

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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CROSS COUNTRY CLINIC
Comfort Inn, Mt. Pleasant
Nov. 8-9-10 2012

TRACK & FIELD CLINIC
Lansing Best Western
Feb. 7-8-9 2013

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LP FINALS

UP FINALS

MITCA TEAM STATE MEETS
MID-WEST MEET OF CHAMP.
ACADEMIC ALL-STATE
New Balance Outdoor Nationals
USA Junior Track & Field Champ.
IAAF World Youth Championship
NCAA MEETSMITCA
IN THE BULL PEN
ON THE LINE

Mr. Michigan Track & Field Ms. Michigan Track & Field

Steve Bastia/Saline

Cincy Ofili/Ann Arbor Huron

MITCA Track & Field Dream Team 2012

MEN'S DREAM TEAM

WOMEN'S DREAM TEAM

Luis Lambertu-11/Petoskey & Travis McCuaig-11/Morley Stanwood

Keinna Ingram-11/Southfield Lathrup

Steve Bastian-12/Saline

Cierra Pryor-11/Jackson

Jamie Salisbury-12/Marine City

Katie Rancourt-12/East Kentwood

Jacob Patrick-11/Litchfield

Riley Norman-11/Cadillac

Kyle Redwine-12/Auburn Hgts. Avondale

Kassius Kelly-12/Livonia Clarenceville

Shane Barron-12/Flint Carmen-Ainsworth

Brandon Waallace-12/Highland Milford

*#Drake Johnson-12/Ann Arbor Pioneer

David Washington-12/Lansing Sexton

Conner Mora-11/Cedar Springs

Garret Zuk-12/Walled Lake Lakeland

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

SALINE Quenee' Dale/10, Alana Hollis/10,
Amanda Luurtsema/11, Samantha Richart/12

LANSING SEXTON Anthony Goodman/12,
Kendall Jackson, Adrián Sanchez, David Washington

ANN ARBOR HURON Bria Johnson/11,
Maya Long/12, Cindy Ofili/12, Stevi Smith/12

LAKE ORION Zach Arnold/10,
Nick Balavich/12, David Diaz/10, Corey Ester/10

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

HIGHLAND MILFORD Paul Ausum/12, Kyle Monagle/11,
Brandon Wallace/12, Shawn Welch/12
*2011 Dream Team Member

GROSSE PTE SOUTH Ersula Farrow/9,
Haley Meier-11, Hannah Meier-11, Kelsie Schwartz/10
#2010 Dream Team Member

discussion continued on next page.



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

president's lane continued.....

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 Ofili, 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.

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..... Ed Carleton, retired

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..... Scott Corrado, former throws coach Detroit Mercy & Radford University

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 should be my most valuable person and first spot to fill on the roster. After a very good sprinter it would then be a 800/1500 runner, both sprinter and distance runner, I might get as many as 6 events out of each in a meet and score some big team points in a conference setting.

The next athlete at the college level I would be in search for would be thrower that could throw both of the high school events well (shot & Discus), but also might be able to start throwing the Hammer and Weight throw as well. In college, the Hammer, Weight and Javelin are new throwing events and the thrower becomes even more important. At the University of Detroit Mercy I had a thrower from Decatur Michigan in Matt Groh that could throw all the events pretty well and score a huge number of points for our team. Along with Matt and other throwers, some very good sprinting and middle distance runners the coaching staff put together in the 90's early 2000's put us on a roll for conference championships (MCC/Horizon League).

It's important in the team concept to cover as many events with good athletes as possible to score points to try to win championships. University of Florida Gator's woman's program and won NCAA Championships just from throws and Virginia Tech's program is always in the top ten in the county just from the throwing events. As Florida and Virginia Tech have put scholarship money toward throwing events it's also important not to overlook the walk on type or just good athlete out of 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 looked at as 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 you athletes to attend camps and clinics in the summer, take visits to campuses and talk with college coaches.

continued next page

high school thrower continued.

It's easy to recruit a top runner or thrower just by the results in the paper or on line, but will that coach come out to see you, spend time with you and your family? Will he/she show interest in you if you are just in the top 25 in the state and not just a state champ? Please high coaches remember the past and how your kids were treated when they were recruited or coached in college when considering college programs with your student athlete.

Wrapping it all up for the Michigan high school throwers please consider all your options and programs in and out of the state when choosing a school for the next 4 to 5 years. Know it will take time to adjust to a school, coach, program and new life. So relax work hard, enjoy your college years and also know that improving is a choice and won't happen without hard work!

Reading T-Shirts on Saturday **RUNNING MIGHT BE IN YOUR BLOOD... BUT ENDURANCE COMES FROM THE SOUL.**

NATIONAL RECORD..... Dream & Plan Ahead, Steve Zaranek, Grosse Pointe South



GPS photo: Kelsie Schwartz, Coach Zaranek, Ersula Farrow, Haley & Hannah Meier

South 4x800 relay set a new national mark at the D1 state finals. The time of 8:48.29 also broke the all division state record (9:05.47 - Rochester - 2010) by over 17 seconds. The GPS team was comprised of leadoff sophomore Kelsie Schwartz; second leg freshman Ersula Farrow, third leg junior Haley Meier, and anchor junior Hannah Meier.

"Our main goal was to be very consistent with our split times and run near our personal 800 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 the 4x1 mile at the New Balance Outdoor Nationals but the meet fell on the same weekend as the USAT&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.

MHSAA ONLINE RULES MEETING WINDOW
August 6 - September 13

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

Reading T-Shirts on Saturday A human body can only take so much.....then the heart & spirit take over.....

CROSS COUNTRY 2011 STARTS
Wednesday, August 8
First competition: Friday, August 17

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.

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.

DIVISION 1 LOWER PENINSULA FINALS at East Kentwood High School

BOYS

HIGH JUMP: 1-Tre Goynes/Redford Union-6' 6; 2-Harris Edwards/Grand Ledge-6' 6; 3-Jordan Fields/Grand Blanc-6' 5 **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. **DISCUS:** 1-Matt Costello/Bay City Western-178' 6; 2-Cullen Prena/Walled Lake Central-173' 6; 3-Vinny Gjakaj/Walled Lake Western-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. **100:** 1-Austin Sanders/Ypsilanti-10.92; 2-Jeff Aririguzo/West Bloomfield-10.96; 3-Alton Yarbrough/Grand Blanc-11.14. **200:** 1-Austin Sanders/Ypsilanti-21.94; 2-Jeff Aririguzo/West Bloomfield-22.10; 3-Phillip Johnson/Birmingham Groves-22.17. **400:** 1-Shane Barron/Flint Carman' Ainsworth-48.10; 2-Tony Boyd/Flint Northern-48.13. **800:** 1-Brandon Wallace/Highland Milford-1:54.12; 2-Scott Bradley/Battle Creek Lakeview-1:54.31; 3-Drake Gauthier/Grand Blanc-1:55.62. **110 HURDLES:** 1-Drake Johnson/Ann Arbor Pioneer-14.24; 2-Ross Williams/Birmingham Groves-14.62; 3-Freddie Crittenden/Utica-14.93. **300 HURDLES:** 1-Jacorey Lipsey/Portage Northern-38.83; 2-James Dewitt/Grand Haven-39.26; 3-Jordan Shive/Rochester Adams-39.29. **1600:** 1-Brian Kettle/Highland Milford-4:20.22; 2-Shawn Welch/Highland Milford-4:22.71; 3-Drew Woznick/Rockford-4:23.07. **3200:** 1-Garret Zuk/White Lake Lakeland/9:04.35; 2-Evan Chiplock/Saginaw Heritage/9:10.49; 3-Ben Hill/Royal Oak/9:20.38. **4X100:** 1-Grand Blanc-42.13 (Jamil Banks, Jalen Cureton, Damonta' Madden, Alton Yarbrough); 2-Battle Creek Central-42.73; 3-Walled Lake Western-42.93 (Brian Harris, Jake Neracher, Donald Dawkins, Devin Reed)....cont on next page **d1 boys continued.....** **4X200:** 1-Grand Blanc-1:28.21 (Stefon White, Jalen Cureton, Damonta' Madden, Alton Yarbrough); 2-Lake Orion-1:28.44 (Corey Ester, Joe Deneau,

GIRLS (1 national, 2 All Class/Division, 1 D1 & tied 1 D1 record)

HIGH JUMP: 1-Keianna Ingram/Southfield Lathrup-5' 9 (**Ties D1 Meet Rec.** with Ariel Roberts/Ann Arbor Pioneer-2008); 2-Victoria Blake/Midland-5' 7; 3-Senclair 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 Keefe/Grand Haven-12' 0; 3-Micaela Conter/Dexter-11' 9. **DISCUS:** 1-Jae'vyn Wortham/Harrison Township L'Anse Creuse-136' 6; 2-Anna Brunsman/Fraser-119' 3; 3-Emily Norscia/Livonia Churchill-118' 4. **SHOT PUT:** 1-Sam Pavlika/Novi-40' 0; 2-Josephine Jackson/Walled Lake Central-39' 6; 3-Rachel Raab/Rockford-38' 11. **100:** 1-Cindy Ofili/Ann Arbor Huron-11.97; 2-Tiffany Owens/Ortonville Brandon-12.14; 3-Taylor Hopp/Jenison-12.40. **200:** 1-Kyra Jefferson/Detroit Cass Tech-23.83; 2-Maya Long/Ann Arbor Huron-24.93; 3-Endia Francois/Ypsilanti-25.44. **400:** 1-Maya Long/Ann Arbor Huron-54.80; 2-Latipha Cross/Southfield-55.12; 3-Ola Hender/Grand Ledge-57.14. **800:** 1-Hannah Meier/Grosse Pointe South-2:08.57; 2-Jamie Morrissey/Rochester Adams-2:10.80; 3-Haley Meier/Grosse Pointe South-2:11.55. **100 HURDLES:** 1-Cindy Ofili/Ann Arbor Huron-13.78; 2-Laticia Sims/Farmington Hills Harrison-14.10; 3-Queenee' Dale/Saline-14.54. **300: HURDLES:** 1-Cindy Ofili/Ann Arbor Huron-45.02; 2-Chinonye Uche/Ann Arbor Pioneer-45.67; 3-Madison Arnouts/Grand Ledge-46.01. **1600:** 1-Hannah Meier/Grosse Pointe South-4:43.05; 2-Haley Meier/Grosse Pointe South-4:52.53; 3-Ersula Farrow/Grosse Pointe South-4:56.42. **3200:** 1-Erin Finn/West Bloomfield-10:17.86 (**New All Division/Class and D1 Meet Rec.** - Old Record: 10:22.75 -continued on next page **4X400:** 1-28.71 (Matt Goeman, Garrick Roemer, Steven Bastien,

Zach Arnold, Tom Eby).

1-Lake Orion-3:21.42 (Corey Ester, Zach Arnold, David Diaz, Nick Balavich); 2-Birmingham Groves-3:21.43 (Ross Williams, Blake Jackson, Jordan Banks, Phillip Johnson); 3-Saline-3:21.87 (Garrick Roemer, Matt Elms, Ryan Guache, Steven Bastien)**4X800:** 1-Highland Milford-7:43.42 (Shawn Welch, Kyle Monagle, Paul Ausum, Brandon Wallace); 2-Lake Orion-7:51.84 (David Arenz, George Modrak, T.J. Carey, David Diaz); 3-White Lake Lakeland-7:52.26 (Craig Dudley, James Probstfeld, Scott Neff, Garret Zuk). **TEAM SCORING:** 1-LAKE ORION 50; 2-Grand Blanc 44; Saline 42; 3-Highland Milford 41; 4-Birmingham Groves 32; 5-Bay City Western 26; 6-West Bloomfield 25; 7-East Kentwood & Ypsilanti 24; 9-Battle Creek Lakeview 20; 10-Portage Northern 18..... 60 teams scored

d1 girls continued..... Megan Goethals/Rochester/Division 1-2010); 2-Gabrielle Thivierge/Rochester Adams-10:41.10; 3-Abby Rentschler/Saline-10:42.08. **4X100:** 1-Saline-48.45 (Amanda Luurtsema, Quenee' Dale, Alana Hollis, Samantha Richart); 2-Jenison-48.51 (Melissa Vu, McKenna Mattson, A.J. Mazure, Taylor Hopp); 3- Novi-48.66 (Mariah Smith, D'Maya Davis, Jenee Hood, Jasmine Ward). **4X200:** 1-Ann Arbor Huron-1:41.12 (Maya Long, Bria Johnson, Stevi Smith, Cindy Ofili); 2-East Kentwood-1:42.27 (Cheyanne Longoria, Justice Craft, Brittany Terry, Lameeka Avis); 3-Detroit Cass Tech-1:43.31 (Erica Hobson, Jasmine Brathwaite, Somonae Dismuke, Kyra Jefferson). **4X400:** 1-Grosse Pointe South-3:53.90 (Caitlin Moore, Ersula Farrow, Haley Meier, Hannah Meier); 2-Rochester Adams-3:58.45 (Jessica Howell, Sophie Smith, Amber Jamison, Jamie Morrissey); 3-Rockford-3:59.08 (Sammy Cuneo, Olivia Gilbert, Katie Dehaan, Courtney Klawieter). **4X800:** 1-Grosse Pointe South-8:48.29 (Kelsie Schwartz, Ersula Farrow, Haley Meier, Hannah Meier) (**New All Division/Class and D1 Final Meet Rec.** - Old Record: 9:05.47 - Rochester - D1-2010); 2-Birmingham Seaholm, 9:06.62 (Rachel DaDamio, Tess Wilberding, Brooke Callaghan, Aubrey Wilberding); 3-Saline, 9:12.25 (Abby Rentschler, Lauren Green, Elianna Shwayder, Amy Creutz). **TEAM SCORING:** 1-GROSSE POINTE SOUTH 77.5; 2-Ann Arbor Huron 64; 3-Rockford 35; 4-Rochester Adams 33; 5-Saline 33; 6-East Kentwood 31; 7- Novi 30; 8-Ann Arbor Pioneer 24; 9-Jackson 20; 10-Detroit Cass Tech 16..... 57 teams scored

DIVISION 2 LOWER PENINSULA FINALS at Houseman Field, Grand Rapids

BOYS (3 D2 meet records)

HIGH JUMP: 1-Louis Lamberti/Petoskey-6' 8; 2-Demarcus Leak/Paw Paw-6' 6; 3-Matt VanDyk/Imlay City-6' 4. **LONG JUMP:** 1-Eric Wilson/Redford Thurston-22' 7.5; 2-Demarcus Leak/Paw Paw-22' 5.50; 3-Dontell Highsmith/Dowagiac-22' 2.25. **POLE VAULT:** 1-Jaime Salisbury/Marine City-16' 1 (**New D2 Meet Rec.** - Old Rec. - 16' 0.5 - Max Babits/Fowlerville-2010); 2-Micheal Hovater/Chelsea-14' 4; 3-Travis Weiss/Chelsea-14' 1. **DISCUS:** 1-T.J. Beelen/Zeland East-189' 8; 2-Dylan Banagis/Grand Rapids Forest Hills Eastern-171' 11; 3-Kellen Sorenson/Carleton Airport-162' 0. **SHOT PUT:** 1-Riley Norman/Cadillac-61' 2.5; 2-T.J. Beelen/Zeland East-57' 2.5; 3-Robert Kelly/Harper Woods Chandler Park Academy-55' 5. **100:** 1-Kyle Redwine/Auburn Hills Avondale-10.53; 2-Ted Parcher/Linden-10.67; 3-Kassius Kelly/Livonia Clarenceville-10.79. **200:** 1-Kassius Kelly/Livonia Clarenceville-21.36 (**New D2 Meet Rec.** - Old Rec. - 21.70 - Clinton Allen/Muskegon Orchard View-2005); 2-Gary Jones/Allegan-21.61; 3-Ted Parcher/Linden-21.64. **400:** 1-Nathan Chapman/Auburn Hills Avondale-48.71; 2-Jibril Mims/Detroit Country Day-49.10; 3-T.J. Burnett/Wyoming Kelloggsville-49.23. **800:** 1-Connor Mora/Cedar Springs-1:56.41; 2-Adam Sanchez/Alma-1:57.28; 3-Brain Dregne/Battle Creek Pennfield-1:57.80. **110 HURDLES:** 1-Austin Loewen/Williamston-14.46; 2-Chaz Bradshaw/Alma-14.48; 3-Austin Hornik/Hamilton-14.55. **300 HURDLES:** 1-David Washington/Lansing Sexton-38.18; 2-Raheem Franklin/Benton Harbor-39.02; 3-Nick Robbins/Grand Rapids Forest Hills Eastern-39.23. **1600:** 1-Connor Mora/Cedar Springs-4:13.97; 2-Bryce Bradley/Chelsea-4:15.28; 3-Luke Johnson/Ludington-4:19.99. **3200:** 1-Bryce Bradley/Chelsea-9:24.41; 2-Tanner Hinkle/Mason-9:27.30; 3-Mason Vandyke/Mason-9:32.12. **4X100:** 1-Auburn Hills Avondale-42.83 (Henry Paul, Jeff Douglas, Myles Wright, Kyle Redwine); 2-Saginaw Swan Valley-43.39 (Johnathon Grace, Jake McLellan, Josh Simmons, Alex Grace); 3-Linden-43.40 (Connor O'Connell, Kevin Baker, Austin Buerkel, Ted Parcher). **4X200:** 1-Lansing Sexton-1:27.99 (Kendell Jackson, Adrian Sanchez, David Washington, Anthony Goodman) (**New D2 Meet Rec.** - Old Rec. - Old Record: 1:28.11 - Auburn Hills Avondale-2011); 2-Grand Rapids Christian-1:29.49 (Austin Otterbridge, Rietsma Mpindi, Christian Benn, Kavon Frazier); 3-Grand Rapids Ottawa Hills-1:29.51. **4X400:** 1-Lansing Sexton-3:23.94 (Herman Mason, Adrian Sanchez, Anthony Goodman, Kendell Jackson); 2-Auburn Hills Avondale-3:24.16 (Geoffery Williston, J.T. Ozerities, Nathan Chapman, Kyle Redwine); 3-Zeland West-3:24.76 (Derek Postma, Sam Plaska, David Mora, Braden Werley). **4X800:** 1-Zeland West-7:55.62 (Braden Werley, Sam Plaska, Jordan Lambert, Brad Mesbergen); 2-Alma-7:56.00 (Tim DeJong, Jake Morey, Broderic Bender, Adam Sanchez); 3-Grand Rapids Christian-7:57.43 (Eric Veldkamp, Andre Otte, Cody Powers, Wuoi Mach). **TEAM SCORING:** 1-AUBURN HILLS AVONDALE 47; 2-Lansing Sexton 40; 3-Chelsea 38; 4-Alma 36; 5-Grand Rapids Christian 28; 6-Zeland West 21; 7-Cedar Springs 20; 8-Linden 19; 9t-Zeland East & Williamston 18..... 66 teams scored

GIRLS (4 D2 meet records)

HIGH JUMP: 1-Kathryn Mills/Eaton Rapids-5' 6; 2-Myciah Hulst/Grand Rapids South Christian-5' 4; 3t-Lydia Suhecki/Spring Lake & Sarah Schultz/Williamston-5' 2 & Kelsey Darling/Marshall-5' 2. **LONG JUMP:** 1-Sidney Bischer/Yale-18' 1.75; 2-Kirsten Taylor/Richland Gull Lake-17' 6.50; 3-Elizabeth Dutcher/Williamston-17' 5.25. **POLE VAULT:** 1-Janina Pollatz/Grand Rapids Christian-11' 6; 2-Alex Whitford/Grand Rapids South Christian-11' 3; 3-Sam Smith/Allendale-11' 0. **DISCUS:** 1-Brittany Mann/Detroit Country Day-156' 8; 2-Ashley Jemison/Lake Odessa Lakewood-123' 9; 3-Ashley O'Neill/Dearborn Divine Child-122' 2. **SHOT PUT:** 1-Brittany Mann/Detroit Country Day-41' 11; 2-Brittany Casey/Zeland East-39' 7.50; 3-Tori Freeman/Williamston-38' 8.50. **100:** 1-Sydney Cureton/Detroit Country Day-11.90 (**New D2 Meet Rec.** - Old Rec. - 11.92 - Sydney Cureton/Detroit Country Day-2011); 2-Raven Blaser/Wyoming Godwin Heights-12.21; 3-Janae Hill/Detroit Pershing-12.23. **200:** 1-Paige Patterson/Dearborn Divine Child-24.91; 2-Karen Blake/Bloomfield Hills Cranbrook' Kingswood-25.35; 3-Domonique Smith/Redford Thurston-25.80. **400:** 1-Kendall Baisden/Detroit Country Day-54.58 (**New D2 Meet Rec.** - Old Rec. - 54.91 - Kendall Baisden/Detroit Country Day-2010); 2-Chante Roberts/Lansing Waverly-56.34; 3-Paige Patterson/Dearborn Divine Child-56.46. **800:** 1-Sara Barron/Pontiac Notre Dame Prep-2:13.83; 2-Jessie Baloga/East Grand Rapids-2:15.82; 3-Megan O'Neil/Remus Chippewa Hills-2:17.40. **100 HURDLES:** 1-Tori Desira/DeWitt-14.52; 2-Elizabeth Dutcher/Williamston-14.96; 3-Anna Newhof/Grand Rapids South Christian-15.30. **300 HURDLES:** 1-Tori Desira/DeWitt-45.25; 2-Paige Wells/Allendale-45.90; 3-Elizabeth Dutcher/Williamston-46.13. **1600:** 1-Sara Barron/Pontiac Notre Dame Prep-4:51.67 (**New D2 Meet Rec.** - Old Rec. - 4:54.07 - Jamie Kryzmiski/Corunna-2000); 2-Ali Wiersma/Allendale-4:53.01; 3-Rachele Schulist/Zeland West-4:56.59. **3200:** 1-Ali Wiersma/Allendale-10:40.22 (**New D2 Meet Rec.** - Old Rec. - 10:40.66 - Beka Smeltzer/Monroe Jefferson-2004); 2-Julia Bos/Grand Rapids Christian-10:40.95; 3-Kenzie Weiler/Cedar Springs-10:52.88. **4X100:** 1-Detroit Country Day-49.14 (Jonell Nwabueze, Kendall Baisden, Natasha Sood, Sydney Cureton); 2-Grand Rapids Forest Hills Eastern-49.92 (Sam Reno, Jaclyn Goble, Maggie Dobberstein, Kasey Blank); 3-Dearborn Divine Child-49.98 (Kayla Gandy, Liz Mullen, Rosanna Reynolds, Mallory Myler). **4X200:** 1-Detroit Country Day-1:42.24 (Jonell Nwabueze, Sydney Cureton, Ava Nasrollahzadeh, Kendall Baisden); 2-Dearborn Divine Child-1:42.42 (Rosanna Reynolds, Kayla Gandy, Liz Mullen, Paige Patterson); 3-Chelsea-1:45.99 (Grace Sauers, Victoria Collins, Laura McGrath, Rachel Yordanich). **4X400:** 1-Dearborn Divine Child-3:59.05 (Mallory Myler, Liz Mullen, Nicole Urbank, Paige Patterson); 2-East Grand Rapids-4:00.08 (Jessie Baloga, Mckayley Gourley, Cassidy Clark, Lily Clifford); 3-Pontiac Notre Dame Prep-4:04.53 (Sarah LewAllen, Candice Mack, Sara Barron, Taylor Timko)). **4X800:** 1-East Grand Rapids, 9:20.94 (Kassidy Clark, Becca Solberg, Mckayley Gourley, Jessie Baloga); 2-Dearborn Divine Child, 9:33.73 (Olivia. Hauser, Liz Mullen, Ellayna laquaniello, Nicole Urbank); 3-Hamilton, 9:34.44 (Cathy Coryell, Brandi Tidd, Emily Oren, Molly Oren). **TEAM SCORING:** 1-DEARBORN DIVINE CHILD 60; 2-Beverly Hills Detroit Country Day 60; 3-DeWitt 41; 4-Allendale 32; 5-East Grand Rapids 32; 6-Williamston 31; 7-Pontiac Notre Dame Prep 29; 8-Grand Rapids South Christian 26; 9-Grand Rapids Christian 23; 10-Grand Rapids Forest Hills Eastern 20..... 55 teams scored.

DIVISION 3 LOWER PENINSULA FINALS at Comstock Park High School

BOYS

HIGH JUMP: 1-Travis McCuaig/Morley-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-Chris Maye/Union City-21' 10.50; 3-Eric Cooper/Flint Beecher-20' 10.continued on next page

GIRLS (1All Class/Division & 3 D3 records)

HIGH JUMP: 1-Kara Craig/Schoolcraft-5' 6; 2-Rachelle Sandbrook/Ovid' Elsie-5' 5; 3-Brooke Johnson/Union City-5' 4. **LONG JUMP:** 1-Sami Michell/Reed City-18' 6.50 (**New D3 Meet Rec.** - Old Rec. - 18' 1 - Jundretta Oliver/Albion-2007); 2-Shelby Niedzwiecki/Freeland-16' 6.75;continued on next page

d3 boys continued.....**POLE VAULT:** 1-Scott Watson/ Stockbridge-14' 6"; 2-Matt Harris/Almont-14' 3"; 3-Jeff Dempsey/Bath-13' 9". **DISCUS:** 1-Evan Hartman/Niles Brandywine-167' 7"; 2-Jordan Simon/Napoleon-158' 7"; 3-Dylan Henderson/Kalkaska-156' 8". **SHOT PUT:** 1-Dan Liesman/ Lansing Catholic-54' 5"; 2-Ryan Inman/Hanover-Horton-53' 3"; 3-Alex Helpap/Frankenmuth-52' 5.5". **100:** 1-Chris Maye/Union City-10.87; 2-Jacob Bergey/St. Louis-10.97; 3-Evan Slawinski/Manistee-11.16. **200:** 1-Chris Maye/Union City-21.85; 2-Mike Emig/Parchment-21.95; 3-Dillion Brooks/Perry-22.24. **400:** 1-Alex Thelen/Pewamo-Westphalia-50.29; 2-Malik Vasquez/Carrollton-50.39; 3-Seth Brotherton/Hillsdale-50.51. **800:** 1-Zach Zingsheim/Lansing Catholic-1:55.97; 2-Joe Oehrli/ Reed City-1:56.29; 3-Alex Wesche/Brooklyn Columbia Central-1:56.40. **110 HURDLES:** 1-Jake McFadden/Clare-14.71; 2-Teo Redding/Warren Michigan Collegiate-15.12; 3-Brian Stearns/Frankenmuth-15.37. **300 HURDLES:** 1-Jake McFadden/Clare-38.88; 2-A.J. Srmek/Niles Brandywine-40.05; 3-Cameron Jowers/Muskegon Oakridge-40.32. **1600:** 1-Joe Oehrli/Reed City-4:19.14; 2-Chase Barnett/Mason County Central-4:19.82; 3-Bryce Stroede/Hanover-Horton-4:20.64. **3200:** 1-Bryce Stroede/Hanover-Horton/9:36.96; 2-Eric Edmonds/ Frankenmuth-9:39.81; 3-Josh Kersjes/Grandville Calvin Christian/9:40.13. **4X100:** 1-Union City-43.64 (Aaron Watson, Josh Holton, Chris Maye, Zach Smith); 2-Muskegon Oakridge-43.75 (Dan Taylor, Dan Shoop, Dion Goliday, Cameron Jowers); 3-Lansing Catholic-43.79 (Dan Liesman, Jack Swain, Matt Macksood, Cedric Lee). **4X200:** 1-Lansing Catholic-1:29.73 (Conner Caporale, Zach Zingsheim, Matt Macksood, Cedric Lee); 2-Freeland-1:31.35 (Kyle Guster, Kevin Morris, Austin Hazen, Matt Schauman); 3-Hillsdale-1:31.55 (Jimmy Felske, Brandon McMullen, Dustin Lewis, Seth Brotherton). **4X400:** 1-Lansing Catholic-3:24.63 (Matt Macksood, Jimmy Hicks, Conner Caporale, Zach Zingsheim); 2-Reed City-3:25.56 (Eric Reed, Eric Bradford, Michael Bradford, Joe Oehrli); 3-Brooklyn Columbia Central-3:27.91 (Dominic Vandeventer, Travis Turner, Christian Reed, Alex Wesche). **4X800:** 1-Lansing Catholic-8:01.27 (Joe Marrah, 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 Vietengruber, Matt Hinds, Eric Edmonds, Jake Hall). **TEAM SCORING:** 1-LANSING CATHOLIC 68; 2-Union City 45; 3-Frankenmuth 31; 4-Reed City 27; 5-Hanover-Horton 24; 6-Muskegon Oakridge 23; 7-Niles Brandywine 21; 8-Clare 20; 9-Morley-Stanwood 20; 10t-Benzonia Benzie Central & Almont & Warren Michigan Collegiate 16..... 66 teams scored

d3 girls continued.....**3-Makayla Cook/Grand Rapids NorthPointe Christian-16' 6.5". POLE VAULT:** 1-Kirstie Wieber/Pewamo-Westphalia-11' 7"; 2-Hannah Sailor/ Lansing Catholic-11' 7"; 3-Libby Schichtel/Grand Rapids West Catholic-11' 1". **DISCUS:** 1-Rebecca Cousineau/Leslie-124' 8"; 2-Megan Strait/Gladwin-122' 11"; 3-Joscilyn Crain/Flat Rock-120' 0". **SHOT PUT:** 1-Kayla Deering/Elkton-Pigeon-Bay Port Laker-41' 8.25; 2-Ashley Bussing/Adrian Madison-40' 4"; 3-Ashley Frahm/Frankenmuth-39' 4.75. **100:** 1-Kimberly Balls/Bridgeport-12.48; 2-Brianna Dinneen/Buchanan-12.58; 3-Mariah Roberts/Bronson-12.61. **200:** 1-Sami Michell/Reed City-25.28; 2-Kimberly Balls/Bridgeport-25.56; 3-Brianna Dinneen/Buchanan-25.95. **400:** 1-Devyn Powell/Leroy Pine River-57.77; 2-Angela Ritter/Frankenmuth-58.15; 3-Jordan Baker/Comstock-58.34. **800:** 1-Annie Fuller/Manistee-2:13.03 (**New D3 Meet Rec.** - Old Rec. - 2:14.03 - Amelia Bannister/Albion-2007); 2-Kelsey Ross/Onsted-2:14.03; 3-Theresa Warsecke/Benzie Central-2:16.75. **100 HURDLES:** 1-Sami Michell/Reed City-13.84 (**New D3 Meet Rec.** - Old Rec. - 14.07 - Sami Mitchell/Reed City-2011); 2-Kylie Hicks/Boyerne City-14.98; 3-Alex King/Lakeview-15.26. **300 HURDLES:** 1-Sami Michell/Reed City-42.23 (**New All-Class/Division & D3 Meet Rec.** - Old All-Class/Division Rec: 42.4 - Carolyn Ferguson/Benton Harbor/Class A-1984; Old D3 Record - 43.83 - Sami Michell/Reed City-2011); 2-Emily Wee/Frankenmuth-45.01; 3-Kylie Hicks/Boyerne City-45.06. **1600:** 1-Theresa Warsecke/Benzie Central-4:57.59; 2-Annie Fuller/Manistee-5:01.80; 3-Lindsey Burdette/Hanover-Horton-5:03.85. **3200:** 1-Lindsey Burdette/Hanover-Horton-11:01.29; 2-Amber Way/Charlevoix-11:07.63; 3-Jenna Klynstra/Saranac-11:21.84. **4X100:** 1-Bridgeport-50.22 (Shondrea Matthews, Octavia Myles, Ce'Aira Richardson, Kimberly Balls); 2-Benzie Central-50.54 (Jordan Nye, Jenna Smeltzer, Abigail Secor, Alikay Hamilton); 3-Pewamo-Westphalia-50.55 (Rachel Schmitt, Sasha Platte, Kenzie Wieber, Tori Klein). **4X200:** 1-Frankenmuth-1:44.61 (Sydney Bronner, Olivia Shelton, Emily Wee, Angela Ritter); 2-Pewamo-Westphalia-1:46.51 (Rachel Schmitt, Cammie Noeker, Sarah Barrett, Kenzie Wieber); 3-Flint Southwestern Academy-1:47.55 (Taylor McClain, Sidney Johnson, Danielle Horton, Mildreanae Young). **4X400:** 1-Frankenmuth-4:03.77 (Lauren Peterson, Olivia Shelton, Angela Ritter, Emily Wee); 2-Onsted-4:04.93 (Heidi Wobrock, Brittany Powell, Alexis Johnson, Kelsey Ross); 3-Benzie Central-4:08.12 (Alyssa Bennett, Jordan Nye, Miranda Besey, Theresa Warsecke). **4X800:** 1-Benzie Central, 9:37.97 (Alyssa Bennett, Makayla Huddleston, Bryce Cutler, Theresa Warsecke); 2-Onsted, 9:41.17 (Heidi Wobrock, Alexis Johnson, Brittany Powell, Kelsey Ross); 3-Grandville Calvin Christian, 9:44.08 (Ashley Jourdan, Raechel Broek, Jessica Disselkoen, Emma Doorn) **TEAM SCORING:** 1-FRANKENMUTH 63; 2-Benaonia Benzonia Benzie Central 52; 3-Pewamo-Westphalia 45.25; 4-Reed City 40; 5-Bridgeport 33; 6-Onsted 25; 7t-Manistee & Hanover-Horton 21; 9-Adrian Madison 18; 10t-Grand Rapids West Catholic & Hopkins & Schoolcraft 15..... 62 teams scored

DIVISION 4 LOWER PENINSULA FINALS at Jenison High School

BOYS (2 meet records)

HIGH JUMP: 1-Todd Brassow/Saginaw Michigan Lutheran Seminary-6' 5"; 2-Stephen Sykes/Litchfield-6' 4"; 3t-Sean Murphy/Dryden & Luke Meyer/Addison-6' 2". **LONG JUMP:** 1-Adam Abbott/Detroit Cristo Rey-22' 3.75 (**New D4 Meet Rec.** - Old Rec: 22' 1 - Kevin Singleton/Centreville-2000); 2-Austin Rodriguez/Akron-Fairgrove-21' 8.75; 3-Caleb Kempf/Lutheran Westland-21' 3.5". **POLE VAULT:** 1-Tyler Fogarty/Onkama-13' 5"; 2-Christopher Tom/Colon-13' 5"; 3-Maxwell Ketterer/Pellston-13' 5". **DISCUS:** 1-Jacob Patrick/Litchfield-190' 0" (**New D4 Meet Rec.** - Old Rec: 170' 1 - Andrew Kemp/Maple City Glen Lake-2004); 2-Jake Millyard/Addison-157' 9"; 3-Robbie Gibson/White Pigeon-152' 4". **SHOT PUT:** 1-Tomas Smith/Au Gres-Sims-51' 5.25; 2-Marc Stid/Dansville-51' 3"; 3-Austin Buckner/Pittsford-49' 9.5". **100:** 1-Alex Lodes/Climax' Scotts-11.14; 2-John Waller/Muskegon Western Michigan Christian-11.17; 3-Amari Coleman/New Lothrop-11.27. **200:** 1-Alex Lodes/Climax-Scotts-22.79; 2-Jason Marzette/Detroit Loyola-22.99; 3-John Waller/Muskegon Western Michigan Christian-23.02. **400:** 1t-Nolen Mitchell/Albion & Austin Sandusky/Morenci-50.917; 3-Jason Marzette/Detroit Loyola-50.94. **800:** 1-David Dantuma/Big Rapids Crossroads Academy-1:59.91; 2-Cameron Jones/Holland Black River-2:00.18; 3-Grant Harris/Unionville-Sebewaing-2:00.52. **110 HURDLES:** 1-Josh Jenkins/Reading-14.82; 2-Deon Fox/Muskegon Western Michigan Christian-15.36; 3-Zach Weber/Eau Claire-15.52. **300 HURDLES:** 1-Josh Jenkins/Reading-40.16; 2-Jake Fairbairn/Lutheran Westland-40.46; 3-Austin Rodriguez/Akron-Fairgrove-41.40. **1600:** 1-David Dantuma/Big Rapids Crossroads Academy-4:25.92; 2-Nick Vander Kooi/Fremont Providence Christian-4:27.93; 3-David Zinger/Evart-4:29.83. **3200:** 1-Sean Kelly/Saugatuck/9:40.51; 2-Spencer Nousain/Concord/9:48.95; 3-Jeff Cherry/Hesperia/9:55.11. **4X100:** 1-Albion-44.70 (Gary Chambers, Eliyah Yasha, Carles Summerour, Nolen Mitchell); 2-Muskegon Catholic Central-45.06; 3-New Lothrop-45.07. **4X200:** 1-Albion-1:32.18 (Gary Chambers, Carles Summerour, Markeese Boyd, Nolen Mitchell); 2-Coleman-1:32.71; 3-Saginaw Michigan Lutheran Seminary-1:33.72. **4X400:** 1-Albion-3:29.94 (Gary Chambers, Nolen Mitchell, Markeese Boyd, ... cont next page

GIRLS

HIGH JUMP: 1-Addie Schumacher/Beal City-5' 5"; 2-Taylor Friend/Pellston-5' 5"; 3-Amanda Lovell/Mendon-5' 3". **LONG JUMP:** 1-Miranda Johnson/Ottawa Lake-Whiteford-17' 8.75; 2-Amber Arndt/Beal City-17' 6.75; 3-Rita Morris/Gobles-17' 2". **POLE VAULT:** 1-Jaylee Brown/Onkama-10' 0"; 2-Taylor Vanputten/Martin-10' 0"; 3-Bethany Kuenzer/Pittsford-9' 9". **DISCUS:** 1-Alexander Ferguson/Albion-124' 3"; 2-Cora Okkema/Blanchard-Montabella-123' 8"; 3-Brooke Martin/Hesperia-116' 7". **SHOT PUT:** 1-Elizabeth Herriman/Sand Creek-39' 0"; 2-Briana Ratchford/Birmingham Roper-38' 8.75; 3-Jade Madison/New Buffalo-37' 10.25. **100:** 1-Marissa Ingersoll/Fife Lake Forest Area-12.74; 2-Amber Arndt/Beal City-12.86; 3-Lyvia Deaver/Jackson Christian-13.14. **200:** 1-Lauren Buckel/Traverse City St. Francis-26.49; 2-Keyocia Murphy/Flint Hamady-26.55; 3-Marissa Ingersoll/Fife Lake Forest Area-26.77. **400:** 1-Lauren Buckel/Traverse City St. Francis-59.93; 2-Katelyne Vanmourik/Evart-1:00.58; 3-Lizzy Rouce/Rochester Hills Lutheran Northwest-1:00.62. **800:** 1-Shaley Albaugh/Hillsdale Academy-2:17.09; 2-Adri Sigafoose/McBain Northern Michigan Christian-2:22.50; 3-Nicole Zeinstra/Holland Black River-2:22.86. **1000 HURDLES:** 1-Chantel Davenport/Athens-15.37; 2-Briana Ratchford/Birmingham Roper-15.49; 3-Brooke Bovee/Morenci-15.58. **300 HURDLES:** 1-Brooke Bovee/Morenci-47.55; 2-Savannah Feldpausch/Fowler-48.42; 3-Kelsey Butcher/Morrice-48.92. **1600:** 1-Nicole Zeinstra/Holland Black River-4:59.91; 2-Kirsten Olling/Breckenridge-5:07.02; 3-Lauren Dietrich/Gobles-5:11.89. **3200:** 1-Kirsten Olling/Breckenridge-11:00.67; 2-Nicole Zeinstra/Holland Black River-11:49.66; 3-Leah Desimplear/Unionville-Sebewaing-11:54.11. **4X100:** 1-Onkama-51.44 (Meredith Hengy, Nisha Collins, Alyson Fink, Breanna Fink); 2-Beal City-51.69; 3-Fowler-52.24. **4X200:** 1-Fowler-1:47.26 (Savannah Feldpausch, Britney Weber, Breann Klein, Elizabeth Thelen); 2-Flint Hamady-1:48.27; 3-Traverse City St. Francis-1:49.60. **4X400:** 1-Traverse City St. Francis-4:12.47 (Kaitlyn Hegewald, Maddy Danz, Erin McDonnell, Lauren Buckel); 2-Fowler-4:15.76; 3-McBain Northern Michigan Christian-4:18.11. continued on the next page

d4 boys continued.....Zach Hudson); 2-Hesperia-3:33.20; 3-Big Rapids Crossroads-3:33.62. **4X800:** 1-Albion-8:11.92 (Bryan Peoples, Jamie Malcolm, Lonelle Langston, Zach Hudson); 2-Fowler-8:15.88; 3-Mt. Pleasant Sacred Heart-8:16.63. **TEAM SCORING:** 1-ALBION 49; 2-Muskegon Western Michigan Christian 36; 3-Big Rapids Crossroads Academy 35; 4-Climax-Scotts 28; 5-Hesperia & Reading 24; 7-Litchfield 23; 8-Addison 21.5; 9-Sand Creek 21; 10-Lutheran Westland 19..... 61 teams scored

d4 girls continued.....**4X800:** 1-Fowler, 9:50.86 (Elizabeth Thelen, Rebecca Thelen, Brianna Feldpausch, Kieren Becker); 2-Hesperia, 9:57.53; 3-Saugatuck-10:05.80. **TEAM SCORING:** 1-FOWLER 54; 2-Traverse City St. Francis 50; 3-Beal City 42; 4-Hesperia 28.33; 5-Onekama 28; 6-Sand Creek 26; 7-Holland Black River 24; 8-Unionville-Sebewaing 22; 9-Flint Hamady 21; 10-Breckenridge 20. 56 teams scored.

DIVISION 1 UPPER PENINSULA FINALS

at Kingsford High School

BOYS (1 meet record)

HIGH JUMP: 1-Luke Zambon/Iron Mountain-5' 10; 2t-Tanner Yurk/Manistique & Andrew Olesak/Gladstone-5' 10. **LONG JUMP:** 1-Salmi Cole/Houghton-20' 2.50; 2-Kenner Broullire/Manistique-20' 1. **POLE VAULT:** 1-Zach Sturdy/ Gladstone-12' 6; 2-Adam Nagy/Manistique-12' 0. **DISCUS:** 1-Hilding Beaudoin/Kingsford-143' 10; 2-Jared Vuksan/Gladstone-143' 7.5. **SHOT PUT:** 1-Jared Vuksan/Gladstone-51' 3.75; 2-Knuckles Chuck/Houghton-47' 1.25. **100:** 1-Paul Frantti/Calumet-11.11; 2-Garrett Pentecost/ Marquette-11.26. **200:** 1-Paul Frantti/Calumet-22.77; 2-Alex Gagnon/ Marquette-23.20. **400:** 1-Kyle Lester/Sault Ste. Marie-51.27; 2-Ryan Ramey/ Manistique-51.61. **800:** 1-Andrew Bannitt/Marquette-2:03.10; 2-Leighton Locke/Marquette-2:03.85. **110 HURDLES:** 1-Zach Taggart/Marquette-15.59; 2-Brendan Jacques/Calumet-15.96. **300 HURDLES:** 1-Kenner Broullire/ Manistique-39.74 (**New UP D1 Meet Rec.** - Old Rec: 40.01 - Jason Hofer/ Menominee-2004); 2-Brendan Jacques/ Calumet-40.80. **1600:** 1-Andrew Stenberg/Esanaba-4:45.14; 2-Kyle Arvan/Gladstone-4:47.90. **3200:** 1-Devin Berg/ Calumet-10:19.36; 2-Sam Burt/Sault Ste. Marie-10:24.61. **4x100:** 1-Menominee-45.03 (Chris Briar, Jared Theisen, Saun Sullivan, Leonard Briggs); 2-Marquette-45.51. **4x200:** 1-Menominee-1:32.33 (Elijah Mojzycz, Bobby Olson, Saun Sullivan, Leonard Briggs); 2-Marquette-1:33.52. **4x400:** 1-Marquette-3:33.75 (Alex Gagnon, Tyler Balko, Danny Brisson, Zach Taggart); 2-Manistique-3:34.85. **4x800:** 1-Manistique-8:25.57 (John Rahm, Bryson Lawrence, Ryan Ramey, Robert Ayotte); 2-Marquette-8:26.74. **TEAM SCORING:** 1-MARQUETTE 97; 2-Gladstone 82; 3-Manistique 60; 4-Menominee 58; 5-Calumet 58. 11 teams scored

GIRLS (2 meet records)

HIGH JUMP: 1-Adeline Grier' Welch/Houghton-5' 4; 2-Olivia Nash/Esanaba-5' 1. **LONG JUMP:** 1-Adeline Grier' Welch/Houghton-17' 3.5 (**New D1 Meet Rec.** - Old Rec: 17' 0.75 - Adeline Grier-Welch/Houghton-2011); 2-Iris Robare/ Gladstone-15' 8.25. **POLE VAULT:** 1-Laura Alexander/Gladstone-9' 0; 2t-Valerie Clevenger/Calumet & Taylor Lockwood/Manistique-8' 0. **DISCUS:** 1-Jessica Young/Gladstone-106' 6.75; 2-Savannah Roush/ Negaunee-101' 8. **SHOT PUT:** 1-Savannah Roush/Negaunee-31' 10.5; 2-Kirsten Iwanski/Marquette-31' 6.75. **100:** 1-Chelsea Jacques/Calumet-12.55 (**New D1 Meet Rec.** - Old Rec: 12.58 - Stephanie Ostrenga/Esanaba-2005); 2-Ashley Veale/Negaunee-13.21. **200:** 1-Chelsea Jacques/Calumet-26.69; 2-Kathleen Noblet/Marquette-27.08. **400:** 1-Shayla Huebner/ Marquette-1:01.68; 2-Kathleen Noblet/Marquette-1:02.96. **800:** 1-Jessica Fluette/Marquette-2:24.69; 2-Shayla Huebner/Marquette-2:27.27. **100 HURDLES:** 1-Ashley Veale/Negaunee-16.34; 2-Sarah Girard/Iron Mountain-16.75. **300 HURDLES:** 1-Ashley Veale/Negaunee-48.49; 2-Hunter Viitala/ Marquette-51.22. **1600:** 1-Stackey Mathieu/Menominee-5:31.76; 2-Julia Lean/ Calumet-5:32.01. **3200:** 1-Tara Kiiilunen/Calumet-11:50.70; 2-Julia Lean/ Calumet-11:51.97. **4x100:** 1-Menominee-52.60 (Jane Enderby, Courtney Conery, Lexi Christian, Allia Stewart); 2-Manistique-52.64. **4x200:** 1-Menominee-1:50.54 (Jane Enderby, Courtney Conery, Lexi Christian, Allia Stewart); 2-Escanaba-1:51.83. **4x400:** 1-Marquette-4:11.82 (Ashton Guidebeck, Hunter Viitala, Shayla Huebner, Jessica Fluette); 2-Negaunee-4:15.57. **4x800:** 1-Marquette-10:03.70 (Liana Storm, Carleigh Hillier, Abby Potts, Jessica Fluette); 2-Calumet-10:08.93. **TEAM SCORING:** 1-MARQUETTE 106; 2-Negaunee 99; 3-Calumet 81; 4-Menominee 53; 5-Houghton 49. 11 teams scored.

DIVISION 2 UPPER PENINSULA FINALS

at Kingsford High School

BOYS (1 meet record)

HIGH JUMP: 1-James Sutton/Newberry-6' 3.50 (**New UP D2 Meet Rec.** - Old Rec: 6' 3 - Rick St. Amour/Munising-2001); 2-Ben Moore/Ironwood-6' 2. **LONG JUMP:** 1-Kane Rasner/Stephenson-19' 9; 2-Alex Smith/Ironwood-19' 5.5. **POLE VAULT:** 1-Richard Bentley/St. Ignace-11' 6; 2-Cole Stevens/Ironwood-11' 0. **DISCUS:** 1-Ryan Marshall/St. Ignace-126' 8.50; 2-Tyler Fountain/Rudyard-124' 11.50. **SHOT PUT:** 1-Joey Ostman/St. Ignace-45' 1.50; 2-Dane Mortensen/St. Ignace-45' 0.75. **100:** 1-Parker Simmons/St. Ignace-11.45; 2-Tyler Stafford/Iron River West Iron County-11.58. **200:** 1-Parker Simmons/St. Ignace-23.66; 2-Pierce Legault/Newberry-24.07. **400:** 1-Nate Meyer/Ishpeming-53.43; 2-Ben Damron/St. Ignace-53.90. **800:** 1-Jono Newlin/Stephenson-2:10.21; 2-Brandon Hughes/Rudyard-2:11.09. **110 HURDLES:** 1-James Sutton/ Newberry-16.61; 2-Vincente Carlson/Ishpeming Westwood-16.62. **300 HURDLES:** 1-Josh Carlson/Ironwood-44.21; 2-James Sutton/Newberry-44.22. **1600:** 1-Jono Newlin/Stephenson-4:53.12; 2-Ken Truitt/ Stephenson-4:54.13. **3200:** 1-Conner Cappaert/Stephenson-10:42.55; 2-Ken Truitt/Stephenson-10:44.83. **4x100:** 1-St. Ignace-46.22 (James Helms, James Cruderman, Gally Thurston, Parker Simmons); 2-Iron River West Iron County-46.86. **4x200:** 1-Newberry-1:37.66 (Taylor Weeks, John Nolan, Kyle Archer, Pierce Legault); 2-Iron River West Iron County-1:37.77. **4x400:** 1-Ishpeming-3:39.04 (Zach Kinnunen, Ryan Leonard, Adam Prisk, Nate Meyer); 2-St. Ignace-3:39.95. **4x800:** 1-Stephenson-9:06.50 (Brandon Kau, Ken Truitt, Conner Cappaert, Jono Newlin); 2-Rudyard-9:19.59. **TEAM SCORING:** 1-ST. IGNACE 112; 2-Stephenson 85; 3-Ironwood 63; 4-Newberry 61; 5-Ishpeming 49. 11 teams scored

GIRLS (3 meet records)

HIGH JUMP: 1-Nicole Vanderlin/Norway-5' 4 (**Ties UP D2 Meet Rec.** with Nicole Vanderlin/Norway-2011); 2-Alexis Kallenbach/Norway-5' 0. **LONG JUMP:** 1-Dani Gagne/Norway-15' 9; 2-Autumn Orm/St. Ignace-15' 1. **POLE VAULT:** 1-Sarah Cullip/St. Ignace-8' 6; 2-Victoria Cusick/Rudyard-8' 0. **DISCUS:** 1-Hunter Perry/Rudyard-122' 10.25 (**New UP D2 Meet Rec.** - Old Rec: 120' 4.75 - Desirae Rasmussen/Iron River West Iron County-2010); 2-Savannah Dugan/Rudyard-107' 8.5. **SHOT PUT:** 1-Savannah Dugan/Rudyard-35' 1; 2-Hunter Perry/Rudyard-34' 3. **100:** 1-Dani Gagne/Norway-12.62; 2-Kara Dale/Ishpeming-12.80. **200:** 1-Dani Gagne/Norway-26.42 (**New UP D2 Meet Rec.** - Old Rec: 26.47 - Jamie Dompier/Chassell-2009); 2-Kara Dale/Ishpeming-27.15. **400:** 1-Dani Gagne/ Norway-1:00.65; 2-Kara Dale/Ishpeming-1:00.97. **800:** 1-Hannah Palmeter/ Ironwood-2:25.05; 2-Sarah Cullip/St. Ignace-2:29.35. **100 HURDLES:** 1-Megan Kangas/Norway-16.55; 2-Haillee Brown/St. Ignace-17.40. **300 HURDLES:** 1-Alexa Thibault/St. Ignace-48.63; 2-Megan Kangas/Norway-48.81. **1600:** 1-Sarah Cullip/St. Ignace-5:34.78; 2-Leah Jarvie/Rudyard-5:48.40. **3200:** 1-Sarah Cullip/St. Ignace-12:16.17; 2-Jaclyn Waara/Iron River West Iron County-12:38.50. **4x100:** 1-St. Ignace-55.42 (Margo Brown, Rebecca Brown, Morgan Lavake, Rachel Hetherington); 2-L'Anse-55.82. **4x200:** 1-Ishpeming-1:52.39 (Bella Stocker, Jessica Spencer, Aubrey Millimaki, Kara Dale); 2-Norway-1:54.58. **4x400:** 1-Iron River West Iron County-4:21.02 (Jaclyn Waara, Joanna Pellizzer, Cassilyn Pellizzer, Kylee Erickson); 2-Norway-4:25.43. **4x800:** 1-Iron River West Iron County-10:40.86 (Jaclyn Waara, Madeline Waara, Brianna Lambert, Kylee Erickson); 2-St. Ignace-10:49.29. **TEAM SCORING:** 1-ST. IGNACE 142; 2-Norway 96; 3-Iron River West Iron County 72; 4-Rudyard 63; 5-Ishpeming 5. 11 teams scored

DIVISION 3 UPPER PENINSULA FINALS

at Kingsford High School

BOYS (2 meet records)

HIGH JUMP: 1-Martin Payment/Cedarville-5' 11; 2-Victor Guliato/Pickford-5' 11. **LONG JUMP:** 1-Jordan Lavigne/Pickford-20' 8.50; 2-Jacob Kleiman/ Bark River-Harris-20' 7.5. **POLE VAULT:** 1-Robert Metter/Rapid River-12' 6; 2-Ross Michaels/Chassell-12' 0. **DISCUS:** 1-Brett Branstrom/Rock Mid-Peninsula-154' 8 (**New UP D3 Meet Rec.** - Old Rec: 149' 1 - Richard Poma/ Rapid River-2003); 2-Mitch Narkooli/Rapid River-135' 8.5. **SHOT PUT:** 1-Jacob Pikka/Wakefield-Marenisco-47' 5; 2-Brett Branstrom/Rock Mid-Peninsula-46' 1.5. **100:** 1-Dylan Kirkley/Ontonagon-11.45; 2-Jordan Lavigne/ Pickford-11.71. **200:** 1-Dylan Kirkley/Ontonagon-23.50; 2-Jordan Lavigne/ Pickford-24.16. **400:** 1-Dylan Kirkley/Ontonagon-52.73; *cont next page*

GIRLS (2 meet records)

HIGH JUMP: 1-Tabitha Graham/Brimley-5' 3; 2-Kelsey Shope/Rock Mid-Peninsula-5' 2. **LONG JUMP:** 1-Olivia Soumis/Ontonagon-16' 7.5 (**New UP D3 Meet Rec.** - Old Rec: 16' 5.5 - Olivia Soumis/Ontonagon-2010); 2-Teslyn Tyner/Eben Junction Superior Central-16' 0.75. **POLE VAULT:** 1-Sarah Audette/Lake Linden-Hubbell-8' 6; 2-Jennifer Stewart/Ontonagon-8' 0. **DISCUS:** 1-Neena Brockway/Rapid River-105' 7.50; 2-Sydni Petrie/Bark River-Harris-105' 3. **SHOT PUT:** 1-Avery Jackson/Bessemer-30' 9; 2-Brenna Bogaczyk/Bessemer-30' 8.5. **100:** 1-Jamie Dompier/Chassell-12.70; 2-Alexis Mason/Brimley-12.83. **200:** 1-Jamie Dompier/Chassell-26.36 (**New UP D3 Meet Rec.** - Old Rec: 26.65 - Stephanie Boyer/Rapid River-2001);... *next page*

2-Cole Potvin/Cooks Big Bay De Noc-52.95. 800: 1-Tyler Keinitz/Eben Junction Superior Central-2:06.56; 2-Jake Divine/Crystal Falls Forest Park-2:06.94. 110 HURDLES: 1-Trevor Cochrane/Bark River-Harris-15.90; 2-Tim Hruska/Iron Mountain North Dickinson-16.50. 300 HURDLES: 1-Trevor Cochrane/Bark River-Harris-41.28; 2-Dan Steward/Eben Junction Superior Central-42.22. 1600: 1-Andrew Kelto/Munising-4:51.14; 2-Jared Jarvi/Chassell-4:57.39. 3200: 1-Andrew Kelto, Munising-10:36.29; 2-Jared Jarvi, Chassell-10:49.14. 4x100: 1-Bark River-Harris-47.01 (Jacob Kleiman, Hunter Messersmith, Dane Messersmith, Scott Jorasz); 2-Crystal Falls Forest Park-47.31. 4x200: 1-Pickford-1:36.69 (Jacob Richard, Phillip Coullard, Jarred Lavigne, Jordan Lavigne); 2-Bark River-Harris-1:37.10. 4x400 1-Crystal Falls Forest Park-3:36.32 (Alex Takala, Mark Hallmann, Jake Divine, Derek Aberly) (New UP D3 Meet Rec. - Old Rec: 3:37.51 - Rock Mid Peninsula-2007); 2-Bark River-Harris-3:37.66. 4x800: 1-Crystal Falls Forest Park-8:40.77 (Mark Hallmann, Jon Curtis, Derek Aberly, Jake Divine); 2-Pickford-8:49.54. TEAM SCORING: 1-PICKFORD 89; 2-Bark River-Harris 58; 3-Crystal Falls Forest Park 57; 4-Rapid River 52; 5-Ontonagon 31. 23 teams scored.

d3 girls continued.....2-Alexis Mason/Brimley-27.03. 400: 1-Lauren Spranger/Eben Junction Superior Central-58.97; 2-Tabitha Graham/Brimley-1:02.79. 800: 1-Lauren Spranger/Eben Junction Superior Central-2:24.17; 2-Brittany Richard/Cooks Big Bay De Noc-2:35.72. 100 HURDLES: 1-Heather Roell/Iron Mountain North Dickinson-16.44; 2-Audrey Sholander/Crystal Falls Forest Park-16.60. 300 HURDLES: 1-Aspen Hood/Engadine-48.27; 2-Audrey Sholander/Crystal Falls Forest Park-50.88. 1600: 1-Brittany Richard/Cooks Big Bay De Noc-5:51.65; 2-Casey Ponchaud/Crystal Falls Forest Park-5:56.35. 3200: 1-Emily Chartrand/Brimley-12:29.29; 2-Meeghan Randell/Painedale-Jeffers-12:29.33. 4x100: 1-Brimley-53.92 (Mindy Wilson, Alexis Mason, Taylor Wilson, Emily Lounds); 2-Crystal Falls Forest Park-54.78. 4x200: 1-Crystal Falls Forest Park-1:53.56 (Audrey Sholander, Sierra Sholander, Ana Cornelia, Mary Grandahl); 2-Bark River-Harris-1:56.24. 4x400: 1-Eben Junction Superior Central-4:20.68 (Jamie Seppanen, Vanessa Freberg, Mikayla Barrows, Lauren Spranger); 2-Crystal Falls Forest Park-4:27.95. 4x800: 1-Brimley-10:42.07 (Taylor Mills, Megan Parish, Emily Chartrand, Tabitha Graham); 2-Pickford-10:48.12. TEAM SCORING: 1-BRIMLEY 78; 2-Eben Junction Superior Central 66; 3-Crystal Falls Forest Park 64; 4-Pickford 34; 5-Bessemer 31.25. 21 teams scored.

MITCA TEAM STATE MEETS

BOYS

DIVISION 1: 1-KENTWOOD EAST KENTWOOD-1087.5, Davison-857.5, 3-Walled Lake Western-795.5, 4- Traverse City Central-781, 5-Auburn Bay City Western-763.5, 6-Traverse City West-693.5, 7-Brownstown Woodhaven-624, 8-Grandville-6q19, 9-Grand Haven-542.5, 10-Sterling Hgts. Stevenson-400.....
DIVISION 2: 1-GRAND RAPIDS CHRISTIAN-1218.5, 2-Zeeland West-1174.5, 3-Williamston-1072.5, 4-Sparta-1057.5, 5-Vicksburg-978, 6-Otsego-778.5, 8-Algonac-740.5, 9-Cadillac-722, 10-Three Rivers-709, 11-Alma-692, 12-Parma Western-515.5.....
DIVISION 3: 1-FRANKENMUTH-1037.5, 2-UNION CCITY-965, 3-Lansing Catholic-924, 4-Benzonia Benzie Central-883.5, 5-Grand Rapids West Catholic-879.5, 6-Ida-855.5, 7-Claire-843.5, 8-Marlette-755, 9-Hillsdale-714.5, 10-Almont-577, 11-Parchment-219.....
DIVISION 4: 1-EVART-910, Petersburg-Summerfield-879, 3-Sand Creek-878, 4-Saugatuck-780.5, 5-Coleman-680.5, 6-Breckenridge-672, 7-Lutheran Westland-647.5, 8-Centreville-638, 9-White Cloud-5889-5, 10-Eau Claire-533.....

GIRLS

DIVISION 1: 1-ROCKFORD-731, 2-Kentwood East Kentwood-685, 3-Grandville-496, 4-Jenison-480, 5-Macomb Dakota-458.5, 6-Ortonville Brandon-385, 7-Greenville-383.5, 8-Grand Haven-21.....
DIVISION 2: 1-HAMILTON-1629, 2-Dearborn Divine Child-1550, 3-DeWitt-1526.5, 4-Williamston-1350, 5-Grand Rapids Christian-1201.5, 6-Zeeland West-1074.5, 7-Remus Chippewa Hills-1060.5, 8-Milan-1036.5, 10-St. Clair-875.5, 11-St. Joseph-873.5, 12-Eaton Rapids-853.5, 13-Hastings-841, 14-Stevensville Lakeshoore-704, 15-Paw Paw-672.5, 16-Otsego-13.5.....
DIVISION 3: 1- BENZONIA BENZIE CENTRAL-1145.5, 2-Frankenmuth-1099.5, 3-Adrian Madison-972, 4-Laansing Catholic-810.5, 5-Shepherd-788.5, 6-Hopkins-747, 7-Kent City-743, 8-St. Louis-683, 99-Ida-632, 10-Union City-613, 11-Parchment-445.....
DIVISION 4: 1-SAND CREEK-926, 2-Hillsdale Academy-831, 3-Unionville-Sebewain Area-775, 4-Centreville-682, 5-Morrice-617.5, 6-Royal Oak Sshrine-608, 7-White Cloud-471.5, 8-Gobles-459, 9-Saugatuck-420....

Complete meet results for all meets in the newsletter are at: mitca.org or from **TRACK RESULTS**

6/11/11 MIDWEST MEET OF CHAMPIONS

at Spuller Stadium, Northrop High School, Ft. Wayne, In.

The Bill Walker Trophy Awarded to the team with highest combined score, named in honor of the founder of the **Midwest Meet Of Champions** awarded to: **OHIO**

COMBINED TEAM SCORES: 1-OHIO-363.5, 2-Michigan-322.33, 3-Indiana-254.16

Ohio won the Walker Trophy for the 4th time in a row, surpassing Michigan's 3 consecutive wins, 2006-8

BOYS

STAR OF STARS AWARD WINNERS

GIRLS

Field: Duke Taylor/Ohio- won the Discus

Track: Kyle Redwine/Avondale- won both 100 & 200

Field: Cassie Wertman/Indiana- won Shot Put, 2nd in the Discus

Track: Kyra Jefferson/Cass Tech- won the 200

TEAM SCORES: 1-OHIO-178.5, 2-Indiana-148.5, 3-Michigan-1383.

TEAM SCORES: 1OHIO-185, 2- Michigan-184.33, 3-Indiana-105.66

HIGH JUMP: 1-Michael Moffitt/I-6' 8, 2-Aaron Benton/Almont-6' 8, 3-Cody Jones/O-6' 6, 4-Tre Goynes/Redford Union-6' 6, 5-Nick Jager/I-6' 6, 6t-James O'Shea/O & Stephen Keller/I-6' 4, 8-Rory Juhn/O-6' 4, nh: Stephan Sykes/Litchfield **LONG JUMP: 1-Jeron Brown/I-23' 9.5**, 2-Steve Bastien/Saline-23' 5.75, 3-Anthony Stella/I-23' 3.5, 4-Bryce Jones/O-22' 5, 5-Shawn Jackson/I-22' 2, 6-Dillon Wood/Lakeview-22' 1.75, 7t-Brandon Vandentoom/East Kentwood & Michael Ohiembor/O-21' 10.25, Antonio Whittfield/O-21' 4.5
POLE VAULT: 1-Kyle Johnston/I-16' 9, 2-Jacob Blankenship/O-16' 6, 3-Jaime Salisbury/I-15' 6, 4-Curley Conner/I-15' 6, 5-Dan Emery/BC Lakeview-15' 0, 6-Cory Miller/Adrian-15' 07-Justin Zasso/I-15' 0, hh: Michael Bennett/O & Jesse Oxley **DISCUS: 1-Duke Taylor/O-193' 0**, 2-Reggie Jagers/O-184' 8, 3-Vinny Gjakaj/Walled Lake Western-178' 9, 5-Mack Tudor/O-177' 2, 6-Dylan Banagis/Forest Hills Eastern-170' 8, 7-Joe Demaegd/I-168' 1, 8-Langston Newton/I-165' 2, 9-TJ Beelen/Zeeland East-???? **SHOT PUT: 1-Cory Blair/O-63' 11**, 2-Mack Tudor/O-62' 0.5, 3-Langston Newton/I-60' 0.5, 4-Stephen Lyons/O-58' 2.5, 5-Onyi Afoaku/I-56' 3, 6-TJ Belen/Zeeland East-55' 6, 7-Josh Smith/I-55' 0, 8-Adam Martin/East Kentwood-52' 11, 9-Chris Saikal/Warnerford Mott-50' 10 **100: 1-Kyle Redwine/Avondale-10.67**, 2-Taylor Williams/O-10.88, 3-Kassius Kelly/Clerenceville-10:89, 4-Danny Anthropol-10:90, 5-Jordan Piergalli/O-10.91, 6-Dominic Williams/O-10.94, 7-Ryan Jones/Brrandon-11.26, 8-Keegan McNeely/I-17.64 **200: 1-Kyle Redwine/Avondale-21.43**, 2-Taylor Williams/O-21.53, 3-Andrew Ellis/Benton Harbor-21.55, 4-Nick James/O-21.74, 5-Jaron Clark/I-21.79, 6-Quinntyn Qualls/I-21.92,.. continued next page

Ohio wins for the 4th straight year.
HIGH JUMP: 1-Madeline Morrow/O-5' 11, 2-Ashleigh Poickens/O-5' 8, 3-Lydia Gaugenti/O-5' 6, 4-Sencclair McDonnell/Churchill-5' 4, 5-Anna Fochesatp/Brandon-5' 4, 6t-Alexandra Moynes/Northville & Jordan Pfeiffer/I & LeVisa Evans/I-5' 2, nh: Keina Lanman/I **LONG JUMP: 1-Skyler Carpenter/I-18' 10.25**, 2-Makeda DeBardelaben/Arthur Hill-18' 5.25, 3-Karena Fulks/O-18' 2.5, 4-Camille Dickens/O-18' 0.75, 5-Erika Armstead/O-17' 11.5, 6-Sidney Bischer/Yale-17' 10, 7-Melissa DuBois/I-17' 9.75, 8-Elizabeth Dutcher/Williamston-17' 3.75, 9-Kailey Evans/I-17' 0 **POLE VAULT: 1-Elle Braidic/O-12' 9**, 2-Alyssa McBride/O-12' 9, 3-Hannah Acton/I-12' 9, 4-Katie Rancourt/East Kentwood-12' 6, 5-Amanda Hotaling/O-12' 6, 6-Hannah Sailor/Lansing Catholic-12' 3, 7-Jeslyn Zimmerey/I-12' 0, 8-Kristie Weber/Pewamo-Westphalia-11' 6, nh: Sydney Clute/I **DISCUS: 1-Brittany Mann/Detroit Country Day-145' 11**, 2-Cassie Wertman/I-145' 3, 3-Kori Reiser/O-144' 4, 5-Alyssa Gary/O-143' 8, 5-Kendra Meyers/West Catholic-142' 10, 6-Michaela Hull/I-133' 3, 7-Kaitlyn Menges/O-131' 88-Rachel Dincoff/I-129 6, 9-Megan Strait/Gladwin-118' 1 **SHOT PUT: 1-Cassie Wertman/I-51' 0.5**, 2-Rachel Dincoff/I-45' 1, 3-Sarah Chow/O-44' 0.5, 4-Kaitlyn Menges/O-41' 6, 5-Sonya Napariu/I-41' 6, 6-Brittany Mann/Detroit Country Day-41' 1.5, 7- Alyssa Gary/O-41' 0.5, 8-Sam Pavlika/Novi-39' 0.5, 9-Becca Cousineau/Leslie-39' 5 **100: 1-Tiffany Owens/Brandon-12.26**, 2-Katie Wise/I-12.33, 3-Sydney Cureton/Detroit Country Day-12.47, 4-Aaliyah/ McKinney/I-12.57, 5-Emily Cunningham/O-12.60, 6-Arti Gunn/O-12.62, 7-Raven Blaser/Godwin Hgts-12.90, 8-Caitlyn Rack/O-19.58 cont next page

midwest boys continued.....7-Jacques Hall/I-21.94, 8-Josh Miles/Woodhaven-21.95, 9-Jordan Piergallini/O-21.96 400: 1-Alante Oliver/O-47.49, 2-Jeron Brown/I-48.18, 3-Dareyus Person/O-48.91, 4-Tony Moses/I-49.57, 5-Alvin Best/I-49.64, 6-Kendal Jackson/Sexton-49.81, 7-Jibril Mims/Detroit Country Day-50.14, nt: Jason Ervin/North Farmington.....800: 1-Gary Austin/I-52.78, 2-Zachary Zingsheim/Lansing Catholic-1:54.33, 3-Sean Poholski/O-1:54.37, 4-Sam Berger/I-1:54.50, 5-Brandon Wallace/Milford-1:54.69, 6-Joe Oehrli/Reed City-1:54.77, 7-Spencer Rheinhardt/I-1:55.44, 8-D'Angel Wilkes-Sharpley-1:59.78 110H: 1-Donovan Robertson/O-14.09, 2-Bill Barnes/O-14.21, 3-Zach Bray/I-14.54, 4-Jey Wilkins/O-14.73, 5-Josh Jenkins/Reading-14.75, 6-Chaz Bradshaw/Alma-14.79, 7-Jimmy Herman/I-14.80, 8-Reggie Smith/I-15.39, dq: Jake McFadden/Clare 300H: 1-Donovan Robertson/O-37.65, 2-Ryan Cavender/I-37.89, 3-Danny Young/O-38.52, 4-Zach Bray/I-38.71, 5-Thomas Reason/I-39.07, 6-Tyler Jenkins/O-39.28, 7-Rarie Williams/Clare-39.29, 8-Joe Washington/??-39.60, dq: Jake McFadden/Clare 1600: 1-Willy Fink/O-4:14.49, 2-Mitch Dutton/I-4:16.85, 3-Shawn Welch/Milford-4:18.51, 4-Jarrold Genter/O-4:18.51, 5-Adrian Ross/O-4:19.65, 6-Paul Ausum/Milford-4:20.38, 7-Mitch Hubner/I-4:21.34, 8-Kent Garrett/I-4:24.37, 9-Zach Kughn/Grand Blanc-4:26.71 3200: 1-Garret Zuk/Lakeland-9:03.00, 2-Nick Pupino/O-9:14.50, 3-Calem Kerr/I-9:17.92, 4-Tyler Schickel/I-9:20.03, 5-Nick Vogele/O-9:21.00, 6-Carl Smith/I-9:34.05, 7-Bryce Bradley/Chelsea-9:42.86, 8-Gardner Daniel/O-9:45.72 4x100: 1-Michigan()-40.89, dq: Indiana & Ohio 4x200: 1-Michigan()-1:26.99, 2-Indiana-1:27.68, 3-Ohio-1:32.77 4x400: 1-Indiana-3:14.20, 2-Michigan()-3:14.38, dq: Ohio 4x800: 1-Michigan()-7:46.84, 2-Ohio-7:50.94, 3-Indiana-7:53.47

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN

2013 ATOM CLINIC Feb. 2-3

REMEMBER TO USE ATOM OFFICIALS FOR YOUR CROSS COUNTRY and TRACK & FIELD MEETS. For official's information go to: www.atomofficials.com

midwest girls continued.....200: 1-Kyra Jefferson/Cass Tech-23.81, 2-Alicia Arnold/O-24.47, 3-Rachel Hlatkey/O-24.88, 4-Raven Blasser/Godwin Hgts-25.29, 5-Shannon Parker/I-25.44, 6-Aaliyah/McKinney-25.50, 7-Arti Gunn/O-25.79 400: 1-Maya Long/AA Huron-47.49, 2-Montayla Holder/I-55.79, 3-Ola Hender/Grand Ledge-56.71, 4-LaTisha Cross/Southfield-56.72, 5-Amber Davis/O-56.73, 6-Maggie Bell/I-57.08, 7-Veronica Thompson/O-57.99, 8-Jas,min/I-58.51, 9-Claudia Saunders/O-59.04 800: 1-Sara Barron/Notre Dame-2:09.05, 2-Hannah Fleck/O-2:11.57, 3-Rebecca Rings/O-2:11.80, 4-Tessa Wiegand/O-2:12.76, 5-Theresa Warsecke/Benzie Central-2:13.45, 6-Emma Mirwaldt/I-2:14.45, 7-Brittany Terry/East Kentwood-2:14.80, 8-Taylor Wiley/I-2:14.80, 9-Mary Davis/I-2:17.41 100Hno official times): 1-Cindy Ofili/AA Huron-nt, 2-Asia Bange/O, 3-Laticia Sims/Farmington Hills Harrison, 4-Brianna Scott-Glover/O, 5-Demetra Taylor/I, 6-Cierra Brown/O, 7-Tierra Williams/Ypsilanti Lincoln, 8-Alex Meier/I 300H: 1-Melody Farris/O-42.23, 2-Skyler Carpenter/I-42.45, 3-Cindy Ofili/AA Huron-43.53, 4-Brianna Scott-Glover/O-43.63, 5-Laticia Sims/Farmington Hills Harrison-44.95, 6-Becca Kropf/I-45.12, 7-Faith Washington/O-45.50, 8-Elizabeth Dutcher/Williamston-46.09, 9-Abby Springer/I-46.68 1600: 1-Taylor Mannett/Rockford-4:51.01, 2-Anna Boydette/O-4:58.31, 3-Katherine Hoevet/M-Pioneer-5:01.28, 4-Minori Minagawa/O-5:04.93, 5-Nicole Ziestra/Bblack river-5:09.33, 6-Monica Lake/O-5:11.24, 7-Ann Kuntz/I-5:17.30, 8-Carroll Shelby/I-5:20.99, 9-Tiffany Rauch/I-5:30.50 3200: 1-Alie Wiersma/Allendale-10:35.82, 2-Lindsey Burdette/Hanover-Horton-10:43.85, 3-Brenna Poulsen/I-10:46.57, 4-Kayla Scott/O-10:56.30, 5-Heather O'Brien/I-11:04.19, 6-Julia Valencia/Walled Lake Western-11:04.84, 7-Krista Wood/O-11:27.23, 8-Katelyn DeVries/I-11:52.72, 9-Allison Roeth/O-11:54.78 4x100: 1-Indiana-46.50, 2-Ohio-47.17, 3-Michigan()-47.28 4x200: 1-Michigan()-1:39.03, 2-Ohio-1:41.05, 3-Indiana-1:42.47 4x400: 1-Michigan()-3:50.15, 2-Ohio-3:50.71, 3-Indiana-4:05.78 4x800: 1-Ohio-9:03.67, 2-Michigan()-9:06.09, 3-Indiana-9:15.26

Reading T-Shirts on Saturday Some Wish For It.... We Work For It

MIDEAST CROSS COUNTRY MEET

Qualifying: week after the State Finals.

Meet: Second Saturday after the State Finals.

MIDWEST TRACK & FIELD MEET

Qualifying: Seniors only, Invited based on State Finals & season.

Meet: In Ft. Wayne, In., Saturday, June 9, 1 week after the State Finals.

ACADEMIC ALL-STATE 2012

Requirements: Place in top 8 in the state finals and GPA of 3.5 or better

DIV. 1 BOYS::: Dan Emery-12/Battle Creek Lakeview-PV, Matt Costello-12/Bay City Western-Discus, Phillip Johnson-11/Birmingham Groves-2, Josh Belt-12/Cadillac-8, Justin Tigue-10/Davison-4x4, Gabe Hodge-11/Davison-4x4, Gerald Henderson-12/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-10/Grand Ledge-8, Ato Condelee-11/Holland West Ottawa-HJ, Dylan Kole-11/Kenowa Hills-PV, David Arenz-11/Lake Orion-4x8, David Arenz-11/Lake Orion-4x8, Alex Roberts-12/Lake Orion-HH, Paul Ausum-12/Milford-4x8, Kyle Monagle-11/Milford-4x8, Brandon Wallace-12/Milford-8, Keenan Gantz-10/Negaunee-16, 4x8, Ben Rebertus-12/Negaunee-4, 8, 4x8, Steven Olson-12/Negaunee-4x8, Drew Woznick-11/Rockford-16, Casey Aman-11/Rockford-4x8, Jane Hawks-12/Rockford-4x8, Austin Benoit-11/Rockford-4x8, Nick Renberg-12/Saline-32, Austin Kirk-12/Sterling Heights Stevenson-8, Ryan Gemmell-12/Traverse City Central -PV, Mitchell A. Dennis-10/Walled Lake Western-16 32 athletes; 7 with a 4.000; 4 Academic All-State in more than 1 event (1 in 3 events), 37 actual Academic All-State positions; 13 relay only athletes (all 4 on Davison's 4x4 & 3 from the Negaunee 4x8) 4 individual champions (Matt Costello/Discus, Dan Emery/PV, Brandon Wallace/8, Drew Woznick/16), 4 winning relay runners (2 from the Milford 4x8), 20 different schools with at least 1 Academic All-State athlete (Davison had 5 athletes, Rockford had 4 athletes, Milford & Negaunee each had 3 athletes, 2 schools had 2 athletes each) 17 seniors, 11 juniors, 4 sophomores.

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 Cell-10/AA Huron-4x8, Emily McAnsh-12/Alpena-4, 4x4, 4x8, Emily Duncan-12/Alpena-4x4, Emily Duncan-11/Alpena-4x4, Paige Stepanski-12/Alpena-4x4, Amanda Dort-11/Alpena-4x8, 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 Vu-12/Jenison-4x1, Elizabeth Carpenter-12/Kenowa Hills-PV, Sarah Moen-11/Lakeview-3H, Rachel Barrett-10/Milford-16, Ashlynn Schiro-10/Okemos-LJ, Gabrielle Thivierge-11/Rochester Adams-32, Jamie Morrissey-11/Rochester Adams-8, 4x4, Jessica Howell-11/Rochester Adams-LJ, 2, 4x4, Courtney Klawietter-12/Rockford-1, 4x2, 4x4, Taylor Manett-12/Rockford-16, 32, 4x8, Elise Schierbeek-11/Rockford-4x2, Alison Kelley-11/Rockford-4x4, Olivia Gilbert-10/Rockford-4x4, Rachel Raab-11/Rockford-Discus, SP, Katie DeHaan-12/Rockford-PV, 4,2, 4x4, Alana Hollis-10/Saline-4x1, Samantha Richart-12/Saline-4x1, Elianna Shwayder-10/Saline-4x8 37 athletes; 4 with a 4.000; 10 Academic All-State in more than 1 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), 6 winning relay runners (all 4 of Grosse Pte. South's 4x8), 14 different schools with at least 1 Academic All-State athlete (Rockford had 9 spots from 13 athletes; Ann Arbor Huron had10 spots from 4 athletes, Alpena had 8 positions with 5 athletes, Grosse Pte. South each had 5 athletes; Rochester Adams had 6 spots from 3 athletes and Saline had 3; and 2 schools each had 2 athletes each) 16 seniors, 15 juniors, 7 sophomores

DIV. 2 BOYS::: Keith Rodgers-11/Allendale-Discus, Adam Sanchez-12/Alma-2, 4x4, 4x8, Vinny Costanzo-11/Alma-4x4, Tim DeJong-11/Alma-4x4, 4x8, Broderic Bender-11/Alma-4x8, Jake Morey-10/Alma-4x8, Cole Woods-12/Alma-Discus, Connor Bauserman -11/Battle Creek Harper Creek-8, Jordan Berning -12/Battle Creek Harper Creek-LJ, Josh Belt-12/Cadillac-4x8, David Stalker-12/Cadillac-4x8, Jalen Brooks-10/Cadillac-4x8, Connor Mora-11/Cedar Springs-8, 16, Travis Weiss-11/Chelsea-PV, Micheal Hovater-11/Chelsea-PV, Josh Clark-12/Edwardsburg-16, Mowgli Crosby-11/Forest Hills Eastern-16, Dylan Banagis-12/Forest Hills Eastern-Discus, Galen Neuroth-11/Fowlerville-HH, SP, Adam Coon-11/Fowlerville-SP, Ryan Beyea-12/Haslett-32, Jacob Romeo-12/Notre Dame-1, Adam Birkeland-12/Sparta-4x8, Nick Hosmer-12/Sparta-4x8, Tom Willet-12/Sparta-4x8, Clay Weidenhamer-12/Sparta-SP, Clay Walderzak-10/Standish-Sterling-Discus, Drake Miller-12/Sturgis-Discus, SP, Aaron Baumgarten-11/Williamston-32, Austin Loewen-11/Williamston-HH, Derek Postma-12/Zeeeland West-4x4.....31 athletes, 4 with a 4.000, 4 Academic All-State in more than 1 event (Adam Sanchez in 3 events, 3 in 2 events), 36 actual Academic All-State positions, 11 relay only athletes, 3 individual champions (Connor Mora/8-16 &Austin Loewen/HH), 16 different schools with at least 1 Academic All-State athlete (Alma had 5 athletes; Sparta had 4; and 2 schools each had 2 athletes each) 15 seniors, 13 juniors, 3 sophomores.

DIV. 2 GIRLS::: Samantha Zakalowski-11/Algonac-HH, Ali Wiersma-12/Allendale-16, 32, Paige Wells-11/Allendale-3H, Sam Smith-11/Allendale-PV, Samantha Smith-11/Allendale-PV, Elena Miller-11/Bloomfield Hills Lahser-16, Elena Miller-11/Bloomfield Hills Lahser-32, Trinity Hulst-12/Byron Center-16, Katie Weiler-11/

Cedar Springs-32, Johanna Goeman-12/Charlotte-4x1, Ayren Parrish-10/Charlotte-4x1, Madison Earl-12/Charlotte-4x1, Maria Morgan-12/Charlotte-4x1, Grace Sauers-11/Chelsea-4x2, Danielle Dahl-12/Chelsea-4x4, Elaine Johnson-12/Chelsea-4x8, Megan O'Neil-10/Chippewa Hills-8, 16, Erin Drouillard-10/Chippewa Hills-PV, Rosanna Reynolds-12/Dearborn Divine Child-3H, Rosanna Reynolds-12/Dearborn Divine Child-4x1, 4x2, Nicole Urbanick-10/Dearborn Divine Child-4x4, 4x8, Olivia Hauser-10/Dearborn Divine Child-4x8, Ashley O'Neill-11/Dearborn Divine Child-Discus, Sydney Cureton-12/Detroit Country Day-1, 4x1, 4x2, Natasha Sood-12/Detroit Country Day-4x1, Ava Nasrollahzadeh-12/Detroit Country Day-4x2, Lily Clifford-12/East Grand Rapids-4, 4x4, McKayley Gourley-10/East Grand Rapids-4x4, 4x8, Cassidy Clark-12/East Grand Rapids-4x4, 4x8, Jessie Baloga-12/East Grand Rapids-8, 4x4, 4x8, Bailey Baker-10/Eaton Rapids-Discus, SP, Kathryn Mills-10/Eaton Rapids-HJ, Clara Cullen-11/Forest Hills Eastern-4x8, Emily Prins-11/Grand Rapids Catholic Central-HJ, Molly Oren-11/Hamilton-4x8, Cathy Coryell-11/Hamilton-4x8, Emily Oren-12/Hamilton-4x8, Brandi Tidd-12/Hamilton-4x8, Madison McLean-11/lake Odessa Lakewood-4x2, Mycah Ridder-10/lake Odessa Lakewood-4x2, Alexis Kosten-12/Lake Odessa Lakewood-4x2, Ashley Jemison-12/Lake Odessa Lakewood-Discus, Maddy Moldenhauer-11/Marysville-PV, Sarah LewAllen-10/Notre Dame-4x4, Taylor Timko-10/Notre Dame-4x4, Sara Barron-12/Notre Dame-8, 16, 4x4, Kylee Chaffin-10/Richland Gull Lake-4x8, Leah Coonrod-11/Richland Gull Lake-4x8, Jori Fell-11/Richland Gull Lake-4x8, Rhiannon Pavlinac-11/South Lyon East-Discus, Elizabeth Bloch-10/Warren Regina-4x4, Colette Chapp-12/Warren Regina-4x4, Catherine Bloch-10/Warren Regina-4x4, Alana Ballyntyne-12/Warren Regina-4x4, Catherine Bloch-12/Warren Regina-8, Elizabeth Dutcher-12/Williamston-HH, Elizabeth Dutcher-12/Williamston-LJ, 3H, Tori Freeman-12/Williamston-SP, Megan Kraker-12/Zeeland West-4x4, Cassidy Proce-11/Zeeland West-4x4, Lindsay Ross-10/Zeeland West-4x4, Rachele Schulist-12/Zeeland West-8, 16, 4x4..... **62 athletes, 17 with a 4.000, 12 Academic All-State in more than 1 event** (Jessie Baloga, Sara Barron, Sydney Cureton, Rachele Schulist in 3 events, 9 in 2 events), **78 actual Academic All-State positions, 35 relay only athletes, 5 individual champions** (Bailey Baker/Discus, Sara Barron/8-16, Sydney Cureton/1, Kathryn Mills/HJ, Ali Wiersema-32,), **7 winning relay runners** (3 from the East Grand Rapids 4x8, 2 each from the winning 4x2), **22 different schools with at least 1 Academic All-State athlete** (East Grand Rapids had 9 spots from 4 athletes, Divine Child had 7 spots with 3 athletes, Zeeland West had 6 spots with 4 athletes, Hamilton & Lakewood each had 4 athletes, Detroit Country Day had 4 spots from 3 athletes, Chelsea & Gull Lake each had 3 athletes, and 4 schools had 2 athletes each) **28 seniors, 19 juniors, 15 sophomores.**

DIV. 3 BOYS::: William Huddleston-12/Benzie Central-16, 32, 4x8, Travis Clous-12/Benzie Central-4x8, Dean Hague-12/Boyne City-3H, Christian Reed-11/Brooklyn Columbia Central-4x4, Alex Wesche-12/Brooklyn Columbia Central-8, 4x4, William Jeakle-12/Charlevoix-4x8, Andrew Plude-12/Charlevoix-4x8, Vincent Vonlau-12/Charlevoix-4x8, John Forsyth-12/Chesaning-4x8, Jake McFadden-12/Clare-HH, 3H, Eric Edmond-12/Frankenmuth-32, 4x8, Austin Hazen-12/Freeland-4x2, Bryce Stroede-11/Hanover-Horton-32, Layne Helms-11/Ithaca-4x4, Alik Helms-12/Ithaca-4x4, Justin King-11/Justin King-4x4, Chad Brown-10/Kent City-4x1, Kevin Morris-12/Kevin Morris-4x2, Kyle Guster-10/Kyle Guster-4x2, Ryan Vincent-11/Lake City-PV, James Hicks-12/Lansing Catholic-16, 4x4, 4x8, Connor Caporale-12/Lansing Catholic-4, 4x2, 4x4, Cedric Lee-12/Lansing Catholic-4x1, 4x2, Matt Macksood-12/Lansing Catholic-4x1, 4x2, 4x2, Austin Winter-12/Lansing Catholic-4x8, Zachary Zingsheim-12/Lansing Catholic-8, 4x2, 4x4, 4x8, Dan Liesman-12/Lansing Catholic-SP, 4x1, Jacob Bowman-11/Marlette-16, 32, 4x8, Andy Bowman-11/Marlette-32, 4x8, Kolby Lange-12/Marlette-4x8, Mat Titus-11/Marlette-4x8, Schauman, Matthew-11/Matthew Schauman-4x2, Matt Randall-12/McBain Public School-PV, Tyler Hanks-12/Morley Stanwood-2, Matthew Parrish-12/Morley Stanwood-8, Travis McCuaig-11/Morley Stanwood-HJ, Adam Srmek-12/Niles Brandywine-3H, Michael Shelton-11/Niles Brandywine-4x4, Andy Pung-11/Pewamo-Westphalia-LJ, Levi Drumm-11/Quincy-Discus, Eric Reed-12/Reed City-2, 4x4, Eric Bradford-11/Reed City-4x4, Michael Bradford-11/Reed City-4x4, Joe Oehrli-12/Reed City-8, 16, 4x4, Drew Douglass-11/Schoolcraft-Discus, Chris Maye-12/Union City-1, 2, 4x1, Brooke Johnson-11/Union City-2, Josh Holton-11/Union City-4, 4x1, Chris Maye-12/Union City-LJ..... **49 athletes, 4 with a 4.000, 16 Academic All-State in more than 1 event** (Chris Maye & Zachary Zingsheim each in 4 events; Jacob Bowman, Connor Caporale, James Hichs, William Huddleston, Matt Macksood and Joe Oehrli each in 3 events and 7 in 2 events); **74 actual Academic All-State positions, 23 relay only athletes, 5 individual champions (Dan Liesman/SP, Chris Maye/1-2, Jake McFadden/HH-3H, Bryce Stroede/32, Zachary Zingsheim/8); 10 winning relay runners** (Lansing Catholic had 3 each from its 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 athletes, Union City had 7 spots with 3 athletes, Reed City had 4 spots with 3 athletes, Benzie Central & Brooklyn Columbia Central each had 4 spots with 2 athletes and 5 schools had 2 spots each) **29 seniors, 18 juniors, 2 sophomores.**

DIV. 3 GIRLS::: Haley Mellon-10/Adrian Madison-4x2, 4x4, Ashley Bussing-11/Adrian Madison-SP, Bryce Cutler-10/Benzie Central-16, 4x8, Miranda Besey-11/Benzie Central-4x4, Makayla Huddleston-11/Benzie Central-4x8, Jordan Nye-11/Benzie Central-LJ, 4x1, 4x2, 4x4, Molly Jeakle-12/Charlevoix-4x8, Sarah Mackenzie-12/Charlevoix-HJ, Brittany Slinker-12/Dundee-PV, Lindsay Hall-11/Flint Powers Catholic-4x8, Sarah Waraniak-11/Flint Powers Catholic-4x8, Kayelin Mazur-10/Flint Powers Catholic-4x8, Taylor Ovadek-10/Flint Powers Catholic-4x8, Olivia Shelton-12/Frankenmuth-1, 4x1, 4x2, 4x4, Angela Ritter-10/Frankenmuth-2, 4, 4x2, 4x4, Rebekah Barger-10/Frankenmuth-4x1, Rachel Crompton-11/Frankenmuth-4x1, Lauren Peterson-11/Frankenmuth-4x4, Ashley Frahm-11/Frankenmuth-Discus, SP, Emily Wee-12/Frankenmuth-HH, 3H, 4x2, 4x4, Megan Hubbard-11/Hanover-Horton-32, Lindsey Burdette-12/Hanover-Horton-32, Olivia Freehling-11/Hartford-SP, McKenna Thayer-11/Hillsdale-4x1, Anna Rushing-10/Hillsdale-4x1, Megan Isabell-12/Hillsdale-4x1, Sadie Ringer-12/Kent City-4x8, Jeanne Wilson-12/Kent City-4x8, Ashley Russo-10/Kent City-4x8, Kendra Dreyer-10/Kent City-SP, Emma Frost-11/Lansing Catholic-32, Aurelie McCarus-12/Lansing Catholic-4x4, Anne Fata-12/Lansing Catholic-4x4, Hannah Sailor-12/Lansing Catholic-PV, Kaitlyn Fronkema-12/McBain-4, Rachelle Sandbrook-12/Ovid-Elsie-HJ, Tori Klein-11/Pewamo-Westphalia-4x1, Cammie Noeker-10/Pewamo-Westphalia-4x2, 4x4, Erica Nurenberg-11/Pewamo-Westphalia-4x4, Jenna Thelen-10/Pewamo-Westphalia-4x4, Brianna Schafer-11/Pewamo-Westphalia-PV, Kenzie Wieber-10/Pewamo-Westphalia-PV, 1, 4x1, 4x2, Devyn Powell-10/Pine River-4, Sami Mitchell-11/Reed City-LJ, 2, HH, 3H, Kara Craig-11/Schoolcraft-HJ, Jordan Devenney-11/Schoolcraft-PV, 1, Kaylie Rhyndard-10/Shepherd-4x8, Jordan Wentworth-12/Shepherd-4x8, Brooke Johnson-11/Union City-HJ, 1..... **49 athletes, 17 with a 4.000; 11 Academic All-State in more than 1 event** (Sami Mitchell, Jordan Nye, Angela Ritter, Olivia Shelton, Kenzie Wieber each in 4 events; Emily Wee in 3 events and 5 in 2 events); **71 actual Academic All-State positions; 25 relay only athletes; 2 individual champions, with 5 wins (Lindsay Burdette/32, Sami Mitchell/LJ-2-HH-3H); 5 winning relay runners, with 6 relay positions** (Benzie Central had 3 each from its 4x8); **19 different schools with at least 1 Academic All-State athlete** (Frankenmuth had 11 spots with 4 athletes, Pewamo-Westphalia had 10 spots with 6 athletes, Benzie Central had 8 spots from 4 athlete, Kent City had 4 athletes, Adrian, Flint Powers, Hillsdale & Schoolcraft each had 3 spots and 6 schools had 2 spots each) **15 seniors, 20 juniors, 14 sophomores.**

DIV. 4 BOYS::: Cameron Haskell-12/Coleman-4x2, Alex Brown-12/Coleman-4x4, Ryan Walton-12/Coleman-HJ, Jacob Kipp-11/Coleman-HJ, Saul Williams-11/Flint Hamady-1, 2, Nick VanderKooi-11/Fremont Providence Christian-16, Travess Smith-10/Hesperia-4x4, Dillon Cook-11/Hesperia-4x8, Joel Calvert-12/Hillsdale Academy-8, Stephen Sykes-12/Litchfield-HJ, HH, Jesse Lindloff-12/Michigan Lutheran Seminary-4x2, Dominic Clolinger-11/New Lothrop-4x1, Andy Houser-11/Pittsford-HH, Austin Wigent-12/Reading-8, Nolin Livingston-12/Sand Creek-Discus, Daniel Hall-12/Sand Creek-PV, Sean Kelly-11/Saugatuck-32, 4x8, Sam Freestone-11/Saugatuck-4x8, Zach Kerr-11/Saugatuck-4x8, Evan Carter-11/Southfield Christian-32..... **20 athletes; 2 with a 4.000; 3 Academic All-State in more than 1 event** (3 in 2 events); **23 actual Academic All-State positions; 8 relay only athletes; 1 individual champion** (Sean Kelly/32), **13 different schools with at least 1 Academic All-State athlete** (Coleman had 4 athletes, Saugatuck had 4 spots with 3 athletes and 3 schools had 2 spots each) **9 seniors, 10 juniors, 1 sophomores.**

DIV. 4 GIRLS::: Monica David-11/Beal City-4x1, Kaitlynn Frayre-10/Beal City-4x2, Addie Schumacher-10/Beal City-HJ, Amber Arndt-12/Beal City-LJ, 1, 4x1, 4x2, Melanie Schafer-10/Beal City-PV, Keyocia Murphy-11/Flint Hamady-2, 4x2, Ale'yah Kelly-12/Flint Hamady-4x2, DeJha Love-11/Flint Hamady-LJ, Lauren Dietrich-12/Gobles-16, Michaela DeKilder-10/Gobles-4x4, Rita Morris-12/Gobles-LJ, 4x4, Jacklyn Yates-12/Hesperia-4x4, Gabbie Bates-12/Hesperia-PV, 4x8, Alexa Rumsey-12/Hesperia-16, 4x8, Lauren Zeerip-10/Hesperia-4x4, Lauren Zeerip-10/Hesperia-4x8, Donna Aslakson-12/Hesperia-4x8, Brooke Martin-12/Hesperia-Discus, SP, Shaley Albaugh-11/Hillsdale Academy-4, 8, 4x4, 4x8, Elyse Lisznyai-11/Hillsdale Academy-4x4, Victoria Heckenlively-10/Hillsdale Academy-4x4, 4x8, Chrissy Craig-11/Hillsdale Academy-4x8, Elyse Lisznyai-11/Hillsdale Academy-4x8, Rebecca Step-11/Inland Lakes-4x8, Hannah Passino-11/Inland Lakes-4x8, Karina Cole-10/Lincoln-Alcona-4x8, Mallory Hall-12/Michigan Lutheran Seminary-8, Brooke Bovee-11/Morenci-3H, Kelsey Butcher-12/Morrice-3H, Miranda Johnson-10/Ottawa Lake-Whiteford-LJ, 1, Bethany Kuenger-10/Pittsford-PV, Korynn Hincka-10/Posen-HJ, Lindsey Hogg-11/Pottsville-PV, Amy Leszinske-12/Ravenna-4x1, Taylor Wrozek-11/Reading-PV, Tori Allen-10/Royal Oak Shrine-4x1, Natalie Perry-11/Sand Creek-16, Lauren Hallett-11/Sand Creek-PV, Gabrielle Herriman-11/Sand Creek-SP, Elizabeth Herriman-11/Sand Creek-SP, Melissa Francis-10/Saugatuck-4x8, Heather Price-12/Saugatuck-8, 32, Lauren Buckel-11/Traverse City St. Francis-2, 4, Kaitlyn Hegewald-11/Traverse City St. Francis-2, 4x2, 4x4, Lauren Buckel-11/Traverse City St. Francis-4x2, Liza Erickson-11/Traverse City St. Francis-4x2, 4x8, Erin McDonnell-10/Traverse City St. Francis-4x4, Lauren Buckel-11/Traverse City St. 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,

4x8, Rachel Weaver-10/White Cloud-HJ..... **52 athletes; 14 with a 4.00; 14 Academic All-State in more than 1 event** (Shaley Albaugh & Amber Arndt each in 4 events; Daddy Danz & Kaitlyn Hegewald each in 3 events and 9 individuals in 2 events); **71 actual Academic All-State positions, 23 relay only athletes; 6 individual champions, with 7 wins** (Shaley Albaugh/8, Brooke Bovee/3H, Lauren Buckel/2-4, Elizabeth Herriman/SP, Minda Johnson/LJ, Addie Schumacher/HJ); **6 winning relay runners** (Traverse City St. Francis had all 4 from its 4x4); **19 different schools with at least 1 Academic All-State athlete** (Traverse City St. Francis had 14 spots from 8 athletes; Hesperia had 11 spots from 7 athletes, Hillsdale Academy had 9 spots from 5 athletes, Beal city had 9 spots with 4 athletes, Saugatuck had 7 spots from 6 athletes, Burton Hamady & gobles each had 4 spots from 3 athletes, and 2 schools had 2 spots each) **13 seniors, 23 juniors, 16 sophomores.**

NEW BALANCE OUTDOOR NATIONALS June 14 - 16, 2012 at North Carolina A & T University, Greensboro, NC

Top 6 in championship races are All- Americans

BOYS

Long Jump: 4-Steven Bastien-12/Saline-23' 9
4-Jacob Patrick-11/Litchfield-173' 5
19-Evan Chiplock-12/Saginaw Heritage-9:20.49, 5000: 8-Tanner Hinkle-11/Mason-14:53.81
10-KP Athletics (Peyton McDonald-12, Antione Lloyd-10, Justin Williams-12, Devin McKinney-10)-1:02.88
4x100: 26-Portage Northern TC (Derrick Sanders-12, Norell Odi-11, ??, ??)-43.47
4x200: 13-Tempo TC/Grand Blanc Drake Gauthier-9, Damonta Warner-Madden-12, Parker Wheatley-12, Jalen Cureton-12)-1:29.45, 21 KP Athletics/East Kentwood: Dominick McElwee-Gross-11, Onrekus Carter-10, Kewon Getter-11, Kevin Smith-9)-1:30.91
800 Medley(1-1-2-4): 8-Tempo TC/Grand Blanc (Parker Wheatley-12, Jalen Cureton-12, Damonta Warner-Madden-12, Drake Gauthier-9)-1:33.55, 9-KP Athletics/East Kentwood (Onrekus Carter-10, Devin McKinney-10, Kewon Getter-11, Joe Riggins-11)-1:34.24
Swedish Medley(1-2-3-4): 7-Tempo TC/Grand Blanc (Jalen Cureton-12, Damonta Warner-12, Parker Wheatley-12, Drake Gauthier-9)-1:58.36, 12-KP Athletics/East Kentwood (Devin McKinney-10, Kevin Smith-9, Dominick McElwee-Gross-11, Joe Riggins-11)-2:01.73
Sprint Medley: 7-Spirit of Pre TC/Saline: Steven Bastien-12, Tom Eby-12, Garrick Roemer-12, Matthe Elms-13)-3:28.78, 11-Tempo TC/Grand Blanc (Jalen Cureton-12, Damonta-Warner-12, Parker Wheatley-12, Drake Gauthier-9)-3:30.45, 22-KP Athletics/East Kentwood (Adam Cichon-11, Dominic McElwee-Gross-11, Kewon Getter-11, Onrekus Carter-14)-3:35.91
4x400: Spirit of Pre TC/Saline (Steven Bastien-12, Spencer Bishop-12, Mathew Elms-11, Garrick Roemer-12)-3:20.18
4x800: 3-Red Tide TC/Milford (Shawn Welch-12, Brian Kettle-10, Paul Ausum-12, Bradon Wallace-12)-7:36.26, 21-Saginaw Heritage TC (Nate Cruz-11, Bobby Leddy-12, Brandon Scharich-11, David Jensen-12)-7:53.25
DMR(12-4-8-16): 6-Red Tide TC/Milford (Paul Ausum-12, Shawn Welch-12, Brandon Wallace-12, Brian Kettle-14)-10:06.51, 12-Saginaw Heritage TC (Nate Cruz-11, Bobby Leddy-12, David Jensen-12, Evan Chiplock-12)-10:22.36
4xMile: 9-Spirit of Pre/Saline: Spencer Bishop-12, Andrew Kitto-11, Anthony Lamus-11, Nick Rowling-12)-18:01.79
TEAM STANDINGS: No team scores listed this year.
EMERGING ELITE: High Jump: 10-Melvin Harris-12/East Kentwood-6' 2.75, 13-Brent Kimbrel-9/East Kentwood-6' 2.75
Pole Vault: 5-Daniel Emery-12/Battle Creek Lakeview-14' 8.25, 17-Justin Williams-s/East Kentwood & Noah Gary-so/Dexter-14' 2.7, 27-Scott Watson-s/Stockbridge-13' 8.5
Shot Put: Adam Martin-s/East Kentwood-50' 2
2 Mile: 4-Jeff Bajema-11/Kenowa Hills-9:25.57
4x200: 8-Portage Northern TC (Alec Blue-11, Jacoory Lipsey-11, Tyler Holland-12, Chris Liebert-12)-1:31.58
4x400: KP Athletics/East Kentwood (Dominick McElwee-Gross-11, Anwar Munye-12, Quaye Cobbs-12, Joe Riggins-11)-3:32.21
4x800: 22-Kenowa Hills Harriers (Russ Werra-12, Adam Bundy-9, Donovan Brazier-9, Jeff Bajema-11)-8:16.05, 31-KP Athletics (Joe Riggins-11, Anwaar Munye-12, Quaye Cobbs-12, Adam Cichon-11)-8:26.13
FRESHMAN 400: 5-Drake Gauthier-9/Flint-51.07
Mile: 5-Lucas Arrivo-so/Ann Arbor-4:27.55, 15-Kunal Tangri-9/Troy-4:37.01

Reading T-Shirts on Saturday IF I STOP RUNNING, HOW AM I GOING TO GET HOME?

GIRLS

Pole Vault: 8-Katie Rancourt-12/East Kentwood-11' 10.75, 18-Micaela Conter-12/Dexter-11' 5
800: 4-Sara Barron-12/Pontiac Notre Dame-2:09.25
5000: 8-Kirsten Olling-10/Breckenridge-17:13.56
4xMile: 3-Spirit Of Pre/Saline (Elianna Shwayder-10, Abby Rentschler-9, Amy Creutz-12, Lauren Green-9)-20:24.48, 12-Spirit of Pre-B (Gloria Park-10, Alyssa Cummings-11, Gillian Walter-8, Kelly Hall-11)-21:48.48
EMERGING ELITE: Pole Vault: 1-Hannah Sailor-12/Lansing Catholic-12' 2.75, 9-Catherine Ferguson-12/Dexter-11' 5, 12-Taylor Tepper-12/Grandville-10' 11, 15-Monica Fusee-11/Pt. Huron-10' 11, 20-Alexandria LeRoux-10/Spring Lake-10' 11
800: 2-Jacqueline Feist-10/Bervley Hills Grives-2:13.65
Mile: 2 2221 Elianna Shwayder-10/Saline-4:59.78
2 Mile: 5-Amy Creutz-12/Saline-11:04.49
4x800: 17-Spirit of Pre/Saline: (Gloria Park-10, Alyssa Cummings-11, Gillian Walter-8, Kelly Hall-11)-9:51.27
FRESHMAN: 400: 11-Allie Ludge-9/Kenowa Hills-1:02.45
Mile: 4-Abby Rentschler-9/Saline-5:10.34, 10-Hannah Lonergan-9/Novi-5:21.00
2 Mile: 1-Abby Rentschler-9/Saline-10:45.80, 11-Hannah Lonergan-9/Novi-11:45.90

Reading T-Shirts on Saturday Running, the only sport. Everything else is just a game.

USA JUNIOR OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Robert C. Haugh Track and Field Complex, Indiana University June 15-17

BOYS

400: 8-Phil Washington III-f/West Bloomfield-Michigan-47.59
3000 Steeple: 10-Casey-Routledge-f/Walled Lake Western-Grand Valley-9:43.06
5000: 17-Spencer Pageau-F/Lumen Christi-Grand Valley-15:35.86

100 Hurdles: 14-Quenee Dale-10/Saline-Michigan Acc-14.22
Country Day-52.60, 10-Dynasty McGee-f/Ypsilanti-Penn State-54.07
1500: 2-Hannah Meier-11/Grosse Pte. South-4:18.44, 13-Laura Addison-f/Grand Haven-Michigan-4:35.18, 16-Devon Hoppe/Michigan-4:39.17, 20-Jessica Jancke/Grand Valley-4:43.91
3000: 7-Emily Short-F/Tawas-Saginaw Valley-10:06.59
5000: 4-Erin Finn-11/West Bloomfield-16:58.77
3000 Steeple: 11-Jordan Chester/Grand Valley-11:30.53

GIRLS

JULY 10-15, 2012 IAAF WORLD JUNIOR CHAMPIOSHIPS

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 4:31.20 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, Drake University Des Moines, Iowa,

Men

Discus: 11-Lonnie Pugh-r/J/Grosse Ile-Michigan State-57.24, 19-Antonio James-rF/Romulus-Michigan State-54.11
400 Hurdles: 9-Ali Arastu-SO/Northville-Michigan-50.26
Steeplechase: 2-Craig Forsy-rS/Michigan-8:40.66
5000: 22-Terefe Ejigu-J/Eastern Michigan-14:34.09
4x400: 19-Michigan-3:07.03 (Nicholas Neuman-rJ, Aaron Taylor-J/ Rochester Adams, Matthew Campbell-rJ/Rochester, Philip Washington-F/West Bloomfield)
Triple Jump: 23-Donald Scott-SO/Holt-Eastern Michigan-15.20m.
Shot Put: 21-Zach Hill-rSO/Allendale-Michigan State-17.88m
.....next page

Women

Pole Vault: 10-Kiley Tobel-rSO/Walled Lake Western-Michigan-4.15m
4-Beth Rohl-rJ/New Buffalo-Michigan State-56.85, 12-Emily Pendleton-S/Michigan-52.79m
Hammer: 23-Beth Rohl-rF/New Buffalo-Michigan State-56.33m
Javelin: Milica Kulidzan-F/Central Michigan-42.89m
400 Hurdles: 17-Iris Campbell-J/Yale-Western Michigan-58.81, 18-Jaelynn Pryor-rF/Jackson-Michigan State-59.12, 23-Asia Rawls- J/Waterford Mott-Eastern Michigan-1:01.18
1500: 13-Jillian Smith-rSO/Michigan-4:13.59
5000: 2-Megan Goethals-SO/Rochester-Washington, 16:11.37 (Abbey D'Agostino's winning time: 16:11.34)
Steeplechase: Leah O'Connor-sF/Croswell-Lexington-Michigan State-10:08.97p
.....next page

d1 men continued..... **Hammer:** 13-Ryan McCullough-S/Cadillac-Central Michigan-62.85m **Team Standings:** 1-Florida-50..... 33-Michigan-8..... 66 schools scored.

d1 women continued..... **4x400:** 15-Western Michigan-3:34.83 (Andrea Arnold-SO, Victoria Chatman-S/Taylor Kennedy, Iris Campbell-J/Yale, Leya Munwam-S) **Team Standings:** 1-LSU-76..... 47t-Michigan State-5, 63 schools scored.

5/24-26 NCAA Outdoor Track & Field, D. II Championships, Neta and Eddie DeRose Thunderbowl,

Colorado State University Pueblo, Colorado, 5-24-26, 2012

Men

Pole Vault: 3-Bret Myers-SO/Grand Valley-16' 2.75, 7-Raphael Gelo-J/Grand Valley-15' 11 **Triple Jump:** Jason Brenton, Lake Superior-50' 8.25 **Shot Put:** 6-Nathan English-J/Hillsdale-Hillsdale-56' 10 **Decathlon:** 3-Justin Balczak-F/Cedar Springs-Lake Superior-7072 **Team Standings:** 1-Adams State-77, 21t-Lake Superior State-10, 28t-Grand Valley State-7, 41t-Hillsdale-3..... 56 teams scored.

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

Grand Valley women won the national title with 90 points, 11 more than runner-up Lincoln. Women from Michigan (Grand Valley, Northern Michigan and Hillsdale) put on a pole vault clinic, capturing places 1, 2, 3, & 4 **High Jump:** 5-Bailey Franklin-S/Northern Michigan, 5-09.25 **Pole Vault:** 1-Kristen Hixson-SO/Chippewa Hills-Grand Valley-13' 7, 2-Jocelyn Kuksa-S/Grand Valley, -12' 7.5, 3-Jaime Roberts-SO/Iron Mountain-Northern Michigan-12' 7.5 **Triple Jump:** 8-Sherice Hewett-sF/Northern Michigan, 40-04.75 **Discus:** 2-Sam Lockhart-J/Sexton-Grand Valley-179' 2 **Hammer:** 1-Liz Murphy-J/Romeo-Grand Valley-204' 6, 6-Kristin Cameron-S/Algonac-Northwood-187' 7 **Shot Put:** 2-Sam Lockhart-J/Sexton-Grand Valley-52' 1.25, 3-Lauren Buresh-S/Morley Stanwood-Grand Valley-50' 11.5 **100:** 4-Brittney Banister-F/Carmen-Ainsworth-Grand Valley-11.60, 5-Leslie Mitchell-F/Lake Superior State, -11.61 **200:** 6-Leslie Mitchell-F/Lake Superior State-23.81 1st) 1st) **800:** 6-Alycia Wright-S/Lutheran North-Saginaw Valley-2:13.69, 8-Chanelle Caldwell-S/Grand Valley-2:17.89 **1000 Hurdles:** 7-Sashawna Mitchell-F/Lake Superior State, -13.60, 8-Leslie Mitchell-F/Lake Superior State-14.18 **1500:** 1-Amanda Putt-J/Tecumseh-Hillsdale, 4:36.92, 6-Alycia Wright-S/Lutheran North-Saginaw Valley, 4:41.87 **5000:** 2-Christina Muir-S/Ferris State-17:48, 3-Rachel Patterson-S/Rochester-Miami O-Grand Valley-17:48, 6-Betsy Graney-S/Grosse Pte North-William & Mary-Grand Valley-17:57 **10,000:** 1-Rachel Patterson-S/Rochester-Miami O-Grand Valley, 34:55, 4-Christina Muir-S/Ferris State, 35:10, 5-Anna Rudd-J/Leslie-Ferris State-16:02 **Steeplechase:** 1-Betsy Graney-S/Grosse Pte North-William & Mary-Grand Valley, 10:23 **4x400 Relay:** 4-Grand Valley (Leiah Hess, -SO/Battle Creek Lakeview Adrienne Chandler, -S/Okemos Brittney Banister-F/Carmen-Ainsworth, Kalena Franklin-SO/Ogemaw Hgts)-3:43.18 **Team Standings:** 1-GRAND VALLEY STATE-90, 11t-Ferri State-17, 20t-Northern Michigan, 23t-Lake Superior State, 33t-Saginaw Valley, 43t-Northwood-3..... 58 teams scored.

Women

5/24-26 NCAA Outdoor Track & Field, D. III Championships, Burns Stadium, Claremont -Mudd-Scripts College

Men

Shot Put: Aaron Meckes-J/Saginaw Valley Lutheran-Calvin-52' 9.5p **800:** 4-Joel Rietsema-J/Rockford-Hope-1:50.72 **1500:** Greg Whittle-J/Calvin, -3:55.21p **5000:** 8-Nick Kramer-S/Calvin-14:39.35, Matt Vander Roest-J/Ann Arbor Huron-Calvin-14:44 **10,000:** 5-Dan Kerr-S/ Petoskey-Calvin-30:43 **Steeplechase:** 1-Nick Kramer-S/Calvin-8:51.01(stadium rec) **Team Standings:** 1-McMurry-66, 18-Calvin-15, 41t-Hope-5..... 76 teams scored.

Women

High Jump: Carissa Verkaik-J/Holland Christian-Calvin-5' 4.25 **Discus:** Chelsea Anthony-S/Ludington-Albion-138' 3p **Steeplechase:** 5-Alyssa Penning-J/Grand Rapids Christian-Calvin, 10:40 **400 Hurdles:** Sarah Venlet, -J/Holland Christian-Hope-1:02.74p **1500:** Sheri McCormack-SO/West Ottawa-Hope, -4:41.54p, Kaitlin Diemer-S/South Christian-Calvin-4:48.09p **5000:** 8-Jodi Hoekstra-S/Calvin, 17:16.60, Nicole Michmerhuizen-SO/Holland Christian-Calvin-17:52.88p **10,000:** Nicole Michmerhuizen-SO/Holland Christian-Calvin-39:11 **Team Standings:** 1-Wartburg-129, 48t-Calvin-5..... 80 teams scored.

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

Hammer Throw: 17-Brian Richotte/Shrine-Radford-Stanford-Detroit Coach-217' 6 **High Jump:** 1-Jamie Nieto/Eastern Michigan-New York AC-7-5 3/4 - **Olympic Team** 400: Ali Arastu-so/Northville-Michigan-53:12p **800:** Liam Boylan Pett/Bath-Columbia-New York TC-1:48.46p **1500:** Liam Boylan Pett/Bath-Columbia-New York TC-3:41.17p-3:52.18s, Will Leer/Nike-Team Michigan Elite-3:46.75 **5000:** Jacob Riley/Hansons-Brooks Distance Project-13:59.73, Brandon Bethke/Team Michigan Elite-13:45.21s-14:03.37f, Dathan Ritzenhein/Rockford-Colorado-Nike-scratched, Landon Peacock/Cedar Springs-Wisconsin-ZAP Fitness-Reebok-did not start **10,000:** 3-Dathan Ritzenhein/Rockford-Colorado-Nike -27:36 - **Olympic Team**, 13-Jacob Riley/Hansons-Brooks Distance Project-28:08 **110H:** 3-Jeffrey Porter/ Michigan-13.08 - **Olympic team** **Steeple:** 13-Craig Forsy/Michigan-8:30.85-8:46.81f, Corey Nowitzke/Monroe-Eastern Michigan-8:53.58s

Discus Throw: 7-Beth Rohl-J/New Buffalo-Michigan State-189-8 **Triple Jump:** Tori Franklin/Michigan State-41-1p **100:** 6-Lauryn Williams/Detroit Grade School-Saucony-11.18 **Olympic Team - part of the relay pool,** Shayla Mahan/Mumford-South Carolina-11.15s **200:** Lauryn Williams/Detroit Grade School-Saucony-23:07p - **Olympic Team - part of the relay pool,** Shayla Mahan/Mumford-South Carolina-23.62p **800:** 2-Geena Gall/Grand Blanc-Michigan-Nike Oregon TC Elite-1:59.24 - **Olympic Team** **1500:** 1-Morgan Uceny/trained with Mike McGuire-Adidas-4:04.59 - **Olympic team**, 5-Anna Pierce/Brown-Michigan-4:07.78. **5000:** Megan Goethals-SO/Rochester-University of Washington-did not enter trials **10,000:** 18-Katie McGregor/Michigan-Reebok-33:11 **100H:** Bridgette Owens-SO/Southfield-Clemson-12.9s, Candice Davis Price/Ann Arbor Pioneer-Southern Cal-12.85p **Steeplechase:** Elizabeth Graney/Grosse Pte North-William & Mary-Grand Valley-9:59.76s, Nicole Bush/-Wyoming Kelloggsville-Michigan State-New Balance-10:06.23s **Heptathlon:** 4-Bettie Wade/Northville-Michigan-Nike-6018 **Girls 1 Mile Run - Nike Elite:** 1-Hannah Meier-11/Grosse Pte South-4:55.63, 4-Haley Meier-11/Grosse Pte South-4:56.65, 7-Erin Finn-11/West Bloomfield-5:03.92

IN THE BULLPEN:

THANKS::::: As always I would like to express my thanks to Jennie McCafferty/Michigan Running News and its email issues for help in gathering the information of the Michigan Athletes that scored in the NCAA Meets, 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 Hansons-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. This program started officially the first of the year. It is part of the Running Institute, located in the Running Fit store on Jackson Road in Ann Arbor. The Running Institute is part of the Michigan Rehabilitation Specialists, which has several locations around the Ann Arbor Area.

Ron Warhurst, when he was still coaching at the University of Michigan, always seemed to have top caliber, post college athletes training with him. Now in retirement, he has joined with the Running Institute to help form the Team Michigan Elite program. Tim Broe, who is from Illinois and ran collegiately at the University of Alabama and a former Olympian is involved with the coaching.

The program is in the developmental stage. Just as the Hansons-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 country 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

many more, after all, were all just kids!!!!!!!!!!!!!!

Earlier 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.

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 NAAs. 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

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 decathlete 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 on as he passed, running a 4:14.48 as the new world record holder in the Decathlon.

TRACK & FIELD ISSUE

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