

**2011 Continental All League Cross Country (BOYS)**

Coach of the Year: Jon Dalby- Mountain Vista

**Team Scores**

1. Mtn. Vista (54)
2. Heritage (67)
3. Legend (125)
4. Rock Canyon (128)
5. ThunderRidge (130)
6. Douglas County (172)
7. Regis (189)
8. Chaparral (190)
9. Castleview (199)
10. Littleton (224)
11. Ponderosa (237)
12. Highlands Ranch (294)

**Individual Scores – First Team All Conference**

1 KEIFER JOHNSON	12	THUNDERRIDGE HIGH SCHOOL	16:23 5:17
2 CHRISTIAN MARTIN	11	HERITAGE HIGH SCHOOL	16:26 5:18
3 JAKE DYSART	12	ROCK CANYON HIGH SCHOOL	16:27 5:18
4 GARRETT SAPAKOFF	12	LITTLETON HIGH SCHOOL	16:33 5:20
5 MATT ZITZMANN	12	HERITAGE HIGH SCHOOL	16:36 5:21
6 STEPHEN CHIPMAN	12	MOUNTAIN VISTA HIGH SCHOOL	16:43 5:23
7 ANDREW WALTON	10	MOUNTAIN VISTA HIGH SCHOOL	16:47 5:25

**Individual Scores – Second Team All Conference**

<b>8 MATT THOMPSON</b>	<b>12</b>	<b>LEGEND HIGH SCHOOL</b>	<b>16:51 5:26</b>
9 ERIC STEINER	11	MOUNTAIN VISTA HIGH SCHOOL	16:58 5:28
10 ZANDER BARTON	11	CASTLE VIEW HIGH SCHOOL	16:59 5:28
11 LUCAS WEST	11	ROCK CANYON HIGH SCHOOL	17:07 5:31
12 JACOB LUCERO	10	DOUGLAS COUNTY HIGH SCHOOL	17:08 5:31
13 CARSON HART	10	MOUNTAIN VISTA HIGH SCHOOL	17:09 5:32
14 KRIS THOMSEN	12	HERITAGE HIGH SCHOOL	17:12 5:32
15 JUSTIN BIGELOW	12	THUNDERRIDGE HIGH SCHOOL	17:12 5:33

### **Individual Scores – Honorable Mention**

16 JOHN LUNDY	10	HERITAGE HIGH SCHOOL	17:13 5:33
<b>17 JOSH MATTINGLY</b>	<b>10</b>	<b>LEGEND HIGH SCHOOL</b>	<b>17:14 5:33</b>
18 ELI HEMMING	11	PONDEROSA HIGH SCHOOL	17:15 5:33
19 STEPHEN GEISLER	11	MOUNTAIN VISTA HIGH SCHOOL	17:16 5:34
20 MARK CURRIE	12	MOUNTAIN VISTA HIGH SCHOOL	17:17 5:34
21 CONNER JOHNSTON	12	ROCK CANYON HIGH SCHOOL	17:20 5:35
22 FORREST BARTON	9	CASTLE VIEW HIGH SCHOOL	17:25 5:37