

U.S. Track & Field and Cross Country Coaches Association

1990 All Americans Division III Cross Country

| Gender | Last Name | First Name | School |
|--------------|-------------|------------|--|
| Men | | | |
| | Beltran | Marcial | Occidental College |
| | Bishop | Derron | North Central College |
| | Cavaliere | Greg | Lynchburg College |
| | Cisler | Bob | North Central College |
| | Dunlop | Jim | University of Rochester |
| | Entenmann | Dave | Messiah College |
| | Every | Tony | Cornell College |
| | Garcia | Rodney | University of Wisconsin, Stevens Point |
| | Gunther | Art | Binghamton University |
| | Hogan | Emmet | Occidental College |
| | Laboy | Gabriel | American University of Puerto Rico |
| | Lambert | Dave | University of Wisconsin, Oshkosh |
| | Livingston | Sean | Ithaca College |
| | Matter | Rory | University of St. Thomas (Minnesota) |
| | McElligott | Seamus | Haverford College |
| | Mello | Joseph | University of Rochester |
| | Miller | Craig | Gustavus Adolphus College |
| | Moore | Scott | St. Lawrence University |
| | Omar | Mahdi | University of Wisconsin, La Crosse |
| | Padilla | Jose | Benedictine University |
| | Prochnow | Ron | University of Wisconsin, Oshkosh |
| | Reed | Christian | University of Rochester |
| | Schmitt | Andy | University of Wisconsin, La Crosse |
| | Steuernagel | Scott | University of Wisconsin, Oshkosh |
| | Wasserman | Gary | Nebraska Wesleyan University |
| Women | | | |
| | Adams | Rebecca | Williams College |
| | Bemowski | Kim | University of Wisconsin, Oshkosh |
| | Berghold | Kara | Kenyon College |
| | Bieber | Rebecca | State University College at Cortland |
| | Bokman | Ann | Williams College |
| | Cosgriff | Kim | University of Mary Washington |
| | Cross | Sarah | Simpson College |
| | Dare | Nancy | University of Wisconsin, Oshkosh |

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| Gender | Last Name | First Name | School |
|--------|-----------|------------|--------------------------------------|
| | Frederick | Chris | Concordia College, Moorhead |
| | Gleason | Bonnie | Ithaca College |
| | Horejs | Laura | University of Wisconsin, Oshkosh |
| | Immer | Susan | College of St. Scholastica |
| | LaFleur | Michelle | State University College at Cortland |
| | Langlois | Melissa | University of Wisconsin, Oshkosh |
| | Macauley | Cherie | Williams College |
| | McNerney | Jennifer | State University College at Fredonia |
| | Mitchell | Vicki | State University College at Cortland |
| | Novak | Dena | Simmons College |
| | Olds | Jean | Brandeis University |
| | Schuster | Laurie | Occidental College |
| | Severance | Michelle | Colby College |
| | Tiedemann | Katie | Allegheny College |
| | Webb | Sharon | Frostburg State University |
| | Whitmore | Sharryn | State University College at Cortland |
| | Young | Gwen | Smith College |