

2017 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL

21 coaches voted in this weeks poll

Date: October 4, 2017

Class B Girls:

Teams

- 1 Hillsboro/Central Valley
- 2 Rugby
- 3 Southern McLean
- 4 Watford City
- 5 Hatton/Northwood/Thompson

Individuals

- | | |
|--|---|
| 1 Elise Ramberg (Langdon Area/Munich/Edmore) | 6 Jensyn Zink (Hillsboro/Central Valley) |
| 2 Lana Krack (Hatton/Northwood/Thompson) | 7 Reagan Baesler (Hillsboro/Central Valley) |
| 3 Dreah Frolek (Sargent Central/Lidgerwood) | 8 Jakkia Duffy (LaMoure) |
| 4 Kayla Ogle (Watford City) | 9 Drew Frolek (Sargent Central/Lidgerwood) |
| 5 Amanda Jarrett (Carrington) | 10 Quinn Neppl (Rugby) |

Other teams receiving votes:

Class B Boys:

Teams

- 1 New Town
- 2 Hillsboro/Central Valley
- 3 Rugby
- 4 Bowman County
- 5 Hatton/Northwood/Thompson

Individuals

- | | |
|-----------------------------|---|
| 1 Jalen Chase (New Town) | 6 Daniel LeBeau (New Town) |
| 2 Isaac Huber (Edgeley) | 7 Jayden Wheeler (Pembina County North) |
| 3 Jaiven Hale (New Town) | 8 Coltan Hyttinen (Southern McLean) |
| 4 Robert White (New Town) | 9 Riley Zachmeier (Rugby) |
| 5 Payton Smith (Carrington) | 10 Ricardo Chase (New Town) |

Other teams receiving votes:

Class A Girls:

Teams

- 1 Grand Forks Central
- 2 Fargo Davies
- 3 Minot
- 4 Bismarck
- 5 West Fargo

Individuals

- | | |
|---------------------------------------|---------------------------------------|
| 1 Kelby Rinas (Mandan) | 6 Alexis Roehl (Grand Forks Central) |
| 2 Emily Goldade (Bismarck Century) | 7 Mikayla Wiess (Grand Forks Central) |
| 3 Rachel Torrey (Grand Forks Central) | 8 Megan Lundstrom (Fargo Davies) |
| 4 Mattie Shirley-Fairbairn (Bismarck) | 9 Meghan Ford (Jamestown) |
| 5 Lindsey Werner (Bismarck Legacy) | 10 Eleni Lovgren (Williston) |

Other teams receiving votes: Bismarck Century

Class A Boys:

Teams

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

Individuals

- | | |
|----------------------------------|-------------------------------------|
| 1 Evan Sayler (Bismarck Century) | 6 Brady Yoder (Dickinson) |
| 2 Alex Luz (Fargo North) | 7 Morgan Fairbairn (Bismarck) |
| 3 Micade Shumway (Williston) | 8 Isaiah Germolus (Bismarck Legacy) |
| 4 Beau Brannan (Bismarck Legacy) | 9 Austin Wald (Bismarck Century) |
| 5 Sean Korsmo (Bismarck) | 10 Hussein Muqsuin (Fargo South) |

Other teams receiving votes: