

2020 Champion: Meghan Nelson 15:14
 2021 Champion: Audra Johnson 13:45
2022 Champion: Lizzy Curtis 13:14

2020 1-5 Team Time: 1:11:21
 2021 1-5 Team Time: 1:11:18
2022 1-5 Team Time: 1:10:21

| | 2021 HOKA | 2022 Scrimmage | 2022 HOKA | Imp. | Prediction | LP |
|---------|-----------|----------------|--------------|-------|------------|----|
| Lizzy | --- | 14:11 | 13:14 | -.57 | :36 | 10 |
| Denali | 13:47 | 14:19 | 13:29 | -.50 | :31 | 9 |
| Meghan | 14:02 | 14:29 | 14:17 | -.27 | :12 | 8 |
| Natalie | 16:20 | 15:43 | 14:17 | -1:26 | -1:13 | 7 |
| Aubrey | 15:28 | 15:44 | 15:19 | -.25 | :01 | 16 |

2021 Team 1-5 spread **1:21**

2022 Team 1-5 spread **2:05**

| | | | | | | |
|---------|-------|-------|-------|-------|------|----|
| Montana | 15:06 | 16:21 | 15:32 | -.51 | :23 | 5 |
| Grace | 18:12 | 17:21 | 16:35 | -.47 | :45 | 4 |
| Rhianna | 19:38 | 22:51 | 17:02 | -5:57 | 2:43 | 13 |
| Jade | 15:47 | 21:41 | 20:11 | -1:30 | :11 | 2 |

Boys -----

2020 Champion: **Bailey Olson 10:52**
 2021 Champion: Taylor Thunstedt: 10:57
 2022 Champion: Beckett Brueggen 11:45

2020 1-5 Team Time: :59:19
2021 1-5 Team Time: :58:42
 2022 1-5 Team Time: 1:02:53

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|---------|-------|-------|--------------|--------------|------------|----|
| Beckett | | 12:38 | 11:45 | -.53 | :07 | 10 |
| Gavin | 13:01 | 12:41 | 11:54 | -.47 | :04 | 19 |
| Devin | 12:15 | 12:36 | 12:15 | -.21 | :28 | 8 |
| Levi | ---- | ----- | ----- | — | — | — |
| David | 12:31 | 13:16 | 12:43 | -.33 | :43 | 7 |
| Kalan | 15:27 | ----- | 14:16 | -1:11 | :31 | 16 |

2021 Team 1-5 spread **1:34**

2022 Team 1-5 spread 2:31

| | | | | | | |
|---------|-------|-------|-------|------|------|---|
| Phillip | ----- | 15:35 | 15:10 | -.25 | :40 | 5 |
| Zeke | ---- | 15:24 | 16:14 | | 1:25 | 4 |

| | | | | | | |
|---------|-----|-------|-------|------|------|---|
| Reid | --- | 16:57 | 17:00 | :-37 | :05 | 3 |
| Garrett | --- | ----- | 19:30 | | 2:30 | 2 |