

WOMEN'S TRACK AND FIELD MEET RESULTS

OK BLUE CONFERENCE MEET AT HAMILTON HIGH SCHOOL 05/14/99 OUTDOOR

100M HURDLES

FINAL
Karrigan 16.7
Cami Knapp 17.2
Jessica 18.1

1.	HEATHER MERGENER	COOPERSVILLE	15.90
2.	TESSA HOLMAN	COOPERSVILLE	16.40
3.	KRISTI THOMAS	BYRON CENTER	17.00
4.	SHERI SLUITER	CALVIN CHRISTIAN	17.50
5.	SONDRA BUIST	CALVIN CHRISTIAN	17.70
6.	BETSY HOLNAR	SPRING LAKE	17.90

3 PRS

100 METER DASH

FINAL
Jessica 14.5
Cami 14.4

1.	ANNA LEVANDUSKI	ROGERS	12.60
2.	JESSICA CROWLEY	TK-MIDDLEVILLE	13.10
3.	TAMMY KLEIN	COOPERSVILLE	13.20
4.	NICHOLE SHEPHERD	ROGERS	13.60
5.	KARRI HASTINGS	COOPERSVILLE	13.70
6.	SARAH HEAVENER	HAMILTON	13.90

Lifetime PR 13.9 3 PRS

800 METER RELAY

FINAL

1.	COOPERSVILLE (A)		1:49.30
	(CAITLYN BENNINK, MELANIE COTTER, TAMMY KLEIN, CAMI KNAPP)		
2.	CALVIN CHRISTIAN (A)		1:51.20
	(JESSICA OOSTING, BROOKE OOSTING, ANNE OSTERINK, SHERI SLUITER)		
3.	ROGERS (A)		1:51.90
	(NICHOLE SHEPHERD, SCHERA SWAGERTY, KIMBERLY WIERENGA, MARCELLA WIERENGA)		
4.	HAMILTON (A)		1:52.30
	(LORI DUNN, SARA HAVERDINK, SARAH HEAVENER, JESSICA LEMSON)		
5.	TK-MIDDLEVILLE (A)		1:57.10
	(ERIN ROBERTSON, ERICA ROSS, AIMEE SLAKTOSKI, CASEY WARNER)		
6.	BYRON CENTER (A)		1:58.20
	(MINDY ALGERA, KATTIE CARPENTER, BROOKE HOVER, AMBER HUIZENGA)		

Season best 1 PR

1600 METER RUN

FINAL

1.	DANTELE GUISEMBERRY	TK-MIDDLEVILLE	5:20.80
2.	TANYA FRASER	SPRING LAKE	5:23.00
3.	MES PETERS	HAMILTON	5:28.30
4.	SARA STERENBERG	HAMILTON	5:32.50
5.	RACHELLE MILLER	COOPERSVILLE	5:40.10
6.	MELISSA GUISEMBERRY	TK-MIDDLEVILLE	5:43.70
7.	Kate Hamilton	Hamilton	5:46.0

3 PRS

400 METER RELAY

FINAL

1.	COOPERSVILLE (A)		52.70
	(KARRI HASTINGS, TESSA HOLMAN, TAMMY KLEIN, HEATHER MERGENER)		
2.	TK-MIDDLEVILLE (A)		53.20
	(JESSICA CROWLEY, JENNIFER DAVIS, ERIN ROBERTSON, CASEY WARNER)		
3.	ROGERS (A)		53.60
	(ANNA LEVANDUSKI, NICHOLE SHEPHERD, SCHERA SWAGERTY, TRICIA VELTING)		
4.	HAMILTON (A)		54.00
	(KATTIE CARPENTER, BROOKE HOVER, AMBER HUIZENGA, KRISTI THOMAS)		
5.	BYRON CENTER (A)		54.10
	(KATRINA ALFORD, ARANDA AVINK, CASSIE CHAN, LAKIDA CLARK)		
6.	COOKIN HEIGHTS (A)		54.30

Season best 1 PR

400 METER DASH

FINAL

1.	BROOKE OOSTING	CALVIN CHRISTIAN	59.80
2.	MELANIE COTTER	COOPERSVILLE	1:01.20
3.	JESSICA OOSTING	CALVIN CHRISTIAN	1:02.30
4.	SARA HAVERDINK	HAMILTON	1:03.00
5.	CAMI KNAPP	COOPERSVILLE	1:03.30
6.	LORI DUNN	HAMILTON	1:04.30
7.	Jill K... ..	Hamilton	66.7

3 PRS

300M LOW HURD

FINAL

1.	HEATHER MERGENER	COOPERSVILLE	46.50
2.	JESSICA LEMSON	HAMILTON	48.40
3.	TESSA HOLMAN	COOPERSVILLE	48.60
4.	KARYN WELSCOTT	HAMILTON	48.80
5.	KATIE BERGER	HAMILTON	49.00
6.	RACHEL MORTON	TK-MIDDLEVILLE	50.00

3 PRS

WOMEN'S TRACK AND FIELD MEET RESULTS

BLUE CONFERENCE MEET

AT HAMILTON HIGH SCHOOL

05/14/99

OUTDOOR

800 METER RUN

FINAL Lifetime PR
Erin 2:49
Season PR
★

1.	CASTLYN BENNINK	COOPERSVILLE
2.	TANYA FRASER	SPRING LAKE
3.	MEG PETERS	HAMILTON
4.	LISA HEETDERKS	CALVIN CHRISTIAN
5.	KATE BOROWICZ	COOPERSVILLE
6.	SARA STERENBERG	HAMILTON

2:21.30
2:25.40
2:28.70
2:29.70
2:32.00
2:33.10

3 PRS
5

15. 200 METER DASH

FINAL
Lifetime PR
PR's
29.0
Scratch 30.1
★

1.	ANNA LEVANDUSKI	ROBERS
2.	JESSICA CROWLEY	TX-MIDDLEVILLE
3.	BROOKE DOSTING	CALVIN CHRISTIAN
4.	TAMMY KLEIN	COOPERSVILLE
5.	JESSICA DOSTING	CALVIN CHRISTIAN
6.	ERIN ROBERTSON	TX-MIDDLEVILLE

26.10
26.70
26.90
27.10
27.80
28.00

2 PRS

16. 3200 METER RUN

FINAL
Season PR
Rachael 13:29
★

1.	DANIELLE GUISENBERRY	TX-MIDDLEVILLE
2.	MELISSA GUISENBERRY	TX-MIDDLEVILLE
3.	RACHELLE MILLER	COOPERSVILLE
4.	SARA STERENBERG	HAMILTON
5.	KAYLAN BRAKORA	SPRING LAKE
6.	KATIE MAVENSA	HAMILTON

11:51.50
12:07.50
12:07.70
12:15.30
12:40.20
12:54.90

2 PRS
9

17. 1600 METER RELAY

ALL Conf

FINAL

1.	HAMILTON (A)	ISABELLA HAVERDINK, KARYN WELSH, JESSICA LARSON, MEG PETERS
2.	TX-MIDDLEVILLE (A)	RACHEL MORTON, ERIN ROBERTSON, JEN VERKERKE, CASEY WARNER
3.	CALVIN CHRISTIAN (A)	STACI BOWMAN, LISA HEETDERKS, JESSICA DOSTING, ANNE OSTERINK
4.	SPRING LAKE (A)	MELISSA BROWN, JAMIE DENNIS, TANYA FRASER, ALLISON NASH
5.	BYRON CENTER (A)	JENNI HOBBS, MELLI KRETOWICZ, MARIA KRETOWICZ, KRISTI THOMAS
6.	BODWIN HEIGHTS (A)	AMANDA AVINK, TONYA KUNG, JOSLYN PETERS, YATHE REYES

4:13.50
4:21.50
4:23.40
4:24.20
4:42.50
4:43.40

4 PRS
2

Key: was We scored in 12/17 events
 We earned 32 medals
 We set 31 season PRS
 We set 20 lifetime PRS
 We qualified (by performance) 9 people to John Bas
 We qualified (by performance) 10 people to State
 All four relays ran Season Best!
 (we must do it again on Sat)

All Conference (points perspective)
if relay full

Mag - 32

Lead - 52

Swim - 23

Lead 17

Swim 18

Swim 10

Investigate