

**BIG RIVERS CONFERENCE GIRLS CROSS COUNTRY ALL-CONFERENCE TEAMS**

2023-24 FIRST TEAM			2022-23 FIRST TEAM			2021-22 FIRST TEAM			2020-21 FIRST TEAM		
Marah Benedict *	11	NWR	Marah Benedict*	10	NWR	Isabella Jacobsen*	12	MEN	No championships were run due to Covid.		
Lauren McCalla	10	MEN	Elizabeth Anderson	12	ECM	Haley Loewe	10	HUD			
Brooklyn Hoff	12	MEN	Lilly Jensen	11	RVF	Katie Rassbach	10	ECN			
Lindsay Berg	11	ECM	Olive Halvorson	9	RVF	Alexi MacDonald	12	RLK			
Madison Benzer	9	NWR	Lyla Vicek	10	HUD	Jillian Heth	12	ECM			
Lyla Vicek	11	HUD	Lauren Holthaus	12	RLK	Marah Benedict	9	NWR			
Abby Britton	9	RLK	Clara Drost	9	RLK	Haley Mason	12	CHF			
Charlotte Willems	11	ECM	Brooklyn Hoff	11	MEN	Madeline Palmer	12	MEN			
SECOND TEAM			SECOND TEAM			SECOND TEAM					
Jordan Chen	12	CHF	Anna Imsande	12	MEN	Helen Chen	12	MEN			
Clara Drost	10	RLK	Ceana Dietz	12	NWR	Lilly Jensen	10	RVF			
Madison Lehman	12	MEN	Ava Wozney	11	ECM	Rebecca Belany	10	HUD			
Leah Schiltgen	9	HUD	Anna Fitzgerald	12	NWR	Anna Imsande	11	MEN			
Afton Gillis	10	RVF	Kyah Barnhart	9	MEN	Aubrie Ecker	12	ECN			
Nora Mecikalski	11	ECM	Emma Winkler	11	ECM	Julia Holthaus	9	RLK			
Morgan Stephens	10	RLK	Charlotte Willems	10	ECM	Anna Fitzgerald	11	NWR			
Ava Wozney	12	ECM	Britta Holter	10	HUD	Ali Ruch	12	MEN			

2019-20 FIRST TEAM			2018-19 FIRST TEAM			2017-18 FIRST TEAM			2016-17 FIRST TEAM		
Rachel Ball *	12	HUD	Jillian Heth *	9	ECM	Rachel Ball *	10	HUD	Hannah Roeske *	12	ECM
Alicia Belany	11	HUD	Rachel Ball	11	HUD	Katie Faris	12	CF	Rachel Ball	9	HUD
Madeline Palmer	10	MEN	Ella Behling	10	CF	Karina Gilsom	11	HUD	Katie Faris	11	CF
Paige Anderson	9	MEN	Aubrie Ecker	9	ECN	Wlla Behling	9	CF	Emily Schmitt	12	ECN
Haley Mason	9	CF	Alexi MacDonald	9	RL	Emma Filipiak	10	HUD	Sophia Smith	12	ECM
Ella Behling	10	CF	Haley Mason	9	CF	Anna Czupryna	10	HUD	Emma Welch	12	MEN
Ava Pankratz	11	CF	Paige Anderson	9	MEN	Grace Bilse	12	MEN	Tyra Boettcher	11	MEN
Allison Weissinger	11	RF	Kaylynn Imsande	10	MEN	SECOND TEAM			SECOND TEAM		
Jillian Heth	10	ECM	Allison Weissinger	10	RF	Tyra Boettcher	12	MEN	Emma Filipiak	9	HUD
Alexi MacDonald	10	RL	Anna Czupryna	11	HUD	Anna Penzkover	11	RL	Calla Dexheimer	10	RF
Isabella Jacobsen	10	MEN	Anna Penzkover	12	RL	Kathryn Anderson	12	ECM	Sabrina Hagstrom	9	ECM
Rachel Dietrich	12	MEN	Madeline Palmer	9	MEN	Sabrina Hagstrom	10	ECM	Emily Schwartz	9	MEN
Lauren Flynn	12	ECN	Isabella Jacobsen	9	MEN	Ella Young	10	HUD	Kaylynn Imsande	10	MEN
Madysen Rosenberger	9	ECM	Sabrina Hagstrom	11	ECM	Emily Schwartz	10	MEN	Zoe Smith	12	ECM
Aubrie Ecker	10	ECN	Mea Hanson	9	ECM	Sarah Czupryna	12	HUD	Karina Gilsom	10	HUD
Mea Hanson	10	ECM	Calla Dexheimer	12	RF	SECOND TEAM			SECOND TEAM		

2015-16 FIRST TEAM			2014-15 FIRST TEAM			2013-14 FIRST TEAM			2012-13 FIRST TEAM		
Aubrey Roberts *	12	ECM	Aubrey Roberts *	11	ECM	Aubrey Roberts *	10	ECM	Aubrey Roberts *	9	ECM
Hannah Roeske	11	ECM	Annie Frisbie	12	RF	Annie Frisbie	11	RF	Annie Frisbie	10	RF
Sophia Smith	11	ECM	Rachel Anderson	12	HUD	Ellen Snyder	12	HUD	Paige Skorseth	12	RF
Zoe Smith	11	ECM	Hannah Roeske	10	ECM	Erin Wetzstein	12	HUD	Ellen Snyder	11	HUD
Karina Gilsom	9	HUD	Miranda Miller	11	HUD	Sadie Kroll	12	HUD	Kaitlyn Gynniid	10	ECM
Emily Schmitt	11	ECN	Hannah Guckenber	10	ECN	Elena Smith	11	ECM	Sadie Kroll	11	HUD
Grace Bilse	10	MEN	Elena Smith	11	ECM	Miranda Miller	10	HUD	Heidi Hujik	12	ECM
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Katie Faris	10	CF	Grace Bilse	9	MEN	Kari Bertrang	10	ECM	Haley Hartkemeyer	9	ECM
Charlotte Dial	12	ECM	Zoe Smith	10	ECM	Hannah Roeske	9	ECM	Erin Wetzstein	11	HUD
Emmy Farago	11	HUD	Kari Bertrang	10	ECM	Zoe Smith	9	ECM	Nicole Schmidt	12	MEN
Emma Welch	11	MEN	Emma Welch	10	MEN	Rachel Anderson	11	HUD	Mary Knutson	10	HUD
Emma Handlos	10	RF	Tyra Boettcher	9	MEN	Ali Casey	11	RF	Meg Van De Loo	12	ECM
Tessa Rayne	11	RF	Sophia Smith	10	ECM	Catherine Luo	11	ECM	Rachel Anderson	10	HUD
Elizabeth Gunderson	11	RF	Elli Daniels	12	CF	Hannah Guckenber	10	ECN	Elena Smith	10	ECM

2011-12 FIRST TEAM			2010-11 FIRST TEAM			2009-10 FIRST TEAM			2008-09 FIRST TEAM		
Katie Wetzstein *	12	HUD	Katie Wetzstein	11	HUD	Paige Skorseth	9	RF	Jordan Kelch	11	MEN
Paige Skorseth	11	RF	Lucy Ramquist	12	RF	Lucy Ramquist	11	RF	Rachel Zachar	11	HUD
Annie Frisbie	9	RF	Paige Skorseth	10	RF	Meg Van de Loo	9	ECM	Alana Jenkins		ECM
Natalie Powell	12	RF	Emily Kelly	11	CF	Katie Wetzstein	10	HUD	Alexandra Brackewagen	10	ECM
Aislinn Pomfret	12	RF	Laura Anderson	12	RF	Heidi Hujik	9	ECM	Ashley Brown	12	RF
Meg Van de Loo	11	ECM	Meg Van de Loo	10	ECM	Rachel Zachar	12	HUD	Katie Wetzstein	9	HUD
Nicole Schmidt	11	MEN	Aislinn Pomfret	11	RF	Natalie Powell	10	RF	Aislinn Pomfret	9	RF
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Sadie Kroll	10	HUD	Natalie Powell	11	RF	Rebecca Brackewagen	11	ECM	Laura Anderson	10	RF
Heidi Hujik	11	ECM	Tia Harris	12	RF	Emily Kelly	10	CF	Jamie Bengtson		CF
Mary Knutson	9	HUD	Erin Wetzstein	9	HUD	Aislinn Pomfret	10	RF	Kaila Fouks		HUD
Erin Wetzstein	10	HUD	Nicole Schmidt	10	MEN	Jordan Kelch	12	MEN	Sarah Kehoe		HUD
Abby Fenske	12	RL	Courtney Sawle	12	MEN	Laura Anderson	11	RF	Courtney Sawle		MEN
Ali Casey	9	RF	Abby Fenske	11	RL	Katie Thoe	12	MEN	Monica Morgan	11	RF
Ali Quarberg	12	ECM	Sadie Kroll	9	HUD	Nicole Schmidt	9	MEN	Natalie Powell	9	RF

2007-8 FIRST TEAM			2006-7 FIRST TEAM			2005-6 FIRST TEAM			2004-05 FIRST TEAM		
Katie Cumming		HUD	Kristin Petzel		HUD	Kristin Petzel		HUD	Carie Steil	12	ECM
Ashley Brown	11	RF	Katie Cummings		HUD	Ami Hutchinson		CF	Katie Bethke	9	ECM
Ashley Sveum		ECN	Ashley Sveum		ECN	Katie Cumming		HUD	Tara Connolly	11	RF
Taylor Heinselmann	12	RF	Ashley Brown	10	RF	Ashley Brown	9	RF	Katie Cumming		HUD
Cori Vought		HUD	Jaci Edmonds		ECM	Katie Bethke		ECM	Megan Johnson	12	RF
Clarissa Frase		HUD	Monica Rolbiecki		ECN	Tara McCoy		MEN	Ellie Lutz		ECM
Rachel Zachar	10	HUD	Tara McCoy		MEN	Tara Connolly	12	RF	Beth Lutz		ECM
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Laura Anderson	9	RF	Savannah Brogden		ECN	Monica Rolbiecki		ECN	Stephanie Riedel	12	ECM
Alexandra Brackewagen	9	ECM	Michelle Shannon		ECM	Victoria Kessler		RF	Tara McCoy		MEN
Monica Morgan	10	RF	Emily Kepulis		HUD	Kayla Gaulke	12	RF	Ellery McCardle	11	RF
Hannah Baumgartner		ECM	Nicole Bruegger		HUD	Ellery McCardle	12	RF	Ariella Gottfried	12	ECM
Emily Humphreys		ECM	Taylor Smith		RL	Michelle Shannon		ECM	Monica Rolbiecki		ECN
Vicky Kessler	12	RF	Rachel Zachlar	9	HUD	Taylor Heinselmann	10	RF	Shannon Rene		ECM
Deven Ducharme		HUD	Taylor Heinselmann	11	RF	Laura Wiechmann		ECM	Kayla Gaulke	11	RF

2003-4 FIRST TEAM			2002-3 FIRST TEAM			2001-2 FIRST TEAM			2000-01 FIRST TEAM		
Katie Bethke	9	ECM	Kansas Romportl	10	RL	Aleisha Estreen		RL	Heather Horton		CF
Carie Steil	11	ECM	Megan Johnson	10	RF	Katie Anderson		ECM	Jessie Ulrich		NR
Megan Johnson	11	RF	Kayla Gaulke	9	RF	Ayla Mitchell		NR	Katie Anderson		ECM
Tara Connolly	10	RF	Tara Connolly	9	RF	Carie Steil	9	ECM	Jessie Syfko		HUD
Ariella Gottfried	11	ECM	Aleisha Estreen		RL	Michelle Blomquist		ECM	Michelle Blomquist		ECM
Kristin Pelzel	9	HUD	Carie Steil	10	ECM	Chelsea Guettinger		ECM	Chelsea Brown	11	RF
Kansas Romportl	11	RL	Ariella Gottfried-Deprenger	10	ECM	Lindsay Boetcher		ECN	Chelsea Guettinger		ECM
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Stephanie Riedel	11	ECM	Paige Wheeler	12	RF	Meghan Merryfield		ECM	Ashley Strobel		ECM
Beth Lutz	11	ECM	Allison Zappa		HUD	Kansas Romportl	9	RL	Tanya Lien		ECM
Alyssa Jensen	11	RL	Alicia Hartung		MEN	Maggie Herrell		ECM	Abby Demulling		NR
Brittany Jensen	11	RL	Julia Ward		ECM	Karena Johnson		ECM	Cindy Peacock		CF
Kayla Gaulke	10	RF	Alyssa Jensen	10	RL	Chelsea Das		MEN	Michelle Harrison		CF
Lindsey Wheeler	10	RF	Beth Nickel		ECN	Paige Wheeler	11	RF	Lindsey Boetcher		ECN
Ellery McCardle	10	RF	Ellery McCardle	9	RF	Jessica Redd		HUD	Aleisha Estreen		RL

1999-00 FIRST TEAM			1998-99 FIRST TEAM			1997-98 FIRST TEAM			1996-1997 FIRST TEAM		
Heather Horton	CF		Rachel Evjan	12	ECN	Rachel Evjan	11	ECN	Rachel Evjan	10	ECN
Tanya Lien	ECM		Sarah Kolpin	12	RF	Tanya Lien		ECM	Erica Rudy		HUD
Bekka Lundquist	ECM		Tanya Lien		ECM	Krista Lindau		RL	Sara Engler	11	CF
Chelsey Brown	10	RF	Bekka Lundquist		ECM	Sara Engler	12	CF	Lisa Traxler		MEN
Katie Anderson	ECM		Chelsey Brown	9	RF	Katie Herrell		ECM	Krista Lindau		RL
Michelle Blomquist	ECM		Ashley Strobel		ECM	Lisa Traxler		MEN	Sarah Kolpin	10	RF
Cindy Peacock	CF		Jessie Ulrich		NR	Sarah Kolpin	11	RF	Kristy Vignall		HUD
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Sara Rudesill	11	RF	Michelle Blomquist		ECM	Sheri Licht	12	RF	Katie Herrell		ECM
Ashley Strobel		ECM	Cindy Peacock		CF	Cassie O'Brien	10	CF	Sheri Licht	11	RF
Jessie Ulrich		NR	Lindsay Boetcher		ECN				Bekka Lundquist		ECM
			Jessica Campbell	12	RF				Tora Tucker		RL
			Danielle Leake	12	RF				Meghan Hicks		ECM
			Sara Rudesill	10	RF				Nicole Horst		MEN
									Brigit Clausing		MEN

1995-96 FIRST TEAM			1994-95 FIRST TEAM			1993-94 FIRST TEAM			1992-93 FIRST TEAM		
Rachel Evjan	9	ECN	Kristina Betzold		ECN	Kristina Betzold		ECN	Becky Schaefer		CF
Taryn Peters		HUD	Heather Woodhouse		ECM	Taryn Peters		HUD	Nikki Rassbach		CF
Sara Enger	10	CF	Katy Olsen		RL	Heather Woodhouse		ECM	Beth Schemenauer		CF
Krista Lindau		RL	Shana Gilbertson		ECM	Katy Olson		RL	Kristina Betzold		ECN
Lisa Traxler		MEN	Taryn Peters		HUD	Beth Schemenauer		CF	Taryn Peters		HUD
Heather Woodhouse		ECM	Sara Enger	9	CF	Jessica Hudson		HUD	Katy Olsen		ECN
Shana Gilbertson		ECM	Lisa Traxler		MEN	Shelby Jones		HUD	Heidi Jarecki		RL
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Sara Jensen		ECM	Kristi Vignali		HUD	Elizabeth Kaul		HUD	Robyn Hawkinson		HUD
Brigitt Clausing		MEN	Angela Seidling		HUD	Heidi Stanton		ECM	Heidi Stanton		ECM
Sheri Licht	10	RF	Nicole Hayden		HUD	Becky Schultz		MEN	Walters		ECN
Nicole Harden		ECM	Carrie Cutsforth		RL	Nikki Rassbach		CF	Sara Dettinger		ECN
Nicole Host		MEN	Laurel Weinkauff		ECN	Robyn Hawkinson		HUD	Morns		ECN
Leslie Marjala		ECM	Christina Dressel		ECM	Alyssa Pelish		RL	Deanna Kvapi		CF
Rachel Connell		ECM	Laura Ducklow	11	RF	Jessica McNaughton		MEN	Cutsforth		RL

1991-92 FIRST TEAM			1990-91 FIRST TEAM			1989-90 FIRST TEAM		
Sara Walrath	CF		Kelly Walrath	CF		Stephanie Farrell		ECM
Beth Schemenauer	CF		Sara Walrath	CF		Julie Mueller		ECM
Nikki Rassbach	CF		Julie Mueller	ECM		Kelly Walrath		CF
Heidi Jarecki	ECN		Beth Schemenauer	CF		Shelly Hanson	12	RF
Robyn Hawkinson	HUD		Jenny Cutsforth	CF		Tricia Schemenauer		CF
Becky Schaefer	CF		Jen Hartsough	CF		Nancy Peterson		HUD
Kathy Wanner	12	RF	Heather Dueholm	RL		Michelle Stephens	10	RF
SECOND TEAM			SECOND TEAM			SECOND TEAM		
Sara Dettinger	ECN		Heidi Thiesing	ECM		Kathy Wanner	10	RF
Katy Olson	RL		Tammy Cutsforth	RL		Bobette Vurdick		RL
Deanna Kvapil	CF		Sara Dettinger	ECN		Jenny Cutsforth		RL
Tammy Cutsforth	RL		Stacy Rowan	CF		Sara Dettinger		ECN
Tina DeVoe	11	RF	Kathy Wanner	11	RF	Tina DeVoe	9	RF
Heidi Stanton	ECM		Rachel Emberger	11	RF			
C. Cutsforth	RL		Bethany Werner	CF				