

The 2023 Coaches Pre-Season Cross-Country Poll

We are proud to present our first ever cross-country poll as voted on by SD High School coaches. Following is a class by class look at their predictions. The 2023 season will culminate October 21 on the Yankton Trail course in Sioux Falls.

Class B Girls



The predictions:

1. Potter County
2. Arlington
3. Gayville-Volin

Potter County won their first ever title last year and are expected to repeat as they return all of their scoring runners. Overall, 18 of the top 25 are back, including individual champ Emery Larson of Chester. Last year's second and third place squads, Arlington and Gayville-Volin are expected to be in the hunt again.

Class A Girls

The predictions:

1. SF Christian
2. Vermillion
3. Custer

Sioux Falls Christian won their first ever title last year in Huron and are also expected to repeat in 2023. The Chargers return all of their scorers from last year, when they placed four in the top 14. The 2022 fifth place team, Vermillion is picked to finish



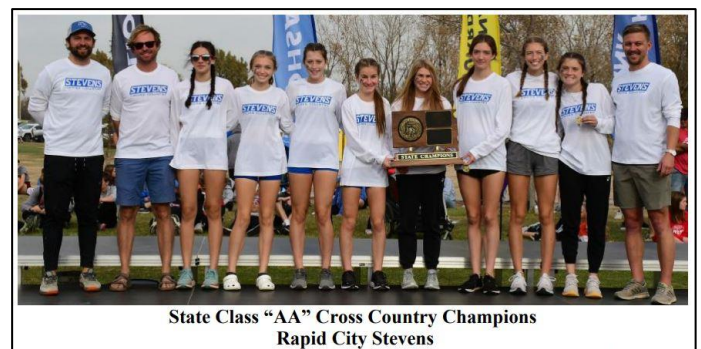
second as the Tanager's return all four of their scorers. Custer, third last year, is picked third again as they return three of their top four runners. 21 of the top 25 Class A scorers return including individual champ Isabelle Bloker of Sioux Valley.

Class AA Girls

The predictions:

1. Brandon Valley
2. O'Gorman
3. Spearfish

Rapid City Stevens won their 18th AA title last year. Brandon Valley, second in 2022, gets the nod this year. The Lynx put their five scorers in the top 42 last year and return four of those runners. O'Gorman, led by last year's individual runner-up, Libby Castelli, is picked second. The Knights were fourth in 2022. Spearfish was sixth last year and is picked third this year. They will be led by Peyton VanDeest, who was fourth last year as an eight grader. Overall, 18 of the top 25 individuals are back. 2022 individual champ Ali Bainbridge of Sioux Falls Lincoln graduated and is now competing for Nebraska.

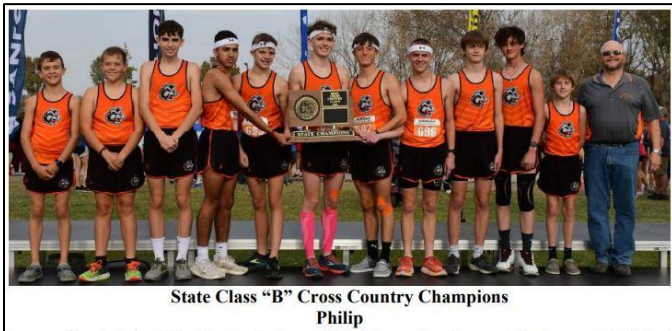


Class B Boys

The predictions:

1. Freeman Academy-Marion
2. Philip
3. Northwestern

The top three teams from a year ago are all expected to be in the mix again this season. Three-time runner-up Freeman Academy-Marion is expected to win their first team title. The Bearcats will be paced by last year's runner-up, Tavin Schroeder. They return all three of their 2022 state meet scorers. Last year's state champ, Philip, is expected to finish second and Northwestern, runner up at the last two state meets, is pegged to place third. 19 of the top 25 from a year ago are back.

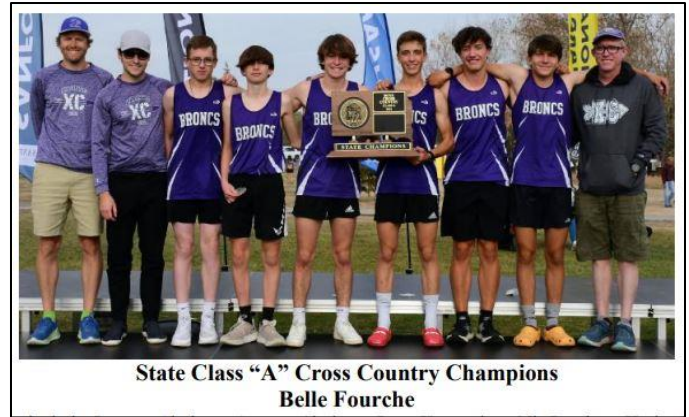


Class A Boys

The predictions:

1. Belle Fourche
2. SF Christian
3. Hill City

As with Class B, the top three squads from 2022 figure to be in the mix this year. Belle Fourche won their first ever title last year snapping Sioux Falls Christian's run of three straight. The Broncos went 1-2 individually with the now-graduated Sawyer Clarkson winning and the returning Lane Krautschun finishing second. BF is expected to repeat and Sioux Falls Christian and Hill City are picked to finish second and third as they did at last year's season finale in Huron. 18 of the top 25 are back including third place finisher Luke Rupert of Hill City.

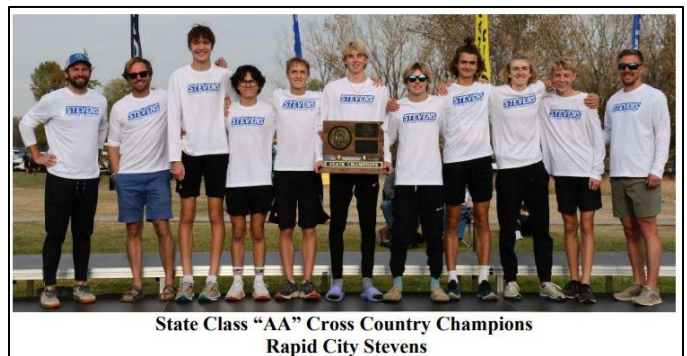


Class AA Boys

The predictions:

1. Sioux Falls Lincoln
2. Rapid City Stevens
3. Rapid City Central

Rapid City Stevens won their second team title in a row last season behind individual champ Simeon Birnbaum. The Raiders snapped a three-year streak on the top of the podium by Sioux Falls Lincoln and made a clean sweep of the AA titles. This year the Patriots are picked to win their 18th state title. Stevens is picked second and Rapid City Central third. 17 of the top 25 are back from last year.



Team Photos courtesy of SDPB

