

MARCH 21, 1989
 GRAND RAPIDS JUNIOR COLLEGE
 INVITATIONAL TRACK MEET FOR MEN
 FINAL RESULTS

SHOT PUT

1. Vander Beek	Hudsonville	54'0"
2. Johnston	Wyoming Park	49'8.75"
3. Rozema	East Kentwood	48'9.50"
4. Lambart	West Ottawa	46'10"
5. Phillips	Muskegon	45'1.50"

LONG JUMP

1. Banks	Muskegon	20'11"
2. Dillard	Union	20'7"
3. Hoskins	Union	20'6.50"
4. Parker	Central	20'4.50"
5. Cotner	Mona Shores	20'2.50"

2 MILE

1. Burns	Oakridge	10:26.6
2. Powers	Coopersville	10:32.2
3. Horan	Mona Shores	10:36.7
4. VanderWarf	Lowell	10:41.5
5. Buckland	Portland	10:42

60 YARD HIGH HURDLES

1. Czachorski	Grandville	7.40
2. Incammisci	Rockford	7.66
3. Wilkinson	Orchard View	7.69
4. Allers	Coopersville	7.82
5. Bolhuis	Hudsonville	7.87

HIGH JUMP

1. Bolhuis	Hudsonville	6'6"
2. Dillard	Union	6'4"
3. Teachout	Portland	6'2"
4. Rodgers	Wyoming Park	6'0"
5. Scholten	Hudsonville	6'0"

6 LAP RELAY

1. Union	2:00.71
2. Muskegon	2:04.56
3. Rockford	2:05.39

880 YARD RUN

1. Forrest	Rockford	2:10.00
2. Banfield	Rockford	2:10.71
3. Mull	Lowell	2:11.54
4. Bush	West Ottawa	2:12.12
5. Sharply	Ottawa Hills	2:12.13

MILE

1. Hyde	East Kentwood	4:28.54
2. Helmer	Orchard View	4:48.19
3. DeGraff	East Kentwood	4:53.99
4. VanDyke	Jenison	4:56.99
5. Chambers	Kenowa Hills	4:57.69

FINAL 60

1. Johnson	Union	6.29
2. Morgan	Mona Shores	6.50
3. Taylor	East Kentwood	6.52
4. Barnhard	Rockford	6.72
5. Flowers	Creston	6.80

4 LAP RELAY

1. Kentwood	1:17.57
2. Mona Shores	1:18.80
3. Ottawa Hills	1:19.09
4. Creston	1:19.15

8 LAP RELAY

1. Muskegon Mona Shores	2:50.93
2. Muskegon	2:51.60
3. Muskegon Orchard View	2:57.10