

EAST KENTWOOD TRACK
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11	Springer, Rob
12	Stevens, Dennis
5	Suarez, Aaron
11	Tardy, York
11	Taylor, Karl
11	Toms, David
9	Tran, Vince
10	Vandekeift, Mark
9	VanDyk, Paul
10	Van Tongeren, Mark
10	Vogel, Matt
12	Westhoven, Eric

	W.D.	GH	No!	RK	GV.	ms	Total
11							1
12							21
12	4.2	2.2	6.2	3	3.2		
11							19.25
11	6.5	2.5	3.5	4.2	1.2	2.5	
11							
9							
10							
9							
10							15
10	3	5		1			
12							

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT John Bos DATE May 26
1st

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1. Patterson 12'	1. Armstrong 6'2"	1. Rozema 47 1/2'	1. Hill 22'8"	1.
2.	2.	2.	2. Merritt	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1. Schultz	1. Palmer	1. Hill 10.3	24.3 1. Taylor
2. Suarez	2. Small m 14.8	2.	23.5 2. Kodish
3. Roger	3. Armstrong 15.1	3.	23.6 3. Miller
4. Hyde	alt.	alt.	22.5 4. Small
alt.			1:33.9 alt. 5th

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>800 M. RUN</u>
2nd 1. Hyde	1. 43.5 Ottawa	1.	1. Schultz
2. 1:16.4	2.	2.	2. 59, 2:02
3. 2:16.6 2:10	3.	3.	3.
4. 3:16.9 3:19	4.	alt.	4.
5. 4:16.7 4:26.2	alt.		5.
6.			6.

<u>300 INT. HURDLES</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1. Small 40.6	1. Hill	1. Hyde	1. Small
2. Armstrong	2.	2.	2. Miller
3.	3.	3.	3. Taylor
alt.	alt.	4.	4. Armstrong
		5.	alt.
		6.	

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shore

DATE 5/19/88

POLE VAULT

1. Roderick
2. Tardy -
3. Kerr 10
4. Patterson 12
- alt.

HIGH JUMP

1. Jordan 5'4"
2. Andybur 5'10"
3. Armstrong 6'2"
4. [unclear] 6'4"
- alt.

SHOT PUT

1. Dewey 27'2"
2. Buettner 34"
3. Vogel 35'7 1/2"
4. Springer 35'9 1/4"
5. Babers 42'8"
6. Rozema 47'1 1/2"

LONG JUMP

1. Houria 16'3 1/2"
2. Ball 16'10"
3. Evans 18'10 1/2"
4. Smith 17'1 1/2"
5. Merritt 19'5"
6. Hill 19'4"

DISCUS

1. Buettner 118'7"
2. Springer 85'3"
3. Dewey 96'7"
4. [unclear]
5. Babers 109'6"
6. Vogel 118'3"

② 8:39.3

2 3200 M. RELAY

1. Anderson 63 2:10.4
2. Hennin 60 2:07.9
3. Palmer 66 2:16
4. De Graaf 60 2:06.7
- alt.

110 HIGH HURDLES

1. Armstrong 15.1
2. Palmer 14.7
3. Small 14.4
- alt.

100 METER DASH

1. Taylor
2. Hill 11.4
3. Reid 11.6
- alt. Vanderkift 12.84
- Small 11.8
- Baker 12.3
- Smith 12.8
- Choir 12.2

800 M. RELAY

1. Taylor 24.1
2. Kodich 22.9
3. Miller 23.5
4. Small m. 23.0
- alt. Reid

1600 M. RUN

- 4:40 1. Suarez 2:15 3:30
- 5:17 2. Johnson 2:35 3:44
- 5:11 3. Priddy 2:28 3:52
- 5:20 4. Natins 2:35 4:01
- 5:24 5. Klodder 2:39 4:05
- 4:59 6. Cook P. 2:25 3:33
- 6:07 ~~Vantamyan~~

400 M. RELAY

1. Taylor 45.9
2. Kodich-Merritt
3. Mester
4. Hill
- alt.

400 M. DASH

1. Miller
2. Rasmussen 33.9
3. Kok 56.4
- alt. Olson 55.9
- Ball 55.9
- Olson

800 M. RUN

1. Schultz 57 203
2. De Graaf 60 2:14
3. Naylor 57-200
4. Mader 57 2:19
5. Hennins 62 2:16
6. Anderson 62 2:11
- 66 2:11

300 INT. HURDLES

1. Armstrong 4.5
2. Palmer
3. Dalton 44.3
- alt.

200 M. DASH

1. Kodich 23.6
2. Small m
3. Reid 23.6
- alt. Ball

3200 M. RUN

1. Roger 10:21
2. De Graaf 10:44
3. [unclear]
4. [unclear] 10:51
5. Klodder 10:51
6. [unclear] 11:42.0
- Toms. 10:52
- Pierre 10:52

1600 M. RELAY

1. Rasmussen 55.5
2. Babers 59.7
3. Olson 58.3
4. Ball 55.8
- alt.

48.15V.

Ball
Jordan
Ball
Evans 24.4

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shores

DATE 5/19/88

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1.	1.	1. Van Dstc 13.1	1.
2.	2.	2. Barr 12.2	2.
3.	3.	3. Baker	3.
4.	alt. <i>Balder</i>	alt.	4.
alt.			alt.

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>800 M. RUN</u>
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	alt.	4.
5.	alt.		5.
6.			6.

<u>300 INT. HURDLES</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
alt. <i>Balder</i>	alt.	4.	4.
		5.	alt.
		6.	

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Fr. + Soph Meet

DATE May 11, 1999

POLE VAULT

1. Kerin 9'0" (5th)
2. Roderick
- 3.
- 4.
- alt.

HIGHER JUMP

1. Tran
- 2.
- 3.
- 4.
- alt.

SHOT PUT

1. Rozema 48'3" (1st)
2. Dewey 80
- 3.
- 4.
- 5.
- 6.

LONG JUMP

1. Merritt 20 1/4" (2nd)
2. Ball 18'0"
- 3.
- 4.
- 5.
6. Alt. Smith

DISCUS

1. Vogel (2nd) 111
2. Buettner 107
- 3.
- 4.
- 5.
- 6.

2 MILE RELAY 8:54

1. Anderson 59 - 2:11 (2nd)
2. Henning 64 - 2:12
3. Johnson 69 - 2:23
4. De Graaf 62 - 2:07
- alt.

110 HIGH HURDLES

1. Bolden 17.7 (3rd)
- 2.
- 3.
- alt.

100 YARD DASH

1. Merritt 11.5 - 11.2 (1st)
2. Meiler 11.7
- 3.
- alt.

880 RELAY 36.2

1. Meiler 4.7 (1st)
2. Kerr 29.8
3. Vanderkroff 24.5
4. Kodich 28.0
- alt. Olson

1 MILE RUN 4:17

1. DeGraaf 61 - 2:20 - 3:36 (4th)
2. Cook 56 - 2:27 - 3:52 (5:2)
3. Kladder 60 - 2:34 - 4:01 (5:2)
- 4.
- 5.
- 6.

440 YD RELAY 49.1

1. Barr
2. Chivers
3. Smith
4. Baker
- alt. Ball

440 YD DASH

1. Rasmussen 54.4 (3rd)
2. Oliver 56.6 (5th)
3. Potts 65.7
- alt.

880 YD RUN

1. Anderson 62 - 2:08.5 (1st)
2. Henning 64 - 2:11.8 (3rd)
3. Tran 67 - 2:31
- 4.
- 5.
- 6.

330 LOW HURDLES

1. Bolden 44.3 (2nd)
- 2.
- 3.
- alt.

220 YD DASH

1. Kodich 23.8 - 23.51 (2nd)
2. Vanderkroff 25.1
- 3.
- alt.

TWO MILE RUN

1. DeGraaf -
2. Kladder 11:36.8
3. Johnson -
4. = 245 - 4:15 - 5:54
- 5.
6. 7:19 - 8:48 - 10:14

1 MILE RELAY 3:41.1

1. Rasmussen 53.5
2. Oliver 56.6
3. Olsen 36.0
4. Meiler 55.6
- alt. Ball
Henning

Team Picture

Thurs: After Conf.

BUS

O-K CONFERENCE

68
69
1
137
45
28
32
32
137

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 5/3/88

POLE VAULT 5

HIGH JUMP 5

SHOT PUT 3 (11)

LONG JUMP 6

DISCUS 1

- 20
1. Roderick
2. Tardy
3. Kerr
4. Patterson
alt.

1. Jordan
2.
3. Armstrong
4.
alt.

1. Dewey
2. Buettner
3. Vogel
4. Babers
5. Rozema
6.

1. Ball
2. Evans
3. Baker
4. Reid
5. Merritt
6. Hill
alt. Smith

1. Buettner
2. Springer
3. Dewey
4. Vogel
5. Babers
6.

2 MILE RELAY 5

110 HIGH HURDLES 4

100 YARD DASH 4

880 RELAY

1. Schiltz 2:01-2:08
2. Suarez 2:01-2:06
3. Royer 2:00-2:09
4. Hyde 58-2:06
alt. Anderson

1. Armstrong 15.6
2. Palmer 15.1
3. Small, M. 15.4
alt. Small B.

1. Merritt 10.7 11.6
2. Hill 10.4 11.3
3. Kodich 10.9 11.8
alt.

1. Taylor 24.6
2. Kodich 22.8
3. Miller 24.1
4. Small M. 23.0
alt. Merritt

MILE RUN 6 (9)

440 YD RELAY 45.2

440 YD DASH 4

880 YD RUN

1. Hyde 4:44.7
2. ~~Royer~~
3. Schiltz 4:50.4
4. DeGroot 4:54
5. Kladler 5:28.4
6. Cook S. 5:13.4

1. Taylor
2. Kodich
3. Armstrong
4. Hill
alt. Merler
Merritt

1. Reid
2. Miller 5:3.4
3. Merler 5:4.9
alt. Rasmussen

1. Schultz 6:21.52
2. Suarez 6:25.7
3. Anderson 6:20.93
4. Henning 6:11.3
5. Reiffer 6:19.3
6. Tom 54

330 LOW HURDLES 4

220 YD DASH 4

TWO MILE RUN 8

MILE RELAY 5 3:32.3

1. Small M. 41.1
2. Palmer 41.2
3. Small B. 44.5
alt. Bolden

1. Hill 23.2
2. ~~Smith~~
3. Kodich 23.8
alt. Taylor

1. Hyde 9:55.0
2. Royer 10:13.8
3. Suarez
4. DeGroot 10:39.6
5. Palmer S. 10:48.6
6. Pierce 11:02
Reiffer 11:22
Johnson 11:22
Tom

1. Taylor 52.9
2. Small M. 53:8 53.5
3. Miller 53.8 53.2
4. Armstrong 51.7 51.5
alt. Merler
Reid

73

19.56

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 5-3-88

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

2 MILE RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

110 HIGH HURDLES

- 1. Small B 16.8
- 2. Bolden 17.7
- 3.
- alt.

100 YARD DASH

- 1. Hommes 10.8
- 2. Kerr 11.0
- 3. Baker 11.4
- Rosema 11.2
- alt. Barr 11.5
- Smith 11.6
- Ball 11.1
- Chiviz 11.7

880 RELAY / 39.4

- 1. Barr 26.1
- 2. Bolden 25.2
- 3. Ball 27.6
- 4. Mesler 22.9
- alt. Cook
- Smith

MILE RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

440 YD RELAY

- 1. Ball
- 2. Baker
- 3. Evans
- 4. Vanderkift
- alt.

440 YD DASH

- 1. Rasmussen 59.5
- 2. Oliver 57.0
- 3. Kolk 56.5
- alt. Farby
- Natzius 52.2
- Potts 60.0
- Olson 57.5

880 YD RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

330 LOW HURDLES

- 1.
- 2.
- 3.
- alt.

220 YD DASH

- 1. Ball 25.5
- 2. Barr 26.4
- 3. Bolden 25.8
- Cook 2
- alt. Smith C
- Vanderkift 23.3
- Hommes
- Olson 26.2
- Rosema 23.0
- TARDY 26.1
- Mesler 24.3
- Kerr 24.2

TWO MILE RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

MILE RELAY

- 1. Rasmussen 36.7
- 2. Oliver 61.6
- 3. Jordan 58.4
- 4. Kolk 59.8
- alt.
- Evans
- Olson
- Natzius

48.0

57.6



* Bus leaves 2:45
[Pre-lim / Field Level]

* Bus leaves 11:30 (Final)

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Regionals DATE 5/21/80

POLE VAULT <u>12' 7 1/2"</u>	HIGH JUMP <u>6' 3 3/4"</u>	SHOT PUT <u>50' 8"</u>	LONG JUMP <u>21' 1/4"</u>	DISCUS <u>44'</u>
1. Kerr ?	1. <u>Armstrong</u> <u>44'</u>	1. Rozema	1. <u>Hill</u> <u>44'</u>	1. Vogel
2. <u>Patterson</u>	2. Andjbur	2. Babers	2. Merritt 2	2. Babers
3.	3.	3.	3.	3.
4.	4. <u>6' 3"</u>	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

3:05.4 18 8:17
5:21.1

3200 M. RELAY	110 HIGH HURDLES <u>14.9</u>	100 METER DASH <u>11.0</u>	800 M. RELAY
1. Schultz 57 - <u>2:02</u>	1. <u>Palmer</u> <u>14.8</u> <u>54'</u>	1. Hill <u>11.5 - 11.3</u>	1. Taylor 23.8
2. Suarez 59 - <u>2:06</u>	2. Small M. <u>15.2</u>	2. Merritt <u>11.4</u>	2. Kodirk 23.5
3. Royer 61 - <u>2:08</u>	3.	3.	3. Miller 23.6
4. Hyde 57 - <u>2:00</u>	alt.	alt.	4. Small M. <u>23.1</u>
alt.			alt. Reid

4:27

1600 M. RUN	400 M. RELAY <u>44.2</u>	400 M. DASH <u>50.3</u>	800 M. RUN
1. Hyde	1. Taylor <u>45.3</u>	1. Armstrong <u>53.7</u>	1. Schultz <u>59</u>
2. Suarez <u>4:31.0</u>	2. Kodirk	2. Miller <u>53.9</u>	2. Suarez <u>2:04.3</u>
3. <u>66</u> - <u>2:19</u> - <u>3:27</u> <u>64</u>	3. Mesler	3.	3.
4.	4. Hill	alt.	4.
5.	alt. Merritt		5.
6.	Reid		6.

4:11.8

300 INT. HURDLES	200 M. DASH <u>24.0</u> <u>22.6</u>	3200 M. RUN <u>9:44.3</u>	1600 M. RELAY <u>3:25.6</u>
1. Small M. <u>4:11.8</u>	1. Kodirk <u>24.4</u>	1. Hyde	1. Small M.
2. Palmer	2. Reid <u>23.9</u>	2. Royer	2. Miller
3.	3.	3.	3. Taylor
alt.	alt.	4.	4. Armstrong
		5.	alt.
		6.	Merler
			Reid

Hyde 70 - 2:23 - 3:39 - 4:55 - 6:13 - 7:32 - 8:51 - 10:05

Hyd 72 2:25 - 3:39 - 4:57 - 6:17 - 7:39 - 9:00 - 10:15

313 769-2500
Weber's Inn
Jackson Rd
Ann Arbor

Due 5/12/88

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Conf Meet DATE 5/17/88

POLE VAULT

- 1. Patterson 13'6" ^{2nd}
- 2. Keer
- 3. Tardy
- 4.
- alt.

HIGH JUMP

- 1. Armstrong 6'6" ^{Tie 4th}
- 2. Andjbar
- 3. Jordan
- 4.
- alt.

SHOT PUT

- 1. Rozema 46'6"
- 2. Babers
- 3. Springer
- 4.
- 5.
- 6.

LONG JUMP

- 1. Hill 20'3" ^{3rd}
- 2. Merritt 19'5" ^{3rd}
- 3. Evans
- 4.
- 5.
- 6.

DISCUS

- 1. Vogel 107
- 2. Babers 111
- 3. Buettner 114
- 4.
- 5.
- 6.

3200 M. RELAY

- 1. Schultz 59-2:03
- 2. Suarez 59-2:06
- 3. Royer 59-2:08
- 4. Hyde 59-2:01
- alt. Anderson

110 HIGH HURDLES

- 1. Palmer 14.8
- 2. Small m: 14.9
- 3. Armstrong 15.3
- alt. Small B.

100 METER DASH

- 1. Hill 11.0
- 2. Merritt 11.3
- 3. Mesler 11.5
- alt. Taylor

800 M. RELAY

- 1. Taylor
- 2. Kodish
- 3. Miller
- 4. Small M.
- alt. Reid

1600 M. RUN

- 1. Hyde 65-2:11-3:22
- 2. Suarez 67-2:17-3:30
- 3. DeGraaf 67-2:18-3:22
- 4.
- 5.
- 6.

400 M. RELAY

- 1. Taylor
- 2. Kodish
- 3. Mesler
- 4. Hill
- alt. Merritt

400 M. DASH

- 1. Armstrong 53.4
- 2. Miller 53.5
- 3. Rasmussen 54.1
- alt.

800 M. RUN

- 1. Schultz 59-2:07
- 2. Suarez 62-2:08
- 3. Anderson 61-2:08
- 4.
- 5.
- 6.

300 INT. HURDLES

- 1. Small m. 40.8
- 2. Palmer B. 41
- 3. Small B.
- alt.

200 M. DASH

- 1. Hill 23.0
- 2. Kodish 24.1
- 3. Reid 24.1
- alt.

3200 M. RUN

- 1. Hyde 9:47
- 2. Royer 10:12
- 3. Palmer S. 10:35
- 4.
- 5.
- 6.

1600 M. RELAY

- 1. Small, m. 52.6
- 2. Miller 52.6
- 3. Taylor 53.4
- 4. Armstrong
- alt. Reid
- Schultz

Hyde 70-2:23-3:37 4:53 6:08 7:25 -
 Royer 70-2:24-3:37 4:56 6:17 7:34 -
 Palmer 72-2:29-3:47 5:10 6:23 7:56 -

10 46421
 29
 44
 71
 30 pt
 38/16
 54/8
 62
 47
 25
 60
 22
 4
 91
 82
 70
 12

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 5/10/88

26

⁶ POLE VAULT

- 1. Roderick -
- 2. Tardy 9'0
- 3. Kerr 10'0
- 4. Patterson 12'6"
- alt.

⁵ HIGH JUMP

- 1. Jordan -
- 2. Andybur -
- 3. Armstrong 6'2"
- 4.
- alt.

⁶ SHOT PUT

- 1. Dewey 26'10 1/2
- 2. Buettner 35'4 1/4"
- 3. Vogel 35'11 1/2"
- 4. Springer 34'10"
- 5. Babers 37'10 1/2"
- 6. Rozema 45'10 1/2"

⁶ LONG JUMP

- 1. Ball 17'9 3/4"
- 2. ~~Loria~~ Smith 16'5"
- 3. Baker 17' 1/8"
- 4. Evans 18'10 1/2"
- 5. Merritt 19'1 3/4"
- 6. Hill 20'4 1/2"

³ DISCUS

- 1. Mesler 81'5"
- 2. Buettner 108'5"
- 3. Springer 23'0"
- 4. Dewey 94'7"
- 5. Babers 115'4"
- 6. Vogel 112'10"

8:43.8

⁵ 3200 M. RELAY

- 1. Suarez .62 2:11
- 2. Royer .62 2:10
- 3. Anderson .63 2:11
- 4. Schultz .60 2:10
- alt. Henning

⁴ 110 HIGH HURDLES

- 1. Armstrong 15.2
- 2. Palmer 14.6
- 3. Small M. 15.2
- alt. Small B.

⁴ 100 METER DASH

- 1. Merritt 11.4"
- 2. Hill 11.6"
- 3. Baker 12.1
- alt. Kodish

⁵ 800 M. RELAY

- 1. Taylor 24.0
- 2. Kodish 23.2
- 3. Miller 23.9
- 4. Small M. 22.8
- alt. Reid
Merritt

⁴ 1600 M. RUN

- 1. Hyde 4:27
- 2. Suarez 4:31
- 3. Reiffer 5:04
- 4. DeGraaf F 4:54
- 5. S. Cook 5:10
- 6. Kladder 5:21

⁰ 400 M. RELAY

- 1. Taylor 45.5
- 2. Kodish
- 3. Mesler
- 4. Hill
- alt. Merritt

⁶ 400 M. DASH

- 1. Armstrong 32.4
- 2. Miller 33.6
- 3. Rasmussen 34.6
- alt. Kok

⁴ 800 M. RUN

- 1. Schultz 2:02
- 2. Suarez 2:06
- 3. Henning 2:10
- 4. Tran 2:22
- 5. Anderson 2:28
- 6.

19

⁴ 300 INT. HURDLES

- 1. Small, M 46.2
- 2. Palmer, B 42.4
- 3. Small, B 44.0
- alt. Bolden

⁶ 200 M. DASH

- 1. Hill 23.7
- 2. Merritt 24.9
- 3. Kodish 23.9
- alt. VanderKift

⁴ 3200 M. RUN

- 1. Hyde
- 2. Royer
- 3. Pierce
- 4. Toms
- 5. Palmer, S.
- 6. Johnson
- 7. Vantonjen

⁵ 1600 M. RELAY

- 1. Small M 54.3
- 2. Jordan 56.2
- 3. Small, B 58.1
- 4. Schultz 56.8
- alt. Reid
mesler
Rasmussen
Schultz

79

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Grandville DATE 5/10/50

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1.	1. Small, B	1. Baker	1. Mesler 2:44
2.	2. Bolden	2. Bahr	2. Merritt 2
3.	3.	3. Smith 12.3	3. Vanderkift
4.	alt.	alt. Chivis 12.5	4. Kerr 25.
alt.		Louisa mesler 11.9	alt. Bolden
		Bozema 11.8.1	
		Ball 12.1	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>800 M. RUN</u>
1.	1. Bok 56.5	1. Kok 56.5	1.
2.	2. Louisa Olson 55.6	2. Olson 55.6	2.
3.	3. Ball 55.0	3. Oliver 56.7	3.
4.	4. Smith	alt. Ball 55.9	4.
5.	alt. Oliver	Natzius 59.0	5.
6.	Oliver oliver 59	Potts	6.
	natzius - 59		

<u>300 INT. HURDLES</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. F</u>
1. Bolden	1. Ball 25.5	1.	1.
2.	2. Barry 25.5	2.	2.
3.	3. Vanderkift 25.5	3.	3.
alt.	alt. Olson	4.	4.
	Jardy	5.	alt.
	EVANS 24.7	6.	
	Schultz 26.0		
	B. Palmer 25.5		
	Brook 26.7		

O-K CONFERENCE 19

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE Apr. 19, 1988

<u>POLE VAULT</u> 3 ✓	<u>HIGH JUMP</u> ✓	<u>SHOT PUT</u> 3 ✓	<u>LONG JUMP</u> 8 ✓	<u>DISCUS</u> 7 ✓
1. Cook Steve	1. Jordan	1. Dewey 29'6"	1. Hill	1. Dewey 102
2. Tardy -	2. Andybar	2. Springer -	2. Reid	2. Buettner 92
3. Kerr ^{Jerr} 9	3. Armstrong	3. Buettner 34'6"	3. Merritt	3. Vogel 110.6
4. Patterson m. 11'6"	4. Hill	4. Vogel 36'0"	4. Smith	4. Babers - 108
alt. Roderick -	alt.	5. Babers	5. Barr	5.
		6. Rozema	6. Baker	6.

<u>2 MILE RELAY</u> 5 ✓	<u>110 HIGH HURDLES</u> 8 ✓	<u>100 YARD DASH</u> 8 ✓	<u>880 RELAY</u> 5 ✓
1. Schultz ⁶⁵ 2:11	1. Small, B. ^(false start)	1. Taylor 11.8	1. Taylor 23.8
2. Suarez 67, 2:18	2. Small m 15.4	2. Hill 11.8	2. Kodish 24.0
* 9.06.4 3. Royer 64, 2:16	3. Palmer, B. 15.1	3. Kodish 12.0	3. Small m. B. 4
4. Hyde 65, 2:18	alt. ^{Small B} Babers	alt. Mesler Merritt	4. Miller 24.3
alt. Anderson DeGraff			alt. ^{Mesler Small, B.}

<u>5 MILE RUN</u> 8-3	<u>440 YD RELAY</u> 0 +5	<u>440 YD DASH</u> 3 8 ✓	<u>880 YD RUN</u> 6 ✓
1. Hyde 4:41.2	1. Taylor 45.97	1. Reid 53.9	1. Schultz 64 2:06.9
2. Suarez 4:50	2. Kodish	2. Miller 55.3	2. Hyde -
3. DeGraff 5:01	3. Mesler	3. Babers 56.4	3. Anderson 65 2:16.1
4. Palmer 5 5:11	4. Hill	alt. Oliver Rasmussen Mesler	4. DeGraff 68 2:16
5. Van Tongeren	alt. ^{Homes} Merritt		5. Henning 65 2:12
6. Pierce 5:24			6. Reiffer 69 2:16
Kladder 5:32			7. Toms 70 2:26
^{Jeter}			8. Tran 72 2:31

<u>330 LOW HURDLES</u> 8 ✓	<u>220 YD DASH</u> 6 ✓	<u>TWO MILE RUN</u> 5	<u>MILE RELAY</u> 0
1. Hill 43.8	1. Reid 24.4	1. Royer 10:28	1. Miller 55.8
2. Small m 42.6	2. Taylor 24.3	2. Suarez 11:13	2. Mesler 55.6 5:48.4
3. Palmer, B 43.2	3. Kodish 23.9	3. Schultz 10:52	3. Small m. 54.2
alt. Armstrong Small B.	alt. ^{Homes} Mesler Merritt Evans G.	4. Johnson 11:36.1	4. Reid 62.7
		5. Cook 5 11:38	alt. Mesler
		6. Reiffer 11:37	Schultz
			Oliver

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE Apr 19, 1988

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

2 MILE RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

110 HIGH HURDLES

- 1. ✓ Bolden 16.7
- 2.
- 3.
- alt.

100 YARD DASH

- 1. ✓ Cook P. 12.8
- 2. ✓ Barr 12.2
- 3. ✓ Baker 11.9
- alt. ✓ Merritt 11.8
- alt. ✓ Mommer
- ✓ Louria 12.5
- ✓ Chivis 12.7
- ✓ Smith 12.2

880 RELAY 1:42.3

- 1. ✓ Small B. 35.5
- 2. ✓ Kok 27
- 3. ✓ Jordan 35.5
- 4. Evans G.

alt. Mommer Oliver
Baker
Louria

MILE RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

440 YD RELAY

- 1. Merritt 49.8
- 2. Baker
- 3. Smith
- 4. Louria
- alt. Chivis
- Evans G.

440 YD DASH

- 1. ✓ Oliver 58
- 2. ✓ Rasmussen 58.3
- 3. ✓ Kok 58
- alt. ✓ Potts 65.9
- ✓ Tardy 59.8
- Jordan —

880 YD RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

330 LOW HURDLES

- 1. ✓ Bolden 47.9
- 2. ✓ Small B 44.7
- 3.
- alt.

220 YD DASH

- 1. ✓ Merritt
- alt. ✓ Vackerhoff 25.5
- 2. Tardy
- 3. ✓ Chivis 26.8
- alt. ✓ Cook 26.6
- alt. ✓ Smith
- Patterson
- Rozema
- ✓ Tran 27.1
- ✓ Volson 26.4
- ✓ Louria 26.0
- ✓ Tardy 26.7

TWO MILE RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

MILE RELAY 3:49.9

- 1. ✓ Rasmussen 55.3
- 2. ✓ Kok 58.0
- 3. ✓ Jordan 56.5
- 4. ✓ Oliver 57.0
- alt. ✓ Baker 43.9
- ✓ Evans 57.1
- Olson 59.0
- Merritt 89.3

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jenison

DATE Apr 21, 1988

POLE VAULT

1. Roderick -
2. ~~Tandy~~
3. Kerr 10'0"
4. Patterson 13'5"
- alt. ~~Seak~~

HIGH JUMP

1. Jordan -
2. Andybar 5'4"
3. Armstrong 6'1"
- 4.
- alt.

SHOT PUT

1. Dewey 26'8"
2. Buettner -
3. Vogel -
4. Babers 46'11"
5. Rozema 44'3"
6. ~~Spr...~~

LONG JUMP

1. Ball 19'5"
2. Evans 6'18'7/2"
3. Merritt 14'11 1/2"
4. Baker 16'11 1/2"
5. Reid 18'10"
6. Hill 25'4"

DISCUS

1. Buettner -
2. Dewey 89'6"
3. Vogel 107'7"
4. Babers 100'11"
5. ~~Spr...~~
- 6.

2 MILE RELAY 8:35

1. Schultz 66-2:06
2. Royer 59-2:07
3. Anderson 63-2:11
4. Suarez 61-2:11
- alt. Hyde

110 HIGH HURDLES

1. Armstrong 15.7
2. Palmer B 15.1
3. Small, M. 15.3
- alt. Small B

100 YARD DASH

1. Taylor 11.8
2. Hill 11.3
3. Reid
- alt. Merritt
Kodich

880 RELAY 1:34.8

1. Taylor 24.5
2. Kodich -
3. Small, M 23.0
4. Miller 23.8
- alt. Mosler

MILE RUN

1. Hyde 70:20 (4:37)
2. Royer 71:27 (4:47)
3. DeGraaf 71:25 (4:52)
4. Palmer S. 74:20 (5:14)
5. Pierce 76:21 (5:24)
6. Kladder 80:12 (5:28)

440 YD RELAY 45.8

1. Taylor
2. Kodich
3. Mosler
4. Hill
- alt. Armstrong
Merritt

440 YD DASH

1. Reid 53.1
2. Miller 54.4
3. Rasmussen 54.5
- alt. Babers

880 YD RUN

1. Schultz 59-2:02
2. Hyde 59-2:01
3. Anderson 65-2:11
4. Henning 68-2:19
5. Reiffer 68-2:18
6. Tran 71-2:34

330 LOW HURDLES

1. Small M. 41.3
2. Palmer B. 43.15
3. Armstrong 42.6
- alt.
- ✓ Small B 44.0
- ✓ Balden 45.4

220 YD DASH

1. Kodich 24.1
2. Reid 24.4
3. Taylor 25.0
- alt.
- merritt
- Kander Keiff

TWO MILE RUN

1. Suarez 10:36
2. Royer 10:26
3. Schultz 11:00
4. DeGraaf 10:29
5. Palmer S. 10:53
6. Johnson 11:36
- ✓ Cook S. 11:33
- ✓ Pierce 11:14

MILE RELAY 1:35.6

1. Miller 55.4
2. Mosler 50.4 (53?)
3. Small, M 53.8
4. Hill 52.0
- alt. Rasmussen 55.8
- Babers 56.1

Bus for John Bus
+
w/ Relays

2:37
3:59
5:11

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jenison

DATE Apr 21, 1988

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

2 MILE RELAY

1. Reiffer 68:21.9
 2. Nanning 63:21.5
 3. Johnson 72:21.9
 4. Toms 65:21.2
- alt.

110 HIGH HURDLES

1. B. Small 18.1
 2. Bolden 18.0
 - 3.
- alt.

100 YARD DASH

1. Merritt 11.8
VanderKeift 12.5
 2. Baker 12.3
Rozema 12.1
 3. Nommes 12.0
- alt. Mesler 12.2
Smith
Barr 12.8
Kerel 12.3
Babers 12.3
Louria 12.9
Chivis 13.2
Cook, R.

880 RELAY

1. Small, B.
 2. Jordon
 3. VanderKeift
 4. Evans, G.
- alt. Nommes
oliver

MILE RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

440 YD RELAY 48.7

1. Merritt
 2. Baker
 3. Evans
 4. Louria
- alt. Barr
VanderKeift

440 YD DASH

1. Babers -
 2. Jordon -
 3. Oliver 56.9
- alt. Tardy 58.7
Kok 57.0
Toms 61
Natzius 59.0
Potts 67

880 YD RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

330 LOW HURDLES

1. Small B.
 2. Bolden
 - 3.
- alt.

220 YD DASH

1. Merritt 24.6
 2. VanderKeift 25.0
 3. Louria 25.4
- alt. Olson 26.0
Cook R.
Chivis
Patterson
Tran
Homes 25.2
Rozema 25.4
Ball 25.8
Jordon 25.5

TWO MILE RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

MILE RELAY

1. Babers 56.1
 2. Oliver 55.4
 3. Evans 62.8
 4. Jordon 55.4
- alt.

- Kok 59.2
Phil Natzius
Evans 58.0
Olson 57
Ball 58.5

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT John Bar

DATE 4/30/88

POLE VAULT

1. Patterson
 2. Kerr
 - 3.
 - 4.
- alt.

HIGHER JUMP

1. Armstrong 6'2"
 2. Andybar
 - 3.
 - 4.
- alt.

SHOT PUT

1. Rozema
2. Babers (out)
- 3.
- 4.
- 5.
- 6.

LONG JUMP

1. Hill 20'10 1/2"
2. Reid / merritt
3. 19'6"
4. Alt, merritt
- 5.
- 6.

DISCUS

1. Babers (out)
2. Vogel
- 3.
- 4.
- 5.

2 MILE RELAY

1. Schultz 59 - 2:03
 2. Suarez 59 - 2:08
 3. Royer 58 - 2:06
 4. Hyde 57 - 2:00
- alt. Anderson

110 HIGH HURDLES

1. Small m 15.1 (14.7)
 2. Palmer 15.0 (14.7)
 - 3.
- alt. Armstrong

100 YARD DASH

1. Hill 10.2
 2. Taylor
 - 3.
- alt. Kodish

880 RELAY

1. Taylor 24.5 +
 2. Kodish 22.3 -
 3. Small m 22.3 -
 4. Miller 24.3 +
- alt. Reid / merritt

1/2 MILE RUN

1. Hyde 64 - 2:13 - 3:26
2. Suarez 66 - 2:18 - 4:50
- 3.
4. Alt, DeGraaf
- 5.
- 6.

440 YD RELAY

1. Taylor
 2. Kodish
 3. Armstrong
 4. Hill
- alt. merler
merritt

440 YD DASH

1. Reid 57
 2. Miller 53.9
 - 3.
- alt. merler
Rasmussen
Taylor

880 YD RUN

1. Hyde
2. Schultz 62
3. 2:04.0
- 4.
- 5.
- 6.

330 LOW HURDLES

1. Small m 41.0
 2. Armstrong 41.5
 - 3.
- alt.

220 YD DASH

1. Reid 23.5
 2. Kodish 23.7
 - 3.
- alt. Taylor

TWO MILE RUN

1. Royer 10:18.1
2. Suarez
- 3.
- 4.
5. Alt
Hyde
- 6.

MILE RELAY

1. Reid 54.9
 2. Small m 54.9
 3. Miller 53.7
 4. Hill 54.5
- alt. merler
Rasmussen
Babers
Armstrong
Taylor

72 50 51
37 38 50
32
78 79

70 - 2:23 - 3:41 - 5:01
6:22 7:44 - 9:07

EAST KENTWOOD TRACK

GRAND VALLEY STATE COLLEGE (GRAND RAPIDS PRESS INVITATIONAL)

Date: March 26, 1988

Vans Leave at: 8:45 (Doors open at 9:30) 30 min Drive

Marked
OH 41
WB 43
GH 52
EK 23

10:30	Shot Put	<u>Rozema</u> —	<u>Barbers</u> 41'0"
—	Pole Vault	<u>Patterson</u> —	—
Tie 4th	High Jump	Tie <u>Andybar</u> 5'10"	<u>Jordan</u> —
1st	Long Jump	<u>Hill</u> 21'11"	<u>Reid</u> 18'11"

10:15	J.V. 800 Meter Relay	<u>Louria</u>	<u>Vanderkeiff</u>	<u>Baker C.</u>	<u>Merritt</u>
10:45	J.V. 1600 Meter Run	<u>Palmer S.</u>	<u>Van Tongeren</u>		<u>5:03.5</u>
1st	1600 Meter Run	<u>Nyde</u> 70	69.5 69.2	70.8	<u>4:40</u>
3rd		<u>Schultz</u> 70	71 2:25. (94)	70.4	<u>4:45</u>
4th	800 Meter Relay	<u>Small M.</u>	<u>Hill</u>	<u>Small B.</u>	<u>Reid</u>
1st	3200 Meter Relay	<u>Schultz</u> 2:12	<u>Suarez</u> 60 2:04.2	<u>Royer</u> 2:09.2	<u>Nyde</u> 58
1st	50 Meter Highs	<u>Palmer</u> 7.1-7.27	<u>Small M.</u>	7.11	
3rd	50 Meter Dash	<u>Hill</u> 6.1	<u>Taylor</u>	6.1	
5th	400 Meter Dash	<u>Reid</u> 53.7	<u>Miller</u> —		
	3200 Meter Run	<u>Royer</u> 78-78-81	520 84 84 87 87 87	11:07.	
3rd		<u>Suarez</u> 77-76-76	506 (77) 77 83 82	74 10:22.	
1st	J.V. 1600 Meter Relay	<u>S. Palmer</u> 6:5	<u>Rasmussen</u> 55.3	<u>Oliver</u> 58.9	<u>Henning</u> 58
4:30	1600 Meter Relay	<u>Small M.</u>	<u>Mesler</u>	<u>Barbers</u>	<u>Reid</u>
		55.0	55.8	56.6	56.1
					<u>3:43.3</u>

Page 1 of 1

EAST KENTWOOD TRACK

Van Dyk Recorded

Pole Vault

1	Patterson 11'6"
2	York —
3	Cook, S. —
4	Roderick
5	Kerr 8'6"
6	
7	
8	
9	

High Jump

1	Armstrong
2	Andy bar
3	Jordan 5'6"
4	
5	
6	
7	
8	
9	

Shot Put

1	Rozema 38'0"
2	Babers 39'9 1/2"
3	Springer 32'6"
4	Vogel 33'9"
5	Buettner 35'2 1/2"
6	Dewey 29'7"
7	
8	
9	

Discus

1	Babers
2	Vogel 98'5"
3	Dewey 85'4"
4	Buettner 93'0"
5	Rozema —
6	
7	
8	
9	

② High Hurdles

1	Armstrong 8.0
2	Small M 7.8
3	Palmer 7.9
4	Small B 9.27
5	Balden 9.30
6	
7	
8	
9	

③ 60 Yd Dash

1	Hill 6.70
2	Taylor 6.9
3	Kodisch 7.2
4	Kommer 6.98
5	Reid 6.82
6	Kerr 7.23
7	meritt 7.0
8	Rozema 7.3
9	Smith 7.27
	Barr 7.39
	Chevis 7.0
	merler 7.0
	Ball —
	Roberts 7.04

① Mile Run

1	Hyde —	2:27	4:47.2
2	Suarez 72	2:28	5:01
3	Royer 72	2:26	4:47.
4	Schultz 71	2:31	5:14
5	Reiffen 73	2:33	5:25
6	Toms 73	2:32	5:22
7	Pierre 72	2:30	5:06
8	S Palmer 72	2:28	4:55
9	DeGroat 71	2:34	5:22
	Kladder 72		

④ 4 Lap Relay

- 1
- 2
- 3
- 4
- 1
- 2
- 3
- 4
- 1
- 2
- 3
- 4

⑤ 440 yd Dash

1	Reid —
2	Miller 56.6
3	merler 63.6
4	Oliver 60.9
5	Rasmussen 58.5
6	K.K. Kolk 59.0
7	Phil H. 60.7
8	Nennings 60.3
9	Potts 68.0
	Olson 60.3
	Fandy 60.0

Mile relay

- 1 Reid
- 2
- 3
- 4

⑥ 880 yd Run

1	Hyde	2:08	—
2	Suarez 62	2:13	—
3	Royer 64	2:07	—
4	Schultz 62	2:14	—
5	Anderson	2:25	—
6	Tram 69	2:17	—
7	Johnson	2:17	—
8	DeGroat	2:17	—
9	Palmer	2:22	—
	Reiffen	2:22	—

440 - 3/10/88

Reid 53.8
Small m. 54.2
Miller 54.4
Babers 55.7
Schultz 56.5
9 Hyde 56.5
Nill 56.6
Taylor 56.8
9 Mesler 56.9
10 Kodish 57.8
Palmer B 58.2
Small B 58.2
10 Henn
10 Rasemassen 59.0
10 Oliver 59.3
Jordan 59.4
Kok 59.5
10 Rozema 59.7
10 Andybur 59.7
Westhoven 60.0
9 Palmer S. 60.2
Rieffer 60.4
Cool 60.4
Swarez 60.4
Olson 60.5
Thomas 60.6
Baker 60.9
Vanderketh 61.4
Tran 61.7
Evans 61.7

York 61.7
Ball 62.1
Degraf 62.1
Bolden 62.3
Lgulia 62.6
HatzivS 63.2
Chives 65.4
Bar 65.6
Stevens 66.0
Clatter 66.3
Figurea 66.8
Pots 68.5
Smith 70.14
Cook 71.7
Merritt 74.2
Roberick 76.0

880

All

Swaner 65 2:15
 Schulte 65 2:08
 Hyde 65 2:06
 Royer 66 2:18
 Reiffen 2:20
 Palmer 5 2:22
 DeBret 2:22
 Reese 2:33
 Johnson 2:28

Passusca 7:20
 Hennings 2:20
 Anderson 2:16
 Toms 2:25
 Tran 2:35
 Coates 2:28
 Kalk 2:25
 Olson 2:29
 Potts 2:41

Skip

N. 6.6
 Kodik 6.09
 Small 6.9
 Small 6.89
 Meder 7.1
 Taylor 6.7
 Hauria 7.15
 Merritt 7.09
 Vandokoff 7.6
 Bolden 7.5

chevi's 7.6
 smith 7.38

Winn

1 lap (3/15/88)

H.II

Small, M. 19.1 (Ran Inside)

~~D.T. Reid 19.6~~

Small, B. 20.0 ? (Ran Inside)

Scott Miller 20.1

Kodich 20.15

Mesler 20.2

Taylor 20.3

Merritt 20.47

Palmer 20.5

Roseman 20.7

Jordan 20.8

Evans G. 21.1

Baker C. 21.2

Hornes 21.2

Laura J. 21.3

Smith Chad 21.6

Vanderkroff 21.7

Andigbur 21.8

Tardy York 21.8

Oliver 22.0

Chris 22.2

Bolder 22.4

Ball 22.4

Vince Tran 22.6

Phil Katrus 22.7

Nahs 23.1

Roy Coole 23.3

Barr 23.6

Figueroa 23.7

176

All

1 mile

~~Hyde 73 2:28 4:46~~

~~Shultz 74 2:29 4:49~~

~~Swartz 73 2:28 4:50~~

~~Roger 74 2:29 4:52~~

~~Pierce 75 2:38 5:36~~

~~Ruffler 75 2:30 5:10~~

~~Palmer S. 75 2:30 5:20~~

~~Anderson 77 2:42 5:12~~

~~Hennig~~

~~Johnson 77 2:42 5:20~~

~~Kradler 78 2:43 5:32~~

~~DeGroot 75 2:30 5:11~~

~~Tomms 79 2:43 5:24~~

~~Cook 80 2:43 5:18~~

~~Rasmussen 78 2:42 5:17~~

OLI

EAST KENTWOOD TRACK

NAME	Grade
✓ Anderson, Mac	10
- ✓ Andybur, Matt	11
✓ Armstrong, William	12
✓ Baker, Cory	10
Ball, Don	9
- ✓ Barbers, Marlon	11
Barr, Jess	9
Bolder, Larry	9
Buettner, Mila	9
Chives, Lamunt	10
Cook, Ron	9
Cook, Steven	9
DeGraaf, Ross	9
Dewey, Roger	10
Evans, Guy	12
Figueroa, Ray	10
Goodell, Jason	9
Hatzuis, Phil	12
✓ Henning, Mike	10
- ✓ Hill, Eric	12
Hommes, John	12
- ✓ Hyde, Brian	9
Johnson, Mark	9
- ✓ Jordon, Marcus	11
Kerr, Jeff	9
Kladder, Bill	9
- ✓ Kodish, Eddie	10
Kok, Dave	11
✓ Louria, Jeff	10
✓ Merritt, Kam	10
- ✓ Mesler, Craig	9
- ✓ Miller, Scott	12
Nahs, Alan	10
✓ Oliver, Steve	10
Olsen, Derek	9
- ✓ Palmer, Brian	12
✓ Palmer, Stuart	9
✓ Patterson, Mike	12
Pierce, D.C.	11
Potts, Dan	10
✓ Rasmussen, Brian	10
- ✓ Reid, DJ	11
✓ Reiffer, Brent	11
Roderick, Jason	9
✓ Royer, Jon	12
✓ Rozema, Rob	10
✓ Schultz, Dave	12
- ✓ Small, Brian	11
- ✓ Small, Mike	12
Smith, Chad	9

EAST KENTWOOD TRACK
Page 2

Springer, Rob	11
Stevens, Dennis	12
- ✓ Suarez, Aaron	12
✓ Tardy, York	11
✓ Taylor, Karl	11
Toms, David	11
Tran, Vince	9
✓ Vandekeift, Mark	10
VanDyk, Paul	9
✓ Van Tongeren, Mark	10
✓ Vogel, Matt	10
Westhoven, Eric	12

1 top (3/15/88)

K. 11

Small, M.	19.1	(Ran Inside)
D.A. Webb	19.6	
Small, B.	20.0	? (Ran Inside)
Scott Miller	20.1	
Kobick	20.15	
Mesler	20.2	
Taylor	20.3	
Merritt	20.47	
Palmer	20.5	
Rosema	20.7	
Jordan	20.8	
Evans G.	21.1	
Baker C.	21.2	
Hornnes	21.2	
Laura J.	21.3	
Smith Chad	21.6	
Vandekirk	21.7	
Andybur	21.8	
Tardy York	21.8	
Oliver	22.0	
Chivis	22.2	
Bolton	22.4	
Ball	22.4	
Vince Tran	22.6	
Phil Watson	22.7	
Nahs	23.1	
Ron Cook	23.3	
Barr	23.6	
Figueroa	23.7	

440 - 3/10/88

Reid 58.8
Smith M 59.2
Miller 54.4
Babers 55.7
Schultz 56.5
Hyde 56.5
Nell 56.6
Mester 56.9
Kobach 57.8
Palmer B 58.2
Small B 58.2
Nenn
Wasserman 59.0
Oliver 59.3
Jordan 59.4
Kok 59.5
Rozma 59.7
Andy bar 59.7
Westhoven 60.0
Palmer S. 60.2
Rieffer 60.4
Cook 60.4
Swarez 60.4
Olsem 60.5
Thomas 60.6
Baker 60.9
Vanderkenth 61.4
Tran 61.7
Evans 61.7

York 61.7
Ball 62.1
Degraf 62.1
Bolden 62.3
Lgolia 62.6
Hertzius 63.2
Chives 65.4
Bar 65.6
Stevens 66.0
Clatter 66.3
Figurea 66.8
Pots 68.5
Smith 70.14
Cook 71.7
Merritt 74.2
Roberick 76.0

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Rockford

DATE 5/5/88

(29) +2
 (6) POLE VAULT (41) 5

1. Roderick
2. Tardy
3. Kerr 9'6"
4. Patterson 13'0
alt.

(4) HIGH JUMP 3

1. Jordan 56"
2. Armstrong 6'2"
- 3.
4.
alt.

(8) SHOT PUT 5

1. Dewey
2. Buettner
3. Vogel
4. Springer
5. Babers
6. Rozema 47.5"

LONG JUMP (8)

1. Smith
2. Baker
3. Evans
4. Reid
5. Merritt 18'11"
6. Hill 21'5"
Kouria-Ball

DISCUS (3)

1. Buettner 106
2. Springer 85
3. Dewey
4. Vogel 121
5. Babers 106 1/2
6. medley 990
1:34.1

13 -3
 3200 M. RELAY 827

1. Smith 62 - 2:05
2. Suarez 61 - 2:07
3. Royer 61 - 2:09
4. Hyde 57 - 2:04
alt. Anderson

110 HIGH HURDLES (9)

1. Armstrong 15.3
2. Palmer 15.2
3. Small, M 15.45
alt. Small B.

100 METER DASH (4)

1. Merritt 11.9
2. Hill 11.7
3. Hommes 12.0
alt. Kodick

800 M. RELAY (10)

1. Taylor 25.0
2. Kodick 22.4
3. Miller 24.4
4. Small, M. 22.4
alt. Reid

13 35
 1600 M. RUN (9)

1. Hyde
2. Suarez
3. DeGraaf
4. Kladder
5. Cook S.
6. Reiffer

45.1
 400 M. RELAY

1. Armstrong
2. Taylor
3. Kodick
4. Hill
alt. Merritt
mesler

Block -3
 400 M. DASH 4 (1)

1. Reid 53.1
2. Miller 53.7
3. Mesler 55.3
alt. Rasmussen

(3) -4
 800 M. RUN 4

1. Schultz 61 2:06
2. Suarez 63 2:08
3. Anderson 64 2:09
4. Henning 66 2:12
- 5.
6. Tran

300 INT. HURDLES 6

1. Small m. 40.4
2. Palmer B. 43.2
3. Small B. 44.2
alt. Bolden 44.7

(5)
 200 M. DASH 4

1. Hill 23.1
2. Reid 24.6
3. Kodick 24.0
alt. Hommes

(12)
 3200 M. RUN 6

1. Hyde 10:13
2. Royer 10:29
3. DeGraaf 10:35
4. Palmer 10:49
5. Pierce 10:59
6. Tom 11:36
7. Johnson 11:29

3:50.4
 1600 M. RELAY 5

1. Small m 56
2. Miller 56.8
3. Taylor 52.6
4. Armstrong
alt. 59.8
Mesler
Reid*

(58)

63

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Rockford DATE 5/5/88

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1.	1. Small B 17.1	1. Kerr	1. Kerr 25.3
2.	2. Bolden 18.1	2. Baker 12.1	2. Bolden 26.1
3.	3.	3. Ball	3. Ball 26.0
4.	alt.	alt. Barr 12.0	4. Merker
alt.		Smith 12.6	alt. Barr
		Chivis	
		Rozema 12.5	
		Vanderkroff 12.4	

<u>1600 M. RUN</u>	<u>400 M. RELAY 47.8</u>	<u>400 M. DASH</u>	<u>800 M. RUN</u>
1.	1. Ball /	1. Rasmussen 55	1.
2.	2. Baker	2. Oliver —	2.
3.	3. Evans	3. Kolk 57.1	3.
4.	4. Vanderkroff	alt. Natzius 58	4.
5.	alt. Smith	Potts 67	5.
6.	Barr	Olson 57.2	6.
		Ball 57	

<u>300 INT. HURDLES</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1. Bolden	1. Ball 25.3	1.	1. Rasmussen 56.7
2.	2. Barr 26.2	2.	2. Oliver —
3.	3. Vanderkroff 25.3	3.	3. Jordan 57.9
alt.	alt. Olson 26.7	4.	4. Kolk 57.0
	Tardy —	5.	alt.
	Rozema —	6.	Evans
	Lauria 25.0		Olson 58.8
	Palmu 24.8		Natzius

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 4/28/88

POLE VAULT

1. Roderick -
2. Tardy -
3. Kerr -
4. Patterson 12'0"
- alt.

HIGH JUMP

1. Jordan -
2. Andybar 5'8"
3. Armstrong 6'2"
- 4.
- alt.

SHOT PUT

1. Dewey 23'1/4"
2. Buettner 36'4"
3. Springer 33'3"
4. Vogel 35'3"
5. Babers -
6. Rozema 46'5 1/2"

LONG JUMP

1. Ball 16'6"
2. Baker 17'10"
3. Evans 6, 18'2"
4. Merritt 20'8"
5. Reid 19'1/4"
- 6.

DISCUS

1. Buettner 101'1"
2. Springer 90'0"
3. Dewey 87'6"
4. Vogel 114'2"
5. Babers 113'11"
- 6.

2 MILE RELAY

1. Schultz 2:46.216
2. Suarez 2:44.212
3. Royer 65-2:15
4. Hyde 65 2:17
- alt. Anderson

110 HIGH HURDLES

1. Armstrong 14.78
2. Palmer B. 15.0
3. Small, Mi. 15.1
- alt. Small B

100 YARD DASH

1. Merritt 11.4
2. Kodish 11.4
3. Reid 11.4
- alt. Hill

880 RELAY

1. Taylor 24.8
2. Kodish 23.4
3. Miller 25.3
4. Small m 23.5
- alt. Merritt

MILE RUN

1. Hyde 4:45
- 2.
3. Royer 4:49
4. DeGraaf
5. Palmer S 5:09
6. Pierce Kladder 5:27 Cook S. 5:18

440 YD RELAY

1. Taylor
2. Kodish
3. Armstrong
4. Merritt
- alt. Hill

440 YD DASH

1. Reid 54.5
2. Miller 33.8
3. Mesler 55.6
- alt. Rasmussen

880 YD RUN

1. Hyde 61 - 2:04
2. Schultz 62 - 2:09
3. Anderson 64 - 2:15
4. Henning -
5. Reiffer
6. Tran 74

330 LOW HURDLES

1. Small m. 41.7
2. Palmer, B 42.3
3. Small B
- alt. Small Bolden 44.7

220 YD DASH

1. Kodish 24.1
2. Reid 24.3
3. Taylor 24.4
- alt. Merritt Vanderkiet

TWO MILE RUN

1. Royer 9:14 10:30
2. Suarez 9:17 10:35
3. Hyde -
4. Schultz -
5. DeGraaf 9:34 10:56
6. Palmer S. 9:41 11:01 Johnson - 11:32 Cook S Pierce 9:52 11:16 Reiffer 10:07 11:30 Toms 10:29 12:11

MILE RELAY

1. Mesler 56.3
2. Small m 56.3
3. Miller 57.3
4. Armstrong 54.1
- alt. Rasmussen Babers Taylor Schultz (IF not in two mile)

Hyde	68	2:28	3:42	4:45
Royer	67	2:28	3:42	4:49
Palmer	70	2:29	3:52	5:09
Kladder	74	2:30	3:56	5:29
Cook	72	2:34	3:52	5:18

J.C

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Grand Haven DATE Apr 28, 1988

POLE VAULT	HIGH JUMP	SHOT PUT	LONG JUMP	DISCUS
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

9:41

1 MILE RELAY

Reiffer 68-2:22
 Henning —
 DeGraaf 67-2:18
 Anderson 70-2:22
 alt. Tran 70-2:35

110 HIGH HURDLES

1. B. Small 16.9
 2. Bolden 17.5
 3.
 alt.

100 YARD DASH

1. ~~Merritt~~
 2. Hommer 11.6
 3. Mesler 11.8
 alt. Baker 11.8
 Barr 12.8
 Rozema 12.1
 Kerr 12.4
 Louria —
 Chivis —

880 RELAY 1:42.6

1. Small B. —
 2. Jordan 25.5
 3. Vanderkeift 26.3
 4. Evans G. 25.1
 alt. Hommer
 Oliver

400 YD RELAY

1. Ball
 2. Baker
 3. Evans
 4. Vanderkeift
 alt. Ball
 Barr

440 YD DASH

1. Rasmussen 56.4
 2. Oliver 59
 3. Jordan 57.5
 alt. Tardy 59
 Kok 58
 Natzius 61
 Potts 78

880 YD RUN

1.
 2.
 3.
 4.
 5.
 6.

LOW HURDLES

Small B
 Bolden
 alt.

220 YD DASH

1. Merritt 25.5
 2. Vanderkeift 25.7
 3. Hommer 25.3
 alt. Louria
 Jordan
 Ball
 Olson 26.4
 Barr
 Rozema 25.3

2:21 3:33 5:01 6:25 7:51
 2:29 3:48 5:09 6:31 7:55
 2:29 3:51 5:15 6:44 8:09
 2:33 3:59 5:22 6:49 8:14
 2:34 4:01 5:33 7:10 8:41
 2:35 4:00 5:27 6:56 8:24
 2:41 4:32 5:48 7:24 9:02
 2:37 4:05 5:35 7:06 8:37

TWO MILE RUN

1.
 2.
 3.
 4.
 5.
 6.

MILE RELAY

1. Rasmussen 56.0
 2. Babers
 346.0 3. Taylor 53.9
 4. Schultz
 alt. Oliver
 Oliver 60.0
 359.3 } Jordan 57.6
 Evans 58.5
 Kok 57.2

Olson 62.4
 Alt. Olson
 Ball
 Hatzius 58.3
 Henning
 Anderson

205
2:00

EAST KENTWOOD TRACK

GRJC INVITATIONAL

Date; Tuesday March 22, 1988

Vans Leave: 2:30 PM

3:30 pm Shot Put Bob Rozema Marlon Babers 42'4 1/2"

Long Jump Hill, Eric Reid D.J. 106

High Jump Jordan, Marcus Matt Andybur

4:00 pm Prelims

6:00 pm Finals:

Two Mile Run Royer, Jon 10:18.6 2nd 78

60 Yd Highs Palmer, Brian 7.83 Small, Mike 7.65

Sprint Med Relay Reid, D.J. 42.1 Small, B. 20.2 Kodish, E. 19.4

One Mile Run Hyde, Brian 4:29.9 2nd Suarez, Aaron 4:44.2 3rd

60 Yd Dash Hill, Eric 6.6 Kodish, Eddie 7.0

4 Lap Relay Reid, D.J. 19.7 Small, B. 20.0 Kodish 19.5

8 Lap Relay Schultz 43.8 Mesler 42.1 Palmer 43.5

- Hyde 64 68 69.3 4:29.9

- Suarez 70 71 73 4:44.2 (69)

can compete in the other event

2:04.2

2nd

1:17.8

3rd

AIT. Hill
Palmer
Hyde

WEST OTTAWA RELAYS:

B
May

Start 10'0"

HIGH JUMP

Armstrong 6'3"
Jordan

SHOT PUT:

Rozema 45'9"
Bober 37'0"

POLE VAUL

Patterson
Kerr

LONG JUMP:

Hill
Merritt

DISCUS:

~~Vogel~~
~~Babers~~

8 MILE RELAY: 43:44

DeGraaf 68 - 2:21 - 3:38 - 5:00 - 6:22 - 7:45 - 9:09 - 10:29
Palmer 77 - 2:37 - 3:59 - 5:22 - 6:44 - 8:07 - 9:33 - 10:53.19
Pierce 72 - 2:34 - 3:58 - 5:22 - 6:50 - 8:18 - 9:46 - 11:40
Reiffner Johnson 78 - 2:47 - 4:08 - 5:38 - 7:09 - 8:39 - 10:07 - 11:27

1 MILE RELAY: 3:31.9

Small m 54.1
Taylor 53.6
Miller 52.6
Armstrong 51.7

SPRINT MED. RELAY:

Reid mester 54
Kodich 24.9
Taylor 53.1
Hill 22.1

440 RELAY: 45:17

Armstrong
Taylor
Kodich
Hill

2 MILE RELAY: 8:14.6

42 Schultz 61 2:24
Suarez 61 2:24
Royer 59 2:07
Hyde 57 1:58.7

SHUTTLE HURDLE: 59.8

Small M. 15.3
Hill 14.6
Palmer B. 15.0
Armstrong 14.9

FRESHMAN 880 RELAY:

Kerr 25.5
Bolden 23.8
Ball 24.6
mester 22.4

DIST. MED. RELAY

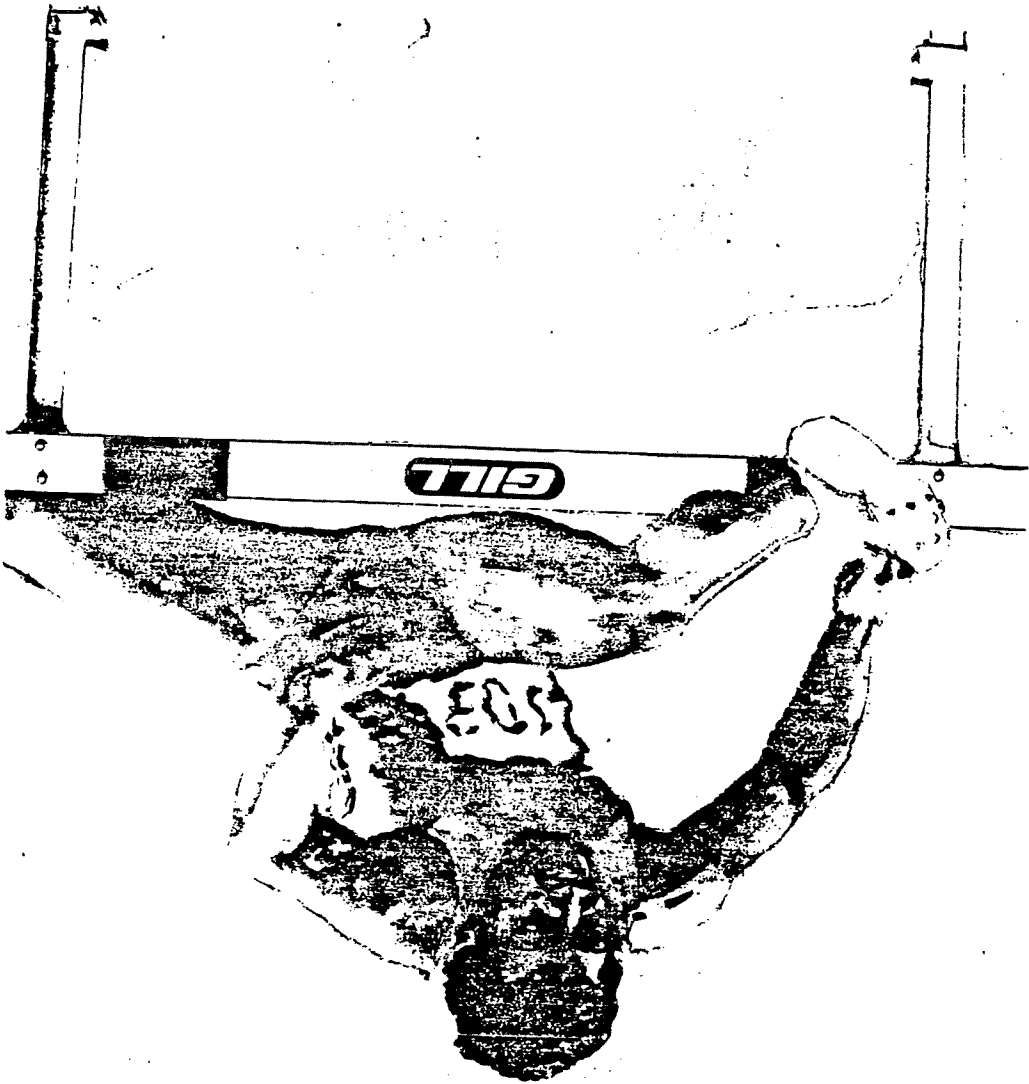
Schultz 60 - 2:03
Miller 52.7
Suarez - Royer 62 - 2:10 - 3:19
Hyde 63 - 2:12 3:21 4:25
69 69 64

VARSIY 880 RELAY: +1:33

24.1 Taylor / Merritt
23.2 Kodich
23.5 Miller
23.0 Small m

Alt. mester
Reid

TRACK 1988



KENTWOOD
EAST

Mr. Dreck

EAST KENTWOOD TRACK

- 1982 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1983 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1984 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1985 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1986 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"
- 1987 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"

Over the past six seasons we have had seasons that you as members of the East Kentwood Track Team can be proud of. In addition to the six Championships, these teams extended their dual meet record to 55 straight victories, dating back to April of 1981. Kentwood Track Teams have also placed very well in many large invitationals as well as State competition.

Why have these teams enjoyed this success? The answer lies with the talented and dedicated athletes that have made up our teams. We have been fortunate to have had young men that are willing to make sacrifices. Young men that are willing to put forth the time and effort that is necessary to attain their goals. The athletes also realize that each man on the team is vital and that each place in a meet has a great effect on the outcome of that particular meet and the entire season. In the past we have won meets and championships because someone came up with an unexpected third place in his event.

Can this year's team make it a 7th straight Championship. As coaches we feel we have an excellent chance although we do have some areas of concern. In both our field events and the distance events we have people returning, but we are lacking the depth we have had in the past. The next few weeks will be very important to you as an individual and to our team as a whole. Time wasted or lost now is difficult to make up later in the season. From this point on the success is again up to you.

PRACTICE ORGANIZATION

Practice plans are posted daily and each coach has a copy. Check these plans and try to do the entire workout and even a little extra. Ask the coaches for extra help. Our basic practice plan uses the interval training system which calls for relatively short distances at a speed greater than the one used in competition with a resting period (recovery to 120 pulse) between distances. Recovery should be the amount of time YOU need to get your pulse back down to 110-120 per minute. "Speed Play" is also one of the methods used. In this work-out, you should sprint until tired, jog or walk until recovered then sprint again and repeat the process. This may be for a period of time such as 10 minutes or a distance such as 10 laps.

Funnels are really intervals but would involve various distances such as 110-220-330-440 (Funnel-up) or 440-330-220-110 (Funnel-down).

GENERAL INFORMATION

You will have to supply your own track shoes again this year. We suggest you get good quality shoes and TRY THEM ON BEFORE THE PURCHASE. Be sure you have removable spikes and try to get an extra set of $\frac{1}{4}$ " spikes.

Track practice takes place daily unless otherwise specified. You are EXPECTED TO BE AT EVERY PRACTICE IF YOU ARE IN SCHOOL. If for any reason, you miss practice, notify one of the coaches or put a note in our mail box in the main office before practice. Failure to practice could result in SUSPENSION FROM RUNNING IN ONE OF MORE MEETS, OR POSSIBLY SUSPENSION.

FROM THE TEAM.

All Track men warm up with a $\frac{1}{2}$ mile jog, stretching exercises, do their work-out and then warm down with another $\frac{1}{2}$ mile jog.

This booklet has been prepared to aid the coaches and the athletes in the analysis and utilization of the present group of athletes. We can easily see our areas of strength and weakness and plan accordingly.

These are the times
that try men's soles!



EAST KENTWOOD TRACK

CONDITIONING

In running your ability to run fast and win depends on the ability of your heart and blood stream to deliver enough oxygen to keep up with muscular activity. The more oxygen delivered, the better your endurance.

HOW CAN WE IMPROVE OUR OXYGEN-INTAKE ABILITY?

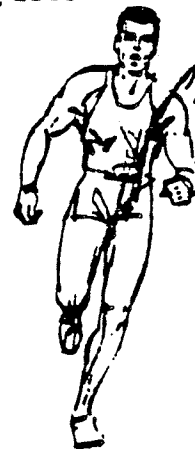
INTERVAL TRAINING: You will increase your oxygen-intake ability (stamina) by the use of interval training! Each time you create an oxygen debt and recover in a practice session, you obtain a slight improvement in you ability to utilize oxygen effectively. By running a fairly short distance reasonably fast (220 yards in 28 to 35 seconds, 440 yards in 70 to 80 seconds, etc.) your pulse rate will be raised to about 180 beats per min minute. This is followed by a recovery period of up to two minutes until your pulse drops to 120 beats per minute (12 beats in 6 seconds). Then you run another 220. Numerous repetitions of this "run to 180, recover to 120" cycle increases the amount of blood pumped by each heartbeat (the stroke-volume) and thus improves the oxygen-intake ability.

OVER-DISTANCE WORK: Another aspect of endurance is the need for deliv developing your body's system of capillaries. (These are tiny blood vessels that actually deliver the oxygen to the muscles and exchange it for the carbon dioxide) By running fairly long distances at slow speeds (8-10 miles for distance runners - 1-2 miles for sprinters), you increase the number of capillaries in your muscle fibers, which improves the speed and effective-ness of the oxygen-exchange process. This kind of training can actually double the number of capillaries in each muscle fiber.

So by developing both the stroke-volume (ability to move oxygen through the blood stream) and the capillary system (ability to deliver oxygen to muscles), you can greatly increase you body's capacity for fast continuous running while remaining in oxygen balance.

Continuous long runs on the weekends (over-distance) are a perfect and necessary complement to interval training. Although the idea is to get strong by taking it fairly easy, you can vary your pace by running a little faster on the hills, and you should pick up the pace for the last part of your run, accelerating gradually to a fast finish over the last quarter-mile.

Also remember that anything that helps improve your basic speed is worthwhile to a runner. Speed is what any running is chiefly about, and improving your basic speed gives you a great psychological boost. It will prove to be a very good investment especially when your in the last 100 yards of a race.



REQUIREMENTS NECESSARY TO RECIEVE A LETTER OR AWARD

To win a Track Letter a candidate must do one of the following in addition to faithful attendance at practice and meets.

1. Score a total of 12 points.
2. Place in one of the following: conference, regional, or invitational relays.
3. Participate in at least half of the regularly scheduled meets.
4. Regular attendance of meets and practices as a member of the varsity track team.
5. Obtain one of the times or distances listed below during a meet.

Discus	100'0"	Two Mile Run	11:15.0
Shot Put	41'0"	100 Yard Dash	:11.0
Pole Vault	10'0"	220 Yard Dash	:24.2
High Jump	5'5"	440 Yard Dash	:56.5
Long Jump	18'6"	880 Yard Run	2:09.0
High Hurdles	:17.0	One Mile Relay Leg	:55.9
Low Hurdles	:43.8	880 Yard Relay Leg	:23.9
One Mile Run	4:59.0		



RETURNING ATHLETES

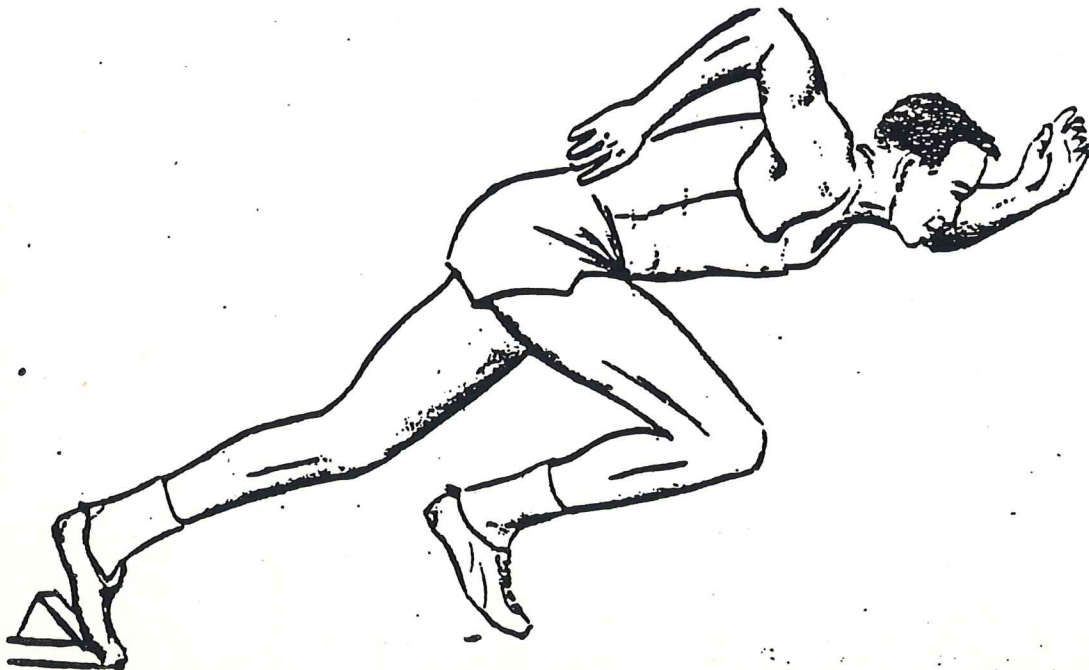
The following is a list of the athletes that are returning from last year's Track Team.

25 Returning
lettermen

Armstrong, William ***
Anderson, Mac
Babers, Marlon **
Covell, Nate
Evans, Guy ***
Henning, Mike
Hill, Eric **
Huggins, Ben
Jackson, Eric
Jordon, Marcus *
Kodish, Eddie *
Merritt, Kam *
Miller, Scott ***
Nahs, Alan
Oliver, Steve *
Palmer, Brian *
Patterson, Mike **
Potts, Dan

Powell, Salim *
Rasmussen, Brian
Reid, D.J. *
Reiffer, Brent *
Rozema, Bob *
Royer, Jon **
Schultz, Dave **
Small, Brian
Small, Mike **
Suarez, Aaron *
Teague, Chad *
Vanderhoff, Ryan ***
VanderKeift, Mark *
Vantongerren, Mark *
Vogel, Matt *
Welton, Todd
Westhoven, Eric *
Williams, Steve

* Indicates the number of Varsity letters won in past seasons.



EVENT ANALYSIS

The following are the best times and distances recorded by the athletes returning from last year's track team.

SHOT PUT

Bob Rozema	43' 2"
Marlon Babers	38' 5 3/4"
Matt Vogel	34' 9"
Chad Teague	32' 4"
Nate Covell	24' 0"

LONG JUMP *

Eric Hill	21' 2 1/2"
D.J. Reid	19' 2"
Kam Merritt	19' 0"
Guy Evans	17' 6 1/2"

HIGH JUMP

William Armstrong	5' 11"
Salim Powell	5' 9"
Marcus Jordon	5' 0" 5' 8"

POLE VAULT

Mike Patterson	12' 6"
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DISCUS

Marlon Babers	125' 5 1/2"
Matt Vogel	101' 8" 110
Steve Williams	98' 1"
Chad Teague	94' 10 1/2"
Nate Covell	82' 1"

100 METER DASH (?)

Ryan Vanderhoff	:11.3
Eddie Kodish	:11.4
Kam Merritt	:11.5
D.J. Reid	:11.5
Bob Rozema	:11.5
Mark Vandekeift	:11.5

200 METER DASH

Ryan Vanderhoff	:23.2
Eddie Kodish	:23.9
D.J. Reid	:24.1
Kam Merritt	:25.3
Mark Vandekeift	:25.7
Marlon Babers	:26.2
Bob Rozema	:26.2
Steve Williams	:26.8
Mike Patterson	:26.9
Chad Teague	:26.4

400 METER DASH (?)

Eric Hill	:51.5 split
William Armstrong	:52.9
Scott Miller	:53.4
D.J. Reid	:54.2 split
Mike Small	:54.8 split
Eddie Kodish	:55.2
Steve Oliver	:55.9
Brian Palmer	:57
Brian Rasmussen	:57.3
Marlon Babers	:57.5 split

HIGH HURDLES *

William Armstrong	:15.18
Mike Small	:15.2
Brian Palmer	:15.35
Alan Nahs	:18.9
Brian Small	:19.5
Chad Teague	:19.8

LOW HURDLES *

Eric Hill	:38.8
William Armstrong	:40.2
Mike Small	:40.8
Brian Palmer	:41.8
Chad Teague	:42.9
Alan Nahs	:48.1
Brian Small	:49.2

Hurdles

Eric Hill

EVENT ANALYSIS (cont.)

1600 METER RUN

Eric Westhoven	5:00	<i>Huggins</i>
Brent Reiffer	5:11	
Ben Huggins	5:12	
Mark Vantongeren	5:14.8	

3200 METER RUN

Aaron Suarez	10:26.6	<i>Huggins</i>
Eric Westhoven	10:49	
Jon Royer	10:50.8	<i>10:20.0</i>
Mark Vantongeren	11:02	
Brent Reiffer	11:08.7	
Ben Huggins	11:55	

800 METER RELAY

Dave Schultz	<i>800 - Relay</i>	2:04.9	<i>Huggins - Relay N.Y.</i>
Jon Royer	<i>2 Mile - Relay</i>	2:07.5	
Aaron Suarez	<i>2 Mile Relay</i>	2:09.5	
Marcus Jordon		2:15	
Todd Welton		2:15	
Mike Henning		2:20	
Ben Huggins		2:24	
Brent Reiffer		2:25	

EAST KENTWOOD HIGH SCHOOL

OUTDOOR SCHOOL RECORDS

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>TIME/DISTANCE</u>	<u>YEAR</u>
Shot Put	Greg Den Boer	58' 10 3/4"	1971
Long Jump	Eric Hartfield	23' 2"	1980
High Jump	Chris Baker	6' 6"	1985
Pole Vault	Curt Geerlings	15' 1"	1978
Discus	Craig Green	150' 8"	1983
100 Yd Dash	Kip Paul	:09.88	1981
220 Yd Dash	Kip Paul	:22.2	1981
440 Yd Dash	Cal Hawkins	:49.6	1983
880 Yd Dash	Jim Baker	1:55.0	1978
One Mile Run	Mark Reinardy	4:14.4	1986
Two Mile Run	Mark Reinardy	9:27.4	1986
880 Yd Relay	Cal Hawkins Morrie Fonger Kevin Stankey Jesse Heard	1:31.7	1983
120 High Hurdles (Wind Aided)	Tom Trimpe	:14.4	1971
120 High Hurdles	Dan Lanning	:14.5	1973
One Mile Relay	Bruce Fields Jeff Grant Stuart Meyer Cal Hawkins	3:26.0	1982
330 Low Hurdles	Todd Ernst	:37.9	1986
180 Low Hurdles (No Longer Run)	Dan Lanning	:19.9	1973

EAST KENTWOOD HIGH SCHOOL
OUTDOOR SCHOOL RECORDS CONTINUED

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>TIME/DISTANCE</u>	<u>YEAR</u>
Two Mile Relay	Stu Scobie Mark Sellers Dave Schultz Andy Kazmierski	8:03.1	1986
Distance Medley Relay 880-440-1320-Mile	Stu Scobie Steve Stapleton Andy Kazmierski Mark Reinardy	10:46.9	1985
Shuttle Hurdle Relay (120)	Loren Johnson Ed Verbrugge Brian Vanderweele Greg Hecksel	:58.8	1976
Sprint Medley Relay 440-220-220-440	Jesse Heard B. J. Evans Max McDonald Todd Ernst	2:29.1	1985
Frosh 880 Relay	Guy Evans Brian Heard Ryan Vanderhoff Scott Miller	1:37.5	1985
4 Mile Relay	Dave Tomaszewski Tom Dowling Ken Parker Ken Bierschbach	20:53.0	1975
8 Mile Relay	Dave Tomaszewski Dan VanLaan Mike Bonarski Jim Baker	40:37.0	1978
440 Relay	Max McDonald Blake Born Morrie Fonger Jesse Heard	:43.9	1985

EAST KENTWOOD OUTDOOR TRACK

ALL TIME TOP TEN

SHOT PUT

1.	Greg DenBoer	58'	10 3/4"	(71)
2.	Dan Quist	55'	0"	(66)
3.	Craig Green	52'	3 1/2"	(81)
4.	George Zender	52'	4"	(68)
5.	Bob Green	50'	5"	(80)
6.	Derek Fitzpatrick	49'	8"	(84)
7.	Brandon Born	49'	4"	(84)
8.	Matt Dubois	47'	6 1/2"	(86)
9.	John Anes	47'	1 1/2"	(77)
10.	Steve Systema	45'	9"	(74)

DISCUS

1.	Craig Green	150'	8"	(83)
2.	Kevin Patterson	149'	8 3/4"	(80)
3.	Brandon Born	134'	4 1/2"	(84)
4.	John Anes	129'	8 1/2"	(77)
5.	Marlon Babers	125'	5 1/2"	(87)
6.	Tom Bassett	124'	9 1/2"	(82)
7.	Chuck Bassett	124'	6"	(85)
8.	Matt Frankforter	124'	4"	(76)
9.	Steve Baragar	122'	1 3/4"	(78)
10.	Matt Dubois	120'	11"	(86)

LONG JUMP

1.	Eric Hartfield	23'	2"	(80)
2.	Dennis Howe	22'	5 1/2"	(69)
	Kevin Stankey	22'	2"	(81)
4.	Percy Dykes	21'	11 1/2"	(80)
5.	Eric Hill	21'	10"	(87)
6.	Loren Johnson	21'	8 1/2"	(76)
7.	Flip Haight	21'	6 1/2"	(70)
7.	Matt Diehl	21'	6 1/2"	(73)
9.	Bruce Cargill	21'	4"	(78)
10.	Gary LaLond	21'	3 3/4"	(69)

HIGH JUMP

1.	Chris Baker	6'	6"	(85)
2.	Eric Hartfield	6'	5 3/4"	(80)
3.	Chuck Hoffman	6'	5 1/2"	(78)
4.	Mike Geukes	6'	4"	(78)
4.	Brian Patterson	6'	4"	(79)
6.	Snaun O'Brien	6'	3"	(83)
7.	Bruce Cargill	6'	2"	(78)
7.	Don Greenbauer	6'	2"	(78)
7.	Bruce Fields	6'	2"	(82)
10.	Jeff Black	6'	1"	(72)
10.	Jeff Trimpe	6'	1"	(74)

POLE VAULT

1.	Curt Geerlings	15'	1"	(78)
2.	Kevin Patterson	14'	1"	(80)
3.	Dan Slot	14'	1/4"	(76)
4.	Matt Geerlings	14'	0"	(83)
5.	Don Slot	13'	6"	(73)
6.	Pat Patterson	13'	3"	(71)
6.	Brian Patterson	13'	3"	(78)
8.	Dave Slot	12'	6"	(72)
8.	Steve Middleton	12'	6"	(80)
8.	Brad Clinger	12'	6"	(85)
8.	Mike Patterson	12'	6"	(87)

100 YARD DASH

1.	Kip Paul	9.88	(81)
2.	Kevin Stankey	10.0	(82)
2.	Jesse Heard	10.0	(85)
2.	Blake Born	10.0	(87)
5.	Loren Johnson	10.1	(76)
5.	Duan Swagerty	10.1	(78)
8.	Norm Byram	10.2	(69)
8.	Dave Naughton	10.2	(75)
8.	Ritchie Swagerty	10.2	(80)
8.	Max McDonald	10.2	(85)