

Preliminaries GIRLS 50 METER DASH

Heat 1: 1. Christy Watkin, Lake Mac TC 7.1; 1. Lauren Richardson, Mill Creek 7.1; 3. Amy Roth, Border TC 7.5.

Heat 2: 1. April Saxton, Cereal City 7.1; 2. Tessa Holman, Screaming TC 7.2.

Finals GIRLS 50 METER DASH

1. April Saxton, Cereal City 6.9; 2. Lauren Richardson, Mill Creek 6.9; 3. Tessa Holman, Screaming TC 7.2; 4. Christy Watkin, Lake Mac TC 7.2; 5. Amy Roth, Border TC 7.4.

Finals GIRLS 300 METER DASH

1. Katie Simmons, Plainwell TC 46.8; 2. Christy Watkin, Lake Mac TC 47.6; 3. Angela Saxton, Cereal City 49.1; 4. Cami Knapp, Screaming TC 49.7; 5. Amy Roth, Border TC 50.1; 6. Jessica Brakora, MINT TC 52.1; 7. Melissa Corwin, Millenium TC 53.6.

Finals GIRLS 600 METER RUN

1. Caitlyn Bennink, Screaming TC 1:48.3; 2. Jessica Brakora, MINT TC 1:53.3; 3. Angela Saxton, Cereal City 1:57.4; 4. Nicole Bonnsack, GRTC 1:58.4; 5. Heidi Saunders, Plainwell TC 1:58.6; 6. April Saxton, Cereal City 2:00.2; 7. Melissa Corwin, Millenium TC 2:04.3; 8. Corey Cunningham, Streaking Dw 2:10.4; 9. Jessica Coleman, WOL Track Cl 2:14.6; - Christy Watkin, Lake Mac TC NT.

Finals GIRLS 1 MILE RUN

1. Heidi Saunders, Plainwell TC 5:37.7; 2. Kendra Snyder, East Shores 6:02.6; 3. Corey Cunningham, Streaking Dw 6:08.7; 4. Brooke Brenner, Screaming TC 6:22.7; 5. Melissa Corwin, Millenium TC 6:28.9.

Preliminaries GIRLS 50 METER HIGH HURDLES

Heat 1: 1. April Saxton, Cereal City 8.0; 2. Katie McKay, GRTC 8.8; 3. Katie Harig, GRTC 9.7.

Heat 2: 1. Tessa Holman, Screaming TC 8.2; 2. Diahann McCarty, PreFlow TC 9.3; 3. Andrea Mendosa, First Timers 10.1.

Finals GIRLS 50 METER HIGH HURDLES

1. April Saxton, Cereal City 8.0; 2. Tessa Holman, Screaming TC 8.3; 3. Katie McKay, GRTC 8.8; 4. Diahann McCarty, PreFlow TC 9.5.

Finals GIRLS HIGH JUMP

1. Katie Simmons, Plainwell TC 5-0 (1.52m); 2. Nicole Bonnsack, GRTC 4-08 (1.42m); 3. Angela Saxton, Cereal City 4-04 (1.32m).

Finals GIRLS SHOT PUT

1. Sandra Hansen, MINT TC 36-08 (11.18m); 2. Katie Corner, GRTC 35-09.50 (10.91m); 3. Kelly Shelton, GRTC 35-0 (10.67m); 4. Dawn Vickery, First Timers 32-09 (9.98m); 5. LeeAnn Fleming, Running Mad 31-09.50 (9.69m); 6. Alisha Nobel, GRTC 26-10 (8.18m); 7. Hannah Smith, First Timers 26-09 (8.15m); 8. Angela Saxton, Cereal City 24-0 (7.32m).

Preliminaries BOYS 50 METER DASH

Heat 1: 1. Sophy Teng, Lake Mac TC 6.1; 2. Anthony Tyus, J-Dubbs TC 6.3; 3. Scott Verhoven, Sheer Speed 6.4; 4. Paul Skripnik, Forest Hills 6.5; 5. Timothy Calvin, Muskegan TC 6.6.

Heat 2: 1. Quincy Robinson, Benton H. TC 6.0; 2. Bryan Bowley, Clare Strid. 6.4; 3. Matt Mogck, Lake Mac TC 6.9; 3. Gavin Pohl, Streaking Dw 6.9; - Steven Holloway, Benton H. TC FS.

Heat 3: 1. Lance Weersma, Mill Creek 6.2; 1. Marcus Hall, Benton H. TC 6.2; 3. Richard Carter, J-Dubbs TC 6.5; 4. Danny Harmsen, GRTC 7.2; 4. Suki Teng, Lake Mac TC 7.2.

Heat 4: 1. Suporn Teng, Lake Mac TC 6.4; 1. Brian Galroto, Lake Mac TC 6.4; 3. Alan Gretzinger, GRTC 6.6; 4. Brett Cain, Leelanau TC 6.7; 5. Josh Weber, Streaking Dw 9.9.

Heat 5: 1. Mark Anderson, Benton H. TC 6.5; 2. Dustin Schmuldt, Forest Hills 6.8; 2. Nick Berry, Forest Hills 6.8; 2. Rich Groot, Forest Hills 6.8; 5. Mike Hoogewind, Unattached 6.9.

Finals BOYS 50 METER DASH

1. Sophy Teng, Lake Mac TC 6.0; 2. Quincy Robinson, Benton H. TC 6.0; 3.

Marcus Hall, Benton H. TC 6.1; 4. Anthony Tyus, J-Dubbs TC 6.2; 5. Lance Weersma, Mill Creek 6.4.

Finals BOYS 300 METER DASH

1. TS Stark, North Kent 39.0; 2. Aaron Supianoski, MINT TC 40.0; 3. Richard Carter, J-Dubbs TC 40.2; 4. Rob Allers, Roll Tide TC 40.3; 5. Steven Holloway, Benton H. TC 40.6; 6. Brian Galroto, Lake Mac TC 41.1; 7. Anthony Tyus, J-Dubbs TC 42.1; 8. Brett Cain, Leelanau TC 42.4; 9. Melvin Reed, Benton H. TC 42.5; 10. Alan Gretzinger, GRTC 42.6; 11. Paul Skripnik, Forest Hills 43.1; 12. Timothy Calvin, Muskegan TC 43.3; 13. Mike Okma, Leelanau TC 43.4; 14. Gavin Pohl, Streaking Dw 44.2; 15. Rich Groot, Forest Hills 44.3; 16. Dustin Schmuldt, Forest Hills 44.4; 17. Matt Vidro, Forest Hills 44.6; 18. Mark Anderson, Benton H. TC 44.9; 19. Rich Stein, Roll Tide TC 45.1; 20. Rob Cook, MINT TC 45.6; 21. Nick Berry, Forest Hills 46.9; 22. Danny Harmsen, GRTC 47.6; 23. Lance Vanderberg, Mona Shores 47.7; 24. Mike Hoogewind, Unattached 48.2; 25. Marcellus Burton, Benton H. TC 50.3; 26. Harlyn Pacheco, Mona Shores 51.1; - Sophy Teng, Lake Mac TC NT; - Kurt Phillips, Running Mad NT; - Josh May, Sheer Speed NT; - Josh Weber, Streaking Dw NT; - Aaron Finney, Running Mad NT; - Brian Kirks, Muskegan TC DQ.

Finals BOYS 600 METER RUN

1. Josh Weber, Streaking Dw 1:30.8; 2. Kurt Phillips, Running Mad 1:31.4; 3. Scott Bedard, J-Dubbs TC 1:33.4; 4. Andrew Soukup, West Coast 1:36.9; 5. Mike Okma, Leelanau TC 1:37.0; 6. Rich Stein, Roll Tide TC 1:38.2; 7. Nik Iwaniw, Mill Creek 1:38.7; 8. Mark Groenheide, Mad Dog TC 1:40.1; 9. Ryan Thomsen, WOL Track Cl 1:40.5; 9. Micah Howard, West Coast 1:40.5; 11. Rob Cook, MINT TC 1:41.3; 12. Luke Williams, Roll Tide TC 1:42.3; 13. Jason Prowant, Blue Bayou 1:43.1; 14. Lance Vanderberg, Mona Shores 1:45.3; 15. Austin Johnson, Forest Hills 1:49.4; 16. Michael McCombs, Leelanau TC 1:49.6; 17. Harlyn Pacheco, Mona Shores 1:51.6; 18. Aaron Finney, Running Mad 1:53.1; - Kurt Kramer, Streaking Dw NT; - Danny Harmsen, GRTC NT; - Jay Brown, PreFlow TC NT; - Josh May, Sheer Speed NT.

Finals BOYS 1 MILE RUN

1. Jason Prowant, Blue Bayou 4:40.9; 2. Micah Howard, West Coast 4:52.2; 3. Josh May, Sheer Speed 4:54.9; 4. Lance Vanderberg, Mona Shores 4:55.2; 5. Luke Williams, Roll Tide TC 4:58.9; 6. Mike Dowma, Unattached 5:01.5; 7. Mark Groenheide, Mad Dog TC 5:02.3; 8. John Eligon, North Kent 5:07.0; 9. Austin Johnson, Forest Hills 5:10.7; 10. Ryan Harder, Running Mad 5:12.1; 11. Jason Raehl, Forest Hills 5:18.8; 12. Jay Brown, PreFlow TC 5:19.4; 13. Nik Iwaniw, Mill Creek 5:20.2; 14. Harlyn Pacheco, Mona Shores 5:22.2; 15. Hector Murales, Speed TC 5:26.5; 16. Brian Kirks, Muskegan TC 5:33.8; 17. Michael McCombs, Leelanau TC 5:41.1; 18. Ryan Faber, Running Mad 5:42.8; 19. Kurt Kramer, Streaking Dw 5:51.3; 20. Eric Anderson, Forest Hills 5:57.0; 21. Jake Manne, Speed TC 6:03.9; 22. Brad Klinge, North Kent 6:06.6.

Preliminaries BOYS 50 METER HIGH HURDLES

Heat 1: 1. Nick Barbour, Mill Creek 7.3; 2. Aaron Supianoski, MINT TC 7.6; 3. Matt Mogck, Lake Mac TC 8.2; 4. Rich Groot, Forest Hills 8.6.

Heat 2: 1. Chris Hare, Running Mad 7.9; 2. Nick Berry, Forest Hills 8.7; - Timothy Calvin, Muskegan TC NT.

Heat 3: 1. Joe Crawley, GRTC 7.4; 2. Pat O'Rourke, GRTC 7.6; 3. Matt Vidro, Forest Hills 8.4.

Finals BOYS 50 METER HIGH HURDLES

1. Nick Barbour, Mill Creek 7.3; 1. Joe Crawley, GRTC 7.3; 3. Aaron Supianoski, MINT TC 7.4; 4. Pat O'Rourke, GRTC 7.6.

Finals BOYS HIGH JUMP

1. Sean Doyle, West Coast 6-03 (1.91m); 2. Michael Weston, Running Mad 5-10 (1.78m); 3. Pat O'Rourke, GRTC 5-06 (1.68m); 4. Matt Mogck, Lake Mac TC 5-02 (1.57m); 5. Danny Harmsen, GRTC 4-10 (1.47m).

Finals BOYS SHOT PUT

1. Mike Simon, Running Mad 46-07.50 (14.21m); 2. Phil Allen, Lake Mac TC 42-10 (13.06m); 3. John Botts, GRTC 42-08 (13.00m); 4. Scott Jones, Forest Hills 39-04 (11.99m); 5. Eric Zupin, MINT TC 37-10 (11.53m); 6. Chris Hare, Running Mad 37-09 (11.51m); 7. Jacob Jackson, Forest Hills 36-03 (11.05m); - Michael Weston, Running Mad ND.

