

Girls all-area from page B1



Tiffany Grubough, Plymouth Salem; Jessica Shamberger, Plymouth Salem; Kristy Ramsey, Farmington Hills Mercy



Kim Wise, Garden City; LaTasha Chandler, Westland John Glenn; Cassie Ehlerdt, Livonia Stevenson



Brianna Watson, Livonia Ladywood; Rachel Jones, Plymouth Salem; Autumn Hicks, Plymouth Salem



Andrea Parker, Livonia Stevenson; Heather Vandetta, Livonia Stevenson; Tessa Kuehne, Lutheran Westland

Telford was the Catholic League champion in both. She also won Oakland County and regional titles in the discus.

She qualified for the state meet for the first time and finished fifth in the discus with a throw of 121.1.

"She was second in Kristy Ramsey in team scoring, and that's pretty good for only being in two events," Mercy coach Gary Servais said.

"She has improved every year for three years in a row. She's not resting on her laurels; she keeps going after it."

"I'm hoping she goes after the state (title) next year. She went to state for the first time and did very well."

Jessica Shamberger, long jump, Plymouth Salem: Seven times this season, Shamberger jumped more than 16 feet and prior to an injury at the regional meet would have become a threat at the state finals.

"Her ability to convert exceptional speed and jumping ability into several long distance jumps this season has made the event very competitive for the Rocks," coach Mark Gregor said.

Despite the injury, Shamberger was able to compete in two relay events at the state finals in Rockford and returned with a state-meet medal.

"The future for Jessica is very bright," Gregor said. "She can be one of the better sprinters/long jumpers to ever come out of Salem."

Kristy Ramsey, high jump, Farmington Hills Mercy: Ramsey, a four-year basketball and volleyball player, had quite a year in her first and only season of track and field.

She was a standout in every field event but the pole vault and was ranked among the top 10 in the other four.

Her best was the high jump in which she had the area's highest jump at 5-5 and placed seventh in the Division 1 state meet.

Ramsey also threw the shot put 32-10 and the discus 109-0, and her best effort in the long jump was 35-5.

Performances like that have Mercy coach Gary Servais believing Ramsey could be a good heptathlete (seven-event person) in college, but her original plan was to play volleyball.

In addition to being Mercy's MVP, Ramsey shattered the school record for single-season scoring with 252.66 points, breaking Amy Buhl's 1995 record of 195.57.

Ramsey also won regional and Operation Friendship titles and was runner-up

in the Catholic League in the high jump.

"She had a heckuva year for a first-year kid," Servais said. "I would like to have seen what would have happened if she had competed four years in track and field."

Kim Wise, pole vault, Garden City: Wise was league and regional champion this season and finished seventh at the state meet.

"Kim is a very consistent vaulter," Garden City coach Rob Phillips said. "She is technically one of the best in the state. She is a great athlete with tremendous potential."

LaTasha Chandler, 110-meter hurdles, Westland John Glenn: Chandler scored points in every meet this season and lost only once. Her best time was 14.8 seconds. She finished second in the region and fifth in the semifinals at the state meet.

Chandler also ran the first leg of the 400 and 800 relays.

"LaTasha is very coachable and dedicated to the sport," John Glenn coach John Kitchen said. "She has great work ethics and a great attitude."

Cassie Ehlerdt, 300 hurdles, Livonia Stevenson: Ehlerdt won the 300 hurdles event at regionals with a time of 48.1 seconds and finished fifth in the 110 hurdles. She also helped the Spartans' 1,000 relay to a fifth-place finish.

At the WAAA meet, Ehlerdt was second in the 300 hurdles (47.6) and

eighth in the 110 hurdles.

"Cassie is a four-year, three-sport participant. Not many girls are willing to put in the time that she has to become a variety competitor every season," Stevenson coach Paul Holmberg said. "Her success this season is a deserved reward for the dedication and hard work she has given Stevenson teams."

Brianna Watson, 100 dash, Livonia Ladywood: Headed for Eastern Michigan University in the fall, Watson enjoyed a banner year in the sprints for the Blazers. Her best time in the 100 dash was 12.6.

Ladywood captured its first-ever regional in school history in the Division II meet at Algonac as Watson finished second in the 100 and anchored the first-place 400 relay team.

She was also Catholic League champion in the 100 dash.

At the Division II state meet, Watson teamed up with Laura Yates, Kelly Prodnemsky and Kelly Carey for an eighth place finish (51.56).

Rachel Jones, 200 dash, Plymouth Salem: Jones is the second all-time leading point scorer in Salem history with 1,726 points. Her best individual times in the year 2000 include 12.4 seconds in the 100 dash, 25.8 seconds in the 200 and 60.2 in the 400.

Please see GIRLS TRACK, B4

GIRLS TRACK & FIELD

ALL-OSHSERVIERLAND TEAM FIELD EVENTS

Shot put: 1. Tiffany Grubough, senior, Plymouth Salem; 2. Tasha D'Neal, sophomore, North Farmington; 3. Lisa Baño, junior, Livonia Franklin.

Discus: 1. Judy Telford, junior, Farmington Hills Mercy; 2. Jenny Heiser, senior, Livonia Church Hill; 3. Susan Hand, sophomore, North Farmington.

Long Jump: 1. Jessica Shamberger, sophomore, Plymouth Salem; 2. Amy Driscoll, junior, Plymouth Canton; 3. Brynne DeNeen, senior, Plymouth Salem.

High Jump: 1. Kristy Ramsey, senior, Farmington Hills Mercy; 2. Alexis Noel, sophomore, Livonia Ladywood; 3. Andrea Poleasky, junior, Livonia Stevenson.

Pole Vault: 1. Kim Wise, junior, Garden City; 2. Jane Paterson, senior, Livonia Church Hill; 3. Mari Cazat, junior, Livonia Church Hill.

100-METER HURDLES

1. LaTasha Chandler, junior, Westland John Glenn; 2. Alisa Chacek, senior, Plymouth Salem; 3. Lisa Rosemary, senior, Farmington Harrison.

300 HURDLES: 1. Cassie Ehlerdt, senior, Livonia Stevenson; 2. Kristal Stulcher, junior, Farmington; 3. Valerie Brown, senior, Plymouth Salem.

110-METER HURDLES: 1. Gretta Watson, senior, Livonia Ladywood; 2. Michelle Bonior, junior, Plymouth Salem; 3. Angilia Makosien, sophomore, Livonia Stevenson.

400-METER HURDLES: 1. Rachel Jones, senior, Plymouth Salem; 2. Devne Clemons, senior, North Farmington; 3. (tie) Alexandria Martrian, Farmington Hills Mercy; Rita Males, junior, Livonia Franklin.

800 METERS: 1. Autumn Hicks, junior, Plymouth Salem; 2. Meredith Fox, senior, Plymouth Canton; 3. Dominique Whitner, freshman, Bishop Borgias.

1,000 METERS: 1. Andrea Parker, senior, Livonia Stevenson; 2. Sarah Westrick, freshman, Livonia Church Hill; 3. Andrea Doud, sophomore, Livonia Ladywood.

1,600 METERS: 1. Heather Vandetta, sophomore, Livonia Stevenson; 2. Tessa Tarole, freshman, Livonia Stevenson; 3. Holly Stoddon, senior, North Farmington.

3,200 METERS: 1. Tessa Kuehne, sophomore, Lutheran Westland; 2. Susan Duncan, freshman, Livonia Stevenson; 3. Sara Pilon, freshman, Livonia Stevenson.

400-METER RELAY: 1. Plymouth Salem (Michelle Bonior, Susan Woodard, Jessica Shamberger, Rachel Jones); 2. Livonia Ladywood (Laura Yale, Kelly Prodnemsky, Kelly Carey, Brianna Watson); 3. Westland John Glenn (LaTasha Chandler, Felicia Barnett, Elizabeth Casser, She-Nelle Brown).

800-METER RELAY: 1. Plymouth Salem (Autumn Hicks, Caitlin Davis, Brynne DeNeen, Rachel Jones); 2. Westland John Glenn (LaTasha Chandler, Felicia Barnett, Elizabeth Casser, She-Nelle Brown); 3. Livonia Stevenson (Erin Mazzoni, Angela Altman, Theresa Chremakoff, Kristie Juchaczki).

1,600-METER RELAY: 1. Plymouth Salem (Autumn Hicks, Brynne DeNeen, Alissa Chappell, Rachel Jones); 2. Plymouth Canton; 3. Livonia Stevenson (Erin Mazzoni, Meredith Kinkaid, Cassie Ehlerdt, Andrea Parker).

3,200-METER RELAY: 1. Livonia Stevenson (Andrea Parker, Erin Mazzoni, Heather Vandetta, Tessa Tarole); 2. Livonia Church Hill (Sarah Westrick, Michelle Phillips, Susan Duncan, Rachel Woodley); 3. North Farmington (Aime Lieberman, Holly Stoddon, Kelly Kuo, Heidi Frank).

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