

The 2009 MITCA Dream Team and Mr. and Ms. Track and Field have been named. The team is listed in the attached pdf document.

The MITCA Dream Teams, Mr/Ms XC/T&F

The T&F and XC Dream Teams are comprised of athletes, based upon their performance at the MHSAA Final meet (NOTE: Upper Peninsula athletes may be part of this listing dependent upon their final meet performance AND earlier season competition against Lower Peninsula athletes).

Mr/Ms accolades are awarded to the one senior boy and one senior girl in each sport who, in the estimation of the MITCA Executive Board, is the top senior athlete in that sport of that year.

The Dream Team and Mr/Ms awards are appointed, not nominated or voted upon.

Historical teams are listed here:

<http://mitca.org/Awards/awards.htm#MITCA%20Dream%20Teams>

We have also posted a copy of the attached document here:

http://michigancrosscountry.com/michigan_track_cross_country_forum/showthread.php?tid=913



Michigan Interscholastic Track Coaches Association

MITCA

www.mitca.org

Steven Porter, MITCA Public Relations/Historian

Milan High School

200 Big Red Drive

Milan, MI 48160

phone (734) 439-5063

fax (734) 439-5084

porter@milan.k12.mi.us

Michigan Interscholastic Track Coaches Association Track and Field Dream Team 2009

Women's	Ms. Michigan Track and Field - Christienne Linton	Romulus	
Long Jump	Christienne Linton (12)	Romulus	18-8.25
Discus	Ashlyn Gulvas (12)	Standish-Sterling	144-9
Shot Put	Ashlyn Gulvas (12)	Standish-Sterling	44-5.25
High Jump	Emelle McConney (12)	West Bloomfield	5-8
Pole Vault	*Sarah Birkmeier (11)	Rockford	13-0
3200 Relay	Waterford Mott	Alyssa Osika, Shannon Osika, Asia Rawls, Kelsey A. Chapman	9:13.03
100 Hurdles	Bridgette Owens (10)	Southfield	14.13
100 Dash	Charlotte Cahill (12)	North Farmington	12.10
800 Relay	Flint Southwestern Academy	Dynasty McGee, Christal Wilson, Jillian Sledge, Ciarra Adams	1:42.29
1600 Run	Megan Goethals (11)	Rochester	4:51.20
400 Relay	Rockford		47.97
400 Dash	Mcgee Dynasty (10)	Flint Southwestern Academy	56.03
300 Hurdles	Christienne Linton (12)	Romulus	42.86
800 Run	Rebecca Addison (12)	Grand Haven	2:12.50
200 Dash	Kyra Jefferson (9)	Detroit Cass Tech	25.12
3200 Run	Megan Goethals (11)	Rochester	10:37.50
1600 Relay	Romulus	Kanaya Williams, Britnee Bishop, Christienne Linton, Malita Rutherford	3:52.53

* 2008 Dream Team Member

Men's	Mr. Michigan Track and Field - Zack Hill	Allendale	
Long Jump	Jeff Kline (12)	Flushing	24-1
Discus	*Andrew Evans (12)	Portage Northern	182-10
Shot Put	Zack Hill (12)	Allendale	63-9.50
High Jump	Kurt Schneider (12)	Auburn Hills Oakland Christian	6-10.50
Pole Vault	Ryan Staley (12)	Flushing	15-4
3200 Relay	Detroit Catholic Central	Brandon Schneider, Spencer Hall, Austin Zebrowski, Alex Toloff	7:47.57
110 Hurdles	Renaldo Powell (12)	Wayne Memorial	14.13
100 Dash	Dan Rau (12)	Sanford Meridian	10.83
800 Relay	East Kentwood	Jon Henry, Tyrone Green, Dallas Wade, Christian Jessie	1:26.77

1600 Run	Michael Atchoo (11)	Dallas Wade, Christian Jessie	4:07.71
400 Relay	East Kentwood	Troy	
		Jon Henry, Dallas Wade,	
		Tyrone Green, Kody Dantuma	41.47
400 Dash	Stephen Murphy (12)	Madison Heights Lamphere	47.94
300 Hurdles	Michael Parker (11)	Michigan Center	37.9
800 Run	Nick Kaiser (10)	Temperance-Bedford	1:52.13
200 Dash	Todd Atchison (11)	Albion	21.86;
3200 Run	Reed Kamyszek (11)	Grand Rapids Kenowa Hills	9:16.66
1600 Relay	East Kentwood	Deonte' Hurst, Chad Weesies,	
		Isaac Cox, Christian Jessie	3:21.14
* 2008 Dream Team Member			