

<b>Girls Cross Country</b>	
<b>Year</b>	<b>Champion</b>
1990	Kee
1991	MFL
1992	North Fayette
1993	MFL
1994	North Fayette
1995	Wapsie Valley
1996	Kee
1997	Central-Garnavillo
1998	South Winneshiek
1999	Valley
2000	Valley
2001	Valley
2002	Valley
2003	Valley
2004	Valley
2005	Valley
2006	Valley
2007	Central
2008	Central
2009	South Winneshiek
2010	North Fayette
2011	North Fayette
2012	North Fayette
2013	Central
2014	Central
2015	South Winneshiek

<b>Girls Cross Country</b>	
<b>Year</b>	<b>Champion</b>
2016	South Winneshiek
2017	Kee
2018	South Winneshiek
2019	Kee
2020	South Winneshiek
2021	South Winneshiek