

Cross Country All-Conference Honors

FRCC all-conference teams for Cross Country are determined by the finish of the runners at the FRCC Conference meet. The first eight places are first team all-conference, the next eight places are second team all-conference, and the next eight places are honorable mention.

FRCC ALL-CONFERENCE TEAMS- 2022

First Team All-Conference

Hope Dragseth-DP	18:53
Emma Coon-DP	19:19
Gabrielle Haller-PR	19:57
Kinsey Gallagher-NDA	19:58
Monika Stoik-NDA	20:00
Reese Gustafson-BP	20:02
Jessica Rolain-DP	20:04
Lauren Carlton-NDA	20:10

First Team All-Conference

Mason Gates-MA	15:52
Grady Lenn-DP	15:53
Isaac Nowak-NDA	16:37
Joseph Stumpf-NDA	16:46
Sam Lieuwen-BP	16:57
Casey Trousil-DP	17:06
Joseph Hunt-NDA	17:06
Chase Deshazer-DP	17:09

Second Team All-Conference

Hailey Novitski-PR	20:12
Sarah Bolchen-MA	20:16
Elise Smith-PR	20:19
Zita Lulloff-NDA	20:21
Melana Webber-PR	20:32
Angela Opolka-PUL	20:35
Ella Capomaccio-NDA	20:39
Mia Miller-NDA	20:43

Second Team All-Conference

Ian Selissen-BP	17:12
Bryce Hawley-NDA	17:18
Jackson Fogarty-NDA	17:22
Ethan Raye-PR	17:23
Caleb Jatczak-MA	17:24
Louis Jean Baptist-PR	17:28
Braeden Tilot-NDA	17:28
Landen Heim-BP	17:32

Honorable Mention All-Conference

Emma Dornbush-PR	20:45
Olivia Stedl-PUL	20:47
Allison Buraczewsk-PR	20:47
Aubree Kubicki-BP	20:47
Hannah Hutto-ASH	20:48

Honorable Mention All-Conference

Bennett Daul-BP	17:38
Ryan Lang-NO	17:41
Benjamin Piontek-PR	17:42
Ryan Jadin-ASH	17:45
Nicholas Pufall-BP	17:45

Hannah Smith-PR 20:49

Emerson Fabry-PUL 20:52

Bella Heideman-DP 20:53

Beckett Chambers-NDA 17:47

Ian Hoppe-PR 17:49

Federrico Auricchi-NDA 17:54

Runner of the Year:

Hope Dragseth- De Pere

Runner of the Year:

Mason Gates- Manitowoc Lincoln

Coach of the Year: John Gard- Notre Dame Academy