Junior Varsity Cross Country
2022-23 Roster

Name	Grade	Hometown
Jamie Capuli	11	Concord
Ally De Vera	10	Concord
Gabriella Dedes	11	Danville
Alexandra Felix	9	Antioch
Val Felix	10	Antioch
Serra Marie Inouye	10	Hercules
Madelyn Karst	11	Pleasant Hill
Jade Kelley	10	Concord
Sarah Lohmeier	11	Walnut Creek
Aislyn McNamara	10	Benicia
Ava Maria Sana	10	Concord
Emily Sincoff	10	Antioch
Jane Spiegel	10	Orinda
Tianna Woolfson	10	Pleasant Hill
Lily Zachary	9	Walnut Creek
Mackenzi McLaughlin	10	Concord
Head Coach: John Harvey		
Assistant Coach: Lauren Terrell		

Updated: September 1, 2022