



Midwest Athletic Conference All-Time Records

All-MAC Teams - BOYS CROSS-COUNTRY 1994

1ST TEAM

NAME	SCHOOL	TIME
Rick Heitkamp	Ft. Recovery	16:28
Brian Schoch	Minster	17:15
Jeff Bockey	St. John's	17:21
Dan Schmiesing	New Bremen	17:22
Josh Rammel	St. Henry	17:22
Dan Hemmelgarn	St. Henry	17:25
Keith Stewart	St. John's	17:30
Blair Lammers	New Knoxville	17:32
Kevin Meyer	Minster	17:33
Charles Zepeda	Parkway	17:36

HONORABLE MENTION

NAME	SCHOOL	TIME
Chad Rode	St. John's	17:40
Doug Moenter	St. John's	17:42
Andy Alt	St. John's	17:44
Frank Homan	New Knoxville	17:45
Ryan Buschur	St. Henry	17:54
Todd Franck	St. Henry	17:57
James Broering	Marion Local	17:57
Jason Grieshop	Minster	17:58
Jeff Barr	Minster	17:58
Ryan Bensman	Minster	18:02

MAC BOYS CROSS-COUNTRY RUNNER OF THE YEAR - Rick Heitkamp, Ft. Recovery

MAC TEAM CHAMPIONS - St. John's Blue Jays

MAC BOYS CROSS-COUNTRY COACH OF THE YEAR - Dave Alt, St. John's