

SPOKANE CROSS COUNTRY

Home of the Sasquatch, Home of Champions

NWAACC Men's Team Champions

**1967, 1969, 1970, 1972, 1973
1974, 1975, 1978, 1996, 1997
1998, 2001, 2002, 2003, 2004
2005, 2006, 2007, 2008, 2009
2010, 2012, 2014, 2015**

NWAACC Women's Team Champions

**1978, 1979, 1982, 1987, 1988
1997, 1998, 1999, 2000, 2006
2007, 2008, 2013, 2014, 2015**

NWAACC Men's Individual Champs

Phil Burkwist	1970
Kurt Beckman	1972
Lucas Oloo	1973
Rick Whitaker	1974
Tom Larson	1975
Steve Taylor	1976
Ben Welch	1982
Greg Kuntz	1990
Scott Limbach	1998
Dak Riek	2007
Rigoberto Jimenez	2008
Anthony Brown	2010
Daniel Schofield	2013,2014

NWAACC Women's Individual Champs

Kelly Warren	1978
Joanne Lahti	1979
Trish Henderson	1982
Kari McKay	1987, 1988
Para Draine	1991
Jennifer Skands	1992
Erika Colins	1997
Colleen Huck	1998
Jenni Saling	1999
Chelliey Corder	2002
Britnee Sanchez	2007
Mikel Elliot	2011
Jessica Mildes	2012,2013
Becca Mildes	2015

NWAACC Combined Team Champions

**1988, 1997, 1998, 1999, 2001
2002, 2004, 2005, 2006, 2007
2008, 2010**