

2005 Michigan HS Boys Indoor

55 METERS

6.48#	Ahmad Rashad (Flint Carman-Ainsworth)11
6.51#	Rashad
6.57	Angelo Williams (Jackson)12
6.58	Toronzo Lymon (Albion)12
6.60#	Casey Robinson (Port Huron Northern)12
6.67	Tim Campbell (Hillsdale)11

Landover/Nike Indoor [60m] (s)	3/12/2005
Landover/Nike Indoor [60m] (h)	3/12/2005
Hillsdale/MITS (h)	2/17/2005
Hillsdale/MITS.....	1/17/2005
Landover/Nike Indoor [60m] (s)	3/12/2005
Hillsdale/MITS.....	1/17/2005

60 METERS

6.82	Ahmad Rashad (Flint Carman-Ainsworth)11
6.94	Rashad
6.94	Rashad
6.96	Jonte Harrell (Taylor Truman)12
6.97	Casey Robinson (Port Huron Northern)12
6.99	Kevin Lawson (Lansing Sexton)12
7.00	Mike Golden (Frankenmuth)11
7.02	Anthony Bowman (Detroit DePorres)11
7.04	Tayan Jackson (Detroit Mumford)12
7.07	Darian Miller (Wayne)12
7.14	Ross Weaver (Southfield)12
7.14	Vincent Brown (Detroit Mumford)12
7.17	Ian Conyers (Detroit U-D Jesuit)11
7.17	Mark Ingram (Flint Southwestern)9

Lexington/Kentucky Inv.....	2/19/2005
Warren/MITS	2/11/2005
Lexington/Kentucky Inv (h)	2/19/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ypsilanti/Huron Relays	3/26/2005
Ypsilanti/MITS	1/13/2005
Warren/MITS	1/ 7/2005
Ann Arbor/MITS State Ch (s).....	3/ 5/2005
Ann Arbor/MITS State Ch (s).....	3/ 5/2005
Ann Arbor/MITS State Ch (s).....	3/ 5/2005

200 METERS

21.82	Ahmad Rashad (Flint Carman-Ainsworth)11
21.85	Rashad
22.14	Rashad
22.24	Rashad
22.67	Ross Weaver (Southfield)12
23.01	Aaron Conti (Detroit U-D Jesuit)12
23.01	Anthony Bowman (Detroit DePorres)11
23.05	Kevin Lawson (Lansing Sexton)12
23.32	Cedric Everson (Detroit Mumford)10
23.40	Justin Davis (Novi)12
23.49	Ryan Richardville (Monroe Jefferson)12
23.51	Keith Lewis (Detroit Mumford)10
23.52	Jerome Delk (Southfield)12

Landover/Nike Indoor	3/12/2005
Ann Arbor/MITS State.....	3/ 5/2005
Landover/Nike Indoor (h)	3/12/2005
Warren/MITS	2/25/2005
Warren/MITS	2/25/2005
Ann Arbor/MITS State.....	3/ 5/2005
Warren/MITS	2/25/2005
Warren/MITS	2/25/2005
Ann Arbor/MITS State Ch	3/ 5/2005
Ann Arbor/MITS State Ch	3/ 5/2005
Ann Arbor/MITS State Ch	3/ 5/2005
Warren/MITS	2/25/2005
Ann Arbor/MITS State Ch	3/ 5/2005

Oversized Track:

21.46	Ahmad Rashad (Flint Carman-Ainsworth)11
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Lexington/Kentucky Inv.....	2/19/2005
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400 METERS

49.93	Derek Hunter (Southfield)10
50.11	Lapell Powell (Ypsilanti)11
50.21	Hunter
50.93	James Jackson (Grand Ledge MS)8
51.04	Mackenzie Lucius (Flushing)12
51.62	Emmanuel Killebrew (Detroit Mumford)12
51.62	Brad Rogers (Bloomfield Hills Lahser)12
52.00	Jesse Kessler (Clarkston)12
52.12	Andrew Smith (Williamston)12
52.24	Kyle Fortin (Fairview)11
52.38	Matt Comer (Portage Northern)12

Warren/MITS	2/25/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Ann Arbor/MITS State.....	3/ 5/2005
Warren/MITS	1/14/2005
Ann Arbor/MITS State.....	3/ 5/2005
Warren/MITS	2/25/2005
Ann Arbor/MITS State Ch	3/ 5/2005
Ann Arbor/MITS State Ch	3/ 5/2005
Allendale/MITS	2/19/2005

800 METERS

1:55.27	Blake Figgins (Detroit Mumford)12
1:55.44	Dave Brent (Monroe St Mary's)12
1:55.48	Brent
1:55.91	Figgins

Ann Arbor/MITS State.....	3/ 5/2005
Landover/Nike Indoor	3/12/2005
Ann Arbor/MITS State.....	3/ 5/2005
New York/National Scholastic.....	3/12/2007

1:56.29	Ian Boyle (Pinckney)12	Ann Arbor/MITS.....	2/17/2005
1:56.60	Figgins	Warren/MITS.....	2/25/2005
1:56.64	Brent	Warren/MITS.....	2/25/2005
1:58.41	Figgins	Warren/MITS.....	1/ 7/2005
1:58.54	Justin Switzer (Waterford Kettering)12	Ann Arbor/MITS.....	2/17/2005
1:59.2	Brooks Cowan (Troy)12	East Lansing/MITS.....	2/15/2005
2:00.58	Mike Soltis (Albion)11	Ann Arbor/MITS State.....	3/ 5/2005
2:01.98	Robert Gunn (Detroit Mumford)12	Warren/MITS.....	2/25/2005
2:02.09	Jason Bigelow (Clio)12	Ann Arbor/MITS State Ch.....	3/ 5/2005
2:02.13	Adam French (Howell)12	Saginaw/MITS.....	2/ 9/2005
2:02.13+	Nathan Blackwell (Kalamazoo Central)12	Albion/MITS (2:02.84).....	2/25/2005

1000 METERS

2:31.24	Blake Figgins (Detroit Mumford)12	Blacksburg/Virginia Tech Inv.....	1/29/2005
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1500 METERS

3:57.53#	Lex Williams (Dexter)12	Landover/Nike Indoor [mile].....	3/13/2005
4:01.14#	Ian Boyle (Pinckney)12	Landover/Nike Indoor [mile].....	3/13/2005

1600 METERS

4:12.33+	Lex Williams (Dexter)12	Landover/Nike Indoor (4:13.80).....	3/13/2005
4:14.45	Ian Boyle (Pinckney)12	Ann Arbor/MITS State.....	3/ 5/2005
4:15.25	Williams	Ann Arbor/MITS State.....	3/ 5/2005
4:16.42	Boyle	Landover/Nike Indoor.....	3/13/2005
4:19.12	Jay Bilsborrow (Coldwater)11	Ann Arbor/MITS State.....	3/ 5/2005
4:24.06	Jon Black (Birmingham Rice)12	Ypsilanti/Huron Relays.....	3/26/2005
4:27.96	Kenny Wassus (Monroe)12	Ann Arbor/MITS State Ch.....	3/ 5/2005
4:29.49	Nick Katsefaras (Pinckney)12	Hillsdale/MITS.....	1/17/2005
4:29.52	Dan Cramer (Cedar Springs)12	Allendale/MITS.....	2/19/2005
4:29.86	Ian Gerard (Chelsea)11	Ann Arbor/MITS State Ch.....	3/ 5/2005
4:30.62	Blake Figgins (Detroit Mumford)12	Warren/MITS.....	2/11/2005
4:30.90	Bill Peterson (Lake Orion)12	Warren/MITS.....	2/11/2005

3200 METERS

9:20.34+	Nick Katsefaras (Pinckney)12	Landover/Nike Indoor (9:23.60y).....	3/13/2005
9:26.61+	Bill Peterson (Lake Orion)12	Landover/Nike Indoor (9:29.91y).....	3/13/2005
9:32.99	Jon Black (Birmingham Rice)12	Ann Arbor/MITS State.....	3/ 5/2005
9:44.1	Mike Quick (Bloomfield Hills Lahser)11	East Lansing/MITS.....	2/15/2005
9:49.6	Andrew Hawks (Rockford)10	East Lansing/MITS.....	2/15/2005
9:49.954	John Wilson (Howell)12	Saginaw/SVSU Inv.....	3/25/2005
9:50.05	Kenny Wassus (Monroe)12	Warren/MITS.....	2/25/2005
9:50.0	Zak King (Linden)	East Lansing/MITS.....	2/15/2005
9:52.98	Blaise Henning (Petoskey)12	Ann Arbor/MITS State Ch.....	3/ 5/2005
9:53.14	Patrick Grosskopf (Corunna)11	Ann Arbor/MITS State Ch.....	3/ 5/2005
9:53.94+	Jay Bilsborrow (Coldwater)11	Albion/MITS (9:57.40).....	1/28/2005

55-METER HURDLES (39")

7.80	Tymel Dodd (Lansing Sexton)11	Allendale/MITS.....	2/19/2005
7.88	Michael Ingram (Flint Southwestern)9	Hillsdale/MITS.....	2/17/2005
7.98	Matt Comer (Portage Northern)12	Allendale/MITS (h).....	2/19/2005
8.08	Ingram	Hillsdale/MITS (h).....	2/17/2005
8.08	Ira Moorer (Lansing Eastern)9	Knoxville/AAU Southern.....	2/26/2005
8.11	Comer	Allendale/MITS.....	2/19/2005
8.27	Josh Hembrough (Forest Hills Northern)10	Allendale/MITS (h).....	1/22/2005
8.28	Hembrough	Allendale/MITS.....	1/22/2005
8.28	Charles Richards (Goodrich)12	Allendale/MITS (h).....	2/19/2005
8.28	Dan Anderson (Ionia)10	Allendale/MITS (h).....	2/19/2005
8.32	Richards	Albion/MITS.....	2/12/2005
8.34	Andrew Sigfrids (Kalamazoo Central)12	Albion/MITS.....	2/25/2005
8.35	Ingram	Albion/MITS.....	2/12/2005
8.36	Lonnie White (Battle Creek Central)12	Albion/MITS (h).....	2/25/2005
8.39	Hembrough	Albion/MITS.....	1/28/2005

8.39	Richards	Allendale/MITS	2/19/2005
8.40	Evan Kuk (Vicksburg)	Allendale/MITS	2/19/2005
Hand-timed:			
8.1	Josh Hembrough (Forest Hills Northern)10	Albion/MITS (s).....	1/28/2005

60-METER HURDLES (39")

7.94	Daniel Kinney (Romulus)12	Ann Arbor/MITS State.....	3/ 5/2005
8.00	Kinney	Ann Arbor/MITS State Ch (s).....	3/ 5/2005
8.01	Kinney	Ann Arbor/MITS State Ch (h).....	3/ 5/2005
8.11	Kinney	Ypsilanti/MITS	1/13/2005
8.18	Kinney	Warren/MITS	1/ 7/2005
8.19	Kinney	East Lansing/MITS	2/15/2005
8.20	Rodney Harris (Flint Carman-Ainsworth)12	Ann Arbor/MITS State Ch (h).....	3/ 5/2005
8.35	Tymel Dodd (Lansing Sexton)11	Ypsilanti/Huron Relays	3/26/2005
8.35	Matt Parris (East Lansing)12	Ann Arbor/MITS State Ch (h).....	3/ 5/2005
8.35	Samuel Tilmon (Romulus)12	Ann Arbor/MITS State Ch (s).....	3/ 5/2005
8.39	DeAndre Rogers (Detroit Pershing)12	Ann Arbor/MITS State Ch (s).....	3/ 5/2005
8.46	Mike Fingado (Lake Orion)12	Ann Arbor/MITS State Ch (s).....	3/ 5/2005
8.46	Ryan Allison (Lake Orion)12	Ann Arbor/MITS State Ch (h).....	3/ 5/2005
8.49	Chris Faison (Bloomfield Hills Lahser)12	Ypsilanti/Huron Relays	3/26/2005
8.51	Jason McKinney (Detroit Mumford)12	Ann Arbor/MITS State Ch (s).....	3/ 5/2005

HIGH JUMP

6-10	Chris Faison (Bloomfield Hills Lahser)12	Ann Arbor/MITS.....	2/17/2005
6-10	Andrew Dodson (Frankenmuth)12	Ann Arbor/MITS.....	2/17/2005
6-8	Dodson	Saginaw/MITS	2/ 9/2005
6-8	Ryan Liberan (Okemos)12	East Lansing/MITS	2/15/2005
6-8	Dodson	Ann Arbor/MITS State Ch	3/ 5/2005
6-8	Faison	Ann Arbor/MITS State Ch	3/ 5/2005
6-6	Alan Shanoski (Northville)12	Ann Arbor/MITS State Ch	3/ 5/2005
6-4	John Kipf (Monroe St Mary's)12	Ann Arbor/MITS State Ch	3/ 5/2005
6-4	Jason McGehee (Ypsilanti Lincoln)12	Ann Arbor/MITS State Ch	3/ 5/2005
6-4	Andrew Schrottenboer (Holland)11	Ann Arbor/MITS State Ch	3/ 5/2005
6-3	Donald Kinnee (Coldwater)12	Hillsdale/MITS.....	1/17/2005
6-3	Sonny Huff (Otsego)11	Allendale/MITS	2/19/2005
6-2	Robert Smith (Bay City Central)12	Mt Pleasant/MITS	1/18/2005
6-2	Michael Holliday (Flint Central)	Saginaw/MITS	2/ 9/2005
6-2	Chris Staples (Southfield)12	Ann Arbor/MITS State Ch	3/ 5/2005
6-2	Mike Farley (Beaverton)12	Ann Arbor/MITS State Ch	3/ 5/2005
6-2	Kurt Poehlman (Niles)10	Ann Arbor/MITS State Ch	3/ 5/2005
6-2	Ronald Packnett (Grand Blanc)12	Ann Arbor/MITS State Ch	3/ 5/2005
6-2	Garrett Brown (Williamston)12	East Lansing/Playmakers	3/31/2005
6-2	Dan Slocum (Potterville)12	East Lansing/Playmakers	3/31/2005

POLE VAULT

14-6	Logan Lynch (Temperance Bedford)10	Ann Arbor/MITS State.....	3/ 5/2005
14-6	Chris Baldwin (Battle Creek Lakeview)12	Ann Arbor/MITS State.....	3/ 5/2005
14-6	Tony Little (Kent City)12	East Lansing/MITS	2/15/2005
14-0	Bryant Wilson (Hale)12	Allendale/MITS	1/22/2005
13-9	Paul Lange (Laingsburg)12	East Lansing/Playmakers	3/31/2005
13-6	Luke Dinnan (Midland)11	Mt Pleasant/MITS	1/18/2005
13-6	Stacy Schaefer (Coopersville)12	Grand Rapids/MITS.....	2/ 8/2005
13-6	Jarrold Tuinstra (Plainwell)12	Allendale/MITS	2/19/2005
13-6	Joe Wesley (Marine City)	Ann Arbor/MITS State Ch	3/ 5/2005
13-6	Nathan Breithaupt (Traverse City Central)12	Ann Arbor/MITS State Ch	3/ 5/2005
13-6	Ryan Santa (Livonia Churchill)11	Ann Arbor/MITS State Ch	3/ 5/2005
13-6	Adam McMillan (Ann Arbor Huron)12	Ann Arbor/MITS State Ch	3/ 5/2005
13-6	Brandon Mabry (Flushing)12	Ann Arbor/MITS State Ch	3/ 5/2005

LONG JUMP

22-1.5	Jonathan Allen (Lansing Sexton)12	East Lansing/MITS	2/15/2005
21-9.5	Joe Wilson (Ypsilanti)10	Ypsilanti/Huron Relays	3/26/2005

21-8.75	Eric Williams (Ypsilanti Lincoln)11	Ypsilanti/MITS	1/13/2005
21-8	Aaron Monticello (Utica)12	Warren/MITS	1/ 7/2005
21-3	Jeff Decatur (Goodrich)12	East Lansing/MITS	2/15/2005
20-11.25	Brad Rogers (Bloomfield Hills Lahser)12	Ann Arbor/MITS State Ch	3/ 5/2005
20-6	Toranzo Lymon (Albion)12	Hillsdale/MITS.....	1/17/2005
20-5.5	Rodney Marshall (Battle Creek Central)11	Albion/MITS	2/25/2005
20-3.5	Tory Garrett (Flint Central)10	Ann Arbor/MITS State Ch	3/ 5/2005
20-2.75	Dante Merritt (Muskegon)12	Allendale/MITS	1/22/2005

TRIPLE JUMP

41-0	Dante Merritt (Muskegon)12	Ann Arbor/MITS	2/17/2005
40-4.5	Eric Zhao (Novi)11	Ann Arbor/MITS State.....	3/ 5/2005
40-3	Nicholas McCampbell (Detroit Cass Tech)11	Warren/MITS	2/11/2005
40-0.25	Jason McGehee (Ypsilanti Lincoln)12	Ann Arbor/MITS State.....	3/ 5/2005
39-11	Eric Williams (Ypsilanti Lincoln)11	Ann Arbor/MITS State.....	3/ 5/2005
39-10	Calvin Campbell (Detroit Mumford)12	Ann Arbor/MITS State.....	3/ 5/2005
38-7.5	Steven Nicholson (Belleville)11	Merrillville/AAU Northern	2/20/2005
37-1	Blake Shaw (Flushing)	Ann Arbor/MITS State Ch	3/ 5/2005

SHOT (12lb)

55-3.5	Jon Boles (Lansing Sexton)12	East Lansing/MITS	2/15/2005
55-2.5	Gerald Gersham (Southfield)12	Ann Arbor/MITS State.....	3/ 5/2005
54-0	Vince Belitsos (Oxford)12	Ann Arbor/MITS State.....	3/ 5/2005
52-9.5	Andy Sting (Saginaw Michigan Lutheran)12	Saginaw/MITS	2/ 9/2005
51-4	Darris Sawtelle (Birmingham Rice)10	Ann Arbor/MITS State Ch	3/ 5/2005
51-1.5	Robert Coffey (Allendale)12	Ann Arbor/MITS State Ch	3/ 5/2005
51-3	Rob Veldt (Plainwell)12	Allendale/MITS	2/19/2005
50-10.5	Craig Mizell (Grand Blanc)12	Saginaw/MITS	1/26/2005
50-8	Andy Anderson (Coopersville)12	Grand Rapids/MITS	2/ 8/2005

PENTATHLON

3256	Ryan Allison (Lake Orion)12	Landover/Nike Indoor	3/13/2005
2566	Ira Moorer	Knoxville/AAU Southern	2/25/2005

4 x 200-METER RELAY

1:30.64	Detroit Mumford	New York/National Scholastic.....	3/12/2007
1:31.39	Southfield (Heat)	Ann Arbor/MITS State.....	3/ 5/2005
1:34.09	Detroit Mackenzie	Ann Arbor/MITS State.....	3/ 5/2005
1:35.72	Novi	Warren/MITS	1/ 7/2005
1:36.61	Bloomfield Hills Lahser (SS)	Ann Arbor/MITS State Ch	3/ 5/2005
1:36.77	Ypsilanti	Ann Arbor/MITS State Ch	3/ 5/2005
1:36.83	Corunna	East Lansing/Playmakers	3/31/2005
1:38.06	Howell	Saginaw/SVSU Inv	3/25/2005
1:38.81	Williamston	East Lansing/Playmakers	3/31/2005
1:38.91	Bath	East Lansing/Playmakers	3/31/2005

Mixed Teams:

1:32.17	Maximum Output #	Ann Arbor/MITS State Ch	3/ 5/2005
1:35.94	PAL #	Ann Arbor/MITS State Ch	3/ 5/2005
1:38.23	Michigan Accelerators #	Ypsilanti/MITS	1/13/2005

4 x 400-METER RELAY

3:22.00	Detroit Mumford	New York/National Scholastic.....	3/12/2007
3:24.53	Detroit Mumford	Ann Arbor/MITS State.....	3/ 5/2005
3:24.88	Detroit Mumford	Blacksburg/Virginia Tech Inv	1/29/2005
3:27.54	Detroit Mumford	Ypsilanti/Huron Relays	3/26/2005
3:29.86	Southfield (Heat)	Warren/MITS	2/25/2005
3:32.49	Ann Arbor Pioneer	Ann Arbor/MITS State Ch	3/ 5/2005
3:32.54	Ypsilanti	Ann Arbor/MITS State.....	3/ 5/2005
3:34.0	Lansing Sexton	East Lansing/MITS	2/15/2005
3:34.25	Williamston	East Lansing/Playmakers	3/31/2005
3:36.40	Howell (Melon)	Ann Arbor/MITS State Ch	3/ 5/2005
3:38.21	Albion	Ann Arbor/MITS State Ch	3/ 5/2005

3:39.67 Macomb Dakota (Ocelots)
3:39.67 Saline (Pre)

Mixed Teams:

3:29.79 Maximum Output #
3:36.02 Ocelots #

4 x 800-METER RELAY

8:07.17 Detroit Mumford
8:07.53 Saline
8:19.5 Chelsea (FP)
8:26.8 Pinckney
8:27.07 Howell
8:29.15 Grand Ledge
8:32.72 Milford (RT)
8:34.42 Monroe (Herbs)
8:35.75 Williamston
8:36.6 Ann Arbor Pioneer

4 x MILE RELAY

18:16.20 Pinckney

1600-METER SPRINT MEDLEY

3:40.04 Detroit Mumford
3:43.04 Southfield
3:43.95 Ann Arbor Pioneer

DISTANCE MEDLEY

10:39.38 Saline
10:40.32 Chelsea (FP)
10:40.78 Monroe
10:43.67 Pinckney
10:46.42 Chelsea (FP)
10:46.92 Milford
10:51.26 Howell
10:54.54 Detroit Mumford
11:00.00 Bloomfield Hills Lahser (SS)
11:06.46 Ionia (PC)
11:07.03 Tecumseh (Borderline)

Warren/MITS 2/25/2005
Ann Arbor/MITS State Ch 3/ 5/2005

Warren/MITS 2/25/2005
Ann Arbor/MITS State Ch 3/ 5/2005

Ypsilanti/Huron Relays 3/26/2005
Ypsilanti/Huron Relays 3/26/2005
Ann Arbor/MITS 1/20/2005
Ann Arbor/MITS 1/20/2005
Saginaw/SVSU Inv 3/25/2005
Warren/MITS 2/25/2005
Warren/MITS 2/25/2005
Warren/MITS 2/25/2005
East Lansing/Playmakers 3/31/2005
Ann Arbor/MITS 1/20/2005

Landover/Nike Indoor 3/13/2005

Ypsilanti/Huron Relays 3/26/2005
Ypsilanti/Huron Relays 3/26/2005
Ypsilanti/Huron Relays 3/26/2005

Landover/Nike Indoor 3/13/2005
Ann Arbor/MITS 2/17/2005
Ann Arbor/MITS State 3/ 5/2005
Saginaw/MITS 2/ 9/2005
Ann Arbor/MITS State Ch 3/ 5/2005
Ann Arbor/MITS State 3/ 5/2005
Ann Arbor/MITS State 3/ 5/2005
Ypsilanti/Huron Relays 3/26/2005
Ann Arbor/MITS State Ch 3/ 5/2005
Allendale/MITS 2/19/2005
Ann Arbor/MITS 2/17/2005