

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

2022-23 FIRST TEAM			2021-22 FIRST TEAM			2020-21 FIRST TEAM			2019-20 FIRST TEAM		
Marah Benedict*	10	NWR	Isabella Jacobsen*	12	MEN	No championships were run due to Covid.			Rachel Ball *	12	HUD
Elizabeth Anderson	12	ECM	Haley Loewe	10	HUD				Alicia Belany	11	HUD
Lilly Jensen	11	RVF	Katie Rassbach	10	ECN				Madeline Palmer	10	MEN
Olive Halvorson	9	RVF	Alexi MacDonald	12	RLK				Paige Anderson	9	MEN
Lyla Vicek	10	HUD	Jillian Heth	12	ECM				Haley Mason	9	CF
Lauren Holthaus	12	RLK	Marah Benedict	9	NWR				Ella Behling	10	CF
Clara Drost	9	RLK	Haley Mason	12	CHF				Ava Pankratz	11	CF
Brooklyn Hoff	11	MEN	Madeline Palmer	12	MEN				Allison Weissinger	11	RF
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Anna Imsande	12	MEN	Helen Chen	12	MEN				Jillian Heth	10	ECM
Ceana Dietz	12	NWR	Lilly Jensen	10	RVF				Alexi MacDonald	10	RL
Ava Wozney	11	ECM	Rebecca Belany	10	HUD				Isabella Jacobsen	10	MEN
Anna Fitzgerald	12	NWR	Anna Imsande	11	MEN				Rachel Dietrich	12	MEN
Kyah Barnhart	9	MEN	Aubrie Ecker	12	ECN				Lauren Flynn	12	ECN
Emma Winkler	11	ECM	Julia Holthaus	9	RLK				Madysen Rosenberger	9	ECM
Charlotte Willems	10	ECM	Anna Fitzgerald	11	NWR				Aubrie Ecker	10	ECN
Britta Holter	10	HUD	Ali Ruch	12	MEN				Mea Hanson	10	ECM

2018-19 FIRST TEAM			2017-18 FIRST TEAM			2016-17 FIRST TEAM			2015-16 FIRST TEAM		
Jillian Heth *	9	ECM	Rachel Ball *	10	HUD	Hannah Roeske *	12	ECM	Aubrey Roberts *	12	ECM
Rachel Ball	11	HUD	Katie Faris	12	CF	Rachel Ball	9	HUD	Hannah Roeske	11	ECM
Ella Behling	10	CF	Karina Gilsom	11	HUD	Katie Faris	11	CF	Sophia Smith	11	ECM
Aubrie Ecker	9	ECN	Wla Behling	9	CF	Emily Schmitt	12	ECN	Zoe Smith	11	ECM
Alexi MacDonald	9	RL	Emma Filipiak	10	HUD	Sophia Smith	12	ECM	Karina Gilson	9	HUD
Haley Mason	9	CF	Anna Czupryna	10	HUD	Emma Welch	12	MEN	Emily Schmitt	11	ECN
Paige Anderson	9	MEN	Grace Bilse	12	MEN	Tyra Boettcher	11	MEN	Grace Bilse	10	MEN
Kaylynn Imsande	10	MEN									
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Allison Weissinger	10	RF	Tyra Boettcher	12	MEN	Emma Filipiak	9	HUD	Katie Faris	10	CF
Anna Czupryna	11	HUD	Anna Penzkover	11	RL	Calla Dexheimer	10	RF	Charlotte Dial	12	ECM
Anna Penzkover	12	RL	Kathryn Anderson	12	ECM	Sabrina Hagstrom	9	ECM	Emmy Farago	11	HUD
Madeline Palmer	9	MEN	Sabrina Hagstrom	10	ECM	Emily Schwartz	9	MEN	Emma Welch	11	MEN
Isabella Jacobsen	9	MEN	Ella Young	10	HUD	Kaylynn Imsande	10	MEN	Emma Handlos	10	RF
Sabrina Hagstrom	11	ECM	Emily Schwartz	10	MEN	Zoe Smith	12	ECM	Tessa Rayne	11	RF
Mea Hanson	9	ECM	Sarah Czupryna	12	HUD	Karina Gilson	10	HUD	Elizabeth Gunderson	11	RF
Calla Dexheimer	12	RF									

2014-15 FIRST TEAM			2013-14 FIRST TEAM			2012-13 FIRST TEAM			2011-12 FIRST TEAM		
Aubrey Roberts *	11	ECM	Aubrey Roberts *	10	ECM	Aubrey Roberts *	9	ECM	Katie Wetzstein *	12	HUD
Annie Frisbie	12	RF	Annie Frisbie	11	RF	Annie Frisbie	10	RF	Paige Skorseth	11	RF
Rachel Anderson	12	HUD	Ellen Snyder	12	HUD	Paige Skorseth	12	RF	Annie Frisbie	9	RF
Hannah Roeske	10	ECM	Erin Wetzstein	12	HUD	Ellen Snyder	11	HUD	Natalie Powell	12	RF
Miranda Miller	11	HUD	Sadie Kroll	12	HUD	Kaitlyn Gynnild	10	ECM	Aislinn Pomfret	12	RF
Hannah Guckenberg	10	ECN	Elena Smith	11	ECM	Sadie Kroll	11	HUD	Meg Van de Loo	11	ECM
Elena Smith	11	ECM	Miranda Miller	10	HUD	Heidi Hujik	12	ECM	Nicole Schmidt	11	MEN
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Grace Bilse	9	MEN	Kari Bertrang	10	ECM	Haley Hartkemeyer	9	ECM	Sadie Kroll	10	HUD
Zoe Smith	10	ECM	Hannah Roeske	9	ECM	Erin Wetzstein	11	HUD	Heidi Hujik	11	ECM
Kari Bertrang	10	ECM	Zoe Smith	9	ECM	Nicole Schmidt	12	MEN	Mary Knutson	9	HUD
Emma Welch	10	MEN	Rachel Anderson	11	HUD	Mary Knutson	10	HUD	Erin Wetzstein	10	HUD
Tyra Boettcher	9	MEN	Ali Casey	11	RF	Meg Van De Loo	12	ECM	Abby Fenske	12	RL
Sophia Smith	10	ECM	Catherine Luo	11	ECM	Rachel Anderson	10	HUD	Ali Casey	9	RF
Elli Daniels	12	CF	Hannah Guckenberg	10	ECN	Elena Smith	10	ECM	Ali Quarberg	12	ECM

2010-11 FIRST TEAM			2009-10 FIRST TEAM			2008-09 FIRST TEAM			2007-8 FIRST TEAM		
Katie Wetzstein	11	HUD	Paige Skorseth	9	RF	Jordan Kelch	11	MEN	Katie Cumming		HUD
Lucy Ramquist	12	RF	Lucy Ramquist	11	RF	Rachel Zachar	11	HUD	Ashley Brown	11	RF
Paige Skorseth	10	RF	Meg Van de Loo	9	ECM	Alana Jenkins		ECM	Ashley Sveum		ECN
Emily Kelly	11	CF	Katie Wetzstein	10	HUD	Alexandra Brackenwage	10	ECM	Taylor Heinselmann	12	RF
Laura Anderson	12	RF	Heidi Hujik	9	ECM	Ashley Brown	12	RF	Cori Vought		HUD
Meg Van de Loo	10	ECM	Rachel Zachar	12	HUD	Katie Wetzstein	9	HUD	Clarissa Frase		HUD
Aislinn Pomfret	11	RF	Natalie Powell	10	RF	Aislinn Pomfret	9	RF	Rachel Zachar	10	HUD
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Natalie Powell	11	RF	Rebecca Brackenwagen	11	ECM	Laura Anderson	10	RF	Laura Anderson	9	RF
Tia Harris	12	RF	Emily Kelly	10	CF	Jamie Bengtson		CF	Alexandra Brackenwagen	9	ECM
Erin Wetzstein	9	HUD	Aislinn Pomfret	10	RF	Kaila Fouks		HUD	Monica Morgan	10	RF
Nicole Schmidt	10	MEN	Jordan Kelch	12	MEN	Sarah Kehoe		HUD	Hannah Baumgartner		ECM
Courtney Sawle	12	MEN	Laura Anderson	11	RF	Courtney Sawle		MEN	Emily Humphreys		ECM
Abby Fenske	11	RL	Katie Thoe	12	MEN	Monica Morgan	11	RF	Vicky Kessler	12	RF
Sadie Kroll	9	HUD	Nicole Schmidt	9	MEN	Natalie Powell	9	RF	Deven Ducharme		HUD

2006-7 FIRST TEAM			2005-6 FIRST TEAM			2004-05 FIRST TEAM			2003-4 FIRST TEAM		
Kristin Petzel		HUD	Kristin Petzel		HUD	Carie Steil	12	ECM	Katie Bethke	9	ECM
Katie Cummings		HUD	Ami Hutchinson		CF	Katie Bethke	9	ECM	Carie Steil	11	ECM
Ashley Sveum		ECN	Katie Cumming		HUD	Tara Connolly	11	RF	Megan Johnson	11	RF
Ashley Brown	10	RF	Ashley Brown	9	RF	Katie Cumming		HUD	Tara Connolly	10	RF
Jaci Edmonds		ECM	Katie Bethke		ECM	Megan Johnson	12	RF	Ariella Gottfried	11	ECM
Monica Rolbiecki		ECN	Tara McCoy		MEN	Ellie Lutz		ECM	Kristin Pelzel	9	HUD
Tara McCoy		MEN	Tara Connolly	12	RF	Beth Lutz		ECM	Kansas Romportl	11	RL
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Savannah Brogden		ECN	Monica Rolbiecki		ECN	Stephanie Riedel	12	ECM	Stephanie Riedel	11	ECM
Michelle Shannon		ECM	Victoria Kessler		RF	Tara McCoy		MEN	Beth Lutz	11	ECM
Emily Kepulis		HUD	Kayla Gaulke	12	RF	Ellery McCardle	11	RF	Alyssa Jensen	11	RL
Nicole Bruegger		HUD	Ellery McCardle	12	RF	Ariella Gottfried	12	ECM	Brittany Jensen	11	RL
Taylor Smith		RL	Michelle Shannon		ECM	Monica Rolbiecki		ECN	Kayla Gaulke	10	RF
Rachel Zachar	9	HUD	Taylor Heinselmann	10	RF	Shannon Rene		ECM	Lindsey Wheeler	10	RF
Taylor Heinselmann	11	RF	Laura Wiechmann		ECM	Kayla Gaulke	11	RF	Ellery McCardle	10	RF

2002-3 FIRST TEAM			2001-2 FIRST TEAM			2000-01 FIRST TEAM			1999-00 FIRST TEAM		
Kansas Romportl	10	RL	Aleisha Estreen		RL	Heather Horton		CF	Heather Horton		CF
Megan Johnson	10	RF	Katie Anderson		ECM	Jessie Ulrich		NR	Tanya Lien		ECM
Kayla Gaulke	9	RF	Ayla Mitchell		NR	Katie Anderson		ECM	Bekka Lundquist		ECM
Tara Connolly	9	RF	Carie Steil	9	ECM	Jessie Syfko		HUD	Chelsey Brown	10	RF
Aleisha Estreen		RL	Michelle Blomquist		ECM	Michelle Blomquist		ECM	Katie Anderson		ECM
Carie Steil	10	ECM	Chelsea Guettinger		ECM	Chelsey Brown	11	RF	Michelle Blomquist		ECM
Ariella Gottfried-Deprengel	10	ECM	Lindsay Boetcher		ECN	Chelsea Guettinger		ECM	Cindy Peacock		CF
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Paige Wheeler	12	RF	Meghan Merryfield		ECM	Ashley Strobel		ECM	Sara Rudesill	11	RF
Allison Zappa		HUD	Kansas Romportl	9	RL	Tanya Lien		ECM	Ashley Strobel		ECM
Alicia Hartung		MEN	Maggie Herrell		ECM	Abby Demulling		NR	Jessie Ulrich		NR
Julia Ward		ECM	Karena Johnson		ECM	Cindy Peacock		CF			
Alyssa Jensen	10	RL	Chelsea Das		MEN	Michelle Harrison		CF			
Beth Nickel		ECN	Paige Wheeler	11	RF	Lindsey Boetcher		ECN			
Ellery McCardle	9	RF	Jessica Redd		HUD	Aleisha Estreen		RL			

1998-99 FIRST TEAM			1997-98 FIRST TEAM			1996-1997 FIRST TEAM			1995-96 FIRST TEAM		
Rachel Evjan	12	ECN	Rachel Evjan	11	ECN	Rachel Evjan	10	ECN	Rachel Evjan	9	ECN
Sarah Kolpin	12	RF	Tanya Lien		ECM	Erica Rudy		HUD	Taryn Peters		HUD
Tanya Lien		ECM	Krista Lindau		RL	Sara Engler	11	CF	Sara Engler	10	CF
Bekka Lundquist		ECM	Sara Engler	12	CF	Lisa Traxler		MEN	Krista Lindau		RL
Chelsey Brown	9	RF	Katie Herrell		ECM	Krista Lindau		RL	Lisa Traxler		MEN
Ashley Strobel		ECM	Lisa Traxler		MEN	Sarah Kolpin	10	RF	Heather Woodhouse		ECM
Jessie Ulrich		NR	Sarah Kolpin	11	RF	Kristy Vignall		HUD	Shana Gilbertson		ECM
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Michelle Blomquist		ECM	Sheri Licht	12	RF	Katie Herrell		ECM	Sara Jensen		ECM
Cindy Peacock		CF	Cassie O'Brien	10	CF	Sheri Licht	11	RF	Brigitt Clausing		MEN
Lindsay Boetcher		ECN				Bekka Lundquist		ECM	Sheri Licht	10	RF
Jessica Campbell	12	RF				Tora Tucker		RL	Nicole Harden		ECM
Danielle Leake	12	RF				Meghan Hicks		ECM	Nicole Host		MEN
Sara Rudesill	10	RF				Nicole Horst		MEN	Leslie Marjala		ECM
						Brigitt Clausing		MEN	Rachel Connell		ECM

1994-95 FIRST TEAM			1993-94 FIRST TEAM			1992-93 FIRST TEAM			1991-92 FIRST TEAM		
Kristina Betzold		ECN	Kristina Betzold		ECN	Becky Schaefer		CF	Sara Walrath		CF
Heather Woodhouse		ECM	Taryn Peters		HUD	Nikki Rassbach		CF	Beth Schemenauer		CF
Katy Olsen		RL	Heather Woodhouse		ECM	Beth Schemenauer		CF	Nikki Rassbach		CF
Shana Gilbertson		ECM	Katy Olson		RL	Kristina Betzold		ECN	Heidi Jarecki		ECN
Taryn Peters		HUD	Beth Schemenauer		CF	Taryn Peters		HUD	Robyn Hawkinson		HUD
Sara Engler	9	CF	Jessica Hudson		HUD	Katy Olsen		RL	Becky Schaefer		CF
Lisa Traxler		MEN	Shelby Jones		HUD	Heidi Jarecki		ECN	Kathy Wanner	12	RF
SECOND TEAM			SECOND TEAM			SECOND TEAM			SECOND TEAM		
Kristi Vignali		HUD	Elizabeth Kaul		HUD	Robyn Hawkinson		HUD	Sara Dettinger		ECN
Angela Seidling		HUD	Heidi Stanton		ECM	Heidi Stanton		ECM	Katy Olson		RL
Nicole Hayden		HUD	Becky Schultz		MEN	Walters		ECN	Deanna Kvapil		CF
Carrie Cutsforth		RL	Nikki Rassbach		CF	Sara Dettinger		ECN	Tammy Cutsforth		RL
Laurel Weinkauff		ECN	Robyn Hawkinson		HUD	Morns		ECN	Tina DeVoe	11	RF
Christina Dressel		ECM	Alyssa Pelish		RL	Deanna Kvapi		CF	Heidi Stanton		ECM
Laura Ducklow	11	RF	Jessica McNaughton		MEN	Cutsforth		RL	C. Cutsforth		RL

1990-91 FIRST TEAM			1989-90 FIRST TEAM		
Kelly Walrath		CF	Stephanie Farrell		ECM
Sara Walrath		CF	Julie Mueller		ECM
Julie Mueller		ECM	Kelly Walrath		CF
Beth Schemenauer		CF	Shelly Hanson	12	RF
Jenny Cutsforth		RL	Tricia Schemenauer		CF
Jen Hartsough		CF	Nancy Peterson		HUD
Heather Dueholm		RL	Michelle Stephens	10	RF
SECOND TEAM			SECOND TEAM		
Heidi Thiesing		ECM	Kathy Wanner	10	RF
Tammy Cutsforth		RL	Bobette Vurdick		RL
Sara Dettinger		ECN	Jenny Cutsforth		RL
Stacy Rowan		CF	Sara Dettinger		ECN
Kathy Wanner	11	RF	Tina DeVoe	9	RF
Rachel Emberger	11	RF			
Bethany Werner		CF			