

Liberty District Cross Country

Schools

GC Marshall	1994-2013, 2021-Present	Falls Church	1994-96
Herndon	2017- Present	Fairfax	1994-2005; 2009-17
Langley	1994- Present	Hayfield	2013-2017
McLean	1994- Present	James Madison	1994-2017
Wakefield	2021-Present	Thomas Jefferson	2006-2013
Washington-Liberty	2013- Present	Robert E Lee	1994-2005
Yorktown	2017-Present	WT Woodson	2000-2009
		Broad Run	1996-1999
		Park View	1996-1999
		Stone Bridge	2005-2013
		South Lakes	2003- 2020

Boys Team Records

District championships

6	Jefferson	2005-2009, 2011
3	GC Marshall	1995-96, 1998
3	RE Lee	1997, 1999-2000
3	Madison	2002, 2015-16
3	Herndon	2017-19

Consecutive championships

5	Jefferson	2005-09
3	Herndon	2017-19
2	GC Marshall	1995-96
2	RE Lee	1999-2000
2	WT Woodson	2003-04
2	Washington-Lee	2013-14
2	Madison	2015-16
2	Yorktown	

Largest margin of victory

60	Jefferson, 19	WT Woodson, 79	2005
44	Madison, 19	Washington-Lee, 63	2015
43	Yorktown, 31	McLean, 74	2021
41	Jefferson, 25	WT Woodson, 66	2006

Lowest score

15	Jefferson	2007
19	Jefferson	2005
19	Jefferson	2008
19	Madison	2015

Boys Individual Records

Three Time Champions

None

Girls Team Records

District championships

8	Langley	1995-1998, 2000, 2003, 2006, 2020
6	Jefferson	2005, 2007-2011
6	Madison	1994, 2002, 2012, 2014-16

Consecutive championships

5	Jefferson	2007-11
4	Langley	1995-98
3	Madison	2018-19

Largest margin of victory

56	Madison, 19	Washington-Lee, 75	2015
41	Langley, 43	Broad Run, 84	1998
40	Madison, 36	South Lakes, 76	2016
39	Jefferson, 25	WT Woodson, 64	2008

Lowest score

19	Madison	2015
24	Madison	2014
25	Jefferson	2008
25	Washington-Lee	2013

Girls Individual Records

Three Time Champions

None

Note: Due to the COVID-19 pandemic, the 2020-21 championships were contested on April 8, 2021, in lieu of Oct, 2020.

Team Champions

<u>Year</u>	<u>Boys Champions</u>	<u>Points</u>	<u>Runner-up</u>	<u>Points</u>
1994	Langley	48	Madison	66
1995	GC Marshall	29	Madison	53
1996	GC Marshall	41	Madison	63
1997	RE Lee	57	Madison	60
1998	GC Marshall	71	McLean	76
1999	RE Lee	41	WT Woodson	62
2000	RE Lee	41	WT Woodson	57
2001	Langley	37	Madison	56
2002	Madison	32	WT Woodson	56
2003	WT Woodson	44	Madison	49
2004	WT Woodson	43	Langley	60
2005	Jefferson	19	WT Woodson	79
2006	Jefferson	25	WT Woodson	66
2007	Jefferson	15	WT Woodson	55
2008	Jefferson	19	WT Woodson	52
2009	Jefferson	34	South Lakes	57
2010	South Lakes	43	Jefferson	43
2011	Jefferson	34	Stone Bridge	64
2012	Stone Bridge	43	Jefferson	73
2013	Washington-Lee	44	Madison	63
2014	Washington-Lee	38	Madison	61
2015	Madison	19	Washington-Lee	63
2016	Madison	22	South Lakes	62
2017	Herndon	48	South Lakes	64
2018	Herndon	57	Yorktown	61
2019	Herndon	38	Yorktown	38
2020	Yorktown	37	South Lakes	53
2021	Yorktown	31	McLean	74

<u>Year</u>	<u>Girls Champion</u>	<u>Points</u>	<u>Runner-up</u>	<u>Points</u>
1994	Madison	34	Langley	52
1995	Langley	41	GC Marshall	53
1996	Langley	43	Broad Run	61
1997	Langley	45	Broad Run	64
1998	Langley	43	Broad Run	84
1999	WT Woodson	43	Langley	46
2000	Langley	35	Madison	55
2001	WT Woodson	29	Madison	38
2002	Madison	27	Langley	27
2003	Langley	61	WT Woodson	66
2004	Fairfax	55	WT Woodson	57
2005	Jefferson	35	WT Woodson	61
2006	Langley	52	Jefferson	55
2007	Jefferson	40	WT Woodson	67
2008	Jefferson	25	WT Woodson	64
2009	Jefferson	26	Langley	41
2010	Jefferson	35	Langley	41
2011	Jefferson	28	Madison	48
2012	Madison	49	McLean	73
2013	Washington-Lee	25	Madison	25
2014	Madison	24	Washington-Lee	54
2015	Madison	19	Washington-Lee	75
2016	Madison	36	South Lakes	76
2017	South Lakes	46	McLean	68
2018	Washington-Lee	46	Yorktown	64
2019	McLean	48	Yorktown	60
2020	Langley	51	Herndon	68
2021				

INDIVIDUAL CHAMPIONS

<u>Boys</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Runner-Up</u>	<u>School</u>	<u>Time</u>
1994	Rob Pearce	RE Lee	15:23	Geoffrey Swanson	Langley	15:44
1995	Tom Kraft	GC Marshall	15:35	Mark King	Madison	16:03
1996	Josh Horton	GC Marshall	15:41	Jason Meyer	Madison	15:48
1997	Tyrone Jones	RE Lee	15:48	Stian Goransson	Langley	16:02
1998	Matthew Gilna	Langley	15:49	Christopher Palen	GC Marshall	15:53
1999	James Small	McLean	15:40	Matthew Gilna	Langley	15:52
2000	Alpha Kiflu	RE Lee	15:58	Adam Litchenfels	RE Lee	16:21
2001	Robert Longoria	RE Lee	15:50	Billy Bylund	Langley	15:51
2002	Jes Barron	WT Woodson	17:27	Andrew Waring	Madison	17:36
2003	Dawit Legesse	RE Lee	15:36.5	Andrew Waring	Madison	15:45
2004	Dawit Legesse	RE Lee	15:46	Mitch Milkov	Fairfax	16:11
2005	Paul Norland	Jefferson	15:48	Richard Prevost	Jefferson	15:50
2006	Paul Norland	Jefferson	15:27.7	Richard Prevost	Jefferson	15:31
2007	Evan Heflin	Jefferson	15:31.4	Brian Landry	Jefferson	15:32
2008	Alexander Witko	Jefferson	15:57.4	Cameron Keys	WT Woodson	16:01
2009	Kevin Dowd *	Fairfax	15:15.1	Jimmy Wu	Jefferson	16:07
2010	Jonathan Phillips	Jefferson	15:46	Will Sickenberger	South Lakes	15:57
2011	Brady Guertin	Stone Bridge	15:52	MacKenzie Haight*	GC Marshall	16:01
2012	Matthew Calem	Madison	15:43	Brady Guertin	Stone Bridge	15:45
2013	Haileye Demsie	Washington-Lee	15:30	Matthew Calem	Madison	15:30
2014	Alex Maguire	Fairfax	15:52	Andrew McCool	South Lakes	16:00
2015	Sean Grimm	Madison	15:36	Chamberain Zulauf	Madison	16:10
2016	Sean Grimm	Madison	15:21	Zachary Holden	Madison	15:50
2017	Sean Casey	South Lakes	15:38	Liban Hanfi	Herndon	15:42
2018	Colin McCauley	Herndon	15:31	Jonny Jackson	Washington-Lee	15:55
2019	<i>Albert Velikonja</i>	<i>Yorktown</i>	<i>15:09</i>	Colin McCauley	Herndon	15:41
2020	Xavier Jemison	McLean	15:41	Owen McArdle	Yorktown	15:44
2021	Xavier Jemison	McLean	15:28	Owen McArdle	Yorktown	15:31
<u>Girls</u>	<u>Champion</u>	<u>School</u>	<u>Time</u>	<u>Runner-Up</u>	<u>School</u>	<u>Time</u>
1994	Lauren Colton	Langley	19:19	Dana Coons	Madison	19:20
1995	Dana Coons	Madison	18:43	Meghan McLaughlin	GC Marshall	18:47
1996	Mary Hale	Langley	18:34	Dana Coons	Madison	18:44
1997	Meghan McLaughlin	GC Marshall	18:01	Mary Hale	Langley	18:47
1998	Caitlin Dempsey	Fairfax	18:32	Alexandra Leader	Langley	18:58
1999	Lauren Chaikin	GC Marshall	17:59	Marjorie Censor	WT Woodson	18:15
2000	Caitlin Dempsey	Fairfax	18:33	Rachel Shipp	Langley	19:16
2001	Kate Griendling	WT Woodson	19:35	Katelyn Spengler	Madison	19:37
2002	Megan Ginley	Madison	20:29	Jenn Dietz	RE Lee	20:36
2003	Nicole Pederson	South Lakes	18:28.8	Kimberly Vowell	RE Lee	18:39
2004	Jessica Trapeni	Fairfax	18:23	Nicole Pederson	South Lakes	18:29
2005	Sarrah Hadiji	WT Woodson	17:47	Stephany Reaves	Jefferson	17:52
2006	Sarrah Hadiji	WT Woodson	17:57.5	Lauren Shaw	Langley	18:11
2007	Lauren Shaw	Langley	18:21.2	Stephanie Paradis	Stone Bridge	18:24
2008	Stephanie Marzen	Jefferson	18:00.0	Stephanie Paradis	Stone Bridge	18:01
2009	Stephanie Marzen	Jefferson	18:28	Mary Fouse	Langley	18:33
2010	Jessica Miles	Langley	18:21	Courteney West	Langley	18:34
2011	Katherin Sheridan	Jefferson	18:26	Amanda Swaak	Madison	18:37
2012	Laura Sullivan	Madison	19:11	Jessica Miles	Langley	19:21
2013	Sarah Angell	Washington-Lee	17:44	Amanda Swaak	Madison	17:47
2014	Amanda Swaak	Madison	17:39	Devon Williams	Madison	18:05
2015	Devon Williams	Madison	18:06	Morgan Wittrock	Madison	18:23
2016	Olivia Beckner	South Lakes	17:24	Caroline Howley	McLean	18:02
2017	<i>Olivia Beckner</i>	<i>South Lakes</i>	<i>17:23</i>	Isabelle Gulgert	South Lakes	18:10
2018	Eva Smith-Perry	Washington-Lee	17:54	Piper Dean	Yorktown	17:54
2019	Gillian Bushae	Herndon	18:00	Piper Dean	Yorktown	18:00
2020	Thais Rolly	McLean	17:53	Gillian Bushae	Herndon	17:54
2021	Thais Rolly	McLean	17:23	Gillian Bushae	Herndon	17:28

TOP 25 TIMES

Boys	School	Time	Year
1 Kevin Dowd*	Fairfax	15:15.1	2009
2 Albert Velikonja	Yorktown	15:09	2019
3 Sean Grimm	Madison	15:21	2016
4 Rob Pearce	RE Lee	15:23	1994
5 Paul Norland	Jefferson	15:27.7	2006
6 Xavier Jemison	McLean	15:28	2020
7 Haileye Demsie	Washington-Lee	15:30	2013
8 Matthew Calem	Madison	15:30	2013
9 Richard Prevost	Jefferson	15:30.2	2006
10 Colin McCauley	Herndon	15:31	2018
Owen McArdle	Yorktown	15:31	2021
12 Evan Heflin	Jefferson	15:31.4	2007
13 Brian Landry	Jefferson	15:31.9	2007
14 Tom Kraft	GC Marshall	15:35	1995
15 Dawit Legesse	RE Lee	15:36.5	2003
16 Sean Casey	South Lakes	15:38	2017
17 James Small	McLean	15:40	1999
Gidey Teferra	Stone Bridge	15:40.5	2006
19 Josh Horton	GC Marshall	15:41	1996
20 Liban Hanfi	Herndon	15:43	2017
21 Andrew Waring	Madison	15:45	2003
Brady Guertin	Stone Bridge	15:45	2012
23 Jonathan Phillips	Jefferson	15:46	2010
24 Tyrone Jones	RE Lee	15:48	1997
Paul Norland	Jefferson	15:48	2005
Jason Meyer	Madison	15:48	1996

Note: 2009 Times- Course was measured to be 3.01 (160 ft longer than standard 2.98) by Pearl Watts on Saturday, November 7th.

Converted times would include:

Kevin Dowd-Fairfax-15:05.8c

Girls	Runner	School	Time	Year
1	Olivia Beckner	South Lakes	17:23	2017
	Thais Rolly	McLean	17:23	2021
3	Gillian Bushee	Herndon	17:28	2021
4	Amanda Swaak	Madison	17:39	2014
5	Anna Marie Corcoran	Yorktown	17:43	2021
6	Sarah Angell	Washington-Lee	17:44	2013
7	Sarrah Hadiji	WT Woodson	17:47	2005
	Stephany Reaves	Jefferson	17:52	2005
	Devon Williams	Madison	17:54	2014
10	Evan Smith-Perry	Washington-Lee	17:54	2018
11	Piper Dean	Yorktown	17:54	2018
12	Lauren Chaikin	GC Marshall	17:59	1999
13	Stephanie Marzen	Jefferson	18:00.1	2008
14	Stephanie Paradis	Stone Bridge	18:00.4	2008
15	Meghan McLaughlin	GC Marshall	18:01	1997
16	Caroline Howley	McLean	18:02	2016
17	Chloe Tran	Fairfax	18:04	2016
18	Sarah Stites	Jefferson	18:04.1	2008
19	Morgan Wittrock	Madison	18:05	2014
20	Erica Howes	WT Woodson	18:06	2008
21	Anna Spear	Langley	18:07	2018
22	Lauren Shaw	Langley	18:10.4	2006
	Sarah Sears	Washington-Lee	18:11	2013
24	Isabelle Gulgert	South Lakes	18:11	2017
25	Aaren Pastor	WT Woodson	18:11.4	2006