



2023 ALL LEAGUE CROSS COUNTRY - GIRLS

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,
Mt. Diablo, Northgate, Ygnacio Valley

	NAME	YEAR	SCHOOL
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FIRST TEAM	SHEA VOLKMER	SENIOR	CAMPOLINDO
FIRST TEAM	OLIVIA WILLIAMS	SENIOR	ACALANES
FIRST TEAM	RENAE SEARLS	SENIOR	ALHAMBRA
FIRST TEAM	KATE KABENINA	SENIOR	CAMPOLINDO
FIRST TEAM	DAISY PENNEY	SENIOR	CAMPOLINDO
FIRST TEAM	NEVIS MURPHY	SOPHOMORE	ACALANES
FIRST TEAM	CHARLOTTE ORR	JUNIOR	LAS LOMAS

SECOND TEAM	ELLA KOPPER	SENIOR	NORTHGATE
SECOND TEAM	SHAE TRACEY	SENIOR	LAS LOMAS
SECOND TEAM	AMALIA CONTRERAS	FRESHMEN	CAMPOLINDO
SECOND TEAM	SKYLAR BENNETT	SENIOR	CLAYTON VALLEY
SECOND TEAM	SLOAN PULLEN	JUNIOR	CAMPOLINDO
SECOND TEAM	GRACE BELL	SENIOR	MIRAMONTE
SECOND TEAM	MEGAN YEE	SENIOR	ACALANES