

# **MEN'S INDOOR TRACK 2018-19 RECAPS**

## **Indoor Track & Field @ NJCAA Nationals**

March 1 @ TBD

Jayhawks compete at NJCAA Indoor Nationals in Kansas

Noah Hendricks (Fruitport HS) competed in the 800m run. Hendricks improved 9 spots coming into the meet ranked 22nd and finishing 13th. He ran a strong and smart race but finished a mere 29 hundredths of a second from qualifying for a trip to the finals.

## **Indoor Track & Field @ NJCAA Region XII Championships**

February 7 @ TBD

Men finish first at Regionals

The Jayhawk Track Teams were in action for the NJCAA Regional at the Dick Small Memorial hosted by Defiance College in Ohio.

The men's team showed up ready to compete. Nic Ruvacaba (Lakeview HS) set the bar in pole vault at 3.70m earning him a second place finish. He also had strong performances in the 60m and 200m runs with a second and third place finish respectively. Ben DeVries (Fremont HS) took second in the mile and Jake Phillips (Grand Haven HS) took third. Ryan Bytwerk (Fruitport HS) won the meet in the long jump with a leap of 6.37m. Noah Hendricks (Fruitport HS) took second in the 800m with a time of 2:00.80 which is 2 seconds shy of qualifying standards. Derek Monje (Fruitport HS) took third in the shot put with a mark of 11.46m. Mitchell Johnson (Fruitport HS) took second in the 3000m with a time of 9:41.01.

## **Indoor Track & Field @ GVSU – Mike Lintz Alumni Meet**

January 19 @ 8:00 am - 5:00 pm

The Jayhawks opened the 2019 indoor season at Grand Valley State University at the Mike Lintz Alumni meet.

Noah Hendricks (Fruitport HS) just missed qualifying in the 600m by a half second, coming in at 1:23.32. Logan Wells (Hart HS) came in 6th in the 200m with a time of 22.92s. Ryan Bytwerk (Fruitport HS) leapt into the record book with a jump of 6.16m in the long jump.

## **Indoor Track & Field at GVSU – Holiday Open**

December 7, 2018 @ 3:00 pm - 7:00 pm

The Jayhawks kicked off the 2018-19 indoor season with a short trip to GVSU. MCC took an abbreviated roster of runners to the competition.

For the men Mitch Johnson (Fruitport HS) ran the 5,000m in 16:28.88. Noah Hendricks (Fruitport HS) competed in the mile with a strong run of 4:35.66. Cameron Oleen (Fruitport HS) finished 7th overall in the 600m run with an official time of 1:23.53, just 1 second off the national qualify standard.