

2019

NORTH DIVISION BOYS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Thomas Doss	Saint Charles	16:18.40
Jacob Blassingame	Saint Charles West	16:37.80
Ian Schwierjohn	Orchard Farm	17:17.90
Austin Litton	Saint Charles West	17:22.80
Zack Southard	Saint Charles West	17:38.60
Jonathan Lopez	Saint Charles	17:50.60
Haylan Thompson	Orchard Farm	17:51.00
Michael Kardasz	Saint Charles West	18:15.10
Ben Sommers	Warrenton	18:27.40
Trevor Potthoff	Saint Charles	18:40.10
Jack Case	Saint Charles	18:44.10
Abhiram Kudaravalli	Saint Charles West	18:46.00
Sullivan Ruia-behrends	Saint Charles	19:03.10
Jordan Hibbler	Orchard Farm	19:07.10

TEAM SCORES: SAINT CHARLES WEST 31;

SAINT CHARLES 41; ORCHARD FARM 63; WARRENTON 87

ALL ACADEMIC

Orchard Farm - Garrett Ancel, Thomas Dulle, Jordan Hibbler, Trent Kirks, Brendan Klusmeyer, Ben Martin, Haylan Thompson

Saint Charles -

Saint Charles West - Jacob Balssingame, Ian Guerrero, Austin Litton, Brandon Mace, Morgan Oser, Nick Skikas, Zachary Southard

Warrenton -

Winfield -

SPORTSMANSHIP

Orchard Farm - Trent Kirks [JV-Daniel Mobley]

Saint Charles -

Saint Charles West -

Warrenton -

Winfield -

2019

CENTRAL DIVISION BOYS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Seth Gleason	Fort Zumwalt North	17:11.53
Noah Little	Washington	17:13.70
Trevor Peimann	Wentzville Timberland	17:23.43
Jonah McHaffie	Wentzville Timberland	17:57.34
Tyler Freiner	Wentzville Timberland	18:02.98
Nicolas Myers	Fort Zumwalt South	18:12.23
Ryan Pendergast	Fort Zumwalt North	18:22.51
Mason Kauffeld	Washington	18:48.37
Dyland Carlson	Wentzville Liberty	18:53.24
Taylor Mason	Fort Zumwalt North	18:58.66
Tyler Hudson	Wentzville Liberty	18:59.62
Caleb Schoenberg	Wentzville Timberland	19:00.60
Sean Looney	Wentzville Liberty	19:08.16
Grady Jacobson	Wentzville Timberland	19:20.94

**TEAM SCORES: WENTZVILLE TIMBERLAND
38;**

**FORT ZUMWALT NORTH 61; WASHINGTON 62; WENTZVILLE
LIBERTY 74; FORT ZUMWALT SOUTH 113; FORT ZUMWALT
EAST 137**

ALL ACADEMIC

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington - Ethan Bliss, Benjamn Griffen, Noah Little, Benjamin Scheperle, Tristan Zeh

Wentzville Liberty -

Wentzville Timberland -

SPORTSMANSHIP

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington - Tristan Zeh

Wentzville Liberty -

Wentzville Timberland -

2019

SOUTH DIVISION BOYS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Nicholas Cimmarusti	Francis Howell	16:38.76
Bennett Boatman	Fort Zumwalt West	16:43.71
Lucas Wright	Francis Howell	16:58.43
Braden Meyer	Fort Zumwalt West	17:04.86
Brady Evans	Francis Howell	17:09.74
Blake Panagos	Francis Howell	17:13.12
Aaron Eller	Wentzville Holt	17:17.70
Luis David Jimenez	Fort Zumwalt West	17:20.02

David Tauser	Wentzville Holt	17:20.21
Brody Orf	Troy Buchanan	17:25.38
Deivydas Hermanas	Francis Howell	17:31.45
Daniel Stevens	Fort Zumwalt West	17:31.91
Nicholas Parker	Fort Zumwalt West	17:34.28
Jack Rider	Fort Zumwalt West	17:36.10

TEAM SCORES: FRANCIS HOWELL 26;

FORT ZUMWALT WEST 39; WENTZVILLE HOLT 88; FRANCIS HOWELL CENTRAL 104; TROY BUCHANAN 128

ALL ACADEMIC

Fort Zumwalt West - Cooper Anderson, Bennett Boatman, Eric Coleman, Geoffrey Collins, Nick Duggan, George Gump, Luis Jimenez, Carter Legate, Anderson Lo, Braden Meyer, Nick Parker, Sami Sehgal, Ryan Staples, Danny Stevens

Francis Howell -

Francis Howell Central -

Francis Howell North -

Troy Buchanan - Ryley Ballard, Maxwell Gessert, Myles Klaric, Brody Orf, Zachariah Schulte, Trent Wortmann

Wentzville Holt - Aaron Eller, Devon Fanning, Reece Pollock, Baylor Reinker, Tyler Ruhland, David Tauser

SPORTSMANSHIP

Fort Zumwalt West - Ryan Staples

Francis Howell -

Francis Howell Central -

Francis Howell North -

Troy Buchanan - Grayson Blue

Wentzville Holt - David Tauser

2019

NORTH DIVISION GIRLS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Lilian Jackson	Saint Charles West	19:10.30
Natalia Sisomphane	Saint Charles	20:28.10
Sally Werth	Saint Charles	20:41.60
Kadence Berry	Winfield	21:00.70
Lexi Frederick	Warrenton	21:22.20
Madelyn Marschel	Warrenton	21:32.50
Anna Johnston	Saint Charles	21:36.10
Virginia Werth	Saint Charles	21:41.00
Alyssa Schreiber	Saint Charles	22:17.70

Jessi Rudar	Winfield	22:31.10
AnahiSaldana	Warrenton	22:37.10
Marissa Lefers	Orchard Farm	22:45.60
Sydney Kardasz	Saint Charles West	22:57.90
Mercedes Upton	Saint Charles	23:09.80

TEAM SCORES: SAINT CHARLES 26;

WARRENTON 49; SAINT CHARLES WEST 62; ORCHARD FARM 95

ALL ACADEMIC

Orchard Farm - Amanda Bateman, Lily Cattoor, Cecelia Hines, Emma Hulbert

Saint Charles -

Saint Charles West - Iris Guerrero, Lily Jackson, Sydney Kardasz, Grace Matthews, Betsy McClune, Ella Nichols, Anna Prize

Warrenton -

Winfield -

SPORTSMANSHIP

Orchard Farm - Lily Cattoor [JV - Jenna Overstreet]

Saint Charles -

Saint Charles West -

Warrenton -

2019

CENTRAL DIVISION GIRLS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Mia Reed	Washington	20:12.61
Julia Donnelly	Washington	20:15.38
Jessica Donnelly	Washington	20:32.63
Madelyn Gray	Fort Zumwalt South	20:33.41
Ally Kruger	Wentzville Liberty	20:36.03
Madilyn Moore	Wentzville Timberland	20:55.96
Abbigael Woods	Wentzville Liberty	21:03.84
Hannah Rossman	Wentzville Liberty	21:44.60
Lauren Hirsch	Fort Zumwalt South	21:46.98
Lillian Nix	Washington	21:50.84
Megan Venturella	Wentzville Liberty	21:54.08
Molly Morris	Wentzville Libery	21:55.27
Adrienne Rockette	Wentzville Liberty	21:58.42
Mckenna Jacquin	Washington	22:00.75

TEAM SCORES: WASHINGTON 28;

**WENTZVILLE LIBERTY 39; FORT ZUMWALT SOUTH 66;
FORT ZUMWALT EAST 112**

ALL ACADEMIC

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

**Washington - McKenna Deckleman, Jessica Donnelly, Julia Donnelly, McKenna Jacquin,
Allison Meyer, Lilly Nix, Mia Reed, Lindsay Sprung, Nina Zimmermann**

Wentzville Liberty -

Wentzville Timberland -

SPORTSMANSHIP

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington - McKenna Deckelman

Wentzville Liberty -

Wentzville Timberland -

SOUTH DIVISION GIRLS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Sarah Russom	Francis Howell	19:32.86
Michaela Flynn	Francis Howell	19:51.43
Lydia Lehmbeck	Fort Zumwalt West	20:18.75
Alexis Edgar	Francis Howell	20:25.16
Madelyn Bennett	Francis Howell Central	20:32.33
Gracyn Pietrusinski	Wentzville Holt	20:55.68
Natalie Rudebeck	Francis Howell Central	20:56.60
Alessandra Madrid	Fort Zumwalt West	21:05.40
Ashleigh Martin	Francis Howell	21:21.10
Stacia Marshall	Troy Buchanan	21:24.20
Allison Vernon	Francis Howell North	21:24.85
Carolyn Short	Fort Zumwalt West	21:29.72
Abigail Vester	Francis Howell Central	21:51.08
Emily Rudebeck	Francis Howell Central	22:00.73

TEAM SCORES: FRANCIS HOWELL 31;

FRANCIS HOWELL CENTRAL 53; FORT ZUMWALT WEST 64; WENTZVILLE HOLT 89; TROY BUCHANAN 133

ALL ACADEMIC

Fort Zumwalt West - Ella Bassmann, Chloe Bodway, Kate Grana, Hannah Gumper, Alexis Landolt, Lydia Lehmbeck, Alessandra Madrid, Nicole Mayer, Alexis Reese, Deidra Sinkey, Kylie Skoba, Lacy Slezak, Navaeh Soward, Alexandra Spriggs

Francis Howell

Francis Howell Central

Francis Howell North

Troy Buchanan - Stacia Marshall, Nayda Gaspariano, Elizabeth Hemmer

Wentzville Holt - Gracyn Pietrusinski, Hannah Reeb, Gina Saso, Makenna Seghers, Clare Tyson

SPORTSMANSHIP

Fort Zumwalt West - Lydia Lehmbeck

Francis Howell

Francis Howell Central

Francis Howell North

Troy Buchanan - Kaydence Nixon

Wentzville Holt - Hannah Reeb

2019

NORTH DIVISION FOOTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

QUARTERBACK

	Player	School	Year
1st Team	Brendan Sportsman	Saint Charles West	SR
2nd Tem	Nolan Chmiel	Warrenton	SR

RUNNING BACK

	Player	School	Year
1st Team	Jamesen Reese	Saint Charles West	SR
	Dominic Flint	Saint Charles West	JR
	Charles Murphy	Saint Charles	SR
2nd Team	Zach Roberts	Orchard Farm	SR
	Trevor Turner	Saint Charles West	SR
	Logan Dowd	Warrenton	SR

OFFENSIVE LINE

	Player	School	Year
1st Team	John Wilson	Saint Charles West	JR
	Stephen Frazer	Saint Charles West	SR
	Josh Heap	Warrenton	SR
	Cody Crump	Warrenton	SR

	Grant Middendorf	Saint Charles West	JR
2nd Team	Kellis Heberer	Winfield	SR
	Jack Denen	Orchard Farm	JR
	Dylan Michael	Winfield	SR
	Michael Smith	Saint Charles	SR
	Alex Meyer	Saint Charles West	JR
	Tristian Bihlmaier	Warrenton	SR

WIDE RECEIVER

	Player	School	Year
1st Team	Chase Rankin	Winfield	SR
	Anthony Lemons	Saint Charles West	SR
	Dylan Smith	Warrenton	SR
2nd Team	Matthew Omorsemi	Winfield	JR
	Marquis Gracial	Saint Charles	SO
	Sam Toenges	Warrenton	SR

KICKER

	Player	School	Year
1st Team	Brenden Day	Warrenton	SR
2nd Team	Darious DeCarolis	Saint Charles West	JR

LINEBACKER

	Player	School	Year
1st Team	Dylan Smith	Warrenton	SR
	Jamesen Reese	Saint Charles West	SR
	Brandon Davis	Orchard Farm	SR
	Jacob Heberer	Winfield	SO
2nd Team	Trent Busby	Saint Charles West	SR
	Owen Ireton	Warrenton	SR
	Jarenn Foster	Saint Charles West	JR
	Joe McGee	Saint Charles	SR

DEFENSIVE LINE

	Player	School	Year
1st Team	Marquis Gracial	Saint Charles	SO
	Stephen Frazer	Saint Charles West	SR
2nd Team	Jack Russell	Warrenton	JR
	Jordan Hawkins	Orchard Farm	SR

DEFENSIVE END

	Player	School	Year
1st Team	Randy Jemerson	Saint Charles West	SR
	Jake Colbert	Winfield	SR
2nd Team	Josh Heap	Warrenton	SR
	Jack Denen	Orchard Farm	JR

	Trevor Turner	Saint Charles West	SR
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DEFENSIVE BACK

	Player	School	Year
1st Team	Brendan Sportsman	Saint Charles West	SR
	Dominic Flint	Saint Charles West	JR
	Brett Smith	Warrenton	SR
	Charles Young	Saint Charles	SO
2nd Team	Logan Dowd	Warrenton	SR
	Anthony Lemons	Saint Charles West	SR
	Deleon Smith	Saint Charles West	JR
	Lane Moody	Winfield	SR

PUNTER

	Player	School	Year
1st Team	Brendan Sportsman	Saint Charles West	SR
2nd Team	Sam Toenges	Warrenton	SR

PLAYER OF THE YEAR:

Brendan Sportsman, Saint Charles West, Senior

COACH OF THE YEAR:

Gary Strauss, Saint Charles West

Sportsmanship Award

Orchard Farm - Nick Greener

Saint Charles - Simon Fernandez

Saint Charles West - Trent Busby

Warrenton - Cody Stiern

Winfield - Lane Moody

All-Academic Team

Orchard Farm - Brandon Davis, Nick Greener, Scott Lillard, Zach Roberts, Clayton Schroeder, Cole Stephens, Tyler Synders, Bryce Westerfeld

Saint Charles - Simon Fernandez, Jakob Brdedell, Justin Mowry, Trey Ward, Charles Young, Kevin Budden, Justin Blair, Zac Schnare Logan, Underwood, Moses Brown, Riley Adams

Saint Charles West - Ian Besselmann, Trent Busby, Grant Chrisco, Gage Collett, Chris Colyer, Darius Decarolis, Avery Edge, Dominic Flint, Nick Ford, Jaren Foster, Elliot Isom, Anthony Lemons, Grant Middendorf, Jamesen Reese, Deleon Smith, Brendan Sportsman

Warrenton - Jesse Cook, Andrew Cox, Brenden Day, Owen Ireton, Kolby Meine, Nick Mertens, Hunter Meyer, TJ Ray, Jack Russell, Dylan Smith, Cody Stiern

Winfield - Austin Carson, Jake Colbert, Hunter Dunn, Nathaniel Echols, Wade Ellison, Zack Gerholdt, Ethan Karras, Lane Moody, Matthew Omoresemi, Chase Rankin, Charos Sutton

2019

CENTRAL DIVISION FOOTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

QUARTERBACK

	Player	School	Year
1st Team	Cairo Payne	Fort Zumwalt North	SR
2nd Tem	Trevor Rinne	Washington	SR

RUNNING BACK

	Player	School	Year
1st Team	Tyler Oakes (U)	Fort Zumwalt North	JR
	Jarrett Wilson	Wentzville Timberland	SR
	Christian Meyer	Washington	SR
2nd Team	Ben Adelsberger	Wenzville Liberty	SR
	Chris Futrell	Fort Zumwalt North	JR
	Nate Busch	Washington	SR

OFFENSIVE LINE

	Player	School	Year
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1st Team	Gavin Stricker (U)	Fort Zumwalt North	SR
	Joey Martin (U)	Fort Zumwalt North	SR
	Chase McCoy (U)	Wentzville Timberland	SR
	Joe Hackmann (U)	Washington	SR
	Nate Rapplean	Fort Zumwalt North	JR
2nd Team	Adam Lewis	Fort Zumwalt North	SR
	Andrew Bontrager	Wentzville Timberland	SO
	Brandon Titter	Washington	SR
	Jacob Grimshaw	Wentzville Liberty	SR
	Andrew Gildhaus	Washington	SR

WIDE RECEIVER

	Player	School	Year
1st Team	Izaiah Hartrup	Fort Zumwalt North	SR
	Elijah Edmonds	Fort Zumwalt South	JR
2nd Team	Tyler Cotoon	Wentzville Liberty	JR
	Trevor Brave	Wentzville Timberland	SR

KICKER

	Player	School	Year
1st Team	Parker Brown	Wentzville Timberland	SR
2nd Team	Owen Sears	Fort Zumwalt North	SR

ATHLETE

	Player	School	Year
1st Team	Josh Johnston	Fort Zumwalt East	JR
2nd Team	Brandon Khoury	Wentzville Timberland	SR

LINEBACKER

	Player	School	Year
1st Team	Nick Stepney (U)	Fort Zumwalt East	SR
	Parker Monnig (U)	Fort Zumwalt North	JR
	Ben Adlesberger (U)	Wentzville Liberty	SR
	Max Martin	Fort Zumwalt North	SR
2nd Team	Chris Futrell	Fort Zumwalt North	JR
	Will Huelskamp	Wentzville Timberland	SR
	Luke Picht	Fort Zumwalt South	JR
	Zach Dotson	Wentzville Liberty	SR

DEFENSIVE LINE

	Player	School	Year
1st Team	Chase McCoy (U)	Wentzville Timberland	SR
	Trevor Burh (U)	Washington	FR
	Gavin Stricker	Fort Zumwalt North	SR
	Ryan Hoerskamp	Washington	JR
2nd Team	Brendan Mahoney	Fort Zumwalt North	JR

	Jalen Owens	Fort Zumwalt North	SR
	Gabriel Gonzalez	WSentzville Liberty	SR
	Joe Hackmann	Washington	SR
	R. J. Carter	Wentzville Timberland	SR

DEFENSIVE BACK

	Player	School	Year
1st Team	Josh Johnston (U)	Fort Zumwalt East	JR
	Cairo Payne (U)	Fort Zumwalt North	SR
	Izaiah Hartrup (U)	Fort Zumwalt North	SR
	Mitchell Eckardt (U)	Wentzville Liberty	SR
2nd Team	Owen Raines	Wentzville Timberland	SR
	Luke Kroetter	Washington	JR
	Elijah Edmonds	Fort Zumwalt South	JR
	Jalen Lee	Fort ZUmwalt North	SO

PUNTER

	Player	School	Year
1st Team	Kaden Golic	Washington	SR
2nd Team	Izaiah Hartrup	Fort Zumwalt North	SR

PLAYER OF THE YEAR:

Cairo Payne, Fort Zumwalt North, Senior

COACH OF THE YEAR:

Joe Bacon, Fort Zumwalt North

Sportsmanship Award

Fort Zumwalt East - Breadon McClemore

Fort Zumwalt South - Jack Bishop

Fort Zumwalt North - Ryan Medley

Wentzville Timberland - Joseph Larson

Washington- Brandon Titter

Wentzville Liberty - Wyatt Haynes

All-Academic Team

Fort Zumwalt East - Abdel Afaneh, Reggie Bond, John Hopkins, Braedon Mclamore, Austin Myers, Tyler Lindemann, Landon Oxford, Trenton Pringle, Tyler Shortt, Dominic Tjaden, Tylen Rudd, Caleb Schneider

Fort Zumwalt South - Zachary Bensing, Jack Bishop, Curtis Burton, Donovan Crandall, Jacob Finnegan, Matthew Goode, Jaden Luu, Austin Mahoney, Gabe Monte, Lucas Picht, Matthew Robison, James Sefrit, Brandon Vogt

Fort Zumwalt North - Roman Bishop, Ayden Daniels, Gavin Labell, Cameron Latina, Adam Lewis, Brendan Mahoney, Maxwell Martin, Ryan Medley, Robert Merris, Parker Monnig, Timothy Nesslage, Jack Newcomb, Jalen Owens, Jonah Page, Christopher Polashek, Robert Rezex, Owen Sears, Spencer Steinmeyer, Cameron Stoechner, Gavin Stricker, Parker Wagner

Wentzville Timberland - Andrew Bontrager, Trevor Brave, Parker Brown, Blake Haffer, Will Huelskamp, Josh Jaworski, Brandon Houry, Joseph Larsen, Chase Mccoy, Zach Mudd, Jackson Petty, Drew Rothweil, Jarrett Wilson, Keagan Wilson

Washington - Trevor Rinne, Camden Millheiser, Octavio Meza, Cole Nahlik, Hayden Thiemann, Jose Avitia, Davis Gruber, Louis Paule, Christian Meyer, Caleb Brinker, Luke Kroeter, Jake Straatmann, Ethan Soete, Zach Buescher, Colton Moritz, Brandon Titter, Brandon Bergner, Marcus Rogala, Will

Lingle, Sam Rost, Kaleb Burr, Joe Hackmann, Luke Kleekamp, Matt Benedict, Ryan Hoerstkamp, Leonard Obermakr

Wentzville Liberty - Ben Adelsberger, Max Bushway, Matt Craig, Zach Dotson, Jake Garland, Wyatt Haynes, T. J. Irlmeier, Luke Linden, Eric Mason, Josh Paubel, Blake Seaton, Anthony Tivolacci, Jackson Ward, Tye Yeh, Parker Young

2019

SOUTH DIVISION FOOTBALL

ALL CONFERENCE INDIVIDUALS -

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

QUARTERBACK

	Player	School	Year
1st Team	Alex Pipes	Francis Howell	JR
2nd Tem	Jake Murphy	Fort Zumwalt West	SR

RUNNING BACK

	Player	School	Year
1st Team	Gideon Niboh	Francis Howell	SR
2nd Team	James Strauss	Fort Zumwalt West	SR

OFFENSIVE LINE

	Player	School	Year
1st Team	Drake Heismeyer (U)	Francis Howell	SR
	Ryan Skillington	Francis Howell	SR
	Gavin Lund	Troy Buchanan	SR
	Jacob Ferguson	Troy Buchanan	SR
	Cale Bunner	Wentzville Holt	SR
2nd Team	Owen Heslin	Francis Howell	JR
	Adel Mountassir	Francis Howell North	JR
	Zack Koester	Francis Howell North	SR
	Nathaniel Reese	Fort Zumwalt West	SR
	Kody Klingensmith	Fort Zumwalt West	SR

WIDE RECEIVER

	Player	School	Year
1st Team	Cameron Lewis	Francis Howell North	SR
	Jackson Smith	Wentzville Holt	SO
	Jackson Hetzel	Francis Howell	JR
	Max Koviak	Fort Zumwalt West	SR
2nd Team	Kannon Cissell	Francis Howell Central	JR
	Parker Florea	Francis Howell	SR
	Chris Kerr	Fort Zumwalt West	JR
	Colin Bunner	Wentzville Holt	SO

KICKER

	Player	School	Year
1st Team	Josh Deal	Francis Howell	FR
2nd Team	Matt Lange	Fort Zumwalt West	SR

ATHLETE

	Player	School	Year
1st Team	Kendall Hutchison	Troy Buchanan	SR
2nd Team	James Strauss	Fort Zumwalt West	SR

LINEBACKER

	Player	School	Year
1st Team	Ulysses Ross (U)	Fort Zumwalt West	SR
	Jack Larkin	Francis Howell	SR
	Charlton Watson Jr	Francis Howell	SR
	Andrew Bergfeld	Troy Buchanan	SR
2nd Team	Nick Matyiko	Fort Zumwalt West	JR
	Chris Kerr	Fort Zumwalt West	JR
	Marlon Woods	Francis Howell Central	JR
	Clayton Reed	Wentzville Holt	SR
	Cole Londoff	Wentzville Holt	SR

DEFENSIVE LINE

	Player	School	Year
1st Team	Kaden Solverud	Fort Zumwalt West	SR
	Ryan Skillington	Francis Howell	SR
2nd Team	Zack Koester	Francis Howell North	SR
	Ethan Jones	Troy Buchanan	SR

DEFENSIVE END

	Player	School	Year
1st Team	Jacob Ferguson	Troy Buchanan	SR
	Jack Meyer	Francis Howell	JR
2nd Team	Adel Mountassir	Francis Howell North	JR
	Kody Klingensmith	Fort Zumwalt West	SR

DEFENSIVE BACK

	Player	School	Year
1st Team	Gideon Niboh	Francis Howell	SR
	Gus Hetzel	Francis Howell	JR
	Cameron Lewis	Francis Howell North	SR
	Max Koviak	Fort Zumwalt West	SR
2nd Team	Joel Hagely	Francis Howell	SR
	Sam Smith	Fort Zumwalt West	Sr
	Nick Bova	Troy Buchanan	FR
	Isaiah Slaughter	Wentzville Holt	SO

PUNTER

	Player	School	Year
1st Team	Alex Pipes	Francis Howell	JR
2nd Team	Parker Frye	Francis Howell Central	JR

PLAYER OF THE YEAR:

Ulysses Ross, Fort Zumwalt West, Senior

COACH OF THE YEAR:

Brent Chojnacki, Francis Howell

Sportsmanship Award

Troy Buchanan - Kendall Hutchison

Francis Howell - Max Wilson

Francis Howell Central - Dillon Davis

Francis Howell North - Scott Pauley

Fort Zumwalt West - Steven Gerecke

Wentzville Holt - Clayton Reed

All-Academic Team

Troy Buchanan - Preston Barciszewski, Nicholas Bova, Camden Dillow, Mason Gessert, Jesus Gonzalez, Geoffrey Hudson, Kendall Hutchison, Bryan Kasten, Jahkai Lang, Lebron Mathews, Timothy Meyer, Roman Platipodis, Jacob Raines, Braydon Tharp, Gavin Welch, Austin Wenzel, Bailey West

Francis Howell - Patrick Baue, Jackson Betlach, Zachary Biever, James Canul, Mario Colombo, Josh Deal, Kyle Fischer, Hayden Foster, Brandon Glenn, Logan Hampton, Hayden Hauser, Drake Heismeyer, August Helleny, Garrett Herman, Owen Heslin, Jackson Hetzel, Gus Hetzel, Logan Hornback, T. J. Houston, Ayden Illingworth, Jackson Kite, Alex Kohrs, Donovan Kuehn, Xavier Machado, Aaron Mcneely, Dawson Nguyen, Brett Norfleet, Gideon Niboh, Lex Ramsay, Connor Reed, Alexander Richardson, Zachary Robbins, Carter Rosenberger, Matthew Ruder, Adam Scheer, Connor Schoenherr, Hayden Trezek, Blake Walter, Charlton Watson Jr., Reid Weber, Damon Williams, Max Wilson, Nicholas Yost

Francis Howell Central - Sam Newton, Aidan Hernandez, Andrew Golden, Parker Frye, Clayton Corey, Hunter Robertson, Kyle Roland

Francis Howell North - Azariah Anderson, Jesse Collins, Ian Denningmann, Alex Hayes, Marshall Hines, Chas Hoskins, Isaac Kelly, Patrick Koester, Zack Koester, Robert Kyle, Aaron Lashley, Adel Mountassir, Lucas Neuschwander, Jeremy Moutray, Alex Roland, Braedon Salter, Marshall Swope

Fort Zumwalt West - Hunter Atwell, Jack Barnes, Braden Davis, Daniel Dubowski, Ryan Fetsch, Steven Gerecke, Brett Graczyk, Caleb Greiner, Maxwell Hardcastle, Nick Herbst, Putt Houston, Joseph Kane, Chris Kerr, Austin Kidd, Kody Klingensmith, Zach Kriete, Matt Lange, Lucas Ludwig, Michale Ludwig, Daniel Mainer, James Murphy, Gabriel Ortiz, Ben Osterholt, Asa Pickett, Brett Reynolds, Kaden Solverud, Matt Stano, Liam Webb, Karter Zengil

Wentzville Holt - Matt Bennett, Cooper Brown, Nick Hayes, Jacob Nelson, Isaiah Slaughter, Kyle Wuebbeling, Erick Wyatt

2019

NORTH/CENTRAL DIVISION GIRLS GOLF

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Kelly Karre	Wentzville Liberty	85
Elizabeth Bigler	Fort Zumwalt North	88

Lauren Meindl	Wentzville Timberland	90
Mallory Beattie	Wentzville Timberland	90
Sophia Welch	Fort Zumwalt South	90
Lucy Porsenski	Wentzville Timberland	91
Gabby Rettinghaus	Wentzville Timberland	94
Grace Pickering	Wentzville Liberty	99
Mia Lanemann	Washington	102
Haley Kaiser	Fort Zumwalt South	102
Faith Wolf	Fort Zumwalt East	105
Nyah Misenner	Wentzville Timberland	105

TEAM STANDINGS [GAC Tournament]: **Wentzville Timberland 365;**

Wentzville Liberty 400; Fort Zumwalt South 405; Fort Zumwalt North 439; Washington 443; Warrenton 479

SPORTSMANSHIP

Fort Zumwalt North -

Fort Zumwalt South -

Warrenton -

Washington - Mia Lanemann

Wentzville Liberty -

Wentzville Timberland -

ALL ACADEMIC

Fort Zumwalt North -

Fort Zumwalt South -

Warrenton -

Washington - Grace Bryson, Isabella Fitzgerald, Joie Heien, Mia Lanemann, Emily Molitor

Wentzville Liberty -

Wentzville Timberland -

2019

SOUTH DIVISION GIRLS GOLF

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Leigha Kelly	Fort Zumwalt West	78
Kylee Hormuth	Francis Howell	81
Ashlyn Sanders	Wentzville Holt	85
Kylie Eicholz	Troy Buchanan	90
Alex Hiebert	Wentzville Holt	91
Hannah Inchiostro	Francis Howell	91
Josie Brakensiek	Francis Howell	92
Kylie Brown	Francis Howell Central	93

Hannah Bollinger	Wentzville Holt	94
Alexis Betlach	Francis Howell	96
Cheng Hai Christen	Fort Zumwalt West	96
Julia Boessen	Troy Buchanan	97

TEAM STANDINGS [GAC Tournament]: **Francis Howell 360;**

Wentzville Holt 369; Fort Zumwalt West 374; Troy Buchanan 390; Francis Howell Central 412; Francis Howell North 448

ACADEMIC

Wentzville Holt - Hannah Bollinger, Kaiya Corbett, Alex Hiebert, Kaitlyn Waple

Troy Buchanan - Julia Boessen, Isabel Holland, Carley Meyer, Kaydence Reller, Sophia Vaccaro

Fort Zumwalt West - Lauren ZArand, Cheing Hai Christen, Hayley Gaffney, Dakota Hubbell, Lizzie Ostram

SPORTSMANSHIP

Wentzville Holt - Ashlyn Sanders

Troy Buchanan - Kylie Eicholz

2019

**NORTH DIVISION BOYS SOCCER
ALL CONFERENCE INDIVIDUALS
ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS**

FIRST TEAM

Player	Year	Position	School
Chase Wetzler	11	Keeper	Saint Charles
Sam Papin	11	Defender	Saint Charles West
Caden Lucido	10	Defender	Orchard Farm
Darius DeCarolis	11	Defender	Saint Charles West
Ryan Russell	11	Midfielder	Saint Charles
Brent Piotrowicz	10	Midfielder	Winfield
Camilo Rodriguez	12	Midfielder	Warrenton
Anthony Dalton	12	Midfielder	Orchard Farm
Bobby Pauly	09	Midfielder	Orchard Farm
Adam Mays	12	Forward	Saint Charles West

Michael Bhat	11	Forward	Orchard Farm
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SECOND TEAM

Player	Year	Position	School
Quinn Gallagher	12	Defender	Saint Charles
Jack Walker	11	Defender	Saint Charles
Caleb Schneider	11	Midfeildeer	Saint Charles
Kaden Kaimann	09	Forward	Winfield
Greg Penrod	11	Defender	Winfield
Jake Evrard	11	Midfielder	Warrenton
Paul Sanders	12	Keeper	Warrenton
Christian Trujillo	12	Forward	Warrenton
Steve Morales	11	Midfielder	Saint Charles West
Ray Rico	11	Forward	Saint Charles West
Tanner Bonin	12	Defender	Saint Charles West
Hunter Dreckshage	11	Defender	Orchard Farm
Kellen Orndorff	12	Defender	Orchard Farm
Evan Forsythe	12	Keeper	Orchard Farm

**PLAYER OF THE YEAR: Ethan Bromaghim of Orchard Farm,
Junior, Midfielder**

COACH OF THE YEAR : Brandon Cox of Orchard Farm

Sportsmanship Award

Orchard Farm - Bobby Pauly

Saint Charles - Genaro Garcia-Romero

Saint Charles West - Kyle Quinn

Warrenton - Camilo Rodriguez

Winfield -Greg Penrod

All Academic

Orchard Farm - Michael Bhat, Dylan Hazel, Caden Lucido, Dylan Ohlms, Kellen Orndorff, Bobby Pauly, Lucas Stopke

Saint Charles - Gabe Doughty, Quinn Gallagher, Noah McAlister, Ashton Winning, Nick Quay, Caleb Schneider, Jack Walker, Ayden Schneider, Chase Wetzler

Saint Charles West - Robert Blocker, Tanner Bonin, Jack Boyce, Dayton Bullock, Darius DeCarolis, Cole Douglas, Tyler Grossmann, Zach Grossmann, Craig Kubiak, Trevor New, Sam Papin, Ray Rico

Warrenton - Paul Sanders, Raj Pandya, Jake Scruggs, Camilo Rodriguez, Josiah Hodgson, Wesley Arndt

Winfield - Matthew Hornbeck, Kaden Kaimann, Greg Penrod, Josh Politte, James Schultz, Owen Stroud, Jacob Taylor, Noah Thomas, Stephen Witt

2019

CENTRAL DIVISION BOYS SOCCER

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

FIRST TEAM

Player	Year	Position	School
Blake Mann	12	Midfielder	Fort Zumwalt South

Trent Dietker	12	Defender	Fort Zumwalt South
Karson Gibbs	10	Midfielder	Fort Zumwalt South
Luke Dillon	10	Keeper	Fort Zumwalt South
Thomas DeAvilla	12	Defender	Fort Zumwalt North
Cole Bixby	12	Forward	Fort Zumwalt North
Owen Sears	12	Defender	Fort Zumwalt North
Meyer Fensterman	12	Defender	Wentzville Liberty
Zach Renz	11	Midfielder	Wentzville Timberland
Douglas Dawkins	12	Defender	Wentzville Timberland
Justin Martinez	12	Midfielder	Wentzville Timberland

SECOND TEAM

Player	Year	Position	School
Luke Walsh	11	Defender	Fort Zumwalt South
Ryan Harvatin	10	Midfielder	Fort Zumwalt South
Grant Rapplean	12	Forward	Fort Zumwalt North
Elijah Quiles	12	Defender	Fort Zumwalt North
Davis Herbst	10	Keeper	Fort Zumwalt North
Grant Hennessy	12	Forward	Wentzville Liberty
Parker Kessler	12	Midfielder	Wentzville Liberty
Adam Luetkemeyer	11	Forward	Wentzville Timberland
Jacob Callahan	10	Midfielder	Wentzville Timberland
Brayden Dutt	12	Defender	Wentzville Timberland
Dom Marazik	10	Forward	Fort Zumwalt East
John Culleton	12	Midfielder	Fort Zumwalt East
Max Dutt	12	Defender	Fort Zumwalt East

Travis Bieg	10	Defender	Washington
Trent Pabst	10	Midfielder	Washington

PLAYER OF THE YEAR: Devin Livingstone of Fort Zumwalt South, Senior, Forward

COACHES OF THE YEAR : Jim Layne of Fort Zumwalt South and Brian Kelleher of Fort Zumwalt North

Sportsmanship Award

Fort Zumwalt East- Max Dutt

Fort Zumwalt South - Ethan Pfaff

Wentzville Timberland - Connor Benefield

Fort Zumwalt North - Grant Rapplean

Washington - Carter Kleekamp

Wentzville Liberty - Casey Porter

All Academic

Fort Zumwalt East - Dom Mrazik, Kyle Kohls, David Steele, Jacob Groark, Michael Brophy, Ty Rodermund, Noah Myers, Nolan Schroff, Max Dutt, Holden Kocher

Fort Zumwalt North - Cole Bixby, Ethan Busse, Mason Cochran, Adam Coleman Thomas DeAvilla, Davis Herbst, Luke Herbst, Elijah Quiles, Grant Rapplean, Matthew Ross , Benjamin Schwerdt, Owen Sears

Fort Zumwalt South - Markus Anzaldua-Campos, Daniel Bloomfield, Collin Buss, Jonathan Buss, Evan Carroll, Luke Delehaunty, Garrett Dickey, Trenton Dietiker, Luke Dillon, Karson Gibbs, Jack Jellinek, Andrew Moore, George Schreiber, Geoffrey Schultz, Luke Walsh

Washington - Caden Robertson, Trent Pabst, Cade Brautigam, Timothy Boehlein, Ethan Beers, Levi Brautigam, Carter Kleekamp, Travis Bieg, Owen Burge, Liam Schneider, Micah Gargrave

Wentzville Liberty - Preston Greenhalgh, Parker Kessler, Blaine King, Reese Outman, Meyer Fensterman, Michael Peeler, Casey Porter, Aidan Holtz, Liam Merino, Joseph Mesnier, Benjamin Meyer, Patrick O'Day, Benjamin Ptasienski

Wentzville Timberland - Jacob Callahan, Adam Luetkemeyer, Zach Renz, Douglas Dawkins, Justin Martinez, Jack Ives, Brayden Dutt, Grant Jones, Brennan Rushing, Sagen Borrengasser

2019

SOUTH DIVISION BOYS SOCCER

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

FIRST TEAM

Player	Year	Position	School
Drew Schenk	12	Midfielder	Francis Howell
Burke Hoedebecke	12	Midfielder	Francis Howell
Tony Sesti	12	Defender	Francis Howell
Justin Olwig	11	Keeper	Francis Howell
Morgan Monia	11	Defender	Fort Zumwalt West
Dylan Emge	12	Midfielder	Troy Buchanan
Maurice Morgan	12	Forward	Troy Buchanan
Jimmy Sachez	11	Forward	Francis Howell Central
Nate Murillo	12	Defender	Wentzville Holt
J. T. Goldstein	12	Midfielder	Wentzville Holt
Quinton Garofalo	11	Forward	Wentzville Holt

SECOND TEAM

Player	Year	Position	School
Spencer Ayers	12	Forward	Francis Howell
Leyton Grimes	12	Defender	Francis Howell
Jacob Deal	12	Defender	Francis Howell
Tyler Kaminski	11	Defender	Fort Zumwalt West
Carter Youmans	10	Midfielder	Fort Zumwalt West
Alex Hermann	11	Midfielder	Fort Zumwalt West
Luis Capilla	12	Midfielder	Troy Buchanan
Tyler Mullen	12	Defender	Troy Buchanan
Owen Rook	12	Keeper	Fort Zumwalt West
Sam Newton	12	Midfielder	Francis Howell Central
Carter Reford	11	Midfielder	Francis Howell Central
Grant Polman	12	Midfielder	Wentzville Holt
Hunter Deeken	10	Keeper	Wentzville Holt
Connor Murray	12	Midfielder	Francis Howell North
Caleb Helmick	12	Defender	Francis Howell North

PLAYER OF THE YEAR: Jack Meuse of Fort Zumwalt West, Senior, Midfielder

COACH OF THE YEAR : Mike Enright of Francis Howell

Sportsmanship Award

Fort Zumwalt West - Jake Peters

Francis Howell - Kaden Liddell

Francis Howell Central - Carl Swanson

Francis Howell North - Dominick Brown

Troy Buchanan - Carson Lebegue

Wentzville Holt - Noah Thomas

All Academic

Fort Zumwalt West - Nick Bajier, Jared Fitch, Michael Houston, Tyler Kaminski, Morgan Monia, Jake Peters, Dennis Ramirez, Ryan Steevens, Kyle Weinhold, Jackson Williams, Carter Youmans

Francis Howell - Callaway Akihiro, Mason Ballos, Jacob Deal, Caleb Flanders, Burke, Hoedebecke, Kaden Liddell, Justin Olwig, Daniel Field, Leyton Grimes, Daniel Mori, Chris Sanders, Crew Settlemoir, Joel Thwing

Francis Howell Central - Carter Redford, Luke Fisher, Connor Phillips, AJ Zangaro, Carol Swanson, Jimmy Sanchez, Sam Newton, Tanner Jones, Chris Boerding, Allen Butterfield, Tyler Cuba, Ben Raup, Luke Hantack, Luke Cummings

Francis Howell North - Dominick Brown, William Schellman, Zach Baker, Caleb Helmick, Ben Oster, Liam Levins, Nicholas Zendran, Cannon Murray, Connor Murray

Troy Buchanan - Timothy Balducci, Raphael Buchwald, Levi Caldwell, Dillon Colbert, Dylan Emge, Caleb Jacobs, Carson Lebegue, Jacob Love, Matthew McLaughlin, Tyler Mullen, Mitchell Ottinger, Nathan Ryan, Aaron Vaughn

Wentzville Holt -Quinton Garofalo, JT Goldstein, Grant Polman, Oscar Sargent, Nicholas Thomas, Noah Thomas

2019

NORTH DIVISION SOFTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

PITCHERS

FIRST TEAM	Kathryn McChristy	Warrenton	Sophomore
	Maria Prather	Orchard Farm	Senior
SECOND TEAM	Brooke Hendrix	Saint Charles	Junior
	Maddie Jackson	Saint Charles	Freshman

CATCHERS

FIRST TEAM	Ryley Schaub	Saint Charles	Senior
SECOND TEAM	Nicole Vogt	Orchard Farm	Junior

UTILITY PLAYER

FIRST TEAM	Anna Hoeckelmann	Winfield	Sophomore
	Morgan Yuhas	Saint Charles West	Junior
SECOND TEAM	Gabby Doza	Orchard Farm	Junior
	Avery Tucker	Warrenton	Junior

INFIELDERS

FIRST TEAM	Kennady Estes	Warrenton	Junior
	Avery Little	Saint Charles West	Freshman
	Rhyen Mills	Saint Charles	Senior
	Hayley Riebe	Saint Charles	Senior

	Hailey Roberts	Warrenton	Junior
SECOND TEAM	Tatum Bradshaw	Winfield	Junior
	Kaylin Haas	Warrenton	Junior
	Tori Krahl	Saint Charles West	Senior
	Ashleigh Reed	Saint Charles	Freshman
	Madison Steinhoff	Orchard Farm	Senior

OUTFIELDERS

FIRST TEAM	Michele Higby	Warrenton	Junior
	Bre Hollowell	Saint Charles	Junior
	Grace Reinebach	Winfield	Freshman
	Kylie Swinney	Saint Charles	Senior
SECOND TEAM	Kelsey Dinwiddie	Saint Charles West	Junior
	Camille Martin	Winfield	Sophomore
	Dani Schlager	Warrenton	Senior
	Emily Wright	Winfield	Junior

PLAYER OF THE YEAR: *Kathryn McChristy* [WARRENTON - SOPHOMORE]

COACH OF THE YEAR: Chad Berrey (WARRENTON)

Sportsmanship Award

Orchard Farm: Madison Steinhoff

Saint Charles: Ryley Schaub

Saint Charles West: Emily Richardson

Warrenton: Kaylin Haas

Winfield: Allison Gifford

All-Academic Team

Orchard Farm: Madison Steinhoff, Grace Fortuna, Gabby Doza, Lauren Poggemoeller, Abbey Westerfeld, Kaitlyn Houlihan

Saint Charles: Brooke Hendrix, Bre Hollowell, Ryley Schaub, Izzy Schiffer, Livy Schiffer, Kylie Swinney

Saint Charles West: Hannah Wall-Howard, Emily Richardson, Julia Wortham, Morgan Yuhas, Jessica Strain, Kelsey Dinwiddie, Kailey Thomas, Ariel Puent, Emily Schneider

Warrenton: Kiersten Anderson, Emalee Cregar, Nicole DiSilvester, Kennady Estes, Kaylin Haas, Michele Higby, Mack Hurst, Joni Marschel, Jocelyn Martin, Kathryn McChristy, Dani Schlager, Avery Tucker

Winfield: Maggie Jordan, Grace Reinebach, Chloe Wehde, Alexa Nickles, Tatum Bradshaw, Kelly Fallert, Allison Gifford, Anna Hoeckelmann, Kylee Howard, Camille Martin, Audrey Wehde, Emily Wright, Olivia Zellmer

2019

CENTRAL DIVISION SOFTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

PITCHERS

FIRST TEAM	Bailey Broemmer	Wentzville Timberland	Sophomore
	Chloe Smallfield	Fort Zumwalt East	Junior
SECOND TEAM	Emma Caplinger	Wentzville Timberland	Sophomore
	Sydney Kill	Fort Zumwalt South	Freshman

CATCHERS

FIRST TEAM	Jamilyn Bagby	Wentzville Timberland	Junior
SECOND TEAM	Ashley Molitor	Washington	Senior

UTILITY PLAYER

FIRST TEAM	Sydney Sontheimer	Fort Zumwalt North	Senior
	Emma Vodnansky	Washington	Junior
SECOND TEAM	Bailey Armstrong	Wentzville Liberty	Junior
	Sami Picha	Fort Zumwalt South	Sophomore

INFIELDERS

FIRST TEAM	Jocelyn Abbott	Fort Zumwalt East	Senior
	Katie Bergland	Fort Zumwalt East	Freshman
	Allie Huddleston	Washington	Junior
	Katie Reichle	Wentzville Liberty	Senior
	Erin Sammelmann	Fort Zumwalt South	Senior
SECOND TEAM	Kenzie Bensinger	Wentzville Liberty	Senior
	Caroline Emge	Fort Zumwalt North	Sophomore
	Jenny Herling	Fort Zumwalt South	Senior
	Ella Evans	Wentzville Liberty	Sophomore
	Kate Neumann	Fort Zumwalt North	Sophomore
	Madison Sweeney	Wentzville Timberland	Senior

OUTFIELDERS

FIRST TEAM	Kylie Avery	Fort Zumwalt South	Senior
	Hallie Benskin	Fort Zumwalt South	Junior
	Kylee Orf	Wentzville Liberty	Sophomore
	Zoe Schulte	Wentzville Timberland	Senior
SECOND TEAM	Caiya Bamert	Fort Zumwalt North	Senior
	Sarah Becsziko	Washington	Senior
	Ali Burkemper	Fort Zumwalt North	Sophomore
	Kelly Ferguson	Wentzville Timberland	Senior

CO-PLAYERS OF THE YEAR: *Zoe Schulte* - [Wentzville Timberland - Senior] *and Chloe Smallfield* [Fort Zumwalt East - Junior]

COACH OF THE YEAR: Anthony Wiber (FORT ZUMWALT EAST)

ALL ACADEMIC

Fort Zumwalt East - Chloe Smallfield, Elizabeth Behan, Maiya Woelbling, Molly Wease, Jocelyn Abbott, Paige Benhardt, Paige Carter, Katheryn Bergland, Jessica Kennon, Megan Albers, Mackenzie Hayes, Kayla Kindler

Fort Zumwalt North - Kelly Allensworth, Caiya Bamert, Ali Burkemper, Caroline Emge, Emma Wood, Ashleigh Niemczyk, Mikayla Sizemore, Sydney Sontheimer, Grace Thorn

Fort Zumwalt South - Cassidy Avery, Kylie Avery, Makena Bachman, Halle Benskin, Alanna Crumley, Cadence Dempsey, Jennifer Herling, Sydney Kill, Kathryn Mawer, Macy Mesplay, Amanda Olivas, Samantha Picha, Erin Sammelmann

Washington - Grace Landwehr, Alexis Lewis, Sarah Becsziko, Allie Huddleston, Hope Ramsey, Ellie Quaethem, Emma Riegel, Emma Vodnansky, Sophia Olszowka, Madelyn Holtmeyer, Kylie McDaniel

Wentzville Liberty - Kenzie Bensinger, Ryenne Elbert-Walker, Ella Evans, Allyson Fox, Samantha Kozlowski, Elise Niere, Kylee Orf, Katie Reichle, Kendall Weber

Wentzville Timberland - Bailey Broemmer, Emma Caplinger, Kelly Ferguson, Lily Himmel, Ilencia Lightbody, Andie McCool, Zoe Schulte, Madison Sweeney

SPORTSMANSHIP

Fort Zumwalt East - Maiya Woebing

Fort Zumwalt North - Grace Thorn

Fort Zumwalt South - Sami Picha

Washington - Hope Ramsey

Wentzville Liberty - Elise Niere

Wentzville Timberland - Ryen Ehling

2019

SOUTH DIVISION SOFTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

PITCHERS

FIRST TEAM	Emma Roseberry	Wentzville Holt	Senior
	Ali Cook	Troy Buchanan	Senior
SECOND TEAM	Mandy Hansen	Wentzville Holt	Senior
	Kennedy Jensen	Francis Howell Central	Sophomore

CATCHERS

FIRST TEAM	Marissa Peek	Wentzville Holt	Senior
SECOND TEAM	Kate Thurman	Fort Zumwalt West	Junior

UTILITY PLAYER

FIRST TEAM	Tori Hatton	Troy Buchanan	Sophomore
	Danielle Lindsey	Francis Howell	Senior
SECOND TEAM	Kaylee Morris	Francis Howell Central	Senior
	Kenna Poeling	Wentzville Holt	Senior

INFIELDERS

FIRST TEAM	Julia Crenshaw	Fort Zumwalt West	Junior
	Sophia Davis	Francis Howell	Senior
	Kin DeBold	Troy Buchanan	Senior
	Kelby Robinson	Wentzville Holt	Senior
	Lexy Smith	Wentzville Holt	Junior
SECOND TEAM	Riley Eagan	Wentzville Holt	Senior
	Olivia Fong	Francis Howell Central	Senior
	Abby Robertson	Fort Zumwalt West	Senior
	Adria Schmidt	Francis Howell North	Senior
	Morgan Shields	Troy Buchanan	Junior

OUTFIELDERS

FIRST TEAM	Danielle Blackstun	Fort Zumwalt West	Freshman
	Emily Chadwick	Francis Howell Central	Sophomore
	Tatum Gerwitz	Fort Zumwalt West	Junior
	Natalie Sullivan	Troy Buchanan	Junior
SECOND TEAM	Claudia Adam	Wentzville Holt	Senior
	Lydia Feiste	Fort Zumwalt West	Sophomore
	Hailey Hudson	Wentzville Holt	Senior
	Bella Wilson	Troy Buchanan	Junior

PLAYER OF THE YEAR: *Marissa Peek* [WENTZVILLE HOLT - SENIOR]

COACH OF THE YEAR: Joel Adam (WENTZVILLE HOL)

Sportsmanship Award

Fort Zumwalt West - Gwen McGuire

Francis Howell - Abby Hanna

Francis Howell Central - Kaylee Morris

Franci Howell North - Harley Torpea

Troy Buchanan - Kim DeBold

Wentzville Holt - Olivia Reed

All-Academic Team

Fort Zumwalt West - Lexi Barnes, Leah Barnes, Danielle Blackstun, Julia Crenshaw, Tatum Gerwitz, Mia Houston, McKenna Joern, Mary Kruse, Mackenzie Riggle, Abby Robertson, Abby Stern

Francis Howell - Sofia Birkenholz, Kyra Blondin, Abby Eberwine, Hattie Ostermeyer, Samantha Brague, Molly Fitzgerald, Janna Joerling, Lillie Morisaki, Mara Pawelek, Chloe Chappell, Sophia Davis, Shelby Graves, Abby Hanna, Dani Lindsey, Kate Norton

Francis Howell Central - CeCe Carter, Emily Chadwick, Alexis Floyd, Olivia Fong, Mikayla Goforth, Kaylee Morris, Emma Sieveking, Lauren Sirtak, Brianna Swartstrom, Skylar Webb, Alyssa Haile

Francis Howell North - Becca Brissette, Abbie Carpenter, Hannah Ermeling, Lucy Fajatin, Jessica Gillen, Emma Oetting, Adria Schmidt, Audrey Sevier, Lucy St. John, Harley Torpea

Troy Buchanan - Lela Bryant, Makayla Bryant, Ali Cook, Dallis Darnell, Kim DeBold, Makenna DeClue, Tori Hatton, Hailey Jolliff, Katelynn Keleher, Morgan Shields, Natalie Sullivan, Bella Wilson, Alivia Daniels

Wentzville Holt - Claudia Adam, Elizabeth Crews, Jenna Gehm, Mallory Gomski, Tatum Green, Hailey Hudson, Brooke Mathys, Marissa Peek, Kenna Poeling, Kelby Robinson, Emma Roseberry, Alexis Smith

2019

NORTH/CENTRAL DIVISION

BOYS SWIMMING CHAMPIONSHIPS

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

In 2018, Boy's Swimming was divided into North/Central and South Divisions. Overall records shown after the event in black, represent records for both divisions, while the red color times indicate a record for that division. The same has been done for Girl's Swimming, as they split prior to 2018.

200 yard Medley Relay [Record: 1:38.15, FZW, 2016]

[Record: 1:46.17, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt East	Jeff Ostrander	9	1:46.17
	Logan Podhorsky	11	

	Christian Randall	10	
	Matt Springer	10	
Fort Zumwalt South	Jellinek, Wright, He, Kaibel		1:47.96
Fort Zumwalt North	Farrarr, Brown, Dyer, Goeke		1:49.65
Wentzville Timberland	Mischkot, Tucker, Smith, Sanker		1:54.16

200 yard Freestyle [Record: 1:44.92, Zach Rogers, FHC, 2011]

[Record: 1:52.33, Christian Randall, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Christian Randall	Fort Zumwalt East	10	1:52.33
Matt Springer	Fort Zumwalt East	10	1:56.83
Matt Mangin	Wentzville Timberland	11	1:59.38
Michael Mischkot	Wentzville Timberland	11	2:07.33

200 yard Individual Medley [Record: 1:52.43, Adam Grimm, FZW, 2017]

[Record: 2:07.64, Logan Pordhorsky, FZE,, 2018]

SWIMMER	SCHOOL	YEAR	TIME
Brayden Phillips	Fort Zumwalt East	09	2:09.01
Brian Wright	Fort Zumwalt South	11	2:14.51
Trevor Leitz	Wentzville Timberland	10	2:18.44
Natan Novikov	Fort Zumwalt East	09	2:28.78

50 yard Freestyle [Record: 20.43, Andrew Sansoucie, WT, 2012]

[Record: 21.58, Brendan Hutchison, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Brendan Hutchison	Fort Zumwalt East	12	21.58
Bryce Kaibel	Fort Zumwalt South	12	23.32
Nolan Tucker	Wentzville Timberland	10	23.73
Jake Farrar	Fort Zumwalt North	12	24.42

1 meter Springboard Diving [Record: 604.20, Peter Lucido, FHN, 2015]

[Record: 340.45, Canyon DeVille, WT, 2019]

DIVER	SCHOOL	YEAR	POINTS
Canyon DeVille	Wentzville Timberland	10	340.45
Evan Balkenbusch	Fort Zumwalt South	10	309.70
Tommy Stroud	Fort Zumwalt North	10	236.75
David Wright-Tyree	Fort Zumwalt North	10	232.95

100 yard Butterfly [Record: 48.77, Andrew Sansoucie, WT, 2012]

[Record: 55.44, Brayden Phillips, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Brayden Phillips	Fort Zumwalt East	09	55.44

Mason Kauffeld	Washington	11	55.66
William He	Fort Zumwalt South	12	56.15
Nolan Dyer	Fort Zumwalt North	12	57.97

100 yard Freestyle [Record: 47.31, Todd Kriss, FZW, 2016]

[Record: 48.32, Brendan Hutchison, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Brendan Hutchison	Fort Zumwalt East	12	48.32
Matt Springer	Fort Zumwalt East	10	51.21
Matt Mangin	Wentzville Timberland	11	52.09
Max Jellinek	Fort Zumwalt South	12	53.01

500 yard Freestyle [Record: 4:33.89, Ryan Baker, FH, 2013]

[Record: 5:11.00, Christian Randall, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Christian Randall	Fort Zumwalt East	10	5:11.00
Jeff Ostrander	Fort Zumwalt East	09	5:17.22
Trevor Leitz	Wentzville Timberland	10	5:26.50
Michael Mischkot	Wentzville Timberland	11	5:53.01

200 yard Freestyle Relay [Record: 1:30.16, W Holt, 2017]

[Record: 1:31.49, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt East	Brendan Hutchison	12	1:31.49
	Matt Springer	10	
	Brayden Phillips	09	
	Logan Pordhorsky	11	
Wentzville Timberland	Leitz, Smith, Tucker, Mangin		1:36.20
Fort Zumwalt South	Jellinek, Wright, He, Kaibel		1:36.54
Fort Zumwalt North	Farrar, Goeke, Brown, Dyer		1:37.24

100 yard Backstroke [Record: 52.39, Alex Crawford, FH, 2013]

[Record: 57.93, Jeff Ostrander, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Jeff Ostrander	Fort Zumwalt East	09	57.93
William He	Fort Zumwalt South	12	1:04.41
Nolan Dyer	Fort Zumwalt North	12	1:04.84
Alex Wenig	Fort Zumwalt East	12	1:05.42

100 yard Breaststroke [Record: :59.11, Trace Curvey, FZS, 2009]

[Record: 1:02.68, Mason Kauffeld, Washington, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Mason Kauffeld	Washington	11	1:02.68
Logan Podhorsky	Fort Zumwalt East	11	1:03.00
Jake Farrar	Fort Zumwalt North	12	1:05.92
Max Jellinek	Fort Zumwalt South	12	1:07.42

400 yard Freestyle Relay [Record: 3:15.63, FH, 2012]

[Record: 3:24.56, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt East	Brendan Hutchison	12	3:24.56
	Christian Randall	10	
	Brayden Phillips	09	
	Logan Porhorsky	11	
Wentzville Timberland	Mischkot, Leitz, Sanker, Mangin		3:44.40
Washington	Bobo, Poole, Johnson, Kauffeld		3:47.66
Wentzville Liberty	Guffey, Burski, Myers, Selmanovic		3:58.32

TEAM SCORES:

Fort Zumwalt East [433];

Wentzville Timberland [369]; Fort Zumwalt North [310]; Fort Zumwalt South [308]; Wentzville Liberty [249]; Washington [180]

ALL ACADEMIC

Washington - Sean Barry, Todd Bobo, Aaron Brinkmann, Aidan Brinkmann, Spencer Coates, Jack Courtney, Zane Johnson

SPORTSMANSHIP

Washington - Miles Hellebusch

2019

SOUTH DIVISION

BOYS SWIMMING CHAMPIONSHIPS

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

In 2018, Boy's Swimming was divided into North/Central and South Divisions. Overall records shown after the event in black, represent records for both divisions, while the red color times indicate a record for that division. The same has been done for Girl's Swimming, as they split prior to 2018.

200 yard Medley Relay [Record: 1:38.15, FZW, 2016]

[Record: 1:46.17, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt West	Braden Cearley	12	1:42.94
	Joe Serio	10	
	Sean McElfresh	10	

	Kevin McElfresh	11	
Francis Howell	Doan, Guffey, Dearing, Denny		1:45.87
Wentzville Holt	Owen, Green, Mack, McAllister		1:48.04
Francis Howell Central	Gabel, Bissett, Redington, Nedungadi		1:54.26

200 yard Freestyle [Record: 1:44.92, Zach Rogers, FHC, 2011]

[Record: 1:52.33, Christian Randall, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Jacobb Dearing	Francis Howell	10	1:52.55
Sean McElfresh	Fort Zumwalt West	10	1:55.49
Grant Owen	Wentzville Holt	11	2:00.59
Colin Wolfmeyer	Wentzville Holt	09	2:01.17

200 yard Individual Medley [Record: 1:52.43, Adam Grimm, FZW, 2017]

[Record: 2:07.64, Logan Pordhorsky, FZE,, 2018]

SWIMMER	SCHOOL	YEAR	TIME
Austin Mack	Wentzville Holt	12	2:03.61
Braden Cearley	Fort Zumwalt West	12	2:03.63
Grant Reilmann	Francis Howell	12	2:12.92
Ben Burr	Fort Zumwalt West	12	2:13.17

50 yard Freestyle [Record: 20.43, Andrew Sansoucie, WT, 2012]

[Record: 21.58, Brendan Hutchison, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Kevin McElfresh	Fort Zumwalt West	12	22.59
Jackson Michals	Francis Howell Central	12	22.82
Alex Anderson	Francis Howell Central	12	23.22
Adison McAllister	Wentzville Holt	10	23.61

1 meter Springboard Diving [Record: 604.20, Peter Lucido, FHN, 2015]

[Record: 340.45, Canyon DeVille, Timberland, 2019]

DIVER	SCHOOL	YEAR	POINTS
Logan Schelfaut	Francis Howell North	10	582.80
Eric Busby	Fort Zumwalt West	11	495.10
Sergey Arnold	Fort Zumwalt West	12	339.00
Adam Decker	Francis Howell Central	12	287.20

100 yard Butterfly [Record: 48.77, Andrew Sansoucie, WT, 2012]

[Record: 55.44, Brayden Phillips, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Austin Mack	Wentzville Holt	12	54.41
Jackson Michals	Francis Howell Central	12	55.22

Jacobb Dearing	Francis Howell	10	55.87
Sean McElfresh	Fort Zumwalt West	10	56.20

100 yard Freestyle [Record: 47.31, Todd Kriss, FZW, 2016]

[Record: 48.32, Brendan Hutchison, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Kevin McElfresh	Fort Zumwalt West	12	49.89
Alex Anderson	Francis Howell Central	12	50.26
Adison McAllister	Wentzville Holt	10	51.91
Andrew Doan	Francis Howell	12	52.84

500 yard Freestyle [Record: 4:33.89, Ryan Baker, FH, 2013]

[Record: 5:11.00, Christian Randall, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Cole Guffey	Francis Howell	11	5:02.95
Grant Reilmann	Francis Howell	12	5:11.54
Grant Owen	Wentzville Holt	11	5:21.02
Colin Wolfmeyer	Wentzville Holt	09	5:21.36

200 yard Freestyle Relay [Record: 1:30.16, W Holt, 2017]

[Record: 1:31.49, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt West	Braden Cearley	12	1:33.20
	Lincoln Steber	12	
	Sean McElfresh	10	
	Kevin McElfresh	12	
Francis Howell Central	Anderson, Bissett, Pugh, Michals		1:33.29
Wentzville Holt	McAllister, Wolfmeyer, Green, Mack		1:37.03
Francis Howell	Cottle, Switzer, Galati, Doan		1:38.08

100 yard Backstroke [Record: 52.39, Alex Crawford, FH, 2013]

[Record: 57.93, Jeff Ostrander, FZE, 2019]

SWIMMER	SCHOOL	YEAR	TIME
Braden Cearley	Fort Zumwalt West	12	55.55
Austin Doan	Francis Howell	10	1:00.83
Ty Galati	Francis Howell	11	1:01.80
Weston Tripp	Francis Howell	09	1:01.86

100 yard Breaststroke [Record: :59.11, Trace Curvey, FZS, 2009]

[Record: 1:02.68, Mason Kauffeld, Washington, 2019]

SWIMMER	SCHOOL	YEAR	TIME
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Cole Guffey	Francis Howell	11	1:04.68
Chris Bissett	Francis Howell Central	12	1:07.09
Joe Serio	Fort Zumwalt West	10	1:07.80
Ben Pugh	Francis Howell Central	12	1:09.01

400 yard Freestyle Relay [Record: 3:15.63, FH, 2012]

[Record: 3:24.56, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Francis Howell	Jacobb Dearing	10	3:28.65
	Andrew Doan	12	
	Aiden Denny	12	
	Cole Guffey	11	
Francis Howell Central	Anderson, Redington, Pugh, Michals		3:33.82
Fort Zumwalt West	Steber, Burr, Serio (Joe), Serio (John)		3:42.23
Wentzville Holt	Wolfmeyer, McCarthy, Faintich, Owen		3:48.79

TEAM SCORES:

Francis Howell [525];

Fort Zumwalt West [409]; Wentzville Holt [366]; Francis Howell Central [357]; Francis Howell North [168]

ALL ACADEMIC

Wentzville Holt - James Coogan, Brian Faintich, Talon Green, Aidan McCarthy, Andrew Niemeier

Fort Zumwalt West - Preston Brouillet, Ben Burr, Braden Cearley, Kevin McElfresh, Sean McElfresh, Andrew Merkel, David Rodabough, John Serio, Joe Serio, Lincoln Steber

SPORTSMANSHIP

Wentzville Holt - Austin Mack

Fort Zumwalt West - Lincoln Steber

2019

NORTH/CENTRAL DIVISION GIRLS TENNIS CHAMPIONSHIPS

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

#1 SINGLES

Votruba - WENTZVILLE TIMBERLAND

def

Torbit - WENTZVILLE LIBERTY

Scwalb - FORT ZUMWALT NORTH

def

Bambrick - FORT ZUMWALT EAST

#2 SINGLES

Votruba - WENTZVILLE TIMBERLAND

def

Bhagat - FORT ZUMWALT SOUTH

Bampton - FORT ZUMWALT NORTH

def

Boucher - WENTZVILLE LIBERTY

#3 SINGLES

Carlton - WENTZVILLE TIMBERLAND

def

Flinn - WENTZVILLE LIBERTY

Montileone - FORT ZUMWALT SOUTH

def

Pool - SAINT CHARLES

#4 SINGLES

Blake - WENTZVILLE TIMBERLAND

def

Goodman - FORT ZUMWALT SOUTH

Brockmann - WENTZVILLE LIBERTY

def

Taylor - FORT ZUMWALT NORTH

#5 SINGLES

Craft - WENTZVILLE TIMBERLAND

def

Yeakey - WENTZVILLE LIBERTY

Herweck - FORT ZUMWALT SOUTH

def

Meyer - FORT ZUMWALT NORTH

#6 SINGLES

Wall - WENTZVILLE TIMBERLAND

def

Gillam - WENTZVILLE LIBERTY

Le - FORT ZUMWALT SOUTH

def

Mueller - FORT ZUMWALT NORTH

#7 SINGLES

Benesek - WENTZVILLE LIBERTY

def

Lyng - WENTZVILLE TIMBERLAND

Listello - FORT ZUMWALT SOUTH

def

Henson - FORT ZUMWALT NORTH

#8 SINGLES

Albrecht - WENTZVILLE LIBERTY

def

Maitland - WENTZVILLE TIMBERLAND

Nadella - FORT ZUMWALT SOUTH

def

Pointer - FORT ZUMWALT NORTH

#1 DOUBLES

Votruba/Blake - WENTZVILLE TIMBERLAND

def

Bhagat/Watson - FORT ZUMWALT SOUTH

Aston/Bampton - FORT ZUMWALT NORTH

def

Bambrick/Chartrand - FORT ZUMWALT EAST
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#2 DOUBLES

Votruba/arlton - WENTZVILLE TIMBERLAND
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def

Flinn/Gillam - WENTZVILLE LIBERTY

Montileone/Goodman - FORT ZUMWALT SOUTH

def

Schwalb/Mueller - FORT ZUMWALT NORTH

#3 DOUBLES

Craft/Wall - WENTZVILLE TIMBERLAND	def	Broackmann/Yeakey - WENTZVILLE LIBERTY
Herweck/Le - FORT ZUMWALT SOUTH	def	Roberts/Taylor - FORT ZUMWALT NORTH

#4 DOUBLES

Whitehead/Manker - WENTZVILLE TIMBERLAND	def	Sutoon/Jones - WENTZVILLE LIBERTY
Somogyi/Rumbo - FORT ZUMWALT SOUTH	def	Hamai/Carrico - FORT ZUMWALT NORTH

#5 DOUBLES

Bampton/Teson - FORT ZUMWALT NORTH	def	Yates/Moore - FORT ZUMWALT SOUTH
Hildebrand/Graber - WENTZVILLE TIMBERLAND	def	Miller/Sangil - FORT ZUMWALT EAST

TEAM SCORES: WENTZVILLE TIMBERLAND 69.25;

Wentzville Liberty 40; Fort Zumwalt South 38.25; Fort Zumwalt North 29;

Fort Zumwalt East 6; St. Charles 2; St. Charles West 0

ALL ACADEMIC

Saint Charles West - Guadalupe Vallejo, Jennifer Vallejo, Claire Ott, Garielle Canning, Ambria Manuel

2019

**SOUTH DIVISION GIRLS TENNIS
CHAMPIONSHIPS**

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

#1 SINGLES

Firoved- TROY	def	St. John - FZ WEST	8-1
Jones - FH CENTRAL	def	Moore - FH NORTH	8-5

#2 SINGLES

Leahy - FZ WEST	def	Mennemeyer - TROY BUCHANAN	8-1
Juan - FRANCIS HOWELL	def	Sverdrup - WENTZVILLE HOLT	8-5

#3 SINGLES

McAllister - FZ WEST	def	James - WENTZVILLE HOLT	8-5
Midgett - FRANCIS HOWELL	def	Smith - FH CENTRAL	8-4

#4 SINGLES

Dooley - WENTZVILLE HOLT	def	Pinnzke - FRANCIS HOWELL	
Petrie - FH CENTRAL	def	Ball - FZ WEST	8-6

#5 SINGLES

Shockley - FZ WEST	def	Hall - FH CENTRAL	
Truong - WENTZVILLE HOLT	def	Vollmer - FRANCIS HOWELL	8-0

#6 SINGLES

Rutherford - WENTZVILLE HOLT	def	Lee - FH NORTH	8-6
Smith - FZ WEST	def	Lenhardt - FH CENTRAL	

#7 SINGLES

Maddox - FRANCIS HOWELL	def	Meyer - WENTZVILLE HOLT	8-3
Mohrmann - FZ WEST	def	Negrete - FH NORTH	8-5

#8 SINGLES

Konduru - FRANCIS HOWELL	def	Tranor - WENTZVILLE HOLT	8-6
Reichensperger - FZ WEST	def	Hasenbeck - FH NORTH	8-4

#1 DOUBLES

St. John/McAllister - FZ WEST	def	Sneed/Dooley - WENTZVILLE HOLT	8-6
Jones/Boyd - FH CENTRAL	def	Pinzke/Cherukuru - FRANCIS HOWELL	8-4

#2 DOUBLES

Juan/Midgett - FRANCIS HOWELL	def	Sverdrup/James -WENTZVILLE HOLT	9-8
Mennemeyer/Holcomb- TROY BUCHANAN	def	Leahy/Ball - FZ WEST	8-1

#3 DOUBLES

Shockley/Smith -FZ WEST	def	Truong/Rutherford -WENTZVILLE HOLT	8-6
Petrie/Lenhardt -FH CENTRAL	def	Averbeck/Lee -FH NORTH	8-1

#4 DOUBLES

DeBlaze/Reitz -FH CENTRAL	def	Sim/Sophia - FRANCIS HOWELL	8-4
Vendanaparathi/Koester - FH NORTH	def	Peasel/Wuebbeling - WENTZVILLE HOLT	8-3

#5 DOUBLES

Ihler/Turner - FH CENTRAL	def	Elli/Emma - FRANCIS HOWELL	8-2
Green/Ueligger -WENTZVILLE HOLT	def	Bonds/Thorpe - TROY BUCHANAN	8-3

TEAM SCORES: FORT ZUMWALT WEST 49;

Wentzville Holt 43.75; Francis Howell 34; Francis Howell Central 31;

Troy Buchanan 14; Francis Howell North 12.75

All ACADEMIC

Wentzville Holt - Kiersten Dooley, Isabella Green, Peyton Hoenig, Ashley Meyer, Mackenzie Rutherford, Josie Sneed, Cora Sverdrup, Abigail Tranor, Amelia Truong, Kayla Wuebbeling

Troy Buchanan - Joleigh Bonds, Alexis Burr, Kelsey Evans, Ashley Firoved, Sisaleigh Holcomb, Faith McDonald, Catherine Mennemeyer, Morgan Mudd, Emma Skouby, Cameryn Thorpe, Mikayla Wood, Yarley Zamacona

Fort Zumwalt West - Sierra Ball, Allyson Endsley, Kayleigh Leahy, Myia McAllister, Amy Mohrmann, Charlotte Reichensperger, Jenna Rotert, Sarah Ruhmann, Abigail Shockley, Morgan Smith, Gabby St. Jean, Kiersten Wise

SPORTSMANSHIP

Wentzville Holt - Ashley Meyer

Troy Buchanan - Yarley Zamacona

Fort Zumwalt West - Myia McAllister

2019

NORTH DIVISION GIRLS VOLLEYBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st Team

Player	School
Sydney Pearlman	Orchard Farm
Rachael Lindemann	Orchard Farm
Taylor Gentemann	Winfield
Chloe Kaimann	Winfield
Morgan Frye	Warrenton
Katie Pieper	Saint Charles
Sophie Gibbs	Saint Charles

2nd Team

Player	School
Bailey North	Saint Charles West
Rachel Ward	Saint Charles West
Amelia Thro	Orchard Farm
Judie Rhoades	Winfield

Addison Kersting	Saint Charles
Gracie Ruse	Saint Charles
Alyssa Bruce	Warrenton
Abby Hammerberg	Warrenton

PLAYER OF THE YEAR - Sydney Pearlman of Orchard Farm

COACH OF THE YEAR - Amy Cassin of Orchard Farm

ALL ACADEMIC

Orchard Farm - Emily Senter, Sydney Pearlman, Mattie Trudo, Racael Linemann, Gabrielle Prinster, Kayla Hedges, Amelia Thro

Saint Charles - Maddie Beerman, Emily Black, Erin Booker, Sophie Gibbs, Addison Kersting, Kyler Klimas, Olivia Lewis, Maya Nieters, Katie Pieper, Gracie Ruse

Saint Charles West - Morgan Hancock, C. C. Henderson, Emma Keeven, Peyton Ledbetter, Mia Nicastro, Bailey North, Rachel Ward, Paife Whiteside

Warrenton - Miranda Nelson, Tiffany Meine, Allie Gerard, Ashley Pullen, Jazzy McCuskey, Kassidy Haller, Faith Wenzel, Alyssa Bruce, Ella Smth, Olivia Morgan, Dana Pruitt

Winfield - Rylee Dixon, Taylor Gentemann, Chloe Kaimann, Kendall Kiewer, Grace Nicholl, Maggie Nicholl, Nicolette Reiter, Judie Roades

SPORTSMANSHIP

Orchard Farm - Emily Senter

Saint Charles - Katie Pieper

Saint Charles West - C. C. Henderson

Warrenton - Jazzy McCuskey

2019

CENTRAL DIVISION GIRLS VOLLEYBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st Team

Player	School
Mandie Herron	Fort Zumwalt North
Ramiri Gardner	Fort Zumwalt South
Kassidy Phillips	Washington
Bri Myers	Wentzville Timberland
Rylee Miller	Wentzville Liberty
Carly Gelndinning	Wentzville Timberland
Kailee McGee	Fort Zumwalt North
Elizabeth Harvey	Wentzville Liberty

2nd Team

Player	School
Abby Wright	Fort Zumwalt North
Sofia Cooper	Wentzville Liberty

Emily Bloomfield	Fort Zumwalt South
Jackie Oetterer	Washington
Cierstyn Jacquin	Washington
Zoey Mitchell	Wentzville Timberland
Maddie Rowold	Fort Zumwalt East

**CO-PLAYERS OF THE YEAR - Bri Myers of Wentzville
Timberland and Kassidy Phillips of Washington**

COACH OF THE YEAR -Nathan Harman of Wentzville Timberland

ALL ACADEMIC

Fort Zumwalt East - Abby Nowakowski, Abby Sanders, Maddie Rowold, Hyja Hutchinson, Hailey Andershock, Brooklyn Parish

Washington - Cierstyn Jacquin, Abby Redd, Josie Obermark, Emma Duncan, Jackie Oetterer, Morgan Gratza, Kassidy Phillips, Ingrid Figas, Josie Collier, Claire Strubberg

Wentzville Liberty - Rylee Miller, Sofi Cooper, Rose Holben, Megan McVey, Sara Rowley, Cassidy Widlowski, Kelci Crandall

Fort Zumwalt South - Emily Bloomfield, Abigail Cafazza, Alexis Currigan, Cassidy Davis, Cassandra Gittemeier, Ryleigh Lindsey, Carley Martin, Kylie Modaff

Wentzville Timberland - Carly Glendinning, Riley Glendinning, Alexy Hunt, Audrey Keeven, Brooke Lemen, Zoey Mitchell, Bri Myers, Abby Peters, Kate Peterson

Fort Zumwalt North - Kennedy Janes, Abby Wright, Avery McGee, Sophia Brinker, Kailee McGee, Katie Schweig, Mandie Herron, Brooke Ronquest, Jordan Gentry, Valerie Overton, Savannah Sellers, Jill Huser, Abbi King

SPORTSMANSHIP

Fort Zumwalt East - Jess Bumstead

Washington - Emma Duncan

Wentzville Liberty - Rose Holben

Fort Zumwalt South - Cassidy Davis

Wentzville Timberland - Bri Myers

Fort Zumwalt North - Jordan Gentry

2019

SOUTH DIVISION GIRLS VOLLEYBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st Team

Player	School
Kayla Steimeyer	Francis Howell Central
Elexus Pearson	Francis Howell Central
Anna Deutschmann	Francis Howell
Olivia Mennemeyer	Troy Buchanan
Olivia Green	Francis Howell Central
Grace Bayer	Francis Howell
Maiya Wilmes	Fort Zumwalt West

2nd Team

Player	School
Sydney Davis	Troy Buchanan
Alexis Arnel	Francis Howell Central
Hannah Gallagher	Francis Howell
Bree Zimmerman	Francis Howell
Kylie Schaffer	Francis Howell North
Reigan Beltz	Wentzville Holt
Brianna Wortman	Francis Howell North

PLAYER OF THE YEAR - Kayla Steinmeyer of Francis Howell Central

COACH OF THE YEAR - Steven Le of Francis Howell Central

ALL ACADEMIC

Francis Howell Central - Alexis Arnell, Meghan Barnes, Olivia Green, Emma Hultz, Kennedy Lamb, Emily Mundle, CeCe Shelton, Kayla Steinmeyer, Kirsten Steinmeyer, Gracie Stugart

Wentzville Holt - Danielle Clay, Danielle Bauer, Sydney Kile, Reigan Beltz, Mya Robinson, Katie Lane, Ava Fisk, Addison Butler

Francis Howell - Izzy Ehrlich, Audrey Lemmons, Anna Deutschmann, Hannah Edmonds, Lily Figgins, Bree Zimmerman, Grace Bayer, Izzy Cordia

Fort Zumwalt West - Abby Beavers, Carly Everding, Katelyn Irvin, Gwen Marino, Ellie Stockley, Elleya Rudman, Emma Smith, Maddie Smith, Madison Weydert, Emalee Young, Riley Stephan, Brooklyn Palmer

Troy Buchanan - Sydney Braungardt, Madeline Buckles, MacKenzie Caldwell, Aubrey Cross, Sydney Davis, Allison Garrett, Hanne Heidemann, Brooke Hutchison, Kelsey Hutson, Kylie Linson, Olivia Mennemeyer, Aubrey Schramm

Francis Howell North - Ella Bargen, Sophia Gabel, Cate Hahn, Emilee Miller, Grace Roberts, Josie Santel, Kylie Schaffer, Hannah Stoltman, Brandi Stover, Courtney Wortman, Kaitlyn Zierenberg, Brianna Wortman

SPORTSMANSHIP

Francis Howell Central - Emily Mundle

Wentzville Holt - Daniell Bauer

Francis Howell - Hannah Edmonds

Fort Zumwalt West -Elleyna Rudman

Troy Buchanan - Kylie Linson

Francis Howell North - Kaitlyn Zierenberg

2019 - 2020

NORTH DIVISION BOYS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	Year	School
	Brett Smith	Sr.	Warrenton
	Kannon Schutte	Jr.	Winfield

	Barry Thomas Jr.	Fr.	Saint Charles
	John Wilson	Jr.	Saint Charles West
	Josh Newell	So.	Saint Charles West

2nd TEAM	Name	Year	School
	Charlie Rhoades	Sr.	Winfield
	Brayden Wampler-Foust	Jr.	Saint Charles West
	Sam Toengens	Sr.	Warrenton
	Sam Adams	Sr.	Saint Charles
	Travis Toebben	Sr.	Warrenton
	Bryan Wolfe	Sr.	Orchard Farm

PLAYER OF THE YEAR - BRETT SMITH OF WARRENTON

2019 - 2020

CENTRAL DIVISION BOYS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	Year	School
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	J. J. Schwepker	Sr.	Fort Zumwalt South
	K. J. Lee	Jr.	Fort Zumwalt North
	Blake Lyerla	Sr.	Wentzville Timberland
	Todd Bieg	Jr.	Washington
	Judah Nunn	Sr.	Fort Zumwalt South

2nd TEAM	Name	Year	School
	Mujtaba Alkhaldi	Sr.	Fort ZumwaltNorth
	Ryan Hoerstkamp	Jr.	Washington
	Gabe McCrary	Jr.	Wentzville Liberty
	Grant Rapplean	Sr.	Fort Zumwalt North
	Connor Bekebrede	Jr.	Fort Zumwalt South

PLAYER OF THE YEAR - J. J. SCHWEPKER OF FORT ZUMWALT SOUTH

2019 - 2020

SOUTH DIVISION BOYS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	Year	School
	Matt Schark	Sr.	Francis Howell
	Griffin St. Pierre	Jr.	Troy Buchanan
	Myles Estrada	Jr.	Francis Howell Central
	Jaylon Ashford	Sr.	Wentzville Holt
	Sam Thompson	Sr.	Francis Howell

2nd TEAM	Name	Year	School
	Sam Maddox	Jr.	Francis Howell
	D. J. Turner	Sr.	Fort Zumwalt West
	Tyson Ludwig	Sr.	Troy Buchanan
	Emmanuel McLemore	Jr.	Wentzville Holt
	Sterling Jones	Sr.	Francis Howell North

PLAYER OF THE YEAR - MATT SCHARK OF FRANCIS HOWELL

2019-2020

NORTH DIVISION GIRLS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	Year	School
	Brooke Smith	Sr.	Warrenton
	Bre Hollowell	Jr.	Saint Charles
	Kaitlyn Weinrich	Sr.	Saint Charles West
	Chanel Davis	Jr.	Saint Charles
	Mia Nicastro	So.	Saint Charles West

2nd TEAM	Name	Year	School
	Amelia Thro	So.	Orchard Farm
	Lily Jackson	So.	Saint Charles West
	Addie Block	Jr.	Saint Charles West
	Lexi Frederick	Sr.	Warrenton
	Alyssa Coffey	Jr.	Saint Charles West

PLAYER OF THE YEAR - MIA NICASTRO OF SAINT CHARLES WEST

2019 - 2020

CENTRAL DIVISION GIRLS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	Year	School
	Liz Behan	Sr.	Fort Zumwalt East
	Jordyn Grimes	Sr.	Fort Zumwalt North
	Tierra Daniels	Sr.	Fort Zumwalt South
	Yasmine Edmondson	So.	Fort Zumwalt East
	Jaden Stahl	Sr.	Fort Zumwalt North

2nd TEAM	Name	Year	School
	Maddie Murphy	Jr.	Fort Zumwalt South
	Mia Van Pamel	Sr.	Wentzville Liberty
	Jaelyn Head	Jr.	Fort Zumwalt East
	Jessica Clausner	Sr.	Fort Zumwalt North
	Leah Willmsmeyer	Jr.	Wentzville Timberland

PLAYER OF THE YEAR - LIZ BEHAN OF FORT ZUMWALT EAST

2019 - 2020

SOUTH DIVISION GIRLS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	Year	School
	Jalayah Green	Sr.	Wentzville Holt
	Isabelle Delarue	Jr.	Francis Howell North
	Azaria Hulbert	Sr.	Francis Howell Central
	Brooklyn Palmer	Sr.	Fort Zumwalt West

2nd TEAM	Name	Year	School
	Gracie Stugart	Jr.	Francis Howell Central
	MaKenna DeClue	Jr.	Troy Buchanan
	Sofia Tweedle	Jr.	Francis Howell Central
	Libby Brewster	So.	Francis Howell
	Makayla Best	Sr.	Francis Howell Central
	Lillie Pickett	Sr.	Fort Zumwalt West
	Olivia Mennemeyer	So.	Troy Buchanan

**PLAYER OF THE YEAR - JALIAH GREEN OF WENTZVILLE
HOLT**

2019-20

BOYS WRESTLING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

From the combined tournament, all divisions!

Six places medal.

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Peyton Shephard [Francis Howell Central]	technical fall	Nicholas Chambers [Wentzville Holt]	16-1
Cooper Corley [Francis Howell]	decisioned	Matthew Hornbeck [Winfield]	4-2
Bryce Edison [Warrenton]	decisioned	Ashton Atkins [Fort Zumwalt South]	4-0

113

David Cross [Francis Howell Central]	pinned	Michael Roberts [Francis Howell]	3:59
Mason Apple [Francis Howell North]	decisioned	Morgan Oser [Saint Charles West]	6-2
Jackson Sapp [Wentzville Holt]	decisioned	Aidan Kelly [Wentzville Liberty]	16-0

120

Hayden Ferrell [Wentzville Holt]	decisioned	Storhm Jones [Fort Zumwalt North]	10-8
J.T. Roberts [Francis Howell]	pinned	Ahmond Oates [Saint Charles]	3:27
Josh Ferrel [Saint Charles West]	forfeit	Braden Stark [Fort Zumwalt East]	forfeit

126

Josh Kyle [Francis Howell]	pinned	Tyler Bierman [Wentzville Holt]	3:39
Brandon Khoury [Wentzville Timberland]	decisioned	Mitchell Huber [Fort Zumwalt West]	3-2
Ronald Watson [Saint Charles West]	decisioned	Joseph Beck [Fort Zumwalt East]	6-3

132

Logan Prinster [Fort Zumwalt North]	pinned	Zachary Godar [Fort Zumwalt South]	3:19
Cole Gramling [Saint Charles West]	decisioned	Lucas Oxler [Fort Zumwalt West]	3-0
Andrew Peppin [Wentzville Holt]	pinned	James Johnson [Washington]	2:43

138

Carter Smith [Wentzville Holt]	decisioned	Aidan Hernandez [Francis howell Central]	
Evan Wassen [Wentzville Timberland]	decisioned	Nichoas Hoven [Fort Zumwalt South]	
Dalton Hoffmann [Troy Buchanan]	pinned	Aiden Shy [Fort Zumwalt East]	

145

Brett Smith [Wentzville Holt]	major decisioned	Xavien Jackson [Saint Charles]	12-0
Hayden Trezek [Francis Howell]	decisioned	Charos Sutton [Winfield]	8-3
Nick Nedved [Wentzville Timberland]	decisioned	Cameron Mueller [Washington]	13-6

152

Kaden Hart [Francis Howell Central]	major decisioned	Nathan Undertajlo [Wentzville Holt]	9
Trent Busby [Saint Charles West]	pinned	Louis Obermark [Washington]	3
Brennen Roberts [Fort Zumwalt South]	pinned	Connor Stein [Fort Zumwalt West]	3

160

Wyatt Haynes [Wentzville Liberty]	pinned	Clark Rogers [Winfield]	2:41
Bandon Vogt [Fort Zumwalt South]	UTB	Matthew Johnson [Francis Howell]	4-1
Jaren Foster [Saint Charles West]	pinned	Austin White [Wentzville Timberland]	5:13

170

Derick Buda-Smith [Fort Zumwalt North]	pinned	Luke Easton [Fort Zumwalt East]	2:43
Gavin Land [Troy Buchanan]	pinned	Ethan Watson [Wentzville Timberland]	1:28
A.J. Snow [Orchard Farm]	decisioned	Chase Goodrich [Francis Howell]	5-4

182

Alex Meyer [Saint Charles West]	pinned	Andrew Jones [Warrenton]	4:47
Jackson Ward [Wentzville Liberty]	pinned	Collin Mueller [Washington]	2:47
Kolby Conkin [Fort Zumwalt South]	pinned	Parker Monnig [Fort Zumwalt North]	4:31

195

Treyvon Ward [Saint Charles]	pinned	Andrew Bergfeld [Troy Buchanan]	1:29
Eddie Angelback [Fort Zumwalt North]	pinned	Cole Litteken [Francis Howell]	1:24
Jesse Collins [Francis Howell North]	pinned	Jose Avitia [Washington]	4:33

220

Justin Mowry [St. Charles]	decisioned	Evan Bragee [Fort Zumwalt South]	7-4
Matthew Craig [Wentzville Liberty]	decisioned	Chris Griesenauer [Washington]	9-4
Ryan Medley [Fort Zumwalt North]	pinned	Cayden Gillham [Wentzville Timberlad]	2:14

285

Ryan Skillington [Francis Howell]	pinned	Gavi Holtmeyer [Washington]	1:28
Brendan Mahoney [Fort Zumwalt North]	decisioned	Nathan Reese [Ft. Zumwalt West]	4-2
Michael Smith [Saint Charles]	pinned	Josh Napier [Warrenton]	1:01

TEAM SCORES:

FRANCIS HOWELL [182]

WENTZVILLE HOLT [170]; FT. ZUMWALT NORTH [144]; ST. CHARLES WEST [131]; FRANCIS HOWELL CENTRAL [116.5]; FORT ZUMWALT SOUTH [112]; ST. CHARLES [111.5]; WASHINGTON [101]; WENTZVILLE LIBERTY [86]; WENTZVILLE TIMBERLAND [74]; TROY BUCHANAN [72]; FT. ZUMWALT EAST [60]; FT. ZUMWALT WEST [52];

WARRENTON [51.5]; WINFIELD [50]; FRANCIS HOWELL NORTH [28]; ORCHARD FARM [17]

Sportsmanship Award

Fort Zumwalt East	Evan Longar
Fort Zumwalt North	
Fort Zumwalt South	
Fort Zumwalt West	
Francis Howell	
Francis Howell Central	
Francis Howell North	
Saint Charles	David Thorne
Saint Charles West	Ian Besselman
Troy Buchanan	Jacob Matschiner
Warrenton	Kyle Martin
Washington	James Johnson
Wentzville Holt	Gabe Menke
Wentzville Timberland	Joshua Wortmann
Winfield	Nathaniel Wyant
Orchard Farm	Zach Roberts
Wentzville Liberty	Logan Hammock

All-Academic Team

Francis Howell - Cooper Corley, Michael Roberts, J. T. Roberts, Nathan Muser, Alex Kohrs, Hayden Trezek, Owen Heslin, Chris Gibson, Ryan Skillington

Francis Howell North - Mason Apple, Aaron Lashley, Isaac Gonzalez, Wyatt Nicholson, Dylan Eastman, Humberto Pintor Ferreyra

Wentzville Timberland - Cayden Gilham, Brandon Khoury, Nathan Martin, Chase McCoy, Nicholas Nedved, Lucas Ridgway, Andrew Stapf, Joshua Wortman, Dalton Kuhn

Fort Zumwalt East - Lucas Eaton, Evan Longer, Easton Scniepp, Aiden Shy, Dominic Tjaden

Fort Zumwalt West -

Fort Zumwalt North - Thien Le, Andrew Long, Chance Cole, Paeker Monnig, Ryan Medley, Brendan Mahoney

Fort Zumwalt South -

Troy Buchanan - Set Littrell, Jacob Matschiner Trent Wortmann

Washington - Jose Avitia, Devon Deckleman, Ben Griffen, Tate Hendricks, Calvin Kelp, Parker Kelp, Will Kelp, Octavio Meza, Ryan Mueller, Louis Obermark, Kellen Schiermeier, Tanner Schwoeppe, Colin Soete, Ethan Soete

Francis Howell Central - David Cross, Aidan Hernandez, Kaden Hart, Alex Vogel, Khristian Humes

Wentzville Holt - Nick Chambers, Brett Smith, Ben Bueneman

Wentzville Liberty - Raed Haque, Aidan Kelly, Logan Hammock, Jesse Moore, Jackson Cox, Wyatt Haynes, Oliver Fensterman, Jackson Ward, Matt Craig

Saint Charles West - Morgan Oser, Trent Busby, Andrew Kirt, Ian Besselman, Josh Ferrell, Jaren Foster

Saint Charles - Spencer Drazic, Xavien Jackson, Justin Mowry, Sullivan Ruiz, David Thorne, Logan Underwood

Winfield - Clark Rogers, Charos Sutton, Matthew Hornbeck

Warrenton - Andrew Sommer, Levi Penrod, KyleMartin

Orchard Farm - Brian Dahm, Zach Roberts, Jeremy Goslin, A. J. Snow, Cole Stephens

Listed below are the All Conference wrestlers as selected by a vote of the coaches in the North, the Central and the South Divisions. In addition, the wrestler of the year and coach of the year are listed.

North First Team

Weight Class	Name	School
106	Matt Hornbeck	Winfield
113	Morgan Oser	Saint Charles West

120	Josh Ferrel	Saint Charles West
126	Ron Watson	Saint Charles West
132	Cole Gramling	Saint Charles West
138	Xavien Jackson	Saint Charles
145	Charos Sutton	Winfield
152	Trent Busby	Saint Charles West
160	Clark Rogers	Winfield
170	A. J. Snow	Orchard Farm
182	Andrew Jones	Warrenton
195	Treyvon Ward	Saint Charles
220	Justin Mowery	Saint Charles
285	Michael Smith	Saint Charles

North Second Team

Weight Class	Name	School
106	Bryce Edison	Warrenton
113	Anthony Edison	Warrenton
120	Ahmond Oates	Saint Charles
126	Darrion Lewis	Orchard Farm
132	Spencer Drazic	Saint Charles
138	Dylan Scruggs	Saint Charles West
145	Andrew Kirt	Saint Charles West
152	Zach Roberts	Orchard Farm
160	Jaron Foster	Saint Charles West

170	Colton Rice	Warrenton
182	Cross Mollerus	Orchard Farm
195	Alex Meyer	Saint Charles West
220	Colton Dyche	Warrenton
285	Joey Niemeyer	Orchard Farm

GAC North – “Wrestler of the Year” – Justin Mowry of Saint Charles

GAC North – “Coach of the Year” – Rocky Vercher of Saint Charles West

GAC North Conference Champion - Saint Charles West

Central First Team

Weight Class	Name	School
106	Dalton Kuhn	Wentzville Timberland
113	Aiden Kelly	Wentzville Liberty
120	Storhm Jones	Fort Zumwalt North
126	Brandon Khoury	Wentzville Timberland
132	Logan Prinster	Fort Zumwalt North
138	Evan Wasson	Wentzville Timberland
145	Colby Detchemendy	Fort Zumwalt South
152	Louis Obermark	Washington
160	Wyatt Haynes	Wentzville Liberty
170	Derick Budda-Smith	Fort Zumwalt North
182	Jackson Ward	Wentzville Liberty
195	Eddie Angleback	Fort Zumwalt North

220	Evan Bragee	Fort Zumwalt South
285	Chase McCoy	Wentzville Timberland

Central Second Team

Weight Class	Name	School
106	Ashton Atkins	Fort Zumwalt South
113	Thien Le	Fort Zumwalt North
120	Braden Stark	Fort Zumwalt East
126	Kaelen Raible	Fort Zumwalt South
132	Zach Goder	Fort Zumwalt South
138	Nick Hoven	Fort Zumwalt South
145	Leo Arnold	Fort Zumwalt East
152	Brennen Roberts	Fort Zumwalt South
160	Chance Cole	Fort Zumwalt North
170	Ethan Wasson	Wentzville Timberland
182	Collin Muller	Washington
195	William Pierce	Fort Zumwalt South
220	Matt Craig	Wentzville Liberty
285	Gavin Holtmeyer	Washington

GAC Central – “Wrestler of the Year” – Evan Bragee of Fort Zumwalt South

GAC Central – “Coach of the Year” - Todd Sanker of Fort Zumwalt South

GAC Central Conference Champion - Fort Zumwalt South

South First Team

Weight Class	Name	School
106	Peyton Shepard	Francis Howell Central
113	David Cross	Francis Howell Central
120	Hayden Ferrell	Wentzville Holt
126	Josh Kyle	Francis Howell
132	Lucas Oxler	Fort Zumwalt West
138	Carter Smith	Wentzville Holt
145	Brett Smith	Wentzville Holt
152	Kaden Hart	Francis Howell Central
160	Zach Collins	Troy Buchanan
170	Gavin Land	Troy Buchanan
182	Jesse Collins	Francis Howell North
195	Andrew Bergfeld	Troy Buchanan
220	Ulyssess Rozz	Fort Zumwalt West
285	Ryan Skillington	Francis Howell

South Second Team

Weight Class	Name	School
106	Nick Chambers	Wentzville Holt
113	Michael Roberts	Francis Howell
120	J. T. Roberts	Francis Howell

126	Tyler Bierman	Wentzville Holt
132	Jacob Matchsnier	Troy Buchanan
138	Aiden Hernandez	Francis Howell Central
145	Hayden Trezek	Francis Howell
152	Nathan Undertajilo	Wentzville Holt
160	Matt Johnson	Francis Howell
170	Isaiah Slaughter	Wentzville Holt
182	Jacob Gremminger	Francis Howell
195	Cole Litteken	Francis Howell
220	Owen Heslin	Francis Howell
285	Asa Pickett	Fort Zumwalt West

GAC South – “Wrestler of the Year” – Ryan Skillington of Francis Howell

GAC South – “Coach of the Year” – Steve Cross of Francis Howell Central

GAC South Conference Champion - Francis Howell

2019-2020

GIRLS WRESTLING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

103

Reese Compton [Wentzville Holt]	decisioned	Alyssa King [Sait Charles]	4-2
Arianna Hill [Washington]	pinned	Courtnee Hoff [Fort Zumwalt North]	3:08

110

Mia Reed [Washington]	pinned	Megan Stutsman [Wentzville Holt]	1:56
Mia Ledbetter [Orchard Farm]	pinned	Ali Burkemper [Fort Zumwalt North]	4:38

115

Caitlin Thorne [Saint Charles]	decisioned	Sophia Tran [Francis Howell Central]	10-7
Allison Meyer [Washington]	pinned	Zoe Santa Cruz [Fort Zumwalt North]	0:23

120

Autumn Flanigan [Troy Buchanan]	pinned	Sydney McGhee [Francis Howell]	3:48
Maddie Voegtlin [Fort Zumwalt West]	pinned	Madi Steinhoff [Orchard Farm]	0:50

125

Kaitlyn Clutter [St. Charles]	pinned	Maria Slaughter [Wentzville Holt]	3:24
Trinity Davis [Fort Zumwalt North]	pinned	McKenna Deckelman [Washington]	0:56

130

Lily Steigerward [Francis Howell North]	pinned	Rhyen Standridge [Francis Howell Central]	3:18
Hayley Newtown [Saint Charles]	pinned	Alyson Solimando [Fort Zumwalt South]	1:50

135

Audrey McDonnell [Francis Howell]	pinned	Jessie Deane [Fort Zumwalt West]	3:20
Cassidy Head [Saint Charles]	pinned	Allie Burt [Troy Buchanan]	0:52

142

Esther Han [Wentzville Holt]	pinned	Elly Cathcart [Troy Buchanan]	3"23
Katt Mossinghoff [Francis Howell]	decisioned	Mia Midgett [Fort Zumwalt South]	12-5

152

Madison Hunke [Wentzville Holt]	sudden victory	Ashley Head [Fort Zumwalt North]	9-7
Brooklyn Chambers [Fort Zumwalt West]	pinned	Monica Thies [Warrenton]	1:21

166

Kylie Swinney [Saint Charles]	pinned	Kristin Davis [Wentzville Holt]	0:23
Alexi Craig [Fort Zumwalt South]	pinned	Brittney Zenteno [Fort Zumwalt East]	0:51

187

Janna Stevenson [Wentzville Liberty]	pinned	Lilly Bader [Orchard Farm]	3:36
Alyssa Miller [Francis Howell]	pinned	Olivia Schiffer [Saint Charles]	1:43

235

Sydni Scott [Wentzville Holt]	major decisioned	Kennedy Eggering [Francis Howell Central]	15-3
Ronesha Poke [Francis Howell]	pinned	Sadie Rudin [Saint Charles]	2:45

TEAM SCORES:

SAINT CHARLES 158

WENTZVILLE HOLT [155]; FRANCIS HOWELL [119]; WASHINGTON [91]; FORT ZUMWALT NORTH [89]; FORT ZUMWALT WEST [71]; FORT ZUMWALT SOUTH [67]; FRANCIS HOWELL CENTRAL [66]; TROY BUCHANAN [61]; ORCHARD FARM [47]; FRANCIS HOWELL NORTH [34]; WENTZVILLE LIBERTY [34]; FORT ZUMWALT EAST [13]; WARRENTON [13]; WENTZVILLE TIMBERLAND [11]; SAINT CHARLES WEST [0]; WINFIELD [0]

ALL ACADEMIC AWARDS

Washington - McKenna Deckleman, Julia Donnelly, Allison Meyer, Mia Reed, Stella Secor, Lindsay Sprung

Wentzville Holt - Megan Stutsman, Reece Wilmes, Marissa Sanabria, Clare Tyson, Esther Han, Madison Hunke, Kristin Davis, Sydni Scott

Wentzville Liberty - Janna Stevenson, Lilia Clay, Elektra Lowe

Orchard Farm - Madi Steinhoff

Saint Charles - Maegan Hayes, Cassidy Head, Sabrina King, Alyssa King, Haley Newtown, Olivia Schiffer, Caitlyn Thorne, Sadie Rudin, Kylie Swinney

Wentzville Timberland - Jamilyn Bagby, Ariana Finn, Lillian Hackworth, Emma Ocegüera

Troy Buchanan - Ellyssa Cathcart, Jaden Dove, Jaclyn Hunn

Francis Howell - Abby Eberwine, Olivia Zhang, Olivia Hunsicker, Sophia Wuest, Audrey McDonnell, Dani Lindsey, Kate Mossinghoff, Sierra Hayes, Alyssa Miller

Francis Howell North - Lily Steigerwald, Bianca Koch

Fort Zumwalt East - Victoria Ferguson, Brittney Zenteno

Fort Zumwalt North - Caylee Braun, Ali Burkemper, Ashley Head, Elena Henrickson, Courtnee Hoff, Valentina Kouzovkov, Rachel Rodawald, Alana Vogt, Emma Wood

SPORTSMANSHIP AWARD

Washington - Stella Secor

Wentzville Timberland - Lillian Hackworth

Troy Buchana - Ellyssa Cathcart

Warrenton - Monica Thies

Saint Charles - Haley Newtown

Orchard Farm - Madison Steinhoff

Wentzville Liberty - Elektra Lowe

Wentzville Holt - Clare Tyson

Listed below are the All Conference wrestlers as selected by a vote of the coaches.

WEIGHT CLASS	FIRST PLACE	SECOND PLACE
103	Reese Compton - Wentzville Holt	Alyssa King - Saint Charles
110	Mia Reed - Washington	Megan Stutsman - Wentzville Holt
115	Caitlyn Thorne - Saint Charles	Sophia Tran - Francis Howell Central
120	Autumn Fanigan - Troy Buchanan	Sydney McGhee - Francis Howell Central
125	Kaitlyn Clutter - Saint Charles	Maria Slaughter - Wentzville Holt
130	Lily Steigerwald - Francis Howell North	Rhyen Standridge - Francis Howell Central
135	Audrey McDonnell - Francis Howell	Jesse Deane - Fort Zumwalt West
142	Esther Han - Wentzville Holt	Elly Cathcart - Troy Buchanan
152	Madison Hunke - Wentzville Holt	Ashley Head - Saint Charles
166	Kylie Swinney - Saint Charles	Kristin Davis - Wentzville Holt
187	Janna Stevenson - Wentzville Liberty	Lily Bader - Orchard Farm
235	Sydni Scott - Wentzville Holt	Kennedy Eggering - Francis Howell Central

**WRESTLER OF THE YEAR - AUTUMN FLANIGAN OF TROY
BUCHANAN**

**COACH OF THE YEAR - NIGEL KINWORTHY OF SAINT
CHARLES**

2019-2020

**NORTH/CENTRAL DIVISION GIRLS
SWIMMING**

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

2019-2020 GIRLS SWIMMING NORTH-CENTRAL CHAMPIONS

[RED=GAC record, BLUE=GAC North Central record]

200 yard Medley Relay [GAC Record: 1:50.25, Francis Howell, 2018]

200 yard Medley Relay [GAC N-C Record: 1:58.38, Wentzville Liberty, 2019]

1st	Caroline Myers	Wentzville Liberty	1:59.51
	Laura Bonds		
	Brooke Sufko		
	Aubrey McCain		
2nd	Avery Meade	Fort Zumwalt North	2:00.79
	Sydney Kelsey		
	Gwen Raziq		
	Jillian Walls		
3rd	Jacqueline Foster	Fort Zumwalt East	2:04.69
	Rachel Springer		
	Emma Gulovsen		
	Ashley Turpin		

200 yard Freestyle [GAC Record: 1:53.41, Taylor Wohrley, Wentzville Timberland, 2009]

200 yard Freestyle [GAC N-C Record: 2:01.43, Gwen Raziq, Fort Zumwalt North, 2020]

1st	Gwen Raziq	Fort Zumwalt North	2:01.43
2nd	Evie Kolb	Fort Zumwalt East	2:02.89
3rd	Aubrie Moreland	Wshington	2:05.49

200 yard Individual Medley [GAC Record: 2:03.88, Haley Spencer, Ft. Zumwalt West, 2007]

200 yard Individual Medley [GAC N-C Record: 2:13.35, Autumn Looney, St. Charles, 2016]

1st	Emma Gulovsen	Fort Zumwalt East	2:17.38
2nd	Sydney Kelsey	Fort Zumwalt North	2:19.64
3rd	Caroline Myers	Wentzville Liberty	2:21.97

50 yard Freestyle [GAC Record: 23.71, Courtney Harris, Fort Zumwalt West, 2019]

50 yard Freestyle [GAC N-C Record: 23.74, Autumn Looney, Saint Charles, 2019]

1st	Tori Krahl	Saint Charles West	26.53
2nd	Aubrey McCail	Wentzville Liberty	26.74
3rd	Abby Loessing	Washington	26.95

1 meter Springboard Diving [GAC Record: 540.20, Sarah Bathe, Saint Charles, 2017]

1 meter Springboard Diving [GAC N-C Record: 540.20, Sarah Bathe, Saint Charles, 2017]

1st	Ava Duran	Fort Zumwalt South	425.55
2nd	Madeline Watters	Fort Zumwalt North	394.35
3rd	Nadia Wuest	Fort Zumwalt North	392.30

100 yard Butterfly [GAC Record: 55.08, Autumn Looney, Saint Charles, 2018]

100 yard Butterfly [GAC N-C Record: 55.08, Autumn Looney, Saint Charles, 2018]

1st	Emma Gulvosen	Fort Zumwalt East	1:02.16
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2nd	Gwen Raziq	Fort Zumwalt North	1:02.52
3rd	Tori Krahl	Saint Charles West	1:04.04

100 yard Freestyle [GAC Record: 51.56, Autumn Looney, Saint Charles, 2018]

100 yard Freestyle [GAC N-C Record: 51.56, Autumn Looney, SCHS, 2018]

1st	Averi Meade	Fort Zumwalt North	56.51
2nd	Aubrie Moreland	Washington	56.92
3rd	Rachel Springer	Fort Zumwalt East	59.24

500 yard Freestyle [GAC Record: 5:09.57, Michelle Tipton, Ft. Zumwalt West, 2011]

500 yard Freestyle [GAC N-C Record: 5:21.15, Evie Kolb, Fort Zumwalt East, 2020]

1st	Evie Kolb	Fort Zumwalt East	5:21.15
2nd	Lorelei Crowley	Saint Charles West	6:08.43
3rd	Kate Dickey	Fort Zumwalt South	6:20.97

200 yard Freestyle Relay [GAC Record: 1:40.76, Francis Howell, 2016]

200 yard Freestyle Relay [GAC N-C Record: 1:45.94, Fort Zumwalt North, 2020]

1st	Sydney Kelsey	Fort Zumwalt North	1:45.94
	Jillian Walls		
	Averi Meade		
	Gwen Raziq		
2nd	Dessa Outman	Wentzville Liberty	1:50.89

	Livi Guffey		
	Evan Worobec		
	Hallie Anderson		
3rd	Jacqueline Foster	Fort Zumwalt East	1:53.16
	Alejandra Castanenda		
	Parker Sanborn		
	Evie Kolb		

100 yard Backstroke [GAC Record: 57.72, Taylor Wohrley, Wentzville Timberland, 2006]

100 yard Backstroke [GAC N-C Record: 1:03.03, Hannah Doss, St. Charles, 2018]

1st	Caroline Myers	Wentzville Liberty	1:03.19
2nd	Averi Meade	Fort Zumwalt North	1:10.35
3rd	Ashley Turpin	Fort Zumwalt East	1:10.41

100 yard Breaststroke [GAC Record: 1:02.52, Haley Spencer, Ft. Zumwalt West, 2009]

100 yard Breaststroke [GAC N-C Record: 1:09.77, Sydney Kelsey, Fort Zumwalt North, 2020]

1st	Sydney Kelsey	Fort Zumwalt North	1:09.77
2nd	Laura Bonds	Wentzville Liberty	1:13.19
3rd	Aubrey McCain	Wentzville Liberty	1:14.05

400 yard Freestyle Relay [GAC Record: 3:37.17, Francis Howell, 2017]

400 yard Freestyle Relay [GAC N-C Record: 3:55.30, Fort Zumwalt North, 2019]

1st	Caroline Myers	Wentzville Liberty	3:57.21
	Laura Bonds		
	Brooke Sufko		
	Aubrey McCain		
2nd	Evie Kolb	Fort Zumwalt East	4:02.04
	Ashley Turpin		
	Rachel Springer		
	Emma Gulvosen		
3rd	Kylie Avery	Fort Zumwalt South	4:23.22
	Sophia Ung		
	Kaylee LaBeau		
	Kate Dickey		

TEAM SCORES: [Wentzville Liberty \[495\]](#)

Fort Zumwalt East 336; Fort Zumwalt North 319; Fort Zumwalt South 272; Washington 261; St. Charles West 125; St. Charles 120;

Sportsmanship Team

Washington - Mikala Brune

Wentzville Liberty-

Fort Zumwalt South -

Fort Zumwalt North -

Fort Zumwalt East -

Saint Charles -

Saint Charles West -

All-Academic Team

Ft. Zumwalt South -

Ft. Zumwalt East -

St. Charles -

St. Charles West -

Ft. Zumwalt North -

Washington - Mikala Brune, Isabella Hartung, Clairese Kluba, Cierra Loepker, Jenna Loepker, Abby Loesing, Caroline Miller, Aubrie Moreland, Alexis Perriman

2019-2020

SOUTH DIVISION GIRLS SWIMMING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

2018-19 GIRLS SWIMMING SOUTH CHAMPIONS

[**RED**=GAC Record, **BLUE**-GAC South record]

200 yard Medley Relay [GAC Record: 1:50.25, Francis Howell, 2018]

200 yard Medley Relay [GAC Record: 1:50.25, Francis Howell, 2018]

1st	?	Fort Zumwalt West	1:53.96
	Allison Heaney		
	Kasenna Mamroth		
	Courtney Harris		
2nd	Sammi Allen	Francis Howell	1:57.59
	Ava Jansen		
	Abby Ekstrom		
	Olivia Eissfeldt		
3rd	Hannah Kuhlmann	Wentzville Timberland	2:03.91
	Madison Baker		
	Sydney Nitsch		
	Elise Gerstenecker		

200 yard Freestyle [GAC Record: 1:53.41, Taylor Wohrley, Wentzville Timberland, 2009]

200 yard Freestyle [GAC SOUTH Record: 1:53.41, Taylor Wohrley, Wentzville Timberland, 2009]

1st	Natalie Nguyen	Francis Howell	1:56.83
2nd	Elsie Gerstenecker	Wentzville Timberland	2:02.05
3rd	Paige Schulze	Francis Howell	2:05.46

200 yard Individual Medley [GAC Record: 2:03.88, Haley Spencer, Ft. Zumwalt West, 2007]

200 yard Individual Medley [GAC SOUTH Record: 2:03.88, Haley Spencer, Ft. Zumwalt West, 2007]

1st	Reagan Cathcart	Francis Howell	2:11.02
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2nd	Allison Heaney	Fort Zumwalt West	2:15.85
3rd	Xime Avila	Francis Howell Central	2:22.78

50 yard Freestyle [GAC Record: 23.71, Courtney Harris, Fort Zumwalt West, 2019]

50 yard Freestyle [GAC SOUTH Record: 23.71, Courtney Harris, Fort Zumwalt West, 2019]

1st	Courtney Harris	Fort Zumwalt West	24.08
2nd	Courtney Ledbetter	Wentzville Timberland	25.28
3rd	Abby Ekstrom	Francis Howell	26.29

1 meter Springboard Diving [GAC Record: 540.20, Sarah Bathe, Saint Charles, 2017]

1 meter Springboard Diving [GAC SOUTH Record: 539.20, Marissa Green, Ft. Zumwalt West, 2014]

1st	Abigale Wolf	Francis Howell Central	437.70
2nd	Gracyn Pietrusinski	Wentzville Holt	436.20
3rd	Emily Krause	Fort Zumwalt West	395.05

100 yard Butterfly [GAC Record: 55.08, Autumn Looney, Saint Charles, 2018]

100 yard Butterfly [GAC SOUTH Record: 56.53, Courtney Coe, Ft. Zumwalt West, 2013]

1st	Reagan Cathcart	Francis Howell	58.01
2nd	Joanna Dohrman	Francis Howell North	58.31
3rd	Kasenna Mammoth	Fort Zumwalt West	60.91

100 yard Freestyle [GAC Record: 51.56, Autumn Looney, Saint Charles, 2018]

100 yard Freestyle [GAC SOUTH Record: 51.60, Courtney Harris, Fort Zumwalt West, 2019]

1st	Courtney Harris	Fort Zumwalt West	52.17
2nd	Courtney Ledbetter	Wentzville Timberland	56.34
3rd	Alison Schoene	Wentzville Timberland	56.34

500 yard Freestyle [GAC Record: 5:05.72, Joanna Dohrman, Francis Howell North, 2020]

500 yard Freestyle [GAC SOUTH Record:5:05.72, Joanna Dohrman, Francis Howell North, 2020]

1st	Joanna Dohrman	Francis Howell North	5:05.72
2nd	Xime Avila	Francis Howell Central	5:31.27
3rd	Elise Gerstenecker	Wentzville Timberland	5:41.78

200 yard Freestyle Relay [GAC Record: 1:40.76, Francis Howell, 2016]

200 yard Freestyle Relay [GAC SOUTH Record: 1:40.76, Francis Howell, 2016]

1st	Natalie Nguyen	Francis Howell	1:41.96
	Sammi Allen		
	Paige Schulze		
	Reagan Cathcart		
2nd	Hannah Kuhlmann	Wentzville Timberland	1:43.68
	Alison Schoene		
	Sydney Nitsch		
	Courtney Ledbetter		

3rd	Emma Fischer	Francis Howell North	1:49.86
	Rylie Miller		
	Natalia Salazzar		
	Joanna Dohrman		

100 yard Backstroke [GAC Record: 57.72, Taylor Wohrley, Wentzville Timberland, 2006]

100 yard Backstroke [GAC SOUTH Record: 57.72, Taylor Wohrley, Wentzville Timberland, 2006]

1st	Natalie Nguyen	Francis Howell	57.97
2nd	Maggie Nelson	Fort Zumwalt West	1:04.66
3rd	Hannah Kuhlmann	Wentzville Timberland	1:05.60

100 yard Breaststroke [GAC Record: 1:02.52, Haley Spencer, Ft. Zumwalt West, 2009]

100 yard Breaststroke [GAC SOUTH Record: 1:02.52, Haley Spencer, Ft. Zumwalt West, 2009]

1st	Allison Heaney	Fort Zumwalt West	1:09.22
2nd	Ava Jansen	Francis Howell	1:13.60
3rd	Halle Scheuermann	Wentzville Holt	1:18.22

400 yard Freestyle Relay [GAC Record: 3:37.17, Francis Howell, 2017]

400 yard Freestyle Relay [GAC SOUTH Record: 3:37.17, Francis Howell, 2017]

1st	Natalie Nguyen	Francis Howell	3:43.38
	Abby Ekstrom		

	Paige Schulze		
	Reagan Cathcart		
2nd	Elise Gerstenecker	Wentzville Timberland	3:47.85
	Allison Schoene		
	Hannah Kuhlmann		
	Courtney Ledbetter		
3rd	Courtney Harris	Fort Zumwalt West	3:52.33
	Kasenna Mamroth		
	Grace Stocker		
	Allsion Heaney		

TEAM SCORES: Francis Howell 515

Wentzville Timberland 420; Fort Zumwalt West 327; Wentzville Holt 263; Francis Howell North 216; Francis Howell Central 196

Sportsmanship Team

Francis Howell North -

Wentzville Timberland -

Francis Howell Central -

Ft. Zumwalt West -

Wentzville Holt -

Francis Howell -

All-Academic Team

Ft. Zumwalt West -

Francis Howell -

Francis Howell North -

Francis Howell Central -

Wentzville Holt -

Wentzville Timberland -

2020 SPRING CONFERENCE CHAMPIONS

**ALL SPRING SPORTS WERE CANCELED DUE
TO CORONAVIRUS.**

	NORTH	CENTRAL	SOUTH
Girls Soccer			
Baseball			
Girls Track			
Boys Track			
Boys Golf			

2020 SRING TWO DIVISION CHAMPIONS

	NORTH CENTRAL	SOUTH
Boys Tennis		

2020 SRING COMBINED CHAMPIONS

Boys Volleyball	
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