

OK Gold Dual: FHE and Kenowa Hills at Cedar Springs HS

OFFICIAL 📅 Tue, Apr 23, 2024 📍 Cedar Springs HS, MI US

Mens Results

100 Meters Varsity - Finals

1.	11	Brendon Wojczynski	11.40a	GR Kenowa Hills
2.	11	David Molhoek	11.48a	FHE Ada Forest Hills Eas...
3.	12	Lincoln Fox	11.56a SR	GR Kenowa Hills
4.	12	Dylan Lafontsee	11.62a	Cedar Springs
5.	10	Noah Mallory	11.67a	Cedar Springs
6.	12	Francois Mugisha	11.99a	GR Kenowa Hills
X	11	Juliusz Andino	12.09a SR	GR Kenowa Hills
7.	9	Jordan Shabazz	12.11a	FHE Ada Forest Hills Eas...
8.	12	Alex Andino	12.11a SR	GR Kenowa Hills
X	10	Jayden Rice	12.13a PR	GR Kenowa Hills
9.	12	Kaine Polczak	12.14a	Cedar Springs
10.	12	Nate Kelso	12.19a	FHE Ada Forest Hills Eas...
11.	10	Tony Smith	12.35a	Cedar Springs
X	12	Brady Hilty	12.38a SR	FHE Ada Forest Hills Eas...
X	9	Cayden Sissell	12.40a	Cedar Springs
X	11	Noah Bartley	12.48a PR	FHE Ada Forest Hills Eas...
12.	11	Ari Hammond	12.63a	FHE Ada Forest Hills Eas...
X	12	David Deweese	12.72a	Cedar Springs
X	11	Rory Schoenborn	12.76a	Cedar Springs
X	12	Trenton Maczinski	12.80a	GR Kenowa Hills
X	10	Landon Mulero	12.82a PR	GR Kenowa Hills
X	9	Liam Ahmad	12.96a	FHE Ada Forest Hills Eas...
X	11	Vincent Smith	12.97a	FHE Ada Forest Hills Eas...
X	11	Dane Nienhuis	13.09a	Cedar Springs
X	9	Brady Dochod	13.13a PR	GR Kenowa Hills
X	11	Alvin Liu	13.15a PR	FHE Ada Forest Hills Eas...
X	12	Ty Siemens	13.43a PR	FHE Ada Forest Hills Eas...
X	9	Noah George	13.46a PR	FHE Ada Forest Hills Eas...
X	11	Marek Oleneack	13.47a PR	Cedar Springs
X	9	Spencer Rosenberger	13.50a	Cedar Springs
X	-	Trevor Castor	13.58a PR	Cedar Springs
X	9	Hudson Webster	13.62a	FHE Ada Forest Hills Eas...
X	11	Kenzen Low	13.65a	FHE Ada Forest Hills Eas...
X	11	Ethan Pete	13.77a	GR Kenowa Hills
X	11	Dylan Potter	13.84a PR	FHE Ada Forest Hills Eas...
X	10	Douglas Hardie	14.01a	Cedar Springs
X	9	Keegan Austin	14.02a	GR Kenowa Hills
X	9	Anthony Burns	14.07a	GR Kenowa Hills
X	9	Alex Perry	14.20a PR	FHE Ada Forest Hills Eas...
X	12	Adam Rhodes	14.47a	FHE Ada Forest Hills Eas...
X	12	Leo Kleff	14.48a PR	FHE Ada Forest Hills Eas...
X	12	Mauro Sanchez-Corral	14.53a	GR Kenowa Hills
X	9	Ty Lawson	14.65a PR	Cedar Springs
X	11	Elijah Fulton	14.72a	Cedar Springs
X	10	Julian Galvan	14.91a	GR Kenowa Hills
X	9	Leonardo Munoz	14.92a	GR Kenowa Hills

Womens Results

100 Meters Varsity - Finals

1.	11	Elena Jacobsen	12.67a	FHE Ada Forest Hills Eas...
2.	10	Kennedy Washler	13.50a	FHE Ada Forest Hills Eas...
3.	12	Lauren Rokos	14.07a	GR Kenowa Hills
4.	12	Leah Armstrong	14.18a SR	GR Kenowa Hills
5.	12	Maria Ainsworth	14.51a SR	FHE Ada Forest Hills Eas...
6.	12	Makenzie Zimmer	14.65a	Cedar Springs
7.	10	Caitlin Verhoven	14.66a	Cedar Springs
8.	12	Adrianna Marsiglia	14.68a	GR Kenowa Hills
9.	11	Lily Roossien	14.73a PR	FHE Ada Forest Hills Eas...
10.	12	Emma Smith	14.75a	Cedar Springs
X	12	Madison Reyburn	15.14a	Cedar Springs
11.	9	Jayda Fitzgerald	15.19a	Cedar Springs
X	9	Miriam Metcalf	15.25a PR	FHE Ada Forest Hills Eas...
X	12	Grace Carlson	15.35a PR	Cedar Springs
X	10	Jaelyn Bauman	15.36a PR	GR Kenowa Hills
12.	10	Brianna Edsenga	15.43a	GR Kenowa Hills
X	10	Kylee Harmsen	15.68a SR	GR Kenowa Hills
X	10	Carli Mais	15.89a PR	FHE Ada Forest Hills Eas...
X	10	Georgia Brevis	15.95a PR	GR Kenowa Hills
X	10	Marissa Jarosch	16.04a PR	Cedar Springs
X	10	Bella Brigalia	16.49a	GR Kenowa Hills
13.	11	Allie Teuscher	16.49a SR	Cedar Springs
X	10	Taylor Hallberg	16.52a PR	GR Kenowa Hills
X	10	Raegan Momber	16.66a PR	GR Kenowa Hills
X	9	Cindy Jiang	16.80a	FHE Ada Forest Hills Eas...
X	10	Katie Basiaga	16.91a PR	GR Kenowa Hills
X	9	Izabella Nylaan	16.94a	GR Kenowa Hills
X	11	Faith Grieve	17.49a	GR Kenowa Hills
X	9	Lily Boyd	17.89a	GR Kenowa Hills
X	11	Bella Brewer	SCR	Cedar Springs
X	10	Kortney Zimmer	SCR	Cedar Springs

200 Meters Varsity - Finals

1.	11	Elena Jacobsen	26.42a	FHE Ada Forest Hills Eas...
2.	10	Kennedy Washler	28.10a	FHE Ada Forest Hills Eas...
3.	11	Ella Thayer	28.45a SR	GR Kenowa Hills
4.	12	Taylor Diamond	29.14a	Cedar Springs
X	12	Maria Ainsworth	30.06a SR	FHE Ada Forest Hills Eas...
5.	12	Emma Donovan	30.61a PR	FHE Ada Forest Hills Eas...
6.	9	Taylor Gunderson	30.66a	Cedar Springs
7.	12	Emma Smith	30.70a	Cedar Springs
8.	11	Onalee Stehouwer	30.76a SR	FHE Ada Forest Hills Eas...
X	9	Taya Sedine	30.90a	Cedar Springs
X	11	Lily Roossien	31.25a PR	FHE Ada Forest Hills Eas...
9.	10	Brianna Edsenga	31.79a	GR Kenowa Hills

X 10	Caleb DeVries	15.28a	GR Kenowa Hills	10. 10	Jaelyn Bauman	31.90a	GR Kenowa Hills
X 9	Sam Adolphson	15.37a	GR Kenowa Hills	X 9	Sarah Krueger	32.19a PR	FHE Ada Forest Hills Eas...
X 9	Luke Tabor	15.43a	Cedar Springs	X 9	Miriam Metcalf	32.81a	FHE Ada Forest Hills Eas...
X 9	Hayden Boonstra	15.65a PR	GR Kenowa Hills	X 12	Haylie Terrien	33.01a	Cedar Springs
X 9	Zachary Vu	15.76a PR	Cedar Springs	X 10	Leah Whalen	33.73a	Cedar Springs
X 9	Gavin Outen	19.14a	Cedar Springs	X 10	Kylee Harmsen	33.82a SR	GR Kenowa Hills
X 12	Davin Rose	SCR	FHE Ada Forest Hills Eas...	X 11	Allie Teuscher	34.21a SR	Cedar Springs
X 11	Noah Elmouchi	SCR	FHE Ada Forest Hills Eas...	X 10	Georgia Brevis	34.50a	GR Kenowa Hills
X 9	William Dickinson	SCR	Cedar Springs	X 10	Carli Mais	35.07a	FHE Ada Forest Hills Eas...
X 12	Jocarion Ross	SCR	GR Kenowa Hills	X 10	Katie Basiaga	35.53a PR	GR Kenowa Hills
X 9	James Zawacki	SCR	FHE Ada Forest Hills Eas...	X 9	Izabella Nylaan	35.79a	GR Kenowa Hills

200 Meters Varsity - Finals

1. 11	Brendon Wojczynski	23.33a PR	GR Kenowa Hills	X 9	Cindy Jiang	36.85a	FHE Ada Forest Hills Eas...
2. 12	Dylan Lafontsee	23.86a	Cedar Springs	X 9	Lily Boyd	36.93a PR	GR Kenowa Hills
3. 10	Noah Mallory	23.99a	Cedar Springs	X 11	Faith Grieve	37.94a	GR Kenowa Hills
4. 12	Kaine Polczak	24.07a PR	Cedar Springs	10	Caitlin Verhoven	SCR	Cedar Springs
5. 12	Tobi Thielmann	24.23a SR	FHE Ada Forest Hills Eas...	12	Adrianna Marsiglia	SCR	GR Kenowa Hills
6. 12	Francois Mugisha	24.29a	GR Kenowa Hills	X 11	Zhana Sprague	SCR	FHE Ada Forest Hills Eas...
7. 10	Tony Smith	24.92a	Cedar Springs	X 9	Jayda Fitzgerald	SCR	Cedar Springs
8. 12	Michael Blakley	24.99a	GR Kenowa Hills	X 10	Katelyn Fischer	SCR	GR Kenowa Hills
X 10	Logan Jacobs	25.02a SR	FHE Ada Forest Hills Eas...	X 11	Melina Brigalia	SCR	GR Kenowa Hills
X 11	Brady Polega	25.02a PR	GR Kenowa Hills				
X 12	Adam Hardy	25.05a PR	FHE Ada Forest Hills Eas...				
X 11	Vincent Savino	25.08a PR	FHE Ada Forest Hills Eas...				
X 11	Noah Bartley	25.43a	FHE Ada Forest Hills Eas...				
X 12	Brady Hilty	25.46a	FHE Ada Forest Hills Eas...				
X 10	Chase Sarniak	25.54a PR	Cedar Springs				
X 9	Cayden Sissell	25.65a	Cedar Springs				
X 9	Jordan Shabazz	25.66a	FHE Ada Forest Hills Eas...				
9. 11	Ari Hammond	25.76a	FHE Ada Forest Hills Eas...				
10. 11	David Molhoek	25.87a	FHE Ada Forest Hills Eas...				
X 10	Ian Stearns	26.15a PR	Cedar Springs				
X 12	David Deweese	26.22a PR	Cedar Springs				
X 9	Deegan Pike	26.31a	Cedar Springs				
X 10	Austin Grice	26.73a	Cedar Springs				
X 11	Vincent Smith	26.86a	FHE Ada Forest Hills Eas...				
X 10	Owen Karas	27.09a	GR Kenowa Hills				
X 11	Alvin Liu	27.33a PR	FHE Ada Forest Hills Eas...				
X 9	Hudson Webster	27.82a	FHE Ada Forest Hills Eas...				
X 9	Noah George	28.00a	FHE Ada Forest Hills Eas...				
X 9	Brady Dochod	28.63a	GR Kenowa Hills				
X 11	Kenzen Low	28.71a SR	FHE Ada Forest Hills Eas...				
X 11	Dylan Potter	28.73a	FHE Ada Forest Hills Eas...				
X 10	Douglas Hardie	28.76a	Cedar Springs				
X -	Trevor Castor	29.35a PR	Cedar Springs				
X 9	Alex Perry	29.83a PR	FHE Ada Forest Hills Eas...				
X 11	Ethan Pete	29.87a PR	GR Kenowa Hills				
X 12	Mauro Sanchez-Corral	30.32a PR	GR Kenowa Hills				
X 9	Anthony Burns	30.39a	GR Kenowa Hills				
X 9	Keegan Austin	30.88a	GR Kenowa Hills				
X 12	Leo Kleff	30.93a	FHE Ada Forest Hills Eas...				
X 10	Julian Galvan	31.21a	GR Kenowa Hills				
X 12	Jocarion Ross	32.66a PR	GR Kenowa Hills				
X 9	Sam Adolphson	32.84a	GR Kenowa Hills				
X 12	Adam Rhodes	33.10a	FHE Ada Forest Hills Eas...				
X 9	Hayden Boonstra	33.31a	GR Kenowa Hills				
11	Noah Elmouchi	SCR	FHE Ada Forest Hills Eas...				

400 Meters Varsity - Finals

1. 12	Addison Washler	1:01.23a SR	FHE Ada Forest Hills Eas...	X 9	Taya Sedine	1:12.14a	Cedar Springs
2. 12	Reagan Viau	1:03.60a PR	Cedar Springs	X 10	Leah Whalen	1:14.83a	Cedar Springs
3. 12	Jayden Turner	1:07.15a	GR Kenowa Hills	X 9	Cindy Jiang	1:22.57a PR	FHE Ada Forest Hills Eas...
4. 11	Madison Viau	1:07.76a	Cedar Springs	8. 10	Katelyn Fischer	1:23.86a PR	GR Kenowa Hills
5. 10	Faith Carlson	1:08.02a PR	Cedar Springs	11	Faith Grieve	SCR	GR Kenowa Hills
6. 11	Naomi Lindner	1:08.63a	FHE Ada Forest Hills Eas...	9	Kendall Nester	SCR	Cedar Springs
7. 9	Sarah Krueger	1:11.07a PR	FHE Ada Forest Hills Eas...				
X 9	Taya Sedine	1:12.14a	Cedar Springs				
X 10	Leah Whalen	1:14.83a	Cedar Springs				
X 9	Cindy Jiang	1:22.57a PR	FHE Ada Forest Hills Eas...				
8. 10	Katelyn Fischer	1:23.86a PR	GR Kenowa Hills				
11	Faith Grieve	SCR	GR Kenowa Hills				
9	Kendall Nester	SCR	Cedar Springs				

800 Meters Varsity - Finals

1. 12	Addison Washler	2:29.10a	FHE Ada Forest Hills Eas...	12	Kayla Butterson	SCR	GR Kenowa Hills
2. 9	Emory Smith	2:31.29a	Cedar Springs	12	Annalise Elliott	SCR	Cedar Springs
3. 9	Ainsley Sullivan	2:37.44a PR	FHE Ada Forest Hills Eas...	10	Micaela Van Den Bos...	SCR	GR Kenowa Hills
4. 12	Kendra Rhein	2:45.06a PR	FHE Ada Forest Hills Eas...	9	Abby Noorman	SCR	Cedar Springs
5. 9	Raina Glanzman	2:46.45a	GR Kenowa Hills				
6. 9	Miriam Hess	2:53.08a PR	Cedar Springs				
7. 10	Faith Carlson	2:58.58a PR	Cedar Springs				
8. 10	Amaya Gomez	3:04.33a PR	Cedar Springs				
9. 12	Addyson Brown	3:08.15a	Cedar Springs				
10. 11	Lucy Herpolsheimer	3:09.23a	GR Kenowa Hills				
11. 12	Haley Van Kampen	3:19.14a	Cedar Springs				
12. 12	Autumn Neumann	3:23.63a PR	GR Kenowa Hills				

	12	Lincoln Fox	SCR	GR Kenowa Hills
X	9	William Dickinson	SCR	Cedar Springs
X	9	Liam Ahmad	SCR	FHE Ada Forest Hills Eas...
X	10	Caleb DeVries	SCR	GR Kenowa Hills
X	12	Davin Rose	SCR	FHE Ada Forest Hills Eas...
X	9	Leonardo Munoz	SCR	GR Kenowa Hills

400 Meters Varsity - Finals

	1.	12	Liam Hinman	51.78a	PR	FHE Ada Forest Hills Eas...
	2.	12	Michael Blakley	54.92a		GR Kenowa Hills
	3.	10	Ethan TerVeen	55.27a		Cedar Springs
	4.	11	Vincent Savino	55.80a		FHE Ada Forest Hills Eas...
	5.	11	Brady Polega	55.85a		GR Kenowa Hills
	6.	10	Gabriel Salyer	56.62a	SR	FHE Ada Forest Hills Eas...
	7.	10	Chase Sarniak	57.14a		Cedar Springs
X	9	Cayden Sissell	57.20a	PR		Cedar Springs
	8.	10	Ian Stearns	58.47a		Cedar Springs
X	10	Lincoln McAlpine	58.55a	PR		FHE Ada Forest Hills Eas...
	9.	10	Owen Karas	58.56a	PR	GR Kenowa Hills
X	10	Austin Grice	1:00.49a			Cedar Springs
X	11	Alvin Liu	1:01.66a	PR		FHE Ada Forest Hills Eas...
X	10	Calvin Kerridge	1:02.18a			Cedar Springs
X	12	Leo Kleff	1:05.55a	PR		FHE Ada Forest Hills Eas...
X	10	Douglas Hardie	1:05.55a	PR		Cedar Springs
10.	10	Julian Galvan	1:08.33a	PR		GR Kenowa Hills
X	11	Kenzen Low	1:08.66a			FHE Ada Forest Hills Eas...
X	9	Carter Hilla	1:10.89a			GR Kenowa Hills
X	11	Ethan Pete	1:12.12a	PR		GR Kenowa Hills
X	12	Adam Rhodes	1:12.78a	PR		FHE Ada Forest Hills Eas...
X	11	Shawn Malec	1:13.83a	PR		FHE Ada Forest Hills Eas...
X	9	Keegan Austin	1:17.02a			GR Kenowa Hills
	9	William Dickinson	SCR			Cedar Springs
	11	Noah Elmouchi	SCR			FHE Ada Forest Hills Eas...
X	12	Davin Rose	SCR			FHE Ada Forest Hills Eas...
X	12	Tate Miller	SCR			FHE Ada Forest Hills Eas...
X	11	Cameron Cater	SCR			FHE Ada Forest Hills Eas...

800 Meters Varsity - Finals

	1.	11	Henry Dixon	2:00.37a	PR	FHE Ada Forest Hills Eas...
	2.	11	Tyler Endres	2:00.49a	PR	FHE Ada Forest Hills Eas...
	3.	10	Ethan Shoffner	2:01.31a	PR	Cedar Springs
	4.	12	Nicholas Kline	2:03.54a		GR Kenowa Hills
	5.	12	Cooper Jacobsen	2:04.35a	SR	FHE Ada Forest Hills Eas...
	6.	12	Liam Hinman	2:07.93a		FHE Ada Forest Hills Eas...
	7.	9	Steven Zawacki	2:08.95a	PR	FHE Ada Forest Hills Eas...
	8.	12	Tate Miller	2:09.77a	SR	FHE Ada Forest Hills Eas...
	9.	10	Cooper Donovan	2:13.71a	PR	FHE Ada Forest Hills Eas...
	10.	10	Lincoln McAlpine	2:18.52a		FHE Ada Forest Hills Eas...
	11.	11	Lucas Seifferlein	2:20.74a		GR Kenowa Hills
	12.	11	Lucas Sage	2:23.57a	PR	GR Kenowa Hills
	13.	10	Shephard Bower	2:23.84a	PR	FHE Ada Forest Hills Eas...
	14.	11	Nick Whitmer	2:24.45a		FHE Ada Forest Hills Eas...
	15.	10	Alec Droog	2:28.92a	PR	FHE Ada Forest Hills Eas...
	16.	12	Clayton Maczinski	2:32.97a	PR	GR Kenowa Hills
	17.	11	Jameson Tripp	2:33.31a		GR Kenowa Hills
	18.	10	Jake Shears	2:37.93a		Cedar Springs

1600 Meters Varsity - Finals

	1.	12	Annalise Elliott	5:49.03a		Cedar Springs
	2.	10	Jillian Clason	5:53.71a		FHE Ada Forest Hills Eas...
	3.	11	Harper Scott	5:54.32a		FHE Ada Forest Hills Eas...
	4.	9	Kendall Nester	5:57.49a	PR	Cedar Springs
	5.	9	Raina Glanzman	6:05.71a	PR	GR Kenowa Hills
	6.	9	Abby Noorman	6:06.69a	PR	Cedar Springs
	7.	12	Jayden Turner	6:17.91a	SR	GR Kenowa Hills
	8.	9	Miriam Hess	6:18.15a	PR	Cedar Springs
	9.	10	Lucy Hotz	6:37.68a	SR	Cedar Springs
	10.	11	Lucy Herpolsheimer	6:38.90a	SR	GR Kenowa Hills
	11.	12	Kaitlynn Brown	6:41.65a	SR	Cedar Springs
	12.	12	Addyson Brown	6:46.34a		Cedar Springs
	13.	10	Micaela Van Den Bos...	7:17.17a	SR	GR Kenowa Hills

100m Hurdles Varsity - Finals

	1.	11	Adelee Kaiton	18.82a	SR	FHE Ada Forest Hills Eas...
	2.	12	Roo Telman	19.44a		FHE Ada Forest Hills Eas...
	3.	10	Emily Stevens	19.69a	PR	Cedar Springs
	4.	12	Mayzen Roerig	19.72a		GR Kenowa Hills
	5.	11	Onalee Stehouwer	20.13a	PR	FHE Ada Forest Hills Eas...
	6.	10	Alexa Cone	23.75a	SR	Cedar Springs
		12	Taylor Diamond	SCR		Cedar Springs
		11	Melina Brigalia	SCR		GR Kenowa Hills

300m Hurdles Varsity - Finals

	1.	11	Adelee Kaiton	53.33a		FHE Ada Forest Hills Eas...
	2.	10	Emily Stevens	56.76a	PR	Cedar Springs
	3.	12	Makenzie Zimmer	58.15a		Cedar Springs
	4.	10	Micaela Van Den Bos...	58.66a	SR	GR Kenowa Hills
	5.	12	Roo Telman	59.62a	SR	FHE Ada Forest Hills Eas...
	6.	10	Alexa Cone	1:06.16a	PR	Cedar Springs

4x100 Relay Varsity - Finals

	1.	11	Zhana Sprague	51.96a		FHE Ada Forest Hills Eas...
		12	Emma Donovan			
		10	Kennedy Washler			
		11	Elena Jacobsen			
	2.	11	Ella Thayer	53.71a		GR Kenowa Hills - A
		12	Leah Armstrong			
		12	Mayzen Roerig			
		12	Lauren Rokos			
	3.	10	Emily Stevens	55.25a		Cedar Springs - A
		12	Emma Smith			
		9	Taylor Gunderson			
		12	Makenzie Zimmer			
	4.	10	Kylee Harmsen	1:02.92a		GR Kenowa Hills - B
		10	Raegan Momber			
		10	Taylor Hallberg			
		10	Katie Basiaga			

4x200 Relay Varsity - Finals

19. 9	Riley Day	2:42.02a	PR	FHE Ada Forest Hills Eas...	1. 11	Elena Jacobsen	1:54.08a	FHE Ada Forest Hills Eas...
20. 11	Benjamin Drier	2:43.51a		Cedar Springs	12	Emma Donovan		
21. 11	Jake Collins	2:48.36a		GR Kenowa Hills	10	Kennedy Washler		
22. 9	Carter Hilla	3:04.58a	PR	GR Kenowa Hills	12	Addison Washler		
	11 Shawn Malec	SCR		FHE Ada Forest Hills Eas...	2. 10	Emily Stevens	2:00.11a	Cedar Springs - A
	10 Jack Anderson	SCR		FHE Ada Forest Hills Eas...	10	Caitlin Verhoven		
	10 Liem Krueger	SCR		FHE Ada Forest Hills Eas...	9	Taylor Gunderson		
					12	Makenzie Zimmer		

1600 Meters Varsity - Finals

1. 11	Henry Dixon	4:31.63a		FHE Ada Forest Hills Eas...
2. 12	Cooper Jacobsen	4:32.33a	PR	FHE Ada Forest Hills Eas...
3. 10	Ethan Shoffner	4:35.02a		Cedar Springs
4. 12	Nicholas Kline	4:42.30a		GR Kenowa Hills
5. 10	Cooper Donovan	4:49.66a	PR	FHE Ada Forest Hills Eas...
6. 12	Tate Miller	4:52.59a	SR	FHE Ada Forest Hills Eas...
7. 10	Aiden Weller	4:53.27a	SR	Cedar Springs
8. 10	Ryan Ladd	4:55.66a		Cedar Springs
9. 9	Peyton Farrell	4:58.56a	PR	Cedar Springs
10. 9	Samuel Organ	5:00.05a	PR	Cedar Springs
11. 11	Nick Whitmer	5:00.98a	PR	FHE Ada Forest Hills Eas...
12. 10	Colin Pattison	5:01.09a		FHE Ada Forest Hills Eas...
13. 12	Brady Morrow	5:02.25a	PR	Cedar Springs
14. 11	Brennan Lee	5:02.40a	SR	FHE Ada Forest Hills Eas...
15. 11	Lucas Seifferlein	5:03.97a	PR	GR Kenowa Hills
16. 10	Shephard Bower	5:07.56a	PR	FHE Ada Forest Hills Eas...
17. 11	Lucas Sage	5:20.30a	PR	GR Kenowa Hills
18. 12	Clayton Maczinski	5:35.70a	PR	GR Kenowa Hills
19. 11	Christian Momber	5:47.51a		GR Kenowa Hills
20. 11	Benjamin Drier	5:58.25a	PR	Cedar Springs
21. 11	Jameson Tripp	6:00.39a	PR	GR Kenowa Hills
22. 9	Riley Day	6:03.74a		FHE Ada Forest Hills Eas...
23. 11	Jake Collins	6:16.20a		GR Kenowa Hills
	12 Henry Wolfe	SCR		GR Kenowa Hills
	10 Jack Anderson	SCR		FHE Ada Forest Hills Eas...

110m Hurdles Varsity - Finals

1. 10	Jayden Rice	17.03a	PR	GR Kenowa Hills
2. 12	Andre Stoll	17.26a		FHE Ada Forest Hills Eas...
3. 9	Dillon Smith	18.38a	PR	Cedar Springs
4. 10	Dhanush Majji	20.04a	PR	FHE Ada Forest Hills Eas...
5. 9	Marc Richey	20.49a		Cedar Springs
	12 Elliot Moleski	SCR		Cedar Springs

300m Hurdles Varsity - Finals

1. 12	Elliot Moleski	45.17a	SR	Cedar Springs
2. 12	Andre Stoll	45.53a		FHE Ada Forest Hills Eas...
3. 10	Jayden Rice	45.67a		GR Kenowa Hills
4. 10	Landon Mulero	45.72a	PR	GR Kenowa Hills
5. 12	Brendan Hoving	45.78a	PR	FHE Ada Forest Hills Eas...
6. 9	Dillon Smith	46.19a	PR	Cedar Springs
7. 10	Jake Shears	46.22a	PR	Cedar Springs
8. 10	Dhanush Majji	49.41a	PR	FHE Ada Forest Hills Eas...
9. 12	Ty Siemens	53.19a		FHE Ada Forest Hills Eas...
10. 9	Charlie Shuff	57.53a	PR	GR Kenowa Hills
	9 Marc Richey	SCR		Cedar Springs

2. 10	Emily Stevens	2:00.11a		Cedar Springs - A
10	Caitlin Verhoven			
9	Taylor Gunderson			
12	Makenzie Zimmer			
3. 9	Izabella Nylaan	2:09.52a		GR Kenowa Hills - A
10	Jaelyn Bauman			
10	Georgia Brevis			
10	Brianna Edsenga			

4x800 Relay Varsity - Finals

1. 11	Marlina Howell	10:22.15a		FHE Ada Forest Hills Eas...
10	Jillian Clason			
11	Harper Scott			
12	Addison Washler			
2. 12	Annalise Elliott	10:39.38a		Cedar Springs - A
9	Abby Noorman			
9	Kendall Nester			
9	Emory Smith			

Shot Put Varsity - Finals

1. 12	Jayna Dyke	32' 3		GR Kenowa Hills
2. 9	Raina Glanzman	29' 8	PR	GR Kenowa Hills
3. 9	Bethlyn Kutchuk	27' 2.5		Cedar Springs
4. 11	Addison Amell	26' 7		Cedar Springs
5. 12	Ruth Gleason	25' 9		FHE Ada Forest Hills Eas...
6. 12	Lauren Hambelton	25' 7.5		Cedar Springs
7. 12	Adriahna Dewaal	25' 6		GR Kenowa Hills
8. 10	Emma Sanborn	24' 0.5		Cedar Springs
9. 11	Stella Cummings	21' 11		FHE Ada Forest Hills Eas...
10. 11	Malaina Phebus	20' 2	PR	FHE Ada Forest Hills Eas...
11. 11	Morgan Pflum	19' 3.5		FHE Ada Forest Hills Eas...
12. 10	Luna Caron	16' 5.5		FHE Ada Forest Hills Eas...
	10 Lily Evans	ND		FHE Ada Forest Hills Eas...
	11 Elena LeCompte	ND		FHE Ada Forest Hills Eas...

Discus Varsity - Finals

1. 12	Jayna Dyke	96' 11	PR	GR Kenowa Hills
2. 11	Izzy Pinkelman	79' 11	PR	Cedar Springs
3. 10	Emma Sanborn	77' 6		Cedar Springs
4. 11	Ashlyn Southland	77' 0		FHE Ada Forest Hills Eas...
5. 9	Bethlyn Kutchuk	74' 2		Cedar Springs
6. 11	Addison Amell	71' 2	PR	Cedar Springs
7. 12	Grace Carlson	71' 0	PR	Cedar Springs
8. 12	Adriahna Dewaal	70' 8		GR Kenowa Hills
9. 10	Kortney Zimmer	66' 8		Cedar Springs
10. 10	Marissa Jarosch	65' 10	PR	Cedar Springs
11. 12	Lauren Hambelton	63' 10		Cedar Springs
12. 12	Ruth Gleason	63' 9		FHE Ada Forest Hills Eas...
13. 11	Stella Cummings	61' 11		FHE Ada Forest Hills Eas...
14. 12	Madison Reyburn	61' 5	PR	Cedar Springs
15. 11	Malaina Phebus	60' 3	PR	FHE Ada Forest Hills Eas...

4x100 Relay Varsity - Finals

1.	10	Kaiden Dreyer	44.06a	Cedar Springs - A
	10	Noah Mallory		
	10	Ethan TerVeen		
	12	Dylan Lafontsee		
2.	12	Alex Andino	44.20a	GR Kenowa Hills - A
	12	Lincoln Fox		
	11	Juliusz Andino		
	11	Brendon Wojczynski		
3.	12	Brady Hilty	44.66a	FHE Ada Forest Hills Eas...
	12	Tobi Thielmann		
	9	Jordan Shabazz		
	11	David Molhoek		
4.	9	Leonardo Munoz	52.56a	GR Kenowa Hills - B
	9	Anthony Burns		
	10	Landon Mulero		
	9	Brady Dochod		

16.	12	Kendra Rhein	53' 4	FHE Ada Forest Hills Eas...
17.	11	Morgan Pflum	52' 2 PR	FHE Ada Forest Hills Eas...
18.	9	Raina Glanzman	52' 0	GR Kenowa Hills
19.	10	Luna Caron	39' 2 PR	FHE Ada Forest Hills Eas...
	10	Lily Evans	ND	FHE Ada Forest Hills Eas...
	11	Elena LeCompte	ND	FHE Ada Forest Hills Eas...

High Jump Varsity - Finals

1.	12	Lauren Rokos	4' 8	GR Kenowa Hills
2.	12	Avery Headworth	4' 8 SR	FHE Ada Forest Hills Eas...
3.	9	Taya Sedine	4' 6 PR	Cedar Springs
4.	10	Katelyn Fischer	4' 4	GR Kenowa Hills
5.	11	Adelee Kaiton	4' 4	FHE Ada Forest Hills Eas...
6.	9	Jayda Fitzgerald	4' 4 PR	Cedar Springs
	10	Kortney Zimmer	NH	Cedar Springs
	10	Amaya Gomez	NH	Cedar Springs
	11	Zhana Sprague	NH	FHE Ada Forest Hills Eas...

4x200 Relay Varsity - Finals

1.	10	Logan Jacobs	1:33.11a	FHE Ada Forest Hills Eas...
	12	Evan Minks		
	12	Tobi Thielmann		
	11	David Molhoek		
2.	10	Kaiden Dreyer	1:33.66a	Cedar Springs - A
	12	Kaine Polczak		
	10	Ethan TerVeen		
	10	Noah Mallory		
3.	12	Francois Mugisha	1:40.26a	GR Kenowa Hills - A
	12	Michael Blakley		
	12	Trenton Maczinski		
	10	Owen Karas		
--		Relay Team	DQ	GR Kenowa Hills - B

Pole Vault Varsity - Finals

1.	12	Taylor Diamond	10' 0	Cedar Springs
2.	11	Onalee Stehouwer	9' 6 SR	FHE Ada Forest Hills Eas...
3.	12	Haylie Terrien	7' 6	Cedar Springs
4.	11	Bella Brewer	7' 0	Cedar Springs
4.	12	Roo Telman	7' 0 PR	FHE Ada Forest Hills Eas...
	9	Cindy Jiang	NH	FHE Ada Forest Hills Eas...

Long Jump Varsity - Finals

1.	12	Taylor Diamond	16' 6	Cedar Springs
2.	9	Taylor Gunderson	15' 0.5	Cedar Springs
3.	12	Leah Armstrong	14' 7.5 PR	GR Kenowa Hills
4.	12	Adrianna Marsiglia	14' 6 PR	GR Kenowa Hills
5.	12	Lauren Rokos	14' 5 PR	GR Kenowa Hills
6.	11	Adelee Kaiton	14' 4	FHE Ada Forest Hills Eas...
7.	12	Madison Reyburn	14' 3.5	Cedar Springs
8.	10	Kortney Zimmer	13' 8	Cedar Springs
9.	9	Taya Sedine	13' 7.5	Cedar Springs
10.	12	Mayzen Roerig	13' 7	GR Kenowa Hills
10.	11	Ella Thayer	13' 7	GR Kenowa Hills
12.	10	Caitlin Verhoven	13' 6.5	Cedar Springs
12.	12	Emma Smith	13' 6.5	Cedar Springs
14.	10	Amaya Gomez	13' 1 SR	Cedar Springs
15.	12	Avery Headworth	13' 0.5	FHE Ada Forest Hills Eas...
16.	9	Jayda Fitzgerald	12' 7 PR	Cedar Springs
17.	10	Bella Brigalia	12' 4.5	GR Kenowa Hills
18.	10	Katelyn Fischer	11' 8	GR Kenowa Hills
19.	12	Haylie Terrien	11' 3	Cedar Springs
20.	11	Naomi Lindner	9' 6	FHE Ada Forest Hills Eas...
	11	Zhana Sprague	ND	FHE Ada Forest Hills Eas...

4x800 Relay Varsity - Finals

1.	9	Steven Zawacki	9:52.77a	FHE Ada Forest Hills Eas...
	11	Tyler Endres		
	10	Cooper Donovan		
	12	Liam Hinman		
2.	10	Ian Stearns	10:09.30a	Cedar Springs - A
	10	Jake Shears		
	10	Ryan Ladd		
	10	Aiden Weller		

Shot Put Varsity - Finals

1.	11	Hudson Pant	47' 4	Cedar Springs
2.	12	Ansh Verma	43' 8.5 PR	GR Kenowa Hills
3.	9	Kayleb Mance	43' 1 PR	Cedar Springs
4.	12	Jace Buehler	41' 0.5 PR	GR Kenowa Hills
5.	11	Jeremiah Richards	40' 7	GR Kenowa Hills
6.	9	Jordan Shabazz	40' 1	FHE Ada Forest Hills Eas...
7.	12	Jack Meloche	39' 8	FHE Ada Forest Hills Eas...
8.	11	Ace Simonson	39' 0.5	FHE Ada Forest Hills Eas...
9.	11	Edem Denoo	37' 11.5 PR	FHE Ada Forest Hills Eas...
10.	12	David Deweese	36' 11 PR	Cedar Springs

11.	12	Hunter Brosseau	36' 9.5	Cedar Springs
12.	12	Kaden Hinds	35' 8	FHE Ada Forest Hills Eas...
12.	11	Nathaniel Nowicki	35' 8	FHE Ada Forest Hills Eas...
14.	11	Nolan Hostetler	35' 1.5	FHE Ada Forest Hills Eas...
15.	11	Dylan Hudson	33' 6.5	GR Kenowa Hills
16.	12	Nolan Ferguson	32' 11	FHE Ada Forest Hills Eas...
17.	11	Brandon Ford	31' 0	FHE Ada Forest Hills Eas...
18.	10	Sean Centers	28' 5	GR Kenowa Hills
19.	11	Miguel Rodriguez	27' 11	GR Kenowa Hills
20.	11	Elijah Fulton	27' 10	Cedar Springs
21.	10	Noah Mitchell	25' 2.5	GR Kenowa Hills
22.	10	Cameron Bowen	24' 10.5	GR Kenowa Hills
23.	12	Sai Vanteru	24' 10 PR	FHE Ada Forest Hills Eas...
24.	12	Tyler Schmitt	24' 5.5	GR Kenowa Hills
25.	9	James Zawacki	24' 3	FHE Ada Forest Hills Eas...
26.	9	Quinn Darby	23' 6 PR	FHE Ada Forest Hills Eas...
27.	9	Alex Perry	22' 5 PR	FHE Ada Forest Hills Eas...
28.	9	Joseph Borst	22' 4.5	GR Kenowa Hills
29.	9	Liam Zuiderveen	20' 10.5 PR	FHE Ada Forest Hills Eas...
30.	9	Max Hengeveld	17' 7.5	FHE Ada Forest Hills Eas...
31.	10	Derek Storrer	16' 0 PR	FHE Ada Forest Hills Eas...

Discus Varsity - Finals

1.	12	Jack Meloche	140' 9	FHE Ada Forest Hills Eas...
2.	12	Hunter Brosseau	128' 6	Cedar Springs
3.	11	Ace Simonson	121' 3	FHE Ada Forest Hills Eas...
4.	11	Hudson Pant	121' 3	Cedar Springs
5.	11	Nolan Hostetler	118' 6 PR	FHE Ada Forest Hills Eas...
6.	12	Ansh Verma	111' 1	GR Kenowa Hills
7.	11	Edem Denoo	106' 9 PR	FHE Ada Forest Hills Eas...
8.	9	Spencer Rosenberger	104' 1 PR	Cedar Springs
9.	11	Jeremiah Richards	102' 7	GR Kenowa Hills
10.	12	Nolan Ferguson	97' 1	FHE Ada Forest Hills Eas...
11.	12	Jace Buehler	96' 6	GR Kenowa Hills
12.	11	Rory Schoenborn	96' 0	Cedar Springs
13.	12	Kaden Hinds	95' 2	FHE Ada Forest Hills Eas...
14.	11	Nathaniel Nowicki	94' 6	FHE Ada Forest Hills Eas...
15.	11	Dane Nienhuis	92' 4 PR	Cedar Springs
16.	11	Brandon Ford	88' 0	FHE Ada Forest Hills Eas...
17.	9	Zachary Vu	87' 1 PR	Cedar Springs
18.	12	David Deweese	85' 5 PR	Cedar Springs
19.	11	Marek Oleneack	80' 9 PR	Cedar Springs
20.	11	Miguel Rodriguez	78' 8	GR Kenowa Hills
21.	10	Sean Centers	77' 9 PR	GR Kenowa Hills
22.	11	Elijah Fulton	77' 3	Cedar Springs
23.	12	Sai Vanteru	76' 4 PR	FHE Ada Forest Hills Eas...
24.	10	Noah Mitchell	71' 7 SR	GR Kenowa Hills
25.	9	Ty Lawson	70' 7	Cedar Springs
26.	9	Nolan Myers	69' 10 PR	Cedar Springs
27.	9	Luke Tabor	67' 2	Cedar Springs
28.	9	Joseph Borst	60' 11	GR Kenowa Hills
29.	10	Cameron Bowen	60' 6	GR Kenowa Hills
30.	9	Liam Zuiderveen	59' 1 PR	FHE Ada Forest Hills Eas...
31.	9	Quinn Darby	58' 5 PR	FHE Ada Forest Hills Eas...
32.	9	James Zawacki	51' 1	FHE Ada Forest Hills Eas...
33.	12	Tyler Schmitt	51' 0	GR Kenowa Hills
34.	9	Alex Perry	48' 3 PR	FHE Ada Forest Hills Eas...
35.	9	Gavin Outen	47' 1	Cedar Springs

36.	10	Derek Storrer	33' 8	PR	FHE Ada Forest Hills Eas...
	9	Max Hengeveld	ND		FHE Ada Forest Hills Eas...
	11	Dylan Hudson	ND		GR Kenowa Hills
	9	Kayleb Mance	ND		Cedar Springs

High Jump Varsity - Finals

1.	12	Evan Minks	6' 0		FHE Ada Forest Hills Eas...
2.	9	Spencer Schoenborn	6' 0	PR	Cedar Springs
3.	12	Alex Andino	5' 10		GR Kenowa Hills
4.	12	Adam Hardy	5' 6		FHE Ada Forest Hills Eas...
5.	9	Spencer Rosenberger	5' 4		Cedar Springs
6.	9	Marc Richey	5' 4		Cedar Springs
6.	10	Landon Mulero	5' 4	PR	GR Kenowa Hills
8.	10	Dhanush Majji	5' 2		FHE Ada Forest Hills Eas...
	12	Andre Stoll	NH		FHE Ada Forest Hills Eas...
	11	Lucas Seifferlein	NH		GR Kenowa Hills
	11	Marek Oleneack	NH		Cedar Springs
	10	Gabriel Salyer	NH		FHE Ada Forest Hills Eas...
	9	Hudson Webster	NH		FHE Ada Forest Hills Eas...
	10	Owen Hufnagel	NH		FHE Ada Forest Hills Eas...

Pole Vault Varsity - Finals

1.	11	Brady Lewis	14' 0		GR Kenowa Hills
2.	12	Noah McGraw	13' 0		FHE Ada Forest Hills Eas...
3.	10	Kaiden Dreyer	10' 6	SR	Cedar Springs
4.	12	Nate Kelso	10' 6	PR	FHE Ada Forest Hills Eas...
5.	12	Elijah Peterson	10' 0		FHE Ada Forest Hills Eas...
6.	10	Lincoln McAlpine	9' 6		FHE Ada Forest Hills Eas...
	9	Deegan Pike	NH		Cedar Springs
	12	Ty Siemens	NH		FHE Ada Forest Hills Eas...
	9	Dillon Smith	NH		Cedar Springs
	12	Leo Kleff	NH		FHE Ada Forest Hills Eas...

Long Jump Varsity - Finals

1.	12	Dylan Lafontsee	21' 0		Cedar Springs
2.	12	Alex Andino	20' 7.5		GR Kenowa Hills
3.	11	Juliusz Andino	19' 3		GR Kenowa Hills
4.	12	Evan Minks	17' 10		FHE Ada Forest Hills Eas...
5.	12	Adam Hardy	17' 8		FHE Ada Forest Hills Eas...
6.	11	Rory Schoenborn	17' 6.5		Cedar Springs
7.	12	Kaine Polczak	17' 2		Cedar Springs
8.	9	Dillon Smith	17' 0.5		Cedar Springs
9.	9	Liam Ahmad	16' 1		FHE Ada Forest Hills Eas...
10.	9	Deegan Pike	14' 7	PR	Cedar Springs
11.	-	Trevor Castor	14' 5	PR	Cedar Springs
12.	9	Noah George	13' 7		FHE Ada Forest Hills Eas...
13.	9	Max Hengeveld	13' 2		FHE Ada Forest Hills Eas...
14.	12	Adam Rhodes	11' 6		FHE Ada Forest Hills Eas...
15.	12	Hunter Brosseau	10' 6	PR	Cedar Springs
	9	Liam Zuiderveen	ND		FHE Ada Forest Hills Eas...

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