

1987 O.K. RED CONFERENCE RESULTS

| GIRLS - DISCUS |                    | DISTANCE | BOYS - DISCUS |                   | DISTANCE |
|----------------|--------------------|----------|---------------|-------------------|----------|
| 1              | KATY BRINK/HOL     | 120'9"*  | 1             | ROD STEPHAN/ROC   | 163'     |
| 2              | MICHELLE DEJONG/WO | 112'9"   | 2             | MIKE TOMORSKI/MS  | 142'5"   |
| 3              | JENNY RITSEMA/WO   | 110'4"   | 3             | NELSON BRUMMEL/GH | 139'6"   |
| 4              | MICHELLE STYPA/GH  | 109'1"   | 4             | LEE CHILDS/GV     | 137'5"   |
| 5              | DWANA THOMPSON/MS  | 106'8"   | 5             | JOHN HONEY/HOL    | 134'4"   |
| 6              | CHRIS MUDGET/WO    | 105'8"   | 6             | ED NASH/ROC       | 133'4"   |

  

| GIRLS - SHOT PUT |                    | DISTANCE   | BOYS - SHOT PUT |                  | DISTANCE    |
|------------------|--------------------|------------|-----------------|------------------|-------------|
| 1                | MICHELLE STYPA/GH  | 35'6 1/4"  | 1               | CONRAD JONES/WO  | 51' 1 1/2"  |
| 2                | JENNY RITSEMA/WO   | 35'4 1/2"  | 2               | ROD STEPHAN/ROC  | 47' 10 1/2" |
| 3                | CHRIS MUDGET/WO    | 34'11"     | 3               | PAUL BUSSELL/ROC | 47' 1"      |
| 4                | MICHELLE DEJONG/WO | 32'10 3/4" | 4               | DOUG LAMBERT/WO  | 46' 5"      |
| 5                | KATY BRINK/HOL     | 32'6 1/4"  | 5               | LEE CHILDS/GV    | 46' 2 1/2"  |
| 6                | MARSHA DEJONG/WO   | 32'4 1/2"  | 6               | MIKE TOMORSKI/MS | 44' 10 1/4" |

  

| GIRLS - HIGH JUMP |                       | HEIGHT | BOYS - HIGH JUMP |                      | HEIGHT |
|-------------------|-----------------------|--------|------------------|----------------------|--------|
| 1                 | CARRIE LORENZ/WO      | 5' 3"  | 1                | STEVE FUNK/JEN       | 6'6"   |
| 2                 | STEPHANIE DEVRIES/HOL | 5' 1"  | 2                | TODD HARTGERINK/JEN  | 6'6"   |
| 3                 | KATY BRINK/HOL        | 5'     | 3                | ROB PRINCE/HOL       | 6'4"   |
| 4                 | ROCHELLE ROERIG/GV    | 5'     | 4                | KEVIN AALBERTS/WO    | 6'2"   |
| 5                 | JADIE FRITZ/GH        | 5'     | 5                | WILLIAM ARMSTRONG/EK | 6' *   |
| 6                 | CHRIS HAVEMAN/GV      | 5'     | 6                | ERIC VREUGDENHILL/GV | 5'10"  |

  

| GIRLS - LONG JUMP |                       | DISTANCE   | BOYS - LONG JUMP |                  | DISTANCE   |
|-------------------|-----------------------|------------|------------------|------------------|------------|
| 1                 | BLAIR KROHN/GH        | 17' 1/2"   | ①                | ERIC HILL/EK     | 20'10"     |
| 2                 | KAREN BEVERWYK/WO     | 16'7 1/2"  | 2                | TRACEY BAINE/HOL | 20'5"      |
| 3                 | LISA KARELL/GH        | 16' 3/4"   | ③                | KEVIN BARNES/EK  | 20' 2 1/2" |
| 4                 | ROCHELLE ROERIG/GV    | 15'11 1/2" | 4                | ERIC MARTIN/WO   | 19' 8 1/4" |
| 5                 | CHRIS HAVEMAN/GV      | 15'11 1/2" | 5                | JEFF SMITH/ROC   | 19' 7 1/2" |
| 6                 | SHELLY WACKERNAGEL/MS | 15'8 3/4"  | 6                | JEFF WILLIAMS/GH | 19' 5 3/4" |

  

| BOYS - POLE VAULT |                   | HEIGHT |
|-------------------|-------------------|--------|
| 1                 | SCOTT BAGBY/GV    | 14'    |
| 2                 | JOE NELSON/GH     | 12'6"  |
| 3                 | DAVE MITCHELL/GV  | 12'    |
| 4                 | PHIL BUCK/GH      | 12'    |
| ⑤                 | MIKE PATTERSON/EK | 12'    |
| 6T                | JON ANNING/GH     | 11'6"  |
|                   | TREVOR HANEY/JEN  | 11'6"  |

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| GIRLS 3200 METER RELAY |   | TIME    | BOYS 3200 METER RELAY |   | TIME   |
|------------------------|---|---------|-----------------------|---|--------|
| 1                      | GRANDVILLE<br>MICHELLE BRUSKOTTER<br>KRISTINA PRICE<br>MELISSA MODDERMAN<br>SARA TJOELKER | 9:50.1  | 1                     | JENISON<br>JOHN HEYERMAN<br>TIM BERG<br>THAD KARNEHM<br>J.D. LABBEZOO | 8:09.2 |
| 2                      | WEST OTTAWA   | 10:01.6 | 2                     | ROCKFORD  | 8:14.4 |
| 3                      | MONA SHORES   | 10:08.1 | 3                     | GRAND HAVEN   | 8:14.8 |
| 4                      | EAST KENTWOOD   | 10:22.8 | 4                     | HOLLAND   | 8:15.3 |
| 5                      | HOLLAND   | 10:31.1 | 5                     | WEST OTTAWA   | 8:22.1 |
| 6                      | GRAND HAVEN   | 10:33.8 | 6                     | MONA SHORES   | 8:26.3 |

| GIRLS 100M. INT. HURDLES |                      | TIME  | BOYS 110M. HIGH HURDLES |                      | TIME  |
|--------------------------|----------------------|-------|-------------------------|----------------------|-------|
| 1                        | CARRIE LORENZ/WO     | :16.1 | 1                       | MATT VAN LIERE/HOL   | :15.0 |
| 2                        | MARY HOUSE/EK        | :16.4 | 2                       | MIKE SMALL/EK        | :15.2 |
| 3                        | AMBER ESCH/GH        | :16.4 | 3                       | WILLIAM ARMSTRONG/EK | :15.4 |
| 4                        | ANASTAZIA LAUBERT/GH | :16.5 | 4                       | DARREN OSBORNE/WO    | :15.4 |
| 5                        | AMY LANTINGA/GV      | :16.7 | 5                       | BRIAN PALMER/EK      | :15.5 |
| 6                        | KELLY DIXON/WO       | :16.8 | 6                       | NOEL BRYAN/ROC       | :16.0 |

| GIRLS 100 METER DASH |                    | TIME  | BOYS 100 METER DASH |                     | TIME  |
|----------------------|--------------------|-------|---------------------|---------------------|-------|
| 1                    | MICHELLE BISHOP/GH | :12.4 | 1                   | BLAKE BORN/EK       | :11.2 |
| 2                    | LISA KARELL/GH     | :13.0 | 2                   | DAVE BOWERS/MS      | :11.3 |
| 3                    | TIRZA FIERROS/MS   | :13.4 | 3                   | CRAIG FLOWERDAY/HOL | :11.4 |
| 4                    | DENISE RYSDYK/JEN  | :13.4 | 4                   | PAUL TORETTA/JEN    | :11.6 |
| 5                    | ELAINE STAPLEY/GV  | :13.5 | 5                   | KEVIN BARNES/EK     | :11.6 |
| 6                    | SHELLY HENSHAW/GH  | :13.5 | 6                   | DAVID TATLOCK/HOL   | :11.7 |

| GIRLS 800 METER RELAY |  | TIME    | BOYS 800 METER RELAY |  | TIME    |
|-----------------------|--|---------|----------------------|--|---------|
| 1                     | GRAND HAVEN<br>CAROLYN CARRIER<br>BLAIR KROHN<br>TRACY WARNER<br>MICHELLE BISHOP | 1:44.5* | 1                    | EAST KENTWOOD<br>B.J. EVANS<br>RYAN VANDERHOFF<br>SCOTT MILLER<br>BLAKE BORN | 1:31.7* |
| 2                     | WEST OTTAWA  | 1:50.5  | 2                    | HOLLAND  | 1:31.8  |
| 3                     | EAST KENTWOOD  | 1:50.8  | 3                    | WEST OTTAWA  | 1:34.4  |
| 4                     | MONA SHORES  | 1:50.9  | 4                    | JENISON  | 1:34.5  |
| 5                     | GRANDVILLE   | 1:51.4  | 5                    | ROCKFORD   | 1:36.1  |
| 6                     | JENISON  | 1:52.5  | 6                    | GRANDVILLE   | 1:41.5  |

| GIRLS 1600 METER RUN |                        | TIME   | BOYS 1600 METER RUN |                      | TIME   |
|----------------------|------------------------|--------|---------------------|----------------------|--------|
| 1                    | SARAH VAN EDEN/JEN     | 5:23.0 | 1                   | CHRIS BUURSMAN/GV    | 4:25.4 |
| 2                    | CINDY ARRENDONDO/WO    | 5:28.7 | 2                   | MARK KOTSONAS/EK     | 4:28.2 |
| 3                    | MARY WHYNOTT/EK        | 5:28.9 | 3                   | MIKE MULDER/WO       | 4:30.2 |
| 4                    | MICHELLE BRUSKOTTER/GV | 5:30.4 | 4                   | LEE CHRISTIANSEN/ROC | 4:31.8 |
| 5                    | HEATHER SWINBURNE/MS   | 5:36.3 | 5                   | J.D. LABBEZOO/JEN    | 4:38.1 |
| 6                    | LORI REICHERT/MS       | 5:37.2 | 6                   | RUSS MUDGET/WO       | 4:40.9 |

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| GIRLS 400 METER RELAY |   | TIME   | BOYS 400 METER RELAY |   | TIME  |
|-----------------------|---|--------|----------------------|---|-------|
| 1                     | GRAND HAVEN<br>CAROLYN CARRIER<br>AMBER ESCH<br>LISA KARELL<br>MICHELE BISHOP | :50.4* | ①                    | EAST KENTWOOD<br>RYAN VANDERHOFF<br>KEVIN BARNES<br>ERIC HILL<br>BLAKE BORN | :44.2 |
| 2                     | MONA SHORES   | :52.6  | 2                    | HOLLAND   | :44.2 |
| 3                     | WEST OTTAWA   | :52.7  | 3                    | WEST OTTAWA   | :45.2 |
| 4                     | GRANDVILLE  | :52.8  | 4                    | JENISON   | :45.4 |
| 5                     | EAST KENTWOOD   | :53.6  | 5                    | ROCKFORD  | :46.1 |
| 6                     | ROCKFORD  | :53.7  | 6                    | MONA SHORES   | :46.9 |

| GIRLS 400 METER DASH |                    | TIME   | BOYS 400 METER DASH |                   | TIME  |
|----------------------|--------------------|--------|---------------------|-------------------|-------|
| 1                    | BLAIR KROHN/GH     | :58.6* | 1                   | DAVE BOWERS/MS    | :50.3 |
| 2                    | LISA ROEST/JEN     | :60.2  | 2                   | PERCY LONGMIRE/MS | :50.8 |
| 3T                   | TINA NIENHUIS/WO   | :62.3  | 3                   | TROY BONT/JEN     | :50.9 |
|                      | MARY ANN VELEZ/HOL | :62.3  | 4                   | CHRIS SHERRILL/MS | :50.9 |
| 5                    | KATHY DEJONGE/GH   | :63.1  | 5                   | CHRIS REINSMA/GH  | :51.6 |
| 6                    | TERRI ELMS/WO      | :63.8  | 6                   | MATT POSTMA/JEN   | :52.0 |

| GIRLS 800 METER RUN |                     | TIME   | BOYS 800 METER RUN |                   | TIME   |
|---------------------|---------------------|--------|--------------------|-------------------|--------|
| 1                   | AMY FORTUNA/ROC     | 2:24.1 | 1                  | ERIC TENFELDE/GH  | 1:59.3 |
| 2                   | MARY JANE DEMOCK/GH | 2:24.6 | 2                  | BLAKE DOLPH/ROC   | 1:59.7 |
| 3                   | MARY BIESBROCK/HOL  | 2:25.8 | 3                  | DON SNIPPE/MS     | 2:01.2 |
| 4                   | SARAH VAN EDEN/JEN  | 2:27.0 | 4                  | JOE SOLOMON/GV    | 2:01.4 |
| 5                   | KRISTIN CROUCH/MS   | 2:29.9 | 5                  | JOHN HEYERMAN/JEN | 2:02.6 |
| 6                   | SARA TJOELKER/GV    | 2:30.2 | 6                  | TED BUSH/WO       | 2:02.8 |

| GIRLS 300 M. LOW HURDLES TIME |                  |        | BOYS 300 M. LOW HURDLES TIME |                      |       |
|-------------------------------|------------------|--------|------------------------------|----------------------|-------|
| 1                             | BLAIR KROHN/GH   | :44.7* | 1                            | DARREN OSBORNE/WO    | :39.3 |
| 2                             | KELLY DIXON/WO   | :47.8  | 2                            | MATT VANLIERE/HOL    | :39.3 |
| 3                             | MARY HOUSE/EK    | :49.6  | ③                            | ERIC HILL/EK         | :39.4 |
| 4T                            | MELISSA TREPA/WO | :49.9  | 4                            | GUS SWARTZ/HOL       | :40.1 |
|                               | STACY SHELER/JEN | :49.9  | ⑤                            | WILLIAM ARMSTRONG/EK | :40.2 |
| 6                             | AMY LANTINGA/GV  | :49.9  | 6                            | BOB CZACHORSKI/GV    | :40.4 |

| GIRLS 200 METER DASH |                    | TIME  | BOYS 200 METER DASH |                     | TIME  |
|----------------------|--------------------|-------|---------------------|---------------------|-------|
| 1                    | MICHELE BISHOP/GH  | :25.8 | ①                   | B.J. EVANS/EK       | :22.6 |
| 2                    | CAROLYN CARRIER/GH | :26.5 | 2                   | DAVE BOWERS/MS      | :22.6 |
| 3                    | TRACY WARNER/GH    | :27.0 | ③                   | BLAKE BORN/EK       | :22.9 |
| 4                    | MARY ANN VELEZ/HOL | :27.3 | 4                   | CRAIG FLOWERDAY/HOL | :23.2 |
| 5                    | ELAINE STAPLEY/GV  | :27.4 | 5                   | PAUL TORETTA/JEN    | :23.2 |
| 6                    | JAN LOOMAN/WO      | :28.1 | 6                   | SCOTT BERKIMER/HOL  | :23.4 |

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| GIRLS 3200 METER RUN |                        | TIME    | BOYS 3200 METER RUN |                      | TIME    |
|----------------------|------------------------|---------|---------------------|----------------------|---------|
| 1                    | CINDY ARREDONDO/WO     | 11:51.1 | 1                   | LEE CHRISTIANSEN/ROC | 9:51.1  |
| 2                    | HEATHER SWINBURNE/MS   | 11:51.2 | 2                   | KEVIN BOORSMA/GV     | 9:51.7  |
| 3                    | MARY JANE DEMOCK/GH    | 11:59.2 | 3                   | CHRIS BUURSMA/GV     | 9:56.7  |
| 4                    | MICHELLE BRUSKOTTER/GV | 12:08.4 | 4                   | MATT VISSER/HOL      | 9:57.8  |
| 5                    | JENNY BRUURSEMA/EK     | 12:15.4 | 5                   | THAD KARNEHM/JEN     | 10:09.8 |
| 6                    | MICHELLE KAZMIERSKI/EK | 12:17.1 | 6                   | TODD ANTHES/GH       | 10:11.2 |

| GIRLS 1600 METER RELAY |  | TIME   | BOYS 1600 METER RELAY |   | TIME   |
|------------------------|--|--------|-----------------------|---|--------|
| 1                      | WEST OTTAWA<br>TINA NIENHUIS<br>TERRI ELMS<br>KELLY DIXON<br>JENNY ELDER | 4:12.1 | 1                     | ROCKFORD<br>JIM FRODL<br>NOEL BRYAN<br>SCOTT BALDRIDGE<br>BLAKE DOLPH | 3:29.7 |
| 2                      | GRAND HAVEN  | 4:14.7 | 2                     | EAST KENTWOOD   | 3:30.9 |
| 3                      | ROCKFORD   | 4:15.1 | 3                     | GRAND HAVEN   | 3:32.4 |
| 4                      | GRANDVILLE   | 4:17.5 | 4                     | MONA SHORES   | 3:36.1 |
| 5                      | MONA SHORES  | 4:19.3 | 5                     | JENISON   | 3:41.4 |
| 6                      | HOLLAND  | 4:21.1 | 6                     | GRANDVILLE  | 3:48.4 |

## GIRLS TEAM TOTALS

|   |             |     |
|---|-------------|-----|
| 4 | HOLLAND     | 45  |
| 1 | GRAND HAVEN | 150 |
| 3 | GRANDVILLE  | 47  |
| 7 | JENISON     | 30  |
| 6 | KENTWOOD    | 35  |
| 5 | MONA SHORES | 42  |
| 8 | ROCKFORD    | 17  |
| 2 | WEST OTTAWA | 131 |

## BOYS TEAM TOTALS

|   |             |        |
|---|-------------|--------|
| 2 | HOLLAND     | 74     |
| 8 | GRAND HAVEN | 44 1/2 |
| 7 | GRANDVILLE  | 54     |
| 6 | JENISON     | 57 1/2 |
| 1 | KENTWOOD    | 108    |
| 4 | MONA SHORES | 59     |
| 3 | ROCKFORD    | 72     |
| 5 | WEST OTTAWA | 58     |