

**LINCOLN-WAY CENTRAL HIGH SCHOOL
GIRLS' CROSS COUNTRY
STATE APPEARANCES**

YEAR	TEAM OR INDIVIDUAL	CLASS	FINISH	HEAD COACH
1980	JoAnn Dimonte LW Debbie Shaddon LW		44 th 91 st	Kathy Wieneke
1981	Lincoln-Way		11 th Place	Phil Hoffman
1982	Sherri Suppelsa LW		42 nd	Phil Hoffman
1988	Lincoln-Way	AA	19 th Place	Phil Hoffman
1989	Christine Lehane LW	AA	64 th	Phil Hoffman
1992	Lincoln-Way	AA	14 th Place	Phil Hoffman
1993	Lincoln-Way	AA	18 th Place	Phil Hoffman
1994	Lincoln-Way	AA	9 th Place	Phil Hoffman
1995	Lincoln-Way	AA	6 th Place	Phil Hoffman
1996	Lincoln-Way	AA	5 th Place	Phil Hoffman
1997	Lincoln-Way	AA	5 th Place	Phil Hoffman
1998	Lincoln-Way	AA	8 th Place	Phil Hoffman
1999	Lincoln-Way	AA	9 th Place	Phil Hoffman
2000	Lincoln-Way	AA	8 th Place	Phil Hoffman
2001	Kali Lafferty LWC	AA	221 st	Phil Hoffman
2002	Ashley Rittenbacher LWC	AA	57 th	Phil Hoffman
2003	Ashley Rittenbacher LWC	AA	70 th	Rebecca Cann
2007	Lincoln-Way Central	3A	18 th Place	Matt Bowden
2008	Lincoln-Way Central	3A	22 nd Place	Matt Bowden
2010	Lincoln-Way Central	3A	25 th Place	Matt Bowden
2011	Lincoln-Way Central	3A	26 th Place	Matt Bowden
2012	Lincoln-Way Central	3A	25 th Place	Matt Bowden
2013	Lincoln-Way Central	3A	24 th Place	Matt Bowden
2014	Elizabeth Venezio LWC Gretchen Zirgaitis LWC	3A 3A	162 nd 185 th	Brian VanBeveren
2015	Lincoln-Way Central	3A	24 th Place	Brian VanBeveren
2016	Mackenzie Brownrigg LWC	3A	127 th	Jack Young
2017	Lincoln-Way Central	3A	20 th Place	Jack Young
2018	Merrigan Allen LWC	3A	201 st	Jack Young
2019	Lincoln-Way Central	3A	22 nd Place	Ryan Stapinski
2021	Claire Carter LWC	3A	177 th	Ryan Stapinski
2023	Lincoln-Way Central	3A	22 nd Place	Ryan Stapinski

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HISTORY OF LINCOLN-WAY CENTRAL GIRLS' CROSS COUNTRY NOTES:

- 1976: Start of girls' cross country program (combined with boys) at Lincoln-Way High School under Phil Hoffman with 6 girls and dual meets only
- 1979: Girls' cross country becomes an official IHSA sport
- 1979-1997: Girls' cross country ran 2.1 miles
- 1980: First official State girls' cross country meet at Detweiller 2.1 miles
- 1983-1986: Girls' state results are missing from Athletic.net
- 1988-1989: Cross country splits into 2 classes A, AA – Lincoln-Way High School joins AA
- 1998-2001: Girls' cross country ran 2.5 miles
- 2001-2002: Lincoln-Way High School splits into Lincoln-Way Central and Lincoln-Way East “opens”
- 2002-Present: Girls' cross country runs 3.0 miles
- 2007-2008: Cross country splits into 3 classes 1A, 2A, 3A – Lincoln-Way Central joins 3A
- 2009-2010: Lincoln-Way Central High School splits into Lincoln-Way Central and Lincoln-Way West opens
- 2020: State meet cancelled due to COVID

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<p>1980 – LINCOLN-WAY</p> <ul style="list-style-type: none"> • 2 Individual Qualifiers – 2.1 miles • Head Coach Kathy Wieneke <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>JoAnn Dimonte (11)</td> <td>12:32</td> <td>44</td> </tr> <tr> <td>Debbie Shaddon (11)</td> <td>13:00</td> <td>91</td> </tr> </tbody> </table>	Name	Time	Place	JoAnn Dimonte (11)	12:32	44	Debbie Shaddon (11)	13:00	91	<p>1981 – LINCOLN-WAY</p> <ul style="list-style-type: none"> • 11th out of 24 teams – 2.1 miles • 274 Points • Head Coach Phil Hoffman <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Name</th> <th style="text-align: left;">Time</th> <th style="text-align: left;">Place</th> </tr> </thead> <tbody> <tr> <td>JoAnn Dimonte (12)</td> <td>11:53</td> <td>13</td> </tr> <tr> <td colspan="3" style="padding-left: 20px;">➤ All-State</td> </tr> <tr> <td>Jane Staley (12)</td> <td>12:25</td> <td>50</td> </tr> <tr> <td>Debbie Shaddon (12)</td> <td>12:41</td> <td>81</td> </tr> <tr> <td>Karol Walters (11)</td> <td>12:42</td> <td>82</td> </tr> <tr> <td>Stacy Maciukenas (9)</td> <td>13:15</td> <td>138</td> </tr> <tr> <td>Karen Danaher (9)</td> <td>14:24</td> <td>184</td> </tr> <tr> <td>Laura Sopher</td> <td>14:44</td> <td>187</td> </tr> </tbody> </table>	Name	Time	Place	JoAnn Dimonte (12)	11:53	13	➤ All-State			Jane Staley (12)	12:25	50	Debbie Shaddon (12)	12:41	81	Karol Walters (11)	12:42	82	Stacy Maciukenas (9)	13:15	138	Karen Danaher (9)	14:24	184	Laura Sopher	14:44	187
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<p>1999 – LINCOLN-WAY</p> <ul style="list-style-type: none"> • 9th out of 27 teams AA – 2.5 miles • 277 Points • Head Coach Phil Hoffman <table border="1"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Lauren Johnston (9)</td> <td>14:53</td> <td>27</td> </tr> <tr> <td>Katy Jones (11)</td> <td>15:03</td> <td>38</td> </tr> <tr> <td>Kali Lafferty (9)</td> <td>15:39</td> <td>95</td> </tr> <tr> <td>Andrea Pettay (9)</td> <td>15:43</td> <td>102</td> </tr> <tr> <td>Patty McGrane (11)</td> <td>16:08</td> <td>141</td> </tr> <tr> <td>Nicole Fritz (11)</td> <td>16:10</td> <td>143</td> </tr> <tr> <td>Melanie Monninger (9)</td> <td>16:16</td> <td>151</td> </tr> </tbody> </table>	Name	Time	Place	Lauren Johnston (9)	14:53	27	Katy Jones (11)	15:03	38	Kali Lafferty (9)	15:39	95	Andrea Pettay (9)	15:43	102	Patty McGrane (11)	16:08	141	Nicole Fritz (11)	16:10	143	Melanie Monninger (9)	16:16	151	<p>2000 – LINCOLN-WAY</p> <ul style="list-style-type: none"> • 8th out of 27 teams AA – 2.5 miles • 294 Points • Head Coach Phil Hoffman <table border="1"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Kali Lafferty (10)</td> <td>15:09</td> <td>44</td> </tr> <tr> <td>Andrea Pettay (10)</td> <td>15:14</td> <td>58</td> </tr> <tr> <td>Lauren Johnston (10)</td> <td>15:33</td> <td>90</td> </tr> <tr> <td>Katie Krzak (9)</td> <td>15:49</td> <td>124</td> </tr> <tr> <td>Nicole Fritz (12)</td> <td>15:50</td> <td>128</td> </tr> <tr> <td>Katy Jones (12)</td> <td>16:00</td> <td>138</td> </tr> <tr> <td>Jaclyn Wegner (11)</td> <td>16:24</td> <td>164</td> </tr> </tbody> </table>	Name	Time	Place	Kali Lafferty (10)	15:09	44	Andrea Pettay (10)	15:14	58	Lauren Johnston (10)	15:33	90	Katie Krzak (9)	15:49	124	Nicole Fritz (12)	15:50	128	Katy Jones (12)	16:00	138	Jaclyn Wegner (11)	16:24	164
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Shea Martin (9)	19:53.10	202																													
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Claire Carter (10)	19:13.47	177																													
<p>2023 – LINCOLN-WAY CENTRAL</p> <ul style="list-style-type: none"> • 22nd Place out of 28 teams 3A – 3.0 miles • 515 Points • Head Coach Ryan Stapinski <table border="0"> <thead> <tr> <th>Name</th> <th>Time</th> <th>Place</th> </tr> </thead> <tbody> <tr> <td>Brea Counihan (9)</td> <td>17:25.15</td> <td>18</td> </tr> <tr> <td>➤ All-State</td> <td></td> <td></td> </tr> <tr> <td>Mia Forystek (9)</td> <td>18:18.74</td> <td>79</td> </tr> <tr> <td>Ava Dughetti (10)</td> <td>19:00.71</td> <td>165</td> </tr> <tr> <td>Claire Carter (12)</td> <td>19:19.77</td> <td>189</td> </tr> <tr> <td>Jillian Davies (9)</td> <td>19:20.41</td> <td>190</td> </tr> <tr> <td>Nancy Flais (12)</td> <td>19:38.75</td> <td>213</td> </tr> <tr> <td>Nadia Bowden (12)</td> <td>20:19.37</td> <td>231</td> </tr> </tbody> </table>	Name	Time	Place	Brea Counihan (9)	17:25.15	18	➤ All-State			Mia Forystek (9)	18:18.74	79	Ava Dughetti (10)	19:00.71	165	Claire Carter (12)	19:19.77	189	Jillian Davies (9)	19:20.41	190	Nancy Flais (12)	19:38.75	213	Nadia Bowden (12)	20:19.37	231				
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