

# **Maine Track & Cross Country Coaches Association**

## **2023 All-State Cross Country Team**

### **Girls First Team**

Shealyn Brochu	Junior	Morse High School
Cary Drake	Senior	York High School
Teanne Ewings	Junior	Houlton/GHCA
Natalie Johnson	Junior	Houlton/GHCA
Samantha Moore	Junior	Portland High School
Soren Stark-Chessa	Sophomore	Maine Coast Waldorf
Addy Thibodeau	Senior	Bonny Eagle High School
Amelia Van Dongen	Junior	Mount Desert Island High School
Clara White	Sophomore	Orono High School
Ruth White	Senior	Orono High School

### **Girls Second Team**

Grace Alexander	Sophomore	Waynflete School
Rowan Barry	Sophomore	Greely High School
Hannah Keene	Junior	Kennebunk High School
Lucy Huggett	Sophomore	Freeport High School
Haley Marston	Sophomore	Leavitt Area High School
Gretchen Plant	Sophomore	Hampden Academy
Jenna VanRyn	Senior	Camden Hills High School
Marina Violette	Sophomore	Bonny Eagle High School
Haley Williams	Senior	Winthrop High School
Maeve Woodruff	Senior	Brunswick High School

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### Boys First Team

Nathan Blades	Senior	Portland High School
Kaleb Colson	Senior	Sumner High School
Alex Gilbert	Sophomore	Freeport High School
Maddox Jordan	Senior	Noble High School
Ethan Keller	Junior	Scarborough High School
Sam Laverdiere	Junior	Lake Region High School
Xavier Lemieux	Senior	Bonny Eagle High School
Carter Libby	Senior	Gray-New Gloucester High School
Henri Rivard	Sophomore	Marshwood High School
Ellis Wood	Sophomore	Deering High School

### Boys Second Team

William Coull	Junior	Greely High School
Lucas Hutchinson	Junior	Oxford Hills High School
Eliot O'Mahoney	Senior	Lincoln Academy
Christopher Pottle	Senior	Winthrop High School
Benjamin Prestes	Senior	Portland High School
Aidan Ring	Junior	York High School
Evan Small	Junior	York High School
Conner Smith	Junior	Freeport High School
Will Spaulding	Senior	Freeport High School
Asher Valentine	Sophomore	Hampden Academy