

ND Class A Girls X-County Individual Champions

Year	Individual
1979	Joan Hammeren, Bismarck
1980	Joan Hammeren, Bismarck
1981	Joan Hammeren, Bismarck
1982	Joan Hammeren, Bismarck
1983	Joan Hammeren, Bismarck
1984	Tammy Birch, Minot
1985	Tammy Birch, Fargo South
1986	Jenny Schmeichel, Jamestown
1987	Robyn Jokumson, Wahpeton
1988	Julie Hornbacher, Minot
1989	Robyn Jokumson, Wahpeton
1990	Jenny Schmeichel, Jamestown
1991	Becki Wells, Dickinson
1992	Becki Wells, Dickinson
1993	Laurie Fox, Jamestown
1994	Laurie Fox, Jamestown
1995	Heidi Brenden, Minot
1996	Jessica Schweitzer, Jamestown
1997	Beth Hoge, Bismarck Century
1998	Jennifer Falk, Jamestown
1999	Penny Splichal, Dickinson
2000	Penny Splichal, Dickinson
2001	Allison Pritchard, Dickinson
2002	Kendra Lystad, Fargo South
2003	Kendra Lystad, Fargo South
2004	Melanie Funke, Minot
2005	Melanie Funke, Minot
2006	Laura Roesler, Fargo South
2007	Laura Roesler, Fargo South
2008	Alissa Mears, West Fargo
2009	Tarin Lachowitz, Fargo South