

CASCADES CONFERENCE RECORD BOOK

BOYS CROSS COUNTRY (1961-2024)

FALL SPORT

CASCADES CONFERENCE BOYS CROSS COUNTRY

1961-1969

1961-1962	W-L	POINTS	ALL-CONFERENCE
Napoleon		39	
East Jackson		56	
Western		64	
Northwest		100	
Springport		128	
Grass Lake		129	

1962-1963	Record	Points
Napoleon		32
East Jackson		42
Western		75
Northwest		75
Springport		145

1963-1964	Record	Points
East Jackson		51
Western		56
Northwest		57
Napoleon		68
Grass Lake		110

1964-1965	Record	Points	All-Conference	School
Napoleon		31	Tom Tromble	Northwest
Northwest		52	Bob Carlson	Napoleon
Western		72	Tom Pelton	Northwest
East Jackson		77	Doug Yonnick	East Jackson
Vandercook Lake		110	Phil Heath	Napoleon
			Ken Bolton	Napoleon
			Larry Aiken	Napoleon
			Lyn Cryderman	Western
			Ron Cowles	Western
			Sam Hoyt	Northwest

1965-1966	Record	Points	All-Conference	School
Napoleon		39	Keith Schultz	Napoleon
Concord		67	Phil Heath	Napoleon
Michigan Center		85	Ron Cowles	Western
East Jackson		91	Dennis Locke	Michigan Center
Northwest		101	Stan Bober	Napoleon
Western		101	Jerry Quinn	Michigan Center
Vandercook Lake		180	Doug Fausz	Concord
			Pat Ackley	Concord
			Steve Heath	Concord
			Phil Hedgspath	Western

1966-1967	Record	Points	All-Conference	School
Napoleon		13	Keith Schultz	Napoleon
Concord		9	Brad Gordon	Concord
East Jackson		9	Stan Bober	Napoleon
Vandercook Lake		7	Al Adams	Napoleon
Western		6	Mike Smith	Napoleon
Michigan Center		5	Steve Heath	Concord
Northwest		0	Gerald Knickerbocker	Napoleon
			Greg Deland	Napoleon
			Steve Smoyer	Napoleon
			Darrell Allen	Michigan Center

1967-1968	Record	Points	All-Conference	School
East Jackson		11	Dave Farr	East Jackson
Napoleon		8	Al Adams	Napoleon
Vandercook Lake		6	Dennis Valentine	East Jackson
Michigan Center		4	Dave Monroe	East Jackson
Northwest		1	Terry Valentine	East Jackson
Western		1	Gerald Knickerbocker	Napoleon
			Greg Deland	Napoleon
			Jon Brower	Napoleon
			Dave Young	East Jackson
			Chuck Kemp	Vandercook Lake

1968-1969	Record	Points	All-Conference	School
East Jackson		14	Al Adams	Napoleon
Napoleon		12	Dennis Valentine	East Jackson
Michigan Center		9	Terry Valentine	East Jackson
Northwest		7	Jon Brower	Napoleon
Vandercook Lake		7	Greg Deland	Napoleon
Concord		4	Dave Young	East Jackson
Columbia Central		2	Tim Fairchild	Northwest
Western		1	Ted Sabinas	East Jackson
			Tom Brooks	Vandercook Lake
			Tom Sprague	Michigan Center

1969-1970	Record	Points	All-Conference	School
East Jackson		15	Dennis Valentine	East Jackson
Vandercook Lake		13	Larry Brigham	Concord
Concord		10	Dave Heinz	East Jackson
Western		7	Jon Brower	Napoleon
Napoleon		6	Doug Mohre	Vandercook Lake
Michigan Center		6	Gary McClain	Michigan Center
Columbia Central		4	Gary Majchrowski	East Jackson
Northwest		3	Dave Young	East Jackson
			Larry Embury	Western
			Keith Childers	Napoleon

CASCADES CONFERENCE BOYS CROSS COUNTRY

1970-1979

1970-1971	Record	Points	All-Conference	School
Vandercook Lake		14	Dave Heinz	East Jackson
East Jackson		11	Ken Dinges	Vandercook Lake
Northwest		11	Dave McIntee	Vandercook Lake
Concord		8	George Spencer	Vandercook Lake
Michigan Center		5	Mark Kuehl	Northwest
Columbia Central		4	Keith Childers	Napoleon
Napoleon		2	Bob Serafin	East Jackson
Western		1	Brian Thiede	Vandercook Lake
			Jim Lowden	Michigan Center
			Steve Way	Northwest

1971-1972	Record	Points	All-Conference	School
Northwest		13.5	Doug Mohre	Vandercook Lake
Western		12.5	Brian Thiede	Vandercook Lake
Vandercook Lake		9.5	Dave Allen	Michigan Center
Concord		8.5	Mike Garrett	Western
Michigan Center		6	Terry Wallace	Western
Columbia Central		4	John Schooley	Northwest
East Jackson		2	Steve Way	Northwest
			John Luttenton	Concord
			Ken Hayner	Vandercook Lake
			Jay Horton	Western

1972-1973	Record	Points	All-Conference	School
Northwest		13	Brian Thiede	Vandercook Lake
Concord		13	Randy Thompson	East Jackson
Vandercook Lake		8.5	Evan Harper	Columbia Central
East Jackson		7.5	Dave Yoemans	Northwest
Columbia Central		6.5	John Luttenton	Concord
Western		5.5	Dave Richardson	Concord
Michigan Center		2	Dave Whitney	Northwest
Napoleon		0	Jay Horton	Western
			Rick Jaworski	Napoleon
			Steve Georgopoulos	East Jackson

1973-1974	Record	Points	All-Conference	School
Northwest			Evan Harper	Columbia Central
East Jackson			Steve Georgopoulos	East Jackson
Michigan Center			Forrest Brown	East Jackson
Columbia Central			Dave Yoemans	Northwest
Western			Marshall Randall	Western
Napoleon			Steve Seigrist	Northwest
Vandercook Lake			John Lusk	Michigan Center

1974-1975	Record	Points	All-Conference	School
Northwest		tie	Marshall Randall	Western
Michigan Center		tie	Steve Seigrist	Northwest
Western			Ron Daniels	Michigan Center
Columbia Central			Frank Nash	Western
East Jackson			Chad Pond	Northwest
Napoleon			Steve Schuette	Michigan Center
Vandercook Lake			Barry West	Napoleon

1975-1976	Record	Points	All-Conference	School
Northwest			Jim Bucks	Michigan Center
Michigan Center			Bryon Way	Northwest
East Jackson			Ron Daniels	Michigan Center
Western			Steve Seigrist	Northwest
Columbia Central			Chad Pond	Northwest
Napoleon			Greg Shinn	Michigan Center
Vandercook Lake			Tom Arend	Western
			John Lusk	Michigan Center
			Ed Ostrovich	Northwest
			James Spaulding	Northwest

1976-1977	Record	Points	School
Michigan Center		Steve Schuette	Michigan Center
Napoleon		Marty Ludwig	Michigan Center
East Jackson		Greg Shinn	Michigan Center
Hanover Horton		Dwight Sargent	East Jackson
Columbia Central		Chris Sersvitin	East Jackson
Vandercook Lake		Tom Brock	Napoleon
		Bill Welsh	Vandercook Lake

1977-1978	Record	Points	All-Conference	School
East Jackson		13	Don Richardson	Napoleon
Napoleon		10	Dwight Sargent	East Jackson
Columbia Central		7	Barry Poole	Michigan Center
Michigan Center		7	Chris Serafin	East Jackson
Vandercook Lake		4	Jim Shuster	Columbia Central
Hanover Horton		2	Steve Buck	Michigan Center
Grass Lake		0	Scott Fowler	East Jackson

1978-1979	Record	Points	All-Conference	School
East Jackson		13	Jim Shuster	Columbia Central
Columbia Central		11	John Embury	Vandercook Lake
Napoleon		11	Dwight Sargent	East Jackson
Michigan Center		11	Dana Howard	East Jackson
Hanover Horton		3	Jeff Brown	Columbia Central
Vandercook Lake		3	Bart Rainey	Hanover Horton
Grass Lake		0	Dan Dixon	Napoleon

1979-1980	Record	Points	All-Conference	School
East Jackson		12	Jim Shuster	Columbia Central
Hanover Horton		12	Dana Howard	East Jackson
Napoleon		9	Dan Dixon	Napoleon
Michigan Center		6	Kip Melling	Hanover Horton
Columbia Central		6	Dale LeLake	East Jackson
Vandercook Lake		3	Bart Rainey	Hanover Horton
Grass Lake		1	Tim Barnes	Hanover Horton

CASCADES CONFERENCE BOYS CROSS COUNTRY

1980-1989

1980-1981	Record	Points	All-Conference	School
Napoleon		13	Jim Shuster	Napoleon
Michigan Center		10	Dan Dixon	Napoleon
Vandercook Lake		10	Dan Howard	Napoleon
Columbia Central		7	Ron Brittain	Michigan Center
Grass Lake		5	Dave Vandeventer	Columbia Central
			Bill Wood	Grass Lake
			Michael Brown	Napoleon

1981-1982	Record	Points	All-Conference	School
Napoleon		13	Dan Dixon	Napoleon
Vandercook Lake		11	Jeff Collier	Napoleon
Michigan Center		9	Bill Bunker	Vandercook Lake
Columbia Central		7	Scott Franzen	Napoleon
Grass Lake		5	Scott Rider	Vandercook Lake
			Tim Boland	Napoleon
			Terry Smith	Vandercook Lake

1982-1983	Record	Points	All-Conference	School
Vandercook Lake		12	Tony Nickel	Michigan Center
Napoleon		12	Jeff Collier	Napoleon
Michigan Center		9	Scott Freeman	Napoleon
Columbia Central		7	Bill Bunker	Vandercook Lake
Grass Lake		5	Dave Theisen	Columbia Central
			Scott Rider	Vandercook Lake
			Mark Trumbull	Vandercook Lake

1983-1984	Record	Points	All-Conference	School
Napoleon		13	Tony Nickel	Michigan Center
Michigan Center		11	Scott Franzen	Napoleon
Vandercook Lake		9	Scott Rider	Vandercook Lake
Hanover Horton		7	Eric Ray	Napoleon
Grass Lake		5	Sean Anderson	Michigan Center
Manchester		3	Craig Pittman	Napoleon
			Mike Butts	Napoleon

1984-1985	Record	Points	All-Conference	School
Napoleon		12	Mike Seppi	Napoleon
Michigan Center		12	Sean Anderson	Michigan Center
Vandercook Lake		9	Dave Ambs	Michigan Center
Hanover Horton		7	Eric Ray	Napoleon
Grass Lake		5	Jim Crouch	Grass Lake
			Randy Berkeypile	Napoleon
			Todd Chwatun	Michigan Center

1985-1986	Record	Points	All-Conference	School
Vandercook Lake		12	Harry Simpkins	Michigan Center
Michigan Center		12	Jim Silence	Napoleon
Napoleon		9	Jamie Bown	Vandercook Lake
Grass Lake		6	Jerry Daly	Napoleon
Hanover Horton		5	Zane Fransted	Grass Lake
East Jackson		4	Dave Ambs	Michigan Center
			Shawn O Dell	Vandercook Lake

1986-1987	Record	Points	All-Conference	School
Vandercook Lake		13	Harry Simpkins	Michigan Center
Napoleon		10	Jim Silence	Napoleon
Michigan Center		10	Emery Lee	Vandercook Lake
Grass Lake		7	Jamie Brown	Vandercook Lake
East Jackson		4	Zane Fransted	Grass Lake
Hanover Horton		4	Dan Gorton	Vandercook Lake
			Skip Brinkle	Michigan Center

1987-1988	Record	Points	All-Conference	School
Vandercook Lake		12	Dan Gorton	Vandercook Lake
Napoleon		11	Brian Serafin	Napoleon
Grass Lake		10	Dennis Lessard	Napoleon
Hanover Horton		7	Kevin Hehl	Grass Lake
Michigan Center		5	Tony Gibbons	Vandercook Lake
East Jackson		2	Mike Toth	Grass Lake
			Chris Blackledge	Hanover Horton

1988-1989	Record	Points	All-Conference	School
Addison		10.5	Justin Frost	Addison
Vandercook Lake		9.5	Brian Frederick	Vandercook Lake
Napoleon		9.5	Chris Blackledge	Hanover Horton
Grass Lake		6.5	John Leonard	Napoleon
East Jackson		3	Jeremy Miller	Addison
Hanover Horton		3	Casey Walters	Napoleon
			Jeff Paterick	Napoleon

1989-1990	Record	Points	All-Conference	School
Napoleon		11	Jeremy Miller	Addison
Addison		11	Rakesha Jha	Napoleon
Vandercook Lake		8	Mike Toth	Grass Lake
East Jackson		6	Justin Frost	Addison
Grass Lake		4	Tony Gibbons	Vandercook Lake
Hanover Horton		2	John Leonard	Napoleon
			Jeremy Gauss	Napoleon
			Matt McGrath	Addison
			Darren Rice	Napoleon
			Tim Neito	Addison

CASCADES CONFERENCE BOYS CROSS COUNTRY

1990-1999

1990-1991	Record	Points	All-Conference	School
Napoleon		14	Marty McGinn	Grass Lake
Vandercook Lake		9	Jeremy Gauss	Napoleon
Addison		9	Brian McLain	Michigan Center
Michigan Center		9	Noah Delang	Grass Lake
Grass Lake		9	Mike McLain	Michigan Center
East Jackson		4	Darren Rice	Napoleon
Hanover Horton		2	Chris Holda	Grass Lake
			Chuck Walker	Napoleon
			Jason Carlisle	Napoleon
			Tim Nieto	Addison

1991-1992	Record	Points	All-Conference	School
Michigan Center		14	Eric Ellis	Addison
Napoleon		11	Brian McLain	Michigan Center
Addison		11	Marty McGinn	Grass Lake
Vandercook Lake		8	Eric Maes	Michigan Center
Grass Lake		6	Eric Norman	Addison
East Jackson		4	Jeff Brown	Napoleon
Hanover Horton		2	Jeremy Gauss	Napoleon
			James Bowman	Addison
			Mark Burtnett	Michigan Center
			Mike McLain	Michigan Center

1992-1993	Record	Points	All-Conference	School
Napoleon		14	Marty McGinn	Grass Lake
Addison		12	Eric Ellis	Addison
East Jackson		10	Brian McLain	Michigan Center
Vandercook Lake		8	Pat Parks	East Jackson
Grass Lake		6	Mike Duncan	Napoleon
Michigan Center		4	Eric Norman	Addison
Hanover Horton		1	Jeff Brown	Napoleon
			Chris Shafer	East Jackson
			Dominic Stepper	East Jackson
			James Bowman	Addison

1993-1994	Record	Points	All-Conference	School
Napoleon		14	Marty McGinn	Grass Lake
East Jackson		11	Jeff Brown	Napoleon
Grass Lake		10	Eric Norman	Addison
Addison		9	Dominic Stepper	East Jackson
Vandercook Lake		6	Troy Clarke	Hanover Horton
Michigan Center		4	Brad Handy	Vandercook Lake
Hanover Horton		1	Chad Lesnet	Addison
			Robert Moore	Vandercook Lake
			Mike Duncan	Napoleon
			Corey Cooper	East Jackson

1994-1995	Record	Points	All-Conference	School
Grass Lake		14	Trevor McGinn	Grass Lake
Addison		12	Corey Cooper	East Jackson
Napoleon		10	Craig Cooper	East Jackson
Vandercook Lake		8	Jason Rimert	Vandercook Lake
East Jackson		6	Colin Dunham	Grass Lake
Michigan Center		4	Miles Raymer	Napoleon
Hanover Horton		1	Kevin Rogan	Grass Lake
			Jason Thomas	Addison
			Chad Lesnet	Addison
			Chris Davidson	Napoleon

1995-1996	Record	Points	All-Conference	School
Grass Lake		16	Trevor McGinn	Grass Lake
Addison		14	Craig Cooper	East Jackson
East Jackson		11	Corey Cooper	East Jackson
Vandercook Lake		10	Jason Norman	Addison
Napoleon		9	Colin Dunham	Grass Lake
Michigan Center		6	Duane Mackey	Hanover Horton
Manchester		4	Brian Tappen	Michigan Center
Hanover Horton		1	Aaron Usher	Grass Lake
			Nick Olesky	Napoleon
			Kevin Rogan	Grass Lake

1996-1997	Record	Points	All-Conference	School
Grass Lake		16	Trevor McGinn	Grass Lake
Addison		14	Matt Paveglio	Addison
Vandercook Lake		12	B. J. Upell	Addison
Manchester		9	Colin Dunham	Grass Lake
Napoleon		8	Duane Mackey	Hanover Horton
East Jackson		7	Kevin Rogan	Grass Lake
Hanover Horton		4	Ryan Mayer	Grass Lake
Michigan Center		2	Jason Kushmaul	Addison
			Adam Sandoval	East Jackson
			Nate Hoff	Vandercook Lake

1997-1998	Record	Points	All-Conference	School
Grass Lake		16	Colin Dunham	Grass Lake
Vandercook Lake		13	Duane Mackey	Hanover Horton
Manchester		12	Ryan Mayer	Grass Lake
Addison		11	B. J. Upell	Addison
Napoleon		8	Nick Pepper	Michigan Center
East Jackson		5	Adam Sandoval	East Jackson
Hanover Horton		5	Nathan Usher	Grass Lake
Michigan Center		2	Nate Hoff	Vandercook Lake
			Russell Rogan	Grass Lake
			Nathan Bardette	Hanover Horton

1998-1999	Record	Points	All-Conference	School
Grass Lake		15	Ryan Mayer	Grass Lake
Addison		14	Paul Roys	Addison
Vandercook Lake		13	Nathan Usher	Grass Lake
Hanover Horton		9	Jason Cure	Vandercook Lake
Napoleon		9	Nathan Bardette	Hanover Horton
East Jackson		6	B. J. Upell	Addison
Manchester		4	Kris Kane	Grass Lake
Michigan Center		2	Charles Cameron	East Jackson
			Jacob Cure	Vandercook Lake
			Jeremy Cox	Addison

1999-2000	Record	Points	All-Conference	School
Grass Lake		16	Nathan Usher	Grass Lake
Addison		14	Nathan Bardette	Hanover Horton
Vandercook Lake		11	Kris Kane	Grass Lake
Napoleon		11	Charles Cameron	East Jackson
Hanover Horton		8	B. J. Upell	Addison
East Jackson		6	Paul Roys	Addison
Michigan Center		4	Patrick Cain	Grass Lake
Manchester		1	Kyle Harris	Manchester
			Chad Maruschak	Napoleon
			Jeremy Cox	Addison

CASCADES CONFERENCE BOYS CROSS COUNTRY

2000-2009

2000-2001	Record	Points	All-Conference	School
Addison		15	Patrick Cain	Grass Lake
Grass Lake		14	Paul Roys	Addison
Vandercook Lake		12	Kris Kane	Grass Lake
East Jackson		11	Charlie Cameron	East Jackson
Napoleon		8	Jeremy Cox	Addison
Hanover Horton		6	Drew Sabin	Vandercook Lake
Michigan Center		2	Jason Cure	Vandercook Lake
Manchester		0	Jeff Spencer	Vandercook Lake
			Joe Meyer	Addison
			Chad Maruschak	Napoleon

2001-2002	Record	Points	All-Conference	School
Napoleon		16	Adam Sprangel	Vandercook Lake
Vandercook Lake		13	Matt Bartlebaugh	Napoleon
Hanover Horton		13	Jacob DuBois	East Jackson
East Jackson		10	Todd Crouch	Grass Lake
Addison		8	Matt Ferris-Smith	Addison
Manchester		6	Greg Dutton	Napoleon
Michigan Center		3.5	Josh Moulton	Napoleon
Grass Lake		1.5	Matt Hobe	Hanover Horton
			Randall Wilcox	Vandercook Lake
			Justin Grow	Hanover Horton

2002-2003	Record	Points	All-Conference	School
Vandercook Lake		16	Adam Sprangel	Vandercook Lake
Addison		13	Jacob Dubois	East Jackson
Hanover Horton		12	Randall Wilcox	Vandercook Lake
Napoleon		9	Korey Kuhl	Vandercook Lake
East Jackson		9	Matt Ferris-Smith	Addison
Manchester		5	Justin Grow	Hanover Horton
Michigan Center		4	Scott Maruschak	Napoleon
Grass Lake		4	Carl Hammond	Napoleon
			Patrick Smith	Napoleon
			Kurt Olson	Hanover Horton

2003-2004	Record	Points	All-Conference	School
Vandercook Lake		15	Adam Sprangel	Vandercook Lake
Napoleon		15	Jacob Dubois	East Jackson
Hanover Horton		12	Randall Wilcox	Vandercook Lake
Addison		10	Mike Mayday	Hanover Horton
East Jackson		8	Daniel Schulte	Manchester
Manchester		6	Josh Moulton	Napoleon
Michigan Center		4	Brent Lameria	Napoleon
Grass Lake		1	Patrick Matteson	Vandercook Lake
			William Uldrich	Manchester
			Bryn Dutton	Napoleon

2004-2005	Record	Points	All-Conference	School
Addison		15	Mike Mayday	Hanover Horton
Hanover Horton		15	Bryn Dutton	Napoleon
Vandercook Lake		12	Iam Buckley	Vandercook Lake
Napoleon		10	Joe Moore	Napoleon
East Jackson		8	Mike Moor	Addison
Michigan Center		5	Ray Lowe	Vandercook Lake
Manchester		4	Evan Lowry	Hanover Horton
Grass Lake		3	Danny Tice	Vandercook Lake
			John Kratzer	Addison
			Cody Bivins	Napoleon

2005-2006	Record	Points	All-Conference	School
Vandercook Lake		15	Mike Mayday	Hanover Horton
Hanover Horton		15	Evan Lowry	Hanover Horton
Napoleon		12	James Hughs	Manchester
Addison		10	Bryan Dutton	Napoleon

Michigan Center	8	Jack Carmody	Addison
Manchester	6	Cody Bivins	Napoleon
Grass Lake	4	Donny Freed	Addison
East Jackson	1	Sid Buckley	Vandercook Lake
		Josh Kinney	Michigan Center
		John Shoemaker	Vandercook Lake

2006-2007	Record	Points	All-Conference	School
Hanover Horton		16	Evan Lowry	Hanover Horton
Vandercook Lake		12.5	Donny Freed	Addison
Napoleon		12	John Shoemaker	Vandercook Lake
Addison		9.5	Sid Buckley	Vandercook Lake
East Jackson		9.5	Cody Bivins	Napoleon
Grass Lake		6.5	Chris Douglas	East Jackson
Manchester		3.5	Kolby Robattaro	Addison
Michigan Center		2.5	Ben Alger	Grass Lake
			Nick Adkins	Hanover Horton
			Danny Tice	Vandercook Lake

2007-2008	Record	Points	All-Conference	School
Hanover Horton		16	James Hughs	Manchester
Napoleon		14	Donny Freed	Addison
Michigan Center		11	Sid Buckley	Vandercook Lake
Manchester		10	Mark Taylor	Michigan Center
Vandercook Lake		8	Nick Adkins	Hanover Horton
East Jackson		7	Taylor Heath	Hanover Horton
Grass Lake		4	Alex La Serra	Napoleon
Addison		1	Josh Salbinski	East Jackson
			Cyle Rogotzke	Hanover Horton
			Peter Konieczki	Hanover Horton

2008-2009	Record	Points	All-Conference	School
Hanover Horton	Jul-00	16	Taylor Heath	Hanover Horton
Napoleon	1-Jun	14	Cyle Rogotzke	Hanover Horton
Michigan Center	2-May	12	Alex La Serra	Napoleon
Vandercook Lake	3-Apr	10	Blake Garver	Napoleon
Manchester	4-Mar	8	Kolby Robattaro	Addison
Grass Lake	5-Feb	6	Marshawn Norris	Napoleon
Addison	0-7	1.5		Manchester
East Jackson	0-7	1.5	Matt Konieczki	Hanover Horton
			Adam Klavon	East Jackson
			Jon Clore	Hanover Horton

2009-2010	Record	Points	All-Conference	School
Hanover Horton	Jul-00	16	Taylor Heath	Hanover Horton
Napoleon	Jun-00	14	Blake Garver	Napoleon
Michigan Center	2-May	12	Matt Konieczki	Hanover Horton
Grass Lake	4-Mar	9	Paul Rankin	Grass Lake
Manchester	4-Mar	8	John Ross	Michigan Center
Vandercook Lake	4-Mar	7	Bryce Stroede	Hanover Horton
Addison	6-Jan	2	Jon Clore	Hanover Horton
East Jackson	0-7	1	Dalton Moulton	Napoleon
			Stephan Biggs	Addison
			Kevin Allen	Grass Lake

CASCADES CONFERENCE BOYS CROSS COUNTRY

2010-2019

2010-2011	Record	Points	All-Conference	School
Napoleon	Jul-00	16	Blake Garver	Napoleon
Hanover Horton	Jun-00	14	Bryce Stroede	Hanover Horton
Michigan Center	2-May	10	Matt Konieczki	Hanover Horton
Grass Lake	3-Apr	10	Dalton Moulton	Napoleon
Vandercook Lake	4-Mar	10	Paul Rankin	Grass Lake
Manchester	5-Feb	6	Stephan Biggs	Addison
Addison	6-Jan	3	Dale LeLake	Hanover Horton
East Jackson	0-7	3	Louis Kruger	Napoleon
			Brian Dillon	Napoleon
			Ben Heuser	Manchester

2011-2012	Record	Points	All-Conference	School
Napoleon	7-0	16	Bryce Stroede	Hanover Horton
Hanover Horton	6-1	13	Stephan Biggs	Addison
Michigan Center	5-2	13	Kyle Allen	Napoleon
Manchester	4-3	10	Ben Utz	Michigan Center
Grass Lake	3-4	8	Dalton Moulton	Napoleon
Addison	2-6	5	Matt Kemner	Manchester
East Jackson	2-5	3	Paul Rankin	Grass Lake
Vandercook Lake	0-7	3	Brandon Bristow	Michigan Center
			Mason Groenhout	Addison
			Lucas Crisanti	Hanover Horton

2012-2013	Record	Points	All-Conference	School
Napoleon	7-0	16	Bryce Stroede	Hanover Horton
			Matt Kemner	Manchester
			Kyle Allen	Napoleon
			Ben Utz	Michigan Center
			Paul Rankin	Grass Lake
			Mason Groenhout	Addison
			Ben Heuser	Manchester
			Ryan Silvestri	Napoleon
			Matt Childs	Hanover Horton
			Brian Dillon	Napoleon

2013-2014	Record	Points	All-Conference	School
Hanover Horton	Jul-00	16	Ben Utz	Michigan Center
Napoleon	1-Jun	14	Kyle Allen	Napoleon
Grass Lake	2-May	12	Austin Shepherd	Hanover Horton
Michigan Center	3-Apr	10	Brennan Burk	Hanover Horton
Addison	5-Feb	7.5	Zach Abbee	Hanover Horton
Manchester	5-Feb	6.5	Ryan Silvestri	Napoleon
Vandercook Lake	6-Jan	3.5	Connor Silvestri	Napoleon
East Jackson	6-Jan	2.5	Mason Groenhout	Addison
			Chase Swope	Hanover Horton
			Lucas Crisanti	Hanover Horton

2014-15	Record	Points*	All-Conference	School
Hanover-Horton		27	Ben Utz	Michigan Center
Napoleon		40	Ryan Silvestri	Napoleon
Manchester		104	Brennan Burk	Hanover-Horton
Grass Lake		143	Austin Shepherd	Hanover-Horton
Vandercook Lake		144	Lucas Crisanti	Hanover-Horton
Michigan Center		146	Landon Melling	Hanover-Horton
Addison		151	Joel Johnson	Napoleon
East Jackson		178	Shayne Palmer	Napoleon
*League championship meet			Zach Abbee	Hanover-Horton
			Connor Silvestri	Napoleon

2015-16	Record	Points*	All-Conference	School
Hanover-Horton		16	Brennan Burk	Hanover-Horton
Napoleon		68	Landon Melling	Hanover-Horton
Addison		110	Austin Shepherd	Hanover-Horton
Manchester		117	Bradley Guenther	Hanover-Horton
Grass Lake		122	Billy Dowd	Napoleon
Vandercoook Lake		122	Zach Abbee	Hanover-Horton
East Jackson		177	Brandon Shepherd	Hanover-Horton
*League championship meet			Schlyer Kangas	Manchester
			Connor Silvestri	Napoleon
			Zach Morse	Addison

2016-17	Record	Points*	All-Conference	School
Hanover-Horton		17	Landon Melling	Hanover-Horton
Napoleon		79	Brandon Shepherd	Hanover-Horton
Michigan Center		90	Bradley Guenther	Hanover-Horton
Vandercook Lake		90	Zach Morse	Addison
Grass Lake		123	Jay Waggener	Hanover-Horton
Manchester		149	Joel Johnson	Napoleon
East Jackson		190	Schlyer Kangas	Manchester
*League championship meet			Andy Swihart	Hanover-Horton
			Zach Keyes	Vandercook Lake
			Garrett Melling	Hanover-Horton

2017-18	Record	Points*	All-Conference	School
Hanover-Horton		23	Landon Melling	Hanover-Horton
Michigan Center		74	Brandon Shepherd	Hanover-Horton
Napoleon		80	Brandon Frohm	Vandercook Lake
Addison		114	Zach Morse	Addison
Vandercook Lake		124	Donovan Kennedy	Hanover-Horton
East Jackson		148	Schlyer Kangas	Manchester
Grass Lake		166	Garrett Melling	Hanover-Horton
*League championship meet			Ethan Bundy	East Jackson
			Richie Frederick	Michigan Center
			Bradley Guenther	Hanover-Horton

2018-19	Finish	Points*	All-Conference	School
Hanover-Horton	1	17	Garrett Melling	Hanover-Horton
Napoleon	2	66	Dean Reynolds	Hanover-Horton
Addison	3	84	Hunter Miller	Hanover-Horton
Grass Lake	4	116	Zach Morse	Addison
Manchester	5T	124	Andrew Frohm	Vandercook Lake
Michigan Center	5T	157	Logan Shepherd	Hanover-Horton
East Jackson	7	159	Andy Swihart	Hanover-Horton
Vandercoook Lake	8		Noah Flint	Hanover-Horton
*League championship meet			Alex Darnell	Napoleon
			Donovan Kennedy	Hanover-Horton

2019-20	Finish	Points*	All-Conference	School
Hanover-Horton	1	16	Andrew Frohm	Vandercook Lake
Napoleon	2	14	Dean Reynolds	Hanover-Horton
Manchester	3	12	Garrett Melling	Hanover-Horton
Michigan Center	4T	8	Rogan Melling	Hanover-Horton
Addison	4T	8	Andy Swihart	Hanover-Horton
Grass Lake	4T	8	Alex Darnell	Napoleon
East Jackson	7	4	Shane Sauber	Hanover-Horton
Vandercook Lake	8	1	Hugo Gamez	Napoleon
*League championship meet			Richard Hasslip	Hanover-Horton
			Logan Shepherd	Hanover-Horton
			Honorable Mention	School
			Matthew Rankin	Grass Lake
			Austin Smith	Napoleon
			Devin Mackenzie	Manchester
			Brandon Mitchell	Napoleon
			Liam Riley	Manchester
			Stephan Bisard	Grass Lake
			Nathan Kippnick	Manchester
			Donovan Cook	East Jackson

CASCADES CONFERENCE BOYS CROSS COUNTRY

2020-2024

2020-21 STANDINGS	Finish	Points	All-Conference	School
Hanover-Horton	1	31	Dean Reynolds	Hanover-Horton
Manchester	2	44	Rogan Melling	Hanover-Horton
Napoleon	3	83	Logan Shepherd	Hanover-Horton
Grass Lake	4	121	Alex Darnell	Napoleon
Michigan Center	5	131	Nathan Kippnick	Manchester
East Jackson	6	149	Bobby Romberger	Manchester
Addison	7	185	Devin Mackenzie	Manchester
Vandercook Lake	-	-	HONORABLE MENTION	
			Hugo Gamez	Napoleon
			Joey Reynolds	Hanover-Horton
			Matthew Rankin	Grass Lake
			Trysten Kolk	Michigan Center
			Preston Mackenzie	Manchester
			Joe Olkowski	Michigan Center
			Seth Beerens	Manchester

2021-22 STANDINGS	Finish	Points	All-Conference	School
Manchester	1	38	Rogan Melling	Hanover-Horton
Hanover-Horton	2	44	Nathan Kippnick	Manchester
Napoleon	3	84	Caiden Kippnick	Manchester
East Jackson	4	89	Matthew Rankin	Grass Lake
Grass Lake	5t	129	Evan Shepherd	Hanover-Horton
Michigan Center	5t	153	Austin Brown	Hanover-Horton
Addison	7	169	Seth Beerens	Manchester
Vandercook Lake	-	-	Preston Mackenzie	Manchester
			Kyler Pequet	Napoleon
			Ian Albert	Napoleon
			HONORABLE MENTION	
			Michael Allen	East Jackson
			Ben Childs	Hanover-Horton
			David Loomis	East Jackson
			Xavier Summer	East Jackson
			Javin Mericle	East Jackson
			Joshua Darling	Napoleon
			Robbie Michalowski	Addison
			Logan Kippnick	Manchester

2022-23 STANDINGS	Finish	Points	All-Conference	School
Hanover-Horton	1	16	Rogan Melling	Hanover-Horton
Manchester	2	14	Austin Brown	Hanover-Horton
East Jackson	3	12	Nathan Kippnick	Manchester
Grass Lake	4	10	Michael Allen	East Jackson
Napoleon	5	8	Caiden Kippnick	Manchester
Michigan Center	6	6	Evan Shepherd	Hanover-Horton
Vandercook Lake	7	3	Landon Boulis	Hanover-Horton
Addison	8	3	Zach Hassenzahl	Hanover-Horton
			Kyler Pequet	Napoleon
			Javin Mericle	East Jackson
			HONORABLE MENTION	
			Grant Johnson	Manchester
			Alexa Holda	Grass Lake
			Owen Brown	Hanover-Horton
			Nick Schuette	Hanover-Horton
			Hunter Anderson	Manchester
			Benjamin Eros	Grass Lake
			Nathan Paddock	Michigan Center
			Xander Manzer	Michigan Center

LEAGUE MEET	Finish	Points		
Hanover-Horton	1	24		
Manchester	2	55		
East Jackson	3	93		
Grass Lake	4	110		
Napoleon	5	119		
Michigan Center	6	141		
Vandercook Lake	8	204		
Addison	7	191		

2023-24 STANDINGS	Finish	Points	All-Conference	School
Jonesville	4-1	15	Michael Allen	East Jackson
Hanover-Horton	5-0	15	Gavin VanKempen	Jonesville
Leslie	5-0	14	Caleb Blonde	Jonesville
East Jackson	3-2	11	Evan Shepherd	Hanover-Horton
Grass Lake	4-1	10	Grant Johnson	Manchester
Columbia Central	2-3	9	Javin Mericle	East Jackson
Homer	3-2	8	Landen Boulis	Hanover-Horton
Manchester	1-4	5	Nicholas Fowler	Jonesville
Napoleon	2-3	5	Kenneth Mangles	Leslie
Vandercook Lake	1-4	2	John Elder	Homer
Michigan Center	0-5	2	Kyler Pequet	Napoleon
Addison	0-5	1	Jack Gorton	Columbia Central

LEAGUE MEET	Finish	David Fowler	Jonesville
Jonesville	1 (11)	Zach Hassenzahl	Hanover-Horton
Hanover-Horton	2 (10)	HONORABLE MENTION	
Leslie	3 (9)	Cooper Flick	Hanover-Horton
East Jackson	4 (8)	Matthew Killeen	Leslie
Columbia Central	5 (7)	Cooper Schmelter	Leslie
Grass Lake	6 (6)	Hunter Anderson	Manchester
Homer	5 (5)	Zack Buttigieg	Grass Lake
Manchester	4 (4)	William Kennedy	East Jackson
Napoleon	3 (3)	Collin Fucile	Jonesville
Michigan Center	2 (2)	Jacob Norman	Jonesville
Vandercook Lake	1 (1)	Dallas Swaenepoel	Vandercook Lake
Addison	0 (0)	Caleb Dickerson	Homer
		Grason Weber	Leslie
		Wyatt Vowell	Columbia Central
		Owen Lambarth	Columbia Central
		Alex Holda	Grass Lake
		Jose Domecq	Leslie

2024-25 STANDINGS	Finish	Points	All-Conference	School
Leslie	1	48	Caleb Blonde (16:21.61)	Jonesville
Jonesville	2	42	Landen Boulis	Hanover-Horton
Columbia Central	2	42	Nicholas Fowler	Jonesville
Manchester	4	39	Cooper Flick	Hanover-Horton
Grass Lake	5	35	Grant Johnson	Manchester
Homer	6	34	Kenneth Mangles	Leslie
Napoleon	7	30	Wyatt Vowell	Columbia Central
Michigan Center	8	26	John Edler	Homer
Vandercook Lake	9	24	Chad Tyson	Hanover-Horton
Hanover-Horton	9	24	Colin Fucile	Jonesville
Addison	11	20	Cooper Schmelter	Leslie
East Jackson	12	18	Jose Domecq	Leslie

LEAGUE MEET	Finish	Points		
Leslie	1	24	Ethan Huff	Homer
Columbia Central	2	22	Nate Ostrosky	Columbia Central
Jonesville	3	20	Clinton Couchman	Columbia Central
Manchester	4	18	Kyan Isham	Leslie
Homer	5	16	Matthew Killeen	Leslie
Grass Lake	6	14	HONORABLE MENTION	
Napoleon	7	12	Connor Sherwood	Grass Lake
Michigan Center	8	10	Tyler Harris	Hanover-Horton
Vandercook Lake	9	8	Grayson Weber	Leslie
Addison	10	6	Jamison Swope	Napoleon
East Jackson	11	4	Carson Beach	Hanover-Horton
Hanover-Horton	-	-	Andrew Norman	Napoleon
			Ashton Potwin	Jonesville
			Jesse Sangster	Manchester
			Alex Dodak	Manchester
			Connor Beteler	Grass Lake
			Zach Hassenzahl	Hanover-Horton
			Dylan Hile	Leslie
			Wyatt Hassenzahl	Hanover-Horton
			Zach Childress	Jonesville
			Harper Doyle	Manchester
			Keegan Betz	Homer
			Lucas Curylo	Napoleon
			Tyson Gaydosh	Columbia Central
			Zach Buttigieg	Grass Lake

CASCADES CONFERENCE RECORD BOOK

GIRLS CROSS COUNTRY (1981-2024)

FALL SPORT

CASCADES CONFERENCE GIRLS CROSS COUNTRY

1981-1989

1981-1982	Dual	Final	ALL-CONFERENCE	SCHOOL
Napoloen	4 – 0	13	Cindy Reed	Napoloen
Vandercook Lake	3 – 1	11	Sherrie Dunkin	Napoloen
Michigan Center	2 – 2	9	Sue Osborne	Vandrcook Lake
Columbia Central	1 – 3	6	Kathy Schweda	Vandrcook Lake
Grass Lake	0 – 4	6	Chris Turney	Michigan Center
			Randi Wilson	Michigan Center
			Shirley Dunkin	Napoloen

1982-1983	Dual	Final	ALL-CONFERENCE	SCHOOL
Vandercook Lake	3 – 0	13	Cindy Reed	Napoloen
Napoloen	2 – 1	11	Kathy Schweda	Vandercook Lake
Michigan Center	0 – 3	8	Sue Osbourne	Vandercook Lake
Grass Lake	0 – 3	8	Connie Kreger	Vandercook Lake
			Sheryl Lyons	Vandercook Lake
			Wendy Straub	Vandercook Lake
			Randy Wilson	Michigan Center

1983-1984	Dual	Final	ALL-CONFERENCE	SCHOOL
Vandercook Lake	4 – 0	13	Ann Strzyewski	Vandercook Lake
Napoloen	3 – 1	11	Kathy Schweda	Vandercook Lake
Hanover Horton	1 – 3	9	Susan Osbourne	Vandercook Lake
Grass Lake	0 – 4	6	Veronica Haney	Vandercook Lake
Michigan Center	0 – 4	0	Sheryl Brittian	Vandercook Lake
			Danette Horsfall	Vandercook Lake
			Kim Watters	Napoloen

1984-1985	Dual	Final	ALL-CONFERENCE	SCHOOL
Michigan Center	4 – 0	13	Julie Barry	Michigan Center
Vandercook Lake	3 – 1	11	Randy Wilson	Michigan Center
Napoloen	2 – 2	9	Veronica Haney	Vandercook Lake
Grass Lake	1 – 3	6	Kathy Schweda	Vandercook Lake
Hanover Horton	0 – 4	0	Andrea Lovejoy	Michigan Center
			Tammy Watters	Napoleon
			Ginger Goostrey	Michigan Center

1985-1986	Dual	Final	ALL-CONFERENCE	SCHOOL
Michigan Center	5 – 0	13	Ginger Goostrey	Michigan Center
Vandercook Lake	4 – 1	11	Julie Barry	Michigan Center
Napoleon	3 – 2	9	Kerry Little	Vandercook Lake
Grass Lake	1 – 4	3 1\2	Bev Landers	Napoleon
Hanover Horton	1 – 4	3 1\2	Sheryl Brittain	Vandercook Lake
East Jackson	0 – 5	2	Andrea Lovejoy	Michigan Center
			Angie VanWyck	Hanover Horton

1986-1987	Dual	Final	ALL-CONFERENCE	SCHOOL
Vandercook Lake	5 – 0	11	Ginger Goostrey	Michigan Center
Michigan Center	4 – 1	11	Debbie Laberdie	Vandercook Lake
Napoleon	2 – 3	8	Kerry Little	Vandercook Lake
Grass Lake	1 – 4	6	Carrie Dennis	Hanover Horton
Hanover Horton	3 – 2	5	Bev Landers	Napoleon

1987-1988	Dual	Final	ALL-CONFERENCE	SCHOOL
Vandercook Lake	5 – 0	13	Kerry Little	Vandercook Lake
Michigan Center	4 – 1	10	Danielle Choate	Vandercook Lake
Napoleon	3 – 2	10	Ginger Goostrey	Michigan Center
Hanover Horton	2 – 3	7	Debbie Laberdie	Vandercook Lake
Grass Lake	1 – 4	5	Pam Donnelly	Vandercook Lake
East Jackson	0 – 5	2	Kellie Gork	Napoleon
			Denise Herman	Napoleon

1988-1989	Dual	Final	ALL-CONFERENCE	SCHOOL
Addison	4 – 0	10	Kelly Wynn	Addison
Vandercook Lake	2 – 2	8	Danielle Choate	Vandercook Lake
Napoleon	3 – 1	7	Kerry Little	Vandercook Lake
Grass Lake	0 – 4	3	Amy Hanry	Addison
Hanover Horton	0 – 4	3	Heidi Rogers	Napoleon
			Pam Donnelly	Vandercook Lake
			Teresa Ruoff	Addison

1989-1990	Dual	Final	ALL-CONFERENCE	SCHOOL
Vandercook Lake	5 – 0	11	Danielle Choate	Vandercook Lake
Napoleon	4 – 1	11	Heidi Rogers	Napoleon
Addison	3 – 2	8	Molly Copeland	Napoleon
East Jackson	2 – 3	4	Sarah Hurt	Vandercook Lake
Grass Lake	1 – 4	4	Kelly Wynn	Addison
Hanover Horton	0 – 5	4	Barbie Coury	Addison
			Denise Herman	Napoleon
			Jana VanDriesche	Napoleon
			Naomi Wright	Hanover Horton
			Becky Stoddard	Vandercook Lake

CASCADES CONFERENCE GIRLS CROSS COUNTRY

1990-1999

1990-1991	Dual	Final	ALL-CONFERENCE	SCHOOL
Napoleon	6 – 0		Kelly Wynn	Addison
Vandercook Lake	4 – 2		Danielle Choate	Vandercook Lake
Addison	5 – 1		Andrea Little	Vandercook Lake
Grass Lake	3 – 3		Heidi Rogers	Napoleon
East Jackson	2 – 4		Jana VanDriesche	Napoleon
Michigan Center	0 – 6		Molly Copeland	Napoleon
Hanover Horton	1 – 5		Libby Gousuch	Napoleon
			Denise Herman	Napoleon
			Stephanie Ripley	East Jackson
			Sarah Parks	Grass Lake

1991-1992	Dual	Final	ALL-CONFERENCE	SCHOOL
Vandercook Lake	6 – 0	13	Stacey Brockway	Addison
Napoleon	5 – 1	13	Andrea Little	Vandercook Lake
Addison	3 – 3	9	Becky Brown	Napoleon
Grass Lake	2 – 4	7	Susie Hensley	Michigan Center
Hanover Horton	1 – 5	5	Meredith Matthews	Napoleon
Michigan Center	4 – 2	5	Aimee Wolfe	Grass Lake
East Jackson	0 – 6	1	Sarah Parks	Grass Lake
			Jennifer Ward	Addison
			Cora Douglas	Napoleon
			Libby Gorsuch	Napoleon

1992-1993	Dual	Final	ALL-CONFERENCE	SCHOOL
Addison	6 – 0	14	Stacy Brockway	Addison
Vandercook Lake	5 – 1	10	Andrea Hassenzahl	Addison
Grass Lake	3 – 3	10	Andrea Little	Vandercook Lake
Napoleon	4 – 2	8	Sarah Parks	Grass Lake
East Jackson	2 – 4	8	Gina Watson	Addison
Michigan Center	1 – 5	4	Holly Baumgartner	Vandercook Lake
Hanover Horton	0 – 6	1	Jenny Holbrook	East Jackson
			Danielle Guass	Napoleon
			Aimee Wolfe	Grass Lake
			Katie Salisbury	East Jackson

1993-1994	Dual	Final	ALL-CONFERENCE	SCHOOL
Addison	6 – 0	14	Kristy Davenport	Addison
Vandercook Lake	5 – 1	11	Andrea Little	Vandercook Lake
Napoleon	4 – 2	11	Stacey Brockway	Addison
East Jackson	3 – 3	8	Andrea Hassenzahl	Addison
Michigan Center	2 – 4	5	Danielle Gauss	Napoleon
Grass Lake	1 – 5	5	Holly Baumgartner	Vandercook Lake
Hanover Horton	0 – 6	1	Gina Watson	Addison
			Katie Salisbury	East Jackson
			Susan Campbell	Hanover Horton
			Cindy Bryce	Grass Lake

1994-1995	Dual	Final	ALL-CONFERENCE	SCHOOL
Addison	6 – 0	14	Kristy Davenport	Addison
Napoleon	5 – 1	12	Michelle Kline	Napoleon
Vandercook Lake	4 – 2	10	Stacey Brockway	Addison
Grass Lake	3 – 3	7	Danielle Gauss	Napoleon
East Jackson	1 – 5	6	Michelle Edwards	Vandercook Lake
Hanover Horton	2 – 4	5	Jenny Rainey	Hanover Horton
Michigan Center	0 – 6	2	Erin Rose	Vandercook Lake
			Katie Salisbury	East Jackson
			Gina Watson	Addison
			Kylee Bildner	Vandercook Lake

1995-1996	Dual	Final	ALL-CONFERENCE	SCHOOL
Addison	7 – 0	16	Kristy Davenport	Addison
Napoleon	6 – 1	14	Michelle Kline	Napoleon
Grass Lake	4 – 3	11 1\2	Jennifer Rainey	Hanover Horton
Hanover Horton	4 – 3	10 1\2	Pam Preston	Manchester
Vandercook Lake	3 – 4	7 1\2	Michelle Edwards	Vandercook Lake
Manchester	3 – 4	6 1\2	Danielle Gauss	Napoleon
East Jackson	1 – 6	2	Andrea Hassenzahl	Addison
Michigan Center	0 – 7	1	Gina Watson	Addison
			Corine Ybarra	Hanover Horton
			Kara King	Addison

1996-1997	Dual	Final	ALL-CONFERENCE	SCHOOL
Grass Lake	7 – 0	14	Kristy Davenport	Addison
Addison	6 – 1	14	Michelle Kline	Napoleon
Napoleon	5 – 2	14	Jenny Rainey	Hanover Horton
Hanover Horton	4 – 3	10	Dayna Clayborn	Michigan Center
Manchester	3 – 4	8	Pam Preston	Manchester
Michigan Center	2 – 5	6	Heather Smith	Addison
Vandercook Lake	1 – 6	4	Corine Ybarra	Hanover Horton
East Jackson	0 – 7	1	Emily Senese	Napoleon
			Erin Rose	Vandercook Lake
			Julie Phillips	Grass Lake

1997-1998	Dual	Final	ALL-CONFERENCE	SCHOOL
Grass Lake	7 – 0	16	Dayna Clayborn	Michigan Center
Manchester	6 – 1	14	Rachel Fleck	Manchester
Addison	5 – 2	12	Becky Weaver	Vandercook Lake
Michigan Center	3 – 4	9	Heather Smith	Addison
Napoleon	3 – 4	7	Jackie Palms	Manchester
Hanover Horton	3 – 4	6	Regina Andaloro	Grass Lake
Vandercook Lake	1 – 6	6	Kellie Hoover	Grass Lake
East Jackson	0 – 7	2	Katie Hoover	Grass Lake
			Erin Rose	Vandercook Lake
			Liz Knowles	Addison

1998-1999	Dual	Final	ALL-CONFERENCE	SCHOOL
Grass Lake	7 – 0	16	Rachel Fleck	Manchester
Manchester	6 – 1	14	Regina Andaloro	Grass Lake
Addison	5 – 2	12	Becky Weaver	Vandercook Lake
Vandercook Lake	4 – 3	7	Emily Tucker	Manchester
Napoleon	3 – 4	7	Dayna Clayborn	Michigan Center
Hanover Horton	2 – 5	7	Ashley Burch	Addison
Michigan Center	1 – 6	7	Heather Smith	Addison
East Jackson	0 – 7	2	RaeAnn Herman	Addison
			Katie Hoover	Grass Lake
			Kelly Hoover	Grass Lake

1999-2000	Dual	Final	ALL-CONFERENCE	SCHOOL
Addison	7 – 0	16	Becky Weaver	Vandercook Lake
Vandercook Lake	5 – 2	13	Chris Alcenius	Hanover Horton
Manchester	5 – 2	12	Sarah Robidoux	Addison
Grass Lake	5 – 2	11	Dayna Clayborn	Michigan Center
Hanover Horton	3 – 4	7	Ashley Burch	Addison
Michigan Center	2 – 5	7	RaeAnn Herman	Addison
Napoleon	1 – 6	3	Julie Porter	Addison
East Jackson	0 – 7	3	Nikki Wyngaert	East Jackson
			Heather Smith	Addison
			Jessica Putnam	Addison

CASCADES CONFERENCE GIRLS CROSS COUNTRY

2000-2009

2000-2001	Dual	Final	ALL-CONFERENCE	SCHOOL	2005-2006	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	6 – 1	15	Chris Alcenius	Hanover Horton	Hanover Horton	7-0	16	Becky Geisman	Hanover Horton
Addison	7 – 0	15	Becky Weaver	Vandercook Lake	East Jackson	6-1	14	Kyle Adair	Hanover Horton
Vandercook Lake	5 – 2	11	Julie Porter	Addison	Vandercook Lake	4-3	11	Caitlin Morton	Hanover Horton
Grass Lake	4 – 3	11	Sarah Morris	Grass Lake	Napoleon	5-2	11	Laura Hersha	Hanover Horton
East Jackson	3 – 4	7	Laura Rainey	Hanover Horton	Addison	2-5	7	Kaili McKnigjt	Hanover Horton
Manchester	2 – 5	7	Ann Cavender	Michigan Center	Michigan Center	2-5	6	Kalie Lamb	Vandercook Lake
Napoleon	1 – 6	3	Trista Rink	Vandercook Lake	Manchester	2-5	5	Meagan Stowe	East Jackson
Michigan Center	0 – 7	3	Jenny Phelan	Hanover Horton	Grass Lake	0-7	2	Brittany Boucher	Hanover Horton
			Ashley Burch	Addison				Jackie Wolfinger	Grass Lake
			RaeAnn Herman	Addison				Chrissy Montgomery	Vandercook Lake
2001-2002	Dual	Final	ALL-CONFERENCE	SCHOOL	2006-2007	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7 – 0	16	Chris Alcenius	Hanover Horton	Hanover Horton	7 – 0	16	Caitlin Morton	Hanover Horton
East Jackson	5 – 2	13	Jenny Phelan	Hanover Horton	Napoleon	6-1	14	Brittany Boucher	Hanover Horton
Manchester	6 – 1	13	Laura Rainey	Hanover Horton	Manchester	5-2	12	Kaili McKnigjt	Hanover Horton
Napoleon	4 – 3	10	Cassie Wilkins	East Jackson	Vandercook Lake	2-5	9	Elizaeth Timoszyk	Manchester
Vandercook Lake	3 – 4	8	Trista Rink	Vandercook Lake	Grass Lake	3-4	9	Jody Nicholson	Hanover Horton
Grass Lake	2 – 5	6	Becky Atkins	Hanover Horton	Michigan Center	1-6	6	Katie McDowell	Manchester
Addison	0 – 7	3 1\2	Jordon Clark	Vandercook Lake	East Jackson	0-7	1.5	Chelsea Prough	Vandercook Lake
Michigan Center	0 – 7	1 1\2	Sarah Morris	Grass Lake	Addison	0-7	1.5	Michelle Burke	Vandercook Lake
			Ashley Burch	Addison				Jordan Hoffer	Napoleon
			Vanessa VonBroda					Katrina Demay	Napoleon
2002-2003	Dual	Final	ALL-CONFERENCE	SCHOOL	2007-2008	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7 – 0	16	Cassie Wilkins	East Jackson	Hanover Horton	7 – 0	16	Emily Wrozek	Hanover Horton
Napoleon	6 – 1	14	Megan Mayday	Hanover Horton	Vandercook Lake	6-1	14	Amber Hutson	Hanover Horton
East Jackson	5 – 2	12	Jenny Phelan	Hanover Horton	Napoleon	5-2	12	Quinn Fichman	Vandercook Lake
Michigan Center	4 – 3	8	Laura Rainey	Hanover Horton	Michigan Center	4-3	10	Sharon Morgan	Vandercook Lake
Grass Lake	2 – 5	7.5	Jordon Clark	Vandercook Lake	Grass Lake	2-5	8	Liz Timoszyk	Manchester
Vandercook Lake	2 – 5	6.5	Betsy Atkins	Hanover Horton	Manchester	1-6	3	Sam Hein	Napoleon
Manchester	3 – 4	6	Vanessa VanBroda	Manchester	East Jackson	0-7	1.5	Kelly morgan	Vandercook Lake
Addison	0 – 7	2	Ann Cavender	Michigan Center	Addison	0-7	1.5	Jenna Brackett	Napoleon
			Becky Geisman	Hanover Horton				Madison Cox	Hanover Horton
			Denea Baker	Michigan Center				Jody Nicholson	Hanover Horton
2003-2004	Dual	Final	ALL-CONFERENCE	SCHOOL	2008-2009	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7 – 0	16	Tiffany Usher	East Jackson	Hanover Horton	7 – 0	16	Lindsay Burdette	Hanover Horton
East Jackson	6 – 1	14	Melanie Webb	East Jackson	Napoleon	6–1	13	Emily Wrozek	Hanover Horton
Grass Lake	5 – 2	10	Jenny Phelan	Hanover Horton	Michigan Center	5–2	13	Sharon Morgan	Vandercook Lake
Manchester	4 – 3	10	Laura Rainey	Hanover Horton	Manchester	4–3	9	Bree Taylor	Michigan Center
Vandercook Lake	2 – 5	9	Brittany Schow	Hanover Horton	Vandercook Lake	3–4	9	Liz Timoszyk	Manchester
Napoleon	3 – 4	7	Betsy Atkins	Hanover Horton	Grass Lake	2–5	6	Cassie Bevier	Michigan Center
Michigan Center	1 – 6	2	Megan Sorenson	Hanover Horton	Addison	0	1 1\2	Kelly morgan	Vandercook Lake
Addison	0 – 7	1	Vanessa VanBroda	Manchester	East Jackson	0	1 1\2	Lindsey Chinavare	Hanover Horton
			Becky Geisman	Hanover Horton				Jody Nicholson	Hanover Horton
			Dena Baker	Michigan Center				Katrina Demay	Napoleon
2004-2005	Dual	Final	ALL-CONFERENCE	SCHOOL	2009-2010	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7 – 0	16	Betsy Atkins	Hanover Horton	Hanover Horton	7 – 0	16	Lindsay Burdette	Hanover Horton
Napoleon	6 – 1	14	Brittany Schow	Hanover Horton	Manchester	6–1	12	Sharon Morgan	Hanover Horton
East Jackson	5 – 2	12	Becky Geisman	Hanover Horton	Napoleon	5–2	12	Megan Hubbard	Hanover Horton
Vandercook Lake	4 – 3	10	Ashley Romyber	Hanover Horton	Michigan Center	4–3	12	Sierra Melling	Hanover Horton
Manchester	3 – 4	8	Kati Risk	Hanover Horton	Vandercook Lake	3–4	7	Kelly morgan	Hanover Horton
Addison	2 – 5	6	Cindy Graves	Naploeon	Grass Lake	2–5	7	Emily Wrozek	Hanover Horton
Michigan Center	1 – 6	4	Kyle Adair	Naploeon	Addison	0	1 1\2	Lindsey Chinavare	Hanover Horton
Grass Lake	0 – 7	2	Meagan Stowe	East Jackson	East Jackson	0	1 1\2	Kassie Bevier	Michigan Center
			Cori King	Vandercook Lake				Jordan Hofer	Naploeon
			Dena Baker	Michigan Center				Liz Timoszyk	Manchester

CASCADES CONFERENCE GIRLS CROSS COUNTRY

2010-2019

2010-2011	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7-0	16	Lindsey Burdette	Hanover Horton
Napoleon	6-1	14	Megan Hubbard	Hanover Horton
Michigan Center	5-2	11	Shannon Richardson	Hanover Horton
Manchester	4-3	11	Kelly morgan	Hanover Horton
Grass Lake	3-4	8	Sharon Morgan	Hanover Horton
Vandercook Lake	2-5	6	Emily Wrozek	Hanover Horton
Addison	0	3 1\2	Christy Weidmayer	Manchester
East Jackson	0	1 1\2	Sierra Melling	Hanover Horton
			Emily Haynes	Naploeon
			Sydney Rubingh	Grass Lake

2011-2012	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7-0	16	Lindsay Burdette	Hanover Horton
Napoleon	6-1	14	Megan Hubbard	Hanover Horton
Manchester	5-2	11	Shannon Richardson	Hanover Horton
Grass Lake	4-3	11	Alia Benedict	Manchester
Michigan Center	3-4	8	Sydney Rubingh	Grass Lake
Addison	2-5	6	Emily Haynes	Naploeon
Vandercook Lake	1-6	4	Paige Albert	Naploeon
East Jackson	0-7	1	Sierra Melling	Hanover Horton
			Krissie Bevier	Michigan Center
			Jenna Chandler	Manchester

2012-2013	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover Horton	7-0	16	Megan Hubbard	Hanover Horton
Napoleon	6-1	14	Shannon Richardson	Hanover Horton
Manchester	5-2	12	Alia Benedict	Manchester
Grass Lake	4-3	9.5	McKenzie Smoyer	Naploeon
Addison	3-4	8.5	Samantha Campbell	Hanover Horton
Vandercook Lake	2-5	6	Hannah Reynard	Naploeon
Michigan Center		1.5	Jessica Stroede	Hanover Horton
East Jackson		1.5	Miranda Hamman	Naploeon
			Christy Weidmayer	Manchester
			Hannah Poling	Addison

2013-2014	Dual	Final	ALL-CONFERENCE	SCHOOL
Napoleon	7-0	15	Shannon Richardson	Hanover Horton
Hanover Horton	6-1	15	McKenzie Smoyer	Naploeon
Manchester	5-2	12	Alia Benedict	Manchester
Grass Lake	4-3	9	Samantha Campbell	Hanover Horton
Addison	2-5	8	Miranda Hamman	Naploeon
Vandercook Lake	3-4	4	Chaney Manarin	Hanover Horton
Michigan Center	0-7	1.5	Sydney Coe	Naploeon
East Jackson	0-7	0	Tayah Schuette	Hanover Horton
			Hannah Reynard	Naploeon
			Hannah Poling	Addison

2014-2015	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover-Horton	6-1	15	Jessica Stroede	Hanover-Horton
Napoleon	7-0	15	Alia Benedict	Manchester
Grass Lake	5-2	12	McKenzie Smoyer	Napoleon
Addison	4-3	10	Haley Wilks	Addison
Manchester	3-4	8	Samantha Campbell	Hanover-Horton
Vandercook Lake	2-5	6	Cheney Manarin	Hanover-Horton
Michigan Center	0-7	1.5	Miranda Hamman	Napoleon
East Jackson	0-7	1.5	Tessa Staggemeier	Napoleon
			Sarah McEllis	Grass Lake
			Alyssa Rokita	Addison

2015-2016	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover-Horton	7-0	16	Brecquel Kilgore	Hanover-Horton
Grass Lake	6-1	14	Jocelyn Boote	Manchester
Napoleon	5-2	11	Emily Fonzi	Grass Lake
Manchester	4-3	11	Brinna Melling	Hanover-Horton
Addison	3-4	7	Judy Rector	Hanover-Horton
Vandercook Lake	2-5	7	Sarah McEllis	Grass Lake
Michigan Center	0-7	2.5	Haley Wilkes	Addison
East Jackson	0-7	1.5	Rachel Childs	Hanover-Horton
			Ella Suliman	Grass Lake
			Kimberlynn Burk	Hanover-Horton

2016-2017	Dual	Final	ALL-CONFERENCE	SCHOOL
Grass Lake	6-1	15	Emily Fonzi	Grass Lake
Hanover-Horton	7-0	14	Haley Wilkes	Addison
Manchester	5-2	13	Jocelyn Boote	Manchester
Napoleon	4-3	10	Mary Bradshaw	Manchester
Vandercook Lake	2-5	7	Judy Rector	Hanover-Horton
Michigan Center	2-5	6	Ella Suliman	Grass Lake
Addison	2-5	5	Sarah McEllis	Grass Lake
East Jackson	0-7	2	Sarah Hanson	Vandercook Lake
			Brinna Melling	Hanover-Horton
			Reagan Fazekas	Hanover-Horton

2017-18	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover-Horton	7-0	16	Judy Rector	Hanover-Horton
Grass Lake	6-1	14	Kailee Sandoval	Grass Lake
Manchester	5-2	13	Sarah McEllis	Grass Lake
Michigan Center	3-4	9.5	Mary Bradshaw	Manchester
Addison	3-4	8.5	Reagan Fazekas	Hanover-Horton
Vandercook Lake	0-7	4.5	Haley Wilkes	Addison
Napoleon	2-5	3	Kimberlynn Burk	Hanover-Horton
East Jackson	0-7	1.5	Brinna Melling	Hanover-Horton
			Lindsey VanSumeren	Hanover-Horton
			Kathryn Childs	Hanover-Horton

2018-19	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover-Horton		8	Judy Rector	Hanover-Horton
Manchester		6.5	Kailee Sandoval	Grass Lake
Grass Lake		6.5	Jocelyn Boote	Manchester
Napoleon		5	Mary Bradshaw	Manchester
Addison		4	Reagan Fazekas	Hanover-Horton
East Jackson		2.5	Elizabeth O'Hotzke	Manchester
Michigan Center		2.5	Clara Rector	Hanover-Horton
Vandercook Lake		1	Krissy Johnson	Hanover-Horton
			Brinna Melling	Hanover-Horton
			Kathryn Childs	Hanover-Horton

2019-20	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover-Horton	7-0	16	Kailee Sandoval	Grass Lake
Manchester	6-1	14	Allie Koch	Manchester
Grass Lake	5-2	12	Mary Bradshaw	Manchester
Michigan Center	4-3	10	Reagan Fazekas	Hanover-Horton
Addison	3-4	7	Lizzie Williams	Michigan Center
Napoleon	2-5	7	Molly Latimer	Manchester
Vandercook Lake	0-7	1	Jersey Franks	Michigan Center
East Jackson	0-7	1	Krissy Johnson	Hanover-Horton
			Kathryn Childs	Hanover-Horton
			Kelly Fielder	Hanover-Horton

CASCADES CONFERENCE GIRLS CROSS COUNTRY

2020-2024

2020-21	Dual	Final	ALL-CONFERENCE	SCHOOL
Grass Lake	7-0	14	Kailee Sandoval	Grass Lake
Manchester	6-1	14	Sophia Reynolds	Hanover-Horton
Hanover-Horton	5-2	14	Kendal Morris	Addison
Napoleon	4-3	10	McKenna Marsh	Manchester
Addison	3-4	8	Allie Koch	Manchester
Michigan Center	2-5	6	Alexis Flint	Hanover-Horton
Vandercook Lake	0-7	1	Isabel Spencer	Grass Lake
East Jackson	0-7	1	Jessie Phillips	Manchester
			Clara Rector	Hanover-Horton
LEAGUE MEET	Finish	Points	Kathryn Childs	Hanover-Horton
Grass Lake	3	80	HONORABLE MENTION	
Manchester	2	46	Kelly Fielder	Hanover-Horton
Hanover-Horton	1	38	Meghan Somerville	Manchester
Napoleon	4	110	Isabella Berry	Hanover-Horton
Addison	5	118	Lizzie Williams	Michigan Center
Michigan Center	6	123	Madellyn Norman	Napoleon
Vandercook Lake	-	DNF	Kate Patterson	Michigan Center
East Jackson	-	DNF	Lydia Bennett	Manchester
			Lillian Wittman	
2021-22	Dual	Final	ALL-CONFERENCE	SCHOOL
Grass Lake	7-0	15	Ava Viegela hn	Grass Lake
Manchester	5-2	14	Sophia Reynolds	Hanover-Horton
Napoleon	5-2	12	Allie Koch	Manchester
Hanover-Horton	5-2	11	Stephanize Herandez	Addison
Addison	3-4	8	McKenna Marsh	Manchester
Michigan Cemter	2-5	6	Madison Basham	Grass Lake
Vadndrook Lake	0-7	1.5	Lydia Bennett	Manchester
East Jackson	0-7	1.5	Grace Bullock	Grass Lake
			Alexa Burgess	Napoleon
LEAGUE MEET	Finish	Points	Meghan Somerville	Manchester
Grass Lake	2	56	HONORABLE MENTION	
Manchester	3	43	Julianna Debozy	Hanover-Horton
Napoleon	4	73	Kendall Morris	Addison
Hanover-Horton	5	80	Olivia Darnell	Napoleon
Addison	5	89	Sayra Hernandez	Addison
Michigan Cemter	6	173	Madelyn Norman	Napoleon
Vadndrook Lake	7	DNF	Emily Smilowski	Napoleon
East Jackson	8	DNF	Isabel Spencer	Grass Lake
			Priya Mericle	East Jackson
2022-23	Dual	Final	ALL-CONFERENCE	SCHOOL
Hanover-Horton	7-0	16	Stephanize Herandez	Addison
Grass Lake	6-1	14	Isabella Berry	Hanover-Horton
Manchester	4-3	11	Grace Bullock	Grass Lake
Napoleon	5-2	11	Olivianna Watkins	Hanover-Horton
Addison	3-4	8	Lydia Bennett	Manchester
			Ava Viegela hn	Grass Lake
			Ellie Marsh	Manchester
			Kennedy Bugbee	Hanover-Horton
			Katie Million	Grass Lake
LEAGUE MEET	Finish	Points	Sophie Reynolds	Hanover-Horton
Hanover-Horton	1	40	HONORABLE MENTION	
Grass Lake	2	41	Taylor Hoppe	Grass Lake
Manchester	3	75	Madison Basham	Grass Lake
Napoleon	4	79	Madelyn Norman	Napoleon
Addison	5	127	Lauren McLain	Napoleon
			Priya Mericle	East Jackson
			Makenzie Lindemann	Napoleon
			Alexis Flint	Hanover-Horton
			Alexa Burgess	Napoleon
2023-24	Dual	Final	ALL-CONFERENCE	SCHOOL
Leslie	5-0	16	Olivia Perrine	Hanover-Horton
Hanover-Horton	5-0	15	Sophia Reynolds	Hanover-Horton
Grass Lake	4-1	13	Stephanize Herandez	Addison
Napoleon	3-2	11	Erin Lubahn	Leslie
Addison	4-1	11	Jalynn Schmelter	Leslie
Jonesville	3-2	9	Jaidyn Smith	Leslie
Homer	2-3	7	Hailey Creisher	Leslie
Manchester	2-3	6	Grace Bullock	Grass Lake
Michigan Center	1-4	4	Julianna DeBozy-Crawford	Hanover-Horton
Columbia Central	-	1	Ava Viegela hn	Grass Lake
			Elsie Bullock	Grass Lake
LEAGUE MEET	Finish		Brynlee Swihart	Hanover-Horton
Leslie	1		Adeline Stormont	Grass Lake
Hanover-Horton	2		Mia Papendick	Leslie
Grass Lake			Makya Isham	Leslie
Napoleon	4		HONORABLE MENTION	
Addison	5		Lydia Bennett	Manchester
Jonesville	6		Karly Page	Jonesville
Homer	7		Priya Mericle	East Jackson
Manchester	8		Lily Mason	Hanover-Horton
Michigan Center	9		Adelynn Kidd	Grass Lake
			Sophie Patrick	Homer
			Makenzy Lindeman	Napoleon
			Taylor Hoppe	Grass Lake
			Kennedy Bugbee	Hanover-Horton
			Lauren McLain	Napoleon
			Madelyn Norman	Napoleon
			Kate Patterson	Michigan Center
			Kate Million	Grass Lake
			Julia Reynolds	Michigan Center
			Alexandra Ream	Leslie
2024-25	Dual	Final	ALL-CONFERENCE	SCHOOL
Leslie	1	48	Hailey Creisher (18:50.59)	Leslie
Grass Lake	2	44	Maisey Toteff	Hanover-Horton
Napoleon	3	40	Adalyn Jarchow	Grass Lake
Joneville	3	40	Erin Lubahn	Leslie
Addison	5	34	Stephanie Hernandez	Addison
Homer	6	33	Margaret Guerra-Harrison	Leslie
Manchester	7	30	Jaidyn Smith	Leslie
East Jackson	8	26	Brynleigh Griffiths	Joneville
Columbia Central	9	25	Madisyn Hunter	Leslie
Hanover-Horton	10	24	Makenzie Hilberer	Grass Lake
Michigan Center	11	20	Brynlee Swihart	Hanover-Horton
Vandercook Lake	12	4	Madisyn Lindemann	Napoleon
			Makenzy Lindemann	Napoleon
LEAGUE MEET	Finish	Points	Elise Bullock	Grass Lake
Leslie	1	24	Kiera Knight	Joneville
Grass Lake	2	22	Grace Bullock	Grass Lake
Napoleon	3	20	Adeline Stormont	Grass Lake
Jonesville	4	18	HONORABLE MENTION	
Addison	5	16	Priya Mericle	East Jackson
Homer	6	14	Lillian Ambler	Homer
Manchester	7	12	Kendahl Draker	Joneville
East Jackson	8	10	Gabby Gaydosh	Columbia Central
Columbia Central	9	8	Lauren McLain	Napoleon
Michigan Center	10	6	Ruby Collins	Hanover-Horton
Vandercook Lake	11	4	Kennedy Bugbee	Hanover-Horton
			Leah Flannery	Leslie
			Taylor Hoppe	Grass Lake
			Ave Kruse	Grass Lake
			Ellie Woodring	Addison
			Sadie Moeckel	Napoleon
			Adelynn Kidd	Grass Lake
			Audrey Genix	East Jackson
			Caroline Mason	Manchester
			Kendalyn Perry	Addison
			Aspyn Browning	Grass Lake