

O.K. RED CONFERENCE MEET AT ROCKFORD HIGH SCHOOL 05/12/98

TEAM SCORING - Rockford 159; East Kentwood 105; Mona Shores 59; Grand Haven 59; Grandville 45; West Ottawa 43; Jenison 40; Holland 17.

DISCUS -- 1. Jon Bieneman, Rockford, 171-1; 2. Tom Hosford, Rockford, 147-2; 3. Matt Hoogewind, Grandville, 145-9; 4. Steve Olman, Rockford, 140-7; 5. Brian Batchelder, Grand Haven, 127-6; 6. Herrema Mitch, Jenison, 125-10.

SHOT PUT -- 1. Tom Hosford, Rockford, 51-8.50; 2. Dereck Urbanowski, East Kentwood, 49-8.25; 3. Steve Olman, Rockford, 48-7.50; 4. Dustin Thomas, Holland, 48-2.50; 5. Matt Hoogewind, Grandville, 47-8.75; 6. Danny Garza, Holland, 46-10.

HIGH JUMP -- 1. Cory Velting, East Kentwood, 6-4; 2. Chad Sonksen, East Kentwood, 5-10.03; 3. Lee Weeks, Rockford, 5-10.02; 4. Lucas Myers, Grand Haven, 5-10.01; 5. Adam Hamilton, East Kentwood, 5-10; 6. Bill Laukitis, Holland, 5-8.

POLE VAULT -- 1. Jared Hager, Rockford, 15-3; 2. Tim Lett, East Kentwood, 15-0; 3. Chip Owen, West Ottawa, 14-6.01; 4. Jimmie Freeman, East Kentwood, 14-6; 5. Lee Owen, West Ottawa, 13-0.01; 6. Erik Mirandette, East Kentwood, 13-0.

LONG JUMP -- 1. Jimmie Freeman, East Kentwood, 20-11.26; 2. Chris Hooper, Jenison, 20-11.25; 3. Matt Lares, Grandville, 19-9.75; 4. Tim Lett, East Kentwood, 19-9.50; 5. Cory Copeland, Grand Haven, 19-8; 6. Nick Strohmeyer, Grand Haven, 19-7.50.

3200 METER RELAY -- 1. Rockford, 8:03.40 (Seth Folkertsma, Ryan Mol, Andy Martin, Jason Hartman); 2. Grand Haven, 8:06.60 (Chris Moolhuizen, Kevin Streeter, Jeff Verwey, Gary Goosen); 3. East Kentwood, 8:19.60 (Duane Bowen, Ray Ismail, Kevin Yokom, Joshua Ruch); 4. West Ottawa, 8:19.65 (Colin Vohlken, Kevin Dubois, Jason Tietze, Justin Bjorum); 5. Grandville, 8:31.60 (Ryan Havens, Ben Ford, Mike Douma, Mike Risher); 6. Jenison, 8:43.20 (Jason Isenga, Mark Carson, Tony Kovalov, Phil Longoria).

110M HURDLES -- 1. Joe Lienezh, Mona Shores, 15.24; 2. Mark Deneau, Jenison, 15.26; 3. Kevin Price, Grandville, 15.36; 4. Ben Macaluso, Jenison, 15.78; 5. Nate Strohmeyer, Grand Haven, 16.03; 6. Jeff Winkleman, Holland, 16.27.

100 METER DASH -- 1. Lamar Courtney, Mona Shores, 11.12; 2. Sophy Teng, West Ottawa, 11.22; 3. Nahum Barnett, East Kentwood, 11.37; 4. Pat Whalen, Grand Haven, 11.37; 5. Seth Leyendecker, Grandville, 11.63; 6. Ryan Roberts, East Kentwood, 11.65.

800 METER RELAY -- 1. Rockford, 1:31.73 (Chad Rehkopf, Jared Hager, Jeff Wilson, Jeremy Amshey); 2. Grand Haven, 1:34.85 (Brian Batchelder, David Vanderlaan, Mario Palazzolo, Pat Wh; 3. Holland, 1:35.00 (Jeremy Rantz, Pat Kimber, Dustin Thomas, Doug Poynter); 4. Jenison, 1:36.12 (Herrema Mitch, Spencer Vereecken, Dustin Manning, Chris Ho; 5. Grandville, 1:40.00 (Jason Rosser, Matt Lares, Kurt Fierrick, Matt Hendricks); 6. Mona Shores, 1:43.00 (John Taylor, Ryan Mcclees, Tj Dickinson, Steve Rasco).

1600 METER RUN -- 1. Jason Hartman, Rockford, 4:27.50; 2. Dathan Ritzenheim, Rockford, 4:28.31; 3. Kevin Streeter, Grand Haven, 4:30.15; 4. Andy Martin, Rockford, 4:33.30; 5. Gary Goosen, Grand Haven, 4:34.66; 6. Joshua Ruch, East Kentwood, 4:37.31.

400 METER RELAY -- 1. West Ottawa, 44.22 (Rophy Nam, Eric Gasper, James Egler, Sophy Teng); 2. East Kentwood, 44.22 (Ryan Roberts, Mario Adams, Cory Velting, Nahum Barnett); 3. Jenison, 44.87 (Herrema Mitch, Spencer Vereecken, Dustin Manning, Chris Ho; 4. Rockford, 44.89 (Chad Rehkopf, Jared Hager, Shawn Rose, Jeremy Amshey); 5. Grand Haven, 45.13 (Brian Batchelder, David Vanderlaan, Pat Whalen, Aaron Sprag; 6. Grandville, 45.79 (Jason Rosser, Matt Lares, Jeremy Vanderseen, Seth Leyendecker).

400 METER DASH -- 1. Lamar Courtney, Mona Shores, 49.30; 2. Jeff Wilson, Rockford, 50.04; 3. Kevin Hamilton, East Kentwood, 51.50; 4. Adam Hamilton, East Kentwood, 52.00; 5. Phil Longoria, Jenison, 52.60; 6. Jon Turner, West Ottawa, 52.90.

300M INTERM. HURDLES -- 1. Nate Strohmeyer, Grand Haven, 40.10; 2. Joe Lienezh, Mona Shores, 40.60; 3. Trevor Carlson, West Ottawa, 40.90; 4. Jeff Winkleman, Holland, 40.95; 5. Mark Deneau, Jenison, 41.20; 6. Ben Macaluso, Jenison, 43.10.

800 METER RUN -- 1. Jason Hartman, Rockford, 1:57.30; 2. Ryan Mol, Rockford, 1:57.50; 3. Ryan Havens, Grandville, 1:59.40; 4. Duane Bowen, East Kentwood, 2:01.30; 5. Jeff Verwey, Grand Haven, 2:01.90; 6. Jason Tietze, West Ottawa, 2:03.50.

200 METER DASH -- 1. Lamar Courtney, Mona Shores, 22.20; 2. Mccann Black, East Kentwood, 22.40; 3. Seth Leyendecker, Grandville, 22.50; 4. Sophy Teng, West Ottawa, 23.20; 5. David Vanderlaan, Grand Haven, 23.50; 6. Dustin Manning, Jenison, 23.55.

3200 METER RUN -- 1. Jason Hartman, Rockford, 9:36.60; 2. Dathan Ritzenheim, Rockford, 9:48.70; 3. Andy

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MEN'S TRACK AND FIELD

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Martin, Rockford, 10:00.70; 4. Kevin Yokom, East Kentwood, 10:03.60; 5. Joshua Ruch, East Kentwood, 10:10.10; 6. Ryan Mol, Rockford, 10:18.30.

1600 METER RELAY -- 1. Mona Shores, 3:26.00; 2. Rockford, 3:28.40; 3. Grandville, 3:31.70; 4. Grand Haven, 3:32.30; 5. Jenison, 3:32.70; 6. West Ottawa, 3:33.00.