

Tales Of Two Finals

In the Tri-Cities, Cass Tech pulls off unprecedented two-year sweep of Lower Peninsula Class A boys and girls titles

Cass Tech...Cass Tech. Say it twice. Cass Tech...Cass Tech. Say it again and again...

At the 1995 Michigan High School Athletic Association Lower Peninsula Track and Field Finals, Detroit Cass Tech accomplished something which had never happened before in the 21 years in which boys and girls competition had been offered in the sport.

The Technicians pulled off the double for the second straight year, winning the boys and girls team championships in their class for two straight

years-- the first time the feat had ever been accomplished in Class A, and the third time in any class. Flint Beecher in Lower Peninsula Class B in 1986-87, and Pickford in Upper Peninsula Class D in 1990-91, were the others.

Tech easily outdistanced the field in the boys and girls meets, winning the 400, 800 and 1,600-meter relays in both meets to account for the majority of their points.

The only individual winners in the lot that day were Kanisa Williams, who placed first in the girls 100 dash; and Chantelle Nagbe in the girls 200.

Both were members of the winning 400 relay.

All that on a day where the weather nagged competitors. But that didn't matter to Nagbe.

"You can't think about the weather," Nagbe said. "You can't think about anything. My coach said if you start thinking about anything while running it takes away from the energy in your legs."

The Class A finals saw only one record-setting performance. Suzie Von Bernuth of Okemos set a new meet record in winning the discus with a toss of 146-0. She also won the shot put for the second straight year.

Jamal Allen of Southfield was the only individual multiple winner in the boys meet, taking crowns in the 100 and 200-meter dashes.

Comstock made it two straight boys title in Class B, claiming the championship with wins in six of 17 events.

Randy Hunt tripled for the Colts, winning the 100, 200 and 400 dashes, and then anchoring the 400 relay.

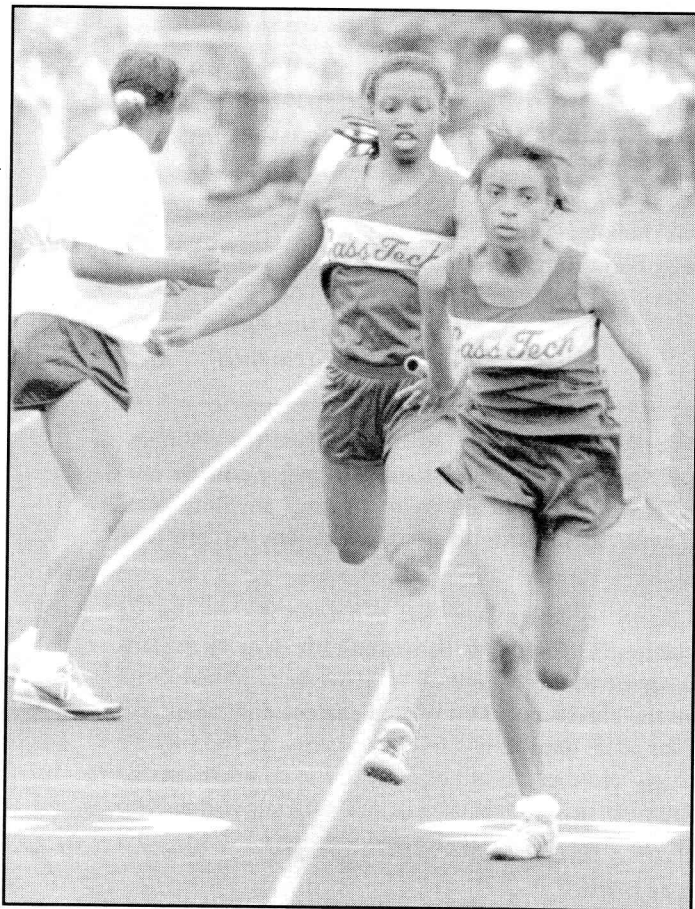
"We were talking about this year last year," Hunt said of his team's second title. "We really only lost one person from last year's team, so we came into this season with a lot of confidence."

No records were recorded in the Class B boys meet, but Tom Chorny of Fruitport and Demetry MacDonald of Fremont successfully defended 1994 titles in the 3,200 and high jump, respectively.

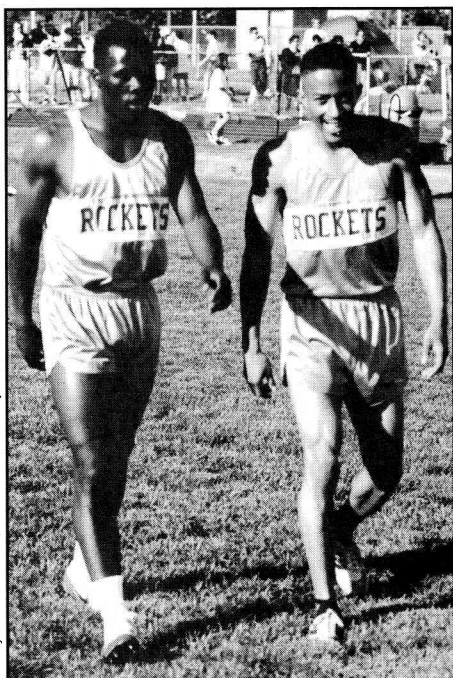
Caledonia rode its depth to the girls title in Class B, claiming only a victory in the 3,200 relay.

Individually, Kenyetta Grigsby of River Rouge repeated in the 100 and 300 hurdles, and Charnell Lynn of Ypsilanti-Willow Run swept the three dashes.

Jeff Kowalsky, The Detroit News



In winning the Lower Peninsula Class A crown, Detroit Cass Tech took three of four relays. In the 800-meter relay, Chantelle Nagbe (left) hands the baton off to Tracey Ball. Nagbe also won the 200 dash at last year's finals.



John Mack (left) and Billy Chenault led New Haven to its second straight Class B boys crown. Mack won two events, Chenault won one, and the two ran on two winning relay teams.

For the second straight year, New Haven graced the winner's circle as the Class C boys champion.

John Mack doubled in the 200 and 400 dashes for the second straight year, and Billy Chenault provided back-up by winning the 100, and finishing second to Mack in the 200. The duo then took part in winning relay efforts in the 400 and 1,600.

"When you get a lot of firsts and seconds, the points add up," said Mack, who with Chenault were the lone returnees from the 1994 titlists. "You don't find any better kids anywhere," said Coach Frank Reed. "They're all good kids, very religious and very talented."

The only record set in any Lower Peninsula boys meet in 1995 took place in Class C, as Phil Grzemkowski of Reese topped 14-11 in the pole vault to break the old mark of 14-9 set just a year earlier by Casey Ward of Breckenridge.

Hemlock won its first MHSAA title in any girls sport, only the second

in the school's history (*the other being the 1946 Lower Peninsula Class C-D boys cross country title*) by knocking off defending champion Clare for the Class C crown.

The Huskies got a double in the shot put and discus from Liz Mulvaney; a first from Heide Goodenough in the 400 and a win in the 1,600 relay, anchored by Goodenough. Second-place finishes in the 3,200 and 800 relays also figured into the final score.

The consecutive crown string was completed in the boys Class D meet with Pittsford winning that title for the second straight year. It was the first time in Lower Peninsula history that the same four schools won championships in two consecutive years.

Matt Miller in the 110 high hurdles was Pittsford's only individual winner. The 800 relay team of Brandon Brown, Dustin Ewing, Brock Wollett and Nick Salazar gave the Wildcasts their only other event title.

Ryan Shay of Central Lake won the 800, 1,600 and 3,200 runs. Jason Johnson of Baldwin claimed the 100 and 200 dashes; and Dieter Brown of Battle Creek St. Philip defended his



Dick Van Nostrand, The Bay City Times

The lone record set in Lower Peninsula boys competition in 1995 was set by Phil Grzemkowski of Reese, who hit the 14-11 mark in the Class C pole vault.

title in the 400.

Winning the Class D girls title for the second straight year and the four time in five years was Maple City-Glen Lake.

The Lakers generated wins in the 400 and 800-meter relays and scored in nine other events. Elycia Hall of Grass Lake and Brooke Formsma of Battle Creek St. Philip were the meet's double victors. Hall was victorious in the 100 hurdles and high jump; while Formsma repeated in the 200 dash and long jump.

The number's game is in Mid Peninsula's favor at U.P. Finals at Marquette

By John Vrancic

Who said it takes great numbers to win an Upper Peninsula track championship?

Only four Rock-Mid Peninsula girls qualified for the MHSAA Upper Peninsula Class D Track and Field Finals last year in Marquette. Yet, the Wolverines found a way to come home with the big trophy.

Mid Peninsula, which hadn't

won all season before the finals, edged runner-up Rapid River, 36-35. Lake Linden-Hubbell finished third with 34 points.

"This is unbelievable," said Mid Pen's Andrea Beauchamp. "I didn't think we'd take it. We wouldn't trade this for anything."

Jill Cobert and Faye Peterson were double-winners for Mid Pen.

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Mid Peninsula's Number's Game

(Continued from previous page)

Gobert repeated as high jump champion with a leap of 5-2 and took the 100-meter hurdles in 17.0 seconds. Peterson captured the 1,600 and 3,200 runs in 5:37.1 and 12:27.6.

Crystal Aper, her team's remaining qualifier, helped the Wolverines finish fourth in the 3,200 relay. Stacey Boyer helped keep neighboring Rapid River close by winning the 200 and 400 in 27.5 and 1:01.3

Lake Linden-Hubbell was led by Kristen Nichols and her win in the 300 hurdles in 50.5.

In Class D boys, Powers-North Central captured its first title with 44 points. Defending champion Ontonagon finished second with 30 points.

North Central, which swept the sprint relays, gained three individual first place finishes.

Iron Mountain-North Dickinson's John Richard swept the hurdle races, including a record 40.6 at 300 meters.

Marquette again dominated the Class A-B girls by piling up 97 points. Runner-up Escanaba finished with 58.

Jennifer Taylor paced the Redettes to their third straight title, taking the shot put and discus at 36-4 and 111-8.

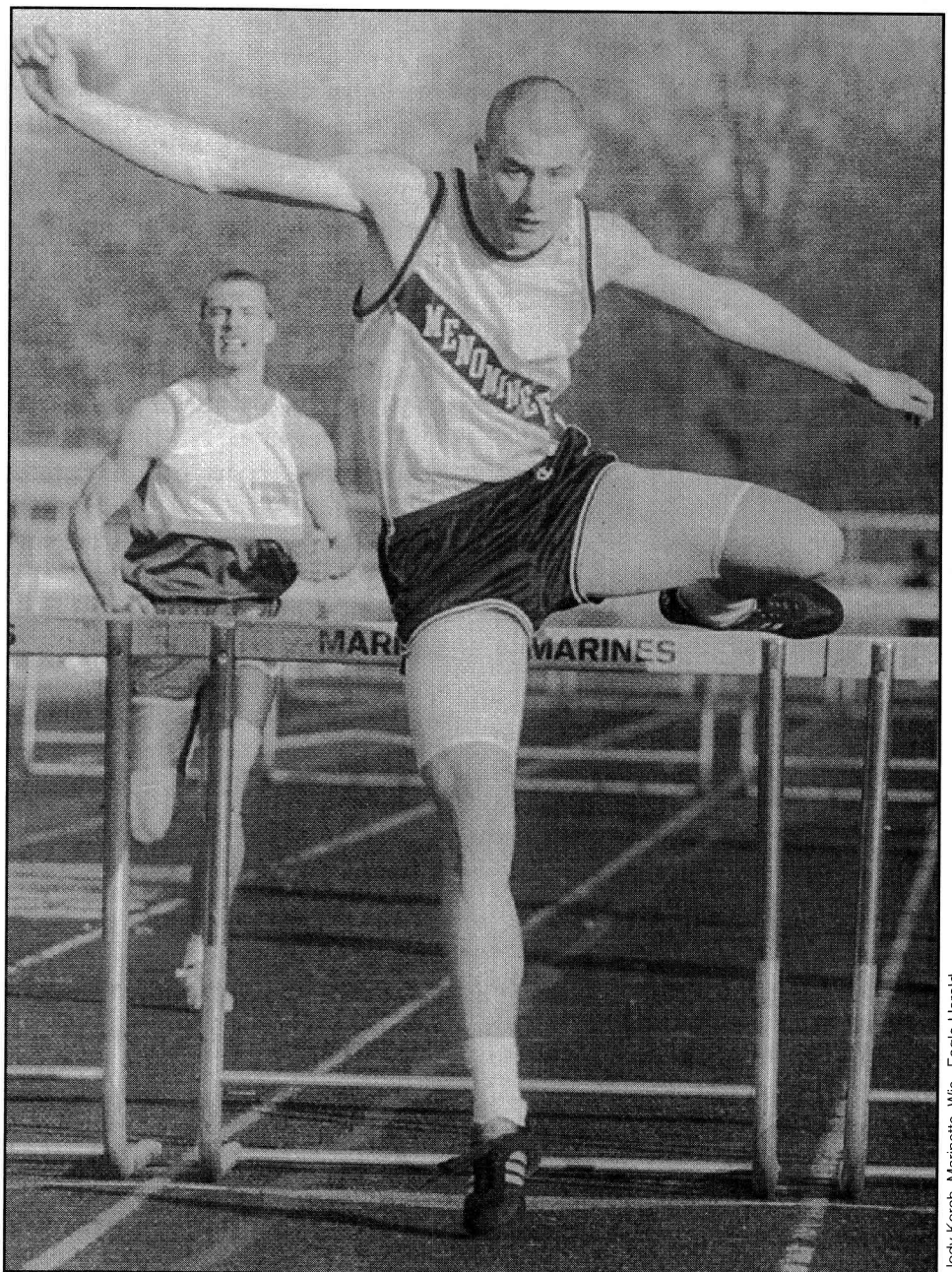
Marquette's Sarah Heikkila turned in a record-setting performance in the 400 at 59.2, as did the Redettes' 1,600 relay team at 4:12.4.

Menominee's Tiffany Hodge won the 100 and 300 hurdles with 15.7 and 47.0 clockings and the long jump at 17-3/4.

In Class A-B boys, Menominee won its second straight crown by edging Marquette, 62-59 1/2. The Maroons were paced by double-winner Steve Molnar with times of 11.5 and 22.8 in the 100 and 200-meter dashes.

Ishpeming Westwood's Dave Paananen was also a double-winner with a record toss of 169-4 in the discus and a heave of 55 feet in the shot put.

Marquette's Robin Martin covered the 800 in a record 1:55.84 and its 3,200



Jody Korchi, Marinette, Wis., Eagle-Herald

Steve Molnar of Menominee led the Maroons to the Upper Peninsula Class A-B title for the second straight year, capturing individual championships in the 100 and 200-meter dashes. He also anchored his school's winning effort in the 800-meter relay.

relay team was timed in a record 8:11.7.

Ironwood ran away with its second consecutive Class C girls title by amassing 75 points. Munising was runner-up with 36 points.

The Red Devils were paced by Angela Arthur's victories in the 100 and 200 in 13.3 and 26.8.

Munising's Ashley Peffers swept the hurdle races at 16.2 in the 100 and 48.7 for the 300. Manistique's Mary Lund captured the shot put and discus at 34-11 and 106-10.

Munising repeated as Class C boys champion by nudging Ironwood, 47-45-1/2.

Ironwood's Jeremy Richards set the pole vault record at 13-4 and Negaunee's Rob Katona uncorked a record 156-1 toss in the discus.

Houghton's Tom Miller was a three-event winner. Miller turned in times of 2:01.2, 4:31.5, and 9:55.1 to win the 800, 1,600 and 3,200 runs.

John Vrancic is a sports writer for the Escanaba Daily Press