

1989 Mid-West Meet of Champions

Boys Results:

Michigan	157
Indiana	132
Ohio	97
Illinois	68

Girls Results:

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

SHOT PUT

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

DISCUS

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

HIGH JUMP

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

LONG JUMP

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

POLE VAULT

1. Bill Deering	Dowagiac	16' 1"
2. Toby Van Pelt	Owosso	15' 6"
Scott Curtis	Corunna	14' 6"

3200 METER RELAY

3rd @ 7:48.0			3rd @ 9:21.2		
Jim Hanner	Brighton	1:57.7	Beth Zimmer	A.A. Pioneer	2:21.4
Brett Flowers	Hartland	1:55.9	Meridith Sallant	Dear. Edsel Ford	2:23.0
Derek Adams	Detroit King	1:59.0	Kristi McKimson	Troy	2:19.4
Aaron Grzymkowski	Chippewa Valley	1:55.5	Tina Mckinney	Kalama. L. Norrix	2:17.4

110 and 100 HURDLES

2. Larry Harden	Benton Harbor	14.11	3. Julie Brown	Jackson	14.45
Brant Major	Flint Central	NT	4. Shiela Rowry	A.A. Pioneer	14.92

100 METER DASH

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

1600 METER RUN

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

400 METER RELAY

1st @ 41.21			4th @ 47.46		
Leo Griffin	Detroit Pershing	10.81	Elaine Greene	Detroit Mumford	12.82
Terence Smith	Bay City Central	10.22	Crystal Braddock	A.A. Pioneer	11.62
Tony Jackson	Saginaw Nouvell	10.42	Shiela Rowry	A.A. Pioneer	11.69
Jeff Reynolds	Southfield	9.45	Patrice Verdun	Flint Central	11.33

400 METER DASH

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

300 METER HURDLES

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

800 METER RUN

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

2. Bryan Parker
4. Herbert Ford

Jackson
Flint Beecher

1. David Couch
2. Phil Sanborn
5. Jason Colvin

Niles
Monroe
A.A. Pioneer

1st @ 3:13.4
Steve Sandles
Tony Triggs
Shane Seracki
Cassidy Wright

East Detroit
Flint Beecher
G.R. Northview
Southfield

Boys Star of Star for Field Events:
Bill Deering Dowagiac

200 METER DASH

21.8
22.0

1. Crystal Braddock
2. Patrice Verdun

A.A. Pioneer 23.83
Flint Central 24.25

3200 METER RUN

9:14.8
9:17.6
9:21.5

1. Heather Slay
3. Janet Novallo
5. Karen Perry

E. Grand Rapids 10:36.1
L'Anse Cruese N 11:01.9
Kalam L. Norrix 11:05.8

1600 METER RELAY

48.5
47.8
49.2
47.9

- 3rd @ 3:56.2
Beth Lerner
Dawn McFarlin
Ashanti Harris
DeShawn McFarlin

Edwardsburg 59.4
Detroit Denby 59.7
A.A. Pioneer 58.8
Detroit Denby 58.4

Girls Star of Star for Running:
Crystal Braddock A.A. Pioneer

MITCA INDOOR TRACK - 1990

BOYS

CHUCK JANKE
10728 Hewitt
Brooklyn, Mi 49201
(517) 592-5483
Jackson High School
544 Wildwood
Jackson, Mi 49201
(517) 784-8501

GIRLS

JACK ARNOLD
1517 Martha
Ann Arbor, Mi 48103
Ann Arbor High School
601 W. Stadium
Ann Arbor, Mi 48103
(313) 994-2151

MIDWEST MEET OF CHAMPIONS - 1990
BOYS

Duane Raffin, Holly, Chairperson
Martin Crane, Flint Beecher, Jumps
John Swinburne, Muskegon Oakridge, Throws
Don Marsh, Flint Kearsley, Vault
Lorenzo Croft, Ecorse, Dash
Jerry Myszkowski, U of D Jesuit, 400
Norb Badar, Flint, 800
~~Chuck Janke, Jackson, Distance~~
Dave Gordon, River Rouge, Hurdles

GIRLS

Bernie Abrams, Covert, Chairperson
Bryan Westfield, Ann Arbor Pioneer, Sprints
Betty Robinson, Southfield Lathrup, 400
Tyrone Armstrong, Flint Beecher, Throws
Pat Garrety, St. Martin DePorres, 800
~~Pat Garrety, St. Martin DePorres, Distance~~
~~Pat Garrety, St. Martin DePorres, Distance~~