



**Nebraska Coaches Association's 2023 Boys Cross Country Super-State & All-State Teams
Presented by: Custom Sports**

Super-State

Class A:

Juan Gonzalez, Fremont
Jack Witte, Millard West
Dennis Chapman, Creighton Preparatory School
Wesley Pleskac, Fremont
Max Myers, Lincoln Southwest
Isaac Ochoa, Norfolk
Easton Zastrow, Lincoln North Star
Dalton Heller, Millard South
David Krier, Lincoln Pius X
Jayden Wall, Omaha Westside
Dylan Lender, Millard South
Sergio Martinez Cruz, Omaha South
Joseph Dustin, Lincoln Pius X
Gavin Luthi, Gretna

Class B:

Riley Boonstra, Norris
Braden Lofquest, Gretna East
Thomas Rice, Omaha Skutt Catholic
Austin Carrera, Hastings

Class C:

Gus Lampe, Omaha Roncalli Catholic

Class D:

Mason McGreer, Perkins County

All-State

Class A:

(Top 14 Super-State)

Class B:

(Top 4 Super-State)
Ethan Walters, Elkhorn
Jack Wade, Omaha Skutt Catholic
Miguel Cruz-Mendoza, Lexington

Class C:

(Top 1 Super-State)
Tyler Hetz, Gothenburg
Carter Hohlen, Lincoln Christian
Avery Carter, Milford
Michael Rodgers, Mount Michael Benedictine
AJ Raszler, Platteview
Luke Woockman, Bloomfield-Wausa

Class D:

(Top 1 Super-State)
Elijah Goodell, Perkins County
Jarrett Miles, North Platte St. Patrick's
Jacob Swanson, Nebraska Christian
Jobjosiah Muthiani, Freeman
Kaser Johnson, Doniphan-Trumbull
Dawson Meyer, Oakland-Craig