

Warriors run away with title

The girls track season just keeps getting better and better for Lutheran High Westland.

On the heels of their regional conquest Saturday at Almont, the Lady Warriors completed a perfect Metro Conference season by running away from the nine-team field Tuesday at home.

Lutheran Westland, winning three of four relay events, led the way with 171 points followed by runner-up Bloomfield Hills Kingswood with 135.

The Lutheran girls in Lutheran Westland with first in the mile and two-mile runs with times of 5:42.2 and 12:47.5, respectively. She also teamed up with Jessica Montgomery, Erin Jung and Aimee Anthony to win the two mile relay (11:01.0).

Teammate Jen Dash added a first in the discus (106-11).

The 880 relay quartet of Chelsea Romero, Bekah Hoffmeier, Hanna Hughes and Kriissy Rose was first in 1:56.7.

CLASS C REGIONAL GIRLS TRACK RESULTS
May 22 at Almont
TEAM STANDINGS: 1. Lutheran Westland, 108 points; 2. Almont, 77; 3. Southfield Christian, 72; 4. Detroit DePue, 70; 5. Grosse Pointe Woods University, 62; 6. Detroit Bishop Gorman, 42; 7. Detroit Benedictine, 35; 8. Detroit Dominican, 19; 9. Detroit Rockwell, 10; 10. Detroit Communication & Media Arts, 11; 11. Royal Oak Shrine, 10; 12. Harper Woods, 6; 13. Livonia Clarenceville, 2; 13. (tie) Allen Park Cabaret and Detroit Commerce, 0 each.

Lutheran Westland finished (top 10 qualify for state meet)
Shot putt: 2. Anna Schwabe, 31 feet, 9 1/2 (school record); 4. Carly Higgins, 82.3; discus: 2. Jen Dash, 95-1; 4. Higgins, 82.3; Grosse Pointe Woods University, 5:11.0; Amanda Siles, 4:59; long jump: 1. Anna Roll, 15-1 1/2; pole vault: 2. Kelly Carter, 7-0; 3. (tie) Hoffmeier, 7-0; 300-meter hurdles: 4. Roll, 1:17; 5. 300 hurdles: 4. Hanna Hughes, 5:01; 5. Roll, 5:24; 400: 4. Kriissy Rose, 1:05.0; 6. Hoffmeier, 1:05.0; 800: 3. Tera Kuehne, 2:31.1; 4. Erin Jung, 2:35.8; 1,600: 3. Kuehne, 5:38.0; 5. Mary Eberich, 6:15.2; 3,200: 6. Jen Dash, 12:47.5; 5,000 relay: 3. Lutheran Westland (Chelsea Romero, Roll, Rose, Hughes), 5:40; 800 relay: 4. Lutheran Westland, 1:54.0; 1,600 relay: 2. Lutheran Westland (Jung, Rose, Hughes, Kuehne), 4:19.2; 3,200 relay: 2. Lutheran Westland (Jung, Aimee Anthony, Montgomery, Kuehne), 10:41.5.

GIRLS TRACK & FIELD

SHOT PUT Tiffany Gubush (Salem) 39-11 Paula Tomlin (Salem) 30-11 Emily Yambasay (Salem) 34-10 Shayla Moore (Redford Union) 32-11 Rachel Hill (Redford Union) 33-2 Lisa Basko (Franklin) 33-2 Jenny Schenora (Canton) 33-1 Michelle Bader (Churchill) 31-5 Angie Purcell (Garden City) 32-11 1/2	DISCUS Tiffany Gubush (Salem) 139-4 Julie Taylor (Churchill) 120-9 Jenny Heiser (Churchill) 119-5 Jon Deah (Lutheran Westland) 106-11 Emily Yambasay (Salem) 106-4 Miranda White (Salem) 104-9 Amy Yambasay (Salem) 104-4 Ann Armstrong (Farmington) 102-7 Megan Kelly (Redford Union) 99-0 Julie Kiska (Harrison) 98-5	HIGH JUMP Lafayette Chander (John Glenn) 5-8 Alexia Noel (Ludowick) 5-4 Cary Conch (Harrison) 5-4 Autumn Hicks (Salem) 5-3 Alisa Chappell (Salem) 5-1 Amy Dillcock (Canton) 5-1 Bekah Hoffmeier (Lutheran Westland) 5-1 Falecia Barnett (John Glenn) 5-0 Anna Polasky (Salem) 5-0 Ann Hayden (Ludowick) 4-11 Lacey Miller (Harrison) 4-11 Erin Scura (Garden City) 4-11	LONG JUMP Nicolette Jarrett (John Glenn) 17-2 Lafayette Chander (John Glenn) 16-9 Erin Hayden (Ludowick) 15-11 1/2 Alexia Noel (Ludowick) 15-11 Shayla Moore (Redford Union) 15-3 Jessica Shamberger (Salem) 15-3 Lafayette Chander (John Glenn) 15-0 1/2 Cary Conch (Harrison) 15-0 Jessica Cohen (Churchill) 15-5 April Aquino (Salem) 15-5 Kim Wise (Garden City) 14-0 Kari Cech (Churchill) 14-0 Sharon Wint (Franklin) 13-1 Anna McMillan (Franklin) 13-0 Jan Peterson (Churchill) 13-0 Laura Turner (N. Farmington) 12-8 Kathy VanPutten (Churchill) 12-8 Liliana Cipolletti (Churchill) 12-3 Alisa Chappell (Salem) 12-3 Kristen Schell (Canton) 12-3 Nicole Simonian (John Glenn) 12-3 Jocelyn Boyd (John Glenn) 12-3 Jenny Kim (Garden City) 12-3	100-METER HURDLES Lafayette Chander (John Glenn) 15-0 Alisa Chappell (Salem) 16-0 Erin Hayden (Ludowick) 15-0 Emily Mearns (Harrison) 16-0 Suzanne Peflinak (Ludowick) 16-1 Crystal Alderman (Canton) 16-1 Sara Adams (N. Farmington) 16-1 Krisli Stricker (Farmington) 16-5 Valerie Brown (Salem) 16-6	200-METER DASH Cary Conch (Harrison) 16-7 Cassie Elford (Salem) 16-7 Suzanne Peflinak (Ludowick) 46-5 Nicolette Jarrett (John Glenn) 47-5 Christy Talbot (Salem) 47-5 Cassie Elford (Salem) 48-2 Alisa Chappell (Salem) 48-4 Jenny Heiser (Salem) 48-6 Valerie Brown (Salem) 49-1 Jan Snow (Mersey) 49-2 Hanna Hughes (Lutheran Westland) 50-0 Kari Cech (Churchill) 50-2 Cary Conch (Harrison) 50-4 Angie Morris (Mersey) 51-1 Brianna Watson (Ludowick) 52-0 Rachel Jones (John Glenn) 52-0 Lafayette Chander (John Glenn) 52-8 Hanna Hughes (Lutheran Westland) 52-9 Jessica Barnett (John Glenn) 52-9 Falecia Barnett (John Glenn) 52-9 Michelle Bader (Churchill) 52-9 Beth Keady (Churchill) 53-0 Andrea McMillan (Franklin) 53-1 Angie Minkelson (Salem) 53-1 Lara Bader (Farmington) 53-1 Theresa Chermakoff (Salem) 53-1 Angie Morris (Mersey) 53-4 Rachel Jones (John Glenn) 53-4 Nicolette Jarrett (John Glenn) 53-4 Lafayette Chander (John Glenn) 53-4 Sara Adams (N. Farmington) 53-4 Jessica Shamberger (Salem) 53-4 Brianna Watson (Ludowick) 53-4	300-METER HURDLES Shayla Moore (Redford Union) 27-4 Jennifer Harder (Salem) 27-5 Dayna Clements (N. Farmington) 27-5 Nicolette Jarrett (John Glenn) 28-3 Christy Talbot (Salem) 28-3 Autumn Hicks (Salem) 29-4 Meredith Fox (Canton) 30-0 Jenny Heiser (Salem) 30-0 Rita Malek (Franklin) 30-1 Katie Sherron (Salem) 30-2 Brynn Dehen (Salem) 30-3 Peggy Alvord (Ludowick) 30-5 Christy Talbot (Salem) 30-9 Andrea Parker (Farmington) 31-0 Dawn Daniels (Wayne) 31-0 Ashley Fillon (Churchill) 31-0 Valerie Bumsak (Mersey) 31-0 Kristen Swick (Salem) 31-1 Miranda White (Salem) 31-3 Becky Phelan (Salem) 31-9 Heather Vandette (Salem) 31-9 Kathleen Vandette (Salem) 31-9 Leslie Knapp (Salem) 31-9 Andrea Parker (Farmington) 32-0 Ashley Fillon (Churchill) 32-0 Tessa Kuehne (Lutheran Westland) 32-0 Kristen Swick (Salem) 32-0 Kim Wood (Salem) 32-0 Stephanie Swierka (Churchill) 32-0 Ashley Fillon (Churchill) 32-0 Melanie Meier (Salem) 32-0 Krisli Stricker (Farmington) 32-0	400-METER DASH Jenny Galloway (Canton) 50-4 Kevin Schneider (Franklin) 50-5 Matt Freeborn (Salem) 51-0 Anthony Best (N. Farmington) 52-1 Cassie Elford (Salem) 52-1 Jeff Tucker (Canton) 52-6 Brian Kuznetsov (Redford City) 52-8 Brandon LaPointe (Churchill) 52-8 Ryan Knecht (Franklin) 52-9 Adam Mantley (Thurston) 53-1 Mike Millat (N. Farmington) 53-2 Scott Genard (Thurston) 53-2 Bobby Cushman (Salem) 53-2 Steve Kechamatt (Salem) 53-2 Steve Blomson (Canton) 53-2 Jon Little (Salem) 53-2 Jeff Haller (Redford City) 53-2 Jon Verellen (Salem) 53-2 Jason Rutter (Canton) 53-2 Charlie Stamboulis (N. Farmington) 53-2 Brian Harman (Garden City) 53-2 Nick Allen (Salem) 53-2 Nick Allen (Salem) 53-2 Jon Little (Salem) 53-2 Josh Burr (Franklin) 53-2 Dan Jase (Redford City) 53-2 Charlie Stamboulis (N. Farmington) 53-2 Ed Traynor (Garden City) 53-2 Jon Verellen (Salem) 53-2 Donnie Warner (Salem) 53-2	500-METER RUN Andrea Parker (Farmington) 2:27.0 Dawn Daniels (Wayne) 2:30.0 Ashley Fillon (Churchill) 2:30.7 Valerie Bumsak (Mersey) 2:30.7 Kristen Swick (Salem) 2:31.1 Miranda White (Salem) 2:31.3 Becky Phelan (Salem) 2:31.9 Heather Vandette (Salem) 2:33.5 Kathleen Vandette (Salem) 2:33.5 Leslie Knapp (Salem) 2:33.5 Andrea Parker (Farmington) 2:33.5 Ashley Fillon (Churchill) 2:33.5 Tessa Kuehne (Lutheran Westland) 2:33.5 Kristen Swick (Salem) 2:33.5 Kim Wood (Salem) 2:33.5 Stephanie Swierka (Churchill) 2:33.5 Ashley Fillon (Churchill) 2:33.5 Melanie Meier (Salem) 2:33.5 Krisli Stricker (Farmington) 2:33.5	600-METER RUN Andrea Parker (Farmington) 3:27.0 Dawn Daniels (Wayne) 3:30.0 Ashley Fillon (Churchill) 3:30.7 Valerie Bumsak (Mersey) 3:30.7 Kristen Swick (Salem) 3:31.1 Miranda White (Salem) 3:31.3 Becky Phelan (Salem) 3:31.9 Heather Vandette (Salem) 3:33.5 Kathleen Vandette (Salem) 3:33.5 Leslie Knapp (Salem) 3:33.5 Andrea Parker (Farmington) 3:33.5 Ashley Fillon (Churchill) 3:33.5 Tessa Kuehne (Lutheran Westland) 3:33.5 Kristen Swick (Salem) 3:33.5 Kim Wood (Salem) 3:33.5 Stephanie Swierka (Churchill) 3:33.5 Ashley Fillon (Churchill) 3:33.5 Melanie Meier (Salem) 3:33.5 Krisli Stricker (Farmington) 3:33.5	800-METER RUN Andrea Parker (Farmington) 5:27.0 Dawn Daniels (Wayne) 5:30.0 Ashley Fillon (Churchill) 5:30.7 Valerie Bumsak (Mersey) 5:30.7 Kristen Swick (Salem) 5:31.1 Miranda White (Salem) 5:31.3 Becky Phelan (Salem) 5:31.9 Heather Vandette (Salem) 5:33.5 Kathleen Vandette (Salem) 5:33.5 Leslie Knapp (Salem) 5:33.5 Andrea Parker (Farmington) 5:33.5 Ashley Fillon (Churchill) 5:33.5 Tessa Kuehne (Lutheran Westland) 5:33.5 Kristen Swick (Salem) 5:33.5 Kim Wood (Salem) 5:33.5 Stephanie Swierka (Churchill) 5:33.5 Ashley Fillon (Churchill) 5:33.5 Melanie Meier (Salem) 5:33.5 Krisli Stricker (Farmington) 5:33.5	1,000-METER RUN Andrea Parker (Farmington) 8:27.0 Dawn Daniels (Wayne) 8:30.0 Ashley Fillon (Churchill) 8:30.7 Valerie Bumsak (Mersey) 8:30.7 Kristen Swick (Salem) 8:31.1 Miranda White (Salem) 8:31.3 Becky Phelan (Salem) 8:31.9 Heather Vandette (Salem) 8:33.5 Kathleen Vandette (Salem) 8:33.5 Leslie Knapp (Salem) 8:33.5 Andrea Parker (Farmington) 8:33.5 Ashley Fillon (Churchill) 8:33.5 Tessa Kuehne (Lutheran Westland) 8:33.5 Kristen Swick (Salem) 8:33.5 Kim Wood (Salem) 8:33.5 Stephanie Swierka (Churchill) 8:33.5 Ashley Fillon (Churchill) 8:33.5 Melanie Meier (Salem) 8:33.5 Krisli Stricker (Farmington) 8:33.5	1,200-METER RUN Andrea Parker (Farmington) 9:27.0 Dawn Daniels (Wayne) 9:30.0 Ashley Fillon (Churchill) 9:30.7 Valerie Bumsak (Mersey) 9:30.7 Kristen Swick (Salem) 9:31.1 Miranda White (Salem) 9:31.3 Becky Phelan (Salem) 9:31.9 Heather Vandette (Salem) 9:33.5 Kathleen Vandette (Salem) 9:33.5 Leslie Knapp (Salem) 9:33.5 Andrea Parker (Farmington) 9:33.5 Ashley Fillon (Churchill) 9:33.5 Tessa Kuehne (Lutheran Westland) 9:33.5 Kristen Swick (Salem) 9:33.5 Kim Wood (Salem) 9:33.5 Stephanie Swierka (Churchill) 9:33.5 Ashley Fillon (Churchill) 9:33.5 Melanie Meier (Salem) 9:33.5 Krisli Stricker (Farmington) 9:33.5	1,400-METER RUN Andrea Parker (Farmington) 10:27.0 Dawn Daniels (Wayne) 10:30.0 Ashley Fillon (Churchill) 10:30.7 Valerie Bumsak (Mersey) 10:30.7 Kristen Swick (Salem) 10:31.1 Miranda White (Salem) 10:31.3 Becky Phelan (Salem) 10:31.9 Heather Vandette (Salem) 10:33.5 Kathleen Vandette (Salem) 10:33.5 Leslie Knapp (Salem) 10:33.5 Andrea Parker (Farmington) 10:33.5 Ashley Fillon (Churchill) 10:33.5 Tessa Kuehne (Lutheran Westland) 10:33.5 Kristen Swick (Salem) 10:33.5 Kim Wood (Salem) 10:33.5 Stephanie Swierka (Churchill) 10:33.5 Ashley Fillon (Churchill) 10:33.5 Melanie Meier (Salem) 10:33.5 Krisli Stricker (Farmington) 10:33.5	1,600-METER RUN Andrea Parker (Farmington) 11:27.0 Dawn Daniels (Wayne) 11:30.0 Ashley Fillon (Churchill) 11:30.7 Valerie Bumsak (Mersey) 11:30.7 Kristen Swick (Salem) 11:31.1 Miranda White (Salem) 11:31.3 Becky Phelan (Salem) 11:31.9 Heather Vandette (Salem) 11:33.5 Kathleen Vandette (Salem) 11:33.5 Leslie Knapp (Salem) 11:33.5 Andrea Parker (Farmington) 11:33.5 Ashley Fillon (Churchill) 11:33.5 Tessa Kuehne (Lutheran Westland) 11:33.5 Kristen Swick (Salem) 11:33.5 Kim Wood (Salem) 11:33.5 Stephanie Swierka (Churchill) 11:33.5 Ashley Fillon (Churchill) 11:33.5 Melanie Meier (Salem) 11:33.5 Krisli Stricker (Farmington) 11:33.5	1,800-METER RUN Andrea Parker (Farmington) 12:27.0 Dawn Daniels (Wayne) 12:30.0 Ashley Fillon (Churchill) 12:30.7 Valerie Bumsak (Mersey) 12:30.7 Kristen Swick (Salem) 12:31.1 Miranda White (Salem) 12:31.3 Becky Phelan (Salem) 12:31.9 Heather Vandette (Salem) 12:33.5 Kathleen Vandette (Salem) 12:33.5 Leslie Knapp (Salem) 12:33.5 Andrea Parker (Farmington) 12:33.5 Ashley Fillon (Churchill) 12:33.5 Tessa Kuehne (Lutheran Westland) 12:33.5 Kristen Swick (Salem) 12:33.5 Kim Wood (Salem) 12:33.5 Stephanie Swierka (Churchill) 12:33.5 Ashley Fillon (Churchill) 12:33.5 Melanie Meier (Salem) 12:33.5 Krisli Stricker (Farmington) 12:33.5	2,000-METER RUN Andrea Parker (Farmington) 13:27.0 Dawn Daniels (Wayne) 13:30.0 Ashley Fillon (Churchill) 13:30.7 Valerie Bumsak (Mersey) 13:30.7 Kristen Swick (Salem) 13:31.1 Miranda White (Salem) 13:31.3 Becky Phelan (Salem) 13:31.9 Heather Vandette (Salem) 13:33.5 Kathleen Vandette (Salem) 13:33.5 Leslie Knapp (Salem) 13:33.5 Andrea Parker (Farmington) 13:33.5 Ashley Fillon (Churchill) 13:33.5 Tessa Kuehne (Lutheran Westland) 13:33.5 Kristen Swick (Salem) 13:33.5 Kim Wood (Salem) 13:33.5 Stephanie Swierka (Churchill) 13:33.5 Ashley Fillon (Churchill) 13:33.5 Melanie Meier (Salem) 13:33.5 Krisli Stricker (Farmington) 13:33.5	2,200-METER RUN Andrea Parker (Farmington) 14:27.0 Dawn Daniels (Wayne) 14:30.0 Ashley Fillon (Churchill) 14:30.7 Valerie Bumsak (Mersey) 14:30.7 Kristen Swick (Salem) 14:31.1 Miranda White (Salem) 14:31.3 Becky Phelan (Salem) 14:31.9 Heather Vandette (Salem) 14:33.5 Kathleen Vandette (Salem) 14:33.5 Leslie Knapp (Salem) 14:33.5 Andrea Parker (Farmington) 14:33.5 Ashley Fillon (Churchill) 14:33.5 Tessa Kuehne (Lutheran Westland) 14:33.5 Kristen Swick (Salem) 14:33.5 Kim Wood (Salem) 14:33.5 Stephanie Swierka (Churchill) 14:33.5 Ashley Fillon (Churchill) 14:33.5 Melanie Meier (Salem) 14:33.5 Krisli Stricker (Farmington) 14:33.5	2,400-METER RUN Andrea Parker (Farmington) 15:27.0 Dawn Daniels (Wayne) 15:30.0 Ashley Fillon (Churchill) 15:30.7 Valerie Bumsak (Mersey) 15:30.7 Kristen Swick (Salem) 15:31.1 Miranda White (Salem) 15:31.3 Becky Phelan (Salem) 15:31.9 Heather Vandette (Salem) 15:33.5 Kathleen Vandette (Salem) 15:33.5 Leslie Knapp (Salem) 15:33.5 Andrea Parker (Farmington) 15:33.5 Ashley Fillon (Churchill) 15:33.5 Tessa Kuehne (Lutheran Westland) 15:33.5 Kristen Swick (Salem) 15:33.5 Kim Wood (Salem) 15:33.5 Stephanie Swierka (Churchill) 15:33.5 Ashley Fillon (Churchill) 15:33.5 Melanie Meier (Salem) 15:33.5 Krisli Stricker (Farmington) 15:33.5	2,600-METER RUN Andrea Parker (Farmington) 16:27.0 Dawn Daniels (Wayne) 16:30.0 Ashley Fillon (Churchill) 16:30.7 Valerie Bumsak (Mersey) 16:30.7 Kristen Swick (Salem) 16:31.1 Miranda White (Salem) 16:31.3 Becky Phelan (Salem) 16:31.9 Heather Vandette (Salem) 16:33.5 Kathleen Vandette (Salem) 16:33.5 Leslie Knapp (Salem) 16:33.5 Andrea Parker (Farmington) 16:33.5 Ashley Fillon (Churchill) 16:33.5 Tessa Kuehne (Lutheran Westland) 16:33.5 Kristen Swick (Salem) 16:33.5 Kim Wood (Salem) 16:33.5 Stephanie Swierka (Churchill) 16:33.5 Ashley Fillon (Churchill) 16:33.5 Melanie Meier (Salem) 16:33.5 Krisli Stricker (Farmington) 16:33.5	2,800-METER RUN Andrea Parker (Farmington) 17:27.0 Dawn Daniels (Wayne) 17:30.0 Ashley Fillon (Churchill) 17:30.7 Valerie Bumsak (Mersey) 17:30.7 Kristen Swick (Salem) 17:31.1 Miranda White (Salem) 17:31.3 Becky Phelan (Salem) 17:31.9 Heather Vandette (Salem) 17:33.5 Kathleen Vandette (Salem) 17:33.5 Leslie Knapp (Salem) 17:33.5 Andrea Parker (Farmington) 17:33.5 Ashley Fillon (Churchill) 17:33.5 Tessa Kuehne (Lutheran Westland) 17:33.5 Kristen Swick (Salem) 17:33.5 Kim Wood (Salem) 17:33.5 Stephanie Swierka (Churchill) 17:33.5 Ashley Fillon (Churchill) 17:33.5 Melanie Meier (Salem) 17:33.5 Krisli Stricker (Farmington) 17:33.5	3,000-METER RUN Andrea Parker (Farmington) 18:27.0 Dawn Daniels (Wayne) 18:30.0 Ashley Fillon (Churchill) 18:30.7 Valerie Bumsak (Mersey) 18:30.7 Kristen Swick (Salem) 18:31.1 Miranda White (Salem) 18:31.3 Becky Phelan (Salem) 18:31.9 Heather Vandette (Salem) 18:33.5 Kathleen Vandette (Salem) 18:33.5 Leslie Knapp (Salem) 18:33.5 Andrea Parker (Farmington) 18:33.5 Ashley Fillon (Churchill) 18:33.5 Tessa Kuehne (Lutheran Westland) 18:33.5 Kristen Swick (Salem) 18:33.5 Kim Wood (Salem) 18:33.5 Stephanie Swierka (Churchill) 18:33.5 Ashley Fillon (Churchill) 18:33.5 Melanie Meier (Salem) 18:33.5 Krisli Stricker (Farmington) 18:33.5	3,200-METER RUN Andrea Parker (Farmington) 19:27.0 Dawn Daniels (Wayne) 19:30.0 Ashley Fillon (Churchill) 19:30.7 Valerie Bumsak (Mersey) 19:30.7 Kristen Swick (Salem) 19:31.1 Miranda White (Salem) 19:31.3 Becky Phelan (Salem) 19:31.9 Heather Vandette (Salem) 19:33.5 Kathleen Vandette (Salem) 19:33.5 Leslie Knapp (Salem) 19:33.5 Andrea Parker (Farmington) 19:33.5 Ashley Fillon (Churchill) 19:33.5 Tessa Kuehne (Lutheran Westland) 19:33.5 Kristen Swick (Salem) 19:33.5 Kim Wood (Salem) 19:33.5 Stephanie Swierka (Churchill) 19:33.5 Ashley Fillon (Churchill) 19:33.5 Melanie Meier (Salem) 19:33.5 Krisli Stricker (Farmington) 19:33.5	3,400-METER RUN Andrea Parker (Farmington) 20:27.0 Dawn Daniels (Wayne) 20:30.0 Ashley Fillon (Churchill) 20:30.7 Valerie Bumsak (Mersey) 20:30.7 Kristen Swick (Salem) 20:31.1 Miranda White (Salem) 20:31.3 Becky Phelan (Salem) 20:31.9 Heather Vandette (Salem) 20:33.5 Kathleen Vandette (Salem) 20:33.5 Leslie Knapp (Salem) 20:33.5 Andrea Parker (Farmington) 20:33.5 Ashley Fillon (Churchill) 20:33.5 Tessa Kuehne (Lutheran Westland) 20:33.5 Kristen Swick (Salem) 20:33.5 Kim Wood (Salem) 20:33.5 Stephanie Swierka (Churchill) 20:33.5 Ashley Fillon (Churchill) 20:33.5 Melanie Meier (Salem) 20:33.5 Krisli Stricker (Farmington) 20:33.5	3,600-METER RUN Andrea Parker (Farmington) 21:27.0 Dawn Daniels (Wayne) 21:30.0 Ashley Fillon (Churchill) 21:30.7 Valerie Bumsak (Mersey) 21:30.7 Kristen Swick (Salem) 21:31.1 Miranda White (Salem) 21:31.3 Becky Phelan (Salem) 21:31.9 Heather Vandette (Salem) 21:33.5 Kathleen Vandette (Salem) 21:33.5 Leslie Knapp (Salem) 21:33.5 Andrea Parker (Farmington) 21:33.5 Ashley Fillon (Churchill) 21:33.5 Tessa Kuehne (Lutheran Westland) 21:33.5 Kristen Swick (Salem) 21:33.5 Kim Wood (Salem) 21:33.5 Stephanie Swierka (Churchill) 21:33.5 Ashley Fillon (Churchill) 21:33.5 Melanie Meier (Salem) 21:33.5 Krisli Stricker (Farmington) 21:33.5	3,800-METER RUN Andrea Parker (Farmington) 22:27.0 Dawn Daniels (Wayne) 22:30.0 Ashley Fillon (Churchill) 22:30.7 Valerie Bumsak (Mersey) 22:30.7 Kristen Swick (Salem) 22:31.1 Miranda White (Salem) 22:31.3 Becky Phelan (Salem) 22:31.9 Heather Vandette (Salem) 22:33.5 Kathleen Vandette (Salem) 22:33.5 Leslie Knapp (Salem) 22:33.5 Andrea Parker (Farmington) 22:33.5 Ashley Fillon (Churchill) 22:33.5 Tessa Kuehne (Lutheran Westland) 22:33.5 Kristen Swick (Salem) 22:33.5 Kim Wood (Salem) 22:33.5 Stephanie Swierka (Churchill) 22:33.5 Ashley Fillon (Churchill) 22:33.5 Melanie Meier (Salem) 22:33.5 Krisli Stricker (Farmington) 22:33.5	4,000-METER RUN Andrea Parker (Farmington) 23:27.0 Dawn Daniels (Wayne) 23:30.0 Ashley Fillon (Churchill) 23:30.7 Valerie Bumsak (Mersey) 23:30.7 Kristen Swick (Salem) 23:31.1 Miranda White (Salem) 23:31.3 Becky Phelan (Salem) 23:31.9 Heather Vandette (Salem) 23:33.5 Kathleen Vandette (Salem) 23:33.5 Leslie Knapp (Salem) 23:33.5 Andrea Parker (Farmington) 23:33.5 Ashley Fillon (Churchill) 23:33.5 Tessa Kuehne (Lutheran Westland) 23:33.5 Kristen Swick (Salem) 23:33.5 Kim Wood (Salem) 23:33.5 Stephanie Swierka (Churchill) 23:33.5 Ashley Fillon (Churchill) 23:33.5 Melanie Meier (Salem) 23:33.5 Krisli Stricker (Farmington) 23:33.5	4,200-METER RUN Andrea Parker (Farmington) 24:27.0 Dawn Daniels (Wayne) 24:30.0 Ashley Fillon (Churchill) 24:30.7 Valerie Bumsak (Mersey) 24:30.7 Kristen Swick (Salem) 24:31.1 Miranda White (Salem) 24:31.3 Becky Phelan (Salem) 24:31.9 Heather Vandette (Salem) 24:33.5 Kathleen Vandette (Salem) 24:33.5 Leslie Knapp (Salem) 24:33.5 Andrea Parker (Farmington) 24:33.5 Ashley Fillon (Churchill) 24:33.5 Tessa Kuehne (Lutheran Westland) 24:33.5 Kristen Swick (Salem) 24:33.5 Kim Wood (Salem) 24:33.5 Stephanie Swierka (Churchill) 24:33.5 Ashley Fillon (Churchill) 24:33.5 Melanie Meier (Salem) 24:33.5 Krisli Stricker (Farmington) 24:33.5	4,400-METER RUN Andrea Parker (Farmington) 25:27.0 Dawn Daniels (Wayne) 25:30.0 Ashley Fillon (Churchill) 25:30.7 Valerie Bumsak (Mersey) 25:30.7 Kristen Swick (Salem) 25:31.1 Miranda White (Salem) 25:31.3 Becky Phelan (Salem) 25:31.9 Heather Vandette (Salem) 25:33.5 Kathleen Vandette (Salem) 25:33.5 Leslie Knapp (Salem) 25:33.5 Andrea Parker (Farmington) 25:33.5 Ashley Fillon (Churchill) 25:33.5 Tessa Kuehne (Lutheran Westland) 25:33.5 Kristen Swick (Salem) 25:33.5 Kim Wood (Salem) 25:33.5 Stephanie Swierka (Churchill) 25:33.5 Ashley Fillon (Churchill) 25:33.5 Melanie Meier (Salem) 25:33.5 Krisli Stricker (Farmington) 25:33.5	4,600-METER RUN Andrea Parker (Farmington) 26:27.0 Dawn Daniels (Wayne) 26:30.0 Ashley Fillon (Churchill) 26:30.7 Valerie Bumsak (Mersey) 26:30.7 Kristen Swick (Salem) 26:31.1 Miranda White (Salem) 26:31.3 Becky Phelan (Salem) 26:31.9 Heather Vandette (Salem) 26:33.5 Kathleen Vandette (Salem) 26:33.5 Leslie Knapp (Salem) 26:33.5 Andrea Parker (Farmington) 26:33.5 Ashley Fillon (Churchill) 26:33.5 Tessa Kuehne (Lutheran Westland) 26:33.5 Kristen Swick (Salem) 26:33.5 Kim Wood (Salem) 26:33.5 Stephanie Swierka (Churchill) 26:33.5 Ashley Fillon (Churchill) 26:33.5 Melanie Meier (Salem) 26:33.5 Krisli Stricker (Farmington) 26:33.5	4,800-METER RUN Andrea Parker (Farmington) 27:27.0 Dawn Daniels (Wayne) 27:30.0 Ashley Fillon (Churchill) 27:30.7 Valerie Bumsak (Mersey) 27:30.7 Kristen Swick (Salem) 27:31.1 Miranda White (Salem) 27:31.3 Becky Phelan (Salem) 27:31.9 Heather Vandette (Salem) 27:33.5 Kathleen Vandette (Salem) 27:33.5 Leslie Knapp (Salem) 27:33.5 Andrea Parker (Farmington) 27:33.5 Ashley Fillon (Churchill) 27:33.5 Tessa Kuehne (Lutheran Westland) 27:33.5 Kristen Swick (Salem) 27:33.5 Kim Wood (Salem) 27:33.5 Stephanie Swierka (Churchill) 27:33.5 Ashley Fillon (Churchill) 27:33.5 Melanie Meier (Salem) 27:33.5 Krisli Stricker (Farmington) 27:33.5	5,000-METER RUN Andrea Parker (Farmington) 28:27.0 Dawn Daniels (Wayne) 28:30.0 Ashley Fillon (Churchill) 28:30.7 Valerie Bumsak (Mersey) 28:30.7 Kristen Swick (Salem) 28:31.1 Miranda White (Salem) 28:31.3 Becky Phelan (Salem) 28:31.9 Heather Vandette (Salem) 28:33.5 Kathleen Vandette (Salem) 28:33.5 Leslie Knapp (Salem) 28:33.5 Andrea Parker (Farmington) 28:33.5 Ashley Fillon (Churchill) 28:33.5 Tessa Kuehne (Lutheran Westland) 28:33.5 Kristen Swick (Salem) 28:33.5 Kim Wood (Salem) 28:33.5 Stephanie Swierka (Churchill) 28:33.5
---	--	--	--	---	--	--	--	---	---	---	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--