

Middleville-TK Co-Ed Relays Results

March 25, 2009

Team Scores:	1 Kenowa Hills	119
	2. Sparta	118.5
	3. Middleville-TK	101
	4. Hamilton	91
	5. Caledonia	82
	6. Unity Christian	58
	7. Lakewood	39.5

Shot Put

1. Unity Christian	Adam DeYoung/Emily Boven	73'1"
2. Sparta		72'5"
3. Kenowa Hills		71'1"
4. Hamilton		70'1"
4. Lakewood		70'1"
6. Caledonia		67'1"
7. Middleville-TK		56'3"

Discus

1. Caledonia	Kirk VanderVennen/Rachel LaVoie	214'
2. Unity Christian		197'
3. Middleville-TK		180'1"
4. Lakewood		176'10"
5. Sparta		122'1"
6. Hamilton		117'9"
7. Kenowa Hills		85'6"

Long Jump

1. Hamilton	Zach Heerspink/Tess VanderVeen	35'3 1/2"
2. Middleville-TK		34'6"
3. Lakewood		32'6 1/4"
4. Kenowa Hills		31'11 3/4"
5. Unity Christian		30'9 1/4"
6. Caledonia		30'7 1/2"
7. Sparta		29'7 1/2"

High Jump

1. Sparta	Josh Patterson/Katelyn Cnossen	11'
1. Hamilton	David Ptacek/Jessica Bristow	11'
3. Unity Christian		10'8"
4. Kenowa Hills		10'4"
5. Lakewood		10'2"
5. Caledonia		10'2"
7. Middleville - TK		10'

Pole Vault

1. Hamilton	James Folkert/Nicole Staat	19'6"
2. Unity Christian		18'6"
3. Middleville-TK		17'
4. Caledonia		15'6"
5. Sparta		11'6"
6. Lakewood		10'
6. Kenowa Hills		10'

6400 Relay

1. Sparta	Katelyn Cnossen Brandon George Ally Scheidel Nate Dahlgren	20:56
2. Kenowa Hills		21:22
3. Middleville-TK		21:43
4. Hamilton		21:44
5. Caledonia		21:59
6. Unity Christian		23:00

800 Relay

1. Middleville-TK	Matt Raymond Hana Hunt Nate Sisson Emma Ordway	1:42.12
2. Kenowa Hills		1:42.66
3. Sparta		1:43.05
4. Caledonia		1:43.44
5. Hamilton		1:44.69
6. Unity Christian		1:47.82

Shuttle Hurdles

1. Sparta	Megan Heimbaugh Colton Cnossen Andrea Kober Mason Trimble	1:03.09
2. Hamilton		1:03.81
3. Kenowa Hills		1:05.88
4. Caledonia		1:06.55
5. Middleville-TK		1:06.72
6. Lakewood		1:17.25

3200 Relay

1. Sparta	Ed Mazurkiewicz Paige Utlaub Nate Dahlgren Katelyn Cnossen	9:31
2. Caledonia		9:36
3. Hamilton		9:41
4. Middleville-TK		9:50
5. Kenowa Hills		9:58
6. Unity Christian		10:08

Sprint Relay

1. Kenowa Hills	Danielle Patterson Kurt VanEssen Kelsey VanEssen Ryan Vergen	1:44.99
2. Hamilton		1:46.13
3. Lakewood		1:46.55
4. Caledonia		1:48.14
5. Middleville-TK		1:48.85
6. Unity Christian		1:50.99

Solo Relay

1. Unity Christian	Jared VanDyke Chelsea Glashower Gideon Berghms Jess Lampen	4:17.94
2. Caledonia		4:18.36
3. Kenowa Hills		4:20.52
4. Sparta		4:23.04
5. Middleville-TK		4:29.73
6. Hamilton		4:34.81

Field Event Relay1600

1. Kenowa Hills	Christee Cordes Tyler Nickels TylerAnne Strong Nick Novakoski	4:04
2. Sparta		4:12
3. Hamilton		4:14
4. Middleville-TK		4:16
5. Lakewood		4:20
6. Caledonia		4:21

Distance Relay

1. Middleville-TK	James Tobin Cassie Holwerda Joel Smith Allyson Winchester	12:24
2. Kenowa Hills		12:26
3. Unity Christian		12:29
4. Sparta		12:37
5. Caledonia		13:01
6. Hamilton		13:09

Middle Distance Relay

1. Sparta	Andrea Kober Brandon VanDriel Lydia Reyburn Nate Dahlgren	2:48
2. Kenowa Hills		2:51
3. Middleville-TK		2:53
4. Caledonia		2:56
5. Hamilton		2:58
6. Unity Christian		2:59

Freshmen 400

1. Kenowa Hills	Kitwana Clark Olivia Bundy Terry Smith Sara Robinson	:52.49
2. Sparta		:52.85
3. Middleville-TK		:53.00
4. Hamilton		:53.22
5. Caledonia		:55.20
6. Lakewood		:52.70

400 Relay

1. Kenowa Hills	Neena Zwier Andrew Alt Kari Kenney Kurt Van Essen	:48.41
2. Sparta		:48.96
3. Hamilton		:49.42
4. Middleville-TK		:50.23
5. Unity Christian		:51.20

1600 Relay

1. Caledonia	Alex Bilehm Addie Johnson Jason Hodge Michelle Butcher	3:54.98
2. Middleville-TK		3:55.80
3. Lakewood		3:57.32
4. Sparta		3:59.63
5. Unity Christian		4:00.69
6. Hamilton		4:02.70