

Mike Lints Laker Challenge - 2/13/04

Grand Valley State University

Allendale, Michigan

Results

Event 1 Men 55 Meter Dash

| Name | Year | School | Prelims | H# |
|---------------------|------|--------------|---------|----|
| Preliminaries | | | | |
| 1 Friebel, Chris | SO | Calvin | 6.58q | 2 |
| 2 Rejc, Jim | SR | Grand Valley | 6.65q | 1 |
| 3 Chamberlin, Adam | SO | Aquinas | 6.78q | 2 |
| 3 Kalinowski, Jon | SO | Unattached | 6.78q | 1 |
| 5 Gardner, Robert | HS | Unattached | 6.81q | 3 |
| 6 Schuberg, Kyle | FR | Ferris | 6.87q | 3 |
| 7 Hoekenga, A. J. | JR | Aquinas | 6.89q | 1 |
| 8 Phillips, Anthony | SO | Unattached | 6.91q | 3 |

Event 1 Men 55 Meter Dash

| Name | Year | School | Finals | H# |
|---------------------|------|--------------|--------|----|
| Finals | | | | |
| 1 Rejc, Jim | SR | Grand Valley | 6.63 | 1 |
| 2 Friebel, Chris | SO | Calvin | 6.64 | 1 |
| 3 Kalinowski, Jon | SO | Unattached | 6.75 | 1 |
| 4 Chamberlin, Adam | SO | Aquinas | 6.76 | 1 |
| 5 Gardner, Robert | HS | Unattached | 6.79 | 2 |
| 6 Schuberg, Kyle | FR | Ferris | 6.81 | 2 |
| 7 Hoekenga, A. J. | JR | Aquinas | 6.87 | 2 |
| 8 Phillips, Anthony | SO | Unattached | 6.90 | 2 |

Event 2 Women 55 Meter Dash

| Name | Year | School | Prelims | H# |
|---------------------|------|--------------|---------|----|
| Preliminaries | | | | |
| 1 Abbring, Susan | JR | Calvin | 7.41q | 2 |
| 2 Szatkowski, April | SO | Grand Valley | 7.46q | 1 |
| 3 Treppa, Pam | SO | Grand Valley | 7.50q | 1 |
| 4 Ellis, Sarah | JR | Aquinas | 7.52q | 3 |
| 5 Shinn, Liz | FR | Grand Valley | 7.60q | 4 |
| 6 Rolle, Gizelle | SO | Aquinas | 7.63q | 3 |
| 7 Beattie, Laura | SR | Aquinas | 7.66q | 1 |
| 8 Borek, Michelle | SR | Aquinas | 7.67q | 1 |
| 9 Smith, Kate | FR | Grand Valley | 7.70 | 2 |
| 10 Homer, Meredith | FR | Calvin | 7.77 | 4 |
| 11 Geelhoed, Lias | FR | Calvin | 7.91 | 3 |
| 12 Bjerne, Tara | FR | Alma | 8.70 | 2 |

Event 2 Women 55 Meter Dash

| Name | Year | School | Finals | H# |
|---------------------|------|--------------|--------|----|
| Finals | | | | |
| 1 Szatkowski, April | SO | Grand Valley | 7.34 | 1 |
| 2 Abbring, Susan | JR | Calvin | 7.36 | 1 |

| | | | | |
|---|-----------------|-----------------|------|---|
| 3 | Ellis, Sarah | JR Aquinas | 7.42 | 1 |
| 4 | Treppa, Pam | SO Grand Valley | 7.49 | 1 |
| 5 | Rolle, Gizelle | SO Aquinas | 7.53 | 2 |
| 6 | Shinn, Liz | FR Grand Valley | 7.54 | 2 |
| 7 | Beattie, Laura | SR Aquinas | 7.61 | 2 |
| 8 | Borek, Michelle | SR Aquinas | 7.64 | 2 |

Event 3 Men 55 Meter Hurdles

| Name | Year | School | Prelims | H# |
|---------------|------------------|-----------------|---------|----|
| Preliminaries | | | | |
| 1 | Hoppough, Boomer | SR Grand Valley | 7.78q | 3 |
| 2 | Freeman, Jimmie | SO Grand Valley | 7.90q | 2 |
| 3 | LeFevre, Joe | SO Grand Valley | 8.08q | 3 |
| 4 | Rosser, Nickos | FR Aquinas | 8.09q | 2 |
| 5 | Sportel, Reuben | JR Calvin | 8.18q | 1 |
| 6 | Austhof, Bernard | Cornerstone | 8.26q | 1 |
| 7 | Heslinga, Justin | SO Calvin | 8.94q | 1 |
| 8 | Wearing, Casey | SO Aquinas | 9.30q | 3 |
| 9 | Sportel, Sam | FR Calvin | 9.51 | 2 |

Event 3 Men 55 Meter Hurdles

| Name | Year | School | Finals | H# |
|--------|------------------|-----------------|--------|----|
| Finals | | | | |
| 1 | Hoppough, Boomer | SR Grand Valley | 7.69 | 1 |
| 2 | LeFevre, Joe | SO Grand Valley | 7.81 | 1 |
| 3 | Austhof, Bernard | Cornerstone | 8.16 | 2 |
| 4 | Heslinga, Justin | SO Calvin | 8.83 | 2 |
| 5 | Wearing, Casey | SO Aquinas | 9.90 | 2 |
| -- | Sportel, Reuben | JR Calvin | DNF | 2 |
| -- | Rosser, Nickos | FR Aquinas | DNF | 1 |

Event 4 Women 55 Meter Hurdles

| Name | Year | School | Prelims | H# |
|---------------|---------------------|-----------------|---------|----|
| Preliminaries | | | | |
| 1 | Baker, Alex | SR Grand Valley | 8.45q | 1 |
| 2 | Kent, Natalie | FR Aquinas | 8.52q | 1 |
| 3 | O'Shesky, Jennifer | FR Grand Valley | 8.58q | 1 |
| 4 | Mergener, Heather | SR Grand Valley | 8.92q | 3 |
| 5 | Warnke, Sarah | SR Grand Valley | 9.17q | 3 |
| 6 | Hendriks, Christine | SO Calvin | 9.38q | 4 |
| 6 | Chang, Sue | FR Aquinas | 9.38q | 2 |
| 8 | Vogel, Lorilyn | FR Calvin | 9.41q | 4 |
| 9 | Brooks, Kristin | FR Unattached | 9.70 | 2 |
| 10 | Kaminski, Becky | SO Grand Valley | 9.72 | 2 |
| 11 | Meister, Jamie | FR Unattached | 10.02 | 4 |
| 12 | Siekmeier, Jessica | FR Calvin | 10.05 | 4 |
| 13 | O'Conner, Allison | FR Una-Cmu | 10.56 | 2 |

Event 4 Women 55 Meter Hurdles

| Name | Year | School | Finals | H# |
|--------|--------------------|-----------------|--------|----|
| Finals | | | | |
| 1 | Baker, Alex | SR Grand Valley | 8.46 | 1 |
| 2 | O'Shesky, Jennifer | FR Grand Valley | 8.83 | 1 |

| | | | | |
|---|---------------------|-----------------|------|---|
| 3 | Kent, Natalie | FR Aquinas | 8.93 | 1 |
| 4 | Mergener, Heather | SR Grand Valley | 8.96 | 1 |
| 5 | Chang, Sue | FR Aquinas | 9.24 | 2 |
| 6 | Warnke, Sarah | SR Grand Valley | 9.26 | 2 |
| 7 | Vogel, Lorilyn | FR Calvin | 9.31 | 2 |
| 8 | Hendriks, Christine | SO Calvin | 9.39 | 2 |

Event 5 Men 5000 Meter Run

| Name | Year | School | Finals |
|------|------------------|-----------------|----------|
| 1 | Kaczor, Matt | JR Una-Cmu | 15:03.53 |
| 2 | Terpstra, Mark | SO Grand Valley | 15:06.14 |
| 3 | VanderMeer, Mark | FR Grand Valley | 15:24.55 |
| 4 | Harvey, Dave | SO Grand Valley | 15:30.60 |
| 5 | Keilen, Brian | FR Aquinas | 15:31.53 |
| 6 | Pabst, Chris | FR Grand Valley | 15:36.05 |
| 7 | Young, Robbie | FR Unattached | 15:46.36 |
| 8 | Williams, Luke | Oakland U. | 15:47.86 |
| 9 | Foley, Leo | JR Aquinas | 15:52.38 |
| 10 | Fujioka, Nathan | FR Grand Valley | 16:08.33 |
| 11 | Haveman, Robert | XX Striders | 16:23.16 |
| 12 | Wegert, Phil | JR Aquinas | 17:07.74 |

Event 6 Women 5000 Meter Run

| Name | Year | School | Finals |
|------|----------------------|-----------------|----------|
| 1 | Seckinger, Jeannette | SR Grand Valley | 18:04.59 |
| 2 | Sliwinski, Steph | SR Grand Valley | 18:06.07 |
| 3 | Kandas, Stacey | FR Unattached | 18:26.76 |
| 4 | Jaquith, Sarah | FR Grand Valley | 18:49.31 |
| 5 | Singleton, Karlie | FR Grand Valley | 18:57.88 |
| 6 | Beeny, Bridgette | FR Grand Valley | 19:17.03 |
| -- | Ewing, Natalie | JR Grand Valley | DNF |

Event 7 Men 3000 Meter Run

| Name | Year | School | Finals |
|------|------------------|-------------------|---------|
| 1 | McMullen, Paul | XX US Coast Gaurd | 8:34.03 |
| 2 | Edwards, Matt | SR Calvin | 8:38.69 |
| 3 | Henning, Jacques | JR Una-Cmu | 8:39.96 |
| 4 | Yazzie, Andy | SO Calvin | 8:45.49 |
| 5 | Sicilia, Matt | Unattached | 8:51.30 |
| 6 | Reynolds, Bill | FR Calvin | 8:51.40 |
| 7 | Luehm, Jeff | JR Aquinas | 8:53.93 |
| 8 | Warner, Tyson | Unattached | 8:56.49 |
| 9 | Graff, Eric | Unattached | 8:58.22 |
| 10 | Therrian, Frank | FR Una-Cmu | 9:03.18 |
| 11 | Reasoner, Joel | SR Calvin | 9:04.65 |
| 12 | Robertz, Chris | FR Aquinas | 9:10.03 |
| 13 | Maleski, Shane | FR Unattached | 9:20.10 |
| 14 | Tenhopen, Luke | FR Unattached | 9:25.09 |
| 15 | Lynn, Joe | SR Aquinas | 9:28.07 |
| 16 | Malaski, Brent | FR Aquinas | 9:35.04 |
| 17 | Bader, Ken | SR Grand Valley | 9:36.50 |
| 18 | Paul, David | SO Grand Valley | 9:38.91 |
| 19 | Baalarud, Andrew | FR Grand Valley | 9:43.26 |
| 20 | Makries, Jeff | JR Aquinas | 9:46.19 |
| 21 | Fujioka, Jeff | FR Grand Valley | 9:46.90 |

Event 8 Women 3000 Meter Run

| Name | Year School | Finals |
|--------------------|-----------------|----------|
| 1 Chapman, Rossana | FR Unattached | 10:58.50 |
| 2 Martin, Diana | JR Grand Valley | 11:07.88 |
| 3 Friday, Pam | FR Unattached | 11:12.56 |
| 4 Dillion, Alecia | FR Unattached | 11:12.75 |
| 5 Wiltzer, Rebecca | SR Grand Valley | 11:33.20 |
| 6 Erber, Elyse | FR Unattached | 12:03.34 |

Event 9 Men 1 Mile Run

| Name | Year School | Finals |
|----------------------|-----------------|---------|
| 1 Peck, Nate | FR Unattached | 4:15.33 |
| 2 Derby, Peter | XX Unattached | 4:20.53 |
| 3 Koster, Kris | SR Calvin | 4:21.70 |
| 4 Avery, Tim | SR Calvin | 4:24.82 |
| 5 Carrick, Kyle | SR Calvin | 4:25.64 |
| 6 Gatlin, Nic | SO Grand Valley | 4:26.22 |
| 7 Holm, Ryan | FR Grand Valley | 4:27.03 |
| 8 Terhune, Blake | SO Grand Valley | 4:27.40 |
| 9 Assenmacher, Scott | FR Aquinas | 4:27.62 |
| 10 May, Josh | SR Aquinas | 4:31.12 |
| 11 Hunter, Brad | FR Unattached | 4:32.67 |
| 12 Schuster, Todd | FR Calvin | 4:34.52 |
| 13 Post, Joel | SR Calvin | 4:35.75 |
| 14 Koopmans, Casey | SR Calvin | 4:35.91 |
| 15 Whitman, Joe | JR Alma | 4:36.83 |
| 16 Villarreal, Juan | SR Grand Valley | 4:38.67 |
| 17 Tiffany, Mick | FR Grand Valley | 4:40.95 |
| 18 Rollett, Paul | FR Calvin | 4:43.00 |
| 19 Anderson, Matt | FR Grand Valley | 4:43.05 |
| 20 Earl, Patrick | FR Aquinas | 4:43.76 |
| 21 Holmlund, Daryl | SO Calvin | 4:45.38 |
| 22 Cramer, David | SO Aquinas | 4:45.79 |
| 23 Hajuk, Justin | FR Una-Cmu | 4:47.61 |
| 24 Jones, James | SO Aquinas | 4:49.10 |
| 25 Carr, Spencer | JR Aquinas | 4:52.43 |
| 26 Callahan, Dirk | XX Alma | 4:53.22 |
| 27 Natoli, Paul | JR Alma | 4:59.73 |
| 28 Gibson, Dan | XX Unattached | 5:05.62 |
| 29 Wilder, Rory | Alma | 5:07.59 |
| 30 Bacon, Chris | Alma | 5:09.82 |
| 31 Chouanec, Matt | XX Unattached | 5:25.66 |

Event 10 Women 1 Mile Run

| Name | Year School | Finals |
|---------------------------|-----------------|---------|
| 1 O'Dell, Krista | JR Grand Valley | 4:55.88 |
| 2 Stamison-McMullen, Jill | XX Unattached | 5:02.57 |
| 3 Kuhlman, Steph | JR Unattached | 5:05.81 |
| 4 Medema, Camille | SO Calvin | 5:11.58 |
| 5 Hastings, Sarah | SR Calvin | 5:12.16 |
| 6 Millis, Jenny | JR Aquinas | 5:15.22 |
| 7 Kandas, Stephanie | FR Grand Valley | 5:27.76 |
| 8 Martin, Julie | SR Grand Valley | 5:29.31 |

| | | | |
|----|------------------|-----------------|---------|
| 9 | Serkanian, Erin | FR Una-Cmu | 5:32.83 |
| 10 | Sebasta, Amber | SO Grand Valley | 5:33.09 |
| 11 | Russell, Rae | JR Grand Valley | 5:35.68 |
| 12 | Schmidt, Karmen | JR Grand Valley | 5:38.61 |
| 13 | Taylor, Jaquelyn | SO Grand Valley | 5:39.95 |
| 14 | Corsi, Naomi | FR Aquinas | 5:50.73 |
| 15 | Beck, Sarah | FR Aquinas | 5:53.55 |
| 16 | Miller, Andrea | SO Alma | 5:54.36 |
| 17 | Petz, Emily | FR Aquinas | 6:02.53 |
| 18 | Sias, Emily | FR Alma | 6:13.16 |
| 19 | Gibson, Megan | FR Alma | 6:51.61 |

Event 11 Men 400 Meter Dash

| Name | Year | School | Finals | H# |
|------|--------------------|-----------------|--------|----|
| 1 | Coleman, Kenny | SO Grand Valley | 49.22 | 1 |
| 2 | Adamec, Justin | SO Grand Valley | 50.88 | 1 |
| 3 | Stowe, Mike | FR Grand Valley | 52.28 | 3 |
| 4 | Rusticus, Nathan | SO Cornerstone | 52.35 | 4 |
| 5 | Sultini, Tony | SR Grand Valley | 52.87 | 3 |
| 6 | Wagner, Paul | JR Calvin | 53.53 | 3 |
| 7 | Harrison, Jordan | SO Cornerstone | 54.64 | 3 |
| 8 | Hartsfield, D'Juan | Alma | 59.26 | 4 |

Event 12 Women 400 Meter Dash

| Name | Year | School | Finals | H# |
|------|--------------------|-----------------|---------|----|
| 1 | Thomas, Ashley | SO Grand Valley | 57.59 | 1 |
| 2 | Mandziara, Katie | FR Grand Valley | 58.45 | 1 |
| 3 | Warnke, Sarah | SR Grand Valley | 1:01.11 | 2 |
| 4 | Richmond, Kim | SO Grand Valley | 1:01.20 | 3 |
| 5 | Kueny, Nicole | SO Grand Valley | 1:01.29 | 2 |
| 6 | O'Conner, Allison | FR Una-Cmu | 1:01.44 | 1 |
| 7 | Kulczyk, Kristen | JR Grand Valley | 1:01.68 | 3 |
| 8 | Totty, Arielle | FR Unattached | 1:01.85 | 2 |
| 9 | Johnson, Camille | JR Una-Cmu | 1:02.44 | 1 |
| 10 | Hale, Anne | SO Grand Valley | 1:03.27 | 3 |
| 11 | Kruse, Katie | FR Unattached | 1:03.50 | 2 |
| 12 | Dulkowski, Jacklyn | FR Unattached | 1:03.94 | 3 |

Event 13 Men 800 Meter Run

| Name | Year | School | Finals |
|------|-----------------|-----------------|---------|
| 1 | Wojie, Joe | SR Grand Valley | 1:56.82 |
| 2 | Rohloff, Harley | FR Grand Valley | 1:57.67 |
| 3 | Collins, John | FR Grand Valley | 1:57.79 |
| 4 | Salisbury, Mike | SO Grand Valley | 1:59.07 |
| 5 | Schipper, Ryan | SR Aquinas | 2:00.91 |
| 6 | Therrian, Frank | FR Una-Cmu | 2:04.26 |
| 7 | Williams, Brett | FR Unattached | 2:08.67 |
| 8 | Carr, Spencer | JR Aquinas | 2:10.93 |

Event 14 Women 800 Meter Run

| Name | Year | School | Finals |
|------|----------------|-----------------|---------|
| 1 | Murell, Brandi | FR Grand Valley | 2:18.76 |
| 2 | Daggy, Nicole | FR Grand Valley | 2:20.89 |

| | | | |
|----|-----------------|-----------------|---------|
| 3 | Becca, Busfield | XX Unattached | 2:32.82 |
| 4 | Parker, Laura | FR Unattached | 2:35.58 |
| 5 | Zamiara, Nikki | JR Grand Valley | 2:36.00 |
| -- | Hebert, Melanie | FR Calvin | DQ |

Event 15 Men 200 Meter Dash

| Name | Year | School | Finals | H# |
|------|--------------------|-----------------|--------|----|
| 1 | Kalinowski, Jon | SO Unattached | 23.00 | 2 |
| 2 | Adamec, Justin | SO Grand Valley | 23.05 | 1 |
| 3 | Rejc, Jim | SR Grand Valley | 23.19 | 2 |
| 4 | Friebel, Chris | SO Calvin | 23.61 | 1 |
| 5 | Roberts, De-Ale-Jo | SO Aquinas | 23.72 | 1 |
| 6 | Phillips, Anthony | SO Unattached | 23.76 | 2 |
| 7 | VanDyken, Brian | SO Calvin | 23.79 | 3 |
| 8 | Sultini, Tony | SR Grand Valley | 23.88 | 4 |
| 9 | Hoekenga, A. J. | JR Aquinas | 24.03 | 2 |
| 10 | Stowe, Mike | FR Grand Valley | 24.07 | 4 |
| 11 | Adamec, Jeff | XX Unattached | 24.49 | 4 |
| 12 | Liu, Bill | SO Unattached | 25.49 | 4 |
| 13 | Clegg, Jordan | FR Calvin | 25.53 | 3 |

Event 16 Women 200 Meter Dash

| Name | Year | School | Finals | H# |
|------|-------------------|-----------------|--------|----|
| 1 | Szatkowski, April | SO Grand Valley | 25.74 | 1 |
| 2 | Mandziara, Katie | FR Grand Valley | 25.76 | 1 |
| 3 | Thomas, Ashley | SO Grand Valley | 26.03 | 1 |
| 4 | Abbring, Susan | JR Calvin | 26.41 | 1 |
| 5 | Hamilton, Laura | JR Calvin | 26.60 | 2 |
| 6 | Rolle, Gizelle | SO Aquinas | 27.21 | 2 |
| 7 | Smith, Kate | FR Grand Valley | 27.38 | 3 |
| 8 | Homer, Meredith | FR Calvin | 27.79 | 2 |
| 9 | Vogel, Lorilyn | FR Calvin | 27.84 | 3 |
| 10 | Wheeler, Hillary | SO Aquinas | 27.93 | 4 |
| 11 | Borek, Michelle | SR Aquinas | 28.70 | 3 |
| 12 | Crawford, Kyla | FR Alma | 29.08 | 4 |
| 13 | Sinclair, Kim | SO Alma | 30.92 | 4 |
| 14 | LaFortune, Phara | JR Calvin | 31.91 | 4 |

Event 17 Men Long Jump

| Name | Year | School | Finals | |
|------|------------------|-----------------|----------|-------|
| 1 | Manchip, Kirk | JR Grand Valley | 22-11.25 | 6.99m |
| 2 | LeFevre, Joe | SO Grand Valley | 22-04.25 | 6.81m |
| 3 | Marinov, Boin | FR Aquinas | 21-10.25 | 6.66m |
| 4 | Tien, Joel | JR Cornerstone | 21-06.75 | 6.57m |
| 5 | Chamberlin, Adam | SO Aquinas | 21-06.00 | 6.55m |
| 6 | Cornwell, Gavin | SR Alma | 20-11.50 | 6.38m |
| 7 | Schuberg, Kyle | FR Ferris | 20-09.50 | 6.33m |
| 8 | Stamps, Clarence | FR Grand Valley | 19-07.25 | 5.97m |
| 9 | Wagner, Paul | JR Calvin | 18-06.25 | 5.64m |
| 10 | Sochur, Chuck | Unattached | 13-00.75 | 3.98m |
| -- | Becker, Chris | SO Calvin | FOUL | |

Event 18 Women Long Jump

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

| | | | | |
|----|---------------------|-----------------|----------|-------|
| 1 | Sicilia, Lindsay | XX Unattached | 19-02.25 | 5.84m |
| 2 | Treppa, Pam | SO Grand Valley | 18-05.25 | 5.61m |
| 3 | Miller, Erin | SO Grand Valley | 17-03.75 | 5.27m |
| 4 | Borek, Michelle | SR Aquinas | 17-02.50 | 5.24m |
| 5 | O'Shesky, Jennifer | FR Grand Valley | 17-00.75 | 5.20m |
| 6 | Chang, Sue | FR Aquinas | 17-00.00 | 5.18m |
| 7 | Pelamater, Jen | XX Unattached | 16-08.50 | 5.09m |
| 8 | Lindener, Lauran | XX Unattached | 16-08.00 | 5.08m |
| 9 | Zwier, Kelly | FR Calvin | 16-06.50 | 5.04m |
| 10 | Hendriks, Christine | SO Calvin | 16-04.50 | 4.99m |
| 11 | Weede, Sarah | SR Calvin | 15-10.75 | 4.84m |
| -- | Crawford, Kyla | FR Alma | FOUL | |
| -- | Bjorne, Tara | FR Alma | FOUL | |

Event 19 Men High Jump

| Name | Year | School | Finals | |
|------|------------------|-----------------|---------|-------|
| 1 | Koetje, Nathan | JR Cornerstone | 6-07.00 | 2.00m |
| 1 | Tibble, Ryan | SO Grand Valley | 6-07.00 | 2.00m |
| 1 | Hayton, Andrew | Cornerstone | 6-07.00 | 2.00m |
| 1 | Hinkle, Nate | JR Aquinas | 6-07.00 | 2.00m |
| 5 | Manchip, Kirk | JR Grand Valley | 6-05.00 | 1.95m |
| 6 | Stowe, Mike | FR Grand Valley | 6-03.00 | 1.90m |
| 7 | Zwiers, Tim | FR Calvin | 5-11.00 | 1.80m |
| 7 | Marinov, Boin | FR Aquinas | 5-11.00 | 1.80m |
| -- | Austhof, Bernard | Cornerstone | NH | |
| -- | Wagner, Paul | JR Calvin | NH | |
| -- | Becker, Chris | SO Calvin | NH | |

Event 20 Women High Jump

| Name | Year | School | Finals | |
|------|---------------------|-----------------|---------|-------|
| 1 | Bolt, Katie | FR Calvin | 5-03.00 | 1.60m |
| 2 | Colyn, Lauren | FR Calvin | 5-01.00 | 1.54m |
| 2 | O'Conner, Allison | FR Una-Cmu | 5-01.00 | 1.54m |
| 2 | Lowe, Leanna | SR Grand Valley | 5-01.00 | 1.54m |
| 2 | Chang, Sue | FR Aquinas | 5-01.00 | 1.54m |
| 2 | Wheeler, Hillary | SO Aquinas | 5-01.00 | 1.54m |
| 7 | Vanderzee, Kimberly | SO Calvin | 4-11.00 | 1.49m |
| 8 | Polasky, Andrea | JR Grand Valley | 4-09.00 | 1.44m |
| 8 | Mukans, Vickie | SR Grand Valley | 4-09.00 | 1.44m |
| 10 | Sinclair, Kim | SO Alma | 4-07.00 | 1.39m |

Event 21 Men Triple Jump

| Name | Year | School | Finals | |
|------|------------------|-----------------|----------|--------|
| 1 | Manchip, Kirk | JR Grand Valley | 44-07.00 | 13.58m |
| 2 | Tien, Joel | JR Cornerstone | 42-01.75 | 12.84m |
| 3 | Tibble, Ryan | SO Grand Valley | 42-00.75 | 12.82m |
| 4 | Zwiers, Tim | FR Calvin | 42-00.00 | 12.80m |
| 5 | Barnhart, Jordan | SO Calvin | 38-10.00 | 11.83m |

Event 22 Women Triple Jump

| Name | Year | School | Finals | |
|------|-------------|-----------------|----------|--------|
| 1 | Treppa, Pam | SO Grand Valley | 36-11.00 | 11.25m |

| | | | | |
|---|----------------|-----------------|----------|--------|
| 2 | Lowe, Leanna | SR Grand Valley | 34-01.50 | 10.40m |
| 3 | Pelz, Margaret | JR Cornerstone | 33-01.75 | 10.10m |
| 4 | Mukans, Vickie | SR Grand Valley | 31-00.00 | 9.44m |
| 5 | Thomas, Tyren | SO Aquinas | 29-08.25 | 9.04m |
| 6 | Stanton, Tori | FR Unattached | 29-07.75 | 9.03m |

Event 23 Men Shot Put

| Name | Year | School | Finals | |
|------|-----------------|-----------------|----------|--------|
| 1 | Meckes, Nate | XX Unattached | 54-10.50 | 16.72m |
| 2 | Ybarra, John | FR Grand Valley | 54-06.00 | 16.61m |
| 3 | Proulx, Joe | SR Grand Valley | 53-08.00 | 16.35m |
| 4 | Natale, Nick | FR Grand Valley | 52-07.50 | 16.04m |
| 5 | Morrison, Ian | JR Grand Valley | 51-10.50 | 15.81m |
| 6 | Shimek, T. J. | SR Aquinas | 50-09.50 | 15.48m |
| 7 | Jonaitis, Bob | SO Aquinas | 47-04.50 | 14.43m |
| 8 | Dortch, Aaron | SO Aquinas | 45-00.00 | 13.71m |
| 9 | Swartwood, Tom | SO Ferris | 44-05.50 | 13.55m |
| 10 | Harris, Josh | SO Unattached | 43-03.50 | 13.19m |
| 11 | Dyer, Bryan | FR Ferris | 42-07.00 | 12.97m |
| 12 | Clark, Matt | SO Aquinas | 41-09.50 | 12.73m |
| 13 | Gumina, Nick | SO Aquinas | 41-01.50 | 12.53m |
| 14 | Munski, Larry | XX Unattached | 39-04.00 | 11.98m |
| 15 | Hansen, Chad | FR Ferris | 39-01.50 | 11.92m |
| 16 | Grasman, Joshua | FR Ferris | 38-04.00 | 11.68m |
| 17 | Jensen, Ryan | FR Ferris | 36-03.00 | 11.04m |
| 18 | Wagner, Paul | JR Calvin | 27-07.00 | 8.40m |
| -- | Fechter, Casey | SO Unattached | | FOUL |

Event 24 Women Shot Put

| Name | Year | School | Finals | |
|------|---------------------|-----------------|----------|--------|
| 1 | Corner, Katie | SR Calvin | 42-07.00 | 12.97m |
| 2 | Kamitra, Carroll | XX Unattached | 42-02.50 | 12.86m |
| 3 | Gladding, Jessica | SO Ferris | 38-01.50 | 11.62m |
| 4 | Acre, Morgan | SO Unattached | 36-09.00 | 11.20m |
| 5 | White, Sonya | FR Ferris | 36-08.50 | 11.18m |
| 6 | Hendriks, Christine | SO Calvin | 35-07.00 | 10.84m |
| 7 | Kenny, Kona | SO Aquinas | 35-02.00 | 10.71m |
| 8 | VanderVliet, Megann | FR Calvin | 32-11.50 | 10.04m |
| 9 | Posa, Kathie | FR Unattached | 31-11.00 | 9.72m |
| 10 | Marshall, Heather | FR Aquinas | 29-07.00 | 9.01m |
| -- | Cowper, Lisa | JR Grand Valley | | FOUL |

Event 25 Men Weight Throw

| Name | Year | School | Finals | |
|------|-----------------|-----------------|----------|--------|
| 1 | Van Elst, Jason | XX Unattached | 58-06.50 | 17.84m |
| 2 | Smith, Charles | FR Grand Valley | 56-04.25 | 17.18m |
| 3 | Shimek, T. J. | SR Aquinas | 56-00.00 | 17.06m |
| 4 | Harris, Josh | SO Unattached | 52-08.50 | 16.06m |
| 5 | Jonaitis, Bob | SO Aquinas | 52-05.50 | 15.98m |
| 6 | Natale, Nick | FR Grand Valley | 52-02.50 | 15.91m |
| 7 | Fechter, Casey | SO Unattached | 50-06.50 | 15.40m |
| 8 | Gumina, Nick | SO Aquinas | 49-08.00 | 15.13m |
| 9 | Hoeve, Caesy | FR Grand Valley | 47-08.50 | 14.54m |
| 10 | Dyer, Bryan | FR Ferris | 43-00.00 | 13.10m |
| 11 | Proulx, Joe | SR Grand Valley | 42-11.50 | 13.09m |

| | | | |
|--------------------|---------------|----------|--------|
| 12 O'Neil, Jim | XX Unattached | 42-00.00 | 12.80m |
| 13 Hansen, Chad | FR Ferris | 41-03.50 | 12.58m |
| 14 Grasman, Joshua | FR Ferris | 33-01.00 | 10.08m |
| 15 Jensen, Ryan | FR Ferris | 31-05.50 | 9.58m |
| -- Swartwood, Tom | SO Ferris | FOUL | |

Event 26 Women Weight Throw

| Name | Year School | Finals | |
|---------------------|-----------------|----------|--------|
| 1 Acre, Morgan | SO Unattached | 50-03.50 | 15.32m |
| 2 Wittingen, Vicki | JR Cornerstone | 49-07.50 | 15.12m |
| 3 Maleski, Jenny | SO Aquinas | 47-03.50 | 14.41m |
| 4 Kamitra, Carroll | XX Unattached | 46-00.50 | 14.03m |
| 5 Kenny, Kona | SO Aquinas | 44-07.00 | 13.58m |
| 6 Marshall, Heather | FR Aquinas | 41-06.50 | 12.66m |
| 7 Cowper, Lisa | JR Grand Valley | 40-08.50 | 12.40m |
| 8 Sawdy, Heather | SR Grand Valley | 39-09.00 | 12.11m |
| 9 Gladding, Jessica | SO Ferris | 39-04.00 | 11.98m |
| 10 Grewe, Sarah | FR Unattached | 36-11.50 | 11.26m |
| 11 White, Sonya | FR Ferris | 35-00.00 | 10.66m |
| 12 Vogt, Ashley | FR Aquinas | 31-05.00 | 9.57m |

Event 27 Men Pole Vault

| Name | Year School | Finals | |
|----------------------|-----------------|----------|-------|
| 1 Hirdes, Ben | SR Grand Valley | 16-06.00 | 5.02m |
| 2 Beach, Brian | SO Grand Valley | 15-07.50 | 4.76m |
| 3 Rant, Scott | SO Grand Valley | 14-06.00 | 4.41m |
| 4 Gawron, Tony | Hope | 13-06.00 | 4.11m |
| 4 Temple, Seth | XX Unattached | 13-06.00 | 4.11m |
| 4 Edwards, Matt | SR Calvin | 13-06.00 | 4.11m |
| 7 Smith, Klye | FR Hope | 13-00.00 | 3.96m |
| 7 Riley, Kenny | SR Grand Valley | 13-00.00 | 3.96m |
| 9 Coperhaver, Justin | SO Grand Valley | 12-00.00 | 3.65m |
| 9 Langille, Scott | FR Hope | 12-00.00 | 3.65m |
| -- Levering, Scott | FR Grand Valley | NH | |

Event 28 Women Pole Vault

| Name | Year School | Finals | |
|----------------------|-----------------|-----------|-------|
| 1 Wilkins, Katie | JR Grand Valley | 11-00.25 | 3.35m |
| 2 Vander Meer, Jen | FR Hope | J11-00.25 | 3.35m |
| 2 Duthler, Rachel | FR Grand Valley | J11-00.25 | 3.35m |
| 3 Hecksel, Bethany | FR Grand Valley | J10-06.00 | 3.20m |
| 4 Orosz, Stacy | XX Unattached | 10-06.00 | 3.20m |
| 4 Smith, Kati | JR Grand Valley | 10-06.00 | 3.20m |
| 5 Laman, Becca | HS Unattached | J10-00.00 | 3.04m |
| 6 Peck, Nikki | JR Grand Valley | J10-00.00 | 3.04m |
| 6 Bogart, Shelly | JR Grand Valley | J10-00.00 | 3.04m |
| 7 Smith, Missy | SO Calvin | J9-06.00 | 2.89m |
| -- Warfield, Maureen | Hope | NH | |

Event 29 Men 4x400 Meter Relay

| School | Finals |
|-----------------------|---------|
| 1 Aquinas College 'A' | 3:27.36 |
| 2 Aquinas College 'B' | 3:34.22 |

Event 30 Women 4x400 Meter Relay

| School | Finals | H# |
|---------------------------------|---------|----|
| 1 Aquinas College 'A' | 4:01.90 | 2 |
| 2 Cornerstone University 'A' | 4:09.43 | 2 |
| 3 Grand Valley State Univer 'A' | 4:11.82 | 1 |
| 4 Grand Valley State Univer 'B' | 4:14.27 | 1 |
| 5 Aquinas College 'B' | 4:27.28 | 2 |
| 6 Alma College 'A' | 4:36.35 | 2 |

Event 31 Men 600 Meter Run

| Name | Year School | Finals |
|---------------------|-------------|---------|
| 1 Baylis, Dave | SO Aquinas | 1:28.16 |
| 2 Dahlberg, Braydon | FR Aquinas | 1:31.78 |

Event 32 Women 600 Meter Run

| Name | Year School | Finals |
|----------------------|-------------|---------|
| 1 Kent, Natalie | FR Aquinas | 1:41.01 |
| 2 Wojciakowski, Lisa | FR Aquinas | 1:45.60 |
| 3 Secord, Kelly | JR Aquinas | 1:47.59 |
| 4 Reed, Jennifer | FR Aquinas | 1:48.94 |
| 5 Lewis, Megan | SO Aquinas | 1:52.93 |