

**WESTERN LUTHERAN
ATHLETIC LEAGUE**

TRACK MEET



**LUTHERAN HIGH
WESTLAND**

MAY 11, 2012

WLAL TRACK MEET

Friday, May 11, 2012

Participating schools:

Christ the King, Southgate (CTK)
Concordia, Redford (CON)
Guardian, Dearborn (GRD)
Northville Christian (NCS)
St. John's, Waltz (SJW)
St. Matthew, Walled Lake (SMWLK)
St. Matthew, Westland (SMWLD)
St. Michael, Wayne (SMWYN)
St. Paul, Royal Oak (SPRO)
St. Paul's, Northville (SPNV)

Records broken at 2012 WLAL Meet (Previous record in parentheses):

BOYS B:

400m

Lucas Moody, SMWLD - 1:09.94

(Lucas Mack, SMWLK - 1:11.60 - 2010)

4x200m Relay

SMWLK (Aguilera, Nimer, Vlk, Wheeler) - 2:13.94

(Detroit Urban (Turner, McCord, Davis, Lucas) - 2:19.7-2010)

BOYS A:

100m

Logan Manning, SMWLK - 11.69

(Moore, Detroit Urban (2008) & Evan Shirkey, SMWLD (2010) - 12.4)

200m

Logan Manning, SMWLK - 25.78

(Matt DeWitt, CON - 26.60 - 2010)

800m

Hunter Roedel, CON - 2:23.08

(C. Urquhart, Detroit Urban - 2:32.5 - 2010)

1600m

Hunter Roedel, CON - 5:22.11

(Collin Watkins, NCS - 5:37.10 - 2010)

GIRLS B:

100m

Alexis Johnson, CON - 13.33

(G. Goble, NCS - 13.90 - 2009)

800m

Laiken Osborne, GRD - 3:04.50

(Bri Lovse, SJW - 3:08.60 - 2011)

GIRLS A:

400m

Natalie Rantala, SJW - 1:08.78

(G. Moore, CTK - 1:09.10 - 2009)

800m

Jenna Wisner, SMWYN - 2:45.65

(Jenna Wisner, SMWYN - 2:50.9 - 2011)

1600m

Jenna Wisner, SMWYN - 6:04.44

(Jenna Wisner, SMWYN - 6:09.40 - 2011)

4x400m Relay

SJW (Murphy, Rantala, Lovse, Matsos) - 5:14.56

(SPFH (Competitors unknown) - 5:32.2 - 2009)

DIVISION B – BOYS

(The top 6 in each event are in bold)

(** = New WLAL Record)

100m

HEAT 1

1. Tommy Fisher, SMWLD	14.48
2. Martin Russenberger, SPNV	15.40
3. Andrew Love, GRD	15.90
4. John McCormick, CTK	17.77
5. Laurence Fischer, CON	18.50
6. Brendan Tatman, SJW	21.21

HEAT 2

1. Douglas Tischler, SPNV	14.66
2. Dillon O'Reilly, CON	15.48
3. Ben Bavol, SMWYN	16.00
4. Dylan Yearn, SMWLK	16.33
5. Christian Martin, NCS	16.43

HEAT 3

1. Cameron Dixon, NCS	13.72
2. Luke Benford, SMWYN	14.29
3. Jake O'Reilly, CON	15.40
4. Seth Lambart, SMWLD	16.27
5. Vencent Loftis, CTK	17.89

HEAT 4

1. Austin Poe, CTK	15.13
2. Noah Kohtz, SMWYN	16.68
3. Joey Saferian, NCS	17.50
4. Jon Rantala, SJW	17.78
5. John Davenport, SMWLD	17.95

100m FINALS

1. Cameron Dixon, NCS	13.81
2. Tommy Fisher, SMWLD	14.40
3. Luke Benford, SMWYN	14.60
4. Douglas Tischler, SPNV	15.02
5. Austin Poe, CTK	15.44
6. Martin Russenberger, SPNV	15.53
7. Jake O'Reilly, CON	15.54

200m

1. Christian Vacca, SMWYN	30.72
2. Tommy Fisher, SMWLD	31.16
3. Lucas Moody, SMWLD	31.41
4. Tim Ott, CON	32.60
5. Austin Poe, CTK	33.13
6. Jordan Hagan, GRD	36.08
7. Ryan Webb, SMWYN	37.37
8. Hayden Sharp, SPRO	37.50
9. Elliot McLaughlin, GRD	38.87
10. Rhasean Scales, SPRO	38.89
11. John Davenport, SMWLD	40.00
12. Ian Gruenhagen, SMWYN	40.63
T13. Jake Schnorberger, CON	40.80
T13. Andrew Sorter, SMWLK	40.80
15. Jordan Collins, CTK	41.79
16. Laurence Fischer, CON	42.22

400m

1. Lucas Moody, SMWLD	1:09.94**
2. Jose Aguilera, SMWLK	1:17.39
3. Chris Riegel, SMWLD	1:21.94
4. Ryan Faith, GRD	1:23.09
5. Andrew Burk, SMWLD	1:23.25
6. Elliot McLaughlin, GRD	1:26.10
7. Elijah Schultx, SPRO	1:27.57
8. Zach Ponder, CON	1:29.10
9. Mattea Spennachio, GRD	1:31.43
10. Jake Schnorberger, CON	1:32.20
11. Brendan Spangler, CTK	1:32.41
12. Oscar Lewen, SJW	1:32.63
13. Ian Gruenhagen, SMWYN	1:39.37
14. Alex Anderson, CTK	1:43.42
15. Jordan Collins, CTK	1:45.53

(Division B - Boys Cont'd)

800m

1. Joshua Cook, CTK	2:53.54
2. Douglas Tischler, SPNV	3:02.86
3. Joshua Tuttle, GRD	3:10.77
4. Ryan Webb, SMWYN	3:29.16
5. Alex Baetz, SPNV	3:32.34
6. Mattea Spennachio, GRD	3:33.84
7. Jordan Hagan, GRD	3:34.04

1600m

1. Luke Benford, SMWYN	5:51.44
2. Joshua Cook, CTK	6:12.40
3. Austin Poe, CTK	6:25.51
4. Jacob Adams, SMWLK	6:37.64
5. Nathan Tuttle, GRD	6:44.07
6. Dillon O'Reilly, CON	6:45.46
7. Jake O'Reilly, CON	6:52.02
8. Douglas Tischler, SPNV	6:56.86
9. Devon Nimer, SMWLK	7:10.32
10. Alex Baetz, SPNV	7:45.08
11. Henry Dodson, SPRO	8:02.63

4x100m Relay

1. SMWLK (Adams, Vlk, Wheeler, Yearn)	1:04.54
2. CON (O'Reilly, O'Reilly, Ott, Ponder)	1:05.90
3. SMWYN (Bavol, Webb, Gruenhagen, Kohtz)	1:11.43
4. CTK (Anderson, Tarnowski, Spangler, McCormick)	1:20.6

4x200m Relay

1. SMWLK (Aguilera, Nimer, Vlk, Wheeler)	2:13.94**
2. SMWLD (Moody, Lambart, Burk, Riegel)	2:16.85
3. GRD (Love, Tuttle, Faith, Tuttle)	2:22.80
4. SPRO (Dodson, Scales, Schultz, Sharp)	2:35.62
5. CTK (Loftis, Nemeth, Segal, Tarnowski)	2:49.78

4x400m Relay

1. CTK (Collins, McCormick, Nemeth, Segal)	6:54.3
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High Jump

1. Devon Nimer, SMWLK	3'11"
2. Seth Lambart, SMWLD	3'6"
3. Jose Aguilera, SMWLK	--

Long Jump

1. Cameron Dixon, NCS	12'11"
2. Christian Vacca, SMWYN	12'5 ½"
3. Tommy Fisher, SMWLD	11'11 ¾"
4. Martin Russenberger, SPNV	11'2 ½"
T5. Luke Benford, SMWYN	11'1"
T5. Tim Ott, CON	11'1"
7. Andrew Love, GRD	10'1 ½"
8. Joshua Tuttle, GRD	9'9 ¾"
9. Jacob Adams, SMWLK	9'6 ¾"
10. Dylan Year, SMWLK	9'5"
11. Kyle Sedgewick, NCS	9'4"
12. Nathan Tuttle, GRD	9'3 ½"
13. Chris Riegel, SMWLD	9'3"
14. Vincent Loftis, CTK	9'1 ¾"
15. Samuel McCormick, CTK	8'1 ¾"
16. Noah Kohtz, SMWYN	7'10"
17. Jacob Nemeth, CTK	7'8 ¾"
18. Oscar Lewen, SJW	7'6 ¾"
19. Andrew Sorter, SMWLK	7'5 ¼"
20. Jake Schnorberger, CON	6'3 ¾"

Shot Put

1. John Davenport, SMWLD	23'6"
2. Connor Wheeler, SMWLK	22'9 ¾"
3. Johnny McCormick, CTK	22'5 ¼"
4. Christian Vacca, SMWYN	21'7 ½"
5. Jon Rantala, SJW	21'5 ¼"
6. Tyler Vlk, SMWLK	18'9"
7. Brenden Sharp, SPRO	18'7 ¾"
8. Brendan Tatman, SJW	18'5"
9. Henry Dodson, SPRO	17'8 ¼"
10. Joshua Cook, CTK	17'5 ¾"
11. Laurence Fischer, CON	16'8 ¾"
12. Zach Ponder, CON	16'2 ¼"
13. Andrew Burk, SMWLD	15'10 ¾"
14. Rhasean Scales, SPRO	14'11 ½"
15. Ben Bavol, SMWYN	14'3"
16. Jordan Hagan, GRD	14'2 ¾"
17. Kyle Sedgewick, NCS	14'1 ¼"
18. Andrew Sorter, SMWLK	13'10 ½"
19. Joey Saferian, NCS	12'10 ¼"
20. Ryan Faith, GRD	12' ¼"
21. Alex Tarnowski, CTK	11'10 ¼"
22. Elliot McLaughlin, GRD	10'6 ¼"

DIVISION A – BOYS

(The top 6 in each event are in bold)

(** = New WLAL Record)

100m

HEAT 1

1. Daryl Nykiel, SPRO	12.72
2. Brandon Frahm, SMWLK	13.18
3. Robert Marshall, CON	13.80
4. Owen Teague, GRD	14.13
5. Daniel Ding, NCS	15.72

HEAT 2

1. Logan Manning, SMWLK	11.69**
2. Tommy Gulick, SMWLK	12.56
3. Alex Best, GRD	14.90
4. Luke Smith, GRD	15.22

100m FINALS

1. Logan Manning, SMWLK	12.20
2. Tommy Gulick, SMWLK	12.54
3. Daryl Nykiel, SPRO	12.80
4. Brandon Frahm, SMWLK	13.34
5. Robert Marshall, CON	13.87
6. Owen Teague, GRD	14.17

200m

1. Logan Manning, SMWLK	25.78**
2. Tommy Gulick, SMWLK	26.38
3. Garrett Kempf, GRD	26.70
4. Brandon Frahm, SMWLK	27.50
5. Daryl Nykiel, SPRO	27.90
6. Michael LaChance, CON	30.88
7. Colin McLaughlin, GRD	33.29
8. Prosper Garcia, NCS	34.10
9. Emmanuel Rankine, CON	34.85
10. Joey Seta, GRD	35.99
11. Bryce Ingersoll, CON	38.42

400m

1. CJ Thompson, NCS	1:08.25
2. Brent Croft, CON	1:14.00
3. Colin McLaughlin, GRD	1:15.00
4. Andy Faith, GRD	1:21.25
5. Bryce Ingersoll, CON	1:24.41

800m

1. Hunter Roedel, CON	2:23.08**
2. Joel Childers, CTK	2:43.87
3. Emmanuel Rankine, CON	3:09.04
4. Brandon Baxter, NCS	3:10.12
5. Colin McLaughlin, GRD	3:12.46

1600m

1. Hunter Roedel, CON	5:22.11**
2. Joel Childers, CTK	5:42.51
3. Peter Martin, NCS	5:56.74
4. Emmanuel Rankine, CON	6:27.49
5. Noah Gow, CTK	6:47.64
6. Brandon Baxter, NCS	7:30.57

4x100m Relay

1. CON (Croft, LaChance, Marshall, Roedel) 57.09
2. GRD (Teague, Best, Faith, Kempf) 58.59
3. NCS (Thompson, Martin, Modjewki, Simoff) 58.90

4x200m Relay

1. NCS (Thompson, Garcia, Martin, Dixon) 2:19.41
2. GRD (Seta, Glinn, Klein, Smith) 2:27.46

4x400m Relay

NONE

High Jump

1. Garrett Kempf, GRD 4'7"
2. Michael LaChance, CON 4'7"
3. Daniel Ding, NCS 3'10"
- T4. Andy Faith, GRD --
- T4. Joey Seta, GRD --

Long Jump

1. Tommy Gulick, SMWLK 16'10 ½"
2. Joel Childers, CTK 13'11 ¾"
3. Daryl Nykiel, SPRO 13'11 ½"
4. Evan Simoff, NCS 13'4 ½"
5. Brandon Baxter, NCS 12'9 ½"
6. Alex Best, GRD 12'2 ¼"

Shot Put

1. Robert Marshall, CON 33'9 ½"
2. Alex Angelas, NCS 33'4 ¼"
3. Evan Simoff, NCS 31'10 ¾"
4. Brent Croft, CON 31'6"
5. Brandon Frahm, SMWLK 31' ¼"
6. Luke Smith, GRD 30'9 ¼"
7. Mitchell Klein, GRD 29'2"
8. Bryce Ingersoll, CON 23'3 ¾"
9. Nick Glinn, GRD 22'0"
10. Noah Gow, CTK 21'7 ¾"

DIVISION B – GIRLS

(The top 6 in each event are in bold)

(** = New WLAL Record)

100m

HEAT 1

1. Alexis Johnson, CON	13.33**
2. Marquela Aguilera-Knox, SMWLK	15.00
3. Emma Best, GRD	15.00
4. Madison McGinnis, SJW	15.14
5. Salina Beck, ???	16.34
6. Maggie Smith, SMWYN	18.00

HEAT 2

1. Priscialla Pinchem, SJW	14.97
2. Lauren Valli, NCS	16.72
3. Chiane Reusser, CON	17.00
4. Olivia Gordon, SPNV	17.14
5. Lydia Hinck, SMWLD	18.69
6. Patricia Bloom, CTK	28.10

HEAT 3

1. Brooklynn Roedel, CON	15.10
2. Emily Cook, CTK	16.44
3. Jordan Fisher, NCS	18.20
4. Emily Grunzweig, NCS	18.42
5. Sydney Fuller, SJW	18.89
6. Lina Reis, SPNV	19.00

HEAT 4

1. Waverly Allen, GRD	16.41
2. Mackenzie Machetti, CTK	17.05
3. Alex Johnson, SPRO	17.50
4. Ainsley Kirkland, NCS	18.36
5. Tatiana Bunge, GRD	19.07
6. Breanna Moody, SMWLD	19.83

100m FINALS

1. Alexis Johnson, CON	13.59
2. Brooklynn Roedel, CON	14.51
3. Priscilla Pinchem, SJW	14.60
4. Marquela Aguilera-Knox, SMWLK	14.97
5. Madison McGinnis, SJW	15.05
6. Emma Best, GRD	15.78

200m

1. Madison McGinnis, SJW	32.53
2. Sarah Fracala, NCS	34.03
3. Renee Farmer, SMWLD	35.34
4. Laiken Osborne, GRD	35.75
5. Alex Johnson, SPRO	36.80
6. Chiane Reusser, CON	38.68
7. Olivia Gordon, SPNV	39.47
8. Maggie Smith, SMWYN	39.59
9. Maddie Andrews, GRD	40.76
10. Emily LeBlanc, CTK	41.07
11. Jordan Fisher, SMWLD	41.40
12. Laura Gharios, GRD	41.69
13. Lina Reis, SPNV	42.80
14. Aliyah Smukala, SMWLK	46.99
15. Patricia Bloom, CTK	1:03.63

(Division B - Girls Cont'd)

400m

1. Riley Hawley, SMWLD	1:13.35
2. Abby Grant, SJW	1:14.03
3. Marquela Aguilera-Knox, SMWLK	1:20.72
4. Selena Fack, SMWYN	1:27.57
5. Lily Grantham, GRD	1:28.80
6. Laura Gharios, GRD	1:34.22
7. Nicole Pappas, GRD	1:36.00
8. Breanna Moody, SMWLD	1:47.28

800m

1. Laiken Osborne, GRD	3:04.50**
2. Halee Dorn, CTK	3:06.21
3. Lauren Valli, NCS	3:39.60
4. Courtney Rivers, NCS	3:45.23

1600m

1. Emily Grunzweig, NCS	8:03.51
2. Sola Mewha, NCS	8:30.50
3. Chiane Reusser, CON	8:31.76
4. Sarah Fracala, NCS	9:04.24

4x100m Relay

1. SJW (McGinnis, Pinchem, Fuller, Grant)	1:06.59
2. CTK (Cook, Machetti, Dorn, Holka)	1:07.80
3. NCS (Rivers, Valli, Petix, Mewha)	1:16.79

4x200m Relay

1. SMWLD (Hawley, Farmer, Chapman, Hinck)	2:30.66
2. CTK (McMath, Machetti, Hola, LeBlanc)	2:32.75
3. GRD (Allen, Bunge, Andrews, Pappas)	2:43.80

4x400m Relay

1. GRD (Grantham, Best, Grantham, Osborne)	5:43.00
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High Jump

1. Riley Hawley, SMWLD	4'0"
2. Marquela Aguilera-Knox, SMWLK	4'0"
3. Emily Grunzweig, NCS	3'4"
4. Tatiana Bunge, GRD	3'2"
T5. Laura Gharios, GRD	--
T5. Sola Mewha, NCS	--

Long Jump

1. Emma Best, GRD	11'2 ¾"
2. Brooklynn Roedel, CON	10'11 ½"
3. Sarah Fracala, NCS	10'10 ½"
4. Halee Dorn, CTK	10'1 ½"
5. Emily Cook, CTK	10'0"
6. Olivia Grantham, GRD	9'7 ¼"
7. Maggie Petix, NCS	8'11 ¼"
8. Waverly Allen, GRD	8'8 ½"
9. Sydney Fuller, SJW	8' ½"
10. Ainsley Kirkland, NCS	7'7 ¼"
11. Alex Johnson, SPRO	7'5 ¾"
12. Selena Fack, SMWYN	7' ¼"
13. Lina Reis, SPNV	7'0"
14. Breanna Moody, SMWLD	6'8 ¾"
15. Aliyah Smukala, SMWLK	5'9 ¾"

Shot Put

1. Alexis Johnson, CON	28'8 ¾"
2. Katie Holka, CTK	21'8 ¾"
3. Ainsley Kirkland, NCS	19'11 ½"
4. Emily LeBlanc, CTK	18'3 ½"
5. Ailyah Smukala, SMWLK	18'3 ¼"
6. Lydia Hinck, SMWLD	18'2 ¾"
7. Renee Farmer, SMWLD	16'1 ¼"
8. Maggie Smith, SMWYN	15'10"
9. Maggie Petix, NCS	15'5 ¼"
10. Maddie Andrews, GRD	14'7"
11. Nicole Pappas, GRD	12'8"
12. Patricia Bloom, CTK	12'2 ¾"
13. Lily Grantham, GRD	11'8 ¾"

DIVISION A – GIRLS

(The top 6 in each event are in bold)

(** = New WLAL Record)

100m

HEAT 1

1. Amanda McKay, CON	14.84
2. Lydia Cardenas, CON	16.00
3. Carina Anderson, SMWYN	17.50

HEAT 2

1. Samantha Benner, GRD	13.63
2. Abby Schaffer, SJW	13.94
3. Savanna Mincy, NCS	14.40
4. Kaitlyn Gulick, SMWLK	15.30
5. Olivia Ray, SMWYN	16.07

HEAT 3

1. Marcella Saunders, SMWLK	14.75
2. Kendall Manthei, SJW	15.16
3. Katie Rainey, CTK	15.70
4. Taylor Vacca, SMWYN	16.87

100m FINALS

1. Samatha Benner, GRD	13.50
2. Abby Schaffer, SJW	13.90
3. Savanna Mincy, NCS	14.40
4. Marcella Saunders, SMWLK	14.82
5. Amanda McKay, CON	14.83
6. Kendall Manthei, SJW	15.34

200m

1. Abby Schaffer, SJW	30.16
T2. Katie Farley, NCS	30.65
T2. Alexis Garfield, GRD	30.65
4. Amanda McKay, CON	32.40
5. Vanessa Voetberg, SMWLK	32.57
6. Adriana Gorham, SJW	32.90
7. Kaelyn Matsos, SJW	33.30
8. Rilee Manning, SMWLK	33.95
9. Lydia Schultz, SPRO	33.99
10. Lorelei Siemasz, NCS	34.47
11. Carina Anderson, SMWYN	40.45

400m

1. Natalie Rantala, SJW	1:08.78**
2. Sami Rasmussen, SPRO	1:09.69
3. Vanessa Voetberg, SMWLK	1:12.50
4. Lorelei Siemasz, NCS	1:12.91
5. Kaelyn Matsos, SJW	1:15.69
6. Eleanor Storck, SMWLK	1:21.33

(Division A - Girls Cont'd)

800m

1. Jenna Wisner, SMWYN	2:45.65**
2. Bri Lovse, SJW	2:55.58
3. Annie Pollack, NCS	2:56.31
4. Erin Murphy, SJW	3:16.68
5. Adriana Gorham, SJW	3:17.33

1600m

1. Jenna Wisner, SMWYN	6:04.44**
2. Bri Lovse, SJW	6:11.95
3. Katie Rainey, CTK	6:24.88
4. Alex Petix, NCS	7:55.93
5. Allison Crawford, GRD	8:36.83

4x100m Relay

1. GRD (Benner, Crawford, Grantham, Garfield)	1:00.84
2. CON (Johnson, Roedel, McKay, Cardenas)	1:01.43
3. SMWLK (Gulick Manning, Saunders, Smukala)	1:02.21
4. NCS (Pollack, Mincy, Johnston, Raspbury)	1:02.73

4x200m Relay

1. SJW (Murphy, Schaffer, Pinchem, Grant)	2:06.41
2. NCS (Petix, Mincy, Johnston, Raspbury)	2:11.00
3. SMWLK (Manning, Smukala, Storck, Voetberg)	2:14.70

4x400m Relay

1. SJW (Murphy, Rantala, Lovse, Matsos)	5:14.56**
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High Jump

1. Lauren Hagelthorn, NCS	3'11"
2. Adriana Gorham, SJW	3'10"
3. Eleanor Storck, SMWLK	3'6"

(Division A - Girls Cont'd)

Long Jump

1. Jenna Wisner, SMWYN	12'11"
2. Kaitlyn Gulick, SMWLK	12'6 ¾"
3. Lorelei Siemasz, NCS	12'6 ½"
4. Marcella Saunders, SMWLK	12'5 ¼"
T5. Allison Crawford, GRD	12'2 ½"
T5. Sami Rasmussen, SPRO	12'2 ½"
7. Kendall Manthei, SJW	11'3 ½"
T8. Katie Farley, NCS	10'10 ½"
T8. Olivia Ray, SMWYN	10'10 ½"
10. Lydia Schultz, SPRO	10'6 ¼"
11. Alexis Garfield, GRD	9'1"
12. Courtney Rivers, NCS	8'11"
13. Carina Anderson, SMWYN	6'10"

Shot Put

1. Natalie Rantala, SJW	29'4 ¼"
2. Samantha Benner, GRD	29'2 ½"
3. Alyssa Smukala, SMWLK	26'6 ¾"
4. Veronica Johnston, NCS	24'1"
5. Katie Rainey, CTK	23'11"
6. Taylor Vacca, SMWYN	22'11 ¾"
7. Olivia Ray, SMWYN	22'10 ¾"