

1989 Mid-West Meet of Champions

Michigan	157
Indiana	132
Ohio	97
Illinois	68

Girls Results:

Illinois	134 2/3
Michigan	133 1/3
Ohio	96
Indiana	62

SHOT PUT

Knack	Gaylord	54' 8 1/2"	3. Karrie Braun	Jackson	43' 10 1/2"
Vanderbeek	Hudsonville	53' 6"	6. Connie Claus	Roger City	40' 4"
Jackson	Lansing Sexton	50' 11 1/4"	7. Tami Gipe	Wyoming Park	38' 0"

DISCUS

Cumular	North Farmington	158' 2"	1. Jennifer Dunkle	Hillsdale	137' 6"
McGee	Elk-Pigeon-Bayport	156' 4"	3. Connie Claus	Roger City	130' 11"
Vanderbeek	Hudsonville	155' 4"	6. Rene Underwood	Morley Stanwood	121' 7"

HIGH JUMP

Payment	Brimley	6' 10"	2. Angela Salvatore	Concord	5' 6"
Reddan	Rochester	6' 10"	6. Karris True	Vermont-Maple	5' 2"
Tuttle	Gibraltar-Carlton	6' 8"	6. Julie Lawton	Farmington	5' 2"

LONG JUMP

Jack Alexander	Benedictine (Detroit)	23' 7 3/4"	4. Sherine Rowell	Fowler	17' 8 1/2"
Beardsley	Monroe	23' 0 1/4"	Kellie Litchfield	Portland	17' 2 3/4"
De Bailey	A.A. Pioneer	22' 4"	Liz Bolden	G.P. North	16' 10"

POLE VAULT

Deering	Dowagiac	16' 1"
Van Pelt	Owosso	15' 6"
Curtis	Corunna	14' 6"

3200 METER RELAY

1:48.0		3rd @ 9:21.2			
Hanner	Brighton	1:57.7	Beth Zimmer	A.A. Pioneer	2:21.4
Flowers	Hartland	1:55.9	Meridith Sallant	Dear. Edsel Ford	2:23.0
Adams	Detroit King	1:59.0	Kristi McKimson	Troy	2:19.4
Grzymkowski	Chippewa Valley	1:55.5	Tina Mckinney	Kalama. L. Norrix	2:17.4

110 and 100 HURDLES

Hardy	Benton Harbor	14.11	3. Julie Brown	Jackson	14.45
Major	Flint Central	NT	4. Shiela Rowry	A.A. Pioneer	14.92

100 METER DASH

Smith	Bay City Central	11.11	1. Crystal Braddock	A.A. Pioneer	11.85
Jackson	Saginaw Nouvell	11.17	5. Kaycee Sheppard	Flint Central	12.23

1600 METER RUN

Bork	Monroe	4:13.8	1. Stacey Kilburn	White Pigeon	5:01.8
Chism	Detroit Osborn	4:14.2	7. Julie Moore	Milford Lakeland	5:13.4
Goodfellow	Oxford	4:19.3	11. Nicole Chinavare	Clarkston	5:22.8

400 METER RELAY

1:21		4th @ 47.46			
Giffin	Detroit Pershing	10.81	Elaine Greene	Detroit Mumford	12.82
Smith	Bay City Central	10.22	Crystal Braddock	A.A. Pioneer	11.62
Jackson	Saginaw Nouvell	10.42	Shiela Rowry	A.A. Pioneer	11.69
Reynolds	Southfield	9.45	Patrice Verdun	Flint Central	11.33

400 METER DASH

Sandles	East Detroit	48.08	4. Dawn McFarlin	Detroit Denby	57.4
Fair	Detroit Denby	49.95	6. Beth Lerner	Edwardsburg	59.5

300 METER HURDLES

Czachorski	Grandville	37.0	3. Julie Brown	Jackson	45.1
Cooper	Saginaw	37.6	7. Shiela Rowry	A.A. Pioneer	46.5

800 METER RUN

Pitcher	Monroe	1:52.58	1. Kristi Westerby	Troy	2:15.1
Helling	Stevensville Lakesho	1:52.58	4. Angela Williams	Pontiac Central	2:16.1
Brugess	Farm. Harrison	1:56.3	10. Liz Bolden	G. P. North	2:22.5