

BOYS

Team Scores
1. St. Joseph 87, 2. Grand Rapids West Catholic 75, 3. Hudsonville Unity 68, 4. Dowagiac 58, 5. Hudsonville 53, 6. (tie) South Haven and Lakeshore, both 28, 8. Wyoming Park 27, 9. Coloma 26, 10. Grand Rapids South Christian 20, 11. Wyoming Rogers 17, 12. Paw Paw 14, 13. (tie) Allegan and Zeeland, both 7, 15. Holland Christian 5, 16. Mattawan 4, 17. Buchanan 0.

Regional Results
Shot Put — 1. Vanderbeek (Hudsonville) 52-11, 3. Fredrickson (St. Joe) 51-6, 4. Kubicki (St. Joe) 48-9, 5. Houghton (Paw Paw) 48-5, 4.
Discus — 1. Vanderbeek (Hudsonville) 166-10, new regional record, 2. Ransom (South Haven) 152-5, 3. Dahlke (South Haven) 150-2, 5. Cronin (St. Joe) 142-0.
High Jump — 1. Rodgers (Wyoming Park) 6-2, 2. Long Jump — 1. Murray (Dowagiac) 22-3/4, 2. Baker (Dowagiac) 20-3/4, 4. Smith (Coloma) 20-1/4, 5. Fredrickson (St. Joe) 19-5.
Pole Vault — 1. Doering (Dowagiac) 15-9, new regional record, 2. Lohrer (South Haven) 13-10, 4. Shaffer (Lakeshore) 13-6, 5. Herold (Dowagiac) 13-2.
3200 Relay — 1. Hudsonville Unity 8:07.3, 2. Lakeshore 8:08.0, 3. St. Joseph 8:10.2.
110 Hight — 1. Bolhuis (Hudsonville) 15.1, 2. Woodruff (Paw Paw) 15.5, 5. Thomas (South Haven) 15.6.
100 Dash — 1. Mack (Coloma) 11.3, 3. Smith (Coloma) 11.8.
800 Relay — 1. St. Joseph (Lignell, Kessman, Fredrickson, Sanders) 1:32.5, 2. Dowagiac 1:32.9, 4. Coloma 1:38.5.
1600 Run — 1. McDowell (St. Joe) 4:25.1.
400 Relay — 1. Dowagiac (Murray, Baker, Eckman, Johnson) 44.3, 3. St. Joseph 45.5, 5. Coloma 46.1.
400 Dash — 1. Dennis (Hudsonville Unity) 51.5, 5. Kessman (St. Joe) 53.5.
300 Intermediates — 1. Bolhuis (Hudsonville) 40.2, new regional record.
800 Run — 1. Helling (Lakeshore) 1:55.3, 3. Koebel (St. Joe) 2:01.3, 4. Blakely (Paw Paw) 2:02.8, 5. Bredeweg (Lakeshore) 2:02.9, 6. Sisson (St. Joe) 2:05.5.
200 Dash — 1. Murray (Dowagiac) 22.8, 2. Lignell (St. Joe) 23.6, 3. Sanders (St. Joe) 23.6, 4. Hillard (South Haven) 23.7.
3200 Run — 1. McDowell (St. Joe) 9:47.1, 2. Adler (St. Joe) 9:48.6.
1600 Relay — 1. Hudsonville Unity 3:29.0, 4. Lakeshore 3:36.4, 6. St. Joseph 3:40.3.

GIRLS

Team Scores
1. Wyoming Park 105 1/2, 2. Grand Rapids West Catholic 68, 3. Hudsonville Unity Christian 68, 4. Grand Rapids South Christian 58, 5. Zeeland 58, 6. Dowagiac 53, 7. (tie) Buchanan and Allegan, both 31, 9. Lakeshore 29 1/2, 10. Mattawan 25 1/2, 11. St. Joseph 22, 12. Holland Christian 11, 13. Hudsonville 8, 14. (tie) South Haven and Wyoming Rogers, both 5, 16. Paw Paw 1, 17. Coloma 0.

Regional Results
Shot Put — 1. Gipe (Wyoming Park) 39-7, 2. Tippy (St. Joe) 38-3, 5. McMellen (Lakeshore) 32-10 1/2.
Discus — 1. Gipe (Wyoming Park) 119-5, 2. McMellen (Lakeshore) 112-7, 4. Nesbit (St. Joe) 101-5, 5. Tippy (St. Joe) 101-8, 8. Lockett (Paw Paw) 100-4.
High Jump — 1. Merritt (G.R. West Catholic) 5-2, 3. Bowen (Buchanan) 5-0, 4. (tie) Swift (Dowagiac) 4-10.
Long Jump — 1. Wood (Lakeshore) 15-9 1/4, 4. Whitfield (Dowagiac) 15-1 1/4.
3200 Relay — 1. Wyoming Park 9:44.1, 4. Buchanan 10:00.7.
100 Intermediates — 1. Merritt (G.R. West Catholic) 15.4, 3. Shuck (St. Joe) 16.7, 5. Schwarz

Regional - B Wyoming Park 5-20-1989

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