

S.A.C. Relays

AT BANGOR H.S.

04/01/09

OUTDOOR

S.A.C. Relays - Women

*** FINAL SCORING ***

1. Lawton	107.00	17	7. Saugatuck	38.00
2. Watervliet	77.00	14	8. Gobles	38.00
3. Bangor	73.00	14	9. Bloomingdale	29.00
4. Hartford	67.00	13	10. Lawrence	24.00
5. Marcellus	58.00	13	11. Fennville	20.00
6. Decatur	39.00		12. Martin	0.00

EVENT RESULTS

Discus Relay FINAL		5. Watervliet (A)	12:37.30
1. Watervliet	297'08.00"	6. Gobles (A)	13:19.50
(Andrea Hiler, Emily Eisen, Alex Spaulding,)		7. Marcellus (A)	13:23.80
2. Lawton (A)	234'07.00"	8. Decatur (A)	14:39.40
3. Hartford (A)	208'01.00"	100M Shuttle Hurdles FINAL	
4. Lawrence (A)	184'10.00"	1. Gobles (A)	1:08.10
5. Decatur (A)	161'07.00"	(Jacqueline Waldron, Ashley Stanley, Haniah, Kelsey Corkins)	
6. Marcellus (A)	158'07.00"	2. Hartford (A)	1:09.60
7. Bloomingdale (A)	96'06.00"	3. Lawton (A)	1:10.40
8. Bangor (A)	91'09.00"	4. Marcellus (A)	1:10.80
9. Gobles (A)	56'03.00"	5. Watervliet (A)	1:15.30
Shot Put Relay FINAL		900M Medley Relay FINAL	
1. Watervliet	88'00.00"	1. Marcellus (A)	2:06.30
(Andrea Hiler, Emily Eisen, Alex Spaulding,)		(Leah Blair, Macy Stokes, Zoey Klein, Victoria Reyes)	
2. Lawton (A)	79'06.50"	2. Decatur	2:12.50
3. Hartford (A)	73'08.50"	3. Watervliet (A)	2:12.80
4. Lawrence (A)	72'11.00"	4. Fennville (A)	2:14.30
5. Decatur (A)	70'11.50"	5. Lawton (A)	2:15.60
6. Fennville (A)	65'08.50"	6. Hartford (A)	2:19.30
7. Bangor (A)	64'11.50"	7. Bangor (A)	2:23.20
8. Bloomingdale (A)	64'06.00"	8. Lawrence (A)	2:26.30
9. Marcellus (A)	60'07.50"	9. Bloomingdale (A)	2:28.00
10. Martin (A)	60'01.50"	10. Saugatuck (A)	2:28.30
11. Saugatuck (A)	56'09.00"	11. Gobles (A)	2:31.60
12. Gobles (A)	25'03.50"	800M Relay FINAL	
Long Jump Relay FINAL		1. Bangor (A)	1:59.90
1. Marcellus (A)	40'04.00"	(Megan Everett, Calmika Covington, Kelli Taylor, Diana McCrumb)	
(Victoria Reyes, Joanna Mokee, Bryn Shugars,)		2. Bloomingdale (A)	2:01.10
3. Watervliet	39'04.00"	3. Gobles (A)	2:01.20
4. Bangor (A)	39'04.00"	4. Lawton (A)	2:01.70
5. Decatur (A)	38'00.00"	5. Hartford (A)	2:05.60
6. Lawrence (A)	35'09.00"	6. Lawrence (A)	2:07.60
7. Hartford (A)	35'08.00"	7. Marcellus (A)	2:11.80
8. Gobles (A)	35'01.00"	8. Watervliet (A)	2:14.20
9. Fennville (A)	34'01.00"	9. Decatur (A)	2:16.60
10. Martin (A)	28'07.00"	10. Fennville (A)	2:17.60
11. Bloomingdale (A)	27'05.00"	11. Saugatuck (A)	2:23.50
12. Lawton (A)	26'08.00"	1600M Run FINAL	
High Jump Relay FINAL		1. Aisha Hodge	Bangor 5:51.00
1. Watervliet	13'04.00"	2. Terasa Marin	Bloomingdale 6:01.50
(Alex Spaulding, Ashley Grabowski, Rachel Sheffer,)		3. Lauren Cody	Lawton 6:10.30
2. Lawton (A)	12'06.00"	4. Adriana Hitsman	Fennville 6:11.00
3. Bangor (A)	12'03.00"	5. Heather Price	Saugatuck 6:11.40
4. Saugatuck (A)	10'00.00"	6. Janet Jonatke	Hartford 6:26.80
5. Bloomingdale (A)	9'09.00"	7. Maddy Beach	Lawton 6:29.00
6. Marcellus (A)	9'00.00"	8. Montana Nescott	Bangor 6:31.50
7. Lawrence (A)	8'06.00"	Sprint Medley Relay FINAL	
8. Hartford (A)	8'03.00"	1. Lawton (A)	5:00.00
9. Decatur (A)	8'03.00"	(April Guevera, Carley Rice, Kayla McCoy, Alyssa Barkovich)	
10. Gobles (A)	4'06.00"	2. Gobles (A)	5:08.20
Pole Vault Relay FINAL		3. Decatur (A)	5:12.80
1. Watervliet	19'00.00"	4. Hartford (A)	5:20.50
(Kelseyann Kremers, Ashley Grabowski, Misty Wleand,)		5. Bangor (A)	5:21.60
2. Lawton (A)	15'00.00"	6. Watervliet (A)	5:27.80
3. Marcellus (A)	14'06.00"	7. Marcellus (A)	5:32.10
4. Hartford (A)	12'00.00"	8. Saugatuck (A)	5:54.60
5. Lawrence (A)	6'00.00"	9. Lawrence (A)	6:17.50
300M Relay FINAL		400M Relay FINAL	
1. Saugatuck (A)	10:53.30	1. Bangor (A)	56.80
(Ana Cepotosto, Nicole Vanloon, Heather Price, Madeline Peterson)		(Megan Everett, Tess Keith, Kelli Taylor, Mika Covington)	
2. Lawton (A)	11:16.80	2. Marcellus (A)	57.30
3. Bangor (A)	11:23.30	3. Lawton (A)	57.80
4. Hartford (A)	12:10.20	4. Gobles (A)	58.50
		5. Hartford (A)	1:01.00

S.A.C. Relays

AT BANGOR H.S.

04/01/09

OUTDOOR

6.	Fennville (A)	1:01.40
7.	Watervliet (A)	1:01.70
8.	Decatur (A)	1:04.50
9.	Saugatuck (A)	1:05.50
10.	Bloomingtondale (A)	1:12.30

*Middle Distance Rel FINAL

1.	Saugatuck (A)	7:55.00
	(Nicole VanLoon, Phillips, Madeline Peterson, Ana Capotosto)	
2.	Lawton (A)	8:05.90
3.	Bangor (A)	8:50.10
4.	Watervliet (A)	9:01.60
5.	Hartford (A)	9:07.20
6.	Fennville (A)	9:19.30
7.	Marcellus (A)	9:37.00
8.	Gobles (A)	9:47.50

400M Freshman Relay FINAL

1.	Lawton (A)	59.20
	(Angie Knapp, Cassandra Willis, Jesse Cole, Faith Potgiesser)	
2.	Hartford (A)	1:00.40
3.	Decatur (A)	1:00.80
4.	Marcellus (A)	1:03.00
5.	Bangor (A)	1:03.50
6.	Watervliet (A)	1:03.60

1600M Relay FINAL

1.	Lawton (A)	4:33.60
	(Alyssa Barkovich, Carley Rice, Alicia Skogsberg, Shelby Thomas)	
2.	Saugatuck (A)	4:37.20
3.	Bloomingtondale (A)	4:38.50
4.	Bangor (A)	4:52.10
5.	Decatur (A)	4:53.30
6.	Gobles (A)	5:00.70
7.	Hartford (A)	5:00.90
8.	Watervliet (A)	5:10.00

S.A.C. Relays

AT BANGOR H.S.

04/01/09

OUTDOOR

S.A.C. Relays - Men

*** FINAL SCORING ***

1. Bloomingdale	89.00	7. Saugatuck	49.00
2. Bangor	76.00	8. Decatur	46.50
3. Hartford	71.00	9. Fennville	36.00
4. Watervliet	67.00	10. Gobles	15.00
5. Lawton	65.00	11. Lawrence	15.00
6. Marcellus	54.50	12. Martin	0.00

EVENT RESULTS

Discus Relay FINAL

1. Marcellus (A) (Bill Kirk,Austin Lamb,Aaron Field,)	326'08.00"
2. Decatur (A)	314'01.00"
3. Hartford (A)	297'06.00"
4. Watervliet	280'08.00"
5. Lawrence (A)	262'04.00"
6. Bloomingdale (A)	262'02.00"
7. Lawton (A)	243'09.00"
8. Bangor (A)	230'02.00"
9. Saugatuck (A)	224'11.00"
10. Gobles (A)	216'06.00"
11. Martin (A)	178'11.00"
12. Fennville (A)	163'08.00"

Shot Put Relay FINAL

1. Hartford (A) (Jimmy Smith,Cody Westberry,Trent Sulat,)	105'09.00"
2. Decatur (A)	103'00.50"
3. Marcellus (A)	102'10.50"
4. Fennville (A)	102'09.00"
5. Bloomingdale (A)	100'08.50"
6. Watervliet	99'04.00"
7. Lawton (A)	99'00.50"
8. Saugatuck (A)	95'04.00"
9. Bangor (A)	89'02.50"
10. Lawrence (A)	87'03.50"
11. Gobles (A)	81'07.00"
12. Martin (A)	80'08.50"

Long Jump Relay FINAL

1. Bangor (A)	53'11.00"
2. Decatur (A)	53'03.00"
3. Fennville (A)	51'09.00"
4. Hartford (A)	51'03.00"
5. Watervliet	49'01.00"
6. Bloomingdale (A)	48'11.00"
7. Marcellus (A)	48'08.00"
8. Lawrence (A)	47'11.00"
9. Gobles (A)	47'01.00"
10. Martin (A)	42'04.00"
11. Lawton (A)	36'07.00"
12. Saugatuck (A)	34'02.00"

High Jump Relay FINAL

1. Bloomingdale (A) (Andy Carson,Barry Bosby,Brad Norman,)	16'10.00"
2. Lawton (A)	16'00.00"
3. Saugatuck (A)	15'08.00"
4. Fennville (A)	10'03.00"
5. Marcellus (A)	10'00.00"
6. Decatur (A)	10'00.00"
7. Watervliet	5'06.00"
8. Hartford (A)	5'00.00"
9. Lawrence (A)	5'00.00"

Fole Vault Relay FINAL

1. Lawton (A) (Zander Armstrong,Jamie McIntyre,Matt Michaels,)	32'00.00"
2. Marcellus (A)	28'00.60"
3. Hartford (A)	26'00.00"
4. Watervliet	20'00.00"
5. Bangor (A)	16'06.00"
6. Lawrence (A)	15'00.00"
7. Saugatuck (A)	9'00.00"

3000M Relay FINAL

1. Bloomingdale (A) (Max Varga,Jon Sapp,Rosey Underwood,Dameon Struble)	8:47.90
--	---------

3. Saugatuck (A)	8:49.30
3. Watervliet (A)	8:54.70
4. Bangor (A)	9:01.20
5. Lawton (A)	9:24.90
6. Hartford (A)	9:32.00
7. Marcellus (A)	9:42.80
8. Gobles (A)	9:48.80

100M Shuttle Hurdles FINAL

1. Lawton (A) (Troy Mason,Kyle Shirley,Jeremy Smith,Shaun McIntyre)	55.10
2. Marcellus (A)	56.90
3. Hartford (A)	57.40
4. Watervliet (A)	57.70
5. Lawrence (A)	59.50
6. Bloomingdale (A)	1:00.30
7. Gobles (A)	1:01.60
8. Fennville (A)	1:02.20
9. Martin (A)	1:02.40
10. Bangor (A)	1:03.90
11. Saugatuck (A)	1:10.00

500M Medley Relay FINAL

1. Fennville (A) (Andrew Eurich,Trevor Crane,Miguel Aldaco, Larsen)	1:46.30
2. Bloomingdale (A)	1:47.00
3. Lawton (A)	1:47.30
4. Saugatuck (A)	1:47.50
5. Decatur (A)	1:48.30
6. Marcellus (A)	1:49.90
7. Hartford (A)	1:53.10
8. Watervliet (A)	1:54.00
9. Lawrence (A)	1:58.80
10. Gobles (A)	2:02.90
11. Martin (A)	2:04.80

500M Relay FINAL

1. Bangor (A) (Charles Greer,Xaiver Blair,Brad Burrows,Alex Everett)	1:39.60
2. Hartford (A)	1:40.80
3. Bloomingdale (A)	1:40.90
4. Watervliet (A)	1:41.30
5. Marcellus (A)	1:42.40
6. Gobles (A)	1:44.90
7. Saugatuck (A)	1:47.30
8. Decatur (A)	1:47.90
9. Lawrence (A)	1:53.60

1600M Run FINAL

1. Christian Birky	Saugatuck	4:47.80
2. Tyler Sientz	Saugatuck	4:50.20
3. Joe Sapp	Bloomingdale	4:51.70
4. David Watson	Bangor	5:07.30
5. John McCarthy	Watervliet	5:08.40
6. Matt Melvin	Bangor	5:09.90
7. Robert Underwood	Bloomingdale	5:10.80
8. Nate Carango	Lawton	5:12.50

Sprint Medley Relay FINAL

1. Bangor (A) (Brad Burrows,William Hodge,Eric Thompson,Jace Quinn)	3:58.00
2. Bloomingdale (A)	3:59.90
3. Watervliet (A)	4:09.30
4. Gobles (A)	4:09.70
5. Hartford (A)	4:09.80
6. Marcellus (A)	4:10.40
7. Decatur (A)	4:10.80
8. Lawton (A)	4:21.10
9. Saugatuck (A)	4:22.10
10. Fennville (A)	4:25.10

S.A.C. Relays

AT BANGOR H.S.

04/01/09

OUTDOOR

11. Lawrence (A) 4:40.00
 12. Martin (A) 4:52.00

400M Relay FINAL

1. Bangor (A) 46.30
 (Charles Greer, Kaiver Blair,
 Andres Cardoso-Daiz, Alex Everett)
 2. Fennville (A) 46.70
 3. Lawton (A) 46.90
 4. Hartford (A) 47.70
 5. Marcellus (A) 48.00
 6. Decatur (A) 48.40
 7. Saugatuck (A) 48.70
 8. Watervliet (A) 49.30
 9. Gobles (A) 49.50
 10. Bloomingdale (A) 51.30

* Middle Distance Rel FINAL

1. Bloomingdale (A) 6:25.60
 (Jeremy Percival, Michael Braswell, Devonte Brock, Joe Sapp)
 2. Bangor (A) 6:33.00
 3. Lawton (A) 6:35.40
 4. Hartford (A) 6:48.40
 5. Watervliet (A) 6:53.20
 6. Decatur (A) 6:58.10
 7. Gobles (A) 7:00.00
 8. Marcellus (A) 7:07.80

400M Freshman Relay FINAL

1. Bloomingdale (A) 50.00
 (Nathan Luce, Michael Braswell,
 Adrian Bosby, James Messersmith)
 2. Watervliet (A) 50.90
 3. Hartford (A) 51.30
 4. Decatur (A) 52.20
 5. Lawton (A) 54.70
 6. Lawrence (A) 54.80
 7. Saugatuck (A) 54.90
 8. Fennville (A) 55.60

1600M Relay FINAL

1. Bangor (A) 3:35.90
 (Alex Everett, Lorenzo Martinez, William Hodge, Jace Quinn)
 2. Watervliet (A) 3:40.10
 3. Bloomingdale (A) 3:42.50
 4. Lawton (A) 3:43.50
 5. Hartford (A) 3:46.40
 6. Saugatuck (A) 3:46.40
 7. Gobles (A) 3:48.10
 8. Decatur (A) 3:54.70