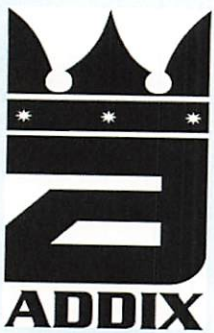


# Midwest Meet of Champions

*Saturday, June 8, 2019,  
at Michigan State University's  
Ralph Young Track*



*presented by:*



**The top seniors from  
Michigan, Indiana and Ohio  
in high school track and field**

# MICHIGAN STATE UNIVERSITY

June 4, 2019

## **MIDWEST MEET OF CHAMPIONS** Coaches, Participants and Families:

Welcome to the campus of Michigan State University, home to more than 50,000 undergraduate and graduate students. You are among thousands of guests who will spend time this summer on perhaps the country's most beautiful college campus. If you are one of more than 541,000 alumni from around the globe, **WELCOME HOME!** If, however, you are visiting for the first time, we hope you sense that, as Spartans, we exhibit an uncommon will to make the world better. Every day we work to meet the biggest challenges, find smarter answers, change the game, and inspire future generations.

MSU and partners from around the globe work to create a stronger, healthier, and more prosperous tomorrow for Michigan and the world. Offering more than 200 academic programs across 17 colleges, Michigan State provides unrivaled opportunities for students to pursue undergraduate research opportunities. With more than 275 programs in 70 countries, Spartans experience the world and return with powerful new perspectives. Deemed one of the top 100 global universities by U.S. News and World Report, 93% of MSU graduates land jobs or go on to advanced degree programs right out of college.



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Although your stay with us may be brief, we hope that before you leave campus you come to appreciate the Spartan Spirit that lives and breathes each day in East Lansing, Michigan.

Congratulations and best wishes for success in today's meet!

Warmly,

A handwritten signature in black ink that reads "Vennie Gore".

Vennie Gore,  
Vice President for Auxiliary Enterprises  
Michigan State University



# Midwest Meet of Champions schedule

Saturday, June 8, 2019, at Michigan State University's Ralph Young track

11:00 a.m.	Parade of athletes, coaches and officials
11:05 a.m.	Discus – men, followed by women (west of the track)
11:05 a.m.	Pole vault – men, followed by women
11:30 a.m.	High jump – women, followed by men
11:35 a.m.	Long jump – men, followed by women
11:40 a.m.	Shot put – women, followed by men
1:00 p.m.	3200 (4 x 800) meter relay – women
1:15 p.m.	3200 (4 x 800) meter relay – men
1:35 p.m.	100 meter intermediate hurdles – women
1:40 p.m.	110 meter high hurdles – men
1:45 p.m.	100 meter dash – women
1:50 p.m.	100 meter dash – men
2:00 p.m.	800 (4 x 200) meter relay – women
2:10 p.m.	800 (4 x 200) meter relay – men
2:15 p.m.	1600 meter run – women
2:25 p.m.	1600 meter run – men
2:35 p.m.	400 (4 x 100) meter relay – women
2:40 p.m.	400 (4 x 100) meter relay – men
2:45 p.m.	400 meter dash – women
2:50 p.m.	400 meter dash – men
3:00 p.m.	300 meter low hurdles – women
3:05 p.m.	300 meter low hurdles – men
3:15 p.m.	800 meter run – women
3:20 p.m.	800 meter run – men
3:25 p.m.	200 meter dash – women
3:30 p.m.	200 meter dash – men
3:40 p.m.	3200 meter run – women
3:55 p.m.	3200 meter run – men
4:20 p.m.	1600 (4 x 400) meter relay – women
4:25 p.m.	1600 (4 x 400) meter relay – men

*Presentation of team awards will take place after the meet*



## Grand marshal Marty Crane

The state of Michigan has been a hotbed of high school track and field excellence for decades, but if you ask knowledgeable track and field fans about the most stellar coaches in the history of the state, the list composed will most assuredly include the name Marty Crane, at or near, the top of the list!

Marty coached cross country and track and field at Flint Beecher High School for 34 years from 1969-2003. This followed four years running for the legendary Coach George Dale at Western Michigan University. His career as a teacher at Beecher spanned 36 years. Marty's track and field teams claimed 13 league titles, 19 regional championships, 3 state runners-up trophies, and 10 state titles. Along the way, he coached 83 all-staters. The coaching accolades followed accordingly. He was an 11-time Michigan Interscholastic Track Coaches Association (MITCA) state coach of the year, a National High School Athletic Coaches Association (NHSACA) Coach of the Year four times, an inductee into the Greater Flint Sports Hall of Fame and the MITCA Hall of Fame, a member of the Michigan High School Coaches Association (MHSCA) Hall of Fame, and an inductee into the NHSACA Hall of Fame.

Coach Crane has contributed in areas beyond his work with Flint Beecher athletes. He was a four-year officer in MITCA, culminating in his role as president of MITCA in 1984. He served for many years on MITCA committees and numerous Michigan High School Athletic Association (MHSAA) committees, was as an NCAA Indoor Track and Field Championship official from 1968-1983 when the meet was held in Michigan, and is a member of the Greater Flint Olympian/CANUSA Association and the Association of Track Officials of Michigan (ATOM). His work as promoter of the sport and official has also been honored. Marty has won the Harold Webster award (CANUSA Games), the Mary Lavoie award (Flint Olympian Games), and the Bob Bloomer award (ATOM). Coach Crane's connection to the Midwest Meet of Champions began in 1978 when he began serving as the men's jump coach. He stayed in this role through 1996. Although he stepped away from the coaching staff in 1997, he began a 13-year tenure as the ACT coordinator for athletes taking the test on the weekend of the meet. Thereafter, he has continued to serve as an assistant to the coaching staff, and during the years when Michigan has hosted the meet, Marty has been the head long jump official, a role he has also held at the Division 1 state finals since 2004.

Marty recalls that while serving as a Midwest coach, he simply, "encouraged the athletes to do what they had already been doing," since they were clearly highly successful. Crane feels the Midwest Meet has been a great "showcase of the best talent Michigan has to offer and the competition has bred some great interstate rivalries." He cites his most dynamic memory as that of Earl Jones performance in 1982, when the Taylor Center grad and eventual Eastern Michigan University athlete, not only set a still standing 1600 meter run record of 4:07.19, but anchored the Michigan 1600 relay team to a come-from-behind win with a spectacular 47-second split. Marty continues to be one of the most active track and field and cross country officials in the state. His footprint on track and field in Michigan is permanent and spectacular! Thank you, Coach Crane.



## Grand marshal Jerry Sessions

Back in 1974, most folks in the Maple Valley school district probably could have told you that senior Jerry Sessions was a very good athlete. In fact, he was good enough to earn honorable mention all-state recognition in football and twice finish all-conference in wrestling. A few could probably also have told you that he twice finished in the top 5 in the state in the pole vault. But how many could have predicted that Jerry would become one of the most recognized pole vault coaching experts in the entire state?!? Yet, that is exactly what Jerry has accomplished.

Shortly after graduation, Sessions went to work in local machine shops. He eventually landed at Allen Patterns in Battle Creek, where he has worked for 34 years and currently serves as shop supervisor. He helped his alma mater's track and field program off and on until 1985, when he signed on for the first of his now 34 consecutive years as an assistant coach for the girls in the jumping events. Teaming with now retired head coach Gary Hamilton, the Maple Valley girls won an MHSAA state title in 1992 and a MITCA team state championship in 2005, along with numerous league and regional titles and top 5 state meet finishes.

Jerry has a passion for track and field, and he made that clear early in his coaching career by transporting numerous Maple Valley athletes to the Grand Ledge Summer Track and Field program on a regular basis. After doing so for about a decade, Jerry initiated a summer program in Maple Valley, managing it from 1994-2003. Prior to that, he had already developed a reputation as an outstanding pole vault coach. Clearly, this had been his #1 passion, dating back to 4th grade when he first decided he wanted to vault. Jerry said when he finished as state-runner-up in 1973 with his one pole, he knew then that he "wanted to share his knowledge and poles with others." Since then he has become a conduit for technique education, practice, and poles!

In 1999, with the assistance of the Maple Valley Public Schools, he was able to have an indoor vaulting facility developed at the high school. In 2001, he established a formal training program for vaulters throughout the Greater Lansing area and beyond. He called it Landon Athletics, in honor of his first grandson, Landon, born in 2000. This now includes his own indoor/outdoor vault facility. That program has served hundreds of pole vaulters from all over the mid-Michigan area, and, indeed, the entire state. In collaboration with the coaches at their high schools, Jerry has mentored 22 vaulters to 31 state outdoor titles as well as nine to indoor championships; has coached athletes who have held records in MHSAA divisions 1,2,3 and 4; and has coached three emerging elite champions and three all-Americans. Coach Sessions served as the pole vault coach for Team Michigan at the Midwest Meet from 1997-2014. He still appears every year to accompany his current athletes. Jerry calls the Midwest Meet "a spectacular elite meet." He goes on to say, "I have always found it exciting, and I am impressed with the whole event!"

Jerry's efforts have not gone unnoticed. He has been given the Greater Lansing Honor Roll Eddy award to recognize his contributions. These go beyond the track to the 17 years he also served on the Maple Valley Public Schools Board of Education. Jerry is adamant in noting that none of this would be possible without the obvious dedication of the athletes as well as the continued support of the Maple Valley Public Schools and the contributions of his family. While all of these accomplishments helped to get Jerry to his current status as one of the elite pole vault coaches in the Midwest, he is still humble, noting, "There is nothing better than watching an athlete set a new personal record, hit the mat, and leap up smiling!" Yes, indeed.





# Midwest Meet of Champions officials

## Referees

Officials Coordinator .....	Doug Kelly
Head Running Referee .....	Lou Miramonti
Running Referee .....	Hugh Matson
Head Field/Pole Vault/Long Jump Referee.....	Dale Kutchey
High Jump/Shot Put Referee .....	George Babcock
Discus Referee .....	John Greathouse
Meet Monitor .....	Jim Gillis

## Starters

Starter .....	Wayne McDonald
Starter .....	Kathy Hutfilz
Starter .....	Tom Eschmann

## Umpires

Chief Umpire .....	Gordie Richardson
Umpire .....	Takashi Gould
Umpire .....	Bob Fulcher
Umpire .....	John Jimenez
Umpire .....	Ozzie Hashley
Umpire .....	Richard Lee
Umpire .....	Christine Lee
Umpire .....	Tony Magni
Umpire .....	Curtis Tyler
Umpire .....	Dan Shafer

## Pole Vault

Event Head .....	Greg Glover
Event Assistant .....	Troy Perkins
Event Worker .....	Jake Loria
Event Worker .....	Sam Hunt
Event Worker .....	Nathan Kelly

## Long Jump

Event Head .....	Marty Crane
Event Assistant .....	Jim Loria
Event Worker .....	Steve Johnston
Event Worker .....	Ben Thomas
Event Worker .....	Carlos Benton
Event Worker .....	Jeff Loria

## Discus

Event Head .....	Dan Johnson
Event Assistant .....	Ron Johnson
Event Worker .....	Brian Thelen
Event Worker .....	Mike Raffin
Event Worker .....	Lee Mitchell
Event Worker .....	Rick Whitten

## Finish Line

Finish Line Coordinator .....	Jim Brandt
Finish Line Scribe .....	Jim Shirey
Head Timer .....	Craig Young
Timer .....	John Greenslit
Timer .....	George Grof
Timer .....	Dan Peabody
Timer .....	Tim Hoshal
Timer .....	Dan Ribby
Timer .....	Pat Murray

## Housing and Facilities Coordinators

Housing Lead .....	Dave Peake
Assistant Housing .....	Fred Hutchinson
Facilities Management Co-Lead .....	Tim Marsh
Facilities Management Co-Lead .....	Andy Marsh

## Meet Management

Meet Manager .....	Kim Spalsbury
Grand Marshal .....	Marty Crane
Grand Marshal .....	Jerry Sessions
Head Trainer .....	Rich Kieft
Meet Program .....	Dick Hoekstra
Video Operator .....	Carey Hammel

## Clerks

Chief Clerk/Check-in .....	Rudy Godefroidt
Starting Line .....	Doug Thering
Check-in and Lane cuts .....	Dave Wint

## Hurdle Crew

Hurdle Crew Chief .....	Brian Salyers
Hurdle Crew .....	Dave Jones
Hurdle Crew .....	Dani Jones
Hurdle Crew .....	Jim Wicker
Hurdle Crew .....	Dave Snyder
Hurdle Crew .....	Dan Brunk
Hurdle Crew .....	Ron Womboldt
Hurdle Crew .....	Dave Pike

## High Jump

Event Head .....	Chris King
Event Assistant .....	Jim Chapman
Event Worker .....	Dave Miller
Event Worker .....	Rich White

## Shot Put

Event Head .....	Bert Kruse
Event Assistant .....	Tracy Whitten
Event Worker .....	Vince Watson
Event Worker .....	Das Campbell
Event Worker .....	Bill Wehrwein
Event Worker .....	Kurt Ballien

## Infield Marshals

Head Marshal .....	Don Yuvan
Marshal .....	Robert Lurie

## Announcers

General Announcements .....	Jason Krajewski
Color Announcer .....	Jeff Hollobaugh
Field Event Reporter .....	Mike Timms
Awards Announcer .....	Scott Hubbard

## FAT/Results

FAT Operator .....	Eric Jackson
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## Awards Staging

Head of Awards .....	Erika Raffin
Assistant of Awards .....	Charlie Janke
Awards Worker .....	Jim Cleverley
Awards Worker .....	Denny Papierski
Awards Worker .....	Denny Whitehead
Awards Worker .....	Kim Wright

## Tickets

Tickets .....	Karen Leinaar
Tickets .....	Mike Dennissuk
Tickets .....	Phil Brunk
Tickets .....	Jim Bilsborrow

## Coordination of Event Sponsors

Sponsors Coordinator Head .....	Jan Janke
Assistant Sponsors Head .....	Deb McDonald



# Midwest Meet of Champions team scores

## MEN

- 1974 -- Ohio 153, Indiana 139, Michigan 134  
1975 -- Michigan 183, Ohio 126, Indiana 115  
1976 -- Ohio 157½, Michigan 149, Indiana 141½  
1977 -- Michigan 158½, Indiana 126, Ohio 106, Illinois 66½  
1978 -- Indiana 164, Illinois 127, Ohio 84, Michigan 82  
1979 -- Michigan 155, Indiana 149, Ohio 104, Illinois 47  
1980 -- Indiana 129½, Ohio 120, Michigan 111¼, Illinois 96¼  
1981 -- Michigan 136, Indiana 126, Illinois 83, Ohio 83  
1982 -- Michigan 139, Ohio 111, Indiana 106, Illinois 99  
1983 -- Michigan 155, Indiana 134, Illinois 100, Ohio 60  
1984 -- Ohio 173½, Michigan 118½, Illinois 86, Indiana 79  
1985 -- Indiana 146, Illinois 115, Ohio 101½, Michigan 94½  
1986 -- Ohio 142, Illinois 114, Indiana 103, Michigan 98  
1987 -- Michigan 142, Indiana 135, Illinois 112, Ohio 68  
1988 -- Ohio 149, Indiana 132, Michigan 105, Illinois 71  
1989 -- Michigan 157, Indiana 132, Ohio 97, Illinois 68  
1990 -- Ohio 137, Illinois 124½, Indiana 106½, Michigan 86  
1991 -- Michigan 209, Indiana 176, Illinois 72  
1992 -- Ohio 144½, Michigan 108, Illinois 105, Indiana 99½  
1993 -- Ohio 154.4, Michigan 141.4, Indiana 84.8, Illinois 75.4  
1994 -- Michigan 159, Ohio 149, Indiana 103, Illinois 46  
1995 -- Ohio 191, Michigan 147, Indiana 88  
1996 -- Indiana 166, Ohio 143, Michigan 126, Illinois 41  
1997 -- Ohio 212, Michigan 137, Indiana 97, West Virginia 8  
1998 -- Michigan 179½, Indiana 132, Ohio 127½, West Virginia 15  
1999 -- Ohio 198, Michigan 130.67, Indiana 99.33, West Virginia 28  
2000 -- Ohio 198, Michigan 130, Indiana 104, West Virginia 25  
2001 -- Ohio 155, Indiana 144, Michigan 119, West Virginia 8  
2002 -- Ohio 108, Michigan 154, Indiana 123  
2003 -- Ohio 178½, Indiana 146, Michigan 131½  
2004 -- Indiana 184, Michigan 148, Ohio 125  
2005 -- Ohio 166, Michigan 155, Indiana 131  
2006 -- Ohio 164½, Michigan 161, Indiana 149½  
2007 -- Indiana 177, Ohio 174, Michigan 122  
2008 -- Ohio 184, Indiana 145, Michigan 144  
2009 -- Michigan 171½, Ohio 168, Indiana 133½  
2010 -- Ohio 201½, Michigan 139, Indiana 132½  
2011 -- Indiana 184, Ohio 157, Michigan 134  
2012 -- Ohio 178½, Indiana 148½, Michigan 138  
2013 -- Ohio 190, Indiana 163, Michigan 112  
2014 -- Ohio 263, Indiana 113, Michigan 99  
2015 -- Ohio 224, Michigan 130, Indiana 119  
2016 -- Ohio 194, Michigan 158½, Indiana 120½  
2017 -- Ohio 179, Michigan 149, Indiana 147  
2018 -- Indiana 200, Michigan 153, Ohio 120



# Midwest Meet of Champions team scores

## WOMEN

1980 -- Michigan 89, Illinois 74, Ohio 8  
 1981 -- Michigan 77, Ohio 38, Indiana 34, Illinois 24  
 1982 -- Michigan 77, Indiana 54, Ohio 24, Illinois 18  
 1983 -- Michigan 57, Illinois 47, Ohio 36, Indiana 33  
 1984 -- Ohio 70, Michigan 68, Illinois 59, Indiana 56  
 1985 -- Indiana 95, Illinois 69, Ohio 63, Michigan 57  
 1986 -- Indiana 96½, Ohio 92½, Michigan 64, Illinois 62  
 1987 -- Ohio 140, Illinois 100, Indiana 98, Michigan 97  
 1988 -- Ohio 173, Illinois 99, Michigan 84, Indiana 68  
 1989 -- Illinois 134.67, Michigan 133.33, Ohio 96, Indiana 62  
 1990 -- Ohio 180½, Michigan 135, Indiana 76½, Illinois 34  
 1991 -- Indiana 171, Illinois 142, Michigan 113  
 1992 -- Michigan 160, Illinois 108, Ohio 87, Indiana 71  
 1993 -- Ohio 186, Michigan 118, Illinois 67, Indiana 55  
 1994 -- Ohio 153, Michigan 107, Indiana 98, Illinois 68  
 1995 -- Ohio 189, Michigan 136, Indiana 101  
 1996 -- Michigan 174, Ohio 123, Indiana 104, Illinois 49  
 1997 -- Michigan 180, Ohio 164, Indiana 80  
 1998 -- Michigan 215, Ohio 147, Indiana 59, West Virginia 0  
 1999 -- Michigan 153, Ohio 150, Indiana 107, West Virginia 13  
 2000 -- Michigan 161, Ohio 132, Indiana 114, West Virginia 18  
 2001 -- Ohio 170, Michigan 170 (tie), Indiana 68, West Virginia 8  
 2002 -- Michigan 181, Ohio 127, Indiana 118  
 2003 -- Michigan 164, Indiana 146, Ohio 144  
 2004 -- Ohio 162, Indiana 157, Michigan 136  
 2005 -- Ohio 174, Michigan 170, Indiana 111  
 2006 -- Michigan 207, Ohio 162, Indiana 106  
 2007 -- Michigan 232½, Ohio 138½, Indiana 102  
 2008 -- Michigan 201, Ohio 149, Indiana 125  
 2009 -- Ohio 223, Michigan 173, Indiana 75  
 2010 -- Ohio 195½, Indiana 148, Michigan 129½  
 2011 -- Ohio 193½, Michigan 150, Indiana 126½  
 2012 -- Ohio 185, Michigan 184.33, Indiana 105.67  
 2013 -- Ohio 203, Indiana 154½, Michigan 109½  
 2014 -- Ohio 214, Michigan 158, Indiana 101  
 2015 -- Ohio 209, Michigan 178, Indiana 88  
 2016 -- Ohio 187, Michigan 168, Indiana 120  
 2017 -- Ohio 228, Michigan 160½, Indiana 84½  
 2018 -- Ohio 212½, Michigan 188, Indiana 74½

## COMBINED

**BILL WALKER TROPHY**  
 2006 -- Michigan 368, Ohio 326½, Indiana 255½  
 2007 -- Michigan 354½, Ohio 312½, Indiana 279  
 2008 -- Michigan 345, Ohio 333, Indiana 270  
 2009 -- Ohio 391, Michigan 344½, Indiana 208½  
 2010 -- Ohio 397, Indiana 280½, Michigan 268½  
 2011 -- Ohio 350½, Indiana 310½, Michigan 284  
 2012 -- Ohio 363½, Michigan 322.33, Indiana 254.16  
 2013 -- Ohio 393, Indiana 317½, Michigan 221½  
 2014 -- Ohio 478, Michigan 258, Indiana 212  
 2015 -- Ohio 417, Michigan 294, Indiana 206  
 2016 -- Ohio 381, Michigan 168, Indiana 120  
 2017 -- Ohio 407, Michigan 309½, Indiana 231½  
 2018 -- Michigan 341, Ohio 332½, Indiana 274½

NOTE: The Bill Walker Trophy was named for the man who coached high school track and field for 50 years and is regarded as the founder of the Midwest Meet of Champions.

The Bill Walker Trophy has been awarded to the state whose men's and women's team scores combined totaled the most points.



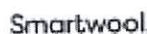
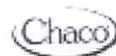
GORDY RICHARDSON

# Men's discus

ORDER	NAME	SCHOOL	2019 BEST	COACH
9	Nolan Landis	Madison (OH)	198-2	Jeremy Verdi
8	Tanner Watson	Brecksville Broadview Heights (OH)	193-7	Bob Schank
7	Evan Johnson	Solon (OH)	186-10	Jim Wallace
6	Ethan Alyea	North Central (IN)	184-0	
5	Myles Kerner	Grand Rapids Kenowa Hills (MI)	180-4	Jason Luke
4	Demetrius Miller	Gaylord (MI)	180-6	Matt Warren
3	Justin Wozniak	Michigan City (IN)	177-2	
2	Zachary Dove	Princeton (IN)	170-2	
1	Baylee Chaffin	Ithaca (MI)	161-7	Jason Marcy

TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
198-3	Anthony Shivers	McComb (OH)	2013
196-0	Sam Meece	Napoleon (OH)	2017
195-6	Ben Jackson	New Albany Floyd Central (IN)	1996
194-9	Greg Hart	Homestead (IN)	1990
193-10	Evan Hartman	Niles Brandywine (MI)	2013
193-0	Duke Taylor	East Canton (OH)	2012
191-11	Lovell Peterson	Wayne (OH)	2013
191-9	Steve James	Cortland Lakeview (OH)	1975
191-7	Tyler Garrett	Southport (IN)	1998

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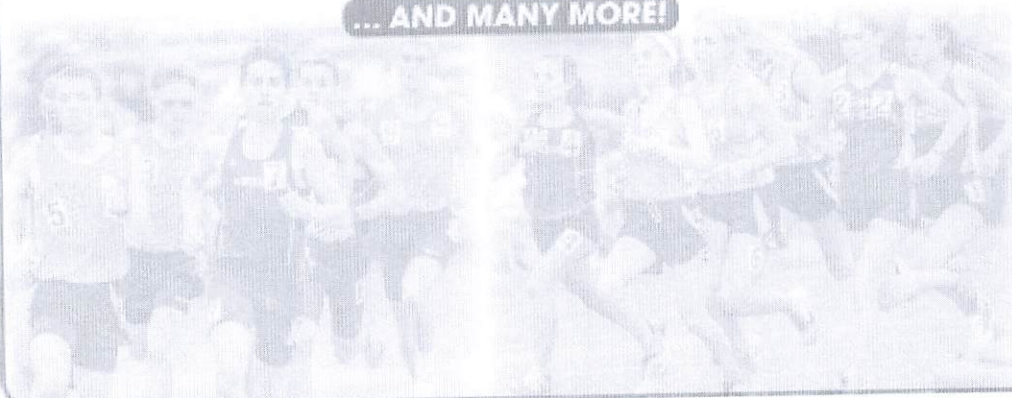


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## Women's discus

ORDER	NAME	SCHOOL	2019 BEST	COACH
8	Caitlyn Marx	Salem (OH)	148-0	Bill Neopolitan
7	Aliyah Boeve	Zeeland East (MI)	145-4	Josh Vork
6	Libby Roush	Centerville (OH)	141-8	Matt Somerlot
5	Samantha Watkins	Arcadia (OH)	140-0	Shannon Watkins
4	Macayla Rawls	Birmingham Seaholm (MI)	139-3	Leslie Martin
3	Kayla Truesdell	Jennings County (IN)	137-9	Leah McLeod
2	Lauren England	Terre Haute South (IN)	136-8	Ed Jarvis
1	Natalie Kutzli	Hudsonville (MI)	136-7	Joe Stankowski

TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
168-2	Emily Pendleton	Elmore Woodmore (OH)	2007
166-5	Alana Robinson	Grosse Ile (MI)	1998
165-2	Brittany Mann	Detroit Country Day (MI)	2012
165-2	Shanna Dickenson	Cincinnati Mother of Mercy (OH)	2004
164-4	Corinne Jemison	East Kentwood (MI)	2018
163-2	Madison Pollard	Whitehouse Anthony Wayne (OH)	2017
160-5	Erin Pendleton	Elmore Woodmore (OH)	2009
160-0	Mary Angell	Byron Center (MI)	2007
159-8	Kaylee Antill	Dresden Tri-Valley (OH)	2015



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## Men's pole vault

ORDER	NAME	SCHOOL	2019 BEST	COACH
9	Nathan Stone	Lawrence North (IN)	17-6	Pat Mallory
8	Yariel Soto	Centerville (OH)	15-9	Tim McClain
7	Blaine Brockschmidt	Miami East (OH)	15-9	Roger Bowen
6	Josh DeVries	Grand Rapids South Christian (MI)	15-2½	Eric Grimm
5	Brad Yates	Twinsburg (OH)	15-2	Roger Buell
4	Oliver Bishop	Dexter (MI)	15-0	Alex Heidtke
3	Mason Mahacek	Grand Haven (MI)	14-9	Joe Nelson
2	Devon Montgomery	Floyd Central (IN)	14-6	Zach Koetter
1	Adam Lee	Greenfield Central (IN)	14-6	Scott Burton

TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
17-1	Ryan Lipe	Carmel (IN)	2017
17-0	Deakin Volz	Bloomington South (IN)	2015
16-9	Kevin Schipper	Fort Wayne Bishop Dwenger (IN)	2008
16-9	Kyle Johnston	Penn (IN)	2012
16-9	Lucas Kelley	Massillon Perry (OH)	2016
16-7	Ray Scotten	Indianapolis Ben Davis (IN)	2012
16-6½	Dave Volz	Bloomington South (IN)	1980
16-6	Joseph Wesley of Marine City (MI) in 2008, Jacob Blankenship of Gahanna Lincoln (OH) in 2012, Jamie Salisbury of Marine City (MI) in 2012, and Robby Oswald of Elder (OH) in 2016		

### Event began as Tri-State Meet of Champions

*NOTE: Illinois and even West Virginia for a few years expanded the event beyond the three original states who competed in the inaugural 1974 meet. Indiana hosted the meet the first 22 years in Fort Wayne and at Indiana University-Purdue University-Indianapolis before it moved to Ohio Wesleyan University in Delaware, Ohio, for 10 years (except for 2002 at Wittenburg University in Springfield, Ohio). Jackson High School in Jackson, Mich., hosted from 2006-09; Northrop High School in Fort Wayne, Ind., from 2010-13; Denison University in Granville, Ohio, in 2014-15, Ohio Wesleyan again in 2016-17, and now Michigan State University in East Lansing, Mich, from 2018-21. The following early history of the meet is reprinted from 1986.*

The meet originated as a result of interest and discussion in the fall of 1972 among members of the Indiana Track and Cross Country Association who wished to establish an all-star track and field meet.

Subsequent meetings with the state associations from Ohio and Michigan led to the finalization of plans for the first Tri-State Meet of Champions, which was held in Fort Wayne, Indiana, on June 8, 1974. The first meet was very successful with each state having 40 athletes compete. With the advent of the fourth meet in 1977, some exciting changes and additions had taken place. The state of Illinois was added to the meet and the name changed to the Midwest Meet of Champions.

Two outstanding former Olympians were present to pay tribute to the meet. Jim Ryun, the outstanding U.S. miler, served as honorary referee, and Madeline Manning Jackson, former Olympic gold medal winner in the 800-meter run, was an honored guest and sang the National Anthem.

The first banquet for the athletes was held on Friday evening at the Summit Club, with Illinois

(continued on page 9)



SESSIONS

## Women's pole vault

ORDER	NAME	SCHOOL	2019 BEST	COACH
8	Tricia Pierce	Ortonville Brandon (MI)	12-6	Steve Pierce
7	Erin Bogard	Warren (OH)	12-6	Pat Wigan
6	Morgan England	Seneca East (OH)	12-6	Gary England
5	Karlie Lax	Orrville (OH)	12-4	Dave Mackey
4	Madison Rigg	Lake Central (IN)	12-3	Ron Fredrick
3	Catherine Visscher	Livonia Churchill (MI)	12-2	Jordan McClellan
2	Nicole Bow	Dexter (MI)	12-0	Alex Heidtke
1	Carolyn Bakx	Lawrence North (IN)	11-6	Hillary Church

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
13-3	Allie Stern	Walsh Jesuit OH)	2017
13-3	Mackenzie Shell	Port Huron (MI)	2015
13-3	Kristen Denk	North Royalton (OH)	2015
13-1	Allyson Simmons	Fairless (OH)	2014
13-0	Gabriela Leon	East Kentwood (MI)	2017
13-0	Anna Watson	Olentangy Orange (OH)	2017
13-0	Ellie McCardwell	Pendleton Heights (IN)	2010
13-0	Ally Thompson	Geneva (OH)	2016
12-9	(seven competitors from 2010, 2012, 2013, 2015 and 2018 are all tied at this height)		

### ***Event began as Tri-State Meet of Champions***

*(continued from page 8)*

being the guest team. The budget for the meet went over the \$10,000 figure for the first time. A major change in the Midwest Meet occurred again in its sixth year. Four women's events were added, and a coach for the women from each state was also added.

Jimmy Carnes, the 1980 head United States coach, served as honorary referee, and Madeline Manning Jackson returned for a third straight year, not only to sing the National Anthem but to run an exhibition mile with the girls in preparation for the 1980 Olympics.

The first full banquet for all four teams, sponsored by the Journal Gazette, was held, and the News Sentinel sponsored a Saturday morning brunch. An open 5,000-meter race was run on Saturday morning in conjunction with the meet. Because of the expansion of the meet with additions and other changes, the 1979 budget rose to \$18,000.

In June 1980, the women's events were expanded to six and the running events were changed to meters with meet records adjusted accordingly. Olympic 800-meter run champion Dave Wottle served as honorary referee.

Subsequent meets since 1980 have seen much continued expansion with the addition of several more women's events.

In 1986, the meet will feature 14 men's events and 11 events for women. Approximately 300 athletes will compete in 1986, a vastly expanded number compared to the original 120 participants.

The meet has also continued to feature for Olympians and coaches as honorary referees and guests, adding interest for meet participants and spectators alike.

Among those guests were longtime friend of track and field Hermon Philips, former Olympian Willie Davenport, 1976 U.S. team captain and triple jump 5th-place finisher Tommy Haynes, 1980 U.S. team captain and 100-meter dash world record holder Harvey Glance, Northwestern University women's track and cross country coach Dee Todd, 1976 Olympic silver medalist hurdler Mike Shine, and 1984 Olympic 1500-meter run 5th-place finisher Jim Spivey.



ANDY MARSH

# Women's high jump

ORDER	NAME	SCHOOL	2019 BEST	COACH
7	Emilia Lesniak	Strongsville (OH)	5-9	Tim Ruese
6	Kelsey Bowlds	South Spencer (IN)	5-7	Todd Stoermer
5	Jenna Doyle	Troy Athens (MI)	5-6	Mike Stallsmith
4	Kiersten Tricker	Kinsman Badger (OH)	5-5¼	Carrie Albert
3	Alyssa Vandegriff	Fowler (MI)	5-5	Jill Feldpausch
2	Madison Manns	Ben Logan (OH)	5-4	Kevin Butler
1	Emily Kellogg	Jenison (MI)	5-4	Kelly Tavis

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
6-1	Upper Arlington (OH)	1986
5-11	Hoover (OH)	2012
5-10	Buffalo Tri-City (IL)	1980
5-10	Capac (MI)	1980
5-10	Ann Arbor Pioneer (MI)	2009
5-9	(eight competitors are all tied at this height)	



**Michigan Coaches  
Olympic Trials  
Travel Group**



*Good luck to all  
Midwest Meet  
of Champions  
athletes!*



**Lou Miramonti and  
the Catholic League Coaches**

*salute all of the participants  
in the Midwest Meet  
of Champions*

**Go Team Michigan!**



**Michigan Interscholastic  
Track Coaches Association  
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GORDY RICHARDSON

## Men's high jump

ORDER	NAME	SCHOOL	2019 BEST	COACH
9	Etaijen Easter	Twinsburg (OH)	7-0	Chuck Glover
8	Lonnie Harper	Wooster (OH)	6-11	Doug Bennett
7	Anthony Bowman	Africentric Early College (OH)	6-10	Marcus Vaughn
6	Shane Glasco	Mishawaka (IN)	6-9	Kyle Shaw
5	Heath Baldwin	Kalamazoo Hackett Catholic (MI)	6-9	Eric Grimm
4	Lane Hawkins	Bedford North Lawrence (IN)	6-8	Brett Deckard
3	Dom Day II	Ben Davis (IN)	6-7	Mike Davidson
2	Spencer Eaves	Hillsdale (MI)	6-6	Alex Heidtke
1	Ethan Engelhardt	Saginaw Valley Lutheran (MI)	6-6	Joe Nelson

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
7-2	Ryan Fleck Napoleon (OH)	2008
7-1	Adam Shunk Delta (IN)	1998
7-0 <sup>3</sup> / <sub>4</sub>	Scott Reed Lansing Everett (MI)	1983
7-0 <sup>3</sup> / <sub>4</sub>	Rudy Currie Lakewood St. Edward (OH)	1992
7-0 <sup>1</sup> / <sub>4</sub>	Jordan Latimer Huber Heights Wayne (OH)	2014
7-0	(15 competitors are all tied at this height)	



*The Association of Track Officials of Michigan*

*would like to pass on best wishes to all of the  
Midwest Meet of Champions competitors*

*Go Team Michigan!*



ANDY MARSH

# Men's long jump

ORDER	NAME	SCHOOL	2019 BEST	COACH
9	Tony Martin	Saginaw (MI)	26-6	Robert Kelly
8	Etaijen Easter	Twinsburg (OH)	24-4½	Chuck Glover
7	Stefan Baldwin	Waterford Kettering (MI)	23-8½	Jim Matey
6	Desmond Wilkins	Elkhart Christian (IN)	23-8	Allen Lollis
5	Sammy Sommers	Oak Hill (IN)	23-3	Paige Brunner
4	Dom Day II	Ben Davis (IN)	23-3	Mike Davidson
3	Cody Remington	Waverly (OH)	22-11½	Byron Green
2	Darren Howard	Southfield A&T (MI)	22-7½	Scott Collines
1	Eliot Cummings	Ottawa Hills (OH)	22-4	Rachel Wanner

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
25-1½	Marcus Chambers Snider (IN)	1985
24-10¼	Anthony Fullum Copley (OH)	1990
24-9¼	Scott Sanders Muncie Southside (IN)	1985
24-8¾	Michael McClendon Kalamazoo Loy Norrix (MI)	1990
24-7¾	Joseph Applewhite Grand Rapids Central (MI)	1985
24-4¼	Brian Corbrett New Haven (MI)	1985
24-4	Hysaun Staples Columbus Brookhaven (OH)	1994
24-1	Vincent Bean Southfield (MI)	1980
24-1	Ron Pullie Wellsville (OH)	1988



*The greater Lansing area is a great place to hold sporting events*

*Welcome to all of the Midwest Meet of Champions competitors!*



# Women's long jump

~~AMBY MARSH~~

MARTY CRANE

ORDER	NAME	SCHOOL	2019 BEST	COACH
8	Carlee Siefker	Leipsic (OH)	18-10 <sup>3</sup> / <sub>4</sub>	Gary Kriewbrink
7	Lytic Spears	Allen Park (MI)	18-7 <sup>1</sup> / <sub>2</sub>	Paul Vockler
6	Sarah Charley	Thomas Worthington (OH)	18-5 <sup>3</sup> / <sub>4</sub>	Andy Cox
5	Antonia Woods	Groveport Madison (OH)	18-5	Vincent Gay
4	Jessica Robach	Williamston (MI)	18-3	Mitch Lutzke
3	Payton McHenry	Merrillville (IN)	18-2	Kelly Kratz
2	Tierra Sydnor	Hamilton Southeastern (IN)	18-1 <sup>3</sup> / <sub>4</sub>	Julie Alano
1	Elena Welker	Dearborn Divine Child (MI)	17-7	Tony Misfud

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
19-11	Nekaya Ralls	Cincinnati Mt. Healthy (OH)
19-6 <sup>3</sup> / <sub>4</sub>	Gabriela Leon	East Kentwood (MI)
19-6	Erin Busbee	Cleveland Collinwood (OH)
19-5	Sekayi Bracey	East Kentwood (MI)
19-4 <sup>1</sup> / <sub>4</sub>	Josie Hobbs	Juliet Township (IL)
19-4	Carla Ploeg	Middleville Thornapple-Kellogg (MI)
19-2 <sup>1</sup> / <sub>2</sub>	Tonya Sedwick	Jeffersonville (IN)
19-2 <sup>1</sup> / <sub>2</sub>	Melissa Stone	Danville (IL)
19-2	Michelle Lehmann	Columbus Bishop Watterson (OH)

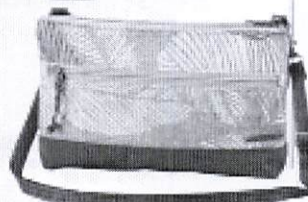
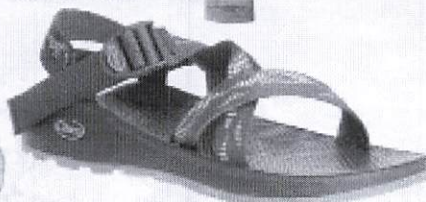
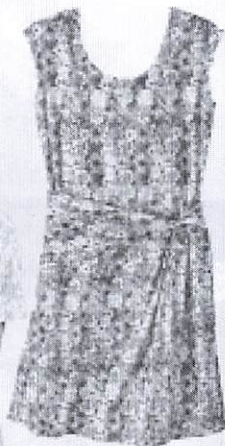
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KYLE McKOWN

# Women's shot put

ORDER	NAME	SCHOOL	2019 BEST	COACH
9	Alivia Bentley	Carrollton (OH)	45-11¼	Lyndsy Traver
8	Mohogany Wells	Lansing Sexton (MI)	45-5¼	Eldon Davis
7	Aliyah Boeve	Zeeland East (MI)	44-10	Josh Vork
6	Lauren Christian	Covington (OH)	44-7¼	Dave Tobias
5	Brooke Johnson	Gahanna Lincoln (OH)	44-0	Roger Whittaker
4	Makeda Ellis	Lake Central (IN)	43-3¼	Ron Fredrick
3	Lily Grimes	Greensburg (IN)	42-11¾	
2	Emily Bonser	Greenwood Community (IN)	42-11¼	Blaine Williams
1	Aderinola Adunbi	Ann Arbor Pioneer (MI)	42-4¼	Nancy Boudraeu

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
51-0½ Casie Wertman	Southridge (IN)	2012
50-10¼ Molly Leppelmeier	McComb (OH)	2017
49-8½ Ashley Muffett	Hoover (OH)	2005
48-4½ Becky Breisch	Edwardsburg (MI)	2001
48-4 Tori Bliss	Portage (IN)	2011
47-7¾ Victoria Farley	Portage (IN)	2017
47-0¼ Nikole Sargent	Flint Powers Catholic (MI)	2016
46-8 Madison Pollard	Whitehouse Anthony Wayne (OH)	2017
46-7 Allison Liske	Zeeland East (MI)	2007

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*KYLE  
McKOWAN*

# Men's shot put

ORDER	NAME	SCHOOL	2019 BEST	COACH
9	Nolan Landis	Madison (OH)	64-4½	Jeremy Verdi
8	Myles Kerner	Grand Rapids Kenowa Hills (MI)	60-4	Jason Luke
7	Adrian Woliver	Stow Monroe Falls (OH)	60-2¼	Tod Abell
6	Alex VanDeWeghe	Ithaca (MI)	59-7	Jason Marcy
5	Austin Clay	Van Wert (OH)	59-2	Mark Collins
4	Ryan Stefanko	Michigan City (IN)	59-3½	Lucas Snyder
3	Ethan Alyea	North Central (IN)	59-3	Taylor Marshall
2	Tyler Oxley	Parma Western (MI)	57-9	Lucas Sponsler
1	Brandon English	Portage (IN)	55-4	Mark Harsha

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
67-4¼	Connor Bandel	Oxford (MI)	2016
67-1½	Dustin Brode	Canfield (OH)	2010
65-6½	Neil Eubank	Merrillville (IN)	1986
65-1	Zack Hill	Allendale (M)	2009
64-10	Isiah Kent	North Robinson Colonel Crawford (OH)	2010
64-4¼	Chris Spurrier	Portage (IN)	1996
63-11	Coy Blair	Logan (OH)	2012
63-6¾	Ryder Emberton	Whiteland (IN)	2017
63-6½	Kurt Krick	Nowell (IN)	1995



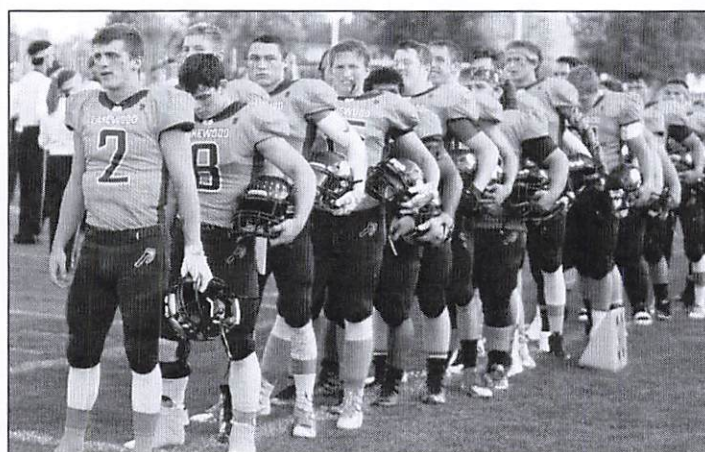
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Kyle McKeown

# Women's 3200-meter (4 x 800) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Ohio	Lindsay Bush	Magnificat (OH)	Scott Troyan
		Madison Martinez	Gahanna Lincoln (OH)	Roger Whittaker
		Gia Napoleon	Thomas Worthington (OH)	Andy Cox
		Marin Valentine	Mariemont (OH)	Natalie Dragovich
4	Michigan	Victoria Heiligenthal	Highland Milford (MI)	Brian Salyers
		Sydney Nesbitt	Bay City Western (MI)	Mike Nesbitt
		Elizabeth Bulat	Rochester (MI)	Larry Adams
		Elizabeth Dalrymple	Clarkston (MI)	Kevin Breen
5	Indiana	Grace DeBoer	Covenant Christian (IN)	Jay Starkey
		Sarah Greer	Lawrence North (IN)	Hillary Church
		Annalise James	Lowell (IN)	Scott Coil
		Maddie Mirro	Hamilton Southeastern (IN)	Julie Alano

TOP MIDWEST MEET PERFORMANCES			TIME	STATE	YEAR
8:56.83	Illinois	1980	9:04.54	Indiana	1988
8:57.25	Ohio	2015	9:05.43	Ohio	2011
8:57.84	Michigan	2015	9:06.09	Michigan	2012
9:02.64	Ohio	2010	9:08.38	Michigan	2010
9:03.67	Ohio	2012	9:09.05	Michigan	1990

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*Congratulations to all meet participants!*



*MAGNI  
LOW*

# Men's 3200-meter (4 x 800) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Ohio	Jacob Krynock Nick Saul Lane Wilson Eddie Harrell	Kings (OH) St. Ignatius (OH) Wooster (OH) Orange (OH)	Doug Bennett
4	Michigan	Noah Fuerst Oliver Alvesteffer James Cardwell Jeremy Kloss	Waterford Mott (MI) Caledonia (MI) Ann Arbor Huron (MI) Harbor Springs (MI)	Ryan Robinson Ben Thompson Jeremy Schuitman Mike and Emily Kloss
5	Indiana	Joe Peterson Jon Deem-Loureiro Jackson McPheeters Carson Bakker	West Lafayette (IN) North Central (IN) Brown County (IN) Covenant Christian (IN)	Lane Custer Taylor Marshall Kirk Wrightsman Jay Starkey

TOP MIDWEST MEET PERFORMANCES			TIME	STATE	YEAR
7:32.79	Ohio	2001	7:36.27	Michigan	1980
7:33.27	Ohio	2009	7:36.54	Indiana	1983
7:33.75	Indiana	2011	7:36.58	Indiana	2010
7:33.99	Ohio	2007	7:36.68	Ohio	1988
7:33.99	Ohio	2013	7:36.74	Michigan	1983

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# Women's 100-meter intermediate hurdles

LANE	*1ST HEAT	NAME	SCHOOL	2019 BEST	COACH
4		Grace Stark	White Lake Lakeland (MI)	13.43	John Kabibik
5		Jordenne Hudson	Andrean (IN)	14.45	Kelly O'Shea
3		Madi Person	Ursuline (OH)	14.46	Don Davolio
6		Madison Eaton	Lake Orion (MI)	14.51	David Hutson
2		Lyric Spears	Allen Park (MI)	14.63	Paul Vockler
7		Dylan Kirkwood	Fort Wayne Northrop (IN)	14.63	Terry Milton
*4		Leila Hill	Clayton Northmont (OH)	14.84	Joe Barnes
*5		Ayana Parchman	Lawrence Central (IN)	15.04	Tim Richey
*3		Isabelle Angerman	Dublin Coffman (OH)	15.05	Greg King

TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
13.70	Kandace Stone	Cleveland Collinwood (OH)	2001
13.76	Bridgett Owens-Mitchell	Southfield (MI)	2010
13.78	Dalanda Jackson	Shaker Heights (OH)	2000
13.90	Carmen Banks	Cleveland John Adams (OH)	1994
13.94	Candice Davis	Ann Arbor Pioneer (MI)	2003
14.03	Chantel Richardson	West Geauga (OH)	2013
14.05	Tenisha Griggs	Southfield Lathrup (MI)	2004
14.06	Amber Smith	Cleveland Collinwood (OH)	2010
14.07	Jocselyn Powell	Canal Winchester (OH)	2014

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# Men's 110-meter high hurdles

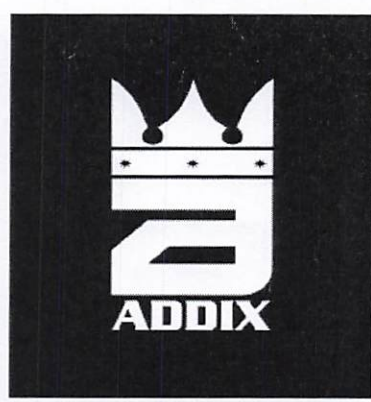
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LANE (*1ST HEAT)	NAME	SCHOOL	2019 BEST	COACH
4	Keshaun Harris	Lansing Waverly (MI)	13.98	Dave Pike
5	Trey Sebben	Portage (IN)	14.16	Nick Haas
3	Jacob Gladieux	Toledo Whitmer (OH)	14.19	Jeremy Elliott
6	Tyler Hannah	Lakewood (OH)	14.23	Mike Dow
2	Carson Jenson	Highland Milford (MI)	14.37	Brian Salyers
7	Malcolm Caldwell	Plymouth (MI)	14.44	Jon Mikosz
*4	Ndubisi Eze	New Albany (IN)	14.46	Kyle Weigleb
*5	Austin Tyree	Springfield (OH)	14.50	Michael Davis
*3	Stenoree Allen	Lawrence Central (IN)	14.69	Tim Richey

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
13.62	Edward Williams	Chicago Heights (IL)	1988
13.68	Bryce Brown	Evansville Harrison (IN)	2007
13.74	Elbert Turner	Gary Roosevelt (IN)	1987
13.81	Ted Ginn Jr.	Glenville (OH)	2004
13.82	Martin Maze	Dayton Jefferson (OH)	1988
13.84	Wayne Mason	Columbus Mifflin (OH)	1988
13.89	Brian Gerhke	Madison Heights (IN)	1994
13.89	Marcus Safer	Lawrence North (IN)	2011
13.91	Ben Moody	Cortland Lakeview (OH)	2009



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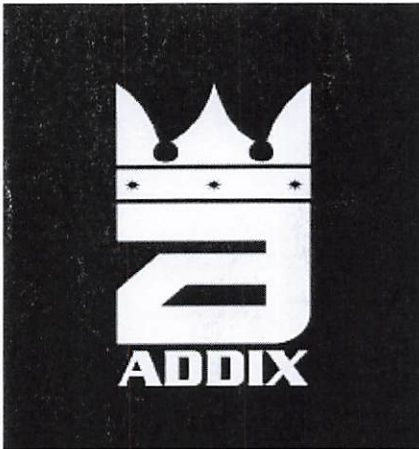


# Women's 100-meter dash

COREY PRYOR

LANE	NAME	SCHOOL	2019 BEST	COACH
4	Azsah Bradley	Ravenna (OH)	11.66	Ashley Bault
3	Kaylyn Heath	Lakota East (OH)	11.93	Rodney Heath
5	Jameila Hunter	Pickerington North (OH)	11.95	Jim Langenderfer
6	Alyssa-Simone Robinson	North Central (IN)	12.05	Mark Haste
2	Hanna Hearn	Brebeuf Jesuit (IN)	12.15	Karl Knerr
7	Reghan Draper	Plymouth (MI)	12.27	Ricky Styes
1	Melanie Sarafian	Northville (MI)	12.39	Tim Dalton
8	Makayla Sumrall	Roseville (MI)	12.43	Thomas Snowden

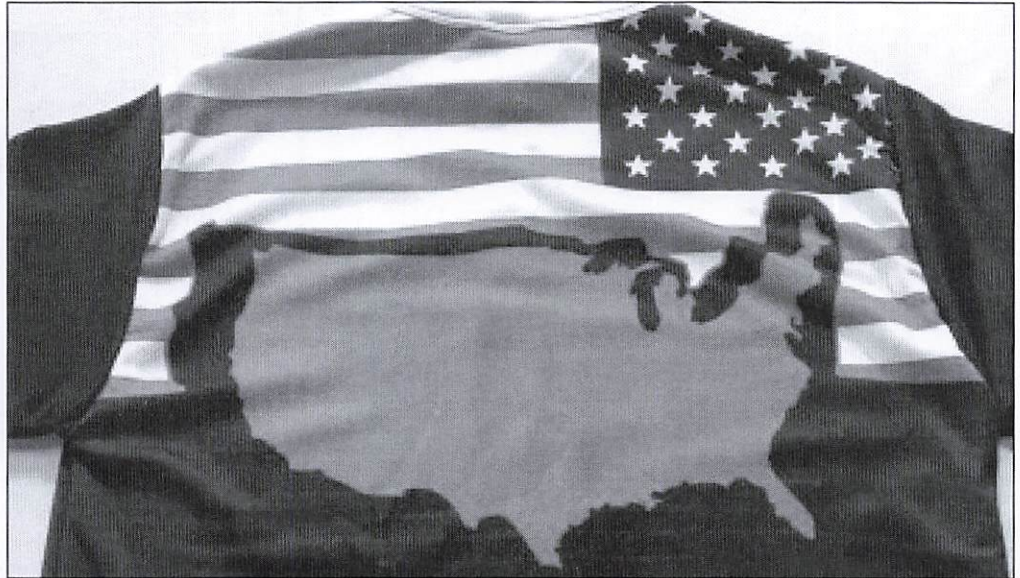
TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
11.37	Shayla Mahan	Detroit Mumford (MI)	2007
11.74	Maicel Malone	Indianapolis North Central (IN)	1987
11.75	Paulette Bryant	Southgate Aquinas (MI)	1984
11.76	Holli Hyche	Perry Meridian (IN)	1990
11.78	Latricia Joyner	Toledo Scott (OH)	1988
11.78	Candyce McGrone	Warren Central (IN)	2008
11.81	Anissa Campbell	Ironton (OH)	1994
11.84	Caisja Chandler	Euclid (OH)	2018
11.85	Crystal Braddock	Ann Arbor Pioneer (MI)	1989



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PRYOR

## Men's 100-meter dash

LANE	*1ST HEAT	NAME	SCHOOL	2019 BEST	COACH
4		Jordn Hodge	Warren Central (IN)	10.55	Eric Smith
5		Denzel Feagin	Pickerington Central (OH)	10.67	Jason Roach
3		Mike Adams	Ben Davis (IN)	10.71	Mike Davidson
6		Herman Chongwaing	Dayton Belmont (OH)	10.85	David Reide
2		Kyle Martin	Ann Arbor Huron (MI)	10.85	Andre Boldin & Candice Price
7		Emari O'Brien	Harper Woods Chandler Park (MI)	10.85	David Banks
*4		Wyatt Kline	Centerville (OH)	10.85	Matt Somerlot
*5		Ben Williams	Farmington Hills Harrison (MI)	10.85	Josh Fletcher
*3		Davion Blacknell	East Chicago (IN)	10.88	Maurice Phillips

TOP	MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
10.46	Corey Pryor	Jackson (MI)	1987
10.46	Marvin Setzer	Hammon Bishop Noll (IN)	1988
10.54	Anthony Mahone	Detroit Denby (MI)	1984
10.54	Tony Lee	Dayton Jefferson (OH)	1988
10.56	Aaron Mayo	Chicago Heights Bloom Trail (IL)	1985
10.58	Jason Johnson	Baldwin (MI)	1997
10.60	Kerchevel Patterson	Ypsilanti (MI)	1991
10.60	Jonathan Burrell	Cleveland John Marshall (OH)	1993
10.61	Jeff Patrick	Gary Roosevelt (IN)	1982



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Kyle McKeown

# Women's 800-meter (4 x 200) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Michigan	Kiara Gentry Jenna Odykirk Melanie Sarafian Mone Knowles	Clinton Township Chippewa Valley (MI) Farwell (MI) Northville (MI) Utica (MI)	Terry Wilson Matt Horodyski Tim Dalton Chris Scott
4	Ohio	Kassie Jordan Diamond Myers Tianna Mulligan T'Kayla Kelley	Cincinnati Princeton (OH) Akron Buchtel (OH) Perrysburg (OH) Steubenville (OH)	Darren Braddix Orlando Green Andrea Monheim Kevin Terry
5	Indiana	Dylan Kirkwood Mya Hammons Jailyn Ross Ayana Parchman	Fort Wayne Northrop (IN) Hamilton Southeastern (IN) North Central (IN) Lawrence Central (IN)	Terry Milton Julie Alano Mark Haste Tim Richey

TOP MIDWEST MEET PERFORMANCES	TIME	STATE	YEAR		
1:37.28	Ohio	2017	1:39.03	Michigan	2012
1:38.06	Ohio	2014	1:39.18	Ohio	2008
1:38.49	Michigan	2008	1:39.35	Ohio	2013
1:38.67	Ohio	2016	1:39.39	Ohio	2010
1:38.99	Michigan	2014	1:39.41	Ohio	2011

# MITCA

## Michigan Interscholastic Track Coaches Association

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- Awards for the Participant
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- Education

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- Online Cross Country & Track And Field News

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**GORDON RICHARDSON**

# Men's 800-meter (4 x 200) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Michigan	Elijah Ealy Quin Broussard Jacob Denison runner to be announced	East Kentwood (MI) Grand Blanc (MI) Tecumseh (MI)	David Emeott Edward Stanbury Wes Harden
4	Ohio	Zamir Youngblood Durrion Harris Terry Simuel Nate Simons	Dayton Dunbar (OH) Dayton Dunbar (OH) Pickerington Central (OH) Canal Winchester (OH)	Jason Roach
5	Indiana	Romeo Echols Ty Shannon Lex Logan Braxton Trittipo	Beech Grove (IN) Warren Central (IN) Greenwood (IN) Mt. Vernon (IN)	Jake Taft Eric Smith Blaine Williams Bruce Kendall

TOP MIDWEST MEET PERFORMANCES			TIME	STATE	YEAR
1:25.05	Indiana	2015	1:25.80	Michigan	2009
1:25.29	Michigan	2011	1:25.85	Michigan	2016
1:25.49	Ohio	2006	1:25.92	Ohio	2017
1:25.61	Michigan	2018	1:26:25	Ohio	2007
1:25.70	Ohio	2010	1:26.28	Indiana	2011

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MSU Campus - APRIL  
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Lake Lansing Park North, Haslett - SEPTEMBER  
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MSU's Jonison Fieldhouse - DECEMBER  
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Lake Lansing Park South, Haslett - AUGUST  
Teams of 5 take turns running the 5.25 mile loop around Lake Lansing.



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Start off Super Bowl Sunday with this big game inspired 5K.



Downtown Lansing - SEPTEMBER  
Scenic course around the Lansing Capital and surrounding area. 5K, Half Marathon, and Half Marathon Relay

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# Women's 1600-meter run

BRIAN SALYERS

ALLEY	NAME	SCHOOL	2019 BEST	COACH
2A	Caitlin Rose	Grand Blanc (MI)	4:51.10	Carlos Benton
3A	Lauren Freeland	Kent City (MI)	4:51.75	Jill Evers
1A	Kaylie Kenne	Highland (OH)	4:55.08	Andrew Lynden
4A	Jada Reedus	Franklin Central (IN)	4:59.43	Matt Sweetman
2B	Noelle Adriaens	Pinckney (MI)	4:59.66	Lynn Shelters
3B	Emma Tate	West Lafayette (IN)	5:00.05	Lane Custer
1B	Denali Selent	Chardon (OH)	5:04.56	Julie Cole
4B	Jordyn Boyer	Lowell (IN)	5:15.00	Scott Coil
2C	Trinity Fowler	Northwood (OH)	5:16.00	Jeremy Lewin

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
4:42.14	Bethany Neeley	Greentown Eastern (IN)	2013
4:43.05	Megan Goethals	Rochester (MI)	2010
4:46.45	Sara Kroll	Livonia Churchill (MI)	2010
4:48.37	Kelly Smith	Petoskey (MI)	1994
4:50.78	Laurie Gomez	Boardman (OH)	1988
4:51.01	Taylor Mannett	Rockford (MI)	2012
4:51.25	Marissa Treece	Maple City Glen Lake (MI)	2007
4:52.17	Alex Banfich	Culver (IN)	2008
4:52.69	Renee Masterson	Beech Grove (IN)	2008

## Michigan Coaches Olympic Trials Travel Group



*Good luck to all of the  
Midwest Meet of Champions athletes!*



HERB FITZER

## Men's 1600-meter run

ALLEY	NAME	SCHOOL	2019 BEST	COACH
2A	Trent Sayre	Vincent Warren (OH)	4:12.70	Tyler Schaad
3A	Riley Buchholz	Beavercreek (OH)	4:14.11	James Weckesser
1A	Ethan Meyer	Fishers (IN)	4:14.58	Nathan Warnecke
4A	Caleb Beimfohr	Harrison West Lafayette (IN)	4:15.48	Chris Crum
2B	Ransom Allen	Ithaca (MI)	4:15.63	Jason Marcy & Gene Lebron
3B	Max LeClair	Hilliard Davidson (OH)	4:16.62	Pat Schlecht
1B	Ben Jacobs	Corunna (MI)	4:17.04	Bryan Heid
4B	Josh Smith	Alpena (MI)	4:17.89	Collin Riffert & Joe Donajkowski
2C	Eric Carothers	Hamilton Southeastern (IN)	4:21.07	Brian Akialis

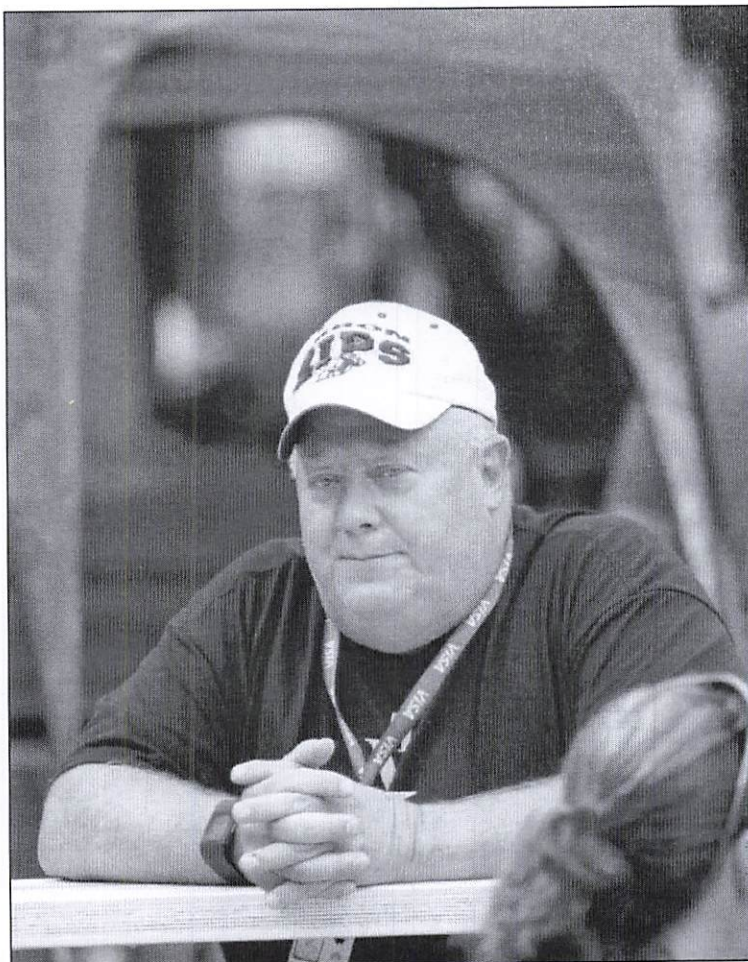
TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
4:07.19 Earl Jones	Taylor Center (MI)	1982
4:07.28 Jake Edwards	Delaware Hayes (OH)	2007
4:07.58 Scott Hilditch	Woodridge (OH)	2007
4:07.64 Mark Deady	Lincolnshire Stevenson (IL)	1985
4:08.74 Erik Henriksen	Portage Northern (MI)	1978
4:09.14 Ron Simpson	Redford St. Mary (MI)	1982
4:09.54 Josh Tomasi	Massilon Perry (OH)	2009
4:09.69 Emil Heineking	Chardon (OH)	2007
4:09.78 Kurt Liechty	Hobart (IN)	1979

*I have been a track coach for 36 years and a track and field photographer for just as long.*

*I take Midwest Meet pictures as a service to great track athletes from three states and the coaches from the state of Michigan who shaped my life.*

*You can access these via Facebook on the Midwest Meet of Champions photo page. The photos are free of charge.*

*Enjoy your experience!*  
**-- Herb Fitzer**





DAZ CAMPBELL

# Women's 400-meter (4 x 100) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Indiana	Tierra Syndor Hanna Hearn Jordenne Hudson Alyssa-Simone Robinson	Hamilton Southeastern (IN) Brebeuf (IN) Andean (IN) North Central (IN)	Julie Alano Karl Knerr Kelly O'Shea Mark Hastex
4	Michigan	Grace Stark Makayla Sumrall Jessica Robach Reghan Draper	White Lake Lakeland (MI) Roseville (MI) Williamston (MI) Plymouth (MI)	John Kabibik Thomas Snowden Mitch Lutzke Ricky Styes
5	Ohio	Azsah Bradley Kaylyn Heath Kassie Jordan Jameila Hunter	Ravenna (OH) Lakota East (OH) Cincinnati Princeton (OH) Pickerington North (OH)	Ashley Bault Rodney Heath Darren Braddix Jim Langenderfer

### TOP MIDWEST MEET PERFORMANCES

			TIME	STATE	YEAR
46.19	Indiana	2013	46.73	Indiana	2007
46.22	Indiana	1999	46.74	Indiana	2010
46.50	Indiana	2012	46.75	Ohio	2005
46.69	Indiana	1987	46.79	Indiana	2003
46.71	Michigan	2016	46.82	Ohio	1984

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**DAZ**

# Men's 400-meter (4 x 100) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Indiana	Mike Adams Shai Sumpter-Bey Jalen Bowman Jordan Hodge	Ben Davis (IN) Brownsburg (IN) Evansville Central (IN) Warren Central (IN)	Mike Davidson Casey Popenfoose Kindell Wilson Eric Smith
4	Michigan	Kyle Martin Ben Williams Emari O'Brien runner to be announced	Ann Arbor Huron (MI) Farmington Hills Harrison (MI) Harper Woods Chandler Park (MI)	Andre Boldin & Candice Price Josh Fletcher David Banks
5	Ohio	Herman Chongwaing Zarik Brown Brett Shannon Denzel Feagin	Dayton Belmont (OH) Huber Heights Wayne (OH) Solon (OH) Pickerington Central (OH)	David Reide Mike Fernandez Jim Wallace Jason Roach

TOP MIDWEST MEET PERFORMANCES			TIME	STATE	YEAR
40.05	Ohio	1990	40.83	Indiana	1982
40.24	Ohio	1998	40.83	Indiana	1982
40.66	Ohio	2003	40.89	Michigan	2012
40.71	Michigan	1975	40.94	Michigan	1988
40.81	Ohio	2005	40.95	Michigan	1984



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## Women's 400-meter dash

LANE	NAME	SCHOOL	2019 BEST	COACH
4	Lauren Thomas	West Lafayette (IN)	54.92	Lane Custer
5	Kaylee Lane	Elwood (IN)	56.53	Chuck Foga
3	Marin Valentine	Mariemont (OH)	57.1	Natalie Dragovich
6	Andrea Armstrong	Milford (OH)	57.41	Shane Bartholomew
2	Anna Roach	Valley View (OH)	57.5	Devin Stoutenborough
7	Jakarri Alven	Grand Rapids Catholic Central (MI)	57.55	Dave Snyder
1	Allison Rand	Jackson Lumen Christi (MI)	57.74	Mike Woolsey
8	Asia Smith	Flushing (MI)	57.83	Marcus Endicott

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
53.56 Mehawn Graham	Toledo Bowsher (OH)	2008
54.25 Maicel Malone	Indianapolis North Central (IN)	1987
54.61 Emma Lane	Mentor (OH)	2017
54.63 Anna Jefferson	Oak Park (MI)	2016
54.64 Erin Humphrey	Ypsilanti Lincoln (MI)	2006
54.88 Erica Shepard	Detroit Cass Tech (MI)	1993
54.91 Maya Long	Ann Arbor Huron (MI)	2012
55.04 Mahogany Jones	Cleveland Rhodes (OH)	2009
55.15 Karrington Winters	New Albany (OH)	2015

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*The following businesses, organizations, groups and individuals have made financial donations or contributed in-kind gifts in support of this year's track and field meet.*

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WEH RWIN

## Men's 400-meter dash

LANE	*1ST HEAT	NAME	SCHOOL	2019 BEST	COACH
4		Matthew Harlon	Carmel (IN)	47.89	Keith Iddings
5		Josh Page	Dublin Coffman (OH)	48.13	Kathryn Slaven
3		Gideon Abimbola	Westerville South (OH)	48.13	Jimmy Gaul
6		Micah Camble	New Albany (IN)	48.18	Kyle Weigleb
2		Daunte O'Banion	Madison Consolidated (IN)	48.44	Scott Holcroft
7		Justin Kudera	Yale (MI)	48.74	Brian Bearss
*4		Berry Matthews	Salem (MI)	49.68	Jim Crabill
*5		Tyler Burrell	Walled Lake Central (MI)	49.72	Neb Stojkovic & Justin Schumacher
*3		James Molnar	Kettering Fairmont (OH)	49.78	Steven McDonald

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
46.19	Tyler Johnson	Dayton Stivers (OH)
46.29	Montel Hood	Wayne Memorial (MI)
46.55	Darnell Hall	Detroit Pershing (MI)
46.78	Godfrey Herring	Pontiac Northern (MI)
46.89	Chris Giesting	Batesville (IN)
46.95	John Guagenti	Bluffton (OH)
46.98	Rod Moore	Elyria (OH)
47.17	Ryan Hayden	Lawrence North (IN)
47.32	Thomas Murdaugh	Dublin Scioto (OH)

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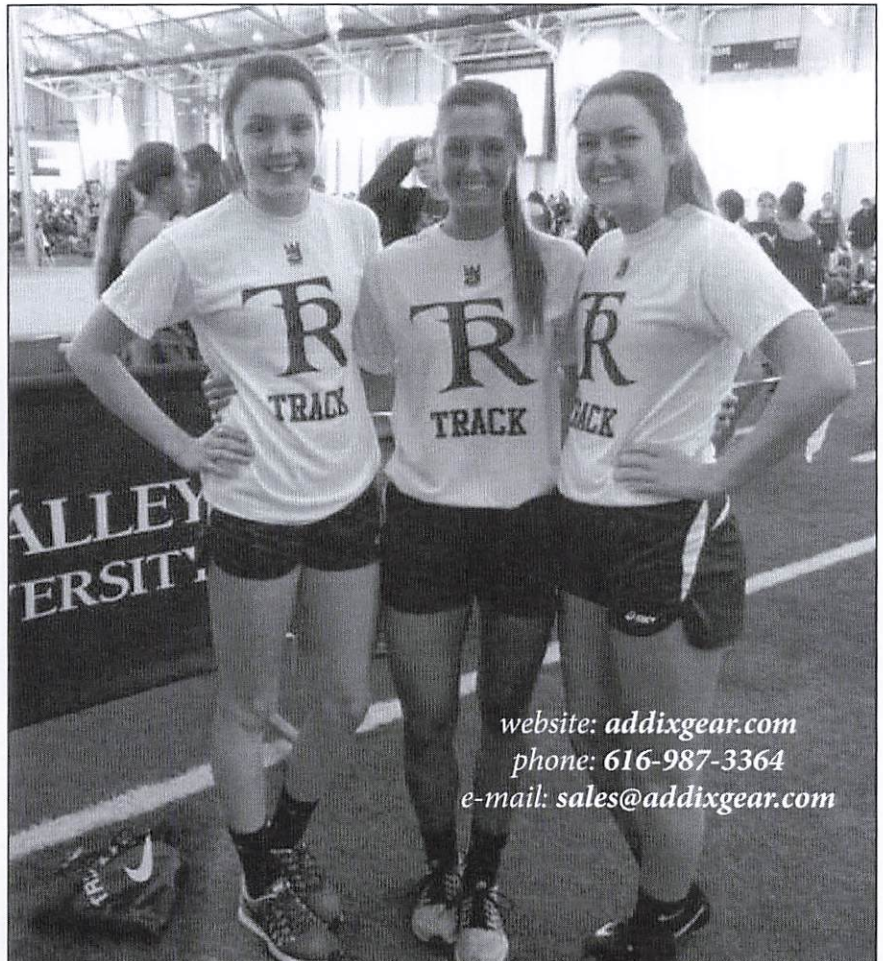
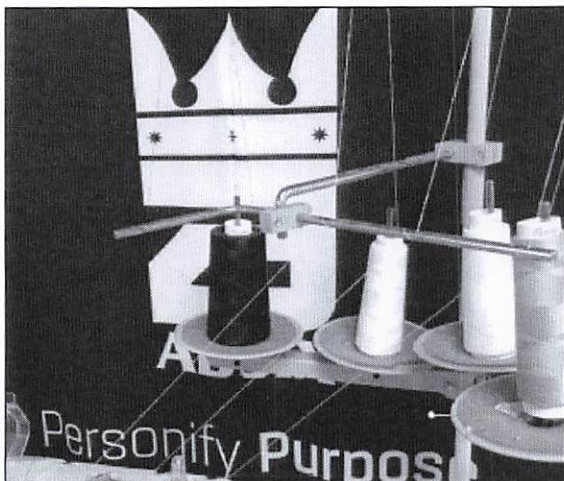
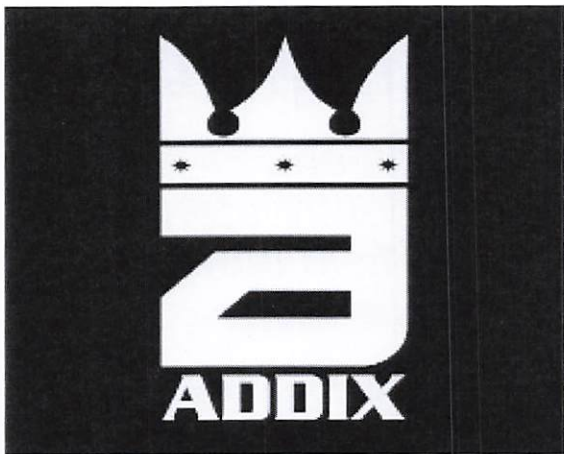


BOB STEELE

# Women's 300-meter intermediate hurdles

LANE	*1ST HEAT	NAME	SCHOOL	2019 BEST	COACH
4		Lauren Fulcher	Troy (MI)	42.75	Matt Richardson
5		Isabelle Angerman	Dublin Coffman (OH)	43.41	Greg King
3		Madi Person	Ursuline Academy (OH)	43.36	Don Davolio
6		Leila Hill	Clayton Northmont (OH)	43.73	Joe Barnes
2		Tierra Sydnor	Hamilton Southeastern (IN)	43.93	Julie Alano
7		Madison Eaton	Lake Orion (MI)	44.42	David Hutson
*4		Cassandra Campbell	Fenton (MI)	44.43	Melanie Hall
*5		Ayana Parchman	Lawrence Central (IN)	44.73	Tim Richey
*3		Dylan Kirkwood	Fort Wayne Northrop (IN)	45.14	Terry Milton

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
41.22	Dalanda Jackson	Shaker Heights (OH)	2000
41.90	Angela Craft	Columbus Northland (OH)	1997
42.21	Arnika Edwards	Cincinnati Mt. Healthy (OH)	1994
42.23	Melody Farris	Lorain (OH)	2012
42.45	Skyler Carpenter	Westview (IN)	2012
42.49	Christienne Linton	Romulus (MI)	2009
42.54	Amber Smith	Cleveland Collinwood (OH)	2010
42.70	Nikkie Bouyer	Lansing Sexton (MI)	1994
42.71	Brianna Holloway	Oak Park (MI)	2016



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**BDB STEELE**

# Men's 300-meter low hurdles

LANE	*1ST HEAT	NAME	SCHOOL	2019 BEST	COACH
4		Evan Matthews	Pickerington Central (OH)	36.12	Jason Roach
5		Keshaun Harris	Waverly (MI)	37.75	Dave Pike
3		Austin Tyree	Springfield (OH)	37.82	Michael Davis
6		Tyler Hannah	Lakewood (OH)	37.93	Mike Dow
2		Trey Stebben	Portage (IN)	38.15	Nick Haas
7		Carson Jenson	Milford (MI)	38.37	Brian Salyers
*4		Elijah Ealy	East Kentwood (MI)	38.58	Dave Emeott
*5		Steven Burkhart	South Knox (IN)	38.80	Travis Herb
*3		Sammy Sommers	Oak Hill (IN)	39.31	Paige Brunner

TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
36.34	Derrick Williams	Glen Oak (OH)	2001
36.59	Jack Lint	Columbus Academy (OH)	2014
36.63	Bryce Brown	Evansville Harrison (IN)	2007
36.76	Desmond Palmer	Pickerington North (OH)	2013
36.86	Roscoe Payne	Flint Carman-Ainsworth (MI)	2008
36.98	Ali Arastu	Northville (MI)	2010
37.04	Connor Stapleton	Center Grove (IN)	2013
37.11	Steele Wasik	Lakewood St. Edward (OH)	2014
37.14	Luke Norris	Lebanon (OH)	2011

# MITCA

## Michigan Interscholastic Track Coaches Association

MITCA is dedicated to the education of student-athletes and promotion of the sports of Cross Country and Track & Field through a variety of programs:

- + Awards for the Coach
- + Awards for the Participant
- + Competitions
- + Education

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- + Mid-East Cross Country Meet
- + MITCA Team State Track & Field

#### Educational Programs:

- + Annual Cross Country Coaching Clinic each November
- + Annual Track & Field Coaching Clinic with Student Sessions
- + Online Cross Country & Track And Field News

**Visit Our Website At: [www.mitca.org](http://www.mitca.org)**



# Women's 800-meter run

ALLEY	NAME	SCHOOL	2019 BEST	COACH
2A	Sam Bush	Turpin (OH)	2:08.00	Carolyn Rimmell
3A	Morgan Walsh	West Clermont (OH)	2:11.30	Shane Hiekenfield
1A	Ellie Tate	West Lafayette (IN)	2:12.00	Lane Custer
4A	Amber Gall	Shepherd (MI)	2:12.47	Carey Hammel
2B	Makenna Heimlich	Shelby (OH)	2:13.70	Anne Marie Wise
3B	Grace Dean	Lawrence North (IN)	2:13.77	Hillary Church
1B	Maddie Brown	Brighton (MI)	2:14.76	Kristi Matuszewski
4B	Ashlyn Tait	Howell (MI)	2:14.76	Tony Kandt
2C	Ellie Schroeder	Guerin Catholic (IN)	2:16.17	Tom Gallagher

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
2:07.09	Eursula Farrow	Oak Park (MI)	2015
2:07.45	Genna Gall	Grand Blanc (MI)	2005
2:07.96	Becca Addison	Grand Haven (MI)	2009
2:07.77	Annie Fuller	Manistee (MI)	2015
2:09.05	Sara Barron	Pontiac Notre Dame (MI)	2012
2:09.27	Brittany Neeley	Greentown Eastern (IN)	2013
2:09.79	Abby Farley	Indianapolis Park Tudor (IN)	2011
2:09.86	Brook Handler	Rochester (MI)	2011
2:09.94	Lauren Burnett	Macomb Dakota (MI)	2013

***Detroit Redford High School Track and Field Alumni  
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***Good luck to all participants!  
Go TEAM MICHIGAN!***



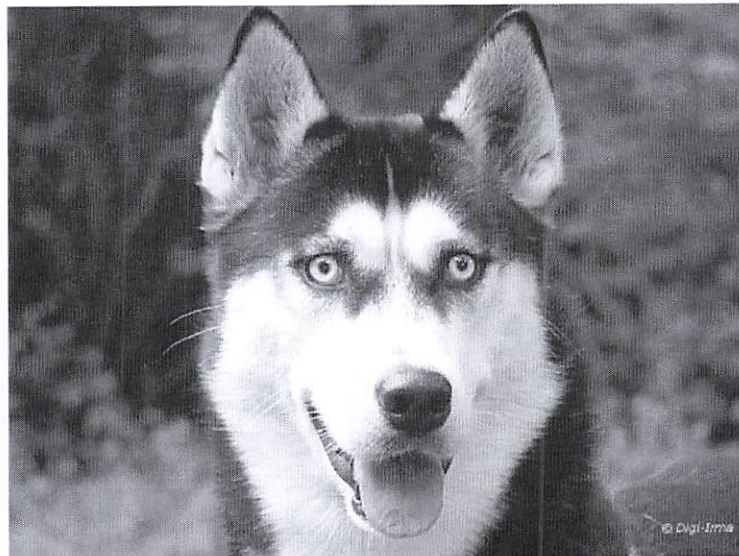
JIM CLEVERLEY

## Men's 800-meter run

ALLEY	NAME	SCHOOL	2019 BEST	COACH
2A	Nicholas Couyoumjian	Northville (MI)	1:52.87	Tim Dalton
3A	Luke Griner	Wawasee (IN)	1:52.89	Frank Pizana
1A	Nick Foster	Ann Arbor Pioneer (MI)	1:52.96	Don Sleeman
4A	Carson Bakker	Covenant Christian (IN)	1:53.12	Jay Starkey
2B	Joe Peterson	West Lafayette (IN)	1:53.40	Lane Custer
3B	Lucas Houk	Huber Heights Wayne (OH)	1:53.48	Jason Craig
1B	Parker Raymond	Rochester Adams (MI)	1:53.58	Eric Lohr
4B	Ramen Felumlee	Licking Valley (OH)	1:55.43	Matt Sorg
2C	Weston Kundo	Liberty Center (OH)	1:55.89	Matt Bryan

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
1:49.27 Tommy Brinn	Otsego (MI)	2009
1:49.97 Cooper Williams	West Lafayette (IN)	2016
1:50.00 Nick Kaiser	Temperance Bedford (MI)	2011
1:50.41 Jake Hilner	Wadsworth (OH)	2010
1:50.53 Drake Gauthier	Grand Blanc (MI)	2015
1:50.54 John Anich	Hoban (OH)	1976
1:50.87 Nathan Hendershot	Pendleton Heights (IN)	2010
1:51.02 Ryan Adams	Cuyahoga Valley Christian (OH)	2015
1:51.26 Lamont Williams	Indianapolis Washington (IN)	1980

### ***Detroit Redford High School Track and Field Alumni 1961 and 1962 state cross country champions***



***Good luck to all participants!  
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CHERYL GILLIAM

# Women's 200-meter dash

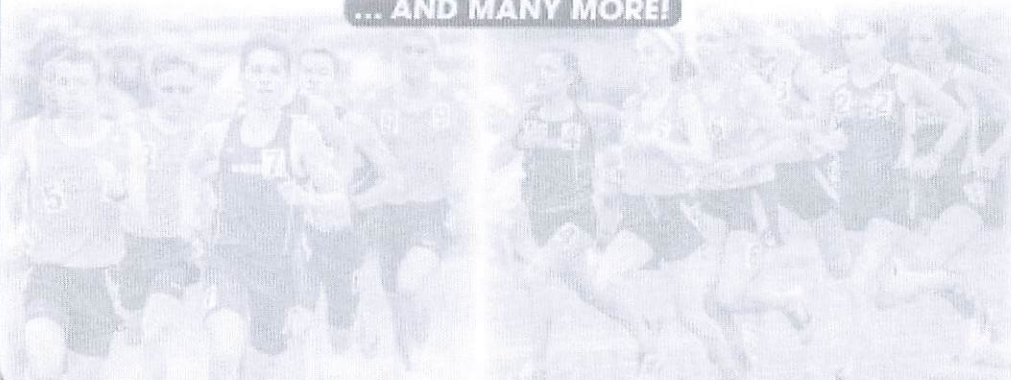
LANE	*1ST HEAT	NAME	SCHOOL	2019 BEST	COACH
4		Jameila Hunter	Pickerington North (OH)	24.17	Jim Langenderfer
5		Alyssa-Simone Robinson	North Central (IN)	24.35	Mark Haste
3		Diamond Myers	Akron Buchtel (OH)	24.99	Orlando Green
6		Jailyn Ross	Pike (IN)	25.02	Kenneth Franklin
2		Tianna Mulligan	Perrysburg (OH)	25.06	Andrea Monheim
7		Reghan Draper	Plymouth (MI)	25.59	Ricky Styes
*4		Kiara Gentry	Chippewa Valley (MI)	25.75	Terry Wilson
*5		Mone Knowles	Utica (MI)	25.96	Chris Scott
*3		Payton McHenry	Merrillville (IN)		Kelly Kratz

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
23.81 Kyra Jefferson	Detroit Cass Tech (MI)	2012
23.88 Latricia Joyner	Toledo Scott (OH)	1988
23.93 Sekayi Bracey	East Kentwood (MI)	2016
23.95 Aisha Cavin	Bishop Hartley (OH)	2011
23.96 Lynna Irby	Pike (IN)	2017
24.00 Nicole Green	Springfield South (OH)	1990
24.11 Collett Ellison	Macomber-Whitney (OH)	1987
24.11 Chandra Goodman	Gary Roosevelt (IN)	1991
24.17 Anavia Battle	Wayne Memorial (MI)	2017

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*CHERYL GILHAM*

# Men's 200-meter dash

LANE	NAME	SCHOOL	2019 BEST	COACH
4	Zarik Brown	Huber Heights Wayne (OH)	21.35	Mike Fernandez
5	Denzel Feagin	Pickerington Central (OH)	21.44	Jason Roach
3	Jalen Bowman	Evansville Central (IN)	21.61	Kindell Wilson
6	Wyatt Kline	Centerville (OH)	21.82	Matt Somerlot
2	Max Darling	Holt (MI)	21.88	Ross Malatinsky
7	Quin Broussard	Grand Blanc (MI)	22.08	Edward Stanbury
1	Davion Blacknell	East Chicago (IN)		Maurice Phillips
8	Micah Camble	New Albany (IN)		Kyle Weigleb

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR	
20.87	Marvin Setzer	Hammond Bishop Noll (IN)	1988
21.03	Bobby Cruse	Levittsburg LeBrea (OH)	1997
21.05	Lashaunte Edwards	Cleveland Rhodes (OH)	1997
21.10	Chris Brown	Toledo DeVilbiss (OH)	1988
21.10	Scott Wimms	Fort Wayne Northrop (IN)	2006
21.19	John Story	Gary Roosevelt (IN)	1986
21.20	James Estrada	Fostoria (OH)	1995
21.22	Dwayne Strozier	Flint Powers Catholic (MI)	1975
21.25	Ted Ginn Jr.	Glenville (OH)	2004



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NEIL SOPER

# Women's 3200-meter run

ALLEY	NAME	SCHOOL	2019 BEST	COACH
2A	Lulu Black	Hamilton Southeastern (IN)	10:39.01	Julie Alano
3A	Anastasia Tucker	Midland Dow (MI)	10:42.67	Maggie Rettelle
1A	Jillian Lange	Goodrich (MI)	10:45.26	Allen Warden
4A	Heidi Heuerman	Upper Arlington (OH)	10:48.78	Scott Myers
2B	Lex Brookshire	Olentangy (OH)	10:49.23	Jen Sosa
3B	Jamie Reed	Ada Forest Hills Eastern (MI)	11:02.97	Daniel McElheny
1B	Megan Cole	South Ripley (IN)	11:09.00	Jim Cole
4B	Ashton Chase	Seymour (IN)	11:10.00	

TOP MIDWEST MEET PERFORMANCES	SCHOOL	YEAR
10:24.87	Amy Yoder East Noble (IN)	1996
10:28.07	Lauren Wood Mason (OH)	2013
10:29.48	Gabrielle Anzalone Grand Blanc (MI)	2011
10:30.71	Rachel McCardell Birmingham Seaholm (MI)	2018
10:32.91	Jackie Conrad Marysville (OH)	1996
10:34.58	Nicole LaSalle Chaminade-Julienne (OH)	1996
10:35.13	Eileen Fleck East Lansing (MI)	1994
10:35.82	Ali Wiersma Allendale (MI)	2012
10:38.13	Perri Bockrath Archbishop Alter (OH)	2018
10:38.14	Heather Slay East Grand Rapids (MI)	1989



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# Men's 3200-meter run

*78 Tony Magni  
Lou*

ALLEY	NAME	SCHOOL	2019 BEST	COACH
2A	Vincent Mauri	Howland (OH)	9:03.63	Logan Sheptock
3A	Caleb Futter	Christian Academy (IN)	9:03.97	Steve Wagner
1A	Evan White	Highland Milford (MI)	9:05.28	Brian Salyers
4A	John Florence	Ann Arbor Pioneer (MI)	9:05.31	Don Sleeman
2B	Jacob Harris	Toledo Whitmer (OH)	9:11.04	Jeremy Elliott
3B	Aden Smith	Alpena (MI)	9:11.29	Collin Riffert & Joe Donajkowski
1B	Andrew Sarmir	Kettering Fairmont (OH)	9:19.40	Aaron Baker
4B	Jacob Corbett	New Prairie (IN)	9:20.14	David Dailey
2C	Ethan Meyer	Fishers (IN)	9:24.32	Nathan Warnecke

TOP MIDWEST MEET PERFORMANCES		SCHOOL	YEAR
8:57.16	Lex Williams	Dexter (MI)	2005
8:58.74	Dave Bensema	Chicago Richards (IL)	1977
8:59.18	Rick Pittman	Cleveland East Tech (OH)	1980
8:59.81	Walter Luttrell	Dayton Christian (OH)	2008
9:00.81	David Williams	Evansville North (IN)	1981
9:01.24	Maverick Darling	Ovid-Elsie (MI)	2008
9:03.00	Garret Zuk	White Lake Lakeland (MI)	2012
9:03.25	Doug Bockenstette	Cincinnati LaSalle (OH)	1994
9:03.56	Mark Smith	Cadillac (MI)	1981



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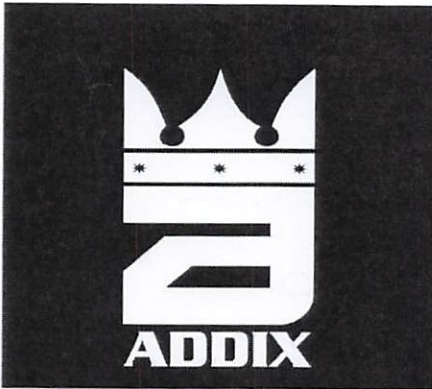


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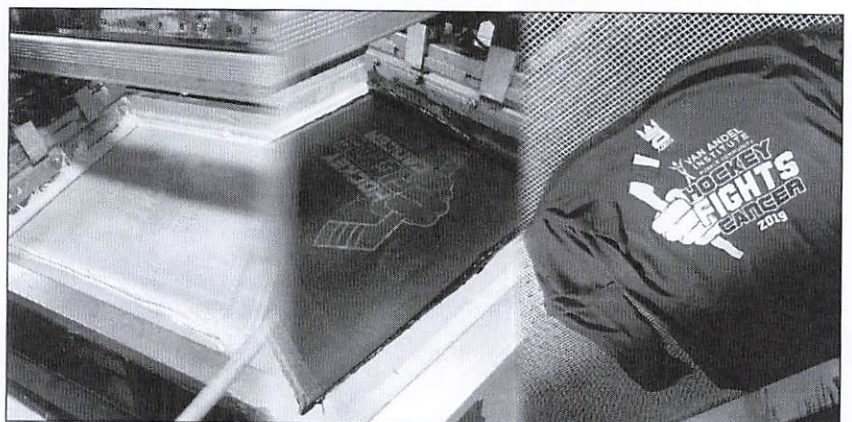
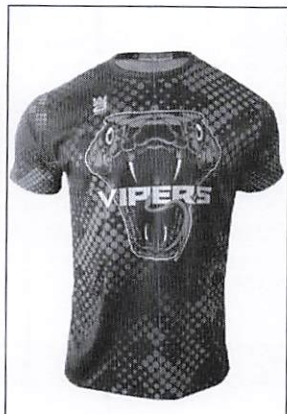
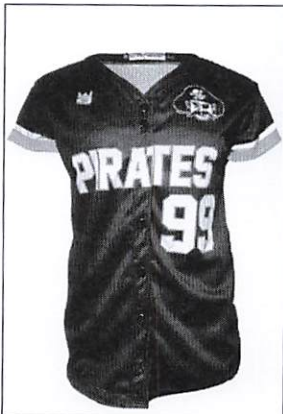
# Women's 1600-meter (4 x 400) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Ohio	Andrea Armstrong Gia Napoleon Isabelle Angerman Madison Martinez	Milford (OH) Thomas Worthington (OH) Dublin Coffman (OH) Gahanna Lincoln (OH)	Shane Bartholomew Andy Cox Greg King Roger Whittaker
4	Indiana	Tierra Sydnor Julie Hammons Kaylee Lane Lauren Thomas	Hamilton Southeastern (IN) Hamilton Southeastern (IN) Elwood (IN) West Lafayette (IN)	Julie Alano Julie Alano Chuck Foga Lane Custer
5	Michigan	Jakarri Alven Lauren Fulcher Amber Gall Allison Rand	Ada Forest Hills Eastern (MI) Troy (MI) Shepherd (MI) Jackson Lumen Christi (MI)	Daniel McElheny Matt Richardson Carey Hammel Mike Woolsey

TOP MIDWEST MEET PERFORMANCES				TIME	STATE	YEAR
3:42.50	Indiana	2011	3:44.75	Ohio	2016	
3:43.40	Ohio	2017	3:44.96	Ohio	1982	
3:43.49	Ohio	2010	3:45.99	Michigan	2011	
3:44.23	Indiana	2017	3:46.10	Michigan	2017	
3:44.69	Indiana	2010	3:46.30	Ohio	2011	



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# Men's 1600-meter (4 x 400) relay

LANE	STATE	RELAY MEMBERS	SCHOOL	COACH
3	Ohio	Jayvion Benton Terry Simuel Nate Simons Zarik Brown	Elyria (OH) Pickerington Central (OH) Canal Winchester (OH) Huber Heights Wayne (OH)	Jason Roach
4	Indiana	Maurice Higgins Brayden Crosby Damien Clay De'Armond Talton	Ben Davis (IN) New Albany (IN) North Central (IN) Ft. Wayne South Side (IN)	Mike Fernandez Mike Davidson Kle Weigleb Yaylor Marshall Thomas Nolan
5	Michigan	Jacob Denison Jordon Brown Jeronn Body Gunnar Gustafson	Tecumseh (MI) Niles (MI) Grand Blanc (MI) Milford (MI)	Wes Harden Joseph Tony Todd Ed Stanbury Brian Salyers

TOP MIDWEST MEET PERFORMANCES	TIME	STATE	YEAR		
3:08.84	Indiana	2011	3:10.42	Illinois	1985
3:09.34	Ohio	2011	3:10.70	Ohio	1990
3:09.39	Ohio	2008	3:11.07	Ohio	2001
3:09.58	Michigan	1994	3:11.21	Ohio	1998
3:10.11	Ohio	1997	3:11.29	Illinois	1980



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## 3 SIMPLE STEPS TO GOOD FORM

### #1 POSTURE

Feet straight, knees relaxed.  
Head level, eyes looking forward.  
Clasp hands, stretch and reach to the sky, elongating spine.  
Drop arms to sides at a 90° angle. Keep arms & shoulders relaxed.  
Use compact arm swings, avoid crossing the body's center line.

### #2 LANDING

Land midfoot first, not on heel.  
Entire foot lands softly, under hip line, not out front (overstriding).  
Run light, avoid pounding.  
Landing under hips promotes a balanced running position minimizing friction (braking).  
Increasing cadence (taking shorter, quicker strides) reduces the chance of overstriding.

### #3 LEAN

Lean from the ankles without bending at the waist.  
Keep weight slightly forward and flex at the ankles.  
Use gravity to help generate forward momentum.  
Reset posture, then lean tall into a jog.

### COMMON FORM RUNNING VS GOOD FORM RUNNING

Slouching posture, backward lean, heel striking & overstriding lead to inefficient effort, excessive body shock, braking forces and many common injuries.

Better body alignment, midfoot landing, higher cadence & a forward lean ensure an easier run, increased efficiency, and greatly reduce the chance of injury.



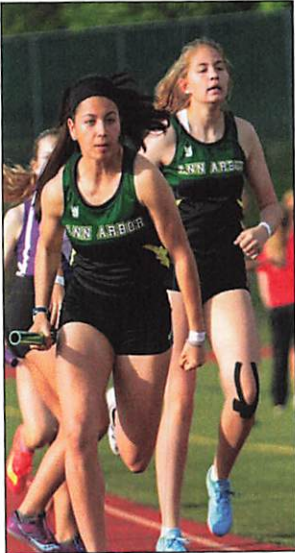
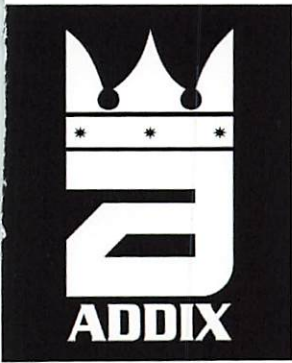
# 2018 Midwest Meet of Champions results

**MEN'S TEAMS**--Indiana 200, Michigan 153, Ohio 120

- 100-METER DASH**--1. Thomas Robertson (MI) 10.65, 2. Blayne Harrington (IN) 10.83, 3. Quincy Scott (OH) 10.83, 4. Logan Bloir (OH) 10.87, 5. Erik LaBonte (MI) 10.9, 6. Joe Stevens (MI) 11.01, 7. Jarquez Cornell (OH) 11.02, 8. Greg Milledge (IN) 11.34
- 200 DASH**--1. Donnie James (MI) 21.72, 2. Keyshawn McGill (IN) 22.19, 3. Malcom McIntyre (MI) 22.34, 4. Asa Hodrick (OH) 22.44, 5. Isaiah Baxter (IN) 22.55, 6. Logan Bloir (OH) 22.97, 7. John Garza (OH) 23.31, 8. Ricky Thornton (IN) 23.34
- 400 DASH**--1. Braden Corzan (IN) 47.79, 2. Sam Janson (OH) 48.11, 3. Spencer Gudgel (IN) 48.96, 4. Marcus Montgomery (MI) 49.87, 5. Art Williams (OH) 49.97, 6. Naythan Haslam (MI) 50.17, 7. Anthony Fordham (MI) 50.37, 8. Asa Hodrick (OH) 50.71
- 800 RUN**--1. Netunji Paige (MI) 1:51.93, 2. Jalen Royal (IN) 1:52.82, 3. Josh Conrad (OH) 1:53.22, 4. Josiah Morse (MI) 1:53.8, 5. Jacob Lough (IN) 1:53.84, 6. Nick Miller (OH) 1:54.1, 7. Keith Abramson (IN) 1:56.84, 8. Steven Barker (MI) 1:57.17, 9. Cameron Tarr (OH) 2:00.42
- 1600 RUN**--1. Tom Oates (MI) 4:11.93, 2. Shuaib Aljabaly (MI) 4:13.27, 3. Nathan Cousino (OH) 4:13.41, 4. Gabe Szalay (OH) 4:18.84, 5. Austin Remick (MI) 4:21.55, 6. Jacob Wisniewski (IN) 4:24.9, 7. Connor White (IN) 4:26.51, 8. Ethan Sparks (OH) 4:30.01, 9. Shane Pursch (IN) 4:31.64
- 3200 RUN**--1. Ian Hunter (IN) 9:14.83, 2. Noah Hufnagel (IN) 9:17.79, 3. Gabriel Mudel (MI) 9:18.16, 4. Joe Spitzer (OH) 9:21.19, 5. Abdi Ahmed (MI) 9:23.29, 6. Brenden Allen (MI) 9:27.38, 7. Caden Sauerbrey (OH) 9:36.64, 8. Jackson Siddall (OH) 10:00.19
- 110 HURDLES**--1. Tremaine Gonzalez (IN) 14.26, 2. Jalani Allen (OH) 14.32, 3. Parker Aerts (MI) 14.33, 4. Jackson Blanchard (MI) 14.36, 5. Crockett Schooler (OH) 14.38, 6. Shaton Vaughn (IN) 14.45, 7. Joshua Byars-Mason (OH) 14.48, 8. Jalen Webster (IN) 14.63, 9. Cassidy Henshaw (MI) 15.19
- 300 HURDLES**--1. Shaton Vaughn (IN) 37.56, 2. Jackson Blanchard (MI) 38.02, 3. Matt Sakeuh (IN) 38.77, 4. Joshua Byars-Mason (OH) 38.91, 5. Crockett Schooler (OH) 39.03, 6. Nathan Smith (IN) 39.23, 7. Corbin DeJonge (MI) 39.97, 8. Adam Bailey (MI) 40.05, 9. Nigel Beal (OH) 40.1
- 400 (4x100) RELAY**--1. Indiana 41.93, 2. Ohio 43.76
- 800 (4x200) RELAY**--1. Michigan 1:25.61, 2. Indiana 1:27.94, 3. Ohio 1:29.47
- 1600 (4x400) RELAY**--1. Indiana 3:12.14, 2. Ohio 3:12.83, 3. Michigan 3:12.91
- 3200 (4x800) RELAY**--1. Ohio 7:39.98, 2. Michigan 7:47.01, 3. Indiana 7:54.93
- SHOT PUT**--1. Brett Norton (IN) 61-1, 2. Grayson Zinn (IN) 56-3/4, 3. Brock King (IN) 55-0/4, 4. Zach Gipple (MI) 54-9/4, 5. Joel Crain (OH) 54-3/4, 6. Brandon Mosher (OH) 54-2, 7. Jack Boyle (MI) 53-8/4, 8. Jacob Ager (MI) 53-8/4, 9. Ryan Smith (OH) 52-4
- DISCUS**--1. Tyler Gilbert (IN) 171-7, 2. Brock King (IN) 168-7, 3. Brendan Knoll (MI) 162-9, 4. Gavin McIntyre (MI) 161-10, 5. Quinton Webb (OH) 157-10, 6. Jason Ribbentrop (MI) 155-5, 7. Grayson Zinn (IN) 154-1, 8. Dylan Litreal (OH) 146-6, 9. Ryan Smith (OH) 117-6
- HIGH JUMP**--1. Nathan Patterson (IN) 6-8, 2. Isaac Brown (IN) 6-6, 3. Cassidy Henshaw (MI) 6-4, 4. Peter Kaltoff (MI) 6-4, 5. Jacob Marsh (IN) 6-1, 5. Jaden Zaitshik (MI) 6-1, 5. Josh Conrad (OH) 6-1
- POLE VAULT**--1. Colton Crum (IN) 15-6, 2. Eric Harris (MI) 15-6, 3. Austin Goolsby (OH) 15-6, 4. Dillon Richard (IN) 15-3, 5. Trevor Stephenson (MI) 15-0, 6. Alex Inosencio (MI) 15-0, 7. Ben Scharf (OH) 14-6
- LONG JUMP**--1. Quincy Scott (OH) 22-11 1/2, 1. Daiton Sharp (OH) 22-11 1/2, 3. Nick Ryan (IN) 22-10 1/4, 4. Bobby Casey (OH) 22-6, 5. Brock Gross (MI) 22-4 1/4, 6. Chance Setzke (MI) 21-10, 7. Jordon Butler (MI) 21-4, 8. Tyler Benz (IN) 20-9 1/2

**WOMEN'S TEAMS**--Ohio 212 1/2, Michigan 188, Indiana 74 1/2

- 100-METER DASH**--1. Caisja Chandler (OH) 11.84, 2. Mia Knight (OH) 11.93, 3. Camille Christopher (IN) 11.97, 4. Mizan Thomas (MI) 12.13, 5. McKenzie Long (OH) 12.39, 6. Faith Terry (MI) 12.53, 7. Hailey Marietta (MI) 12.92, 8. Sheniya Brown (IN) 12.93
- 200 DASH**--1. Caisja Chandler (OH) 24.37, 2. Camille Christopher (IN) 25.97, 3. Nijiyah Holden (MI) 26.08, 4. Jocelyn Huffman (OH) 26.12, 5. Hailey Marietta (MI) 26.54, 6. Lexi Moriarty (IN) 26.8
- 400 DASH**--1. Ruby Greenwood (OH) 57.8, 2. Jazzlynn Gaiters (OH) 58.46, 3. Amari Newsom (MI) 59.18, 4. Sydney Crouch (OH) 59.39, 5. Hanna Anderson (IN) 59.7, 6. Alexandra Hanson (MI) 1:01.94, 7. Nala Barlow (MI) 1:07.63
- 800 RUN**--1. Katie Osika (MI) 2:10.53, 2. Melanie Helder (MI) 2:12.29, 3. Anne Forsyth (MI) 2:12.4, 4. Jenna Kill (OH) 2:13.83, 5. Destini Oler (OH) 2:14.73, 6. Jenna Barker (IN) 2:16.66, 7. Katerina Shuble (IN) 2:17.8, 8. Madeline LaBouf (OH) 2:29.37
- 1600 RUN**--1. Karena Duffey (MI) 4:53.13, 2. Samantha Saenz (MI) 4:54.87, 3. Claire Steigerwald (OH) 4:56.47, 4. Gabby Swider (MI) 5:01.57, 5. Margo Hornocker (IN) 5:02.62, 6. Malina Mitchell (OH) 5:07.82, 7. Emily Sreenen (OH) 5:15.04
- 3200 RUN**--1. Rachel McCardell (MI) 10:30.71, 2. Perri Bockrath (OH) 10:38.13, 3. Sielle Kearney (MI) 10:40.56, 4. Sophie Carrier (OH) 10:44.59, 5. Tyler Schwartz (IN) 10:45.88, 6. Natalie Graber (IN) 10:54.33, 7. Rachel Kempf (MI) 10:57.87, 8. Sydney Seymour (OH) 11:06.47, 9. Emma Keesling (IN) 11:19.7
- 100 HURDLES**--1. Victoria Abunaw (OH) 14.28, 2. Alex Eby (OH) 14.78, 3. Mia Mackenzie (IN) 14.99, 4. Nakita Turner-Lee (IN) 15.02, 5. Emily Shaub (MI) 15.03, 6. Heather Meadows (MI) 15.37, 7. Faith Jackson (IN) 15.54, 8. Gracie Dennison (OH) 15.73, 9. Baleigh Ireland (MI) 15.97
- 300 HURDLES**--1. Hannah Blakely (MI) 45.33, 2. Victoria Abunaw (OH) 46.67, 3. Mia Mackenzie (IN) 47.14, 4. Baleigh Ireland (MI) 47.77, 5. Kennedy Coker (OH) 47.8, 6. Gracie Dennison (OH) 47.84, 7. Emily Shaub (MI) 48.44
- 400 (4x100) RELAY**--1. Ohio 47.18, 2. Michigan 47.31, 3. Indiana 48.15
- 800 (4x200) RELAY**--1. Ohio 1:41.74, 2. Michigan 1:44.95, 3. Indiana 1:48.07
- 1600 (4x400) RELAY**--1. Ohio 3:55.18, 2. Michigan 3:59.28, 3. Indiana 4:00.53
- 3200 (4x800) RELAY**--1. Ohio 9:10.62, 2. Michigan 9:13.35, 3. Indiana 9:35.57
- SHOT PUT**--1. Corinne Jemison (MI) 44-5 1/2, 2. Malin Smith (MI) 44-4 1/2, 3. Izzy Kline (OH) 42-3/4, 4. Simi Akinrinsola (IN) 41-6 1/4, 5. Grace Rigel (OH) 38-11 1/2, 6. Ali Aldrich (MI) 38-3/4, 7. Autumn Mohan (OH) 38-3 1/2
- DISCUS**--1. Corinne Jemison (MI) 164-4, 2. Malin Smith (MI) 153-11, 3. Briana Wright (OH) 137-9, 4. Amanda Schaare (MI) 137-7, 5. Autumn Mohan (OH) 136-8, 6. Maci Heimlich (IN) 130-10, 7. Katie Seyfang (OH) 129-6, 8. Simi Akinrinsola (IN) 122-4
- HIGH JUMP**--1. Marisa Gwinner (OH) 5-7, 1. Julia Smith (OH) 5-7, 3. Addie Wanner (IN) 5-5, 3. Emma Daugherty (OH) 5-5, 5. Hannah Hall (MI) 5-0, 5. Hannah Hood-Blaxill (MI) 5-0
- POLE VAULT**--1. Jessica Mercier (MI) 12-9, 2. Siobhan Szerencsits (OH) 12-6, 3. Jessica Bray (IN) 12-6, 4. Alex Eby (OH) 12-3, 5. Maria Siciliano (IN) 11-6, 5. Deidra Morrison (OH) 11-6, 7. Avery Shell (MI) 11-6, 8. Calli Ostapowicz (MI) 11-6, 9. Brittney Clark (IN) 11-0
- LONG JUMP**--1. Taylor Robertson (OH) 17-7 3/4, 2. Lexi Moriarty (IN) 17-4 3/4, 3. Erin McCallum (MI) 17-2, 4. Ella Suliman (MI) 16-11, 5. Addie Wanner (IN) 16-9, 6. Harlie Sweet (MI) 16-7, 7. Jacquelyn Shields (OH) 16-5, 8. Megan Engel (OH) 15-9 1/4



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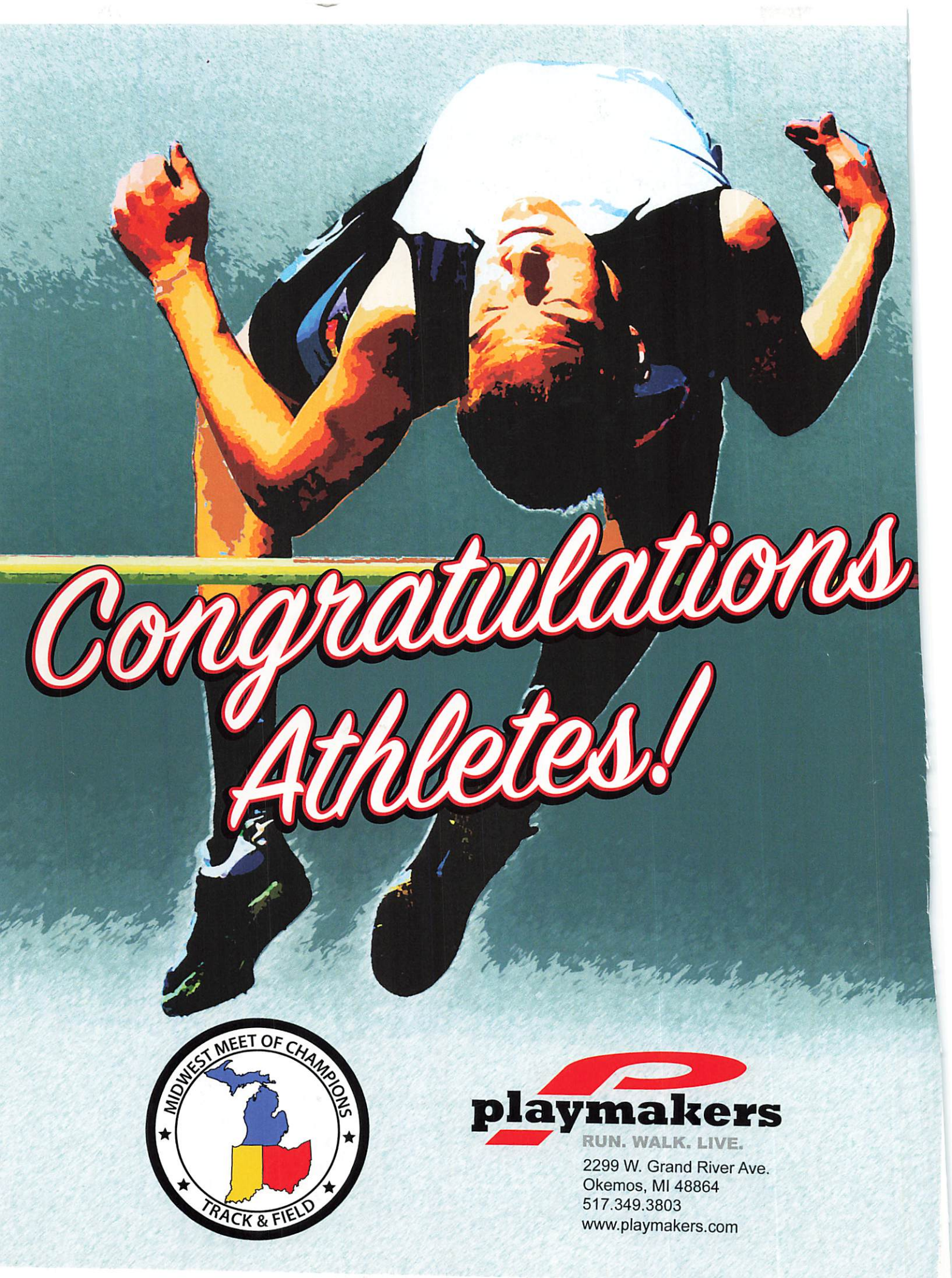
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