

**NORTHERN LAKES CONFERENCE**  
**CROSS COUNTRY 2018**

**Girls Conference Champions: Laona/Wabeno**  
**Girls Runner of the Year: Kortnie Volk, Three Lakes**

**GIRLS ALL-CONFERENCE SELECTIONS**

**FIRST TEAM**

| <b><u>PLAYER</u></b> | <b><u>TEAM</u></b> | <b><u>YEAR</u></b> |
|----------------------|--------------------|--------------------|
| Kortnie Volk         | Three Lakes        | 11                 |
| Grace Novak          | Laona/Wabeno       | 10                 |
| Natalie Newton       | Laona/Wabeno       | 9                  |
| Rhiannon Hooper      | Laona/Wabeno       | 12                 |
| Micasslyn Crawford   | Crandon            | 12                 |
| Taylor Cleereman     | Laona-Wabeno       | 10                 |
| Faith Neuens         | Florence           | 11                 |

**SECOND TEAM**

| <b><u>PLAYER</u></b> | <b><u>TEAM</u></b> | <b><u>YEAR</u></b> |
|----------------------|--------------------|--------------------|
| Lily Medeiros-Harris | Three Lakes        | 11                 |
| Amanda Rieck         | Three Lakes        | 9                  |
| Gabrielle Ostrowski  | Crandon            | 9                  |
| Alexzandra Kaster    | Laona/Wabeno       | 10                 |
| Kalen Berger         | Goodman/Pembine    | 10                 |
| Lilly Williams       | Crandon            | 9                  |
| Audrey Selden        | Florence           | 9                  |

**NORTHERN LAKES CONFERENCE**  
**CROSS COUNTRY 2018**

**Boys Conference Champions: Goodman/Pembine**  
**Boys Runner of the Year: Jared Zwettler, Three Lakes**

**BOYS ALL-CONFERENCE SELECTIONS**

**FIRST TEAM**

| <b><u>PLAYER</u></b> | <b><u>TEAM</u></b> | <b><u>YEAR</u></b> |
|----------------------|--------------------|--------------------|
| Jared Zwettler       | Three Lakes        | 12                 |
| Matthew Seeber       | Laona/Wabeno       | 10                 |
| Tristen Mascarette   | Florence           | 12                 |
| Drew Boney           | Crandon            | 12                 |
| Xander Gilbert       | Goodman/Pembine    | 12                 |
| Steven Rieck         | Three Lakes        | 12                 |
| Kevin Strietzel      | Goodman/Pembine    | 9                  |

**SECOND TEAM**

| <b><u>PLAYER</u></b> | <b><u>TEAM</u></b> | <b><u>YEAR</u></b> |
|----------------------|--------------------|--------------------|
| Ryan Kalkofen        | Crandon            | 12                 |
| Micah Heath          | Goodman/Pembine    | 11                 |
| Boone Larison        | Goodman/Pembine    | 9                  |
| Dylan Cloud          | Laona/Wabeno       | 10                 |
| Jacob Kessel         | Goodman/Pembine    | 9                  |
| Aidan Lowery         | Laona/Wabeno       | 12                 |
| Liam Christian       | Laona/Wabeno       | 11                 |