

1976 Michigan HS Girls Outdoor List



These lists are an attempt to recreate an accurate top 10+ list for the season. It is impossible to make an archival list like this 100% accurate, but even an imperfect list will give fans a snapshot of how the season played out and who the major players were. Corrections and old results are welcome. This will be updated whenever I make important changes.

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Sources: ATL, Jim Moyes' state champs research, David Woods' *History of Grand Rapids City League*, LSJ list, Newspapers.com.

Needed: more microfilm newspaper research from other areas: Detroit, Flint, Saginaw, Kalamazoo, Jackson, Monroe, etc, as well as copies of original results.

At left: Sophomore Rochelle Collins of Detroit Immaculata dominated, hitting 55.90 for 400. Her 2:11.2 for won the AAU Junior Olympic Nationals. She won 7 Class B titles, including 4-straight in the 880. She later won All-America honors at UTEP.

100 YARDS

10.8	Linda Merrifield (Williamston)12	DeWitt/C Regional.....	5/22/1976
10.9	Josephine Hobbs (Detroit Central)12	Detroit/A Regional.....	5/22/1976
10.9	Lisa Glenn (Detroit Cody)10	Cleveland/Junior Olympic Regional.....	7/19/1976
11.0	Hobbs	Bloomfield Hills/A State.....	6/ 5/1976
11.0	Merrifield	St Louis/C State.....	6/ 5/1976
11.0	Carol Montgomery (Detroit?)	Cleveland/Junior Olympic Regional.....	7/19/1976
11.1	Karen Johnson (Battle Creek Lakeview)11	East Lansing/A Regional.....	5/22/1976
11.1	Hobbs	Detroit/PSL.....	5/27/1976
11.1	Liz Shon (Kalamazoo Central)12	Bloomfield Hills/A State.....	6/ 5/1976
11.2	Alyson Green (Lansing Hill)11	East Lansing/A Regional.....	5/22/1976
11.2	LaDean Watts (Lansing Waverly)11	East Lansing/A Regional.....	5/22/1976
11.2	Molly Brennan (Waterford Mott)10	West Bloomfield/Oakland County.....	5/28/1976
11.2	Cindy Tett (Grand Rapids Ottawa Hills)9	Grand Rapids/dual.....	5/14/1976
11.3	Anne Kelpser (Bay City Western)9	East Lansing/A Regional.....	5/22/1976
11.3	Edris Howard (Detroit Pershing)	Bloomfield Hills/A State.....	6/ 5/1976
11.3	Johanna Matthyssen (Holt)12	(LSJ).....	/1976
Questionable timing/wind:			
10.7	Edris Howard (Detroit Pershing)	Madison Heights/Operation Friendship.....	6/ 2/1976

100 METERS

11.7	Lisa Glenn (Detroit Cody)10	Knoxville.....	4/10/1976
12.1	Glenn	Etobicoke/Guardian [-4.9fps].....	7/10/1976
12.4	Molly Brennan (Waterford Mott)10	Etobicoke/Guardian [-4.9fps].....	7/10/1976

220 YARDS

24.99+	Cheryl Gilliam (Detroit Cass Tech)11	Westwood/AAU Junior Ch (h)(-1.5)(24.84)6/14/1976	
25.09+	Gilliam	Westwood/AAU Junior Ch (s)(-1.2)(24.94)6/14/1976	
Hand-timed:			
24.0+	Cheryl Gilliam (Detroit Cass Tech)11	Scarborough (24.0).....	8/ 7/1976
24.1	Gilliam	Madison Heights/Operation Friendship.....	6/ 2/1976
24.3	Gilliam	A Regional.....	5/23/1976

24.3	Gilliam	Junior Olympics.....	/1976
24.4	Liz Shon (Kalamazoo Central)12	/1976
24.4	Gilliam	Detroit/PSL.....	5/27/1976
24.4	Gilliam	Memphis.....	8/22/1976
24.5	Josephine Hobbs (Detroit Central)12	Bloomfield Hills/A State.....	6/ 5/1976
24.5	Molly Brennan (Waterford Mott)10	/1976	
24.7	Gilliam	Bloomfield Hills/A State.....	6/ 5/1976
24.7	Gilliam	Cleveland/Junior Olympic Regional.....	7/19/1976
25.0	Linda Merrifield (Williamston)12	DeWitt/C Regional.....	5/22/1976
25.1	Rhonda Edwards (Stevensville)11	Comstock/B State.....	6/ 5/1976
25.1	Sue Finner (Eaton Rapids)11	Battle Creek/B Regional.....	5/22/1976
25.2	Lisa Wellner (Monroe St Mary)12	Comstock/B State.....	6/ 5/1976
25.3	Alyson Greene (Lansing Hill)11	East Lansing/A Regional.....	5/22/1976
25.5	Cindy Tett (Grand Rapids Ottawa Hills)9	Grand Rapids/City (h).....	5/18/1976
25.5	Carol Montgomery (Detroit?)	Junior Olympic Regional.....	/1976
25.6	LaDean Watts (Lansing Waverly)11	(LSJ).....	/1976
Wind-aided:			
25.0	Molly Brennan (Waterford Mott)10	Midland/Inv.....	6/19/1976

440 YARDS

56.23+	Rochelle Collins (Detroit Immaculata)10	Westwood/AAU Junior Ch (h) (55.90).....	6/14/1976
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Hand-timed:

56.1	Johanna Matthyssen (Holt)12	Comstock/B State.....	6/ 5/1976
56.1+	Rochelle Collins (Detroit Immaculata)10	Knoxville (55.7).....	4/10/1976
56.7	Collins	Madison Heights/Operation Friendship.....	6/ 2/1976
56.7	Ruth Hubbard (Walled Lake Western)10	Bloomfield Hills/A State.....	6/ 5/1976
57.0	Collins	Comstock/B State.....	6/ 5/1976
57.1	Janice Dale (Detroit Northern)11	Detroit/PSL.....	5/27/1976
57.2	Sharon Dreyer (Livonia Bentley)12	Bloomfield Hills/A State.....	6/ 5/1976
57.2+	Collins	Etobicoke/Guardian (56.8).....	7/10/1976
57.9	Ella Willis (Detroit Pershing)12	Bloomfield Hills/A State.....	6/ 5/1976
58.1	Debbie Everley (Westland Glenn)11	Bloomfield Hills/A State.....	6/ 5/1976
58.1	Narlene O'Connor (Grand Rapids Ottawa Hills)11	Bloomfield Hills/A State.....	6/ 5/1976
58.3	Delisa Walton (Detroit Mackenzie)9	Bloomfield Hills/A State.....	6/ 5/1976
58.4	Karen McDougall (Westland Glenn)11	Bloomfield Hills/A State.....	6/ 5/1976

880 YARDS

2:11.2	Rochelle Collins (Detroit Immaculata)10	Memphis/AAU Junior Olympics.....	8/22/1976
2:12.3	Collins	Madison Heights/Operation Friendship.....	6/ 2/1976
2:14.3	Collins	Comstock/B State.....	6/ 5/1976
2:14.9	Ella Willis (Detroit Pershing)12	Bloomfield Hills/A State.....	6/ 5/1976
2:15.1	Willis	Detroit/PSL.....	5/27/1976
2:15.5	Kelly Spatz (Saginaw Eisenhower)11	Bloomfield Hills/A State.....	6/ 5/1976
2:16.1	Dawn Juola (East Lansing)11	East Lansing/A Regional.....	5/22/1976
2:16.2	Brenda Ray (Comstock)10	Comstock/B State.....	6/ 5/1976
2:16.6	Cathy Bjork (Midland)10	East Lansing/A Regional.....	5/22/1976
2:17.1	Laurie Bleckley (Coopersville)10	Comstock/B State.....	6/ 5/1976
2:20.5	Vicki Simpson (Madison Heights Lamphere)10	Bloomfield Hills/A State.....	6/ 5/1976
2:20.9	Janel Root (Stevensville Lakeshore)9	Comstock/B State.....	6/ 5/1976
2:21.5	Diana Ervin (Lansing Waverly)11	Bloomfield Hills/A State.....	6/ 5/1976
2:22.0	Sue McDonald (Ludington)11	Comstock/B State.....	6/ 5/1976

MILE

5:06.4	Kathy Wilson (Bloomfield Hills Lahser)11	Bloomfield Hills/A State.....	6/ 5/1976
5:06.7	Wilson	West Bloomfield/Oakland County.....	5/28/1976
5:07.8	Debbie Ervin (Lansing Waverly)11	Bloomfield Hills/A State.....	6/ 5/1976
5:09.3	Mary Ann Opalewski (Saginaw MacArthur)11	Cleveland/Junior Olympic Regional.....	7/19/1976
5:14.7	Ervin	East Lansing/A Regional.....	5/22/1976
5:14.8	Sue Jarvis (Livonia Ladywood)10	Madison Heights/Operation Friendship.....	6/ 2/1976
5:16.4	Joan Alderink (Southfield Christian)	Lansing/D State.....	6/ 5/1976
5:18.8	Dawn Juola (East Lansing)11	(LSJ).....	/1976
5:20.7	Lori Call (?)	Cleveland/Junior Olympic Regional.....	7/19/1976

5:21.5	Cindy Sprague (Lansing Catholic)10	(LSJ)...../1976
5:22.3	Keela Yount (DeWitt)11	St Louis/C State 6/ 5/1976
5:23.0	Maureen Walsh (Big Rapids)	Comstock/B State..... 6/ 5/1976
5:27.0	Sue Varga (Three Oaks River Valley)12	Comstock/B State..... 6/ 5/1976
5:27.0	Cindy Nelson (Hastings)11	Comstock/B State..... 6/ 5/1976
5:27.0	Sonya Tomes (Ottawa Lake Whiteford)11	Lansing/D State..... 6/ 5/1976

TWO MILES

11:00.0	Mary Ann Opalewski (Saginaw MacArthur)11	Comstock/B State..... 6/ 5/1976
11:16.9	Sally Zook (Traverse City)10	Bloomfield Hills/A State 6/ 5/1976
11:27.9	Kirsten Hansen (Napoleon)	St Louis/C State 6/ 5/1976
11:31.2	Cynthia Sprague (Lansing Catholic)10	(LSJ)...../1976
11:35.6	Paula Leazesey (Carleton Airport)	Comstock/B State..... 6/ 5/1976
11:39.3	Laura Okkonen (Sparta)	Comstock/B State..... 6/ 5/1976
11:41.7	Marcie Nesbitt (Birmingham Groves)11	West Bloomfield/Oakland County 5/28/1976
11:37.6	Julie Voyles (Livonia Stevenson)10	Bloomfield Hills/A State 6/ 5/1976
11:44.0	Julie Roberts (Fenton)11	Comstock/B State..... 6/ 5/1976
11:46.8	Janine Crawley (East Lansing)9	Bloomfield Hills/A State 6/ 5/1976

110-YARD LOW HURDLES (30")

14.4	Ann Cwik (Redford Borgess)10	Madison Heights/Operation Friendship 6/ 2/1976
14.4	Carol Guardiola (Lincoln Park)9	Cleveland/Junior Olympic Regional..... 7/19/1976
14.5	Kim Hatchett (Pontiac Central)12	West Bloomfield/Oakland County 5/28/1976
14.5	Hatchett	Bloomfield Hills/A State 6/ 5/1976
14.7	Cwik	Bloomfield Hills/A State 6/ 5/1976
14.7	Terri Wright (Pontiac Central)11	Bloomfield Hills/A State 6/ 5/1976
14.8	Monty Robinson (Mt Clemens)11	Bloomfield Hills/A State 6/ 5/1976
14.9	Sarah Peterson (Ann Arbor Huron)10	Bloomfield Hills/A State 6/ 5/1976
14.9	Jeanette Hastings (Leroy Pine River)	St Louis/C State 6/ 5/1976
15.0	Shirley Mason (Pontiac Central)9	Bloomfield Hills/A State 6/ 5/1976
15.0	Peggy Thias (Lansing Catholic)11	(LSJ)...../1976
15.1	Janet Cook (Novi)11	Comstock/B State..... 6/ 5/1976
15.1	Sheila Warren (Lansing Waverly)11	East Lansing/A Regional 5/22/1976
15.2	Renee Turner (Flint Central)10	Bloomfield Hills/A State 6/ 5/1976
15.2	Lisa Fater (Trenton)11	Bloomfield Hills/A State 6/ 5/1976
15.2	Jan AuMaugher (Alma)11	Comstock/B State..... 6/ 5/1976

HIGH JUMP

5-9	Beth Brunn (Utica)10	Comstock/B State..... 6/ 5/1976
5-8	Julie Hyde (Caro)12	Comstock/B State..... 6/ 5/1976
5-8	Terri Johnson (Muskegon Catholic)11	Comstock/B State..... 6/ 5/1976
5-8	Linnell Jones (Flint Northwestern)12	A Regional...../1976
5-8	Sue Reimer (Walled Lake Western)11/1976
5-7	Pam Brown (Morenci)10	Lansing/D State..... 6/ 5/1976
5-6	Debbie Peterson (Fenton)9	Comstock/B State..... 6/ 5/1976
5-6	Amy Borrelli (Watervliet)11	St Louis/C State 6/ 5/1976
5-6	Laura Neer (North Adams)11	Lansing/D State..... 6/ 5/1976
5-5	Linda Wright (West Bloomfield)11	West Bloomfield/Oakland County 5/28/1976
5-5	Lisa Milbert (Wayne Memorial)	Bloomfield Hills/A State 6/ 5/1976
5-5	Joanna Jacobs (Southfield Lathrup)	Bloomfield Hills/A State 6/ 5/1976
5-5	Debbie Sorkoram (Sturgis)11	Comstock/B State..... 6/ 5/1976
5-5	Johanna Matthyssen (Holt)12	Comstock/B State..... 6/ 5/1976
5-5	Cindy Tarrant (Bath)12	Pinckney/Ingham County League..... 5/25/1976
5-5	Ellen Dempsey (Howell)11	(LSJ)...../1976

LONG JUMP

18-10	Linnell Jones (Flint Northwestern)12	Flint/Greater Flint...../1976
18-5.75	Beth Brunn (Utica)10	Comstock/B State..... 6/ 5/1976
18-2	Ellen Dempsey (Howell)11	(LSJ)...../1976
18-1.75	Cynthia Tett (Grand Rapids Ottawa Hills)9	Bloomfield Hills/A State 6/ 5/1976
18-0.5	Sue Reimer (Walled Lake Western)11	West Bloomfield/Oakland County 5/28/1976
17-11.5	Susan Brown (Tecumseh)	Comstock/B State..... 6/ 5/1976

17-10.5	Ann Cwik (Redford Borgess)10	Bloomfield Hills/A State	6/ 5/1976
17-10	Becky Browning (Saginaw)10	East Lansing/A Regional	5/22/1976
17-8	Brenda Wilson (Ypsilanti)11	Bloomfield Hills/A State	6/ 5/1976
17-5.75	Patty O'Driscoll (Grand Rapids Catholic Central)10	Comstock/B State.....	6/ 5/1976
17-5.5	Diane Wymore (Midland)11	East Lansing/A Regional	5/22/1976

SHOT (8lb / 3.63kg)

45-0.5	Sharon Upshaw (Mt Clemens)12	Bloomfield Hills/A State	6/ 5/1976
39-9	Abby Currier (Lake City)11	Lansing/D State.....	6/ 5/1976
39-0.5	Dawn LaPine (Escanaba)11	Marquette/UPAB State	5/29/1976
39-0	Pat Barber (Ferndale)	West Bloomfield/Oakland County	5/28/1976
38-10.75	Carmela Hull (Benton Harbor)11	Dowagiac/dual.....	4/29/1976
38-6.5	Polly Prouty (Traverse City)11	Mt Pleasant/Chippewa Relays	5/ 7/1976
38-1	Mary Niedzwiecki (Grand Rapids West Catholic)11	Grand Rapids/dual	5/ 7/1976
38-1	Konni Brummeier (Williamston)12	DeWitt/C Regional.....	5/22/1976
38-1	David Boozer (Detroit Cass Tech)10	Madison Heights/Operation Friendship	6/ 2/1976
38-1	Doni Meiers (Richland Gull Lake)11	Comstock/B State.....	6/ 5/1976
38-0	Janet Wollet (Fowlerville)12	DeWitt/C Regional.....	5/22/1976

DISCUS

133-8	Josephine Mask (Lansing Sexton)10	Free Press Inv	/1976
121-1	Abby Currier (Lake City)11	Lansing/D State.....	6/ 5/1976
119-7	Denise Parker (Pinckney)10	Bath/Inv	5/15/1976
119-4	Gina Marquardt (Freesoil)	Lansing/D State.....	6/ 5/1976
116-1	Mary Carter (Ferndale)	West Bloomfield/Oakland County	5/28/1976
115-4	Suzanne Maynard (Fremont)11	Comstock/B State.....	6/ 5/1976
115-0	Shelia Warren (Lansing Waverly)11	Holt/CAC	5/26/1976
114-10	Carolyn Keesor (Traverse City)11	Traverse City/Black & Gold	4/ 1/1976
112-8	Karen Marcotte (Lake Linden-Hubbell)	Marquette/UPD State	5/29/1976
111-7	Janet Wollet (Fowlerville)12	(LSJ).....	/1976
111-0	David Boozer (Detroit Cass Tech)10	Detroit/PSL	5/27/1976
109-2	Jean White (Escanaba)10	Marquette/UPAB State	5/29/1976
109-0	Annette Fowler (Holt)11	(LSJ).....	/1976

4 x 110-YARD RELAY

48.6	Detroit Cass Tech	Bloomfield Hills/A State	6/ 5/1976
48.8	Detroit Cass Tech	Detroit/PSL	5/27/1976
48.9	Detroit Cass Tech	Madison Heights/Operation Friendship	6/ 2/1976
49.1	Mt Clemens	Bloomfield Hills/A State	6/ 5/1976
49.3	Detroit Southwestern	Bloomfield Hills/A State	6/ 5/1976
49.5	Kalamazoo Central	Bloomfield Hills/A State	6/ 5/1976
49.7	Ypsilanti	Bloomfield Hills/A State	6/ 5/1976
49.8	Flint Central	Bloomfield Hills/A State	6/ 5/1976
50.0	Westland Glenn	Bloomfield Hills/A State	6/ 5/1976
50.0	Williamston	Pinckney/Ingham County League.....	5/25/1976
50.1	Pontiac Central	Bloomfield Hills/A State	6/ 5/1976
50.5	Grand Rapids Ottawa Hills	Grand Rapids/dual	5/14/1976
50.5	Bay City Western	East Lansing/A Regional	5/22/1976

4 x 220-YARD RELAY

1:42.3	Detroit Cass Tech	Bloomfield Hills/A State	6/ 5/1976
1:42.5	Detroit Cass Tech	Madison Heights/Operation Friendship	6/ 2/1976
1:43.5	Detroit Cass Tech	Detroit/PSL	5/27/1976
1:43.5	Mt Clemens	Bloomfield Hills/A State	6/ 5/1976
1:44.6	Detroit Central	Bloomfield Hills/A State	6/ 5/1976
1:45.0	Holt	Comstock/B State.....	6/ 5/1976
1:45.5	Redford Borgess	Bloomfield Hills/A State	6/ 5/1976
1:45.6	Detroit Pershing	Bloomfield Hills/A State	6/ 5/1976
1:45.7	Muskegon Catholic	Comstock/B State.....	6/ 5/1976
1:45.8	Detroit Southeastern	Bloomfield Hills/A State	6/ 5/1976
1:45.8	Albion	Comstock/B State.....	6/ 5/1976
1:45.8	Kalamazoo Central	St Joseph/Girls Inv	5/ 1/1976

1:45.9 Alma Comstock/B State..... 6/ 5/1976

Mixed Team:

1:40.6+ Motor City TC # Etobicoke/Guardian (1:40.0) 7/10/76

4 x 440-YARD RELAY

3:57.8	Walled Lake Western	Bloomfield Hills/A State	6/ 5/1976
4:00.1	Redford Borgess	Bloomfield Hills/A State	6/ 5/1976
4:03.0	Holt	Comstock/B State.....	6/ 5/1976
4:03.9	Detroit Pershing	Bloomfield Hills/A State	6/ 5/1976
4:04.1	Detroit Northern	Madison Heights/Operation Friendship	6/ 2/1976
4:05.7	Howell	Bloomfield Hills/A State	6/ 5/1976
4:05.9	Coopersville	Comstock/B State.....	6/ 5/1976
4:06.5	Detroit Central	Bloomfield Hills/A State	6/ 5/1976
4:07.0	Hillsdale	Comstock/B State.....	6/ 5/1976
4:07.7	Fenton	Comstock/B State.....	6/ 5/1976

4 x 880-YARD RELAY

10:18.9 Grand Ledge St Joseph/Girls Inv 5/ 1/1976

880-YARD SPRINT MEDLEY

1:55.4	Benton Harbor	St Joseph/Girls Inv	5/ 1/1976
1:56.0	St Joseph	St Joseph/Girls Inv	5/ 1/1976
1:57.2	Springport	Galesburg/GA Relays.....	5/15/1976
1:57.5	Coloma	Dowagiac/Roadrunner Relays.....	5/ 1/1976
1:59.0	Kalamazoo Central	St Joseph/Girls Inv	5/ 1/1976

1320-YARD SPRINT MEDLEY

2:58.9	Stevensville Lakeshore	Otsego/Bulldog Relays.....	4/30/1976
2:59.5	East Lansing	St Joseph/Girls Inv	5/ 1/1976
3:00.7	Williamston	Olivet/Relays	4/30/1976
3:01.2	Kalamazoo Norrix	St Joseph/Girls Inv	5/ 1/1976
3:02.6	Battle Creek St Philip	Galesburg/GA Relays.....	5/15/1976
3:03.5	Kalamazoo Central	St Joseph/Girls Inv	5/ 1/1976
3:04.2	Grand Ledge	St Joseph/Girls Inv	5/ 1/1976

DISTANCE MEDLEY

13:43.1 Bath Mt Pleasant/Chippewa Relays 5/ 7/1976