

REGION V CHAMPIONS

CROSS COUNTRY INDIVIDUALS

YEAR	NAME	TOWN	NAME	TOWN	NAME	TOWN	NAME	TOWN
	BOY'S COMBINED				GIRL'S COMBINED			
1963								
1964								
1965								
1966	Estes, C	JNU						
1967	Thibodeau, G	JNU						
1968	Thibodeau, G	JNU						
1969								
1970	Thomas, D	JNU						
1971								
1972								
1973								
1974	Michael, D	JNU			Hakala, M	JNU		
1975	Hunz, R	SKG			Thibodeau, M	JNU		
1976	Hunz, R	SKG			Thibodeau, M	JNU		
1977	Schmitz, S	JNU			Thibodeau, C	JNU		
1978	Ellis, C	JNU			Thibodeau, C	JNU		
1979								
1980								
1981								
1982								
1983								
	BOY'S 4A		BOY'S 1/2/3A		GIRL'S 4A		GIRL'S 1/2/3A	
1984								
1985								
1986								
1987								
1988								
1989								
1990								
1991								
1992							Meissner, T	WRG
1993								
1994								
1995	Vanderjack, A	JNU	Blackhurst, C	HNS	Hodges, J	JNU	Carter, K	CRG
1996								
1997								
1998								
1999								
2000	Stringer, J	JNU	Bush, P	KLK	Jakubek, J	KTN	Lende, S	HNS
2001	Stringer, J	JNU	Bush, R	SKG	Young, H	JNU	Morris, C	KAK
2002	Linke, A	STK						
2003	Knutson-Lombar	JNU	Mulvihill, K	EDG	Thibodeau, G	JNU	Streuli, A	PSG
2004	Knutson-Lombar	JNU	Howell, M	WRG	Garvey, L	JNU	Lende, J	HNS
2005	Dinnan, T	JNU						
2006	Weissberg, A	STK	Kemp, C	HNS	Francis, L	JNU	Lende, S	HNS
2007	Brown, H	JNU	Kemp, C	HNS	Francis, L	JNU	Lende, J	HNS
2008	Bursell, Z	JNU	Wilson, M	SKG	Francis, L	JNU	Lende, S	HNS
2009	Thibodeau, S	JD	Wison, M	SKG	Ord, A	JD	Paustian, K	STK
2010	Thibodeau, S	JD	Payenna, T	EDG	Browning, S	JD	Surdyk, K	SKG
2011	Francis, D	JD	Friedman, N	STK	Browning, S	JD	Riggs, S	STK
2012	Norvell, T	JD	Brand, W	CRG	Hall, M	TM	Nyquest, T	THB
2013	Moser, R	JD	Wilcox, D	STK	Hall, M	TM	Nyquest, T	THB
2014	Moser, R	JD	Baciocco, C	STK	Welling, N	TM	Nyquest, T	THB
2015	Arthur, A	JD	Baciocco, C	STK	Welling, N	TM	Hutten, R	WRG
2016	Ellefson-Carnes	JD	Wilcox, D	STK	Tuckwood, S	JD	Hutten, R	WRG

	BOY'S D I		BOY'S D II		GIRL'S D I		GIRL'S D II		BOY'S D III		GIRL'S D III	
2017	Ellefson-Carnes	JD	Pate, J	STK	Tuckwood, S	JD	Cowan, M	PSG				
2018	Ellefson-Carnes	JD	McIntyre, S	STK	Tuckwood, S	JD	Cowan, M	PSG				
2019	Morley, F	JD	Baciocco, D	STK	Tuckwood, S	JD	Prussian, A	STK	George, S	HNS	Chase, M	PSG
2020*	Lapinsik, M	KTN	Demmert, S	STK	Dihle, K	TM	Smith, T	STK	Lucas, U	PSG	Dryden, M	HNS
2021	Lapinski, M	KTN	Demmert, S	STK	Dihle, K	TM	Prussian, A	STK	Lucas, U	PSG	Godinez-Long, A	HNS
2022	Atkins, K	JD	Demmert, S	STK	Eller, E	JD	Mullin, C	STK	Harrison, D	WRG	Godinez-Long, A	HNS
2023	Vera Alvarado, E	JD	Hitchcock, C	STK	Meyer, I	JD	Mullin, C	STK	Loucks, B	WRG	Godinez-Long, A	HNS
2024	Iverson, N	JD	Hitchcock, C	STK	Meyer, I	JD	Mullin, C	STK	Loucks, B	WRG	Toth, M	PSG

* COVID Pandemic - Modified season