

BOYS' TRACK

SHOT PUT
 Nick Houstalakis (Redford CC) 54.1
 Mike Maers (Redford CC) 53.6
 Mike Kazi (Redford CC) 53.4
 Mike Gaura (Churchill) 49.5
 Lou Nihiloghy (Redford CC) 49.4
 Guy Dikow (Churchill) 45.14
 Bryant Lawrence (Harrison) 48.9
 Mark Snyder (Salem) 47.6
 Nate Hesterman (Franklin) 47.3
 Matt Lopiccolo (Redford CC) 46.2

DISCUS
 Nick Houstalakis (Redford CC) 180.1
 Scott Genard (Thurston) 159.7
 Guy Dikow (Churchill) 157.10
 Dustin Vrinin (Stevens) 150.2
 Mike Maers (Redford CC) 145.2
 Matt Plankus (Stevens) 142.0
 Lou Nihiloghy (Redford CC) 130.7
 Andy Brown (Salem) 137.0
 Steve Migliore (Harrison) 136.5
 Charlie Reum (Redford CC) 134.7

100M JUMP
 Chris Kalia (Canton) 6.4
 Jordan Chapman (Canton) 6.4
 Lynne Dudy (Farmington) 6.2
 Ryan Kearney (Churchill) 6.2
 Aaron Veltoven (Redford CC) 6.0
 Juan Carlos (Canton) 6.0
 Ryan Kazi (Salem) 6.0
 Brad Tucker (Harrison) 5.11
 Joe Duran (Redford CC) 5.11
 Gabe Brown (Redford Union) 5.11

LONG JUMP
 Ryan Olliger (Lutheran Westland) 21.8
 Eric Scott (Churchill) 21.0
 Kwame Hampton (Wayne) 21.4
 Kevin Woods (Harrison) 20.10
 Gabe Coble (Salem) 20.8
 Igo Oshumbe (Canton) 20.8
 Devin White (Churchill) 20.0
 Pat Johnson (Salem) 20.0
 Brett Banks (Redford CC) 19.11
 Andre Davis (Harrison) 19.10

POLE VAULT
 Joe Frenzo (Garden City) 14.0
 Bert Laskowski (Harrison) 13.8
 Ryan Spitzer (Franklin) 13.0
 Brandon LaPorte (Churchill) 12.6
 Ian Billington (Garden City) 12.6
 Jim Gabel (N. Farmington) 12.6
 Jordan Chapman (Canton) 12.0
 Spencer Simon (Garden City) 12.0
 Jason Davis (Lutheran Westland) 11.6
 Jeff Frederick (Farmington) 11.6

110-METER HURDLES
 Ryan Kearney (Churchill) 14.2
 Nick Hall (Harrison) 14.3
 Ricky Bryant (Harrison) 14.3
 Jay Hayes (Franklin) 14.4
 Ryan Olliger (Lutheran Westland) 14.4
 Dave Clements (Salem) 14.5
 Ryan Thomas (Salem) 14.7
 Brian Jones (Stevens) 14.8
 Don Lukas (Farmington) 15.1
 Chris Kalia (Canton) 15.1
 Brent Hauck (Churchill) 15.1
 Josh Keyes (John Glenn) 15.1
 Joe Turner (Franklin) 15.1

300-METER HURDLES
 Ryan Kearney (Churchill) 29.1
 Nick Hall (Harrison) 40.3
 Pat Hayes (Franklin) 40.3
 Josh Keyes (John Glenn) 40.5
 Dave Brown (Redford Union) 40.6
 Brian Jones (Stevens) 40.8
 Brent Hauck (Churchill) 41.0
 Jeff Frederick (Farmington) 41.4
 Ryan Thomas (Salem) 41.7
 Chris Kalia (Canton) 41.7

400-METER DASH
 Kevin Woods (Harrison) 10.9
 Darryl Anglin (Dishup Burgess) 10.9
 Dorian Duckman (Dishup Burgess) 11.0
 Scott Genard (Thurston) 11.1
 Igo Oshumbe (Canton) 11.1
 Pat Johnson (Salem) 11.1
 Kwame Hampton (Wayne) 11.1
 Mike Scott (Salem) 11.2
 Dustin Gress (Farmington) 11.2
 Chris Munson (Salem) 11.2
 Mike Lenneman (Stevens) 11.2

200-METER DASH
 Kevin Woods (Harrison) 22.2
 Ryan Kearney (Churchill) 22.3
 Mike Scott (Salem) 22.5
 Todd Anthony (Farmington) 22.5
 Jason Ditch (Farmington) 22.8
 Devin White (Churchill) 22.8
 Mark Detach (Farmington) 22.9
 Dustin Gress (Farmington) 23.1
 Aighe Davis (Harrison) 23.1
 Scott Genard (Thurston) 23.2
 Joe Frenzo (Garden City) 23.2

400-METER DASH
 Jerry Gaines (Canton) 50.3
 Kevin Schneider (Franklin) 50.6
 Matt Freeman (Stevens) 51.0
 Anthony Bass (N. Farmington) 51.0
 Gabe Coble (Salem) 52.2
 Mike Miller (N. Farmington) 52.0
 Jack Tiedt (Canton) 52.0
 Brian Kuszyński (Redford CC) 62.8
 Brandon LaPorte (Churchill) 52.8
 Ryan Kracht (Franklin) 52.9

600-METER RUN
 Bobby Cushman (Salem) 2:01.5
 Steve Neasmetti (Stevens) 2:01.8
 Steve Blossom (Canton) 2:02.0
 Joe Little (Salem) 2:02.4
 Jeff Hatten (Redford CC) 2:02.6
 Jeff Verellen (Stevens) 2:02.7
 Jason Rutter (Canton) 2:03.3
 Charlie Stamboulis (N. Farmington) 2:03.2
 Brian Hesterman (Garden City) 2:03.0
 Nick O'Keefe (Redford CC) 2:04.0
 Nick Allen (Salem) 2:04.0

1,000-METER RUN
 Nick Allen (Salem) 4:19.8
 Jon Little (Salem) 4:23.8
 Josh Durr (Franklin) 4:25.5
 Bobby Cushman (Salem) 4:26.2
 Dan Jess (Redford CC) 4:26.5
 Charlie Stamboulis (N. Farmington) 4:26.8
 Ed Traynor (Garden City) 4:27.3
 Joe Verellen (Stevens) 4:30.1
 Donnie Warner (Salem) 4:37.8
 Manvir Gill (Salem) 4:38.2

3,200-METER RUN
 Dan Jess (Redford CC) 9:32.3
 Jim Curtis (Redford CC) 9:37.1
 Nick Allen (Salem) 9:41.1
 Matt Daly (Redford CC) 9:42.0
 Ed Traynor (Garden City) 9:45.3
 Jon Little (Salem) 9:44.0
 Joe Verellen (Stevens) 9:48.4
 Eric Bohn (Stevens) 9:51.3
 Josh Burt (Franklin) 10:03.9
 Joe Robinson (Churchill) 10:08.7

400-METER RELAY
 Farmington 43.5
 Farmington 43.8
 North Farmington 44.0
 Plymouth Camas 44.0
 Bishop Burgess 44.1

800-METER RELAY
 Farmington 1:20.9
 Union Church 1:32.0
 Redford Bishop Burgess 1:31.2
 Plymouth Salem 1:32.9
 Lutheran Westland 1:33.5

1,600-METER RELAY
 Uccle Franklin 3:27.0
 Plymouth Salem 3:29.3
 North Farmington 3:30.5
 Plymouth Camas 3:30.6
 Uccle Church 3:32.3

3,200-METER RELAY
 Plymouth Salem 8:10.6
 Uccle Church 8:11.1
 Plymouth Camas 8:12.3
 Uccle Church 8:21.3
 Uccle Franklin 8:24.3

Track from D4

place relays. Allen shares school records in the 6,400, distance medley and 3,200 relays and the 3,200 run. He will attend Wayne State.

"Nick is one of the best runners to come out of Salem," coach Geoff Baker said. "He worked hard at it to become this. He will be tough to replace."

Dan Jess, senior, Redford CC (3,200 run): Jess had an outstanding cross country season last fall, and he carried the momentum into the spring.

Jess was a Class A regional champion and placed seventh in the state meet (9:37.2). He was runner-up in the 3,200 at the Catholic League meet and was the Operation Friendship champion. Jess had a best time of 9:32.3 in the 3,200.

"It takes a certain mindset to be a distance runner and Dan has it," CC coach Tony Magri said. "Dan is a very talented and hard-working runner whose dedication and determination has enabled him to attain his goals."

"As I mentioned last fall, Dan was our stabilizer and never disappointed us. That certainly carried over to this year's track season."

400 relay, Farmington Harrison (Nick Hall, Ricky Bryant, Andre Davis, Kevin Woods): The Hawks were Observers Relays and regional champions. They had the area's best time at 43.5 seconds.

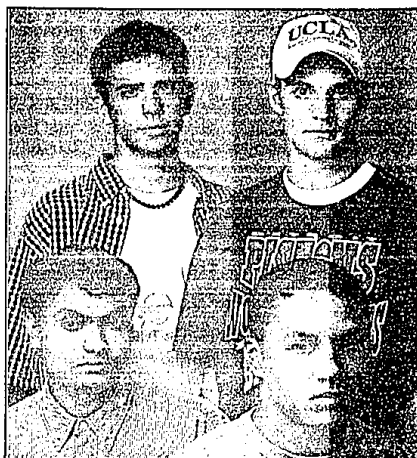
"Injuries prevented this team from running often as a unit," coach John Reed said. "When they did run together, they were the fastest foursome in the area. They're a tremendous group of fine athletes who have great futures ahead of them."

800 relay, Farmington High (Andrew Buck, Jawoll Spinks Mark Detach, Dustin Gress, Todd Anthony): The Falcons were ninth in the state (1:30.0), second in the regional (1:31.8), third in the Western Lakes (1:33.0) and fourth in Oakland County (1:33.9). Buck was a substitute for Spinks in the county meet.

"They worked superbly all season," coach Chip Burgess said. "They were dedicated to the relay and worked hard to make their times and finishes successful."



Best 1,600 relay: Pat Hayes (clockwise from upper left), Nick Houstalakis, Kevin Schneider and Ryan Kracht.



Best 3,200 relay: Salem's Jon Little (clockwise from upper left), Nick Allen, Gabe Coble and Manvir Gill.

The same group also set a school record in the 400 relay with a time of 43.8.

1,600 relay, Livonia Franklin (Pat Hayes, Ryan Kracht, Nick Houstalakis, Kevin Schneider): The Patriots had the best area time at 3:27.6. They were first in the Observers Relays and the regional, and they were second in the Western Lakes and Novi Relays. The Patriots also were unbeaten in dual meets.

"They're a solid group of runners," coach Dale Lee said. "We were able to rely on them all year. They set their goals early to qualify for the state meet and improved all season."

"They gave us some exciting races

this year and were the best 1,600 relay team we've had here in a very long time."

3,200 relay, Plymouth Salem (Gabe Coble, Manvir Gill, Jon Little, Nick Allen): With Salem's top 800 runner senior Bobby Cushman — sidelined with a knee injury, this foursome stepped up at the Ann Arbor Meet of Champions to not only finish first but to do it with the best time of the season in Observers (8:10.6).

The Rocks also won this event at the Observers Relays and the WIAA championships. Allen and Little are graduating (so is Cushman), but Gill and Coble will get another shot at running on this relay.



Dan Jess
Catholic Central



Ricky Bryant
Farmington Harrison



Andre Davis
Farmington Harrison

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