Mr. Michigan Track & Field
Steve Bastia/Saline

MITCA Track & Field Dream Team 2012

MEN’S DREAM TEAM

High Jump
Luis Lambertu-11/Petoskey & Travis McCuiga-11/Morley Stanwood

Long Jump
Steve Bastian-12/Saline

Pole Vault
Jamie Salisbury-12/Marine City

Discus
Jacob Patrick-11/Litchfield

Shot Put
Riley Norman-11/Cadillac

100 Meters
Kyle Redwine-12/Auburn Hghts. Avondale

400 Meters
Shane Barron-12/Flint Carmen-Ainsworth

800 Meters
Brandon Waallace-12/Highland Milford

High Hurdles
*#Drake Johnson-12/Ann Arbor Pioneer

1600 Meters
Conner Mora-11/Cedar Springs

3200 Meters
Garret Zuk-12/Walled Lake Lakeland

4x100
GRAND BLANC Jamil Banks/10, Jalen Cureton/12, Damonta’ Madden/12, Alton Yarbrough/11.

4x200
ANN ARBOR HURON Anthony Goodman/12, Kendall Jackson, Adrian Sanchez, David Washington

4x400
GROSSE PTE SOUTH Ersula Farrow/9, Haley Meier/11, Hannah Meier-11, Caitlin Moore/12

4x800
HIGHLAND MILFORD Paul Ausum/12, Kyle Monagle/11, Brandon Wallace/12, Shawn Welch/12

*2011 Dream Team Member

Ms. Michigan Track & Field
Cincy Ofili/Ann Arbor Huron

WOMEN’S DREAM TEAM

High Jump
Keinna Ingram-11/Southfield Lathrup

Long Jump
Ciera Pryor-11/Jackson

Pole Vault
Brittany Mann-12/Birmingham Detroit Country Day

Discus
Katie Rancourt-12/East Kentwood

Shot Put
Brittany Mann-12/Birmingham Detroit Country Day

100 Meters
Sydney Cureton-12/Birmingham Detroit Country Day

200 Meters
*Kyra Jefferson-12/Detroit Cass Tech

400 Meters
#Kendall Baisden-11/Birmingham Detroit Country Day

800 Meters
*#Hannah Meier-10/Grosse Pte. South

1600 Meters
*Hannah Meier-10/Grosse Pte. South

3200 Meters
Erin Finn-11/West Bloomfield

4x100
GRAND BLANC Quenee’ Dale/10, Alana Hollis/10, Amanda Luurtsema/11, Samantha Richart/12

4x400
ANN ARBOR HURON Maya Long/12, Cindy Ofili-12, Stevi Smith/12

4x800
GROSSE PTE SOUTH Bria Johnson/11, Hannah Meier-11, Amanda Luurtsema/11, Samantha Richart/12

*2010 Dream Team Member

THE PRESIDENT’S LANE: Chris Bolen/Tawas High

I hope that everyone’s summer is off to a fantastic start! Each school year seems to get more and more hectic, especially as they wrap up in the spring. What a fabulous opportunity we have, in our sport of Track and Field, to end each year with the great finales of MITCA Team State and the MHSAA State Final Meets.

I had the distinct pleasure this year of handing out All-State Certificates at the D-3 Finals meet at Comstock Park. This was a new perspective for me. I have always attended the meet with athletes from our team before, which has been an exciting and nerve-wracking event…….continued on next page.
**Clinic In A Newsletter**

This issue’s topics for “Clinic In A Newsletter” presents the retired coach, a growing situation. Many of us retire from the classroom, remaining at the school as a coach. Others retire and wind up at another school. The throws are sometimes neglected/ignored the high school. College, with the additional throws they can be a major factor on a team. And finally, plan ahead, set goals, accomplishments can be unlimited!!!!! Your editor is always looking for ideas, themes or suggestions for articles for “Clinic In A Newsletter” If you have an idea for a theme or would like to contribute an article please contact your editor……….. jgm

**COACHING IN RETIREMENT**

Prior to retiring in Lexington, Mi. I coached Cross Country for 31 years at Warren Cousino. My coaching experience was as a boys volunteer coach in track & field for 4 years, the girls club coach in 1978 then as a girls & boys volunteer coach. Then in 1982 I was named the head girls coach, a position I held for 21 years until I retired from coaching at Cousino in 2003. There was 1 year during that period where I was also the boys head coach. In 2006 my wife & I moved to Lexington with plans of retiring soon after out transition. It didn’t take me long though to get back in my “coaching groove” as I volunteered to help out with the Cross Country program at Cros-Lex High School for its 2006 season. I later retired from my Sales Manager position at a company in Oxford in 2007. My volunteer coaching wasn’t limited to just Cross Country. Before you know it, I was assisting with the Track Team’s discus and shot put athletes in 2008; I just finished my fifth Track season and will be starting my seventh Cross Country season in the fall at Cros-Lex. In addition I have been in charge of the 5th and 6th grade Cross Country Team since 2007. It was my opportunity to introduce youngsters to running and encourage them to continue running as they enter high school.

Needless to say coaching is my passion. The thought of helping boys and girls mature through their involvement in sports is exciting. I have witnessed their becoming young men and women who are responsible, caring adults and who have made a difference in the lives of other young and upcoming cross country and track runners. It is a joy when I get calls from my former runners to report that they are running half or full marathons or that they are coaching at the junior high level. For the second year I will be one of the coaches for the USA High School Track & Field Team for the Down & Under Program taking place in Australia the first part of July.

All I can say – Coaching in retirement is the greatest for this “Golden Years Man”!

**HIGH SCHOOL THROWER**

Looking back at 20 plus years of coaching, over 10 being at the college level, I have come down to understanding the sport and team thoughts of Track & Field. Really thinking that if my experiences were from the head coaching view, not the throws, I would think that a 200/400 meter athlete

This time, I was able to just watch and listen to all that goes on with the races and in the award staging area. First off the “crew” at Comstock Park that runs that area is excellent. They definitely have a system worked out for making things run as smoothly as possible. They were also very kind and patient with the athletes. No matter how many times they were asked the same question they answered each athlete as if it was the first time someone had asked. You could tell that each of the individuals working that area was truly there for the kids.

The second thing that I witnessed was how the athletes presented themselves as true champions. Each and every one of them accepted their awards with grace and style. The interviews with the media were done with excitement, but also a large degree of humility and respect for what it took to get them there. The athletes were outstanding representatives of their teams, their schools, and their communities. Kudos to those athletes, coaches, parents, and all the others who played a role in building these Champions! Job well done!

Discussion of the 2012 Dream Team

Hannah Meier, for the 3rd straight year earned 2 spots on the Dream Team, 800 & 1600, this year picking up a 3rd spot on the 4x8 relay. Drake Johnson, in the highs, is the only other repeater on the Dream Team from 2011. Brittany Mann claimed both of the throws positions on the Dream Team. Cindy Offili, Brandon Wallace and David Washington each picked off an individual & relay position on the 2012 team.

The 2012 MITCA Dream Team members accounted for 5 additional individual titles besides the event that made the Dream Team for and were part of 4 winning relays. Sami Mitchell won 4 events on the day, her Dream Team 300H, LJ, 200 and 100H.

The Girls Dream Team members were responsible for 1 National, 4x8; 3 all-division, 3H, 3200 and 4x8; and 6 divisional records. LJ-D1, LJ-D3, 100-D2, 400-D2, 1H-D3, 3H-D3, 3200-D1, 4x8-D1 and tying the D1 High Jump record. Sami Mitchell set MHSAA Final Meet Records in 3 of the 4 events she won.

The Boys Dream Team members were responsible for 4 divisional records; D-D4, PV-D2, 200-D2 and 4x8-D2.

Besides the 5 Dream Team members already mentioned that scored in more than 1 event at the 2012 Finals there are another 4 members that were multiple scorers at the Finals. Steve Bastien, besides winning the LJ was 2nd in the vault and on the 3rd place 4x2 & 4x4. Kyle Redwine to go with his 100 win had a 1st with the 4x1, 2nd in the 4x4 and 4th in the 4x2. Kassius Kelly was 3ed in the 100 to go along with his Dream Team 200.

5th and 6th grade Cross Country Team since 2007. It was my opportunity to introduce youngsters to running and encourage them to continue running as they enter high school.

For example former University of Detroit Mercy, Radford University and University of Oregon all American weight and hammer thrower Brian Richotte (current throws coach at Detroit Mercy). This young man was out of Royal Oak Shrine and was looking at a possible all-purpose type of athlete. He went on to learn the Hammer throw very well and become an two time all-American and just competed at his second Olympic trials last month.

When looking at being involved in college athletics its most important to be passionate about your sport of choice because you are going to spend a lot of time around it so being in love with it is a must. Second please give it some time, its takes time to adjust to college life in general, add a sport of learning like track then throw in some new events, it takes time! Young throwers, we can’t all be full scholarships athletes at University of Michigan or State so please consider some smaller schools like Central Michigan, Grand Valley Detroit Mercy and the rest of the options in the state. It’s also important for high school coaches to let their student athletes know about their options, both in the classroom and on the field. Encourage your athletes to attend camps and clinics in the summer, take visits to campuses and talk with college coaches.
**NATIONAL RECORD**

Dream & Plan Ahead, Steve Zaranek, Grosse Pointe South

"Our main goal was to be very consistent with our split times and run near our national personal bests. We knew if all four of our girls could achieve that goal, we would be well under 9:00 and possibly have a shot at the national record. We also felt our girls would be fresh and ready to go in their later races." The first three GPS girls each clocked 2:13's - at or within 2 seconds of their PR's. Hannah knew what the overall time needed to be when she received the baton in order to have a shot at the national record. She is an extremely smart runner and has the extraordinary ability to pace herself to get any job done and to achieve our desired goal. And that's exactly what she did." The South distance girls were ready to go later on as they scored 27 points in the 1600; 21 points in the 800 and also won the 4x400.

In March, the four GPS girls won the national indoor distance medley relay championship in NYC just missing the national record. Adding their four personal best mile times together (all are under 5:00), they are projected well under the national record for the 4x1 mile. "Our plan was to run to the 4x1 mile at the New Balance Outdoor Nationals but the meet fell on the same weekend as the USA & F nationals and that took priority. We hope to attempt the achieve the national record in 2013 in the 4x1 mile, the distance medley, and also attempt to lower the 4x800 record once again." Hannah Meier, at the Junior Nationals placed second to New York's Mary Cain in the 1500 with a state record time of 4:18.4 and will compete in Barcelona in July. Meier's The 4:18 projects to a 4:36 1600.

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**DIVISION 1 LOWER PENINSULA FINALS**

**BOYS**

**HIGH JUMP:**
1- Tre Goye/Redford Union-6' 6"  2- Harris-Edwards Grand

**LONG JUMP:**
1- Steven Bastien/Saline-23' 5"  2- Tyree Waller/Ypsilanti Lincoln-23' 3.25;  3- Houston Glass/East Kentwood-22' 6.75.

**POLE VAULT:**
1- Dan Emery/Battle Creek Lakeview-15' 4"  2- Steven Bastien/Saline-14' 10"  3- Tyler Leach/Ann Arbor Pioneer-14' 7;  4- Kevin Weiler/Swartz Creek-15' 3;  5- Matt Costello/Bay City Western-175' 6;  6- Cullen Prena/Walled Lake Central-173' 6;  7- Vinny Gjokal/Walled Lake West-169' 0.

**SHOT PUT:**
1- Kevin Weiler/Swartz Creek-55' 10.5;  2- Matt Costello/Bay City Western-55' 8;  3- Cullen Prena/Walled Lake Central-54' 6.5.

**DISCUS:**
1- Matt Costello/Bay City Western-175' 6;  2- Cullen Prena/Walled Lake Central-173' 6;  3- Vinny Gjokal/Walled Lake West-169' 0.

**4X100:**
1- Kevin Weiler/Swartz Creek-55' 10.5;  2- Matt Costello/Bay City Western-55' 8;  3- Cullen Prena/Walled Lake Central-54' 6.5.

**4X400:**
1- Sami Michell of Reed City becomes only the second person to win four individual event titles, LJ, 200 & both hurdles, at the Lower Peninsula MHSAA Girls Track & Field Finals. The first person to win four individual event titles was Maria Shoup of Mason County Eastern, who won the 100 Hurdles. 200 Hurdles-800 Run and Long Jump at the Class D Finals in 1979.

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**GIRLS**

**HIGH JUMP:**
1- Keiana Ingram/Fairport Lathrup-5' 9 (Ties D1 Meet Rec. with Ariel Roberts/Ann Arbor Pioneer-2008);  2- Victoria Blake/Midland-5' 7;  3- Scenclair McDonnell/Livonia Churchill-5' 7.

**LONG JUMP:**
1- Cierra Pryor/Jackson-19' 0 (New D1 Meet Rec - Old Record: 18' 9 Monsherri Hall/Saginaw Arthur Hill-2007);  2- Aaron Howell/Farmington-18' 8.25;  3- Christy Schultz/Muskegon Reeths' Puffer-18.0.5.

**POLE VAULT:**
1- Katie Rancourt/East Kentwood-12' 6;  2- Jordan Keesee/Grand Haven-12' 0;  3- Micaela Conter-Dexter-11' 9.

**DISCUS:**
1- Jace/vyn Wortham/Harrison Township L'Anne Creuse-136' 6;  2- Anna Brunsmans/Fraser-119' 3;  3- Emily Norcisa/Livonia Churchill-118' 4.

**SHOT PUT:**
1- Sam Pavlikilova-Novi-40' 0;  2- Josephine Jackson/Walled Lake Central-39' 6;  3- Rachel Raab/Rockford-38' 11.1.

**HIGH JUMP:**
1- Tyree Waller/Ypsilanti Lincoln-6' 6;  2- Rhonda Johnson/Editedville-6' 6.

**LONG JUMP:**

**DISCUS:**
1- Jocelynof of Grand Ledge-49.39.

**SHOT PUT:**
1- Sam Pavlikilova-Novi-40’ 0.

**HIGH JUMP:**
1- Sami Michell of Reed City becomes only the second person to win four individual event titles, LJ, 200 & both hurdles, at the Lower Peninsula MHSAA Girls Track & Field Finals. The first person to win four individual event titles was Maria Shoup of Mason County Eastern, who won the 100 Hurdles. 200 Hurdles-800 Run and Long Jump at the Class D Finals in 1979.

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**MHSAA ONLINE RULES MEETING WINDOW**

**August 6 - September 13**

You must complete the online rules meeting to coach the MHSAA Regional & Final Meet.

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MITCA recognizes 1-3 1st Team All-State, 4-6 2nd Team All-State, 7-8 Honorable Mention. UP 1-2 All-State, 3-4 2nd Team All-State, 5-6 Honorable Mention.

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Sami Michell of Reed City becomes only the second person to win four individual event titles, LJ, 200 & both hurdles, at the Lower Peninsula MHSAA Girls Track & Field Finals. The first person to win four individual event titles was Maria Shoup of Mason County Eastern, who won the 100 Hurdles. 200 Hurdles-800 Run and Long Jump at the Class D Finals in 1979.

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**CROSS COUNTRY 2011 STARTS**

Wednesday, August 8

First competition: Friday, August 17

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**Reading T-Shirts on Saturday**

**A human body can only take so much….then the heart & spirit take over.…….**

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DIVISION 2 LOWER PENINSULA FINALS

at Houseman Field, Grand Rapids

BOYS (3 D2 meet records)

HIGH JUMP - 1-Louis Lambert/Peteskey-6' 6; 2-Deanmarcus Leak/Paw Paw-6' 6; 3-Matt VanDyk/Imlay City-6' 4.  
LONG JUMP - 1-Eric Wilson/Redford Thurston-22' 7.5; 2-Deanmarcus Leak/Paw Paw-22' 5.5; 3-Dontell Highsmith/Dowagiac-22' 2.5.  
POLE VAULT - 1-Jaime Salisbury/Manire City-16' 1.  
DISCUS - 1-T.J. Beelen/Zeeland East-189' 8; 2-Dylan Banagis/Grand Rapids Forest Hills Eastern-171' 11; 3-Kellen Sorenson/Carleton Airport-162' 0.  
LONG JUMP - 1-Kyle Redwine/Auburn Hills Avondale-10.53; 2-Ted Parmher/Linden-10.67; 3-Kassius Kelly/Livonia Clarenceville-10.97.  
200 - 1-Kassius Kelly/Livonia Clarenceville-21.36.  
(Many more participants in this meet, please see the full results for complete information.)

GIRLS (4 D2 meet records)

HIGH JUMP - 1-Kathryn Mills/Eaton Rapids-5' 6; 2-Mycal Huls/Grand Rapids South Christian-5' 4; 3-Lydia Sucke/Spring Lake & Sarah Schultz/Williamston-5' 2 & Kelsey Darling/Allegan-5' 2.  
LONG JUMP - 1-Sidney Bischer/Yale-18' 1.75; 2-Kristen Taylor/Richland Gull Lake-17' 6.50; 3-Elizabeth Dutc/Williamston-17' 5.25.  
POLE VAULT - 1-Janina Pollatz/Grand Rapids Christian-11' 6; 2-Alex Whiford/Grand Rapids South Christian-11' 3; 3-Sam Smith/Allendale-10' 11.  
DISCUS - 1-Brittany Mann/Detroit Country Day-156' 8; 2-Ashley Jemison/Lake Odessa Lakewood-123' 9; 3-Ashley O’Neill/Dearrow Child-122’ 2.  
LONG JUMP - 1-Kyle Redwine/Auburn Hills Avondale-10.53; 2-Ted Parmher/Linden-10.67; 3-Kassius Kelly/Livonia Clarenceville-10.97.  
200 - 1-Kassius Kelly/Livonia Clarenceville-21.36.  
(Many more participants in this meet, please see the full results for complete information.)

DIVISION 3 LOWER PENINSULA FINALS

at Comstock Park High School

BOYS

HIGH JUMP - 1-Travis McCuaig/Mt. Morris-Stanwood-6' 8; 2-Lucas Landis/Shelby-6' 8; 3-Aaron Benton/Almont-6' 8.  
LONG JUMP - 1-Dillon Wood/Lakeview-22' 4.50; 2-Willis Cline/Union City-21' 10.50; 3-Eric Cooper/Flint Beecher-20’ 10.  
300 HURDLES - 1-Eric Wilson/Redford Thurston-44.88; 2-Larry Bellington/Grand Haven Milford-41; 4-Birmingham Groves-32; 5-Bay City Western-26; 6-West Bloomfield-27; 7-East Kentwood & Ypsilanti 24; 9-Battle Creek Lakeview-20; 10-Portage Northern 18.  
55 teams scored.

GIRLS (All Class/Division 3 & D3 records)

HIGH JUMP - 1-Kara Craig/Schoolcraft-5’ 6; 2-Rachellean Sandbrook/Ovid’ Elsie-5’ 5; 3-Brooke Johnson/Union City-5’ 4.  
LONG JUMP - 1-Sami Michelli/Reed City-18’ 6.50 (New D3 Meet Rec. - Old Rec. - 18’ 1 - Juandella Oliver/Albion-2007); 2-Shelby Niedzwiecki/Freeland-16’ 6.75.  

continued on next page
DIVISION IV LOWER PENINSULA FINALS

<table>
<thead>
<tr>
<th>BOYS (2 meet records)</th>
<th>GIRLS (2 meet records)</th>
</tr>
</thead>
<tbody>
<tr>
<td>POLE VAULT: 1-Tyler Fogarty/Onckenama-13' 5; 2-Christopher Tom/Colón-13' 5; 3-Maxwell Ketterer/Pellston-13' 5.</td>
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<tr>
<td>DISCUS: 1-Jacob Patrick/Litchfield-190' 0 (New D4 Meet Rec. - Old Rec. 170' 1 - Andrew Hourigan/Traverse City Central-2000); 2-Austin Kapp/Jade City Glen-175' 7; 3-Robby Vandeventer/Columbia Central-170' 1.</td>
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<td>Meter: 1-Dominic Vandeverten/Travis Turner, Christian Reed, Alex Wescue.</td>
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<tr>
<td>4X800: 1-Lansing Catholic-8:01.27 (Joe Marra, Austin Winter, Jimmy Hicks, Zach Zingsheim); 2-Benzie Central-8:10.62 (William Huddleston, Jared Fekete, Travis Clous, Gerrit Buist); 3-Frankenmuth-8:12.07 (Nick Vietsengruber, Matt Hinds, Eric Edmonds, Jake Hall).</td>
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<tr>
<td>TEAM SCORING: 1-LANSING CATHOLIC 68; 2-Union City 3; 3-Frankenmuth 34; 4-Reed City 12.</td>
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3 girls continued...........3-Makayla Cook/Grand Rapids NorthPointe Christian-16' 6.5; 4-PETE VAULT: 1-Kirstie Weber/Pewamo-Westphalia-11' 7; 2-Brianna Salair/Lansing Catholic-11' 7; 3-Libby Schichtel/Grand Rapids West Catholic-11' 1. |
| DISCUS: 1-Rebecca Cousineau/Leslie-124' 8; 2-Megan Strahl/Grandville-122' 11; 3-Josilyn Crain/Flat Rock-120' 0. |
| Sprints: 1-Jayla Deering/Ektlon-Pigeon Bay Lake Porter-41' 8.25; 2-Ashey Bussing/Adrian Madison-40' 4; 3-Ashley Frahm/ Frankenmuth-39' 4.75. |
| 200: 1-Sammi Mitchell/Reed City-25.28; 2-Kimbry Balls/Bridgeport-25.56; 3-Brianna Dinnan/Buchanan-25.78. |
| 400: 1-Caryn Low/Marlette-53' 58; 2-Brianna Dinnan/Buchanan-53' 94; 3-Kimbry Balls/Bridgeport-54' 15.85. |
| 3-jordan Baker/Comstock-58.34. |
| 300 HURDLES: 1-Sammi Mitchell/Reed City-42.23 (New All-Class/D4 Meet Rec. - Old All-Class/D3 Meet Rec. - 42.43 - Carolyn Ferguson/Benton Harbor/Clark A-1984; Old D3 Record - 43.83 - Sammi Mitchell/Reed City-2011); 2-Emi Wney/Frankenmuth-45.01; 3-Kylie Hicks/Boisey City-45.06. |
| 1500 HURDLES: 1-Theresa Warscewek/Bentzen Central-4:57.59; 2-Annie Fuller/Manistee-5:01.80; 3-Lindsay Burdette/Hanover-Horton-5:03.85. |
| 1600 HURDLES: 1-Theresa Warscewek/Bentzen Central-4:57.59; 2-Annie Fuller/Manistee-5:01.80; 3-Lindsay Burdette/Hanover-Horton-5:03.85. |

...cont'd on the next page...
DIVISION 1 UPPER PENINSULA FINALS

BOYS (1 meet record)

DIVISION 2 UPPER PENINSULA FINALS

BOYS (1 meet record)
midwest boys continued…….7-Jacques Halli-21:94, 8-Josh Miles/ Woodhaven-21:95, 9-Jordi Sanneh-Peoria-21:96

4x8), 19 relay only athletes;    3 individual champions

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN 2013 ATM CLINIC Feb. 2-3

MIDWEST CROSS COUNTRY MEET Qualifying: week after the State Finals. Meet: In Ft. Wayne, In., Saturday, June 9, 1 week after the State Finals.

MIDWEST TRACK & FIELD MEET Qualifying: Seniors only, Invited based on State Finals & season.

ACADEMIC ALL-STATE 2012

DIV. 1 BOYS::
Dan Emery-11/Battle Creek Lakeview-PV, Matt Costello-11/Bay City Western-Discus, Phillip Johnson-11/Birmingham Groves-2, Josh Belt-12/Cadillac-8, Jestin Tigue-10/Davison-4x4, Gabe Hodge-11/Davison-4x4, Gerald Henderson-11/Davison-4x4, 4x8, Patrick Rooker-11/Davison-4x4, 4x8, Ernie Morton-12/East Kentwood-4x4, Adam Martin-12/East Kentwood-SP, Zachary Kughn-12/Grand Blanc-32, James DeWitt-12/Grand Haven-3H, Nathan Megge-12/Grand Rapids-8, 16, 4  Academic All-State in more than 1 event

Dan Emery-12/Battle Creek Lakeview-PV, Matt Costello-12/Bay City Western-Discus, Phillip Johnson-11/Birmingham Groves-2, Josh Belt-12/Cadillac-4x8, David Stalker-12/Cadillac-4x8, Jalen Brooks-10/Cadillac-4x8, Connor Mora-11/Cedar Springs-8, 16, 4  Academic All-State in more than 1 event

DIV. 1 GIRLS::
Maya Long-12/AA Huron-2, 4, 4x2, 4x4, Josie Granner-10/AA Huron-4x4, 4x8, Kennedy Beazley-10/AA Huron-4x4, 4x8, Alexandria Coll-10/AA Huron-4x8, Emily McAnish-12/Alpena-4x4, 4x4, 4x8, Emily Duncan-12/Alpena-4x4, Emily Duncan-11/Alpena-4x4, Paige Stepanski-12/Alpena-4x4, Amanda Dolt-11/Alpena-4x4, Kelsey Lewis-11/Alpena-4x8, Leigha McDaniel-11/East Kentwood-Discus, Katie Rancourt-12/East Kentwood-PV, Grace Kendra-11/Grand Haven-LJ, Jordan Keefe-12/Grand Haven-PV, Caitlin Moore-12/Grosse Pointe South-4x4, Haley Meier-11/Grosse Pointe South-4x8, Hannah Meier-11/Grosse Pointe South-4x8, Kelsie Schwartz-12/Grosse Pointe South-4x8, Aubryn Samaroo-11/Grosse Pointe South-HJ, Melissa Vuj-12/Jenison-4x1, Elizabeth Carpenter-12/Kenowa Hills-PV, Sarah Moen-11/Lakeview-3H, Rachel Barrett-10/Milford-16, Ashlynn Schiro-10/Kenosha-LJ, Gabrielle Thivierge-11/Rochester Adams-32, Jamie Morrissey-11/Rochester Adams-8, 4x4, Jessica Howell-11/Rochester Adams-LJ, 2, 4x4, Courtney Kliewer-12/Rockford-1, 4x2, 4x4, Taylor Manett-12/Rockford-4x8, 3, 4x4, Elise Schierbeck-11/Rockford-4x2, Alison Kelley-11/Rockford-4x2, Olivia Gilbert-10/Rockford-4x8, Rachel Raaab-11/Rockford-Discus, SP, Katie DeHaan-12/Rockford-PV, 4, 2, 4x2, Alana Hollis-10/Saline-4x1, Samantha Richart-12/Saline-4x1, Elinna Shwayder-10/Saline-4, 37 athletes; 4 with a 4,000; 10 Academic All-State in more than one event (Maya Long again in 4 events, 5 in 3 events); 48 actual Academic All-State positions; 19 relay only athletes; 3 individual champions (Leigha McDaniel/D, Katie Rancourt/PV, Maya Long/4);

DIV. 2 GIRLS::
Francis-4x4, Erin McDonnell-10/Traverse City St. Francis-4x8, Krissi Dressler-11/Traverse City St. Francis-4x8, Maddy Danz-11/Traverse City St. Francis-8, 4x4, 9 seniors, 10 juniors, 1 sophomores.

4x8, Connor Caporale-12/Lansing Catholic-4, 4x2, 4x4, Cedric Lee-12/Lansing Catholic-4x1, 4x2, Matt Macksood-12/Lansing Catholic-4x1, 4x2, Austin Caporale, James Hichs, William Huddleston, Matt Macksood and Joe Oehrli each in 3 events and 7 in 2 events)

Inland Lakes-4x8, Karina Cole-10/Lincoln-Alcona-4x8, Mallory Hall-12/Michigan Lutheran Seminary-8, Brooke Bovee-11/Morenci-3H, Kelsey Butcher-12/Morenci-3H. 

Flint Hamady-1, 2, Nick VanderKooi-11/Fremont Providence Christian-16, Travess Smith-10/Hesperia-4x4, Dillon Cook-11/Hesperia-4x8, Joel Calvert-

DIV. 3 BOYS: 10 Academic All-State in more than 1 event (Jessie Roos-Barron, Sarah Barron-8/16, Sydney Curenton-1, Kathy Mills/HJ, 11 Academic All-State athlete (East Grand Rapids had 9 spots from 4 athletes, Divine Child had 7 spots with 4 athletes, Zeeland West had 6 spots with 4 athletes, Hamilton & Lakewood each had 4 athletes, Detroit City had 4 spots with 4 athletes, Chelsea &Gull Lake had each 3 spots, and 4 schools had 2 spots each) 27 seniors, 19 juniors, 15 sophomores.

The best girls' relay team had 12 Academic All-State athlete (Zachary Zingheim-3H, Kaitlyn Hegewald-11/Traverse City St. Francis-2, 4x2, 4x4, Lauren Buckel-11/Traverse City St. Francis-2, 4x4, 9 seniors, 10 juniors, 1 sophomores.

10 Academic All-State in more than 1 event (Chris Maye & Zachary Zingheim each in 4 events; Jacob Caporale, Jordan Harris, Tallow Davis, Matt Macksood and Joe Oehrli each in 3 events and 7 in 2 events); 74 actual Academic All-State positions, 27 relay only athletes, 5 individual champions (Dan Liesman/SP, Chris Maye-1/2, Jake McFadden/HH-3H, Zachary Zingheim-8)

Lakewood each had 4 athletes, Detroit Country Day had 4 spots with 4 athletes, Chelsea &Gull Lake each had 3 spots, and 4 schools had 2 spots each) 27 seniors, 19 juniors, 15 sophomores.

10 winning relay runners (Lansing Catholic had 3 each from 4x2, 4x4 & 4x8); 23 different schools with at least 1 Academic All-State athlete (Lansing Catholic Central had 15 spots from 6 athletes, Marlette had 7 spots with 4 spots at each school and 5 athletes, Reed City had 4 spots with 3 athletes, Central City & Brooklyn Central each had 4 spots with 2 athletes and 5 spots had 2 spots each). 27 seniors, 19 juniors, 15 sophomores.

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USA JUNIOR OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Robert C. Haugh Track and Field Complex, Indiana University

USA JUNIOR OUTDOOR TRACK & FIELD CHAMPIONSHIPS

June 14 - 16, 2012

at North Carolina A & T University, Greensboro, NC

Top 6 in championship races are All-Americans

NEW BALANCE OUTDOOR NATIONALS

June 14 - 16, 2012

at North Carolina A & T University, Greensboro, NC

19 different schools with at least 1 Academic All-State athlete

Boys

Long Jump: 4-Steven Basden-12/Saline-23' 9

Pole Vault: 2-Jaime Salisbury-12/Marine City-16' 0

Discuss: 4-Jack and Kaitlyn Heweward each in 3 events and 9 individuals in 2 events

17 actual Academic All-State positions, 23 relay only

6 athletes; individual champions, with 7 wins

14 with a 4:000; 14 Academic All-State in more than 1 event (Shaley Albaugh & Amber Arndt each in 4 events. Daddy Danz & Kaitlyn Heweward each in 3 events and 9 individuals in 2 events)

NCAA DI Outdoor Championships D.I.

Drake University Des Moines, Iowa

Men

Discus: 11-Lonnie Pugh-Jr/Saline-23' 9

Pole Vault: 10-Kiley Tobel-11-Ottawa Lake Western-Michigan-4.15m

Women

Pole Vault: 8-Katie Rancourt-12/East Kentwood-11' 10.75

Kendra Baisden

JULY 10-15, 2012

IAAF WORLD JUNIOR CHAMPIONSHIPS

at Barcelona, Spain

Kendall Baisden/Beverly Hills Detroit Country Day and relay teammates Erika Rucker, Olivia Ekpone and Ashley Spencer ran the 4x400 in a world leading time of 3:30.01 to win the gold medal for the U.S.A. at the IAAF World Junior Championships in Barcelona. Hannah Meier/Grosse Pte South ran 3:41.20 in the semi-final of the 1500. She needed to run 4:18.30 to advance to the finals.

6/6-9 NCAA DI Outdoor Track & Field Championships D.I

At Traverse City, Michigan

Boys

100 Hurdles: 14-Quenee Dale-10/Saline-Michigan Acc-14.22

Sprint Medley: 7-Spirit of Pre/Saline: Spencer Bishop-12, Andrew Kitts-11, Anthony Lamus-11, Nick Rowling-12-18:01.79

Team Standings: No team scores listed this year.

Emerging Elite:

Hurdle Jump: 10-Melvin Harris-12/Grandville-6.75

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Reading T-Shirts on Saturday ADVERSITY...causes some to break & others to break records.


U.S. Olympic Team Trials - Track & Field - Michigan Athletes

Hammer Throw: 17-Brian Richote/Shrine-Radford-Stanford-Detroit Coach-217' 6
Steeplechase: 11:15.11
Field: 400 Hurdles:
Men
Shot Put: 800: 4-Joel Rietsema-J/Rockford-Hope-1:50.72
1500: 5:00: 8-Nick Kramer/S/Calvin-14:39.35, Matt Vander Roest-J/Ann Arbor Huron-Calvin-14:44
10,000: 5-Dan Kerr-J/Sports Calvin-30:43 Steeplechase: 11-Nick Kramer/S-Calvin-8:51.01(stadium rec) Team Standings:
1-Adams State-77, 21t-Lake Superior State-10, 28t-Grand Valley-16'
2-Justin Balczak-4:07.78.3
7-Sashawna Mitchell-F/Lake Superior State,-13.60,
8-Leslie Mitchell-F/Lake Superior State-2:13.69, 8-Chanelle Caldwell-S/Grand Valley-2:17.89
10,000: 1-Rachel Patterson-S/Rochester-Miami O-Grand Valley, 10:23
4000 Relay: 4-Grand Valley (Leah Hess,-SO/Battle Creek Lakeview Adrienne Chandler,-SO/Ogemos Britanny Banister,

Women
High Jump: Carissa Verkaik/J/Holland Christian-Calvin-5' 4.5
Discus: Chelsea Anthony-S/Ludington-Abion-138' 3
800: 8-Jodi Hoekstra-S/Calvin, 17:16.60, Nicole Michmerhuizen-S/Holland Christian-Calvin-17:52.88p


IN THE BULLPEN:
THANKS:... As always I would like to express my thanks to Jennie McCaffery/Michigan Running News and its email issues for help in gathering the information of the Michigan Athletes that scored in the NCAA Meet, the National High School Meets and the Olympic Trials. If you would be interested in receiving the Michigan Running News send your email to: jennie@glsp.com.

RUNNING OPPORTUNITIES- POST COLLEGIATE:: We are fortunate to have in Michigan 2 opportunities for track/distance runners to continue their career.
We have long watched as the Hanson-Brooks Distance Project has grown to a point where we are regularly seeing its athletes competing in the Olympic Trials and the Olympics. The Hanson brothers have provided the opportunity for training, housing and through their Hanson’s Running Shops, employment so athletes can remain in Michigan and still compete at the highest levels. They are now joined by the Team Michigan Elite program.

The program is in the developmental stage. Just as the Hanson-Brooks Distance Project started small, as a dream of what could be and what it could be offered to the post scholastic athlete has lived up to that dream. The Team Michigan Elite program has that same opportunity. The win for us on the high school level is the success of those programs will bring our sport more attention and encourage the young athlete to become involved.

THE REAL ATHLETES.........With everything negative that has been going on lately in athletics I thought some “feel good” news would be appreciated. It is actions like these that I saw among athletes when I was a volunteer coach at my high school while in college and actions of others that helped our track team & then helped us start cross county when I was in high school that convinced me that this is something I wanted to be part of for my career. I am sure there are...
Early this season, Mick McCabe/Detroit Free Press had an article about Garret Zuk/White Lake Lakeland, MITCA’s Dream Team 3200 runner. Lakeland was in a dual meet with Walled Lake Northern as Northern had the meet won and the 3200 was about to be run. Garrett had already won the 1600 and was on the winning 4x8 and entered the race with one of the top 3200 times in the state.

McCabe relates; Two laps into the eight-lap race Northern sophomore Devin Kimberlin was in front. Zuk sped up, turned to his left and said something. People began to wonder if it was trash-talking, rather Zuk was inquiring the time Kimberlin wanted to run, who replied he was trying to break 10. McCabe continues that Kimberlin was behind where he needed to be after 800. Zuk offered to get in front, break the wind, telling Kimberlin to stay with him, even if he, Zuk had to slow down for that to happen. Kimberlin was surprised but made the effort since Zuk was making the effort to help him.

As the runners headed into their final lap, Zuk knew they needed to run their fastest lap, and he understood what Kimberlin was going through. At that point in the race, going for a personal best, the adrenaline is going, but your legs are fatigued, Zuk new Kimberlin was tired, could hear him breathing and knew he was still with him, Zuk. Knowing there was time to get under 10 minutes, Zuk slowed down with a little more than 100 meters left in the race. Zuk felt if he started slowing down Kimberlin would feel the opportunity to catch him and that would push him a little bit more. That happened as Kimberlin began to sprint.

Kimberlin related that Zuk was 2 or 3 yards ahead, but in the last 100 Zuk started to slack off a bit and he, Kimberlin pulled closer. Kimberlin said, “When you’re that close to a guy, you want to keep pushing, pushing, pushing.” When they got down to the last 20 or 30 yards Zuk slid out to the third lane and let Kimberlin pass. Kimberlin crossed the finish line in the winning time of 9:58.

As Paul Harvey used to say “and now the rest of the story”. Garrett Zuk was the top seed going into the D1 Finals with a time of 9:00 and Devin Kimberlin was the 17th and final additional qualifier from the Milford Region with a time of 9:42. At the Finals Garret beat the defending champion Evan Chiplock/Saginaw Heritage with a time of 9:04.35 by 6 seconds and Devin finished 33rd of 43 with a time of 9:58.

In a like manner, Meghan Vogel/West Liberty-Salem, Oh who had won the 1600 state title in Ohio D3 Track and Field Meet stopped running in the 3200-meter final to help Arden McMath/Arlington who had collapsed in front of her close to the finish line. Both runners were out of contention for the medals in the event at that point, and rather than try and make a final, mad dash and run by her, Vogel stopped, helped McMath to her feet and helped her across the finish line, making sure to keep McMath ahead of her, meaning Vogel finished last.

McMath told the media she was kind of blacking out, and wasn’t too aware of her surroundings, just trying to keep going, when her body gave out. Vogel stated she kept McMath ahead of her at the finish line because she had been ahead of her when she, McMath, collapsed and stated “Helping her across the finish line was a lot more satisfying than winning the state championship.” Technically, Vogel should have been disqualified for helping McMath, since aiding another is disqualification. The Ohio Officials neglected to make the call.

Three laps into the 3200, Vogel fell off the pace. After the race, Vogel grabbed her mother’s shoulder and said she felt dizzy and a little nauseated. Ann Vogel found a trainer and together they moved Meghan to a tent. Vogel sat down with a cup of Gatorade on a cot that was positioned next to McMath.

Ashton Eaton did something that left him speechless and created a roar from the sellout Hayward Field crowd. The talented multi-event from Bend, Oregon broke the world record on the way to becoming the 2012 Olympic Trials Decathlon champion. Going into the final event the 1500m, the announcer told Eaton and the 15,204 fans in the stands the task at hand. Eaton would need a personal best and a time faster than 4:16.37 to break Roman Sebrle’s world record. The former Oregon Duck standout settled into a rhythm behind middle distance decathlere standouts Curtis Beach and Joe Detmer. Urged on by a supportive crowd and powered by his sheer force of will, Eaton closed the final lap in 62 seconds. Beach made way for him down the homestretch and encouraged Eaton as he passed, running a 4:14.48 as the new world record holder in the Decathlon.

Hope your summer is going well and slow……... Sorry for running a little late with this issue but after a long year just ran out of energy for a while. I wanted to make sure we had the Olympic Trials results in as Michigan had good representation in the trials. I think sometimes we loose track of our success. Also wanted to make sure we knew about how our athletes did in the NCAAs. Had a problem as after I identified the high schools for the NCAA & national meets, I did the cardinal sin with computers & didn’t back up quickly & lost everything & had to start over……………….. see you this fall. Jgm

TRACK & FIELD ISSUE

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