

8.507

EAST KENTWOOD HIGH SCHOOL TRACK

Name Season's Best Year 1989

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I. M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Anderson Mac, 11 (2)						22.1		56.0	2:04.10						
Anderson (1)			21'13"			20.9		61.4			43.8			23.4	
Peter 10						11.3			2:27						
Asbury 0															
Ryan 9															
Babers															
Marlon, 12															
Baker (2)						6.0	20.4	60.9							
Corey, 11			17'5"			11.5	24.2								
Betts (1)			19'3"					61.1						26.7	
Corey 10						12.1	26.8								
Bolden (1)							20.6	59.8							59.9
Larry 10										15.9	44.2				
Buettner (2)						22.9									
Mike 10	34'7"	125'8"				29.2									
Dalenburg -															
Cody 9			15'4"				26.9								
De Graff (2)															
Ross 10									2:01.2			4:40.4	10:06		
Denby -															
Joby 10									2:10						

EAST KENTWOOD HIGH SCHOOL TRACK

Name _____ Year 1989

Season's Best

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I. M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Dewey ①	35'	109'4"				15.0									
Boyer ①						7.5	20.0	52.0						23.4	
Fields ①			18'54"				23.0							Lead off	
Brad 9															
Garcia ①							26.3		2:17		4:59		11:18	26.3	
Bryan 9															
Hamstra -															
Jim 10						23.0									
Henning ②						21.5			2:10						
Mike 11															
Haye															
Don 10						20.7	12.4	55.9						24.2	60.2
Hyde ②															54.5
Brian 10									1:57.9			4:17.1	9:57		
Jackson												4:20.4			50.9
Eric 11									2:20			5:46	13:10		
Jackson															
Jeremy 10							28.3	64.7							
Johnson													23		
Mark 10									2:57						
Jordan			5'4"			24.0									
marcus 12						7.1	20.1	55.3			45.9				53.1

EAST KENTWOOD HIGH SCHOOL TRACK

Name Season's Best Year 1989

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I.M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Palmer ② Stuart 10									2:08.5			4:55	10:19.8		
Przylucki - Jeff 10					28.0 12.4		28.0								
Pierce D.E. 12									2:20			4:50	10:23.8		
Pilbeam - Chad 9			16'0"		22.0 13.2		27.0							21.6	
Rasmussen ② Brian 11					21.0			54.2	2:19						53.5
Reed Dan 9 ①									2:21			4:54.8	10:47		
Reid D.J. 12			21'3 3/4"		6.7 21.7	19.0	28	58.7						22.16	52.5
Reid - Matt 10									2:24	19.2	46.4				45 48.58
Reiffer Brent 12									2:17			4:53.8	11:47		
fozema ③ Bob 11	48 1/2"	125 1/2'				20.0	21.1	24							
Schmucker - Jerry 10					22.2 13.4	21.2	21.2	60.0							

EAST KENTWOOD HIGH SCHOOL TRACK

Name Season's Best Year 1989

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I.M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Shillito -						8.2			2:27			4:59	12:29		
Art -10															
Small								59.5							
Brian 12										15.5	41.0				56.8
Smokoski -															
Jahn -9						13.0	28.1								
Taylor -						22.5									
Kelly -11						13.3									
Taylor						6.0	19.6								
Kart 12					5'40"	11.3								22.7	53.2
Tran															
Vince 10									2:25						
Vandyke															
Paul 10						13.5	20.1								
Vandekeiff ①															
Mark 11						12.1	25.1	63.7						24.4	63.6
Vogel ③	31'8 3/4"	117"													
Math 11															
Christensen 9						12.1	24.7							23.5	58.7

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shores

DATE 4/20/89

POLE VAULT

1. Kerr 10'0"
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

1. Schmucker -
2. Pilbeam -
3. Jordan 5'4"
4. Taylor 5'10"
- alt. Hoyer

SHOT PUT

- 1.
2. Buettner 29.5
3. Dewey 30'4"
4. Vogel
5. Markowski 35.10
6. Rozema 42.4

LONG JUMP

- 1.
- 2.
3. Dalenberg -
4. Baker -
5. Anderson P 19'11"
6. Reid D.T 19'11"

DISCUS

1. 12'11"
2. Rozema 121
3. Markowski 104
4. Dewey 91.3
5. Buettner 112.6
6. Vogel

3200 M. RELAY

1. Anderson M 2:06.5
2. Palmer 2:08.5
3. DeGraaf 2:08.5
4. Hyde 2:05.5
- alt. Henning

110 HIGH HURDLES

1. Small 16.2
2. Bolden 17.2
3. Reid M. 19.6
- alt.

100 METER DASH

1. Anderson P 11.5
2. Taylor
3. Baker 10.6
- alt. Vandekieft
Merritt

800 M. RELAY

1. Fields 24.8
2. Kodish 23.5
3. Reid D.T. 22.9
4. Taylor 23.0
- alt. Jordan
Kerr

1600 M. RUN

1. Hyde 4:23.6
2. DeGraaf 4:41.6
3. Reiffer 4:53.8
4. Reed D 4:54.8
5. Shillita 5:25
- 6.

400 M. RELAY 45.6

1. Anderson P
2. Baker
3. Kodish
4. Taylor
- alt. Jordan
Merritt

400 M. DASH

1. Fields 52.1
2. Rasmussen 55.9
3. Kerr 54.5
- alt. Oliver

300 INT HURD.

1. Anderson P
2. Bolden 44.5
3. Jordan 45.9
- alt. Small 42.9
Reid M.

800 M. RUN

1. Hyde 22 51 57.15
2. DeGraaf 60 2:03.3
3. Anderson 62 2:06.3
4. Henning 67 2:21
5. Tram 67 2:30
6. Asbury 73 2:31
7. Denby -
8. Monr
Jackson 72 3:01

200 M. DASH

1. Reid D.T 23.3
2. Fields -
3. Kodish 24.3
- alt. Christensen

3200 M. RUN

1. Pierce 10:23.8
2. Palmer 10:29.8
3. Garcia 11:24
- 4.
- 5.
- 6.

1600 M. RELAY

1. Reid D.T 54.0
2. Jordan 55.2
3. Oliver 56.4
4. Rasmussen 57.2
- alt. Oliver
Fields

D.C	75	2:27	3:47	5:08	6:27	7:47	9:05
Pal	73	2:20	3:48	5:02	6:21	7:42	8:58
Reid	81	2:43	-	-	7:06	-	10:54

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Monro Shores

DATE 4/20/89

<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	1. Kerr Kerr 11.9 Jordan	1. Kerr 23.9
2.	2.	* 2. Christensen	2. Christensen
3.	3.	3. Vandekieft	3. Hoge 24.8
4.	alt.	alt. moore	4. Vandekieft
alt.		Betts 12.1	alt. 27.2
		Smokoski 13.0	Betts
		Pilbeam 13.2	moore
		Praglucki 13.0	24.7
		Hamstra	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. Pilbeam	1. Oliver 59.1	1. Small
2.	2. Betts 52	2. Henning 58.2	2. M. Reid
3.	3. moore	3. moore	3.
4.	4. Vandekieft	alt. Johnson 64.7	alt.
5.	alt. Hamstra 54	maikunicki	
6.			

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Vandekieft 26.3	1.	1. Kerr
2.	2. Betts	2.	2. Oliver
3.	3. Dalenburg 27.7	3.	3. Bolden
4.	alt. Van Dyke 29.2	4.	4. Henning
5.	Pilbeam	5.	alt.
6.	Christe 250	6.	Christensen
			Anderson

* 53.9 Nyde
 54.6 De Graaf
 60 Rietter
 56 Anderson M.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Regionals

DATE Sat 5/20

POLE VAULT

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

alt.

HIGH JUMP

1. Taylor
2. Jordan
- 3.
- 4.

alt.

SHOT PUT

1. Rozema 41.1
2. Markowster
- 3.
- 4.
- 5.
- 6.

LONG JUMP

1. Reid D. 52 1/2
2. Anderson
- 3.
- 4.
- 5.
- 6.

DISCUS

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

3200 M. RELAY

1. DeGraaf 59-1:58.1
2. Anderson 59-2:02.1
3. Palmer 60-2:04.1
4. Hyde 58-1:58.1

alt.

Henning

110 HIGH HURDLES

1. Bolden 12.4
2. Small 16.7 - 15.6
- 3.

alt.

100 METER DASH

1. Taylor 10.5 - 10.3
2. Anderson
- 3.

alt.

800 M. RELAY

1. Fields 23.8
2. Kodish 22.5
3. Reid D.J. 23.3
4. Taylor 22.1

alt.

Anderson

1600 M. RUN

1. Hyde 65-2:11-3:15
2. DeGraaf 67-2:18-3:23
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

1. Taylor
2. Baker
3. Kodish
4. Reid D.J.

alt.

Baker

400 M. DASH

1. Fields
2. Rasmussen 55.2
- 3.

alt.

300 INT HURD.

1. Small 42.8
2. Bolden 44.0
- 3.

alt.

800 M. RUN

1. Hyde 60-2:24
2. DeGraaf 61-2:07
- 3.
4. Alt. Anderson
- 5.
- 6.

200 M. DASH

1. D.J. Reid 23.5-23.6
2. Fields 23.1-23.6
- 3.

alt.

Kodish

3200 M. RUN

1. D.C. Pierce
2. Palmer 10:33.0
- 3.
- 4.
- 5.
- 6.

1600 M. RELAY

1. Rasmussen 53.5
2. Taylor 54
3. Fields 56.7
4. Hyde

alt.

Oliver

Kodish

53.2

Sta 67 - 2:19 - 3:33 - 4:52 - 6:17 - 7:44 - 9:11

DC 70 - 2:29 - 3:54 - 5:23 - 6:55 - 8:28

Handwritten notes in top left corner, including "Hill 12" and "12" with arrows pointing to the top of the page.

Handwritten circled numbers "30" and "20" on the left side of the page.

Handwritten numbers "4:20.4" and "4:45.2" on the left side of the page.

Handwritten numbers "5:11" and "5:33" on the left side of the page.

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1989

EAST KENTWOOD HIGH SCHOOL
OK CONFERENCE RED DIVISION
UNDEFEATED TRACK CHAMPIONS

1989

- Row 1 Brent Reiffer, Brian Small, Karl Taylor, D.J. Reid
D.C. Pierce, Marcus Jordon, Matt Vogel
- Row 2 Coach Jeff Black, Coach Chuck Drnek, Mike Henning, Brian Hyde
Pete Anderson, Jeff Przylucki, Shayne Mohn, Eric Jackson
Corey Betts Jim Hamstra, Harvey Moore, Matt Maikowski
Coach Don Galster
- Row 3 Corey Baker, Art Shillito, Ryan Asbury, Paul VanDyke,
John Smokoski, Mark Vanderkiefert, Dan Reed, Scott Christensen,
Eddie Kodish, Vince Tran
- Row 4 Don Hoyer, Cody Dalenburg, Stu Palmer, Ross DeGraaf, Larry Bolde
Brian Garcia, Matt Reid, Brad Fields, Bob Rozema, Joby Dendy
Roger Dewey
- Row 5 Mac Anderson, Kelly Taylor, Chad Pilbeam, Jeff Kerr, Jeremy
Johnson, Brian Rasmussen, Steve Oliver, Jerry Schmucker,
Mike Buettner, Kam Merritt

Kalamazoo Central	81-55	GVSU Invitational	1st Place
Jenison	94-41	West Ottawa Relays	1st Place
Mona Shores	86-47	Conference Meet	1st Place
Grand Haven	101-36		
Holland	74-63		
Rockford	83-44		
Grandville	70-66		
West Ottawa	94-43		

Plaques

- 33 Athletes
- 3 Coaches
- 2 - Walls - locker room
- - Hall

EAST KENTWOOD TRACK

DATE: May 17, 1989
TO: Ron Falas
FROM: Chuck Drnek
SUBJECT: Conf. Meet Results

East Kentwood All-Conf.

Mac Anderson
Corey Baker
Ross DeGraaf
Brian Hyde
Eddie Kodish
Stuart Palmer
D.J. Reid
Karl Taylor

East Kentwood Conf. Champions:

Long Jump: D.J. Reid

3200 M Relay Mac Anderson
Stuart Palmer
Ross DeGraaf
Brian Hyde

1600 m Run Brian Hyde

800 m Run Brian Hyde

400 m Relay D.J. Reid
Corey Baker
Eddie Kodish
Karl Taylor

Team Totals: (Boys)

East Kentwood	106
Rockford	80
Jenison	69
Mona Shores	67
Grandville	66
West Ottawa	57 2/3
Holland	51 1/3
Grand Haven	30

EAST KENTWOOD TRACK

SUBJECT: Spring Athletic Banquet Awards:

LAST NAME	FIRST NAME	GRADE	NUMBER OF LETTER WON
CHRISTENSEN	SCOTT	9	1
FIELDS	BRAD	9	1
MOORE	HARVEY	9	1
REED	DAN	9	1
ANDERSON	PETER	10	1
BETTS	COREY	10	1
BOLDEN	LARRY	10	1
EUETTNER	MIKE	10	2
DE GRAAF	ROSS	10	2
HOYE	DON	10	1
HYDE	BRIAN	10	2
KERR	JEFF	10	2
PALMER	STUART	10	2
ANDERSON	MAC	11	2
BAKER	COREY	11	2
DEWEY	ROGER	11	2
HENNING	MIKE	11	2
JACKSON	ERIC	11	2
KODISH	EDDIE	11	3
MAIKOWSKI	MATT	11	1
MERRITT	KAM	11	3
OLIVER	STEVE	11	3
RAZMUSSEN	BRIAN	11	2
ROZEMA	BOB	11	3
TAYLOR	KELLY	11	3
VANDEKEIFT	MARK	11	3
VOGEL	MATT	11	3
JORDON	MARCUS	12	3
PIERCE	D.C.	12	2
REID	D.J.	12	3
REIFFER	BRENT	12	1
SMALL	BRIAN	12	2
TAYLOR	KARL	12	2

* * * * AWARDS: * * * *

3 Team Captians:

D.J. Reid
Karl Taylor
D.C. Pierce

Letters 8

Bars 29

Winded Foot 10

1 Most Improved:

Pete Anderson

Certificates

3 Year Plaque:

Eddie Kodish
Kam Merritt
Steve Oliver
Bob Rozema
Matt Vogel
Marcus Jordon
D.J. Ried

JV (7)

1st Varsity Letter in Track (4)
2nd Varsity Letter In Track (14)

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Conf. Meet

DATE May 15-16

POLE VAULT

1. —
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
3. Jordan
4. Taylor (2)(5)
- alt.

SHOT PUT

- 1.
- 2.
- 3.
4. Rozema
5. Maikowski
6. Vogel

LONG JUMP

- 1.
- 2.
- 3.
4. Reid D.J 21'2"
5. Anderson
6. Betts

DISCUS

- 1.
- 2.
- 3.
4. Baethner
5. Rozema
6. Vogel

3200 M. RELAY

1. Palmer 58-2:04
2. DeGraaf 59-2:01
3. Anderson 60-2:02
4. Hyde 61-2:01
- alt. Henning

110 HIGH HURDLES

1. Bolden 15.9-16.6
2. Small 15.5
3. —
- alt.

100 METER DASH

1. Taylor 11.1-11.3
2. Anderson 11.5
3. Baker 11.7
- alt.

800 M. RELAY

1. Fields 23.
2. Kodish 23.1
3. Reid D.J 22.2
4. Taylor 23.2
- alt. Anderson

1600 M. RUN

- 4:21 1. Hyde 65-2:13-3:16
- 4:40 2. DeGraaf 67-2:18-3:30
- 4:58 3. Reiffer 71-2:25-3:40
- 4.
- 5.
- 6.

400 M. RELAY

1. Taylor
2. Baker
3. Kodish
4. Reid D.T.
- alt. Baker

400 M. DASH

1. Fields
2. Rasmussen
3. Oliver 56.4
- alt.

300 INT HURD.

1. Small 41.6
2. Bolden 43.2
- 3.
- alt.

800 M. RUN

1. Hyde 60-1:58
2. DeGraaf 61-2:02
3. Anderson 62-2:03
- 4.
- 5.
- 6.

200 M. DASH

1. Reid D.T 23.2
2. Fields 23.1-22.6
3. Kodish 24.1
- alt. Christensen

3200 M. RUN

1. Palmer
2. Pierce
3. Reed
- 4.
- 5.
- 6.

1600 M. RELAY

- 54 1. Rasmussen
- 5# 54.6 2. Taylor
- 52.3 3. Kodish
- 52.3 4. Jordan
- alt. Hyde
- 3.33.6 Kodish

6.	①	②	③	④	⑤	⑥	⑦	⑧
Palmer-	71	2:24	3:39	4:59	6:21	7:44	9:08	10:26
C. Pierce-	73	2:30	3:48	5:11	6:31	8:04	9:30	10:54
Reed-	74	2:34	3:56	5:20	6:45	8:12	9:37	10:53

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT John Bar

DATE M

POLE VAULT

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

#55 Nat. Inn

Com

HIGH JUMP

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

SHOT PUT

1. Rozema 49'11"
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

1. Reid D.J. 21'4 1/2"
- 2.
- 3.
- 4.
- 5.
- 6.

DISC

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

3200 M. RELAY

1. DeGraaf 58 - 1:59.1
2. Anderson 60 - 2:03.1
3. Palmer 60 - 2:03.1
4. Hyde 56 - 1:54.1
- alt.

8:02?

110 HIGH HURDLES

1. Mike Small
- 2.
- 3.
- alt.

100 METER DASH

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

800 M.

2nd
School
Peroni
1. Fields
2. Kodish
3. Reid
4. Taylor
alt.
Bak

1600 M. RUN

1. Hyde 4:17.1
2. 64
3. 2:04
4. 3:14
5. 4:18.7
- 6.

400 M. RELAY

1. Fields
 2. Taylor
 3. Kodish
 4. Reid
 - alt.
- Anderson
Fields

44.2

400 M. DASH

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

300 INT

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

800 M. RUN

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

2:02

200 M. DASH

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

3200 M. RUN

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

1600 M.

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

Eguia
Brud
Karl
Edd?

66
62
60

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT 9th & 10th Invita.

DATE 5/10/89

POLE VAULT

- * 1. Asbury - 16'0"
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1. Philbeam *
- 2. Hoge / Schmutz
- 3.
- 4.
- alt.

SHOT PUT

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

(1st) LONG JUMP

- * 1. Anderson 19'7"
- 2.
- 3.
- 4.
- 5.
- 6.

(3rd) DISCUS

- (1) Buettner
- 2.
- 3.
- 4.
- 5.
- 6.

(1st) 3200 M. RELAY

- 1. Palmer 61 - 2:09
- 2. Reed 64 - 2:15
- 3. Dendy 63 - 2:17
- 4. DeGraaf 57 - 2:03
- alt.

(2nd) 110 HIGH HURDLES

- 1. Bolden 16.8 17.0
- 2. Reid m. 19.3
- 3.
- alt.

(2nd) 100 METER DASH

- 1. Anderson 11.6
- * 2. Christensen 12.2
- 3.
- alt.

(1st) 800 M. RELAY

- 1. Fields 24.0
- 2. Christensen 24.7
- 3. Moore 25.0
- 4. Anderson 23.3
- alt. Philbeam

1600 M. RUN

- 1. DeGraaf -
- 2. Palmer 5:03
- 3. Shillito 5:21
- 4.
- 5.
- 6.

(2nd) 400 M. RELAY 47.2

- 1. Fields
- 2. Anderson
- 3. Moore / Bolden
- 4. Christensen
- alt. Philbeam

(4th) 400 M. DASH

- 1. Fields
- 2. Hoge 55.9
- 3. ~~Moore~~
- alt.

(Tie) 300 INT HURD.

- 1. Bolden 44.2
- 2. Reid m. 46.5
- 3. -
- alt.

800 M. RUN

- 1. DeGraaf -
- 2. Dendy 67 - 2:21.0
- 3. -
- 4. -
- 5.
- 6.

(4th) 200 M. DASH

- 1. Fields 23.6 -
- 2. Christensen 24.2
- 3.
- alt.

(5th) 3200 M. RUN

- 1. Palmer 10:57.8
- 2. Garcia 11:11
- * 3. Reed D. 11:09
- 4.
- 5.
- 6.

(3:46) 1600 M. RELAY

- 1. Hoge 54.5
- 2. Bolden 56.7
- 3. Moore 55.7
- 4. Reid m. 58.1
- alt. Hyde

Dan 72 - 2:31 - 3:55 - 5:23 - 6:51 - - 9:49
 Stu 72 2:31 3:54 - 5:16 - 6:40 - 8:05 9:29
 Brian 77 2:46 4:03 - 5:20 - 6:51 - - 9:49

LEA

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE 5-9-89

21
① POLE VAULT

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

9:02.4

24
45
⑤ 3200 M. RELAY

1. Anderson M. 63-2:12
2. Henning 2:09 (61)
3. Palmer 65-2:26
4. Hyde 64-2:14
- alt. DeGraaf

3 HIGH JUMP 5'10"

1. Schmucker -
2. Pilbeam -
3. Jordan -
4. Taylor 5'6"
- alt. Hoge

⑧ 110 HIGH HURDLES 16.9 steps

1. Bolden 16.2
2. Small 16.4
3. Reid M. 19.6
- alt.

6 SHOT PUT 126 ⑧

- 1.
2. Dewey 27
3. Buettner 29'10 1/2
4. Vogel 33'1"
5. Maikowski 38'1 1/2"
6. Rozema 47'11"

⑧ LONG JUMP

- 1.
- 2.
3. Dalenburg 14'11"
4. ~~Betts~~
5. Anderson P. 19'3 1/4"
6. Reid D.J. 20'2 1/2"

42 6 18 DISCUS

- 1.
2. Dewey 95
3. Maikowski 93'2"
4. Vogel 98'7"
5. Buettner 120'8"
6. Rozema 119'2"

6 100 METER DASH 11.5

1. Kodish 11.6
2. Taylor 11.0
3. Baker 11.5
- alt. Anderson

5 132.8 800 M. RELAY

1. Fields 23.3
2. Kodish 24.5
3. Reid D.J. 22.3
4. Taylor 23.0
- alt.

25
70
⑧ 1600 M. RUN 4:45.2 - 2 ahead 26

- 4:32 1. Hyde 67-2:15 - 3:23
- 4:44 2. DeGraaf 67-2:17 - 3:30
- 5:07 3. Reed 69-2:24 - 3:46
- 4:57 4. Reiffen 70-2:22 - 3:41
- 5:12 5. Shillito 73-2:33 - 3:54
- 5:10 6. Garcia 74-2:30 - 3:50

⑤ 400 M. RELAY 47.0 46.5

1. Anderson
2. Taylor
3. Kodish
4. Reid D.J.
- alt. Baker

6 400 M. DASH 45.6

1. Fields 53.4
2. Rasmussen 54.7
3. Jordan 55.4
- alt. Oliver 58.9

6 300 INT HURD. 35.0

1. Small 44.3
2. Bolden 44.8
3. Reid M. 47.4
- alt.

20
90
⑧ 800 M. RUN 5:00 3.16

1. ~~Hyde~~
2. Anderson 60-2:05.0
3. Henning
4. Tran 68-2:26
5. Dandy 67-2:19
6. Ashbury 69-2:25

- Mahn 86 - 2:58
Kodish ?
Garcia 18 - 2:18
Jackson 69 2:25
Kodish 60 - 2:09.6

6 200 M. DASH 10.2

1. Reid D.J. 23.3
2. Fields 24.0
3. Christensen 24.6
- alt.

6 3200 M. RUN 10.2

1. Pierce D.C
2. Palmer
3. Garcia
4. Shillito
- 5.
- 6.

3:48.4 1600 M. RELAY

1. Jordan 56.1
2. Oliver 58.0
3. Hoge 58.7
4. Rasmussen
- alt. 55.5

Ds. - 85	2:50	4:06	5:28	1:51	8:16	9:40	10:59
Palmer - 85	2:51	4:16	5:41	2:08	8:36	10:01	11:15
Art - 87	3:00	4:36	6:12	7:48	9:24	10:59	12:22

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O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE 5/9/89

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.

3200 M. RELAY

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

110 HIGH HURDLES

- 1. Johnson 19.9
- 2.
- 3.
- alt.

100 METER DASH

- 1. Hoge 12.15
- 2. Vandekieft 12.1
- 3. Smokoski
- Hamstra 13.1
- alt. Prysucki 12.9
- Schmucker 13.4
- Kelly Taylor 13.3
- Van Dyke 13.7

800 M. RELAY

- 1. Pilbeam 28.3
- 2. Christensen 27.1
- 3. Moore 26.3
- 4. Smokoski
- alt. Prysucki 24.6

1600 M. RUN

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

400 M. RELAY

- 1. Vandekieft (52.6)
- 2. Christensen
- 3. Schmucker
- 4. Hamstra
- alt. Prysucki
- Smokoski

400 M. DASH

- 1. Moore 57.1
- 2. Jackson
- 3. Johnson
- alt.

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

- 1. Rasmussen
- 2. Hamstra 28.9
- 3. Detenbury 29.4
- alt. Schmucker 28.4
- Van Dyke 29.2
- Smokoski
- Kelly Taylor
- Prysucki
- Parker 24.2
- Rozema 25.2
- Small 25.0

3200 M. RUN

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

1600 M. RELAY

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

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jerison

DATE 4/18/89

⑤

POLE VAULT

1. Kerr 9'0"
2. Van Dyke
- 3.
- 4.
- alt.

HIGH JUMP

- ? 1. ~~Schmacker~~ ^{Hoye}
2. Filbeam -
3. Jordan -
4. Taylor 5'8"
- alt. Hoye

SHOT PUT

- ? 1. Buettner 30'1"
2. Maikowski 30'8"
- ? 3. Vogel 30'4"
4. Dewey 32'½"
5. Babers
6. Rozema 46'9"

LONG JUMP

1. Dalenburg 14'8"
2. Baker 15'6½"
3. Fields 17'½"
4. Anderson 19'5"
5. Reid D.J. 19'6"
6. ~~Baker~~

DISCUS

1. Rozema 93'1"
2. Maikowski 102'1"
3. Buettner 100'3"
4. Vogel 111'
5. Dewey
6. ~~Baker~~ 108'10"

8:28.9

⑤

3200 M. RELAY

1. Anderson 62-2:11
2. Palmer 59-2:10
3. DeGraaf 59-2:05
4. Hyde 58-2:02
- alt. Henning
Reiffer

110 HIGH HURDLES

1. Madsen 20.6
2. Balden 17.5
- ? 3. Reid M. 19.7
- alt. *small

100 METER DASH

1. Anderson 11.6
2. Taylor 11.45
3. Baker 11.7
- alt. Merritt 12.8

800 M. RELAY

1. Fields 23.5
2. Kodish 25.4
3. Reid D.J. 22.9
4. Taylor 22.8
- alt. Jordan

1600 M. RUN

1. Hyde
2. DeGraaf 4:49
3. Reid D 5:24
4. Jackson 5:46
5. Reiffer 5:11
6. Mohr 7:09

400 M. RELAY 45.9

1. Taylor
2. Merritt
3. Kodish
4. Reid D.J.
- alt. Baker
Jordan

400 M. DASH

1. Fields 52.5
2. Rasmussen 55.5
3. Oliver 57.8
- alt. Hoye

300 INT HURD.

1. Anderson -
2. Balden 45-
3. Jordan 42.0
- alt. Madsen -
*small
Reid 47.1

800 M. RUN

- 61 1. Hyde 2:01
- 2. DeGraaf
- 64 3. Anderson 2:10
- 67 4. Henning 2:15
- 68 5. Tran 2:31
- 69 6. Asbury 2:33
- 66 skillito 2:22
- Denby -

200 M. DASH

1. Reid D.J. 22.6
2. Fields 22.8
3. Kodish 24.2
- alt. Merritt

3200 M. RUN

- | | | | | | | | |
|-----------|-------|------|------|------|------|-------|------|
| 1. Pierce | 10:31 | 2:40 | 3:57 | 5:18 | 6:37 | 7:57 | 9:16 |
| 2. Palmer | 10:40 | 2:46 | 3:57 | 5:18 | 6:37 | 8:00 | 9:21 |
| 3. Garcia | 11:19 | 4:12 | 5:40 | 7:09 | 8:35 | 10:02 | |

1600 M. RELAY

1. Jordan 53.9
2. Oliver 58.9
3. Hoye 56.2
4. Rasmussen 55.6
- alt. Small
Anderson

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O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Jenison DATE 4/18/89

<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. Johnson 23.0	1. Smokaski 13.7	1. Kerr 24.9
2.	2.	2. Moore	2. Christensen 26.2
3.	3.	3. Przylucki 13.7	3. Hoye 25.6
4.	alt.	alt. Hamstra	4. Vanderkeift
alt.		Betts 12.9	alt. 26.1
		Vanderkeift 12.4	
		Baker	
		Pilbeam 13.2	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. Pilbeam	54.6 1. J. Johnson - ?	1. M. Reid 47.1
2.	2. Betts	2. R. Mason	2. Madsen
3.	3. Moore	3. Markowski 59.1	3.
4.	4. Christensen	alt.	alt.
5.	alt.	Hennings	
6.			

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Dalenburg 28.0	1.	1. Reid m.60
2.	2. Kerr 28.7	2.	2. Madsen
3.	3. Christensen 25.3	3.	3. Henning 60.2
4.	alt. Vanderkeift 23.9	4.	? 4. Schmueker
5.	Mason	5.	alt. Bolden 59.9
6.	Van Dyke 29.12	6.	Christensen 58.7
	Betts 26.8		

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 4/25/89

23

? All-Conf

3
POLE VAULT ^{wo 12'0"} _{OH}
 1. Kerr 10'0
 2.
 3.
 4.
 alt.

6
HIGH JUMP ^{wo 5'0"} _{OH}
 1. Schmucker
 2. Pilbeam
 3. Jordan
 4. Taylor 5'4
 alt. Noye

5
SHOT PUT ^{wo 45'10"} _{6H}
 1.
 2. Buettner
 3. Dewey
 4. Vogel
 5. Markowski
 6. Rozema 48'11"

8
LONG JUMP ^{wo 19'11"} _{6H}
 1.
 2. Betts
 3. Delenburg
 4. Baker
 5. Anderson P
 6. Reid D.J. 20'3"

1
DISCUS ^{wo 124'0"}
 1.
 2. Dewey
 3. Markowski
 4. Vogel
 5. Buettner
 6. Rozema

23
46

5
3200 M. RELAY ^{wo 8'48.8"} _{6H}
 1. Anderson m. 63 2:14
 2. Henning 62 2:19
 3. Palmer 62 2:09
 4. DeGraaf 62 2:17
 alt. Reiffer

5
110 HIGH HURDLES ^{wo 16.9"} _{OH}
 1. Bolden 16.9
 2. Small
 3. Reid m. 19.8
 alt.

9
100 METER DASH ^{wo 11.5"} _{6H}
 1. Anderson 11.4
 2. Taylor 11.4
 3. Baker
 alt. Merritt
 Vanderkroft

5
800 M. RELAY ^{wo 132.5"} _{6H}
 1. Fielder 23.2
 2. Kodrick 23.1
 3. Reid D.J. 23.0
 23.1
 4. Taylor 22.7
 alt. Jordan

18
67

3
1600 M. RUN ^{wo 4:49"} _{6H}
 1. Hyde 69 2:18 3:27
 2. DeGraaf 70 2:20 3:33
 3. Reiffer 72 2:27 3:45
 4. Reid D 74 2:27 3:44
 5. Skillito 76 2:32 3:58
 6. Garcia 76 2:28 3:46

5
400 M. RELAY ^{wo 47.0"} _{6H}
 1. Anderson P
 2. Baker
 3. Kodrick
 4. Reid D.J.
 alt. Baker
 Merritt

6
400 M. DASH ^{wo 57.7"} _{6H}
 1. Fields 52.2
 2. Kerr 54.9
 3. Rasmussen 55.2
 alt. Oliver

4
300 INT HURD. ^{wo 47.4"} _{6H}
 1. Small
 2. Bolden 43.3
 3. Jordan m. 44.9
 alt. Anderson P
 m. Reid
 45.8

26
80

8
800 M. RUN ^{wo 2:12"} _{6H}
 1. Hyde 60 2:02
 2. DeGraaf
 3. Anderson m. 62 2:07
 4. Henning 64 2:11
 5. Tran 67 2:28
 6. Arbury 69 2:27
 7. Denby 2:17
 8. Jackson 66 2:20
 9. Mohr 86 3:02
 10. Reed 65 2:21

9
200 M. DASH ^{wo 24.0"} _{6H}
 1. Reid D.J. 22.9
 2. Fields 23.2
 3. Kodrick 24.0
 alt. Kerr
 Christensen

8
3200 M. RUN ^{wo 10:47"} _{6H}
 1. Pierce
 2. Palmer
 3. Garcia
 4. Reiffer
 5. Skillito
 6. Pilbeam

1
1600 M. RELAY ^{wo 136.9"} _{6H}
 1. Taylor 53.2
 2. Jordan 53.1
 3. Kerr 55.1
 4. Rasmussen 54.9
 alt. Oliver
 Noye

Pier	74	2:33	3:51	5:09	6:29	7:49	9:08	10:24
Palm.	74	2:33	3:51	5:10	6:30	7:52	9:17	10:39
Garc	85	2:54	4:21	5:49	7:20	8:53	-	11:53
Skil	88	3:01	4:29	6:17	7:53	-	-	12:29
Pilbe	80	3:02	4:36	6:21	8:08	10:09	-	13:53

Go over Cmu entries

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O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 4/25/89

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.

3200 M. RELAY

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

110 HIGH HURDLES

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

100 METER DASH

- 1. Christensen 12.2
- 2. Vanderkief 12.5
- 3. Moore
- alt. Betts 12.7
- Smolaski 13.5
- Przybycki 13.5
- Namstra 13.6
- Vandyk 13.78

142.3
800 M. RELAY

- 1. Christensen 25.4
- 2. Betts 26.7
- 3. Noye 25.6
- 4. Vanderkief 24.4
- alt. Moore
- Dalenburg

1600 M. RUN

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

400 M. RELAY

- 1. Betts 50.7
- 2. Christensen
- 3. Namstra
- 4. Vanderkief
- alt. 53.9

400 M. DASH

- 1. Oliver 56.4
- 2. Noye 57.6
- 3. Johnson
- alt. Betts at holland

300 INT HURD.

- 1. m. Reid
- 2.
- 3.
- alt.

800 M. RUN

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

200 M. DASH

- 1. Oliver 25.7
- 2. Christensen 24.8
- 3. Pilbeam 27.08
- alt. Dalenburg 27.3
- Vanderkief 25.1
- Rosen 26.1
- Roe
- Smolaski 28.1

3200 M. RUN

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

1600 M. RELAY

- 1. Small -
- Moore 2. Noye -
- 3. Bolden
- 4. m. Reid
- alt. Vanderkief
- Anderson M.
- Anderson P.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 4/27

POLE VAULT

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

8:59.0

3200 M. RELAY

1. Anderson M 61 2:09
2. DeGraaf 61 2:08
3. Palmer 69 2:23
4. Hyde 65 2:16
- alt. Henning

1600 M. RUN

1. Hyde 4:26
2. De Graaf 4:41
3. Reid D 4:59
4. Reiffer 5:02
5. Skillito 5:01
6. Garcia 5:04

HIGH JUMP

1. Schmucker
2. Pilbeam
3. Jordan 5'4"
4. Taylor 5'10"
- alt. Hoye

110 HIGH HURDLES

1. Bolden 16.7
2. Small 16.1
3. Reid M, 19.2
- alt. Johnson 20.0

400 M. RELAY

1. Anderson P
2. Baker
3. Kodich
4. Reid D.J.
- alt. Merritt

200 M. DASH

1. Reid D.J 22.8
2. Fields 23.3
3. Kodich
- alt. Christensen

SHOT PUT

- 1.
2. Buettner
3. Dewey
4. Vogel
5. Markowski 39'4"
6. Rozema 47'

LONG JUMP

- 1.
2. Dalenburg
3. Baker
4. Betts 18'7"
5. Anderson P
6. Reid D.J. 21'11"

100 METER DASH

1. Anderson P 10.4
2. Taylor 10.3
3. Baker 10.9
- alt. Merritt
Kodich
Christensen

400 M. DASH

1. Fields 55.3
2. Kerr 5'
3. Jordan
- alt.

3200 M. RUN

1. Hyde
2. Pierce 10:42
3. Palmer 10:36
- 4.
- 5.
- 6.

DISCUS

- 1.
2. Dewey
3. Markowski
4. Buettner
5. Vogel
6. Rozema

800 M. RELAY

1. Fields 24.2
2. Kodich 23.6
3. Reid D.J. 23.4
4. Taylor 24.0
- alt. Kerr

300 INT HURD

1. Small 44.7
2. Bolden V
3. Anderson P
- alt. Oliver

1600 M. RELAY

1. Taylor
2. Jordan
3. Kerr Fields
4. Rasmussen 34.6
- alt. Oliver 56.2
Hoye 56.8

- Pierce 76 - 2:33 - 3:54 - 5:14 6:34 7:59 9:24
- Palmer 76 - 2:33 - 3:55 - 5:14 6:35 - 7:53 9:15

16

19/39
1d
35

7/56

69-2:17-320
61-2:19-3:20
71-2:26-3:45
71-2:26-3:46
73-2:31-34
76-2:38-40

7/3
61

Jackson E 2:31
Reed 2:25
Asbury 76 2:30
Garcia 2:17
Mohn 3:05

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O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 4/27

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHCT 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. Johnson	1. Christensen 11.4	1. Moore 28.1
2.	2.	2. Van de Kieft 12.1	2. Pilbeam 26.6
3.	3.	3. Betts 11.5	3. Dalenburg 28.9
4.	alt.	alt. Taylor Kelly 12.6	4. Christensen
alt.		alt. Smokaski 12.2	alt. 24.4
		Przydecki 12.2	
		Hamstra 12.6	
		Van Dyke 12.9	
		Schmucker 12.5	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. Van de Kieft	1. Oliver 58.6	1. Reid M.
2.	2. Betts	2. Hoge 56.4	2.
3.	3. Christensen	3. Johnson	3.
4.	4. Merritt	alt. Jackson	alt.
5.	alt.	Betts 59.9	
6.			

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Christensen 24.9	1.	1. Small
2.	2. Oliver	2.	2. Reid M
3.	3. Dalenburg 27.1	3.	3. Van de Kieft
4.	alt. Pilbeam	4.	4. Hoge
5.	Smokaski 28.2	5.	alt.
6.	Baker	6.	Betts
	Buettner		Bolten
	Vogel		Henning
	Pewey		Oliver
	Schmucker 27.2		Reiffer
	Garcia 26.5		

Rozema 28.8

Bolten
Henning
Oliver
Reiffer

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Rockford

DATE 5-2-89

SCHOOL	EAST KENTWOOD	OPPONENT	Rockford	DATE	5-2-89
	<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	Kerr	1. Schmucker	1.	1.	1.
2.		2. Pilbeam	2. Buetter 21' 3 3/4"	2.	2. Dewey 102'
3.		3. Jordan	3. Dewey 28' 6 3/4"	3. Dalenburg 14' 2 1/4"	3. Markowski 91' 6"
4.		4. Taylor 5' 10"	4. Vogel 37' 8 3/4"	4. Betts 18' 2 3/4"	4. Buetter 103' 2"
alt.		alt.	5. Markowski 38' 5 1/4"	5. Anderson P 18' 7 3/4"	5. Vogel 115' 0"
	<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>	
1.	Anderson M	1. Bulden 17.4	1. Anderson 11.8	1. Anderson	
2.	De Graaf	2. Small 17.3	2. Taylor 11.7	2. Kodich 7:17	
3.	Palmer	3. Reid M. 22.9	3. Baker 11.9	3. Reid D.J. 22.5	
4.	Hyde	alt.	alt.	4. Taylor 23.2	
alt.	Nenning	Johnson 24.3	Kodich Christensen	alt.	Jordan Fields
	<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>	
1.	Nyde 69' 21" 2:20.3	1. Anderson P	1. Rasmussen 54.2	1. Small 147.6	
2.	De Graaf 71' 21" 2:30.4	2. Baker	2. Jordan 56.5	2. Bulden 151	
3.	Reid D 73' 21" 2:30.5	3. Kodich	3. Oliver 57.9	3. Reid M. 28.7	
4.	Riffner 73' 21" 2:30.3	4. Reid D.J.	alt.	alt.	
5.	Sk. H. to 74' 21" 2:34	alt.	Hoye Fields		
6.					
	<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>	
1.	Nyde 59' 2:00	1. Reid D.J. 23.2	1. Nyde	1. Taylor	
2.	De Graaf 61' 2:07	2. Kodich	2. Pierce 11:03	2. Jordan 58.6	
3.	Anderson M 63' 2:09	3. Christensen 25.0	3. Palmer 10:45	3. Oliver 56.8	
4.	Nenning 65' 2:14	alt.	4. Garcia 11:22	4. Rasmussen	
5.	Tran 67' 2:28	Fields	5. Reid D 11:22	alt. Small 56.8	
6.	Dandy 67' 2:22		6.		
	Jackson E. 71' 2:27				
	Arbury 71' 2:32				
	Mohn 83' 2:54				

22
29

13/48 17
61, 2:09
62, 2:08
68, 2:28
65, 2:22
9:22

13/53 16
4:43
4:55
5:11
5:109
5:24

26/75

pierce 79' 21" 36.3 55.5 196' 44" 8:11 9:38
 palmer 79' 23" 43.5 51.5 136' 36.8 8:02 9:27
 Garcia 80' 21" 46.4 125' 40.7 118' 46.10 10:19
 Reid 82' 21" 48.4 115' 44.7 113.8 42.10 10

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Rockford

DATE 5-2-89

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.

3200 M. RELAY

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

110 HIGH HURDLES

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

100 METER DASH

- 1. Christensen 12.3
- 2. Vandekieft 12.4
- 3. Betts 12.6
- alt. Noye 12.6
- Smokowski 13.5
- Prystucki 13.4
- Namtra 13.8
- Van Dylke 13.5
- Schmucker 14.0

800 M. RELAY ^{150.5}

- 1. Moore
- 2. Garcia 28.3
- 3. Pilbeam
- 4. Christensen
- alt. Dalenburg 26.0

1600 M. RUN

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

400 M. RELAY

- 1. Vandekieft
- 2. Betts 52.9
- 3. Moore
- 4. Christensen
- alt. Namtra 55.1
- Smokowski

400 M. DASH

- 1. Noye
- 2. Johnson
- 3. Betts
- alt.

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

- 1. Dalenburg 26.1
- 2. Smokowski
- 3. Buettner 29.2
- alt. Vogel
- Dewey
- Schmucker

3200 M. RUN

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

1600 M. RELAY

- 1. Small
- 2. Reid M.
- 3. Vandekieft
- 4. Noye
- alt. Bolden
- Henning
- Rieffer.

6/8/88

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 5/4/89

POLE VAULT

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

HIGH JUMP

- 1. Schmuicker
- 2. Pilbeam
- 3. Jordan
- 4. Taylor
- alt. Noye

SHOT PUT

- 1.
- 2. Buettner
- 3. Dewey
- 4. Vogel
- 5. Markowski
- 6. Rozema

LONG JUMP

- 1.
- 2.
- 3. Dalenburg 14'10 1/2"
- 4. Betts 19' 3/4"
- 5. Anderson P 19'7"
- 6. Reid D.J. 21' 3 1/4"

DISCUS

- 1.
- 2. Dewey 109'9"
- 3. Markowski 105'
- 4. Buettner 124'11"
- 5. Vogel 117'0"
- 6. Rozema

3200 M. RELAY

- 62 1. Anderson M 2:08.3
- 63 2. Henning 2:10
- 74 3. Palmer 2:32
- 65 4. Hyde 2:15
- alt.

110 HIGH HURDLES

- 1. Bolden 18.1
- 2. Small 16.85
- 3. Reid M 20.3
- alt. Johnson

100 METER DASH

- 1. Anderson 11.6
- 2. Taylor 11.8
- 3. Baker 11.9
- alt. Christensen

800 M. RELAY

- 1. Anderson
- 2. Kodish
- 3. Jordan
- 4. Taylor
- alt. Jordan Christensen

1600 M. RUN

- 4:44 1. DeGraaf 68 - 2:26
- 4:48 2. Palmer 70 - 2:24
- 5:01 3. Reed 70 - 2:24
- 5:10 4. Reiffer 70 - 2:22
- 5:23 5. Shillito 75 - 4:01
- 6.

400 M. RELAY

- 1. Anderson P
- 2. Baker
- 3. Kodish
- 4. Reid D.J.
- alt.

400 M. DASH

- 1. Taylor 52.7
- 2. Rasmussen 54.5
- 3. Noye 57.6
- alt. Jordan Oliver 56.5

300 INT HURD.

- 1. Small
- 2. Bolden 44.3
- 3. Reid M 46.4
- alt.

800 M. RUN

- 1. Hyde 1:59.6
- 2. DeGraaf 2:02
- 3. Anderson 2:04
- 4. Henning 2:11
- 5. Tran 2:25
- 6. Dendy 2:16

200 M. DASH

- 1. Reid D.J. 22.9
- 2. Kodish 23.8
- 3. Christensen 24.7
- alt. Fields

3200 M. RUN

- 1. Pierce D.C 10:53
- 2. Palmer 10:32
- 3. DeGraaf 11:06
- 4. Garcia 11:17
- 5. Reed Dan
- 6.

1600 M. RELAY

- 1. Jordan 54.2
- 2. Reid D.J. 52.5
- 3. Rasmussen 53.5
- 4. Hyde 50.9
- alt.

Asbury 2:23
Mohr 2:54

Pierce 76 - 2:32 - 3:52 - 5:14 6:38 8:04
 Palmer 76 2:33 - 3:52 5:12 6:33 7:55
 DeGraaf 76 2:33 - 3:55 5:20 6:47
 Garcia 80 2:43 - 5:33 8:33

9:30 10:54
 9:12 10:33
 9:40 11:06
 10:02 11:17

18/34 -3

19/53

20/73

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 5/4/89

<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. Johnson	1. Vandekieft 12.5	1. Moore 27.8
2.	2.	2. Betts 12.8	2. Garcia 27.8
3.	3.	3. Smokoski 13.8	3. Pilbeam 29.4
4.	alt.	alt. Hoge 12.7	4. Christensen
alt.		Pruslocki 14.1	alt. 23.5
		Hamstra 14.0	
		Van Dyke -	
		Schmucker 14.2	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. Vandekieft	1. Betts	1.
2.	2. Betts 50.8	2. Jackson 63.8	2.
3.	3. Hamstra	3. Johnson	3.
4.	4. Christensen	alt.	alt.
5.	alt. 55.2		
6.			

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Dalenburg 27.0	1.	1. Small 58.5
2.	2. Smokoski 27.9	2.	2. Reid M Co.
3.	3. Schmucker 28.1	3.	3. Vandekieft 63.6
4.	alt. Van Dyke 29.5	4.	4. Hoge
5.		5.	alt. Oliver 56.7
6.		6.	Bulden
			Menning
			Rieffer

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Kalamazoo Cent DATE 4/13/89

POLE VAULT

1. Kerr
2. ~~_____~~
3. ~~_____~~
4. ~~_____~~
- alt.

HIGH JUMP

1. Jordan -
2. Taylor 5'6"
3. Pilbeam -
4. Schmucker -
- alt. Hoyer

SHOT PUT

1. Rozema 44'11 1/2
2. ~~Baker~~
3. ~~Markowski~~
4. Vogel -
5. Buettner -
6. Dewey 35 -

LONG JUMP

1. Reid DJ 19'7"
2. Baker 16'8"
3. Fields 18'5 1/2"
4. Anderson P. 21'1 3/4"
5. Pilbeam 16 -
6. ~~Marriott~~

DISCUS

1. Rozema 89
2. Vogel
3. Buettner
4. Dewey 99
5. ~~Markowski~~
6. Schmucker

3200 M. RELAY

1. Palmer 62-2:10
2. DeGraaf 63-2:11
3. Anderson 62-2:09
4. Hyde 64-2:15 alt.
- alt. Henning
Pierce
Reiffen

8:46.9

110 HIGH HURDLES

1. Bolden 17.6
2. Reid M 19.5
3. ~~_____~~
- alt.

100 METER DASH

1. Baker 11.9
2. Taylor 11.4
3. Jordan 12.2
- alt. Anderson P. 4

800 M. RELAY

1. Fields 23.4
2. Kodick 24.0+
3. Reid DJ 22.6
4. Taylor 23.1
- alt. Jordan 1:37.1

1600 M. RUN

1. Hyde 4:42
2. DeGraaf 5:02
3. Reid DJ 5:07
4. Garcia 5:09
5. Mohr 6:56
6. ~~_____~~

400 M. RELAY

1. Taylor
2. Kodick
3. Baker
4. Reid DJ
- alt. Jordan

45.5

400 M. DASH

1. Rasmussen 54.5
2. Fields 52.0
3. Oliver 58.1
- alt. Hoyer

Schmucker 1:00.0

300 INT HURD.

1. Bolden 41.9
2. Jordan 41.7
3. P. Anderson 41.8
- alt. Smallin
Mason

800 M. RUN

1. Hyde 62 2:02
2. DeGraaf 2:08
3. Anderson Reiffen 2:09
4. Henning 2:11
5. Asbury
6. Shillito Denby 2:20
Tran

200 M. DASH

1. Reid DJ 23.4
2. Kodick 23.7
3. Fields 23.0
- alt. Kerr

3200 M. RUN

1. Pierce 10:29
2. Palmer 10:41
3. Reiffen 11:47
4. Garcia 11:50
5. Jackson 13:10
6. ~~_____~~

1600 M. RELAY

1. Jordan 55.6
2. Oliver 58.1
3. Hoyer 56.5
4. Rasmussen 55.2
- alt. Smallin
Fretter
Anderson M.

O-K CONFERENCE

SCHOOL	EAST KENTWOOD	OPPONENT	DATE
<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.
alt.	alt.	5.	5.
		6.	6.
<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1.	1. Reid m.	1. Anderson P. 11.5	1. Kerr 24.6
2.	2.	2. Smokoski 13.7	2. Christensen 24.9
3.	3.	moore 13.4	3. Moore 26.6
4.	alt.	3. Pilbeam 13.4	4. Hoge 24.2
alt.		alt. Przylucki 28.0	alt.
		J. Johnson 13.7	Christensen
		Nametra	140.3
		Christensen	
		Van De Kieft 12.6	
<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. Anderson P	1. Mason R.	1. Jordan
2.	2. Smokoski	2. Schmucker	2. P. Anderson
3.	3. Philbeam	3. Hoge	3. m. Reid
4.	4. Datenburg	alt.	alt. 47.5
5.	moore		
6.	alt.		
	50.7		
<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Fields	1.	1. Henning
2.	2. Datenburg	2.	2. Moore
3.	3. Kerr 24.0	3.	3. Schmucker
4.	alt. Christensen 25.0	4.	4. Anderson P
5.	Johnson 28.3	5.	alt.
6.		6.	Balden
			Christensen

Track:) lap times

3/9/89

60

6.7	D.J. Reid	19.0' -
6.6	Karl Taylor	19.6' -
	Kam Merritt.	19.8'
7.5	Brad Fields	20.0 -
7.1	Marcus Jordan	20.1 ✓
6.9	Eddie Kodish	20.2 -
6.8	Corey Baker	20.4 -
6.8	Brian Small	20.5
6.98	Jeff Kerr	20.6
	Bob Rozema	20.6
	Don Hoge	20.7
	Larry Bolden	20.8
7.2 (?)	Pete Anderson	20.9
	Brian Rasmussen	21.0
	Steve Oliver	21.1
	Mike Henning	21.5
	Nancy Moore	21.6
	Matt Reid	21.7
	Nate Madsen	21.8
	Chad Pilbeam	22.0
	Mac Anderson	22.1
	Kelly Taylor	22.5
	Mike B. Pinner	22.6
	Jerry Schmacker	22.7
	Art Shillito	22.8
	Jeff Paaylaeki	23.0
	Paul Van Dyke	23.2
	Jim Hamstra	23.6
(?)	Johnson	24.0
	Rog Dewey	25.6

~~Coast's meet~~
~~2:00 Jensen~~
~~2:00 night~~

Vogel 36'10"
Rosen
Matt 37'3"

} 60/100

440 Times

(3/14/89)

400

Oliver 58.9

Brian Rasmussen	56.3
Karl Taylor	57.8
Marcus Jordan	58.2
Brad Fields	58.5
Mac Anderson	58.6
Don Hoge	58.6
D.J. Reid	58.7
Brian Small	59.5
Larry Bolden	59.8
Mike Henning	60.2
Harvey Moore	60.3
Eddie Kodish	60.5
Curry Baker	60.9
Corey Betts	60.1
Pete Anderson	61.4
Nate Madsen	61.5
Riley Mason	63.7
Mark Vandekerft	63.7

- All other were below 63

1600

Auto Times

Hyde	4:21
DeGraaf	4:49
Palmer	4:55
Pierce	4:56

800

Palmer 2:10
Mac Anderson 2:12 (Mac ~~Anderson~~)

DeGraaf
Pierce 2:20
Henning 2:17
Rasmussen 2:19

Rieffer 2:17
Asbury 2:33

Shillito 2:24
Garcia 2:25

Denby 2:27

Matt ~~Reid~~ Reid 2:24 (Matt ~~Reid~~)
Jackson 2:57

49.6
48.
47.5

10-5 6-4-2-1

EAST KENTWOOD TRACK

GRAND VALLEY STATE COLLEGE (GRAND RAPIDS PRESS INVITATIONAL)

Date: March 18, 1989

Vans Leave at: 3:45 (Doors open at 4:30)

5:00	10 Shot Put	<u>Rozema 48'9"</u>	<u>* Vogel</u>
	- Pole Vault	<u>Kerr</u>	
	- High Jump	<u>Jordan</u>	<u>Taylor *</u>
10	Long Jump	<u>Reid</u>	<u>Merritt</u>
		91'5"	87'6" Alt Baker

5:00	18	1600 Meter Run	Hyde ⁶⁷ 64 - 2:11	Palmer ⁶⁶ 67 - 2:17	<u>4:20.68</u>	De Graaf ⁶³ 68	Jordan ⁶⁹ 69	Taylor
	6	800 Meter Relay	<u>1:37.5</u>	Reid 24.3	Palmer 67 - 2:26	Jordan 24.4	24.4	24.1
	12	800 Meter Run	Hyde ⁶¹ 61 - 2:06.3	* Anderson ⁶³ 63 - 2:11				Alt. Jordan Baker
	64/8	50 Meter Highs	2 nd Bolden 7.6 *					
	65/1	50 Meter Dash	Taylor 6.1 - 6.2	* Reid 6.3				
	70/5	400 Meter Dash	Rasmussen 55.0	Fields 24	54.3			
	78/8	3200 Meter Run	Palmer 73 - 2:29 - 3:45	Alt. Anderson	5:09 - 6:34 - 7:59	9:24		
			Pierce 73 - 2:29 - 3:47	5:06 - 6:29 - 7:53	9:18			
								10:40
		1600 Meter Relay	<u>Taylor</u>	<u>Jordan</u>	<u>Oliver</u>	<u>Rasmussen</u>		
				Hoye			Alt. Reid D.S. Anderson Hoye Fields	

Bull Plow

CMU Entries

9:00 Pole Vault Kerr 10'6" ✓
 Long Jump (Girls 1st) D.J. 21'0" ✓ Kam 20'6" ✓
 High Jump Taylor 5'10" ✓
 Shot Put (Girls 1st) Rozema 49'2" ✓
 Discus Vogel 1:30 ✓ Babers 1:30 ✓

9:00 3200 meter Pierce 10:35 ✓ Garcia 11:00 ✓
 (prelim) High Hurdles Small 16.0 ✓ Bollen 16.7 ✓
 (prelim) 100 meter Taylor 11.3 ✓ D.T. 11.3 ✓
 4 x 800 Relay ✓ Anderson Nennings Hone Rieffer 8:35
 4 x 200 Relay ✓ Reid Fields Kodish Taylor 1:34.5
 Dist med ✓ DeGraaf Rasmussen Palmer Hyde 10:48
 3/4 Mile 3:25 53 8:10 11:20
 60

Lunch Break

2:00 Kyle Bennett Relay 300 Low hur. omit omit omit
 High Hurdle Final 200 200 400
 100 meter Final Rasmussen mittie Fields Palmer
 Sprint med Relay Fields Jordan Kerr Palmer
400 200 200 800
 1600 meter Run ✓ Hyde 4:20.3 DeGraaf 4:40.1
 4 x 100 Relay 44.8 D.J. Kam Kodish Taylor
 4 x 400 Relay 3:34 Oliver Fields Jordan Rasmussen
Hyde

NO Fresh 4x400 Relay

Chuck

CMU RELAYS

9:00 POLE VAULT Kerr

LONG JUMP (Girls 1st) Reid Anderson P.

HIGH JUMP Taylor?

SHOT PUT (Girls 1st) Rozema

DISCUS _____

9:00 3200 Meter Run Pierce ? Also Palmer has 2 other Races

HIGH HURDLES (prelims) Bolden ~~Smith~~ No Smith missed to much class

100 Meter Dash (prelims) Taylor Anderson P.

4X800 RELAY M. Anderson

9:00 4 X 200 RELAY Reid Fields Kodish Taylor

9:00 DIST. MED. REALY DeGraaf 1200

Ras. Jordan (Kerr) 400

Palmer 800

Hyde 1600

LUNCH: * * * * *

2:00 Lyle Bennett Relay

300 L HUR	200	200	400
-----------	-----	-----	-----

HIGH HURDLES (FINALS)

100 METER DASH (FINALS)

SPRINT MED RELAY

<u>Fields</u>	<u>Taylor</u>	<u>Reid</u>	<u>Palmer (Anderson)</u>
400	200	200	800

1600 METER RUN

Hyde

DeGraaf

All meet back 4 X 100 RELAY Taylor Kodish P. Anderson Reid

4 X 400 RELAY Jordan Hyde Oliver Kerr Rasmussen

Fields

FROSH 4X400 RELAY

UNIVERSITY OF MICHIGAN
Athletic Department

TO: All Staff

FROM: Don Faler

RE: Dismissal

Please excuse the following students all day on Friday, April 28, 1989 to participate in a track meet.

- | | | |
|------|-------------------------|---------------|
| | Mac Anderson ✓ | 11 |
| | Pete Anderson ✓ | 10 |
| Alt | Gary Baker | 11 |
| | Larry Bolden ✓ | 10 |
| | Ross DeGraaf ✓ | 10 |
| | Brad Fields ✓ | 9 |
| Fail | Don Hove | 10 |
| | Brian Hyde ✓ | 10 |
| | Marcus Jordan ✓ | 12 |
| | Jeff Kerr | 10 |
| | Eddie Kodish ✓ | 11 |
| | Steve Oliver | 11 |
| | Stu Palmer ✓ | 10 |
| | DC Pierce ✓ | 12 |
| | Brian Rasmussen ✓ | 11 |
| | DD Reid ✓ | 12 |
| | Bob Rozema ✓ | 11 |
| | Karl Taylor ✓ | 12 |

Hand

ndy

4/20/89

WEST OTTAWA RELAYS:

Bus leaves 8:30 am
May 4, 1985

? HIGH JUMP
Taylor
Jordan

SHOT PUT:
Porzema
Vogel

X POLE VAULT:

LONG JUMP:
Reid
Anderson

DISCUS:
Porzema
Vogel

ul. / won x 8 MILE RELAY: 44 miles to place
Pierca 10:35
Plavac 10:45

MILE RELAY:
Fielder
Kerr
Rasmussen
Jordan

SPRINT MED. RELAY:
4:20 Fielder
D.J. Reid
Kodish
4:00 Taylor

440 RELAY:
Taylor
Kodish
Anderson
Reid D.J.

2 MILE RELAY:
DeGraaf
Palmer
Anderson M.
Hyde

SHUTTLE HURDLE:
Small
Bolder

- Taylor * If 25' HS.
Jordan
Anderson

FRESHMAN 880 RELAY:
Christensen

DIST. MED. RELAY (all 500m)
3/4 DeGraaf
1/2 Kerr
1/2 Palmer
mile Hyde

VARSITY 880 RELAY:
Fielder
Kodish
D.J. Reid
Taylor

EAST KENTWOOD TRACK

GRJC INVITATIONAL

Date; ~~Wed.~~ ^{Tue.} March ~~18,~~ ^{21, 1989} 1987

Vans Leave: 2:30 PM

3:30 pm Shot Put Rozema 48'9¹/₂" Buettner 34'7"
 Long Jump Reid DJ. Merritt Alt. Baker 17'5"
 High Jump Jordan - Taylor 5'8"

4:00 pm Prelims

6:00 pm Finals: Palmer 73 - 2:30 - 3:50 - 5:10 - 6:36 - 8:04 - 9:32 10:54

Two Mile Run Pierce -
 60 Yd Highs Small 8.7 - 8.5 Bolden 8.7

Sprint Med Relay Taylor 42.9 Reid Jordan Kodish Fields
 2 1 1 2

880 Yd Run Palmer Rieffer 67 2:17 Anderson 65 2:15 Alt. Jordan Rasmussen Merritt

One Mile Run 4:28 Heyde 68 2:12 3:20 4:53 DeGraaf 74 2:26 3:42

60 Yd Dash Taylor 6.7 3:6.5 Reid DJ.

Alt. Baker Jordan
 4 Lap Relay Reid Small 20.3 Kodish 19.2 Fields 19.1 18.8 Taylor
 Alt. Anderson Rasmussen Merritt Baker Small Rieffer
 8 Lap Relay 2:57.4 Oliver 21- Rasmussen 44.0 Howe 43.2 Jordan 2
45.5 Anderson 44.7

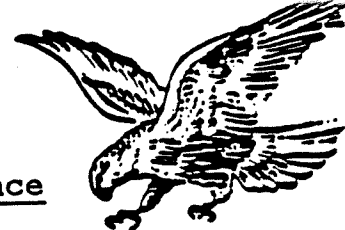
Dave 78 - 2:30 - 3:50 - 5:11
78 80 81



East
Kentwood
Track

1989

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"
- 1988 - East Kentwood Track Team "Undefeated Conference CHAMPIONS"

Over the past seven seasons we have had seasons that you as members of the East Kentwood Track Team can be proud of. In addition to the seven Championships, these teams extended their dual meet record to 62 straight victories, dating back to April of 1981. Kentwood Track Teams have also placed very well in many large invitational 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 an 8th straight Championship. As coaches we feel we have an excellent change 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 your 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 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 the "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.

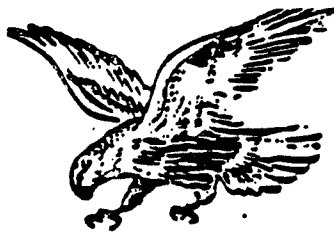
OVER DISTANCE WORK: Another aspect of endurance is the need for developing your body's system of capillaries. (These are tiny blood vessels that actually deliver the oxygen to the muscles and exchange it for the carbon dioxide). By running fairly long distances at slow speeds (8-10 miles for distance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

So by developing both stroke-volume (ability to move oxygen through the blood stream) and the capillary system (ability to deliver oxygen to muscles), you can greatly increase your 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 of 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 acceleration 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 you are in the last 100 yards of a race.





REQUIREMENTS NECESSARY TO RECEIVE 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	110'0"	3200 Meter Run	11:12
Shot Put	41'0"	100 Meter Dash	11.9
Pole Vault	10'0"	200 Meter Dash	:24.9
High Jump	5'6"	400 Meter Dash	:55.9
Long Jump	18'6"	800 Meter Dash	2:09.0
High Hurdles	:17'0		
^J Low Hurdles	:43.8		
1600 Meter Run	4:59.0		

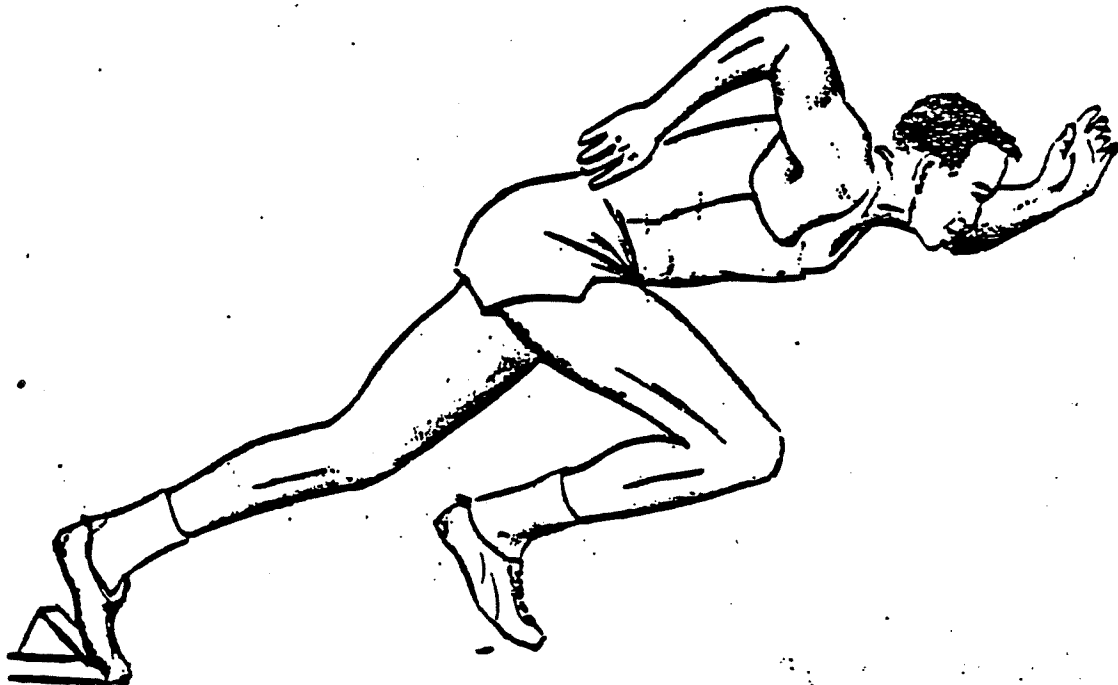


1989 RETURNING ATHLETES

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

Mac Anderson	*	Craig Mesler	*
Matt Andybur	*	Steve Oliver	**
Cory Baker	*	Derek Olson	*
Don Ball	*	Stuart Palmer	*
Marlon Babers	***	D.C. Pierce	*
Jess Barr		Dan Potts	
Larry Bolden		Brian Rasmussen	*
Mike Buettner	*	D.J. Reid	**
Ron Cook		Brent Reiffer	
Steve Cook	*	Jason Roderick	
Ross Degraaf	*	Bob Rozema	**
Roger Dewey	*	Brian Small	*
Mike Henning	*	Rob Springer	
Brian Hyde	*	York Tardy	
Mark Johnson	*	Karl Taylor	*
Marcus Jordon	**	David Toms	
Jeff Kerr	*	Vince Tran	
Bill Kladder		Mark Vanderkeift	*
Eddie Kodish	**	Paul Van Dyke	
Dave Kok		Mark Van Tongeren	**
Kam Merrit	**	Matt Vogel	**

* Indicates the number of Varsity letters won in past track 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	48' 7"
Marlon Babers	42' 4 1/2"
Matt Vogel	36' 8"
Mike Buettner	36' 4 1/2"
Rob Springer	35' 9 1/2"
Roger Dewey	29' 0"

LONG JUMP

Kam Merritt	20' 8"
D.J. Reid	19' 3"
Don Ball	18' 0"
Corey Baker	17' 11 1/2"

HIGH JUMP

Matt Andybur	5' 10"
Marcus Jordon	5' 6"

POLE VAULT

Jeff Kerr	10' 0"
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DISCUS

Matt Vogel	122' 3 1/2"
Mike Buettner	118' 7"
Marlon Babers	113' 11"
Roger Dewey	102' 0"
Rob Springer	90' 0"

100 m DASH

D. J. Reid	:11.4
Eddie Kodish	:11.4
Kam Merritt	:11.4
Karl Taylor	:11.8
Cory Baker	:11.8
Don Ball	:12.0
Bob Rozema	:12.1
Jess Barr	:12.2
Mark Vander Kieft	:12.5

200m DASH

D.J. Reid	:23.5
Eddie Kodish	:23.6
Karl Taylor	:24.3
Kam Merritt	:24.6
Jeff Kerr	:24.6
Mark VanderKeift	:25.0
Bob Rozema	:25.1
Marcus Jordon	:25.5
Larry Bolden	:25.8
York Tardy	:25.9

400m DASH

D. J. Reid	:53.1
Brian Rasmussen	:53.5
Craig Mesler	:54.6
Marlon Babers	:55.7
Derek Olson	:55.9
Dave Kok	:56.2
Brina Hyde	:56.5
Steve Oliver	:56.7
Karl Taylor	:56.8
(relay split)	:52.9
Marcus Jordon	:57.5
Eddie Kodish	:57.8



EVENT ANALYSIS (cont.)

800m RUN

Brian Hyde	2:00.8
Ross De Graaf	2:07 (split)
Mike Henning	2:07.9
Mac Anderson	2:08.5
Brent Reiffer	2:16
Brian Rasmussen	2:20
Stuart Palmer	2:22
David Toms	2:22
Mark Johnson	2:25
Vince Tran	2:26
Derek Olson	2:27
Steve Cook	2:28

1600m RUN

Brina Hyde	4:26.2
Ross De Graaf	4:45.0
Steve Cook	4:58.9
Stuart Palmer	5:01.0
Brent Reiffer	5:03.0
Mark Vantongerren	5:03.5
Mac Anderson	5:12.0
Bill Kladder	5:17.4
Mark Johnson	5:20.0
D.C. Pierce	5:22.0
David Toms	5:24.0

3200m RUN

Brian Hyde	9:44.6
Ross De Graaf	10:29.0
Stuart Palmer	10:48.6
D.C. Pierce	10:59.0
Brent Reiffer	11:22.0
Mark Johnson	11:22.0
Steve Cook	11:33.0
David Toms	11:36.0

HIGH HURDLES

Brian Small	:16.9
Larry Bolden	:17.5

INTERMEDIATE HURDLES

Brian Small	:44.0
Larry Bolden	:44.3

800m RELAY LEG

Eddie Kodish	:22.4
Kam Merritt	:22.9
Craig Mesler	:22.9
D.J. Reid	:22.9
Karl Taylor	:23.3

1600m RELAY LEG

Karl Taylor	:52.9
D.J.Reid	:53.1
Craig Mesler	:53.0
Brian Rasmussen	:55.3
Marcus Jordon	:55.4
Steve Oliver	:55.6
Marlon Babers	:56.1



EAST KENTWOOD HIGH SCHOOL

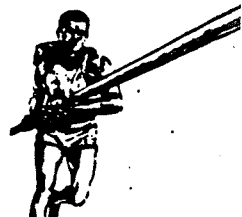
OUTDOOR SCHOOL RECORDS

<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	Brian Palmer	:14.4	1988
One Mile Relay	Bruce Fields Jeff Grant Stuart Meyer Cal Hawkins	3:26.0	1982
330 Low Hurdles (No Longer Run)	Todd Ernst	:37.9	1986
180 Low Hurdles (No Longer Run)	Dan Lanning	:19.9	1973
300 Meter Im. Hurdles	Mike Small	:40.6	1988



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
	William Armstrong Brian Palmer Mike Small Eric Hill	:58.8	1988
Sprint Medley Relay 440-220-220-440	Jesse Heard B. J. Evans Max McDonald Todd Ernst	2:29.1	1985
Frosh 880 Relay	Jeff Kerr Larry Bolden Don Ball Craig Mesler	1:36.8	1988
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 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.	Bob Rozema	48' 3"	(88)
9.	Matt Dubois	47' 6 1/2"	(86)
10.	John Anes	47' 1 1/2"	(77)

DISCUS

1.	Craig Green	150' 8"	(83)
2.	Kevin Pattereson	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.	Matt Vogel	122' 3 1/2"	(88)
10.	Steve Baragar	122' 1 1/2"	(78)

LONG JUMP

1.	Eric Hartfield	23' 2"	(80)
2.	Eric Hill	22' 8"	(88)
3.	Dennis Howe	22' 5 1/2"	(69)
4.	Kevin Stankey	22' 2"	(81)
5.	Percy Dykes	21' 11 1/2"	(80)
6.	Loren Johnson	21' 8 1/2"	(76)
7.	Flip Halght	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.	William Armstrong	6' 3"	(88)
6.	Shaum O'Brien	6' 3"	(83)
8.	Bruce Cargill	6' 2"	(78)
8.	Don Greenbauer	6' 2"	(82)
8.	Bruce Fields	6' 2"	(82)

POLE VAULT

1.	Curt Geerlings	15' 1"	(78)
2.	Kevin Patterson	14' 8"	(80)
3.	Dan Slot	14' 1/4"	(76)
4.	Matt Geerlings	14' 0"	(83)
5.	Mike Patterson	13' 6"	(88)
5.	Don Slot	13' 6"	(73)
7.	Pat Paterson	13' 3"	(71)
7.	Brian Patterson	13' 3"	(78)
9.	Dave Slot	12' 6"	(72)
9.	Steve Middleton	12' 6"	(80)
9.	Brad Clinger	12' 6"	(85)

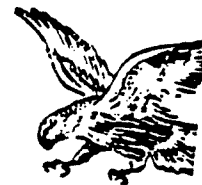
100 METER DASH

1.	Klp Paul	10.78	(81)
2.	Kevin Stankey	10.9	(82)
2.	Jesse Heard	10.9	(85)
2.	Blake Born	10.9	(87)
5.	Loren Johnson	11.0	(76)
5.	Duan Swargerty	11.0	(78)
7.	Norm Byram	11.1	(69)
7.	Dave Naughton	11.1	(75)
7.	Ritchie Swarerty	11.1	(80)
7.	Max Mc Donald	11.1	(85)

* All times have been converted to meters.

EAST KENTWOOD TRACK

ALL TIME TOP TEN



200 METER DASH

1.	Kip Paul	:22.0	(81)
2.	Dave Naughton	:22.3	(75)
2.	Cal Hawkins	:22.3	(83)
4.	B.J. Evans	:22.4	(87)
5.	Jesse Heard	:22.5	(85)
6.	Duan Swargerty	:22.6	(77)
7.	Norm Byram	:22.7	(69)
8.	Brian Simmons	:22.8	(75)
9.	Rick Williams	:22.9	(75)
9.	Blake Born	:22.9	(85)
9.	Eric Hill	:22.9	(88)

400 METER DASH

1.	Cal Hawkins	:49.3	(83)
2.	Ken Bierschbach	:50.3	(77)
2.	Tom O'Conner	:50.3	(79)
2.	Jesse Heard	:50.3	(85)
5.	Rob Dantuma	:50.4	(80)
6.	Walt Stange	:50.7	(75)
7.	Kim Davidson	:50.8	(73)
7.	Bruce Fields	:50.8	(82)
9.	Bob Hanson	:51.0	(85)
10.	Rick Paske	:51.1	(75)

HIGH HURDLES

1.	Brian Palmer	:14.4	(88)
2.	Dan Lanning	:14.5	(73)
2.	Mike Small	:14.5	(88)
4.	Chris Baker	:14.6	(85)
5.	Tom Trimpe	:14.7	(71)
5.	William Armstrong	:14.7	(88)
7.	Bruce Cargill	:14.75	(78)
8.	Todd Ernst	:14.8	(87)
9.	Jeff Trimpe	:15.1	(74)
9.	Chuck Hoffman	:15.1	(78)
9.	Phil Tanis	:15.1	(83)

330 LOW HURDLES (NO LONGER RUN)

1.	Todd Ernst	:37.9	(86)
2.	Eric Hill	:38.8	(87)
3.	Greg Hecksel	:38.9	(77)
4.	Percy Dykes	:39.0	(80)
5.	Chris Baker	:39.4	(85)
6.	Bob Verbrugge	:39.6	(84)
7.	Jeff Grant	:40.0	(82)
8.	Bruce Cargill	:40.2	(78)
9.	William Armstrong	:40.4	(87)
10.	Kevin Hausch	:40.8	(83)

1600 METER RUN

1.	Mark Reinary	4:12.8	(86)
2.	Jim Baker	4:18.4	(78)
3.	Chris Napolillo	4:21.9	(81)
4.	Mike Gromko	4:23.2	(77)
5.	Mike Kazmierski	4:23.3	(83)
6.	Brian Hyde	4:24.6	(88)
7.	Hal Byram	4:27.4	(73)
8.	Mark Kotsonas	4:28.2	(87)
9.	Aaron Swarez	4:29.4	(88)
10.	Stuart Meyer	4:30.2	(83)

3200 METER RUN

1.	Mark Reinary	9:24.0	(86)
2.	Andy Kazmierski	9:24.4	(86)
2.	Chris Napolillo	9:24.4	(81)
4.	Dave Tomaszewski	9:38.7	(78)
5.	Rick Terpstra	9:38.9	(76)
6.	Brian Hyde	9:41.2	(88)
7.	Mike Gromko	9:46.0	(77)
8.	Mike Reinary	9:48.8	(85)
9.	Mike Olszewski	9:51.3	(83)
10.	Mike Schmuker	9:53.5	(79)

800 METER RUN

1.	Jim Baker	1:54.1	(78)
2.	Kim Davidson	1:54.6	(73)
3.	Mike Walsh	1:56.3	(81)
4.	Stuart Meyer	1:57.1	(83)
5.	Hal Byram	1:57.3	(73)
5.	Walt Stange	1:57.3	(75)
7.	Mike Kazmierski	1:57.4	(84)
8.	Mark Sellers	1:57.4	(86)
9.	Stu Scoble	1:57.7	(85)
10.	Tom Holkeboer	1:58.5	(70)

300 METER I.M. HURDLES

1.	Mike Small	:40.6	(88)
2.	William Armstrong	:41.3	(88)
3.	Brian Palmer	:41.6	(88)
4.	Eric Hill	:43.8	(88)
5.	Brian Small	:44.0	(88)
6.	Larry Bolden	:44.3	(88)

* All times have been converted to meters



EAST KENTWOOD TRACK

ALL TIME TOP TEN



800 METER RELAY

1.	Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2	(83)
2.	Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4	(74)
2.	Richie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4	(80)
4.	Tom Trimpe, Greg Den Boer, Flip Haight, Dennis Howe	1:31.5	(70)
5.	Kip Paul, Gary Barber, Randy Gordon, Kevin Stankey	1:31.6	(81)
5.	Kip Paul, Randy Gordon, Mike Walsh, Kevin Stankey	1:31.6	(81)
7.	Richie Swagerty, Kevin Stankey, Percy Dykes, Kip Paul	1:31.7	(80)
7.	Jesse Heard, Jeff Grant, Kevin Stankey, Cal Hawkins	1:31.7	(82)
9.	Neil Traverse, Percy Dykes, Gary Barber, Kip Paul	1:31.9	(80)
10.	Dave Naughton, Greg Hecksel, Ken Hulst, Rick Williams	1:32.0	(75)
10.	Ken Blierschbach, Doug Baragar, Brian Rexford, Duan Swagerty	1:32.0	(77)
10.	Doug Baragar, Brian Rexford, Duan Swagerty, Darrall Thurman	1:32.0	(77)
10.	Blake Born, B.J. Evans, Ryan Vanderhoff, Scott Miller	1:32.0	(87)

1600 METER RUN

1.	Bruce Fields, Jeff Grant, Stuart Meyer, Cal HJawkins	3:25.8	(82)
2.	Hal Byram, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9	(73)
3.	Rob Dantuma, Doug Baragar, Jim Baker, Ken Blierschbach	3:26.0	(80)
4.	Dave Bills, Doug Baragar, Jim Baker, Ken Blierschbach	3:26.3	(77)
5.	Walt Stange, John Mooney, Jim Hawkin, Rick Paske	3:26.6	(75)
6.	Cal Hawkins, John Erhardt, Stuart Meyer, Mike Kazmierski	3:26.7	(83)
7.	Chris Baker, Bob Hanson, Steve Stapleton, Todd Ernst	3:26.9	(85)
8.	Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2	(85)
9.	Jess Heard, John Erhardt, Stuart Meter, Mike Kazmierski	3:28.2	(83)
10.	Tom Terbeek, Paul Verbrugge, Rick Paske, Walt Stange	3:28.5	(74)

400 METER RELAY

1.	Max McDonald, Blake Born, Morrie Fongers, Jesse Heard	:43.7	(85)
2.	Brian Rexford, Doug Baragar, Don Greenbauer, Duan Swagerty	:44.0	(78)
2.	Max McDonald, B.J. Evans, Blake Born, Todd Ernst	:44.0	(85)
4.	Rick Den Boer, Steve Sytsma, Jim Herrman, Dave Naughton	:44.1	(74)
4.	Dave Naughton, Loren Johnson, Greg Hecksel Rick Williams	:44.1	(75)
4.	Rich Swagerty, Percy Dykes, Niel Traverse, Kip Paul	:44.1	(79)
4.	Percy Dykes, Gary Barber, Neil Traverse, Kip Paul	:44.1	(80)
8.	Rick Den Boer, Steve Sytsma, Paul Verbrugge, Dave Naughton	:44.2	(74)
8.	Greg Hecksel, Brain Rexford, Doug Baragar, Darrall Thurman	:44.2	(77)
8.	Ryan Vanderhoff, Kevin Barnes, Eric Hill, Blake Born	:44.2	(87)

3200 METER RELAY

1.	Andy Kazmierski, Dave Schultz, Mark Sellers, Stu Scoble	7:59.5	(86)
2.	Stu Scoble, Mark Reinardy, Tony Bielecki, Mike Kazmierski	8:03.3	(84)
3.	Stu Scoble, Mark Reinardy, Bob Hanson, Andy Kazmierski	8:04.5	(85)
4.	Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9	(80)
5.	Andy Kazmierski, Mark Reinardy, Mark Sellers, Stu Scoble	8:13.8	(86)
6.	Stu Scoble, Mark Reinardy, John Possett, Andy Kazmierski	8:14.6	(85)
6.	Dave Schultz, Aaron Suarez, Jon Royer, Brian Hyde	8:14.6	(88)
8.	Stu Scoble, John Possett, Mark Sellers, Mark Reinardy	8:15.0	(85)
9.	Mark Kotsonas, Jon Royer, Dan Otto, Dave Schultz	8:17.5	(87)
10.	Stu Scoble, Tony Bielecki, Tim Allbaugh, Mike Kazmierski	8:17.6	(84)

Pre-game Meal Less Important Than Proper Weeklong Nutrition

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Each week, thousands of athletes race onto gridirons in hopes of leaving as winners. In preparation for this event, coaches hold chalkboard talks, managers check equipment, athletic trainers schedule treatments and rehabilitation for the injured, and players psych themselves up for every practice. One aspect is generally overlooked during these preparations: diet. Diet can possibly be the missing link for a losing team that wants to win.

The normal diet of an athlete should be high in carbohydrates (50-60%), low in fats (30-35%) and low in proteins (12-15%). The food eaten just before events cannot be absorbed quickly enough to provide energy for that event. Thus, the nutritional needs of athletes need to be addressed throughout the week.

The diet during the first two days after an event should vary from the normal diet. The lower percentage should be used for carbohydrates (50%), and the upper percentage used for fats (35%) and proteins (15%). The reason for this is simply that the athlete is in a rebuilding phase and an increase in fats and protein will help the body recover from the rigors of the game.

Once mid-week rolls around, the athlete's body starts requiring larger amounts of carbohy-

drates to maintain necessary energy levels. At this point, a diet higher in carbohydrates (60%) and lower in fats (30%) and proteins (12%) plays an important role. Maintained throughout the remainder of the week, this diet should allow an athlete to enjoy greater energy levels for practice and increased performance levels by game day.

With a proper diet throughout the week, energy levels will be at a high point by game time, making the pre-game meal not quite as important as one might think. The traditional pre-game training table feast (heavy, high-protein food) is gradually being replaced with lighter, more easily digestible high-carbohydrate foods, as it has been found that protein-dominated meals take about 5-10% more oxygen to metabolize.

The pre-game meal should be eaten at least three hours before the event and should consist mainly of high carbohydrate foods. In addition, the pre-game meal may have larger psychological than physiological effects on performance. Personal preference plays a large part in the pre-game meal, so don't worry if an athlete doesn't want to eat anything or wants something out of the ordinary. The best choice, however, is a well-balanced meal, following a proper diet throughout the week.

Good carbohydrate sources

cereal grains	breads	dried fruit
potatoes	pasta	molasses, honey
fresh fruits	jams, jellies	syrops
fresh vegetables	beans, peas	pancakes

High Performance Training Diet

As an athlete, your body needs fuel from nutritious foods to perform at its best. You need to eat right and make sure your diet is well balanced, containing the proper amount of carbohydrates, protein, fat, vitamins and minerals.

Here is a basic training diet for young athletes which provides 2000 to 2200 Calories. More active athletes may need 3000 to 4000 Calories a day. If you need more calories because you are very active, make sure your diet is well balanced. The food you add should come from the four different food groups, not just from one group. Also, remember that you need more food from some food groups than others. You should eat about twice as many servings from the milk group than from the meat group and about four times as many servings from the fruit and vegetable and grain groups as the meat group.

Eating Before Competition

Eating a nutritious meal before competition is important to give you needed energy and to prevent you from feeling hungry during competition.

Here is some pre-competition eating advice:

- Eat three hours before any sports event to allow time for food to digest.
- Make the meal light, approximately 400 to 600 Calories.
- Eat fruit and foods rich in complex carbohydrate. Good sources of complex carbohydrate include pasta, whole grain breads, cereals, and vegetables.
- Avoid high-fat, high-protein foods which are slow to digest. High-fat foods include pizza with meat, and any fried food such as french fries, and fried chicken. Other high-fat items include cheese, mayonnaise, salad dressings, butter and margarine. Meats, eggs, poultry, fish and beans are