

O-K Blue Top Ten List

updated 5/5/09 7:30AM

*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	Spartans	Sparta	10:03.92	5-04	Comstock Park
3200 Relay	Huskies	FH Northern	10:07.37	5-04	Comstock Park
3200 Relay	Rams	GR Central	10:20.83	5-04	Comstock Park
3200 Relay	Falcons	West Catholic	<i>10:22.05</i>	4-28	Sparta
3200 Relay	Red Hawks	Cedar Springs	10:29.60	4-24	FHN
3200 Relay	Broncos	Coopersville	11:01.87	4-28	Coopersville
3200 Relay	Redskins	Belding	11:29.02	4-28	Belding
3200 Relay	Panthers	Comstock Park	11:35.78	4-28	Comstock Park
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100 HH	Olivia Holman	Coopersville	16.36	5-04	West Catholic
100 HH	Andrea Kober	Sparta	<i>16.78</i>	4-28	Sparta
100 HH	Brianna Pickett	FH Northern	16.92	4-28	Coopersville
100 HH	Megan Heimbaugh	Sparta	<i>17.00</i>	4-28	Sparta
100 HH	Lauren Richard	FH Northern	<i>17.22</i>	5-04	Comstock Park
100 HH	Daishonne Mitz-Klyce	GR Central	17.25	4-14	Coopersville
100 HH	Libby Schichtel	West Catholic	17.32	5-04	West Catholic
100 HH	Elle Sturgell	West Catholic	17.58	5-04	West Catholic
100 HH	Amanda Russo	Comstock Park	17.61	4-14	FHN
100 HH	Monica Kober	Sparta	<i>18.33</i>	4-28	Sparta
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100 Dash	Areil Holt	FH Northern	12.65	4-14	FHN
100 Dash	Kelsey Blystone	Sparta	<i>13.00</i>	5-04	Comstock Park
100 Dash	Katie Allers	Coopersville	13.30	4-14	Coopersville
100 Dash	Jessica Smith	Comstock Park	13.33	4-14	FHN
100 Dash	Reshelle Carter	GR Central	13.44	4-28	Belding
100 Dash	Kendra Meyers	West Catholic	13.46	4-23	FHN
100 Dash	Jaelyn Washington	FH Northern	13.48	4-28	Coopersville
100 Dash	Alyssa Pindar	West Catholic	13.56	4-16	West Catholic
100 Dash	Kelly Morrissey	West Catholic	13.56	4-16	West Catholic
100 Dash	Lydia Reyburn	Sparta	<i>13.61</i>	4-14	Sparta
.					
4 x 200	Spartans	Sparta	<i>1:49.76</i>	5-04	Comstock Park
4 x 200	Huskies	FH Northern	<i>1:50.58</i>	5-04	Comstock Park
4 x 200	Panthers	Comstock Park	<i>1:53.73</i>	5-04	Comstock Park
4 x 200	Falcons	West Catholic	1:53.86	5-04	West Catholic
4 x 200	Rams	GR Central	1:54.01	4-28	Belding
4 x 200	Redskins	Belding	1:56.24	4-28	Belding
4 x 200	Broncos	Coopersville	1:56.72	5-04	West Catholic
4 x 200	Red Hawks	Cedar Springs	<i>2:02.55</i>	4-16	Cedar Springs
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1600 run	Olivia Sydow	West Catholic	5:25.60	4-14	West Catholic

1600 run	Breeann Ovokaitys	Cedar Springs	5:32.30	4-28	Cedar Springs	
1600 run	Allison Scheidel	Sparta	5:34.60	5-04	Comstock Park	
1600 run	Katelyn Cnossen	Sparta	5:36.00	5-04	Comstock Park	
1600 run	Nina Cahill	GR Central	5:41.51	4-16	Cedar Springs	
1600 run	Lindsey Klomparens	GR Central	5:46.72	5-04	Comstock Park	
1600 run	Kiera Jack	FH Northern	5:48.80	4-28	Coopersville	
1600 run	Olivia Quam	West Catholic	5:53.02	5-04	West Catholic	
1600 run	Jill Pindar	West Catholic	5:53.86	5-04	West Catholic	
1600 run	Lesley Albert	Belding	5:54.31	4-28	Belding	
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4 x 100	Huskies	FH Northern	51.66	4-23	FHN	
4 x 100	Falcons	West Catholic	51.67	4-23	FHN	
4 x 100	Spartans	Sparta	52.66	4-28	Sparta	
4 x 100	Rams	GR Central	54.80	4-28	Belding	
4 x 100	Broncos	Coopersville	55.78	5-04	West Catholic	
4 x 100	Redskins	Belding	55.85	4-16	Belding	
4 x 100	Red Hawks	Cedar Springs	58.31	4-14	Sparta	
4 x 100	Panthers	Comstock Park	59.26	4-28	Comstock Park	
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400 Dash	Emmaly Smith	West Catholic	62.67	4-28	Sparta	
400 Dash	Jace Mitcham	FH Northern	63.17	4-28	Coopersville	
400 Dash	Katie Allers	Coopersville	63.41	5-04	West Catholic	
400 Dash	Paige Urlaub	Sparta	63.43	5-04	Comstock Park	
400 Dash	Rieley Anglin-Hondalus	Cedar Springs	63.76	4-23	FHN	
400 Dash	Katie Sochacki	West Catholic	64.48	4-28	Sparta	
400 Dash	Rebecca Veneklase	West Catholic	64.81	5-04	West Catholic	
400 Dash	Alli Veneklase	West Catholic	65.09	5-04	West Catholic	
400 Dash	Michelle Kuzma	West Catholic	65.10	4-28	Sparta	
400 Dash	Morgan Gould	Comstock Park	65.23	4-28	Comstock Park	
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300 Hurdles	Andrea Kober	Sparta	45.99	5-04	Comstock Park	46.23 FAT
300 Hurdles	Chelsea Andrews	Sparta	49.70	4-28	Sparta	
300 Hurdles	Lynette Robinson	Coopersville	50.17	5-04	West Catholic	
300 Hurdles	Lauren Richard	FH Northern	50.25	5-04	Comstock Park	
300 Hurdles	Amanda Russo	Comstock Park	50.28	5-04	Comstock Park	
300 Hurdles	Libby Schichtel	West Catholic	50.55	4-28	Sparta	
300 Hurdles	Katie Townsend	West Catholic	50.87	5-04	West Catholic	
300 Hurdles	Daishonne Mitz-Klyce	GR Central	51.56	4-23	FHN	
300 Hurdles	Brianna Pickett	FH Northern	52.06	4-23	FHN	
300 Hurdles	Kendra Meyers	West Catholic	53.27	4-16	West Catholic	
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800 Run	Olivia Sydow	West Catholic	2:26.93	4-28	Sparta	
800 Run	Allison Scheidel	Sparta	2:30.20	4-14	Sparta	
800 Run	Breeann Ovokaitys	Cedar Springs	2:31.53	4-14	Sparta	
800 Run	Emmaly Smith	West Catholic	2:32.54	5-04	West Catholic	
800 Run	Annabelle Schuelke	GR Central	2:32.56	4-23	FHN	
800 Run	Maria Ervin	FH Northern	2:38.06	4-23	FHN	

800 Run	Emily Childers	Coopersville	2:38.50	5-04	West Catholic
800 Run	Meagan Beckwith	GR Central	2:38.69	4-16	Cedar Springs
800 Run	Bianca Morrow	GR Central	2:39.08	4-16	Cedar Springs
800 Run	Paige Urlaub	Sparta	2:39.41	4-23	Coopersville
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200 Dash	Areil Holt	FH Northern	26.36	4-23	FHN
200 Dash	Jessica Smith	Comstock Park	27.31	5-04	Comstock Park
200 Dash	Kelsey Blystone	Sparta	27.35	5-04	Comstock Park
200 Dash	Reshelle Carter	GR Central	27.80	4-16	Cedar Springs
200 Dash	Destiny Todd	FH Northern	27.96	4-28	Coopersville
200 Dash	Halley Love	Sparta	27.96	5-04	Comstock Park
200 Dash	Katie Allers	Coopersville	28.01	4-28	Coopersville
200 Dash	Kendra Meyers	West Catholic	28.10	5-04	West Catholic
200 Dash	Kelly Morrissey	West Catholic	28.45	4-16	West Catholic
200 Dash	Emmaly Smith	West Catholic	28.61	4-28	Sparta
.					
3200 Run	Olivia Sydow	West Catholic	11:20.46	5-04	West Catholic
3200 Run	Katelyn Cnossen	Sparta	12:11.58	4-28	Sparta
3200 Run	Nina Cahill	GR Central	12:23.46	4-23	FHN
3200 Run	Breeann Ovokaity	Cedar Springs	12:31.10	4-28	Cedar Springs
3200 Run	Olivia Quam	West Catholic	12:32.73	4-28	Sparta
3200 Run	Nikki Keller	FH Northern	12:36.86	4-23	FHN
3200 Run	Keira Jack	FH Northern	12:41.66	4-23	FHN
3200 Run	Lesley Albert	Belding	12:51.19	4-28	Belding
3200 Run	Bayley Ravel	Sparta	13:06.75	4-28	Sparta
3200 Run	Jill Pidar	West Catholic	13:09.76	4-23	FHN
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4 x 400	Spartans	Sparta	4:14.03	4-28	Sparta
4 x 400	Falcons	West Catholic	4:15.57	4-28	Sparta
4 x 400	Red Hawks	Cedar Springs	4:28.86	4-23	FHN
4 x 400	Rams	GR Central	4:31.06	4-14	Coopersville
4 x 400	Panthers	Comstock Park	4:31.20	4-28	Comstock Park
4 x 400	Broncos	Coopersville	4:36.25	4-28	Coopersville
4 x 400	Redskins	Belding	4:38.53	4-23	Coopersville
4 x 400	Huskies	FH Northern	4:39.75	4-28	Coopersville
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High Jump	Abby Timmer	FH Northern	5-02	4-16	West Catholic
High Jump	Katelyn Cnossen	Sparta	4-10	4-14	Sparta
High Jump	Lynette Robinson	Coopersville	4-10	4-23	Coopersville
High Jump	Andrea Powers	West Catholic	4-10	4-28	Sparta
High Jump	Heather Holmes	Cedar Springs	4-10	4-28	Comstock Park
High Jump	Kristi Sterkenburg	West Catholic	4-08	4-16	West Catholic
High Jump	Sara Idema	FH Northern	4-08	4-28	Coopersville
High Jump	Brooke Denham	Belding	4-08	4-30	Cedar Springs
High Jump	Elle Sturgell	West Catholic	4-07	5-04	West Catholic
High Jump	Megan Collison	West Catholic	4-06	4-14	West Catholic
High Jump	Shannicia Love	FH Northern	4-06	4-21	Belding

High Jump	Samantha Pfeffer	Sparta	4-06	4-23	Coopersville
Pole Vault	Kelly Morrissey	West Catholic	10-06	4-14	West Catholic
Pole Vault	Alyssa Pindar	West Catholic	10-06	5-04	West Catholic
Pole Vault	Halley Love	Sparta	09-06	5-04	Comstock Park
Pole Vault	Libby Schichtel	West Catholic	09-00	4-14	West Catholic
Pole Vault	Lydia Reyburn	Sparta	09-00	5-04	Comstock Park
Pole Vault	Carmen Bilbao	FH Northern	08-06	5-04	Comstock Park
Pole Vault	Loralee Zemaitis	Coopersville	07-06	4-28	Coopersville
Pole Vault	Alexa Keene	Comstock Park	07-06	5-04	Comstock Park
Pole Vault	Sheila Johnson	Belding	07-00	4-14	West Catholic
Pole Vault	Haley Hawes	Cedar Springs	07-00	4-23	FHN
Pole Vault	Taylor Barger	Belding	06-06	4-28	Belding
Pole Vault	Kelsey Thome	Sparta	06-06	4-23	Coopersville
Long Jump	Jessica Smith	Comstock Park	16-00	4-16	Belding
Long Jump	Rieley Anglin-Hondalus	Cedar Springs	15-09	4-30	Cedar Springs
Long Jump	Lydia Reyburn	Sparta	15-06.25	4-23	Coopersville
Long Jump	Michelle Kuzma	West Catholic	15-04.75	4-28	Sparta
Long Jump	Lauren Richards	FH Northern	15-02.75	4-28	Coopersville
Long Jump	Shannicia Love	FH Northern	15-01.5	5-04	Comstock Park
Long Jump	Channon Campbell	FH Northern	15-01	5-04	Comstock Park
Long Jump	Larissa Copeland	West Catholic	14-11.5	4-23	FHN
Long Jump	Lydia Reyburn	Sparta	14-10.5	5-04	Comstock Park
Long Jump	Katie Townsend	West Catholic	14-10	4-16	West Catholic
Discus	Alyssa Zokoe	Coopersville	110-05	4-21	Cedar Springs
Discus	Erin Swinger	Comstock Park	108-09	4-28	Comstock Park
Discus	Amber TerHaar	Cedar Springs	104-00	4-23	FHN
Discus	EllaKate Wagner	Belding	098-08	4-16	Belding
Discus	Olivia Simon	Cedar Springs	090-05	4-23	FHN
Discus	Cassidy Bradley	FH Northern	086-01	5-04	Comstock Park
Discus	Kendra Meyers	West Catholic	085-03	4-23	FHN
Discus	Janae Young	GR Central	084-11	4-16	Cedar Springs
Discus	Tabitha Portillo	Cedar Springs	084-07	4-21	Cedar Springs
Discus	Michelle Michel	Sparta	083-04	4-28	Sparta
Shot Put	Alyssa Zokoe	Coopersville	37-11.5	4-23	Coopersville
Shot Put	Miranda Andrews	Coopersville	36-09.25	5-04	West Catholic
Shot Put	Erin Swinger	Comstock Park	33-10.5	5-04	Comstock Park
Shot Put	EllaKate Wagner	Belding	33-07	4-14	West Catholic
Shot Put	Kendra Meyers	West Catholic	33-06	5-04	West Catholic
Shot Put	Amber TerHaar	Cedar Springs	32-05.5	4-28	Comstock Park
Shot Put	Betsy Bilder	West Catholic	29-09.25	4-16	West Catholic
Shot Put	Janae Young	GR Central	29-04.5	4-16	Cedar Springs
Shot Put	Michelle Michel	Sparta	29-01.5	4-28	Sparta
Shot Put	Tabitha Portillo	Cedar Springs	28-01.5	4-16	Cedar Springs