

JEFFCO 5A CROSS COUNTRY 2019-20

MEN'S ALL CONFERENCE

First Team

Cole Sprout	Valor Christian
Connor Olson	Dakota Ridge
Cole Nash	Chatfield
Luke Sundberg	Valor Christian
Jacob White	Dakota Ridge
Ben Morrin	Dakota Ridge
Benjamin Piegat	Dakota Ridge
James Ramey	Ralston Valley

Second Team

Ethan Straub	Dakota Ridge
Aidan Mobley	Lakewood
Jack Donze	Ralston Valley
David Rhoades	Arvada West
Ethan Grolnic	Ralston Valley
Wyatt Oglesby	Dakota Ridge
Gabe Schultz	Arvada West
Charlie Gordon	Lakewood

Honorable Mention

Marco Murillo	Pomona
Blake Ohlson	Dakota Ridge
Shane Pranno	Valor Christian
Aiden Logan	Ralston Valley
Mason Bessette	Chatfield
Clifton Thompson	Lakewood
Beau Thomason	Valor Christian
Tyler Pranno	Valor Christian

Men's MVP

Cole Sprout	Valor Christian
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Men's Coach of the Year

Mark Stenbeck	Dakota Ridge
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Sportsmanship

1. Chatfield
2. Columbine
3. Pomona

League Champion

Dakota Ridge H.S.

WOMEN'S ALL CONFERENCE

First Team

Brooke Wilson	Valor Christian
Taylor Whitfield	Valor Christian
Emma Stutzman	Pomona
Elizabeth Schweiker	Ralston Valley
Ashley Jones	Valor Christian
Halle Schmitz	Pomona
Elizabeth Cothran	Chatfield
Katherine Hanson	Chatfield

Second Team

Rachel Meeks	Ralston Valley
Reese Dragovich	Valor Christian
Emily Burg	Arvada West
Riley Besse	Columbine
Mackenzie Mesec	Columbine
Hailey Antill	Pomona
Madelyn McKinney	Ralston Valley
Allie Braney	Ralston Valley

Honorable Mention

Josie Williams	Columbine
Isabelle Ritz	Valor Christian
Katie Matuszynski	Chatfield
Lauren Dynda	Dakota Ridge
Amelie Bauer	Arvada West
Anika Schulthess	Ralston Valley
Bri Teegarden	Valor Christian
Ann Wipple	Dakota Ridge

Women's MVP

Brooke Wilson	Valor Christian
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Women's Coach of the Year

Greg Coplen	Valor Christian
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Sportsmanship

1. Chatfield
2. Columbine
3. Pomona

League Champion

Valor Christian HS