

Boys Individual

Year	Conference	School	Student Name	Time
1975-1976	1A (2 miles)	Houston Scarborough	Marty Froelick	9:38
1976-1977	1A (2 miles)	Houston Forest Brook	James Green	9:44

Girls Individual

Year	Conference	School	Student Name	Time
2016-2017	6A	Houston Lamar	Julia Heymach	17:12.8
2015-2016	6A	Houston Lamar	Julia Heymach	18:19.6