

# 2024 Michigan HS Outdoor Track Elite Girls

Includes all meets, including out-of-state and summer competitions. In the early season, lists will not be 10-deep, as we wait for elite-level performances to reach that level. Another note for early season Michiganders: if there was a roof over your head, then the performance would be on the indoor lists.

Unlike Milesplit or Athletic-net lists, wind-aided marks and suspicious marks are separated from the main list, as they are not eligible for all-time list or record consideration.

+ = converted time; # (after time = en route time recorded on way to longer distance); (!) = in a field event listing indicates an ancillary mark made in competition.

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To make corrections: send a note to [jeffhollobaugh@gmail.com](mailto:jeffhollobaugh@gmail.com)

## Updated 4/29/2024

### 100 METERS

12.26	Kamryn Tatum (West Bloomfield)10	Oxford/Ball Inv (-2.6).....	4/27/2024
12.30	Keyanna O'Tey (Sturgis)11	Sturgis/tri (0.8).....	4/ 9/2024
12.30	Maya Rollins (Ann Arbor Pioneer)12	Ann Arbor/dual.....	4/ 9/2024
12.41	Cayla Hawkins (E Lansing MacDonald MS)7	DeWitt/dual.....	4/24/2024
12.42	Nevaeh Burns (Oak Park)9	Oak Park/Quad (0.0).....	4/10/2024
12.42	Logan Richardson (East Kentwood)9	Grandville/dual.....	4/10/2024
12.42	Alysia Townsend (Ann Arbor Skyline)12	Ann Arbor/Tri (SW15-26).....	4/ 9/2024
12.43	Adalyn Liang (Portage Central)11	Portage/dual.....	4/10/2024
12.46	Isabelle Armstrong (Novi)10	Northville/dual.....	4/ 9/2024
12.47	Maddy Piotrowski (Troy Athens)10	Ortonville/Tri County Inv.....	4/19/2024
12.47	Jayla Graham (Detroit Renaissance)12	Detroit/Courageous Inv (-0.4).....	4/27/2024

#### Wind-aided:

12.02	Keyanna O'Tey (Sturgis)11	Jackson/Janke Inv.....	4/26/2024
12.22	Logan Richardson (East Kentwood)9	Jackson/Janke Inv.....	4/26/2024
12.29	Londyn James (West Bloomfield)9	Farmington/dual (N12-18).....	4/24/2024
12.29	Grace Constable (Berrien Springs)12	Kent City/Elite (2.9).....	4/26/2024
12.35	Erikah Alexander (Battle Creek Central)11	Battle Creek/Lakeview Inv.....	4/ 5/2024
12.40	Grace Clemens (North Branch)12	North Branch/Inv.....	4/26/2024
12.41	Willow Mason (Saginaw Heritage)9	Chesaning/Classic (W25-30).....	4/19/2024
12.44	Claire Neumann (Saginaw Valley Lutheran)12	Chesaning/Classic (W25-30).....	4/19/2024
12.47	Semaj Robertson (GR Ottawa Hills)11	Grand Rapids/Elite Challenge (2.1).....	4/27/2024

### 200 METERS

25.02	Aubrey Wilson (Dearborn Divine Child)9	Orchard Lake/5-Way.....	4/ 9/2024
25.29	Cayla Hawkins (E Lansing MacDonald MS)7	DeWitt/dual.....	4/24/2024
25.37	Grace Constable (Berrien Springs)12	Kent City/Elite (1.4).....	4/26/2024
25.38	Kamryn Tatum (West Bloomfield)10	Oxford/Ball Inv (-2.6).....	4/27/2024
25.48	Keyanna O'Tey (Sturgis)11	Sturgis/tri (-1.0).....	4/ 9/2024
25.51	Maya Rollins (Ann Arbor Pioneer)12	Ypsilanti/Tri.....	4/16/2024
25.56	Morgan Roundtree (Oak Park)12	Oak Park/Quad (1.6).....	4/10/2024
25.61	Emma Thomas (Midland Dow)12	Freeland/Invitational.....	4/13/2024
25.62	Anaia Simmons (Romulus Summit Ac N)12	Detroit/Courageous Inv (-2.1).....	4/27/2024
25.63	Sydney Kuhn (Saginaw Swan Valley)11	Freeland/Invitational.....	4/13/2024

#### Wind-aided:

25.12	Maya Rollins (Ann Arbor Pioneer)12	Temperance/Tri (2.5).....	4/22/2024
25.39	Logan Richardson (East Kentwood)9	Mansfield/Relays (WNW18-26).....	4/13/2024

### 400 METERS

56.09	Nevaeh Burns (Oak Park)9	Detroit/Courageous Inv.....	4/27/2024
56.72	Emmry Ross (Onsted)11	Adrian/Tri .....	4/24/2024
57.12	Rachel Forsyth (Ann Arbor Pioneer)12	Ypsilanti/Tri .....	4/16/2024
57.75	Sydney Kuhn (Saginaw Swan Valley)11	Freeland/Invitational .....	4/13/2024
57.90	Shelby Sanders (Detroit Renaissance)12	Detroit/Courageous Inv.....	4/27/2024
57.97	Dayshana Kellogg (Oak Park)11	Oak Park/Quad .....	4/10/2024
58.05	Kate Huntzicker (Ann Arbor Huron)10	Ann Arbor/dual.....	4/22/2024
58.13	Erykah Alexander (Battle Creek Central)11	Kalamazoo/Lukens Inv .....	4/26/2024
58.21	Bianca Evuleocha (Farmington)12	Oxford/Ball Inv .....	4/27/2024
58.26	Alysia Townsend (Ann Arbor Skyline)12	Ann Arbor/dual.....	4/22/2024

### 800 METERS

2:11.81	Rachel Forsyth (Ann Arbor Pioneer)12	Dexter/April Showers.....	4/20/2024
2:12.75	Sydney Kuhn (Saginaw Swan Valley)11	Rochester Hills/Leigh Inv .....	4/19/2024
2:13.23	Layla Jordan (Goodrich)11	Rochester Hills/Leigh Inv .....	4/19/2024
2:14.67	Kylee King (Oak Park)12	Detroit/Courageous Inv.....	4/27/2024
2:15.23	Emmry Ross (Onsted)11	Ida/dual.....	4/17/2024
2:16.38	Payton Scheffler (Woodhaven)12	Rochester Hills/Leigh Inv .....	4/19/2024
2:16.51	Valerie Beeck (Grand Haven)11	Grand Rapids/Cougar Inv .....	4/20/2024
2:16.68	Daisy Speet (GRTC Peregrines)12	Rochester Hills/Leigh Inv .....	4/19/2024
2:16.73	Addison Washler (Forest Hills Eastern)12	Grand Rapids/Cougar Inv .....	4/20/2024
2:16.97	Emily Tomes (GR Catholic Central)12	Grand Rapids/Cougar Inv .....	4/20/2024

### 1500 METERS

4:32.47#	Rachel Forsyth (Ann Arbor Pioneer)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:37.66#	Payton Scheffler (Woodhaven)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:38.38#	Helen Sachs (Holland West Ottawa)11	Rome/Barnyard Inv (1M) .....	4/26/2024
4:38.56#	Emmry Ross (Onsted)11	Rome/Barnyard Inv (1M) .....	4/26/2024
4:38.93#	Emily Tomes (GR Catholic Central)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:38.94#	Victoria Garces (Midland Dow)11	Rome/Barnyard Inv (1M) .....	4/26/2024
4:39.27#	Morgan Brown (Livonia Churchill)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:39.63#	Jayden Harberts (Macomb Dakota)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:39.93#	Ella Christensen (Northville)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:40.23#	Sylvia Sanok Dufallo (Ann Arbor Pioneer)12	Rome/Barnyard Inv (1M) .....	4/26/2024

### 1600 METERS

4:48.99#	Rachel Forsyth (Ann Arbor Pioneer)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:53.36#	Emily Tomes (GR Catholic Central)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:53.85#	Emmry Ross (Onsted)11	Rome/Barnyard Inv (1M) .....	4/26/2024
4:54.74#	Payton Scheffler (Woodhaven)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:55.14#	Helen Sachs (Holland West Ottawa)11	Rome/Barnyard Inv (1M) .....	4/26/2024
4:55.48#	Victoria Garces (Midland Dow)11	Rome/Barnyard Inv (1M) .....	4/26/2024
4:55.72#	Morgan Brown (Livonia Churchill)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:55.91#	Jayden Harberts (Macomb Dakota)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:56.15#	Ella Christensen (Northville)12	Rome/Barnyard Inv (1M) .....	4/26/2024
4:56.75#	Sylvia Sanok Dufallo (Ann Arbor Pioneer)12	Rome/Barnyard Inv (1M) .....	4/26/2024

### MILE (no conversions)

4:50.55	Rachel Forsyth (Ann Arbor Pioneer)12	Rome/Barnyard Inv.....	4/26/2024
4:55.02	Emily Tomes (GR Catholic Central)12	Rome/Barnyard Inv.....	4/26/2024
4:55.46	Emmry Ross (Onsted)11	Rome/Barnyard Inv.....	4/26/2024
4:56.57	Payton Scheffler (Woodhaven)12	Rome/Barnyard Inv.....	4/26/2024
4:56.96	Helen Sachs (Holland West Ottawa)11	Rome/Barnyard Inv.....	4/26/2024
4:57.23	Victoria Garces (Midland Dow)11	Rome/Barnyard Inv.....	4/26/2024
4:57.45	Morgan Brown (Livonia Churchill)12	Rome/Barnyard Inv.....	4/26/2024
4:57.64	Jayden Harberts (Macomb Dakota)12	Rome/Barnyard Inv.....	4/26/2024
4:57.91	Ella Christensen (Northville)12	Rome/Barnyard Inv.....	4/26/2024
4:58.43	Sylvia Sanok Dufallo (Ann Arbor Pioneer)12	Rome/Barnyard Inv.....	4/26/2024

### 3200 METERS

10:09.99	Rachel Forsyth (Ann Arbor Pioneer)12	Temperance/Tri.....	4/22/2024
10:32.47	Helen Sachs (Holland West Ottawa)11	Grand Rapids/Cougar Inv .....	4/20/2024

10:45.16	Annie Hrabovsky (Romeo)9	Rochester Hills/Leigh Inv .....	4/19/2024
10:47.71	Jayden Harberts (Macomb Dakota)12	Rochester Hills/Leigh Inv .....	4/19/2024
10:53.82	Layla Krayem (Livonia Stevenson)12	Livonia/City .....	4/19/2024
10:55.93	Emmry Ross (Onsted)11	Adrian/Tri .....	4/24/2024
10:56.16	Stephanie DiPiazza (GRTC Peregrines)9	Hastings/Inv .....	4/12/2024
10:57.43	McKinley Jones (Saline)8	Jackson/Tri .....	4/18/2024
10:57.91	Katie Berkshire (Gaylord)10	Clare/Inv .....	4/26/2024
10:59.50	Shannon Gillahan (Okemos)12	Grand Ledge/Comet Inv .....	4/26/2024

### 100 HURDLES

13.96	Maya Rollins (Ann Arbor Pioneer)12	Ann Arbor/dual .....	4/ 9/2024
14.16	Morgan Roundtree (Oak Park)12	Oak Park/Quad (-0.9) .....	4/10/2024
14.68	Carrie VanNoy (Oak Park)11	Oak Park/Quad (-0.9) .....	4/10/2024
14.74	Lindsay Johnson (Detroit Cass Tech)12	Dexter/April Showers (-1.6) .....	4/20/2024
14.97	Jayda Watson (Oak Park)11	Oak Park/Quad (-0.9) .....	4/10/2024
14.99	Alana Bracey (East Kentwood)10	Jackson/Janke Inv .....	4/26/2024
15.15	Molly Brown (Addison)11	Napoleon/Inv .....	4/12/2024

### Wind-aided:

14.05	Maya Rollins (Ann Arbor Pioneer)12	Temperance/Tri (5.0).....	4/22/2024
15.30	Jada Wilson (Belleville)11	Belleville/dual (2.2) .....	4/16/2024

### 300 HURDLES

42.98	Morgan Roundtree (Oak Park)12	Detroit/Courageous Inv .....	4/27/2024
43.76	Lindsay Johnson (Detroit Cass Tech)12	Detroit/Courageous Inv .....	4/27/2024
45.38	Lauren Bickerdt (Detroit Renaissance)11	Detroit/Courageous Inv .....	4/27/2024
45.54	Alana Bracey (East Kentwood)10	Caledonia/dual.....	4/24/2024
46.12	Ashley Krahe (Northville)12	Northville/dual .....	4/ 9/2024
46.89	Emily Peters (Olivet)10	Stanton/Hornet Inv .....	4/26/2024
47.01	Jalia Marks (West Bloomfield)12	Oxford/Ball Inv .....	4/27/2024
47.02	Jayden VandenAkker (Allegan)10	Richland/Rising Stars .....	4/26/2024
47.23	Molly Brown (Addison)11	Hanover/Tri .....	4/16/2024
47.29	Beth Sweeney (Erie Mason)11	Sand Creek/Hinsdale Inv .....	4/26/2024

### HIGH JUMP

5-10	Milena Chevallier (Farmington Hills Mercy)12	Farmington Hills/dual .....	4/10/2024
5-6	Sophia Pell (Olivet)11	Lakewood/Inv .....	4/13/2024
5-6	Elli VanDusen (Kalamazoo Christian)9	Kalamazoo/dual .....	4/26/2024
5-5.25	Addison Hovey (Hart)11	Kent City/Elite .....	4/26/2024
5-5	Kenady Smith (Middleville TK)12	Wayland/Tri.....	4/16/2024
5-5	Kendall Wilcox (Shepherd)12	St Louis/TVC Jamboree.....	4/10/2024
5-5	Ariyana James (East Lansing)11	Grand Ledge/Tri.....	4/16/2024
5-5	Olivia Findlay (Marlette)12	Mayville/quad.....	4/16/2024
5-5	Ereni Polhamus (Comstock)10	Bangor/Inv .....	4/17/2024

### POLE VAULT

12-6	Brooke Bowers (Forest Hills Central)12	Greenville/Tri .....	4/18/2024
12-6	B. Bowers	Grand Rapids/Elite Classic .....	4/27/2024
12-0	Isabel German (Lowell)11	Grand Rapids/Elite Classic .....	4/27/2024
12-0	Aubree Bowers (Forest Hills Central)9	Grand Rapids/Elite Classic .....	4/27/2024
11-9	Giuliana Serapiglia (Plymouth)12	Novi/dual.....	4/23/2024
11-7	Allison Shelton (Ortonville Brandon)12	Corunna/dual .....	4/23/2024
11-6	Sabina DiMaggio (Lake Orion)10	Oxford/Ball Inv .....	4/27/2024
11-3	Libby Summerland (Owosso)12	Owosso/Tri.....	4/16/2024
11-3	Alex Cinzori (Plymouth)12	Novi/dual.....	4/23/2024
11-3	Kennedy Jasinski (Wayland Union)11	Grand Rapids/quad.....	4/23/2024
11-0	Katie Stewart (Salem)12	Novi/Relays .....	4/13/2024
11-0	Debbie McCoy (Dexter)10	Dexter/Tri .....	4/16/2024
11-0	Raiden Kipfmiller (Dexter)10	Dexter/Tri .....	4/16/2024
11-0	Taylor Diamond (Cedar Springs)12	Grand Rapids/Couger Inv .....	4/20/2024
11-0	Katherine Blue (Grand Ledge)11	Grand Ledge/Comet Inv .....	4/26/2024
11-0	Claire Adams (Rockford)12	Grand Ledge/Comet Inv .....	4/26/2024
11-0	Genna Golab (Clarkston)12	Warren/Johnson Relays.....	4/27/2024

**LONG JUMP**

18-8.5	Maya Justice (Woodhaven)11	Woodhaven/dual.....	4/16/2024
18-5	Lena Cleveland (Rochester)12	Rochester/dual.....	4/10/2024
17-10.5	Sadie Dykstra (Yale)10	Richmond/Tri .....	4/16/2024
17-10.25	Avery Lahti (Traverse City West)11	Midland/Graves-Swayze Relays .....	4/19/2024
17-8.25	Kaitlyn Molnar (Grosse Ile)12	Grosse Ile/dual.....	4/ 9/2024
17-6.5	Isabelle Armstrong (Novi)10	Northville/dual.....	4/ 9/2024
17-6	Grace Clemens (North Branch)12	Cass City/Inv .....	4/ 5/2024
17-4.5	Jayda Beene (Benton Harbor)11	Kalamazoo/Lukens Inv .....	4/26/2024
17-4	Grace Moeggenborg (Traverse City West)12	Traverse City/dual (N7).....	4/24/2024
17-4	Leigha Whitman (Stevensville Lakeshore)9	Kalamazoo/Lukens Inv .....	4/26/2024

**Wind-aided:**

18-1.75	Zoe Zeiser (Utica)12	Oxford/Ball Inv .....	4/27/2024
17-10	Ashley Richburg (Grand Ledge)12	Grand Ledge/Comet Inv (SE15-28) .....	4/26/2024
17-6	Olivia Findlay (Marlette)12	Marlette/Inv .....	4/19/2024
17-5	Leigha Whitman (Stevensville Lakeshore)9	Stevensville/dual (SE21-30) .....	4/16/2024
17-4.75	Ella Grabowski (Coldwater)9	Portage/Huskie Inv .....	4/19/2024
17-4	Sophia Blackwell (Big Rapids)11	Big Rapids/Quad.....	4/ 9/2024

**SHOT**

45-5	Abigail Russell (Allen Park)12	Allen Park/Coed Relays .....	4/ 6/2024
44-10.75	Russell	Oxford/Ball Inv .....	4/27/2024
44-9	Janae Hudson (Marysville)12	Marysville/Dual .....	4/18/2024
44.4.5	Russell	Wyandotte/dual.....	4/16/2024
43-5.5	Rylan Finstrom (Grayling)12	Eaton Rapids/quad .....	4/22/2024
42-4.25	Lorelai Zielinski (Traverse City Central)9	Midland/Graves-Swayze Relays .....	4/19/2024
42-4	Kaila Monroe (Eastpointe)11	Warren/Johnson Relays.....	4/27/2024
42-3	Addyson Stiverson (Montrose)9	Breckenridge/Windmill Inv .....	4/20/2024
41-11	Mackenzie Johns (Cadillac)12	Clare/Inv .....	4/26/2024
41-10.75	Aubree Meyer (Hartland)12	Brighton/Bulldog Inv.....	4/27/2024
41-7.5	Leigha Stoecker (Jenison)11	Jenison/dual .....	4/24/2024
41-1	Cora Williams (Ann Arbor Richard)11	Orchard Lake/Tri.....	4/25/2024

**DISCUS**

163-5	Abigail Russell (Allen Park)12 (146-6, 149-6, 163-5, 135-2)	Wyandotte/dual.....	4/16/2024
138-7	Rylan Finstrom (Grayling)12	Eaton Rapids/quad .....	4/22/2024
137-2	Lorelai Zielinski (Traverse City Central)9	Traverse City/dual.....	4/24/2024
135-9	Anna Tilden (Zeeland East)12	Zeeland/dual .....	4/25/2024
135-1	Jada Ewell (Royal Oak)11	Royal Oak/dual .....	4/15/2024
134-7	Janae Hudson (Marysville)12	Marysville/dual .....	4/15/2024
129-10	Ella Schafer (St Johns)12	Mason/dual .....	4/23/2024
129-8	Rachel Anderson (Portage Northern)10	Portage/dual .....	4/16/2024
129-2	Leigha Stoecker (Jenison)11	Jenison/dual .....	4/24/2024
129-1	Ania Tobioy (Wyandotte Roosevelt)12	Frankenmuth/Marcel Inv .....	4/19/2024

**Downhill slope:**

165-0	Abigail Russell (Allen Park)12	Oxford/Ball Inv .....	4/27/2024
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**4 x 100 RELAY**

47.21	Detroit Renaissance (Kristen Lavergne, Jayla Dace, Ludson Johnson, Jayla Graham)	Detroit/Courageous Inv.....	4/27/2024
47.34	Oak Park (Carrie VanNoy, Morgan Roundtree, Mahlan Tate, Jayda Watson)	Detroit/Courageous Inv.....	4/27/2024
48.07	Romulus Summit Academy North (Londyn Hall, Anaiia Simmons, Yasmine Preister, Heaven Copeland)	Detroit/Courageous Inv.....	4/27/2024
48.12	West Bloomfield (Lena Grays, Londyn James, Ese Uwedjojevwe, Kamryn Tatum)	Oxford/Ball Inv .....	4/27/2024
48.86	Saginaw Heritage	Mt Pleasant/Oiler Inv .....	4/26/2024
49.16	Woodhaven	Detroit/Courageous Inv.....	4/27/2024
49.18	Detroit Cass Tech	Detroit/Courageous Inv.....	4/27/2024
49.54	East Kentwood	Jackson/Janke Inv .....	4/26/2024

49.56	Grand Rapids Ottawa Hills	Grand Rapids/Elite Challenge .....	4/27/2024
49.93	Sturgis	Sturgis/Tri .....	4/ 9/2024

**4 x 200 RELAY**

1:41.22	Oak Park	Oak Park/Quad .....	4/10/2024
1:41.23	Detroit Renaissance	Detroit/Courageous Inv .....	4/27/2024
1:41.71	Oak Park	Detroit/Courageous Inv .....	4/27/2024
1:42.25	Romulus Summit Academy North	Detroit/Courageous Inv .....	4/27/2024
1:42.30	Detroit Renaissance	Novi/Relays .....	4/13/2024
1:42.89	Woodhaven	Detroit/Courageous Inv .....	4/27/2024
1:43.10	Dearborn Divine Child	Detroit/Courageous Inv .....	4/27/2024
1:43.59	East Kentwood	Kentwood/dual .....	4/29/2024
1:43.80	Byron Center	Grand Rapids/Elite Challenge .....	4/27/2024
1:44.06	West Bloomfield	Oxford/Ball Inv .....	4/27/2024
1:44.19	Saginaw Heritage	Mt Pleasant/Oiler Inv .....	4/26/2024
1:44.34	Forest Hills Central	Grand Rapids/Elite Challenge .....	4/27/2024

**4 x 400 RELAY**

3:48.90	Oak Park	Detroit/Courageous Inv .....	4/27/2024
	(Kelis Hunter-Young 58.9, Kylee King, 56.5, Carrie VanNoy 57.7, Nevaeh Burns 55.8)		
3:50.09	Detroit Renaissance	Detroit/Courageous Inv .....	4/27/2024
	(Lauren Bickerdt, Jordyn Burr, Lndon Johnson, Shelby Sanders)		
4:00.26	Detroit Cass Tech	Detroit/Courageous Inv .....	4/27/2024
4:04.18	Walled Lake Northern	Brighton/Bulldog Inv .....	4/27/2024
4:05.07	Ann Arbor Pioneer	Dexter/April Showers .....	4/20/2024
4:05.63	Grand Haven	Grand Haven/dual .....	4/17/2024
4:06.00	Holland West Ottawa	Kentwood/dual .....	4/17/2024
4:07.95	Grand Blanc	Rockford/Rams Classic .....	4/12/2024
4:08.14	Northville	Brighton/dual .....	4/23/2024
4:08.93	East Grand Rapids	Grand Rapids/Cougar Inv .....	4/20/2024

**4 x 800 RELAY**

9:16.33	Ann Arbor Pioneer	Ann Arbor/dual .....	4/ 9/2024
9:24.65	Ann Arbor Pioneer	Ypsilanti/Tri .....	4/16/2024
9:26.57	Grand Haven	Kentwood/dual .....	4/29/2024
9:32.33	Brighton	Brighton/dual .....	4/24/2024
9:35.58	Saline	Jackson/Janke Inv .....	4/26/2024
9:36.24	Frankenmuth	Mt Pleasant/Oiler Inv .....	4/26/2024
9:39.33	East Kentwood	Kentwood/dual .....	4/29.2024
9:39.39	Northville	Brighton/dual .....	4/24/2024
9:40.33	Zeeland East	Zeeland/dual .....	4/25/2024
9:45.32	Grand Haven	Grand Rapids/Cougar Inv .....	4/20/2024
9:48.51	GRTC Peregrines	Rochester Hills/Leigh Inv .....	4/19/2024
9:48.67	East Grand Rapids	Greenville/Tri .....	4/18/2024

**4 x 1600 RELAY**

22:28.43	Zeeland East	Caledonia/Soderman Relays .....	4/13/2024
23:07.04	Zeeland West	Caledonia/Soderman Relays .....	4/13/2024
23:27.98	Rochester Adams	Novi/Relays .....	4/13/2024
23:50.58	Rochester Hills Stoney Creek	Livonia/Patriot Relays .....	4/ 6/2024

**800 SPRINT MEDLEY**

1:53.54	Midland Dow	Midland/Graves-Swayze Relays .....	4/19/2024
1:54.77	Milford	Warren/Johnson Relays .....	4/27/2024
1:56.55	Traverse City West	Midland/Graves-Swayze Relays .....	4/19/2024
1:57.58	Clarkston	Warren/Johnson Relays .....	4/27/2024
1:59.18	Utica Ford	Warren/Johnson Relays .....	4/27/2024
1:59.21	Macomb Dakota	Warren/Johnson Relays .....	4/27/2024

**SWEDISH MEDLEY (1000m)**

2:22.17	Forest Hills Central	Grand Rapids/Elite Challenge .....	4/27/2024
2:25.94	Grand Rapids Catholic Central	Grand Rapids/Elite Challenge .....	4/27/2024

2:27.83 GR Ottawa Hills  
2:28.68 Lowell  
2:33.99 Traverse City West

Grand Rapids/Elite Challenge .....4/27/2024  
Grand Rapids/Elite Challenge .....4/27/2024  
Grand Rapids/Elite Challenge .....4/27/2024

**1200 SPRINT MEDLEY**

3:04.71 Zeeland West  
3:06.20 Grand Rapids Christian  
3:07.60 Byron Center  
3:08.53 Caledonia

Caledonia/Soderman Relays .....4/13/2024  
East Grand Rapids/Classic .....4/27/2024  
Caledonia/Soderman Relays .....4/13/2024  
Caledonia/Soderman Relays .....4/13/2024

**1600 SPRINT MEDLEY**

4:31.55 Rochester Adams

Novi/Relays .....4/13/2024

**2400 MEDLEY**

6:52.66 Ann Arbor Pioneer

Lansing/Catholic Relays .....4/13/2024

**DISTANCE MEDLEY**

12:20.70 Ann Arbor Pioneer  
12:37.0 Traverse City West  
12:52.0 Traverse City Central  
13:14.61 Clarkston  
13:14.84 Bay City Western  
13:17.39 Zeeland West  
13:17.57 Lansing Catholic  
13:20.43 Livonia Stevenson

Lansing/Catholic Relays .....4/13/2024  
Midland/Graves-Swayze Relays .....4/19/2024  
Midland/Graves-Swayze Relays .....4/19/2024  
Warren/Johnson Relays .....4/27/2024  
Auburn/BCW Relays .....4/13/2024  
Caledonia/Soderman Relays .....4/13/2024  
Lansing/Catholic Relays .....4/13/2024  
Novi/Relays .....4/13/2024