

Update
✓ 5-26-00

EAST KENTWOOD Track



2000

PRACTICE ORGANIZATION



Practice plans are posted daily and each coach has a copy. Check these plans and try to do the entire workout and even a little extra. Ask the coaches for extra help. Our basic practice plan uses the interval training system which calls for relatively short distances at a speed greater than the one used in competition with a resting period (recovery to 120 pulse) between distances. Recovery should be the amount of time YOU need to get your pulse back down to 110-120 per minute. "Speed Play" is also one of the methods used. In this work-out, you should sprint until tired, jog or walk until recovered then sprint again and repeat the process. This may be for a period of time such as 10 minutes or a distance such as 10 laps.

Funnels are really intervals but would involve various distances such as 110-220-330-440 (Funnel-up) or 440-330-220-110 (Funnel-down).

GENERAL INFORMATION

You will have to supply your own track shoes again this year. We suggest you get good quality shoes and **TRY THEM ON BEFORE THE PURCHASE**. Be sure you have removable spikes and try to get an extra set of $\frac{1}{4}$ " spikes.

Track practice takes place daily unless otherwise specified. You are **EXPECTED TO BE AT EVERY PRACTICE IF YOU ARE IN SCHOOL**. If for any reason, you miss practice, notify one of the coaches or put a note in our mail box in the main office before practice. Failure to practice could result in **SUSPENSION FROM RUNNING IN ONE OF MORE MEETS, OR POSSIBLY SUSPENSION**

FROM THE TEAM.

All Track men warm up with a $\frac{1}{2}$ mile jog, stretching exercises, do their work-out and then warm down with another $\frac{1}{2}$ mile jog.

This booklet has been prepared to aid the coaches and the athletes in the analysis and utilization of the present group of athletes. We can easily see our areas of strength and weakness and plan accordingly.

These are the times
that try men's soles!



EAST KENTWOOD TRACK

CONDITIONING

In running your ability to run fast and win depends on the ability of your heart and blood stream to deliver enough oxygen to keep up with muscular activity. The more oxygen delivered, the better your endurance.

HOW CAN WE IMPROVE OUR OXYGEN-INTAKE ABILITY?

INTERVAL TRAINING: You will increase your oxygen-intake ability (stamina) by the use of interval training! Each time you create an oxygen debt and recover in a practice session, you obtain a slight improvement in your ability to utilize oxygen effectively. By running a fairly short distance reasonably fast (220 yards in 28 to 35 seconds, 440 yards in 70 to 80 seconds, etc.) your pulse rate will be raised to about 180 beats per minute. This is followed by a recovery period of up to two minutes until your pulse drops to 120 beats per minute (12 beats in 6 seconds). Then you run another 220. Numerous repetitions of the "run to 180, recover to 120" cycle increases the amount of blood pumped by each heartbeat (the stroke-volume) and thus improves the oxygen-intake ability.

OVER DISTANCE WORK: Another aspect of endurance is the need for developing your body's system of capillaries. (These are tiny blood vessels that actually deliver the oxygen to the muscles and exchange it for the carbon dioxide). By running fairly long distances at slow speeds (8-10 miles for distance runners-1-2 miles for sprinters), you increase the number of capillaries in your muscle fibers, which improves the speed and effectiveness of the oxygen-exchange process. This kind of training can actually double the number of capillaries in each muscle fiber.

So by developing both stroke-volume(ability to move oxygen through the blood stream) and the capillary system (ability to deliver oxygen to muscles), you can greatly increase your body's capacity for fast continuous running while remaining in oxygen balance

Continuous long runs on the weekends (over-distance) are a perfect and necessary complement of interval training. Although the idea is to get strong by taking it fairly easy, you can vary your pace by running a little faster on acceleration gradually to a fast finish over the last quarter-mile.

Also remember that anything that helps improve your basic speed is worthwhile to a runner. Speed is what any running is chiefly about, and improving your basic speed gives you a great psychological boost. It will prove to be a very good investment especially when you are in the last 100 yards of a race.



Boys Track

Letter Requirements

To win a varsity letter, a candidate must do one of the following, in addition to faithful attendance at practice and participation in at least half of the regularly scheduled meets.

1. Score a total of 10 points for the season. Each member of a winning relay team will receive 2 points.
2. Place in one of the following: Conference meet, Regional meet, or Invitational Relays.
3. Obtain one of the following times or distances during the season.

Shot Put	41'
Pole Vault	10'
Long Jump	18'6"
High Jump	5'6"
High Hurdles	17'
1600 Meter Run	4:59
3200 Meter Run	11:12
Discus	110'
100 Meter Dash	:11.9
800 Meter Dash	2:09
400 Meter Dash	:55.9
Low Hurdles	:43.8
200 Meter Dash	:24.9



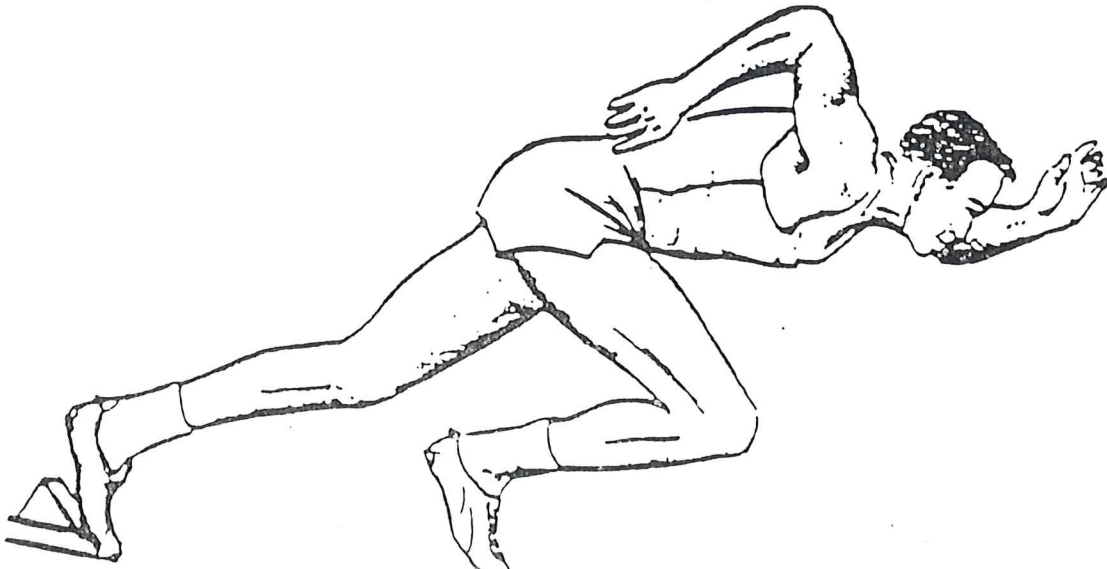
East Kentwood Track

2000 Returning Athletes

The following is a list of athletes that are returning from last year's track team.

Eric Ashack		Mitchell Bryant	
Matt Atmore		✓ Seth Nielson	*
Adam Backing	**	Kyle Nielson	*
✓ Jayson Brewer	*	Dave Oberst	
Andy Brown		Eric Oppenhuizen	
✓ Rob Calahan	**	Greg Oppenhuizen	***
Chris Case		Matt Pace	
John Collins		✓ Kip Paul	*
✓ Craig Daniels	*	Mike Paul	*
Mike Davis	*	Brent Phillips	
Kevin DeWitt	*	✓ Ryan Roberts	**
Mike Earls		✓ Matt Rockwell	***
Trevor Franks	*	✓ Travis Ruch	**
Robert Gage		✓ Jack Schumacher	**
✓ Kevin Hamilton	***	✓ Greg Skeels	
Josh Hoag		Doug Slager	
Andy Hubbard		Jason Smith	
Rayhan Ismail	**	Anthony Taylor	
Jermaine Jamison		Mike Ten Haaf	
Jarrett Jones		✓ Brian Ulrich	*
Eric Kazmerski		Peter Van	
Han Lee		Jason Vert	
Brian Lee		Josh Wantsen	*
✓ Vincent Mayfield	*	✓ Joel Webley	*
✓ John McCulley	**	Phil Werly	
✓ Erik Mirandett	**		

*Indicates the numbers of Varsity letters won in the past track seasons.



Event Analysis

Shot Put

Jack Schumacher	47' 3"
Matt Rockwell	38' 9"
Mike Ten Haaf	36' 1"
Jermaine Jamison	35' ½"
Chris Case	33' 9 ½"
Jason Vert	33' 7"
Eric Oppenhuizen	30' 8"
Robert Gage	30' 0"
Doug Slager	29' 0"

Discus

Matt Rockwell	122' 5"
Jack Schumacher	119' 5"
Mike Ten Haaf	10-8' 3"
Jermaine Jamison	101' 2"
Jason Vert	97' 2"
Robert Gage	90' 2"
Doug Slager	88' 7"
Chris Case	85' 4"
Eric Oppenhuizen	84' 5"

Long Jump

Vincent Mayfield	19' 11"
Rob Calahan	19' 8"
Mike Paul	19' ½"
Trevor Frank	18' 10"
Kevin DeWitt	18' 4"

High Jump

Kevin Hamilton	6' 0"
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Pole Vault

Erik Mirandett	13' 6"
Seth Nielsen	12' 6"
Kyle Nielson	12' 0"
Greg Oppenhuizen	11' 6"
Andy Hubbard	9' 6"
Dave Oberst	9' 0"

100 m. Dash

Kip Paul	10.8
Kevin DeWitt	11.45
Ryan Roberts	11.52
Mike Paul	11.54
Rob Calahan	11.6
Mike Davies	11.6
Craig Daniels	12.1
Bryant Mitchell	12.4
Josh Hoag	12.6
Mike Earls	13.2
Brian Lee	13.5
Brent Philipps	13.7
Anthony Taylor	13.9

200 m. Dash

Kip Paul	22.1
Mike Paul	23.6
Ryan Robert	24.2
Mike Davies	24.9
Rob Calahan	24.1
Vincent Mayfield	25.3
Craig Daniels	25.4
Kevin DeWitt	25.5
Trevor Franks	25.5
Josh Hoag	26.3
Bryant Mitchell	26.5

400 m. Dash

Kevin Hamilton	50.3
Mike Paul	52.4
Josh Wansten	54.5
Craig Daniels	55.1
Vincent Mayfield	56.9

800 m. Run

Adam Backing	2:08
Rayhan Ismail	2:08.5
Eric Kazmerski	2:11
Brian Ulrich	2:11
Josh Wantsen	2:11
Eric Ashack	2:16.9
John Mc Culley	2:17
Travis Ruch	2:20.8
Jayson Brewer	2:23
Han Lee	2:26
Jarrett Jones	2:26

110 m. High Hurdles

Joel Webley	:15.8
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300 m. I.M. Hurdles

Joel Webley	:42.4
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1600 m. Run

Rayhan Ismail	4:26.1
John Mc Culley	4:55.0
Travis Ruch	4:56.1
Jayson Brewer	4:57.0
Eric Ashack	5:06.0
Adam Backing	5:11.0
Jason Smith	5:38.0
Matt Pace	5:40.0
Phil Werley	5:44.0
Andy Brown	5:50.0

3200M. run

Rayhan Ismail	9:44.9
John McCulley	10:31.0
Travis Ruch	10:56.0
Eric Ashack	11:01.0
Eric Kazmerski	11:21.0
Jason Smith	12:01.0
Jarrett Jones	12:01.0
Matt Pace	12:26.0

800 Relay Leg

Kip Paul	22.0
Mike Paul	23.2
Mike Davis	23.4
Ryan Roberts	24.0
Rob Calahan	24.1
Vincent Mayfield	24.9
Craig Daniels	25.4
Bryant Mitchell	25.5

1600 m. Relay

Kevin Hamilton	50.3
Mike Paul	52.4
Joel Webley	53.1
Adam Backing	54.1
Brian Ulrich	54.5
Josh Wansten	54.5
Craig Daniels	55.1
Rayhan Ismail	55.3
Greg Oppenhuizen	59.0

East Kentwood Outdoor Track Records

<u>Event</u>	<u>Record Holder</u>	<u>Time/distance</u>	<u>year</u>
Shot Put	Greg Den Boer	58' 10 3/4"	1971
Long Jump	Eric Hartfield	23' 3"	1980
High Jump	Chris Baker	6' 6"	1985
	Cory Velting	6' 6"	1998
	Dan Smith	6' 6"	1999
Pole Vault	Jimmie Freeman	15' 2"	1998
Discus	John Anes	158' 7"	1996
100 m. Dash	Mike Burt	:10.4	1995
200 m. Dash	Brad Fields	:21.69	1991
400 m. Dash	Victor Woods	:49.0	1999
800 m. Run	Brian Hyde	1:53.10	1991
1600 m. Run	Brian Hyde	4:10.90 **	1991
3200 m. Run	Brian Hyde	9:13.70	1991
110 m. High Hurdles	Jimmie Freeman	:14.3	1999
300 m. High Hurdles	Dave Hunt	:38.90	1994
400 m. Relay	Jeff Kerr Craig Mesler Pete Anderson Brad Fields	:43.60	1991
	Mario Adams Kip Paul Mike Paul Nahum Barnett	:43.60	1999

** State Record

800 m. Relay	Brad Fields Eddie Kodish D.J. Reid Karl Taylor	<i>Mike Paul</i> <i>Kip Paul</i> <i>Nathan Barnett</i> <i>Victor Woods</i>	1:30.30 <i>1:29.4</i>	1989 <i>1995</i>
1600 m. Relay	Dave Hunt Jon Collins Nate Clason Shane Woods		3:23.7	1995
3200 m. Relay	Ross DeGraff Dan Reed Stu Palmer Brian Hyde		7:54.90	1991
330 Yd Low Hurdles (No Longer Run)	Todd Ernst		:37.90	1986
180 Yd Low	Dan Lanning		:19.90	1973
Dist. Med. Relay	Stu Scobie Steve Stapleton Andy Kazmierski Mark Reinardy		10:43.00	1985
Sprint Med. Relay	Jesse Heard B.J. Evans Max McDonald Todd Ernst		2:28.10	1985
Shuttle	Loren Johnson Ed Verbrugge Brian Vanderweele Greg Hecksel		:58.80	1976
	William Armstrong Brian Palmer Mike Small Eric Hill		:58.80	1988
12800 m. Relay	Dave Tomaszewski Dan VanLaan Mike Bonarski Jim Baker		40:23.40	1978

* All times have been converted to meters.

**O.K. CONFERENCE RED DIVISION BOYS TRACK AND FIELD
RECORDS**

<u>EVENT</u>	<u>NAME</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
DISCUS	BRET ORGANEK	GRANDVILLE	180'5"	1992
HIGH JUMP	MIKE ARMSTRONG	EAST G.R.	6'7"	1978
	STEVE TRIPP	WEST OTTAWA	6'7"	1980
	TONY JOHNSON	WEST OTTAWA	6'7"	1990
	JASON CONEY	WEST OTTAWA	6'7"	1991
SHOT PUT	GREG DEN BOER	EAST KENTWOOD	58'10 ¼"	1971
LONG JUMP	ERIC HARTFIELD	EAST KENTWOOD	23'2¼"	1980
POLE VAULT	BEN ROBBINS	GRAND HAVEN	15'7"	1992
100 M. DASH	LAMAR COURTNEY	MONA SHORES	:10.7	1997
200 M. DASH	BRAD FIELDS	EAST KENTWOOD	:22.1	1992
400 M. DASH	VICTOR WOODS	EAST KENTWOOD	49.1	1999
800 M. RUN	BRIAN HYDE	EAST KENTWOOD	1:55.3	1991
1600 M. RUN	BRIAN HYDE	EAST KENTWOOD	4:10.9	1991
3200 M. RUN	MARK REINARDY	EAST KENTWOOD	9:27.4	1986
110 M. H.H.	BOB CZACHORSKI	GRANDVILLE	:14.0	1989
300 M. I.H.	BOB CZACHORSKI	GRANDVILLE	:37.7	1989
400 M. RELAY	KERR, MESSLER, ANDERSON, FIELDS	EAST KENTWOOD	:43.9	1991
800 M. RELAY	BYERS, COTTNER, SIGGAARD, MORGAN	MONA SHORES	1:30.0	1989
	WILSON, BUSEN, LEVANDOSKI, WINNE	ROCKFORD	1:30.0	1994
1600 M. RELAY	COOK, COTNER, MORGAN, SIGGAARD	MONA SHORES	3:24.9	1989
3200 M. RELAY	FOLKTERSMA, MOL,	ROCKFORD	8:03.4	1998

EAST KENTWOOD
TRACK

ALL-TIME TOP TEN

DISCUS

1. John Anes II	158' 7"	(96)
2. Craig Green	150' 8"	(83)
3. Kevin Patterson	149' 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)

Handwritten: matt Shillito 127'11" ~~matt Redwood 126'11" 99~~

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. Derek Fitzpatrick	49' 8"	(84)
10. Brandon Born	49' 4"	(84)

HIGH JUMP

1. Dan Smith	5' 6"	(99)
1. Chris Baker	6' 6"	(85)
1. Cory Velting	6' 6"	(98)
4. Eric Hartfield	6' 5 3/4"	(80)
5. Chuck Hoffman	6' 5 1/2"	(78)
6. Brent Bomgaars	6' 5"	(96)
7. Mike Geukes	6' 4 1/2"	(78)
8. Brian Patterson	6' 4"	(79)
8. 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. Jimmie Freeman	22' 5"	(99)
5. Kevin Stankey	22' 2"	(81)
6. Shane Woods	22' 1 1/2"	(95)
7. Percy Dykes	21' 11 1/2"	(80)
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)
10. Eric Mirrandette	13' 6" 15'0"	(99)

100 METER DASH

1. Mike Burt	:10.4	(95)
2. Brad Fields	:10.65	(91)
3. Kip Paul	10.78 :10.78 67	(81)
4. Kevin Stankey	:10.9	(82)
4. Jesse Heard	:10.9	(85)
4. Blake Born	:10.9	(87)
7. Kip Paul II	:10.9 67	(99)
8. Loren Johnson	:11.0	(76)
8. Duan Swagerty	:11.0	(78)
8. Karl Taylor	:11.0	(89)

200 METER DASH

1. Brad Fields	:21.69	(91)
2. Mike Burt	:21.8	(95)
3. Kip Paul	:22.1	(81)
4. Kip Paul II	:22.1	(99)
5. Dave Naughton	:22.3	(75)
5. Cal Hawkins	:22.3	(83)
7. Victor Woods	:22.36	(99)
8. Pete Anderson	:22.37	(91)
9. B.J. Evans	:22.4	(87)
10 Jesse Heard	:22.5	(85)

3200 METER RUN

1. Brain 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. Rayhan Ismail	9:44.9	(99)
9. Mike Gromko	9:46.0	(77)
10. Kevin Yokom	9:48.5	(99)

400 METER DASH

1. Victor Woods	:49.0	(99)
2. Cal Hawkins	:49.3	(83)
3. Ken Bierschbach	:50.3	(77)
3. Tom O'Conner	:50.3	(79)
3. Jesse Heard	:50.3	(85)
3. Nate Clason	:50.3	(96)
7. Rob Dantuma	:50.4	(80)
7. Ross DeGraaf	:50.4	(91)
9. Walt Stange	:50.7	(75)
9. Kevin Hamilton	:50.7	(99)

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

HIGH HURDLES		
1. Jimmie Freeman	:14.3	(99)
2. Brian Palmer	:14.4	(88)
3. Dave Hunt	:14.7	(95)
4. Dan Lanning	:14.5	(73)
4. Mike Small	:14.5	(88)
6. Chris Baker	:14.6	(85)
7. Tom Trimpe	:14.7	(71)
8. William Armstrong	:14.7	(88)
9. Bruce Cargill	:14.75	(78)
10 Todd Ernst	:14.8	(87)

1. Dave Hunt	:38.89	(94)
2. Jimmie Freeman	:39.0	(99)
3. Neal Peterson	:40.35	(97)
4. Jathan Austin	:40.36	(92)
5. Mike Small	:40.6	(88)
6. Gashew Ayalew	:40.7 ^{39.9}	(97)
7. Mike Biddick	:40.9 ^{Vincent May Field}	(96)
8. Willaim Armstrong	:41.3 ^{41.0}	(88)
9. Larry Bolden	:41.5	(91)
10. Brian Palmer	:41.6	(88)
10. Brian Small	:41.6	(89)

330 YARD LOW HURDLES*
(NO LONGER RUN)

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. Josh Ruch	4:21.6	(99)
5. Chris Napolillo	4:21.9	(81)
6. Mike Gromko	4:23.2	(77)
7. Mike Kazmerski	4:23.3	(83)
8. Rayhan Ismail	4:26.4	(99)
9. Hal Byram	4:27.4	(73)
10. Kevin Yokom	4:27.7	(99)

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

1.	<i>Mike Paul, Victor Woods, Natham Barnett, Kip Paul</i>	1:29.4	(90)
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.	Kip Paul, Nahum Barnett, Mike Paul, Victor Woods	1:30.4	(99)
4.	Ryan Roberts, Mario Adams, Jimmie Freeman, Nahum Barnett	1:30.6	(98)
5.	Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2	(83)
6.	Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4	(74)
6.	Ritchie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4	(80)
6.	Marvin Trotter, Mike Burt, Mike Baker, Brad Fields (92)	1:31.4	(92)
9.	Tom Trimpe, Greg Den Boer, Flip Hight, Dennis Howe	1:31.5	(70)
10.	Kip Paul, Gary Barber, Randy Gordon, Kevin Stankey	1:31.6	(81)
10.	Kip Paul, Randy Gordon, Mike Walsh, Kevin Stankey	1:31.6	(81)
10.	Mike Burt, Mike Baker, Marvin Trotter, Brad Fields	1:31.6	(92)

1600 METER RUN

1.	Dave Hunt, Jon Collins, Nate Clason, Shane Woods	3:23.7	(95)
2.	Bruce Fields, Jeff Grant, Stuuart Meyer, Cal Hawkins	3:25.8	(82)
3.	Hal Byran, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9	(73)
4.	Rob Dantuma, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.0	(80)
5.	Josh Hoyt, Jon Collins, Nate Clason, Shane Woods	3:26.1	(94)
6.	Dave Bills, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.3	(77)
7.	Walt Stange, John Mooney, Jim Hawkin, Ridk Paske	3:26.6	(75)
8.	Cal Hawkins, John Erhardt, Stuart Mever, Mike Kazmierski	3:26.7	(83)
9.	Chris Baker, Bob Hanson, Steve Stapleton, Todd Ernst	3:26.9	(85)
10.	Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2	(85)

400 METER RELAY

1.	Mario Adams, Kip Paul, Mike Paul, Nahum Barnett	:43.6	
1.	Jeff Kerr, Craig Mesler, Peter Anderson, Brad Fields	:43.6	(91)
3.	Max McDonald, Blake Born, Morrie Fongers, Jesse Heard	:43.7	(85)
4.	Marvin Trotter, Craig Mesler, Pete Anderson, Brad fields	:43.9	(91)
4.	Mike Burt, Ray Chapin, 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)

*Mike Paul
Mike Davis
Ryan
Roberts
Kip Paul*

3200 METER RELAY

1.	Ross DeGraaf, Dan Reed, Stu Palmer, Brian Hyde	7:55.8	(91)
2.	Andy Kazmierski, Dave Schultz, Mark Sellers, Stu Scobie	8:00.4	(86)
3.	Ross DeGraff, Mac Anderson, Stu Palmer, Brian 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, Brian Hyde (90)	8:04.0	(90)
6.	Stu Scobie, Mark Rienardy, Bob Hanson, Andy Kazmierski	8:04.5	(85)
7.	Nate Clason, Mike Biddick, Josh Miller, Alex Ruch	8:08.6	(96)
8.	Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9	(80)
9.	Rayhan Ismail, Kevin Yokum, Justin Gretzinger, Jermaine Bridges	8:10.7	(99)
10.	Chad Christensen, Chad Pilbeam, Bryan Garcia, Dan Reed (92)	8:13.2	(92)

EAST KENTWOOD JUNIOR HIGH TRACK

NAME _____ YEAR _____
 LAST FIRST

LAST YEAR'S BEST	SHOT PUT	LONG JUMP	HIGH JUMP	POLE VAULT	60 DASH	176	220	440	880	HIGH HURDLES	LOW HURDLES	ONE MILE	TWO MILE	880 RELAY LEG	ONE MILE RELAY LEG	DISCUS
GOAL FOR THIS YEAR																
Rob Calaban, 12		20.5"			11.50	25.0										
Nathaniel Callis, 9									2:17			4:57	10:30			
Kevin Coch, 9												5:55				
Peter Collin, 9												4:58.5				
John Collins, 10									2:42.8			4:58	11:00			
Brandon Cortese, 11									2:21							
Craig Daniels, 12					11:6	23.5		53.0						24.3	50.5	
Mike Davis, 11					11:30	23.5								22.0		
Mike Earls, 11					12:51	27.0		44.4								
Juan Ferrer, 9					12:2	25.0		-	50.0					24.0		

EAST KENTWOOD JUNIOR HIGH TRACK

NAME _____ YEAR _____
 LAST FIRST

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	DISCUS
GOAL FOR THIS YEAR															
LeRoy Hill, 9 ✓							44.8		15.4		5:23	12:18		52.1	
Ben House, 10					14.4	28.8		7:31							
Ryan House, 9						28.4									
Andy Hobbard, 1 ✓															
Jermaine Jamison, 12	4'11"			10'6"											95'
Marcus Johnson, 12															106'4"
Matt Johnson, 9															104'4"
Jarrett Jones, 12															
Greg Lee, 11						28.0									
Ryan Wetherby, 9 ✓	17'1/2"				10.75			55.9					23.7	51.1	

EAST KENTWOOD HIGH SCHOOL TRACK

NAME _____ LAST _____ FIRST _____ YEAR _____

LAST YEAR'S BEST GOAL FOR THIS YEAR	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	Discus
Donovan L						23.1							23.3	530	
Tenes, q													25.5		
Eric Triggs, 10					12:55				16:07	4:22					
Chad Tuero, q									20:5	19:12					
Brian Ulrich, 9								2:50.2				11:33		6:11	
Jason Vert, 11	35 1/2"														108 1/2"
Eduick Washington		16' 8 1/2"			11:08	23.2							22.9	57.2	
Mike Wells, q								2:15			5:04	11:47.6			
Phillip Murray, 10											5:39				

EAST KENTWOOD TRACK

ALL-TIME TOP TEN

DISCUS

1. John Anes II	158' 7"	(96)
2. Craig Green	150' 8"	(83)
3. Kevin Patterson	149' 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. Matt Shillito	127' 11"	(00)
10. Marlon Babers	125' 5 1/2"	(87)

LONG JUMP

1. Eric Hartfield	23' 2"	(80)
2. Eric Hill	22' 8"	(88)
3. Dennis Howe	22' 5 1/2"	(69)
4. Jimmie Freeman	22' 5"	(99)
5. Kevin Stankey	22' 2"	(81)
6. Shane Woods	22' 1 1/2"	(95)
7. Percy Dykes	21' 11 1/2"	(80)
8. Kam Merritt	21' 10"	(90)
9. Loren Johnson	21' 8 1/2"	(76)
10. Ray Chapin	21' 8"	(92)

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. Derek Fitzpatrick	49' 8"	(84)
10. Brandon Born	49' 4"	(84)

POLE VAULT

1. Jimmie Freeman	15' 2"	(98)
2. Curt Geerlings	15' 1"	(78)
3. Eric Mirandett	15' 0"	(00)
4. Jeff Kerr	14' 7"	(91)
5. Abdul Powell	14' 4"	(95)
6. Tim Lett	14' 3"	(97)
7. Dan Slot	14' 1/4"	(76)
8. Kevin Patterson	14' 0"	(80)
8. Matt Geerlings	14' 0"	(83)
8. Marc Delo	14' 0"	(94)

HIGH JUMP

1. Dan Smith	6' 6"	(99)
1. Chris Baker	6' 6"	(85)
1. Cory Velting	6' 6"	(98)
4. Eric Hartfield	6' 5 3/4"	(80)
5. Chuck Hoffman	6' 5 1/2"	(78)
6. Brent Bomgaars	6' 5"	(96)
7. Mike Geukes	6' 4 1/2"	(78)
8. Brian Patterson	6' 4"	(79)
8. Chris Ross	6' 4"	(92)
9. William Armstrong	6' 3"	(88)
9. Shaun O'Brian	6' 3"	(83)

100 METER DASH

1. Mike Burt	:10.4	(95)
2. Brad Fields	:10.65	(91)
3. Kip Paul II	:10.67	(00)
4. Kip Paul	:10.78	(81)
5. Kevin Stankey	:10.9	(82)
5. Jesse Heard	:10.9	(85)
5. Blake Born	:10.9	(87)
8. Loren Johnson	:11.0	(76)
8. Duan Swagerty	:11.0	(78)
8. Karl Taylor	:11.0	(89)

200 METER DASH

1. Brad Fields	:21.69	(91)
2. Mike Burt	:21.8	(95)
3. Kip Paul	:22.1	(81)
4. Kip Paul II	:22.1	(99)
5. Dave Naughton	:22.3	(75)
5. Cal Hawkins	:22.3	(83)
7. Victor Woods	:22.36	(99)
8. Pete Anderson	:22.37	(91)
9. B.J. Evans	:22.4	(87)
10. Jesse Heard	:22.5	(85)

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. Rayhan Ismail	9:44.9	(99)
9. Mike Gromko	9:46.0	(77)
10. Kevin Yokom	9:48.5	(99)

400 METER DASH

1. Victor Woods	:49.0	(99)
2. Cal Hawkins	:49.3	(83)
3. Ken Bierschbach	:50.3	(77)
3. Tom O'Conner	:50.3	(79)
3. Jesse Heard	:50.3	(85)
3. Nate Clason	:50.3	(96)
7. Rob Dantuma	:50.4	(80)
7. Ross DeGraaf	:50.4	(91)
9. Walt Stange	:50.7	(75)
9. Kevin Hamilton	:50.7	(99)

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)

HIGH HURDLES

1. Jimmie Freeman	:14.3	(99)
2. Brian Palmer	:14.4	(88)
3. Dave Hunt	:14.7	(95)
4. Dan Lanning	:14.5	(73)
4. Mike Small	:14.5	(88)
6. Chris Baker	:14.6	(85)
7. Tom Trimpe	:14.7	(71)
8. William Armstrong	:14.7	(88)
9. Bruce Cargill	:14.75	(78)
10. Todd Ernst	:14.8	(87)

300 METER I.M. HURDLES

1. Dave Hunt	:38.89	(94)
2. Jimmie Freeman	:39.0	(99)
3. Vincent Mayfield	:39.9	(00)
4. Neal Peterson	:40.35	(97)
5. Jathan Austin	:40.36	(92)
6. Mike Small	:40.6	(88)
7. Gashew Ayalew	:40.7	(97)
8. Mike Biddick	:40.9	(96)
9. Willaim Armstrong	:41.3	(88)
10. Larry Bolden	:41.5	

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. Josh Ruch	4:21.6	(99)
5. Chris Napolillo	4:21.9	(81)
6. Mike Gromko	4:23.2	(77)
7. Mike Kazmerski	4:23.3	(83)
8. Rayhan Ismail	4:26.4	(99)
9. Hal Byram	4:27.4	(73)
10. Kevin Yokom	4:27.7	(99)

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)

East Kentwood Track

All Time Top Ten Relays

800 Meter Relay

1. Kip Paul II, Nahum Barnett, Mike Paul, Victor Woods	1:30.4 (99)
2. Brad Fields, Eddie Kodish, D.J. Reid, Karl Taylor	1:30.3 (89)
3. Jeff Kerr, Craig Mesler, Pete Anderson, Brad Fields	1:30.4 (91)
4. Ryan Roberts, Mario Adams, Jimmie Freeman, Nahum Barnett	1:30.6 (98)
5. Cal Hawkins, Morrie Fongers, Kevin Stankey, Jesse Heard	1:31.2 (83)
6. Tom Terbeek, Paul Verbrugge, Rick Den Boer, Dave Naughton	1:31.4 (74)
6. Ritchie Swagerty, Gary Barber, Percy Dykes, Kip Paul	1:31.4 (80)
6. Marvin Trotter, Mike Burt, Mike Baker, Brad Fields(92)	1:31.4 (92)
9. Tom Trimpe, Greg Den Boer, Flip Hight, Dennis Howe	1:31.5 (70)
10. Kip Paul, Gary Barber, Randy Gordon, Kevin Stankey	1:31.6 (81)
10. Kip Paul, Randy Gordon, Mike Walsh, Kevin Stankey	1:31.6 (81)
10. Mike Burt, Mike Baker, Marvin Trotter, Brad Fields	1:31.6 (92)

1600 METER RUN

1. Dave Hunt, Jon Collins, Nate Clason, Shane Woods	3:23.7 (95)
2. Bruce Fields, Jeff Grant, Stuart Meyer, Cal Hawkins	3:25.8 (82)
3. Hal Byran, Tim Beekman, Gary Dowling, Kim Davidson	3:25.9 (73)
4. Rob Dantuma, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.0 (80)
5. Josh Hoyt, Jon Collins, Nate Clason, Shane Woods	3:26.1 (94)
6. Dave Bills, Doug Baragar, Jim Baker, Ken Bierschbach	3:26.3 (77)
7. Walt Stange, John Mooney, Jim Hawkin, Ridk Paske	3:26.6 (75)
8. Cal Hawkins, John Erhardt, Stuart Mever, Mike Kazmierski	3:26.7 (83)
9. Chris Baker, Bob Hanson, Steve Stapleton, Todd Ernst	3:26.9 (85)
10. Chris Baker, Blake Born, Steve Stapleton, Todd Ernst	3:27.2 (85)

400 METER RELAY

1. Mario Adams, Kip Paul II, Mike Paul, Nahum Barnett	43.6 (99)
1. Jeff Kerr, Craig Mesler, Peter Anderson, Brad Fields	43.6 (91)
3. Max McDonald, Blake Born, Morrie Fongers, Jesse Heard	43.7 (85)
4. Marvin Trotter, Craig Mesler, Pete Anderson, Brad fields	43.9 (91)
4. Mike Burt, Ray Chapin, 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)
6. Ryan Roberts, Mike Davis, Donovan Terres, Kip Paul II	44.0 (00)
9. Rick Den Boer, Steve Sytsma, Jim Herrman, Dave Naughton	44.1 (74)
9. Dave Naughton, Loren Johnson, Greg Hecksel, Rick Williams	44.1 (75)
9. Rich Swargerty, Percy Dykes, Niel Traverse, Kip Paul	44.1 (79)
9. Percy Dykes, Gary Barber, Neil Traverse, Kip Paul	44.1 (80)

3200 METER RELAY

1. Ross DeGraaf, Dan Reed, Stu Palmer, Brian 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, Brian 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, Brian Hyde	8:04.0 (90)
6. Stu Scobie, Mark Rienardy, Bob Hanson, Andy Kazmierski	8:04.5 (85)
7. Nate Clason, Mike Biddick, Josh Miller, Alex Ruch	8:08.6 (96)
8. Bob Dekoster, Eric Vaughn, Rusty McBride, Mike Walsh	8:10.9 (80)
9. Rayhan Ismail, Kevin Yokum, Justin Gretzinger, Jermaine Bridges	8:10.7 (99)
10. Chad Christensen, Chad Pilbeam, Bryan Garcia, Dan Reed	8:13.2 (92)

East Kentwood Outdoor Track Records

<u>Event</u>	<u>Record Holder</u>	<u>Time/distance</u>	<u>year</u>
Shot Put	Greg Den Boer	58' 10 3/4"	1971
Long Jump	Eric Hartfield	23' 3"	1980
High Jump	Chris Baker	6' 6"	1985
	Cory Velting	6' 6"	1998
	Dan Smith	6' 6"	1999
Pole Vault	Jimmie Freeman	15' 2"	1998
Discus	John Anes	158' 7"	1996
100 m. Dash	Mike Burt	:10.4	1995
200 m. Dash	Brad Fields	:21.69	1991
400 m. Dash	Victor Woods	:49.0	1999
800 m. Run	Brian Hyde	1:53.10	1991
1600 m. Run	Brian Hyde	4:10.90 **	1991
3200 m. Run	Brian Hyde	9:13.70	1991
110 m. High Hurdles	Jimmie Freeman	:14.3	1999
300 m. High Hurdles	Dave Hunt	:38.90	1994
400 m. Relay	Jeff Kerr Craig Mesler Pete Anderson Brad Fields	:43.60	1991
	Mario Adams Kip Paul Mike Paul Nahum Barnett	:43.60	1999

** State Record

800 m. Relay	Kip Paul Nahum Barnett Mike Paul Victor Woods	1:29.40	1999
1600 m. Relay	Dave Hunt Jon Collins Nate Clason Shane Woods	3:23.7	1995
3200 m. Relay	Ross DeGraff Dan Reed Stu Palmer Brian Hyde	7:54.90	1991
330 Yd Low Hurdles (No Longer Run)	Todd Ernst	:37.90	1986
180 Yd Low	Dan Lanning	:19.90	1973
Dist. Med. Relay	Stu Scobie Steve Stapleton Andy Kazmierski Mark Reinardy	10:43.00	1985
Sprint Med. Relay	Jesse Heard B.J. Evans Max McDonald Todd Ernst	2:28.10	1985
Shuttle	Loren Johnson Ed Verbrugge Brian Vanderweele Greg Hecksel	:58.80	1976
	William Armstrong Brian Palmer Mike Small Eric Hill	:58.80	1988
12800 m. Relay	Dave Tomaszewski Dan VanLaan Mike Bonarski Jim Baker	40:23.40	1978

* All times have been converted to meters.

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Conference DATE 5/16+17

POLE VAULT

1. Mirandett 14'6"
2. S. Nielsen 11'6"
3. K. Nielsen -
- 4.
- alt.

HIGH JUMP

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

SHOT PUT

1. Schumacher
2. Jamison
3. Smith, R.
- 4.
- 5.
- 6.

LONG JUMP

1. May Field ^{2nd}
2. Calahan
3. Frank ^{4th}
- 4.
- 5.
- 6.

DISCUS

1. Shillito 112
2. Rockwell 117
3. Schumacher
- 4.
- 5.
- 6.

3200 M. RELAY

1. Brewer
2. Ulrich
3. McCully
4. Backing
- alt.

110 HIGH HURDLES

1. May Field 15.6
2. Hill 16.1
3. Triggs 17.5
- alt.

100 METER DASH

1. K. Paul 11.0
2. R. Robert 11.3
3. Davis 11.4
- alt.

800 M. RELAY

1. M. Paul 24.6
2. Davis 22.6
3. Terres 23.3
4. K. Paul 21.8
- alt. Washington

1600 M. RUN

1. McCully 4:43.4
2. Ruch 4:42.6
3. Ashack 4:55.8
- 4.
- 5.
- 6.

400 M. RELAY

1. Robert 44.3
2. Davis
3. Terres
4. K. Paul
- alt.

400 M. DASH

1. K. Hamilton 51.27
2. Oppenhuizen 653.4
3. Daniels 53.8
- alt. M. Paul

300 INT HURD

1. May Field 40.9
2. Triggs 42.2
3. Shillito 43.9
- alt.

800 M. RUN

1. Backing 59-2:06.1
2. Brewer -
3. Ulrich 60-2:07.2
- 4.
- 5.
- 6.

200 M. DASH

1. K. Paul 22.8
2. Terres 23.5
3. Washington 24.1
- alt. Paul m. 23.1

3200 M. RUN

1. Coch 10:29
2. McCully 10:45
3. Ruch 10:47.7
- 4.
- 5.
- 6.

1600 M. RELAY

1. M. Paul 54.9
2. Brewer 53.7
3. Oppenhuizen 52.5
4. Hamilton K. 51.4
- alt. Daniels

Coch 71 - 2:24 - 2:47 - 5:07 - 6:27 - 7:51 - 9:12 - 10:29
 Ruch 71 - 2:31 - 2:51 - 5:12 - 6:30 - 8:04 - 9:29 - 10:42.7
 McCully 71 - 2:24 - 2:50 - 5:13 - 6:38 - 8:04 - 9:30 - 10:41.5

Rockford
 61
 1086121

48
 202

8:36.2
 59-2:08.8
 59-2:05.2
 59-2:10
 57-2:12
 Colling
 D. Hamilton

40

74/60
 2nd
 80/66

15th
 1:32
 3:18
 5/1

~~EX added all conf.~~

All Conf.

Kip Paul 100

400 Relay
Ryan Roberts
Milo Davis
Donovan Trigg
Kip Paul

800 Relay
Milo Paul
Milo Davis
Donovan Trigg
Kip Paul

Eric Mirandetti Pole Vault.

at All Conf.

Vincent Magfield:
Long Jump 2nd 8 pt
300 Hurdles 3rd 6 pt
100 High 4th 4 pt
4 pt
18 pt total

Kevin Hamilton
400 m Dash ~~1st~~ 3rd 6 pt
1600m Relay 3rd 1 1/2 pt
2 1/2 pt total

Trevor Franks
Long Jump 5th
2 pt

2000 OK RED ALL CONFERENCE BOYS TRACK

East Kentwood - Kip Paul
 East Kentwood - Vincent Mayfield
 East Kentwood - Eric Mirandelt
 East Kentwood - Ryan Roberts
 East Kentwood - Donavon Terres
 East Kentwood - Mike Davis
 East Kentwood - Mike Paul
 Grand Haven - Chris LeClair
 Grand Haven - Colbi Dykhouse
 Grandville - Eric VanderHorst
 Holland - Sean Doyle
 Holland - Chris Clark
 Jenison - C.J. Hooper
 Mona Shores - Luke Myers
 Mona Shores Eric Caruthers
 Rockford - Aaron Sawyer
 Rockford - Noah Schwander
 Rockford - Scott Anderson
 Rockford - Chad Rehkopf

Boys Results 10-8-6-4-2-1	EAST KENTWOOD	GRAND HAVEN	GRANDVILLE	HOLLAND	JENISON	MONA SHORES	ROCKFORD	WEST OTTAWA
DISCUS		8.2 / 10	1 / 1				10.4 / 14	6 / 6
SHOT PUT		4.2 / 16	5.1 / 10				10 / 24	6 / 12
HIGH JUMP		6 / 22	7 / 14	8 / 8			10 / 12	14.14 / 15
LONG JUMP	8.2 / 12		6 / 20	4 / 10	10 / 10			1 / 16
POLE VAULT	10 / 22	8 / 24	1 / 21	4 / 14		6 / 16	8 / 32	
3200 M. RELAY	1 / 23	2 / 26	3 / 21	3 / 22	10 / 10	4 / 20	10 / 42	6 / 22
110 M. HIGH HURDLES	4 / 27			2 / 24			3.6.1 / 57	10 / 32
100 M. DASH	10.1 / 38	2 / 26	2 / 21	2 / 34	6 / 16	20 / 20	57 / 84	44 / 44
800 M. DASH	10 / 42	2 / 28	2 / 21	8 / 34	1 / 16	6 / 21	6 / 43	4 / 48
1600 M. RUN	48 / 58	28 / 30	21 / 22	36 / 34	16 / 16	21 / 21	108.624 / 91	1 / 49
400 M. RELAY	10 / 58	2 / 30	1 / 22	4 / 40	16 / 16	21 / 21	6 / 97	8 / 57
400 M. DASH	6 / 64	4 / 34	1 / 23	4 / 40	10 / 26	21 / 21	8 / 105	2 / 59
300 M. INT. HURDLES	6.2 / 72	34 / 34	23 / 23	4 / 40	26 / 26	21 / 21	127 / 127	1 / 60
800 M. RUN	72 / 72	34 / 34	23 / 23	4 / 40	26 / 26	29 / 29	10.6 / 4.2	1 / 61
200 M. DASH	8 / 30	2 / 36	23 / 23	6 / 46	10 / 36	2 / 29	149 / 149	4.1 / 66
3200 M. RUN	30 / 30	36 / 36	23 / 23	46 / 46	36 / 36	2 / 31	108.8 / 117.2	66 / 66
1600 M. RELAY	6 / 86	4 / 40	1 / 21	46 / 46	36 / 36	2 / 29	10 / 28	5 / 71
1.5 MILE	2 / 84			42 / 48				
TOTAL	84	40	24	48	36	39	153	71

127
 109
 59
 71

106

East Kentwood Track

Holland Frosh/Soph Relays

Jim 914-7
Bw

Date: Sat. April 29, 2000

Place: Holland High School Track

Time: Field Events & Prelims 10:00 - Finals 11:00

2nd Long Jump	M. Paul ✓	Mayfield ✓	Leatherby ✓
1st Pole Vault	S. Nielsen ¹⁰	K. Nielsen ¹⁰	Aldrich Mike ⁹
3rd Shot Put 4PTS	R. Smith ✓ 34.4	N. Rasser ✓ 31.8	T. Hicker ✓ 35.6
1st Discus	R. Smith ✓ Reson 100 9	T. Hicker ✓ Triggs 9	M. Skillito ✓ matt 9
High Jump			
100m Dash (prelims)	Washington ✓ 11.4	Terrer ✓ 11.4	Paul ✓

25
24
490
5
10
2

* * * 11:00 Running Finals Begin * * *

4th 9:04.7
4 x 800 Relay: 4PTS

Wells 64/2:15	Hamilton D 60-2:12	Leatherby 66-2:23	J. Collins 63 2:12
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1st 45.90
4 x 100 Relay: 10PTS

Triggs ¹⁰	Terrer ⁹	Washington ¹⁰	M. Paul ¹⁰
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1600 m Run:

Ashack 74	2:33	3:53	5:08
Collins J. 76	2:36	3:58	5:11

1st 59
Shuttle Hurdle

Hill 16.4	Triggs 16.3	Mayfield 15.9	Skillito 17.2
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3rd Sprint Medley

Paul 54.5	Triggs 23.0	Mayfield 12:42	Washington 11:48
(110)	(100)	(200)	(400)
400	200	100	100

2nd 49.7
4 x 100 Throwers Relay * 2 must be throwers

Skillito	Rasser	Leatherby	Rayford
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3rd Dist. Med. Relay
12:11.6

Albrecht A. 70/2:31 3:50	Skillito 57.5	D. Hamilton 14 2:15.7	Ashack 67 2:28 3:11
(1200)	(400)	(800)	(1600)

1st 4 x 400 Relay:
3:39.3

Triggs 55.0	Leatherby 56	Mayfield 54.3	M. Paul 53.6
-------------	--------------	---------------	--------------

50 40 AI

EAST KENTWOOD BOYS TRACK

2000

Pepsi TEAM INVITATIONAL

Date: Saturday, April 15, 2000

Bus Leaves School at: 8:00 A.M.

9:30 A.M.

Pole Vault: <u>Mirandett 14'0"</u>	Discus: <u>Rockwell 107'0"</u>	NS. 8:21 5' 9:23 MU 1:34.3
<u>S. Nielsen 10'6"</u>	<u>Shillito 122'0"</u>	
High Jump: <u>K. Hamilton 5'10"</u>	Shot Put: <u>Rockwell 36'0"</u>	4 4 10
<u>M. Paul 19'8" (4th)</u>	<u>TenHaaf 36'8"</u>	
Long Jump: <u>R. Calahan 19'3"</u>		

Frost m-r-r @ Kallan

Jan. 11.0

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

		<i>61-2:12</i>	<i>62-2:13</i>	<i>61-2:09</i>	<i>62-2:12</i>	
<i>12:30</i>	3200 Relay	<u>Ruch</u>	<u>McCully</u>	<u>Brewer</u>	<u>Ulrich</u>	8:47.5
	High Hurdles	<u>Hill</u>	16.3 - 15.8			
	100 M Dash	<u>K. Paul</u>	10.84 - 10.68	<u>M. Davis</u>	11.5	
<i>1:34.12</i>	800 M Relay	<u>M. Paul</u>	<u>Terras</u>	<u>Davis</u>	<u>K. Paul</u>	
	1600 M Run	<u>Coch</u>	67 - 2:22	3:02	23.4	21.8 Alt. Triggs Oppenhuizen
		<u>McCully</u>	70	2:22 - 3:39	4:53	
<i>4:52</i>	400 M Relay	<u>Roberts</u>	<u>Terras</u>	<u>Davis</u>	<u>K. Paul</u>	Alt. Calahan Triggs
	Mid Dist Relay	<u>Ruch</u>	(800)			
		<u>Shillito</u>	(400)	57		
		<u>Shillito</u>	(400)	59.01 / Calahan		
		<u>Ulrich</u>	(800)	64 - 2:16		
<i>3:32.3</i>	1600 M Relay	<u>Brewer</u>	<u>Triggs</u>	<u>Terras</u>	<u>K. Hamilton</u>	Alt. Triggs Mayfield Terris
		53.4	53.4	53.9	51.5	

Intro. Rest of Coach Staff
 - Jeff Black
 - Dave Emmott
 - Matt Burton
 Also include
 Randy Smith
 Great job all yr.

- Began the year:
 - Trying to replace Sr (Urus)
 - Also had some people move so had a few more holes to fill than normal.
 - This meant:
 - Some people would have to run
 - new events
 - Event they had run very little

EAST KENTWOOD TRACK BANQUET INVITATIONS

Last Name First Name Grade Letter

Albrecht	Alex	1000/82	9	X
Coch	Kevin	3200 #1	9	X
Hicks	Torey	Shot - Disc	9	X
Hill	LeRoy	Hurd. scored	9	X
Letherby	Ryan	4.5 400	9	X
Shillito	Matt	Disc - Hur	9	X
Terres	Donovan	200 Relays	9	X
Ashack	Eric	1600	10	X
Collins	John	800-1600	10	X
Mayfield	Vincent	4.5 HJ, Hurd.	10	X
Nielsen	Kyle	P.V.	10	X
Nielsen	Seth	P.V.	10	X
Paul	Mike	800-1600 relays	10	X
Triggs	Eric	Hurdles	10	X
Washington	Edrick	Sprint Relays	10	X
Cortese	Brandon	Disc	11	X
Davis	Mike	Sprint Relays	11	X
Earls	Mike	Sprints	11	X
Filkins	Jeff	Sprints	11	X
Hubbard	Andy	P.V.	11	X
Lee	Greg	Sprints	11	X
McCully	John	Dist most versatile	11	X
Mirandett	Erik	P.V.	11	X
Moss	George	Sprints 1st yr.	11	X
Oberst	Dave	P.V.	11	X
Oppenhuizen	Eric	Shot Discus	11	X
Paul	Kip	Champ of Champ.	11	X
Roberts	Ryan	100 400 relay	11	X
Rower	John	Dist	11	X
Ruch	Travis	Dist	11	X
TenHaafe	Mike	Shot Discus	11	X
Vert	Jason	" "	11	X
Backing	Adam	mid Dist	12	X
Brewer	Jayson	- Injure mid Season	12	X
Calahan	Rob	By far his best season	12	X
Daniels	Craig	400	12	X
Franks	Trevor	4.5 - Improved a lot this yr.	12	X
Hamilton	Kevin	400-800-1600-1200	12	X
Jamison	Jermaine	4 yr. Ran for 4 yr	12	X
Johnson	Marcus	400 - made some we had a good time.	12	X
Jones	Jarrett	400 - 400	12	X
Lewis	Charles	4.5 - 400	12	X
Mitchell	Bryant	Sprints	12	X
Oppenhuizen	Greg	P.V. 1600 R.	12	X
Peay	Greg	Shot	12	X
Rockwell	Matt	Shot Discus	12	X
Schumacher	Jack	" #1 "	12	X
Ulrich	Brian	" "	12	X

most looked at this as support role to set up + control.
 - This young men adapted well - can be frustrating a get to a still was told a bit more for
 - They did a great job.
 - We did lose 1 meet which cost conf champion all in all it was a very good yr

outstanding yr - excellent End of season

outstanding yr
 Conf # Reg. Champ

Conf. 100 John 1000 champ

Noticed speed and of last yr
 Most Improved
 Dangerous
 Captain

Paul
 Captain

Captain

800 - 3200 - another great yr.
 - improved a lot
 - no meet (came up this)

- Good year - we enjoyed it - looking forward to next yr.
 - Mr. Murawski - Girls Golf

- Matt Paul
 - Kevin Paul
 - Kevin Paul
 have a couple of younger to P
 to Mr. Paul

great attitude - comes up big when needed

One of the Best in State's Top seed

100-200 - State meet 100m

Goals were needed

Seniors
 - late start from week
 coming on strong end of season, (we meet)

- Big heart - give everything every Race. Not fatter

Wished we would have had him here earlier outdoors

- enjoys track; when his events done - ok on other + then at keep at track

17 Runners

Prelim, 4:30
Field Events 3:45
Final 6:00

@ Houseman

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT John Bar

DATE Thur 5/25/00

POLE VAULT

1. Micandette
2. Nielsen, S
- 3.
- 4.
- alt.

HIGH JUMP

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

SHOT PUT

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

LONG JUMP

1. Mayfield 20'11"
2. Calahan 20'3"2"
3. ~~Foster~~
- 4.
- 5.
- 6.

DISCUS

- 3.
- 4.
- 5.
- 6.

3200 M. RELAY

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

110 HIGH HURDLES

1. Hill 15.7
2. Mayfield
3. 15.2
- alt.

100 METER DASH

1. K. Paul 10.8
2. Roberts
- 3.
- alt.

800 M. RELAY

1. M. Paul 22.7
2. Davis 29.6
3. Terror 23.0
4. K. Paul 23.7
- alt. Washington

1600 M. RUN

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

400 M. RELAY

1. Roberts
2. Davis 44.0
3. Terror
4. K. Paul
- alt. Washington

400 M. DASH

1. Hamilton 52.3
2. Oppenhuizen
- 3.
- alt.

300 INT HURD.

1. Mayfield 39.9
2. Trigger
3. 42.1
- alt.

800 M. RUN

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

200 M. DASH

1. K. Paul 22.1
2. Terror
3. 23.6
- alt.

3200 M. RUN

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

1600 M. RELAY

1. M. Paul 52.5
2. Brewer 53.6
3. Oppenhuizen
4. Hamilton 53.7
- alt. 56.6
Trigger

* Qualifying Standard.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Regional

DATE 5/19

POLE VAULT <u>12'6"</u>	HIGH JUMP <u>6'2"</u>	SHOT PUT <u>51'4"</u>	LONG JUMP <u>21'0"</u>	DISCUS <u>146'8"</u>
1. Mirandett	1. Hamilton ←	1. Schumacher	1. Mayfield 20'2"	1. Shillito 116
2. S. Nielsen 11'6"	2.	2. Jamison	2. Calahan 19'6"	2. Rockwell 110
3. to Nielsen	3.	3.	3. Franks (Addition) 19'6"	3. 110
4. Oppenhuizen	4.	4.	4.	4.
alt.	alt.	5.	5.	5.
		6.	6.	6.

8:49.1
8:13.4

3200 M. RELAY

1. Ulrich 60-209
2. Brewer 59-211
3. McCully 62-212
4. Backing 60-214

alt.

15.0

110 HIGH HURDLES

1. Mayfield 16.3 16.1
2. H. H. 14.4 14.2
3. 1 (5m) 15.5

alt.

11.1

100 METER DASH

1. K. Paul 11.3 4d
2. Roberts 11.8
3. ~~Washington~~

alt.

1:31.3
3rd 1:37

800 M. RELAY

1. M. Paul 24.4
2. Davis 23.6
3. Terres
4. K. Paul

alt. Washington

4:28.9

1600 M. RUN

1. McCully 4:52.6
2. Ruch 4:48.2
- 3.
- 4.
- 5.
- 6.

44.1

400 M. RELAY

1. Roberts
2. Davis
3. Terres
4. K. Paul

alt. Washington

44.8
7m

50.7

400 M. DASH

1. Hamilton K. 51.9
2. Oppenhuizen 52.4
- 3.

alt.

40.2

300 INT HURD.

1. Mayfield 41.1
2. Triggs 43.4
- 3.

alt.

1:59.6

800 M. RUN

1. Backing 60-2:09
2. Brewer?
3. Ulrich 61 2:08.
- 4.
- 5.
- 6.

22.5

200 M. DASH

1. K. Paul
2. Terres 23.8 - 23.7
3. Washington

alt.

9:50.2

3200 M. RUN

1. Cook 10:31.2
2. McCully 10:33.1
- 3.
- 4.
- 5.
- 6.

5m 3:28.9
3:28.2

1600 M. RELAY

1. M. Paul 52.6
2. Brewer 53.2
3. Oppenhuizen 57.0
4. Hamilton K

alt. 50.4 Triggs

- Ruch - 65 2:20 3:37 - 4:48.2
- McCully 61 - 2:20 - 3:37

Cook 73 - 2:30 - 3:49 5:10 6:33 7:55 9:19
McCully 73 - 2:30 - 3:49 5:11 6:34 7:57 9

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jenison

DATE 4/18/00

POLE VAULT 8

1. Mirandett 14'3"
 2. Nielsen, S 9'3"
 3. Nielsen, K 9'3"
 4. Oppenhuizen G. -
- alt. Hubbard 9'9"
Oberst -

HIGH JUMP 3

1. Hamilton 5'8"
 2. Mayfield 5'4"
 3. Moss 5'4"
 - 4.
- alt.

SHOT PUT 3

1. Schumacher 43'11"
2. Rockwell 37'6"
3. Ten Naaf 37'11"
4. Jamison 36'9 3/4"
5. Vent 34'6 3/4"
6. Oppenhuizen E.
Gage 34'4"

LONG JUMP 14

1. Paul M. 17'4"
2. Calahan 18'5"
3. Mayfield 18'9"
4. Franks 18'2"
5. Moss 16'9"
6. Ketherby 15'8"
Washington
Lewis 13'2" 16'8"

DISCUS 4

1. Shillito 118'6"
2. Rockwell 89'11"
3. Schumacher 123'2"
4. Ten Naaf 109'4"
5. Jamison 89'8"
6. Vent 90'11"
Gage 100'8"
1:35.2

3200 M. RELAY 5

1. Ruch 62-2:12
 2. Ulrich 68-2:25
 3. Brewer 66-2:20
 4. Backing 67-2:32
- alt. McCully
Cortese
D. Hamilton

110 HIGH HURDLES 5

1. Will -
 2. Mayfield 16.75
 - 3.
- alt. Twaro 25.5
Shillito

100 METER DASH 89

1. K. Paul 11.0
 2. Roberts 11.8
 3. Calahan 11.94
- alt. Moss

800 M. RELAY 5

1. M. Paul 24.5
 2. Terres 23.7
 3. M. Davis 24.3
 4. K. Paul 22.6
- alt. Triggs
Oppenhuizen G.
Roberts.

1600 M. RUN 38

1. Ruch 4:57
2. McCully 4:51
3. Cortese 5:01
4. Ashack 5:05
Smith T 5:48
5. Pace 5:43
6. Wesley
Albrecht Rus 6:19
Rower J 5:36
Collin P 5:41

400 M. RELAY 5

1. Roberts 45.8
 2. Terres
 3. Davis M.
 4. Paul K.
- alt. Calahan
Moss
Shillito

400 M. DASH 69

1. Hamilton K. 52.0
 2. Paul, M. 55.4
 3. Daniels 55.8
- alt. Gaines
Triggs

300 INT HURD. 3

1. Mayfield 44.6
47.0
 2. Oppenhuizen G.
 3. Triggs 45.5
- alt. Shillito
Twaro

800 M. RUN 3

1. Backing 63 208.
209.9
2. Brewer 64 210.6
3. Ulrich 64 211.4
Hamilton D 65 211.4
4. Ashack 65 2:15
5. Jones J. -
6. Collins J, 65 2:13.

200 M. DASH 6

1. K. Paul 22.98
 2. Terres 24.16
 3. M. Davis 24.46
- alt. Roberts
Calahan

3200 M. RUN 3

1. Coeh 10:39
2. Ruch T. -
3. McCully 10:40
4. J. Smith 12:46
5. Pace 12:16
6. Boysen 11:57
Albrecht Alex 11:18
House Ben 12:18
Cortese 11:07

51600 M. RELAY 3:40.8

1. M. Paul 58.8
 2. Brewer 53.7
 3. Oppenhuizen G. 54.8
 4. Hamilton K. 53.3
- alt. Terres
Triggs
Backing

21

16/37

17/54

17/71

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Jenison

DATE 4/18/00

POLE VAULT

1. Hubbard
 2. Oberst
 3. Callis
 4. Aldrich M.
- alt.

HIGH JUMP

1. Hamilton
 2. May Field
 - 3.
 - 4.
- alt.

SHOT PUT

1. Smith R. 33' 5 1/2"
2. Gage, R. -
3. Wicker T. 33' 10"
4. Peay 32' 6 1/2"
5. Rosser 28' 8"
6. John

LONG JUMP

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

DISCUS

1. Gage 74' 4"
2. Oppenhuizen E. 74' 2"
3. Smith Reion 81' 3"
4. Johnson
5. Bae Dave 71' 1"
6. ~~Franks~~ 94' 2" Hcker Tolley
80' 10" Peay, G.

3200 M. RELAY

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

110 HIGH HURDLES

1. Tward
 2. Rembert
 - 3.
- alt.

100 METER DASH

1. Daniels 11.81
2. Washington 11.68
3. Filken 14.8
- alt. Rayford 12.86
- Skeels 13.7
- Shoemaker -
- Justin G. Smith 14.0
- Smith R. -
- Franks 12.7

800 M. RELAY

1. Letherby
 2. Mitchell
 3. Triggs
 4. Daniels 24.3
- alt. Earls
Lee, G.

1600 M. RUN

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

400 M. RELAY

1. Gridda
 2. Filken 56.2
 3. Rayford
 4. O'Neil
- alt. #2 Justin G. Smith
Rembert
Rosser
Ferrer
- Ex. 55.76

400 M. DASH

1. Gainer 62.7
 2. Lewis 64.9
 3. Gridda 60.8
- alt. Shoemaker D.

300 INT HURD.

1. Tward 56.4
 2. Rembert 56.4
 3. Shillito 46.2
- alt. 14.11
45.3

800 M. RUN

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

200 M. DASH

1. Daniels 24.7
 2. Calahan 25.0
 3. Mitchell
 - alt. Earls 28.3
 - Lee 29.4
 - Skeels
 - Aldrich M.
 - Letherby 25.7
 - Washington 24.2
 - Ferrer 26.6
 - R. House 29.4
- Rosser 28.6

3200 M. RUN

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

1600 M. RELAY

- 3:49.5 1. Triggs Washington
 2. Triggs 55.8
 - 54.0 3. Backing A.
 4. Hamilton 26.3
- alt. Ulrich 61.1
57.8 Daniels Shill
52.0 Hill
Letherby
57.5

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 4/25/00

(4)

POLE VAULT 8	HIGH JUMP 3	SHOT PUT 3	LONG JUMP 8	DISCUS 1
✓ 1. Mirandett 14' 9"	✓ 1. Hamilton K 5' 8"	✓ 1. Schumacher 44' 1/2"	✓ 1. Mayfield 19' 2"	✓ 1. Schumacher 105' 10 1/2"
✓ 2. Nielsen S. 9' 6"	2. Mayfield	✓ 2. Ten Haaf 34' 8"	✓ 2. Calahan -	✓ 2. Skillito 124' 7"
✓ 3. Nielsen K 11' 8"	3. Moss	✓ 3. Jamison 37' 4"	✓ 3. Franks 18' 11"	✓ 3. Ten Haaf 109' 9 1/2"
✓ 4. Oppenhuizen G 11' 6"	4.	✓ 4. Rockwell 33' 0"	✓ 4. Paul M. 17' 11"	✓ 4. Goye -
alt. Hubbard 10' 6"	alt.	✓ 5. Vert 33' 6"	✓ 5. Moss 17' 1/2"	✓ 5. Vert 102' 3 1/2"
✓ Oberst 9' 0"		6. Goye	✓ 6. Washington 15' 6"	✓ 6. Rockwell 122' 6"
			Leatherby 15' 3 3/4"	
			Lewis 14' 5"	

3200 M. RELAY 5	110 HIGH HURDLES 5 8	100 METER DASH 6 6	800 M. RELAY 15
1. Backing 60-2:09	✓ 1. Hill 15.8	✓ 1. K. Paul 11.08	✓ 1. M. Paul 30.6
2. Ulrich 58-2:11	✓ 2. Mayfield 16.15	✓ 2. M. Davis 11.36	✓ 2. Terres 23.5
3. Ruch 60-2:15	3.	✓ 3. Roberts 11.62	✓ 3. Washington 22.97
4. Brewer 66-2:17	alt. Twaro	alt. Calahan	✓ 4. K. Paul 22.9
alt. McCully		washington	alt. Davis
Ashack			Oppenhuizen G.

26

(d)

1600 M. RUN 3 4	400 M. RELAY 5 5	400 M. DASH 6 8	5300 INT HURD. 45.1
✓ 1. McCully 4:50	1. Roberts	1. Hamilton K 52.3	✓ 1. Mayfield 42.4
2. Ruch -	2. Terres	* 2. M. Paul 52.2	✓ 2. Triggs 43.7
3. Ashack 4:57	3. Davis	3. Daniels 57.0	3. Hill 44.8
4. Cortese 4:58	4. K. Paul	alt. Leatherby 57.2	alt. Skillito 45.1
5. B. House - 5:37	alt. Washington		
✓ 6. Worley 5:39	Calahan		
7. Rower - 5:38			
W. Smith 5:39			
✓ P. Collin 5:39			
Albrecht R. Pace 5:26			

Albrecht R.

800 M. RUN 6	200 M. DASH 6	3200 M. RUN 1	1600 M. RELAY 340.4
1. ✓ Brewer 65 2:07.9	✓ 1. K. Paul 23.97	✓ 1. Coch 10:36.9	✓ 1. M. Paul 56.7
2. ✓ Backing 64 2:14.1	✓ 2. Terres 23.4	2. ✓ McCully 10:40	2. Brewer 54.6
3. ✓ Ulrich 64 2:14.1	✓ 3. Washington 23.5	3. Cortese 11:28	3. Oppenhuizen G. 54.0
4. ✓ Collin, J 66 2:15.3	alt. Davis	4. ✓ Ruch 10:36	4. Backing 55.0
5. ✓ Hamilton B 67 - 2:19	Daniels	5. Albrecht A. 11:20	alt. Backers
6. ✓ Ashack 67 2:15.9		6. Boyson 11:48	Triggs
Leatherby 67 2:19.6		J. Collins 11	
✓ Wells 69 2:26.6		✓ Pace 12:22	
✓ Skells 69 2:26.6		✓ Smith J. 12:26	

29

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grandville

DATE 4/27/00

POLE VAULT

1. Hubbard
 2. Oberst
 3. Culler K.
 4. Aldrich m.
- alt. Hubbard
Oberst

HIGH JUMP

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

SHOT PUT

1. Nicker 29'11"
2. Smith R. 31'6 1/2"
3. Peay 32'9"
4. Rosser -
- 5.
- 6.

LONG JUMP

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

DISCUS

1. Nicker 113'1 1/2"
2. Johnson Marcus
3. Juniso 93'5"
4. Smith R. 77"
5. Oppenhuizen E
6. Baer 64'9" 78'2"
- Peay 81'0"
- Johnson Matt
- Allan -
- Foster -

3200 M. RELAY

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

110 HIGH HURDLES

1. Tward
 2. Rembert
 - 3.
- alt.

100 METER DASH

1. Daniels 11.69 Rosser 13.30
- Calahan Mitchell 13.1
- Frankes
- Rugford
- Moss 11.08.2
- Ferrer 12.41
- Shoemaker
- Steele
- O'Niel
- Filkens 14.30
- Earls 13.3

800 M. RELAY

1. Letterby 52.2
 2. Mitchell
 3. Triggs 25.8
 4. Ferrer 24.4
- alt. Earls
Rosser
Mitchell

1600 M. RUN

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

400 M. RELAY

1. Gridda
 2. Filkens
 3. Rugford
 4. O'Niel
- alt.

400 M. DASH

1. Gridda 60.8
 2. Lewis 64.2
 3. Shoemaker -
- alt.

300 INT HURD.

1. Skillito
 2. Tward
 - 3.
- alt.

800 M. RUN

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

200 M. DASH

1. Davis 23.63
2. Roberts 23.92
3. Daniels 23.98
- alt. Mitchell
- Ferrer 25.9
- Earls 27.2
- Lee
- R. House 28.3
- Aldrich m.
- Rosser
- Gridda 27.0

3200 M. RUN

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

1600 M. RELAY

1. Backing
2. Triggs 54.1
3. Letterby 57.1
4. Skillito 57.1
- alt. Hill 58.1
- 1 Washington
- 2 Ashack
- 3 Hamilton D
- 4 Ulrich

55.3 Rosser
54.3

27.0

354 All Tracks

Bus Leaves @ 2:15

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Rockford

DATE 4/25/00

POLE VAULT 8

- 1. Mirandett - 14'3"
- 2. Nielsen S. 11'3"
- 3. Nielsen K. —
- 4. Oppenhuizen G —
- alt. Hubbard Oberst

HIGH JUMP 5

- 1. Hamilton 5'6"
- 2. Mayfield —
- 3. Moss —
- 4. —
- alt.

SHOT PUT 3

- 1. Schumacher 44 3/4"
- 2. Ten Haaf 38'6"
- 3. Rockwell 37'11"
- 4. Jamison 40'2"
- 5. Vert 35'4"
- 6. Gage 34'5"

LONG JUMP 8

- 1. Mayfield 19'4"
- 2. Calahan 18'8"
- 3. Paul M. 19'11"
- 4. Franks 19'1/2"
- 5. Moss 16'7 3/4"
- 6. Washington 16'3 3/4"
- alt. Lewis 14'8"

DISCUS 1

- 1. Schumacher 123'2 1/2"
- 2. Skillito 122'2"
- 3. Ten Haaf 101'2"
- 4. Gage 101'2"
- 5. Vert 103'3"
- 6. Rockwell 104'
- alt. Lewis 14'8" 1:34.4

3200 M. RELAY 0

- 1. Ulrich 73-2:35
- 2. ~~Namilton~~ 66-2:19
- 3. Cortese 67-2:21
- 4. Ashack 62-2:15
- alt. Cortese D. Hamilton

110 HIGH HURDLES 3

- 1. Hill 15.4
- 2. Mayfield 16.5
- 3. —
- alt. Twara 21.2 Skillito

100 METER DASH 8 5

- 1. K. Paul 10.6
- 2. M. Davis 11.5
- 3. Roberts 11.3
- alt. Calahan

800 M. RELAY 5

- 1. M. Paul 26.2
- 2. Terres 23.8
- 3. Washington 21.5
- 4. K. Paul 22.4
- alt. Davis Min Oppenhuizen G.

1600 M. RUN -

- 1. McCully 4:49
- 2. Ruch 4:53
- 3. Cortese 5:09
- 4. Ashack 5:06 Collin P 5:41
- 5. Power —
- 6. Pace 5:49
- alt. Albrecht R 6:10 Wentz 5:13 Wells B. Nance 5:34

400 M. RELAY 5 44.89

- 1. Roberts
- 2. Terres
- 3. Davis
- 4. Paul K.
- alt. Washington Calahan

400 M. DASH 6

- 1. Hamilton K. 52.0
- 2. Oppenhuizen —
- 3. Daniels 54.2
- alt. Ketherby 56.5

4300 INT HURD. 7

- 1. Mayfield 41.2
- 2. Hill
- 3. Triggs 42.8
- alt. Skillito 45.6 Oppenhuizen

800 M. RUN -

- 1. Brewer 56 - 2:06.4
- 2. Backing 57 - 2:08
- 3. Ulrich 61 - 2:11
- 4. Hamilton D. 63 - 2:17
- 5. Collins J. 63 - 2:14
- 6. Ashack
- 7. Jones J.

200 M. DASH 8

- 1. K. Paul 22.64
- 2. M. Paul —
- 3. Terres 23.45
- alt. Washington Davis Daniels 24.2

3200 M. RUN -

- 1. Coch 10:30
- 2. McCully 10:49.3
- 3. Ruch —
- 4. Cortese —
- 5. Albrecht A. 11:16
- 6. Boysen 11:44
- Pace 12:29
- Hance B
- J. Smith
- J. Collins 11:45

1600 M. RELAY 5 3:33.3

- 1. M. Paul 53.8
- 2. Brewer 54.0
- 3. Oppenhuizen G 53.3
- 4. Hamilton K 52.1
- alt. Backing Triggs

J.V.

O-K CONFERENCE

J.V.

SCHOOL EAST KENTWOOD

OPPONENT Rockford

DATE 4/20/00

POLE VAULT

1. Hubbard
2. Oberst
3. Callis
4. Aldrich M.
- alt.

HIGH JUMP

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

SHOT PUT

1. Wicker 31'8"
2. Smith R.
3. Peay 30'5 1/4"
4. Rosser 32 1/4"
- ~~5. Oppenheimer~~
6. John Marcus

LONG JUMP

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

DISCUS

1. Jamison 29'9"
2. Hicks 100'6"
3. Smith R.
4. Oppenheimer 76'4 1/2"
5. Bae 88'5"
6. Peay 109'10 1/2"
- Johnston Matt
- Johnson Matt
- Atlar B
- Foster D.

3200 M. RELAY

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

110 HIGH HURDLES

1. Twaro
2. Rembert
- 3.
- alt.

100 METER DASH

1. Daniels 11.57
- Calahan
2. Franks 11.94
3. Rayford 12.2
- Rembert -
- Moss 11.87
- Ferrer 12.19
- Shoemaker 14.80
- 13.3
- Rosser
- Mitchell 12.99
- Earls 13.1
- Skeels
- O'Neil 12.97
- Filkens 14.2

800 M. RELAY

1. Letherby
2. Mitchell
3. Triggs 268
4. Ferrer
- alt. Earls
- Rosser

1600 M. RUN

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

53.6

400 M. RELAY

1. Smith J.
2. Rembert
3. Rosser
4. Ferrer
- alt. 2nd Team
- Gridda 53.7
- Filkens
- Rayford
- O'Neil

400 M. DASH

1. Gridda 59.3
2. Gainer
3. Lewis 63.4
- Shoemaker
- John J.

300 INT HURD.

1. Shillito
2. Oppenheimer
3. Twaro
- alt. 54.25

800 M. RUN

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

200 M. DASH

1. Washington 23.6
2. Calahan
3. Mitchell 26.9
- Davis
- Ferrer 25.3
- Rosser
- Earls 27.0
- Lee 28.3
- Skeels
- Aldrich M
- Ro. House 28.4
- Davis 24.2

3200 M. RUN

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

1600 M. RELAY

1. Backing 56
2. Triggs 58.4
3. H.T. Letherby 57.5
4. Shillito 58.7
- alt. Team
- Ulrich
- Letherby
- Hamilton
- Terras
- Alt Washington
- Ashock
- Gridda

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Mona Shores

DATE 5/1/00

POLE VAULT

1. Mirandett 14'6"
 2. Nielsen S. —
 3. Nielsen K. —
 4. Oppenhuizen G. 11'0"
- alt. Hubbard 10'5"
Oberst 9'6"

HIGH JUMP

1. Hamilton 5'8"
 2. Mayfield —
 3. Moss
 - 4.
- alt.

SHOT PUT

1. Schumacher 46'6"
2. Ten Haaf 32'2"
3. Jamison 41'1"
4. Rockwell 35'2"
5. Vert 3'6"
6. ~~Cop~~

LONG JUMP

1. Mayfield 20'0"
2. Calahan 19'9"
3. Franks 19'3/4"
4. Paul M. —
5. Moss 16'3"
6. Washington 15'3"
6. Leatherby 15'4"
- Lewis —

DISCUS

1. Schumacher 116'6"
2. Skillito 121'0"
3. Rockwell 116'4"
4. Ten Haaf 96'7"
5. Kicker 97'3"
6. Vert 84'2"

3200 M. RELAY

1. Backing 63-2:07.8
 2. Ulrich 64-2:09.4
 3. McCully 60-2:10.2
 4. Brewer 60-2:06.2
- alt. Ruch
Ashack
D Hamilton

110 HIGH HURDLES

1. Mayfield 15.95
2. Triggs 16.9
- 3.
- alt. Tward 21.9

100 METER DASH

1. K. Paul 11.2
 2. M. Davis 11.57
 3. Robert 11.5
- alt. Calahan
Washington
Daniels

800 M. RELAY

1. M. Paul
 2. Terres 23.6
 3. Washington
 4. K. Paul 22.99
- alt. Davis
Oppenhuizen G.

1600 M. RUN

1. McCully —
2. Ruch 4:58.3
3. Ashack 4:59.36
4. Cortese 5:01
4. Pace 6:11
5. ~~Howe~~
5. Werley 5:48
6. Rower 5:46
- J Smith 5:40
- P Collins 5:43
- R. Albrecht 5:56
- Collins 4:59.4

400 M. RELAY

1. Roberts
 2. Terres
 3. Davis
 4. K. Paul
- alt. Washington
Calahan

400 M. DASH

1. M. Paul 56.0
 2. K. Hamilton 52.2
 3. Daniels 54.7
- alt. Leatherby 56.9
Jones 60.4

6300 INT HURD.

1. Mayfield 41.68
 2. Triggs 42.39
 3. Skillito 45.0
- alt. Tward 52.4

800 M. RUN

1. Brewer 67 2:13.0
2. Backing 67 2:13.5
3. Ulrich 70 2:13.4
4. Ashack — —
5. Hamilton D 69 2:14.8
- Wells 71 2:19.0
6. Skeels 73 2:28.5

200 M. DASH

1. K. Paul
 2. Terres 23.1
 3. Washington 27.2
- alt. Davis
Daniels 23.9.5

3200 M. RUN

1. Coch - 10:56.1
2. Ruch —
3. McCully - 10:45.3
4. Cortese —
4. Albrecht A. 11:15.4
5. Boyson 11:51.0
6. Pace —
- Smith T. —

1600 M. RELAY

1. Leatherby 57.6
 2. Skillito 58.8
 3. Oppenhuizen 54.7
 4. Hamilton K 54.8
- alt. Triggs
Backing

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT Nolland DATE 5-4-00

POLE VAULT⁶

1. Mirandetti
2. Nielsen S.
3. Nielsen K.
4. Oppenhuizen G.
alt. Hubbard

HIGH JUMP³

1. Hamilton 5'6"
2. Mayfield
3. Moer
4.
alt.

SHOT PUT³

- ① Schumacher 46'7"
2. Jamison 41'1"
3. Ten Waaf 35'10"
4. Rockwell 34'9 1/2"
5. Vert 34'3 1/2"
6. Smith R. 37'1"
(Mark 37'7")

LONG JUMP⁹

1. Mayfield 19'1"
- ② Calahan 20'5"
3. Frank 19'6"
4. Moss
- ⑤ Leatherby 17 1/2"
6. Lewis

DISCUS¹

1. Schumacher 94'6"
- ② Shillito 127'11"
3. Rockwell 111'2"
4. Ten Waaf 88'11"
5. Wieler 80'1"
6. Johnson 104'4"
marcus

3200 M. RELAY⁶

1. Backing 62.200
2. Ulrich 53-2.077
3. Hamilton D62 2'18.6
4. Brewer 61-2'30
- alt. Ashack
Ruch

110 HIGH HURDLES⁵ ⑥

1. Mayfield 14.89
- ② Trigg 16.67
- 3.
- alt. Twam 21.57

100 METER DASH⁶

1. K. Paul 10.82
2. Roberts 11.38
3. Davis
- alt. Calahan 11.56
Washington

800 M. RELAY⁵ ①.330

1. M. Paul 23.6
2. Terres
3. Washington
4. K. Paul
- alt. Daniel
Davis 23.4

1600 M. RUN¹

1. McCully 4:54.6
- Ruch 5:10
2. J. Collins 5:06
3. Ashack 5:02
- Cortez 5:12
4. Rower 5:51
- Wells 5:42
5. P. Collin 5:45
6. A. Albrecht 5:20
- Wentley 5:49
- House 5:23

400 M. RELAY⁴ 44.97

1. Roberts
2. Terres
3. Davis
4. K. Paul
- alt. Washington
Calahan

800 M. DASH⁹

1. M. Paul 52.46
2. K. Hamilton 52.15
3. Daniel 54.3
- alt. Leatherby 55.7

600* INT HURD.

1. Mayfield 42.16
2. Trigg 42.95
- ③ Shillito 45.12
- alt. Twam 52.81

800 M. RUN¹ ①

1. Brewer 60 2:07.2
2. Backing 61 2:13.8
3. Ulrich 64 2:15.9
4. Hamilton D 66 2:22.5
5. Skeels 67 2:33.7
6. R. Albrecht 69 2:54.

200 M. DASH⁶

1. K. Paul 22.78
2. Terres 23.87
3. Washington
- alt. m. Paul? 23.54

3200 M. RUN¹

1. Cook 10:53.1
2. McCully
3. Albrecht A.
4. Boyren 11:40
5. Pace 13:10.8
6. Smith T.

5000 M. RELAY

1. M. Paul
2. Brewer
3. Oppenhuizen G 53.55
4. K. Hamilton 54.8
- alt. Backing
Trigg
56.13
Daniels
57.5

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Holland

DATE 5-4-00

POLE VAULT

1. Hubbard
2. Oberst
3. Callis
4. Aldrich
- alt.

HIGH JUMP

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

SHOT PUT

1. Hicks 35'0"
2. Peay 35'9"
3. Rosser 32'6"
- 4.
- 5.
- 6.

LONG JUMP

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

DISCUS

1. Vent 95'4"
2. Smith R, 84'0"
3. Oppenhuizen E 72'3"
4. Baego 6'
5. Peay 89'8"
6. Johnson Matt
7. Allar
8. Foster 64'8"
9. Jamison 83'9"

3200 M. RELAY

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

110 HIGH HURDLES

1. Twaro
2. Rembert
- 3.
- alt.

100 METER DASH

1. Daniels 11.95
2. Moss
3. Ferrer
4. Frank
5. Rembert 12.72
- alt. Mitchell 13.06
- Earls 13.51
- Filkens 14.12
- Shuemaker
- Gomez
- Rosser 12.98
- O'Neil 13.38

800 M. RELAY

1. Leatherby
2. Mitchell 25
3. Ferrer
4. Earls
- alt. Rosser

1600 M. RUN

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

400 M. RELAY

1. Ray Ford
2. Filkens 51.98
3. O'Neil
4. Moss
- alt. Earls
- 50.62
- Rembert

400 M. DASH

1. Leatherby
2. Jones 59.6
- 3.
- alt.

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

1. Mitchell
2. Ferrer 26.42
3. Earls
- alt. Lee 28.28
- R. Hance
- Rosser 29.40
- Daniels 24.9

3200 M. RUN

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

1600 M. RELAY

1. Daniels
2. Leatherby
- 3.
- 4.
- alt.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 5/2/00

POLE VAULT 8

1. Mirandett 14'6"
2. Nielsen S. 11'6"
3. Nielsen K. -
4. Oppenhuizen G. -
- alt. Hubbard 11'0"
- Ob erst -

HIGH JUMP

1. Hamilton
2. Mayfield
3. Moss
- 4.
- alt.

SHOT PUT

1. Schumacher 44'7"
2. Ten Haaf 36'4"
3. Jamison 38'8"
4. Rockwell 36'0"
5. Vert 33'5"
6. Smith R 35'5"

LONG JUMP

1. Mayfield 19'11"
2. Calahan 20'2"
3. Franks 19'2"
4. Washington -
5. Leatherby 16'6"
6. Lewis -

DISCUS

1. Schumacher 104'11"
2. Skillito 120'3"
3. Rockwell 105'3"
4. Ten Haaf 104'6"
5. Hicks 93'10"
6. Vert 97'8"

3200 M. RELAY

1. Backing 62-2:10.9
2. Ulrich 62-2:14.7
3. McCully 61-2:10.6
4. Brewer 61-2:17.9
- alt. Hamilton
- Ashack
- Ruch

110 HIGH HURDLES

1. Mayfield 15.91
2. Triggs 17.39
- 3.
- alt. Tward 20.62

100 METER DASH

1. K. Paul 10.93
2. Roberts 11.59
3. Davis 11.87
- alt. Calahan
- Washington

800 M. RELAY

1. M. Paul 24.1
2. Terres 23.95
3. Washington 23.33
4. K. Paul 24.3
- alt. Daniels
- Davis
- Oppenhuizen G

1600 M. RUN

1. McCully 4:52.7
2. Ruch -
3. Ashack - 5:01.5
4. Cortese - 5:04.7
5. J. Collins 4:58.5
6. Rower - 5:40.4
7. J. Smith -
8. P. Collin 5:43
9. R. Albrecht 6:04
10. Pace 5:42
11. Hamilton 5:15.1

400 M. RELAY

1. Roberts
2. Terres
3. Davies
4. K. Paul
- alt. Washington
- Calahan

400 M. DASH

1. M. Paul 52.9
2. K. Hamilton 51.76
3. Daniels 56.1
- alt. Leatherby 56.2
- Oppenhuizen G.

300 INT HURD.

1. Mayfield 42.5
2. Triggs 43.9
3. Skillito 44.0
- alt. Tward

800 M. RUN

1. Brewer 62 2:13.6
2. Backing 61 2:14
3. Ulrich 64 2:14
4. Hamilton
5. Vert
6. Skeels 67 2:29.8

200 M. DASH

1. K. Paul 23.12
2. Terres 23.9
3. Washington 24.0
- alt. Daniels
- Davis

3200 M. RUN

1. Cook -
2. Ruch -
3. McCully -
4. Cortese 11:07
5. Albrecht A. 11:07.3
6. Boyson 11:51
- Pace 12:19
- Smith J. 12:19

1600 M. RELAY

1. M. Paul 34.1
2. Triggs 34.5
3. Daniels 36.5
4. Hamilton K. 31.8
- alt. Backing
- Triggs
- Leatherby
- Daniels

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT Grand Haven

DATE 5/2/00

POLE VAULT

1. Hubbard ↗
2. Oberst ↗
3. Callis -
4. Aldrich, M. -
- alt.

HIGH JUMP

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

SHOT PUT

1. Peay 34'1"
2. Hicks 37'2"
3. Rosser 31'10"
- 4.
- 5.
- 6.

LONG JUMP

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

DISCUS

1. Johnson Marcus 106'1"
2. Smith R. 78'9"
3. Oppenhuizen 76'2"
4. Bae 77'6"
5. Peay 93'3"
6. Johnson Matt 58'8"
- Foster

Junior
02/94

3200 M. RELAY

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

110 HIGH HURDLES

1. Twaro
2. Rembert,
- 3.
- alt.

100 METER DASH

1. Daniels 11.63
2. Rayford 12.52
3. Moss
3. Ferrer
- alt. Franler
- alt. Rembert 12.72
- Gomez 14.19 Calahan
- Rosser 13.37 Mitchell 12.06
- on 13.0 Earls 13.18
- Filkens 13.8
- Shoemaker 15.10

800 M. RELAY

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

1600 M. RUN

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

400 M. RELAY

1. Rayford
2. Filkens
3. Rayford
4. Moss
- alt. Earls
- Mitchell

400 M. DASH

1. Leatherby
2. Jones 59.9
- 3.
- alt.

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

1. Mitchell
2. Ferrer 25.6
3. Earls 27.0
- alt. Lee 24.5
- R. House
- Rosser 27.4

3200 M. RUN

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

1600 M. RELAY

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

O-K CONFERENCE

SCHOOL EAST KENTWOOD OPPONENT West Ottawa DATE 5-9-00

POLE VAULT 8

1. Mirandett 14'6"
 2. Nielsen S. 11'9"
 3. Nielsen K. —
 4. Oppenhuizen G 10'3"
- alt. Hubbard 10'3"

HIGH JUMP 1

1. Hamilton 5'8"
 2. Mayfield
 - 3.
 - 4.
- alt.

SHOT PUT 3

1. Schumacher 46'6"
2. Jamison 39'4"
3. Ten Haaf 33'7"
4. Rockwell 34'11"
5. Vent 34'2"
6. Smith R. 39'7"

LONG JUMP 8

1. Mayfield 20'6"
2. Calahan 20'3"
3. Franks 20'4"
4. Leatherby 15'8"
5. M. Paul 18'10"
- 6.

DISCUS 5

1. Skilitto 110'7"
 2. Schumacher 110'10"
 3. Rockwell 114'8"
 4. Ten Haaf 90'11"
 5. Kickra 8'12"
 6. Johnson 84'2"
- Marcus*

3200 M. RELAY 5

1. Ashack 66-2:11.5
 2. Collins S. 67-2:12.3
 3. Hamilton D. 61-2:11.8
 4. Albrecht A. 68-2:29.7
- alt.

110 HIGH HURDLES 4

1. Mayfield 15.68
 2. Hill 15.85
 3. Triggs 17.5
- alt. Twaro 20.5

100 METER DASH 5

1. R. Roberts 11.9
 2. K. Paul 11.2
 3. Washington 11.7
- alt. Calahan

5800 M. RELAY 137.2

1. M. Paul 23.0
 2. Davis 23.9
 3. Terres 23.3
 4. K. Paul 21.9
- alt. Washington

1600 M. RUN 1

1. McCully 4:45
 2. Ruch 4:48
 3. Ashack 5:02
 4. Collins T. 5:21
 5. Wells 5:08
 6. W. Smith 5:47
 7. P. Collin 5:35
 8. R. Albrecht 6:12
- Wesley 5:44

400 M. RELAY 44.5

1. Roberts
 2. Davis
 3. Terres
 4. K. Paul
- alt. Calahan
Washington

400 M. DASH 7 9

1. Oppenhuizen 6:52.2
 2. K. Hamilton 51.8
 3. Danick 54.1
- alt. m. Paul
Leatherby 56.7

6300 INT HURD. 8

1. Mayfield 41.2
 2. Triggs 42.6
 3. Skilitto 40.9
- alt. Twaro 49.1

5800 M. RUN 4

1. Brewer
2. Backing 69 2:07.4
3. Ulrich 60 2:06.2
4. Hamilton D. 62 2:12.9
5. Skeels
- 6.

200 M. DASH 6

1. K. Paul 22.5
 2. m. Paul 23.1
 3. Terres 23.2
- alt. Washington

3200 M. RUN 7

1. Coch 10:34.0
2. McCully 10:48.8
3. Ruch —
4. Cotese 11:00
5. A. Albrecht 11:25.6
6. Boysen 11:32
7. Pace —
8. Smith T —
9. Wells 11:47.6
10. Ulrich 11:33

51600 M. RELAY 3:33.9

1. m. Paul 55.0
 2. Triggs 53.0
 3. Oppenhuizen 55.8
 4. K. Hamilton
- alt. 52.3
- Danick
Triggs
Backing
masfield

23

17/40

18/58

15/73

22

36

54

58

64

64

64

J.V.

J.V.

O-K CONFERENCE

SCHOOL EAST KENTWOOD

OPPONENT West Ottawa

DATE 5-4-00

POLE VAULT

1. Hubbard
2. Oberst
3. Callir
4. Aldrich
- alt.

HIGH JUMP

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

SHOT PUT

1. Hicks 37'6"
2. Peay -
3. Rosser 33'
- 4.
- 5.
- 6.

LONG JUMP

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

DISCUS 108'4"

1. Vent 84
Smith R. 803
2. Oppenhuizen E
3. Bae 79'5"
4. Peay -
Johnson Matt
5. Allar -
6. Foster 83
Jamison 85

3200 M. RELAY

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

110 HIGH HURDLES

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

100 METER DASH

1. Daniels 11.91
- Royford 12.37
2. Rembert 12.92
3. Filkens 14.3
- Mitchell
- alt. Earls
- Shoemaker
- Moss 11.96
- Rosser 13.26
- O'Neil 14.08
- Feller 12.83

800 M. RELAY

1. Leatherby
2. Mitchell
3. Ferrer
4. Earls
- alt. Rosser

1600 M. RUN

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

400 M. RELAY

1. Royford
2. Filkens 52.4
3. O'Neil
4. Mitchell
- alt. Ferrer
Earls 48.8
Lee

400 M. DASH

1. Jones
2. Leatherby
- 3.
- alt.

300 INT HURD.

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

800 M. RUN

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

200 M. DASH

1. Mitchell
2. Ferrer 25.8
3. Earls
- alt. Lee
- Rosser 27.0

3200 M. RUN

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

1600 M. RELAY

1. Daniels
2. Triggs
3. Leatherby
4. Masfield
- alt.

Time Trials 4/12/00

800

Backing	2:15
Ruch	2:16
McCully	2:17
Brewer	2:17.5
Coeh	2:18
D. Hamilton	2:18.5
Ashack	2:19
Cartese	2:21
J. Smith	2:21
Collins	2:22
Ben House	2:31
Wells	2:32
Pace	2:32

Done

100 m.

Kip Paul	11.63
Davis	11.79 +2
Roberts	12.06
Terras	12:39
Calahan	12:46
Triggs	12.55
Shillita	12:55
Letterby	12.75
Mike Paul	12.82
Ragford	12.87
mass	13.20

Done

200m

Daniel	24.79	* K Paul	23.57
✓ Donovan	23.94	* M Paul	23.56
5 Triggs	24.27	7 Hamilton	24.31
Letterby	25.54	* Davis	23.83
Ragford		Roberts	25.28
6 mass Oppenhuizen	24.42	Terras Frank	26.21
		Calahan	25.83
		Mayfield	25.72

8/32
40/32

?
H.S

* Work out
- 1 Lap T.T.
- 800 T.T.
- Hurdles
- Blocker Kip + Roberts
- Relays / Speed Play
2 lap

* Go over the GRCC meet
pass out unif. forms.

1 lap

Dwayne	Gaines	45.8 -
Donovan	Terres	45.8
Andre	Williams	46.0
LeRoy	Hill	49.2
Tremaine	Rembert	50.2
Ryan	Letherby	50.5
Juan	Ferrer	50.3
Ryan	Letherby	50.5
Hank	Jansingha	51.6
Kevin	Coch	51.6
Ben	House	51.6

Kip	20.0
Mike	20.2
Terres	20.36
Davis	20.48
Brewer	20.5
Oppenhuizen	20.52
Colahan	20.9

(1999)

Kip Paul	41.2
Hamilton	43.0
Mike Paul	44.0
Davis	45.0
Magfield	45.3
Roberts	45.4
Mirandette	45.5
Franks	48.6

Heats

1.	Kip Paul	20.0 ✓
	Ryan Roberts	21.26 ✓
	Erik Triggs	21.3 -
2.	Mike Paul	20.2 ✓
	Andre Williams 20.4	Brewer 20.5
	Mike Davis	20.48 ✓
3.	LeRoy Hill	21.48
	Juan Ferrer	
	Donovan Terres	20.36 ✓
4.	Dewayne Gaines	22.1
	Trevor Franks	21.38
	Rob Colahan	20.9 ✓
5.	Ryan Letherby	21.96
	Tremaine Rembert	22.3
	Craig Daniels	21.2

M. Echall 23.34
Lee 24.51
70.82
6. Greg Oppenhuizen 28.7
Erik Mirandette
Williams 21.2

2 lap

Gaine 45.8 ✓
William 46 ✓
Rymbert 50.2 ✓

Hill 49.2 ✓
Terres 45.4 ✓

~~Justin Smith~~ Ferrer 50.3 ✓

Lethbridge 50.5 ✓

Ormal 58.2

Raford 56.5

Collis 56.7

Lewis 54.8

Bridda 52.7

Johnson matt 54.8 88.

Twaro 56.8

Jan ringh 51.0

~~Earl~~ Earle 53.6

Neleer 65.9

Lee Craig 52.4

~~Sam~~

1 lap

Rosser 59.1

Smith C. 55.6

Dunstan 60.9

Skerr 55.7

Alex Albrecht 51.9 ✓

Ben House 51.6

Coch 51.6

53.6

55.7

EAST KENTWOOD TRACK
BANQUET INVITATIONS

Boys Track 2000

Last Name	First Name	Grade	Letter
Albrecht	Alex	9	x
Coch	Kevin	9	x
Hicks	Torey	9	x
Hill	LeRoy	9	x
Letherby	Ryan	9	x
Shillito	Matt	9	x
Terres	Donovan	9	x
Ashack	Eric	10	x
Collins	John	10	x
Mayfield	Vincent	10	x
Nielsen	Kyle	10	x
Nielsen	Seth	10	x
Paul	Mike	10	x
Triggs	Eric	10	x
Washington	Edrick	10	x
Cortese	Brandon	11	x
Davis	Mike	11	x
Earls	Mike	11	x
Filkins	Jeff	11	x
Hubbard	Andy	11	x
Lee	Greg	11	x
McCully	John	11	x
Mirandett	Erik	11	x
Moss	George	11	x
Oberst	Dave	11	x
Oppenhuizen	Eric	11	x
Paul	Kip	11	x
Roberts	Ryan	11	x
Rower	John	11	x
Ruch	Travis	11	x
TenHaaf	Mike	11	x
Vert	Jason	11	x
Backing	Adam	12	x
Brewer	Jayson	12	x
Calahan	Rob	12	x
Daniels	Craig	12	x
Franks	Trevor	12	x
Hamilton	Kevin	12	x
Jamison	Jermaine	12	x
Johnson	Marcus	12	x
Jones	Jarrett	12	x
Lewis	Charles	12	x
Mitchell	Bryant	12	x
Oppenhuizen	Greg	12	x
Peay	Greg	12	x
Rockwell	Matt	12	x
Schumacher	Jack	12	x
Ulrich	Brian	12	x

- Team Captains
Kip Paul
Matt Rockwell
Kevin Hamilton

- Most Improved
Jayson Brewer

- JV letter 10

- Letters - 18

- 1st yr Cent. Track 5

- 2nd yr Cent. Track 12

- Winged Foot 19

- Bars 50

3yr Plaque (3rd letter)

John McCully
Erik Mirandett
Ryan Roberts
Travis Ruch
Adam Backing
Rob Calahan
Jack Schumacher

4yr Plaque (4th letter)

Kevin Hamilton
Greg Oppenhuizen
Matt Rockwell

East Kentwood Boys Track

Date: May 17, 2000

Subject: All Conference information

All Conference:

Kip Paul	1 st Place	100m Dash
Eric Mirandett	1 st Place	Pole Vault
Ryan Roberts	1 st Place	400 m Relay
Mike Davis		
Donovan Terres		
Kip Paul		
Mike Paul	1 st Place	800 m Relay
Mike Davis		
Donovan Terres		
Kip Paul		

Possible Additional All Conference

Vincent Mayfield	2 nd Place	Long Jump	8 pt
	3 rd Place	300 Hurdles	6 pt
	4 th Place	110 High Hurd.	<u>4 pt</u>
		Total	18 Pt
Kevin Hamilton	3 rd Place	400 m Dash	6 pt
	3 rd Place	1600 m Relay	1 ½ pt
		Total	7 ½ Pt

Drink

top 62
Hicks - 20

East Kentwood Track

GVSU Invitational

CC: Coach

Date 3/27/00

Bus Leaves School At 2:45

4:00 Field Events:

Long Jump	<u>Rob Calahan</u> ^{19'2"}	<u>Mike Paul (?)</u> etc.
High Jump	<u>- K. Hamilton</u>	<u>-</u> etc
Pole Vault	<u>Mirandette 14'6"</u>	<u>S. Nielsen 12'6"</u>
Shot Put	<u>Schumacher 44'7"</u>	<u>Jamison</u>
Discus	<u>Rockwell 110'0"</u>	<u>Shillito 113'6"</u>

4:30 Prelims:

50 High Hurdles	<u>Hill 2.8</u>	<u>Cole</u>
50 m. Dash	<u>Kip Paul 5.97-5.93</u>	<u>R. Roberts 6.1</u>

5:00 Finals

Dist Med Relay	<u>Ruch</u> <u>Triggs</u> <u>Brewer</u> <u>McCulley</u> 11:46.23
1600 Run	<u>Coch 72-2:28-3:52-5:08</u> <u>Cortese 72-2:27-3:48-5:07</u>

Hurdle Finals

400 m Dash	<u>Gainer 61.9</u>	<u>Mike Paul 57.5</u> Alt. Terres M. Paul
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50 m Dash Finals

800 m Run	<u>Ulrich 61-2:13</u>	<u>Dave Hamilton 62-2:16.7</u>
200 m Dash	<u>Kip Paul 23.1</u>	<u>Terres 24.0</u> Alt. Davis

3:43.7
44.2

1600 m Relay	<u>Brewer 55.8</u> <u>Oppenhuizen 55.3</u> <u>Triggs 56.2</u> <u>M. Paul 55.8</u>	Alt. Davis Go out harder 28.- Alt. Terres Gainer Ruch McCulley
	Go out harder handoff went out quad	looking around

shot

Name	school	
Adam Kieft	Rockford	52.03.50
Brendan Crouch	West Ottawa	48.10.50
Brandon Darter	Haslett	47.10.50
Brandon Sparks	allegan	44.09.00
Phil Allen	West Ottawa	44.01.00
James Stam	Holland	43.10.00
Mike Swinger	Comstock Park	43.08.00
D. Zarafonetis	Forest Hills Northern	43.05.00
Jack Schumacher	East Kentwood	43.03.00
John Batts	G.R. Christian	43.03.00
Nick Philp	Niles	43.02.00
Ron Jansen	South Christian	42.10.00
John Ybarra	Holland	42.09.00
Aaron Bur	cath. central	42.08.00
Phil Hamstra	Grand Haven	42.05.00
Dan Venema	G.R. Christian	42.04.00
Luke Abercrombie	Whitehall	42.04.00
Ryan Simors	Jenison	42.01.00
Steve Davich	Haslett	41.08.50
Kev Knudson	Ludington	41.04.00
S. Thornell	Forest Hills Northern	40.11.00
E. Zupin	Manistee	40.10.00
Eric Vanderhurst	Grandville	40.06.00
Brad Stevens	Rockford	40.05.00
Scott Merrill	Lakeshore	40.02.00
G. Spry	Greenville	40.00.50
Justin Cassell	Greenville	40.00.50
Nick Gumina	cath. central	40.00.00
Bob Stevens	Ludington	39.08.50
Gim Yu	East G.R.	39.07.00
Chad Cole	Wayland	39.06.00
Colin Peterson	Grand Haven	39.05.00
Brad Hamann	Rogers-Wyoming	39.05.00
K. Clement	Hudsonville	39.03.00
Ed Shields	Whitehall	39.02.00
Jermane Jamison	East Kentwood	38.06.00.
Ryan Kloostra	South Christian	38.05.00
Mark Addy	Comstock Park	38.05.00
Dan Terry	Forest Hills Central	38.00.00
Chad Postema	Jenison	37.10.00
Jeff Richards	Reed City	37.08.00
Kevin Scott	Grandville	37.07.00
Steve Komdear	Wayland	37.07.00
Shawn Miller	Benton Harbor	37.04.50
Ed Miller	Lansing Everett	37.00.00
Bryson Tyler	Reeths-Puffer	36.09.00
S. Dykstra	Hudsonville	35.09.00
Joe Vanderhyde	Sparta	35.06.00
Tim Wizarek	Ionia	35.02.50

School	HEAT	Position	TIME
West Ottawa	2	4	3.41.53
Benton Harbor	5	8	3.42.98
Ludington	2	6	3.43.29
East Kentwood	3	2	3.43.60
Whitehall	1	5	3.44.01
Comstock Park	1	6	3.44.37
Rockford	2	3	3.46.28
Lakeshore	3	3	3.47.81
Sparta	4	2	3.49.44
G.R. Christian	5	7	3.51.98
Ionia	5	4	3.52.41
Grand Haven	3	1	3.53.20
Lansing Everett	2	2	3.53.69
East Grand Rapids	2	1	3.54.15
Reeths-Puffer	3	5	3.54.74
Hudsonville	5	9	3.55.81
Coloma	1	1	3.55.94
Niles	5	1	3.57.70
Manistee	5	5	3.57.85
Chippewa Hills	4	6	3.58.42
Wayland	3	4	3.58.51
Allegan	3	6	4.00.32
Grandville	4	4	4.00.46
Rogers-Wyoming	4	1	4.00.56
Forest Hills Northern	2	5	4.00.80
Reed City	5	2	4.02.32
Wyoming Park	1	2	4.03.21
South Christian	4	5	4.04.87
Cath. Central	4	3	4.06.94
Montague	5	6	4.36.32

High jump

Name	school	HEIGHT
Nate Blevins	Forest Hills Central	6.07.00
Josh Kirk	Niles	6.05.00
T. Walker	Manistee	6.05.00
Jeff Ferguson	Benton Harbor	6.03.00
Jeremy Knoester	G.R. Christian	6.01.00
Tom Demaagd	South Christian	5.11.00
Sean Doyle	Holland	5.11.00
Ryan Fox	Lakeshore	5.11.00
Tanis	Hudsonville	5.11.00
Aaron Nguyen	Kenowa Hills	5.11.00
Paul Derks	South Christian	5.09.00
Kieth Wilkerson	Comstock Park	5.09.00
Bryce Smith	Whitehall	5.09.00
Dan Collinge	Reeths-Puffer	5.09.00
Ryan Tibble	Greenville	5.09.00
Chris Posthumus	Grandville	5.06.00
Pat O'Rourke	East G.R.	5.06.00
John Tindle	Chip Hills	5.06.00
Dan Laverse	Sparta	5.06.00
Scott Green	Jenison	5.06.00
Nate Tran	Reeths-Puffer	5.06.00
Koopman	Wayland	5.06.00
T. Beverly	Wyoming Park	5.06.00
Ryan Kimble	Forest Hills Central	5.06.00
Pasma	Hudsonville	5.06.00
Brad Mott	Kenowa Hills	5.06.00

50m

name	school	Heat	Lane	Time
Quincy Roberts	Benton Harbor	10	5	6.17
A. Martin	Creston	1	1	6.27
Kip Paul	East Kentwood	7	5	6.27
Kris Holstege	South Christian	2	6	6.31
Steve Holloway	Benton Harbor	11	1	6.32
Sophy Teng	West Ottawa	12	1	6.33
L. Threats	Creston	8	2	6.35
Ryan Roberts	East Kentwood	11	4	6.43
Josh Bartlet	Comstock Park	6	2	6.49
Jon Kalinowski	Grandville	6	1	6.5
Zack Layton	Lansing Everett	12	5	6.5
Kyle Vanden Hueral	Holland	8	1	6.51
Andre Love	Niles	5	5	6.52
Matt Crowe	Rockford	9	2	6.52
Heath Kimble	Sparta	4	5	6.54
Chris Kamps	South Christian	7	6	6.55
Nick Richardson	Grand Haven	10	1	6.56
Loc Huynh	G.R. Christian	8	4	6.58
Shawn Beene	G.R. Christian	11	6	6.59
Adam Ferguson	Ludington	7	3	6.6
Brian Calloway	Coloma	2	4	6.61
Alan Gretzinger	East G.R.	1	3	6.62
Alfred Monroe	Whitehall	1	4	6.64
Justin Stuiwe	Wayland	6	5	6.64
Paul Jewell	Lakeshore	12	6	6.64
Ian MacDonald	Greenville	4	6	6.65
Josh Devries	Holland	6	3	6.66
Mike Coon	Ludington	9	3	6.66
Phil Abraham	Forest Hills Central	10	4	6.66
Brian Galiato	West Ottawa	10	3	6.67
C.J. Hooper	Jenison	2	5	6.69
D. Schmuldt	Forest Hills Northern	3	3	6.69
Pat Hall	Lakeshore	10	2	6.69
K. Maddox	Manistee	7	2	6.7
Roman Starr	Reeths-Puffer	3	5	6.71
Jeremy Droptiny	Greenville	5	3	6.71
Jessie Agler	Reed City	5	4	6.72
Adam Schucker	Grand Haven	12	3	6.73
Rob McIntosh	Haslett	13	2	6.73
Stanley Floyd	cath. central	12	2	6.74
D. Durant	Wyoming Park	3	2	6.76
Brian Burkett	Rogers-Wyoming	2	3	6.78
Justin Templeman	allegan	6	6	6.79
Tyler Thompson	Reed City	12	4	6.81
Luke Schneider	Comstock Park	8	5	6.82
David Khovsky	cath. central	3	4	6.83
Dustin French	Montague	4	1	6.83
Rob Cortez	Haslett	13	1	6.83
Gabe Cotto	Sparta	4	4	6.84

Long jump

Name	School	Distance
C.J. Hooper	Jenison	21.11.00
Jeremy Knaester	G.R. Christian	20.11.75
Joe Crawley	East G.R.	20.09.00
Kris Holstege	South Christian	19.07.75
Mike Vanderlaan	South Christian	19.06.00
Matt Sroboda	Grand Haven	19.04.50
Brad Mott	Kenowa Hills	19.03.50
Lance Weersma	Comstock Park	19.03.00
Rob Calahan	East Kentwood	19.02.50
Alfred Monroe	Whitehall	19.00.00
Ken Jepson	Forest Hills Central	18.11.50
Suporn Teng	West Ottawa	18.09.50
Loc Huynh	G.R. Christian	18.09.00
James	East G.R.	18.08.00
Carl Luyendtk	Grand Haven	18.06.00
Ian MacDonald	Greenville	18.04.75
Tom Steimel	Rockford	18.04.75
D. Bosch	Hudsonville	18.04.00
Andrew Williams	Reeths-Puffer	18.03.50
Rick McCarty	Ludington	18.03.25
J. Terrell	Manistee	18.01.25
Tyler Thompson	Reed City	18.00.50
Spencer Veraccker	Jenison	18.00.25
D. Durant	Wyoming Park	18.00.00
J. Tindle	Chip Hills	17.10.25
R. Wilberg	Manistee	17.10.00
L.C. White	Coloma	17.09.50
Dustin Jackson	allegan	17.09.00
Mike Keast	Ionia	17.09.00
Aaron Nguyen	Kenowa Hills	17.09.00
Joe Lockard	Lansing Everett	17.07.00
J. Dugan	Forest Hills Northern	17.06.00
Ross Burnside	Lakeshore	17.06.00
Mark Nelson	Niles	17.05.00
Josh Bartlet	Comstock Park	17.03.25
L. Threifs III	Creston	17.03.25
Jeff Gourich	Ludington	17.02.00
Lloyd Mitchell	Coloma	17.01.00
J. Patnoudé	Hudsonville	17.01.00
Somsel	Rockford	17.01.00
Ryan VanderHaar	Rogers-Wyoming	17.00.50
Ryan Mengel	Sparta	17.00.50
Eric Castillo	Ionia	16.11.75
Rob Terwilliger	Chip Hills	16.10.50
Gabe Cotto	Sparta	16.08.75
Taylor	Haslett	16.08.00
Stanley Floyd	cath. central	16.07.75
Myrand	Haslett	16.03.25
Greg Neidswiecki	cath. central	16.01.75

Mile

name	school	HEAT	POSITION	TIME
Brain Smith	Rockford	1	2	4.29.20
Andrew Martin	Rockford	1	1	4.39.04
Matt Huyser	Holland	1	4	4.39.47
Micah Howard	Holland	1	3	4.39.70
Abe Huyser-Honig	G.R. Christian	2	3	4.49.02
Chad Theuerkorn	Haslett	4	14	4.50.73
Kyle Morrison	Niles	2	8	4.53.72
Jason Peabody	Forest Hills Central	1	8	4.54.28
Mark Vandermeer	Wyoming Park	4	6	4.54.58
Adam Hoovewend	Fruitport	1	9	4.55.15
Aaron Dunn	Reeths-Puffer	2	2	4.55.8
F. Therrian	Montague	1	13	4.57.12
Kris Koster	G.R. Christian	4	4	4.57.77
Aaron Zimmerman	Grand Haven	1	11	4.58.60
J. Raehl	Forest Hills Northern	3	7	4.59.00
Nick Liversedge	Forest Hills Central	1	7	4.59.56
Jordan Blegler	Coloma	3	12	5.00.08
Joel Kirsch	Wyoming Park	3	11	5.00.42
Ryan Rutherford	Haslett	3	14	5.00.81
Kevin James	Ludington	4	3	5.01.57
Zack Roder	Grand Haven	5	2	5.01.97
Ross Townsend	Rogers-Wyoming	3	1	5.04.48
Tim Kelsh	Chip Hills	5	12	5.06.89
Brandon Cortese	East Kentwood	1	10	5.08.17
Kevin Coch	East Kentwood	1	6	5.08.70
Ben Van Hoose	Greenville	2	5	5.10.36
Chris Smith	Rogers-Wyoming	1	14	5.12.49
Dan Ruthven	Hudsonville	3	2	5.13.80
Josh Lewis	Whitehall	5	3	5.14.13
Matt Casillas	East G.R.	4	7	5.14.67
Luke Vanwingerden	Comstock Park	4	5	5.14.91
Bill Peterman	Ionia	2	6	5.15.21
Austin Johnson	Forest Hills Northern	2	4	5.16.32
Kyle Lazsen	Ludington	5	9	5.16.39
Steve Davis	allegan	5	10	5.16.67
Dinh Rigo	Lansing Everett	3	4	5.16.71
Matthew Langley	Benton Harbor	4	10	5.17.05
Matt Korreck	Sparta	4	9	5.17.32
Robby Young	Wayland	5	6	5.17.95
Isaii Barahona	Wayland	3	6	5.18.14
Russ Devries	South Christian	5	8	5.18.18
Corey Steimal	Grandville	2	9	5.18.66
Eisen	Hudsonville	5	11	5.19.68
Ross Solis	Reed City	5	7	5.20.07
Andrew Merritt	Greenville	1	12	5.21.92
Josh Weber	allegan	4	1	5.23.40
Dan Bennett	Ionia	2	14	5.24.73
Jeff Mierau	Lakeshore	3	9	5.29.29
William Bauman	cath. central	5	13	5.29.53

School	HEAT	POSITION	TIME
Rockford	3	5	10.43.07
West Ottawa	3	8	11.25.39
Ludington	3	3	11.29.66
Reeths-Puffer	2	6	11.34.18
Ionia	2	9	11.35.29
Grand Haven	1	8	11.37.43
South Christian	3	6	11.44.21
East Kentwood	1	7	11.45.87
Forest Hills Northern	1	9	11.46.95
Grandville	2	3	11.54.60
Lakeshore	3	1	11.57.61
Greenville	2	8	12.05.64
Sparta	3	7	12.09.07
Whitehall	3	9	12.09.44
Hudsonville	3	2	12.11.84
Wyoming Park	3	10	12.18.92
G.R. Christian	2	2	12.21.34
Haslett	3	11	12.22.65
Allegan	1	1	12.25.00
Manistee	3	4	12.39.98
Niles	1	2	12.46.01
Fruitport	2	1	12.46.22
Jenison	2	10	12.56.78
Montague	2	4	13.00.01
Chippewa Hills	1	4	13.05.97
East Grand Rapids	1	6	13.08.00
Coloma	2	7	13.11.72
Reed City	2	5	14.03.23
Cath Central	1	3	
Creston	1	5	

50m hur

Name	School	Heat	Lane	Time
Joe Crawley	East G.R.	4	4	7.17
Pat O'Rourke	East G.R.	8	5	7.49
Andy Lynch	G.R. Christian	1	3	7.5
Nick Barbour	Comstock Park	8	2	7.51
A. Supianoski	Manistee	1	1	7.56
David Saestrom	Reeths-Puffer	3	1	7.6
Jau Nichols	Whitehall	4	1	7.6
Reuben Sportel	South Christian	9	3	7.73
Andre Love	Niles	3	2	7.74
Billy Green	Allegan	1	6	7.84
Damon Travis	Benton Harbor	2	5	7.85
Nate Tren	Reeths-Puffer	8	1	7.87
Nick Wollen	Comstock Park	2	6	7.89
Jerry Smith	Lansing Everett	4	2	7.92
Leroy Hill	East Kentwood	4	6	7.92
Chris Koopmans	Holland	2	3	7.95
Matt Suoboda	Grand Haven	7	3	7.98
T. Zwiering	Hudsonville	10	2	7.98
Adam Andrizz	Haslett	10	6	8.01
Matt Mogck	West Ottawa	7	1	8.05
Matt Huizinga	G.R. Christian	6	5	8.09
Tim Mullings	Lansing Everett	10	3	8.11
Kurt Koopman	Wayland	5	6	8.13
Rick McCarthy	Ludington	9	4	8.13
Joe Jiminez	Catholic Central	4	5	8.16
Ross Burnside	Lakeshore	7	4	8.16
P. Collins	Forest Hills Northern	8	4	8.17
Jason Johnson	Whitehall	3	6	8.26
Ryan Tibble	Greenville	9	6	8.36
R. Molenkamp	Hudsonville	9	2	8.38
Jon Chang	Rogers-Wyoming	5	2	8.42
Paul Dodd	Greenville	8	6	8.48
Mike Hopkins	Allegan	7	5	8.52
M. Vidra	Forest Hills Northern	6	3	8.54
Bryan Gard	Sparta	2	2	8.57
Rob Terwilliger	Chip Hills	9	5	8.66
John Tindle	Chip Hills	7	6	8.72
Ian Schroder	Ludington	3	3	8.85
M. Fralic	Manistee	6	1	8.91
Anthony King	Granville	1	4	8.92
Tim VanBennekorn	Grandville	2	4	8.96
Trevor Stankiewicz	Coloma	10	4	9.02
Ryan Kennedy	Niles	10	5	9.08
Mike Brown	Grand Haven	5	5	9.37
Matt Detti	Forest Hills Central	6	4	9.37
Paul Zandarski	Lakeshore	9	1	9.54
B. Freas	Wyoming Park	1	5	9.63
Burke	Coloma	5	4	9.72
M. Sims	Creston	6	2	10.3

disc

Name	school	Distance
Mike Sidlanskas	Sparta	152.01.00
Adam Kieft	Rockford	135.06.00
Ryan Simoes	Jenison	129.01.00
Phil Beemer	Rockford	127.05.00
Scott Merrill	Lakeshore	126.02.00
Garret Spry	Greenville	126.01.50
Brandon Sparks	allegan	124.04.50
Phil Allen	West Ottawa	124.00.50
Luke Aber	Whitehall	122.02.00
Kyle Nagelkirk	South Christian	120.10.00
Kieth Abercrombie	Whitehall	120.06.00
Kyle Teft	Grand Haven	120.06.00
Brandon VanGalder	Holland	118.11.00
N. Vanderploeg	Forest Hills Northern	118.09.50
Brandon Dutchan	Hasslett	118.00.50
Jason Reid	Holland	118.00.00
Mark Addy	Comstock Park	117.11.00
John Botts	G.R. Christian	117.07.00
Nick Philp	Niles	116.00.00
Steven Davich	Hasslett	114.10.50
Joel Teft	South Christian	114.10.00
E. Zupin	Manistee	114.09.00
Colin Peterson	Grand Haven	114.05.00
Matt Shillito	East Kentwood	113.03.50
Clinton Haglund	Greenville	111.05.00
Mitch Herrema	Jenison	111.02.00
Dan Venema	G.R. Christian	110.09.00
A. Supianoski	Manistee	109.09.00
<u>PLACE</u>	<u>NAME</u>	
FIRST	Mike Sidlanskas	
SECOND	Adam Kieft	
THIRD	Ryan Simoes	
FOURTH	Phil Beemer	
FIFTH	Scott Merrill	

400m

name	school		TIME
A. Hirkic	Forest Hills Northern	1	56.09
Bryon Ayers	Grand Haven	1	58.4
J. Karp	Wyoming Park	1	57.92
Jeff Furgunson	Benton Harbor	1	58.05
Robert Henry	Coloma	1	56.41
Shawn Walkington	Ionia	2	54.1
T.J. Crocker	Lakeshore	2	55.45
Jim Palmateer	Port Huron Northern	2	52.38
Matt Wood	West Ottawa	2	54.49
Mike Paul	East Kentwood	2	56.76
Bret Petersen	Greenville	2	56.98
Paul Dodd	Greenville	3	1.00.08
Jed DeGroot	Wayland	3	55.87
David Machemer	Lakeshore	3	55.19
Dan Collinge	Reeths-Puffer	3	54.68
Nick O'Rourke	East G.R.	3	56.31
Dwayn Gaines	East Kentwood	3	1.02.21
Justin Langaria	Jenison	4	58.72
Carl Roeller	Rockford	4	56.32
T. Beverly	Wyoming Park	4	1.01.77
Jamal Newsome	Coloma	4	58.66
Cory Schilder	Comstock Park	4	56.09
Mike Lee	East G.R.	4	55.71
Cody Cervantes	Comstock Park	5	56.89
Chris McAleenan	Forest Hills Central	5	1.01.19
Jesse Goodrich	Ludington	5	57.83
Zack Webster	Ludington	5	55.56
Scott Fritz	Rogers-Wyoming	5	54.38
James Oudbier	South Christian	6	58.41
Bruce Osterhaven	South Christian	6	59.16
David Peterson	Ionia	6	1.02.20
Jerry Wallace	Reeths-Puffer	6	57.18
Derek Benkoski	Grand Haven	6	56.48
T. Burgwald	Hudsonville	7	54.38
Donny McMillan	West Ottawa	7	56.45
J. Terrell	Manistee	7	59.16
Nick Trayrn	Rogers-Wyoming	7	1.00.67
M. Vidro	Forest Hills Northern	7	1.00.76
Ken Ottman	Whitehall	8	1.04.80
B. Leversee	Manistee	8	1.01.80
Cody Vandyke	Sparta	8	1.03.29
Ed Shields	Whitehall	8	1.00.38
Anthony	Montague	8	1.00.89
Joe Vanderhyde	Sparta	8	1.00.28
Jimmy Donley	Reed City	9	59.31
Jim Schumacher	Chip Hills	9	56.95
Anthony Danials	Creston	9	54.32
Dustin Jackson	allegan	9	56.45
Dustin Ingersoll	Rockford	9	57.29