

EAST KENTWOOD JUNIOR HIGH SCHOOL TRACK

NAME _____ YEAR _____
 LAST FIRST

1600
 ONE MILE RELAY LEG
 3280
 TWO MILE RELAY LEG
 1600
 ONE MILE
 1600
 ONE MILE HURDLES
 LOW HURDLES
 HIGH HURDLES
 800
 400
 220
 176
 100 DASH
 60
 VAULT
 POLE
 HIGH JUMP
 LONG JUMP
 PUT
 SHOT

LAST	FIRST	YEAR'S BEST	SHOT	PUT	LONG JUMP	HIGH JUMP	POLE	VAULT	60	100 DASH	176	220	400	800	HIGH HURDLES	LOW HURDLES	ONE MILE	TWO MILE	880	RELAY LEG	ONE MILE RELAY LEG	
Adams																						
Marie		12																				
Aldrich																						
Maek		9																				
Ashack																						
Elic		9																				
Atmore																						
Matt		9																				
Backing																						
Adam		11																				
Backing																						
Not		12																				
Barnett																						
Naham		11																				
Boesma																						
Gleg		12																				
Brewer																						
Joyson		11																				
Bridges																						
Jermaine		12																				

781
 54.1
 51.6
 22.7
 21.2
 45.7
 53.2

2:10
 2:08.3
 2:11
 2:05

43.5
 24.2
 19.9
 12.4
 26.0
 24.8
 51.3
 2:11
 2:05

41.1
 41.1
 41.1
 41.1

42.05
 42.05

781
 54.1
 51.6
 22.7
 21.2
 45.7
 53.2

781
 54.1
 51.6
 22.7
 21.2
 45.7
 53.2

781
 54.1
 51.6
 22.7
 21.2
 45.7
 53.2

781
 54.1
 51.6
 22.7
 21.2
 45.7
 53.2

EAST KENTWOOD HIGH SCHOOL TRACK

NAME _____ YEAR _____
 LAST FIRST

ONE MILE
 TWO MILE
 800 RELAY LEG
 ONE MILE RELAY LEG

SHOT PUT
 LONG JUMP
 HIGH JUMP
 POLE VAULT
 60 DASH
 176
 220
 400
 800
 HIGH HURDLES
 LOW HURDLES
 ONE MILE
 TWO MILE
 800 RELAY LEG
 ONE MILE RELAY LEG

LAST YEAR'S BEST	SHOT PUT	LONG JUMP	HIGH JUMP	POLE VAULT	60 DASH	176	220	400	800	HIGH HURDLES	LOW HURDLES	ONE MILE	TWO MILE	800 RELAY LEG	ONE MILE RELAY LEG
Franks Trevor 11		18'10"			25.5			48.6							
Freeman Jimmie 12		21'9"		14'6"						17.5	130				
Gage Robert 11	29'11 1/2"								2:09.4						
Gretzinger Justin 12									2:08.5			4:58.2	11:04	55.4	205.3
Hamilton Kevin 11			6'0"					43.0						50.5	
Hoag Josh 11					12.6	26.8									
Hubbard Andy 10				9'6"		27.6									67
Ismail Rayhan 11									2:08.5			4:26.4	9:44.9	55.3	
Jamison Jeemaine 11	35'5"				12.9										101.2
Johnson Marcin 11															

Dias

1009

1009

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SHOT PUT
 LONG JUMP
 HIGH JUMP
 POLE VAULT
 60
 100 DASH
 176
 220
 440
 880
 HIGH HURDLES
 LOW HURDLES
 ONE MILE
 TWO MILE
 800 RELAY LEG
 ONE MILE RELAY LEG
 4000

LAST YEAR'S BEST	SHOT PUT	LONG JUMP	HIGH JUMP	POLE VAULT	60	100 DASH	176	220	440	880	HIGH HURDLES	LOW HURDLES	ONE MILE	TWO MILE	800 RELAY LEG	ONE MILE RELAY LEG
Jones														12:10		
Jarrett										2:26						
Kazmecki										2:20						58
Eric										2:11						
Lee Han										2:26						
Lee Brian					13.5											
Magfield		19'10"					21.0	32.3	45.5	52.9						
Vincent							21.8									
McCartee		17'2"			11.7											
Carly										2:17						
McCulley													4:55	10:31		
John																
Mirandeth				13'6"					45.5							60.1
Edik																
Mitchell					12.1			26.5							25.5	
Bryant																
Nielson				12'6"												
Seth																84

Result

EAST KENTWOOD JUNIOR HIGH SCHOOL TRACK

NAME _____ YEAR _____

LAST YEAR'S BEST	SHOT PUT	LONG JUMP	HIGH JUMP	POLE VAULT	60	100 DASH	176	220	440	880	HIGH HURDLES	LOW HURDLES	ONE MILE	TWO MILE	880 RELAY LEG	ONE MILE RELAY LEG
GOAL FOR THIS YEAR																
Tentaaf Mike 10	3'6"															
Triggs 12						2:18			46.1	2:02	16.6	44.2				58.0
Donke 12										2:11						54.5
Ulrich 11																59.5
Brian 11																
Van Peter 10						13.4	27.5									
Vetting 12																
Coey 12		19'3"	6'0"													
Vent 10	33'7"															
Jason 10																
Wantsen 11										2:14						51.9
Josh 11										2:11						
Webley 11											15.8	42.9				53.1
JOEL 11																
Wheeler 12						26.8										
Dave 12																
Wetley 9										9:39						5.44
Phil 9																

Diggins

1000

370

1000

97.9
97.9

East Kentwood Track 1977-1988

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. Dereck Urbanowski	50' 0"	(98)
10. Derek Fitzpatrick	49' 8"	(84)

HIGH JUMP

1. <i>Dan Smith</i>	<i>6' 6"</i>	
1. Chris Baker	6' 6"	(85)
1. Cory Velting	6' 6"	(98)
3. Eric Hartfield	6' 5 3/4"	(80)
4. Chuck Hoffman	6' 5 1/2"	(78)
5. Brent Bomgaars	6' 5"	(96)
6. Mike Geukes	6' 4 1/2"	(78)
7. Brian Patterson	6' 4"	(79)
7. Chris Ross	6' 4"	(92)
9. William Armstrong	6' 3"	(88)
9. Shaun O'Brian	6' 3"	(83)

LONG JUMP

1. Eric Hartfield	23' 2"	(80)
2. Eric Hill	22' 8"	(88)
3. Dennis Howe	<i>Jimmie Freeman</i> <i>22' 5"</i> 22' 5 1/2"	(69) <i>aa</i>
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)

POLE VAULT

1. Jimmie Freeman	15' 2"	(98)
2. Curt Geerlings	15' 1"	(78)
3. Jeff Kerr	14' 7"	(91)
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)
<i>10 Eric Mirandette</i>	<i>13' 6"</i>	<i>aa</i>

East Kentwood Track All Time Top Ten

All Time Top Ten

100 METER DASH

1. Mike Burt	:10.4	(95)
2. Brad Fields	:10.65	(91)
3. Kip Paul Sr.	: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. Nahum Barnett	:11.03	(98)

200 METER DASH

1. Brad Fields	:21.69	(91)
2. Mike Burt	:21.8	(95)
3. Nahum Barnett	:21.9	(98)
4. Kip Paul Sr.	:22.1	(81)
5. Dave Naughton	:22.3	(75)
5. Cal Hawkins	:22.3	(83)
7. Pete Anderson	:22.37	(91)
8. B.J. Evans	:22.4	(87)
9. Jesse Heard	:22.5	(85)
9. Victor Woods	:22.5	(97)

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)

400 METER DASH

1. Victor Woods	:49.0	99
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. Jimmie Freeman	:14.3	99
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. Josh Ruch	4:23.7	(98)
8. Hal Byram	4:27.4	(73)
9. Mark Kotsonas	4:28.2	(87)
10. Aaron Swarez	4:29.4	(88)

East Kentwood Track 1978-1980

All Time Top Ten

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	51 minia Freeman 38.9 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 Track

All Time Top Ten Relays

800 Meter Relay

Brad Fields, Eddie Kodish, D.J. Reid, Karl Taylor	1:30.3	(89)	
Jeff Kerr, Craig Mesler, Pete Anderson, Brad Fields	1:30.4	(91)	
Ryan Roberts, Mario Adams, Jimmie Freeman, Nahum Barnett	1:30.6	(98)	
Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2	(83)	
Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4	(74)	
Ritchie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4	(80)	
Marvin Trotter, Mike Burt, Mike Baker, Brad Fields	1:31.4	(92)	
Tom Trimpe, Greg Den Boer, Flip Hight, Dennis Howe	1:31.5	(70)	
Kip Paul, Gary Barber, Randy Gordon, Kevin Stankey	1:31.6	(81)	
Kip Paul, Randy Gordon, Mike Walsh, Kevin Stankey	1:31.6	(81)	
Mike Burt, Mike Baker, Marvin Trotter, Brad Fields	1:31.6	(92)	

- Kip Paul
- Nahum Barnett
- Mike Paul
- Vacher Woods

-R30.41
(99)

1600 METER RUN

Dave Hunt, Jon Collins, Nate Clason, Shane Woods	3:23.7	(95)	
Bruce Fields, Jeff Grant, Stuart Meyer, Cal Hawkins	3:25.8	(82)	
Hal Byran, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9	(73)	
Rob Dantuma, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.0	(80)	
Josh Hoyt, Jon Collins, Nate Clason, Shane Woods	3:26.1	(94)	
Dave Bills, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.3	(77)	
Walt Stange, John Mooney, Jim Hawkin, Rick Paske	3:26.6	(75)	
Cal Hawkins, John Erhardt, Stuart Meyer, Mike Kazmierski	3:26.7	(83)	
Chris Baker, Bob Hanson, Steve Stapleton, Todd Ernst	3:26.9	(85)	
Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2	(85)	
Ross DeGraaf, Craig Mesler, Dan Reed, Don Ball	3:27.4	(91)	

400 METER RELAY

Mario Adams, Kip Paul, Mike Paul, Nahum Barnett	:43.6	99	
Jeff Kerr, Craig Mesler, Peter Anderson, Brad Fields	:43.6	(91)	
Max McDonald, Blake Born, Morrie Fongers, Jesse Heard	:43.7	(85)	
Ryan Roberts, Mario Adams, Jimmie Freeman, Nahum Barnett	:43.7	(98)	
Marvin Trotter, Craig Mesler, Pete Anderson, Brad fields	:43.9	(91)	
Mike Burt, Ray Chapin, DAN McFarland, Brad Fields (92)	:43.9	(92)	
Brian Rexford, Doug Baragar, Don Greenbauer, Duan Swagerty	:44.0	(78)	
Max McDonald, B.J. Evans, Blake Born, Todd Ernst	:44.0	(85)	
Rick Den Boer, Steve Sytsma, Jim Herrman, Dave Naughton	:44.1	(74)	
Dave Naughton, Loren Johnson, Greg Hecksel, Rick Williams	:44.1	(75)	
Rich Swargerty, Percy Dykes, Niel Traverse, Kip Paul	:44.1	(79)	
Percy Dykes, Gary Barber, Neil Traverse, Kip Paul	:44.1	(80)	

3200 METER RELAY

Ross DeGraaf, Dan Reed, Stu Palmer, Brian Hyde	7:55.8	(91)	
Andy Kazmierski, Dave Schultz, Mark Sellers, Stu Scobie	8:00.4	(86)	
Ross DeGraff, Mac Anderson, Stu Palmer, Brian Hyde	8:02.0	(89)	
Stu Scobie, Mark Reinardy, Tony Bielecki, Mike Kazmierski	8:03.3	(84)	
Stu Palmer, Mike Henning, Ross Degraaf, Brian Hyde (90)	8:04.0	(90)	
Stu Scobie, Mark Rienardy, Bob Hanson, Andy Kazmierski	8:04.5	(85)	
Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9	(80)	
Chad Christensen, Chad Pilbeam, Bryan Garcia, Dan Reed(92)	8:13.2	(92)	
Andy Kazmierski, Mark Reinardy, Mark Sellers, Stu Scobie	8:13.8	(86)	
Stu Scobie, Mark Reinardy, John Possett, Andy Kazmierski	8:14.6	(85)	
ave Schultz, Aaron Suarez, Jon Royer, Brian Hyde	8:14.6	(88)	

- Rayhan Ismail
- Kevin Yukon
- Justin Goetzinger - Jermaine Bridges

8:10.9
(99)

Nate Clason, Mike B. Dick, Josh Miller, Alex Ruch

GIRLS 100 M. INT. HURDLES

PLACE	NAME	SCH.	TIME
1	DRIA TERHAAR	WO	:15.6
2	MARY NAGY	ROC	:15.7
3	AMANDA LANSER	GV	:15.9
4	HANNA SWIERENGA	EK	:16.2
5	AUDREY VANDERGALIEN	ROC	:16.4
6	JILL HODGES	GV	:16.4

BOYS 110 M. HIGH HURDLES

PLACE	NAME	SCH.	TIME
1	JIMMIE FREEMAN	EK	:14.3
2	TREVOR CARLSON	WO	:15.3
3	MARK DENEAU	JEN	:15.3
4	GREG MACZKA	ROC	:15.4
5	JOEL WEBLEY	EK	:15.8
6	MATT MOGCK	WO	:16.0

GIRLS 100 M. DASH

PLACE	NAME	SCH.	TIME
1	CYNTHIA FREEMAN	EK	:12.9
2	KIERA JACKSON	GV	:13.1
3	REANE SAMUELS	MS	:13.2
4	MAGAN FELLOWS	JEN	:13.3
5	TRISHA CLARK	GV	:13.3
6	ALICIA OTTENWESS	EK	:13.4

BOYS 100 METER DASH

PLACE	NAME	SCH.	TIME
1	KIP PAUL	EK	:10.9
2	SOPHY TENG	WO	:10.9
3	PAT WHALEN	GH	:11.1
4	C.J. HOOPER	JEN	:11.2
5	RYAN ROBERTS	EK	:11.6
6	KEVIN DEWITT	EK	:11.6

GIRLS 800 METER RELAY

PLACE	NAME	TIME
1	GRANDVILLE ShannonJarosch/Kieara Jackson Amanda Lanser/Lori Phillips	01:47.1
2	EAST KENTWOOD	01:48.1
3	ROCKFORD	01:49.6
4	JENISON	01:49.8
5	GRAND HAVEN	01:50.0
6	MONA SHORES	01:54.6

BOYS 800 METER RELAY

PLACE	NAME	TIME
1	EAST KENTWOOD Kip Paul/Nahum Barnett MikePaul/Victor Woods	01:30.7
2	JENISON	01:31.4
3	ROCKFORD	01:32.7
4	WEST OTTAWA	01:32.8
5	GRAND HAVEN	01:33.8
6	GRANDVILLE	01:34.5

GIRLS 1600 METER RUN

PLACE	NAME	SCH.	TIME
1	KALIN TOEDEBUSCH	ROC	05:07.8
2	NORA COLLIGAN	ROC	05:08.1
3	LINSEY BLAISDELL	ROC	05:08.5
4	BETH VANDERFREDE	MS	05:08.8
5	EMILY BLAKESLEE	ROC	05:09.7
6	ANNE ZUELKE	GH	05:14.2

BOYS 1600 METER RUN

PLACE	NAME	SCH.	TIME
1	JASON HARTMANN	ROC	04:18.6
2	DATHAN RITZENHEIN	ROC	04:19.0
3	JOSH RUCH	EK	04:21.6
4	ANDY MARTIN	ROC	04:25.5
5	RAYHAN ISMAIL	EK	04:26.4
6	SETH FOLKERTSMA	ROC	04:26.8

GIRLS 400 METER RELAY

PLACE	NAME	TIME
1	EAST KENTWOOD Alicia Ottenwess/Christa Weaver Crystal Weaver/Stephanie Thompson	:52.2
2	ROCKFORD	:52.6
3	JENISON	:52.6
4	GRANDVILLE	:52.8
5	WEST OTTAWA	:53.3
6	HOLLAND	:54.4

BOYS 400 METER RELAY

PLACE	NAME	TIME
1	JENISON M. Herrema/S. Vereecken B. McCarty/C.J. Hooper	:44.2
2	EAST KENTWOOD	:44.4
3	WEST OTTAWA	:44.5
4	GRAND HAVEN	:44.8
5	ROCKFORD	:44.9
6	GRANDVILLE	:46.3

GIRLS 400 METER DASH

PLACE	NAME	SCH.	TIME
1	AMY KLEIST	GH	:58.0
2	ASHLEY THOMAS	JEN	:58.0
3	RITA SCHEISSER	ROC	:59.5
4	NORA ROBINSON	MS	01:01.5
5	CANDICE MULDER	EK	01:01.9
6	RENAE SAMUELS	MS	01:02.8

BOYS 400 METER DASH

PLACE	NAME	SCH.	TIME
1	VICTOR WOODS	EK	:49.1
2	SETH LEYENDECKER	GV	:49.5
3	CHAD REHKOPF	ROC	:50.7
4	JERMAINE BRIDGES	EK	:51.4
5	JUSTIN BJORUM	WO	:52.7
6T	MATT WOOD CHRIS LECLAIR	WO GH	:52.8

GIRLS 300 M. LOW HURDLES

PLACE	NAME	SCH.	TIME
1	CYNTHIA FREEMAN	EK	:46.4
2	DRIA TERHAAR	WO	:48.0
3	AMANDA LANSER	GV	:48.4
4	MARY NAGY	ROC	:49.4
5	AUDREY VANDERGALIEN	ROC	:49.5
6	KARA VAN ASSEN	JEN	:50.6

GIRLS 800 METER RUN

PLACE	NAME	SCH.	TIME
1	KRISTIN PODIEN	ROC	02:16.2
2	RENAE SOBIE	ROC	02:23.1
3	NORA COLLIGAN	ROC	02:23.7
4	EMILY BLAKESLEE	ROC	02:23.9
5	KALIN TOEDEBUSCH	ROC	02:25.0
6	CANDACE ROSEKOPH	JEN	02:26.2

GIRLS 200 METER DASH

PLACE	NAME	SCH.	TIME
1	AMY KLEIST	GH	:26.1
2	ASHLEY THOMAS	JEN	:26.1
3	CANDACE MULDER	EK	:26.7
4	RENAE SAMUELS	MS	:26.9
5	RITA SCHEISSER	ROC	:27.1
6	SARAH ELLIS	ROC	:27.7

GIRLS 3200 METER RUN

PLACE	NAME	SCH.	TIME
1	EMILY BLAKESLEE	ROC	11:01.6
2	LINSEY BLAISDELL	ROC	11:32.9
3	KALIN TOEDEBUSCH	ROC	11:36.7
4	ANNE ZUELKE	GH	11:40.3
5	KENDRA SNYDER	HOL	11:42.7
6	JORDAN HARTMANN	ROC	11:43.3

GIRLS 1600 METER RELAY

PLACE	NAME	TIME
1	GRANDVILLE Lori Phillips/Shannon Jarosch Amada Lanser/Kieara Jackson	04:04.3
2	ROCKFORD	04:05.3
3	EAST KENTWOOD	04:11.4
4	MONA SHORES	04:17.7
5	JENISON	04:19.4
6	GRAND HAVEN	04:21.6

BOYS 300 M. INT. HURDLES

PLACE	NAME	SCH.	TIME
1	JIMMIE FREEMAN	EK	:39.0
2	TREVOR CARLSON	WO	:39.7
3	MARK DENEAU	JEN	:41.0
4	NOAH SCHWANDER	ROC	:42.1
5T	SCOTT ANDERSON	ROC	:42.2
	JEFF ELLWANGER	WO	:42.2

BOYS 800 METER RUN

PLACE	NAME	SCH.	TIME
1	JASON HARTMANN	ROC	01:54.9
2	DATHAN RITZENHEIN	ROC	02:00.2
3	ANDY MARTIN	ROC	02:00.6
4	COLIN VOHLKEN	WO	02:00.6
5	MARK CARSON	JEN	02:01.0
6	SETH FOLKERTSMA	ROC	02:01.1

BOYS 200 METER DASH

PLACE	NAME	SCH.	TIME
1	KIP PAUL	EK	:22.3
2	PAT WHALEN	GH	:22.5
3	NAHUM BARNETT	EK	:22.7
4	SETH LEYENDECKER	GV	:22.8
5	VICTOR WOODS	EK	:23.2
6	SOPHY TENG	WO	:23.4

BOYS 3200 METER RUN

PLACE	NAME	SCH.	TIME
1	ADAM DRUCKENMILLER	ROC	09:19.0
2	DATHAN RITZENHEIN	ROC	09:21.0
3	ANDYMARTIN	ROC	09:40.5
4	RAYHAN ISMAIL	EK	09:44.9
5	KEVIN YOKOM	EK	09:48.5
6	BRIAN SMITH	ROC	09:51.3

BOYS 1600 METER RELAY

PLACE	NAME	TIME
1	EAST KENTWOOD Nahum Barnett/Josh Ruch Kevin Hamilton/Victor Woods	03:25.1
2	WEST OTTAWA	03:29.1
3	MONA SHORES	03:30.7
4	GRANDVILLE	03:34.0
5	GRAND HAVEN	03:35.1
6	JENISON	03:41.8

GIRLS RESULTS 10-8-6-4-2-1	EAST KENTWOOD	GRAND HAVEN	GRANDVILLE	HOLLAND	JENISON	MONA SHORES	ROCKFORD	WEST OTTAWA	BOYS RESULTS 10-8-6-4-2-1	EAST KENTWOOD	GRAND HAVEN	GRANDVILLE	HOLLAND	JENISON	MONA SHORES	ROCKFORD	WEST OTTAWA	
DISCUS	10						17	4	DISCUS		6	2	8	1			10	4
SHOT PUT	16			6			8	1	SHOT PUT		7	8		2			14	
HIGH JUMP	6				8	0.5	14	2.5	HIGH JUMP	8	6		4		10	1		2
LONG JUMP	14		2		9		6		LONG JUMP	16	2			12		1		
POLE VAULT	6	8				1.75	3.5	11.75	POLE VAULT	8			4		6	1		12
3200 M. RELAY	1	8		2		4	10	6	3200 M. RELAY	8	2	1	6			10	4	
100 M. INT. HURDLES	4		7				10	10	110 M. HIGH HURDLES	12				6		4	9	
100 M. DASH	11		10		4	6			100 M. DASH	13	6			4			8	
800 M. RELAY	8	2	10		4	1	6		800 M. RELAY	10	2	1		8		6	4	
1600 M. RUN		1				4	26		1600 M. RUN	8						23		
400 M. RELAY	10		4	1	6		8	2	400 M. RELAY	8	4	1		10		2	6	
400 M. DASH	2	10			8	5	6		400 M. DASH	14	0.5	8				6	2.5	
300 M. LOW HURDLES	10		6		1		6	8	300 M. INT. HURDLES	10				6		5.5	9.5	
800 M. RUN					1		30		800 M. RUN					2		25	4	
200 M. DASH	6	10			8	4	3		200 M. DASH	18	8	4					1	
3200 M. RUN		4		2			25		3200 M. RUN	6						25		
1600 M. RELAY	6	1	10		2	4	8		1600 M. RELAY	10	2	4		1	6		8	
TOTAL	110	44	49	11	51	30.25	186.5	45.25	TOTAL	149	45.5	29	22	52	22	133.5	74	

1999 O.K. RED BOYS TRACK ALL CONFERENCE TEAM

East Kentwood

Freeman, Jimmie
Paul, Kip
Barnett, Nahum
Paul, Mike
Woods, Victor
Ruch, Josh
Hamilton, Kevin
Smith, Dan
Ismail, Rayhan

Jenison

Herrema, Mitch
Vereecken, Spencer
McCarty, Brett
Hooper, C.J.
Deneau, Mark

Grandville

Leyendecker, S
Scott, Justin

Holland

Garza, Benji

Rockford

Hartmann, Jason
Druckenmiller, Adam
Bieneman, Adam
Kieft, Adam
Folkertsma, Seth
Martin, Andy
Ritzenhein, Dathan

West Ottawa

Owen, Chip
Carlson, Trevor
Teng, Sophy

Grand Haven

Whalen, Pat

Mona Shores

Myers, Luke

WEST OTTAWA RELAYS:

7:45
Bus leaves 8:30 am

Date: _____

HIGH JUMP
Smith 5'10"
Hamilton 5'8"

SHOT PUT:
Schumacher
Backling

POLE VAULT:
Freeman
Mirandette

LONG JUMP:
Freeman
Calahan

DISCUS:
Rockwell
Ten Haaf

8 MILE RELAY:

75 74
Ruch J 65 - 2:20 - 3:34 - 4:48 - 6:03 - 7:20 - 8:38 - 9:52
Ismail 73 - 2:29 - 3:47 - 5:05 - 6:24 - 7:41 - 8:57 10:12
McCully 74 - 2:32 - 3:51 - 5:12 - 6:33 - 7:56 - 9:20 10:40
Yokum 67 - 2:21 - 3:37 - 4:55 - 6:13 - 7:31 - 8:53 11:27.2 10:08.9

MILE RELAY: 3:27.4

Barnett 57.9
Ruch J 53.9
Hamilton 49.1 + 52.1
Woods 49.4

SPRINT MED. RELAY:

100
200
400
Hamilton 11.2
K. Paul 11.9
Barnett 54.0
Woods 20.1

440 RELAY:

Alt. Bridger Webley
Adams 15.1
Kip Paul
Freeman Woods
Barnett

2 MILE RELAY:

8:27.8
Ismail 61 - 2:05.8
Yokum 62 - 2:11.2
Gretzinger 57 - 2:07.5
Ruch J 59 - 2:03.1

SHUTTLE HURDLE:

Alt. Mita Paul
Freeman 14.9
Mayfield 16.2
Webley 14.4
Dewitt 16.6

FRESHMAN 880 RELAY:

~~_____

_____~~

DIST. MED. RELAY

1200m Ismail 64 - 2:13 - 3:24
400m Bridger Webley 54.7
800m Gretzinger 58 - 2:08.3
1600m Ruch J 63 - 2:17 - 3:28 4:36.7
Alt. Yokum

VARSITY 880 RELAY:

K. Paul 22.4
M. Paul 23.2
Barnett 23.6
Woods

Alt Adams
Roberts

Holland
Bus

East Kentwood Boys Track
1999

Coke High School Invitational

Date: Saturday, April 17, 1999

Place: Houseman Field

Vans Leave School at: 8:00 A.M.

9:30 A.M.

9:00 Pole Vault: Mirandette Discus: Rockwell

High Jump: S. Nielsen 5'10" Shot Put: Schumacher 42'11"

High Jump: Vetting Hamilton Shot Put: Schumacher 42'11"

Long Jump: Smith D. 6'6" Freeman 20'8"

Long Jump: Vetting Paul 18'5 1/2" - 19 1/4"

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

3200 Relay Ismail Yokom Gretzinger J. Ruch
(After Pre-lims) Alt. Backing

(12:30 Finals)

High Hurdles Freeman 15.5 Webley 18.3 - 16.5
100 M Dash K. Paul 10.9 Adams Roberts Triger

800 M Relay Paul K. 24.0 Barnett Paul M. Woods
1600 M Run J. Ruch 4:35.6 22.7 24.0 21.6 Alt. Adams Roberts Freeman

400 M Relay K. Paul Freeman Woods Barnett

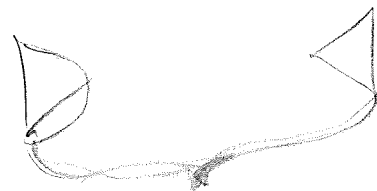
Mid Dist Relay Hamilton 53.5 (400) Alt. Adams Roberts

Mid Dist Relay K. Paul 238 (200) 231.3
Barnett 228 (200)
Woods 51.0 (400)

3200 M Run Yokom 6.9 - 2:26 - 3:41 5:01 - 6:21 7:41 9:21
110:17.2

1600 M Relay Hamilton Barnett J. Ruch Woods
3:30.2 52.7 52.0 53.5 51.7

2642



47-90
5 41

33'9"

5
6

EK
BC
Sext.

1:32.4

240

44.06

410

200

Webb
Freeman
Ismail

2 lap.

Barnett 41.1 short
 Paul Kip 41.2 short
 * Woods 41.9
 Hamilton 43.0
 Adams 43.5 short
 * Paul M 44.5
 Dewitt 45.2
 - Davis 45.2
 Mayfield 45.3
 Roberts 45.4
 Smith Dan 45.5
 Mirandette 45.5
 Triggs 46.1
 Webles 47.0
 Rothe 47.9
 Franks 48.6
 Berghouse 48.8
 Taylor 49.0

- Ruch
 - Ismail

Time 200 meters

Paul M. 25.0
 Roberts 25.4
 Dewitt 25.5
 Davis 25.6
 Freeman 26.1
 Mayfield 26.3
 Franks 26.6

Chink Nickolas II
 Matt Adams
 Eric Abbey

3/25/99

800
R. E-mail 2:10
J. Ruch 2:10
K. Yokum 2:09
Bridgers 2:11
Gretzing 2:13
Wantston 2:14
Backing 2:16
McCulley 2:17
T. Ruch 2:19
Kaz 2:20
Brewer 2:23

1 Lap
K. Paul 19.58 -
Adams 19.9 -
mike Davies 20.0(?) -
DeWitt 20.3 -
Smith D. 20.5 (short) -
M. Paul 20.6 -
Roberts 20.65 -
Mayfield 21.0 -
McCarter 21.2
Freeman

5



143 Bostwick Avenue NE
Grand Rapids, Michigan 49503-3295
616-234-3990 FAX 616-234-4262

GERALD R. FORD FIELDHOUSE

GRAND RAPIDS COMMUNITY COLLEGE 1999 INDOOR TRACK MEET

MEN'S RESULTS

Benton Harbor
Comstock Park
Covert
East Grand Rapids
East Kentwood
GR Christian
GR Ottawa Hills
Grand Haven
Grandville
Grant
Hamilton
Holland High
Holland Christian
Holland West Ottawa
Hudsonville
Jenison
Lake Odessa Lakewood
Lee
Muskegon Heights
Muskegon Mona Shores
Muskegon Oakridge
Muskegon Reeths Puffer
Portage Central
Portland
Rockford
Tri-County
Wayland
Wyoming Park

James
Freeman

(616) 281-7185

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT State Meet DATE June 5

POLE VAULT

1. Freeman ~~12'8"~~ ^{12'8"}
 2. Mirandette 13'6"
 3. Nielsen S. 12'0"
 4.
 alt.

HIGH JUMP

1. Smith 6'6"
 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. Bridges 54 ^{2:04.0}
 2. Yokom 60 ^{2:10.0}
 3. Gretzinger 60 ^{2:06.3}
 4. Ismail 58 ^{2:00.0}
 alt. Hamilton

110 HIGH HURDLES

1. Freeman 14.6
 2. 14.99
 3. 3rd
 alt.

100 METER DASH

1. Paul K. ~~14.0~~
 2.
 3. (9th)
 alt.

800 M. RELAY

1. Paul K.
 2. Barnett
 3. Paul M.
 4. Woods V.
 alt. Freeman

1600 M. RUN

1. Ruck 64
 2. 2:08.1
 3. 3:19
 4. 4:32.6
 5.
 6.

400 M. RELAY

1. Woods
 2. Adams
 3. Barnett
 4. Paul, K.
 alt. Paul M.

400 M. DASH

1. Woods
 2. Bridges *
 3.
 alt.

300 INT HURD.

1. Freeman
 2.
 3.
 alt.

800 M. RUN

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

200 M. DASH

1. Paul K. *
 2. Barnett 23.2
 3. Woods *
 alt.

3200 M. RUN

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

1600 M. RELAY

1. Barnett 50.4
 2. Hamilton
 3. 50.8
 4. Woods 54.2
 alt. Ruck
 Bridges
 51.0

2nd

6th

9th

8th

43.4

1:29.04

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Conf Meet

DATE May 17-1

POLE VAULT

1. Freeman 14'6"
2. Mirandette -
3. Nielsen, S. 11'0"
- 4.
- alt.

HIGH JUMP

1. Smith, D 6'2"
2. Hamilton 5'8"
- 3.
- 4.
- alt.

SHOT PUT

1. Schumacher
2. ~~Backinger~~
3. Rockwell
- 4.
- 5.
- 6.

LONG JUMP

1. Freeman 21'9"
2. Calahan 19'6"
3. Mayfield 19'11"
- 4.
- 5.
- 6.

DISCUS

1. Rockwell
2. Schum
3. Ten Kac
- 4.
- 5.
- 6.

3200 M. RELAY

1. Ismail 60-202.5
2. Yokom 57-203.3
3. Gretzinger 58-205.3
4. Ruch J. 55-201.5
- alt. Bridger

110 HIGH HURDLES

1. Freeman 14.8 | 14.3
2. Webley 16.2 - 15.8
3. Triggs 16.7
- alt.

100 METER DASH

1. Kip Paul 10.76 - 10.82
2. Dewitt 11.51 | 11.6
3. Roberts 11.5 | 11.6
- alt.

800 M. REL

1. K. Paul 2
2. Barnett 2
3. M. Paul
4. Woods 2
- alt. Robert Adams

1600 M. RUN

1. Ruch J. 4:21.6
2. Ismail 4:26.4
3. Yokom 4:27.7
- 4.
- 5.
- 6.

400 M. RELAY

1. Adams
2. K. Paul
3. M. Paul
4. Barnett
- alt. Roberts

400 M. DASH

1. Woods 49.1
2. Hamilton 50.7
3. Bridger 51.2
- alt.

300 INT HU

1. Freeman
2. Webley
3. Triggs
- alt.

800 M. RUN

1. Ruch
2. Gretzinger 60-202.5
3. Bridger 57-206
- 4.
- 5.
- 6.

200 M. DASH

1. Kip Paul 22.33
2. Woods 23.2
3. Barnett 22.7
- alt.
- alt. M. Paul

3200 M. RUN

1. Yokom 9:48.5
2. Ismail 9:44.9
3. McCully 10:22.1
- 4.
- 5.
- 6.

1600 M. RE

1. Barnett
2. Ruch J. S
3. Hamilton
4. Woods
- alt. Bridger Webley

95

Midland

1000

3 75

922

\$ local tax

Bus Leave 6:30

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT MITCA Team DATE 5-29-99

POLE VAULT	HIGH JUMP	SHOT PUT	LONG JUMP	DISCUS
1. Freeman 14'0"	1. Smith 6'1"	1. Schumacher 46'5 1/2"	1. Freeman 22'5"	1. Rockwell
2. Mcrandette 13'6"	2. Hamilton 5'11"	2. Rockwell 44"	2. Mayfield 19'11"	2. Schumacher
3. Nielsen S. P. 16"	3.	3.	3. Calahan 19'11"	3.
4.	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

English
11/11/99

8:13.4 (93) Meet Record

Meet Record

3200 M. RELAY	110 HIGH HURDLES	100 METER DASH	800 M. RELAY
1. Ismail	1. Freeman 14.57	1. K. Paul 11:18	1. Kip Paul 22.5
2. Yokum 57-2:05	2. Webley 15.94	2. DeWitt 11:45	2. Barnett 23.4
3. Gretzinger 58-2:07	3.	3. Roberts 11:35	3. M. Paul 21.9
4. Ruch 56-2:01	alt.	alt.	4. Woods 22.2
alt. Bridges 56-1:59.6			alt. Roberts

11/11/99
1:54

14 43.87 Meet Record

98.11 Meet Record

1600 M. RUN	400 M. RELAY	400 M. DASH	300 INT HURD.
1. Ruch 4:42.6	1. Adams	1. Woods 49.6	1. Freeman
2. Ismail -	2. Barnett	2. Hamilton 51.7	2. Webley 42.
3. Yokum 4:44.7	3. M. Paul	3. Bridges 51.2	3.
4.	4. K. Paul	alt.	alt.
5.	alt.		
6.			

179
154
98

3:23.9

800 M. RUN	200 M. DASH	3200 M. RUN	1600 M. RELAY
1. Ruch	1. Paul K. 22.2	1. Ismail -	1. Barnett 50.4
2. Bridges 60 2:07.9	2. Woods 23.12	2. Yokum 70:16.0	2. Hamilton 51.5
3. Gretzinger 61.2	3. Barnett 22.5	3. Ruch T.	3. Paul 52.4
4. (74)	alt. 49.4	4.	4. Woods
5.		5.	alt. 49.4
6.		6.	

6-10

Joist - 66 - 2:18 - 3:33
Yokum - 64 - 2:10 3:32

68-2:20-3:37-4:56-6:16-7:31
9:00

696-6700
Rk 4 21

- Scratches 9-9:30
- Field Events 10:00
- 10:30 Prelims
- 11:15 3200 Relay
- 12:30 Finals
101
92
44
8:30 Bus Leaves

200 Rk E/L
82 80 96
104
110
O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Regional DATE Sat May 22

POLE VAULT	HIGH JUMP	SHOT PUT	LONG JUMP	DISCUS
1. Freeman 15'0"	1. <u>Smitt</u> 62"	1. Schumacher 41'3"	1. Freeman 20'5 1/2"	1. Rockwell 120
2. Mirandette 13'6"	2. Hamilton -	2. Backus	2. Calahan 19'5 1/2"	2. Schumacher 123
3. Nielsen S. 12'6"	3.	3.	3.	3.
4. Nielsen K. 11'6"	4. MS FH.	4. Masfield	4.	4.
alt. Oppenhuizen 11'0" alt.		5.	5.	5.
		6.	6.	6.

3200 M. RELAY	110 HIGH HURDLES	100 METER DASH	800 M. RELAY
1. Ismail 58-2:10.4	1. <u>Freeman</u> 14.7	1. <u>Paul; Kip</u> 11.10	1. K. Paul 22.8
2. Yukom 58-2:02.2	2. Webley 15.8	2. DeWitt 11.89	2. Barnett 22.3
3. Gretzinger 59-2:06	3.	3. Ruch <u>Adams</u>	3. M. Paul 23.7
4. Ruch T. - alt.	alt.	alt.	4. Woods 21.6
alt. Bridges 57-2:00			alt. Adams

1600 M. RUN	400 M. RELAY	400 M. DASH	300 INT HURD.
1. <u>Ruch J</u> 4:24.7	1. Adams 10	1. <u>Woods</u> 49.0	1. <u>Freeman</u> 39.6
2. Ismail R 4:43	2. K. Paul 62	2. Hamilton 51.4	2. Webley 41.8
3. Yukom 4:37	3. M. Paul	3. <u>Bridges</u> alt. <u>DeWitt</u> 50.8	3. <u>6th</u>
4.	4. Barnett		alt.
5.	alt. DeWitt		
6.			

800 M. RUN	200 M. DASH	3200 M. RUN	1600 M. RELAY
1. <u>Ruch</u> 2:15	1. <u>Paul</u> 22.5	1. Yukom 10:38.7	1. Barnett 51.3
2. Gretzinger 59	2. <u>Woods</u> 22.5	2. <u>Ismail</u> 9:46	2. Ruch J 52.4
3. <u>Bridges</u> 2:06.4	3. <u>Barnett</u> 22.9	3. <u>5th</u>	3. Hamilton 50
4.	alt. M. Paul 23.9	4. <u>Ruch</u>	4. Woods 50
5.	23.5	5.	alt. Bridges
6.		6.	Webley

Ruch 64 - 2:10 - 3:17
Yukom 65 - 2:14 - 3:26
Pog 66 - 2:15 - 3:28
Yukom - 69 - 2:24 - 3:45 - 4:54 - 6:25
Roghan - 72 - 2:24 - 3:39 - 5:06 - 6:09

Zachary 8:02.6

34 32 32

39 41 44 54

90 Bus 6:30

Tie School Record

79 School Record

22.5

3:25-9

EAST KENTWOOD TRACK
1999 Roster

4/20

Gr	Name:						Apr					May									
		M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
12	Adams Mario	-	-	-	✓	-	-	-	-	✓	-	01	-	-	-	-	-	-	-	-	-
9	Ashack Eric	-	-	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
9	Atmore Matt	-	-	-	24	-	A	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Backing Adam	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Backing Nate	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Barnett Nahum	-	-	-	✓	-	-	-	-	-	-	01	-	-	-	-	-	-	-	-	-
12	Boersma Greg	-	-	-	24	-	-	-	-	01	-	-	-	-	-	-	-	-	-	-	-
11	Brewer Jayson	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Bridges Jermaine	-	-	-	-	-	-	-	-	-	-	01	-	-	-	-	-	-	-	-	-
9	Brown Andy	-	-	-	-	-	-	-	-	-	-	A	-	-	-	-	-	-	-	-	-
12	Buist Jonathan	-	-	-	-	-	-	-	-	-	-	A	-	-	-	-	-	-	-	-	-
11	Calahan Rob	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Case Chris	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Collins John	-	-	-	-	-	D	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Daniels Craig	-	-	-	-	-	-	-	-	01	-	-	-	-	-	-	-	-	-	-	-
10	Davis Mike	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Dewitt Kevin	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Earls Mike	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Franks Trevor	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Freeman Jimmie	-	-	-	-	-	PA	-	-	PA	-	-	-	-	-	-	-	-	-	-	-
11	Gage Robert	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Gretzinger Justin	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Hamilton Kevin	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Hoag Josh	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Hubbard Andy	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Ismail Rayhan	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Jamison Jermaine	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Jones Jarrett	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Kazmerski Eric	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Lee Han Y	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Lee Brain	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Mayfield Vincent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	McCarter Cory	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	McCulley John	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Mirandett Erik	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Mitchell Bryant	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Nielsen Seth	-	-	-	-	-	01	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Nielsen Kyle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Oberst David	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Oppenhuizen Eric	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Oppenhuizen Greg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Pace Matt	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Paul Kip	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Paul Mike	-	-	-	-	-	01	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Philipps Brent	-	-	-	-	-	-	-	-	-	-	A	-	-	-	-	-	-	-	-	-
10	Roberts Ryan	-	-	-	-	-	A	-	-	-	-	A	-	-	-	-	-	-	-	-	-
11	Rockwell Matt	-	-	-	-	-	A	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Rothe Mike	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Ruch Josh	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Ruch Travis	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Schumacher Jack	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Skeels Greg	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Slager Doug	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Smith Jason	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Smith Dan	-	-	-	-	A	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Taylor Anthony	-	-	-	-	-	-	-	-	-	-	01	-	-	-	-	-	-	-	-	-
10	TenHaaf Mike	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Gr	Name:	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
12	Triggs	Donte	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Ulrich	Brian	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Van	Peter	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Velting	Cory	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10	Vert	Jason	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Wantsen	Josh	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Webley	Joel	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Weeler	Dave	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Werley	Phil	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Woods	Victor	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Yokom	Kevin	-	-	-	-	-	-	-	-	-	-	-	-	-	-

TOTAL 68

East Kentwood Track All Time Top Ten

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. Dereck Urbanowski	50' 0"	(98)
10. Derek Fitzpatrick	49' 8"	(84)

HIGH JUMP

1. Chris Baker	6' 6"	(85)
1. Cory Velting	6' 6"	(98)
3. Eric Hartfield	6' 5 3/4"	(80)
4. Chuck Hoffman	6' 5 1/2"	(78)
5. Brent Bomgaars	6' 5"	(96)
6. Mike Geukes	6' 4 1/2"	(78)
7. Brian Patterson	6' 4"	(79)
7. Chris Ross	6' 4"	(92)
9. William Armstrong	6' 3"	(88)
9. Shaun O'Brian	6' 3"	(83)

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)

POLE VAULT

1. Jimmie Freeman	15' 2"	(98)
2. Curt Geerlings	15' 1"	(78)
3. Jeff Kerr	14' 7"	(91)
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)

*East Kentwood Track
ESTABLISHED 1900*

All Time Top Ten

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 Track
All top Ten Relays

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. Ryan Roberts, Mario Adams, Jimmie Freeman, Nahum Barnett	1:30.6	(98)
4. Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2	(83)
5. Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4	(74)
5. Ritchie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4	(80)
5. Marvin Trotter, Mike Burt, Mike Baker, Brad Fields (92)	1:31.4	(92)
8. Tom Trimpe, Greg Den Boer, Flip Hight, Dennis Howe	1:31.5	(70)
9. Kip Paul, Randy Gorden, Mike Walsh, Kevin Stankey	1:31.6	(81)
9. Kip Paul, Gary Barber, Randy Gorden, Kevin Stankey	1:31.6	(81)
9. Mike Burt, Mike Baker, Marvin Trotter, Brad Fields	1:31.6	(92)

1600 Meter Run

1. Bruce Fields, Jeff Grant, Stuart Meyer, Cal Hawkins	3:25.8	(82)
2. Hal Byran, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9	(73)
3. Rob Dantuma, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.0	(80)
4. Josh Hoyt, Jon Collins, Nate Clason, Shane Woods	3:26.1	(94)
5. Dave Bills, Boug Baragar, Jim Baker, Ken Bierschbach	3:26.3	(77)
6. Walt Stange, John Mooney, Jim Hawkin, Ridk Paske	3:26.6	(75)
7. Ca Hawkins, John Erhardt, Stuart Meyer, Mike Kazmierski	3:26.7	(83)
8. Chris Baker, Bob Hanson, Steve Stapleton, Todd Ernst	3:26.9	(85)
9. Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2	(85)
10. Ross DeGraaf, Craig Mesler, Dan Reed, Don Ball	3:27.4	(91)

400 Meter Relay

1. Jeff Kerr, Craig Mesler, Peter Anderson, Brad Fields	:43.6	(91)
2. Max McDonald, Blake Born, Morrie Fongers, Jess Heard	:43.7	(85)
3. Ryan Roberts, Mario Adams, Jimmie Freeman, Nahum Barnett	:43.7	(98)
4. Marvin Trotter, Craig Mesler, Pete Anderson, Brad Fields	:43.9	(91)
4. Mike Burt, Ray Chaplin, Dan McFarland, Brad Fields (92)	:43.9	(92)
6. Brian Rexford, Doug Baragar, Don Greenbauer, Duan Swagerty	:44.0	(78)
6. Max McDonald, B.J. Evans, Blake Born, Todd Ernst	:44.0	(85)
8. Rick Den Boer, Steve Sytsma, Jim Herrman, Dave Naughton	:44.1	(74)
8. Dave Naughton, Loren Johnson, Greg Hecksel, Rick Williams	:44.1	(75)
8. Rich Swargerty, Percy Dykes, Niel Traverse, Kip Paul	:44.1	(79)
8. Percy Dykes, Gary Barber, Neil Traverse, Kip Paul	:44.1	(80)

3200 Meter Relay

1. Ross DeGraaf, Dan Reed, Stu Palmer, Brain Hyde	7:55.8	(91)
2. Andy Kazmierski, Dave Schultz, Mark Sellers, Stu Scobie	8:00.4	(86)
3. Ross DeGraaf, Mac Anderson, Stu Palmer, Brain Hyde	8:02.0	(89)
4. Stu Scobie, Mark Reinardy, Tony Bielecki, Mike Kazmierski	8:03.3	(84)
5. Stu Palmer, Mike Henning, Ross DeGraaf, Brain Hyde (90)	8:04.0	(90)
6. Stu Scobie, Mark Rienardy, Bob Hanson, Andy Kazmierski	8:04.5	(85)
7. Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9	(80)
8. Chad Christensen, Chad Pilbeam, Bryan Garcia, Dan Reed	8:13.2	(92)
9. Andy Kazmierski, Mark Reinardy, Mark Sellers, Stu Scobie	8:13.8	(86)
10. Stu Scobie, Mark Reinardy, John Possett, Andy Kazmierski	8:14.6	(85)
10. Dave Schultz, Aaron Suarez, Jon Royer, Brain Hyde	8:14.6	(88)

East Kentwood Track

The following athletes will be running in the Champion of Champions Meet at Rogers High School on Monday May 24.

- | | | |
|---------------|-------------------|------------|
| Pole Vault | Jimmie Freeman | 13" |
| High Jump | Dan Smith | 6'4" |
| Long Jump | Jimmie Freeman | 21'9" |
| 3200 m Relay | Rayhan Ismail | 208 |
| | Kevin Yokom | 209 |
| | Justin Gretzinger | 208 |
| | Josh Ruch | 203 8:29.6 |
| High Hurdles | Jimmie Freeman | 14.5 |
| 100 m Dash | Kip Paul | 10.9 |
| 800 m Relay | Kip Paul | 22.8 |
| | Nahum Barnett | 23.1 |
| | Mike Paul | 24.7 |
| | Victor Woods | 21.7 |
| 400 m Relay | Mario Adams | 132.3 |
| | Kip Paul | - |
| | Mike Paul | Barnett |
| | Nahum Barnett | Woods |
| 400 m Dash | Victor Woods | 4 Yards |
| 300 m I. Hurd | Jimmie Freeman | |
| 200 m Dash | Kip Paul | |
| 1600 m Relay | Nahun Barnett | 54 |
| | Josh Ruch | 53.2 |
| | Kevin Hamilton | 51 |
| | Victor Woods | 51 |
| | Mike Paul | 54.4 |

TIME SCHEDULE

- | | |
|----------------------|------|
| Bus Leaves: | 3:00 |
| Pole Vault: | 4:00 |
| All Field Events | 4:30 |
| Prelims | 5:00 |
| Opening Ceremonies | 6:30 |
| Running Event Finals | 7:00 |

2000

"Boys Track" "1999" State Finals

State Qualifiers (Sat June 5th Meet)

Pole Vault: Jimmie Freeman, Eric Mirandette, Seth Nielsen

High Jump: Dan Smith

3200m. Relay: Rayhan Ismail, Kevin Kikum, Justin Grotzinger,
Jermaine Bridges

110 High Hurdles: Jimmie Freeman

100m. Dash: Kip Paul

800m. Relay: Kip Paul, Nahum Barnett, Mike Paul, Victor Woods

1600m Run: Josh Ruch

400m Relay: Mario Adams, Kip Paul, Mike Paul, Nahum Barnett

400m Run: Victor Woods, Jermaine Bridges

300m Intm. Hurdles: Jimmie Freeman

200m Dash: Kip Paul, Victor Woods, Nahum Barnett

3200m Run: Rayhan Ismail

1600m Relay: Nahum Barnett, Josh Ruch, Kevin Kikum, Victor
Woods

Adams, Mario	Nielsen Seth
Barnett, Nahum	Paul, Kip
Bridges, Jermaine	Paul, Mike
Freeman, Jimmie	Ruch, Josh
Grotzinger, Justin	Smith, Dan
Hamilton, Kevin	Kikum, Kevin
Ismail, Rayhan	Woods, Victor
Mirandette, Eric	

- Scratches 9:30
 - Field Events 10:00
 - 10:30 Prelims
 - 11:15 3200 Relay
 - 12:30 Finale
 8:30 Bus leaves

200 2K ETC
 82 80 96
 104
 O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Regional DATE Sat May 22

POLE VAULT
 1. Freeman 15'5"
 2. Mirandette 13'6"
 3. Nielsen S. 12'0"
 4. Nielsen K. 11'0"
 alt. Oppenheimer

HIGH JUMP
 1. Smith 62
 2. Hamilton
 3.
 4.
 alt.

SHOT PUT
 1. Schumacher
 2. ~~Backus~~
 3.
 4.
 5.
 6.

LONG JUMP
 1. Freeman 20'5"
 2. Calahan
 3. 19'5"
 4. Mosher
 5.
 6.

DISCUS
 1. Rockwell
 2. Schumacher
 3. 12'3"
 4.
 5.
 6.

3200 M. RELAY
 1. Ismail 28:20
 2. Yokum 52:20
 3. Grotzinger 59:20
 4. Ruch T
 alt. Bridges 37:20

110 HIGH HURDLES
 1. Freeman 14.7
 2. Webley 8
 3.
 alt.

100 METER DASH
 1. Paul, Kip 11.1
 2. DeWitt 11.89
 3. ~~Ruch~~
 alt.

800 M. RELAY
 1. K. Paul 228
 2. Barnett 223
 3. M. Paul 237
 4. Woods 216
 alt. Adams

1600 M. RUN
 1. Ruch 4:24.7
 2. Ismail R 4:43
 3. Yokum 4:32
 4.
 5.
 6.

400 M. RELAY
 1. Adams
 2. K. Paul
 3. M. Paul
 4. Barnett
 alt. DeWitt

400 M. DASH
 1. Woods 49.0
 2. Hamilton 51.4
 3. Bridges
 alt. DeWitt

300 INT. HURD.
 1. Freeman 29.6
 2. Webley 41.8
 3. W
 alt.

800 M. RUN
 1. Ruch 3:11
 2. Grotzinger 59
 3. ~~Bridges~~ 28
 4.
 5.
 6.

200 M. DASH
 1. Paul 22.4
 2. Woods 22.5
 3. Smith 22.7
 alt. M. Paul

3200 M. RUN
 1. Yokum 10:38.7
 2. Freeman 9:46
 3. 5
 4.
 5.
 6.

1600 M. RELAY
 1. Barnett 51
 2. Paul 52.0
 3. Hamilton 50
 4. Woods 50
 alt. Bridges
 Webley

Ruch 64 - 2:10 - 3:17
 Ismail 65 - 2:11 - 3:20
 Yokum 69 - 2:24 - 3:05 - 4:54 - 6:05
 Barnett 72 - 2:24 - 3:34 - 5:00 - 6:09

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- Scratches 9:00
 - Field Events 10:00
 - 10:30 Prelims
 - TT:K 3200 Relay
 - 12:30 Finals
 8:30 Bus Leaves

21
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 104
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 96
 110
 O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Regional DATE Sat May 22

POLE VAULT	HIGH JUMP	SHOT PUT	LONG JUMP	DISCUS
1. Freeman 13.5	1. <u>Smitt</u> 62	1. Schumacher 20.5	1. Freeman 20.5	1. Rockwell 12.0
2. Mirandette 13.6	2. Hamilton -	2. Barkley	2. Calahan 19.5 1/2	2. Schumacher 12.3
3. Nielsen 5.16	3.	3.	3. Masi 19.5 1/2	3. 12.3
4. Nielsen 16.1	4.	4.	4. Masi 19.5 1/2	4.
alt. Oppenhuizen	alt.	5.	5.	5.
		6.	6.	6.

3200 M. RELAY	110 HIGH HURDLES	100 METER DASH	800 M. RELAY
1. Isma 1:52.7	1. <u>Freeman</u> 14.7	1. <u>Paul, Kip</u> 11.1	1. K Paul 22.8
2. Yokum 57.2	2. Webley 8	2. Dewitt 11.39	2. Barnett 22.3
3. Grotzinger 59.2	3.	3. Paul, Kip	3. K Paul 23.7
4. Paul T -	alt.	alt.	4. Webley 21.2
alt. Bridges			alt. Adams

1600 M. RUN	400 M. RELAY	400 M. DASH	300 INT HURD.
1. Ruck 4:24.7	1. Adams 1.2	1. Woods 49.0	1. <u>Freeman</u> 29.6
2. Israel R 4:43	2. K. Paul 1.2	2. Hamilton 51.4	2. Webley 41.9
3. Yokum 4:37	3. K Paul 1.2	4. Bridges	3. <u>6.0</u>
4.	4. Barnett 1.2	alt. <u>3.18</u>	alt.
5.	alt. <u>Smith</u>		
6.			

800 M. RUN	200 M. DASH	3200 M. RUN	1600 M. RELAY
1. Ruck 3:17	1. <u>Paul</u> 22.4	1. Yokum 10:38.7	1. Barnett 51
2. Grotzinger 3:14	2. Woods 22.5	2. <u>Israel</u> 9:46	2. Paul 52.6
3. Barkley 20.5	3. <u>Freeman</u> 22.7	3. <u>6.0</u>	3. Hamilton 53
4.	alt. <u>10.9</u>	4.	4. Webley 56
5.		5.	alt. Bridges
6.		6.	Webley

Ruck 64 - 2:10 - 3:17
 Yokum - 69 - 2:24 - 3:45 - 4:54 - 6:05
 Paul - 72 - 2:24 - 3:39 - 5:05 - 6:09

"Boys Track" "1999" State Finals

State Qualifiers (Sat June 5th Meet)

Pole Vault: Jimmie Freeman, Eric Micardette, Seth Nielsen

High Jump: Dan Smith

3200m. Relay: Rayhan Ismail, Kevin Yokum, Justin Grotzinger, Jermaine Bridges

110 High Hurdles: Jimmie Freeman

100m. Dash: Kip Paul

800m. Relay: Kip Paul, Nahum Barnett, Mike Paul, Victor Woods

1600m Run: Josh Ruch

400m Relay: Maria Adams, Kip Paul, Mike Paul, Nahum Barnett

400m Run: Victor Woods, Jermaine Bridges

300m Intm. Hurdles: Jimmie Freeman

200m Dash: Kip Paul, Victor Woods, Nahum Barnett

3200m Run: Rayhan Ismail

1600m Relay: Nahum Barnett, Josh Ruch, Kevin Hamilton, Victor Woods

- | | |
|--------------------|---------------|
| Adams, Maria | Nielson Seth |
| Barnett, Nahum | Paul, Kip |
| Bridges, Jermaine | Paul, Mike |
| Freeman, Jimmie | Ruch, Josh |
| Grotzinger, Justin | Smith Dan |
| Hamilton, Kevin | Yokum Kevin |
| Ismail, Rayhan | Woods, Victor |
| Micardette, Eric | |

200

"Boys Track" "1999" State Finals

State Qualifiers (Sat June 5th Meet)

Pole Vault: Jimmie Freeman, Eric Mirandette, Seth Nielson

High Jump: Dan Smith

3200m. Relay: Rayhan Ismail, Kevin Yukum, Justin Grotzinger,
Jermaine Bridges

110 High Hurdles: Jimmie Freeman

100m. Dash: Kip Paul

800m. Relay: Kip Paul, Nahum Barnett, Mike Paul, Victor Woods

1600m Run: Josh Ruch

400m Relay: Mario Adams, Kip Paul, Mike Paul, Nahum Barnett

400m Run: Victor Woods, Jermaine Bridges

300m Intm. Hurdles: Jimmie Freeman

200m Dash: Kip Paul, Victor Woods, Nahum Barnett

3200m Run: Rayhan Ismail

1600m Relay: Nahum Barnett, Josh Ruch, Kevin Hamilton, Victor
woods

Adams, Mario	Nielson Seth
Barnett, Nahum	Paul, Kip
Bridges, Jermaine	Paul, Mike
Freeman, Jimmie	Ruch, Josh
Grotzinger, Justin	Smith, Dan
Hamilton, Kevin	Yukum, Kevin
Ismail, Rayhan	Woods, Victor
Mirandette, Eric	

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 5-6-99

Cops
Back

POLE VAULT

1. Freeman
2. Mirandette 13'0"
3. Nielsen S. 11'6"
4. Oppenhuizen G. -
- alt. Nielsen 10'9"
- alt. Mulhard 9'0"
- alt. Oberst

HIGH JUMP

1. Smith D. 6'0"
2. Hamilton 5'8"
- 3.
- 4.
- alt.

SHOT PUT

1. Schumacher 46'4"
2. Backing N 40'7"
3. Rockwell 36'8"
4. Ten Haaf 33'0"
5. Case 32'8"
6. Vert 33'1"
- alt. Jamison 25'2"
- alt. Oppenhuizen 27'6"
- alt. Gage 26'8"
- alt. Slager 27'2"

LONG JUMP

1. Freeman 20'7"
2. Calahan 19'3"
3. Mayfield 15'10"
4. Delwitt 17'7"
5. Franks 17'5"
6. McCarter 15'4"

DISCUS

1. Rockwell 109'6"
2. Ten Haaf 89'1"
3. Schumacher 103'10"
4. Jamison 91'3"
5. Vert 77'3"
6. Gage 84'8"
- alt. Case 80'1"
- alt. Oppenhuizen 66'7"
- alt. Slager 66'7"
- alt. 1:35.8

3200 M. RELAY

1. Ismail 1:22.2
2. Yokom 64 - 2:14.6
3. Gretzinger 74 - 2:12.8
4. Ruck T 67 - 2:20.5
- alt. Bridge

110 HIGH HURDLES

1. Freeman 15.3
2. Webley 16.5
3. Trigger 17.9
- alt.

100 METER DASH

1. Paul K. 11.9
2. Woods 12.36
3. Davis 12.85
- alt.

800 M. RELAY

1. K. Paul 22.2
2. Barnett 25.5
3. M. Paul 24.9
4. Woods 23.0
- alt. Adams
- alt. Roberts

1600 M. RUN

1. Ruck J 4:39
2. Ismail 4:46
3. McCully 4:56
4. Ruck T 4:56.5
5. Brewer 5:02
6. Ashack 5:12
- alt. Smith T 6:01
- alt. Webley 6:28
- alt. Pace 6:23
- alt. Brown 6:07

400 M. RELAY

1. Adams
2. K. Paul
3. M. Paul
4. Barnett
- alt.

400 M. DASH

1. Woods 58.0
2. Hamilton 53.1
3. Bridges 53.15
- alt. Mayfield

300 INT HURD.

1. Freeman 42.1
2. Webley 45.1
3. Trigger 48.5
- alt.

800 M. RUN

1. J. Ruck
2. Bridges 6:40 - 2:12
3. Gretzinger 64 - 2:18
- alt. Backing A
4. Ulrich 66 - 2:16
5. Ashack 2:19
6. Karmerski 2:22
- alt. Jones 2:30
- alt. Pace
- alt. Webley 2:53
- alt. Brown

200 M. DASH

1. K. Paul
2. Barnett 24.5
3. M. Paul 25.0
- alt. Roberts

3200 M. RUN

1. Yokom 10:38.9
2. Ismail 11:07
3. McCully 11:06
4. Smith J - 13:04
5. Pace - 13:15
- 6.

1600 M. RELAY

1. Barnett
2. Ruck J 54.8
3. Hamilton 54.6
4. Woods 54.2
- alt. Bridges
- alt. Webley
- alt. 55.1

22

52

75

8

4

3:38.8

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Grand Haven DATE 5-6-99

<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. Callahan Daniel 13.3	1. Davis
2.	2.	2. Boersma	2. Daniels
3.	3.	3. Mitchell	3. Mitchell Barb
4.	alt.	alt. Lee Briar 15.0 Van 14.2 Phillips 15.1 Earl 14.8 Roth	4. Burr
alt.			alt. Boersma

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1. <u>56.9</u>	1. Wantson 56.9	1.
2.	2.	2. Mayfield	2.
3.	3.	3. Daniels 60.4	3.
4.	4.	alt. Collins 61.9	alt.
5.	alt.	Phillips 63.9	
6.			

<u>800 M. RUN</u>	<u>200 M. DASH</u>	<u>3200 M. RUN</u>	<u>1600 M. RELAY</u>
1.	1. Burr 26.9	1.	1. Backing A
2.	2. Trigg 26.5	2.	2. Bridges
3.	3. Roth 27.1	3.	3. Webley
4.	alt. Phillips 30.2	4.	4. Wantson
5.	Wantson	5.	alt. Ulrich
6.	Brewer 29.5	6.	Gretzinger
	Collins		
	Van		
	Hoag		
	Wheeler 27.9		
	Mitchell		
	Frank, 27.5		
	Oppehara		
	Hubbard		

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Grandville DATE 5-4-99

POLE VAULT

1. Freeman 13'6"
2. Mirandette 13'0"
3. Nielsen S. 12'6"
4. Oppenhuizen G 11'0"

alt. Nielsen K 9'6"
Hubbard 9'0"
Oberer 9'0"
8:50.8

HIGH JUMP

1. Smith D 6'0"
2. Hamilton 5'10"
- 3.
- 4.

alt.

SHOT PUT

1. Schumacher 44'0"
2. Backing W 41'8 1/2"
3. Rockwell 38'5 1/2"
4. TenKaaf 34'3"
5. Case 31'9"
6. Oppenhuizen G 28'5 1/2"

LONG JUMP

1. Freeman 20'5"
2. Calahan 19'8"
3. Mayfield 18'2 1/2"
4. Dewitt 17'5"
5. Paul M. —
6. McCarter 12'10"

DISCUS

1. Rockwell 121'2 1/2"
2. TenKaaf 102'7"
3. Schumacher 102'11"
4. Jamison 93'6"
5. Vert 80'4"
6. Oppenhuizen Slager 80'5"

3200 M. RELAY

1. Ismail 61 2:06
 2. Yokom 61 2:10.6
 3. Gretzinger 62 2:14
 4. Ruch T 65-2:14 alt.
- alt. Bridges

110 HIGH HURDLES

1. Freeman 17.6
 2. Triggs 16.6
 3. Webley 16.24
- alt.

100 METER DASH

1. Paul K 11.0
 2. Woods 11.4
 3. Dewitt 11.78
- alt.

800 M. RELAY

1. K. Paul 23.0
 2. Adams 23.8
 3. Barnett 23.8
 4. Woods 27.2
- alt. M. Paul Roberts

1600 M. RUN

1. Ruch J 4:43
2. Yokom 4:47
3. McCully 4:55
4. Ruch T 5:00
5. Brewer 5:03
6. Ashack 5:11
7. Smith J 5:49
8. Webley 5:52.2
9. Pace 5:57
10. Brown 5:57

400 M. RELAY

1. Adams
 2. K. Paul
 3. M. Paul
 4. Barnett
- alt. Roberts Dewitt

400 M. DASH

1. Woods 57.0
 2. Hamilton 54.0
 3. Mayfield 58.4
- alt.

300 INT HURD.

1. Freeman 40.4
 2. Webley 43.9
 3. Triggs 45.3
- alt. Mayfield
- 3:35.8
3:36.1

800 M. RUN

1. J. Ruch
2. Bridges
3. Gretzinger 68 2:06.1
4. Backing A 2:09
5. Wantson 66 2:14
6. Ulrich 2:16
7. Ashack 66 2:16.9
8. Kazmercki 2:11
9. Jones 68 2:24.8
10. Pace 2:48
11. Webley 68 2:47
12. Lee Han 2:26

200 M. DASH

1. K. Paul —
 2. Barnett —
 3. M. Paul 23.6
- alt. Roberts 24.0

3200 M. RUN

1. Yokom 10:38
2. Ismail —
3. McCully 10.56
4. Ruch T 11.30
5. Gretzinger 11:15
- 6.

1600 M. RELAY

1. Webley 53.1
 2. Backing 54.548
 3. Hamilton 52.8
 4. Ismail 55.3
- alt. Bridges
- Triggs
Mack
Ismail

27
52

24

6

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 5-4-99

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

- Roth 12.5
McCurtis 11.92
Taylor 12.9
Jamison
Hoag 12.6
Skeels 14.8
1. M. Paul 12.1
 2. Davis 11.6
 3. Daniels 12.0
 - alt. Boersma 12.4
 - Lee Brian 13.7
 - Van 13.2
 - Phillips 13.3
 - Earls 13.29

800 M. RELAY

- 1140.8
1. Davis 234
 2. Daniels -
 3. Mitchell 27.6
 4. Buist 234
 - alt. Boersma
 - Van, Peter
 - Hoag

1600 M. RUN

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

400 M. RELAY

- 1.
- 2.
- 3.
- 4.
- alt. Peter Van

400 M. DASH

1. Adams -
2. Daniels 59.7
3. Collins 64.0
- alt. Phillips 63.0

300 INT HURD.

- 1.
- 2.
- 3.
- alt. Triggs 61.3
- Koz 60.1
- U1 Paul 62.3
- Collins 62.5

800 M. RUN

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

26.5
Mitch
Franky 25.7
Hoag
Wheat 26.4
26.8

200 M. DASH

1. Buist 25.3
2. Triggs 25.0
3. Roth 25.0
- alt. Boersma
- Hubbard
- Oberst 27.3
- Phillips 27.6
- Earls 27.9
- Nielson S
- Nielson K
- Van 28.4

3200 M. RUN

- 3
- 1.
 - 2.
 3. Opp. 63.6
 4. Schanck 64.2
 5. Bruer 59.7
 6. Wentz 56.0
- 406.2

1600 M. RELAY

1. Backing A
2. Bridges 120
3. Wobley 53.1
4. Wantzen
- alt. Ulrich
- Getzinger

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT West Ottawa DATE 4/20/97

POLE VAULT 4

1. Freeman 12'6"
2. Mirandette 12'6"
3. Oppenhuizen 8'10"
4. Nielsen 5 NH
alt. Nielsen K 9'
Hubbard A. NH
Oberst NH

HIGH JUMP 4

1. Vetting 6'0"
2. Hamilton 5'10"
3. Smith D 6'2"
4. McCarter C. -
alt.

SHOT PUT 6

1. Schumacher 45'4"
2. Backing 42'0"
3. Rockwell 38'6"
4. Jamison 35'5 1/2"
5. Gage 29'5 1/2"
6. Oppenhuizen E

LONG JUMP 8

1. Freeman 20'3 1/2"
2. Vetting 19'3"
3. Paul M. 18'3"
4. Frank T. 17'5"
5. Calahan 19'3"
6. Mayfield 11'10"
Dewitt 18'4"

DISCUS 4

1. Rockwell 114'3"
2. Schumacher 103'
3. Jamison 97'5"
4. Gage 105'8 1/2"
5. Oppenhuizen E 78'11"
6. Jamison 78'11"

3200 M. RELAY 5

1. Ismail 60 - 2:04.9
2. Yokom 59 - 2:05.6
3. Gretzinger 57 - 2:05.3
4. Ruch J 58 1:58.5
alt. Bridges
Wantzen
Backing A.

110 HIGH HURDLES 3

1. Freeman 15.38
2. Webley 16.3
3. Triggs 17.0
alt. Mayfield

100 METER DASH 3

1. Paul K. ? 9
2. Adams - Short
3. Roberts ?
alt. Dewitt 11.6
McCarter

800 M. RELAY 5

1. Paul K 22.5
2. Barnett 23.5
3. Paul M. 23.6
4. Woods 22.4
alt. Adams
Dewitt

1600 M. RUN 6

1. Ruch J. 4:39
2. Ismail R 4:42
3. Yokom K 4:44
4. Brewer 5:08
5. Webley 5:53
6. Ashack 5:11
Pace 5:52
Brown 5:50
Smith J. 5:41

400 M. RELAY 4

1. Paul K
2. Adams / Roberts
3. M. Paul
4. Barnett
alt. Roberts 1st
Dewitt
Smith D.

400 M. DASH 6

1. Woods 52.7
2. Hamilton 52.2
3. Mayfield 56.9
alt. Franks
Wantzen
Bridges
Paul M.

300 INT HURD. 3

1. Freeman 42.2
2. Webley 45.3
3. Triggs 46.6
alt. Mayfield

800 M. RUN 6

1. Ruch J. 60 2:03.7
2. Bridges 59 2:05.0
3. Gretzinger 2:10
Wantzen w/ zill
4. Kazmerlei 2:19
5. Backing A. 63 2:13
6. Ulrich 63 2:13
Webley 2:49
Collins 2:34
Lee, Han 2:28
Pace 2:45
Phillips
Tussett 2:31

200 M. DASH 4

1. Woods 23.0
2. Barnett 22
3. Paul K. 23.49
alt. Adams
Mike Paul
Roberts 24.2
Dewitt
Davies

3200 M. RUN 6

1. Yokom 10:18
2. Ismail 10:20
3. Ruch T. 10:56
4. McCalley 10:38
5. Gretzinger 11:04
6. Ashack 11:35

1600 M. RELAY 5

1. Barnett 53.0
2. Ruch 53.1
3. Woods 52.9
4. Hamilton 53.3
alt. Webley
Paul M
Mayfield

26

8.14.4

17/24

21/20

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE 4/20/99

POLE VAULT

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

HIGH JUMP

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

SHOT PUT

1. Vert 30'7"
2. Slager 29'0"
3. Ten Haaf 36'1"
4. Johnson M. -
5. Case 33'3"
- 6.

LONG JUMP

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

DISCUS

1. Slager 75'0"
2. Vert 80'4"
3. Ten Haaf 82'3"
4. Case 85'4"
- 5.
- 6.

3200 M. RELAY

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

110 HIGH HURDLES

1. McCarter C.
2. Mayfield
- 3.
- alt.

100 METER DASH

1. DeWitt
2. Davis 12.2
3. Franks
- alt. Daniels
Phillips
Atmore
Earls
Brian Lee
Van, Peter
Rothe

800 M. RELAY

1. ~~Earls~~
2. Mitchell
3. Buist
4. Wheeler
- alt.

1600 M. RUN

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

400 M. RELAY

1. DeWitt 47.6
 2. Franks
 3. Boersma
 4. Daniels
 - alt. Mitchell
Daniels
- Rockwell
Schumucker
Johnson
Ten Haaf

400 M. DASH

1. Fox
 2. Daniels 58.6
 3. Collins 59.3
 - alt. Phillips
Brents
Rithe
Taylor 62.9
- Hoag

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

1. Mitchell 26.9
 2. Davis 25.5
 3. Daniels 25.4
 - alt. Earls
 - Lee Brian
 - Rothe
 - Hoag 26.9
 - Buist 27.3
 - Welder 27.6
 - Earls 28.2
- Boersma 26.0
Frank 27.0
Paul 25.1

3200 M. RUN

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

- 3:54.5
Mirandette 80.1
Wantzen 58.5
Brewer 60
Oppenhuizen 59.0

1600 M. RELAY

1. ~~Buist~~ Backling
 2. Mayfield Kar
 3. Paul M. 58.8
Ulrich 58.6
 4. Wenteley
 - alt. Fox 57.0
Trigger
- 10 Nielsen 77.6
5 Nielsen 84
Oberst 67
Hubbard 67

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shores DATE 4/27/99

POLE VAULT 8

1. Freeman 13'0"
2. Mirandette 12'0"
3. Oppenhuizen G 9
4. Nielsen S. 11'6"
- alt. Nielsen K 9'
- Hubbard 9'6"
- Oberst -

HIGH JUMP 4(6)

1. Smith D 6'4"
2. Velting -
3. Hamilton 6'0"
- 4.
- alt.

SHOT PUT 2(6)

1. Schumacher 41'3"
2. Backing N 36'0"
3. Rockwell 31'9"
4. Ten Haaf 33'8"
5. Jamison 37'2"
6. Case

LONG JUMP 6

1. Freeman 19'4"
2. Velting -
3. Calahan 18'11"
4. Paul M 17'4"
5. DeWitt 17'11"
6. May Field 18'6"

DISCUS 3

1. Rockwell 115'6"
2. Gage 79'7"
3. Schumacher 99'11"
4. Ten Haaf 158'3"
5. Case
6. Vert 80'22'11"

3200 M. RELAY 5

1. Ismail 62-2:10
2. Yokom 63-2:12
3. Bretzinger 59-2:12
4. Ruch J. 62-2:14
- alt. Bridges
- Wantsen

110 HIGH HURDLES 2(9)

1. Freeman 15.21
2. Webley 16.64
3. Triggs 17.06
- alt.

100 METER DASH 6 9

1. Paul Kip 10.98
2. Roberts 11.58
3. DeWitt 11.45
- alt. Adams

800 M. RELAY 5

1. K Paul 23.8
2. Barnett 22.7
3. M. Paul 24.9
4. Woods 22.6
- alt. Adams
- M. Paul

1600 M. RUN 6(9)

1. Ruch J. 4:35.2
2. Ismail R. 4:44.2
3. Yokom 4:44.9
3. Backing 5:11
4. Ruch J. 5:04
- McCully 4:59
5. Ashach 5:14
- Brewer 5:13
6. Smith J. 5:38
6. Pace 6:00
- Werley 5:59
- Brown 6:01

400 M. RELAY 5

1. Roberts
2. K. Paul
3. M. Paul
4. Barnett
- alt. Adams
- DeWitt

400 M. DASH 8

1. Woods 52.2
2. Hamilton 54.0
3. May Field 50.8
- alt. Daniels
- Backing
- Wantsen
- Ulrich

300 INT HURD 5

1. Freeman 41.83
2. Webley 44.5
3. Triggs 47.1
- alt. May Field

800 M. RUN 8

1. Ruch J. -
2. Bridges 2:05
3. Bretzinger 2:09.1
3. Wantsen 2:17
- Ashach 2:21
4. Ulrich 2:18
5. Kazmerski 2:23
- Lee Han
6. Jones J. 2:28
- Pace 2:50
- Werley 2:50

200 M. DASH 6

1. Paul K 22.5
2. Woods 22.26
3. Adams 24.6
- alt. Roberts
- Daniels

3200 M. RUN 3

1. Yokom - 10:23.1
2. Ismail -
3. McCulley - 10:54
4. Ruch J. 10:59
- 5.
- 6.

51600 M. RELAY

1. Barnett 54.8
2. Ruch J 53.1
3. Woods 53.4
4. Hamilton 57.8
- alt. Bretzinger

94

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shores

DATE 4/27/99

POLE VAULT

HIGH JUMP

SHOT PUT

LONG JUMP

DISCUS

- | | | | | |
|------|------|----|----|----|
| 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. |

9:26.2

3200 M. RELAY

110 HIGH HURDLES

100 METER DASH

800 M. RELAY

1. Backing 63 2:18.2
2. ~~Wentz~~
3. Ulrich 62-218
4. Ruch T 67-220.8
- alt. Kazmerski 71-2:29

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

Mitchell 12.94
Skate 14.75
Sumic 13.5

1. Davis 12.0
2. Franks -
3. Daniels 12.07
- alt. Earls 14.0 Callahan 11.56
- Lee Brian 13.59
- Van Peter 13.97
- Phillips
- Rott
- Hoag 13.06

1. Davis 24.5
2. Buist 24.4
3. Boersma 27.2
4. Daniels 24.4
- alt. Hoag 17.59
Mitchell

1600 M. RUN

400 M. RELAY

400 M. DASH

300 INT HURD.

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
1. DeWitt
2. Franks
3. Boersma
4. Daniels
alt. Mitchell
May Field

1. Daniels 59.5
2. Collins 60.3
3. Phillips 60.8
- alt. Taylor

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

800 M. RUN

200 M. DASH

3200 M. RUN

1600 M. RELAY

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
1. Daniels 24.8
2. Davis 24.6
3. Buist 25.2
alt. Boersma 26.6
Hoag 22.3
Mitchell 27.3
Franks 24.3
Wheeler
Earls
Lee B
Rott
Callahan
- Dover 27.8
Taylor 31.0
Nicks 29.5
Huber 27.0
Von 27.5

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

Oppenheiser
Phillips
Peter Van

1. Backing 55.8
2. Bridges 53.2
3. Webley 55.2
4. Gritzinger 55.4
- alt. Ulrich
Brewer
Wantsen

3:40.4

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Holland DATE 5-11-99

POLE VAULT

1. Freeman 13'0"
 2. Mirandette 12'6"
 3. Nielsen S. ~~12'0"~~
 4. Oppenhuizen G -
- alt. Nielsen K. 12'0"
Hubbard 9'6"
Oberst -

HIGH JUMP

1. Smith D. 6'2"
 2. Hamilton 5'8"
 - 3.
 - 4.
- alt.

SHOT PUT

1. Schumacher 47'3"
2. Backing N. 37'2"
2. Rockwell -
3. Ten Haaf 33'2"
4. Jamison 34'3 1/2"
5. Vert 32'6"
5. Case 32'2"
6. Gage 30'5 1/2"
- Slager 24'00"

LONG JUMP

1. Freeman 21'4 1/2"
2. Calahan 19'5"
3. Mayfield 19' 1/2"
4. Dewitt 17'10"
5. Smith D. 16'11"
6. Franks 18'5"
- McClarter 16'11"

DISCUS

1. Rockwell 122'5"
2. Ten Haaf 96'4"
2. Schumacher 107'5"
3. Jamison 94'2"
4. Goige 71'9"
4. Vert 82'9"
5. Case 70'10"
- 79'8"
6. Oppenhuizen 79'8"
- Slager 89'5"

3200 M. RELAY

1. Ismail
 2. Yokom
 3. Gretzinger
 4. Ruch J.
- alt. Bridges

110 HIGH HURDLES

1. Freeman 14.8
 2. Webley 16.2
 3. Triggs 16.7
- alt.

100 METER DASH

1. Paul K. 11.1
 2. Calahan 11.64
 3. Roberts 11.82
- alt. Davis

800 M. RELAY

1. Roberts 5 1/2
 2. M. Paul
 3. K. Paul
 4. Woods 5 1/2
- alt. Adams
Roberts

1600 M. RUN

- * 1. Ismail 4:31
2. Yokom
3. Ruch T. 5:21
- * 4. Brewer 4:57
5. Werley 6:05
6. Pace -
6. Brown 6:03

400 M. RELAY

1. Roberts
 2. Dewitt
 3. M. Paul
 4. K. Paul
- alt. Woods
Calahan

400 M. DASH

1. Woods 54.5
 2. Hamilton 52.1
 3. Bridges 51.8
- alt. Wansten
Mayfield

300 INT HURD.

1. Freeman -
 2. Webley 43.1
 3. Triggs 46.0
- alt.

800 M. RUN

1. J. Ruch 58 - 2:00
2. Bridges 62 - 2:15
3. Gretzinger 61 - 2:06
- Yokom 61 - 2:07
4. Backing A 63 - 2:11
5. Ulrich 64 - 2:11
- Jones 73 - 2:26
6. Werley 77 - 2:26
- Kee

200 M. DASH

1. K. Paul 22.4
 2. M. Paul 23.8
 3. Calahan 24.0
- alt. Davis
M. Paul

3200 M. RUN

1. Ismail 10:00
2. McCully 10:43
- * 3. Ashack 10:01
4. Pace 12:59
5. Kazmerski 11:21
6. J. Smith 12:45
- Yokom 11:06

1600 M. RELAY

1. Webley 54.0
 2. Ruch T. 54.6
 3. Hamilton 55.0
 4. Wansten 55.5
- alt. Bridges
Webley

3:39.4

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O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 5-11-99

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. Daniels 12.2
- 2. Davis 11.9
- 3. McCarter 11.44
- alt. Earls 13.4
- DeWitt 11.57
- Brian Lee 12.9
- Hoag 13.4
- Steele 14.0

800 M. RELAY

- 1. Davis
- 2. Daniels
- 3. Earls
- 4. Burt
- alt. Boersma
- Peter Van
- Roth

1600 M. RUN

- 1. -24.8
- 2. -25.7
- 3.
- 4. -27.5
- 5.
- 6.

400 M. RELAY

- 1.
 - 2.
 - 3.
 - 4.
 - alt.
- 24.53
24.79
28.5
26.23
28.4
27.12
27.4
collins 27.7
van 17.4
32.7

400 M. DASH

- 1. Mayfield
- 2. m. Paul
- 3. Wansten 54.5
- alt. Daniels 55.1

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

- 1. Burt 25.8
- 2. Triggs 24.8
- 3. Roth 25.8
- alt. Wansten
- Phillips
- Earls 27.1
- Davis 23.9
- Van 27.8
- Mayfield
- Brewer 24.8
- Wheeler

3200 M. RUN

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

1600 M. RELAY

- 1. Backins A 55.9
- 2. Wansten
- 3. Webley
- 4. Bridger
- alt. Ulrich 57.5
- Mayfield
- Daniel
- Triggs 59.7

Disc
Burt
K
Skid
23.9
25.1
27.1
28.5
Burt
25.7
27.5
29.5
DB

Ph. Lier 28.5
Collins 26.2
Franker 24.5
obel 27.4
OPP 24.5

Gratzing 55.8
Mayfield
Daniel

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Jenison DATE 5-13-99

26

<u>POLE VAULT</u> 9	<u>HIGH JUMP</u> 6+	<u>SHOT PUT</u> 5+	<u>LONG JUMP</u> 3+	<u>DISCUS</u> 1
1. Freeman 13'0"	1. Smith 6'0"	1. Schumacher 46.0	1. Freeman 20'7"	1. Rockwell 119
2. Mirandette 12'5"	2. Hamilton 5'8"	2. Backing 46'7"	2. Calahan 19'0"	2. Ten Haaf 102'6"
3. Nielsen S. 12'0"	3.	3. Rockwell 38'0"	3. Mayfield 18'10"	3. Schumacher 119.5
4. Nielsen K. 11'0"	4.	4. Jamison 33'10 1/2"	4. Dewitt 17'10"	4. Vert 92'2"
alt. ^{Reg} Oppenhuizen 11'6"	alt.	5. Ten Haaf 33'6"	5. Franker 18'4 1/2"	5. Case 95
Hubbard 10'0"		6. Case 32'2"	6. McCarter -	6. Slager 88'7"
Oberst 9'0"		5. Vert 31'8"	Adams 15'9"	Oppenhuizen 77'4"
9:49.7		6. Oppenhuizen 28'7"		1:33.5

23
4

<u>3200 M. RELAYS</u> 5	<u>110 HIGH HURDLES</u> 6	<u>100 METER DASH</u> 9	<u>800 M. RELAY</u> 5
1. Bridges 62-2:25	1. Freeman 14.8	1. Paul 16 11.1	1. Roberts 24.5
2. Ismail 70-2:30	2. Webley 16.28	2. Dewitt 11.57	2. Barnett 22.6
3. Gretzinger 75-2:34	3. Triggs 17.49	3. McCarter 11.85	3. Paul M. 23.75
4. Yokom	alt.	alt.	4. K. Paul 22.65
alt. Ruch J. 77-2:40			alt. Calahan

54
59

<u>1600 M. RUN</u> 6+	<u>400 M. RELAY</u> 5	<u>400 M. DASH</u> 6+	<u>300 INT HURD</u> 3+
1. Ruch J. 4:27.4	1. Adams	1. Bridges 52.1	1. Freeman 39.4
2. Ismail 4:31	2. K. Paul	2. Hamilton 51.8	2. Webley 42.9
3. Yokom 4:32.3	3. M. Paul	3. Wansten 55.6	3. Triggs 47.4
4. Ruch J.	4. Barnett	alt. Mayfield	alt.
5. Brewer 5:02.7	alt.		
6. Wenley 5:56	Calahan		
Brown 5:41	Dewitt		
	Roberts		

<u>800 M. RUN</u> 6	<u>200 M. DASH</u> 6+	<u>3200 M. RUN</u> 8	<u>1600 M. RELAYS</u> 5
1. Ruch J. -	1. K. Paul 22.7	1. Yokom 10:34	1. Triggs 58.2
2. Bridges ? -	2. Barnett 22.5	2. Ismail -	2. Bridger 52.2
3. Gretzinger 59-2:04.7	3. M. Paul 23.8	3. McCully 10:34	3. Webley 54.2
4. Backing A60 2:08	alt. Calahan	4. Ashack 11:03	4. Hamilton 52.5
5. Ulrich 62 2:13		5. Pace 12:26	alt.
6. Lee -		6. Kazmerski 11:21	Wansten 56.9
Wenley 74 2:39		J. Smith 12:01	Bridger -
		Jones 12:10	

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O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Jenison DATE _____

<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. Daniels 12.3 Van	1. Davis
2.	2.	2. Davis 12.4 ⁸	2. Daniels
3.	3.	3. Boersma 12.4 Mitchell 13.2	3. Earls
4.	alt.	alt. B. Lee 13.8 Jamison 13.1	4. Buirt
alt.		Callahan 11.79 Hoag 13.1 Taylor 14.0	alt. Rothe
		Skeels 14.3 Phillipper 13.42	

<u>1600 M. RUN</u>	<u>400 M. RELAY</u>	<u>400 M. DASH</u>	<u>300 INT HURD.</u>
1.	1.	1. Mayfield	1.
2.	2. 56.9	2. Daniels 57.8	2.
3.	3.	3. Phillipper 59.60.5	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. Buirt 25.1	1.	1. Triggs
2.	2. Triggs 25.2	2.	2. Ulrich 54.5
3.	3. Rothe 25.5	3.	3. Daniels
4.	alt. Davis -	4.	4. Baalinger A
5.	Brewer 24.2	5.	alt. 54.4
6.	Earls 27.7	6.	
	Van 27.35		
	Franks 25.7		
	Phillipper -		
	Collins 26.1		
	Oberst. -		

Mitchell 26.1
Meekin 27.5
Bering 25.6
Hubber 26.2

3:44.8
Goodman 56.2 54.5

-3

Cancel
Bus

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Rockford DATE 4/29/99

21

POLE VAULT ⁸	HIGH JUMP ⁽⁴⁾	SHOT PUT ⁽³⁾	LONG JUMP ⁶	DISCUS ⁰
1. Freeman 14'6"	1. Smith D. 5'8"	1. Schumacher 41.2	1. Freeman 20'8"	1. Rockwell 119'9"
2. Mirandette 12'6"	2. Velting -	2. Backing N. 40'5"	2. Velting -	2. Schumacher 105'
3. Oppenhuizen G. 11'0"	3. Hamilton 5'9"	3. Rockwell 38'5"	3. Calatron 18'11"	3. Ten Haaf 92'0"
4. Nielsen S. 11'6"	4.	4. Ten Haaf 35'11"	4. Mayfield 18'9"	4. Jamison 95'9"
alt. Nielsen K 10'0"	alt.	5. Case 33'9"	5. Paul M. 15'9"	5. Gage 87'6"
Hubbard 9'0"		6. Jamison 33'11"	6. Delwitt 16'11"	6. Case 78'4"
Oberst		Oppenhuizen E 29'6"	Franks 17'10"	6. Vert 91'0"
		Vert 37'3"	McCarter 16'6"	Oppenhuizen E
		Gage 29'4"	Slager 28'11"	Slager 80'4"

18
39

3200 M. RELAY ^{8:28.6}	110 HIGH HURDLES ⁽⁵⁾	100 METER DASH ⁽⁸⁾	800 M. RELAY ⁵
1. Ismail 60-2:05	1. Freeman 14.9	1. Paul Kip 11.1	1. K. Paul 23.2
2. Yokom 60-2:07	2. Webley 16.8	2. Woods 11.16	2. Barnett 22.8
3. Bridges 59-2:05.6	3. Triggs 16.6	3. Delwitt 11.67	3. Paul M. 25.1
4. Gretzinger 69-2:10.9	alt.	alt. Roberts	4. Woods 22.08
alt. Ruch			alt. Adams
Wantsen			
Backing			

17
56

1600 M. RUN	400 M. RELAY ⁽⁵⁾	400 M. DASH ⁽⁶⁾⁺	300 INT HURD. ⁵⁺
1. Ruch J. 4:23	1. K. Paul	1. Woods 50.5	1. Freeman 39.6
2. Ismail 4:48	2. Adams	2. Hamilton 52.16	2. Webley 43.5
3. McCully 4:55	3. M. Paul	3. Bridges 53.0	3. Triggs 46.4
4. Ruch T 4:58	4. Barnett	alt. Mayfield	alt.
Backing A. 5:05	alt. Roberts		
5. Brewer 5:02	Dewitt		
6. Ashack 5:06			
Smith J. 5:46			
Wentley 5:44			
Pace 5:40			
Brown 5:40			

14
20

800 M. RUN	200 M. DASH ⁸	3200 M. RUN ⁰	1600 M. RELAY ⁵
1. Ruch J. 58 2:11.5	1. Paul K. 22.5	1. Yokom 10:16	1. Barnett 52.9
2. Gretzinger 62 2:08	2. Barnett 22.6	2. Ismail 10:11	2. Ruch J. 52.5
3. Backing A 2:19	3. Adams 24.2	3. McCulley 10:52	4. Woods 52.4
4. Wantsen 2:22	alt.	4. Ruch T. 11:16	3. Hamilton 53.0
5. Ulrich 6 2:20	Roberts	5.	alt.
6. Ashack 2:20	Paul M.	6.	Bridges
Kazmerski 2:24			Gretzinger
Jones 20 231			
Pace 250			
Wentley 241			
Lee Han -			

20
21
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O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Rockford

DATE 4/29/99

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.

01357

3200 M. RELAY

1. Backing 63-2:22
2. Wantzen 67-2:25
3. Ulrich 67-2:23
4. Kazmeraki 66-2:25
- alt.

110 HIGH HURDLES

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

100 METER DASH

1. Davis 12.1
2. Daniels 12.5
3. Callahan 11.92
- alt. Mitchell 13.0
- alt. Lee Brian 13.5
- Van 13.4
- Philippi 13.7
- Earls 13.5
- Hoag 13.1
- Taylor 13.9
- Steele 14.9

800 M. RELAY

1. Davis 25.1
2. Burt 23.3
3. Mitchell 25.5
4. Daniels 25.5
- alt. Boersma Hoag

1:40.8

1600 M. RUN

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

400 M. RELAY

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

400 M. DASH

1. Magfield 7 - ^{see} coach
2. Daniels 56.9
3. Collins 59.5
- alt. Philippi 61.4
- Taylor

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

1. Callahan
2. Davis
3. Burt 25.1
- alt. Boersma 26.3
- Hoag
- Earls 27.2
- Mitchell
- Franks
- Van
- ph. 13 27.6
- oberst 27.0
- Nielson 27.6
- Nielson 27.8
- Kubbandi 26.6

3200 M. RUN

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

1600 M. RELAY

1. Backing
2. Bridges
3. Webley
4. Gretznayer
- alt. Ulrich
- Wantzen

3:43.7

54.6
56.7
56.1
36.1

Troy 25.2

Roth 25.6

1999 Roster
East Kentwood Track

Last Name	First Name	Grade
Adams	Mario	12
Aldrich	Mark	9
Ashack	Eric	9
Atmore	Matt	9
Backing	Adam	11
Backing	Nate	12
Barnett	Nahum	11
Boersma	Greg	12
Brewer	Jayson	11
Bridges	Jermaine	12
Brown	Andy	9
Buist	Jonathan	12
Calahan	Rob	11
Case	Chris	9
Collins	John	9
Daniels	Craig	11
Davis	Mike	10
Dewitt	Kevin	9
Earls	Mike	10
Fox	Garrett	12
Franks	Trevor	11
Freeman	Jimmie	12
Gage	Robert	11
Gretzinger	Justin	12
Hamilton	Kevin	11
Hoag	Josh	11
Hubbard	Andy	10
Ismail	Rayhan	11
Jamison	Jermaine	11
Johnson	Marcus	11
Jones	Jarrett	11
Kazmerski	Eric	11
Lee	Han Y	9
Lee	Brain	9
Mayfield	Vincent	9
McCarter	Cory	12
McCulley	John	10
Mirandett	Erik	10
Mitchell	Bryant	11
Nielsen	Seth	9
Nielsen	Kyle	9
Oberst	David	10
Oppenhuizen	Eric	10
Oppenhuizen	Greg	11
Pace	Matt	9
Paul	Kip	10
Paul	Mike	9
Philipps	Brent	11

Last Name	First Name	Grade
Roberts	Ryan	10
Rockwell	Matt	11
Rosendall	Randy	9
Rothe	Mike	12
Ruch	Josh	12
Ruch	Travis	10
Schumacher	Jack	11
Skeels	Greg	9
Slager	Doug	9
Smith	Jason	9
Smith	Dan	11
Taylor	Anthoney	9
TenHaaf	Mike	10
Triggs	Donte	12
Ulrich	Brian	11
Van	Peter	10
Velting	Cory	12
Vert	Jason	10
Wantsen	Josh	11
Webley	Joel	11
Weeler	Dave	12
Werley	Phil	9
Woods	Victor	12
Yokom	Kevin	12

214

EAST KENTWOOD TRACK

(18)

GRJC INVITATIONAL

Date: Mar. 29, 1999

Vans Leave: 2: PM

3:30 pm Shot Put Jack Schumacher J. Jamison 30'
 Long Jump M. Paul Powell 17'6" V. Mayfield 19'1/2"
 High Jump D. Smith 5'10" C. Veltling
 Alt. Hamilton 6'0" 2nd place

4:00 pm Prelims

6:00 pm Finals:

Two Mile Run K. Yokom 75-2:35-3:54-5:14-6:34-8:07-9:20 10:45.3
 4th Place 80 79 80 81 85 85 85

60 Yd Highs D. Triggs 9.6 J. Webley -
 Sprint Med Relay Woods 43.1 K. Paul 19.1 M. Adams 20.2 Barnett 43.8
 1st 206.6 2 1 2

880 Yd Run J. Ruch 63-2:09.5 J. Bridges 63-2:14.3
 1st 270.4

One Mile Run R. Ismail 4:55.3 J. Gretzinger 5:15.1
 3rd John McCulley

60 Yd Dash K. Paul 6.50 M. Adams 6.9-7.0
 3rd

4 Lap Relay K. Paul 19.4 M. Paul 20.4 K. DeWitt 20.4 Adams 20.16
 Alt. D. Smith Roberts

8 Lap Relay Woods Barnett J. Ruch Hamilton
 Alt. 2:59.8 44.3 45.0 46.6 43.9
 3rd 2 Mayfield

216 GK
 2:11 RP
 2:06.4 BK
 2:07.2 W
 2:13 GK
 2:12 MS

3rd
 Roughton 69 - 2:26 - 3:42 - 4:55.3
 McCulley 68 - 2:30 - 3:51 - 5:15.1

2:06.6
 2:57.1