

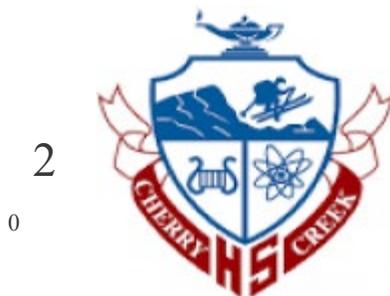
MS50 XC Team Girls Rankings 2021



Saratoga Springs

[@12thRock](#)
[Northeast Cross](#)
[Country Club](#)
[Championships](#)

Saratoga Springs competed at Team Nationals 14 times in the last 16 years. In 2019, the Blue Streaks won the team title with 78 points to finish ahead of Summit. Throughout last year's cross country season, this team finished with perfect scores at various meets to show strength against local competition. They didn't have a chance to compete against national competition last year during this season. During the spring season, the Blue Streaks had a second chance to break a 4xmile record at the Outdoor Nationals. Saratoga Springs accomplished that goal with a 19:40.67. Looking into this upcoming season, Saratoga Springs will return six of the runners from the 2019 team. Ella Kurto, Mackenzie Hart, Sheridan Wheeler, Emily Bush, Alycia Hart, Anya Belisle, and Catherine Mongan are the lady Streaks to watch this time around.



Cherry Creek High School

[@Arapahoe](#)
[Warrior XC](#)
[Invitational](#)

When it came to the championship part of the season, the Bruins won the Colorado Region 5A-1 Championships before it won the 5A Colorado State Cross Country State Championships. Riley Stewart won an individual state title and led this team to many of its victories. At the XC Town USA Meet of Champions, Cherry Creek defeated a few of the nation's MileSplit50 teams to grab the team title.

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Minnetonka High School

[@Rosemount Irish](#)
[Invitational](#)

What's impressive is Minnetonka returns the squad from last season, including Maya Mor, Kate Leblanc, Ella Graham, Elizabeth Weider, and Kailey Lai. Eighth-grader Abigail Downin and freshman Avery Marasco-Johnson will be able to step up and earn experience this year. Last year, at both the Lake Conference Jamboree and Lake Conference Meet, Minnetonka took first place finishes with Mor finishing first and second respectively. At the Minnesota Section 6AA Championships, Minnetonka tied with Edina with 48 points and beat Wayzata's 63 performance.

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Summit

[@Central Oregon](#)
[XC Classic](#)

Summit had a very limited 2020 season, but was able to compete during the spring and will bring experience to the table this season. Back in 2019, Summit finished second at Team Nationals after grabbing the title in 2018. Teaghan Knox, who finished 42nd in both 2018 and 2019 at Team Nationals, will be a key runner for this squad with her experience of being on a national-caliber team. Six of the seven runners return this season and know what it takes to be at the top.

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Boise Senior High School

[@Caldwell](#)
[Twilight 2021](#)

Last year, Boise Senior was led by true freshmen Sammy Smith and Allie Bruce throughout the cross country season. In dual meets, the Boise Brave grabbed a handful of team titles. At the Idaho District 3 5A Championships, the Braves won this title with 24 points and with a 48 second split between the scoring runners. When it was time to compete at the Idaho State 5A Cross Country Championship, Boise Senior won the title with 18 points and with an 18:28 average. Smith won her first individual cross country title and the top five

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York High School

[@Jeff Leavey](#)
[Cross Country](#)
[Invitational](#)

runners finished in the top eight. From this squad, the Braves return six of the seven runners from last season.

Against the in-state competition, York was unstoppable in 2020. During the fall, York was undefeated as a team. The Dukes took victories in dual meets and at the West Suburban-Silver Conference Championships. At the IHSA 3A Regionals and Sectionals, the York girls won the meet with 38 and 40 points. At the 2020 XC Championships, York won the meet with a 49 second split from the first and fifth runner and along the way scored 58 points. The team edged out Naperville North and Yorkville for the title. York is in a solid position this year as it will return all of its runners from last fall.

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Edina High School

[@Pleasant Valley](#)
[Spartan Invitational](#)

Since 2016, Edina has finished in the top 15 at Team Nationals. This year, it will look to improve on its 14th place finish from 2019. Throughout the season, Edina faced in-state competition. Edina was able to grab the win in a tie breaker at the Minnesota Section 6AA Championships against Minnetonka. A meet later, Edina continued to dominate at the TCRC Cross Country Showcase. In its last cross country meet of the season, Edina finished tenth at XC Town USA Meet of Champions.

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Arapahoe High School

[@Arapahoe](#)
[Warrior XC](#)
[Invitational](#)

At the 5A Colorado State Cross Country Championships, the Warriors finished second to Cherry Creek. Three of its first three runners finished within the top 15 at the state championships. The top five girls finished with 82 points to edge out Valor Christian with an 18:59 average.

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Flower Mound

[@Marcus Coach T](#)
[Invitational](#)

Flower Mound won the District 6, Region 1 and then won the state title with 75 points and with an 18:33 average. Natalie Cook led the team for the majority of the season and returns this season for her last go-around. This season, Flower Mound brings back experience and will look to defend its state title once again on the cross country course.

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Buchanan (CS)

[@Fleet Feet](#)
[Summer Sizzle](#)

Back in 2019, Buchanan narrowly defeated Great Oak for the Division 1 cross country state title. This team comprised of three ninth-graders who ran in the top five at the state meet. Two years ago, Buchanan finished fifth at the Team Nationals. In 2020, California had very limited racing opportunities. With a season ahead, the Bears are a strong contender for state-wide and national titles this fall.

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Valor Christian High School

[@Vista Nation XC](#)
[2-Mile Invitational](#)

Valor Christian started its season with a win at the Beet Juice Invite in Colorado and won the team title against Niwot and Mountain Vista. As the season continued, it took home another victory at the Heritage Distance Classic. The team came together at the 5A Colorado State Cross Country Championships. Valor Christian finished third behind Cherry Creek and Arapahoe. At that meet, Eagles had a 19:03 average. Against the nationwide competition, Valor Christian finished second behind Cherry Creek with an 18:49 average at the XC Town USA Meet of Champions.

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Niwot High School

[@Wyoming Cross
Country Invitational](#)

The reigning 4A Colorado state champions will look to have another strong season this fall. Mia Prok, as a freshman, led the Cougars to the title after her second-place finish. Her and Madison Shults were the two underclassmen to finish in the top ten for Niwot. Similar to the state championships, Prok and Shults finished in the top 10 at the RunningLane Cross Country Championships. Niwot looks strong as it will return four of the six runners who competed at the state championship and will only have one senior graduating this year.

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Ridgewood HS

[@Holmdel
Invitational](#)

Last season was an interesting one for the Rebels as its top runner, Camryn Wennersten did not compete for Ridgewood. Instead, she represented Garden State Track Club. Without Wennersten, Ridgewood was able to earn victories at the North Jersey Championships and the NJ SIAA Sections - North 1 meet. At the Holmdel Invitational, it finished second behind Haddonfield Memorial by 13 points. This season, Ridgewood will return five of the seven runners from that meet and can potentially grab the state title this season.

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Carmel High School

[@Hamilton County
Meet](#)

Carmel is coming off a strong season with being Indiana state cross country champions and the Greyhounds finished fifth at the XC Town USA Meet of Champions. Annie Christie, Brooklynn Edwards and Abby Parker graduated in 2021 and were huge assets for this team. However, Alivia Romaniuk and Cara Naas finished in the top 20 at the state championships will return this season. Jasmine Klopstad, a junior who helped Carmel finish fifth at the XC Town USA Meet of Champions, and Jamie

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Fayetteville-Manlius (FM)

[@12thRock](#)
[Northeast Cross](#)
[Country Club](#)
[Championships](#)

Klavon, who is entering her senior year, will be one of the leaders for this squad.

The Hornet's history at Team Nationals should not be overlooked. This team has been the Team Nationals champion 11 out of the 14 years.

Fayetteville-Manlius will add a special addition to the roster this year. Izzy Sullivan ran a 20:01.90 for 5K last cross country season as an eighth-grader. The junior Hannah Kaercher has the ability to lead this team to its 15th straight appearance at Team Nationals for an opportunity to win its 12th title.

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Great Oak (SS)

[@Cool Breeze](#)
[Evening Invitational](#)

With the long-time head coach Doug Soles stepping down last season, this will be Tammy Draughon's first season as the head coach of the Wolfpack. One of Great Oak's advantages is it returns a loaded group of runners this season and it has a history of having depth over the last several seasons. The Wolfpack won the Club Sweeps at the Desert Twilight Festival and then finished eighth at the XC Town USA Meet of Champions.

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Saint Paul Highland Park
High School

[@Rosemount Irish](#)
[Invitational](#)

At the TCRC Cross Country Showcase, this team consisted of one junior, two sophomores, two freshmen, and two eighth-graders. Together, it finished third to Edina and Minnetonka. Molly Moening, now a senior, finished second at this championship behind Stillwater's graduate Analee Weaver. At the St. Paul Conference Cross Country Meet, the team won the title with all five runners finishing in the top six. The Scots are finishing strong in state-wide competitions, even with young runners on the rise.

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Wayzata High School

[@St. Olaf High School Showcase](#)

Last year, Wayzata finished second at the Lake Conference Tri and the Lake Conference Jamboree. At the Lake Conference Championships, Wayzata finished third behind Minnetonka and Edina. At the TCRC Cross Country Showcase, Wayzata finished fourth to Edina, Minnetonka and St. Paul Highland Park with 136 points. Even though Wayzata graduated several runners, this team still has depth and returning talent. Abbey Nechanicky led the team for the majority of the season and the junior will be a key asset for this team this year.

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IMG Academy

[@Lehigh Lightning Invitational](#)

The trio David, Carly McNatt and Jais Ward consistently paved the way for the Ascenders last year. Earlier in the year, IMG Academy traveled to Arizona to compete in the Desert Twilight Festival to edge out Desert Vista and win the team title with 87 points. At one of the most competitive meets of the season, the Ascenders finished ninth at the XC Town USA Meet of Champions. During the indoor season, IMG Academy was three-tenths of a second off the high school national record in the DMR. The Ascenders ran 11:34.86 to be US No. 3 all-time.

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American Fork

[@Timpanogos XC Invitational](#)

American Fork finished second to Lone Peak at the 6A Utah Cross Country Championships last year. However, Lone Peak graduated its top two runners from the previous season. A bonus for American Fork is it's returning all seven runners from that state championship. Avalon Mecham, who is only a sophomore, had a standout season. Mecham finished third at the Border Wars Utah Qualifier and fourth at the RunningLane Cross Country Championships. Mecham, along with six other seniors will be back this cross country season.

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Desert Vista High School

[@Chandler](#)
[Invitational](#)

At the Desert Twilight Festival in the girls sweepstake division, Desert Vista finished second to IMG Academy. Ping and Katie Sigerud finished in the top five at this meet and continued to match those efforts throughout the season. At the AIA Divison 1 State Cross Country Championship, Ping and Sigerud finished first and second, while Grace Ping and Emily Littlefield finished in the top 15. Desert Vista was the only team at this meet to have three runners in the top 10. This team was able to clinch the title with 41 points, just 3 points ahead of Highland.

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Ann Arbor Pioneer

[@Ann Arbor City](#)
[Meet](#)

As a freshman, Rachel Forsyth led Ann Arbor Pioneer to the Divison 1 MHSAA Cross Country State Championship. Forsyth and Cookie Baugh finished within the top five at the state championship on the 5K course. This Michigan team will return their top six runners this year. At the outdoor state championships, Ann Arbor Pioneer finished sixth overall.

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Lone Peak

[@Timpanogos XC](#)
[Invitational](#)

Lone Peak broke the cycle and was able to run away with the team state title in 2019. In 2020, it was able to defend the team title by edging out American Fork by 10 points. Lone Peak graduated their top two runners, Eliza Arrington and Reagan Gardner. However, Eliza Mason, Taylor Rohatinsky and Katelyn Bybee return this season and will be the leaders of this team. These three runners finished in the top 10 at the state championship.

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Cuthbertson High School

[@Providence](#)
[Cross Country](#)
[Invitational](#)

This team is full of young talent as the top six runners consist of three sophomores and juniors. Last year, Cuthbertson edged out Weddington by 15 points to win the 3A NCHSAA State Cross Country Championship title. Alyssa Preisano will be the top returner from the cross country season as she finished second behind graduate Madeline Hill. Later during the spring, Cuthbertson won the 3A NCHSAA Track and Field Championship title.

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Mountain Vista High School

[@Arapahoe](#)
[Warrior XC](#)
[Invitational](#)

The Golden Eagles finished fourth at the 5A Colorado State Championships. Later in the year, this team took the victory at the RunningLane XC Championships with 61 points. Mountain Vista will be returning four of the top six runners from the RunningLane XC Championships.