

John Adams Girls Cross Country Program History

IHSAA Sectional Champions

1997

IHSAA Individual Sectional Champions

1996 Sonya Sterba
1997 Sonya Sterba
2000 Katie Koellner
2003 Caitlin Lauer
2004 Caitlin Lauer

IHSAA Regional Champions

1997

IHSAA Individual Regional Champion

2003 Caitlin Lauer

Northern Indiana Conference Champions

1997

1998

Northern Indiana Conference MVP

1996 Sonya Sterba
1997 Sonya Sterba
2000 Katie Koellner

Northern Indiana Conference Coach of the Year

1997 Randy Issacson
1998 Randy Issacson

Northern Indiana Conference Championship Coach

1997 Randy Issacson
1998 Randy Issacson

South Bend City Champions

1981 1994 1996 1997 2013 2016 2017 2018

South Bend City Individual Champions

1994 Erin Linder
1995 Sonya Sterba
1996 Sonya Sterba
1997 Katie Koellner
1999 Katie Koellner
2000 Laura Kagarise
2001 Caity Lauer
2002 Caity Lauer
2003 Caity Lauer
2004 Caity Lauer
2015 Lane McDonald
2016 Lane McDonald
2017 Olivia Wheeler
2018 Madeline Mischak

IHSAA State Meet Qualifiers

1997 Katie Koellner
1998 Katie Koellner
2003 Caitlin Lauer
2004 Caitlin Lauer
2014 Michaela Lewis

John Adams School Record

Michaela Lewis 19:10.3 2014