

| Name | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | Total | Notes |
|------------|-----------|----|---|---|---|---|---|---|---|----|----|----|----|----|-------|------------|
| Witnik | Melissa | 12 | x | x | x | x | x | x | x | x | x | x | x | | 12 | |
| Bratzel | Ally | 11 | x | x | x | x | x | x | x | x | x | x | x | | 12 | |
| Clement | Mary Kate | 11 | x | x | x | x | x | x | x | x | x | x | x | | 12 | |
| Mordini | Lisa | 10 | x | x | x | x | x | x | x | x | x | x | x | | 12 | |
| Canning | Kelly | 12 | x | x | x | x | x | x | x | x | x | | | | 11 | |
| Kiplinger | Rosie | 9 | x | x | x | x | x | x | x | x | x | | | | 11 | |
| O'Dwyer | Kelli | 10 | x | x | x | x | x | x | x | x | x | x | | | 11 | |
| Discher | Emma | 9 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Gattari | Alli | 10 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Kray | Jennifer | 12 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Lobsinger | Hana | 9 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Marr | Katie | 11 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Rudd | Lydia | 9 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Schmidt | Stephanie | 10 | x | x | x | x | x | x | x | x | x | | | | 10 | |
| Mallon | Caroline | 12 | x | x | x | x | x | x | x | x | | | | | 9 | |
| Mueller | Katie | 10 | x | x | x | x | x | x | x | x | | | | | 9 | |
| Boettcher | Brittany | 9 | x | x | x | x | x | x | x | | | | | | 8 | |
| Buoy | Lauren | 12 | x | x | x | x | x | x | x | | | | | | 8 | |
| Van Loan | Stacy | 11 | x | x | x | x | x | x | x | | | | | | 8 | |
| Mizushima | Kristin | 9 | x | x | x | x | x | | | | | | | | 5 | |
| Hedl | Lindsay | 12 | x | x | x | | | | | | | | | | 3 | |
| Anderson | Elise | 12 | | | | | | | | | | | | | | State Team |
| Coutre | Madeleine | 11 | | | | | | | | | | | | | | State Team |
| Gibbons | Colleen | 11 | | | | | | | | | | | | | | State Team |
| Kelly | Bridget | 10 | | | | | | | | | | | | | | State Team |
| Kelly | Clare | 9 | | | | | | | | | | | | | | State Team |
| Mordini | Lauren | 9 | | | | | | | | | | | | | | State Team |
| Picken | Sarah | 12 | | | | | | | | | | | | | | State Team |
| Schwark | Caitlin | 11 | | | | | | | | | | | | | | State Team |
| Shire | Emily | 12 | | | | | | | | | | | | | | State Team |
| Skibbins | Kathryn | 12 | | | | | | | | | | | | | | State Team |
| Wanner | Anne | 11 | | | | | | | | | | | | | | State Team |
| Witnik | Megan | 10 | | | | | | | | | | | | | | State Team |
| Algawerash | Sarah | 9 | | | | | | | | | | | | | | Absent |
| Antuna | Brina | 10 | | | | | | | | | | | | | | Absent |
| Brinley | Emily | 12 | | | | | | | | | | | | | | Absent |
| Canning | Sam | 9 | | | | | | | | | | | | | | Absent |
| English | Emily | 10 | | | | | | | | | | | | | | Absent |
| Fiola | Katie | 9 | | | | | | | | | | | | | | Absent |
| Gorski | Karin | 9 | | | | | | | | | | | | | | Absent |
| Holze | Valerie | 10 | | | | | | | | | | | | | | Absent |
| Kramen | Rachel | 9 | | | | | | | | | | | | | | Absent |
| Lange | Alexandra | 11 | | | | | | | | | | | | | | Absent |
| Lynch | Nicole | 10 | | | | | | | | | | | | | | Absent |
| Meyer | Amanda | 10 | | | | | | | | | | | | | | Absent |
| Mignin | Rachael | 11 | | | | | | | | | | | | | | Absent |
| Nevins | Shannon | 12 | | | | | | | | | | | | | | Absent |
| Pirovano | Lisa | 12 | | | | | | | | | | | | | | Absent |
| Savell | Colleen | 10 | | | | | | | | | | | | | | Absent |
| Scheppe | Karalyn | 9 | | | | | | | | | | | | | | Absent |
| Shelton | Ali | 12 | | | | | | | | | | | | | | Absent |
| Smith | Angie | 9 | | | | | | | | | | | | | | Absent |
| Valadez | Kathleen | 11 | | | | | | | | | | | | | | Absent |

***Workout will begin with a 1/2 mile warm-up and flexibility
 ***The entire group will run the one mile loop to the hill.
 ***30 minutes to complete as many full hills as possible.
 Full Hill - from the cone at the bottom to the cone at the top.
 The count will end when you stop running.