

SOUTHWESTERN MICHIGAN COLLEGE

Roadrunner Relays

Saturday, April 29, 1978

H.S. Girls Shot Put Team Relays

1. Coloma	65' 7 3/4" *
2. Riley	65' 6 1/4"
3. Dowagiac	63' 3 1/4"
4. Lakeshore	60' 11"
5. Waverly	59' 7 1/2"

College Men Shuttle Hurdle Relay

1. Jackson (Mike Richardson, Ray Waters, Bobby Hills, Dave Sykes)	1:01.14*
2. SMC	1:01.62
3. GRJC	1:02.6
4. Macomb	DNF

H.S. Boys Shuttle Hurdle Relay

1. Coldwater (Jim Lyon, Dave Thompson, Jeff Newman, Mark Kellogg)	1:01.71*
2. GR Catholic	1:01.72
3. Dowagiac	1:05.16
4. Marian	1:06.68
5. Marcellus	1:07.0

H.S. Girls Discus Winners

1. Marcellus (Notter, Klein)	174' 1 1/2"*
2. Holland	172' 10 1/2"
3. Coloma	172' 8 1/2"
4. Dowagiac	166' 5"
5. Waverly	163' 10"

H.S. Girls Long Jump Relay

1. Marcellus (England, Kline)	32' 1/4" *
2. Dowagiac	31' 10"
3. Coloma	30' 2 1/2"
4. Chesterton	29' 10 1/2"
5. Coldwater	29' 3/4"

H.S. Girls High Jump Relay

1. Holland (Kampen, Bauman)	10' 3"
2. Lakeshore	10' 1"
3. Marcellus	9' 4"

Women's College Javelin

1. SMC (Debbie Schonbok & Mable White)	220' 11"*
2. Lorain	166' 9 1/2"
3. Macomb	152'

Men's H.S. Shot Put Relay

1. Coloma (Dan Kolenko, Kevin Roush)	97' 9 1/2"*
2. Marian	88' 6 1/2"
3. Coldwater	83' 6 1/4"
4. Dowagiac	77' 10 3/4"
5. GR Catholic	76' 5"

College Men's 440 Relay

Aaron Jerry	
1. SMC (Curtis, Thomas, Walter White, Craig Briggs)	42.75
2. Jackson	43.32
3. Grand Rapids JC	43.5
4. Henry Ford	43.6
5. Macomb	44.35

College Women's Javelin Individual

1. Mable White (SMC)	120' 3"
2. Debbie Schonbok (SMC)	100' 8"
3. Della (Macomb)	19'

H.S. Boys 440 Relay

1. GR Union (Steve Frayler, Nat Mayfield, Wardell Frazier, Brian Boala)	45.74
2. Dowagiac	45.79
3. Coldwater	45.9
4. GR Catholic	46.0
5. Marian	46.3

College Women's 440 Relay

1. SMC (Theresa McKenzie, Gretchen Hawthorne, Sue Saltzgeber, Karen Arnold)	52.15*
2. Lorain	53.03

H.S. Girls 440 Relay

1. Dowagiac (Becky Johnson, Kileen Dye, Gail Steele, Vicki Williams)	52.42
2. Marcellus	53.25
3. Riley	53.6
4. Holland	53.6
5. Lakeshore	53.6

College Four Mile Relay

1. SMC (Kevin Higdon, Bruce Derow, Gary Gottardi, Steve Frazier)	17:36.1
2. Jackson	17:42.21
3. Macomb	18:54.8
4. Henry Ford	19:36.1

College Men Sprint Medley Relay

1. Henry Ford (Mark Gardner, Keith Bailey, Marty Wagner, Jack McIntosh)	3:29.46
2. Jackson	3:31.68
3. SMC	3:36.4
4. Warren TC	3:42.4
5. Cuyahoga Metro	3:43.0

College Women Sprint Medley

1. SMC (Karen Arnold, Theresa McKensie, Gratchen Hawthorne, Sue Saltzgar)	1:56.68*
2. Lorain	1:58.62

H.S. Girls Sprint Medley Relay

1. Marcellus (Sherri Northrop, Jane Klein, Karen Motter, Anna Parker)	4:32.32*
2. Colona	4:33.23
3. Holland	4:37.7
4. Lakeshore	4:41.2
5. Coldwater	4:41.2

H.S. Boys Sprint Medley Relay

1. GR Catholic (Jerry Theisen, Roger Hubert, Pat Clifford, Tom Conroy)	3:45.86
2. Dowagiac	3:46.49
3. Marian	3:47.3
4. Coldwater	3:48.2
5. GR Union	4:02.2

College Men Long Jump - Relay

	Tim	Ernie
1. SMC (Magennis, Clay, Sam Wilson)	65' 3/4" *	
2. GRJC	60' 4 3/4"	
3. Macomb	57' 11 1/2"	
4. Henry Ford	52' 11 1/2"	

College Men Long Jump - Individual

1. Tom Draht (GRJC)	22' 1/2"
2. Sam Wilson (SMC)	21' 11 1/2"
3. Ernie Clay (SMC)	21' 9 1/2"

College Men's 2 Mile Relay

1. Jackson (Randy Ruich, Mike Reynolds, Bill Furkis, Daur Houston)	8:14.64
2. Lorain County CC	8:26.94
3. Lansing CC	8:52.7

H.S. Boys 2 Mile Relay

1. GR Union (Dave Hierenga, James Reed, Mark Vangessel, Tom Hierenga)	8:41.56*
2. Coldwater	8:48.33
3. GR Catholic	9:00.1
4. Marcellus	9:07.0
5. Marian	9:27.7

Three Man Three Mile Team Race

1. Jackson (Ruich, Schuette, Ostrovich)	15 Pts.
2. SMC Green (Derow, Higdon, Gottardi)	16 Pts.
3. Macomb (Williams, Zarzycki, Gamalski)	23 Pts.
4. SMC Gold (Naves, Toutloff, Battle)	24 Pts.

Women's College Shot Put Relay

1. SMC (Pam Stauffer, Hable White)	60' 11 1/2" **
2. Lorain	60' 2"

Women's College Shot Put - Individual

1. Hable White (SMC)	32'
2. Gaye Amend (Lorain)	31' 4"
3. Pam Stauffer (SMC)	28' 11 1/2"

Men's College Discus Relay

1. SMC (Raschke, Scanlon, Swartz)	387' 3 1/2"
2. Jackson	362' 1"
3. Grand Rapids	330' 10"

Men's College Discus - Individual

1. Don Raschke (SMC)	136' 5 1/2"
2. Mark Swartz (SMC)	126' 4"
3. Tom Scanlon (SMC)	124' 6"

Boys H.S. Long Jump Relay

1. GR Catholic (Mike Cuncannan, Steve Reinshuttle)	41' 2 1/2"
2. Dowagiac	39' 4 3/4"
3. GR Union	37' 11 1/2"
4. Coldwater	37' 9"
5. Marion	36' 8 3/4"

Boys High School Pole Vault Relay

1. GR Catholic (Morrissey, Balkon)	26' 7" [*]
2. Marion	24' 6"
3. Coldwater	22' 6"
4. Coloma	11' 6"
5. Dowagiac	10' 6"

Men's College High Jump Relays

1. Jackson (Durham, Bosse)	18' 6"
2. Macomb	17' 10"
3. GRJC	17' 8"

Men's College High Jump - Individual

1. Brian Archart (KVCC)	6' 8"
2. Pat Peters (KVCC)	6' 7"
3. Haasema (GRJC)	6' 6"

College Men Distance Medley Relay

1. SMC (Joe Palazzolo, Craig Briggs, Al Avila, Steve Frazier)	10:32
2. RTC	10:43.42
3. Lorain	11:04.2
4. Jackson	11:10.4
5. Lorain	11:28.6

H.S. Boys Discus Relay

1. Marian (Tom Murphy, Bill Baker)	289' 5 1/2" [*]
2. GR Union	239' 10"
3. Coldwater	234' 9"
4. Coloma	223' 9 1/2"
5. Lakeshore	217' 7"

H.S. Boys Distance Medley Relay

1. GR Catholic (Tim Burns, Steve Reinshuttle, Jim Huyge, Tom Conroy)	11:40.75
2. Coloma	11:48.88
3. Lakeshore	11:58.4
4. Dowagiac	12:10.1
5. Coldwater	12:14.0

H.S. Girls Distance Medley Relay

1. Lakeshore (Janet Root, Nancy McGrath, Alice Gantenbein, Laurie Kroening)	14:29.95 [*]
2. Coloma	14:41.55
3. Holland	14:42.5
4. Chesterton	14:43.2
5. Coldwater	15:03.1

College Men Shot Put Relay

1. SMC (Bryan Crocker, Mark Swartz, Tom Scanlon, Kevin Shaler, Don Raschke)	134' 2 3/4"
2. Jackson	129' 10 1/2"

College Men Shot Put - Individual

1. H. Faasen (GRJC)	46' 2"
2. Don Raschke (SMC)	45' 5"
3. Tom Scanlon (SMC)	45' 2"

H.S. Boys 880 Yard Relay

1. GR Union (Steve Freybler, Nat Mayfield, Wardell Frazier, Marlos Baker)	1:35.3
2. Marion	1:36.35
3. Coldwater	1:37.0
4. Marcellus	1:41.8
5. GR Catholic	1:42.0

H.S. Girls 880 Yard Relay

1. Dowagiac (Becky Johnson, Kileen Dye, Vicki Williams, Rita Gulyas)	1:51.18 st
2. Holland	1:54.05
3. Marcehlus	1:54.5
4. Lakeshore	1:55.6
5. Riley	1:56.3

Women's College Long Jump Relay

1. SMC (Theresa Mckenzia Sue Saltzgaber)	32' 3 1/4" nd
2. Lorain	31' 8 1/2"
3. KVCC	26' 6 1/2"

Women's College Long Jump - Individual

1. Sue Saltzgaber (SMC)	16' 5 1/4"
2. Jackie Balow (Lor)	16' 1/2"
3. Karen Arnold (SMC)	15' 10"

Women's College Discus Relay

1. SMC (Pam Stauffer, Mable White, Debbie Schonbok)	200' 2 1/4" nd
2. Lorain	140' 10 1/2"

Women's College Discus - Individual

1. Debbie Schonbok (SMC)	102' 8"
2. Mabel White (SMC)	97' 6 1/4"
3. Pam Stauffer (SMC)	90' 6 1/2"

College Men's 880 Relay

1. Jackson (Mike Reynolds, Dave Sykas, Mike Richardson, Les Brown)	1:30.08
2. SMC	1:30.27
3. Macomb	1:31.8
4. GRJC	1:32.6

College Women 880 Relay

1. SMC (Theresa Mckenzia, Debbie Schonbok, Sue Saltzgaber, Karen Arnold)	1:53.00 th
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Coaches Fitness Mile - Women

1. Morea (SMC)	8:07.23
2. Carpenter (Coldwater)	9:40.43

H.S. Girls Mile Relay

1. Colcan (Dorothy Vandenberg, Jackie Johnson, Julia Faraone, Cindy Culver)	4:17.08 th
2. Holland	4:23.39
3. Waverly	4:28.8
4. Dowagiac	4:29.0
5. Lakeshore	4:33.9

H.S. Boys Mile Relay

1. Coldwater (John Huss, Mark Kellogg, Dave Eberspaecker, Tom Newman)	3:33.78 th
2. Marion	3:34.51
3. GR Union	3:41.0
4. Lakeshore	3:42.0
5. Dowagiac	3:43.0

College Women Mile Relay

	4:52.7
1. SMC (Mary Ann VanLiere, Karen Lukeman, Chris Creech, Gretchen Hawthorne)	

College Men Mile Relay

1. Jackson (Mike Richardson, Mike Reynolds, Chris Kolb, Dave Sykas)	3:21.9
2. Henry Ford	3:24.98
3. GRJC	3:28.2
4. SMC	3:31.0
5. Cuyahoga Metro	3:32.8

College Men's Pole Vault Relay

1. Macomb (Chuck Shienke, Steve Ballor, Ron Chabot)	42' 10" th
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College Men's Pole Vault - Individual

1. Chuck Shienke (MAC)	14' 5"
2. Steve Ballor (MAC)	14' 0"
Ron Chabot (MAC)	14' 0"

Coaches Fitness Mile - Men

1. Cyballis (Marion)	5:52.78
2. Lewis (Dowagiac)	6:04.21
3. Wiseman (Marion)	6:06.0
4. Gunn (Coldwater)	7:29.6