

BIG RIVERS CONFERENCE GIRLS CROSS COUNTRY ALL-CONFERENCE TEAMS

| 2024-25 | | | 2023-24 | | | 2022-23 | | | 2021-22 | | |
|--------------------|----|-----|-------------------|----|-----|--------------------|----|-----|--------------------|----|-----|
| FIRST TEAM | | | FIRST TEAM | | | FIRST TEAM | | | FIRST TEAM | | |
| Lauren McCalla * | 11 | MEN | Marah Benedict * | 11 | NWR | Marah Benedict* | 10 | NWR | Isabella Jacobsen* | 12 | MEN |
| Marah Benedict | 12 | NWR | Lauren McCalla | 10 | MEN | Elizabeth Anderson | 12 | ECM | Haley Loewe | 10 | HUD |
| Bree Barfnecht | 9 | MEN | Brooklyn Hoff | 12 | MEN | Lilly Jensen | 11 | RVF | Katie Rassbach | 10 | ECN |
| Kendra Christensen | 9 | NWR | Lindsay Berg | 11 | ECM | Olive Halvorson | 9 | RVF | Alexi MacDonald | 12 | RLK |
| Lindsay Berg | 12 | ECM | Madison Benzer | 9 | NWR | Lyla Vicek | 10 | HUD | Jillian Heth | 12 | ECM |
| Olive Halvorson | 11 | RVF | Lyla Vlcek | 11 | HUD | Lauren Holthaus | 12 | RLK | Marah Benedict | 9 | NWR |
| Lyla Vlcek | 12 | HUD | Abby Britton | 9 | RLK | Clara Drost | 9 | RLK | Haley Mason | 12 | CHF |
| Bennett Schmitt | 11 | MEN | Charlotte Willems | 11 | ECM | Brooklyn Hoff | 11 | MEN | Madeline Palmer | 12 | MEN |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Abby Britton | 10 | RLK | Jordan Chen | 12 | CHF | Anna Imsande | 12 | MEN | Helen Chen | 12 | MEN |
| Bella Drake | 10 | MEN | Clara Drost | 10 | RLK | Ceana Dietz | 12 | NWR | Lilly Jensen | 10 | RVF |
| Noelle Simetkosky | 12 | MEN | Madison Lehman | 12 | MEN | Ava Wozney | 11 | ECM | Rebecca Belany | 10 | HUD |
| Oliver Tanner | 9 | HUD | Leah Schiltgen | 9 | HUD | Anna Fitzgerald | 12 | NWR | Anna Imsande | 11 | MEN |
| Addison Schuler | 9 | RVF | Afton Gillis | 10 | RVF | Kyah Barnhart | 9 | MEN | Aubrie Ecker | 12 | ECN |
| Clara Drost | 11 | ECM | Nora Mecikalski | 11 | ECM | Emma Winkler | 11 | ECM | Julia Holthaus | 9 | RLK |
| Leah Schiltgen | 10 | RLK | Morgan Stephens | 10 | RLK | Charlotte Willems | 10 | ECM | Anna Fitzgerald | 11 | NWR |
| Rue Birkholz | 10 | ECM | Ava Wozney | 12 | ECM | Britta Holter | 10 | HUD | Ali Ruch | 12 | MEN |

| 2020-21 | | | 2019-20 | | | 2018-19 | | | 2017-18 | | |
|---|--|--|---------------------|----|-----|--------------------|----|-----|------------------|----|-----|
| FIRST TEAM | | | FIRST TEAM | | | FIRST TEAM | | | FIRST TEAM | | |
| No championships were run due to Covid. | | | Rachel Ball * | 12 | HUD | Jillian Heth * | 9 | ECM | Rachel Ball * | 10 | HUD |
| | | | Alicia Belany | 11 | HUD | Rachel Ball | 11 | HUD | Katie Faris | 12 | CF |
| | | | Madeline Palmer | 10 | MEN | Ella Behling | 10 | CF | Karina Gilsom | 11 | HUD |
| | | | Paige Anderson | 9 | MEN | Aubrie Ecker | 9 | ECN | Wlla Behling | 9 | CF |
| | | | Haley Mason | 9 | CF | Alexi MacDonald | 9 | RL | Emma Filipiak | 10 | HUD |
| | | | Ella Behling | 10 | CF | Haley Mason | 9 | CF | Anna Czupryna | 10 | HUD |
| | | | Ava Pankratz | 11 | CF | Paige Anderson | 9 | MEN | Grace Bilse | 12 | MEN |
| | | | Allison Weissinger | 11 | RF | Kaylynn Imsande | 10 | MEN | | | |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| | | | Jillian Heth | 10 | ECM | Allison Weissinger | 10 | RF | Tyra Boettcher | 12 | MEN |
| | | | Alexi MacDonald | 10 | RL | Anna Czupryna | 11 | HUD | Anna Penzkover | 11 | RL |
| | | | Isabella Jacobsen | 10 | MEN | Anna Penzkover | 12 | RL | Kathryn Anderson | 12 | ECM |
| | | | Rachel Dietrich | 12 | MEN | Madeline Palmer | 9 | MEN | Sabrina Hagstrom | 10 | ECM |
| | | | Lauren Flynn | 12 | ECN | Isabella Jacobsen | 9 | MEN | Ella Young | 10 | HUD |
| | | | Madysen Rosenberger | 9 | ECM | Sabrina Hagstrom | 11 | ECM | Emily Schwartz | 10 | MEN |
| | | | Aubrie Ecker | 10 | ECN | Mea Hanson | 9 | ECM | Sarah Czupryna | 12 | HUD |
| | | | Mea Hanson | 10 | ECM | Calla Dexheimer | 12 | RF | | | |

| 2016-17 | | | 2015-16 | | | 2014-15 | | | 2013-14 | | |
|------------------|----|-----|---------------------|----|-----|------------------|----|-----|------------------|----|-----|
| FIRST TEAM | | | FIRST TEAM | | | FIRST TEAM | | | FIRST TEAM | | |
| Hannah Roeske * | 12 | ECM | Aubrey Roberts * | 12 | ECM | Aubrey Roberts * | 11 | ECM | Aubrey Roberts * | 10 | ECM |
| Rachel Ball | 9 | HUD | Hannah Roeske | 11 | ECM | Annie Frisbie | 12 | RF | Annie Frisbie | 11 | RF |
| Katie Faris | 11 | CF | Sophia Smith | 11 | ECM | Rachel Anderson | 12 | HUD | Ellen Snyder | 12 | HUD |
| Emily Schmitt | 12 | ECN | Zoe Smith | 11 | ECM | Hannah Roeske | 10 | ECM | Erin Wetzstein | 12 | HUD |
| Sophia Smith | 12 | ECM | Karina Gilson | 9 | HUD | Miranda Miller | 11 | HUD | Sadie Kroll | 12 | HUD |
| Emma Welch | 12 | MEN | Emily Schmitt | 11 | ECN | Hannah Guckenber | 10 | ECN | Elena Smith | 11 | ECM |
| Tyra Boettcher | 11 | MEN | Grace Bilse | 10 | MEN | Elena Smith | 11 | ECM | Miranda Miller | 10 | HUD |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Emma Filipiak | 9 | HUD | Katie Faris | 10 | CF | Grace Bilse | 9 | MEN | Kari Bertrang | 10 | ECM |
| Calla Dexheimer | 10 | RF | Charlotte Dial | 12 | ECM | Zoe Smith | 10 | ECM | Hannah Roeske | 9 | ECM |
| Sabrina Hagstrom | 9 | ECM | Emmy Farago | 11 | HUD | Kari Bertrang | 10 | ECM | Zoe Smith | 9 | ECM |
| Emily Schwartz | 9 | MEN | Emma Welch | 11 | MEN | Emma Welch | 10 | MEN | Rachel Anderson | 11 | HUD |
| Kaylynn Imsande | 10 | MEN | Emma Handlos | 10 | RF | Tyra Boettcher | 9 | MEN | Ali Casey | 11 | RF |
| Zoe Smith | 12 | ECM | Tessa Rayne | 11 | RF | Sophia Smith | 10 | ECM | Catherine Luo | 11 | ECM |
| Karina Gilson | 10 | HUD | Elizabeth Gunderson | 11 | RF | Elli Daniels | 12 | CF | Hannah Guckenber | 10 | ECN |

| 2012-13 FIRST TEAM | | | 2011-12 FIRST TEAM | | | 2010-11 FIRST TEAM | | | 2009-10 FIRST TEAM | | |
|-----------------------|----|-----|-----------------------|----|-----|-----------------------|----|-----|-----------------------|----|-----|
| Aubrey Roberts * | 9 | ECM | Katie Wetzstein * | 12 | HUD | Katie Wetzstein | 11 | HUD | Paige Skorseth | 9 | RF |
| Annie Frisbie | 10 | RF | Paige Skorseth | 11 | RF | Lucy Ramquist | 12 | RF | Lucy Ramquist | 11 | RF |
| Paige Skorseth | 12 | RF | Annie Frisbie | 9 | RF | Paige Skorseth | 10 | RF | Meg Van de Loo | 9 | ECM |
| Ellen Snyder | 11 | HUD | Natalie Powell | 12 | RF | Emily Kelly | 11 | CF | Katie Wetzstein | 10 | HUD |
| Kaitlyn Gynnild | 10 | ECM | Aislinn Pomfret | 12 | RF | Laura Anderson | 12 | RF | Heidi Hujik | 9 | ECM |
| Sadie Kroll | 11 | HUD | Meg Van de Loo | 11 | ECM | Meg Van de Loo | 10 | ECM | Rachel Zachar | 12 | HUD |
| Heidi Hujik | 12 | ECM | Nicole Schmidt | 11 | MEN | Aislinn Pomfret | 11 | RF | Natalie Powell | 10 | RF |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Haley Hartkemeyer | 9 | ECM | Sadie Kroll | 10 | HUD | Natalie Powell | 11 | RF | Rebecca Brackenwagen | 11 | ECM |
| Erin Wetzstein | 11 | HUD | Heidi Hujik | 11 | ECM | Tia Harris | 12 | RF | Emily Kelly | 10 | CF |
| Nicole Schmidt | 12 | MEN | Mary Knutson | 9 | HUD | Erin Wetzstein | 9 | HUD | Aislinn Pomfret | 10 | RF |
| Mary Knutson | 10 | HUD | Erin Wetzstein | 10 | HUD | Nicole Schmidt | 10 | MEN | Jordan Kelch | 12 | MEN |
| Meg Van De Loo | 12 | ECM | Abby Fenske | 12 | RL | Courtney Sawle | 12 | MEN | Laura Anderson | 11 | RF |
| Rachel Anderson | 10 | HUD | Ali Casey | 9 | RF | Abby Fenske | 11 | RL | Katie Thoe | 12 | MEN |
| Elena Smith | 10 | ECM | Ali Quarberg | 12 | ECM | Sadie Kroll | 9 | HUD | Nicole Schmidt | 9 | MEN |

| 2008-09 FIRST TEAM | | | 2007-8 FIRST TEAM | | | 2006-7 FIRST TEAM | | | 2005-6 FIRST TEAM | | |
|------------------------|----|-----|------------------------|----|-----|----------------------|----|-----|----------------------|----|-----|
| Jordan Kelch | 11 | MEN | Katie Cumming | | HUD | Kristin Petzel | | HUD | Kristin Petzel | | HUD |
| Rachel Zachar | 11 | HUD | Ashley Brown | 11 | RF | Katie Cummings | | HUD | Ami Hutchinson | | CF |
| Alana Jenkins | | ECM | Ashley Sveum | | ECN | Ashley Sveum | | ECN | Katie Cumming | | HUD |
| Alexandra Brackenwagen | 10 | ECM | Taylor Heinselmann | 12 | RF | Ashley Brown | 10 | RF | Ashley Brown | 9 | RF |
| Ashley Brown | 12 | RF | Cori Vought | | HUD | Jaci Edmonds | | ECM | Katie Bethke | | ECM |
| Katie Wetzstein | 9 | HUD | Clarissa Frase | | HUD | Monica Rolbiecki | | ECN | Tara McCoy | | MEN |
| Aislinn Pomfret | 9 | RF | Rachel Zachar | 10 | HUD | Tara McCoy | | MEN | Tara Connolly | 12 | RF |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Laura Anderson | 10 | RF | Laura Anderson | 9 | RF | Savannah Brogden | | ECN | Monica Rolbiecki | | ECN |
| Jamie Bengtson | | CF | Alexandra Brackenwagen | 9 | ECM | Michelle Shannon | | ECM | Victoria Kessler | | RF |
| Kaila Fouks | | HUD | Monica Morgan | 10 | RF | Emily Kepulis | | HUD | Kayla Gaulke | 12 | RF |
| Sarah Kehoe | | HUD | Hannah Baumgartner | | ECM | Nicole Bruegger | | HUD | Ellery McCardle | 12 | RF |
| Courtney Sawle | | MEN | Emily Humphreys | | ECM | Taylor Smith | | RL | Michelle Shannon | | ECM |
| Monica Morgan | 11 | RF | Vicky Kessler | 12 | RF | Rachel Zachlar | 9 | HUD | Taylor Heinselmann | 10 | RF |
| Natalie Powell | 9 | RF | Deven Ducharme | | HUD | Taylor Heinselmann | 11 | RF | Laura Wiechmann | | ECM |

| 2004-05 FIRST TEAM | | | 2003-4 FIRST TEAM | | | 2002-3 FIRST TEAM | | | 2001-2 FIRST TEAM | | |
|-----------------------|----|-----|----------------------|----|-----|---------------------------|----|-----|----------------------|----|-----|
| Carie Steil | 12 | ECM | Katie Bethke | 9 | ECM | Kansas Romportl | 10 | RL | Aleisha Estreen | | RL |
| Katie Bethke | 9 | ECM | Carie Steil | 11 | ECM | Megan Johnson | 10 | RF | Katie Anderson | | ECM |
| Tara Connolly | 11 | RF | Megan Johnson | 11 | RF | Kayla Gaulke | 9 | RF | Ayla Mitchell | | NR |
| Katie Cumming | | HUD | Tara Connolly | 10 | RF | Tara Connolly | 9 | RF | Carie Steil | 9 | ECM |
| Megan Johnson | 12 | RF | Ariella Gottfried | 11 | ECM | Aleisha Estreen | | RL | Michelle Blomquist | | ECM |
| Ellie Lutz | | ECM | Kristin Pelzel | 9 | HUD | Carie Steil | 10 | ECM | Chelsea Guettinger | | ECM |
| Beth Lutz | | ECM | Kansas Romportl | 11 | RL | Ariella Gottfried-Deprenç | 10 | ECM | Lindsay Boetcher | | ECN |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Stephanie Riedel | 12 | ECM | Stephanie Riedel | 11 | ECM | Paige Wheeler | 12 | RF | Meghan Merryfield | | ECM |
| Tara McCoy | | MEN | Beth Lutz | 11 | ECM | Allison Zappa | | HUD | Kansas Romportl | 9 | RL |
| Ellery McCardle | 11 | RF | Alyssa Jensen | 11 | RL | Alicia Hartung | | MEN | Maggie Herrell | | ECM |
| Ariella Gottfried | 12 | ECM | Brittany Jensen | 11 | RL | Julia Ward | | ECM | Karena Johnson | | ECM |
| Monica Rolbiecki | | ECN | Kayla Gaulke | 10 | RF | Alyssa Jensen | 10 | RL | Chelsea Das | | MEN |
| Shannon Rene | | ECM | Lindsey Wheeler | 10 | RF | Beth Nickel | | ECN | Paige Wheeler | 11 | RF |
| Kayla Gaulke | 11 | RF | Ellery McCardle | 10 | RF | Ellery McCardle | 9 | RF | Jessica Redd | | HUD |

| 2000-01 FIRST TEAM | | | 1999-00 FIRST TEAM | | | 1998-99 FIRST TEAM | | | 1997-98 FIRST TEAM | | |
|-----------------------|-----|----|-----------------------|-----|----|-----------------------|----|-----|-----------------------|----|-----|
| Heather Horton | CF | | Heather Horton | CF | | Rachel Evjen | 12 | ECN | Rachel Evjan | 11 | ECN |
| Jessie Ulrich | NR | | Tanya Lien | ECM | | Sarah Kolpin | 12 | RF | Tanya Lien | | ECM |
| Katie Anderson | ECM | | Bekka Lundquist | ECM | | Tanya Lien | | ECM | Krista Lindau | | RL |
| Jessie Syfko | HUD | | Chelsey Brown | 10 | RF | Bekka Lundquist | | ECM | Sara Engler | 12 | CF |
| Michelle Blomquist | ECM | | Katie Anderson | ECM | | Chelsey Brown | 9 | RF | Katie Herrell | | ECM |
| Chelsey Brown | 11 | RF | Michelle Blomquist | ECM | | Ashley Strobel | | ECM | Lisa Traxler | | MEN |
| Chelsea Guettinger | ECM | | Cindy Peacock | CF | | Jessie Ulrich | | NR | Sarah Kolpin | 11 | RF |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Ashley Strobel | ECM | | Sara Rudesill | 11 | RF | Michelle Blomquist | | ECM | Sheri Licht | 12 | RF |
| Tanya Lien | ECM | | Ashley Strobel | ECM | | Cindy Peacock | | CF | Cassie O'Brien | 10 | CF |
| Abby Demulling | NR | | Jessie Ulrich | NR | | Lindsay Boetcher | | ECN | | | |
| Cindy Peacock | CF | | | | | Jessica Campbell | 12 | RF | | | |
| Michelle Harrison | CF | | | | | Danielle Leake | 12 | RF | | | |
| Lindsey Boetcher | ECN | | | | | Sara Rudesill | 10 | RF | | | |
| Aleisha Estreen | RL | | | | | | | | | | |

| 1996-1997 FIRST TEAM | | | 1995-96 FIRST TEAM | | | 1994-95 FIRST TEAM | | | 1993-94 FIRST TEAM | | |
|-------------------------|----|-----|-----------------------|----|-----|-----------------------|----|-----|-----------------------|--|-----|
| Rachel Evjan | 10 | ECN | Rachel Evjan | 9 | ECN | Kristina Betzold | | ECN | Kristina Betzold | | ECN |
| Erica Rudy | | HUD | Taryn Peters | | HUD | Heather Woodhouse | | ECM | Taryn Peters | | HUD |
| Sara Engler | 11 | CF | Sara Enger | 10 | CF | Katy Olsen | | RL | Heather Woodhouse | | ECM |
| Lisa Traxler | | MEN | Krista Lindau | | RL | Shana Gilbertson | | ECM | Katy Olson | | RL |
| Krista Lindau | | RL | Lisa Traxler | | MEN | Taryn Peters | | HUD | Beth Schemenhauer | | CF |
| Sarah Kolpin | 10 | RF | Heather Woodhouse | | ECM | Sara Enger | 9 | CF | Jessica Hudson | | HUD |
| Kristy Vignall | | HUD | Shana Gilbertson | | ECM | Lisa Traxler | | MEN | Shelby Jones | | HUD |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Katie Herrell | | ECM | Sara Jensen | | ECM | Kristi Vignali | | HUD | Elizabeth Kaul | | HUD |
| Sheri Licht | 11 | RF | Brigitt Clausing | | MEN | Angela Seidling | | HUD | Heidi Stanton | | ECM |
| Bekka Lundquist | | ECM | Sheri Licht | 10 | RF | Nicole Hayden | | HUD | Becky Schultz | | MEN |
| Tora Tucker | | RL | Nicole Harden | | ECM | Carrie Cutsforth | | RL | Nikki Rassbach | | CF |
| Meghan Hicks | | ECM | Nicole Host | | MEN | Laurel Weinkauff | | ECN | Robyn Hawkinson | | HUD |
| Nicole Horst | | MEN | Leslie Marjala | | ECM | Christina Dressel | | ECM | Alyssa Pelish | | RL |
| Brigit Clausing | | MEN | Rachel Connell | | ECM | Laura Ducklow | 11 | RF | Jessica McNaughton | | MEN |

| 1992-93 FIRST TEAM | | | 1991-92 FIRST TEAM | | | 1990-91 FIRST TEAM | | | 1989-90 FIRST TEAM | | |
|-----------------------|-----|--|-----------------------|-----|----|-----------------------|-----|-----|-----------------------|----|-----|
| Becky Schaefer | CF | | Sara Walrath | CF | | Kelly Walrath | CF | | Stephanie Farrell | | ECM |
| Nikki Rassbach | CF | | Beth Schemenauer | CF | | Sara Walrath | CF | | Julie Mueller | | ECM |
| Beth Schemenauer | CF | | Nikki Rassbach | CF | | Julie Mueller | | ECM | Kelly Walrath | | CF |
| Kristina Betzold | ECN | | Heidi Jarecki | ECN | | Beth Schemenauer | CF | | Shelly Hanson | 12 | RF |
| Taryn Peters | HUD | | Robyn Hawkinson | HUD | | Jenny Cutsforth | RL | | Tricia Schemenauer | | CF |
| Katy Olsen | RL | | Becky Schaefer | CF | | Jen Hartsough | CF | | Nancy Peterson | | HUD |
| Heidi Jarecki | ECN | | Kathy Wanner | 12 | RF | Heather Dueholm | RL | | Michelle Stephens | 10 | RF |
| SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | | SECOND TEAM | | |
| Robyn Hawkinson | HUD | | Sara Dettinger | ECN | | Heidi Thiesing | ECM | | Kathy Wanner | 10 | RF |
| Heidi Stanton | ECM | | Katy Olson | RL | | Tammy Cutsforth | RL | | Bobette Vurdick | | RL |
| Walters | ECN | | Deanna Kvapil | CF | | Sara Dettinger | ECN | | Jenny Cutsforth | | RL |
| Sara Dettinger | ECN | | Tammy Cutsforth | RL | | Stacy Rowan | CF | | Sara Dettinger | | ECN |
| Morns | ECN | | Tina DeVoe | 11 | RF | Kathy Wanner | 11 | RF | Tina DeVoe | 9 | RF |
| Deanna Kvapi | CF | | Heidi Stanton | ECM | | Rachel EMBERGER | 11 | RF | | | |
| Cutsforth | RL | | C. Cutsforth | RL | | Bethany Werner | CF | | | | |