

State

Boys Teams

- 2015- 4th
- 2016- 5th
- 2017- 8th
- 2018- 2nd
- 2019- 2nd
- 2020- State Qualifier

Boys Participants *All-State

- 2008- 10 Kyle Toms- 44th
- 2009- 11 Kyle Toms- 30th
- **2010- 12 Kyle Toms- 22nd**
- 2013- 12 Alex Toms- 78th
- 2014- 12 Devin Nelson- 68th
- **2015- 11 Ryley Nelson- 8th**
- **2015- 12 Christian Swenson- 15th**
- 2015- 11 Ethan Olson- 68th
- 2015- 8 Jacob Bright- 86th
- 2015- 11 Drake Swanson- 154th
- 2015- 7 Kyle Schill- 166th
- 2015- 8 Jack Van Kempen- 169th
- **2016- 12 Ryley Nelson- 6th**
- **2016- 9 Jacob Bright- 20th**
- 2016- 12 Ethan Olson- 39th
- 2016- 12 Drake Swanson- 134th
- 2016- 9 Jack Van Kempen- 137th
- 2016- 8 Kyle Schill- 156th
- 2016- 11 Chase Veldhouse- 168th
- **2017- 10 Jacob Bright- 9th**
- 2017- 10 Jack Van Kempen- 70th
- 2017- 8 Kade Runge- 91th
- 2017- 9 Kyle Schill- 121st
- 2017- 10 Kaleb Getz- 134th
- 2017- 8 Alex Salwasser- 149th
- 2017- 8 Reubens Swanson- 158th
- **2018- 11 Jacob Bright- 8th**
- 2018- 11 Jack Van Kempen- 30th
- 2018- 9 Kade Runge- 42nd
- 2018- 10 Kyle Schill- 49th
- 2018- 9 Alex Salwasser- 112th
- 2018- 9 Reubens Swanson- 130th
- 2018- 12 Bennett Grove- 161st

- **2019- 12 Jacob Bright- 3rd**
- **2019- 12 Jack Van Kempen- 9th**
- **2019- 10 Alex Salwasser- 19th**
- 2019- 10 Kade Runge- 45th
- 2019- 11 Kyle Schill- 53rd
- 2019- 10 Reubens Swanson- 131st
- 2019- 10 Shad Swanson- 143rd

Girls Teams

- 2016- 15th
- 2017- 15th
- 2018- 9th

Girls Participants

- 2011- 8 Abby Van Kempen- 90th
- 2012- 9 Abby Van Kempen- 125th
- 2013- 10 Abby Van Kempen- 111th
- 2014- 8 Ella Van Kempen- 136th
- 2015- 9 Ella Van Kempen- 60th
- 2015- 7 Brynn Fernholz- 85th
- 2016- 7 Lexi Bright- 92nd
- 2016- 10 Ella Van Kempen- 105th
- 2016- 8 Brynn Fernholz- 117th
- 2016- 9 Teagan Nelson- 138th
- 2016- 8 Chloe Larue- 161st
- 2016- 7 Kennedy Porter- 169th
- 2016- 7 Kaitlyn Hanson- 175th
- 2017- 8 Lexi Bright- 39th
- 2017- 9 Brynn Fernholz- 103th
- 2017- 10 Teagan Nelson- 109th
- 2017- 11 Ella Van Kempen- 110th
- 2017- 8 Kennedy Porter- 160th
- 2017- 12 Stephanie Toms- 172nd
- 2017- 9 Carly Steiner- 174th
- 2018- 9 Lexi Bright- 54th
- 2018- 11 Teagan Nelson- 61st
- 2018- 10 Brynn Fernholz- 100th
- 2018- 12 Ella Van Kempen- 101st
- 2018- 7 Terina Blascyk- 136th
- 2018- 7 Taylor Bennett- 147th
- 2018- 9 Kennedy Porter- 154th

- 2019- 12 Teagan Nelson- 91st
- 2019- 10 Lexi Bright- 117th

Section 6A

Boys State Qualifying Teams

- 2015
- 2016
- 2017
- 2018
- 2019
- 2020

Boys Section 6A Championships

- 2015
- 2016
- 2018
- 2019

Boys State Qualifiers

- 2008- 10 Kyle Toms- 3rd
- 2009- 11 Kyle Toms- 6th
- 2010- 12 Kyle Toms- 1st
- 2013- 12 Alex Toms- 10th
- 2014- 12 Devin Nelson- 9th
- 2015- 11 Ryley Nelson- 1st
- 2015- 12 Christian Swenson- 3rd
- 2015- 11 Ethan Olson- 5th
- 2016- 12 Ryley Nelson- 1st
- 2016- 9 Jacob Bright- 2nd
- 2016- 12 Ethan Olson- 9th
- 2017- 10 Jacob Bright- 2nd
- 2017- 10 Jack Van Kempen- 11th
- 2018- 11 Jacob Bright- 2nd
- 2018- 11 Jack Van Kempen- 10th
- 2018- 9 Kade Runge- 11th
- 2018- 10 Kyle Schill- 12th
- 2019- 12 Jacob Bright- 2nd
- 2019- 10 Alex Salwasser- 5th
- 2019- 12 Jack Van Kempen- 6th
- 2019- 10 Kade Runge- 10th
- 2019- 11 Kyle Schill- 12th

Boys Section 6A Champion

- 2010- 12 Kyle Toms
- 2015- 11 Ryley Nelson
- 2016- 12 Ryley Nelson

Girls State Qualifiers

- 2011- 8 Abby Van Kempen- 4th
- 2012- 9 Abby Van Kempen- 6th
- 2013- 10 Abby Van Kempen- 7th
- 2014- 8 Ella Van Kempen- 9th
- 2015- 7 Brynn Fernholz- 3rd
- 2015- 9 Ella Van Kempen- 8th
- 2016- 7 Lexi Bright- 4th
- 2017- 8 Lexi Bright- 2nd
- 2018- 9 Lexi Bright- 2nd
- 2018- 11 Teagan Nelson- 4th
- 2018- 12 Ella Van Kempen- 12th
- 2018- 10 Brynn Fernholz- 14th
- 2019- 12 Teagan Nelson- 11th
- 2019- 10 Lexi Bright- 12th

Heart of Lakes Conference

Best Team Finish

- Boys- 1st-2020; 2nd- 2013, 2014, 2015, 2016, 2017, 2018, 2019
- Girls- 2nd- 2017, 2018

Boys All-Conference

- 2008- 10 Kyle Toms- 4th
- 2010- 12 Kyle Toms- 3rd
- 2013- 12 Alex Toms- 10th
- 2013- 9 Ryley Nelson- 13th
- 2013- 11 Devin Nelson- 14th
- 2014- 12 Devin Nelson- 4th
- 2014- 11 Christian Swenson- 6th
- 2014- 10 Ryley Nelson- 11th
- 2014- 11 Ethan Olson- 15th
- 2015- 11 Ryley Nelson- 2nd
- 2015- 12 Christian Swenson- 3rd
- 2015- 11 Ethan Olson- 8th
- 2016- 12 Drake Swanson- 15th
- 2017- 10 Jacob Bright- 1st
- 2017- 10 Jack Van Kempen- 12th
- 2017- 9 Kyle Schill- 13th
- 2018- 11 Jacob Bright- 2nd
- 2018- 11 Jack Van Kempen- 6th
- 2018- 9 Kade Runge- 7th
- 2018- 10 Kyle Schill- 10th
- 2019- 12 Jacob Bright- 1st
- 2019- 12 Jack Van Kempen- 6th
- 2019- 10 Kade Runge- 6th
- 2019- 10 Alex Salwasser- 9th
- 2019- 11 Kyle Schill- 11th
- 2020 – 12 Kyle Schill – 2nd
- 2020 – 11 Kade Runge-3rd
- 2020 – 11 Alex Salwasser-5th
- 2020 – 11 Ruebens Swanson – 9th
- 2020 – 11 Shad Swanson – 13th

Boys Conference Champion

- 2016- 12 Ryley Nelson
- 2017- 10 Jacob Bright
- 2019- 12 Jacob Bright

Girls Conference Champion

- 2020 – 11 Lexi Bright

Girls All-Conference

- 2008- 7 Kylee Fernholz- 4th
- 2009- 8 Kylee Fernholz- 2nd
- 2010- 7 Abby Van Kempen- 5th
- 2010- 9 Kylee Fernholz- 6th
- 2011- 10 Kylee Fernholz- 4th
- 2011- 8 Abby Van Kempen- 5th
- 2012- 9 Abby Van Kempen- 5th
- 2012- 11 Kylee Fernholz- 7th
- 2013- 12 Kylee Fernholz- 6th
- 2013- 10 Abby Van Kempen- 7th
- 2013- 7 Ella Van Kempen- 12th
- 2014- 8 Ella Van Kempen- 13th
- 2015- 9 Ella Van Kempen- 10th
- 2015- 7 Brynn Fernholz- 13th
- 2016- 7 Lexi Bright- 6th
- 2016- 10 Ella Van Kempen- 11th
- 2016- 8 Brynn Fernholz- 12th
- 2016- 9 Teagan Nelson- 13th
- 2017- 8 Lexi Bright- 3rd
- 2017- 10 Teagan Nelson- 13th
- 2017- 11 Ella Van Kempen- 15th
- 2018- 9 Lexi Bright- 3rd
- 2018- 11 Teagan Nelson- 10th
- 2018- 10 Brynn Fernholz- 14th
- 2018- 12 Ella Van Kempen- 15th
- 2019- 10 Lexi Bright- 8th
- 2019- 12 Teagan Nelson- 9th
- 2020- 11 Lexi Bright – 1st
- 2020 – 8 Macy Grosz – 14th
- 2020 – 9 Terina Blascyck – 15th

Best Meet Finishes

Morris

- Boys: 1st- 2013, 2016
- Girls: 2nd- 2013, 2018

Breckenridge/Wahpeton

- Boys: 1st- 2009, 2010, 2014, 2015, 2019
- Girls: 1st- 2009

Holdingsford

- Boys: 1st- 2015
- Girls: 5th- 2015

Detroit Lakes

- Boys: 3rd- 2017
- Girls: 2nd- 2017

MSUM

- Boys: 3rd- 2019
- Girls: 3rd- 2018

Long Prairie-Grey Eagle

- Boys: 1st- 2017
- Girls: 1st- 2017

New London/Spicer

- Boys: 1st- 2016, 2018

- Girls: 1st- 2016

Pelican Rapids

- Boys: 2nd- 2010
- Girls: 2nd- 2010

Pierz

- Boys: 1st- 2019
- Girls: 8th- 2019

Frazee

- Boys: 2nd- 2013
- Girls: 2nd- 2011

Melrose

- Boys: 1st- 2017, 2018
- Girls: 1st- 2017, 2018

Milaca (D4/A)

- Boys: 1st- 2015, 2016, 2018, 2019
- Girls: 1st- 2017

Fergus Falls

- Boys: 1st- 2018, 2019
- Girls: 2nd- 2018

Perham

- Boys: 5th- 2013, 2018
- Girls: 3rd- 2008

Litchfield

- Boys: 2nd- 2019
- Girls: 10th- 2019

Heart of Lakes

- Boys: 2nd- 2013, 2014, 2015, 2016, 2017, 2018, 2019
- Girls: 2nd- 2017, 2018

Benson/KMS

- Boys: 3rd- 2007
- Girls: 4th- 2007

Park Rapids

- Boys: 2nd- 2015, 2016
- Girls: 1st- 2016, 2017

Section 6A

- Boys: 1st- 2015, 2016, 2018, 2019
- Girls: 2nd- 2016, 2017, 2018

State

- Boys: 2nd- 2018, 2019
- Girls: 9th- 2018

All-Time Teams

Boys

- 15:25.30- 2019 12 Jacob Bright: Litchfield
- 15:57.00- 2016 12 Ryley Nelson: New London-Spicer
- 16:08.40- 2019 12 Jack Van Kempen: MSUM
- 16:26.00- 2019 10 Kade Runge: MSUM
- 16:27.30- 2019 10 Alex Salwasser: Litchfield
- 16:29.98- 2010 12 Kyle Toms: HOL Conference @ Warroad
- 16:40.41- 2015 12 Christian Swenson- Perham

Girls 5K

- 19:21.32- 2017 8 Lexi Bright- Perham
- 19:45.50- 2018 11 Teagan Nelson- Section 6A @ New London-Spicer
- 20:13.90- 2018 10 Brynn Fernholz- Section 6A @ New London-Spicer
- 20:22.00- 2018 12 Ella Van Kempen- Perham
- 20:50.90- 2016 8 Chloe LaRue- Section 6A @ New London-Spicer
- 20:56.40- 2018 7 Terina Blascyk- Section 6A @ New London-Spicer
- 20:57.50- 2019 8 Taylor Bennett- Litchfield

Girls 4K

- 14:42.11- 2011 8 Abby Van Kempen: Section 6A @ Long Prairie-Grey Eagle
- 14:56.96- 2009 8 Kylee Fernholz: Park Rapids
- 15:55.78- 2014 8 Ella Van Kempen: Park Rapids
- 16:09.14- 2008 12 Hillary Anderson: Perham
- 16:31.28- 2009 8 Holly Van Kempen- Park Rapids
- 16:43.05- 2012 12 Tee Rudnitski: Park Rapids
- 17:10.38- 2009 8 Mikaylah Stark: Park Rapids

Other

Boys Individual Varsity Winners

- 2007- 9 Kyle Toms: Breckenridge
- 2008- 10 Kyle Toms: Breckenrdige
- 2008-10 Kyle Toms: Pelican Rapids
- 2009- 11 Kyle Toms: Morris Area/Chokio-Alberta
- 2009- 11 Kyle Toms: Breckenridge
- 2010- 12 Kyle Toms: Morris Area/Chokio-Alberta
- 2010- 12 Kyle Toms: Breckenridge
- 2010- 12 Kyle Toms: Section 6A
- 2013- 12 Alex Toms: Morris Area/Chokio-Alberta
- 2015- 12 Christian Swenson: Morris Area/Chokio-Alberta
- 2015- 11 Ryley Nelson: Breckenridge
- 2015: 11 Ryley Nelson: Holdingford
- 2015: 11 Ryley Nelson: Long Prairie-Grey Eagle
- 2015- 11 Ryley Nelson: Park Rapids
- 2015- 11 Ryley Nelson: Section 6A
- 2016- 12 Ryley Nelson: Morris Area/Chokio-Alberta
- 2016- 12 Ryley Nelson: New London-Spicer
- 2016- 12 Ryley Nelson: HOL Conference
- 2016- 12 Ryley Nelson: Park Rapids
- 2016- 12 Ryley Nelson: Section 6A
- 2017- 10 Jacob Bright: Melrose
- 2017- 10 Jacob Bright: HOL Conference
- 2018- 11 Jacob Bright: Melrose
- 2019- 12 Jacob Bright: Morris Area/Chokio-Alberta
- 2019- 12 Jacob Bright: Breckenridge/Wahpeton
- 2019- 12 Jacob Bright: Milaca Mega Meet D4

- 2019- 12 Jacob Bright: Fergus Falls
- 2019- 12 Jacob Bright: Litchfield
- 2019- 12 Jacob Bright: HOL Conference

Girls Individual Varsity Winners

- 2009- 8 Kylee Fernholz: Breckenridge
- 2011- 8 Abby Van Kempen: Frazee
- 2012- 9 Abby Van Kempen: Detroit Lakes
- 2012- 9 Abby Van Kempen: Frazee
- 2013- 10 Abby Van Kempen: Frazee
- 2017- 8 Lexi Bright: Long Prairie-Grey Eagle

Lowest Winning Varsity Team Score

- Boys- 19: 2018 @ Melrose
- Girls- 35: 2018 @ Melrose

JH Boys Meet Victories

- 2016- Breckenridge
- 2016- HOL Conference
- 2019- MSUM

JH Girls Meet Victories

- 2008- Morris
- 2008- Milaca
- 2010- Frazee
- 2018- Morris Area/Chokio-Alberta

JH Boys Individual Meet Winners

- 2008- 7 Alex Toms: Morris Area/Chokio-Alberta
- 2008- 7 Alex Toms: Pelican Rapids
- 2008- 7 Alex Toms: Perham
- 2012- 8 Ethan Olson: Frazee
- 2015- 7 Kyle Schill: Morris Area/Chokio-Alberta
- 2015- 8 Jacob Bright: Morris Area/Chokio-Alberta
- 2015- 8 Jacob Bright: Long Prairie-Grey Eagle
- 2015- 8 Jacob Bright: Frazee
- 2016- 7 Ruebens Swanson: Morris Area/Chokio-Alberta
- 2016- 8 Kyle Schill: Breckenridge
- 2017- 8 Kade Runge: Morris Area/Chokio-Alberta
- 2017- 8 Kade Runge: Detroit Lakes
- 2017- 8 Alex Salwasser: Long Prairie-Grey Eagle

- 2017- 8 Kade Runge: Fergus Falls
- 2017- 8 Kade Runge: Park Rapids

JH Girls Individual Meet Winners

- 2008- 7 Kylee Fernholz: Morris Area/Chokio-Alberta
- 2010- 7 Abby Van Kempen: Frazee
- 2014- 8 Ella VanKempen: Morris Area/Chokio-Alberta
- 2015- 7 Brynn Fernholz Breckenridge
- 2016- 7 Lexi Bright: Morris Area/Chokio-Alberta
- 2016- 7 Lexi Bright: Detroit Lakes

JV Girls Individual Meet Winners

- 2019- 10 Lexi Bright: Morris Area/Chokio-Alberta
- 2019- 10 Lexi Bright: Breckenridge/Wahpeton