



2020 POWERADE ALL-METRO HIGH SCHOOL CROSS COUNTRY TEAM

SELECTION CRITERIA

1. All student athletes must attend a school in the All-Metro region (defined as a school in a county touching Fulton or DeKalb)
2. Only high school competition during the season is considered. No club, pre-season or post-season competition results apply. Certain out-of-state competitions are considered if they are sanctioned
3. Place and time at State Meet will be weighed the heaviest
4. Large meet performance and head-to-head competition
5. Season best and average
6. Consistency throughout the season
7. Student athletes must be in good academic standing with their school to be considered



2020 POWERADE ALL-METRO CROSS COUNTRY GIRLS TEAM

NAME	SCHOOL	GRAD YR	CLASS
ALLIE WARDLE	BROOKWOOD HIGH SCHOOL	2023	7A
CARA JOYCE	ATLANTA INTERNATIONAL SCHOOL	2022	1A PRIVATE
CARMEL YONAS	SOUTH FORSYTH HIGH SCHOOL	2023	7A
CLAIRE SHELTON	DUNWOODY HIGH SCHOOL	2024	7A
ELLE MEZZIO	RIVERWOOD HIGH SCHOOL	2021	6A
GABBY PARSONS	UNION GROVE HIGH SCHOOL	2022	5A
GRACE VON BIBERSTEIN	ST. PIUS X	2023	5A
HANNAH MINIUTTI	BLESSED TRINITY HIGH SCHOOL	2021	5A
HANNAH SCHEMMEL	ST. PIUS X	2023	5A
HAYDEN PUETT	HOLY INNOCENTS EPISCOPAL SCHOOL	2021	1A PRIVATE
JOHNA GRISIK	MARIST SCHOOL	2022	4A
KATIE HAMFELDT	BLESSED TRINITY HIGH SCHOOL	2022	5A
LOREL GOLDEN	POPE HIGH SCHOOL	2022	6A
MAKENA GATES	CREEKVIEW HIGH SCHOOL	2021	6A
MAKENNA CALBERT	ETOWAH HIGH SCHOOL	2022	7A
MARY BRADY	ST. PIUS X	2021	5A
MORGAN GRACE SHEFFIELD	DENMARK HIGH SCHOOL	2024	7A
RUBY LITTLE	MARIST SCHOOL	2024	4A
SARAH BURWELL	WALTON HIGH SCHOOL	2021	7A
SOPHIE BOICE	POPE HIGH SCHOOL	2021	6A
SYDNEY LAMBERSON	LOVETT SCHOOL	2021	2A

*This list is in alphabetical order by last name

POWERADE
ALL-METRO
CROSS COUNTRY



Allie Wardle
Brookwood - Sophomore



Cara Joyce
Atlanta International - Junior



Carmel Yonas
South Forsyth - Sophomore

POWERADE
ALL-METRO
CROSS COUNTRY



Claire Shelton
Dunwoody - Freshman



Elle Mezzio
Riverwood - Senior

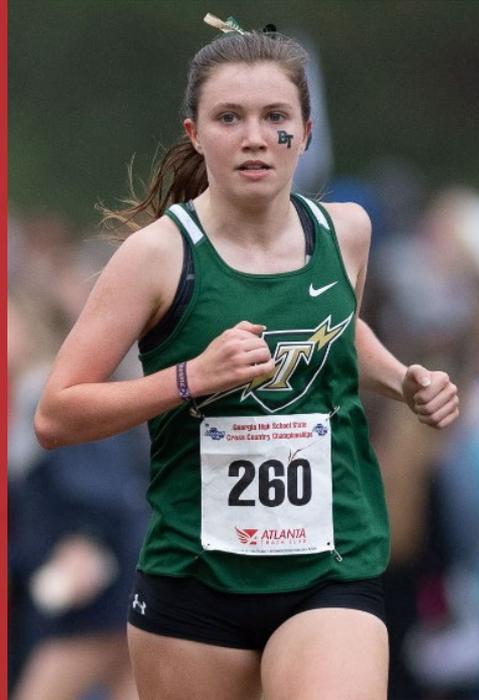


Gabby Parsons
Union Grove - Junior

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ALL-METRO
CROSS COUNTRY



Grace Von Biberstein
St. Pius X - Sophomore



Hannah Miniutti
Blessed Trinity - Senior



Hannah Schemmel
St. Pius X - Sophomore

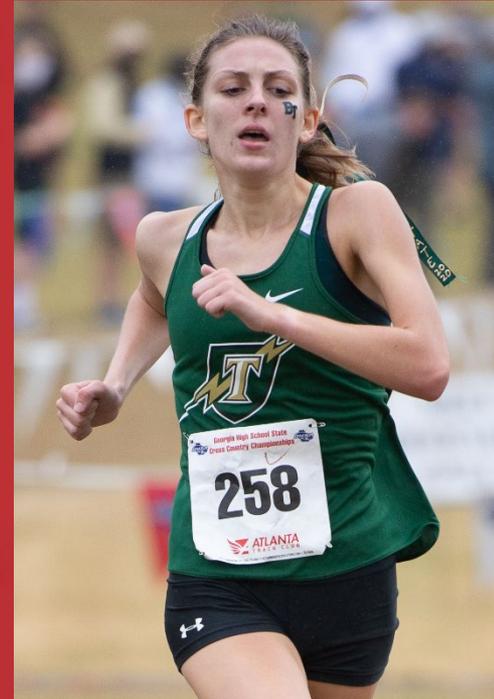
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Hayden Puett
Holy Innocents - Senior



Johna Grisik
Marist - Junior



Katie Hamfeldt
Blessed Trinity - Junior

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Lorel Golden
Pope - Junior



Makena Gates
Creekview - Senior



Makenna Calbert
Etowah - Junior

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Mary Brady
St. Pius X - Senior



Morgan Grace Sheffield
Denmark - Sophomore



Ruby Little
Marist - Freshman

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Sarah Burwell
Walton - Senior



Sophie Boice
Pope - Senior



Sydney Lamberson
Lovett - Senior



2020 POWERADE ALL-METRO CROSS COUNTRY BOYS TEAM

NAME	SCHOOL	GRAD YR	CLASS
ADAM WADE	BLESSED TRINITY HIGH SCHOOL	2021	5A
ANDREW TODD	PARKVIEW HIGH SCHOOL	2021	7A
CHRISTIAN GONZALEZ	DECATUR HIGH SCHOOL	2022	5A
COLLIN JONES	CARROLLTON HIGH SCHOOL	2021	6A
EDWARD BLAHA	PACE ACADEMY	2022	2A
EOIN McNALLY	DECATUR HIGH SCHOOL	2021	5A
ETHAN ASHLEY	DENMARK HIGH SCHOOL	2022	7A
HAYDEN MARSHALL	MILTON HIGH SCHOOL	2021	7A
JAMES MAY	MARIETTA HIGH SCHOOL	2022	7A
JOE SAPONE	HOLY INNOCENTS EPISCOPAL SCHOOL	2023	1A PRIVATE
JOE URBANOWICZ	LOVETT SCHOOL	2021	2A
KAMARI MILLER	MARIETTA HIGH SCHOOL	2021	7A
MAC HOWIE	WESLEYAN SCHOOL	2021	1A PRIVATE
MATTHEW FERNANDO	WESTMINSTER SCHOOLS	2022	3A
MATTHEW MOORE	EAST COWETA HIGH SCHOOL	2021	7A
PATRICK PITTS	LOVETT SCHOOL	2021	2A
RYAN BOYLE	ST. PIUS X	2022	5A
SULLY SHELTON	HARRISON HIGH SCHOOL	2021	7A
WILL BRAY	BROOKWOOD HIGH SCHOOL	2021	7A
WILL JENNINGS	CARROLLTON HIGH SCHOOL	2023	6A
ZACKARY TRUITT	LANDMARK CHRISTIAN SCHOOL	2021	1A PRIVATE

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POWERADE
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Adam Wade
Blessed Trinity - Senior



Andrew Todd
Parkview - Junior



Christian Gonzalez
Decatur - Junior

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Collin Jones
Carrollton - Senior



Edward Blaha
Pace Academy - Junior



Eoin McNally
Decatur - Senior

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Ethan Ashley
Denmark - Junior



Hayden Marshall
Milton - Senior



James May
Marietta - Junior

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Joe Sapone

Holy Innocents - Sophomore



Joe Urbanowicz

Lovett - Senior



Kamari Miller

Marietta - Senior

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Mac Howie
Wesleyan - Senior



Matthew Fernando
Westminster - Junior



Matthew Moore
East Coweta - Senior

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Patrick Pitts
Lovett - Senior



Ryan Boyle
St. Pius X - Junior



Sully Shelton
Harrison - Senior

POWERADE
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Will Bray
Brookwood - Senior



Will Jennings
Carrollton - Sophomore



Zack Truitt
Landmark Christian - Senior