

# Chippewa Valley boys, Dakota girls win MAC Red Division track and field championships

Speed thrills



Shamar Heard runs the anchor leg to help Chippewa Valley win the 4 by 400-meter relay at the MAC Red Division meet at Grosse Pointe South on Tuesday, May 16, 2023. (GEORGE POHLY — MediaNews Group)

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Speed carried Chippewa Valley to the top.

Noah Morris, Shamar Heard and Jonas Morris won dashes to lead the Big Reds to the Macomb Area Conference Red Division boys track and field meet championship at Grosse Pointe South on Tuesday.

Noah Morris won the 100 meters, Heard the 200 and Jonas Morris the 400 as coach Terry Wilson's team scored 120 points, one more than runner-up Dakota.



Chippewa Valley won the MAC Red Division 1600-meter relay with, from left, Jonas Morris, Chris Estell, Noah

Morris and Shamar Heard. The Big Reds were the team champions. (GEORGE POHLY)

The Cougars' girls won their side of the meet. Danielle Modock won the long jump and led the Cougars' 1-2-3 finish in the 100 as the Macomb Township team piled up 164 points. Romeo and Chippewa Valley tied for second with 80.

"We're pleasantly surprised," Dakota coach Mike Timpa said. "We didn't run a full squad, but we know other schools didn't run a full squad either. You're going to take any championship you can get."

"We have great kids," Timpa said. "They're good to work with, they work hard. They deserve it."

Dakota's Isabella Perry won the 200, Mckenna Goike the 3200 and Mariya Howard the 300 low hurdles. Ava LaMilza won the 1600 and led a 1-2-3 Dakota finish that included Mariah Belmont and Lindsay Harvey.

El Auria Atienza and Sydney Timpa finished second and third, respectively, in the 100.

Jack DeWaele gave Chippewa Valley a first-place finish in the 1600 meters.



Noah Morris, Heard, Chris Estell and Jonas Morris made up the Big Reds' winning 1600 relay team in the final event of the meet. The Big Reds also won the 800 relay.

"I'm really happy with the way everybody competed," Wilson said. "This is part of our plan, and it's not the end goal. I'm happy with where we are right now."

Anchor Bay won two individual events with Thomas Westphal in the 800 and Bishop Thomas in the high jump. Westphal, Ryan Lee, Greg Vogt and Zach Rubicz won the 4 by 800 relay.

Dakota's Jack Mathers won the 3200 and Carson Kresnak won the high hurdles.

Jaden Laster of Grosse Pointe North won the intermediate hurdles and two Norsemen won field events -- Reinaldo Williams the shot put and Clinton Allen the discus throw.

Luc Michaud of Grosse Pointe South won the pole vault and Kahlil Mcleod of Romeo won the long jump.

Romeo won the 4 by 100 relay.

Noah Morris and Jailen Thomas gave Chippewa Valley a 1-2 finish in the 100. Heard, Noah Morris and Estel finished 1-2-3 in the 200. Jonas Morris and Heard went 1-2 in the 400.

Romeo had three individual girls champions -- Sarah Ratusznik in the pole vault, Anastasia Donahee in the high jump and freshman Samantha Sackfield in the 400. The Bulldogs won the 800 relay.

Grosse Pointe South had a pair of winners -- Claire Zurowick in the 800 and Selga Jansons in the high hurdles.

Kalie Monroe of Chippewa Valley won the shot put and discus throw.

Anchor Bay won the 3200 relay.

Dakota hosts a Division 1 regional meet Friday. The top two finishers in each event and others who meet standards will qualify for the state finals.

"That's a different dynamic, trying to get kids to qualify but also rally enough points to potentially win a region again," Timpa said. "We have formidable opponents.

"Across the board, I think our region has really improved over the last few years. It's going to be tough."

The regional begins with field events at 4 p.m. Running events open with the 3200 relay at 4:30.