

CROSS COUNTRY – Girls

- 1975 - Pleasure Ridge Park, AAA Team
 - Michele Lowry, Westport, AAA Ind.
 - Franklin County, AA Team
 - Holly Straight, Woodford County, AA Ind.
 - Lex. Catholic, A Team
 - Susan Cunningham, Bath County, A Ind.
- 1976 - Waggener, AAA Team
 - Kathleen Beumel, Westport, AAA Ind.
 - Daviess County, AA Team
 - Karen Porter, Apollo, AA Ind.
 - Lex. Catholic, A Team
 - Karen Porter, Owen County, A Ind.
- 1977 - Central, AAA Team
 - Leslie Voit, Atherton, AAA Ind.
 - Daviess County, AA Team
 - Kathleen Beumel, Apollo, AA Ind.
 - Lex. Catholic, A Team
 - Karen Porters, Owen County, A Ind.
- 1978 - Atherton, AAA Team
 - Camille Forster, Atherton, AAA Ind.
 - Highlands, AA Team
 - Kathleen Beumel, Apollo, AA Ind.
 - Ft. Campbell, A Team
 - Karen Porter, Owen County, A Ind.
- 1979 - Central, AAA Team
 - Camille Forrester, Central, AAA Ind.
 - Highlands, AA Team
 - Kathleen Buemel, Apollo, AA Ind.
 - Ft. Campbell, A Team
 - Mary Shuber, Berea, A Ind.
- 1980 - Central, AAA Team
 - Lori Linville, Daviess County, AAA Ind.
 - Highlands, AA Team
 - Lynn Russel, Harrison County, AA Ind.
 - Ft. Campbell, A Team
 - Jamie Balar, Silver Grove, A Ind.
- 1981 - Daviess County, AAA Team
 - Karen Daniel, Owensboro, AAA Ind.
 - Pulaski County, AA Team
 - Pam Raglin, Bourbon County, AA Ind.
 - Providence, A Team
 - Kitty Davidson, Ft. Campbell, A Ind.
- 1982 - Daviess County, AAA Team
 - Nancy Crutcher, Oldham County, AAA Ind.
 - Danville, AA Team
 - Melissa Thomas, Union County, AA Ind.
 - Trigg County, A Team
 - Kim Hawkins, Bath County, A Ind.
- 1983 - Daviess County, AAA Team
 - Nancy Crutcher, Oldham County, AAA Ind.
 - Clay County, AA Team
 - Kathy Plank, Conner, AA Ind.
 - Lex. Catholic, A Team
 - Kim Hawkins, Bath County, A Ind.
- 1984 - Oldham County, AAA Team
 - Donna Combs, Ballard, AAA Ind.
 - Danville, AA Team
 - Kathy Plank, Conner, AA Ind.
 - Lex. Catholic, A Team
 - Kim Hawkins, Bath County, A Ind.
- 1985 - Oldham County, AAA Team
 - Donna Combs, Ballard, AAA Ind.
 - Danville, AA Team
 - Denna Boggs, Whitesburg, AA Ind.
 - Providence, A Team
 - Denise Schank, St. Henry, A Ind.
- 1986 - Oldham County, AAA Team
 - Wendy Frazier, Henry Clay, AAA Ind.

- Danville, AA Team
 - Katie Stamps, Danville, AA Ind.
 - St. Henry, A Team
 - Amy Clements, St. Henry, A Ind.
- 1987 - Pulaski County, AAA Team
 - Paula Kelly, Boyd County, AAA Ind.
 - Danville, AA Team
 - Katie Stamps, Danville, AA Ind.
 - St. Henry, A Team
 - Stephanie Edgar, Dayton, Ind.
- 1988 - Pulaski County, AAA Team
 - Ginger Watkins, Franklin County, AAA Ind.
 - Warren East, AA Team
 - Patty Dowd, Fleming County, AA Ind.
 - Frankfort, A Team
 - Stephanie Edgar, Dayton, Ind.
- 1989 - Notre Dame, AAA Team
 - Ginger Watkins, Franklin County, AAA Ind.
 - Warren East, AA Team
 - Scarlett Haley, Russell, AA Ind.
 - St. Henry, A Team
 - Stephanie Edgar, Dayton, Ind.
- 1990 - Notre Dame, AAA Team
 - Michelle Marshall, Boone County, AAA Ind.
 - Fort Campbell, AA Team
 - Sylvia Moreno, Fort Campbell, AA Ind.
 - St. Henry, A Team
 - Maureen Egan, St. Henry, A Ind.
- 1991 - Pulaski County, AAA Team
 - Mandy Jones, Pulaski County, AAA Ind.
 - Notre Dame Academy, AA Team
 - Ginger Watkins, Franklin County, AA Ind.
 - Trigg County, A Team
 - Christina Brown, Owen County, A Ind.
- 1992 - Pulaski County, AAA Team
 - Michele Marshall, Boone County, AAA Ind.
 - Oldham County, AA Team
 - Catoyia Brown, Owensboro, AA Ind.
 - Fort Knox, A Team
 - Christina Brown, Owen County, A Ind.
- 1993 - Daviess County, AAA Team
 - Rachel Sanford, Pulaski Southwestern, AAA Ind.
 - Warren East, AA Team
 - Anna Ryan, Scott, AA Ind.
 - St. Henry, A Team
 - Mindy Martin, Walton Verona, A Ind.
- 1994 - Sacred Heart, AAA Team
 - Rachel Sanford, Pulaski Southwestern, AAA Ind.
 - Western Hills, AA Team
 - Christi Beth Johnston, Hart County, AA Ind.
 - St. Mary, A Team
 - Adrienne Lima, St. Mary, A Ind.
- 1995 - Sacred Heart, AAA Team
 - Rachel Sanford, Pulaski Southwestern, AAA Ind.
 - Western Hills, AA Team
 - Karen Lutes, Harrison County, AA Ind.
 - St. Mary, A Team
 - Mindy Martin, Walton Verona, A Ind.
- 1996 - Pulaski County, AAA Team
 - Rachel Sanford, Pulaski Southwestern, AAA Ind.
 - Western Hills, AA Team
 - Jessica Southers, Russell, AA Ind.
 - St. Mary, A Team

- Laura Brammel, Lexington Christian, A Ind.
- 1997 - Pulaski County, AAA Team
 - Rachel Sanford, Pulaski County, AAA Ind.
 - Western Hills, AA Team
 - Cara Nichols, Bowling Green, AA Ind.
 - St. Henry, A Team
 - Jackie Wagner, St. Mary, A Ind.
- 1998 - Scott, AAA Team
 - Sara Graybill, Daviess County, AAA Ind.
 - Western Hills, AA Team
 - Carah Nichols, Bowling Green, AA Ind.
 - St. Henry, A Team
 - Jackie Wagner, St. Mary, A Ind.
- 1999 - Daviess County, AAA Team
 - Alli Sauer, South Oldham, AAA Ind.
 - Warren East, AA Team
 - Jessica Southers, Russell, AA Ind.
 - Ludlow, A Team
 - Geraldine Smith, Ky. Country Day, A Ind.
- 2000 - Pulaski County, AAA Team
 - Suzanne Cooney, Paul Laurence Dunbar, AAA Individual
 - Warren East, AA Team
 - Jenny Wimsatt, Warren East, AA Individual
 - Frankfort, A Team
 - Jackie Wagner, St. Mary, A Ind.
- 2001 - Greenwood, AAA Team
 - Elizabeth Campbell, North Hardin, AAA Ind.
 - Warren East, AA Team
 - Carmen Mims, Mercy, AA Ind.
 - Hancock County, A Team
 - Heather Vincent, Hancock County, A Ind.
- 2002 - Sacred Heart, AAA Team
 - Maddie Scheuler, Sacred Heart, AAA Ind.
 - Highlands, AA Team
 - Carmen Mims, Mercy, AA Ind.
 - Hancock County, A Team
 - Sarah Cole, Somerset, A Ind.
- 2003 - Sacred Heart, AAA Team
 - Maddie Schuler, Sacred Heart, AAA Ind.
 - Highlands, AA Team
 - Heather Coulter, Warren East, AA Ind.
 - St. Henry, A Team
 - Jenna Siemer, St. Henry, A Ind.
- 2004 - Sacred Heart, AAA Team
 - Melissa Massey, DuPont Manual, AAA Ind.
 - Highlands, AA Team
 - Carmen Mims, Mercy, AA Ind.
 - St. Henry, A Team
 - Jenna Siemer, St. Henry, A Ind.
- 2005 - Paul Laurence Dunbar, AAA Team
 - Laura Steinmetz, Paul Laurence Dunbar, AAA Ind.
 - Bell County, AA Team
 - Rachel Blank, Bell County, AA Ind.
 - St. Henry, A Team
 - Valerie Thomas, Trimble County, A Ind.
- 2006 - DuPont Manual, AAA Team
 - Laura Steinmetz, Paul Laurence Dunbar, AAA Ind.
 - Muhlenberg South, AA Team
 - Suzanne Holt, Muhlenberg South, AA Ind.
 - Walton-Verona, A Team
 - Kaitlin Snapp, Danville, A Ind.

- 2007 - Assumption, AAA Team
 - Emma Brink, Sacred Heart, AAA Ind.
 - Bell County, AA Team
 - Kelsey McCain, Pendleton County, AA Ind.
 - St. Henry, A Team
 - Kaitlin Snapp, Danville, A Ind.
- 2008 - Assumption, AAA Team
 - Emma Brink, Sacred Heart, AAA Ind.
 - South Oldham, AA Team
 - Jessie Murner, South Oldham, AA Ind.
 - St. Henry, A Team
 - Kaitlin Snapp, Danville, A Ind.
- 2009 - Sacred Heart, AAA Team
 - Emma Brink, Sacred Heart, AAA Ind.
 - South Oldham, AA Team
 - Jenna Rogers, Christian Academy-Louisville, AA Ind.
 - St. Henry, A Team
 - Maddox Patterson, Sayre, A Ind.
- 2010 - Assumption, AAA Team
 - Emma Brink, Assumption, AAA Ind.
 - South Oldham, AA Team
 - Caterina Karas, Collins, AA Ind.
 - Fairview, A Team
 - Maddox Patterson, Sayre, A Ind.