



## Northwest Crossroads

Women's All-Conference Selection 2023-2024

### First Team All-Conference

Rank	Athlete	GR	Team	Time
1	Krista Sytsma	9	Kankakee Valley	19:03.2
2	Cassandra Cohen	10	Hobart	19:20.0
3	Emma Bell	12	Kankakee Valley	19:45.7
4	Jolie Burleson	11	Highland	19:51.4
5	Elora Bliss	10	Munster	20:09.7
6	Kayla Guajardo	11	Highland	20:24.6
7	Faith Terborg	10	Kankakee Valley	20:42.8
8	Kennedy Morgan	9	Hanover Central	20:45.7
9	Madison Greiner	11	Highland	21:06.7
10	Madison Stephens	12	Highland	21:11.0

### Second Team All-Conference

Rank	Athlete	GR	Team	Time
11	Jordan Steele	10	Highland	21:27.6
12	Riley Mach	12	Munster	21:37.7
13	Shannon Nelson	11	Hanover Central	21:43.9
14	Gabriella Morache	12	Lowell	21:52.5
15	Audrey Zuzich	10	Hanover Central	21:57.8

### Honorable Mention

Rank	Athlete	GR	Team	Time
16	Giana Cappello	12	Andrean	21:59.3
17	Kennedy Stephens	9	Highland	22:01.3
18	Taylor Ringer	10	Munster	22:01.8
19	Julia Zamudio	9	Highland	22:03.6
20	Audrey Zuzich	10	Hanover Central	21:57.8

Coach

Veronica Williams

Michelle Duffy

\* **Andrea Cunningham**

Ty Artherhults

Kim Wilson

Kelly Blank

Sarah Pillon

Andrean

Hanover Central

**Highland**

Hobart

Kankakee Valley

Lowell

Munster

\*Denotes Coach of the Year



**Northwest Crossroads**  
Men's All-Conference Selection 2023-2024

**First Team All-Conference**

Rank	Men's	GR	Team	Time
1	Jalen Strietelmeier	11	Highland	16:20.4
2	Daniel Frevert	10	Lowell	16:31.0
3	Ian Smith	12	Munster	16:40.5
4	Ethan Ehrhardt	12	Kankakee Valley	16:41.5
5	Ryan Sandberg	10	Hanover Central	16:50.8
6	Felix Lopez	11	Hobart	16:56.5
7	Kolin Gladney	11	Hobart	17:17.8
8	Ethan Wulitich	11	Lowell	17:28.1
9	Zakary Hudak	10	Lowell	17:30.6
10	Owen Sharp	10	Kankakee Valley	17:36.9

**Second Team All-Conference**

Rank	Men's	GR	Team	Time
11	Owen Stankich	12	Hobart	17:42.3
12	Seth Bakker	12	Lowell	17:48.9
13	John Hamstra	11	Highland	17:52.3
14	Chase Fajman	11	Hanover Central	17:53.0
15	Kevin Dugan	11	Highland	17:56.3

**Honorable Mention**

Rank	Men's	GR	Team	Time
16	Camden Mikulich	10	Lowell	17:57.3
17	Dylan Hochbaum	12	Lowell	17:59.5
18	Joshua Serrano	12	Munster	18:02.4
19	Grant Fajman	9	Hanover Central	18:10.5
20	Vicente Gutierrez	12	Hobart	18:11.0

Coach

Veronica Williams

Michelle Duffy

Cristian Zendejas

Ty Artherhults

Tim Adams

\* **Jake Rakoczy**

Scott Stalbaum

Andrean

Hanover Central

Highland

Hobart

Kankakee Valley

**Lowell**

Munster

\*Denotes Coach of the Year