

Aquinas College MITS Meet - 2/1/2020

Cook Track Alksnis Fieldhouse

Results

Event 2 Girls 4x200 Meter Relay

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 Cook FH: R 12:52.12 1/16/2016 Showers, Sh  
 B Showers, A Mankey, A Freestone, C Allen  
 School Finals H#  
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Finals

1	Tone Up Elite 'A'	1:48.28R	1
	1) Barner, Aniah	2) Korytkowski, Taylor	
	3) Jackson, Jordyn	4) Kyle, Taylor	
2	Team Blue 'A'	1:50.39R	1
	1) Hill, Jayden	2) Spearing, Isabel	
	3) Stallworth, Arianna	4) Abdouch, Isabel	
3	Ohio State 'A'	1:56.14R	1
	1) Wilsey, Andi	2) Wilsey, Taylor	
	3) Bauserman, Hannah	4) Zentera, Ellen	
4	Disney Plus 'A'	1:57.80R	2
	1) Hoffman, Frances	2) Muller, Sydney	
	3) Bjorkman, Rylie	4) Skowronek, Trinity	
5	Douglas Running Club 'A'	1:58.89R	1
	1) Johnson, Jillian	2) Winsemius, Bailey	
	3) Soriano, Andrea	4) Pond, Catherine	
6	Up North 'A'	2:05.74R	1
	1) Edstrom, Sydney	2) O'malley, Maggie	
	3) Johnson, Jersey	4) Rigling, Elizabeth	
7	Infity of Whitelake 'A'	2:08.28R	2
	1) Erickson, Natalie	2) Bjorkman, Kendyl	
	3) Auch, Isabelle	4) Dyer, Emma	
8	Scmunkins 'A'	2:18.41R	2
	1) Antkoviak, Madeline	2) Ellis, Eva	
	3) Hillabrandt, Taylor	4) Muzik, Alexia	

Event 1 Boys 4x200 Meter Relay

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 Cook FH: R 11:20.76 1/16/2016 Johnson, Jo  
 M Johnson, A Simot, N Hendricks, A King  
 School Finals  
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1	Tone Up Elite 'A'	1:35.83R
	1) Mitchell, Javion	2) Rademacher, Jacob
	3) Smith, Najee	4) Vroman, Tyler
2	Paw Paw 'A'	1:39.76R
	1) Hindenach, Kolby	2) Muvrin, Luke
	3) Maichele, Jonah	4) Miller, Charles
3	Explosive Track 'A'	1:55.10R
	1) Lafey, Christopher	2) Snyder, Dylan
	3) Smith, Kaleb	4) Rietman, Lucas

Event 4 Girls 1600 Meter Run

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 Cook FH: R 5:31.52 1/16/2016 Logan Lockett, ER  
 Name Year School Finals H#  
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1	Vanderkooi, Abby	Fremont Unat	4:48.62R	1
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2	Mitchell, Maria	Ciceron Unat	5:16.67R	1
3	Hunter, Lauren	Haslett Unat	5:30.88R	1
4	Guikema, Maya	Grandville U	5:34.59	1
5	Howell, Landyn	Lowell Unat	5:35.34	1
6	Tomes, Emily	Dorr Unat	5:35.66	1
7	Duba, Maggie	Grand Rapids	5:38.08	1
8	Vanderkooi, Grace	Fremont Unat	5:40.08	1
9	Richmond, Hannah	Paw Paw Unat	5:40.56	1
10	Junewick, Ali	Grand Rapids	5:41.89	1
11	George, Aubrey	Fowler Unat	5:46.34	2
12	Moore, Soleil	Kentwood Una	5:47.84	1
13	Clague, Alanna	Kalamazoo Un	5:48.29	1
14	Vander Veen, Tori	Hudsonville	5:48.99	2
15	Winger, Ashley	Hudsonville	5:50.18	2
16	Tenelshof, Claudia	Unattached	5:50.99	2
17	Martin, Abby	Hudsonville	5:56.92	1
18	Clason, Ellory	Grand Rapids	5:58.09	2
19	Bodine, Camryn	East Grand R	6:00.16	1
20	Smith, Amelia	Muir Unat	6:00.91	2
21	Lamborne, Carley	Belding Unat	6:00.94	2
22	Allshouse, Lexie	Rockford Una	6:01.10	1
23	Goodich, Ashley	Otsego Unat	6:02.69	1
24	Vera, Jillian	Saugatuck Un	6:05.17	2
25	Vandeguchte, Elyse	Hudsonville	6:05.71	2
26	Wooer, Lauren	Kingsley Una	6:06.18	1
27	Clark, Faith	Muskegon Una	6:06.30	2
28	Otto, Maggie	Jenison Unat	6:07.02	1
29	Sweeney, Mara	Rockford Una	6:08.36	2
30	Esch, Julia	Pewamo Unat	6:12.66	2
31	Rickard, Gwendalynn	Morley Unat	6:15.13	3
32	Grimes, Rachel	Plainwell Un	6:15.55	3
33	Mcglynn, Grace	Battle Creek	6:18.49	2
34	Mcqueary, Sophie	Fennville U	6:18.71	2
35	Strockis, Nathalie	Grand Rapids	6:23.18	2
36	Hoffman, Jaelynn	Grand Rapids	6:23.35	2
37	Auch, Isabelle	Montague Un	6:27.46	2
38	Verbrugge, Rachel	Grand Rapids	6:30.34	2
39	Scott-farnsworth, Faye	Portage Una	6:32.54	3
40	Zahm, Mackenzie	Belding Unat	6:32.76	3
41	Meyers, Emily	Belding Unat	6:42.66	3
42	Stacy, Olivia	Portage Unat	6:43.51	3
43	Lever, Caroline	Mattawan Una	6:47.94	3
44	Brown, Camryn	Coloma Unat	6:49.22	3
45	Howitt, Lily	Holland Unat	7:11.54	3
46	Kooistra, Christina	East Jordan	7:18.56	3
47	Booton, Emma	Portage Unat	7:35.72	3
48	Gates, Olivia	Kalamazoo Un	7:52.35	3

Event 3 Boys 1600 Meter Run

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Cook FH: R 4:36.21 1/16/2016 Arik Lafave, HE

Name	Year School	Finals	H#
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1	Bowers, Corey	Cedar Spring	4:29.69R	1
	4:29.685 (4:29.685)			

2	Senti, Ethan	West Olive U	4:35.04R	1
	4:35.034 (4:35.034)			

3	Leman, Jack	Edwardsburg	4:37.39	1
	4:37.383 (4:37.383)			

4	Schieber, Matt	Portage Unat	4:37.89	1
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5	Taylor, Jaron	Lawton Unat	4:39.05	1
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6	Magley, Josiah	Ionia Unat	4:41.28	1
7	Graham, Colin	Rockford Un	4:41.96	1
8	Peterson, Sam	Charlevoix U	4:42.72	2
9	Brown, Chase	Unattached	4:44.18	1
10	Blanco, Kobe	Charlotte Un	4:44.37	1
11	Moleski, Jaydon	Rockford Una	4:46.23	1
12	Gonzalez, Andrew	Portage Unat	4:47.30	1
13	Alford, Nathan	Woodland Una	4:47.71	2
14	Frey, Edward	Grand Rapids	4:49.41	2
15	Little, Shawn	Dowagiac Una	4:50.12	1
16	Henley, Todd	Unattached	4:50.47	1
17	Witvliet, Luke	Grandville U	4:50.58	2
18	Rasmus, Grayson	Saranac Unat	4:52.15	1
19	Fowler, Sawyer	Lowell Unat	4:52.89	1
20	Vandermeer, Carter	Comstock Par	4:53.47	1
21	Ennen, Joshua	Zeeland Unat	4:55.94	2
22	Famiano, Andrew	Portage Unat	4:57.20	2
23	Billings, Caleb	Kalamazoo Un	4:59.09	2
24	Callahan, Connor	Unattached	4:59.26	2
25	Brown, Bryce	Saint Johns	4:59.63	2
26	Kloosterman, Robert	Kalamazoo Un	5:00.23	2
27	Elysee, Shaka	Grand Rapids	5:00.88	2
28	Walters, Nickolas	Jenison Una	5:01.02	2
29	Brennan, Ashton	Zeeland Unat	5:01.24	2
30	Hauch, Corban	Zeeland Unat	5:02.86	1
31	Deneen, Jaxon	Muskegon Una	5:03.30	2
32	Tribu, Nolan	Kalamazoo Un	5:04.12	2
33	Brown, Ryan	Saint Johns	5:04.15	2
34	Ashley, Tristan	Saugatuck Un	5:04.42	1
35	Nachazel, Ethan	Unattached	5:05.51	2
36	Sweeney, Kyle	Rockford Una	5:06.92	2
37	Carson, Caleb	East Jordan	5:08.45	2
38	Welch, Reece	Grant Unat	5:08.57	3
39	Proos, Joseph	Portage Unat	5:09.42	2
40	Sumaili, Imani	Kentwood Un	5:09.62	2
41	Maurer, Josh	Ceresco Unat	5:10.51	4
42	Perras, Tyler	Fowlerville	5:10.95	3
43	Hernandez, Roger	Holland Una	5:11.06	3
44	Kehoe, Dan	Grandville U	5:11.11	2
45	Nachazel, Aaron	East Jordan	5:12.14	2
46	Herring, Kent	Evart Unat	5:12.85	3
47	Murray, Michael	Newaygo Unat	5:14.58	3
48	Moleski, Carter	Rockford Una	5:14.85	3
49	Redmond, Nick	Portage Unat	5:15.12	3
50	Meier, Nolan	Holland Unat	5:15.48	3
51	Loparo, Stephen	Portage Unat	5:15.76	2
52	Schlueter, Alexander	East Jordan	5:16.87	3
53	Holwerda, Nathan	Byron Center	5:19.80	3
54	Gonzalez, Aeson	Portage Unat	5:22.09	3
55	Bronz, Kurtis	Holland Unat	5:22.91	3
56	Wertz, Ben	Holt Unat	5:23.90	3
57	Carlisle, Matthew	Portage Unat	5:23.92	3
58	Ronk, Bryce	Rockford Una	5:25.72	3
59	Hill, Ethan	Hudsonville	5:28.38	3
60	Seelye, Jordan	Fruitport Un	5:30.02	3
61	Mulder, Aaron	Unattached	5:31.07	2
62	Caulk, Roman	Caledonia Un	5:32.92	4
63	Schaefer, Zachary	Fruitport Un	5:34.37	3
64	Nicely, Jacob	Holland Unat	5:35.33	4
65	Winkle, Austin	Grandville U	5:37.34	4
66	Johnston, John	East Jordan	5:39.59	4

67	Peterson, Alex	Kalamazoo Un	5:40.18	3
68	Seeberger, Caden	Battle Creek	5:40.29	4
69	Hackett, Aj	Berriencente	5:40.91	3
70	Waalkes, Joseph	Grand Rapids	5:46.28	4
71	Clark, Dylan	Grand Rapids	5:52.40	4
72	Alford, Ryan	Woodland Una	5:53.41	4
73	Zigterman, Max	Portage Unat	5:53.80	3
74	Chamberlain, Guy	East Jordan	5:54.23	4
75	Hainer, Kaden	Montague Un	5:55.64	4
76	Bunce, Jase	Belding Unat	5:58.82	4
77	Wilber, Alex	Muskegon Una	6:00.49	3
78	Toney, Eli	St. Joseph U	6:01.08	4
79	Decker, Nathan	Ada Unat	6:09.96	4
80	Kuperus, Peter	Grand Rapids	6:10.09	4
81	Baker, Nathan	Grand Rapids	6:15.41	4
82	Vandermeer, Dylan	Comstock Par	6:16.86	4
83	Garrison, William	Belding Unat	6:18.36	4
84	Smith, Gavin	Dowagiac Una	6:43.88	4

Event 6 Girls 60 Meter Hurdles

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Cook FH: R 9.66 1/16/2016 Sierra King, ME

Name	Year	School	Finals	H#	
1	Antkoviak, Hannah	Allegan Unat	9.20R	1	
2	Ries, Macie	Mason Unat	9.63R	1	
3	Judd, Theresa	Alto Unat	10.27	1	10.266
3	Schafer, Annabelle	Pewamo Unat	10.27	1	10.266
5	Judge, Jessica	Spring Lake	10.46	2	
6	Floyd, Mikayla	Kentwood Una	10.82	2	10.814
7	German, Brooklyn	Belding Unat	10.82	1	10.815
8	German, Samantha	Belding Unat	10.82	1	10.816
9	Winsemius, Bailey	Fennville U	10.84	2	
10	Hoffman, Frances	Grand Rapids	11.23	3	
11	Bouyer, Sierra	Unattached	11.26	2	
12	Hilton, Trysta	Middleville	11.43	1	
13	Hillabrandt, Taylor	Allendale Un	11.54	2	
14	Siedlecki, Cassidy	Walker Unat	11.77	2	
15	Davis, Olivia	Jenison Una	11.96	3	
16	Skowronek, Trinity	Rockford Una	12.05	3	
17	Dyer, Emma	Unattached	12.56	2	
18	Dike, Emily	Delton Unat	14.22	3	

Event 5 Boys 60 Meter Hurdles

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Cook FH: R 8.46 1/16/2016 Job Mayhue, GR

Name	Year	School	Finals	H#	
1	Ostuno, Michael	Kentwood Una	8.18R	1	
2	Diaz, Benny	Holland Unat	8.76	1	
3	Hurt, Joshua	Kentwood Un	8.83	1	
4	Rau, Josh	Lowell Unat	9.06	1	
5	Nytaan, Alex	Sparta Unat	9.21	1	
6	Roach, Zachary	Big Rapids U	9.47	2	
7	Douglas, Logan	Sparta Unat	9.48	1	
8	O'dell, Charles	Walker Unat	9.66	1	
9	Garcia, Micah	Battle Creek	9.85	2	
10	Snyder, Dylan	Niles Unat	10.58	2	
11	Peterson, Lucas	Ludington U	10.61	2	

Event 8 Girls 400 Meter Dash

Cook FH: R 1:00.36 1/16/2016 Jada Sabir, CA

Name	Year School	Finals	H#
1 Owen, Mikaela	Bridgman Una	1:01.53	1
2 Bodine, Camryn	East Grand R	1:03.96	5
3 Thelen, Sophia	Westphalia	1:05.15	1
4 Howell, Landyn	Lowell Unat	1:05.28	2
5 Muller, Sydney	Unattached	1:05.76	5
6 Zeitman, Rebecca	Jenison Unat	1:07.09	1
7 Horschitz, Anna	Unattached	1:07.39	3
8 Erickson, Natalie	Montague Una	1:07.41	2
9 Allshouse, Natalie	Rockford Una	1:07.63	2
10 Jackson, Olivia	Walker Unat	1:07.79	3
11 Arnsman, Allison	Wyoming Una	1:07.96	3
12 Aupperlee, Anna	Grand Rapids	1:08.63	3
13 Duba, Carly	Grand Rapids	1:08.67	1
14 Judge, Jessica	Spring Lake	1:09.16	2
15 Bjorkman, Rylie	Sparta Unat	1:09.35	5
16 Wooer, Lauren	Kingsley Una	1:10.22	1
17 Roth, Lainey	Unattached	1:10.55	3
18 Lett, Lauren	Cedar Spring	1:10.73	2
19 Morin, Mercedes	Plainwell U	1:11.02	2
20 Williams, Oliva	Unattached	1:13.27	5
21 Richmond, Hannah	Paw Paw Unat	1:13.34	4
22 Hoffman, Jaelynn	Grand Rapids	1:13.47	3
23 Muller, Lauren	East Grand R	1:13.89	5
24 Bucio, Evelyn	Sturgis Unat	1:15.66	4
25 Johnson, Mallory	Caledonia U	1:17.63	4
26 Strockis, Nathalie	Grand Rapids	1:17.74	4
27 Brown, Camryn	Coloma Unat	1:18.92	4
28 Bjorkman, Kendyl	Sparta Unat	1:18.94	5
29 Murphy, Delanee	Unattached	1:25.99	4

Event 7 Boys 400 Meter Dash

Cook FH: R 51.81 1/16/2016 Kenyatta Mason, IN

Name	Year School	Finals	H#
1 Holwerda, Carson	Zeeland Una	52.23	1
2 Ostuno, Michael	Kentwood Una	52.58	1
3 Pray, Zachary	Muskegon Una	52.81	2
4 Jancek, Clay	New Era Unat	54.04	1
5 Bauer, Quinton	Unattached	54.22	1
6 Wallace, Elijah	Grand Rapids	54.37	1
7 Durand, Ryan	Unattached	54.53	2
8 Mcniff, David	Norton Shore	54.93	2
9 Kuch, Randall	Fowlerville	55.28	3
10 Lozano, Aleerto	Unattached	55.41	2
11 Spence, Noel	East Lansing	56.31	3
12 Roach, Zachary	Big Rapids U	57.38	4
13 Lapointe, Heath	Ionia Unat	57.82	1
14 Smith, Kaleb	Allevan Unat	59.23	2
15 Billings, Caleb	Kalamazoo Un	59.58	5
16 Lafey, Christopher	Allegan Unat	59.76	2
17 Eriksson, Nils	Belding Unat	1:00.04	3
18 Peterson, Lucas	Ludington U	1:00.29	3
19 Kloosterman, Robert	Kalamazoo Un	1:00.33	5
20 Kornoelje, Evan	Grandville U	1:00.34	4
21 Mulder, Aaron	Unattached	1:01.19	3
22 Sluiter, Ben	Unattached	1:01.67	4

23 Richter, Jonathan	East Jordan	1:01.73	5
24 Whittaker, David	Grand Rapids	1:01.87	4
25 Koszei, Andrew	South Bend	1:02.25	3
26 Slayback, Tyler	Stevensville	1:03.36	5
27 Sweeney, Kyle	Rockford Una	1:04.56	5
28 Moore, Corey	Delton Unat	1:04.83	4
29 Ronk, Bryce	Rockford Una	1:06.49	5
30 Fernandez, Alex	Unattached	1:07.82	4
31 Murray, Michael	Newaygo Unat	1:08.88	4
32 Christensen, Halvor	Sturgis Unat	1:09.23	5

Event 10 Girls 60 Meter Dash

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Cook FH: R 7.87 1/16/2016 Sekayi Bracey, GR

Name	Year School	Finals	H#
1 Korytkowski, Taylor	Rockford Una	8.04	1
2 Owen, Mikaela	Bridgman Una	8.08	1
3 Barner, Aniah	Grand Rapids	8.23	1
4 Kyle, Taylor	Grand Rapids	8.25	1 8.242
5 Stallworth, Arianna	Traverse Cit	8.25	1 8.249
6 Antkoviak, Hannah	Allegan Unat	8.28	2
7 Hill, Jayden	Marne Unat	8.29	2
8 Jackson, Jordyn	Grand Rapids	8.35	2
9 Erickson, Natalie	Montague Una	8.41	2
10 Thelen, Sophia	Westphalia	8.46	3 8.453
11 Abdouch, Isabel	Holt Unat	8.46	2 8.460
12 Spearing, Isabel	Traverse Cit	8.47	1
13 Johnson, Jillian	Saugatuck Un	8.51	2
14 Hoffman, Frances	Grand Rapids	8.52	5
15 Schafer, Annabelle	Pewamo Unat	8.57	3
16 Beaune, Taylor	Muskegon Un	8.64	3
17 Wilsey, Taylor	East Leroy U	8.66	3
18 Zentera, Ellen	Battle Creek	8.71	3
19 Soriano, Andrea	Fennville Un	8.74	3 8.736
20 Zeitman, Rebecca	Jenison Unat	8.74	2 8.737
21 Judd, Theresa	Alto Unat	8.80	2
22 Bauserman, Hannah	Battle Creek	8.81	3
23 Bouyer, Sierra	Unattached	8.85	6
24 Johnson, Natalia	Unattached	8.89	6
25 Floyd, Mikayla	Kentwood Una	8.98	4
26 Muzik, Alexia	Battle Creek	9.03	4 9.026
27 Wilsey, Andi	East Leroy	9.03	4 9.030
28 Aupperlee, Anna	Grand Rapids	9.08	3 9.073
29 German, Samantha	Belding Unat	9.08	4 9.080
30 Robinson, Cariel	Unattached	9.09	4
31 Skowronek, Trinity	Rockford Una	9.17	5
32 Clum, Kierra	Rockford Una	9.22	4
33 Davis, Olivia	Jenison Una	9.52	4
34 Dike, Emily	Delton Unat	9.56	4
35 Bucio, Evelyn	Sturgis Unat	9.63	5
36 Grochowski, Hannah	Unattached	9.82	5
37 Deyoung, Anna	Saugatuck U	9.87	5
38 Ellis, Eva	Allegan Unat	9.98	6
39 Antkoviak, Madeline	Allegan Unat	10.19	6
40 Taengkhem, Lunlalit	Battle Creek	10.40	6
41 Vidal, Maria	Unattached	10.41	5
42 Jones, Diandrea	Grand Rapids	10.70	6

Event 9 Boys 60 Meter Dash

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Cook FH: R 7.06 1/16/2016 Khance Meyers, KW

Name	Year	School	Finals	H#
1 Diaz, Benny		Holland Unat	7.29	1
2 Parham, Antwon		Grand Rapids	7.29	1
3 Davison, Cage		Stevensville	7.32	2
4 Mitchell, Javion		Wyoming Unat	7.34	2
5 Kamarion, Craig		Unattached	7.34	2
6 Rademacher, Jacob		Rockford Una	7.36	1
7 Miller, Charles		Paw Paw Una	7.39	4
8 Jancek, Clay		New Era Unat	7.39	1
9 Smith, Najee		Wyoming Una	7.44	1
10 Pray, Zachary		Muskegon Una	7.45	5
11 Vroman, Tyler		Lowell Unat	7.50	2
12 Noeker, Caleb		Westphalia U	7.51	2
13 Tyson, Chase		Traverse Cit	7.64	2
14 Lozano, Aleerto		Unattached	7.65	4
15 Hindenach, Kolby		Paw Paw Unat	7.72	4
16 Muvrin, Luke		Paw Paw Una	7.73	4
17 O'dell, Charles		Walker Unat	7.77	2
18 Whittaker, David		Grand Rapids	7.83	4
19 Roach, Zachary		Big Rapids U	7.83	4
20 Lafey, Christopher		Allegan Unat	7.84	2
21 Waters, Jack		Unattached	7.90	3
22 Rau, Josh		Lowell Unat	7.90	3
23 Zang, Drew		Rockford Una	7.90	3
24 Hoskins, Christian		Grand Rapids	7.93	3
25 Jackson Jr, Larry		Grand Rapids	8.01	1
26 Reinsch, Caleb		Unattached	8.06	5
27 Bryant, Caleb		Belmont Unat	8.13	3
28 Robach, Connor		Rockford Una	8.16	3
29 Harris, Devon		Interlochen	8.22	5
29 Toney, Cole		St. Joseph U	8.22	3
31 Moore, Corey		Delton Unat	8.24	5
32 Snyder, Dylan		Niles Unat	8.26	5
33 Fernandez, Alex		Unattached	8.42	5
34 Sikkema, Jesse		Marion Unat	8.98	4
35 Decker, Lance		Ada Unat	9.02	6
36 Nicely, Jacob		Holland Unat	9.13	5
37 Christensen, Halvor		Sturgis Unat	9.32	6
38 O'neill, Keenan		East Jordan	9.62	6
39 Vandermeer, Dylan		Comstock Par	9.70	6
40 Rietman, Lucas		Allegan Unat	9.74	6
41 Emeott, Reece		Caledonia Un	9.86	6
42 Toney, Noah		St. Joseph	9.89	6

## Event 12 Girls 800 Meter Run

Cook FH: R 2:30.25 1/16/2016 Maggie Farrell, BC

Name	Year	School	Finals	H#
1 Vanderkooi, Abby		Fremont Unat	2:18.33R	1
2 Ruiz, Andrea		Davisburg Un	2:25.66R	1
3 Gardner, Karlie		Cedar Spring	2:27.31R	1
4 Hunter, Lauren		Haslett Unat	2:29.61R	1
5 Bajt, Julia		Spring Lake	2:32.95	1
6 Tomes, Emily		Dorr Unat	2:33.09	1
7 Sobczynski, Ashley		Davisburg Un	2:33.26	1
8 Ruiz, Mónica		Dsvsburg Un	2:34.78	1
9 Guikema, Maya		Grandville U	2:37.30	1
10 Droste, Bailey		Westphalia U	2:38.54	2

11	Shannon, Aislyn	Unattached	2:39.56	1
12	Allshouse, Lexie	Rockford Una	2:40.72	2
13	Clark, Faith	Muskegon Una	2:40.87	1
14	George, Cailey	Fowler Unat	2:41.06	2
15	Martin, Abby	Hudsonville	2:42.06	2
16	Junewick, Ali	Grand Rapids	2:42.21	2
17	Tenelshof, Claudia	Unattached	2:42.58	2
18	Vander Veen, Tori	Hudsonville	2:43.11	2
19	Moore, Soleil	Kentwood Una	2:43.70	2
20	Richmond, Hannah	Paw Paw Unat	2:43.94	2
21	Horschitz, Anna	Unattached	2:44.33	3
22	Clague, Alanna	Kalamazoo Un	2:44.58	2
23	Mcglynn, Grace	Battle Creek	2:45.48	3
24	Vandeguchte, Elyse	Hudsonville	2:48.11	2
25	Conniff, Emma	Otsego Unat	2:48.44	2
26	Sweeney, Mara	Rockford Una	2:52.22	3
27	Otto, Maggie	Jenison Unat	2:52.71	2
28	Grimes, Rachel	Plainwell Un	2:53.51	2
29	O'reilly, Caitlin	Kalamazoo Un	2:53.67	2
30	Lamborne, Carley	Belding Unat	2:54.13	3
31	Rickard, Gwendalynn	Morley Unat	2:56.53	2
32	German, Brooklyn	Belding Unat	2:58.06	3
33	Shortman, Cassandra	Niles Unat	2:58.38	3
34	Zahm, Mackenzie	Belding Unat	3:05.19	3
35	Meyers, Emily	Belding Unat	3:06.38	3
36	Johnson, Mallory	Caledonia U	3:09.52	3
37	Petr, Hope	Unattached	3:11.39	3
38	Brown, Camryn	Coloma Unat	3:19.18	3
39	Booton, Emma	Portage Unat	3:24.62	3
40	Murphy, Delanee	Unattached	3:25.96	3

Event 11 Boys 800 Meter Run

=====  
Cook FH: R 2:01.92 1/16/2016 Nicholas Hoffman, HO

Name	Year School	Finals	H#
1	Munsey, Luke	Zeeland Unat	2:02.47 1
2	Furlan, Joe	Grand Juncti	2:03.85 1
3	Taylor, Jaron	Lawton Unat	2:05.18 1
4	Shepherd, Adam	Buchanan Una	2:05.50 1
5	Mclaren, Connor	Beulah Unat	2:08.61 1
6	Barker, Ethan	Mattawan Una	2:08.79 2
7	Maichele, Jonah	Mattawan Una	2:08.91 1
8	Wooten, Ethan	Sparta Unat	2:09.46 2
9	Volkers, Brendan	Sparta Unat	2:10.26 2
10	Bauer, Quinton	Unattached	2:10.37 2
11	Weisdorfer, Nolan	Holly Unat	2:11.50 1
12	Hardy, Benjamin	East Jordan	2:11.95 3
13	Graham, Colin	Rockford Un	2:12.13 2
14	Anderson, Bo	Clarkston Un	2:13.42 1
15	Frey, Edward	Grand Rapids	2:13.72 3
16	Sumaili, Imani	Kentwood Un	2:13.97 2
17	Nemecek, Philip	East Jordan	2:14.35 2
18	Little, Shawn	Dowagiac Una	2:15.38 1
19	Troyer, Ezra	Watervliet U	2:15.73 1
20	Fowler, Sawyer	Lowell Unat	2:16.50 2
21	Tribu, Nolan	Kalamazoo Un	2:17.22 2
22	Elysee, Shaka	Grand Rapids	2:17.23 3
23	Vandermeer, Carter	Comstock Par	2:17.84 3
24	Frazier, Josiah	Cedar Unat	2:18.50 2
25	Deneen, Jaxon	Muskegon Una	2:18.76 2



26	Lubberts, Connor	Jenison Una	2:19.18	2
27	Loparo, Stephen	Portage Unat	2:19.61	2
28	Smith, Kaleb	Allevan Unat	2:19.74	2
29	Koeman, Mathew	Unattached	2:19.79	3
30	Toney, Cole	St. Joseph U	2:20.14	1
31	Rescoe, Marshall	Stevensville	2:21.58	3
32	Lapointe, Heath	Ionia Unat	2:22.53	2
33	Brown, Ryan	Saint Johns	2:23.16	3
34	Brown, Bryce	Saint Johns	2:24.32	3
35	Sweeney, Kyle	Rockford Una	2:25.54	2
36	Winkle, Austin	Grandville U	2:25.83	3
37	Ashley, Tristan	Saugatuck Un	2:26.59	3
38	Carlisle, Matthew	Portage Unat	2:29.42	2
39	Seelye, Jordan	Fruitport Un	2:30.71	3
40	Sluiter, Ben	Unattached	2:31.22	3
41	Schaefer, Zachary	Fruitport Un	2:31.73	3
42	Gonzalez, Aeson	Portage Unat	2:40.66	2
43	Hainer, Kaden	Montague Un	2:40.69	3
44	Wilber, Alex	Muskegon Una	2:45.22	3
45	Toney, Noah	St. Joseph	2:53.30	3
46	Smith, Gavin	Dowagiac Una	3:14.70	3

Event 15 Girls 4x400 Meter Relay

=====				
School		Finals		H#
=====				
1	Bee Fast 'A'		4:13.93	1
	1) Slayback, Lynea	2) Russell, Brooke		
	3) Antkoviak, Hannah	4) Owen, Mikaela		
2	Tone Up Elite 'A'		4:26.49	2
	1) Korytkowski, Taylor	2) Kyle, Taylor		
	3) Barner, Aniah	4) Gardner, Karlie		
3	T&H 'A'		4:31.76	1
	1) Ruiz, Andrea	2) Sobczynski, Ashley		
	3) Shannon, Aislyn	4) Ruiz, Mónica		
4	Track Spikes 'A'		4:33.54	1
	1) Bauserman, Hannah	2) Wilsey, Taylor		
	3) Zentera, Ellen	4) Muzik, Alexia		
5	Baac 'A'		4:36.62	1
	1) Smith, Amelia	2) George, Cailey		
	3) Droste, Bailey	4) George, Aubrey		
6	Up North 'A'		4:46.10	1
	1) Edstrom, Sydney	2) Eisenga, Brianna		
	3) Rigling, Elizabeth	4) Johnson, Jersey		
7	Wmh 'B'		4:49.56	2
	1) Vander Veen, Tori	2) Roth, Lainey		
	3) Junewick, Ali	4) Guikema, Maya		
8	Wmh 'A'		4:54.90	2
	1) Duba, Maggie	2) Arnsman, Allison		
	3) Winger, Ashley	4) Duba, Carly		
9	Guacamole Baby 'A'		5:08.06	1
	1) Muller, Lauren	2) Williams, Oliva		
	3) Petr, Hope	4) Bjorkman, Rylie		

Event 16 Boys 4x400 Meter Relay

=====				
School		Finals		
=====				
1	Larry 'A'		3:45.09	
	1) Douglas, Logan	2) Moleski, Jaydon		
	3) Nylaan, Alex	4) Bowers, Corey		

2	Kobe 'A'			3:48.96
	1) McLaren, Connor		2) Durand, Ryan	
	3) Frazier, Josiah		4) Tyson, Chase	
3	Explosive Track 'A'			3:53.35
	1) Leman, Jack		2) Little, Shawn	
	3) Smith, Kaleb		4) Shepherd, Adam	
4	Los 'A'			3:57.63
	1) Carson, Caleb		2) Nachazel, Aaron	
	3) Nachazel, Ethan		4) Nemecek, Philip	
5	Fruitport 'A'			4:13.00
	1) Pray, Zachary		2) Schaefer, Zachary	
	3) Wilber, Alex		4) Seelye, Jordan	
6	Fanthers 'A'			4:17.35
	1) Vandermeer, Carter		2) Vandermeer, Dylan	
	3) Frey, Edward		4) Bauer, Quinton	
7	Goon 'A'			4:19.58
	1) Schlueter, Alexander		2) Peterson, Sam	
	3) Richter, Jonathan		4) Hardy, Benjamin	

Event 19 Girls High Jump

=====			
Cook FH: R 5-04 1/16/2016 Bridget Mchugh, WH			
Name	Year	School	Finals
=====			
1	Hillabrandt, Taylor	Allendale Un	4-08.00
1	Muller, Sydney	Unattached	4-08.00
1	Huizinga, Tressa	Lowell Unat	4-08.00
1	Kangas, Isabella	Three Rivers	4-08.00
5	Gardner, Karlie	Cedar Spring	4-06.00

Event 20 Boys High Jump

=====			
Cook FH: R 6-06 1/16/2016 Nathan Mckeown, HE			
Name	Year	School	Finals
=====			
1	Tranchida, Sal	Casco Unat	6-04.00
2	Stowasser, Luke	Edwardsburg	6-02.00
3	Spence, Noel	East Lansing	6-00.00
4	Dahlman, Drew	Spring Lake	5-10.00
4	Tenbrink, Nathan	Holland Unat	5-10.00
6	Collins, Trey	Wayland Unat	5-08.00
7	Shrader, Jack	Fowlerville	5-04.00
--	Garcia, Micah	Battle Creek	NH
--	Shermoe, Garrett	Fowlerville	NH

Event 21 Girls Long Jump

=====			
Cook FH: R 16-02 1/16/2016 Alexis Mcginley, BE			
Name	Year	School	Finals
=====			
1	Owen, Mikaela	Bridgman Una	17-00.00R
2	Vargo, Morgan	Rockford Una	16-10.00R
3	Johnson, Jillian	Saugatuck Un	15-10.50
4	German, Samantha	Belding Unat	15-05.00
5	Zurek, Grace	Sparta Unat	15-04.50
6	Slayback, Lynea	Stevensville	15-02.00
7	Winsemius, Bailey	Fennville U	14-04.50
8	Garza, Jocelyn	Sparta Unat	14-04.00
9	Horschitz, Anna	Unattached	13-05.00
10	Clum, Kierra	Rockford Una	12-09.00
11	Skowronek, Trinity	Rockford Una	12-07.00

12	Dike, Emily	Delton Unat	9-02.00
--	Wilsey, Andi	East Leroy	ND
--	Bjorkman, Kendyl	Sparta Unat	ND
--	Russell, Brooke	Saint Joseph	ND
--	Robinson, Cariel	Unattached	ND
--	Antkoviak, Hannah	Allegan Unat	ND

Event 22 Boys Long Jump

=====  
Cook FH: R 20-00 1/16/2016 Terrance London, EC

Name	Year School	Finals
1	Davison, Cage	Stevensville 21-08.50R
2	Stowasser, Luke	Edwardsburg 20-07.00R
3	Spence, Noel	East Lansing 20-06.00R
4	Dahlman, Drew	Spring Lake 20-03.00R
5	Collins, Trey	Wayland Unat 20-02.00R
5	Wallace, Elijah	Grand Rapids 20-02.00R
7	Diaz, Benny	Holland Unat 19-06.00
8	Zang, Drew	Rockford Una 19-03.00
9	Bryant, Caleb	Belmont Unat 19-02.00
10	Robach, Connor	Rockford Una 19-00.00
11	Shrader, Jack	Fowlerville 18-07.00
12	Reinsch, Caleb	Unattached 17-07.00
13	Harris, Devon	Interlochen 17-06.50
14	Ashton, Aiden	Lake City U 17-04.50
15	Rescoe, Marshall	Stevensville 16-01.50
16	Eriksson, Nils	Belding Unat 14-09.00
17	Moore, Corey	Delton Unat 14-06.50
18	Wilber, Alex	Muskegon Una 13-04.00
--	Vroman, Tyler	Lowell Unat ND

Event 23 Girls Pole Vault

=====  
Cook FH: R 11-06 1/16/2016 Gabriela Leon, GR

Name	Year School	Finals
1	Bredeweg, Brianna	Allendale Un 12-06.00R
2	Heugel, Sidney	Allendale Un 11-08.00R
2	Clifford, Katie	Grand Rapids 11-08.00R
4	Dehommel, Taylor	Hudsonville 11-00.00
5	Wood, Jael	Scottville U 10-06.00
5	Bowers, Brooke	Grand Rapids 10-06.00
7	Korytkowski, Shelby	Rockford Una 10-00.00
7	Newkirk, Thea	East Grand R 10-00.00
7	Merrifield, Jillian	Saranac Una 10-00.00
10	Emeott, Macey	Caledonia Un 9-06.00
10	Eye, Madison	Charlotte U 9-06.00
10	Dolan, Allison	Grand Blanc 9-06.00
10	Kovar, Alexandria	Ludington Un 9-06.00
10	Bowers, Aubree	Grand Rapids 9-06.00
15	Sova, Grace	Cedar Spring 9-00.00
16	Murphy, Lindy	Ludington Un 8-00.00
16	Fredricks, Aurora	Greenville 8-00.00
16	Haverkamp, Breanna	Rockford Una 8-00.00
16	Hentz, Kaela	Unattached 8-00.00
16	Judd, Theresa	Alto Unat 8-00.00
16	Pond, Catherine	Saugatuck Un 8-00.00
16	Zellmer, Paige	Wayland Unat 8-00.00
16	Young, Makenna	Grant Unat 8-00.00
24	Brown, Jordan	Greenville U 7-00.00

24 Grochowski, Hannah Unattached 7-00.00  
 -- Bowden, Cassidy Kentwood Una NH

Event 25 Girls Weight Throw

Name	Year School	Finals
1 DeVries, Meredith	Unattached	39-04.00
2 Ulven, Shelby	Unattached	36-05.00

Event 26 Boys Shot Put

Cook FH: R 46-08 1/16/2016 Caleb Feldpausch, FO

Name	Year School	Finals
1 Spitzley, Nathan	Westphalia U	52-09.00R
2 Mackey, James	Grand Rapids	48-04.00R
3 Horn, James	Mason Unat	47-00.00R
4 Hindenach, Connor	Paw Paw Unat	45-09.00
5 Taylor, Aidan	Hudsonville	45-00.00
6 Jenkins, Dawson	Mason Unat	38-02.00
7 Honicutt, Elzie	Grand Rapids	37-04.00
8 Schreckengust, Cayden	Saugatuck U	36-10.00
9 Tomes, Mason	Dorr Unat	35-02.00
10 Gawel, Jacob	Howell Unat	34-08.00
11 Madej, Brendan	Ceresco Unat	31-09.00
12 O'neill, Keenan	East Jordan	30-11.00
13 Griffey, Michael	Plainwell Un	28-05.00
14 Lyon, Noah	Saint Joseph	27-10.00

Event 27 Girls Shot Put

Cook FH: R 28-06 1/16/2016 Claire Khabeiry, KZ

Name	Year School	Finals
1 Beistle, Erika	Big Rapids	41-03.00R
2 Doezema, Leah	Traverse Cit	41-00.00R
3 Peters, Jade	Hudsonville	36-01.00R
4 Ulven, Shelby	Unattached	35-02.00R
5 DeVries, Meredith	Unattached	35-00.00R
6 Stears, Lilly	Centreville	32-06.00R
7 Haverkamp, Breanna	Rockford Una	32-03.00R
8 Spitzley, Grace	Westphalia U	30-00.50R

Event 28 Boys Weight Throw

Name	Year School	Finals
1 Taylor, Aidan	Hudsonville	57-06.00
2 Tomes, Mason	Dorr Unat	33-04.00

Women - Team Rankings - 11 Events Scored

1) Bridgman Unat	28	2) Fremont Unat	20
3) Allegan Unat	13	4) Haslett Unat	11
5) Allendale Unat	10	5) Big Rapids Unat	10
5) Rockford Unat	10	5) Cedar Springs Unat	10
5) Tone Up Elite	10	10) Lowell Unat	9
11) East Grand Rapids Unat	8	11) Mason Unat	8
11) Team Blue	8	11) Traverse City Unat	8
11) Davisburg Unat	8	11) Rockford Unat	8

11) Cicero Unat	8	18) Three Rivers Unat	7.25
18) Allendale Unat	7.25	18) Lowell Unat	7.25
21) Grand Rapids Unat	7	21) Allendale Unat	7
23) Dorr Unat	6	23) Saugatuck Unat	6
23) Grand Rapids Unat	6	23) Ohio State	6
23) Hudsonville Unat	6	23) Belding Unat	6
23) Westphalia Unat	6	30) Pewamo Unat	5.50
30) Alto Unat	5.50	32) Disney Plus	5
32) Hudsonville Unat	5	32) Grand Rapids Unat	5
32) Grandville Unat	5	36) Sparta Unat	4
36) Spring Lake Unat	4	36) Spring Lake	4
36) Traverse City Unat	4	36) Douglas Running Club	4
41) Scottville Unat	3.50	41) Grand Rapids Unat	3.50
43) Centreville Unat	3	43) Stevensville Unat	3
43) Up North	3	43) Jenison Unat	3
43) Kentwood Unat	3	48) Marne Unat	2
48) Belding Unat	2	48) Rockford Unat	2
48) Davisburg Unat	2	48) Grand Rapids Unat	2
48) Fennville Unat	2	48) Infity of Whitelake	2
55) Rockford Unat	1	55) Scmunkins	1
55) Westphalia Unat	1	55) Grand Rapids Unat	1
55) East Grand Rapids Unat	1	55) Sparta Unat	1
55) Dsvsburg Unat	1	55) Montague Unat	1
55) Saranac Unat	1	55) Fremont Unat	1

Men - Team Rankings - 10 Events Scored

1) Holland Unat	20	2) Kentwood Unat	18
3) Stevensville Unat	16	3) Edwardsburg Unat	16
5) Hudsonville Unat	14	6) East Lansing Unat	12
7) Tone Up Elite	10	7) Lawton Unat	10
7) Zeeland Unat	10	7) Casco Unat	10
7) Zeeland Unat	10	7) Cedar Springs Unat	10
7) Westphalia Unat	10	14) Spring Lake Unat	9.50
15) Grand Rapids Unat	8	15) West Olive Unat	8
15) Dorr Unat	8	15) Grand Junction Unat	8
15) Paw Paw	8	15) Grand Rapids Unat	8
21) Wayland Unat	6.50	21) Grand Rapids Unat	6.50
23) Edwardsburg Unat	6	23) Kentwood Unat	6
23) Explosive Track	6	23) Mason Unat	6
23) Muskegon Unat	6	23) New Era Unat	6
29) Paw Paw Unat	5	29) Buchanan Unat	5
29) Wyoming Unat	5	29) Portage Unat	5
29) Lowell Unat	5	34) Holland Unat	4.50
35) Sparta Unat	4	35) Beulah Unat	4
37) Mason Unat	3	37) Big Rapids Unat	3
37) Ionia Unat	3	37) Rockford Unat	3
37) Mattawan Unat	3	42) Paw Paw Unat	2
42) Grand Rapids Unat	2	42) Rockford Unat	2
42) Mattawan Unat	2	42) Fowlerville Unat	2
42) Sparta Unat	2	48) Saugatuck Unat	1
48) Norton Shores Unat	1	48) Walker Unat	1
48) Sparta Unat	1	48) Charlevoix Unat	1
48) Rockford Unat	1		