

## 2009 ALL-METRO HIGH SCHOOL CROSS COUNTRY TEAMS

by Tom Eckelman

For the 17th year, the St. Louis Track Club will honor the All-Metro High School Cross Country Teams at the SLTC Annual Awards Banquet, to be held Saturday, Feb. 20, at Orlando's Banquet Center, 8352 Watson Road.

This year the panel of coaches again selected honorees for a first team and a second team as well as honorable mentions. All honorees will receive a plaque commemorating their selection.

Among the 2009 first-team members are five members of the 2008 first team:

- Missouri Class 4A Champion and two-time first-team member senior **Emily Sisson** of Parkway Central.
- Fellow senior and Parkway Central teammate **Diane Robison**, a three-time first-team member.
- **Kristen Busch**, second-place Illinois Class 1A, sophomore at Freeburg (IL).

Repeaters on the boy's first team:

- **Garrett Sweatt**, sophomore at Edwardsville (IL).
- **Caleb Ford**, senior at St. Louis U High who led his team to the Missouri Class 4A Team Championship.

The panel of high school coaches that selected the All-Metro Team consisted of **Christine Bugnitz**, John Burroughs; **Matt Helbig**, Cor Jesu Academy; **Neil James**, O'Fallon (IL); **Mark Miller**, Eureka; **Steve Miller**, Villa Duchesne; **Gaylerd Quigley**, CBC; **Dan Sebben**, Webster Groves; and **Nate Tower**, Francis Howell High.

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#### Girls First Team

Emily Sisson	Parkway Central	Sr.
Diane Robison	Parkway Central	Sr.
Colleen Quigley	Nerinx Hall	Jr.
Kristen Busch	Freeburg (IL)	So.
Jenny Govero	Rockwd Summit	Jr.
Krista Menghini	St Joseph Acad	Jr.
Caitlin Busch	Freeburg (IL)	So.

#### Girls Second Team

Sabrina Hostler	Cor Jesu Acad	Jr.
Gloria Westlake	Ft Zumwalt East	Jr.
Kaitlyn Fischer	Herculaneum	Fr.
Jocelyn Todd	Ladue	Jr.
Ellen Toennies	Breeze Mater Dei	So.
Maria Effinger	Belleville East	Jr.
Eileen Schweiss	Herculaneum	Sr.

#### Girls Honorable Mention

Emily Conlon	Marquette	Sr.
Aly Smith	Mascoutah (IL)	Jr.

#### Boys First Team

Michael Scolarici	O'Fallon (IL)	Jr.
Garrett Sweatt	Edwardsville (IL)	So.
Caleb Ford	St Louis U High	Sr.
Kevin Krumrey	Parkway Central	Sr.
Cole Allison	Festus	Sr.
David Everett	Westminster Christ	Jr.
Tim Rackers	St Louis U High	Jr.

#### Boys Second Team

Jake Lamke	Parkway West	Sr.
Tim McLaughlin	St Louis U High	Sr.
Daniel Everett	Westminster Christ	Jr.
Dave Lambus	University City	Jr.
Jake Bast	Oakville	So.
Tyler Holmes	Fox	Jr.
Daniel Mazar	Edwardsville (IL)	Jr.

#### Boys Honorable Mention

Ethan Lambert	Eureka	So.
Ryan Todd	Jerseyville (IL)	Sr.