

Mid-West Meet of Champions

BOYS

Ohio 166
Michigan 155
Indiana 131

2nd 7:40.61

1. Ohio 7:40.61
Vollmar (Gd Bl.) 27.0-28.1-30.4-19.7 = 1:55.2
Clark (Jack. Chr) 26.2-28.6-29.0-30.8 = 1:56.4
Luginbill (Troy) 25.9-28.9-29.3-32.1 = 1:56.1
Spagnaulo (Trav.) 26.4-30.6-29.8-27.8 = 1:54.5

GIRLS

Ohio 174
Michigan 170
Indiana 111

1st 9:15.96

3200 Relay

Sampson (Ren.) 28.7-34.8-34.7-38.3 = 2:17.3
Hay (Ren.) 28.3-34.3-36.8-37.5 = 2:16.7
Jensen (Pinck.) 29.7-34.6-37.0-40.2 = 2:18.3
Gall (Gd. Blanc) 29.9-34.5-36.9-39.1 = 2:20.3

110 - 100 Hurdles

1. Evans (Ohio) 14.10
4. Harris (Car. Ains) 14.68
6. Paris (East Lans) 14.69

1. Trimble (Ohio) 14.59
2. Strachota (Chesaning) 14.71
5. Brown (Kal. Cent.) 15.51

100 Dash

1. Provitt (Ohio) 10.67
3. Harrell (Taylor Tr.) 10.83
6. Fulton (Inkster) 11.18

1. Morgan (Ohio) 12.20
4. James (Wayne Mem) 12.69
6. Porter (Det. Mum.) 12.83

1600 Run

1. Jordanek (Ohio) 4:11.95
2. Boyle (Pinck) 63.3-64.5-62.6=63.0 = 4:13.59
4. Pitoock (Mlf) 63.4-65.0-65.7-62.4 = 4:16.19
9. Van'wp (Mlf) 64.1-65.3-65.1-67.1 = 4:22.24

1. Mengyan (Clk.) 74.2-78.1-76.8-67.2 = 4:56.75
5. Mercer (Puffer) 74.8-78.0-76.7-74.5 = 5:06.35
9. Hoffman (Jeff.) 74.7-78.4-79.9-85.8 = 5:19.18

4 x 100 Relay

1. Ohio 40.81
2. Michigan 41.70
Harrell (Taylor Tr.) 10.9
Fulton (Inkster) 10.7
Wojewuczki (Drbn Fd) 10.4
Maxwell (G.P. Nor.) 10.5

1. Ohio 46.75
2. Michigan 47.74
Porter (Det. Mum.) 12.4
Parker (Kal. Cen) 12.3
Crosby (Det. Mum.) 11.5
Reis (???) 11.3

400 Dash

- 1. Wright (Indiana) 48.05
- 2. Smoot (Trenton) 23.1 + 25.4 = 48.75
- 4. Smith (Wmstn.) 23.3 = 26.3 = 49.86

- 1. Royal (Ohio) 55.89
- 3. Ostrenga (Escaba) 27.2+30.5 = 57.98
- Spruiel (Sofld. Lath.) DNR

300 Hurdles

- 1. Seabrook (Indiana) 38.72
- 2. Wiley (Car. Ains.) 38.76
- Paris (East Lans.) DNF (fell)

- 1. Lope (Ohio) 44.09
- 2. Hay (Det. Ren.) 44.19
- 4. Phillips (A.A. Pion.) 45.98

800 Run

- 1. Zambrows (Indiana) 1:52.62
- 2. Brent (St Mary) 25.8-29.2-28.3-29.0 = 1:52.63
- 3. Werley (Zeeld) 26.6-28.7-29.3-29.6 = 1:53.45
- 5. Inderblitzin (Allgn) 26.1-29.0-28.3-32.6 = 1:56.13
- 1. Gall (Gr Blc) 28.9-33.2-32.5-32.5 = 2:07.45**
- 2. Freidman (Salm) 29.5-34.2-34.9-36.8 = 2:16.51
- 5. Gross (Mar City) 30.1-34.7-35.5-37.3 = 2:18.61

200 Dash

- 1. Provitt (Ohio) 21.72
- 3. Miller (Wayne) 22.35
- 4. Lymon (Albion) 22.46

- 1. Reis (Michigan) 24.43
- 3. Staubus (Grd. Led) 25.74

3200 Run

- 1. Williams (Dexter) 65.6 - 67.4 - 66.6 - 65.9 - 66.4 - 67.0 - 68.4 - 69.6 = 8:57.16**
- 2. Anderson (Milford) 65.7 = 68.5 - 71.0 - 72.0 - 71.8 - 71.9 - 70.3 - 64.6 = 9:15.87
- 3. Katsefaros (Pinckny) 67.2 - 68.3 - 70.8 - 71.4 - 73.8 - 72.1 - 70.2 - 68.3 = 9:22.93
- 1. Sirko (Liv. Steve) 78.2 - 81.2 - 81.3 - 81.5 - 82.7 - 84.8 = 83.9 - 78.5 = 10:53.20
- 2. Malnor (E. Gd Rpd) 78.5 - 81.2 - 81.2 - 83.1 - 85.1 - 86.6 - 86.6 - 83.3 = 11:06.18
- 6. Batt (Hillsdale) 78.4 - 83.2 - 85.3 - 87.2 - 87.9 - 88.9 - 90.1 - 90.1 = 11:28.07

4 x 400 Relay

- 1. Michigan 3:17.05

- 1. Michigan 3:49.53

- Smoot (Trenton) 23.7 + 25.6 = 48.8
- Blackwell (Kal. Cen.) 23.1 + 25.8 = 48.9
- Smith (Willmstn) 24.8 + 25.8 = 50.6
- Lucius (Flushing) 22.4 + 26.4 = 48.8

- Ostrenga (Esky) 27.5+30.6 = 58.1
- Brown (Kal. Cen) 26.8+30.9 = 57.4
- Gall (Grand Blanc) 28.1+29.0 = 57.1
- Spruiel (South. Lath) 25.9+29.8 = 56.8

**** = Meet Record**

All final times are FAT. All split times are hand-timed. You may count all final performances as school records because the performances took place while you represented your school for your state.

Michigan Captains = Lex Williams of Dexter and Takara Dunning of Kalamazoo Central

Stars Of Stars = Boys Field Nick Panezich of Ohio for 185 – 1 in the discus.

Boys Runner Lex Williams of Michigan broke 3200 record of 28 years.

Girls Field Ashley Muffett Of Ohio for Shot Put record and winning the discus.

Girls Runner Geena Gall of Michigan for setting 800 record of 20 years and running on the winning 3200 + 1600 relays.

Other Michigan Highlights

Katie Shaw of Lakeview holds co-meet pole vault record at 12 – 0.

Jackie Clark of Grand Ledge is now tied for 5th on the all-time pole vault listing.

Bettie Wade of Farmington is now tied for 4th on the all-time high jump listing.

2005 girls 3200 relay team moved to 8th on the all-time listing.

Liz Mengyan of Clarkston moved to 7th on the all-time 1600 meter listing.

Dave Brent of Monroe St. Marys is now 11th on the all-time 800 meter listing.

Portia Reis is now 7th on the all-time 200 meter listing.

2005 girls 1600 meter relay team is now 9th on the all-time listing.

In addition, other Michigan team members set school and personal records in the 2005 Mid-West Meet of Champions.

In 2006 the meet will be held at Jackson High School on the second Saturday in June.

Michigan head coach Kim Spalsbury and his devoted staff thank all team members for the great efforts at the meet and wish each and every team member a continued successful career in track and field and/or life.

Discus

1. Panezich	(Ohio)	185 - 1	1. Muffett	(Ohio)	147 - 7
5. Belitsos	(Oxford)	157 - 2	5. Sunderman	(Jackson)	126 - 5
8. Barrett	(Det. Cath Cen)	152 - 2	6. Stasa	(Carl Airport)	121 - 9
9. Grabowski	(Brighton)	143 - 1	7. Dunning	(Kal. Cent.)	112 - 9

Shot Put

1. Brisco	(Indiana)	61 - 3	1. Muffett	(Ohio)	49 - 8.5**
5. Gersham	(Southfield)	57 - 9	2. Dunning	(Kal. Cen.)	43 - 5
6. Belitsos	(Oxford)	55 - 3	6. Briggs	(Vandy Lake)	39 - 1
8. McLaurey	(Adrain Mad.)	51 - 5	8. Ackerman	(Vandy Lake)	38 - 8

Long Jump

1. Watts	(Indiana)	23 - 0.5	1. Morgan	(Ohio)	18 - 8.25
2. Harrell	(Taylor Truman)	22 - 10.5	4. Wade	(Farmington)	17 - 6.5
3. Jones	(Dowagiac)	22 - 4.75	6. Anderson	(Wayne)	16 - 8.5
7. Libiran	(Okemos)	20 - 5.5	8. Solomon	(Bellville)	15 - 9

High Jump

1. Libiran	(Okemos)	6 - 10	1. Wade	(Farmington)	5 - 9
5. Dodson	(Franknmuth)	6 - 8	3. Solomon	(Bellville)	5 - 4
Kipf	(Monroe St. Mary)	N.H.	5. LaFlamme	(Notre Dame Prep)	5 - 4

Pole Vault

1. Keves	(Ohio)	15 - 3	1. Neuman	(Indiana)	12 - 0**
2. Breidinger	(Alma)	15 - 0	2. Shaw	(Lakeview)	12 - 0**
7. Baldwin	(B.C. Lakeview)	14 - 0	3. Clark	(Grand Ledge)	11 - 0
Wilson	(Hale)	N.H.	7. Taylor	(Perry)	10 - 6

2005 MIDWEST MEET OF CHAMPIONS-TEAM MICHIGAN				
Women				
Name	School	Time/Ht./Dist.	College	
Pole vault				
Kaito Shaw	Lakeview	12' 0"	McNeese State	2005 D3 Champ(all meet rec)
Jackie Clark	Grand Ledge	11' 6"	Central Michigan	2005 D1 4th place
Aleisha Taylor	Perry	11' 0"	Grand Valley State	2005 D3 3rd
HJ				
Bettie Wade	Farmington	5' 8"	Michigan	
Ann Marie Lafamme	Notre Dame Prep	5' 5"	Central Michigan	2005 D2 7th
Kristina Solomon	Belleville	5' 6"	?	2004 D1 champ; 2005 = 2nd
LJ				
Bettie Wade	Farmington	18' 3.5"	Michigan	2005 D1 champ
Jennifer Anderson	Vandercook Lake	18' 9"	Michigan	2005 D1 5th
Shana Vincent	Detroit Mumford	17' 6"	Michigan	
SP				
Takara Dunning	Kalamazoo Central	42' 4"	Bowling Green State	3 time D1 SP champ
Dee Dee Briggs	Vandercook Lake	40' 7"	Delaware State	2005 D4 champ
Brittani Ackerman	Vandercook Lake	38' 9.5"	?	2005 D4 3rd
Discus				
Charity Sunderman	Jackson	138' 3"	undecided	D1 regional and state champ
Jessica Stasa	Carlston-Airport	133' 8"	?	2005 D2 7th
Takara Dunning	Kalamazoo Central	130' 5"	Bowling Green State	2005 D1 3rd
3200m relay				
Kelly Sampson	Detroit Renaissance	?	Michigan	2005 D2 3rd in 1600 (5:06)
Brittany Jensen	Pinckney	02:18.4	Michigan State	
Amber Hay	Detroit Renaissance	02:16.0	Michigan	2005 D2 1st 3200m rela
Geena Gail	Grand Blanc	02:08.0	Michigan	2005 D1 Champ/Nat'l champ
100m H				
Meghan Strachota	Chesaning	14.36	Michigan State	
Danielle Brown	Kalamazoo Central	15.13	?	
100m dash				
Stephanie Porter	Detroit Mumford	11.95	?	2005 D1 state champ - 4x20
Tiffany James	Wayne Memorial	11.94	Detroit Mercy	2005 D1 6th 200m
1600m run				
Liz Mengyan	Clarkston	04:52.9	Illinois	2005 D1 3rd
Alicia Hoffman	Monroe-Jefferson	05:06.0	Toledo	2005 D2 3rd
Michelle Mercer	Muskegon Reeths-Puffer	05:06.3	Michigan State	2005 D1 7th
400m relay				
Stephanie Porter	Detroit Mumford	11.95	undecided	2005 D1 state champ - 4x20
Portia Ries	Hazel Park	12.01	undecided	
Courtney Crosby	Detroit Mumford	?	undecided	
Nicole Parker	Kalamazoo Central	?	Western Michigan	
400m dash				
Jessica Jones	Detroit Mumford	55.23	Ohio State	2005 D1 4x200, 200m AND
Alexandria Spruiel	Southfield Lathrup	57.3	?	2005 D1 4th 400m; 2nd in 200
300 H				
Melissa Phillips	Ann Arbor Pioneer	43.2	?	2005 Regional Champ
Amber Hay	Detroit Renaissance	43.74	Michigan	2005 D2 2nd
800m run				
Jackalyn Gross	Marine City	02:16.1	Northern Michigan	2005 D2 2nd
Geena Gail	Grand Blanc	02:08.0	Michigan	2005 D1 Champ/Nat'l champ
Laura Friedman	Plymouth Salem	02:16.7	?	2005 D1 5th
200m dash				
Portia Ries	Hazel Park	24.1	?	
Stephanie Staubus	Grand Ledge	25.52	Central Michigan	
3200m run				
Heather Sirko	Livonia Stevenson	10:54.9	Michigan	2005 D1 runner up
Laura Mathor	East Grand Rapids	11:09.0	Michigan State	2005 D2 runner up
Erin Batt	Hillsdale	11:14.0	Central Michigan	2005 D3 State Champ
1600m relay				
Jessica Jones	Detroit Mumford	55.6	?	2005 D1 4x200, 200m AND
Melissa Phillips	Ann Arbor Pioneer	??	?	2005 Regional Champ
Alexandria Spruiel	Southfield Lathrup	57.3	?	2005 D1 4th 400m; 2nd in 200
Stephanie Ostenga	Escanaba	57.75	Northern Michigan	2005 UP-1 400m Champ/UP

2005MIDWEST MEET OF CHAMPIONS-TEAM MICHIGAN				
MEN				
Name	School	Time/HL/Dist.	College	
Pole vault				
Marcus Breidinger	Alma	15'1.5	Alma	
Chris Baldwin	Battle Creek Lakeview	14'6	Michigan	
Bryant Wilson	Hale	14'9	Grand Valley State	
HJ				
Ryan Libran	Okemos	6'9.5	?	
Andrew Dodson	Frankenmuth	7'0	Hillsdale	
Kyle Laker	Wayland	6'9	?	
LJ				
Jonte Harrell	Taylor Truma	23'1.25	undecided	
Cornelius Reyes	Detroit Central	22'2	undecided	
Isaiah Jones	Dowagiac	22'10	undecided	
SP				
Gerald Gersham	Southfield	57'6.5	Hampton	
Derron McLaney	Adrian Madison	56'11	undecided	
Vince Belitsos	Oxford	56'4	Michigan	
Discus				
Terrence Taylor	Muskegon	178'9	Michigan	01 4th place
Vince Belitsos	Oxford	56'4	Michigan	
Nate Grabowski	Brighton	167'1	undecided	
3200m relay				
Ben Worley	Zoeland	01:53.9	?	
Daniel Clark	Jackson Lumen Christi	01:54.4	Notre Dame	
Tyler Spagnuolo	Traverse City Central	01:54.7	?	
Mike Lucinbill	Troy	01:54.6	Michigan	
100m H				
Matt Paris	East Lansing	14.1	undecided	
Rodney Harris	Flint Carman-Ainsworth	14.4	undecided	
100m dash				
Jonte Harrell	Taylor Truman	10.54	undecided	
William Fulton	Inkster	10.58	undecided	
1600m run				
Dana Pitcock	Milford	04:15.6	Michigan State	
Ian Boyle	Pinckney	04:14.1	Michigan State	
Curtis Volmar	Grand Blanc	?	?	
400m relay				
Jonte Harrell	Taylor Truman	10.54	undecided	
Marcell Maxwell	Grosse Pointe North	?	?	
William Fulton	Inkster	10.58	undecided	
Lance Wojewozcki	Dearborn Edsel Ford	?	?	
400m dash				
Michael Smoot	Trenton	48.3	undecided	
Andrew Barnes	West Bloomfield	48.6	?	
300 H				
Otis Wiley	Flint Carman-Ainsworth	37.86	Michigan State	
Matt Paris	East Lansing	38.7	?	
800m run				
David Brent	Monroe St. Marys Catholic C	01:52.9	Eastern Michigan	
Blake Figgins	Detroit Mumford	01:53.0	undecided	
Clinton Inderblitzin	Allegan	01:53.7	undecided	
200m dash				
Darrin Miller	Wayne Memorial	21.8	undecided	
Totonzo Lymon	Aubion	21.6	undecided	
3200m run				
Lex Williams	Dexter	09:04.7	Michigan	
Nick Anderson	Milford	09:21.2	Dayton	
Nick Katsefaras	Pinckney	09:17.2	Michigan State	
1600m relay				
Nathan Blackwell	Kalamazoo Central	49.1	Eastern Michigan	
Andrew Smith	Williamston	48.83	Purdue	
Brandon Wright	Union City	48.94	Undecided	
Mackenzie Lucius	Flushing	49.27	Grand Valley State	