

Jamestown Blue Jays Cross Country - Girls
North Dakota Class 'A' - All-State Athletes

<u>Name</u>	<u>Year(s)</u>
Allmer, Alison	2008, 2009, 2010, 2011
Benke, Lori	2005
Boe, Tammie	1979
Bower, Jenny	1991
Braunberger, Allyson	1979
Clarys, Jessica	2003
Conlon, Katie	2007
Conlon, Maggie	1998, 2000, 2001
Cornell, Annie	1995, 1996, 1997, 1998
Cowardin, Nancy	1979, 1980
Falk, Jennifer	1997, 1998, 1999, 2000, 2001
Falk, Kristi	2004, 2005
Falk, Melissa	1999, 2000, 2001, 2002
Flaig, Amber	1997, 2000
Ford, Meghan	2017, 2018, 2019, 2020
Fox, Christina	1995
Fox, Kim	1991, 1992, 1993
Fox, Laurie	1990, 1991, 1992, 1993, 1994
Greenwood, Karen	1996
Hawk, Tammy	1979
Henke, Alison	1988
Hornung, Madeline	2003, 2005
Kautzman, Lindsay	2004, 2005
Knoblich, Michelle	1980, 1981, 1982, 1983
Knutson, Karla	1981
Mielke, Dawn	1992
Mogek, Judy	1980
Neva, Jessica	1995, 1996, 1997, 1998
Paulsrud, Kari	1999
Schatz, Talli	1998
Schmeichel, Jenny	1986, 1987, 1988, 1989, 1990, 1991
Scholz, Jeffa	1990, 1991
Schweitzer, Jessica	1994, 1995, 1996, 1997, 1998
Steffan, Erin	1995, 1996, 1997
Steffan, Laura	1995, 1996
Wanzek, Bonnie	1981, 1982
Wanzek, Casey	1992, 1993, 1995
Zimney, Mandi	1992, 1993