

O-K Blue Top Ten List

updated 5/5/09 7:10AM

if a mark is in italics it has been converted down to parallel the MHSAA Regional entry system

a time factor of -0.24 has been subtracted

event	name	school	mark	date	location
3200 Relay	Falcons	West Catholic	<i>8:24.85</i>	4-28	Sparta
3200 Relay	Spartans	Sparta	<i>8:28.10</i>	4-28	Sparta
3200 Relay	Red Hawks	Cedar Springs	8:43.90	4-21	Cedar Springs
3200 Relay	Huskies	FH Northern	8:49.27	5-04	Comstock Park
3200 Relay	Broncos	Coopersville	8:54.10	4-21	Cedar Springs
3200 Relay	Rams	GR Central	9:01.32	5-04	Comstock Park
3200 Relay	Panthers	Comstock Park	9:15.00	4-14	FHN
3200 Relay	Redskins	Belding	10:06.78	4-16	Belding
.					
110 HH	Mitch Hausman	Coopersville	14.60	4-28	Coopersville
110 HH	Justin Balczak	Cedar Springs	<i>15.07</i>	4-14	Sparta
110 HH	Brett Pfahler	Coopersville	15.31	4-28	Coopersville
110 HH	Dustin Pawloski	West Catholic	<i>16.06</i>	4-23	FHN
110 HH	Scotty Foote	Belding	16.65	4-16	Belding
110 HH	Matt Alt	West Catholic	16.87	5-04	West Catholic
110 HH	Ibrahim Ellithy	FH Northern	16.88	4-28	Coopersville
110 HH	Shawn Jackson	Comstock Park	<i>16.89</i>	4-23	Coopersville
110 HH	Andrew Backing	Belding	16.93	4-28	Belding
110 HH	David Washington	FH Northern	16.97	4-21	Belding
.					
100 Dash	Brandon VanDriel	Sparta	<i>10.67</i>	4-14	Sparta
100 Dash	Brandon Reynolds	FH Northern	11.05	4-16	West Catholic
100 Dash	Stanley Imoh	GR Central	11.18	3-30	FHN
100 Dash	Zach Yeo	Cedar Springs	<i>11.26</i>	4-16	Cedar Springs
100 Dash	Chante Tucker	GR Central	11.32	4-28	Belding
100 Dash	James Putnam	Cedar Springs	<i>11.43</i>	4-14	Sparta
100 Dash	Joe Slomski	West Catholic	11.47	5-04	West Catholic
100 Dash	Dan Dykstra	Comstock Park	11.47	5-04	Comstock Park
100 Dash	Mitch Hausman	Coopersville	11.50	4-28	Coopersville
100 Dash	Jordan Harris	Coopersville	11.50	5-04	West Catholic
.					
4 x 200	Red Hawks	Cedar Springs	<i>1:33.56</i>	4-23	FHN
4 x 200	Falcons	West Catholic	<i>1:33.87</i>	5-04	West Catholic
4 x 200	Spartans	Sparta	<i>1:34.03</i>	4-14	Sparta
4 x 200	Huskies	FH Northern	1:34.49	4-28	Coopersville
4 x 200	Panthers	Comstock Park	<i>1:35.02</i>	5-04	Comstock Park
4 x 200	Redskins	Belding	1:35.30	4-30	Cedar Springs
4 x 200	Broncos	Coopersville	1:35.54	4-28	Coopersville
4 x 200	Rams	GR Central	<i>1:36.12</i>	5-04	Comstock Park
.					
1600 run	Tony Schafer	West Catholic	4:30.19	4-16	West Catholic

1600 run	Luke Baylis	Belding	4:35.71	4-28	Belding
1600 run	Nathan Dahlgren	Sparta	4:41.55	4-23	Coopersville
1600 run	Kevin Royce	West Catholic	4:43.38	5-04	West Catholic
1600 run	Zeke Timmer	West Catholic	4:45.79	5-04	West Catholic
1600 run	Steve Sterkenburg	West Catholic	4:45.97	4-28	Sparta
1600 run	Ian Rheault	West Catholic	4:46.00	5-04	West Catholic
1600 run	Jacob Towne	FH Northern	4:46.62	5-04	Comstock Park
1600 run	Jake Gilman	Sparta	4:48.15	5-04	Comstock Park
1600 run	Ben LaFave	FH Northern	4:49.83	5-04	Comstock Park
.					
4 x 100	Falcons	West Catholic	44.88	4-16	West Catholic
4 x 100	Broncos	Coopersville	45.22	5-04	West Catholic
4 x 100	Red Hawks	Cedar Springs	45.26	4-23	FHN
4 x 100	Redskins	Belding	45.57	4-16	Belding
4 x 100	Huskies	FH Northern	45.23	5-04	Comstock Park
4 x 100	Spartans	Sparta	46.80	4-28	Sparta
4 x 100	Panthers	Comstock Park	46.84	4-16	Belding
4 x 100	Rams	GR Central			
.					
400 Dash	Zach Yeo	Cedar Springs	50.75	4-14	Sparta
400 Dash	Stanley Imoh	GR Central	51.14	4-16	Cedar Springs
400 Dash	Ed Mazurkiewicz	Sparta	51.48	5-04	Comstock Park
400 Dash	Joey Passenger	West Catholic	52.26	4-23	FHN
400 Dash	Caleb Young	Belding	52.63	4-28	Belding
400 Dash	Joseph Churchwell	FH Northern	52.69	4-16	West Catholic
400 Dash	Charlie Hoover	Comstock Park	53.04	4-16	Belding
400 Dash	Joe McGough	West Catholic	53.22	5-04	West Catholic
400 Dash	Mike Osmolinski	GR Central	53.71	5-04	Comstock Park
400 Dash	Nate Buist	Coopersville	53.76	5-04	West Catholic
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300 Hurdles	Brett Pfahler	Coopersville	40.72	4-28	Coopersville
300 Hurdles	Mitch Hausman	Coopersville	40.92	4-28	Coopersville
300 Hurdles	Justin Balczak	Cedar Springs	41.69	4-28	Comstock Park
300 Hurdles	Thom Vet	FH Northern	41.76	5-04	Comstock Park
300 Hurdles	Dustin Pawloski	West Catholic	42.99	4-16	West Catholic
300 Hurdles	Scotty Foote	Belding	43.36	4-23	Coopersville
300 Hurdles	Matt Alt	West Catholic	43.37	5-04	West Catholic
300 Hurdles	Casey Wagner	Comstock Park	43.54	5-04	Comstock Park
300 Hurdles	Joe McGough	West Catholic	43.99	4-28	Sparta
300 Hurdles	Mason Trimble	Sparta	44.23	4-28	Sparta
.					
800 Run	Tony Schafer	West Catholic	2:00.85	5-04	West Catholic
800 Run	Nate Dahlgren	Sparta	2:01.46	4-28	Sparta
800 Run	Steve Sterkenburg	West Catholic	2:03.10	5-04	West Catholic
800 Run	Mike Osmolinski	GR Central	2:04.90	4-16	Cedar Springs
800 Run	Caleb Teachout	West Catholic	2:04.93	5-04	West Catholic
800 Run	Achrim Tillbrooke	Cedar Springs	2:05.20	4-14	Sparta

800 Run	Luke Baylis	Belding	2:07.18	4-16	Belding
800 Run	Ernest Jackson	GR Central	2:07.64	5-04	Comstock Park
800 Run	Tyler Helsel	Cedar Springs	2:08.84	4-28	Comstock Park
800 Run	William Trice	FH Northern	2:08.96	4-23	FHN
.					
200 Dash	Brandon Reynolds	FH Northern	22.34	5-04	Comstock Park
200 Dash	Zach Yeo	Cedar Springs	22.93	4-28	Comstock Park
200 Dash	Stanley Imoh	GR Central	23.06	4-23	FHN
200 Dash	Dan Dykstra	Comstock Park	23.09	5-04	Comstock Park
200 Dash	Andrew Wheaton	Comstock Park	23.10	4-28	Comstock Park
200 Dash	James Putnam	Cedar Springs	23.16	4-23	FHN
200 Dash	Chante Tucker	GR Central	23.26	4-14	Coopersville
200 Dash	Zach Watts	Belding	23.39	4-28	Belding
200 Dash	Nick Ford	West Catholic	23.42	4-28	Sparta
200 Dash	Brian Young	Coopersville	23.59	4-28	Coopersville
.					
3200 Run	Tony Schafer	West Catholic	09:47.20	4-21	Comstock Park
3200 Run	Brandon George	Sparta	10:18.70	4-28	Sparta
3200 Run	Zeke Timmer	West Catholic	10:19.29	4-28	Sparta
3200 Run	Luke Baylis	Belding	10:21.39	4-28	Belding
3200 Run	Austin Jacobson	West Catholic	10:27.80	4-28	Sparta
3200 Run	Jake Towne	FH Northern	10:30.36	4-23	FHN
3200 Run	Zach Stepanovich	FH Northern	10:41.06	4-23	FHN
3200 Run	Ernest Jackson	GR Central	10:45.46	4-23	FHN
3200 Run	Ben LaFave	FH Northern	10:45.66	4-23	FHN
3200 Run	T.J. McCutcheon	Comstock Park	10:45.86	4-28	Comstock Park
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4 x 400	Red Hawks	Cedar Springs	3:32.96	4-23	FHN
4 x 400	Spartans	Sparta	3:33.82	5-04	Comstock Park
4 x 400	Redskins	Belding	3:36.31	4-16	Belding
4 x 400	Falcons	West Catholic	3:36.46	4-23	FHN
4 x 400	Panthers	Comstock Park	3:37.23	4-16	Belding
4 x 400	Huskies	FH Northern	3:37.44	4-28	Coopersville
4 x 400	Broncos	Coopersville	3:45.74	4-23	Coopersville
4 x 400	Rams	GR Central			
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High Jump	Nolan Rau	Sparta	6-02	4-23	Coopersville
High Jump	Zach Watts	Belding	6-02	4-28	Belding
High Jump	Tim Rodell	Belding	6-02	4-28	Belding
High Jump	Josh Patterson	Sparta	6-02	5-04	Comstock Park
High Jump	Dustin Pawloski	West Catholic	6-00	4-14	West Catholic
High Jump	Max Prendergast	West Catholic	5-10	4-14	West Catholic
High Jump	Aaron Leal	Cedar Springs	5-10	4-28	Comstock Park
High Jump	Mike Harmon	West Catholic	5-08	4-16	West Catholic
High Jump	Cameron Hill	Coopersville	5-08	4-23	Coopersville
High Jump	Mitch Hausmann	Coopersville	5-08	4-23	Coopersville

Pole Vault	Josh Patterson	Sparta	14-00	5-04	Comstock Park
Pole Vault	Cody DeRuischer	Sparta	13-00	4-28	Sparta
Pole Vault	Joey Passenger	West Catholic	13-00	4-28	Sparta
Pole Vault	A.J. Olszewski	Cedar Springs	12-08	4-28	Comstock Park
Pole Vault	Andrew Backing	Belding	12-06	4-28	Belding
Pole Vault	Matt Schichtel	West Catholic	12-06	5-04	West Catholic
Pole Vault	Zak Chickering	Belding	12-03	4-28	Belding
Pole Vault	Loren DeJonge	Comstock Park	12-00	4-16	Belding
Pole Vault	Brent Dahl	Cedar Springs	12-00	4-28	Comstock Park
Pole Vault	Luke Arsulowicz	West Catholic	12-00	5-04	West Catholic

Long Jump	Forrest Basso	Comstock Park	20-04.5	4-16	Belding
Long Jump	Brandon Evans	FH Northern	19-07	4-16	West Catholic
Long Jump	Dylan Breimayer	Belding	19-06.75	4-23	Coopersville
Long Jump	Matthew Sheeley	Cedar Springs	19-05.5	4-23	FHN
Long Jump	Leighton Watson	FH Northern	19-05.5	4-23	FHN
Long Jump	Kyle Rauser	Sparta	19-05.25	4-28	Sparta
Long Jump	Percy Hammons	GR Central	19-05	4-16	Cedar Springs
Long Jump	Nolan Rau	Sparta	19-05	4-23	Coopersville
Long Jump	Jordan Harris	Coopersville	19-04	4-21	Cedar Springs
Long Jump	Bryce Tulppo	Belding	19-00.75	4-16	Belding

Discus	Mike Wilcox	Coopersville	133-10	4-23	Coopersville
Discus	J. J. Souza	Belding	130-01	4-28	Belding
Discus	Shane Bratt	Cedar Springs	127-10	4-23	FHN
Discus	D.J. Lillibridge	Coopersville	127-02	4-28	Coopersville
Discus	Travis Mikita	West Catholic	126-08	4-23	FHN
Discus	Dustin Pawloski	West Catholic	125-05	4-23	FHN
Discus	Cody Chamberlain	Sparta	124-11	4-14	Sparta
Discus	Adam Lang	FH Northern	124-05	5-04	Comstock Park
Discus	Nick Moliterno	FH Northern	123-09	5-04	Comstock Park
Discus	Tyler Jenks	Comstock Park	114-02	4-28	Comstock Park

Shot Put	Bryan Koster	Coopersville	50-01.25	5-04	West Catholic
Shot Put	D.J. Lillibridge	Coopersville	49-11	4-14	Coopersville
Shot Put	Travis Mikita	West Catholic	46-03	4-16	West Catholic
Shot Put	Frank Bastien	West Catholic	45-10.25	5-04	West Catholic
Shot Put	Cody Chamberlain	Sparta	48-02.5	5-04	Comstock Park
Shot Put	J. J. Souza	Belding	43-07	4-14	West Catholic
Shot Put	Adam Lang	FH Northern	43-07	4-28	Coopersville
Shot Put	Mike Wilcox	Coopersville	43-02	4-23	Coopersville
Shot Put	Clay Weidenhamer	Sparta	43-01	5-04	Comstock Park
Shot Put	Richie Noom	Sparta	42-01	4-23	Coopersville