

CROSS COUNTRY INVITATIONAL RESULTS

VOL. XXXII No. 10

regional results 2007

THE RATINGS:: This is the final set of ratings for the 2007 season. The final Superior 10 rankings listed are a repeat listing of their final rankings. Their season ended a week ago. The rankings are based on invitationals only! We would like to express my appreciation to all the members of the coach's panel for their time & effort in voting each week. We would like to express our appreciation who co-ordinated the girl's ranking. Without all of their help the 2007 CCIR Rankings could not have happened. Good luck to all at the final rankings at MIS!

The boy's rankings, points are awarded according to a teams finish in the invitational, 10 points for first, 9 for second and so on. Some invitationals are weighted because of the large field or a team is running out of their division and there is a minimum number of teams required. The numbers in parentheses indicates the first place coach's votes/first place(s) in invitationals- The final number is the total number of points for the school, including coaches votes and invitational points- The invitational points are cumulative over the entire season, to a maximum of eight- The coaches vote each week.

DIVISION 1

1. PINCKNEY(12/5)	189	6. Ann Arbor Huron(0/2)	93
2. Saline(1/1)	176	7. Northville(0/1)	90
3. Ann Arbor Pioneer(0/3)	156	8. Novi Detroit Catholic Central(0/1)	80
4. Lake Orion(0/4)	151	9. Saginaw Heritage(0/3)	74
5. Milford	94	10. Warren DeLaSalle(0/2)	72

others::: Detroit University of Detroit Jesuit, Novi(0/1), Detroit Mumford(0/1), Canton Salem(0/2), Grand Ledge, Hartland(0/1), Howell, Rockford, Traverse City Central, Bay City Western

DIVISION 2

1. FREMONT(9/6)	197	6. St. Clair(0/5)	106
2. Dexter(4/2)	183	7. Petoskey(0/2)	102
3. Linden(0/5)	159	8. Bloomfield Hills Lahser(0/3)	83
4. Ada Forest Hills Eastern(0/2)	143	9. Sparta(0/1)	64
5. Caledonia(0/3)	115	Alma(0/1)	64

others::: Wayland(0/3), Flint Powers(0/1), Chelsea, Vicksburg(0/1), Grand Rapids Forest Hills Northern, St. Joseph, Fenton, Grand Rapids South Christian(0/1), Fenton, Flint Kersley.....

DIVISION 3

1. WILLIAMSTON(12/3)	203	6. Hanover-Horton(0/2)	116
2. Grand Rapids West Catholic(1/4)	181	7. Benzonia Benzi Central(0/4)	97
3. Bangor(0/5)	175	8. Shepherd(0/1),	83
4. Kalamazoo Hackett((0/3)	160	9. Hillsdale(0/1)	66
5. Jackson Lumen Christi(0/3)	147	Saginaw Swan Valley(0/4)	66

others::: Kent City(0/2), Elk Rapids, Caro, Birch Run, Napoleon, Macomb Lutheran North(0/2), Whitmore Lake(0/1), Riverview Richard(0/1), Harrison, Monroe St. Mary(0/1).....

DIVISION 4

1. HESPERIA(13/4)	201	5. Ellsworth(0/4)	111
2. Pottersville(0/3)	183	7. Harbor Springs(0/1)	109
3. Saranac(0/1)	143	8. Hudson(0/2)	82
4. St. Louis(0/2)	139	9. Bear Lake(0/2)	68
5. Saugatuck	119	10. Concord	58

others::: Fowler(0/1), Mendon(0/2), Waldron, Brown City, Ann Arbor Greenhills(0/1), drian Lenawee Christian, Saginaw Valley Lutheran, Reese(0/3), Mackinaw City, Southfield Christian.....

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2007 FINAL GIRLS CROSS-COUNTRY & SUPERIOR 10 RANKINGS (number in parentheses is first place votes)

DIVISION 1

1-ROCHESTER(3)	59
2-Saline(1)	57
3-Brighton	48
4-Grand Haven	46
5-Rochester Adams	44
6-Traverse City Central	38
7-Troy	32
8-Grand Ledge	31
9-Livonia Churchill	23
10-Rockford	20

others::: Ann Arbor Huron, Grand Blanc ...

DIVISION 2

1-GAYLORD(4)	60
2-Flint Powers Catholic	53
3-Grand Rapids Christian	45
4-Ada Forest Hills Eastern	41
5-Bloomfield Hills Lahser	40
6-East Lansing	34
7-Dexter	33
8-East Grand Rapids	31
9-Fremont	29
10-Otsego	26

others:, Grand Rapids Forest Hills Northern, Potoskey.....

DIVISION 3

1-JACKSON LUMEN CHRISTI(2)	57
2-LeRoy Pine River(2)	52
3-Schoolcraft	50
4-Williamston	49
5-Whitehall	45
6-Benzonia Benzie Central	38
7-Grand Rapids West Catholic	36
8-Allendale	31
9-Hanover-Horton	29
10-Monroe St. Mary	24

others::: Freeland, , Leslie, Macomb Lutheran North

DIVISION 4

1-GRAND RAPIDS NORTHPONTE(3)	59
2-Harbor Springs(1)	57
3-Battle Creek St. Philip	46
4-Manton	45
5-Ann Arbor Greenhills	44
6-Harbor Beach	40
7-Unionville-Sebewaing Area	39
8-Fowler	35
9-Pottersville	30
10- Southfield Christian	20

others::: Ubyl.....

THE FINAL SUPERIOR 10: BOYS:

1-HOUGHTON(3)	30
2-Stephenson	27
3-Marquette	21
Escanaba	21
5-Sault Ste-Marie	20
6-Ironwood	16
7-Munising	11
8-Menominee	5
Rudyard	5
10-Kingsford	4
Gladstone	4

THE FINAL SUPERIOR 10: GIRLS:

1-MARQUETTE(3)	30
2-Houghton	27
3-Calumet	24
4-Ironwood	20
5-Sault Ste. Marie	19
6-Gladstone	11
7-Kingsford	10
8-Munising	9
9-Escanaba	7
10-Newberry	5

others::: Negaunee.....

This begins the regional results. We are trying something new this year. A rough discussion of the top individual boy's and boy's teams in each division is included this year. Keeping track of the boy's team is done during the season as points are awarded for a team's performance in an invitational. The same procedure is not used for the girl's rankings and I am not as involved in those rankings as Kevin Hanson handles the girl's rankings for me. I ran out of time to do much with the girl's. The CCIR staff, Mary, has been out of town helping the g'kids so I am doing all of this issue myself and have not had the time I thought I would have. Sorry. Thanks to all regional managers and coaches that helped me get regional results on time to get this out.

The returning 2006 All-State Runners are listed for each division. There are a couple of cases where a team qualified and an all-state runner was not listed. Since the team qualified and any member of the team can run in the finals those runners are still listed. Those runners that scored at last year's track finals have those performances included.

Results are listed for each division by order of the Region- Girls results listed first.

DIVISION 1: State Final Qualifiers 2007

**D1 GIRLS::: 27 Teams: 43 Individual Girls, 1 Individual Region Champion: 7
119 (109 complete) teams competed in the regional meets. 759 runners competed.**

All 12 of the ranked girl's teams qualified for the 2007 Finals. R2, Grand Rapids Christian, had 3 ranked teams (4-6-10) as did R8, Marysville (1-2-7). Ranked teams were found in 7 of the 9 regions. Ann Arbor Pioneer and Northville just missed qualifying on 4 runners in the top 20. Pioneer's 4th runners was 21, Northville's was 22.

RETURNING DIV. 1 2006 GIRLS ALL-STATE RUNNERS: 3-Katie Haines-s/Rockford@@-1/1600, 4-Nicole Hammer-s/Troy Athens@@, 5-Tiffany Abrahamian-s/Rochester-1/3200, 8-Alex Leptich-so/Saline-3/1600-6/3200 10- Cally Macumber-j/Rochester Adams, 11-Alyssa Mira-j/Livonia Churchill, 12-Audrey Huth-j/Utica@, 14-Rachel McFarlane-s/Livonia Churchill@, 16-Jennifer Snelgrove-so/Grand Ledge, 17-Sara Kroll-so/Livonia Churchill, 18-Taylor Mattarella-j/Traverse City Central, 19-Kim Secord-s/Rochester, 20-Kristen Smith-j/Clarkston-3/3200, 21-Emily Morgridge-s/Highland Milford, 22-Kate Carter-so/Saline-5/800, 23-Alison White-so/Midland Dow*, 24-Becca Addison-j/Grand Haven@, 25-Allie Hock-s/Lake Orion*, 26-Courtney Calka-j/Livonia Stevenson@, 27-Michaela Crew-s/White Lake Lakeland*, 29-Grace Green-j/Troy-8/1600-4/3200. * individual runners 21 of the 23 qualified for the 2007 Finals.

There are 6 of last year's top 10 runners that returned for the 2007 season. The best showing from last year's top 10 runners has been by Alex Leptich/Saline-8th and Callie Macumber/Rochester Adams-10th. While not winning both are always right there in the mix. Leptich was 2nd to Haines at Bath, 4-Spartan Elite, 2-Jackson and 5-Portage. Macumber won Adams, 2-West Bloomfield, 3-Spartan Elite, 1-Detroit Cath Cent, 3-Oakland County and 2-Oxford.

The top returning runner, Katie Haines/Rockford started strong with an impressive win at Spartan Elite following previous wins at Rockford and Bath but then was 6-Carson City and 27-Portage. Nicole Hammer/Troy Athens-4th, was 3-Charlevoix and not much since. Fifth place Tiffany Abrahamian/Rochester best showing was 4-Oakland County.

Several runners look ready to challenge for individual honors this year. Shannon Osika/Waterford Mott looks like she is the runner to beat. She won at W Bloomfield, Holly, Mott and Oxford. Gabriella Anzalone/Grand Blanc was 2nd to Osika at Holly and has won at Jackson, Carson City and Bloomer. She beat Leptich at Jackson and Parks at Carson City. Allison Radmacher/Grand Ledge was 6-Spartan Elite, was the first Michigan runner, finishing 2nd at Portage and was 3-Greater Lansing. Lindsey Gakenheimer/Monroe won at NB Huron and Jefferson, with 3rds at Schonesee and Portage. Neither of these girls ran in the Finals last year. Cally Macumber has the fastest regional win of the day, breaking 18 minutes. Addison, Radmacher, Osika and Anzalone all were under 18:30.

**D1 BOYS:.....: 28 Teams: 57 Individual Boys, 3 Individual Region Champion: 2, 3, 5
131 (118 complete) teams competed in the regional meets. 831 runners competed.**

DIV. 1 BOYS ALL-STATE 2006:2-Mike Katsefaras-s/Pinckney-8/3200, 4-Zach Romer-s/Midland*, 6-Ben Miller-j/Warren DeLaSalle, 8-Brian Hankins-s/Pinckney@, 10-Jake Kohl-s/Pinckney, 11-Jon Manby-s/Kentwood East Kentwood*, 12-Matt Wines-j/Pinckney, 13-Edwin Gay-j/Grosse Pte South, 17-Gary Brownell-s/Brownstown Woodhaven*-2/3200, 16-Matt VanderRoest-j/Ann Arbor Huron*, 18-Ryan Ziolk-j/Lake Orion, 19-Jon Hurrell-j/Bay City Western*, 22-Pablo Ruiz-j/Bay City Western*, 25-Pat Cassidy-s/Flushing*-5/3200, 29-Matt Neely-s/Brighton... * individual runners. All qualified for the 2007 Finals.

All of the top 10 ranked teams qualified for the 2007 Finals as did 6 listed in the others. A couple of the teams that did not make it out were in regions where the 3 teams that did make it out were all ranked in the top 10. Grosse Pte. South, R9, qualified by having 4 runners in the top 20. R5 and R6 each had 3 teams ranked in the top 10 with R7 having 2 in the top 10. R9 had 3 teams ranked in "others." R8 was the only region that did not have a ranked team.

Defending champion and top ranked Pinckney has established themselves as the team to beat. Their only loss this year in an invitational was when they ran their B team in the Falcon Invitational. They may not match their record low score of last year, 27 points, but they look ready to run.

Saline's only regular season losses were to Pinckney. Pioneer bested Saline by 2 points in the regional Saturday. Pickney and Saline are the only teams to beat Pioneer this year. Should be an interesting race.

Katsefaras, Romer, Miller, Hankins and Kohl are the returning top 10 from last year. Hankins, 8 in '07, appeared to have the edge from this group so far in '07 as he has won Benzie and Jackson with a 6/Spartan, 4/Portage & 4/Richard, generally finishing ahead of teammate & '06 individual runner-up Kasefaras, but was not listed in the regional results. Kasefaras maybe ready at the right time with an impressive win in the regional. He was 3/Benzie, 6/Jackson, 16/Portage & 11/Richard. Miller has won at DeLaSalle finishing just behind Hankins at 2/Jackson & 3/Portage and 2/Macomb. Brownell looks ready to move up in the listing as he won at Holly and was 6/Portage. Romer, while not winning, is always in the top 10. Edwin Gay was 2/DCC, 2-Schoensee. Justin Heck/Monroe(23 team) with his win at Portage shows he will be a factor in the individual race this year. He also won at Jefferson, Schoensee & Monroe. His one loss was to April at Dexter. Alex Toloff/Det Cath Cent was 4/Holly, 1/DCC, 3/Oakland C. Others of note are: Michael Murphy/Br Rice, 3/WBlm, 3/DCC and 2/Oakland C, Charles Cavell/Pioneer and Stephen Walker/Dow has wins at Midland & Reese and beaten Romer.

Miller, Heck, Katsefaras and Walker tuned up for the fast MIS course all breaking 16 minutes in their regional wins. Those were the fastest times, in order, run I the regions.

DIVISION 2: State Final Qualifiers 2007

**D2 GIRLS:.....: 27 Teams: 62 Individual Girls, No Individual Region Champion
129 (118 complete) teams competed in the regional meets. 814 runners competed.**

RETURNING DIV. 2 GIRLS 2006 ALL-STATE RUNNERS: 1-Meggan Freeland-so/Parma Western@-1600/2-3200/2, 2-Erin LaFave-s/Bloomfield Hills Lahser@, 4- Alyssa Penning-j/Grand Rapids Christian@, 5-Ales Matthews-so/Birmingham Seaholm, Samantha Hunt-j/Gaylord, 8-Sloan Secord-s/Gaylord, 9-India Peek Jensen-so/Spring Lake, 11-Maddi Reeves-j/East Lansing, 17-Beka Bentle-s/Parma Western, 18-Gina Valgol-j/Harper Woods Regina@, 19-Molly Waterhouse-s/Vicksburg*-3200/1, 20-Erin Fedewa-s/St. Johns*, 23-Kelsey Burgess-j/Grand Rapids South Christian-3200/4, 24-Amber Kassuba-j/Gaylord, 26-Danielle Hicks-j/Marshall, 27-Andrea Hoffmana-s/Monroe Jefferson*, 29-Amanda Putt-s/Tecumseh* * individuals..... Only 1 all-state runner of the 18 returning all-state runners, or their team, did not qualify.

All of the regional champions were members of a qualifying team. There was one 4th place team that had 3 runners in the top 20, its 4th runner was 28. All of the top 10 ranked teams qualified, the 2 "others" did not. That team was actually 5th. R12 had 3 top 10 teams and 1 "other," with R10 having 2 ranked in the top 10 and 1 one "other." Ranked teams were found in 5 regions.

Four of the top 5 from last year's D2 Final race return for this year. Meggan Freeland is the defending champion as she won last year defeating Bekah Smeltzer the defending champion from 2005. The sophomore now will have everyone pointing at her trying to return the favor and take the title from her. She started the season on top with wins at Bath, Jackson and Haslett, losing in her last major meet as she finished 3-Portage, 13 seconds behind Sloan Secord and 6 behind Alyssa Dyer. Sloan was 8th last year and has also won at Charlevoix and Delta. She was 13-Spartan Elite the 3rd D2 runner in the race. Dyer is a freshman won at Portage and was 3-Lowell to go with her 2nd at Portage.

Erin LaFave has been runner-up for 2 straight years in D2. In 2005 she lost to Smeltzer in one of the closest, best finishes I have ever seen in a cross country final and then last year beat Smeltzer but finished second to Freeland. This is the senior's final run for the title. She won Corunna EB, West Bloomfield, Spartan Green and Anchor Bay. She was 7-Oakland and 3-Oxford, the top D2 runner in each. Her Spartan Green time was beaten by the 3 D2 runners that ran in Elite. Alyssa Penning/GR Christian-4th, won at Pioneer was the 2nd D2 runner in Spartan Elite, 3-CCC and 6-Portage.

Several other all-state runners from last year that have had a good fall. Beka Bentle, teammate of Freeland at Parma Western, is always near the winner with 3-Bath, 2nds at Jackson and Haslett and a 4-Portage. Mandi Reeves/East Lansing-11th, won at Harper Creek and Greater Lansing and was the top D2 runner in the Spartan Elite. Molly Waterhouse/Vicksburg won at Holly to go with wins at Kalamazoo and Otsego but was only 8-Portage.

There are 3 freshmen and a senior that look like they could be in the front of the D2 race. They are Ann Arseneau/Sturgis, Alyssa Dyer/Forest Hills Eastern and Mora McKenzie/Flint Powers. Arseneau had 2 strong thirds, Holly & Jackson. Dyer I talked about earlier. While McKenzie won at Linden & Gabriel Richard and was 2-Bloomer and won her region.

**D2 BOYS:.....: 27 Teams: 60 Individual Boys, 1 Individual Region Champion: 1
132 (119 complete) teams competed in the regional meets. 843 runners competed**

DIV. 2 BOYS ALL-STATE 2006:1-Bobby April-s/Dexter@-2/3200, 3-Addis Habbetwold-s/St. Clair@-7/1600-4/3200, 5-Jason Bishop-j/Dexter@-3/3200, 6-James Lanciaux-s/Fremont@-6/3200, 11-Jesse Anderson-s/Fenton-8/1600, 12-Ted Howard-s/Birmingham Seaholm@, 13-Ben Steavenson-s/Dexter-5/3200, 14-Mike Morgan-s/Fremont, 16-Michael Skinner-s/Linden, 17-Brad Ferrara-j/Linden, 18-Nathan Martin-s/Three Rivers-6/1600, 22-Erik Westbrook-s/Fremont, 24-Henry Fry-s/East Lansing@*, 27-Joey Grace-s/Bloomfield Hills Lahser@ * Individual runners All 14 qualified for 2007.

Defending champion Bobby April has won 4 invitationals; Dexter, Holly, Chelsea & Richard with a 3/Portage certainly looks like he will be competing again for the individual title. His loss was to Lemiaux and teammate Bishop at Portage. Jason Lemiaux beat April at Portage and also has won Spartan-E, Hesperia and Fremont. He beat several of the top D1 runners at Spartan and finished behind Darling and 3 other of the top D3 runners and teammate Westbrook at CCC. Habbetwold has won at Marine City, Linden &, Muskrat. He finished 2nd to April at Holly and was 5/Portage. Bishop, teammate of April's is usually only 1 place behind April, finishing ahead of him at Portage. Heck/D1 and Lutz/D3 are the only other runners to beat him this year. Ted Howard was won Oakland C and was 2/W Bloomfield & Oxford. Steavenson/Dexter has only lost to Dexter teammates in D2. Joey Grace has won Anchor B & Oxford with 3/W Blmfd & 7/Spartan-E. Nathan Martin looks ready to be able to run with the top group with his win at Sturgis and 3/Spartan E & 6/Portage. The same is true of Erik Westbrook of Fremont with 2/Fremont, 5/CCC & 7/Portage. Didn't notice any new names to add to the list for this year.

April had the fastest D2 winning regional time of the day, running 15:19. Habbetwold and Martin also broke 16 minutes in winning their regions. April was joined by 2 of his teammates in breaking 16 while Habbetwold & Martin were the only ones in their region to break 16. There was one 4th place team with 3 runners in the top 20.

Missed making the comment that unranked Forest Hills Northern won the boys R12. They beat 5th ranked Caledonia & "others" GR Christian.

DIVISION 3: State Final Qualifiers 2007

D3 GIRLS:.....: 27 Teams: 57 Individual Girls, 1 Individual Region Champion: 27
123 (99 complete) teams competed in the regional meets. 705 runners competed.

RETURNING DIV. 3 GIRLS 2006 ALL-STATE RUNNERS: 1-Devyn Ramsey-j/Benzonia Benzi Central@-3200/3, 3-Hillary Snyder-s/Jackson Lumen Christi-1600/1-3200/5, 4-Amanda Hammer-j/Elk Rapids@-3200/2, 5-Camille Borst-so/Allendale, 6-Aubree Danielson-j/Whitehall@, 7-Devan John-so/Allendale, 8-Emma Drenth-so/Williamston, 10-Lauren Halm-so/Williamston, 12-Alissa Ott-s/Beverly Hills Detroit Country Day*, 13-Chelsea Fuller-s/Freeland@, 16-Lindsay Sandeers-j/Schoolcraft-1600/7, 17- Audrey Pastula-s/Hillsdale, 18-Amber Hutson-s/Hanover-Horton*, 20-Alina Dhuseleer-s/Charlevoix*, 22-Shannon Morehouse-j/Clawson*, 23-Amaya Ayers-so/Lainsbuyrg*, 25-Betsey Hudson-j/Schoolcraft, 26-Megan Rodgers-j/Clare@-3200/7, 27-Meghan Thomas-s/East Jackson@*, 28-Victoria Eger-so/Buchanan, 29-Nissa Looper-s/Sanford-Meridian*, 30-Lia Jones-s/Leroy Piine River * individual runners. 17 of the 19 qualified or their team did.

There were 2 of the returning all-state runners from 2007 that did not qualify and another 2 that were not listed with their team that qualified.

Defending champion Devyn Ramsey/Benzi looks ready to make another run at the individual title. She won Buckley & Briggs, losing to a teammate at Pine River. She lost to D1 runners at Benzie and Traverse City. Ramsey won her region and was one of 2 D3 girls to break 19 minutes. The other was teammate Casrnegie runner up in the region. Hillary Snyder/Lumen Christi-3rd has had a stronger schedule winning at Holly, Mich Cath and Haslett while losing to LaFave/D2 at W Bloomfield with an off day at 10-Jackson 2. Amanda Hammer/Elk Rapids-4th has only 1 win, Rau, but was in the money at Holly-5th and CCC-7th but way back at Portage. Camille Borst/Allendale-4th was 14-Portage. She won at Rocket & is usually in the top 10. Emma Drenth/Williamston-8 has not won but is near the top in some good meets and usually runs above D3. The same is true for teammate Lauren Halm. Halm won the regional with Drenth finishing 2nd. She was 4-Benzie, 5-Bath, 7-Spartan Green, 8-Jackson-2 and 8-Greater Lansing. Aubrey Danileson/Whitehall-6 had a good Portage race, 5th but was 14-CCC.

Several other all-state runners from last year look capable of making a run for the title or top 10. Alissa Ott/Det Country D-12 was 4-Bath, 3-Haslett and 12-Oaklnd Cty. Betsey Hudson/Schoolcraft-25 has done well in the power meets. She was 7-Holly, 3-CCC and 3-Portage, with 2-G Kzoo and 12-Jackson 2. Audfrey Pastula/Hillsdale-17 won KFC was 2-Holly, 4-Jackson-2 and 12-Portage. Emma Rodgers/Clare-26 won at Lancer & Bly Jay with good races in 6-Holly, 6-CCC and 2-Heritage

There are several other runners that have shown they could be in the mix at MIS. Hannah Brison/Richmond has a pair of 4ths, Holly and Marysville. She was 109 in D2 last year. Michaela Carnigie has run in the shadow of teammate & defending champion Ramsey beating her at Pine River and is usually near the top. The same is true for Cara Cremens/Lumen Christi, running in the shadow of Snyder. She was 2-Portage & Mich Cath, 3-Holly & W Blmbld, 4-Haslett and 5-Jackson 2. Emily Wrozek/Hanover-Horton won Gabriel Richard and was 8-Holly & 4-CCC

All 13 of the ranked teams qualified for the 2007 Finals. R23 was the only region with 3 ranked teams. R19 & R24 each had 2 of the Top 10 ranked teams. Ranked teams were found in 8 of the 9 regions.

D3 BOYS:.....: 27 Teams: 62 Individual Boys, 4 Individual Region Champions: 19, 21, 22, 23, 25
126 (109 complete) teams competed in the regional meets. 766 runners competed.

DIV. 3 BOYS ALL-STATE 2006: 1- Maverick Darling-s/Ovid Elsie@@*-1/1600-1/3200, 4-Matthew Lutzke-s/Williamston@-4/3200, 5- Josh McAlary-s/Jackson Lumen Christi-2/1600-2/3200, 7-Dan Nix-s/Williamston@, 11-Mike Gravelyn-s/Grand Rapids West Catholic, 13-Joshua Brent-s/Monroe St. Mary*, 16-Garrett Lacy-s/Carson City-Crystal*-5/3200, 21-Isaiah Vandoorne-s/Grant*, 22-Donny Freed-s/Addison*, 23-Jeff Bassett-s/Whitehall-@*, 24-Andrew Breyer-s/Kalamazoo Hackett, 26-Edwin Wainaina-j/Grandville Calvin Christian*-7/800, 27-Ryan Scott-s/Grand Rapids West Catholic@, 30-Adam Vansickle-s/Frankenmuth 5d4-Zach Carpenter-so/Whitmore Lake, 12d4-Nate Panicacci-s/Whitmore Lake * individual runners. All 16 all-state runners from 2007 qualified or their team did.

This maybe the division with the top runner this fall with 2 time D3 Finals Champion Maverick Darling looking to be the favorite to add a third title to his career and just maybe the top runner in Michigan High School Cross Country this year. He won his 3 outings, Spartan-White, Cason City-Crystal B & G Lansing. His G Lansing win was with a time nor usually seen until MIS as he broke the 15 minute barrier and won by over 30 seconds against Lutzke. While his wins were not the largest divisions his times were the fastest of the day, by 21 seconds at Spartan and 45 seconds at CCC. Darling has beat Gravelyn, Lutzke, Nix head to head and others in D3 by comparing times at the same site on the same day. His regional winning time, 15:11, was 8 seconds faster than April's D2 winning time. Expect to see several sub 15 minutes at MIS this year.

A pair of teammates Matt Lutzke & Dan Nix from Williamston, along with Josh McAlary from Lumen Christi and Mike Gravelyn from West Catholic appear to be the runners most apt to challenge Darling for the individual title. While Darling has limited his competition to just a few meets these 4 have run almost every week, often running in larger divisions for the competition. Lutzke has yet to win an invitational losing to Hankins/D1 at Benzie, Lanciaux/D2 at Spartan Elite and Hankins & Miller/D1 at Jackson. Nix is within a place or 2 of Lutzke and other than at Portage where he was 14th has not been beaten by another D3 runners. McAlary has won 5 major invitaitonals; Michigan Cath, West Bloomfield, Holly, Jackson and Portage with the Jackson meet a D23 field. **cont next page...**

His Jackson time was 6 seconds faster than Lutzke & 13 ahead of Nix. VanDoorne/Grant has won at Hill & Bale, Sparta-White and was seconds behind Gravelyn at CCC, beating Lutzke & Nix.

Edwin Wainaina won CCC-c race with a comparative time to the other divisions. Alex Wilson/Kent C was right behind him. Isaiah Vandoorne/Grant won the Spartan W and 3/CCC-B & 2/Portage could be in the mix.

The D3 finals should be a very competitive and close race. Williamston appears to be the team to beat with West Catholic not far behind. Bangor, Hackett and Lumen Christi see to be just behind those 2. All of the 10 ranked teams in D3 qualified for the 2007 Finals and all but 2 of the "others" qualified. R24 had 3 of the Top 10 teams and one from "others." R20, 22 & 27 each had 2 Top 10 teams. There was at least 1 ranked team, including "others", in each region. There were 4 teams with 3 runners in the top 20. Their 4th runners were: 22, 24, 25, & 44.

DIVISION 4: State Final Qualifiers 2007

D4 GIRLS:.....: 28 Teams: 69 Individual Girls, 3 Individual Region Champions: 28, 30, 31
123 (81 complete) teams competed in the regional meets. 632 runners competed.
Ubyly qualified at a 4th team from R32, 4 runners in the top 20.

RETURNING DIV. 4 GIRLS 2006 ALL-STATE RUNNERS: Heather Strong-j/Fulton-Middleton@*-1600/8-3200/7, Melinda Palinkas-so/Saranac*-3200d3/8, Cayla Nousain-j/Concord*-3200/5, Brooke Simon-j/Fowler@-1600/6-3200/4, Chloe Peckels-s/Battle Creek St. Philip@, Sara Turschek-j/Unionville-Sebewain Area@, Grace Campbess-so/Grand Rapids NorthPinte Christian, Alivia Murphy-j/Harbor Springs, Kari Johnson-s/Central Lake*-3200/8, Jessica Hall-so/Harbor Springs, Emily Peil-j/Saginaw Valley Lutheran@, Chelsey Kubacki-s/Ubyly, Megan Crandall-so/.Mt. Pleasant Beal City, Amber Therrien-s/Maple City Glen Lake@, Ashley Jagielski-j/Waldron*, Nicole Kernstock-s/Saginaw Valley Lutheran@, Morgan McCardel-j/Traverse City St. Francis-@, Jennifer Messing-j/Ubyly, Felicia Peacock-j/Hesperia@, Seneca McKenzie-so/Battle Creek St. Philip * individual runners. 18 of the 20 returning all-state runners or their team qualified.

I am sorry I never got to the D4 girls individual commentary. I am running out of time & do not have it done.

There were 2 regions, R31 & R32 with 2 top 10 teams. Ranked teams were in 8 of the 9 regions. There were two teams with 3 runners in the top 20 but their 4th runner was not close.

**D4 BOYS:.....: 27 Teams: 58 Individual Boys, 3 Individual Region Champions: 30, 31, 35
123 (81 complete) teams competed in the regional meets. 632 runners competed.**

DIV. 4 BOYS ALL-STATE 2006: 1-Tim Jagielski-s/Waldron*-4/1600-2/3200, 3-Kevin Oblinger-j/Mt. Pleasant Sacred Heart@-3/3200, 8-Ashton Fisher-j/Ellsworth@-5/1600-6/3200, 9-Trey Graham-s/Harbor Springs-3/1600, 10-Kyle Daugherty-s/Jackson Christian*-2/800-2/1600, , Stephen Ryder-s/Hart, Ryan Pohl-j/Pewamo-Westphalia*, 16-Christian Birky-j/Saugatuck-8/3200, 17-Jordan Bauss-s/Auburn Hills Oakland Christian, 18-Titus Brown-s/Fairview*, 19-Jeremy Egas-so/Wolverine*, 20-William Brown-j/Adrian Lenawee Christian*, 21-Ben Rueger-s/Saginaw Valley Lutheran, 22-Brandon Harris-s/Colon, 23-Carl Thompson-s/Colon, 25-David Mercer-j/Mackinaw City, 26-Kent Jones-s/Saranac. *Individual runners, 11 of the 15 all-state runners or their team qualified for the 2007 Finals.

Tim Jagielski looks like the runner to beat in D4 again this year with Kevin Oblinger right there. Tim, the returning champion has won at Carson City-CD and Hudson and a couple of smaller invites, KFC & Centreville. Kevin Oblinger is the next returning finisher from '07 lost to Jagielski at CCC by 2 seconds. Ashton Fisher, the only other top 10 runner returning, has won House on the Hill & Logger invites, losing to Oblinger at Central Lake and Henning/D2 at Charlevoix. Christian Birkey won at Portage and Saugatuck and was within 10 seconds of Jagielski at Carson City.

Ted Adams/Harbor Springs time was just seconds behind Jagielski & Oblinger at Carson City in the C race. He has won at Mancelona and 2/E Jordan to a D3 runner. **Christian Birky has won at Portage & Saugatuck wit 3/CCC-cd.** There are several D4 all-state runners that have not appeared in results for CCIR this year. Adams had the fastest winning regional time at 16:03. He along with Jagielski & Oblinger should break 16 at the MIS Speedway. This is the hardest division to track as the schools are so spread out & there is little head-head competition. On top of that many teams do not run very often.

R31 was the only region with 3 Top 10 teams, 4 ranked if your count 1 "others." R28 had 2 Top 10 and 1 "other." R32 had 3 "others." Ranked teams, Top 10 or "others" were in 8 of the regions. The team race should be very interesting and no one has really overpowered people this season. Or ran up against competition and made a mark.