

2018 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL

22 coaches voted in this weeks poll

Date: August 29, 2018

Class B Girls:

Teams

- 1 Rugby
- 2 Mayville-Portland-Clifford-Galesburg
- 3 Hillsboro/Central Valley
- 4 New Town
- 5 Thompson

Individuals

- 1 Lanna Krack (Thompson)
- 2 Elise Ramberg (Langdon Area/Edmore/Munich)
- 3 Dreah Frolek (Sargent Central/Lidgerwood)
- 4 Amanda Jarrett (Carrington)
- 5 Quinn Nepl (Rugby)

- 6 Jakkia Duffy (LaMoure/Litchville-Marion)
- 7 Anna Strand (Mayville-Portland-Clifford-Galesburg)
- 8 Mykell Heidlebaugh (Rugby)
- 9 Anna Mehus (Mayville-Portland-Clifford-Galesburg)
- 10 Jensyn Zink (Hillsboro/Central Valley)

Other teams receiving votes:

Class B Boys:

Teams

- 1 New Town
- 2 Hillsboro/Central Valley
- 3 Rugby
- 4 Bowman County
- 5 Beulah/Hazen

Individuals

- 1 Isaac Huber (Edgeley/Kulm)
- 2 Payton Smith (Carrington)
- 3 Robert White (New Town)
- 4 Jaiven Hale (New Town)
- 5 Colton Anderson (Hillsboro/Central Valley)

- 6 Chase Fossum (Hillsboro/Central Valley)
- 7 Pierce Cooper (Thompson)
- 8 Riley Zachmeier (Rugby)
- 9 Ian Busche (Beulah/Hazen)
- 10 Noah Rolfe (Stanley)

Other teams receiving votes: Thompson

Class A Girls:

Teams

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

Individuals

- 1 Meghan Ford (Jamestown)
- 2 Megan Lundstrom (Fargo Davies)
- 3 Mattie Shirley-Fairbairn (Bismarck)
- 4 Kelby Rinas (Mandan)
- 5 Emily Goldade (Bismarck Century)

- 6 Alexis Roehl (Grand Forks Central)
- 7 Lindsey Werner (Bismarck Legacy)
- 8 Kayla Ogle (Watford City)
- 9 Payton Lane (Fargo Davies)
- 10 Erin Palmer (Bismarck Century)

Other teams receiving votes: Grand Forks Central

Class A Boys:

Teams

- 1 Williston
- 2 Bismarck Century
- 3 Bismarck Legacy
- 4 Grand Forks Red River
- 5 Bismarck

Individuals

- 1 Alex Luz (Fargo North)
- 2 Brady Yoder (Dickinson)
- 3 Micade Shumway (Williston)
- 4 Austin Wald (Bismarck Century)
- 5 Isaiah Germolus (Bismarck Legacy)

- 6 Jacob Jenson (Turtle Mountain)
- 7 Leif Larsen (Williston)
- 8 Sean Korsmo (Dickinson)
- 9 Carl Reis (Bismarck Legacy)
- 10 Jake Arason (Grand Forks Red River)

Other teams receiving votes: Fargo North