

# 2022 POWERADE ALL-METRO HIGH SCHOOL CROSS COUNTRY TEAM

## SELECTION CRITERIA

1. All student athletes must attend a school All-Metro region, defined as counties that touch inside the perimeter (Fulton, Dekalb, Cobb, Clayton)
2. No club, pre-season or post-season competition results apply. Out-of-state competitions are considered if they are sanctioned
3. Place and time at State Meet
4. Large meet performance & head-to-head competition
5. Season best & consistency throughout the season
6. Student athletes must be in good academic standing with their school to be considered

## ALL-METRO AREA

- Bartow
- Carroll
- Cherokee
- Clayton
- Cobb
- Coweta
- Dekalb
- Douglas
- Fayette
- Forsyth
- Fulton
- Gwinnett
- Henry
- Paulding
- Rockdale
- Spalding



**POWERADE.**  
**ALL-METRO**  
 CROSS COUNTRY

# 2022 POWERADE ALL-METRO CROSS COUNTRY GIRLS TEAM

<b>NAME</b>	<b>SCHOOL</b>	<b>GRADE</b>	<b>CLASS</b>
Zahara Bernal	Pace Academy	10	4A
Shari Brown	Landmark Christian School	10	2A
Bella Cammarota	Lambert High School	12	7A
Lottie Chappell	North Springs High School	12	5A
Grace Danser	Maynard H. Jackson High School	9	5A
Katelynn Dollar	Creekview High School	11	6A
Isabelle Gaharan	Lambert High School	12	7A
Nora Hart	Marietta High School	11	7A
Clara Heppner	Johnson Ferry Christian Academy	12	GAPPS
Caroline Hood	Pace Academy	11	4A
Maddie Jones	Marietta High School	10	7A
Ruby Little	Marist School	11	6A
Gabriella Malerba	Decatur High School	12	5A
Samantha McGarity	Harrison High School	11	7A
Kristal McQueen	Marietta High School	12	7A
Mary Nesmith	Marietta High School	9	7A
London Ray	Blessed Trinity High School	10	6A
Hannah Schemmel	St. Pius X	12	6A
Claire Shelton	Dunwoody High School	11	6A
Palmer Walstad	Westminster School	12	4A
Carmel Yonas	South Forsyth High School	12	7A

\*This list is in alphabetical order by last name

POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Zahara Bernal**  
Pace Academy - Sophomore



**Shari Brown**  
Landmark Christian - Sophomore



**Bella Cammarota**  
Lambert - Senior

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**Lottie Chappel**  
North Springs - Senior



**Grace Danser**  
Maynard Jackson - Freshman



**Katelynne Dollar**  
Creekview - Junior

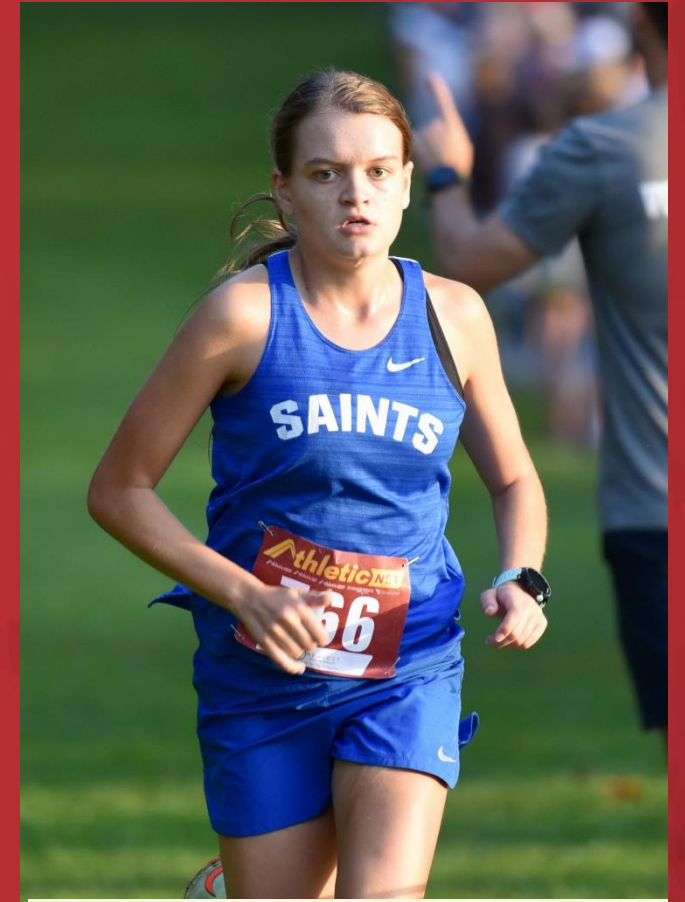
POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Isabelle Gaharan**  
Lambert - Senior



**Nora Hart**  
Marietta - Junior



**Clara Heppner**  
Johnson Ferry Christian - Senior

POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Caroline Hood**  
Pace Academy - Junior



**Maddie Jones**  
Marietta - Sophomore

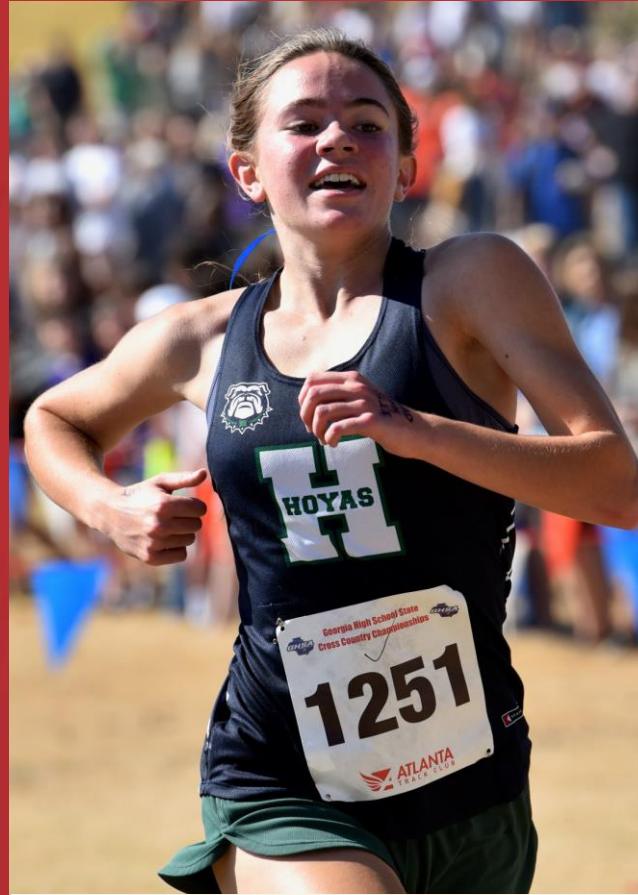


**Ruby Little**  
Marist - Junior

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**Gabriella Malerba**  
Decatur - Senior



**Samantha McGarity**  
Harrison - Junior



**Kristal McQueen**  
Marietta - Senior

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**Mary Nesmith**  
Marietta - Freshman



**London Ray**  
Blessed Trinity - Sophomore



**Hannah Schemel**  
St. Pius X - Senior



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**Claire Shelton**  
Dunwoody - Junior



**Palmer Walstad**  
Westminster - Senior



**Carmel Yonas**  
South Forsyth - Senior



**POWERADE.**  
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# 2022 POWERADE ALL-METRO CROSS COUNTRY BOYS TEAM

<b>NAME</b>	<b>SCHOOL</b>	<b>GRADE</b>	<b>CLASS</b>
Alex Arrambide	East Forsyth High School	12	4A
Andrew Balogh	Etowah High School	12	6A
Gabriel Best	Whitewater High School	12	4A
William Carlton	Decatur High School	12	5A
Cory Chambers	Milton High School	12	7A
Esfan Daya	Westminster School	11	4A
Diego Fernandes	West Forsyth High School	11	7A
Jared Fortenberry	Marietta High School	12	7A
Jackson Hogsed	Lambert High School	10	7A
Joseph Jacquot	Westminster School	11	4A
Will Jennings	Carrollton High School	12	7A
Luke Kalarickal	Mill Creek High School	12	7A
Sumner Kirsch	North Atlanta High School	12	6A
Tommy Latham	Marist School	10	6A
Dru Moore	Etowah High School	12	6A
Marc Petrucci	Collins Hill High School	12	7A
Diego Santiago	Chattahoochee High School	12	5A
Joe Sapone	Holy Innocents' Episcopal School	12	4A
Truman Thompson	North Atlanta High School	12	6A
Taylor Wade	Whitefield Academy	12	1A - Div 1
Jake Westing	Decatur High School	12	5A

\*This list is in alphabetical order by last name

POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Alex Arrambide**  
East Forsyth - Senior



**Andrew Balogh**  
Etowah - Senior



**Gabriel Best**  
Whitewater - Senior

POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**William Carlton**  
Decatur - Senior



**Cory Chambers**  
Milton - Senior



**Esfan Daya**  
Westminster - Junior

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**ALL-METRO**  
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**Diego Fernandes**  
West Forsyth - Junior



**Jared Fortenberry**  
Marietta - Senior



**Jackson Hogsed**  
Lambert - Sophomore

POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Joseph Jacquot**  
Westminster – Junior



**Will Jennings**  
Carrollton - Senior



**Luke Kalarickal**  
Mill Creek - Senior

POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Sumner Kirsch**  
North Atlanta - Senior



**Tommy Latham**  
Marist - Sophomore



**Dru Moore**  
Etowah - Senior

POWERADE.  
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**Marc Petrucci**  
Collins Hill - Senior



**Diego Santiago**  
Chattahoochee - Senior



**Joe Sapone**  
Holy Innocents' - Senior



POWERADE.  
**ALL-METRO**  
CROSS COUNTRY



**Truman Thompson**  
North Atlanta - Senior



**Taylor Wade**  
Whitefield Academy - Senior



**Jake Westing**  
Decatur - Senior