

Holland Frosh/Soph Relays

April 29, 2000

BOYS

Shot Put Relay

Place	#	Name	School	Best
1	155	Ed Shields	Whitehall	39' 4"
	151	Brian Nowak		34' 8"
	142	Keith Abercrombie		<u>43' 6"</u>
				117' 6"
2	81	Ryan Gritter	Grandville	34' 8"
	100	Adam Tahan		43' 11"
	300	Justin Stadt		<u>32' 1"</u>
				110' 8"
3	25	Nick Rosser	East Kentwood	31' 0"
	28	Reina Smith		34' 1"
	17	Tory Hicks		<u>35' 9"</u>
				101' 1"
4	63	Greg Smith	Forest Hills Central	31' 6"
	36	Joe Barron		30' 5"
	60	Jerry O'Brien		<u>31' 1"</u>
				93' 0"
5	301	M. Klenheksel	Hamilton	29' 2"
	122	Joshua West		31' 2"
	108	Eric Lampen		<u>32' 4"</u>
				92' 8"
6	140	John Vanderberg	Mona Shores	29' 9"
	130	Renmy Gardner		34' 8"
	302	Evin Pierce		<u>24' 10"</u>
				89' 3"
7	3	Bill Feehand	Belding	26' 10"
	9	Lukas Ostrander		25' 2"
	4	Paul Fuller		<u>32"</u>
				84"
8	303	Jessie Schipper	Holland	25' 10"
	165	Brian Benavidez		28' 7"
	169	Eric Hernandez		22' 4"

Place	#	Name	High Jump Relay School	Best
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4	42	Eric Engstrom	Forest Hills Central	4' 8"
	55	Scott Levering		4' 8"
	162	Dustin Welbaum		5' 4"
				<u>14' 8"</u>

5	129	Levi Frasier	Mona Shores	4' 8"
	123	Kevin Abdel-Kaader		5'
	305	Joey Reynold		4' 10"
				<u>14' 6"</u>

6	233	Ben Houseward	Holland Christian	5'
	234	Craig VanAppledorn		4' 8"
	236	Ben Bylsema		=====
				9' 8"

Place	#	Name	Pole Vault Relay School	Best
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1	22	Seth Nielsen	East Kentwood	12'
	21	Kyle Nielsen		11'
	306	Mark Aldrich		8'
				<u>31'</u>

2	77	Keith Dreyer	Grandville	8' 6"
	91	Andrew Power		9' 6"
	78	Ryan Creager		11' 6"
				<u>29' 6"</u>

3	133	Bill Jeannot	Mona Shores	11' 6"
	136	Matt Kutches		8' 6"
	307	Chip Camere		8'
				<u>28'</u>

4	55	Scott Levering	Forest Hills Central	11'
	56	Tyler Boggs		7' 6"
	70	Adam Whitson		8' 6"
				<u>27'</u>

Place	#	Name	Long Jump Relay School	Best
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1	4	Paul Fuller	Belding	17' 1"
	1	Dave Baylis		17' 10.5"
	10	Jeff Reminga		20' 1.5"
				<u>55' 1"</u>

2	259 258 232 231	Nate Scholten Brian Kragt Tyler Zwagerman Rick Vogelzang	Holland Christian	8:49.2
3	115 110 121 119	Travis Russell Dan Lubbers Mark Veldheff Sam Schulz	Hamilton	9:11.84

Place	#	Name	4 X 800 Relay School	Best
4	307 16 19 14	Wels David Hamilton Ryan Letterby John Collins	East Kentwood	9:04.57
5	96 87 101 102	Jordan Spaak Adam Kovak Jeff Weber Matt Wierenga	Grandville	9:11.84
6	146 143 157 144	Joe Fecrentino Mike Belrose Kyle Smith Matt Bishop	Whitehall	
7	195 167 170 176	Sam Soto Dustin Enigenburg Matt Immink Zach Oseland	Holland	10.06.31
8	163 66 51 45	Allen Graham Michael Stephenson Mark Kwast Nick Heslip	Forest Hills Central	

Place	#	Name	4 x 100 Relay School	Best
1	30 29 32 23	Eric Triggs Donovan Terres Edrick Washington Mike Paul	East Kentwood	45.90
2	107 103 116 118	Brian Khouzakoun Nathan Brown Greg Sas Chris Schippa	Hamilton	47.53

Shuttle Hurdles Relay				
Place	#	Name	School	Best
2	90	Chris Posthumus	Grandville	1:09.53
	78	Ryan Greager		
	84	Anthony King		
	82	Drew Hahn		
3	42	Eric Engstrom	Forest Hills Central	1:11.89
	62	Ryan Puskala		
	40	Matt Dettl		
	44	Jon Greenroe		
4	126	Bill Chick	Mona Shores	1:12.67
	308	Eric VanDonkebiar		
	123	Kevin Abdelkaader		
	135	Jim Kutches		
5	149	Ryan Funnell	Whitehall	1:13.02
	144	Matt Bishop		
	159	Derek Temple		
	154	Dametric Ross		
6	233	Ben Houeward	Holland Christian	1:18.05
	236	Ben Bylsma		
	234	Craig VanAppledorn		
	309	VanderWoude		

Sprint Medley Relay				
Place	#	Name	School	Best
1	118	Chris Schippa	Hamilton	1:41.00
	103	Nathan Brown		
	115	Travis Russell		
	120	Ben Troost		
2	130	Renmy Gardner	Mona Shores	1:41.21
	138	Mat Ramirez		
	127	Josh Clincy		
	125	Eric Caruthers		
3	20	Vincent Mayfield	East Kentwood	1:41.52
	32	Edrick Washington		
	29	Donovan Terres		
	23	Mike Paul		
4	75	Josh Delcastillo	Grandville	1:42.00
	83	Jeff Johnson		
	72	Casey Beauford		
	96	Jordan Spaak		

4 x 100 Throwers Relay				
Place	#	Name	School	Best
4	134	Ben Jones	Mona Shores	53.25
	131	Dan Gardner		
	302	Evin Pierce		
	141	Vanderberg		
5	100	Adam Tahan	Grandville	53.26
	81	Ryan Gritter		
	76	Jake Devries		
	97	Josh Spicer		
6	165	Brian Benavidez	Holland	57.16
	184	Scott Vereeke		
	166	Bill Edkiwlen		
	186	Austin Welmers		

Distance Medley Relay				
Place	#	Name	School	Best
1	258	Brian Kragt	Holland Christian	11:17.09
	235	Mike Dokker		
	231	Rick Vofelzang		
	232	Tyler Zwagerman		
2	129	Levi Frasier	Mona Shores	11:22.83
	125	Eric Caruthers		
	131	Dan Gaynor		
	141	Lance Vanderberg		
3	11	Eric Ashack	East Kentwood	12:11.59
	15	Mundis Gridda		
	16	Dave Hamilton		
	13	Kevin Coch		
4	170	Matt Immink	Holland	12:13.00
	187	Jonathan White		
	182	David Soukup		
	179	Evan Reimer		
5	119	Sam Schulz	Hamilton	12:13.28
	103	Nathan Brown		
	115	Travis Russell		
	112	Shawn Moore		
6	98	Corey Steimel	Grandville	12:16.25
	102	Matt Wierenga		
	87	Adam Kovak		
	101	Jeff Weber		

Holland Fresh/Soph Relays

Boys

Scoring
10,8,6,4,2,1

- Belding
- East Kentwood
- Forest Hills Central
- Grandville
- Hamilton
- Holland
- Holland Christian
- Mona Shores
- Whitehall

Shot Put Relay	0	5	4	8	2	0	0	1	16
Discus Relay	0	10	6	4	1	2	0	0	8
High Jump Relay	0	0	4	6	10	0	1	2	8
Long Jump Relay	10	8	0	6	2	0	1	4	0
Pole Vault Relay	0	10	4	8	0	0	0	6	0
	0	0	0	0	0	0	0	0	0
4 X 800	0	4	0	2	6	0	8	10	1
4 X 100	1	10	2	0	8	0	0	4	6
1600 M Run	0	0	0	6	0	8	6	11	0
Shuttle Hurdles	0	10	6	8	0	0	1	4	2
Sprint Medley	2	6	0	4	10	0	0	8	1
100 Finals	2	18	0	10	0	0	0	0	1
4 X 100 Thrower	0	8	0	2	10	1	0	4	6
Distance Medley	0	6	0	1	2	4	10	8	0
4 X 400	0	10	0	1	6	2	0	8	4

Girls

Scoring
10,8,6,4,2,1

- Belding
- Grandville
- Hamilton
- Holland
- Holland Christian
- Hudsonville
- Mona Shores
- Wayland
- Whitehall
- Zeeland

Shot Put Relay	0	0	8	10	0	2	4	6	1	0
Discus Relay	0	0	2	6	1	0	10	4	0	8
High Jump Relay	0	4	2	6	0	10	8	0	1	0
Long Jump Relay	0	0	6	0	0	4	1	8	10	2
Pole Vault Relay	0	0	0	10	0	6	0	8	0	0
	0	0	0	0	0	0	0	0	0	0
4 X 800	0	2	0	0	6	10	8	4	1	0
4 X 100	0	1	4	0	0	6	8	0	10	2
1600 M Run	0	0	0	2	1	12	6	0	0	10
Shuttle Hurdles	0	8	10	6	0	0	2	4	0	0
Sprint Medley	0	0	10	0	0	4	8	1	6	2
100 Finals	2	4	0	0	0	7	8	0	10	0
4 X 100 Thrower	0	2	10	6	0	8	0	4	1	0
Distance Medley	0	0	8	0	6	10	4	2	0	1
4 X 400	1	4	0	0	0	8	10	2	6	0

Total	15	106	26	66	57	17	27	70	47	2	22	64	46	14	87	77	43	46	25
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