

# The Michtrack All-Time List

updated annually (2/5/09)

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## 100 METERS

11.37	Shayla Mahan (Detroit Mumford)12	Jackson/Midwest Meet (1.7) .....	6/ 9/2007
11.74	Vivien McKenzie (Detroit Chadsey)12	Memphis/USA JO .....	8/ 8/1982
11.75	Paulette Bryant (Southgate Aquinas)12	Ft. Wayne/Midwest MOC .....	6/ 9/1984
11.84	Crystal Braddock (Ann Arbor Pioneer)12	Ypsilanti/A State .....	6/ 3/1989
11.86	Porsche Ries (Hazel Park)12	Indianapolis/USATF Jr Oly (h) (0.3).....	7/29/2005

Yearbook standard: 12.17

## 200 METERS

23.49	Shayla Mahan (Detroit Mumford)11	Greensboro/USATF Youth(h) (1.4) .....	6/29/2006
23.91	Porsche Ries (Hazel Park)12	Indianapolis/USATF Junior Oly (-0.5) .....	7/30/2005
23.98	Charnell Lynn (Ypsilanti Willow Run)12	Indianapolis/Midwest MOC .....	6/10/1995
24.02	Vivian McKenzie (Detroit Chadsey)12	St. Louis.....	7/11/1982
24.03	Kendall Baisden (Bloomfield St Regis)7	Ypsilanti/AAU Junior Oly (0.6) .....	7/12/2008

Yearbook standard: 25.06

## 400 METERS

53.41	Erin Humphrey (Ypsilanti Lincoln)12	Indianapolis/USATF Junior Ch.....	6/24/2006
54.29+	Delisa Walton (Detroit MacKenzie)11	[54.60y].....	/1978
54.45	Angela Sibbey (Detroit Mumford)11	Carmel/Carmel Classics .....	/1980
54.50	Carly Knazze (Southfield)12	Berea/AAU Nat JO.....	8/ 7/1999
54.72	Kendall Baisden (Bloomfield St Regis)7	Ypsilanti/AAU Junior Olympics .....	7/12/2008

Yearbook standard: 57.01

## 800 METERS

2:05.05	Geena Gall (Grand Blanc)12	Greensboro/Nike Outdoor.....	6/18/2005
2:05.61	Becca Addison (Grand Haven)11	Greensboro/Nike Outdoor.....	6/21/2008
2:06.81	Ramzee Fondren (Detroit Renaissance)11	Indianapolis/USATF Juniors (h).....	6/21/2007
2:07.0+	Delisa Walton (Detroit MacKenzie)11	Brighton/A State [2:07.7y] .....	6/ 3/1978
2:07.9	Sue Parks (Ypsilanti)10	Los Angeles .....	6/ 4/1972

Yearbook standard: 2:14.99

## 1600 METERS

4:39.4	Laura Matson (Bloomfield Hills And.)11	Bloomfield Hills/Oakland County Ch .....	5/24/1985
4:45.7	Geena Gall (Grand Blanc)12	Holly/D1 Regional .....	5/22/2005
4:48.07	Jenny Morgan (Clarkston)11	Rockford/D1 State .....	6/ 4/2005
4:48.37	Kelly Smith (Petoskey)12	Indianapolis/Midwest MOC .....	6/11/1994
4:48.44+	Marissa Treece (Maple City-Glen Lake)12	Greensboro/Nike Outdoor [4:50.12].....	6/16/2007

Yearbook standard: 4:59.99

## 3200 METERS

10:20.61+	Jenny Morgan (Clarkston)11	Greensboro/Nike Outdoor (10:24.23) .....	6/17/2005
10:21.97+	Sharon Van Tuyl (Portage Northern)11	Raleigh/NSO [10:25.59].....	6/13/1997
10:29.9+	Michelle Bews (Birm. Seaholm-AUS)12	Clawson/Oakland Co[10:33.5] .....	/1984
10:33.2+	Miriam Boyd (Port Huron)11	Brighton/A State [10:36.8].....	6/ 3/1978
10:34.24+	Brooke Eilers (Holland Christian)12	Greensboro/Nike Outdoor [10:37.93].....	6/20/2008

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Yearbook standard: 10:53.81

## 100 METER HURDLES

13.66	Candice Davis (Ann Arbor Pioneer)12	Grand Rapids/D1 State (-1.2).....	5/31/2003
13.83	Kim Turner (Detroit Mumford)12	Bloomington/USA Junior Ch (h)[1.6].....	6/23/1979
13.84	Leslie Aririguzo (West Bloomfield)12	Rockford/D1 State (0.7).....	5/31/2008
13.94	Raven Clay (Detroit Cody)12	Southfield/AAU State.....	6/29/2008
13.99	Lindsay Bond (Southfield)12	Dayton/Roosevelt Memorial.....	5/ 5/2001

Yearbook standard: 14.68

## 300 METER HURDLES

42.70	Nikkie Bouyer (East Lansing)12	Indianapolis/Midwest MOC.....	6/11/1994
42.81	LaShunta Blander (Pontiac Northern)11	Rockford/A State.....	5/31/1997
42.82	Tiffany Ofili (Ypsilanti)12	Caledonia/D2 State.....	6/ 4/2005
42.85	Osamuede Iyoha (Ann Arbor Pioneer)12	Rockford/D1 State.....	6/ 5/2004
42.89	Kathleen LeValley (Forest Hills Central)10	Grand Rapids/D1 State.....	5/31/2003

Yearbook standard: 44.85

## HIGH JUMP

6-0	Gwen Wentland (Grand Blanc)12	Flint/CAN-USA.....	8/10/1990
5-11.25	Ellie Hayden (Capac)12	Grand Rapids/C State.....	5/31/1980
5-10.5	Sara Jane Baker (Mattawan)12	Delton/D2 Regional.....	5/17/2002
5-10	Jane Anderson (Saginaw Eisenhower)11	.....	/1977
5-10	Kelly Oberlin (Grant)12	[Track Results].....	/1991
5-10	Jenny Engelhardt (BC Lakeview)11	[HST].....	/1995
5-10	Alicia Britton (Olivet)12	Bath/C Regional.....	5/15/1998

Yearbook standard: 5-7.5

## POLE VAULT

12-7	Becca Pilkerton (Dexter)12	Ypsilanti/SEC.....	5/21/2008
12-6	Stephanie Teeple (Sturgis)12	D2 Regional.....	5/18/2001
12-2	Abby Shanahan (East Kentwood)12	Kentwood/D1 State.....	6/ 2/2007
12-1	Amy Morrison (Fenton)11	Kentwood/D1 State.....	6/ 3/2006

Yearbook standard: 11-0

## LONG JUMP

19-9.5	Chris Boehmer (Lapeer West)12	.....	/1982
19-8	Trinette Johnson (Detroit Cass Tech)12	Ypsilanti/A State.....	6/ 3/1989
19-7.5	Tanisha Williams (Ypsilanti)11	Ypsilanti/Kiwanis Inv.....	5/ 1/1998
19-7	Lorri Thornton (Flint Central)12	Brighton/A State.....	6/ 2/1979
19-5.75	Katrina Jones (Lansing Eastern)11	Kalamazoo/A Regional.....	5/27/1989

Yearbook standard: 18-5.75

## SHOT

49-6	Mary Angell (Byron Center)12	Wayland/dual.....	5/ 8/2007
48-8	Sonya Payne (Ann Arbor Huron)12	Ann Arbor/MOC.....	5/24/1986
48-4.5	Becky Breisch (Edwardsburg)12	Delaware/Midwest Meet.....	6/ 9/2001
48-0.5	Tia Brooks (East Kentwood)12	Rockford/D1 State.....	5/31/2008
47-9	Annette Bohach (North Muskegon)12	Bloomington/USA Junior Ch.....	6/24/1979

Yearbook standard: 12.17

## DISCUS

166-5	Alana Robinson (Grosse Ile)12	Delaware/Midwest MOC.....	6/13/1998
165-7	Mary Angell (Byron Center)12	Caledonia/dual.....	5/14/2007
158-7	Makeba Batten (Detroit Renaissance)12	Norfolk/AAU Junior Olympics.....	8/ 4/1998
158-3	Becky Breisch (Edwardsburg)12	Comstock Park/D3 State.....	6/ 2/2001
154-9	Astin Steward (Okemos)12	Grand Rapids/D1 State.....	5/31/2003

Yearbook standard: 137-0

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## 4 x 100 METERS

47.15 Detroit Mumford  
47.48 Detroit Cass Tech  
47.63 Detroit Mumford  
47.64 Detroit Mumford  
47.76 Detroit Mumford

Yearbook standard: 49.52

Rockford/D1 State ..... 6/ 4/2005  
Detroit/PSL ..... 5/24/1997  
Detroit/Operation Friendship..... 5/29/2001  
Raleigh/adidas Outdoor (h)..... 6/19/2004  
Dayton/Roosevelt Mitchell ..... 5/ 7/2005

## 4 x 200 METERS

1:37.72 Detroit Mumford  
1:38.47 Detroit Renaissance  
1:38.4 Detroit Cass Tech  
1:39.06 Detroit Cass Tech  
1:39.12 Detroit Mumford

Yearbook standard: 1:41.4

Rockford/D1 State ..... 6/ 4/2005  
Detroit/PSL ..... 5/25/2000  
Midland/A State ..... 6/ 4/1994  
Detroit/PSL ..... 5/25/2000  
Rockford/D1 State ..... 6/ 5/2004

## 4 x 400 METERS

3:46.43 Ann Arbor Pioneer  
3:46.8 Ann Arbor Pioneer  
3:49.15 Ann Arbor Pioneer  
3:49.38 Ann Arbor Pioneer  
3:49.5 Flint Northern

Yearbook standard: 3:56.2

Rockford/D1 State ..... 6/ 5/2004  
Philadelphia/National JO..... /1981  
Greensboro/USA Youth Ch (h) ..... 6/29/2006  
Lisle/USA Youth Ch ..... 7/ 8/2007  
Jackson/A State..... 6/ 4/1983

## 4 x 800 METERS

8:56.63 Rockford  
8:57.52 Rockford  
9:04.91 Saline  
9:05.49 Clarkston  
9:07.07 Rockford

Yearbook standard: 9:29.99

Raleigh/adidas Ch ..... 6/15/2001  
Raleigh/FootLocker Ch ..... 6/16/2000  
Greensboro/Nike Outdoor..... 6/16/2006  
Rockford/D1 State ..... 6/ 4/2005  
Dayton/Roosevelt Memorial..... 5/ 5/2000