

2019 ALL-Northwest Conference Boys Cross Country

MVP	RUNNER	School
	Rafe Holz	Sedro-Woolley

	RUNNER	School		RUNNER	School
First Team	Caleb Schmotzer	Bellingham	Second Team	Tove Schweizer	Sedro-Woolley
	Zack Munson	Sehome		Ahmed Wariyo	Sehome
	Jacob Alexander	Sehome		Roman Schroyer	Sehome
	Isaiah Ellis	Lynden		Dominik Riemenn	Sehome
	Alek Miller	Sehome		Landon Strudevent	Ferndale
	Max Gargano	Sehome		Nico Johnson	Mount Baker
	Alex Jensen	Lakewood		Rafe Wolfisberg	Lynden
	Will Giesen	Bellingham		Paden Loveland	Bellingham
	Jake Gargano	Sehome		Gabe Hatch	Lakewood
	Jensen Kintzele	Bellingham		Ben Latta	Squalicum
	Coach of the Year:				
	Kevin Ryan	Sehome			