

CASCADES CONFERENCE RECORD BOOK

GIRLS TRACK (1974-2025)

SPRING SPORT

YEAR BY YEAR CASCADES CONFERENCE GIRLS TRACK STANDINGS & ALL-CONFERENCE CHAMPIONS
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1974	W-L	Points	Event	Conference Champion	School	Finish
Western			Shot Put	Sue Havens	Northwest	33' 6"
Northwest			Long Jump	Tammy Bumpus	Columbia Central	15' 6 1/2"
Columbia Central			High Jump	Sue Young	East Jackson	4' 6"
East Jackson			80 Yd. Hurdles	Sandy Good	Northwest	12.25
Michigan Center			Medley Relay	Judy Brouard	Northwest	2:15
Napoleon				Diane Garrison		
Vandercook Lake	0 - 6			Janet Rubeck		
				Val Park		
			880 Yd. Run	Glinda Knight	Northwest	02:41.0
			100 Yd. Dash	Diane Pryor	Western	12.1
			Mile Run	Theresa Patterson	East Jackson	05:49.9
			220 Yd. Dash	Diane Pryor	Western	27
			440 Yd. Dash	Kathy Lowe	Western	66.1
			440 Yd. Relay	Sue Christenson	Western	
				Sheryl Newcombe		
				Pat Heahr		
				Daine Curry		

1975	W-L	Points	Event	Conference Champion	School	Finish
Western	0 - 6		Shot Put	Sue Havens	Northwest	35' 1 1/4"
Northwest			Long Jump	Sandy Good	Northwest	16' 2 3/4"
Columbia Central			High Jump	Mary Ann Marzec	Michigan Center	4' 9 1/4"
Michigan Center			80 Yd LH	Debbie Daschke	East Jackson	15.75
East Jackson			880 Yd. Relay	Debbie Dvoracek	Columbia Central	01:52.7
Napoleon				Kelly Kerr		
Vandercook Lake				Diane McCloe		
				Sue Witham		
			880 Yd. Run	Carla Gerding	Michigan Center	02:31.2
			Mile Run	Connie Barnes	Napoleon	6:00
			100 Yd. Dash	Sandy Good	Northwest	12
			440 Yd. Dash	Julie Broward	Northwest	61.75
			2 Mile Run	Michele Osborn	Napoleon	13:18
			220 Yd. Dash	Kim Mohny	Western	27.6
			Mile Relay	Terry Williams	Columbia Central	04:27.6
				Kathy Clark		
				Pam Robidova		
				Debbie Dvoracek		
			440 Yd. Relay	Julie Broward	Northwest	52.8
				Val Parks		
				Sandy Good		
				Janet Rubeck		

1976	W-L	Points	Event	Conference Champion	School	Finish
Columbia Central			Shot Put	Connie Stone	Western	33' 10"
East Jackson			Long Jump	Debbie Daschke	East Jackson	16' 3 1/4"
Western			High Jump	Robin Hiler	Western	5' 2"
Northwest			Discus	Julie Bronard	Northwest	100' 0"
Napoleon			110 Yd. LH	Debbie Daschke	East Jackson	15.15
Michigan Center			880 Yd. Relay	Cindy Rees	East Jackson	01:48.4
Vandercook Lake				Cathy Reul		
				Debbie Daschke		
				Miss Fleuhr		
			880 Yd. Run	Cindy Henderson	Western	02:25.7
			Mile Run	Cindie Stanczek	Napoleon	06:01.1
			100 Yd. Dash	Cindy Rees	East Jackson	11.6
			440 Yd. Dash	Julie Bronard	Northwest	62
			2 Mile Run	Kirsten Hansen	Napoleon	11:11.5
			220 Yd. Dash	Kim Mohney	Western	26.7
			Mile Relay	Pat Reardon	Western	04:16.3
				Robin Hiler		
				Cindy Henderson		
				Miss Davenport		
			440 Yd. Relay	Sue Christenson	Western	52.5
				Kim Mohney		
				Jodi Johnson		
				Diane Pryor		

1977	W-L	Points	Event	Conference Champion	School	Finish
Columbia Central			Shot Put	Marcy Berry	Columbia Central	34' 11 1/2"
East Jackson			Long Jump	Debbie Daschke	East Jackson	16' 9 3/4"
Grass Lake			High Jump	Terry Long	Grass Lake	15' 3"
Hanover Horton			Discus	Vickie Morris	Napoleon	106' 4"
Michigan Center			2 Mile Run	Julie Lantis	Grass Lake	12:35.3
Napoleon			880 Yd. Run	Dawn Howard	East Jackson	02:24.6
Vandercook Lake	1 - 5		100 Yd. Dash	Brenda Johnson	Grass Lake	11.4
			110 Yd LH	Debbie Daschke	East Jackson	14.9
			440 Relay	Shelly Shea	East Jackson	52.5
				Kelly Grimco		
				Shelly Nall		
				Wendy O'Dell		
			440 Yd. Run	Debbie Dvoracek	Columbia Central	61.7
			Mile Run	Julie Lantis	Grass Lake	05:48.2
			220 Yd. Dash	Brenda Johnson	Grass Lake	26.37
			Mile Relay	Deane Nowak	East Jackson	04:14.2
				Brigette Fluehr		
				Cathy Reul		
				Dawn Howard		
			880 Yd. Relay	Brenda Johnson	East Jackson	01:46.8
				Lenore Zelony		
				Karen Arnold		
				LuAnn Younkin		

1978	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake	9 - 0		Long Jump	Cindy Arnold	Grass Lake	16' 3"
Michigan Center	8 - 1		Discus	Karen Arnold	Grass Lake	108'
East Jackson			Shot Put	Linda Backes	Hanover Horton	35' 1"
Columbia Central			High Jump	Pam Hawkins	Michigan Center	5' 1"
Napoleon			2 Mile Run	Karen Majchrowski	East Jackson	11:57.6
Vandercook Lake	1 - 5		880 Yd. Run	Dawn Howard	East Jackson	02:24.3
Hanover Horton			880 Yd. Relay	Brenda Johnson	Grass Lake	01:47.0
				Lenore Zalony		
				Kellie Clark		
				Karen Arnold		
			100 Yd. Dash	Brenda Johnson	Grass Lake	11.3
			110 Yd. LH	Cindy Arnold	Grass Lake	15.2
			440 Yd. Run	Marsha Rider	Vandercook Lake	61.1
			Mile Run	Julie Lantis	Grass Lake	05:35.4
			440 Yd. Relay	Lenore Zalony	Grass Lake	51.4
				Karen Arnold		
				Cindy Arnold		
				Kellie Clark		
			220 Yd. Dash	Brenda Johnson	Grass Lake	26
			Mile Relay	Martha Rider	Vandercook Lake	04:15.7
				Deanna Aiken		
				Kim Adams		
				Marcha Rider		

1979	W-L	Points	Event	Conference Champion	School	Finish
East Jackson			Discus	Linda Backes	Hanover Horton	103' 4"
Columbia Central			Long Jump	Jodi Johnson	Columbia Central	16' 8 1/2"
Grass Lake			Shot Put	Connie Phelps	East Jackson	34' 11 1/2"
Michigan Center			High Jump	Chris Bufton	Columbia Central	4' 10"
Vandercook Lake			110 Yd. LH	Jodi Johnson	Columbia Central	16.8
Napoleon			100 Yd. Dash	Glenna Kawzinski	Michigan Center	12.1
Hanover Horton			Mile Run	Julie Lantis	Grass Lake	05:50.2
			880 Yd. Relay	Martha Johnson	Columbia Central	01:50.6
				Donna York		
				Vivian York		
				Jodi Johnson		
			440 Yd. Run	Martha Rider	Vandercook Lake	62.3
			440 Yd. Relay	Judy Reed	Columbia Central	53.7
				Chis Bufton		
				Sue Meko		
				Jodi Johnson		
			220 Yd. Hurdles	Martha Johnson	Columbia Central	32.8
			880 Yd. Run	Julie Lantis	Grass Lake	2:34
			220 Yd. Dash	Glenna Kawzinski	Michigan Center	28.6
			2 Mile Run	Julie Lantis	Grass Lake	13:05.5
			Mile Relay	Dena Stewart	East Jackson	04:30.6
				Cathy Reul		
				Dawn Howard		
				Kim Boley		

1980	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake		13	110 Yd. LH	Martha Johnson	Columbia Central	15.2
Michigan Center		10	100 Yd. Dash	Becky Quinlan	Vandercook Lake	11.8
Napoleon		9	Mile Run	Karen Majchrowski	East Jackson	05:25.5
Columbia Central		8	880 Yd. Relay	Donna York	Columbia Central	01:50.7
Vandercook Lake		6		Mary Haligus		
Hanover-Horton		3		Viviane York		
East Jackson		1		Martha Johnson		
			440 Yd. Dash	Chris Wright	Grass Lake	61.4
			440 Yd. Relay	Dawn Chrapek	Columbia Central	52.85
				Viviane York		
				Dawn Rhinehart		
				Colleen Chrapek		
			220 Yd. LH	Terri Reed	Napoleon	30.8
			880 Yd. Run	Martha Rider	Vandercook Lake	02:27.9
			220 Yd. Dash	Becky Quinlan	Vandercook Lake	27.1
			2 Mile Run	Karen Majchrowski	East Jackson	12:52.7
			Mile Relay	Terry Reed	Napoleon	04:18.3
				Nadeen Pershing		
				Pam Smell		
				Sherri Duncan		
			Long Jump	Karen Majchrowski	East Jackson	16' 5"
			Discus	Rachelle Zawis	Michigan Center	113' 10 1/2"
			Shot Put	Sherri Pitek	Vandercook Lake	32' 10 3/4"
			High Jump	Shelly Nall	East Jackson	5' 1"

1981	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake			110 Yd. LH	Terri Reed	Napoleon	15
Napoleon			100 Yd. Dash	Sue Schramm	Grass Lake	11.9
Vandercook Lake			880 Yd. Relay	Sherry Dunkin	Napoleon	01:52.2
Columbia Central				Diane Gilchrist		
Hanover Horton				Jody Duncan		
Michigan Center				Terri Reed		
			Mile Run	Cindy Reed	Napoleon	05:21.0
			440 Yd. Relay	Dawn Lowe	Vandercook Lake	52.6
				Lynette Ungar		
				Lisa Swihart		
				Becky Quinlan		
			440 Yd. Dash	Karen Majchrowski	Grass Lake	59.6
			220 Yd. LH	Terri Reed	Napoleon	31.4
			880 Yd. Run	Cindy Reed	Napoleon	02:29.2
			220 Yd. Dash	Lisa Swihart	Vandercook Lake	27.5
			2 Mile Run	Cindy Reed	Napoleon	11:31.6
			Mile Relay	Tina Bednarski	Grass Lake	04:20.7
				Kathy Pursell		
				Tricia Lammers		
				Karen Majchrowski		
			Discus	Sharron Sellers	Grass Lake	124' 8"
			Long Jump	Karen Majchrowski	Grass Lake	16' 3 3/4"
			Shot Put	Linda Crouch	Grass Lake	36' 1 1/2"
			High Jump	Dawn Lowe	Vandercook Lake	5' 1"

1982	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake	6 - 0	13	110 Yd. LH	Martha Johnson	Columbia Central	15.1
Michigan Center	4 - 2	10	100 Yd. Dash	Collen Chrapek	Columbia Central	11.7
Napoleon	5 - 1	9	880 Yd. Relay	Sue Schram	Grass Lake	01:51.0
Columbia Central	3 - 3	8		Kathy Dakin		
Vandercook Lake	2 - 4	6		Kathy Lammers		
Hanover Horton	1 - 5	3		Tina Bednarski		
East Jackson	0 - 6	1	Mile Run	Cindy Reed	Napoleon	05:27.8
			440 Yd. Relay		Columbia Central	52
			400 Yd. Dash	B. Sackreiter	Michigan Center	61.6
			220 Yd. LH	Martha Johnson	Columbia Central	30.7
			880 Yd. Run	Nachtrieb	Grass Lake	02:29.0
			220 Yd. Dash	B. Sackreiter	Michigan Center	27.4
			2 Mile Run	Cindy Reed	Napoleon	12:32.7
			Mile Relay	Tricia Lammers	Grass Lake	04:21.3
				Kathy Lammers		
				Kim Nachtrieb		
				Kim Beonarski		
			Discus	S. Selley	Grass Lake	118' 5 1/2"
			Long Jump	Martha Johnson	Columbia Central	15' 10"
			Shot Put	K. Worthy	Napoleon	37' 1"
			High Jump	L. Jessup	Columbia Central	5' 1"

1983	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake	6 - 0	13	110 Yd. LH	Randy Wilson	Michigan Center	16.7
Michigan Center	5 - 1	11	100 Yd. Dash	Collen Chrapek	Columbia Central	11.9
Vandercook Lake	4 - 2	9	880 Yd. Relay	Becky Sackreiter	Michigan Center	01:52.2
East Jackson	3 - 3	7		Brooke Bratton		
Columbia Central	2 - 4	4.5		Tami Sutherland		
Napoleon	1 - 5	3.5		Randi Wilson		
Hanover Horton	0 - 6	1	Mile Run	Tammy Furman	Michigan Center	05:46.7
			440 Yd. Relay	Kathy Lammers	Grass Lake	53
				Mary Lammers		
				Shelly Mitchell		
				Kathy Dakin		
			440 Yd. Run	Tina Bednarski	Grass Lake	62.4
			330 Yd. LH	Mary Lammers	Grass Lake	48.4
			880 Yd. Run	Kim Nachtrieb	Grass Lake	2:31
			220 Yd. Dash	Kathy Dakin	Grass Lake	27.5
			2 Mile Relay	Sheryl Lyons	Vandercook Lake	12:43.9
			Mile Relay	Lisa Lutchka	Grass Lake	
				Mary Lammers		
				Kim Nachtrieb		
				Kathy Lammers		
			Discus	Linda Crouch	Grass Lake	110' 2"
			Long Jump	Vickie Shea	East Jackson	15' 9 3/4"
			Shot Put	Alicia Snyder	Michigan Center	38' 2 1/4"
			High Jump	Dawn Lowe	Vandercook Lake	5' 2"

1984	W-L	Points	Event	Conference Champion	School	Finish
Michigan Center	5 - 1	12.5	2 Mile Relay	Andi Clark	Grass Lake	10:33
Grass Lake	5 - 1	11.5		Julie Morse		
Vandercook Lake	4 - 2	8.5		Kristi Kalmbach		
East Jackson	4 - 2	7.5		Lisa Lutchka		
Napoleon	2 - 4	4	110 Yd. LH	Randy Wilson	Michigan Center	17.1
Hanover Horton	1 - 5	4	100 Yd. Dash	B. Sackreiter	Michigan Center	12.1
Manchester	0 - 6	1	880 Yd. Relay	Cait Spaan	Grass Lake	01:50.3
				Mary Lammers		
				Kathy Dakin		
				Julie Sczykutowicz		
			Mile Run	Dawn Cass	East Jackson	05:32.3
			440 Yd. Relay	Cait Spaan	Grass Lake	53.1
				Mary Lammers		
				Kathy Dakin		
				Janie Sczykutowicz		
			440 Yd. Dash	B. Sackreiter	Michigan Center	62
			880 Yd. Run	Traci Wamsley	Napoleon	02:33.2
			330 Yd. LH	Randy Wilson	Michigan Center	48.9
			220 Yd. Dash	B. Sackreiter	Michigan Center	27.1
			2 Mile Run	A. Lovejoy	Michigan Center	12:21.2
			Mile Relay	Denna Hamilton	Michigan Center	04:11.5
				Brooke Bratton		
				Julie Barry		
				Randy Wilson		
			Discus	L. Sutch	Hanover Horton	114' 7"
			Long Jump	H. Nall	East Jackson	15' 7 3/4"
			Shot Put	Alicia Snyder	Michigan Center	39' 1"
			High Jump	Dawn Lowe	Vandercook Lake	5' 2"

1985	W-L	Points	Event	Conference Champion	School	Finish
Michigan Center	6 - 0	13	2 Mile Relay	Andrea Lovejoy	Michigan Center	10:29.4
Grass Lake	5 - 1	11		Julie Barry		
East Jackson	4 - 2	9		Ginger Goostry		
Vandercook Lake	3 - 3	5		Linda Golba		
Napoleon	2 - 4	5	110 Yd. LH	Randy Wilson	Michigan Center	17
Hanover Horton	1 - 5	5	100 Yd. Dash	Cait Spaan	Grass Lake	12.3
Manchester	0 - 6	1	880 Yd. Relay	Denna Hamilton	Michigan Center	01:54.5
				Randy Wilson		
				Julie Barry		
				Brooke Bratton		
			Mile Run	Dawn Cass	East Jackson	05:37.2
			440 Yd. Relay	Jenny Hunter	Michigan Center	54.3
				Randy Wilson		
				Brooke Bratton		
				Michelle Lowe		
			440 Yd. Dash	Kris Jennings	Napoleon	01:03.3
			880 Yd. Run	Julie Barry	Michigan Center	02:26.4
			330 Yd. LH	Randy Wilson	Michigan Center	48
			220 Yd. Dash	Cait Spaan	Grass Lake	27.6
			2 Mile Run	Dawn Cass	East Jackson	12:27
			Mile Relay	Mary Lammers	Grass Lake	04:14.9
				Caity Spaar		
				Andi Clark		
				Janie Sczykutowicz		
			Discus	Michelle Coxon	Michigan Center	113' 3"
			Long Jump	Brooke Bratton	Michigan Center	15' 1"
			Shot Put	R. Notten	Michigan Center	34' 2 1/2"
			High Jump	Lisa Lutchka	Grass Lake	5' 1"

1986	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake	5 - 0 - 1	12.5	2 Mile Relay	Andrea Lovejoy	Michigan Center	10:25.4
Michigan Center	4 - 2	11.5		Julie Barry		
Napoleon	4 - 2	8		Ginger Goostry		
Hanover Horton	2 - 4	7		Linda Golba		
Vandercook Lake	3 - 3	6	110 Yd. LH	Julie Daniels	Napoleon	17.6
East Jackson	1 - 5	3	100 Yd. Dash	Cait Spaan	Grass Lake	12.2
Manchester	0 - 6	1	880 Yd. Relay	Cait Spaan	Grass Lake	01:54.3
				Nancy Dakin		
				Janie Sczykutowicz		
			Mile Run	Andie Clark	Grass Lake	05:31.5
			440 Yd. Relay	Jodie Griffis	Hanover Horton	54.1
				Michelle Monahan		
				Kathy Barnes		
				Tracy Hatch		
			440 Yd. Dash	Cait Spaan	Grass Lake	62.2
			880 Yd. Run	Julie Barry	Michigan Center	02:25.4
			330 Yd. LH	Julie Daniels	Napoleon	51.6
			220 Yd. Dash	Cait Spaan	Grass Lake	27.5
			2 Mile Run	Andrea Lovejoy	Michigan Center	12:33
			Mile Relay	Andi Clark	Grass Lake	4:21
				Julie Morsc		
				Kim Cook		
				Janie Sczykutowicz		
			Discus	Michelle Coxon	Michigan Center	109' 0"
			Long Jump	Kathy Barnes	Hanover Horton	15' 3 1/2"
			Shot Put	Kris Porter	East Jackson	33' 9"
			High Jump	Jenny Hunter	Michigan Center	4' 10"

1987	W-L	Points	Event	Conference Champion	School	Finish
Michigan Center	6 - 0	13	2 Mile Relay	Sarah Hurt	Vandercook Lake	10:27.6
Napoleon	4 - 2	10		Kerry Little		
Grass Lake	4 - 2	9		Wendy Woodard		
Vandercook Lake	4 - 2	8		Molly Conrad		
Hanover Horton	2 - 4	5	110 Yd. LH	Jenny Hunter	Michigan Center	16.3
East Jackson	1 - 5	3	100 Yd. Dash	Tracey Hatch	Hanover Horton	12.1
Manchester	0 - 6	1	880 Yd. Relay	Janie Szczykutowicz	Grass Lake	01:53.3
				Jenny Sweet		
				Kim Cook		
				Nancy Dakin		
			Mile Run	Michelle Sherwood	East Jackson	05:44.9
			440 Yd. Relay	Jenny Childs	Hanover Horton	54.1
				Kathy Barnes		
				Karre Yost		
				Tracey Hatch		
			440 Yd. Dash	Chris Jennings	Napoleon	62.8
			880 Yd. Run	Julie Dorr	Grass Lake	02:29.4
			330 Yd. LH	Julie Daniels	Napoleon	50.3
			220 Yd. Dash	Tracey Hatch	Hanover Horton	27.7
			2 Mile Run	Kerry Little	Vandercook Lake	12:40.1
			Mile Relay	Nancy Dakin	Grass Lake	04:17.0
				Julie Dorr		
				Kim Cook		
				Janie Szczykutowicz		
			Discus	Kris Porter	East Jackson	109' 9"
			Long Jump	Shellee Bratton	Michigan Center	15' 11"
			Shot Put	Kris Porter	East Jackson	34' 0"
			High Jump	Jenny Hunter	Michigan Center	5' 2"

1988	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	6 - 0	13	2 Mile Relay	Michelle Sherwood	East Jackson	10:50.6
Michigan Center	5 - 1	11		Dawn Coolbaugh		
Vandercook Lake	4 - 2	8		Nikki Fylgham		
Hanover Horton	2 - 4	7		Jamie McEllis		
Manchester	3 - 3	3 1\2	110 Yd. LH	Julie Daniels	Napoleon	17.1
Grass Lake	1 - 5	4	100 Yd. Dash	Kristi Ballast	Michigan Center	12.7
East Jackson	0 - 6	1 1\2	880 Yd. Relay	Cheri Lipko	Michigan Center	01:57.2
				Shellee Bratton		
				Lisa Fry		
				Kristi Ballast		
			Mile Run	Ginger Goostrey	Michigan Center	06:05.7
			440 Yd. Relay	Darcie Stanfield	Napoleon	54.9
				Wendy Krzeminski		
				Lynn Grzeiskowski		
				Carol Arntz		
			440 Yd. Dash	Stacy Walters	Napoleon	65.5
			880 Yd. Run	Julie Dorr	Grass Lake	02:41.3
			330 Yd. LH	Marci Holda	Grass Lake	50.4
			220 Yd. Dash	Tracey Hatch	Hanover Horton	27.9
			2 Mile Run	Danielle Choate	Vandercook Lake	13:16
			Mile Relay	Darcie Stanfield	Napoleon	04:37.3
				Christy Green		
				Stacy Coe		
				Stacy Walters		
			Discus	Allison Kane	Grass Lake	92' 4"
			Long Jump	Lynn Grzeiskowski	Napoleon	15' 3 1/2"
			Shot Put	Susie Griffith	Michigan Center	31' 5 1/2"
			High Jump	Stacey Coe	Napoleon	5' 0"

1989	W-L	Points	Event	Conference Champion	School	Finish
Addison	7 - 0	15	2 Mile Relay	Michelle Sherwood	East Jackson	10:43.3
Michigan Center	6 - 1	13		Dawn Coolbaugh		
Vandercook Lake	5 - 2	10.5		Shelly Rutledge		
Hanover Horton	2 - 5	7.5		Leslie Fisher		
Manchester	4 - 3	8	110 Yd. LH	Amy Seiser	Addison	17.1
Napoleon	2 - 5	6	100 Yd. Dash	Kristi Ballast	Michigan Center	12.2
Grass Lake	1 - 6	4	880 Yd. Relay	Kristi Ballast	Michigan Center	01:53.2
Manchester	1 - 6	1.5		Michelle Duff		
				Nikki Miller		
				Bretta Leazier		
			Mile Run	Danielle Choate	Vandercook Lake	05:47.3
			440 Yd. Relay	Jerry McKinney	Addison	53.2
				Teresa Roaff		
				Kelly Schmidt		
				Brooke Brooks		
			440 Yd. Dash	Judith Lendvy	Addison	64
			880 Yd. Run	Michelle Sherwood	East Jackson	02:35.5
			330 Yd. LH	Amy Seiser	Addison	49.8
			220 Yd. Dash	Kristi Ballast	Michigan Center	27.4
			2 Mile Run	Danielle Choate	Vandercook Lake	12:37.1
			Mile Relay	Mattie Majierski	Michigan Center	4:26
				Carmen Wittman		
				Nikki Miller		
				Nikki Mercer		
			Discus	Shawn Sailsbury	Michigan Center	94' 6"
			Long Jump	Tracey Hatch	Hanover Horton	16' 0"
			Shot Put	Robin Biggs	Addison	30' 1/2"
			High Jump	Laurie Pudil	Napoleon	5' 2 1/2"

1990	W-L	Points	Event	Conference Champion	School	Finish
Michigan Center	6 - 1	14	3200m Relay	Molly Copeland	Napoleon	10:39.5
Addison	6 - 1	13		Jana Vandriessche		
Napoleon	6 - 1	12		Hope Garvon		
East Jackson	4 - 3	9		Heidi Rogers		
Manchester	2 - 4 - 1	7				
Vandercook Lake	2 - 5	4	100m LH	Laurie Pudil	Napoleon	16.5
Grass Lake	1 - 5 - 1	4	100m Dash	Kristi Ballast	Michigan Center	11.8
Hanover Horton	0 - 7	1	800m Relay	Michelle Duff	Michigan Center	01:52.2
				Kristi Ballast		
				Bretta Leazier		
				Feena Prater		
			1600m Run	Kary Tomaw	East Jackson	05:44.8
			400m Relay	Michelle Duff	Michigan Center	52.9
				Kristi Ballast		
				Bretta Leazier		
				Feena Prater		
			400m Dash	Kary Tomaw	East Jackson	62.8
			800m Run	Kelly Wynn	Addison	02:35.0
			300m LH	Amy Lannom	Manchester	49.3
			200m Dash	Kristi Ballast	Michigan Center	27.3
			3200m Run	Danielle Choate	Vandercook Lake	12:38.4
			1600m Relay	Sarah Parks	Grass Lake	04:24.7
				Amy Wolfe		
				Kim Hawkins		
				Gretchen Sweet		
			Discus	Beth Lloyd	Michigan Center	97' 10"
			Long Jump	Amy Lannom	Manchester	15' 5"
			Shot Put	Robin Biggs	Addison	33' 1/4"
			High Jump	Mattie Mierzejewski	Michigan Center	5' 1"

1991	W-L	Points	Event	Conference Champion	School	Finish
Addison	7 - 0	15	3200m Relay	Andrea Little	Vandercook Lake	10:28.6
Michigan Center	5 - 2	11		Holly Baumgartner		
Vandercook Lake	3 - 3 - 1	10.5		Becky Stoddard		
Napoleon	6 - 1	10		Danielle Choate		
East Jackson	3 - 3 - 1	8.5	100m LH	Terri Rosenau	Vandercook Lake	17.3
Grass Lake	1 - 6	4	100m Dash	Kristi Ballast	Michigan Center	13.3
Manchester	2 - 5	3	800m Relay	Jill Jusick	Michigan Center	01:52.0
Hanover Horton	0 - 7	2		Bretta Leazier		
				Feena Prater		
				Kristi Ballast		
			1600m Run	Danielle Choate	Vandercook Lake	5:36.0
			400m Relay	Kristi Ballast	Michigan Center	52.7
				Bretta Leazier		
				Jill Jusick		
				Feena Prater		
			400m Dash	Kary Tomaw	East Jackson	1:01.3
			800m Run	Kelly Wynn	Addison	02:32.1
			300m LH	S. Schultz	Addison	48.6
			200m Dash	Kary Tomaw	East Jackson	26.8
			3200m Run	Danielle Choate	Vandercook Lake	12:22.4
			1600m Relay		Michigan Center	04:21.0
			Discus	Kathy Taylor	Vandercook Lake	109' 7"
			Long Jump	Shephanie Ripley	East Jackson	16' 5"
			Shot Put	Kathy Taylor	Vandercook Lake	33' 4 1/2"
			High Jump	Kary Tomaw	East Jackson	5' 1"

1992	W-L	Points	Event	Conference Champion	School	Finish
East Jackson	6 - 1	14	3200m Relay	Terry Rosenau	Vandercook Lake	10:30.0
Addison	6 - 1	13		Holly Baumgartner		
Napoleon	6 - 1	12		Kristy Harmon		
Vandercook Lake	3 - 4	8		Andrea Little		
Michigan Center	4 - 3	8	100m LH	Laurie Pudil	Napoleon	16.5
Grass Lake	2 - 5	4	100m Dash	Kary Tomaw	East Jackson	13.2
Manchester	1 - 6	4	800m Relay	Kary Tomaw	East Jackson	01:49.7
Hanover Horton	0 - 7	1		Stacey Cromley		
				Kary Hirst		
				Stephanie Cromley		
			1600m Run	Stacey Brockway	Addison	05:41.9
			400m Relay	Heather Hirst	East Jackson	52.9
				Cary Hirst		
				Stacey Cromley		
				Stephanie Ripley		
			400m Dash	Kary Tomaw	East Jackson	59.8
			800m Run	Amber Burkhardt	Manchester	02:29.5
			300m LH	Shaun Schultz	Addison	47.5
			200m Dash	Sara Corbin	Addison	27.3
			3200m Run	Andrea Little	Vandercook Lake	12:19.6
			1600m Relay	Carmen Wittman	Michigan Center	04:20.6
				Shaun Schultz		
				Bretta Leazier		
				Feena Prater		
			Discus	Laurie Lape	Vandercook Lake	99' 3"
			Long Jump	Stephanie Ripley	East Jackson	16' 5 3/4"
			Shot Put	Laurie Lape	Vandercook Lake	33' 10 1/2"
			High Jump	Kary Tomaw	East Jackson	5' 3"

1993	W-L	Points	Event	Conference Champion	School	Finish
Addison	7 - 0	15	3200m Relay	Wright	Grass Lake	10:20.2
Vandercook Lake	6 - 1	12		Kim Hawkins		
East Jackson	5 - 2	12		Amy Wolfe		
Grass Lake	4 - 3	9		Sarah Parks		
Napoleon	3 - 4	7	100m LH	Stephanie Ripley	East Jackson	16.7
Michigan Center	2 - 5	4	100m Dash	Kary Tomaw	East Jackson	12.9
Manchester	1 - 6	4	800m Relay	Sarah Corbin	Addison	01:52.2
Hanover Horton	0 - 7	1		Erica Wehrwein		
				Julie Rouff		
				Tricia Foster		
			1600m Run	Stacey Brockway	Addison	05:39.4
			400m Relay	Karen Hirtst	East Jackson	54.1
				Stacey Cromley		
				Stephenie Ripley		
				Richardson		
			400m Dash	Kary Tomaw	East Jackson	60.9
			800m Run	Sarah Parks	Grass Lake	02:32.6
			300m LH	Stephanie Ripley	East Jackson	47.9
			200m Dash	Tricia Foster	Addison	26.9
			3200m Run	Stacey Brockway	Addison	12:12.5
			1600m Relay	Sarah Parks	Grass Lake	04:21.2
				Kim Hawkins		
				Amy Wolfe		
				Elycia Hall		
			Discus	Amanda Quinn	Vandercook Lake	108' 5"
			Long Jump	Stephanie Ripley	East Jackson	15' 10"
			Shot Put	Amanda Quinn	Vandercook Lake	35' 6"
			High Jump	Kary Tomaw	East Jackson	5' 0"

1994	W-L	Points	Event	Conference Champion	School	Finish
Addison	7 - 0	14	3200m Relay	Chris Wolcott	Addison	10:24.5
Vandercook Lake	6 - 1	12		Stacey Brockway		
Grass Lake	5 - 2	10		Gina Watson		
Napoleon	4 - 3	8		Kristy Davenport		
East Jackson	3 - 4	8	100m LH	Jenni Sierminski	Vandercook Lake	16.5
Manchester	2 - 5	4	100m Dash	Karey Hirst	East Jackson	13
Michigan Center	1 - 6	2	800m Relay	Julie Rouff		
Hanover Horton	0 - 6	0		Shawn Schultz		
				Chris Wolcott		
				Tricia Foster	Addison	01:52.6
			1600m Run	Kristy Davenport	Addison	05:23.1
			400m Relay	Kelly Fannin	Addison	54
				Jenny Morey		
				Julie Rouff		
				Shawn Schultz		
			400m Dash	Catherine McGaw	Grass Lake	63.2
			800m Run	Kristy Davenport	Addison	02:43.1
			300m LH	Elycia Hall	Grass Lake	48.9
			200m Dash	Karey Hirst	East Jackson	27.5
			3200m Run	Kristy Davenport	Addison	12:09.6
			1600m Relay	Catherine McGaw	Grass Lake	04:23.4
				Amy Wolfe		
				Elycia Hall		
				Jessia Timms		
			Discus	Katy Myall	Grass Lake	96' 7"
			Long Jump	Marni Kurtz	Vandercook Lake	14' 11 1/2"
			Shot Put	Jodie Kallio	Napoleon	33' 10 1/2"
			High Jump	Jenny Leathead	Vandercook Lake	5' 1"

1995	W-L	Points	Event	Conference Champion	School	Finish
Addison	7 - 0	15	3200m Relay	Melissa Hassenzahl	Addison	10:06.3
Vandercook Lake	6 - 1	13		Stacey Brockway		
Napoleon	5 - 2	11		Gina Watson		
Grass Lake	4 - 3	9		Chris Wolcott		
Manchester	3 - 4	6	100m LH	Jenni Sierminski	Vandercook Lake	16.5
East Jackson	2 - 4	6	100m Dash	Karey Hirst	East Jackson	13
Michigan Center	1 - 6	3	800m Relay	Julie Rouff	Addison	01:50.1
Hanover Horton	0 - 7	1		Jenny Morey		
				Chris Wolcott		
			1600m Run	Tricia Foster		
			400m Relay	Kristy Davenport	Addison	05:27.1
				Kelly VanEpps	Vandercook Lake	52.9
				Kim Soper		
				Kerri Jonas		
				Marni Kurtz		
			400m Dash	Tricia Foster	Addison	611
			300m LH	Elycia Hall	Grass Lake	49.8
			800m Run	Gina Watson	Addison	02:26.2
			200m Dash	Tricia Foster	Addison	26.7
			3200m Run	Kristy Davenport	Addison	12:13.4
			1600m Relay	Tricia Foster	Addison	04:18.4
				Gina Watson		
				Julie Rouff		
				Chris Wolcott		
			Discus	Jodie Kallio	Napoleon	119' 3"
			Shot Put	Jodie Kallio	Napoleon	33' 1"
			Long Jump	Jill Hirst	East Jackson	16' 1/2"
			High Jump	Elycia Hall	Grass Lake	5' 1"

1996	W-L	Points	Event	Conference Champion	School	Finish
Addison	6 - 1	14	3200m Relay	Gina Watson	Addison	10:24.7
Vandercook Lake	7 - 0	13		Melissa Hassenzuhl		
Napoleon	5 - 2	12		Kristy Davenport		
Grass Lake	4 - 3	9		Kendra Marvin		
Manchester	3 - 4	7	100m LH	Jenni Siermnski	Vandercook Lake	17
Hanover Horton	2 - 5	5	100m Dash	Jen Hetu	Napoleon	13.1
Michigan Center	1 - 6	2	800m Relay	Michelle Kline	Napoleon	01:52.1
East Jackson	0 - 7	2		Andrea Bristow		
				Jessie Taylor		
				Jenny Hetu		
			1600m Run	Kristy Davenport	Addison	05:39.5
			400m Relay	Kelly VanEpps	Vandercook Lake	53.1
				Jody Leathead		
				Kerri Jonas		
				Heather Andrews		
			400m Dash	Tricia Foster	Addison	01:02.0
			300m LH	Danielle Gauss	Napoleon	51.5
			800m Run	Michelle Kline	Napoleon	02:25.0
			200m Dash	Tricia Foster	Addison	27
			3200m Run	Kristy Davenport	Addison	12:15.9
			1600m Relay	Chris Wolcott	Addison	04:15.0
				Liz Knowles		
				C. Zawodny		
				Tricia Foster		
			Discus	Jodie Kallio	Napoleon	117' 10"
			Shot Put	Jodie Kallio	Napoleon	36' 3"
			Long Jump	Karen Goodall	Manchester	15' 9"
			High Jump	Jennifer Leathead	Vandercook Lake	5' 3"

1997	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	7 - 0	16	3200 Relay	Nikki Hallenzahl	Addison	10:30.1
Addison	5 - 2	13		Liz Knowles		
Grass Lake	6 - 1	10		Missi Hallenzahl		
Manchester	3 - 4	9.5		Jill Spencer		
Vandercook Lake	2 - 5	8.5	100 H	Seanna Ahrens	Michigan Center	17
Michigan Center	3 - 4	6.5	100 Dash	Jen Hetu	Napoleon	13
East Jackson	2 - 5	6.5	800 Relay	Jen Hetu	Napoleon	01:52.9
Hanover Horton	0 - 7	2		Kate Decker		
				Jessica Roberts		
				Michelle Kline		
			1600 Run	Michelle Kline	Napoleon	05:28.1
			400 Relay	Michelle Kline	Napoleon	52.3
				Jessica Rudolph		
				Jessie Taylor		
				Jennifer Hetu		
			400 Run	Wendy Forner	East Jackson	01:03.4
			300 LH	Seanna Ahrens	Michigan Center	49.8
			800 Run	Michelle Kline	Napoleon	02:22.8
			200 Dash	Jen Hetu	Napoleon	27
			3200 Run	Jenny Rainey	Hanover Horton	12:06.2
			1600 Relay	Jill Hirst	East Jackson	04:22.0
				Nikki Wyngaert		
				Jessica Moreno		
				Wendy Forner		
			Discus	Jodie Kallio	Napoleon	120' 6"
			Shot Put	Jodie Kallio	Napoleon	37' 3"
			High Jump	Kristy Davenport	Addison	5' 0"
			Long Jump	Jen Hetu	Napoleon	16' 1 1/2"

1998	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	6 - 1	15	3200m Relay	Jill Spencer	Addison	10:27.6
Grass Lake	7 - 0	14		Ashley Hassenzahl		
Manchester	4 - 2	12.5		Missi Hassenzahl		
Addison	4 - 2	10.5		Nikki Hassenzahl		
Vandercook Lake	3 - 4	6	100m Hurdles	Meagan Matteson	Hanover Horton	17.1
East Jackson	2 - 5	6	100m Dash	Jennifer Hetu	Napoleon	12.4
Hanover Horton	1 - 6	6	800m Relay	Jessica Roberts	Napoleon	1:52.8
Michigan Center	0 - 7	2		Erin Raymer		
				Kate Decker		
				Jessica Rudolph		
			1600m Run	Corrine Ybarra	Hanover Horton	5:37.1
			400m Relay	Jessica Roberts	Napoleon	52.5
				Kate Decker		
				Jessica Rudolph		
				Jennifer Hetu		
			400m Dash	Mandy Barley	Grass Lake	103.4
			300m Hurdles	Megan Matteson	Hanover Horton	50.9
			800m Run	Katie Hoover	Grass Lake	02:26.3
			200m Dash	Jennifer Hetu	Napoleon	26.9
			3200m Run	Regina Andaloro	Grass Lake	12:49.1
			1600m Relay	Katie Hoover	Grass Lake	04:19.3
				Sara Scott		
				Heather DeVerna		
				Mandy Earley		
			High Jump	Jessica Chase	Napoleon	4'10"
			Long Jump	Jennifer Hetu	Napoleon	15'9"
			Shot Put	Angie Maddox	Addison	33'0"
			Discus	Angie Maddox	Addison	115'5"

1999	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	6 - 1	15	3200m Relay	Jill Spencer	Addison	10:36.1
Manchester	7 - 0	14		Lindy Peterson		
Grass Lake	4 - 3	12		Ashley Hassenzahl		
Vandercook Lake	5 - 2	10		Nicole Hassenzahl		
Addison	3 - 4	9	110m Hurdles	Dani Lowe	Vandercook Lake	17
Hanover Horton	1 - 6	5	100m Dash	Jenny Hetu	Napoleon	12.1
Michigan Center	2 - 5	4	800m Relay	Jessica Roberts	Napoleon	01:50.1
East Jackson	0 - 7	3		Kate Decker		
				Maggie Clemons		
				Jessica Chase		
			1600m Run	Julie Porter	Addison	05:58.3
			400m Relay	Jessica Roberts	Napoleon	53
				Maggie Clemons		
				Kate Decker		
				Jenny Hetu		
			400m Run	Taryn Nye	Manchester	01:04.0
			300m Hurdles	Dani Lowe	Vandercook Lake	52.5
			800m Run	Christine Ingraham	Hanover Horton	02:32.4
			200m Dash	Robin Glaspie	Grass Lake	26.6
			3200m Run	Regina Andalaro	Grass Lake	13:13.3
			1600m Relay	Katie Hoover	Grass Lake	04:28.4
				Sara Timms		
				Katy McNeil		
				Heather DeVerna		
			Discus	Kelly Blanchard	Napoleon	117'8"
			Shot Put	Julie Porter	Manchester	34'5"
			High Jump	Taryn Nye	Manchester	5'2"
			Long Jump	Robin Glaspie	Grass Lake	16'2 1/4"

2000	W-L	Points	Event	Conference Champion	School	Finish
Vandercook Lake	7 - 0	14	3200m Relay	Chris Alcenius	Hanover Horton	10:20.7
East Jackson	6 - 1	14		Courtney McFetters		
Napoleon	4 - 3	13		Courtney Ingraham		
Hanover Horton	4 - 3	10		Christin Ingraham		
Addison	4 - 3	9	100m Hurdles	Dani Lowe	Vandercook Lake	17.2
Manchester	2 - 5	6	100m Dash	Jessica Roberts	Napoleon	13.4
Grass Lake	1 - 6	4	800m Relay	Kate Decker	Napoleon	01:52.8
Michigan Center	0 - 7	2		Victoria Spencer		
				Jessica Chase		
				Jessica Roberts		
			1600m Run	Chris Alcenius	Hanover Horton	05:42.0
			400m Relay	Jessica Roberts	Napoleon	53.2
				Gloria Long		
				Maggie Clemons		
				Kate Decker		
			400m Dash	Victoria Spencer		01:02.1
			300m Hurdles	Dani Lowe	Vandercook lake	50.9
			800m Run	Christin Ingraham	Hanover Horton	02:28.6
			200m Dash	Robin Glaspie	Grass Lake	27.5
			3200m Run	Chris Alcenius	Hanover Horton	12:37.7
			1600m Relay	Jenny Loughlin	East Jackson	04:19.4
				Laura VanEyck		
				Carrie Douglas		
				Nikki Wyngaert		
			Discus	Ariel Kelly	Addison	105'3"
			Pole Vault	Misty Click	Vandercook Lake	7'9"
			Shot Put	Courtney Husted	Vandercook Lake	33'5"
			High Jump	Victoria Spencer	Napoleon	5'0"
			Long Jump	Robin Glaspie	Grass Lake	15'6"

2001	W-L	Points	Event	Conference Champion	School	Finish
Hanover Horton		16	3200m Relay	Jenny Phelan	Hanover Horton	10:24.5
Vandercook Lake		14		Liz Murphy		
Napoleon		12		Christine Ingraham		
East Jackson		10		Courtney Ingraham		
Addison		8	100m Hurdles	Dani Lowe	Vandercook Lake	17.1
Manchester		5	100m Dash	Robin Glaspie	Grass Lake	12.8
Grass Lake		5	800m Relay	Christin Ingraham	Hanover Horton	01:52.6
Michigan Center		2		Nikki Smith		
				Amanda Bevier		
				Courtney Ingraham		
			1600m Run	Chris Alcenius	Hanover Horton	05:41.0
			400m Relay	Katie Ludwig	East Jackson	52.9
				Carrie Douglas		
				Laura VanEyck		
				Stephanie Rutan		
			400m Run	Kali Briggs	Vandercook Lake	01:01.0
			300m L Hurdles	Dani Lowe	Vandercook Lake	50.5
			800m Run	Christin Ingraham	Hanover Horton	02:29.2
			200m Dash	Robin Glaspie	Grass Lake	27.2
			3200m Run	Chris Alcenius	Hanover Horton	12:39.0
			1600m Relay	Amanda Bevier	Hanover Horton	04:20.5
				Courtney Ingraham		
				Christin Ingraham		
				Chris Alcenius		
			Discus	Kristal Patterson	Hanover Horton	95'9"
			Shot Put	Kristal Patterson	Hanover Horton	34'3 1/2"
			High Jump	Dianna Kintz	Michigan Center	5'2"
			Long Jump	Sam McKenna	Napoleon	15' 81/2"
			Pole Vault	Misty Click	Vandercook Lake	9'3"

2002	W-L	Points	Event	Conference Champion	School	Finish
Hanover Horton	7 - 0	16	3200m Relay	Courtney Ingraham	Hanover Horton	09:50.8
Vandercook Lake	6 - 1	14		Chris Alcenius		
East Jackson	5 - 2	12		Laura Rainey		
Napoleon	4 - 3	10		Christine Ingraham		
Addison	3 - 4	8	100m Hurdles	Dani Lowe	Vandercook Lake	17.1
Manchester	2 - 5	5	100m Dash	Nicole Brown	Grass Lake	13.1
Grass Lake	1 - 6	5	800m Relay	Carrie Douglas	East Jackson	01:51.7
Michigan Center	0 - 7	2		Katie Ludwig		
				Jenny Loughlin		
				Stephani Rutan		
			1600m Run	Chris Alcenius	Hanover Horton	05:22.3
			400m Relay	Katie Ludwig	East Jackson	53.1
				Carrie Douglas		
				Jenny Loughlin		
				Stephani Rutan		
			400m Dash	Kalie Briggs	Vandercook Lake	01:00.6
			300m L Hurdles	Carrie Douglas	East Jackson	49.4
			800m Run	Christine Ingraham	Hanover Horton	02:26.9
			200m Dash	Kalie Briggs	Vandercook Lake	27.2
			3200m Run	Cassie Wilkins	East Jackson	11:46.6
			1500m Relay	Betsy Adkins	Hanover Horton	04:20.9
				Courtney Ingraham		
				Nikki Smith		
				Christine Ingraham		
			Discus	Kristal Patterson	Hanover Horton	108'3"
			Pole Vault	Carmen Affonso	Addison	8'9"
			Shot Put	Kristal Patterson	Hanover Horton	37'1/2"
			High Jump	Victoria Spencer	Napoleon	5'3"
			Long Jump	Sam McKenna	Napoleon	16'1"

2003	W-L	Points	Event	Conference Champion	School	Finish
Hanover Horton	7-0	16	3200m Relay	Meghan Mayday	Hanover Horton	10:35.0
Vandercook Lake	6-1	14		Megan Sorenson		
East Jackson	5-2	12		Betsy Adkins		
Addison	4-3	9		Laura Rainsy		
Napoleon	3-4	9	100m Hurdles	Heather Nuggent	Napoleon	18.2
Manchester	2-5	7	100m Dash	Latashia Pratt	Michigan Center	13.7
Michigan Center	0-7	4	800m Relay	Nicci Smith	Hanover Horton	1:53.8
Grass Lake	1-6	3		Lauren Mizer		
				Chelsea Ingraham		
				Stephanie Rutan		
			1600m Run	Cassie Wilkins	East Jackson	5:32.3
			400m Relay	Shieby Boyce	East Jackson	53.3
				Daielle Johnson		
				Jenny Loughlin		
				Stephanie Rutan		
			400m Dash	Kali Briggs	Vandercook Lake	01:01.9
			300m L Hurdles	Kali Briggs	Vandercook Lake	48.7
			800m Run	Cassie Wilkins	East Jackson	02:29.3
			200m Dash	Kali Briggs	Vandercook Lake	27. 0
			3200m Run	Cassie Wilkins	East Jackson	12:16.4
			1600m Relay	Victoria Spencer	Napoleon	4:24.4
				Allison Spencer		
				Megan Carson		
				Heather Bush		
			Discus	Kristal Patterson	Hanover Horton	119' 5"
			Pole Vault	Niki Minder	Manchester	8' 6"
			Shot Put	Kristal Patterson	Hanover Horton	39' 3 1/2"
			High Jump	Kali Briggs	Vandercook Lake	5' 4"
			Long Jump	Latashia Pratt	Michigan Center	15' 7 3/4"

2004	W-L	Points	Event	Conference Champion	School	Finish
Vandercook Lake	7 - 0	16	3200m Relay	Laura Rainey	Hanover Horton	10:37.1
Hanover Horton	6 - 1	14		Becky Geisman		
East Jackson	5 - 2	12		Chelsea Ingraham		
Napoleon	4 - 3	8		Betsy Adkins		
Grass Lake	2 - 5	8	100m Hurdles	Kim Yother	Vandercook Lake	17.3
Manchester	2 - 5	6	100m Dash	Kali Briggs	Vandercook Lake	13.5
Addison	2 - 5	4	800m Relay	Allison Londen	Manchester	01:52.7
Michigan Center	0 - 7	3		Julie Hinkley		
				Lis Little		
				Katie Sharp		
			1600m Run	Venessa VonBroda	Manchester	05:45.4
			400m Relay	Alex Radford	East Jackson	52.6
				Danielle Johnson		
				Amber Bourke		
				Jamie Rendall		
			400m Dash	Kali Briggs	Vandercook Lake	01:00.9
			300m L Hurdles	Shelly Johnson	Grass Lake	47.5
			800m Run	Venessa VonBroda	Manchester	02:36.9
			200m Dash	Shelly Johnson	Grass Lake	26.6
			3200m Run	Melanie Webb	East Jackson	13:08.0
			1600m Relay	Colleen Barringer	Grass Lake	04:21.8
				Meaghan O'Neil		
				Michelle Crouch		
				Shelly Johnson		
			Discus	DeeDee Briggs	Vandercook Lake	127'3"
			Pole Vault	Jamie Rouff	Addison	9'6"
			Shot Put	DeeDee Briggs	Vandercook Lake	40'4"
			High Jump	Kali Briggs	Vandercook Lake	5'1"
			Long Jump	Heateher Bush	Napoleon	16'5"

2005	W-L	Points	Event	Conference Champion	School	Finish
Vandercook Lake	6-1	15	3200m Relay	Amber Hutson	Hanover Horton	10:46.5
East Jackson	7-0	15		Kaili McKnight		
Hanover Horton	4-3	11		Laura Hersha		
Michigan Center	5-2	11		Betsy Adkins		
Napoleon	3-4	7	100m Hurdles	Alex Radford	East Jackson	17.3
Grass Lake	1-6	6	100m Dash	Jamie Rendell	East Jackson	13.1
Addison	2 - 5	5	800m Relay	Chelsa Cady	Vandercook Lake	01:54.7
Manchester	0 - 7	2		Kali Lamb		
				Shanna Gazley		
				Samatha Ritter		
			1600m Run	Kayla Sheets	Michigan Center	05:45.1
			400m Relay	Alex Redford	East Jackson	53.2
				Lisa VanEyck		
				Amber Bourke		
				Jamie Rendell		
			400m Dash	Michelle Crouch	Grass Lake	01:02.6
			300m L Hurdles	Shelly Johnson	Grass Lake	48.2
			800m Run	Alison Spencer	Napoleon	02:29.0
			200m Dash	Shelly Johnson	Grass Lake	28.1
			3200m Run	Amber Hutson	Hanover Horton	12:41.4
			1600m Relay	Danielle Kirkpatrick	Grass Lake	04:20.0
				Michelle Coruch		
				Heather Tanner		
				Shelly Johnson		
			Discus	DeeDee Briggs	Vandercook Lake	127' 0"
			Pole Vault	Shelly Johnson	Grass Lake	9'6"
			Shot Put	DeeDee Briggs	Vandercook Lake	38'11 1/2 "
			High Jump	Rachel Benson	Vandercook Lake	5'0"
			Long Jump	Latasha Pratt	Michigan Center	15' 1/2"

2006	W-L	Points	Event	Conference Champion	School	Finish
East Jackson	7-0	15	3200m Relay	Laura Hersha	Hanover Horton	10:26.9
Hanover Horton	5-2	14		Kyle Adair		
Vandercook Lake	6-1	13		Kaili McKnight		
Addison	3-4	9		Amber Hutson		
Napoleon	4-3	8	100m Hurdles	Alex Radford	East Jackson	17.1
Michigan Center	2-5	7	100m Dash	Samantha Ritter	Vandercook Lake	12.5
Grass Lake	1-6	3.5	800m Relay	Chrissy Montgomery	Vandercook Lake	01:52.1
Manchester	1-6	2.5		Chelsea Cady		
				Megan Stoddard		
				Samantha Ritter		
			1600m Run	Amber Hutson	Hanover Horton	05:46.9
			400m Relay	Jessica Seiquist	East Jackson	52.2
				Lisa VanEyck		
				Alex Radford		
				Jamie Randall		
			400m Dash	Michelle Crough	Grass Lake	01:05.5
			300m L Hurdles	Kara Cripe	Addison	48.9
			800m Run	Caitlin Morton	Hanover Horton	02:32.2
			200m Dash	Latasha Pratt	Michigan Center	27
			3200m Run	Amber Hutson	Hanover Horton	12:25.9
			1600m Relay	Shannah Gazaly	Vandercook Lake	04:21.0
				Mackensie Kurtz		
				Megan Stoddard		
				Chrissy Montgomery		
			Discus	Heather Thomas	Addison	119'0"
			Pole Vault	Jamie Ruoff	Addison	9' 6"
			Shot Put	Amber Dunckel	Vandercook Lake	34' 11.75"
			High Jump	Kylia Jusick	Napoleon	4'11"
			Long Jump	Laura Coltre	Manchester	15' 6.5"

2007	W-L	Points	Event	Conference Champion	School	Finish
East Jackson	6-1	15	3200m Relay	Elizabeth Timoszyk	Manchester	10:28.14
Manchester	7-0	15		Katie McDowell		
Napoleon	3-4	10		Amanda Mutchler		
Hanover-Horton	4-3	10		Kate Brown		
Vandercook Lake	5-2	10	100m Hurdles	Kara Cripe	Addison	17.18
Addison	2-5	6	100m Dash	Samantha Ritter	Vandercook Lake	13.3
Grass Lake	1-6	4	800m Relay	Arianna O'Rourke	Vandercook Lake	1:51.68
Michigan Center	0-7	2		Kalie Lamb		
				Megan Stoddard		
				Samantha Ritter		
			1600m Run	Elizabeth Timoszyk	Manchester	5:41.03
			400m Relay	Jessica Siegrist	East Jackson	52.38
				Lisa Van Eyck		
				Kathran Shafer		
				Jamie Rendall		
			400m Dash	Michelle Crouch	Grass Lake	1:00.84
			300m L Hurdles	Britney Fusiliser	Addison	48.67
			800m Run	Kayla Miles	East Jackson	2:31.38
			200m Dash	Samantha Ritter	Vandercook Lake	27.21
			3200m Run	Elizabeth Timoszyk	Manchester	12:31.73
			1600m Relay	Adrean Mohny	Napoleon	4:22.94
				Sam Hein		
				Mickey Hein		
				Britney Fusiliser		
			Discus	Kristan Quainton	Napoleon	109' 10"
			Pole Vault	Tarah Bondy	Manchester	8'
			Shot Put	Samantha Budd	Michigan Center	32' 10"
			High Jump	Kelsee Miles	Hanover Horton	5' 1"
			Long Jump	Laura Coltre	Manchester	15' 4"

2008	W-L	Points	Event	Conference Champion	School	Finish
Manchester	7-0	16	3200m Relay	Sharon Morgan	Vandercook Lake	10:23.84
Hanover Horton	5-2	13		Quinn Fischman		
East Jackson	6-1	12		Kelly Morgan		
Vandercook Lake	4-3	11		Leann Paige		
Napoleon	3-4	8.5	100m Hurdles	Kara Cripe	Addison	16.95
Michigan Center	0-7	5.5	100m Dash	Samantha Ritter	Vandercook Lake	13.52
Addison	1-6	4	800m Relay	Laura Coltre	Manchester	1:49.93
Grass Lake	2-5	4		Amanda Mutchler		
				Brooke Fuller		
				Tracy Schaible		
			1600m Run	Emily Wrozek	Hanover Horton	5:41.84
			400m Relay	Jessica Siegrist	East Jackson	52.9
				Marceilla Ehmann		
				Devina Rogers		
				Kathryn Shafer		
			400m Dash	Brooke Fuller	Manchester	1:02.92
			300m L Hurdles	Kara Cripe	Addison	49.65
			800m Run	Kelsey Stadnikia	Grass Lake	2:33.62
			200m Dash	Tracy Schaible	Manchester	27.42
			3200m Run	Emily Wrozek	Hanover Horton	12:22.09
			1600m Relay	Brooke Fuller	Manchester	04:15.7
				Tylor Heidt		
				Amanda Mutchler		
				Tracy Schaible		
			Discus	Kristin Quainton	Napoleon	105' 3"
			Pole Vault	Presly Hone	Manchester	7' 6"
			Shot Put	Tonia Pratt	Michigan Center	39'
			High Jump	Kelsee Miles	Hanover Horton	5'2"
			Long Jump	Laura Coltre	Manchester	16' 11.5"

2009	W-L	Points	Event	Conference Champion	School	Finish
Hanover-Horton	7--0	16	3200M Relay	Emily Wrozek	Hanover-Horton	10:18.9
Michigan Center	5--2	13		Lindsey Chinavare		
Manchester	6--1	12		Sierra Melling		
Vandercook Lake	3--4	10.5		Lindsey Burdette		
East Jackson	3--4	8.5	100M Hurdles	Chelsea Doyle	Michigan Center	17.08
Napoleon	2--5	5.5	100M Dash	Kathryn Shafer	East Jackson	13.22
Grass Lake	2--5	4.5	800M Relay	Logan Sieler	Hanover-Horton	01:49.8
Addison	0-7	2		Brianne Wollpert		
				Allison Clark		
				Jaimie Mercer		
			1600M Run	Lindsey Burdette	Hanover-Horton	05:31.2
			400M Relay	Jessica Siegrist	East Jackson	50.93
				Kathryn Shafer		
				Kayla Miles		
				Kara Ehmann		
			400M Dash	Kayla Miles	East Jackson	01:01.5
			300M Low Hurdles	Chelsea Doyle	Michigan Center	49.14
			800M Run	Lindsey Burdette	Hanover-Horton	02:27.7
			200M Dash	Allison Clark	Hanover-Horton	26.74
			3200M Run	Lindsey Burdette	Hanover-Horton	12:10.0
			1600M Relay	Megan Stoddard	Vandercook Lake	04:13.7
				Kayleigh Wilson		
				Kelsey VanEpps		
				Alyda Gerding		
			Shot Put	Tonia Pratt	Michigan Center	39'08.25"
			Pole Vault	Alexys Ray	Napoleon	8'0"
			High Jump	Brooke Taylor	Michigan Center	5'0"
			Discus	Tonia Pratt	Michigan Center	117'1"
			Long Jump	Chelsea Doyle	Michigan Center	15'8.25"

2010	W-L	Points	Event	Conference Champion	School	Finish
Hanover-Horton	7--0	16	3200 Relay	Sharon Morgan	Hanover-Horton	10:24.0
Manchester	6--1	14		Kelly Morgan		
Vandercook Lake	5--2	12		Emily Wrozek		
Napoleon	4--3	8		Lindsey Burdette		
Grass Lake	3--4	8	100M Hurdles	Stacy Richardson	Hanover-Horton	17.4
Michigan Center	2--5	8	100M Dash	Allison Clark	Hanover-Horton	13.48
East Jackson	1--6	3	800M Relay	Alyda Gerding	Vandercook Lake	01:50.7
Addison	0-7	3		Kayleigh Wilson		
				Marissa Ritter		
				Kelsey VanEpps		
			1600M Run	Lindsey Burdette	Hanover-Horton	05:37.0
			400M Relay	Jenna Beiswanger	Vandercook Lake	52.86
				Eraca Dunckel		
				Marissa Ritter		
				Kelsey VanEpps		
			400M Dash	Allison Clark	Hanover-Horton	01:01.6
			300M Low Hurdles	Katie Pinkerton	Hanover-Horton	49.76
			800M Run	Lindsey Burdette	Hanover-Horton	02:27.4
			200M Dash	Allison Clark	Hanover-Horton	27.08
			3200M Run	Lindsey Burdette	Hanover-Horton	11:59.4
			1600M Relay	Kelly Morgan	Hanover-Horton	04:19.5
				Lindsey Chinavare		
				Emily Wrozek		
				Allison Clark		
			Discus	Tonia Pratt	Michigan Center	121'04.00
			Shot Put	Tonia Pratt	Michigan Center	41'00.00
			High Jump	Jasmine Briston	East Jackson	4'11.00
			Pole Vault	Morgan Taylor	Grass Lake	9'00.00
			Long Jump	Brianne Wollpert	Hanover-Horton	14'11.50

2011	W-L	Points	Event	Conference Champion	School	Finish
Hanover-Horton	Jul-00	16	Discus	Tonia Pratt	Michigan Center	124'10.0"
Vandercook Lake			Shot Put	Tonia Pratt	Michigan Center	36'04.0"
Napoleon			High Jump	Chara Sykes	Hanover-Horton	4'10.0"
Grass Lake			Long Jump	Tara Rule	Hanover-Horton	15'09.0"
Manchester			3200 Relay	Kelly Morgan	Hanover-Horton	10:06.1
Michigan Center				Sharon Morgan		
East Jackson				Emily Wrozek		
Addison				Lindsey Burdette		
			100 M Hurdles	Rachel Mitchell	Grass Lake	18.07
			100 M Dash	Allison Clark	Hanover-Horton	13.64
			800 Relay	Alyda Gerding	Vandercook Lake	01:50.7
				Rachel Ritter		
				Marissa Ritter		
				Kelsey VanEpps		
			1600 M Run	Lindsey Burdette	Hanover-Horton	05:24.4
			400 Relay	Jennifer Kime	Vandercook Lake	53.4
				Rachel Ritter		
				Marissa Ritter		
				Kelsey VanEpps		
			400 M Dash	Allison Clark	Hanover-Horton	01:04.5
			300 M Low Hurdles	Kelsey VanEpps	Vandercook Lake	51.01
			200 Dash	Allison Clark	Hanover-Horton	27.7
			3200 M Run	Lindsey Burdette	Hanover-Horton	12:07.7
			1600 M Relay	Sharon Morgan	Hanover-Horton	04:19.7
				Kelly Morgan		
				Emily Wrozek		
				Allison Clark		

2012	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	7--0	16				
Hanover-Horton	5--2	13				
Grass Lake	5--2	12				
Michigan Center	5--2	10				
Vandercook Lake	2--5	8				
East Jackson	3--4	7				
Addison	1--6	3				
Manchester	0--7	3				

2013	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	7--0	16	Discus	Autumn Schmeizer	Addison	108-05
Hanover-Horton	6--1	14	Shot Put	Autumn Schmeizer	Addison	36-7
East Jackson	5--2	12	High Jump	Taylor Withrow	Manchester	5--3
Michigan Center	4--3	10	Long Jump	Kaniya Weatherspoon	Napoleon	17-3
Addison	3--4	8	Pole Vault	Kassidy Blough	East Jackson	9--0
Manchester	2--5	6	100 Meters	Madison Lane	Napoleon	13.49
Vandercook Lake	1--6	4	200 Meters	Kaniya Weatherspoon	Napoleon	26.42
Grass Lake	0--7	2	400 Meters	Kaniya Weatherspoon	Napoleon	01:00.2
			800 Meters	Samantha Campbell	Hanover-Horton	02:30.2
			1600 Meters	Christy Weidmayer	Manchester	05:40.2
			3200 Meters	Megan Hubbard	Hanover-Horton	11:57.7
			100 M Hurdles	Emily Duncel	Vandercook Lake	45:36.0
			300 M Hurdles	Hannah Reynard	Napoleon	48:00.0
			4x100 Relay	Madison Lane Ashley Smith Hannah Reynard Caitlin Smith	Napoleon	50:24.0
			4x200 Relay	Odetto Ingali Cassidy Reid Hannah Reynard Ashley Smith	Napoleon	01:49.1
			4x400 Relay	Odetto Ingali Hannah Reynard Cassidy Reid Kaniya Weatherspoon	Napoleon	04:13.4
			4x800 Relay	Megan Hubbard Shannon Richardson Alexis Dielman Samantha Campbell	Hanover-Horton	

2014	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	7--0	16	Long Jump	Kaniya Weatherspoon	Napoleon	17' 0
Hanover-Horton	5--2	13	High Jump	Taylor Withrow	Manchester	5'1
Michigan Center	5--2	12	Discus	McKenna Lynch	Grass Lake	110'8"
Vandercook Lake	5--2	9	Shot Put	Morgan Mathews	East Jackson	34'9.5"
Addison	3--4	8	Pole Vault	Cassidy Blough	East Jackson	9'6"
East Jackson	2--5	8	3200 Relay	Alaina Albert	Napoleon	10:34.7
Manchester	1--6	4		Tessa Staggemeier		
Grass Lake	0--7	2		Miranda Hamman		
				McKenzie Smoyer		
			1600 Relay	Cassidy Reid	Napoleon	04:14.1
				Alaina Albert		
				Kaniya Weatherspoon		
				Hannah Reynard		
			800 Relay	Cassidy Reid	Napoleon	01:50.2
				Ashley Smith		
				Caitlin Smith		
				Hannah Reynard		
			400 Relay	Cassidy Reid	Napoleon	51.63
				Ashley Smith		
				Hannah Reynard		
				Kaniya Weatherspoon		
			100 Hurdles	Sophia Prokos	Michigan Center	16.77
			300 Hurdles	Hannah Reynard	Napoleon	48.07
			100 Dash	Sarah Gundrum	Vandercook Lake	13.6
			200 Dash	Kaniya Weatherspoon	Napoleon	26.68
			400 Dash	Alia Benedict	Manchester	59.63
			800 Run	Samantha Campbell	Hanover-Horton	02:32.9
			1600 Run	McKenzie Smoyer	Napoleon	05:35.5
			3200 Run	Hannah Poling	Addison	12:43.4

2015	W-L	Points	Event	Conference Champion	School	Finish
Napoleon	7--0	16	High Jump	Emily Clark	Vandercook Lake	4--10
Vandercook Lake	6--1	13	Long Jump	Kaniya Weatherspoon	Napoleon	15-9.5
Hanover-Horton	4--3	12	Discus	Rachel Harris	Napoleon	92-6
Michigan Center	5--2	11	Shot Put	Rachel Harris	Napoleon	30-5
Addison	3--4	8	Pole Vault	Kassidy Blough	East Jackson	9--6
Grass Lake	1--6	6				
Manchester	0--6-1	3.5	400M Relay	Breanna Sockow Morgan Canty Courtney Dejonghe Sarah Gundrum	Vandercook Lake	53.72
East Jackson	0--6-1	2.5	800M Relay	Breanna Sockow Morgan Canty Courtney Dejonghe Sarah Gundrum	Vandercook Lake	1.53.79
			1600M Relay	Hope Waidley Ella Suliman Jessica Sherwood	Grass Lake	4.21.06
			3200M Relay	Emily Fonzi Madison Dean McKenzie Smoyer Tessa Staggemeier Miranda Hamman	Napoleon	10.30.73
			100M High Hurdles	Sophia Prokos	Michigan Center	16.47
			300M Low Hurdles	Taylor Sumner	Addison	51.81
			100M Dash	Kaniya Weatherspoon	Napoleon	12.77
			200M Dash	Kaniya Weatherspoon	Napoleon	26.78
			400M Run	Kaniya Weatherspoon	Napoleon	1.01.49
			800m Run	Samantha Campbell	Hanover-Horton	02:26.1
			1600M Run	Jessica Stroede	Hanover-Horton	5.33.74
			3200M Run	Jessica Stroede	Hanover-Horton	12:16.4

2016	W-L	Points	Event	Conference Champion	School	Finish
Hanover-Horton	5--2	14	High Jump	Riley Collins	Manchester	5-04.0
Napoleon			Pole Vault	Taylor Sumner	Addison	10-8.0
Manchester			Long Jump	Ella Suliman	Grass Lake	15-11.0
Grass Lake			Discus	Kyla Babcock	Napoleon	99-01.0
Vandercook Lake			Shot Put	Kyla Babcock	Napoleon	31.3.0
Addison			4x800 M Relay	Brinna Melling	Hanover-Horton	10:09.9
Michigan Center				Rachel Childs		
East Jackson				Brecquel Kilgore		
				Judy Rector		
			100 M Hurdles	Taylor Sumner	Addison	16.47
			100 M Dash	Londyn Williams	Hanover-Horton	12.97
			4x200 M Relay	Kimberlynn Burk	Hanover-Horton	01:51.7
				Brinna Melling		
				Judy Rector		
				Londyn Williams		
			1600 M Run	Emily Fonzi	Grass Lake	05:29.2
			4x100 M Relay	Tashannya Gordon	East Jackson	52.88
				Maria Payne		
				Morgan Sprunger		
				Michaela Wagner		
			400 M Run	Judy Rector	Hanover-Horton	01:01.7
			300 M Hurdles	Madison Grinnell	Manchester	49.71
			800 M Run	Jessica Sherwood	Grass Lake	02:24.8
			200 M Dash	Ella Suliman	Grass Lake	26.38
			3200 M Run	Sarah McEllis	Grass Lake	12:38.4
			4x400 M Relay	Ella Suliman	Grass Lake	04:16.5
				Emily Fonzi		
				Rebecca Mahlmeister		
				Jessica Sherwood		

2017	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake	7--0	16	High Jump	Riley Collins	Manchester	
Manchester	6--1	14	Pole Vault	Kimberlynn Burk	Hanover-Horton	
Addison	4--3	11	Long Jump	Ella Sulliman	Grass Lake	
Hanover-Horton	5--2	10	Discus	Kelsey Duke	East Jackson	
Vandercook Lake	3--4	9	Shot Put	Aryanna Nieto	Michigan Center	
Napoleon	2--5	6	4x800 M Relay		Grass Lake	
Michigan Center	1--6	4				
East Jackson	0--7	2				
			100 M Hurdles	Ally McLouth	Addison	
			100 M Dash	Ella Sulliman	Grass Lake	
			4x200 M Relay		Grass Lake	
			1600 M Run	Emily Fonzi	Grass Lake	
			4x100 M Relay		Vandercook Lake	
			400 M Run	Riley Collins	Manchester	
			300 M Hurdles	Ally McLouth	Addison	
			800 M Run	Emily Fonzi	Grass Lake	
			200 M Dash	Ellia Sulliman	Grass Lake	
			3200 M Run	Mary Bradshaw	Manchester	
			4x400 M Relay		Addison	

2018	W-L	Points	Event	Conference Champion	School	Finish
			High Jump	Abigail Beneke	Hanover-Horton	10-Apr
			Pole Vault	Kimberlynn Burk	Hanover-Horton	6-Aug
			Long Jump	Ella Suliman	Grass Lake	17-08
			Discus	Katie Sayles	Napoleon	101-03
			Shot Put	Katie Sayles	Napoleon	33-11
			4x800 M Relay		Hanover-Horton	10:35.5
CONF MEET	POINTS					
Hanover-Horton	146.5		100 M Hurdles	Ally McLouth	Addison	16.21
Grass Lake	134		100 M Dash	Ella Suliman	Grass Lake	12.96
Addison	71.5		4x200 M Relay		Hanover-Horton	01:51.5
Manchester	63.5					
Michigan Center	38.5					
Vandercook Lake	34					
Napoleon	23		1600 M Run	Judy Rector	Hanover-Horton	05:33.0
East Jackson	15		4x100 M Relay		Manchester	52.94
			400 M Run	Makayla Sayer	Manchester	01:01.9
			300 M Hurdles	Ally McLouth	Addison	48.34
			800 M Run	Judy Rector	Hanover-Horton	02:28.1
			200 M Dash	Ella Suliman	Grass Lake	27.24
			3200 M Run	Judy Rector	Hanover-Horton	12:18.8
			4x400 M Relay		Hanover-Horton	04:19.1

2019	W-L	Points	Event	Conference Champion	School	Finish
Hanover-Horton		7.5	High Jump	Aislyn Williams	Hanover-Horton	
Manchester		7.5	Pole Vault	Aubrey Ashwell	Grass Lake	
Addison		5	Long Jump	Ally McLouth	Addison	
Grass Lake		5	Discus	Katie Sayles	Napoleon	
Napoleon		5	Shot Put	Jayden Humphrey	Manchester	
Michigan Center		3	4x800 M Relay	Kelly Fielder	Hanover-Horton	
East Jackson		2		Carly Cure		
Vandercook Lake		1		Clara Rector		
				Judy Rector		
CONF MEET	POINTS		100 M Hurdles	Ally McLouth	Addison	
Hanover-Horton	160		100 M Dash	Jayden Humphrey	Manchester	12.68
Manchester	159.5		4x200 M Relay	Makayla LeDuc	Hanover-Horton	
Grass Lake	106.5			Ellery Cure		
Napoleon	84			Aislyn Williams		
Addison	67			Reagan Fazekas		
Michigan Center	35		1600 M Run	Judy Rector	Hanover-Horton	
East Jackson	30		4x100 M Relay	Anna Walz	Manchester	
Vandercook Lake	14			Gwen Gebhardt		
				Makenzie Pietrzyk		
				Jayden Humphrey		
			400 M Run	Lexus Bargesser	Grass Lake	59.57
			300 M Hurdles	Ally McLouth	Addison	
			800 M Run	Judy Rector	Hanover-Horton	02:27.7
			200 M Dash	Jayden Humphrey	Manchester	26.21
			3200 M Run	Judy Rector	Hanover-Horton	
			4x400 M Relay	Kelly Fielder	Hanover-Horton	
				Ellery Cure		
				Abigail Beneke		
				Reagan Fazekas		

2020

W-L

Points

Event

Conference Champion

School

Finish

No Season COVID-19

2021	W-L	Points	Event	Conference Champion	School	Finish
Grass Lake		7.5	High Jump	Morgan Lutton	Manchester	3-May
Manchester		7.5	Pole Vault	Addisyn Rudd	East Jackson	6-Aug
Addison		5	Long Jump	Jessie Phillip	Manchester	15-05
Grass Lake		5	Discus	Jennifer Sherwood	Grass Lake	107-07
Napoleon		5	Shot Put	Chelsea Bamm	Napoleon	33-07
Michigan Center		3	4x800 M Relay	Allie Koch	Manchester	10:28.5
East Jackson		2		Jenna Dodak		
Vandercook Lake		1		McKenna Marsh		
				Jessie Phillip		
CONF MEET	Finish		100 M Hurdles	Kathryn Childs	Hanover-Horton	16.51
Napoleon	117		100 M Dash	Lexus Bargesser	Grass Lake	12.24
Grass Lake	117		4x200 M Relay	Ally Beougher	Addison	01:53.0
Manchester	108			Erin Flynn		
Addison	90			Alaysia Allen		
Hanover-Horton	83			Sayra Hernandez		
Michigan Center	44		1600 M Run	Ava Viegelahn	Grass Lake	05:48.1
East Jackson	38		4x100 M Relay	Dylana Whalen	Vandercook Lake	53.12
Vandercook Lake	36			Tessa Watson		
				Morgan LeFaive		
				Kylie Bladwin		
			400 M Run	Lexus Bargesser	Grass Lake	57.2
			300 M Hurdles	Brynn Mericle	East Jackson	49.76
			800 M Run	Kailee Sandoval	Grass Lake	02:23.8
			200 M Dash	Lexus Bargesser	Grass Lake	25.1
			3200 M Run	McKenna Marsh	Manchester	13:34.4
			4x400 M Relay	Kailee Sandoval	Grass Lake	04:10.3
				Madison Basham		
				Ava Viegelahn		
				Lexus Bargesser		

2022	Duals	Points	Event	Conference Champion	School	Finish
Grass Lake	7--0	15	High Jump	Morgan Lutton	Manchester	4-10.0
Napoleon	6--1	15	Pole Vault	Elly Trefry	Michigan Center	Oct-00
Hanover-Horton	4--3	11	Long Jump	Alyssa Budd	Napoleon	17-02.5
Addison	4--3	10	Discus	Katelyn Landa	Napoleon	102-05
Manchester	4--3	8	Shot Put	Emme VanPoppel	Napoleon	33-09.25
East Jackson	1--6	6	4x800 M Relay	Madelyn Norman	Napoleon	10:32.1
Michigan Center	2--5	5		Ann Joseph		
Vandercook Lake	0--7	1		Gracia Tallman		
				Lauren McLain		
CONF MEET	Finish		100 M Hurdles	Brynn Mericle	East Jackson	16.28
Napoleon	152		100 M Dash	Alyssa Budd	Napoleon	13.16
Grass Lake	119.5		4x200 M Relay	Ally Beougher	Addison	01:50.4
Hanover-Horton	94			Alexis Chapman		
Addison	92			Alaysia Allen		
East Jackson	84			Molly Brown		
Manchester	74		1600 M Run	Ava Viegelahn	Grass Lake	05:49.8
Michigan Center	27.5		4x100 M Relay	Kaitlyn Pilch	East Jackson	52.91
Vandercook Lake	-			Addisyn Rudd		
				Savanna Stewart		
				Brynn Mericle		
			400 M Run	Lexus Bargesser	Grass Lake	01:00.9
			300 M Hurdles	Brynn Mericle	East Jackson	48.798
			800 M Run	Sophia Reynolds	Hanover-Horton	02:30.4
			200 M Dash	Kaitlyn Pilch	East Jackson	27.72
			3200 M Run	McKenna Marsh	Manchester	12:50.9
			4x400 M Relay	Ally Beougher	Addison	04:21.4
				Sayra Hernandez		
				Molly Brown		
				Alaysia Allen		

2023	Duals	Points	Event	Conference Champion	School	Finish
Grass Lake	7--0	16	High Jump	Mya Clay	Hanover-Horton	4-10.00
Hanover-Horton	6--1	14	Pole Vault	Addisyn Rudd	East Jackson	8-06.00
Napoleon	4--3	12	Long Jump	Alyssa Budd	Napoleon	16-02.0
Addison	4--3	10	Discus	Mariah Kerley	East Jackson	100-04
Manchester	3--4	8	Shot Put	Ereka Risner	Grass Lake	37-09.00
Michigan Center	2--5	5	4x800 M Relay	Madelyn Norman	Napoleon	11:02.4
East Jackson	1--6	5		Lauren McLain		
Vandercook Lake	0--7	2		Grace Tallman		
				Makenzy Lindemann		
CONF MEET	Finish		100 M Hurdles	Molly Brown	Addison	15:00
Grass Lake	153		100 M Dash	Molly Brown	Addison	12.81
Hanover-Horton	149		4x200 M Relay	Sydney Jedele	Manchester	01:50.3
Napoleon	102.5			Maggie Stewart		
Addison	101			Lydia Bennett		
Manchester	60.5			Allie Koch		
East Jackson	51		1600 M Run	Stephanie Hernandez	Addison	05:48.7
Michigan Center	26		4x100 M Relay	Alayna Shackelford	Hanover-Horton	52:00:00
Vandercook Lake	3			Sophia Reynolds		
				Mya Clay		
				Kaytie Warren		
			400 M Run	Sophia Reynolds	Hanover-Horton	57:36.0
			300 M Hurdles	Molly Brown	Addison	47.06
			800 M Run	Sophia Reynolds	Hanover-Horton	02:28.4
			200 M Dash	Grace Bullock	Grass Lake	26.83
			3200 M Run	Stephanie Hernandez	Addison	12:48.4
			4x400 M Relay	Mya Viegelahn	Grass Lake	04:13.3
				Ava Viegelahn		
				Grace Bullock		
				Maddie Jenks		

2024	Meet	Final	Event	Conference Champion	School	Finish
Grass Lake	102	1st	High Jump	Payton Nichelson	Jonesville	5-2.0
Homer	86	T2nd	Pole Vault	Emma Wildt	Homer	10-0
Napoleon	107	T2nd	Long Jump	Alexa Burgess	Napoleon	16-4
Hanover-Horton	77	4th	Discus	Jaylyn Perkins	Homer	112-11
Addison	73	5th	Shot Put	Mariah Kerley	East Jackson	34-1
Jonesville	56	6th	4x800 M Relay	Chelsea Russ	Hanover-Horton	10:36.6
Manchester	46	7th		Brynlee Swihart		
Leslie	56	8th		Ava Schnell		
Columbia Central	26	9th		Olivia Perrine		
East Jackson	23	T10th	100 M Hurdles	Molly Brown	Addison	6:14
Michigan Center	14	T10th	100 M Dash	Molly Brown	Addison	12.85
Vandercook Lake	7	12th	4x200 M Relay	Grace Bullock	Grass Lake	01:51.8
				Ava Viegalahn		
				Kate Starkey		
				Mya Viegelahn		
			1600 M Run	Olivia Perrine	Hanover-Horton	05:25.4
			4x100 M Relay	Ashleigh Simon	Grass Lake	1231:12:00
				Kate Starkey		
				Brooke Starkey		
				Grace Bullock		
			400 M Run	Sophia Reynolds	Hanover-Horton	19:12.0
			300 M Hurdles	Molly Brown	Addison	49.97
			800 M Run	Sophia Reynolds	Hanover-Horton	02:24.8
			200 M Dash	Grace Bullock	Grass Lake	26.66
			3200 M Run	Lauren McLain	Napoleon	13:28.8
			4x400 M Relay	Jaidyn Smith	Leslie	04:18.7
				Alexandra Ream		
				Hailey Creisher		
				Maycie Boyer		

2025	Meet	Final	Event	Conference Champion	School	Finish
Grass Lake		1st	High Jump	Ayva Reynolds	Napoleon	5-0
Leslie		2nd	Pole Vault	Emma Wildt	Homer	10-6
Addison		T3rd	Long Jump	Molly Brown	Addison	17-0
Homer		T3rd	Discus	Mariah Kerley	East Jackson	116-10
Jonesville		T3rd	Shot Put	Mariah Kerley	East Jackson	37-0.5
Napoleon		6th	4x800 M Relay	Margaret Guerra-Har	Leslie	10:15.29
Hanover-Horton		T7th		Leah Flannery		
Columbia Central		T7th		Hailey Creisher		
Jonesville		T7th		Leila Messner		
East Jackson		T7th	100 M Hurdles	Molly Brown	Addison	14.6
Michigan Center		T7th	100 M Dash	Molly Brown	Addison	12.53
Vandercook Lake		12th	4x200 M Relay	Grace Bullock	Grass Lake	1:50.28
				Kate Starkey		
				Brooke Starkey		
				Reese Lape		
			1600 M Run	Hailey Creisher	Leslie	5:18.62
			4x100 M Relay	Grace Bullock	Grass Lake	51.97
				Addelynn Kidd		
				Brooke Starkey		
				Kate Starkey		
			400 M Run	Leila Messner	Leslie	1:02.47
			300 M Hurdles	Molly Brown	Addison	45.72
			800 M Run	Karsyn Smith	Michigan Center	2:25.48
			200 M Dash	Grace Bullock	Grass Lake	26.02
			3200 M Run	Margaret Guerra-Har	Leslie	12:42.33
			4x400 M Relay	Elise Bullock	Grass Lake	4:18.70
				Ave Kruise		
				Adalyn Jarchow		
				Grace Bullock		