

2010 Continental League Country All-Conference

Girls First Team All-Conference

1 Eleanor Fulton	12 Highlands Ranch	19:06.00	1
2 Kristen Kientz	11 Highlands Ranch	19:25.00	2
3 Ali Will	12 Rock Canyon	20:02.00	3
4 Jenna Pinto	11 Heritage	20:07.00	4
5 Dominique Gerard	12 Thunder Ridge	20:11.00	5
6 Erin Schilmoeller	10 Regis	20:12.00	6
7 Kristi Oslund	10 Highlands Ranch	20:16.00	7

Girls Second Team All-Conference

8 Taylor Gerard	9 Thunder Ridge	20:24.00	8
9 Brooke Mackay	10 Mountain Vista	20:44.00	9
10 Rachel King	12 Douglas County	20:48.00	10
11 Karlee Schwartzkopf	10 Mountain Vista	20:50.03	11
12 Phoebe Schneider	9 Rock Canyon	20:50.34	12
13 Devan Foster	9 Chaparral	20:57.00	13
14 Brittany Mackay	10 Mountain Vista	20:59.00	14

Girls Honorable Mention

15 Shannon Ferguson	10 Chaparral	21:01.00	15
16 Alex Kohrs	11 Thunder Ridge	21:06.00	16
17 Lindsey Smith	10 Mountain Vista	21:07.00	17
18 Sierra Dinges	9 Thunder Ridge	21:08.00	18
19 Macy Kreutz	9 Highlands Ranch	21:11.00	19
20 Kaela Edwards	11 Littleton	21:13.00	20
21 Kaitlyn Bieber	10 Heritage	21:17.00	21

Varsity (A) Girls 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Highlands Ranch	53	1	2	7	19	24	25	29
Total Time: 1:41:35	Average: 20:19.00				1-5 Split: 2:31			
2 Thunder Ridge	78	5	8	16	18	31	41	42
Total Time: 1:44:42	Average: 20:56.33				1-5 Split: 1:42			
3 Mountain Vista	91	9	11	14	17	40	55	59
Total Time: 1:45:49	Average: 21:09.81				1-5 Split: 1:25			
4 Heritage	120	4	21	22	34	39	47	49
Total Time: 1:46:52	Average: 21:22.40				1-5 Split: 2:00			
5 Regis	152	6	23	28	45	50	62	76
Total Time: 1:48:42	Average: 21:44.40				1-5 Split: 2:28			
6 Chaparral	165	13	15	32	51	54	56	57
Total Time: 1:49:19	Average: 21:51.80				1-5 Split: 1:49			
7 Rock Canyon	177	3	12	36	58	68	75	81
Total Time: 1:49:57	Average: 21:59.47				1-5 Split: 3:58			

8 Littleton	202	20	37	44	48	53	61	66
Total Time: 1:51:01	Average: 22:12.20				1-5 Split: 1:31			
9 Douglas County	236	10	27	60	69	70	80	82
Total Time: 1:54:01	Average: 22:48.20				1-5 Split: 3:22			
10 Ponderosa	246	35	38	46	63	64	65	71
Total Time: 1:53:41	Average: 22:44.22				1-5 Split: 1:37			
11 Castle View	264	30	43	52	67	72	73	79
Total Time: 1:54:56	Average: 22:59.21				1-5 Split: 2:26			
12 Legend	288	26	33	74	77	78	83	84
Total Time: 1:58:29	Average: 23:41.80				1-5 Split: 3:41			

Coach of the year : Katie Clifford – Highlands Ranch

Boys First Team All Conference

1 Keagan Vargo	12 Chaparral	16:20.00	1
2 Keifer Johnson	11 Thunder Ridge	16:33.00	2
3 Garret Lee	12 Heritage	16:35.00	3
4 Tyler Nelson	12 Highlands Ranch	16:40.00	4
5 Stephen Chipman	11 Mountain Vista	16:44.00	5
6 Chris Ganem	12 Castle View	16:45.00	6
7 Matt Zitzmann	11 Heritage	16:52.00	7

Boys Second Team All Conference

8 Nathan Purdue	12 Chaparral	17:01.00	8
9 Colin Best	12 Highlands Ranch	17:06.00	9
10 Conner Johnston	11 Rock Canyon	17:09.00	10
11 Zach Cohen	12 Heritage	17:16.00	11
12 Andrew Walton	9 Mountain Vista	17:18.00	12
13 Eric Steiner	10 Mountain Vista	17:20.00	13
14 Morgan Jones	11 Regis	17:29.00	14

Boys Honorable Mention

15 Michael Rees	12 Ponderosa	17:34.00	15
16 Matt Thompson	11 Legend	17:38.00	16
17 Josh Mattingly	9 Legend	17:48.00	17
18 James Kadolph	10 Chaparral	17:49.00	18
19 Christian Martin	10 Heritage	17:50.00	19
20 Garrett Lieb	12 Heritage	17:51.00	20
21 Noel Wagner	10 Mountain Vista	17:53.00	21

Varsity (A) Boys 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Heritage	60	3	7	11	19	20	60	-
Total Time: 1:26:24	Average: 17:16.80				1-5 Split: 1:16			
2 Mountain Vista	73	5	12	13	21	22	33	44
Total Time: 1:27:11	Average: 17:26.20				1-5 Split: 1:12			

3 Chaparral	101	1	8	18	27	47	54	55
Total Time: 1:27:46	Average: 17:33.21	1-5 Split: 2:11						
4 Highlands Ranch	139	4	9	38	43	45	61	69
Total Time: 1:28:59	Average: 17:47.90	1-5 Split: 1:48						
5 Thunder Ridge	143	2	28	29	32	52	58	62
Total Time: 1:29:39	Average: 17:55.83	1-5 Split: 2:06						
6 Rock Canyon	157	10	34	35	37	41	42	80
Total Time: 1:30:22	Average: 18:04.45	1-5 Split: 1:15						
7 Regis	165	14	24	39	40	48	49	78
Total Time: 1:30:48	Average: 18:09.55	1-5 Split: 1:04						
8 Ponderosa	168	15	23	26	30	74	76	81
Total Time: 1:31:43	Average: 18:20.51	1-5 Split: 2:18						
9 Castle View	184	6	25	46	51	56	68	70
Total Time: 1:30:38	Average: 18:07.58	1-5 Split: 1:59						
10 Legend	193	16	17	36	57	67	82	-
Total Time: 1:31:40	Average: 18:20.00	1-5 Split: 1:29						
11 Douglas County	295	50	53	63	64	65	66	71
Total Time: 1:34:23	Average: 18:52.57	1-5 Split: 29						
12 Littleton	310	31	59	72	73	75	77	79
Total Time: 1:36:40	Average: 19:19.99	1-5 Split: 1:44						

Boys Coach of the Year : Lori Lee – Heritage High School