

# 2019 Arrowhead League Cross Country Awards for the Year

## BOYS

## GIRLS

### Coach of the year:

Charles Mounday ~ United Christian   Steve Rosenbaum ~ Cal Lutheran

### Runner of the Year:

Arthur Griego (12) ~ Sherman Indian   Julia Biegel (11) ~ Cal Lutheran

### Sportsmanship:

La Sierra Academy

California Lutheran

League champions:      United Christian

United Christian

All-League: 1<sup>st</sup> team are #1 – 7 at league finals  
2<sup>nd</sup> team are #8 – 14 at league finals