

O.K. RED CONFERENCE
BOYS & GIRLS TRACK
1999

Dual Meet Standings-Boys

1 st	East Kentwood	7 - 0
2 nd	West Ottawa	6 - 1
3 rd	Rockford	5 - 2
4 th	Jenison	4 - 3
5 th	Grand Haven	3 - 4
6 th	Grandville	2 - 5
7 th	Holland	1 - 6
8 th	Mona Shores	0 - 7

Dual Meet Standings-Girls

1 st	Rockford	7 - 0
2 nd	East Kentwood	6 - 1
3 rd	Grand Haven	4 - 3
3 rd	West Ottawa	4 - 3
5 th	Jenison	3 - 4
5 th	Grandville	3 - 4
7 th	Holland	1 - 6
8 th	Mona Shores	0 - 7

Conference Meet-Boys

1 st	East Kentwood
2 nd	Rockford
3 rd	West Ottawa
4 th	Jenison
5 th	Grand Haven
6 th	Grandville
7 th	Holland
7 th	Mona Shores

Conference Meet-Girls

1 st	Rockford
2 nd	East Kentwood
3 rd	Jenison
4 th	Grandville
5 th	West Ottawa
6 th	Grand Haven
7 th	Mona Shores
8 th	Holland

Final Standings-Boys

1 st	East Kentwood	16
2 nd	West Ottawa	13
2 nd	Rockford	13
4 th	Jenison	10
5 th	Grand Haven	8
6 th	Grandville	6
7 th	Holland	4
8 th	Mona Shores	2

Final Standings-Girls

1 st	Rockford	16
2 nd	East Kentwood	14
3 rd	West Ottawa	11
3 rd	Jenison	11
5 th	Grand Haven	7
5 th	Grandville	7
7 th	Holland	3
7 th	Mona Shores	3

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, Jon
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

OK RED CONFERENCE RESULTS

Monday, May 17 and May 18, 1999

GIRLS DISCUS

PLACE	NAME	SCH.	DISTANCE
1	Melissa Forman	ROC	120' 1"
2	Jasmine Clair	EK	108' 4"
3	Lisa Keith	ROC	102' 2"
4	Kristen Schrage	WO	93' 5"
5	Crystal Weaver	EK	92' 9"
6	Anissa Olinger	ROC	91' 5"

BOYS DISCUS

PLACE	NAME	SCH.	DISTANCE
1	Jon Bieneman	ROC	162'
2	Benji Garza	HOL	126' 9"
3	Colin Peterson	GH	120' 10"
4	Phil Allen	WO	120' 2"
5	Jeremiah DeWitt	GV	118' 10"
6	Joe Farber	JEN	118' 5"

GIRLS SHOT PUT

PLACE	NAME	SCH.	DISTANCE
1	Crystal Weaver	EK	37' 10"
2	Melissa Forman	ROC	34' 6"
3	Jasmine Clair	EK	32' 6"
4	Millicent Lory	HOL	31' 3 1/4"
5	Amanda Gasaway	HOL	31' 2"
6	Kristen Schrage	WO	29' 10 1/2"

BOYS SHOT PUT

PLACE	NAME	SCH.	DISTANCE
1	Adam Kieft	ROC	51' 1"
2	Justin Scott	GV	48' 6 1/4"
3	Bryan Mulcahy	GH	48' 1 3/4"
4	Jon Bieneman	ROC	46' 11 1/2"
5	Joe Farber	JEN	46' 1 1/2"
6	Brian Batchelder	GH	45' 9 1/2"

GIRLS LONG JUMP

PLACE	NAME	SCH.	DISTANCE
1	Cynthia Freeman	EK	17' 1 3/4"
2	Katie Kossoris	JEN	16' 2 1/4"
3	Jenny Rood	ROC	16' 1/4"
4	Christa Weaver	EK	15' 11 1/2"
5	Kieara Jackson	GV	15' 9"
	Lousie Bockheim	JEN	15' 6"

BOYS LONG JUMP

PLACE	NAME	SCH.	DISTANCE
1	Jimmie Freeman	EK	21' 9"
2	C.J. Hooper	JEN	21' 4"
3	Vincent Mayfield	EK	19' 11 1/2"
4	Spencer Vereecken	JEN	19' 6 1/2"
5	Nick Strohmeier	GH	19' 4"
6	Tom Stemiell	ROC	19' 4"

GIRLS HIGH JUMP

PLACE	NAME	SCH.	HEIGHT
1	Jenny Rood	ROC	5' 2"
2	Kara VanAssen	JEN	5' 1"
3	Crystal Wever	EK	5'
4	Mary Nagy	ROC	4' 10"
5	Erin Williams	WO	4' 10"
6T	Amanda Fernandez	WO	4' 8"
	Rosalyn Robinson	MS	4' 8"

BOYS HIGH JUMP

PLACE	NAME	SCH.	HEIGHT
1	Luke Myers	MS	6' 4"
2	Dan Smith	EK	6' 2"
3	Chris Leclair	GH	6'
4	John Braaksma	HOL	5' 10"
5	Ben Eovaldi	WO	5' 10"
6	Sam Sayers	ROC	5' 10"

GIRLS POLE VAULT

PLACE	NAME	SCH.	HEIGHT
1	Laura Lound	WO	8' 9"
2	Holle Harjer	GH	8' 9"
3	Cynthia Freeman	EK	8' 6"
4T	Kelly VanderKuyl	ROC	7' 6"
	Kate Porter	WO	7' 6"
	Audrey Vandergalien	ROC	7' 6"
	Stacy Bray	MS	7' 6"

BOYS POLE VAULT

PLACE	NAME	SCH.	HEIGHT
1	Chip Owen	WO	14' 6"
2	Jimmie Freeman	EK	14' 6"
3	Rodd Moon	MS	13'
4	Andy Patterson	HOL	12' 6"
5	Lee Owen	WO	12' 6"
6	Jake Fuller	ROC	12'

GIRLS 3200 METER RELAY

PLACE	NAME	TIME
1	Rockford Nora Colligan/Kalin Toedebusch Lindsey Blaisdell/Kristin Podein	09:25.7
2	Grand Haven	09:58.4
3	West Ottawa	10:08.7
4	Mona Shores	10:15.0
5	Holland	10:19.4
6	East Kentwood	10:40.3

BOYS 3200 METER RELAY

PLACE	NAME	TIME
1	Rockford Seth Folkertsma/Andy Martin Dathan Ritzenhein/JasonHartman	08:08.0
2	East Kentwood	08:13.6
3	Holland	08:28.0
4	West Ottawa	08:35.0
5	Grand Haven	08:40.5
6	Grandville	08:42.2

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 VANDERVREDE	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
6	MATT WOOD	WO	:52.8
	CHRIS LECLAIR	GH	:52.8

GIRLS 300 M. LOW HURDLES

PLACE	NAME	SCH.	TIME
	CYNTHIA FREEMAN	EK	:46.4
	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				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		

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	NAME	SCH					TOTAL
1	FREEMAN,JIMMIE	EK	10	8	10	10	38
2	RITZENHEIN,DATHA	R	2.5	8	8	8	26.5
3	PAUL,KIP	EK	10	2.5	2	10	24.5
4	HARTMAN,JASON	R	2.5	10	10		22.5
5	CARLSON,TREVOR	WO	8	1	8	2	19
6	MARTIN,ANDY	R	2.5	4	6	6	18.5
7	WOODS,VICTOR	EK	2.5	10	2	2.5	17
8	HOOPER,CJ	JEN	8	4	2	2.5	16.5
9	WHALEN,PAT	GH	6	0.5	1	8	15.5
10	DENEAU,MARK	JEN	6	2	6	0.25	14.25
11	BEINEMAN,JON	R	10	4			14
12	LEYENDECKER,S	GV	0.25	8	4	1	13.25
13	BARNET,NAHUM	EK	2.5	2	6	2.5	13
14	TENG,SOPHY	WO	8	1	1.5	1	11.5
15	RUCH,JOSH	EK	2	6	2.5		10.5
16	KIEFT,ADAM	R	10				10
17	DRUCKENMILLER,A	R	10				10
18	OWEN,CHIP	WO	10				10
19	MYERS,LUKE	MS	10				10
20	VEREECKEN,SPEN	JEN	4	2	2.5		8.5
21	GARZA,BENJI	H	8				8
22	SCOTT,JUSTIN	GV	8				8
23	SMITH,DAN	EK	8				8
24	ISMAIL,RAYHAN	EK	2	2	4		8
25	REHKOPF,CHAD	R	1.5	6			7.5
26	LECLAIR,CHRIS	GH	6	0.5	0.5	0.5	7.5
27	VOHLKEN,COLIN	WO	1	4	2		7
28	PETERSON,COLIN	GH	6				6
29	MULCAHY,BRIAN	GH	6				6
30	MAYFIELD,VINCENT	EK	6				6
31	MOON,RODD	MS	6				6
32	FOLKERTSMA,SET	R	2.5	1	1		4.5
33	MCCARTY,BRETT	JEN	2	2.5			4.5
34	PAUL,MIKE	EK	2.5		2		4.5
35	MACZKA,GREG	R	4				4
36	SCHWANDER,NOA	R	4				4
37	BRAAKSMA,JOHN	H	4				4
38	PATTERSON,ANDY	H	4				4
39	ALLEN,PHIL	WO	4				4
40	BJORUM,JUSTIN	WO	2	2			4
41	YOKOM,KEVIN	EK	2	2			4
42	BRIDGES,JERMAIN	EK	4				4
43	FARBER,JOE	JEN	1	2			3
44	BATCHELDER,BRI	GH	1	0.5	1		2.5
45	STROHMEYER,NIC	GH	2	0.5			2.5
46	NAM,ROPHY	WO	1	1.5			2.5
47	WOOD,MATT	WO	0.5	2			2.5
48	HERREMA,MITCH	JEN	2.5				2.5
49	HAMILTON,KEVIN	EK	2.5				2.5
50	CARSON,MARK	JEN	2	0.25			2.25
51	MACOMBER,JON	R	1.5	0.5			2
52	DAWSON,JOHN	R	1.5	0.5			2

Sheet1

53	SCHOCK,ROB	R	1.5	0.5				2
54	EOVALDI,BEN	WO	2					2
55	OWEN,LEE	WO	2					2
56	DEWITT, JEREMIAH	GV	2					2
57	GRETZINGER,JUST	EK	2					2
58	WEBLEY,JOEL	EK	2					2
59	ROBERTS,RYAN	EK	2					2
60	ADAMS,MARIO	EK	2					2
61	ANDERSON,SCOTT	R	1.5					1.5
62	HUYSER,MATT	H	1.5					1.5
63	MUZZY,PHILIP	H	1.5					1.5
64	HOWARD,MICAH	H	1.5					1.5
65	SOUKUP,ANDREW	H	1.5					1.5
66	SAGER,STEVE	WO	1.5					1.5
67	EGLER,JAMES	WO	1.5					1.5
68	FIERICK,KURT	GV	0.25	0.25	1			1.5
69	MCLEESE,RYAN	MS	1.5					1.5
70	SWINBURNE,SCOT	MS	1.5					1.5
71	BOLHUIS,BRENDAN	MS	1.5					1.5
72	CARUTHERS,ERIC	MS	1.5					1.5
73	SCHULTZWALTROP	GV	0.25	1				1.25
74	DOUMA,MIKE	GV	0.25	1				1.25
75	STEMIEL,TOM	R	1					1
76	SAYERS,SAM	R	1					1
77	FULLER,JAKE	R	1					1
78	SMITH,BRIAN	R	1					1
79	PALAZZOLO,MARIO	GH	0.5	0.5				1
80	FRANZ,GEOFF	GH	0.5	0.5				1
81	RICHARDSON,NICK	GH	1					1
82	OSBORN,NOAH	GH	1					1
83	LANGWORTHY,JON	WO	1					1
84	DUBOIS,KEVIN	WO	1					1
85	BOS,KEITH	WO	1					1
86	MOGCK,MATT	WO	1					1
87	GALIOTO,BRIAN	WO	1					1
88	DEWITT,KEVIN	EK	1					1
89	CROWE,MATT	R	0.5					0.5
90	BARRICKLOW,KYLE	GH	0.5					0.5
91	MATHEWS,IAN	GH	0.5					0.5
92	ROSTICH,DAMIAN	GH	0.5					0.5
93	ELLWANGER,JEFF	WO	0.5					0.5
94	VANDERVEEN,JER	GV	0.25	0.25				0.5
95	KALINOWSKI,JON	GV	0.25	0.25				0.5
96	DENSHAM,BRETT	GV	0.25					0.25
97	MCCORMICK,AARO	GV	0.25					0.25
98	HENDRICKS,MATT	GV	0.25					0.25
99	ISENGA,JASON	JEN	0.25					0.25
100	LANGORIA,JUSTIN	JEN	0.25					0.25