

# 2018 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL

24 coaches voted in this weeks poll

Date: September 5, 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 Jakkia Duffy (LaMoure/Litchville-Marion)

- 6 Quinn Nepl (Rugby)
- 7 Jensyn Zink (Hillsboro/Central Valley)
- 8 Anna Strand (Mayville-Portland-Clifford-Galesburg)
- 9 Mykell Heidlebaugh (Rugby)
- 10 Drew Frolek (Sargent Central/Lidgerwood/Oakes)

Other teams receiving votes:

## 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 Hunter Denault (Pembina County North)
- 7 Pierce Cooper (Thompson)
- 8 Chase Fossum (Hillsboro/Central Valley)
- 9 Jacob Henderickson (Hatton/Northwood/Larimore)
- 10 Noah Rolfe (Stanley)

Other teams receiving votes:

## 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 Kelby Rinas (Mandan)
- 4 Emily Goldade (Bismarck Century)
- 5 Alexis Roehl (Grand Forks Central)

- 6 Erin Palmer (Bismarck Century)
- 7 Lindsey Werner (Bismarck Legacy)
- 8 Kayla Ogle (Watford City)
- 9 Payton Lane (Fargo Davies)
- 10 Eleni Lovgren (Williston)

Other teams receiving votes:

## Class A Boys:

### Teams

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

### Individuals

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

- 6 Jake Arason (Grand Forks Red River)
- 7 Carl Reis (Bismarck Legacy)
- 8 Jacob Jenson (Turtle Mountain Community)
- 9 Caleb Yokum (Fargo North)
- 10 Leif Larsen (Williston)

Other teams receiving votes: