

MHSAA Lower Peninsula Track & Field Finals
 Division 3 Girls
 Comstock Park High School
 June 4, 2005

*** FINAL SCORING ***

1. Goodrich	93.00	33. Ann Arbor Gabriel Richard	6.00
2. Albion	44.00	34. Ida	6.00
3. Detroit Crockett	31.00	35. Clinton	5.50
4. Allendale	27.00	36. Birch Run	5.00
5. Armada	24.00	37. Blissfield	5.00
6. Kent City	23.00	38. Carrollton	5.00
7. Saginaw Nouvel	23.00	39. Newaygo	5.00
8. Hillsdale	22.00	40. Suttons Bay	5.00
9. Unionville-Sebewaing	22.00	41. Ovid-Elsie	5.00
10. Morley-Stanwood	19.00	42. Bangor	5.00
11. Chesaning	19.00	43. Berrien Springs	5.00
12. Detroit Country Day	19.00	44. Monroe St. Mary Catholic Central	4.50
13. Kingsley	18.00	45. Harbor Beach	4.00
14. Lansing Catholic Central	15.00	46. Kalamazoo Christian	4.00
15. Whitehall	13.00	47. Capac	4.00
16. Coloma	12.00	48. Elk Rapids	3.00
17. Evart	11.00	49. Macomb Lutheran North	3.00
18. Parchment	10.00	50. Sandusky	3.00
19. Lakeview	10.00	51. Onsted	3.00
20. Bad Axe	10.00	52. Shepherd	3.00
21. Detroit Communication Media Arts	10.00	53. Houghton Lake	3.00
22. East Jordan	8.00	54. Hartford	2.50
23. Saginaw Swan Valley	8.00	55. Hemlock	2.00
24. Benzie Central	8.00	56. Constantine	2.00
25. White Cloud	8.00	57. Flat Rock	2.00
26. Shelby	8.00	58. Standish-Sterling	1.75
27. Vermontville Maple Valley	7.50	59. Bronson	1.50
28. Sanford-Meridian	7.00	60. Saranac	1.50
29. Millington	7.00	61. Montague	1.00
30. Grandville Calvin Christian	6.00	62. Leroy Pine River	1.00
31. Manistee	6.00	63. McBain	0.75
32. Perry	6.00	64. Union City	0.50

EVENT RESULTS

1. DISCUS	ATTEMPT 1	1. Jill Walton(11)	Kingsley	126'09.00"
		2. Rebecca Shields(10)	Whitehall	124'07.00"
		3. Mandi Halstead(11)	Ida	121'00.00"
		4. Lauren Buresh(11)	Morley-Stanwood	119'03.00"
		5. Kayla Kramer(12)	Harbor Beach	118'02.00"
		6. Kachina Blackmore(12)	Coloma	117'00.00"
		7. Megan Dishaw(12)	Flat Rock	114'00.00"
		8. Amber Manning(12)	Hartford	112'11.00"
		9. Lauren Mouthaan(11)	Kent City	112'07.00"
		10. Allison Myers(12)	East Jackson	111'01.00"
		11. Sandra Dowd(11)	Birch Run	108'04.00"
		12. Linsay Bloor(11)	Marlette	107'10.00"
		13. Jessica Trombley(10)	Burton Bendle	107'09.00"
		14. Kristin Warack(12)	Unionville-Sebewaing	106'02.00"
		15. Kayla Parks(12)	Saranac	106'01.00"
		16. Amy Joostberns(10)	Vermontville Maple Valley	106'00.00"
		17. Katie Christensen(11)	Lakeview	105'11.00"
		18. Bethany Smith(11)	Hartford	103'10.00"
		19. Heather Thomas(11)	Addison	103'02.00"
		20. Caitlin Luberda(12)	Standish-Sterling	103'00.00"
		21. Quinn Knox(11)	Tawas City	101'07.00"
		22. Melissa Fotchman(11)	Kalkaska	94'04.00"
		23. Carly Schiffer(11)	Ovid-Elsie	92'07.00"
		24. Sarah Sweet(11)	Goodrich	91'08.00"
	FINAL	1. Jill Walton(11)	Kingsley	126'09.00"
		2. Rebecca Shields(10)	Whitehall	124'07.00"
		3. Mandi Halstead(11)	Ida	121'00.00"
		4. Lauren Buresh(11)	Morley-Stanwood	119'03.00"
		5. Kayla Kramer(12)	Harbor Beach	118'02.00"
		6. Kachina Blackmore(12)	Coloma	117'00.00"
		7. Megan Dishaw(12)	Flat Rock	114'00.00"
		8. Amber Manning(12)	Hartford	112'11.00"
		9. Lauren Mouthaan(11)	Kent City	112'07.00"
		10. Allison Myers(12)	East Jackson	111'01.00"
		11. Sandra Dowd(11)	Birch Run	108'04.00"
		12. Linsay Bloor(11)	Marlette	107'10.00"
		13. Jessica Trombley(10)	Burton Bendle	107'09.00"
		14. Kristin Warack(12)	Unionville-Sebewaing	106'02.00"
		15. Kayla Parks(12)	Saranac	106'01.00"
		16. Amy Joostberns(10)	Vermontville Maple Valley	106'00.00"
		17. Katie Christensen(11)	Lakeview	105'11.00"
		18. Bethany Smith(11)	Hartford	103'10.00"
		19. Heather Thomas(11)	Addison	103'02.00"
		20. Caitlin Luberda(12)	Standish-Sterling	103'00.00"

21.	Quinn Knox(11)	Tawas City	101'07.00"
22.	Melissa Fotchman(11)	Kalkaska	94'04.00"
23.	Carly Schiffer(11)	Ovid-Elsie	92'07.00"
24.	Sarah Sweet(11)	Goodrich	91'08.00"

2. SHOT PUT

ATTEMPT 1

1.	Lauren Buresh(11)	Morley-Stanwood	43'11.50"
2.	Jill Walton(11)	Kingsley	39'03.00"
3.	Emily Nugent(11)	Benzie Central	37'05.50"
4.T	Lauren Mouthaan(11)	Kent City	37'00.50"
.T	Rebecca Shields(10)	Whitehall	37'00.50"
6.	Sam Johnston(12)	Houghton Lake	36'03.75"
7.	Kasey Willis(11)	Constantine	36'01.50"
8.	Caitlin Lubberda(12)	Standish-Sterling	35'08.50"
9.	Jessica Trombley(10)	Burton Bendle	35'00.75"
10.	Mandi Halstead(11)	Ida	34'11.50"
11.	Kim Gear(12)	Watervliet	34'09.50"
12.	Kayla Parks(12)	Saranac	34'09.00"
13.	Alyssa Hudson(12)	Beaverton	34'06.75"
14.	Melissa Gesselman(9)	Carson City-Crystal	34'03.00"
15.	Kachina Blackmore(12)	Coloma	34'00.50"
16.	Katie Christensen(11)	Lakeview	33'06.50"
17.	Anna Brandes(12)	Hillsdale	33'06.25"
18.	Kayleigh Browne(11)	Vermontville Maple Valley	33'04.00"
19.	Kristi Henricks(12)	Blissfield	33'01.25"
20.	Ashley Puterbaugh(11)	Cass City	32'11.50"
21.	Heather Thomas(11)	Addison	32'05.00"
22.	Sylvia Vasko(10)	Mayville	32'04.75"
23.	Sarah Sweet(11)	Goodrich	30'01.50"

FINAL

1.	Lauren Buresh(11)	Morley-Stanwood	43'11.50"
2.	Jill Walton(11)	Kingsley	39'03.00"
3.	Emily Nugent(11)	Benzie Central	37'05.50"
4.	Rebecca Shields(10)	Whitehall	37'00.50"
5.	Lauren Mouthaan(11)	Kent City	37'00.50"
6.	Sam Johnston(12)	Houghton Lake	36'03.75"
7.	Kasey Willis(11)	Constantine	36'01.50"
8.	Caitlin Lubberda(12)	Standish-Sterling	35'08.50"
9.	Jessica Trombley(10)	Burton Bendle	35'00.75"
10.	Mandi Halstead(11)	Ida	34'11.50"
11.	Kim Gear(12)	Watervliet	34'09.50"
12.	Kayla Parks(12)	Saranac	34'09.00"
13.	Alyssa Hudson(12)	Beaverton	34'06.75"
14.	Melissa Gesselman(9)	Carson City-Crystal	34'03.00"
15.	Kachina Blackmore(12)	Coloma	34'00.50"
16.	Katie Christensen(11)	Lakeview	33'06.50"
17.	Anna Brandes(12)	Hillsdale	33'06.25"
18.	Kayleigh Browne(11)	Vermontville Maple Valley	33'04.00"
19.	Kristi Henricks(12)	Blissfield	33'01.25"
20.	Ashley Puterbaugh(11)	Cass City	32'11.50"
21.	Heather Thomas(11)	Addison	32'05.00"
22.	Sylvia Vasko(10)	Mayville	32'04.75"
23.	Sarah Sweet(11)	Goodrich	30'01.50"

3. HIGH JUMP

FINAL

1.	Emily Cross(11)	Armada	5'03.10"
2.T	Jenny Theisen(11)	Saginaw Swan Valley	5'03.00"
.T	Karlie LeRoy(12)	Saginaw Nouvel	5'03.00"
4.	Lexi Esterline(12)	Blissfield	5'03.00"
5.	Maegan Doyen(11)	Manistee	5'03.00"
6.T	Bethany Smith(11)	Hartford	5'01.00"
.T	Amanda Weller(11)	Bronson	5'01.00"
.T	Misha Lamphere(9)	Saranac	5'01.00"
.T	Carlie Holden(11)	Monroe St. Mary Catholic Central	5'01.00"
10.	Whitney Weaver(12)	White Cloud	5'01.00"
11.	Meghan Strachota(12)	Chesaning	5'01.00"
12.	Mary Ramsey(09)	Kalamazoo Christian	4'10.00"
13.	Erica Soto(12)	Bangor	4'10.00"
14.	Elizabeth Banda(12)	McBain	4'10.00"
15.	Samantha Berling(12)	Brooklyn Columbia Central	4'10.00"
16.	Jaime Watson(12)	Allendale	4'10.00"
17.	Amy Joostberns(10)	Vermontville Maple Valley	4'10.00"
18.	Ricarda Berding(12)	Whitmore Lake	4'10.00"
19.	Danielle Nelson(12)	Erie-Mason	4'10.00"
20.	Alicia Wright(10)	Macomb Lutheran North	4'10.00"
21.	Michelle Elliott(12)	Goodrich	4'10.00"
22.	Lauryn Wierda(12)	Freeland	4'10.00"
23.	Heidi Ward(10)	Harbor Springs	4'10.00"

4. POLE VAULT

FINAL

1.	Katie Shaw(12)	Lakeview	12'00.00"
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** All-Division Record!

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** Div. 3 Record!

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2.	Alyssa Eader(12)	Shelby	11'00.00"
3.	Aleisha Taylor(12)	Perry	10'09.00"
4.	Carly Schiffer(11)	Ovid-Elsie	10'09.00"
5.	Lisa Sonntag(12)	Saginaw Nouvel	10'06.10"
6.	Ali Ashworth(12)	Onsted	10'06.00"

7.T	Lisa Hamilton(12)	Vermontville Maple Valley	9'06.00"
.T	Whitney Potts(12)	Standish-Sterling	9'06.00"
.T	Amy Hoekwater(12)	McBain	9'06.00"
.T	Tara Gordenski(12)	Vermontville Maple Valley	9'06.00"
11.	Jaime Ruoff(11)	Addison	9'06.00"
12.	Heidi Schmidt(12)	Onsted	9'06.00"
13.	Christie Lauman(12)	Frankenmuth	9'06.00"
14.	Andrea Richardson(12)	Mayville	9'06.00"
15.	Emily Reidt(10)	Armada	9'06.00"
16.	Courtney Lusk(11)	Michigan Center	9'00.00"
17.	Jenny Anderson(12)	Kingsley	9'00.00"
18.	Stephanie Pindar(10)	Grand Rapids West Catholic	9'00.00"
19.	Jessica Skrzela(12)	Montrose	9'00.00"
20.	Michelle Smith(10)	Niles Brandywine	8'06.00"

5. LONG JUMP

ATTEMPT 1

1.	Chelsea Millen(11)	Evart	17'04.00"
2.	Temi Fregene(09)	Detroit Country Day	17'02.00"
3.	Kortni Elsworth(09)	Goodrich	17'00.00"
4.	Christine Drach(12)	Berrien Springs	16'10.00"
5.	Alexandria Lemonious(11)	Detroit Communication Media Arts	16'09.50"
6.	Laina Wirgau(11)	Chesaning	16'09.00"
7.	Tyler Ford(09)	Detroit Country Day	16'06.50"
8.T	Mackenzie Heater(12)	Union City	16'04.00"
.T	Deanna Payne(11)	Clinton	16'04.00"
10.	Stephanie Koontz(09)	Edwardsburg	16'01.00"
11.	Alicia Wright(10)	Macomb Lutheran North	16'00.50"
12.	Carmen Foster(9)	White Cloud	16'00.50"
13.	Ellen Schulz(10)	Freeland	15'10.00"
14.	Riquelle Allemon(10)	Edwardsburg	15'09.50"
15.	Juandretta Oliver(09)	Albion	15'09.00"
16.	Ricarda Berding(12)	Whitmore Lake	15'08.50"
17.	Rachel Stawkey(12)	Flat Rock	15'03.75"
18.	Kacie Bates(11)	Laingsburg	15'03.50"
19.	Juliana Jackoviak(09)	Mason County Central	15'01.00"
20.	Courtney Zahrt(10)	Kent City	15'00.50"
21.	Stephanie Byrne(11)	Bad Axe	15'00.50"
22.	Jasmine Witthoeft(11)	Charlevoix	15'00.25"
23.	Chelsea Goodman(10)	Vassar	15'00.00"
24.	Erin Vanooostveen(11)	Grandville Calvin Christian	14'07.50"
25.	Kara Herko(11)	Midland Bullock Creek	14'02.25"

FINAL

1.	Chelsea Millen(11)	Evart	17'04.00"
2.	Temi Fregene(09)	Detroit Country Day	17'02.00"
3.	Kortni Elsworth(09)	Goodrich	17'00.00"
4.	Christine Drach(12)	Berrien Springs	16'10.00"
5.	Alexandria Lemonious(11)	Detroit Communication Media Arts	16'09.50"
6.	Laina Wirgau(11)	Chesaning	16'09.00"
7.	Tyler Ford(09)	Detroit Country Day	16'06.50"
8.T	Mackenzie Heater(12)	Union City	16'04.00"
.T	Deanna Payne(11)	Clinton	16'04.00"
10.	Stephanie Koontz(09)	Edwardsburg	16'01.00"
11.T	Alicia Wright(10)	Macomb Lutheran North	16'00.50"
.T	Carmen Foster(9)	White Cloud	16'00.50"
13.	Ellen Schulz(10)	Freeland	15'10.00"
14.	Riquelle Allemon(10)	Edwardsburg	15'09.50"
15.	Juandretta Oliver(09)	Albion	15'09.00"
16.	Ricarda Berding(12)	Whitmore Lake	15'08.50"
17.	Rachel Stawkey(12)	Flat Rock	15'03.75"
18.	Kacie Bates(11)	Laingsburg	15'03.50"
19.	Juliana Jackoviak(09)	Mason County Central	15'01.00"
20.T	Courtney Zahrt(10)	Kent City	15'00.50"
.T	Stephanie Byrne(11)	Bad Axe	15'00.50"
22.	Jasmine Witthoeft(11)	Charlevoix	15'00.25"
23.	Chelsea Goodman(10)	Vassar	15'00.00"
24.	Erin Vanooostveen(11)	Grandville Calvin Christian	14'07.50"
25.	Kara Herko(11)	Midland Bullock Creek	14'02.25"

6. 100 METER DASH

PRELIM 1

1.	Keyria Calloway(10)	Detroit Crockett	12.64
2.	Kristen Goncalves(09)	Ann Arbor Gabriel Richard	13.08
3.	Mary Ramsey(09)	Kalamazoo Christian	13.24
4.	Ashley Bly(11)	Almont	13.31
5.	Jamie Gaines(10)	Birch Run	13.32
6.	Katie Wenzel(12)	Frankenmuth	13.98

PRELIM 2

1.	Bobbie May(10)	Sandusky	13.09
2.	Ashley Morrow(12)	Millington	13.12
3.	Billi Hoepfner(11)	Hemlock	13.25
4.	Kristi Boehm(10)	Kent City	13.32
5.	Claire. Lopez(11)	Quincy	13.52
6.	Kayla Parks(12)	Saranac	13.69

PRELIM 3

1.	Jasmine Pomery(11)	Indian River-Inland Lakes	13.06
2.	Deanna Payne(11)	Clinton	13.19
3.	Nora Kuiper(12)	Parchment	13.29
4.	Laure Coman(10)	Freeland	13.32
5.	Brittney Oakes(11)	Essexville Garber	17.43

PRELIM 4

1.	Morsuray Jackson(11)	Allendale	12.88
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		2.	Alpha Clark(12)	Albion	13.15
		3.	Jaleen Dingleline(10)	Newaygo	13.28
		4.	Jenny Anderson(12)	Kingsley	13.35
		5.	Stacy Geers(10)	McBain	13.35
	SEMI-FINAL 1	1.	Keyria Calloway(10)	Detroit Crockett	12.50
		2.	Nora Kuiper(12)	Parchment	12.81
		3.	Bobbie May(10)	Sandusky	12.97
		4.	Deanna Payne(11)	Clinton	13.01
		5.	Kristen Goncalves(09)	Ann Arbor Gabriel Richard	13.02
		6.	Mary Ramsey(09)	Kalamazoo Christian	13.21
		7.	Jenny Anderson(12)	Kingsley	13.61
		8.	Ashley Bly(11)	Almont	13.72
	SEMI-FINAL 2	1.	Alpha Clark(12)	Albion	12.68
		2.	Ashley Morrow(12)	Millington	12.91
		3.	Morsuray Jackson(11)	Allendale	12.92
		4.	Kristi Boehm(10)	Kent City	12.95
		5.	Jasmine Pomery(11)	Indian River-Inland Lakes	12.99
		6.	Jaleen Dingleline(10)	Newaygo	13.15
		7.	Laure Coman(10)	Freeland	13.28
		8.	Billi Hoepfner(11)	Hemlock	13.35
	FINAL	1.	Keyria Calloway(10)	Detroit Crockett	12.34
**					** Div. 3 Record!
		2.	Morsuray Jackson(11)	Allendale	12.44
		3.	Alpha Clark(12)	Albion	12.54
		4.	Nora Kuiper(12)	Parchment	12.81
		5.	Ashley Morrow(12)	Millington	12.91
		6.	Bobbie May(10)	Sandusky	12.92
		7.	Kristi Boehm(10)	Kent City	12.94
		8.	Deanna Payne(11)	Clinton	13.21
7. 100M HURDLES	PRELIM 1	1.	Alexandria Lemonious(11)	Detroit Communication Media Arts	15.75
		2.	Amy Abbot(12)	Vermontville Maple Valley	15.91
		3.	Jessica Horn(11)	Montague	16.62
		4.	Chelsea McCalpin(09)	Mayville	16.72
		5.	Ricarda Berding(12)	Whitmore Lake	16.82
		6.	Melissa Karner(12)	Dundee	16.98
	PRELIM 2	1.	Michelle Elliott(12)	Goodrich	15.50
		2.	Erica Lawson(11)	Sanford-Meridian	16.62
		3.	Sara Baker(10)	Hemlock	16.83
		4.	Jessica Skop(12)	East Jordan	16.90
		5.	Rachel Rochefort(11)	Bad Axe	17.22
		6.	Stacy Maddox(11)	Bronson	17.86
	PRELIM 3	1.	Meghan Strachota(12)	Chesaning	14.85
		2.	Jackie Howard(11)	Bad Axe	16.72
		3.	Brooke McHenry(12)	Portland	16.79
		4.	Emily Heffling(10)	Charlevoix	17.05
		5.	Helen Komova(11)	Clawson	17.09
		6.	Sarah Shirey(11)	Kent City	17.25
	PRELIM 4	1.	Jaymi Walters(11)	Coloma	16.66
		2.	Lisa Sonntag(12)	Saginaw Nouvel	17.13
		3.	Cortney. Hilton(12)	Quincy	17.29
		4.	Jeni Janowski(10)	Three Oaks-River Valley	17.33
		5.	Kari Poort(12)	Shelby	17.46
		6.	Alex Alaniz(SR)	Delton Kellogg	17.47
	SEMI-FINAL 1	1.	Meghan Strachota(12)	Chesaning	14.93
		2.	Amy Abbot(12)	Vermontville Maple Valley	15.99
		3.	Jaymi Walters(11)	Coloma	16.40
		4.	Jessica Horn(11)	Montague	16.53
		5.	Lisa Sonntag(12)	Saginaw Nouvel	16.56
		6.	Chelsea McCalpin(09)	Mayville	16.90
		7.	Jeni Janowski(10)	Three Oaks-River Valley	17.07
		8.	Cortney. Hilton(12)	Quincy	17.09
	SEMI-FINAL 2	1.	Michelle Elliott(12)	Goodrich	15.10
		2.	Alexandria Lemonious(11)	Detroit Communication Media Arts	15.93
		3.	Sara Baker(10)	Hemlock	16.13
		4.	Erica Lawson(11)	Sanford-Meridian	16.23
		5.	Brooke McHenry(12)	Portland	16.27
		6.	Jessica Skop(12)	East Jordan	16.30
		7.	Jackie Howard(11)	Bad Axe	16.45
		8.	Emily Heffling(10)	Charlevoix	17.10
	FINAL	1.	Meghan Strachota(12)	Chesaning	14.36
**					** Div. 3 Record!
		2.	Michelle Elliott(12)	Goodrich	14.72
		3.	Alexandria Lemonious(11)	Detroit Communication Media Arts	14.76
		4.	Amy Abbot(12)	Vermontville Maple Valley	15.36
		5.	Jaymi Walters(11)	Coloma	16.16
		6.	Erica Lawson(11)	Sanford-Meridian	16.32
		7.	Sara Baker(10)	Hemlock	16.42

		8.	Jessica Horn(11)	Montague	16.56
8. 200 METER DASH	PRELIM 1	1.	Stephanie Byrne(11)	Bad Axe	26.45
		2.	Nora Kuiper(12)	Parchment	27.22
		3.	Ashleigh Ocenasek(11)	Perry	27.25
		4.	Rachel Stawkey(12)	Flat Rock	27.28
		5.	Melissa Schultz(12)	Manistee	27.62
	PRELIM 2	1.	Kelsey Perow(11)	Saranac	27.24
		2.	Jaymie Dam(10)	Parchment	27.25
		3.	Morsuray Jackson(11)	Allendale	27.26
		4.	Courtney Hurtt(10)	Detroit Country Day	27.78
		5.	Jordan Peel(10)	Hillsdale	28.11
	PRELIM 3	1.	Keyria Calloway(10)	Detroit Crockett	26.01
		2.	Jamie Gaines(10)	Birch Run	27.13
		3.	Amber Holcomb(11)	Kent City	27.27
		4.	Amber Simpson(09)	Detroit Country Day	27.43
	PRELIM 4	1.	Allison Strouse(11)	Lansing Catholic Central	26.45
		2.	Ashley Morrow(12)	Millington	26.52
		3.	Deanna Payne(11)	Clinton	26.68
		4.	Debbie. Oudbier(12)	Grandville Calvin Christian	27.28
		5.	Kristina Fuehring(12)	Hart	27.96
		6.	Jaleen Dingleline(10)	Newaygo	28.35
	SEMI-FINAL 1	1.	Keyria Calloway(10)	Detroit Crockett	26.05
		2.	Ashley Morrow(12)	Millington	26.30
		3.	Deanna Payne(11)	Clinton	26.45
		4.	Amber Holcomb(11)	Kent City	26.54
		5.	Jaymie Dam(10)	Parchment	26.62
		6.	Kelsey Perow(11)	Saranac	27.00
		7.	Courtney Hurtt(10)	Detroit Country Day	27.25
		8.	Rachel Stawkey(12)	Flat Rock	27.64
	SEMI-FINAL 2	1.	Allison Strouse(11)	Lansing Catholic Central	26.69
		2.	Morsuray Jackson(11)	Allendale	26.74
		3.	Stephanie Byrne(11)	Bad Axe	26.89
		4.	Nora Kuiper(12)	Parchment	27.00
		5.	Jamie Gaines(10)	Birch Run	27.12
		6.	Amber Simpson(09)	Detroit Country Day	27.64
		7.	Ashleigh Ocenasek(11)	Perry	28.39
	FINAL	1.	Keyria Calloway(10)	Detroit Crockett	25.65
		2.	Morsuray Jackson(11)	Allendale	25.77
		3.	Stephanie Byrne(11)	Bad Axe	26.18
		4.	Allison Strouse(11)	Lansing Catholic Central	26.32
		5.	Deanna Payne(11)	Clinton	26.58
		6.	Ashley Morrow(12)	Millington	26.77
		7.	Amber Holcomb(11)	Kent City	27.54
		8.	Nora Kuiper(12)	Parchment	28.13
9. 300M LOW HURD	FINAL HEAT 1	1.	Toni Messing(12)	Sandusky	50.46
		2.	Jessica Loveland(9)	Ravenna	51.47
	FINAL HEAT 2	1.	Erica Lawson(11)	Sanford-Meridian	47.42
		2.	Chanelle. Graham(11)	Bangor	48.02
		3.	Danielle Christensen(09)	Vermontville Maple Valley	48.85
		4.	Casey Jenkins(12)	Portland	48.95
		5.	Brittany Jenkins(10)	Ida	48.96
		6.	Brooke Zimmer(12)	Newaygo	50.12
		7.	Kasi Hency(11)	Kingsley	50.62
		8.	Jessy Davis(10)	Addison	51.56
	FINAL HEAT 3	1.	Emily Cross(11)	Armada	47.55
		2.	Jessica Medrano(10)	Capac	47.65
		3.	Jennifer Horn(11)	Montague	47.88
		4.	Kelsey Beatty(09)	Clare	47.92
		5.	Kelly Kretz(9)	Saginaw Nouvel	47.95
		6.	Alie Church(11)	Harbor Springs	48.68
		7.	Cortney. Hilton(12)	Quincy	49.05
		8.	Merradith Doyen(11)	Manistee	49.45
	FINAL HEAT 4	1.	Michelle Elliott(12)	Goodrich	45.90
		2.	Carmen Foster(9)	White Cloud	46.84
		3.	Meghan Strachota(12)	Chesaning	47.03
		4.	Jaymi Walters(11)	Coloma	47.20
		5.	Jackie Howard(11)	Bad Axe	47.80
		6.	Amy Abbot(12)	Vermontville Maple Valley	48.76
		7.	Sonja Peters(11)	Dundee	48.80
		8.	Lauryn Wierda(12)	Freeland	56.18
	FINAL	1.	Michelle Elliott(12)	Goodrich	45.90
		2.	Carmen Foster(9)	White Cloud	46.84
		3.	Meghan Strachota(12)	Chesaning	47.03
		4.	Jaymi Walters(11)	Coloma	47.20
		5.	Erica Lawson(11)	Sanford-Meridian	47.42
		6.	Emily Cross(11)	Armada	47.55

7.	Jessica Medrano(10)	Capac	47.65
8.	Jackie Howard(11)	Bad Axe	47.80
9.	Jennifer Horn(11)	Montague	47.88
10.	Kelsey Beatty(09)	Clare	47.92
11.	Kelly Kretz(9)	Saginaw Nouvel	47.95
12.	Chanelle. Graham(11)	Bangor	48.02
13.	Alie Church(11)	Harbor Springs	48.68
14.	Amy Abbot(12)	Vermontville Maple Valley	48.76
15.	Sonja Peters(11)	Dundee	48.80
16.	Danielle Christensen(09)	Vermontville Maple Valley	48.85
17.	Casey Jenkins(12)	Portland	48.95
18.	Brittany Jenkins(10)	Ida	48.96
19.	Cortney Hilton(12)	Quincy	49.05
20.	Merradith Doyen(11)	Manistee	49.45
21.	Brooke Zimmer(12)	Newaygo	50.12
22.	Toni Messing(12)	Sandusky	50.46
23.	Kasi Hency(11)	Kingsley	50.62
24.	Jessica Loveland(9)	Ravenna	51.47
25.	Jessy Davis(10)	Addison	51.56
26.	Lauryn Wierda(12)	Freeland	56.18

10. 400 METER DASH	FINAL HEAT 1	1. Kortni Elsworth(09)	Goodrich	1:01.04
		2. Erin Sachau(12)	Lansing Catholic Central	1:01.07
		3. Carlie Holden(11)	Monroe St. Mary Catholic Central	1:01.33
		4. Kristine Knapp(10)	Jackson Lumen Christi	1:01.60
		5. Katherine Tuomi(12)	Livonia Clarenceville	1:02.53
		6. Kaycee Gnatkowski(12)	Carrollton	1:02.68
		7. Jenni Fisher(10)	Carson City-Crystal	1:05.20
	FINAL HEAT 2	1. Jamie Gaines(10)	Birch Run	59.50
		2. Chelsea Millen(11)	Evert	1:00.01
		3. Heather Koning(12)	Kalamazoo Christian	1:00.45
		4. Jaleesa Baier(11)	East Jordan	1:01.07
		5. Anna-Marie Visser(11)	Suttons Bay	1:01.27
		6. Jeannie Closson(10)	Parchment	1:02.00
		7. Allyson O'Conner(10)	Saginaw Nouvel	1:02.29
		8. JoRanda Chapman(10)	Albion	1:02.90
	FINAL HEAT 3	1. Jaime Watson(12)	Allendale	55.98
		2. Mika Clark(12)	Albion	58.16
		3. Kristen Goncalves(09)	Ann Arbor Gabriel Richard	58.43
		4. Mikal Beckman(10)	Newaygo	59.60
		5. Stephanie Byrne(11)	Bad Axe	59.67
		6. Melissa Schultz(12)	Manistee	59.76
		7. Ashley Morrow(12)	Millington	1:00.73
		8. Christina Sweet(09)	Goodrich	1:01.32
	FINAL	1. Jaime Watson(12)	Allendale	55.98
		2. Mika Clark(12)	Albion	58.16
		3. Kristen Goncalves(09)	Ann Arbor Gabriel Richard	58.43
		4. Jamie Gaines(10)	Birch Run	59.50
		5. Mikal Beckman(10)	Newaygo	59.60
		6. Stephanie Byrne(11)	Bad Axe	59.67
		7. Melissa Schultz(12)	Manistee	59.76
		8. Chelsea Millen(11)	Evert	1:00.01
		9. Heather Koning(12)	Kalamazoo Christian	1:00.45
		10. Ashley Morrow(12)	Millington	1:00.73
		11. Kortni Elsworth(09)	Goodrich	1:01.04
		12.T Erin Sachau(12)	Lansing Catholic Central	1:01.07
		.T Jaleesa Baier(11)	East Jordan	1:01.07
		14. Anna-Marie Visser(11)	Suttons Bay	1:01.27
		15. Christina Sweet(09)	Goodrich	1:01.32
		16. Carlie Holden(11)	Monroe St. Mary Catholic Central	1:01.33
		17. Kristine Knapp(10)	Jackson Lumen Christi	1:01.60
		18. Jeannie Closson(10)	Parchment	1:02.00
		19. Allyson O'Conner(10)	Saginaw Nouvel	1:02.29
		20. Katherine Tuomi(12)	Livonia Clarenceville	1:02.53
		21. Kaycee Gnatkowski(12)	Carrollton	1:02.68
		22. JoRanda Chapman(10)	Albion	1:02.90
		23. Jenni Fisher(10)	Carson City-Crystal	1:05.20

11. 800 METER RUN	FINAL HEAT 1	1. Monica Kinney(09)	Grand Rapids West Catholic	2:26.59
		2. Eliza Nyblad(12)	Kent City	2:27.26
		3. Jacinda Bingoff(12)	Stockbridge	2:29.05
		4. Sarah Grow(10)	Grand Rapids Forest Hills Eastern	2:29.86
		5. Alison Spencer(11)	Napoleon	2:30.52
		6. Ashley Hess(11)	Schoolcraft	2:30.92
		7. Mercy Martinez(9)	Unionville-Sebewaing	2:32.26
		8. Jeannie Closson(10)	Parchment	2:33.09
	FINAL HEAT 2	1. Janee Jones(12)	Goodrich	2:16.18
		2. Sarah Squires(11)	Unionville-Sebewaing	2:17.94
		3. Mikinzie Stuart(12)	Saginaw Nouvel	2:21.75
		4. Kristin Ross(11)	Carrollton	2:22.51
		5. Liz Watson(10)	Lansing Catholic Central	2:23.34
		6. Hillary Halfmann(11)	Shepherd	2:24.21
		7. Jolene Jeske(10)	Benzie Central	2:25.31
		8. Mandi Verburg(10)	Morley-Stanwood	2:25.77

9.	Jessie Olds(12)	Jackson Lumen Christi	2:27.24
10.	Nikki Wiers(10)	Allendale	2:27.28
11.	Mary Haiderer(09)	Goodrich	2:28.05
12.	Mary Bellino(12)	Monroe St. Mary Catholic Central	2:28.15
13.	Hilary Heinzelman(09)	Evart	2:28.73
14.	Chelsey Poindexter(11)	East Jordan	2:29.38
15.	Megan Massa(11)	Hemlock	2:31.48
16.	Kayleen Driscoll(11)	Flat Rock	2:32.88

FINAL

1.	Janee Jones(12)	Goodrich	2:16.18
2.	Sarah Squires(11)	Unionville-Sebewaing	2:17.94
3.	Mikinzie Stuart(12)	Saginaw Nouvel	2:21.75
4.	Kristin Ross(11)	Carrollton	2:22.51
5.	Liz Watson(10)	Lansing Catholic Central	2:23.34
6.	Hillary Halfmann(11)	Shepherd	2:24.21
7.	Jolene Jeske(10)	Benzie Central	2:25.31
8.	Mandi Verburg(10)	Morley-Stanwood	2:25.77
9.	Monica Kinney(09)	Grand Rapids West Catholic	2:26.59
10.	Jessie Olds(12)	Jackson Lumen Christi	2:27.24
11.	Eliza Nyblad(12)	Kent City	2:27.26
12.	Nikki Wiers(10)	Allendale	2:27.28
13.	Mary Haiderer(09)	Goodrich	2:28.05
14.	Mary Bellino(12)	Monroe St. Mary Catholic Central	2:28.15
15.	Hilary Heinzelman(09)	Evart	2:28.73
16.	Jacinda Bingoff(12)	Stockbridge	2:29.05
17.	Chelsey Poindexter(11)	East Jordan	2:29.38
18.	Sarah Grow(10)	Grand Rapids Forest Hills Eastern	2:29.86
19.	Alison Spencer(11)	Napoleon	2:30.52
20.	Ashley Hess(11)	Schoolcraft	2:30.92
21.	Megan Massa(11)	Hemlock	2:31.48
22.	Mercy Martinez(9)	Unionville-Sebewaing	2:32.26
23.	Kayleen Driscoll(11)	Flat Rock	2:32.88
24.	Jeannie Closson(10)	Parchment	2:33.09

12. 1600 METER RUN

FINAL

1.	Janee Jones(12)	Goodrich	4:58.19
2.	Sarah Squires(11)	Unionville-Sebewaing	5:03.60
3.	Mikinzie Stuart(12)	Saginaw Nouvel	5:14.27
4.	Kaitlin O'Mara(10)	Goodrich	5:15.10
5.	Kayla O'Mara(10)	Goodrich	5:17.92
6.	Brittany Hohn(10)	Morley-Stanwood	5:18.82
7.	Kelsey Meyers(10)	Goodrich	5:19.39
8.	Erica Ziel(11)	Saginaw Swan Valley	5:19.45

13. 3200 METER RUN

FINAL

1.	Erin Batt(12)	Hillsdale	11:24.80
2.	Adrienne Pastula(10)	Hillsdale	11:26.63
3.	Kaitlin O'Mara(10)	Goodrich	11:34.88
4.	Kayla O'Mara(10)	Goodrich	11:35.53
5.	Kelsey Meyers(10)	Goodrich	11:40.00
6.	Bethany Hammer(10)	Elk Rapids	11:45.95
7.	Lindsey Murphy(12)	Capac	11:54.16
8.	Kelly Stumpmier(10)	Monroe St. Mary Catholic Central	11:59.80
9.	Leah Reames(11)	Kalamazoo Christian	12:00.25
10.	Natalie Hickman(12)	Elk Rapids	12:00.38
11.	Amber Hutson(09)	Hanover-Horton	12:02.64
12.	Chelsie Fuller(9)	Freeland	12:02.64
13.	Teresa Sabin(12)	Saranac	12:02.80
14.	Betsy Gurecki(10)	Stanton Central Montcalm	12:03.78
15.	Jessica Walls(10)	Clare	12:03.78
16.	Tamara Hillman(10)	Stockbridge	12:08.10

14. 400 METER RELAY

FINAL HEAT 1

1.	Hopkins	51.56
2.	Hemlock	52.53
3.	East Jordan	52.60
4.	Grand Rapids West Catholic	53.36
5.	Shelby	54.73

FINAL HEAT 2

1.	Detroit Crockett	50.16
2.	Freeland	52.51
3.	East Jackson	52.69
4.	Blissfield	52.72
5.	Morley-Stanwood	53.06
6.	Charlevoix	53.16
7.	Hillsdale	53.26
8.	Ida	53.68

FINAL HEAT 3

1.	Kent City	50.64
2.	Bangor	51.24
3.	Chesaning	51.51
4.	Sandusky	51.54
5.	Perry	52.11
6.	Flat Rock	52.44
7.	Quincy	52.57
8.	Almont	53.14

FINAL HEAT 4

1.	Albion	50.06
2.	Grandville Calvin Christian	50.47
3.	Detroit Country Day	50.50

4.	Parchment	51.28
5.	Vermontville Maple Valley	51.33
6.	Lansing Catholic Central	51.76
7.	Saranac	52.77
8.	Bad Axe	54.84

FINAL

1.	Albion	50.06
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** Div. 3 Record!

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(Juandretta Oliver(09),Mika Clark(12),Bari Lovelace(09),Alpha Clark(12))

2.	Detroit Crockett	50.16
3.	Grandville Calvin Christian	50.47
4.	Detroit Country Day	50.50
5.	Kent City	50.64
6.	Bangor	51.24
7.	Parchment	51.28
8.	Vermontville Maple Valley	51.33
9.	Chesaning	51.51
10.	Sandusky	51.54
11.	Hopkins	51.56
12.	Lansing Catholic Central	51.76
13.	Perry	52.11
14.	Flat Rock	52.44
15.	Freeland	52.51
16.	Hemlock	52.53
17.	Quincy	52.57
18.	East Jordan	52.60
19.	East Jackson	52.69
20.	Blissfield	52.72
21.	Saranac	52.77
22.	Morley-Stanwood	53.06
23.	Almont	53.14
24.	Charlevoix	53.16
25.	Hillsdale	53.26
26.	Grand Rapids West Catholic	53.36
27.	Ida	53.68
28.	Shelby	54.73
29.	Bad Axe	54.84

15. 800 METER RELAY

FINAL HEAT 1

1.	Vassar	1:52.21
2.	Erie-Mason	1:52.58
3.	Harbor Springs	1:53.54

FINAL HEAT 2

1.	Detroit Crockett	1:47.54
2.	Hopkins	1:48.27
3.	Vermontville Maple Valley	1:50.24
4.	Hemlock	1:50.94
5.	Almont	1:52.04
6.	Mayville	1:52.24
7.	Hillsdale	1:53.68

FINAL HEAT 3

1.	Armada	1:47.00
2.	Goodrich	1:47.44
3.	East Jordan	1:48.77
4.	Chesaning	1:49.80
5.	Freeland	1:50.87
6.	Ewart	1:51.40
7.	Kalamazoo Christian	1:51.64

FINAL HEAT 4

1.	Albion	1:44.24
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** Div. 3 Record!

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2.	Kent City	1:46.72
3.	Detroit Country Day	1:47.45
4.	Parchment	1:47.79
5.	Allendale	1:47.84
6.	Grandville Calvin Christian	1:48.49
7.	Perry	1:49.12
8.	Bangor	1:51.46

FINAL

1.	Albion	1:44.24
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** Div. 3 Record!

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(Alpha Clark(12),JoRanda Chapman(10),Juandretta Oliver(09),Mika Clark(12))

2.	Kent City	1:46.72
3.	Armada	1:47.00
4.	Goodrich	1:47.44
5.	Detroit Country Day	1:47.45
6.	Detroit Crockett	1:47.54
7.	Parchment	1:47.79
8.	Allendale	1:47.84
9.	Hopkins	1:48.27
10.	Grandville Calvin Christian	1:48.49
11.	East Jordan	1:48.77
12.	Perry	1:49.12
13.	Chesaning	1:49.80
14.	Vermontville Maple Valley	1:50.24
15.	Freeland	1:50.87
16.	Hemlock	1:50.94

17.	Evart	1:51.40
18.	Bangor	1:51.46
19.	Kalamazoo Christian	1:51.64
20.	Almont	1:52.04
21.	Vassar	1:52.21
22.	Mayville	1:52.24
23.	Erie-Mason	1:52.58
24.	Harbor Springs	1:53.54
25.	Hillsdale	1:53.68

16. 1600 METER RELAY	FINAL HEAT 1	1. Armada	4:07.38
		2. Kent City	4:11.10
		3. Blissfield	4:14.62
		4. Unionville-Sebewaing	4:18.34
		5. Hillsdale	4:19.00
		6. Perry	4:19.74

	FINAL HEAT 2	1. Suttons Bay	4:13.09
		2. Muskegon Oakridge	4:13.98
		3. Chesaning	4:15.21
		4. Carrollton	4:16.34
		5. Sanford-Meridian	4:17.83
		6. Charlevoix	4:18.23
		7. Monroe St. Mary Catholic Central	4:20.19
		8. Freeland	4:24.48

	FINAL HEAT 3	1. Albion	4:01.89	** Div. 3 Record!
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**		2. Goodrich	4:04.46
		3. Lansing Catholic Central	4:05.80
		4. Kalamazoo Christian	4:10.56
		5. Bangor	4:11.20
		6. Newaygo	4:11.26
		7. Clare	4:11.27
		8. Allendale	4:11.59

	FINAL	1. Albion	4:01.89	** Div. 3 Record!
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**		2. Goodrich	4:04.46
		3. Lansing Catholic Central	4:05.80
		4. Armada	4:07.38
		5. Kalamazoo Christian	4:10.56
		6. Kent City	4:11.10
		7. Bangor	4:11.20
		8. Newaygo	4:11.26
		9. Clare	4:11.27
		10. Allendale	4:11.59
		11. Suttons Bay	4:13.09
		12. Muskegon Oakridge	4:13.98
		13. Blissfield	4:14.62
		14. Chesaning	4:15.21
		15. Carrollton	4:16.34
		16. Sanford-Meridian	4:17.83
		17. Charlevoix	4:18.23
		18. Unionville-Sebewaing	4:18.34
		19. Hillsdale	4:19.00
		20. Perry	4:19.74
		21. Monroe St. Mary Catholic Central	4:20.19
		22. Freeland	4:24.48

17. 3200 METER RELAY	FINAL HEAT 2	1. Goodrich	9:35.43
		2. East Jordan	9:49.81
		3. Unionville-Sebewaing	9:51.02
		4. Suttons Bay	9:55.45
		5. Hillsdale	9:55.72
		6. Macomb Lutheran North	9:56.89
		7. Monroe St. Mary Catholic Central	9:58.56
		8. Leroy Pine River	9:59.36
		9. Charlevoix	10:00.83
		10. Jackson Lumen Christi	10:01.33
		11. Harbor Springs	10:06.53
		12. Benzie Central	10:07.70
		13. Whitehall	10:08.37
		14. Ida	10:11.23
		15. Delton Kellogg	10:11.44
		16. Morley-Stanwood	10:13.20
		17. Kent City	10:13.81
		18. Bad Axe	10:16.64
		19. Stockbridge	10:17.21
		20. Hanover-Horton	10:17.51
		21. Kalamazoo Christian	10:19.25
		22. Saginaw Nouvel	10:21.88
		23. Shepherd	10:22.61
		24. Ovid-Elsie	10:23.85
		25. Parchment	10:30.85

FINAL

1.	Goodrich	9:35.43
	(Mary Haiderer(09),Kelsey Meyers(10),Kayla O'Mara(10),Kaitlin O'Mara(10))	
2.	East Jordan	9:49.81
3.	Unionville-Sebewaing	9:51.02
4.	Suttons Bay	9:55.45
5.	Hillsdale	9:55.72
6.	Macomb Lutheran North	9:56.89
7.	Monroe St. Mary Catholic Central	9:58.56
8.	Leroy Pine River	9:59.36
9.	Charlevoix	10:00.83
10.	Jackson Lumen Christi	10:01.33
11.	Harbor Springs	10:06.53
12.	Benzie Central	10:07.70
13.	Whitehall	10:08.37
14.	Ida	10:11.23
15.	Delton Kellogg	10:11.44
16.	Morley-Stanwood	10:13.20
17.	Kent City	10:13.81
18.	Bad Axe	10:16.64
19.	Stockbridge	10:17.21
20.	Hanover-Horton	10:17.51
21.	Kalamazoo Christian	10:19.25
22.	Saginaw Nouvel	10:21.88
23.	Shepherd	10:22.61
24.	Ovid-Elsie	10:23.85
25.	Parchment	10:30.85