

**Kansas Cross-Country and Track & Field Coaches Association
2009 Academic All-State Cross-Country Team**

GIRLS

	<u>Name</u>		<u>Year in School</u>
Class 1A	Kerra Cissne	Lincoln	Senior
	Kailey Gardner	Burrton	Junior
	Kenzie George	Clifton-Clyde	Senior
	Megan Hake	Tipton Catholic	Senior
	Allie Henry	Blue Valley	Junior
	Rachel Renken	Lakeside	Senior
	Carly Robertson	Tribune-Greeley County	Junior
	Kayla Thomas	South Gray	Senior
	Valerie Wallsten	Burrton	Junior
Class 2A	Ally Balderston	Sacred Heart	Junior
	Sarah Faerber	Sacred Heart	Senior
	Gentry Hibbard	Sublette	Junior
	Mallory Keith	Maranatha Academy	Senior
	Jillian Stratman	Bennington	Senior
	Jacquelyn Wagner	Bennington	Junior
	Bethany Zarda	Maranatha Academy	Senior
Class 3A	Shanae Porter	Beloit	Senior
	Courtney Sager	Southeast of Saline	Junior
	Taylor Scott	Belle Plaine	Junior
	Morgan Tribble	Remington	Junior
	Ivy Wellman	Belle Plaine	Senior
Class 4A	Michaela Bauer	Girard	Junior
	Lacey Erickson	DeSoto	Junior
	Amy Feldkamp	St. James Academy	Senior
	Julie Hill	Baldwin	Senior
	Heather Karlin	Baldwin	Junior
	Katrina Kaus	Colby	Junior
	Brielle Lund	Clay Center	Senior
	Bridgette McCormick	St. James Academy	Junior
	Molly Milborn	El Dorado	Junior
	Beth Reichenberger	DeSoto	Junior
	Haylee Steffen	Abilene	Senior
	Kristin Strecker	Hayden	Senior
	Connor Twombly	Baldwin	Senior
Class 5A	Mallorie Coffman	Newton	Senior
	Morgan Commodore	St. Thomas Aquinas	Senior
	Betsy Donahue	St. Thomas Aquinas	Junior
	Kylie Gaughan	Hays	Senior
	Mackenzie Maki	Kapaun Mt. Carmel	Junior
	Amanda Pigott	St. Thomas Aquinas	Senior
	Kristen Sponsel	Bishop Carroll	Senior
	Jenna Stanbrough	Emporia	Senior
	Brandy Tholstrup	Bishop Carroll	Senior
	Ashley Washburn	St. Thomas Aquinas	Senior
	Meagan Wilderson	St. Thomas Aquinas	Senior
Class 6A	Avery Clifton	Washburn Rural	Senior
	Lisa Imgrund	Shawnee Mission Northwest	Senior
	Alyssa Luker	Blue Valley	Senior
	Shannon Maser	Blue Valley West	Senior
	Christina Smith	Manhattan	Junior
	Jessie Sykes	Shawnee Mission East	Senior

BOYS

	<u>Name</u>	<u>School</u>	<u>Year in School</u>
Class 1A	Case Beckman	Ness City	Senior
	Kyle Calvin	Ness City	Senior
	Cole Gardiner	Ashland	Junior
	Ransom Gardiner	Ashland	Junior
	Colton McNinch	Ness City	Senior
	Alex Potuzak	Clifton-Clyde	Senior
	Clay Robertson	Tribune-Greeley County	Junior
	Kellum Schneider	Tribune-Greeley County	Senior
	Josh Snodgrass	Ness City	Junior
	Isaac Williams	Pretty Prairie	Junior
Class 2A	Mitch Heller	Maranatha Academy	Junior
	Cory Keehn	Jackson Heights	Junior
	Elliott Nold	Wathena	Senior
	Arlan Newby	Berean Academy	Senior
Class 3A	Austin Bogina	Northeast	Junior
	Aaron Catlin	Beloit	Senior
	Mitchell Gaede	Holcomb	Senior
	Grady Goff	Riley County	Senior
	JaCee Jarnagin	Holcomb	Senior
	Ryan Jones	Marion	Senior
	Jordan Speed	Wichita Independent	Junior
Class 4A	Eric Anders	Wellington	Senior
	Zach Baumgartner	Hesston	Senior
	Tommy Hatesohl	Clay Center	Junior
	Wyatt James	Mulvane	Senior
	Gavin Koester	Concordia	Senior
	Evan Landes	Mulvane	Junior
	Ry Patton	DeSoto	Senior
	Peter Ruby	Silver Lake	Senior
	Brendan Soucie	Osawatomie	Senior
	Nikki Trooien-Smith	Mulvane	Senior
	Tony Weiss	Baldwin	Junior
	James Wilson	Abilene	Senior
	Riley Woodward	Wamego	Junior
Class 5A	David Beckenhauer	Pittsburg	Senior
	Cliff Kissling	Bishop Carroll	Senior
	Caleb Laird	Gardner-Edgerton	Senior
	Joshua Munsch	Hays	Senior
	Nikolous Rempe	McPherson	Junior
Class 6A	Rajarshi Bhakta	Junction City	Senior
	Reid Buchanan	Manhattan	Junior
	Aaron Pope	Washburn Rural	Senior
	Justin Scott	Blue Valley West	Senior
	Nicolas Shump	Lawrence	Junior
	Aaron Thornburg	Shawnee Mission Northwest	Junior
	Roy Wedge	Lawrence	Senior

The 2009 Kansas Cross Country and Track & Field Coaches Association

Academic All-State Cross Country Team is sponsored by:

GTM Sportswear Manhattan, KS

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The Kansas Cross Country and Track & Field Coaches Association

A student/athlete is eligible for this honor if they meet the following criteria:

Must be a junior or senior

Must have a unweighted GPA of 3.75 or higher

Must have placed in the top 30 at this year's state cross country meet

Must have been nominated by their high school coach by November 13, 2009