

## JEFFCO 4A CROSS COUNTRY 2018-19

### **MEN'S ALL CONFERENCE**

#### **First Team**

Grahm Tuohy-Gaydos	Green Mountain
Rory Seidel	Wheat Ridge
Colin Szuch	Evergreen
Noah Brown	Golden
Christian Sapakoff	Littleton
Christian Olsen	Littleton
Noah Hendrix	Standley Lake
Oliver Barwell	Evergreen

#### **Second Team**

Bryce Reeburgh	Golden
Cooper Brown	Littleton
Ethan Hensley	Golden
Hunter Twitty	Golden
Danny Ridley	Golden
Caleb Neel	Green Mountain
Jack Swanson	Golden
Hayden Charlwood	Evergreen

#### **Honorable Mention**

Kyle Hofmann	Standley Lake
Benjamin Andriola	Evergreen
Alexander Walker	Green Mountain
Henry Jackson	Littleton
Jack Andriola	Evergreen
Matthew Sapakoff	Littleton
Zachary Jesaitis	Green Mountain
Alex Grosshans	Standley Lake

### **WOMENS ALL CONFERENCE**

#### **First Team**

Tiya Chamberlin	Wheat Ridge
Alayna Szuch	Evergreen
Kasey Klocek	Green Mountain
Sophia Abernethy	Standley Lake
Taylor Haerbig	D'Evelyn
Rachel Goodrich	Golden
Eliana Thompson	D'Evelyn
Emma Berg	Green Mountain

#### **Second Team**

Summer Olson	Green Mtn.
Katpayton, 16	D'Evelyn
Livingood	
Sonja Morin	D'Evelyn
Grace Metcalf	Green Mountain
Maggie O'Connell	Golden
Brianna Teegarden	Evergreen
Katie Keating	Standley Lake
Grace Valentine	Littleton

#### **Honorable Mention**

Mary Fox	Golden
Madisyn Macklin	Standley Lake
Marley Somers	D'Evelyn
Grace Searls	Golden
Amber Calanni	Green Mountain
Bridget Golden	Green Mountain
Chloe Kusser	Evergreen
Emily Caldwell	Littleton