



Midwest Athletic Conference All-Time Records

All-MAC Teams - BOYS CROSS-COUNTRY 1995

1ST TEAM

NAME	SCHOOL	TIME
Phillip Slonkosky	Minster	16:42
Dan Hemmelgarn	St. Henry	17:05
Matt Heitkamp	Ft. Recovery	17:20
Keith Stewart	St. John's	17:26
Matt Roessner	Ft. Recovery	17:28
Dan Smith	St. John's	17:32
Scott Will	Ft. Recovery	17:32
Brent Lampert	New Bremen	17:33
Ryan Luthman	Minster	17:34
Phil Ranly	Ft. Recovery	17:35

HONORABLE MENTION

NAME	SCHOOL	TIME
Charles Zepeda	Parkway	17:36
Brian Cross	St. John's	17:45
David Meiring	New Bremen	17:51
Jeff Barr	Minster	17:51
Jason Grieshop	Minster	17:53
Andy Alt	St. John's	17:55
Chad Rode	St. John's	17:57
Travis Heitkamp	Ft. Recovery	18:14
Kevin Meyer	Minster	18:20
Tom Zepeda	Parkway	18:23

MAC BOYS CROSS-COUNTRY RUNNER OF THE YEAR - Phillip Slonkosky, Minster

MAC TEAM CHAMPIONS - Ft. Recovery Indians

MAC BOYS CROSS-COUNTRY COACH OF THE YEAR - Carl Moeller, Ft. Recovery