

men's cross country

individual records

Three-Mile Course:

15:06.6, Oddvar Helgesen, NDSU, 1960

Four-Mile Course:

19:25.9, Arjan Gelling, UND, 1967

Five-Mile Course:

23:35.0, Garry Bentley, SDSU, 1972

8,000 Meter Course:

24:15, Matt Hoyt, USD, 1997

10,000 Meter Course:

30:31.0, Scott Ergen, SCSU

roll of champions

1922 Morningside
 1923 Des Moines
 1924 South Dakota State
 1925 Nebraska Wesleyan
 1926 South Dakota State
 1927 North Dakota State
 1928 North Dakota State
 1929-1957 Not available
 1958 South Dakota State
 1959 No Team Scores Recorded
 1960 South Dakota State
 1961 South Dakota State
 1962 South Dakota State
 1963 South Dakota State
 1964 Northern Iowa
 1965 South Dakota State
 1966 South Dakota State
 1967 South Dakota State
 1968 North Dakota
 1969 Minnesota State, Mankato
 1970 South Dakota State
 1971 North Dakota State
 1972 South Dakota State
 1973 North Dakota State
 1974 South Dakota State
 1975 South Dakota State
 1976 Nebraska-Omaha
 1977 South Dakota State
 1978 South Dakota State
 1979 South Dakota State
 1980 South Dakota State
 1981 Minnesota State, Mankato
 1982 North Dakota State
 1983 St. Cloud State
 1984 South Dakota State
 1985 South Dakota State
 1986 South Dakota State
 1987 South Dakota State
 1988 Minnesota State, Mankato
 1989 South Dakota State
 1990 South Dakota State
 1991 Augustana
 1992 Minnesota State, Mankato
 1993 Minnesota State, Mankato
 1994 South Dakota
 1995 Minnesota State, Mankato
 South Dakota
 1996 South Dakota State
 1997 South Dakota
 1998 South Dakota
 1999 Minnesota State, Mankato
 2000 South Dakota State
 2001 South Dakota State

2002 South Dakota State
 2003 South Dakota State
 2004 Minnesota State, Mankato
 2005 Minnesota State, Mankato
 2006 Minnesota State, Mankato
 2007 Minnesota State, Mankato

NCC title breakdown

| | Titles | Last Crown | Individual Champions |
|------------------------|--------|------------|----------------------|
| South Dakota State | 29 | 2003 | 19 |
| Minnesota St., Mankato | 10 | 2007 | 5 |
| North Dakota State | 5 | 1982 | 12 |
| South Dakota | 4 | 1998 | 8 |
| St. Cloud State | 1 | 1983 | 4 |
| Nebraska-Omaha | 1 | 1976 | -- |
| North Dakota | 1 | 1968 | 3 |
| Northern Iowa | 1 | 1964 | 1 |
| Nebraska-Wesleyan | 1 | 1925 | -- |
| Des Moines | 1 | 1923 | 1 |
| Morningside | 1 | 1922 | -- |
| Augustana | 1 | 1991 | 1 |

NCC championship scores

1922
 Morningside 5
 Nebraska Wesleyan 10
 South Dakota State 13

1923
 Des Moines 4
 Morningside 9
 South Dakota 10
 South Dakota State 13

1924
 South Dakota State 6
 Des Moines 7
 Creighton 15
 Morningside 15

1925
 Nebraska Wesleyan
 South Dakota State
 Morningside
 Creighton
 South Dakota
 Des Moines
 (Team Scores Not Available)

1926
 South Dakota State 10
 Nebraska Wesleyan 15
 South Dakota 29
 Des Moines 39
 Creighton Disq.

1927
 North Dakota State 5
 South Dakota State 7
 Morningside 13

1928
 North Dakota State 9
 South Dakota State 12

1958

South Dakota State 15
 Northern Iowa 48
 South Dakota 70
 (No other schools entered)

1960

South Dakota State 30
 Northern Iowa 73
 North Dakota State 73
 South Dakota 81
 Morningside 135
 (UND, Augustana not entered)

1961

South Dakota State 25
 North Dakota State 48
 South Dakota 74
 Northern Iowa 88
 North Dakota 148
 (Morningside, Augustana not entered)

1962

South Dakota State 35
 Northern Iowa 58
 South Dakota 72
 North Dakota State 75
 North Dakota 114
 (Morningside, Augustana not entered)

1963

South Dakota State 40
 North Dakota State 45
 Northern Iowa 57
 South Dakota 108
 Augustana 134
 North Dakota 153
 (Morningside not entered)

1964

Northern Iowa 36
 South Dakota State 45
 North Dakota State 80
 South Dakota 102
 North Dakota 113
 (Morningside, Augustana not full teams)

1965

South Dakota State 32
 Northern Iowa 51
 North Dakota 70
 North Dakota State 82
 Augustana 107
 (USD, Morningside not full teams)

1966

South Dakota State 15
 Northern Iowa 71
 North Dakota State 73
 South Dakota 95
 North Dakota 98
 (Morningside, Augustana not entered)

men's cross country

| | | | |
|--------------------------------------|----------------------------------|----------------------------------|----------------------------------|
| 1967 | 1974 | 1981 | 1987 |
| South Dakota State 31 | South Dakota State 41 | Minnesota St., Mankato 57 | South Dakota State 44 |
| North Dakota 46 | South Dakota 58 | South Dakota State 66 | Minnesota St., Mankato 56 |
| Northern Iowa 68 | Northern Iowa 73 | North Dakota State 77 | North Dakota State 86 |
| South Dakota 99 | North Dakota State 77 | St. Cloud State 88 | St. Cloud State 98 |
| North Dakota State 118 | Minnesota St., Mankato 125 | South Dakota 138 | South Dakota 145 |
| (Morningside, Augustana not entered) | Augustana 157 | Northern Colorado 147 | Augustana 147 |
| | North Dakota 176 | Nebraska-Omaha 166 | North Dakota 160 |
| | (Morningside not a full team) | North Dakota 241 | |
| | | Augustana 250 | |
| 1968 | 1975 | 1982 | 1988 |
| North Dakota 41 | South Dakota State 37 | North Dakota State 45 | Minnesota St., Mankato 45 |
| Northern Iowa 55 | South Dakota 50 | South Dakota State 46 | South Dakota State 52 |
| South Dakota State 60 | Northern Iowa 69 | St. Cloud State 76 | Augustana 101 |
| North Dakota State 91 | North Dakota State 79 | Minnesota St., Mankato 77 | North Dakota State 102 |
| South Dakota 93 | Minnesota St., Mankato 100 | South Dakota 114 | St. Cloud State 107 |
| Morningside 179 | Augustana 185 | North Dakota 167 | South Dakota 117 |
| (Augustana not entered) | North Dakota 203 | Northern Colorado 231 | North Dakota 162 |
| | Morningside 243 | Nebraska-Omaha 248 | |
| | | Augustana 258 | |
| 1969 | 1976 | 1983 | 1989 |
| Minnesota St., Mankato 40 | Nebraska-Omaha 65 | St. Cloud State 40 | South Dakota State 32 |
| South Dakota State 55 | South Dakota State 67 | North Dakota State 56 | Augustana 77 |
| North Dakota 55 | Minnesota St., Mankato 70 | South Dakota State 66 | South Dakota 82 |
| Northern Iowa 98 | Northern Iowa 73 | Nebraska-Omaha 92 | North Dakota State 83 |
| South Dakota 132 | South Dakota 97 | Minnesota St., Mankato 101 | Minnesota St., Mankato 115 |
| North Dakota State 133 | North Dakota State 128 | Augustana 171 | St. Cloud State 152 |
| (MC, AC not entered) | Augustana 185 | South Dakota 197 | North Dakota 173 |
| | North Dakota 219 | North Dakota 206 | Morningside 218 |
| | Morningside 279 | Northern Colorado 276 | |
| 1970 | 1977 | 1984 | 1990 |
| South Dakota State 37 | South Dakota State 43 | South Dakota State 35 | South Dakota State 50 |
| North Dakota State 44 | Nebraska-Omaha 56 | North Dakota State 59 | North Dakota State 55 |
| Minnesota St., Mankato 68 | South Dakota 78 | St. Cloud State 77 | Minnesota St., Mankato 76 |
| Northern Iowa 68 | Northern Iowa 88 | Minnesota St., Mankato 106 | Augustana 79 |
| South Dakota 156 | North Dakota State 111 | Augustana 117 | North Dakota 126 |
| North Dakota 165 | North Dakota 165 | Nebraska-Omaha 120 | South Dakota 146 |
| Morningside 219 | Augustana 179 | South Dakota 209 | St. Cloud State 187 |
| (Augustana not entered) | (Morningside not a full team) | North Dakota 210 | |
| | | 1985 | 1991 |
| 1971 | 1978 | South Dakota State 17 | Augustana 35 |
| North Dakota State 45 | South Dakota State 22 | North Dakota State 81 | South Dakota State 46 |
| South Dakota State 46 | South Dakota 46 | Minnesota St., Mankato 91 | Minnesota St., Mankato 67 |
| Minnesota St., Mankato 52 | North Dakota State 84 | Nebraska-Omaha 104 | St. Cloud State 114 |
| Northern Iowa 86 | Nebraska-Omaha 93 | St. Cloud State 129 | North Dakota State 116 |
| North Dakota 150 | Augustana 150 | Augustana 133 | North Dakota 155 |
| South Dakota 163 | North Dakota 161 | North Dakota 174 | South Dakota 175 |
| Morningside 221 | (Morningside not a full team) | South Dakota 187 | Morningside 228 |
| | | 1986 | 1992 |
| 1972 | 1979 | South Dakota State 33 | Minnesota St., Mankato 25 |
| South Dakota State 37 | South Dakota State 47 | North Dakota State 54 | South Dakota State 61 |
| North Dakota State 38 | North Dakota State 64 | Minnesota St., Mankato 55 | South Dakota 82 |
| Minnesota St., Mankato 73 | Northern Colorado 87 | Augustana 116 | North Dakota State 105 |
| Northern Iowa 80 | South Dakota 87 | North Dakota 125 | South Dakota 133 |
| South Dakota 130 | Nebraska-Omaha 94 | South Dakota 150 | St. Cloud State 141 |
| North Dakota 166 | Augustana 141 | St. Cloud State 176 | Augustana 178 |
| Augustana 206 | North Dakota 157 | | Morningside 229 |
| Morningside 234 | (Morningside not a full team) | 1993 | 1993 |
| | | South Dakota State 33 | Minnesota St., Mankato 50 |
| 1973 | 1980 | North Dakota State 54 | South Dakota State 54 |
| North Dakota State 28 | South Dakota State 28 | Minnesota St., Mankato 55 | Augustana 94 |
| South Dakota State 34 | South Dakota 77 | Augustana 116 | North Dakota State 101 |
| Northern Iowa 98 | North Dakota 95 | North Dakota 125 | South Dakota 102 |
| Minnesota St., Mankato 99 | Northern Colorado 109 | South Dakota 150 | North Dakota 134 |
| South Dakota 125 | Augustana 113 | St. Cloud State 176 | St. Cloud State 137 |
| North Dakota 150 | Nebraska-Omaha 125 | | Morningside 228 |
| Augustana 199 | North Dakota State 125 | | |
| Morningside 216 | | | |

men's cross country

1994

| | |
|----------------------------|-----|
| South Dakota | 38 |
| South Dakota State | 68 |
| Minnesota St., Mankato ... | 84 |
| North Dakota State | 113 |
| Augustana | 120 |
| North Dakota | 144 |
| St. Cloud State | 165 |
| Morningside | 216 |

1995

| | |
|----------------------------|-----|
| South Dakota | 46 |
| Minnesota St., Mankato ... | 46 |
| South Dakota State | 50 |
| North Dakota State | 98 |
| North Dakota | 101 |
| St. Cloud State | 148 |
| Morningside | 215 |

1996

| | |
|----------------------------|-----|
| South Dakota State | 36 |
| North Dakota State | 56 |
| Minnesota St., Mankato ... | 66 |
| South Dakota | 77 |
| North Dakota | 161 |
| Augustana | 168 |
| St. Cloud State | 173 |
| Morningside | 212 |

1997

| | |
|----------------------------|-----|
| South Dakota | 29 |
| Minnesota St., Mankato ... | 52 |
| North Dakota State | 62 |
| North Dakota | 109 |
| Augustana | 125 |
| South Dakota State | 176 |
| St. Cloud State | 186 |
| (MC Incomplete) | |

1998

| | |
|----------------------------|-----|
| South Dakota | 24 |
| Minnesota St., Mankato ... | 57 |
| North Dakota State | 59 |
| South Dakota State | 123 |
| Augustana | 138 |
| North Dakota | 162 |
| St. Cloud State | 188 |

1999

| | |
|----------------------------|-----|
| Minnesota St., Mankato ... | 36 |
| South Dakota State | 72 |
| South Dakota | 76 |
| Augustana | 78 |
| North Dakota | 117 |
| North Dakota State | 119 |
| (SCSU Incomplete) | |

2000

| | |
|----------------------------|-----|
| South Dakota State | 55 |
| South Dakota | 65 |
| Minnesota St., Mankato ... | 76 |
| North Dakota State | 83 |
| Augustana | 84 |
| North Dakota | 151 |
| St. Cloud State | 225 |

2001

| | |
|----------------------------|-----|
| South Dakota State | 29 |
| Minnesota St., Mankato ... | 41 |
| South Dakota | 82 |
| North Dakota State | 93 |
| Augustana | 142 |
| North Dakota | 155 |
| St. Cloud State | 210 |
| (Morningside Incomplete) | |

2002

| | |
|----------------------------|-----|
| South Dakota State | 30 |
| South Dakota | 52 |
| North Dakota State | 90 |
| Minnesota St., Mankato ... | 100 |
| North Dakota | 109 |
| Augustana | 134 |
| St. Cloud State | 201 |

2003

| | |
|----------------------------|-----|
| South Dakota State | 40 |
| Minnesota St., Mankato ... | 54 |
| North Dakota State | 54 |
| South Dakota | 126 |
| Augustana | 151 |
| North Dakota | 168 |
| St. Cloud State | 261 |

2004

| | |
|----------------------------|-----|
| Minnesota St., Mankato ... | 50 |
| Minnesota Duluth | 63 |
| South Dakota | 66 |
| Augustana | 86 |
| North Dakota | 121 |
| St. Cloud State | 132 |

2005

| | |
|----------------------------|-----|
| Minnesota St., Mankato ... | 41 |
| South Dakota | 49 |
| Minnesota Duluth | 66 |
| Augustana | 70 |
| North Dakota | 148 |
| St. Cloud State | 174 |

2006

| | |
|----------------------------|-----|
| Minnesota St., Mankato ... | 37 |
| Minnesota Duluth | 52 |
| Augustana | 80 |
| North Dakota | 89 |
| South Dakota | 101 |
| St. Cloud State | 189 |

2007

| | |
|----------------------------|------|
| Minnesota St., Mankato ... | 24 |
| Augustana | 62 |
| Minnesota Duluth | 67 |
| South Dakota | 99 |
| North Dakota | 120 |
| St. Cloud State | inc. |

NCAA champions

| | | |
|------|---------------------------|---------|
| 1967 | Arjan Gelling, UND | 19:33.5 |
| 1971 | Mike Slack, NDSU | 24:19 |
| 1972 | Mike Slack, NDSU | 24:36 |
| 1973 | Garry Bentley, SDSU | 23:49 |
| 1974 | Garry Bentley, SDSU | 23:33.8 |
| 1977 | Mike Bollman, NDSU | 30:08.7 |
| 1988 | Doug Hanson, NDSU | 29:47 |
| 1990 | Doug Hanson, NDSU | 29:18.8 |

Individual NCC Champions

| Year | Name, School | Time | Course |
|-----------|------------------------------|----------|--------|
| 1922 | Damerow, MC | 17:50 | N/A |
| 1923 | Spears, Des Moines | 19:37 | N/A |
| 1924 | Loren Chase, SDSU | 16:37 | N/A |
| 1925 | Rube Sorbel, SDSU | 16:06 | N/A |
| 1926 | Rube Sorbel, SDSU | 26:35 | N/A |
| 1927 | Rube Sorbel, SDSU | N/A | N/A |
| 1928 | Boyd Bankert, SDSU | N/A | N/A |
| 1929-1957 | Unavailable | | |
| 1958 | Gary Pierson, SDSU | 16:08.0 | N/A |
| 1959 | Nyal Brings, USD | 14:44.1 | N/A |
| 1960 | Oddvar Helgesen, NDSU | 15:06.6 | 3m |
| 1961 | Oddvar Helgesen, NDSU | 16:18.7 | 3m |
| 1962 | Jay Pritchard, UNI | 15:16.7 | 3m |
| 1963 | Charles Offerdahl, NDSU | 21:20.7 | 4m |
| 1964 | Roger Grooters, NDSU | 20:59.5 | 4m |
| 1965 | Dave Heffern, USD | 20:05.0 | 4m |
| 1966 | Lindy Cosgrove, SDSU | 20:11.0 | 4m |
| 1967 | Arjan Gelling, UND | 19:25.9 | 4m |
| 1968 | Arjan Gelling, UND | 20:04.3 | 4m |
| 1969 | Arjan Gelling, UND | 25:06.1 | 5m |
| 1970 | Mike Slack, NDSU | 24:50.5 | 5m |
| 1971 | Mike Slack, NDSU | 28:23.0 | N/A |
| 1972 | Garry Bentley, SDSU | 23:35.0 | 5m |
| 1973 | Garry Bentley, SDSU | 24:20.0 | 5m |
| 1974 | Garry Bentley, SDSU | 24:16.0 | 5m |
| 1975 | Warren Eide, NDSU | 24:46.0 | 5m |
| 1976 | Charlie Cvrk, USD | 31:19.0 | 10k |
| 1977 | Mike Bollmann, NDSU | 30:50.0 | 10k |
| 1978 | Dan O'Brien, USD | 30:42.0 | 10k |
| 1979 | Doug Austen, SDSU | 32:07.0 | 10k |
| 1980 | Joel Brandt, SDSU | 31:17.0 | 10k |
| 1981 | Mark Sybilrud, MSU | 30:46.58 | 10k |
| 1982 | Scott Ergen, SCSU | 31:32.35 | 10k |
| 1983 | Scott Ergen, SCSU | 30:31.0 | 10k |
| 1984 | Rod DeHaven, SDSU | 30:31.18 | 10k |
| 1985 | Rod DeHaven, SDSU | 33:19.0 | 10k |
| 1986 | Rod DeHaven, SDSU | 15:57.0 | 5k |
| | (1986 shortened by blizzard) | | |
| 1987 | Rod DeHaven, SDSU | 30:35.32 | 10k |
| 1988 | Doug Hanson, NDSU | 32:17.35 | 10k |
| 1989 | Craig Cashen, SDSU | 32:51.1 | 8k |
| 1990 | Doug Hanson, NDSU | 31:43.70 | 10k |
| 1991 | Matt Kiesow, AC | 31:37 | 10k |
| 1992 | Jason Olson, MSU | 30:51.7 | 10k |
| 1993 | Scott Gove, SCSU | 31:19.31 | 10k |
| 1994 | Jesse Westrup, NDSU | 32:36.0 | 10k |
| 1995 | Joey Keillor, MSU | 31:11 | 10k |
| 1996 | Mark McKeown, SDSU | 28:50.1 | 10k |
| 1997 | Matt Hoyt, USD | 24:15 | 8k |
| 1998 | Matt Hoyt, USD | 24:48 | 8k |
| 1999 | Joseph Kogo, MSU | 25:34.2 | 8k |
| 2000 | Marty Rosendahl, MSU | 24:59.89 | 8k |
| 2001 | Marty Rosendahl, MSU | 25:14.5 | 8k |

men's cross country

| | | | |
|------|---------------------|----------|----|
| 2002 | Darik Hoff, NDSU | 24:40.92 | 8k |
| 2003 | Brad Lowery, SDSU | 24:22.83 | 8k |
| 2004 | Nick Hirsch, SCSU | 25:22.88 | 8k |
| 2005 | Tony Turgeon, USD | 24:30.64 | 8k |
| 2006 | Tyler Wetering, USD | 25:10.56 | 8k |
| 2007 | Denise Mokaya, MSU | 24:46.5 | 8k |

NCAA top-10 team finishes

| | | |
|------|--------------------------|---------------|
| 1958 | South Dakota State | 2nd, 99 pts |
| 1959 | South Dakota State | 1st, 67 pts |
| 1960 | South Dakota State | 3rd, 111pts |
| 1961 | South Dakota State | 2nd, 82 pts |
| | North Dakota State | 9th, 218pts |
| 1962 | South Dakota State | 6th, 161pts |
| 1963 | South Dakota State | 3rd, 164pts |
| | North Dakota State | 5th, 197pts |
| 1964 | Northern Iowa | 3rd, 164pts |
| | South Dakota State | 4th, 190pts |
| 1965 | South Dakota State | 6th, 251pts |
| | Northern Iowa | 9th, 292pts |
| 1966 | South Dakota State | 5th, 253 pts |
| 1967 | South Dakota State | 7th, 324 pts |
| 1969 | North Dakota | 6th, 245 pts |
| 1970 | South Dakota State | 4th, 185 pts |
| | Minnesota State, Mankato | 5th, 211 pts |
| | Northern Iowa | 9th, 380 pts |
| 1971 | North Dakota State | 2nd, 81 pts |
| | South Dakota State | 4th, 166 pts |
| | Northern Iowa | 6th, 289 pts |
| 1972 | North Dakota State | 1st, 84 pts |
| | South Dakota State | 2nd, 143pts |
| 1973 | South Dakota State | 1st, 88 pts |
| | North Dakota State | 4th, 102 pts |
| | Northern Iowa | 8th, 266 pts |
| 1974 | South Dakota State | 2nd, 130 pts |
| | North Dakota State | 10th, 244 pts |
| 1975 | South Dakota | 7th, 210 pts |
| | North Dakota State | 8th, 227 pts |
| | South Dakota State | 9th, 228 pts |
| 1976 | South Dakota State | 5th, 227 pts |
| 1977 | South Dakota State | 2nd, 151 pts |
| 1978 | South Dakota State | 2nd, 165 pts |
| 1981 | North Dakota State | 6th, 166 pts |
| | South Dakota State | 9th, 208 pts |
| 1982 | South Dakota State | 2nd, 123 pts |
| | St. Cloud State | 5th, 162 pts |
| | North Dakota State | 7th, 172 pts |
| 1983 | St. Cloud State | 2nd, 100 pts |
| | North Dakota State | 4th, 152 pts |
| | South Dakota State | 8th, 214 pts |
| 1984 | South Dakota State | 4th, 139 pts |
| | North Dakota State | 9th, 224 pts |
| 1985 | South Dakota State | 1st, 60 pts |
| | Minnesota State, Mankato | 8th, 218 pts |
| 1986 | South Dakota State | 2nd, 79 pts |
| | Minnesota State, Mankato | 5th, 159 pts |
| | North Dakota State | 7th, 196 pts |
| 1987 | Minnesota State, Mankato | 2nd, 115 pts |
| | South Dakota State | 3rd, 116 pts |
| | North Dakota State | 10th, 246 pts |
| 1988 | Minnesota State, Mankato | 1st, 77 pts |
| | South Dakota State | 3rd, 98 pts |
| 1989 | South Dakota State | 1st, 97 pts |
| | North Dakota State | 10th, 242 pts |
| 1990 | South Dakota State | 7th, 212 pts |

| | | |
|------|--------------------------|---------------|
| | North Dakota State | 7th, 212 pts |
| 1991 | Augustana | 7th, 212 pts |
| | South Dakota State | 7th, 212 pts |
| 1992 | Minnesota State, Mankato | 8th, 238 pts |
| | South Dakota State | 9th, 240 pts |
| 1993 | Minnesota State, Mankato | 4th, 180pts |
| | South Dakota State | 5th, 187pts |
| 1994 | South Dakota | 9th, 247 pts |
| | South Dakota State | 10th, 251 pts |
| 1995 | South Dakota State | 4th, 142pts |
| | Minnesota State, Mankato | 5th, 166pts |
| | South Dakota | 8th, 212 pts |
| 1996 | South Dakota State | 1st, 119 |
| | Minnesota State, Mankato | 5th, 188 |
| | South Dakota | 9th, 208 |
| | North Dakota State | 10th, 375 |
| 1997 | South Dakota | 1st, 78 |
| 1998 | South Dakota | 3rd, 81 |
| | Minnesota State, Mankato | 6th, 203 |
| | North Dakota State | 8th, 253 |
| 1999 | Minnesota State, Mankato | 3rd, 107 |
| | Augustana | 9th, 237 |
| 2000 | South Dakota | 7th, 239 |
| | South Dakota State | 9th, 280 |
| 2001 | South Dakota State | 7th, 214 |
| 2002 | South Dakota State | 4th, 143 |
| 2003 | South Dakota State | 7th, 255 |
| | North Dakota State | 8th, 265 |
| 2006 | Minnesota State, Mankato | 9th, 294 |
| 2007 | Minnesota State, Mankato | 5th, 185 |

NCAA all-americans

| | | |
|------|------------------------|----------|
| 1958 | Gary Pierson, SDSU | 10th |
| | Dewey Pistulka, SDSU | 11th |
| 1959 | Pat Murphy, SDSU | 9th |
| | Dewey Pistulka, SDSU | 11th |
| | James Stoddard, SDSU | 15th |
| 1961 | Oddvar Helgesen, NDSU | 3rd |
| | Dwight Struckman, SDSU | 12th |
| | Don Rust, SDSU | 14th |
| 1962 | Richard Rust, SDSU | 14th |
| 1964 | Al Morton, SDSU | 11th |
| | Earnest Wilson, UND | 13th |
| 1965 | Dave Heffern, USD | 3rd |
| 1967 | Arjan Gelling, USD | Champion |
| | Dave Heffern, USD | 8th |
| 1968 | Arjan Gelling, UND | 4th |
| 1969 | Arjan Gelling, UND | 3rd |
| 1970 | Robert Busby, SDSU | 11th |
| | Lowell Twedt, UNI | 14th |
| | Greg Halling, SDSU | 15th |
| | Randy Lussenden, NDSU | 18th |
| | John Savonen, MSU | 24th |
| 1971 | Mike Slack, NDSU | Champion |
| | Dave Kampa, NDSU | 6th |
| | Randy Lussenden, NDSU | 7th |
| | Rich Twedt, UNI | 18th |
| | Bruce Goebel, NDSU | 20th |
| | Roger Spee, MSU | 25th |
| 1972 | Mike Slack, NDSU | Champion |
| | Garry Bentley, SDSU | 4th |
| | Rich Twedt, UNI | 11th |
| | Don Solsvig, SDSU | 19th |
| | Roger Schwegel, NDSU | 20th |
| | Dave Kampa, NDSU | 21st |
| | Scott Underwood, SDSU | 25th |

| | | |
|------|-----------------------|----------|
| 1973 | Garry Bentley, SDSU | Champion |
| | Roger Schwegel, NDSU | 4th |
| | Cyle Wold, SDSU | 5th |
| | Tom Steiner, MSU | 6th |
| | Dave Kampa, NDSU | 7th |
| | Mark Buzby, NDSU | 18th |
| | Rich Twedt, UNI | 22nd |
| | Ron Peters, UNI | 25th |
| 1974 | Garry Bentley, SDSU | Champion |
| | Roger Schwegel, NDSU | 5th |
| | Warren Eide, NDSU | 6th |
| | Cyle Wold, SDSU | 7th |
| | Gordy Cookshaw, MSU | 15th |
| | Jeff Hermann, SDSU | 16th |
| | Ron Peters, UNI | 24th |
| 1975 | Warren Eide, NDSU | 6th |
| | Pat Cain, USD | 23rd |
| 1976 | Charlie Cvrk, USD | 14th |
| | Mike Bills, SDSU | 15th |
| | Mark Bills, SDSU | 16th |
| 1977 | Mike Bollman, NDSU | Champion |
| | Mike Bills, SDSU | 7th |
| | Wade Thompson, UNO | 25th |
| 1978 | Mike Bills, SDSU | 10th |
| | Mark Bills, SDSU | 21st |
| 1979 | Jeffrey Kicia, UNC | 5th |
| | Rob Kinnunen, USD | 15th |
| 1980 | Joel Brandt, SDSU | 18th |
| | John Smith, USD | 20th |
| 1981 | Jed Kreig, NDSU | 6th |
| | Joe Sheely, UNC | 10th |
| | Mark Sybilrud, MSU | 13th |
| | Carl Holmgren, SCSU | 17th |
| | Scott Fenske, MSU | 22nd |
| | Jim Hall, UNO | 25th |
| 1982 | Kurt Threinen, SCSU | 3rd |
| | Dan Carlson, SDSU | 8th |
| | Scott Ergen, SCSU | 9th |
| | Jeff Taylor, MSU | 10th |
| | Tom Stambaugh, NDSU | 11th |
| | Joe Chamberlain, SDSU | 17th |
| | Mark Sybilrud, MSU | 24th |
| 1983 | Scott Ergen, SCSU | 3rd |
| | Kurt Threinen, SCSU | 4th |
| | Leslie Woods, AC | 7th |
| | Dan Carlson, SDSU | 15th |
| | Paul LeBlanc, NDSU | 17th |
| 1984 | Rod DeHaven, SDSU | 5th |
| | Todd Stevens, SDSU | 14th |
| | John Zimmerman, NDSU | 23rd |
| 1985 | Rod DeHaven, SDSU | 9th |
| | Jeff Massmann, SDSU | 17th |
| | Bob Wilson, SDSU | 18th |
| | Todd Stevens, SDSU | 20th |
| | Allan Severude, AC | 23rd |
| | Robert Beyer, SDSU | 24th |
| 1986 | Rod DeHaven, SDSU | 3rd |
| | Todd Stevens, SDSU | 9th |
| | Shawn Bernier, MSU | 11th |
| | Alemayelu Tulu, MSU | 17th |
| | Randy Reichel, SDSU | 25th |
| 1987 | Rod DeHaven, SDSU | 3rd |
| | Doug Hanson, NDSU | 5th |
| | Shawn Bernier, MSU | 9th |
| 1988 | Doug Hanson, NDSU | Champion |
| | Pat McCarthy, SCSU | 8th |
| | Mike Schweizer, MSU | 9th |

men's cross country

| | | |
|------|-------------------------------|------|
| 1989 | Craig Cassen, SDSU | 3rd |
| | Nate Trebilcock, SDSU | 13th |
| | Mike Schweizer, MSU | 14th |
| | Matt Kiesow, AC | 19th |
| | Lance Mason, SCSU | 21st |
| | Paul Morgan, SDSU | 25th |
| 1990 | Doug Hanson, NDSU | 1st |
| | Craig Cassen, SDSU | 16th |
| | Matt Kiesow, AC | 17th |
| | Derrick Powers, SDSU | 21st |
| | Phil Biteler, AC | 23rd |
| 1991 | Matt Kiesow, AC | 8th |
| | Carl Fritz, AC | 17th |
| | Scott Gove, SCSU | 20th |
| 1992 | Travis Wettlaufer, SDSU | 23rd |
| | Chris Carbonneau, UND | 32nd |
| | Greg Hexum, UND | 36th |
| 1993 | Scott Gove, SCSU | 8th |
| | Travis Wettlaufer, SDSU | 25th |
| 1994 | None | |
| 1995 | Jason Massman, SDSU | 9th |
| | Joey Keillor, MSU | 13th |
| | Joel Fensky, USD | 24th |
| 1996 | Mark McKeown, SDSU | 6th |
| | Joey Keillor, MSU | 14th |
| | Joel Fenske, USD | 16th |
| | Jesse Westrup, NDSU | 18th |
| | Alan Gross, SDSU | 24th |
| | Jason Massmann, SDSU | 29th |
| | James DeMarco, SDSU | 40th |
| 1997 | Joel Fenske, USD | 7th |
| | Matt Hoyt, USD | 9th |
| | Chad Feeldy, USD | 11th |
| | Mike Gade, USD | 13th |
| | Joey Keillor, MSU | 16th |
| 1998 | Matt Hoyt, USD | 6th |
| | Chad Feeldy, USD | 7th |
| | Mark McKeown, SDSU | 11th |
| | Joel Fenske, USD | 15th |
| | Marty Rosendahl | 25th |
| 1999 | Joseph Kogo, MSU | 10th |
| | James Mullenix, MSU | 12th |
| | Marty Rosendahl, MSU | 15th |
| | Kevin Doe, SDSU | 35th |
| 2000 | Noah Deyo, USD | 29th |
| 2001 | Marty Rosendahl, MSU | 3rd |
| | Greg Darbyshire, SDSU | 34th |
| | Andrew Blau, SDSU | 39th |
| | Robert Berger, MSU | 41st |
| 2002 | Brad Lowery, SDSU | 15th |
| | Kevin Doe, SDSU | 17th |
| | Greg Darbyshire, SDSU | 19th |
| | Adam Lindahl, USD | 22nd |
| 2003 | Brad Lowery, SDSU | 10th |
| | Greg Darbyshire, SDSU | 17th |
| | Chris Perelberg, NDSU | 31st |
| | Darik Hoff, NDSU | 32nd |
| 2004 | Tony Turgeon, USD | 23rd |
| | Tyler Wetering, USD | 36th |
| 2005 | Tony Turgeon, USD | 7th |
| | Tyler Wetering, USD | 23rd |
| 2006 | Tyler Wetering, USD | 33rd |
| 2007 | Denise Moyaka, MSU | 14th |
| | James Krajsa, MSU | 27th |
| | Jeff Stuckenbroker, MSU | 35th |

women's cross country

roll of champions

| | |
|------|--------------------------|
| 1981 | South Dakota State |
| 1982 | South Dakota State |
| 1983 | North Dakota State |
| 1984 | South Dakota State |
| 1985 | North Dakota State |
| 1986 | Minnesota State, Mankato |
| 1987 | Minnesota State, Mankato |
| 1988 | South Dakota State |
| 1989 | South Dakota State |
| 1990 | South Dakota State |
| 1991 | South Dakota State |
| 1992 | North Dakota |
| 1993 | North Dakota State |
| 1994 | North Dakota |
| 1995 | Minnesota State, Mankato |
| 1996 | North Dakota |
| 1997 | North Dakota State |
| 1998 | North Dakota State |
| 1999 | North Dakota State |
| 2000 | Northern Colorado |
| 2001 | North Dakota |
| 2002 | South Dakota |
| 2003 | South Dakota |
| 2004 | South Dakota |
| 2005 | South Dakota |
| 2006 | North Dakota |
| 2007 | Augustana |

team championships

| | |
|--------------------------|---|
| South Dakota State | 7 |
| North Dakota State | 6 |
| North Dakota | 5 |
| South Dakota | 4 |
| Minnesota State, Mankato | 3 |
| Augustana | 1 |
| Northern Colorado | 1 |

Three-Time NCC Individual Champions

| |
|--|
| Kristin Asp, SDSU (1981, 1982, 1983) |
| Kiri Johnson, SDSU (1990, 1991, 1992) |
| Sheena Dauer, SDSU (2001, 2002, 2003) |

ncc team scores

1981 at Brookings, SD

| | |
|-------------------------|----------|
| South Dakota State | 15 |
| North Dakota State | 66 |
| Northern Colorado | 78 |
| North Dakota | 96 |
| Nebraska-Omaha | 142 |
| South Dakota | 169 |
| Augustana | no score |
| Top Five | |
| 1. Kristin Asp (SDSU) | 17:33.9 |
| 2. Vicki Coyle (SDSU) | |
| 3. Nancy Gieske (SDSU) | |
| 4. Lori Bocklund (SDSU) | |
| 5. Cindy Sargent (SDSU) | |

1982 at St. Cloud, Minn.

| | |
|--------------------------|----------|
| South Dakota State | 15 |
| North Dakota State | 68 |
| Nebraska-Omaha | 77 |
| North Dakota | 99 |
| South Dakota | 120 |
| Augustana | no score |
| Top Five | |
| 1. Kristin Asp (SDSU) | 17:19.43 |
| 2. Nancy Gieske (SDSU) | |
| 3. Lori Bocklund (SDSU) | |
| 4. Audrey Stavrum (SDSU) | |
| 5. Cindy Sargent (SDSU) | |

1983 at Brookings, S.D.

| | |
|--------------------------|---------|
| North Dakota State | 48 |
| Nebraska-Omaha | 63 |
| South Dakota State | 65 |
| Minnesota State, Mankato | 74 |
| South Dakota | 124 |
| Augustana | 156 |
| North Dakota | 172 |
| Top Five | |
| 1. Kristin Asp (SDSU) | 17:20.6 |
| 2. Nancy Dietman (NDSU) | |
| 3. Bev Weiman (NDSU) | |
| 4. Vonda Scholtz (MSU) | |
| 5. Audrey Stavrum (SDSU) | |

1984 at Vermillion, S.D.

| | |
|--------------------------|---------|
| South Dakota State | 27 |
| North Dakota State | 64 |
| Minnesota State, Mankato | 94 |
| Nebraska-Omaha | 105 |
| Augustana | 125 |
| St. Cloud State | 131 |
| North Dakota | 143 |
| South Dakota | 219 |
| Top Five | |
| 1. Nancy Dietman (NDSU) | 16:49.8 |
| 2. Kristin Asp (SDSU) | |
| 3. Audrey Stavrum (SDSU) | |
| 4. Bev Weiman (NDSU) | |
| 5. Kathy Kelly (NDSU) | |

1985 at St. Cloud, Minn.

| | |
|----------------------------|-------|
| North Dakota State | 34 |
| South Dakota State | 55 |
| Minnesota State, Mankato | 91 |
| Nebraska-Omaha | 95 |
| South Dakota | 139 |
| North Dakota | 142 |
| St. Cloud State | 166 |
| Augustana | 171 |
| Top Five | |
| 1. Nancy Dietman (NDSU) | 17:40 |
| 2. Bev Weiman (NDSU) | |
| 3. Julie Shorter (NDSU) | |
| 4. Vonda Scholtz (MSU) | |
| 5. Charlene Hubbard (SDSU) | |

1986 at Fargo, N.D.

| | |
|-------------------------------|-------|
| Minnesota State, Mankato | 59 |
| North Dakota State | 60 |
| South Dakota State | 64 |
| Nebraska-Omaha | 82 |
| South Dakota | 136 |
| Augustana | 143 |
| North Dakota | 160 |
| St. Cloud State | 184 |
| Top Five | |
| 1. Charlene Hubbard (SDSU) | 19:17 |
| 2. Chris Gorman (UNO) | |
| 3. Kristy Forsberg-Aune (UND) | |
| 4. Bev Weiman (NDSU) | |
| 5. Lori Kruckeberg (MSU) | |

1987 at Brookings, S.D.

| | |
|--------------------------|----------|
| Minnesota State, Mankato | 44 |
| South Dakota State | 76 |
| North Dakota State | 80 |
| South Dakota | 108 |
| North Dakota | 115 |
| Augustana | 135 |
| St. Cloud State | 146 |
| Nebraska-Omaha | 182 |
| Top Five | |
| 1. Sheila Brown (UNO) | 17:59.02 |
| 2. Julie Shorter (NDSU) | |
| 3. Nettie Tostrude (MSU) | |
| 4. Carol Puncocar (MSU) | |
| 5. Alison Ungar (MSU) | |

1988 at St. Cloud, Minn.

| | |
|--------------------------|----------|
| South Dakota State | 38 |
| Minnesota State, Mankato | 65 |
| North Dakota State | 87 |
| St. Cloud State | 115 |
| North Dakota | 125 |
| South Dakota | 144 |
| Nebraska-Omaha | 157 |
| Augustana | no score |
| Top Five | |
| 1. Jenny Schultz (SCSU) | 18:37 |
| 2. Julie Shorter (NDSU) | |
| 3. Sheila Pexsa (UND) | |
| 4. Lori Kruckeberg (MSU) | |
| 5. Angela Aukes (SDSU) | |

1989 at Omaha, Neb.

| | |
|--------------------------|----------|
| South Dakota State | 30 |
| Augustana | 44 |
| North Dakota State | 91 |
| Minnesota State, Mankato | 100 |
| South Dakota | 112 |
| St. Cloud State | 161 |
| Nebraska-Omaha | 191 |
| North Dakota | 203 |
| Morningside | no score |
| Top Five | |
| 1. Christy Young (SDSU) | 18:53.7 |
| 2. Andrea DeVries (AC) | |
| 3. Angela Aukes (SDSU) | |
| 4. Susie Oster (SDSU) | |
| 5. Sara Hartman (AC) | |

1990 at Brookings, S.D.

| | |
|--------------------------|-------|
| South Dakota State | 33 |
| Augustana | 69 |
| North Dakota State | 70 |
| Minnesota State, Mankato | 126 |
| St. Cloud State | 128 |
| North Dakota | 135 |
| South Dakota | 159 |
| Nebraska-Omaha | 202 |
| Top Five | |
| 1. Kiri Johnson (SDSU) | 18:02 |
| 2. Kris Ihle (NDSU) | |
| 3. Pam Hansen (SDSU) | |
| 4. Steph Bruenig (UND) | |
| 5. Sheila Pexsa (UND) | |

1991 at Fargo, N.D.

| | |
|---------------------------|-------|
| South Dakota State | 48 |
| North Dakota State | 53 |
| North Dakota | 78 |
| St. Cloud State | 89 |
| Augustana | 98 |
| South Dakota | 162 |
| Minnesota State, Mankato | 192 |
| Nebraska-Omaha | 224 |
| Morningside | 224 |
| Top Five | |
| 1. Kiri Johnson (SDSU) | 17:33 |
| 2. Michelle Nelson (SCSU) | |
| 3. Steph Bruenig (UND) | |
| 4. Louise Ronnerman (UND) | |
| 5. Pam Drietz (NDSU) | |

1992 at Omaha, Neb.

| | |
|---------------------------|---------|
| North Dakota | 42 |
| Augustana | 69 |
| South Dakota State | 75 |
| St. Cloud State | 100 |
| North Dakota State | 125 |
| Minnesota State, Mankato | 178 |
| Nebraska-Omaha | 182 |
| Morningside | 185 |
| South Dakota | 190 |
| Top Five | |
| 1. Kiri Johnson (SDSU) | 17:49.4 |
| 2. Ann Westby (SDSU) | |
| 3. Steph Bruenig (UND) | |
| 4. Louise Ronnerman (UND) | |
| 5. Hiedi Reed (AC) | |

1993 at Brookings, S.D.

| | |
|----------------------------|----------|
| North Dakota State | 38 |
| South Dakota State | 77 |
| Augustana | 83 |
| St. Cloud State | 94 |
| North Dakota | 106 |
| Minnesota State, Mankato | 149 |
| Northern Colorado | 173 |
| Morningside | 218 |
| Nebraska-Omaha | 262 |
| South Dakota | 291 |
| Top Five | |
| 1. Hiedi Reed (AC) | 17:58.06 |
| 2. Kristin Gfroerer (NDSU) | |
| 3. Pam Drietz (NDSU) | |
| 4. Amy Surprenant (SCSU) | |
| 5. Mary Magnell (SCSU) | |

women's cross country

1994 at Kearney, Neb.

| | |
|--------------------------------|-------|
| North Dakota | 31 |
| North Dakota State | 38 |
| Augustana | 96 |
| South Dakota State | 112 |
| Minnesota State, Mankato | 121 |
| Northern Colorado | 165 |
| St. Cloud State | 185 |
| Nebraska-Omaha | 192 |
| Morningside | 206 |
| Top Five | |
| 1. Kim Olund (UND) | 18:56 |
| 2. Heather Parr (UND) | |
| 3. Disa Hillstrom (UND) | |
| 4. Mary Gill (NDSU) | |
| 5. Kristin Gfroerer (NDSU) | |

1995 at Grand Forks, N.D.

| | |
|--------------------------------|-------|
| Minnesota State, Mankato | 70 |
| North Dakota | 80 |
| Augustana | 86 |
| North Dakota State | 88 |
| South Dakota State | 120 |
| Northern Colorado | 149 |
| Nebraska-Omaha | 179 |
| St. Cloud State | 186 |
| South Dakota | 201 |
| Morningside | 243 |
| Top Five | |
| 1. Kim Olund (UND) | 18:05 |
| 2. Kristin Gfroerer (NDSU) | |
| 3. Stacy Johnson (AC) | |
| 4. Hiedi Reed (AC) | |
| 5. Mary Gill (NDSU) | |

1996 at Omaha, Neb.

| | |
|---|---------|
| North Dakota | 55 |
| South Dakota State | 61 |
| Augustana | 125 |
| Nebraska-Omaha | 127 |
| North Dakota State | 130 |
| Minnesota State, Mankato | 152 |
| Northern Colorado | 163 |
| St. Cloud State | 171 |
| South Dakota | 184 |
| Morningside | 198 |
| Top Five | |
| 1. Hiedi Reed (AC) | 16:47.9 |
| 2. Shawna DeSmet (SDSU) | |
| 3. Stacy Johnson (AC) | |
| 4. Tara Biltoft (UNO) | |
| 5. Kim Olund (UND) | |
| Amended 1/2001 due to ineligible athlete. | |

1997 at Fargo, N.D.

| | |
|--------------------------------|-------|
| North Dakota State | 51 |
| South Dakota State | 87 |
| Northern Colorado | 93 |
| Nebraska-Omaha | 105 |
| North Dakota | 125 |
| Minnesota State, Mankato | 143 |
| South Dakota | 145 |
| Augustana | 178 |
| St. Cloud State | 194 |
| Morningside | 279 |
| Top Five | |
| 1. Mary Gill (NDSU) | 17:54 |
| 2. Stacy Johnson (AC) | |
| 3. Codi Lehr (NDSU) | |
| 4. Adrienne Sikora (UNC) | |
| 5. Heather Giesen (SDSU) | |

1998 at Vermillion, S.D.

| | |
|--------------------------------|----------|
| North Dakota State | 55 |
| Northern Colorado | 61 |
| South Dakota | 71 |
| North Dakota | 99 |
| Minnesota State, Mankato | 122 |
| Nebraska-Omaha | 139 |
| South Dakota State | 167 |
| Morningside | 213 |
| St. Cloud State | 226 |
| Augustana | No Score |
| Top Five | |
| 1. Leah Gifford (AC) | 18:11 |
| 2. Becky Leppard (UND) | |
| 3. Tina Fenske (USD) | |
| 4. Annie Dougherty (NDSU) | |
| 5. Molly Wedel (USD) | |

1999 at Mankato, Minn.

| | |
|--------------------------------|----------|
| North Dakota State | 68 |
| South Dakota | 82 |
| Nebraska-Omaha | 83 |
| Northern Colorado | 84 |
| North Dakota | 87 |
| South Dakota State | 98 |
| Minnesota State, Mankato | 183 |
| Morningside | 238 |
| Augustana | No Score |
| St. Cloud State | No Score |
| Top Five | |
| 1. Leah Gifford (AC) | 20:43.3 |
| 2. Molly Wedel (USD) | |
| 3. Jessie Kindschi (SDSU) | |
| 4. Jordan Hoffert (NDSU) | |
| 5. Jodi Smith (SDSU) | |

2000 at Fargo, N.D.

| | |
|--------------------------------|----------|
| Northern Colorado | 44 |
| North Dakota | 50 |
| South Dakota State | 87 |
| Nebraska-Omaha | 126 |
| North Dakota State | 134 |
| South Dakota | 139 |
| Augustana | 149 |
| Minnesota State, Mankato | 166 |
| Morningside | 259 |
| St. Cloud State | 286 |
| Top Five | |
| 1. Katie Hostetler (UNC) .. | 21:59.58 |
| 2. Julie Gifford (AC) | |
| 3. Becky Leppard (UND) | |
| 4. Jessica Neva (UND) | |
| 5. April Maine (UND) | |

2001 at Garretson, S.D.

| | |
|--------------------------------|----------|
| North Dakota | 56 |
| Northern Colorado | 68 |
| South Dakota | 87 |
| North Dakota State | 87 |
| South Dakota State | 90 |
| Nebraska-Omaha | 118 |
| Augustana | 171 |
| Minnesota State, Mankato | 199 |
| St. Cloud State | 279 |
| Morningside | No Score |
| Top Five | |
| 1. Sheena Dauer, SDSU ... | 21:20.6 |
| 2. Katie Hostetler, UNC | |
| 3. Miranda Ernst, UNC | |
| 4. Annie Dougherty, NDSU | |
| 5. Erin Woolley, SDSU | |

2002 at Vermillion, S.D.

| | |
|--------------------------------|----------|
| South Dakota | 57 |
| South Dakota State | 64 |
| North Dakota | 75 |
| Nebraska-Omaha | 78 |
| North Dakota State | 101 |
| Northern Colorado | 184 |
| Augustana | 188 |
| Minnesota State, Mankato | 200 |
| St. Cloud State | 232 |
| Top Five | |
| 1. Sheena Dauer, SDSU .. | 21:30.95 |
| 2. Miranda Ernst, UNC ... | 21:43.53 |
| 3. Carolyn Orusa, UND ... | 21:51.70 |
| 4. Molly Wedel, USD | 22:00.07 |
| 5. Joaun Murphy, UND | 22:09.83 |

2003 at Fargo, N.D.

| | |
|--------------------------------|----------|
| South Dakota | 49 |
| South Dakota State | 55 |
| North Dakota State | 80 |
| North Dakota | 87 |
| Nebraska-Omaha | 110 |
| Augustana | 143 |
| St. Cloud State | 250 |
| Minnesota State, Mankato | 254 |
| Top Five | |
| 1. Sheena Dauer, SDSU .. | 21:26.22 |
| 2. Kinsey Coles, NDSU ... | 22:07.23 |
| 3. Jessica Neva, UND | 22:08.11 |
| 4. Melinda Zirbel, NDSU .. | 22:08.73 |
| 5. Jen Feely, USD | 22:19.33 |

2004 at Mankato, Minn.

| | |
|--------------------------------|----------|
| South Dakota | 39 |
| Augustana | 70 |
| North Dakota | 72 |
| Minnesota Duluth | 77 |
| Nebraska-Omaha | 115 |
| St. Cloud State | 136 |
| Minnesota State, Mankato | 190 |
| Top Five | |
| 1. Rachel Stangler (AC) .. | 22:24.25 |
| 2. Sara Hayes (AC) | |
| 3. Aimee Hielsen (USD) | |
| 4. Mary Bennett (USD) | |
| 5. Veronica Sackett (UND) | |

2005 at Grand Forks, N.D.

| | |
|--------------------------------|----------|
| South Dakota | 32 |
| North Dakota | 47 |
| Nebraska-Omaha | 69 |
| Augustana | 79 |
| Minnesota Duluth | 159 |
| St. Cloud State | 170 |
| Minnesota State, Mankato | 181 |
| Top Five | |
| 1. Aimee Nielsen (USD) .. | 21:41.42 |
| 2. Rachel Stangler (AC) | |
| 3. Margaret Landberg (UND) | |
| 4. Kaylee Keating (USD) | |
| 5. Jessica Lundgren (USD) | |

2006 at Vermillion, S.D.

| | |
|--------------------------------|----------|
| North Dakota | 44 |
| Augustana | 61 |
| South Dakota | 77 |
| Minnesota Duluth | 101 |
| Nebraska-Omaha | 112 |
| Minnesota State, Mankato | 120 |
| St. Cloud State | 195 |
| Top Five | |
| 1. Jillian Tholen, AC | 22:04.30 |
| 2. Kelsey Maloney, USD .. | 22:19.41 |
| 3. Liz Palkie, UMD | 22:31.80 |
| 4. M. Landberg, UND | 22:35.00 |
| 5. Jessica Pape, AC | 22:37.55 |

2007 at Carleton, Minn.

| | |
|--------------------------------|----------|
| Augustana | 36 |
| North Dakota | 61 |
| South Dakota | 62 |
| Minnesota Duluth | 114 |
| Minnesota State, Mankato | 115 |
| Nebraska-Omaha | 147 |
| St. Cloud State | 207 |
| Top Five | |
| 1. Rachel Stangler, AC | 21:39.00 |
| 2. Ramsey Kavan, USD | |
| 3. Heidi Evans, UND | |
| 4. Jillian Tholen, AC | |
| 5. Kaylen Harris, UNO | |

women's cross country

NCC at NCAA

| Year | School | Place |
|---|--------------------|-------|
| 1981 | South Dakota State | 1st |
| holds record for team scoring with 26 pts | | |
| 1982 | South Dakota State | 2nd |
| 1983 | North Dakota State | 6th |
| 1984 | South Dakota State | 2nd |
| | North Dakota State | 7th |
| 1985 | North Dakota State | 5th |
| | South Dakota State | 6th |
| 1986 | Minn. St., Mankato | 4th |
| | North Dakota State | 8th |
| | South Dakota State | 10th |
| 1987 | Minn. St., Mankato | 3rd |
| 1988 | South Dakota State | 8th |
| 1989 | South Dakota State | 3rd |
| 1990 | South Dakota State | 3rd |
| 1991 | South Dakota State | 3rd |
| | North Dakota State | 4th |
| | North Dakota | 5th |
| 1992 | North Dakota | 4th |
| 1993 | South Dakota State | 5th |
| | North Dakota State | 8th |
| | Augustana | 9th |
| 1994 | North Dakota | 4th |
| | North Dakota State | 8th |
| | Augustana | 10th |
| 1995 | Minn. St., Mankato | 4th |
| | Augustana | 12th |
| | North Dakota | 13th |
| | North Dakota State | 17th |
| 1996 | North Dakota | 4th |
| | South Dakota State | 5th |
| 1997 | North Dakota State | 9th |
| | South Dakota State | T11 |
| | Northern Colorado | T11 |
| 1998 | South Dakota | 6th |
| | North Dakota | 13th |
| | Northern Colorado | 14th |
| | North Dakota State | 15th |
| 1999 | North Dakota | 4th |
| | North Dakota State | 7th |
| 2000 | North Dakota | 2nd |
| | Northern Colorado | 6th |
| | South Dakota State | 11th |

| | | |
|------|--------------------|------|
| 2001 | North Dakota | 4th |
| | South Dakota | 10th |
| | Northern Colorado | 11th |
| | North Dakota State | 12th |
| 2002 | South Dakota State | 7th |
| | Nebraska-Omaha | 16th |
| 2003 | South Dakota State | 5th |
| | South Dakota | 9th |
| 2004 | South Dakota | 11th |
| | North Dakota | 15th |
| 2005 | South Dakota | 8th |
| 2006 | Augustana | 11th |
| | North Dakota | 13th |
| 2007 | Augustana | 8th |
| | South Dakota | 9th |
| | North Dakota | 16th |

Individuals (Top 30)

| Year | Individual (School), Place |
|------|-------------------------------|
| 1981 | Vicki Coyle (SDSU), 2nd |
| | Kristin Asp (SDSU), 3rd |
| | Audrey Stavrum (SDSU), 5th |
| | Nancy Gieske (SDSU), 7th |
| | Lori Bocklund (SDSU), 9th |
| | Cindy Sargent (SDSU), 12th |
| | Laura Gleason (SDSU), 14th |
| 1982 | Lori Bocklund (SDSU), 3rd |
| | Audrey Stavrum (SDSU), 5th |
| | Kristin Asp (SDSU), 8th |
| | Lori Bearson (MSU), 11th |
| | Nancy Gieske (SDSU), 14th |
| | Cindy Sargent (SDSU), 23rd |
| 1983 | Nancy Dietman (NDSU), 4th |
| | Kristin Asp (SDSU), 6th |
| | Audrey Stavrum (SDSU), 17th |
| | Bev Weiman (NDSU), 18th |
| | Vonda Scholtz (MSU), 22nd |
| 1984 | Nancy Dietman (SDSU), 2nd |
| | Kristin Asp (SDSU), 8th |
| 1985 | Nancy Dietman (NDSU), 2nd |
| | Bev Weiman (NDSU), 5th |
| | Charlene Hubbard (SDSU), 13th |
| | Vonda Scholtz (MSU), 14th |
| | Connie Kampa (SCSU), 21st |
| 1986 | Charlene Hubbard (SDSU), 12th |
| | Bev Weiman (NDSU), 14th |
| 1987 | Nettie Tostrude (MSU), 17th |
| | Julie Shorter (NDSU), 24th |
| 1988 | Michelle Gerlach (SDSU), 17th |
| | Julie Shorter (NDSU), 19th |

| | |
|------|-------------------------------|
| | Jennifer Schultz (SCSU), 22nd |
| 1989 | Andrea DeVries (AC), 17th |
| | Angela Aukes (SDSU), 20th |
| | Christy Young (SDSU), 21st |
| 1990 | Pam Hansen (SDSU), 11th |
| | Christy Young (SDSU), 12th |
| | Kiri Johnson (SDSU), 13th |
| | Nicole Scherr (SDSU), 25th |
| | Kris Ihle (NDSU), 26th |
| 1991 | Pam Drietz (NDSU), 8th |
| | Kiri Johnson (SDSU), 10th |
| | Ann Westby (SDSU), 11th |
| | Michelle Nelson (SCSU), 12th |
| | Kathy Young (USD), 13th |
| | Steph Bruenig (UND), 14th |
| 1992 | Ann Westby (SDSU), 4th |
| | Steph Bruenig (UND), 5th |
| | Kiri Johnson (SDSU), 10th |
| | Louise Ronnerman (UND), 12th |
| 1993 | Hiedi Reed (AC), 6th |
| | Pam Hansen (SDSU), 13th |
| | Amy Surprenant (SCSU), 15th |
| | Kristin Groerer (NDSU), 17th |
| | Pam Drietz (NDSU), 19th |
| | Leah DeVries (AC), 20th |
| | Ann Westby (SDSU), 24th |
| | Mary Magnell (SDSU), 25th |
| 1994 | Pam Drietz (NDSU), 19th |
| | Leah DeVries (AC), 27th |
| | Heather Parr (UND), 29th |
| | Kim Olund (UND), 30th |
| | Traci Korynta (UND), 32nd |
| 1995 | Jennifer Peck (MSU), 7th |
| | Kim Olund (UND), 10th |
| | Michelle Clarke (MSU), 18th |
| | Stacy Johnson (AC), 26th |
| | Hiedi Reed (AC), 29th |
| | Elise Henry (UNO), 30th |
| 1996 | Hiedi Reed (AC), 6th |
| | Stacy Johnson (AC), 8th |
| | Kim Olund (UND), 10th |
| | Shawna DeSmet (SDSU), 15th |
| | Heather Giesen (SDSU), 24th |
| 1997 | Stacy Johnson (AC), 9th |
| | Cody Lehr (NDSU), 10th |
| 1998 | Molly Wedel (USD), 4th |
| | Tina Fenske (USD), 10th |
| | Becky Leppard (UND), 12th |
| | Leah Gifford (AC), 25th |
| 1999 | Molly Wedel (USD), 3rd |
| | Jessica Neva (UND), 11th |
| | Leah Gifford (AC), 21st |
| | April Maine (UND), 32nd |
| 2000 | Becky Leppard (UND), 2nd |
| | Jessica Neva (UND), 17th |
| | April Maine (UND), 25th |

women's cross country

- 2001 Miranda Ernst (UNC), 14th
Jessica Neva (UND), 18th
Katie Hostetler (UNC), 26th
- 2002 Miranda Ernst (UNC), 6th
Sheena Dauer (SDSU), 14th
Carolyn Orsua (UND), 24th
- 2003 Jessica Neva (UND), 15th
- 2004 Sara Hayes (AC), 23rd
Sarah Frederickson (UMD), 31st
- 2005 Aimee Nielsen (USD), 18th
- 2006 Jillian Tholen (AC), 14th
- 2007 Ramsey Kavan (USD), 5th
Rachel Stangler (AC), 6th
Kelsey Maloney (USD), 23rd
Heidi Evans (UND), 27th