

Kiz Oftedahl

High School: Graduated 1979

- Cross Country
 - All-Conference
 - Squad Placed Fourth at State- highest in school history
- Track
 - Captain
 - Ran on Two 1600 Relay State Championship Squads
 - Placed second in the Long Jump
 - School Records: (2022)
 - 5th 800 Relay: 1:43.3
 - 6th 1600 Relay: 3:55.5

College: University of Wisconsin-LaCrosse

- Two-Time All-American in the 1600 and 3200 Relays