

2010 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL

34 Coaches Voted in this weeks poll

Date: September 29, 2010

Class B Girls:

Teams

- 1 Rugby
- 2 Velva
- 3 Parshall
- 4 Grafton
- 5 Griggs County Central

Individuals

- 1 Sydney Kraft (Rugby)
- 2 Taylor Palmer (Griggs County Central)
- 3 Chandra Yankton (Rugby)
- 4 Alyssa Anderson (Benson County)
- 5 Alexis Woods (Parshall)

- 6 Symbria Bell (New Town)
- 7 Kara Kuntz (Velva)
- 8 Keisha Schock (Washburn/Wilton)
- 9 Brittany Liljenquist (Griggs County Central)
- 10 Brooklyn Zink (Hillsboro)

Other teams receiving votes: Killdeer

Class B Boys:

Teams

- 1 New Town
- 2 Rugby
- 3 Beulah/Hazen
- 4 Parshall
- 5 Grafton

Individuals

- 1 Ken Wells (Parshall)
- 2 Alex Baker (New Town)
- 3 Clyde Baker (New Town)
- 4 Donovan Lambert (New Town)
- 5 Jon Price (Garrison)

- 6 Adam Monson (Hatton/Northwood/Thompson)
- 7 Jaz Catterall (Beulah/Hazen)
- 8 Erik Wangler (Rugby)
- 9 Garrett Thompson (Rugby)
- 10 Austin Smith (Grafton)

Other teams receiving votes:

Class A Girls:

Teams

- 1 Fargo Davies
- 2 Bismarck
- 3 Bismarck Century
- 4 Dickinson
- 5 West Fargo

Individuals

- 1 Brecca Wahlund (Minot)
- 2 Alison Allmer (Jamestown)
- 3 Tarin Lachowitz (Fargo Davies)
- 4 Sarah Jacobson (Shanley/Oak Grove)
- 5 Alex Backlund (Shanley/Oak Grove)

- 6 Jessica Rosenau (West Fargo)
- 7 Jessica Lindsay (Grand Forks Central)
- 8 Alana Fischer (Bismarck)
- 9 Christine Baltezore (West Fargo)
- 10 Brittany Brown Otter (Bismarck)

Other teams receiving votes:

Class A Boys:

Teams

- 1 Bismarck
- 2 Williston
- 3 West Fargo
- 4 Grand Forks Central
- 5 Bismarck Century

Individuals

- 1 Jake Leingang (Bismarck)
- 2 Francis Mendee (Grand Forks Red River)
- 3 Levi Sether (Bismarck Century)
- 4 Austin Todd (Bismarck)
- 5 Paul Shafer (Grand Forks Central)

- 6 Waha Sem (Fargo North)
- 7 Nate Peterson (West Fargo)
- 8 Brandon Scheel (Fargo Davies)
- 9 Shane Harlow (Grand Forks Central)
- 10 Nathan Donnelly (Williston)

Other teams receiving votes: