

WOMEN'S OUTDOOR TRACK AND FIELD 2016-17 RECAPS

Men's and Women's Outdoor Track and Field at NJCAA Division I Championships May 20 @ 8:00 am - 5:00 pm

Three Jayhawks Place in National Top 20 at Outdoor Track and Field Championships
Competing against a backdrop of tornado warnings and strong winds in Hutchinson, Kansas, the three Muskegon Community College qualifiers all placed in the top 20 in the nation at the NJCAA Division Div. I Outdoor Track and Field Championships on May 20.

Freshman Noah Hendricks (Fruitport, MI/Fruitport) led the charge with his ninth place finish in the 800 meter run. His time of 1:56.28 was just 0.19 seconds off a team scoring spot in the top eight.

Sophomore Camaryia Williams (Muskegon, MI/Reeths-Puffer) clocked a 1:08.10 in the 400 meter hurdles to earn her 15th place.

Sophomore Collen Casey (Grand Haven, MI/Grand Haven) ran 56.03 seconds in the 400 meters hurdles to take 19th place in the nation.

The three Jayhawks were part of the first-ever MCC track and field team, which was coached this season by Ashley Glover.

Men's & Women's Track and Field NJCAA Region XII hosted by Vincennes University May 6

Jayhawk Track & Field teams compete at NJCAA Region 12 meet.

The competition started on Thursday for Robbie Berg (Montague HS) in the heptathlon. Berg dominated in the event, easily claiming 1st place and is currently ranked 10th in the nation. She is currently waiting to see if her scores will be strong enough to qualify her for the NJCAA Outdoor Nationals.

On Friday the throwers took to the field along with Breunisje Kass-McGrady (Western Michigan Christian HS) in the Steeplechase. Kass-McGrady claimed 2nd place in only her second attempt at this event with a time of 13:30.16. Alec Stanley (Fruitport HS) placed first in the hammer throw with a toss of 36.75m. Joe Marsh (Montague HS) took second in the javelin with a throw of 40.69m. Aisha Ahmad (Reeths-Puffer HS) PRed in the javelin with a throw of 21.18m.

Saturday both teams competed in the remaining events with Camaryia Williams (Reeths-Puffer HS) claiming first place in the 400m hurdles with a time of 1:05.66, 11 seconds faster than the second place finisher. Williams also took 3rd in the 100m hurdles with a time of 16.57. Collen Casey (Grand Haven HS) took first in the 110m high hurdles with a time of 15.20 and finished second in the 400m hurdles. Justin Tokarczyk (Mona Shores HS) came in 4th place in the 110m hurdles with a time of 15.96. Evan Kaufman (Grand Haven HS) took second in the pole vault with a vault of 3.85m. Noah Hendricks (Fruitport HS) took second in the 800m with a time of

1:56.22 after a tough battle in the pack and Collins Kipochek (Kenya) took 4th. Vanessa Chavez (Montague HS) had strong performances all week, she threw a season best 31.84m in the discus.

The national qualifiers will be in Hutchins, KS in two weeks for the NJCAA DI/DII outdoor championships.

Men's & Women's Track and Field @ Calvin College Tune Up

April 28 @ 1:00 pm - April 29 @ 8:00 pm

Jayhawks qualify two for National Track meet.

It was a great weekend to be a part of the Muskegon Community College track team. Collen Casey (Grand Haven HS) and Camaryia Williams (Reeths-Puffer HS) both qualified in the 400m hurdles for the NJCAA Outdoor National Track meet to be held in Hutchinson, KS on 5/18-20/17. Collen ran 54.88, coming in nearly a half second under the qualifying time and Camaryia ran 1:06.04, skimming through by tenths of a second. On the ladies side, Williams, Brunejisa Kass-McGrady (Western Michigan Christian HS), and Katelyn Rodriguez (Grant HS) ran the 3000m Steeplechase for the first time in Jayhawk history. Kendra Irvine (Reeths-Puffer HS) and Evan Kaufman (Grand Haven HS) both had outstanding performances in the pole vault. Alec Stanley (Fruitport HS) and Joe Marsh (Montague HS) finished 11th and 12th in the javelin. Robbie Berg (Montague HS) also set a new record in the javelin with a toss of 21.12m. Aisha Ahmad (Reeths-Puffer HS) topped her season bests in all four events and Vanessa Chavez (Montague HS) also had a strong outing. The men's mid distance crew of Noah Hendrix (Fruitport HS) and Collins Kipochek (Kenya) both ran strong 800 and both are knocking on the door of a second trip to Nationals. Justin Tokarczyk (Mona Shores HS) had a very solid day in the hurdles. Justin Means (Muskegon HS) also had a very solid day in the sprints.

The Jayhawks will be completing their regular season schedule next week at Vincennes University for the Region XII meet.

Men's & Women's Track and Field @ Grand Valley State University

April 22

Final

The Jayhawks were back in action at Grand Valley State University for the second day of the Al Owens Open. The teams had many strong performances but some notables came from Evan Kaufman (Grand Haven HS) in the pole vault with a vault of 12'8". His final attempts on 13'8" were very strong. Kendra Irvine (Reeths-Puffer HS) had a solid day running the 800 m and vaulting 8'8". Robbie Berg (Montague HS) ran the 110 hurdles with a time of 17.20. Camaryia Williams (Reeths-Puffer HS) ran the 400 hurdles with a time of 1:08, just two seconds off the national qualifying time. Justin Tokarczyk (Mona Shores HS) also made his debut in the 400 m hurdles with a strong start. Rounding out the hurdlers was Colleen Casey (Grand Haven HS) who ran the 400 m hurdles in 55.21, which is one one-undreth off qualifying for national. Casey also placed 4th in the 110 hurdles.

The Jayhawks next meet is at Calvin College, next Friday, 4/28 (hammer, javelin, triple jump) and Saturday 4/29 (all running events, pole vault, shot put, high jump, discus, long jump). The

season will conclude with the NJCAA Region 12 meet taking place the first weekend in May at Vincennes University.

Men's & Women's Track and Field @ Grand Valley State University

April 21

Final

The Al Owens Open at GVSU was actually a two day event. Day one on Friday consisted of the javelin and hammer events. It was a large field of competitors with some very elite athletes in attendance. The Jayhawk throwers endured some frigid winds and clouds today but they were able to come out with some new season bests. Alec Stanley (Fruitport HS) set a new record for the hammer, throwing 33.01 m. Joe Marsh (Montague HS) had a solid day in javelin, throwing a season best 36.22 m. For the women, Aisha Ahmad (Reeths-Puffer HS) threw a season best 17.44 m in the javelin.

The complete team will be back in action on Saturday to complete the remaining schedule of events.

Track and Field @ Ferris State University

April 8

Muskegon Community College compete at Ferris State University.

It was a beautiful but windy day in Big Rapids as the men's and women's track teams took to the field at the Bulldog Open. The Jayhawks competed against 4 year universities including Lake Superior State, Saginaw Valley State, Calvin and Alma. Though the running conditions were very good, the winds proved to be a bit of a challenge for some of the field events.

Evan Kaufman (Grand Haven HS) placed 7th (3.65m) and Kendra Irvine (Reeths-Puffer HS) placed 6th (2.60) in the pole vault Camaryia Williams (Reeths-Puffer HS) took 10th in the long jump with a leap of 4.61m. Aisha Ahmad (Reeths-Puffer HS) had a new personal best in the Hammer with a throw of 25.09m. Taylor Carlson (Grand Haven HS) had a new personal best in the Javelin with a throw of 19.04m. The pieces are starting to come together for Alec Stanley (Fruitport HS) in the Hammer throw as he also threw a personal best of 32.82m. Joe Marsh (Montague HS) had a personal best in the Javelin with a chuck of 36.66m. The throwing events were filled with many great athletes and took considerably longer to finish.

The Men's 4x100 team took home 1st place with a time of 43.93. This team was made up of LaRue Layton (Reeths-Puffer HS), Justin Means (Muskegon HS), Troy Boughner (Johannesburg-Lewiston HS) and Collen Casey (Grand Haven HS). They are within two seconds of the qualifying time for nationals. Kendra Irvine (Reeths-Puffer HS) and Katelyn Rodriguez (Grant HS) had strong performances in the 1500m run, clocking in at 5:46.12 and 5:56.06 respectively. Noah Hendricks (Fruitiport HS) also had a strong performance in the 1500m running at 4:14.70. In the 110 hurdles Casey won with a time of 15.55 and Justin Tokarczyk (Mona Shores HS) took 6th with a time of 16.49. Casey also won the 400m Dash with a time of 49.97. Briauna Stewart (Muskegon HS) ran 13.72, Camaryia Williams (Reeths-Puffer HS) ran 14.23 and Taylor Carlson (Grand Haven HS) ran 16.39, all solid performances in the 100m dash despite a head wind. For the men, Means placed fourth with a time of 11.70 and Tokarczyk ran a

12.35 and battled a head wind as well. The determined duo of Williams and Stewart were back in action for the 200m dash. Williams came in 8th with a time of 28.32 and Stewart in 13th with a time of 29.04. The meet wrapped up with the 4×400 Relays. On the Womens side, Irvine, Williams, Stewart, and Kass-McGrady (West Michigan Christian HS) placed 8th with a time of 4:38.20. On the Men's side the team of Boughner, Hendricks, Kipkoech (Eldama Ravine, Kenya) and Casey took 2nd with a time of 3:27.39.

The team is not back in action for two more weeks when we travel to Grand Valley State University, but look for us to be out in the community at various area track meets!

Men's Track and Field @ Davenport University

April 1

The Jayhawks kick off the outdoor season at the Davenport University Select Meet. Both teams have been showing great progress and the coaches are looking forward to the promise of warmer weather to see what the athletes can really do.

On the men's side, Collen Casey (Grand Haven HS) won the 110 High Hurdles and 400 Hurdles. Collen is just 4 hundredths off the national qualifying time in the 400 hurdles and we are excited to see what he will do beyond this meet. Noah Hendricks (Fruitport HS) won the 800 and is looking strong for the start of outdoor season. His appearance at indoor nationals has fueled his training and he has his sights set on making back to back appearances at nationals. Justin Means (Muskegon HS) took 5th in the 100 m with a time of 11.73. Joe Marsh (Montague High School) and Alec Stanley (Fruitport HS) had strong performances in the throws. Their competition pool was quite challenging, however both managed to edge their way into finals in every event. Stanley led the charge with a 39.43 m (129 feet) javelin, good for 8th place. Marsh followed suit in the Discus with a toss of 34.94 m (114 ft) earning him 7th and Stanley taking 8th. Evan Kaufman (Grand Haven HS) had a season best 3.85 (12'6") in the Pole Vault, placing 6th. The men's team has been battling injury and today was no different. A few key athletes were unable to perform at their best due to muscle strains, but they are expected to be back in action next weekend when the Jayhawks travel to Ferris State Univers