

EMO Cross Country

All Conference

2023

1st Team Boys		
Ben Chance	Senior	Bowling Green
Elija Henningfeld	Junior	Bowling Green
Jadrian Thurmon	Junior	Montgomery County
Jedidiah Heras	Soph	Elsberry
Brendan Finnigan	Soph	Bowling Green
Ezekiel Byers	Senior	Elsberry
Nolan Wilson	Junior	Elsberry
2nd Team Boys		
Sam Northcutt	Junior	Mark Twain
Keegan Smith	Soph	Bowling Green
Tristan Young	Senior	North Callaway
Alan Santos	Freshman	Elsberry
Garrett Hopke	Freshman	Van Far
Judah Byers	Soph	Elsberry
Seth Miller	Junior	Elsberry
Bennett Hickerson	Freshman	Bowling Green

1st Team Girls		
Malia Rodgers	Senior	Montgomery County
Ellie Hartley	Soph	Elsberry
Pressley Schmauch	Senior	North Callaway
Austyn Robinson	Freshman	Montgomery County
Brooklyn Forman	Senior	Van Far
Lucille Norton	Soph	Mark Twain
Grace Rasmussen	Soph	North Callaway
2nd Team Girls		
Ava Bankhead	Soph	Clopton
Sydney Miller	Junior	Mark Twain
Addison Lilley	Soph	Bowling Green
Caitlin Grote	Freshman	Bowling Green
Natalie Hickerson	Junior	Bowling Green
Harley Haywood	Freshman	Bowling Green
Olivia Spurgeon	Freshman	Montgomery County
Lindsay Pettus	Junior	Wright City