

Girls Results 10-8-6-4-2-1		EAST KENTWOOD	GRAND HAVEN	GRANDVILLE	HOLLAND	JENISON	MONA SHORES	ROCKFORD	WEST OTTAWA	Boys Results 10-8-6-4-2-1		EAST KENTWOOD	GRAND HAVEN	GRANDVILLE	HOLLAND	JENISON	MONA SHORES	ROCKFORD	WEST OTTAWA
DISCUS	10.6 16							8.4, 2.1 15		DISCUS								10.4 14	6 6
SHOT PUT	10.6 33	8	8		4.2 6			15		SHOT PUT	8.2 10	4.2 16	8.1 10					10 24	6 12
HIGH JUMP	6.4 4.3	11.2 9.5						10.8 9.3		HIGH JUMP	6 2.2	4 14	8 9					10 10	11.2 15
LONG JUMP	10.4 5.7	9.6			6			6.2, 2.1 4.2	8	LONG JUMP	8.2 1.2	6 2.2	6 2.0	4 4	10 10				11.2 15
POLE VAULT	1/2 5.7	10 19.2	1/2 1/2	1/2 1/2	1/2 1/2			0.3 5.4	1.5	POLE VAULT	10 2.2	2 2.4	1 2.1	4 4				8 3.2	6 4
3200 M. RELAY	4 6.2	8 2.2			6 16.2			0.3 0.3	2 1.7	3200 M. RELAY	1 2.3	2 2.6	2 2.1	8 2.2	10 1.0	4 1.6	8 2.0	10 4.2	6 2.2
100 M. INT. HURDLES	10.6 7.7	2 2.6	4.1 5.2					6.1 6.3		110 M. HIGH HURDLES	4 2.7			2 3.4				8.6, 6.1 5.7	10 3.2
100 M. DASH	8.6, 2 9.3	10 3.1	5.6 5.6			4 4		7.0 7.0	1.7	100 M. DASH	10.1 3.8	2 2.4	3.1 3.1	2 3.6	6 3.6			5.7 5.7	8.4 4.4
800 M. RELAY	10 12.5	2 7.2				8 12		7.6 7.6	2.1	800 M. RELAY	10 4.8	2 2.8	2.1 2.1	8 3.4	16 1.6			6 6.3	4 4.8
1600 M. RUN	1 10.4	3.1 7.2				12 1.2		10.8, 6.4 10.3	2.1	1600 M. RUN	4 4.8	2 2.8	2.1 2.1	2 3.6	16 1.6			10.8, 6.4 9.1	1 4.9
400 M. RELAY	10 11.4	4 3.9	11.2 11.2			20 2.0		12.3 12.3	2.3	400 M. RELAY	10 5.8	2 3.0	2.1 2.2	4 4.0	16 1.6			6 9.7	8 5.7
400 M. DASH	11.4 1.4	10 4.9	11.2 11.2			8 2.8		6.4 6.4	2.5	400 M. DASH	6 6.4	4 3.4	1 2.3	4 4.0	10 2.6			8 10.5	2 5.9
300 M. LOW HURDLES	10 5.7	1 5.7	2 1.3			28 2.8		13.5 13.5	3.1	300 M. INT. HURDLES	6 7.2	3 3.4	2.3 2.3	4 4.0	26 2.6			10.8, 4 12.7	1 6.0
800 M. RUN	12.4 1.2	10 5.0	13.2 13.2			28 2.8		10.8, 6.4 10.3	3.1	800 M. RUN	7.2 3.4	2 3.4	2.3 2.3	4 4.0	26 2.6			10.6, 4.2 14.9	1 6.1
200 M. DASH	6 13.0	10 6.0	13.2 13.2			38 3.8		16.2 16.2	3.1	200 M. DASH	8 8.0	2 3.6	2.3 2.3	6 4.6	10 3.6			14.9 14.9	4.1 4.6
3200 M. RUN	1 13.2	10 6.0	13.2 13.2			38 3.8		16.2 16.2	3.1	3200 M. RUN	6 8.0	4 3.6	2.3 2.3	6 4.6	10 3.6			10.8, 4 14.9	4.1 4.6
1600 M. RELAY	6 13.7	1 10.4	4 1.4			38 3.8		16.2 16.2	3.1	1600 M. RELAY	6 8.0	4 3.6	2.3 2.3	6 4.6	10 3.6			10.8, 4 14.9	4.1 4.6
TOTAL	137 1/2	6 1/2	17 1/2	28 3/4	38	7 1/2	203 1/2	39	TOTAL	84	40	24	48	36	39	188	71		

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2000 O.K. RED CONFERENCE

Boys & Girls Track

Dual Meet Standing - Boys

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

Dual Meet Standing - Girls

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

Conference Meet - Boys

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

Conference Meet - Girls

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

Final Standings - Boys

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

Final Standings - Girls

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

2000 OK RED BOYS TRACK RESULTS

MEN'S DISCUS

Adam Kieft	Rockford	157'10"
Colbi Dykhouse	Grand Haven	157' 6"
Phil Allen	West Ottawa	135'6"
Phil Beemer	Rockford	134' 5"
Phil Hamstra	Grand Haven	128'3"
Justin Scott	Grandville	125' 5"

MEN'S SHOT PUT

Adam Kieft	Rockford	54' 4"
Eric VanderHorst	Grandville	47' 10 1/2"
Brendan Crouch	West Ottawa	47' 8 1/2"
Cori Dykehouse	Grand Haven	45" 10"
Phil Hamstra	Grand Haven	45' 4"
Justin Scott	Grandville	44' 2"

MEN'S HIGH JUMP

Luke Myers	Grand Haven	6' 4"
Sean Doyle	Holland	6' 2"
Chris LeClair	Grand Haven	6' 2"
Chris Posthumus	Grandville	6' 0"
Guy Flom	West Ottawa	5' 10"
Ben Edvaldi	West Ottawa	5' 10"

MEN'S POLE VAULT

Eric Mirandett	East Kentwood	14' 6"
Phil Beemer	Rockford	13' 0"
Bill Jeannot	Mona Shores	13' 0"
Andy Patterson	Holland	12' 6"
Dave Prinzi	Grand Haven	12' 6"
Ryan Creager	Grandville	12' 6"

MEN'S LONG JUMP

CJ Hooper	Jenison	21' 1/4"
Vincent Mayfield	East Kentwood	20' 3/4"
Jeff Johnson	Grandville	19' 11 1/2"
Jeff Seymour	Holland	19' 8 1/2"
Trevor Franks	East Kentwood	19' 8 1/2"
Guy Flom	West Ottawa	19' 1 1/2"

MEN'S 3200 METER RELAY

Rockford	7:57
Holland	8:14
West Ottawa	8:20
Mona Shores	8:25
Grand Haven	8:29
East Kentwood	8:36

MEN'S 110M HURDLES

Ameer Ismail	West Ottawa	15.2
Greg Maczka	Rockford	15.3
Scott Anderson	Rockford	15.4
Vincent Mayfield	East Kentwood	15.4
Chris Koopmans	Holland	15.7
Noah Schwander	Rockford	16.0

MEN'S 100 METER DASH

Kip Paul	East Kentwood	11.0
Sophy Teng	West Ottawa	11.1
CJ Hooper	Jenison	11.2
Steve Sager	West Ottawa	11.3
Chris Clark	Holland	11.3
Ryan Roberts	East Kentwood	11.5

MEN'S 800 METER RELAY

East Kentwood	1:32.0
Holland	1:32.3
Rockford	1:32.5
West Ottawa	1:32.6
Grand Haven	1:34.3
Mona Shores	1:34.5

MEN'S 1600 METER RUN

Dathan Ritzenhein	Rockford	4:05.9
Brian Smith	Rockford	4:19.7
Seth Folkersma	Rockford	4:20
Andy Martin	Rockford	4:20.2
Micah Howard	Holland	4:21.4
Colin Vohcken	West Ottawa	4:30.5

MEN'S 400 METER RELAY

East Kentwood	44.3
West Ottawa	44.3
Rockford	45.3
Holland	45.3
Grand Haven	46.0
Grandville	46.7

MEN'S 400 METER DASH

CJ Hooper	Jenison	50.1
Chad Rehkopf	Rockford	50.8
Kevin Hamilton	East Kentwood	51.5
Chris LeClair	Grand Haven	51.7
Matt Wood	West Ottawa	52.4
Jordan Spaak	Grandville	52.4

2000 OK RED BOYS TRACK RESULTS

MEN'S 300 METER INTERM. HURDLES

Scott Anderson	Rockford	40.0
Noah Schwander	Rockford	40.8
Vincent Mayfield	East Kentwood	41.0
Aaron Sawyer	Rockford	41.1
Eric Triggs	East Kentwood	42.2
Ameer Ismail	West Ottawa	42.5

MEN'S 800 METER RUN

Dathan Ritzenhein	Rockford	1:55.6
Eric Caruthers	Mona Shores	1:58.0
Andy Martin	Rockford	1:59.0
Seth Folkertma	Rockford	1:59.8
Brian Smith	Rockford	2:00.1
Colin Vohlken	West Ottawa	2:00.2

MEN'S 200 METER DASH

Cj Hooper	Jenison	22.6
Kip Paul	East Kentwood	22.7
Chris Clark	Holland	23.1
Steve Sager	West Ottawa	23.2
Adam Schucker	Grand Haven	23.3
Sophy Teng	West Ottawa	23.4

MEN'S 3200 METER RUN

Dathan Ritzenhein	Rockford	9:17.2
Kyle Fujimoto	Rockford	9:34.9
Andy Martin	Rockford	9:40.6
Brian Smith	Rockford	9:42.0
Lance Vanderberg	Mona Shores	9:49.7
Seth Folkertsma	Rockford	10:02.2

MEN'S 1600 METER RELAY

Rockford	3:25.3
Mona Shores	3:26.3
East Kentwood	3:32.4
Grand Haven	3:33.3
West Ottawa	3:33.7
Grandville	3:37.5