

# The Michtrack Top 10

## Michigan Track & Field 2010 Yearbook

### the ultimate guide to the sport of track & field in Michigan

Who holds the state record in the 100? Who's the fastest 7th grader ever? Who are the top 50 milers of all-time? All the answers are here, in over 250 pages of amazing history and detail put together by the state's leading statistician, a former managing editor of Track & Field News. The book includes 2009 lists, athlete of the year selections, and photos! And for the first time, this year's book covers both the indoor and outdoor seasons, for twice the records and twice the lists! ORDER NOW!

Updated 3/14/10

Featuring the best performers and performances from the Michigan indoor season. This list shows performances from ALL meets.

Note: I track down and list school affiliations here for information's sake. No high schoolers in Michigan compete for their high schools prior to the first day of MHSAA-approved practice in the spring. In the relays, some clubs are listed in the "Mixed Schools" category if they have runners from a variety of schools, or if I don't know of the team's composition. If I think that all four members of a relay team attend the same school, I listed them by their school team, even though they were competing as a club. Corrections welcome; complaints not.

Oversized tracks: Following IAAF and USATF rules, marks set on oversized tracks in lap races are not eligible for records, and are kept in separate sub-lists because of the significant advantage runners on an oversized track have. Some organizations like the NCAA have used conversions for years to equalize this situation for championship qualifying purposes, but there is no conversion that has scientific validity, because of the variety of effects the radius of the turn has depending on the height and particularly the stride length of the runner in question.

Send corrections and meet results to: [jeffhollobaugh@aol.com](mailto:jeffhollobaugh@aol.com).

Number in parentheses is what it takes to make the all-time lists.

#### **55 METERS (7.21)**

6.98	Kendall Baisden (Detroit Country Day)9	Findlay/HS Open .....	1/23/2010
7.04	Baisden	Findlay/HS Invite II.....	3/ 6/2010
7.05	Jordan Clark (Southfield Lathrup)11	Findlay/HS Invite II.....	3/ 6/2010
7.10	Baisden	Findlay/HS Open (h).....	1/23/2010
7.12	Baisden	Findlay/HS Invite II (h).....	3/ 6/2010
7.17	Clark	Findlay/HS Invite II (h).....	3/ 6/2010
7.19#	Ashley Keyes (Rochester)12	New York/National Scholastic [60] (h) .....	3/12/2010
7.36	Diamond Hamilton (Auburn Hill Avondale)11	Geneva/AAU Great Lakes .....	2/14/2010
7.40#	Jewel Thomas (Southfield Lathrup)11	New York/National Scholastic [60] (h) .....	3/12/2010
7.41	TeAnna Murray (Pontiac Northern)11	Geneva/AAU Great Lakes .....	2/14/2010
7.49	D'Maya Davis (Novi)10	Findlay/HS Open .....	1/23/2010
7.49	Candice Mack (Rochester Adams)10	Geneva/AAU Great Lakes .....	2/14/2010
7.53	Alexandria Johnson (Lake Orion)11	Findlay/HS Open .....	1/23/2010
7.53	Quenee Dale (Ypsilanti Lincoln MS)8	Geneva/AAU Great Lakes .....	2/14/2010
7.56	Anna B-Jefferson (Warren Chatterton MS)6	Findlay/HS Invite II.....	3/ 6/2010

#### **60 METERS (7.84)**

7.53	Kendall Baisden (Detroit Country Day)9	Akron/Rubber City .....	2/20/2010
7.57	Baisden	Ypsilanti/Great Lakes.....	12/27/2009
7.62	Baisden	Ypsilanti/Great Lakes (h) .....	12/27/2009
7.62	Baisden	Akron/Rubber City (h).....	2/20/2010
7.63	Baisden	Akron/Fields Open .....	1/16/2010
7.67	Baisden	Ann Arbor/MITS .....	1/ 8/2010
7.68	Kyra Jefferson (Detroit Cass Tech)10	Ypsilanti/Great Lakes.....	12/27/2009
7.69	Jordan Clark (Southfield Lathrup)11	East Lansing/MITS .....	118/2010
7.70	Baisden	Akron/Fields Open (h).....	1/16/2010
7.73	Jewel Thomas (Southfield Lathrup)11	Ypsilanti/MITS Champs .....	2/27/2010

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7.74	Erica Hobson (Detroit Cass Tech)10	Ypsilanti/MITS Champs .....	2/27/2010
7.75	Ashley Keyes (Rochester)12	New York/National Scholastic (h) .....	3/12/2010
7.76	Jefferson	Ann Arbor/MITS .....	1/21/2010
7.76	Keyes	Allendale/MITS .....	2/20/2010
7.77	Clark	Allendale/MITS .....	1/16/2010
7.77	Jefferson	Ypsilanti/MITS .....	1/14/2010
7.78	Clark	East Lansing/MITS (h) .....	1/18/2010
7.78	Baisden	Ypsilanti/MITS .....	1/28/2010
7.83	TeAnna Murray (Pontiac Northern)11	Ypsilanti/MITS Champs (s) .....	2/27/2010
7.84	Bridgette Owens-Mitchell (Southfield)12	Bowling Green/Sid Sink Open (h) .....	1/31/2010
7.84	Diamond Hamilton (Auburn Hills Avondale)11	Ypsilanti/MITS Champs .....	2/27/2010
7.85	Kelsie Williams (St Charles)11	Ypsilanti/MITS Champs (s) .....	2/27/2010
7.90	Shayla France (L'Anse Creuse)11	Ypsilanti/MITS Champs .....	2/27/2010

### 200 METERS (25.87)

23.89	Kendall Baisden (Detroit Country Day)9	New York/National Scholastic.....	3/14/2010
24.13	Baisden	New York/National Scholastic (h) .....	3/13/2010
24.14	Baisden	Ypsilanti/MITS Champs .....	2/27/2010
24.30	Kyra Jefferson (Detroit Cass Tech)10	Roxbury/Nike Indoor .....	3/14/2010
24.47	Baisden	Findlay/HS Open .....	1/23/2010
24.48	Jefferson	Ypsilanti/MITS Champs .....	2/27/2010
24.60	Baisden	Ann Arbor/MITS .....	1/ 8/2010
24.71	Jefferson	Roxbury/Nike Indoor (h).....	3/13/2010
24.73	Baisden	Findlay/Oiler Inv.....	2/ 7/2010
25.44	Dynasty McGee (Flint Southwestern)11	Roxbury/Nike Indoor (h).....	3/13/2010
25.63	Paige Patterson (Dearborn Divine Child)9	Ypsilanti/MITS Champs .....	2/27/2010
25.79	Jewel Thomas (Southfield Lathrup)11	New York/National Scholastic (h) .....	3/13/2010
25.80	Shayla France (L'Anse)11	Ann Arbor/MITS .....	1/ 8/2010
26.08	Alexandria Johnson (Lake Orion)11	Ypsilanti/MITS Champs .....	2/27/2010
26.20	Kayla Schoenle (Milford)12	Ann Arbor/MITS .....	1/ 8/2010
26.24	Kelsie Williams (St Charles)11	Ann Arbor/MITS .....	2/ 5/2010
26.38	Cristal Wilson (Flint Southwestern)11	Ann Arbor/MITS .....	2/ 5/2010
26.41	Lauren Ross (Ypsilanti Lincoln)11	Ypsilanti/MITS Champs .....	2/27/2010
26.49	Erica Hobson (Detroit Cass Tech)10	Ann Arbor/MITS .....	1/21/2010
26.49	Candice Mack (Rochester Adams)10	Ypsilanti/MITS Champs .....	2/27/2010

### Oversized Track:

24.11	Kendall Baisden (Detroit Country Day)9	Allendale/Big Meet.....	2/13/2010
24.49	Baisden	Akron/Fields Open .....	1/16/2010
25.25	Bridgette Owens-Mitchell (Southfield)12	Lexington/Kentucky Inv.....	2/20/2010
25.31	Jordan Clark (Southfield Lathrup)11	Geneva/AAU Great Lakes (h) .....	2/14/2010
25.93	Diamond Hamilton (Auburn Hills Avondale)11	Geneva/AAU Great Lakes .....	2/14/2010
25.95	Kelsie Williams (St Charles)11	Allendale/MITS .....	1/30/2010
26.05	Candice Mack (Rochester Adams)10	Allendale/MITS .....	1/30/2010
26.07	TeAnna Murray (Pontiac Northern)11	Allendale/MITS .....	1/30/2010
26.07	Shayla France (L'Anse Creuse)11	Allendale/MITS .....	1/30/2010
26.38	Yasmine Jones (Auburn Hills Avondale)11	Allendale/MITS .....	1/30/2010

### 400 METERS (59.07)

53.23	Kendall Baisden (Detroit Country Day)9	New York/National Scholastic.....	3/14/2010
54.58	Baisden	New York/National Scholastic (h) .....	3/13/2010
56.04	Baisden	Ypsilanti/MITS .....	1/14/2010
56.20	Dynasty McGee (Grand Blanc)11	Roxbury/Nike Indoor .....	3/14/2010
56.36	McGee	Roxbury/Nike Indoor (h).....	3/13/2010
56.47	Baisden	Mt Pleasant/MITS .....	1/16/2010
56.95	McGee	Ypsilanti/MITS Champs .....	2/27/2010
58.04	Paige Patterson (Dearborn Divine Child)9	Roxbury/Nike Indoor (h).....	3/13/2010
58.34	Kayla Schoenle (Milford)12	Bowling Green/Sid Sink Open .....	1/31/2010
58.41	Anna B-Jefferson (Warren Chatterton MS)6	Findlay/HS Invite II.....	3/ 6/2010
58.78	Rebecca Adamcheck (Livonia Stevenson)12	Ypsilanti/Great Lakes.....	12/27/2009
58.79	Paige Cataldo (Bloomfield Hills Marian)12	Ypsilanti/MITS Champs .....	2/27/2010
59.32	Maria Beach (Midland)12	Ypsilanti/MITS Champs .....	2/27/2010
59.53	Breterria Hill (Lansing Sexton)	Bloomington/AAU Northern .....	2/21/2010

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59.96	DeDe Lofton (Detroit Mumford)12	Ypsilanti/MITS .....	1/14/2010
<b>Oversized Track:</b>			
53.99	Kendall Baisden (Detroit Country Day)9	Akron/Rubber City .....	2/20/2010
57.60	Dynasty McGee (Grand Blanc)11	Akron/Rubber City .....	2/20/2010
57.84	Kayla Schoenle (Milford)12	Lexington/Kentucky Inv.....	2/20/2010
58.19	Mwatanna Jefferson (Warren Chatterton MS)6	Akron/Rubber City .....	2/20/2010
58.47	Megan Yanik (Livonia Ladywood)12	Lexington/Kentucky Inv.....	2/20/2010
58.72	Paige Cataldo (Bloomfield Hills Marian)12	Geneva/AAU Great Lakes (h).....	2/14/2010
58.94	Rebecca Adamcheck (Livonia Stevenson)12	Lexington/Kentucky Inv.....	2/20/2010
59.31	Krystle Ingram (Gibraltar Carlson)12	Lexington/Kentucky Inv.....	2/20/2010

## 600 METERS (1:39.6)

1:42.67	Erin Suttman (Hartland)12	London/Season's Opener .....	12/ 5/2009
1:44.76	Anna Stassen (Dearborn)10	London/Season's Opener .....	12/ 5/2009
1:45.59	Megan Weschler (Wyandotte)12	London/Season's Opener .....	12/ 5/2009

### Oversized Track:

1:37.62	DeDe Lofton (Detroit Mumford)12	Allendale/Big Meet.....	2/13/2010
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## 800 METERS (2:18.6)

2:15.56	Brook Handler (Rochester)11	New York/National Scholastic.....	3/14/2010
2:15.65	Handler	Ypsilanti/MITS Champs .....	2/27/2010
2:16.03	Ersula Farrow (Farmington Hills Power MS)7	Ypsilanti/MITS Champs .....	2/27/2010
2:16.37	Megan Weschler (Wyandotte)12	Roxbury/Nike Indoor .....	3/14/2010
2:16.93	Sara Kroll (Livonia Churchill)12	Roxbury/Nike Indoor .....	3/14/2010
2:17.71	DeDe Lofton (Detroit Mumford)12	Ypsilanti/MITS Champs .....	2/27/2010
2:17.76	Haley Meier (Grosse Pointe South)9	Ypsilanti/MITS Champs .....	2/27/2010
2:18.15	Liza Boudreau (Ann Arbor Pioneer)12	Ypsilanti/MITS Champs .....	2/27/2010
2:19.67	Kelsie Schwartz (Grosse Pt Farms St Paul)8	Ypsilanti/MITS Champs .....	2/27/2010
2:20.05	Leah O'Connor (Croswell-Lexington)12	Warren/MITS .....	2/ 5/2010
2:20.62	Shanita Fluker (Flint Southwestern)12	Ypsilanti/MITS Champs .....	2/27/2010
2:21.42	Anna Stassen (Dearborn)10	Roxbury/Nike Indoor .....	3/14/2010
2:21.89	Michaela Carnegie (Benzie Central)11	Ypsilanti/MITS Champs .....	2/27/2010

### Oversized Track:

2:15.79	Brook Handler (Rochester)11	Allendale/MITS .....	2/20/2010
2:18.50	Ersula Farrow (Farmington Hills Power MS)7	Akron/Fields Open .....	1/16/2010
2:19.45	DeDe Lofton (Detroit Mumford)12	Akron/Rubber City .....	2/20/2010
2:20.05	Michaela Carnegie (Benzie Central)11	Allendale/MITS .....	2/20/2010
2:20.25	Megan Vitale (Livonia Ladywood)11	Akron/Fields Open .....	1/16/2010
2:20.70	Kate Carter (Saline)12	Allendale/MITS .....	2/20/2010
2:21.08	Sara Stassen (Dearborn)11	Akron/Fields Open .....	1/16/2010
2:21.37	Anna Stassen (Dearborn)10	Lexington/Kentucky Inv.....	2/20/2010

## 1000 METERS (3:13.0)

3:08.3#	Megan Goethals (Rochester)12	Roxbury/Nike Indoor [2M] .....	3/13/2010
3:11.28	Megan Weschler (Wyandotte)12	London/Season's Opener .....	12/ 5/2009
3:16.73	Anna Stassen (Dearborn)10	London/Season's Opener .....	12/ 5/2009
3:17.06	Sara Stassen (Dearborn)11	London/Season's Opener .....	12/ 5/2009

## 1500 METERS (4:52.9)

4:38.39#	Hannah Meier (Grosse Pointe South)9	Roxbury/Nike Indoor [mile] .....	3/12/2010
4:39.0#	Meier	Ypsilanti/MITS Champs [1600] .....	2/27/2010
4:42.0#	Sarah Kroll (Livonia Churchill)12	Ypsilanti/MITS Champs [1600] .....	2/27/2010
4:42.20#	Haley Meier (Grosse Pointe South)9	Roxbury/Nike Indoor [mile] .....	3/12/2010
4:42.9#	Katie Hoevet (Ann Arbor Pioneer)10	Ypsilanti/MITS Champs [1600] .....	2/27/2010
4:49.8#	Annie-Norah Beveridge (Ann Arbor Huron)	Ypsilanti/MITS Champs [1600] .....	2/27/2010
4:55.32	Ersula Farrow (Farmington Hills Power MS)7	Ypsilanti/Great Lakes.....	12/27/2009
5:08.48	Kelsie Schwartz (Grosse Pt Farms St Paul)8	Ypsilanti/Great Lakes.....	12/27/2009

## 1600 METERS (5:05.9)

4:55.19+	Hannah Meier (Grosse Pointe South)9	Roxbury/Nike Indoor (4:56.91).....	3/12/2010
4:56.34	Han. Meier	Ypsilanti/MITS Champs .....	2/27/2010
4:58.27+	Haley Meier (Grosse Pointe South)9	Roxbury/Nike Indoor (5:00.01).....	3/12/2010

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5:00.62	Megan Goethals (Rochester)12	East Lansing/MITS .....	118/2010
5:00.88	Sarah Kroll (Livonia Churchill)12	Ypsilanti/MITS Champs .....	2/27/2010
5:02.45	Katie Hoevet (Ann Arbor Pioneer)10	Ypsilanti/MITS Champs .....	2/27/2010
5:09.12	Annie-Norah Beveridge (Ann Arbor Huron)11	Ypsilanti/MITS Champs .....	2/27/2010
5:09.49	Allison White (Midland Dow)12	Ypsilanti/MITS Champs .....	2/27/2010
5:09.53	Rachel Steil (Grandville)12	Ypsilanti/MITS Champs .....	2/27/2010
5:09.77	Lauren Kettle (Milford)11	Ypsilanti/MITS Champs .....	2/27/2010
5:09.90	Megan Weschler (Wyandotte)12	Ypsilanti/MITS Champs .....	2/27/2010
5:10.30	Sammy Mondry (Grandville)9	Ypsilanti/MITS Champs .....	2/27/2010
5:10.46	Lindsay Clark (Walled Lake Western)11	Ypsilanti/MITS Champs .....	2/27/2010
5:11.25	Liza Boudreau (Ann Arbor Pioneer)12	Ann Arbor/MITS .....	2/18/2010
5:11.55	Ersula Farrow (Farmington Hills Power MS)7	East Lansing/MITS .....	118/2010

## Oversized Track:

5:08.63	Ersula Farrow (Farmington Hills Power MS)7	Akron/Fields Open .....	1/16/2010
5:09.43	Rachel Steil (Grandville)12	Allendale/MITS .....	1/30/2010

## 3000 METERS (10:37.4)

9:34.74#	Megan Goethals (Rochester)12	Roxbury/Nike Indoor [2M] .....	3/13/2010
9:49.8#	Goethals	Ypsilanti/MITS Champs [3200] .....	2/27/2010
10:34.8#	Christina Firl (Grosse Pointe South)9	Ypsilanti/MITS Champs [3200] .....	2/27/2010
10:36.6#	Michele Moriset (Troy)12	Ypsilanti/MITS Champs [3200] .....	2/27/2010
10:48.5#	Devan John (Benzie Central)12	Ypsilanti/MITS Champs [3200] .....	2/27/2010

## 3200 METERS (11:00.1)

10:07.1#	Megan Goethals (Rochester)12	Roxbury/Nike Indoor (10:10.14).....	3/13/2010
10:26.98	Goethals	Ypsilanti/MITS Champs .....	2/27/2010
10:50.15+	Michele Moriset (Troy)12	New York/National Scholastic (10:53.94) .....	3/14/2010
10:52.42	Goethals	Saginaw/MITS .....	2/17/2010
11:14.78	Christina Firl (Grosse Pointe South)9	Ypsilanti/MITS Champs .....	2/27/2010
11:27.67	Devan John (Benzie Central)12	Ypsilanti/MITS Champs .....	2/27/2010
11:28.52	Melanie Brender (Sterling Hts Stevenson)12	Ypsilanti/MITS Champs .....	2/27/2010
11:29.77	Brittany Anderson (Leroy Pine River)12	Ypsilanti/MITS Champs .....	2/27/2010
11:32.58	Melinda Palinkas (Saranac)12	Ypsilanti/MITS Champs .....	2/27/2010
11:38.93	Kate Carter (Saline)12	Ypsilanti/MITS .....	1/28/2010
11:42.21	Lindsay Burdette (Hanover-Horton)10	Ypsilanti/MITS Champs .....	2/27/2010
11:50.92	Alyssa Cummings (Saline)9	Ypsilanti/MITS .....	1/28/2010

## Oversized Track:

10:25.66	Megan Goethals (Rochester)12	Allendale/MITS .....	1/23/2010
10:49.08	Gabrielle Anzelone (Grand Blanc)11	Allendale/MITS .....	1/23/2010
11:20.50	Devan John (Benzie Central)12	Allendale/MITS .....	2/20/2010
11:31.98	Rachael Steil (Grandville)12	Allendale/MITS .....	1/23/2010
11:35.07	Ali Wiersma (Allendale)10	Allendale/MITS .....	1/23/2010
11:35.76	Melanie Brender (Sterling Hts Stevenson)12	Allendale/MITS .....	2/20/2010
11:36.09	Brittany Anderson (Leroy Pine River)12	Allendale/MITS .....	2/20/2010
11:43.74	Melinda Palinkas (Saranac)12	Allendale/MITS .....	2/20/2010
11:46.74	Camille Borst (Allendale)12	Allendale/MITS .....	1/23/2010
11:48.78	Lindsey Burdette (Hanover-Horton)10	Allendale/MITS .....	2/20/2010

## 5000 METERS

17:04.48	Gabrielle Anzelone (Grand Blanc)11	Roxbury/Nike Indoor .....	3/12/2010
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## 55-METER HURDLES (8.59)

7.81#	Bridgette Owens-Mitchell (Southfield)12	Roxbury/Nike Indoor [60H] (s) .....	3/14/2010
7.83#	Owens-Mitchell	Roxbury/Nike Indoor [60H] .....	3/14/2010
8.08#	Owens-Mitchell	Roxbury/Nike Indoor [60H] (h) .....	3/14/2010
8.53#	Queene Dale (Ypsilanti Lincoln MS)8	Roxbury/Nike Indoor [60H] (h) .....	3/14/2010
8.59	Laticia Sims (Romulus)10	Findlay/HS Open .....	1/23/2010
8.70	Kelly Littlejohn (Southfield)11	Bloomington/AAU Northern .....	2/21/2010
8.95	Sophia Kunselman (Ann Arbor Pioneer)10	Roxbury/Nike Indoor [60H] (h) .....	3/14/2010
9.06	Dana Carey (Detroit Mumford)	Findlay/HS Invite II.....	3/ 6/2010

## 60-METER HURDLES (9.21)

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8.35	Bridgette Owens-Mitchell (Southfield)12	Ypsilanti/MITS Champs .....	2/27/2010
8.39	Owens-Mitchell	Roxbury/Nike Indoor (s).....	3/14/2010
8.40	Owens-Mitchell	Roxbury/Nike Indoor .....	3/14/2010
8.42	Owens-Mitchell	Ypsilanti/MITS Champs (s).....	2/27/2010
8.49	Owens-Mitchell	Lexington/Kentucky Inv.....	2/20/2010
8.52	Owens-Mitchell	Lexington/Kentucky Inv (h).....	2/20/2010
8.56	Owens-Mitchell	Ypsilanti/MITS Champs (h).....	2/27/2010
8.64	Owens-Mitchell	Ann Arbor/MITS .....	2/18/2010
8.68	Owens-Mitchell	Roxbury/Nike Indoor (h).....	3/14/2010
8.71	Owens-Mitchell	Ypsilanti/MITS .....	1/14/2010
8.82	Owens-Mitchell	Bowling Green/Sid Sink Open .....	1/31/2010
8.85	Owens-Mitchell	Bowling Green/Sid Sink Open (h).....	1/31/2010
8.87	Owens-Mitchell	Warren/MITS .....	2/ 5/2010
8.90	Quenee Dale (Ypsilanti Lincoln MS)8	Ypsilanti/MITS Champs (s).....	2/27/2010
8.99	Chiara Allen (Lake Orion)12	Ypsilanti/MITS .....	1/28/2010
9.05	Laticia Sims (Romulus)10	Ypsilanti/MITS Champs (s).....	2/27/2010
9.14	Kelli Littlejohn (Southfield)11	Ypsilanti/MITS Champs (s).....	2/27/2010
9.22	Sami Michell (Reed City)9	Ypsilanti/MITS Champs .....	2/27/2010
9.24	Erika Heston (Haslett)12	Ypsilanti/MITS Champs (s).....	2/27/2010
9.41	Sophia Kunselman (Ann Arbor Pioneer)10	Ypsilanti/MITS Champs .....	2/27/2010
9.45	Kalena Franklin (Ogemaw Heights)12	Ypsilanti/MITS Champs (s).....	2/27/2010
9.48	Ang-Gaelle Renfro (Ann Arbor Pioneer)11	Ann Arbor/MITS .....	2/18/2010
9.55	Cassie Pettus (Grand Blanc)	Ypsilanti/MITS Champs .....	2/27/2010
9.59	Dana Carey (Bloomfield Hills Marian)11	Ann Arbor/MITS .....	2/18/2010
9.60	Megan Yanik (Livonia Ladywood)12	London/Season's Opener .....	12/ 5/2009

### HIGH JUMP (5-7)

5-6	Nyki Caldwell (Dexter)11	Ypsilanti/MITS Champs .....	2/27/2010
5-5.25	Caldwell	Roxbury/Nike Indoor .....	3/12/2010
5-5	Stephanie Cuniberti (Macomb Dakota)12	Warren/MITS .....	2/19/2010
5-4	Rachel Herald (Rockford)12	Allendale/MITS .....	1/ 9/2010
5-4	Alisha Weaver (Holt)12	Allendale/MITS .....	1/16/2010
5-4	Monica Nguyen (Troy)11	East Lansing/MITS .....	118/2010

### POLE VAULT (10-8)

12-6	Sarah Birkmeier (Rockford)12	East Lansing/MITS .....	118/2010
12-6	Birkmeier	Ypsilanti/MITS Champs .....	2/27/2010
12-3	Birkmeier	Allendale/MITS .....	1/30/2010
12-2.5	Birkmeier	Roxbury/Nike Indoor .....	3/14/2010
12-1	Birkmeier	Allendale/MITS .....	1/23/2010
12-0	Birkmeier	Allendale/MITS .....	1/ 9/2010
12-0	Birkmeier	Grand Rapids/MITS .....	1/19/2010
12-0	Birkmeier	Hillsdale/MITS.....	2/ 4/2010
12-0	Birkmeier	Allendale/MITS .....	2/20/2010
12-0	Birkmeier	Ypsilanti/MITS Champs (!).....	2/27/2010
11-8.5	Kristen Hixson (Remus Chippewa Hills)12	Roxbury/Nike Indoor .....	3/14/2010
11-8	Tori Wesley (Marine City)11	Ada/Ohio Elite Meet.....	1/ 2/2010
11-6	Christine Kolenbrander (Hudsonville)12	Allendale/MITS .....	1/ 9/2010
11-6	Kassie Powell (Durand)11	Ypsilanti/MITS Champs .....	2/27/2010
11-6	Kirstie Wieber (Pewamo-Westphalia)10	Ypsilanti/MITS Champs .....	2/27/2010
11-3	Katelyn Shelar (Novi)12	Ann Arbor/MITS .....	2/18/2010
11-3	Halley Love (Sparta)11	Ypsilanti/MITS Champs .....	2/27/2010
11-0	Carley Morris (East Grand Rapids)11	Ypsilanti/MITS Champs .....	2/27/2010
10-9	Nichole Ferguson (Dexter)10	Ann Arbor/MITS .....	1/21/2010
10-6	Kelly Morrisey (Grand Rapids W Catholic)12	Allendale/MITS .....	1/16/2010
10-6	Lauren Chorny (Stevensville Lakeshore)11	Ypsilanti/MITS Champs .....	2/27/2010
10-6	Danielle Lynch (Marine City)10	Ypsilanti/MITS Champs .....	2/27/2010

### LONG JUMP (18-0)

18-1	Dynasty McGee (Flint Southwestern)11	Saginaw/MITS .....	1/20/2010
17-10	Joylisa Davis (Bloomfield Hills Lahser)11	Saginaw/MITS .....	2/17/2010
17-7.5	Caroline Strasser (Dearborn Divine Child)11	Ypsilanti/MITS Champs .....	2/27/2010

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17-5.25	Christine Crawford (Romulus)11	Roxbury/Nike Indoor.....	3/14/2010
16-10.25	Dominique Corley (Ann Arbor Pioneer)12	Ypsilanti/MITS Champs.....	2/27/2010
16-9.5	Tory Schiller (Grand Ledge)11	Ypsilanti/MITS Champs.....	2/27/2010
16-8	Taylor Moore-Willis (Southfield)12	Ypsilanti/Great Lakes.....	12/27/2009
16-7.75	Madison Carter (Temperance Bedford)10	Ann Arbor/MITS.....	1/21/2010
16-7.25	Ciara Donaldson (Belleville)12	Ypsilanti/MITS.....	1/14/2010
16-7	Sami Mitchell (Reed City)9	Mt Pleasant/MITS.....	1/16/2010
16-6	Sarita Dotson (Battle Creek Lakeview)9	East Lansing/MITS.....	1/18/2010
<b>Unconfirmed:</b>			
19-8	Dynasty McGee (Flint Southwestern)11	Saginaw/MITS.....	2/17/2010
18-11	McGee	Saginaw/MITS (!).....	2/17/2010

## TRIPLE JUMP (32-5)

32-11.25	Nicole Urdahl (Carleton-Airport)10	Lexington/Kentucky Inv.....	2/20/2010
32-9.75	Dynasty McGee (Flint Southwestern)11	Columbus/HS Open.....	1/23/2010
32-9	Karen Gallardo (Saline)12	Ypsilanti/MITS Champs.....	2/27/2010
31-3.25	Rachel Nyberg (Saline)11	Ann Arbor/MITS.....	2/ 5/2010
31-1.25	Sara Ryan (Ann Arbor Pioneer)11	Ann Arbor/MITS.....	1/ 8/2010
30-7.5	Lexi Kahler (West Bloomfield)9	Ypsilanti/MITS Champs.....	2/27/2010
30-6.5	Tiffany Kitchen (Milan)	Ypsilanti/MITS Champs.....	2/27/2010
30-5.5	Alyssa Owen (Three Rivers)12	Ypsilanti/MITS Champs.....	2/27/2010
30-1.25	Emily Fink (Ypsilanti Lincoln)10	Ypsilanti/MITS Champs.....	2/27/2010
<b>Unconfirmed:</b>			
39-1	Dynasty McGee (Flint Southwestern)11	Saginaw/MITS.....	2/17/2010
38-8.5	McGee	Saginaw/MITS (!).....	2/17/2010
37-8	McGee	Saginaw/MITS (!).....	2/17/2010
32-6	China McGee (Flint Southwestern)9	Saginaw/MITS.....	2/17/2010

## SHOT PUT (41-11.75)

43-5.75	Alysha Johnson (Walled Lake Western)12	New York/National Scholastic.....	3/12/2010
42-5.25	Johnson	Ypsilanti/MITS Champs.....	2/27/2010
42-3.5	Johnson	East Lansing/MITS.....	1/18/2010
42-2	Johnson	Ann Arbor/MITS.....	2/ 5/2010
41-5	Johnson	Albion/MITS.....	1/30/2010
41-0	Tonia Pratt (Michigan Center)11	Ypsilanti/MITS Champs.....	2/27/2010
39-2	Sam Cormier (Frankenmuth)12	Saginaw/MITS.....	1/20/2010
38-8.5	Abby Scharf (Unionville-Sebewaing)12	Saginaw/MITS.....	1/20/2010
38-5	Ayanna Stangle (East Kentwood)12	Allendale/MITS.....	1/16/2010
37-9.5	Kyla Walworth (Holt)11	Mt Pleasant/MITS.....	1/16/2010
37-7	Taylor Jones (Clintondale)11	Warren/MITS.....	2/19/2010
37-6	Shana Flanary (Monroe)11	Bowling Green/Sid Sink Open.....	1/31/2010
37-6	Lauren Steinhurst (Ogemaw Heights)12	Mt Pleasant/MITS.....	1/16/2010
37-1	Emily Kujawski (Macomb Dakota)12	Saginaw/MITS.....	2/17/2010

## DISCUS (72-0)

98-3	Kendra Meyers (GR West Catholic)10	Allendale/GVSU Indoor Discus.....	12/20/2010
94-3	Katrina Christiansen (Kent City)12	Allendale/GVSU Indoor Discus.....	12/20/2010
89-1	Mackenzie Sievers (Byron Center)9	Allendale/GVSU Indoor Discus.....	12/20/2010
80-0	Emily Halliday (Rockford)11	Allendale/GVSU Indoor Discus.....	12/20/2010
72-4	Julie Angel ()	Allendale/GVSU Indoor Discus.....	12/20/2010

## WEIGHT (21-5)

48-11.5	Shana Flanary (Monroe)11	Ypsilanti/MITS Champs.....	2/27/2010
48-6.5	Flanary	Ypsilanti/MITS Champs (!).....	2/27/2010
48-6.5	Flanary	Ypsilanti/MITS Champs (!).....	2/27/2010
48-4.5	Flanary	East Lansing/MITS.....	1/18/2010
48-2.5	Flanary	Findlay/Oiler Inv.....	2/ 7/2010
48-0.5	Flanary	Findlay/Oiler Inv (!).....	2/ 7/2010
48-0	Flanary	Ypsilanti/MITS Champs (!).....	2/27/2010
47-10	Flanary	Bowling Green/Sid Sink Open.....	1/31/2010
47-0	Flanary	Bowling Green/Sid Sink Open (!).....	1/31/2010
47-0	Flanary	Findlay/Oiler Inv (!).....	2/ 7/2010

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46-9.5	Flanary	Allendale/MITS .....	2/20/2010
46-7.5	Flanary	Ann Arbor/MITS .....	2/18/2010
46-7.25	Flanary	New York/National Scholastic.....	3/14/2010
46-6.5	Flanary	Findlay/Oiler Inv (!) .....	2/ 7/2010
46-2	Flanary	Findlay/HS Inv .....	1/23/2010
45-10.5	Flanary	East Lansing/MITS (!) .....	1/18/2010
45-7.5	Flanary	Ann Arbor/MITS .....	1/ 8/2010
45-6	Flanary	Ypsilanti/MITS Champs (!).....	2/27/2010
45-5.25	Flanary	East Lansing/MITS (!) .....	1/18/2010
45-1	Flanary	Bowling Green/Sid Sink Open (!).....	1/31/2010
44-6.75	Brooke Pleger (Saline)12	Findlay/Oiler Inv .....	2/ 7/2010
44-1	Flanary	Bowling Green/Sid Sink Open (!).....	1/31/2010
44-0	Pleger	Allendale/MITS .....	2/20/2010
37-10	Meryl Pax (Hamilton)12	Allendale/MITS .....	1/ 9/2010
36-11.5	Somer Walker (Ypsilanti Lincoln)11	Ypsilanti/MITS Champs .....	2/27/2010
36-7.75	Amanda Arnett (Monroe)9	East Lansing/MITS .....	1/18/2010
35-10	Lauren Steinhurst (Ogemaw Heights)11	Ypsilanti/MITS Champs .....	2/27/2010
34-6	Mackenzie Sievers (Byron Center)9	Allendale/MITS .....	2/20/2010
33-5	Ayanna Stangle (East Kentwood)12	Allendale/MITS .....	1/16/2010
33-4.5	Kendra Meyers (GR West Catholic)10	Allendale/MITS .....	2/20/2010
32-9	Audra Delamar (Hudsonville)	Allendale/MITS .....	1/23/2010
32-0.5	Haley Russell (Leroy Pine River)11	Mt Pleasant/MITS .....	1/16/2010
31-3	Emily Halliday (Rockford)11	Allendale/MITS .....	1/30/2010
30-7	MaKala Mitchell (Saranac)12	Ypsilanti/MITS Champs .....	2/27/2010
28-9	Becca Cousineau (Grant)10	Allendale/MITS .....	2/20/2010
27-7	Grace Leutheuser (Hillsdale Academy)12	Hillsdale/MITS .....	2/ 4/2010
26-6.25	Amber Smith (Jonesville)12	Hillsdale/MITS.....	1/ 7/2010
26-4.5	Rachel Levoie (Caledonia)	Allendale/MITS .....	2/20/2010
26-3.75	Cheyenne Taylor (Ann Arbor Huron)12	Ann Arbor/MITS .....	2/18/2010
26-1	Pa-Reesha Seiber (East Kentwood)12	Allendale/MITS .....	1/16/2010
25-7	Rachel Reimink (Hamilton)11	Allendale/MITS .....	1/16/2010
25-4.5	Yazmin Warren (Ann Arbor Pioneer)	Ann Arbor/MITS .....	1/21/2010
24-10.25	Tiffany Cole (Ann Arbor Pioneer)	Ypsilanti/MITS Champs .....	2/27/2010
24-10	Kalena Franklin (Ogemaw Heights)12	Mt Pleasant/MITS .....	1/16/2010
24-9.5	Rachel Bussis (Hamilton)12	Allendale/MITS .....	1/ 9/2010

## PENTATHLON (2106)

2728'	Kristi Ellis (Petoskey)12	Geneva/AAU Great Lakes .....	2/14/2010
	(9.70 55H, 4-11.75, 15-2, 25-10.75, 2:38.60 ot)		

## 4 x 200 RELAY (1:45.41)

1:43.70	Swift (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
1:44.27	Pup's Angels (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
1:45.23	Michigan Accelerators (mixed)	Ann Arbor/MITS .....	2/ 5/2010
1:45.85	TDP (mixed)	Ypsilanti/MITS .....	1/14/2010
1:45.90	Detroit Jets (Southfield)	Ypsilanti/MITS Champs .....	2/27/2010
1:46.67	Ann Arbor Youth (Pioneer)	Roxbury/Nike indoor .....	3/13/2010
1:47.38	Bernard TC (Pioneer)	Ypsilanti/MITS Champs .....	2/27/2010
1:47.77	North Oakland TC (mixed)	Ypsilanti/Great Lakes.....	12/27/2009
1:48.10	Maximum Output (mixed)	Ann Arbor/MITS .....	2/ 5/2010
1:49.18	Great Lakes TC (mixed)	Ypsilanti/MITS Champs .....	2/27/2010

## Oversized Track:

1:47.30	Blue Dragons (mixed)	Allendale/MITS .....	1/16/2010
1:48.59	Michigan Accelerators (mixed)	Akron/Fields Open .....	1/16/2010

## 4 x 400 RELAY (4:03.5)

3:52.14	Motor City TC (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
3:56.66	Motor City TC (mixed)	Ann Arbor/MITS .....	2/ 5/2010
3:57.47	Michigan Accelerators (mixed)	Ann Arbor/MITS .....	2/ 5/2010
3:58.60	Swift TC (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
4:02.25	Motor City (Mumford)	New York/National Scholastic.....	3/14/2010
4:04.31	Ann Arbor Youth (Pioneer)	Roxbury/Nike Indoor .....	3/14/2010

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4:06.19	Maximum Output (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
4:06.49	Crystal TC (Pioneer)	Ypsilanti/MITS Champs .....	2/27/2010
4:09.81	Mick's Chicks (mixed)	Ann Arbor/MITS .....	2/ 5/2010
4:07.87	Detroit Lady Chargers (Cass Tech)	Ypsilanti/MITS Champs .....	2/27/2010
4:08.72	Breen (Troy)	Ypsilanti/MITS Champs .....	2/27/2010
4:13.45	Jackalopes (Pinckney)	Ann Arbor/MITS .....	2/18/2010

**Oversized Track:**

3:53.76	Motor City TC (mixed)	Akron/Rubber City .....	2/20/2010
3:56.42	Michigan Accelerators (mixed)	Lexington/Kentucky Inv.....	2/20/2010

**4 x 800 RELAY (9:53.4)**

9:39.75	Michigan Accelerators (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
9:39.93	Breen (Troy)	New York/National Scholastic.....	3/13/2010
9:45.67	Sara Fly (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
9:46.85	Spirit of Pre (Saline)	Ypsilanti/MITS Champs .....	2/27/2010
9:53.73	Bernard TC (Pioneer)	Ann Arbor/MITS .....	2/ 5/2010
9:58.69	Motor City (Mumford)	New York/National Scholastic.....	3/13/2010
10:07.16	Kingsley TC (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
10:07.56	Ann Arbor Youth (Pioneer)	Ann Arbor/MITS .....	1/21/2010
10:08.13	Final Boss (Monroe)	Ypsilanti/MITS Champs .....	2/27/2010
10:08.41	Winter Warriors (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
10:16.40	Yort (mixed)	Warren/MITS .....	2/ 5/2010

**Oversized Track:**

9:34.20	Michigan Accelerators (mixed)	Lexington/Kentucky Inv.....	2/20/2010
9:45.05	Breen (Troy)	Lexington/Kentucky Inv.....	2/20/2010
9:56.81	Team Jacob (mixed)	Allendale/MITS .....	1/23/2010
9:59.28	Sara Fly (mixed)	Allendale/MITS .....	1/23/2010
10:00.48	Winter Warriors (mixed)	Allendale/MITS .....	1/30/2010
10:00.50	Something (mixed)	Allendale/MITS .....	1/23/2010
10:02.86	Kingsley TC (mixed)	Allendale/MITS .....	1/30/2010
10:03.39	Motor City TC (Detroit Mumford)	Akron/Fields Open .....	1/16/2010
10:05.98	44 <sup>th</sup> Parallel (mixed)	Allendale/MITS .....	1/23/2010
10:12.41	Yort (mixed)	Lexington/Kentucky Inv.....	2/20/2010

**4 x MILE (23:20.0)**

22:06.29	Breen (Troy)	New York/National Scholastic.....	3/13/2010
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**SPRINT MEDLEY (4:29.9)**

4:28.87	Ann Arbor Youth (Pioneer)	Roxbury/Nike Indoor .....	3/13/2010
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**DISTANCE MEDLEY (13:15.5)**

12:04.12	Soul Train (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
12:09.03	Breen (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
12:25.02	Breen (Troy)	New York/National Scholastic.....	3/12/2010
12:30.65	Spirit of Pre (Saline)	Ypsilanti/MITS Champs .....	2/27/2010
12:34.08	Soul Train (mixed)	Ann Arbor/MITS .....	2/18/2010
12:44.82	Spirit of Pre (Saline)	Ypsilanti/MITS .....	1/28/2010
12:49.18	Ann Arbor Youth (Pioneer)	Ann Arbor/MITS .....	2/ 5/2010
12:56.12	Breen (mixed)	Saginaw/MITS .....	2/17/2010
12:58.39	Silly Goose (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
12:59.24	Mick's Chicks (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
13:03.02	Yort (mixed)	Saginaw/MITS .....	2/17/2010
13:03.17	Jackalopes (Pinckney)	Ypsilanti/MITS Champs .....	2/27/2010
13:05.14	Ledges (Grand Ledge)	Ypsilanti/MITS Champs .....	2/27/2010
13:05.75	Spirit of Pre (Saline)	Ann Arbor/MITS .....	2/18/2010
13:08.03	44 <sup>th</sup> Parallel (mixed)	Ypsilanti/MITS Champs .....	2/27/2010
13:10.83	Jackalopes (Pinckney)	Ann Arbor/MITS .....	2/18/2010
13:15.41	44 <sup>th</sup> Parallel (mixed)	Ann Arbor/MITS .....	2/ 5/2010

**Oversized Track:**

13:13.64	Silly Goose (mixed)	Allendale/MITS .....	2/20/2010
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## The Michtrack Top 10