

JEFFCO 4A CROSS COUNTRY 2019-20

MEN'S ALL CONFERENCE

First Team

Grahm Tuohy-Gaydos	Green Mtn.
Colin Szuch	Evergreen
Bryce Reeburgh	Golden
Ethan Hensley	Golden
Evan Moore	Littleton
Oliver Barwell	Evergreen
Hayden Charwood	Evergreen
Alexander Walker	Green Mtn.

Second Team

Cooper Brown	Littleton
Kyle Hofmann	Standley Lake
Jonathan Mahoney	Green Mtn.
Uziel Garcia-Arellano	Littleton
Donovan Marshall	Littleton
Grady Redding	Littleton
Patrick Murphy	Green Mtn.
William Babcock	Evergreen

Honorable Mention

Luke Killian	Evergreen
Dylan O'Neill	Golden
Clint Gersabeck	D'Evelyn
Benjamin Andriola	Evergreen
Maxwell Purrington	Evergreen
Kellen Sisco	Golden
Ian Wilson	D'Evelyn
Calvin Given	Green Mtn.

Men's MVP

Grahm Tuohy-Gaydos	Green Mtn.
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Men's Coach of the Year

Rob Wright	Evergreen
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Sportsmanship

1. Green Mtn.
2. Golden
3. Standley Lake

League Champion

Evergreen H.S.

WOMENS ALL CONFERENCE

First Team

Rachel Goodrich	Golden
Lily Mourer	Golden
Eliana Thompson	D'Evelyn
Ryley Darnell	Standley Lake
Sophia Abernethy	Standley Lake
Kati Livingood	D'Evelyn
Kasey Klocek	Green Mtn.
Emma Berg	Green Mtn.

Second Team

Sonja Morin	D'Evelyn
Jayden Miller	D'Evelyn
Katie Keating	Standley Lake
Grace Searls	Golden
Madisyn Macklin	Standley Lake
Molly Rogers	D'Evelyn
Emma Kjellsen	D'Evelyn
Harmony McMullin	Golden

Honorable Mention

Elin Phillips	Golden
Grace Metcalf	Green Mtn.
Bridget Golden	Green Mtn.
Marley Somers	D'Evelyn
Kate Hathway	Golden
Mary Kate Golden	Green Mtn.
Annika Rose	Evergreen
Celia Frazier	Green Mtn.

Women's MVP

Rachel Goodrich	Golden
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Women's Coach of the Year

Lisa Porter	D'Evelyn
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Sportsmanship

1. Green Mtn.
2. Evergreen
3. Golden

League Champion

D'Evelyn H.S.