

## **Cross Country 2013 All-Conference Team**

1 Belmont, Rachel	SR	Old Bridge
2 Suss, Rachel	SO	Metuchen
3 O'Mara, Shanna	SR	Old Bridge
4 Ferraro, Dianne	SO	South Plainfield
5 Salvatore, Jennifer	SR	North Brunswick
6 Frost, Sarah	SR	East Brunswick
7 Davis, Brianna	JR	Metuchen
8 Osma, Renee	JR	Edison
9 Kramer, Alyssa	JR	Old Bridge
10 Rios, Jeneia	JR	Woodbridge
11 Lael, Zenzali	JR	South Brunswick

**Coach of the Year:** Steve Gajewski - Old Bridge