

## **2010 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL**

21 Coaches Voted in this weeks poll

Date: August 11, 2010 - Pre-Season Poll

### **Class B Girls:**

#### Teams

- 1 Carrington
- 2 Killdeer
- 3 Velva
- 4 Parshall
- 5 Griggs County Central

#### Individuals

- |                                   |  |
|-----------------------------------|--|
| 1 Chandra Yankton (Rugby)         | 6 Taylor Palmer (GCC)                          |
| 2 Symbria Bell (New Town)         | 7 Sydney Kraft (Rugby)                         |
| 3 Tasha Heisler (Velva)           | 8 Kade Ross (Watford City)                     |
| 4 Alyssa Anderson (Leeds/Maddock) | 9 Brittany Liljenquist (Griggs County Central) |
| 5 Kara Kuntz (Velva)              | 10 Alexis Woods (Parshall)                     |

Other teams receiving votes: New Town

### **Class B Boys:**

#### Teams

- 1 Rugby
- 2 New Town
- 3 North Star
- 4 Parshall
- 5 Griggs County Central

#### Individuals

- |                               |   |
|-------------------------------|---|
| 1 Ken Wells (Parshall)        | 6 Clyde Baker (New Town)                  |
| 2 Alex Baker (New Town)       | 7 Kyle Volk (Rugby)                       |
| 3 Bridger Belzer (North Star) | 8 Adam Monson (Hatton/Northwood/Thompson) |
| 4 Easton Page (Carrington)    | 9 Jonathan Price (Garrison)               |
| 5 Austin Smith (Grafton)      | 10 Erik Wangler (Rugby)                   |

Other teams receiving votes:

### **Class A Girls:**

#### Teams

- 1 Bismarck
- 2 West Fargo
- 3 Bismarck Century
- 4 Fargo Davies
- 5 Shanley/Oak Grove

#### Individuals

- |                                     |   |
|-------------------------------------|---|
| 1 Tarin Lachowitzer (Fargo South)   | 6 Jessica Lindsay (Grand Forks Central) |
| 2 Allison Allmer (Jamestown)        | 7 Erin Valenti (Fargo South)            |
| 3 Alana Fischer (Bismarck)          | 8 Alex Backlund (Shanley/Oak Grove)     |
| 4 Alicia Fetting (Bismarck Century) | 9 Brecca Wahlund (Minot)                |
| 5 Tessa Haussler (Bismarck)         | 10 Brooklyn Beehler (Bismarck)          |

Other teams receiving votes: Minot

### **Class A Boys:**

#### Teams

- 1 Bismarck
- 2 Williston
- 3 Grand Forks Central
- 4 Bismarck Century
- 5 Shanley/Oak Grove

#### Individuals

- |                                  |  |
|----------------------------------|--|
| 1 Jake Leingang (Bismarck)       | 6 Francis Mendee (Grand Forks Red River) |
| 2 Levi Sether (Bismarck Century) | 7 Dana Naylor (Shanley/Oak Grove)        |
| 3 Cody Humann (Bismarck)         | 8 Nathan Donnelly (Williston)            |
| 4 Caleb Shaffer (Williston)      | 9 Shane Harlow (Grand Forks Central)     |
| 5 Austin Todd (Bismarck)         | 10 Alex Huizenga (Bismarck)              |

Other teams receiving votes: Minot