

## JEFFCO 5A CROSS COUNTRY 2018-19

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

#### **First Team**

Cole Sprout	Valor Christian
Austin Vancil	Dakota Ridge
Connor Ohlson	Dakota Ridge
Cole Nash	Chatfield
Benjamin Piegat	Dakota Ridge
Jacob White	Dakota Ridge
Riley Abrashoff	Dakota Ridge
Gabe Schultz	Arvada West

#### **Second Team**

Dominic Danborn	Arvada West
James Ramey	Ralston Valley
Charlie Gordon	Lakewood
Ethan Grolnic	Ralston Valley
Jack Donze	Ralston Valley
Aidan Mobley	Lakewood
Benjamin Brandt	Ralston Valley
Max Link	Arvada West

#### **Honorable Mention**

Wyatt Oglesby	Dakota Ridge
Clifton Thompson	Lakewood
Troy Bowen	Ralston Valley
Ben Morrin	Dakota Ridge
Richard Sternesky	Bear Creek
Cody Elder	Arvada West
Logan Deison	Arvada West
Wambdi Clairmont	Lakewood

### **WOMEN'S ALL CONFERENCE**

#### **First Team**

Carley Bennett	Lakewood
Taylor Whitfield	Valor Christian
Elizabeth Schweiker	Ralston Valley
Keely Jones	Valor Christian
Rachel Meeks	Ralston Valley
Ashlyn Craig	Arvada West
Cassandra Sterns	Ralston Valley
Lucy Pidek	Dakota Ridge

#### **Second Team**

Sadie Haymond	Arvada West
Zoe Plechaty	Dakota Ridge
Reese Dragovich	Valor Christian
Payton Lott	Chatfield
Caitlin Danborn	Arvada West
Sydney Williams	Chatfield
Lauren Dynda	Dakota Ridge
Alli Randall	Valor Christian

#### **Honorable Mention**

Elizabeth Cothran	Chatfield
Avery Sprout	Valor Christian
Mackenzie Mesec	Columbine
Haylee Vannoy	Arvada West
Ciara O'Neill	Lakewood
Nicole Killeen	Columbine
Miranda Manfre	Bear Creek
Emily Burg	Arvada West