

NORTHERN LAKES CONFERENCE
GIRLS CROSS COUNTRY 2019

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

GIRLS ALL-CONFERENCE SELECTIONS

FIRST TEAM

<u>PLAYER</u>	<u>TEAM</u>	<u>YEAR</u>
Gabrielle Ostrowski	Crandon	10
Lilly Williams	Crandon	10
Grace Novak	Laona/Wabeno	11
Kassidee Linssen	Laona/Wabeno	9
Natalie Newton	Laona/Wabeno	10
Kallie Volk	Three Lakes	9
Kortnie Volk	Three Lakes	12

NORTHERN LAKES CONFERENCE
BOYS CROSS COUNTRY 2019

Boys Conference Champions: Laona/Wabeno
Boys Runner of the Year: Matthew Seeber, Laona/Wabeno

BOYS ALL-CONFERENCE SELECTIONS

FIRST TEAM

<u>PLAYER</u>	<u>TEAM</u>	<u>YEAR</u>
Trenton Headson	Crandon	11
Seth Axley	Florence	9
Kevin Strietzel	Goodman/Pembine	10
Adisun Romprey	Laona/Wabeno	9
Dylan Cloud	Laona/Wabeno	11
Korrigann Northrup	Laona/Wabeno	11
Matthew Seeber	Laona/Wabeno	11