Athletics

US Cross Country


262
259
245
250
249
256
161
120
SEATTLE ACADEMY
99

Head Coach: **Adam Stuhlfaut**

First Day of Practice: Monday, August 24, 2025

Game Schedules:

Varsity

Please note the playoff schedules will be released near the end of the regular season once finalized.

History and Tradition:

Girls Cross Country

State Appearances: 2023 (10th), 2022 (2nd), 2018 (14th)

District Champions - 2022

League Champions - 2021 (spring), 2022

State Academic Champions – 2004

League Honors

2025

Sae Komatsu

2024
Avani Bansal

2023
Sara Guralnick
Sae Komatsu
Avani Bansal

2022
Sarah Guralnick

Talia Wilson
Sae Komatsu
Avani Bansal
Sameeksha Dangi
Team Sportsmanship Award
Colton Umberger - Coach of the Year

2021
Olivia Stiles
Talia Wilson
Sameeksha Dangi

2021(Spring Season)
Talia Wilson
Sophie Sharp
Sara Guralnick

2019
Sameeksha Dangi
Anya Sharma
Sophie Sharp

2018

Liv Sather

Anya Sharma

Sophie Sharp

2017

Anya Sharma

2015

Bryn Damon

Maddie Home

Hannah Sather

2013
Sonja Johnson-Yu

2012
Sonja Johnson-Yu

2011
Sonja Johnson-Yu

2010

Mariel Frank

Sholeh Hajmiragha

Sonja Johnson-Yu

Devyn Parry

Boys Cross Country

History and Tradition:

State Finishes – 2022 (5th), 2021 (7th), 2013 (11th), 2015 (11th), 2016 (12th), 2017 (12th), 2021(7th), 2022 (5th)

League Champions – 2012

Bi-District Champions - 2021

State Academic Championships – 2005, 2008

League Honors

2023

Keith Hunter

Jack Kehoe

Alesky Umbers

2022

Keith Hunter

Jack Kehoe

Alesky Umbers

Mateo Whatley

Colton Umberger - Coach of the Year

2021
Aleksy Umbers
Keith Hunter

2021 (Spring Season)
Aleksy Umbers
Mateo Whatley

2019
Ryan Bartlow

2018

Zachary Foster

Alan Ngouenet

Oliver Thomas

2017

Spencer Arons

Zachary Foster

Alan Ngouenet + Rookie of the Year

2015

Zachary Foster

Eduardo Gutierrez

Esteban Sanchez

Tyler Strafford

Luke Wetherbee

2014

Spencer Arons

Kai McConnell

Tyler Strafford

Jack Toland

Cole Tsang

2013

Dylan Reynolds

Jack Toland

Cole Tsang

Coach of the Year – Micah Orr

2012

Omar Aldahleh

Connor Buhaly

Dylan Reynolds
Erik Risa
Team Sportsmanship Award

2011
Erik Risa
Team Sportsmanship Award

2010
Connor Buhaly
Dylan Reynolds

Coaches

Dave Parsons
Boys & Girls Cross Country Head Coach
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