



COLONIAL LEAGUE FOR INTERSCHOLASTIC SPORTS, INC.

Bangor Catasauqua Northern Lehigh Northwestern Lehigh Notre Dame G.P. Palisades Palmerton
Pen Argyl Salisbury Saucon Valley Southern Lehigh Wilson
Moravian Academy – Assoc. Member Notre Dame E.S. – Assoc. Member

Colonial League Cross Country All-Stars

GIRLS MVP: Elizabeth Chikotas

FIRST TEAM

Haley Yost – Northwestern Lehigh
Carly Pierce- Northwestern Lehigh
Meseret Hart – Southern Lehigh
Sydney Brannon – Wilson
Rachele Cerrone – Northwestern Lehigh
Allyson Yanega – Southern Lehigh
Abby Rustay – Wilson

SECOND TEAM

Kelly Gonoude – Salisbury
Paige Stitzel – Northwestern Lehigh
Meredith Colton – Bangor
Christina Scartelli – NDGP
Rachele Mikols – Northwestern Lehigh
Alissa VandeBunte – Southern Lehigh
Emily Smith – Moravian Academy

Honorable Mention

Brianna VandeBunte – Southern Lehigh
Sarah Yanega – Southern Lehigh
Kailey Jackett – NDES
Julia Sjodahl – Wilson
Angelina Biondo – Pen Argyl
Nicole Gibki – NDGP
Madison Brannon - Wilson

BOYS MVP: Kyle Gonoude – Salisbury

FIRST TEAM

Brandon Tocket – Bangor
Charlie Sell – Bangor
Michael Koons – NDGP
Shane Rieder – Bangor
Joe Espinal – Wilson
Michael Sheptuk – NDES
Ryan Cerrone – Northwestern Lehigh

SECOND TEAM

Nathan Fritzingler – Saucon Valley
Brayden Heller – Northwestern Lehigh
Devon Fogel – NDGP
Collin Furchner – Northwestern Lehigh
Anthony Calantoni – Wilson
Anthony Carlos – NDGP
Gavin Kemery – Northern Lehigh

Honorable Mention

Conor Naughton – NDES
Gregory Fry – Salisbury
Spencer Muff – Wilson
Stephen Gray – Southern Lehigh
Samuel Li – Moravian Academy
Alex Race – Wilson
Alec Consuelos – Northwestern Lehigh
Shaun Seiler – Palmerton
Michael DeLuna – Southern Lehigh
Tim Ferguson – Bangor
Matt McCoy – Bangor