

2018 NORTH DAKOTA HIGH SCHOOL COACHES CROSS COUNTRY POLL

coaches voted in this weeks poll

Date: August 22, 2018 - Preseason

Class B Girls:

Teams

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

Individuals

- | | |
|---------------------------------------------|-----------------------------------------------------|
| 1 Lanna Krack (Thompson) | 6 Elise Ramberg (Langdon Area/Edmore/Munich) |
| 2 Dreah Frolek (Sargent Central/Lidgerwood) | 7 Anna Mehus (Mayville-Portland-Clifford-Galesburg) |
| 3 Jensyn Zink (Hillsboro/Central Valley) | 8 Amanda Jarrett (Carrington) |
| 4 Reagan Baesler (Hillsboro/Central Valley) | 9 Emma Wheeling (New Town) |
| 5 Quinn Nepl (Rugby) | 10 Drew Frolek (Sargent Central/Lidgerwood) |

Other teams receiving votes:

Class B Boys:

Teams

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

Individuals

- | | |
|----------------------------------------------|-------------------------------------------|
| 1 Jaiven Hale (New Town) | 6 Riley Zachmeier (Rugby) |
| 2 Isaac Huber (Edgeley) | 7 Chase Fossum (Hillsboro/Central Valley) |
| 3 Robert White (New Town) | 8 Payton Smith (Carrington) |
| 4 Jacob Hendrickson (Thompson) | 9 Patrick Wrigley (Shiloh Christian) |
| 5 Colton Anderson (Hillsboro/Central Valley) | 10 Brian Miller (Bowman County) |

Other teams receiving votes:

Class A Girls:

Teams

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

Individuals

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

Other teams receiving votes:

Class A Boys:

Teams

- 1 Williston
- 2 Bismarck Legacy
- 3 Bismarck Century
- 4 Fargo North
- 5 Bismarck

Individuals

- | | |
|-------------------------------------|------------------------------------|
| 1 Alex Luz (Fargo North) | 6 Brady Yoder (Dickinson) |
| 2 Micade Shumway (Williston) | 7 Carl Reis (Bismarck Legacy) |
| 3 Austin Wald (Bismarck Century) | 8 Sean Korsmo (Dickinson) |
| 4 Isaiah Germolus (Bismarck Legacy) | 9 Jacob Jensen (Turtle Mountain) |
| 5 Gunner Alvarado (Williston) | 10 Mason Kindel (Bismarck Century) |

Other teams receiving votes: