

2011 Helias Catholic High School Cross Country Team Roster

Boys

Vincent Altomari, 11
Thomas Asmar, 9
Jared Belt, 10
Evan Block, 10
Christian Collins, 10
Andrew Granich, 10
Sam Kroeger, 10
Chris Lindsey, 9
Matthew Lorang, 10
Michael McCoy, 11
Jonathan Niekamp, 10
Eric Prullage, 11
Eric Schneider, 12
August Schulte, 11
Nick Vellios, 12
Spencer Wankum, 10

Managers

Tanner Wolf, 12
Liz Haskamp, 10

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Fax: 573-635-5615

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Jefferson City, MO 65109

Girls

Susan Ahlvers, 11
Alison Boudreau, 10
Victoria Forck, 9
Baylee Francka, 10
Lindsey Kennedy, 11
Lydia Linsenbardt, 10
Morgan Lute, 11
Meghan Nappier, 10
Amanda Patino, 10
Macy Randolph, 9
Joni Reinkemeyer, 11
Kaitlyn Shea, 9
Hannah Tornes, 10
Sarah Wieberg, 11

Coaches

Mary Haskamp, Head Coach
Jeremy Prenger, Asst. Coach