

## 2013 M.A.C. Boys Cross Country Report

### Red Dual Meet Results

Place	School	Wins	Losses
1	Romeo	14	0
2	Dakota	12	2
3	Utica	10	4
4	Grosse Pointe North	7	7
5	Stevenson	6	8
6	Grosse Pointe South	5	9
7	Eisenhower	2	12
8	LAnse Creuse North	0	14

### Red Division Meet Results

Place	School	Score Raw/Adj
1	Romeo (ROM)	75 / 36
2	Dakota (D)	139 / 61
3	Utica (U)	149 / 66
4	Grosse Pointe North (GPN)	295 / 126
5	Stevenson (S)	326 / 142
6	LAnse Creuse North (LCN)	332 / 144
7	Grosse Pointe South (GPS)	362 / 155
8	Eisenhower (Ike)	448 / 193

### Red All Conference Runners

1	Alec Toreki (12)	Romeo	15:36
2	Jacob Domagalski (11)	Romeo	15:40
3	Andrei Rotar (12)	Utica	16:11
4	Bradley Bates (12)	Dakota	16:12
5	William Saiz (10)	Dakota	16:29
6	Thomas Michno (9)	LAnse Creuse North	16:30
7	Justin Ursaki (12)	Utica	16:37
8	Connor Sickmiller (10)	Grosse Pointe North	16:39
9	Brennan Buckner (12)	Dakota	16:40
10	Mitch O'hair (12)	Romeo	16:41
11	Adam Fraeyman (10)	Romeo	16:45
12	Chris Frazer (12)	Romeo	16:49
13	Joe Ciaravino (11)	Grosse Pointe North	16:56
14	Paul Garbarino (11)	Utica	16:57

### MAC Red Coach of the Year:

Michael Buslepp - Romeo

### MAC Red MVP:

Alec Toreki (12) - Romeo

## 2013 M.A.C. Girls Cross Country Report

### Red Dual Meet Results

Place	School	Wins	Losses
1	Grosse Pointe South	14	0
2	Grosse Pointe North	11	3
3	Eisenhower	10	4
4	Stevenson	9	5
5	Romeo	6	8
6	Utica	6	8
7	Dakota	2	12
8	LAnse Creuse North	0	14

### Red Division Meet Results

Place	School	Score Raw/Adj
1	Grosse Pointe South (GPS)	30 / 26
2	Stevenson (S)	127 / 85
3	Eisenhower (Ike)	122 / 88
4	Grosse Pointe North (GPN)	151 / 95
5	Romeo (ROM)	160 / 106
6	Dakota (D)	204 / 127
7	Utica (U)	361 / 179
8	LAnse Creuse North (LCN)	NTS

### Red All Conference Runners

1	Ersula Farrow (11)	Grosse Pointe South	17:39
2	Kelsie Schwartz (12)	Grosse Pointe South	18:18
3	Marah Pugh (12)	Dakota	18:31
4	Alexa Calas (12)	Grosse Pointe South	18:35
5	Samantha Allmacher (11)	Eisenhower	18:40
6	Samantha Hanson (10)	Stevenson	19:03
7	Allison Shannon (10)	Stevenson	19:05
8	Anna Piccione (10)	Grosse Pointe South	19:05
9	Sarah Rustmann (12)	Grosse Pointe North	19:06
10	Megan Greb (10)	Romeo	19:06
11	Mary Spencer (11)	Grosse Pointe South	19:08
12	Colleen McCarthy (11)	Eisenhower	19:13
13	Julia Rustmann (12)	Grosse Pointe North	19:16
14	Alicia Arnold (12)	Romeo	19:28

### MAC Red Coach of the Year:

Steve Zaranek - Grosse Pointe South

### MAC Red MVP:

Ersula Farrow (11) - Grosse Pointe South

## 2013 M.A.C. Boys Cross Country Report

### White Dual Meet Results

Place	School	Wins	Losses
1	Saint Clair	12	0
2	Port Huron Northern	10	2
3	Chippewa Valley	8	4
4	Warren Mott	4	8
4	Port Huron	4	8
4	Anchor Bay	4	8
7	Ford II	0	14

### White Division Meet Results

Place	School	Score Raw/Adj
1	Saint Clair (SC)	37 / 23
2	Port Huron Northern (PHN)	103 / 41
3	Anchor Bay (AB)	390 / 116
4	Chippewa Valley (CV)	368 / 118
5	Warren Mott (WM)	456 / 137
6	Port Huron (PH)	503 / 141
7	Ford II (UF)	532 / 157

### White All Conferance Runners

1	Matt Thomas (11)	Port Huron Northern	15:48
2	Cody Smith (12)	Saint Clair	15:49
3	Trevor Holowaty (12)	Saint Clair	15:54
4	Adam Gizowski (12)	Saint Clair	16:09
5	Bradley Mallory (11)	Port Huron Northern	16:13
6	Buddy Brosky (10)	Saint Clair	16:24
7	Ty Dickinson (12)	Port Huron Northern	16:25
8	Paul Schneider (12)	Saint Clair	16:26
9	Phil Mundt (10)	Chippewa Valley	16:32
10	Ryan Parslow (12)	Saint Clair	16:38
11	David Saporito (11)	Warren Mott	16:48
12	Austin Kromroy (12)	Saint Clair	16:48
13	Brad Hunt (12)	Port Huron Northern	16:59
14	Mitch Vermeulen (12)	Ford II	17:00

### MAC White Coach of the Year:

Jon Davidson - Saint Clair

### MAC White MVP:

Matt Thomas (11) - Port Huron Northern

## 2013 M.A.C. Girls Cross Country Report

### White Dual Meet Results

Place	School	Wins	Losses
1	Chippewa Valley	12	0
2	Warren Mott	8	4
2	Saint Clair	8	4
4	Ford II	6	6
5	Port Huron	5	7
6	Port Huron Northern	3	9
7	Anchor Bay	0	12

### White Division Meet Results

Place	School	Score Raw/Adj
1	Chippewa Valley (CV)	290 / 63
2	Ford II (UF)	330 / 68
3	Saint Clair (SC)	313 / 69
4	Warren Mott (WM)	368 / 74
5	Port Huron (PH)	397 / 88
6	Anchor Bay (AB)	624 / 144
7	Port Huron Northern (PHN)	NTS

### White All Conferance Runners

1	Rachel Bonner (10)	Port Huron	18:46
2	Madeline Wesley (11)	Chippewa Valley	19:05
3	Maddie Shepherd (9)	Saint Clair	19:09
4	Natalie Cizmas (12)	Chippewa Valley	19:17
5	Morgan Markel (9)	Saint Clair	19:23
6	Macy Gustavus (10)	Anchor Bay	19:31
7	Veronica Towianski (11)	Ford II	20:20
8	Rachel Walny (12)	Chippewa Valley	20:27
9	Alyssa Modrich (12)	Port Huron Northern	20:30
10	Allie Knoll (12)	Warren Mott	20:42
11	Elisabeth Pettibone (9)	Ford II	20:43
12	Sara Bey (11)	Warren Mott	21:03
13	Nicole Conigliaro (12)	Saint Clair	21:14
14	Gabrielle Duncan (10)	Ford II	21:15

### MAC White Coach of the Year:

Frank Tymrak - Chippewa Valley

### MAC White MVP:

Rachel Bonner (10) - Port Huron

## 2013 M.A.C. Boys Cross Country Report

### Blue Dual Meet Results

Place	School	Wins	Loses
1	Lakeview	14	0
2	Sterling Heights	11	3
3	Marine City	11	3
4	Lanse Creuse	8	6
5	Marysville	6	8
6	Lamphere	3	11
6	Fraser	3	11
8	Warren Cousino	0	14

### Blue Division Meet Results

Place	School	Score Raw/Adj
1	Lakeview (LV)	136 / 21
2	Sterling Heights (SH)	335 / 71
3	Marine City (MC)	468 / 103
4	Marysville (M)	512 / 110
5	Lanse Creuse (LC)	496 / 117
6	Fraser (F)	598 / 151
7	Lamphere (LAM)	691 / 165
8	Warren Cousino (WC)	766 / 193

### Blue All Conference Runners

1	Everett Ottoy (11)	Lakeview	16:38
2	Timmy Martin (12)	Lakeview	16:39
3	Brendan Witt (11)	Lanse Creuse	16:47
4	Tyler Walters (11)	Lakeview	16:54
5	James Sturtridge (12)	Marysville	16:55
6	Jordan Walters (11)	Lakeview	16:58
7	Furat Zomay (12)	Sterling Heights	17:00
8	Nathan Holland (11)	Lakeview	17:04
9	Alex Feleo (11)	Lakeview	17:09
10	Blaik Haney (10)	Marine City	17:09
11	Michael Burley (9)	Sterling Heights	17:18
12	Chris Yatooma (11)	Sterling Heights	17:28
13	Alex Put (10)	Sterling Heights	17:29
14	Adam Dombrowski (12)	Marine City	17:32

### MAC Blue Coach of the Year:

Megan Zimmerman - Lakeview

### MAC Blue MVP:

Everett Ottoy (11) - Lakeview

## 2013 M.A.C. Girls Cross Country Report

### Blue Dual Meet Results

Place	School	Wins	Loses
1	Marine City	14	0
2	Marysville	11	3
2	Lakeview	11	3
4	Fraser	8	6
5	Lanse Creuse	6	8
6	Warren Cousino	3	11
6	Sterling Heights	3	11
8	Lamphere	0	14

### Blue Division Meet Results

Place	School	Score Raw/Adj
1	Marine City (MC)	314 / 41
2	Marysville (M)	336 / 47
3	Lakeview (LV)	351 / 58
4	Fraser (F)	517 / 113
5	Lanse Creuse (LC)	630 / 145
6	Sterling Heights (SH)	622 / 149
7	Warren Cousino (WC)	759 / 197
8	Lamphere (LAM)	NTS

### Blue All Conference Runners

1	Danielle Uppleger (10)	Lakeview	20:17
2	Sarah Cullimore (10)	Marine City	20:21
3	Kenzie Weingartz (10)	Marysville	20:27
4	Natalie Anderson (9)	Lakeview	20:44
5	Carahgan Spencer (9)	Marine City	20:53
6	Anna Burley (11)	Sterling Heights	21:00
7	Rachel Wilson (12)	Lakeview	21:09
8	Makenna Hill (9)	Marysville	21:20
9	Autumn Ameye (12)	Marine City	21:24
10	Shayne Wierszewski (11)	Marine City	21:28
11	Megan White (12)	Marysville	21:30
12	Meghan Sylvia (11)	Marysville	21:42
13	Hannah Sampier (10)	Marysville	21:42
14	Brooke Bennett (12)	Marysville	21:43

### MAC Blue Coach of the Year:

Randy Shagena - Marine City

### MAC Blue MVP:

Danielle Uppleger (10) - Lakeview

## 2013 M.A.C. Boys Cross Country Report

### Gold Dual Meet Results

Place	School	Wins	Losses
1	Roseville	12	0
2	Lake Shore	10	2
3	Clawson	8	4
4	Center Line	6	6
5	Warren Woods Tower	4	8
6	South Lake	2	10
7	Warren Lincoln	0	12

### Gold Division Meet Results

Place	School	Score Raw/Adj
1	Roseville (RS)	627 / 32
2	Lake Shore (LS)	814 / 60
3	Warren Woods Tower (WWT)	744 / 63
4	Clawson (Cla)	805 / 76
5	Center Line (CL)	NTS
6	Warren Lincoln (WL)	NTS
7	South Lake (SL)	NTS

### Gold All Conferance Runners

1	Maleek Thomas (12)	Roseville	17:13
2	Kevin Lafriniere (12)	Warren Woods Tower	17:23
3	Anthony Pizzo (11)	Clawson	17:31
4	Chad Radford (12)	Roseville	18:29
5	Jake Kler (12)	Lake Shore	18:31
6	Justin Cicalo (10)	Warren Woods Tower	18:36
7	Anthony Moss (11)	Roseville	18:41
8	Chris Sedlak (12)	Warren Lincoln	18:59
9	Nick West (11)	Lake Shore	19:07
10	Jordan Levy (10)	Roseville	19:18
11	Anthony Campana (9)	Clawson	19:19
12	Anthony Barnett (10)	Center Line	19:19
13	Julio Rosario (10)	Roseville	19:19
14	Danny Geromette (12)	Warren Woods Tower	19:30

### MAC Gold Coach of the Year:

Daniel O'Sullivan - Roseville

### MAC Gold MVP:

Maleek Thomas (12) - Roseville

## 2013 M.A.C. Girls Cross Country Report

### Gold Dual Meet Results

Place	School	Wins	Losses
1	Lake Shore	12	0
2	Roseville	10	2
3	Warren Woods Tower	8	4
4	Clawson	6	6
5	Center Line	4	8
6	Warren Lincoln	2	10
7	South Lake	0	12

### Gold Division Meet Results

Place	School	Score Raw/Adj
1	Warren Woods Tower (WWT)	421 / 23
2	Lake Shore (LS)	658 / 50
3	Clawson (Cla)	677 / 61
4	Center Line (CL)	NTS
5	South Lake (SL)	NTS
6	Roseville (RS)	NTS

### Gold All Conferance Runners

1	Katlyn Pizzo (9)	Clawson	19:11
2	Haley Boccomino (12)	Center Line	19:58
3	Lindy Pastrick (12)	Warren Woods Tower	20:09
4	Cortney York (10)	Warren Woods Tower	20:42
5	Samantha Costanzo (11)	Lake Shore	21:24
6	Tiara Jhons (12)	Warren Woods Tower	22:37
7	Emily Ferrera (11)	South Lake	22:45
8	Megan Rejc (12)	Warren Woods Tower	22:56
9	Jade Amalio (9)	Warren Woods Tower	23:13
10	Kate Kelly (9)	South Lake	23:20
11	Julie Gabel (12)	Center Line	23:31
12	Kathryn Finn (11)	Lake Shore	23:35
13	Alexandra Costanzo (11)	Lake Shore	23:35
14	Jazmine Gonzalez (12)	Warren Woods Tower	24:17

### MAC Gold Coach of the Year:

Jackie Phillips - Lake Shore

### MAC Gold MVP:

Katlyn Pizzo (9) - Clawson