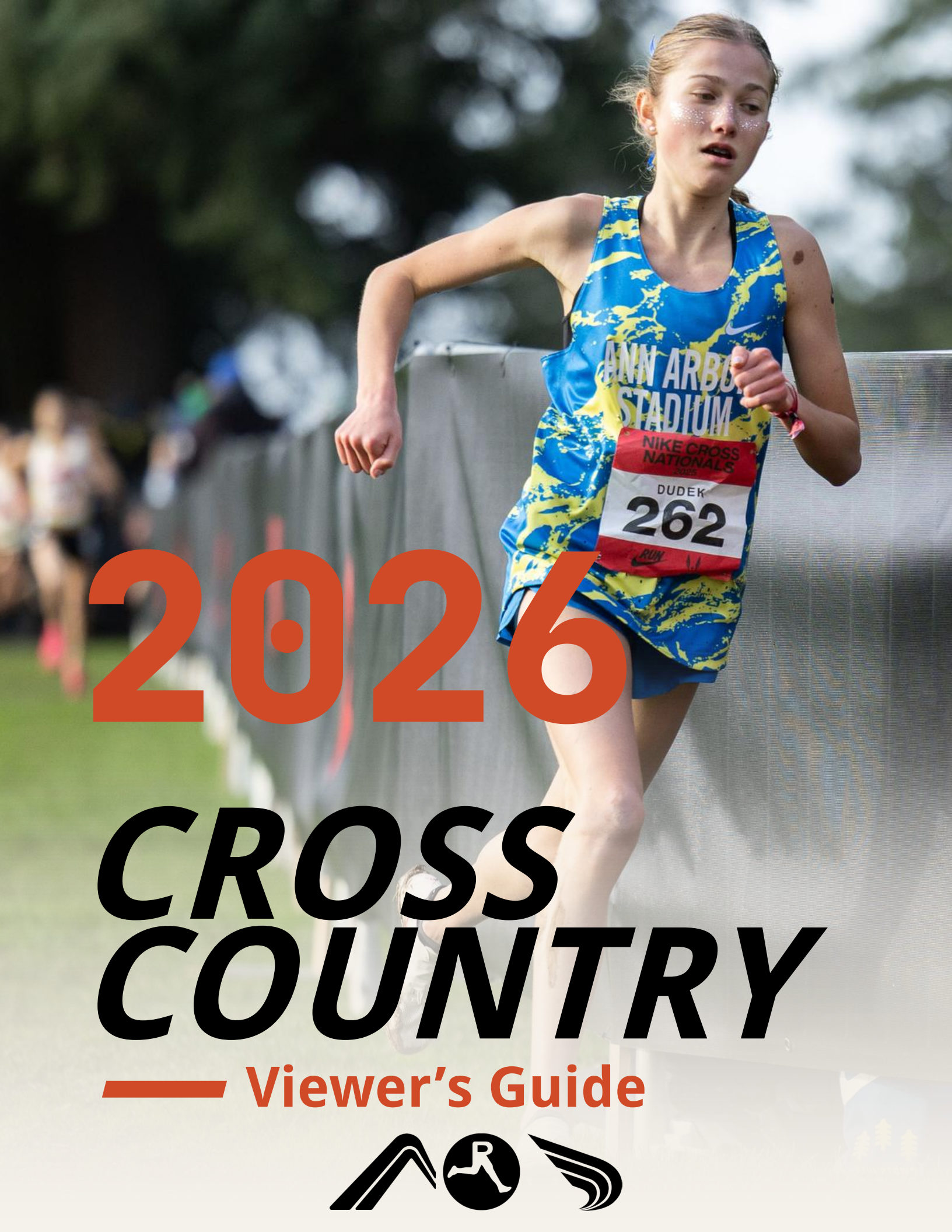




2026

CROSS COUNTRY

— Viewer's Guide



XC VIEWER'S GUIDE 2026

ABOUT THIS GUIDE

Cross country season moves fast. Between early September and early-December, the nation's top teams and individuals will clash at numerous marquee regular season meets, then shift gears to the post-season with an eye on earning national championships.

This guide exists so you know what meets to watch and which teams and individuals to follow. Every team gets a two-page spread with analysis and a projected top seven, while every ranked individual gets a one-page highlight with commentary, PBs, and past highlights.

HOW TO READ THIS GUIDE

01

Ranking

TEAMS

The large numeral on the opening page is the team's national rank in its division.

INDIVIDUALS

The numeral sets the order of the section, one through fifteen.

02

The Numbers

TEAMS

Projected scoring seven with each runner's 5k XC personal best and top track mark.

INDIVIDUALS

5k personal bests from XC and top track marks, plus college commitments.

03

The Season

TEAMS

2025 highlights and key 2026 meets, in chronological order through the postseason.

INDIVIDUALS

Season highlights and championship placings from 2025-26 XC and track.

A NOTE ON THE RANKINGS

Team rankings weight returning scorers, head-to-head results from the 2025 postseason, and verified track marks from the spring. Individual rankings are separate from team rankings: a runner can rank inside the top fifteen nationally on a team that does not appear in these pages. Times listed are lifetime bests at the time of publication unless noted.

CREDITS

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Photo credits appear on page 106



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2025 SEASON HIGHLIGHTS



REUTER, SCHWALM BATTLE AT LIBERTY BELL

Heritage's Emry Schwalm came back from a 20-meter deficit in the final 200 and passed Eaton's Delaney Reuter at the last second to win the girls sweepstakes race at the Liberty Bell Invitational on Sept. 13. Schwalm went on to finish 15th at NXN and is now a freshman at Wake Forest; Reuter is ranked sixth in DyeStat's preseason individual rankings.



ADDY THREEPEATS AT DESERT TWILIGHT

Niwot's Addy Ritzenhein ran 17:00 to win her third straight Sweepstakes race at the Desert Twilight XC Festival on Sept. 26. The Niwot boys and girls swept the team titles and went on to take first and second place, respectively, at Nike Cross Nationals.



SPENCER TAKES DOWN FERNANDEZ'S RECORD

Herriman's Jackson Spencer ran a blistering 14:17 to win the historic Clovis Invitational on Oct. 11, breaking the 19-year-old course record of 14:24 by German Fernandez. Before Spencer, the closest anyone came to breaking Fernandez's record was Nico Young's 14:26 performance in 2019.



VAN MEERTEN DESTROYS MT. SAC COURSE RECORD

Flagstaff's Yohanes Van Meerten ran a ridiculous 14:10 to win the Mt. SAC Division 1 & 2 Boys Sweepstakes race on Oct. 25, taking 36 seconds off of Trey Caldwell's course record from the year prior. Van Meerten won the race by 40 seconds.



DUDEK RUNS 16:18 AT NXR MIDWEST

Ann Arbor Pioneer's Natasza Dudek demolished the La-Vern Gibson Championship Course record at Nike Cross Regionals Midwest on Nov. 16, running 16:18 to win by over 35 seconds. Dudek ran 32 seconds faster on the course than Jane Hedengren did in October 2024.



WAYZATA WINS GIRLS RACE AT NXN

The Wayzata, Minnesota girls, led by senior Maddie Gullickson, scored 142 points to earn a narrow victory over Niwot at Nike Cross Nationals. The program previously won an NXN title in 2013.



NIWOT BOYS PUT UP HISTORIC EFFORT AT NXN

The Niwot boys scored 61 points to win Nike Cross Nationals for the second straight year, breaking the scoring record of 66 points by the 2022 Newbury Park boys and putting themselves in the conversation of all-time greatest teams. They also joined Newbury Park and Purcellville as the only teams to win repeat titles.



SPENCER, DUDEK CAP OFF UNDEFEATED SEASONS

Jackson Spencer and Natasza Dudek earned individual victories at Nike Cross Nationals on Dec. 6, putting exclamation points on their respective undefeated seasons. They also went on to win titles at the Brooks XC Championships in San Diego a week later. Both won Gatorade National Player of the Year awards for Cross Country.



01

BOYS TEAMS



#1 CHRIST SCHOOL (NC)

Arden, North Carolina · Head Coach: Randy Ashley (11th year)

NC · 4A Classification

"My team consists of eight seniors that all want to compete as runners in college. The team came together last year to motivate one another, and all had breakthrough track seasons. With consistent training and an eye towards taking care of the little things, we have an opportunity to be a really strong, national caliber team."

- Randy Ashley

The Greenies from Arden, North Carolina are back with a vengeance. They tore through the Southeast in 2025, winning several high-profile invitationals, and cruised through NXR Southeast.

Nike Cross Nationals didn't go their way last year, but this team is deeper than any other in the country and could easily be the favorite in Portland.

7TH
AT NIKE CROSS
NATIONALS 2025

CHRIST SCHOOL (NC)

1st

Great American
XC Festival

1st

VA XC
Showcase

1st

North Carolina
State Champs (4A)

1st

Nike Cross
Regionals SE

7th

Nike Cross
Nationals



PROJECTED TOP 7

Brooks Barbee, SR

14:59.4 5k XC PB • 8:40.79 3200m PB

Reynolds Young, SR

15:11.2 5k XC PB • 8:50.53 3200m PB

Jack Dennehy, SR

15:24.3 5k XC PB • 8:57.56 3200m PB

Dallas Reeves, SR

15:13.2 5k XC PB • 9:01.29 3200m PB

Brody Webb, SR

15:28.9 5k XC PB • 9:04.98 3200m PB

Ben Graham, SR

15:48.1 5k XC PB • 9:16.26 3200m PB

Timmy McDowell, SR

15:36.8 5k XC PB • 9:23.21 3200m PB

KEY MEETS TO WATCH

● **Eye Opener XC**

Milliken Field (Spartanburg, SC) - Sept 5

● **Great American XC Festival**

WakeMed Soccer Park (Cary, NC) - Oct 3

● **VA XC Showcase**

Pole Green Park (Mechanicsville, VA) - Oct 17

● **NCISAA Cross Country Championships (4A)**

Larry McAfee XC Course (Charlotte, NC) - Oct 30

● **Nike Cross Regionals Southeast**

WakeMed Soccer Park (Cary, NC) - Nov 22



#2

SOUTHLAKE CARROLL (TX)

Southlake, Texas · Head Coach: Justin Leonard (19th year)

TX · 6A Classification



4th
at Nike Cross Nationals

5
Team Titles in 2025

5
of Top 7 Returning

No Caden Leonard? No problem. Junior Kai Gutierrez is the sixth best individual returner from Nike Cross Nationals and has a deep squad behind him. Five of Carroll's top seven from 2025 — a squad that won the Texas 6A state championship and NXR South — are back in 2026, and they'll be hungry for the NXN trophy that eluded them last December.

"We return a veteran group with five runners who have already raced the NXN course, including two who could be making their third trip to NXN this season. We also return six runners who ran 4:22 or faster in the 1600 this past track season, giving us a combination of experience, depth, and speed that we believe can make this a special group."

- Justin Leonard

SOUTHLAKE CARROLL (TX)

PROJECTED TOP 7

Kai Gutierrez, JR

14:37.2 5k XC PB • 8:56.48 3200m PB

Jaxon Glenn, SR

15:17.8 5k XC PB • 4:18.17 Mile PB

Evan O'Donnell, SR

15:35.3 5k XC PB • 9:25.73 3200m PB

Grant Norgart, SR

15:14.1 5k XC PB • 9:29.45 3200m PB

Claudio Auns, SR

15:11.5 5k XC PB • 9:37.8 3200m PB

Adhavan Palanivelrajan, SR

15:42.5 5k XC PB • 9:40.34 3200m PB

Ryan Kovach, JR

16:34.6 5k XC PB • 9:53.38 3200m PB



1st

Texas State Cross Country Championships (6A)

1st

Nike Cross Regionals South

4th

Nike Cross Nationals



KEY MEETS TO WATCH

Woodbridge Cross Country Classic

Great Park (Irvine, CA) - Sept 18-19

Chile Pepper Cross Country Festival

University of Arkansas XC Course (Fayetteville, AR) - Oct 2-3

UIL State Championships (6A)

Old Settlers Park (Round Rock, TX) - Nov 6-7

Nike Cross Regionals South

Watts Cross Country Course (College Station, TX) - Nov 22



AMERICAN FORK (UT)

American Fork, Utah · Head Coach: Timo Mostert (29th year)

UT · 6A Classification

Dynasty. That's the word. Head coach Timo Mostert churns out talent year after year at American Fork, producing 11 state championship-winning teams during his tenure and leading 13 teams to NXN. Last year's team was young — three underclassmen led the way at NXN — and their core has only gained more experience since then. The Cavemen lost three of their top seven to graduation, but Mostert is a master of rebuilding. This year's team could be seriously dangerous.

1st

Timpanogos
Invitational

2nd

Utah State
Championships (6A)

4th

Nike Cross Regionals
Southwest

5th

Nike Cross
Nationals

AMERICAN FORK (UT)

PROJECTED TOP 7

Chase Hejny, JR

14:59.6 5k XC PB • 9:04.49 3200m PB

David Webb, JR

14:48.5 5k XC PB • 9:41.50 3200m PB

Bennett Jensen, SO

15:36.2 5k XC PB • 9:15.02 Mile PB

Roy Jones, JR

15:31.7 5k XC PB • 9:42.96 3200m PB

Logan Wagstaff, JR

15:59.7 5k XC PB • 9:35.91 3200m PB

Cayden Vukich, SR

16:05.2 5k XC PB • 9:36.22 3200m PB

Will Thresher, JR

16:05.0 5k XC PB • 10:11.73 3200m PB

KEY MEETS TO WATCH

SEPT 4

Timpanogos Invitational

Lakeside Park (Vineyard, UT)

OCT 27

**UHSAA State Championships
6A**

Sugar House Park (Salt Lake City, UT)

SEPT 11

Park City Invitational

Quinns Junction (Park City, UT)

NOV 21

**Nike Cross Regionals
Southwest**

Toka Sticks Golf Course (Mesa, AZ)

SEPT 18

Wahsatch Rendezvous

Big Cottonwood (Millcreek, UT)





COEUR D'ALENE (ID)

Coeur D'Alene, Idaho · Head Coach: Emry Carr (3rd year)

ID · 6A Classification

"We believe we have one of the strongest top-three combinations in the country with Wyatt Carr, Rowan Henry, and Wyatt Morgenstern, but what separates this team from a year ago is the depth behind them. If our fourth through seventh runners continue to develop the way they have throughout the summer, we believe we'll have the opportunity to compete with anyone in the country.

- Emry Carr

The 6th place team at NXR Northwest in 2025 might not stand out as a championship contender in 2026, but illness kept them from their full potential in November.

and head coach Emry Carr believes they've got the squad to do it. Six of the top seven return from last season, and Carr says a few new faces could find their way into the top group.

6TH
AT NIKE CROSS
REGIONALS NW
2025

Getting back to Portland is certainly on their minds,

COEUR D'ALENE (ID)

1st

Hole In The Wall
XC Invitational

1st

Idaho State XC
Championships (6A)

6th

Nike Cross Regionals
Northwest



PROJECTED TOP 7

Wyatt Carr, SR

14:31.3 5k XC PB • 8:56.58 3200m PB

Rowan Henry, JR

14:38.9 5k XC PB • 9:01.10 3200m PB

Wyatt Morgenstern, JR

14:48.2 5k XC PB • 9:11.47 3200m PB

Gabe Heule, SR

15:07.1 5k XC PB • 9:33.25 3200m PB

Blaise Howard, SO

15:25.0 5k XC PB • 9:30.62 3200m PB

Drew Grady, SO

16:11.6 5k XC PB • 10:20.37 3200m PB

Will Wood, FR

16:27.49 4k XC PB • 9:33.74 3000m PB

KEY MEETS TO WATCH

Woodbridge Cross Country Classic

Great Park (Irvine, CA) - Sept 18-19

Nike Hole in the Wall XC Invitational

Lakewood High School (Arlington, WA) - Oct 10

IHSAA Cross Country Championships (6A)

Portneuf Wellness Center (Pocatello, ID) - Oct 31

NCISAA Cross Country Championships (4A)

Larry McAfee XC Course (Charlotte, NC) - Oct 30

Nike Cross Regionals Northwest

The Course (Spokane Valley, WA) - Nov 21



#5

BELEN JESUIT PREP (FL)

Miami, Florida · Head Coach: Frankie Ruiz (25th year)

FL · 3A Classification



4th
at Nike Cross Nationals

5
Team Titles in 2025

5
of Top 7 Returning

Marcelo Mantecon is our favorite to win the NXN individual title, and he's got one heck of a crew behind him. He and fellow senior Armando Cruz form one of the top duos in the country, and mid-distance specialist Jack Michalak rounds out their three-headed monster. The team spent nearly a month training at 7,000 feet above sea level in Flagstaff, Arizona this summer, and they're gonna be hungry when they're back racing at sea level — especially since they didn't get a chance to race NXR Southeast last season due to it being on the same day as the Florida state meet. This year, they'll take their shot at NXR, and they'll be ready.

BELEN JESUIT PREP (FL)

PROJECTED TOP 7

Marcelo Mantecon, SR

14:33.0 5k XC PB • 8:35.33 3200m PB

Armando Cruz, SR

14:58.0 5k XC PB • 8:58.29 3200m PB

Jack Michalak, JR

15:44.8 5k XC PB • 4:19.92 Mile PB

David Jaramillo, SO

15:54.8 5k XC PB • 9:32.98 3200m PB

Nicholas Veloso, JR

15:36.1 5k XC PB • 9:30.59 3200m PB

Liam Salom, SR

16:07.5 5k XC PB • 9:59.97 3200m PB

Davi Bodoh, SR

16:12.0 5k XC PB • 9:45.95 3200m PB



3rd
Southern Showcase

5th
Great American
XC Festival

1st
Florida State XC
Championships (3A)



KEY MEETS TO WATCH

Southern Showcase

John Hunt Running Park (Huntsville, AL) - Sept 18

Great American XC Festival

WakeMed Soccer Park (Cary, NC) - Oct 3

FSU XC Invitational and Pre-State Meet

Apalachee Regional Park (Tallahassee, FL) - Oct 10

FHSAA State Championships (3A)

Apalachee Regional Park (Tallahassee, FL) - Nov 20

Nike Cross Regionals Southeast

WakeMed Soccer Park (Cary, NC) - Nov 22



#6

CRATER (OR)

Central Point, Oregon · Head Coach: Justin Loftus (26th year)

OR · 5A Classification

Head coach Justin Loftus has consistently produced some of the best athletes and teams in the Northwest. The days of Tyrone Gorze, Tayvon Kitchen and Josiah Tostenson are gone, but a youthful core returns this year, boosted by

transfer Sawyer Hutton from Las Vegas. The Crater boys look like one of the most dominant teams in a stacked Northwest region.

“ We are 100% dialed in this year.

- Justin Loftus

1st

Oregon State
Championships (5A)

4th

Nike Cross Regionals
Northwest

CRATER (OR)

PROJECTED TOP 7

Garrett Faught, JR

14:38.0 5k XC PB • 8:51.94 3200m PB

Ryder White, SO

15:09.6 5k XC PB • 9:16.85 3200m PB

Sawyer Hutton, JR

15:23.0 5k XC PB • 9:05.88 3200m PB

Max Miracle, SR

15:35.0 5k XC PB • 9:49.85 3200m PB

Reece Hvall, SR

15:33.8 5k XC PB • 9:46.02 3200m PB

Nathan Goode, SR

15:42.8 5k XC PB • 4:20.08 Mile PB

Braedon Ford, JR

16:34.4 5k XC PB • 9:34.22 3000m PB

KEY MEETS TO WATCH

SEPT 4-5

Bill Springhorn Classic

Shasta College (Redding, CA)

OCT 19

Crater Twilight Invite 5000m

Crater High School (Central Point, OR)

SEPT 18-19

Woodbridge Cross Country Classic

Great Park (Irvine, CA)

NOV 7

OSAA Cross Country Championships (5A)

Lane Community College (Eugene, OR)

OCT 10

Clovis Invitational

Woodward Park (Fresno, CA)

NOV 21

Nike Cross Regionals Northwest

The Course (Spokane Valley, WA)



#7 NIWOT (CO)

Niwot, Colorado · Head Coach: Kelly Christensen (11th year)

CO · 5A Classification

The Niwot boys defended their NXN title in style last year, breaking the all-time scoring record with just 61 points. The loss of four seniors from the top seven — Hunter Robbie, Ryder Keeton, Gabriel Marshall and Rocco Culpepper — is a tough one, but they return three boys

who finished in the top 100 in the country, including potential title candidate Quinn Sullivan and rising sophomore Jude Ritzenhein, who seems to be following in his sister's and father's legendary footsteps already.

1ST
AT NIKE CROSS
NATIONALS 2025

NIWOT (CO)

1st

Desert Twilight
XC Festival

1st

Colorado State
XC Champs (5A)

1st

Nike Cross
Regionals SW

1st

Nike Cross
Nationals

61 POINTS
All-Time scoring
record at NXN



PROJECTED TOP 7

Quinn Sullivan, SR

14:34.5 5k XC PB • 8:41.68 3200m PB

Jude Ritzenhein, SO

15:04.0 5k XC PB • 4:07.93 Mile PB

Garrett Sherrard, SR

15:33.7 5k XC PB • 9:26.56 3200m PB

Braylon Brown, SO

15:59.1 5k XC PB • 9:31.21 3200m PB

Praveen Bopearachchigedon, SR

16:00.2 5k XC PB • 9:44.68 3200m PB

Noah Barrios, JR

15:56.2 5k XC PB • 9:53.32 3200m PB

Zachary King, JR

16:13.5 5k XC PB • 9:40.11 2 Mile PB

KEY MEETS TO WATCH

St. Vrain Invitational

Lyons High School XC Course (Lyons, CO) - Sept 19

Desert Twilight XC Festival

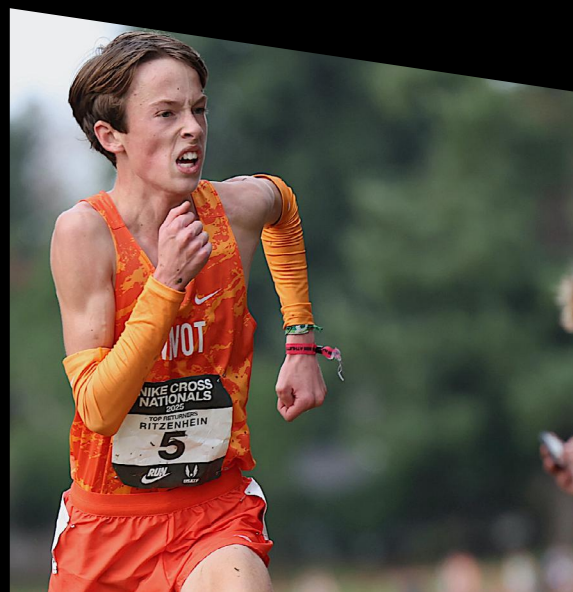
Toka Sticks Golf Course (Mesa, AZ) - Sept 25

CHSAA State Championships (5A)

Penrose Event Center (Colorado Springs, CO) - Oct 31

Nike Cross Regionals Southwest

Toka Sticks Golf Course (Mesa, AZ) - Nov 21



#8

SUMMIT (OR)

Bend, Oregon · Head Coach: Kari Strang (6th year)

OR · 5A Classification



It's pretty rare to see nine of a team's top 10 athletes return — especially when that team is already dominant — but that's what the Summit boys from Bend, Oregon have in store. They were contenders in the Northwest all fall in 2025, and they are in prime position to improve upon their fifth place finish at NXR Northwest this season.

"Summit draws from a deep pool of gritty, resilient, versatile athletes who welcome competition, are committed to the process and team, and foster the best in each other."

-Kari Strang

SUMMIT (OR)

PROJECTED TOP 7

Bjorn Blankenship, SR

14:52.1 5k XC PB • 8:46.32 2 Mile PB

Clayton Jero, JR

15:14.2 5k XC PB • 8:45.98 3200m PB

Charlie English, SR

15:20.0 5k XC PB • 8:50.85 3000m PB

Hudson Boaz, SR

15:50.4 5k XC PB • 8:51.79 3000m PB

Irving Stoller, SR

15:53.9 5k XC PB • 8:58.99 3000m PB

Kai Blankenship, SO

16:00.8 5k XC PB • 9:23.15 3000m PB

Gavin Littrell, SR

16:34.6 5k XC PB • 9:27.77 3000m PB



2nd

**Nike Portland
XC Invitational**

1st

**Rose City
Championships**

2nd

**Oregon State XC
Championships (5A)**

5th

**Nike Cross Regionals
Northwest**



KEY MEETS TO WATCH

● **Northwest Classic**

Lane Community College (Eugene, OR) - Sept 19

● **Nike Bob Firman Invitational**

The Course (Spokane Valley, WA) - Sept 25-26

● **Oxford Classic**

Drake Park (Bend, OR) - Oct 3

● **Rose City Championships**

Rose City Golf Course (Portland, OR) - Oct 9

● **OSAA Cross Country Championships (5A)**

Lane Community College (Eugene, OR) - Nov 7

● **Nike Cross Regionals Northwest**

The Course (Spokane Valley, WA) - Nov 21



CAMPOLINDO (CA)

Moraga, California · Head Coach: Chuck Woolridge (21st year)

CA · DIII Classification

This is one of the deepest teams in California right now, returning all but one of its top 12 from 2025. Four ran under 9:20 for the HOKA Postal Nationals, and another four ran under 9:40. Head coach Chuck Woolridge believes this is one of the best squads he's ever coached, and his athletes are eager to prove that.

"With most of these athletes being veterans of the past two state championship seasons in 2024 and 2025, this is the deepest and most experienced squad we've had returning.

-Chuck Woolridge

1st

California State
Championships (DIII)

1st

HOKA Postal
Nationals

CAMPOLINDO (CA)

PROJECTED TOP 7

Clark Gregory, SR

14:57.7 5k XC PB • 9:11.46 3200m PB

Nikola Van Delft, SR

15:24.5 5k XC PB • 9:17.29 3200m PB

Caden Ehrhorn, JR

15:19.7 5k XC PB • 9:10.80 3200m PB

Jack Durden, SR

15:41.0 5k XC PB • 9:28.38 3200m PB

Gavin Gunn, SR

15:35.1 5k XC PB • 9:17.75 3200m PB

Samuel Hearn, SR

15:46.6 5k XC PB • 9:39.81 3200 PB

Chase Nickens, JR

16:04.0 5k XC PB • 9:31.92 3200m PB

KEY MEETS TO WATCH

OCT 16

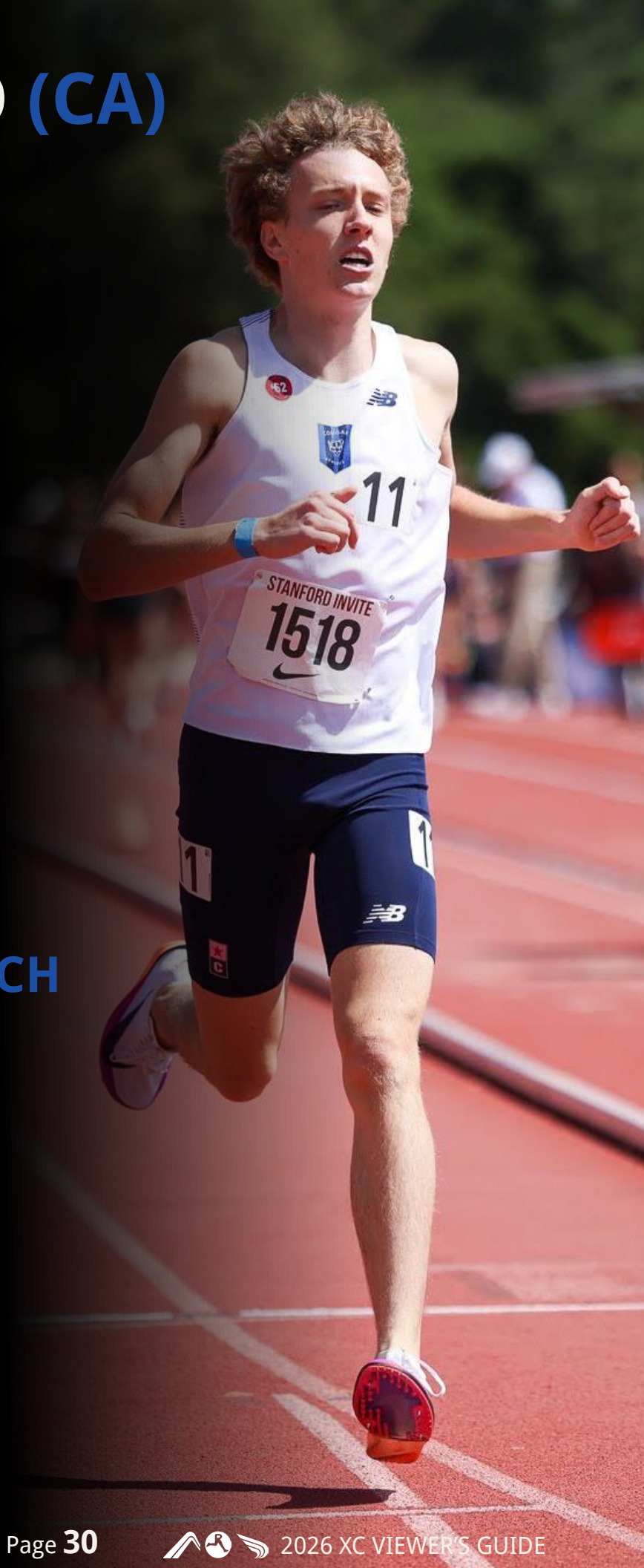
Rough Rider Invitational

Woodwark Park (Fresno, CA)

NOV 28

**CIF State Championships
(Division III)**

Woodwark Park (Fresno, CA)





Portland, Oregon · Head Coach: Eric Dettman (9th year)

OR · 6A Classification

“I think [racing at NXN] prepared us really well for this upcoming season to get a better idea of what National level racing really looks like. I think that experience is ultimately what will help us to be successful this year. We have a really special group that does a great job of running for each other.

- Eric Dettman

Head coach Eric Dettman's squad finished second in a stacked Northwest region last year at Nike Cross Regionals.

Their NXN experience wasn't what they hoped for, but they return five of their top seven,

and Dettman says 15 or 16 guys could vie for the top seven.

That depth is crucial in a months-long season and makes Lincoln a very safe pick to be among the top teams in the Northwest.

19TH

AT NIKE CROSS
NATIONALS 2025

LINCOLN (OR)

2nd

Oregon State
Champs (6A)

2nd

Nike Cross
Regionals NW

19th

Nike Cross
Nationals



PROJECTED TOP 7

Malcolm Dimoff, SR

14:46.4 5k XC PB • 8:23.52 3000m PB

Peter James, SR

14:54.2 5k XC PB • 8:20.03 3000m PB

Jack Denton, SR

15:25.2 5k XC PB • 8:56.12 3000m PB

Seth Kugel, JR

15:21.6 5k XC PB • 8:40.99 3000m PB

Henry Tachouet, JR

16:07.4 5k XC PB • 8:52.39 3000m PB

Desmond Conser, JR

15:23.4 5k XC PB • 8:55.23 3000m PB

Christian Ranalli, JR

15:47.7 5k XC PB • 8:59.32 3000m PB

KEY MEETS TO WATCH

● **Northwest Classic**

Lane Community College (Eugene, OR) - Sept 19

● **Chile Pepper Cross Country Festival**

University of Arkansas XC Course (Fayetteville, AR) - Oct 2-3

● **Rose City Championship**

Rose City Golf Course (Portland, OR) - Oct 9

● **OSAA Cross Country Championships (6A)**

Lane Community College (Eugene, OR) - Nov 7

● **Nike Cross Regionals Northwest**

The Course (Spokane Valley, WA) - Nov 21



#11

HERRIMAN (UT)

Herriman, Utah · Head Coach: Josh Pugel (1st year)

UT · 6A Classification



osing NXN individual champion Jackson Spencer and three other seniors — not to mention head coach Doug Soles — hurts, but the Mustangs are ready to rebuild. Trevin Lounsbury, Camron Johnson and Eli Wardle all return from the NXN runner-up squad, and 14 guys ran under 17:00 for 5,000 meters last fall. Don't count out the Utah dynasty.

"[We have] solid depth, proven development through seasoned training, and a mission to prove that Herriman Cross Country isn't a four year run, but a dynasty that is here to stay.

-Josh Pugel

HERRIMAN (UT)

PROJECTED TOP 7

Trevin Lounsbury, SR

15:08.4 5k XC PB • 9:10.08 3200m PB

Camron Johnson, SR

15:21.0 5k XC PB • 9:34.96 3200m PB

Kenneth Briggs, SR

15:43.1 5k XC PB • 10:04.48 3200m PB

Jeremiah Sorensen, JR

15:57.0 5k XC PB • 9:46.74 3200m PB

Eli Wardle, SR

15:56.5 5k XC PB • 9:47.66 3200m PB

Jacob DeHaan, JR

16:02.5 5k XC PB • 9:38.56 3000m PB

Owen Vorkink, SO

15:57.4 5k XC PB • 9:54.36 3200m PB



1st

**Woodbridge Cross
Country Classic**

2nd

Clovis Invitational

1st

**Utah State XC
Championships (6A)**

2nd

**Nike Cross
Nationals**



KEY MEETS TO WATCH

Timpanogos Invitational

Lakeside Park (Vineyard, UT) - Sept 4

Woodbridge Cross Country Classic

Great Park (Irvine, CA) - Sept 18-19

UHSAA State Championships (6A)

Sugar House Park (Salt Lake City, UT) - Oct 27

Nike Cross Regionals Southwest

Toka Sticks Golf Course (Mesa, AZ) - Nov 21



CORONADO (CO)

Colorado Springs, Colorado · Head Coach: Lisa Rainsberger (5th year)

CO · 4A Classification

Oliver Horton will have a lot of work to do if he and the Coronado boys want to return to Portland, but the senior is a national title contender and has a strong core around him.

Fellow seniors Braxton Oliver and Eli Salazar are also well-credentialed, and the Coronado program is consistently one of the best in Colorado.

2nd

Desert Twilight
XC Festival

1st

Colorado State XC
Championship (4A)

3rd

Nike Cross Regionals
Southwest

CORONADO (CO)

PROJECTED TOP 7

Oliver Horton, SR

14:23.9 5k XC PB • 8:38.95 3200m PB

Braxton Oliver, SR

15:43.4 5k XC PB • 9:33.58 3200m PB

Braddock Hewitt, JR

16:23.8 5k XC PB • 10:07.12 3200m PB

Eastyn Gutowski, JR

16:08 5k XC PB • 4:46.21 1600m PB

Eli Salazar, JR

16:19.2 5k XC PB • 5:05.71 1600m PB

Anthony Pargas, FR

17:33 5k XC PB • 5:03.66 1600m PB

Jonas Friesma, SO

17:34 5k XC PB • 5:06.71 1600m PB

KEY MEETS TO WATCH

SEPT 25

Desert Twilight XC Festival

Toka Sticks Golf Course (Mesa, AZ)

OCT 31

CHSAA State Championships (4A)

Penrose Event Center (Colorado Springs, CO)

NOV 21

Nike Cross Regionals Southwest

Toka Sticks Golf Course (Mesa, AZ)





#13

AUSTIN VANDEGRIFT (TX)

Austin, Texas · Head Coach: Colin Sully (11th year)

TX · 6A Classification

“ We return a deep, experienced lineup led by several athletes who gained valuable championship experience last season. Our strength has traditionally been pack running, and if the group continues to develop as expected, we believe we’ll be in the mix nationally throughout the season.

- Colin Sully

Five of the top seven return from the NXR South runner-up squad out of Austin. Rising sophomore Avinash Dewagan tore up the track scene and leads a team with a mix of youth and experience.

They’ll battle with Southlake Carroll multiple times this season, and those battles will be must-watch.

2ND
AT NIKE CROSS
REGIONALS SW 2025

AUSTIN VANDEGRIFT (TX)

6th

Woodbridge
Invitational

2nd

Texas State XC
Championships (6A)

2nd

Nike Cross Regionals
Southwest



PROJECTED TOP 7

Avinash Dewagan, SO

15:32.7 5k XC PB • 9:04.83 3200m PB

Collin Goodwin, SR

15:03.7 5k XC PB • 9:13.30 3200m PB

Anderson Mills, JR

15:54.0 5k XC PB • 9:48.07 3200m PB

Devin Celkis, SO

16:07.0 5k XC PB • 9:52.77 3200m PB

Atticus Reyes, JR

16:01.4 5k XC PB • 9:46.92 3200m PB

Ryan Lee, JR

16:20.7 5k XC PB • 9:45.88 3200m PB

Ewan Henricksen, JR

16:44.4 5k XC PB • 10:02.93 3200m PB

KEY MEETS TO WATCH

Coach T - Marcus Invitational

North Lakes Park (Denton, TX) - Sept 5

Woodbridge Cross Country Classic

Great Park (Irvine, CA) - Sept 18-19

Nike South Invitational

Watts Cross Country Course (College Station, TX) - Sept 26

UIL State Championships (6A)

Old Settlers Park (Round Rock, TX) - Nov 6-7

Nike Cross Regionals South

Watts Cross Country Course (College Station, TX) - Nov 22



#14

BROUGHTON (NC)

Raleigh, North Carolina · Head Coach: David Christian (23rd year)

NC · 8A Classification



The North Carolina 8A state champions lose their top two runners from the 2025 season, but the rest of the top seven are back, and with a talented transfer and incoming freshmen in the mix, the Broughton boys could easily find themselves back in Portland in December.

“We return a highly motivated group ready to defend our NC State Championship and earn another opportunity to compete at NXN. We were grateful for the opportunity to compete at NXN ('25) but ultimately disappointed in our performance and we hope to improve in 2026. Five of our seven NXN athletes return, along with the addition of Gavin Clewley, giving us experience and added strength for the season ahead.

-David Christian

BROUGHTON (NC)

PROJECTED TOP 7

Cam Kuss, SR

15:22.5 5k XC PB • 9:02.39 3200m PB

Charlie Slawinski, SR

15:23.2 5k XC PB • 9:03.92 3200m PB

Tyler Burke, JR

15:35.4 5k XC PB • 9:14.64 3200m PB

Jacob Urben, JR

16:26.4 5k XC PB • 9:38.57 3200m PB

Gavin Clewley, JR

15:39.5 5k XC PB • 9:30.65 3200m PB

Logan McKay, JR

16:27.4 5k XC PB • 10:02.13 3200m PB

Jackson Burke, JR

16:56.0 5k XC PB • 10:02.48 3200m PB



4th

**Great American
XC Festival**

1st

**NCHSAA State XC
Championships (8A)**

2nd

**Nike Cross Regionals
Southeast**

18th

**Nike Cross
Nationals**



KEY MEETS TO WATCH

Adidas XC Challenge

WakeMed Soccer Park (Cary, NC) - Sept 19

Great American XC Festival

WakeMed Soccer Park (Cary, NC) - Oct 3

Manhattan XC Invitational

Van Cortlandt Park (New York, NY) - Oct 10

NCHSAA Cross Country Championships

Redmon Sports Complex (Kernersville, NC) - Nov 7

Nike Cross Regionals Southeast

WakeMed Soccer Park (Cary, NC) - Nov 22



SAN CLEMENTE (CA)

San Clemente, California · Head Coach: Dave Luciani (4th year)

CA · Division I Classification

Head coach Dave Luciani knows he has some challenges ahead of him. Thanks to some unforeseen circumstances, his squad lost a lot of talent — not only from graduating seniors — and needs to rebuild quickly. The fact that this team is still in the top 15 despite that shows how deep Luciani's roster is.

Seniors Mattheus Dos Santos and Yohan Anderson are a strong, consistent 1-2 punch and will bring down San Clemente's scores every week. What's more, the Tritons could be looking at a top five fully comprised of seniors. That experience will be crucial in the postseason.

5th

Clovis Invitational

1st

Mt. SAC XC Invitational
Division 1 & 2

2nd

CIF State XC
Championships (DI)

15th

Nike Cross
Nationals

SAN CLEMENTE (CA)

PROJECTED TOP 7

Mattheus Dos Santos, SR

15:03.3 5k XC PB • 9:13.12 3200m PB

Yohan Anderson, SR

14:59.0 5k XC PB • 9:14.83 3200m PB

Magnus Johansson, SR

15:35.0 5k XC PB • 9:33.11 3200m PB

Gabriel Sech, SR

15:42.8 5k XC PB • 9:54.18 3200m PB

Erik Troester, SR

15:29.9 5k XC PB • 10:03.59 3200m PB

Gabriel Chantaca, SO

16:47.4 5k XC PB • 10:27.68 3200m PB

Tommy Suckiel, SR

17:12.13 5k XC PB • 10:23.39 3200m PB

KEY MEETS TO WATCH

SEPT 18-19

Woodbridge Cross Country Classic

Great Park (Irvine, CA)

NOV 28

CIF State Championships (DI)

Woodward Park (Fresno, CA)

OCT 10

Clovis Invitational

Woodward Park (Fresno, CA)

OCT 23-24

Mt. SAC Cross Country Invitational

Mt. San Antonio College (Walnut, CA)





02

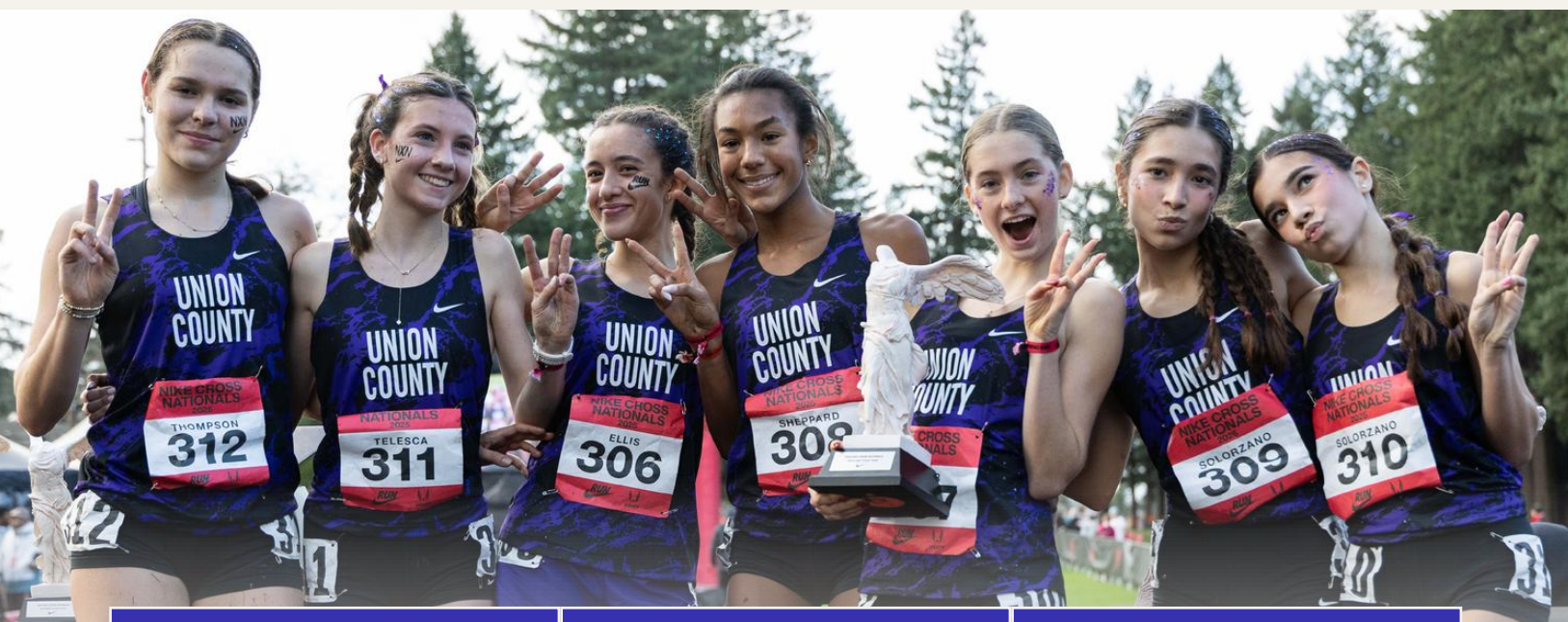
GIRLS ***TEAMS***

#1

UNION CATHOLIC (NJ)

Scotch Plains, New Jersey • Head Coach: Michael McCabe (24th year)

NJ • A Classification



3rd
at Nike Cross Nationals

3
Team Titles in 2025

6
of Top 7 Returning

After finishing third at Nike Cross Nationals in 2025 — the highest finish ever by a New Jersey team — Union Catholic only loses one of its top seven. They retain three of the top 15 girls in the Northeast, including World U20 Track and Field Championships qualifier Paige Sheppard, who is looking to lead her team to its first Nike Cross Nationals title. This is the deepest team in the country, bar none.

"We raced very well at NXN in 2025 and we hope to use that experience to take us to the next level. We have strong senior leadership, terrific front runners and great depth. The girls have worked hard this summer to achieve their goals.

- Michael McCabe

UNION CATHOLIC (NJ)

PROJECTED TOP 7

Paige Sheppard, SR

16:44.3 5k XC PB • 2:00.65 800m PB

Cayleigh Kaiser, SR

17:22.1 5k XC PB • 10:17.21 3200m PB

Harper Telesca, SO

17:51.9 5k XC PB • 10:48.11 3200m PB

Sophia Thompson, SR

17:46.0 5k XC PB • 4:37.60 1600m PB

Kayla Devine, SR

18:03.0 5k XC PB • 10:51.75 3200m PB

Saffa Ellis, JR

18:45.4 5k XC PB • 11:04.79 3200m PB

Eden Solorzano, SO

18:36.4 5k XC PB • 4:54.04 1600m PB



2nd
Woodbridge Cross
Country Classic

1st
VA XC Showcase

1st
New Jersey XC
Meet of Champions

1st
Nike Cross Regionals
Northeast

3rd
Nike Cross Nationals



KEY MEETS TO WATCH

- **Woodbridge Cross Country Classic**
Great Park (Irvine, CA) - Sept 18-19
- **Shore Coaches Invitational**
Holmdel Park (Holmdel, NJ) - Oct 3
- **VA XC Showcase**
Pole Green Park (Mechanicsville, VA) - Oct 17
- **New Jersey Meet of Champions**
Holmdel Park (Holmdel, NJ) - Nov 14
- **Nike Cross Regionals Northeast**
Bowdoin Park (Wappingers Falls, NY) - Nov 21



LONE PEAK (UT)

Highland, Utah · Head Coach: Courtney Meldrum (13th year)

UT · 6A Classification

The Lone Peak girls will have to contend with the loss of their two-headed monster, Zoey and Brielle Nilsson. The twins went 1-2 for the team at Nike Cross Nationals, leading the way to a 4th place finish. Now that they're off at the University of Utah, senior Maya Bybee will have to take the reins and lead Lone Peak back to Portland. Head coach Courtney Meldrum consistently puts together deep, talented teams, and this year looks like no exception.

1st

Timpanogos
Invitational

1st

Utah State
Championships (6A)

1st

Nike Cross Regionals
Southwest

4th

Nike Cross
Nationals

LONE PEAK (UT)

PROJECTED TOP 7

Maya Bybee, SR

17:24.3 5k XC PB • 10:17.00 3200m PB

Hailey Atwater, SR

17:49.0 5k XC PB • 10:50.40 3200m PB

Paityn Rotahinsky, SR

18:04.5 5k XC PB • 5:01.74 Mile PB

Teagan Harris, JR

18:08.4 5k XC PB • 10:50.11 3200m PB

Tatum Brewer, JR

17:46.9 5k XC PB • 11:42.53 3200m PB

Camille Shields, JR

18:37.6 5k XC PB • 11:05.64 3200m PB

Addisyn Edwards, JR

19:15.9 5k XC PB • 11:39.73 3200m PB

KEY MEETS TO WATCH

OCT 27

**UHSAA State Championships
6A**

Sugar House Park (Salt Lake City, UT)

NOV 21

**Nike Cross Regionals
Southwest**

Toka Sticks Golf Course (Mesa, AZ)





#3 NIWOT (CO)

Niwot, Colorado · Head Coach: Kelly Christensen (11th year)

CO · 5A Classification

“The athletes are holding each other accountable, enjoying being around one another, and having a lot of fun while putting in the work for another exciting season.

- Kelly Christensen

Head coach Kelly Christensen says his summer program had the largest turnout in team history this year — a great sign for a program whose consistent depth has brought them historic results. While the boys set the all-time scoring record at Nike Cross

Nationals last fall, the girls were no slouches in their own right; they took second place, finishing just five points behind Wayzata. They lose three seniors, including Addy Ritzenhein, from their top seven, but there are plenty of talented runners waiting in the wings.

2ND
AT NIKE CROSS
NATIONALS 2025

NIWOT (CO)

1st

Desert Twilight
XC Festival

1st

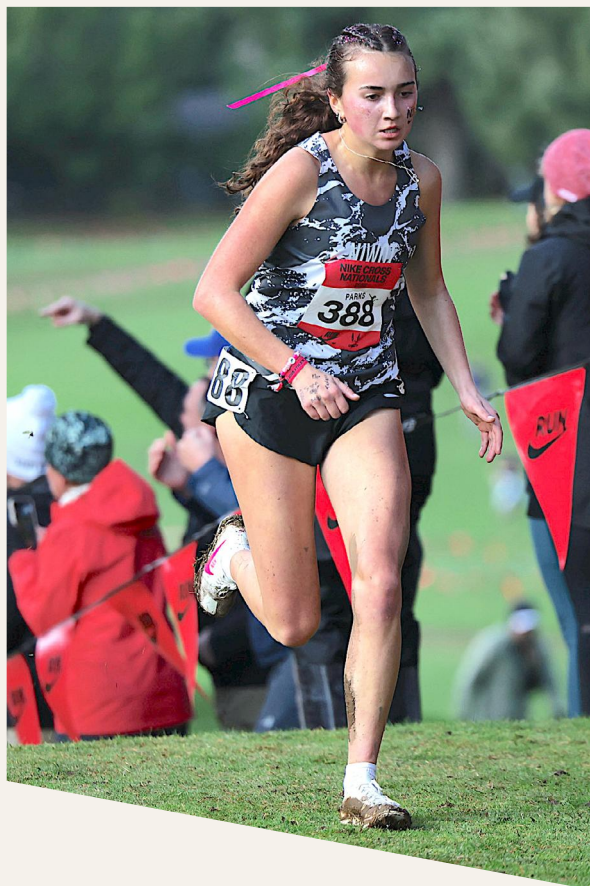
Colorado State XC
Championships (5A)

3rd

Nike Cross Regionals
Southwest

2nd

Nike Cross Nationals



PROJECTED TOP 7

Elise Hagen, SR

17:58.3 5k XC PB • 10:13.25 3200m PB

Scarlett Parks, SR

18:10.1 5k XC PB • 10:33.40 3200m PB

Tereza Koudelka, SO

17:55.1 5k XC PB • 11:27.01 3200m PB

Siona Kelly, SO

18:23.8 5k XC PB • 11:33.78 3200m PB

Kelly Wilson, SR

18:14.1 5k XC PB • 5:27.95 1600m PB

Emily Bolda, SO

18:18.4 5k XC PB • 11:43.20 3200m PB

Lila Robbie, SO

19:45.6 5k XC PB • 11:28.27 3200m PB

KEY MEETS TO WATCH

St. Vrain Invitational

Lyons High School XC Course (Lyons, CO) - Sept 19

Desert Twilight XC Festival

Toka Sticks Golf Course (Mesa, AZ) - Sept 25

CHSAA State Championships (5A)

Penrose Event Center (Colorado Springs, CO) - Oct 31

Nike Cross Regionals Southwest

Toka Sticks Golf Course (Mesa, AZ) - Nov 21



#4

AMERICAN FORK (UT)

American Fork, Utah · Head Coach: Bruno Hunziker (39th year)

UT · 6A Classification



When an entire top seven that took 7th place at Nike Cross Nationals returns, you know you've got something special. That's what Bruno Hunziker has in store with the American Fork girls. Led by Utah state champion Skye Jensen, this squad has three girls that have run sub-18 on the grass, and all seven have run sub-19. It will be an incredibly tight battle for the two NXN team qualifying spots from the Southwest, and on the right day, American Fork could snag one.

AMERICAN FORK (UT)

PROJECTED TOP 7

Skye Jensen, SR

17:22.6 5k XC PB • 10:21.76 3200m PB

Mae Glassford, SO

17:41.7 5k XC PB • 10:58.95 3200m PB

Cali Dooley, SO

17:59.0 5k XC PB • 11:09.64 3200m PB

Sarah Watson, JR

18:13.5 5k XC PB • 10:58.84 3200m PB

Shay Smith, SR

18:37.4 5k XC PB • 11:07.40 3200m PB

Rebekah Jacob, JR

18:57.5 5k XC PB • 11:34.23 3200m PB

Sophie Bahr, SR

18:41.6 5k XC PB • 11:40.17 3200m PB

2nd
Timpanogos Invitational

2nd
**Utah State XC
Championships (6A)**

4th
**Nike Cross Regionals
Southwest**

7th
Nike Cross Nationals

KEY MEETS TO WATCH

● **Timpanogos Invitational**

Lakeside Park (Vineyard, UT) - Sept 4

● **Park City Invitational**

Quinns Junction (Park City, UT) - Sept 11

● **Wahsatch Rendezvous**

Big Cottonwood (Millcreek, UT) - Sept 18

● **UHSAA State Championships (6A)**

Sugar House Park (Salt Lake City, UT) - Oct 11

● **Nike Cross Regionals Southwest**

Toka Sticks Golf Course (Mesa, AZ) - Nov 21



SEHOME (WA)

Bellingham, Washington · Head Coach: Kevin Ryan (32nd year)

WA · 2A Classification

Small, but mighty. That's how head coach Kevin Ryan sees his crew. With six of the top seven returning from a team that finished 10th at Nike Cross Nationals last fall, Sehome has no shortage of depth. Ryan says the team's depth at the 5-6-7 spots is significantly improved from last year, which should bode well for the postseason. The Mariners could be looking at a repeat NXR Northwest victory.

"We believe the experience of going through the NXN process last year will be beneficial this year. We have had a productive summer of training and feel we are in a good spot to improve on last year's performances. We are a small public school and these kids grew up together and are close knit group that positively push each other.

- Kevin Ryan

1st

Hole in the Wall
XC Invitational

1st

Washington State XC
Championships (2A)

1st

Nike Cross Regionals
Northwest

10th

Nike Cross
Nationals

SEHOME (WA)

PROJECTED TOP 7

Kjirsten Ludeman, JR

17:11.2 5k XC PB • 4:50.26 Mile PB

Sloane Clines, JR

17:05.0 5k XC PB • 10:41.01 3200m PB

Lil Desler, SR

17:30.9 5k XC PB • 10:52.22 3200m PB

Samantha Knipp, SR

17:39.1 5k XC PB • 4:57.1 1600m PB

Paige Ricks, SO

18:22.9 5k XC PB • 11:19.56 3200m PB

Anya Cannizzaro, SO

21:24.6 5k XC PB • 5:12.61 1600m PB

Helen Buetow, SR

19:16.9 5k XC PB • 5:23.95 1600m PB

KEY MEETS TO WATCH

SEPT 12

GearUp Northwest Preview

Civic Stadium (Bellingham, WA)

NOV 7

WIAA Cross Country Championships (2A)

Sun Willows Golf Course (Pasco, WA)

SEPT 25-26

Nike Bob Firman Invitational

The Course (Spokane Valley, WA)

NOV 21

Nike Cross Regionals Northwest

The Course (Spokane Valley, WA)

OCT 10

Nike Hole in the Wall XC Invitational

Lakewood HS (Arlington, WA)



#6

FLOWER MOUND
(TX)

Flower Mound, Texas · Head Coach: Andrew Cook (20th year)

TX · 6A Classification

"I think this team has the potential to be the best in school history."

- Andrew Cook

Flower Mound has been a dynasty in the Lone Star State for years, but head coach Andrew Cook believes this year's team could be the best in program history. Five of the top seven return from a squad that finished 9th at Nike Cross Nationals, and it will be mostly juniors and seniors leading the way this year.

Senior Adeline Bennett, the Texas 6A champion in the 1600 meters in the outdoor season, should be a strong low stick, and with fellow seniors Liana Cluley Garza and Eliana Rivera behind her, Flower Mound will have a strong showing up front all season.

9THAT NIKE CROSS
NATIONALS 2025

FLOWER MOUND (TX)

1st

Nike South XC
Invitational

2nd

Desert Twilight
Invitational

2nd

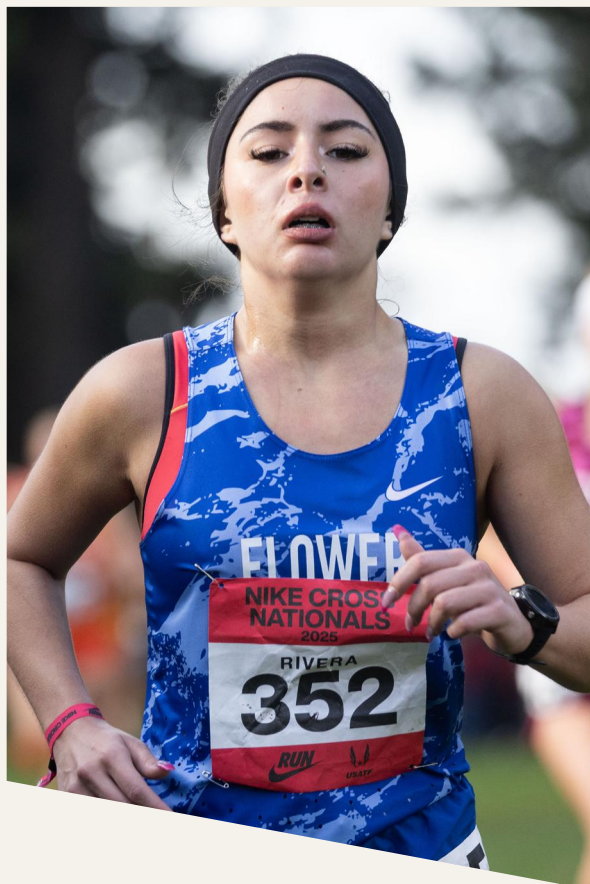
Texas State XC
Championships (6A)

1st

Nike Cross Regionals
South

9th

Nike Cross
Nationals



PROJECTED TOP 7

Adeline Bennett, SR

17:07.0 5k XC PB • 4:46.89 Mile PB

Liana Cluley Garza, SR

17:39.8 5k XC PB • 10:47.31 3200m PB

Eliana Rivera, SR

18:17.0 5k XC PB • 11:15.97 3200m PB

Allie Driscoll, JR

18:25.8 5k XC PB • 11:21.92 3200m PB

Jewel Barnes, JR

18:50.0 5k XC PB • 11:16.44 3200m PB

Megan Schmidt, SR

18:39.1 5k XC PB • 11:15.98 3200m PB

Avery Cauble, JR

19:03.4 5k XC PB • 11:34.95 3200m PB

KEY MEETS TO WATCH

Coach T - Marcus Invitational

North Lakes Park (Denton, TX) - Sept 5

McNeil Cross Country Invitational

Old Settlers Park (Round Rock, TX) - Sept 19

Great American XC Festival

WakeMed Soccer Park (Cary, NC) - Oct 3

UIL State Championships (6A)

Old Settlers Park (Round Rock, TX) - Nov 6-7

Nike Cross Regionals South

Watts Cross Country Course (College Station, TX) - Nov 22



#7

BARRINGTON (IL)

Barrington, Illinois • Head Coach: Debbie Revolta (36th year)

IL • 3A Classification



Even without Mia Sirois, who missed the 2025 season with a broken ankle, Barrington managed to win a state title and finish 6th at Nike Cross Regionals Midwest. With Sirois, they look unstoppable. Veterans Victoria Tarara and Angelica Hil form a strong 2-3, and a group of three talented sophomores — Ashleigh and Hannah Forbes and Cece Babel — give this crew plenty of depth. Barrington looks to easily be the best team in the Midwest.

BARRINGTON (IL)

PROJECTED TOP 7

Mia Sirois, SR

16:57.4 5k XC PB • 9:44.16 3200m PB

Victoria Tarara, JR

18:04.1 5k XC PB • 10:19.75 3200m PB

Angelica Hil, SR

18:13.0 5k XC PB • 10:33.86 3200m PB

Ashleigh Forbes, SO

19:10.7 5k XC PB • 10:57.78 3200m PB

Hannah Forbes, SO

19:08.1 5k XC PB • 11:28.67 3200m PB

Cece Babel, SO

19:15.7 5k XC PB

Liva Ketkar, SR

19:41.3 5k XC PB • 11:33.60 3200m PB



1st

Palantine Invitational

1^t

**Loyola Academy
Flight Night**

1st

**Illinois State XC
Championships (3A)**



KEY MEETS TO WATCH

First to the Finish Invitational

Detweiller Park (Peoria, IL) - Sept 12

Palatine Invite Meet of Champions

Deer Grove East (Palatine, IL) - Sept 26

Loyola Academy Flight Night

Loyola Academy Munz Campus (Glenview, IL) - Oct 9

IHSA Class Cross Country Championships (3A)

Detweiller Park (Peoria, IL) - Nov 7

Nike Cross Regionals Midwest

LaVern Gibson XC Course (Terre Haute, IN) - Nov 14-15



ANN ARBOR PIONEER (MI)

Ann Arbor, Michigan · Head Coach: Nancy Boudreau (12th year)

MI · DI Classification

Having the best runner in the country on your squad really, really helps. Natasza Dudek, the reigning Nike Cross Nationals champion and Gatorade Player of the Year, returns for her junior season with a deep squad around her. Only one member of the 18th-place NXN squad, Hana Boggess, graduated in 2026, and the remaining six have another year of experience under their belt. The Midwest will be a tightly contested region this fall, and Ann Arbor Pioneer could be the team to beat.

1st

Michigan LP State XC
Championships (DI)

1st

Nike Cross Regionals
Midwest

18th

Nike Cross
Nationals



ANN ARBOR PIONEER (MI)

PROJECTED TOP 7

Natasza Dudek, JR

16:09.50 5k XC PB • 9:52.61 3200m PB

Sienna Klemmer, JR

16:53.37 5k XC PB • 10:25.49 3200m PB

Keira Von Blon, SO

17:05.55 5k XC PB • 10:34.59 3200m PB

Nina Moore, SR

18:47.53 5k XC PB • 11:15.48 3200m PB

Lizzie Wernimont, SR

18:40.40 5k XC PB • 5:27.66 1600m PB

Laura Forsyth, SO

19:03.90 5k XC PB • 11:05.45 3200m PB

Mia Lopez, SR

19:14.88 5k XC PB • 11:57.79 3200m PB

KEY MEETS TO WATCH

SEPT 11

Spartan XC Invitational

Forest Akers East Golf Course (East Lansing, MI)

OCT 10

Portage Invitational

Portage West Middle School (Portage, MI)

SEPT 19

Holly-Duane Raffin Festival of Races

Springfield Oaks County Park (Springfield Township, M Lansing, MI)

NOV 7

MHSAA LP Division 1 Cross Country Championships

Michigan International Speedway (Brooklyn, MI)

SEPT 26

Jackson Invitational

Ella Sharp Park (Jackson, MI)

NOV 14-15

Nike Cross Regionals Midwest

LaVern Gibson Cross Country Course (Terre Haute, IN)



#9

BUCHANAN (CA)

Clovis, California · Head Coach: Brian Weaver (18th year)

CA · DI Classification

“The team understands what it takes to be a top program and are working towards their goals. Our team chemistry is some of the best we have had.

- Brian Weaver

Having six of the top seven back from a team that won the California Division 1 state title is a big flex, and those six will have plenty of motivation heading into this fall.

Buchanan's performance at Nike Cross Nationals was not a

true reflection of their depth and talent; on a better day, they could have been a top-10 team in the country. Now, with four girls that have run sub-18 on the grass and some young stars in the 5-6-7 spots, it looks like Buchanan's year.

17TH
AT NIKE CROSS
NATIONALS 2025

BUCHANAN (CA)

3rd

Woodbridge Cross
Country Classic

2nd

Clovis Invitational

1st

CIF State XC
Championships (DI)

17th

Nike Cross
Nationals



PROJECTED TOP 7

Molly Sundgren, SR

17:29.4 5k XC PB • 10:34.68 3200m PB

Brooklyn Buckley, JR

17:35.4 5k XC PB • 4:53.86 Mile PB

Layla Merancio, JR

17:46.9 5k XC PB • 10:41.00 3200m PB

Gaby Gutierrez, JR

17:36.4 5k XC PB • 10:36.85 3200m PB

Abby Buckley, FR

11:22.2 2 5k XC PB

Noelle Frantz, SO

18:12.5 5k XC PB • 10:48.09 3200m PB

Aniston Welk, SO

18:09.6 5k XC PB • 10:58.87 3200m PB

KEY MEETS TO WATCH

Woodbridge Cross Country Classic

Great Park (Irvine, CA) - Sept 18-19

Clovis Invitational

Woodward Park (Fresno, CA) - Oct 10

Great American XC Festival

WakeMed Soccer Park (Cary, NC) - Oct 3

John Seaman's Cross Country Invitational

Kingsburg Gun Club (Kingsburg, CA) - Oct 30

CIF State Championships (Division 1)

Woodward Park (Fresno, CA) - Nov 28



#10

J SERRA CATHOLIC (CA)

San Juan Capistrano, California • Head Coach: Chase Frazier (8th year) CA • D4 Classification



Head coach Chase Frazier has a simple synopsis for J Serra's 2025 season: "we went undefeated until NXN, where we did terrible." He's not wrong. Frazier's squad tore through all its competition in California and then had its worst day of the season in Portland, finishing 21st out of 22 in the team race. The good news for Frazier? Six of his top seven return, including three rising sophomores who were among the best freshmen in California in 2025.

"I don't care what any individual does. I look at us as one. And the girls have bought into that, and they love it."

- Chase Frazier

J SERRA CATHOLIC (CA)

PROJECTED TOP 7

Reese Holley, SR

17:40.2 5k XC PB • 4:54.04 Mile PB

Maya Pawlowicz, SO

17:35.6 5k XC PB • 10:43.60 3200m PB

Brooklyn Tennant, SO

17:43.9 5k XC PB • 10:46.10 3200m PB

Kaia Streadbeck, JR

18:03.8 5k XC PB • 11:20.14 3200m PB

Hutton Nelligan, SR

18:23.2 5k XC PB • 5:03.12 Mile PB

Natalia Whitten, JR

20:07.7 5k XC PB • 11:21.46 3200m PB

Hayden Kroger, SR

18:23.3 5k XC PB • 11:02.19 3200m PB



1st

**Woodbridge Cross
Country Classic**

1st

Clovis Invitational

1st

**CIF State XC
Championships (D4)**

21st

**Nike Cross
Nationals**



KEY MEETS TO WATCH

- **Woodbridge Cross Country Classic**
Great Park (Irvine, CA) - Sept 18-19
- **CIF Cross Country Championships (D4)**
Woodward Park (Fresno, CA) - Nov 28



HERITAGE (CO)

Littleton, Colorado · Head Coach: Abbie Wade (8th year)

CO · 5A Classification

Using your top two and three of the top seven is a tough break, but even with those losses, Heritage is one of the top teams in the country. They retain a young core led by junior Katherine Scout DeStefano, who finished 77th at NXN in 2025 — 7th best among sophomores in the country. All of the top five have sub-19 credentials, making this one of the deepest groups in the Southwest.

1st

Liberty Bell
Invitational

1st

Nike Portland XC

2nd

Colorado State XC
Championships (5A)

2nd

Nike Cross Regionals
Southwest

5th

Nike Cross
Nationals

HERITAGE (CO)

PROJECTED TOP 7

Katherine Scout DeStefano, JR

17:51.6 5k XC PB • 11:06.07 3200m PB

McKenna Alackness, JR

18:19.7 5k XC PB • 10:45.89 3200m PB

Lauryn Miller, SO

18:12.5 5k XC PB • 11:40.49 3200m PB

Harper Jessen, JR

18:19.7 5k XC PB • 11:19.14 3200m PB

Jane Curran, SR

18:54.6 5k XC PB • 5:47.82 1600m PB

Lainey Krause, JR

19:21.0 5k XC PB • 12:31.42 3200m PB

Adalynn Booyesen, SO

20:08.7 5k XC PB

KEY MEETS TO WATCH

SEPT 25

Desert Twilight XC Festival

Toka Sticks Golf Course (Mesa, AZ)

OCT 31

CHSAA State Championships (5A)

Penrose Event Center (Colorado Springs, CO)

NOV 21

Nike Cross Regionals Southwest

Toka Sticks Golf Course (Mesa, AZ)



#12

FORT WAYNE CONCORDIA LUTHERAN (IN)

Fort Wayne, Indiana · Head Coach: Scott Steffen (12th year)

"We want to do some things that we haven't been able to do over the past few years!"

- Scott Steffen

The Cadets were the next team up in the Midwest in 2025, and five of the top seven return in 2026. Led by junior Daphne Weller, who was 10th at NXR Midwest, Concordia has a deep squad featuring five girls with sub-19 5k credentials.

The Midwest is stacked again — look for teams like Romeo and Ann Arbor Pioneer to put big obstacles in Concordia's way — but head coach Scott Steffen believes his squad is ready to face those obstacles.

3RD
AT NXR MW
2025

FORT WAYNE CONCORDIA LUTHERAN (IN)

2nd

Jackson Invitational

2nd

Indiana State XC
Championships

3rd

Nike Cross Regionals
Midwest



PROJECTED TOP 7

Daphne Weller, JR

17:18.8 5k XC PB • 10:25.55 3200m PB

Leighton Archer, SO

18:02.9 5k XC PB • 11:00.47 3200m PB

Brylee Crass, SR

18:39.1 5k XC PB • 10:51.09 3200m PB

Luci Hogue, SO

18:52.9 5k XC PB • 11:30.46 3200m PB

Maddie Gentz, SR

18:50.7 5k XC PB • 11:24.01 3200m PB

Ryne Nolan, SO

19:10.7 5k XC PB • 11:51.96 3200m PB

Natalie Cordes, JR

19:16.9 5k XC PB • 11:24.53 3200m PB

KEY MEETS TO WATCH

Wildcat Classic Invitational

Indiana Wesleyan University (Marion, IN) - Sept 12

Jackson Invitational

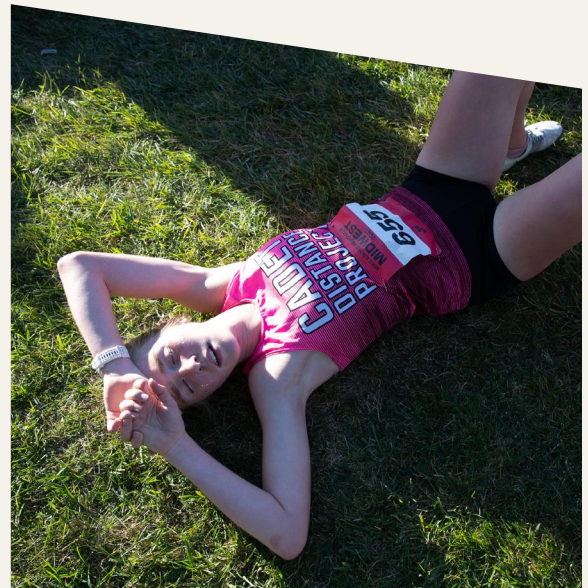
Ella Sharp Park (Jackson, MI) - Sept 26

IHSAA Cross Country Championships

LaVern Gibson Cross Country Course (Terre Haute, IN) - Oct 31

Nike Cross Regionals Midwest

LaVern Gibson Cross Country Course (Terre Haute, IN) - Nov 14-15

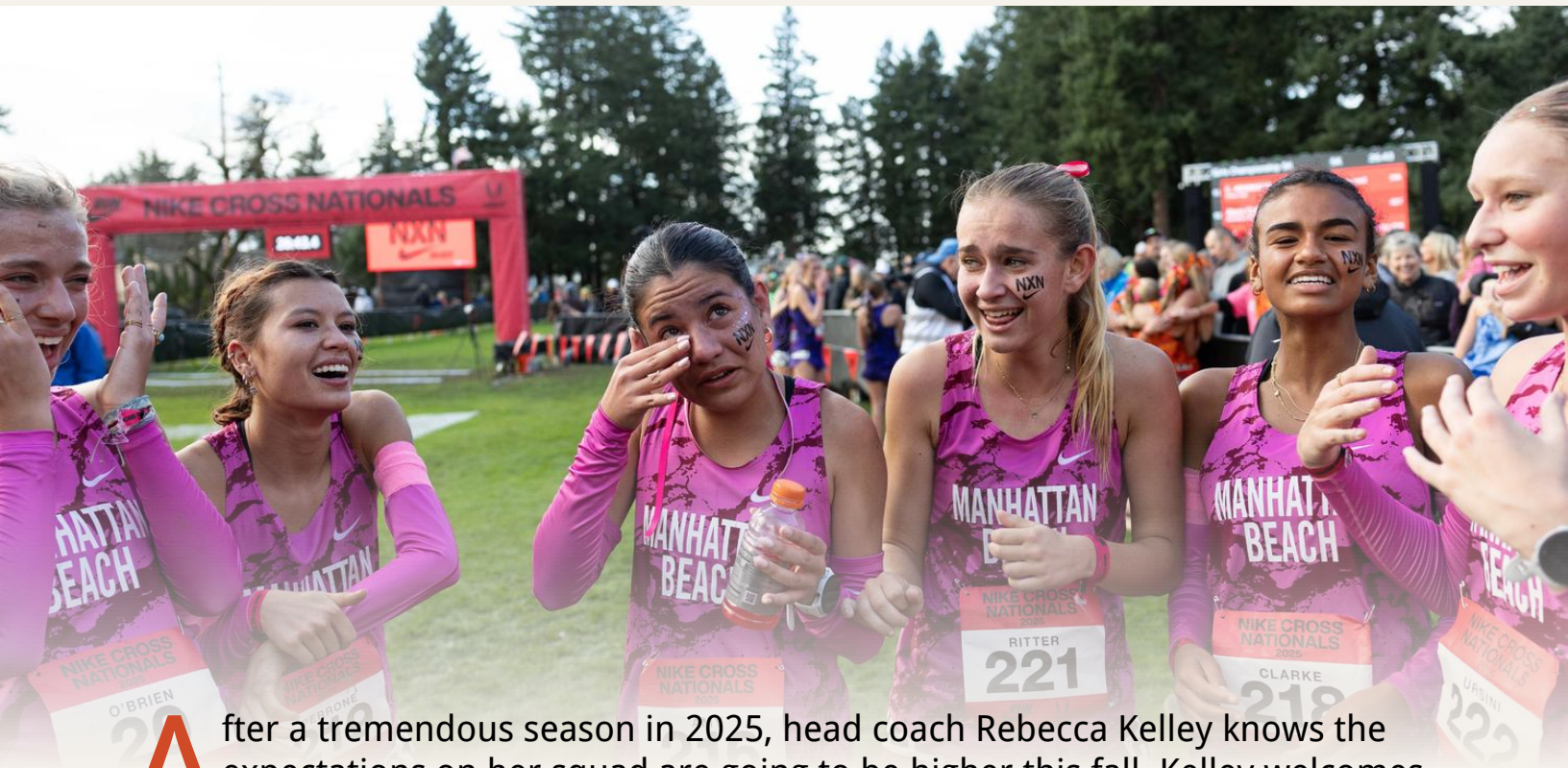


#13

MIRA COSTA (CA)

Manhattan Beach, California · Head Coach: Rebecca Kelley (16th year)

CA · D1 Classification



After a tremendous season in 2025, head coach Rebecca Kelley knows the expectations on her squad are going to be higher this fall. Kelley welcomes those expectations and the challenges that come with them; she says her athletes are using last year's success not as a guarantee of this year's success, but as a motivation to work even harder. Filling the gap created by three graduating seniors is tough, but Mira Costa has an exceptional top three that should propel them to great heights in 2026.

"We believe our team will be one to watch because our returners have gained valuable experience and are approaching this season with greater maturity, confidence, and purpose. They are using last year's success as motivation, not a guarantee, and are committed to working toward even higher goals in 2026."

- Rebecca Kelley

MIRA COSTA (CA)

PROJECTED TOP 7

Evelyn Ursini, JR

17:59.4 5k XC PB • 5:10.45 1600m PB

Mia Ritter, SR

17:53.9 5k XC PB • 10:47.40 3200m PB

Isabella Amy, JR

18:05.5 5k XC PB • 11:02.56 3200m PB

Laney Phelps, SO

18:47.0 5k XC PB • 5:15.17 1600m PB

Megan Shamaly, JR

19:25.3 5k XC PB • 5:14.62 1600m PB

Sadie Wilson, SR

17:15.2 3 Mile XC PB • 11:05.82 3200m PB

Sunday Price, FR

17:58.9 3 Mile XC PB



1st
Mt. SAC XC
Invitational (D1&2)

2nd
CIF State XC
Championships (D1)

13th
Nike Cross
Nationals



KEY MEETS TO WATCH

Woodbridge Cross Country Classic

Great Park (Irvine, CA) - Sept 18-19

Desert Twilight XC Festival

Toka Sticks Golf Course (Mesa, AZ) - Sept 25

Clovis Invitational

Woodward Park (Fresno, CA) - Oct 10

Mt. SAC Cross Country Invitational

Mt. San Antonio College (Walnut, CA) - Oct 23-24

CIF Cross Country Championships (D1)

Woodward Park (Fresno, CA) - Nov 28



BETHLEHEM CENTRAL (NY)

Delmar, New York · Head Coach: Tucker Chrapowitzky (7th year)

NY · A Classification

Few teams have as solid of a 1-2 punch as Bethlehem Central. Sophomore Sophia Chromczak and senior Anna Chrapowitzky have both run under 11 minutes in the 3200 and have the potential to go 1-2 at major invitational. Look out for the Manhattan Invitational on October 10; that could be a meet where Bethlehem Central makes its case to the entire country.

1st
McQuaid Invitational

2nd
NYS Federation
Championships

20th
Nike Cross
Nationals

BETHLEHEM CENTRAL (NY)

PROJECTED TOP 7

Sophia Chromczak, SO

17:41.7 5k XC PB • 10:51.65 3200m PB

Anna Chrapowitzky, SR

18:03.4 5k XC PB • 10:50.55 3200m PB

Sophie Syed, SO

20:21.9 5k XC PB • 10:41.41 3000m PB

Tess McNamara, JR

19:15.2 5k XC PB • 10:42.67 3000m PB

Sidney Graham, JR

19:15.7 5k XC PB • 5:05.36 1600m PB

Caroline Murphy, SR

20:28.5 5k XC PB • 4:59.09 1500m PB

Lillian Masters, SR

19:52.1 5k XC PB • 10:54.02 3200m PB

KEY MEETS TO WATCH

SEPT 26

Queensbury Invitational

Queensbury HS (Queensbury, NY)

OCT 10

Manhattan XC Invitational

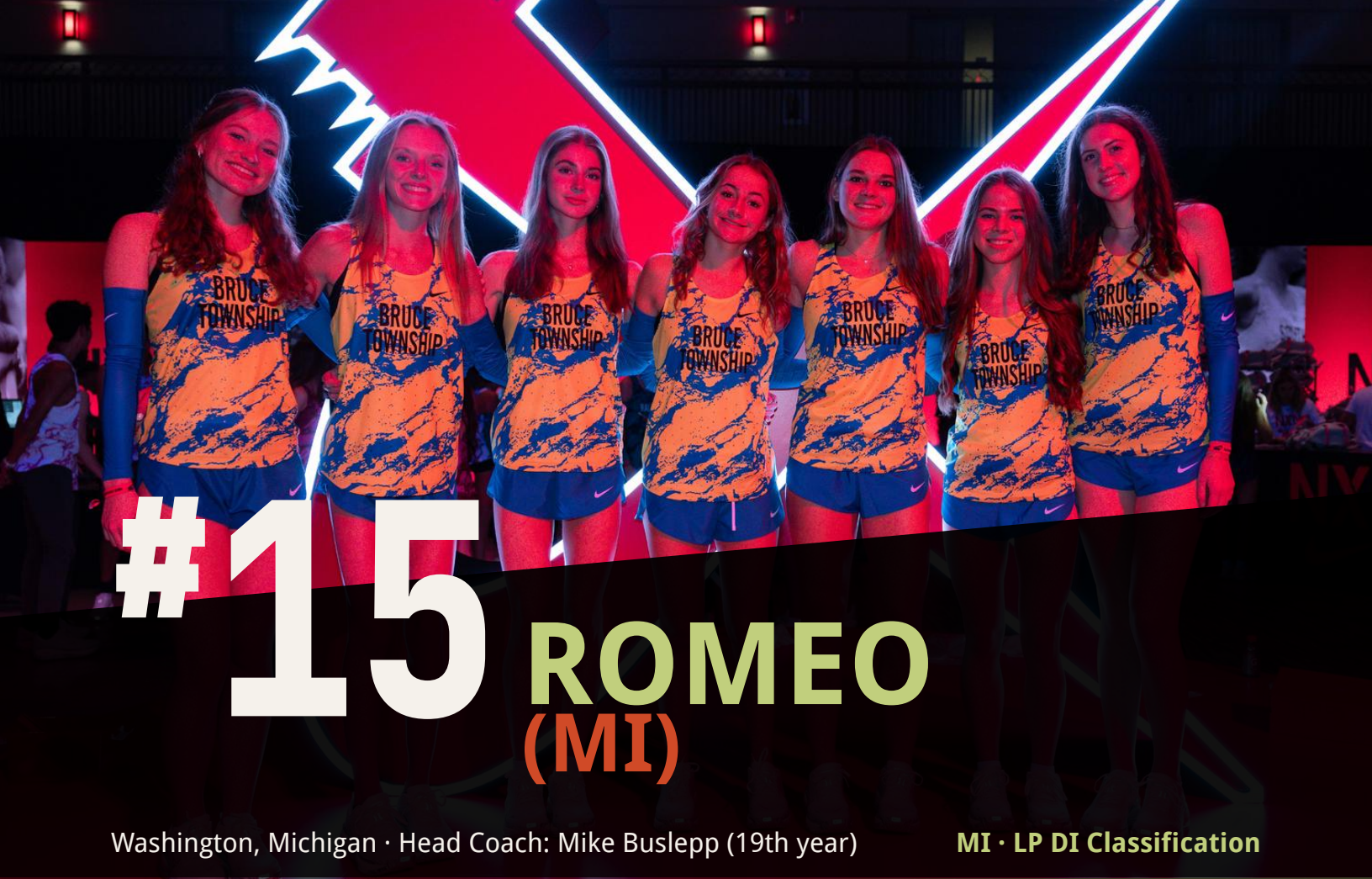
Van Cortlandt Park (New York, NY)

NOV 21

Nike Cross Regionals Northeast

Bowdoin Park (Wappingers Falls, NY)





#15 ROMEO (MI)

Washington, Michigan · Head Coach: Mike Buslepp (19th year)

MI · LP DI Classification

“We like being the underdogs. After the success we’ve had over the last three years, we’re in more of a rebuilding year and have a lot of new pieces to put together. We’re excited for the next group of Romeo runners to take the reins and build something of their own. We’re looking forward to seeing how good this group can become throughout the season. They’re young, but are definitely building towards a strong season!”

- Mike Buslepp

Head coach Mike Buslepp says he loves being the underdog. His crew lost three talented seniors to graduation, but even in a “rebuilding year,” the Bulldogs have a great shot to get back to Portland. Led by seniors Annie Hrabovsky and Reese Rosbolt, this is a

squad with a mix of youth and experience and plenty of depth. Competing with the likes of Ann Arbor Pioneer and Fort Wayne Concordia Lutheran in the Midwest will be a tall order, but Buslepp has proven to be great at developing talent, and he thinks his group is up to the challenge.

8TH

AT NIKE CROSS
NATIONALS 2025

ROMEO (MI)

2nd

Michigan LP D1
State Championships

2nd

Nike Cross Regionals
Midwest

8th

Nike Cross
Nationals



PROJECTED TOP 7

Annie Hrabovsky, SR

16:55.1 5k XC PB • 10:13.90 3200m PB

Reese Rosbolt, SR

18:39.2 5k XC PB • 11:11.49 3200m PB

Lydia Scally, SR

20:12.9 5k XC PB • 5:43.14 1600m PB

Natalie Vert, JR

20:11.9 5k XC PB • 5:42.13 1600m PB

Madeline Marchwinski, JR

20:39.8 5k XC PB • 12:18.34 3200m PB

Ella Thibodeau, SR

20:44.1 5k XC PB • 12:45.60 3200m PB

AdaLynn Thompson, SO

20:45.6 5k XC PB

KEY MEETS TO WATCH

Golden Grizzlies Invitational

Oakland University (Rochester, MI) - Sept 4

Holly-Duane Raffin Festival of Races

Springfield Oaks County Park (Springfield Township, MI) - Sept 19

Jackson Invitational

Ella Sharp Park (Jackson, MI) - Sept 26

MHSAA LP Division 1 XC Championships

Michigan International Speedway (Brooklyn, MI) - Nov 7

Nike Cross Regionals Midwest

LaVern Gibson Cross Country Course (Terre Haute, IN) - Nov 14-15





03

BOYS *INDIVIDUALS*



#1 MARCELO MANTECON

Senior · Belen Jesuit · Miami, FL

COMMITTED **UNC**

14:30.0
5k XC PB

8:35.33
3200m PB

4:02.05
1600m PB

1:51.40
800m PB

If you want proof that Marcelo Mantecon is the guy to beat on the grass this season, look no further than his performance at Nike Indoor Nationals in March. Mantecon recorded four wins in four days in New York City, capping off the weekend with a 4:00.66 mile after racing six miles in the three days prior. Not only does that showcase supreme talent; it showcases grit, which is the key to success at NXN. You'll be hard-pressed to find anyone that can beat Mantecon this upcoming season.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Great American XC Festival
- ▶ 1st Place - Florida 3A XC
- ▶ 4th Place - Nike Cross Nationals
- ▶ 2nd Place - Brooks XC Championships
- ▶ 4 gold medals at Nike Indoor Nationals
- ▶ 2nd Place - Arcadia Invitational - 3200m
- ▶ 1st Place - Florida 3A 800m, 1600m, 3200m
- ▶ 1st Place - Brooks PR Invitational - 2 Mile



#2

YOHANES VAN MEERTEN

Senior · Flagstaff · Flagstaff, AZ

COMMITTED **OREGON**

PERSONAL BESTS

5k (XC)	14:25.7
3200m	8:43.67
1600m	4:13.22
800m	1:57.00

Yohanes Van Meerten's runner-up finish at Nike Cross Nationals, which gives him the distinction of being the highest-placing returner, was the culmination of a season of excellence. Only five runners managed to beat him all fall, and three of them graduated this spring.

With a ridiculous 14:25.7 personal best and plenty of championship experience under his belt, Van Meerten appears to be the very best high school runner on his side of the Mississippi.

2025-2026 HIGHLIGHTS

- ▶ 2nd Place - Desert Twilight XC Festival
- ▶ 1st Place - Mt. SAC XC Invitational
- ▶ 1st Place - Arizona Division II XC
- ▶ 3rd Place - Nike Cross Regionals Southwest
- ▶ 1st Place - Michigan LP D1 State Champs - 3200m
- ▶ 2nd Place - Nike Cross Nationals
- ▶ 4th Place - Brooks XC Championships
- ▶ 9th Place - Arcadia Invitational - 3200m
- ▶ 1st Place - Arizona Division II - 3200m

#3

QUINN SULLIVAN

Senior · Niwot
Niwot, CO

COMMITTED **STANFORD**

14:34.5
5k XC PB

8:41.68
3200m PB

4:02.32
1600m PB

1:49.08
800m PB

Quinn Sullivan has a tall order ahead of him. Last year, he and his teammates broke the all-time scoring record at Nike Cross Nationals, earning a dominant win with 61 points.

This year, he's clearly the top guy for Niwot, and he has a strong chance to lead his crew back to the promised land. He's got the motivation, and he's got the talent. Long story short, he's got what it takes to find himself atop the podium in Portland in December.

2025-2026 HIGHLIGHTS

3rd Place
Desert Twilight
XC Festival

3rd Place
Colorado 5A
XC Championships

4th Place
Nike Cross Regionals
Southwest

5th Place
Nike Cross Nationals

4th Place
Millrose Games
HS Mile

7th Place
Nike Indoor Nationals
Mile

7th Place
Arcadia
3200m

3rd Place
Nike Outdoor Nationals
Mile



#4 OLIVER HORTON

Senior · Coronado · Coronado, CO

COMMITTED **UNC**

14:23.9
5k XC PB

8:38.95
3200m PB

4:10.19
1600m PB

1:59.35
800m PB

After going undefeated throughout the Colorado state championships last fall, Oliver Horton found himself up against some of the best competition in the country at NXR Southwest and NXN. He narrowly missed the top 10, but don't expect that to happen again this fall. Horton has one of the best cross country resumes in the country heading into this fall, and he's ready to lead Coronado back to NXN.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Desert Twilight XC Festival
- ▶ 1st Place - Colorado 4A XC State Champs
- ▶ 5th Place - Nike Cross Regionals SW
- ▶ 14th Place - Nike Cross Nationals
- ▶ 3rd Place - Arcadia Invitational - 3200m
- ▶ 1st Place - Colorado 5A 3200m

A photograph of Ruel Newberry, a young male athlete, running in a cross-country race. He is wearing a white and blue patterned tank top with "SOUTH" and "NIKE CROSS NATIONALS" printed on it, and blue shorts. His race bib number is 153. He is looking forward with a determined expression. Other runners are visible in the background.

#5

RUEL NEWBERRY

Junior · Denton Guyer · Denton, TX

PERSONAL BESTS

5k (XC)	14:39.0
3200m	8:43.40
1600m	4:14.14
800m	1:56.24

The South goes through Ruel Newberry, end of story. With Caden Leonard gone, Newberry is the clear top dog in the Lone Star State.

Look for him to dominate at the Texas state championships and NXR South, and when he toes the line at NXN, look for him to be right alongside Marcelo Mantecon, Yohanes Van Meerten and the rest of the top talent in the country.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Nike South XC Invitational
- ▶ 5th Place - Nike XC Town Twilight
- ▶ 2nd Place - Texas 6A XC State Championships
- ▶ 3rd Place - NXR South
- ▶ 11th Place - Nike Cross Nationals
- ▶ 2nd Place - Nike Indoor Nationals - 5000m
- ▶ 3rd Place - Brooks PR Invitational - 2 Mile
- ▶ 8th Place - Nike Outdoor Nationals - 2 Mile

#6



ABDINASIR HASSAN

Junior · Northfield
Denver, CO

14:37.7
5k XC PB

8:43.03
3200m PB

3:59.44
1600m PB

1:54.22
800m PB

Abdinasir Hassan has only one real blip on his resume from the 2025-26 year: his 34th place finish at NXN. After dominating his competition throughout the regular season and winning major invitationals like Nike Portland XC and the Liberty Bell Invitational, Hassan couldn't deliver when it mattered most. Best believe he's going to fix that this year.

He broke the sophomore class mile record in March and threw down some nasty performances on the oval, and after another summer at altitude, he should be in excellent shape heading into the fall.

2025-2026 HIGHLIGHTS

1st Place
Liberty Bell
Invitational

1st Place
Nike Portland XC
Invitational

6th Place
Nike Cross Regionals
Southwest

34th Place
Nike Cross Nationals

3rd Place
Millrose Games
HS Mile

2nd Place
Nike Indoor Nationals
Mile

6th Place
HOKA Festival
of Miles

1st Place
Nike Outdoor Nationals
Mile



#7

BROOKS BARBEE

Senior · Christ School · Coronado, CO

14:59.4
5k XC PB

8:40.79
3200m PB

4:04.68
1600m PB

1:55.58
800m PB

Brooks Barbee has an interesting role going into the 2026 cross country season: he's the top runner on the top team in the country. The Christ School has the deepest roster in the country, and Barbee, an 8:40 3200 runner, is their clear leader. He took a massive step up from 2025 to 2026, dropping his PBs from 9:11 to 8:40 in the 3200 and 4:13.42 to 4:04.68 in the 1600. We didn't see him at a ton of major invites last fall, but he'll be front and center this fall, and he has a good chance to undefeated throughout the regular season, if not until NXN.

2025-2026 HIGHLIGHTS

- ▶ 2nd Place - North Carolina 4A XC Champs
- ▶ 5th Place - Arcadia Invitational- 3200m
- ▶ 11th Place - Nike Cross Regionals SE
- ▶ 10th Place - NBNO - 2 Mile
- ▶ 3rd Place - VA Showcase - 2 Mile

#8

DREW BEROSET

Senior · McCallie · Chattanooga, TN

COMMITTED **ALABAMA**

PERSONAL BESTS

5k (XC)	14:45.3
3200m	8:55.75
1600m	3:59.32
800m	1:49.59

Like Abdi Hassan, Drew Beroset is going to give himself a better finish to his season than he did in 2025. The NXR Southeast champion finished 53rd at NXN — certainly not a true reflection of his talent.

He proved that in the winter and spring, throwing down an 8:46.85 2 mile and a 4:00.68 mile and earning podium finishes at high-level meets like Nike Indoor Nationals. He's certainly more developed on the speed side, but he's a monster on the grass, and he has one more season to prove that.

2025-2026 HIGHLIGHTS

- ▶ 6th Place - Southern Showcase
- ▶ 1st Place - Tennessee DII Class AA XC Championships
- ▶ 1st Place - Nike Cross Regionals Southeast
- ▶ 53rd Place - Nike Cross Nationals
- ▶ 2nd Place - Millrose Games - HS Mile
- ▶ 5th Place - Nike Indoor Nationals - Mile
- ▶ 1st Place - Tennessee DII T&F Championships - 1600m
- ▶ 5th Place - HOKA Festival of Miles
- ▶ 2nd Place - Brooks PR Invitational - Mile

#9



JACK MCGOVERN

Junior · Rockhurst
Kansas City, MO

14:44.7
5k XC PB

8:49.10
3200m PB

4:07.07
1600m PB

1:55.33
800m PB

Being from Missouri, Rockhurst's Jack McGovern sometimes slips under the radar — but make no mistake, he's dangerous. He nearly went undefeated in the regular season last fall, and he didn't finish lower than 10th in any race.

McGovern is one of the best returners in the country, and possibly the best runner in the Midwest. Even scarier? He's only a junior.

2025-2026 HIGHLIGHTS

1st Place
Gans Creek Classic

1st Place
Missouri Class 5 XC
Championships

4th Place
Nike Cross Regionals
Midwest

10th Place
Nike Cross Nationals

9th Place
Nike Outdoor
Nationals - 2 Mile



#10 CALVIN SEITZ

COMMITTED OREGON

Senior · Springs Valley · French Lick, IN

14:53.5
5k XC PB

8:51.27
3200m PB

4:17.97
1600m PB

1:54.83
800m PB

We didn't see a lot of Calvin Seitz in the outdoor season, but the Springs Valley senior and Oregon commit already has a national title under his belt with a win in the 2 mile at New Balance Nationals Indoor in March. Seitz has the talent, and after a bit of training in Boulder this year, he seems to be in great shape heading into the year.

2025-2026 HIGHLIGHTS

- ▶ 12th Place - Nike XC Town Twilight
- ▶ 1st Place - Indiana State XC Champs
- ▶ 1st Place - Brooks XC Midwest
- ▶ 8th Place - Brooks XC National Championships
- ▶ 2nd Place - NBNI - 5000m
- ▶ 1st Place - NBNI - 2 Mile





JAY MCDONALD

Senior · Summit · Frisco, CO

PERSONAL BESTS

5k (XC)	14:18.8
3200m	8:45.46
1600m	4:06.61
800m	1:46.64

Colorado 4A champion Jay McDonald is back for his senior campaign, and he is going to be a key player in the Southwest, one of the deepest regions in the country. After taking 25th at NXN last fall, he put together a solid campaign in the middle distances during the spring, ending his season with a 3rd place showing in the mile at New Balance Nationals Outdoor and a shiny new PB of 4:04.30.

His XC PB of 14:18.8 was the second fastest time in the country last fall, just behind Jackson Spencer's 14:16.9 from the Clovis Invitational.

2025-2026 HIGHLIGHTS

- ▶ 2nd Place - Liberty Bell Invitational
- ▶ 4th Place - Roy Griak Invitational
- ▶ 6th Place - Colorado 4A XC Championships
- ▶ 8th Place - Nike Cross Regionals Southwest
- ▶ 25th Place - Nike Cross Nationals
- ▶ 5th Place - Nike Indoor Nationals - Mile
- ▶ 1st Place - Colorado 4A State T&F Champs - 800m
- ▶ 3rd Place - New Balance Nationals Outdoor- Mile

#12



GAVIN SCHMITT

Senior
Christian Brothers Academy
Lincroft, NJ

COMMITTED **STANFORD**

14:50.0
5k XC PB

8:47.96
3200m PB

4:08.81
1600m PB

2:06.86
800m PB

With Luke Hnatt gone to UVA, Gavin Schmitt is the new top dog for the New Jersey dynasty Christian Brothers Academy, which loses much of its firepower from the 2025 season. Schmitt has plenty of championship credentials — he was 4th at NXR Northeast and 27th at NXN — and he should be a low stick for CBA at every meet during the regular season. Look for him to be leading the pack at Bowdoin Park at NXR Northeast in November.

2025-2026 HIGHLIGHTS

2nd Place
New Jersey XC Meet
of Champions

4th Place
Nike Cross
Regionals Northeast

27th Place
Nike Cross Nationals

18th Place
Arcadia Invitational
3200m

21st Place
NBNO
2 Mile



#13 OWEN MUNN

Senior · Wilberforce School · Princeton, NJ

14:56.8
5k XC PB

8:48.46
3200m PB

4:07.07
1600m PB

1:55.49
800m PB

Look out, Northeast. Owen Munn, a formerly homeschooled athlete from North Carolina, transferred to the Wilberforce School in Princeton, New Jersey this summer, bringing a lot of firepower to an already strong state.

Munn is relatively unknown outside of the Southeast — he competed at his first national meet this spring — but he’s likely to make his first trip to NXN this fall. He boasts a personal best of 14:56.8 on the grass and a 3200 PB of 8:48.46. If he lines up against Gavin Schmitt and the Christian Brothers this fall, it’ll be a must-watch race.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Northwest XC Invitational
- ▶ 1st Place - HXN Championships XC
- ▶ 1st Place - Hare & Hounds XC Invitational
- ▶ 8th Place - NBNO - Mile



BENJAMIN ADAMS

Senior · Mountain Vista · Highlands Ranch, CO

COMMITTED **NOTRE DAME**

PERSONAL BESTS

5k (XC)	14:32.2
3200m	8:46.55
1600m	4:01.19
800m	1:55.17

This could be the fall of Ben Adams. After winning the Colorado 5A title last November, he suffered a bit of a late-season slide, finishing 16th at NXR Southwest and 39th at Nike Cross Nationals. With a resume as deep as his, he could be looking at a big jump this season.

He'll battle with Quinn Sullivan for the Colorado 5A title once again, and the NXR Southwest title could easily be in his hands. It's pretty hard to count someone out when they've run 14:32 on the grass.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Liberty Bell Invitational
- ▶ 1st Place - Colorado 5A XC Championships
- ▶ 16th Place - Nike Cross Regionals Southwest
- ▶ 39th Place - Nike Cross Nationals
- ▶ 5th Place - Nike Indoor Nationals - 2 Mile
- ▶ 1st Place - Colorado 5A State T&F Champs - 3200m
- ▶ 6th Place - Nike Outdoor Nationals- Mile



#15

YOSUKE SHIBATA

Senior
South Eugene · Eugene, OR

14:38.2
5k XC PB

8:23.96
3000m PB

4:04.18
1600m PB

1:51.50
800m PB

Yosuke Shibata transformed himself in 2025, going from 18th at the Oregon 6A state meet to first place in one year. He also took 4th at Nike Cross Regionals Northwest and 23rd at Nike Cross Nationals. Shibata's name wasn't heard a ton in the spring — he only competed outside of Oregon twice in the outdoor season — but he will be a fixture on the national scene this year.

2025-2026 HIGHLIGHTS

2nd Place
Nike Portland XC
Invitational

3rd Place
Rose City
Championship

1st Place
Oregon 6A XC
State Championship

4th Place
Nike Cross Regionals
Northwest

1st Place
Oregon 6A State
T&F Championship

9th Place
NBNO
Mile



04

GIRLS ***INDIVIDUALS***



NATASZA DUDEK

Junior • Ann Arbor Pioneer • Ann Arbor, MI

PERSONAL BESTS

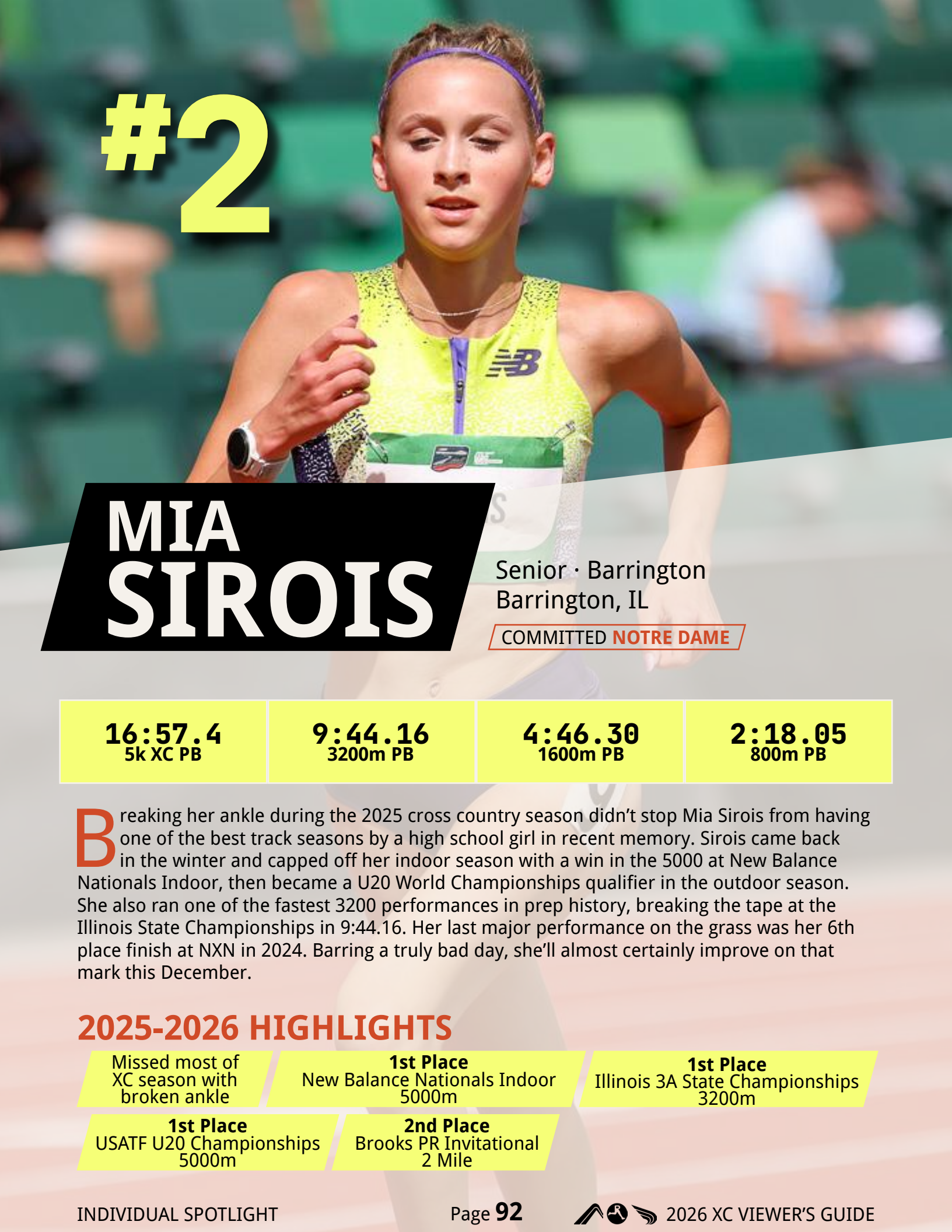
5k (XC)	16:09.50
3200m	9:52.61
1600m	4:42.77
800m	2:11.60

What else can you say about Natasza Dudek that hasn't been said already? The Ann Arbor junior went undefeated last cross country season and won all but three of her races by 30 seconds or more. No one could truly compete with her last year aside from Blair Bartlett, and we doubt that'll change this fall.

She and Bartlett likely won't meet until Nike Cross Nationals, which should make for an even more electric battle than the one we saw last year, where Dudek made a move up the two final hills at Glendoveer Golf Course and pulled away in the home stretch to beat Bartlett by a second.

2025-2026 HIGHLIGHTS

- ▶ Undefeated cross country season
- ▶ 1st Place - Nike Cross Nationals
- ▶ 1st Place - Brooks XC Championships
- ▶ 3rd Place - New Balance Nationals Indoor - 2 Mile
- ▶ 1st Place - Michigan LP D1 State Champs - 3200m
- ▶ 3rd Place - Brooks PR Invitational - 2 Mile

A full-page background image of Mia Sirois, a young female athlete, running outdoors. She is wearing a bright yellow and green New Balance singlet, a purple headband, and a silver watch on her left wrist. Her expression is focused as she runs. The background is a blurred green field with spectators.

#2

MIA SIROIS

Senior · Barrington
Barrington, IL

COMMITTED **NOTRE DAME**

16:57.4
5k XC PB

9:44.16
3200m PB

4:46.30
1600m PB

2:18.05
800m PB

Breaking her ankle during the 2025 cross country season didn't stop Mia Sirois from having one of the best track seasons by a high school girl in recent memory. Sirois came back in the winter and capped off her indoor season with a win in the 5000 at New Balance Nationals Indoor, then became a U20 World Championships qualifier in the outdoor season. She also ran one of the fastest 3200 performances in prep history, breaking the tape at the Illinois State Championships in 9:44.16. Her last major performance on the grass was her 6th place finish at NXN in 2024. Barring a truly bad day, she'll almost certainly improve on that mark this December.

2025-2026 HIGHLIGHTS

Missed most of
XC season with
broken ankle

1st Place
New Balance Nationals Indoor
5000m

1st Place
Illinois 3A State Championships
3200m

1st Place
USATF U20 Championships
5000m

2nd Place
Brooks PR Invitational
2 Mile

Averil Lowen is shown in action, running on a grassy field. She is wearing a black Nike tank top and a race bib that reads "CROSS REGIONALS SOUTHEAST 2025". Her eyes are closed in focus, and her arms are in a running motion. The background is blurred, showing spectators and trees.

#3 AVERI LOWEN

Senior • Bowdon • Bowdon, GA

16:27.2
5k XC PB

9:41.95
3200m PB

4:50.67
1600m PB

2:19.50
800m PB

Averil Lowen's credentials on the oval and the grass make her an undeniable championship contender this cross country season. She took 6th at NXN last December and won the New Balance Outdoor Nationals 5000 title, and her 9:45.40 PB in the 2 Mile — which was a completely solo effort, by the way — puts her 3rd all-time. There's a high likelihood of her going undefeated until NXN this fall, and she might just win the whole thing.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Great American XC Festival
- ▶ 1st Place - Georgia 1A Division 2 XC
- ▶ 1st Place - Nike Cross Regionals Southeast
- ▶ 6th Place - Nike Cross Nationals
- ▶ 9th Place - Brooks XC Championships
- ▶ 2nd Place - Nike Indoor Nationals 2 Mile
- ▶ 2nd Place - Nike Indoor Nationals 5000m
- ▶ 1st Place - NBNO - 5000m

#4

BLAIR BARTLETT

Senior · Lawrenceville · Lawrenceville, NJ

PERSONAL BESTS

5k (XC)	16:16.8
3200m	9:42.38
1600m	4:37.99
800m	2:09.05

Blair Bartlett roared onto the scene in her first high school cross country season last year. She dominated her competition in the Northeast and was second only to Natasza Dudek at NXN.

This year, the talent has leveled up across the country, but so has Bartlett. She ran 9:42.38 in the 3200m this indoor season, beating her 2025 season's best by 13 seconds. If she was able to be on a national podium in her first season, just imagine what she can do in her second.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Bowdoin Park Classic
- ▶ 1st Place - New Jersey Prep XC
- ▶ 1st Place - Nike Cross Regionals Northeast
- ▶ 2nd Place - Nike Cross Nationals
- ▶ 2nd Place - Brooks XC Championships
- ▶ 3rd Place - Millrose Games - HS Mile
- ▶ 1st Place - Nike Indoor Nationals - 5000m
- ▶ 1st Place - Penn Relays - 3000m
- ▶ 4th Place - USATF U20 Championships - 5000m

A photograph of Leah Starkey, a young female athlete, running on a track. She is wearing a white singlet with "NJP 2" and a blue bib that says "NIKE INDOOR NATIONALS 2026". A large blue "#5" is overlaid on the left side of the image.

#5

LEAH STARKEY

Junior • Ocean Township
Oakhurst, NJ

16:44.0
5k XC PB

9:43.40
3200m PB

4:42.92
1600m PB

2:16.14
800m PB

If people didn't know Leah Starkey's name at the end of last cross country season, they surely know it now. The New Jersey champion swept the 2 mile races at Nike Indoor Nationals and Nike Outdoor Nationals — a big flex considering how stacked each of those fields was.

Her 9:46.57 PB in the event ranked second in the country to Averi Lowen in 2026. She'll battle with Blair Bartlett for Northeast supremacy in November, and that will be a must-watch showdown.

2025-2026 HIGHLIGHTS

1st Place
New Jersey XC State
Championships

7th Place
Brooks XC Championships

1st Place
Nike Indoor Nationals
2 Mile

1st Place
New Jersey T&F State
Championships - 3200m

2nd Place
Penn Relays
3000m

1st Place
Nike Outdoor Nationals
2 Mile



#6

DELANEY
REUTER

Senior • Eaton • Eaton, CO

16:42.9
5k XC PB10:06.1
3200m PB4:50.44
1600m PB2:14.72
800m PB

Delaney Reuter's progression has been remarkably consistent for the past couple of years. She qualified for NXN for the first time in 2024 and finished 24th, then finished 10th in 2025. This year, she's the favorite to win NXR Southwest, and she could easily find herself in the top five at NXN. She boasts a PB of 16:42.9 on the grass and a 10:06.1 mark in the 3200, and she was the 5000 meter champion at Nike Outdoor Nationals this June. That's a great title to have if you're looking to make an impact in the fall.

2025-2026 HIGHLIGHTS

- ▶ 2nd Place - Liberty Bell Invitational
- ▶ 12th Place - Arcadia Invitational - 3200m
- ▶ 1st Place - Colorado 3A XC State Champs
- ▶ 1st Place - Colorado 3A T&F State Champs
- ▶ 2nd Place - Nike Cross Regionals Southwest - 1600m/3200m
- ▶ 10th Place - Nike Cross Nationals
- ▶ 1st Place - Nike Outdoor Nationals 5000m



ISABELLA KELLER

Senior · St. Anthony · Effingham, IL

PERSONAL BESTS

5k (XC)	16:16.8
3200m	9:42.38
1600m	4:37.99
800m	2:09.05

Isabella Keller put together a brilliant race last fall at NXN, moving from 28th place at the first kilometer split to 4th at the finish. That performance truly put her on the map, but she missed the entire track season due to injury, adding a little more mystery to this fall.

When she's healthy, we know what she can do; she's run 10:16.02 in the 3200 and 4:51.77 in the 1600. That's why she finds herself in the top 10. She'll have plenty of chances to prove herself; depending on how this summer went for her, she could sneak into the top five later in the fall and perhaps even be a championship contender.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Nike XC Town Twilight
- ▶ 2nd Place - Illinois Class 1A XC Championships
- ▶ 4th Place - Nike Cross Regionals Midwest
- ▶ 4th Place - Nike Cross Nationals

A young woman with blonde braids tied with red ribbons is running on a grassy field. She is wearing a white tank top with "FOREST PARK" in red letters and a Nike logo. She has red arm sleeves and is pointing forward with her right hand.

#8

ELLERY LINCOLN

Senior · Lincoln
Portland, OR

COMMITTED **OREGON**

16:28.5
5k XC PB

9:06.61
3000m PB

4:25.90
1600m PB

2:05.21
800m PB

Without a doubt, Ellery Lincoln is the best high school mid-distance runner in the country right now. Her 4:27.65 mile PB is the 3rd best ever among American high schoolers, and she qualified for the World U20 Championships in the 1500 in June.

Her XC credentials are also stellar — she was the Oregon state champion and took 7th at NXN Northwest — but her NXN performance in 2025 left something to be desired; she finished 102nd and ran 19:10.6. She's been just outside the top 100 at NXN three years in a row after battling a chronic respiratory condition earlier in her high school career. With her health back, though, she looks like one of the best runners in the country, and she has one last cross country season to prove it.

2025-2026 HIGHLIGHTS

1st Place
Rose City
Championships

1st Place
Oregon 6A XC State
Championships

7th Place
Nike Cross Regionals
Northwest

2nd Place
Nike Indoor Nationals
Mile

1st Place
Oregon 6A T&F State
Championships - 1500m/3000m

1st Place
HOKA Festival of Miles

2nd Place
USATF U20 Championships
1500m

2nd Place
World U20 Championships
1500m



#9 ADDISON KEGEL

Sophomore • Billings Central Catholic • Billings, MT

16:51.7
5k XC PB

10:02.57
3200m PB

4:40.24
1600m PB

2:09.88
800m PB

In her freshman cross country season, Addison Kegel went undefeated until NXN, where she finished 11th. In fact, she didn't win a race by less than 30 seconds until NXR Northwest. That kind of dominance is almost unheard of by a freshman, and it makes her a key player this fall. Her track season was just as stellar; she breezed through competition in Montana and earned top five finishes in the mile and 2 mile at Nike Outdoor Nationals.

With this many talented girls around, being 9th in the preseason rankings is no small feat, but don't be surprised if she surpasses expectations later in the fall.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Montana Class A XC State Champs
- ▶ 1st Place - Montana Class A-C T&F State Champs - 800m, 1600m, 3200m
- ▶ 1st Place - Nike Cross Regionals Northwest
- ▶ 3rd Place - Nike Outdoor Nationals - 2 Mile
- ▶ 11th Place - Nike Cross Nationals



#10

BRIANNA REILLY

Freshman · Harrisburg · Harrisburg, SD

PERSONAL BESTS

5k (XC)	16:31.8
3200m	10:15.00
1600m	4:42.87
800m	2:11.77

You're almost never going to see a freshman in the top 10, but this isn't a stretch by any means. Brianna Reilly has already proved that she belongs here; she finished 9th at NXN last year as an eighth grader.

She then went on to run 4:42 and 10:15 on the oval, winning two New Balance Nationals middle school titles along the way. We wouldn't be shocked to see Reilly much closer to the top of our rankings later in the season.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - Roy Griak Invitational
- ▶ 1st Place - South Dakota Class AA XC State Champs
- ▶ 3rd Place - Nike Cross Regionals Heartland
- ▶ 9th Place - Nike Cross Nationals
- ▶ 1st Place - New Balance Nationals Indoor - MS Mile
- ▶ 1st Place - New Balance Nationals Outdoor - MS 2 Mile



#11

ELIN LATTA

Junior · South Texas Heat Homeschool
San Antonio, TX

16:41.5
5k XC PB

9:56.33
3200m PB

4:34.14
1600m PB

2:26.80
800m PB

Elin Latta clearly has more in the tank than her 123rd place finish at NXN last year would indicate. She put up a marquee win early in the season at the Nike South XC Invitational and was the runner-up at NXR South, making her a clear contender for a national title, but Glendoveer Golf Course had other ideas.

No problem, though; she's only leveled up since then. She took a bit off her PBs in the mile and 2 mile in the outdoor season, and she hung with the best runners in the country at the HOKA Festival of Miles and New Balance Nationals Outdoor. She'll be one of the most dangerous athletes in the South region this season.

2025-2026 HIGHLIGHTS

1st Place
Nike South XC
Invitational

8th Place
Great American XC
Festival

1st Place
Texas Homeschool XC
Championships

2nd Place
Nike Cross Regionals
South

4th Place
HOKA Festival of Miles
Mile

4th Place
New Balance Nationals
Outdoor- 2 Mile



#12 RUBY IHMELS

Senior · Century · Bismarck, ND

16:24.5
5k XC PB

9:59.06
3200m PB

4:47.81
1600m PB

2:16.23
800m PB

Ruby Ihmels' junior campaign came to an abrupt end with her 8th place finish at NXR Heartland. She landed one spot outside of the top five individual qualifiers, missing her chance to qualify for NXN in back-to-back years. If last track season is any indication, though, she's in great shape and is not going to let that happen again.

She ran 9:59.06 at the Arcadia Invitational to take second, and she dipped under 4:50 for the full mile, running 4:49.53. The talent is obviously there, and she will have plenty of motivation, too.

2025-2026 HIGHLIGHTS

- ▶ 1st Place - North Dakota Class A XC State Championships
- ▶ 8th Place - Nike Cross Regionals Heartland
- ▶ 2nd Place - Arcadia Invitational- 3200m



PAIGE SHEPPARD

Senior · Union Catholic · Scotch Plains, NJ

COMMITTED **STANFORD**

PERSONAL BESTS

5k (XC)	16:44.3
3200m	10:26.85
1600m	4:28.77
800m	2:00.65

Paige Sheppard has already built an astonishing legacy throughout her high school career, and this fall, she has one last shot to add some accolades on the grass.

She's obviously more talented in the mid-distance events — she was a USATF U20 champion in the 800 in June, after all — but she's put down some stellar performances in cross country, too. She was 11th at NXR Northeast last year and 22nd at NXN, and she's only gotten better since then on the aerobic side.

2025-2026 HIGHLIGHTS

- ▶ 5th Place - Woodbridge XC Classic
- ▶ 2nd Place - New Jersey XC Meet of Champions
- ▶ 11th Place - Nike Cross Regionals Northeast
- ▶ 22nd Place - Nike Cross Nationals
- ▶ 1st Place - New Balance Nationals Indoor - 800m
- ▶ 1st Place - Arcadia Invitational - 800m
- ▶ 1st Place - USATF U20 Championships - 800m
- ▶ 8th Place - World U20 Championships - 800m

#14



MADELINE DORSCH

Junior · Pinecrest
Southern Pines, NC

16:55.3
5k XC PB

10:13.27
3200m PB

4:58.33
1600m PB

2:27.51
800m PB

Madeline Dorsch is going to be ruling over North Carolina distance running for a while. She won the 8A cross country title as a sophomore last year in convincing fashion, breaking the tape in 17:09.3 — a full minute ahead of the next fastest runner. She also pulled off some exceptional performances at major invites like the Great American XC Festival.

This fall, she'll challenge Averil Lowen for supremacy in the Southeast, and those battles will be close. On the right day, Dorsch could run 16:30 or faster, and she could easily find herself in the top 10 at NXN.

2025-2026 HIGHLIGHTS

3rd Place
Hare & Hounds XC
Invitational

5th Place
Great American
XC Festival

1st Place
North Carolina 8A XC
Championships

3rd Place
Nike Cross Regionals
Southeast

14th Place
Nike Cross Nationals

1st Place
North Carolina 8A State
Championships - 3200m

5th Place
New Balance Nationals
Outdoor - 5000m





#15 JULIA KELLY

Junior • Downington West • Downington, PA

16:54.4
5k XC PB

10:04.99
3200m PB

4:55.02
1600m PB

2:15.12
800m PB

Julia Kelly had arguably her best race of the season at NXN, taking 19th overall and finishing third from the Northeast contingent. She leveled up in a big way during the track season, taking her PB in the 3200 down by over 30 seconds from 10:37.24 to 10:04.99.

She also found herself in good company at some of the biggest invitationals in the country, taking 3rd in the 3000 at the Penn Relays and 11th in the 3200 at the Arcadia Invitational. She's likely going to earn her first Pennsylvania title on the grass this fall, and she could sneak into the top 10 at NXN.

2025-2026 HIGHLIGHTS

- ▶ 5th Place - Nike Cross Regionals Northeast
- ▶ 3rd Place - Penn Relays - 3000m
- ▶ 19th Place - Nike Cross Nationals
- ▶ 11th Place - Arcadia Invitational - 3200m

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