

2014 Red Cedar Races
Saturday March 30th, 2014
Michigan State University

Men Distance Medley Relay (1200-400-800-1600)

| | | | | |
|---|-------------------|-------------------|---------|---|
| 1 | Michigan State | | 11:07.0 | 7 |
| | 1) Ben Lambert | 2) Tom Eby | | |
| | 3) Billy Millar | 4) Colin Riley | | |
| 2 | Michigan | | 11:13.9 | 5 |
| 3 | Central Michigan | | 11:38.4 | 4 |
| | 1) Tony Morrow | 2) DaLaun Dillard | | |
| | 3) Trevor McGrath | 4) Brandon Kohler | | |

Women Distance Medley Relay (1200-400-800-1600)

| | | | | |
|---|---------------------|---------------------|---------|---|
| 1 | Michigan State | | 13:31.1 | 7 |
| | 1) Tarah Thompson | 2) Olivia Spagnuolo | | |
| | 3) Christina Casali | 4) Valerie Morel | | |
| 2 | Michigan | | 16:10.8 | 5 |

Men 60m Hurdles

| | | | | |
|---|----------------|------------------|-------|---|
| 1 | Evan Carpenter | Michigan | 8.95 | 7 |
| 2 | Tony Wirth | Central Michigan | 9.13 | 5 |
| 3 | Jeremy Bebbber | Michigan State | 9.22 | 4 |
| 4 | Pat Frahm | Michigan State | 10.51 | 3 |

Women 60m Hurdles

| | | | | |
|---|------------------|----------------|-------|---|
| 1 | Hayley Yaremych | Michigan | 10.61 | 7 |
| 2 | Charlotte King | Michigan | 11.43 | 5 |
| 3 | Olivia Spagnuolo | Michigan State | 11.90 | 4 |

Men 60m Dash

| | | | | |
|---|----------------|------------------|------|---|
| 1 | Andrew Hammond | Michigan | 7.19 | 7 |
| 2 | DeVaun White | Central Michigan | 7.22 | 5 |
| 3 | Andrew Le | Michigan | 7.35 | 4 |
| 4 | Jared Emerson | Michigan State | 7.40 | 3 |
| 5 | Tom Eby | Michigan State | 7.43 | 2 |
| 6 | DaLaun Dillard | Central Michigan | 7.51 | 1 |
| 7 | Lucas Bowman | Michigan State | 8.26 | |
| 8 | Alex Gagnon | Central Michigan | 9.12 | |

Women 60m Dash

| | | | | | |
|---|----------------|------------------|------|---|-------|
| 1 | Mary London | Central Michigan | 9.05 | 7 | 9.051 |
| 2 | Zina Laliza | Michigan State | 9.05 | 5 | 9.056 |
| 3 | Charlotte King | Michigan | 9.17 | 4 | |

Men Mile Run

| | | | | | |
|----|--------------------|------------------|--------|---|--|
| 1 | Tyler Partridge | Michigan | 4:32.4 | 7 | |
| 2 | Ryan Squanda | Michigan State | 4:42.5 | 5 | |
| 3 | Trent Johnson | Michigan State | 4:44.6 | 4 | |
| 4 | Greg Sollish | Michigan | 4:46.2 | 3 | |
| 5 | Eli Jenkinson | Michigan | 4:46.8 | | |
| 6 | Alex Stanek | Central Michigan | 4:47.6 | 2 | |
| 7 | Ian Prochaska | Michigan | 4:47.9 | | |
| 8 | Zach Prochaska | Michigan | 4:48.4 | | |
| 9 | Alex Miros | Michigan State | 4:54.2 | | |
| 10 | Paul Salach | Michigan State | 4:55.5 | | |
| 11 | Ben Lambert | Michigan State | 4:59.7 | | |
| 12 | Jake Johnson | Michigan | 5:03.3 | | |
| 13 | David Penner | Michigan | 5:05.7 | | |
| 14 | Kristian Wosik | Michigan State | 5:06.5 | | |
| 15 | Jonathan Sollish | Michigan State | 5:10.8 | | |
| 16 | David Wilemski | Michigan | 5:12.0 | | |
| 17 | Joe Gilbert | Central Michigan | 5:19.6 | 1 | |
| 18 | Billy Millar | Michigan State | 5:21.2 | | |
| 19 | Lucas Bowman | Michigan State | 5:28.1 | | |
| 20 | Austin Katona | Michigan State | 5:29.3 | | |
| 21 | Marc Jaynes | Central Michigan | 5:40.5 | | |
| 22 | Anthony Kowalchick | Central Michigan | 5:43.2 | | |
| 23 | Mike Kincaid | Michigan State | 6:11.0 | | |

Women Mile Run

| | | | | | |
|----|-------------------|----------------|--------|---|--|
| 1 | Stephanie Schmidt | Michigan State | 5:17.1 | 7 | |
| 2 | Emily Southern | Michigan | 5:19.7 | 5 | |
| 3 | Stephanie Resis | Michigan | 5:21.8 | 4 | |
| 4 | Christina Casali | Michigan State | 5:32.3 | 3 | |
| 5 | Kwin Liu | Michigan | 5:33.1 | | |
| 6 | Shannon Peterson | Michigan | 5:41.1 | | |
| 7 | Megan McNitt | Michigan State | 6:08.8 | | |
| 8 | Kira Burnett | Michigan | 6:17.6 | | |
| 9 | Sabrina Zohoury | Michigan | 6:18.0 | | |
| 10 | Laurel Fricker | Michigan | 6:28.4 | | |
| 11 | Shannon Line | Michigan State | 6:43.4 | | |

Men 400m Dash

| | | | | |
|---|------------------|------------------|---------|---|
| 1 | Andrew Crechiolo | Michigan State | 51.91 | 7 |
| 2 | Juston Jaco | Michigan | 52.50 | 5 |
| 3 | Phil Baeza | Michigan State | 54.83 | 4 |
| 4 | Jeremy Bebbber | Michigan State | 55.50 | |
| 5 | Pat Frahm | Michigan State | 1:00.33 | |
| 6 | Roberto Herrera | Central Michigan | 1:24.71 | |

Women 400m Dash

| | | | | |
|---|-----------------|------------------|---------|---|
| 1 | Hayley Yaremych | Michigan | 1:06.91 | 7 |
| 2 | Valerie Morel | Michigan State | 1:07.34 | 5 |
| 3 | Miranda Besey | Central Michigan | 1:07.49 | 4 |
| 4 | Maggie Hammond | Central Michigan | 1:08.02 | 3 |
| 5 | Kathryn Dugal | Michigan State | 1:16.52 | 2 |

Men 800m Run

| | | | | |
|---|----------------|------------------|--------|---|
| 1 | Rob Rose | Michigan | 2:01.3 | 7 |
| 2 | Harrison Clark | Michigan | 2:01.5 | 5 |
| 3 | Maclean Drees | Michigan | 2:08.9 | |
| 4 | Tony Morrow | Central Michigan | 2:09.5 | 4 |
| 5 | Billy Millar | Michigan State | 2:13.2 | 3 |
| 6 | Trevor McGrath | Central Michigan | 2:16.1 | 2 |
| 7 | Paul Salach | Michigan State | 2:17.2 | 1 |
| 8 | Joe Gilbert | Central Michigan | 2:21.0 | |
| 9 | Austin Katona | Michigan State | 2:22.2 | |

Women 800m Run

| | | | | |
|---|-----------------|----------------|--------|---|
| 1 | Tarah Thompson | Michigan State | 2:27.4 | 7 |
| 2 | Kwin Liu | Michigan | 2:36.0 | 5 |
| 3 | Megan McNitt | Michigan State | 2:48.6 | 4 |
| 4 | Sabrina Zohoury | Michigan | 2:59.8 | 3 |
| 5 | Teri LaForest | Michigan | 3:16.8 | |
| 6 | Krista Mallery | Michigan | 3:46.6 | |

Men 200m Dash

| | | | | |
|---|----------------|------------------|-------|---|
| 1 | Tom Eby | Michigan State | 23.31 | 7 |
| 2 | Andrew Le | Michigan | 23.82 | 5 |
| 3 | Juston Jaco | Michigan | 24.08 | 4 |
| 4 | DeVaun White | Central Michigan | 24.14 | 3 |
| 5 | Jared Emerson | Michigan State | 24.62 | 2 |
| 6 | DaLaun Dillard | Central Michigan | 24.90 | 1 |
| 7 | Phil Baeza | Michigan State | 26.25 | |

Women 200m Dash

| | | | | |
|---|------------------|------------------|-------|---|
| 1 | Olivia Spagnuolo | Michigan State | 30.41 | 7 |
| 2 | Hayley Yaremych | Michigan | 30.43 | 5 |
| 3 | Miranda Besey | Central Michigan | 30.84 | 4 |
| 4 | Charlotte King | Michigan | 31.49 | 3 |

Men 3000m Run

| | | | | |
|----|-------------------|------------------|---------|---|
| 1 | Colin Riley | Michigan State | 9:18.0 | 7 |
| 2 | Matt LeDuc | Michigan | 9:36.1 | 5 |
| 3 | Trent Johnson | Michigan State | 9:39.4 | 4 |
| 4 | Zach Prochaska | Michigan | 9:43.4 | 3 |
| 5 | Ian Prochaska | Michigan | 9:43.6 | |
| 6 | Alex Miros | Michigan State | 9:52.1 | |
| 7 | Brandon Kohler | Central Michigan | 9:54.3 | 2 |
| 8 | Timmy Christensen | Michigan State | 9:59.2 | |
| 9 | Ryan Squanda | Michigan State | 10:10.4 | |
| 10 | Jonathan Sollish | Michigan State | 10:24.7 | |
| 11 | Lucas Bowman | Michigan State | 11:02.6 | |

Women 3000m Run

| | | | | |
|---|-------------------|----------------|---------|---|
| 1 | Stephanie Schmidt | Michigan State | 10:26.3 | 7 |
| 2 | Lydia Lyons | Michigan | 12:31.4 | 5 |
| 3 | Kathryn Dugal | Michigan State | 12:42.9 | 4 |
| 4 | Shannon Petersen | Michigan | 14:07.4 | 3 |

Men 4x400m Relay

| | | | | |
|---|---|------------------------------------|---------|---|
| 1 | Michigan State "A" 1) Jared Emerson 3) Jeremy Bebbber | 2) Tom Eby 4) Andrew Crechiolo | 3:39.09 | 7 |
| 2 | Michigan "A" | | 3:40.05 | 5 |
| 3 | Michigan State "B" 1) Ben Lambert 3) Jonathan Sollish | 2) Colin Riley 4) Pat Frahm | 3:56.3 | |
| 4 | Michigan State "C" 1) Ryan Squanda 3) Trent Johnson | 2) Lucas Bowman 4) Billy Millar | 4:01.71 | |

Women 4x400m Relay

| | | | | |
|---|---------------------|---------------------|---------|---|
| 1 | Michigan State "A" | | 4:30.30 | 7 |
| | 1) Tarah Thompson | 2) Olivia Spagnuolo | | |
| | 3) Christina Casali | 4) Valerie Morel | | |
| 2 | Michigan State "B" | | 4:57.49 | |
| | 1) Steph Schmidt | 2) Megan McNitt | | |
| | 3) Zina Laliza | 4) Kathryn Dugal | | |
| 3 | Michigan "A" | | 5:05.02 | 5 |

Men Shot Put

| | | | | |
|---|----------------|----------------|--------|---|
| 1 | Evan Carpenter | Michigan | 10.21m | 7 |
| 2 | Andrew Hammond | Michigan | 8.18m | 5 |
| 3 | Pat Frahm | Michigan State | 8.01m | 4 |
| 4 | Alex Bonnen | Michigan State | 7.59m | 3 |

Women Shot Put

| | | | | |
|---|---------------|----------------|-------|---|
| 1 | Zina Laliza | Michigan State | 6.55m | 7 |
| 2 | Kathryn Dugal | Michigan State | 6.23m | 5 |

Men Long Jump

| | | | | |
|---|----------------|------------------|-------|---|
| 1 | Andrew Hammond | Michigan | 6.24m | 7 |
| 2 | Evan Carpenter | Michigan | 5.89m | 5 |
| 3 | Corey Bock | Central Michigan | 5.71m | 4 |
| 4 | Billy Millar | Michigan State | 5.30m | 3 |
| 5 | Pat Frahm | Michigan State | 5.02m | 2 |

Women Long Jump

| | | | | |
|---|-----------------|------------------|-------|---|
| 1 | Mary London | Central Michigan | 4.62m | 7 |
| 2 | Maggie Hammond | Central Michigan | 4.43m | 5 |
| 3 | Hayley Yaremych | Michigan | 4.41m | 4 |
| 4 | Zina Laliza | Michigan State | 3.88m | 3 |
| 5 | Krista Mallery | Michigan | 3.42m | 2 |

Men - Team Rankings - 11 Events Scored

| | | |
|---|-----------------------------|----|
| 1 | University of Michigan | 96 |
| 2 | Michigan State University | 82 |
| 3 | Central Michigan University | 37 |

Women - Team Rankings - 11 Events Scored

| | | |
|---|-----------------------------|----|
| 1 | Michigan State University | 84 |
| 2 | University of Michigan | 72 |
| 3 | Central Michigan University | 30 |