

Sioux Falls Lincoln High School
Cross Country
Girls Course Records

City	Course	Meet/Host	Distance	Record Holder	Year	Time
Sioux Falls	Yankton Trail Park (Nike/State Course)	Heartland Preview	5000m	Ali Bainbridge	2022	17:10.7
Huron	Broadland Creek National Golf Course	SD State Meet	5000m	Ali Bainbridge	2022	17:26.1
Rapid City	Hart Ranch Camping Resort	SD State Meet	5000m	Courtney Klatt	2017	18:39.7
Sioux Falls	Yankton Trail Park (Augie Course)	Augustana Twilight	5000m	Ali Bainbridge	2022	17:18.3
Falcon Hts (MN)	Les Bolstad Golf Course (U of M)	Roy Griak Invite	5000m	Ali Bainbridge	2022	18:14.9
Millard (NE)	Walnut Grove Park (Omaha)	Millard South	5000m	Ali Bainbridge	2021	17:56.8
Pella (IA)	Central College XC Course	Heartland Classisc	5000m	Ali Bainbridge	2020	18:44.2
Sioux Falls	Kuehn Park	Mack Butler (SFR)	4000m	Ali Bainbridge	2021	14:31.1
Beresford	Bridges Golf Course	Beresford Invite	4000m	Ali Bainbridge	2020	15:18.5
Brookings	Edgebrook Golf Course	Brookings	5000m	Lila Batcheller	2020	20:35.3
Brandon	McHardy Park	Metro Conference	5000m	Ali Bainbridge	2021	18:07.9
Watertown	Cattail Crossing Golf Course	Watertown	5000m	Ali Bainbridge	2021	17:42.0
Luverne (MN)	Luverne High School	Luverne	4000m	Carly Holmstrom	2008	16:31
Sioux Falls	Tuthill Park	Lincoln	4000m	Kayla Jelen	2004	15:22

Inactive Courses:

City	Course	Meet/Host	Distance	Record Holder	Year	Time
Mitchell	Lakeview Golf Course	Mitchell	4000m	Rina Crawford	1997	14:49
Sioux Falls	Frank Olson Park	Washington	4000m	Nancy Kneip	1999	14:23
Sioux Falls	Spencer Park	O'Gorman	4000m	Nancy Kneip	1999	14:43
Yankton	Pierson Ranch Rec Area	Yankton	4000m	Sarah Spencer	2001	15:23
Adrian (MN)	Adrian Country Club	Adrian	4000m	Sarah Spencer	2001	15:19
Sioux Falls	Kuehn Park	Roosevelt	3 miles	Ali Bainbridge	2021	17:47
Brookings	Edgebrook Golf Course	Brookings	4000m	Sarah Spencer	2002	15:11
Madison	Madison Golf Course	Madison	4000m	Sarah Spencer	2002	15:28
Sioux Falls	Harvey Dunn Elementary	Washington	4000m	Kayla Jelen	2003	15:22
Apple Valley (MN)	Apple Valley High School	Apple Valley	4000m	Kayla Jelen	2004	15:28
Vermillion	Dakota Dome (USD)	Vermillion	4000m	Kayla Jelen	2004	15:13
Sioux Falls	Bakker Crossing Golf Course	Augustana	4000m	Kayla Jelen	2004	15:21
Spearfish	Spearfish Canyon Country Club	Spearfish	4000m	Kayla Jelen	2004	15:47
Sturgis	Fort Meade	Sturgis	4000m	Kayla Jelen	2006	16:07
Rapid City	Elks Golf Course	Rapid City	4000m	Carly Holmstrom	2009	15:50
Rapid City	Robbinsdale Park	RC Central	4000m	Jasmyne Cooper	2014	15:10.8
Ames (IA)	Iowa State XC Course	Heartland Classic	5000m	Jasmyne Cooper	2015	20:00.0
S. Sioux City (NE)	Covington Golf Course	Koebnick Invite	5000m	Jasmyne Cooper	2016	18:31.7
Sioux Falls	Windrows Field / Polo Grounds	Augustana	5000m	Courtney Klatt	2017	18:33.3

Sioux Falls Lincoln High School
Cross Country
Boys Course Records

City	Course	Meet/Host	Distance	Record Holder	Year	Time
Sioux Falls	Yankton Trail Park (Nike/State Course)	Metro Conference	5000m	Andrew Lauer	2018	15:35.5
Huron	Broadland Creek National Golf Course	SD State Meet	5000m	Will Lauer	2014	15:13.2
Rapid City	Hart Ranch Camping Resort	SD State Meet	5000m	Jack Elliott	2017	16:09.8
Sioux Falls	Yankton Trail Park (Augie Course)	Augustana Twilight	5000m	Andrew Lauer	2019	15:18.3
Falcon Hts (MN)	Les Bolstad Golf Course (U of M)	Roy Griak Invite	5000m	Will Lauer	2014	15:49.6
Millard (NE)	Walnut Grove Park (Omaha)	Millard South	5000m	Will Lauer	2014	15:31.0
Pella (IA)	Central College XC Course	Heartland Classic	5000m	Zeb Mendel	2020	16:00.4
Sioux Falls	Kuehn Park	Mack Butler	5000m	Will Lauer	2014	15:48.5
Beresford	Bridges Golf Course	Beresford Invite	4000m	Zeb Mendel	2020	13:04.8
Brookings	Edgebrook Golf Course	Brookings	5000m	Ralph Van Zweeden	1979	15:55.0
Brandon	McHardy Park	Metro Conference	5000m	Gabe Peters	2015	16:25.0
Watertown	Cattail Crossing Golf Course	Watertown	5000m	Nathan Schroeder	2012	16:09.0
Luverne (MN)	Luverne High School	Luverne Invite	5000m	Luke Hannemann	2008	16:48.0
Sioux Falls	Tuthill Park	Lincoln	5000m	Austin Vandeberg	2005	15:59.0

Inactive Courses:

City	Course	Meet/Host	Distance	Record Holder	Year	Time
Mitchell	Lakeview Golf Course	Mitchell	5000m	Mark Richard	1983	15:46.0
Pierre	Hillsvie Golf Course	Pierre	5000m	David Ingvoldstad	1991	16:37.0
Sioux Falls	Frank Olson Park	Washington	5000m	Ryan O'Hara	1994	16:12.0
Yankton	Pierson Ranch Rec Area	Yankton	5000m	Dan Bucy	2000	17:01.0
Sioux Falls	Spencer Park	O'Gorman	5000m	Rory LaValliere	2001	16:54.0
Madison	Madison Golf Course	Madison	5000m	Jarvis Jelen	2003	15:30.0
Adrian (MN)	Adrian Country Club	Adrian	5000m	Jarvis Jelen	2003	16:44.0
Sioux Falls	Harvey Dunn Elementary	Washington	5000m	Jarvis Jelen	2003	16:45.0
Spearfish	Spearfish Canyon Country Club	Spearfish	5000m	Thomas Madut	2004	17:39.0
Rapid City	Elks Golf Course	Rapid City	5000m	Austin Vandeberg	2005	16:20.0
Apple Valley (MN)	Apple Valley High School	Apple Valley Invite	5000m	Austin Vandeberg	2005	16:29.0
Vermillion	Dakota Done	Don Baker Invite	5000m	Austin Vandeberg	2005	16:31.0
Sturgis	Fort Meade	GDC Conference	5000m	Nathan Schroeder	2012	15:30.0
Sioux Falls	Bakker Crossing Golf Course	Augustana	5000m	Nathan Schroeder	2013	16:49.0
Sioux Falls	Windrows Field / Polo Grounds	AU Meet of Champs	5000m	Nathan Schroeder	2014	16:16.9
Rapid City	Robbinsdale Park	RC Central	5000m	Will Lauer	2014	15:55.9
Ames (IA)	Iowa State XC Course	Heartland Classic	5000m	Will Lauer	2014	15:44.0
S. Sioux City (NE)	Covington Golf Course	Koebnick Invite	5000m	Gabe Peters	2016	15:47.2