

1989 O.K. RED CONFERENCE RESULTS

GIRLS - DISCUS		DISTANCE	BOYS - DISCUS		DISTANCE
1	CHRIS MUDGET/WO	118'4"	1	LANCE TREECE/JEN	139'9"
2	TRACI NIES/HOL	99'1"	2	COREY BERKIMER/HOL	129'
3	VICKI HOLMAN/WO	94'	3	MIKE BUETTNER/EK	125'3"
4	KRYRIA CROCOLL/HOL	89'8"	4	DAN BUEHLER/GH	124'11"
5	LAURA VANDERPLOEG/WO	89'4"	5	BRETT ORGANЕК/GV	124'5"
6	LISA MAJESKI/GH	87'1"	6	BOB ROZEMA/EK	118'8"

GIRLS - SHOT PUT		DISTANCE	BOYS - SHOT PUT		DISTANCE
1	CHRIS MUDGET/WO	40'9 3/4"	1	LANCE TREECE/JEN	48'6"
2	TRINA COLBERT/MS	36'2 3/4"	2	BOB ROZEMA/EK	47'9 3/4"
3	TRACI NIES/HOL	32'7 1/4"	3	DOUG LAMBERT/WO	47' 1/2"
4	BECKIE BALDUS/GH	32'3"	4	AL CORTEZ/GH	44'1"
5	ANGIE MARSHALL/EK	30'7 1/4"	5	KEVIN EDING/WO	42'3 1/4"
6	RAENELL ORR/MS	29'11"	6	BRAD BULL/JEN	42'

GIRLS - HIGH JUMP		HEIGHT	BOYS - HIGH JUMP		HEIGHT
1	MARCY RIPMASTER/JEN	5'3 1/4"	1	ERIC VRUGDENHIL/GV	6'3"
2	SHELLY HOWARD/GV	5'2"	2	TONY JOHNSON/WO	6'2"
3	WENDY HALL/EK	5'	3	CHAD HAUBRICH/MS	6'1"
	SHANNON CLAY/JEN	5'	4	MIKE VAN TIL/WO	5'10"
	JADIE FRITZ/GH	5'		RYAN WADE/WO	5'10"
6	CHRIS HAVEMAN/GV	5'		BRAD VANHAITSMA/HOL	5'10"

GIRLS - LONG JUMP		DISTANCE	BOYS - LONG JUMP		DISTANCE
1	CHRIS HAVEMAN/GV	15'4 3/4"	1	D.J. REID/EK	21'2 1/2"
2	JILL STUART/ROC	15'2"	2	TRACEY BAINE/HOL	20'10 1/2"
3	AMY LANTINGA/GV	15'	3	ERIC MARTIN/WO	19'5 1/2"
4	TRICIA DEMPSEY/GH	14'9 1/2"	4	TIM WATTS/ROC	19'3"
5	BLYTHE VANDERHOFF/EK	14'8 3/4"	5	FOUAY CHAU/HOL	19'
6	HEATHER NAGEL/GH	14'7 1/4"	6	CHAD HAUBRICH/MS	18'11"

BOYS - POLE VAULT		HEIGHT
1	JOE NELSON/GH	12'9"
2	JON ANNING/GH	12'6"
3	PAT ROBITAILLE/WO	12'6"
4	NATE MCLEOD/WO	12'
5	SHAWN BERGSMA/GV	11'
6	RON AULBACK/ROC	11'

GIRLS 3200 METER RELAY		TIME	BOYS 3200 METER RELAY		TIME
1	MONA SHORES JULIE JORGENSON HEATHER CROUCH HEATHER SWINBURNE KRISTEN CROUCH	9:55.3	1	EAST KENTWOOD ROSS DEGRAAF MAC ANDERSON BRIAN HYDE STU PALMER	8:10.1
2	JENISON	10:01.0	2	JENISON	8:15.9
3	GRANDVILLE	10:09.9	3	WEST OTTAWA	8:27.2
4	GRAND HAVEN	10:16.1	4	ROCKFORD	8:29.9
5	EAST KENTWOOD	10:18.8	5	HOLLAND	8:35.9
6	WEST OTTAWA	10:43.0	6	GRANDVILLE	8:42.2
GIRLS 100 M. INT. HUR.		TIME	BOYS 110 M. HIGH HUR.		TIME
1	AMY LATINGA/GV	:16.1	1	BOB CZACHORSKI/GV	:14.0 *
2	LISA DUGA/GH	:16.4	2	VINCE INCAMMISA/ROC	:14.6
3	CATHY HOWARD/GV	:16.5	3	TORBEN SIGAARD/MS	:15.2
4	SHELLY HOWARD/GV	:16.7	4	BRIAN SMALL/EK	:15.4
5	ANNE JETT/MS	:17.1	5	TIM TEN BRINK/HOL	:15.5
6	GRETCHEN SLIGH/HOL	:17.2	6	JON TINHOLT/HOL	:15.9
GIRLS 100 METER DASH		TIME	BOYS 100 METER DASH		TIME
1	SHAWN FARMER/ROC	:12.6	1	BOB CZACHORSKI/GV	:10.9
2	TRACY WARNER/GH	:12.8	2	JAY MORGAN/MS	:10.9
3	KELLY SKEELS/GH	:12.8	3	GENE BARNARD/ROC	:11.1
4	ELAINE STAPLEY/GV	:13.1	4	KARL TAYLOR/EK	:11.2
5	SHELLY VAN ECYK/HOL	:13.3	5	TIM FRANZ/ROC	:11.2
6	ANGELA SCHAAP/HOL	:13.3	6	ERIC MARTIN/WO	:11.5
GIRLS 800 METER RELAY		TIME	BOYS 800 METER RELAY		TIME
1	MONA SHORES TRACEY MEADE MARY AMY HORNIK TAMMI SCHILLER MICHELE VOGT	1:49.1	1	MONA SHORES TRACEY BYERS CURT COTNER TORBEN SIGGAARD JAY MORGAN	1:31.0*
2	WEST OTTAWA	1:49.7	2	EAST KENTWOOD	1:31.6
3	JENISON	1:50.6	3	ROCKFORD	1:35.0
4	GRANDVILLE	1:51.0	4	JENISON	1:35.4
5	GRAND HAVEN	1:51.2	5	WEST OTTAWA	1:36.3
6	ROCKFORD	1:52.9	6	GRANDVILLE	1:36.4
GIRLS 1600 METER RUN		TIME	BOYS 1600 METER RUN		TIME
1	MELISSA MODDERMAN/GV	5:15.3	1	BRIAN HYDE/EK	4:21.0
2	HEATHER SWINBURNE/MS	5:17.3	2	AARON BRUNINKS/HOL	4:33.1
3	MOLLY LORI/EK	5:25.9	3	RICK VAN DYKE/JEN	4:38.9
4	INGA MUELLER/GH	5:28.5	4	ROSS DE GRAAF/EK	4:40.4
5	ROBYN BRANDOW/GV	5:30.3	5	TED BUSH/WO	4:46.1
6	HEATHER CROUCH/MS	5:30.4	6	FRANK HOLDSWORTH/ROC	4:46.4

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GIRLS 400 METER RELAY		TIME
1	GRAND HAVEN TRICIA DEMPSEY SHELLY HENSHAW KELLY SKEELS TRACY WARNER	:52.0
2	WEST OTTAWA	:52.2
3	ROCKFORD	:52.5
4	GRANDVILLE	:52.6
5	MONA SHORES	:52.7
6	HOLLAND	:52.8

BOYS 400 METER RELAY		TIME
1	EAST KENTWOOD KARL TAYLOR COREY BAKER EDDIE KODISH D.J. REID	:44.5
2	ROCKFORD	:44.8
3	JENISON	:45.5
4	HOLLAND	:46.2
5	MONA SHORES	:46.7
6	GRAND HAVEN	:46.8

GIRLS 400 METER DASH		TIME
1	DENISE RYSDYK/JEN	:59.3
2	MARY AMY HORNIK/MS	:61.2
3	MARY WHYNOTT/EK	:61.4
4	TINA NIENHUIS/WO	:61.6
5	MICHELLE VOGT/MS	:63.3
6	PAM GORANSON/MS	:64.1

BOYS 400 METER DASH		TIME
1	JASON BANFIELD/ROC	:50.6
2	CURT COTNER/MS	:50.8
3	TOMY HIBBARD/JEN	:52.1
4	TERRY MANNOR/GV	:52.6
5	KRAIG HINKEN/GV	:53.0
6	BRAD FIELDS/EK	:53.1

GIRLS 300 M. LOW HUR.		TIME
1	AMY LANTINGA/GV	:48.1
2	JENNIE MOSHLUK/WO	:49.3
3	ANDREA COSMA/MS	:49.8
4	KELLY DIXON/WO	:50.1
5	SHELLY HOWARD/GV	:50.2
6	JENNY VANWYK/JEN	:50.4

BOYS 300 M. INT. HUR.		TIME
1	BOB CZACHORSKI/GV	:37.7
2	VINCE INCAMMISA/ROC	:38.8
3	TORBEN SIGGAARD/MS	:40.3
4	TIM TENBRINK/HOL	:41.1
5	MIKE SMALL/EK	:41.6
6	BRAD SPRINGER/GH	:41.8

GIRLS 800 M. RUN		TIME
1	JULIE JORGENSEN/MS	2:24.3
2	TARA WEYMON/WO	2:26.3
3	TAMMY HERRELL/WO	2:27.3
4	MARY WHYNOTT/EK	2:28.4
5	AMY ALGUIRE/GH	2:29.7
6	WENDY EVERT/GV	2:29.8

BOYS 800 M. RUN		TIME
1	BRIAN HYDE/EK	1:58.4
2	ROB FOREST/ROC	1:59.2
3	DAVE WATTERS/JEN	1:59.3
4	ROSS DEGRAAF/EK	2:02.4
5	TED BUSH/WO	2:03.1
6	MAC ANDERSON/EK	2:03.8

GIRLS 200 METER DASH		TIME
1	SHAWN FARMER/ROC	:26.3
2	DENISE RYSDYK/JEN	:26.5
3	JAN LOOMAN/WO	:27.0
4	TRACY WARNER/GH	:27.7
5	ELAINE STAPLEY/GV	:27.8
6	SHELLY VAN ECKYK/HOL	:27.9

BOYS 200 METER DASH		TIME
1	BOB CZACHORSKI/GV	:22.5
2	JAY MORGAN/MS	:22.7
3	D.J. REID	:23.1
4	GENE BARNARD/ROC	:23.5
5	TIM FRANZ/ROC	:23.7
6	BRAD FIELDS/EK	:23.8

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GIRLS 3200 METER RUN		TIME	BOYS 3200 METER RUN		TIME
1	MELISSA MODDERMAN/GV	11:39.4	1	AARON BRUININKS/HOL	9:41.1
2	MOLLY LORI/EK	11:42.7	2	FRED MATTHIS/WO	10:15.9
3	ROBYN BRANDON/GV	11:44.5	3	ANDY RICHMOND/JEN	10:20.6
4	JENNY NASER/GH	11:54.6	4	STUART PALMER/EK	10:25.7
5	INGA MUELLER/GH	12:11.7	5	ERIC ALLEN/MS	10:27.2
6	MISSY NASER/GH	12:15.2	6	NOAH VANOOSTERHOUSE/GH	10:31.0

GIRLS 1600 METER RELAY		TIME	BOYS 1600 METER RELAY		TIME
1	WEST OTTAWA TINA NIENHUIS JAN LOOMAN KELLY DIXON TARA WEYMON	4:07.8*	1	MONA SHORES CHRIS COOK CURT COTNER JAY MORGAN TORBEN SIGGAARD	3:24.9
2	JENISON	4:11.4	2	ROCKFORD	3:29.3
3	MONA SHORES	4:12.2	3	JENISON	3:31.3
4	GRANDVILLE	4:19.4	4	GRANDVILLE	3:32.0
5	ROCKFORD	4:25.4	5	EAST KENTWOOD	3:33.7
6	GRAND HAVEN	4:28.0	6	GRAND HAVEN	3:38.5

GIRLS TEAM TOTALS

GRANDVILLE	111
WEST OTTAWA	91
MONA SHORES	75
GRAND HAVEN	70
JENISON	55
ROCKFORD	37
EAST KENTWOOD	28
HOLLAND	24

BOYS TEAM TOTALS

EAST KENTWOOD	106
ROCKFORD	80
JENISON	69
MONA SHORES	67
GRANDVILLE	66
WEST OTTAWA	57 2/3
HOLLAND	51 1/3
GRAND HAVEN	30