



LYNDEN CHRISTIAN LYNCS

2023 Varsity Girls Cross Country



| Name | Year |
|------------------------|------|
| Allison Dalrymple | 9 |
| * Katie Hiemstra | 10 |
| * Mia Mellema | 10 |
| Elaina Rast | 9 |
| Hannah Strempler | 10 |
| Makalie Tveter | 11 |
| Emmy VanderGiessen | 9 |
| * Avery VanWeerdhuizen | 11 |
| * Ella Vos | 11 |

* 3.5 Cum. or Higher

Head Coach
Darren Postma

Assistants
Nikki Buurma
Josh Schmitt

Superintendent
Paul Bootsma

Principal
Craig Johnson

Asst Principal
Renaë Sloan

Athletic Director
Brenda Terpstra

