



Cross Country Records

Best Burke Lake Course Times (used since 1974)

Note: Although the 2.98 Burke Lake Course has undergone some minor changes since its original use, it is the opinion of the editor that the changes have been minor, and the length and relative difficulty of the course have been maintained. Thus, for the sake of comparison, no other notation is made, and the rankings remain.

OVERALL RECORDS

BOYS	Time	Year	Meet/Course	Distance	Meet/Course	Year	Time	GIRLS
Sean McGorty	14:19	2012	Northern Region Championships	Burke Lake 2.98	Northern Region Championships	1986	17:02.1	Sarah Colvin
Sean McGorty	13:57.10c*	2012	Footlocker Southern Region, McAlpine Greenway Park, NC	Overall Best 3 Mile	Burke Lake, Northern Region Championships	1986	17:02.1	Sarah Colvin
Sean McGorty	14:28	2012	Footlocker Southern Region, McAlpine Greenway Park, NC	5000m Run	Footlocker Southern Region, McAlpine Greenway Park, NC	2007	17:48.00	Lia DiValentin

Top Times: Burke Lake Course (2.98 miles)

(Boys- 16:30/ Girls 20:00) (names in purple are still active)

Runner	Time	Year	Meet / Course	Runner	Time	Year	Meet / Course
1 Sean McGorty	14:19.0	2012	Northern Region Championships	1 Sarah Colvin	17:02.1	1986	Northern Region Athletic Directors Meet
2 Eric Post	14:48	1996	Northern Region Championships	2 Amy Colvin	17:05.9	1985	Northern Region Championships
3 Ryan McGorty	14:49	2014	Concorde Conference 5 Championships	3 Lia DiValentin	17:32.2	2007	Northern Region Championships
4 Chris Foley	14:49.6	2009	Northern Region Championships	4 Hollie Moore	17:33	1988	Great Falls District Championships
5 Lance Muniz	15:05.7	1988	Northern Region Championships	Kendall Cowne	17:33	2012	Northern Region Championships

6	Brad Siragusa	15:09	2005	Concorde District Championships	6	Laurel Simcox	17:39	1996	Northern Region Championships
7	Logan Miller	15:10.8	2011	Northern Region Championships	7	Kathy Watson	18:04	1988	Great Falls District Championships
8	Steve Hazzard	15:14	1985	Northern Region Championships	8	Xaveria Hawvermale	18:10	2014	Monroe Parker Invitational
	Billy Moore	15:14	1998	Northern Region Championships	9	Nicole Re	18:12	2017	Concorde District Championships
	Brandon McGorty	15:14	2016	Region 6A North Championships	10	Amanda Buell	18:13	1993	Northern Region Championships
11	Dakota Lange	15:15	2013	Monroe Parker Invitational		Carin Miller	18:13	1999	Northern Region Championships
12	Jimmy Colling	15:18	1991	Great Falls District Championships	12	Laurie Yarger	18:14	1998	Northern Region Championships
	David Muckel	15:18	1992	Great Falls District Championships	13	Tracy Williams	18:22	2000	Northern Region Championships
14	Warren Williams	15:27	1994	Concorde District Championships	14	Christie Murray	18:28	2014	Concorde Conference 5 Championships
15	Faris Sakallah	15:30	2012	Northern Region Championships	15	Ana Morris	18:31	2016	Concorde Conference 5 Championships
16	David Patterson	15:43	1986	Northern Region ADs Meet	16	Nora Raheer	18:33	2012	Northern Region Championships
17	Adam Huff	15:44	2013	Region 6A North Championships	17	Rachel Grochowski	18:34.1	2009	Concorde District Championships
18	Peter Malander	15:46	2013	Region 6A North Championships	18	Samantha Lull	18:35	2011	Northern Region Championships
	Joshua Puhok	15:46	2019	Northern Region Championships	19	Aryn Fahey	18:39	1992	Great Falls District Championships
20	Chris Braden	15:50	1985	Northern Region Championships		Kayla Wigle	18:39	2016	Region 6A North Championships
21	Tyler Amos	15:51	2017	Concorde District Championships	21	Laura Winstead	18:40	1995	Concorde District Championships
22	Colin Chapman	15:52	2000	Concorde District Championships Concorde Conference 5	22	Momiji Barlow	18:44	2018	Concorde District Championships
	Evan Compton	15:52	2014	Championships Concorde Conference 5	23	Julie Guinn	18:44.6	1985	Northern Region Championships
24	Chris Wigle	15:54	2014	Championships	24	Natalie Shaw	18:47.4	2006	Concorde District Championships
25	Eric Palmer	15:54.5	2007	Northern Region Championships	25	Julia Haug	18:49	2016	Concorde Conference 5 Championships
26	Will Moncrief	15:55	1989	Northern Region Championships		Elizabeth Wu	18:49	2019	Northern Region Championships
27	Kyle Smith	15:56	1985	GMU Invitational	27	Blair Eadie	18:52	1999	Concorde District Championships
28	Richard Loughery	15:58	1998	Northern Region Championships	28	Eileen Foley	18:53.7	2006	Concorde District Championships
29	Fabio Zoltec	15:59	1992	Northern Region Championships	29	Julie Feck	18:56.6	1986	Northern Region Championships
30	Thomas Allain	15:59	2016	Region 6A North Championships	30	Paula Gilbert	18:59.4	1986	GMU Invitational
31	David Freeman	16:01	1985	Potomac District Championships	31	Joanne Hunsinger	19:01	1991	Northern Region Championships
	James Monson	16:01	2017	Monroe Parker Invitational	32	Carolyn Carlson	19:02.1	2011	Northern Region Championships
	Adam Jaynes	16:01	2018	Concorde District Championships	33	Nyla Carter-Ogden	19:03	2019	Concorde District Championships
34	Josh Parshall	16:02	2012	Northern Region Championships	34	Ruby Carter-Ogden	19:04	2019	Northern Region Championships
35	Carl Carlsen	16:03	1999	Northern Region Championships	35	Jamie Dobson	19:07	1997	Concorde District Championships
	Ethan Coffey	16:03	1999	Northern Region Championships	36	Hannah Lull	19:09	2013	Region 6A North Championships
	Denny								
37	Bradecamp	16:04	1986	Northern Region Championships	37	Sherrri Black	19:09.1	1986	Northern Region Championships
38	Matt Cumpian	16:06.2	2009	Northern Region Championships	38	Jennifer Conlon	19:10	1996	Northern Region Championships
39	Nick Marotta	16:07	2014	Concorde Conf 5 Championships	39	Lauren Howard	19:11.5	2003	Concorde District Championships
40	Dan Boris	16:10	1981	GMU Invitational	40	Colleen Chapman	19:13	1994	Concorde District Championships
	Mark Baden	16:10	1981	GMU Invitational	41	Mandy Melella	19:15	1992	Great Falls District Championships
42	David Hambright	16:13	1979	Northern Region Championships		Caroline Poole	19:15	2019	Northern Region Championships
43	Matt Lauro	16:14	2001	Concorde District Championships	43	Hillary Baird	19:15.6	2006	Northern Region Championships
44	Michael Johnson	16:15	1992	Great Falls District Championships	44	Megan Toole	19:16	2012	Northern Region Championships
45	Brian Harrell	16:19	1992	Great Falls District Championships	45	Ava Miller	19:20	2019	Northern Region Championships
	Miraj Khan	16:19	2013	Monroe Parker Invitational	46	Rachel Ward	19:21	1989	Northern Region Championships
47	Brandon Soleau	16:23	1991	Great Falls District Championships	47	Natalie Plummer	19:26.6	2011	Northern Region Championships
	Patrick Marlow	16:23	2018	Monroe Parker Invitational	48	Erin Horil	19:26.7	2008	Concorde District Championships
49	Mike Dillon	16:24	1975	Great Falls District Championships	49	Patricia Cason	19:29	2012	Monroe Parker Invitational

	Babur Kohy	16:24	2005	Concorde District Championships	50	Kim Abell	19:30	1983	GMU Invitational
51	Zach Lauer	16:26	1989	Northern Region Championships		Kristy Witek	19:30	2006	Northern Region Championships
52	Peter Brueneman	16:26.4	2006	Concorde District Championships	52	Julie Gamble	19:32	1994	Concorde District Championships
53	Andris Sturans	16:26.6	2011	Concorde District League Meet	53	Julia Rodrigues	19:34	2019	Concorde District Championships
54	Ken Colling	16:27	1991	Great Falls District Championships	54	Kristina Trevino	19:39	2004	Concorde District Championships
	Jeff Kushner	16:27	1996	Northern Region Championships	55	Julie George	19:39.3	1981	Northern Region Championships
56	Patrick Misco	16:27.8	1986		56	Ashley Bielicki	19:40	1998	Northern Region Championships
57	Pat Gallagher	16:28.7	1983	Potomac District Championships	57	Kathy Smith	19:42	1996	Northern Region Championships
58	Connor Canavan	16:30	2018	Concorde District Championships	58	Elena Skulas	19:46	1987	Potomac District Championships
						Rachel Moretti	19:46	2000	Northern Region Championships
					60	Megan Rhoads	19:47	2010	Monroe Parker Invitational
					61	Emma Lenz	19:48	2018	Northern Region Championships
					62	Meredith Chapman	19:50	1998	Northern Region Championships
						Emily Stanton	19:50	1999	Northern Region Championships
						Sydney Diffin	19:50	2016	Region 6A North Championships
					65	Hannah Strub	19:51.2	2009	Concorde District Championships
					66	Margaret O'Donnell	19:52.8	2012	Dobson Double Dual Invitational
					67	Kristen Moretti	19:54	2000	Northern Region Championships
					68	Kacey Norwood	19:57.8	2008	Concorde District Championships
					69	Lauren Lenski	19:58.6	2006	Northern Region Championships
					70	Lanvi Vuong	19:58.7	1986	Northern Region AD's Meet



Cross Country All-District

POTOMAC DISTRICT

1975

Mike Dillon- 9th (16:35.0)

1979

David Hambright- 12th (16:13.0)

1981

Mark Baden- 14th (16:23.1)

1982

Cindy Ann Hargett- 11th (20:50.2)

Susan Bessette- 13th (21:23.1)

Katherine Baden- 14th (21:23.7)

Pat Gallagher- 11th (16:44.2)

Louis Dudley- 13th- (16:53.0)

1983

Kim Abell- 7th (20:19.3)

Donna Derryberry- 10th (21:23.9)

Amy Colvin- 12th (21:58.7)

Annette Thwaites-14th (22:40.4)

Pat Gallagher- 13th (16:28.7)

1984

Amy Colvin- 3rd (18:56.5)

Kim Abell- 7th (20:51.6)

Sarah Colvin- 9th (21:04.8)

Karen Montague- 11th (21:24.1)

Julia Guinn- 13th (21:31.0)

Lance Muniz- 13th (16:08.9)

1985

Amy Colvin- 2nd (17:29.5)

Sarah Colvin- 5th (18:49.5)

Julie Guinn- 6th (19:19.7)

Paula Gilbert- 7th (19:56.0)

Kyra Brown- 11th (20:51.3)

Karen Montague- 12th (21:17.4)

Rhonda Maier- 13th (21:21.0)

Steve Hazzard- 4th (15:37.5)

Lance Muniz- 5th (15:41.3)

David Patterson- 9th (15:57.6)

David Freeman- 15th (16:18.6)

1986

Amy Colvin-2nd (17:58)

Hollie Moore- 3rd (18:47.6)

Julia Guinn- 4th (18:59.8)

Julie Feck- 5th (19:16.3)

Paula Gilbert- 6th (19:33)

Sherri Black- 7th (20:10.2)

Lance Muniz- 2nd (15:26.7)

Dennis Bradecamp-15th (16:33.6)

1987

Hollie Moore- 2nd (17:49)

Kathy Watson- 3rd (18:36)

Elena Skulas- 9th (19:46)

Julie Feck- 11th (20:00)

Paula Gilbert- 14th (20:55)

Lance Muniz- DISTRICT CHAMPION- (15:20)

Steve Hazzard- 4th (16:08)

Dennis Bradecamp- 5th (16:12)

Derek Nisco- 14th (16:43)

GREAT FALLS DISTRICT

1988

Hollie Moore- 3rd (17:34)

Kathy Watson-5th (18:04)

Rachel Ward- 14th (19:51)

Will Moncrief-7th (16:12)

1989

Rachel Ward-7th (19:23)

Will Moncrief-4th (16:10)

Zach Lauer-10th (16:28)

1990

Jimmy Colling-DISTRICT CHAMPION (15:49)

Brandon Soleau-10th (16:33)

1991

Joanne Hunsinger- 7th (19:20)

Jimmy Colling- DISTRICT CHAMPION-(15:18)

David Muckel- 2nd (15:48)

Brandon Soleau- 7th (16:23)

Ken Colling- 11th (16:27)

1992

Aryn Fahey- DISTRICT CHAMPION (18:39)

Mandy Melella- 13th (19:15)

David Muckel- DISTRICT CHAMPION (15:18)

Jimmy Colling- 2nd (15:31)

Fabio Zoltek- 5th (15:59)

Michael Johnson- 11th (16:15)

Bryan Harrell-14th (16:19)

1993

Bryan Harrell- 6th (16:17)

Fabio Zoltek- 7th (16:23)

Eric Post- 9th (16:28)

Amanda Buell- DISTRICT CHAMPION- (18:31)

Laurel Simcox- 3rd (19:32)

Joanne Hunsinger- 5th (19:39)

Colleen Chapman- 10th (20:03)

Carmen Osterling- 14th (20:09)

Aryn Fahey- 15th (20:10)

1994

Warren Williams- 3rd (15:27)

Eric Post- 5th (15:31)

Laurel Simcox- 8th (19:06)

Colleen Chapman- 9th (19:13)

Julie Gambel- 14th (19:32)

1995

Eric Post- DISTRICT CHAMPION (15:02)

Laurel Simcox- 5th (18:15)

Amanda Buell- 7th (18:26)

Laura Winstead- 9th (18:40)

1996

Eric Post- DISTRICT CHAMPION (14:53)

Billy Moore- 11th (16:17)

Laurel Simcox- 4th (17:43)

Laura Winstead- 10th (18:56)

Jennifer Conlin-12th (19:12)

1997

Billy Moore- 6th (15:49)

Laurie Yarger-8th (18:57)

Jamie Dobson-9th (19:07)

Jennifer Conlin-12 (19:13)

1998

Billy Moore- 7th (15:26)

Richard Loughery- 13th (16:02)

Laurie Yarger-3rd (18:24)

1999

Carin Miller 2nd (18:29)

Laurie Yarger 3rd (18:31)

Blair Eadie 6th (18:52)

Tracy Williams 7th (18:52)

Ethan Coffey 10th (16:12)

Carl Carlson 12th (16:16)

2000

Tracy Williams-4th (18:30)

Laurie Yarger-5th (18:42)

Blair Eadie-8th (19:15)

Colin Chapman- 6th (15:52)

Ethan Coffey-10th (16:04)

2001

Blair Eadie- 9th (19:29)

Matt Lauro-12th (16:14)

2003

Lauren Howard-14th (19:41.5)

Brad Siragusa-10th (15:46.7)

2004

Natalie Shaw- 10th (19:08)

Brad Siragusa- District Champion (15:12)

2005

Brad Siragusa- 2nd (15:09)

2006

Lia DiValentin- 3rd (18:07.7)

Natalie Shaw-14th (18:47.4)

Chris Foley- 9th (16:03.6)

Eric Palmer- 13th (16:15.0)

2007

Lia DiValentin- District Champion (17:38)

Chris Foley- 5th (15:51)

Eric Palmer- 9th (16:06)

2008

Chris Foley- 2nd (15:24.31)

Rachel Grochowski- 6th (18:38.66)

2009

Chris Foley- 2nd (15:13.71)

Rachel Grochowski- 3rd (18:45.45)

Sean McGorty- 8th (15:59.82)

Matt Cumpian- 12th (16:19.04)

2010

Sean McGorty- DISTRICT CHAMPION (15:42)

Logan Miller- 7th (16:21)

Mohamed Labor-Koroma, Jr- 14th (16:35)

2011

Sean McGorty- DISTRICT CHAMPION (14:57.0)

Logan Miller-3rd (15:40.4)

Kendall Cowne- 7th (18:40.3)

Faris Sakallah- 8th (16:01.0)

Nora Raheer- 10th (19:24.7)

Carolyn Carolson- 11th (19:37.5)

Natalie Plummer- 12th (19:38.7)

Samantha Lull- 14th (19:44.4)

Peter Malander- 15th (16:11.4)

2012
Sean McGorty- DISTRICT CHAMPION (14:38.0)
Logan Miller-2nd (15:38)
Kendall Cowne- 3rd (17:57)
Faris Sakallah- 4th (15:45)
Adam Huff- 5th (15:46)
Ryan McGorty- 7th (15:48)
Nora Raheer- 11th (19:11.0)
Samantha Lull- 15th (19:29)

2013
Ryan McGorty- 2nd (15:25)
Dakota Lange- 4th (15:30)
Xaveria Hawvermale- 7th (18:19)
Adam Huff- 12th (15:56)
Christie Murray- 12th (18:58)
Peter Malander- 15th (15:58)

2014
Ryan McGorty- DISTRICT CHAMPION (14:49)
Brandon McGorty- 7th (15:38)
Christie Murray- 9th (18:28)
Evan Compton- 11th (15:52)
Chris Wigle- 12th (15:54)

2015
Brandon McGorty- 4th (16:02)
Chris Wigle- 10th (16:23)
Kayla Wigle- 12th (19:32)

2016
Ana Morris- DISTRICT CHAMPION (18:31)
Brandon McGorty- 2nd (15:29)
Thomas Allain- 6th (16:05)
Nicole Re- 10th (18:47)
Kayla Wigle- 11th (18:49)

Julia Haug- 12th (18:49)
James Monson- 12th (16:12)
Tyler Amos- 13th (16:14)

2017
Nicole Re- DISTRICT CHAMPION (18:12)
Tyler Amos- 2nd (15:51)
James Monson- 8th (16:10)
Kayla Wigle- 12th (19:00)
Julia Haug- 13th (19:02)
Momiji Barlow- 15th (19:07)

2018
Nicole Re- 3rd (18:38)
Momiji Barlow- 5th (18:44)
Keoni Puhek- 7th (15:57)
Nyla Carter-Ogden- 9th (19:21)
Elizabeth Wu- 10th (19:21)
Adam Jaynes- 10th (16:01)
Caroline Poole- 12th (19:30)
Ruby Carter-Ogden- 13th (19:36)
Ava Miller- 15th (19:47)

2019
Momiji Barlow- 2nd (18:45)
Nyla Carter-Ogden- 3rd (19:03)
Elizabeth Wu- 6th (19:26)
Ruby Carter-Ogden- 7th (19:31)
Caroline Poole- 8th (19:32)
Keoni Puhek- 8th (16:11)
Adam Jaynes- 10th (16:14)
Julia Rodrigues- 9th (19:34)
Ava Miller- 11th (19:48)

Cross Country All-Region

1984
Amy Colvin- 10th (18:20.1)

1985
Steve Hazzard- 7th (15:14.0)
Lance Muniz-15th (15:28.3)
Amy Colvin- 4th (17:05.9)

1986
Lance Muniz-10th (15:22.8)
Sarah Colvin-3rd (17:16.5)
Amy Colvin- 5th (17:31.0)
Hollie Moore- 15th (18:10.8)

1987
Lance Muniz-REGIONAL CHAMPION- (15:07.2)
Hollie Moore- 6th (18:03.2)
Kathy Watson-15th (18:15.6)

1988
Kathy Watson-9th (18:08.8)
Hollie Moore-10th (18:09.4)

1990
Jimmy Colling-6th (15:43)

1991
Jimmy Colling-4th (15:27)
David Muckel-9th (15:42)

1992
Jimmy Colling- REGIONAL CHAMPION (15:19)
David Muckel- 2nd (15:24)
Fabio Zoltec- 15th (15:59)
Aryn Fahey- 8th (18:52)

1993
Jimmy Colling- 5th (15:21)
Amanda Buell- 5th (18:13)

1994
Warren Williams- 13th (15:32)
Laurel Simcox-10th (18:47)

1995
Eric Post - 4th (15:03)
Laurel Simcox- 7th (18:24)

1996
Eric Post- 2nd (14:48)
Laurel Simcox-5th (17:39)

1997
Laurie Yarger-14th (18:38)

1998
Billy Moore- 4th (15:14)
Laurie Yarger-8th (18:14)

1999
Carin Miller-6th (18:13)
Laurie Yarger- 10th (18:28)

2000
Tracy Williams-4th (18:22)
Laurie Yarger-14th (18:44)

2004
Brad Siragusa- REGIONAL CHAMPION (15:19)

2005
Brad Siragusa- 4th (15:24)

2007
Chris Foley- 11th (15:39.9)
Lia DiValentin- REGIONAL CHAMPION (17:32.2)

2008
Chris Foley- 2nd (15:20.66)

2009
Chris Foley- REGIONAL CHAMPION (14:59.2c)

2010
Sean McGorty- 2nd (15:26.3)

2011
Sean McGorty- 2nd (14:42.0) (NEW CHS RECORD)
Logan Miller- 4th (15:10.8)
Kendall Cowne- 12th (18:04.0)

2012
Sean McGorty- REGIONAL CHAMPION (14:19.0) (NEW CHS RECORD- Ties Northern Regional Meet Record- Sharif Karie- West Springfield)
Logan Miller- 3th (15:23)
Kendall Cowne- 7th (17:33)
Faris Sakallah-8th (15:30)
Ryan McGorty- 10th (15:34)

2013
Ryan McGorty- 4th (15:13)
Dakota Lange- 5th (15:21)
Xaveria Hawvermale- 17th (18:11) (Automatic State Qualifier)

2014
Ryan McGorty- 3rd (14:53)

2015
Brandon McGorty- 11th (15:56)
Kayla Wigle- 36th (19:17) (Automatic State Qualifier)

2016
Brandon McGorty- REGIONAL CHAMPION (15:14)
Kayla Wigle- 15th (18:39)

2017
Tyler Amos- 7th (15:53) (Individual State Qualifier)
Nicole Re- 11th (18:45)
James Monson- 12th (16:03)

2018
Nicole Re- 13th (19:03)

2019
Momiji Barlow- 5th (18:47)
Elizabeth Wu- 6th (18:49)
Keoni Puhek- 7th (15:46) (Individual State Qualifier)
Ruby Carter-Ogden- 8th (19:04)
Nyla Carter-Ogden- 9th (19:05)
Caroline Poole- 11th (19:15)
Ava Miller- 13th (19:20)

Cross Country All-State

1985 Amy Colvin- 3rd (18:41.6) Sarah Colvin- 14th (19:38.8)	2004 Brad Siragusa- 5th-16:31.85
1986 Sarah Colvin- 3rd (19:05.8) Amy Colvin- 4th (19:12.5) Hollie Moore-12th (19:46.3)	2005 Brad Siragusa- STATE CHAMPION-15:21.64
1988 Hollie Moore-12th- 19:27 Kathy Watson- 13th- 19:30	2007 Lia DiValentin- 2nd- 17:58.29
1991 Jimmy Colling-4th (16:10)	2008 Chris Foley- 11th- 15:58
1992 Jimmy Colling- STATE CHAMPION (16:07) David Muckel- 7th (16:30) Aryn Fahey- 11th (20:16)	2009 Chris Foley- 4th- 15:50
1993 Jimmy Colling- 11th (16:57) Amanda Buell- 2nd (19:30)	2010 Sean McGorty- 4th- 15:44
1995 Laurel Simcox- 11th (19:10.4)	2011 Sean McGorty- 2nd- 15:21 Logan Miller- 8th- 15:54
1996 Eric Post- 3rd (16:08.8) Laurel Simcox-6th (18:57)	2012 Sean McGorty- STATE CHAMPION- 14:47 (New State Meet Course Record) Logan Miller- 3rd- 15:34 Kendall Cowne- 10th-18:29
1998 Billiy Moore-8th (15:58.5)	2013 Ryan McGorty- 3rd- 15:45 Dakota Lange- 5th- 15:51 Xaveria Hawvermale- 10th- 18:23
1999 Laurie Yarger- 9th (19:21) Carin Miller- 14th (19:31)	2014 Ryan McGorty- 3rd- 15:26
2000 Tracy Williams-11th- 19:31.6	2015 Brandon McGorty- 6th- 16:13
	2016 Brandon McGorty- 4th- 15:39
	2018 Nicole Re- 11th- 19:27

Kinney/Footlocker & NIKE Championships

1988

Hollie Moore-5th Place- Regionals (18:17)- 15th Place- Nationals (18:09.3)

1993

Jim Colling - 3rd Place- Regionals (15:48)- 31st Place-Nationals (16:40.2)

1995

Eric Post- 8th Place- Regionals (15:49.8)- 16th Place- Nationals (15:43.1)

1996

Eric Post- 6th Place- Regionals (15:12.3)- 14th Place- Nationals (15:58.0)

2005

Brad Siragusa- 6th Place- Regionals (15:00.0)- 38th Place- Nationals (16:43.0)

2011

Sean McGorty- 6th Place- Regionals (14:54.0)- 10th Place- Nationals (15:25.0)

2012

Sean McGorty- CHAMPION- Regionals (14:28) (New Meet Record)- 2nd Place- Nationals (15:04.7)

NXN Qualifiers

2012

Logan Miller- 2nd Place- SE Regionals (15:19.7)

Cross Country Team Results

Districts:

Northern District (1973- 1974; 1977-80)

Potomac District (1981-1986)

Great Falls District (1975-76; 1988- 1993)

Concorde District (1994- 2012), (2017-

Conference 5 (2013-2016)

NOTE: Women's cross country was added in 1978

Key: DNQ- Team did not qualify; no runners competing

IND- Team did not qualify; only individuals competing

	District		Regional		State	
	Boys	Girls	Boys	Girls	Boys	Girls
1973		n/a		n/a		n/a
1974	7th- ???	n/a	DNQ	n/a	DNQ	n/a
1975	Not in Top 4	n/a	IND	n/a	DNQ	n/a
1976	6th- 156 pts	n/a	DNQ	n/a	DNQ	n/a
1977	6th- 163 pts	n/a	DNQ	n/a	DNQ	n/a
1978	6th- 164 pts	n/a	DNQ	n/a	DNQ	n/a

1979	5th- 115 pts	5th- 141 pts	IND	DNQ	DNQ	n/a
1980	7th- 183 pts	IND	DNQ	DNQ	DNQ	DNQ
1981	6th- 158 pts	6th 160 pts	IND	DNQ	DNQ	DNQ
1982	6th- 120 pts	4th- 74 pts	IND	IND	DNQ	DNQ
1983	5th- 121 pts	2nd- 65 pts	DNQ	10th- 266 pts	DNQ	DNQ
1984	4th (lost tie)-95 pts	2nd-38 pts	IND	10th- 263 pts	DNQ	IND
1985	2nd- 49 pts	1st-31 pts	3rd- 109 pts	4th- 135 pts	3rd- 84 pts	5th- 136 pts
1986	2nd- 67 pts	1st- 20 pts	6th- 167 pts	3rd- 77 pts	IND	3rd- 82 pts
1987	1st- 41 pts	1st- 39 pts	7th- 152 pts	6th- 151 pts	IND	IND
1988	5th-134 pts	4th-81 pts	n/a	IND	DNQ	IND
1989	5th- 109 pts	5th- 116 pts	IND	IND	DNQ	DNQ
1990	4th- 71 pts	5th- 103 pts	IND	n/a	IND	DNQ
1991	1st- 39 pts	5th- 108 pts	4th- 97 pts	IND	7th- 167 pts	DNQ
1992	1st- 33 pts	3rd- 80 pts	1st- 64 pts	8th- 193 pts	3rd- 90 pts	IND
1993	3rd- 66 pts	1st- 33 pts	7th- 158 pts	6th- 116 pts	IND	IND
1994	4th- 92 pts	3rd- 75 pts	IND	8th- 196 pts	IND	IND
1995	4th- 105 pts	2nd- 66 pts	9th-232 pts	4th-114 pts	IND	4th-140 pts (lost tie)
1996	2nd- 84 pts	3rd- 67 pts	9th- 227 pts	5th- 136 pts	IND	IND
1997	6th-139 pts	4th- 90 pts	IND	not in top 5	DNQ	IND
1998	5th- 101 pts	4th- 92 pts	IND	8th- 177 pts	IND	IND
1999	6th- 117 pts	1st- 43 pts	IND	2nd- 107 pts	DNQ	3rd- 115 pts
2000	5th-110 pts	2nd- 51 pts	IND	3rd -120 pts	DNQ	9th- 197 pts
2001	6th- 146 pts	6th-139 pts	IND	IND	DNQ	DNQ
2002	6th- 160 pts	6th- 145 pts	DNQ	DNQ	DNQ	DNQ
2003	5th- 130 pts	5th- 133 pts	IND	IND	DNQ	DNQ
2004	4th- 106 pts	4th-105 pts	9th- 254 pts	10th- 246 pts	IND	DNQ
2005	5th- 104 pts	6th- 172 pts	IND	DNQ	IND	DNQ
2006	5th-118 pts	4th-100 pts	IND	10th- 236 pts	DNQ	DNQ
2007	3rd- 99 pts	6th- 126 pts	8th- 184 pts	IND	IND	IND
2008	5th- 122 pts	5th- 123 pts	IND	IND	IND	DNQ
2009	4th- 78 pts	6th-119 pts	8th- 180 pts	IND	IND	DNQ
2010	4th- 81 pts	5th- 117 pts	10th-266 pts	DNQ	IND	DNQ
2011	2nd- 49 pts	2nd- 54 pts	3rd- 101 pts	5th- 140 pts	5th- 167 pts	IND
2012	1st- 19 pts	3rd- 72 pts	1st- 39 pts	3rd- 109 pts	1st-57 pts	6th-145 pts
2013	2nd- 52 pts	3rd- 77 pts	1st- 100 pts	7th- 195 pts	1st-85 pts	IND
2014	1st- 47 pts	4th- 116 pts	4th- 120 pts	14th- 341 pts	3rd- 105 pts	DNQ
2015	4th- 73 pts	5th- 127pts	7th- 172 pts	IND	IND	IND
2016	2nd- 50 pts	3rd- 52 pts	6th- 157 pts	5th- 159 pts	3rd- 117 pts	7th- 161 pts
2017	3rd- 63 pts	3rd- 61 pts	5th-127 pts	4th- 103 pts	IND	DNQ
2018	3rd- 77 pts	1st- 39 pts	7th- 140 pts	3rd- 123 pts	DNS	9th- 191 pts
2019	5th- 94 pts	1st- 26 pts	IND	1st- 34 pts	IND	8 th - 191 pts