

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

Volume 53 - Issue 2

July 2010

www.mitca.org

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CROSS COUNTRY CLINIC

Doubletree Hotel, Bay City
Nov. 11-12-13-14 2010

TRACK & FIELD CLINIC

Lansing Causeway Bay Hotel
Feb. 10-11-12 2011

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ON THE LINE

I NEVER THOUGHT

IN THE BULL PEN

Mr. Michigan Track & Field

Cory Noeker Pewamo-Westphalia

Ms. Michigan Track & Field

Megan Goethals Rochester

MITCA Track & Field Dream Team 2010

MEN'S DREAM TEAM

John Beeler (12)Holly

Aaron Daugherty (11) Big Rapids

Max Babits (12)Fowlerville

Derek Seivers (11) Byron Center

Anthony Zettel (11) .Ogemaw Heights

Ross Parsons (12) DeWitt

Jon Henry (12) East Kentwood

Phillip Washington (11) W. Bloomfield

Isaac Cox (12) East Kentwood

Drake Johnson (10) Ann Arbor Pioneer

Chris Teitsma (12)..... Allendale

Omar Kaddurah (11)Grand Blanc

*Reed Kamyszek (11) ... Grand Rapids
Kenowa Hills

East Kentwood Lauren Hetrick
Erik Dudley (12), Jon Henry (12), Dallas Wade (12),
Ashley Keyes (12), Emily Leppek, Teanna Murray

East KentwoodKody Dantuma (12)
Jon Henry (12), Deonte' Hurst (12),
Dallas Wade (12),

Detroit Catholic Central ...Josh Gatt (12)
Spenser Hall (12), Billy Riga (11), Jake Spuller (11)

Temperance Bedford..Nick Kaiser (11)
Chad Machinski (12), Dan Thompson (11),
Tommy Valade (12)

High Jump

Long Jump

Pole Vault

Discus

Shot Put

J

100

200

400

800

High Hurdles

300 Hurdles

1600

3200

4x100

4x200

4x400

4x800

WOMEN'S DREAM TEAM

Nyki Caldwell (11)Dexter

Joylissa Davis (11) Bloomfield Hills Lahser

Kristen Hixson (11) Remus Chippewa Hills

Andrea Hiller (12) Watervliet

asmine Hines (11) Central Lake

Kendall Baisden (9) Detroit Country Day

Dissa Swintcook (12) Oak Park

Kendall Baisden (9)..... Detroit Country Day

Hannah Meier (9)Grosse Point South

*Bridgette Owens (11) Southfield

Megan Yanik (12)Lovonia Ladywood

*Megan Goethals(12) Rochester

*Megan Goethals (12) Rochester

Kody Dantuma (12)..... Rochester

RockfordAbby Blanchard (11)
Rachel Jerrils (12), Courtney Klawieter (10),
Margaret Smiley (12)

Pinckney..... Rachel Clark (11),
Natalie Nelson (11), Julia Vanderkerkove (12),
Eliza Vanderkerkove (11)

Rochester Megan Goethals (12),
Cady Pozolo, Erin Leppek (11), Brook
Handler (11)

THE PRESIDENT'S LANE: Steve Linn, MITCA President



By the time all of you get this newsletter, summer will have already started. Some of you will be taking classes. Others will be boating, traveling, and spending quality time with your family. Still others, like myself, will have started retirement. No matter where we are in our life or coaching profession, there needs to be time for reflection, assessment, and learning.

I hope your 2010 track season was successful. Success is not only measured in wins, but also in our positive impact on athletes. As mentioned in my last article, I hope we do our best and have fun. Working hard, doing our best, and being honest are all qualities important for ourselves, but even more important to instill in our athletes.

So, when evaluating last season, I hope not only will you assess whether you taught the shot, disc, hurdles, starts, etc. correctly, but also evaluate whether you instilled the proper life lessons in your athletes. Have a great summer. Spend quality time with your family, and have fun.

Raff Mack Corless, Holly '79, Assistant Coach '83-'85



Duane Raffin has had an enormous influence on my life, as he has thousands of other Holly High School Student-Athletes. Raff, has been my coach, for a brief time my colleague, and for my entire adult life my Mentor and close friend. I have been asked to give you a brief look into what it was like to have Duane Raffin as a Coach. Here is my attempt.

One day in the late winter of 1976, Raff came to speak to our middle school PE class where he did a masterful job of inspiring many to try the sport of Track and Field. I was the shortest student there, so he picked me to demonstrate that anyone could clear a hurdle. Fortunately for all of us, he didn't

actually make me attempt to clear any hurdles.

What he did was inspire a lot of my classmates. Many of whom were the most unmotivated in the entire school. A couple vowed to give up smoking, so that they could run for Raff, and actually did. I was impressed. Raff was a master at making sure every kid on his teams felt like he knew who they were and that he wanted the best for them. He could do that because he actually did find a way to learn our names and to make sure that he spoke to us, by name, daily. At our end of the season banquets Duane would actually be able to publicly recognize, with great enthusiasm, the positive achievements of each athlete and we would leave feeling great because the guy that finished 8th in the

league in the High Hurdles, was viewed, by Raff, as being every bit as important as the kid who won a state championship.

Many know that Raff could chew people out with the very best, what many don't know is that he was a master at determining what kids could handle that and what kids couldn't. His greatest pleasure was helping each of his athletes realize their full potential. If a kid ran for him for four years, that boy or girl found success because Raff found an event that they could succeed in. In the mid 90's Raff had a girl running Track and Cross Country for him that wasn't particularly talented but was very dedicated and improved greatly during her career, Raff was very intrigued when watching her train because she always looked contented and peaceful. When he asked her why, she told him that she would recite poetry in her head while running and that it was motivating for her. Raff was so impressed that he called me and told me about it. He was always interested in learning how and why kids succeed.

If a Kid succeeded, that individual was given the full credit. If the athlete did not fulfill Raff's expectations for her/him, Raff always looked at himself first and in depth. He felt a great obligation to every athlete he ever coached.

A Seminole moment in my life came while I was serving as his assistant in the mid 80's. Raff had given me the responsibility of putting our distance kids through their workouts, some of them were resisting and I was upset by that. When I told Raff about the situation after practice he whirled around, looked me straight in the eye, and said "Corless, find a way to get the _____ job done" I knew that if he had the confidence in me to chew me out, that he truly believed that I could get the job done, and I did. To this day, when I find myself starting to feel a bit sorry for myself, I tell my self to find a way to get the _____ job done, and so far I have.

There are literally thousands of former Holly Students who have their own Raffin reflections that continue to influence their daily lives.

CLINIC IN A NEWSLETTER

This issue's topics for "Clinic In A Newsletter" deals with the lifeblood of any team, getting new members. Several coaches give their ideas on bringing new members to a team. Your editor is looking for ideas or themes or articles for "Clinic In A Newsletter" If you have an idea for a theme or would like to contribute an article please contact your editor.....

Recruiting 8th Graders for Your Cross Country Team By Mike Mahler St. Joseph Cross Country Coach

Recruiting 8th graders is one of the hardest parts of my job as head cross country coach at St. Joseph High School. I feel that it is also one of the most important parts of my job. I work outside of the school district, which makes it even harder for me to reach the kids that run in our middle school program. I also coach the girls track team at the high school, which complicates things in the spring when I need to meet with the eight graders. Here are a few of the things that I do or will try out this year to recruit eight graders for my cross country team.

When ever possible during the cross country and track season, I try to get over to a middle school meet to watch and cheer the runners on. It is a great way to see what you have coming up in a few years and it is cool for the runners that the high school coach is there watching them compete. High school runners are also great to take with you to the middle school meets to watch as the younger runners look up to them.

We only have a couple of meets on the schedule that both the high school and middle schools teams attend. At these meets, I make sure that all of my high

school runners, my assistant coach, and I cheer on the middle school runners. After their race, I try to personally congratulate all of the kids on their race and invite them to grab a snack from our snack table.

At the end of the school year, I make a trip to the middle school to have a team sign up for the eight graders, which is usually during their lunch period. At the meeting I introduce myself and show a short video from last year's high school season to give the runners a good idea of what high school cross country is all about. I pass out the summer training logs and answer any questions that they might have about the team. I also take with a big container of pretzel sticks to pass out to all of the students that attend the meeting. Generally speaking, kids like anything that is free, especially if it is food.

One of the things that I'm going to try new this year is to send all eight grade cross country and track runners a little note card at the end of their season to congratulate them and let them know that I'm looking forward to working with them when they are at the high school. My whole goal is to let these young runners know that they are important and that I care about them.

Always A Challenge Mark Zitzelsberger Sacred Heart Academy

Recruiting distance runners for Cross Country for Cross Country can always be a challenge. Over the years we have worked on building a distance running culture with the 200/500 Mile Club Summer Challenge. This challenge is open to the whole school. The kids sign up prior to the school year end and are given the rules and a calendar to record their mileage. If they log the miles to make the Club and their parents sign off, the kids earn a custom shirt and their name goes up on a board. The board is displayed in our old gym. This has been a great tool for awareness and has proved popular. We even have teachers on the board.

The "Girls on the Run" program in our Jr. High is also a great program for promoting awareness that distance running is a great sport. This exposes younger female runners to an organized distance running program that prepares them to run a 5K.

We take full advantage of tapping into CMU students looking for coaching experience. Our Jr. High Coaches meet with the 5th grade classes and present Cross as an option for them. Information is then put in their Friday folders. The Coaches bring Jr. High athletes and trophies to these meetings and let the kids talk about the sport and why they participate in it.

The energy that these young CMU Coaches bring to the program has added greatly to its success. Coaches are encouraged to keep Cross fun, while still getting the kids in shape.

We increase exposure to Cross Country at Sacred Heart by having the school recognize All-State and Academic All-State Athletes at half-time during basketball games. The school presents a plaque to each athlete and the public exposure is good for both the athletes and the program.

Striving to have the right balance of hard work and fun can go a long way. Over the years we have been able to attract athletes from other sports. With a strong basketball program at our school many athletes will run Cross Country knowing it will help their conditioning.

Lastly, one of the best ways to recruit is to visit with your runners during their lunch hour and get to know their friends. The advantage of being in a small school is that everyone knows who the Cross Country Coach is. Investing time in chatting with young people has always proven to be time well spent.

Reading T-Shirts on Saturday HEART PUMPING, MUSCLES BURNING, FEET ACHING, LUNGS SCREAMING FOR AIR YEAH, WE RUN FOR FUN...

“It’s a Numbers Game” by Mike Smith, Saline High School

Last fall we had 125 girls on our cross country team at Saline, and last fall we were also fortunate enough to win the Division I state title. There may not be a direct correlation between these two facts - otherwise, the largest team in the state would win the championship every year - however, it’s also safe to say that having 125 girls probably didn’t hurt our chances too much. As we told our girls last fall, it’s an accomplishment just to BE one of our varsity runners. Why? Because to be a varsity runner, it means you had to beat 118 other girls before you even step up to the starting line. A little competition within the team never hurts.

And that competition, of course, comes from numbers. As stated above, a large team doesn’t necessarily guarantee anything ... but it certainly doesn’t hurt. When I am asked how we get the numbers we have, my simple answer is “we work at it.” And that IS the answer. We don’t just “let it happen,” and contrary to some beliefs, cross country is not “mandatory” at Saline nor do our athletes get gym credit for being on the team. We have the numbers we do because we work at it. If we have 90 girls, we aim for 100. If we have 100, we aim for 125. The 125th person we get on the team may be our next All Stater.

We have around 1800 students in our high school, so in many ways we SHOULD have a large number of girls on the cross country team. We have a lot of kids to pick from. But if you have 180 students in your school rather than 1800, some of the same principles for building a team and building a program still hold true. No matter what size your school may be, the goal for most coaches is to increase your numbers. A team of 20 girls or boys certainly has some advantages over a team of 8. What follows are some basic steps we have followed at Saline in order to improve the Numbers Game.

1. **BECOME VISIBILE.** We work hard at Saline to make XC a major sport – not a minor one. We have bumper stickers, we have window clings, and we have a variety of clothing items. We give XC T-shirts to teachers, administrators, and custodians. We have the results of all of our meets on the announcements. We put Saline XC bumper stickers in every teacher’s mailbox. We make sure we get good coverage in the local newspaper. We have an individual picture of every girl on the team on our website. In short, we advertise. Shamelessly. We go out of our way to be visible. We want every student and teacher at Saline High School – even if they are not into athletics – to know about cross country.
2. **CREATE TRADITIONS.** We have more traditions than many religions. We have a 3 mile time trial (with the boys’ team) near the end of the first week of practice. We have a Run-A-Thon (again with the boys’ team) at the end of August. We have pasta dinners (pasta for 125.....!) before each of our three league jamboree meets. And many of our most significant traditions are focused on a team member’s senior year. In the final week of the season, we do “Senior Hills” (a certain number of hills run for the seniors ... and, of course, the seniors get to watch), we have

“Senior Speeches” (each senior is given the opportunity to address the entire team and talk about what XC has meant to them), and we have “Senior Day” (each senior is adopted by non-senior team members and then on that day they are responsible for treating “their senior” like royalty.) Do these traditions make our team run faster or place any higher in the State Meet? I doubt it. But they do go a long way in building what we think “a team” should be. And those traditions also go long way in both attracting kids to our team and then keeping them there. It is not uncommon for a senior (maybe the 90th girl on the team) to tell the coaches that they stayed with the team for all 4 years so they could simply stand at the top of the hill on Senior Hill Day and watch the rest of the team run hills – for them!

3. **GET STARTED EARLY.** We currently have XC programs that reach down into the 4th grade. We have a 4th-5th grade program and also a 6th grade program. These programs are run through Community Ed., and they do a great job of motivating our kids so they are ready to be part of our Middle School team. The elementary programs are not “high powered” in any way. We don’t have 5th graders grinding out 12 x 400 once a week on the track. These starter programs are meant to introduce younger kids to the great sport of cross country, to get them out the door and running some, and to start driving home the idea that having fun and doing a little hard work are not mutually exclusive. If we work it right and we get enough kids involved, then we may have freshmen joining us at the High School with 5 years of XC experience already behind them.
4. **USE YOUR BEST ASSET – THE KIDS.** Over the years, we have found that probably 90% of our “recruiting” is done by our team members. Now and then the coaches may pick up a random runner here or there, but in general it’s the kids who do the talking, it’s the kids who will say good things about being on the team, and it’s the kids who will bring a friend or two along when we have our team meeting in June. If the kids on your team feel good about being there, then they will want their friends to be a part of it too. Signs in the hallway and general announcements only go so far, but if you have each member of your team recruit ONE person, it can make a major difference in your program.

So even though there are sometimes certain issues to deal with because of large numbers (our transportation supervisor saying “You want HOW MANY buses.....?” - purchasing uniforms for 100+ team members - arriving at meets an hour earlier than most teams so we can deal with the bathroom situation), we will always take a few such “problems” over worrying if we have enough team members to run in the next dual meet. Good luck with your “Numbers Game,” and we wish you the best in building your numbers and your program.

MITCA recognizes 1-3 1st Team All-State, 4-6 2nd Team All-State, 7-8 Honorable Mention. UP 1-2 All-State, 3-4 2nd Team All-State, 5-6 Honorable Mention.

DIVISION 1 LOWER PENINSULA FINALS

BOYS (1 all-division & 3 Div. 1 meet records)

HIGH JUMP: 1-John Beeler/Holly-6’ 11 (New LP Div 1 Finals Meet Rec: - Old Record: 6’ 10.25 - Eltaro Hooper/Psilanti Lincoln-2004); 2-Tori Brooks/East Kentwood-6’ 8; 3-Trent Chappell/Jenison-6’ 8. **LONG JUMP:** 1-Aaron Dewberry/Portage Northern-21’ 11.5; 2-Aaron Wascha/Swartz Creek-21’ 11.50; 3-Nathan Fraeyman/Romeo-21’ 11.25. **POLE VAULT:** 1-Nate Hop/Hudsonville-15’ 7; 2-Steve Ferguson/Dexter-15’ 4; 3-Jeremy Horner/Dexter-15’ 1 **DISCUS:** 1-Justin Gaumer/Holly-170’ 5; 2-Antonio James/Romulus-169’ 4; 3-Eric Lewis/Fraser-163’ 10. **SHOT PUT:** 1-Feerooz Yacobi/Dearborn-55’ 10.75; 2-Carl Davis/Sterling Heights Stevenson-55’ 07; 3-Antonio James/Romulus-55’ 05. **100:** 1-Jon Henry/East Kentwood-10.81; 2-D’Ontae Hopson/Jackson-11.12; 3-Chris Rolle/Oxford-11.13; 4-Aaron Bailey/Brownstown Woodhaven-11.14; 5-Charles Anthony/Farmington-11.18; 6-Javaunte Mackson/Belleville-11.30; 7-Jeremy Langford/Westland John Glenn-11.31; 8-Tony Jones/Grand Blanc-11.32. **400:** 1-Phillip Washington/West Bloomfield-48.42; 2-Keith Moore/Detroit Cass Tech-48.62; 3-Mohamed Mohamed/East Kentwood-48.78. **800:** 1-Isaac Cox/East Kentwood-1:51.78 (New LP Div 1 Final Meet Rec - Old Rec - 1:52.01-Abraham Mach/East Lansing-2004); 2-Tavarrio Davis/Lansing Eastern-1:52.71; 3-Nick Kaiser/Temperance Bedford/1:52.88. **110H:** 1-Drake Johnson/Ann Arbor Pioneer-14.17; 2-Ali Arastu/Northville-14.51; 3-Carter Johnson/Ann Arbor Pioneer-14.57. **300H:** 1-Ali Arastu/Northville-37.50; 2-Javonte Lipsey/Portage Northern-37.63; 3-Deonte/Hurst/East Kentwood-38.64. **1600:** 1-Omar Kaddurah/Grand Blanc-4:07.67 (New All-Div Rec & LP Div 1 Finals Meet Rec: - Old Rec - 4:07.71 - Michael Atchoo/Troy-2009/LP Division 1); 2-Nathan Karr/Ann Arbor Pioneer-4:10.14; 3-Jeremy Dickie/Swartz Creek-4:11.53. **3200:** 1-Reed Kamyaszek/Grand Rapids Kenowa Hills-9:14.49; 2-Nathan Karr/Ann Arbor Pioneer-9:18.06; 3-Ben Carruthers/Dexter-9:18.53 **4X100:** 1-East Kentwood 41.46; 2-Holt 42.16; 3-Farmington 42.27; 4-Lansing Eastern 42.55. **4X200:** 1-East Kentwood 1:27.07; 2-Detroit Cass Tech 1:27.44; 3-Lansing Eastern 1:27.58. **4X400:** 1-Detroit Catholic Central 3:16.11; 2-Lansing Eastern 3:18.00; 3-Psilanti 3:18.65. **4X800:** 1-Temperance Bedford 7:43.80; 2-Ann Arbor Pioneer 7:44.42; 3-East Kentwood 7:49.10

at Rockford High School

GIRLS (2 all-division & D1 meet records & 4 Div 1 meet records)

HIGH JUMP: 1-Nyki Caldwell/Dexter-5’ 8; 2-Makenzie Frodle/Fraser-5’ 7; 3-Monique Nguyen/Troy-5’ 6; 4-Aubree Suor/East Kentwood-5’ 6. **LONG JUMP:** 1-Ashley Watley/East Detroit-17’ 3; 2-Christy Schultz/Muskegon Reeths-Puffer-17’ 1.50; 3-Cierra Pryor/Jackson-17’ 0.25. **POLE VAULT:** 1-Sarah Birkmeier/Rockford-11’ 9; 2-Nicole Ferguson/Dexter/11’ 3; 2-Katie Rancourt/East Kentwood-11’ 3. **DISCUS:** 1-Kylie Basarabski/Rockford-125’ 10; 2-Taylor Gunn/West Bloomfield-125’ 5; 3-Ayanna Stancle/East Kentwood-120’ 11. **SHOT PUT:** 1-Alysha Johnson/Walled Lake Western-42’ 3.25; 2-Taylor Gunn/West Bloomfield-41’ 2.75; 3-Ayanna Stancle/East Kentwood-40’ 6. **100:** 1-Ashley Keyes/Rochester-12.39; 2-Jewel Thomas/Southfield Lathrup-12.47; 3-Brianna Nixon/Redford Thurston-12.60. **200:** 1-Dissa Swintcook/Oak Park-24.78; 2-Alexandria Johnson/Lake Orion-25.53; 3-Brittney Banister/Flint Carman Ainsworth-25.61. **400:** 1-Rachel Jerrils/Rockford-56.61; 2-Jessica Myers/Grandville-56.79; 3-Brittany Terry/East Kentwood-56.94. **800:** 1-Hannah Meier/Grosse Pointe South-2:08.83 (New All-Div Rec & LP Div 1 Finals Meet Rec: - Old Rec: 2:09.60 - Geena Gall/Grand Blanc-2005/LP Division 1); 2-Brook Handler/Rochester-2:12.21; 3-Kate Carter/Saline/2:12.31. **100 HIGH HURDLES:** 1-Bridgette Owens/Southfield-14.29; 2-Chiara Allen/Lake Orion-14.95; 3-Sophia Kunselman/Ann Arbor Pioneer-15.18. **300 LOW HURDLES:** 1-Jaelynn Pryor/Jackson-44.83; 2-Sophia Kunselman/Ann Arbor Pioneer-45.43; 3-Chelsea Ciampa/Northville-45.83. **1600:** 1-Megan Goethals/Rochester-4:47.37 (New LP Division 1 Finals Meet Rec - Old Rec: 4:48.07 - Jenny Morgan/Clarkston-2005); 2-Haley Meier/Grosse Pointe South-4:53.85; 3-Julia Otwell/Traverse City Central-4:55.86. **3200:** 1-Megan Goethals/Rochester-10:22.75 (New All-Division and LP Division 1 Finals Meet Rec - Old All-Division Rec: 10:25.76 - Sharon VanTuy/Portage Northern-1996 - LP Class A & Old LP Division 1 Rec: 10:37.50 - Megan Goethals/Rochester-2009); 2-Gabrielle Anzalone/Grand Blanc/10:29.07; 3-Michelle Moriset/Troy-10:43.43. **4X100:** 1-Rochester 48.42; 2-Saline 48.61; 3-Southfield Lathrup 48.83. **4X200:** 1-Rockford 1:42.16; 2-Ann Arbor Pioneer 1:42.64; 3-Ann Arbor Huron 1:42.70. **4X400:** 1-Pinckney 3:54.12; 2-Ann Arbor Huron 3:55.10; 3-Rockford 3:56.96. **4X800:** 1-Rochester 9:05.47 (New All-Division Finals Meet Rec - Old Rec: 9:05.49 - Clarkston-2005/LP Division 1); 2-Grosse Pointe South 9:09.85; 3-Troy 9:15.24.scores next page

Reading T-Shirts on Saturday:

IF I STOP RUNNING, HOW AM I GOING TO GET HOME?

D1 Boy's Teams: 1-KENTWOOD EAST KENTWOOD 92, 2-Ann Arbor Pioneer 44, 3-Holly 28, 4-Lansing Eastern 28, 5-Grand Blanc 24, 6-Novu Detroit Catholic Central 22, 7-Detroit Cass Tech 21, 8-Portage Northern 20, 9-Dexter 20, 10-Swartz Creek 19..... **61 TEAMS SCORED.**

D1 Girl's Teams:: 1-ROCHESTER 65, 2-Rockford 58, 3-Kentwood East Kentwood 46.5, 4-Grosse Pointe South 33, 5-Ann Arbor Pioneer 33, 6-Ann Arbor Huron 26, 7-Saline 25, 8-Lake Orion 22, 9-Dexter 19, 10-Southfield Lathrup 18.5.....**57 teams scored**

DIVISION 2 LOWER PENINSULA FINALS

BOYS (2 Div. 2 meet Records)

HIGH JUMP: 1-Dartis Willis/Detroit Country Day-6' 10"; 2-Aaron Benton/Almont-6' 8.01; 3-Dennis Vyletel/Otsego-6' 8". **LONG JUMP:** 1-Aaron Daugherty/Big Rapids-23' 1.5; 2-Ed Hur/Bloomfield Hills Andover-22' 11"; 3-Jody Hill/Ferndale-22' 0.5. **POLE VAULT:** 1-Max Babits/Fowlerville-16' 0.5 (New LP Div 2 Final Meet Rec - Old Rec: 16' 0 - Joe Wesley/Marine City-2007); 2-Adam Lohner/East Grand Rapids-14' 9"; 3-Jaime Salisbury/Marine City-14' 6". **DISCUS:** 1-Derek Seivers/Byron Center-177' 6"; 2-Cole Walderzak/Standish-174' 2"; 3-Anthony Zettel/Ogemaw Heights-168' 4". **SHOT PUT:** 1-Anthony Zettel/Ogemaw Heights-58' 3.75; 2-John Kamps/Zeeland East-56' 7.25; 3-Derek Seivers/Byron Center-53' 2.5. **100:** 1-Ross Parsons/DeWitt-10.80; 2-John Hill/Detroit Country Day-11.12; 3-Justin Clarke/Flint Southwestern-11.20. **200:** 1-Ross Parsons/DeWitt-21.82; 2-Andrew Rayham/Niles-22.36; 3-Devin Scherzer/Caro-22.66. **400:** 1-Dan Pung/Zeeland West-49.12; 2-Michael Johnson/Flint Southwestern-49.15; 3-Dan Tyler/East Lansing-49.29. **800:** 1-Trevor Brinn/Otsego-1:55.00; 2-Zach Miklja/Auburn Hills Avondale-1:55.10; 3-Adrian Ottens/Zeeland West-1:57.12. **110H:** 1-Chris Williams/Saginaw-14.24; 2-Dalton Bates/North Branch-14.33; 3-Justin Balczak/Cedar Springs-14.85. **300H:** 1-Dalton Bates/North Branch-39.07; 2-Justin Balczak/Cedar Springs-39.57; 3-Jamar Wimberly/Marshall-39.84. **1600:** 1-Jeff Sattler/Byron Center-4:16.35; 2-Morgan Timiney/Plainwell-4:16.59; 3-Ian Hancke/Haslett-4:18.48. **3200:** 1-Mark Beams/Vicksburg-9:24.24; 2-Morsi Rayham/St. Johns-9:25.55; 3-Ian Hancke/Haslett-9:29.78. **4X100:** 1-Cadillac-42.66 (Tyler Ellsworth, Tyler Hewett, Jake Hurrell, Cody Zagers); 2-Highland Park-42.67; 3-Big Rapids-43.20. **4X200:** 1-Flint Southwestern-1:28.17 (Johnathon Clark, Michael Johnson, Kendrick Roberts, Justin Clarke) (New LP Div 2 Final Meet Rec - Old Rec: 1:28.38 - Orchard Lake St. Mary's-2006); 2-Lansing Sexton-1:29.08; 3-Cadillac-1:29.69). **4X400:** 1-Auburn Hills Avondale-3:23.19 (Nathon Chapman, Dom Gordon, Zach Miklja, Trevon Salter); 2-East Lansing-3:23.91; 3-Richland Gull Lake-3:24.20. **4X800:** 1-Grand Rapids Forest Hills Eastern-7:56.40 (Garrett Cullen, Chad Scott, Erik Bates, Spencer Ferris); 2-Zeeland West-7:56.85; 3-East Lansing-7:58.54. **D2 Boy's Teams: 1-Byron Center 30; 2-Zeeland West 29; 3-Flint Southwestern 26; 4-Ferndale 25; Cadillac & Auburn Hills Avondale 24; 7-Big Rapids & Cedar Springs & East Lansing 21; 10-DeWitt 20 70 teams scored.**

at Zeeland East High School

GIRLS (2 Div. 2 meet Records)

HIGH JUMP: 1-Kelsey Kuipers/Otsego-5' 6"; 2-Ceara O'Leary/Dearborn Divine Child-5' 5"; 3-Kelly Heidmann/Grand Rapids South Christian-5' 5". **LONG JUMP:** 1-Joylisa Davis/Bloomfield Hills Lahser-18' 0.25; 2-Caroline Strasser/Dearborn Divine Child-17' 4.25; 3-Kelsey Kuipers/Otsego-17' 0.75; 4-Haley MacDonald/Zeeland East-16' 11.50; 5-Alycia Little/Haslett-16' 10.50; 6-Britta Ebels/Zeeland East-16' 7.25; 7-Taylor McKay/Lansing Waverly-16' 4.50; 8-Kaitlin Susan/Byron Center-16' 4.50. **POLE VAULT:** 1-Kristen Hixson/Remus Chippewa Hills-12' 4" (New LP Div 2 Finals Meet Rec - Old Rec: 12' 0 - Amy Morrison/Fenton-2007); 2-Carley Morris/East Grand Rapids-11' 6"; 3-Kelly Morrissey/Grand Rapids West Catholic-11' 6". **DISCUS:** 1-Kendra Meyers/Grand Rapids West Catholic-132' 5"; 2-Brittany Mann/Beverly Hills Detroit Country Day-129' 7"; 3-Jessica Nagy/Carleton Airport-120' 6". **SHOT PUT:** 1-Kimmy Schmid/Haslett-41' 0.50; 2-Brittany Mann/Beverly Hills Detroit Country Day-40' 4"; 3-Jessica Nagy/Carleton Airport-38' 3.5. **100:** 1-Kendall Baisden/Beverly Hills Detroit Country Day-12.13; 2-Takira Moore/DeWitt-12.59; 3-Yasmine Jones/Auburn Hills Avondale-12.61. **200:** 1-Paige Patterson/Dearborn Divine Child-25.24; 2-Yanisha Edwards/Flint Northwestern-25.89; 3-Yasmine Jones/Auburn Hills Avondale/26.04. **400:** 1-Kendall Baisden/Beverly Hills Detroit Country Day-54.91 (New LP Div 2 Finals Meet Rec - Old Rec: 56.17 - Sara Jane Baker/Mattawan-2000); 2-Breterria Hill/Lansing Sexton-56.47; 3-Paige Patterson/Dearborn Divine Child-57.40. **800:** 1-Leah O'Connor/Crowell-Lexington-2:15.08; 2-Sara Barron/Pontiac Notre Dame Prep-2:15.52; 3-Maddie Werley/Zeeland West-2:18.11. **100H:** 1-Megan Yanik/Livonia Ladywood-14.75; 2-Kalena Franklin/Ogemaw Heights-14.76; 3-Tori Desira/DeWitt-15.00. **300H:** 1-Megan Yanik/Livonia Ladywood-43.85; 2-Akatriona Sellivian/Goodrich-44.60; 3-Andrea Kober/Sparta-44.77. **1600:** 1-Leah O'Connor/Crowell-Lexington-5:01.99; 2-Erica Crane/Dearborn Divine Child-5:05.04; 3-Taylor Smith/Otsego-5:06.54. **3200:** 1-Rachele Schulist/Zeeland West-10:59.40; 2-Katie Weiler/Cedar Springs-11:05.43; 3-Allyson Winchell/Middleville Thornapple/Kellogg/11:07.37. **4X100:** 1-Flint Southwestern-48.92 (Michaela Lewis, Chistal Wilson, Lashyla Nelson, Ciarra Adams); 2-Lansing Sexton-49.56; 3-East Lansing-49.95. **4X200:** 1-Chelsea-1:42.48 (Olivia DeTroyer, Christina Coffman, Grace Sauer, Corinne Carpenter); 2-Dearborn Divine Child-1:43.09; 3-Flint Southwestern-1:43.64. **4X400:** 1-Chelsea-3:57.56 (Corinne Carpenter, Danielle Dahl, Grace Sauer, Olivia DeTroyer); 2-Livonia Ladywood-4:00.98; 3-Dearborn Divine Child-4:01.44. **4X800:** 1-East Grand Rapids-9:24.12 (Brianna Clifford, Katie Samuelson, Lauren Grunewald, Jessie Baloga); 2-Grand Rapids Forest Hills Eastern-9:29.21; 3-St. Clair-9:37.77. **D2 Girl's Teams: 1-DEARBORN DIVINE CHILD 61; Beverly Hills Beverly Hills Detroit Country Day 49; Chelsea 30.5; Livonia Ladywood 28; Zeeland West 26; East Grand Rapids 24.5; Flint Southwestern & Otsego & Lansing Sexton 24; 10-DeWitt 23..... 56 teams scored.**

DIVISION 3 LOWER PENINSULA FINALS

BOYS (2 Div. 3 meet Records)

HIGH JUMP: 1-Darnell McKinney/Saginaw Buena Vista-6' 4"; 2-Ben Thaxton/Benzie Central-6' 4"; 3-Cameron Wilson/Millington-6' 3". **LONG JUMP:** 1-Keif Vickers/Vassar-21' 10.25; 2-Anthony Myers/Bronson-21' 8"; 3-Dion Mitchell/Albion-21' 7.75. **POLE VAULT:** 1-Jacob Elbers/Reese-15' 0"; 2-Isaac Austin/Kent City-14' 6"; 3-Brian Michell/Reed City-14' 0". **DISCUS:** 1-David Scouten/Brooklyn Columbia Central-167' 9"; 2-Keith Boswell/Montrose-165' 7"; 3-Tim Johnson/Erie' Mason-150' 9". **SHOT PUT:** 1-David Scouten/Brooklyn Columbia Central-55' 9"; 2-Joe Collard/Berrien Springs-52' 0"; 3-Matt Badger/Wyoming Kelloggville-51' 7.50. **100:** 1-Brent Vanek/Grandville Calvin Christian-11.15; 2-Chris Maye/Union City-11.15; 3-Ryan Parminter/Newaygo-11.31. **200:** 1-Brent Vanek/Grandville Calvin Christian-22.14; 2-Chris Teitsma/Allendale-22.33; 3-Gary Jones/Bloomingtondale-22.40. **400:** 1-Michael Rossman/Madison Heights Bishop Foley-49.84; 2-Michael Jernigan/New Haven-50.22; 3-Justin Locklear/Vassar-50.29. **800:** 1-Ben Wynsma/Suttons Bay-1:55.64; 2-Lucas Bade/Frankenmuth-1:56.06; 3-Eric Budy/Charlevoix-1:56.33. **110H:** 1-Steven Machin/Whitmore Lake-14.31; 2-Michael Parker/Michigan Center-14.36; 3-Jake McFadden/Clare-14.84. **300H:** 1-Chris Teitsma/Allendale-37.30 (New LP Div 3 Finals Meet Rec - Old Rec: 37.98 - Michael Parker/Michigan Center-2009); 2-Michael Parker/Michigan Center-37.79; 3-Maurice Jones/Jackson Lumen Christi-37.97. **1600:** 1-Alex Wilson/Kent City-4:15.77; 2-David Madrigal/Durand Area-4:17.58; 3-Blake Allison/Harrison-4:18.94. **3200:** 1-David Madrigal/Durand Area-9:25.13; 2-Caleb Rhynard/Shepherd-9:28.42; 3-Mitchell Klingler/Bronson-9:29.47. **4X100:** 1-Vassar-43.25 (Madison Harper, Troy Hecht, Justin Locklear, Keif Vickers) (New LP Div 3 Finals Meet Rec - Old Rec: 43.28 - Albion-2008); 2-Jackson Lumen Christi-43.35; 3-Dowagiac-43.68. **4X200:** 1-Livonia Clarenceville-1:30.51 (LeVonte Brooks, Moses Hobson, Leonard Hogan, Kassius Kelly); 2-Vassar-1:30.87; 3-Michigan Center-1:31.07. **4X400:** 1-Frankenmuth-3:23.50 (Ben Carter, Daniel Zeddies, Charles Wenzel, Lucas Bade); 2-Allendale-3:26.67; 3-Vassar-3:27.92. **4X800:** 1-Mason County Central (Jared Lauber, Jacob Hernandez, Dan Deller, Chris Conrad)-7:54.74; 2-Frankenmuth-8:00.96; 3-Freeland/8:01.19. **D3 Boy's Teams: 1-VASSAR 40; 2-Frankenmuth 33; 3-Allendale 31; 4-Albion 25; 5t-Michigan Center & Kent City 22; 7t-Grandville Calvin Christian & Brooklyn Columbia Central 20; 9-Durand 18; 10t-Union City & Reese 16..... 67 teams scored.**

at Comstock Park High School

GIRLS (1 Div. 3 meet Record)

HIGH JUMP: 1-Jordyn Kiser/Reese-5' 4"; 2-Taylor Penzien/New Haven-5' 3"; 3-Sarah Trieweller/Portland-5' 3"; 4-Sarah Luma/Hudson-5' 2". **LONG JUMP:** 1-Kaisha Martin/Dowagiac-16' 11"; 2-Shawntoreah Turk/Carrollton-16' 9.75; 3-Andrea Finkbeiner/Saginaw Valley Lutheran-16' 5.75. **POLE VAULT:** 1-Kassie Powell/Durand Area-11' 8"; 2-Alicia Dork/Schoolcraft-10' 9"; 3-Hannah Saul/Erie' Mason-10' 0". **DISCUS:** 1-Andrea Hiler/Watervliet-143' 0"; 2-Tonia Pratt/Michigan Center-120' 10"; 3-Amber Smith/Jonesville-120' 8". **SHOT PUT:** 1-Tonia Pratt/Michigan Center-40' 9.75; 2-Andrea Hiler/Watervliet-39' 11"; 3-Samantha Cormier/Frankenmuth-39' 4.50. **100:** 1-Kaisha Martin/Dowagiac-12.24; 2-Kelsey Ritter/Frankenmuth-12.28; 3-Kelsie Williams/St. Charles-12.29. **200:** 1-Kelsey Ritter/Frankenmuth-25.29; 2-Kelsie Williams/St. Charles-25.42; 3-Kimberly Balls/Bridgeport-25.87. **400:** 1-Kelsey Ritter/Frankenmuth-56.27; 2-Shawntoreah Turk/Carrollton-56.44; 3-Aisha Hodge/Bangor-58.54. **800:** 1-Michaela Carnegie/Benzonia Benzie Central-2:16.16; 2-Katy Barkley/Olivet-2:18.22; 3-Devan John/Allendale-2:19.65. **100H:** 1-Sami Michell/Reed City-14.73; 2-Rachel Hoffman/Shelby-15.10; 3-Emily Wee/Frankenmuth-15.17; 4-Alex King/Lakeview-15.43. **300H:** 1-Emily Wee/Frankenmuth-44.15 (New LP Division 3 Finals Meet Rec - Old Rec: 44.82 - Am Myler/Ann Arbor Gabriel Richard - 2007); 2-Sami Michell/Reed City-44.72; 3-Koby Gillespie/Berrien Springs-45.97. **1600:** 1-Ali Wiersma/Allendale-4:59.86; 2-Lauren Dietrich/Gobles-5:07.23; 3-Megan Heeder/Lansing Catholic-5:10.17. **3200:** 1-Ali Wiersma/Allendale-10:57.56; 2-Megan Heeder/Lansing Catholic-11:08.67; 3-Lindsay Burdette/Hanover-Horton-11:24.33. **4X100:** 1-Kent City-50.58 (Dena Bliss, Hannah Miller, Katie Murphy, Suzy Stocking); 2-Schoolcraft-50.63; 3-Frankenmuth-51.12. **4X200:** 1-Frankenmuth-1:45.63 (Lauren Reinbold, Kayla Bender/Chelsea, Mert, Emily Wee); 2-Schoolcraft-1:46.25; 3-Berrien Springs-1:47.66. **4X400:** 1-Frankenmuth-4:01.31 (Brooke Crandall, Chelsea Mert, Emily Wee, Kelsey Ritter); 2-Benzonia Benzie Central-4:03.22; 3-Berrien Springs-4:04.70. **4X800:** 1-Benzonia Benzie Central (Theresa Warsecke, Miranda Besey, Taylor Nye, Michaela Carnegie)-9:32.19; 2-Allendale-9:32.87; 3-Hanover-Horton-9:40.80. **D3 Girls Teams: 1-FRANKENMUTH 89; 2-Benzonia Benzie Central 39; 3-Allendale 38; 4-Schoolcraft 29.75; 5-St. Charles 23; 6-Dowagiac 22; 7-Hanover-Horton 22; 8-Berrien Springs 21; 9t-Kent City & Reed City 2..... 57 teams scored**

2010 CROSS COUNTRY CLINIC

NOV. 11-12 - 13 Doubletree Hotel Bay City

2011 TRACK & FIELD CLINIC

Feb. 10-11 - 12 Causeway Bay Hotel(Holiday Inn South) Lansing

DIVISION 4 LOWER PENINSULA FINALS

BOYS (2 Div. 4 meet Records)

HIGH JUMP: 1-Stephen Sykes, Litchfield-6' 6"; 2-Peter Sullivan, Hillsdale Academy-6' 5"; 3-Parker Mojosienko, Bridgman-6' 5". **LONG JUMP:** 1-Erric Garner, Springport-21' 5.50; 2-Devante Mitchell, Coleman, 21' 4.50; 3-Tim Klaus, Saugatuck-21' 3".
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at Jenison High School

GIRLS (5 Div 4 meet Records)

HIGH JUMP: 1-Megan Heffner, Kinde' North Huron-5' 5"; 2-Abbie Hengesbach, Pewamo-Westphalia-5' 4"; 3-Taylor Friend, Pellston-5' 3". **LONG JUMP:** 1-Kelly David, Mt. Pleasant Bear City-16' 9"; 2-Brittany Weber, Fowler-16' 6.25; 3-Phoenix Duncan, Morenci-16' 4.25.
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d4 boys cont.....POLE VAULT: 1-Tim Canfield, Unionville' Sebewaing-13' 11; 2-Austin Billington, Pittsford-13' 11; 3-Jordan Bates, Hesperia-13' 8. **DISCUS:** 1-Ben Denomme, Manton-155' 1; 2-Jay Lechner, Harbor Springs-153' 9; 3-Garret Price, Mio-150' 0. **SHOT PUT:** 1-Roger Stewart, White Pigeon-53' 7.50; 2-Keith Whitaker, Mayville-47' 3; 3-Alex Goeke, Frankfort-46' 7.75. **100:** 1-Cory Noeker, Pewamo-Westphalia-11.16; 2-Damon Armstrong, Muskegon Catholic Central-11.20; 3-Raetron Bryant, Burton Atherton-11.35. **200:** 1-Cory Noeker, Pewamo-Westphalia-22.60; 2-Raetron Bryant, Burton Atherton-22.90; 3-Clay Becker, Gaylord St. Mary-23.00. **400:** 1-Ian Miller, Concord-49.49; 2-Najee A've, Detroit Loyola, 49.89; 3-Marc Kanitz, Traverse City St. Francis-50.45. **800:** 1-Warren Witchell, Dansville-1:57.05; 2-Ethan Gehrke, Hillsdale Academy-1:57.32; 3-Aaron Tait, Big Rapids Crossroads Academy, 1:59.02. **110H:** 1-Cory Noeker, Pewamo-Westphalia-14.70; 2-Zac Eggerding, Marcellus-15.43; 3-Zach Musial, Lutheran Westland-15.68. **300H:** 1-Cory Noeker, Pewamo-Westphalia-38.95; 2-Darren Morris, Manton-40.28; 3-Steven Dean, Covert-40.55. **1600:** 1-Kyle Stacks, Concord-4:19.44; 2-Warren Witchell, Dansville-4:22.24; 3-Victor Allen, Southfield Christian-4:24.20. **3200:** 1-Spencer Nousain, Concord-9:39.09; 2-Matt Peacock, Hesperia-9:41.21; 3-Nickolas Flietstra, Pottersville-9:42.38. **4X100:** 1-Muskegon Catholic Central-44.00 (Jamicha Cooper, Tyler DePung, Major Metcalf, Damon Armstrong); 2-Saranac-44.76; 3-Covert-45.15. **4X200:** 1-White Pigeon-1:31.17 (Mitch Johnson, Corey Wynkoop, Ryan Shoemith, Tanner Nichols); 2-Detroit Loyola-1:31.56; 3-Manton-1:31.98. **4X400:** 1-Detroit Loyola-3:25.86 (Stefon Johnson, Jason Marzette, Travis Steinbeck-Riley, Najee A've) (New LP Div 4 Finals Meet Rec - Old Rec: 3:27.25 - Detroit Benedictine-2003); 2-Concord-3:27.09; 3-Big Rapids Crossroads Charter Academy-3:27.86. **4X800:** 1-Big Rapids Crossroads Academy-8:02.43 (Ethan Mabry, Colby Conklin, Aaron Tait, Kyle Tait) (New LP Div 4 Finals Meet Rec - Old Rec: 8:06.47, McBain-2000); 2-Concord-8:08.13; 3-Dansville-8:09.43. **TEAM SCORING:** 1-CONCORD 52; 2-Pewamo-Westphalia 49; 3-Manton 43; 4-White Pigeon 33.5; 5-Big Rapids Crossroads Academy 31; 6-Detroit Loyola 30; 7-Dansville 26; 8-Muskegon Catholic Central 24; 9-Hillsdale Academy 19; 10-Traverse City St. Francis 18. **58 teams scored**

d4 girls cont.....POLE VAULT: 1-Kirstie Wieber, Pewamo-Westphalia-12' 0 (New LP Division 4 Finals Meet Rec - Old Rec: 11' 3, Kirstie Wieber, Pewamo-Westphalia, 2009); 2-Hannah Meachum, Traverse City St. Francis-11' 0; 3-Brianna Ohlert, Indian River Inland Lakes-10' 6. **DISCUS:** 1-Heather Lantis, Hillsdale Academy-117' 3; 2-Christine Labaza, Rochester Hills Lutheran Northwest-115' 5; 3-Abby Sharf, Unionville' Sebewaing-115' 3. **SHOT PUT:** 1-Jasmine Hines, Central Lake-42' 7 (New LP Div 4 Finals Meet Rec - Old Rec: - 41' 9 Sarah Adelaide, Harbor Springs-2000); 2-Abby Sharf, Unionville' Sebewaing-39' 6; 3-Payton Lupa, Onaway-37' 1.5. **100:** 1-Abbey Hengesbach, Pewamo-Westphalia-12.40 (New LP Div 4 Finals Meet Rec - Old Rec: 12.42, Monique Lee, New Haven, 2005); 2-Rynita Bohler, Sterling Heights Parkway Christian-12.99; 3-Janina Pollatz, Kentwood West Michigan Lutheran-13.00. **200:** 1-Lindsey Hufnagel, Fowler-26.57; 2-Rachel Zeppa, Grand Traverse Academy-26.70; 3-Janina Pollatz, Kentwood West Michigan Lutheran-27.04. **400:** 1-Lindsey Hufnagel, Fowler-58.91; 2-Kaitlyn Bronkema, McBain-59.99; 3-Lauren Buckel, Traverse City St. Francis-1:01.00. **800:** 1-Elaine Poling, Pittsford-2:21.33; 2-Bri Woycehoski, Harbor Beach-2:23.58; 3-Brianne Feldpausch, Fowler-2:24.10. **100H:** 1-Ratchford Brianna, Birmingham Roeper-16.18; 2-Nicole Kubacki, Uby-16.30; 3-Jenna Behnke, Battle Creek St. Philip-16.42. **300H:** 1-Megan Heffner, Kinde North Huron-44.98 (New LP Divisiona Smith, Reading-46.76; 3-Brittannee Wilson, McBain Northern Michigan Christian-46.81. **1600:** 1-Bridget Bennett, Mt Pleasant Sacred Heart-5:06.09; 2-Nicki Wurster, Homer-5:07.89; 3-Melinda Palinkas, Saranac-5:13.76. **3200:** 1-Bridget Bennett, Mt Pleasant Sacred Heart-11:21.31; 2-Melinda Palinkas, Saranac-11:27.39; 3-Stephanie Ingraham, Manton-11:35.55. **4X100:** 1-Pewamo-Westphalia-50.41 (Rachel Schmitt, Allison Fedewa, Kyan Thelen, Abbey Hengesbach) (New LP Div 4 Finals Meet Rec - Old Rec: 50.63, Pewamo-Westphalia-2009); 2-Mt. Pleasant Beal City-52; 3-Sand Creek, 52.20. **4X200:** 1-Pewamo-Westphalia-1:46.06 (Rachel Schmitt, Kyan Thelen, Allison Fedewa, Abbey Hengesbach) (New LP Div 4 Finals Meet Rec - Old Rec: 1:46.48, Flint Hamady-2006); 2-Fowler-1:48.46; 3-Reading-1:49.54. **4X400:** 1-Fowler-4:12.12 (Brittany Weber, Elizabeth Thelen, Brianne Feldpausch, Lindsey Hufnagel); 2-Hillsdale Academy-4:12.52; 3-McBain Northern Michigan Christian-4:13.2. **4X800:** 1-Hillsdale Academy-10:00.10 (Shaley Albaugh, Anna Woods, Elyse Lisznyai, Carly Hubbard); 2-Mt Pleasant Sacred Heart-10:11.32; 3-Manton, 10:12.49. **TEAM SCORING:** 1-PEWAMO-WESTPHALIA 65; 2-Fowler 61; 3-Hillsdale Academy 34; 4-Mt. Pleasant Sacred Heart 32; 5-Manton 28.50; 6-Traverse City St. Francis 28; 7-Mt. Pleasant Beal City 27; 8t-Reading & Pittsford 21; 10-Kinde North Huron 20 **55 teams scored**

DIVISION 1 UPPER PENINSULA FINALS

BOYS (2 meet Records & 1 tied)

HIGH JUMP: 1-Kris Benaglio/Negaunee-6' 3; 2-Spencer Huss/Marquette-6' 2. **LONG JUMP:** 1-Tanner Maccoxx/Menominee-20' 11; 2-Max Vandewiele/Esanaba-20' 1.50. **POLE VAULT:** 1-Josh Syverson/Gladstone-13' 6; 2-Ben Steber/Calumet-13' 0. **DISCUS:** 1-Kent King/Gladstone-128' 5; 2-Ben Ferris/Gwinn-122' 8. **SHOT PUT:** 1-Kent King/Gladstone-52' 0.50 (Ties UP Div. 1 Final Meet Rec - 52' 0.5 - Kent King/Gldstone-2009); 2-Kyle Michaelson/Negaunee/45' 4.5. **100:** 1-Dylan Tengesdahl/ Kingsford-11.33; 2-Jared Theisen/Menominee-11.60. **200:** 1-Dylan Tengesdahl/ Kingsford-22.75; 2-Erik Kliesner/ Kingsford-23.41. **400:** 1-Erik Kliesner/Kingsford-51.26; 2-Adrian Dela Rosa/Menominee-51.35. **800:** 1-Austin Wissler/Marquette-2:02.30; 2-Mickey Sanders/Marquette-2:05.64. Mountain-2:06.95; 6-Kelton Heller/ Esanaba-2:07.27. **110H:** 1-Wes Jacobson/Kingsford-15.30; 2-Kris Benaglio/ Negaunee-15.71. **300H:** 1-Wes Jacobson/Kingsford-40.81; 2-Cory Nelson/Esanaba-42.86. **1600:** 1-Mickey Sanders/Marquette-4:40.78; 2-Matt Sundell/ Marquette-4:42.91. **3200:** 1-Mickey Sanders/Marquette-10:10.54; 2-Caleb Cox/Gladstone-10:31.21. **4X100:** 1-Kingsford-43.78 (New UP Div. 1 Final Meet Rec: Old Rec - 43.93 - Gladstone-2005); 2-Menominee-44.35; 3-Iron Mountain-45.61; 4-Escanaba-46.45; 5-Gladstone-46.92; 6-Calumet-47.00. **4X200:** 1-Kingsford-1:30.73 (New UP Div. 1 Final Meet Rec: Old Rec 1:31.00 West Iron County-2005); 2-Iron Mountain/1:32.93. **4X400:** 1-Marquette-3:31.47; 2-Kingsford-3:34.76. **4X800:** 1-Marquette8-28.02; 2-Sault Ste. Marie8-40.48. **D1 Boy's Team Scores:** 1-MARQUETTE 112; 2-Kingsford 93.5; 3-Gladstone 64. **11 teams scored.**

at Kingsford High School

GIRLS (2 meet Records)

HIGH JUMP: 1-Olivia Nash/Esanaba-5' 2; 2-Adeline Grier/ welch/Houghton-5' 2. **LONG JUMP:** 1-Jaime Roberts/Kingsford-16' 8.50; 2-Ciara O'Dovero/Negaunee-16' 5.75. **POLE VAULT:** 1-Jaime Roberts/Kingsford-12' 0 (New UP Div. 1 Final Meet Rec: Old Rec 10' 1 Kristen Pearson/Esanaba-2001); 2-Madalen Johnson/ Menominee-9' 6. **DISCUS:** 1-Natalie Berryman/Houghton-106' 0; 2-Emi Tomassucci/Iron Mountain-103' 11.5. **SHOT PUT:** 1-Natalie Berryman/ Houghton-36' 0.25; 2-Alyssa Langness/Ishpeming Westwood-34' 5.25. **100:** 1-Courtney Lafemiere/ Marquette-12.79; 2-Ciara O'Dovero/Negaunee-13.02. **200:** 1-Courtney Lafemiere/ Marquette-26.29; 2-Katy Lafayette/Marquette-26.89. **400:** 1-Courtney Lafemiere/ Marquette-59.26. **800:** 1-Faith Gunderson/Menominee-2:25.04; 2-Tara Kiilunen/ Calumet-2:25.05. **100H:** 1-Jaime Roberts/Kingsford-15.68; 2-Nikki Trevarthen/Iron Mountain-16.21. **300H:** 1-Selena Meser/Sault Ste. Marie-45.40 (New UP Div. 1 Final Meet Rec.); 2-Jaime Roberts/Kingsford-46.64. **1600:** 1-Tara Kiilunen/Calumet-5:28.39; 2-Lindsay Kiilunen/Calumet-5:29.60. **3200:** 1-Lindsay Kiilunen/Calumet-11:52.98; 2-Tara Kiilunen/Calumet-11:58.73. **4X100:** 1-Marquette-51.51; 2-Iron Mountain-52.65. **4X200:** 1-Negaunee-1:48.25; 2-Marquette-1:48.96. **4X400:** 1-Negaunee-4:08.98; 2-Sault Ste. Marie-4:09.55. **4X800:** 1-Calumet-9:47.56; 2-Marquette-10:07.91. **D1 Girl's Team Scores:** 1-Negaunee 95 **12 teams scr.**

DIVISION 2 UPPER PENINSULA FINALS

BOYS (1 meet Record)

HIGH JUMP: 1-Austin St. Louis/St. Ignace-5' 9; 2-Lucas Kleiman/Bark River-Harris & Tanner Mayo/West Iron County-5' 7. **LONG JUMP:** 1-Roman Alberti/ Stephenson-19' 11; 2-Tanner Mayo/West Iron County-19' 3. **POLE VAULT:** 1-Lance Pinter/Newberry-12' 0; 2-Roy Auvinen/Ironwood-11' 6. **DISCUS:** 1-Grant Simmons/St. Ignace-117' 2; 2-Cody Priestley/Newberry-112' 6.75. **SHOT PUT:** 1-Gerrit Mortensen/St. Ignace-49' 1; 2-Ben Gable/ Rudyard-42' 10. **100:** 1-Roman Alberti/Stephenson-11.47; 2-Evan Everson/ St. Ignace-11.54. **200:** 1-Evan Everson/St. Ignace-22.94; 2-Roman Alberti/ Stephenson-23.13. **400:** 1-Evan Everson/St. Ignace-51.31; 2-Drew Otten/ Rudyard-52.91. **800:** 1-Alan Peterson/Ironwood-2:00.32; 2-Drew Otten/ Rudyard-2:03.07. **110H:** 1-Tanner Mayo/West Iron County-16.09; 2-Sam Krohn/Ironwood-16.26. **300H:** 1-Cubby Litzner/St. Ignace-41.08; 2-Brett Parrett/Stephenson-42.11. **1600:** 1-Alan Peterson/Ironwood-4:27.21 (New UP Div. 2 Rec: Old Rec 4:34.33 Dominic Beckman/Ironwood-2009); 2-Jacob Mahoski/Munising-4:40.51. **3200:** 1-Alan Peterson/Ironwood-9:50.90; 2-Ryan Goings/Munising-10:30.81. **4X100:** 1-Rudyard-45.66; 2-St. Ignace-45.76. **4X200:** 1-Rudyard-1:34.74; 2-Stephenson-1:36.17. **4X400:** 1-Stephenson-3:39.92; 2-Rudyard-3:43.46. **4X800:** 1-Rudyard8-32.66; 2-Munising8-41.59. **D2 Boy's Team Scores:** 1-ST. IGNACE 98; 2-Rudyard 89; 3-Stephenson 73.... 9 teams scored.

at Kingsford High School

GIRLS (3 meet & 1 tied meet Rec)

HIGH JUMP: 1-Nicole Vanderlin/Norway-5' 2; 2-Abbey Moore/Ironwood-4' 10. **LONG JUMP:** 1-Dani Gagne/Norway-15' 2.75; 2-Nicole Parker/L'Anse-15' 2. **POLE VAULT:** 1-Kali jo Marshall/St. Ignace-9' 1 (New UP Div. 2 Rec: old Rec 9' 0 by three individuals); 2-Emily Briggs/ Bark River-Harris & Taylor Lockwood/Manistique-8' 6. **DISCUS:** 1-Desirae Rasmusen/West Iron County-120' 4.75 (NEW UP Div. 2 Rec: Old Rec 115' 9.25- Katie Spencer/St. Ignace-2005); 2-Hunter Perry/Rudyard-103' 7.5. **SHOT PUT:** 1-Hannah Holma/West Iron County-36' 10; 2-Christi Therrian/St. Ignace-35' 9. **100:** 1-Dani Gagne/Norway-12.83 (New UP Div. 2 Rec: Old Rec 12.87 Eryn Mercer/St. Ignace-2001); 2-Kara Dale/Ishpeming-13.08. **200:** 1-Dani Gagne/ Norway-26.96; 2-Kara Dale/ Ishpeming-27.03. **400:** 1-Kara Dale/ Ishpeming-1:00.30 (NEW UP Div. 2 Rec: Old Rec 1:00.84/Kristen Pedo/Iron Mountain-2001); 2-Alyssa Davis/West Iron County-1:01.36. **800:** 1-Amy Kerst/Munising-2:24.74; 2-Jaclyn Waara/West Iron County-2:30.95. **100H:** 1-Brooke Julian/ Norway-17.14; 2-Heather Beau-doin/St. Ignace-17.16. **300H:** 1-Joanna Pellizzer/West Iron County-50.24; 2-Nicole Elmlad/ St. Ignace-50.60. **1600:** 1-Abbey Kelto/ Munising-5:32.99; 2-Amy Kerst/ Munising-5:40.78. **3200:** 1-Abbey Kelto/Munising-12:21.74; 2-Sarah Cullip/St. Ignace-12:56.21. **4X100:** 1-Manistique-52.36 (New UP Div. 2 Rec: Old Rec 52.75/Ishpeming-2004); 2-St. Ignace-53.33. **4X200:** 1-St. Ignace-1:51.68; 2-L'Anse-1:52.45. **4X400:** 1-West Iron County-4:24.45; 2-Ishpeming-4:25.04. **4X800:** 1-Munising-10:21.74; 2-Ironwood-10:26.82. **D2 Girl's Team Scores:** 1-ST. IGNACE 131; 2-Iron River West Iron County 78; 3-Munising 7. 10 teams scored

DIVISION 3 UPPER PENINSULA FINALS

BOYS

HIGH JUMP: 1-Mike Schmaus/Ontonagon-6' 0; 2-Jordan Baker/Cedarville-5' 11. **LONG JUMP:** 1-Brett Gervais/Lake Linden Hubbell-20' 6.5; 2-Phillip Hood/Engadine-20' 2.5. **POLE VAULT:** 1-Brett Gervais/Lake Linden Hubbell-11' 6; 2-Travis Ambuehl/Lake Linden Hubbell-11' 0.continued on next page

at Kingsford High School

GIRLS

HIGH JUMP: 1-Nicole Melcer/Detour-4' 10; 2-Becca Carruthers/Brimley-4' 9.03. **LONG JUMP:** 1-Olivia Soumis/Ontonagon-16' 5.5; 2-Emily Lehto/Iron Mountain North Dickinson/15' 9.5. **POLE VAULT:** 1-Emily Lehto/Iron Mountain North Dickinson-8' 6; 2-Daryl Arcand/Crystal Falls Forest Park-8' 0.continued on next page

up d3 boy's cont..... **DISCUS:** 1-Joseph Serotzke/Lake Linden Hubbell-124' 4; 2-Garrett Maki/Hancock-121' 3. **SHOT PUT:** 1-Garrett Maki/Hancock-47' 5; 2-Jacob Pikka/Wakefield-Marenisco-40' 3.75. **100:** 1-Phillip Hood/Engadine-11.23; 2-Mike Schmaus/ Ontonagon-11.30. **200:** 1-Mike Schmaus/Ontonagon-22.73; 2-Phillip Hood/Engadine-22.94. **400:** 1-Phillip Hood/Engadine-50.66; 2-Dylan Kirkley/Ontonagon-53.00. **800:** 1-Tyler Kantiz/Cedarville-2:06.99; 2-Tyler Mercier/Powers North Central-2:08.36. **110H:** 1-Jordan Baker/Cedarville-16.16; 2-Daniel Knapp/Iron Mountain North Dickinson/16.42. **300H:** 1-Mike Schmaus/Ontonagon-40.42; 2-Jordan Baker/Cedarville-42.13. **1600:** 1-Tony Silva/Crystal Falls Forest Park-4:44.12; 2-Josh Hester/Cedarville-4:45.49. **3200:** 1-Tim Dunstan/Dollar Bay-10:16.20; 2-Keith Swendson/Brimley-10:19.67. **4x100:** 1-Crystal Falls Forest Park-46.76; 2-Lake Linden Hubbell-47.2. **4x200:** 1-Crystal Falls Forest Park-1:37.52; 2-Pickford-1:38.39. **4x400:** 1-Crystal Falls Forest Park-3:44.44; 2-Cedarville-3:47.07. **4x800:** 1-Crystal Falls Forest Park-8:45.58; 2-Cedarville-8:53.47. **D3 Boy's Team Scores:** 1-CRYSTAL FALLS FOREST PARK 83; 2-Cedarville 73; 3-Ontonagon 70.... **20 teams scored.**

Up d3 girl's comnt..... **DISCUS:** 1-Brianna Raasio/Hancock-97' 8; 2-Amanda Mcmichael/ Lake Linden-Hubbell-97' 6. **SHOT PUT:** 1-Brianna Raasio/Hancock-33' 9.25; 2-Mariah Marcol/Dollar Bay-33' 0.75. **100:** 1-Olivia Soumis/Ontonagon-12.83; 2-Maria Valesanof Crystal Falls Forest Park/12.89. **400:** 1-Lauren Spranger/Eben Junction Superior Central-1:00.53; 2-Brittany Engman/Dollar Bay-1:02.88. **800:** 1-Lauren Spranger/Eben Junction Superior Central-2:23.82; 2-Erin Holmberg/Cooks-Big Bay De Noc-2:26.30. **100H:** 1-Tara Cooper/Cooks-Big Bay De Noc-17.26; 2-Taylor Cleary/Ontonagon-17.78. **300H:** 1-Emily Lehto/Iron Mountain North Dickinson-50.11; 2-Janele Linna/Ontonagon/51.20. **1600:** 1-Erin Holmberg/Cooks-Big Bay De Noc-5:23.22; 2-Erica Johnson/Iron Mountain-North Dickinson-5:34.70. **3200:** 1-Erin Holmberg/Cooks-Big Bay De Noc-12:14.71; 2-Erica Johnson/Iron Mountain-North Dickinson-12:22.03. **4x100:** 1-Crystal Falls Forest Park-51.92 **(New UP D3 Rec: Old Rec - 52.7 - Norway/1979; 2-Ontonagon-54.10. 4x200:** 1-Crystal Falls Forest Park-1:52.31; 2-Lake Linden-Hubbell-1:53.31. **4x400:** 1-Dollar Bay-4:25.85; 2-Brimley-4:31.08. **4x800:** 1-Carney-Nadeau-10:38.17; 2-Rapid River-10:42.08. **D3 Girl's Team Scores:** 1-COOKS-BIG BAY DE NOC 67; 2-Ontonagon 60; 3-Felch North Dickinson 53.... **20 teams scored.**

COACHING TIP: Look for the boxes of sidewalk chalk on sale at the end of the summer for \$1 or so & get 3 for the exchange zones & 1 for each of the jumps.

Midwest Meet of Champions Returns Home

The 2010 edition of the meet was billed as a Homecoming by the host Indiana Crew. The meet originated in Fort Wayne, Indiana in 1974. After a number of years, the meet moved to Ohio. Then in 2006 Michigan took a turn to host. By placing the meet on a 4 year rotation, it has created new excitement at each new stop. The 2010 edition allowed the host state to display that Hoosier Hospitality. One of the noticeable benefits of the meet being in Fort Wayne was the student housing on the campus of Indiana Purdue at Fort Wayne (IPFW). The accommodations were exemplary and appreciated by all.

Unfortunately the weather was not nearly as hospitable as the people and facilities. On Friday Team Michigan's practice was cancelled due to Thunderstorms and on Saturday we experienced a delay prior to the 800 meter run. Storms may have caused an inconvenience, but they could not prevent the Team Michigan athletes from achieving great things.

In the field and on the Track there were performances to rave about. In the High Jump Holly's Jonathan Beeler used this one last opportunity to surpass a milestone in clearing 7' 0" for the first time in his career. Then there was the improvement of Andrea Hiller who eclipsed the 150' barrier with a toss of 150'

Brian Salyers/Milford – Head Coach, Team Michigan

6" to win the discus. Andrea would return to post a lifetime best of 44' 4" to team with Alysha Johnson (44' 8.5") to lead Team Michigan to a 1-2 in the event.

Not to be outdone by anyone was Rochester's Megan Goethals, who posted two eye opening victories in preparation for her New Balance National title in the 2-Mile the following week. Megan would register a meet Rec in the 1600 by breaking the tape in 4:43.05. She would then bounce back after the rain delay to win the 800 in a time of 2:10.58.

A great example of redemption was Livonia Churchill's Sara Kroll, who suffered a fall in the MHSAA state finals 800 meter finals, leaving her out of the medals. At the Midwest Sara took to the challenge of racing with Megan Goethals, thus resulting in 2nd place finish in a time of 4:46.45. This performance was an 8 second lifetime PR for Sara.

Aside from the PR's medals and event victories there was friendship and camaraderie among the Team Michigan teammates. All enjoyed their experience as they proudly represented their home state. We look forward to the future teams doing the same as next year we return to Fort Wayne.

Reflections on the Midwest Meet

Competing in the Midwest Meet of Champions was a great way to cap my senior year at DeWitt High School. The MMC has a reputation for bringing the best track and field athletes from Michigan, Ohio and Indiana together for one last hurrah. The -2010 event did not let me down.

Indiana University - Purdue Fort Wayne hosted this year's meet and started things out with a bang by treating us to a great banquet, including a former Olympian as the guest speaker. It was fun getting to know several of the Michigan athletes I competed with in the spring.

What a thrill it was to be part of the Michigan team when we paraded before the crowd prior to the start of the track events. Wearing the white and blue Michigan jersey was quite an honor, especially walking next to Mr. Track and

By Ross Parsons, DeWitt - Team Michigan

Field Cory Noecker, who will be my teammate at CMU this fall.

My 100m and 200m races were the closest I ran all season. It came down to the lean, something I wasn't used to. Given the tri-state talent there that day, it gave me a good taste of what lies ahead in college. I know I'm going to have to work harder and take it to the next level.

Running at the MMC exceeded my expectations. It was awesome to be part of such an elite group of athletes. I want to thank all the coaches, volunteers and MITCA who made it possible and wish all the Michigan athletes good luck in their track and field careers.

**CROSS COUNTRY 2010 STARTS WEDNESDAY, AUGUST 12
FIRST COMPETITION FRIDAY AUGUST 20.**

6/12/10 MIDWEST MEET OF CHAMPIONS

at Spuller Stadium, Northrop High School, Ft. Wayne, In.

The Bill Walker Trophy Awarded to the team with highest combined score, named in honor of the founder of the Midwest Meet Of Champions awarded to: OHIO

BOYS

TEAM SCORES: 1-OHIO-201.5, 2-Michigan-139, 3-Indiana-132.5.

GIRLS

TEAM SCORES: 1-OHIO-195.5, 2-Indiana-148, 3-Michigan-129.5

COMBINED TEAM SCORES: 1-OHIO-397, 2-Indiana-280.5, 3-Michigan-268.5.

Field: Dustin Brode/O-SP

STAR OF STARS:

Field: Andrea Hiler/Watervliet- Throws

Track: Demoye Bogel/O-hurdles & relays

Track: and Megan Goethals/Rochester-800 & 1600

HIGH JUMP: 1- Jamil Dudley/O-7' 1, 2-Johnathan Bleeler/Holly-7' 0, 3-Matt Gerbick/I-6' 8, 4-Shayne Cureton/I-6' 8, 5-Trent Chapell/Jenison-6' 7, 6-Christiaan Patterson/O-6' 7, 7t-Dennis Vylelet/Otsego & Travis Jauregui/ & Tevin Favor/O-6' 4. **LONG JUMP:** 1-Matt Gerbick/I-23' 6.75, 2-Aaron Dewberry/PortSage Northern-23' 3.5, 3-Shayne Cureton/I-22' 11.25, 4-Bryan Jones/O-22' 8.75, 5-Jody Hill/Fermdale-22' 6, 6-Anthony Myers/Woodhaven-22' 6, 7-Cody Chaney/O-22' 1.25, 8-Justin Boone/I-21' 6.5, 9-Jeremy Harrison/O-20' 6.75 **POLE VAULT:** 1-Steve Ferguson/Dexter-16' 0, 2t-Nathan Hopp/Hudsonville & Austinn Hicks/O-15' 9, 4-Max Babits/Fowlerville-15' 6, 5-Kevin Jackson/I & Ryan Kochert/O-14' 6, 7-Cody Marshall/O-14' 6, 8-Byron Ferrell/I-13' 6, nh: Hunter Swails/I. **DISCUS:** 1-Matt Hoty/O-183' 4, 2-Isiah Kent/O-182' 5, 3-Antonio James/Romulus-175' 2, 4-Justin Gaumer/Holly-170' 1, 5-Justin Applegate/I-167' 7, 6-Tate Sanchez/I-163' 6, nm: Lee VanKampen/Zeeland Ease, Geoff Getts/I, Dustin Brode/O. **SHOT PUT:** 1-Dustin Brode/O-67' 1.5, 2-Isiah Kent/O-64' 10, 3-Adam Patterson/O-58' 10.5, 4-Jeremaih Zollman/I-58' 5, 5-Jon Roosen/Grand Blanc-54' 11, 6-John Kamps/Zeeland East-54' 8, 7-Andrew Brock/I-54' 8, 8-Brad Vivance/I-52' 2, nm: James Antonio/Rumulus. **100:** 1-John Spooney/O-11.06, 2-Andrew Zitnik/O-11.09, 3-Chris Rolle/Oxford-11.9, 4-Ross Parsosns/DeWitt-11.10, 5- Ryan Kochert/O-6-Thomas Brueggeman/I-11.26, 7-Khyran Shank/I-11.36, 8-Dallas Wade/East Kentwood-11.43, 9-Phillip Hobbs/I-11.46**cont next page**

HIGH JUMP: 1-Elle Tidman/I-5' 9, 2-Rebecca Lomax/I-5' 8, 3t-Samantha Stein/Flushing & Erica Mudd/O-5' 6, 5t-Aubree Suor/Est Kentwood & Brittani Reid/O-5' 4, 7-Kelsey Kuipers/Otsego-5' 4, 8-Rachel Johnson/I-5' 2, nh: Kaitlin Good/O. **LONG JUMP:** 1-Kim Busbee/O-19' 6, 2-Erin McDonald/O-18' 4.5, 3-Tessa Parks/O-18' 0.75, 4-Aubree Suor/East Kentwood-17' 11.25, 5-Denisha Mitchell/I-17' 9, 6-Ashley Watley/East Detrorit-17' 8.5, 7-Cora Tatum/I-17' 7.75, 8-Kelsey Kuipers/Otsego-17' 7.5, 9-Lauren Cowden/I-17' 2. **POLE VAULT:** 1-Elleie McCardwell/I-13' 0, 2-Margo Tuckeer/I-13' 0, 3-Sarah Rasnick/O-12' 6, 4t-Kristin Hixson/Chippewa Valley & Kori Tarman/O-12' 6, -12' 6, 6-Sarah Birchmeier/Rockford-12' 6, 7-Kelly Morrisey/West Catholic-11' 6, 8-Lauren Rice/I-11' 0, 9-Amara Whaley/O-10' 6. **DISCUS:** 1-Andrea Hiler/Watervliet-150' 5, 2-Jessica Molyet/O-144' 5, 3-Aanna Stansel/East Kentwood-143' 7, 4-Izzy May/I-135' 8, 5-LaTeasha Hill/I-133' 10, 6-Vaquerie Hood/O-128' 2, 7-Stephanie Negrete/I-124' 4, 8-Caitlyn Patterson/Rockford-110' 2, nm: Andrea Madison/O. **SHOT PUT:** 1-Alysha Johnson/Walled Lake Western-44' 8.5, 2-Andrea Hiler/Watervliet-44' 4, 3-MJ Doan/I-43' 9.5, 4-Chelsea Gerbers/I-43' 2.25, 5-Tiera Smith/I-42' 11.25, 6-4-Kristin Hixson/Chippewa Valley 8-Valerie Hood/O-39' 11.25, 9-Jessica Molyer/O-39' 5.25. **100:** 1- Chelsa Sykes/O-12.07, 2-Nikita Owens/I-12.17, 3-Shanice Ghoson/I-12.27, 4-Ahjunwa/O-12.33, 5-Katie Reiser/O-12.40, 6-Bridgett Owens-Mitchell/Southfield-12.47,**cont next page**

midwest boys cont.....200: 1-Andrew Zitnik/O-21.67, 2-Chris Rolle/Oxford-21.68, 3-Ross Parsons/DeWitt-21.70, 4-John Broaden/I-21.78, 5-Keith Housley/I-21.82, 6-John Spooney/O-21.90, 7-Chris Scott/Holt-22.09, 8-Leo Cordova/I-22.11, 9-Donte McDaniels/O-22.85 **400: 1-Pat Feeney/I-48.02, 2-Austinn Barnes/I-48.78, 3-Larton Brown/O-48.88, 4-Rob McNair/O-48.92, 5-Mohamed Mohamed/East Kentwood-49.05, 6-Spencer Hall/Detroit Catholic Central-49.15, 7-Clay Holman/Ypsilanti Lincoln-49.69, 8-Adam Nay/I-52.19** **800: 1-Jake Hiltner/O-1:50.51, 2-Nathan Hendershot/I-1:50.87, 3-Seth Butler/O-1:51.44, 4-Sean Jones/O-1:51.98, 5-Isaac Cox/East Kentwood-1:52.31, 6-Jason Waterman/I-1:52.41, 7-Tavarrio Davis/Eastern-1:52.84, 8-Warren Buzzard/Plymouth-1:54.98, 9-Julian Tourney/I-2:03.99** **110 HURDLES: 1-Demoye Bogie/O-13.96, 2-Deonte McDaniels/O-14.19, 3-Alex Gaskins/O-14.40, 4-Cory Noeker/Pewamo-Westphalia-14.56, 5-Jeremiah Wright/I-14.59, 6-Dalton Bates/North Branch-14.63, 7-Max Tuttle/I-14.76, 8-Steven Machin/Whitmore Lake-15.13, 9-Robert Rose-15.26** **300 Hurdles: 1- Ali Arastu/Michigan-36.98, 2-Demoye Bogie/O-37.45, 4-Waquim Orom/O-37.95, 5-Chris Teitsma/Allendale-37.98, 6-Deonte Hurst/East Kentwood-38.08, 7-Ray Skamay/I-38.25, 8-Logan Hoffman/I-38.81, 9-Alex Gaskins/O-40.45** **1600: 1-Tyler Byrne/I-4:16.76, 2-Ilan Hancke/Haslett-4:17.49, 3-Drew Gambill/I-4:17.83, 4-Morgan Timiney/Plainwell-4:18.49, 5-Dan Porter/I-4:18.56, 6-Brad Liston/O-4:19.10, 7-Eric Rupe/O-4:20.80, 8-Matt Popielarz/Heritage-4:25.67, 9-Peter Hix/O-4:36.78** **3200: 1-Andrew Goodwin/O-9:16.29, 2-Tom Ohlman/I-9:20.82, 3-David Osborn/I-9:22.96, 4-John Kiefer/O-9:31.60, 4-Nathan Karr/Pioneer-9:34.07, 6-Mike Blazczyk/Novi-9:36.44, 7-Ben Caruthers/Dexter-9:39.30, 8-Nolan Fife/I-9:47.22, 9-Nick Fresenko/O-10:19.98** **4x100: 1-Michigan-41.17** (Kody Dantuma/East Kentwood, Erik Dudley/East Kentwood, Jonathan Henry/East Kentwood, Dallas Wade/Ease Kentwood), 2-Indiana-41.47, 3-Ohio-41.60 **4x200: 1-Ohio-1:25.70, 2-Indiana-1:26.46, dq: Michigan** (Charles Anthony/Farmington, Michael Arriguzzo/West Bloomfield, Jaifus Ingram/Farmington, Chris Scott/Holt) **4x400: 1-Indiana-3:13.18, 2-Michigan-3:14.82** (Tavarrio Davis/Eastern, LeRoy Green/Eastern, Clay Holman/Ypsilanti Lincoln, Mohamed Mohamed/East Kentwood) **4X800: 1-Ohio-7:43.45, 2-Michigan-7:44.18** (Kyle Allinder/Dakota, Nick Keem/Pioneer, Mohammed Sani/Pioneer, Tommy Valade/Bedford)

midwest girls cont..... 7-Christina Wade/Pioneer-12.83, 8-Lauren Cowden/I-12.90. 200: 1-Chesna Sykes/O-24.28, 2-Jessica Anjunwa/O-24.58, 3-Nikita Owens/I-24.81, 4-Lauren Ford/I-25.25, 5-Katie Reiser/O-25.35, 6-Avante Newsome-Gunn/I-25.38, 7-Kayla Schoenle/Milford-25.61, 8-Brandee Hart/Berkley-25.95, 9-Lydia Taylor/Southfield-26.88. **400: 1-Logan Hayes/I-54.66, 2-Daianna Barron/O-55.50, 3-Erika Hutson/O-55.76, 4-Taylor Morrison/I-55.86, 5-Andrea Arnold/O-56.16, 6-Ahliya Spnberk/I-56.66, 7-Maria Beach/Midland-57.00, 8-Paige Cataldo/Marian-58.30** **800: 1-Megan Goethals/Rochester-2:10.58, 2-Kate Carter/Saline-2:10.95, 3-Bekka Simko/O-2:11.55, 4-Alison Peare/O-2:12.82, 5-Katie Bunker/O-2:14.52, 6-Christine Kirby/I-2:11.56, 7-Breanna Smith/I-2:15.02, 8-Ariel Dempsey/Jenison-2:16.89, 9-Mckenzie Carney/I-2:20.46.** **100H: 1-Bridgett Owens-Mitchell/Southfield-13.76, 2-Amber Smith/O-14.06, 3-Fabia McDonald/O-14.53, 4-Whitney Freeman/I-14.73, 5-Megan Yanik/Ladywood-14.76, 6-Saymah Kollison/I-14.86, 7-Xerina Hughey/O-14.90, 8-Katie Vierk/I-15.00, 9-Zevin Carterm/Ypsilanti-15.10.** **300LH: 1- Amber Smith/O-42.54, 2-Whitney Freeman/I-43.44, 3-Kathryn Jamieson/O-nt, 4-Megan Yanik/Ladywood-nt, 5-Jaelynn Pryor/Jackson-6-Taylor Kring/O-nt, no place/nt- timer malfunction: : Karen Gallardo/Saline, Megan Czarnacki/I, Brittany Housel/I** **1600: 1-Megan Goethals/Rochester-4:43.05, 2-Sara Kroll/Churchill-4:46.45, 3-Kate DeSimone/I-5:02.50, 4-Leah O'Connor/Croswell-Lexington-5:04.77, 5-Hannah Osborn/I-5:06.70, 6-Kayla Whitlow/O-5:09.07, 7-Sarah Fisher/O-5:11.04, 8-Beth Werge/I-5:20.22, 9-Heather Cooftare/O-5:22.22.** **3200: 1-Kaylee McClanahan/I-10:50.38, 2-Emily Pifer/O-10:56.69, 3-Megan Vogelsong/O-11:00.22, 4-Krista Parks/East Kentwood-11:00.82, 5-Danielle Sullivan/I-11:08.20, 6-Erica Crane/Divine Child-11:11.50, 7-Dana Payonk/I-11:18.04, 8-Jordan Tomecek/Milan-12:09.63.** **4x400: 1-INDIANA-46.74, 2-Ohio-47.31, 3-Michigan-48.55** (Rosalynd Green/Mumford, Bridgette Owens-Mitchell/Southfield, Lydia Taylor/Southfield, Christina Wade/Pioneer) **4x200: 1- OHIO-1:39.39, 2-Michigan-1:43.13** (Brandee Hart/Berkley, Kayla Schoenie/Milford, Diamond Taylor/Southfield, Lydia Taylor/Southfield), dq: Indiana. **4x400: 1-OHIO-3:43.49, 2-Indiana-3:44.69, 3-Michigan-3:52.33** (Maria Beach/Midland, Kate Carter/Saline, Sara Kroll/Churchill, Debone Lofton/Mumford) **4X800: 1-OHIO-9:02.64, 2-Michigan-9:08.38** (Elizabeth Boudreau/Pioneer, Debone Lofton/Mumford, Desytinee Lukianoff/Holly, Leah O'Connor/Croswell-Lexington), 3-Indiana-9:37.38.

ACADEMIC ALL-STATE 2010

Requirements: Place in top 8 in the state finals and GPA of 3.5 or better

DIV. 1 Boys:..... Andrew Barnett*-11/Saline-4x8, Warren Buzzard-12/Canton Plymouth 4x8, Ben Caruthers-12/Dexter-32, Trent Chappell-12/Jenison-HJ, Zack Gaskell-12/Canton Salem-4x4, Justin Heck*-11/Plymouth-4x8, Aaron Hendricks-11/Hudsonville-4x2, Tony Jones-12/Grand Blanc-4x4, Omar Kaddurah*-11/Grand Blanc-16, Reed Kamyszek*-12/Grand Rapids Kenowa Hills-32, Michael Latray-10/Monroe-4x8, Evan McDowell-11/Hudsonville-HJ, Dan Martin-11/Canton Salem-8, Nate Martis-10/Saline-4x8, Matt Neumann-12/Plymouth-4x8, Scott O'Connor-11/Canton Salem-4x4, Matt Popielarz*-12/Saginaw Heritage-16, Joe Porcari*-11/Plymouth-4x8, Robbi Rix*-12/Kentwood East Kentwood-PV, Jacob Schweinsberg-11/Monroe-4x8, Nicholas Tyson*-12/Monroe-4x8, TJ VanSlooten-11/Grand Rapids Northview-8, Austin Whitelaw-11/Monroe-32, Kyle Wysinger-11/Grand Blanc-4x4, Koysei Yadima-12/Walled Lake Western-32, Sam Zickgraf-12/Hudsonville-4x2 **26 athletes- 8 (*) with a 4.000, 3 Academic All-State in more than 1 event, 29 actual Academic All-State positions, 14 relay only athletes, 2 individual champions** (Omar Kaddurah/16 & Reed Kamyszek/32), **10 schools with at least 1 Academic All-State athlete** (Canton Salem with 5, Canton Plymouth & Monroe with 4 each and Grand Blanc & Hudsonville with 3 each). 13 seniors, 11 juniors, 2 sophomores.

DIV. 1 Girls:..... Gabrielle Anzalone-11/Grand Blanc-32, Kylie Basarabski-12/Rockford-D, Maria Beach-12/Midland-4, Sara Birkmeier-12/Rockford-PV, Abby Blanchard-11/Rockford-4x1 & 4x2, Nyki Caldwell-11/Dexter-HJ, Katie Carlson-12/Rockford-4x4 & 4x8, Lindsay Clark-11/Walled Lake Western-16 & 32, Rachel Clark-11/Pinckney-4x4, Kierra Crews-11/Warren Cousino-100LH, Katie DeHaan-10/Rockford-4x4, Ariel Dempsey*-12/Jenison-8, Nicole Ferguson-10/Dexter-PV, Shana Flanary-11/Monroe-D, Jane Hawks-10/Rockford-4x8, Rachel Jerrils-12/Rockford-4, 4x2, 4x4, Alysha Johnson-12/Walled Lake Western-SP, Courtney Klawietor-10/Rockford-4x1 & 4x2, Emily Kujawski-12/Macomb Dakota-D, SP, Maya Long-10/Ann Arbor Huron-4 & 4x2 & 4x4, Abby Lovat-11/Farmington Hills Mercy-HJ, Megan McPherson-11/Livonia Franklin-32, Taylor Manett-10/Rockford-4x8, Anna Masini-10/Ann Arbor Huron-300LH & 4x2 & 4x4 & 4x8, Samantha Mette-12/Rockford-100IH, Natalie Nelson*-11/Pinckney-4x4, Erica Parks-10/Kentwood East Kentwood-32, Krista Parks-12/Kentwood East Kentwood-16 & 32 & 4x8, Amrisha Prakash-11/Ann Arbor Huron-4x4, Katie Rancourt-10/Kentwood East Kentwood-PV, Margaret Smiley-12/Rockford-4x1 & 4x2 & 4x4, Kayla Walworth*-11/Holt-SP, Alissa Williams*-11/Kentwood East Kentwood-4x8, Kathryn Wolanin-12/Oxford-HJ, Aleigha Wylie-11/Midland-SP, Eliza VandeKerhove-10/Pinckney-4x4, Julia VandeKerhove-12/Pinckney-4x4, Kristen Yarows-12/Dexter-32. **38 athletes- 4 (*) with a 4.000, 10 Academic All-State in more than 1 event** (Rachel Jerrils & Anna Masini each in 4 events; Maya Long, Krista Parks & Margaret Smiley in 3 events each), **55 actual Academic All-State positions, 13 relay only runners, 4 individual champions** (Kylie Basarabski/D, Sara Birkmeier/PV, Nyki Caldwell/HJ & Alysha Johnson/SP), **5 winning relay runners** and Rachel Jerrils/4 & winning relay runner, **17 schools with at least 1 Academic All-State athlete**, Rockford had 11, Ann Arbor Huron, East Kentwood & Pinckney each had 3, Midland & Walled Lake Western each had 2). 13 seniors, 11 juniors, 2 sophomores.

DIV. 2 Boys:..... Jordan Baginski-11/Pontiac Notre Dame Prep-4x8, Zjustin Balczak-11/Cedar Springs-110HH & 300IH, Eric Bates*-12/Grand Rapids Forest Hills Eastern-4x8, Christopher Burns-12/Pontiac Notre Dame-16, Adam Coonrod-12/Richland Gull Lake-4x8, Garrett Cullen-12/Grand Rapids Forest Hills Eastern-4x8, Derek Devine-12/Alma-4x8, Spencer Ferris-11/Grand Rapids Forest Hills Eastern-4x8, Kyle Garner-11/Richland Gull Lake-4x4, Kegan Gibson-12/Alma-4x8, John Hill-10/Beverly Hills Detroit Country Day-1, Nathaniel Holmes*-12/Alma-4x8, Jake Hurrell-12/Cadillac-4x1, Carl Jaskiw-11/Manistee-300IH, Tony Kall-10/Midland Bullock Creek-4x1, August Pappas-11/Chelsea-16, Morsi Rayyan*-12/St. Johns-32, Chad Riness*-12/Williamston-110HH, Jeff Sattler-11/Byron Center-16, Tim Simon-11/Richland Gull Lake-4x8, Ryan Stankey-11/Byron Center-D **21 athletes- 4 (*) with a 4.000, 1 Academic All-State in more than 1 event, 22 actual Academic All-State positions, 12 relay only athletes, 1 individual champion** (Jeff Sattler/16), **3 winning relay runners, 13 schools with at least 1 Academic All-State athlete** (Alma, Grand Rapids Forest Hills Eastern & Richland Gull Lake with 3 each and Byron Center & Pontiac Notre Dame with 2 each). 10 seniors, 9 juniors, 2 sophomores.

DIV. 2 Girls:..... Ann Marie Arseneau-11/Sturgis-4x8, Sara Baron-10/Pontiac Notre Dame-8, Mary Boyd-11/Sturgis-4x8, Olivia Butler-12/Grant-8, Christina Coffman-12/Chelsea-4x2, Erica Crane-12/Dearborn Divine Child-16 & 32, Sydney Cureton-10/Beverly Hills Detroit Country Day-1 & 4x2, Danielle Dahl-10/Chelsea-4x2, Olivia Detroyer-12/Chelsea-4x2, Elizabeth Dutcher*-10/Williamston-4x1 & 4x2, Rachael Folkmier*-10/Fruitport-4x8, Danielle Fredenbreg-12/Middleville Thornapple-Kellogg-4x4, Kayla Hanes-10/DeWitt-4x8, Samantha Harmon-12/Milan-4x8, Erika Heston-12/Haslett-100IH, Kristen Hixson-12/Remus Chippewa Hills-PV, Cassie Holwerda-10/Middleville Thornapple-Kellogg-4x4, Hana Hunt-11/Middleville Thornapple-Kellogg-4x4, Ellen Junewick*-11/Grand Rapids Forest Hills Eastern-4x8, Alex Keyser*-12/Sturgis-4x8, Kelsey Keyser*-10/Sturgis-4x8, Andrea Kober-12/Sparta-100IH & 300LH, Cassie Krenzalek-12/Coldwater-D, Tara Lewis-11/Milan-4x8, Brittany London-11/Middleville Thornapple-Kellogg-PV, Cassidy Metzger*-11/Williamston-4x1 & 4x2, Mallory Metzger-11/Williamston-2 & 4x1 & 4x2, Molly Maynard-11/Williamston-HJ, Ava Nasrollahzadeh*-10/Beverly Hills Detroit Country Day-4x2, Breeann Ovokaitys*-12/Cedar Springs-16, Alicia Patterson-12/DeWitt-4x8, Lauren Rademacher-10/DeWitt-4x8, Rosanna Reynolds-10/Dearborn Divine Child-4x2 & 4x4, Stephanie Rytiak-11/Middleville Thornapple-Kellogg-4x4, Kimberly Schmid-12/Haslett-100IH, Leanne Selinger*-12/Williamston-4x1 & 4x2, Rachel Stathakis-10/Macomb Lutheran North-8, Caroline Strasser-11/Dearborn Divine Child-LJ & 4x2 & 4x4, Kaitlyn Susan-11/Byron Center-LJ, Angela Swain-12/Milan-8, Jordan Tomacek*-12/Milan-32, Mallory Vest*-10/Fruitport-4x8, Emily Weber-11/Milan-4x8, Allyson Winchester-11/Middleville Thornapple-Kellogg-32 **44 athletes- 12 (*) with a 4.000, 9 Academic All-State in more than 1 event** (2, Caroline Strasser & Mallory Metzger, in 3 events), **55 actual Academic All-State positions, 25 relay only athletes, 1 individual champion** (Kristen Hixson/PV), **3 winning relay runners, 19 schools with at least 1 Academic All-State athlete** (Middleville Thornapple Kellogg had 6 and Milan & Williamston had 5 each, Sturgis had 4, Chelsea, DeWitt & Dearborn Divine Child had 3 each). 17 seniors, 14 juniors, 13 sophomores.

DIV. 3 Boys :.... Isaac Austin-11/Kent City-PV; Brandon Bell-11/Freeland-4x8 & 4x4; Bryce Brown-11/Allendale-4x2; Zach Carpenter-12/Whitmore Lake-16; Zach Cooper-12/Portland-110H; Casey Gauss-11/Jackson Vandercook Lake-PV & 3H; Taylor Heath*-12/Hanover-Horton-32; Austin Herman*-12/Union City-PV; Jimmy Hicks-10/Lansing Catholic-4x8; Casey Hogarth*-11/Schoolcraft-3H; Brandon King-12/Marlette-D; Mitch Klingler-12/Bronson-32; Will Larson-12/Charlevoix-4x8; Cedric Lee-10/Lansing Catholic-4x1; Jon Lopez-12/Lansing Catholic-4x1; Matt Macksood-10/Lansing Catholic-4x1 & 4x4; Chris Maye-10/Union City-1-2; Jake McFadden-10/Clare-110H; Brian Mitchell-11/Reed City-PV; Kevin Morris-10/Freeland-4x4; Michael Parker-12/Michigan Center-110H & 3H & 4x2; Andrew Plude-10/Charlevoix-4x8 & 4x4; Sebastian Reisch-12/Hillsdale-32; Levi Riker-11/LeRoy Pine River-4x2; James Rogers-12/Saginaw Valley Lutheran-16; Chris Ruehs*-12/Allendale-4x4 & 4x8; Louis Savona-11/Lansing Catholic-4x8 & 4x4 & 8; Monte Scott-11/Freeland-4x8; Bryan Siegert-12/Clare-D; Brent Van Enk-11/Grandville Calvin Christian-1 & 2; Brandon Washington-12/LeRoy Pine River-4x2; Cameron Wilson-11/Millington-H.J.; Alex Wilson-12/Kent City-16-32; Austin Winter-10/Lansing Catholic-4x8; Zachary Zingsbarn*-10/Lansing Catholic-4x1 & 4x8 **35 Athletes, 5 with a 4.000, 11Academic All-State in more than 1 event, 47 actual Academic All-State positions, 2 made it in 3 events, 15 relay only athletes, 2 individual champions, Brent VanEnk won both sprints, 21 different schools with at least 1 Academic All-State athlete, 8 with more that 1 athlete, Lansing Catholic Central had 7, Freeland had 3 and Allendale, Charlevoix, Clare, Kent City, LeRoy Pine River and Union City each had 2. 15 seniors, 11 juniors, 9 sophomores.**

DIV. 3 Girls:..... Paige Albert*-10/Napoleon-4x8, Brittany Anderson-12-LeRoy Pine River-16, Jordan Anderson*-11/Union City-4 & 4x4 & 4x2, Brittany Andres-12/Allendale-4x8, Amaya Ayers-12-Laingsburg-32, Camille Borst*-12/Allendale-4x8 & 32, Kristy Brandt*-12-Saginaw Valley Lutheran-4x1, Lindsey Burdette-10/Hanover-Horton-4x8 & 32, Kaylee Carew-11/Kent City-4x8, Michaela Carnegie-11/Benzonia Benzie Central-8 & 16 & 4x8 & 4x4, Lindsey Chinavare-10/Hanover-Horton-4x8 & 4x4, Katrin Christiansen-12/Kent City-D, Allison Clark*-11/Hanover-Horton-4 & 4x4, Jessalyn Craun-12/Hemlock-PV, Katrina-DeMay-12/Napoleon-4x8, Alicia-Dorko-12-Schoolcraft-PV & 4x1 & 4x2, Kayla Finkbeiner-12-Saginaw Valley Lutheran-4x1 & HJ, Andrea Finkbeiner*-10-Saginaw Valley Lutheran-LJ & 4x1, Danielle Fraley-12/Union City-4x2 & 4x4, Emily Haynes-10/Napoleon-4x8, Megan Heeder*-11-Lansing Catholic-32 & 16, Cody Herr-10-Schoolcraft-4x2, Jordan Hofer-12/Napoleon-4x8, Devan John-12/Allendale-4x8 & 8, Kaitlyne Kerwin-10/Kent City-4x8, Jena Koetje-12-LeRoy Pine River-PV, Taylor Krauss-10/Clinton-SP & D, Katie-LaRue-11/Montague-1H & 3H, Stephanie-Leeson-10/Cass City-PV, Breanne-Lesnar*-11/Freeland-4x8 & 16, Monica-Lopez-11-Lansing Catholic-4x4, Aurelie McCarus-10-Lansing Catholic-4x4, Amanda Mikolajczyk-11-Delton Kellogg-4x2, Sharon Morgan-11/Hanover-Horton-4x8 & 4x4, Katie Murphy-12/Kent City-4x1 & 4x2, Dani Nowicki-11/Kent City-4x8, Taylor Nye*-11/Benzonia Benzie Central-4x8, Angela Odoerfer-11/Marlette-4x1, Alicia-Pilmore-12-St. Louis-SP, Andrea-Polly-10-Delton Kellogg-4x2, Micaiah Rice-10-Schoolcraft-4x1 & 4x2, Haley Russell-11-LeRoy Pine River-SP, Carly-Scott-11-Schoolcraft-1 & 4x1 & 4x2, Emily-Short-11/Tawas-16 & 32, Amanda-Siezsak-12/Freeland-4x8, Karli-Spohn-12-Laingsburg 2, Kaleigh Theriault-11/Freeland-2, Ali Weirisma*-10/Allendale-16 & 32 & 4x8, Taylor Wichtner-11/Benzonia Benzie Central-4x8 & 4x4, Hannah Williams-11-Delton Kellogg-4x2, Keegan Wilson-11/Marlette-4x1, Amara Wilson-12/Marlette-4x1, Emily Wrozek*-11/Hanover-Horton-4x8 & 8 & 4x4, CallyAnne Wyma-11-St. Louis-4x8

54 athletes, 11 with a 4.000, 23 Academic All-State in more than 1 event (Michaela Carnegie made it in 4 events and 4 athletes made it in 3 events), **84 actual Academic All-State positions, 27 relay only athletes, 2 individual champions** (Ali Weirisma won 2 events), **2 winning relay runners, 20 different schools with at least 1 Academic All-State athlete, 15 with more than 1 athlete**, Hanover-Horton & Kent City each had 5; Allendale, Napoleon & Schoolcraft each has 4, Bemnzie Central, Kelton Kellogg, Lansing Catholic, Marlette, Pine River each had 3; with Laingsburg, st. Louis & Union City have 2 each. 13 seniors, 22 juniors, 19 sophomores

DIV. 4 Boys:..... Victor Allen-11/Southfield Christian-16 & 32, Clay Becker-12/Gaylord St. Mary-2, Jacob Behmlander-12/Coleman-HJ, Alec Bolthouse-12/Bellevue-4x8, Joe Calvert-10/Hillsdale Academy-4x4, Nick Cooper-11/Harbor Springs-4x8, Andrew Dilermia*-11/Pottsville-4x8, Kyle Girdham-11/Reading-4x1, Cody Hostetler*-12/Colon-4x8, James Jordan-12/Hillsdale Academy-4x4, Mark Kanitz-12/Traverse City St. Francis- 2 & 4 & 4x2, Alex Krajniak*-12/White Pigeon-SP, Jay Lechner-11/Harbor Springs-D & SP, Cameron Margo*-11/Bridgman-32, Parker Mojsienko*-12/Bridgman-HJ, Matt Peacock-11/Hesperia-32, Spencer Perry*-12/Adrian Lenawee Christian-HJ, Dominick Reed/Athens-11/4x8, Alex Rust-11/Ravenna-4x1, R. J. Schafer-12/Saugatuck-4x4, Ben Schell-12/Traverse City St. Francis-4x2, Ian Sheldon-12/Traverse City St. Francis-4x2, Pete Sullivan-11/Hillsdale Academy-HJ & 4x4, Matt Vanderwal-12/Ravenna-LJ & 4x1, Phil Wingate-12/Ottawa Laake-Whitford-100H.

26 Athletes, 7 (*) with a 4.000, 5 Academic All-State in more than 1 event (1 in 3 events), **31 actual Academic All-State positions, 13 relay only athletes, 18 different schools with at least 1 Academic All-State athlete**, Traverse City St. Francis had 3 athletes with 5 positions; Hillsdale Academy had 3 athletes with 4 positions.....17 seniors/13 seniors, 9 juniors, 1 sophomore.

DIV. 4 Girls:..... Amber Arndt-10/Mt Pleasant Beal City-LJ & 1 & 4x1, Yumi Babinec*-11/Onekema-4x1, Bridget Bennett-12/Mt. Pleasant Sacred Heart-16 & 32 & 4x8, Danielle Bott-11/Traverse City St. Francis-4x1 & 4x2, Elizabeth Brady-12/Hillsdale Academy-4x2, Kaitlyn Bronkema-10/McBain-2 & 4, Maddie Buntin-10/Harbor Springs-4x8, Aneisha Bussey-12/Southfield Christian-4, Allison Cross*-12/Royal Oak Shrine-4x2, Kelly David-12/Mt. Pleasant Beal City-LJ & 4x1 & 4x2, Kim Davis-11/Reading-4x1 & 4x2, Merideth Deluca-10/Johannesburg-Lewiston-16, Sarah Dick-11/McBain Northern Michigan Christian-4x4, Chelsea Durham-11/Adrian Lenawee Christian-2, Olivia Espinosa-10/Sand Creek-4x1, Dani Frost-12/Glen Lake-SP, Giselle Gomez-11/Manton-100H & 300H, Jessica Hall-12/Harbor Springs-4x8, Megan Heffner-12/Kinde North Huron-HJ & 300H, Jasmine Hines*-11/Central Lake-D & SP, Hannah Hovey-11/Mt. Pleasant Sacred Heart-4x1, Carly Hubbard-11/Hillsdale Academy-8 & 4x4 & 4x8, Brooke Huber-12/Mt. Pleasant Beal City-4x1 & 4x2, Hope Huston-11/Manton-PV, Stephanie Ingraham*-11/Manton-32 & 4x8, Heather Lantis-11/Hillsdale Academy-D, Grace Leutheuser-12/Hillsdale Academy-4x4, Dymond McFall-12/Royal Oak Shrine-2 & 4x2, Alex Mailan-12/Reading-PV, Nicole Marsh-11/Reading-4x1, Katelyn Maylee-11/Mt. Pleasant Sacred Heart-8 & 4x8, Hannah Meachum*-12/Traverse City St. Francis-PV & 300H & 4x1, Dora Miller-10/Centreville-4x4, Lindsay Neal-11/North Muskegon-32, Brianna Ohlert-12/Indian Lakes Indian River-PV, Elaine Poling*-12/Pittsford-LJ & 800, Heather Price*-10/Saugatuck-32, Tessa Pridgeon-12/Reading-4 & 4x2, Landis Robichaud-11/Sand Creek-4x1, Abby Scharf-12/Unionville-Sebewaing Area-D & SP, Melanie Shaw-12/Royal Oak Shrine-4x2, Amanda Smith-11/Bellevue-4, Shelby Stieg-12/Manton-4x8, Paige Thornton*-12/Colon-LJ & 4x1, Cali Valentine-10/Unionville-Sebewaing Area-4x4, Cami Valentinne-Unionville-Sebewaing Area-4x4, Anna Woods-12/Hillsdale Academy-4x8, Brianne Woycechoski-12/Harbor Beach-8

48 Athletes, 8 (*) with a 4.000, 18 Academic All-State in more than 1 event (5 in 3 events), **73 actual Academic All-State positions, 20 relay only athletes, 8 individual champions** (2 won 2 events), **2 winning relay runners, 26 different schools with at least 1 Academic All-State** (Hillsdale Academy had 5 athletes with 7 positions, Manton & Reading each had 4 athletes with 6 total positions, Sacred Heart had 3 athletes with 6 total positions and Shrine & Unionville-Sebewaing Area each had 3 athletes with 4 total positions)..... 24 seniors, 16 juniors, 8 sophomores

UP BOYS ACADEMIC ALL-STATE: Kris Benaglio-12/Negaunee-12-HJ * 110H, Caleb Cox-11/Gladstone-32 & 4x8, John Cretens-12/Gladstone-4x8 Kyle Ekstrum*-12/Negaunee-4x8, Evan Everson*-12/St. Ignace LaSalle-2 & 4, David Fowell-11/Engadine-D & SP, Kevin Guillard-12/St. Ignace LaSalle-4x2, Kent King-12/Gladstone-D & SP, Dylan McKeivitt-11/Negaunee-16 & 4x8, Gerritt Mortensen-12/St. Ignace LaSalle-SP, Steve Olson-10/Negaunee-4x8 Charlie Pfotenhauer-12/Gladstone-1 & 4x1 & 4x2, Ben Rebertus*-10/Negaunee-4x8 Steve Seronko-12/Gladstone-LJ & 4x1 & 4x2, Grand Simons-St. Ignace LaSalle-D, Luke Thurston-11/St. Ignace LaSalle-SP, Caleb Whitmer-12/Gladstone-4x8.

17 Athletes, 4 (*) with a 4.000, 8 Academic All-State in more than 1 event (3 in 3 events), **27 actual Academic All-State positions, 6 relay only athletes, 5 individual champions** (1 won 2 events), **4 different schools with at least 1 Academic All-State** (Gladstone had 6 athletes with 12 positions, Negaunee 5 athletes with 7 positions, LaSalle had 4 athletes with 5 positions.)

UP GIRLS ACADEMIC ALL-STATE: Jayne Alexander-10/Negaunee-8 & 4x4 & 4x8, Heather Beaudoin*-11/St. Ignace LaSalle-100H, Taylor Becker-10/St. Ignace LaSalle-2x2, Jacelyn Clickner-10/Negaunee-4 & 4x2 & 4x4, Kelly Coyne-10/Gladstone-4x8, Nicole Elblad*-11/St. Ignace LaSalle-300H, Sam Kallman-12/Gladstone-32 & 4x8, Lindsey Lusardi*-11/Gladstone-4x8, Morgan MacArthur-10/Engadine-4x2Sarah MacDonald-12/Negaunee-300H, Michelle Makela-12/Negaunee-PV, Mykka Marana-12/Negaunee-4x1 & 4x2, Kristina Mattson-12/Negaunee-8 & 4x2 & 4x4 & 4x8, Andria Nyenhuis*-12/Gladstone-4 & 300H, Kristen Olsen*-12/St. Ignace LaSalle-HJ, Anna St. Andrew-11/St. Ignace LaSalle-8, Chelsea Swope-12/St. Ignace LaSalle-, Christina Therrian-12/St. Ignace LaSalle-SP, Alexa Thibault-10/St. Ignace LaSalle-4, Grace Wheeler-11/St. Ignace LaSalle-HJ,

20 Athletes, 5 (*) with a 4.000, 6 Academic All-State in more than 1 event (Kristina Mattson in 4 events, 2 in 3 events), **30 actual Academic All-State positions, 6 relay only athletes, 7 winning relay runners, 4 different schools with at least 1 Academic All-State** (LaSalle with 9 athletes, Negaunee 6 athletes with 14 positions, Gladstone had 4 athletes with 6 positions.)

June 9-12, 2010 NCAA D1 Track & Field Outdoor Championships, Hayward Field – University of Oregon -former Michigan High School runners

Men: Jason Bigelow/Clio-S-Oakland, 11-1500/prelims-3:53.62; Don Jackson/Dexter-J-Notre Dame, 20-10,000-29:54.87; Josh McAlary/Jackson Lumen Christi-S-Michigan State, 8-1500/prelims-3:44.96; Alex Rose/ Ogemaw Hgts-F-Central Michigan, 7-discus-54.9m; Lex Williams/Dexter-S-Michigan, 22-10,000 -30:04.26 **Reams:** 1-Texas A&M 55 75 teams scored

Women: Victoria Chatman/Taylor Kennedy-J-Michigan, 23-400-54.92; Beth Rohlf/New Buffalo-F Michigan St, 5-discus-175' 4; Ashley Hunault/Alpena-J-Western Michigan, 18-long Jump-5.96m; Shayla Mahan/Mumford-J-South Carolina, 8-100-11.47 **Teams:** 1-Texas A&M 72, 33) Michigan State 7.... 66 teams scored.

May 27-29, 2010 NCAA DII Track & Field Championships, Irwin Belk Complex - Johnson C. Smith University, Charlotte,NC

Men: Jonathon Allen/Lansing-J-Lake Superior, 1-TJ-6.27m; Matt Armstrong/ Sexton-So-Grand Valley, 2-SP-18.05m; Quinton Dennis/Waverly-J-Grand Valley, PV-nh; John Dyer/Grand Ledge-F-Grand Valley, 13-800-1:51.56; Tyler Emmorey/ Cedar Springs-J-Grand Valley, 6-steeples-8:55.42; Tony Filipek/ Kingston-S-Saginaw Valley, 3-800-1:49.38; Jeff Nordquist/Parchment-So-Grand Valley, steeple-9:28.16; Donny Stiffler/Williamston-F-Grand Valley, 13-SP-6.48m; Jason Stomps/ Lutheran North-S-Hillsdale, 2-hammer-65.66m **Teams:** 1) St. Augustine's College 82, 13) Hillsdale College 19, 23) Grand Valley State University 11, 27) Lake Superior State University 10, 38) Saginaw Valley State University 6. 61 teams scored.

Women: Lynsey Ardingo/Pinckney-S-Grand Valley, 13-10,000-36:22.42; Lauren Buresh/Morley-Stanwood-So-Grand Valley, 15-SP-13.17m; Kristin Cameron/Algonac-So-Northwood, 4-hammer-54.96m; Eileen Creutz/Saline-J-Grand Valley, 14-5000-17:05.65; Maegan Doyen/Manistee-S-Grand Valley, 7-HJ-1.70m; Emily Fox/Rockford-S-Grand Valley, 20-hammer-47.21m; Christi Kettelhut/Rockford-S-Grand Valley, 10-PV-3.63m; Monica Kinney/West Catholic-So-Grand Valley, 2-1500-4:23.00 & 4-5000-16:24.67; Amy Kolin/Ypsilanti-J-Grand Valley, 18-5000-17:33.13; Anna Leutheuser/Hillsdale Academy-S-Hillsdale, 6-hammer-54.06m; Sam Lockhart/Sexton-F-Grand Valley, 7-D-45.34m & nm-SP; Megan Maceratini/Churchill-J-Grand Valley, 12-5000-16:44.64 & 10-10,000-35:25.22; Karie McDonald/Frankenmuth-So-Grand Valley, 12-steeples-10:56.09; Liz Murphy/Romeo-F-Grand Valley, 2-hammer-55.38m; Jennifer Shaffer/Camden-Frontier-So-Hillsdale, 16-800-2:12.30; Jamie Smith/Gull Lake-F-Grand Valley, 18-D-38.87m; Krista Squires/Owosso-S-Northern Michigan, 11-hammer-52.09m; Kayla Vallar/Marshall-J-Grand Valley, 19-400-56.06; Jessie Vickers/Dexter-J-Grand Valley, 17-steeples-11:09.60; Rebecca Winchester/Middleville-Thornapple-Kellogg-J-Grand Valley, 11-steeples-10:55.22; Candice Wheat /Pontiac Northern-S-Grand Valley, 4-HH-13.57 4x100m relay Grand Valley 5-3:41.81 (Chanelle Caldwell, 2) Kayla Vallar/Marshall/J, Leah Hess/Battle Creek Lakeview-F, 4) Candice Wheat/Pontiac Northern-S); Hillsdale dnf-4x100 (Cathryn Humphries/Camden-Frontier-So, Marta Scheiwe, Circe Cansino, Jazmin Williams/ Woodhaven). **Teams:** 1) Angelo State 87, 3) Grand Valley State University 47 37) Hillsdale College 6.5. 62 teams scored.

MIDWEST CROSS COUNTRY MEET

Qualifying: week after the State Finals.

Meet: Second Saturday after the State Finals.

MIDWEST TRACK & FIELD MEET

Qualifying: Seniors only, Invited based on State Finals & season.

Meet: In Ft. Wayne, In., Saturday, June 11, week after the State Finals.

May 27-29, 2010 NCAA DIII Track & Field Outdoor Championships, Baldwin-Wallace, Cleveland, Oh. -former Michigan High School runners

Men: John Donkersloot/Zeeland East-J-Hope College, 3-HJ-6-10 1/4. **Teams:** 1) North Central College 53, 24t) Hope College 11, 55) Calvin College 5.5.... 42 teams scored.

Women: Jessica Koster/Grand Rapids Christian-S-Calvin College, 6-10,000-36:28.33; Leigha Oberle/ Grand Rapids Christian-J-Calvin College, 7-D-42.09m; Sarah Vaniet/Holland Christian-F-Hope College, 400/prelims-63.65. 4x400m relay: Calvin College 3:57.54 (Katie Roelofs, Jordan Gabrielse/ Hudsonsville Unity Christian-So, Kaitlin Diemer/Grand Rapids south Christian-So, Alison Tuuk/Grand Rapids Christian-J) **Teams:** 1) Illinois Wesleyan 35 points, 5) Calvin College 35, 39t) Hope 6.... 47 teams scored.

NEW BALANCE OUTDOOR NATIONALS June 17-19, 2010 at North Carolina A & T University, Greensboro, NC

BOYS

HIGH JUMP: 7i-Tori Brooks/East Kentwood-6' 6.75, Jonathan Beeler-10/Holly-nhF, 6' 8.75P, 15-Trent Chappell-10/Jenison-6' 6.75P **POLE VAULT:** 12-Steve Ferguson/Dexter-15' 6.25, 15-Isaac Ausint/Kent City-15' 0.25 Emerging Elite: 7-Jeremy Horner-11/Dexter-14' 8.25, 10-Sean Gilgigan/East kentwood-13' 8.5 **DISCUS:** 10-Justin Gaumer-10/Holly-166' 6 **100:** 11-Jonathan Henry-12/East Kentwood-10.79P **400:** Emerging Elite: 26-Carter del Rosario-10/East Kentwood-52.60 **800:** 7-Nick Kaiser-11/Temperance Bedford-1:50.48, 16-Isaac Cox/East Kentwood-1:52.83 **1100H:** 9-Drake Johnson-10/Ann Arbor Pioneer-14.04P, 23-Carter Johnson-12/Ann Arbor Pioneer-14.66P **Emerging Elite:** 2-Michael Parker-12/Michigan Center-14.41, 29-Derek Kim-11/Novi-15.41P **400IH:** 17-Michael Parker-12/Michigan Center-54.79 **1600:** 3-Omar Kaddurah/Grnad Blanc-4:08.50 6-Nathan Karr-12/Ann Arbor Pioneer-4:10.44 **4x100:** 3-KP Athletics (Rockford)-41.74 **Emergin Elite:** Novi Track Club-42.96 **4X200:** 2-KP Athletics(East Kentwood) Kody Dantuma, Jon Henry/12, Deonte' Hurst, Dallas Wade/12)-1:27.83, 12-Nov (Justin Hopton/10, Michael Jocz/12, Derek Kim/11, Brett Kuhn/10)-1:29.73, **Emerging Elite:** 7-Michigan Center (Rory Glapsie/11, Michael Parker/10, Jontae Thomas/11, William Walker/10)-1:31.49 **800 MEDLEY:** 5 KP Athletics(East Kentwood) (Eric Dudley, Jonathan Henry, Mohamed Mohamed, Dallas Wade)-1:31.45 **1600 SPRINT MEDLEY:** 1-KP Athletics(East Kentwood - Isaac Cox, Kody Dantuma, Deonte' Hurst, Dallas Wade)-3:22.99 **4x400:** 24-East Kentwood (Carter Del Rosario, Deonte' Hurst, Mohamed Mohamed, Dallas Wade)-3:32.52 **4x800** 4-Ann Arbor Pioneer (Lucas Arias/12, Adam Kern/12, Nicollas Kern/12, Muhammad Sani/12)-7:39.19 **4x1 Mile:** 116-Nov (Michael Blaszczyk/12, Daniel Egneer/12, Brett Giampa/11, Joe Schurbrin/11)-18:23.05 **TEAM STANDINGS:** 1-KP ATHLETICS (EAST KENTWOOD)-31.5, 6-Ann Arbor Pioneer Trtack Club-18.... 170 listed.

GIRLS

HIGH JUMP: 3-Nyki Caldwell-11/Dexter5' 8.5 **POLE VAULT:** 6t-Sarah Birkmeier-12/Rockford-12' 8.25, Victoria Wesley-11/Marine City-nh 3-Katie Rancort-10' 8.25 **DISCUS:** Emerging Elite: Taylor Gunn-36.95m **SHOT:** Emerging Elite: 1-Tonia Pratt-11/Michigan Center-42' 0.75, Taylor Gunn-11/West Bloomfield-38' 10.25 **100:** 7-Kyra Jefferson-12/Cass Tech-11.72 **Emerging Elite:** 2-Dynasty McGee-11-12.25 **200:** Kyra Jefferson-24.24 **Emerging Elite:** 3-Dynasty McGee-11-24.78 **400:** 3-Dynasty McGee-11-53.93, 18-Paige Patterson/Divine Child-55.96 **Emerging Elite:** 23-Brittany Terry-12//East Kentwood-58.52 **Freshman:** Paige Patterson-56.10 **800:** 5-Rebecca Addison-12/Grand Haven-2:08.23 **1000H:** 2-Bridgette Owens-Mitchell-12/Southfield-13.74 **400H:** 2-Javonte **Lipsev/Portage Northern-51.86** **2 MILE:** 1-Megan Goethals-12/Rochester-10:01.16. **5000:** 4-Gabrielle Anzalone-so/Grand Blanc-17:28.93 **TEAM STANDINGS:** 1-Columbia Track Club, NJ-38..... 155 listed.

USATF NATIONALS June 23-27, 2010 at Dake Stadium - Johnny Bright Field & Jim Duncan Track - Des Moines, Iowa

MEN

Liam Boylan-Pett/Bath-Columbia-unattached, 1500prelims-3:41.61; Jack Greenlee/University of Michigan, 9-PV-16-00.75; Brian Medigovich/Hansons-Brooks, 15-10,000-29:53.78; Jamie Nieto/Eastern Michigan-unattached, 3-HJ-7' 3.75; Corey Nowitzke/ Monroe-Eastern Michigan University-Mizuno, 11-steeple-9:00.38; Jeffrey Porter/University of Michigan grad-unattached, 110 Hprelims-13:54; Ryan Sheehan/Hansons-Brooks, 4-10,000-29:18.55; Christian Wagner, Hansons-Brooks, 20-10,000-30:46.73

Michigan Athletes

Becky Breisch/Edwardsburg-Nebraska-Nike, 1-D-207' 10; Tia Brooks-So/East Kentwood-Oklahoma, 4-SP-57' 0; Landria Buckley/Romulus-Howard, 100Hprelims-13.75; Nicole Bush/Wyoming Kelloggsville-Michigan State University-New Balance, 2-steeple-9:56.08; Geena Gall/Brand Blanc-University of Michigan-Oregon TC Elite, 800semis-2:02.99; Shayla Mahan/Detroit Mumford-South Carolina, 100prelims-11.73; Tiffany Ofili/Ypsilanti-University of Michigan-adidas, 5-100H-13.04; Emily Pendleton/University of Michigan, 8-D-173-03; Erin Pendleton/University of Michigan, 13-D-161' 6; Anna Pierce/UM Nike, 1-1500-4:13.65; Morgan Uceny/Canton Plymouth-Cornell-Reebok, 5-800-2:00.86; Bettie Wade/Farmington-University of Michigan-Nike, 2-hept-5966 points

WOMEN

USATF JUNIOR NATIONALS June 23-27, 2010 at Dake Stadium - Johnny Bright Field & Jim Duncan Track - Des Moines, Iowa

BOYS

Andrew Evans-F/Portage Northern-University of Michigan-unattached, 1-D-193-11 - qualifies for World Junior Championship; Zack Hill-F/Allendale-Michigan State-unattached, 5-D-179-09; Nick Kaiser-11/ Temperance Bedford. 5-800-1:50.10; Joseph Vanier-F/Redford Thurston-Eastern Michigan, 11-110H-14.24.

Michigan Athletes

Ashlee Abraham-F/Detroit Renaissance-Eastern Michigan, 100prelims-11.90 & 200prelims-24.55; Kendall Baisden-9/Detroit Country Day-Motor City TC, 1-400m dash, 52.59 - qualifies for World Junior Championship & 7-100-11.76; Courtney Calka-F/Livonia Stevenson-Eastern Michigan, 9-1500-4:40.46; Jordan Clark/unattached, 100prelims-12.12; Samantha Lockhart-F/Lansing Sexton-Grand Valley, 12-SP-45' 8.5; Debonie Lofton-12/Detroit Mumford-Motor City TC, 800prelims-2:12.41; Ariel Roberts-F/Ann Arbor Pioneer-North Carolina, 5-Hept-4862.

GIRLS

CROSS COUNTRY CLINIC PREVIEW - YOUR HELP IS NEEDED

The 2010 CC Clinic will have a focus on cancer awareness. We feel this is a topic near & dear to all of our hearts with one of the foundation members of MITCA recently losing his battle with cancer.

We will be taking some time at this clinic to recognizing the "heroes" in all of our lives, who have battled cancer. For some of our special projects for this clinic we need pictures & or brief stories of anyone in your life who has battled cancer. We are planning to raise funds through different activities at the clinic to donate to 2 organizations that are fighting to help find a cure for cancer (Lance Armstrong Foundation & the Leukemia & Lymphoma Society).

We also are looking for speakers who have had some connection to cancer in their lives, (having battled it themselves or had a loved one, student, athlete etc. who has fought this battle). The sessions will be on normal clinic topics; however we want to highlight the ways that this disease has affected all of our lives. If you are willing to speak, we will get back to you with information on the topics that will be covered this year to keep up with our education series.

Our hope is that we have hundreds of pictures/stories and many volunteers to speak about CC issues who have a cancer connection. Please email Chris Owens with any honoree information & speaker volunteers. In your e-mail please include the following:

1. Please put "MITCA clinic" in the subject line
2. Name of the Honoree (picture if possible)
3. When they began their battle with cancer
4. How many years they have been cancer free or the date (or year) that they lost their battle
5. Any additional information
6. If you are willing to speak at a session

Thank you in joining us to honor those who have battle this disease & for helping in the fight to find a cure!

Sincerely, Christine Owens - MITCA 2nd Vice President - vp2@mitca.org

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MITCA TEAM STATE MEETS

BOYS

Division 1&2: 1-Vicksburg 1541, 2-Williamston-1298, 3-Adrian-1283, 4-Zeeland West-1199, 5-Cedar Springs 1187.5, 6-St. Joseph 1140.5, 7-Hastings 1104.5, 8-Hamilton 1085.5, 9-Cadillac-1016.5, 10-Dewitt 978, 11-Croswell-Lexington 960.5, 12-Alma 891.5, 13-Byron Center 878, 14-Dearborn 834, 15-Richland Gull Lake 763.5, 16-East Kentwood 444.75, 17-Greenville 296, 18-Davison 285, 19-Sterling Hgts. Stevenso 198.5n

Division 3: 1-Allendale 1425, 2-Frankenmuth 1381, 3-Ida 1325, 4-Clare 1246.5, 5-Union City 1200.5, 6-Delton-Kellogg 1099, 7-Vermontville Maple Valley 1080.5, 8-Ovid-Elsie 1077.5, 9-Reese 1068, 10-Bronson 1003.5, 11-Shepherd 952.5, 12-Benzonia Benzie Central 989.5, 13-Charlevoix 977.5, 14-Livonia Clarenceville 665.5, 15-Whitmore Lake 536.5

Division 4: 1-Manton 1053.5, 2-Centreville 793; 3-Mcbain 791.5; 4-Warren Michigan Collegiate 748; 5-Dansville 728; 6-Bath 720; 7-Coleman 667; 8-Genesee 610; 9-Unionville Sebawaing 544; 10-Webberville 303.

GIRLS

Division 1&2: 1-Williamston 1660, 2-Middleville Thornapple-Kellogg 1321.5, 3-Dearborn Divine Child 1284, 4-Hamilton 1424, 5-Sparta 1178.5, 6-Grand Rapids South Christian 1082, 7-Remus Chippewa Hills 1071, 8-Yale, 1069, 9-Dewitt, 1061, 10-Zeeland West 1011.5, 11-Grand Rapids 985.5, 12-Sturgis 952.5, 12-Milan 950, 14-Stevensville Lakeshore 660, 15-St. Clair Shores Lakevie 636.5, 16-Rockford 437, 17-East Kentwood 365, 18-Macomb Dakota 238.5, 19-Hartland 208.5

Division 3: 1-Frankenmuth 1373, 2-Schoolcraft 1295, 3-Kent City 1253.5, 4-Benzonia Benzie Central 1238.5, 5-Gladwin 1117, 6-Bad Axe & Hanover-Horton 1058, 8-Lansing Catholic 1043, 9-Adrian Madison, 1035, 10-Shepherd 904.5, 11-Allendale 823, 12-Delton-Kellogg 747.5, 13-Ovid-Elsie 645.5, 14-Vermontville Maple Valley 591.5

Division 4: 1-Hillsdale Academy 965.5; 2-Manton 942.5; 3-Sand Creek 804.50; 4-Centreville 665.5; 5-Morrice 628.5; 6-Lutheran Westland 551.5; 7-Kinde North Huron 535; 8-Colon 363; 9-Hesperia 165.

2009 MHSAA Cross Country Online Rules Meeting

The MHSAA now requires an online Cross Country rules meetings for coaches and officials (separate from track & field). The rule meeting was optional for coaches and officials in 2009.

Beginning in 2010, each varsity head coach will be required to complete the online rules meeting to be eligible to coach at MHSAA Regional and Final meets.

The rules meeting for 2010 will be available beginning **August 9** and must be completed by **September 13** at mhsaa.com

MITCA MEMBERSHIP FORM

You must be a member of MITCA by:

Oct. 1 for Cross Country **May. 1** for Track & Field
to be considered for:

COACH or ASSISTANT COACH Of The YEAR honors.

Name _____
New Address _____

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____

In what year did you begin coaching? _____

Number of years coaching CC _____ Track & Field _____
Coaching assignment? Mid. S. H.S. Univ. Retired

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone _____

School Classification A B C D
CC Div. 1 2 3 4 T&F Div. 1 2 3 4

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1691 N. Hinson Road
Fairgrove, MI 48733-9503

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ON THE LINE.....Jim Murray, editor

Duane was one of what I like to refer to "as the second generation of MITCA." He was part of the group that took a newly established track & field coaches group with a newsletter and hosting clinics at high schools while the clinicians stayed at nearby motels to what we know today as MITCA. As they left the ranks of coaching, many moved to officiating but still remain close to MITCA.

This second generation saw the need and desire for a second clinic just for cross-country as the membership grew. It saw an opportunity to give our senior athletes a great chance for real end of career experience with the development of the MIDEAST and MIDWEST meets. They worked to enhance out of season opportunities encouraging summer fun meets and what developed into the current MITS Indoor series. It was this generation of MITCA coaches that felt it was necessary to improve the quality of officiating and began to include sessions for officials in the track & field clinic. And as this generation of coaches retired from active coaching they began working with other track & field officials to create ATOM. This generation of coaches, with MITCA, supported ATOM until it was able to stand by itself and is now one of the finest official organizations in the country. Duane, as part of the second generation, saw the need to recognize not only coaches but athletes and those who have contributed to our sport with the development of the **MITCA Recognition Awards.**

Duane became known as "Mr. Hospitality" with his "dollar raffles." This leads to 2 of the better "Raf" stories. The first happened at Don Lukens retirement party. As the evening progressed the famous "dollar raffle" call went out. All of the MITCA people knew who was going to win and readily joined the in the raffle as did many others. When it came time for the drawing Duane said there would be just 1 winner & proceeded to draw a dollar. The Lukens family was well represented and Duane being used to only 1 of each last name on the drawings read the name, I was "*something*" Lukens, Don's brother, I believe. Realizing his mistake, Duane tried to correct himself & said repeatedly "Don Lukens." The giving Duane a rough time, the brother finally giving the winnings to Don.

The other is the famous raffle at the Sacramento Olympic trials. The Michigan group was a hit with their "dollar raffle" in the stands, a problem, it was illegal in California. One day the police became involved and took Duane & the group in. After some talking and explaining of the law they were released. The next day of the trials the people in the area had become so enamored with the "dollar raffle" they held a "California raffle." They printed "Olympic dollars" with the Chief of Police's picture and were using them to hold their "California raffle."

Duane's 1971 Holly Finals Championship team was truly a remarkable team. They won the championship without a single event winner, scored in 8 of the 14 events led by a second and a pair of thirds.

I really got to know and work closely for many springs with Duane when he was part of the TEAM Michigan Coaching Staff/Selection Committee for the MIDWEST Meet and TRACK RESULTS was the only statewide track & field listing. I have continued working with him as the newsletter editor as he has written regularly for the MITCA Newsletter on the Olympic Trials and the MIDWEST Meet.

Duane was one of the coaches you listened to and wanted to be around when you were starting. He was one of those free talkers and since beginning coaches are like sponges just absorbing everything and anything you wanted to be around him.

Duane, I am glad you were around, thanks..... jgm

I NEVER THOUGHT I WAS A RUNNER..... I JUST RUN

I know many of you will agree with the first 3 words but let me finish. I never gave any thought to the first part of that statement, I run, that is until the end of last year.

I got into running as a sophomore in high school after no success with those "ball sports." A 90 pound 8th grader does not have much of a future with that odd shaped ball. I had the "no hit" down ok in baseball, unfortunately not as a pitcher and a 5' 6 guard poor shooting guard didn't have much future in the winter.

My mother had talked winning races and medals in the Belle Isle Summer Games in her youth so I decided to try track. This was a time when the longest race you could run in junior high was 100 yards, you had to be 14 to run a mile or more and speed was not me.

We started season in the gym. While our gym was not a cracker box, it had its own character. Low ceilings played havoc with the set shooters, the jump shot was just starting to take over. Our 3 circles did not overlap, as some did, but we did have a separate over-n-back line. (These were in small gyms and were used to lengthen the frontcourt since the middle line did not leave enough room for the offense.

I soon began to wonder if this running was going to be any better as I was getting lapped or about to get lapped in the 100! Now you may say that is impossible but let me finish. We would put chairs where the free throw line & circle met & run laps and race. It was 3 or 4 laps to a 100 yards and yes it seemed like I was about to get lapped when I ran the sprints. I learned one important thing during this part of season, the importance of "properly" bringing freshmen/rookies into the team.

Teammates would sit on the chairs so the runners could grab the chair & help make the turns. The "freshmen"/rookies" soon learned to hold on tight as all kinds of things could happen to the seated.

We only spent a week or so in the gym and then got outside. "Smiley," Coach Ray Linconhol told me I was going to run the mile once we got outside. After getting over the shock it took me about a week to finish the distance without stopping. When I told him of my accomplishment I learned another important thing for coaching, the athlete should always feel that the coach has confidence the athlete is able to succeed, even when the athletes themselves are in doubt.

That spring our athletic director told a group of us tracksters we were leaving the Catholic League of Southern Michigan and joining the Capital Circuit and would have cross country in the fall. We asked what cross country was and were told "That is what you distance runners do in the fall." We had beginners luck, finishing 4th in the Class B that fall. Resurrection used Lansing Eastern's athletic facilities and their coach, Chuck Sweeny, yes MITCA's Sweeney, kind of took us under his wing and welcomed us to practice with them. Chuck introduced me to the concept of running in the off-season and I actually did some running during the winters getting ready for track.

I thought my running was over after graduation until a letter came from Jim Gibbard, the assistant MSU coach, that summer inviting me to run in the fall. I ran on what was the final time MSU won the triple-crown; Big 10, IC4A & NCAA; not do to my contribution though, as freshmen could not compete. At that time the IC4A was the bigger meets. I finished running competitively at the end of that year.

I didn't realize it, but I learned 2 major things dealing with running during high school. Other than a gym we did not have any athletic facilities or a bus! The track was a half-mile away and the park for football and basketball were a long half-mile away and we were expected to run to practice & back. Warm-up, anybody!

Secondly, Coach Lincolnhol liked to run. I had never heard of running other than while in play or practice. He would run laps on the stage before basketball and talked about how there was kind of a community garage, small barn really, in his neighborhood and he would run a mile or 2 in there, when the weather was bad. From him I got the idea to go for short runs in high school or college in times when things were getting "tight" for relaxation, running could be enjoyable.

I really didn't get back into running until I started coaching football at Detroit St. Charles. We had to use a park, a mile away, for practice and did not have a bus so the kids had to run to & from practice, the same for track. It seemed like it took them forever to get there so I had my assistant drive his car to practice, for emergencies, and I started to run with the last ones leaving the locker room. I have never in all of my years coaching, had a locker room clear out as fast because the kids did not want to have to run with me, they knew the actually had to run the entire way.....

Arriving at Brandywine there was teacher that was a regular runner and we started running regularly together in the off-season. I had started doing warm-up/cool down with the cross-country & track teams and early season conditioning in track I would run the 2 or 3 miles with the kids, picking the throwers, sprinters and hurdlers to run with.

My competitive running was limited to the local "fun runs" I took the team to. The past 10 years or so, the highlight of my running year developed into the co-ed 4 mile relay that ended these "summer fun runs". My partner, Mary Connley, a math instructor at St. Mary's College, and I started running together just because neither had a partner one year. We set records simply because no other pair that old, who is old, had ran the race. We owned all the age group records over 110 and next year could establish the 140 age group record. We did lose our 120 record last year to a couple of "kids".

The 2009 year was exceptionally hectic as Mary had been out of town close to 25 weeks by November, babysitting and helping take care of her mother who died. I had made over 20 trips where I was out of town for a night or more. As usually happens in the fall, with doing CCIR and this newsletter, I get behind & my running slips. It was worse last fall as I had to do most of the typing and ratings work myself. After a period of 2 or 3 weeks without getting a run in I started up again and had hip/leg problems. Thinking it was just being out of shape and age, I took a week for rest. Around regional I had the problems again. Finally I saw a doctor in December and he suggested

I find another way of exercising. I did not need hip replacement, but.....

After getting over being bummed, I starting using the stationary bike since my swimming is limited to the length of a short boat. Somehow that did not give me the same feeling. Biking, I found, would get interrupted by the phone or something else regularly. The only interruptions I had while running the lakes at Notre Dame would be "hellos" from other runners, especially the co-eds or a runner I knew and we would then run together. And..... there were the occasional times I was moving faster than one of the college students, what an upper!

I finally decided to start running again this summer. Running is only thing that keeps by blood pressure down. Yes, I support the pharmaceutical industry but biking wasn't doing it. Although, I question if what I do any more is really running. When I do run I always try to find the direction of the earth's rotation so I don't lose ground. And, I like to run around noon because I run until I sweat my quota. The hotter is it the more I sweat, the more I sweat the sooner I am done. There is some sanity to my madness and/or you have to have a sense of humor to survive.

Since starting over I have had to follow the advice I give beginning runners: "walk/run for 5-10 minutes at a time. When you can run without stopping for 10 minutes add a few more minutes. I am now up to about 1.5 miles without stopping." My "big" race, the co-ed relay, is the second week in July and I hope I am ready.

I finish my runs, tired, sweaty, sometimes sore but dang..... it just feels good! Now that I have started again, I am faced with a difficult choice, as I know I must cut back and not as I used to do, 2-3 miles a day 5-7 days a week. I never felt I had to run so missing a day or so was nothing. I am hoping to still keep the 2 mile runs, but the idea of having to take days off..... Dr. Glasser wrote a book "Positive Addiction." We talk about the runners "high" well I guess I am addicted and get high.....

Like I said I don't think of myself as a runner. Now, I just hope I can keep the last part of the statement true..... jgm

IN THE BULLPEN..... Have you filled out your application or nomination for a **MITCA Recognition Award**. Some of the awards are determined by your team's success, most of the awards are the result of nominations or applications from you, the members.

In 2009-2010 there were **MITCA Recognition Awards** that were not presented because there were no nominations from the membership. Go to **mitca.org** and nominate for:

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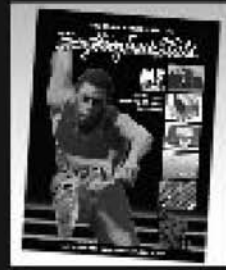
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