



Dakota Cougars

Track & Field Invitational

2006

Boys Results

Shot Put

1	Pat Williams	GPS	50' 6"	MR
2	John Chinierre	Dakota	50' 5"	
3	Will Kosnik	WM	48' 3"	
4	Kenny Nguyen	TROY	47' 9.75"	
5	Phil Lewis	GPS	45' 11"	
6	Mike Cholak	LC	45' 4.5"	
7	Josh Georgen	Dakota	44' 6.75"	
8	Kandal Wilkinson	DLS	43'	
9	Chris Dasin	Utica	42' 7"	
10	Wes Grisman	WM	41' 11"	
11	Greg Artes	CV	42' 6"	
12	Austin Dirzmazy	GPN	42' 1"	
12	Vaughn Frazher	DLS	42' 1"	
13	Mark Maddens	DLS	41' 10"	
15	John Girvan	CV	40' 11"	
16	Matt Staton	FERN	40' 11"	
17	Derrel Rich	CL	40' 1"	
18	Jeremy Szymanski	CL	39' 5"	
19	Kiel Latimer	GPN	39' 3"	
20	Derek Knapp	Dakota	39' 2"	
21	Andy Hamilton	TROY	38' 9"	
22	David Jaworski	CL	38' 8"	
23	Chris Chirco	CV	38' 7.5"	
24	Frank Bays	TROY	38' 0"	
25	Reid Fragel	GPS	37' 10"	
26	Mike Sawalla	Athens	32' 8.75"	
27	Justin Walters	FITZ	32' 4"	
28	Dom Delegato	Fraser	32' 10.5"	
29	Adam Hunter	FERN	31' 5.75"	
30	Thomas Griffith	Fraser	28' 4.75"	
31	Yoosif Hana	WM	Foul	

Long Jump

1	Mike Stafford	LC	20' 7.25"	MR
2	Steven Herod	FERN	20' 2.5"	
3	Mike Mack	FERN	19' 2.75"	
4	Darryl Howard	Dakota	19' 1.75"	
5	Tom Head	TROY	18' 10"	
6	Thomas Whitman	DLS	18' 3.5"	
7	Nick Mihaiu	Utica	18' 2"	
8	Brandon Leeper	CV	17' 11.5"	
9	John Lee	TROY	17' 10.5"	
10	Jon Hofmann	Dakota	17' 0"	
11	Steve Brozowski	WM	16' 10.5"	
11	Steve Charlie	LC	16' 10.5"	
13	Kasean Robinson	WM	16' 9"	
14	Larry Lindsey	TROY	16' 8.25"	
15	Wayne Brown	Dakota	16' 8"	
16	Quovmoa Williams	LC	15' 9.5"	
17	Matt Sellers	CV	15' 9"	
18	Paola	Fraser	15' 6.5"	
19	Antonio Fueri	FERN	14' 11"	
20	Eric Flores	DLS	14' 9.25"	
21	Tim Williams	GPN	14' 8.5"	
22	Derek Moshi	Utica	13' 2"	
23	Josh Sanders	Utica	12' 7.75"	
	Vaughn Frazher	DLS	Foul	

Pole Vault

1	Chirs Fisher	Dakota	12' 5"	MR
2	Will Utley	GPN	12' 5"	MR
3	Tony Francisco	Dakota	11' 11"	
4	Robert Jarrett	LC	10' 5"	
5	Steve Jurcak	Utica	10' 5"	
6	Matt Lukas	Dakota	9' 11"	
6	Anthony Tadros	COUS	9' 11"	
6	Jeff Hawkins	GPN	9' 11"	

9	Chuck Deslippe	WM	9' 5"
10	Matt Oloff	COUS	9' 5"
	Anthony Amato	LC	NH
	Mike Arena	CV	NH
	Steven Pickett	Utica	NH

High Jump

1	Will Sullivan	FITZ	6' 1"	MR
2	Larry Lindsey	TROY	5' 9"	
3	Tom Head	TROY	5' 9"	
4	Jon Skutnik	Dakota	5' 6"	
4	Kyle Baugh	Dakota	5' 6"	
4	Andrew Horne	GPN	5' 6"	
	Robert Jarrett	LC	NH	
	Matt Sellers	CV	NH	
	Spencer Herman	GPN	NH	
	Josh Burk	Dakota	NH	
	Joe Suchoski	Utica	NH	
	Nick Mihaiu	Utica	NH	

Discus

1	Quentin Trotter	Dakota	143' 3"
2	Josh Georgen	Dakota	140' 8"
3	Kenny Nguyen	TROY	135' 10"
4	Greg Opeth	Dakota	133' 4.5"
5	Kris Tonjes	LC	131' 5"
6	Greg Artes	CV	127' 9"
7	Matt Staton	FERN	124' 3"
8	Mark Maddens	DLS	123' 4"
9	Tony Carrieri	LC	121' 2.5"
10	Mike Cholak	LC	121' 2"
11	Mark Lapansie	GPN	120' 1.5"
12	Derek Golberg	Athens	118' 5"
13	Phil Nahniak	DLS	118' 4"
14	Peter Vaclav	Utica	114' 6.5"
15	John Grivan	CV	113' 9"
16	Doug Wallace	Dakota	113' 0.5"
17	Derrel Rich	CL	112' 0.5"
18	Kandal Wilkinson	DLS	111' 0.5"
19	Chris Dasin	Utica	110' 7.5"
20	Ryan Knapp	Utica	109' 9"
21	Austin Dirzhazy	GPN	108' 7"
22	Chris Chirco	CV	108' 6"
23	Jeremy Szymanski	CL	106' 4.5"
24	Frank Bays	TROY	105' 9"
25	Mike Scher	TROY	105' 8.5"
26	Dom Delegato	Fraser	104' 4"
27	Adam Stevens	WM	101' 9"
28	Matt Zeieney	WM	98' 2.5"
29	Derek Knapp	Dakota	95' 8"
30	Remi Brenner	Athens	95' 1.5"
31	Dan Zerafa	Athens	89' 9"
32	Justin Walters	FITZ	89' 1"
33	David Jaworski	CL	85' 1.5"
34	Thomas Griffith	Fraser	83' 5"
35	Adam Hunter	FERN	82' 1"
36	Yousif Hana	WM	Foul

3200 Meter Relay

1	Dakota	Fowler, Andrews, Magnotte, Fowler	8:10.8
			MR/SR
2	TROY		8:23
3	CL		8:30.5
4	Athens		8:38.5
5	WM		8:53.1
6	DLS		9:00.1
7	Fraser		9:20.2
8	CV		9:35.4



Dakota Cougars Track & Field Invitational 2006 Boys Results

High Hurdles

Semifinal # 1

1	John Lee	TROY	16.1
2	Robert Jarrett	LC	16.2
3	Tyler Danna	CV	17.4
4	Brad Levitski	Utica	17.9
5	Josh Harris	FERN	18.7
6	Matt Lukas	Dakota	18.8
7	Cory Foglesong	GPN	21.1

Semifinal # 2

1	Deandre Henderson	GPN	15.7
2	John Hebron	TROY	16.8
3	Joe Suchoski	Utica	17.3
4	Josh Burk	Dakota	17.8
5	Don Halili	LC	17.8
6	Dave Matuszak	DLS	18.5
7	Matt Gronda	Fraser	18.6
8	Brandon Leeper	CV	18.7

FINALS

1	Deandre Henderson	GPN	16.2
2	John Lee	TROY	16.6
3	Robert Jarrett	LC	16.8
4	Joe Suchoski	Utica	17.1
5	John Herbon	TROY	17.5
6	Josh Burk	Dakota	17.5
7	Brad Levitski	Utica	18.1
8	Tyler Danna	CV	18.1

100 Meter Dash

Prelim #1

1	Vince Hendron	GPN	11.2
2	Grant Withers	GPS	11.8
3	Pat Hall	DLS	12.1
4	Leandre Rankin	FERN	12.5
5	Romeo	WM	12.6

Prelim #2

1	Ernest Cleary	FERN	11.2
2	Tom Whitman	DLS	11.7
3	Darius Vanderhorst	Fraser	11.9
4	Corey Clinton	Dakota	12.5
5	Steve Brozowski	WM	12.6

Prelim #3

1	Mike Stafford	LC	11.4
2	Brian Czygan	Utica	11.8
3	Will Sullivan	FITZ	12.1
4	Todd Harris	Fraser	12.4
5	Brendan Byrne	TROY	12.5

Prelim #4

1	David Dyer	Athens	11.8
2	Timothy Williams	GPN	11.8
3	Jamal Clayton	Dakota	12.2
4	Quovada Williams	LC	12.5
5	Matt Sellers	CV	12.8
6	Chad Smith	FITZ	12.9

Semifinal # 1

1	Vince Hendon	GPN	11.3	MR
2	Tom Whitman	DLS	11.9	
3	Leandre Rankin	FERN	12.0	
4	David Dyer	Athens	12.1	
5	Brian Czygan	Utica	12.1	
6	Darius Vanderhorst	Fraser	12.2	
7	Jamal Clayton	Dakota	12.3	
8	Quovada Williams	LC	12.8	

Semifinal # 2

1	Ernest Cleary	FERN	11.3
2	Mike Stafford	LC	11.7
3	Grant Withers	GPS	11.9
4	Timothy Williams	GPN	12.0
5	Will Sullivan	FITZ	12.0
6	Pat Hall	DLS	12.3
7	Todd Harris	Fraser	12.6
8	Corey Clinton	Dakota	12.6

FINALS

1	Vince Hendon	GPN	11.1
2	Mike Stafford	LC	11.2
3	Ernest Cleary	FERN	11.3
4	Tom Whitman	DLS	11.7
5	Grant Withers	GPS	12.1
6	David Dyer	Athens	12.3
7	Leandre Rankin	FERN	12.3
8	Timothy Williams	GPN	12.4

800 Meter Relay

JV

1	Grosse Pointe North "A"	Blest, Cruz, Hawkins, Williams	1:39.9
2	Dakota "A"		1:41.2
3	Grosse Pointe North "B"		1:41.4
4	Ferndale		1:43.5
5	Dakota "B"		1:45.8
6	De LaSalle "A"		1:49.9
7	Chippewa Valley		1:50.0
8	Dakota "C"		1:50.5
9	De LaSalle "B"		1:58.8
10	Dakota "D"		2:14.4

Varsity

1	Grosse Pointe North	Hendon, Utley, Donahue, Henderson	1:32.8
2	Ferndale		1:33.2
3	Utica		1:35.8
4	Athens		1:36.8
5	L'anse Creuse		1:39.4
6	Dakota		1:39.6
7	De LaSalle		1:39.7
8	TROY		1:40.3
9	Chippewa Valley		1:44.6

1600 Meter Run

JV Heat #1

1	Phil Baldick	Dakota	5:05.9
2	Bobbie Morrison	CV	5:15.1
3	Adam Sawyer	Utica	5:20.9
4	Jonathan Podgorski	COUS	5:22.3
5	Derek Will	LC	5:22.5
6	Cody Wilfinger	Dakota	5:24.4
7	Ryan Kennedy	LC	5:27.2
8	Paul Joseph	GPN	5:27.8
9	David Riva	DLS	5:28.3
10	Nathan Yu	TROY	5:28.5
11	Phil Wall	COUS	5:28.9
12	Travis Thorman	Dakota	5:30.3
13	Kameron Kline	CV	5:31.9
14			5:32.6
15			5:33.3



Dakota Cougars Track & Field Invitational 2006 Boys Results

1600 Meter Run

JV Heat # 2

1	Matt Shaheen	Athens	4:48.9	MR
2	John Hordos	Athens	4:49.7	
3	Chris Tassen	Athens	4:50.7	
4	Vanegmond, A	GPN	4:52.7	
5	Scott	DLS	4:59.3	
6	Gilpin	GPS	4:59.9	
7	Vanegmond, M	GPN	5:00.1	
8	Davies	GPS	5:00.5	
9			5:00.9	
10			5:01.5	
11			5:02.3	
12			5:02.5	
13			5:04.3	
14	Dylan Limon	WM	5:04.5	
17	Mitch Scherman	Dakota	5:08.0	
18	Brian Paul	Dakota	5:08.0	

1600 Meter Run

Varsity Heat #1

1	Eddie Roginski	Dakota	4:57.9	
2	Steve Dimambro	COUS	5:07.2	
3	Anthony Amato	LC	5:10.5	
4	Chris Fair	CV	5:12.4	
5	John Wurfel	LC	5:14.8	
6		Fraser	5:21.3	
7	Matt Modrak	CV	5:22.3	
8	Marjace Miles	FERN	5:24.0	
9	Corey McGregor	COUS	5:27.3	

Varsity Heat #2

1	Robbie Fisher	GPN	4:26.4	MR/SR
2	Pete Loy	DLS	4:26.9	
3	Jacob Wernet	GPS	4:34.4	
4	Nate Poirier	CL	4:37.3	
5	Chris Johnson	FERN	4:41.4	
6	Joe Cilluffo	WM	4:43.0	
7	Eric Brunning	Athens	4:43.6	
8	Kurt Norton	CL	4:44.3	
9	Greg Baade	DLS	4:44.9	
10	James Courtney	Dakota	4:47.0	
11	Eric Lerch	Utica	4:50.1	
12	Alex Baril	Utica	4:51.1	

400 Meter Relay

Heat #1

1	Utica	47.3	4 th
2	Dakota	47.8	6 th

Heat #2

1	Grosse Pointe North	Blest, Hendon, Donahue, Henderson	44.5	1 st
2	Ferndale		46.3	2 nd
3	L'anse Creuse		46.6	3 rd
4	De LaSalle		47.7	5 th
5	Warren Mott		47.9	7 th
6	Fraser		48.3	8 th
7	TROY		48.4	9 th

400 Meter Dash

Heat #1

1	James Stewart	Athens	56.0	13 th
2	Darrel Jones	COUS	56.6	15 th
3	Jeff Thompson	CV	58.8	19 th
4	Derek Greggs	FERN	58.9	20 th
5	Raad Mansour	CL	63.1	21 st

Heat #2

1	Matt Felice	Utica	54.0	9 th
2	Paul White	DLS	54.1	10 th
3	Mike Bellovich	GPS	55.2	11 th
4	Matt Veryser	GPN	55.4	12 th
5	Raed Mansour	CL	56.2	14 th
6	Mike Anthony	COUS	56.7	16 th
7	Garett Fraser	Fraser	56.9	17 th
8	Robbie Burns	TROY	57.1	18 th

Heat #3

1	Mike Stafford	LC	50.2	1 st
2	Frances Abou	Athens	50.9	2 nd
3	Nick Fowler	Dakota	51.8	3 rd
4	Jared Buzo	DLS	52.4	4 th
5	Jarrod Hamilton	FERN	53.0	5 th
6	Jeff Chaney	Utica	53.1	6 th
7	Stephen Humes	TROY	53.4	7 th
8	David Pazuchowski	Fraser	53.7	8 th

300 Meter Hurdles

Heat #1

1	Brandon Freiburger	CL	45.7	11 th
2	Brad Levitski	Utica	46.2	14 th
3	Brandon Leeper	CV	46.3	15 th
4	Dave Matuszak	DLS	48.3	19 th
5	Jon Skutnik	Dakota	52.3	20 th
6	Billy Malburg	Dakota	56.2	21 st

Heat #2

1	Eric Heitkamp	WM	44.2	8 th
2	Josh Burk	Dakota	45.4	9 th
3	Shane Sultes	Utica	45.5	10 th
4	John Herbon	TROY	45.7	11 th
5	Josh Harris	FERN	45.8	13 th
6	Matt Gronda	Fraser	46.4	16 th
7	Tyler Danna	CV	46.6	17 th
8	Matt Schoenherr	DLS	47.7	18 th

Heat #3

1	John Lee	TROY	39.6	1 st MR/SR
2	Deandre Henderson	GPN	40.1	2 nd
3	Joe Suchoski	Utica	41.2	3 rd
4	Will Utley	GPN	42.2	4 th
5	Robert Jarrett	LC	42.3	5 th
6	Ryan Schell	Athens	42.7	6 th
7	Cory Foglesong	GPN	43.4	7 th
8				

800 Meter Run

JV Heat #1

1	Paul Popiel	DLS	3:03.5	
2	Adam Sawyer	Utica		
3	Luke Popiel	DLS		
4	Mike Fey	LC		
5	Travis Thorman	Dakota		
6	Blake Lamarand	CV		
7	Nick Bryant	CV		
8	Mason King	CV		
9	Jason Kelly	CV		
10	Chris Pokadlek	GPN		
11	Chris Steinmetz	DLS		
12	Ryan Taylor	DLS		
13	Dan Parker	Utica		
14	Pat Young	CV		
15	Jeremy Stahl	LC		
16	Brian White	FERN		
17	Neil Flenna	CV		
18	Bill Fox	CL		
19	Brandon Wrobel	Dakota		



Dakota Cougars Track & Field Invitational 2006

Boys Results

20 James Walsh CV

800 Meter Run

JV Heat #2

1	Phil Baldick	Dakota	2:17.5	6 th
2	Kameron Kline	CV	2:20.4	9 th
3	Eric Ortbal	Utica	2:22.4	13 th
4	Kaleb Brockenbrough	Dakota	2:23.3	16 th
5	Firas Elbaba	TROY	2:23.7	17 th
6	Gary Manni	Utica	2:24.9	
7	Evan Aleazi	CL	2:28.9	
8	Kevin Mcclenic	FERN	2:29.9	
9	Glenn Pevac	Dakota	2:30.1	

JV Heat #3

1	Alex Sway-Tin	Athens	2:12.9	1 st MR
2	Joey Chodkiewicz	DLS	2:13.2	2 nd
3	Rob Roediger	WM	2:13.4	3 rd
4			2:15.1	4 th
5	Angelo Dimanibro	Athens	2:15.9	5 th
6	Eddie Lewis	Dakota	2:17.9	7 th
7	Mike D'Agostino	Fraser	2:19.7	8 th
8	Mike Kiogima	Fraser	2:21.1	10 th
9			2:21.5	11 th
10			2:21.8	12 th
11			2:22.4	13 th
12			2:23.2	15 th
13	Dave Emlaw	Dakota	2:24.1	18 th

Varsity

1	Chris Moon	Utica	2:03.2	MR
2	Dave Magnotte	Dakota	2:03.7	
3	Steve Joseph	GPN	2:03.8	
4	Scott Fowler	Dakota	2:04.4	
5	Andy Bourbeau	WM	2:05.4	
6	Nate Monahan	GPS	2:06.1	
7	Jake Sexton	GPN	2:08.0	
8	Jake Bilinski	Athens	2:08.3	

200 Meter Dash

Prelim #1

1	Mike Stafford	LC	23.4
2	Aaron Schmittler	Utica	24.0
3	Steven Heard	FERN	24.1
4	Terrance Shelby	Dakota	24.3
5	Sheyane Sengupta	TROY	24.3

Prelim #2

1	Grant Withers	GPS	23.9
2	Chris Hakim	DLS	24.7
3	Erdan Kayupov	TROY	24.8
4	Nathan Rice	CV	26.3

Prelim #3

1	Darius Vanderhorst	Fraser	24.6
2	Jamal Clayton	Dakota	25.2
3	Raad Mansour	CL	26.6
4	Chad Smith	FITZ	26.8

Prelim #4

1	Todd Harris	Fraser	24.6
2	Fred Cathey	CV	25.1
3	Jeff Andre	LC	26.6
4	Antonio Fueri	FERN	26.7

Semifinal #1

1	Aaron Schmittler	Utica	24.0
2	Mike Stafford	LC	24.1
3	Steven Heard	FERN	24.6
4	Jamal Clayton	Dakota	24.7
5	Todd Harris	Fraser	24.8
6	Nathan Rice	CV	25.1

7 Raad Mansour CL 26.1
8 Chad Smith FITZ 26.7

Semifinal #2

1	Grant Withers	GPS	23.9
2	Jeff Andre	LC	24.4
3	Terrance Shelby	Dakota	24.5
4	Erdan Kayupov	TROY	24.6
5	Chris Hakim	DLS	24.9
6	Darius Vanderhorst	Fraser	25.0
7	Fred Cathey	CV	25.2
8	Antonio Fueri	FERN	25.7

FINALS

1	Mike Stafford	LC	23.1
2	Grant Withers	GPS	23.5
3	Steven Heard	FERN	23.9
4	Aaron Schmittler	Utica	24.1
5	Jeff Andre	LC	24.2
6	Erdan Kayupov	TROY	24.5
7	Terrance Shelby	Dakota	25.4
8	Jamal Clayton	Dakota	25.6

3200 Meter Run

1	Pete Loy	DLS	9:44.9	MR/SR
2	Nate Poirier	CL	9:48.6	
3	Jacob Wernet	GPS	9:53.9	
4	Ben Miller	DLS	10:09.4	
5	Tom Posner	CL	10:15.5	
6	Joe Cilluffo	WM	10:17.0	
7	Chris Tassen	Athens	10:18.2	
8	Edwin Gay	GPS	10:22.3	

1600 Meter Relay

JV Heat #1

1	Dakota "A"	4:07.0	7 th
2	De LaSalle "A"	4:13.5	9 th
3	De LaSalle "B"	4:18.9	11 th
4	De LaSalle "C"	4:18.9	12 th
5	Dakota "B"	4:56.9	13 th

JV Heat #2

1	Grosse Pointe North "A"	Foglesong, Bourke, Blest, Charnewsky	3:46.8	1 st MR
2	Utica		3:51.4	2 nd
3	Ferndale		3:57.9	3 rd
4	Grosse Pointe North "B"		3:58.0	4 th
5	Dakota "C"		4:01.2	5 th
6	De LaSalle "D"		4:03.1	6 th
7	Ferndale		4:09.5	8 th
8	Chippewa Valley		4:14.1	10 th

Varsity Heat #1

1	Centerline	3:47.7	8 th
2	L'anse Creuse	3:49.6	9 th
3	Chippewa Valley	3:54.0	10 th

Varsity Heat #2

1	Dakota	Fowler, Andrews, Magnotte, Fowler	3:31.8	1 st MR/SR
2	TROY		3:32.6	2 nd
3	Ferndal		3:35.7	3 rd
4	De LaSalle		3:42.4	4 th
5	UTICA		3:43.6	5 th
6	Warren Mott		3:44.6	6 th
7	Fraser		3:44.8	7 th

MR=Meet Record

SR=Stadium Record