

## Track

### FINAL G-K HONOR ROLL

| Men   |        |  |
|---|--------|--|
| <b>Shot Put</b>   |        |  |
| 1. Jeff Ward, P-Central                                   | 51-5½  |  |
| 2. R.B. May, Norrix                                       | 50-5¼  |  |
| 3. Gary DeKoekkoek, K-Christian                           | 45-9   |  |
| 4. Al Zuidweg, P-Northern                                 | 45-4   |  |
| 5. Steve Paskey, P-Northern                               | 44-10¼ |  |
| <b>Pole Vault</b>   |        |  |
| 1. Jim Laatsch, Norrix                                    | 13-0   |  |
| Dan Robbins, Norrix                                       | 13-0   |  |
| 3. Craig Brakeman, P-Central                              | 12-10  |  |
| 4. Jim Ragotzy, P-Central                                 | 12-8¼  |  |
| 5. Dave Mort, Parchment                                   | 12-6½  |  |
| <b>Long Jump</b>  |        |  |
| 1. Jimmy Ross, K-Central                                  | 23-7½  |  |
| 2. Scot Zuidweg, P-Northern                               | 22-4   |  |
| 3. Sam Wilson, Norrix                                     | 22-3   |  |
| 4. Barry Harris, Norrix                                   | 21-10  |  |
| 5. Jo Jo Galloway, Norrix                                 | 21-8   |  |
| <b>High Jump</b>  |        |  |
| 1. Bill Heath, Norrix                                     | 6-7    |  |
| 2. John VanArendonk, P-Northern                           | 6-6    |  |
| Tom Elzinga, Norrix                                       | 6-6    |  |
| 4. Al Taborn, K-Central                                   | 6-4½   |  |
| 5. Brian Krueger, Parchment                               | 6-1½   |  |
| <b>Discus</b>   |        |  |
| 1. John VanArendonk, P-Northern                           | 145-3  |  |
| 2. Scott Piper, P-Northern                                | 142-1  |  |
| 3. R.B. May, Norrix                                       | 139-4  |  |
| 4. Rick Berner, P-Northern                                | 138-3  |  |
| 5. John Highlander, Norrix                                | 130-5  |  |
| <b>880 Run</b>  |        |  |
| 1. Eddie Starks, K-Central                                | 2:00.1 |  |
| 2. Ron Rutgers, Parchment                                 | 2:01.0 |  |
| 3. Scott Deal, Comstock                                   | 2:01.8 |  |
| Todd Carroll, P-Northern                                  | 2:01.8 |  |
| 5. Mike Ozier, K-Central                                  | 2:01.9 |  |
| <b>440</b>  |        |  |
| 1. Scot Zuidweg, P-Northern                               | :50.6  |  |
| 2. Tom Moss, K-Central                                    | :51.2  |  |
| 3. Al Taborn, K-Central                                   | :51.6  |  |
| 4. Dale Roach, Norrix                                     | :51.7  |  |
| 5. Willie Starks, K-Central                               | :51.8  |  |
| <b>220</b>  |        |  |
| 1. Daryl Pruitt, Norrix                                   | :21.9  |  |
| 2. Tommy Brown, Norrix                                    | :22.1  |  |
| 3. Jo Jo Galloway, Norrix                                 | :22.8  |  |
| Scot Zuidweg, P-Northern                                  | :22.8  |  |
| 5. Marv Johnson, Norrix                                   | :22.9  |  |
| <b>100</b>  |        |  |
| 1. Daryl Pruitt, Norrix                                   | :9.7   |  |
| 2. Marv Johnson, Norrix                                   | :10.0  |  |
| 3. Tommy Brown, Norrix                                    | :10.1  |  |
| Orlando Rostone, K-Central                                | :10.1  |  |
| Chip Nicholson, Comstock                                  | :10.1  |  |
| <b>Two-Mile</b>   |        |  |
| 1. Jeff Scott, Norrix                                     | 9:26.0 |  |
| 2. Tom Pompey, K-Central                                  | 9:28.3 |  |
| 3. Cooper Tomlinson, Norrix                               | 9:46.9 |  |
| 4. Dave LaForge, Norrix                                   | 9:53.0 |  |
| 5. Paul Henny, P-Northern                                 | 9:53.3 |  |
| <b>Mile</b>   |        |  |
| 1. Cooper Tomlinson, Norrix                               | 4:20.7 |  |
| 2. Paul Henny, P-Northern                                 | 4:22.0 |  |
| 3. Mark Rutgers, Parchment                                | 4:27.8 |  |
| 4. Joe Garza, Hackett                                     | 4:29.5 |  |
| 5. Tom Pompey, K-Central                                  | 4:30.7 |  |
| <b>120 High Hurdles</b>                                   |        |  |
| 1. Alan Kiel, Norrix                                      | :14.9  |  |
| 2. Jeff Idurham, P-Northern                               | :15.0  |  |
| 3. John VanArendonk, P-Northern                           | :15.3  |  |
| 4. Earl James, Parchment                                  | :15.5  |  |
| 5. Ed Bevan, P-Central                                    | :15.6  |  |
| <b>180 Low Hurdles</b>                                    |        |  |
| 1. Ed Bevan, P-Central                                    | :20.3  |  |
| 2. Alan Kiel, Norrix                                      | :20.4  |  |
| 3. Chip Nicholson, Comstock                               | :20.6  |  |
| Bob Muller, P-Northern                                    | :20.6  |  |
| 5. Brian Krueger, Parchment                               | :20.8  |  |
| <b>440 Relay</b>  |        |  |
| Loy Norrix  | :42.7  |  |
| (Marv Johnson, Tommy Brown, Jo Jo Galloway, Daryl Pruitt) |        |  |
| 2. Kalamazoo Central                                      | 44.2   |  |
| 3. Comstock   | 44.9   |  |
| 4. Portage Northern                                       | 45.0   |  |
| 5. Parchment  | 46.1   |  |
| <b>880 Relay</b>  |        |  |
| 1. Loy Norrix   | 1:29.4 |  |
| (Marv Johnson, Tommy Brown, Jo Jo Galloway, Daryl Pruitt) |        |  |
| 2. Kalamazoo Central                                      | 1:32.5 |  |
| 3. Portage Northern                                       | 1:33.9 |  |
| 4. Comstock   | 1:35.1 |  |
| 5. Parchment  | 1:37.2 |  |
| <b>Mile Relay</b>   |        |  |
| 1. Loy Norrix   | 3:30.8 |  |
| (Daryl Pruitt, Jo Jo Galloway, Tommy Brown, Dale Roach)   |        |  |
| 2. Portage Northern                                       | 3:30.8 |  |
| 3. Kalamazoo Central                                      | 3:33.2 |  |
| 4. Comstock   | 3:34.9 |  |
| 5. Portage Central  | 3:35.0 |  |

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Greater-Kalamazoo track and field honor roll times and distances are compilations of marks submitted by the coaches and verified by The Gazette.

### WOMEN

|   |         |  |
|---|---------|--|
| <b>Shot Put</b>   |         |  |
| 1. Brenda Whitney, Norrix   | 36-10½  |  |
| 2. Lois Talsma, K-Christian   | 35-9¼   |  |
| 3. Linda Martin, P-Northern   | 34-7½   |  |
| 4. Gloria Kloosterman, P-Central                                      | 34½     |  |
| 5. Cindy Webster, Comstock  | 33-10½  |  |
| <b>Long Jump</b>  |         |  |
| 1. Debbie Dunning, K-Central  | 17-6½   |  |
| 2. Lisa Cakmakci, P-Northern  | 17-0    |  |
| 3. Terry Gilger, P-Central  | 16-7    |  |
| 4. Rose Jones, K-Central  | 16-3¼   |  |
| 5. Sandie Lambers, K-Christian  | 15-10   |  |
| <b>High Jump</b>  |         |  |
| 1. Kay Barstow, K-Central   | 5-4½    |  |
| 2. Liz Shon, K-Central  | 5-3     |  |
| 3. Georgia Luce, P-Central  | 5-0     |  |
| 4. Kim Kraushaar, Comstock  | 4-11    |  |
| Gwen Pelli, Parchment   | 4-11    |  |
| Sue Metzelaars, P-Central   | 4-11    |  |
| Betsy Start, K-Central  | 4-11    |  |
| <b>Discus</b>   |         |  |
| 1. Mel Golland, P-Central   | 110-10½ |  |
| 3. Linda Bronson, Comstock  | 90-5½   |  |
| 4. Lee Steward, P-Northern  | 89-8    |  |
| 5. Laura Welch, P-Northern  | 89-0    |  |
| <b>880 Run</b>  |         |  |
| 1. Brenda Ray, Comstock   | 2:16.2  |  |
| 2. Judy Hodgkins, Norrix  | 2:29.7  |  |
| 3. Kathy Sample, K-Central  | 2:30.1  |  |
| 4. Betsy Start, K-Central   | 2:32.4  |  |
| 5. Ann Huizenga, K-Christian  | 2:36.1  |  |
| <b>440</b>  |         |  |
| 1. Brenda Ray, Comstock   | :58.1   |  |
| 2. Debbie Dunning, K-Central  | :60.4   |  |
| 3. Cheryl Stout, P-Northern   | :62.2   |  |
| 4. Nancy Creed, Norrix  | :63.8   |  |
| 5. Judy Hodgkins, Norrix  | :64.0   |  |
| <b>220</b>  |         |  |
| 1. Liz Shon, K-Central  | :24.3   |  |
| 2. Irma Gilland, K-Central  | :25.0   |  |
| 3. Carrie Fitzgerald, K-Central                                       | :25.3   |  |
| 4. Nancy Highlands, Norrix  | :26.1   |  |
| 5. Beverly Edwards, Norrix  | :26.7   |  |
| Cathy Stora, P-Northern   | :26.7   |  |
| <b>100</b>  |         |  |
| 1. Liz Shon, K-Central  | :10.8   |  |
| 2. Christy Jones, K-Central   | :11.7   |  |
| 3. Nancy Highlander, Norrix   | :11.8   |  |
| Carol Stout, P-Northern   | :11.8   |  |
| 5. Marsha Hughes, Comstock  | :11.9   |  |
| Lynn Herder, K-Christian  | :11.9   |  |
| <b>Two-Mile</b>   |         |  |
| 1. Carrie Pierce, P-Northern  | 12:27.1 |  |
| 2. Betsy Bennett, K-Central   | 13:0.5  |  |
| Virginia Kreis, Parchment   | 13:09.1 |  |
| 4. Deb Sheppard, P-Central  | 13:14.5 |  |
| 5. Pam Allen, K-Central   | 13:31.0 |  |
| <b>Mile</b>   |         |  |
| 1. Donna Dobbs, Parchment   | 5:34.2  |  |
| 2. Charla Finley, K-Central   | 5:41.1  |  |
| 3. Pam Allen, K-Central   | 6:02.0  |  |
| 4. Ann Huizenga, K-Christian  | 6:03.6  |  |
| 5. Teresa Carroll, P-Central  | 6:10.3  |  |
| <b>110 Hurdles</b>  |         |  |
| 1. Sandi Lambers, K-Christian   | :15.9   |  |
| 2. Christy Jones, K-Central   | :16.0   |  |
| Kim Kraushaar, Comstock   | :16.0   |  |
| 4. Lisa Cakmakci, P-Northern  | :16.4   |  |
| Sandy Simsick, K-Central  | :16.4   |  |
| <b>440 Relay</b>  |         |  |
| 1. Kalamazoo Central  | :49.5   |  |
| (Liz Shon, Christy Jones, Irma Gilland, Carrie Fitzgerald)            |         |  |
| 2. Portage Northern   | :51.6   |  |
| 3. Comstock   | :52.4   |  |
| 4. Loy Norrix   | :52.7   |  |
| 5. Portage Central  | :53.8   |  |
| <b>880 Relay</b>  |         |  |
| 1. Kalamazoo Central  | 1:45.8  |  |
| (Marsha Nieuwenhuis, Debbie Dunning, Irma Gilland, Carrie Fitzgerald) |         |  |
| 2. Portage Northern   | 1:49.4  |  |
| 3. Loy Norrix   | 1:49.5  |  |
| 4. Comstock   | 1:51.8  |  |
| 5. Portage Central  | 1:55.6  |  |
| <b>Mile Relay</b>   |         |  |
| 1. Loy Norrix   | 4:14.4  |  |
| (Angela Jones, Nancy Creed, Nancy Highlander, Judy Hodgkins)          |         |  |
| 2. Comstock   | 4:14.8  |  |
| 3. Kalamazoo Central  | 4:23.4  |  |
| 4. Parchment  | 4:31.0  |  |
| 5. Portage Central  | 4:42.0  |  |