

# 2025

# METR

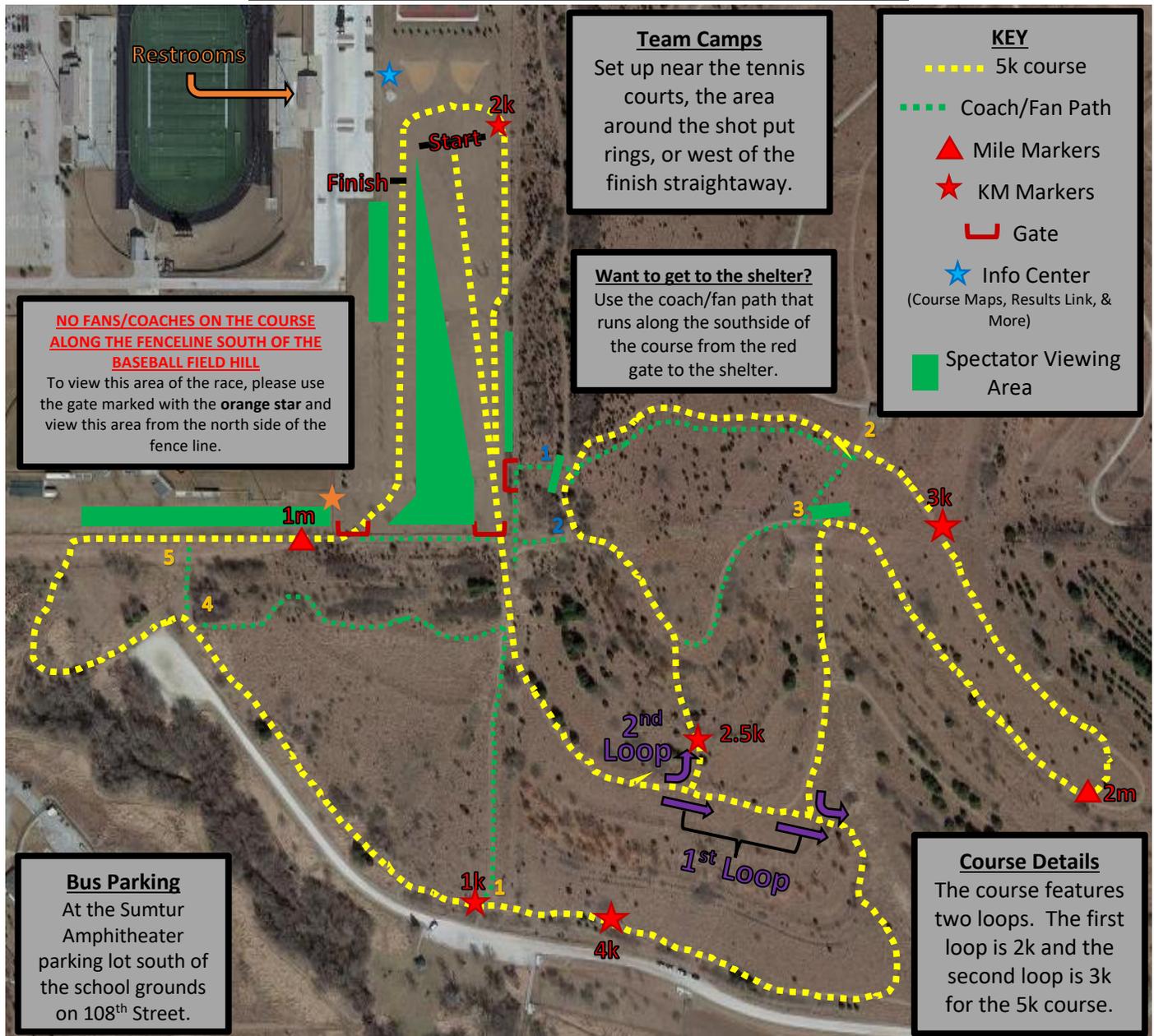


# Conference Cross Country Championships

The first Metro Conference Cross Country Championship meet was held in 1981. Elmwood Park was the host course from 1981-1983. Omaha Bryan High School hosted the meet on their school grounds in 1984 and 1985. Tranquility Park served as the home for the meet from 1986 to 1994. From 1995 to 2007 the meet was held at Chalco Hills Recreation. The meet has been at Walnut Creek since 2008.

# Walnut Creek XC Course – 5k

## Course Map & Spectator Guide



### Spectator Viewing Guide (want to see the race from multiple spots)

\*\*Follow the ORANGE numbers\*\*

After viewing the start of the race from the SPECTATOR AREA and after all athletes have exited the gate move to 1 (~240 m from gate) to see your racer at the 1k mark. Next, move back to the SPECTATOR AREA to watch your athlete make the loop on school grounds completing the 1<sup>st</sup> 2k loop and heading back out for the 3k loop. When they exit the school grounds, exit the red gate, and use the coach/spectator path to make your way to the shelter at 2 (~250 m from the red gate). After your runner passes the shelter move to 3 (~60 m) to watch your racer as they turn down the hill. Move to 4 (~570 m) where you may catch your racer at the gravel parking lot. Move to 5 (~50 m) to encourage your racer as they start the final 400 meters of the race.

### Spectator Viewing Guide (don't want to move much)

\*\*Follow the BLUE numbers\*\*

View the start of the race from the SPECTATOR AREA and stay there until your athlete returns and completes the 1<sup>st</sup> loop. After your racer exits the school grounds, exit the red gate and move to 1 or 2 to watch your racer. After they pass by, return to the SPECTATOR AREA to watch your racer finish their race.

## Schedule

8:15 am	Coaches Meeting at the finish line
9:00 am	Varsity Boys Race (5000 meters)
9:30 am	Varsity Girls Race (5000 meters)
10:05 am	JV Boys Race (5000 meters)
10:45 am	JV Girls Race (5000 meters)

## Awards

Awards will take place in the east stadium. Medals will be awarded to the top 15 individuals in each race. Trophies will be awarded to the winning team in the Varsity Girls and Varsity Boys divisions.

## Starting Box Assignments

(Randomly Assigned)

East end of starting line (closest to park)

West end of starting line (closest to parking lot)

<b>19</b>	<b>18</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
Bellevue East	Omaha Burke	Omaha Benson Northwest	Omaha Northwest	Omaha Central	Millard West	Elkhorn South	Omaha North	Millard South	Omaha Bryan	Bellevue West	Papillion La Vista	Prep/Marian	Omaha Westview	Pl South	Omaha South	Omaha Buena Vista	Millard North	Westside

## Team Scoring a Cross Country Meet

You can compare team scoring in cross country to the game of golf: low score wins. The places of the first 5 runners finishing the race from each team are added to compute the team score. Individuals who are not part of a team are thrown out for scoring purposes.

There are usually seven runners on a complete team. While not actually figuring in the team score, the 6<sup>th</sup> and 7<sup>th</sup> runners may serve to “push” opposing runners by finishing ahead of them. This would increase their opponent’s team score. In the example on the right, Team B wins by the 6<sup>th</sup> and 7<sup>th</sup> runners finishing before Team A’s 5<sup>th</sup> runner.

	<u>Team A</u>	<u>Team B</u>	
1.	2	1	
2.	3	4	
3.	5	6	
4.	7	8	
5.	12	9	
	-----	-----	
	29	28	
6.	13	10	“Bump” or displace
7.	14	11	Team A’s 5th runner

In the next example, both teams tie in points with their first five runners. At this point it is the sixth runner who will determine the win.

Running in a “pack” is important for a team in order to keep the team score as low as possible. For example, if five teammates finish 1, 2, 3, 4, and 80, giving a total score of 90 points, another team “packing” all five runners closer together (12, 13, 16, 17, 30 for a total score of 88) will beat them.

	<u>Team A</u>	<u>Team B</u>	
1.	2	1	
2.	3	4	
3.	5	6	
4.	7	8	
5.	11	9	
	-----	-----	
	28	28	
6.	12	10	Team B wins with
7.	14	13	the sixth runner

## Restrooms

Restrooms can be accessed on the visitor’s (East) side of the stadium. Port-a-Pottys will be available at the start line and are for athletes only.

## 2025 Metro All-Academic Cross Country Team

These athletes are competing in the varsity race of the Metro Conference Cross Country Championships and have a cumulative 3.8 or higher non-weighted GPA on a 4.0 scale. (Teams can only recognize 7 athletes)

	<b>BOYS</b>	<b>GIRLS</b>
<b>Bellevue East</b>	Yosef Abdella, Chase Neumann, Timothy Bogatz	Victoria Bogatz, Charlotte Palm, Kari Ehrlich, Hannah Kinsey,
<b>Bellevue West</b>	Cameryn McMahon, Cian McMahon, Judson Gregory, Ace Sedlacek	Aurora Sedlacek, Sophie Zieno, Zoey Lauhon
<b>Creighton Prep/Marian</b>	Aaron Robles, Benny Youell, Leveret Stricklett, Isaiah Coleman	Harper Cowles, Maya Freyer, Mabel Henningsen, Lena Sabata, Maeve Wharton
<b>Elkhorn South</b>	Zander Carson-Koestner, Lincoln Haussler, Matthew Pappalil, Barrett Brehm, Parker Keith, Mitch Schumacher, Cole Brown	Harper Keber, Maahi Gupta, Nora Friesen, Ashlyn Stoller,
<b>Millard North</b>	Cale Hemje, Jonathan Jacobse, Marc Louthan, Oliver Reeves, Blake Sampson, Caleb Thome	Sophie Conley, Lydia Harlow, Alaina Hutchinson, AJ Johnson, Jade Nielsen, Sophia Palmesano, Hannah Roux
<b>Millard South</b>	Landon Westerman, Lincoln Sinicki, Ben Flott,	Gabby Hasenkemp
<b>Millard West</b>	Levi Riedel, Sean Milow	Sadie Osher, Katelyn Sanne, Taia Green, Olivia McKlem, Eliza Schukar, Ally Wilbur, Lucia Milone
<b>Omaha Bryan</b>	Uriel Navarrete, Christian Garcia-Hare	Valeria Tzompantzi-Contrer, Yaneli Quiroz-Tavizon
<b>Omaha Buena Vista</b>	Liam Buscher	Gia Lawson, Citlali Ledesma Martinez, Celine Salgado Bruno
<b>Omaha Burke</b>	Dillon Birge, Brody Busing	
<b>Omaha Central</b>	Liam Bodmann	Violet Fannin, June Yamamoto,
<b>Omaha North</b>	Emerson Hicks	Sadie Larkin, Lily Kolb, Anya Barnes, Izzy Saxton
<b>Omaha Northwest</b>	Kalilar Lynn	Paige Boyer
<b>Omaha South</b>	Jonathan Gonzalez, Tae Gott, Juan Moreno Trevino, Juan Moreno Anacleto, Hugo Hernandez	Cynthia Alvarado Roman, Yarezi Cervantes, Maya Morales, Jessica Lara-Flores, Melissa Salgado, Fatima Pichardo-Lara
<b>Omaha Westview</b>	Xavier Rozier-Epting, Ryan Sturgeon	Lucy Fierro, Cali Nielsen, Ella Padomek, Stella Williams, Isabel Vizuete, Violet Turner, Ashlyn Oldenburg
<b>Papillion La Vista</b>	Stephen Mitchell, Nick Carnahan, Ben Novak,	Alexis Chadek, Layla Phillips, Annie Finneron, Gracie Suppes, Maya Anderson, Emalyn Steingiesser
<b>Papillion La Vista South</b>	Dalan Hochstein, Aiden Gehring, Ben Insko, Calen Spady	Eve Bridger, Taylor Pier, Haley Weeks
<b>Westside</b>	Dylan Gross, Santino Lerda	Caitlin Steliga, Ellie Wittman, Lila Havens, Olive Petersen

YEAR	BOYS Team Champion	Score	BOYS Individual Champ	School	Time
1981	Omaha Burke	87	Chris Perrone	Westside	16:46
1982	Omaha Burke	79	Tim Wakeland	Bellevue West	16:37
1983	Omaha Burke	33	Matt Mellor	Omaha Burke	16:47
1984	Omaha Burke	48	Andy Rinn	Bellevue East	15:29
1985	Omaha Burke	62	Andy Rinn	Bellevue East	15:23*
1986	Omaha Burke	66	Pat Day	Omaha Burke	16:23
1987	Omaha Burke	74	Jim Martin	Omaha Central	16:27
1988	Millard South	56	Dave Symonsbergen	Millard South	16:34
1989	Ralston	79	Jeff Novotny	Bellevue East	16:52
1990	Bellevue East	77	Jeff Novotny	Bellevue East	16:49
1991	Creighton Prep	65	Mike Cain	Bellevue East	16:38
1992	Creighton Prep	39	George Sefzik	Millard South	17:13
1993	Creighton Prep	24*	Dan Hoarty	Creighton Prep	15:46
1994	Millard North	68	Casey Lindsey	Millard North	16:39
1995	Bellevue West	62	Dana Carne	Omaha North	16:44
1996	Millard West	61	Dana Carne	Omaha North	16:16
1997	Creighton Prep	75	Dana Carne	Omaha North	16:21
1998	Millard West	63	Dana Carne	Omaha North	16:07
1999	Millard West	89	Brad Barker	Westside	16:31
2000	Creighton Prep	77	Jack Lemke	Omaha Benson	16:48
2001	Omaha Benson	29	Jack Lemke	Omaha Benson	16:36
2002	Omaha Benson	55	Nate Preston	Omaha Benson	16:39
2003	Omaha Benson	82	Nate Preston	Omaha Benson	16:22
2004	Millard North	71	Nate Preston	Omaha Benson	16:13
2005	Millard North	56	Todd Gulizia	Millard South	16:14
2006	Millard South	62	Todd Gulizia	Millard South	15:46+
2007	Omaha Benson	56	Ter Diu	Omaha Benson	16:35
2008	Millard West	43	Jared Kinney	Millard West	16:42
2009	Millard West	67	Anthony Pittman	Millard West	16:23
2010	Millard South	72	Marshall Anderson	Papillion-La Vista	16:17
2011	Millard West	76	Marshall Anderson	Papillion-La Vista	16:21
2012	Millard West	41	Joe Harter	Millard West	15:46
2013	Millard South	55	Seth Hirsch	Millard West	15:57
2014	Papillion-La Vista South	48	John Nownes	Creighton Prep	15:48
2015	Millard West	41	Seth Hirsch	Millard West	15:42
2016	Millard West	59	Milo Greder	Westside	15:52
2017	Cancelled due to rain.				
2018	Creighton Prep	42	Luke Dikas	Creighton Prep	16:17
2019	Millard West	48	Adam Murphy	Millard West	16:27
2020	Cancelled due to COVID.				
2021	Millard West	35	Gabe Hinrichs	Elkhorn South	15:31^
2022	Millard West	66	Zack Schultz	Millard North	16:23
2023	Creighton Prep	50	Dennis Chapman	Creighton Prep	15:52
2024	Omaha Westside	50	Ryan Kugler	Omaha Westside	16:05

\*Metro Record

+ Chalco Record

^ Walnut Creek Record

### **Most Team Championships – Boys**

12 – Millard West  
7 – Omaha Burke  
7 – Creighton Prep  
4 – Millard South  
4 – Omaha Benson  
3 – Millard North  
1 – Bellevue East  
1 – Bellevue West  
1 – Omaha Westside  
1 – Papillion-La Vista South  
1 – Ralston

### **Consecutive Team Championships – Boys**

7 – Omaha Burke (1981-1987)  
3 – Creighton Prep (1991-1993)  
3 – Omaha Benson (2001-2003)  
3 – Millard West (2019-2022)  
2 – Millard West (1998-1999, 2008-2009, 2011-2012, 2015-2016)  
2 – Millard North (2004-2005)

### **Most Individual Champions – Boys**

6 – Millard West  
6 – Omaha Benson  
5 – Bellevue East  
4 – Millard South  
4 – Omaha North  
4 – Creighton Prep  
3 – Westside  
2 – Millard North  
2 – Omaha Burke  
2 – Papillion-La Vista  
1 – Bellevue West  
1 – Elkhorn South  
1 – Omaha Central  
1 – Omaha Westside

### **Four-Time Individual Champ – Boys**

Dana Carne, Omaha North (1995-1998)

### **Three-Time Individual Champ – Boys**

Nate Preston, Omaha Benson (2002-2004)

## Walnut Creek Boys Top 50 All-Time

	<b>Name</b>	<b>Time</b>	<b>School</b>	<b>Meet</b>	<b>Year</b>
1.	Gabe Hinrichs	15:31.0	Elkhorn South	Metro	2021
2.	Joe Harter	15:33.9	Millard West	District	2012
3.	Juan Gonzalez	15:39.2	Fremont	District	2024
4.	Seth Hirsch	15:42.0	Millard West	Metro	2015
5.	Joe Harter	15:46.0	Millard West	Metro	2012
6.	Seth Hirsch	15:46.1	Millard West	District	2013
7.	Danny Aldaba	15:47.9	Fremont	District	2012
8.	John Nownes	15:48.1	Creighton Prep	Metro	2014
9.	Dennis Chapman	15:51.3	Creighton Prep	Metro	2023
10.	Milo Greder	15:52.3	Omaha Westside	Metro	2016
11.	David Krier	15:56.6	Lincoln Pius X	Titan Classic	2015
12.	Jack Witte	15:56.6	Millard West	Metro	2023
13.	Seth Hirsch	15:56.6	Millard West	Metro	2013
14.	Dennis Chapman	15:59.1	Creighton Prep	Class of the Metro	2023
15.	Gabe Hinrichs	15:59.6	Elkhorn South	District	2020
16.	Sufian Kimo	16:02.4	Norfolk	District	2005
17.	David Krier	16:04.7	Lincoln Pius X	Titan Classic	2024
18.	Ryan Kugler	16:04.9	Omaha Westside	Metro	2024
19.	Mohamed Hamdan	16:04.8	Lincoln North Star	District	2012
20.	Jake Ralston	16:04.9	PL South	Metro	2016
21.	Milo Greder	16:06.2	Omaha Westside	District	2015
22.	Aiden Gehring	16:06.4	PL South	Titan Classic	2025
23.	Jake Ralston	16:06.9	PL South	District	2017
24.	John Nownes	16:08.0	Creighton Prep	Class of the Metro	2014
25.	John Nownes	16:08.0	Creighton Prep	Metro	2013
26.	Isaac Graff	16:09.1	Lincoln East	Titan Classic	2022
27.	Drew Snyder	16:09.7	Lincoln Southwest	District	2020
28.	Jake Ralston	16:10.5	PL South	Titan Classic	2017
29.	Austin Post	16:12.3	Millard West	District	2013
30.	Conor Gross	16:13.6	Omaha Westside	Metro	2024
31.	Sam Kirchner	16:14.5	Millard West	Metro	2021
32.	Luke Nolley	16:14.5	Lincoln Southwest	Titan Classic	2017
33.	Reno Law	16:15.1	Millard South	Class of the Metro	2014
34.	Jack Witte	16:16.1	Millard West	Class of the Metro	2023
35.	Max Myers	16:16.2	Lincoln Southwest	Titan Classic	2023
36.	Juan Garcia	16:16.9	Grand Island	District	2020
37.	Luke Dickas	16:17.2	Creighton Prep	Metro	2018
38.	Austin Post	16:17.6	Millard West	Metro	2013
39.	Marshall Anderson	16:17.6	Papillion-LV	Metro	2010
40.	Adam Murphy	16:18.2	Millard West	Class of the Metro	2019
41.	Jack Larsen	16:18.2	Omaha Gross	Titan Classic	2016
42.	Austin Post	16:18.3	Millard West	Metro	2012
43.	Austin Post	16:18.4	Millard West	District	2012
44.	Joe Majerus	16:18.4	Lincoln Pius X	Titan Classic	2025
45.	Ethan Kilton	16:18.4	Omaha Central	Metro	2018
46.	Jack Larsen	16:18.7	Omaha Gross	Titan Classic	2017
47.	Milo Greder	16:18.8	Omaha Westside	Metro	2015
48.	Tyler Boyle	16:19.3	Lincoln Southwest	Titan Classic	2019
49.	Braden Lofquest	16:19.6	Gretna East	Metro	2024
50.	Ty Hansen	16:20.2	Fremont	District	2013

YEAR	GIRLS Team Champion	Score	GIRLS Individual Champ	School	Time
1981	Bellevue West	80	Meg Thompson	Bellevue West	16:23
1982	Omaha Central	57	Andrea Tkach	Omaha Central	17:01
1983	Omaha Central	43	Susanne Hickey	Roncalli	16:35
1984	Omaha Burke	80	Sue Trzeciak	CB Abraham Lincoln	16:34
1985	Omaha Burke	50	Mona Bailey	Omaha South	16:43
1986	Omaha Burke	44	Crystal Roberson	Omaha Burke	16:18
1987	Omaha Burke	64	Cindy Andrew	Omaha Burke	15:57
1988	Ralston	58	Kris Winbinger	Gross	16:15
1989	Papillion-La Vista	74	Denise Menedez	Papillion-La Vista	16:40
1990	Millard North	62	Denise Menedez	Papillion-La Vista	16:17
1991	Millard North	65	Denise Menedez	Papillion-La Vista	15:41
1992	Millard North	64	Kristi Thompson	Millard South	16:17
1993	Millard North	28	Kelly Lindsey	Millard North	15:05
1994	Millard South	29	Kelly Lindsey	Millard North	15:13
1995	Millard North	44	Kelly Lindsey	Millard North	15:33
1996	Millard North	37	Kelly Lindsey	Millard North	14:58
1997	Millard West	58	Christy Linnell	Papillion-La Vista	15:12
1998	Omaha Marian	98	Laura Spanheimer	Omaha Marian	14:51
1999	Millard West	55	Kelsey Reed	Omaha Burke	15:28
2000	Omaha Burke	51	Laura Spanheimer	Omaha Marian	15:36
2001	Omaha Marian	60	Kym Bennett	Bellevue West	15:20
2002	Omaha Marian	51	Merideth Snow	Millard West	14:53
2003	Omaha Marian	59	Kym Bennett	Bellevue West	15:23
2004	Omaha Marian	49	Brittany Poole	Millard West	15:30
2005	Omaha Marian	62	Megan Oddo	Millard North	14:55
2006	Omaha Marian	48	Emily Sisson	Omaha Marian	14:20+
2007	Omaha Marian	49	Emily Sisson	Millard North	14:26
2008	Millard North	74	Kelli Budd	Omaha Marian	14:42
2009	Millard West	46	Sidney Hirsch	Millard West	15:42
2010	Papillion-La Vista South	26	Jessica Wright	Bellevue West	15:21
2011	Millard West	37	Katie Spencer	Millard South	15:41
2012	Omaha Marian	59	Sidney Hirsch	Millard West	14:52
<b>In 2013 the official race distance moved from 4000 meters to 5000 meters.</b>					
2013	Omaha Marian	69	Katie Spencer	Millard South	18:48
2014	Papillion-La Vista South	78	Katie Spencer	Millard South	18:40
2015	Omaha Central	56	Taylor Somers	Millard South	18:57
2016	Millard West	25*	Kaitlynn Johnson	Millard West	19:42
2017	Cancelled due to rain.				
2018	Papillion-La Vista South	35	Kaylie Crews	Papillion-La Vista South	18:38^
2019	Papillion-La Vista South	46	Olivia Rosenthal	Papillion-La Vista South	19:33
2020	Cancelled due to COVID.				
2021	Millard West	67	Jaci Sievers	Elkhorn South	18:58
2022	Omaha Westside	63	Stella Miner	Omaha Westside	19:11
2023	Millard West	67	Stella Miner	Omaha Westside	19:06
2024	Millard West	35	Kate Ebmeier	Millard West	18:51

\*Metro Record

+ 4k Record

^ 5k Record

### **Most Team Championships – Girls**

10 – Omaha Marian  
8 – Millard West  
7 – Millard North  
5 – Omaha Burke  
4 – Papillion-La Vista South  
3 – Omaha Central  
1 – Bellevue West  
1 – Millard South  
1 – Omaha Westside  
1 – Papillion-La Vista  
1 – Ralston

### **Consecutive Team Championships – Girls**

7 – Omaha Marian (2001-2007)  
4 – Omaha Burke (1984-1987)  
4 – Millard North (1990-1993)  
2 – Omaha Central (1982-1983)  
2 – Millard North (1995-1996)  
2 – Omaha Marian (2012-2013)  
2 – Papillion-La Vista South (2018-2019)  
2 – Millard West (2023-2024)

### **Most Individual Champions – Girls**

6 – Millard West  
6 – Millard North  
5 – Millard South  
4 – Bellevue West  
4 – Omaha Marian  
4 – Papillion-La Vista  
3 – Omaha Burke  
2 – Papillion-La Vista South  
2 – Omaha Westside  
1 – CB Abraham Lincoln  
1 – Elkhorn South  
1 – Gross  
1 – Omaha Central  
1 – Omaha South  
1 – Roncalli

### **Four-Time Individual Champ – Girls**

Kelly Lindsey, Millard North (1993-1996)

### **Three-Time Individual Champ – Girls**

Denise Menedez, Papillion-La Vista (1989-1991)  
Katie Spencer, Millard South (2011, 2013-2014)

## Walnut Creek Girls Top 50 All-Time

	<b>Name</b>	<b>Time</b>	<b>School</b>	<b>Meet</b>	<b>Year</b>
1.	Jeralyn Poe	18:27.1	Lincoln North Star	District	2013
2.	Katie Spencer	18:27.4	Millard South	Class of the Metro	2014
3.	Mia Murray	18:36.8	Lincoln East	Titan Classic	2022
4.	<b>Kaylie Crews</b>	<b>18:38.5</b>	<b>PL South</b>	<b>Metro</b>	<b>2018</b>
5.	Tatum Neilson	18:38.8	Bellevue West	Class of the Metro	2025
6.	Anna Jennings	18:40.2	PL South	District	2017
7.	<b>Katie Spencer</b>	<b>18:40.3</b>	<b>Millard South</b>	<b>Metro</b>	<b>2014</b>
8.	Mia Murray	18:40.9	Lincoln East	Titan Classic	2023
9.	Katie Spencer	18:43.7	Millard South	District	2013
10.	<b>Katie Spencer</b>	<b>18:48.4</b>	<b>Millard South</b>	<b>Metro</b>	<b>2013</b>
11.	Emily Hegge	18:50.3	PL South	Titan Classic	2025
12.	<b>Kate Ebmeier</b>	<b>18:50.8</b>	<b>Millard West</b>	<b>Metro</b>	<b>2024</b>
13.	Stella Miner	18:51.5	Omaha Marian	COVID Meet	2020
14.	Anna Jennings	18:53.6	PL South	Titan Classic	2017
15.	Stella Miner	18:55.2	Omaha Westside	Class of the Metro	2023
16.	Stella Miner	18:56.8	Omaha Marian	COVID Meet	2020
17.	<b>Taylor Somers</b>	<b>18:57.4</b>	<b>Millard South</b>	<b>Metro</b>	<b>2015</b>
18.	<b>Jaci Sievers</b>	<b>18:58.4</b>	<b>Elkhorn South</b>	<b>Metro</b>	<b>2021</b>
19.	Gabby McGinn	18:58.9	Millard West	District	2017
20.	Berlyn Schutz	19:00.1	Lincoln East	Titan Classic	2019
21.	Abigail Burger	19:02.5	Kearney	District	2024
22.	Claire White	19:02.9	Omaha Westside	COVID Meet	2020
23.	Kaylie Crews	19:03.8	PL South	COVID Meet	2020
24.	<b>Mabel Henningsen</b>	<b>19:04.8</b>	<b>Omaha Marian</b>	<b>Metro</b>	<b>2024</b>
25.	<b>Stella Miner</b>	<b>19:05.2</b>	<b>Omaha Westside</b>	<b>Metro</b>	<b>2023</b>
26.	Kaylie Crews	19:05.6	PL South	District	2020
27.	Brianna Rinn	19:05.7	Lincoln Southwest	District	2020
28.	<b>Anna Jennings</b>	<b>19:05.9</b>	<b>PL South</b>	<b>Metro</b>	<b>2018</b>
29.	Claire White	19:08.6	Omaha Westside	Class of the Metro	2023
30.	Stella Miner	19:08.9	Omaha Westside	Class of the Metro	2022
31.	<b>Claire White</b>	<b>19:09.3</b>	<b>Omaha Westside</b>	<b>Metro</b>	<b>2023</b>
32.	<b>Stella Miner</b>	<b>19:10.5</b>	<b>Omaha Westside</b>	<b>Metro</b>	<b>2022</b>
33.	Jenna Muma	19:14.0	Lincoln East	Titan Classic	2019
34.	<b>Hannah Denson</b>	<b>19:15.7</b>	<b>Millard South</b>	<b>Metro</b>	<b>2018</b>
35.	<b>Taylor Somers</b>	<b>19:15.7</b>	<b>Millard South</b>	<b>Metro</b>	<b>2014</b>
36.	Olivia Rosenthal	19:16.7	PL South	Titan Classic	2019
37.	Kylie Muma	19:16.9	Lincoln East	Titan Classic	2019
38.	Abby Durrow	19:17.5	Millard South	Class of the Metro	2025
39.	<b>Claire White</b>	<b>19:17.7</b>	<b>Westside</b>	<b>Metro</b>	<b>2021</b>
40.	Kaitlyn Swartz	19:18.1	PL South	Titan Classic	2023
41.	Elli Dahl	19:18.6	Fremont	District	2019
42.	<b>Allison Louthan</b>	<b>19:20.4</b>	<b>Millard North</b>	<b>Metro</b>	<b>2018</b>
43.	Berlyn Schutz	19:21.1	Lincoln East	Titan Classic	2022
44.	Diana Labo	19:22.6	Lincoln North Star	District	2015
45.	Abby Heffner	19:23.7	Millard West	District	2017
46.	<b>Ally Schilmoeller</b>	<b>19:24.0</b>	<b>Elkhorn South</b>	<b>Metro</b>	<b>2018</b>
47.	<b>Taylor Somers</b>	<b>19:24.9</b>	<b>Millard South</b>	<b>Metro</b>	<b>2013</b>
48.	<b>Claire White</b>	<b>19:25.4</b>	<b>Omaha Westside</b>	<b>Metro</b>	<b>2022</b>
49.	<b>Alexandra Espinoza</b>	<b>19:25.9</b>	<b>Millard North</b>	<b>Metro</b>	<b>2018</b>
50.	Kate Ebmeier	19:26.4	Millard West	District	2024