

BOYS TRACK

SHOT PUT	Dan Dominguez (Redford CC) 53.2 Ken Pennington (Wayne) 53.3 Nick Shalek (Harrison) 51.6 Matt Lawson (Franklin) 50.13 Mike Samples (John Glenn) 50.10 Brian Douglas (Redford CC) 49.0 Chris Knox (Redford CC) 48.0 Kirk Moudros (N. Farmington) 47.21 Kevin Kall (Canton) 45.8 Nick McFadden (Churchill) 45.1
DISCUS	Nick Shalek (Harrison) 178.2 Kevin Kall (Canton) 159.0 Mike Samples (John Glenn) 150.0 Matt Lawson (Franklin) 154.2 Ken Pennington (Wayne) 149.0 Dave Heiser (Salem) 138.4 Kirk Moudros (N. Farmington) 133.2 Dan Dominguez (Redford CC) 129.7 Mike Magretta (Churchill) 129.0 Kurt Roedman (John Glenn) 128.21
LONG JUMP	Dave Jarrett (John Glenn) 23.6 Paul Terak (Franklin) 23.1 Tim Moore (John Glenn) 21.1 Eric Larson (Canton) 20.11 Jason Mangrove (Canton) 20.8 Andrew Wilder (N. Farmington) 20.21 Kevin Woods (Harrison) 20.1 Dustin Campbell (Luth. Wald.) 20.0 Andrew Dawson (John Glenn) 19.7 Ryan Knox (Thurston) 19.5
HIGH JUMP	Joel Fodor (Harrison) 6.3 David Poppel (Redford CC) 6.3 Clay Jenson (Farmington) 6.2 Mike Phillips (John Glenn) 6.2 Tim Moore (John Glenn) 6.2 Ryan Kearney (Churchill) 6.2 Dan Colp (Franklin) 6.0 Mike Driscoll (Salem) 6.0 Albert Cook (Lutheran Wald.) 6.0
POLE VAULT	Paul Terak (Franklin) 15.4 David Glenn (John Glenn) 12.6 Mike Rabert (John Glenn) 12.0 Matt Weber (Churchill) 12.0 Derek Lasowski (Harrison) 12.0 Ryan Kosutic (N. Farmington) 11.6 Luke Norton (Lutheran Wald.) 11.0 Brandon LaPointe (Churchill) 11.0 Ryan Sjogvist (Franklin) 11.0
100-METER DASH	Harden James (John Glenn) 10.8 Chris Knox (Harrison) 10.9 Jerrard Johnson (Harrison) 11.0 Phil Boucher (Thurston) 11.0 Paul Terak (Franklin) 11.1 Dave Koshizawa (Canton) 11.1 Mike Shull (Salem) 11.1 David Jarrett (John Glenn) 11.2 Scott Kingman (Salem) 11.2 Brian Teeley (Redford CC) 11.2
200 DASH	Paul Terak (Franklin) 22.7 Keith Bartle (Harrison) 22.7 Scott Kingman (Salem) 22.8 Chris Knox (Harrison) 22.8 Jerrard Johnson (Harrison) 23.0 Harden James (John Glenn) 23.1 Ryan Kearney (Churchill) 23.1 Brian Teeley (Redford CC) 23.1 Mike Lifer (N. Farmington) 23.3 Dave Koshizawa (Canton) 23.3
400 RUN	Brian Teeley (Redford CC) 51.9 Andy Briggs (Salem) 52.2 Ian Searcy (Salem) 52.2 Ryan Kearney (Churchill) 52.2 Paul Terak (Franklin) 52.4 Jason Sharpe (Harrison) 52.9

Senior Nick Shalek shattered his own school record in the discus Tuesday as Farmington Harrison crushed Waldo West-ern in a showdown for the Western Division boys track title, 100-37.

Shalek improved on his previous school record by more than 13 feet when he threw the discus 178 feet, 2 inches. That's nearly 20 feet better than anyone else in Observeland.

He set the standard earlier this season when he threw the discus 162-7, and he broke that record last week with a 164-11 effort.

"Shalek has really taken off," Harrison coach John Reed said. "He's been consistently in the 160-180 range, and he had a good one today."

Both teams were unbeaten in division duals going into the meet, but the Hawks won 14 events, including every relay race, to win going away.

Finalists finish 5-0 in the Western Division and 6-0 overall.

"We were really, really prepared to run well today," Reed said. "It's certainly a surprise that it went that easy, but many of our performances were quite outstanding."

"We went in thinking we had to pull out all the stops to win the meet. The floodgates opened early in the meet, and everything went our way."

"I don't think it reflects just how good they are, but we were very pleased with the results."

Shalek also won the shot put (47-5) and was Harrison's only double individual winner.

Keith Batts won the 200-meter dash (22.7) and was on three relay teams, too. Jerrard Johnson, who won the 100 dash (11.1) and Battle combined with Chris Knox and Kevin Woods to win the sprint relays.

The Hawks set a school record in the 400 with a 43.1 time, improving on the 49.4 they ran at the Observeland Relays. Harrison had a 1:33 time in the 800 relay.

Dual champs

Hawks whip Warriors, win division title

BOYS TRACK

Battle also anchored the 1,600 relay team that included individual winners Wes Morland, Jason Sharpe and Derwin White and finished in 3:36.

Morland won the 300 hurdles (41.6), Sharpe the 400 run (52.9) and White the 800 run (2:10).

Harrison had additional victories from Joel Fodor in the high jump (6-2), Derek Lasowski in the pole vault (12-0) and Jared Roth in the 1,600 run (4:37).

Western's Mike Whiting won the high hurdles (15.3) and Jason Appinal the 3,200 run (10:15).

Knox had a pair of second places in the 100 and 200 with respective times of 11.1 and 22.8. Sharpe was second in the high hurdles (15.6), Dan Turek the 300 hurdles (44.5), John Taylor the 1,600 (2:12), Roth the 3,200 (10:29) and Woods the long jump (19-4 1/2).

North 78, Central 60: The host Raiders concluded a fine dual meet season Tuesday and placed second in the Lakes Division behind only Westland John Glenn with a 4-1 record.

North Farmington, which finished 4-2 overall, won half of the events but had 10 second-place finishes and plenty of depth to defeat Waldo Lake Central.

"It was a great year; I'm proud of all the athletes," North coach Todd Schultz said. "I know it's been a long time since we've done that (finish second in the division)."

"One of our goals was to do well in the division, and we've had a lot of personal records throughout the season."

Mike Lifer won the 100 and 200 dashes in 11.38 and 23.52 and anchored the winning 800 relay team. Ryan Kosutic helped the Raiders win both sprint relays.

Kosutic teamed with Andrew Wilder, Jeff Grossman and Cornell Colbert in the 400 (4:57) and with Ernest Yaldo, Josh Callahan and Lifer in the 800 (1:34.5).

Wilder won the long jump with a

personal best of 20-2 1/4, and Kirk Moudros also won the discus with a personal record of 131-2 1/4.

The Raiders had additional wins from Scott Richmond in the pole vault (9-0) and Mike Millat in the 400 run (53.4).

North had 10 seconds from 20 many athletes: Tim Muir, pole vault (8-6); Nick Pfeiffer, high jump (5-6); Vince Mercader, high hurdles (15.5); Colbert, 100 dash (11.5); Moudros, shot put (45-8); Andrew Wantuck, 1,600 run (4:48.4); Kosutic, long jump (19-1); Callahan, low hurdles (43-3); Dan Gabriel, 800 run (2:06.8); Wilder, 200 dash (24.3).

Jon Berman was third in the 3,200 with a personal best and top-10 time of 10:19.7.

FALCONS WIN RELAYS EVENT: Farmington High won the three-man high jump competition Saturday at the Troy Athens Relays with a combined total of 17 feet, 2 inches.

John Lowry led the way with a jump of 6 feet. Clay Jenson jumped 5-10 and Ben Lukes 5-4 1/2.

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