

2018-2019 All Arkansas Preps Girls Cross Country Team

Ali	Nachtigal	Rogers	So.
Lainey	Quandt	Bentonville	Sr.
Anna	Jeffcoat	Rogers	Sr.
Grace	Litzinger	Fayetteville	Jr.
Sara	Steimel	Jonesboro	Sr.
Emily	Robinson	Bentonville	So.
Kaitlyn	Heffernan	Bentonville	Sr.
Staley	Tatum	Mount St. Mary	So.
Julia	Clark	Van Buren	Sr.
Jamison	Maass	Rogers	Jr.

2018 Girls Cross Country Runner of the Year

Ali Nachtigal, a sophomore from Rogers, successfully defended her state individual title, running the 5,000 meter course at the Oaklawn infield with a time of 19:26.4. Nachtigal's winning time was 16 seconds better than any other runner. She helped the Lady Mounties to a second-place finish in the 6A team standings.