen Catholic, LeMars	2
Assumption, Davenport	2	Grafton	1
Audubon	1	Grinnell	5
BCL, Conrad	1	Grundy Center	2
Belmond	1	Hedrick	1
BGM, Brooklyn	2	Holy Cross, Leo	1
Bishop Garrigan, Algona	3	Humboldt	1
Bishop Heelan, Sioux City	3	Indianola	3
Cardinal, Eldon	1	Iowa City, City	2
Cardinal Stritch, Keokuk	2	Iowa City, University High	7
Cascade (Western Dubuque)	1	Iowa City, West	2
Cedar Rapids, Franklin	3	Jesup	1
Cedar Rapids, Jefferson	1	Johnston	1
Cedar Rapids, Regis	1	Kee, Lansing	2
Cedar Rapids, Roosevelt	3	Klemme	1
Cedar Rapids, Washington	3	Knoxville	2
Cedar Valley, Somers	1	Kuemper, Carroll	2
Centerville	2	Laurel	1
Central Elkader	1	LeClaire	2
Chariton	1	Lewis Central, Co. Bulffs	1
Charles City	1	Lincoln Central, Gruver	3
Cherokee	3	Linn-Mar, Marion	2
Clarence	1	LuVerne	2
Clarinda	3	Marion	6
Clear Lake	1	MarMac, MacGregor	1
Clinton	4	Marquette, Bellevue	1
Clinton, St. Mary's; Mater Dei	2	Marshalltown	6
Columbus, Waterloo	5	Martinsburg	1
Council Bluffs, Abraham Lincoln	4	Mason City	2
Creston	1	Maurice-Orange City	1
Davenport Central	3	Mechanicsville	2
Davenport, West	2	Menlo	1
Decorah	6	Meriden-Cleghorn	1
Denison	1	Meservey-Thornton	1
Des Moines, East	2	Miles	2
Des Moines, Hoover	2	Minburn	1
Des Moines, North	1	MOC-Floyd Valley	1
Des Moines, Roosevelt	5	Montezuma	2
Des Moines, Tech	4	Monticello	2
Dike	1	Mount Vernon-Lisbon	1
Dowling Catholic, Des Moines & WDM	2	Muscatine	1
Dubuque, Senior	2	Napier	1
Eagle Grove	2		
East Union, Afton	1		
Eldon	1		
Eldora	3		
Elk Horn-Kimballton	1		

Schools Boasting Individual Runner-ups cont'd

Nevada	1	Sutherland	1
Newman Catholic, Mason City	1	Tipton	3
North Polk, Alleman	1	Treynor	1
Norwalk	1	Turkey Valley, Jackson Junction	1
NUH, Cedar Falls	1		
Odebolt-Arthur	1	Underwood	3
Oelwein	1	Unity Christian, Orange City	2
Ollie	4	Urbandale	1
Oskaloosa	4	Valley, WDM & West Des Moines	2
Ottumwa	3	Van Buren, Keosauqua.....	1
Oxford Juntion	1		
		Wahlert, Dubuque	1
Pekin, Packwood.....	2	West Central Valley, Stuart	2
Perry.....	1	Western Christian, Hull	3
Postville	1	West Sioux, Hawarden.....	2
Preston.....	1	Williamsburg	1
Red Oak	2	Woodbine	3
Russell	1		
		Zearing	1
St. Albert, Council Bluffs	1		
Sheffield-Chapin	2		
Sheldon	4		
Shenandoah	2		
Sioux City, Central	6		
Sioux City, East	2		
Sioux City, North	1		
South Winneshiek, Calmar	1		
Stanley.....	1		

STATE MEET RECORDS & BEST PERFORMANCES
(since 1930 sanctioning by the IHSAA)
SCHOOLS WITH THE MOST STATE CHAMPIONSHIP TEAMS

Decorah	14	Ames	6
Marion.....	10	Clinton	6
Iowa City, City High	8	Des Moines, North	6
Iowa City, University High	8	Des Moines, East	5
Sioux City, Central	8	Kee, Lansing	5
Des Moines, Tech	7	Shenandoah	5
Marshalltown	7		
Waukon	7		

MOST CONSECUTIVE TEAM TITLES

- 9 Marion 1945, 46, 48, 49, 50, 51, 52, 53, 54 (Meet called off, 1947..weather)
- 5 Iowa City, University 1940, 41, 42, 43, 44
- 5 Sioux City, Central 1963, 64, 65, 66, 67
- 5 Waukon 1995, 96, 97, 98, 99
- 4 Mechanicsville 1943, 44, 45, 46
- 4 Iowa City, City High 1991, 92, 93, 94

INDIVIDUALS AMONG THE TOP 2 FOUR CONSECUTIVE YEARS

Mark Johnson, Mason City 1st: 1969, 70, 71, 72
 Dan Mayer, West Central Valley, Stuart: 2nd: 2002, 03; 1st: 2004, 05

Champions Running for Champions

Since 1930 there have been 281 teams that have won State Championships (counting ties). 99 times the individual champion has run on the championship squad, with the last three being Ryan Dolan (Wahlert, Dubuque), 2004, Jon Thomas, Des Moines Roosevelt, 2003 and Tait Steines led Calamus-Wheatland, 1996. Thirty-six times the team champion has featured the top two individual finishers. However, only 5 times since scoring four or more runners (1970) has this occurred -- Tipton in 1975; Kee, Lansing in 1981; Denver in 1985; Dubuque Senior in 1986; and Des Moines Roosevelt in 2003 (Jon Thomas and Kiel Uhl).

COACHES WHO HAVE WON THE MOST STATE TEAM TITLES

Les Hipple, Marion	9	Mike Fitzgerald, Decorah	5
Harlan Heidelbauer, Waukon	7	Ray Graves, Shenandoah	5
George Kjome, Decorah	7	Robert Lee, Garnavillo; NUH, C. Falls	5
Robert Davidshofer, Aquin; Cascade	6	A.L.(Bud) Williams, Iowa City, City	5
Bill Holsclaw, Clinton	6	Bryce Wickett, LuVerne	4
Ray Obermiller, Sioux City, Central	6	George Boyle, Aquinas, Ft. Madison	4
Chuck Silvey, Des Moines, Tech	6	Dale DeVault, Eldora; BCL, Conrad	4
Bob Brown, Regina, Iowa City	5	Dave Long, Sheffield-C; Mason City	4
Mike Augustine, Des Moines, East	5	John Sletten, Ames	4
Gary Bottorff, Kee, Lansing	5		
Ken Dean, Marshalltown	5		

SCHOOLS WITH THE MOST INDIVIDUAL STATE CHAMPIONS

Des Moines, East	11	Columbus, Waterloo	6
Sioux City, Central	8	Underwood	6
West Des Moines & Valley, WDM	8	Iowa City, University High	5
Dubuque, Senior	7	Marion	5
Marshalltown	6	Mason City	5
Decorah	6	Villisca	5

WINNERS OF THREE OR MORE IHSAA INDIVIDUAL TITLES, 1930-2004

Mark Johnson, Mason City (1969-72)	4	Rick O'Rourke, Villisca (1967-69)	3
Ray (Berl) Edmundson, Thornburg (1938-40)	3	John Raveling, Saydel (1957-59)	3
Deryl King, West Des Moines (1955-57)	3	Garold Ryan, Underwood (1950-52)	3
Homer Lattimer, LeClaire (1954-56)	3	Doug Smith, Sx City, Central (1965-67)	3

TWO-TIME IHSAA INDIVIDUAL CHAMPIONS

David Bell	Eagle Grove 1970, 71	Steve McTaggart	Starmont 1971, 72
Mark Bishop	Indianola 1972, 74	Brent McGrew	Decorah 1991, 92
Bill Blay	Griswold 1991, 92	Don Murray	Des Moines, East 1949, 50
Rob Brock	Dubuque, Senior 1994, 95	Ron Olson	Decorah 1958, 59
Mike Cassidy	Miles 1967, 68	Tom Peacher	Cardinal Stritch, Keokuk 1977, 78
Dave Compton	Sioux City, Central 1963, 64	Dan Reis	Turkey Valley 1995, 96
Dylan Davis	ADM, Adel 2001, 02	Don Rivers	Sioux City, Central 1960, 61
Jack Davis	Iowa City, City 1946, 47	Calvin Robinson	Mechanicsville 1944, 45
Jim Eicken	Davenport Central 1973, 74	Joe Rohach	Marshalltown 1965, 66
Vernon (Mike) Evans	Des Moines, East 1935, 36	Dan Sanders	Humboldt 1966, 67
Chris Francois	Davenport North 1997, 98	Mark Skahill	Villisca 1970, 71
Ron Griffith	West Des Moines 1962, 63	Paul Sloan	Des Moines, East 1944, 45
Jim Hansen	Dike 1975, 76	Caesar Smith	Des Moines, North 1952, 53
Mike Holms	Valley, WDM 1984, 85	Richard Terrill	Iowa City, University 1944, 45
Mark Hughes	Delwood, Elwood 1973, 74	Bill Thiesen	Dowling Catholic, WDM 1979, 80
Dan Krall	West Branch 1986, 87	Trent Timson	NUH, Cedar Falls 1983, 84
Dave Krantz	Columbus, Waterloo 1968, 69	Jerry Walker	Marion 1952, 53
Curtis LaBond	Ankeny 1962, 63	Tim Wilson	Clarke, Osceola 1979, 80
Dan Mayer	West Central Valley, Stuart 2004, 05	Simeon Wright	Dubuque, Senior 1991, 92

COMBINED FINISHES-TITLES & RUNNER-UP SINCE 1930

<u>School</u>	<u>Titles</u>	<u>Runners-up</u>	<u>Total</u>
Decorah	14	2	16
Des Moines, East	5	8	13
Iowa City, City	8	5	13
Marshalltown	7	5	12
Waukon	7	5	12
Ames	6	5	11
Des Moines, Tech	7	4	11
Marion	10	1	11
Sioux City, Central	8	3	11

Best State Meet Times Recorded Over the 5,000 Meter Distance

15:05.0	Chris Francois, Davenport, North 1997
15:05.0	Grant Shadden, Marshalltown 1999
15:14.0	Trent Corey, Dubuque, Senior 1996
15:16.0	Shaun Allen, Fort Madison 1997
15:17.0	Trent Graham, Des Moines Roosevelt, 1999
15:18.0	John Thomas, Des Moines Roosevelt, 2003 (15:34 in '04)
15:19.0	Kiel Uhl, Des Moines Roosevelt, 2003 (15:26 in 2004)
15:21.0	Ryan McCurnin, Mason City, 2002
15:22.0	Ben Glaser, Dowling, WDM 2000
15:23.0	Joe Welter, North Scott, Eldridge 1997
15:25.0	Dan Taylor, Fort Dodge 2001
15:25.0	Eric Goff, Bettendorf, 1999
15:25.7	Simeon Wright, Dubuque, Senior 1992
15:27.0	Joe Morgan, Clinton, 2003 & 2003
15:27.0	Ben Lloyd, Davenport Central, 1999
15:28.0	Nick Roberts, Ames, 1999
15:28.0	Ruach Joklow, Urbandale 1997
15:28.0	Ben Grant, Epworth, Western Dubuque, 2003
15:29.0	Jason Carpenter, Dubuque, Senior 1993
15:29.0	Phil Fanning, Sioux City, East 1997
15:30.0	Craig Cartier, Marshalltown, 1999
15:31.0	Chris Francois, Davenport, North 1998
15:32.0	Stephen Dak, Marshalltown
15:32.0	Grant Shadden, Marshalltown 1998
15:33.0	Austin Williamson, DM, Roosevelt, 2003
15:33.0	Justin Vaught, Valley, WDM 2002
15:34.8	Rob Brock, Dubuque, Senior 1994
15:36.0	Rob Brock, Dubuque, Senior 1995
15:36.9	Sam Burkett, Urbandale 1993
15:37.1	Dave Ladehoff, Clinton 1987

Note: Except for the 15:25.7 by Simeon Wright and 15:37.1 by Dave Ladehoff, the above performances were run at Lakeside Golf Course in Fort Dodge. Wright and Ladehoff turned in their times at Veenker Golf Course in Ames.

Top 10 State Meet Times Recorded Over the Two-Mile Distance

9:28.0	Jim Eicken, Davenport, Central 1974
9:29.0	Rich Fuller, Davenport, Central 1975
9:30.0	Randy Jackson, Iowa City, City High 1975
9:30.5	Joe Burke, Columbus, Waterloo 1974
9:33.0	Jeff Jacobs, Clinton 1981
9:33.3	Mike Duncan, Columbus, Waterloo 1974
9:33.9	Mark Johnson, Mason City 1971
9:35.0	Jon Mathiason, Ames 1975
9:36.0	Tim Wilson, Clarke, Osceola 1979
9:36.0	Bill Thiesen, Dowling, WDM 1980

TOP 10 WINNING TEAM POINT TOTALS - SCORING 5 RUNNERS (15 is perfect)

- 29 - Waukon, 1996
- 45 - Des Moines Roosevelt, 2003
- 45 - Iowa City, City High 1993
- 48 - Regina, Iowa City 1997
- 51 - Des Moines, Roosevelt 2002
- 51 - Shenandoah 1989
- 54 - Dubuque, Sr. 1995
- 55 - Waukon 1995
- 56 - St. Albert, Co. Bluffs 1992
- 57 - Decorah 1990

Top Winning Performance - Scoring 3 Runners (6 is perfect)

- 6 - Des Moines, East 1943
- 6 - Mechnicsville 1943
- 6 - Iowa City, University 1944
- 6 - Marion 1945, 1949
- 6 - Eldora 1953
- 6 - West Sioux, Hawarden 1961
- 6 - Klemme 1961
- 6 - Sioux City, Central 1964, 1965, 1966
- 6 - Marshalltown 1965

Top Winning Performance - Scoring 4 Runners (10 is perfect)

- 16 - Columbus, Waterloo 1972
- 20 - Mason City, 1972
- 21 - Bancroft, St. John's 1976
- 23 - Columbus, Waterloo 1971
- 26 - Tipton 1975

STATE QUALIFYING TEAMS FROM DISTRICTS TO STATE MEET

(District qualifying started in 1976; State Meet was an "open" competition prior to 1976)

Teams

Years Qualified for State

Adel-DeSoto(3)	1980, 81, 91
ADM, Adel(5).....	1996, 98, 99, 2001, 02
Algona (7).....	1976, 77, 79, 80, 90, 91, 92
Alta.....	2004
Ames (26).....	1976, 77, 78, 79, 80, 81, 82, 83, 84, 86, 87, 88, 89, 90, 91, 92, 93, 95, 96, 97, 98, 99, 2001, 02, 03, 04
Anamosa (2)	1977, 78
Andrew (3)	1979, 90, 92
Ankeny (19)	1982, 83, 85, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05
Aquinas, Fort Madison (11)	1976, 77, 78, 79, 80, 81, 82, 83, 97, 98, 99
Assumption, Davenport (12)	1989, 90, 94, 96, 97, 98, 2000, 01, 02, 03, 04, 05
Atlantic (13).....	1977, 79, 80, 84, 94, 95, 96, 97, 98, 2002, 03, 05
Audubon (1).....	1988
Audubon-Exira (1)....	1989
Ballard, Huxley (7) ...	1993, 88, 93, 94, 95, 96, 97
Bancroft St. John's (6)	1976, 77, 78, 79, 80, 85
BCLUW, Conrad (2).....	2003, 04
Belle Plaine (5)	1980, 81, 82, 84, 2005

State Qualifiers from Districts - cont'd

Belmond (4).....	1983, 85, 88, 89
Belmond-Klemme (4) ..	1990, 91, 93, 94
Benton, Van Horne (3)..	1981, 86, 2000
Bettendorf (20).....	1978, 80, 83, 84, 85, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 02, 03, 04 05
BGM, Brooklyn (17)	1980, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 96, 97
Bishop Garrigan, Algona (3)	1984, 2002, 03
Bishop Heelan, Sx City (13)	1976, 79, 81, 82, 84, 88, 92, 93, 94, 98, 99, 2003, 05
Blakeburg (1).....	1980
Boone (1)	1991
Calamus-Wheatland (7) .	1991, 92, 94, 96, 97, 98, 99
CAL-Dows, Latimer (1) .	2002
Cardinal Stritch, Keokuk (5)	1976, 77, 78, 79, 80
Cardinal, Eldon (2)....	1977, 80
Carlisle (1)	1983
Cascade (15)	1976, 77, 78, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 80, 2003
Cedar Falls (21).....	1983, 84, 85, 86, 87, 88, 90, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05
Cedar Rapids, Jefferson (4)	1984, 85, 86, 2000
Cedar Rapids, Kennedy (11)	1976, 79, 90, 91, 92, 95, 96, 2001, 03, 04, 05
Cedar Rapids, LaSalle-Regis (1)	1997
Cedar Rapids, Washington (5)	1977, 81, 82, 87, 98
Cedar Valley, Farnhamville (3)	1980, 83, 84
Centerville (7).....	1976, 77, 78, 79, 84, 87, 88
Central Clinton, DeWitt (11)	1982, 84, 92, 93, 97, 98, 99, 2000, 01, 03, 04
Central Elkader (5)....	2000, 02, 03, 04, 05
Chariton (6).....	1985, 91, 92, 97, 2001, 03
Charles City (3).....	1982, 97, 2005
Cherokee (4)	1976, 1992, 2002, 03
Clarinda (7).....	1986, 1995, 2001, 02, 03, 04, 05
Clarke, Osceola (4)....	1976, 77, 78, 80
Clinton (13)	1976, 78, 79, 81, 81, 82, 83, 84, 85, 86, 87, 88, 89
Co. Bluffs, A.L. (8)...	1981, 82, 86, 87, 88, 89, 90, 91
Co. Bluffs, T.J. (1)...	2002
Colfax-Mingo (1).....	1993
Collins-Maxwell-Baxter (5)	1997, 98, 2000, 01, 02
Colo-Nesco (1).....	1996
Columbus, Columbus Jct(3)	1985, 2003, 05
Columbus Catholic, Waterloo (5).	1976, 78, 79, 2002, 04
Coon Rapids (1).....	1985
Coon Rapids-Bayard (2)	1988, 89
Corning (4)	1997, 2001, 02, 03
Creston (4)	1985, 86, 87, 88
Crestwood, Cresco (4) .	1976, 77, 82, 85
Danville (5)	1984, 86, 87, 94, 95
Danville/New London .(3)	2002, 03, 04
Davenport Central (8)..	1981, 82, 89, 90, 93, 94, 98, 99
Davenport West (3)....	1976, 77, 79
Davis County, Bloomfield(2)	1981, 86
Decorah (22).....	1976, 77, 78, 79, 80, 81, 82, 86, 87, 88, 89, 90, 91, 92, 94, 94, 96, 97, 99, 2001, 04, 05
Denison (8).....	1976, 77, 78, 79, 80, 81, 82, 86
Denison-Schleswig (4)	1995, 96, 2000, 03
Denver (3).....	1992, 93, 94
Des Moines Christian (1)	1998
Des Moines East (7)....	1977, 88, 89, 90, 91, 92, 97

State Qualifiers from Districts - cont'd

Des Moines Hoover (11).	1976, 77, 78, 83, 84, 85, 86, 87, 88, 94, 95
Des Moines Lincoln (3).	1978, 80, 2004
Des Moines Roosevelt (10)	1982, 97, 98, 99, 2000, 01, 02, 03, 04, 05
Des Moines Technical (1)	1979
Dike (9).....	1977, 78, 79, 80, 82, 83, 84, 85, 86
Dike-New Hartford (8)	1992, 93, 97, 98, 99, 2001, 02, 05
Don Bosco, Gilbertville(1)	1982
Dowling Catholic, WDM (18)	1976, 77, 78, 79, 80, 81, 84, 85, 86, 87, 91, 95, 96, 97, 98, 99, 2000, 05
Dubuque Hempstead (7)..	1978, 79, 88, 89, 90, 93, 94
Dubuque Senior (23) ...	1980, 81, 82, 83, 85, 86, 87, 88, 89, 91, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04
Durant-Bennett (5).....	2000, 01, 03, 04, 05
Eagle Grove (24).....	1981, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05
Earlham (3)	1983, 84, 85
East Central, Miles (2)	1987, 95
East Marshall, LeGrand (3)	1999, 2003, 04
Eldora (2)	1978, 79
Eldora-New Providence(12)	1981, 82, 85, 86, 87, 88, 96, 97, 98, 99, 2000, 01
Epworth, Western Dubuque (1)	1988
Estherville (4).....	1983, 91, 92, 93, 96
Fairfield (5).....	2000, 01, 02, 03, 04
Forest City (6).....	1998, 99, 2000, 01, 02, 03
Fort Dodge (7).....	1976, 77, 99, 2000, 01, 03, 05
Fort Madison (12)	1977, 79, 81, 82, 83, 84, 85, 86, 87, 88, 95, 96
Galva-Holstein (4)	1992, 93, 94, 97
Garnavillo (6).....	1976, 78, 79, 80, 81, 91
Garnavillo-Elkader Central (1)	1992
Garner-Hayfield (1)	2005
Gehlen Catholic, LeMars (13)	1977, 79, 80, 81, 83, 84, 94, 2000, 01, 02, 03, 04, 05
George (1).....	1987
George-Little Rock/Central Lyon (1)	2005
Gilbert (14)	1981, 82, 83, 86, 87, 89, 92, 93, 94, 95, 96, 99, 2003, 05
Gilbert-United (2) ..	1990, 91
Gladbrook-Reinbeck (2).	1989, 92
Glenwood (9)	1978, 79, 89, 81, 82, 84, 85, 87, 2000
Glidden-Ralston (3)....	1996, 97, 99
Grand Community, Boxholm (1)	1976
Grinnell (9).....	1980, 83, 84, 85, 87, 89, 90, 93, 96
Griswold (6)	1985, 90, 91, 92, 93, 2005
Grundy Center (1).....	2004, 05
Hampton-Dumont(3)	1978, 98, 2000
Harlan (2)	1980, 83
Hedrick (1).....	1979
HMS, Hartley (1).....	1988
Hudson (1)	1982
Humboldt (6)	1986, 87, 93, 94, 95, 2004
Independence (1)	1981
Indianola (15)	1976, 83, 85, 86, 87, 88, 89, 90, 94, 95, 96, 97, 98, 2003, 05
Iowa City, City (20)...	1984, 85, 86, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05
Iowa City, West (10) ..	1987, 88, 89, 90, 91, 92, 97, 2000, 01, 02
Iowa Falls (4)	1976, 77, 78, 84

State Qualifiers from Districts - cont'd

Iowa Mennonite, Kalona(12)	1977, 83, 88, 90, 91, 92, 93, 95, 96, 97, 2001, 04
Iowa Valley, Marengo (2)	1976, 89
Jefferson (2).....	1981, 85
Jesup (9).....	1983, 84, 89, 90, 91, 94, 95, 96, 97
Johnston (6).....	1976, 97, 2002, 03, 04, 05
Kee, Lansing (10).....	1977, 78, 79, 80, 81, 82, 83, 87, 88, 89
Knoxville (15)	1976, 78, 79, 80, 81, 82, 83, 89, 90, 92, 93, 94, 95, 97, 2005
Kuemper Catholic, Carroll (1)	1976
Lake City (8).....	1976, 77, 78, 79, 80, 82, 84, 85
Laurens-Marathon (3) ..	1980, 86, 87
Laurens-Marathon/AC-T(1)	2001
LeMars (2)	1989, 90
Lenox (2)	1988, 89
Lewis Central (3).....	1976, 84, 2002
Lincoln, Stanwood (2)..	1983, 84
Linn-Mar, Marion (4) ..	1979, 2001, 02, 03
Lost Nation (2).....	1980, 81
Lynnville-Sully (2)....	1994, 95
Madrid (2)	1987, 88
Manson-NW Webster (1)..	1995
Maquoketa (2)	1986, 99
Maquoketa Valley, Delhi (3)	1993, 94, 95
Marion (4)	1984, 85, 87, 2005
MarMac, McGregor (1) ..	1977
Marquette Catholic, Bellevue (8)	1998, 99, 2000, 01, 02, 03, 04, 05
Marshalltown (26).....	1976, 77, 78, 79, 80, 81, 82, 84, 86, 87, 89, 91, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05
Mason City (12).....	1976, 77, 78, 79, 85, 89, 97, 98, 99, 2001, 04, 05
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Panora-Linden (9).....	1979, 80, 81, 82, 83, 84, 86, 87, 89
Pekin, Packwood (16) ..	1976, 78, 80, 82, 88, 89, 90, 91, 92, 95, 96, 97, 98, 2002, 04, 05
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Waukon (20).....	1979, 83, 87, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 2000, 01, 02, 03, 04, 05
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