

St. Louis Track Club

ST. LOUIS TRACK CLUB NAMES 2016 ALL-METRO HIGH SCHOOL CROSS COUNTRY TEAM by St Louis Track Club Staff

For the 24th 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, March 4, at Favazza's Rose of the Hill, 2300 Edwards, St Louis, MO 63110.

This year, the panel of coaches again selected honorees for a first team and second team as well as honorable mentions. Each honoree will receive a plaque commemorating his or her selection.

Leading the Boys First Team are Lafayette seniors **Austin Hindman** and **Thomas Laarman**. Hindman won the Missouri Class 4 state title with a record-breaking time of 15:22:30 and Laarman finished fifth, helping the Lancers place third overall.

The 2016 Girls First Team is led by Francis Howell senior **Maddi Leigh**, who placed third at the Missouri Class 4 state championships with a 5K time of 18:36, and Waterloo sophomore **Jenna Schwartz**, who placed sixth in the Illinois Class 2 championships with a 3-mile time of 17:22.

The members of the selection panel for the All-Metro Team were **Mike Ebert** of Marquette High School, **Gaylerd Quigley** of Nerinx Hall, **Joe Porter** of SLUH, **Neil James** of O'Fallon (IL) High School and **Kally Fischer** of Lindbergh High School.

BOYS

<u>First Team</u>	<u>High School</u>	<u>Coach</u>
Austin Hindman-Sr	Lafayette	Sean O'Connor
Thomas Laarman-Sr	Lafayette	Sean O'Connor
Ben Flowers-Sr	Jerseyville	Harold Landon
Charles McIntyre-Sr	Parkway Central	Brian Guilfoyle
Joe Laughlin-Sr	SLUH	Joe Porter
Ethan Price-Sr	Mascoutah	Darren Latham
Clinton Heffner-Sr	McCluer North	Blake Harris

<u>Second Team</u>	<u>High School</u>	<u>Coach</u>
Nick Warmann-Jr	Marquette	Mike Ebert
Christopher Conrad-Sr	O'Fallon	Jon Burnette
Maxwell McDaniel-So	Festus	Brant Wright
Blake Selm-Jr	Parkway West	Kevin John
Andrew Lofgren-Jr	Parkway West	Kevin John
Kevin Koester-Jr	Hillsboro	Tom Gordon
Andrew O'Keefe-So	Granite City	Richie Skirball

<u>Honorable Mention</u>	<u>High School</u>	<u>Coach</u>
Brendan Pratt-Sr	Festus	Bryant Wright
Carter Anderson-Jr	Lindbergh	Jim Petersen
Simon Gelber-Sr	Whitfield	Matt Politte

GIRLS

<u>First Team</u>	<u>High School</u>	<u>Coach</u>
Maddi Leigh-Sr	Francis Howell	Dave Rogles
Jenna Schwartz-So	Waterloo	Larry Huffman
Brooke Witzel-Jr	O'Fallon	Neil James
Lizzie DeJoie-Sr	Parkway Central	Ryan Banta
Emily Griesenauer-Jr	Holt	Craig Kinnary
Abigail Juedemann-So	Lindbergh	Tom Gose
Mollie Rogan-Jr	Lafayette	Steve Stallis

<u>Second Team</u>	<u>High School</u>	<u>Coach</u>
Abby Schrobilgen-So	Edwardsville	George Patrylak
Emma Harrelson-Sr	Webster	Ken Manwarring
Nautica Stricklin-So	Herculaneum	Kyle Davis
Abbigael Woods-Fr	Liberty	Toby Glavin
Lily Uding-Sr	Festus	Bryant Wright
Melissa Spencer-Jr	Edwardsville	George Patrylak
Gabi Kohring-Jr	Webster	Ken Manwarring

<u>Honorable Mention</u>	<u>High School</u>	<u>Coach</u>
Danielle Prince-Sr	Herculaneum	Kyle Davis