

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