Emerald Sound All-Conference Girls Cross Country 2026

COACH OF THE YEAR
Rod Wilcox

TEAM SPORTSMANSHIP
King's

South Whidbey
Adeline Stevens
Freshman

Overlake
Aida Serna Mengual
Freshman

King's
Alma Decker
Senior

University Prep
Carmen Karpoff
Junior

Overlake
Diya Mahesh
Sophomore

Cedar Park
Eden Capusan
Freshman

Bush
Ella Miller
Sophomore

Cedar Park
Emma Badillo
Junior

Bush
Isabelle Osborn
Senior

Overlake
Julia Yakushev
Junior

Cedar Park
Joy Kearney
Sophomore

King's
Lauren Belden
Senior

Northwest
Maggie Hurtado
Senior

King's
Nika Bokan
Senior

South Whidbey
Reed Atwood
Junior

Bush
Ryan Eglit
Senior

University Prep
Thea Martell
Senior

Eastside Prep
Sophia Chen
Freshman

Emerald Sound All-Conference Boys Cross Country 2026

COACH OF THE YEAR
Andy Gist

TEAM SPORTSMANSHIP
King's

South Whidbey
Arlo McLachlan
Senior

South Whidbey
Ash Kline
Sophomore

Cedar Park
Brooks Oliver
Junior

Cedar Park
Eli Balee
Senior

South Whidbey
Emiliano Acosta
Senior

King's
Evan Blair
Senior

Overlake
George Gonuares
Senior

King's
Isaac Girma
Sophomore

Cedar Park
Josiah Capusan
Senior

Northwest
Kaleb Hathaway
Sophomore

University Prep
Karsten Christensen
Sophomore

Bush
Leo Nyhan
Senior

University Prep
Logan McKay
Junior

Bush
Luke Marcuss
Junior

Overlake
Mayank Kolimi
Junior

King's
Nahom Getachew
Senior

Cedar Park
Oliver Zimmerman
Junior

Cedar Park
Role Redondo
Senior