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2023 CLASS A BOYS CROSS COUNTRY ALL-STATE TEAM

<u>NAME</u>	<u>GRADE</u>	<u>TEAM</u>	<u>COACH</u>
Owen Sondag	12	Fargo North	Gary Mailloux
Owen Hintz	10	Bismarck	Scott Reichenberger
Parker Hintz	12	Bismarck	Scott Reichenberger
Elijah Dafoe	11	Grand Forks Red River	Richard Dafoe
Joe Quinn	11	Grand Forks Red River	Richard Dafoe
Gavyn Graham	12	Bismarck Century	Brad Lies
Tyler Wahl	12	Bismarck	Scott Reichenberger
Gabe Hanson	12	Bismarck	Scott Reichenberger
Quinn Carroll	10	Shanley	Chris Foerster
Jakson Ensign	11	Bismarck	Scott Reichenberger
Dawson Balzer	11	Bismarck	Scott Reichenberger
Thomas Haskins	12	Williston	Shane Wahlstrom
Connor Ensign	11	Bismarck	Scott Reichenberger
David Radke	12	Grand Forks Red River	Richard Dafoe
Benjamin Harris	11	Minot	Lance Gehring
Gabe Hamlin	11	Bismarck	Scott Reichenberger
Cohen Dunnigan	9	Grand Forks Red River	Richard Dafoe
Cooper Fjeld	11	Minot	Lance Gehring
Ethan Erickson	9	Shanley	Chris Foerster
Micah Larsen-Schmidt	12	Grand Forks Red River	Richard Dafoe

NDHSCA POWERade Outstanding Senior Athlete - Owen Sondag, Fargo North

NDHSCA SUBWAY Coach of the Year - Scott Reichenberger, Bismarck

All Star Games Chairpersons

Optimists' Volleyball Co-Chair
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Lions' Basketball Co-Chair
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