

Heartland Preview Meet Records (2015-Present)

Girls

Name	City, State	School	Time	Year
HS: Ali Bainbridge	Sioux Falls, SD	Lincoln	17:10.7	2022
MS: Brianna Reilly	Harrisburg, SD	Harrisburg North	11:00.01	2023

Boys

Name	City, State	School	Time	Year
HS: Simeon Birnbaum	Rapid City, SD	Stevens	14:47.8	2022
MS: Keaton Fopma	Sioux Falls, SD	Sioux Falls Christian	10:19.3	2024

Top 10 All-Time Yankton Trail Park Course Records (2015-Present)

Girls Top 10 (5K)

Name	City, State	Time	Year
Marissa Ferebee	Pella, IA	16:25.5	2024
Ruby Ihmels	Bismarck, ND	16:34.6	2024
Ryin Miller	Topeka, KS	16:44.6	2024
Abbey Nechanicky	Wayzata, MN	16:44.7	2022
Tierney Wolfgram	Woodbury, MN	16:48.67	2017
Molly Born	Shawnee Mission (NW), KS	16:49.3	2016
Maddie Gullickson	Wayzata, MN	16:49.5	2025
Katelyn Rupe	Salina, KS	16:49.4	2024
Emily Covert	Minneapolis (Washburn), MN	16:55.71	2017
Emily Venters	Lawrence (Free State), KS	16:56.0	2016

Boys Top 10 (5K)

Name	City, State	Time	Year
Robert Mechura	Roseville, MN	14:32.00	2023
Manny Putz	Onalaska, WI	14:32.10	2023
Juan Gonzalez	Fremont, NE	14:34.3	2024
Manny Putz	Onalaska, WI	14:35.1	2024
Robert Mechura	Roseville, MN	14:36.0	2024
Jackson Heidesch	Des Moines (Dowling), IA	14:39.0	2022
Simeon Birnbaum	Rapid City, (Stevens), SD	14:39.2	2022
Finn Gessner	Madison (LaFollett), WI	14:39.4	2016
Seth Hirsch	Omaha (Millard West), NE	14:39.5	2016
Ford Washburn	Iowa City, IA	14:41.6	2022