

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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CROSS COUNTRY CLINIC

Comfort Inn, Mt. Pleasant
Nov. 7-8-9 2013

TRACK & FIELD CLINIC

Lansing Best Western
Feb. 6-7-8 2014

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UP FINALS

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MID-WEST MEET OF CHAMP.

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NATIONAL MEETS

New Balance Outdoor Nationals

USA Junior

USA Outdoor

IAAF

NCAA MEETSMITCA

ON THE LINE

IN THE BULLPEN

Ms. Michigan Track & Field

Hannah Meier/Grosse Pte. South

Mr. Michigan Track & Field

Cullen Prena/Walled Lake Central

MITCA Track & Field Dream Team 2013

GIRL'S DREAM TEAM

Kerri McMahan-11/Novi & Addie Schumacher-j/Beal City

+Cierra Pryor-12/Jackson

Janina Pollatz-12/Grand Rapids Christian

Jae'vyn Wortham-11/L'Anse Creuse

Mariah Davis-12/East Kentwood

Sekayi Bracey-12/East Kentwood

Kendall Baisden-12/Detroit Country Day

+#Kendall Baisden-12/Birmingham Detroit Country Day

+*#Hannah Meier-12/Grosse Pte. South

+*Sami Michell-12/Reed City

Breanna Luba-11/Southgate Anderson

+*#Hannah Meier-10/Grosse Pte. South

+Erin Finn-11/West Bloomfield

Grand Rapids Forest Hills Eastern(Div. 2 Re) (Sam Reno/12, Camron Nelson/9, Jaclyn Goble/12, Allisondra Gutchow/12)

Detroit Renaissance (Dominique Funchess/11, Asaundra Dalton/12, Dominique Taylor/11, Paris Parnell/12)

Grosse Pointe South (+Hannah Meier/12, +Haley Meier/12, Lily Pandy/11, +Ersula Farrow/10)

Grosse Pointe South (Christina Firl/12, +Ersula Farrow/10, +Haley Meier/12, +Hannah Meier/12)

+2012 Dream Team Member

*2011 Dream Team Member

#2010 Dream Team Member

Dream Team discussion on the next page.

WOMEN'S DREAM TEAM

High Jump

Robert Atwater-11/Lincoln Park

Long Jump

Dontel Highsmith-12/Dowagiac

Pole Vault

Michael Hovater-12/Chelsea & Dylan Kole-12/Kenowa Hills

Discus

Cullen Prena-12/Walled Lake Central

Shot Put

Cullen Prena-12/Walled Lake Central

100 Meters

Berkely Edwards-12/Chelsea

200 Meters

Berkely Edwards-12/Chelsea

400 Meters

Marcel Wyckoff-12/Detroit East English

800 Meters

Andre Middleton-12/Holt

High Hurdles

Freddie Crittenden-12/Utica

300 Hurdles

Ross Williams-11/Birmingham Groves

1600 Meters

+ Conner Mora-11/Cedar Springs

3200 Meters

Grant Fisher-10/Grand Blanc

4x100

East Kentwood (Justin Harris/11, Onrekus Carter/11, Kewon Getter/12, Devin McKinney/11)

4x200

East Kentwood(Huston Glass/12, Devin McKinney/11, Kewon Getter/12, Kevin Smith/10)

4x400

Davison (Spencer Holland/12, Pat Rooker/12, Jestin Tigues/11, Gabe Hodge/12)

4x800

Saline (Anthony Lamus/12, Andrew Kitto/12, Ryan Wilkie/11, Matt Elms/12)

THE PRESIDENT'S LANE: Ben Watson/Rockford High



steve porter mitca picture.....

New Season = Need for Something New Cross Country 2013 is now less than three weeks away so I hope this message finds you recovered from the victories, defeats, successes and failures of this past Track and Field Season and with a rising tide of anticipation and excitement for the new season. One way to foster this anticipation and excitement for the upcoming season is to plan something new that you want to implement or do.

Something as big as implementing new work-outs or races into your schedule down to a new way to conduct strides or do abdominal work can get your brain thinking about ways to make this new Cross Country season the best ever for your program and yourself. In an attempt to generate new ideas of what can make this season better than the last, I find reading and reviewing to be the two most helpful and thought provoking stimulus.

Picking a book to read or visiting coaching or running websites can generate ideas about team building, distance running training, nutrition, leadership, injury prevention etc. Reviewing previous MITCA Clinic notes can remind you of great ideas you had or got last November but have already forgotten as well.....**cont on next page**

president's land continued.....

This season the Lady Rams of Rockford will be introduced to a new general strength circuit which includes medicine balls thanks to previous MITCA Clinic presenter and Co-Founder of USA Track and Field's Educational Program Vern Gambetta's "Weight Room without Walls" concepts in addition to a "Lunge Matrix" that Coach Jay Johnson, Director of Boulder Running Camps and Professional Distance Running Coach published on his website and I found following him via Twitter. I am not sure that these two new activities will make my team successful or not but learning these exercises and thinking of ways to implement them has got me anticipating the implementation of them and has me excited as ever about getting this upcoming season going. Preparing something new for your team's upcoming season can do the same for you.

DISCUSSING THE 2013 DREAM TEAM

The 2012 *Dream Team* has 6 individual members, earning 7 positions, on the 2013 *Dream Team*. Sami Mitchell for the second year in a row won 4 events, this year none of her wins were record performances as last year 3 of the 4 wins were. She remained on the Dream Team for the third year in a row. She was the *DT* 100 Hurdler as a sophomore, the 300 Hurdler last year and then returned as the 100 Hurdles this year.

Hannah Meier, for the 4th straight year earned 2 spots on the *DT*, 800 & 1600, and repeating for the 2nd year in a row on the 4x8 relay and adding a 4th position on the 4x4, giving her 4 positions on the 2013 *DT*. This gives her an unmatched career total of 11 *DT* positions.

Kendall Baisden started her career on the *DT* as a freshman and ends her career on the *DT*. As a freshman she earned both the 100 & 400 positions on the team, this year earning the 400 position.

Erin Finn repeated as the *DT* 3200 runner. Both the 4x4 & 4x8 relays of Grosse Pte South repeated as the *DT* relays and 3 of the runners on each relay were on the team both years.

Connor Mora is the lone boy to repeat as a *DT* member, earning the 1600 position. Cullen Prena joins Berkley Edwards, Baisden & Meier as the

only other *DT* member with 2 individual spots.

The 2013 MITCA *DT* members accounted for 5 additional individual titles besides the event that made the *DT* for and were part of 1 winning relay. Besides Mitchell's 4 wins Janina Pollatz won the LJ, Sekayi Bracey won the 200. Marcel Wyckoff ran on the winning 4x4.

The *Girls DT* members were responsible for 2 all division records; 800 & 3200, and 1 divisional record; the D1 Long Jump. The *Boys DT* members were responsible for 1 all division record: Discus and 1 divisional record; 4x1 in D2.

Besides the 5 *DT* members already mentioned that scored in more than 1 event at the 2013 Finals there is another 11 members that were multiple scorers at the Finals. Sekayi Bracey was a double winner, scoring in 3 events. She won the 200 and was 3rd in the LJ to go with her *DT* winning performance in the 100. Janina Pollatz matched her *DT* winning performance in the PV with a win in the LJ.

A pair of *DT* athletes each had a 3rd place finish to go with their winning performance. Erin Finn chased the Meier sisters finishing 3rd in the 1600 and Breanna Luba was 3rd in the 100H. Cierra Pryor was 4th in the 100. Addie Schumacher was on the 7th place 4x1 and Jaevyn Wortham was 8th in the Shot to go with

her win in the Disc. Freddie Crittenden was 2nd in the 300H to go with his *DT* win in the 110H. Grant Fisher was 2nd in the 1600, .006 from being a double winner as he won the 3200. Marcel Wyckoff was part of the winning 4x4 for his additional scoring spot.

There were 6 *DT* members for 2012 that were not able to earn the honor again this year. Keinna Ingram earned the *DT* HJ spot last year by tying the D1 record. This year she was 2nd in the HJ. Sami Mitchell lost her spot as the 300H *DT* member even though she won the event in D3 again. She had a record setting performance to earn the spot last year.

Luis Lambertu & Travis McCuaig shared the *DT* HJ spot last year and while each won their division's HJ event with McCuaig going 2" higher this year and Lambertu matching last year's winning D1 height, neither repeated. Jacob Patrick earned the *DT* Discus spot last year with a D4 record performance. He repeated his D4 win again this year but was the 2nd best thrower of the day. Riley Norman repeated as D2 shot champion with the 2nd best throw of the day.

Reading T-Shirts on Saturday
Obsessed is what the lazy call the dedicated.

CLINIC IN A NEWSLETTER

This issue's topics for "Clinic In A Newsletter" are a little different. Rather than training articles, this *clinic in a newsletter* is to provide something to think about. We don't have multis on the high school level but many of our athletes will do them in the college. Gary Bastien talks about becoming a "multi athlete." David Kuderka moved from California and relates how they introduce the 300 Hurdles to the young runners. Finally, Jill Evers has some things to think about with the Academic All-State. 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

WAYS TO DEVELOP PARTICIPATION IN THE DECATHLON AND OTHER MULTI-EVENTS

In 1983, I earned a bronze medal in the decathlon event at the USA national track & field championships. Since then I helped introduce many middle school, high school and collegiate athletes to the decathlon event, two reaching the NCAA Division I championships, several making the Michigan high school all-time list. Most recently, my son Steven posted one of the top collegiate freshman scores in the USA at the 2013 USATF junior national championships.

Dad as a coach

One evening while washing the dishes I looked out the window and saw Steven jumping on the trampoline and saw a glimpse of some special athleticism that caught my attention. He jumped in the air, landed on his back, did a forward flip and then dunked a nerf basketball tied to a bar on the tramp. He was barely 4 years old. That was a first peak of what came later. We all hope our own children show an interest in a sport we once competed in, but it was never anything you count on happening. But it did.

My son, Steven Bastien, was honored in 2012 with the Michigan Mr. Track & Field award. Steven became a 24 foot long jumper, a 16 foot pole vaulter and as of this writing, posted one of the best Jr. USA decathlon scores recently (7,185 at the USATF National Jr. Championships.) Steven just finished up his freshman year at Samford University, Homewood, AL, where he was honored with multiple Southern Conference accomplishments during both the indoor and outdoor seasons.

You might think Steven's track & field and decathlon path, was filled with a father barking instructions at age 7, weekends filled with track meets, but it wasn't. Had it been, he'd dropped track just to spite me. I brought Steven and the other middle school, high school and collegiate decathletes along, in a very low key, non-intensive manner. The following is how I worked with Steven and the other Michigan high school athletes who showed interest in the decathlon. I hope it answers some questions about the timing, the where, when and how of introducing the decathlon/multi events to your athletes.

Identify athletes and introduce them to the Decathlon event.

From about 1988 to the present, there has been a pretty steady lineage of USA decathlon champions most kids who run track have most likely heard of. (Dave Johnson, Dan O'Brian, Brian Clay, Tom Pappas, Ashton Eaton, Trey Hardee) If your decathlon prospects have not heard of any of these athletes, give them a quick history lesson. After that, get them excited by telling them, "You know what, you'd make a great decathlete." Next, use an online scoring table like the calculator section of the (www.usatf.org) website and go through the scoring tables with your athlete.* Add up a score they might post if they were to compete in a decathlon or heptathlon. Once you put together a score, this really is where the dream of becoming a multi-event athlete begins. *(They are also have iphone apps like, "Bryan Clay" and "imulti" that have scoring tables built in)

What age should an athlete consider doing a decathlon

The great news is today's grade school, middle school and high school athletes have a very organized system in place to compete in summer multi-events by entering the summer the AAU and USATF championship systems. Though they offer three event multi-events for 4th and 5th grade athletes, I never entered any athlete until the 6th grade multi-events. Why? It's just too tough on the body and it is too tempting for a coach, even one coaching a 6th grade athlete to train the 6th grader too much and too hard, just so they might win the event. I let Steven and some others to do one, 5-event multi in sixth grade (80m hurdles, hj, lj, sp, 800 meters) but they were not allowed to train for the 800 by running over-distance or intervals.

They also did the 8th grade 5-event pentathlon. They only did their first decathlon in 10th grade. Why 10th and not 9th? More young boys have lower back, knee and heel disorders between 8th grade and 9th grade while growing at this age. The decathlon is tough on the body and I really don't want to injure anyone who is growing a lot. Why sixth and eighth grade and not 7th for the other two multi competitions? In both 6th and 8th grade you are at the top of a grade-school bracket, (and at a good growth milestone to "test" where you

are athletically) Sixth and 8th grade are a good place to check what kind of athlete you are as a grade school athlete and as a middle school athlete.

Don't fear the pole vault

If an athlete wants to get a jump on things, go to a pole vault clinic around the summer of 9th grade or so if the pole vault is not one of the athlete's usual track events he competes in. Don't let anyone tell you that you can't learn the pole vault. Nearly every non-vaulter I ever went to college with started at seven feet and within a year or two went 14 to 17 feet. (Bar none) It's not that hard. Think: Long jump with a pole in your hand. There is more to it than that, but I have 25 personal friends who have done this, maybe double that number.

Early in your career, throwing often, NOT weight lifting, will make you a better thrower

I never touched a weight until my junior year in college. I used the hours others would spend lifting and invested it in learning to throw correctly. You will throw further, faster by throwing with the right mechanics. At 6'1" and 167 I threw the 16 pound shot 43, the 2k discus 136 and javelin 185 plus before ever lifting a single weight. When I finally threw 150 in the discus and 200 in the javelin, I could barely bench 270. You eventually need to be in the weight room, but learn to throw first. Start by learning the shot put when you are in the 6th and 8th grade multi-events. During the fall of ninth grade introduce the javelin and the discus to the athlete so by the end of 10th grade he is ready to do his first decathlon.

Train for the 1500 when you are young

I am referring to the first decathlon you do in 10th grade and the one you do each summer in 11th and 12th grade. Most decathletes are going to come from the sprinting and jumping events. This means you are not going to be great throwers at first. However, you WILL face some great athletes who can sprint but also throw well. By running some over-distance you have an opportunity to make a couple hundred points up on the bigger guys in the 1500. And don't forget, any mild over-distance will also help you sustain some stamina when it is needed during the long hot hours of the pole vault competition. I have seen decathletes that are great pole vaulters no-height in the pole vault just for lack of general conditioning. A Sunday three mile run and Thursday three miler will do it. This could mean running a 4:35 instead of a 5:15. Look up the points.

Being a decathlete improves your marketability to colleges

Except for the very proven high school decathlon prospects who are posting 6500-7000 plus score in the decathlon, it is rare to be put on a scholarship because you are a decathlete. Most decathletes are put on some athletic aide because if they are scoring decent they most likely have one to two events where they can score points for their team on a conference level. (Colleges rarely wait to see what high school seniors produce in June these days) However, great coaches, like former EMU Coach, Bob Parks, he didn't need to see you place high or score big to realize you are a prospect with the talent to be very good in the decathlon a year from now. The decathlon puts you in front of college recruits during 15 hours of competition. If you have what it takes to become a great decathlete or heptathlete, the great coaches will see it in the way you move and on the technique mistakes you currently make. Mistakes actually show potential. The great recruiters like Parks, Western Michigan's Jack Shaw, Samfords University's Rod Tiffin know this.

Boys to men

One year ago, though Steven was a 24'1" long jumper, he only had high

jumped 6'1." A windbag coach told Steven and I on a recruiting trip, "I only recruit 6'8" high jumpers to be decathletes because how high you high jump is the most accurate measure of decathlon potential." It's a year later now and Steven high jumped 6'9." The point of the story is to remember these high school athletes who have an interest in doing the decathlon are boys and during the next two years of their lives will grow into men. Don't discount their decathlon prospects based on what they do at age 17.

Former American decathlon record holder, 1928 Olympic Bronze medalist, Ken Doherty, wasn't good enough in high school to earn his varsity letter. Over the years I have seen amazing things, like decathletes who were big throwers who could not run and became very fast. Guys who pole vaulted 7 feet in their first decathlon and a year later, go 17'5."

Track & Field Omnibook and Youtube

In 1973, my high school Coach, Bill Dudas, Grandville, Michigan, handed me a copy of Ken Doherty's, Track & Field Omnibook. I credit that book as much as anything else to giving me the ability to post a good decathlon score at a very early age, 6,000 plus as junior in high school, 6,600 as a senior. (With college implements and high hurdles) I think today, too many athletes think they can only benefit from one-on-one coaching time and not on passive sources of learning likes how-two books and reviewing films.

Do the same with your decathlon prospects. Send your athletes Youtube examples of great throwers, or jumpers, make them a Cd or email them notes about what to look for in the samples you are giving them. As they approach 9th grade, gradually feed them snippets of their weaker events you want to eventually give them one-on-one instruction on. The athletes that care will study them and once you do work with them in the field, your job will be much easier.

How much is too much

For athletes like Steven and others I have coached, starting in 10th grade, I had them do their one decathlon a summer and that was it. Try to remember these bodies are those of a child, not a college athlete. Though Steven won his regional decathlon in 10th grade by over 1000 points, I did not see any purpose in having him train all summer so he could travel all the way to New Orleans for a national championship in 105% heat. Also, at the age of 15, he barely knew enough to throw all the implements with any skill to be real competitive on a national level anyway. Burn out is a real part being an athlete. Rest and recreation during the summer while you are still a child is the key to preventing burn out. I have witnessed a form of professionalism in these youth multi-events that in the long run, burns the young multi athlete out.

The lesson here is, "Pace yourself," when learning to do the decathlon, or the heptathlon. (women's multi) Fight the urge to coach perfectionism and producing a first place athlete at very young ages. (and 10th grade is young for a decathlete or heptathlete). Some of the best multi-event athletes you develop will get to travel down the same path Steven and I experienced, one that helped pay for college, let us travel the world and rub shoulders with some of the greatest athletes in the sport.

If you are a coach or athlete who wants any advice or direction about the decathlon or the women's multi events, please call or write me anytime, I would love to help. Gary Bastien 734-904-9857 garybastien@msn.com

HURDLES: ONE NOTCH DOWN, TWO STEPS FURTHER by David Kuderka, Birmingham Groves

It's not uncommon to see two things when watching high school hurdles: someone crashing and few athletes contesting the event. For parents and coaches, both things are something they would certainly rather not see. One possible change for many coaches, leagues and meet managers in Michigan to consider is changing the height of the hurdles for some of our athletes.

Among hurdlers, crashing while going over a hurdle is an accepted possibility that hopefully not often thought about. But to non-hurdlers, the fear of getting hurt is the number one answer given when they decline to attempt the event. If the hurdles were just three inches lower for underclassmen, it would make a world of difference.

For an athlete that is new to the event, especially one that hasn't hit his growth spurt or is still growing, it can be a pretty formidable task. Many freshmen are facing a hurdle that is well over their hips. To go over an obstacle this high, mechanically speaking, requires a jump, not a hurdle. Two things happen when an athlete jumps: first, the hurdler does not get to work on good hurdling form while in 9th and 10th grade and develops poor habits, and second, the hurdler gets discouraged because their times for jumping ten barriers is substantially slower than someone's time who is hurdling them.

Allowing a young athlete to succeed in an event and to develop appropriate technique more rapidly than we currently do would be an incredible gift! It far outweighs the small hassle of having to have your hurdle crew stick around to raise the hurdles one more notch.

The IAAF, track & field's international governing body, established hurdle heights that are much more conducive to our young athletes. NFHS does not prevent The adoption of these heights, but thus far has not recommended them. These specifications allow more athletes to be successful, learn the proper technique, and avoid injury. Around the United States, there are patches of this trend visible. Many leagues, including those in Santa Barbara & Ventura counties, California, have embraced having 9th & 10th graders running 30" for girls & 36" for boys for more than two decades and the results have been excellent. The number of athletes hurdling is high while the number of injuries is low.

One final thought is about why any coach should want more hurdlers. Just consider what hurdling does for our athletes. Hurdling improves running technique by training athletes to work with better front-side mechanics. Because of the dynamic nature of the event, athletes improve cardiovascular output due to higher work-loads being placed on the body during each interval. Finally, athletes' increased incorporation of their upper bodies provides them opportunities to strengthen a typically weak component of their running. All of these improvements combine to create an overall better athlete for all events.

There are no rules that prevent teams, leagues and meet directors from running hurdles lower for underclassman so the power to make a change is entirely in their hands. More athletes and a safer event: that sounds like a win-win!

editor's note: Coach Kuderka has more than 19 years of Track & Field coaching experience in NJ, CA & MI. He has coached NCAA Division III, JC and high school level, is a USATF Level I Coach, meet director, LA84 Clinician and a Decathlete.

ACADEMIC ALL-STATE.....A DIFFERENT LOOK by Jill Evers, Kent City

I was recently listing all of the academic all-state athletes and teams of our school during the past academic year so we can hang a nice list in a showcase near our gymnasium and cafeteria. I contacted the other varsity coaches to generate the list and was surprised with some of the honorees.

Our softball team earned academic all-state honors and yet they finished with a losing record. A football player on out team that won one game earned academic all-state. Three baseball players that were not even all-coonference earned that status. I have similar stories every year.

At first I was a bit frustrated that those people were honored when I deemed that not that worthy because it requires so much to be honored in track & field and cross country. Then I decided that my thinking may be wrong. Should we just pay tribute to more track & field and cross country programs? Why not publicize more of our high achieving students like other sports are doing?

Wouldn't it be good for Michigan cross country and track & field to honor more teams and student-athletes? In cross country, should the team have to compete in the state finals to be eligible? If you don't want to open it up to everyone, you could say a team must finish in the top 1/2 or top 10 in their region. In track & field we don't even honor any teams. What about using the team's top 15 individual to form a track & field team GPA? Maybe the teams

that submit power rankings or compete in the MITCA Team State Meet be considered.

How about the same for individuals? Why should an individual need to earn a medal at the MHSAA Finals in track & field to be eligible? The student-athlete who is there is already a quality athlete if he or she qualified. In cross country, should the individual have to compete in the Finals? Again, a cut-off could be created if you feel there ought to be a minimum standard. For example, the athlete must finish in the top 1/2 or top 40 of a cross country region to qualify as an individual. In track & field, maybe the athlete has to compete in the regional meet.

In terms of cost, it doesn't have to add much. We could limit the number of certificates to one per team or individual. The lists could just be posted online and all submissions could be made online.

While I personally know and take pride in my teams and students that have achieved academic all-state status in the past, the general public has no idea how rigorous it is to qualify. Maybe we should consider being generous with accolades so more will know the quality student-athletes with which we work.

CROSS COUNTRY 2013 STARTS
Wednesday, August 13
First competition: Friday, August 23

MHSAA ONLINE RULES MEETING WINDOW
August 12 - September 19
 You must complete the online rules meeting to coach the MHSAA Regional & Final Meet.

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.

For the second straight year, Sami Michell of Reed City won four individual event titles at the Lower Peninsula MHSAA Girls Track & Field Finals. She won the same four event last year. The first person to win four individual event titles was Maria Shoup of Mason County Eastern, who won the 100-Meter Low Hurdles-200-Meter Low Hurdles-800-Meter Run and Long Jump at the Class D Finals in 1979.

DIVISION 1 LOWER PENINSULA FINALS

at East Kentwood High School

GIRLS (2 all class/all division records; 1 D1 record)

HIGH JUMP: 1-Kerri McMahan/Novi-5' 6; 2-Keianna Ingram/Southfield Lathrup-5' 5; 3-Paige Vanderwall/East Kentwood-5' 5; **LONG JUMP:** 1-Cierra Pryor/Jackson-19' 0.5 (new rec. old rec: 19' 0-Cierra Pryor/Jackson-2012); 2-Aaron Howell/Farmington-18' 10.5; 3-Sekayi Bracey/East Kentwood-18' 5.25. **POLE VAULT:** 1-Jane McCurry/Plymouth-11' 3.03; 2-Monica Fusee/Port Huron Northern-11' 3.03; 3t-Mackenzie Shell/Port Huron Northern & Lindsey Bartz/Macomb Dakota-11' 3.02 **DISCUS:** 1-Jae'vyn Wortham/Harrison Twp. L'Anse Creuse-144' 6; 2-Josephine Jackson/Walled Lake Central-128' 7; 3-Emily Norscia/Livonia Churchill-126' 5 **SHOT PUT:** 1-Mariah Davis/East Kentwood-44' 10.5; 2-Josephine Jackson/Walled Lake Central-42' 6.75; 3-Randi Bennett/Saline-40' 4.75 **100:** 1-Sekayi Bracey/East Kentwood-12.18; 2-Dominique Funchess/Detroit Renaissance-12.391; 3-Jasmine Brathwaite/Grosse Pointe South-12.394 **200:** 1-Sekayi Bracey/East Kentwood-24.82; 2-Anna Jefferson/Oak Park-24.96; 3-Samie Cuneo/Rockford-25.26 **400:** 1-Anna Jefferson/Oak Park-55.44; 2-Lauren Burnett/Macomb Dakota-55.67; 3-Sydney Hawkins/Flushing-56.92 **800:** 1-Hannah Meier/Grosse Pointe South-2:06.35 (new all-div & D1 rec. old rec: 2:07.37-Hannah Meier/Grosse Pointe South-2011); 2-Ersula Farrow/Grosse Pointe South-2:07.91; 3-Lauren Burnett/Macomb Dakota-2:09.62 **1600:** 1-Hannah Meier/Grosse Pointe South-4:39.23 (new rec: old rec: 4:42.60-Hannah Meier/Grosse Pointe South-2011); 2-Haley Meier/Grosse Pointe South-4:42.43; 3-Erin Finn/West Bloomfield-4:45.37 **3200:** 1-Erin Finn/West Bloomfield-10:08.23 (new all-div & D1 rec. old rec: 10:17.86-/Erin Finn/West Bloomfield-2011); 2-Allison Lunau/Brighton-10:42.74; 3-Elianna Shwayder/Saline-10:43.58 **110H:** 1-Quenee Dale/Saline-14.79; 2-Morgan Robertson/Northville-15.08; 3-Breanna Luba/Southgate Anderson/15.11 **300H:** 1-Breanna Luba/Southgate Anderson-43.91; 2. Ashlynn Schiro/Okemos-44.30; 3-Kirsten Smith/Westland John Glenn-44.96 **4x1** 1-Saline-48.57 (Amanda Luurtsema, Alexa Ross, Alana Hollis, Quenee Dale); 2-Ann Arbor Pioneer-48.66; 3-Jenison, 48.67 **4x2:** 1-Detroit Renaissance-1:38.92 (Dominique Funchess, Asaundra Dalton, Dominique Taylor, Paris Parnell, 2-Oak Park-1:40.34; 3-Macomb Dakota-1:41.55 (Brina Serafino, Shawntes Gayden, Jillian Flint, Lauren Burnett) **4x4:** 1-Grosse Pointe South-3:52.32 (Lily Pendy, Ersula Farrow, Haley Meier, Hannah Meier); 2-Rochester Adams-3:54.23 (Sophie Smith, Amber Jamison, Jessica Howell, Jamie Morrissey); 3-Nov-3:57.37 (Lina Davis, Hannah Lonergan, Taylor Mosley, Kerri McMahan) **4x8:** 1-Grosse Pointe South (Christina Firl, Ersula Farrow, Haley Meier, Hannah Meier)-9:01.98; 2-Rochester Adams, 9:15.05; 3-Saline-9:15.92. **TEAM SCORING:** 1-GROSSE POINTE SOUTH 76; Saline 55; East Kentwood 47; Rochester Adams 42; Macomb Dakota 32; Oak Park 29; Northville 26; Detroit Renaissance 26; Walled Lake Central 23; 10-Nov 20; 49 teams scored.

BOYS (1 all class/all division)

HIGH JUMP: 1-Robert Atwater/Lincoln Park-6' 10; 2-Robin Plummer/Grand Blanc-6' 9; 3-Ato Condelee/Holland West Ottawa-6' 7 **LONG JUMP:** 1-Ato Condelee/Holland West Ottawa-23' 0.75; 2-Adrian Hulaj/Clinton Twp. Chippewa Valley-22' 10.5; 3-Austin Edwards-f/Grand Ledge-22' 10.25 **POLE VAULT:** 1-Dylan Kole/Grand Rapids Kenowa Hills-14' 10; 2-Tyler Leach/Ann Arbor Pioneer-14' 10; 3-Kevin Haughn/Portage Central-14' 10 **DISCUS:** 1-Cullen Prena/Walled Lake Central-210' 1 (new all div. & D1 rec: old rec: 197' 11-Joey Sarantos/Portage Northern-2001); 2-Brian Williams/Fraser-176' 0; 3-Trevor Vanassel/South Lyon-170' 1 **SHOT PUT:** 1-Cullen Prena/Walled Lake Central-60' 11; 2-Nate Jeppesen/Portage Central-59' 10; 3-Kevin Weiler/Swartz Creek-59' 1 **100:** 1-Joshua Holloman/Auburn Hills Avondale-11.11; 2-Justin Flynn/Birmingham Br. Rice-11.14; 3-Eli Minor/Inkster-11.37 **200:** 1-Brandon Wilks/Southfield Lathrup-21.93; 2-Justin Flynn/Birmingham Br. Rice-22.04; 3-Maurice Allen/Oak Park-22.22; **400:** 1-Gabe Hodge/Davison-48.57; 2-Mark Chapman/Port Huron-48.60; 3-Drake Gauthier/Grand Blanc-48.76 **800:** 1-Andrew Middleton/Holt-1:53.36; 2-Donavan Brazier/Grand Rapids Kenowa Hills-1:54.36; 3-Nathan Vorwerck/Bay City Western-1:54.54 **110H:** 1-Freddie Crittenden/Utica-14.36; 2-Ross Williams/Birmingham Groves-14.41; 3-Devin McKinney/East Kentwood/14.46 **300H:** 1-Ross Williams/Birmingham Groves-37.96; 2-Freddie Crittenden/Utica-38.05; 3-Jacorey Lipsey/Portage Northern-38.56 **1600:** 1-T.J. Carey/Lake Orion-4:15.763; 2-Grant Fisher/Grand Blanc-4:15.769; 3-Brian Kettle/Highland Milford/4:18.13 **3200:** 1-Grant Fisher/Grand Blanc-9:04.33; 2-3)Ben Hill/Royal Oak-9:06.89; 3-Nate Burnand/ Waterford Mott-9:08.57 **4X1:** 1-East Kentwood (Justin Harris, Onrekus Carter, Kewon Getter, Devin McKinney)-42.41; 2-Kalamazoo Central-42.52; 3-Oak Park-42.61 **4X2:** 1-East Kentwood (Houston Glass, Devin McKinney, Kewon Getter, Kevin Smith)-1:27.72; 2-Southfield-1:28.22; 3-Kalamazoo Central-1:28.44 **4X4:** 1-Davison (Spencer Holland, Pat Rooker, Jestin Tigue, Gabe Hodge)-3:19.76; 2-Warren DeLaSalle-3:21.23; 3-East Kentwood-3:21.38 **4x8:** 1-Saline (Anthony Lamus, Andrew Kitto, Ryan Wilkie, Matt Elms)-7:47.49; 2-Lake Orion-7:49.29; 3-Highland Milford-7:49.83 **TEAM SCORING:** 1-EAST KENTWOOD 43; Grand Blanc 32; Lake Orion 29; Walled Lake Central 27; Davison 24; Grand Ledge 24; Utica 23; Grand Rapids Kenowa Hills 23; 9t-Birmingham Br. Rice 20; Oak Park 20..... 69 teams scored.

MITCA CROSS COUNTRY CLINIC

Comfort Inn, Mt. Pleasant

Nov. 7-8-9 2013

The MIDEAST qualifying meet will follow the clinic on the CMU Cross Country Course that is adjacent to the Motel.

DIVISION 2 LOWER PENINSULA FINALS

GIRLS (1 D2 record)

HIGH JUMP: 1-Ade Ayoola/Grand Rapids Christian-5' 5"; 2-Crieona Rodgers/Dowagiac-5' 4"; 3-Tess Odegard/Milan-5' 4" **LONG JUMP:** 1-Janina Pollatz/Grand Rapids Christian-18' 7"; 2-Angelique Gaddy/Grand Rapids South Christian-18' 5"; 3-Miasha Blair/Flint Northern-17' 1" **POLE VAULT:** 1-Janina Pollatz/Grand Rapids Christian-11' 8"; 2-Alex Whitford/Grand Rapids South Christian-11' 5"; 3-Allie LeRoux/Spring Lake-11' 5" **DISCUS:** 1-Kaylyn Hill/Allendale-133' 8"; 2-Bailey Baker/Eaton Rapids-131' 4"; 3-Rhiannon Pavlinac/South Lyon East-128' 8" **SHOT PUT:** 1-Brittany Casey/Zeeleand East-41' 9.75"; 2-Rachael Tolsma/Hamilton-41' 2"; 3-Niki Sargent/Linden-41' 1.5" **100:** 1-Josie Yesmunt/DeWitt-12.18; 2-Karen Blake/Bloomfield Hills Cranbrook-Kingswood-12.19; 3-Cameron Nelson/Grand Rapids Forest Hills Eastern-12.33 **200:** 1. Kendall Baisden/Detroit Country Day-24.65; 2-Paige Patterson/Dearborn Divine Child-24.98; 3-Chante Roberts/Lansing Waverly-25.00 **400:** 1-Kendall Baisden/Detroit Country Day-54.99; 2-Paige Patterson/Dearborn Divine Child-57.44; 3-Cinetta Davis/Romulus-57.76 **800:** 1-Megan OiNeal/Remus Chippewa Hills-2:14.88; 2-Karrigan Smith/St. Johns-2:16.28; 3-Makenzie Evers/Plainwell/ 2:16.58 **100H:** 1-Alexis Studer/DeWitt-14.69; 2-Kayla Gandy/Dearborn Divine Child-14.74; 3-Diana Holsey/Bloomfield Hills Andover-14.83 **300H:** 1-Mallory Myler/Dearborn Divine Child/ 44.82; 2-Sabhin Butto/Grosse Ile-45.84; 3-Hannah Coverdill/Marine City-46.01 **1600:** 1-Megan OiNeal/Remus Chippewa Hills-4:52.21; 2-Karrigan Smith/St. Johns-4:57.62; 3-Mary Kostielny/Grand Rapids Forest Hills Eastern-5:01.58 **3200:** 1-Meg Darmofal/Mason-10:49.49; 2-Elena Miller/Bloomfield Hills Lahser-10:58.09; 3-Clara Cullen/Grand Rapids Forest Hills Eastern-11:04.06 **4x1:** 1-Grand Rapids Forest Hills Eastern 48.40 (**new rec.** old rec: 48.69-Detroit Renaissance-2000); 2-Dearborn Divine Child-49.61-3. DeWitt-49.91 **4x2:** 1-Dearborn Divine Child 1:41.35 2. Ada Forest Hills Eastern 1:42.55 3t-Adrian & Charlotte-1:45.14 **4x4:** 1. Dearborn Divine Child-3:58.78 (Mallory Myler/Liz Mullen/Erin Drabicki/Paige Patterson); 2-Algonac-4:03.75 (Shelby Mauchline/Trebilcock/Lilian Hinkle/Samantha Zakalowski); 3-Grand Rapids Forest Hills Eastern-4:03.79 (Dobberstein/McLean/Anna Lee Konsoer-Rose/Kenzie Haley) **4x8:** 1-St. Joseph-9:28.88 (Rachel Bendewald/ Stephanie Mumper/Summer Lennartz/Estkowski Maddy); 2-East Grand Rapids-9:30.61 (Shelby Smith/Claire Golladay/Becca Solberg/McKayley Gourley); 3-Dearborn Divine Child-9:33.78 (Lindsey Brewis/ Ellayna Iaquaniello/Haley Divis/Erin Drabicki). **TEAM SCORES:** 1-DEARBORN DIVINE CHILD 81, Grand Rapids Forest Hills Eastern 53, DeWitt 32, Grand Rapids Christian 30, Zeeland East 23, Remus Chippewa Hills 22, Detroit Country Day 20, Bloomfield Hills Lahser 18, 9t-East Grand Rapids 17, Grand Rapids South Christian 17, Allendale 17..... 66 teams.

DIVISION 3 LOWER PENINSULA FINALS

GIRLS (2 D2 records)

HIGH JUMP: 1-Marissa Johnson/Durand-5' 5"; 2-Keyocia Murphy/Flint Hamady-5' 4"; 3-Amore Brown/Flint Southwestern Academy-5' 4" **LONG JUMP:** 1-Sami Michell/Reed City-17' 3.25; 2-Callie Brower/Hopkins-17' 1"; 3-Kaniya Weatherspoon/Napoleon-16' 8" **POLE VAULT:** 1-Kenzie Wieber/Pewamo-Westphalia-11' 0"; 2-Hannah Sahl/Erie Mason-11' 0"; 3-Jordan Devenney/Schoolcraft-10' 3" **DISCUS:** 1-Ashley Bussing/Adrian Madison-135' 0"; 2-Nicky McAvoy/Laingsburg-116' 4"; 3-Madison Lutzke/Benzie Central-115' 2" **SHOT PUT:** 1-Kayla Deering/Elkton' Pigeon' Bay Port Laker-42' 11.5; 2. Sadie Gurmsey/Saranac-40' 2.5; 3-Ashley Bussing/Adrian Madison-39' 1.5" **100:** 1. Brianna Dinneen/Buchanan-12.22; 2-Mildrenae Young/Flint Southwestern Academy-12.44; 3-Jessica Gustad/Manistee/12.55 **200:** 1. Sami Michell/Reed City-24.98; 2-Brianna Dinneen/Buchanan-25.18; 3-Angie Ritter/Frankenmuth-25.44 **400:** 1. Ce'aira Richardson/Bridgeport-56.92; 2-Devyn Powell/Leroy Pine River-57.20; 3-Angie Ritter/Frankenmuth-57.27 **800:** 1. Annie Fuller/Manistee-2:11.77 (**new rec.** old rec: 2:13.03-Annie Fuller/Manistee-2012); 2. Kelsey Ross/Onsted-2:15.04; 3-Annie Fanta/Bath-2:17.89 **100H:** 1. Sami Michell/Reed City-14.04; 2-Kylie Hicks/Boyne City-15.15; 3-La-Shae Wright/Stanton Central Montcalm/15.34 **300H:** 1. Sami Michell/Reed City-45.18; 2-Kylie Hicks/Boyne City-45.76; 3-Hannah Reynard/Napoleon-46.19 **1600:** 1. Annie Fuller/Manistee-4:56.11; 2-Raquel Serna/St. Louis-5:00.14; 3-Taylor Thrush/Shepherd-5:01.07 **3200:** 1. Amber Way/Charlevoix-10:48.48 (**new rec.** old rec: 10:57.16-Nicole Bush/Wyoming Kelloggville-2004); 2-Raquel Serna/St. Louis-10:59.66; 3-Jenna Klynstra/Saranac-11:10.36 **4X1:** 1. Pewamo-Westphalia-50.63 (Sasha Platte/Jenna Thelen/Tori Klein/Kenzie Wieber); 2-Adrian Madison-50.85 (Accacia Enriquez/Haley Mellon/Courtney Rodriguez/Ashley Morris); 3-Flint Southwestern Academy-50.98 (Quetta Hughes/Tatyanna Goodson/Esha Wooten/Mildrenae Young) **4X2:** 1. Frankenmuth-1:45.16 (Sydney Bronner, Rachel Crompton, Sarah Beulla, Angie Ritter); 2-Pewamo-Westphalia-1:45.21 (Sarah Barrett, Cammie Noeker, Marissa Wirth, Kenzie Wieber); 3-Onsted-1:45.76 (Brianna Denkins, Regan McNutt, Alexis Johnson, Kelsey Ross) **4X4:** 1. Pewamo-Westphalia-4:03.56 (Erica Nurenberg, Cammie Noeker, Betsy Arens, Marissa Wirth); 2-Onsted-4:03.68 (Brittany Pomell, Brianna Denkins, Alexis Johnson, Kelsey Ross); 3-Napoleon-4:06.68 (Kaniya Weatherspoon, Cassidy Reid, Odette Ingall, Hannah Reynard) **4X8:** 1. Grandville Calvin Christian-9:38.02 (Ashley Jourdan, Raechel Broek, Emma Augustyn, Emma Doorn); 2-Charlevoix, 9:44.25 (Cora Taylor, Madeline Boss, Amber Way, Caroline Boss); 3-Bath-9:56.82 (Alyssa Abendroth, Gabrielle Labioda, Faith Brown, Annie Fanta). **GIRLS TEAM SCORING – 1-PEWAMO-WESTPHALIA 54;** Reed City 40; Adrian Madison 37; Frankenmuth 35.5; Manistee 34; Napoleon 26; St. Louis 25; Onsted 24; 9t-Flint Southwestern Academy 21; Charlevoix 21..... 65 teams scored.

MIDEAST CROSS COUNTRY MEET

Qualifying: week after the State Finals.

Meet: Second Saturday after the State Finals.

at Grand Rapids Forest Hills Eastern High School

BOYS

HIGH JUMP: 1-Louis Lamberti/Petoskey-6' 7"; 2-John Mrosewske/Three Rivers-6' 7"; 3-Demarcus Leak/Paw Paw-6' 52. **LONG JUMP:** 1-Dontel Highsmith/Dowagiac-23' 5.25; 2-Demarcus Leak/Paw Paw-22' 9"; 3-Anthony Fitzgerald/Melvindale-22' 9". **POLE VAULT:** 1-Micheal Hovater/Chelsea-14' 10"; 2-Alex Fast/Eaton Rapids-14' 4"; 3-Aaron Hodges/Cadillac-14' 4". **DISCUS:** 1-Quincy Byrd/Zeeleand East-189' 2"; 2. Adam Coon/Fowlerville-176' 7"; 3-Tommy Roush/Petoskey-168' 4". **SHOT PUT:** 1-Riley Norman/Cadillac-59' 10"; 2-Adam Coon/Fowlerville-57' 0.5; 3-Josh Bass/Battle Creek Harper Creek-56' 10.25. **100:** 1-Berkely Edwards/Chelsea-10.58; 2-Teyland Avery/Grand Rapids Ottawa Hills-10.70; 3-Samuel Beal/Grand Rapids Ottawa Hills-10.86. **200:** 1-Berkely Edwards/Chelsea-21.37; 2-Gary Jones/ Allegan-21.57; 3-Samuel Beal/Grand Rapids Ottawa Hills-21.76. **400:** 1-Marcel Wyckoff/Detroit East English-48.39; 2-Davon McKinney/Grand Rapids Ottawa Hills-49.53; 3-Colby Clark/ Stevensville Lakeshore-49.56. **800:** 1-Luke Johnson/Ludington-1:53.53; 2-Andrew O'Connor/Croswell-Lexington-1:54.50; 3-Nathan Jones/Mason/1:54.95. **110H:** 1-Austin Loewen/Williamston-14.44; 2-Jamar Hardy/Saginaw Arthur Hill-14.47; 3-Justin Hunter Smith/Muskegon Orchard View-14.48. **300H:** 1-Nick Robbins/Grand Rapids Forest Hills Eastern-38.05; 2-Austin Loewen/Williamston-38.34; 3-Ma Sambou Jatta/Livonia Clarenceville-38.70. **1600:** 1-Connor Mora/Cedar Springs-4:10.38; 2-Austin Horn/Chelsea-4:20.33; 3-Austin Elliott/Spring Lake-4:21.32. **3200:** 1-Tanner Hinkle/Mason-9:13.41; 2-Aaron Baumgarten/Williamston-9:17.83; 3-Clark Ruiz/Big Rapids-9:19.42. **4x1:** 1-Parma Western-42.67 (Payton Wheeler, Devin Cole, Brendan Maynard, Levert Franklin' Potter); 2-Grand Rapids Ottawa Hills-42.75 (Cameron Brown, Samuel Beal, Charles Wysinger, Teyland Avery); 3-Zeeleand West-42.85 (Jason Tran, Mitch Hession, Jon Pung, Danny Bauder). **4x2:** 1-Grand Rapids Ottawa Hills-1:28.16; 2-Detroit East English-1:28.81; 3-Three Rivers-1:29.35. **4x4:** 1-Detroit East English 3:22.76 (Anton Cutris, Desmond King, Juwan Green, Marcel Wyckoff); 2-Grand Rapids Ottawa Hills-3:23.56 (Jacori Millbrooks, Javon McKenny, Richard Bevins, Davon McKinney); 3-Zeeleand West-3:25.07 (Sam Plaska, Jon Pung, Ryan Arndt, Grant Postma). **4x8:** 1-Chelsea-7:55.84 (Zach Rabbitt, Tony Vermilie, David Trimas, Jacob Stubbs); 2-Ludington-7:56.98 (Chris Snow, Matthew Ritter, Spencer Knudsen, Luke Johnson); 3-Zeeleand West, 8:05.82 (Grant Postma, Ryan Arndt, Ben Engelsman, Sam Plaska). **TEAM SCORES: 1-CHELSEA 64,** Grand Rapids Ottawa Hills 56, Williamston 35, Zeeland West 29, Detroit East English 28, Parma Jackson County Western 24, Grand Rapids Forest Hills Eastern 21, Cadillac 20, Petoskey 19, 10t-Three Rivers 18, Fowlerville 18, Ludington 18..... 64 teams scored.

at Comstock Park High School

BOYS (2 D3 records)

HIGH JUMP: 1-Travis McCuaig/Morley-Stanwood-6' 9"; 2-Teo Redding/Warren Michigan Collegiate-6' 8.01; 3-Jacob Stuhr/Harrison-6' 8". **LONG JUMP:** 1-Jake Cowser/Watervliet-21' 1.5; 2-Andy Pung/Pewamo-Westphalia-21' 1"; 3-Josh Holton/Union City-21' 0.5. **POLE VAULT:** 1-Jeff Dempsey/Bath-14' 7"; 2-Austin Felske/Reese/14' 0"; 3-Brett Postema/Ravenna-13' 6". **DISCUS:** 1-Evan Hartman/Niles Brandywine-187' 1" (**new rec.** old rec: 181' 0-Davis Scouten/Brooklyn Columbia Central-2012 and Zack Hill/Allendale-2009); 2-Clayton Walderzak/Standish-Sterling-170' 3"; 3-Tim Howard/Bangor-165' 6". **SHOT PUT:** 1-Clayton Walderzak/Standish-Sterling-55' 2.5; 2-Anthony Prohaska/Standish-Sterling-51' 7"; 3-Eddie Niecko/Michigan Center-50' 10". **100:** 1-Alice Champion/Southfield Bradford Academy/11.03; 2-Jonathan Fife/Flint Southwestern Academy-11.04; 3-Landon Lyons/Carrollton-11.06. **200:** 1-Tyler Hendricks/Saginaw Nouvel-22.82; 2-Michael Carson/Detroit PEC Prep-22.88; 3-Evan Slawnski/Manistee/22.89. **400:** 1-T.J. Burnett/Wyoming Kelloggville-48.59 (**new rec.** old rec: 48.70-Phil Damaska/Detroit Country Day-2004); 2-Malik Vasquez/Carrollton-49.32; 3-Josh Branch/Mt. Clemens-49.62. **800:** 1-Chase Barnett/Mason County Central-1:57.41; 2-Jake Hall/Frankenmuth-1:57.71; 3-Cameron Jones/Holland Black River-1:58.64. **110H** 1-Teo Redding/Warren Michigan Collegiate/14.65; 2-T.J. Burnett/Wyoming Kelloggville-14.77; 3-Jesse Ring/Bangor-14.95. **300H:** 1-Jesse Ring/Bangor-39.17; 2-Teo Redding/Warren Michigan Collegiate-39.70; 3-Nick Caywood/Hopkins/39.81. **1600:** 1-Chase Barnett/Mason County Central-4:15.97; 2-Nick Raymond/Erie' Mason-4:16.07; 3-Bryce Stroede/Hanover-Horton/4:19.49. **3200:** 1-Rebera Keenan/Lansing Catholic-9:32.46; 2-Nick Raymond/Erie Mason-9:38.53; 3-Zac Nowicki/Grandville Calvin Christian-9:41.20. **4x1:** 1-Ann Arbor Gabriel Richard-43.99 (Ashton Hundley, Kwami Adobor-Hererra, Matt Mackey, Blaise Stearns); 2-Wyoming Kelloggville-44.36 (Reginald Roberts, Dionte Williams, Maquiz Thurman, Cameron Love); 3-Leslie-44.52. **4x2:** 1-Wyoming Kelloggville-1:31.10 (Cameron Love, Maquiz Thurman, T.J. Burnett, Reginald Roberts); 2-Mt. Clemens, 1:31.49 (Kalvan Williamson, Josh Branch, Eric Rice, Myrick El); 3-Ann Arbor Gabriel Richard-1:32.11 (Ashton Hundley, Kwami Adobor' Hererra, Matt Mackey, Blaise Stearns). **4x4:** 1-Wyoming Kelloggville-3:24.27 (Dionte Williams, Jordan Shannon, Reginald Roberts, T.J. Burnett); 2-Lansing Catholic-3:28.76 (Max Hayden, Albna Sow, Jacob Korrey, Bronson Russell); 3-Watervliet-3:28.85 (R.J. Rudel, Brendan Daly, Bailey Blocker, Brock Thumm). **4x8:** 1-Mason County Central-7:57.04 (Drew Griffis, Alex Myers, Travess Smith, Chase Barnett); 2-Hanover-Horton-8:01.44 (Isaac Pringle, Lucas Cristanti, Zack Hockaday, Bryce Stroede); 3-Jackson Lumen Christi-8:05.86 (Karl Berkemeier, Patrick Ludlow, Charlie Ludlow, Patrick Soltis). **TEAM SCORING: 1-WYOMING KELLOGGVILLE 52;** 2-Scottville Mason County Central 31; 3-Standish-Sterling 28; 4-Warren Michigan Collegiate 26; 5-Bangor 24; 6-Mt. Clemens 21; 7-Ann Arbor Gabriel Richard 19; 8-Hanover-Horton 19; 9-Niles Brandywine 19; 10t-Watervliet 18; Lansing Catholic 18..... 67 teams scored.

MIDWEST TRACK & FIELD MEET

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

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

DIVISION 4 LOWER PENINSULA FINALS at Jenison High School

GIRLS (2 meet records)

HIGH JUMP: 1-Addie Schumacher/Beal City-5' 6"; 2-Amanda Lovell/Mendon-5' 4"; 3t-Jessica Teahui/Evart-5' 3"; Chantel Davenport/Athens-5' 3" **LONG JUMP:** 1-Miranda Johnson/Ottawa Lake Whiteford-18' 2.5 (new rec. old rec: 17' 11.75-Amanda Weber/Portland St. Patrick-2004); 2-Chantel Davenport/Athens-17' 6.75; 3-Kim Barber/Gobles-16' 9.75 **POLE VAULT:** 1-Amanda MacDonald/Coleman-10' 1"; 2t-Kristin Belcher/Pittsford-8' 6"; 3-Lauren Buckel/Traverse City-9' 6" **DISCUS:** 1-Jade Madison/New Buffalo-120' 7"; 2-Brooke Kottke/Petersburg-Summerfield-107' 1"; 3-Janae Langs/Climax-Scotts-106' 8" **SHOT PUT:** 1-Elizabeth Herriman/Sand Creek-40' 11"; 2-Jade Madison/New Buffalo-40' 9"; 3-Gabrielle Herriman/Sand Creek-38' 4.5 **100:** 1. Ashley White/Detroit Edison Academy-12.79; 2-Miranda Johnson/Ottawa Lake-Whiteford-12.86; 3-Michelle Davis/Reading-13.18 **200:** 1. Miranda Johnson/Ottawa Lake-Whiteford-25.94; 2-Salix Sampson/Harbor Springs-26.98; 3-Lauren Buckel/Traverse City St. Francis-27.02 **400:** 1. Lauren Buckel/Traverse City St. Francis-59.54; 2. Megan Quick/Lincoln-Alcona-1:00.40; 3-Amanda Madden/Fulton-Middleton-1:00.53 **800:** 1. Holly Bullough/Traverse City St. Francis-2:16.53; 2-Amanda Reagle/Homer-2:21.54; 3-Shaley Albaugh/Hillsdale Academy-2:24.56 **100H:** 1. Chantel Davenport/Athens-15.41; 2-Madi Gleckler/Morenci-15.98; 3-Savannah Feldpausch/Fowler-16.14 **300H:** 1. Michelle Davis/Reading-44.92 (new rec. old rec: 44.98-Megan Heffner/Kinde-North Huron-2010); 2-Savannah Feldpausch/Fowler-46.25; 3-Sam Stanton/Pottersville-46.80 **1600:** 1. Holly Bullough/Traverse City St. Francis-5:07.37; 2-Leah DeSimpelare/Unionville-Sebewaing-5:19.88; 3-Tessa Fornari/Waterford Our Lady of the Lakes-5:21.08 **3200:** 1. Kirsten Oiling/Breckenridge-11:03.75; 2-Holly Bullough/Traverse City St. Francis-11:32.38; 3-Isabella Tremonti/Bellaire-11:42.69 **4x1:** 1. Reading-51.22 (Jennifer Davis, Sam Pfeiffer, Teddi Zimmerman, Michelle Davis); 2-Detroit Edison Academy-51.31 (Devorae Miles, T. Cooper, A. Perry, Ashley White); 3-Onekama-51.73 (Meredith Hengy, Nisha Collins, Alyson Fink, Alycia Peterson) **4x2:** 1. Royal Oak Shrine-1:48.79 (Julia Liggett, Irene Peaslee, Autumn Washington, Taylor Kilgore); 2-Fowler-1:48.89 (Savannah Feldpausch, Britney Weber, Breann Klein, Allison Hufnagel); 3. Sand Creek-1:50.64 (Mikaela McCarty, Hannah Conner, Ally Jackson, Chelsea Ellerholz) **4x4:** 1. Reading-4:07.29 (Sam Pfeiffer, Terasa Eidenier, Jennifer Davis, Michelle Davis); 2-Traverse City St. Francis-4:13.01 (Madeline Zamarron, Maddy Danz, Erin McDonnell, Lauren Buckel); 3-Hillsdale Academy-4:13.77 (Elyse Lisznyai, Victoria Heckenlively, Maeve Sullivan, Shaley Albaugh) **4x8:** 1. Hillsdale Academy-9:54.59 (Elyse Lisznyai, Victoria Heckenlively, Chrissy Craig, Shaley Albaugh); 2-Traverse City St. Francis-10:00.30 (Maddy Danz, Krissi Dressler, Erin McDonnell, Holly Bullough); 3-Homer-10:00.87 (Alexis Mestdagh, Jessica Reagle, Bailey Manis, Amanda Reagle). **TEAM SCORING - 1-TRAVERSE CITY ST. FRANCIS 66;** Reading 52; Fowler 41; Beal City 39; Sand Creek 37; Ottawa Lake-Whiteford 31; Homer 29; Hillsdale Academy 27; Athens 23.5; 10-Detroit Edison Academy 19..... 55 teams scored.

BOYS

HIGH JUMP: 1-Luke Meyer/Addison-6' 8"; 2-Mick Noel/Plymouth Christian-6' 4"; 3-Jacob Hopkins/Evart-6' 3" **LONG JUMP:** 1-Dametrios Nelson/Genesee-21' 7"; 2-Amari Coleman/New Lothrop-21' 0.75; 3-Mark Goff/Eau Claire-20' 11.75. **POLE VAULT:** 1-Gavin Towery/Homer-13' 4"; 2-Jake Walton/North Muskegon-13' 4"; 3t-Mason Thomas/Reading & Curtis Bell/Coleman-21' 10" **DISCUS:** 1-Jacob Patrick/Litchfield-187' 2"; 2-Bobby Drew/Saugatuck-152' 5"; 3-Robbie Gibson/White Pigeon-141' 11" **SHOT PUT:** 1-Bobby Drew/Saugatuck-52' 7.5; 2-Cole Vanooosten/Kalamazoo Christian-52' 3.75; 3-Caleb Baker/Waldrun-51' 11.5. **100:** 1-Alexander Lodes/Climax-Scotts-11.32; 2-Amari Coleman/New Lothrop-11.34; 3-Childress Cannon/Saginaw Arts & Sciences-11.59. **200:** 1-Nolen Bright-Mitchell/Albion-22.44; 2-Blake Washington/Southfield Christian-23.12; 3-Alexander Lodes/Climax-Scotts-23.13. **400:** 1-Zack McGowen/White Cloud-50.60; 2-Austin Sandusky/Morenci-50.62; 3-Nick Fox/Mayville-51.07. **800:** 1-Max Hodges/Evart-1:58.40; 2-Hunter Redman/White Cloud-1:59.13; 3-Zach Kerr/Saugatuck-1:59.54. **110H:** 1-Andy Houser/Pittsford-15.34; 2-Andrew Cilley/Petersburg-Summerfield-15.64; 3-Jake Berends/North Muskegon-16.01. **300:** 1-Clayton Meldrum/Kalamazoo Christian-40.66; 2-Ethan Russell/Marion-40.96; 3-Charlie Robertson/Sand Creek-41.35. **1600:** 1-Nick Vander Kooil/Fremont Providence Christian-4:25.89; 2-Sean Kelly/Saugatuck-4:26.27; 3-Ian Daugherty/Jackson Christian-4:31.33. **3200:** 1-Sean Kelly/Saugatuck-9:35.99; 2-Jesse Hersh/Concord-9:36.49; 3-Doug Hollett/Kalamazoo Christian-9:53.05. **4x1:** 1-Climax-Scotts-44.41 (Alexander Lodes, Kirk Gibson, Sam Eshuis, Zach Nabozny); 2-Albion-44.95 (Jamil Short, Nolen Bright-Mitchell, Bryan Peoples, Kaylor McDonald); 3-Maple City Glen Lake-45.03 (Tyler Stachnik, Spencer Query, Carter Lee, Parker Kokowicz). **4x2:** 1-Albion-1:32.85 (Jamil Short, Terrance Byrd, Bryan Peoples, Nolen Bright-Mitchell); 2-Mendon-1:33.73 (Hunter Stienbargar, Mitchell Coler, Elijah Klepper, Parker Cupp); 3-White Cloud-1:33.82 (A.J. Asuncion, David Dykstra, Zack McGowen, Hunter Redman). **4x4:** 1-White Cloud-3:31.86 (Taylor Rodriguez, Hunter Redman, David Dykstra, Hunter Redman); 2-Albion-3:32.18 (Bryan Peoples, Nolen Bright-Mitchell, Dylan Cage, Zach Hudson); 3-Saugatuck-3:33.47 (Joe Brown, Wes Webbert, Andrew Poolman, Zach Kerr). **4x8:** 1-Saugatuck-8:11.11 (Alex Anschutz, Sean Kelly, Joe Brown, Zach Kerr); 2-Concord-8:17.88 (Josiah Ottolini, Jacob Hall, Jesse Hersh, Josiah Ottolini); 3-Evart-8:18.62 (Max Hodges, Logan Hammer, Scott Santana, David Zinger). **TEAM SCORING: 1-SAUGATUCK 58;** 2-Albion 47; 3-Evart 36.5; 4-White Cloud 36; 5-Kalamazoo Christian 33; 6-Climax-Scotts 26; 7-New Lothrop 19; 8-Concord 18; 9t-Southfield Christian & North Muskegon 17..... 57 teams scored.

DIVISION 1 UPPER PENINSULA FINALS

GIRLS (3 meet records)

HIGH JUMP: 1-Hunter Viitala/Marquette-5' 1"; 2-Lydia Asplund/Gwinn-5' 0" **LONG JUMP:** 1-Carlee Benzie/Kingsford-15' 11.75; 2-Lydia Asplund/Gwinn-14' 9.25. **POLE VAULT:** 1-Corina Armstrong/Sault Ste. Marie-8' 6"; 2-Jaime Snowaert/Gladstone-8' 6". **DISCUS:** 1-Jessica Young/Gladstone-111' 6"; 2-Eran Menard/Sault Ste. Marie-103' 4.25. **SHOT PUT:** 1-Kirsten Iwanski/Marquette-31' 4"; 2-Annika Wheeler/Houghton-31' **100:** 1-Chelsea Jacques/Calumet-12.62; 2-Carlee Benzie/Kingsford-13.10. **200:** 1-Chelsea Jacques/Calumet-26.62; 2-Bree Swan/Sault Ste. Marie-27.23. **400:** 1-Shayla Huebner/Marquette-59.29; 2-Bree Swan/Sault Ste. Marie-1:00.66. **800:** 1-Lindsay Rudden/Marquette-2:16.46 (new rec. old rec: 2:21.3-Mandi Long/Menominee-2001). **100 HURDLES:** 1-Ashley Veale/Negaunee-16.57; 2-Paiton Plutchak/Menominee-17.75. **300 HURDLES:** 1-Ashley Veale/Negaunee-47.31; 2-Hunter Viitala/Marquette-47.69. (new rec. old rec: 5:19.73-Kelly McClure/IRON Mountain-2005); 2-Kameron Burmeister/Menominee-5:22.74. **3200:** 1-Lindsay Rudden/Marquette-11:26.38 (new rec. old rec: 11:38.2-Natalie Cahill/Sault Ste. Marie-2001); 2-Kameron Burmeister/Menominee-12:05.40. **4X100:** 1-Calumet-52.35 (Lexee Rowe, Caitlin Klobuchar, Terra Erkkila, Chelsea Jacques); 2-Menominee-52.68 (Paiton Plutchak, Kristina Tetzlaff, Lexi Christian, Jane Enderby). **4X200:** 1-Marquette-1:49.60 (Kathleen Noblet, Cassidy Thomas, Hunter Viitala, Bente Korte); 2-Kingsford-1:49.79 (Carlee Benzie, Andrea Roell, Hannah Tresedder, Emma Williams). **4X400:** 1-Marquette-4:14.12 (Cassidy Thomas, Bente Korte, Hunter Viitala, Shayla Huebner); 2-Negaunee-4:18.18 (Emilee Lokken, Clara Churchill, Alyssa Blake, Ashley Tresedder). **4X800:** 1-Marquette-9:55.75 (Liana Storm, Cassidy Thomas, Shayla Huebner, Lindsay Rudden); 2-Escanaba-10:12.71 (Isabelle Wellman, Amy Giese, Brittaney Larson, Aubree Peterson). **TEAM SCORING: 1-MARQUETTE 145;** Negaunee 62.5; Escanaba 54..... 9 teams scored.

at Kingsford High School

BOYS (1 meet record)

HIGH JUMP: 1-Justin Pederson/Gladstone-6' 3"; 2-Tyler Roland/Calumet-6' 0" **LONG JUMP:** 1-Justin Pederson/Gladstone-21' 0.50; 2-Ryan Lamberge/Houghton-18' 11" **POLE VAULT:** 1-Ausin Caya/Negaunee-12' 0"; 2. Ryan Camp/Kingsford/11' 6" **DISCUS:** 1-Jared Vuksan/Gladstone-153' 2.75; 2-Hilding Beaudion/Kingsford-151' 2" **SHOT PUT:** 1-Jared Vuksan/Gladstone-55' 11.25 (new rec. old rec: 52' 0.5-Kent King/Gladstone-2010); 2. Cody Malanowski/Gladstone-45' 9.25. **100:** 1-Cole Tengesdahl/Kingsford-11.26; 2-Justin. Pederson/Gladstone-11.31. **200:** 1-Shaun Sullivan/Menominee-23.17; 2-Alexander Gagnon/Marquette-23.32. **400:** 1-Chris Sedenquist/Gladstone-51.39; 2-Tyler Roberts/Kingsford-51.97. **800:** 1-Parker Scott/Sault Ste. Marie-2:00.90; 2-Andrew Banitt/Marquette-2:01.70. **110 HURDLES:** 1-Bryan Hines/Menominee-15.96; 2-Tyler Harmon/Menominee-16.04. **300 HURDLES:** 1-Bryan Hines/Menominee-41.59; 2-Brendan Jacques/Calumet-42.38. **1600:** 1-Parker Scott/Sault Ste. Marie-4:31.98; 2-Lance Rambo/Marquette-4:35.22. **3200:** 1-Eric Cousineau/Escanaba-10:10.10; 2-Cole Rieboldt/Marquette-10:19.47. **4X100:** 1-Menominee-44.70 (Bryan Hines, Aeron Forsberg, Shaun Sullivan, Leonard Briggs); 2-Kingsford-44.93 (Ed Sexton, Cole Tengesdahl, Jaxson Ferree, Quintin Pratt). **4X200:** 1-Menominee-1:32.09 (Chase LaCombe, Aeron Forsberg, Shaun Sullivan, Leonard Briggs); 2-Kingsford-1:32.83 (Quintin Pratt, Cole Tengesdahl, Jaxson Ferree, Tyler Roberts). **4X400:** 1-Kingsford-3:37.04 (Jaxson Ferree, Jacob Allen, Jack Glodowski, Tyler Roberts); 2-Escanaba-3:39.35 (Colin Barnhart, Quinlan Hillesheim, Jordan Ogren, Jake Walker). **4X800:** 1-Escanaba-8:24.69 (Jordan Ogren, Eric Cousineau, Andrew Stenberg, Jake Walker); 2-Marquette-8:24.70 (Leighton Locke, Cole Rieboldt, Nathan Schlorke, Andrew Banitt) **TEAM SCORING: 1-GLADSTONE 112;** Menominee 80; Kingsford 73..... 10 teams scored..

DIVISION 2 UPPER PENINSULA FINALS

GIRLS

HIGH JUMP: 1-Rachel Hudacek/Ironwood-5' 0"; 2-Alexis Kallenbach/Norway-4' 11" **LONG JUMP:** 1-Alexis Golfis/West Iron County-14' 3.75; 2-Emily Charbonneau/Newberry-13' 10" **POLE VAULT:** 1-Breanna Martin/Stephenson-8' 6"; 2-Elisa MacGregor/Manistique-8' 0" **DISCUS:** 1-Olivia Rouleau/Hancock-102' 5.50; 2-Taylor Croley/Ishpeming-100' 2" **SHOT PUT:** 1-Megan Miatch/West Iron County-34' 10"; 2-Monica Giles/Manistique-31' 3.50. **100:** 1-Hailey LaFleur/IRON Mountain-13.49; 2-Elisa MacGregor/Manistique-13.59. **200:** 1-Carli Johnson/West Iron County-28.30; 2-Shelby Carlson/Manistique-28.5. **400:** 1-Hailey LaFleur/IRON Mountain-1:03.02; 2-Alexis Kallenbach/Norway-1:03.22. **800:** 1-Holly Blowers/Manistique-2:29.56; 2-Bridget Stoetzer/Newberry-2:33.24. **100H:** 1-Mary Jarvis/Hancock-16.85; 2-Cassilyn Pellizzer/West Iron County-17.41. **300H:** 1-Cassilyn Pellizzer/West Iron County-48.70; 2-Mary Jarvis/Hancock-50.12. **1600:** 1-Natalie Beaulieu/Newberry-5:34.37; 2-Victoria Hoogenboom/West Iron County-5:40.65. **3200:** 1-Natalie Beaulieu/Newberry-12:12.55; 2-Victoria Hoogenboom/West Iron County-12:41.89.

at Kingsford High School

BOYS (2 meet records)

HIGH JUMP: 1-James Sutton/Newberry-6' 4 (new rec. old rec: 6' 3.5-James Sutton/Norway-2012); 2-Luke Zambon/IRON Mountain-6' 0" **LONG JUMP:** 1-Josh Whittington/Ishpeming-20' 3"; 2-Ryan Rogers/West Iron County-20' 0" **POLE VAULT:** 1-Cole Stevens/Ironwood-12' 0"; 2-Noah Olgren/Ishpeming-11' 6" **DISCUS:** 1-Gage Hawthorne/Hancock-125' 4.25; 2-Bryson Heimerl/West Iron County-123' 1.50. **SHOT PUT:** 1-Chaz Jonet/West Iron County-43' 10.25; 2-Gage Hawthorne/Hancock-43' 1.25. **100:** 1-Kennar Brouilre/Manistique-11.37; 2-Tyler Stafford/West Iron County-11.43. **200:** 1-Ryan Ramey/Manistique-23.82; 2-Hunter Wirtanen/Ishpeming-24.12. **400:** 1-Ryan Ramey/Manistique-51.12; 2-Nate Meyer/Ishpeming-51.68. **800:** 1-Grant Holmstrom/Hancock-2:07.45; 2-Nate Meyer/Ishpeming-2:08.06. **110 HURDLES:** 1-Vincente Carlson/Ishpeming Westwood/15.70; 2-James Sutton/Newberry-16.23. **300 HURDLES:** 1-Kennar Brouilre/Manistique/39.35 (new rec. old rec: 41.0-Lee Denman/Munising-2004); 2-Vincente Carlson/Ishpeming Westwood/42.56. **1600:** 1-Dan Kulas/IRON Mountain-4:42.03; 2-Jared Joki/IRONwood-4:43.33.

4X100: 1-Manistique-52.59 (Elisa Macgregor, Kyra Lauzon, Shelby Carlson, Hannah Bryant); 2-West Iron County-53.03 (Casey Harrington, Sarah Penkivech, Elizabeth Pellizzer, Carli Johnson). **4X200:** 1-West Iron County-1:52.19 (Casey Harrington, Sarah Penkivech, Elizabeth Pellizzer, Carli Johnson); 2-Manistique, 1:53.73 (Elisa Macgregor, Hannah Bryant, Shelby Carlson, Kyra Lauzon). **4X400:** 1-West Iron County-4:28.92 (Rebekah Serbinski, Elizabeth Pellizzer, Kylee Erickson, Cassilyn Pellizzer); 2-Newberry, 4:29.82 (Katie Parker, Alexis Pillison, Cori Canfield, Bridget Stoetzer). **4X800:** 1-West Iron County-10:36.01 (Rebekah Serbinski, Mariah Marcell, Kylee Erickson, Victoria Hoogenboom); 2-Manistique, 10:43.03 (Darby Demers, Gabbie LaFayette, Olivia Holmberg, Holly Blowers)
TEAM SCORING: 1-West Iron County 144; Manistique 97; Newberry 84..... 10 teams scored.

3200: 1-Dan Kulas/Iron Mountain-10:15.40; 2-Connor Cappaert/Stephenson-10:44.31.
4X100: 1-Ishpeming-45.16 (Eric Kostreva, Tyrus Millimaki, Derek DeCaire, Hunter Wirtanen); 2-West Iron County-45.20 (Tyler Stafford, Andrew Peterson, Nik Thoney, Ryan Rogers). **4X200:** 1-West Iron County-1:34.50 (Tyler Stafford, Andrew Peterson, Nik Thoney, Ryan Rogers); 2-Ishpeming-1:35.44 (Tyrus Millimaki, Hunter Wirtanen, Derek DeCaire, Nate Meyer). **4X400:** 1-Manistique-3:42.38 (Kennar Broulire, Robert Ayotte, Ryan Ramey, Bryson Lawrence); 2-Ishpeming-3:43.21 (Austin Corp, Josh Whittington, Adam Prisk, Nate Meyer). **4X800:** 1-Manistique-8:37.97 (Bryson Lawrence, William Pomery, Robert Ayotte, Ryan Ramey); 2-Iron Mountain-8:52.46 (Keith Holmes, Tanner Huotari, Nate Carey, Dan Kulas).
TEAM SCORING: 1- Manistique 102; Ishpeming 96; West Iron County 75.....10 teams scored..

DIVISION 3 UPPER PENINSULA FINALS at Kingsford High School

GIRLS (1 meet records)

HIGH JUMP: 1-Kelsey Shope/Rock Mid-Peninsula-5' 3; 2-Nicole Bouwma/DeTour-5' 2.
LONG JUMP: 1-Teslyn Tyner/Eben Junction Superior Central-15' 3.5; 2-Tabitha Graham/Brimley-14' 8.25. **POLE VAULT:** 1-Sarah Audette/Lake Linden-Hubbell-9' 6; 2-Victoria Cusick/Rudyard-8' 6. **DISCUS:** 1-Sydni Petrie/Bark River-Harris-116' 1 (new rec. old rec: 115' 7.75-Karrie Meyers/Bark River-Harris-2009); 2-Savannah Dugan/Rudyard-115' 2.5. **SHOT PUT:** 1-Savannah Dugan/Rudyard-39' 2; 2-Kelley Wright/St. Ignace-33' 3. **100:** 1-Jamie Dompier/Chassell-12.83; 2-Teslyn Tyner/Eben Junction Superior Central-13.09. **200:** 1-Jamie Dompier/Chassell-26.38; 2-Rachel Hetherington/St. Ignace-27.47. **400:** 1-Jamie Dompier/Chassell-1:00.62; 2-Tabitha Graham/Brimley-1:03.19. **800:** 1-Sarah Cullip/St. Ignace-2:29.38; 2-Lillian Calcaterra/St. Ignace-2:33.79. **100H:** 1-Kim Cruickshank/Pickford-17.15; 2-Lori Wardynski/Ontonagon-17.19. **300H:** 1-Haillee Brown/St. Ignace-49.41; 2-Kerri Chartrand/Brimley-49.53. **1600:** 1-Sarah Cullip/St. Ignace-5:36.43; 2-Heidi Hagen/Pickford-5:42.18. **3200:** 1-Sarah Cullip/St. Ignace-12:30.12; 2-Emily Chartrand/Brimley-12:46.24. **4X100:** 1-St. Ignace-53.28 (Margo Brown, Kelley Wright, Autumn Orm, Morgan Lavake); 2-Crystal Falls Forest Park-53.82 (Maria Stankewicz, Libby Shamion, Katie McCole, Mary Grandahl). **4X200:** 1-St. Ignace-1:51.48 (Haillee Brown, Autumn Orm, Morgan Lavake, Rachel Hetherington); 2-Engadine-1:52.64 (Olivia Vaughn, Autumn Arseneau, Abigail Miller, Aspen Hood). **4X400:** 1-St. Ignace-4:29.34 (Lillian Calcaterra, Haillee Brown, Margo Brown, Morgan Lavake); 2-Pickford-4:30.57 (Krysta Wondergem, Kelsey Rambo, Alyssa McCord, Olivia Smith). **4X800:** 1-Pickford-10:29.64 (Krysta Wondergem, Heidi Hagen, Alyssa McCord, Olivia Smith); 2-Brimley-10:45.99 (Taylor Mills, Tabitha Graham, Emily Lounds, Emily Chartrand).
TEAM SCORING: 1-ST. IGNACE 121; Brimley 57; Crystal Falls Forest Park 47; Pickford 42; Rudyard 30; Chassell 30..... 21 teams scored.

BOYS

HIGH JUMP: 1-Brett Branstrom/Rock Mid-Peninsula-6' 1; 2-Chad Branstrom/Rock Mid-Peninsula-5' 11. **LONG JUMP:** 1-Alex Smith/Bessemer-20' 5; 2-Leroy Ward-Harbaum/Grand Marais' Munising Baptist-19' 2. **POLE VAULT:** 1-Robert Metter/Rapid River-12' 0; 2-Logan O'Neil/Felch North Dickinson-12' 0. **DISCUS:** 1-Brett Branstrom/Rock Mid-Peninsula-153' 9.25; 2-Jake Pearson/Rapid River-138' 10. **SHOT PUT:** 1-Brett Branstrom/Rock Mid-Peninsula-47' 11.50; 2-Jake Pearson/Rapid River-46' 6. **100:** 1-Tim Hruska/Felch North Dickinson-11.53; 2-Parker Simmons/St. Ignace-11.62. **200:** 1-Lucas Gauthier/Munising-23.17; 2-Parker Simmons/St. Ignace-23.67. **400:** 1-Cole Potvin/Cooks Big Bay de Noc-51.62; 2-Nick Maki/Eben Junction Superior Central-52.97. **800:** 1-Josh Hester/Cedarville-2:03.63; 2-Tyler Kienitz/Eben Junction Superior Central-2:04.56. **110H:** 1-Tim Hruska/Felch North Dickinson-16.17; 2-Jarred Lavigne/Pickford-16.29. **300H:** 1-Tim Hruska/Felch North Dickinson-41.89; 2-Jarred Lavigne/Pickford-42.14. **1600:** 1-Josh Hester/Cedarville-4:37.79; 2-Brett Hannah/Munising-4:45.81. **3200:** 1-Brett Hannah/Munising-10:43.79; 2-Jayson Aikens/Brimley-10:52.35. **4X100:** 1-Bessemer-45.91 (Art Rundell, Taylor Smith, Derek Gheller, Alex Smith); 2-Felch North Dickinson-47.21 (Dominic Christian, Jordan Neumann, Blake Lindeman, Logan O'Neil). **4X200:** 1-Bessemer-1:36.68 (Art Rundell, Derek Gheller, Jess Mazzon, Taylor Smith); 2-Bark River-Harris-1:37.70 (Jacob Greenfield, Dane Messersmith, Sam Martin, Hunter Messersmith). **4X400:** 1-Pickford-3:42.01 (Jarred Lavigne, Justin Portice, Alec Firack, Austin Bruning); 2-St. Ignace-3:42.15 (Joe Ostman, Curtis St. Louis, Brennan Danielson, Ben Dameron). **4X8:** 1-Eben Junction Superior-8:43.06 (Nick Maki, Greg Seppanen, Tucker Spranger, Tyler Kienitz); 2-Rapid River, 8:45.74 (David Hough, Dan Blair, Zac Dominique, Riley Pajnich).
TEAM SCORING: 1- Felch North Dickinson 77; Pickford 51; St. Ignace 48; Rapid River 47; Bessemer 46..... 21 teams scored.

MITCA TEAM STATE MEETS

GIRLS

DIVISION 1: 1-KENTWOOD EAST KENTWOOD-713, 2-Rockford-673.5, 3-Macomb Dakota-657/5, 4-Plymouth-542.5, 5-Jenison-474, 6-Allen Park-216.5, 7-Grandville-138.....
DIVISION 2: 1-DEARBORN DIVINE CHILD-1454, 2-Williamston-1283, 3-Remus Chippewa Hills-1131, 4-Hamilton-1081, 5-Spring Lake-1007, 6-Zeeland West-989, 7-Grand Rapids Christian-959, 8-Yale-955, 9-Belding-940, 10-Zeeland East-891, 11-Eaton Rapids-890, 12-St. Joseph-850.5, 13-DeWitt-832.5, 14-Milan-828.....
DIVISION 3: 1-FRANKENMUTH-1103.5, 2-Benzonia Benzie Central-1028.5, 3-Adrian Madison-1006, 4-Shepherd-1005, 5-Hopkins-963, 6-Napoleon-884.5, 7-Union City-790.5, 8-St. Louis-776.5, 9-Bath-760, 10-Onsted-717.5, 11-Grand Rapids West Catholic-697, 12-Watervliet-606.....
DIVISION 4: 1-SAND CREEK-1192.5, 2-Hillsdale Academy-1065, 3-Reading-1024.5, 4-Royal Oak Shrine-850.5, 5-Saugatuck-773, 6-White Cloud-743.5, 7-Morrice-735, 8-Lutheran Westland-636, 9-Centreville-630, 10-Gobles-607, 11-Muskegon Western Michigan Christian-338.....
 Complete meet results for all meets in the newsletter are at:

BOYS

DIVISION 1: 1-KENTWOOD EAST KENTWOOD-1385, 2- Traverse City Central-1279, 3-Davison-1123.5, 4-Wyandotte Roosevelt-1113.5, 5-Canton Salem-1014.5, 6-Macomb Dakota-863.5, 7-Brownstown Woodhaven-779.5, 8-Gibraltar Carlson-697.5, 9-Utica-541, 10-Saginaw Heritage-383.....
DIVISION 2: 1-ZEELAND WEST-1244.5, 2-Williamston-1241, 3-Harper Crfeek-1133.5, 4-Stevensville Lakeshore-1030.5, 5-Allendale-975, 6-otsego-910, 7-St. Clair-894, 8-Zeeland East-881, 9-Algonac-840, 10-Remus Chippewa Hills-782, 11-Adrian-763.5, 12-St. Joseph-761.5, 13-Grand Rapids Christian-755.5.....
DIVISION 3: 1-FRANKENMUTH-1103.5, 2-Benzonia Benzie Central-1028.5, 3-Adrian Madison-1006, 4-Shepherd-1005, 5-Hopkins-963, 6-Napoleon-884.5, 7-Union city-790.5, 8-St. Louis-776.5, 9-Bath-760, 10-Onsted-717.5, 11-Grand Rapids West Catholic-697, Watervliet-606 11-Parchment-445.....
DIVISION 4: 1-EVART-663.5, 2-Saugatuck-1458.5, 3-Petersburg-Summerfield-1383, 4-White Cloud-1244.5, 5-Sand Creek-1156.5, 6-Gobles-1137.5, 7-Brown City-1129, 8-Reading-1059.5, 9-Suttons Bay-1024.5, 10-Eau Claire-968.5, 11-Centreville-894, 12-Lutheran Westland-891.5, 13-Litchfield-718, 14-Muskegon Western Michigan Christian-891.5, 15-Climax-Scotts-499....
mitca.org or from **TRACK RESULTS**

6/15/13 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: 2013 -- 1. Ohio-393; 2. Indiana-317.5; 3. Michigan-221.5

Ohio won the Walker Trophy for the 5th time in a row. Michigan's had 3 consecutive wins, 2006-8, the next best State winning streak.

GIRLS

TEAM SCORES: 1. Ohio-203; 2. Indiana-154.5; 3-Michigan, 109.5.
 Ohio wins for the 5th straight year.

HIGH JUMP: 1-Taylor Smith/Oh-5' 7, 2-Christine Canning/Oh-5' 6, 3-Marissa Johnson/Durand-5' 6, 4-Aubryn Samaroo/Grosse Pte Sough-5' 4, 5-Michelle Adeniyi/In-5' 4, 6-Keianna Ingram/Southfield Lathrup-5' 4, 6-Addison Hall/In-5' 4, 8-Christine Bohan/Oh-5' 2, 9-Sarah Wagner/In-5' 2 **LONG JUMP:** 1-Ari Nelson/In-19' 1, 2-Chantel Richardson/Oh-19' 0, 3-Ade McKnight/In-18' 0, 4-Ciara Pryor/Jackson-17' 9, 5-Sarah Benson/Oh-17' 8, 6-Dajaie Clay/In-17' 3.5, 7-Janina Pollatz/Grand Rapids Christian-17' 2.5, 8-DeVanae Mitchell/Oh-17' 0, 9-Angelique Gaddy/Grand Rapids South Christian-16' 11 **POLE VAULT:** 1-Morgan Estes/Oh-12' 9, 2-Natalie Uly/Oh-12' 6, 3-Sophie Brown/In-12' 3, 4-Katie Brown/In-12' 0, 5-Nicole Waibel/Oh-12' 0, 6-Jane McCurrey/Plymouth-11' 9, 7-Janina Pollatz/Grand Rapids Christian-11' 9, 8-Kaitlyn Moricz/In-11' 6, 9-Monica Fusse/Pt. Huron Northern-11' 6 **DISCUS:** 1-Chelsie Meeks/In-149' 7, 2-Becca Leppelmeier/Oh-146' 9, Megan Pendleton/Oh-141' 2, 4-Briana Radford/In-133' 2, 5-Brianna Jumper/Oh-132' 3, 6-Makenzie Wheat/In-124' 0, 7-Josephine Jackson/Walled Lake Central-124' 0, 8-Kaylyn Hill/Allendale-119' 7, 9-Rhiannon Paviinac/South Lyon East-115' 8 **SHOT PUT:** 1-Alyssa Robinson/Oh-43' 6.75,

BOYS

TEAM SCORES: 1. Ohio-190; 2. Indiana-163; 3. Michigan-112.
 Ohio repeats as champion.

BOYS: HIGH JUMP: 1-Eric Blackman/In-6' 11, 2-Joe Mankovecky/Oh-6' 8, 3-Jacob Stuhr/Harrison-6' 8, 4-Travis McCuaig/Morley-Stanwood-6' 7, 5-Zack Wutotich/Oh-6' 7, 6-Richard Freeman/In-6' 7, 7-Dejan Davis/In-6' 4, 8-Josh Fridley/Oh-6' 0 **LONG JUMP:** 1-Will Carter/Oh-23' 1.25, 2-Hjouston Glass/East Kentwood-23' 1, 3-Quincy Robinson/Oh-22' 9.75, 4-Taylor Christensen/In-22' 6.75, 5-Grant Cole/In-22' 5.75, 6-Adrian Hulaj/Chippewa Valaley-22' 4, 7-Antwon Smith/Oh-22' 3.75, 8-Scott Schreiber/In-22' 2.75, 9-Demarcus Leak/Paw Paw-14' 6 **POLE VAULT:** 1-Malachai Baker/In-15' 9, 2-Nick Stack/In-15' 6, 3-Branson Repasy/Oh-15' 0, 4-Tony Armstrong/In-15' 0, 5-Charles Moushey/Oh-15' 0, 6-Dyan Kole/Kenowa Hills-14' 6, 7-Tyler Leach/Pioneer-14' 6, 8-Michael Hovater/Chelsea-14' 0 **DISCUS:** 1-Anthony Shivers/Oh-198' 3, 2-Evan Hartman/Brandywine-193' 10, 3-Lovell Peterson/Oh-191' 11, 4-Quincy Byrd/Zeeland East-189' 6, 5-Jacob Patrick/Litchfield-188' 7, 6-Codiie Hamsley/In-188' 6, 7-Anthony Wilks/Oh-181' 7, 8-Sam Dagg/In-148' 0, 9-Dakota Ramsey/lin-146' 3 **SHOT PUT:** 1-Jess Adamson/Oh-63' 5.75, 2-Riley Norman/Cadillac-61' 1.5, 3-David Paliscak/Oh-60' 6.5, 4-Quinn Laveriing/Oh-59' 10.25, 5-Kris Davis/In-55' 0.5, 6-Aaron Jones/In-53' 8.75

2-Becca Leppelmeier/Oh-42' 10, 3-Josephine Jackson/Walled Lake Central-42' 0.75, 4-Makenzie Wheat/In-41' 5.5, 5-Dawn Freeland/Oh-41' 2.5, 6-Briana Radford/In-40' 10.75, 7-Ashley O'Neil/Divine Child-38' 10.25, 8-Janelle Zielinski/Bay City Glenn-38' 4.5
400: 1-Daziah Green/Oh-55.77, 2-Paige Patterson/Divine Child-56.06, 3-Allison Duber/Oh-57.48, 4-Sierra Wright/Oh-58.31, 5-Nakilah McClendon/In-58.80, 6-Kenzie Haley/M-58.97, 7-Sydney Dickerson/In-59.16, 8-Morgan McNeely/In-59.99 **800:** 1-Brittany Neely/In-2:09.27, 2-Lauren Burnett/Dakota-2:09.94, 3-Colleen Weatherford/In-2:14.31, 4-Kelsey Rose/Onsted-2:14.88, 5-Kaaitlyn Willette/Oh-2:15.26, 6-Madison Conley/Oh-2:16.05, 7-Rachel Durbin/Aramada-2:16.45, 8-Rachel Weber/Oh-2:23.16, 9-Sarah Wagner/In-2:26.67 **100H:** 1-Chantel/Richardson/Oh-14.03, 2-Sammi Mitchell/Reed City-14.39, 3-Jhni Fleming/Oh-14.90, 4-Alexis Studer/DeWitt-15.22, 5-Mary Briceland/Oh-15.32, 6-Addison Hall/In-15.58, 7-Dajaja Clay/In-15.80, 8-Tori Nida/In-17.11 **300H:** 1-Sami Mitchell/Reed City-43.18, 2-Taylor McDonald/Oh-44.35, 3-Addison Hall/In-44.67, 4-Janelle Noe/Oh-45.28, 5-Mackenzie Rankin/Oh-45.44, 6-Mady Fisher/In-46.87, 7-Tori Nida/In-47.05, **1600:** 1-Bethany Neely/In-4:42.14, 2-Jamie Morrissey/Rochester Adams-4:54.67, 3-Victoria Schoetmer/In-4:56.49, 4-Sydney Leiher/Oh-4:56.80, 5-Erin Billete/Clarkston-4:56.93, 6-Samantha Siler/Oh-4:59.86, 7-Amanda Farrough/In-5:02.17, 8-Jessica Shaw/St. Louis-5:06.39, 9-Emma Lunne/Oh-5:20.54 **3200:** 1-Lauren Wood/Oh-10:28.07, 2-Allison Lunau/Brighton-10:47.80, 3-Sammy Mondry/Grandville-10:49.96, 4-Brynn Olinger/In-10:52.25, 5-Delaney Phelps/Oh-10:56.22, 6-Cassandra Vince/Oh-10:56.45, 7-Clara Cullen/Forest Hills Eastern-10:58.91, 8-Taylor Ausitn/In-11:07.23, 9-Sarah Ray/In-11:11.79 **4x1:** 1-Indiana-46.19, 2-Michigan(Jessica Howell/Adams, Ciara Pryor/Jackson, Jasmine Mata/Monroe, Brianna Dineen/Buchanan)-47.42, 3-Ohio-49.07 **4x2:** 1-Ohio-1:39.35 **4x4:** 1-Indiana-3:47.17, 2-Michigan(Paige Patterson/Divine Child, Ceneta Davis/Romulus, Asaundra Dalton/Rennissance, Lauren Burnett/Dakota)-3:47.53, 3-Ohio-3:48.91 **4x8:** 1-Indiana-9:08.59, 2-Ohio-9:11.01, 3-Michigan(Courtney Mulinley/Watgerford Mott, Lauren DeShaw/West Ottawa, Lydia Stanley/Adams, Stacey Albaugh/Hillsdale Academy)-9:18.99

7-Matt Kolean/Hamilton-53' 2.5, 8-Austin McClure/In-52' 4, 9-Jacob Patrick/Litchfield-41' 11 **100:** 1-Riak Reese/Oh-10.70, 2-Berkley Edwards/ChelseaRice-10.89, 7-Jamie Trimble/Oh-10.94, 8-Deontre Gray/In-10.98, 9-Eddie Fluker/Cody-11.03 **200:** 1-Riak Akinyosoye/In-22.22, 6-Carl McQuay/In-22.26, 7-Luke Vasilion/Grand Ledge-22.37, 8-Taron Stone/Oh-22.41, 9-Trent Karcher/Chippewa Hills-22.75 **400:** 1-Ryan Davis/In-47.54, 2-Antwon Smith/Oh-47.58, 3-Diquis Manley/In-48.38, 4-Matt Tobin/Oh-48.56, 5-TJ Burnett/Kelloggville-48.79, 6-Aaron Chatman/Midland-49.04, 7-Bryant Switzer/Oh-49.05, 8-Marcel Wyckoff/East English-49.68, 9-Tyrell Dowdell/In-49.99 **800:** 1-Matt Dorsey/In-1:51.76, 2-Andrew Middleton/Holt-1:52.31, 3-Robert Murphy/In-1:52.78, 4-Luke Johnson/Ludington-1:53.07, 5-Wyatt Hartman/Oh-1:53.37, 6-Jarrod Hart/Oh-1:54.92, 7-Wuoi Mach/Grand Rapids Christian-1:55.20, 8-Robert Sharkey/In-1:57.75, 9-Raine Wireman/Oh-1:58.80 **100H:** 1-Desmond Palmeer/Oh-14.04, 2-Adrian Mable/In-14.13, 3-Jeraard Wilson/Oh-14.43, 4-Austin Loewen/Williamston-14.47, 5-Devon Stone/In-14.50, 6-Justin Hunter-Smith-14.58, 7-Asad Maiden/Oh-14.73, 8-Isaiah Smith/In-15.56 **300H:** 1-Desmond Palmer/Oh-36.76, 2-Connor Stapleton/In-37.04, 3-Cody Lenfest/Oh-38.59, 4-Nick Robbins/Forest Hills Eastern-38.65, 5-Jamie Trible/Oh-38.77, 6-Devon Stone/In-38.98, 7-Austin Loewen/Williamston-39.05, 8-Andrew Mudd/Bay City West-39.25 **1600:** 1-Sam Prake/Oh-4:09.92, 2-Clayton Murphy/Oh-4:15.11, 3-Nick Raymond/Erie Mason-4:15.55, 4-Clark Ruiz/Big Rapids-4:17.41, 5-Cole Hester/In-4:17.58, 6-Lou Styles/Oh-4:17.82, 7-Tom Cierniak/In-4:18.08, 8-Joel Hartman/In-4:19.00, 9-Austin Horn/Chelsea-4:27.87 **3200:** Jacob Poyneer/In-9:09.80, 2-Connor Sorrells/In-9:12.60, 3-Jacob Reinking/In-9:16.97, 4-Mick Iacofano/Oh-9:19.36, 5-Sean Kelly/Saugatuck-9:22.72, 6-Esrom Woldemichael/Northview-9:28.90, 7-Joseph Arquillo/Oh-9:32.66, 8-Stephen Biebelhausen/Adams-9:41.64, 9-Tim Nichols/Oh-9:45.19 **4x1:** 1-Michigan(Justin Flynn/Br. Rice, Berkley Edwards/Chelsea, Teyland Avery/Ottawa Hills, Eddie Fluker/Cody)-42.05 **4x2:** 1-Indiana-1:26.83, 2-Michigan(Brandon Wilks/Lathrup, Gary Jones/Allegan, Trent Karcher/Chippewa Hills, Eddie Fluker/Cody)-1:28.35 **4x4:** 1-Indiana-3:12.63, 2-Ohio-3:12.66, 3-Michigan(Brett Ambs/Battle Creek Lakeview, Stevie Scott/Oak Park, Zach Joyce/Anchor Bay, Marcel Wyckoff/East English)-3:15.45 **4x8:** 1-Ohio-7:33.99, 2-Indiana-7:37.77, 3-Michigan(Nathan Vorwerck/Bay City Western, Miles Kilbreath/Midland, Nate Cruz/Heritage, Cameron Jones/Black River)-7:50.28

Reading T-Shirts on Saturday

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 Neighborhoods You Can't Live In;
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ACADEMIC ALL-STATE 2013

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

DIVISION 1 GIRLS: Maria Anel-11/Rockford-4x4, Rachel Barrett-11/Milford-16, Kennedy Beazley-11/Huron-8, 4x8, Lauren Brasure-11/Rockford-4x8, Alexandria Cell-11/Huron-4x8, Makayla Clum-10/Rockford-4x2, 4x4, Samantha Cuneo-10/Rockford-2, 4x2,, Ersula Farrow-10/Grosse Pointe South-8, 16, 4x4, 4x8, Christina Firl-12/Grosse Pointe South-4x8, Jillian Flint-11/Macomb Dakota-4x2, Josie Granner-11/Huron-4x8, Elise Grever-10/Grosse Pointe South-4x1, Morgan Harney-11/Rockford-4x4, 4x8, Maja Hill-10/Rockford-4x8, Taylor Hipp-10/Jenison-1, Jessica Howell-12/Rochester Adams-LJ, 1, 4x4, Amber Jamison-10/Rochester Adams-4x4, Heather Johnson-11/Rochester Adams-300H, Allison Kelley-12/Rockford-4x2, 4x4, Caroline Kletzien-11/Rochester Adams-4x8, Ellie Leonard-11/Jenison-16, Maegan Mccarthy-10/Rockford-D, Leigha Mcdaniel-12/East Kentwood-D, Haley Meier-12/Grosse Pointe South-8, 16, 4x4, 4x8, Hannah Meier-12/Grosse Pointe South-8, 16, 4x4, 4x8, Christina Micale-12/Macomb Dakota-4x8, Jamie Morrissey-12/Rochester Adams-8, 4x4, 4x8, Lily Pandy-11/Grosse Pointe South-4x4, Rachel Raab-12/Rockford-SP, Aubryn Samaroo-12/Grosse Pointe South-HJ, Elise Schierbeek-12/Rockford-4x2, Kerianne Schoff-10/Rockford-4x8, Gabrielle Thivierge-12/Rochester Adams-32, Paige Vanderwall-10/East Kentwood-HJ. **34 athletes; 8 with a 4.000; 8 Academic All-State in more than 1 event(Farrow, Haley Meier & Hannah Meier each made it in 4 events; 2 made it in 3 events; 5 made it in 2 events; 52 actual Academic All-State positions; 18 relay only athletes; 2 individual champion Hannah Meier/8-16); 6 winning relay runners (including all 4 of Grosse Pte South's 4x4 & 4x8). 8 schools with at least 1 Academic All-State Athlete (Rockford had 9, Grosse Pte South had 8, Rochester Adams had 6 and Ann Arbor Huron had 4. 4 schools had 2 athletes) 12 seniors, 12 juniors, 10 sophomores.**

DIVISION 1 BOYS: Jeff Bajema-12/Kenowa Hills-32, Stephen Biebelhausen-12/Rochester Adams-32, Grant Fisher-10/Grand Blanc-32, Kevin Haughn -12/Portage Central-PV, Ben Hill-10/Royal Oak-32, Dylan Kole-12/Kenowa Hills-HJ, Zachary Limb-11/Rochester Adams-4x4, Kyle Monagle-12/Milford-4x8, Brett Slagh-11/Grandville-4x8, Cody Snavely-12/Milford-16, Brandon Wilks-12/Lathrup-2. **11 athletes; 2 with a 4.000; 3 relay only athletes; 3 individual champions (Brandon-Wilks/2, Grant-Fisher/32, Dylan-Kole/HJ). 8 different schools with a least 1 Academic All-State athlete (Adams, Kenowa Hills & Milford each had 2 athletes) 7 seniors, 2 juniors, 2 sophomores.**

DIVISION 2 GIRLS: Kendall Baisden-12/Detroit Country Day School-2, 4, Bailey Baker-11/Eaton Rapids-D, Megan Blaylock-12/Williamston-LJ, Elizabeth Bloch-11/Warren Regina-4x8, Cassie Bloch-11/Warren Regina-8, 4x8, Lindsey Brewis-11/Dearborn Divine Child-32, 4x8, Lindsay Christensen-10/Essexville-Garber-4x8, Clara Cullen-12/Forest Hills Eastern-32, Maggie Dobberstein-11/Forest Hills Eastern-4x2, Erin Drabicki-11/Dearborn Divine Child-4x4, 4x8, Erin Drouillard-11/Chippewa Hills-PV, Paige Dutcher-10/Williamston-4x4, Courtney Freeman-12/Milan-4x2, Kayla Gandy-10/Dearborn Divine Child-100H, 4x1, 4x2, Jaclyn Goble-12/Forest Hills Eastern-4x1, Haley Gorski-10/Essexville-Garber-4x8, Danielle Groendyk-10/Zeeland East-4x8, Allisondra Gutschow-12/Forest Hills Eastern-4x1, Kaylyn Hill-12/Allendale-D, Lilian Hinkle-11/Algonac-4x4, Ellayna Iaquaniello-10/Dearborn Divine Child-4x8, Julia Jeczmonka-10/Essexville-Garber-32, 4x8, Amber Koenigsnecht-10/Dewitt-4x1, Annalee Konsoer-Rose-10/Forest Hills Eastern-4x4, Hannah Korpics-10/Dearborn Divine Child-4x1, Nicole Lange-11/Milan-2, 4, 4x2, Molly Lark-12/Thornapplethornapple Kellogg-4x4, Jordan Lee-10/Dewitt-4x4, Abby Manning-12/Charlotte-4x2, Shelby Mauchline-11/Algonac-4x4, Laura Mcgrath-10/Chelsea-4x2, Olivia Mclean-12/Forest Hills Eastern-4x4, Elena Miller-12/Bloomfield Hills Lahser-16, 32, Mallory Myler-12/Dearborn Divine Child-100H, 300H, 4x2, 4x4, Emily Nemeth-12/Williamston-4x4, Abigail Niemiec-12/Zeeland East-4x8, Tess Odegard-12/Milan HJ, Alana O'mara-12/Bloomfield Hills Lahser-16, 32, Megan O'neil-11/Chippewa Hills-8, 16, Rachel O'neill-11/Dearborn Divine Child-SP, Ashley O'neill-12/Dearborn Divine Child-SP, Nathan Pando-10/Hamilton-4x4, Ayren Parrish-11/Charlotte-4x2, Rhiannon Pavlinac-12/South Lyon East-D, Jennifer Ponkowski-11/Warren Regina-4x8, Gabrielle Reams-12/Forest Hills Eastern-PV, Samantha Reno-12/Forest Hills Eastern-4x1, Grace Sauers-12/Chelsea-300H, 4x2, Fiona Shea-11/Thornapple Kellogg-4x4, Mikayla Skowronski-10/Charlotte-4x2, Karrigan Smith-10/St. Johns-8, 16, Sam Smith-12/Allendale-PV, Alexis Studer-12/Dewitt-100H, 4x4, Rachael Tolsma-11/Hamilton-SP, Lindsey Trebilcock-10/Algonac-4x4, Taylor Ward-10/Thornapple Kellogg-4x4, Katie Weiler-12/Cedar Springs-32, Paige Wells-12/Allendale-300H, Josie Yesmunt-11/Dewitt-1, 4x1, 4x2, 4x4, Samantha Zakalowski-12/Algonac-4x4, Heather Zeerip-12/Zeeland East-4x8 **62 athletes; 12 with a 4.000; 13 Academic All-State in more than 1 event (Myler & Yesmunt in 4 events, Gandy & Lange in 3 events; 80 actual Academic All-State positions; 33 relay only athletes; 8 Individual Champions (Baisden/2-4, Hill/D, Myleer/3H, O'Neil/8-16, Studer/100H, Yesmunt/1; 7 winning relay runners (including 3 of Forest Hills Eastern's 4x1). 23 schools with at least 1 Academic All-State Runner (Divine Childs had 8, Forest Hills Eastern had 7, DeWitt had 5, Algonac 4, 7 schools each had 2 and 5 schools each had 2 athletes). 26 seniors, 18 juniors, 18 sophomores.**

DIVISION 2 BOYS: Aaron Baumgarten-12/Williamston-32, Connor Bauserman-12/Battle Creek Harper Creek-8, Broderic Bender-12/Alma-4x8, Evan Bigelow-12/Alma-4x8, Connor Coscarelli-12/Williamston-4x8, Mowgli Crosby-12/Forest Hills Eastern-16, Garrett Cross-12/Byron Center-4x1, Tim Dejong-12/Alma-4x8, Jeff Dyke-12/Hamilton-4x4, Evan Goble-10/Forest Hills Eastern-4x1, Hunter Grischke-10/Williamston-4x8, Andrew Hammond-12/Forest Hills Eastern-LJ, Austin Horn-12/Chelsea-16, 32, Mike Hovater-12/Chelsea-PV, Matt Kolean-12/Hamilton-SP, Austin Loewen-12/Williamston-110H, Shane Mcgrath-12/Chelsea-4x2, Matt Miller-11/Hamilton-4x4, Connor Mora-12/Cedar Springs-16, 32, Jake Morey-11/Alma-4x8, Zach Rabbitt-12/Chelsea-8, 4x8, Nick Robbins-12/Forest Hills Eastern-300H, Maxwell Schwegman-11/Notre Dame-2, Logan Targgart-10/Coldwater-D, Benjamin Thoenes-11/Williamston-4x4, Ryan Townshend-12/Forest Hills Eastern-4x1, David Trimas-10/Chelsea-4x8, Gabe Turner-12/Forest Hills Eastern-SP, Tony Vermilye-12/Chelsea-4x8, David Walter-11/Middleville Thornapple-Kellogg-16, Travis Weiss-12/Chelsea-PV, **31 athletes; 5 with a 4.000; 3 Academic All-State in more than 1 event; 34 actual Academic All-State positions; 14 relay only athletes; 4 individual champions (Hovater/PV, Loewen/110H, Mora/16, Robbins/300H); 3 winning relay runners (including 3 of Chelsea's 4x8). 11 schools with at least 1 Academic All-State athlete (Chelsea had 7, Forest Hills Eastern had 6, Williamston had 5, Alma had 4 and Hamilton had 3). 22 seniors, 5 juniors, 4 sophomores.**

DIVISION 3 GIRLS: Haley Mellon-11/Adrian Madison-4x2, 4x4, Michelle Hague-10/Adrian Madison-4x4, Bryce Cutler-11/Benzie Central-16, Miranda Besey-12/Benzie Central-4x1, 4x2, 4x4, Jordan Nye-12/Benzie Central-4x1, 4x2, 4x4, Madison Lutzke-12/Benzie Central-D, Calla Bartlett-12/Byron-D, Madeline Boss-10/Charlevoix-4x8, Cora Taylor-11/Charlevoix-4x8, Victoria Harper-11/Claire-32, Sarah Waraniak-12/Flint Powers Catholic-4x8, Carly Hammond-11/Frankenmuth-4x4, Ashley Frahm-12/Frankenmuth-D, Megan Hubbard-12/Hanover-Horton-32, Brooke Colville-12/Harrison-100H, Mckenna Thayer-12/Hillsdale High-D, Caitlin Clark-10/Jackson Lumen Christi-4x8, Aubrey Penn-10/Jackson Lumen Christi-

4x8, Emily Yoxheimer-10/Jackson Lumen Christi-4x8, Devyn Powell-11/LeRoy Pine River-4, Mariah Holmes-12/LeRoy Pine River-PV, Jessica Gustad-10/Manistee-1, 2, 4x4, Sarah Chandler-11/Manistee-4x4, Annie Fuller-10/Manistee-8, 16, 4x4, Madison Lane-12/Napoleon-4x2, Kelsey Ross-12/Onsted High-8, Alexis Johnson-12/Onsted-4x4, Samantha Hahn-11/Perry-4x8, Jordan Krauss-12/Perry-4x8, Allison Middleton-12/Perry-4x8, Alicia Tomlin-11/Perry-4x8, Samantha Michell-12/Reed City-LJ, 2, 100H, 300H, Kara Craig-12/Schoolcraft-HJ, Jordan Devenney-12/Schoolcraft-PV

34 Academic All-State Athletes; 12 with a 4.000; 6 athletes were Academic All-State in more than 1 event (Michell in 4; Fuller, Gustad, Nye each in 3 events and 2 were in 2 events.) **45 actual Academic All-State positions; 17 relay only athletes; 2 individual champions with 6 wins** (Fuller/8-16, Mitchell/LJ-2-100H, 300H); **18 schools with at least 1 Academic All-State athlete** Benzie Central & Perry each had 4, Lumen Christi & Manistee each had 3, 6 schools each had 2 academic All-State athletes.) **18 seniors, 9 juniors, 7 sophomores.**

DIVISION 3 BOYS: Jesse Anderson-12/Union City-300H, Duane Bean-12/Standish-Sterling-4x4, Karl Berkemeier-11/Jackson Lumen Christi-4x8, Jackson Buday-11/Charlevoix-4x8, Jimmy Cousins-11/Standish-Sterling-4x4, Matt Crawford-11/Standish-Sterling-4x4, Lucas Crisanti-10/Hanover-Horton-4x8, Michael Dolbee-12/Leslie-HJ, Levi Drumm-12/Quincy-D, Andrew Duckett-10/Brandywine-4x4, Hayden Francisco-12/Lake City-4x2, Mackenzie Glassford-11/Leslie-4x1, Evan Hartman-12/Brandywine-D, Josh Holton-12/Union City-LJ, 2, Ben Lentz-11/Standish-Sterling-4x4, Nick Plude-10/Charlevoix-4x8, Isaac Pringle-12/Hanover-Horton-4, 4x8, Michael Shelton-12/Brandywine-1, 4x4, Nick Snabes-11/Charlevoix-4x8, Patrick Soltis-11/Jackson Lumen Christi-4x8, Bryce Stroede-12/Hanover-Horton-16, 4x8, Justin Taylor-12/Kent City-PV, Ryan Vincent-12/Lake City-4x2, Clayton Walderzak-11/Standish-Sterling-D, SP, William Wilson-11/Kent City-16.

25 Academic All-State athletes 5 in 2 events; 30 actual Academic All-State positions; 14 relay only runners; 3 with a 4.000 2 individual champion (Hartman/D, Walderzak/SP); **10 schools with at least 1 Academic All-State athlete** (Standish-Sterling had 3, Brandywine, Charlevoix & Hanover-Horton each had 3). **12 seniors, 10 juniors, 3 sophomores.**

DIVISION 4 GIRLS: Shaley Albaugh-12/Hillsdale Academy-8, 4x2, 4x4, 4x8, Lauren Buckel-12/Traverse City St. Francis-2, 4, 4x4, Kendra Colesla-11/Deckerville-16, Chrissy Craig-12/Hillsdale Academy-4x8, Maddy Danz-12/Traverse City St. Francis-4x8, Jennifer Davis-10/Reading-4, 4x1, 4x4, Michelle Davis-11/Reading-1, 300H, 4x1, 4x4, Kristine Dressler-12/Traverse City St. Francis-4x8, Mallory Erwin-11/Hillsdale Academy-4x2, Kaylee Fermoye-12/Sacred Heart Academy-4x4, Kaitlynn Frayre-11/Beal City-300H, 4x1, Kaitlin Grigg-10/Glen Lake-8, 16, Nicole Gross-10/Beal City-4, 4x1, 4x4, Victoria Heckenlively-11/Hillsdale Academy-4x2, 4x4, 4x8, Elizabeth Herriman-12/Sand Creek-SP, Gabrielle Herriman-12/Sand Creek-SP, Miranda Johnson-11/Ottawa Lake-Whiteford-LJ, 1, 2, Shannon Kievit-11/Johannesburg-Lewiston-4, Paig Kindig-11/Centreville-PV, 4x1, Elyse Lisznyai-12/Hillsdale Academy-4x2, 4x4, 4x8, Erin McDonnell-11/Traverse City St. Francis-4x4, 4x8, Grace Meachum-10/Traverse City St. Francis-LJ, 1, Skylar Nelson-10/Sacred Heart Academy-4x4, Hannah Neyer-11/Beal City-4x8, Maggie Oblinger-12/Sacred Heart Academy-4x4, Olivia Overmann-12/Ottawa Lake-Whiteford-D, Irene Peaslee-10/Royal Oak Shrine-4x2, Nellie Pence-10/Centreville-4x1, Sage Pence-12/Centreville-D, 4x1, Meredith Predum-10/Sacred Heart Academy-4x4, Anna Reihl-11/Beal City-4x4, Grace Schafer-10/Beal City-4x4, Melanie Schafer-11/Beal City-PV, Addie Schumacher-11/Beal City-HJ, 4x1, Hannah Seibert-12/New Lothrop-4x4, Brittany Severn-12/New Lothrop-100H, 300H, 4x4, Eliza Simpkins-11/Sand Creek-100H, Emily Steffeke-10/Beal City-4x8, Morgan Vrable-11/New Lothrop-4x4, Rachel Weaver-11/White Cloud-HJ, Maelin Wheeler-11/New Lothrop-4x4, Taylor Wrozek-12/Reading-PV, Madeline Zamarron-10/Traverse City St. Francis-4x4

43 athletes; 15 in more than 1 event (Albaugh & M Davis in 4 events, Buckel, J Davis, Gross, Heckenlively, Johnson, Lisznyai & Severn in 3 events, 7 athletes in 2 events) **70 total Academic All-State positions; 6 individual champions** (Buckel/4, M Davis/1, E Herriman/SP, Johnson/LJ-2, Schumacher/HJ); **9 winning relay runners** (including all 4 of Hillsdale Academy 4x8 relay), **14 teams with at least 1 Academic All-State athlete**, (Beal City had 8, St. Francis had 6, Hillsdale Academy 5, New Lathrop, Sacred Heart each had 4 and Centreville, Reading & Sand Creek each had 3 and 2 schools had 2. **16 seniors, 17 juniors, 11 sophomores.**

DIVISION 4 BOYS: Connor Archer-12/Traverse City Saint Francis-HJ, Curtis Bell-11/Coleman-PV, Gavin Bennett-12/New Lathrop-PV, Nick Butts-11/Glen Lake-1, Austin Carlson-12/Eau Claire-4x8, Brent Cartwright-12/Hillsdale Academy-4x8, Bruce Cartwright-12/Hillsdale Academy-8, 4x8, James Connolly-10/Brethren-HJ, Dan Connolly-12/Traverse City Saint Francis-4x1, Shannon Cummins-10/Reading-300H, Thomas Dinkleman-11/Hillsdale Academy-4x8, Jacob Kipp-12/Coleman-HJ, Parker Kokowicz-12/Glen Lake-1, 4x1, 4x2, Nickvander Kooi-12/Fremont Providence Christian-16, Carter Lee-11/Glen Lake-4x1, 4x2, Connor Lockman-12/Royal Oak Shrine-8, Luke Meyer-11/Addison-HJ, Garrett Miller-12/Sand Creek-SP, Wesley Nelson-10/Traverse City Saint Francis-4x1, Joseph Newcomb-12/Tekonsha-16, Hunter Reed-12/Eau Claire-4x8, Jeremy Richards-11/Fife Lake Forest Area-110H, Tyler Stachnik-12/Glen Lake-4x1, 4x2, 4x4, Mason Thomas-10/Reading-PV, Liam Wolfram-11/Hillsdale Academy-4x8.

25 Academic All-State athletes; 3 with a 4.000 GPA; 4 in more than 1 event (Kokowicz, Stachnik each in 3 events); **31 total Academic All-State positions; 8 relay only athletes; 2 first place athletes** (Meyer, Kooi) **14 schools with at least 1 Academic All-State athlete** 6 with more than 1 (Glen Lake-5, Hillsdale Academy & St. Francis 30 **14 seniors, 7 juniors, 4 sophomores.**

6/14-16/13 New Balance Outdoor Nationals at North Carolina A & T University, Greensboro, NC

Women Top 6 in championship races are All- Americans

CHAMPIONSHIPS: **Shot:** 5-Mariah Davis-s/East Kentwood-45-10.75 **200:** 8-Sekayi Bracey-s/East Kentwood-24.35 **100H:** 5-Quenee Dale-j/Saline14.04 **5000:** 2-Erin Finn-s/West Bloomfield-16:17.89 **4x1 Mile: 1-Spirit of Pre(Saline)-20:30.32** (Lauren Green, Abby Rentschler, Elianna Shwayder, Gloria Park) **4x4:** 5-Motor City TC, 3:49.20 (Anna Jefferson-f/Oak Park, Johnyce Powell-so/Oak Park, Courtney LaShae Hewitt-j/Oak Park, Jayla Fleming-so/Oak Park). (Wesley Frazier swept the Mile, the 2 Mile and the 5,000m Runs for a rare triple. Frazier will join Haley and Hannah Meier at Duke. The Meier twins did not compete at this meet.)

EMERGING ELITE: **Pole Vault:** 7t-Erin Drouillard-j/Chippewa Hills-11' 5 **Triple Jump:** 5-Paige Vanderwall-so/East Kentwood-5' 2.5 **Discus:** 5-Leigha McDanie-s/East Kentwood-126' 5 **200:** 1-Kendall Baisden-s/Detroit Country Day-24.34 **400H:** 6-Brianna Holloway-f/Oak Park-1:04.15 **Mile:** 2-Karrigan Smith-so/St. Johns-4:58.75 **2M:** 7-Elianna Shwayder-j/Saline-11:02.84 **4x1:** 2-KP Athletics(East Kentwood)-48.27 (Cheyenne Longoria, Sedalia Libbett, Belinda, Knowing, Sekayi Bracey), 3-Spirit of Pre TC(Saline)-48.50 (Amanda Luurtsema, Alexa Ross, Alana Hollis, Quenee Dale), 8-Jenison TC, 49.57 (Hannah Huizen, McKenna Mattson, Alexandra Mazure, Taylor Hopp) **800 Sp. Med:** 3-KP Athletics(Kentwood)-1:51.15 (Sedalia Libbett, Belinda Knowing, Tyler Shumpert, Cheyenne Longoria), 4-Spirit of Pre TC(Saline)-1:51.30 (Alexa Ross, Natalie Wysocki, Amanda Luurtsema, Alana Hollis) **4x8: 1-Spirit of Pre TC(Saline)-9:18.85** (Lauren Green, Gloria Park, Alyssa, Cummings, Hannah Cummings)

GIRLS - FRESHMAN: **Long Jump:** 2-Sekayi Bracey-f/East Kentwood-17' 10.25 **100:** 1-Sekayi Bracey-f/East Kentwood-11.84 **400:** 2-Anna Jefferson-f/Oak Park-55.24, 5-Brianna Holloway-f/Oak Park-57.18 **2M:** 6-Gillian Walter-f/Saline-111.16

6/19-23/13 USA Junior Outdoor Track and Field Championships at Drake Stadium, Drake University

Women

400: 2-Kendall Baisden-s/Detroit Country Day-52.03 *** **1500:** Katelyn Cliff-f/Walled Lake Northern-Grand Valley-4:47.28p **3000:** 3- Audrey Belf-so/Seaholm-9:59.63; 10-Amy Creutz-f/Saline-Grand Valley-10:18.52 **10,000:**race walk: 9-Kayla Ovokaitys-f/Cedar Springs-Cornerstone-1:00:23

High Jump: Roberto Valdez-f/Tx-Lake Superior State University-dns **Pole Vault:** Jaime Salisbury-f/Marine City-Michigan State University-nh **Hammer:** 3-Darien Thornton-f/Oh-Grand Valley State University ***-67.47m / 221-4; 9-Dylan Banagis-f/Forest Hills Eastern- Central Michigan University-191-6; 15-Michael Mahon-f/Thornapple-Kellogg-Cornerstone-179-4; 21-Anthony Jones-f/Oh-Eastern Michigan-172-0 **Javelin:** 9-Stephen Burk-f/NJ-Michigan-189-2 **400:** 6-Jason Ervin-f/Farmington-Eastern Michigan-47.96 **110H:** 6-Sean Wells, -f/IL-Grand Valley-14.34 **400H:** Jeff Elam-f/Pa-Eastern Michigan-53.51p **1500:** Benjamin Deuling-f/Orchard View-Lake Superior State University-4:04.25p **5000:** 8-Evan Chiplock/Heritage-U Missouri-15:18.38, 25-Nate Orndorf-f/Oh-Grand Valley-15:55.30 **10,000:** 19-Silas DeKalita-f/Clio-Northwood-34:11.71 **Decathlon:** 15-Deon Fox-f/Western Michigan Christian-Cornerstone-6279.

6/20-23/13 USA Outdoor Track & Field Championships at Drake Stadium, Drake University

Women

High Jump: Titijana Jacobson-s/Oh-Eastern Michigan-nh **Pole Vault:** 8t-Janice Keppler/Eastern Michigan-14' 1.25 **Triple Jump:** 5-Tori Franklin-so/IL-Michigan State-44' 1.5 **Shot Put:** 2-Tia Brooks-rs/East Kentwood-Oklahoma-61' 9.5/ 18.83m ; **-Sam Lockhart-s/Sexton-Grand Valley-dns** **Discus:** 4-Beth Rohl-rs/New Buffalo-Michigan State-195' 9; 5-Samantha Lockhart-s/Sexton/Grand Valley-192' 8; 10-Emily Pendleton, University of Michigan-177-4 **100:** Lauryn Williams/Detroit Grade

Men

School-Saucony-11.00s **200:** Lauryn Williams/Detroit Grade School-Saucony-23.18p **800:** 8-Geena Gall/Grand Blanc-Michigan-Nike-2:04.07; Rebecca Addison-s/Grand Haven-Michigan-2:10.20 - did not advance **1500:** Amanda Eccleson-s/Tecumseh-Michigan-4:24.00p **10,000:** 10-Megan Goethals-j/Rochester-U Washington-33:36.73 **20k race walk:** 10-

Monica Lawrence-j/Schoolcraft-Cornerstone-2:31.12 **3000 Steeple: 1-Nicole Bush/Wyoming Kelloggville-Michigan State-New Balance-Furmen Elite-9:44.53 Heptathlon: 2-Bettie Wade/Farmington-Michigan-Nike-6018**

High Jump: 14-Jamie Nieto/Ca-Eastern Michigan-New York Athletic Club-7' 0.5 **1500:** Liam Boylan-Pett/Bath-Columbia-Georgetown-unattached-3:47.88p; Michael Atchoo-j/Troy-Stanford -3:51.64p **10,000:** 2-Dathan Ritzenhein/Rockford-Colorado-Nike ***-28:49.66; 8-Jacob Riley, Hansons-Brooks-29:25.66; 12-Christopher Landry, Mizuno-29:38.82; 16-Robert Curtis, Hansons-Brooks-29:57.64; 22- Brendan Gregg, Hansons-Brooks-30:31.53; 24-Dustin Emerick, Hansons-Brooks-31:20.79 **20k race walk:** 4-Cody Risch-s/Williamston-Cornerstone-1:36:38; 8-Nathan Vanderwall-so/Zion Christian-Cornerstone-1:49:39.51 **110H:** 8-Jeffrey Porter/NJ-Michigan-Nike-13.52 **3000 Steeple:** 8-Craig Forsy/NJ-Michigan-New York Athletic Club-8:36.86

6/30/13 Sainsbury's Birmingham Grand Prix at Birmingham, Great Britain, Sunday, June 30

1500: Nicole Sifuentes/Canada-Michigan-4:06.45 **3000:** 9-Nicole Bush/Wyoming Kelloggville-Michigan State-New Balance-Furmen Elite-9:51.19

6/25-26/13 USATF World Youth Track & Field Trials at Southern Illinois University, Edwardsville, IL

Girls : **800:** 2-Ersula Farrow-so/Grosse Pte South-2:06.92 **Boys: 1500:** 2-Grant Fisher-so/Grand Blanc- 4:00.95 **3000:** 2-Grant Fisher-so/Grand Blanc-8:32.65

6/10-14/13 IAAF World Youth Championships at Donetsk, Ukraine

800: 2-Ersula Farrow-so/Grosse Pte South-2:03.32 **1500:** 5-Grant Fisher-so/Grand Blanc-3:44.69. Grant also qualified in the 3000 but did not run.

5/25/13 adidas Grand Prix at Ichan Stadium, Randall's Island, New York

High School Girls Dream Mile: 1-Wesley Frazier/Ravenscroft NC-4:39.17; 2-Hannah Meier/Grosse Pte South-4:40.48; 3-Haley Meier-s/Grosse Pte South-4:42.11; 9-Erin Finn-s/West Bloomfield- 4:46.29

6/5-8/13 NCAA D1 Outdoor Track & Field at Hayward Field, University of Oregon

Women

Discus: 3-Beth Rohl-rs/New Buffalo-Michigan State-183' 9/56.01m; 18-Erin Pendleton-s/Oh-Michigan-163' 11/49.96m **Pole Vault:** 10-Kiley Tobel-rj/Walled Lake Western-Michigan-13'11 1/4/4.25, Sarah Birkmeier-rso/Rockford-Michigan State-NH **Triple Jump:** 4-Tori Franklin-so/Il-Michigan State-13.56m (44-6) **Shot Put:** 1-Tia Brooks-rs/East Kentwood-Oklahoma-62' 1.5/18.91-Meet Record **1500:** 5-Amanda Eccleston-s/Tecumseh-Michigan-4:14.56; Rebecca Addison-s/Grand Haven-Michigan-4:28.89p **5000:** 5-Megan Goethals-j/Rochester-Washington-15:54.00 **10,000:** 4-Megan Goethals-j/Rochester-Washington-33:40.85 **3000 Steeplechase:** 5-Leah O'Connor-rso/Croswell-Lexington-Michigan State-9:53.71; Victoria Voronko-Eastern Michigan-10:30.50p **4x4:** Michigan State (Alicia Evans-so/Pa, Jaelynn Pryor-rso/Jackson, Jellisa Westney-so/Ont, Alysson Bodenbach-s/Chippewa Valley)-3:37.82p **Heptathlon:** Kathryn Pickett-so/Il-Western Michigan & Lindsey Hufnagel-so/Fowler-Western-points Did not start **Teams:** 1-KANSAS-60; 18t-Michigan State-15, 47t-Michigan-4.

Men

Discus: 10-Antonio James-rso/Romulus-Michigan State-193' 1/ 58.85m; 17-Lonnie Pugh-s/Grosse Ile-Michigan State-179' 0/54.57 **Hammer:** 20-Ethan Dennis-rj/Grandville-Michigan-200' 0/60.97 **Shot Put:** 9-Cody Riffle-rso/Oh-Michigan-61' 1.25/18.62m **400H:** 4-Ali Arastu-j/Northville-Michigan-49.37; Keenan Michael-j/Pa-Michigan State-52.06p **3000m Steeple:** Mason Ferlic-rf/Mn-Michigan-8:47.09p **5000:** 4-Maverick Darling-s/Ovid-Elsie-Wisconsin-13:44.56; 16-Caleb Rhynard-rf/Shepherd-Michigan State-14:14.10 **Decathlon:** 21-Kurt Reichenbach-s/Pinckney-Michigan-7013 Solomon Ijah/Ca-Eastern Michigan Did not start **TEAMS:** 1-TEXAS A&M-53; 44T-Michigan-5.... 79 scored

5/23-25/13 NCAA DII Outdoor Track & Field at Neta and Eddie DeRose Thunderbowl, Colorado State University

Women

Discus: 1-Sam Lockhart-s/Sexton-Grand Valley-58.08; 11-Jamie Smith-s/Gull Lake-Grand Valley-44 **Hammer:** 3-Sam Lockhart-s/Sexton-Grand Valley-59.30; 7-Laura Schroeder-rf/Meridian-Grand Valley-55.20; 8-Alyssa Zokoe-j/Coopersville-Grand Valley-55.20; 16-Katelyn Fox-s/Rockford-Grand Valley-51.60 **High Jump:** Jennifer Fuller-s/Sturgis-Grand Valley-1.70 **Pole Vault:** 2-Kayla Caldwell-j/Oh-Hillsdale-4.40; 3-Kristen Hixson-j/Chippewa Hills-Grand Valley-4.20; 16t-Jennifer Schornak-f/Dakots-Eastern Michigan-Grand Valley-3.70 **Shot Put:** 1-Sam Lockhart-s/Sexton-Grand Valley-16.75; 13-Emerald Joiner-so/Arthur Hill-Saginaw Valley-13.77 **100:** Brittney Banister-so/Carmen-Ainsworth-Grand Valley-11.81p **200:** Leslie Mitchell-j/Jamica-Lake Superior-23.84p **100H:** 5-Kalena Franklin-j/Ogemaw Hgts-Grand Valley-13.62; 6-Leslie Mitchell-j/Jamica-Lake Superior-13.73 **400H:** Andrea Kober-j/Sparta-Grand Valley-1:01.18p **800:** Taylor Stepanski-f/Alpena-Saginaw Valley-2:11.70p; Alyssa Osika-s/Waterford Mott-Ferris State-2:19.62p **1500:** Mandi Rodts-j/Niles-Grand Valley-4:37.71p; Ashley Meyer-s/Shepherd-Saginaw Valley-4:42.72p **3000St:** 6-Hannah Osborn-j/In-Grand Valley-11:03.13; Katelyn Cliff-f/Walled Lake Northern-Grand Valley-11:55.93p; Lauren Hill-s/Flat Rock-Saginaw Valley-dnf **5000:** 14-Allyson Winchester-rf/Thornapple-Kellogg-Grand Valley-18:03.50; 16-Emily Short-so/Tawas-Saginaw Valley-18:05.36; 20-Hannah Osborn-j/In-Grand Valley-18:18.31; 22-Mandi Rodts-j/Niles-Grand Valley-18:31.29 **10,000:** 7-Courtney Brewis-j/Divine Child-Grand Valley-36:43.94; 10-Molly Slavens-j/Plymouth-Grand Valley-37:47.95 **4x100:** Grand Valley(Kayla Addison-j/Detrorit Country Day, Brittney Banister-so/Carmen-Ainsworth, Michaela Lewis-j/Flint Central, Carly Scott-so/Schoolcraft)-45.58 **4x400:** 5-Grand Valley(Brittney Banister-so/Carmen-Ainsworth, Kalena Franklin-j/Ogemaw Hgts, Andrea Kober-j/Sparta, Brittany Terry-f/East Kentwood)-3:41.48; Saginaw Valley State(Diamond Taylor-j/Southernfield, Taylor Stepanski-f/Alpena Ola Henderl-r/Grand Ledge, Shavonne Roberson-j/Psilianti)-3:50.77p **TEAMS:** 1-Academy of Art-60; 3t-Grand Valley-51, 30t-Hillsdale College-8, 48-Ferris State University & Lake superior State University-3..... 60 teams scored.

Men

Decathlon: 2-Justin Balczak-so/Tx-Lake Superior State-7387; 4-Tyuler Grob-j/Pinckney-Saginaw Valley-7230 **Discus:** 12-Nathan Dekam-j/McBain Christian-Grand Valley-165' 5 **Hammer:** 3-Darien Thornton-f/Oh-Grand Valley-63.00; 15-Daniel Capek, Northwood, 55.54; 18- John Banovetz-j/Wi-Hillsdale, 54.53. **High Jump:** 5-Trent Chappell-so/Jenison-Grand Valley-7' 0.5; 9-Robert Valdez-so/Tx-Lake Superior State-6' 10.75; 11-Frank Sanders-j/Sterling Hgts-Saginaw Valley-6' 8.25 **Shot Put:** 10-Matt Armstrong-s/Sexton-Grand Valley-55-8.25; 15-Donny Stiffer-s/Williamston-Grand Valley-53' 8.25 **Pole Vault:** 9-Bret Myers-so/Oh-Grand Valley-16' 2.75; 13t-Kevin Leland-s/Oh-Grand Valley-15' 9 **800:** Ethan Barnes-rf/Caledonia-Grand Valley-1:52.70p; Travis Toye-so/Davison-Saginaw Valley-1:55.23p **1500:** Larry Julson-j/Pottsville-Grand Valley-4:00.37 **110HH:** Sean Wells-f/Il-Grand Valley-14.08p; David Ray-s/Eastern-Saginaw Valaley-14.11p; Justin Balczak-so/Cedar Springs-Lake Superior-14.27p; **400H:** Logan Hoffman-j/In-Grand Valley-52.84p **3000Steeple:** Jake Isaacson-s/Menominee-Grand Valley-9:52:48p **5000:** 13-Alan Peterson-so/Ironwood-Grand Valley-15:24.30; Larry Julson-s/Pottsville-Grand Valley-dnf **10,000:** Stephen Fueling-dnf **4x400:** Grand Valley(Nathaniel Hammersmith-j/Oh, Chris Teitsma-j/Allendale, Logan Hoffman-j/In, Mohamed Mohamed-j/East Kentwood)-dnf **Teams:** 1-ST. AUGUSTINE'S-105; 27t-Grand Valley, 10; 31t-Lake Superior, 8; 37t-Saginaw Valley, 5..... 53 scored

5/23-25/13 NCAA DIII Outdoor Track & Field at Roger Haring Stadium, Veterans Mem Field Sports Complex, U of Wisc-La Crosse

Women

1500: 14-Sheri McCormick-j/West Ottawa-Hope-4:37.79 **5000:** 12-Nicole Michmerhuiz-j/Holland Cchristian-Calvin-17:09.15 **10,000:** 1-Nicole Michmerhuiz-j/Holland Christian-Calvin-35:45.08 **400H:** 8-Sarah Venlet-s/Holland Christian-Hope-1:02.10 **3000 Steeple:** 12-Alyssa Penning-s/Grand Rapids Christian-Calvin, 11:00.19; Alyssa Oram-j/Home Sch-Calvin-1:13.15p **Heptathlon:** 12-Kristin Nelson-s/Iron Mountain-Albion-4516 **Team Standings:** 1-Wartburg-46; 2-Calvin College-10; 69t-Hope-1.... 77 teams scored.

Men

Shot Put: 5-Jacob Mehr-j/South Lyon-Adrian-55' 9. **800:** 4-Joel Rietsema-j/Rockford-Hope-1:51.61 **1500:** 5-Greg Whittle-s/Il-Calvin-3:49.48; 15-Sam Kerk-j/Wi-Calvin-3:54.66 **3000:** 18-Steven Haagsma-so/Calvin Christian-Calvin-9:36.34; 19-Andrew Mangiapane-j/Edsel Ford-Adrian-9:44.14 **5000:** 15-Matt Vander Roest-s/AA Huron-Calvin-14:50.93; 20-Sam Kerk-j/Wi-Calvin-15:28.51 **10,000:** 3-Dan Kerr-s/Petoskey-Calvin-29:58.90; 8-Matt Vander Roest-s/AA Huron-Calvin-30:09.49 **Team Standings:** 1-Wisconsin LaCross-66; 19-Calvin College-11; 45-Hope-5, 53-Adrian-4..... 79 teams scored.

Gatorade - Michigan Track and Field Athlete of the Year. Gatorade named middle distance runner Hannah Meier of Grosse Pointe South High School and Discus thrower Cullen Prena of Walled Lake Central High School the Michigan Track and Field Athlete of the Year.

The Gatorade Company, in collaboration with USA Today High School Sports announced Hannah Meier of Grosse Pointe South High School as its 2012-13 Gatorade Michigan Girls Track & Field Athlete of the Year. Meier remains the first Gatorade Michigan Girls Track & Field Athlete of the Year to be chosen from Grosse Pointe South High School. Prena is the first Gatorade Michigan Boys Track & Field Athlete of the Year to be chosen from Walled Lake Central High School.

IN THE BULLPEN:.....

MIDEAST CROSS COUNTRY MEET

The qualification meet for the 2013 Team Michigan MidEast Cross Country Meet will be held on a new day at a new location. For many years now it has been held the week after the MHSAA Finals, on Sunday following the MITCA Clinic at Sharp Park in Jackson. This year the meet will still be the week after the MHSAA Finals but on **Saturday** after the MITCA Cross Country Clinic in Mt. Pleasant. Central Michigan University has a cross country course that is directly behind the clinic Site, the Comfort Inn and arrangements are being made to run the qualifying meet there. The opportunity

presented itself to host the meet near the clinic site, giving the membership an easy access to being able to view the meet.

The MidEast Meet is still only open to those runners that have no more cross country eligibility left.

AMBROSE 101 CLUB

The Ambrose 101 Club has 67 members. Kermit Sundaes will be available for the members at the CC Clinic. We will start the 2014 campaign after the CC Clinic in December.

Each Member donats \$101.00. Funds are used to support "Team Michigan" at both the Mid-West (track)and Mid-East (CC) Meet of Champions and the Ambrose Scholarship Fund.

Norb Badar.....

I just received word that Norb Badar, one of our MITCA Founders, had back surgery around July 21. Cards & notes would be appreciated.

5215 WYNDEMERE SQ SWARTZ CREEK MI 48473

Remembering our T&F Clinic Theme Overcoming Obstacles, the other day I came in as Mary was watching Katie Couric's syndicated talk show. She was talking to a legally blind teenage girl pole vaulter, Charlotte Brown! She is from Emory TX. I went to the internet & searched Charlotte. I found an article that she was going to be competing for the Division 3 vault championship in Texas. The best entered jump was 12' 8 in Texas and her qualifying jump was 11' 6 and she recently cleared 12' 5. She cleared 3 heights at the state meet but failed(????) to win a medal. She went out at 11'0 finishing 8th after clearing 3 heights. Brown runs cross country, where her teammates wear bells on their shoes to help lead her through the course. As a sprinter, she qualified for the state regional finals in the 100 and 200 meters. She runs inside, where it's easiest to distinguish the light and dark contrast between the track and grassy infield to help her stay in her lane.

When she was beginning vaulting in 7th grade her father asked her a series of questions: Can you see the bag? NO Can you see the bar? No Can you see the pit? No "I've got some concerns" he told his daughter. Her response was "Great", now get out of the way!

Further searching I found that Brown was not the only blind vaulter competing in their state championship this year. Aria Ottmueller, Chandler Valley Christian High qualified for the Arizona State Championship jumping 6' 7. We all remember the presentation at the banquet. John Greathous made a presentation at the clinic, as an official dealing with disabled athletes. I think we are on the verge of a very challenging and exciting time as coaches as these 2 vaulters show something that I would have never expected.

ON THE LINE:::

They say you cannot go home again, well I've kind of done it the past few years. I started coaching at New Lothrop St. Michel and then in the Detroit Catholic League for several years. My second year I moved to Detroit St. Charles, where we used to practice with probably a dozen or more teams at the Belle Isle cinder track. A couple of other "kids" like me were coaching, Lou Miramonti was at St. Anthony and Tony Magni, while still in college, was coaching at Grosse Pte. St. Paul. At that time the second division coaches were expected to work the first division championship & vice versa. Now, Lou starts the meets and Tony is coaching at Detroit Catholic Central. A few years ago I found myself tired, I mean retired so I called & asked if they need help with the meets.

It has been a great few years. Since I have been on the opposite side of the state, I see coaches that I worked with years ago, others who helped me get started and better yet I have seen former athletes there with their kids or grandkids.

This year while talking with Don Canham Jr, coach at Ann Arbor Richard and son of Don Cahman former UM track coach & athletic director. I noticed he had a 10 second sweep stopwatch. My first coaching position at St. Michael, who had a good cross program, the only watch they had was a 10- second sweep. Try timing cross country meets with a 10 second sweep. Don said there was a story behind the watch. It was the watch Phil diamond used to time Jessie Owens when he set his records at the Big 10 Meet at Michigan. He had given it to Don's father who gave it to him. WOW!!!!

Don knew I was a graduate & had run a year for Michigan State and asked if I saw the article on State Cross Country in the Michigan Historical

Review. I hadn't so Don said he would send me a copy of the article.

Michigan State has won several NCAA Championships, the last one in my freshman year, 1959. The article shows they were a major force in cross country having a NCAA Championship.

It was not uncommon in the early 1900 for a coach to coach several sports, often during the same season. Helping with meets at Notre Dame I found out that Knute Rockne coached/started cross country at ND while he was coaching football. I didn't realize, until I read this article, that George Macklin and Ralph Young also were cross country coaches while being football coaches &/or athletic directors at State.

Lauren Brown entered State, in 1926 and was its top runner for the next 4 years, although freshmen couldn't compete. After he graduated he remained there as the cross country coach. He took the State team to New York for the 1932 IC4A Championship where they were the first "western" team to compete in, at was the biggest college championship then. They won the meet the following year and over time won several more.

In 1934 Brown scheduled a cross country meet that featured State's Olympian Tom Ottay & future Olympian Don Lash of Indiana in a meet during a football game, running about 4 laps of the race on the track that was inside the stadium at that time.

The NCAA began to add sports to its championships and in 1938 cross country was added. Brown and Ralph Young, State's Athletic Director & the former football & cross country coach, were forces behind cross country being added and State hosting the meet. State would host all of the championships from the inception until 1964.

The college cross country coaches association was

born that first year at the suggestion of Young and a strong push from Brown at the meet. Brown was elected secretary and remained so, long after he retired from coaching.

Brown took the lead in developing the uniform scoring system, taking into account non-scoring runners and keeping "low" score winning. Permanent course markings started at State. PA announcements at every half mile of the race, another State innovation to make cross country more spectator friendly. The ROTC at State helped send the information to the announcer. Filming the finish, with a stopwatch in the frame helped placing & timing. Brown remained active with the national championship & coaches association until the mid '70s.

This means that 2 of the 3 NCAA Championships in our sport, cross country, indoor & outdoor track owe their existence to Michigan schools & people. The NCAA Indoor Championship was a direct result of Don Canham at the University of Michigan. Know we know that Lauren Brown and Ralph Young at Michigan State made the cross country championship possible. Both meets were held where they were started by people that really were interested in the meet's success and allowed to develop to insure their existence.

Eric Zemper is the co-author along with Mark Havits of the article: "Worker Out in Infinite Detail": Michigan State College's Lauren P. Brown And Origins of the NCAA Cross Country Championships" that appeared in **THE MICHIGAN HISTORICAL REVIEW** Vol 39: No. 1 Spring 2013

I found the Historical Review on line but could not find the article. If you get a chance I think you will really enjoy the article on the development of our sport..... jgm

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 other meets. If you would be interested in receiving

Hope your summer is going well and slow..... see you this fall. Jgm

TRACK & FIELD ISSUE

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2013 Cross Country Rules Information & Updates

1. In 2013, **GIRLS** run first. At all Regional and Final sites within a division, the **GIRLS** race shall be run first.
2. In 2013, all LP Regional entries will again be done in partnership between the MHSAA and MichiganCrossCountry.com. Each school entering a team must create a user account and upload your roster at **athletic.net** which is the entry site being used by MichiganCrossCountry.com. Please know that this is being provided free of charge to all schools. There are tutorial videos and information available at MichiganCrossCountry.com to walk you through this process. The deadline for LP Regional online entries is **Friday, October 18**. The deadline for UP Final online entries is Friday, October 11.
3. The qualification procedures for teams and individuals remain unchanged from previous years for the LP Finals. For teams that qualify from the Regional run to the Final run, five runners must finish the Regional run for a school to receive a team score. The top three teams (1st, 2nd and 3rd place) will automatically qualify from the Regional to the Final run. **THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR.** If a school finishes in **fourth place** in the Regional meet with four or more runners in the top 20 places and eight or more complete teams finish the race, that school will also qualify a team for the Final meet. For individual qualification to the Final meet, all medalist finishers who are not members of a qualifying team will qualify to the Final run, regardless if there are three or four qualifying teams. Medalist finishers are those athletes that finish in the top 15 places.
4. The UP Final meet will be held on Saturday, October 19. The meet will be hosted by Marquette High School.
5. The LP Final meet will be held on Saturday, November 2 at MIS. Here is the schedule for November 2:

7:30 am	MIS Opens
10:00 am	Division 4 Girls Race
10:30 am	Division 3 Girls Race
11:00 am	Division 4 Boys Race
11:30 am	Division 3 Boys Race
12:00 pm	Divisions 3 & 4 Awards
1:30 pm	Division 2 Girls Race
2:00 pm	Division 1 Girls Race
2:30 pm	Division 2 Boys Race
3:00 pm	Division 1 Boys Race
3:30 pm	Divisions 1 & 2 Awards

MHSAA ONLINE RULES MEETING WINDOW
August 12 - September 19
You must complete the online rules meeting to
coach the MHSAA Regional & Final Mee