

# 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 6/26/10

**REGIONALS: Most highlights are here, however, many are FAT times converted to hand times. If you are a director, official or coach and you know the original FAT time, please tell. It is the time that should be saved for the history books. The converted times are just for seeding purposes at the state finals.**

**Note: Fully automatic timing (FAT) is preferred.** State records in the sprints and hurdles are only valid if FAT is used correctly. Use of a wind gauge, with readings on the official results, is also the way to go. No records in the 100/200/110H/100H/LJ will be accepted without wind readings.

**Amazing Hand Times:** with all due respect, no one really cares except for people who don't know much. College recruiters will not beat a path to your door until your sprint times are both fast and verifiable. And that means automatic timing and wind gauges. NOTE: the price of wind gauges continues to drop, with acceptable models on eBay now selling for \$10.

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

The number in parentheses is what it takes to make the all-time lists in the annual Yearbook.

#### **100 METERS (12.17)**

11.72	Kyra Jefferson (Detroit Cass Tech)10	Greensboro/New Balance (h) (2.0).....	6/18/2010
11.75	Kendall Baisden (Detroit Country Day)9	Des Moines/USA Juniors (h) (1.6).....	6/24/2010
11.76	Baisden	Des Moines/USA Juniors (0.4).....	6/24/2010
11.81	Jefferson	Greensboro/New Balance (0.7).....	6/18/2010
11.85	Jefferson	Carolina/Caribbean Scholastic Inv (0.6).....	6/ 5/ 2010
12.12	Jordan Clark (Southfield Lathrup)11	Des Moines/USA Juniors (h) (-0.6).....	6/24/2010
12.13	Baisden	Zeeland/D2 State.....	6/ 5/2010
12.18	Takira Moore (DeWitt)12	Jenison/MITCA D2.....	5/31/2010
12.23	Dynasty McGee (Ypsilanti Lincoln)11	Greensboro/New Balance (h) (0.3).....	6/18/2010
12.24	Keisha Martin (Dowagiac)	Comstock Park/D3 State.....	6/ 5/2010
12.27	Kelsey Ritter (Frankenmuth)12	Caro/Meet of Champions.....	6/ 1/2010
12.29	Kelsie Williams (St Charles)	Comstock Park/D3 State.....	6/ 5/2010
12.37	Bridgette Owens-Mitchell (Southfield)12	Detroit/Shumake Relays.....	4/24/2010
12.39	Ashley Keyes (Rochester)	Rockford/D1 State (-2.7).....	6/ 5/2010
12.40	Yasmine Jones (Auburn Hills Avondale)11	Milford/Oakland County (h) (1.8).....	5/28/2010
12.40	Abbey Hengesbach (Pewamo-Westphalia)	Jenison/D4 State.....	6/ 5/2010
12.41	Diisa Swint-Cook (Oak Park)12	Milford/Oakland County (h) (1.8).....	5/28/2010
12.44	Jewel Thomas (Southfield Lathrup)	Rockford/D1 State (s) (-2.2).....	6/ 5/2010
12.47	Bridgette Owens-Mitchell (Southfield)12	Fort Wayne/Midwest Meet.....	6/12/2010
12.48	Brittney Banister (Flint Carman-Ainsworth)	Rockford/D1 State (s) (-2.2).....	6/ 5/2010
12.49	Carly Scott (Schoolcraft)11	Comstock Park/D3 State.....	6/ 5/2010
12.50	Abby Blanchard (Rockford)11	Jenison/MITCA D1.....	5/29/2010
12.53	Brianna Nixon (Redford Thurston)	Rockford/D1 State (s) (-2.2).....	6/ 5/2010
12.54	Christy Schultz (Muskegon Reeths-Puffer)	Grand Rapids/OK Black.....	5/14/2010
12.59	Takira Moore (DeWitt)	Zeeland/D2 State.....	6/ 5/2010
12.61	Yasmine Jones (Auburn Hills Avondale)	Zeeland/D2 State.....	6/ 5/2010
12.62	Sydney Cureton (Detroit Country Day)10	Milford/Oakland County (h) (1.8).....	5/28/2010
12.62	Mallory Metzger (Williamston)11	Jenison/MITCA D2.....	5/31/2010
12.63	Alexandria Johnson (Lake Orion)11	Milford/Oakland County (h) (1.8).....	5/28/2010

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12.65	Briauna Stewart (Muskegon)	Rockford/D1 State (-2.7) .....	6/ 5/2010
12.67	Elise Schierbeek (Rockford)9	Jenison/MITCA D1.....	5/29/2010
12.68	Erica Hobson (Detroit Cass Tech)10	Detroit/Shumake Relays .....	4/24/2010
12.69	LaMicah Hughbanks (Ann Arbor Huron)11	Ypsilanti/Meet of Champions (h).....	6/ 1/2010
12.70	Olivia DeTroyer (Chelsea)12	Zeeland/D2 State.....	6/ 5/2010
12.72	Christina Wade (Ann Arbor Pioneer)12	Ypsilanti/Meet of Champions.....	6/ 1/2010
12.73	Shamarri Riddle (Grand Blanc)	White Lake/KLAA .....	5/15/2010
12.73	Gabbi Ellis (Troy)10	Milford/Oakland County (h) (1.8) .....	5/28/2010
12.74	Abby Blanchard (Rockford)11	Jenison/OK Red .....	5/14/2010
12.74	Kaisha Martin (Dowagiac)11	Paw Paw/Wolverine.....	5/26/2010
12.74	Alina Luurtsema (Saline)	Rockford/D1 State (s) (-2.2) .....	6/ 5/2010

## Wind-aided:

11.68	Kendall Baisden (Detroit Country Day)9	Milford/Oakland County (2.8).....	5/28/2010
12.21	Diisa Swint-Cook (Oak Park)12	Milford/Oakland County (2.8).....	5/28/2010
12.36	Yasmine Jones (Auburn Hills Avondale)11	Milford/Oakland County (2.8).....	5/28/2010
12.43	Takira Moore (DeWitt)12	East Lansing/Spartan Classic.....	4/30/2010
12.45	Alexandria Johnson (Lake Orion)11	Milford/Oakland County (2.8).....	5/28/2010
12.51	Mallory Metzger (Williamston)11	East Lansing/Spartan Classic.....	4/30/2010
12.55	Tiera Parker (Farmington Hills Harrison)	Milford/Oakland County (2.8).....	5/28/2010
12.55	Gabbi Ellis (Troy)10	Milford/Oakland County (2.8).....	5/28/2010
12.65	Sydney Cureton (Detroit Country Day)10	Milford/Oakland County (2.8).....	5/28/2010
12.67	Alex Tarver (Grand Ledge)12	East Lansing/Spartan Classic.....	4/30/2010
12.67	Robyn Robinson (Holt)10	East Lansing/Spartan Classic.....	4/30/2010
12.69	Abby Blanchard (Rockford)	East Lansing/Spartan Classic.....	4/30/2010

## Hand-timed:

11.5	Kendall Baisden (Detroit Country Day)9	Beverly Hills/Tri.....	4/13/2010
11.5	Baisden	Beverly Hills/quad.....	5/ 5/2010
11.6	Kyra Jefferson (Detroit Cass Tech)10	Grosse Pointe/D1 Regional .....	5/21/2010
11.7	Baisden	Bloomfield Hills/D2 Regional .....	5/21/2010
11.9	LaMicah Hughbanks (Ann Arbor Huron)11	Saline/D1 Regional .....	5/21/2010
12.0	Baisden	Macomb/Mustang Inv.....	5/14/2010
12.0	Kelsey Ritter (Frankenmuth)	Vassar/D3 Regional .....	5/22/2010
12.1	Bridgette Owens-Mitchell (Southfield)12	Farmington/OAA White .....	5/14/2010
12.1	Ashley Keyes (Rochester)	Rochester/OAA Red .....	5/14/2010
12.1	Brittney Banister (Flint Carman-Ainsworth)	Flint/Coca-Cola Classic.....	5/15/2010
12.1	Yasmine Jones (Auburn Hills Avondale)	Bloomfield Hills/D2 Regional .....	5/21/2010
12.1	Cindy Ofili (Ann Arbor Huron)11	Saline/D1 Regional .....	5/21/2010
12.2	Gabby Ellis (Troy)	Rochester/OAA Red .....	5/14/2010
12.2	Jewel Thomas (Southfield) Lathrup)	North Farmington/OAA Blue.....	5/14/2010
12.2	Christy Schultz (Muskegon Reeths-Puffer)9	Grand Rapids/D1 Regional .....	5/22/2010
12.2	Markala Goodson (Saginaw Hill)	Midland/SVC .....	5/26/2010
12.2	Michaela Lewis (Flint Southwestern)	Midland/SVC .....	5/26/2010

## Hand-timed, wind-aided:

12.2	Dynasty McGee (Ypsilanti Lincoln)11	Chelsea/dual .....	4/27/2010
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## 200 METERS (25.06)

24.24	Kyra Jefferson (Detroit Cass Tech)10	Greensboro/New Balance (-1.0) .....	6/19/2010
24.36	Jefferson	Carolina/Caribbean Scholastic Inv (0.6).....	6/ 5/ 2010
24.39	Kendall Baisden (Detroit Country Day)9	Milford/Oakland County (0.8).....	5/28/2010
24.41	Jefferson	Greensboro/New Balance (h) (-1.5).....	6/19/2010
24.72	Baisden	Dayton/Roosevelt Memorial .....	5/ 1/2010
24.78	Dissa Swint-Cook (Oak Park)12	Rockford/D1 State (-2.8) .....	6/ 5/2010
24.78	Dynasty McGee (Ypsilanti Lincoln)11	Greensboro/New Balance (-1.2) .....	6/19/2010
24.88	Jefferson	Detroit/Shumake Relays .....	4/24/2010
24.91	McGee	Detroit/Jets Inv .....	5/29/2010
24.92	McGee	Greensboro/New Balance (h) (-1.4).....	6/19/2010
25.22	Erica Hobson (Detroit Cass Tech)10	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
25.24	Paige Patterson (Dearborn Divine Child)	Zeeland/D2 State.....	6/ 5/2010
25.29	Kelsey Ritter (Frankenmuth)12	Comstock Park/D3 State.....	6/ 5/2010
25.32	Brittney Banister (Flint Carman-Ainsworth)	Rockford/D1 State (s) (-1.1) .....	6/ 5/2010
25.39	Alexandria Johnson (Lake Orion)11	Rockford/D1 State (h) (-1.5).....	6/ 5/2010
25.42	Kelsie Williams (St Charles)11	Comstock Park/D3 State.....	6/ 5/2010

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25.44	Jasmine Ward (Novi)10	Milford/Oakland County (0.3).....	5/28/2010
25.55	Briana Nixon (Redford Thurston)	Rockford/D1 State (h) (-1.7) .....	6/ 5/2010
25.61	Kayla Schoenle (Milford)12	Fort Wayne/Midwest Meet.....	6/12/2010
25.67	Peyton Dawkins (Saginaw Heritage)	Rockford/D1 State (-2.8) .....	6/ 5/2010
25.68	Lauren Ross (Ypsilanti Lincoln)	Rockford/D1 State (s) (-1.1) .....	6/ 5/2010
25.76	Yasmine Jones (Auburn Hills Avondale)11	Milford/Oakland County (h) (1.2) .....	5/28/2010
25.76	Abby Blanchard (Rockford)11	Jenison/MITCA D1.....	5/29/2010
25.80	Rebecca Hall (Wyoming Park)11	Cedar Springs/Red Hawk.....	5/ 1/2010
25.85	Gabrielle Edwards (Walled Lake Central)9	Milford/Oakland County (0.3).....	5/28/2010
25.87	Kimberly Balls (Bridgeport)	Comstock Park/D3 State.....	6/ 5/2010
25.88	Chyann Hawk (Belleville)	Rockford/D1 State (s) (-1.1) .....	6/ 5/2010
25.89	Yanisha Edwards (Flint Northwestern)	Zeeland/D2 State.....	6/ 5/2010
25.90	LaMicah Hughbanks (Ann Arbor Huron)	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
25.91	Tiera Parker (Farmington Hills Harrison)	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
25.95	Karen Blake (Cranbrook-Kingswood)9	Milford/Oakland County (0.3).....	5/28/2010
25.95	Brandee Hart ()12	Fort Wayne/Midwest Meet.....	6/12/2010
25.99	Kaisha Martin (Dowagiac)11	Paw Paw/Wolverine.....	5/26/2010
26.02	Tere Cooley (Grand Blanc)	Howell/KLAA (ok) .....	5/25/2010
26.02	Jessica Howell (Oxford)	Oxford/Metro .....	5/26/2010
26.03	Mallory Metzger (Williamston)	Lansing/Greater Lansing.....	6/ 2/2010
26.06	Madi Lewis (Plymouth)	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
26.07	Sarita Dotson Battle Creek Lakeview)9	Battle Creek/Big 16.....	5/26/2010
26.07	Cierra Pryor (Jackson)9	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
26.10	Rachel Jerrils (Rockford)12	Jenison/MITCA D1.....	5/29/2010
26.13	Anna B-Jefferson (Warren Chatterton MS)6	Columbus/Classic.....	5/23/2010
26.17	Maya Long (Ann Arbor Huron)10	Temperence/SEC Red.....	5/26/2010
26.17	DeAnna Stickler-Gatson (Lansing Waverly)	Lansing/Greater Lansing.....	6/ 2/2010
<b>Wind-aided:</b>			
24.15	Kyra Jefferson (Detroit Cass Tech)10	Detroit/PSL.....	5/27/2010
25.81	Tiera Parker (Farmington Hills Harrison)	Milford/Oakland County (h) (2.1) .....	5/28/2010
26.02	Rachel Jerrils (Rockford)12	East Lansing/Spartan Classic.....	4/30/2010
<b>Hand-timed:</b>			
24.5	Kendall Baisden (Detroit Country Day)9	Birmingham/Tri scrimmage .....	4/ 5/2010
24.5	Kyra Jefferson (Detroit Cass Tech)10	Grosse Pointe/D1 Regional.....	5/21/2010
24.6	Baisden	Beverly Hills/Tri.....	4/13/2010
24.8	Kelsey Ritter (Frankenmuth)12	Vassar/D3 Regional.....	5/22/2010
24.8	Dynasty McGee (Ypsilanti Lincoln)11	Ypsilanti/All-Stars .....	6/12/2010
25.0	McGee	Dearborn Heights/Charger (h) .....	4/24/2010
25.0	Baisden	Beverly Hills/dual .....	4/28/2010
25.0	Lauren Ross (Ypsilanti Lincoln)11	Saline/D1 Regional.....	5/21/2010
25.0	Peyton Dawkins (Saginaw Heritage)	Traverse City/D1 Regional .....	5/22/2010
25.0	Dissa Swint-Cook (Oak Park)	West Bloomfield/D1 Regional.....	5/22/2010
25.1	LaMicah Hughbanks (Ann Arbor Huron)11	Saline/D1 Regional.....	5/21/2010
25.1	Christal Wilson (Flint Southwestern)	Flint/Badar Classic.....	6/ 1/2010
25.1	Yanisha Edwards (Flint Northwestern)	Flint/Badar Classic.....	6/ 1/2010
25.1	Leann Scruggs (Clio)	Flint/Badar Classic.....	6/ 1/2010
25.2	Erica Hobson (Detroit Cass Tech)	Grosse Pointe/D1 Regional .....	5/21/2010
25.3	Brittney Banister (Flint Carman-Ainsworth)	Traverse City/D1 Regional .....	5/22/2010
25.4	Chyann Hawk (Belleville)12	Saline/D1 Regional.....	5/21/2010
25.4	Tiera Parker (Farmington Hills Harrison)	Farmington/City .....	5/25/2010
25.5	Jasmine Ward (Novi)	Milford/D1 Regional .....	5/22/2010
25.5	Alix Miller (Muskegon Reeths-Puffer)	Grand Rapids/D1 Regional .....	5/22/2010
25.5	Keondra Griffin (Flint Kearsley)	Flint/Badar Classic.....	6/ 1/2010
25.6	Paige Patterson (Dearborn Divine Child)9	Dearborn Heights/Charger .....	4/24/2010
25.6	Rachel Jerrils (East Kentwood)	Rockford/dual .....	5/10/2010
25.6	Tere Cooley (Grand Blanc)	Traverse City/D1 Regional .....	5/22/2010
25.6	Yasmine Jones (Auburn Hills Avondale)	Bloomfield Hills/D2 Regional .....	5/21/2010
25.6	Abby Blanchard (Rockford)	Grand Rapids/D1 Regional .....	5/22/2010
25.7	Alexandria Johnson (Lake Orion)	Rochester/OAA Red .....	5/14/2010
25.7	Jasmine Mata (Monroe)9	Saline/D1 Regional.....	5/21/2010
25.7	Kayla Schoenle (Milford)12	Milford/D1 Regional .....	5/22/2010
25.7	Caitlin Moore (Grosse Pointe South)	Grosse Pointe/D1 Regional.....	5/21/2010

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## Hand-timed, wind-aided:

25.2	Cierra Pryor (Jackson)9	Jackson/JDs Inv .....	4/30/2010
<b>Indoor marks:</b>			
23.89i	Kendall Baisden (Detroit Country Day)9	New York/National Scholastic .....	3/14/2010
24.30i	Kyra Jefferson (Detroit Cass Tech)10	Roxbury/Nike Indoor .....	3/14/2010
25.25i	Bridgette Owens-Mitchell (Southfield)12	Lexington/Kentucky Inv.....	2/20/2010
25.31i	Jordan Clark (Southfield Lathrup)11	Geneva/AAU Great Lakes (h).....	2/14/2010
25.44i	Dynasty McGee (Flint Southwestern)11	Roxbury/Nike Indoor (h).....	3/13/2010

## 400 METERS (57.01)

52.59	Kendall Baisden (Detroit Country Day)9	Des Moines/USA Juniors .....	6/26/2010
52.65	Baisden	Des Moines/USA Juniors (h) .....	6/25/2010
53.93	Dynasty McGee (Ypsilanti Lincoln)11	Greensboro/New Balance .....	6/19/2010
54.32	Baisden	Dayton/Roosevelt Memorial .....	5/ 1/2010
54.40	Baisden	Detroit/Shumake Relays .....	4/24/2010
54.61	McGee	Carolina/Caribbean Scholastic Inv.....	6/ 5/ 2010
54.91	Baisden	Zeeland/D2 State.....	6/ 5/2010
55.33	McGee	Columbus/Classic.....	5/23/2010
55.96	Paige Patterson (Dearborn Divine Child)9	Greensboro/New Balance .....	6/19/2010
56.27	Kelsey Ritter (Frankenmuth)12	Comstock Park/D3 State.....	6/ 5/2010
56.44	Shawntoreah Turk (Carrollton)12	Comstock Park/D3 State.....	6/ 5/2010
56.47	Breterria Hill (Lansing Sexton)	Zeeland/D2 State.....	6/ 5/2010
56.61	Rachel Jerrils (Rockford)12	Rockford/D1 State .....	6/ 5/2010
56.79	Jessica Myers (Grandville)11	Rockford/D1 State .....	6/ 5/2010
56.94	Brittany Terry (East Kentwood)10	Rockford/D1 State .....	6/ 5/2010
57.00	Maria Beach (Midland)12	Fort Wayne/Midwest Meet.....	6/12/2010
57.01	Maya Long (Ann Arbor Huron)10	Rockford/D1 State .....	6/ 5/2010
57.05	Jordan Keefe (Grand Haven)10	Rockford/D1 State .....	6/ 5/2010
57.09	DeAnna Stickler-Gatson (Lansing Waverly)	Lansing/Greater Lansing.....	6/ 2/2010
57.23	Olivia Detroyer (Chelsea)12	Temperence/SEC White .....	5/26/2010
57.56	Paige Cataldo (Birmingham Marian)12	Zeeland/D2 State.....	6/ 5/2010
57.79	Anna B-Jefferson (Warren Chatterton MS)6	Detroit/Jets Inv .....	5/29/2010
57.83	Diajah Ruffin (Belleville)	Rockford/D1 State .....	6/ 5/2010
57.92	Cherie Gaines (North Farmington)	Rockford/D1 State .....	6/ 5/2010
57.96	Asaundra Dalton (Detroit Renaissance)9	Zeeland/D2 State.....	6/ 5/2010
57.96	Lily Clifford (East Grand Rapids)	Zeeland/D2 State.....	6/ 5/2010
57.99	Allix Miller (Muskegon Reeths-Puffer)	Rockford/D1 State .....	6/ 5/2010
58.12	Kate Carter (Saline)12	Ypsilanti/Meet of Champions.....	6/ 1/2010

## Hand-timed:

56.3	Kelsey Ritter (Frankenmuth)12	Hemlock/Husky Inv .....	5/15/2010
56.3	Kendall Baisden (Detroit Country Day)9	Bloomfield Hills/D2 Regional .....	5/21/2010
56.4	Anna B-Jefferson (Warren Chatterton MS)6	Ypsilanti/All-Stars .....	6/12/2010
56.6	Dynasty McGee (Ypsilanti Lincoln)11	Dearborn Heights/Charger .....	4/27/2010
56.6	Hannah Meier (Grosse Pointe South)9	Grosse Pointe/D1 Regional .....	5/21/2010
56.9	Shawntoreah Turk (Carrollton)	Hemlock/Classic.....	5/15/2010
57.0	Jessica Myers (Grandville)	Grand Rapids/D1 Regional .....	5/22/2010
57.2	Maria Beach (Midland)	Traverse City/D1 Regional .....	5/22/2010
57.2	Brittany Terry (East Kentwood)10	Grand Rapids/D1 Regional .....	5/22/2010
57.3	Jordan Keefe (Grand Haven)10	Grand Rapids/D1 Regional .....	5/22/2010
57.4	Olivia Detroyer (Chelsa)12	Monroe/D2 Regional.....	5/21/2010
57.7	Paige Cataldo (Birmingham Marian)	Bloomfield Hills/D2 Regional .....	5/21/2010
57.8	Maya Long (Ann Arbor Huron)10	Saline/D1 Regional.....	5/21/2010
57.8	Diamond Taylor (Southfield)	West Bloomfield/D1 Regional.....	5/22/2010
57.8	Rachel Jerrils (Rockford)	Grand Rapids/D1 Regional .....	5/22/2010
57.9	Maria Beach (Midland)	Midland/SVC .....	5/26/2010
58.0	Katie DeHaan (Rockford)	Grand Rapids/D1 Regional .....	5/22/2010
58.0	Paige Patterson (Dearborn Divine Child)	Livonia/D2 Regional.....	5/21/2010
58.2	Yasmine Jones ( )	Ypsilanti/All-Stars .....	6/12/2010
58.3	Amy Kish (Alpena)	Traverse City/D1 Regional .....	5/22/2010
58.6	Kayla Schoenle (Milford)12	op .....	/2010
58.6	Alex Miller (Muskegon Reeths-Puffer)	Grand Rapids/D1 Regional .....	5/22/2010
58.7	Diajah Ruffin (Belleville)10	Saline/D1 Regional.....	5/21/2010

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58.7	Kelsey Chapman (Jenison)	Grand Rapids/D1 Regional .....	5/22/2010
58.7	Lily Clifford (East Grand Rapids)	Grand Rapids/D2 Regional .....	5/21/2010
58.8	Shayne Armbrister (Roseville)	Grosse Pointe/D1 Regional .....	5/21/2010
59.0	Karen Blake (Cranbrook-Kingswood)	Bloomfield Hills/D2 Regional .....	5/21/2010
59.0	Jordan Anderson (Union City)	Onsted/D3 Regional .....	5/21/2010
59.0	Allison Clark (Hanover-Horton)	Onsted/D3 Regional .....	5/21/2010

**Indoor marks:**

53.23i	Kendall Baisden (Detroit Country Day)9	New York/National Scholastic .....	3/14/2010
57.84i	Kayla Schoenle (Milford)12	Lexington/Kentucky Inv .....	2/20/2010
58.04i	Paige Patterson (Dearborn Divine Child)9	Roxbury/Nike Indoor (h) .....	3/13/2010
58.19i	Anna B-Jefferson (Warren Chatterton MS)6	Akron/Rubber City .....	2/20/2010

**800 METERS (2:14.99)**

2:08.82	Hannah Meier (Grosse Pointe South)9	Rockford/D1 State .....	6/ 5/2010
2:10.58	Megan Goethals (Rochester)12	Fort Wayne/Midwest Meet .....	6/12/2010
2:10.95	Kate Carter (Saline)12	Fort Wayne/Midwest Meet .....	6/12/2010
2:12.21	Brook Handler (Rochester)	Rockford/D1 State .....	6/ 5/2010
2:12.31	Carter	Rockford/D1 State .....	6/ 5/2010
2:12.41	Deboni Lofton (Detroit Mumford)12	Des Moines/USA Juniors (h) .....	6/24/2010
2:12.9	Meier	Port Huron/dual .....	4/20/2010
2:13.2	Sara Kroll (Livonia Churchill)12	Livonia/Spartan Inv .....	5/ 8/2010
2:13.5	Handler	West Bloomfield/D1 Regional .....	5/22/2010
2:13.6	Kroll	Canton/D1 Regional .....	5/22/2010
2:13.82	Ariel Dempsey (Jenison)12	Rockford/D1 State .....	6/ 5/2010
2:13.9	Meier	Romeo/dual .....	5/12/2010
2:14.46	Jamie Morrissey (Rochester Adams)9	Milford/Oakland County .....	5/28/2010
2:14.89	Elizaveta Booudreau (Ann Arbor Pioneer)	Rockford/D1 State .....	6/ 5/2010
2:15.08	Leah O'Connor (Croswell-Lexington)	Zeeland/D2 State .....	6/ 5/2010
2:15.15	Taylor Stepanski (Alpena)	Rockford/D1 State .....	6/ 5/2010
2:15.52	Sara Barron (Pontiac Notre Dame)	Zeeland/D2 State .....	6/ 5/2010
2:16.16	Michaela Carnegie (Benzie Central)	Comstock Park/D3 State .....	6/ 5/2010
2:16.9	Megan Weschler (Wyandotte)12	Saline/D1 Regional .....	5/21/2010
2:17.00	Elizabeth Roach (Northville)	Rockford/D1 State .....	6/ 5/2010
2:17.06	Sara Stassen (Dearborn)	Rockford/D1 State .....	6/ 5/2010
2:17.4	Gina McNamara (Northville)	Milford/D1 Regional .....	5/22/2010
2:17.72	Avery Evenson (Hartland)9	White Lake/KLAA .....	5/15/2010
2:18.0	Aubrey Wilberding (Birmingham Seaholm)9	West Bloomfield/D1 Regional .....	5/22/2010
2:18.11	Maddie Werley (Zeeland West)	Zeeland/D2 State .....	6/ 5/2010
2:18.22	Katy Barkley (Olivet)	Comstock Park/D3 State .....	6/ 5/2010
2:18.26	Angela Swain (Milan)	Zeeland/D2 State .....	6/ 5/2010
2:18.32	Lindsay Clark (Walled Lake Western)11	Howell/KLAA .....	5/25/2010
2:18.45	Morgan Bridgewater (White Lake Lakeland)	Rockford/D1 State .....	6/ 5/2010
2:18.4	Kristin Green (Saline)9	Saline/D1 Regional .....	5/21/2010
2:18.6	Haley Meier (Grosse Pointe South)9	Grosse Pointe/MAC White .....	5/25/2010
2:18.77	Franki Adamski (Troy)12	Detroit/Shumake Relays .....	4/24/2010
2:18.7	Amanda Zittleman (Temperance Bedford)11	Saline/D1 Regional .....	5/21/2010
2:18.8	Alissa Williams (East Kentwood)	Grand Rapids/D1 Regional .....	5/22/2010
2:18.96	Julia Otwell (Traverse City Central)12	Alma/Scottie Classic .....	5/15/2010
2:18.97	Shanita Fluker (Flint Southwestern)12	Zeeland/D2 State .....	6/ 5/2010
2:18.9	Jane Hawks (Rockford)10	Grand Rapids/D1 Regional .....	5/22/2010
2:19.05	Olivia Butler (Grant)	Zeeland/D2 State .....	6/ 5/2010
2:19.06	Jessie Baloga (East Grand Rapids)	Zeeland/D2 State .....	6/ 5/2010
2:19.2	Hannah Bogard (Ann Arbor Pioneer)11	Saline/D1 Regional .....	5/21/2010
2:19.3	Allison White (Midland Dow)	Midland/SVC .....	5/26/2010
2:19.4	Michaela Carnegie (Benzie Central)	Benzonia/D3 Regional .....	5/22/2010
2:19.53	Kelsie Schwartz (GP St Peter & Paul)8	Ypsilanti/All-Stars .....	6/12/2010
2:19.5	Rachel Stathakis (Lutheran North)	Warren/Macomb County .....	5/29/2010
2:19.60	Alissa Williams (East Kentwood)11	Jenison/OK Red .....	5/14/2010
2:19.65	Destinee Lukianoff (Holly)	Rockford/D1 State .....	6/ 5/2010
2:19.65	Devan John (Allendale)	Comstock Park/D3 State .....	6/ 5/2010
2:19.6	Megan Vitale (Livonia Ladywood)	Livonia/D2 Regional .....	5/21/2010

**Indoor marks:**

# The Michtrack Top 10

2:16.03i	Ersula Farrow (Farmington Hills Power MS)7	Ypsilanti/MITS Champs.....	2/27/2010
2:16.37i	Megan Weschler (Wyandotte)12	Roxbury/Nike Indoor .....	3/14/2010

## 1500 METERS (4:42.73)

4:29.7#	Megan Goethals (Rochester)12	Rockford/D1 State [1600].....	6/ 5/2010
4:33.91#	Hannah Meier (Grosse Pointe South)9	Greensboro/New Balance [mile].....	6/19/2010
4:35.2#	Haley Meier (Grosse Pointe South)9	Rockford/D1 State [1600].....	6/ 5/2010
4:35.9#	Sara Kroll (Livonia Churchill)12	Howell/KLAA [1600].....	5/25/2010
4:36.2#	Julia Otwell (Traverse City Central)12	Rockford/D1 State [1600].....	6/ 5/2010
4:37.4#	Lindsay Clark (Walled Lake Western)12	Rockford/D1 State [1600].....	6/ 5/2010
4:40.0#	Brook Handler (Rochester)	Milford/Oakland County [1600].....	5/28/2010
4:40.1#	Avery Evenson (Hartland)9	Rockford/D1 State [1600].....	6/ 5/2010
4:40.3#	Allison White (Midland Dow)	Rockford/D1 State [1600].....	6/ 5/2010
4:43.0#	Krista Parks (East Kentwood)	Rockford/D1 State [1600].....	6/ 5/2010
4:44.1#	Michele Moriset (Troy)12	Milford/Oakland County [1600].....	5/28/2010
4:47.04	Ersula Farrow (Farmington Hills Power MS)7	Detroit/Jets Inv .....	5/29/2010
4:48.8#	Megan McPherson (Livonia Franklin)11	Howell/KLAA [1600].....	5/25/2010
4:49.1#	Rachel Steil (Grandville)	Rockford/D1 State [1600].....	6/ 5/2010

## 1600 METERS (4:59.99)

4:43.05	Megan Goethals (Rochester)12	Fort Wayne/Midwest Meet.....	6/12/2010
4:45.0	Hannah Meier (Grosse Pointe South)9	Grosse Pointe/D1 Regional.....	5/21/2010
4:46.1	Meier	Macomb/Cougars Inv.....	5/15/2010
4:46.45	Sara Kroll (Livonia Churchill)12	Fort Wayne/Midwest Meet.....	6/12/2010
4:47.37	Goethals	Rockford/D1 State .....	6/ 5/2010
4:52.4	Goethals	Rochester/OAA Red .....	5/14/2010
4:52.6	Goethals	West Bloomfield/D1 Regional.....	5/22/2010
4:53.85	Haley Meier (Grosse Pointe South)9	Rockford/D1 State .....	6/ 5/2010
4:54.0	Meier	Grosse Pointe/MAC White .....	5/25/2010
4:54.25	Kroll	Howell/KLAA .....	5/25/2010
4:54.6	Avery Evenson (Hartland)9	Milford/D1 Regional .....	5/22/2010
4:54.93	Han. Meier	Greensboro/New Balance .....	6/19/2010
4:55.0	Meier	Romeo/dual.....	5/12/2010
4:55.2	Julia Otwell (Traverse City Central)12	Traverse City/D1 Regional .....	5/22/2010
4:56.66	Lindsay Clark (Walled Lake Western)11	Rockford/D1 State .....	6/ 5/2010
4:57.39	Brook Handler (Rochester)	Milford/Oakland County.....	5/28/2010
4:57.5	Gabrielle Anzelone (Grand Blanc)11	Traverse City/D1 Regional .....	5/22/2010
4:58.0	Ali Wiersma (Allendale)10	Allendale/dual.....	5/ 4/2010
4:58.1	Allison White (Midland Dow)12	Traverse City/D1 Regional .....	5/22/2010
5:01.4	Rachele Schulist (Zeeland West)10	Coopersville/D2 Regional.....	5/21/2010
5:01.99	Leah O'Connor (Croswell-Lexington)12	Zeeland/D2 State.....	6/ 5/2010
5:02.45	Krista Parks (East Kentwood)	Rockford/D1 State .....	6/ 5/2010
5:02.88	Michele Moriset (Troy)12	Milford/Oakland County.....	5/28/2010
5:04.2	Kate Carter (Saline)12	Ann Arbor/River Rat.....	5/15/2010
5:05.04	Erica Crane (Dearborn Divine Child)	Zeeland/D2 State.....	6/ 5/2010
5:06.09	Bridget Bennett (Mt Pleasant Sacred Heart)12	Jenison/D4 State .....	6/ 5/2010
5:06.14	Jane Hawks (Rockford)10	Jenison/OK Red .....	5/14/2010
5:06.54	Taylor Smith (Otsego)	Zeeland/D2 State.....	6/ 5/2010

### Indoor marks:

5:02.45i	Katie Hoebet (Ann Arbor Pioneer)10	Ypsilanti/MITS Champs.....	2/27/2010
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## 2000m STEEPLECHASE (9:39.2)

8:11.21	Chelsie Noble (Saline)	Dayton/Roosevelt Memorial .....	5/ 1/2010
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## 3000 STEEPLECHASE

### No water jump:

12:17.32	Alissa Williams ()	Kentwood/State Games .....	6/26/2010
12:39.31	Kiera Jack ()	Kentwood/State Games .....	6/26/2010

## 3000 METERS (10:24.6)

9:25.5#	Megan Goethals (Rochester)12	Milford/Oakland County [2M].....	5/28/2010
9:26.08	Goethals	Greensboro/New Balance [2M].....	6/18/2010

# The Michtrack Top 10

9:44.1#	Goethals	Rockford/D1 State [3200].....	6/ 5/2010
9:52.1#	Gabrielle Anzelone (Grand Blanc)11	Rockford/D1 State [3200].....	6/ 5/2010
10:03.0#	Michele Moriset (Troy)12	Rockford/D1 State [3200].....	6/ 5/2010
10:13.7#	Julia Otwell (Traverse City Central)	Rockford/D1 State [3200].....	6/ 5/2010
10:14.8#	Megan McPherson (Livonia Franklin)	Rockford/D1 State [3200].....	6/ 5/2010
10:22.5#	Lindsay Clark (Walled Lake Western)11	Rockford/D1 State [3200].....	6/ 5/2010
10:22.6#	Krista Parks (East Kentwood)	Rockford/D1 State [3200].....	6/ 5/2010
10:24.5#	Kristen Yarows (Dexter)	Rockford/D1 State [3200].....	6/ 5/2010
10:26.3#	Christina Firl (Grosse Pointe South)	Rockford/D1 State [3200].....	6/ 5/2010
10:28.4#	Haley Meier (Grosse Pointe South)9	Rockford/D1 State [3200].....	6/ 5/2010
10:32.8#	Alyssa Cummings (Saline)	Rockford/D1 State [3200].....	6/ 5/2010
10:34.7#	Anna Pasternak (Hartland)	Rockford/D1 State [3200].....	6/ 5/2010

## Indoor marks:

9:34.74#i	Megan Goethals (Rochester)12	Roxbury/Nike Indoor [2M].....	3/13/2010
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## 3200 METERS (10:53.81)

9:58.1#	Megan Goethals (Rochester)12	Greensboro/New Balance [2M-10:01.16] .....	6/18/2010
10:00.15#	Goethals	Milford/Oakland County [2M-10:03.2] .....	5/28/2010
10:22.75	Goethals`	Rockford/D1 State .....	6/ 5/2010
10:27.4	Goethals	West Bloomfield/D1 Regional .....	5/22/2010
10:28.2	Goethals	Rochester/OAA Red .....	5/14/2010
10:29.07	Gabrielle Anzelone (Grand Blanc)11	Rockford/D1 State .....	6/ 5/2010
10:33.5	Goethals	Lake Orion/dual .....	5/ 4/2010
10:38.6	Goethals	West Bloomfield/Inv .....	5/ 1/2010
10:43.43	Michele Moriset (Troy)12	Rockford/D1 State .....	6/ 5/2010
10:49.94	Julia Otwell (Traverse City Central)12	Rockford/D1 State .....	6/ 5/2010
10:50.32	Sara Kroll (Livonia Churchill)12	Mansfield/Relays .....	4/17/2010
10:53.84	Megan McPherson (Livonia Franklin)	Rockford/D1 State .....	6/ 5/2010
10:57.56	Ali Wiersma (Allendale)	Comstock Park/D3 State.....	6/ 5/2010
10:59.17	Lindsay Clark (Walled Lake Western)11	Rockford/D1 State .....	6/ 5/2010
10:59.24	Krista Parks (East Kentwood)12	Rockford/D1 State .....	6/ 5/2010
10:59.40	Rachele Schulist (Zeeland West)10	Zeeland/D2 State.....	6/ 5/2010
10:59.59	Sammy Mondry (Grandville)	Jenison/OK Red .....	5/14/2010
11:02.95	Kristen Yarows (Dexter)	Rockford/D1 State .....	6/ 5/2010
11:05.0	Brook Handler (Rochester)	op .....	/2010
11:05.43	Katie Weiler (Cedar Springs)	Zeeland/D2 State.....	6/ 5/2010
11:05.6	Avery Evenson (Hartland)9	Hartland/dual.....	4/20/2010
11:06.22	Christina Firl (Grosse Pointe South)	Rockford/D1 State .....	6/ 5/2010
11:07.37	Allyson Winchester (Middleville)	Zeeland/D2 State.....	6/ 5/2010
11:07.43	Erica Crane (Dearborn Divine Child)12	Zeeland/D2 State.....	6/ 5/2010
11:07.73	Megan Heeder (Lansing Catholic)11	Kent City/MITCA D3 .....	5/31/2010
11:07.8	Alyssa Cummings (Saline)9	Ann Arbor/River Rat.....	5/15/2010

## Indoor marks:

10:07.1#i	Megan Goethals (Rochester)12	Roxbury/Nike Indoor (10:10.14).....	3/13/2010
10:49.08i	Gabrielle Anzelone (Grand Blanc)11	Allendale/MITS .....	1/23/2010
10:50.15+i	Michele Moriset (Troy)12	New York/National Scholastic (10:53.94).....	3/14/2010

## 5000 METERS (19:59.9)

17:28.93	Gabrielle Anzelone (Grand Blanc)11	Greensboro/New Balance .....	6/17/2010
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## Indoor marks:

17:04.48i	Gabrielle Anzelone (Grand Blanc)11	Roxbury/Nike Indoor .....	3/12/2010
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## 100-METER HURDLES (14.68)

13.74	Bridgette Owens-Mitchell (Southfield)12	Greensboro/New Balance (0.6) .....	6/18/2010
13.76	Owens-Mitchell	Fort Wayne/Midwest Meet.....	6/12/2010
13.76	Owens-Mitchell	Greensboro/New Balance (h) (2.0) .....	6/18/2010
14.19	Owens-Mitchell	Rockford/D1 State (s) (-2.0) .....	6/ 5/2010
14.29	Owens-Mitchell	Rockford/D1 State (-3.4) .....	6/ 5/2010
14.31	Owens-Mitchell	Detroit/Shumake Relays .....	4/24/2010
14.66	Tori Desira (DeWitt)	Lansing/Greater Lansing.....	6/ 2/2010
14.66	Owens-Mitchell	Rockford/D1 State (h) (-2.4) .....	6/ 5/2010
14.73	Erika Heston (Haslett)12	Haslett/CAAC Gold.....	5/26/2010

# The Michtrack Top 10

14.73	Sami Mitchell (Reed City)	Comstock Park/D3 State.....	6/ 5/2010
14.75	Megan Yanik (Livonia Ladywood)12	Zeeland/D2 State.....	6/ 5/2010
14.76	Kalena Franklin (Ogemaw Heights)12	Zeeland/D2 State.....	6/ 5/2010
14.80	Desira	Jenison/MITCA D2.....	5/31/2010
14.81	Owens-Mitchell	Dayton/Roosevelt Memorial .....	5/ 1/2010
14.94	Chiara Allen (Lake Orion)	Rockford/D1 State (s) (-3.2) .....	6/ 5/2010
15.10	Rachel Hoffman (Shelby)	Comstock Park/D3 State.....	6/ 5/2010
15.10	Kelly Heidmann (GR South Christian)	Zeeland/D2 State.....	6/ 5/2010
15.10	Zevin Carter (Ypsilanti)12	Fort Wayne/Midwest Meet.....	6/12/2010
15.11	Shae Batten (Flint Kearsley)	Zeeland/D2 State.....	6/ 5/2010
15.17	Tory Schiller (Grand Ledge)	Lansing/Greater Lansing.....	6/ 2/2010
15.17	Emily Wee (Frankenmuth)	Comstock Park/D3 State.....	6/ 5/2010
15.18	Sophia Kunselman (Ann Arbor Pioneer)10	Rockford/D1 State (-3.4) .....	6/ 5/2010
15.29	Tierra Williams (Ypsilanti Lincoln)10	Ypsilanti/Meet of Champions.....	6/ 1/2010
15.31	Veronica Schacht (Grosse Pointe South)	Rockford/D1 State (-3.4) .....	6/ 5/2010
15.34	Samantha Mette (Rockford)12	Rockford/D1 State (-3.4) .....	6/ 5/2010
15.41	Madi Lewis (Plymouth)9	Ypsilanti/Meet of Champions.....	6/ 1/2010
15.42	Cindy Ofili (Ann Arbor Huron)10	Ypsilanti/Meet of Champions.....	6/ 1/2010
15.43	Tierra Williams (Ypsilanti Lincoln)10	Temperence/SEC White .....	5/26/2010
15.43	Alex King (Lakeview)	Comstock Park/D3 State.....	6/ 5/2010
15.47	Kierra Crews (Warren Cousino)	Rockford/D1 State (s) (-2.0) .....	6/ 5/2010
15.57	Kevia McCowan (Detroit Pershing)	Rockford/D1 State (h) (-2.0) .....	6/ 5/2010
15.59	Brandee Hart (Berkley)	Milford/Oakland County (h) (1.4) .....	5/28/2010
15.60	Ashley Cephas (East Kentwood)12	Rockford/D1 State (s) (-2.0) .....	6/ 5/2010
15.61	Aketra Sevillian (Goodrich)9	Flint/Badar Classic.....	6/ 1/2010
15.62	Libby Schichtel (GR West Catholic)10	Sparta/OK Blue .....	5/14/2010
15.62	Dana Carey (Bloomfield Hills Marian)	Zeeland/D2 State.....	6/ 5/2010
15.64	Elizabeth Dutcher (Williamston)10	Jenison/MITCA D2.....	5/31/2010
15.66	Jaclyn Konopka (Northville)12	Novi/KLAA Lakes.....	5/14/2010
15.68	Jaime Roberts (Kingsford)12	Kingsford/UP D1 State.....	6/ 5/2010
15.76	Senneca Scott (Livonia Franklin)12	Novi/KLAA Lakes.....	5/14/2010
15.77	Allie Gast (Grandville)9	Jenison/OK Red .....	5/14/2010
<b>Wind-aided:</b>			
13.89	Bridgette Owens-Mitchell (Southfield)12	Milford/Oakland County (3.5).....	5/28/2010
14.61	Chiara Allen (Lake Orion)12	Milford/Oakland County (3.5).....	5/28/2010
14.94	Tori Desira (Dewitt)10	East Lansing/Spartan Classic.....	4/30/2010
14.96	Erika Heston (Haslett)12	East Lansing/Spartan Classic.....	4/30/2010
15.22	Brandee Hart (Berkley)	Milford/Oakland County (3.5).....	5/28/2010
15.47	Samantha Mette (Rockford)12	East Lansing/Spartan Classic.....	4/30/2010
15.65	Monique Nguyen (Troy)11	Milford/Oakland County (3.5).....	5/28/2010
<b>Hand-timed:</b>			
14.0	Bridgette Owens-Mitchell (Southfield)12	Farmington/OAA White .....	5/14/2010
14.1	Owens-Mitchell	op .....	/2010
14.5	Veronica Schacht (Grosse Pointe South)	Grosse Pointe/D1 Regional .....	5/21/2010
14.6	Sophia Kunselman (Ann Arbor Pioneer)10	Saline/D1 Regional.....	5/21/2010
14.8	Shae Batten (Flint Kearsley)	Algonac/D2 Regional .....	5/21/2010
14.9	Chiara Allen (Lake Orion)12	op .....	/2010
14.9	Megan Yanik (Livonia Ladywood)12	Ann Arbor/River Rat.....	5/15/2010
14.9	Zevin Carter (Ypsilanti)12	Saline/D1 Regional.....	5/21/2010
14.9	Tori Desira (DeWitt)	Charlotte/D2 Regional.....	5/21/2010
14.9	Kierra Crews (Warren Cousino)	Warren/Macomb County .....	5/29/2010
15.0	Brandee Hart (Berkley)	op .....	/2010
15.1	Erika Heston (Haslett)12	Bath/Nugent Inv.....	5/14/2010
15.1	Laticia Sims (Romulus)10	Saline/D1 Regional.....	5/21/2010
15.1	Sam Mette (Rockford)	Grand Rapids/D1 Regional .....	5/22/2010
15.1	Veronica Schacht (Grosse Pointe South)	Grosse Pointe/MAC White .....	5/25/2010
15.1	Jillian Sledge (Flint Southwestern)	Midland/SVC .....	5/26/2010
15.1	Shae Batten (Flint Kearsley)	Flint/Badar Classic.....	6/ 1/2010
15.2	Tory Schiller (Grand Ledge)11	Holt/D1 Regional .....	5/21/2010
15.3	Ashley Cephas (East Kentwood)	Rockford/dual .....	5/10/2010
15.3	Kevia McCowin (Detroit Pershing)	Grosse Pointe/D1 Regional.....	5/21/2010
15.3	Kelly Heidman (GR South Christian)12	Grand Rapids/John Bos.....	6/ 1/2010

# The Michtrack Top 10

15.4 Jaclyn Konopka (Northville) Milford/D1 Regional ..... 5/22/2010

## 300-METER HURDLES (44.85)

43.85	Megan Yanik (Livonia Ladywood)12	Zeeland/D2 State.....	6/ 5/2010
44.15	Emily Wee (Frankenmuth)	Comstock Park/D3 State.....	6/ 5/2010
44.34	Bridgette Owens-Mitchell (Southfield)12	Detroit/Shumake Relays .....	4/24/2010
44.60	Aketra Sevillian (Goodrich)	Zeeland/D2 State.....	6/ 5/2010
44.72	Sami Mitchell (Reed City)	Comstock Park/D3 State.....	6/ 5/2010
44.77	Andrea Kober (Sparta)	Zeeland/D2 State.....	6/ 5/2010
44.83	Jaelynn Pryor (Jackson)12	Rockford/D1 State .....	6/ 5/2010
44.98	Megan Heffner (Kinde-North Huron)	Jenison/D4 State .....	6/ 5/2010
45.01	Tori Desira (DeWitt)10	Jenison/MITCA D2.....	5/31/2010
45.13	Chiara Allen (Lake Orion)12	Milford/Oakland County.....	5/28/2010
45.40	Selena Meser (Sault Ste Marie)	Kingsford/UP D1 State.....	6/ 5/2010
45.43	Sophia Kunselman (Ann Arbor Pioneer)10	Rockford/D1 State .....	6/ 5/2010
45.46	Emily Wee (Frankenmuth)	Vassar/D3 Regional.....	5/22/2010
45.66	Dana Carey (Birmingham Marian)11	Livonia/Catholic League.....	5/25/2010
45.68	Brandee Hart (Berkley)	Milford/Oakland County.....	5/28/2010
45.83	Chelsea Ciampa (Northville)11	Rockford/D1 State .....	6/ 5/2010
45.87	Becky Adamcheck (Livonia Stevenson)12	Rockford/D1 State .....	6/ 5/2010
45.97	Koby Gillespie (Berrien Springs)	Comstock Park/D3 State.....	6/ 5/2010
46.07	Karen Gallardo (Saline)12	Rockford/D1 State .....	6/ 5/2010
46.09	Kelly Heidmann (GR South Christian)	Zeeland/D2 State.....	6/ 5/2010
46.10	Angelle Renfroe (Ann Arbor Pioneer)	Rockford/D1 State .....	6/ 5/2010
46.12	Kelsey Kerin (St Clair)	Zeeland/D2 State.....	6/ 5/2010
46.16	Shae Batten (Flint Kearsley)	Oxford/Metro .....	5/26/2010
46.24	Anna Masini (Ann Arbor Huron)10	Rockford/D1 State .....	6/ 5/2010
46.30	Kelly McCloskey (Novi)10	Rockford/D1 State .....	6/ 5/2010
46.36	Kaylene Abernathy (Ferndale)	Milford/Oakland County.....	5/28/2010
46.51	Zevin Carter (Ypsilanti)12	Ypsilanti/Meet of Champions.....	6/ 1/2010
46.52	Krystal Bush (Grosse Pointe South)	Rockford/D1 State .....	6/ 5/2010
46.58	Lisa Galasso (Lake Orion)12	Rockford/D1 State .....	6/ 5/2010
46.60	Megan Birchmeier (Corunna)	Zeeland/D2 State.....	6/ 5/2010
46.64	Jaime Roberts (Kingsford)12	Kingsford/UP D1 State.....	6/ 5/2010
46.64	Natalie Wysocki (Saline)	Rockford/D1 State .....	6/ 5/2010
46.67	Megan Birchmeier (Corunna)12	Alma/Scottie Classic .....	5/15/2010
46.79	Katie Larue (Montague)	Comstock Park/D3 State.....	6/ 5/2010
46.76	Shawna Smith (Reading)	Jenison/D4 State .....	6/ 5/2010
46.81	Brittannee Wilson (McBain N Mich Christian)	Jenison/D4 State .....	6/ 5/2010
46.85	Teresa Peterson (Hemlock)	Comstock Park/D3 State.....	6/ 5/2010

## Hand-timed:

44.5	Megan Yanik (Livonia Ladywood)12	Livonia/D2 Regional.....	5/21/2010
44.6	Sophia Kunselman (Ann Arbor Pioneer)10	Saline/D1 Regional.....	5/21/2010
44.6	Aketra Sevillian (Goodrich)9	Flint/Badar Classic.....	6/ 1/2010
44.9	Aketra Sevillian (Goodrich)9	Algonac/D2 Regional .....	5/21/2010
45.0	Andrea Kober (Sparta)12	Grand Rapids/John Bos.....	6/ 1/2010
45.2	Bridgette Owens-Mitchell (Southfield)12	Farmington/OAA White .....	5/14/2010
45.2	Anna Masini (Ann Arbor Huron)10	Saline/D1 Regional.....	5/21/2010
45.2	Chelsea Ciampa (Northville)	Milford/D1 Regional .....	5/22/2010
45.2	Krystal Bush (Grosse Pointe North)	Grosse Pointe/D1 Regional .....	5/21/2010
45.4	Becky Adamcheck (Livonia Stevenson)12	Livonia/dual.....	4/20/2010
45.4	Tori Desira (DeWitt)	Charlotte/D2 Regional.....	5/21/2010
45.5	Karen Gallardo (Saline)12	Saline/D1 Regional.....	5/21/2010
45.6	Zevin Carter (Ypsilanti)12	Saline/D1 Regional.....	5/21/2010
45.8	Dana Carey (Birmingham Marian)	Dearborn/dual.....	5/ 4/2010
46.0	Chiara Allen (Lake Orion)12	West Bloomfield/Inv .....	5/ 1/2010
46.0	Jaelynn Pryor (Jackson)12	Holt/D1 Regional .....	5/21/2010
46.2	Amaya Guthrie (Ypsilanti)	Ypsilanti/Phoenix Relays.....	4/24/2010
46.3	Kelly McCloskey (Novi)	Milford/D1 Regional .....	5/22/2010
46.3	Emma Fishnick (Battle Creek Pennfield)11	Constantine/KVA .....	5/26/2010
46.4	Laticia Sims (Romulus)10	Saline/D1 Regional.....	5/21/2010
46.4	Angelle Renfroe (Ann Arbor Pioneer)	Jackson/NW Inv.....	5/15/2010

# The Michtrack Top 10

## 400 HURDLES

1:03.10 Dynasty McGee (Ypsilanti Lincoln)11  
 1:05.16 Sami Mitchell (Reed City)9

Carolina/Caribbean Scholastic Inv ..... 6/ 5/ 2010  
 Kentwood/State Games ..... 6/26/2010

### Hand-timed:

1:03.8 Dynasty McGee (Ypsilanti Lincoln)11  
 1:07.6 Ang Renfro (Ann Arbor Pioneer)

Ypsilanti/All-Stars ..... 6/12/2010  
 Ypsilanti/All-Stars ..... 6/12/2010

## HIGH JUMP (5-7.75)

5-9 Nyki Caldwell (Dexter)11  
 5-8.5 Caldwell  
 5-8 Caldwell  
 5-8 Caldwell  
 5-7 Samantha Stein (Flushing)12  
 5-7 Mackenzie Frodle (Fraser)  
 5-6 Dominique Corley (Ann Arbor Pioneer)12  
 5-6 Alisha Weaver (Holt)12  
 5-6 Aubrey Suor (East Kentwood)12  
 5-6 Courtney Rehm (Portage Central)11  
 5-6 Mindy Marx (Grand Haven)12  
 5-6 Kelly Kuipers (Otsego)12  
 5-6 Monique Nguyen (Troy)11  
 5-6 Kienna Ingram (Southfield Lathrup)  
 5-5 Kelly Heidman (GR South Christian)12  
 5-5 Megan Heffner (Kinde-North Huron)  
 5-5 Ceara O'Leary (Dearborn Divine Child)  
 5-4 Rachel Herald (Rockford)12  
 5-4 Mariah Owens (Pontiac)  
 5-4 Alex Jilek (Temperance Bedford)12  
 5-4 Kate Wolanin (Oxford)  
 5-4 Samantha Waltz (Monroe)10  
 5-4 Elizabeth Roach (Northville)  
 5-4 Taylor Penzien (New Haven)  
 5-4 Caitlin Bonczkowski (St Joseph)12  
 5-4 Breyone Hatfield (Saginaw Hill)  
 5-4 Breanne Metcalf (Remus Chippewa Hills)  
 5-4 Abbey Hengesbach (Pewamo-Westphalia)  
 5-4 Jordan Kiser (Reese)  
 5-4 Abby Lovat (Farmington Hills Mercy)  
 5-4 Jill Linklater (Lake Orion)

Milford/D1 Regional ..... 5/21/2010  
 Greensboro/New Balance ..... 6/19/2010  
 Milford/Balawajer Relays..... 4/27/2010  
 Rockford/D1 State ..... 6/ 5/2010  
 Traverse City/D1 Regional ..... 5/22/2010  
 Warren/D1 Regional ..... 5/21/2010  
 Mansfield/Relays ..... 4/17/2010  
 East Lansing/Spartan Classic..... 4/30/2010  
 Rockford/dual ..... 5/10/2010  
 Holt/D1 Regional ..... 5/21/2010  
 Grand Rapids/D1 Regional ..... 5/22/2010  
 Zeeland/D2 State..... 6/ 5/2010  
 Rockford/D1 State ..... 6/ 5/2010  
 Rockford/D1 State ..... 6/ 5/2010  
 Hudsonville/Houseward Inv ..... 4/17/2010  
 Jenison/D4 State ..... 6/ 5/2010  
 Zeeland/D2 State..... 6/ 5/2010  
 Grand Rapids/Eubanks Inv ..... 4/17/2010  
 op ...../2010  
 Toledo/Ermy Relays ..... 5/ 1/2010  
 Oxford/dual..... 5/ 4/2010  
 Monroe/dual ..... 5/14/2010  
 Milford/D1 Regional ..... 5/21/2010  
 Onsted/D3 Regional ..... 5/21/2010  
 Battle Creek/Big 16..... 5/26/2010  
 Midland/SVC ..... 5/26/2010  
 Mt Pleasant/Morning Sun..... 6/ 1/2010  
 Jenison/D4 State ..... 6/ 5/2010  
 Comstock Park/D3 State ..... 6/ 5/2010  
 Rockford/D1 State ..... 6/ 5/2010  
 Rockford/D1 State ..... 6/ 5/2010

### Indoor marks:

5-6i Samantha Stein (Flushing)12  
 5-5i Stephanie Cuniberti (Macomb Dakota)12

Ypsilanti/Huron Relays I..... 3/27/2010  
 Warren/MITS..... 2/19/2010

## POLE VAULT (11-0)

13-1 Sarah Birkmeier (Rockford)12  
 12-9 Birkmeier  
 12-8.25 Birkmeier  
 12-6 Birkmeier  
 12-6 Kristen Hixson (Remus Chippewa Hills)12  
 12-6 Birkmeier  
 12-4 Hixson  
 12-4 Birkmeier  
 12-3 Birkmeier  
 12-1 Kirstie Wieber (Pewamo-Westphalia)10  
 12-0 Birkmeier  
 12-0 Hixson  
 12-0 Tori Wesley (Marine City)11  
 12-0 Wieber  
 12-0 Jaime Roberts (Kingsford)12  
 11-8 Kassie Powell (Durand)11  
 11-6 Hannah Meachum (Traverse C St Francis)12

Kentwood/State Games ..... 6/26/2010  
 Hudsonville/dual ..... 5/ 6/2010  
 Greensboro/New Balance ..... 6/18/2010  
 Wyoming/Grimm Relays ..... 4/24/2010  
 Fort Wayne/Midwest Meet..... 6/12/2010  
 Fort Wayne/Midwest Meet..... 6/12/2010  
 Zeeland/D2 State..... 6/ 5/2010  
 Greensboro/New Balance (!) ..... 6/18/2010  
 Rockford/dual ..... 5/10/2010  
 Lansing/Greater Lansing..... 6/ 2/2010  
 Jenison/OK Red ..... 5/14/2010  
 Jenison/MITCA D2..... 5/31/2010  
 Anchor Bay/dual ..... 3/ 1/2010  
 Jenison/D4 State ..... 6/ 5/2010  
 Kingsford/UP D1 State..... 6/ 5/2010  
 Comstock Park/D3 State..... 6/ 5/2010  
 Marion/D4 Regional ..... 5/22/2010

# The Michtrack Top 10

11-6	Katie Rancourt (East Kentwood)	Jenison/MITCA D1.....	5/29/2010
11-6	Carley Morris (East Grand Rapids)11	Zeeland/D2 State.....	6/ 5/2010
11-6	Kelly Morrissey (GR West Catholic)12	Zeeland/D2 State.....	6/ 5/2010
11-3	Kaitlyn Shelar (Novi)12	Milford/Oakland County.....	5/28/2010
11-3	Jordan Keefe (Grand Haven)10	Grand Rapids/John Bos.....	6/ 1/2010
11-3	Halley Love (Sparta)11	Zeeland/D2 State.....	6/ 5/2010
11-3	Danielle Lynch (Marine City)	Zeeland/D2 State.....	6/ 5/2010
11-3	Erika Poli (East Lansing)	Zeeland/D2 State.....	6/ 5/2010
11-3	Nicole Ferguson (Dexter)10	Rockford/D1 State .....	6/ 5/2010
11-3	Michelle Steslicki (Northville)12	Rockford/D1 State .....	6/ 5/2010
11-3	Jennifer Schornak (Macomb Dakota)	Rockford/D1 State .....	6/ 5/2010
11-0	Alicia Dorko (Schoolcraft)12	Constantine/KVA .....	5/26/2010
10-10	Libby Schichtel (GR West Catholic)	Grand Rapids/D2 Regional .....	5/21/2010
10-9	Chaeli Wantuck (Ann Arbor Pioneer)11	Mansfield/Relays .....	4/17/2010
10-9	Brittany London (Middleville)	Charlotte/D2 Regional.....	5/21/2010
10-9	Lairen Chorney (Stevensville Lakeshore)	Zeeland/D2 State.....	6/ 5/2010
10-9	Michelle Conter (Dexter)	Rockford/D1 State .....	6/ 5/2010

**Indoor marks:**

11-6i	Christine Kolenbrander (Hudsonville)12	Allendale/MITS .....	1/ 9/2010
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**LONG JUMP (18-5.75)**

18-1.25	Christy Schultz (Muskegon Reeths-Puffer)	Grand Rapids/D1 Regional .....	5/22/2010
18-0.75	Ashley Keyes (Rochester)	West Bloomfield/D1 Regional.....	5/22/2010
18-0.25	Joylisa Davis (Bloomfield Hills Lahser)11	Zeeland/D2 State.....	6/ 5/2010
17-11.75	Tiara Oates (Rochester Stoney Creek)12	Milford/Oakland County.....	5/28/2010
17-11.25	Aubree Suor (East Kentwood)12	Fort Wayne/Midwest Meet.....	6/12/2010
17-11	Ashley Watley (East Detroit)12	Warren/Macomb County .....	5/27/2010
17-10	Shawntoreah Turk (Carrollton)12	Saginaw/Korf-Schultz.....	6/ 1/2010
17-9.5	Erin Leppke (Rochester)11	Saline/Golden Triangle.....	5/ 7/2010
17-8.75	Jessica Howell (Oxford)9	Milford/Oakland County.....	5/28/2010
17-8.75	Cierra Pryor (Jackson)9	Jackson/Selby Classic .....	6/ 1/2010
17-7.5	Kelsey Kuipers (Otsego)12	Fort Wayne/Midwest Meet.....	6/12/2010
17-7.25	Maurisha Walker (Portage Northern)9	Battle Creek/Big 16.....	5/26/2010
17-5	Dominique Corley (Ann Arbor Pioneer)12	Mansfield/Relays .....	4/17/2010
17-5	Dynasty McGee (Ypsilanti Lincoln)11	Ypsilanti/dual.....	4/20/2010
17-4.75	Raeha Weaver (Battle Creek Lakeview)11	Battle Creek/Big 16.....	5/26/2010
17-4.5	Makeda DeBardelaben (Saginaw Hill)	Midland/SVC .....	5/26/2010
17-4.25	Caroline Strasser (Dearborn Divine Child)11	Saline/Golden Triangle.....	5/ 7/2010
17-4	Tory Schiller (Grand Ledge)11	Holt/D1 Regional .....	5/21/2010
17-3.5	Kaisha Martin (Dowagiac)11	Paw Paw/Wolverine.....	5/26/2010
17-2.25	Alysia Little (Haslett)9	East Lansing/Spartan Classic.....	4/30/2010
17-2	Autumn Tesinsky (Brighton)11	White Lake/KLAA .....	5/15/2010

**Wind-aided:**

17-7	Dominique Corley (Ann Arbor Pioneer)12	Kalamazoo/Lukens Inv.....	4/30/2010
17-5.5	Cierra Pryor (Jackson)	Jackson/JDs Inv .....	4/30/2010

**Indoor marks:**

18-5i	Dominique Corley (Ann Arbor Pioneer)12	Ypsilanti/Huron Relays I.....	3/27/2010
18-1i	Dynasty McGee (Flint Southwestern)11	Saginaw/MITS.....	1/20/2010
17-9i	Christy Schultz (Muskegon Reeths-Puffer)	Mt Pleasant/CMU Inv .....	3/24/2010
17-7.5i	Caroline Strasser (Dearborn Divine Child)11	Ypsilanti/MITS Champs.....	2/27/2010

**Unconfirmed:**

19-8i	Dynasty McGee (Flint Southwestern)11	Saginaw/MITS.....	2/17/2010
18-11i	McGee	Saginaw/MITS (!).....	2/17/2010

**TRIPLE JUMP (27-1)**

31-0.5	Kierra Washington (Southfield)	Dayton/Roosevelt Memorial .....	5/ 1/2010
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**Indoor marks:**

32-11.25i	Nicole Urdahl (Carleton-Airport)10	Lexington/Kentucky Inv.....	2/20/2010
32-9.75i	Dynasty McGee (Flint Southwestern)11	Columbus/HS Open.....	1/23/2010
32-9i	Karen Gallardo (Saline)12	Ypsilanti/MITS Champs.....	2/27/2010
31-3.25i	Rachel Nyberg (Saline)11	Ann Arbor/MITS.....	2/ 5/2010
31-1.25i	Sara Ryan (Ann Arbor Pioneer)11	Ann Arbor/MITS.....	1/ 8/2010

# The Michtrack Top 10

## Unconfirmed:

39-1i	Dynasty McGee (Flint Southwestern)11	Saginaw/MITS.....	2/17/2010
32-6i	China McGee (Flint Southwestern)9	Saginaw/MITS.....	2/17/2010

## SHOT PUT (42-4.5)

44-8.5	Alysha Johnson (Walled Lake Western)12	Fort Wayne/Midwest Meet.....	6/12/2010
44-4	Andrea Hiler (Watervliet)12	Fort Wayne/Midwest Meet.....	6/12/2010
43-5	Jasmine Hines (Central Lake)11	Traverse City/Record-Eagle.....	6/ 1/2010
42-0.75	Tonia Pratt (Michigan Center)11	Greensboro/New Balance.....	6/18/2010
41-2.75	Taylor Gunn (West Bloomfield)11	Rockford/D1 State.....	6/ 5/2010
41-1.5	Brittany Mann (Detroit Country Day)10	Bloomfield Hills/D2 Regional.....	5/21/2010
41-1	Kimmy Schmid (Haslett)12	Lansing/Greater Lansing.....	6/ 2/2010
41-0	Kyla Walworth (Holt)11	Lansing/Greater Lansing.....	6/ 2/2010
40-9	Alicia Pilmore (St Louis)	Mt Pleasant/Morning Sun.....	6/ 1/2010
40-9	Ayanna Stancle (East Kentwood)12	Fort Wayne/Midwest Meet.....	6/12/2010
40-7.5	Sam Cormier (Frankenmuth)12	Vassar/D3 Regional.....	5/22/2010
40-7	Alyssa Ambrose (Bay City Western)11	Mt Pleasant/dual.....	4/20/2010
39-6	Abby Scharf (Unionville-Sebewaing)	Jenison/D4 State.....	6/ 5/2010
39-1.75	Haley Russell (Leroy Pine River)11	Mt Pleasant/Oiler Inv.....	4/16/2010
39-0.5	Tieshay Moncrief (Grand Blanc)	Howell/KLAA.....	5/25/2010
38-11.75	Brittany Logan (Detroit Country Day)12	Milford/Oakland County.....	5/28/2010
38-11	Jessica Nagy (Carleton Airport)12	Macomb/Cougars Inv.....	5/15/2010

## Indoor marks:

43-5.75i	Alysha Johnson (Walled Lake Western)12	New York/National Scholastic.....	3/12/2010
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## DISCUS (137-0)

150-5	Andrea Hiler (Watervliet)12	Fort Wayne/Midwest Meet.....	6/12/2010
143-7	Ayanna Stancle (East Kentwood)12	Fort Wayne/Midwest Meet.....	6/12/2010
143-0	Hiler	Comstock Park/D3 State.....	6/ 5/2010
139-5	Brittany Mann (Detroit Country Day)10	Highland Park/dual.....	4/21/2010
135-6	Taylor Gunn (West Bloomfield)	Rochester/OAA Red.....	5/14/2010
132-5	Kendra Meyers (GR West Catholic)	Zeeland/D2 State.....	6/ 5/2010
130-5	Kylie Basarabski (Rockford)	Rockford/dual.....	5/10/2010
126-4	Ashley Frahm (Frankenmuth)9	North Branch/tri.....	5/12/2010
125-10	Kylie Basarabski (Rockford)	Rockford/D1 State.....	6/ 5/2010
125-0	Caitlin Proteau (Monroe Jefferson)11	Monroe/dual.....	4/20/2010
125-0	Shana Flanary (Monroe)11	Ann Arbor/dual.....	5/ 4/2010
124-6	Whitney Stone (Byron Center)12	Byron/dual.....	4/29/2010
124-6	Jessica Nagy (Carleton Airport)12	Macomb/Cougars Inv.....	5/15/2010

## HAMMER

149-6	Brook Pleger (Saline)12	Hillsdale/USATF Open.....	6/19/2010
145-5	Pleger	Wayne/Inv.....	4/30/2010
144-5	Pleger	Wayne/Inv (!).....	4/30/2010
57-2	Brooke Martin ()	Kentwood/State Games.....	6/26/2010

## JAVELIN

79-9	Lindsay Hufnagel (Fowler)11	Hillsdale/USATF Open.....	6/19/2010
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## 4 x 100 RELAY (49.52)

48.42	Rochester	Rockford/D1 State.....	6/ 5/2010
48.61	Saline	Rockford/D1 State.....	6/ 5/2010
48.83	Southfield Lathrup	Rockford/D1 State.....	6/ 5/2010
48.85	Redford Thurston	Rockford/D1 State.....	6/ 5/2010
48.96	Rockford	Rockford/D1 State.....	6/ 5/2010
49.05	Flint Carman-Ainsworth	Rockford/D1 State.....	6/ 5/2010
48.92	Flint Southwestern	Zeeland/D2 State.....	6/ 5/2010
48.99	Rochester	Milford/Oakland County.....	5/28/2010
49.11	Grosse Pointe South	Rockford/D1 State.....	6/ 5/2010
49.13	Southfield	Rockford/D1 State.....	6/ 5/2010
49.14	Ypsilanti Lincoln	Rockford/D1 State.....	6/ 5/2010
49.34	Saline	Temperence/SEC Red.....	5/26/2010

# The Michtrack Top 10

49.37	Saline	Ypsilanti/Meet of Champions.....	6/ 1/2010
49.56	Lansing Sexton	Zeeland/D2 State.....	6/ 5/2010
49.64	Troy	Rockford/D1 State .....	6/ 5/2010
49.66	Novi	Rockford/D1 State .....	6/ 5/2010
49.80	Grand Ledge	Rockford/D1 State .....	6/ 5/2010
49.83	Southfield	Dayton/Roosevelt Memorial .....	5/ 1/2010
49.88	Ann Arbor Huron	Rockford/D1 State .....	6/ 5/2010
49.90	Rockford	Jenison/MITCA D1.....	5/29/2010
49.90	Romulus	Rockford/D1 State .....	6/ 5/2010
49.95	East Lansing	Zeeland/D2 State.....	6/ 5/2010
50.01	Ypsilanti	Rockford/D1 State .....	6/ 5/2010
50.02	Lansing Waverly	Zeeland/D2 State.....	6/ 5/2010
50.14	Williamston	Zeeland/D2 State.....	6/ 5/2010
50.22	Traverse City West	Rockford/D1 State .....	6/ 5/2010
50.23	Grand Blanc	Rockford/D1 State .....	6/ 5/2010
50.32	Ferndale	Zeeland/D2 State.....	6/ 5/2010
50.34	Chelsea	Ypsilanti/Meet of Champions.....	6/ 1/2010
50.35	Pontiac	Rockford/D1 State .....	6/ 5/2010
50.40	Auburn Hills Avondale	Zeeland/D2 State.....	6/ 5/2010
50.41	Pewamo-Westphalia	Jenison/D4 State .....	6/ 5/2010
50.46	Farmington Hills Harrison	Milford/Oakland County.....	5/28/2010
50.46	Oxford	Milford/Oakland County.....	5/28/2010
50.49	Ann Arbor Pioneer	Rockford/D1 State .....	6/ 5/2010
50.53	Rochester Stoney Creek	Rockford/D1 State .....	6/ 5/2010
50.54	Battle Creek Central	Rockford/D1 State .....	6/ 5/2010
50.58	Oak Park	Milford/Oakland County.....	5/28/2010
50.58	Kent City	Comstock Park/D3 State.....	6/ 5/2010
50.63	Schoolcraft	Comstock Park/D3 State.....	6/ 5/2010
50.64	Saginaw Hill	Rockford/D1 State .....	6/ 5/2010

## Hand-timed:

48.8	Saline	Saline/D1 Regional.....	5/21/2010
49.0	Ann Arbor Pioneer	Saline/D1 Regional.....	5/21/2010
49.1	Southfield	West Bloomfield/D1 Regional.....	5/22/2010
49.2	Redford Thurston	Canton/D1 Regional .....	5/22/2010
49.2	Flint Carman-Ainsworth	Flint/Badar Classic.....	6/ 1/2010
49.3	Southfield Lathrup	West Bloomfield/D1 Regional.....	5/22/2010
49.4	Rochester	West Bloomfield/D1 Regional.....	5/22/2010
49.4	Flint Southwestern	Flint/Badar Classic.....	6/ 1/2010
49.5	Ypsilanti Lincoln	Saline/D1 Regional.....	5/21/2010
49.7	Rockford	Grand Rapids/D1 Regional .....	5/22/2010
50.1	East Grand Rapids	Grand Rapids/D2 Regional .....	5/21/2010
50.1	Ypsilanti	Saline/D1 Regional.....	5/22/2010
50.2	Grand Ledge	Holt/D1 Regional .....	5/21/2010
50.3	Auburn Hills Avondale	Bloomfield Hills/D2 Regional.....	5/21/2010
50.3	Ann Arbor Huron	Saline/D1 Regional.....	5/22/2010
50.3	Lansing Waverly	Charlotte/D2 Regional.....	5/21/2010
50.4	Battle Creek Central	Holt/D1 Regional .....	5/21/2010
50.4	Novi	Milford/D1 Regional .....	5/22/2010
50.4	Grosse Pointe South	Grosse Pointe/MAC White .....	5/25/2010
50.5	Oak Park	Bloomfield Hills/OAA Gold.....	5/15/2010
50.6	East Kentwood	Rockford/dual .....	5/10/2010
50.6	Farmington Hills Harrison	West Bloomfield/D1 Regional.....	5/22/2010
50.6	Romulus	Saline/D1 Regional.....	5/22/2010
50.6	Pinckney	Milford/D1 Regional .....	5/22/2010

## 4 x 200 RELAY (1:41.4)

1:41.8	Detroit Cass Tech	Grosse Pointe/D1 Regional.....	5/21/2010
1:42.16	Rockford	Rockford/D1 State .....	6/ 5/2010
1:42.48	Chelsea	Zeeland/D2 State.....	6/ 5/2010
1:42.64	Ann Arbor Pioneer	Rockford/D1 State .....	6/ 5/2010
1:42.70	Ann Arbor Huron	Rockford/D1 State .....	6/ 5/2010
1:42.91	Southfield	Rockford/D1 State .....	6/ 5/2010

## The Michtrack Top 10

1:43.09	Dearborn Divine Child	Zeeland/D2 State.....	6/ 5/2010
1:43.33	East Kentwood	Rockford/D1 State .....	6/ 5/2010
1:43.43	Lansing Sexton	Lansing/Greater Lansing.....	6/ 2/2010
1:43.46	Ypsilanti Lincoln	Rockford/D1 State .....	6/ 5/2010
1:43.61	Rochester	Milford/Oakland County.....	5/28/2010
1:43.64	Flint Southwestern	Zeeland/D2 State.....	6/ 5/2010
1:43.96	Flint Carman-Ainsworth	Rockford/D1 State .....	6/ 5/2010
1:44.07	Grand Blanc	Traverse City/D1 Regional .....	5/22/2010
1:44.19	Redford Thurston	Rockford/D1 State .....	6/ 5/2010
1:44.24	Detroit Country Day	Zeeland/D2 State.....	6/ 5/2010
1:44.25	Lake Orion	Rockford/D1 State .....	6/ 5/2010
1:44.42	Belleville	Rockford/D1 State .....	6/ 5/2010
1:44.50	East Lansing	Lansing/Greater Lansing.....	6/ 2/2010
1:44.67	Pinckney	Rockford/D1 State .....	6/ 5/2010
1:44.91	Battle Creek Lakeview	Rockford/D1 State .....	6/ 5/2010
1:45.03	Grosse Pointe South	Rockford/D1 State .....	6/ 5/2010
1:45.1	Grand Ledge	Holt/D1 Regional .....	5/21/2010
1:45.28	Jackson	Jackson/Selby Classic .....	6/ 1/2010

### 4 x 400 RELAY (3:56.2)

3:54.12	Pinckney	Rockford/D1 State .....	6/ 5/2010
3:55.10	Ann Arbor Huron	Rockford/D1 State .....	6/ 5/2010
3:56.5	Pinckney	Milford/D1 Regional .....	5/22/2010
3:56.96	Rockford	Rockford/D1 State .....	6/ 5/2010
3:57.32	Detroit Mumford	Rockford/D1 State .....	6/ 5/2010
3:57.40	Ann Arbor Pioneer	Rockford/D1 State .....	6/ 5/2010
3:57.56	Chelsea	Zeeland/D2 State.....	6/ 5/2010
3:57.82	Lake Orion	Rockford/D1 State .....	6/ 5/2010
3:58.52	Ann Arbor Huron	Ypsilanti/Meet of Champions.....	6/ 1/2010
3:58.68	Saline	Rockford/D1 State .....	6/ 5/2010
3:58.91	Rochester	Rockford/D1 State .....	6/ 5/2010
3:58.98	East Kentwood	Rockford/D1 State .....	6/ 5/2010
4:00.7	Grosse Pointe South	Grosse Pointe/MAC White .....	5/25/2010
4:00.98	Livonia Ladywood	Zeeland/D2 State.....	6/ 5/2010
4:01.31	Frankenmuth	Comstock Park/D3 State.....	6/ 5/2010
4:01.33	Ann Arbor Richard	Livonia/Catholic CD .....	5/26/2010
4:01.37	Detroit Cass Tech	Rockford/D1 State .....	6/ 5/2010
4:01.44	Dearborn Divine Child	Zeeland/D2 State.....	6/ 5/2010
4:01.49	Bloomfield Hills Marian	Zeeland/D2 State.....	6/ 5/2010
4:01.4	Northville	Milford/D1 Regional .....	5/22/2010
4:01.5	Jenison	Grand Rapids/D1 Regional .....	5/22/2010
4:02.07	Woodhaven	Rockford/D1 State .....	6/ 5/2010
4:02.08	Farmington	Rockford/D1 State .....	6/ 5/2010
4:02.63	Middleville	Zeeland/D2 State.....	6/ 5/2010
4:02.6	Alpena	Traverse City/D1 Regional .....	5/22/2010
4:03.0	Lake Orion	Rochester/OAA Red .....	5/14/2010
4:03.17	Plymouth	Rockford/D1 State .....	6/ 5/2010
4:03.1	Troy	op .....	/2010
4:03.1	Rochester	West Bloomfield/D1 Regional.....	5/22/2010
4:03.31	Flint Southwestern	Zeeland/D2 State.....	6/ 5/2010
4:03.22	Benzie Central	Comstock Park/D3 State.....	6/ 5/2010
4:03.46	Holly	Rockford/D1 State .....	6/ 5/2010
4:03.51	Brighton	Rockford/D1 State .....	6/ 5/2010
4:03.5	Ypsilanti Lincoln	Saline/D1 Regional .....	5/21/2010
4:03.66	Belleville	Rockford/D1 State .....	6/ 5/2010
4:04.12	Hartland	East Lansing/Spartan Classic.....	4/30/2010
4:04.44	Livonia Stevenson	Rockford/D1 State .....	6/ 5/2010
4:04.49	Grandville	Jenison/OK Red .....	5/14/2010

### 4 x 800 RELAY (9:29.87)

9:05.47	Rochester	Rockford/D1 State .....	6/ 5/2010
9:09.85	Grosse Pointe South	Rockford/D1 State .....	6/ 5/2010

# The Michtrack Top 10

9:15.24	Troy	Rockford/D1 State .....	6/ 5/2010
9:15.29	Saline	Rockford/D1 State .....	6/ 5/2010
9:16.08	East Kentwood	Rockford/D1 State .....	6/ 5/2010
9:18.98	Livonia Churchill	Rockford/D1 State .....	6/ 5/2010
9:19.63	Ann Arbor Huron	Rockford/D1 State .....	6/ 5/2010
9:19.9	East Kentwood	Grand Rapids/D1 Regional .....	5/22/2010
9:21.07	Rockford	Rockford/D1 State .....	6/ 5/2010
9:21.2	Saline	Saline/D1 Regional .....	5/21/2010
9:21.6	Rockford	Grand Rapids/D1 Regional .....	5/22/2010
9:23.75	Traverse City Central	Rockford/D1 State .....	6/ 5/2010
9:23.99	Ann Arbor Pioneer	Rockford/D1 State .....	6/ 5/2010
9:24.0	Rockford	Rockford/dual .....	5/10/2010
9:24.12	East Grand Rapids	Zeeland/D2 State.....	6/ 5/2010
9:24.3	Ann Arbor Pioneer	Saline/D1 Regional.....	5/21/2010
9:25.05	Hartland	Rockford/D1 State .....	6/ 5/2010
9:26.2	Saline	Ann Arbor/River Rat.....	5/15/2010
9:26.5	Rochester	West Bloomfield/Inv .....	5/ 1/2010
9:27.7	Troy	West Bloomfield/Inv .....	5/ 1/2010
9:28.11	Detroit Mumford	Rockford/D1 State .....	6/ 5/2010
9:28.29	Hartland	White Lake/KLAA .....	5/15/2010
9:29.21	Forest Hills Eastern	Zeeland/D2 State.....	6/ 5/2010
9:29.22	Pinckney	Rockford/D1 State .....	6/ 5/2010
9:30.58	Birmingham Seaholm	Rockford/D1 State .....	6/ 5/2010
9:31.52	Brighton	Rockford/D1 State .....	6/ 5/2010
9:32.19	Benzie Central	Comstock Park/D3 State.....	6/ 5/2010
9:32.87	Allendale	Comstock Park/D3 State.....	6/ 5/2010
9:37.12	Rochester Stoney Creek	Rockford/D1 State .....	6/ 5/2010
9:37.52	Monroe	Rockford/D1 State .....	6/ 5/2010
9:37.77	St Clair	Zeeland/D2 State.....	6/ 5/2010
9:38.3	Forest Hills Eastern	Grand Rapids/D2 Regional .....	5/21/2010
9:38.41	Zeeland West	Zeeland/D2 State.....	6/ 5/2010
9:38.7	Grand Haven	Grand Rapids/D1 Regional .....	5/22/2010
9:39.22	Williamston	Lansing/Greater Lansing.....	6/ 2/2010
9:39.77	Hudsonville	Rockford/D1 State .....	6/ 5/2010
9:40.80	Hanover-Horton	Comstock Park/D3 State.....	6/ 5/2010
9:41.55	Clarkston	Rockford/D1 State .....	6/ 5/2010
9:42.0	Flint Carman-Ainsworth	Flint/Runyan .....	5/ 7/2010

## Indoor marks:

9:26.87i	Hartland	Ypsilanti/Huron Relays I.....	3/27/2010
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## 4 x 1600 (23:00.0)

21:26.9	East Grand Rapids	Wyoming Park/Grimm Relays .....	4/24/2010
21:45.9	Hartland	North Farmington/Raider Relays .....	4/24/2010
21:46.9	Allendale	Wyoming Park/Grimm Relays .....	4/24/2010
21:59.9	Hamilton	Wyoming Park/Grimm Relays .....	4/24/2010
22:14.9	Rockford	Wyoming Park/Grimm Relays .....	4/24/2010
22:51.9	Dearborn Divine Child	North Farmington/Raider Relays .....	4/24/2010
22:55.9	Lansing Catholic	Wyoming Park/Grimm Relays .....	4/24/2010
23:17.1	Oxford	North Farmington/Raider Relays .....	4/24/2010
23:42.9	Grand Rapids Christian	Wyoming Park/Grimm Relays .....	4/24/2010
23:50.64	Sturgis	Sturgis/Exchange Relays .....	4/17/2010

## Indoor marks:

22:06.29yi	Troy	New York/National Scholastic .....	3/13/2010
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## 800m SPRINT MEDLEY (1:55.0)

1:50.85	Detroit Mumford	Dayton/Roosevelt Memorial .....	5/ 1/2010
1:51.35	Southfield	Dayton/Roosevelt Memorial .....	5/ 1/2010
1:57.84	Southfield Christian	Dayton/Roosevelt Memorial .....	5/ 1/2010
2:00.80	Niles	Sturgis/Exchange Relays .....	4/17/2010

## 1200m SPRINT MEDLEY (3:01.0)

3:00.9	Rockford	Wyoming Park/Grimm Relays .....	4/24/2010
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## The Michtrack Top 10

3:02.5	L'Anse Creuse	Anchor Bay/Relays .....	4/27/2010
3:02.8	Macomb Dakota	Anchor Bay/Relays .....	4/27/2010
3:04.9	Hartland	Lake Fenton/Blue Devils .....	4/17/2010
3:04.9	Yale	Anchor Bay/Relays .....	4/27/2010
3:05.5	Anchor Bay	Anchor Bay/Relays .....	4/27/2010
3:06.0	L'Anse Creuse North	Anchor Bay/Relays .....	4/27/2010
3:07.3	Zeeland West	Wyoming Park/Grimm Relays .....	4/24/2010
3:07.9	Hamilton	Wyoming Park/Grimm Relays .....	4/24/2010
3:09.7	Croswell-Lexington	Anchor Bay/Relays .....	4/27/2010

### SPRINT MEDLEY (4:28.5)

4:19.8	Northville	West Bloomfield/Inv .....	5/ 1/2010
4:20.00	Detroit Mumford	Dayton/Roosevelt Memorial .....	5/ 1/2010
4:20.6	Pinckney	West Bloomfield/Inv .....	5/ 1/2010
4:20.6	Troy	West Bloomfield/Inv .....	5/ 1/2010
4:25.6	Brighton	West Bloomfield/Inv .....	5/ 1/2010
4:26.1	Monroe	West Bloomfield/Inv .....	5/ 1/2010
4:26.2	North Farmington	North Farmington/Raider Relays .....	4/24/2010
4:28.7	Livonia Churchill	West Bloomfield/Inv .....	5/ 1/2010
4:33.1	Oxford	North Farmington/Raider Relays .....	4/24/2010
4:38.6	Hartland	North Farmington/Raider Relays .....	4/24/2010

#### **Indoor marks:**

4:12.84i	Detroit Mumford	Ypsilanti/Huron Relays I.....	3/27/2010
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### 2400m DISTANCE MEDLEY (7:10.1)

7:06.3	Hartland	North Farmington/Raider Relays .....	4/24/2010
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### DISTANCE MEDLEY (13:18.0)

12:31.38	Saline	Ypsilanti/Meet of Champions.....	6/ 1/2010
12:33.9	Allendale	Wyoming Park/Grimm Relays .....	4/24/2010
12:41.36	Ann Arbor Pioneer	Ypsilanti/Meet of Champions.....	6/ 1/2010
12:58.6	Hartland	North Farmington/Raider Relays .....	4/24/2010
12:59.3	Rockford	Wyoming Park/Grimm Relays .....	4/24/2010
13:12.0	Zeeland West	Wyoming Park/Grimm Relays .....	4/24/2010
13:12.0	Hamilton	Wyoming Park/Grimm Relays .....	4/24/2010
13:17.6	Dearborn Divine Child	North Farmington/Raider Relays .....	4/24/2010
13:17.8	Lansing Catholic	Wyoming Park/Grimm Relays .....	4/24/2010
13:22.4	St Clair	Anchor Bay/Relays .....	4/27/2010
13:26.38	Brighton	Ypsilanti/Meet of Champions.....	6/ 1/2010
13:27.96	Milan	Ypsilanti/Meet of Champions.....	6/ 1/2010
13:27.9	Oxford	North Farmington/Raider Relays .....	4/24/2010
13:31.32	Chelsea	Ypsilanti/Meet of Champions.....	6/ 1/2010
13:31.7	East Grand Rapids	Wyoming Park/Grimm Relays .....	4/24/2010

#### **Indoor marks:**

12:24.19i	Ann Arbor Pioneer	Ypsilanti/Huron Relays I.....	3/27/2010
12:25.02i	Troy	New York/National Scholastic .....	3/12/2010
12:30.65i	Saline	Ypsilanti/MITS Champs.....	2/27/2010
12:32.19i	Hartland	Ypsilanti/Huron Relays I.....	3/27/2010
12:58.71i	Livonia Franklin	Ypsilanti/Huron Relays I.....	3/27/2010