

SEWARD HIGH CROSS-COUNTRY RECORDS
CENTRAL 10 CONFERENCE MEET

TOP 5 INDIVIDUAL PLACINGS: MEN:

ALAN POZEHL	2 ND	1972
JIM WOOLSEY	3 RD	1972
STEVE HOGER	CHAMPION	1974
BEN NEUJHAR	5 TH	1991
PETER HESS	2 ND	1997
ERIK BRODERICK	5 TH	1997
TOM UNGER	CHAMPION	2000
TOM UNGER	CHAMPION	2001
JESSE PROCHASKA	4 TH	2002
SAM PETERSEN	4 TH	2003
GAVIN FELIX	5 TH	2003
JESSE PROCHASKA	4 TH	2004
JORDAN POWELL	5 TH	2004
JOSH MEYER	4 TH	2005
TYLER WEATHERHOLT	3 RD	2006
TYLER HACKBART	5 TH	2006
TYLER HACKBART	3 RD	2007
GRANT VLASIN	5 TH	2008
ETHAN DAMMAN	5 TH	2009
ETHAN DAMMAN	2 ND	2010
J.P. RECH	3 RD	2010
ETHAN DAMMAN	CHAMPION	2011
J.P. RECH	3 RD	2011
JAKE DEXTER	4 TH	2011

TOP 7 INDIVIDUAL PLACINGS:

DEENA CLARK	CHAMPION	1983
DEENA CLARK	CHAMPION	1984
CHRISTA DUNCAN	7 TH	2001
CARRIE NIEMOTH	7 TH	2004
TAYLOR FELIX	4 TH	2005
ANNA MEYER	7 TH	2005
ANNA MEYER	4 TH	2006
ANNA MEYER	2 ND	2007
NATASHA MUELLER	3 RD	2007
KELSEY CHRISTENSEN	5 TH	2007
LAUREN KONGSJORD	7 TH	2007
NATASHA MUELLER	2 ND	2008
KELSEY CHRISTENSEN	3 RD	2008
KINZI ROTH	4 TH	2008
LAUREN KONGSJORD	5 TH	2008
KELSEY CHRISTENSEN	CHAMPION	2009
HANNAH TVRDY	2 ND	2009
LIZ DAMMAN	4 TH	2009
NATASHA MUELLER	5 TH	2009
TAYLOR SEAMAN	6 TH	2009
MCKENZIE CHRISTENSEN	7 TH	2009
KELSEY CHRISTENSEN	CHAMPION	2010
SHELBI SLOUP	4 TH	2010
SHELBI SLOUP	2 ND	2011
TAYLOR SEAMAN	3 RD	2011
MARTI VLASIN	5 TH	2011

BOYS VARSITY TEAM CHAMPIONSHIPS:

1967 1972 1974 1975 2001 2003 2004 2010 2011

BOYS VARSITY TEAM RUNNER-UPS:

1968 1971 1984 2000 2005 2006 2007 2008

BOYS VARSITY 3RD PLACE TEAM FINISHES:

1969 1970 1979 1985 1987 1988 1997 2002 2009

GIRLS VARSITY TEAM CHAMPIONSHIP:

2007 2008 2009 2010 2011

GIRLS VARSITY TEAM RUNNER-UPS:

2004 2005 2006

GIRLS VARSITY 3RD PLACE TEAM FINISHES:

1982 1988 2001 2002

BOYS JV TEAM CHAMPIONSHIPS:

1998 1999 2001 2002 2003 2004 2007 2008 2010 2011

GIRLS JV TEAM CHAMPIONSHIPS:

2000 2003 2004 2007 2008 2009 2010 2011