

EAST KENTWOOD Track



1998

EAST KENTWOOD TRACK

Conference Champions
1982 thru 1995

1998 - ?

Over the past 16 years we have had seasons that you as members of the East Kentwood Track Team can be proud of. These teams won 14 consecutive Conference Championships. In both 1997 and 1998 the championship went down to the last event in the Rockford meet. In addition, they have won many Invitational and Regional Championships and put together a streak of 100 consecutive dual meet victories without a single loss.

Each year we ask why these teams have enjoyed this success? The answer, we feel, lies with the talented and dedicated athletes that have made up our teams. We have been fortunate to have had young men who are willing to make sacrifices. Young men who are willing to put forth the time and effort that is necessary to attain their goals. The athletes also realize that each man on the team is vital and that each place in a meet has a great effect on the outcome of that particular meet and the entire season. In the past we have won meets and championships because someone came up with an unexpected third place in his event to earn just one point.

Can this year's team win another Championship? Again as coaches we feel we have an excellent chance although as in most years, we do have some areas of concern. In our hurdles, field, and distance events we have people returning but would like to develop more depth. In the sprints and relays we feel that we must improve. The next few weeks will be very important to you as an individual and to our team as a whole. Time wasted or lost now is difficult to make up later in the season. From this point on, the success is again up to you.



PRACTICE ORGANIZATION

Practice plans are posted daily and each coach has a copy. Check these plans and try to do the entire workout and even a little extra. Ask the coaches for extra help. Our basic practice plan uses the interval training system which calls for relatively short distances at a speed greater than the one used in competition with a resting period (recovery to 120 pulse) between distances. Recovery should be the amount of time YOU need to get your pulse back down to 110-120 per minute. "Speed Play" is also one of the methods used. In this work-out, you should sprint until tired, jog or walk until recovered then sprint again and repeat the process. This may be for a period of time such as 10 minutes or a distance such as 10 laps.

Funnels are really intervals but would involve various distances such as 110-220-330-440 (Funnel-up) or 440-330-220-110 (Funnel-down).

GENERAL INFORMATION

You will have to supply your own track shoes again this year. We suggest you get good quality shoes and **TRY THEM ON BEFORE THE PURCHASE**. Be sure you have removable spikes and try to get an extra set of $\frac{1}{4}$ " spikes.

Track practice takes place daily unless otherwise specified. You are **EXPECTED TO BE AT EVERY PRACTICE IF YOU ARE IN SCHOOL**. If for any reason, you miss practice, notify one of the coaches or put a note in our mail box in the main office before practice. Failure to practice could result in **SUSPENSION FROM RUNNING IN ONE OF MORE MEETS, OR POSSIBLY SUSPENSION**

FROM THE TEAM.

All Track men warm up with a $\frac{1}{2}$ mile jog, stretching exercises, do their work-out and then warm down with another $\frac{1}{2}$ mile jog.

This booklet has been prepared to aid the coaches and the athletes in the analysis and utilization of the present group of athletes. We can easily see our areas of strength and weakness and plan accordingly.

These are the times
that try men's soles!



EAST KENTWOOD TRACK

CONDITIONING

In running your ability to run fast and win depends on the ability of your heart and blood stream to deliver enough oxygen to keep up with muscular activity. The more oxygen delivered, the better your endurance.

HOW CAN WE IMPROVE OUR OXYGEN-INTAKE ABILITY?

INTERVAL TRAINING: You will increase your oxygen-intake ability (stamina) by the use of interval training! Each time you create an oxygen debt and recover in a practice session, you obtain a slight improvement in your ability to utilize oxygen effectively. By running a fairly short distance reasonably fast (220 yards in 28 to 35 seconds, 440 yards in 70 to 80 seconds, etc.) your pulse rate will be raised to about 180 beats per minute. This is followed by a recovery period of up to two minutes until your pulse drops to 120 beats per minute (12 beats in 6 seconds). Then you run another 220. Numerous repetitions of the "run to 180, recover to 120" cycle increases the amount of blood pumped by each heartbeat (the stroke-volume) and thus improves the oxygen-intake ability.

OVER DISTANCE WORK: Another aspect of endurance is the need for developing your body's system of capillaries. (These are tiny blood vessels that actually deliver the oxygen to the muscles and exchange it for the carbon dioxide). By running fairly long distances at slow speeds (8-10 miles for distance runners-1-2 miles for sprinters), you increase the number of capillaries in your muscle fibers, which improves the speed and effectiveness of the oxygen-exchange process. This kind of training can actually double the number of capillaries in each muscle fiber.

So by developing both stroke-volume(ability to move oxygen through the blood stream) and the capillary system (ability to deliver oxygen to muscles), you can greatly increase your body's capacity for fast continuous running while remaining in oxygen balance.

Continuous long runs on the weekends (over-distance) are a perfect and necessary complement of interval training. Although the idea is to get strong by taking it fairly easy, you can vary your pace by running a little faster on acceleration gradually to a fast finish over the last quarter-mile.

Also remember that anything that helps improve your basic speed is worthwhile to a runner. Speed is what any running is chiefly about, and improving your basic speed gives you a great psychological boost. It will prove to be a very good investment especially when you are in the last 100 yards of a race.



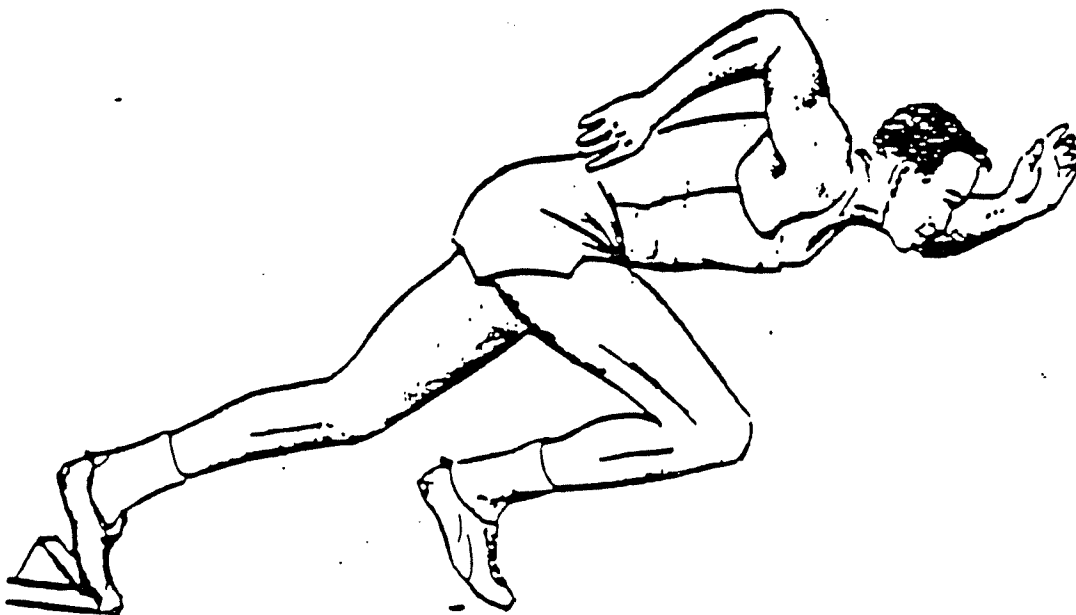
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1998 RETURNING ATHLETES

The following is a list of the athletes that are returning from last's year's Track Team.

Brett Atkins	*	Kamran Ismail	
Adam Backing		Jermain Jamison	
Tony Barber	* *	Tyler Jones	* *
Nahum Barnett	*	Doninic Kasul	
Greg Boersma		Troy Kasul	
Eric Bombery		Eric Kazmerski	
Brent Bomgaars	* * *	Tim Lett	* * *
Duane Bowen	* *	Joe Maly	*
Jason Brewer		Cory Mc Carter	
Jermanie Bridges		Shawn Mekkes	
Rickey Browley	* *	Josh Miller	* * *
Jonathan Buist		Ken Moredick	
Rob Calahan	*	Seth Napper	
Ryan Campbell		Josh Nenecek	
Kevin Cowham		Greg Oppenhuizen	*
Jason Dennany		Matt Rockwell	*
Bryan De Potty		Josh Ruch	* *
Mike Farris		Matt Schafecinski	
Richard Flakes	*	Jack Schumacher	
Jimmie Freeman	* *	Chad Sonksen	* * *
Trevor Franks	*	Joe Tinghitella	
Robert Gage		Donte Triggs	
Justin Gretzinger		Brian Ulrich	
Kevin Hamilton	*	Derrick Urbanowski	* * *
Josh Hoag		Brad Van Ess	
Justin Hoyt		Cory Velting	* *
Rayham Ismail		Ray Walker	
Jamul Ismail		Kevin Yokom	*

* Indicates the number of Varsity letters won in past track seasons.



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EVENT ANALYSIS

The following are the best times and distances recorded by the athletes returning from last year's track team.

SHOT PUT

Dereck Urbanowski	48' 11"
Joe Maly	40' 6"
Jack Schumacher	39' 9"
Matt Rockwell	35' 1.5"
Jermaine Jamison	31' 1"
Matt Schafecinski	30' 2"
Robert Gage	29" 2.5"
Troy Kasul	27' .5"
Dominic Kasul	25' 3"

100 METER DASH

Nahum Barnett	:11.1
Rickey Browley	:11.3
Tony Barber	:12.0
Ray Walker	:12.0
Rob Calahan	:12.2
Cory Mc Carter	:12.3
Troy Kasul	:12.8
Bryan De Potty	:12.9
Mike Farris	:12.9

DISCUS

Dereck Urbanowski	120' 7"
Matt Rockwell	111' 1"
Joe Maly	91' 9.5"
Matt Schafecinski	85' 9"
Jack Schmacher	79' 0"
Robert Gage	75' 10"
Jermaine Jamison	70' 9"
Dominic Kasul	47' 3"

200 METER DASH

Rickey Browley	:23.2
Nahum Barnett	:23.8
Jimmie Freeman	:24.0 (relay leg)
Cory Mc Carter	:24.5
Tony Barber	:24.6
Rob Calahan	:25.1
Ray Walker	:25.2
Garrett Fox	:25.5
Trevor Franks	:26.2
Bryan De Potty	:26.3

LONG JUMP

Jimmie Freeman	20' 9"
Rob Calahan	19' 10.5"
Cory Velting	19' 4.5"
Trevor Franks	18' 6"
Kevin Hamilton	16' 4"
Troy Kasul	15' 9.5"

400 METER DASH

Duane Bowen	:54.8 (relay leg)
Tony Barber	:55.4
Kevin Hamilton	:55.9
Justin Hoyt	:57.7
Nahum Barnett	:58.0
Jamal Ismail	:58.3
Richard Flakes	:59.3
Kamran Ismail	:60.0
Josh Hoag	:60.7
Jonathan Buist	:61.6
Brad Van Ess	:62.0

POLE VAULT

Jimmie Freeman	14' 6"
Tim Lett	14' 3"
Brett Atkins	10' 0"
Greg Oppenhuizen	10' 0"
Tyler Jones	9' 3"

800 METER RUN

HIGH JUMP

Brent Bomgaars	6' 3"
Chad Sonksen	6' 3"
Cory Velting	6' 2"
Richards Flakes	5' 6"

Josh Miller	2:03.1
Duane Bowen	2:04.0
Josh Ruch	2:04.1
Justin Gritzinger	2:14.0
Kamran Ismail	2:14.0
Seth Napper	2:15.0
Jermaine Bridges	2:17.0
Jamal Ismail	2:20.0
Jason Dennany	2:22.0

HIGH HURDLES

Rickey Browley	:15.3
Kevin Cowham	:----
Troy Kasul	:20.5

I.M. HURDLES

Rickey Browley	:----
Kevin Cowham	:46.2
Donte Triggs	:49.1
Bryan De Potty	:49.4
Troy Kasul	:53.9

1600 METER RELAY LEG

Rickey Browley	:53.1
Duane Bowen	:54.8
Jimmie Freeman	:55.2
Tony Barber	:55.4
Kevin Hamilton	:55.9
Justin Hoyt	:57.7
Kevin Cowham	:57.8
Nahum Barnett	:58.0

1600 METER RUN

Josh Miller	4:36.0
X Josh Ruch	4:36.9
Rayhan Ismail	4:59.0
Kevin Yokom	5:02.0
Jermaine Bridges	5:03.5
Adam Backing	5:09.5
Joe Nenecek	5:20.0
Seth Napper	5:26.0
Eric Kazmerski	5:35.0
Eric Bombrey	5:38.0
Jayson Brewer	5:43.0

3200 METER RUN

Josh Miller	9:41.8
X Kevin Yokom	10:40.3
Josh Ruch	10:52.0
Joe Tinghitella	11:13.0
Rayhan Ismail	11:13.5
Adam Backing	11:30.0
Joe Nemecek	11:32.0
Justin Gritzinger	12.07.0

800 METER RELAY LEG

Rickey Browley	:21.6
Nahum Barnett	:23.8
Jimmie Freeman	:24.0
Cory Velting	:24.0
Cory Mc Carter	:24.5
Tony Barber	:24.6

EAST KENTWOOD TRACK

ALL TIME TOP TEN

DISCUS

1. John Anes II	158' 7"	(96)
2. Craig Green	150' 8"	(83)
3. Kevin Patterson	149' 8 3/4"	(80)
4. Bob Rozema	148' 1"	(90)
5. Robert Gaines	147' 9"	(92)
6. Mike Buettner	140' 2"	(90)
7. Brandon Born	134' 4 1/2"	(84)
8. John Anes	129' 8 1/2"	(77)
9. Marlon Babers	125' 5 1/2"	(87)
10 Tom Bassett	124' 9 1/2"	(82)

SHOT PUT

1. Greg DenBoer	58' 10 3/4	(71)
2. Dan Quist	55' 0"	(66)
3. John Anes II	53' 11 1/4	(95)
4. Bob Rozema	53' 7"	(90)
5. George Zender	52' 4"	(68)
6. Craig Green	52' 3 1/2"	(81)
7. Robert Gaines	51' 9"	(92)
8. Bob Green	50' 5"	(80)
9. Derek Fitzpatrick	49' 8"	(84)
10. Brandon Born	49' 4"	(84)

HIGH JUMP

1. Chris Baker	6' 6"	(85)
2. Eric Hartfield	6' 5 3/4"	(80)
3. Chuck Hoffman	6' 5 1/2"	(78)
4. Brent Bomgaars	6' 5"	(96)
5. Mike Geukes	6' 4 1/2"	(78)
5. Brian Patterson	6' 4"	(79)
5. Chris Ross	6' 4"	(92)
8. William Armstrong	6' 3"	(88)
8. Shaun O'Brian	6' 3"	(83)
10 Bruce Cargill	6' 2"	(78)
10 Don Greenbauer	6' 2"	(82)
10 Bruce Fields	6' 2"	(82)
10 Ray Chapin	6' 2"	(92)
10 Chad Sonksen	6' 2"	(95)
10 Cory Velting	6' 2"	(97)

POLE VAULT

1. Curt Geerlings	15' 1"	(78)
2. Jeff Kerr	14' 7"	(91)
3. Jimmie Freeman	14' 6"	(97)
4. Abdul Powell	14' 4"	(95)
5. Tim Lett	14' 3"	(97)
6. Dan Slot	14' 1/4"	(76)
7. Kevin Patterson	14' 0"	(80)
7. Matt Geerlings	14' 0"	(83)
9. Marc Delo	14' 0"	(94)
10 Mike Patterson	13' 6"	(88)
10 Don Slot	13' 6"	(73)
10 Justin Belliel	13' 6"	(94)

LONG JUMP

1. Eric Hartfield	23' 2"	(80)
2. Eric Hill	22' 8"	(88)
3. Dennis Howe	22' 5 1/2"	(69)
4. Kevin Stankey	22' 2"	(81)
5. Shane Woods	22' 1 1/2"	(95)
6. Percy Dykes	21' 11 1/2"	(80)
6. Jimmie Freeman	21' 11 1/2"	(96)
8. Kam Merritt	21' 10"	(90)
9. Loren Johnson	21' 8 1/2"	(76)
10 Ray Chapin	21' 8"	(92)

400 METER DASH

1. Cal Hawkins	:49.3	(83)
2. Ken Bierschbach	:50.3	(77)
2. Tom O'Conner	:50.3	(79)
2. Jesse Heard	:50.3	(85)
2. Nate Clason	:50.3	(96)
6. Rob Dantuma	:50.4	(80)
6. Ross DeGraaf	:50.4	(91)
6. Walt Stange	:50.7	(75)
9. Kim Davidson	:50.8	(73)
9. Bruce Feilds	:50.8	(82)

HIGH HURDLES

1. Brian Palmer	:14.4	(88)
2. Dave Hunt	:14.7	(95)
3. Dan Lanning	:14.5	(73)
3. Mike Small	:14.5	(88)
5. Chris Baker	:14.6	(85)
6. Tom Trimpe	:14.7	(71)
6. William Armstrong	:14.7	(88)
8. Bruce Cargill	:14.75	(78)
9. Todd Ernst	:14.8	(87)
10. Jathan Austin	:15.0	(92)

1600 METER RUN

1. Brian Hyde	4:10.9	(91)
2. Mark Reinardy	4:12.8	(86)
3. Jim Baker	4:18.4	(78)
4. Chris Napolillo	4:21.9	(81)
5. Mike Gromko	4:23.2	(77)
6. Mike Kazmerski	4:23.3	(83)
7. Hal Byram	4:27.4	(73)
8. Mark Kotsonas	4:28.2	(87)
9. Aaron Swarez	4:29.4	(88)
10. Stuart Meyer	4:30.2	(83)

3200 METER RUN

1. Brian Hyde	9:13.7	(91)
2. Mark Reinardy	9:24.0	(86)
3. Andy Kazmerski	9:24.4	(86)
3. Chris Napolillo	9:24.4	(81)
5. Dave Tomaszewski	9:38.7	(78)
6. Rick Terpstra	9:38.9	(76)
7. Josh Miller	9:41.8	(97)
8. Mike Gromko	9:46.0	(77)
9. Mike Reinardy	9:48.8	(85)
10. Mike Olszewski	9:51.3	(83)

100 METER DASH

1. Mike Burt	:10.4	(95)
2. Brad Fields	:10.65	(91)
3. Kip Paul	:10.78	(81)
4. Kevin Stankey	:10.9	(82)
4. Jesse Heard	:10.9	(85)
4. Blake Born	:10.9	(87)
7. Loren Johnson	:11.0	(76)
7. Duan Swagerty	:11.0	(78)
7. Karl Taylor	:11.0	(89)
10. Dave Naughton	:11.1	(75)
10. Ritchie Swagerty	:11.1	(80)
10. Max McDonald	:11.1	(85)
10. Norm Byram	:11.1	(69)
10. Mike Baker	:11.1	(93)

200 METER DASH

1. Brad Fields	:21.69	(91)
2. Mike Burt	:21.8	(95)
3. Kip Paul	:22.1	(81)
4. Dave Naughton	:22.3	(75)
4. Cal Hawkins	:22.3	(83)
6. Pete Anderson	:22.37	(91)
7. B.J. Evans	:22.4	(87)
8. Jesse Heard	:22.5	(85)
8. Victor Woods	:22.5	(97)
10. Duan Swagerty	:22.6	(77)

800 METER RUN

1. Brian Hyde	1:53.1	(91)
2. Jim Baker	1:54.1	(78)
3. Kim Davidson	1:54.6	(73)
4. Mike Walsh	1:56.3	(81)
5. Stuart Meyer	1:57.1	(83)
6. Hal Byram	1:57.3	(73)
6. Walt Stange	1:57.3	(75)
8. Mike Kazmerski	1:57.4	(84)
8. Mark Sellers	1:57.4	(86)
10 Dan Reed	1:57.6	(92)

300 METER I.M. HURDLES

1. Dave Hunt	:39.84	(94)
2. Neal Peterson	:40.35	(97)
3. Jathan Austin	:40.36	(92)
4. Mike Small	:40.6	(88)
5. Gashew Ayalew	:40.7	(97)
6. Mike Biddick	:40.9	(96)
7. Willaim Armstrong	:41.3	(88)
8. Larry Bolden	:41.5	(91)
9. Brian Palmer	:41.6	(88)
9. Brian Small	:41.6	(89)

330 YARD LOW HURDLES
(NO LONGER RUN)

1. Todd Ernst	:37.9	(86)
2. Eric Hill	:38.8	(87)
3. Grag Hecksel	:38.9	(77)
4. Percy Dykes	:39.0	(80)
5. Chris Baker	:39.4	(85)
6. Bob Verbrugge	:39.6	(84)
7. Jeff Grant	:40.0	(82)
8. Bruce Cargill	:40.2	(78)
9. Willaim Armstrong	:40.4	(87)
10. Kevin Hausch	:40.8	(83)

*All times have been converted to meters.

EAST KENTWOOD HIGH SCHOOL TRACK

Name _____ Year _____

1997

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I.M. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Atkins, Brett 10				10'6"		13.8									52.4
Ayala, Garburt 12			19'9"							16.7	40.7				52.5
Backling, Adam 9												5:04.5	11:30		
Barber, Tony 11						12.0	24.6	55.4							54.2
Barnett, Nahum 9						11.1	23.8	58						25.2	
Basson, Greg 10							24.0								
Barnberg, Eric 9												5:38			
Bomgaard, Brent 11					6'0"										
Bowen, Duane 11															54.8
Brewer, Sawyer 9												5:43			
Bridges, Termaine 10										11.2		5:03.5			60.8

EAST KENTWOOD HIGH SCHOOL TRACK

Name _____ Year _____

1998

MEET	Shot Put	Discus	Long Jump	Pole Vault	High Jump	60/100	176/200	400	800	High Hur.	I. m. Hur.	1600	3200	800 R. Leg	1600 R. Leg
Ruch Travis 9												4:45.3	10:48		
Schumacher-Jack 10	43' 7"	95' 0"													
Sunkst-Chad 12			16' 8"		6' 2"										
Triggs Dante 11						16.7	26.1			16.8	45.8				67.9
Ulrich Brian 10									2:21.3						
Urbanowski-Derek 12	50' 0"	119'													
Velting Cory 11			19' 4"		6' 0"									23.1	
Wahob Shawn 9															
Ward Adam 9												5:18.4			
Weaver Josh 9			17' 3 1/2"	9' 6"											
Yokum Kevin 11												4:52	10:03.5		

East Kentwood Outdoor Track Records

<u>EVENT</u>	<u>RECORD HOLDER</u>	<u>TIME/DISTANCE</u>	<u>YEAR</u>
Shot Put	Greg Den Boer	58' 10 3/4"	1971
Long Jump	Eric Hartfield	23' 3"	1980
High Jump	Chris Baker Cory Veltzig	6' 6"	1985
Pole Vault	Jimme Freeman Curt Geerlings	15' 2"	1978 1998
Discus	John Anes	158' 7"	1996
100 m. Dash	Mike Burt	:10.4	1995
200 m. Dash	Brad Fields	:21.69	1991
400 m. Dash	Cal Hawkins	:49.30	1983
800 m. Run	Brian Hyde	1:53.10	1991
1600 m. Run	Brian Hyde	4:10.90 **	1991
3200 m. Run	Brian Hyde	9:13.70	1991
110 m. High Hurdles (Wind Aided)	Tom Trimpe	:14.40	1971
110 m. High Hurdles	Brian Palmer	:14.40	1988
300 m. Im Hurdles	Dave Hunt	:38.90	1994
400 m. Relay	Jeff Kerr Craig Mesler Pete Anderson Brad Fields	:43.60	1991
800 m. Relay	Brad Fields Eddie Kodish D.J. Reid Karl Taylor	1:30.30	1989
1600 m. Relay	Dave Hunt Jon Collins Nate Clason Shane Woods	3:23.7	1995
3200 m. Relay	Ross DeGraff Dan Reed Stu Palmer Brian Hyde	7:54.90	1991

** State Record

EAST KENTWOOD TRACK

ALL TIME TOP TEN

800 METER RELAY

1.	Brad Fields, Eddie Kodish, D.J. Reid, Karl Taylor	1:30.3	(89)
2.	Jeff Kerr, Craig Mesler, Pete Anderson, Brad Fields	1:30.4	(91)
3.	Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2	(83) - 130.6
4.	Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4	(74)
4.	Ricthie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4	(80)
4.	Marvin Trotter, Mike Burt, Mike Baker, Brad Fields	1:31.4	(92)
7.	Tom Trimpe, Greg Den Boer, Flip Haight, Dennis Howe	1:31.5	(70)
8.	Kip Paul, Gary Barber, Randy Gordon, Kevin Stankey	1:31.6	(81)
8.	Kip Paul, Randy Gordon, Mike Walsh, Kevin Stankey	1:31.6	(81)
8.	Mike Burt, Mike Baker, Marvin Trotter, Brad Fields	1:31.6	(92)

1600 METER RELAY

1.	Dave Hunt, Jon Collins, Nate Clason, Shane Woods	3:23.7	(95)
2.	Bruce Fields, Jeff Grant, Stuart Meyer, Cal Hawkins	3:25.8	(82)
3.	Hal Byram, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9	(73)
4.	Rob Dantuma, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.0	(80)
5.	Josh Hoyt, Nate Clason, Jon Collins, Shane Woods	3:26.1	(94)
6.	Dave Bills, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.3	(77)
7.	Walt Stange, John Mooney, Jim Hawkin, Rick Paske	3:26.6	(75)
8.	Cal Hawkins, John Erhardt, Stuart Meyer, Mike Kazmierski	3:26.7	(83)
9.	Chris Baker, Bob Hanson, Steve Stapleton, Todd Ernst	3:26.9	(85)
10	Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2	(85)

400 METER RELAY

1.	Jeff Kerr, Craig Mesler, Pete Anderson, Brad Fields	:43.6	(91) - 97
2.	Max McDonald, Blake Born, Morrie Fongers, Jesse Heard	:43.7	(85)
3.	Marvin Trotter, Craig Mesler, Pete Anderson, Brad Fields	:43.9	(91)
3.	Mike Burt, Ray Chapin, Dan McFarland, Brad Fields	:43.9	(92)
5.	Brian Rexford, Doug Baragar, Don Greenbauer, Duan Swagerty	:44.0	(78)
5.	Max McDonald, B.J. Evans, Blake Born, Todd Ernst	:44.0	(85)
7.	Rick Den Boer, Steve Sytsma, Jim Herrman, Dave Naughton	:44.1	(74)
7.	Dave Naughton, Loren Johnson, Greg Hacksel, Rick Williams	:44.1	(75)
7.	Rich Swargerty, Percy Dykes, Niel Traverse, Kip Paul	:44.1	(79)
7.	Percy Dykes, Gary Barber, Neil Traverse, Kip Paul	:44.1	(80)

3200 METER RELAY

1.	Ross DeGraaf, Dan Reed, Stu Palmer, Brian Hyde	7:55.8	(91)
2.	Andy Kazmierski, Dave Schultz, Mark Sellers, Stu Scobie	8:00.4	(86)
3.	Ross DeGraff, Mac Anderson, Stu Palmer, Brian Hyde	8:02.0	(89)
4.	Stu Scobie, Mark Reinardy, Tony Bielscki, Mike Kazmierski	8:03.3	(84)
5.	Stu Palmer, Mike Henning, Ross DeGraaf, Brian Hyde	8:04.0	(90)
6.	Stu Scobie, Mark Rienardy, Bob Hanson, Andy Kazmierski	8:04.5	(85)
7.	Nate Clason, Mike Biddick, Josh Miller, Alex Ruch	8:08.6	(96)
8.	Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9	(80)
9.	Chad Christensen, Chad Pilbeam, Bryan Garcia, Dan Reed	8:13.2	(92)
10	Mike Biddick, Jeremy Kennedy, Alex Ruch, Shane Woods	8:13.4	(95)

EAST KENTWOOD TRACK

ALL TIME TOP TEN

✓ DISCUS

1. John Anes II	158' 7"	(96)
2. Craig Green	150' 8"	(83)
3. Kevin Patterson	149' 8 3/4"	(80)
4. Bob Rozema	148' 1"	(90)
5. Robert Gaines	147' 9"	(92)
6. Mike Buettner	140' 2"	(90)
7. Brandon Born	134' 4 1/2"	(84)
8. John Anes	129' 8 1/2"	(77)
9. Marlon Babers	125' 5 1/2"	(87)
10 Tom Bassett	124' 9 1/2"	(82)

✓ SHOT PUT

1. Greg DenBoer	58' 10 3/4"	(71)
2. Dan Quist	55' 0"	(66)
3. John Anes II	53' 11 1/4"	(95)
4. Bob Rozema	53' 7"	(90)
5. George Zender	52' 4"	(68)
6. Craig Green	52' 3 1/2"	(81)
7. Robert Gaines	51' 9"	(92)
8. Bob Green	50' 5" <u>50%</u>	(80)
9. Derek Fitzpatrick	49' 8"	(84)
10. Brandon Born	49' 4"	(84)

✓ HIGH JUMP

1. Chris Baker	6' 6"	(85)
2. Eric Hartfield	6' 5 3/4"	(80)
3. Chuck Hoffman	6' 5 1/2"	(78)
4. Brent Bomgaars	6' 5"	(96)
5. Mike Geukes	6' 4 1/2"	(78)
5. Brian Patterson	6' 4"	(79)
5. Chris Ross	6' 4"	(92)
8. William Armstrong	6' 3"	(88)
8. Shaun O'Brian	6' 3"	(83)
10 Bruce Cargill	6' 2"	(78)
10 Don Greenbauer	6' 2"	(82)
10 Bruce Fields	6' 2"	(82)
10 Ray Chapin	6' 2"	(92)
10 Chad Sonksen	6' 2"	(95)
10 Cory Velting	6' 2"	(97)

✓ POLE VAULT

1. Curt Geerlings	15' 1"	(78)
2. Jeff Kerr	14' 7" <u>15' 0"</u>	(91)
3. Jimmie Freeman	14' 6"	(97)
4. Abdul Powell	14' 4"	(95)
5. Tim Lett	14' 3"	(97)
6. Dan Slot	14' 1/4"	(76)
7. Kevin Patterson	14' 0"	(80)
7. Matt Geerlings	14' 0"	(83)
9. Marc Delo	14' 0"	(94)
10 Mike Patterson	13' 6"	(88)
10 Don Slot	13' 6"	(73)
10 Justin Belliel	13' 6"	(94)

✓ LONG JUMP

1. Eric Hartfield	23' 2"	(80)
2. Eric Hill	22' 8"	(88)
3. Dennis Howe	22' 5 1/2"	(69)
4. Kevin Stankey	22' 2"	(81)
5. Shane Woods	22' 1 1/2"	(95)
6. Percy Dykes	21' 11 1/2"	(80)
6. Jimmie Freeman	21' 11 1/2"	(96)
8. Kam Merritt	21' 10"	(90)
9. Loren Johnson	21' 8 1/2"	(76)
10 Ray Chapin	21' 8"	(92)

BOYS ENTRY BLANK

DIVISION I - ENROLLMENT 701 AND UP

THIRTY-THIRD ANNUAL WEST OTTAWA INVITATIONAL RELAYS, MAY 8, 1999

SCHOOL East Kentwood NICKNAME Falcons

UNIFORM COLORS Black-Red-White NUMBER OF EVENTS ENTERED All 13

Please list the members of the field event teams in the blanks below. Indicate by circling "YES" the running events you plan to enter and list your time for the METRIC DISTANCE (400 meters, etc.). The entry fee is \$50.00 per team or \$100.00 per school. Please return this entry blank and your entry fee by 3:00 P.M. on Thursday, April 29. Make checks payable to: West Ottawa Relays. Remember, a team is considered entered when the entry fee has been received. Any questions? Call 786-2135 during the day or 399-9323 in the evening and ask for Karl Von Ins. **Our Fax number is 786-2091.**

TWO MAN TEAMS IN FIELD EVENTS

1. Dan Smith
HIGH JUMP RELAY

2. Cory Velting

1. Jimmie Freeman
LONG JUMP RELAY

2. Cory Velting

1. Jack Schumacher
SHOT PUT RELAY

2. Nate Backing

1. mat Rockwell
DISCUS RELAY

2. Jack Schumacher

1. Jimmie Freeman
POLE VAULT RELAY

2. Erik Mirandotti

THE ORDER OF EVENTS IS AS LISTED. FOUR MAN TEAMS IN RUNNING EVENTS.

- 1. 12,800 METERS (4 x 3200M) 10:15 A.M. YES TIME 41:15
- 2. 1600 METERS (4 x 400M) 12:15 P.M. YES TIME 3:30.5
- 3. 400 METERS (4 x 100M) YES TIME :44.1
- 4. SHUTTLE HURDLE (4 x 110M) YES TIME 1:03.8
- 5. DISTANCE MEDLEY (1200M, 400M, 800M, 1600M) YES TIME 11:07.0
- 6. SPRINT MEDLEY (100M, 100M, 200M, 400M) YES TIME 1:37.6
- 7. 3200 METERS (4 x 800M) YES TIME 8:15.0
- 8. 800 METERS (4 x 200M) YES TIME 1:32.8

REMEMBER: YOUR ENTRY BLANK AND ENTRY FEE MUST BE IN BY 3:00 P.M. ON THURSDAY, APRIL 29, 1999. WHEN YOU ARRIVE AT THE WEST OTTAWA TRACK, PLEASE CHECK IN AT THE PRESS BOX.

SCHOOL PHONE 698-6700 HOME PHONE 772-9202

COACH'S SIGNATURE Chuck Danek

Karl, Nancy said she sent the check earlier.

DAVLE

Chuck

EAST KENTWOOD TRACK

GRJC INVITATIONAL

Date:

Tue 3/17

Vans Leave: 2:30 PM

3:30 pm

Shot Put

Dereck Urbanowski ^{3rd} ^{50'10"}

Joe Maly ^{39'0"}

Long Jump

Jimmie Freeman ^{20'4 3/4"}

Rob Calahan ^{17'9"}

High Jump

Chad Sanksen ^{5'10"}

Cory Velting ^{6'0"} ^{4th}

4:00 pm Prelims

6:00 pm Finals:

Two Mile Run

Kevin Yocum ^{5th} ^{11:01}

60 Yd Highs

Rickey Browley ^{8.3}

~~Troy Kasal~~

Sprint Med Relay

Freeman ^{42.8} ²

Browley ^{19.4} ¹

Barnett ^{19.6} ¹

Velting ^{40.1} ²

880 Yd Run

Josh Ruck ^{4th} ^{6³} ^{2:13.5}

Duane Bower ⁶⁵ ^{2:21.4}

One Mile Run

Rayhan Ismail ^{6th} ^{5:04.3}

John McCulley ^{All Napper} ^{5:27.9}

60 Yd Dash

~~Tony Barber~~

Nahum Barnett ^{6.8}

4 Lap Relay

Browley ^{19.5}

Barnett ^{19.9}

Velting ^{19.5} - Freeman ^{19.5}

8 Lap Relay

Bower ^{46.0} ²

Hamilton ^{44.4} ²

Wahab ^{46.7} ² ^{All} ^{Hoyt} ^{46.0}

Yocum 72 - 2:32 - 3:52 - 5:17 - 6:44 -

Ismail 70 - 2:25 - 3:45

McCulley 75 - 2:38

- Bowers
- Yocum
- Maly
- Sanksen
- McCulley

2:13.2
2m.6

EAST KENTWOOD TRACK

Date: May 18, 1998

Subject: State Qualifiers

The following members of the boys track team have qualified for the state finals to be run at Bay City Western on Sat. May 30.

Long Jump	Jimmie Freeman (Regional Champion)
Pole Vault	Jimmie Freeman (Regional Champion) Tim Lett Erik Mirandette
200 meter Dash	Nahum Barnett
1600 Meter Run	Josh Ruch
400 Meter Relay	Ryan Roberts Mario Adams Nahum Barnett Jimmie Freeman
800 Meter Relay	Ryan Roberts (Regional Champions) Mario Adams Nahum Barnett Jimmie Freeman

* * ALL CONFERENCE SELECTIONS * *

Nahum Barnett
Jimmie Freeman
Tim Lett
Cory Velting

Field Events 4:30
 Prelims 5:00
 Finals 6:00

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT John Bos

DATE Thu. 5/21

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1. Freeman	1. Velting	1. Unbanowski	1. Freeman	1.
2. Lett	2. Sanksem	2. 47+	2. Lett	2.
3. Mirandette	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

3200 M. RELAY

1. Bowen
2. Ismail
3. Yuleam
4. Ruch
- alt. Gretzinger

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

1. Barnett
- 2.
- 3.
- alt.

Warm up

800 M. RELAY

1. Roberts 24.0
2. Adams 22.0
3. Barnett 22.2
4. Freeman 22.9
- alt. Velting

1st 6.

1:31.4

1600 M. RUN

1. Ruch 4:36
2. Ismail 4:39.1
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

1. Roberts 43.7
2. Adams
3. Barnett
4. Freeman
- alt. Velting

3rd

400 M. DASH

1. Hamilton K 52.7
2. Hamilton A 52.3
- 3.
- alt.

300 INT HURD.

1. Freeman
- 2.
- 3.
- alt.

800 M. RUN

1. Bowen 2:02.5
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

1. Barnett 22.2
- 2.
- 3.
- alt.

1st

3200 M. RUN

1. Ruch J
2. Yuleam
3. 68
4. 2:20 (72)
5. 3:36 (76)
6. 4:55 (79)
- 6:16 (81)
- 7:38 (82)
- 8:58 (80)
- 10:10.9 (82)

1600 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

Ruch - 66 - 2:14 - 3:24 - 4:36
 Ismail - 67 - 2:17 - 3:29 - 4:39.1
 70 72 70

OK
 ON
 N/A
 2
 TCR
 RR

Coach

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Regional Meet DATE May 15

POLE VAULT

1. Freeman
2. Lett
3. Mirandette
- 4.
- alt.

HIGH JUMP

1. Velting 6' 1"
2. Sankson 5' 10"
- 3.
- 4.
- alt.

SHOT PUT

1. Urbanowski ^{45 1/2"}
2. Schumacher
- 3.
- 4.
- 5.
- 6.

LONG JUMP

1. Freeman
2. ~~Velting~~
- 3.
- 4.
- 5.
6. Alt. Lett

DISCUS

1. Urbanowski
2. Rockwell
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

1. Bower
2. Yokam
3. Ismail
4. Ruck J.
- alt. Gretzinger
Napper

110 HIGH HURDLES

1. ~~Browley~~
2. Triggs 17.1
- 3.
- alt.

100 METER DASH

1. ~~Barnett~~
2. Barber 11.2
3. Roberts 11.6
- alt. Roberts ^{11.4}

800 M. RELAY

1. Roberts 23.3
2. Adams 22.6
3. Barnett 21.6
4. Freeman 22.5
- alt. Browley
Barber
Velting

1600 M. RUN

1. Ruck J. 4:30.9
2. ~~Yokam~~ Yokam
3. Alt. Ismail 4:44.
- 4.
- 5.
- 6.

400 M. RELAY

1. Roberts
2. Adams
3. Barnett
4. Browley/Velting
- alt. Browley
Lett
Barber

400 M. DASH

1. Hamilton A 54.3
2. Hamilton K 52.0
- 3.
- alt.

300 INT HURD.

1. Freeman
2. ~~Deputy~~
3. 45.1
- alt. Triggs 45.8

800 M. RUN

1. Bower 58 - 2:00.8
2. Gretzinger 61 - 2:07.1
3. Alt. Napper
- 4.
- 5.
- 6.

200 M. DASH

1. Barnett 23.4
2. ~~Browley~~
3. Barber 22.0
- alt. Barber

3200 M. RUN

1. Ruck J. —
2. Ismail —
3. Yokam 10:54.8
- 4.
- 5.
- 6.

1600 M. RELAY

1. Bower 54.9
2. Hamilton A. 54.6
3. Hoyt 54.8
4. Hamilton K 52.0
- alt. Barber
Velting

Triggs
 8-39
 Short Spike
 Swd 2-13
 P 4

67-2:20 - 3:39 - 5:01 - 6:26 - 7:58 - 9:31 - 10:59.8
 (73) 79 82 85 92 93

1ST

15:30.6

3rd 44.0

5

3:36.5

EAST KENTWOOD TRACK

Date: May 18, 1998

Subject: State Qualifiers

The following members of the boys track team have qualified for the state finals to be run at Bay City Western on Sat. May 30.

Long Jump Jimmie Freeman (Regional Champion)

Pole Vault Jimmie Freeman (Regional Champion)
Tim Lett
Erik Mirandette

200 meter Dash Nahum Barnett

1600 Meter Run Josh Ruch

400 Meter Relay Ryan Roberts
Mario Adams
Nahum Barnett
Jimmie Freeman

800 Meter Relay Ryan Roberts (Regional Champions)
Mario Adams
Nahum Barnett
Jimmie Freeman

Cory Velting (Alt)

* * ALL CONFERENCE SELECTIONS * *

Nahum Barnett
Jimmie Freeman
Tim Lett
Cory Velting

Field Events 4:30

Prelims 5:00

Finals 7:00

O-K CONFERENCE

8 athletes

SCHOOL EAST KENTWOOD

OPPONENT

Champion of Champions

DATE

Mon, 5/18

POLE VAULT

- 1st 1. Lett 14
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1. Velting -
- 5th 2. Sankson
- 3.
- 4.
- alt.

SHOT PUT

- 5th 1. Urbancowski 49.7"
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1. Freeman 20'7"
- 4th 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

- 1.
- 2.
- 3.
- alt.

800 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

1600 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

- 1. Roberts 43.9
- 2. Adams
- 3. Velting
- 4. Barnett
- alt. Freeman

400 M. DASH

- 1.
- 2.
- 3.
- alt.

300 INT HURD.

- 1.
- 2.
- 3.
- alt.

800 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

- 1. Barnett 3rd 22.4
- 2.
- 3.
- alt.

3200 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1600 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

Due Fri 9:00
Pay Due 1:00

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Conf. Meet DATE May 11/12

POLE VAULT

- 1. Freeman 14'6"
- 2. Lett 15'0"
- 3. Mirandette 13'0"
- 4. alt.

HIGH JUMP

- 1. Velting 6'0"
- 2. Sankson 5'10"
- 3. Hamilton 5'11"
- 4. alt.

SHOT PUT

- 1. Urbanowski 49'8"
- 2. Schumaker 41'3"
- 3. Maly 41'4"
- 4.
- 5.
- 6.

LONG JUMP

- 1. Freeman 20'11"
- 2. Velting 19'0"
- 3. Lett 19'9"
- 4.
- 5.
- 6.

DISCUS

- 1. Urbanowski 115'4"
- 2. Rockwell
- 3. Schumaker
- 4. Maly 102'
- 5.
- 6.

3200 M. RELAY

- 1. Bower 58-203.8
- 2. Yokom 62-207.8
- 3. Ismail 60-207.6
- 4. Ruch J. 59-200.3
- alt. Gretzinger

110 HIGH HURDLES

- 1. Browley
- 2. Triggs 14.87
- 3. Kasul
- alt.

100 METER DASH

- 1. Barnett 11.17
- 2. Adams 11.46
- 3. Roberts 11.37-11.5
- alt. Barber

800 M. RELAY

- 1. Roberts 22.
- 2. Adams 24.6
- 3. ~~Barnett~~ 22.
- 4. ~~Freeman~~ 22.
- alt. Browley Barber

1600 M. RUN

- 1. Ruch J. 4:37.5
- 2. Ismail 4:41.1
- 3. Ruch T 4:45.3
- 4. Alt. McCully
- 5.
- 6.

400 M. RELAY

- 1. Roberts
- 2. Adams
- 3. Velting
- 4. Barnett
- alt. Barber
Lett
Browley

400 M. DASH

- 1. Hamilton K 51.4
- 2. Hamilton A 51.9
- 3. Hoyt 55.8
- alt.

300 INT HURD

- 1. Freeman
- 2. DePatty 44
- 3. Triggs 45
- alt.

800 M. RUN

- 1. Bower 58 2:01.3
- 2. Gretzinger 60 2:07.7
- 3. Napper 61 2:08.4
- 4.
- 5.
- 6.

200 M. DASH

- 1. Barnett 22.8
- 2. Roberts
- 3. Barber 24.8
- alt. Browley

3200 M. RUN

- 1. Ruch J. 10:10.8
- 2. Yokom 10:03.5
- 3. Ismail 10:27.6
- 4. Alt. McCully
- 5.
- 6.

1600 M. RELAY

- 1. Bower 54.
- 2. Hamilton A 5
- 3. Hoyt 56.8
- 4. Hamilton K 52
- alt. Barber
- Velting

weak

59
59 105 159

3rd

8:19.6

1:31.8

2:05 44.3

2:20

3:36.2

8
un

Call Nancy

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE May 5, 1998

29

9 POLE VAULT

1. Freeman 14'6"
2. Kett 12'0"
3. Mirandette 12'6"
4. Weaver -
- alt. Oppenhuizen 6' alt.

9 HIGH JUMP

1. Veltling 6'4"
2. Sonksen 6'0"
3. Hamilton K. 5'6"
- 4.

5 SHOT PUT

1. Urbanowski 48'10"
2. Schumacher 41'11"
3. Maly 41'5 1/2"
4. Rockwell 34'2"
5. Jamison 32'3"
6. Gage 29'10"
- Black -
- Oppenhuizen -
- Roarier 25'2"
- Kasal -

5 LONG JUMP

1. Freeman 19'10 1/2"
2. Veltling 17'11 1/2"
3. Kett 19'0"
4. Hamilton A 17'2 1/2"
5. Franler 16'0"
6. Weaver 17'3 1/2"
- Kasal T. -
- Mirandette 13'4"

0 DISCUS

1. Urbanowski 102'4"
2. Rockwell 111'3"
3. Schumacher 89'7"
4. Jamison 89'5"
5. Gage 103'11"
6. Black 75'11"
- Oppenhuizen -

40 12/33

3200 M. RELAY

1. Napper 60 - 2:15
2. Gatzinger 61 - 2:15.4
3. Yokom - 2:48
4. Ismail -
- alt. Bower

110 HIGH HURDLES

1. Triggs 16.7
2. Kasal 19.9
- 3.
- alt.

5 100 METER DASH

1. Barnett 11.78
2. Adams 11.6
3. Barber 12.2
- alt. Wahab
- Kett

5 800 M. RELAY

1. Adams 24.0
2. Roberts 23.8
3. Barnett 22.4
4. Freeman 23.1
- alt. Barber

33/33 56

5 1600 M. RUN

1. Ruch 4:30.8
2. Ismail 4:46
3. McCully 5:03.1
4. Ruch T 4:54.6
5. Backing 5:07
6. Brewer 5:08
- Ward 5:25

5 400 M. RELAY 45.4

1. Adams
2. Roberts
3. Veltling
4. Barnett
- alt. Barber
- Kett

8 400 M. DASH

1. Hamilton A 57.4
2. Hamilton K 51.1 -
3. Hoyt 65.0
- alt.

3 300 INT HURD.

1. Freeman 41.7
2. DePatty 46.76
3. Kasal Triggs
- alt. Triggs 46.8
- Kasal 46.9

73

6 800 M. RUN

1. Bower 58 - 2:01.5
2. Ruch J.
3. Napper 62 - 2:28
4. Gatzinger 2:11
5. Backing 2:22.7
6. Kazmowski 69 2:11
- Dennany 2:15
- Ulrich 2:21.3
- McUller 72 2:30

6 200 M. DASH

1. Barnett 23.5
2. Roberts 24.8
3. Barber 24.9
- alt.

4 3200 M. RUN

1. Yokom 10:43.9
2. Ismail 10:28.5
3. Ruch T 10:55
4. McCully 11:05
- 5.
- 6.

5 1600 M. RELAY

1. Hamilton A 57.2
2. Bower 54.1
3. Ruch J.
4. Hamilton K 53.3
- alt. Hoyt
- Napper

66

Puck 55.3

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 5/5/90

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

- 1. Barber -
- 2. Lett 12.0
- 3. Wahab 11.98
- ~~alt.~~ McCarter 12.02
- Boersma 12.3
- Hagy 13.2
- Jamison 13.2
- melcker 13.2
- Chase 14.5

800 M. RELAY

- 1. Oppenhuizen
- 2. Hagt
- 3. Buist
- 4. Wahab
- alt. Boersma

1600 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

400 M. DASH

- 1. Duck 36.9
- 2. Franker 61.1
- 3. melcker 65.0
- alt.

300 INT HURD.

- 1.
- 2.
- 3.
- alt.

800 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

- 1. DePatty 26.3
- 2. Buist 26.0
- 3. melcker 29.3
- ~~alt.~~ Epp 31.0
- Chase 30.1
- Boersma 25.6
- Hagy 26.8
- Triggs 26.1

3200 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1600 M. RELAY

- 1. Triggs
- 2. Napper
- 3. Duck
- 4. DePatty
- alt. Barber
- 59. Gretzinger
- Backling 58.1
- Kaz 59.5
- Ulrich 62.7

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Rock Ford DATE 4/28/98

26

18

11
35

12
43

14
19
54

19
62

511

15
8

(12)

(70)

(70)

8 POLE VAULT

- Freeman
- lett
- Mirandette
- Weaver
- alt. Oppenhuizen G
Atkins

9:28.7

8 HIGH JUMP

- Velting
- Sonksen
- Hamilton K.
-
- alt.

(6)

(1) SHOT PUT

- Urbanowski 50'0"
- Schumacher
- Maly
Rockwell
- Jamison
- Gage
Black
- Oppenhuizen F
Roosien
Kasul

(9) LONG JUMP

- Freeman
- Velting
- lett
- Sonksen
- Franker
- Kasul
Hamilton A 18'9"
Weaver

(0) DISCUS

- Urbanowski
- Rockwell
- Schumacher
- Jamison
Maly
- Gage
Black
- Oppenhuizen
Roosien
Kasul

3200 M. RELAY

- Napper 42-2:14.6
- Gretzinger 65-2:19
- Ismail 60-2:17
- Bower 76-2:31.4
- alt. Yokom

(1) 110 HIGH HURDLES

- Browley 15.49
- Triggs 17.1*
- Kasul, T.
- alt.

(6) 100 METER DASH

- Barnett
- Adams 11.94
- Roberts 11.96
- alt. Barber

(5) 800 M. RELAY

- Adams 22.1
- Barnett 23.6
- Browley 22.4
- Freeman 24.3
- alt. Velting
Roberts

1600 M. RUN

- Ruch J. 4:23
- Ismail 4:43
- McCully 4:56
- Ruch T. 4:54
- Backing 5:05
- Brewer 5:14
Ward 5:21

(5) 400 M. RELAY

- Adams
- Barnett
- Velting
- Browley
- alt. Roberts

44.38

(6) 4400 M. DASH

- Hamilton K 52.95
- Hamilton A 52.1
- Hoyt.
- alt.

5. 300 INT HURD.

- Freeman 42.6
- Triggs 47
- Kasul 46.85
- alt. D.P.Hy
46.17

800 M. RUN

- Bower 57-2:09
- Napper 2:16
- Gretzinger 2:09
- Backing 2:16
- Kazmerski 2:16
- Ulrich 2:23

8 200 M. DASH

- Browley
- Barnett
- Barber
- alt. Roberts

13200 M. RUN

- Ruch J. 10:06
- Yokom 10:45
- McCully 11:02
- Ruch T. 10:55
-
-

0 1600 M. RELAY

- Hamilton A 54.1
- Bower 54.6
- Hoyt 55.0
- Hamilton K
- alt. 53.3
Ruch J
Barber

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Rock Ford

DATE 4/28/98

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1.	1.	1. Barber 12.70	1. Oppenhuizen
2.	2.	2. McCarter 12.4 12.0	2. Hoag
3.	3.	3. Frankr	3. Roberts
4.	alt.	alt. Oppenhuizen	4. McCarter
alt.		alt. Wakab 12.2	alt.
		Buerma 12.46	Hoag 12.9
			Chase 14.21
			Jamison 13.4
			mekker 13.0

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1.	1. mekker 64.0	1. DePitty
2.	2.	2. Duck 58.4	2.
3.	3.	3. Frankr 60.8	3.
4.	4.	alt.	alt.
5.	alt.		
6.			

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Roberts	1.	1. Triggs
2.	2. Burst 25.8	2.	2. Wapper
3.	3. Hoag 26.6	3.	3. Barber
4.	alt. mekker 28.6	4.	4. DePitty
5.	EP 30.9	5.	alt.
6.	McCarter	6.	
	DePitty 25.5		3:53
	Char 29.6		Bret
	polesma 25.4		Backley
			Koz
			Ulreich

8:00

Bus leaves 8:30 am

Date: May 2, 1998

WEST OTTAWA RELAYS:

* Jeff Chancy 5-1

HIGH JUMP
Cory Velting 6'
Chad Sorksen 6'

SHOT PUT:
Dereck Urbanowski 47'
Jack Schumacher 39'4"

POLE VAULT:
Jimmie Freeman 14'6"
Tim Lett 12'6"

LONG JUMP:
Jimmie Freeman 20'5"
Cory Velting 18'8"
Alt. Lett.

DISCUS:
Dereck Urbanowski 112'0"
Matt Rockwell 104'

10:15 am 8 MILE RELAY:

10:25 Yokom Josh 66-70-75-77-79-78-76-72-84-953
9:53 Ruch J. Travis 76-836-354-521-649-918-932-1048
10:07 Ismail, Yokom 69-2126-346-508-624-777-109 10:25
10:48 Ruch T. Ismail 70-226-345-506-629-753-916-10:37
76 79 81 83 84 - 83
Fennville
* H.T. Girls
* 8 mile Boys

12:15 pm MILE RELAY: 3:36.6

Hamilton A 54.4
Bowen 53.4
Hayt 55.8
Hamilton K 52.0

SPRINT MED. RELAY:

(100) Roberts 11.4
(100) Browley Adams 11.4 2
(200) Barnett 22.1
(400) Hamilton K 52.6
Alt. Adams
Veltling

440 RELAY: 44.9

Adams
Barnett
Veltling
Browley

2 MILE RELAY:

8:49.0
5th
Bowen 60-2:08.9
Yokom 62-2:16.6
Gretzinger 59-2:12.6
Napper 60-2:10.8

SHUTTLE HURDLE: 65.4

Triggs 17.19
Barnett 16.14
Browley 17.1
Freeman 14.9

FRESHMAN 880 RELAY:

~~_____~~
~~_____~~
~~_____~~
~~_____~~
Alt. Napper
Ismail

DIST. MED. RELAY

1200 - Ismail 65-2:17-3:31
400 - Hamilton A 53.6
800 - Bowen 60-2:08.1
1600 - Ruch J 63-214-3:32-4:44.8
71 08

VARSIITY 880 RELAY:

137.4
Adams 25.6
Barnett 21.6
Browley 22.1
Freeman 23.7
Alt. Veltling
Roberts
Barber

Field Events Start 10:00

Start.

WU EK 6H

10:44

13rd

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 4/30/98

8 POLE VAULT

1. Freeman
2. Lett —
3. Mirandette
4. Weaver
- alt. Oppenhuizen
Atkins

9 HIGH JUMP

1. Velting 6'0"
2. Sonksen 5'10"
3. Hamilton K 5'8"
- 4.
- alt.

3 SHOT PUT

1. Urbanowski 47'1"
2. Schumacher 40'11"
3. Maly 30'5"
4. Rockwell 33'8"
5. Jamison 31'5"
6. Gage 29'1"
- Black 20'11"
- Oppenhuizen E 20'
- Rossier 33'8"
- Kasal 10'

6 LONG JUMP

1. Freeman 10'11 1/2"
2. Velting 7'11"
3. Lett 11'11"
4. Hamilton A 17'3"
5. Franks 16'11"
6. Sonksen
- Kasal T 14'7"
- Weaver 17'7"

1 DISCUS

1. Urbanowski 111'7"
2. Rockwell 94'11"
3. Schumacher 83'3"
4. Jamison Black 81'11"
5. Maly 97'11"
6. Gage 61'11"
- Oppenhuizen 6'
- Rossier 66'7"
- Kasal

5 3200 M. RELAY

1. Bower 59-20.57
2. Yokom 60-21.08
3. Gretzinger 61-21.13
4. Ruch J 55-21.00
- alt. Napper
Ismail

3 110 HIGH HURDLES

1. Browley 15.59
2. Triggs 18.0
3. Kasal
- alt.

6 100 METER DASH

1. Barnett 11.03
2. Adams —
3. Roberts 11.81
- alt. Barber 12.2

5 800 M. RELAY

1. Adams 24.0
2. Barnett 22.2
3. Browley 24.0
4. Freeman 22.9
- alt. Velting
Roberts

8 1600 M. RUN

1. Ruch J. 4:42.2
2. Ismail 4:39.3
3. Ruch T. 4:56
4. McCully 4:57
5. Backing 4:56
6. Brewer 5:22
- ward 5:29

5 400 M. RELAY

1. Adams
2. Barnett
3. Velting
4. Browley
- alt. Roberts

3 400 M. DASH

1. Hamilton A 55.9
2. Hamilton K 53.7
3. Hoyt 56.6
- alt. Duck

3 300 INT HURD.

1. Freeman
2. DePotts 46.3
3. Kasal 49.2
- alt. Triggs 47.0

6 800 M. RUN

1. Ruch J. 02 2:09
2. Bower 60 2:14
3. Gretzinger 66 2:17
4. Napper 61 2:
5. Backing 68 2:22
6. Kozmerski 68 2:26
- Ulrich 68 2:29
- Dennang 68 2:30.7
- Mickles 2:35

6 200 M. DASH

1. Barnett —
2. Browley —
3. Barber 24.6
- alt. Roberts 24.2
- Hoyt 26.7

3 3200 M. RUN

1. Yokom 10:29.2
2. Ismail 10:17.9
3. McCully 11:02
4. Ruch T. 10:51
- 5.
- 6.

5 1600 M. RELAY

1. Hamilton A 54.2
2. Bower 54.6
3. Ruch J
4. Hamilton K 54.6
- alt. Hoyt 58.7

26
65
18
21
11
39
16
45

16
37
18
45

67

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Grandville DATE 4/30/98

<u>POLE VAULT</u>	<u>HIGH JUMP</u>	<u>SHOT PUT</u>	<u>LONG JUMP</u>	<u>DISCUS</u>
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

<u>3200 M. RELAY</u>	<u>110 HIGH HURDLES</u>	<u>100 METER DASH</u>	<u>800 M. RELAY</u>
1.	1.	1. McCarter 11.95	1. Opperhuizen
2.	2. <i>meant.</i>	2. Barber —	2. Hoyt
3.	3. <i>Buist</i>	3. Wahab 12.0	3. Roberts
4.	alt. <i>me</i>	alt. Boersma —	4. McCarter
alt.		Hoag 12.78	alt. Wahab
		Jamison 13.0	Boersma
		Mekker 13.86	
		Chase 14.4	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u> 47.06	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. Boersma	* 1. Duck 57.7	1. Trigg
2.	2. McCarter	2. Frank 60.0	2.
3.	3. Wahab	3. Mekker 67.5	3.
4.	4. Roberts	alt.	alt.
5.	alt. Barber		
6.	Buist		

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Roberts	1.	1. Trigg 62.0
2.	2. Boersma	2.	2. Napper 59.1
3.	3. DePotts 26.4	3.	3. Barber 61.0
4.	alt. Hoag	4.	4. DePotts 65
5.	McCarter 26.1	5.	alt.
6.	Buist 30.1	6.	Bretzinger
	Mekker 30.4		Backing
	Epp 30.4		Kaz
	Chase 30.8		Ulrich

68
69
137

128
44

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shores

DATE 4/23/98

POLE VAULT

1. Freeman 15'2"
2. Lett
3. Weaver
4. Mirandette
- alt. Oppenhuizen
Atkins —

HIGH JUMP

1. Velting 5'10"
2. Sonksen 6'2"
3. Hamilton K 5'10"
4. Hamilton A —
- alt.

SHOT PUT

1. Schumacher ^{40"}
2. Maly 39'6"
3. Jamison 34'8 1/2"
4. Gage 29'11 1/2"
5. Black 32'10"
6. Oppenhuizen —
Ruossien 34'7"

LONG JUMP

1. Freeman 19'10"
2. Velting 17'4 1/4"
3. Lett 18'7"
4. Sonksen 16'1"
5. Franks 16'10 1/4"
6. Kasul ^{16'9"} 17'6"
Hamilton A.

DISCUS

1. Schumacher ^{34'}
2. Jamison ⁸⁶
3. Maly 95'10"
4. Gage 77'2"
5. Black 91
6. Oppenhuizen ^{35'}
Ruossien 6'

3200 M. RELAY

1. Bower 62-209
2. Napper 61-2:14
3. Gretzinger 64-2:20
4. Ruch J. 72-2:29
- alt. Yokom

110 HIGH HURDLES

1. Triggs 17.01
2. Browley 15.7
3. Kasul T.
- alt. Sonksen

100 METER DASH

1. Barnett 11.33
2. Adams 11.76
3. Roberts 11.66
- alt. Barber

800 M. RELAY

1. Adams 23.5
2. Barnett 23.4
3. Velting 24.6
4. Freeman 23.5
- alt. Browley
Roberts

1600 M. RUN

1. Ruch J. 4:38.1
2. Yokom 4:52.0
3. McCully
4. Ruch T. 5:07.2
5. Backing 5:12.0
6. Brewer 5:20.2
Ward 5:28.2

400 M. RELAY

1. Adams
2. Barnett
3. Velting
4. Freeman
- alt. Browley
Roberts

400 M. DASH

1. Hamilton A. 57.9
2. Hamilton K 53.1
3. Hoyt 56.1
- alt. Duck

300 INT HURD.

1. Triggs 48.0
2. Kasul 47.11
3. DePotts —
- alt.

800 M. RUN

1. Ruch J —
2. Bower 61-207.4
3. Napper 64-2:15.9
4. Backing 67-2:25.9
5. Kuzmerski 66 2:18
6. Ulrich 68 2:27.3

200 M. DASH

1. Barnett 23.7
2. Roberts 24.8
3. Barber —
- alt. McCarter
Adams

3200 M. RUN

1. Yokom 10:58.0
2. McCully 10:58.1
3. T. Ruch 11:15.6
4. Gritzinger 11:53.2
5. Ruch J. 10:08.9
- 6.

1600 M. RELAY

1. Napper 58.7
2. Bower 56.0
3. Hoyt 57.3
4. Hamilton K
alt. 55.2
Ruch J.

3.47.4

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mana Shore

DATE 4/23/98

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

1. Barber —
2. McCarter 1st
3. Franker —

alt. Oppenhuizen

Wahak 12.1
 Hoag 12.96
 Jamison 13.3
 Mekkel 13.9
 Boersma 12.38
 Chase 14.5

800 M. RELAY

1. Oppenhuizen
2. Hoag
3. Roberts
4. McCarter
- alt.

1600 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

400 M. DASH

1. Duck 61.5
2. Mekkel 64.1
- 3.
- alt.

300 INT HURD.

- 1.
- 2.
- 3.
- alt.

800 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

1. Hoag
2. Buist 26.4
3. Hoag 26.8
- alt. Mekkel 28.9
- Epp 31.4
- Barron 26.0
- Lett 25.0
- Chase 29.6

3200 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1600 M. RELAY

2. Triggs 62.1
2. ~~Napper~~ Gid
3. ~~Betty~~ Bach
4. Duck 56.8
- alt. 60.2
- 3 Karz
- Kozal
- 60.7

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jenison

DATE 4/21/98

POLE VAULT

1. Freeman —
2. Lett —
3. Weaver 9'6"
4. Oppenhuizen —
- alt. Minardette 11'0" alt.
- Atkins —

HIGH JUMP

1. Velting 6'
2. Sanksen 6'
3. Bomgaars —
- 4.
- alt.

SHOT PUT

1. Urbanowski 47'6"
2. Schumacher 39'4"
3. Maly 37'8"
4. Jamison 32'6"
5. Gage 30'11"
6. Oppenhuizen 24'5 1/4"

LONG JUMP

1. Freeman 19'2"
2. Velting 17'11 1/2"
3. Bomgaars —
4. Franks 19'0"
5. Kasal T. 15'10"
6. Jamison —

DISC

1. Urbanowski 116'8 1/4"
2. Schumacher 93'1 1/4"
3. Jamison 76 1/2"
4. Maly 94'0"
5. Gage 62'0"
- Black —
6. Oppenhuizen 60'3 1/2"

8:50.3
3200 M. RELAY

1. Bower 61-2:11.1
2. Ismail 62-2:10.9
3. Gretzinger 64-2:17.6
4. Ruch J. 59-2:10.5
- alt. Yokom

110 HIGH HURDLES

1. Browley 15.78
2. Triggs 16.8
3. Kasal T.
- alt. Sanksen

100 METER DASH

1. Barnett 11.6
2. Adams 11.67
3. Roberts 12.1
- alt. Barber

1:35.8
800 M. RELAY

1. Adams 23.9
2. Barnett 23.9
3. Velting 23.1
4. Freeman 24.9
- alt. Browley Barber

1600 M. RUN

1. Ruch J. 4:37.4
2. Ismail 4:48.2
3. McCully 4:57.4
4. Ruch T. 4:57.4
5. Backing 5:03.1
6. Brewer 5:05.0
- ward 5:12.4
- melker 5:59.6

45.3
400 M. RELAY

1. Adams
2. Barnett
3. Browley
4. Freeman
- alt. Roberts Barber

400 M. DASH

1. Hamilton, K. 52.82
2. Hamilton, A. 53.71
3. Hoyt 56.5
- alt. Duck

300 INT HURD.

1. Browley 45.7
2. DePotty
3. Triggs 52.0
- alt. Kasal T. 47.9

800 M. RUN

- 62 1. Ruch J. 2:01
- 61 2. Bower 2:06
- 64 3. Gritzinger 2:13
- 63 4. Napper 2:12
- 68 5. Backing 2:21
- 66 6. Kazmerski 2:19
- 68 Ulrich 2:27
- 70 melker 2:38

200 M. DASH

1. Barber 24.4
2. Roberts 24.26
3. ~~Barber~~ Browley 24.58
- alt. McLark
- Barnett
- Adams

3200 M. RUN

1. Yokom 10:47
2. Ismail
3. McCully 11:07
4. Ruch T 11:35
- 5.
- 6.

3:41.8
1600 M. RELAY

1. Hamilton A. 55.8
2. Bower 55.2
3. Hoyt 57.7
4. Hamilton K. 53.8
- alt. Hoyt

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jenison

DATE 4/21/98

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

- 1. McCarter 11.71
- 2. Barber 11.79
- 3. Franks -
- ~~alt.~~ Oppenhuizen 6.
- Mekker 13.2
- Chase 14.4
- Wuhah 11.71
- Hoag 12.89
- Jamison 12.99

800 M. RELAY

- 1. Oppenhuizen 26.7
- 2. Hoyt 24.7
- 3. Mirandette 26.8
- 4. Roberts 25.4
- alt. Franks
- 25.4 McCarter

1600 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

400 M. DASH

- 1. Duck 58.7
- 2. Mekker
- 3.
- alt.

300 INT HURD.

- 1.
- 2.
- 3.
- alt.

800 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

- 1. Buist 26.6
- 2. Hoyt 25.0
- 3. Hoag 26.2
- ~~alt.~~ Mekker 28.6
- Epp 30.8

3200 M. RUN

- 1.
- 2. 22
61.9
- 3. 59.5
- 4. 58.6
- 5. 180.0
- 6.

1600 M. RELAY

- 1. Ismail
- 2. Triggs 61.9
- 3. Napper 59.5
- 4. BARBER 58.6
- alt. Napper
- Gretzinger

4:00

Chuck
772-9202

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE 4/16/98

24 POLE VAULT

1. Freeman 11
2. Lett 13'6"
3. Oppenhuizen, G.
4. Weaver 9'6"
alt. Mirandette 9'0"
Atkins 9'

HIGH JUMP

1. Velting 5'10"
2. Sonksen -
3. Bomgaars 5'8"
4.
alt.

SHOT PUT

1. Urbanowski 46'6"
2. Schumacher 39'5"
3. Maly 36'1"
4. Rockwell 32'11"
5. Jamison 29'3"
6. Kasul, D 29'1"
Gage 30'1/4"

LONG JUMP

1. Freeman 20'3"
2. Velting 18'3/4"
3. Calahan -
4. Kasul, T. 16'1"
5. Franks 17'5"
6. Wahab - 17'3/4"
Bomgaars

DISCUS

1. Urbanowski 106
2. Rockwell 102
3. Schumacher 88
4. Jamison 82'6"
Black 77'2"
5. Maly 80'7"
Kasul, D 51'1"
Gage 30'4"
Oppenhuizen 58'1"
1:35 1/8

8:58.9
3200 M. RELAY

1. Bowen 61-2:11
2. Ismail 64 2:15.7
3. Yokom 66-2:19
4. Ruch 61-2:12
alt. Napper 2:25
Gritzinger

110 HIGH HURDLES

1. Browley -
2. Triggs 17.6
3. Kasul, T. 20.4
alt. Sonksen

400 METER DASH

1. Barnett 11.2
2. Adams 11.7
3. Roberts 12.0
alt. Boersma
Wahab
Roberts

800 M. RELAY

1. Adams 24.0
2. Barnett 23.7+
3. Velting 23.3-
4. Freeman 24.6
alt. Barber
Browley

1600 M. RUN

1. Ruch, J. 4:47
2. Ismail 5:07
3. Yokom 5:12
4. McCully 5:13
5. Ruch, T. 5:11
6. Backing 5:31
Brewer 5:40
Ward - 5:41
mekkes - 5:42

400 M. RELAY

1. Adams
2. Barnett
3. Browley
4. Freeman
alt. Velting
Barber
Roberts

400 M. DASH

1. Hamilton, Kevin 56.0
2. Hamilton, Adam 55.5
3. Hoyt 50.0
alt. Duck

300 INT HURD.

1. Browley -
2. DePotty 48.3
3. Triggs 48.3
alt. Kasul, T.
51.7

346.6

800 M. RUN

1. Ruch, T. 63-2:08.3
2. Bowen 65-2:17.1
3. Gritzinger 69-2:18.8
4. Napper 69-2:29
5. Dennany -
6. Kazmeriski 72-2:32
Ulrich 71-2:33
Backing 71-2:30
mekkes -

200 M. DASH

1. Barnett
2. Adams
3. Barber 25.0
alt. Boersma
Roberts

3200 M. RUN

1. Yokom 11:42
2. Ismail 11:08 57.4
3. McCully 11:22
4. Ruch, T. 11:31
5.
6.

1600 M. RELAY

1. Hamilton, A 58.1
2. Bowen 57.4
3. Ruch, T. 55.8
4. Hamilton, K. - 55.2
alt. Hoyt

~~1:16.5 - 66.5~~

15/39

10/49

20/64

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE 4/16/98

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

- 1. Gretzinger 72-2:30
- 2. Napper 2:45
- 3. Backing 73-2:32
- 4. Kazmerski 67-2:32 alt.
- alt.

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

- 1. ~~Wolke~~ M
- 2. Boersma 12.8
- 3. McCarter 12.3
- alt. Franks 12.9
- Oppenhuizen 6.
- mecker 13.3
- Barber 12.15 Calahan 12.1
- Chase 14.6

800 M. RELAY

- 1. DePotty
- 2. Hoyt
- 3. Mirandette
- 4. Oppenhuizen 6.
- alt.

1600 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

400 M. DASH

- 1. Duck 60.0
- 2. Hoyt 60.0
- 3. mecker 68.5
- alt.

300 INT HURD.

- 1.
- 2.
- 3.
- alt.

800 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

- 1. McCarter
- 2. Buist 27.0
- 3. Hoag 28.3
- alt. Boersma
- alt. Calahan
- mecker 32.1
- Chase
- Epp 32.4
- Roberts 26.7
- Hoyt 26.8

3200 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1600 M. RELAY

- 1. Duck
- 2. Triggs 66.5
- 3. DePotty
- 4. Hoyt-59.6
- alt. Napper
- Greenway 60.3
- Backing 58.1

EAST KENTWOOD BOYS TRACK

1998

64221
 HS 15 H^{1V} 60m 400 m SP
 6 4 6 1 3 2 2 3
 70 22 24 27

Pepsi TEAM INVITATIONAL

Date: Saturday, April **18, 1998**

Bus Leaves School at: 8:00 A.M.

9:30 A.M.

Pole Vault: Tim Lett — 13'6" ^{men 115} Discus: Dereck Urbanowski 113'9"
Jimmie Freeman 13'6" Jack S. 95'4"
 High Jump: Cory Velting 6'6" ^{men 2nd} Shot Put: Dereck Urbanowski 46'3"
Chad Sorenson 5'10" Jack Schumacher 36'
 Long Jump: Jimmie Freeman Alt Joe Maly
Cory Velting

School Record

10:15 Prelims in the 100m Dash and High Hurdles.

8:48.4 60 2:08.7 62 2:14.0 61 2:13.0 61 2:12
 3200 Relay Bowen Yokom Gretzinger Ismail Alt. Napper

12:30 High Hurdles Rickey Browley Donte Triggs —

100 M Dash 11.0⁸ Nahum Barnett Mario Adams

800 M Relay Adams Barnett Browley Freeman
 24.0 21.9 23.3 23.9

1600 M Run Ryhan Ismail Ruch T. 65-2:26 - 3:47 5:03.5 75⁷⁵
 Alt. Browley

400 M Relay Adams Barnett Browley Freeman Alt Velting
 44.0 11.5 11.4 10.6 11.1
 69-2:30 - 3:53 5:13.3 (50)⁷

Mid Dist Relay Gretzinger (800) 64 - 2:17

Napper (400) 58.5

Duck (400) 60

Ismail (800) 64 - 2:11.9
 Alt Yokom

1600 M Relay Hamilton A Bowen Hoy Hamilton K Alt Velting
 55 55.1 56.1 52.8

6:28.2
3:37.4

4th

9/12

EVENT Boys - Pole Vault DATE 4-16-98
WEST OTTAWA TRACK & FIELD W.O. VS. EK

Varsity

CONTESTANT	SCHOOL	9'	9'6"	10'	10'6"	11'	11'6"	12'	12'6"	13'	13'6"	14'
Oppenhuizen, G.	EK	XXX										
Weaver	EK	O	XX	XX								
Mirandette	EK	XO	XXX									
Patrick Walker 133155	WDO	XXX										
Atkins	EK	O	XXX									
Matt Semesko 152455	WDO	O	XXX									
Leff	EK					XO						
Leff	WDO											
Freeman	EK					XXO		X				
CRIP OWEN 145 150+	WDO					XO		XXO		XO		

FINAL RESULTS	1ST.	2ND.	3RD.	4TH.	5TH.
	Owen	Leff	Freeman		
	SCHOOL W.O.	SCHOOL E.K.	SCHOOL E.K.	SCHOOL	SCHOOL
	HEIGHT 13'2"	HEIGHT 13'6"	HEIGHT 11'	HEIGHT	HEIGHT

2nd

EVENT Boys - Shot Put DATE 4-16-98
 WEST OTTAWA TRACK & FIELD WO VS. EK

CONTESTANT	SCHOOL	PRELIMINARIES						ORDER	FINALS						BES
		FT	IN	FT	IN	FT	IN		FT	IN	FT	IN	FT		
✓ Robert Gage	EK JV	25	4	24	4 1/2	30	0 1/4								
✓ Dan Bruns	WO JV	23	7	—	—	24	4								
✓ Dominic Kasul	EK JV	27	6	29	1	28	3								
✓ Drew Barr	WO JV	28	0	29	8	28	5								
✓ Eric Oppenhuizen	EK JV	24	4 1/4	22	0 1/2	23	4								
✓ Tom Montani	WO JV	21	4	—	—	20	2								
McCann Black	EK	—	—	32	4 1/2	30	7								
BEN STREICNER	WO	—	—	—	—	—	—								
Jekmaine Jamison	EK	29	3	29	2 1/4	28	1								
BEN EDVARDI	WO	—	—	31	9 1/2	31	1 1/2								
Math Rockwell	EK	31	1 1/2	33	11	32	7 1/2								
RORY LANCASTER	WO	28	4 1/4	28	11	33	4								
Joe Maly	EK	35	0	—	—	36	1								
VAR Varsity Austin Overbeek	WO	33	4	—	—	—	—								
✓ Jack Schumacher	EK	39	5	39	5	—	—	3	36	4	—	—	—	—	—
Phil Allen	WO	34	8 1/2	35	1	36	2	4	36	1 1/2	35	9 1/2	37	8 1/4	—
Derek Urbanowski ^①	EK	46	6	43	9	46	1	1	43	10 1/2	46	6 1/2	—	—	—
Ed Soto ^②	WO	37	8 1/2	38	11 1/2	39	6	2	38	4 1/2	39	6	37	8	—

FINAL RESULTS	1ST.	Derek Urbanowski	SCHOOL	EK	DISTANCE	46'6"
	2ND.	Ed Soto	SCHOOL	W.O.	DISTANCE	39'6"
	3RD.	Jack Schumacher	SCHOOL	EK	DISTANCE	39'5"
	4TH.	Phil Allen	SCHOOL	W.O.	DISTANCE	37'8"
	5TH.		SCHOOL		DISTANCE	
	6TH.		SCHOOL		DISTANCE	

102

EVENT Boys - Long Jump DATE 4-16-98
 WEST OTTAWA TRACK & FIELD WO VS. EK

CONTESTANT	SCHOOL	PRELIMINARIES						ORDER	FINALS						BEST	
		FT	IN	FT	IN	FT	IN		FT	IN	FT	IN	FT	I		
<u>Brent Bamgarts</u>	<u>EK</u>	15	7 1/2	16	9	17	3 1/2									
	<u>WO</u>															
<u>Trevor Franks</u> ✓	<u>EK</u>	16	6 1/2	17	5	17	3 1/4									
	<u>WO</u>															
<u>Troy Kasul</u> ✓	<u>EK</u>	16	0	15	8 3/4	16	1"									
<u>Robby Nam</u> ✓	<u>WO</u>	17	4 1/2	F		16	4 1/2									
<u>Rob Calahan</u> ✓	<u>EK</u>	F		F		F										
<u>ERIC GASPER</u> ✓	<u>WO</u>	18	4 1/2	F		17	9								(2)	18'
<u>Coby Volting</u> ✓	<u>EK</u>	18	3 1/4"	F	17	0		16	4 1/2	16	8 1/2	14	7 1/4			
<u>JEFF CARLSON</u> ✓	<u>WO</u>	15	6	16	0	15	11									
<u>Jimmie Freeman</u> ✓	<u>EK</u>	20	8	20	4	20		19	2 1/2						(1)	20'
<u>SAM PUTHAVONG</u>	<u>WO</u>	17	1 1/2	F	18	3 1/2		16	10						(3)	18'

VARSITY

FINAL RESULTS

1ST. <u>JIMMIE FREEMAN</u>	SCHOOL <u>EK</u>	DISTANCE <u>20' 8"</u>
2ND. <u>ERIC GASPER</u>	SCHOOL <u>WO</u>	DISTANCE <u>18' 4"</u>
3RD. <u>SAM PUTHAVONG</u>	SCHOOL <u>WO</u>	DISTANCE <u>18' 3"</u>
4TH.	SCHOOL	DISTANCE
5TH.	SCHOOL	DISTANCE
6TH.	SCHOOL	DISTANCE

2nd

EVENT

Boys - High Jump

DATE

4-16-98

X miss
O made

WEST OTTAWA TRACK & FIELD

W.O.

VS.

E.K.

CONTESTANT	SCHOOL	5'4"	5'6"	5'8"	5'10"	5'11"	6'0"	6'2"	6'4"	6'6"	6'8"	6'10"	6'12"	6'14"	6'16"	6'18"	6'20"	6'22"	6'24"
Brent Bongers	EK	X	O	X	X	O	X	X	X										
Matt Mack	W.D.	X																	
Chad Sanksen	EK	X	X	X	X														
Ben Courrier	W.D.	X	X	X	X														
Cory Veltling	W.D.	X	X	X	X														
Kyle Barre	EK	X	X	X	X														
Mike Grassmid	W.D.	X	X	X	X														

Varsity

1st

FINAL	1ST.	2ND.	3RD.	4TH.	RESULTE
	Cory Veltling	Brent Bongers	Mike Grassmid		
	SCHOOL EK	SCHOOL EK	SCHOOL W.D.	SCHOOL	
	HEIGHT 5'10"	HEIGHT 5'8"	HEIGHT 5'4"	HEIGHT	

EVENT Boys - DISCUS DATE 4-16-98
 WEST OTTAWA TRACK & FIELD WO VS. EK

CONTESTANT	SCHOOL	PRELIMINARIES						ORDER	FINALS						BEST		
		FT	IN	FT	IN	FT	IN		FT	IN	FT	IN	FT	I			
McCann Black	EK JV	-		77	2	60	2									77	2
Eric Oppenhuizen	EK JV	54	9	56	9	58	1									58	1
Robert Gage	EK JV	80	4	78	1	75	6									80	4
D. B...	WO JV	50	11	51	11	50	3										
Dominic Kasul	EK	-		-		-											
EO JOTD	WO	85		92	1	80	9									92	1
Joe Maly	EK	80	2	-		78	6									80	2
Drew Baar	WO	64	11	66	8	59	7									66	8
Jermaine Jamison	EK	75	6	66	2	80	6									80	6
Tom Montani	WO	82	10	81	4	76	2									82	10
Jack Schumacher	EK	95	3	88	2	80	4									95	3
Rory Lancaster	WO	89	8	91		102	10	3	102	3	90	2	80	3		102	10
Matt Rockwell	EK	94	10	90	6	102	5	2	91	6	80	2	80	1		102	5
Dustin Overbeek	WO	75		89	9	79	5									89	9
Derek Urbanowski	EK	96		-		94	4	1	105	4	-					105	4
Phil Allen	WO	119	8	109	7	116	2	4	117	2	112	11	-			119	8

VARSITY

FINAL RESULTS

1ST. Phil Allen	SCHOOL	119' 8"	DISTANCE	WO
2ND. Derek Urbanowski	SCHOOL	106' 5"	DISTANCE	EK
3RD. Rory Lancaster	SCHOOL	102' 10"	DISTANCE	WO
4TH.	SCHOOL		DISTANCE	
5TH.	SCHOOL		DISTANCE	
6TH.	SCHOOL		DISTANCE	

EVENT #1 - 3200 METER RELAY

DATE: 04-16-98

WEST OTTAWA VS. EAST KENTWOOD

LANE	PARTICIPANT	SCHOOL	PLACE	TIME
1	Bowen	E.K.	2	8.58.9
	Ismail			
	Yokom			
	Rueh			
2	Jason Tietze	W.O.	1 st	8.49
	Kevin DuBois			
	Cory Dams			
	Justin Björum			
3	EK JV		4 3	
	W.O. J.V.			
4				
5				

EVENT # 4 - 800 METER RELAY

DATE: 04-16-98

WEST OTTAWA VS. EAST KENTWOOD

LANE	PARTICIPANT	SCHOOL	PLACE	TIME
1	Sophy Teng Eric Gasper Jon Turner James Egler	W.O.	1	1:34.7
2	Adams Barnett Velting Freeman	E.K.	2	1:35.9
3				
4				
5				

WEST OTTAWA VS. EAST KENTWOOD

ALLEY	PARTICIPANT	SCHOOL	PLACE	TIME
1	Ruch Josh	E.K.	1	4.47.6
	Ismail, Rayhan	E.K.		
	Yokom, Kevin	E.K.		
2	Justin Björum	W.O.	2	4.58.3
	Jon Langworthy	W.O.	3	4.58.5
	Keith Bos	W.O.		
3	McCully, John	E.K.		
	Ruch, Travis	E.K.	4	5.07.4
	Backing, Adam	E.K.		
4	Matt DeVries	W.O.	6	
	Ross Townsend	W.O.		
	Andy Brown	W.O.		
1A	Brewer, Jayson	E.K.		
	Ward, Adam	E.K.		
		E.K.		
2A	Scott Carrier	W.O.		
	Levi Propst	W.O.		
	Dan Lannen	W.O.		
3A		E.K.		
		E.K.		
		E.K.		
4A	Joe Brandsen	W.O.		
	Jerad Bauman	W.O.		
	Stephen Kelly	W.O.		

EVENT #6 - 400 METER RELAY

DATE: 04-16-98

WEST OTTAWA VS. EAST KENTWOOD

LANE	PARTICIPANT	SCHOOL	PLACE	TIME
1	Sophy Tang Eric Gasper Joff Ellwanger James Egler	W.O.	1	45.2
2	Adams Barnett Freeman Roberts Velting	E.K.	2	46.3
3		WO JV	3	
4				
5				

EVENT # 8 - 300 METER LOW/INT. HURDLES

DATE: 04-16-98

WEST OTTAWA VS. EAST KENTWOOD

HEAT 1

LANE	PARTICIPANT	SCHOOL	PLACE	TIME
1	Trevor Carlson	W.O.	1	44.8
2	Depotty, Bryan	E.K.	4	48.1
3	Sam Phouthavong	W.O.	2	45.7
4	Triggs, Donte	E.K.	5	48.5
5	Matt Mogck	W.O.	3	47.1
6	Kasal, Troy	E.K.	6	51.9
7				
8				

J.V.'s

	Peter Manikham			
	Sophath Duch			
	Pat Stempfley			

DATE: 04-16-98

EVENT # 9 - 800 METER RUN

WEST OTTAWA VS. EAST KENTWOOD

ALLEY	PARTICIPANT	SCHOOL	PLACE	TIME
1	Ruch Josh	E.K.	1	2.08.4
	Bowen, Duane	E.K.	3	2.17.2
	Gritzinger, Justin	E.K.	4	2.19
2	Jason Tietze	W.O.		
	Colin Vohlken	W.O.	2	2.14.6
	Matt DeVries	W.O.	8	
3	≡ Napper, Seth	E.K.	7	
	Dennany, Jason	E.K.		
	Kazmeriski, Eric	E.K.	10	
4	Steph Stephen Kelly	W.O.	13	
	Ross Townsend	W.O.		
	Jake Vanderploeg	W.O.	12	
1A	Ulrich, Brian	E.K.	11	
	Back Backing, Adam	E.K.	9	
	Mekkes, Shawn	E.K.		
2A	Scott Currier	W.O.		
	Keith Bos	W.O.	6	2.25.5
	Andy Brown	W.O.		
3A		E.K.		
		E.K.		
		E.K.		
4A	Levi Probst	W.O.	5	2.20.2
	Joe Brandson	W.O.		
	Jerad Bauman	W.O.		

DATE: 04-16-98

EVENT # 11 - 3200 METER RUN

WEST OTTAWA VS. EAST KENTWOOD

86 V. A. B. L. B.
111

ALLEY	PARTICIPANT	SCHOOL	PLACE	TIME
1	Yokom, Kevin	E.K.		
	Ismail, Rayham	E.K.	2	11.08.9
	McCully, John	E.K.	4	
2	Cory Dains	W.O.	3	11.21.9
	Kevin DuBois	W.O.	1	11.07.3
	Jon Langworthy	W.O.		
3	Ruch Travis	E.K.	5	
		E.K.		
		E.K.		
4	Ross Townsend	W.O.		
	Chris Post	W.O.		
		W.O.		
1A		E.K.		
		E.K.		
		E.K.		
2A		W.O.		
		W.O.		
		W.O.		
3A		E.K.		
		E.K.		
		E.K.		
4A		W.O.		
		W.O.		
		W.O.		

EVENT #12 - 1600 METER RELAY

DATE: 04-16-98

WEST OTTAWA VS. EAST KENTWOOD

LANE	PARTICIPANT	SCHOOL	PLACE	TIME
1	Trevor Carlson	W.O.	2	3.51.0
	Justin Bjorum			
	James Egler			
	Jon Turner			
2	Hamilton Adam	E.K.	1	3.46.6
	Bowen, Duane			
	Ruch, Josh			
	Hamilton Kevin			
3	3-JV	WO	4	
4	1 JV	EK	3	
5				

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 4/14/98

POLE VAULT

1. Freeman
2. Lett
3. Oppenhuizen E.
4. Weaver
- alt. Atkins
mirandette

HIGH JUMP

1. Velting 5'10"
2. Sorksen
3. Bomgaars
- 4.
- alt.

SHOT PUT

1. Urbanowski 48'11"
2. Maly 38'0"
3. Schumacher 40'11"
4. Gage 26'9 1/2"
Ruckwell 36'2"
5. Jamison 29'10"
6. Kasul D 27'0"
Oppenhuizen E. 29'5"

LONG JUMP

1. Freeman 20'7"
2. Calahan 17'0"
3. Velting 18'3"
4. Franke 16'1"
5. ~~Wahab~~
6. Weaver 15'10"
Kasul T. 17'2"

DISCUS

1. Urbanowski 702'0"
2. Ruckwell 104'2"
3. Maly 87'9"
4. Schumacher 91'3"
Gage 74'3"
5. Jamison 76'1"
6. Kasul D 62'0"
Oppenhuizen E

5 3200 M. RELAY

1. Bowen 60-2:13
2. Ismail 59-2:18
3. Yokom 2:17
4. Ruck J. 65 2:15.9
- alt. Napper

6 110 HIGH HURDLES

1. Browley 16.6
2. Triggs 18.3
3. Kasul T. 21.2
- alt. Sorksen

9 100 METER DASH

1. Barnett 11.3
2. Adams, M. 11.8
3. Barber 12.3
- alt. Roberts
Wahab

5 800 M. RELAY

1. Adams 25.1
2. Barnett 24.3
3. Velting 23.5
4. Freeman 23.7
- alt. Barber
Roberts

1600 M. RUN

1. Ruck J 4:40.2
2. Ismail 4:52
3. Yokom 4:55
4. McCully 5:05
5. Ruck T. 5:11
6. Backing 5:27
Bridges
Brewer 5:21
Hamilton

400 M. RELAY

1. Adams
2. Barnett
3. Freeman
4. Browley
- alt. Velting
Barber
Roberts

400 M. DASH

1. Hamilton K. 54.3
2. Barber 61.0
3. Hoyt 58.5
- alt. Hamilton A.
Duck

300 INT HURD.

1. Browley
2. Triggs 47.9
3. DePotty 46.9
- alt. Kasul T.

Ward 5:29
5 800 M. RUN

1. Bowen 59 2:16
2. Ruck J 62 2:07
3. Gretzinger 67 2:18
4. Napper 64 2:18
5. Backing 69 2:33
Kazmerski 2:26
6. Ulrich 2:29
Hamilton A
Dennany 67 2:22
mikes 2:40

200 M. DASH

1. Barnett 24.0
2. Adams, M. —
3. Barber 25.2
- alt. McCarter
Browley

3200 M. RUN

1. Yokom 10:39
2. Ismail —
3. Gretzinger 12:53
4. McCully 11:11
5. Ruck T. 11:25
- 6.

342.2
1600 M. RELAY

1. Bowen 56.3
2. Ruck J. 55.5
3. Hamilton A 55.5
4. Hamilton K 54.8
- alt. Velting
Duck
Hamilton A
Ho

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 4/14/98

POLE VAULT

- 1.
- 2.
- 3.
- 4.
- alt.

HIGH JUMP

- 1.
- 2.
- 3.
- 4.
- alt.

SHOT PUT

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

LONG JUMP

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

DISCUS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

- 1. Gretzinger 2:34
- 2. Napper 2:21
- 3. Backing -
- 4. ~~Ruck T~~
- alt. Kazmerski (81)

110 HIGH HURDLES

- 1.
- 2.
- 3.
- alt.

100 METER DASH

- 1. Wahab -
- 2. Roberts -
- 3. Oppenhuizen 12.7
- alt. Chuse 15.3
- Mekkes 13.6
- Frunk 13.0
- Calahan
- McCartner. 12.3

800 M. RELAY

- 1. DePatty 24.3
- 2. Hoyt 25.4
- 3. Mirandette 25.9
- 4. Oppenhuizen 29.5
- alt. Wahab
- Roberts

1600 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

400 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt.

400 M. DASH

- 1. Hamilton A 54.4
- 2. Mekkes 64.0
- 3. Duck 58
- alt.

300 INT HURD.

- 1.
- 2.
- 3.
- alt.

800 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

200 M. DASH

- 1. Roberts
- 2. McCartney
- 3. Wahab
- alt. Buist 26.5
- Hoag 26.7
- Calahan -
- Chase 31.8
- Epp 31.9
- Malle 31.1
- Boers 26.0

3200 M. RUN

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

1600 M. RELAY

- 1. Duck 58.8
- 2. Hoyt 59.3
- 3. Napper 60
- 4. Triggs 64
- alt. Triggs
- DePatty

1600

Ruch	63	-2:13	-327	-4:40
Ismail	69	2:25	341	-4:52
Yokom	66	2:21	-3:40	-4:55
McCully	71	2:27	346	-5:05
Ruch	71	2:31	3:55	5:11
Buckins	76	2:34	4:05	5:27
Bridges	64	2:20	3:42	←
Brewer	74	2:32	3:57	5:21
Ward	76	2:38	4:06	5:29

Yokom	70	-2:28	-3:52	-5:13	-	-9:27
Gretnage	78	2:51	-4:39	-	-	-
McCully	76	2:39	-4:03	-5:29	-8:23	-
Ruch T.	76	2:40	-4:08	-5:38	-8:34	-

East Kentwood Track

Grand Valley State High School Invitational

23, 1998

Date: March ~~23, 1996~~

Vans Leave School at: 2:35

3:30 Field Events:

(open pit) Long Jump	<u>Jimmie Freeman</u> ^{21' 1/2"}	<u>Rob Calahan</u>
High Jump	<u>Chad Sorksen</u>	<u>Long Vetting</u> Brent Bongars
Pole Vault	<u>Tim Kett</u>	<u>Jimmie Freeman</u>
1 st Shot Put	<u>Dereck Urbanowski</u> ^{48' 7"}	<u>Joe Maly</u> 39' 0"
2 nd Discus	<u>Dereck Urbanowski</u> ^{120' 0"}	<u>Joe Maly</u> ^{90' 0"}

4:00 Prelims:

50 Meter Dash	<u>Nahum Barnett</u> ^{6.0} _{5.79}	<u>Mario Adams</u> ^{6.1}
50 Meter Highs	<u>Rickey Bradley</u>	-

6:00 Running Finals:

3200 m Relay	<u>Bowen</u> ³⁰⁶² _{2:11.0}	<u>Ismail</u> ^{slow @ exchange} _{1:52-2:12.6}	<u>Gritinger</u> ²⁹⁻⁶⁷ _{2:18.7}	<u>Ruch Josh</u> ^{29-61 - 206.9}
2 Mile Run	<u>Kevin Yocum</u> ^{10:32}			Alt. Napper T. Ruch Bridger
50 Meter Hurdle Finals				
Sprint Med Relay	<u>Vetting</u> ²⁶ _{2:54.0} (400)	<u>Freeman</u> ^{24.5} _{2:19.5} (200)	<u>Barnett</u> ^{23.2} (200)	<u>Barber</u> ^{27.57.7} (400)
Mile Run	<u>Raigan Ismail</u> ^{69-2:24 - 3:43 - 4:57.3}	<u>John McCully</u> ^{71-2:29 - 4:28 - 5:07.4}		Alt. Freeman Adams Wahab
50 Meter Dash Finals				
1600 m Relay	<u>Bowen</u> ^{55.0} _{3:45.6}	<u>Barber</u> ^{58.9}	<u>Hamilton</u> ^{54.1}	<u>Ruch</u> ^{56.3}

Alt. Hoyt
Wahab
Wahab

East Kentwood Track

Date: March 12, 1998

1 Lap time trials

Rickey	Browley	19.7
Nahum	Barnett	19.9
Cory	McCarter	20.1
Cory	Velting	20.4
Eric	Oppenhuise	20.5
Shaun	Wahab	20.7
Robert	Calahan	20.8
Tony	Barber	21.0
Kevin	Hamilton	21.2
Justin	Hoyt	21.3
Josh	Weaver	21.6
Adam	Duck	21.8
Troy	Kasul	21.9
Erik	Mirandette	21.9
Greg	Boersma	22.0
Trevor	Franks	22.1
Bryan	DePotty	22.2
Chris	Armstrong	22.5
Josh	Hoag	22.5
Shawn	Mekkes	24.4
Jake	Chase	25.2
Brent	Bomgaars	
Kevin	Cowham	
Dominic	Kasul	
Joe	Maly	
Nick	Margo	
Greg	Oppenhuize	
Kip	Paul	
William	Robinson	
Matt	Rockwell	
Craig	Rose	
Jack	Schumacher	
Chad	Sonksen	
Joseph	Tinghitell	
Ray	Walker	
Adam	Backing	
Duane	Bowen	
Jonathan	Buist	
Jason	Dennany	
Jimmie	Freeman	
DeWayne	Gaines	
Rayhan	Ismail	
John	McCulley	
Joshua	Ruch	
Donte	Triggs	
Adam	Ward	

East Kentwood Track

Date: March 12, 1998

2 Lap time trials

Jimmie	Freeman	42.6
Tony	Barber	43.5
Duane	Bowen	44.1
Cory	Velting	44.2
Joshua	Ruch	44.5
Kevin	Hamilton	44.9
Justin	Hoyt	45.0
Shaun	Wahab	45.3
Eric	Oppenhuise	45.5
Robert	Calahan	45.9
Josh	Weaver	46.0
Jonathan	Buist	46.6
Seth	Napper	46.7
Troy	Kasul	46.9
Adam	Backing	47.0
Bryan	DePotty	47.0
Adam	Duck	47.1
Rayhan	Ismail	47.7
Donte	Triggs	48.0
Justin	Gretzinger	48.4
Eric	Kazmerski	48.4
Erik	Mirandette	48.5
DeWayne	Gaines	48.6
Greg	Boersma	48.7
Jayson	Brewer	49.0
Josh	Hoag	49.0
John	McCulley	49.0
Shawn	Mekkes	49.0
Trevor	Franks	49.1
Travis	Ruch	49.3
Kevin	Yokom	49.6

2:54.4
1st 97
2nd 48

97 @ cc
Freeman 46
Agalew 42.7
Offenaco 44.9
Baracke 45.6
Woodr 44.3
Sprink Med
3rd (42.7) 208 46
203

8 100 157
42.0
44.9
45.6
44.3
178

- Bridges - 2:23
- Gretzinger - 2:21
- Napper - 2:20
- Napper Adam - 2:29
- Ruch Travis -
- ✓ - Ismail 2:15
- ✓ - Freeman 2:16
- Backing Adam -