

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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CROSS COUNTRY CLINIC

Holiday Inn Hotel & Conf. Cent
Big Rapids Nov. 10-11-12 2011

TRACK & FIELD CLINIC

Lansing Causeway Bay Hotel
Feb. 9-10-11 2012

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USA Youth Outdoor Championship

USATF Nationals & Junior Nationals

IAAF World Youth Championship

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50-30 Recognized

MITCA Recognition

College Credit

ON THE LINE

Ms. Michigan Track & Field Mr. Michigan Track & Field

Tory Schiller/Grand Ledge

Ricco Hall/Kentwood East Kentwood

MITCA Track & Field Dream Team 2011

WOMEN'S DREAM TEAM

*Nyki Caldwell-12/Dexter

Tory Schiller-12/Grand Ledge

Brittany London-s/Middleville Thornapple-Kellogg

Tonia Pratt-s/Michigan Center

Angela Burse-y-s/Pontiac

Bridgette Owens (10) Southfield

#Kyra Jefferson (11) Detroit Cass Tech

Latipha Cross-j/Southfield

*Hannah Meier-10/Grosse Pte. South

Sami Mitchell-10/Reed City

Tory Schiller-12/Grand Ledge

*Hannah Meier-10/Grosse Pte. South

Gabrielle Anzalone-12/Grand Blanc

Novi: D'Mya Davis,

Janee Hood, Mariah Smith, Jasmine Ward

Kentwood East Kentwood: Fiana Comer,
Lameeka Davis, Rebecca Hall, Brittany Terry

Detroit Cass Tech: Ravyn Baxter,
Alexis Hull, Kyra Jefferson, Jankia King

Ann Arbor Huron: Kennedy Beazley,,
Annie-Norah Beveridge, Maya Long, Chinyere Onimo

High Jump

Long Jump

Pole Vault

Discus

Shot Put

100 Meters

200 Meters

400 Meters

800 Meters

High Hurdles

300 Hurdles

1600 Meters

3200 Meters

4x100

4x200

4x400

4x800

MEN'S DREAM TEAM

Owen Hughes-12/Okemos

*Aaron Daugherty-12/Big Rapids

Isaac Austfin-12/Kent City

*Derek Seivers-12/Byron Center

*Anthony Zettel-12/West Branch Ogemaw Heights

Ricco Hall-12/Kentwood East Kentwood

D'Ontae Hopson-12/Jackson

Ricco Hall-12/Kentwood East Kentwood

#Nick Kaiser-12/Tempérance-Bedford

*Drake Johnson-11/Ann Arbor Pioneer

Javonte Lipsey-10/Portage Northern

*Omar Kaddurah-12/Grand Blanc

Evan Chiplock-11/Saginaw Heritage

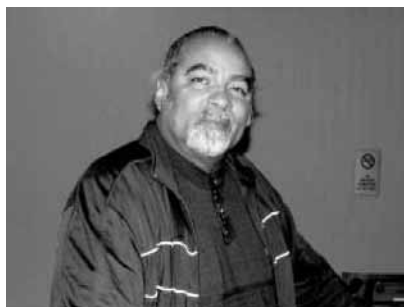
Rockford: Chris Eggenberger,
Brian Fischer, Brandon Lubenow, Colin Rembema

Kentwood East Kentwood: Houston Glass,
Ricco Hall, Chris James, Jalen Stovall

Kentwood East Kentwood: Ricco Hall,
Chris James, Ernie Morton, Joe Riggins

Pinckney: Eric Fegan,
Cal Magier, Jake Magier, Zac Meston

THE PRESIDENT'S LANE: Ted Duckett, Kalamazoo Loy Norrix



"Why Coach?" Pay never equals the amount of time spent, training, competing, handing out equipment, washing uniforms, collecting equipment, Being, at meets all day and half the night. Some parents are never satisfied, and some athletes take the sport for granted or things you can not control seem to always be hanging around.

The wish list of preferred athletes, very rarely fulfill your dreams. Parents hope you are a magician, many more you never see. Many times there is not enough help for meets or assistants to help train athletes for seventeen events. You always surprised or held hostage to grades, or discipline from areas outside of your responsibilities that affect your team. *continued next page*

the president's lane continued..... Championships are there, but not for you. Wins sometimes are far away, sometimes in between, often individually, rarely with the team. Maybe you have numbers; many are struggling just to fill each event. The community may know of your sport, but really doesn't take an interest. Some teams try and bury you when you're down. Others look forward to you on there schedule.

Why do this, when there is not a whole lot in the cupboard. It's easier when you win all the time; you have great kids, parental support, a first class program, and great community support. For many, that is not the norm. So why "Coach"! Is it a need to do something challenging, wanting to make a difference in someone's life. Hopefully you like being around young people, and watching them grow, become responsible. Taking what God has given them to what you think is the limit and beyond. Success has its own rewards. Improvement is satisfying. Determination has value and it is personal. Working to save someone who wants to be saved is awesome. To be there when no one else seems to care, developing an extended family, with values, discipline, and a genuine enthusiastic love for the sport is amazing. Seeing a smile, or stars in their eyes, or tears of fulfillment, knowing, all that could be offered up was given, and nothing else was left but joy! Maybe these are some of the intangibles that keep you coming back, while others will never understand.

I want to commend our coaches, for honoring what is tried, tested, and true. You "Coach" because you have a passion and competitive spirit which reaches far beyond the wins and losses. We care about our athletes, on and off the tracks and courses. "To trust yourself when, when all men doubt you" and risk it all by trying. Success and failure can have the same affect, depending upon the coach. That is the nature of our sport. I am proud of all who wear the title "Coach". Caring, Obeying, Attending, Cultivating, and Honoring, all those who have come before us, continuing a legacy, with building blocks, which will reach far into the future. Always, respecting efforts, and accomplishments, I salute you.

CROSS COUNTRY 2011 STARTS

Wednesday, August 10

First competition: Friday, August 19

MHSAA ONLINE RULES MEETING WINDOW

August 8-September 15

You must complete the online rules meeting to coach the MHSAA Regional & Final Meet.

CLINIC IN A NEWSLETTER

This issue's topics for "Clinic In A Newsletter" deals extremes, the elite athlete and their "extended" season and the novice runner. Your editor is always looking for ideas, themes or suggestions for 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..... jgm

WHAT IS OUT THERE FOR THE ELITE ATHLETE

Bob Masters, Temperance Bedford High

In the track season of 2009, then sophomore Nick Kaiser won his first state title in the 800m run. At that moment I realized that he was a one of a kind talent and would benefit from more than the "standard" track season had to offer. I convinced him to travel to the Midwest Distance Gala and the Nike Outdoor National meet in Greensboro, NC, to run against some of the best high school half milers in the country. He placed 2nd overall out of the slow heat at the NON that year and exploded onto the national track scene for the next two years.

From that point, it was collaboration between Nick, his parents, and myself on what he wanted to accomplish over the next two years in track. The first thing was to make indoor track an actual season for him and he decided to give up his basketball career and focus on indoor track. Since he gave up basketball, his training became more intense in mileage. I needed to find an indoor facility for him to run a speed session on once a week and our friends at Saline helped us out. I also wanted to find a couple solid meets before he headed out to the Nike Indoor National meet in Boston, MA. I did not want to race him too much indoor so we decided 4-5 meets max, including the MITS Indoor State Championship, a highly competitive meet at the University of Kentucky, and the National meet. Everything went according to plan and the indoor season finished well, and he was able to keep his mileage up as well as compete at an elite level with just one workout a week. I felt he was able to be highly competitive indoors without having to sacrifice his outdoor season. His last indoor race of that season was the day before official track practice began.

Since he just finished his indoor season right before outdoor, I needed to be very careful with Nick's training over the next six weeks. I decided that he would bump up his mileage; workouts would be fartleks and tempos, and no racing for four weeks. I also knew that he would need to be in races where he would be pushed, so we planned on entering the Jesse Owens Collegiate Invitational during the regular season, the New Balance Outdoor National, and

the USATF Jr. National for the post season. The training had to go all the way through the end of June which is a lot to ask of a seventeen-year-old boy. I did not have him step on the track for real speed workouts until the end of April which put him eight weeks out before his last meet. It all worked out and he was able to PR at the USATF Jr. National Meet.

Nick's senior year I kept his training cycle the same but a serious ankle injury at the Mid East Cross Country qualifier delayed his training until January, so I had to be careful on the tight turns of the indoor track. He also was invited to run at the Brooks PR Invitational at the University of Washington. He was able to get in his mileage up and run a few speed sessions before he tested the ankle out in a small meet. He only ran three meets but it was more about keeping the ankle healthy, running some quality races, and preparing for outdoor.

His training stayed on track for outdoor but with a new more intensive lifting program. I enlisted the advice of a coach and good friend Todd Black who was an Olympic Trials finalist in the 800 back in 2000 and has run a 1:45 in the 800. I was looking for a tailored lifting program to add to Nick's training and it was one aspect of his training that needed help. Nick did quite well in the last few meets winning the 800m state title again and winning the Midwest Meet of Champions with a new PR. He was disappointed with his showing at the NBON but he is still young and has a bright future ahead.

It was a privilege to work with such a talented athlete and the challenges to prepare him for post season races was something that I enjoyed thoroughly. I wanted him to be successful on the local, state, and national level and we were able to achieve that because he stuck with our training and trusted what we were doing. It also was important to keep him connected to the team indoor and outdoor because he was able to be grounded and know that he had teammates looking up to him.

2012 TRACK & FIELD CLINIC

Feb. 9-10-11

**Causeway Bay Hotel (Holiday Inn South)
Lansing**

2011 CROSS COUNTRY CLINIC

NOV. 10-11-12 - 13

**Holiday Inn Hotel & Conf. Cent
Big Rapids**

FIRST-TIME RUNNERS – GETTING THEM STARTED AND KEEPING THEM.

Tim Simpson, Lansing Catholic
Cross country unlike football or basketball or many other sports has no JV or freshmen team so when practice starts in August you have the 90 pound freshman that has never run before showing up for the same practice that the returning senior all-stater is showing up for. This can be pretty intimidating for the new kid.

At a school our size (about 550) the entire cross country team is somewhere between 15 and 25 boys or girls so you can't afford to lose anyone that has shown an interest in cross country. In some cases especially at smaller schools like ours or smaller your season may depend on developing that novice runner into someone that can contribute in the top seven by the end of the season. This makes development important but at the same time retention is equally or more important.

The best way to lose the freshman newcomer is to line them up with the big boys (or girls) and expect them to keep up. We all have to remember when we started running how hard the first few weeks are and how much fun it isn't when we are out there by ourselves exhausted and struggling. As many times as you tell the kids that it will get better it is hard for them to believe it through the blisters and side cramps. Until the kids get in some kind of shape it is important to give them things that they can succeed at. For some that may be running a mile or 10 minutes at a time and then stopping, for some it may be running a 100 meters and walking a 100 meters and building up from there. Whatever it is, the first week or so is about survival, once you get them to show up into the second week you most likely have them hooked.

Distance running is great for making logical progressions like run for 5 minutes, then rest or walk, run for 5 minutes then rest or walk, building up to running 10 minutes and walking and then reducing the walk time and increasing the running time etc... Until before they know it they are running 3 miles without walking or resting. Along with the logical progression it is easy to mark improvement like last week you ran the loop in 15 minutes and this week you ran it in 13 minutes. These successes keep them running and coming back as they are seeing success and making progress. They will start setting their own goals and working to achieve them. Design practices for them to make these improvements and reach new milestones.

I like to use minutes instead of miles or distances. If you tell a kid to run a mile and if he doesn't make it he or she views it as a failure – tell them to run 10 minutes and they can do it because even when they are hurting you just have them keep moving until the 10 minutes are up and no matter how far they went they have accomplished the goal

Having them concentrate on form and feeling good for short runs gets their mind off what they are doing. Have them run 100 meter sprints and talk to them about their arms or stride not pace or distance and they end up logging more distance than they would if running that distance was their only goal.

Circuit training is great – have them do boxes or core or jump rope etc... Then have them run a loop or a hill or the length of a football field and do more exercise. They get caught up in how hard the exercises are and forget they are logging a couple miles. Then when it is over tell them how far they ran and they are amazed.

Hill training can work the same way. Have them run up the hill and just easily jog down. The uphill portion is so hard that they don't really think the downhill is running. Have a goal like 10 and they will just concentrate on getting through the 10 – their mind will not be on the miles they are running it will just be on achieving that short-term goal. Depending on the hill they may rest between sets and do multiple sets – again they are not concentrating on anything but just getting through a set. This also starts to get them used to the way a repeat 800 or 1,000 workout may go in terms of structure and mind set.

Relays are great for getting them to run not only some extra distance but for you to see them sprint and get a feel for what type of competitor they are. Early in the season we mix in a lot of relays with both the boys and girls running together over distances of 50 to 100 meters for each leg. This gives the newcomers a chance to get in with the older kids but in a fun way – nothing makes the new kid feel better than to have the star of the team cheering for him on his leg.

We start our season with a 2 mile race, which we host. Before the race our kids have run the course so they are not afraid of the course. By now they have completed at least two miles at a time so it is ok for them to race. This allows them to get in a race but not have to run the full 5k. Again we are progressing toward a goal. The next race the goal may be to simply finish the 5k and then from there the goals become to do it faster than the last time.

In the end it is all about progression and moving them along a logical path to meeting goals. Keeping them motivated by giving them success and of course encouraging them and recognizing them for the successes. As long as someone feels they are improving at something they should keep working hard at it. It is awesome to see the success stories like the girl who goes from running only 100 meters at a time in the first few days of practice to being a contributing member of a team on the podium at the state meet by the end of the season.

Stories like this can motivate the kids – tell them about those who ran before them that have been in their shoes – tell them it can happen to them. Give them every reason to believe they will succeed in what they are doing. Once you are sure you have them and they start to get in some kind of condition then you can start to mold them but in the beginning just be satisfied to have them on the team.

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN

2012 ATOM CLINIC Feb. 3-4

REMEMBER TO USE ATOM OFFICIALS FOR YOUR CROSS COUNTRY and TRACK & FIELD MEETS. For official's information go to: www.atomofficials.com

MITCA TEAM STATE MEETS

GIRLS

DIVISION 1: 1-KENTWOOD EAST KENTWOOD-507.5, 2-Rockford-493, Macomb Dakota-345, 4-Greenvillew-276.5, 5-Muskegon Reeths-Puffer-266, 6-Grand Haven-14...
Division 2: 1-WILLIAMSTON-1402, 2-Hamilton-1328, 3-Deborn Divine Child-1192.5, 4-St. Clair-1077.5, 5-Middleville thornapple-Kellogg-1018.5, 6-Zeeland West-925, 7-Grand Rapids Christian-909, 8-St. Joseph-849, 9-Milan-814.5, 10-Sturgis-808.5, 11-Vicksburg-764.5, 12-Mason-618, 13-Stevensville Lakeshore-537.....
DIVISION 3: 1- BENZONIA BENZIE CENTRAL-1620.5, 2-Shepherd-1491.5, 3-Frankenmuth-1413.5, 4-Adrian Madison-1390.5, 5-Kent City-1345, 6-Schoolcraft-1152, 7-Gladwin-1147.5, 8-Grand Rapids West Catholic-1052.5, 9-Onsted-1035.5, 10-Lansing Catholic Central-1023.5, 11-Claire-1013, 12-Manton-1003.5, 13-Hanover-Horton-989, 14-Dundee-961.5, 15-Durand-954.5, 16-Ovid-Elsie-839.5.....
DIVISION 4: 1-HILLSDALE ACADEMY-1653, 2-Gobles-1591, 3-Sand Creek-1506.5, 4-Centreville-1331.5, 5-Morrice-1304, 6-Royal Oak Shrine-1046.5, 7-Onelama-1003.5, 8-Morenci-955, 9-Hesperia-831, 10-Ubly-750, 11-Litchfield-697.5, 12-Lutheran Westland-645, 13-Saugatuck-601, 14-Dansvill-486.5, Muskegon Western Michigan Christian-87....

Complete meet results for all meets in the newsletter are at: mitca.org or from TRACK RESULTS

BOYS

DIVISION 1: EAST KENTWOOD-880.5, 2-Traverse City Central-775, 3-Davison-703, 4-Brownstown Woodhaven-641, 5-Mascomb Dakota-595.5, 6-Muskegon-507, 7-Grand Haven-314
DIVISION 2: 1-EAST LANSING-1644.5, 2-Cedar Springs-1560.5, 4-Vicksburg-1416, 5-Zeeland West-1412, 6-Williamston-1336.5, 7-Battle Creek Harper Creek-129.5, 8-Algonac-1288.5, 9-Sparta-1210.5, 10-Zeeland East-1210, 11-Linden-1200, 13-Adrian-1154, 13-Mason-1154, 14-Richland Gull Lake-1100.5, 15-Byron Center-1100.5, 16-Cadillac-890.5.....
DIVISION 3: 1-FRANKENMUTH-1598, 2-Grand Rapids West Catholic-1396, 3-Morley-Stanwood-1263, 4-Allendale-1345, 5-Ovid-Elsie-11193, 6-Ida-1166.5, 7-Benzie Central-1089, 8-Claire-1046, 9-Onsted-1013, 10-Adrian Madison-993, 11-Lansing Catholic Central-969, 12-Napoleon-932.5, 13-Delton Kellogg-928, 14-Shepherd-890, 13-Delton Kellogg-928, 15-Parchment-43
DIVISION 4: 1-SAND CREEK-1238.5, 2-Reading-1228, 3-Unionville-Sebewiang Area-1029, 4-Saugatuck-976, 5-Dansville-969.5, 6-Litchfield-866, 7-Coleman-817.5, 8-Gobles-723, 9-Eau Claire-709.5, 10-Breckenridge-661.5, 11-Muskegon Western Michigan Christian-391.5, 12-Morrice-200.....

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 at Rockford High School

GIRLS (3 All Class/Division & LP D1 meet records)

HIGH JUMP: 1-Nycki Caldwell/Dexter-5' 8; 2-Mackenzie Frodle/Fraser-5' 7; 3-Aaron Howell/Farmington-5' 6. **LONG JUMP:** 1-Tory Schiller/Grand Ledge-18' 8; 2-Makeda Debardeleben/Saginaw Arthur Hill-17' 10.25; 3-Cierra Pryor/Jackson-17' 7.25. **POLE VAULT:** 1-Jennifer Schornak/Macomb Dakota-11' 6; 2-Jordan Keefe/Grand Haven-11' 6; 3-Micaela Conter/Dexter-11' 3. **DISCUS:** 1-Taylor Gunn/West Bloomfield-136' 7; 2-Kyla Walworth/Holt-129' 6; 3-Shana Flanary/Monroe-125' 6. **SHOT PUT:** 1-Angela Burse/Pontiac-44' 0; 2-Allie Wylie/Midland/41' 1; 3-Kyla Walworth/Holt-41' 0. **100:** 1-Kyra Jefferson/Detroit Cass Tech-11.72; 2-Janee Hill/Detroit Pershing-11.78; 3-Jewel Thomas/Southfield Lathrup-12.05. **200:** 1-Kyra Jefferson/Detroit Cass Tech-23.87; 2-Dynasty McGee/Ypsilanti-24.65; 3-Jasmine Ward/Novi-24.93. **400:** 1-Latipha Cross/Southfield-54.29 (New MHSAA All Class/Division & LP D1 Meet Record - Old All Class/Division & LP D1 Record: 54.33-Erin Humphrey/Ypsilanti Lincoln-2006); 2-Dynasty McGee/Ypsilanti-54.84; 3-Maya Long/Ann Arbor Huron/55.49. **800:** 1-Hannah Meier/Grosse Pointe South-2:07.37 (New MHSAA All Class/Division & LP D1 Meet Record - Old All Class/Division & LP D1 Record: 2:08.83-Hannah Meier/Grosse Pointe South-2010); 2-Brook Handler/Rochester-2:10.31; 3-Haley Meier/Grosse Pointe South-2:12.05. **1000 HURDLES:** 1-Laticia Sims/Farmington Hills Harrison-14.11; 2-Alexandria Johnson/Lake Orion-14.14; 3-Sophia Kunselman/Ann Arbor Pioneer-14.61. **300 HURDLES:** 1-Tory Schiller/Grand Ledge-43.63; 2-Sophia Kunselman/Ann Arbor Pioneer-44.10; 3-Alexis Hull/Detroit Cass Tech-44.14. **1600:** 1-Hannah Meier/Grosse Pointe South-4:42.60 (New MHSAA All Class/Division & LP D1 Meet Record - Old All Class/Division & LP D1 Record: 4:45.20-Laura Matson/Bloomfield Hills Andover-1985; Old Lower Peninsula Division 1 Record - 4:47.37 Megan Goethals/Rochester-2010); 2-Haley Meier/Grosse Pointe South-4:45.80; 3-Brook Handler/Rochester-4:49.70. **3200:** 1-Gabrielle Anzalone/Grand Blanc-10:23.07; 2-Erin Finn/West Bloomfield-10:32.51; 3-Gabrielle Thivierge/Rochester Adams-10:51.05. **4X100:** 1-Novi (Jasmine Ward/D'Mya Davis/Janee Hood/Mariah Smith)-48.35; 2-Jackson 48.41; 3-Ypsilanti Lincoln 48.59. **4X200:** 1-East Kentwood (Lameeka Davis/Fiana Comer/Brittany Terry/Rebecca Hall)-1:40.41; 2-Detroit Cass Tech 1:40.63; 3-Ann Arbor Huron 1:40.72. **4X400:** 1-Detroit Cass Tech (Ravyn Baxter/Alexis Hull/Kyra Jefferson/Janika King)-3:50.25; 2-Ann Arbor Huron 3:50.93; 3-East Kentwood 3:52.68. **4X800:** 1-Ann Arbor Huron (Chinyere Onimo/Kennedy Beazley/Annie Norah Beveridge/Maya Long)-9:09.23; 2-Grosse Pointe South 9:11.98; 3-East Kentwood 9:20.19. **TEAM SCORING:** 1-Grosse Pointe South 54; 2-Detroit Cass Tech 50; 3-Ann Arbor Huron 50; 4-East Kentwood 39; 5-Grand Ledge 25; 6-Novi 24.2; 7-Ann Arbor Pioneer 21; 8-Ypsilanti 19; 9t-Jackson & Dexter & West Bloomfield & Lake Orion 18..... **61 teams scored.**

DIVISION 2 LOWER PENINSULA FINALS

GIRLS (1 D2 meet record)

HIGH JUMP: 1-Kathryn Mills/Eaton Rapids-5' 6; 2-Molly Duda/Haslett-5' 5; 3t-Ceara O'Leary/Dearborn Divine Child-5' 3; Samantha Rubick/Lapeer Eas & Ade Ayoola/Grand Rapids Christian-5' 3. **LONG JUMP:** 1-Michaela Lewis/Flint Southwestern-18' 1; 2-Joylisa Davis/Bloomfield Hills Lahser-17' 11.75; 3-Christina Crawford/Romulus-17' 10. **POLE VAULT:** 1-Brittany London/Middleville Thornapple-Kellogg-12' 1; 2-Lauren Chorny/Stevensville Lakeshore-11' 10; 3-Carley Morris/East Grand Rapids-10' 10. **DISCUS:** 1-Brittany Mann/Detroit Country Day-141' 10; 2-Rachel Reimink/Hamilton-125' 3; 3-Caitlin Proteau/Monroe Jefferson-123' 10. **SHOT PUT:** 1-Brittany Mann/Detroit Country Day-41' 0; 2-Jabria Hill/Grand Rapids Ottawa Hills-39' .75; 3-Erika Rockwell/Coldwater-37' 9.75. **100:** 1-Kendall Baisden/Detroit Country Day-11.92 (New LP D2 Meet Record - Old Record: 11.99-Erica Mann/Battle Creek Lakeview-2006); 2-Sydney Cureton/Detroit Country Day-12.15; 3-Yasmine Jones/Auburn Hills Avondale-12.20. **200:** 1-Kendall Baisden/Detroit Country Day-24.56; 2-Paige Patterson/Dearborn Divine Child-24.87; 3-Yasmine Jones/Auburn Hills Avondale-25.33. **400:** 1-Kendall Baisden/Detroit Country Day-55.12; 2-Lily Clifford/East Grand Rapids-55.99; 3-Taylor Timko/Pontiac Notre Dame Prep-57.48. **800:** 1-Sara Barron/Pontiac Notre Dame Prep-2:13.49; 2-Danielle Dahl/Chelsea-2:13.71; 3-Addie Johnson/Grand Rapids Catholic Central-2:17.20. **1000 HURDLES:** 1-Quenee Dale/Romulus-14.49; 2-Tori Desira/DeWitt-14.54; 3-Kalen Glover/Detroit Renaissance-15.09. **300 HURDLES:** 1-Tori Desira/DeWitt-44.21; 2-Keke Sevellion/Goodrich-45.39; 3-Samantha Zakalowski/Algonac-45.92. **1600:** 1-Rachele Schulist/Zeeland West-5:00.59; 2-Kelsie Schwartz/Warren Regina-5:02.43; 3-Megan O'Neil/Remus Chippewa Hills-5:04.58. **3200:** 1-Breanne Lesnar/Freeland-11:06.55; 2-Megan O'Neil/Remus Chippewa Hills-11:11.09; 3-Molly Oren/Hamilton/11:14.17. **4X100:** 1-Flint Southwestern-49.08 (Taylor McClain, Michaela Lewis, Lashyla Nelson, Ciarra Adams); 2-Romulus-49.64 (Brandi Pettway, Jocelyn Samson, Sarah Payne, Quenee Dale); 3-Detroit Renaissance-49.67 (Paris Parnell, Kalen Glover, Dominique Funchess, Jeanea Cook). **4X200:** 1-Dearborn Divine Child-1:42.41 (Mallory Myler, Caroline Strasser, Liz Mullen, Paige Patterson); 2-Flint Southwestern-1:43.19 (Michaela Lewis, Christal Wilson, Lashyla Nelson, Ciarra Nelson); 3-Detroit Renaissance-1:44.27 (Paris Parnell, Dominique Funchess, Jeanea Cook, Asaundra Dalton). **4X400:** 1-Dearborn Divine Child-3:59.67 (Mallory Myler, Liz Mullen, Caroline Strasser, Paige Patterson); 2-Romulus, 4:00.26 (Malita Rutherford, Diamond Dortch, Sarah Payne, Jocelyn Samson); 3-East Grand Rapids-4:02.16 (Jessie Baloga, Cassidy Clark, McKayley Gourley, Lily Clifford). **4X800:** 1-Grand Rapids Forest Hills Eastern-9:24.98 (Alyssa Dyer, Mary Kostielny, Clara Cullen, Ellen Junewick); 2-Hamilton-9:40.77 (Cathy Coryell, Elly Vanderveen, Emily Oren, Molly Oren); 3-Remus Chippewa Hills-9:42.73 (Chandra Martin, Morgan Wixson, Rachel Wood, Megan O'Neil). **TEAM SCORING:** 1-DETROIT COUNTRY DAY 58; 2-Dearborn Divine Child 44; 3-Flint Southwestern 43; 4-Romulus 36; 5-East Grand Rapids 27; 6-Grand Rapids Forest Hills Eastern & Hamilton & Chelsea & Williamston 22; 10t-Pontiac Notre Dame Prep & Detroit Renaissance & Dewitt 21..... **61 teams scored.**

reading t-shirts on Saturday:

DON'T WISH FOR IT..... WORK FOR IT

BOYS (3 D1 meet records)

HIGH JUMP: 1-Owen Hughes/Okemos-6' 11 (Ties Lower Peninsula Division 1 Finals Record set by John Beerer/Holly-2010); 2-LaRue Layton/Muskegon; Reeths-Puffer-6' 8; 3-Ervin Lofton/Ann Arbor Pioneer-6' 7. **LONG JUMP:** 1-Dequante Humphrey/Waterford Kettering-22' 1.75; 2-Houston Glass/East Kentwood-21' 11.5; 3-James Vincent-Taylor/Farmington-21' 11. **POLE VAULT:** 1-Andrew Herring/Dexter-15' 7; 2-Jeremy Horner/Dexter-15' 4; 3-Nicholas Alaniva/Canton-15' 1; 4-Kyle Bort/Holt-14' 10. **DISCUS:** 1-Connor Kostrzewa/Traverse City West-160' 1; 2-Vinny Gjakaj/Walled Lake Western-159' 7; 3-Tom Czerwienski/Fraser-157' 10. **SHOT PUT:** 1-Feerooz Yacoobi/Dearborn-59' 4; 2-Travis Harris/Walled Lake ; Central-56' 2.5; 3-Jake Bennett/Grand Ledge-56' 2. **100:** 1-Ricco Hall/East Kentwood-10.55 (New LP D1 Meet Record - Old Record: 10.56-Kelly Baraka/Portage Northern-2000; and Ahmad Rashad/Flint Carman-Ainsworth-2005); 2-D'Ontae Hopson/Jackson-10.84; 3-Austin Sanders/Ypsilanti-10.94. **200:** 1-D'Ontae Hopson/Jackson-21.56; 2-Austin Sanders/Ypsilanti-21.64; 3-Phillip Washington/West Bloomfield-21.65. **400:** 1-Ricco Hall/East Kentwood-47.00 (New LP D1 Meet Record - Old Record: 47.96-Kyle Wilson/East Detroit); 2-Phillip Washington/West Bloomfield-48.14; 3-Dakarie McKinnie/Detroit Mumford-48.24. **800:** 1-Nick Kaiser/Temperance-Bedford-1:52.91; 2-Ben Reed/Midland-1:53.42; 3-Scott Bradley/Battle Creek Lakeview-1:53.99. **110 HURDLES:** 1-Drake Johnson/Ann Arbor Pioneer-13.73; 2-Chris James/East Kentwood-14.17; 3-Javonte Lipsey/Portage Northern-14.40. **300 HURDLES:** 1-Javonte Lipsey/Portage Northern-37.44; 2. Andrew Hunt/Ypsilanti-38.56; 3-Evan McDowell/Hudsonville-38.76. **1600:** 1-Omar Kaddurah/Grand Blanc-4:12.41; 2-Jeremy Dickie/Swartz Creek-4:16.60; 3-Matt Gilbert/Fenton-4:17.04. **3200:** 1-Evan Chiplock/Saginaw Heritage-9:20.90; 2-Nathan Burnand/Waterford Mott-9:29.67; 3-Alex Standiford/Mattawan-9:30.13. **4X100:** 1-Rockford (Brian Fischer, Brandon Lubenow, Colin Remtema, Chris Eggenberger)-42.38; 2-East Kentwood 42.41; 3-Traverse City Central 42.58. **4X200:** 1-East Kentwood (Ricco Hall, Chris James, Houston Glass, Jalen Stovall)-1:26.34 (New LP D1 Meet Record - Old Record: 1:26.72, East Kentwood-2009); 2-Rockford 1:28.82; 3-Ypsilanti 1:29.13. **4X400:** 1-East Kentwood (Chris James, Ernie Morton, Joe Riggins, Ricco Hall) 3:19.95; 2-Hudsonville 3:22.22; 3-Oxford 3:22.84. **4X800:** 1-Pinckney (Eric Fegan, Cal Magier, Jake Magier, Zac Meston) 7:49.45; 2-Detroit Catholic Central 7:51.24; 3-Bay City Western 7:51.31. **TEAM SCORING:** 1-EAST KENTWOOD 72; 2-Ypsilanti 28; 3-West Bloomfield 24; 4-Rockford ; 23; 5-Portage Northern 22; 6t-Hudsonville & Novi Detroit Catholic Central 21; 8t-Dexter & Jackson 20; 10-Walled Lake Central 18..... **68 teams scored**

reading t-shirts on Saturday:

I train with Jack Daniels

at Zeeland East High School

BOYS (3 D2 meet records & 1 record tied)

HIGH JUMP: 1-Dartis Willis/Detroit Country Day-6' 11 (Ties LP D2 Meet Record first set by Brian Sherwood/Fowlerville-2002); 2-Aaron Daugherty/Big Rapids-6' 6; 3-Corey Starkey/Petoskey-6' 6. **LONG JUMP:** 1-Aaron Daugherty/Big Rapids-23' 7.50 (New LP D2 Meet Record - Old Record: 23' 4.25/Jon Allen/Lansing Sexton-2005); 2-Corey Willis/Holland-23'; 3-Dartis Willis/Detroit Country Day-22' 2.25. **POLE VAULT:** 1-Jaime Salisbury/Marine City-15' 3; 2-A.J Olszewski/Cedar Springs-14' 9; 3-Trey Hornberger/Mason-14' 6. **DISCUS:** 1-Derek Sievers/Byron Center-186' 8; 2-Anthony Zettel/Ogemaw Heights-175' 4; 3-T.J Beelen/Zeeland East-166' 4. **SHOT PUT:** 1-Anthony Zettel/Ogemaw Heights-61' 8 (New LP D2 Meet Record - Old Record: 58' 8-Donny Stiffler/Williamstown-2008); 2-Riley Norman/Cadillac-58' 9.5; 3-Derek Sievers/Byron Center-57' 4. **100:** 1-John Hill/Detroit Country Day-10.79; 2t-Ted Parcher/Linden & Bronson Hill/Grand Rapids Catholic Central-10.80. **400:** 1-Trevon Salter/Auburn Hills Avondale-48.70; 2-Dan Tyler/East Lansing-49.12; 3-Colt Nieuwenhuis/Wayland-49.27. **800:** 1-Nick Wharry/Ionia-1:56.39; 2-Timothy Simon/Richland Gull Lake-1:56.45; 3-Josh Clark/Edwardsburg-1:57.39. **110 HURDLES:** 1-Justin Balczak/Cedar Springs-14.19; 2-Sean Wren/Mason-14.49; 3-Chaz Bradshaw/Alma-14.50. **300 HURDLES:** 1-Mason Borders/Chelsea-38.14; 2-Justin Balczak/Cedar Springs-38.25; 3-Gavin Midlam/East Lansing-39.02; . **1600:** 1-Jeff Sattler/Byron Center-4:18.18; 2-August Pappas/Chelsea-4:18.69; 3-Spencer Ferris/Grand Rapids Forest Hills Eastern-4:19.08. **3200:** 1-August Pappas/Chelsea-9:31.98; 2-Taylor Compton/Hamilton-9:34.07; 3-Bryce Bradley/Chelsea-9:35.69. **4X100:** 1-Auburn Hills Avondale-42.75 (Takemi Smith, Jeff Douglas, Xavier Burns, Trevon Salter); 2-Grand Rapids Catholic Central-42.91 (Michael Prins, Tyler Sander, Mitchell Cavanaugh, Bronson Hill); 3-East Lansing-42.92 (Elijah Hamilton-Wray, Devlin Bell, Tim Kulang, Henry Pettway). **4X200:** 1-Auburn Hills Avondale-1:28.11 (Nathan Chapman, Takemi Smith, Jeff Douglas, Trevon Salter) (New LP D2 Meet Record - Old Record: 1:28.17-Flint Southwestern 2010); 2-East Lansing-1:28.47 (Lawrence Collins, Elijah Hamilton' Wray, Dan Tyler, Devlin Bell); 3-Ferndale-1:29.92 (Kaiman White, Anthony Rice, Jamarius McTeer, Jamael McTeer). **4X400:** 1-East Lansing-3:21.40 (Gavin Midlam, Lawrence Collins, Tim Kulang, Dan Tyler); 2-Haslett-3:24.00 (Ranga Mutatu, Alex Macias, Josh Delaney, Jacob Lampman); 3-Vicksburg-3:24.81 (Keenan Boulneumore, Jesse Storey, Zak Haines, Aaron McGuire). **4X800:** 1-East Lansing-8:00.15 (Shane Glynn' Hebron, Daniel Richardson, Nick Pridnia, Robbie Glew); 2-Grand Rapids Christian-8:01.51 (Eric Veldkamp, Andre Otte, Cody Powers, Wuoi Mach); 3-Fowlerville-8:02.96 (Cas Wanczyk, Ryan Vangilder, Jordan Pather, Johnny Duran). **TEAM SCORING:** 1-EAST LANSING 56; 2-Chelsea 48; 3t-Detroit Country Day & Auburn Hills Avondale 40; 5-Byron Center 36; 6-Cedar Springs 33; 7-Mason 27; 8-Grand Rapids Christian 26; 9-Adrian 24; 10-Grand Rapids Catholic Central 23..... **53 teams scored**

reading t-shirts on Saturday:

Today I will do what you cannot.....

So tomorrow I can do what you won't.

DIVISION 3 LOWER PENINSULA FINALS

at Comstock Park High School

GIRLS (2 meet records)

HIGH JUMP: 1-Taylor Penzien/New Haven-5' 4; 2-Logan Rowell/Cass City-5' 3; 3-Jordyn Kiser/Reese-5' 3. **LONG JUMP:** 1-Sami Michell/Reed City-17' 6.5; 2-Kelly VanDeusen/ Elk Rapids-16' 10; 3-Taylor Penzien/New Haven-16' 5. **POLE VAULT:** 1-Kassie Powell/ Durand-11' 7; 2-Libby Schichtel/Grand Rapids West Catholic-10' 10; 3-Jordan Devenney/ Schoolcraft-10' 10. **DISCUS:** 1-Tonia Pratt/Michigan Center-147' 10; 2-Laura Schroeder/ Sanford-Meridian-132' 9; 3-Ashley Frahm/Frankenmuth-123' 4. **SHOT PUT:** 1-Tonia Pratt/Michigan Center-40' 7; 2-Kendra Meyers/Grand Rapids West Catholic-39' 6; 3-Nicole Halliwill/Onsted-38' 1.5. **100:** 1-Raven Blaser/Wyoming Godwin Heights-12.24; 2-Olivia Shelton/Frankenmuth-12.29; 3-Kimberly Balls/Bridgeport-12.50. **200:** 1-Angie Ritter/Frankenmuth-26.25; 2-Sami Michell/Reed City-26.30; 3-Kimberly Balls/ Bridgeport-26.88. **400:** 1-Angie Ritter/Frankenmuth-57.26; 2-Kaitlyn Bronkema/McBain-58.06; 3-Jordan Anderson/Union City-58.81. **800:** 1-Michaela Carnegie/Benzie Central-2:16.96; 2-Rachel Stathakis/Macomb Lutheran North-2:17.73; 3-Teresa Petersen/ Hemlock-2:19.98. **1000 HURDLES:** 1-Sami Michell/Reed City-14.07 (New L.P. Division 3 Finals Meet Record - Old record - 14.36/Meghan Strachota/Chesaning-2005); 2-Rachel Hoffman/Shelby-15.12; 3-Alex King/Lakeview-15.68. **300 HURDLES:** 1-Sami Michell/Reed City-43.83 (**New LP D3 Meet Record** - Old Record - 44.15-Emily Wee/ Frankenmuth-2010); 2-Koby Gillespie/Berrien Springs-46.03; 3-Taylor Wichtner/Benzie Central-46.72. **1600:** 1-Michaela Carnegie/Benzie Central-4:57.59; 2-Ali Wiersma/ Allendale-4:57.79; 3-Kelley Schubert/Manistee-5:01.45. **3200:** 1-Ali Wiersma/ Allendale-11:04.29; 2-Lindsey Burdette/Hanover-Horton-11:08.57; 3-Kelley Schubert/ Manistee-11:22.91. **4x100:** 1-Bronson-51.34 (Amberly Bercaw, Mariah Roberts, Cecilia Mendez, Lacie Lind); 2-Grand Rapids West Catholic-51.51 (Tara Martin, Rachel Dolphin, Leah Defouw, Kendra Meyers); 3-Lansing Catholic-51.57 (Hannah Sailor, Jamie Holtham, Monica Lopez, Jamie Holtham). **4x200:** 1-Onsted-1:45.78 (Alexis Johnson, Ashlin McNutt, Ashlin Aiken, Kelsey Ross); 2-Frankenmuth-1:46.96 (Lauren Reinbold, Chelsea Mertz, Olivia Shelton, Angie Ritter); 3-Union City-1:47.16 (Jordan Anderson, Brooke Johnson, Lindsey Fisk, Rachel Sutherland). **4x400:** 1-Onsted-4:03.12 (Ashlin Aiken, Brittany Powell, Kelsey Ross, Alexis Johnson); 2-Frankenmuth-4:04.31 (Lauren Peterson, Chelsea Mertz, Olivia Shelton, Angie Ritter); 3-Benzie Central-4:05.91 (Theresa Warsecke, Jordan Nye, Taylor Wichtner, Michaela Carnegie). **4x800:** 1-Benzie Central-9:22.71 (Theresa Warsecke, Bryce Cutler, Taylor Nye, Michaela Carnegie) (**New LP D3 Meet Record** - Old Record: 9:24.33-Ubly-2007); 2-Hanover-Horton-9:41.01 (Kelly Morgan, Emily Wrozek, Sharon Morgan, Lindsey Burdette); 3-Stockbridge-9:51.45 (Jacquie Fillmore, Kristen Fillmore, Jasmine Holloway, Lindsay Poll). **TEAM SCORING:** 1-BENZONIA BENZIE CENTRAL 54; 2-Frankenmuth 53; 3-Onsted & Reed City 38; 5-Grand Rapids West Catholic 36; 6-Hanover-Horton 27; 7-Allendale 26; 8-Union City 21; 9-Michigan Center 20; 10-New Haven 16..... **65 teams scored**

BOYS (1 meet record & 1 tied record)

HIGH JUMP: 1-Brendan Banker/Ida-6' 3; 2-Lucas Landis/Shelby-6' 2; 3-Tim Malcomson/ Houghton Lake-6' 2. **LONG JUMP:** 1-Chris Maye/Union City-22' 8; 2-Logan Howe/ Kent City-22' 5.25; 3-Garrett Reid/Vermontville Maple Valley-21' 10.50; . **POLE VAULT:** 1-Isaac Austin/Kent City-16' 0 (**New LP D3 Meet Record** - Old Record: 15' 9.25-Zach Burrington/Muskegon Oakridge-2004); 2-Brian Michell/Reed City-15' 9; 3-Scott Watson/Stockbridge-14' 6. **DISCUS:** 1-David Scouter/Brooklyn Columbia Central-181' 0 (**Tied D3 meet record** originally set by Zack Hill/Allendale-2009); 2-Cole Walderzak/ Standish-Sterling-179' 2; 3-Brandon Thrush/Shepherd-161' 8. **SHOT PUT:** 1-David Scouter/Brooklyn Columbia Central-59' 6; 2-Matt Badger/Wyoming Kelloggville-58' 4; 3-Cole Walderzak/ Standish-Sterling-56' 1. **100:** 1-Chris Maye/Union City-10.83; 2-Brent VanEnk/ Grandville Calvin Christian-10.88; 3-Cody Foreman/Whittemore-Prescott-11.04. **200:** 1-Chris Maye/Union City-21.95; 2-Brent VanEnk/Grandville Calvin Christian-22.20; 3-Nathan Smoker/Bronson-22.44. **400:** 1-Cody Foreman/ Whittemore-Prescott-48.97; 2-Caleb Teachout/Grand Rapids West Catholic-49.47; 3-Tyler Bourd/ Delton Kellogg-49.81. **800:** 1-Luke Bade/Frankenmuth-1:54.32; 2-Eric Buday/ Charlevoix-1:54.48; 3-Tim Oehrl/Reed City-1:55.85. **110 HURDLES:** 1-Jake McFadden/ Clare-14.36; 2-Kyle Hanselman/Napoleon-14.70; 3-Kody Coleman/Ovid-Elsie-14.80. **300 HURDLES:** 1-Jake McFadden/Clare-39.15; 2-Casey Hogarth/Schoolcraft-39.79; 3-Darrin Musselman/Union City-40.06. **1600:** 1-Stu Crowell/Parchment-4:19.97; 2-Justus Pinckney/Grandville Calvin Christian-4:21.86; 3-Ben Sievert/Frankenmuth-4:21.97. **3200:** 1-Caleb Rhyndard/Shepherd-9:36.89; 2-Brayden Border/St Louis-9:44.83; 3-Charlton Craig/Schoolcraft-9:48.50. **4x100:** 1-Saranac (Rehmer, Leland, Bryan Roth, Jacob Conley)-43.58; 2-Grand Rapids West Catholic-43.95; 3-Allendale-43.98. **4x200:** 1-Lansing Catholic (Connor Caporale, Zach Zingsheim, Aaron Wilson, Macksood)-1:29.89; 2-Elk Rapids-1:30.13; 3-Frankenmuth-1:30.73. **4x400:** 1-Frankenmuth (Ben Carter, Veitengruber, Jeremy Borchard, Luke Bade)-3:22.70; 2-Lansing Catholic-3:22.85; 3-Grand Rapids West Catho-3:24.05. **4x800:** 1-Frankenmuth (Veitengruber, Jake Hall, Ben Sievert, Luke Bade)-8:02.49; 2-Lansing Catholic-8:07.33; 3-Benzie Central-8:14.29. **TEAM SCORING:** 1-FRANKENMUTH 44; 2-Union City 38; 3-Clare 31; 4-Lansing Catholic 30; 5-Grandville Calvin Christian 29; 6-Grand Rapids West Catholic 28; 7-Parchment 23; 8-Brooklyn Columbia Central 22; 9-Kent City 20; 10-Harrison 17..... **61 teams scored**

DIVISION 4 LOWER PENINSULA FINALS

at Ada Forest Hills Eastern School

GIRLS

HIGH JUMP: 1-Amanda Lovell/Mendon-5' 5; 2-Taylor Friend/Pellston-5' 4; 3-Phoenix Duncan/Morenci-5' 3. **LONG JUMP:** 1-Rita Morris/Gobles-17' 6.25; 2-Rachel Schmitt/ Pewamo-Westphalia-17' 5; 3-Miranda Johnson/Ottawa Lake-Whiteford/17' 3.5. **POLE VAULT:** 1-Kirstie Wieber/Pewamo-Westphalia-11' 3; 2-Janina Pollatz/Hudsonville Freedom Christian-11' 3; 3-Brianne Schafer/Pewamo-Westphalia-10' 6. **DISCUS:** 1-Lena Madison/New Buffalo-120' 5; 2-Alex Ferguson/Albion-119' 8; 3-Cora Okkema/ Blanchard Montabella-116' 7. **SHOT PUT:** 1-Jasmine Hines/Central Lake-38' 9; 2-Emily Gibler/Buckley-37' 8.75; 3-Allison Schaar/Pewamo-Westphalia-36' 8.25. **100:** 1-Lindsey Hufnagel/Fowler-12.60; 2-Aleyah Kelly/Flint Hamady-12.93; 3-Marissa Ingersoll/Fife Lake Forest Area-12.94. **200:** 1-Lindsey Hufnagel/Fowler-26.06; **400:** 1-Lindsey Hufnagel/Fowler-58.76; 2-Amanda Madden/Fulton-Middleton-59.17; 3-Lauren Buckel/Traverse City St Francis-59.22. **800:** 1-Shaley Albaugh/Hillsdale Academy-2:19.21; 2-Shena Albaugh/Hillsdale Academy-2:23.15; 3-Adri Sigafoose/McBain Northern Michigan Christian-2:24.69. **100 HURDLES:** 1-Briana Ratchford/ Birmingham Roper-15.72; 2-Stephanie Marquardt/Kingston-15.86; 3-Calie Wohlfert/Pewamo-Westphalia-15.89. **300 HURDLES:** 1-Savanah Feldpausch/ Fowler-47.82; 2-Brittanee Wilson/McBain Northern Michigan Christian-48.11; 3-Kelsey Butcher/Morrice-48.43. **1600:** 1-Kirsten Olling/ Breckenridge-5:07.68; 2-Alexa Rumsey/Hesperia-5:14.27; 3-Gabbie Bates/Hesperia-5:21.94. **3200:** 1-Kirsten Olling/ Breckenridge-11:34.35; 2-Heather Price/Saugatuck-12:01.11; 3-Kieren Becker/ Fowler-12:05.79. **4x100:** 1-Pewamo-Westphalia-50.50 (Rachel Schmitt, Allison Jegla, Kyan Thelen, Kenzie Wieber); 2-Flint Hamady-51.29; 3-Fowler-51.68. **4x200:** 1-Pewamo-Westphalia-1:47.21 (Rachel Schmitt, Cammie Noeker, Kyan Thelen, Kenzie Wieber); 2-Fowler-1:48.04; 3-Traverse City St Francis-1:48.60. **4x400:** 1-Hillsdale Academy-4:05.96 (Shena Albaugh, Carly Hubbard, Emily Brady, Shaley Albaugh); 2-Fowler-4:09.66; 3-Flint Hamady-4:10.71. **4x800:** 1-Hillsdale Academy-9:38.18 (Shena Albaugh, Carly Hubbard, Liz Whalen, Shaley Albaugh); 2-Fowler-9:54.09; 3-Pewamo-Westphalia-10:02.03. **TEAM SCORING:** 1-FOWLER 89; 2-Pewamo-Westphalia 81.5; 3-Hillsdale Academy 50; 4-McBain Northern Michigan Christian 28; 5-Hesperia 27; 6-Flint Hamady 26; 7-Traverse City St Francis 23; 8-Breckenridge 20; 9-Birmingham Roper & Morenci 17..... **53 teams scored**

BOYS (1 meet record)

HIGH JUMP: 1-Stephen Sykes/Litchfield-6' 8; 2-Peter Sullivan/Hillsdale Academy-6' 6; 3-Aaron Jones/North Muskegon-6' 4. **LONG JUMP:** 1-Ricky Richardson/Homer-22' 5; 2-Josh Mieras/Centreville-21' 5; 3-Eric Garner/Springport-21' 3.25. **POLE VAULT:** 1-Tim Canfield/Unionville-Sebewaing-15' 0(**New LP D4 Meet Record** - Old Record: 14' 5-Bryant Wilson/Hale-2004); 2-Jordan Bates/Hesperia-14' 2; 3-Austin Billington/Pittsford-13' 11. **DISCUS:** 1-Jacob Patrick/Litchfield-164' 9; 2-Jay Lechner/Harbor Springs-155' 8; 3-Austin Mays/Colon-149' 0. **SHOT PUT:** 1-Roger Stewart/White Pigeon-56' 2.25; 2-Cory Brondyke/Springport-50' 3.75; 3-Terrace Welch/Albion-48' 10.25. **100:** 1-Nolen Bright-Mitchell/Albion-10.83; 2-Jesse Schwartz/Centreville-11.11; 3-Damon Armstrong/Muskegon Catholic Central-11.20. **200:** 1-Nolen Bright-Mitchell/Albion-22.19; 2-Damon Armstrong/Muskegon Catholic Central-22.60; 3-Darnell White/Detroit Allen Academy-23.11. **400:** 1-Ian Miller/Concord-49.89; 2-Alex Thelen/Pewamo-Westphalia-50.40; 3-Fletcher Masters/Waldron-51.04. **800:** 1-Kyle Tait/Big Rapids Crossroads Academy-1:57.61; 2-David Dantuma/Big Rapids Crossroads Academy-2:00.46; 3-Nick Moon/Dansville-2:00.51. **110 HURDLES:** 1-Austin Fedewa/Pewamo-Westphalia-15.02; 2-Josh Jenkins/Reading-15.24; 3-Zach Musial/Lutheran Westland-15.44. **300 HURDLES:** 1-Jesse Schwartz/Centreville/40.15; 2-Josh Jenkins/Reading-40.90; 3-Jacob Fairbairn/Lutheran Westland-41.27. **1600:** 1-Kyle Tait/Big Rapids Crossroads Academy/4:25.92; 2-Trevor Adams/Carsonville-Port Sanilac-4:26.72; 3-Matt Proctor/Brown City-4:30.00. **3200:** 1-Casey Voisin/Mt Pleasant Sacred Heart/9:39.96; 2-Victor Allen/ Southfield Christian-9:46.44; 3-Matt Peacock/Hesperia-9:52.68. **4x100:** 1-Muskegon Catholic Central-44.12 (Michael Heybloom, Tyler DePung, Zach Campbell, Damon Armstrong); 2-Reading, 44.27; 3-Albion-44.47. **4x200:** 1-Muskegon Catholic Central-1:32.83 (Michael Heybloom, Damon Armstrong, Tyler DePung, Zach Campbell); 2-Reading, 1:32.86; 3-Auburn Hills Oakland Christian-1:33.16. **4x400:** 1-Big Rapids Crossroads-3:27.49 (Jalen Carter, David Dantuma, Colby Conklin, Kyle Tait); 2-Albion-3:28.67; 3-Centreville-3:31.90. **4x800:** 1-Big Rapids Crossroads-8:13.39 (David Dantuma, Travis Blake, Jalen Carter, Colby Conklin); 2-Harbor Springs-8:18.08; 3-Albion-8:23.33. **TEAM SCORING:** 1t-ALBION & BIG RAPIDS CROSSROADS **ACADEMY** 48; 3-Muskegon Catholic Central 46; 5-Reading 42; 6-Centreville 40; 7-Pewamo-Westphalia 28; 8-White Pigeon 27; 9-Homer 23.5; 10-Litchfield 20..... **57 teams scored**

MHSAA REPRESENTATIVE COUNCIL MEETING

David Emeott/East Kentwood- Political Action Liaison

The MHSAA Executive Board Meeting in May voted to allow the wearing of watches in cross country and track & field meets during the season.

The MHSAA Executive Board Meeting in May voted against the ability to coach our teams for 8 dates during the indoor season.

MHSAA Online rules meeting window:
August 8-September 15

reading t-shirts on Saturday:

**We are not champions because we win.....
We win because we are champions.**

DIVISION 1 UPPER PENINSULA FINALS

at Kingsford High School

GIRLS

HIGH JUMP: 1-Olivia Nash/Esanaba-5' 0; 2-Meredith Marlett/Esanaba-5' 0. **LONG JUMP:** 1-Adeline Grier-Welch/Houghton-17' .75 (New Upper Peninsula Division 1 Finals Meet Record - Old Record - 17' .5/Becky Kangas/Calumet-2006); 2-Carlee Benzie/Kingsford-16' 1.25. **POLE VAULT:** 1-Rachel Crane/Houghton-9' 0; 2-Laura Alexander/Gladstone-9' 0. **DISCUS:** 1-Emi Tomassucci/Iron Mountain-101' 9.5; 2-Kennan Marana/Negaunee-100' 4. **SHOT PUT:** 1-Kennan Marana/Negaunee-33' 5.5; 2-Sherrie Louks/Houghton-31' 4.5. **100:** 1-Michaela Newberry/Iron Mountain-12.79; 2-Piper Mlnsa/Marquette-12.83. **200:** 1-Selena Meser/Sault Ste Marie-26.75; 2-Michaela Newberry/Iron Mountain-26.82. **400:** 1-Selena Meser/Sault Ste Marie-58.72; 2-Michaela Newberry/Iron Mountain-59.55. **800:** 1-Tara Kiilunen/Calumet-2:25.34; 2-Lindsey Lusardi/Gladstone-2:26.68. **1000 HURDLES:** 1-Selena Meser/Sault Ste Marie-15.86; 2-Sarah Girard/Iron Mountain-16.65. **300 HURDLES:** 1-Selena Meser/Sault Ste Marie-47.99; 2-Catherine Benzie/Kingsford-49.33. **1600:** 1-Lindsey Lusardi/Gladstone-5:23.17; 2-Jessica Fluette/Marquette-5:30.46. **3200:** 1-Tara Kiilunen/Calumet-12:05.46; 2-Lindsey Lusardi/Gladstone-12:15.29. **4X100:** 1-Marquette-51.72; 2-Manistique-52.48. **4X200:** 1-Sault Ste Marie-1:48.64; 2-Marquette-1:48.84. **4X400:** 1-Marquette-4:08.64; 2-Sault Ste Marie-4:15.64. **4X800:** 1-Marquette-10:05.15; 2-Calumet-10:13.64
TEAM SCORING: 1-MARQUETTE 90; 2-Sault Ste Marie 82; 3-Houghton 54, 4-Iron Mountain-52, 5-Negaunee-50..... 13 teams scored

BOYS (2 meet records)

HIGH JUMP: 1-James Bosk/Gladstone-6' 0; 2-Zach Budzynski/Menominee-5' 10. **LONG JUMP:** 1-Justin Pederson/Gladstone-20' 4.75; 2-Tanner Maccoux/Menominee-20' 4. **POLE VAULT:** 1-Zach Sturdy/Gladstone-12' 0; 2-Andy Steber/Calumet-11' 6. **DISCUS:** 1-Ian Wienke/Kingsford-138' 9; 2-Jared Vuksan/Gladstone-137' 2.75. **SHOT PUT:** 1-Tony Bonacci/Sault Ste Marie-50' 3.25; 2-Jared Vuksan/Gladstone-49' 5. **100:** 1-Garrett Pentecost/Marquette-10.95 (New UP D1 Meet Record: 11.06-Matt Wise/Calumet-2002); 2-Adrian DeLaRosa/Menominee-11.40. **200:** 1-Garrett Pentecost/Marquette-23.13; 2-Alex Gagnon/Marquette-23.62. **400:** 1-Adrian DeLaRosa/Menominee-51.39; 2-T.J. Haferkorn/Iron Mountain-51.50. **800:** 1-Austin Wissler/Marquette-1:58.35; 2-Mickey Sanders/Marquette-2:05.18. **1100 HURDLES:** 1-Dan Bingle/Negaunee-16.10; 2-Tyler Harmon/Menominee-16.30. **300 HURDLES:** 1-Kenner Broulliere/Manistique/41.72; 2-Brendan Jacques/Calumet-42.27. **3200:** 1-Mickey Sanders/Marquette-9:53.14 (New UP D1 Meet Record: 9:59.92/Jamison Cihak/Marquette-2001); 2-Evan Griffith/Houghton/10:18.02. **1600:** 1-Mickey Sanders/Marquette-4:26.28; 2-Austin Wissler/Marquette-4:26.34. **4X100:** 1-Menominee-44.78; 2-Marquette-44.80. **4X200:** 1-Marquette-1:32.15; 2-Menominee-1:33.11. **4X400:** 1-Marquette-3:30.31; 2-Menominee-3:37.09. **4X800:** 1-Marquette-8:22.36; 2-Houghton-8:28.78
TEAM SCORING: 1-MARQUETTE 139; 2-Menominee 90; 3-Gladstone 84; 4-Kingsford 52; 5-Houghton 41..... 10 teams scored

DIVISION 2 UPPER PENINSULA FINALS

at Kingsford High School

GIRLS (3 meet records)

HIGH JUMP: 1-Nicole Vanderlin/Norway-5' 4 (New UP D2 Meet Record: 5' 3-Natalie Bertucci/Ishpeming-2004); 2-Alex Parrotta/Bark River-Harris-4' 8. **LONG JUMP:** 1-Dani Gagne/Norway-16' 8.25 (New UP D2 Meet Record: 16' 4'.25-Tori Nault/Ishpeming Westwood-2006 & Jessica Wood/Ishpeming-2007); 2-Anna St Andrew/St Ignace-15' 8. **POLE VAULT:** 1-Nicole Elmlad/St Ignace-8' 6; 2-Kim Palo/Bark River & Brenda Brzoznowski/West Iron County-8' 0. **DISCUS:** 1-Hunter Perry/Rudyard-114' 10.50; 2-Desirae Rasmussen/West Iron County-99' 6. **SHOT PUT:** 1-Hannah Holma/West Iron County-36' 9.25; 2-Desirae Rasmussen/West Iron County-32' 2.5. **100:** 1-Dani Gagne/Norway-12.54 (New UP D2 Meet Record: 12.83/Dani Gagne/Norway-2010); 2-Kara Dale/Ishpeming-12.95. **200:** 1-Dani Gagne/Norway-27.09; 2-Kara Dale/Ishpeming-27.27. **400:** 1-Kara Dale/Ishpeming-1:00.75; 2-Alexa Thibault/St Ignace-1:02.38. **800:** 1-Jaclyn Waara/West Iron County-2:28.99; 2-Brooklyn Chambers/St Ignace-2:32.12. **1000 HURDLES:** 1-Megan Kangas/Norway-17.08; 2-Kelsie Christensen/West Iron County-18.27. **300 HURDLES:** 1-Megan Kangas/Norway-49.63; 2-Nicole Elmlad/St Ignace-49.69. **1600:** 1-Jaclyn Waara/West Iron County-5:34.61; 2-Sarah Cullip/St Ignace-5:41.99. **3200:** 1-Sarah Cullip/St Ignace-12:43.63; 2-Jaclyn Waara/West Iron County-12:54.74. **4X100:** 1-St Ignace-53.71; 2-L'Anse-54.48. **4X200:** 1-St Ignace-1:53.47; 2-L'Anse-1:54.34. **4X400:** 1-West Iron County-4:21.51, 2-St Ignace-4:24.38. **4X800:** 1-West Iron County-Ironwood-10:42.88, 2-Ironwood-10:42.88
TEAM SCORING: 1-ST IGNACE 132; 2-West Iron County 110; 3-Norway 86; 4-Ishpeming 53; 5-L'Anse 47..... 12 teams scored

BOYS

HIGH JUMP: 1-Austin St Louis/St Ignace-5' 9; 2-Parker Simmons/St Ignace-5' 7. **LONG JUMP:** 1-Lance Pinter/Newberry-20' .25; 2-Dominic Hebert/West Iron County-19' 6. **POLE VAULT:** 1-Joe Smotucha/Stephenson-12'; 2-Landon Marshall/St Ignace-12' 0. **DISCUS:** 1-Garrett Maki/Hancock-127' 7.50; 2-Shane Raasio/Hancock-124' 0. **SHOT PUT:** 1-Garrett Maki/Hancock-49' .25; 2-Grant Simmons/St Ignace-42' 11. **100:** 1-Lance Pinter/Newberry-11.65; 2-Gabe Eppert/Ishpeming-11.76. **200:** 1-Jared Clark/Rudyard-23.70; 2-Scott Joraszk/Bark River-Harris-23.71. **400:** 1-Austin St Louis/St Ignace-55.82; 2-David Pellizzer/West Iron County-56.19. **800:** 1-David Hebert/West Iron County-2:03.27; 2-David Jarvie/Rudyard-2:06.51. **1100 HURDLES:** 1-Trevor Cochrane/Bark River-Harris-16.77; 2-Caleb Litzner/St Ignace-16.82. **300 HURDLES:** 1-Caleb Litzner/St Ignace/41.49; 2-Trevor Cochrane/Bark River-Harris-41.90. **600:** 1-David Hebert/West Iron County-4:34.62; 2-David Jarvie/Rudyard-4:35.02. **3200:** 1-Trevor Vetor/Stephenson-10:28.76; 2-Jared Jarvi/Chassell-10:43.20. **4X100:** 1-St Ignace-45.70; 2-Ishpeming-45.95. **4X200:** 1-St Ignace-1:37.23; 2-Rudyard-1:38.95. **4X400:** 1-Rudyard-3:44.69; 2-St Ignace-3:45.16. **4X800:** 1-Ishpeming-8:52.97; 2-St Ignace-9:00.04
TEAM SCORING: 1-ST IGNACE 124; 2-Ishpeming 91.5; 3-West Iron County 67; 4-Rudyard 65; 5-Hancock 42..... 12 teams scored

DIVISION 3 UPPER PENINSULA FINALS

at Kingsford High School

GIRLS (5 meet records)

HIGH JUMP: 1-Tabitha Graham/Brimley-5' 5 (New UP D3 Meet Record: 5' 4-Jessica Graham/Brimley-2009); 2-Nicole Bouwma/DeTour-5' 2. **LONG JUMP:** 1-Olivia Soumis/Ontonagon-16' 2; 2-Kristen Cline/Pickford-15' 4.75. **POLE VAULT:** 1-Victoria Cusick/Pickford-7' 6; 2-Deborah Starnes/Felch North Dickinson-7' 6. **DISCUS:** 1-Jackie Formolo/Engadine-110' 6; 2-Gina Graff/Crystal Falls Forest Park-104' 0. **SHOT PUT:** 1-Chelsey Gerou/Rock Mid Peninsula-34' 11.50; 2-Mariah Marcol/Dollar Bay-31' 11.5. **100:** 1-Alexis Mason/Brimley-12.95; 2-Kathleen Grandahl/Crystal Falls Forest Park-13.03. **200:** 1-Brittany Engman/Dollar Bay-27.36; 2-Tesslyn Tyner/Eben Junction Superior Central-27.44. **400:** 1-Lauren Spranger/Eben Junction Superior Central-58.70 (New UP D3 Meet Record: 1:00.53-Lauren Spranger/Eben Junction Superior Central-2010); 2-Amy Kerst/Munising-59.64. **800:** 1-Amy Kerst/Munising-2:21.61; 2-Lauren Spranger/Eben Junction Superior Central-2:29.57. **1000 HURDLES:** 1-Becca Carruthers/Brimley-16.96; 2-Heather Roell/Felch North Dickinson-17.07. **300 HURDLES:** 1-Becca Carruthers/Brimley-48.56; 2-Nicole Bouwma/DeTour-51.00. **1600:** 1-Amy Kerst/Munising-5:17.20 (New UP D3 Meet Record: 5:21.06-Erin Holmberg/Cooks Big Bay De Noc-2008); 2-Erica Johnson/Felch North Dickinson-5:24.58. **3200:** 1-Erica Johnson/Felch North Dickinson-11:51.06 (New UP D3 Meet Record: 11:59.89-Erin Holmberg/Cooks Big Bay De Noc-2007); 2-Amy Kerst/Munising-12:25.89. **4X100:** 1-Crystal Falls Forest Park-53.07; 2-Brimley/54.21; 3-Lake Linden-Hubbell-55.07; 4-Ontonagon-55.08; 5-Pickford-55.80; 6-Rapid River-58.04. **4X200:** 1-Brimley-1:50.61 (New UP D3 Meet Record: 1:52.31-Crystal Falls Forest Park-2010); 2-Crystal Falls Forest Park-1:52.65. **4X400:** 1-Crystal Falls Forest Park-4:23.57; 2-Eben Junction Superior Central-4:25.37. **4X800:** 1-Brimley-10:27.62; 2-Cedarville-10:46.28
TEAM SCORING: 1-BRIMLEY 96; 2-Crystal Falls Forest Park 61; 3-Eben Junction Superior Central 47; 4-Felch North Dickinson 45; 5-Pickford 40..... 20 teams scored

BOYS (1 meet record)

HIGH JUMP: 1-Brett Gervais/Lake Linden-Hubbell-5' 9; 2-Jordan Baker/Cedarville-5' 9. **LONG JUMP:** 1-Brett Gervais/Lake Linden-Hubbell-21' 1 (New UP D3 Meet Record: 20' 10-Craig Bilski/Powers North Central-2006); 2-Jordan Lavigne/Pickford-20' 7.50. **POLE VAULT:** 1-Daniel Knapp/Felch North Dickinson-12' 6; 2-Brett Gervais/Lake Linden-Hubbell-12' 6. **DISCUS:** 1-Brett Branstrom/Rock Mid Peninsula-143' 3.25; 2-David Fowell/Engadine-131' 7.25. **SHOT PUT:** 1-Jacob Pikka/Wakefield-Marenisco-46' 6; 2-David Fowell/Engadine-44' 10.25. **100:** 1-Tyler Arnold/Powers North Central-11.62; 2-Jordan Lavigne/Pickford-11.65. **200:** 1-Jordan Lavigne/Pickford-23.68; 2-Joshua Tuovila/Lake Linden-Hubbell-24.06. **400:** 1-Brett Bryant/Rapid River-52.75; 2-Dillon Kirkley/Ontonagon-53.31. **800:** 1-Gabe Nelson/Felch North Dickinson-2:07.87; 2-Matt Schlosser/Cedarville-2:08.9. **1100 HURDLES:** 1-Jordan Baker/Cedarville-15.63; 2-Sam Carter/Pickford-16.26. **300 HURDLES:** 1-Jordan Baker/Cedarville-41.12; 2-Paul Morrison/Pickford-43.19. **1600:** 1-Jacob Mahoski/Munising-4:41.12; 2-Matt Schlosser/Cedarville-4:41.98. **3200:** 1-Jacob Mahoski/Munising-10:43.20; 2-Andrew Kelto/Munising-10:51.87. **4X100:** 1-Crystal Falls Forest Park-46.36; 2-Powers North Central-47.65. **4X200:** 1-Crystal Falls Forest Park-1:36.23; 2-Pickford-1:37.49. **4X400:** 1-Pickford-3:42.45; 2-Crystal Falls Forest Park-3:44.43. **4X800:** 1-Crystal Falls Forest Park-8:39.32; 2-Cedarville-8:53.64.
TEAM SCORING: 1-BRIMLEY-85, 2-Pickford-78, 3-Crystal Falls Forest Park-65, 4-Munising-55, 5-Lake Linden-Hubbell-54..... 19 teams scored

THE SPEED OF PROJECTILES.....

The May 16 issue of *ESPN The Magazine* had an interesting graphic of the top recorded speeds of 13 athletic projectiles. We always hear about the speed of the "fastball" in baseball, listed here as 105.2mph with 127.8mph off a bat in an All-Star Game HR Derby and the tennis serve, 156 mph in the recent Davis Cup Match. The fastest speed of any of the "athletic" projectiles was listed as 261.6 mph for a badminton shuttlecock in 2009.

The speeds of our sport's projectiles were on the low end. The shot comes in at 33 mph from Randy Barnes in 1990, the Discus at 55 mph from Jurgen Schult in 1986 and the javelin at 70 mph from Jan Zelezny at a Grand Prix meet in 1996. The football is the only other sport "projectile" listed in under 100 mph as it was listed at 65 mph at the Sport Science Lab in 2011.

They use speed guns all the time in baseball & tennis so there are no questions about those speeds. The track implements, there speeds were extrapolated from world distances by Alain Hache of the University of Moncton. The complete list can be found on the web.

6/11/11 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

COMBINED TEAM SCORES: 1-OHIO-397, 2-Indiana-310.5, 3-Michigan-284.

Ohio won the Walker Trophy for the 3rd time in a row, matching Michigan's 3 consecutive wins, 2006-8

GIRLS

TEAM SCORES: 1-OHIO-193.5, 2-Michigan-150, 3-Indiana-126.25.
Ohio wins for the 3rd straight year.

HIGH JUMP: 1-Nyki Caldwell/Dexter-5' 8, 2-Kayle Lapiere/I-5' 6, 3-Emily Beckley/I-5' 4, 4-Emily Gerken/O-5' 2, nh: Lindsey Hufnagel/Fowler, Renee McKee/O-NH
LONG JUMP: 1-Teddi Maslowski/O-18' 6.5, 2-Jolisa Davis/ Bloomfield Hills Lahser-18' 4.5, 3-Jamira Winborn/I-18' 1.25, 4-Kaishsa Martin/Dowagiac-18' 0.75, 5-Nicole Hudec/O-18' 0.25, 6-Maria Rotello/O-17' 8.5, 7-Michaela Lewis/Flint Southwestern-16' 8.25, 8-Destiny Patterson/I-15' 5.75
POLE VAULT: 1-Mackenzie Redman/I-12' 6, 2-Nina Gutermuth/I-12' 3, 3-Torio Meyer/O-12' 3, 4-Kassie Powell/Durand-12' 3, 5-Alex Wasik/O-11' 9, 6-Jennifer Schornak/Macomb Dakota-11' 6, 6-Brittany London/ Middleville thornapple-Kellogg11' 6, nh: Olivia Bergeson/O, Sophie Gutermuth, Sophie/I-NH
SHOT PUT: 1-Tori Bliss, Tori/I-48' 4, 2-Jackie Leppelmeier/O-46' 1.5, 3-Beckie Famurewa/O-44' 7, 4-Farin Hickman/I-42' 3.5, 5-Emily Morris/O-41' 0, 6-Taylor Gunn/west Bloomfield-41' 3.5, 7-Tonia Pratt/Michigan Center-41' 2, 8-Angela Bursey/Pontiac-40' 3, 9-Alma Rivera/I-36' 7
DISCUS: 1-Tonia Pratt/Michigan Center-148' 4, 2-Carly Pendleton/O-148' 1, 3-Beckie Famurewa/O-143' 3, 4-Taylor Gunn/West Bloomfield-140' 9' 5-Jackie Leppelmeier/O-131' 8, 6-Zink Zink/I-131' 8, 7-Laura Schroeder/Sanford Meridian-131' 3, 8-Farin Hickman, Farin/I-104' 3, nm: Mercedes Montgomery 100: 1-Cavin, Aisha/O-12.11, 2-Rachel Christian/O-12.18, 3-Michaela Lewis/ Flint Southwestern-12.27, 4-Jewel Thomas/Southfield Lathrup-12.29, 5-Shayla France/ Harrison Twp L'anse Creuse-12.50, 6-Brianna Harrison/I-12.52, 7-Ja'Liza Prophet/I-12.67, 8-Chanita Westbrook/O-12.67, 9-Deswiny Patterson/I-12.78 200: 1-Aisha Cavin/O-23.95, 2-Dynasty McGee/Ypsilanti-24.36, 3-Rachel Christian/O-24.51, 4-Brianna Harrison/O-24.77, 5-Yasmine Jones/Auburn Hills Avondale-24.83, 7-Alexandria Johnson/Lake Orion-25.11, 8-Kristen Flake/I-25.21, 8-Shakyla Askew/I-25.43, 9-Chanita Westbrook/O-26.98 400: 1-Zena Kolliesuah/O-55.19, 2-Whitney McDonald/I-56.10, 3-Charlotte Myers/O-56.80, 4-Lindsey Hufnagel/ Fowler-56.84, 5-Ravyn Baxter/ Detroit Cass Tech-57.39, 6-Maya Pederson/O-57.52, 7-Chauntia Smith/I-57.88, 8-Cherie Gaines/North Farmington-58.47, 9-Antonia Franklin, Antonia/I-59.20 800: 1-Abby Farley/I-2:09.79, 2-Brook Handler/Rochester Adams-2:09.86, 3-Maria Moore/O-2:16.62, 4-Pusateri/O-2:17.56, 5-Chinyere Onimo/ Ann Arbor Huron-2:19.59, 6-Kelly Williams/O-2:20.12, 7-Kyela Specht/I-2:20.48, 8-Tyrece Jackson/I-2:23.17, 9-Courtney Stauffer/ Caledonia-2:27.51
100 HURDLES: 1-Je'Rica Sanders/O-14.16, 2-Alexandria Johnson/Lake Orion-14.25, 3-Ashley Spencer/I-14.63, 3-Teddi Maslowski/O-14.66, 5-Crystal Wilson/Flint Southwestern-14.74, 6-Bridgette Doughty/O-14.76, 7-Veronica Schalt/Grosse Pte. South-15.14, 8-Jordan Moseby/I-15.56, 9-Taylor Gilles/I-16.17
300 HURDLES: 1-Ashley Spencer/I-43.22, 2-Dana Carey/Birmingham Marian-43.39, 3-Maria Rotello/O-43.56, 4-Jade Barber/O-44.35, 5-Bridgette Doughty/O-44.43, 6-Stephanie Fisher/I-44.52, 7-Alexis Hall/ Detroit Cass tech-44.73, 8-Jourdin Heinrichs, Jourdin/I-46.16, dnf: Veronica Schalt/Grosse Pte. South 1600: 1-Brook Handler/Rochester Adams-4:56.65, 2-Jessica Hoover/O-4:56.67, 3-Brianna Johnson/I-4:58.78, 4-Shaina Corbin/O-5:03.62, 5-Megan McPherson/ Livonia franklin-5:04.03, 6-Hope Jordan/I-5:04.22, 7-Jordan Chester/I-5:06.25, 8-Lauren Kettle/Milford-5:11.00, 9-Morgan Willis/O-5:21.72 3200: 1-Gabrielle Anzalone/Grand Blanc-10:29.48, 2-Michelle Thomas/O-10:48.61, 3-Brianna Johnson/I-10:49.08, 4-Katie Ollier/O-10:52.74, 5-Nicole Lucas/O-10:53.35, 6-Annie-Norah Beveridge/Ann Arbor Huron-10:59.86, 7-Christina Blair/O-11:00.48, 8-Skylar Hilton/I-11:03.05, 9-Ann Marie Arsenau/Stirgis-11:12.63 4x100: 1-Michigan-46.91 (Jewel Thomas/Southfield Lathrup, Kaisha Martin/ Dowagiac Shayla France/ Harrison Twp. L'anse Creuse, Rebecca Hall/East Kentwood), 2-Indiana-47.95, 3-Ohio-48.47 4x200: 1-Ohio-1:39.41, 2-Michigan-1:41.55 (Yasmine Jones/ Auburn Hills Avondale, Allix Miller/ Muskegon Reeths-Puffer, Limicah Hughbanks/ Ann Arbor Huron, Rebecca Hall/East Kentwood), Indiana-dq 4x400: 1-Indiana-3:42.50, 2-Michigan-3:45.99 (Ravin Baxter/Detroit Cass Tech, Lindsey Hufnagel/ Fowler, Allix Miller/ Muskegon reeths-Puffer, Dynasty McGee/Ypsilanti), 3-Ohio-3:46.30 4x800: 1-Ohio-9:05.43, 2-Michigan-9:18.78 (Jessica Sexton/Monroe, Megan Vitale/Livonia Ladywood, Catie Rietsema/Rockford, Annie-Norah Beveridge/ Ann Arbor Huron), 3-Indiana-9:19.33

BOYS

TEAM SCORES: 1-INDIANA-184, 2-Ohio-157, 3-Michigan-134
Indiana wins for the 5th time and their first win since 2007

HIGH JUMP: 1-Jonathan Christensen/I-7' 0, 2-Brent Reardon/O & Nigel Preacher, Nigel/O-6' 8, 4-Owne Hughes/Okemos-6' 8, 5-Kody Galloway/I-6' 6, 6-LaRue Layton/Muskegon reeths-Puffer-6' 4, 7-Tyler Fifer/O-6' 4, 8-Steven Van Dyke/I 6' 4
LONG JUMP: 1-Dan Skiba/O-27' 0.25, 2-Joshau Bass/O-23' 10.75, 3-Trevon Salter/Auburn Hills Avondale-23' 5.75, 4-John Alsup/I-23' 4.75, 5-Nigel Preacher/O-22' 11.25, 6-Kody Galloway/I-22' 8, 7-Patrick Ellis/I-22' 6, 8-Logan Howe/Kent City-???'
POLE VAULT: 1-Joey Uhle/O-16' 0, 2-Chris Uhle/O-15' 6, 3-Elliott Tedquist/O-15' 6, 4-Brian Mitchell/ Reed City-15' 6, 5-Dave Schippe/I-15' 3, 6-Austin Isaac/Kent City-15' 0, 7-Jake Knight/I-15' 8, 8-Chase Payne/I-14' 0, nh: Andrew Herring/Dexter
DISCUS: 1-Gabe Hull/I-191' 1, 2-Cale Reiff/I-186' 7, 3-Derek Sievers/Byorn Center-181' 5, 3-David Scouter/Brooklyn Columbia Central-180' 7, 4-Conner Neu/O-180' 7, 6-Todd Christy/O-177' 1, 7-AJ Hicks/O-175' 5, 8-Travis Gerding/I-174' 1, 9-Ryan Stankey/Byorn Center-160' 0
SHOT PUT: 1-Gabe Hull/I-62' 6, 2-Anthony Bradley/I-61' 8, 3-Travis Gerding/I-60' 8.5, 4-AJ Hicks/O-60' 6, 5-David Scouter/Brooklyn Columbia Central-58' 10.5, 6-Tyler Dukes/ O-58' 2, 7-Matt Badger/Wyoming Kelloggville-57' 3.5, 8-Derek Sievers/ Byorn Center-57' 0.5, 9-Jess Braun/O-56' 4 100: 1-Nick Stoner/I-10.71, 2-Nate Harris/O-10.77, 3-Ricco Hall/East Kentwood-10.82, 4-Jared Walker/O-10.90, 6-Kendal Frederick/I-10.94, 6-Chris Arvial/I-10.99, 7-Jamirus McTear/Ferndale-11.00, 8-Jeremy Sears/O-11.16 200: 1-Jake Spuller/Detroit Catholic Central-21.34, 2-D'Ontae Hopson/ Jackson-21.38, 3-Tyrennie Burgess/I-21.40, 4-Darin Barbour/I-21.64, 5-Malik Tuck/O-21.88, 6-Trevon Salter/Auburn Hills Avondale-22.06, 7-Jared Walker, Jared/O-22.10, 8-Kyle Schwartz/I-22.22 400: 1-Chris Giesting/I-46.89, 2-Dakarie McKinnie/Detroit Mumford-48.04, 3-Phil Washington/West Bloomfield-48.38, 4-Brent Gray/O-48.61, 5-Waylan Andrews/O-48.63, 6-Michael Stelle/I-49.79, 7-DeQuinton Wallace/I-50.93 800: 1-Nick Kaiser/ Temperance Bedford-1:50.00, 2-Vibushan Sivakumaran/O-1:52.96, 3-Ben Reed/Midland-1:52.99, 4-Jordan Gornall/ I-1:55.72, 5-Anderson Lee/Kalamazoo Central-1:56.12, 6-Dillon Webster/ O-1:57.37, 7-Steve Dennig/I-1:57.48, 8-Dylan Allen/I-2:05.01
100 HURDLES: 1-Marcus Safer/I-13.89, 2-Shane Mikesky/I-14.08, 3-Brett Wehmiller/I-14.33, 4-Justin Balczak/Cedar Springs-14.42, 5-Chris James/East Kentwood-14.59, 6-Kyle Walker/O-14.60, 7-Sean Weems/O-15.12, 8-Trey Hammons-Scott/O-15.18 300 Hurdles: 1-Luke Norris/ O-37.14, 2-Sean Weems/O-37.65, 3-Nathan Mueller/I-37.70, 4-Mason Borders/Chelsea-38.04, 5-Justin Balczak/Cedar Springs-38.29, 6-Joel Whittington/I-38.56, 7-Arq'eil Shaw/I-38.99, 8-Javonte Lipsey/Portage Northern-39.12, dnf: Joey Uhle/O 1600: 1-Chris Quinn/O-4:14.65, 2-Matt Perkins/I-4:14.99, 3-Josh Sabo/O-4:17.26, 4-Adrian Glover/I-4:17.34, 5-Jake Magier/Pinckney-4:17.64, 6-John-Paul Zebrowski/Detroit Catholic Central-4:17.96, 7-Andrew Bachman/O-4:19.54, 8-Jeff Sattier/ Byorn Center-4:22.49, 9-Tyler Wynn/I-4:26.27 3200: 1-Chris Walden/ I-9:13.47, 2-Austin Whitelaw/Monroe-9:17.10, 3- Luis Carbajal/O-9:17.83, 4-James Martin/I-9:23.01, 5-August Pappas/Chelsea-9:29.97, 6-Magier/ Pinckney-9:35.86, 7-Matt Kincaid, Matt/O-9:37.85, 8-Bradley Hess/I-9:43.72, 9-Curtis Hanle, Curtis/O-9:50.30 4x100: 1-Ohil-41.55, 2-Michigan 41.58 (Jamirus McTear, Ferndale, Max Pewee/Grand Rapids Union, Trevon Salter/Byorn Center, Kaiman White/Ferndale), 3-I-42.09 4x200: 1-Michigan 1:25.29 (Jake Spuller/Detroit Catholic Central, D'Ontae Hopson/Jackson, Jamirus McTear/Ferndale, Andrew Hunt/ Ypsilanti), 2-Indiana-1:26.28, Ohio-1:28.10 4x400: 1-Indiana-3:08.84, 2-Ohio-3:09.34, 3-Michigan 3:21.25 (Dakarie McKinney, Javonte Lipsey, Andrew Hunt, Andrew, Phil Washington, Phil) 4x800: 1-Indiana-7:33.75, 2-Michigan 7:44.08 (Drew Meylan/Bay City Western, Ryan Haag/ Bay City Western, Jacob Schwiesberg/Monroe, Eric Buday/Charlevoix), 3-Ohio-7:47.33

coaching tip: Save yourself time getting ready for meets. Set permanent makers on your cross-country course. Use 4x4's that stand 6' above ground. Paint the side the runners approach white, with a 6" color at the top: Red- left turn; Blue- straight ahead; Red- left turn. Leave a 2" white band above the color for greater visibility.

MIDEAST 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 9, 1 week after the State Finals.

ACADEMIC ALL-STATE 2011

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

DIV. 1 GIRLS::: Anna Masini-11/Ann Arbor Huron-4x2, 4x4, 4x8; Annie-Norah Beveridge-12/Ann Arbor Huron-16, 32, 4x8; Chinyere Onimo-12/Ann Arbor Huron-4x8; Maya Long-11/Ann Arbor Huron-2, 4, 4x2, 4x4; Alyssa Ambrose-12/Bay City Western-SP; Claire Tewksbury-11/Dexter-PV; Nyki Caldwell-12/Dexter-HJ; Alissa Williams-12/East Kentwood-4x8; Erica Parks-11/East Kentwood-4x8; Katie Rancourt-11/East Kentwood-PV; Zijada Alic-11/East Kentwood-4x4; Blossom Metevier-12/Eisenhower-1; Aaron Howell-10/Farmington-HJ; Gabrielle Anzalone-12/Grand Blanc-32; Jordan Keefe-11/Grand Haven-PV; Tory Schiller-12/Grand Ledge-300H, L, 100H; Bailey Parmelee-11/Greenville-32; Allison McGinn-11/Hartland-4x8; Anna Pasternak-12/Hartland-4x8; Avery Evenson-10/ Hartland-4x8; Kaylee Phillips-10/Hartland-4x8; Kyla Walworth-12/Holt-SP; Elizabeth Carpenter-11/Kenowa Hills-PV; Pia Klein-12/Livonia Franklin-LJ; Alex Kitz-11/Livonia Stevenson-PV; Jennifer Schornak-12/Macomb Dakota-PV; Aleigha Wylie-12/Midland-SP; Tori Blake-10/Midland-HJ; Shana Flanary-12/Monroe-D; Gabrielle Thivierge-10/Rochester Adams-32; Jamie Morrissey-10/Rochester Adams-8; Jessica Howell-10/Rochester Adams-LJ; Abby Blanchard-12/Rockford-4x1, 4x2; Elise Schierbeek-11/Rockford-4x2; Melissa Wolfe-12/Rockford-4x1; Taylor Manett-11/Rockford-4x8; Courtney Klawieter-11/Rockford-4x1, 4x2; Elise Schierbeek-10/Rockford-4x1, 4x2; Emily Halliday-12/Rockford-SP, D; Jane Hawks-11/Rockford-4x8; Katie DeHaan-11/Rockford-4x2; Emily Everett-12/Saline-D; Emily Reyst-10/Saline-4x8; Kristin Green-10/Saline-4x8; Aimee Marsh-12/Traverse City Central-4x8; Katie Fallick-12/Traverse City Central-4x8; Lindsay Clark-12/Walled Lake Western-16, 32; Catrina Cortese-10/Waterford Mott-4x8; Courtney Munley-10/Waterford Mott-4x8; Daya Wagh-10/Waterford Mott-4x8; Dynasty McGee-12/Ypsilanti-2, 4, 4x1; 51 athletes, 3 with a 4.000, 10 Academic All-State in more than 1 event (Maya Long in 4 events, 4 in 3 events), 67 actual Academic All-State positions, 24 relay only athletes, 4 individual champion (Tory Schiller/LJ & 300H, Gabrielle Anzalone/3200, Jennifer Schornak/Pole Vault), 3 winning relay runners (3 of the 4x8), 25 different schools with at least 1 Academic All-State athlete (Rockford had 9, Ann Arbor Huron, East Kentwood each had 4 athletes, Rochester Adams, Saline & Waterford Mott each had 3, 3 schools each had 2 athletes each) 22 seniors, 16 juniors, 13 sophomores.

DIV. 1 BOYS::: Jeffrey Amthor-12/Bay City Western-4x8; Nathan Vorwerck-10/Bay City Western-4x8; Ryan Haag-12/Bay City Western-4x8; Eric Evans-11/Brighton-4x8; Nick Costello-11/Brighton-4x8; Tyler Partridge-11/Brighton-4x8; Ben Spritzer-12/Canton-HJ; Nick Alaniva-12/Canton-PV; Andrew Herring-12/Dexter-PV; Noah Hiser-12/Dexter-4; Joe Marek-12/East Kentwood-D; Levi Selvig-12/Flushing-100/110H; Omar Kaddurah-12/Grand Blanc-16; James DeWitt-11/Grand Haven-100/110H; Aaron Hendricks-12/Hudsonville-2, 8, 4x2, 4x4; Andrew Built-12/Hudsonville-4x4; Evan McDowell-12/Hudsonville-300H, 4x2, 4x4; Dylan Kole-10/Kenowa Hills-PV; Alex Standiford-12/Mattawan-32; Brandon Bell-12/Milford-4x4; Brandon Wallace-12/Milford-4x4; Shawn Shove-12/Milford-4x4; Austin Whitelaw-12/Monroe-32; Jacob Schweinsberg-12/Monroe-8; Calvin Magier-12/Pinckney-4x8; Eric Fegan-11/Pinckney-16, 4x8; Jake Magier-12/Pinckney-4x8; Zachary Meston-12/Pinckney-4x8; Javonte Lipsey-12/Portage Northern-110H, 300H4x4; Daniel Martin-12/Salem-4; Andrew Barnett-12/Saline-4x8; Nick Renberg-11/Saline-32; Jack Stevens-12/Traverse City Central-4x1; Boone Marois-12/Traverse City Central-4x1; Connor Hinebaugh-12/Utica-4; Garret Zuk-11/White Lake Lakeland-32; James Probstfeld-11/White Lake Lakeland-4x8; Scott Neff-11/White Lake Lakeland-4x8; **38 athletes, 6 with a 4,000, 4 Academic All-State in more than 1 event** (3 in 3 events), **45 actual Academic All-State positions, 19 relay only athletes** (all 4 on Pinckney 4x8 & 3 each from the Hudsonville & Milford 4x1 and 3 each from Bay City Western & Brighton 4x8) **3 individual champions** (Andrew Herring/PV & Omar Kaddurah/16, Javonte Lipsey/300H), **4 winning relay runners** (all 4 of the Pinckney 4x8), **19 different schools with at least 1 Academic All-State athlete** (Pinckney had 4 athletes, Bay City Western, Brighton, Canton, Hudsonville, Milford, Saline & White Lake Lakeland each had 3 athletes, 4 schools had 2 athletes each) 27 seniors, 9 juniors, 2 sophomores.

DIV. 2 GIRLS::: Kayla Hanses-11/DeWitt-32; Ellen Junewick-12/Forest Hills Eastern-4x8; Clara Cullen-10/Forest Hills Eastern-4x8; Brittany London-12/Thornapple-Kellogg-PV; Heather Beaudoin-12/LaSalle-4x1; Nicole Elmblad-12/LaSalle-PV; Molly Oren-10/Hamilton-32, 4x8; Cassidy Metzger-12/Williamston-4x1, 4x2; Julie Oosterhouse-12/Byron Center-4x8; Elizabeth Dutcher-11/Williamston-100, 4x1, 4x2; Alysia Little-10/Haslett-LJ; Kaitlyn Arnold-10/Jackson Northwest-4x8; Jessica Delaney-10/Jackson Northwest-4x8; Maycee Robinson-10/Mason-SP; Mandi Shook-12/Midland Bullock Creek-D; Sarah Cullip-10/LaSalle-32; Daeja Marzette-10/East Grand Rapids-4x1; Deborah Hoekstra-12/East Lansing-8, 4x4; Hayley MacDonald-11/Zeeland East-LJ; Maddi Booth-10/East Lansing-4x2; Rachel Wood-12/Chippewa Hills-4x8; Lauren Chorny-12/Stevensville Lakeshore-PV; Lauren Chorny-12/Stevensville Lakeshore-PV; Alexis Sinclair-11/Bloomfield Hills Andover-32; Cassandra McManus-10/Eaton Rapids-4x4; Carla Jones-10/East Lansing-800, 4x4; Rachele Schulist-11/Zeeland West-16; Jessie Baloga-11/East Grand Rapids-16, 4x4, 4x8; Mallory Metzger-12/Williamston-2, 4x1, 4x2; Taylor Becker-11/LaSalle-4x2; Rachel Reimink-12/Hamilton-D; Carley Morris-12/East Grand Rapids-PV; Ann Marie Arseneau-12/Sturgis-16, 32; Sydney Cureton-11/Detroit Country Day-1; Catherine Uglietta-11/East Grand Rapids-4x1; Claire Gilbert-10/Owosso-1600, 4x8; Morgan Wixson-12/Chippewa Hills-4x8; Dani Wright-12/Eaton Rapids-4x4; Emily Oren-11/Hamilton-4x8; Caroline Strasser-12/Divine Child-LJ, 4x2, 4x4; Piper Tucker-10/East Lansing-4x2, 4x4; Molly Duda-12/Haslett-HJ; Kally Verkaik-11/Holland Christian-100H; Erin Ellinger-11/Thornapple-Kellogg-D, SP; Trinity Hulst-11/Byron Center-4x8; Jill McLain-12/East Grand Rapids-4x8; Alexa Thibault-11/LaSalle-4x1; Grace Sauers-10/Chelsea-4x1; Grace Wheeler-12/LaSalle-4x4; Lily Clifford-11/East Grand Rapids-4, 4x1, 4x4; Cassidy Clark-11/East Grand Rapids-4x4, 4x8; Tori Freeman-11/Williamston-SP; Mary Nickels-12/Byron Center-4x8; Ashley Jemison-11/Lakewood-D; Magen Hall-11/Chelsea-4x1; Chandra Martin-12/Chippewa Hills-4x8; Sara Barron-11/Notre Dame-8, 4x4; Hailee Brown-10/LaSalle-100H; Karen Blake-10/Cranbrook-Kingswood-2, 4; Lindsey O'Leary-11/Eaton Rapids-4x4; Anna St.Andrew-12/LaSalle-4x8; Corinne Roller-11/Gul Lake-300H; Chloe Gilbert-12/Owosso-32; Mary Lehman-10/Jackson Northwest-4x8; Mercedes Lee-12/East Lansing-2, 4x2; Addy Johnson-11/Grand Rapids Catholic Central-8; Kendall Baisden-10/Detroit Country Day-1, 2, 4; Sydney Cureton-11/Detroit Country Day-1; Danielle Dahl-11/Chelsea-8; Amber TerHaar-12/Cedar Springs-D; Allyson Winchester-12/Allendale-32, **71 athletes, 14 with a 4,000, 17 Academic All-State in more than 1 event** (Kendall Baisden/Detroit Country Day, Jessie Baloga/East Grand Rapids, Lily Clifford/East Grand Rapids, Elizabeth Dutcher/Williamston, Mallory Metzger/Williamston, Caroline Strasser/Divine Child each Academic All-State in 3 events, 10 in 2 events), **93 actual Academic All-State positions, 29 relay only athletes** (2 on 2 relays), **8 individual champions** (Kendall Baisden won 3 events-1, 2, 4; Brittany London/PV, Sara Barron/800, Rachel Schulist/16, Sarah Cullip-32, Nicole Elmblad/PV-UP), **7 winning relay runners, 19 different schools with at least 1 Academic All-State athlete** (St. Ignace LaSalle had 8 athletes; East Grand Rapids had 7 athletes; East Lansing had 5 athletes; Detroit Country Day, Hamilton & Williamston each had 4 athletes; Byron Center, Chelsea, Divine Child, Eaton Rapids, Jackson Northwest each had 3 athletes, 8 schools had 2 athletes each) 28 seniors, 25 juniors, 18 sophomores.

DIV. 2 BOYS::: Codie Nolan-12/Adrian-1, 2; Galloway Thurston-10/LaSalle-4x2; Grant Simmons-12/LaSalle-SP; Griffin Miller-10/Dearborn Divine Child-4x8; Spencer Ferris-12/Forest Hills Eastern-16; Ryan Ashbaugh-12/Byron Center-4x2; Jonathan Geer-12/Mason-4x8; Adam Coon-10/Fowlerville-SP; Jeremy Simon-10/Gull Lake-4x8; Wyatt Orm-10/LaSalle-4x2; Nick Pridnia-10/East Lansing-4x8; Cody Lindemulder-12/Lakewood-D; Ryan Stankey-12/Byron Center-D; Taylor Compton-12/Hamilton-32; Mitchell Cavanaugh-12/GR Catholic Central-4x1; Zac Cross-12/Byron Center-4x2; Connor Mora-11/Cedar Springs-16, 32; Cas Wanczyk-12/Fowlerville-4x8; Scott Mason-12/Haslett-4x2; Austin Loewen-10/Williamston-110H; Hunter Christensen-12/Whitehall-D; Dan Pung-12/Zeeland West-4; Josh Belt-11/Cadillac-8; Joe Snowaert-11/LaSalle-4x8; Joe Ostman-10/LaSalle-4x4; Josh Wells-12/Adrian-D; Monte Scott-12/Freeland-4x8; Timothy Simon-12/Gull Lake-4x8; Jordan Prather-12/Fowlerville-4x8; Matt Rouwhorst-11/Hamilton-16; Robbie Glew-12/East Lansing-4x8; Cory Starkey-12/Petoskey-HJ; Tyler Sander-10/Catholic Central-4x1; Justin Balczak-12/Balczak-110H, 300H; Josh Blauwkamp-10/Zeeland East-4x1; John Hill-11/Detroit Country Day-1, 4x1; George O'Connor-11/Croswell-Lexington-8; Devin Cole-12/Devin Cole-4x4; Tanner Hinkle-10/Mason-32; Alexander Woolf-12/Gull Lake-4x8; Matt Raymond-12/Thornapple-Kellogg Schols-PV; Justin King-10/Freeland-4x8; Chris Martain-10/Dearborn Divine Child-4x8; Michael Prins-12/Catholic Central-4x1; Brendan Bell-12/Freeland-4x8; Caleb Litzner-12/LaSalle-300H; Keenan Boulmouner-11/Vicksburg-4x4; Aaron McGuire-12/Vicksburg-4, 4x4; August Pappas-12/Chelsea-32; Thomas Zahrt-11/Gull Lake-16; Derek Sievers-12/Byron Center-D, **51 athletes, 9 with a 4,000, 7 Academic All-State in more than 1 event** (all in 2 events), **58 actual Academic All-State positions, 26 relay only athletes, 4 individual champions** (John Hill/100, Justin Balczek/110H, CalebLitzner/300H, August Pappas/32), **5 winning relay runners, 26 different schools with at least 1 Academic All-State athlete** (LaSalle had 6 athletes; Byron Center & Gull Lake each 4 athletes; Fowlerville, Freeland & Grand Rapids Catholic Central had 3 athletes and 7 schools had 2 athletes each) 30 seniors, 8 juniors, 13 sophomores.

DIV. 3 GIRLS::: Sami Michell-10/Reed City-LJ, 2, 1H, 3H; Taylor Nye-12/Benzie Central-4x8; Libby Schictel-11/West Catholic-PV, 100H, 4x4; Emily Wrozek-12/Hanover-Horton-8, 4x8; Jordan Anderson-12/Union City-4, 8, 4x2, 4x4; Jordan Devenney-12/Schoolcraft-PV; Jordan Nye-10/Benzie Central-4x2, 4x4; Megan Heeder-12/Lansing Catholic Central-16; Allison Clark-12/Hanover-Horton-4; Samantha Smith-10/Allendale-PV; Paige Wells-10/Allendale-300H; Stephanie Ingraham-12/Manton-32; Corrie Noah-12/Benzie Central-4x2; Samantha Shaper-10/Saginaw Valley Lutheran-LJ; Paige Albert-j/Napoleon-4x8; Emma Frost-10/Lansing Catholic Central-16; Misty Godley-12/Ithaca-800; Ali Wiersma-11/Allendale-16, 32; Molly Jeakle-11/Charlevoix-8, 4x8; Rachel Stathakis-12/Macomb Lutheran North-8; Kara Craig-10/Schoolcraft-HJ; Bailey Cairnduff-11/Morley Stanwood-4x1, 4x2; Kayle Carew-12/Kent City-4x8; Sadie Ringer-11/Kent City-4x8; Jordan Wentworth-11/Shepherd-4x8; Dani Nowicki-12/Kent City 4x8; Brooke Johnson-10/Union City-1, 2, 4x2, 4x4; Taylor Wichter-12/Benzie Central-300H, 4x2, 4x4; Andig Paulson-10/Morley Stanwood-4x1, 4x2; Haley Russell-12/Pine River-D, SP; Morgan MacArthur-11/Engadine-LJ; Kelly Schubert-11/Manistee-16, 32; Danielle wood-11/Napoleon 4x8; Katie LaRue-12/Montague-100H; Sharon Morgan-12/Hanover-Horton-4x8; Emily Haynes-11/Napoleon-4x8; Grace Ginesky-12/Dundee-100H; Taylor Penzein-11/New Haven-HJ; Hanna Kyle-12/Maple Valley-300H; Hailey Williett-11/Leslie-LJ; Heather Price-11/Saugatuck-32. **41 athletes, 16 with a 4,000, 13 Academic All-State in more than 1 event** (3 in 4 events, 1 in 3 events), **62 actual Academic All-State positions, 12 relay only athletes, 3 individual champions** (Sami Mitchell won 3 events, Taylor Penzein & Ali Wiersman each won 1), **1 winning relay runners, 25 different schools with at least 1 Academic All-State athlete** (Benzie Central had 4 athletes; Allendale, Hanover-Horton, Kent City & Napoleon each had 3 athletes; 4 schools each had 2 athletes.) 18 seniors, 14 juniors, 9 sophomores.

DIV. 3 BOYS::: Matt Macksood-11/Lansing Catholic Central-4x2, 4x4; Bryce Brown-s/Allendale-4x1, 4x2; Justin Krauss-12/Perry-8, 16; Zach Zingsheim-11/Lansing Catholic Central-4, 4x2, 4x4; Casey Gauss-12/Vandercook Lake-PV, 300H; Cameron Wilson-12/Millington-4; Caleb Rhynard-12/Shepherd-32; Casey Hogarth-12/Schoolcraft-300H; Aaron Wilson-12/Lansing Catholic Central-4x2, 4x4; David Powell-12/Engadine-12/D, SP; Spencer Pageau-12/Lumen Christi-16; Jack McFadden-11/Clare-100H, 300H, 4x4; Dominic Leon-12/Ann Arbor Richard-SP; Jonathon Harper-11/Clare-4x4; David Scouten-12/Brooklyn Columbia Central-D, SP; Brian Mitchell-12/Reed City-PV; Joe Passenger-12/West Catholic4x2; Josiah Myers-12/Benzie Central-4x8; Jamie Blackwell-12/Clare-PV, 100H; Ben Carter-12/Frankenmuth-4x4; Alex Wesche-11/Brooklyn Columbia Central-8; Louis Savbona-12/Lansing Catholic Central-4x2; Zak Bielocki-12/Lutheran North-100; Tyler Bourdo-12/Delton Kellogg-LJ, 4; Andrew Plude-11/Charlevoix-4x8; Christopher Maye-11/Union City-1; James Hicks-11/Lansing Catholic Central-4x4; Isaac Austin-12/Kent City-PV; John Shea-12/Charlevoix-4x8; Jeremiah Barnes-12/Schoolcraft-4x8; Stu Crowell-12/Parchment-16; Ben Sievert-12/Frankenmuth-16; Josh Kersjes-11/West Catholic-32; Charlton Craig-12/Schoolcraft-4x8, 32; Austin Winter-11/Lansing Catholic Central-4x8; Vinny VonLau-11/Charlevoix-4x8; Justin Pinckney-12/Calvin Christian-16; Brent VanEnk-12/Calvin Christian-1, 2; Carl Jasciw-12/Manistee-300H; Alex Sell-10/Clare-4x4. **40 athletes, 3 with a 4,000, 13 Academic All-State in more than 1 event** (2 in 3 events), **55 actual Academic All-State positions, 14 relay only athletes, 6 individual champions** (David Scouten/Hurdles & Jake McFadden/Throws each won 2 events, Issac Austin/PV, Stu Crowell/16, Christopher Maye/1 & Caleb Rhynard/32 each won 1 event), **6 winning relay runners** (all 4 of Lansing Catholic Central 4x2) **24 different schools with at least 1 Academic All-State athlete** (Lansing Catholic Central had 6 athletes; Clare had 4 athletes; Charlevoix & Schoolcraft each had 3 athletes; 4 schools each had 2 athletes.) 28 seniors, 11 juniors, 1 sophomores.

DIV. 4 GIRLS::: Kieren Becker-10/Fowler-32, 4x8; Kaitlyn Hegewald-10/Traverse City St. Francis-4x2, 4x4; Jasmine Hall-10/Hesperia-4x8; Sarah Luma-12/Hudson-HJ; Lauren Buhrt-12/Fowler-SP; Ashley Howard-12/Morrice-400m; Sydnee Hubbard-10/Concord-4x8; Lena Madison-11/New Buffalo-D; Brienne Feldpausch-12/Fowler-16, 4x8; Marissa Ingersoll-11/Fife Lake Forest Area-1, 2; Shaley Albaugh-10/Hillsdale Academy-8, 4x4, 4x8; Nicole Marsh-12/Reading-300H, 4x1, 4x2; Lindsey Hufnagel-12/Fowler-1, 4x4; Monica David-10/Beal City-4x100 Relay; Lauren Buckel-10/Traverse City St. Francis-2, 4, 4x2, 4x4; Brooke Bovee-10/Morenci-100H; Emily Allen-12/Ravenna-32; Carly Hubbard-12/Hillsdale Academy-4x2, 4x4, 4x8; Kim Davis-12/Reading-4x1; Amanda Smith-12/Belleveue-4; Amber Arndt-11/Beal City-LJ, 1, 4x1; Grace Gardner-10/Greenhills-1; Maddy Danz-10/Traverse City St. Francis-4x4; Danielle Bott-12/Traverse City St. Francis-4x2, 4x4; Alyssa Campos-10/Grand Traverse Academy-4x8; Phoenix Duncan-12/Morenci-HJ, LJ; Heather Lantis-12/Hillsdale Academy-D; Donna Aslakson-11/Hesperia-4x8; Lindsey White-10/Grand Traverse Academy-4x8; Jade Murzyn-10/Saugatuck-4x8; Alexandra Comden-12/Concord-4x8; Elena Ongaro-11/Harbor Springs-HJ; Kelsey Butcher-11/Morrice-300H; Amy Leszinske-11/Ravenna-HJ; Hannah Connor-10/Sand Creek-4x2; Alexa Rumsey-11/Hesperia-8, 16, 4x8. **36 athletes, 7 with a 4,000, 13 Academic All-State in more than 1 event** (Amber Arndt & Lauren Buckel in 4 events, 4 in 3 events, 8 in 2 events) *continued next page*

d4 girls academic all-state continued 59 actual Academic All-State positions, 13 relay only athletes, 3 individual champions (Shelly Albaugh/8, Lindsey Hufnagel/1 & Lena Madison/D), 2 winning relay runners (Sheley Albaugh- also individual winner & Carley Hubbard each ran on 2 winning relays.) 17 different schools with at least 1 Academic All-State athlete Traverse City St. Francis had 5 athletes; Morrice had 4 athletes; Fowler, Hesperia, Hillsdale Academy each had 3 athletes; 3 schools each had 2 athletes. 14 seniors, 8 juniors, 14 sophomores.

DIV. 4 BOYS:: Charlie Dryer-10/Harbor Springs-4x8; Jake Fairbairn-11/Lutheran Westland-3H; Ryan Guidroz-12/Webberville-LJ; Andrew Dilermia-12/Potterville-4x8; Grant Price-11/Mio-AuSable-D; Dan Hall-11/Sand Creek-PV; Michael Bolton-11/Hesperia-4x8; Sean Kelly-10/Saugatuck-32; Austin Wigent-11/Reading-8, 4x8; Joel Calvert-11/Hillsdale Academy-4x4; Jesse Schwartz-12/Centreville-1, 300H, 4x1, 4x4; Micah Kempf-12/Lutheran Westland-100H; Matt Peacock-12/Hesperia-32, 4x8; Jay Lechner-12/Harbor Springs-D; Nick Cooper-12/Harbor Springs-4x8; Peter Sullivan-12/Hillsdale Academy-HJ, 300H, 4x4; Kim Davis-12/Reading-4x2; Ian Miller-12/Concord-4; Stephen Sykes-11/Litchfield-HJ; Jacob Kipp-10/Coleman-HJ; Adam Abbott-11/Detroit Cristo Rey-LJ; Johnny Tullos-11/White Pigeon-PV; Heather Lantis-12/Hillsdale Academy-SP; Kyle Girdham-12/Reading-2, 4x1, 4x2; Josh Mieras-12/Centreville-LJ, 4x1, 4x4; Josh Schwartz-12/Centreville-4; Matt Proctor-12/Brown City16, 32; Robbie Gibson-10/White Pigeon-D; 28 athletes, 4 with a 4.000, 9 Academic All-State in more than 1 event (Jesse Schwartz in 4 events, Kyle Girdman & Josh Mieras each in 3 events), 42 actual Academic All-State positions, 5 relay only athletes, 3 individual champions Ian Miller/4, (Jesse Schwartz/300H & Stephen Sykes/HJ), no winning relay runners, 17 different schools with at least 1 Academic All-State athlete (Centreville, Hillsdale Academy & Reading each had 3 athletes, 3 schools had 2 athletes each) 9 seniors, 16 juniors, 12 sophomores.

NEW BALANCE OUTDOOR NATIONALS June 16-18, 2011 at North Carolina A & T University, Greensboro, NC

Top 6 in championship races are All-Americans

GIRLS

HIGH JUMP: 4-Nyki Cladwell-11/Dexter-5' 6.5 **POLE VAULT:** 4-Katie Rancourt-11/East Kentwood-12' 7.25, 13-Victoria Wesley-11/Marine City-11' 5.25 **DISCUS:** 14-Brittany Mann-11/Detroit Country Day-115' 5 **100:** 3-Kyra Jefferson-j/Cass Tech-11.88, Kendall Baisden-10/Detroit Country Day-11.83p. **200:** 1-Kyra Jefferson-11/Cass Tech-24.18 **400:** 1-Kendall Baisden-10/Detroit Country Day-52.87, Paige Patterson-10/Divine Child-58.13 **800:** 13-Sara Barron-s/-2:16.61 **1600H:** Cindy Ofili-11/Ann Arbor Huron-1:05.33. **2 MILE:** 6-Erin Finn-10/West Bloomfield, 2 mile run, 10:22.76. **5000:** 2-Erin Finn-10/West Bloomfield-16:41.33, Ali Wiersma-j/Allendale-18:02.32 **SPRINT MED:** 5 KP-Athletics(East Kentwood)-1:47.12 (Lameeka Davis/12, Katie Rancourt/12, Rebecca Hall/11, Brittany Terry/12) **4x800:** 15 Crystal Lake Track Club (Benzie Central)-9:27.16 (Theresa Warsecke, Bryce Cutler, Taylor Nye, Michaela Carnegie) **4x1 MILE:** 7-Crystal Lake Track Club (Benzie Central)-21:33.92 (Theresa Warsecke, Bryce Cutler, Taylor Nye, Michaela Carnegie) **4x200:** 11-KP Athletics (EAST KENTWOOD)-1:41.50 (Lameeka Davis/12, Fiana Comer/11, Brittany Terry, Brittany/12, Rebecca Hall) **TEAM STANDINGS:** 1-Junior Striders TC-NC-32, 12t- New Breed TC (Detroit)-16, 29t-Motor City Track Club-10, 42t-KP Athletics(East Kentwood)-9, 131t-Crystal Lake Track Club(Benzie Central)-2..... 162 teams listed

EMERGING ELITE: **POLE VAULT:** Micaela Conter-11/Dexter-11' 5.25; 19-Claire Tewsbury-12/Dexter-10' 5.5 **SHOT PUT:** Brittany Mann-11/Detroit Country Day-42' 0.75. **200:** Paige Patterson-10/Divine Child-25.10p, Erica Hobson-12/Cass Tech-25.28p, Fiana Comer-12/East Kentwood-26.33p **400:** 3-Anna Barnett-Jefferson-7/???-56.75 **400:** 3-Anna Barnett-Jefferson-7/???-56.75, 4-Paige Patterson-10/Divine Child-57.02; 7-Ravyn Baxter-12/Cass Tech-57.55, 10-Terry Brittany-11/East Kentwood-57.69; 29-Natalie Nelson-12/Pinckney-1:00.19; 30-Courtney Hewitt-9/Mumford-1:00.35 **800:** 20-Kelsie Schwartz-9/Regina-2:18.38. **100 HURDLES:** 4-Cindy Ofili-11/Ann Arbor Huron-14.81 **MILE RUN:** 6-Michaela Carnegie-12/Benzie Central-5:04.21 **2 Mile:** 13-Shivani Kaushal-11/Grand Blanc-11:44.77 **FRESHMAN MILE:** 3-Kelsie Schwartz-9/Regina-5:11.99; 14-Bryce Cutler-9/Benzie Central-5:42.24

BOYS

Pole Vault: 12-Issac Austin-11/Ravenna-15' 3 **100:** 8-Ricco Hall-12/East Kentwood-10.75 **400:** 9-Dakariae McKinnie-11/Detroit-47.53; Ricco Hall-12/East Kentwood-48.37; **800:** Nick Kaiser-12/Temperance Bedford-1:52.52 **110 Hurdles:** 13-Chris James-11/East Kentwood-14.37 **400 Hurdles:** Javonte Lipsey-11/Portage-54.22 **MILE:** 5-Omar Kaddurah-12/Grand Blanc-4:08.46 **4x110 Hurdles:** 8-KP Athletics (East Kentwood)-1:02.53 (Peyton McDonald/12, Julian Hornsby/11, Justin Williams/12, Chris James/12) **DIST MED:** 9-Jackalopes (Pinckney)-10:14.69 (Eric Fagen/11, Mike Prout/11, Zac Mason/11, Dustin Wilson/12) **TEAM STANDINGS:** 1-Knightdale TC-NC-28, 66t-KP Athletics(East Kentwood)-6, 107t-Tempo-4..... 161 teams listed.

EMERGING ELITE: **Pole Vault:** 7-Jeremy Horner-11/Dexter-14' 3.25 **Sprint Medley:** 1 KP Athletics (East Kentwood)-3:30.74 (Chris Kendall/11, Jalen Stovall/10, Joe Riggins/10, Spencer Clark/11)

2011 USA Youth Outdoor Track & Field Championships Doug Shaw Stadium Myrtle Beach, SC June 28-July 3

100 Meter Hurdles Young Women: 5-Sophia Kunselman-11/AA Pioneer-14.92, 6-Kelly McCloskey-11/Novi-15.19 **400 Meter Hurdles Young Women:** 5-Kelly McCloskey-11/Novi-1:04.45 **4x100 Meter Relay Young Women:** 4-Maximum Output T/C-48.28 (Latipha Cross-11/Southfield, D'MyaDavis-11/Novi, Tiera Parker-11/Farmington Hills Harrison, Jasmine Ward-11/Novi), 5-Ann Arbor Youth Track Club- 50.02 (Sabrina Kunselman-11/AA Pioneer, Sophia Kunselman-11/AA Pioneer, Alani LeTang/AA Pioneer, Alexus-Pace-Patterson-11/AA Pioneer) **400 Meter Intermediate Girls:** 1-Asaundra Dalton-10/Renaissance-56.13 **400 Meter Hurdles Intermediate Girls:** 3-Breanna Luba-9/Anderson

4x100 Meter Relay Young Men: 1-Maximum Output-41.80; (Jeffery Aririguzo-11/West Bloomfield, Kyle Redwine-11/Avondale, Michael Aririguzo/West Bloomfield, James McDonald-12/Troy) **4x400 Meter Relay Young Men:** 5-Maximum Output-3:22.42 (Jeffery Aririguzo-11/West Bloomfield, Kyle Redwine-11/Avondale, Troy McDonald-12/Troy, Trae Parker) **4x800 Meter Relay Young Men:** 4-Detroit Cheetah-8:29.33 (, Jaifus Ingram/Farmington-g, Benjamin Ruff, Alex Warden, Alexander Billops) **100 Meter Intermediate Boys:** 1-Theodore Linden-10.98, 5-DaiZoun Oliver-10/Melvindale-11.20 **4x100 Meter Relay Intermediate Boys:** 2-Maximum Output-42.35(Berkley Edwards-10/Chelsea, Philip Johnson, DaiZoun Oliver-10/Melvindale, Theodore Parcher-9/Linden) **4x400 Meter Relay Intermediate Boys:** 3-Maximum Output -3:24.24 (Justin Flynn, Philip Johnson, Eric Perez, Avery Taylor, Avery)

USATF NATIONALS June 23-26, 2011 at Hayward Field, University of Oregon, Eugene, Or

GIRLS

Discus: 8 -Becky Breisch/Edwardsburg-Nebraska-184-9 **100:** Lauryn Williams/Detroit-Saucony-11.18p, Shayla Mahan/Mumford-South Carolina-11.39p **800:** 5-Geena Gall/Grand Blanc-Michigan-Oregon TC-1:59.76, Jillian Smith/NJ-Michigan-2:05.62, Rebecca Addison/Grand Haven-Michigan-2:08.17s **100H:** Bridgette Owens/Southfield-Clemson-13.15p, Candice Davis/Ann Arbor Pioneer-Southern California-adidas-.13.45p **1500:** 1-Morgan Uceny/Plymouth,In/Cornell/UM Training-4:03.91, 10-Anna Pierce/Main HS-Brown-Michigan-4:12, Lindsey Gallo/Michigan-4:17.46 **1500:** Steeplechase: 10-Nicole Bush/Wyoming Kelloggville-Michigan State-New Balance-10:02 **5000:** 6-Desiree Davila/Cal HS-Arizona State(Walt Drenth)-Hansons Distance Project-15:25 PB, **10,000:** 4-Desiree Davila/Cal HS-Arizona State(Walt Drenth)-Hansons Distance Project-31:37, 13-Kathleen Newberry/wife of UM CC Coach-33:05

BOYS

Hammer: Brian Richotte/Shrine-Radford-Oregon-Detroit Mercy throws Coach-nm **1500:** Liam Boylan Pett/Bath-Columbia-NYTC/Puma-3:42.42s **5000:** 13-Maverick Darling/Ovid-Elsie-Wisconsin-14:09 **10000:** 19-Jason Hartmann/Rockford-Oregon-Nike-29:15

USATF JUNIOR NATIONALS June 25-28, 2011

at Hayward Field, University of Oregon, Eugene, Or

GIRLS

Discus: Andrea Hiller/Watervliet-Western-125' 11 **Long Jump:** 2-Ashley Stacey/Michigan State-20' 4.5 **200:** 6-Kyra Jefferson/Cass Tech-23.75 **100 Hurdles:** 2-Bridgette Owens/Southfield-Clemson-13.46, Kalena Franklin/ Ogemaw Hgts-Grand Valley-14.81p **400 Hurdles:** Lisa Glasso/Lake Orion-Grand Valley- **400:** 6-Andrea Arnold/Western Michigan-54.66 **1500:** 3-Brook Handler/Rochester-4:24.44, Mandi Rodts/Niles-Grand Valley- **Steeple:** 1-Alexandra Leptich/Saline-Michigan-10:39.46

BOYS

Discus: 10-Justin Gaumer/Holly-Michigan-165' 9 **Hammer:** 12-Eric Lewis/Fraser-Detroit Mercy-178' 9 **Javelin:** 15-Kyle Smith/Central Michigan-179' 4 **Triple Jump:** Donald Scott/Eastern Michigan-51' 9.75 **Shot Put:** 9-Justin Grumer/Holly-Michigan-56' 5.75 **400 Hurdles:** Logan Hoffman/Grand Valley-54.71, Deonte Hurst/East Kentwood-Grand Valley, Ryan Versen/Kenowa Hills-Conerstone-55.21, Parker Scott/Lake Fenton-Central Michigan-55.23 **1500:** 3-Omar Kaddurah/Grand Blanc-3:49.76(won semi), 9-Nathan Karr/Ann Arbor Pioneer-Michigan-3:52.31 **10000:** 17th) Mark List/Lainsburg-Lake Superior-34:47

IAAF WORLD YOUTH CHAMPIONSHIPS

at Lille France

As we go to press the IAAF World Youth Championships are taking place in Lille, France. Three Michigan High School State Champions, Kendall Baisden/Detroit Country Day-400, Kyra Jefferson/Detroit Cass Tech-200 and Hannah Meier/Grosse Pointe South-1600, are participating in the meet, qualifying at the recent USATF JUNIOR NATIONALS at Eugene Oregon.

Hannah is running in the 1500 and has advanced to the Finals, finishing 4th in her heat, running 4:25.28. Kendall finished 2nd in her first round heat of the 400. She also finished 2nd in her semi-final heat, running 53.21, advancing to the finals. Kyra has not run her first race. Kyra will have 2 rounds of competition to qualify for the finals.

I am leaving a little space so if I can get additional results while the newsletter is being proofed we can include them.

The link:

<http://www.iaaf.org/wyc11/results/eventCode=4528/racedate=07-08-2011/bydate.html> will get you to the results page.

FINAL RESULTS: Kyra Jefferson was listed as DNS, Kendall Baisden finished 6th-53:01 and Hannah Meier finished 9th-4:20.65

MHSAA Updates:

Mark Uyl, MHSAA Assistant Director

1. 2011 Cross Country Regional sites and groupings will be posted at MHSAA.com during the week of July 18.
2. Important Rule Change: Beginning with 2011-2012, competitors may now wear a wristwatch during competition. Wristwatches are no longer considered jewelry and may be worn in Cross Country and Track & Field competitions.
3. Online entries for all Cross Country Regional meets will again be done through MichiganCrossCountry.com. The process used will be similar to the one used last season.
4. A reminder that the "jewelry rule" gives a warning for the first offense with a second offense resulting in disqualification. The MHSAA considers the warning in the meet information as the warning, meaning any violation in a MHSAA Regional or Final Meets results in disqualification. It is a separate warning for boys and girls teams.

Online rules meeting window:

August 8-September 15

MITCA Needs You!

Ted Duckett, MITCA President

Don't be left out when Michigan Track & Field, and Cross Country history is unfolded. Who is going to tell the story if you don't!

To the membership, I am still in need of your schools history and your history as a coach.

We have scrap books, pictures, old newspaper articles, clinic notes, e-mails of history, some old uniforms and other track memorabilia from the past that has been provided to us. When possible original articles are the best. We will take any creative presentation that will speak volumes about their school.

If we can get enough items, they will be on display at the Cross Country and Track & Field Clinics. Pictures of former athletes and coaches we really want, so we can put faces with names. Coach's names with their records and major accomplishments are needed. If it has anything to do with our sport we want to promote the past and look forward to future events.

Please send all materials to:

Coach Ted Duckett, 606 East Kilgore, Kalamazoo, Michigan 49001

50 – 30 RECOGNIZED



Nate Hampton, Lee Averill

lisa sweeney photo

The 2011 Track & Field season was Lee Averill's 50 season as a cross country and track & field coach. Lee started at Milford, spent 4 years there and then moved to West Bloomfield, where he has remained. At the recent West Bloomfield D1 Regional Meet Nate Hampton, MHSAA Assistant Director and the individual responsible for track & field for the MHSAA, presented a plaque to Lee from the MHSAA. The plaque recognized Lee not only for his 50 years of coaching but also for his service to MHSAA Track & Field. Lee has hosted and been the regional manager for a D1 track & field regional meet for 30 years.

The only other long time host, although others are approaching, for a MHSAA regional meet that you editor can think of that is in that range is Chuck Jones, the longtime host of a cross country regional at Royal Oak Kimball.

Lee retired from coaching at the conclusion of the 2010-11 school year.

MITCA RECOGNITION.....

As we finish track & field, try to enjoy some summer, begin preparing for cross there is still one final item from the 2010 Cross Country and 2011 Track & Field seasons to be taken care of; **recognition of those that help us make it possible.**

MITCA has long recognized athletes through it's All-State, Academic All-State, Mr. & Ms. Cross Country and Track & Field, Dream Teams and Mideast and Midwest Meets. While we finish up the 2010-2011 Season and prepare for the 2011-2012 season let us take the time, go to mitca.org and do the paperwork for MITCA to recognize those that helped up make thing happen.

Assistant Coach of the Year, Middle School Coach of the Year, Averill-Grant and Finish Line Award are opportunities for you to have MITCA recognition of those that helped you. **Kermit Ambrose** and **Charles Sweeney** awards for cross country and a track & field coaches recognizing life-time achievement in coaching those sports, respectively. Your executive board selects the winners of these awards but looks for nominations from the membership..

Buy a lottery ticket????????????? Your odds are much better winning one of the 2 Patsy Arpino Scholarships that MITCA offers each year to any member that has a son or daughter in college or who will attend college after next year.

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mitca recognizatiuon Don't forget yourself and if your team finished in the top 10 at the State Finals need to fill out the information for potential nomination as "Coach Of The Year and Hall of Fame: nomination forms.

Lifetime Membership in MITCA is also available

College Credit for Clinic Attendance Changes!

The past two years there has been an opportunity for attending coaches to earn college credit through Jackson Community College for our annual Track Clinic. The offering has now evolved to one where coaches opt to earn either one or two *graduate level credits* from the University of Sioux Falls (USF)! The credits are acceptable to the State of Michigan and as they are graduate credits, they are likely much more widely accepted for recertification purposes than the previous version via JCC, which was for undergraduate hours! Additionally, this opportunity will be available for both the fall Cross Country and the winter Track Clinics! *So, for simply doing a small amount work (much of which you do as part of your coaching anyway), paying the necessary fees, a coach that attends both of our clinics can earn 4 graduate hours in one year!*

An interested coach will either pre-register for the class prior to the clinic or do on site. They pay their money (\$150 for one credit, \$285 for two, with the costs set by the USF). Then the participant

- attends 8 sessions at the clinic --this can include the learn-by-doing sessions -- and then write/submit a summary of each of them.
- submits a copy of either their school's athletic policies or their own team guidelines -- coach's choice.
- submits a summary of 8 sport-specific articles, again, the coach's choice. Cross country articles for the fall and track-based in the winter. These can come from any sports publication you have complete flex!

If a coach wants one graduate credit they complete two of the three items above, if they want to earn two graduate credits, they complete all three.

For more information me at behmer@aaps.k12.mi.us.

ON THE LINE.....

While contacting coaches for articles for this issue's **Clinic In A Newsletter** I came upon the response like; "Well, I'm not sure I'm the coach." Assuming, since I was talking to the head coach and they had event coaches I asked if I could get the event coach's name. I was then informed the one that seemed to be doing the coaching was a "club" coach. They were having trouble with the club coach and his problems with their school schedule, workouts, the events be run & so on.

I had heard of athletes that would miss the "team's event" to attend other events. Athletes had run in so many events in the "off" season that they were shot for the season. I then came across this statement in an article in a paper; "What we're having is a philosophical battle," he (a club coach) said. "The high school coaches are going out of their way to be detrimental to the club runners. It seems to be a petty ego problem. What they're most concerned about is scoring points to the detriment of the athlete."

The article mentioned several athletes from different schools in the club. I know of several of the coaches for the schools mentioned and were I shopping for a coach for my own children they would certainly be on the list of coaches I would want my kids to run for, nothing about them would fit the previous quote.

I always encouraged my athletes to run in meets in the off-season. In the '70s we hosted an all-comers meet each summer. I encouraged my athletes to get involved with our county's Canamer games, modeled after the Flint Canusa games. We ran in the winter MITCA (which became the MITS) meets.

With close to 50 years of coaching and through MITCA, and my own newsletters, CCIR & TRACK RESULTS, I have gotten to know firsthand an extraordinary number of coaches and I can truly say I cannot think of any coach that would fit the previous quote.

I have been fortunate to have close to 30 athletes compete beyond the high school level, some on scholarship at the D1 level, others as walk-ons and others on the non-scholarship levels. There has been one Olympic Trials qualifier, several NCAA qualifiers, scorers and All-American honors, D1 & D3, and conference scorers.

The one common trait for all was they were "team" runners. I am/was one of those coaches that was/is "concerned about scoring points." They keep score don't they? As a result my athletes were "concerned about scoring points." They wanted to win and they did not feel winning was to their detriment! As a matter of fact it would be something to get them to train harder! It was nothing for one of my "studs" to be penciled in the dual meet itinerary in 5-6-7 events!

They took that as a badge of "honor" This meet is important, *this meet depends on me.* The only rule was "you don't step on the track a 5th time."

Most of my top runners that qualified for state generally qualified in 2-4 events, usually a relay was included. They often felt helping their teammates make it to the Finals in a relay was their return to those training mates that could not have qualified on their own. For many, their first finals was a relay spot. A couple of examples I will mention happened in Indiana where there is only 1 division and boys run separate meets from the girls and there is a 3 meet state series.

One was a scorer in both the 16 & 32. The distance runner was also anchor on the 4x4. My policy was if you ran the 32 & the 4x4 you could run anchor if you wanted. This 2 time state qualifier was the clear favorite in the first round of competition in both events and a strong contender for scoring in the Finals. He came to me before the 32 & said he was going to sandbag, as he knew he would qualify. He wanted to make sure the 4x4 made it through. Why? Because one of the runners on the 4x4 had stayed around & helped him train for the Finals the previous 2 years and he wanted to try & get the teammate through. He "sandbagged" but then on the 6th lap took off and won with one of his best times of the year. As he finished he started back down the track & met his teammates coming to the starting line for the 4x4. He took the baton 2nd, dropped to 5th and finished with the fastest split on the team, in a photo finishing 4th as we advanced. He eventually advanced to the Finals where he scored in both distances with PR's in both events & 1 school record.

A couple of years later a first year runner turned out to be a "diamond in the rough". He wound up placing 4th in at the State Meet in the 800 but also ran that day on our 4x4 & 4x8 AND we were just .02 from advancing our 4x1 to the State Finals with him running.

Both of those runners ran in major D1 conferences, one scored in the conference and eventually earned All-American honors. Both never felt all the races were a problem; rather they enjoyed & looked forward to them.

Could either of these runners have been "better" if their high school coach had not been concerned about "points?" Maybe..... But could some of those runners that had coaches that were not concerned about points been better or enjoyed it more if their coach had been concerned? Maybe..... Could some of the runners with the clubs be better if they.....

Why, what is this for? I think the whole question of the "extended season" is going to get to be more and more of a factor. Several years ago our conference had a majority of "club" coaches for volleyball. They boycotted any athletes that were not "club" athletes. The argument was "See if you played club volleyball you would get to be good enough to make all-conference." At our school this meant pulling some girls from the softball team for the spring tournaments in Florida. Both of our programs were top programs until.....

While coaching in Indiana one of the schools we competed against had a state champion hurdler as a freshman. Sophomore year he repeated but had leg problems. His coach advised him to take the summer off and recover. He didn't, he had to do all of the "big meets" for exposure. He wound up developing a stress fracture that required a rod in his leg. He missed his junior year and didn't really do much his senior year. Those darn coaches concerned about "points!"

The closest contact I have had to a club coach was at the cross country finals a few years ago. We stayed at a motel where there was one of those coaches who talked to one of my runners. My runner did not have a real good race so nothing more was heard.

First, where do these coaches get the idea that they can just come up & talk to someone's athlete any time they want? I have heard other coaches make similar complaints. Secondly, who is on the "petty ego problem" when there are only certain athletes they are concerned about.

I have had probably over 1,000 athletes with maybe 30 competing beyond high school. I worked with, trained and was involved with all of them. Making sure they had uniforms and got a chance to compete. This is true of all "high school & junior high coaches." I will still get an occasional call, "Coach Murray- guess what- I just ran my first 5k, 10k or even marathon. I'm going to do it again!" Or I will see them in the store and they will talk about their runs. Or introduce me to their kids saying, "This is the coach that made me work!" I guess I really worked for the "detriment of the athlete."

There is more to this issue than space or time allowed. I owe a lot to coaches that let a small kid with no success in athletics, that took a week to run a mile non-stop become part of a team. The statement about a group that has done so much for me, meant so much to me had to be answered. I am proud to be part of, what I consider as one of the greatest groups, **EDUCATORS** that are **Coaches** and members of **MITCA**..... jgm

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