

## **MEN'S OUTDOOR TRACK AND FIELD 2018-19 RECAPS**

### **Outdoor Track & Field NJCAA Region XII Championships hosted by Davenport University**

April 26 @ TBD

#### Jayhawk men capture Regional Championship

The Muskegon Community College track team competed on Friday and Saturday in the NJCAA Region XII track meet hosted by Davenport University and the men's team finished as regional champions for the first time in program history, edging out Lansing Community College.

On Friday the Jayhawks battled the cold and wind but Nic Ruvalcaba (Lakeview HS) was able to finish 1st (and 5th overall) in the pole vault with a vault of 3.98m. Derek Monje (Fruitport HS) rounded out his Jayhawk career by placing first in the region in all the throwing events. Ryan Bytwerk (Fruitport HS) hit three huge pr's to beat out the Lansing Community College long jumper with a region best leap of 6.77m (5th overall).

On Saturday the team took to the track to compete in the running events. Mitchell Johnson (Fruitport HS) had another huge pr in the 3000m steeplechase with a time of 10:06.90 which placed him 2nd in the region and 3rd overall. Noah Hendricks (Fruitport HS) ran an incredible 800m race with strong and cold headwinds. He finished 1st overall in a time of 1:55.38 which was 4 seconds ahead of the next fastest runner and only half a second off the national qualifying time. Logan Wells (Hart HS) had strong times in the 100m and the 400m; he finished in 1st in the 400m with a time of 50.00

### **Outdoor Track & Field @ GVSU – Al Owens Invite**

April 19 @ 9:00 am - April 20 @ 9:00 pm

Logan Wells (Hart HS) ran the 100m in 11.09. Noah Hendricks (Fruitport HS) ran the 800m with a time of 1:58.69. Mitch Johnson (Fruitport HS) competed in the 3000m steeplechase, shaving 9 seconds off his time from last weekend to come in at 10:21.93. Putting up a huge PR and school record with Nic Ruvalcaba (Lakeview HS) in the pole vault, placing 3rd for the open pole vault event on Friday clearing a height of 4.30m (14' 1.25").

### **Outdoor Track & Field at Oakland University**

April 13 @ TBD

The Jayhawks were back in action this weekend at the Golden Grizzlies Invitational at Oakland University. They battled 40mph winds to put up some great performances.

Mitch Johnson (Fruitport HS) took on the 3k Steeplechase, posting a time of 10:30.08, good for 6th place. Derek Monje (Fruitport HS) took 9th in the Javelin with a throw of 34.09m. Nic Ruvalcaba (Lakeview HS) vaulted 3.40m taking 4th overall in the meet. Logan Wells (Hart HS) ran 22.81 in the 200m taking 11th place. The men's 4x400 relay consisting of Logan Wells (Hart HS) Noah Hendricks (Fruitport HS), Nick Ruvalcaba (Lakeview HS), and Jake Phillips (Grand Haven HS) ran 3: 45.36, with every member of the team coming in under 60sec splits.

### **Outdoor Track & Field at Indiana Wesleyan University**

March 23 @ 11:00 am - 7:00 pm

### Jayhawks open season in Indiana

The Jayhawks 2019 outdoor season started out with a bang! After a delay due to bus issues, the Jayhawks rolled into the Polar Bear Classic a few hours late. The athletes did their best to be flexible and roll with the changes that came their way, all in all, it was a great meet with great weather to compete in. The Jayhawks put up a bunch of personal bests and competed with some very strong teams from the Midwest.

Ryan Bytwerk (Fruitport HS) led the charge for the Jayhawks in the long jump, placing 4th with a jump 6.36m. Noah Hendricks (Fruitport HS) placed 5th in the 800m with a time of 1:57.71, a mere 3 seconds off from qualifying for outdoor nationals. Josh Kyalangalilwa (East Kentwood HS) came in at 12.65s in the 100m. Logan Wells (Hart HS) ran the 200m in 23.44 seconds. Derek Monje put up a huge PR in the Javelin with a toss of 39.52m.