

The Michtrack Alumni All-Time List

updated annually (2/5/09)

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100 METERS

10.11(A)	Mike Miller (Flint Northern-Tennessee)	Provo/NCAA [1.9]	6/ 5/1982
10.23	Reggie Jones (Saginaw-Tennessee)	Durham/vs. USSR	7/ 5/1974
10.26	Ahmad Rashad (Flint CA-USC)	Westwood/vs UCLA [0.3]	5/ 3/2008
10.27	Dwayne Strozier (Flint Powers-Arizona)	Tempe [1.0]	5/ 8/1976
10.30	Johnie Drake (Detroit Cass T-Central Mich)	Toledo/MAC [-0.4]	5/13/2006

Yearbook standard: 10.39

200 METERS

20.15(A)	Mike Miller (Flint Northern-Tennessee)	Provo/NCAA(h)[0.3]	6/ 2/1982
20.36	Henry Carr (Detroit Northwestern-Arizona St)	Tokyo/Olympics[-0.8]	10/17/1964
20.39(A)	Marshall Dill (Detroit Northern HS)	Cali/Pan-Am[1.0]	8/ 3/1971
20.43	Dwayne Strozier (Flint Powers-Arizona)	Tucson[0.9]	5/ 1/1976
20.46	Robert Louis (Detroit Mumford-Western Mich)	Champaign[1.1]	5/15/1987

Yearbook standard: 20.77

400 METERS

44.34	Darnell Hall (Detroit Pershing-PowerAde)	Lausanne	7/ 5/1995
45.00(A)	Elliot Tabron (Det. Murray Wright-Michigan St)	Provo/NCAA (h)	6/ 3/1982
45.12	Darrol Gatson (Det. East Catholic-Alabama)	Tuscaloosa/vs. Auburn	4/15/1978
45.24	Stan Vinson (Det. Chadsey-Eastern Michigan)	Eugene/AAU	6/21/1975
45.33	Gaven Herring (Pontiac Northern-Macomb)	Odessa/JUCO	5/17/1997

Yearbook standard: 45.91

800 METERS

1:43.62	Earl Jones (Taylor Center-Santa Monica TC)	Zurich/Weltklasse	8/13/1986
1:45.3	Ron Phillips (Detroit Denby-Illinois)	Eugene/Olympic Trials	7/ 1/1972
1:45.68	Trinity Townsend (Muskegon Heights-unat)	Portland/Oregon Track Classic	6/25/2000
1:45.71	Paul McMullen (Cadillac-Saucony)	Berlin	8/31/2001
1:45.75	Evans White (Ecorse-Prairie View)	Oslo/Bislett	7/ 5/1979

Yearbook standard: 1:47.76

1500 METERS

3:33.89	Paul McMullen (Cadillac-Saucony)	Monaco	7/20/2001
3:35.84	Brian Hyde (E Kentwood-William & Mary)	Chapel Hill/Twilight Invitational	5/13/1995
3:36.19	Earl Jones (Taylor Center- Santa Monica TC)	Hengelo	6/27/1986
3:36.81	Steve Sherer (Saline-unat)	Indianapolis/AMC IV	6/14/2008
3:38.61	Treg Scott (Birmingham Seaholm-NYAC)	Santa Monica/Classic	5/17/1991

Yearbook standard: 3:42.40

MILE

3:54.94	Paul McMullen (Cadillac-Saucony)	London	7/22/2001
3:56.41	Brian Hyde (E Kentwood-New Balance)	Portland/adidas-Oregon Classic	5/11/1997
3:58.76	Earl Jones (Taylor Center- Santa Monica TC)	Los Angeles/Pepsi	5/17/1986
3:59.1	Gerard Donakowski (DH Riverside-Nike N)	Dedham/Metrowest Twilight IV	6/ 9/1991
3:59.2	Tom Duits (Hastings-Western Michigan)	Philadelphia/Penn	4/29/1978

Yearbook standard: 4:03.32

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STEEPLECHASE

8:13.16	Brian Diemer (Athletics West)	Koblenz.....	8/29/1984
8:19.29	Doug Brown (HW Notre Dame-Athletics West)	Berlin/ISTAF	8/18/1978
8:22.16	Tom Chorny (Fruitport-Indiana)	USA Ch.....	6/24/2001
8:23.02	Mark Smith (Cadillac-Reebok)	Nice	7/13/1987
8:24.62	Jordan Desilets (Lake Orion-Eastern Mich)	Sacramento/Olympic Trials.....	7/15/2004

Yearbook standard: 8:34.38

5000 METERS

13:16.06	Dathan Ritzenhein (Rockford-Nike)	Brasschaat.....	7/21/2007
13:19.50	Todd Williams (Monroe-adidas)	Lausanne	7/ 5/1995
13:25.75	Gerard Donakowski (DH Riverside-AW)	Dedham/New England TAC	6/ 7/1986
13:32.15	Bill Donakowski (DH Riverside-NYAC)	Oslo/Bislett	7/ 5/1979
13:33.9	Doug Brown (HW Notre Dame-AW)	Warsaw	8/13/1978

Yearbook standard: 13:38.09

10,000 METERS

27:31.34	Todd Williams (Monroe-adidas)	Knoxville/Sea Ray	4/ 6/1995
27:35.65	Dathan Ritzenhein (Rockford-adidas)	Stanford/Jordan Cardinal Inv	4/30/2006
27:53.1	Greg Meyer (GR West Catholic-Brooks)	Williamsburg/Colonial Relays	4/ 2/1983
27:54.19	Doug Brown (HW Notre Dame-Athletics W)	Stockholm/Dagens Nyheter	7/ 3/1978
27:58.41	Gerald Donakowski (DH Riverside-AW)	Oslo/Bislett	7/ 5/1986

Yearbook standard: 28:30.5

MARATHON

2:09:00a	Greg Meyer (Grand Rapids W Cath-Brooks)	Boston.....	4/18/1983
2:10:41a	Bill Donakowski (Dear. H Riverside-Brooks)	St Paul/Twin Cities.....	10/12/1986
2:11:07	Dathan Ritzenhein (Rockford-Nike)	New York/Olympic Trials.....	11/ 3/2007
2:11:09	Dave Smith (Wayne Memorial-YFC)	Eugene/Nike	9/ 7/1980
2:11:17	Todd Williams (Monroe-adidas)	Chicago/LaSalle Banks.....	10/19/1997

Yearbook standard: 2:19:59

110 METER HURDLES

13.37	Greg Richardson (Lansing Everett-unat)	Malles [0.1]	7/13/2002
13.53	Kenneth Ferguson (Det. Mumford-S Carolina)	Knoxville/SEC [0.5].....	5/18/2003
13.57	Thomas Wilcher (Detroit Central-Michigan)	Indianapolis/NCAA [+0.0].....	6/ 7/1986
13.60	John Owens (Detroit Cooley-unat)	Tallahassee/Seminole Twi [1.1].....	5/28/1992
13.63+	Hayes Jones (Pontiac Central-unat)	St. Louis/USA Ch	6/21/1963

Yearbook standard: 13.84

400 METER HURDLES

48.15	Kenneth Ferguson (Detroit Mumford-unat)	Carson/adidas.....	5/20/2007
49.52	Ed Brown (Otisville Lake Ville-Saginaw Valley)	Knoxville/TAC	6/20/1982
49.54	Randolph Williams (Kentucky State)	Philadelphia/NCAA	6/ 5/1976
49.69	Rex Cawley (Farmington-Pasadena AA)	Tokyo/Olympics	10/16/1964
49.77	Rob Cassleman (GR Catholic C-Michigan St)	Munich/vs. West Germany.....	7/11/1973

Yearbook standard: 50.63

HIGH JUMP

2.34	7-8	Dennis Lewis (Ypsilanti-LBCC)	Los Angeles	3/30/1985
2.27	7-5.25	Mike Winsor (Fulton Middleton-unat)	Karlstad, Ger	8/10/1977
2.24	7-4.25	Paul Piwinski (Warren Cousino-Bud Light)	Tallahassee/Domino	3/17/1984
2.23	7-3.75	Mel Embree (Ann Arbor Huron-Harvard)	Eugene/Olympic Trials.....	6/27/1976
2.22	7-3.5	Mike Lattany (Mt Clemens-Michigan)	Ann Arbor/Big 10	5/19/1979

Yearbook standard: 7-2.25

POLE VAULT

5.75	18-10.25	Bill Deering (Dowagiac-MF)	Lawrence/Kansas Relays	4/20/1996
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5.65	18-6.5	Scott Krupilski (Traverse City-Keiser)	Modesto/S&W Relays	5/ 8/1993
5.59	18-4	Jeff Ward (East Lansing-unat)	Indianapolis/Olympic Trials	7/21/1988
5.55	18-2.5	Nat Durham (Farmington-Athletes IA)	Eugene	7/ 6/1984
5.52	18-1.25	Geoff Fairbanks (Tecumseh-SW Texas)	Natchitoches/Southland	5/16/2000

Yearbook standard: 17-9.75

LONG JUMP

7.98	26-2.5	Dennis Holland (Det. Redford-West. Mich)	Kalamazoo	5/29/1965
7.94	26-0.75	Okie Giwa-Agbomeirele (Midland-Shore)	New York/USATF Club [1.6]	7/14/2007
7.90	25-11	Lorenzo Wright (Detroit Miller-Wayne)	Detroit	5/11/1948
7.81	25-7.5	James Ross (Kalamazoo Central-Michigan)	Baton Rouge/NCAA(q).....	6/ 4/1981
7.78	25-6.5	Ira Russell (Detroit Cass Tech-Michigan)	/1970
7.78	25-6.5	Scott Reed (Lansing Everett-Indiana)	?/Big 10.....	5/18/1985

Yearbook standard: 25-3.5

TRIPLE JUMP

16.09	52-9.75	Don Rencher (Western Michigan)	Kalamazoo/Michigan Fed	5/30/1970
15.87	52-0.75	Jonathan Allen (Lans. Sexton-Michigan St)	State College/Big 10 [0.8]	5/13/2007
15.48	50-9.75	Craig White (Western Michigan)	/1974
15.40	50-6.5	Stan Vinson (Detroit Chadsey-East. Mich)	/1973
15.29	50-2	Darrell Williams (GR-Western Michigan)	/1978
15.29	50-2	Joe Garrett (Bay City Central-CMichigan)	Knoxville/Dogwood	4/13/1990

Yearbook standard: 49-7

SHOT PUT

20.20	66-3.25	Steve Manz (Ogemaw Heights-unat)	Walnut/Mt SAC Relays	4/15/2006
19.41	63-8.25	Pat Reid (Tennessee)	Indianapolis/NCAA (q)	6/ 4/1986
19.29	63-3.5	Scott Eriksson (Farmington-UCTC)	Auburn	4/ 9/1988
18.30	60-0.5	Chris Gambol (Oxford-Iowa)	?/Big 10.....	5/24/1987
18.09	59-4.25	Aron Gowell (Shelby-Florida)	Knoxville/SEC	5/15/1993

Yearbook standard: 58-0.25

DISCUS

66.66	218-8	Carl Brown (Albion-HP)	Stanford/USA Ch	6/19/2003
61.94	203-2	Scott Eriksson (Farmington-UCTC)	East Lansing	4/18/1987
60.06	197-0	Johnny Mitchell (Muskegon- W Mich TC)	Blaine/Oly Fest	7/15/1990
59.38	194-10	Nate Meckes (Lutheran Westland-Calvin)	Waverly/NCAA III	5/26/2005
58.80	192-11	Dave Kielty (Livonia Churchill-unat)	Knoxville/Gatorade	5/19/1984

Yearbook standard: 177-10

HAMMER

72.46	237-9	Doug Gillard (West Michigan TC)	Pleasant Hill/Pacific TAC	6/ 4/1989
68.97	226-3	Brian Richotte (Royal Oak Shrine-unat)	Chapel Hill	5/17/2008
68.34	224-2	Paul Markel (Holt-unat)	Bloomington/Billy Hayes Inv	5/ 7/2004
67.56	221-8	Dave Duchene (Flint Kearsley-UCTC)	Knoxville/Gatorade	5/23/1986
66.02	216-7	Tom Meyer (UCTC)	Chicago.....	5/10/1980

Yearbook standard: 199-5

JAVELIN (post-April 1986 – new implement)

74.00	242-9	Jim Lothrop (Millington-unat)	Tampa/TAC	6/17/1988
71.20	233-7	Chuck Greene (Det. Mackenzie-Maccabi)	Bloomington	5/17/1986
70.59	231-7	Andy Smith (Saginaw Heritage-Arizona St)	Pac-10	5/ /2007
69.46	227-11	Craig Kielty (Liv. Churchill-Central Mich)	Bloomington/Last Chance	6/ ?/1986
69.35	227-6	Dan Pekrul (Saline-unat)	Hillsdale	4/30/1988

Yearbook standard: 208-0

DECATHLON

8312	Paul Terek (Livonia Franklin-WGAD)	Sacramento/Olympic Trials.....	7/17/2004
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	(10.98 [-1.0], 7.27 [0.6], 15.37, 2.01, 48.74, 15.40 [-1.1], 49.44, 5.20, 54.69, 4:24.28)	
8285	Phil McMullen (Cadillac-Nike)	Sacramento/Olympic Trials..... 7/17/2004
	(11.19 [0.1], 6.90 [-0.4], 15.24, 2.04, 48.88, 14.85 [-1.1], 49.44, 5.00, 56.35, 4:15.18)	
8133	Chad Smith (Ypsilanti Lincoln-OTC)	Atlanta/Georgia Tech Inv 5/17/2002
	(10.85, 7.18, 15.16, 1.93, 48.76, 14.19, 46.32, 4.85, 58.53, 4:45.81)	
7969	Joe Cebulski (GR Baptist-Bell Athletics)	Jonesville 6/ 7/2001
	(10.97 [2.0], 6.85 [0.4], 14.42, 2.10, 51.3h, 14.62, 47.58, 4.60, 59.08, 4:39.65)	
7877	Gary Bastein (Grandville-PUMA)	Westwood/USA Ch 6/22/1983
	(11.12, 6.96, 13.03, 2.03, 50.19; 14.91, 40.92, 4.90, 57.94, 4:25.72)	

Yearbook standard: 7471