

Buchanan girls win first title

By JOHN VANDEN HEEDÉ
Sports Editor

Senior star Randy Helling captured four first places Wednesday evening while leading Lakeshore to its first conference track championship since 1977.

Helling won the 800 and 1600 runs and anchored winning Lancer 1600 and 3200 relay squads while leading host Lakeshore to the Lakeland Conference title.

Meanwhile, Buchanan took its first-ever girls title behind triple winner Martha Cameron.

Helling missed the league record in his specialty by three-tenths of a second with a 1:56.9 clocking.

"He's the anchor of our squad," said first-year Lakeshore coach Jeff Wagonmaker. "We have 46 kids out, and he is our only senior."

Helling has a season-best of 1:54.0 in the 800 and is aiming at the all-time area record of 1:53.9. "I think he will shatter the area record if he gets some competition at state," added Wagonmaker.

Lakeshore finished with 169½ points to outdistance second place Dowagiac, which had 101½ points. Dowagiac had eight firsts, compared to Lakeshore's five, but the Lancers had more depth.

"It was the fourth, fifth and sixth places that pulled us through," continued Wagonmaker. "Our field events came through and our sprints were tough."

The Lakeshore championship ended a string of five straight league boys titles by Edwardsburg.

Aaron Murray was a triple winner for Dowagiac (100 dash, 200 dash and 800 relay), along with Greg Baker (long jump, 300 hurdles and 400 relay). And teammate Bill Deering set a new conference record in the pole vault of 15 feet, 8 inches and also won the 100 hurdles.

Another meet record was tied when Edwardsburg's Shawn Neff went 6 feet, 5½ inches in the high jump.

In the girls meet, Buchanan's Cameron won the 800 and 3200 runs and ran a leg on the winning 3200 relay squad.

"The key was the 3200 run," noted Buchanan coach Lisa Cark. "Cameron ran a very smart race after already having run the 1600, 800 and 3200 relay. And Sandy Large and Jeni Smoke also placed in that event."

Letitia Bowen and Jenny Vite were double winners for Buchanan, which scored 130 points, compared to 107 for runnerup Edwardsburg. Bowen won the high jump and 300 hurdles, while Vite took the 1600 run and anchored the 3200 relay



QUADRUPLE WINNER: Lakeshore's senior standout Randy Helling crosses finish line while anchoring Lancers' winning 3200 relay team at Lakeland Conference meet Wednesday night. Helling was a quadruple winner in leading Lakeshore boys to league title. (H-P photo by John VandenHeede)

squad.

Buchanan finished with six first places, compared to three each for Lakeshore and Edwardsburg.

Beth Lerner was again an Edwardsburg standout while winning the 400 dash in a league record 58.8 seconds and anchoring the winning Eddie 1600 relay team.

The other girls meet record came from Dowagiac's Geri Whitfield in the 200 dash at 28.2 seconds. She also won the 100 dash.

BOYS

Team Scores
Lakeshore 169½, Edwardsburg 107, Dowagiac 101½, Buchanan 46, Berrien Springs 41, Columbia 28, Cassopolis 24, River Valley 18, Brandywine 1.

Dual Meet Standings
Lakeshore 9-0, Dowagiac 7-1, Edwardsburg 6-2, River Valley 5-2, Cassopolis 4-5, Berrien Springs 2-6, Columbia 1-7, Brandywine 0-8.

Overall Standings
1. Lakeshore, 2. (tie) Edwardsburg & Dowagiac, 4. Buchanan, 5. (tie) Berrien Springs & Cassopolis, 7. (tie) Columbia & River Valley, 9. Brandywine.

Conference Meet
Shot Put — 1. Kveton (Edw) 48-11½, 2. Tiefenbach (Lak) 46-5½, 3. Ward (Cas) 44-9, 4. Anders (Dow) 44-1, 5. Little (BS) 38-9½, 6. Deenenberg (Bu) 38-8.

Long Jump — 1. Baker (Dow) 21-2, Murray (Dow) 20-3 1/2, 3. Michaels (Lak) 20-3, 4. Johnson (Dow) 19-11½, 5. Schrider (Bu) 19-9½, 6. Ryer (Lak) 19-8.

High Jump — 1. Neff (Edw) 6-5½, (Tie Meet Record), 2. Douglas (Edw) 6-4, 3. (tie) Johnson (Dow) & Michaels (Lak) 5-9, 5. (tie) Harold (Dow) & Lantommayer (Lak) 5-8.

Discus — 1. Tiefenbach (Lak) 120-9½, 2. Deenenberg (Bu) 120-10½, 3. Brown (Lak) 122-10, 4. Little (BS) 120-4 1/2, 5. Kouton (Edw) 120-2 1/2, 6. Ward (Edw) 109-9.

Pole Vault — 1. Deering (Dow) 15-8 (Meet Record), 2. Shaffer (Lak) 12-3, Herold (Dow) 11-4, 4. Leibel (Lak) 11-4, 5. Ward (Dow) 10-6, 6. Frazzell (Lak) 9-8.

3200 Relay — 1. Lakeshore (DeSchaaf, Deja, Brodway, Helling) 9:47.7, 2. Buchanan 9:51.2, 3. Edwardsburg 9:58.4, 4. Berrien Springs 9:59.4, 5. River Valley 9:27.8, 6. Dowagiac 9:29.9.

100 Hurdles — 1. Deering (Dow) 16.4, 2. Michaels (Lak) 18.1, 3. Vanderboon (Edw) 18.4, 4. Kretschbaum (Lak) 17.3, 5. Raab (Edw) 17.3, 6. Kemp (BS) 17.4.

100 Dash — 1. Murray (Dow) 11.9, 2. Mack (Col) 11.4, 3. Smith (Col) 11.7, 4. Craft (Lak) 12.0, 5. Johnson (Lak) 12.6, 6. Bittensbender (Lak) 12.9.

200 Relay — 1. Dowagiac (Schman, Baker, Ross, Morrow) 1:21.2, 2. Lakeshore 1:26.2, 3. Columbia 1:34.2, 4. Edwardsburg 1:35.2, 5. Buchanan 1:40.8, 6. Brandywine 1:41.5.

400 Run — 1. Helling (Lak) 4:36.4, 2. Baker (Edw) 4:48.3, 3. Smalley (Bu) 4:48.4, 4. Courtney 4:47.9, 5. Jorge (Bu) 4:48.9, 6. Gizzi (Cas) 4:51.9.

800 Relay — 1. Dowagiac (Johnson, Ross, Schman, Young) 6:5.2, 2. Columbia 6:5.3, 3. Lakeshore 6:5.4, 4. Cassopolis 6:8.4, 5. Edwardsburg 6:13.4, 6. Berrien Springs 6:8.

1600 Dash — 1. Romaldi (Edw) 5:15.2, 2. Thomas (Lak) 5:23.4, 3. Rye (Lak) 5:41.4, 4. New (Dow) 5:59.5, 5. Cravens (Bu) 6:11.4, 6. Payne (Bu) 6:8.

300 Intermediates — 1. Baker (Dow) 41.3, 2. Kretschbaum (Lak) 42.4, 3. Leibel (Lak) 42.4, 4. Raab (Edw) 42.5, 5. Vanderboon (Edw) 48.1, 6. Anders (Cas) 48.2.

500 Run — 1. Helling (Lak) 1:36.9, 2. Baker (Edw) 1:38.3, 3. Brown (Lak) 1:38.7, 4. DeSchaaf (Lak) 1:38.1, 5. Appel (Edw) 1:38.1, 6. Gizzi (Cas) 1:39.

300 Dash — 1. Murray (Dow) 12:9, 2. Ross (Cas) 23.4, 3. Romaldi (Edw) 23.4, 4. Bittensbender (Lak) 23.8, 5. Johnson (Lak) 23.9, 6. DePriest (BS) 24.0.

200 Run — 1. Edwardsburg (Edw) 19:2.2, 2. Briggs (RV) 19:12.7, 3. Smalley (Bu) 19:25.1, 4. Jorge (Bu) 19:27.7, 5. Post (Dow) 19:46.8, 6. Matheson (Edw) 19:45.2.

1600 Relay — 1. Lakeshore (Thomas, DeSchaaf, Res, Helling) 3:23.1, 2. Edwardsburg 3:45.8, 3. Berrien Springs 3:44.4, 4. Buchanan 3:46.4, 5. Cassopolis 3:46.7, 6. Dowagiac 4:08.8.

GIRLS

Team Scores
Buchanan 130, Edwardsburg 107, Lakeshore 88, Dowagiac 80, Cassopolis 50, River Valley 46, Berrien Springs 2, Columbia 2, Brandywine 1.

Dual Meet Standings
Buchanan 10-0, Lakeshore 7-1, Edwardsburg 6-2, River Valley 5-2, Cassopolis 4-5, Berrien Springs 2-6, Columbia 1-7, Brandywine 0-8.

Overall Standings
1. Buchanan, 2. (tie) Edwardsburg & Lakeshore, 4. (tie) Dowagiac, Cassopolis & River Valley, 7. Berrien Springs, 8. Columbia, 9. Brandywine.

Conference Meet
Discus — 1. Ward (Edw) 115-9, 2. Spaulding (RV) 108.3, 3. Kouton (Lak) 106-2, 4. Kouton (RV) 98-9, 5. Wagner (Edw) 91-8, 6. Cronin (BS) 89-4.

High Jump — 1. Bowen (Bu) 5-3, 2. Swift (Dow) 5-4, 3. Scott (Bu) 5-4, 4. Adams (Edw) 4-8, 5. New (Dow) 4-8, 6. Kump (Lak) 4-8, 7. Kump (Lak) 4-8, 8. Kump (Lak) 4-8.

Shot Put — 1. Coleman (Cas) 36-2½, 2. Ward (Edw) 36-1, 3. Spaulding (RV) 35-9, 4. Michaels (Lak) 35-5, 5. Cronin (BS) 29-11, 6. Kump (Lak) 29-7.

Long Jump — 1. Wood (Lak) 16-1, 2. Whitfield (Dow) 15-1, 3. Cronin (Cas) 15-10, 4. Johnson (Lak) 14-4½, 5. Metzger (Bu) 14-9½, 6. Brown (Lak) 14-2.

3200 Relay — 1. Buchanan (Cameron, Large, Carpenter, Vite) 19:27.8, 2. Edwardsburg 19:52.0, 3. River Valley 19:52.0, 4. Lakeshore 19:58.1, 5. Berrien Springs 11:46.3.

100 Hurdles — 1. Armstrong (Cas) 17.4, 2. Scott (Bu) 17.2, 3. Daniels (Lak) 18.8, 4. Wilson (RV) 19.0, 5. Adams (Dow) 19.1, 6. Marling (RV) 19.9.

100 Run — 1. Whitfield (Dow) 14.2, 2. Courtney (Bu) 14.2, 3. Sines (Bu) 14.4, 4. Warren (Bu) 14.1.

800 Relay — 1. Lakeshore (S. Johnson, Wood, J. Johnson, Preece) 1:11.2, 2. Edwardsburg 1:22.1, 3. Lakeshore 1:33.9, 4. Buchanan 1:52.9, 5. Cassopolis 1:58.0, 6. River Valley 2:11.

1600 Run — 1. Vite (Bu) 5:34.3, 2. Marchant (Lak) 5:32.4, 3. Zebik (RV) 5:52.2, 6. Milliken (Edw) 5:58.

300 Lowes — 1. Bowen (Bu) 49.9, 2. Coban (Cas) 50.3, 3. McKinstry (Lak) 50.4, 4. Scott (Bu) 52.9, 5. Tubb (Edw) 54.4, 6. Blakely (Col) 54.8.

500 Run — 1. Cameron (Bu) 2:12, 2. Vite (Bu) 2:14.3, 3. Marchant (Edw) 2:26.8, 4. Stankic (Edw) 2:41.4, 5. Brown (Lak) 2:51.1, 6. Cronin (RV) 2:46.8.

300 Dash — 1. Whitfield (Dow) 28:2 (Meet Record), 2. Swift (Dow) 28:7, 3. Lerner (Edw) 27.4, 4. Wyren (Edw) 28:3, 5. Johnson (Lak) 28:7, 6. Sines (Bu) 28.9.

500 Run — 1. Cameron (Bu) 12:11.4, 2. Zebik (RV) 12:18.3, 3. Milliken (Edw) 12:27.3, 4. Large (Bu) 12:27.3, 5. Smoke (Bu) 12:38:7, 6. Myers (RV) 13:41.9.

400 Relay — 1. Lakeshore (Hild, Wood, Johnson, Preece) 5:2.3, 2. Cassopolis 5:4.3, 3. Edwardsburg 5:6.4, 4. Buchanan 5:8.5, 5. River Valley 5:7.6, 6. Dowagiac 5:7.

400 Dash — 1. Lerner (Edw) 1:18 (Meet Record), 2. Brown (Bu) 1:21.1, 3. Swift (Dow) 1:23.9, 4. Wyren (Edw) 1:24.2, 5. Johnson (Lak) 1:26.2, 6. Hild (Lak) 1:26.1.

1600 Relay — 1. Edwardsburg (Allison, Ryser, Wyren, Lerner) 4:15.9, 2. Lakeshore 4:22.4, 3. Buchanan 4:28.7, 4. River Valley 4:46.5, 5. Berrien Springs 4:53.4, 6. Dowagiac 5:18.1.

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