

Cascade Conference  
Cross Country

2017 First Team All-Cascade

Joshua Rauvola	Archbishop Murphy
Grant Van Valkenburg	Cedarcrest
Ben Benson	Cedarcrest
Cameron Chew	King's
Isaac Cortes	Granite Falls
Emmett Klaiber	Cedarcrest
Aiden Holm	Granite Falls

2017 First Team All-Cascade

Naomi Smith	King's
Elsie Dombek	Cedarcrest
Kaia Swegler Richmond	South Whidbey
Allison Perrow	King's
Kelly Hall	Cedarcrest
Megan Dorney	Archbishop Murphy
Alicia Krivanek	Cedarcrest

2017 Second Team All-Cascade

Callahan Yale	South Whidbey
Colby Crispeno	King's
Bryce Hefner	Cedarcrest
Anthony Hart	King's
Ryan LaTurner	Cedarcrest
Justin Young	Cedarcrest
Brady Shaw	Cedarcrest

2017 Second Team All-Cascade

Kate Vergillo	Cedarcrest
Jenae McInnes	King's
Greta Gunning	King's
Mary Cate Babcock	Cedarcrest
Alexandra Kurtz	South Whidbey
Clara Wiederholt	Archbishop Murphy
Aryia Farnworth	Cedarcrest