

## FMHS Cross Country Top 25 by Class

### Boys 5000M

Time	Senior	Year	Time	Junior	Year	Time	Sophomore	Year	Time	Freshman	Year
14:34	Alex Maier	2018	15:01	Alex Maier	2017	14:43	Alex Maier	2016	15:50	Brett Olson	2000
14:53	Connor Adams	2009	15:08	Jarrett Kirk	2018	15:02	Jarrett Kirk	2017	16:05	Johnathan Flint	2016
15:05	Jarrett Kirk	2019	15:29	Brett Olson	2002	15:14	Brayden Kennedy	2020	16:15	Alex Maier	2015
15:10	Jacob Ricks	2020	15:30	Jacob Ricks	2019	15:47	Jacob Ricks	2018	16:17	Riley Nedrow	2019
15:16	Thomas Romanow	2019	15:31	Connor Adams	2008	15:53	Owen Cole	2021	16:28	Nick Dawson	2000
15:25	Brett Olson	2003	15:44	J.B. Lagos	2004	15:53	Nathan Milles	2004	16:33	Zach Hamstra	2010
15:29	J.B. Lagos	2005	15:45	Payton Ash	2016	15:59	Brett Olson	2001	16:38	Nathan Milles	2003
15:29	Nathan Milles	2006	15:48	Jonathan Flint	2018	16:02	Jonathan Flint	2017	16:46	Payton Ash	2014
15:30	Zachariah Hamstra	2013	15:48	Anthony D'Ambrosio	2004	16:03	Riley Nedrow	2020	16:47	J.B. Lagos	2002
15:35	Jonathan Flint	2019	15:49	Owen Cole	2022	16:05	Anthony D'Ambrosio	2003	16:51	Jonathan Wyatt	2007
15:38	Wesley Ward	2013	15:49	Wesley Ward	2012	16:06	J.B. Lagos	2003	16:54	Jacob Ricks	2017
15:42	Marc D'Ambrosio	2005	15:49	Zachariah Hamstra	2012	16:07	Wesley Ward	2011	16:58	Asher Leslie	2018
15:42	Robert Zeller	2009	15:57	Brayden Kennedy	2021	16:11	Zachariah Hamstra	2011	17:01	Jarrett Kirk	2016
15:42	Jonathan Wyatt	2010	15:57	Quinn Hirniak	2020	16:20	Payton Ash	2015	17:03	Evan Clark	2017
15:44	Carter Moates	2017	15:58	Thomas Romanow	2018	16:21	Jonathan Wyatt	2008	17:16	Gabe Smith	2019
15:49	Anthony D'Ambrosio	2005	15:58	Luke Maddox	2014	16:22	Nicolas Wiederkehr	2022	17:16	Conrad Trezza	2019
15:51	Michael Romero	2016	15:58	Marc D'Ambrosio	2004	16:22	Carter Moates	2015	17:27	Marc D'Ambrosio	2002
15:56	Nicholas Romanow	2016	16:00	Jonathan Wyatt	2009	16:29	Thomas Romanow	2017	17:28	Tyler Park	2009
15:56	Jacob Price	2019	16:01	Riley Peninger	2015	16:33	Connor Adams	2007	17:31	Cameron Jones	2021
15:58	Isaac Qureshi	2010	16:11	Drew McRae	2011	16:33	Drew Sanderson	2012	17:32	Drew Sanderson	2011
15:58	Luke Maddox	2015	16:12	Michael Romero	2015	16:35	Michael Romero	2014	17:39	Nicolas Wiederkehr	2021
15:59	Curtis Patton	2008	16:13	Colin Lau	2018	16:41	Drew McRae	2010	17:44	Connor Adams	2006
16:02	Colin Lau	2019	16:13	Nathan Milles	2005	16:43	Logan Culotta	2004	17:45	Edward Marcoe	2015
16:03	Edward Norvell	2019	16:14	Ben Hicks	2005	16:45	Gavin Blad	2022	17:46	Tristan Spencer	2011
16:04	Logan Culotta	2006	16:15	Nick Romanow	2015	16:47	Jacob Milles	2008	17:50	Michael Teeple	2007
16:04	Connor Fyffe	2019									

### Girls 5000M

Time	Senior	Year	Time	Junior	Year	Time	Sophomore	Year	Time	Freshman	Year
16:32	Natalie Cook	2021	17:09	Nicole Humphries	2022	17:25	Alexandra Fox	2022	17:03	Natalie Cook	2018
17:19	Anastasyia Davis	2018	17:11	Samantha Humphries	2022	17:38	Natalie Cook	2019	18:04	Allie Lyda	2017
17:37	Laura Fairchild	2017	17:48	Natalie Cook	2020	17:39	Nicole Humphries	2021	18:18	Anastasyia Davis	2015
17:58	Safiya Belbina	2014	17:54	Safiya Belbina	2013	18:02	Safiya Belbina	2012	18:20	Alexanda Fox	2021
18:17	Virginia Knight	2021	18:03	Anastasyia Davis	2017	18:07	Samantha Humphries	2021	18:28	Allison Buemi	2018
18:18	Rebecca Jacobson	2014	18:22	Natalie Spangher	2022	18:21	Allison Buemi	2019	18:26	Samantha Humphries	2020
18:32	Taylor Light	2010	18:28	Grace Graves	2015	18:22	Rebecca Jacobson	2012	18:38	Nicole Humphries	2020
18:34	Emma Lewis	2015	18:29	Virginia Knight	2020	18:31	Catalina Uriarte	2012	18:55	Josephine Knight	2015
18:45	Hannah McLaughlin	2020	18:36	Laura Fairchild	2016	18:31	Hannah McLaughlin	2018	19:03	Emma McLaughlin	2019
18:45	Connor Ward	2010	18:53	Hannah McLaughlin	2019	18:33	Mia Hoang	2018	19:07	Safiya Belbina	2011
18:48	Miranda Vreeland	2020	18:57	Allison Buemi	2020	18:48	Ava Cole	2022	19:08	Annalise Murray	2022
18:56	Grace Graves	2016	19:05	Allie Wyatt	2006	18:59	Allie Wyatt	2005	19:12	Hannah McLaughlin	2017
19:08	Cassidy Allen	2013	19:07	Rebecca Jacobson	2013	19:02	Allie Lyda	2018	19:13	Allie Wyatt	2004
19:11	Allison Buemi	2021	19:08	Brittany White	2012	19:05	Laura Fairchild	2015	19:30	Mia Hoang	2017
19:17	Ariel Esposito	2017	19:13	Emi Thomas	2018	19:09	Grace Graves	2014	19:31	Abbey Coberly	2019
19:19	Allie Wyatt	2007	19:18	Katie Kinser	2006	19:15	Eva Hirniak	2021	19:37	Ava Cole	2021
19:24	Kirsten Zeller	2012	19:19	Kirsten Zeller	2011	19:20	Emma McLaughlin	2020	19:46	Natalie Yook	2017
19:26	Clara Poston	2008	19:22	Allie Lyda	2019	19:21	Emma Arterbury	2016	19:51	Kylie Brown	2020
19:27	Catalina Uriarte	2014	19:26	Bailey Hooley	2022	19:26	Kirsten Zeller	2010	20:03	Audrey Elggren	2020
19:28	Michelle Gallegos	2004	19:26	Jessica Kenney	2011	19:38	Katie Bouton	2010	20:05	McKayala Kohutek	2022
19:29	Brittany White	2013	19:34	Abbey Coberly	2021	19:40	Natalie Spangher	2021	20:09	Emma Arterbury	2015
19:37	Katie Bouton	2012	19:45	Catrina Aguirre	2019	19:43	Abbey Coberly	2020	20:09	Sydney Corbett	2016
19:44	Alex Delvaux	2005	19:46	Elizabeth Henry	2022	19:43	Cassidy Allen	2011	20:14	Catalina Uriarte	2011
19:55	Natalie Yook	2020	19:46	Connor Ward	2009	19:44	Ava Clayton	2021	20:18	Virginia Knight	2018
19:58	Danielle Coleman	2022	19:47	Jessica Marosy	2015	19:52	Virginia Knight	2019	20:21	Alex Vigil	2009
						19:52	Jessica Marosy	2014			

### Girls 3200M

Time	Senior	Year	Time	Junior	Year	Time	Sophomore	Year	Time	Freshman	Year
11:06	Connor Ward	2010	11:16	Michelle Gallegos	2003	11:39	Allie Wyatt	2005	11:10	Safiya-Hana Belbina	2011
11:19	Taylor Light	2010	11:31	Kirsten Zeller	2011	11:41	Cassidy Allen	2011	11:37	Allie Wyatt	2004
11:28	Allie Wyatt	2007	11:33	Connor Ward	2009	11:44	Michelle Gallegos	2002	11:41	Catalina Uriarte	2011
11:29	Michelle Gallegos	2004	11:36	Jessica Kenney	2011	11:45	Kat Bouton	2010	11:54	Alex Vigil	2009
11:36	Clara Poston	2008	11:39	Allie Wyatt	2006	11:46	Kirsten Zeller	2010	12:02	Rebecca Jacobson	2011
11:57	Alex Delvaux	2005	11:42	Dana Ramstad	2008	11:58	Augusta Wise	2005	12:08	Micah Stephens	2001
12:00	Amanda Barth	2002	11:49	Katie Kinser	2006	12:08	Ashley McDaniel	2002	12:10	Alana Bittner	2010
12:02	Dana Ramstad	2009	11:50	Kristen Moore	2009	12:11	Connor Ward	2008	12:12	Kirsten Zeller	2009
12:07	Lauren Jagers	2003	11:59	Ashley McDaniel	2003	12:12	Alex Delvaux	2003	12:13	Ashley McDaniel	2001
12:16	Lindsay Deal	2003	11:59	Tiffany Pena	2004	12:12	Dana Ramstad	2007	12:14	Brooke Ninowski	2004
12:21	Augusta Wise	2007	12:07	Kelsey Viertel	2010	12:12	Kristen Moore	2008	12:18	Michelle Gallegos	2001
12:26	Kelsey Viertel	2011	12:09	Amanda Barth	2001	12:13	Lindsay Deal	2001	12:23	Ashley Waterman	2009
12:28	Marissa Mathews	2011	12:09	Kat Bouton	2011	12:17	Lauren Jagers	2001	12:25	Augusta Wise	2004
12:29	Ashley McDaniel	2004	12:10	Ashley Waterman	2011	12:17	Tiffany Pena	2003	12:25	Alli Esposito	2011
12:33	Tiffany Pena	2005	12:15	Taylor Light	2009	12:17	Brittany White	2011	12:33	Danica Gregory	2005
12:33	Katie Kinser	2007	12:21	Clara Poston	2007	12:20	Anna Grady	2010	12:38	Kelsey Viertel	2008
12:33	Shelby Wiedrich	2010	12:22	Alicia Pico	2011	12:26	Ashley Waterman	2010	12:40	Kat Bouton	2009
12:46	Megan Deal	2004	12:24	Alex Delvaux	2004	12:29	Taylor Light	2008	12:44	Alicia Pico	2009
12:53	Jenine Abedrabbo	2009	12:29	Jenine Abedrabbo	2008	12:29	Alana Bittner	2011	12:50	Connor Ward	2007
12:58	Nicole Pardo	2001	12:42	Lindsay Deal	2002	12:30	Maria Heyden	2004	12:55	Kelsey Skinner	2004
13:02	Melissa Barnhill	2001	12:45	Raegan Walts	2010	12:34	Jessica Kenney	2010	12:56	Ashley Bird	2005
13:03	Virginia Howe	2005	12:50	Megan Deal	2003	12:39	Clara Poston	2006	12:56	Martha Adams	2010
13:04	Andrea Roberts	2008	12:51	Chelsea Nuanes	2006	12:39	Kelsey Viertel	2009	13:03	Dana Ramstad	2006
13:09	Kayla Chitester	2005	12:55	Andrea Roberts	2007	12:39	Martha Adams	2011	13:04	Tiffany Pena	2002
13:20	Nicole Gonzales	2005	13:02	Virginia Howe	2004	12:41	Raegan Walts	2009	13:04	Andrea Roberts	2005