

2018 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL

28 coaches voted in this weeks poll

Date: September 12, 2018

Class B Girls:

Teams

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

Individuals

- 1 Lanna Krack (Thompson)
- 2 Elise Ramberg (Langdon Area/Edmore/Munich)
- 3 Dreah Frolek (Sargent Central/Lidgerwood/Oakes)
- 4 Amanda Jarrett (Carrington)
- 5 Jensyn Zink (Hillsboro/Central Valley)

- 6 Quinn Nepl (Rugby)
- 7 Jakkia Duffy (LaMoure/Litchville-Marion)
- 8 Anna Strand (Mayville-Portland-Clifford-Galesburg)
- 9 Kayla Parisien (St. John)
- 10 Mykell Heidlebaugh (Rugby)

Other teams receiving votes: Bowman County

Class B Boys:

Teams

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

Individuals

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

- 6 Chase Fossum (Hillsboro/Central Valley)
- 7 Pierce Cooper (Thompson)
- 8 Hunter Denault (Pembina County North)
- 9 Ricardo Chase (New Town)
- 10 Jacob Henderickson (Hatton/Northwood/Larimore)

Other teams receiving votes: Shiloh Christian

Class A Girls:

Teams

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

Individuals

- 1 Meghan Ford (Jamestown)
- 2 Emily Goldade (Bismarck Century)
- 3 Megan Lundstrom (Fargo Davies)
- 4 Kelby Rinas (Mandan)
- 5 Alexis Roehl (Grand Forks Central)

- 6 Erin Palmer (Bismarck Century)
- 7 Kayla Ogle (Watford City)
- 8 Jaelyn Ogle (Watford City)
- 9 Eleni Lovgren (Williston)
- 10 Bridget Henne (Fargo Davies)

Other teams receiving votes: Grand Forks Central

Class A Boys:

Teams

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

Individuals

- 1 Brady Yoder (Dickinson)
- 2 Alex Luz (Fargo North)
- 3 Sean Korsmo (Dickinson)
- 4 Jacob Jensen (Turtle Mountain Community)
- 5 Austin Wald (Bismarck Century)

- 6 Micade Shumway (Williston)
- 7 Gunner Alvarado (Williston)
- 8 Jake Arason (Grand Forks Red River)
- 9 Jacob Knodle (West Fargo Sheyenne)
- 10 Juan Flores (Bismarck)

Other teams receiving votes: