

Northville track and field starts season off with a bang

Andrew Vaillencourt, Hometownlife.com Published 1:01 p.m. ET April 29, 2019 | Updated 3:12 p.m. ET April 29, 2019

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Demetri Zervos was on the winning 400 and 800 meter relays for Northville in the team's meet against Howell. (Photo: Jack Dalton)

The Northville boys 400 meter relay broke the Northville High School stadium record on last week as the host Mustangs defeated Howell in a KLAA West Division dual meet.

Seniors Ben Shuart, Zack Phillips, Demetri Zervos, and Brandon Kearney teamed up to best the mark in the relay which was set last year by Novi.

"It's nice to break records, especially when they're held by another school, particularly our rival," Northville coach Tim Dalton said. "I'm really happy for these four young men and I think the best is yet to come for them this season."

Howell proved to be no match for the Mustangs, as Northville won the meet 128-9 and improved to 3-0 in their division this season.

Senior Ben Shuart continued his impressive season by setting personal bests in the 110 and 300 meter hurdles with times of 15.51 and 41.38, respectively.

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Junior Demir Tagani had a big day in the throwing events, tossing personal bests in the shot put (44-7.00) and the discus (123-06).

Sophomore Zach Helner won the high jump clearing the bar at 5-8.00 for his best performance in the event, and junior Jacob Pichler set his best mark in the long jump with a leap of 19-10.75.

"We had a lot of really, really good performances in all of the events today," Dalton said. "If these boys continue to work hard and we keep on improving, this will be a successful season."

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Abby Dunn won both the 100 and 300 meter hurdles for Northville against Howell. (Photo: Jack Dalton)

The girls track team downed Howell 99-38 in a KLAA West Division dual meet last week as well, improving to 3-0 on the season.

The Mustangs took first place in 13 events and swept all points in five events.

"We tried out some different things today's meet," Dalton said. "We have some things to work on but we have a strong team with contributors in all areas."

Junior Lauren Marshall set a personal record in long jump with a mark of 15-3.50.

"I'm really happy for Lauren," Dalton said. "We ask a lot of her because she is so versatile. She is a huge piece of our varsity team."

Sophomore Delaney Hopkins had her best showing in the discus 102-3.50 and Anna DeHenau cleared the crossbar at 6-6.00 in the pole vault for her best vault ever.

The success for both team's continued over the weekend.

The Northville boys track and field team notched four first place finishes en route to winning the Spartan Classic hosted at Michigan State University.

The Mustangs, scoring 206 points, outdistanced second place Greenville who scored 155.

"It was really exciting for the boys to win tonight," Northville coach Tim Dalton said. "We're keeping it in perspective, though. We have bigger goals we want to accomplish this season. There's a lot of work still to do."

Kearney won the 100 meter dash before teaming up with Nolan Knight, Zervos, and Phillips in the 800 relay for another first place finish, while Nick Couyoumjian, Raymond Jiang, Alex Beloui, and Ryan Vig won the 3,200 relay.

Shuart won the 110 meter high hurdles in a time of 15.70 and also took second in the 400 relay with Phillips, Zervos, and Kearney.

"Our senior sprinters have grown and improved since they began high school," Dalton said. "They are a lot of fun to watch."

Other top finishers for the Mustangs included Couyoumjian, second, 800 (1:57.46); Jacob Pichler, second, long jump (20-4.25); and Knight, second, 400 (51.09).

In the women's meet, Northville finished runner-up for the second year in a row.

Rockford won the team title with 328 points. Northville scored 188.

"We had a very high score tonight," Dalton said. "To finish second after scoring 188 points shows how good and deep of a team Rockford has."

Northville's 400 relay of Claire Wan, Angel McCray, Marshall, and Melanie Sarafian finished in 49.82, their best this season and the third fastest time in school history.

McCray also anchored the winning 1,600 relay of Wan, Abby Dunn, and Alia Bouray.

"We had a number of girls really step up tonight," Dalton said. "We have some young girls who are realizing how good they can be this year."

Other top finishers for Northville included Sarah Herring, third, high jump (4-10.00); Sarafian, second, 100 (13.06), and third, 200 (27.52); Dunn, second, 100 hurdles (16.80) and third, 300 hurdles (48.86); and the 800 relay of Wan, McCray, Marshall, Sarafian, second (1:51.32).

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