

**LITCHFIELD HIGH SCHOOL  
TRACK AND FIELD CHAMPIONS — 1993 GIRLS LOWER PENINSULA CLASS D**



**FRONT ROW:** L to R — Ashley Houchen, Lesley Keeney, Alicia Ochsenrider, Pam Blonde, Sara Phelps, Chey Phelps. **SECOND ROW:** Brandie Snyder, Colleen O'Kray, Becky Barnes, Carly Packer, Karmen VanNieuwenhuyzen, Katie Ziegler, Sunda Borton. **BACK ROW:** Bill Gaunt (Assistant Coach), Tressa Smith, Kammy Bills, Jessica Nye, Jennifer Wolfinger, DeDee Maynard, Trish Engelsma. **NOT PICTURED:** Randy Brinks (Head Coach), Kelle Lum.

**TRACK AND FIELD  
FINAL RESULTS — GIRLS L.P.  
CLASS D (Metric)**

**Held at Grand Rapids-Forest Hills Northern High School  
June 5, 1993**

**TOP TEN TEAMS**

Place	School	Score	Place	School	Score
1	Litchfield	68	6	Fairview-Fairview Area	24
2	McBain-Northern Michigan Christian	57	7	Royal Oak-Shrine	21
3	Fowler	45	8	Grass Lake	20
4	Maple City-Glen Lake	38	8	Deerfield	20
5	Galien	25	8	Pittsford	20
			8	Posen	20

**3200-METER RELAY**

Place	Competitors	School	Time
1	Laura Irrer, Karmen Epkey, Sheri Thelen, Nadine Hafner	Fowler	9:55.50
2		Manistee-Catholic Central	10:01.50
3		Litchfield	10:11.60
4		Pottersville	10:14.80
5		McBain-Northern Michigan Christian	10:14.90
6		Fairgrove — Akron-Fairgrove	10:20.40
7		Grass Lake	10:24.60
8		Reading	10:27.00

**100-METER 33" HURDLES**

Place	Name	School	Time
1	Holly Lamkin	McBain-Northern Michigan Christian	15.50
2	Jennifer Green	Johannesburg — Johannesburg-Lewiston	16.10
3	Shawna Tripp	Adrian-Madison	16.20
4	Alicia Ochsenrider	Litchfield	16.20
5	Elycia Hall	Grass Lake	16.30
6	Molly Tonkin	Fairgrove — Akron-Fairgrove	16.50
7	Christa McCadie	Hale	16.50
8	Deanna Redding	Reading	16.60

## 1993 Track and Field Final Results — Girls L.P. Class D (Cont'd.)

**100-METER DASH**

Place	Name	School	Time
1	Stacy McCallum	Fairview-Fairview Area	12.70
2	Carrie Barkham	Dryden	12.70
3	Kristen Ciarkowski	Posen	12.70
4	Carrie Burger	Reading	12.70
5	Leigh Nowicki	Canton-Plymouth Christian	12.80
6	Kimberly Doyal	Ann Arbor-Gabriel Richard	12.80
7	Cynthia White	Covert	12.90
8	Erica Dunbar	Royal Oak-Shrine	12.90

**800-METER RELAY**

Place	Competitors	School	Time
1	Camey Ellis, Desma Johnson, Brandie Henderson, Erica Dunbar	Royal Oak-Shrine	1:49.70
2		Posen	1:50.00
3		Athens	1:50.20
4		Litchfield	1:50.60
5		Fairview-Fairview Area	1:51.00
6		Fowler	1:51.20
7		Portland-St. Patrick	1:51.70
8		McBain	1:52.40

**1600-METER RUN**

Place	Name	School	Time
1	Liz Martin	Maple City-Glen Lake	5:19.50
2	Amy Langschied	Deerfield	5:19.60
3	Nadine Taylor	McBain	5:29.00
4	Jannie Lozmack	Galien	5:34.30
5	Sarah Parks	Grass Lake	5:37.60
6	Sheri Thelen	Fowler	5:38.10
7	Rachel Zilka	Camden — Camden-Frontier	5:39.20
8	Susan Phaner	Potterville	5:39.30

**400-METER RELAY**

Place	Competitors	School	Time
1	Camey Ellis, Desma Johnson, Brandie Henderson, Erica Dunbar	Royal Oak-Shrine	52.00
2		Battle Creek-St. Philip Catholic Central	52.70
2		Bellaire	52.70
4		Portland-St. Patrick	52.90
5		Bloomfield Hills-Roeper	53.00
6		Athens	53.20
7		Litchfield	53.20
8		Johannesburg — Johannesburg-Lewiston	53.40

**400-METER DASH**

Place	Name	School	Time
1	Lesley Keeney	Litchfield	1:00.10
2	Jamie Harr	Fowler	1:01.70
3	Rebekah Bailey	Athens	1:01.80
4	Stacey Saunders	North Muskegon	1:02.00
5	Kimberly Doyal	Ann Arbor-Gabriel Richard	1:02.00
6	Laura Patmoude	Galien	1:02.40
7	Rachael Fussman	Mt. Pleasant-Beal City	1:03.20
8	Kristina Schubert	Manistee-Catholic Central	1:03.20

## 1993 Track and Field Final Results — Girls L.P. Class D (Cont'd.)

### 300-METER LOW HURDLES

Place	Name	School	Time
1	Jessica Cunningham	Manton	46.70
2	Holly Lamkin	McBain-Northern Michigan Christian	47.40
3	Melissa Garland	St. Joseph-Michigan Lutheran	48.30
4	Angela Cone	Indian River-Inland Lakes	48.60
5	Jennifer Green	Johannesburg — Johannesburg-Lewiston	48.60
6	Jackie Barrett	Pittsford	48.90
7	Susan Patmoude	Galien	49.40
8	Tanya Wilcox	Maple City-Glen Lake	49.50

### 800-METER RUN

Place	Name	School	Time
1	Liz Martin	Maple City-Glen Lake	2:23.20
2	Lyndsey Burchardt	Pittsford	2:23.20
3	Karmen VanHieuvenhuyzin	Litchfield	2:27.50
4	Lindsey Nederhoed	McBain-Northern Michigan Christian	2:27.80
5	Becky Thoreson	Maple City-Glen Lake	2:28.70
6	Laura Irrer	Fowler	2:29.00
7	Karmen Epkey	Fowler	2:29.20
8	Nicki Offer	Warren-Bethesda Christian	2:31.10

### 200-METER DASH

Place	Name	School	Time
1	Stacy McCallum	Fairview-Fairview Area	26.40
2	Carrie Barkham	Dryden	26.70
3	Kristen Ciarkowski	Posen	27.00
4	Leigh Nowicki	Canton-Plymouth Christian	27.10
5	Stephanie Lantinga	Battle Creek-St. Philip Catholic Central	27.20
6	Holly Lamkin	McBain-Northern Michigan Christian	28.00
7	Jacqueline Mclmnis	Athens	29.10

### 3200-METER RUN

Place	Name	School	Time
1	Stephanie Klein	Mendon	12:03.90
2	Sheri Thelen	Fowler	12:06.10
3	Ellen Schultz	Maple City-Glen Lake	12:06.80
4	Liz Wright	Grass Lake	12:09.00
5	Kathy Speer	Whitmore Lake	12:20.40
6	Rachael Mumaw	Wyoming-Lee	12:26.00
7	Rebecca Farrell	Ann Arbor-Gabriel Richard	12:27.40
8	Rachel Zilka	Camden — Camden-Frontier	12:27.50

### 1600-METER RELAY

Place	Competitors	School	Time
1	Lesley Keeney, Chey Phelps, Pam Blonde, Karmen VanNieuwenhuyzen	Litchfield	4:09.40
2		Fowler	4:13.00
3		Pittsford	4:13.40
4		Grass Lake	4:17.70
5		McBain-Northern Michigan Christian	4:18.70
6		Battle Creek-St. Philip Catholic Central	4:19.20
7		Deerfield	4:19.30
8		Galien	4:19.40

## 1993 Track and Field Final Results — Girls L.P. Class D (Concluded)

**LONG JUMP**

Place	Name	School	Distance
1	Dana Falke	Deerfield	16' 6½"
2	Pam Blonde	Litchfield	16' 5½"
3	Heidi Leidy	Galien	16' ¾"
4	Ronelle Lamkin	McBain-Northern Michigan Christian	15' 11½"
5	Melissa Garland	St. Joseph-Michigan Lutheran	15' 10½"
6	Trina Bennett	Freesoil	15' 8½"
7	Melissa Woods	Indian River-Inland Lakes	15' ½"
8	Jane Skiera	Manistee-Catholic Central	14' 11½"

**HIGH JUMP**

Place	Name	School	Height
1	Ronelle Lamkin	McBain-Northern Michigan Christian	5' 3"
2	Jannie Lozmack	Galien	5' 0"
3	Liz Martin	Maple City-Glen Lake	4' 11"
4	Becky McNally	McBain	4' 11"
5	Stacie Barron	Pittsford	4' 10"
5	Pam Blonde	Litchfield	4' 10"
5	Amy Ellis	Morrice	4' 10"
8	Tracy Harmon	Mendon	4' 10"

**SHOT PUT**

Place	Name	School	Distance
1	Allison Greenman	Central Lake	37' 1"
2	Tiayu Hage	Warren-Bethesda Christian	35' 0"
3	Suzanne Sibley	Walkerville	34' 10"
4	Kristy Trisch	Fairgrove — Akron-Fairgrove	34' 5½"
5	Patricia Rich	Redford-St. Agatha	33' 7¾"
6	Chey Phelps	Litchfield	32' 5½"
7	Carrie Taddie	Ann Arbor-Gabriel Richard	32' 2¼"
8	April Davideit	Onkama	32' ¼"

**DISCUS**

Place	Name	School	Distance
1	Pam Blonde	Litchfield	125' 11"
2	Sara Zuiderveen	McBain-Northern Michigan Christian	111' 3"
3	Jamie Feltman	Adrian-Madison	108' 5"
4	Suzanne Sibley	Walkerville	106' 2"
5	Anika Murphy	Bloomfield Hills-Roeper	105' 7"
6	Melissa Young	Martin	100' 9"
7	Allison Greenman	Central Lake	100' 3"
8	Amie Shimek	Maple City-Glen Lake	93' 9"