



Dakota High School Stadium

The Dakota Track and Field Team & Coaching Staff would like to thank the following for their support in this meet and the entire season.

Our spouses and families for their support.

Dakota Track and Field Parents

Dakota Alumni, meet workers and all Volunteers

Mary Kay Jagello and Kari Fox

Dakota High School Administration



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Order of events/ Time Schedule:

(Girls 1st in all Running events)

- 9:00 am** Coaches Meeting
- 10:00 am** Field Events Begin
- 10:00 am** 9th Grade 1600m Run
JV 1600m Run
High Hurdles (Prelims) sponsored by Cory's Coin Laundry
100m Dash (Prelims)
9th Grade 200m Dash
200m Dash (Prelims)
JV 200m Dash sponsored by The Nafus Family. "Go Legs!"
High Hurdles (Semis) sponsored by Cory's Coin Laundry
100 meter Dash (Semis)
"The Allinder" 3200 meter Relay
200 meter Dash (Semis)
- 20 min break--National Anthem--
- High Hurdles (Finals) sponsored by Cory's Coin Laundry
100 meter dash (Finals)
800 meter Relay
1600m Run
400 meter Relay
400 meter Dash
300 meter Hurdles sponsored by The Stafford Family
9th Grade 800m Run
JV 800m Run
800 meter Run
200 meter Dash (Finals)
3200 meter Run sponsored by The Baldick Family
JV 1600 meter Relay
1600 meter Relay sponsored by The Magnotte Family

We will be on a rolling time schedule and run ahead if possible!



TEAMS COMPETING FOR 2009
BROTHER RICE (BOYS)
CHIPPEWA VALLEY
DAKOTA
DE LA SALE (BOYS)
EISENHOWER
FITZGERALD
FRASER
GROSSE POINTE NORTH (BOYS)
GROSSE POINTE SOUTH
L'ANSE CREUSE
L'ANSE CREUSE NORTH
LUTHERAN NORTH
MT. CLEMENS
NOTRE DAME PREP
REGINA (GIRLS)
ROMEO
SOUTH LAKE
U OF D JESUIT (BOYS)
UTICA

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Fri. 9AM-12PM Sat. by appt.

Massage Therapy by Appointment

Boys Stadium Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Gerry Hammons	6' 7"	South Lake	5-10-08
Long Jump	Eddie Fici-12	21' 0.5"	Chippewa Valley	5-17-05
Shot Put	Matt Wilkerson	52' 4"	De LaSalle	5-10-08
Discus	Josh Georgen-12	150' 7.5"	Dakota	4-24-07
Pole Vault	Brian Hinz-12	14' 1"	Dakota	5-25-04
3200m Relay	Scott Fowler-11	8:10.8	Dakota	5-13-06
	Brenden Andrews-10			
	Dave Magnotte-11			
	Nick Fowler-11			
110m Hurdles	Deandre Henderson	14.17	GPN	5-12-07
100m Dash	Mike Stafford-12	10.9	L'anse Creuse	4-25-06
800m Relay	Adam Devine	1:30.6	GPN	5-10-08
	Theron Carter			
	Paul Bramos			
	Norris Blest			
1600m Run	Ben Miller-11	4:21.5	De LaSalle	5-10-08
400m Relay	Eric Osley	44.3	South Lake	5-10-08
	C. Wilson-Allen			
	Quinton Jones			
	Gary Hammons			
400m Dash	Mike Stafford-11	50.0	L'anse Creuse	5-14-05
300m Hurdles	John Lee	39.6	Troy	5-13-06
	Imani DuPerry		Brother Rice	5-10-08
800m Run	Nick Thomas	1:55.0	Brother Rice	5-10-08
200m Dash	Don Thelmas-12	22.3	Port Huron	5-16-00
3200m Run	Edwin Gay	9:37.5	GPS	5-10-08
1600m Relay	Scott Fowler-11	3:31.8	Dakota	5-13-06
	Dave Magnotte-11			
	Brenden Andrews-10			
	Nick Fowler-11			

Updated 5-05-09

Girls Stadium Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Suzy Bozin	5' 4"	Romeo	4-21-98
Long Jump	Tanisha Johnson-12	17' 11 ¼"	Dakota	5-13-06
Shot Put	Ashley Lawrence-12	41' 0"	Troy	5-13-06
Discus	Ashley Lawrence-12	133' 9"	Troy	5-13-06
Pole Vault	Lindsey Jones-12	11' 3"	Saint Clair	5-25-04
3200m Relay	Stephanie Sayler-12 Melissa Moncion-12 Rebecca Propst-9 Theresa Bongiovanni-12	9:59.8	Romeo	5-14-02
100m Hurdles	Breanna Peabody-12	14.4	Utica	5-10-08
100m Dash	Allysson Bodenbach	12.4	Chippewa Valley	5-10-08
800m Relay	Megan Willemsen-12 Jessica Ferguson-11 Melena Nicholson-9 Deanna Schmidt	1:48.3	Eisenhower	5-13-06
1600m Run	Betsy Graney-11	5:19.9	Grosse Pointe North	5-13-06
400m Relay	Jessica Ferguson-11 Lauren Lambert-10 Deanna Schmidt Megan Willemsen-12	51.1	Eisenhower	5-13-06
400m Dash	Allysson Bodenbach	58.6	Chippewa Valley	5-10-08
300m Hurdles	Breanna Peabody-12	44.4	Utica	5-10-08
800m Run	Amanda Mergaert	2:19.6	Utica	5-10-08
200m Dash	Allysson Bodenbach	25.2	Chippewa Valley	5-10-08
3200m Run	Julia Schmidt-12	11:35.0	Romeo	5-18-99
1600m Relay	Anna Dinverno-9 Katrina Drayton-12 Sam Hsieh-11 Grace Green-9	4:12.8	Troy	5-13-06

Updated 5-5-09

Order of events/ Field Events:

The following field events will begin at 10:00 am

Pole Vault sponsored by Timpa Insurance
(Boys 1st)

High Jump sponsored by The Cuniberti Family
(Boys 1st)

Shot Put sponsored by Cook Industries (Boys 1st)

Long Jump (Girls 1st)

Discus (Girls 1st)



The opposite gender will begin when the above are finished.



Awards:

Top 8 places in all individual events

Top 6 places in all Relays

No team scores will be kept.

Boys Meet Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Gerry Hammons	6' 7"	South Lake	5-10-08
Long Jump	Greg Diedrich	20' 11"	Eisenhower	5-12-07
Shot Put	Matt Wilkerson	52' 4"	De LaSalle	5-10-08
Discus	Phil Nahirniak	148' 5"	De LaSalle	5-10-08
Pole Vault	Chris Fisher-12	12' 5"	Dakota	5-13-06
	Will Utley-11		GPN	5-13-06
3200m Relay	Scott Fowler-11	8:10.8	Dakota	5-13-06
	Brenden Andrews-10			
	Dave Magnotte-11			
	Nick Fowler-11			
110m Hurdles	DeAndre Henderson-11	14.17	GPN	5-12-07
100m Dash	Norris Blest-11	11.02	GPN	5-12-07
800m Relay	Adam Devine	1:30.6	GPN	5-10-08
	Theron Carter			
	Paul Bramos			
	Norris Blest			
1600m Run	Ben Miller-11	4:21.5	De LaSalle	5-10-08
400m Relay	Eric Osley	44.3	South Lake	5-10-08
	C. Wilson-Allen			
	Quinton Jones			
	Gary Hammons			
400m Dash	Mike Stafford-11	50.0	L'anse Creuse	5-14-05
300m Hurdles	John Lee	39.6	Troy	5-13-06
	Imani DuPerry		Brother Rice	5-10-08
800m Run	Nick Thomas	1:55.0	Brother Rice	5-10-08
200m Dash	Anthony Allen-9	22.53	Fraser	5-12-07
3200m Run	Edwin Gay	9:37.5	GPS	5-10-08
1600m Relay	Scott Fowler-11	3:31.8	Dakota	5-13-06
	Dave Magnotte-11			
	Brenden Andrews-10			
	Nick Fowler-11			

Updated 5-5-09

Girls Meet Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	E. Stone	5' 1"	Regina	5-12-07
	Julie Diegel-12		Eisenhower	5-12-07
	Erin Rajter		Eisenhower	5-10-08
Long Jump	Tanisha Johnson-12	17' 11 ¼"	Dakota	5-13-06
Shot Put	Ashley Lawrence-12	41' 0"	Troy	5-13-06
Discus	Ashley Lawrence-12	133' 9"	Troy	5-13-06
Pole Vault	Cassie Chetosky-12	10' 4"	Utica	5-12-07
3200m Relay	Jillian McLaughlin-11	10:05.4	GPS	5-14-05
	Sam MacKenzie-11			
	Sarah Petit-11			
	Maggie Collison-12			
100m Hurdles	Breanna Peabody-12	14.4	Utica	5-10-08
100m Dash	Alysson Bodenbach-12	12.4	Chippewa Valley	5-10-08
800m Relay	Megan Willemsen-12	1:48.3	Eisenhower	5-13-06
	Jessica Ferguson-11			
	Melena Nicholson-9			
	Deanna Schmidt			
1600m Run	Betsy Graney-11	5:19.9	GPN	5-13-06
400m Relay	Jessica Ferguson-11	51.1	Eisenhower	5-13-06
	Lauren Lambert-10			
	Deanna Schmidt			
	Megan Willemsen-12			
400m Dash	Alysson Bodenbach-12	58.6	Chippewa Valley	5-10-08
300m Hurdles	Breanna Peabody-12	44.4	Utica	5-10-08
800m Run	Amanda Mergaert	2:19.6	Utica	5-10-08
200m Dash	Alysson Bodenbach-12	25.2	Chippewa Valley	5-10-08
3200m Run	Jillian McLaughlin-11	11:39.7	GPS	5-14-05
1600m Relay	Anna Dinverno-9	4:12.8	Troy	5-13-06
	Katrina Drayton-12			
	Sam Hsieh-10			
	Grace Green-9			

Updated 5-5-09

JV GIRLS MEET RECORDS

JV 800m Run	Jessica Russell	2:33.8	Troy	5-14-05
9 th Gr 800m	Hannah Pugh	2:35.3	Dakota	5-10-08
JV 1600m Run	Kat Carmody-12	5:53.0	GPS	5-14-05
9 th Gr 1600m	Walmsley	5:41.5	IKE	5-10-08
9 th Gr 200m	Veronica Reeber	28.1	GPS	5-10-08
JV 200m Dash	Emily Glidden	27.3	IKE	5-10-08
JV 1600m Relay	Kwasnik	4:35.5	IKE	5-10-08

Vicari

Marchlewicz

Szulborski



JV BOYS MEET RECORDS

JV 800m Run	Mark Hernandez-9	2:09.0	Dakota	5-12-07
9 th Gr 800m	Tyler Lenzion	2:09.0	Brother Rice	5-10-08
JV 1600m Run	Shay-Heen	4:48.9	Troy Athens	5-13-06
9 th Gr 1600m	Andrew Cusmano	5:05.9	De LaSalle	5-10-08
JV 200m Dash	Anthony Deblasi	23.6	Brother Rice	5-10-08
9 th Gr 200m	Gerald Jackson	24.2	Dakota	5-10-08
	Austin Meyer		Utica	
JV 1600m Relay	Brian White	3:44.3	Brother Rice	5-10-08

Tyler Lenzion

Brenden Tamm

Matt Kravutske

Updated 5-5-09

PAST EVENT CHAMPIONS

Discus

2005	Chrissy Brinkman	Troy	119' 4"	Elvis Ahmetarsevic	L'anse Creuse	145' 0"
2006	Ashley Lawrence	Troy	133' 9"	Quentin Trotter	Dakota	143' 3"
2007	Lauren Flanagan	GPN	110' 9"	Josh Georgen	Dakota	142' 3"
2008	Megan Felcyn	Dakota	119' 5"	Phil Nahiriak	De LaSalle	148' 5"
2009						

High Jump

2005	Tanisha Johnson	Dakota	5' 0"	Max McDonald	Grosse Pointe South	5' 7"
2006	Tanisha Johnson	Dakota	5' 0"	Mike Sullivan	Fitzgerald	6' 1"
2007	Julie Diegel	Eisenhower	5' 1"	Dehron Pines	Grosse Pointe North	6' 3"
2008	Erin Rajter	Eisenhower	5' 1"	Gerry hammons	South Lake	6' 7"
2009						

Long Jump

2005	Tanisha Johnson	Dakota	16' 8 ¾"	Steve Brozowski	Warren Mott	19' 0 ¼"
2006	Tanisha Johnson	Dakota	17' 11 ¼"	Mike Stafford	L'anse Creuse	20' 7 ¼"
2007	Cassie Chetosky	Utica	15' 6 ½"	Greg Diedrich	Eisenhower	20' 11"
2008	Katie Steen	GPS	15' 5 ½"	Greg Diedrich	Eisenhower	20' 3 ½"
2009						

Pole Vault

2005	Cassie Chetosky	Utica	8' 9"	Chris Czapp	Warren Mott	11' 9"
2006	Cassie Chetosky	Utica	9' 8"	Chris Fisher	Dakota	12' 5"
2007	Cassie Chetosky	Utica	10' 4"	Brian Cox	Port Huron Northern	11' 5"
2008	Kelsey Hinz	Dakota	10' 3"	Jeremy Russo	Cousino	11' 11"
2009						

Shot Put

2005	Ashley Lawrence	Troy	40' 1 ½"	Will Kosnik	Warren Mott	46' 8"
2006	Ashley Lawrence	Troy	41' 0"	Williams	Grosse Pointe South	50' 6"
2007	Joy Rolfe	Fraser	40' 3"	Josh Georgen	Dakota	48' 9"
2008	Anjanae Reed	South Lake	37' 10"	Matt Wilkerson	De LaSalle	52' 4"
2009						

100m Dash

2005	Tanisha Johnson	Dakota	13.0	Marcus Lancaster	Dakota	11.2
2006	Alysson Bodenbach	Chippewa	13.1	Vince Hendon	Grosse Pointe North	11.1
2007	Alysson Bodenbach	Chippewa	12.67	Norris Blest	Grosse Pointe North	11.02
2008	Alysson Bodenbach	Chippewa	12.4	Norris Blest	Grosse Pointe North	10.9
2009						

200m Dash

2005	Alysson Bodenbach	Chippewa	28.1	Mike Stafford	L'anse Creuse	22.7
2006	Katrina Drayton	Troy	25.3	Mike Stafford	L'anse Creuse	23.1
2007	Alysson Bodenbach	Chippewa	25.63	Anthony Allen	Fraser	22.53
2008	Alysson Bodenbach	Chippewa	25.2	Joe Larocca	De LaSalle	22.6
2009						

PAST EVENT CHAMPIONS CONT.

9th Grade 200m Dash

2008	Veronica Reeber	GPS	28.1	G. Jackson/A. Meyer	Dakota/Utica	24.2
2009						

JV 200m Dash

2008	Emily Glidden	Eisenhower	27.3	Anthony Deblasi	Brother Rice	23.6
2009						

400m Dash

2005	Jillian Conley	L'anse Creuse	61.1	Mike Stafford	L'anse Creuse	50.0
2006	Carley Ballantine	Utica	62.6	Mike Stafford	L'anse Creuse	50.2
2007	Emily Cizmas	Chippewa	60.9	Paul Bramos	Grosse Pointe North	52.0
2008	Allysson Bodenbach	Chippewa	58.6	Paul Bramos	Grosse Pointe North	50.7
2009						

800m Run

2005	Erica D'Angelo	Chippewa	2:29.4	Dave Magnotte	Dakota	2:07.1
2006	Grace Green	Troy	2:22.7	Chris Moon	Utica	2:03.2
2007	Kaitlin Kreger	LCN	2:28.6	Rob Fisher	Grosse Pointe North	2:00.4
2008	Amanda Mergaert	Utica	2:19.6	Nick Thomas	Brother Rice	1:55.0
2009						

JV 800m Run

2005	Jessica Russell	Troy	2:33.8	Eric Heitkamp	Warren Mott	2:25.3
2006	Anna Dinverno	Troy	2:36.6	Alex Sway-Tin	Athens	2:12.9
2007	Emily Cizmas	Chippewa	2:33.9	Mark Hernandez	Dakota	2:09.0
2008	Emily Zhad	GPS	2:38.7	Kyle Roeber	Eisenhower	2:11.8
2009						

9th Grade 800m Run

2008	Hannah Pugh	Dakota	2:35.3	Tyler Lenzion	Brother Rice	2:09.0
2009						

1600m Run

2005	Maggie Collison	GPS	5:20.7	Shane Knoll	Warren Mott	4:36.3
2006	Betsey Graney	GPN	5:19.9	Robbie Fisher	Grosse Pointe North	4:26.4
2007	Betsey Graney	GPN	5:21.8	Ben Miller	De LaSalle	4:34.2
2008	Gina Valgoi	Regina	5:24.8	Ben Miller	De LaSalle	4:21.5
2009						

JV 1600m Run

2005	Kat Carmody	GPS	5:53.0	Bryan Congleton	Warren Mott	4:55.6
2006	Lesperance	Troy	5:54.4	Matt Shaheen	Athens	4:48.9
2007	Becca Gimpert	GPN	6:02.2	Kieran Scott	De LaSalle	4:58.1
2008	Tess Sheldon	GPS	5:59.5	Killian Smith	De LaSalle	4:49.5
2009						

PAST EVENT CHAMPIONS CONT.

9th Grade 1600m Run

2008	Walmsley	Eisenhower	5:41.5	Andrew Cusmano	De LaSalle	5:05.9
2009						

3200m Run

2005	Jill McLaughlin	GPS	11:39.7	Nate Poirier	Centerline	9:53.3
2006	Betsey Graney	GPN	11:45.3	Pete Loy	De LaSalle	9:44.9
2007	Haley Knoll	Warren Mott	11:54.1	Jon Rock	Eisenhower	9:55.2
2008	Jennifer Rock	Eisenhower	11:44.1	Edwin Gay	GPS	9:37.5
2009						

High Hurdles

2005	Lisa Laperriere	Dakota	16.8	Rob Schwarb	Lutheran North	15.4
2006	Breanna Peabody	Utica	16.1	Deandre Henderson	Grosse Pointe North	16.2
2007	Breanna Peabody	Utica	15.81	Deandre Henderson	Grosse Pointe North	14.17
2008	Breanna Peabody	Utica	14.4	Imani DuPerry	Brother Rice	14.3
2009						

300m Hurdles

2005	Breanna Peabody	Utica	46.8	Tad Wojoyla	Utica	39.7
2006	Breanna Peabody	Utica	47.7	John Lee	Troy	39.6
2007	Crystal Bush	GPN	49.4	Rich Kwasnik	Eisenhower	41.2
2008	Breanna Peabody	Utica	44.4	Imani DuPerry	Brother Rice	39.6
2009						

400m Relay

2005	Dakota		52.8	Utica		45.0
2006	Eisenhower		51.1	Grosse Pointe North		44.5
2007	Grosse Pointe North		52.4	Grosse Pointe North		44.7
2008	Eisenhower		51.9	South Lake		44.3
2009						

800m Relay

2005	Dakota		1:51.3	Grosse Pointe South		1:34.0
2006	Eisenhower		1:48.3	Grosse Pointe North		1:32.8
2007	Grosse Pointe North		1:49.5	Grosse Pointe North		1:32.4
2008	Eisenhower		1:49.0	Grosse Pointe North		1:30.6
2009						

JV 800m Relay (discontinued event)

2005	Grosse Pointe South		1:56.8	Warren Mott		1:40.4
2006	Eisenhower		1:57.9	Grosse Pointe North		1:39.9
2007	Grosse Pointe North		1:56.4	Dakota		1:38.1

PAST EVENT CHAMPIONS CONT.

1600m Relay

2005	Utica	4:29.7	De LaSalle	3:37.3
2006	Troy	4:12.8	Dakota	3:31.8
2007	Chippewa Valley	4:23.1	De LaSalle	3:33.7
2008	Utica	4:14.5	Brother Rice	3:32.5
2009				

JV 1600m Relay

2005	Dakota	5:02.5	De LaSalle	3:59.4
2006	Dakota	4:43.3	Grosse Pointe North	3:46.8
2007	Dakota	4:48.3	Grosse Pointe North	3:52.1
2008	Eisenhower	4:35.5	Brother Rice	3:44.3
2009				

3200m Relay

2005	Grosse Pointe South	10:05.4	Warren Mott	8:31.6
2006	Grosse Pointe North	10:25.3	Dakota	8:10.8
2007	Regina	10:17.4	Dakota	8:12.2
2008	L'anse Creuse North	10:13.6	Dakota	8:16.1
2009				

MACOMB COUNTY TRACK MEET OF CHAMPIONS

QUALIFYING STANDARDS FOR THE 2009 MEET

	BOYS	GIRLS
Discus (G)	125 feet	90 feet
Long jump (G)	19 feet, 6 inches	14 feet, 9 inches
Shot put (B)	44 feet	30 feet
High jump (B)	5 feet, 9 inches (starting height 5-6)	4 feet, 10 in (starting height 4-7)
Pole vault (B)	10 feet (starting height 9-6)	8 feet (starting height 7-6)
100 meter dash	11.4	13.4
200 meter dash	23.4	28.3
400 meter dash	53.3	1:05.0
800 meter run	2:08.0	2:37.5
1600 meter run	4:55.0	6:05.0
3200 meter run	10:45.0	13:10.0
110 meter hurdles	16.9	18.2
300 meter hurdles	44.0	53.0

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