

Rocks run away with Troy Athens Relays title

The weather last Saturday at the Troy Athens Relays was plain awful. The results, as far as Plymouth Salem's girls track team is concerned, were not.

The Rocks rebounded from a mediocre effort in a dual-meet win over Walled Lake Central last Thursday to run away with the title in the 17-team field. Salem scored 58 points; second went to Southfield with 32 points, followed by Walled Lake Western with 26.

"We ran into some rotten weather again," said coach Mark Gregor. "But the kids handled it pretty well. They put together a nice team effort."

"It was a good comeback because we

were a little disappointed with the way we competed Thursday. It's something this team is beginning to show — resiliency."

There's also an abundance of talent. For the third time this season, junior Tiffany Grubaugh broke the school record in the discus, this time tossing it 132-feet, 10-inches. She combined with Miranda White and Paula Tomlin to finish first in the discus relay with a total of 306-3.

Grubaugh, Tomlin and Michelle Bonior also had a first in the shot put relay, totaling 101-2 1/4. The Rocks third win came in the 4x100-meter relay, from Bonior, Celena Davis, Melissa Drake and Rachel Jones (51.4).

There were also five second-place finishes for Salem: Brynne DeNeen, April Aquinto and Drake in the long jump relay (43-5 3/4); Melanie Meester, Kim Wood, White and Lisa Jasnowski in the 4x1,600 relay (23:32.3); Autumn Hicks, Drake, DeNeen and Jones in the 4x200 relay (1:47.9); Jones, Bonior, Davis and Hicks in the sprint medley relay (1:54.1); and Hicks, Drake, DeNeen and

Jones in the 4x400 relay (4:15.5).

Aisha Chappell, Hicks and Marylou Liebaw were third in the high jump relay (14-1); so were Becky Phelan, Annemarie Vercurryse, Shannon Will and Jasnowski in the distance medley relay (14:12.0).

Fourth went to Master, Will, Wood and White in the 4x800 relay (10:32.4) and to Vercurryse, DeNeen, Liebaw and Phelan in the Athens Relay (7:29.3, with legs of 800, 400, 400 and 800 meters).

What made Salem's victory more impressive was the loss of a first-place finish in the shuttle hurdle relay. The

Rocks runners would have been easy winners in the event, but were disqualified for an exchange out of the zone.

On Friday, Salem sent several runners to compete at the Mott Relays in Flint. Only one Salem team placed in the top five: Liebaw and Elizabeth Amabile were third in the high jump relay (9-7). The Rocks placed 10th in the 22-team field.

Salem hosts Farmington Thursday, then will attempt to add to its list of state regional qualifiers at the Last Chance Invitational Saturday, hosted by Ann Arbor Pioneer.

Boys track from page C1

everything it wanted at Friday's 21-team Mott Relays in Flint, but the Rocks did get one important thing accomplished. Their distance medley team shattered a three-year old school record — by more than six seconds.

Bobby Cushman, Matt Anderson, Jon Little and Nick Allen were clocked in 10:45.5, busting

the mark of 10:52.0 set in 1986 and collecting Salem's only first of the meet.

Salem placed second in the meet with 52 points, eight behind first-place Saginaw, scoring in nine events (compared to Saginaw's seven) — with two seconds and four thirds.

Donnie Warner, Cushman, Little and Allen teamed for a sec-

ond in the 6,400 relay (18:36.0), and Andy Brandt and Mark Snyder were second in the discus relay (251-10).

Thirds went to Gabe Coble and Pat Johnson in the long jump relay (37-11); Charlie Fisher, Ryan Silva, Rob Showalter and Dave Clemons in the shuttle hurdle relay (1:05.4); Anderson, Craig Little, Trevor Davis and

Manvir Gill in the 3,200 relay (8:37.1); and Snyder and Brandt in the shot put relay (80-2 1/2).

Salem also got a fourth from Ryan Silva and Sean Galvin in the high jump relay (11-4) and a fifth from Clemons, Jeremy Frederick, Pat Johnson and Mark Sheehan in the 4x100 relay (44.9).

The Rocks run at Farmington Thursday.

Coaches should report updates for the list of boys best track and field results to Dan O'Meara at (734) 953-2141 by phone or (734) 591-7279 by fax.

SHOT PUT

Nick Brzezinski (Redford CC) 54-1
John Kava (Redford CC) 51-3
Mike Morris (Redford CC) 51-3
Mike Gaura (Churchill) 49-4
Lou Willoughby (Redford CC) 49-4
Bryant Lawrence (Thurston) 48-9
Mark Snyder (Salem) 47-4
Scott Genord (Thurston) 45-3
Guy Diskow (Churchill) 45-2
Andy Brandt (Salem) 44-1

DISCUS

Nick Brzezinski (Redford CC) 186-1
Guy Diskow (Churchill) 153-10
Mike Morris (Redford CC) 149-9
Scott Genord (Thurston) 148-3
Dustin Willim (Stevenson) 147-4
Andy Brandt (Salem) 137-0
Lou Willoughby (Redford CC) 136-7
Kurt Phankuch (Stevenson) 136-0
Ara Hensley (Canton) 134-6
Bryant Lawrence (Thurston) 131-0

HIGH JUMP

Chris Kallis (Canton) 6-3
Layne Boddy (Farmington) 6-2
Ryan Kearney (Churchill) 6-2
Jordan Chapman (Canton) 6-0
Aron Velthoven (Redford CC) 6-0
Juan Cortes (Canton) 6-0
Brad Tucker (Harrison) 5-11
Dave Painter (Franklin) 5-10
Darnell Dorris (John Glenn) 5-10
C.J. Whitfield (Farmington) 5-10

LONG JUMP

Eric Scott (Churchill) 23-3
Kevin Woods (Harrison) 20-10
Ryan Ollinger (Lutheran Westland) 20-8
Devin White (Churchill) 20-6
Ugo Okumabusi (Canton) 20-6
Gabe Coble (Salem) 20-5
Brent Barrick (Redford CC) 19-11
Andre Davis (Harrison) 19-10
Juwalin Spinks (Farmington) 19-7
Jordan Chapman (Canton) 19-7

POLE VAULT

Joe Frendo (Garden City) 13-6
Brandon LaPointe (Churchill) 12-6
Ian Billington (Garden City) 12-6
Derek Laskowski (Harrison) 12-0
Ryan Shipleit (Franklin) 12-0
Jordan Chapman (Canton) 12-0
Jason Davis (Lutheran Westland) 11-6
Jeff Frederick (Farmington) 11-0
Mike Baskin (Stevenson) 11-0
Jim Gabriel (N. Farmington) 11-0

110-METER HURDLES

Ryan Kearney (Churchill) 14.5
Dave Clemons (Salem) 14.5
Nick Hall (Harrison) 14.6
Ryan Thomas (Salem) 14.7
Pat Hayes (Franklin) 14.8
Ricky Bryant (Harrison) 14.8
Ryan Ollinger (Lutheran Westland) 14.9
Ben Lukas (Farmington) 15.1
Chris Kallis (Canton) 15.1
Brant Hauck (Churchill) 15.2
Brian Jones (Stevenson) 15.2

300-METER HURDLES

Ryan Kearney (Churchill) 39.7
Josh Keyes (John Glenn) 40.6
Nick Hall (Harrison) 40.6
Pat Hayes (Franklin) 40.7
Brian Jones (Stevenson) 40.9
Brant Hauck (Churchill) 41.3
Ryan Thomas (Salem) 41.7
Russ Chrzyszcz (Thurston) 42.1
Jason Woelke (Redford CC) 42.2
Dave Clemons (Salem) 42.4

100-METER DASH

Kevin Woods (Harrison) 10.5
Scott Genord (Thurston) 11.1
K.J. Singh (Canton) 11.1
Mike Shull (Salem) 11.2
Kwame Hampton (Wayne) 11.2

Dustin Gress (Farmington) 11.2

Chris Mason (Salem) 11.2

Derek Anderson (Redford CC) 11.3

Jeremy Mazza (Farmington) 11.3

Ramon Scott (Bishop Borgese) 11.3

Mike Lanardon (Stevenson) 11.3

200-METER DASH

Kevin Woods (Harrison) 22.2
Ryan Kearney (Churchill) 22.5
Mike Shull (Salem) 22.5
Devin White (Churchill) 22.9
Dustin Gress (Farmington) 23.1
Scott Genord (Thurston) 23.2
Joe Frendo (Garden City) 23.2
Derek Anderson (Redford CC) 23.3
Mark Sheehan (Salem) 23.3
Jason Bilach (Farmington) 23.3
Reyford Rice (Thurston) 23.3

400-METER DASH

Jerry Gaines (Canton) 51.7
Matt Freeborn (Stevenson) 51.9
Gabe Coble (Salem) 52.2
Kevin Schneider (Franklin) 52.2
Adam Mantay (Thurston) 53.1
Mike Milat (N. Farmington) 53.2
Brian Kuszyński (Redford CC) 53.2
Andrew Buck (Farmington) 53.5
C.J. Whitfield (Farmington) 53.5
Andre Davis (Harrison) 53.9

800-METER RUN

Bobby Cushman (Salem) 2:01.5
Jon Little (Salem) 2:02.4
Gabe Coble (Salem) 2:04.2
Charlie Stamboulis (N. Farm.) 2:04.5
Brian Hinzman (Redford Union) 2:06.1
Steve Blossom (Canton) 2:06.3
Adam Mantay (Thurston) 2:07.0
Brian Kuszyński (Redford CC) 2:07.3
Jason Scarborough (Harrison) 2:08.0
Brandon LaPointe (Churchill) 2:08.2

1,600-METER RUN

Josh Burt (Franklin) 4:25.5
Dan Jess (Redford CC) 4:26.5
Charlie Stamboulis (N. Farm.) 4:26.8
Ed Traynor (Garden City) 4:27.5
Manvir Gill (Salem) 4:34.2
Donnie Warner (Salem) 4:34.2
Jon Little (Salem) 4:34.8
Joe Verellen (Stevenson) 4:35.3
Nick Allen (Salem) 4:36.0
Eric Bohn (Stevenson) 4:38.7

3,200-METER RUN

Dan Jess (Redford CC) 9:33.9
Matt Daly (Redford CC) 9:53.6
Jim Curless (Redford CC) 9:53.7
Ed Traynor (Garden City) 9:56.3
Josh Burt (Franklin) 10:06.0
Joe Verellen (Stevenson) 10:10.9
Mark Repasky (Redford CC) 10:11.0
Nick Allen (Salem) 10:12.3
Jason Rutter (Canton) 10:19.9
Steve Stewart (Franklin) 10:21.0
Donnie Warner (Salem) 10:21.0

400-METER RELAY

Farmington Harrison 44.0
Plymouth Salem 44.4
Farmington 44.8
Livonia Churchill 45.3
Redford Thurston 45.4

800-METER RELAY

Livonia Churchill 1:32.6
Plymouth Salem 1:32.9
Farmington 1:33.4
Plymouth Canton 1:34.2
Farmington Harrison 1:34.3

1,600-METER RELAY

Livonia Franklin 3:30.2
Plymouth Salem 3:31.4
Livonia Churchill 3:32.3
Plymouth Canton 3:33.8
Westland John Glenn 3:35.7

3,200-METER RELAY

Plymouth Salem 8:15.3
Redford Catholic Central 8:24.8
Livonia Stevenson 8:32.1
Livonia Churchill 8:34.5
Plymouth Canton 8:35.2

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SHOT PUT

Tiffany Grubaugh (Salem) 38-2 1/2
Paula Tomlin (Salem) 36-1 1/2
Judy Telford (Mercy) 34-10 1/2
Emily Yambasky (Stevenson) 33-2
Rachel Kieft (Redford Union) 33-2
Jenny Schibenas (Canton) 33-1 1/2
Michelle Bonior (Salem) 33-1
Shannon Moran (Redford Union) 32-7
Gina Griggs (Stevenson) 32-5
Angie Purcell (Garden City) 32-2 1/2

DISCUS

Tiffany Grubaugh (Salem) 132-10
Judy Telford (Mercy) 120-9 1/4
Jenny Heffner (Churchill) 105-3
Emily Yambasky (Stevenson) 104-1 1/2
Ann Armstrong (Farmington) 102-7
Miranda White (Salem) 98-3
Jenny Heffner (Churchill) 97-6
Julie Yambasky (Stevenson) 97-3
Erin Allen (Farmington) 96-5
Dawn Balco (Franklin) 96-5

HIGH JUMP

LaToya Chandler (John Glenn) 5-8
Alexis Noel (Ladywood) 5-4
Aisha Chappell (Salem) 5-0
Bekah Hoffmeister (Lutheran Westland) 5-0
Autumn Hicks (Salem) 5-0
Carey Czech (Mercy) 5-0
Felicia Barnett (John Glenn) 5-0
Andrea Polasky (Stevenson) 4-11
Lizzy Mathis (Mercy) 4-11
Erin Hayden (Ladywood) 4-11

LONG JUMP

Nicolette Jarrett (John Glenn) 17-1 1/2
LaToya Chandler (John Glenn) 16-9
Alexis Noel (Ladywood) 15-11
Jessica Shamberger (Salem) 15-8 1/2
Erin Hayden (Ladywood) 15-7
Carey Czech (Mercy) 15-6 1/2
LaToya Chandler (John Glenn) 15-5 1/2
Kate Bouschet (Farmington) 15-4
Brynne DeNeen (Salem) 15-2 1/2
Ann Rolf (Lutheran Westland) 15-1

POLE VAULT

Kim Wise (Garden City) 10-0
Shloah Wint (Franklin) 9-1
Andrea McMillan (Franklin) 9-0
Kari Cezet (Churchill) 8-9
Jane Peterman (Churchill) 8-6
Kelly VanPutten (Salem) 8-6
Lauren Turner (N. Farmington) 8-0
Joselyn Bova (John Glenn) 7-6
Abbie Schrader (Stevenson) 7-6
Nicole Simonian (John Glenn) 7-6

Jocelyn Bova (John Glenn) 7-6

100-METER HURDLES

LaToya Chandler (John Glenn) 15.6
Emily Mayberry (Harrison) 16.2
Crystal Alderman (Canton) 16.4
Aisha Chappell (Salem) 16.4
Suzanne Peplinski (Ladywood) 16.5
Carey Czech (Mercy) 16.7
Dayna Clemons (N. Farmington) 16.8
Cassie Ehlerdt (Stevenson) 16.9
Colleen Bosman (Stevenson) 16.9
Kristel Stricker (Farmington) 17.1
Jami Snow (Mercy) 17.1

300-METER HURDLES

Crystal Alderman (Canton) 47.6
Suzanne Peplinski (Ladywood) 47.8
Christy Tzikos (Stevenson) 48.5
Aisha Chappell (Salem) 48.9
Amanda Gardner (Harrison) 51.3
Emily Yambasky (Stevenson) 49.1
Cassie Ehlerdt (Stevenson) 49.3
Katie Sherron (Stevenson) 50.2
Hana Hughes (Lutheran Westland) 50.8
Colleen Bosman (Stevenson) 51.1

100-METER DASH

Angka Morris (Mercy) 12.1
Brianna Watson (Ladywood) 12.6
Rachel Jones (Salem) 12.6
LaToya Chandler (John Glenn) 12.8
Meredith Fox (Canton) 12.8
Felicia Barnett (John Glenn) 12.9
Jessica Shamberger (Salem) 12.9
Beth Kwapis (Churchill) 13.0
Michelle Bonior (Salem) 13.0
Andrea McMillan (Franklin) 13.1
Angela Mikkelsen (Stevenson) 13.1
Kate Bouschet (Farmington) 13.1

200-METER DASH

Angka Morris (Mercy) 25.7
Rachel Jones (Salem) 26.7
LaToya Chandler (John Glenn) 26.8
Nicolette Barrett (John Glenn) 26.8
Jessica Shamberger (Salem) 27.1
Brianna Watson (Ladywood) 27.1
Jennifer Hardecke (Stevenson) 27.5
Krissey Rose (Lutheran Westland) 27.7

Melissa Drake (Salem) 27.9

Dayna Clemons (N. Farmington) 28.0

400-METER DASH

Angka Morris (Mercy) 58.9
Autumn Hicks (Salem) 1:01.1
Jennifer Hardecke (Stevenson) 1:01.5
Nicolette Jarrett (John Glenn) 1:02.1
Rita Masec (Franklin) 1:02.5
Brynne DeNeen (Salem) 1:03.3
Meredith Fox (Canton) 1:04.0
Page Ahrens (Ladywood) 1:04.2
Angela Alfonsi (Stevenson) 1:05.1
Bianca Mills (Mercy) 1:05.2

800-METER RUN

Andrea Parker (Stevenson) 2:29.5
Ashley Fillion (Churchill) 2:30.7
Annemarie Vercurryse (Salem) 2:33.6
Valerie Bumslak (Mercy) 2:33.7
Miranda White (Salem) 2:34.4
Leslie Knapp (Stevenson) 2:35.0
Sarah Kearfott (Stevenson) 2:35.9
Dawn Daniels (Wayne) 2:36.1
Heather Vandette (Stevenson) 2:36.4
Hana Hughes (Lutheran Westland) 2:36.7

1,600-METER RUN

Andrea Parker (Stevenson) 5:26.4
Ashley Fillion (Churchill) 5:27.5
Heather Vandette (Stevenson) 5:36.0
Stephanie Skivers (Churchill) 5:40.7
Melanie Meester (Salem) 5:44.0
Yess Hushne (Lutheran Westland) 5:44.8
Kristen Swickowski (Redford Union) 5:45.0
Kim Wood (Salem) 5:51.1
Alison Fillion (Churchill) 5:51.3
Heidi Frank (N. Farmington) 5:51.8

3,200-METER RUN

Westland John Glenn 12:05.0
Ashley Fillion (Churchill) 12:07.0
Kim McNeelance (Stevenson) 12:20.0
Stephanie Skivers (Churchill) 12:21.7
Alison Fillion (Churchill) 12:24.2
Heather Vandette (Stevenson) 12:32.8
Sarah Polletts (Mercy) 12:37.4
Kim Wood (Salem) 12:44.7
Marissa Montgomery (Stevenson) 12:48.7
Lisa Jasnowski (Salem) 12:53.1

400-METER RELAY

Westland John Glenn 50.9
Plymouth Salem 51.3
Livonia Ladywood 52.9
North Farmington 53.8
Farmington 53.8

800-METER RELAY

Westland John Glenn 1:47.5
Plymouth Salem 1:48.1
Farmington Hills Mercy 1:51.6
Livonia Stevenson 1:52.6
North Farmington 1:53.7

1,600-METER RELAY

Plymouth Salem 4:14.6
Livonia Stevenson 4:15.0
Farmington Hills Mercy 4:19.8
Livonia Ladywood 4:24.1
Lutheran Westland 4:26.6

3,200-METER RELAY

Livonia Stevenson 10:16.4
Plymouth Salem 10:24.8
Livonia Churchill 10:28.3
North Farmington 10:29.7
Lutheran Westland 10:35.5

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