

2023

NORTH DIVISION MENS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Nate Maples	Saint Charles	16:26.28
Phillip Kackley	Warrenton	17:01.39
Hunter Stahl	Wentzville North Point	17:20.45
Wyatt Clairborne	Warrenton	17:24.47
Elijah Case	Saint Charles	17:47.20
Logan Blase	Wentzville North Point	14:51.49
Mitchell Lerner	Wentzville North Point	17:59.18
Noah Case	Saint Charles	18:00.93
Luke Nottmeyer	Saint Charles	18:03.13
James Warner	Saint Charles	18:19.03
Tommy Whitehead	Wentzville North Point	18:34.01
Andrew Gee	Orchard Farm	19:05.38
Joshua Simms	Wentzville North Point	19:16.62

Matthew Craven	Warrenton	19:30.66
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FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2023, GAC XC CHAMPIONSHIPS

TEAM SCORES: SAINT CHARLES 33;

WENTZVILLE NORTH POINT 40; WARRENTON 61; ORCHARD FARM 94

[only four schools had the number of runners needed to score]

ALL ACADEMIC

Orchard Farm -

Saint Charles -

Saint Charles West -

Warrenton -

Wentzville North Point -

Winfield -

SPORTSMANSHIP

Orchard Farm -

Saint Charles -

Saint Charles West -

Warrenton -

Wentzville North Point -

Winfield -

2023

CENTRAL DIVISION MENS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Taylor Anderson	Fort Zumwalt East	16:26.28
Ayden Taylor	Wentzville Liberty	16:26.95
Logan Luttrell	Washington	16:42.06
Cale Eldredge	Wentzville Liberty	17:15.42
Nolan Schlattman	Wentzville Liberty	17:19.58
Daniel McClellan	Fort Zumwalt East	17:29.92
Landon Jones	Wentzville Liberty	17:30.83
Gable Ohm	Washington	17:35.54
Nate Wietbrock	Wentzville Liberty	18:00.90
Daniel Meyer	Fort Zumwalt North	18:08.52
Blake Margerum	Fort Zumwalt North	18:08.71
Steven Broadbent	Washington	18:23.75
Trevor Judge	Wentzville Liberty	18:27.13
Ethan Wilmes	Fort Zumwalt East	18:29.22

FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2023, GAC XC CHAMPIONSHIPS

TEAM SCORES: WENTZVILLE LIBERTY 27;

FORT ZUMWALT EAST 57; WASHINGTON 68; FORT ZUMWALT NORTH 86; WENTZVILLE HOLT 128

[only five schools had the number of runners needed to score]

ALL ACADEMIC

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington -

Wentzville Holt -

Wentzville Liberty -

SPORTSMANSHIP

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington -

Wentzville Holt -

Wentzville Liberty -

2023

SOUTH DIVISION MENS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
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Alexander Koenecker	Francis Howell	17:04.92
Holden Black	Francis Howell	17:24.94
Nathan Krisby	Francis Howell	17:39.36
Sterling Holloman	Francis Howell	17:47.95
William Doyle	Fort Zumwalt West	18:07.60
Colton Boudinot	Fort Zumwalt West	18:09.50
Evan Schleef	Troy Buchanan	18:13.82
Brynden Barr	Francis Howell	18:18.38
Kevin McGuire	Francis Howell North	18:20.17
Ezra Bailey	Francis Howell Central	18:20.47
Spencer Brookshire	Wentzville Timberland	18:23.86
Roman Haverly	Francis Howell North	18:26.21
Noah Schaeperkoetter	Fort Zumwalt West	18:30.11
Andrew Head	Francis Howell North	18:33.30

FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2023, GAC XC CHAMPIONSHIPS

TEAM SCORES: FRANCIS HOWELL 18;

FORT ZUMWALT WEST 55; FRANCIS HOWELL NORTH 84; WENTZVILLE TIMBERLAND 86; FRANCIS HOWELL CENTRAL 114; TROY BUCHANAN 145

ALL ACADEMIC

Fort Zumwalt West -

Francis Howell -

Francis Howell Central -

Francis Howell North -

Troy Buchanan -

Wentzville Timberland -

SPORTSMANSHIP

Fort Zumwalt West -

Francis Howell -

Francis Howell Central -

Francis Howell North -

Troy Buchanan -

Wentzville Timberland -

2023

NORTH DIVISION WOMENS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Brianna Krueger	Saint Charles West	19:33.03
Claire Horstmann	Saint Charles West	20:55.26

Miley Jackson	Saint Charles West	21:09.91
Melaina Beilsmith	Saint Charles West	21:36.15
Avery Jackson	Saint Charles West	21:59.26
Ella Sparkman	Wentzville North Point	22:02.10
Falyn Davidson	Winfield	22:05.84
Reagan Govero	Saint Charles West	22:18.34
Mackenzie Swanson	Wentzville North Point	22:42.09
Keeley Lauer	Saint Charles	22:51.37
Ana Schroeder	Wentzville North Point	22:58.27
Gretchen Schuster	Orchard Farm	23:15.16
Miranda Dawson	Wentzville North Point	23:17.26
Alexis Ruff	Warrenton	23:18.51

FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2023, GAC XC CHAMPIONSHIPS

TEAM SCORES: SAINT CHARLES WEST 15;

WENTZVILLE NORTH POINT 49; WARRNETON 81; SAINT CHARLES 89

[note: only four teams fielded the required number of runners]

ALL ACADEMIC

Orchard Farm -

Saint Charles -

Saint Charles West -

Wentzville North Point -

Winfield -

SPORTSMANSHIP

Orchard Farm -

Saint Charles -

Saint Charles West -

Warrenton -

Wentzville North Point -

Winfield - Kade Berry

2023

CENTRAL DIVISION WOMENS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Imane Lairihrd	Wentzville Liberty	20:08.66
Jillian Kalbac	Wentzville Liberty	20:26.33
Kailey Lawrence	Wentzville Liberty	20:26.92
Elizabeth Shaw	Wentzville Holt	20:55.90
Lukah Sandine	Fort Zumwalt North	20:58.22
Josie Keiser	Washington	21:05.32
Olivia Mahon	Washington	21:10.66

Bella Navaro-Sanchez	Wentzville Liberty	21:31.61
Tesa Harper	Fort Zumwalt South	21:42.29
Zoe Johnson	Fort Zumwalt North	21:51.36
Madison Modde	Fort Zumwalt North	22:19.28
Abby Anderson	Fort Zumwalt North	22:23.27
Jailyn Ebert	Fort Zumwalt North	22:36.70
Amanda Nredenkamp	FortZumwalt North	22.43.21

FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2023, GAC XC CHAMPIONSHIPS

TEAM SCORES:

WENTZVILLE LIBERTY 31;

FORT ZUMWALT NORTH 51; WASHINGTON 74; WENTZVILLE HOLT 103; FORT ZUMWALT SOUTH 105

[note: only five teams fielded the required number of runners]

ALL ACADEMIC

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington -

Wentzville Holt -

Wentzville Liberty -

SPORTSMANSHIP

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Washington -

Wentzville Holt -

Wentzville Liberty -

2023

SOUTH DIVISION GIRLS CROSS COUNTRY

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Athlete	School	Time
Evyn Humphrey	Francis Howell	19:26.89
Reese McDevitt	Francis Howell Central	19:37.05
Jocelyn Haynes	Troy Buchanan	19:45.64
Laney Parmeley	Francis Howell Central	19:54.31
Riley Linville	Fort Zumwalt West	20:05.40
Katherine Doyle	Fort Zumwalt West	20:15.04
Camrin Watkins	Francis Howell Central	20:28.07
Noel Rice	Francis Howell Central	20:32.60
Natalie Sollors	Francis Howell	20:40.05
Ella Coulter	Francis Howell	20:51.65

Oakley Anderson	Fort Zumwalt West	20:59.93
Reese Snyder	Fort Zumwalt West	21:00.53
Cienna Genta	Wentzville Timberland	21:03.43
Karsyn McDaniel	Fort Zumwalt West	21:23.94

FOR COMPLETE RESULTS GOT TO: <https://trxtiming.com>, LOOK UNDER CROSS COUNTRY RESULTS, 2023, GAC XC CHAMPIONSHIPS

TEAM SCORES: FRANCIS HOWELL CENTRAL 41;

FORT ZUMWALT WEST 47; FRANCIS HOWELL 55; FRANCIS HOWELL NORTH 100; TROY BUCHANAN 118

[note: only five teams fielded the required number of runners]

ALL ACADEMIC

Fort Zumwalt West -

Francis Howell -

Francis Howell Central -

Francis Howell North -

Troy Buchanan -

Wentzville Timberland -

SPORTSMANSHIP

Fort Zumwalt West -

Francis Howell -

Francis Howell Central -

Francis Howell North -

Troy Buchanan -

Wentzville Timberland -

2023

NORTH DIVISION FOOTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

QUARTERBACK

	Player	School	Year
1st Team	Charlie Blondin	Warrenton	SR
2nd Tem	Collin Sinclair	Orchard Farm	SO

RUNNING BACK

	Player	School	Year
1st Team	Jackson Carruthers	Orchard Farm	SR
	Austin Haas	Warrenton	JR
2nd Team	Collin Sams	Winfield	SR
	Javari Green	Saint Charles West	JR

OFFENSIVE LINE

	Player	School	Year
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1st Team	Kyle Lauck	Warrenton	JR
	Jack Morris	Warrenton	SO
	Morgan Regot	Saint Charles West	SR
	Colby Sanchez	Orchard Farm	SR
	Max Jackson	Saint Charles	SR
2nd Team	Coleman Croghan	Winfield	SR
	Chase Colbert	Winfield	SR
	Alex Wilson	Warrenton	JR
	Chance Klassing	Warrenton	JR
	Dylan Schooler	Saint Charles West	SR
	Connor Turner	Saint Charles West	JR
	Joey Cleary	Orchard Farm	SR

WIDE RECEIVER

	Player	School	Year
1st Team	Jorden Matlock	Orchard Farm	JR
	Mason Thompson	Warrenton	JR
	Chance McPike	Warrenton	FR
2nd Team	Jon Kennedy	Orchard Farm	JR

	Kyle Cotton	Saint Charles West	JR
	Byron Miller	Saint Charles	SR

KICKER

	Player	School	Year
1st Team	Jorden Matlock	Orchard Farm	JR
2nd Team	Ryan Beer	Saint Charles West	SR

ATHLETE

	Player	School	Year
1st Team	Jordan Rowe	Saint Charles	JR
2nd Team	Daniel Barth	Winfield	JR

LINEBACKER

	Player	School	Year
1st Team	Morgan Regot	Saint Charles West	SR
	Jackson Carruthers	Orchard Farm	SR
	Kadin Stroer	Warrenton	JR
	Bobby Hayes	Saint Charles	SR

2nd Team	Warren Conrad	Winfield	JR
	Caden Tipton	Orchard Farm	SR
	Joe Goldsmith	Warrenton	SR
	Chris Vogt	Saint Charles	SR

DEFENSIVE LINE

	Player	School	Year
1st Team	Max Jackson	Saint Charles	SR
	Jason Rowe	Saint Charles	SR
	Logan Kiel	Winfield	JR
	Javon Jones	Warrenton	SO
2nd Team	Dylan Schooler	Saint Charles West	SR
	Treyvian Guthrie	Warrenton	JR
	Jacob Ruff	Warrenton	SR
	Colby Sanchez	Orchard Farm	SR

DEFENSIVE BACK

	Player	School	Year
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1st Team	Jorden Matlock	Orchard Farm	JR
	Jake Titone	Saint Charles West	SR
	Brandon Johnson	Warrenton	JR
	Byron Miller	Saint Charles	SR
2nd Team	Daniel Barth	Winfield	JR
	Brody Mollerus	Orchard Farm	SR
	Willie Sanchez	Saint Charles West	SR
	Peyton Dawson	Warrenton	JR

PUNTER

	Player	School	Year
1st Team	Jorden Matlock	Orchard Farm	JR
2nd Team	Brady Reed	Saint Charles	JR

PLAYER OF THE YEAR:

Austin Haas, Junior, Warrenton

COACH OF THE YEAR:

Jason Koper of Warrenton

Sportsmanship Award

Orchard Farm - Caden Tipton

Saint Charles - Brady Reed

Saint Charles West - Karson Quinn

Warrenton -Carter Tittel

Winfield - Brandon Martinek

All-Academic Team

Orchard Farm - Jackson Carruthers, Joey Cleary, Maddox Crowe, Andrew Goeke, Jackson Kuehler, Colby Sanchez, Colin Sarion, Max Sarino, Collin Sinclair, Reed Statler, Caden Tipton, Jeff VanDyke

Saint Charles - Bobby Hayes , Jeremy Cochrum , Zach Rohlfing , Brady Reed

Saint Charles West - Layne Bay, Ryan Beer, Luke Buehler, Anson Disselhorst, Anthony Guccione Abraham Guerrero, Tre Johnson, Christian Martin, Ian Nixon , Karson Quinn, Morgan Regot, Dylan Schooler, Aaron Staples, Carter Sullivan, Miko Taylor, Tristan Webb

Warrenton - Cole Meyer, Peyton Dawson, Joe Goldsmith, Treyvian Guthrie, Austin Haas, Chance Klasing, Jack Morris, Logan Nichols, Jacob Ruff, Evan Schenck, Kadin Stroer, Carter Tittel, Alex Wilson, Tyler Faerber, Jack White

Winfield - Ayden Amos, Jordan Beck, Braden Burluson, Keagan Schrader, Warren Conrad, Timothy Emmons, Gage King, Conner Martin, Kyle Moore, Beau Schulte, Grant Seidel, Colin Westhoff, Isaac Zellmer

2023

CENTRAL DIVISION FOOTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

QUARTERBACK

	Player	School	Year
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1st Team	Ayden Sullivan	Wentzville Holt	SR
2nd Tem	Hoyt Gregory	Wentzville North Point	JR

RUNNING BACK

	Player	School	Year
1st Team	Landon Boston	Washington	SR
	Marquis Williams	Wentzville Liberty	SR
2nd Team	Jayden Burleson	Fort Zumwalt North	FR
	Amir Purdy	Fort Zumwalt South	SR

OFFENSIVE LINE

	Player	School	Year
1st Team	Carter Briddell	Wentzville North Point	JR
	Quinn Brown	Wsentzville Holt	SR
	Tommy Hembrock	Fort Zumwalt North	SR
	Austin Bauer	Fort Zumwalt North	SR
	Ryan Jostes	Washington	SR
2nd Team	Drew Smith	Wentzville Liberty	SR

	Zach Davis	Fort Zumwalt North	SR
	Brendon Rost	Washington	SR
	Grant Lott	Fort Zumwalt South	SO
	Mitt Medin	Fort Zumwalt East	JR

WIDE RECEIVER

	Player	School	Year
1st Team	Chase Bensing	Fort Zumwalt South	SR
	Gabe Cunningham	Wentzville Holt	JR
	Peyton Bertels	Wentzville Liberty	SR
2nd Team	Anthony Keller	Wentzville Holt	SR
	Matthew Manocchio	Wentzville Liberty	SR
	Trey Trennepohl	Wentzville North Point	SR

KICKER

	Player	School	Year
1st Team	Nick Lucido	Washington	SR
2nd Team	Jackson Tankersley	Fort Zumwalt South	SR

ATHLETE

	Player	School	Year
1st Team	Cafrter Cox	Fort Zumwalt South	SR
2nd Team	Xavier Goodall	Fort Zumwalt East	SR

LINEBACKER

	Player	School	Year
1st Team	Jacob Sweeten	Fort Zumwalt North	JR
	Riley Deslatte	Wentzville North Point	JR
	Conrad King	Wentzville Holt	SR
	Josh Atherton	Fort Zumwalt South	SR
2nd Team	Jack Ryan	Wentzville Liberty	JR
	Hy Vuong	Wentzville Liberty	SR
	Drew Riley	Fort Zumwalt North	JR
	Gavon Moore	Wentzville Holt	SO

DEFENSIVE LINE

	Player	School	Year
1st Team	Tommy Hembrock	Fort Zumwalt North	SR
	Aiden King	Wentzville Liberty	SR

	Mason Burke	Wentzville Holt	SR
	Anthony Washington	Wentzville Holt	JR
2nd Team	Mason Clark	Fort Zumwalt South	SR
	Blake Walls	Fort Zumwalt East	SR
	Austin Bauer	Fort Zumwalt North	SR
	Xazier Jackson	Fort Zumwalt North	SO

DEFENSIVE BACK

	Player	School	Year
1st Team	Chaun Robinson	Fort Zumwalt North	JR
	Ty'Ron Williams	Wentzville North Point	SO
	Ean Crawford	Wentzville Holt	SR
	Amir Purdy	Fort Zumwalt South	SR
2nd Team	Austin Steenbeke	Wentzville Liberty	SR
	Nick Lucido	Washington	SR
	Kellen Watson	Fort Zumwalt North	SR
	David Macklin	Fort Zumwalt North	SR

PUNTER

	Player	School	Year
1st Team	Jacob Bina	Washington	JR
2nd Team	Mathew Mauk	Wentzville Liberty	JR

PLAYER OF THE YEAR:

Mason Burke, Senior of Wentzville Holt

COACH OF THE YEAR:

Joe Bacon of Forth Zumwalt North

Sportsmanship Award

Fort Zumwalt East - Mo Afenah

Fort Zumwalt South - Aiden Welch

Fort Zumwalt North - Troy Emge

Washington- Hayden Burns

Wentzville Holt -Kamden Lopez

Wentzville Liberty -Matthew Manocchio

Wentzville North Point - Luke Gertken

All-Academic Team

Fort Zumwalt East - MOHAMMED AFANEH, CHRISTIAN ALONZO, MARKEL BRADDIX, DOMINICK BRETHOLD, GAVIN BRETHOLD, OLIVER CHADD, ERIC FERRANTO, DERRICK GLENN, MADDOX GRIMM, NAUDER HOSSEINI, JACOB KEENEY, TYLER KLIETHERMES, LUKE LAURITZEN, KRISTIAN LIPOVAC, KEVIN MAHANEY, MYLES MEDLIN, CARTER MITCHELL, LUCAS PARKES, RAJU PRATTE, DIRK RIVERA, GAVIN ROBINSON, DAWSON SAMPSON, AIDEN SMITH, ELIJAH SMITH, JOHN SPANN, BRYSEN SPEARS, TRENT TRANKLER, BLAKE WALLS, MAXIMUS WARD, MATTHEW WEYBURN, VINCENT WIDTFELDT, ETHAN WOODEN

Fort Zumwalt South - ANDERSON AKINS, ROY ANZALDUA CAMPOS, JOSH ATHERTON, CHASE BENSING, HUGH BOYD, CAM BROWN, MASON CLARK, D. COPELAND WRIGHT, CADEN COX, JD DUNN, SAMUEL HAHN, GRIFFEN HASTEN, CONNOR JAMES, ALEC KROULIK, GRANT LOTT, C. NELSON-SALMIERI, CARTER SAMSON, BRAYDEN SAUER, LLIAM THOMPSON, AIDEN VOGT

Fort Zumwalt North - AUSTIN BAUER, ZACHARY DAVIS, TROY EMGE, MARQUAELLO FUTRELL, CLAYTON GIVENS, GABRIEL HUBER, EMMANWEL JONES, JAYDEN NOEL, CHASE OSTMANN, JACKSON POHLMAN, DREW RILEY, JACOB SWEETEN, CASON VOLLMER, GAGE WALDRON

Washington - Wyatt Bobo, Landon Boston, Landon Brune, Hayden Burns, Ben Gelinas, McLaine Graham, Nolan Hendrix, Ryan Jostes, Ryan Kassebaum, Nick Lucido, Caleb Moritz, Syrus Pate, Alec Pecka, Brendan Rost, Camron Smith, Blake Voss

Wentzville Holt - XAVIER ADAMS, PIERCE BEHRNDT, QUINN BROWN, IVAN DEAN, GAVIN MOORE

Wentzville Liberty - Patrick Anderson, Caiden Galati, Aedan Jones, Jaylen Mack, Matthew Manocchio, Matthew Mauck, Carter Myers, Jack Ryan, Bradyn Rybicki, Tyler Sethaler, Hy Vuong, Liam Whelan

Wentzville North Point - Jay Abuhamdeh, Mathias Abunaw, Beau Banze, Ben Barfield, Carter Briddlel, Peyton Briddell, Lukas Carroll, Ben Clercx, Domenic Colombatto, Levi Crosby, Lincoln Crosby, Riley Deslatte, Luke Gertken, Amaree Johnson, Christian Mattern, Trey Trennepohl, Brody Wilmes

2023

SOUTH DIVISION FOOTBALL

ALL CONFERENCE INDIVIDUALS -

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

QUARTERBACK

	Player	School	Year
1st Team	Adam Shipley	Francis Howell	SR
2nd Tem	Hunter Keene	Troy Buchanan	SR

RUNNING BACK

	Player	School	Year
1st Team	Carter Dowell	Troy Buchanan	SO
2nd Team	Maddox Duncan	Francis Howell	SR

OFFENSIVE LINE

	Player	School	Year
1st Team	Logan Scrivner	Francis Howell	SR
	Mitch Weisenborn	Francis Howell	JR
	Edgar Vergara	Troy Buchanan	SR
	Evan Peggs	Troy Buchanan	SR
	Jackson Pollard	Fort Zumwalt West	SR
2nd Team	Chase Garbarini	Francis Howell	SR
	Zane Brune	Francis Howell	SR
	Brock Owens	Troy Buchanan	JR
	Austin Slkiger	Wentzville Timberland	SR
	Grayson Ellett	Fort Zumwalt West	JR
	Karson Webster	Francis Howell Central	SR

WIDE RECEIVER

	Player	School	Year
1st Team	Jude James	Francis Howell	SR
	Isaiah Hamilton	Wentzville Timberland	SR
	Connor Sheehan	Francis Howell Central	SR
	Darius Jones	Fort Zumwalt West	SR
2nd Team	Garrett Puckett	Francis Howell	SR
	Kendall Gurley	Francis Howell	SR
	Cameron Carson	Francis Howell	JR
	Ethan Lollar	Troy Buchanan	SR
	Shane Hopmann	Troy Buchanan	SR

KICKER

	Player	School	Year
1st Team	Braden Ray	Francis Howell	JR
2nd Team	Nolan Sissom	Fort Zumwalt West	SO

ATHLETE

	Player	School	Year
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1st Team	Collin Parsons	Francis Howell Central	SR
2nd Team	Jy'Ren Green	Fort Zumwalt West	JR

LINEBACKER

	Player	School	Year
1st Team	Cayden Duncan	Francis Howell	SO
	Talan Rowland	Troy Buchanan	SO
	D. J. Dillon	Francis Howell North	SR
2nd Team	Charlie Smith	Francis Howell	SR
	Eliot Hummer	Fort Zumwalt West	JR
	Collin Parsons	Francis Howell Central	SR

DEFENSIVE LINE

	Player	School	Year
1st Team	Kaiden Johns	Troy Buchanan	SR
	Mitch Weisenborn	Francis Howell	JR
	Jackson Campbell	Francis Howell Central	SR
	Teryun Reeves	Wentzville Timberland	JR
2nd Team	Mason Burke	Francis Howell	JR

	Jackson Harrell	Troy Buchanan	JR
	Carter O'Neal	Francis Howell	SR
	Edgar Vergara	Troy Buchanan	SR
	Brady Pulley	Francis Howell North	SR

DEFENSIVE BACK

	Player	School	Year
1st Team	Jude James	Francis Howell	SR
	Kendall Gurley	Francis Howell	SR
	Jacob Wyble	Troy Buchanan	SR
	Andrew Koviak	Fort Zumwalt West	SR
	Cameron Cason	Francis Howell	JR
2nd Team	Cam Casso	Troy Buchanan	SR
	Jay Eiland	Francis Howell North	SR
	Isaiah Hamilton	We ntzville Timberland	SR
	Nolan Whiteside	Fort Zumwalt West	SR
	Garrick Dixon	Fort Zumwalt West	SO
	Andrew Martin	Francis Howell Central	SO

PUNTER

	Player	School	Year
1st Team	Braden Ray	Francis Howell	JR
2nd Team	Cam Newsom	Wentzville Timberland	JR

PLAYER OF THE YEAR:

Jude James, Senior of Francis Howell

COACH OF THE YEAR:

Brent Chojnacki of Francis Howell

Sportsmanship Award

Fort Zumwalt West - Tyler Hinkle

Francis Howell -Chase Garbarini

Francis Howell Central - Gavin Peraino

Francis Howelll North - Cooper Jett

Troy Buchanan - Trevon Weaver

Wentzville Timberland - Ty Shelton

All Academic Award

Fort Zumwalt West - Lance Alderton, Garrick Dixon, Grayson Ellett, Carlos Franco, Mateo Franco, Andrei Gwin, Alex Gwin, John Hauser, Holden Hayes, Tyler Hinkle, Evan Hirst, Eliot Hummer, Jaden Joyce, Ethan Kidd, Mason Komorek, Dominic Lawrence, Ben Maskel, Chase Myers, Austin Mincher, Clayton O'Bryan, Mitchell Parry, Peyton Rasmussen, Steven Tran, Tre Troupe, Jackson Viers, Ryan Wessler, Riley White, Nolan Whiteside

Francis Howell - Zachary Bohr, Mason Burke, Noah Delgado, Cayden Duncan, Maddox Duncan, Eli Edwards, Graham Elfrink, Grant Foster, Brody Garavaglia, Chase Garbarini, Ryan Grethey, Jude James, AJ Jones, Matthew Junghans, Mohammed Kaid, Lucas Klimkiewicz, Nathan Le Goff, Addison Mais, Nicholas Marren, Eli Miller, Benjamin Mitchell, Owen Moody, Antonio Munoz, Landon Nix, Chase ODonnell, Garrett Patterson, Liam Pfenning, Garrett Puckett, Aidan Riepl, Lincoln Schultz, Logan Scrivner, Aydin Sezen, Adam Shipley, Elijah Skidmore, Charlie Smith, Aiden Tierney, Dax Van Anne, Alex Versheldon, Steele Weber, Mitchell Weisenborn, Cooper Wiegand, Parker Williams, Reid Williams, Percy Winston, Curtis Witt, Blake Zander

Francis Howell Central - Grady Barron, Gustave Barron, Daniel Best, Eric Brock, Jackson Campbell, Jason Campbell, Jerome Caringal, Aidan Eiswirth, Aidan Faszold, Gage Fuller, Grayson Graham, Tristan Graham, Maxwell Grumich, Brady Holtgrewe, Chase Kreder, James Lawless, Andrew Martin, Owen Meyer, John O'Connell, Gavin Peraino, Jacob Roche, Connor Sheehan, Simeon Smith, William Vasel

Francis Howell North - Cole Bell, Christian Bosley, Aidan Caby, DJ Dillon, Jackson Fifer, Jacob Foster, Rafael Garcia, Ethan Gietl, Riley Kloecker, Ivan Pitts, Nathan Smith

Troy Buchanan - Jason Arechederra, Jason Baldwin, Beckwith Ryan, Boaz Mark, Branham Parker Tyler, Cam Casso, Gavin Cyr, Logan Cyr, Carter Dowell, Brady Eulinger, Myles Freeman, Myles Gillespie, Nolan Grelle, Alex Higginbotham, Jackson Hirschbuehler, Landon Hirschbuehler, Kaiden Johns, Bradan Jones, Brandon Jones, Hunter Keene, Nick Keesey, Mason Kimble, Ethan Lollar, Alex Marischen, Fletcher Mullins, Brock Owens, Evan Peggs, Dale Schneider, Jackson Trower, Charlie Tucker, NoahVollmer, Braden West, Braylen White, Karsen Williams, Oggy Winterhalter, Jacob Wyble

Wentzville Timberland - Kailee Barfield, Collin Barnes, Collin Bell, Aaron Bell, HudsonCerrano, William George, Cooper Grone, Austin Humphrey, Jase Jaworski, Landon Kiely, Noah Scheetner, Ty Shelton, Austin Sliger

2023

NORTH/CENTRAL DIVISION GIRLS GOLF

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Isabela Flores [FR]

Fort Zumwalt North

100

Abigail Blackwell [SO]	Washington	95
Grace Rogers [SR]	Wentzville North Point	90
Ella Martin [JR]	Washington	69
Madison Wolf [SO]	Fort Zumwalt South	63
Molly Buschmann [SR]	Washington	58
Merrick Owens [SR]	Warrenton	53
Noell Jackson [SO]	Fort Zumwalt South	50
Abigail Rush [JR]	Fort Zumwalt South	41
Ava Bechtel [JR]	Wentzville North Point	30
Haley Rausch [JR]	Warrenton	28
Heidi Ketchum [SR]	Fort Zumwalt North	26

GOLFER OF THE YEAR :

ISABELA FLORES, FRESHMAN, FORT ZUMWALT NORTH

TEAM STANDINGS : Washington 146.5;

Fort Zumwalt South; Fort Zumwalt North 108.5; Wentzville North Point 85; Warrenton 66; Fort Zumwalt East 61; Wentzville Holt 23; Winfield 21.5

ALL ACADEMIC

Fort Zumwalt East - Sophia Pratte, Kelsey Gentile, Makena Anderson, Molly Albers

Fort Zumwalt North - Sabrina Bellerson, Grace Grafton, Heidi Ketchum, Olivia Finley, Shayna Nobbe, Rylie Valentine

Fort Zumwalt South - Ava LaPosha, Adrienne Lunstrom, Iris Martin, Abby Rush, Madison Wolf, Mary Morrison

Warrenton - Merrick Owens, Haley Rausch, Allison Vacek, Charlee Woodsire-Richardson

Washington - Lilyan Nieder, Josie Kemper, Allison Fournier, Molly Buschmann, Abigail Blackwell

Wentzville Holt - Viviana Boix, Cameron Bollinger, Mary Elliot, Hailey Pykiet, Mackenzie Thompson, Abbey Wierzorek

Wentzville North Point - Grace Rogers, Ava Bechtel, Greysen Curran

Winfield - Abby Beckemeier, Charlotte Cryts

SPORTSMANSHIP

Fort Zumwalt East -Makena Anderson

Fort Zumwalt North - Isa Flores

Fort Zumwalt South - Iris Martin

Warrenton - Allison Vacek

Washington - Josie Kemper

Wentzville Holt -Mary Elliot

Wentzville North Point - Grace Rogers

Winfield - Madalynn Reed

2023

SOUTH/CENTRAL DIVISION GIRLS GOLF

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

Brooke Inchiostro [SR]	Francis Howell	86
Hannah Mottert [JR]	Francis Howell	77
Sophie Chenot [SR]	Wentzville Liberty	76
Liza Burgos [SR]	Francis Howell North	68
Cydney Beckmann [SO]	Fort Zumwalt West	62
Kinsley Walton [FR]	Francis Howell	46
Jordyn Campbell [JR]	Francis Howell	41
Dory Haines	Troy Buchanan	40
Adrienne Emrick	Francis Howell Central	38
Cassidy Hodgkins [SR]	Francis Howell North	38
Brooke Lewis [SR]	Francis Howell	32
Alyssa Perkins [JR]	Francis Howell North	27

GOLFER OF THE YEAR :

BROOKE INCHIOSTRO, SENIOR, FRANCIS HOWELL

TEAM STANDINGS : FRANCIS HOWELL 128.5;

FRANCIS HOWELL NORTH 105; WENTZVILLE TIMBERLAND 79.5; WENTZVILLE LIBERTY; FORT ZUMWALT WEST 51; TROY BUCHANAN 42.5; FRANCIS HOWELL CENTRAL 12.5

ACADEMIC

Wentzville Liberty - Sophie Chenot, Emerson Stubblefield, Sophia Hegyi, Katelynn Larson, Jenna Means, Audrey Keller

Troy Buchanan - Leah Cramer, Olivia Dunard, Hannah Easterday, Aryana Hull, Abigail Shaffer, Emma Var Vera

Fort Zumwalt West - Cydney Beckmann, Cathy Millange, Lilli Koenig, Emily Jenkins

Wentzville Timberland - Addison Crislip, Savannah Gallagher, Avery Harvatin, Erika Mullen, Kailyn Porter

Francis Howell - Brooke Inchiostro, Hannah Mottert, Jordyn Campbell, Brooke Lewis, Megan Reddy, Kinsley Walton, Dhaara Ponnapati, Anna Drummond, Phoebe Hoenig

Francis Howell Central - Alexandra Cosmano, Anna Mori, Adreinne Emrick, Marissa Wortkoetter, Marissa Grix

Francis Howell North - Liza Burgos, Alyssas Perkins, Cassidy Hodgkins, McKenna Hudson, Addyson Brenner, Harper Schneider

SPORTSMANSHIP

Wentzville Liberty - Katelyn Larson

Troy Buchanan - Leah Cramer

Fort Zumwalt West - Catherine Millangue

Wentzville Timberland -

Francis Howell - Hannah Mottert

Francis Howell Central - Alexandra Cosmano

Francis Howell North -

2023

NORTH DIVISION MENS SOCCER

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

FIRST TEAM

Player	Year	Position	School
Logan Hazel	SR	Forward	Orchard Farm
Harry Reineke	SR	Goalie	Orchard Farm
A. J. Taylor	SR	Defender	Orchard Farm
Brock Williams	SO	Midfielder	Orchard Farm
Isaac Polman	JR	Defender	Wentzville North Point
Braydon Eckelkamp	JR	Midfielder	Wentzville North Point
Jude Archie	JR	Defender	Saint Charles
Wesley McClellan	JR	Defender	Saint Charles
Bryan Guerrero	SR	Midfielder	Warrenton
Oliver Gorski	SR	Mildfielder	Winfield
Andrew Voelkl	SO	Midfielder	Saint Charles West

SECOND TEAM

Player	Year	Position	School
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Caden Tusler	SR	Defender	Orchard Farm
Alex Jeffords	SO	Midfielder	Orchard Farm
Damien Hervi	JR	Midfielder	Orchard Farm
Brent Weiss	SR	Defender	Orchard Farm
Alex Lacke	JR	Forward	Wentzville North Point
Dylan Richard	SO	Midfielder	Wentzville North Point
Chris Carter-Lopez	JR	Midfielder	Saint Charles
Lucas Skeen	FR	Goalie	Saint Charles
Isaac Wagner	SO	Forward	Warrenton
CooperMartin	SR	Forward	Winfield
Nick Buehler	SO	Midfielder	Saint Charles West

PLAYER OF THE YEAR: Logan Hazel of Orchard Farm, Senior, Forward

COACH OF THE YEAR: Brandon Cox of Orchard Farm

Sportsmanship Award

Orchard Farm - Myles Murphy

Saint Charles - Chris Cortes-Lopez

Saint Charles West - Andrew Leach

Warrenton - Caleb Hackmann

Wentzville North Point - Dalton Albers

Winfield - Alex Kinne

All Academic

Orchard Farm - Mark Bohning, Mason Campbell, Yusef Deiab, Gannon Dody, Logan Hazel, Nolan Hilsabeck, Ethan Lucido, Myles Murphy, Sean Pauly, Nick Porter, Harry Reineke, Adam Ruffing, Brent Weiss, Brock Williams

Saint Charles - Jude Archie, Isaac Black, Micah Bryson, Chris Cortes-Lopez, Ben Dietrich, Wesley McClellan, Ethan Mercurio, Jack Nemens, Connor Russell

Saint Charles West - Coleton Severs, Ian Hollander, Matt Box, Eli Malady, Karson Quinn, Owen Shy, Jorge Tena, Alex Dotson, Luchas Dotson, Braedyn Politte, Ulises Sanchez

Warrenton - Owen Thompson, Evan Donovan, Nolan Donovan, Isaac Wagner, Sam Long, Teegan Williams, Maison Rader

Wentzville North Point - Gavin Wicklund, Brayden Eckelkamp, Maxwell Fields, Colin Hodge, Parker Trigg, Dalton Albers, Landon Holmes, Parker Tieman, Brice Balcom

Winfield - Henry Gorski, Oliver Gorski, Brayden Haight, Kaden Kaimann, Alex Kinne, Sean Nicholl, Jimmy Schultz

2023

CENTRAL DIVISION MENS SOCCER

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

FIRST TEAM

Player	Year	Position	School
Brady Freeman	SR	Midfielder	Wentzville Liberty
Piggy Galaway	SR	Midielder	Wentzville Liberty
Bryson King	SR	Defender	Wentzville Liberty

Turner Lively	SR	Forward	Wentzville Liberty
Carson Nolan	SR	Midfielder	Wentzville Liberty
Landon Strasser	SR	Defender	Wentzville Holt
Trenton Garofalo	SR	Forward	Wentzville Holt
Carlos Pulido	SR	Goalie	Fort Zumwalt East
Donovan West	SR	Defender	Fort Zumwalt East
Michael Sommerville	SR	Midfielder	Fort Zumwalt North
Aidan Dietiker	SR	Midfielder	Fort Zumwalt South

SECOND TEAM

Player	Year	Position	School
A. J. Martin	SR	Forward	Fort Zumwalt South
Jackson Baum	JR	Midfielder	Fort Zumwalt South
Layton Dahl	SR	Midfielder	Wentzville Liberty
Aidan Brown	JR	Goalie	Wentzville Liberty
Cooper Ludwig	JR	Midfielder	Wentzville Liberty
Jake Wieczorek	JR	Midfielder	Wentzville Holt
Jacob Podmore	SR	Defender	Fort Zumwalt East
Nathan Massey	SR	Forward	Fort Zumwalt East

Kasen Aldridge	JR	Midfielder	Fort Zumwalt East
Trent Menke	SR	Defender	Fort Zumwalt North
Ayden Figg	SR	Defender	Fort Zumwalt North

PLAYER OF THE YEAR: Brady Freeman, Senior, Midfielder, Wentzville Liberty

COACH OF THE YEAR : Tony Luedecke of Wentzville Liberty

Sportsmanship Award

Fort Zumwalt East - Kasen Aldridge

Fort Zumwalt North - Charlie Epps

Fort Zumwalt South - Tyler Shook

Washington - Weston Hewlett

Wentzville Holt - Kason Hartweck

Wentzville Liberty - Kaden Kargacin

All Academic

Fort Zumwalt East - Kyle Bonck, Noah Emmerich, Sean Terrell, Carlos Pulido, Jeff Hawn, Donovan West, Owen Podmore, Hudson Curp, Kasen Aldridge, Aiden Byrkit, Luke Skinner, Reese Otte, Josh Moore

Fort Zumwalt North -

Fort Zumwalt South - Alexavier Akins, Anderson Akins, Owen Bates, Alexander Bresler, Aidan Dietiker, Andrew Elledge, Nathan Mehrhoff, Seti Monroy-Madsen, Carter Muehling, Andrew Presson, Tyler Shook, Grant Sutterer, Brody Walters

Washington - Elliot Dickman, Jacob Pentz, Zach Gargrave, Weston Hewlett, Landen Kriete, Christian Rennick, Vincent Hoang, Ben Oesterly, Isaac Lough, Gavin Laubinger, Joel Eckelkamp, Gavin Krimmel, Bobby Laughlin, Jack Henderson, Collin Parks, Isaac Eckelkamp, Will Amlong, Jack Garst, Collin Briggs

Wentzville Holt - Jace Evans, Trenton Garofalo, Kason Hartweck, Lucas Truong, Jake Wieczorek, Eli Wyatt

Wentzville Liberty - Corey Lynch , Aiden Brown , Brody Marino , Cooper Ludwig , Dylan Handlan , Bryson King , Carson Nolan, Canon Mathison , Kaden Kargacin , Layton Dahl , Cade Galaway , Gavin Hollowell , Jackson Rocco , Ryan Sinclair , Ben Wiley

2023

SOUTH DIVISION MENS SOCCER

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

FIRST TEAM

Player	Year	Position	School
J. T. Grabowski	SR	Forward	Francis Howell North
Carson Howard	SO	Keeper	Francis Howell North
Conner Neu	SR	Defender	Francis Howell North
Owen Miller	SR	Midfielder	Francis Howell North
Sam Wilson	SR	Midfielder	Francis Howell North
Cole Bange	SR	Forward	Francis Howell
Aiden McLaughlin	SR	Defender	Francis Howell
A. J. Chiapelas	JR	Forward	Wentzville Timberland
Reed Corrigan	SR	Midfielder	Wentzville Timberland

Martin Olmedo	SR	Forward	Fort Zumwalt West
Dominic Gianino	SO	Defender	Francis Howell Central

SECOND TEAM

Player	Year	Position	School
Logen Davis	SR	Keeper	Troy Buchanan
Jake Ladlie	SR	Defender	Troy Buchanan
Chase Radeke	FR	Defender	Francis Howell Central
Aiden Matheny	SR	Defender	Fancis Howell North
Jack Engelhard	SR	Midfielder	Francis Howell North
Karson Maul	FR	Forward	Wentzville Timberland
Sam Bommarito	SR	Forward	Francis Howell
Adel Abudayeh	SO	Midfielder	Francis Howell
Mason Youmans	SO	Midfielder	Fort Zumwalt West
Conner Christen	SR	Midfielder	Fort Zumwalt West
Zach Creek	SR	Midfielder	Fort Zumwalt West

PLAYER OF THE YEAR: J. T. Grabowski, Senior, Forward, Francis Howell North

CO-COACHES OF THE YEAR : Larry Scheller of Francis Howell North

Sportsmanship Award

Fort Zumwalt West - A. J. Cooper

Francis Howell - Luke Shipp

Francis Howell Central - Jeremy Grayek

Francis Howell North -Ethan McCoy

Troy Buchanan - Harrison EdwardsLandon Hupper

Wentzville Timberland - Adam Bebe

All Academic

Fort Zumwalt West - Brock Brunsworth, Conner Christen, Chris Conley, AJ Cooper, Zach Creek, Landon Ferber, Dyllan Fiala, Marcus Fitch, Andrew Johnson, Neil Kohm, Aaron Lehmbeck, Martin Olmedo, Parker Rorstrom, Roman Smith, Jason Weinhold, Cade Williams

Francis Howell - Adel Abudayeh, Cole Bange, Aaron Berning, Collin Crawford, Porter Elliott, Shane Ernst, Bradley Flick, Sean Flynn, Jack Kelley, Cole Kirchoff, Will Kirchoff, Owen Martin, Aiden McLaughlin, Kyle Olwig, Luke Shipp, Max Siwak, Laird Van Sciever, Kaden Watson

Francis Howell Central - Drew Yawitz , Eddie Harton , Jude Green, Cole Joseph , Dominic Gianino , Zach Morris, Josh Stuhlman , Bryson Wright , Bryce Merli , Adam Doria

Francis Howell North - Stephen Smith, Wyatt Voelkerding, Owen Miller, John Dittmar, Sam Wilson, Jack Engelhard, JT Grabowski, Parker Smith, Alan Nguyen, Mason Clark, Owyn Pearson, Adam McCoy, Logan Hendricks, Logan Grygiel, Ethan McCoy, Carson Howard

Troy Buchanan - Wyatt Caldwell, Ryan Crawmer, Logen Davis, Brayden DeSpain, Ethan Estelle, Landon Hupper, Braden Kinealy, Jake Ladlie, Donovan Mair, Logan Niederer, Gage Ryan, Conner Salyer, Liam Sontag, Gavin Stanek, Isaac Vega, Owen Wright

Wentzville Timberland - Jaxon Keener, Haven Chung, Blake Anderson, Adam Bebe, Caeden Blake, Reed Corrigan, Benjamin Jones, Gannon Kuhn, Jacob Munro, Logan Munro, Brady Schuler, Gabriel Shinn, Alex Swanson

2023

NORTH DIVISION SOFTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

PITCHERS

FIRST TEAM	Kylie Witthaus	Warrenton	Senior
	Maci Knowles	Winfield	Sophomore
SECOND TEAM	Faith Mitchell	Orchard Farm	Junior
	Olivia Van Cleve	Winfield	Sophomore

CATCHERS

FIRST TEAM	Izzie May	Wentzville North Point	Sophomore
SECOND TEAM	Jaycee Gillette	Winfield	Senior

UTILITY PLAYER

FIRST TEAM	Bryten Kendrick	Saint Charles	Junior
	Leah Zerrer	Wentzville North Point	Senior
SECOND TEAM	Hailey Hunter	Orchard Farm	Senior
	Brooklyn Schott	Winfield	Sophomore

INFELDERS

FIRST TEAM	Kiera Daniel	Warrenton	Junior
	Maddy Siefert	Wentzville North Point	Senior

	Skye Cook	Wentzville North Point	Sophomore
	Riley Havican	Winfield	Junior
	Caroline Frank	Wentzville North Point	Junior
SECOND TEAM	Dylan Mills	Saint Charles	Senior
	Audrey Lanzone	Warrenton	Sophomore
	Sophie Reinebach	Winfield	Junior
	Adee Morgan	Warrenton	Junior
	Paige Campbell	Warrenton	Freshman

OUTFIELDERS

FIRST TEAM	Lilly Siefert	Wentzville North Point	Sophomore
	Meghan Aceves	Saint Charles	Sophomore
	Makayla Witthaus	Warrenton	Sophomore
	Claire Shoemake	Winfield	Sophomore
SECOND TEAM	Grace Steinhoff	Warrenton	Senior
	Chloe Turnbull	Winfield	Senior
	Kylee Caskey	Wentzville North Point	Senior
	Isabel Reinebach	Winfield	Junior

PLAYER OF THE YEAR: *Maddy Siefert*, Senior, Wentzville North Point

COACH OF THE YEAR: Nathan Bruns [WINFIELD]

Sportsmanship Award

Orchard Farm: Elie Busch

Saint Charles: Lamia Linson

Saint Charles West: Emylie Blassingame

Warrenton: Grace Steinhoff

Wentzville North Point: Lily Paige

Winfield: Raegan Gebert

All-Academic Team

Orchard Farm: Madison Bruehl, Ellie Busch, Ava Grunwaldt, Faith Mitchell, Madison Pollihan, Rylan Steinhoff, Campbell Vansell

Saint Charles: Meghan Aceves, Madalynne Bunch, Alex Davis, Bryten Kendrick, Addi Nemens, Atty O'Keefe, Madelyn Rosner, Claire Rutledge

Saint Charles West: Emylie Blassingame, Savannah Denison, Delaney Little, Alison Loftus, Zorea Shaw, Kennedy Thomas

Warrenton: Morgan Marschel, Grace Steinhoff, Kiera Daniel, Paige Campbell, Maddisyn Hoelscher, Grace Sitton, Briana Menne, Kylie Wiihaus, Makayla Witthaus, Sam Eskew

Wentzville North Point: Izzie May, Kylee Caskey, Lily Paige, Caroline Frank, Skyelyn Cook, Maddy Siefert, Kelci Branson, Chelsea Fuszner

Winfield: Cailey Creech, Emma Dixon, Raegan Gebert, Jaycee Gillette, Riley Havican, Maci Knowles, Isabel Reinebach, Sophie Reinebach, Brooklynn Schott, Camile Schulte, Claire Schoemake, Evelyn Stark, Chloe Turnbull, Olivia Van Cleve, Delaney Whitfield

2023

CENTRAL DIVISION SOFTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

PITCHERS

FIRST TEAM	Taylor Brown	Washington	Senior
	Brianna Rowland	Wentzville Liberty	Senior
SECOND TEAM	Lauren Opfer	Washington	Senior
	Grace McGee	Fort Zumwalt East	Senior

CATCHERS

FIRST TEAM	Baylie Toetemeyer	Wentzville Liberty	Junior
SECOND TEAM	Kelsie Holtmeyer	Washington	Senior

UTILITY PLAYER

FIRST TEAM	Lacy Monzyk	Washington	Senior
	Morgan Murphy	Wentzville Liberty	Sophomore
SECOND TEAM	Addie Caimi	Fort Zumwalt South	Sophomore
	Crystal Mcferren	Fort Zumwalt North	Sophomore

INFELDERS

FIRST TEAM	Grace Molitor	Washington	Senior
	Christine Gerling	Washington	Junior

	Ella Smith	Wentzville Liberty	Freshman
	Kiana Noel	Fort Zumwalt North	Sophomore
	Kylie Rudd	Fort Zumwalt South	Junior
SECOND TEAM	Bella Pierce	Fort Zumwalt East	Junior
	Miranda Scraper	Fort Zumwalt East	Senior
	Kennedy Morse	Fort Zumwalt North	Junior
	Zoey Robison	Fort Zumwalt South	Senior
	Ella Lause	Washington	Senior

OUTFIELDERS

FIRST TEAM	Maddie Guevara	Washington	Senior
	Alivia Bartlow	Wentzville Liberty	Senior
	Jewel Schade	Fort Zumwalt North	Junior
	Elizabeth Reed	Washington	Senior
SECOND TEAM	Bella Plut	Fort Zumwalt East	Freshman
	Lexie Griggs	Fort Zumwalt South	Senior
	Kendall Nix	Washington	Senior
	Peyton Paluch	Fort Zumwalt North	Freshman

PLAYER OF THE YEAR: *Taylor Brown* - [Washington - Senior]

COACH OF THE YEAR: Grant Young [WASHINGTON]

SPORTSMANSHIP

Fort Zumwalt East - Caitlin Dougherty

Fort Zumwalt North - Kemper Kruse

Fort Zumwalt South - Carly Williams

Washington - Madisen Meyer

Wentzville Holt - Abby Claus

Wentzville Liberty - Peyton Hemmer

ALL ACADEMIC

Fort Zumwalt East - Taylor Baldwin, Natalie Carter, Caitlin Dougherty, Miranda Scaper, Georgia Gray, Grace McCombs, Avery Litz, Ava McClellan, Isabella Plut

Fort Zumwalt North - Sophia Abernathy, Charley Ash, Sophia Boren, Kate Cochran, Kemper Kruse, Kennedy Morse, Kiana Noel, Shea Nortrup, Payron Paluch, Maria Schindler, Claire Vogel

Fort Zumwalt South - Lauren Beiter, Lexie Griggs, Bethany Milles, Kelly Stickman, Corie Thomas, Grace Ulrich, Carly Williams

Washington - Elizabeth Reed, Lacy Monzyk, Kelsie Holtmeyer, Madeline Kluesner, Grace Molitor, Christine Gerling, Kendall Nix, Lauren Opfer, Maddie Guevara, Ella Lause, Taylor Brown, Ellie Hopen, Madisen Meyer

Wentzville Holt - Abby Claus, Lauryn, HolmesHolmes, Ella Lieurance-Moreno, Olivia Lieurance-Moreno, Natalee Schwartz, Molly Sizemore, Taylor Walters

Wentzville Liberty - Riley Andrzewski, Anna Strother, Alivia Bartlow, Payton Hemmer, Addyson Murphy, Kiersten York, Alyssa Eudy, Charlotte Thornton, Morgan Murphy, Brianna Rowland

2023

SOUTH DIVISION SOFTBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

PITCHERS

FIRST TEAM	Macie Hunolt	Troy Buchanan	Senior
	Lorin Boutte	Francis Howell	Senior
SECOND TEAM	Libby Gauspuhl	Wentzville Timberland	Freshman
	Alayna White	Wentzville Timberland	Senior

CATCHERS

FIRST TEAM	Gracie Johns	Troy Buchanan	Senior
SECOND TEAM	Adelle Metz	Francis Howell	Freshman

UTILITY PLAYER

FIRST TEAM	Ryleigh Albers	Francis Howell North	Senior
	Kelsey Sawvell	Fort Zumwalt West	Junior
SECOND TEAM	Kaelyn Thomas	Fort Zumwalt West	Freshman
	Leah Fajatin	Francis Howell North	Freshman

INFIELDERS

FIRST TEAM	Lauren Rowland	Fort Zumwalt West	Senior
	Amelia Raziq	Francis Howell Central	Sophomore

	PhoebeMiller	Francis Howell Central	Senior
	Paityn Slezak	Wentzville Timberland	Sophomore
	Ava Meyers	Troy Buchanan	Junior
SECOND TEAM	Lindsey Givens	Fort Zumwalt West	Sophomore
	Kaylee Brock	Fort Zumwalt West	Sophomore
	Macey Nix	Francis Howell	Senior
	Evie Kraus	Francis Howell North	Senior
	Audrey Silver	Wentzville Timberland	Senior

OUTFIELDERS

FIRST TEAM	Kiana Kluesner	Francis Howell Central	Sophomore
	Teryn Brown	Troy Buchanan	Senior
	Lexi Lohnes	Francis Howell North	Freshman
	Ava Kuzara	Wentzville Timberland	Senior
SECOND TEAM	Kaylee Lohnes	Francis Howell North	Senior
	A'Kiayah Scales	Francis Howell Central	Senior
	Ellee Graf	Troy Buchanan	Junior
	Natalie Vines	Francis Howell	Senior

PLAYER OF THE YEAR: *Lorin Boutte* [FRANCIS HOWELL - SENIOR]

COACH OF THE YEAR: Lance Richardson - TROY BUCHANAN

Sportsmanship Award

Fort Zumwalt West - Nalla Houston

Francis Howell - Sofie Owens

Francis Howell Central - Riley Henderson

Francis Howell North - Kaylee Lohnes

Troy Buchanan - Bella Skibinski

Wentzville Timberland - Gracie Miller

All-Academic Team

Fort Zumwalt West - Kaylee Brock, Hannah Entwistle, Lindsey Givens, Nalla Houston, Bre Hunter, Mackenzie Knehans, Katie Kuhl, Lauren Rowland, Kelsey Sawvell, Baleigh Shanks, Kaelyn Thomas, Shelby Weydert

Francis Howell -

Francis Howell Central - Ashley Leible, Phoebe Miller, Sydney Webb, Sarah Hoshaw, A'Kiayah Scales, Riley Henderson, Landry Harris, Alex Meyer, Kendal Morelock, Savanna Cohen, Izzy dunlap

Francis Howell North - Ryleigh Albers, Leah Fajatin, Grace Farley, Elise Grimshaw, Nina Hewlett, Evie Kraus, Melia Lanig, Teagan Lee, Kaylee Lohnes, Lexi Lohnes, Aliya Moring, Jonica Schmidt, Ritu Singh, Kayla Spoons

Troy Buchanan - Teryn Brown, Kennedy Damron, Emmie Daniels, Ellie Davis, Brynna Getz, Elle Graf, Macie Hunolt, Gracie Johns, Ava Meyers, Bella Skibinski, Baylee Smith, Autumn Trower, Mackenzie Williams

Wentzville Timberland - Kyla Humphrey, Ava Kuzara, Audrey Siler, Paityn Slezak, Jillian Thomas, Riley Walkenhorst, Olivia Williams, Alayna White, Jolie Wallace, Kenley Kitson, Libby Gauspohl

2023

NORTH/CENTRAL DIVISION

MENS 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.

[CLICK HERE, PHOTOS OF THE ALL CONFERENCE TEAMS FOR SWIMMING](#)

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

[Record: 1:42.20, FZE, 2021]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt South	Jacob Wolf	12	1:45.02
	Drew Baker	11	
	Andrew Collins	10	
	Amir Yuldashev	12	
Fort Zumwalt North	Wright, VanWave, Preiser, Hinkle		1:50.40
Wentzville Holt	I. Wolfmeyer, Nicotra, Clayton Harris		1:55.47
Wentzville North Point	Warnke, Yang, Coleman, Griewing		2:05.21

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

[Record: 1:46.69, Christian Randall, FZE, 2021]

SWIMMER	SCHOOL	YEAR	TIME
Cole Warnke	Wentzville North Point	9	1:53.25
Gabe Ostrander	Fort Zumwalt East	11	1:58.78
Chase McKenzie	Washington	10	2:20.23
Liam Boyle	Fort Zumwalt North	10	2:32.85

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

[Record: 1:56.48, Jacob Wolf, FZ South, 2023]

SWIMMER	SCHOOL	YEAR	TIME
Jacob Wolf	Fort Zumwalt South	12	1:56.46
Scott Nicotra	Wentzville Holt	12	2:03.42
Drew Baker	Fort Zumwalt South	11	2:12.29
Brady VanWave	Fort Zumwalt North	11	2:28.36

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

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

SWIMMER	SCHOOL	YEAR	TIME
Will Hinkle	Fort Zumwalt North	11	23.42

Alex Wright	Fort Zumwalt North	12	23.92
Ben Loesing	Washington	11	24.06
Isaac Wolfsmeier	Wentzville Holt	10	25.40

1 meter Springboard Diving [Record: 669.35, Logan Shelfaut, Francis Howell North, 2020]

[Record: 669.35, Logan Shelfaut, Francis Howell North, 2020]

DIVER	SCHOOL	YEAR	POINTS
Luke Burgard	Fort Zumwalt North	11	474.05
Joel Estal	Fort Zumwalt South	9	411.10
Omarion Liggins	Fort Zumwalt South	12	410.25
Jacob Ventimiglia	Fort Zumwalt North	10	367.40

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

[Record: 54.86, Brayden Phillips, FZE, 2020]

SWIMMER	SCHOOL	YEAR	TIME
Alex Preiser	Fort Zumwalt North	11	0:59.61
Andrew Collins	Fort Zumwalt South	10	1:01.49
Daniel Coleman	Wentzville North Point	11	1:13.47
Owen Denson	Wentzville North Point	11	1:14.27

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

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

SWIMMER	SCHOOL	YEAR	TIME
Cole Warnke	Wentzville North Point	9	50.78
Alex Wright	Fort Zumwalt North	12	53.37
Amir Yuldashev	Fort Zumwalt South	12	53.43
Will Hinkel	Fort Zumwalt North	11	53.80

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

[Record: 4:50.61, Colin Wolfmeyer, W Holt, 2022]

SWIMMER	SCHOOL	YEAR	TIME
Ethan Collins	Fort Zumwalt South	11	6:24.50
Chase McKenzie	Washington	10	6:31.54
Emersn Storm	Fort Zumwalt North	10	6:48.30
Bradley Wright	Fort Zumwalt South	9	6:51.67

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

[Record: 1:31.49, FZE, 2019]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt North	Alex Wright	12	1:37.12
	Brody VanWave	11	
	Alex Preiser	11	
	Will Hinkle	11	
Wentzville Holt	I. Wolfsmeier, Harris, Daniels, Nicotra		1:40.53
Washington	McKenzie, Mauchenhekmer, Brickel, Loesing		1:43.54
Wentzville North Point	Warnke, Yang, Griewing, Coleman		1:47.63

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

[Record: 52.95, Jacob Wolf, Fort Zumwalt South, 2023]

SWIMMER	SCHOOL	YEAR	TIME
Jacob Wolf	Fort Zumwalt South	12	0:52.95
Gabe Ostrander	Fort Zumwalt East	11	0:58.80
Andrew Collins	Fort Zumwalt South	10	1:03.76
Isaac Wolfsmeier	Wentzville Holt	10	1:04.63

100 yard Breaststroke [Record: :59.02, Mason Kauffeld, Washington, 2020]

[Record: :59.02, Mason Kauffeld, Washington, 2020]

SWIMMER	SCHOOL	YEAR	TIME
Drew Baker	Fort Zumwalt South	11	1:02.49
Scott Nicostra	Wentzville Holt	12	1:04.24
Amir Yuldashev	Fort Zumwalt South	12	1:07.48
Mccallister Calder	Fort Zumwalt South	10	1:10.61

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

[Record: 3:21.89, FZE, 2021]

SCHOOL	SWIMMERS	YEAR	TIME
Fort Zumwalt South	Amir Yuldashev	12	3:38.40
	Andrew Collins	10	
	Drew Baker	11	
	Jacob Wolf	12	
Washignton	Loesing, Thompson, Brickel, McKenzie		3:58.83
Fort Zumwalt North	Stiorm, Becker, Denson, Preiser		4:05.58
Fort Zumwalt East	Ostrander, Bateman, Mansker, Bates		4:09.74

TEAM SCORES:

Fort Zumwalt North [473];

**Fort Zumwalt South [463]; Wentzville Holt [248]; Washington [235]; Wentzville North Point [173];
Fort Zumwalt South [138]**

ALL ACADEMIC

**Washington - Brock Thompson, Donovan McKenzie, Luke Mauchenheimer, Ben Loesing, William
Brickel**

Wentzville Holt -

Fort Zumwalt North -

Fort Zumwalt East -

SPORTSMANSHIP

Washington - Ian Patton

Wentzville Holt -

Fort Zumwalt North -

Fort Zumwalt East -

2023

SOUTH/CENTRAL DIVISION

MENS 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: 1:38.15, FZW, 2016]

SCHOOL	SWIMMERS	YEAR	TIME
Francis Howell	David Neier	10	1:42.36
	Will Cottle	12	
	Galati Camden	10	
	Tae Han Park	10	
Wentzville Liberty	Lipski, Nonaka, Rice, Schmerold		1:44.08
Francis Howell North	Avila, S. Lee, E. Lee, Everhart		1:46.47
Wentzville Timberland	Duree, Treadway, Hodai, Sanders		1:56.02

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

[Record: 1:41.76, Jackson Bradburn, FH, 2021]

SWIMMER	SCHOOL	YEAR	TIME
Brody Sanders	Wentzville Timberland	12	1:56.79
Andy Morelock	Francis Howell Central	10	1:58.45
Jaxon Dearing	Francis Howell	11	2:02.65
Evan Elmore	Francis Howell	10	2:04.50

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

[Record: 1:52.43, Adam Grimm, FZW, 2017]

SWIMMER	SCHOOL	YEAR	TIME
Elias Avilia	Francis Howell North	12	1:29.85
William Cottle	Francis Howell	12	2:00.51
Andy Nelson	Fort Zumwalt West	11	2:02.28
Reed Treadway	Wentzville Timberland	11	2:10.88

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

[Record: 20.43, Andrew Sansoucie, WT, 2012]

SWIMMER	SCHOOL	YEAR	TIME
Ryan Schmerold	Wentzville Liberty	12	22.81
Camden Galati	Francis Howell	10	22.98
Jaxon Dearing	Francis Howell	11	24.40
Lucas Ostrem	Fort Zumwalt West	12	25.10

1 meter Springboard Diving [Record: 669.35, Logan Shelfaut, Francis Howell North, 2020]

[Record: 582.20, Eric Busby, Fort Zumwalt West, 2020]

DIVER	SCHOOL	YEAR	POINTS
Carter Austin	Wentzville Timberland	12	520.80
Elijah Quest	Wentzville Liberty	9	387.85

Austin Smith	Francis Howell	11	376.45
Logan Scott	Francis Howell North	11	357.80

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

[Record: 48.77, Andrew Sansoucie, WT, 2012]

SWIMMER	SCHOOL	YEAR	TIME
Euchan Lee	Francis Howell North	11	0:54.04
Dalton Rice	Wentzville Liberty	12	0:55.46
Camden Galati	Francis Howell	10	0:56.14
Max Newman	Francis Howell	11	1:03.22

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

[Record: 47.31, Todd Kriss, FZW, 2016]

SWIMMER	SCHOOL	YEAR	TIME
Ryan Lipski	Wentzville Liberty	10	49.80
David Neier	Francis Howell	10	52.65
Lucas Ostrem	Fort Zumwalt West	12	54.71
Matthew Reineri	Francis Howell	11	55.66

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

[Record: 4:33.89, Ryan Baker, Francis Howell, 2013]

SWIMMER	SCHOOL	YEAR	TIME
Brody Sanders	Wentzville Timberland	12	5:14.14
Tae Han Park	Francis Howell	10	5:19.41
Riley Lewis	Wentzville Liberty	10	5:29.87
Grant Wilson	Francis Howell	9	5:44.71

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

[Record: 1:30.16, W Holt, 2017]

SCHOOL	SWIMMERS	YEAR	TIME
Wentzville Liberty	Brad Nonaka	12	1:31.21
	Dalton Rice	12	
	Ryan Schmerold	12	
	Ryan Lipski	10	
Francis Howell	Galati, Cottle, Neier, TH Park		1:33.61
Fort Zumwalt West	Ostrem, Altadonna, Bruce, Nelson		1:45.13
Francis Howell Central	Morelock, Mehta, Casey, Oliverira		1:46.45

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

[Record: 52.39, Alex Crawford, Francis Howell, 2013]

SWIMMER	SCHOOL	YEAR	TIME
Elias Avila	Francis Howell North	12	0:55.42
Andy Nelson	Fort Zumwalt West	11	0:57.83
David Neier	Francis Howell	10	0:58.67
Colin Allen	Francis Howell	11	1:04.74

100 yard Breaststroke [Record: :59.02, Mason Kauffeld, Washington, 2020]

[Record: Record: :59.11, Trace Curvey, FZS, 2009]

SWIMMER	SCHOOL	YEAR	TIME
Will Cottle	Francis Howell	12	0:59.54
Reed Treadway	Wentzville Timberland	11	1:03.41
Euchan Lee	Francis Howell North	11	1:03.97
Brad Nonaka	Wentzville Liberty	12	1:04.94

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

[Record: 3:15.63, Francis Howell, 2012]

SCHOOL	SWIMMERS	YEAR	TIME
Wentzville Liberty	Ryan Schmerold	12	3:28.29
	Dalton Rice	12	
	Brad Nonaka	12	
	Ryan Lipski	10	
Francis Howell North	E. Lee, Scott, Everhart, Avila		3:39.00
Francis Howell	Hoyt, TH Park, Reineri, Dearing		3:39.91
Wentzville Timberland	Engemann, Hodai, Sanders, Treadway		3:45.37

TEAM SCORES:

Francis Howell [527];

Wentzville Liberty [271]; Francis Howell North [268]; Wentzville Timberland [245]; Fort Zumwalt West [200]; Francis Howell Central [169]

ALL ACADEMIC

Francis Howell -

Francis Howell Central

Francis Howell North -

Wentzville Liberty -

Wentzville Timberland -

Fort Zumwalt West -

SPORTSMANSHIP

Francis Howell Central -

Francis Howell North -

Francis Howell -

Wentzville Liberty -

Wentzville Timberland -

Fort Zumwalt West -

2023

NORTH/CENTRAL DIVISION GIRLS TENNIS CHAMPIONSHIPS

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

#1 SINGLES

First - Evie Bryson - Washington

Second - Morgan - Ft. Zumwalt East

Third - Paro - Ft. Zumwalt North

#2 SINGLES

First - Calzada-Torres - Ft. Zumwalt North

Second - Nelson - Wentzville Holt

Third - Herweck - Ft. Zumwalt South

#3 SINGLES

First - Lam - Ft. Zumwalt South

Second - E. Rosenberg - Ft. Zumwalt North

Third - Thompson = Wentzville North Point

#4 SINGLES

First - Bacon - Ft. Zumwalt North

Second - L. Hutcherson - Wentzville Holt

Third - Clark - Ft. Zumwalt South

#5 SINGLES

First - Bodine - Wentzville Holt

Second - L. Rosenberg - Ft. Zumwalt North

Third - Vogeler - Ft. Zumwalt South

#6 SINGLES

First - Layne - Ft. Zumwalt North

Second - Talley - Wentzville Holt

Third - Vandeven - Ft. Zumwalt South

#7 SINGLES

First - Crosson - Wentzville Holt

Second - Martin - Ft. Zumwalt North

Third - Wallace - Wentzville North Point

#8 SINGLES

First - Edstrom - Wentzville Holt

Second - Durbin - Ft. Zumwalt North

Third - Schulte - Ft. Zumwalt South

#1 DOUBLES

First - Evie Bryson/Maddie Stecko - Washington

Second - Paro/Calzada - Ft. Zumwalt North

Third - Casper/Bodine - Wentzville Holt

#2 DOUBLES

First - E. Rosenberg/Bacon - Ft. Zumwalt North

Second - Lam/Clark - Ft. Zumwalt South

Third - A. Hutcherson/L.Hutcherson - Wentzville Holt

#3 DOUBLES

First - Vogeler/Vandeven - Ft. Zumwalt South

Second -l. Rosenberg/Layne - Ft. Zumwalt North

Third -Nelson/Talley - Wentzville Holt

#4 DOUBLES

First - Pham/Salas - Ft. Zumwalt South

Second - Edstrom/Seabaugh - Wentzville Holt

Third - Caroline Heinmos/Nora Mendoza - Washington

#5 DOUBLES

First - Weinhold/Fergin - Ft. Zumwalt North

Second -Tennill/Copilevitz - Ft. Zumwalt South

Third - Liz Davis/Andrea Bryant - Washington

CHAMPION - FORT ZUMWALT NORTH

ALL ACADEMIC

Saint Charles West - Alexis Arriola, Katie Elliot, Hala Ghannam, Payton Hammack, Lola Irizarry, Alexis McCullough, Emily Skodak

Wentzville Holt - Elise Bodine, Riley Casper, AnnaBell Crosson, Celine Edstrom, Amber Hutcherson, Lauren Hutcherson, Jennifer Nelson

Fort Zumwalt North - Bekah Bacon, Dianan Calzada-Torres, Mia Durbin, Rosie Fergin, Sophia Hakenewerth, Emery Lane, Maria Martin, Lexi McCandless, Lucy Paro, Melanie Robben, Ella Rosenberg, Leah Rosenberg, Danica Ruppel, Bree Waaler, Marlowe Weinhold, Shae Young

Fort Zumwalt South -

Washington - Hope Jett, Sadie Alu, Brynne Percy, Andrea Bryant, Ava Wardwell, Caroline Heimos, Vivien Grant, Ava Craven, Katelyn Hill, Elliana Weiler, Madelyn Stecko, June Steinman, Evelyn Bryson

Saint Charles - Arianna Ward, Amber Pratt, Brooke Pheasant, Isabel Lindquist

Fort Zumwalt East - Bekah Bacon, Diana Cazada-Torres, Mia Durbin, Rosie Fergin, Sophia Hakenewerth, Emery Lane, Maria Martin, Lexy McCandless, Lusy Paro, Melanie Robben, Ella Rosenberg, Leah Rosenberg, Danica Ruppel, Bree Waaler, Marlowe Weinhold, Shae Young

Wentzville North Point - Olivia Stenberg, Braelyn Trager, Isabella Pritchett, Allyson Gregoire, Maggie Wallace

SPORTSMANSHIP

Saint Charles West - Katie Elliot

Wentzville Holt - Audrey Talley

Fort Zumwalt North - Lucy Paro

Fort Zumwalt South -

Washington - Eliana Weiler

Saint Charles - Matalyn Basler

Fort Zumwalt East -Alyssa Lott

Wentzville North Point - Maya Lindstrom

2023

SOUTH/CENTRAL DIVISION GIRLS TENNIS CHAMPIONSHIPS

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

#1 SINGLES

B. Gamm - W Liberty	def	Votruba - W Timberland	7-5, 6-2
Oetjen - Francis Howell	def	Lu - FZ West	8-2

#2 SINGLES

L. Torbit - W Liberty	def	Heidger-Goo - FZ West	2-6, 6-1, TB 10-2
Wilhelm Francis Howell	def	Sheehan - FH Central	8-3

#3 SINGLES

Kuhn - W Liberty	def	Chance - FH North	6-1, 6-2
Dockeler - W Timberland	def	Burzynski - Francis Howell	8-4

#4 SINGLES

Baker - W Timberland	def	List - FH Central	6-2, 6-1
Brockman - W Liberty	def	Bollepali - Francis Howell	8-1

#5 SINGLES

R. Torbit - W Liberty	def	Martin - W Timberland	6-1, 6-2
Hellmann - FH Central	def	French - Francis Howell	8-3

#6 SINGLES

S, Gamm - W Liberty	def	McHaffie - W Timberland	6-0, 6-4
Grover - W Timberland	def	Dharmieddi - Francis Howell	9-7

#7 SINGLES

Parker - Francis Howell	def	Eilermann - W Liberty	8-2
Manushev - FH Central	def	Fellous - FZ West	8-6

#8 SINGLES

Berhorst - W Timberland	def	Black -FH Central	8-5
Vedanaparathi - FH North	def	Haddock - Francis Howell	8-7

#1 DOUBLES

B. Gamm/L.Torbit - W Liberty	def	Votruba/Baker - W Timberland	8-2
Johnson/Sheehan - FH Central	def	Oetjen/Burzynski - Francis Howell	8-6

#2 DOUBLES

Kuhn/Brockmann - W Liberty	def	Wilhelm/French - Francis Howell	8-5
Farid/Dockler - W Timberland	def	Chance/Zhang - FH North	8-2

#3 DOUBLES

Martin/McHaffie - W Timberland	def	Hellmann/Sanders - FH Central	9-7
R. Torbit/S. Gamm - W Liberty	def	Humphrey/Grover - Troy Buchanan	8-3

#4 DOUBLES

Robinson/Winchester - Troy Buchanan	def	Enbrey Schoene - W Timberland	8-2
Lee/Curtis - FH North	def	Lakkam/Turnell - Francis Howell	8-7

#5 DOUBLES

Koester/Castello - Francis Howell	def	White/Fister -W Liberty	8-3
Hamden/Spaldin - FZ West	def	Papez/Barnhouse - W Timberland	8-5

CHAMPION - WENTZVILLE LIBERTY

ALL ACADEMIC

Wentzville Liberty - Sophia Gamm, Sydney Eilermann, Riley Torbit, Kaylie Brockmann, Lilly Fister, Isabella Gamm, Layla Greenhalgh, Madelyn Kuhn, Layla Olsen, Laney Torbit, Meredith Washburn, Claier White, Ellen Ziegler

Troy Buchanan -

Fort Zumwalt West - Michelle Lu, Arushi Mohite, Aubrey Agovino, Hershey Bhutoria, Deeksha Kanagardj, Haley Tanna, Allyson Spaulding, Hiya Tanna, Sydney Blomenkamp, Grace Vasher, Olivia Fellous, Sabrina Heidger-Goo, Jayda Hamdan, Andrea Pacheco

Francis Howell - Perry Oetjen, Charlotte Wilhelm, Grace Burzynski, Tanvi Bollepalli, Sadie French, Lakshyatha Dharmireddi, Avery Parker, Skye Haddock, Sydney Lewis, Abby Wilson, Siri Lakkam, Amelie Turnell, Ellie Castello, Noelle Koester

Wentzville Timberland - Isabella Baker, Megan Barnhouse, Greta Berhorst, Carly Dockler, Sally Embrey, Lili Farid, Marcy Felber, Sophia Martin, Ruby Mchaffie, Hanna Papez, Elizabeth Schoene, Lily Vortruba

Francis Howell Central - Ava Sheehan, Addie Johnson, Kate Baranowski, Bethany List, Avery Hellmann, Molly Kate Morris, Claire Sanders, Nadia Manushev, Sam Taylor, Eloise Marciatne, Lyleigh Harmon, Kiki Sanders-Fritz, Rylie Schaefermeir

Francis Howell North -

SPORTSMANSHIP

Wentzville Liberty - Kaylie Brockmann and Claire White

Troy Buchanan - Jlynn Humphrey

Fort Zumwalt West - Jada Hamdan

Francis Howell - Ellie Castello

Wentzville Timberland - Hannah Papez

Francis Howell Central - Bethany List

Francis Howell North -

2023

NORTH DIVISION WOMEN'S VOLLEYBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st Team

Player	School
Catie Woolf	Wentzville North Point
Alivia Zeier	Saint Charles West
JaKai Robinson	Orchard Farm
Anna Berkbigler	Wentzville North Point
Lilly Bott	Saint Charles
Abby Brown	Winfield
Rebecca Bradshaw	Winfield

2nd Team

Player	School
Cadie Kohensky	Saint Charles West
Liv Hart	Orchard Farm
Nicole Benne	Warrenton
Marlie Karsten	Winfield
Ruby Murphy	Wentzville North Point
Cooper Griffin	Wentzville North Point
Rosie Kuegele	Saint Charles

PLAYER OF THE YEAR - Catie Woolf of Wentzville North Point

COACH OF THE YEAR - Justin Young of Wentzville North Point

ALL ACADEMIC

Orchard Farm - Payton Meyers, Bella Thompson, Brooke Williams , JaKai Robinson

Saint Charles - Lilly Bott, Rosie Kuegele, Jordyn Keene, Heather Moore, Lorelei Oetting, Grace Basler, Keyley Schaub, Odessa Burlis, Renata Restrepo

Saint Charles West - Alivia Zeier, Anwita Kudaravalli, Eden Hollander, Chloe Stonebarger, Abby Govero, Alex Nicastro, Penny Jarvis, Isabelle O'Connell

Warrenton - Lila Bartley, Nicole Benne, Chandler Blondin, Maya Halter, Abigail Kackley, Isabella Lombardo, Maicey Miller, Emery Payne, Avery Shaw, Mi'cheall Thomas

Wentzville North Point - Ruby Murphy, Natalie Bishop, Catie Woolf, Cooper Griffin, Anna Berkbigler, Libbie Meek, Raeleigh Meyer

Winfield - Rebecca Bradshaw , Abby Brown , Marlie Karsten , Avery Cassinger , Addy Cassinger , Sophia White, Caidyn Pund , Madison Workman, Kennedy Gebert

SPORTSMANSHIP

Orchard Farm - Payton Meyers

Saint Charles - Keyley Schaub

Saint Charles West - Abby Govero

Warrenton - Avery Shaw

Wentzville North Point - Libbie Meek

Winfield - Marlie Karsten

2023

CENTRAL DIVISION WOMEN'S VOLLEYBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st Team

Player	School
Abigail Harder	Wentzville Liberty
Reese Douglas	Wentzville Liberty
Madsion Moore	Washington
Izzi Bray	Fort Zumwalt North
Abigail Gilliatt	Washington
Lily Porter	Fort Zumwalt North
Madelyn Clarke	Fort Zumwalt South

2nd Team

Player	School
Lily Nelson	Wentzville Liberty
Bella Gambaro	Wentzville Liberty
Dakota Wilson	Wentzville Holt
Sydney Harbath	Washington
Riley Kortkamp	Fort Zumwalt East
Mia Felix	Fort Zumwalt North
Alivia Steele	Fort Zumwalt South

PLAYER OF THE YEAR - Abby Harder of Wentzville Liberty

COACH OF THE YEAR - Veronica Kirkpatrick of Wentzville Liberty

ALL ACADEMIC

Fort Zumwalt East - Caty Schmidt, Landon Vick, Jordyn Madden-Whitehead, Kinley Bryant, Lilly Stienmetz, Katie Linneman, Phoebe Sanborn, Blake Belt, Ella Higbie

Fort Zumwalt North - Kaitlyn Bampton, Mia Felix, Peyton Jones, Lily Porter, Sydney Soerner, Rylee Thomure, Ava Wersching, Alyson Williams

Fort Zumwalt South - Madelyn Clark, Kya Bushman, Marleigh Steele, Sydney Fenton, Lainey Fenton, Landree Barnfield, Izabella Koehler, Layla Maurer, Haley Myers

Washington - Abigail Gilliatt, Emily Chappius, Jillian Huellinghoff, Kelsey Brueggemann, Meredith Duncan, Madison Moore, Sydney Harbath, Bri James, Josie Kluesner, Emily McCormack, Olivia Zastrow, Liberty Cragun, Kiera Pelster

Wentzville Holt - Rylee Black, Ava Chase, Sidney Crockett, Katie Harmon, Emma Grace Hieke, Devin Poston, Macey Stuehmeyer, Audrey Weber, Dakota Wilson, Summer Zelei

Wentzville Liberty - Lynleigh Hillgartner , Abby Chandonnet , Kinley Jacobi , Lily Nelson , Kylee Velcheck , Anna Gleckler, Reese Douglas , Kenna Harris , Alanna Orton , Abby Harder , Ashlyn Stafford , Bella Gambaro , Jordan Schwent

SPORTSMANSHIP

Fort Zumwalt East - Jordyn Madden-Whitehead

Fort Zumwalt North - Morgan Pitman

Fort Zumwalt South - Landree Barnfield

Washington - Jillian Huellinghof

Wentzville Holt - Emma Grace Hieke

Wentzville Liberty -Jordan Schwent

SOUTH DIVISION WOMEN'S VOLLEYBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st Team

Player	School
Kayla Robertson	Wentzville Timberland
Audrey Small	Fort Zumwalt West
Jordan Smith	Francis Howell Central
Avery Helms	Francis Howell
Dani Moore	Francis Howell
Ella Loepper	Francis Howell
Hannah Talley	Troy Buchanan

2nd Team

Player	School
Abby Schoene	Wentzville Timberland
Kaleigh Proetz	Fort Zumwalt West
Shae Pearson	Francis Howell Central
Ava Guisinger	Francis Howell
Grace Holtz	Francis Howell Central

Logan Rubel	Francis Howell Central
Abby Chall	Wentzville Timberland

PLAYER OF THE YEAR - Kayla Robertson of Wentzville Timberland

COACH OF THE YEAR - Keith Price of Francis Howell

ALL ACADEMIC

Fort Zumwalt West - Ashley Gorgen, Ava Grana, Abby Huck, Audrey Lashbrook, Emelia Lashbrook, Riley Marecek, Olivia Nilges, Kaleigh Proetz, Marissa Solverud, Erica Taylor, Lola Thornton, Maddie Wall, Addie Yates

Francis Howell - Avery Guisinger, Ava Tutschulte, Avery Helms, Ella Kloepper, Alison DeLassus, Hadley Martin, Mia Wilson, Addison Nieman, Claudia Bonacorsi, Danielle Moore, Morgan Dumm, Kylie

Francis Howell Central - Grace Holtz, Shae Pearson, Mackenzie Sansone, Jordan Smith, Logan Rubel, Ava Schuette, Alexa Sansone, Addie Henderson, Ava Jundt, Tessa Parmenter, Caroline Mueller

Francis Howell North - Sara Ausbury, Addison Polsgrove, Jada Keller, Kennedy Jones, Rachel Bruemmer, Rebecca McGuire, Miriam Lichty, Alissa Simon, Jaden Slusser, Kierra Williams, Danielle Hall

Troy Buchanan - Olivia Abshire, Mackenzie Anderson, Gwyneth Bauer, Jayden Bruce, Ali Bruns, Lauren Garrett, Isabella Graff, Mollie Holl, Caitlyn Holloway, Nora Loeffler, Sydney Penny, Isabella Ruether, Hannah Talley

Wentzville Timberland - Abby Chall, Olivia Deville, Olivia Green, Campbell Hull, Aidyn Marty, Tommie Roberts, Mikayla Robertson, Abby Schoene, Haley Weinhardt

SPORTSMANSHIP

Fort Zumwalt West - Lola Thornton

Francis Howell -

Francis Howell Central - Addie Henderson

Francis Howell North - Sara Ausbury

Troy Buchanan - Sydney Perry

Wentzville Timberland - Aidyn Marty

2023 - 2024

NORTH DIVISION MENS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School
	Chris Ketchum	Saint Charles
	Troy Anderson	Warrenton
	Brady Creech	Winfield
	Alex Wineholt	Orchard Farm
	Jaden Futrell-Yawah	Saint Charles West

2nd TEAM	Name	School
	Will Wolf	Orchard Farm
	Justin Shields	Saint Charles West
	Tramell Mooney	Wentzville North Point
	Jadon Salamone	Saint Charles

	Joe Goldsmith	Warrenton
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PLAYER OF THE YEAR - Chris Ketchum of Saint Charles

COACH OF THE YEAR - Mike Hohe of Orchard Farm

ALL ACADEMIC

Orchard Farm - Max Dietrich, Langston Davis, Logan Hazel, Brock Williams, Gavin Owen, Collin Sinclair, Nick Porter

Saint Charles - Zach Rohlfing, James Warner, Jadon Salamone, Chris Ketchum, Tanner Dutton, Isaac Black, Nate Mosely, Chase Pugh

Saint Charles West - Karson Gerdeman, Eli Chowning, C.J. Large, Karson Quinn, Owen Shy, Tanner Durham, Josiah Erickson, Brady Kilker

Warrenton - Troy Anderson, Deadrick Forrest, Joe Goldsmith, Elijah Peth, Evan Schenck

Wentzville North Point - Trey Tennepohl, Tyler Standridge, Beau Banze, Adones Smith, Ben Ciercx, Aiden Vandegriffe

Winfield - Brady Creech, Conner Martin, Camden Palmer, B. Luke Pruitt, Cayden Palmer, Mason Pruitt, Brady Cappel

SPORTSMANSHIP

Orchard Farm - Collien Sinclair

Saint Charles - James Warner

Saint Charles West - Brady Kilker

Warrenton - Deadrick Forrest

Wentzville North Point - Ben Ciercx

Winfield - Colton Schulte

[Home](#) | [To Winter Season](#)

2023 - 2024

CENTRAL DIVISION MENS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School
	Andrew Badra	Wentzville Liberty
	Will Salonies	Wentzville Holt
	Isaiah Clark	Fort Zumwalt South
	Donovan West	Fort Zumwalt East
	Kobe Anderson	Fort Zumwalt North

2nd TEAM	Name	School
	Justin Hayes	Wentzville Holt
	Cam Brown	Fort Zumwalt South
	Carter Ashby	Wentzville Liberty
	Adyn Kleinheider	Washington
	Lynden Sanders	Fort Zumwalt North

PLAYER OF THE YEAR - Andrew Badra of Wentzville Liberty

CO-COACH OF THE YEAR - Bill Friedel of Fort Zumwalt South and

Chip Sodemann of Wentzville Liberty

ALL ACADEMIC

Wentzville Holt - Abhijot Bajwa, Ivan Dean, Braden Engelage, Jace Evans, Mitchell Lowry, Mabry Madden, Brayden Prebianca

Wentzville Liberty - Carter Ashby, Evan Hargrove, Matthew Manocchio, Andrew Badra, Luke Scachitti, Lincoln Rockette, Ty Nickerson

Washington - Kaner Young, Ben Gelinas, Ryder Loeb, Cooper Guss, Colin Briggs, Wyatt Bobo

Fort Zumwalt East - Ryan Hasheider, Brandom Odom, Jackson Carter, Micah Dalton, Preson Meier, Donovan West, Kevin Morgan, Jaden Jones Crawford

Fort Zumwalt North - Murtaja Alkhaldi, Chase Ostmann, Isaiah Simon

Fort Zumwalt South - Josh Atherton, Luke Bass, Chase Bensing, Cam Brown, Connor Henke, Cam Rollins, Nick Welch

SPORTSMANSHIP

Wentzville Holt - Mabry Madden

Wentzville Liberty - Matthew Manocchio

Washington - Kaner Young

Fort Zumwalt East - Samuel Randall

Fort Zumwalt North - Murtaja Alkkhaldi

Fort Zumwalt South - Nick Welch

2023 - 2024

SOUTH DIVISION MENS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School
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	Will Paulson	Francis Howell
	Andrew Moore	Troy Buchanan
	Jeremiah Poniewaz	Francis Howell
	Jacob Aydelott	Wentzville Timberland
	Mason Carroll	Wentzville Timberland

2nd TEAM	Name	School
	Eli Bollinger	Francis Howell North
	Zavier Morrison	Francis Howell Central
	Aiden Vaccaro	Troy Buchanan
	Austin Humphry	Wentzville Timberland
	Jude James	Francis Howell

PLAYER OF THE YEAR - Will Paulson of Francis Howell

COACH OF THE YEAR - Grant Agbo of Francis Howell

ALL ACADEMIC

Francis Howell - Brennon Wibbenmeyer, Oliver VanBuskirk, Brody Tharp, Lincoln Swan, Aiden O'Haire, Owen Larrigan, Jude James

Francis Howell North - Jackson McGowen, Boston Party-Winchester, Bryce Renz, Austin Vollmer, Ethan Scott

Francis Howell Central - Will Zadell, Tyler Powell, Sam Mueller, Nathan Rush, Wyatt Dwyer, Zach Morris, Mason Losttutter

Wentzville Timberland - James Aydelott, Mason Carroll, Cohen Hartnagel, Austin Humphrey, Nathan Neubauer, Cam Newsom, Will Phillips, Bradeb Schrepfer, Carter Spalding

Troy Buchanan - Carson Browen, Carter Lockey, Ethan Lollar, Reid Lorenz, Andrew Moore, Logan Niederer, Brett Richardson, Conner Ryan, Carson Twellman, Aiden Vaccaro

Fort Zumwalt West - Clay Bowman, Payden Cheng, Will Doyle, Tyler Hinkle, Maddoc McLaughlin, Logan O'Laughlin, Braden Palmer, Noah Schaeperkoetter, Zach Urban

SPORTSMANSHIP

Francis Howell - Dallas thornton

Francis Howell North -A. J. Kincade

Francis Howell Central - Zach Morris

Wentzville Timberland - Carter Spalding

Troy Buchanan - Aiden Vaccaro

Fort Zumwalt West - Clay Bowman

2023-2024

NORTH DIVISION WOMENS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School
	Navaeh Hill	Warrenton
	Alex Nicastro	Saint Charles West
	Morgan Robinson	Wentzville North Point

	Renzlee Davidson	Winfeild
	Addison Brown	Orchard Farm

2nd TEAM	Name	School
	Sophi Mueller	Warrenton
	Cecelia Campbell	Winfield
	Miley Jackson	Saint Charles West
	Camryn Nelson	Orchard Farm
tie	Olivia Christopher	Wentzville North Point
tie	Jayden Knaff	Saint Charles

PLAYER OF THE YEAR - Navaeh Hill of Warrenton

COACH OF THE YEAR - Hannah Logan of Warrenton

ALL ACADEMIC

Orchard Farm - Brooke Williams, Gracie Pfautsch, Cami Nelson, Bailey Goeke, Aubri Salinas, Payton Meyers, Alyssa Wilson, Addison Brown, Faith Mitchell, Ashlyn Ohlms, Chloe Westerfeld

Saint Charles - Renata Restrepo, Addi Nemens, Atty O'Keefe, Avery Schneider, Grace Basler, Jenna Hollrah, Lorelei Oetting, Ella Nottmeyer, Bryten Kendrick, Quinn Orrick

Saint Charles West - Sequia Ross, Abby Govero, Avery Jackson, Greeshman Mulpuru, Reagan Govero, Eden Hollander, Mary Loftus, Alex Nicastro, Alena Kelly, Zoey Hollander, Alison Loftus

Warrenton - Isabel Benke, Sophia Benke, Makenna Faubion, Sophi Mueller, Makayla Witthaus, Savannah Miller

Wentzville North Point - Mariah Robinson, Alysa Rooney, Tayla Hayden, Aubrey Coe, Emma Wilke, Morgan Robinson, Olivia Christopher, Maddi Demitroff, Alex Coe, Eila Sparkman

Winfield - Chloe Turnbull, Renzlee Davidson, Claire Shoemake, Falyn Davidson, Cecelia Campbell, Cailey Creech

SPORTSMANSHIP

Orchard Farm - Aubri Salinas

Saint Charles - Abby Cross

Saint Charles West - Avery Jackson

Warrenton - Zoe Duncan

Wentzville North Point - Aubrey Coe

Winfield - Chloe Turnbull

2023 - 2024

CENTRAL DIVISION WOMENS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School
	Elizabeth Reed	Washington
	Hailey Morgan	Fort Zumwalt East
	Ryann Bunner	Wentzville Holt
	Leighana Shelton	Wentzville Liberty

	Cierra Murrell	Washington
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2nd TEAM	Name	School
	McKenzie McCann	Fort Zumwalt South
	Abby Akivernia	Wentzville Holt
	Ashley Rusthoven	Fort Zumwalt East
	Mackenzie Compton	Wentzville Holt
tie	Justice Macon	Fort Zumwalt North
tie	Olivia Schmersahl	Wentzville Liberty

PLAYER OF THE YEAR - Elizabeth Reed of Washington

COACH OF THE YEAR - Adam Meyer of Washington

ALL ACADEMIC

Wentzville Holt - Ryann Bunner, Riley Casper, Faith Cody, Sophia Lewis, Molly Spink, Laney Thompson, Isabel Tiemann

Wentzville Liberty - Reece Hoffman, Olivia Schmersahl, Sanaa Woods, Annabelle Hargrove, Ainsley Kammermeyer, Kennedi Brower, Mariah Mhandu

Washington - Elizabeth Reed, Kendall Nix, Josie Kluesner, Alayna Royal, Emily McCormack, Sydney Harbath, Hannah Obermark, Maddie Kluesner, Kelsey Bruggermann

Fort Zumwalt East - Hailey Morgan, Anna Paskiewicz, Margaret Strebeck, Katie Porter, Ashley Rusthoven, Molly Albers, Landon Vick, Alyssa Sauer, Pelaiiah Maina, Gabbi Ritter, Mackenzie Bristol

Fort Zumwalt North - Abby Anderson, Ava Hollandsworth, Aiylah, Kimble, Brigit Mahoney, Kiana Noel, Claire Vogel, Shaelin Young

Fort Zumwalt South - Eva Aitch, Allison Gaddy, Bridget Herweck, Taylor McCarty, AvelinaMcKinzie, Jenna Mehroff, Lauren Mehroff, Alaina Ward

SPORTSMANSHIP

Wentzville Holt -Isabel Tiemann

Wentzville Liberty - Olivia Schmersahl

Washington - Alayna Royal

Fort Zumwalt East - Margaret Strebeck

Fort Zumwalt North - Abby Anderson

Fort Zumwalt South - Bridget Herweck

2023 - 2024

SOUTH DIVISION WOMENS BASKETBALL

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

1st TEAM	Name	School
	Ava Meyers	Troy Buchanan
	Riley Henderson	Francis Howell Central
	Heidi Pickett	Fort Zumwalt West
	Rhianne Toebben	Francis Howell
	Lexi Fenstermacher	Fort Zumwalt West

2nd TEAM	Name	School
	Mya Robinson	Troy Buchanan
	Alysse Lamb	Wentzville Timberland
	Alicia Hunn	Francis Howell North
	Morgan Davis	Francis Howell Central
	Grace Means	Troy Buchanan

PLAYER OF THE YEAR - Ava Meyers of Troy Buchanan

CO-COACH OF THE YEAR - Chad Towers of Fort Zumwalt West and Ryan Meyers of Troy Buchanan

ALL ACADEMIC

Francis Howell - addison Almeling, Bryn Cohen, Emma Hoffman, Lily Payne, Molly Archibald, Mikayla Gavlivck, Noah Hdeggermann, Reagan Celeste, Rhianna Toebben, Riese Grier

Francis Howell North - Addison Butler, Sophia Manzella, Morgan Smith, Addy Jones, Courtney Epplin, Camille Krekler, Elise Grimshaw, Olivia Greaser, Alicia Hunn, Kendra Swope, Evie Kraus

Francis Howell Central - Josie Crangle, Morgan Davis, Hanna Haleterman, Addie Henderson, Riley Henderson, Kat Mann, Alexis Matthews, Reese McDevitt, Sam Taylor

Wentzville Timberland - Megan Witzman, Alysse Lamb, Macie Vincent, Cami Turner, Carlie Boehm, Tessa Eaton, Gabby Tucker, Knia Graham, Addie Crislip, Brroke Clark, Mya Christian

Troy Buchanan - Teryn Brown, Avery Daughtery, Bynna Getz, Jlynn Humphrey, Ashlynn Meyers, Ellie Moore, Elisa Oveja, Lillian Robinson, Alyssa Schulte, Autumn Trower

Fort Zumwalt West - Sydney Blomenkamp, Madison Blomenkamp, Peyton Duffing, Lexi Fenstermacher, Lucy Kiehne, Audrey Lotspeich, Madison Washington

SPORTSMANSHIP

Francis Howell - Lily Payne

Francis Howell North - Morgan Smith

Francis Howell Central - Addie Henderson

Wentzville Timberland - Megan Witzman

Troy Buchanan - Autumn Trower

Fort Zumwalt West -Audrey Lotspeich

2023-2024

NORTH/CENTRAL DIVISION GIRLS SWIMMING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

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

200 yard Medley Relay [GAC Record: 1:48.85, Wentzville Timberland, 2024]

200 yard Medley Relay [GAC N-C Record: 1:56.3, Wentzville Liberty, 2021]

1st	Zoey Ziegler	Washington	1:57.67
	Ava Kauffeld		
	Maddy Henderson		
	Brooke Schoonover		
2nd	Isabel Yazon	Fort Zumwalt South	2:05.76
	Maddie Lady		

	Isabelle Reardon		
	Grace Seelye		
3rd	Dakota Wilson	Wentzville Holt	2:12.67
	Emma Nicotra		
	Kaleigh Flower		
	Natalie Kiehl		
4th	Maya West	Fort Zumwalt East	2:13.06
	Karlie Hanke		
	Anna Siders		
	Danielle Doskal		

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	Isabelle Reardon	Fort Zumwalt South	2:06.62
2nd	Maya West	Fort Zumwalt East	2:07.22
3rd	Dayton Griesheimer	Washington	2:20.64
4th	Hannah Schneider	Washington	2:30.46

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	Stella Garriosn	Saint Charles West	2:16.08
2nd	Ava Kauffeld	Washington	2:18.42
3rd	Mia Mahon	Washington	2:34.35
4th	Isabel Yazon	Fort Zumwalt South	2:38.84

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	Maddie Lady	Fort Zumwalt South	25.45
2nd	Eryn Chamberlain	Wentzville North Point	27.81
3rd	Iris Swafford	Wentzville North Point	27.89
4th	Izabela Brasher	Saint Charles West	27.89

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	Abby Hirsch	Fort Zumwalt South	383.30
2nd	Shelby Hoagland	Fort Zumwalt South	331.20
3rd	Ava Drummond	Fort Zumwalt East	322.55

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	Maddy Henderson	Washington	1:06.56
2nd	Emma Nicotra	Wentzville Holt	1:09.79
3rd	Mia Mahon	Washington	1:12.74
4th	Grace Seelye	Fort Zumwalt South	1:14.75

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	Maddie Lady	Fort Zumwalt South	0:55.39
2nd	Zoe Ziegler	Washington	0:55.44
3rd	Eryn Chamberlain	Wentzville North Point	1:01.81
4th	Brooke Schoonover	Washington	1:01.91

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

500 yard Freestyle [GAC N-C Record: 5:18.04, Evie Kolb, Fort Zumwalt East, 2021]

1st	Isabelle Reardon	Fort Zumwalt South	5:45.72
2nd	Maya West	Fort Zumwalt East	5:54.14
3rd	Dayton Griesheimer	Washington	6:15.81
4th	Hannah Schneider	Washington	6:52.97

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

200 yard Freestyle Relay [GAC N-C Record: 1:45.65, Fort Zumwalt North, 2021]

1st	Zoey Ziegler	Washington	1:48.16
	Maddy Henderson		
	Brooke Schoonover		
	Ava Kauffeld		
2nd	Maya West	Fort Zumwalt East	1:55.28
	Karlie Hanke		
	Anna Siders		
	Danielle Doskal		
3rd	Natalie Kiehl	Wentzville Holt	1:56.19
	Kaleigh Flower		
	Dakota Wilson		
	Emma Nicotra		
4th	Iris Swafford	Wentzville North Point	1:57.07
	Jayden Herpel		
	A. J. Tillman		
	Eryn Chamberlain		

100 yard Backstroke [GAC Record: 53.45, Isabelle Ackley, Wentzville Timberland, 2024]

100 yard Backstroke [GAC N-C Record: 1:01.95, Caroline Myers, Wentzville Liberty, 2021]

1st	Zoe Ziegler	Washington	1:02.66
2nd	Brooke Schoonover	Washington	1:09.08
3rd	Izabela Brasher	Saint Charles West	1:09.62
th	Isabel Yazon	Fort Zumwalt South	1:10.81

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

100 yard Breaststroke [GAC N-C Record: 1:07.53, Ava Kauffield, Washington, 2023]

1st	Ava Kauffield	Washington	1:08.98
2nd	Stella Garrison	Saint Charles West	1:09.06
3rd	Emma Nicotra	Wentzville Holt	1:18.84
4th	Ava Stone	Washington	1:22.91

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

400 yard Freestyle Relay [GAC N-C Record: 3:51.40, Wentzville Liberty, 2021]

1st	Isabelle Reardon	Fort Zumwalt South	4:06.45
	Grace Seelye		
	Isabel Yazon		
	Maddie Lady		
2nd	Dayton Griesheimer	Washington	4:16.77

	Olivia Mahon		
	Maddy Henderson		
	Mia Mahon		
3rd	Isabela Brasher	Saint Charles West	4:37.60
	Molly Grieb		
	Addie Nichols		
	Stella Garrison		
4th	Kaleigh Flower	Wentzville Holt	4:40.56
	Jimena Castro		
	Kaitlyn Cavendar		
	Jennifer Jarrett		

T318]; EAM SCORES: WASHINGTON [417]

**Wentzville Holt [318]; Fort Zumwalt South [318]; Fort Zumwalt East [286.5]; St. Charles [205];
Wentzville North Point [205]; Saint Charles West [164.5]**

Sportsmanship Team

Washington - Anna Bade

Wentzville Holt - Molly Sizemore

Wentzville North Point - Iris Swafford

Fort Zumwalt South - Margaret Martin

Fort Zumwalt East - Lily Steinmetz

Saint Charles - Maddy Rosner

Saint Charles West - Stella Garrison

All-Academic Team

Washington - Anna Bade, Kate Eckelkamp, Dayton Griesheimer, Caroline Guinn, Maddy Henderson, Ava Kauffeld, Mia Mahon, Olivia Mahon, Tatum Reubell, Hannah Schneider, Brooke Schneider, Brooke Schoonover, Ava Stone, Zoey Ziegler

Wentzville Holt - Samantha Crigger, Adriana Diaz, Jennifer Jarrett, Natalie Kiehl, Madeline McCorkle, Martha Navarrette, Molly Sizemore, Lydia Turley, Dakota Wilson

Wentzville North Point - Janie Becker, Eryn Chamberlain, Jayden Herpel, Anna Gentry, Sara Lazzarini, Madison Nemecc

Fort Zumwalt South - Kayla Biggenstorfer, Riley Dial, Brielle Gilbert, Anna Herweck, Abigail Hirsch, Shelby Hoagland, Madalynn Lady, Isabelle Reardon, Kerri Reitzner, Grace Seelye, Isabel Yazon

Fort Zumwalt East - Olivia Walker, Ava Drummond, Nora Scheckel, Margartie Tinoco-Sanchez, Danielle Doksal, Mia Johnston, Marissa Uptain, Karlie Hanke, Avari Paleen, Ariunjargal Khangal, Annaliese Siders, Gabrielle Spis, Maya West, Katherine McCoy, Camille Keyes, Madeline Schimanski, Addisen Simms

Saint Charles - Dylan Arnold, Matalyn Basler, Waverly Brock, Madalynne Bunch, Odessa Burlis, Hosanna Hanks, Josephine Jackson, Veronica Jackson, Charlotte Kulma, Keeley Lauer, Stevie Myers, Rileigh O'Keefe, Melissa Pritchard, Madelyn Rosner, Lauren Tiedt, Lena Wulff

Saint Charles West - Izabela Brasher, Mya Buehrle, Stella Garrison, Mackenzie Gosa, Molly Grieb, Addie Nichols, Charlotte Saffa

2023-2024

SOUTH DIVISION GIRLS SWIMMING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

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

200 yard Medley Relay [GAC Record: 1:48.85, Wentzville Timberland, 2024]

200 yard Medley Relay [GAC Record: 1:48.85, Wentzville Timberland, 2024]

1st	Izzy Ackley	Wentzville Timberland	1:48.85
	Emma Wisker		
	Brooke Gustafson		
	Emma Thornbrgh		
2nd	Delaney Bartels	Wentzville Liberty	1:57.97
	Jessica Wagner		
	Leilani Green		
	Emma Nolan		
3rd	Emily Frazier	Francis Howell	2:01.24
	Rayna Welek		
	Katy Faulkner		
	Allie Quick		
4th	Callie James	Fort Zumwalt North	2:06.28
	Hannah Shaw		
	Jadyn Ross		
	Kassidy Surber		

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	Olivia deBerge	Wentzville Timberland	2:02.45
2nd	Kate Jansen	Francis Howell	2:16.48
3rd	Elizabeth Schoene	Wentzville Timberland	2:18.58
4th	Addie Tripp	Francis Howell	2:18.66

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	Brooke Gustafson	Wentzville Timberland	2:18.65
2nd	Emma Thornburgh	Wentzville Timberland	2:22.40
3rd	Emma Hildenbrand	Wentzville Timberland	2:25.69
4th	Jenna Denny	Wentzville Timberland	2:30.36

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	Molly Wardrop	Fort Zumwalt West	24.55
2nd	Riley Jensen	Francis Howell North	25.72
3rd	Katy Faulkner	Francis Howell	26.13
4th	Audrey Wagner	Fort Zumwalt West	26.15

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	Larissa Garbarini	Francis Howell	472.60
2nd	Jana Maier	Wentzville Timberland	424.15
3rd	Marysa Allen	Fort Zumwalt North	420.70
4th	Abigail Hogan	Fort Zumwalt North	378.20

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	Izzy Ackley	Wentzville Timberland	0:56.87
2nd	Brooke Gusafson	Wentzville Timberland	1:02.23
3rd	Emma Hildenbrand	Wentzville Timberland	1:02.33
4th	Delaney Bartels	Wentzville Liberty	1:04.72

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	Emma Wisker	Wentzville Timberland	53.27
2nd	Molly Wardrop	Fort Zumwalt West	54.19
3rd	Olivia deBerge	Wentzville Timberland	56.82
4th	Callie James	Fort Zumwalt North	56.87

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	Macie Renaud	Wentzville Timberland	5:44.89
2nd	Hanna Shaw	Fort Zumwalt North	5:45.64
3rd	Vika Anderson	Francis Howell Central	6:04.18
4th	Sophia Dickens	Forft Zumwalt West	6:06.72

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	Emma Hildenbrand	Wentzville Timberland	1:45.65
	Brooke Gustafson		
	Olivia deBerge		
	Emma Thornburgh		
2nd	Jessica Wagner	Wentzville Liberty	1:45.78
	Emma Nolan		
	Leilani Green		
	Delaney Bartels		
3rd	MollyWardrop	Fort Zumwalt West	1:46.28
	Sophia Dickens		
	Karsyn McDaniel		

	Audrey Wagner		
4th	Katy Faulkner	Francis Howell	1:50.22
	Emily Frazier		
	Kate Jansen		
	Rayna Welek		

100 yard Backstroke [GAC Record: 5.45 Isabelle Ackley, Wentzville Timberland, 2024]

100 yard Backstroke [GAC SOUTH Record: 53.45, Isabelle Ackley, Wentzville Timberland, 2024]

1st	Isabelle Ackley	Wentzville Timberland	53.45
2nd	Delaney Bartels	Wentzville Liberty	1:03.04
3rd	Audrey Wagner	Fort Zumwalt West	1:03.10
4th	Macie Renaud	Wentzville Timberland	1:06.04

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	Emma Wisker	Wentzville Timberland	1:04.91
2nd	Jessica Wagner	Wentzville Liberty	1:13.14
3rd	Rayna Welelk	Francis Howell	1:16.03
4th	Vika Anderson	Francis Howell Central	1:17.25

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	Olivia deBerge	Wentzville Timberland	3:44.96
	Emma Hildenbrand		
	Izzy Ackley		
	Emma Wisker		
2nd	Molly Wardrop	Fort Zumwalt West	4:01.62
	Karsyn McDaniel		
	Sophia Dickens		
	Audrey Wagner		
3rd	Allie Quick	Francis Howell	4:12.03
	Addie Tripp		
	Kate Jansen		
	Rayna Welelk		
4th	Vika Anderson	Francis Howell Central	4:17.29
	Regina Avila		
	Kylee Call Rolon		
	Katie Wuertz		

TEAM SCORES: Wentzville Timberland [498]

Francis Howell [360]; Wentzville Liberty [307]; Fort Zumwalt West [267]; Fort Zumwalt North [219]; Francis Howell Central [210]; Francis Howell North [161]

Sportsmanship Team

Fort Zumwalt North - Savannah Maier

Fort Zumwalt West - Karsyn McDaniel

Francis Howell - Addision Purcell

Francis Howell North -

Francis Howell Central - Finley Brunner

Wentzville Liberty - Lilly Brown

Wentzville Timberland - Emma Hildenbrand

All-Academic Team

Fort Zumwalt North - Marysa Allen, Sophia Bello, Sophia Boren, Wendy Byerly, Mia Durbin, Ava Fanning, Isabella Gittemeier, Mary Harris, Abigail Hogan, Callie James, Miriam Linson, Savanna Maier, Katherine Murphy, Aayla Neier, Keaton Robins, Ella Rosenberg, Jadyn Ross, Lily Selvy, Hannah Shaw, Fiona Shelp, Ella Shylanski, Kassidy Surber

Fort Zumwalt West - Lucia Attadonna, Jayden Bleich, Emma Bommarito, Alice Cauley, Rylee Cummins, Sophia Dickens, Andrea Heaney, Karsyn McDaniel, Arushi Mohite, Talynn Rasmussen, Audrey Wagner, Molly Wardrop

Francis Howell - Leila Bertrand, Madeline Bowen, Campbelle Fox, Emily Frazier, Skylar Huff, Kate Jansen, Audrey Luetke, Addison Purcell, Clara Purcell, Allison Quick, Kara Smith, Rileigh Thomas, Gracelynn Tripp, Rayna Welek, Jaina Woods, Juliet Woods

Francis Howell North -

Francis Howell Central - Vika Anderson, Regina Avila, Grace Bannon, Keira Bensiner, Ally Bower, Finley Brunner, Kylee Call Rolon, Olivia Creighton, Quinn Douglas, Hannah Figura, Erin Getgood, Liz Foizey, Alyssa Harrison, Reese Hettich, Caroline Kraft, Elaina Parrent, Ava Schriber, Kyndall Steinmeyer, Sarai Taylor, Sarah Turner, Jessica Woelfel

Wentzville Liberty - Delaney Bartel, Lilly Brown, Jaina Daniels, M J Fleming, Violet Grau, Leilani Green, Leah Kaler, Lauren McCain, Emma Nolan, Sophia Sikes, Jessica Wagner, Elizabeth Bowen

Wentzville Timberland - Isabelle Ackley, Olivia deBerge, Jenny Denny, Brooke Gustafson, Emma Hildenbrand, Rachel Jacobson, Jana Maier, Macie Renaud, Emma Thornburgh, Emma Wisker

2023-2024

GIRLS WRESTLING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

GAC CHAMPIONSHIPS

ALL SCHOOLS

100

Zoey Haney [Troy Buchanan]	pinned	Taylor Reiter [Wentzville Timberland]	5:39
Cydni Buchanan [Washington]	pinned	Kate Cochran [Fort Zumwalt North]	5:28

105

Mialeee Copeland [Francis Howell]	pinned	Madison Haney [Troy Buchanan]	3:49
Paige Tihen [Fort Zumwalt South]	pinned	Cecile Puati [St. Charles]	3:01

110

Isabelle Apple [Francis Howell North]	major decisioned	Caroline Farris [Francis Howell]	9-1
Meghan Menke [Wentzville North Point]	pinned	Destiny Gibbs [St. Charles West]	4:59

115

Kenadee McDowell [Francis Howell]	decisioned	Jailyn Ebert [Fort Zumwalt North]	7-0
Stevie Lupo [Francis Howell Central]	decisioned	Zorea Shaw [St. Charles West]	9-2

120

Kailey Benson [Francis Howell Central]	decisioned	Cassidy Benwell [Wentzville Holt]	5-0
Anna Bowles [Francis Howell]	decisioned	Kayla Hobday [Fort Zumwalt North]	6-3

125

Jena Gumahin [Fort Zumwalt South]	pinned	Katelyn Guth [Francis Howell Central]	1:39
Elanor Manning [Wentzville Holt]	pinned	Syria Bell [St. Charles]	0:53

130

Nevaeh Smith [Francis Howell Central]	injury	Kendra Bliss [Washington]	1:00
Liv Gichuhi [Francis Howell]	pinned	Aubrey Peterson [Francis Howell North]	5:17

135

Sophie Johnson [Francis Howell Central]	major decisioned	Brianna James [Washington]	16-4
Baylie Wehmeyer [Fort Zumwalt North]	pinned	Brooke Headley [Wentzville Holt]	5:05

140

Annelise Obermark [Washington]	pinned	Gracie McDole [Wentzville Timberland]	0:57
Danielle Lovell [St. Charles West]	decisioned	Brooke Dollard [Troy Buchanan]	8-5

145

Mina Himmel [Wentzville Timberland]	pinned	Kalayah Broner [St. Charles West]	1:37
Hailey Paul [Francis Howell Central]	pinned	Addyson Shepherd [Fort Zumwalt East]	0:59

155

Dana Thee Sanchez [Francis Howell Central]	OT decision	Maggie Ortmann [Washington]	5-3
Maria Ignatova [Fort Zumwalt West]	decisioned	Allison Vacek [Washington]	12-5

170

Ashlynn Alexander [Francis Howell North]	pinned	Madison McQueen [Fort Zumwalt East]	3:21
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Justice Sebree [St. Charles West]	pinned	Emma Faszold [Francis Howell]	2:56
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190

Alanah Braun [Francis Howell Central]	pinned	Kara Schemkes [St. Charles]	5:05
Danica Flotten [Wentzville Holt]	pinned	Evelyn Isom [St. Charles West]	0:21

235

Rikey Kortkamp [Fort Zumwalt East]	pinned	Isabella Winingear [Wentzville Holt]	1:19
Akira Keith [St. Charles]	pinned	Cooper Rowse [Francis Howell Central]	0:41

TEAM SCORES:

FRANCIS HOWELL CENTRAL 218

FRANCIS HOWELL 148; ST. CHARLES WEST 146; WASHINGTON 127; WENTZVILLE HOLT 126; ST. CHARLES 99; TROY BUCHANAN 99 FORT ZUMWALT NORTH 90.5; FORT ZUMWALT SOUTH 80.5; FORT ZUMWALT EAST 78; WENTZVILLE TIMBERLAND 72; WENTZVILLE NORTH POINT 71; WARRENTON 44; FORT ZUMWALT WEST 38; WINFIELD 13

GAC NORTH ALL CONFERENCE WRESTLING

WEIGHT	FIRST TEAM		SECOND TEAM	
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	WRESTLER	SCHOOL	WRESTLER	SCHOOL
100	Cecilie Puati	Saint Charles	Greysen Curan	Wentzville North Point
105	Dakota Ivancic	Wentzville North Point		
110	Meghan Menke	Wentzville North Point	Destiny Gibbs	Saint Charles W
115	Alexis Ruff	Warrenton	Zorea Shaw	Saint Charles W
120	Syria Bell	Saint Charles	Dakota Lohrmann	Warrenton
125	Payton Hammack	Saint Charles West	Lucy Ullery	Wentzville North Point
130	Ayamba Abunaw	Wentzville North Point	Arianna Augustyniak	Saint Charles W
135	Reese Jacobs	Wentzville North Point	Danielle Lovell	Saint Charles W
140	Lauryen Collier	Wentzville North Point	Emma Gardner	Saint Charles W
145	Kalayah Broner	Saint Charles West	Katherine Tyson	Wentzville North Point

155	Allison Vacek	Warrenton	Faith Hall	Wentzville North Point
170	Justice Sebree	Saint Charles West	Sarah Smith	Wentzville North Point
190	Kara Schemkes	Saint Charles	Evelyn Isom	Saint Charles West
235	Kennedy Blakemore	Saint Charles West	Akira Keith	Saint Charles

Coach of the Year: Ryan Hanmore of Saint Charles

Wrestler of the Year: Cecilie Puati of Saint Charles

ALL ACADEMIC AWARDS

Orchard Farm -

Saint Charles - Lamia Linson, Morgan Simon, Kenna South, Muryn Wallace

Saint Charles West - Sophia Boyer, Destiny Gibbs, Zorea Shaw, Peyton Hammack, Arianna Augustyniak, Danielle Lovell, Evelyn Isom

Warrenton - Allison Vacek, Alexis Ruff, Natalie Sibert

Wentzville North Point - Gerysen Carren, Dakota Ivancic, Alyssa Anderson, Lucy Ullery, Ayamab Abunaw, Reese Jacobs, Katharine Tyson, Faith Hall, Lily Paige, Katelyn McQuerry

Winfield -

SPORTSMANSHIP

Orchard Farm -

Saint Charles - Morgan Simon

Saint Charles West - Evelyn Isom

Warrenton - Dakota Lohrmann

Wentzville North Point - Meghan Menke

Winfield - Emma Jenkins

GAC CENTRAL ALL CONFERENCE WRESTLING

WEIGHT	FIRST TEAM		SECOND TEAM	
	WRESTLER	SCHOOL	WRESTLER	SCHOOL
100	Cyndi Buchanan	Washington	Kate Cochran	Fort Zumwalt N
105	Paige Tihen	Fort Zumwalt South	Reaghan Jones	Fort Zumwalt N
110	Kate McClenahan	Fort Zumwalt South	Jade Sanders	Fort Zumwalt N
115	Jailyn Ebert	Fort Zumwalt North	Jo Joe Watkins	Wentzville Holt
120	Cassidy Benwall	Wentzville Holt	Kayla Hobday	Fort Zumwalt N
125	Jena Gumahin	Fort Zumwalt South	Eleanor Manning	Wentzville Holt
130	Kendra Bliss	Washington	Kaylee Stahlmann	Fort Zumwalt E
135	Brianna James	Washington	Baylie Wehmeyer	Fort Zumwalt N

140	Annelise Obermark	Washington	Maddy Kuhn	Wentzville Libe
145	Addyson Shepard	Fort Zumwalt East	Addilynn Cami	Fort Zumwalt S
155	Maggie Ortmann	Washington	Kendra Sadler	Fort Zumwalt S
170	Madison McQueen	Fort Zumwalt East	Ava Mirth	Fort Zumwalt S
190	Danica Flotten	Wentzville Holt		
235	Isabella Winnegar	Wentzville Holt	Riley Kortkamp	Fort Zumwalt E

Coach of the Year: Jena Gumahin of Fort Zumwalt South

Wrestler of the Year: Josh Ohm of Washington

ALL ACADEMIC AWARDS

Washington - Linsey Mueller, Danyka Lonsberry, Kendra Bliss, Annelise Obermark, Bri James, Maggie Ortmann

Wentzville Holt - Johanna Watkins, Ellie Manning, Karalina Smith, Lauryn Holmes, Hailey Yeager, Karli Huntsucler, Isabella Winnegear

Wentzville Liberty - Kat Zink, Layliani Childers, Lesley Caamano-Briones, Kendyl DeLosReyes, Jersey Haynes, Avery Wunderlich, Madelynn Kuhn, Sopia Spakowki, Arely Perez, Erika Kertz

Fort Zumwalt East - Lana Luu, Alexa Foster, Lucy Ballard, Jayla Coppage, Kaylee Stahlman, Addyson Shepherd, Madison McQueen

Fort Zumwalt North - Kayla Hobday, Kate Cochran, Michalee Daggett, Braedyn Carson, Becca Ridgeway, Reaghan Jones

Fort Zumwalt South - Ella Conley, Kendra Sadler, Paige Tihen, Jena Gumahin, Kate McClenahan, Carly Williams

SPORTSMANSHIP

Washington - Bri James

Wentzville Holt - Johanna Watkins

Wentzville Liberty - Arely Perez

Fort Zumwalt East -

Fort Zumwalt North - Becca Ridgeway

Fort Zumwalt South -Kendra Sadler

GAC SOUTH ALL CONFERENCE WRESTLING

WEIGHT	FIRST TEAM		SECOND TEAM	
	WRESTLER	SCHOOL	WRESTLER	SCHOOL
100	Zoey Haney	Troy Buchanan	Taylor Reiter	Wentzville Timber
105	Mialey Copeland	Francis Howell	Madison Haney	Troy Buchanan
110	Isabelle Apple	Francis Howell North	Cameron Watkins	Francis Howell C
115	Kenadee McDowell	Francis Howell	Stevie Lupo	Francis Howell C
120	Kailey Benson	Francis Howell Central	Anna Bowles	Francis Howell
125	Katelyn Guth	Francis Howell Central	Micah Barnes	Fort Zumwalt We

130	Nevaeh Smith	Francis Howell Central	Liv Gitchuhi	Francis Howell
135	Sophie Johnson	Francis Howell Central	Bailey Bridges	Francis Howell
140	Brooke Dollard	Troy Buchanan	Gracie McDole	Wentzville Timber
145	Mina Himmel	Wentzville Timberlad	Hailey Paul	Francis Howell C
155	Dans Thei-Sanch	Francis Howell Central	Maria Ignatova	Fort Zumwalt We
170	Ashlynn Alexander	Francis Howell North	Emma Faszold	Francis Howell
190	Alaha Braun	Francis Howell Central	Amber Pennock	Troy Buchanan
235	Jeralyn Spear	Troy Buchanan	Cooper Rouse	Francis Howell C

Coach of the Year: Kurt Kruse of Francis Howell Central

Wrestler of the Year: Kailey Benson of Francis Howell Central

ALL ACADEMIC AWARDS

Francis Howell - Caroline Farris, Anna Bowles, Jenna Smith, Emma Fazold, Morgan Molitar, Kennedy O'Rourke

Francis Howell Central - Kailey Benson, Katelyn Guth, Sophia Jonson, Stevie Lupo, Taylei Sesson, Makenzee McPerson

Francis Howell North - AbureyPeterson, Cailyn Rector, Isabelle Apple

Fort Zumwalt West -

Troy Buchanan - Haddley Dale, Grace Marischen, Brooke Dollard, Jeralyn Spear, Zoey Haney, Molly Marischen

Wentzville Timberland -

SPORTSMANSHIP AWARD

Francis Howell - Anna Bowles

Francis Howell Central - Sophie Johnson

Francis Howell North - Aubrey Peterson

Fort Zumwalt West -

Troy Buchanan - Brooke Dollard

Wentzville Timberland -

2023-2024

BOYS WRESTLING

ALL CONFERENCE INDIVIDUALS

ALL ACADEMIC AND SPORTSMANSHIP SELECTIONS

2023-2024 VARSITY TOURNAMENT

ALL SCHOOLS

106

Zayden Teson [Warrenton]	decisioned	Brody Apenbrinck [Wentzville North Point]	6-2
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Gable Ohm [Washington]

over

Wyatt Danegger [Francis Howell North]

SV-1, 3

113

Chase Gray [Francis Howell Central]

decisioned

**Gannon Kuhn [Wentzville
Timberland]**

Patrick Provost [Ft. Zumwalt North]

major decisioned

Kanyon Schurtz [Ft. Zumwalt South]

120

**Nathaniel Provost [Ft. Zumwalt
North]**

pinned

Nick Baker [Ft. Zumwalt South]

Caden Helton [Francis Howell]

decisioned

Dylan Myers [Francis Howell Central]

126

Zack Tihen [Ft. Zumwalt South]

pinned

Couper Deckard [Washington]

Jeremiah Kassing [Warrenton]

decisioned

Brody Kell [Wentzville North Point]

132

Kayden Purler [Wentzville North Point]

pinned

Chevy Rosales [Francis Howell]

Cameron Clark [Ft. Zumwalt South]

decisioned

Joshua Kassing [Warrenton]

138

Noah Keen [Francis Howell Central]

decisioned

Braydon Eikermann [Francis Howell]

Noah Lohrmann [Warrenton]

decisioned

Ryan Poropat [Ft. Zumwalt South]

144

Leo Buchheit [Wentzville North Point]

decisioned

Austin Hunter [Ft. Zumwalt South]

Owen McCracken [Francis Howell Central]

decisioned

Alec Pecka [Washington]

150

Logan Rubinstein [Wentzville Holt]

decisioned

Cole Aguirre [Ft. Zumalt North]

Jeric Gumahin [Ft. Zumwalt South]

pinned

Maddox Jones [Wentzville Liberty]

157

Casey Olszowka [Washington]	major decided	D. J. Dillon [Francis Howell North]
Lucas Sapp [Wentzville North Point]	decided	Koen Erickson [Ft. Zumwalt South]

165

Jackson Thornton [Washington]	decided	Blake Tharp [Troy Buchanan}
Troy Emge [Ft. Zumwalt North]	pinned	Brody Wilmes [Wentzville North Point]

175

Collin Conley [Francis Howell North]	pinned	Aiden Summers [Wentzville Liberty]
J. D. Dunn [Ft. Zumwalt South]	pinned	Samuel Golden [Francis Howell Central]

190

Deacon Moran [ft. Zumwalt North]	pinned	Nolan Hendrix [Washington]
Luke Ferrell [Wentzville Timberland]	major decided	Collin Costello [Francis Howell North]

215

Jacob Ruff [Warrenton]	major decisioned	Skyler Lashley [Francis Howell North]
Mason Clark [Ft. Zumwalt South]	pinned	Tyrese Thurmon [Washington]

285

Junior Rudd [Ft. Zumwalt South]	pinned	Mac Ruoff [Washington]	2
Anthony Washington [Wentzville Holt]	injury	Elliott Akers [Wentzville Timberland]	1

TEAM SCORES:

FORT ZUMWALT SOUTH 237

WASHINGTON 188; FT. ZUMWALT NORTH 149.5; WENTZVILLE NORTH POINT 147.5; FRANCIS HOWELL NORTH 124; WARRENTON 119.5; FRANCIS HOWELL CENTRAL 110; WENTZVILLE TIMBERLAND 97; FRANCIS HOWELL 91.5; WENTZVILLE HOLT 59; WENTZVILLE LIBERTY 55.5; TROY BUCHANAN 53.5; ST. CHARLES WEST 356; FT. ZUMWALT WEST 31.5; ORCHSRD FARM 28; WINFIELD 27; ST. CHARLES 23; FT. ZUMWALT EAST 14

GAC NORTH ALL CONFERENCE WRESTLING

WEIGHT	FIRST TEAM		SECOND TEAM	
	WRESTLER	SCHOOL	WRESTLER	SCHOOL
106	Zayden Teson	Warrenton	Brody Apenbrinck	Wentzville North
113	Manny McCauley	Warrenton	Cole Wickland	Wentzville North
120	Brody Kell	Wentzville North Point	Taylor Souders	Saint Charles
126	Jeremiah Kassing	Warrenton	Evan Berkbuegler	Wentzville North
132	Kaden Purler	Wentzville North Pointt	Josh Kassing	Warrenton
138	Noah Lohrmann	Warrenton	Brock Vercher	Wentzville North
144	Leo Buchheit	Wentzville North Point	Max Teson	Warrenton
150	Brody Mollerus	Orchard Farm	Logan Redel	Wentzville North
157	Lucas Sapp	Wentzville North Point	Jacob Gurley	Saint Charles We
165	Brody Wilmes	Wentzville North Point	Korben Johnson	Warrenton
175	Brody Williams	Wentzville North Point	Brandon Martinek	Winfield

190	Braylen Ballard	Saint Charles	Lucas Burroughs	Warrenton
215	Jacob Ruff	Warrenton	Xavier Kelly	Saint Charles We
285	Elias McPike	Warrenton	Ben Barfield	Wentzville North

Coach of the Year: Clayton Olsson of Warrenton

Wrestler of the Year: Kayden Purler of Wentzville North Point

ALL ACADEMIC AWARDS

Orchard Farm -

Saint Charles - Evan Murphy, Derek Plaza-Smith, Charlie Reid, Taylor Souders

Saint Charles West - Daniel Foust, Anthony Guccione, Jacob Gurley

Warrenton - Josh Kassing, Jeremiah Kassing, Noah Lohrman, Jacob Ruff, Zayden Teson

Wentzville North Point - Ben Barfield, Evan Berkbueglar, Dom Colombatto, Dylan Entwistle, Brody Fenton, Braydon Horn, Brody Kell, Tim O'Toole, Kaden Purler, Logan Redel, Charlie Stanfill, Reid Struckman, Brody Williams, Mason Woodward

Winfield - Ayden Amos, Issac Johnson

SPORTSMANSHIP

Orchard Farm - Russell Dunkmann

Saint Charles - Alex Lopez

Saint Charles West - Keegan Maness

Warrenton - Manny McCauley

Wentzville North Point - Leo Buchheit

Winfield - Samuel Pearson

GAC CENTRAL ALL CONFERENCE WRESTLING

WEIGHT	FIRST TEAM		SECOND TEAM	
	WRESTLER	SCHOOL	WRESTLER	SCHOOL
106	Gabe Ohm	Washington	Jack Bals	Fort Zumwalt N
113	Pat Provost	Fort Zumwalt North	Kanyon Shurtz	Fort Zumwalt S
120	Nate Provost	Fort Zumwalt North	Nick Baker	Fort Zumwalt S
126	Zack Tihen	Fort Zumwalt South	Couper Deckard	Washington
132	Cameron Clark	Fort Zumwalt South	Jacob Spoor	Wentzville Libe
138	Ryan Poropat	Fort Zumwalt South	Tristen Kohmstedt	Washington
144	Austin Hunter	Fort Zumwalt South	Alec Pecka	Washinton
150	Logan rubenstein	Wentzville Holt	Cole Aguirre	Fort Zumwalt N
157	Casey Olszowka	Washington	Koen Erickson	Fort Zumwalt S
165	Jackson Thornton	Washington	Dirk Rivera	Fort Zumwalt E

175	Aiden Summers	Wentzville Liberty	J. D. Dunn	Fort Zumwalt S
190	Deacon Moran	Fort Zumwalt North	Nolan Hendrix	Washington
215	Tyerese Thurmon	Washington	Mason Clark	Fort Zumwalt S
285	Junior Rudd	Fort Zumwalt South	Maclain Ruoff	Washington

Coach of the Year: Todd Sanker of Fort Zumwalt South

Wrestler of the Year: Logan Rubenstein of Wentzville Holt

ALL ACADEMIC AWARDS

Fort Zumwalt East - Dylan Mueller, Quintin Gentile, Izaiah Reed, Ethan Wooden, Caleb Artz

Fort Zumwalt North - Zach Davis, Troy Emge, Gabe Huber, Jacob Bals, Drew Mayton, Nate Provost, Cole Aguirre, Drake Weston, Jackson Bals, Carston Burkemper, Patrick Provost

Fort Zumwalt South - Ben Rush, Zack Tihen, Jeric Gumahin, Kyle Detchemendy, Roman Baker, J. D. Dunn, Mason Clark, Hugh Boyd, Junior Rudd

Washington - Gabe Ohm, Ethan James, Carlos Garcia, Cash Vedvig, Alex Gross, Tristen Koehmstedt, Carter Bellmann, Alec Pecka, Bowyn Bast, Jacob Buhr, Cooper Bellman, Casey Olszowka, Curtis Broeker, McLaine Graham, Camron Smith, Nolan Hendrix

Wentzville Holt - Devon Trail, Parker Madden, Logan Rubenstein, Boston Howard, Gavin Moore, Jacob Ketterman, Parker Yeager, Henry Sizemore, Sawyer Kaminski, Pierce Stuehmeyer, Dalton Winigear

Wentzville Liberty - Cooper Ludwig, Riley Box, Tyce Gleckler, Rashad Boone, Jacob Spoor, Berkely Lamarque, Paxton Hughes, Brody Willnerd, Mason Huebner

SPORTSMANSHIP

Fort Zumwalt East -

Fort Zumwalt North - Zach Davis

Fort Zumwalt South - Koen Erickson

Washington - Lane Gerling

Wentzville Holt - Aiden Bonin, Lucas Casper

Wentzville Liberty - Kolton Martin

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GAC SOUTH ALL CONFERENCE WRESTLING

WEIGHT	FIRST TEAM		SECOND TEAM	
	WRESTLER	SCHOOL	WRESTLER	SCHOOL
106	Wyatt Denneger	Francis Howell North	Vincent Castillo	Francis Howe
113	Chase Gray	Francis Howell Central	Gannon Kuhn	Wentzville Ti
120	Caden Helton	Francis Howell	Dylan Myers	Francis Howe
126	Christian Helton	Francis Howell	Jacob Paige	Wentzville Ti
132	Chevy Rosales	Francis Howell	Wyatt Hines	Francis Howe
138	Noah Keen	Francis Howell Central	Brayden Eikerman	Francis Howe
144	Owen McCracken	Francis Howell Central	Cole Dillon	Francis Howe
150	Jamison Shrum	Wentzville Timberland	Gian Woddy	Francis Howe

157	D. J. Dillon	Francis Howell North	Blake Tharp	Troy Buchana
165	Ty Shelton	Wentzville Timberland	Mark Matschiner	Troy Buchana
175	Collin Conley	Francis Howell North	Sam Golden	Francis Howe
190	Hayden Devilder	Francis Howell Central	Ben Maskell	Fort Zumwalt
215	Skyler Lasjley	Francis Howell North	Caden Duncan	Francis Howe
285	Elliot Akers	Wentzville Timberland	Matthew Hopkins	Francis Howe

Coach of the Year: Jacob Mattson of Francis Howell Central

Wrestler of the Year: Noah Keen of Francis Howell Central

ALL ACADEMIC AWARDS

Fort Zumwalt West - Ben Maskell, Austin Mincher, Jack Wilson

Francis Howell -

Francis Howell Central - Haden DeVilder, Owen McCracken, Garo Sams, Vincent Castillo, Noah Keen, Andrrw Martin, Ezno Hernandez, Matthew Hopkins

Francis Howell North - Valentin Ledezma, D. J. Dillon, Michael Houdeshell, Colin Conley

Troy Buchanan - John Abbot, Austin Amos, Wyatt Caldwell, Mark Matschiner, Preston Mix, Blake Tharp, Jackson Trower

Wentzville Timberland - Ryan Bakota, Aaron Bell, Wyatt Berra, Luke Ferrell, Gannon Kuhn, Jacob Page, Ty Shelton, Jamison Shrum, Zachary Thornburgh, Nolan Vincent, Grant Winston

SPORTSMANSHIP

Fort Zumwalt West - Jack Wilson

Francis Howell - Carson Miller

Francis Howell Central - Vincent Castillo

Francis Howell North - Valentin Ledezma

Troy Buchanan - Mark Matschiner

Wentzville Timberland - Luke Ferell

SCHOLAR BOWL 2024

GATEWAY ATHLETIC CONFERENCE CHAMPION :

WASHINGTON

CONGRATULATIONS TO THE BLUE JAYS TEAM

SOUR BADE

VINCENT HOANG

HAYDEN LEY

NATHAN ORESKOVIC

SPRING BASEBALL

2024

2024 North Baseball All Conference

Pitcher

	Player	School	Year
1st TEAM	Brady Creech	Winfield	Senior
	Ben Peth	Warrenton	Senior
2nd TEAM	Carter Martin	Warrenton	Freshman
	Justin Nenninger	Wentzville North Point	Sophomore

Catcher

	Player	School	Year
1st TEAM	Austin Haas	Warrenton	Junior
2nd TEAM	Blake Hollrah	Orchard Farm	Freshman

Utility Player

	Player	School	Year
1st TEAM	Brenan Goering	Saint Charles West	Junior
2nd TEAM	Brady Rosenburg	Orchard Farm	Sophomore

Designated Hitter

	Player	School	Year
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1st TEAM	Troy Anderson	Warrenton	Senior
2nd TEAM	Max Chancellor	Wentzville North Point	Sophomore

Infielders

	Player	School	Year
1st TEAM	Caleb Clark	Warrenton	Senior
	Joe Gonzales	Wentzville Nofrth Point	Sophomore
	Karson Quinn	Saint Charles West	Senior
	Jack Cowling	Wentzville Nofrth Point	Junior
	Daniel Bryce	OrchardFarm	Junior
2nd TEAM	Alex Kinne	Winfield	Senior
	Tyler Oliver	Warrenton	Senior
	Mason Hickerson	Saint Charles	Junior
	Max Kelch	Orchard Farm	Sophomore
	Colin DiSilvester	Warrenton	Junior

Outfielders

	Player	School	Year
1st TEAM	Brady Mollerus	Orchard Farm	Senior

	Noah Gramling	Saint Charles West	Senior
	Joe Goldsmith	Warrenton	Senior
	Jacob Myers	Saint Charles	Senior
2nd TEAM	Colin Morse	Winfield	Junior
	Warren Conrad	Winfield	Junior
	Mason Thompson	Warrenton	Junior
	Jeff Williams	Wentzville North Point	Senior

Player of The Year: Austin Haas, Warrenton, Junior

Coach of the Year: Eric Burle, Warrenton

ALL ACADEMIC

Orchard Farm – Collin Simmons, Caden Tipton, Matt Lambeck, Blake Ditmeyer, Max Kelch, Collin Sinclair, Luke Henke, Blake Hollrah

Saint Charles – Nicholas Besancenez, Hunter Broad, Kaiden Hammer, Mason Hickerson, Aaron Keene, Caleb McCullen, Nate Moseley, Braden Reed, Wyatt Savory, Gavin Vaughn

Saint Charles West – Matthew Box, Brodie Anderson, Nick Buehler, Adam Caulk, Brady Kilker, Karson Quinn, Dylan Schooler, Andrew Voelkl, Eli Malady, Mitchell Riegerix, Kelby Vierzba, Eli Chowning

Warrenton – Joseph Goldsmith, Austin Haas, Troy Anderson, Keegan Mellegaard, Bryce Phillips, Carter Martin, Ric Standley

Wentzville North Point - Jack Coppedge, Peyton Briddell, Braden Clohessy, Joe Gonzales, Brady Eisenbath

Winfield – Brady Creech, Logan Havican, Cooper Martin, Cayden Palmer, Camden Palmer, Benjamin Pruitt, Warren Conrad, Alexander Kinne, Maison Pruitt, Matthew Powers, Ayden Korhammer

SPORTSMANSHIP

Orchard Farm – Collin Simmons

Saint Charles – Gavin Vaughn

Saint Charles West – Dylan Schooler

Warrenton – Colin DiSilvester

Wentzville North Point - Jeff Williams

Winfield - Logan Havican

2024 Central Baseball All Conference

Pitcher

	Player	School	Year
1st TEAM	Carter Cox	Fort Zumwalt South	Senior
	Alex Jung	Wentzville Liberty	Senior
2nd TEAM	Carson Page	Fort Zumwalt East	Junior
	Ty Holman	Wentzville Liberty	Senior

Catcher

	Player	School	Year
1st TEAM	Connor Mendell	Fort Zumwalt South	Senior
2nd TEAM	Braden Weber	Fort Zumwalt East	Senior
	Jake Greer	Wentzville Liberty	Junior

Utility Player

	Player	School	Year
1st TEAM	Chase Lasater	Wentzville Holt	Senior
2nd TEAM	Lonnie Land	Fort Zumwalt East	Junior

Designated Hitter

	Player	School	Year
1st TEAM	Jackson Pohlman	Fort Zumwalt North	Junior
2nd TEAM	Camren Mahler	Fort Zumwalt North	Sophomore

Infielders

	Player	School	Year
1st TEAM	Jacksen AdkinsTankersley	Fort Zumwalt South	Senior
	Eric Williams	Fort Zumwalt East	Senior
	Nate Crews	Wentzville Holt	Senior
	Connor Henke	Fort Zumwalt South	Senior
	Brendan Pyle	Fort Zumwalt East	Sophomore
2nd TEAM	Noah Foster	Fort Zumwalt East	Senior

	Easton Gain	Wentzville Liberty	Junior
	Carter Adkins	Fort Zumwalt South	Senior
	Jacob Reynolds	Fort Zumwalt South	Senior
	Drew Smith	Wentzville Liberty	Senior

Outfielders

	Player	School	Year
1st TEAM	Evan Fulhorst	Fort Zumwalt South	Senior
	Cohen Waldren	Wentzville Liberty	Senior
	Kyle Edgar	Wentzville Holt	Senior
	Jackson Carter	Fort Zumwalt East	Senior
2nd TEAM	Ryan Williams	Washington	Junior
	Aiden Wheeler	Fort Zumwalt East	Senior
	Gavin Poindexter	Wentzville Holt	Senior
	Bryce Haines	Wentzville Liberty	Junior
	Sam Alles	Fort Zumwalt South	Senior

Player of the Year: Connor Mendell, Fort Zumwalt South, Senior

Coach of the Year: Bill Friedel of Fort Zumwalt South

ALL ACADEMIC

Fort Zumwalt East – Eric Williams, Jackson Carter, Braden Weber, Maverick Shultz, Aiden Wheeler, Noah Foster, Evan Hickman, Josh Moore, Ryan Kliethermes, Carter Hollingsworth, Aidan Horn, Brendan Pyle, Dominick Pandolfo, Kevin Morgan

Fort Zumwalt North – Austin Bauer, Bryce Crayden, Brayden Hood, Joseph Linneman, Camden Lohman, Camren Mahler, Logan Pisciotta, Jackson Pohlman, Drew Riley, Colin Seerey, Julian Sides, Isaiah Simon, Colton Wolff, Kyle Goddard

Fort Zumwalt South – Sam Alles, Evan Fulhorst, Will Gailey, Tyler Godat, Connor Henke, Chase Howald, Nathan Mehrhoff, Connor Mendell, Jacob Reynolds

Washington – Kaner Young, Caden Brocato, Ryan Kassebaum, Samuel Strubberg, Andrew Elbert, Hayden Burns, Aidan Hopfensperger, Ben Loesing, Ryan Williams, Hunter Bakameyer, Ben Gelinias, Cooper Guss, Grant Hummel

Wentzville Holt - Nate Crews, Kyle Edgar, Sam Gawedzinski, Mark Hunt, Jacob Ketterman, Ian Kilgore, Chase Lasater, Gavin Poindexter, Owen Thompson, Jake Wieczorek

Wentzville Liberty - Alex Jung, Carson Scrogin, Ethan Griffith, Austin Capizzi, Ty Holman, Cohen Waldren, Lincoln Rockette, Cooper Freand, Easton Gain, Luke Scachitti

Sportsmanship

Fort Zumwalt East – Josh Moore

Fort Zumwalt North – Julian Sides

Fort Zumwalt South – Nathan Dersch

Washington – Sam Strubberg

Wentzville Holt - Sam Gawedzinski

Wentzville Liberty - Javier Pasillas

2024 South Baseball All Conference

Pitcher

	Player	School	Year
1st TEAM	Alex Bryan	Francis Howell	Senior
	Dyan Curtis	Francis Howell	Sophomore
2nd TEAM	Jeter Rupp	Fort Zumwalt West	Senior
	Aven Weaver	Troy Buchanan	Senior
	Tanner Sullivan	Fort Zumwalt West	Senior

Catcher

	Player	School	Year
1st TEAM	Carson Ramos	Wentzville Timberland	Junior
2nd TEAM	Jackson Reiter	Troy Buchanan	Senior

Utility Player

	Player	School	Year
1st TEAM	Carter Perry	Fort Zumwalt West	Junior
2nd TEAM	Carter Stover	Francis Howell North	Junior

Designated Hitter

	Player	School	Year
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1st TEAM	Drew Wyss	Francis Howell Central	Sophomore
2nd TEAM	Owen Larrigan	Francis Howell	Senior

Infielders

	Player	School	Year
1st TEAM	Nolan Sissom	Fort Zumwalt West	Sophomore
	Tytus Cissel	Francis Howell	Senior
	Ethan Chiondi	Wentzville Timberland	Junior
	Nick Alagna	Fort Zumwalt West	Senior
	Brady Tanner	Francis Howell	Sophomore
2nd TEAM	Cam Casso	Troy Buchanan	Senior
	Carter Radke	Francis Howell Central	Freshman
	Matthew Rauser	Francis Howell	Junior
	Carson Howard	Francis Howell North	Sophomore
	Jackson Vaughn	Francis Howell	Junior

Outfielders

	Player	School	Year
1st TEAM	Ethan Callison	Francis Howell Central	Junior

	Leo Humbert	Francis Howell	Junior
	Isaiah Ogbe	Wentzville Timberland	Junior
	Brennon Wibbenmyer	Francis Howell	Senior
2nd TEAM	Lance Suckey	Troy Buchanan	Junior
	Brant Deverman	Fort Zumwalt West	Junior
	Michael Wolff	Fort Zumwalt West	Freshman
	Chase Radeke	Francis Howell Central	Freshman

Player of The Year: Tytus Cissel, Francis Howell, Senior

Coach of the Year: Tony Perkins of Francis Howell

ALL ACADEMIC

Fort Zumwalt West – Logan Cowick, Brant Deverman, Brandt Diel, Cole Harris, Ben Moehl, Logan O’Laughlin, Luke Rolfes, Jeter Rupp, Tanner Sullivan, Alex Wheeler, Nolan Whiteside, Michael Wolff

Francis Howell – Mason Bogard, Jake Brettschneider, Alex Bryan, Greyson Coleman, Leo Humbert, Noah Jones, Garrett Puckett, Matthew Rauser, Adam Shipley, Quinn Redfield, Eli Skidmore, Brennon Wibbenmyer

Francis Howell Central – Ethan Callison, Cole Ochs, Ben Henthorn, Tayden Harlow, Sam Mueller, Drew Wyss, Tanner Delcourt, Gabe Duncan, Brayden Jones, Nate Rush

Francis Howell North – Luciano Bommarito, Cameron Burris, Blake Ermeling, Will Gorski, Luke Hewlett, Carson Howard, Chase Just, Kyler Moring, Carter Stover, Braeden Witherbee

Wentzville Timberland - Luke Bessie, Cash Burks, Ethan Chiodini, Owen Dietiker, Dominic Horn, Austin Humphrey, Kannon Manner, Cam Newsom, Robbie Roellig, Brady Schuler, Brad Stumpf, Carson Sutton

Troy Buchanan – Camron Casso, Ethan Cox, Gavin Cyr, Brady Eulinger, Cameron Huddleston, Kaleb Knaust, Austin Mayhall, John Reiter, Nathan Skillman, Brent Smith, Lance Stuckey, Carson Twellman, Aiden Vaccaro, Aven Weaver, Josh Wiedemann

SPORTSMANSHIP

Fort Zumwalt West – Brant Deverman

Francis Howell - Schafer Cradick

Francis Howell Central –Nate Rush

Francis Howell North - Mason Mitchell

Wentzville Timberland -Gavin Jones

Troy Buchanan – Cameron Huddleston

SPRING MEN'S GOLF

2024

NORTH DIVISION

1st TEAM All Conference

Hudson Shy [FR] - Saint Charles West

Owen Shy [JR] - Saint Charles West

Nick Compton [SO] - Wentzville North Point

Oliver Gorski - Winfield

John Howle [SR] = Saint Charles West

Bryce Gould [SO] - Orchard Farm

2nd TEAM All Conference

Jake Prinster [JR] - Wentzville North Point

Drew Hines - Winfield

Oliver Dunkmann [SR] -Orchard Farm

Owen Thompson [SR] - Warrenton

Gavin Thompson [FR] - Warrenton

Max Dietrich [JR] - Orchard Farm

PLAYER OF THE YEAR

HUDSON SHY [FR] - SAINT CHARLES WEST

GAC NORTH FINAL STANDINGS

Saint Charles West - 106

Orchard Farm - 88

Wentzville North Point - 82

Warrenton - 52

Winfield - 44

Saint Charles -13

SPORTSMANSHIP

Saint Charles - Hayden Kayser

Saint Charles West - Owen Shy

Wentzville North Point -

Warrenton - Luke Eskew

Winfield - Oliver Gorski

Orchard Farm - Max Dietrich

ALL ACADEMIC TEAM

Saint Charles - Ethan Cox, Jacob Lawrence

Saint Charles West - Hudson Shy, Owen Shy, JAce Little, Tyler Prize

Wentzville North Point - Keaton Johnson, Jacob Prinster, Luke Gieselmann, Jacob Doerr

Warrenton - Owen Thompson, Gavin Solari

Winfield - Oliver Gorski

Orchard Farm - Oliver Dunkmann, Tyler Bextermueller, Max Dietrich, Ethan Lucido

CENTRAL DIVISION

1st TEAM All Conference

Aidan Steimetz [SR] - Fort Zumwalt East

Cole Packingham [SO] - Wentzville Liberty

Dylan Handlan [JR] - Wentzville Liberty

Boston Howard [JR] - Wentzville Holt

Alex Bresler [JR] - Fort Zumwalt South

David Hamm [SR] - Fort Zumwalt North

2nd TEAM All Conference

Zach Mesplay [SR] - Fort Zumwalt South

Alex Fregalette [SR] - Washington

Carter Ashby [JR] - Wentzville Liberty

Luke Skinner [SO] - Fort Zumwalt East

Braden Prenger [JR] - Wentzville Holt

Alec Wilson [JR] - Fort Zumwalt South

PLAYER OF THE YEAR:

Aidan Steinmetz of Fort Zumwalt East

GAC CENTRAL FINAL STANDINGS

Wentzville Liberty - 96.5

Fort Zumwalt South - 91

Fort Zumwalt East - 73

Wentzville Holt - 64.5

Washington - 37.5

Fort Zumwalt North - 12.5

ALL ACADEMIC

Washington - Nick Lucido, Aden Staples, Jackson Straatmann, Owen Zastrow

Wentzville Holt - Griffin Berg, Boston Howard, Braden Prenger

Wentzville Liberty - Carter Ashby, Cole Pakingham, Dylan Handlan, Michael Buckley, Logan Gannon, Cooper Ludwig

Fort Zumwalt East - Nick Lubiewski, Preston Lutz, Tyson Miller, Elliott Moore, Jacob Phillips, Luke Skinner, Aidan Steinmetz, Adam Wise

Fort Zumwalt South - Alex Bresler, Nick Moran

Fort Zumwalt North -

SPORTSMANSHIP

Washington - Jackson Straatmann

Wentzville Holt - Scottie Nicotra

Wentzville Liberty - Carter Ashby

Fort Zumwalt East - Preston Lutz

Fort Zumwalt South - Alex Bresler

Fort Zumwalt North -

SOUTH DIVISION

1st TEAM All Conference

Bryce Renz [JR] - Francis Howell North

Colin Pini [SR] - Francis Howell

Kolton Kijanko [FR] - Francis Howell

Cohen Vierling [SO] - Francis Howell

Alex Leath [SR] - Fort Zumwalt West

Hunter Hering [SO] - Fort Zumwalt West

2nd TEAM All Conference

Ethan Mottert [FR] - Francis Howell

Trenton Hubbard [SO]- Troy Buchanan

Jay Choi [JR] - Francis Howell North

Jay Wynn [SR] - Francis Howell Central

Lucas Lafferty [JR] - Wentzville Timberland

Gavin Harris [SO] - Troy Buchanan

PLAYER OF THE YEAR:

Bryce Renz of Francis Howell North

GAC SOUTH FINAL STANDINGS

Francis Howell - 108

Francis Howell North - 73.5

Fort Zumwalt West - 73

Wentzville Timberland - 54.5

Troy Buchanan - 45

Francis Howell Central - 21

ACADEMIC

Fort Zumwalt West - Drew Howe, Andrew Walden, Hunter Herring

Troy Buchanan - Lane Dillow, Gavin Harris, Braden Lebegue, Olliver Wood

Wentzville Timberland - Dylan Aldag, Noah Hazen, Carson Hierholzer, Lucas Lafferty, Matthew Long, Samuel Seiz

Francis Howell North - Jackson McGowen, Bryce Renz, Sean Borgschulte, Ayden Larson, Jay Choi

Francis Howell - Tyler Adams, Erik Anderson, Cole Brewer, Dominic Colombo, Jack Fann, Luke Grieshaber, Nick Halterman, Sam Huelsing, Isaac Kelley, Kolton Kijanko, Ethan Mottert, Jason Rhomberg, Connor Thornhill, Andrew Vaughn, Cohen Vierling, Parker Williams

Francis Howell Central - Jay Wynn, Brennan Moore, Mason Bryant

SPORTSMANSHIP

Fort Zumwalt West - Drew Howe

Troy Buchanan - Lane Dillow

Wentzville Timberland - Samuel Seiz

Francis Howell North - Connor Neu

Francis Howell - Tyler Adams

Francis Howell Central - Brennan Moore

WOMEN'S SPRING SOCCER

2024

2024 North Women's Soccer Division

FIRST TEAM ALL CONFERENCE

PLAYER	POSITION	SCHOOL
Devin Tracy	Goalkeeper	Wentzville North Point
Addison Brown	Defender	Orchard Farm
Sophie Hayes	Defender	Wentzville North Point
Aubrey Coe	Defender	Wentzville North Point
Quinn Orrick	Midfielder	Saint Charles
Brooke Williams	Midfielder	Orchard Farm
Katie Abegg	Midfielder	Orchard Farm
Gia Zerface	Midfielder	Wentzville North Point
Riley McGuire	Forward	Saint Charles West

Bailey Goeke	Defender	Orchard Farm
Charlotte Anderson	Forward	Saint Charles
Mya Barr	Forward	Wentzville North Point

SECOND TEAM ALL CONFERENCE

PLAYER	POSITION	SCHOOL
Sequoia Ross	Goalkeeper	Saint Charles West
Madison Demitroff	Defender	Wentzville North Point
Sammy Hunt	Defender	Wentzville North Point
Rylan Orrick	Defender	Saint Charles
Claire Horstmann	Defender	Saint Charles West
Bailey Wisnieski	Midfielder	Winfield
Brooklyn Schott	Midfielder	Winfield
Kylie Overkamp	Midfielder	Warrenton
Anna White	Midfielder	Saint Charles West
Hannah Ramsey	Forward	Orchard Farm
Aubrey Salinas	Forward	Orchard Farm
Rony Jackson	Forward	Saint Charles

PLAYER OF THE YEAR NORTH DIVISION:

Mya Barr, Forward, Wentzville North Point

COACH OF THE YEAR NORTH DIVISION:

Greg Schroeder of Wentzville North Point

All Academic Team

Orchard Farm: Ashlyn Ohlms, Addison Brown, Bailey Goeke, Payton Meyers, Camryn Nelson, Aubri Salinas, Hannah Ramsey, Devon Sharp, Brooke Williams, Gretchen Schuster, Ellie Smith, Cioni Stdko, Maria Steimel, Ryan Strunk, Ava Grunwaldt, Chloe Westerfeld, Bella Carruthers, Katie Abegg, Hailey Steinhoff, Leah Roberts, Allison Prather

St. Charles: Charlotte Anderson, Maddie Bunch, Eleanor Curtis, Maddie Harmon, Veronica Jackson, Kenzie Laughman, Lamia Linson, Heather Moore, Rileigh O’Keeffe, Rylan Orrick, Quinn Orrick, Renata Restrepo, Avery Schneider, Olivia Sewell, Muryn Wallace

St. Charles West: Sequoia Ross, Sophia Boyer, Claire Horstmann, Bella Herrera, Riley McGuire, Genna Wacker, Anna White, Abby Loftus, Addie Miller, Mary Loftus, Victoria Vaughan, Adele Jorge Zabala, Chloe Hennessey, Alex Nicastro, Chloe O’Driscoll, Kaylan Schooler, Lucy Voelkl, Mya Douglas, Alison Loftus

Warrenton: Emma Duncan, Morgan Marschel, Lana Le, Breeyn Young, Isabelle Morris, Maddie Schoppenhorst, Raven Gaffney, Malia Hopper, Haley Rausch, Madison Zimmermann

Winfield: Danielle Lang, Colbie Rau, Chloe Havican, Addy Cassinger, Abby Brown, Jade Ostmann, Brooklynn Schott, Kynlee Malloy, Lindsey Bray, Mariah Johnson, Caidyn Pund, Tallulah Gorski, Andie Kukan

Wentzville North Point: Mya Barr, Devin Tracy, Aubrey Coe, Sophie Hayes, Sammy Hunt, Miley Poeling, Morgan Gaudy, Miranda Slivinski, Gia Zerface, Catherine Hunn, Madison Demitroff, Amelia Foster, Kaiden Stearn, Brooklyn Guccione, Addison Hays, Mackenzie Eckelkamp, Alex Coe

Sportsmanship

Orchard Farm: Camryn Nelson

St. Charles: Heather Moore

St. Charles West: Abby Loftus

Warrenton: Emma Duncan

Winfield: Abby Brown

Wentzville North Point: Catherine Hunn

2024 Central Women's Soccer Division

FIRST TEAM ALL CONFERENCE

PLAYER	POSITION	SCHOOL
Mackenzie Compton	Forward	Wentzville Holt
Mia Knobbe	Defender	Wentzville Liberty
Maddie Kuhn	Midfielder	Wentzville Liberty
Sydney Strassemeier	Goalkeeper	Wentzville Liberty
Jailyn Brownlee	Midfielder	Fort Zumwalt South
Ashley Miller	Midfielder	Fort Zumwalt South
Ava Lewis	Defender	Wentzville Holt
Ella Rosenberg	Midfielder	Fort Zumwalt North
Shea Nortrup	Defender	Fort Zumwalt North
Fiona Shelp	Forward	Fort Zumwalt North
Avery Lanemann	Defender	Washington
Audrey Smith	Forward	Fort Zumwalt South

SECOND TEAM ALL CONFERENCE

PLAYER	POSITION	SCHOOL
Haley Kocher	Midfielder	Fort Zumwalt East
Addison Vodnansky	Midfielder	Washington
Allison Wiese	Defender	Fort Zumwalt South
Sophie Means	Forward	Wentzville Liberty
Morgan Farano	Goalkeeper	Fort Zumwalt North
Reece Hoffman	Midfielder	Wentzville Liberty
Hannah Schultz	Defender	Fort Zumwalt South
Mackenzie Buss	Forward	Fort Zumwalt South
Sophie Peine	Midfielder	Fort Zumwalt North
Emery Layne	Defender	Fort Zumwalt North
Maya Gaines	Defender	Fort Zumwalt East
Kayley Russell	Midfielder	Wentzville Holt

PLAYER OF THE YEAR CENTRAL DIVISION:

Audrey Smith, Forward, Fort Zumwalt South

CO-COACHES OF THE YEAR CENTRAL DIVISION:

Heidi Kleekamp of Wentzville Libderty

and

LeAnne Sanders of Fort Zumwalt South

All Academic Team

Fort Zumwalt East: Caitlyn Boyle, Madeline Lix, Ava Drummond, Hailey Morgan, Jenna Perano, Camryn Hadley, Kylee Quinones, Maya Gounis, Rowan Herbert, Joselyn Reeves, Mia Tomlinson, Taylor Tomlinson, Gabriella Spies, Maya Gaines, Haley Kocher, Camille Keyes

Fort Zumwalt North: Rylee Alberson, Diana Calzada, Payten Christ, Olivia Ferrario, Hali Hrasky, Anna Kolkmeier, Emery Layne, Zoe Martin, Shea Nortrup, Sophie Peine, Meara Plum, Ella Rosenberg, Leah Rosenberg, Ava Sachs, Fiona Shelp, Paige Wilkinson

Fort Zumwalt South: Skylar Atienza, Jailyn Brownlee, Makenzie Buss, Megan Daniel, Brielle Gilbert, Lauren Heath, Bridget Herweck, Allyson Lam, Emma Markert, Ashley Miller, Mary Morrison, Isabelle Reardon, Hannah Schultz, Audrey Smith, Abby Truscott, Katelyn Vogeler, Abbie Vorwerk, Allison Wiese, Olivia Woodworth

Washington: Lilly Thornton, Madison Sperry, Addison Vodnansky, Madison Moore, Susie Heggemann, Gabrielle Langford, Addyson Meyer, Avery Lanemann, Ava Staples, Presely Kiser, Jersey Tinsel, Destiny Highley, Kloey O'Connell

Wentzville Holt - Elizabeth Corcoran, Claire Goldstein, Jordyn Holland, Ava Lewis, Delaney Maynard, Avah Moring, Kendall Orf, Alyssa Relling, Elizabeth Shaw, Isabel Tiemann, Kaci Weller

Wentzville Liberty: Makena Bahr, Alivia Bartlow, Sadie Bruce, Leah Czerniewski, Sydney Eilerman, Lola Gianino, Kennadi Green, Eve Howard, Kylie Johnson, Maddy Kuhn, Madison Lipp, Jordyn Lovercheck, Kelsey Lynch, Sophie Means, Hallie Seaton, Sydney Strassemeier

Sportsmanship

Fort Zumwalt East: Avery Bingham

Fort Zumwalt North: Jailyn Ebert

Fort Zumwalt South: Katelyn Vogeler

Washington: Ava Staples

Wentzville Holt: Isabel Tiemann

Wentzville Liberty: Maddy Kuhn

FIRST TEAM ALL CONFERENCE

PLAYER	POSITION	SCHOOL
Riley Henderson	Midfielder	Francis Howell Central
Allison Wickenhauser	Defender	Francis Howell Central
Emily Sanabria	Goalkeeper	Wentzville Timberland
Macie Vincent	Forward	Wentzville Timberland
Gabby Tucker	Forward/Defender	Wentzville Timberland
Ashley Harvatin	Midfielder	Wentzville Timberland
Peyton Duffing	Defender	Fort Zumwalt West
Tori Bockstadter	Forward	Fort Zumwalt West
Madilyn Riege	Defender	Francis Howell
Lyla Karoloczak	Midfielder	Francis Howell
Alyssa Schulte	Midfielder	Troy Buchanan
Ava Lunders	Midfielder	Francis Howell Central

SECOND TEAM ALL CONFERENCE

PLAYER	POSITION	SCHOOL
Cassie Durban	Forward	Francis Howell Central

Claire Sanders	Midfielder	Francis Howell Central
Dannie Little	Goalkeeper	Francis Howell Central
Alysse Lamb	Defender/Midfielder	Wentzville Timberland
Aly Bryant	Midfielder	Wentzville Timberland
Morgan Newsom	Defender	Wentzville Timberland
Cydney Beckman	Midfielder	Fort Zumwalt West
Rylie Longo	Midfielder	Francis Howell
Ava Dew	Midfielder	Troy Buchanan
Olivia Krazi	Forward	Francis Howell North
Addie Baldwin	Defender	Fort Zumwalt West
Rony Jackson	Forward	Saint Charles

PLAYER OF THE YEAR SOUTH DIVISION:

Ava Lunders, Midfielder, Francis Howell Central

COACH THE YEAR NORTH DIVISION:

Paige Abert of Wentzville Timberland

All Academic Team

Fort Zumwalt West:

Francis Howell: Jordyn Campbell, Lia D'Afonseca, Rosemary Demling, Cora Dooley, Olivia Enright, Malia Garbarini, Elicia Garbo, Audrey Griffin, Hailey Hilson, Lyla Karolczak, Isabella Larrigan, Brooke Lewis, Brinley Linnenbringer, Hannah Mottert, Ella Reyling, Madilyn Riege, Alyssa Stevens, Ava Stevens, Riley Subbert, Anna Syron, Taylor Taykowski

Francis Howell Central: Madison Barnes, Sophie Brennan, Ava Breuer, Finley Brunner, Claire Casler, Morgan Davis, Madeline Debro, Cassie Durbin, Kyleigh Harmon, Riley Henderson, Dani Jansen, Dannie Little, Ava Lunders, Reese McDevitt, Julia Peters, Ryhan Pierce, Maya Radeke, Claire Sanders, Genna Valenti, Allison Wickenhauser

Francis Howell North: Myca Blyenberg, Mady Brewer, Claire Brightwell, Addison Butler, Marissa Head, Cassie Hodgkins, AJ Kime, Olivia Krazl, Lexi Lohnes, Ellie McCoy, Alexis Morlen, Madelyn Petty, Camryn Portell, Kylie Ramirez, Shalini Sharma, Jenna Smith, Morgan Smith, Kate Vernon

Troy Buchanan: Kaylee Colbert, Ava Dew, Brooke Dollard, Elayna Enos, Chloe Fister, Ryleigh Hauser, Lillian Hawkins, Mollie Holl, Madison Holl, Jori Reiter, Alyssa Schulte, Lillian Stanek, Avah Tonioli, Morgan Twellman, Adelyn Yanick

Wentzville Timberland: Rowyn Blanke, Aly Bryant, Sofie Campanella, Brooke Clark, Addy Grantham, Ashley Harvatin, Lauren Jenkins, Alysse Lamb, Morgan Newsom, Maddie Puszkur, Taylor Reiter, Tommie Roberts, Ava Scorfina, Ellie Shinn, Gabby Tucker, Macie Vincent, Riley Walkenhorst

SPORTSMANSHIP

Fort Zumwalt West:

Francis Howell: Anna Syron

Francis Howell Central: Ryhan Pierce

Francis Howell North: Kate Vernon

Troy Buchanan: Ava Dew

Wentzville Timberland: Sophie Campanella

SPRING MEN'S TENNIS

2024

North-Central All Conference

#1 SINGLES

1st: Goodyear of Fort Zumwalt East def. Lund of Fort Zumwalt South

3rd: Nelson of Wentzville Holt def. R. Lubiewski of Fort Zumwalt North

#2 SINGLES

1st: Stillman of Holt def. Russell of Saint Charles

3rd: Schwalb of Fort Zumwalt North def. Maslin of Fort Zumwalt South

#3 SINGLES

1st: M. Madden of Wentzville Holt def. Malinofsky of North Point

3rd: Behan of Fort Zumwalt East def. Cain of Fort Zumwalt North

#4 SINGLES

1st: Cohen of North Point def K. Evans of Wentzville Holt

3rd: D. Lubiewski of Fort Zumwalt North def. Mishra of Fort Zumwalt South

#5 SINGLES

1st: Engelage of Wentzville Holt def Schott of North Point

3rd: Rebstock of Fort Zumwalt North def. Johnson of Fort Zumwalt South

#6 SINGLES

1st: Waller of North Point def. P. Madden of Wentzville Holt

3rd: Valdez of Fort Zumwalt South def. Rojano of Fort Zumwalt East

#7 SINGLES

1st: Roth of North Point def. of Wentzville Holt

3rd: Lam of Fort Zumwalt South def. Hankins of Fort Zumwalt North

#8 SINGLES

1st: Driggers of Wentzville Holt def. Enturi of Fort Zumwalt South

3rd: Movety of North Point def. McCollum of Fort Zumwalt North

#1 DOUBLES

1st: Lund/Maslin of FZ SOUTH def. Madden/Stillman of HOLT

3rd: Goodyear/Shortt of FZ EAST def. R. Lubiewski/Schwalb of FZ NORTH

#2 DOUBLES

1st: Nelson/Engelage of HOLT def .Mishra/Kozhikal of FZ SOUTH

3rd: Malinofsky/Cohen of NORTH POINT def. Foster/Behan of FZ EAST

#3 DOUBLES

1st: J. Evans/K. Evans of HOLT def. Schott/Walker of NORTH POINT

3rd: Koester/Rojano of FZ EAST def. Johnson/Valdez of FZ SOUTH

#4 DOUBLES

1st: Pruitt/Friedman of FZ EAST def. De Las Heras/Ganti of FZ SOUTH

3rd: Pagano/McMillen of FZ NORTH def. Chipley/Phillips of NORTH POINT

#5 DOUBLES

1st: Kaus/McCullough of NORTH POINT def. Ulrich/Bowman of FZ NORTH

3rd: Wieda/Li of FZ SOUTH def. Mettlach/Tackly of SC WEST

TEAM SCORES

WENTZVILLE HOLT [54];

**WENTZVILLE NORTH POINT [39.5]; FORT ZUMWALT SOUTH [36.75]; FORT ZUMWALT NORTH [24.75];
FORT ZUMWALT EAST [24]; SAINT CHARLES [4];SAINT CHARLES WEST [1.5]**

ACADEMIC

Saint Charles -

Saint Charles West -

Fort Zumwalt East -

**Wentzville Holt - Zachary Becker, Braden Engelage, Jack Evans, Kaden Evans, Ethan Goodin, Mabry
Madden, William Meyer, Jack Stillman**

Wentzville North Point -

SPORTSMANSHIP

Saint Charles -

Saint Charles West -

Fort Zumwalt East -

Wentzville Holt - Braden Engelage

Wentzville North Point -

2024 Men's Tennis

South-Central All Conference

#1 Singles

1st: Cheema of W Liberty def. Surapaneni of FZ West, 7-6, 6-0

3rd: Gustafson of FH North def. Brown of Francis Howell, 6-4, 5-7, 10-4

#2 Singles

1st: Meyer of W Liberty def. Jameson of FH North, 6-1, 6-2

3rd: Troyer of Francis Howell def. Reese of FZ West, 6-1, 6-4

#3 Singles

1st: Vaughn of FZ West def. Silzle of FH North, 6-2, 6-4

3rd: Konduru of Francis Howell def. Hayes of FH Central, ?

#4 Singles

1st: Lytle of Francis Howell def. Silzle of FH North, 7-5, 6-2

3rd: Giraud of W Liberty def. Kirubakaran of FZ West, 8-4

#5 Singles

1st: Burzynski of Francis Howell def. Jameson of FH North, 6-1, 6-2

3rd: DaSilva of W Liberty def. Amerin of FZ West, 8-4

#6 Singles

1st: Harper of Francis Howell def. McDonald of FZ West 6-0, 6-1

3rd: Fitzsimmons of FH North def. Lacort Grandas of W Liberty, 8-6

#7 Singles

1st: Couch of FH North def. Jain of Francis Howell, 8-6

3rd: Warden of W. Timberland def. Thai of W Liberty, 8-1

#8 Singles

1st: Karjala of FZ West def. Zhang of Francis Howell, 8-4

3rd: Prouhet of FH North def. Ramier of W Liberty, 8-5

#1 Doubles

1st: Cheema/Meyer of W Liberty def. Surapaneni/Vaughan of FZ West, 8-3

3rd: Gustafson/Jameson of FH North def. Brown/Konduru, 8-3

#2 Doubles

1st: Troyer/Burzynski of Francis Howell def. Reese/Kirubakaran of FZ West, 8-6

3rd: Payne/Giraud of W. Liberty def. B. Silzle/R. Silzle of FH North, 9-8,7-5

#3 Doubles

1st: Harper/ Lytle of Francis Howell def. Jamerson/Fitzsimmons of FHG North, 8-0

3rd: Da Silva/Lacort Grandas of W Liberty def. Amerin/McDonald of FZ West, 8-5

#4 Doubles

1st: Wiley/Haynes of W Liberty def. Nguyen/Curran of Francis Howell, 8-5

3rd: Mullex/Castille of FH Central def. Senthil/Forbes of FH North, 8-7

#5 Doubles

1st: McClaughlin/Olwig of Francis Howell def. Davison/Portell of FH North, ?

3rd: Gillispie/Clay of W Liberty def. Carnigal/McCann of FH Central, 8-4

TEAM SCORES: no team scores reported

FORT ZUMWALT WEST = Team Champion

ACADEMIC ALL CONFERENCE

Francis Howell -

Wentzville Timberland -

Francis Howell North -

Fort Zumwalt West -

SPORTSMANSHIP

Troy Buchanan -

Francis Howell -

Wentzville Timberland -

Fort Zumwalt West -

2024 North Varsity Men Track and Field

results are entered as received - Central and South after May 3-4

100 meter dash

Name	School	Year	Time
Jason Williams	Orchard Farm	SR	11.29
Jadon Salamone	Saint Charles	JR	11.35
Chance McPike	Warrenton	FR	11.48
Carl Clark	Wentzville North Point	JR	11.51

200 meter dash

Name	School	Year	Time
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Jadon Salamone	Saint Charles	JR	22.82
Chance McPike	Orchard Farm	SO	23.27
Marvell Washington	Saint Charles West	SR	23.36
Alex Robinson	Wentzville North Point	JR	23.43

400 meter dash

Name	School	Year	Time
Jadon Salamone	Saint Charles	JR	49.96
Chance McPike	Warrenton	FR	51.25
Jackson Jones	Saint Charles	JR	51.42
Trey Trennepohl	Wentzville North Point	SR	52.97

800 meter run

Name	School	Year	Time
Luke Nottmeyer	Saint Charles	SR	2:02.18
Mitchell Lerner	Wentzville North Point	SO	2:03.76
Samuel Bland	Saint Charles	SR	2:04.42
Phillip Kackley	Warrenton	Sr	2:08.47

1600 meter run

Name	School	Year	Time
Luke Nottmeyer	Saint Charles	SR	4:28.30
Wyatt Claiborne	Warrenton	SR	4:29.25
Nate Maples	Saint Charles	SR	4:35.58
Hunter Stahl	Wentzville North Point	SO	4:40.21

3200 meter run

Name	School	Year	Time
Hunter Stahl	Wentzville North Point	SO	9:38.21
Nate Maples	Saint Charles	SR	9:52.76
Elijah Case	Saint Charles	SO	9:56.84
Wyatt Claiborne	Warrenton	SR	10:27.63

110 meter hurdles

Name	School	Year	Time
Matthew Hyde	Winfield	SR	15.34
Dylan Pauk	Wentzville North Point	JR	15.68
Charles Davis	Orchard Farm	SR	16.06
Issac Black	Saint Charles	SO	16.22

300 meter hurdles

Name	School	Year	Time
Dylan Paul	Wentzville North Point	JR	41.43
Issac Black	Saint Charles	SO	41.63
James Warner	Saint Charles	SR	41.99
Matthew Hyde	Winfield	SR	42.93

4 x 100 meter relay

School	Relay Member	Time
Wentzville North Point	No names entered	44.48
Orchard Farm	Jason Williams	44.91
	Christopher Medlock	
	Jorden Matlock	
	Colin Sarino	
Warrenton	Kadin Stroer	45.37

	Deadrick Forrest	
	Garrison Allen	
	Chance McPike	
Winfield	Collin Sams	45.47
	Gage King	
	Conner Martin	
	Bailey Riley	

4 x 200 meter relay

School	Relay Member	Time
Saint Charles	Mateo Chang	1:32.27
	Charles Reid	
	Jackson Jones	
	Jordan Rowe	
Wentzville North Point	No names entered	1:32.81
Orchard Farm	Jason Williams	1:34.32

	Jorden Matlock	
	Christopher Medlock	
	Colin Sarino	
Saint Charles West	Josh Spraul	1:34.69
	Kolten Politte	
	Chance Parrish	
	Marvell Washington	

4 x 400 meter relay

School	Relay Member	Time
Saint Charles	James Warner	3:26.90
	Charles Reid	
	Jackson Jones	
	Jadon Salamone	
Wentzville North Point	No names entered	3:33.25
Orchard Farm	Adam Ruffing	3:43.83

	Andrew gee	
	Alexander Knight	
	Ganon Dody	
Saint Charles West	Tucker Runion	3:55.18
	Chance Parrish	
	Kolten Politte	
	Josh Spraul	

4 x 800 meter relay

School	Relay Member	Time
Saint Charles	Elijah Case	8:39.78
	Samuel Bland	
	Chris imsey	
	James Warner	
Orchard Farm	Andrew Gee	8:44.33
	Ganon Dody	
	Reilly Hawkins	
	Alexander Knight	
Wentzville North Point	No names entered	8:45.21

Saint Charles West	Diego Brasher	9:24.51
	Cole Severs	
	Tristan Reddin	
	Asher Campbell	

High Jump

Name	School	Year	Height
Chris Ketchum	Saint Charles	SR	1.86 m
James Warner	Saint Charles	SR	1.80 m
Dane Lawson	Wentzville North Point	JR	1.75 m
Trenton Koenigsfeld	Orchard Farm	SO	1.70 m

Pole Vault

Name	School	Year	Height
Chase Buehrle	Saint Charles West	JR	3.65 m
Cole Wicklund	Wentzville North Point	SO	3.50 m

Brent Weiss	Orchard Farm	SR	3.35 m
Cole Kirks	Orchard Farm	SR	3.20 m

Long Jump

Name	School	Year	Distance
Jason Williams	Orchard Farm	SR	6.75 m
Garrison Allen	Warrenton	SR	6.20 m
Jordan Rowe	Saint Charles	JR	6.13 m
Nathan Logan	Wentzville North Point	JR	6.04 m

Triple Jump

Name	School	Year	Distance
Bailey Riley	Winfield	SR	13.17 m
Nathan Logan	Wentzville North Point	JR	12.63 m
Jordan Rowe	Saint Charles	JR	12.43 m
Jorden Matlock	Orchard Farm	JR	12.43 m

Shot Put

Name	School	Year	Distance
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Marcus Greene	Warrenton	FR	13.31 m
Hoyt Gregory	Wentzville North Point	JR	13.29 m
Carter Briddell	Wentzville North Point	JR	12.73 m
Elias McPike	Warrenton	SO	12.65 m

Discus

Name	School	Year	Distance
Beau Banze	Wentzville North Point	SR	41.59 m
Garrison Allen	Warrenton	SR	38.29 m
Arreybot Abunaw	Wentzville North Point	JR	35.59 m
Layne Bay	Saint Charles West	SO	35.56 m

JAVELIN

Name	School	Year	Distance
Kyle Cotton	Saint Charles West	JR	53.57 m
Mitchell Pyatt	Wentzville North Point	SR	42.85 m
Colby Sanchez	Orchard Farm	SR	41.63 m
Slade Nagel	Saint Charles	JR	40.79 m

TEAM SCORES: Saint Charles [177]

Wentzville North Point [161], Orchard Farm [87]; Warrenton [78]; Saint Charles West [47]; Winfield [36]

ALL ACADEMIC

Saint Charles -

Saint Charles West -

Winfield - Nathaniel Blucker, Austin Cruse, Brayden Haight, Jacob Harl, Gage King, Gavin Lewis, Conner Martin, Bailey Riley

SPORTSMANSHIP

Saint Charles -

Saint Charles West -

Winfield - Brandon Martinek

2024 Central Varsity Men Track and Field

100 meter dash

Name	School	Year	Time
Jackson Carter	Fort Zumwalt East	SR	11.12
Jayden Noel	Fort Zumwalt North	SO	11.25
Landon Boston	Washington	SR	11.29
Xavier Adams	Wentzville Holt	JR	11.45

100 meters para wheelchair JV**Jeffrey Files, Senior of Fort Zumwalt North in 16.26 s****200 meter dash**

Name	School	Year	Time
Landon Boston	Washington	SR	22.63
Tyler Anderson	Fort Zumwalt East	SR	22.75
Jayden Noel	Fort Zumwalt North	SO	22.83
Jackson Carter	Fort Zumwalt East	SR	22.92

200 meters para wheelchair JV**Jeffrey Files, Senior of Fort Zumwalt North in 29.91 s****400 meter dash**

Name	School	Year	Time
Cannon Cunningham	Wentzville Liberty	SR	49.37
Nolan Schlattman	Wentzville Liberty	SR	50.60
Adyn Prophete	Washington	SR	50.96
Chase Ostmann	Fort Zumwalt North	JR	51.15

400 meters para wheelchair JV

Jeffrey Files, Senior of Fort Zumwalt North in 1:00.97

800 meter dash

Name	School	Year	Time
Tyler Andeson	Fort Zumwalt East	SR	1:54.15
Landon Jones	Wentzville Liberty	JR	1:58.41
Ethan Wilmes	Fort Zumwalt East	JR	2:01.99
Cale Eldredge	Wentzville Liberty	JR	2:02.04

1600 meter run

Name	School	Year	Time
Tyler Anderson	Fort Zumwalt East	SR	4:19.54
Taylor Ayden	Wentzville Liberty	JR	4:19.93
Steven Braodbent	Washington	SO	4:28.73
Cale Eldredge	Wentzville Liberty	JR	4:33.67

3200 meter run

Name	School	Year	Time
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Taylor Ayden	Wentzville Liberty	JR	9:48.38
Gable Ohm	Washington	FR	9:59.88
Trevor Judge	Wentzville Liberty	JR	10:07.62
Daniel McClellan	Fort Zumwalt East	SR	10:19.52

110 meter hurdles

Name	School	Year	Time
Xander Dewitt	Fort Zumwalt South	SR	15.36
Aneas Smith	Fort Zumwalt North	JR	15.47
Nolan Wieland	Washington	SO	16.52
Jack Henderson	Washington	SO	16.72

300 meter hurdles

Name	School	Year	Time
Xander Dewitt	Fort Zumwalt South	SR	39.86
Aneas Smith	Fort Zumwalt North	JR	41.72
Rashad Boone	Wentzville Liberty	FR	43.87
Caleb Matchell	Washington	FR	43.90

4 x 100 meter relay

Name	Relay member	Time
Wentzville Liberty	Dominic Holderfield	43.26
	Jaylen Mack	
	Marquis Williams	
	Caiden Galati	
Fort Zumwalt North	Cameron Sherman	43.55
	Jayden Noel	
	Chaun Robinson	
	William Hinkle	
Fort Zumwalt South	Owen Bates	45.35
	Isaiah Clark	
	Xander Dewitt	
	Whyett Pilger	
Washington	Caleb Matchell	46.58
	Caleb Moritz	
	Andrew Peterson	
	Nolan Wieland	

4 x 200 meter relay

School	Relay Member	Time
Fort Zumwalt North	Cameron Sherman	1:31.50
	Jayden Noel	
	Chaun Robinson	
	William Hinkle	
Wentzville Liberty	Grey Wilkes	1:31.93
	Hunter Foerstel	
	Cannon Cunnigham	
	Courtney Jefferson	
Washington	Dylan Bartlett	1:32.26
	Landon Boston	
	Adyn Prophete	
	Caleb Matchell	
No other teams enetered		

4 x 400 meter relay

Name	Relay Member	Time
Wentzville Liberty	Conner Place	3:24.33
	Landon Jones	
	Nolan Schlattmann	
	Cannon Cunningham	
Washington	Landon Boston	3:26.75
	Steven Braoadbent	
	Dylan Bartlett	
	Adyn Prophete	
Fort Zumwalt South	Chase Ostmann	3:28.45
	Antwon Friend	
	Aneas Smith	
	Camden Pirrung	
Fort Zumwalt North	Brayden Miller	DQ'd for pacing
	Antwon Friend	
	Chase Ostmann	
	Noah Page	

4 x 800 meter relay

School	Relay Member	Time
Wentzville Liberty	Trevor Judge	8:20.73
	Landon Jones	
	Nolan Schlattman	
	Ayden Taylor	
Fort Zumwalt North	Antwon Friend	8:36.73
	Aiden Vogt	
	Blake Margerum	
	Chase Ostmann	
Washington	Mason Bliss	8:37.50
	Steven Broadbent	
	Weston Hewlett	
	Gable Ohm	
No other team entered		

High Jump

Name	School	Year	Height
Jack Henderson	Washington	SO	1.95 m
Luke Bass	Fort Zumwalt South	Sr	1.90 m
Trent Menke	Fort Zumwalt North	SR	1.80 m
Bradyn Rybicki	Wentzville Liberty	JR	1.80 m

Pole Vault

Name	School	Year	Height
Caleb Mitchell	Washington	FR	3.81 m
Logan Shuster	Wentzville Liberty	SO	3.65 m
Carlos Foster	Fort Zumwalt East	JR	3.50 m
James Keiser	Washington	JR	3.35 m

Long Jump

Name	School	Year	Distance
Conner Place	Wentzville Liberty	SR	6.53 m
Christian Williams	Wentzville Liberty	SO	6.36 m
Cameron Sherman	Fort Zumwalt North	FR	6.15 m

Nolan Wieland	Washington	SO	6.00 m
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Triple Jump

Name	School	Year	Distance
Conner Place	Wentzville Liberty	SR	13.35 m
David Macklin	Wentzville Holt	SR	13.25 m
Xavier Adams	Wentzville Holt	JR	13.09 m
Dominic Huggins	Fort Zumwalt East	JR	12.43 m

Shot Put

Name	School	Year	Distance
Kaileb Rhen	Wentzville Liberty	JR	14.55 m
Seth Alexander	Wentzville Liberty	SR	14.19 m
Kenan Miller	Wentzville Holt	SR	12.91 m
Jackson Parker	Washington	FR	12.26 m

Discus

Name	School	Year	Distance
Maximus Staebell	Fort Zumwalt South	SR	37.91 m

Ryan Schmerold	Wentzville Liberty	Sr	36.81 m
Logan Howard	Washington	JR	33.30 m
Isaac Lusa	Fort Zumwalt North	So	31.91 m

JAVELIN

Name	School	Year	Distance
Zakkary Kach	Wentzville Liberty	SR	49.27 m
Nolan Hendrix	Washington	JR	47.00 m
Jackson Ryan	Wentzville Liberty	JR	45.52 m
Caden Cox	Fort Zumwalt South	JR	43.01 m

TEAM RESULTS: Wentzville Liberty [193]

**Washington [139]; Fort Zumwalt North [92]; Fort Zumwalt East [71]; Fort Zumwalt South [56];
Wentzville Holt [34]**

ACADEMIC ALL CONFERENCE

Wentzville Holt - Hunter Adams, Kason Hartweck, Kenan Miller, Gavin Moore, Tyler Nobel, Lucas Tudor

Washington - William Amlong, Bowyn Bast, Mason Bliss, Landon Boston, Paul Briggs, Steven Broadbent, Justin Brooman, Peter Bush, Simon Figas, Carlos Garcia Trillo, Nicholas Gardner, Jack Henderson, Nolan Hendrix, Weston Hewlett, Daniel Hotra, Logan Howard, James Keiser, Kolton Lause, Caleb Matchell, Donovan McKenzie, Caleb Moritz, Gable Ohm, Teaguen Riley

Fort Zumwalt South -

SPORTSMANSHIP

Wentzville Holt - David Macklin

Washington - Andrew Peterson

2024 South Varsity Men Track and Field

100 meter dash

Name	School	Year	Time
Jaylen Ballard	Francis Howell	SO	11.26
Holden Hayes	Fort Zumwalt West	SO	11.38
Collin Parsons	Francis Howell Central	SR	11.46
Peyton Rasmussen	Fort Zumwalt West	JR	11.51

200 meter dash

Name	School	Year	Time
Jaylen Ballard	Francis Howell	SO	22.86

Holden Hayes	Fort Zumwalt West	SO	22.89
Peyton Rasmussen	Fort Zumwalt West	JR	23.05
Addison Mais	Francis Howell	JR	23.11

400 meter dash

Name	School	Year	Time
Reid Williams	Francis Howell	JR	50.07
Cameron Cason	Francis Howell	JR	50.83
Adam Potocki	Fort Zumwalt West	JR	51.09
Landon Kinion	Francis Howell Central	Sr	52.93

800 meter dash

Name	School	Year	Time
Sterling Holloman	Francis Howell	SR	2:04.94
Nathan Krisby	Francis Howell	SR	2:04.96
Carter Berg	Francis Howell Central	JR	2:06.28
Adam Potocki	Fort Zumwalt West	JR	2:07.57

1600 meter run

Name	School	Year	Time
Holden Black	Francis Howell	JR	4:34.35
Sterling Holloman	Francis Howell	SR	4:37.24
Dominic St. Jean	Fort Zumwalt West	SR	4:37.58
Maddox Riey	Wentzville Timberland	JR	4:39.65

3200 meter run

Name	School	Year	Time
Ezra Bailey	Francis Howell Centrsal	SR	10:05.00
Alexander Koneker	Francis Howell	JR	10:19.29
Westin Hess	Wentzville Timberland	SO	10:24.82
Holden Black	Francis Howell	JR	10:26.49

110 meter hurdles

Name	School	Year	Time
Curtiss Witt	Francis Howell	SO	14.96
Tomas Foreman	Francis Howell	JR	15.15
Lucas LaRue	Troy Buchanan	SR	15.70

Brandon Jones	Troy Buchanan	SO	18.59
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300 meter hurdles

Name	School	Year	Time
Tomas Foreman	Francis Howell	JR	40.12
Lucas LaRue	Troy Buchanan	SR	40.13
Curtiss Witt	Francis Howell	SO	40.99
Isaias Cameron	Fort Zumwalt West	SO	45.04

4 x 100 meter relay

Name	Relay member	Time
Francis Howell	No names entered	43.47
Troy Buchanan	Hunter Keene	43.52
	Shane Hopmann	
	Nicholas Moore	
	Carter Dowell	

Francis Howell Central	Brandt Gideon	44.98
	Collin Parsons	
	Simeon Smith	
	Landon Kinion	
Francis Howell North	Ethan Gietl	45.11
	Hudson Rowatt	
	Jayden Eiland	
	Trenton Brooks	

4 x 200 meter relay

School	Relay Member	Time
Francis Howell	No names entered	1:28.00
Troy Buchanan	Lucas LaRue	1:31.00
	Shane Hopmann	
	Hunter Keeene	
	Nicholas Moore	

Wentzville Timberland	Graham Bredenberg	1:35.35
	Toby Boyer	
	Nicholas Neubauer	
	Tristan Moss	
Francis Howell North	Trenton Brooks	1:36.82
	Jerecho Fajardo	
	Tyrell Golden	
	Ethan Gietl	

4 x 400 meter relay

Name	Relay Member	Time
Francis Howell	No names presented	3:23.83
Fort Zumwalt West	No names presented	3:24.98

Francis Howell Central	Simeon Smith	3:36.53
	Landon Kinion	
	Zach Morris	
	Carter Berg	
Francis Howell North	Andrew Head	3:51.88
	Tyrell Golden	
	Ethan Gietl	
	Kevin McGuire	

4 x 800 meter relay

School	Relay Member	Time
Francis Howell	No names presented	8:11.06
Fort Zumwalt West	No names presented	8:21.00

Francis Howell Central	Ezra Bailey	8:35.03
	Carter Berg	
	Anthony Casillas-Sanchez	
	Zach Morris	
Francis Howell North	Jerecho Fajardo	8:55.99
	Andrew Head	
	Kevin McGuire	
	Peter Swoboda	

High Jump

Name	School	Year	Height
Shane Hopmann	Troy Buchanan	SR	1.93 m
Tristan Moss	Wentzville Timberland	FR	1.85 m
Carter Dowell	Troy Buchanan	SO	1.85 m
Louis Mwamgiga	Fort Zumwalt West	JR	1.80 m

Pole Vault

Name	School	Year	Height
Carson Miller	Francis Howell	SR	3.81 m

Scott Letendre	Troy Buchanan	SR	3.81 m
Jaden Joyce	Fort Zumwalt West	SO	3.66 m
Evan Hirst	Fort Zumwalt West	JR	3.20 m

Long Jump

Name	School	Year	Distance
Cameron Cason	Francis Howell	JR	6.74 m
Hunter Hunphrey	Troy Buchanan	SO	6.32 m
Jayden Eiland	Francis Howell North	SR	5.99 m
Eliot Hummer	Fort Zumwalt West	JR	5.89 m

Triple Jump

Name	School	Year	Distance
Cameron Cason	Francis Howell	JR	14.34 m
Jayden Eiland	Francis Howell North	SR	13.22 m
Shane Hopmann	Troy Buchanan	SR	12.67 m
Jason Stringfellow	Francis Howell	JR	12.66 m

Shot Put

Name	School	Year	Distance
Mitchell Weisenborn	Francis Howell	JR	15.23 m
Logan Scrivner	Francis Howell	SR	15.09 m
Asher Nelson	Wentzville Timberland	JR	13.31 m
Kaiden Johns	Troy Buchanan	SR	13.25 m

Discus

Name	School	Year	Distance
Zavier Winton	Troy Buchanan	JR	57.22 m
Mitchell Wesienborn	Francis Howell	JR	40.98 m
Zane Brune	Francis Howell	SR	40.08 m
Ben Maskell	Fort Zumwalt West	SO	39.69 m

Javelin

Name	School	Year	Distance
Eliot Hummer	Fort Zumwalt West	JR	48.19 m
Jeremy Woefel	Francis Howell Central	SR	46.50 m
Nicholas Littlejohn	Francis Howell	Sr	44.22 m
Carter Dempsey	Wentzville Timberland	SR	42.90 m

TEAM RESULTS: Francis Howell [240];

Fort Zumwalt West [109.5]; Troy Buchanan [98]; Francis Howell Central [58]; Wentzville Timberland [43]; Francis Howell North [34.5]

ACADEMIC ALL CONFERENCE

Fort Zumwalt West -

Troy Buchanan -

Francis Howell North -

SPORTSMANSHIP

Fort Zumwalt West -

Troy Buchanan -

2024 North Varsity Women Track and Field

100 Meter Dash

Name	School	Year	Time
Alyssa Anderson	Wentzville North Point	JR	12.74
Ayamba Abunaw	Wentzville North Point	SO	12.99

Evangeline Rhama	Warrenton	Sr	13.30
Teriya Long	Saint Charles	SR	13.53

200 Meter Dash

Name	School	Year	Time
Alyssa Anderson	Wentzville North Point	JR	26.42
Gabrielle Robinson	Wentzville North Point	SO	26.84
Evelyn Stark	Winfield	JR	27.78
Teriya Long	Saint Charles	SR	27.84

400 Meter Dash

Name	School	Year	Time
Alyssa Anderson	Wentzville North Point	JR	1:00.27
Morgan Marschel	Warrenton	JR	1:01.13
Atty O'Keefe	Saint Charles	JR	1:02.17
Lauren Hunn	Wentzville North Point	FR	1:03.26

800 Meter Run

Name	School	Year	Time
Ella Sparkman	Wentzville North Point	FR	2:28.58
Melania Beilsmith	Saint Charles West	SO	2:35.58

Atty O'Keefe	Saint Charles	JR	2:41.91
Falyn Davidson	Winfield	FR	2:43.32

1600 Meter Run

Name	School	Year	Time
Brianna Krueger	Saint Charles West	FR	5:23.44
Ana Schroeder	Wentzville North Point	SO	5:43.90
Falyn Davidson	Winfield	FR	5:58.91
Elizabeth Babcock	Saint Charles West	FR	6:01.91

3200 Meter Run

Name	School	Year	Time
Brianna Krueger	Saint Charles West	FR	11:51.92
Miley Jackson	Saint Charles West	SO	11:53.34
Miranda Dawson	Wentzville North Point	SO	13:14.76
MacKenzie Swanson	Wentzville North Point	FR	13:26.24

100 Meter Hurdles

Name	School	Year	Time
Jersy Nelke	Winfield	JR	15.14
Sarah Saunders	Wentzville North Point	JR	16.49

Cecile Puati	Saint Charles	SO	18.51
Syria Bell	Saint Charles	SO	18.66

300 Meter Hurdles

Name	School	Year	Time
Jersy Nelke	Winfield	JR	47.06
Morgan Robinson	Wentzville North Point	SO	48.55
Bonnie Swafford	Wentzville North Point	JR	49.27
Ella Miller	Orchard Farm	FR	51.32

4 x 100 Meter Relay

School	Relay Member	Time
Wentzville North Point	Skyelyn Cook	51.10
	Gabrielle Robinson	
	Elena Pender	
	Cali Moller	
Winfield	Isabel Reinebach	52.19
	Evelyn Stark	
	Jersy Nelke	
	Megan Holder	

Orchard Farm	Claire Allen	52.90
	Olivia Nicolay	
	Jakai Robinson	
	Aria Burnett	
Warrenton	Kylie Overkamp	53.20
	Kiera Daniel	
	Isabelle Morris	
	Evnagleine Rhama	

4 x 200 Meter Relay

School	Relay Member	Time
Orchard Farm	Claire Allen	1:50.15
	Olivia Nicolay	
	Sophia Ditmeyer	
	Jakai Robinson	
Wentzville North Point	Zoe Edmonds	1:50.18
	Rylee Foster	
	Evie Bampton	
	Lauren Hunn	

Saint Charles	Jenna Hollrah	1:51.56
	Teriya Long	
	Cecile Puati	
	Atty O'Keefe	
Warrrenton	Kylie Overkamp	1:55.62
	Evangeline Rhama	
	Isabelle Morris	
	Morgan Marschel	

4 x 400 Meter Relay

Name	Relay Member	Time
Wentzville North Point	Ayamba Abunaw	4:13.69
	Sarah Saunders	
	Gabrielle Robinson	
	Bonnie Swafford	
Saint Charles	Cecile Puati	4:39.32
	Teriya Long	
	Syria Bell	
	Atty O'Keefe	

No third team entered		
No fourth team entered		

4 x 800 Meter Relay

School	Relay Member	Time
Saint Charles West	Brianna Krueger	10:03.63
	Avery Jackson	
	Annabelle Prost	
	Miley Jackson	
Wentzville North Point	Ana Schroeder	10:34.99
	Regan Clercx	
	Olivia Prine	
	Ella Sparkman	

Saint Charles	Matalyn Basler	12:10.80
	Ella Nottmeyer	
	Ginessa Fields	
	Lena Wulff	
No fourth team entered		

High Jump

Name	School	Year	Height
Sarah Saunders	Wentzville North Point	JR	1.47 m
Sophia Ditmeyer	Orchard Farm	SR	1.35 m
Faith Jones	Wentzville North Point	JR	1.35 m
Grace Basler	Saint Charles	FR	1.30 m

Pole Vault

Name	School	Year	Height
Bethany Toulou	Wentzville North Point	JR	2.75 m
Ava Shields	Orchard Farm	SR	2.45 m

Adalee Reinker	Wentzville North Point	SR	2.30 m
Jozaa Kerkemeyer	Winfield	SO	2.15 m

Long Jump

Name	School	Year	Distance
Isabel Reinebach	Winfield	JR	5.24 m
Jersy Nelke	Winfield	JR	5.05 m
Evangeline Rhama	Warrenton	Sr	4.64 m
Isabella Pritchett	Wentzville North Point	JR	4.52 m

Triple Jump

Name	School	Year	Distance
Ateshia Turner	Saint Charles West	SR	10.64 m
Isabel Reinebach	Winfield	JR	10.44 m
Charlotte Kulma	Saint Charles	SO	9.79 m
Grace Basler	Saint Charles	FR	9.46 m

Shot Put

Name	School	Year	Distance
Avery Shaw	Warrenton	JR	10.92 m
Makayla Witthaus	Warrenton	SO	9.93 m

Abigail Govero	Saint Charles West	SR	8.88 m
Lilly Hart	Winfield	JR	8.74 m

Discus

Name	School	Year	Distance
Avery Shaw	Warrenton	JR	34.58 m
Lilly Hart	Winfield	JR	31.22 m
Makayla Witthaus	Warrenton	SO	26.92 m
Karly Tinker	Wentzville North Point	JR	25.99 m

JAVELIN

Name	School	Year	Distance
Morgan Robinson	Wentzville North Point	SO	34.32 m
Bryten Kendrick	Saint Charles	JR	34.09 m
Evelyn Stark	Winfield	JR	30.82 m
Avery Shaw	Warrenton	JR	30.22 m

TEAM SCORES: Wentzville North Point [192];

Winfield [96.5]; Saint Charles [86]; Saint Charles West [73]; Warrenton [72.5]; Orchard Farm [45]

ALL ACADEMIC

Saint Charles -

Saint Charles West -

Winfield - Ava Creamer, Falyn Davidson, Renzlee Davidson, Hailey Dubois, Lilly Harl, Megan Holder, MariahJohnson, JozeeKerkemeyer, Kaylee Munie, Jersy Nelke, Isabel Reinebach, Evelyn Stark

SPORTSMANSHIP

Saint Charles -

Winfield - Renzlee Davidson

Saint Charles West -

2023 Central Varsity Women Track and Field

100 meter dash

Name	School	Year	Time
Aiyiah Kimble	Fort Zumwalt North	JR	12.83
Lelani Green	Wentzville Liberty	SR	12.87
Makena Figg	Fort Zumwalt North	FR	12.88
Liberty Cragun	Washington	JR	12.88

200 meter dash

Name	School	Year	Time
Abigail Gilliatt	Washington	SR	26.25

Leilani Green	Wentzville Liberty	SR	26.67
Liberty Cragun	Washington	JR	27.12
Sidney Crockett	Wentzville Holt	JR	27.52

400 meter dash

Name	School	Year	Time
Abigail Gilliatt	Washington	SR	0:59.82
Tess Harper	Fort Zumwalt South	JR	1:00.25
Makena Figg	Fort Zumwalt North	FR	1:00.33
Peyton Jones	Fort Zumwalt North	JR	1:00.57

800 meter dash

Name	School	Year	Time
Bella Navaro-Sanchez	Wentzville Liberty	FR	2:23.33
Isabella Von Behren	Washington	JR	2:25.06
Imane Larhdiri	Wentzville Liberty	SR	2:25.35
Madison Modde	Fort Zumwalt North	SO	2:27.32

1600 meter run

Name	School	Year	Time
Bella Navaro-Sanchez	Wentzville Liberty	FR	5:27.19
Olivia Mahon	Washington	FR	5:35.47
Jillian Kalbac	Wentzville Liberty	JR	5:35.92
Baylie Wehmeyer	Fort Zumwalt North	JR	5:51.26

3200 meter run

Name	School	Year	Time
Imane Larhdiri	Wentzville Liberty	SR	11:49.93
Kailey Lawrence	Wentzville Liberty	SO	11:54.30
Olivia Mahon	Washington	FR	12:04.05
Lukah Sandine	Fort Zumwalt North	SO	12:16.56

100 meter hurdles

Name	School	Year	Time
Annalise Obermark	Washington	SR	16.43
Hadley Davis	Fort Zumwalt North	FR	17.36
Kennedy Smith	Fort Zumwalt North	SO	17.68

Lillian Neson	Wentzville Liberty	SR	18.29
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300 meter hurdles

Name	School	Year	Time
Annelise Obermark	Washington	SR	48.22
Savannah Oxford	Fort Zumwalt East	SO	49.93
Erin Jakle	Fort Zumwalt North	SR	50.63
Lillian Nelson	Wentzville Liberty	SR	50.92

4 x 100 meter relay

Name	Relay member	Time
Wentzville Liberty	Ariyah Quail	50.60
	Ainsley Kammermeyer	
	Leilani Green	
	Aryanan Helm	
Fort Zumwalt South	Inaiah Clark	50.80
	Trinity Edmonds	
	Eva Aitch	
	Sanaya Thomas	

Fort Zumwalt North	Cadence Dunlap	51.08
	Makena Figg	
	Kiana Noel	
	Aiylah Kimble	
Washington	Liberty Cragun	52.22
	Madeline Jensen	
	Asiyanna McGee	
	Alyson Paule	

4 x 200 meter relay

School	Relay Member	Time
Washington	Liberty Cragun	1:47.70
	Abigail Gilliatt	
	Brianna James	
	Asiyanna McGee	
Fort Zumwalt North	Kiana Noel	1:49.73
	Peyton Jones	
	Taylah Kimble	
	Aiylah Kimble	

Fort Zumwalt South	Inaiah Clark	1:50.32
	Trinity Edmonds	
	Eva Aitch	
	Sanaya Thomas	
Fort Zumwalt East	Savannah Bateman	1:51.34
	Avery Foster	
	Natalie Carter	
	Ella Smith	

4 x 400 meter relay

Name	Relay Member	Time
Fort Zumwalt North	Makena Figg	4:12.20
	Savannah Meier	
	Elliana Jordan	
	Peyton Jones	
Wentzville Liberty	Leilani Green	4:18.00
	Ainsley Kammermeyer	
	Aryana Helm	

	Jillian Kalbac	
Fort Zumwalt South	Tess Harper	4:22.90
	Trinity Edmonds	
	Jaidah Douglas	
	Eva Aitch	
Washington	Brianna James	4:31.00
	Mia Mahon	
	Lindsey Mueller	
	Isabella Von Behren	

4 x 800 meter relay

School	Relay Member	Time
Wentzville Liberty	Bella Navaro-Sanchez	9:58.93
	Jillian Kalbac	
	Kailey Lawrence	
	Imane Larhdiri	
Washington	Mia Mahon	10:22.59
	Olivia Mahon	
	Lindsey Mueller	

	Isabella Von Behren	
Fort Zumwalt North	Madison Modde	10:34.06
	Lukah Sandine	
	Marry Harris	
	Eliana Jordan	
No other team enetered		

High Jump

Name	School	Year	Height
Marysa Allen	Fort Zumwalt North	JR	1.50 m
Lainey Fenton	Fort Zumwalt South	JR	1.50 m
Annelise Obermark	Washington	SR	1.45 m
Reese Douglas	Wentzville Liberty	SR	1.45 m

Pole Vault

Name	School	Year	Height

Avery Foster	Fort Zumwalt East	SO	3.50 m
Olivia jensen	Washington	SO	2.59 m
Jimena Castro-Carrera	Wentzville Holt	SR	2.43 m
Stacie Miller	Fort Zumwalt North	SO	2.43 m

Long Jump

Name	School	Year	Distance
Marley Nelson	Wentzville Liberty	SR	4.90 m
Annelise Obermark	Washington	SR	4.80 m
Erin Jakle	Fort Zumwalt North	SR	4.71 m
Reese Douglas	Wentzville Liberty	SR	4.66 m

Triple Jump

Name	School	Year	Distance
Johanna Watkins	Wentzville Holt	JR	9.92 m
Reese Douglas	Wentzville Liberty	SR	9.84 m
Marysa Allen	Fort Zumwalt North	JR	9.78 m
Makenzi Liddell	Wentzville Liberty	FR	9.72 m

Shot Put

Name	School	Year	Distance
Ashley Rusthoven	Fort Zumwalt East	SR	11.61 m
Maddie Guevara	Washington	SR	11.17 m
Landon Vick	Fort Zumwalt East	Sr	10.87 m
Crystal McFerren	Fort Zumwalt North	JR	10.33 m

Discus

Name	School	Year	Distance
Ashley Rusthoven	Fort Zumwalt East	SR	38.70 m
Alyssa Repke	Washington	JR	37.75 m
Alexa Daniels	Wentzville Liberty	FR	28.93 m
Maddie Guevara	Washington	SR	27.93 m

JAVELIN

Name	School	Year	Distance
Maddie Guevara	Washington	SR	36.34 m
Abigail Meyer	Washington	SR	30.50 m
Charlotte Thornton	Wentzville Liberty	SO	27.96 m
Georgia Gray	Fort Zumwalt East	JR	27.21 m

TEAM RESULTS: Washington [169];

**Wentzville Liberty [154]; Fort Zumwalt North [130]; Fort Zumwalt East [70]; Fort Zumwalt South [45];
Wentzville Holt [36]**

ACADEMIC ALL CONFERENCE

Wentzville Timberland -

Washington - Kathryn Figas, Grace Gargrave, Abigail Gilliatt, Maddie Guevara, Brianna James, Madeleine Jensen, Olivia Jensen, Josie Keiser, Mia Mahon, Olivia Mahon, Abigail Meyer, Lindesey Mueller, Annelise Obermark, Alyson Paule, Alyssa Repke, Cheyanna Robinson, Callie Russo, Isabella Von Behren, Zoey Ziegler

Fort Zumwalt South -

SPORTSMANSHIP

Wentzville Timberland -

Washington - Liberty Cragun

2024 South Varsity Women Track and Field

100 meter dash

Name	School	Year	Time
Gabrelle Tucker	Wentzville Timberland	JR	12.70
Amelia Ward	Francis Howell	SO	12.89
Marissa Sidwell	Francis Howell	SR	13.69

Essence Sebree	Francis Howell Central	JR	13.99
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200 meter dash

Name	School	Year	Time
Knia Graham	Wentzville Timberland	SO	26.09
Amelia Ward	Francis Howell	SO	26.75
Paityn Slezak	Wentzville Timnberland	SO	27.63
Marissa Sidwell	Francis Howell	SR	28.21

400 meter dash

Name	School	Year	Time
Amelia Ward	Francis Howell	SO	1:00.01
Jolie Wallace	Wentzville Timberland	FR	1:04.28
Jenna Upton	Francis Howell Central	FR	1:04.78
Alison Tzun-Perez	Fort Zumwalt West	JR	1:05.57

800 meter dash

Name	School	Year	Time
Jocelyn Haynes	Troy Buchanan	SO	2:24.98

Jacqueline Jolly	Francis Howell North	SR	2:28.96
Reese McDevitt	Francis Howell Central	JR	2:29.92
Sophia Maupin	Fort Zumwalt West	SR	2:30.47

1600 meter run

Name	School	Year	Time
Ewyn Humphrey	Francis Howell	SR	5:07.64
Riley Linville	Fort Zumwalt West	SR	5:23.11
Jocelyn Haynes	Troy Buchanan	SO	5:28.22
Noel Rice	Francis Howell Central	FR	5:32.13

3200 meter run

Name	School	Year	Time
Ewyn Humphrey	Francis Howell	SR	11:02.55
Laney Parmeley	Francis Howell Central	SR	12:11.09
Grace Gaghen	Francis Howell North	SO	12:45.67
Camrin Watkins	Francis Howell Central	SR	13:12.66

100 meter hurdles

Name	School	Year	Time
Samantha Hantack	Francis Howell Central	SR	16.34
Sara Ausbury	Francis Howell North	SR	16.80
Amari Gonzales	Francis Howell	SR	17.57
Brigid Reichart	Francis Howell	SR	17.77

300 meter hurdles

Name	School	Year	Time
Sara Ausbury	Francis Howell North	SR	49.07
Brooke Clark	Wentzville Timberland	JR	49.32
Madison Washington	Fort Zumwalt West	JR	49.50
Samantha Hantack	Francis Howell Central	SR	49.79

4 x 100 meter relay

Name	Relay member	Time
Wentzville Timberland	Alexa Adams	48.38
	Knia Graham	
	Paityn Slezak	
	Gabrelle Tucker	

Francis Howell	Amari Gonzales	52.21
	Gracelynn Milam	
	Brigid Reichart	
	Marissa Sidwell	
Troy Buchanan	Lilly Robinson	55.10
	Macie Hunolt	
	Brynna Getz	
	Haddley Dale	
Fort Zumwalt West	Mya Clinkscale	56.58
	Jaida Monk	
	Avery Bowman	
	Katherine Kuhl	

4 x 200 meter relay

School	Relay Member	Time
Wentzville Timberland	Alexa Adams	1:43.88
	Knia Graham	
	Paityn Slezak	
	Gabrelle Tucker	

Francis Howell	Amari Gonzales	1:51.40
	Gracelynn Milam	
	Brigid Reichart	
	Marissa Sidwell	
Troy Buchanan	Teryn Brown	1:54.67
	Bryнна Getz	
	Macie Hunolt	
	Ellie Moore	
Fort Zumwalt West	Alison Tzun-Perez	1:59.89
	Katherine Kuhl	
	Avery Bowman	
	Mya Clinkscale	

4 x 400 meter relay

Name	Relay Member	Time
Francis Howell Central	Reese McDevitt	4:20.38
	Jenna Upton	
	Hanna Halterman	
	Sydney Belter	

Troy Buchanan	Jocelyn Haynes	4:20.89
	Annabelle Raney	
	Olivia Hagen	
	Ellie Moore	
Fort Zumwalt West	Karsyn McDaniel	4:23.19
	Riley Linville	
	Sophia Maupin	
	Oakley Anderson	
Francis Howell	Amari Gozales	4:25.25
	Paige Shinaberry	
	Gracelynn Milam	
	Ashlyn Sherwood	

4 x 800 meter relay

School	Relay Member	Time
Francis Howell Central	Hannah Halterman	10:06.83
	Jenna Upton	
	Noel Rice	
	Laney Parmeley	

Francis Howell North	Madeline Dustin	10:19.12
	Katelyn Head	
	Moya Jefferson	
	Jacqueline Jolly	
Francis Howell	Paige Shinaberry	10:22.02
	Ashlyn Sherwood	
	Ella Coulter	
	Evyn Humphrey	
Fort Zumwalt West	Oakley Anderson	10:26.23
	Riley Linville	
	Sophia Maupin	
	Katherine Doyle	

High Jump

Name	School	Year	Height
Bryn Cohen	Francis Howell	SR	1.59 m
Mya Robinson	Troy Buchanan	SO	1.59 m
Elinor Weaver	Troy Buchanan	SR	1.45 m
Tana Willis	Wentzville Timberland	FR	1.45 m

Pole Vault

Name	School	Year	Height
Rebecca McGuire	Francis Howell North	SO	3.15 m
McKenzie Myers	Francis Howell Central	JR	2.75 m
Jana Maier	Wentzville Timberland	JR	2.75 m
Audrey Darrough	Wentzville Timberland	SR	2.75 m

Long Jump

Name	School	Year	Distance
Amelia Ward	Francis Howell	SO	5.26 m
Jillian Hoelting	Francis Howell North	SO	5.12 m
Samantha Hantack	Francis Howell Central	SR	4.93 m
Kalea Lewis	Troy Buchanan	SO	4.71 m

Triple Jump

Name	School	Year	Distance
Jillian Hoelting	Francis Howell North	SO	10.16 m
Breanna Prewitt	Wentzville Timberland	SO	10.09 m

Adelle Metz	Francis Howell	FR	9.77 m
Katelyn Head	Francis Howell North	SO	9.72 m

Shot Put

Name	School	Year	Distance
Addyson Brown	Francis Howell	JR	12.09 m
Katherine Thwing	Francis Howell	JR	10.22 m
Belle Skibinski	Troy Buchanan	SR	10.08 m
Ava Mashek	Troy Buchanan	SO	9.65 m

Discus

Name	School	Year	Distance
Gracie Johns	Troy Buchanan	SR	35.39 m
Addyson Brown	Francis Howell	JR	34.97 m
Jlynn Humphrey	Troy Buchanan	SR	34.10 m
Bailey Adkerson	Francis Howell Central	JR	32.01 m

Javelin

Name	School	Year	Distance
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Lauren Rowland	Fort Zumwalt West	SR	37.37 m
Adelle Metz	Francis Howell	FR	37.33 m
Jlynn Humphrey	Troy Buchanan	SR	33.05 m
Hanna Entwistle	Fort Zumwalt West	JR	30.50 m

TEAM RESULTS: Francis Howell [161];

Troy Buchanan [96]; Wentzville Timberland [94]; Francis Howell Central [88.5]; Francis Howell North [87.5]; Fort Zumwalt West [56]

ACADEMIC ALL CONFERENCE

Fort Zumwalt West -

Francis Howell North -

Troy Buchanan -

Washington -

Wentzville Holt - Elise Conner, Katie Harmon, Emma Grace Hieke, Natalie Kiehl, Nicole Lewis, Elizabeth New, Islynn Nyanyo, Natalee Schwartz, Molly Sizemore, Laney Thompson, Lydia Turley, Johanna Watkins

SPORTSMANSHIP

Fort Zumwalt West -

Francis Howell North -

Troy Buchanan

Washington -

Wentzville Holt - Molly Sizemore

SPRING MEN'S VOLLEYBALL

2024

GAC NORTH/CENTRAL DIVISION

FIRST TEAM

FIRST TEAM	SCHOOL
Jace Davis	Fort Zumwalt North
Gavin Ralston	Fort Zumwalt East
Pierce Drakesmith	Fort Zumwalt North
Jacob Kovach	Fort Zumwalt South
Sam Morrison	Fort Zumwalt South
Austin Ewens	Wentzville North Point
Caden Smith	Fort Zumwalt South

SECOND TEAM

SECOND TEAM	SCHOOL
Jimmy Siterlet	Wentzville Liberty
Logan Martin	Wentzville Holt
Ryland Rauscher	Wentzville North Point
Tyler Egbert	Wentzville North Point
Connor James	Fort Zumwalt South
Logan Havermann	Fort Zumwalt North
Samuel Randall	Fort Zumwalt East

PLAYER OF THE YEAR:

SAM MORRISON of Fort Zumwalt South

COACH OF THE YEAR:

MATT WHITMORE of FORT ZUMWALT SOUTH

ALL ACADEMIC

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Wentzville Holt - Tyler Burleyson, Jace Evans

Wentzville Liberty -

Wentzville North Point -

SPORTSMANSHIP

Fort Zumwalt East -

Fort Zumwalt North -

Fort Zumwalt South -

Wentzville Holt - J'den Ferguson

Wentzville Liberty -

Wentzville North Point -

2024

MEN'S VOLLEYBALL

GAC SOUTH DIVISION

FIRST TEAM

FIRST TEAM	SCHOOL
Chase Williams	Francis Howell Central
Jackson Campbell	Francis Howell Central
Jason Campbell	Francis Howell Central
Walther Hammond	Francis Howell North

Jake Johnson	Fort Zumwalt West
Thomas Thoman	Francis Howell
Braden Harton	Francis Howell Central

SECOND TEAM

SECOND TEAM	SCHOOL
Dominic Tenga-Ramos	Fort Zumwalt West
Dailo Taouil	Wentzville Timberland
Landon Hupper	Troy Buchanan
Connor Laymna	Francis Howell Central
Josh Windsor	Francis Howell North
Josh Lange	Fort Zumwalt West
Eli Ayers	Francis Howell

PLAYER OF THE YEAR:

JACKSON CAMPBELL of FRANCIS HOWELL CENTRAL

COACH OF THE YEAR:

STEVEN LE of FRANCIS HOWELL CENTRAL

ALL ACADEMIC

Fort Zumwalt West -

Francis Howell -

Francis Howell North -

Francis Howell Central -

Wentzville Timberland -

Troy Buchanan -

SPORTSMANSHIP

Fort Zumwalt West -

Francis Howell -

Francis Howell North -

Francis Howell Central -

Wentzville Timberland -

Troy Buchanan -

SPECIAL CONGRATULATIONS TO

FRANCIS HOWELL CENTRAL

AND COACH STEVEN LE ON THEIR SECOND

PLACE FINISH IN THE FIRST MSHSAA SPONSORED

STATE VOLLEYBALL TOURNAMENT!



BOYS VOLLEYBALL

GAC SOUTH ALL-CONFERENCE

1ST TEAM ALL-CONFERENCE

Chase Williams - FHC
Jackson Campbell - FHC
Jason Campbell - FHC
Walther Hammond - FHN
Jake Johnson - FZW
Thomas Thoman - Howell
Braden Harton - FHC

2ND TEAM ALL-CONFERENCE

Dominic Tenga-Ramos - FZW
Dalio Taouil - Timberland
Landon Hupper - Troy
Connor Laymna - FHC
Josh Windsor - FHN
Josh Lange - FZW
Eli Ayers - Howell

Player of the Year - Jackson Campbell - FHC
Coach of the Year - Steven Le - FHC



2023 FALL CONFERENCE CHAMPIONS

SPORT	NORTH	CENTRAL
Boys Cross Country	SAINT CHARLES	WENTZVILLE LIBERTY
Girls Cross Country	SAINT CHARLES WEST	WENTZVILLE LIBERTY
Football	WARRENTON	FORT ZUMWAT NORTH-WENTZVILLE H
Boys Soccer	ORCHARD FARM	WENTZVILLE LIBERTY
Softball	WINFIELD	WENTZVILLE LIBERTY
Girls Volleyball	WENTZVILLE NORTH POINT	WENTZVILLE LIBERTY

SPORT	NORTH-CENTRAL	SOUTH-CENTRAL
Girls Golf	WASHINGTON	FRANCIS HOWELL
Girls Tennis	FORT ZUMWALT NORTH	WENTZVILLE LIBERTY
Boys Swimming	FORT ZUMWALT NORTH	FRANCIS HOWELL



WINTER CONFERENCE CHAMPIONS

2023-2024

SPORT	NORTH	CENTRAL	SOUTH
Boys Basketball	Orchard Farm	FZ South-W Liberty	Francis How
Girls Basketball	Warrenton	Washington	FZ West-Troy
Boys Wrestling	Wentzville North Point	Fort Zumwalt South	Francis How
Girls Wrestling	Wentzville North Point	Washington	Francis How

SPORT	CONFERENCE/DIVISION CHAMPION
Girls Swimming North-Central	Washington
Girls Swimming South	Wentzville Timberland
Boys Wrestling All Teams	Fort Zumwalt South
Girls Wrestling All Teams	Francis Howell Central
SCHOLAR BOWL	Washington



2024 SPRING CONFERENCE CHAMPIONS

	NORTH	CENTRAL	SOUTH
Womens Soccer	WENTZVILLE NORTH POINT	FORT ZUMWALT SOUTH	FRANCIS HOWELL C TIMBERLAND
Baseball	WARRENTON	FORT ZUMWALT SOUTH	FRANCIS HOWELL
Womens Track	WENTZVILLE NORTH POINT	WASHINGTON	FRANCIS HOWELL
Mens Track	SAINT CHARLES	WENTZVILLE LIBERTY	FRANCIS HOWELL
Mens Golf	SAINT CHARLES WEST	WENTZVILLE LIBERTY	FRANCIS HOWELL

2024 SRING TWO DIVISION CHAMPIONS

	NORTH CENTRAL	SOUTH CENTRAL
Mens Tennis	WENTZVILLE HOLT	FORT ZUMWALT WEST

2024 SRING COMBINED CHAMPIONS

Mens Volleyball

FRANCIS HOWELL CENTRAL

