

LAKE BOYS CROSS COUNTRY – 2023

SENIORS

Derk Jackson (4VL)
Connor McClellan (4VL)

JUNIORS

Anthony Adams (VL)
Micah Balsmeyer (3VL)
Ethan Brown (2VL)
Nick Middleton (2VL)
Luke Steep (VL)

SOPHOMORES

FRESHMEN

Matt Raglow (VL)
Wyatt Rawski (VL)
Frank (Tripp) Swails III (VL)

VARSITY RECORD

Head Coach: Montana Garcia

Seneca East - 12th/17
Grove Invite - 13th/19
Tiffin Invite - 31st/37
Genoa - 6th/14
Liberty Center - 11th/19
Eagle Invite - 2nd/7
Jamboree - 2nd
Fostoria - 8th/11
NBC Champs - 3rd
Districts - 4th
Regionals- 11th

MVP: _____

MIP: _____

SPECIAL HONORS & STATISTICS:

Micah Balsmeyer: NBC First Team, League Champion, District First Team, District Champion

Luke Steep: NBC First Team, District Second Team

Connor McClellan: NBC Second Team, District Honorable Mention

Derk Jackson: NBC All Academic

TEAM HONORS:

Qualified for Regionals

SCHOOL RECORDS:

Micah Balsmeyer: 7th All Time Best 5K, 16:37.7