

GIRLS
VALLEY HEIGHTS CROSS COUNTRY
SCHOOL RECORDS
4K (2.48 MILES)

School record holder: 2007 - Candice Prell 17:54

Top 10 All Time List

1.	Candice Prell	17:54	Washington	2007
2.	Loralet Prell	18:00	Washington	2006
3.	Loralet Prell	18:16	Riley County	2006
4.	Loralet Prell	18:24	Marysville	2006
5.	Loralet Prell	18:27	Wabaunsee	2006
6.	Loralet Prell	18:57	Riley County	2006
7.	Candice Prell	19:18	Centralia	2007
8.	Candice Prell	19:35	Washington	2007
9.	Loralet Prell	19:42	Centralia	2006
10.	Candice Prell	19:44	Onaga	2007

Top 10 Senior All Time List

1.	Loralet Prell	18:00	Washington	2006
2.	Loralet Prell	18:16	Riley County	2006
3.	Loralet Prell	18:24	Marysville	2006
4.	Loralet Prell	18:27	Wabaunsee	2006
5.	Loralet Prell	18:57	Riley County	2006
6.	Loralet Prell	19:42	Centralia	2006
7.	Loralet Prell	19:47	Onaga	2006

Top 10 Junior All Time List

1.	Jackie Schuh	23:11	Onaga	2006
2.	Jackie Schuh	24:46	Washington	2006

Top 10 Sophomore All Time List

1.	Chantel Niemeier	20:53	Riley County	2006
2.	Chantel Niemeier	21:08	Marysville	2006
3.	Chantel Niemeier	21:08	Wabaunsee	2006
4.	Chantel Niemeier	22:09	Centralia	2006
5.	Chantel Niemeier	22:27	Riley County	2006
6.	Chantel Niemeier	23:06	Onaga	2006
7.	Chantel Niemeier	24:46	Washington	2006

Top 10 Freshman All Time List

1.	Candice Prell	17:54	Washington	2007
2.	Candice Prell	19:18	Centralia	2007
3.	Candice Prell	19:35	Washington	2007
4.	Candice Prell	19:44	Onaga	2007
5.	Candice Prell	19:50	Washington	2007
6.	Candice Prell	19:52	Wabaunsee	2007
7.	Candice Prell	19:55	Riley County	2007
8.	BriAnna Saylor	20:18	Washington	2009
9.	Katelyn Kinzel	20:49	Washington	2008
10.	Katelyn Kinzel	20:55	Centralia	2008