

M.I.T.S. 2/17/01

MENS DMR (HAND TIME) CLUB TIME

1	NKRC	11.26.2		
2	FROST	11.26.4		
3	Jr's bunch	11.34.8		
4	grtc	12.10.0		

55m	hurdles	NAME	CLUB	HEAT	TIME		
1		aaron supianski	mint	1	8.18		
2		nick stout	lo town	1	8.26		
3		chris shepherd	cheated again	1	8.90		
4		nik hector	toughus nails	1	9.33		
1		reubin sporlel	gamecocks	2	8.15		
2		jamie collier	lakers	2	8.75		
3		paul zandarski	claws 2	9.80			

combined

1	reubin sporlel	gamecocks	2	8.15		
2	aaron supianski	mint	1	8.18		
3	nick stout	lo town	1	8.26		
4	jamie collier	lakers	2	8.75		
5	chris shepherd	cheated again	1	8.90		
6	nik hector	toughus nails	1	9.33		
7	paul zandarski	claws 2	9.80			

finals

1	nick stout	lo town	1	7.73		
2	aaron supianski	mint	1	8.04		
3	jamie collier	lakers	1	8.72		
4	chris sheperd	cheated again	2	8.86		
5	nik hector	toughas nails	2	9.17		
6	paul zandarski	claws 2	9.81			
7	reubin sportel	gamecocks	1	10.34		

55m	dash	NAME	CLUB	HEAT	TIME		
1		ANDREW CALHOUN		1	6.79		
2		JON KALINOWSKI	BUCK CREEK	1	7.09		
3		TRAVIS ASH	TOUGHAS NAILS	1	7.16		
4		JOE HOVER	CLAWS 1	7.41			
1		ADAM WILDS	2	6.84			
2		CURTIS LONG	J-DUBBS TRACK	2	7.02		
3		JARED KARP	WYOMING PARK	2	7.14		
4		CHAD VELDCAMP	WYOMING PARK	2	7.54		
1		KRIS HOLSTEGE	3	7.03			
2		STEVEN BAVEMAN	HUDSONVILLE	3	7.26		
3		DAN TORRES	LO TOWN	3	7.31		
4		DAN BAAR	WYOMING PARK	3	8.29		
1		clayton berrien	FROST	4	6.95		
2		RYAN MCELEES	4	6.96			
3		RYAN ROBERTS	HIGH PERFORMANCE	4	7.04		
4		JOSH WARNER	BAGEL HAUL	4	7.66		
1		DONOVAN TERRES	HIGH PERFORMANCE	5	6.99		
2		DAVID VOLDT	GAMECOCKS	5	7.03		

3	RYAN VANDERHAAR	ROGERS	5	7.21
4	TREVOR SCHANS	GAMECOCKS	5	7.77
1	JAMIE COLLIER	LAKERS	6	7.24
2	tom lamb	HUDSONVILLE	6	7.45
3	NICK HECTOR	TOUGHAS NAILS	6	7.50
4	PAUL DERKS	GRTC	6	7.57
1	TONY SALASAR	ROGERS	7	7.26
2	MIKE LAFOUNTAIN	LAKERS	7	7.31
3	CHUCK		7	7.45
1	WILLY KURKEWICZ	FLY BOYS	8	7.17
2	DEWIGHT HOUSTON		8	7.25
3	KYLE MEAPHS	FLY BOYS	8	7.26
1	PHIL ATTEE		9	7.27
2	BRANDON WITHERSPOON	ROGERS	9	7.57
3	WEIN KERKSTRA		9	7.66

finals

1	adam wild		1	6.76
2	andrew calhoun		1	6.79
3	clayton berrien	frost	1	6.82
4	kris holstege		2	6.96
5	donovan terres	high performance	2	6.98
6	curtis long j.	dubbes track	2	7
7t	ryan mceelees		1	7.12
7t	david veldt	gamecocks	2	7.12

shot	put	name	club	distance
1		Dan bazuin		50'04.50"
2		caleb anthony	jr. lakestriders	49'07.50"
3		ian morrison	detroit che.	48'07.00"
4		joe hover	claws	47'03.50"
5		john botts	grtc	46'04.50"
6		gim yu	grtc	44'04.00"
7		chris dobias	bagel haul	42'00.00"
8		andy fay	jr. lakestriders	42'00.00"
9		matt pinter	cheated again	40'10.50"
10		ken exton	sparta	34'07.50"
11		aaron gowdy	total control	33'09.50"

long	jump	name	club	distance
1		mike lafountain	lakers	18'01.50"
2		chad veldcamp	wyoming	18'01.00"
3		grant bowen	suns	17'10.25"
4		ryan vanderhaar	rogers	17'07.25"
5		brandon witherspoon		17'03.75"
6		trevor schans	gamecocks	17'01.75"
7		kevin lillibridge	lakers	17'00.00"
8		nik hector	toughas nails	16'10.25"

high	jump	name	club	distance
1		david jontone		5'08.00"
2		dan kost	grtc	5'06.00"
3		paul derks	grtc	5'06.00"
4		danny halmsen	grtc	5'06.00"

mile	NAME	CLUB	HEAT	TIME
1	brian smith	nkrc	1	4.22.53
2	tim o'hara	cheated again	1	4.32.45
3	lance vanderberg		1	4.38.30
4	ben dyke	grtc	1	4.41.27
5	clifton lindsey	500 striders	1	4.42.69
6	travis williams	chiquita tc	1	4.43.87
7	mike delany	bagel haul	1	4.45.04
8	aj mcconnell	wally world	1	4.45.06
9	adam hoogewink		1	4.47.46
10	kyle williams	lakers	1	4.47.63
11	geoff guthrie	nkrc	1	4.50.41
12	lance betts	cheated again	1	4.50.71
13	jeff fawler	nkrc	1	4.54.53
14	corey reinke	cheated again	1	4.54.66
15	jason patrick	mattawan	1	4.57.39

1	alex gveio	jr's bunch	2	4.50.61
2	sean derby		2	4.55.09
3	bj meyers	nkrc	2	4.55.68
4	andrew manning		2	4.57.09
5	jon dalton	jr's bunch	2	4.59.83
6	nate mcmans		2	5.00.17
7	david cramer		2	5.01.31
8	matt meyers		2	5.02.71
9	nathon chournard		2	5.03.72
10	todd smith	nkrc	2	5.06.43
11	jeremy walter	blue bayou	2	5.08.35
12	anthony mcmans		2	5.09.97
13	nick tyler	blue bayou	2	5.10.37
14	matt casillas	grtc	2	5.11.06
15	josh bennett	nkrc	2	5.15.67
16	michael brandell	jr's bunch	2	5.25.13

1	jason ruchkoski		3	5.03.78
2	harlyn Pacheco		3	5.04.37
3	eric defeel	lakestriders	3	5.11.14
4	paul ogburn	hudsonville	3	5.11.23
5	kevin lillibridge	lakers	3	5.16.51
6	ricky raines		3	5.19.77
7	jeremy sheperd		3	5.23.72
8	ben holsinger	toughas nails	3	5.31.01
9	kyle wilson	mattawan	3	5.33.67
10	nathaniel yenger	die hard	3	5.37.69
11	brad miedema	hudsonville	3	5.46.53
12	matt currie	Plainwell	3	5.49.50
13	coleman mcintyre	claws	3	5.49.89
14	curtis hoppough	highland striders	3	6.05.03

400	NAME	CLUB	HEAT	TIME
1	matt trujillo		1	52.83
2	ryan hannon	unattached	1	57.65
3	danny harmsen		1	1.01.61
4	tom lamb	hudsonville	1	1.03.28

1	ryan mcclees		2	55.68
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2	tim gates	wyoming park	2	56.4
3	andrew stern		2	57.22
4	travis ash	toughas nails	2	1.00.38
1	matt whittet	jr's bunch	3	55.46
2	david veldt	gamecocks	3	55.99
3	kris holstege		3	56.16
4	jim keating	cheated again	3	1.01.95
1	jesse prince	fast crackers	4	52.92
2	daryle jackson		4	55.39
3	phil attee		4	56.21
4	nate rush		4	1.00.38
1	luie kuznia		5	56.13
2	dwight houston		5	58.85
3	james moore		5	59.33
4	joe hover	claws	5	59.64
1	bob henning	kenowa	6	55.02
2	kyle meadows	fly boys	6	55.28
3	josiah james		6	55.66
4	bryan nousain		6	1.04.60
1	willy kurkewicz	fly boys	7	55.3
2	stephan moore		7	56.26
3	ricky downds		7	1.05.27
4	eddie marlow		7	1.06.24
1	dustin snoop		8	56.84
2	dante sewell		8	57.49
3	josh warey	bagel haul	8	1.00.80

combined

1	matt trujillo		1	52.83
2	jesse prince	fast crackers	4	52.92
3	bob henning	kenowa	6	55.02
4	kyle meadows	fly boys	6	55.28
5	willy kurkewicz	fly boys	7	55.3
6	daryle jackson		4	55.39
800	NAME	CLUB	HEAT	TIME
1	alex amadeo	fh flyers	1	2.03.31
2	mike salsibury	bagel haul	1	2.03.67
4	tony abramson	500 striders	1	2.07.40
5	erick kahnen		1	2.08.16
6	kyle eisenga	highland flyers	1	2.08.43
7	john anderson	500 striders	1	2.09.07
8	kent miller		1	2.10.48
9	adam hoogwind		1	2.11.63
10	tim o'hara	cheated again	1	2.15.51
11	tim gates	wyoming park	1	2.22.66
12	chris sheperd	cheated again	1	2.23.98
13	ricky raines		1	2.28.62
1	ryan hannon	unattached	2	2.15.08
2	jason ruthkoski		2	2.18.10

3	paul	ogburn	2	2.19.55
4	adam	gurnoe	500 striders	2 2.20.39
5	bob	kubitskey	frost	2 2.21.74
6	erik	johnson	grtc	2 2.22.95
7	trevor	schans	gamecocks	2 2.23.34
8	kyle	williams	lakers	2 2.23.70
9	jeremy	shepard	2	2.24.51
10	nathaniel	yenger	die hard	2 2.30.83
11	ben	holsinger	2	2.32.91
12	chad	kusterzewa	2	2.33.05
13	matt	currie	plainwell	2 2.37.69
14	courtney	prinle	2	3.14.93

3200 NAME CLUB TIME

1	kyle	fujimoto	nkrc	9.22.3
2	jason	stover		9.35.6
3	adam	ludwig		9.41.1
4	lance	vandeberg		9.42.0
5	phil	astras	nkrc	10.03.2
6	craig	potter		10.13.8
7	bob	sherman		10.15.7
8	travis	williams	chiquita tc	10.18.1
9	james	janes		10.20.8
10	ben	dyke	grtc	10.32.5
11	kyle	williams		10.35.6
12	shelby	nousain		10.36.0
13	shane	derby		10.38.5
14	lance	betts	cheated again	10.58.1
15	corey	reinke	cheated again	10.58.5
16	sam	shewan	cheated again	11.00.0
17	bj	parkow		11.06.0
18	jason	patrick	mattawan	11.09.6
19	tom	sanders		11.16.7
20	josh	bennet	nkrc	11.30.8
21	chris	tinkey		11.35.8
22	mike	bigney		11.40.6
23	randy	bentogri		12.24.5

4x400 place club time

1	500	striders	3.42.22
2	frost		3.47.47
3	nkrc		3.52.34
4	total	control	3.52.96
5	cheated	again	3.54.85
6	nkrc		4.08.82
7	hudsonville		4.18.86

pole vault name club distance

1	andy	marzka	big dogg	14'06.00"
2	scott	pocan	mittchele	13.06.00"
3	mark	langlois	fruitport	13'06.00"
4	eric	mirandette	high performance	12'06.00"
5	john	mccarthy	big dogg	12'06.00"
6	justin	carscadder	fly boys	12'06.00"
7T	jason	koning	grtc	12'00.00"
7T	zack	hartman	fly boys	12'00.00"
7T	kyle	lanterman	ludington	12'00.00"

10	casy hoffman	mittchele	11'00.00"
11	grant bowen SUNS	10'06.00"	
12	ivan pashchuk	fly boys	9'06.00"
13T	josh lowe grtc	9'00.00"	
13T	richard wilson	die hards	9'00.00"

WOMEN

dmr	(hand time)	place	club	time
1	nkrc	12.49.6		
2	westfield	13.13.1		
3	grtc	13.58.4		
4	frost	15.04.6		

55m	hurdles	(FAT)	NAME	CLUB	HEAT	TIME
1	leah dixon	swan valley	1		9.29	
2	jenna campbell	westfield	1		9.93	
3	jenelle cullum	oadridge	1		10.24	
4	kari kramer	suns	1		10.51	
1	steph saaver		2		9.76	
2	rhianna stalter	chiquita tc	2		10.38	
3	kayla haney	orioles	2		10.41	
4	emily best	grtc	2		12.59	

finals

1	leah dixon	swan valley	1		9.27	
2	steph saaver		1		9.72	
3	rhianna stalter	chiquita tc	2		9.92	
4	jenna campbell	westfield	1		9.96	
5	kayla haney	orioles	2		10.29	
6	jenelle cullum	oakridge	1		10.43	
7	kari kramer	suns	2		10.66	

55m	dash	(FAT)	NAME	CLUB	HEAT	TIME
1	rhianna stalter	chiquita tc	1		7.82	
2	amanda grace	huskey rc	1		7.95	
3	micah tobias	die hards	1		8.2	
4	lerchen		1		8.58	
1	dawn hall		2		8.28	
2	jenelle cullum	oakridge	2		8.34	
3	nikki corsi	winter winds	2		8.77	
4	becki denzer	winter winds	2		10.2	
1	val gorter	grtc	3		7.91	
2	danyelle blue	suns	3		8.72	
3	kristen klotz	huskey rc	3		8.90	
4	rachel keller	highland flyers	3		8.94	
1	jennifer lindsey	500 striders	4		9.35	
2	kathyrn guimond	500 striders	4		9.65	
3	kimberly kik	500 striders	4		9.75	
1	amy ferrell		5		8.54	
2	emily best	grtc	5		9.29	

finals

1	amanda grace	huskey rc	1	7.82
2	val gorter	grtc	1	7.88
3	rhianna stalter	chiquita tc	1	8
4t	micah tobias	die hards	1	8.22
4t	dawn hall	2	8.22	
6	jenelle cullum	oakridge	2	8.42
7	amy ferrell	2	8.54	

high jump	place name	club	height
1	steph saaver		4.10.00
2	Jessica McGinnis	highland flyers	4.10.00

LONG jump	place name	club	DISTANCE
1	Rhianna Stalter	chiquita tc	16'04.25"
2	Heather van nortwick	ledges	14'03.25"
3	nikki corsi	winterwinds	14'03.00"
4	kari kramer	suns	13'11.00"
5	christine anderson	suns	13'02.25"
6	karen carroll	eagles	13'01.25"
7	rachel keller	highland flyers	12'11.75"
8	amy ferrell d kellogg		11'10.00"

shot put	place name	club	DISTANCE
1	Kelly shelton	grtc	37'02.00"
2	carol bontekoes	grtc	36'06.00"
3	andra bielarg	tktc	34'00.00"
4	Nicki wittingen	grtc	33'09.00"
5	lisa cooper	h school	33'08.00"
6	amanda gasaway		32'03.00"
7	anissa slinger	grtc	31'00.50"
8	toby slater	toughas nails	30'04.00"
9	lindsay draper	toughas nails	26'10.00"
10	kathryne guimond	striders	25'00.00"
11	leeta dore	highland flyers	20'08.50"

pole vault	place name	club	DISTANCE
1	melissa ullenbruch		11'00.00"
2	val gorder		10'06.00"
3	missy smith		9'06.00"
4	joochi schreder	lake striders	8'00.00"
5	casey bartrem	winter warriors	7'06.00"
6	christine anderson	suns	7'06.00"
7	jena amell	red tide	7'06.00"
8	gena jorgensen	winter warriors	7'06.00"
9	diana parrish	scheer speed	6'06.00"
10	rebekah laman	lake striders	nh

mile	NAME	CLUB	HEAT	TIME
1	nicole bohsack	nkrc	1	5.11.43
2	katlin toedebush	nkrc	1	5.16.64
3	kristi powers	nkrc	1	5.35.54
4	megan doerr	roadrunners	1	5.36.27
5	Heather doerr	mpa	1	5.36.65
6	callie adamson	big rapids	1	5.40.24
7	katia jorgensen	nkrc	1	5.48.38
8	rachel kaluzny	1	5.49.79	
9	laura nelson	nkrc	1	5.50.28

10	camille medema	grtc	1	5.50.98
11	laura hadley	westfield	1	5.51.94
12	kelly secord		1	5.58.26
13	jenna bernabei	frost	1	6.07.43
14	amy skates		1	6.08.53

1	rachel veldman		2	5.58.07
2	jennifer spinosa	westfield	2	5.58.16
3	missy reh	nkrc	2	5.58.60
4	julianne chickering	nkrc	2	6.00.76
5	jen corbiere	500 STRIDERS	2	6.05.87
6	kayce laWRENCE	500 STRIDERS	2	6.06.38
7	allyson bevins	westfield	2	6.09.31
8	alexis berke	big rapids	2	6.12.81
9	erica walker	westfield	2	6.20.27
10	brittany hyland	westfield	2	6.20.93
11	melony lake	nkrc	2	6.31.46
12	kelly king	frost	2	6.58.90
13	kayla nousain		2	7.00.19
14	ruth smith	frost	2	7.09.41

400

NAME	CLUB	HEAT	TIME
1	jessica mcginnis	highland flyers	1 1.09.38
2	nikki corsi	winterwinds	1 1.10.83
3	karen carrall	eagles	1 1.15.93
4	jennifer lindsey	500 STRIDERS	1.19.56

1	courtney alexander	westfield	2	1.16.64
2	sara klotz	husky running	2	1.18.24
3	kimberly kick	500 STRIDERS	2	1.33.35
4	becki denzer	winterwinds	2	1.40.03

1	sarah ellis	nkrc	3	1.02.25
2	aimee keehan	nkrc	3	1.02.30
3	lindsey blaidsdell	nkrc	3	1.02.55
4	christine moore	nkrc	3	1.03.50

1	mandi long	s.w.u.p	4	1.05.36
2	johannah hellenga		4	1.09.45
3	melissa kik		4	1.13.21
4	nicole bickel	500 STRIDERS	4	1.18.33

1	karylin Kalvzny		5	1.13.13
2	shantiha lewis		5	1.15.62
3	brittany hurst		5	1.23.87
4	dashiha dicen		5	1.23.87

combined

1	sarah ellis	nkrc	3	1.02.25
2	aimee keehan	nkrc	3	1.02.30
3	lindsey blaidsdell	nkrc	3	1.02.55
4	christine moore	nkrc	3	1.03.50
5	mandi long	s.w.u.p	4	1.05.36
6	jessica mcginnis	highland flyers	1	1.09.38

800

NAME	CLUB	HEAT	TIME
1	natalie cahill	500 STRIDERS	1 2.23.61

2	kelsey todebush	nkrc	1	2.23.86
3	mandi long	s.w.u.p	1	2.24.73
4	nicole bohnsack	nkrc	1	2.26.15
5	brittnie ogden	nkrc	1	2.28.88
6	leanna wolf	killer bees	1	2.29.21
7	meredith holaday	westfield	1	2.32.08
8	kristi powers	nkrc	1	2.32.78
9	michelle harrold	nkrc	1	2.33.42
11	francis hummel	nkrc	1	2.38.15
12	bailey dively	westfield	1	2.40.56
13	betsy frayer		1	2.43.04
14	rachel klozn		1	2.45.70
15	johannah hullenga		1	2.56.18

1	megan doerr		2	2.36.33
2	teresa cramer	claws	2	2.40.29
3	alexis berke	big rapids	2	2.43.94
4	kelly secord		2	2.44.82
5	sarah maurin	frost	2	2.47.65
6	elyse cleaver		2	2.49.77
7	micah tobias	die hards	2	2.56.40
8	karen smith		2	3.02.12
9	erica vore	frost	2	3.02.98
10	karylin kaluzny		2	3.08.39

3200 NAME CLUB TIME

1	Lindsey blaisdal	nkrc	10.39.0
2	chelsea loomis		11.26.0
3	kendra snyder		11.45.9
4	lindsey stebbins	nkrc	12.00.1
5	heather doerr	mps	12.23.3
6	Callie adamson	big rapids	12.47.3
7	megan doerr	road runners	12.49.9
8	kara farquher		13.02.9
9	mallory edmonds	grtc	13.40.6
10	sarah gray	lakers	15.07.1
11	kelly king	frost	15.11.4
12	lauren cooper	lakers	15.17.4

4x400 place club time

1	nkrc	4.17.58
2	nkrc	4.34.03
3	nkrc	4.40.82
4	claws	4.45.73
5	huskie tc	4.51.37
6	500 striders	5.03.16