

1989 Michigan HS Outdoor Girls

100 METERS

11.84	Trinette Johnson (Detroit Cass Tech)12	Detroit/PSL.....	5/23/1989
11.84	Crystal Braddock (Ann Arbor Pioneer)12	Ypsilanti/A State	6/ 3/1989
11.85	Braddock	Indianapolis/Midwest MOC	6/10/1989
11.96	Yvette Smiley (Detroit Central)	Detroit/PSL.....	5/23/1989
11.97	Johnson	Detroit/PSL East.....	5/ 9/1989
11.98	Shameakia Dunwoody (Detroit Cass Tech)9	Ann Arbor	7/ 8/1989
11.99	Patrice Verdun (Flint Central)	Ypsilanti/A State	6/ 3/1989
12.10	Johnson	Ypsilanti/A State	6/ 3/1989
12.13	Dunwoody	Detroit/PSL.....	5/23/1989
12.47	Smiley	Ypsilanti/A State	6/ 3/1989
12.48	Josie Carter (Grand Rapids Creston)	Ypsilanti/A State	6/ 3/1989
12.50	Nicole Wilson (Ypsilanti)	Ypsilanti/A State	6/ 3/1989
12.52	Kayce Shepard (Flint Central)	Ypsilanti/A State	6/ 3/1989
12.60	Yolanda Ferguson (Benton Harbor)	Ypsilanti/A State	6/ 3/1989
12.61	Cathy Fromwiller (Marlette)	Alma/C State.....	6/ 3/1989

Hand-timed:

11.5	Crystal Braddock (Ann Arbor Pioneer)12	Kalamazoo/Lady Knight Inv	4/27/1989
11.6	Braddock	Lake Fenton/A Regional.....	5/27/1989
11.6	Danielle Pierce (Detroit DePorres)11	Detroit/Operation Friendship.....	5/27/1989
11.7	Braddock	West Bloomfield/Inv	4/22/1989
11.7	Verdun	/1989
11.8	Humphrey (Novi)	5/ /1989
12.1	Patrice Verdun (Flint Central)	Mt Pleasant/CMU Relays	4/29/1989
12.1	Denise Edwards (Kalamazoo Norrix)	Kalamazoo/A Regional.....	5/20/1989
12.1	Yolanda Ferguson (Benton Harbor)	Kalamazoo/A Regional.....	5/20/1989
12.2	Helen Greene (Okemos)	LSJ Honor Roll 5/25.....	/1989
12.3	Quila Barnes (Detroit Mumford)11	Mt Pleasant/CMU Relays	4/29/1989
12.3	Jackie Clark (Camden-Frontier)	Hillsdale/D State	6/ 3/1989
12.3	Holly Degottau (Portage Northern)	Kalamazoo/A Regional.....	5/20/1989
12.3	LaShawna Herd (Jackson)	Kalamazoo/A Regional.....	5/20/1989
12.4	Kshia Agee (Lansing Eastern)	Lansing/Capital Area	5/25/1989
12.4	Angela Knox (Troy)	Birmingham/Oakland County Ch.....	5/26/1989

Wind-aided:

11.6	Marcy Sillman (Fowler)	Potterville/D Regional.....	5/20/1989
11.7	Pendell (Fowler)	Potterville/D Regional.....	5/20/1989
11.7	Chris Christian (Quincy)	BCE Honor Roll.....	/1989
11.7	Helen Green (Okemos)	Mason/Kiwanis	4/28/1989
11.8	Regina Jones (Battle Creek Lakeview)	BCE Honor Roll.....	/1989
12.1	Nemeth (Potterville)	Potterville/D Regional.....	5/20/1989
12.1	Sabrina Dowling (Morenci)	Quincy/C Regional	5/21/1989
12.1	A. Penney (Bellevue)	SMAA.....	5/24/1989
12.2	Helen Greene (Okemos)	LSJ Honor Roll 5/25.....	/1989
12.3	Moore (Howell)	LCDP Honor Roll 5/31.....	/1989
12.3	Kaylin Ellis (Bronson)	SMAA.....	5/24/1989

200 METERS

24.26	Crystal Braddock (Ann Arbor Pioneer)12	Indianapolis/Midwest MOC	6/10/1989
24.66	Shameakia Dunwoody (Detroit Cass Tech)9	Detroit/PSL.....	5/23/1989
24.80	Dunwoody	Ann Arbor	7/8/1989
24.90	Braddock	Ypsilanti/A State	6/ 3/1989
25.04	Quila Barnes (Detroit Mumford)	Detroit/PSL.....	5/23/1989
25.45	Erica Smith (Detroit Mumford)	Detroit/PSL.....	5/23/1989
25.54	Patrice Verdun (Flint Central)	Ypsilanti/A State	6/ 3/1989
25.94	Angela Knox (Troy)	Oakland County	5/27/1989
26.02	Josie Carter (Grand Rapids Creston)	Ypsilanti/A State	6/ 3/1989
26.05	Yolanda Ferguson (Benton Harbor)	Ypsilanti/A State	6/ 3/1989
26.23	Naheed Irani (Onsted)	Alma/C State.....	6/ 3/1989
26.32	Camay Thurman (Ypsilanti)	Ypsilanti/A State	6/ 3/1989
26.48	Katina Kilbourne (Morley-Stanwood)	Alma/C State.....	6/ 3/1989

26.60	Colette Savage (Bay City Glenn)	Ypsilanti/A State	6/ 3/1989
26.60	Lashawnda Crowe (Adrian)	Ypsilanti/A State	6/ 3/1989
Hand-timed:			
24.5	Shameakia Dunwoody (Detroit Cass Tech)9	Southfield/USA Junior Olympic Reg 5	7/15/1989
24.9	Crystal Braddock (Ann Arbor Pioneer)12	Kalamazoo/Lady Knight Inv	4/27/1989
25.0	Danielle Pierce (Detroit DePorres)11	Jackson/B State	6/ 3/1989
25.6	Moore (Howell)	LCDP Honor Roll 5/31.....	/1989
25.7	Yolanda Ferguson (Benton Harbor)	Kalamazoo/A Regional	5/20/1989
25.7	Katrina Jones (Lansing Eastern)	Lansing/Capital Area	5/25/1989
25.7	Geri Whitfield (Dowagiac)	Jackson/B State	6/ 3/1989
25.9	Nicole Embry (Detroit DePorres)	Jackson/B State	6/ 3/1989
26.0	Denise Edwards (Kalamazoo Norrix)	Kalamazoo/A Regional.....	5/20/1989
26.0	Angela Knox (Troy)	Birmingham/Oakland County Ch.....	5/26/1989
26.0	Jennifer Smith (Clawson)	Jackson/B State	6/ 3/1989
26.0	Barbara Tuggle (River Rouge)	Jackson/B State	6/ 3/1989
26.0	Channon Humphrey (Lansing Sexton)	LSJ Honor Roll 5/25.....	/1989
26.1	Carrie Isanhart (Big Rapids)	Jackson/B State	6/ 3/1989

400 METERS

58.60	Beth Lerner (Edwardsburg)	Alma/C State	6/ 3/1989
59.24	Anna Jontony (Troy)11	Oakland County	5/27/1989
59.34	Dawn McFarlin (Detroit Denby)	Detroit/PSL East.....	5/ 9/1989
59.41	Mary Woodruff (Brown City)	Alma/C State	6/ 3/1989
59.87	Kim Thompson (Detroit St Mary of Redford)	Alma/C State	6/ 3/1989
59.93	Julie Busch (Tawas City)	Alma/C State	6/ 3/1989

Hand-timed:

57.1	Crystal Braddock (Ann Arbor Pioneer)12	Chicago Tribune List [5/19]	/1989
57.1	Shameakia Dunwoody (Detroit Cass Tech)9	Southfield/USA Junior Olympic Reg 5	7/15/1989
57.9	Charlotte Williams (Detroit Pershing)	Ypsilanti/A State	6/ 3/1989
58.5	Joy Strawser (Coldwater)	Hastings/Twin Valley	5/24/1989
58.6	Heather Akers (Cadillac)	Jackson/B State	6/ 3/1989
58.8	Dawn McFarlin (Detroit Denby)	Ypsilanti/A State	6/ 3/1989
58.9	Nicci Miller (Battle Creek Central)	Hillsdale/B Regional.....	5/21/1989
59.1	Cheryl Ptgeter (Hudsonville Unity Christian)	Jackson/B State	6/ 3/1989
59.2	Teresa Todd (Remus Chippewa Hills)	Jackson/B State	6/ 3/1989
59.3	Barb Swift (Dowagiac)	Jackson/B State	6/ 3/1989
59.3	Anna Jontony (Troy)	Birmingham/Oakland County Ch.....	5/26/1989
59.4	Tawanda Oree (Detroit DePorres)	Jackson/B State	6/ 3/1989
59.5	Teresa Proost (Maple City Glen Lake)	Hillsdale/D State	6/ 3/1989
59.6	Angela Loehr (Portage Central)	Kalamazoo/A Regional.....	5/20/1989
59.6	Denise Rydsyk (Jenison)	Ypsilanti/A State	6/ 3/1989
59.6	Carrie Collins (Brooklyn Columbia Central)	Jackson/B State	6/ 3/1989
59.6	Letitia Bowen (Buchanan)	Jackson/B State	6/ 3/1989

800 METERS

2:13.91	Amira Danforth (West Bloomfield)10	Ypsilanti/A State	6/ 3/1989
2:14.72	Kristie Westerby (Troy)12	Indianapolis/Midwest MOC	6/10/1989
2:15.70	Westerby	Ypsilanti/A State	6/ 3/1989
2:17.48	Stacy Kilburn (White Pigeon)	Alma/C State	6/ 3/1989
2:17.6	Tera Furst (Ann Arbor Pioneer)	Chicago Tribune List [5/19]	/1989
2:18.6	Vonda Meder (Corunna)	Jackson/B State	6/ 3/1989
2:19.01	Christina McKinney (Kalamazoo Norrix)	Ypsilanti/A State	6/ 3/1989
2:19.4	Kim Blouw (Wyoming Park)	Jackson/B State	6/ 3/1989
2:19.5	Jackie Clark (Camden-Frontier)	Hillsdale/D State	6/ 3/1989
2:19.6	Michelle Radcliffe (Durand)	Jackson/B State	6/ 3/1989
2:19.9	Jenny Gilbert (Dexter)	Jackson/B State	6/ 3/1989

1600 METERS

4:59.1	Heather Slay (East Grand Rapids)12	Jackson/B State	6/ 3/1989
5:00.1	Slay	Hastings/B Regional.....	5/21/1989
5:02.2	Stacy Kilburn (White Pigeon)12	Indianapolis/Midwest MOC	6/10/1989
5:02.49	Kilburn	Alma/C State	6/ 3/1989

5:04.0 Kilburn
 5:08.0 Slay
 5:09.1 Moore (White Lake Lakeland)
 5:10.87 Renae Essenmacher (Harbor Beach)
 5:12.2 Nicole Chinovare (Clarkston)
 5:12.3 Julie Banks (Utica)
 5:12.9 Tera Furst (Ann Arbor Pioneer)
 5:13.3 Jenny Stuht (Laingsburg)
 5:13.6 Colleen Yuhn (Walled Lake Central)
 5:13.6 Kim Blouw (Wyoming Park)
 5:14.1 Michelle Radcliffe (Durand)
 5:14.23 Amy Hayes (Shelby)
 5:14.8 Angel White (Detroit DePorres)

Elmhurst/International Prep Inv 6/17/1989
 Chicago Tribune List [5/19] /1989
 LCDP Honor Roll 5/31 /1989
 Alma/C State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 LSJ Honor Roll 5/25 /1989
 Ypsilanti/A State 6/ 3/1989
 Jackson/B State 6/ 3/1989
 Linden/B Regional 5/20/1989
 Alma/C State 6/ 3/1989
 Jackson/B State 6/ 3/1989

3200 METERS

10:38.14 Heather Slay (East Grand Rapids)12
 10:45.7 Slay
 10:48.0 Slay
 10:49.35 Slay
 10:56.3 Slay
 11:03.20 Karen Perry (Kalamazoo Norrix)
 11:10.78 Meredith Saillant (Dearborn Edsel Ford)
 11:14.50 Janet Novallo (L'Anse Creuse North)
 11:17.5 Julie Moore (White Lake Lakeland)
 11:18.3 Lisa Snyder (Grand Rapids Catholic Central)
 11:18.4 Jennifer Barber (Frankenmuth)
 11:22.37 Stacey Kilburn (White Pigeon)
 11:23.80 Heather Swinburne (Muskegon Mona Shores)
 11:27.2 Jeni Vite (Buchanan)

Indianapolis/Midwest MOC 6/10/1989
 Mt Pleasant/CMU Relays 4/29/1989
 Chicago Tribune List [5/19] /1989
 Elmhurst/International Prep Inv 6/17/1989
 Jackson/B State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Birmingham/Oakland County Ch 5/26/1989
 Jackson/B State 6/ 3/1989
 Jackson/B State 6/ 3/1989
 Alma/C State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Jackson/B State 6/ 3/1989

100 HURDLES

14.32 Darchelle Ross (Detroit Cass Tech)12
 14.41 Ross
 14.57 Ross
 14.63 Julie Brown (Jackson)12
 14.96 Katrina Jones (Lansing Eastern)11
 15.18 Dawn Adams (Detroit Cody)12
 15.19 Taneshia Welch (Benton Harbor)
 15.21 Wilshawn Lakey (Detroit Denby)
 15.51 Stacy Pritchard (Midland Dow)
 15.56 Marjona Howard (Flint Northern)
 15.64 Delani Mann (Ypsilanti)
 15.75 Lisa Adams (St Charles)
 16.15 Allison Darr (Hudson)

Ypsilanti/A State 6/ 3/1989
 Detroit/PSL East 5/ 9/1989
 Detroit/PSL 5/23/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Detroit/PSL 5/23/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Ypsilanti/A State 6/ 3/1989
 Alma/C State 6/ 3/1989
 Alma/C State 6/ 3/1989

Hand-timed:

14.0 Darchelle Ross (Detroit Cass Tech)12
 14.4 Julie Brown (Jackson)12
 14.6 Brown
 14.9 Dawn Adams (Detroit Cody)12
 15.0 Katrina Jones (Lansing Eastern)11
 15.1 Peggy Evans (Detroit Country Day)11
 15.2 Regina Haynes (Holt)
 15.2 Cortha Scott (Battle Creek Central)
 15.3 Lisa Adams (St Charles)
 15.3 Jennifer Merritt (Grand Rapids West Catholic)
 15.4 Raquel Tuma (Algonac)
 15.7 Duggan (Brighton)
 15.7 Sherine Rowell (Fowler)
 15.7 Taeshaia Welch (Benton Harbor)
 15.8 Becky Steenstra (Grandville Calvin Christian)
 15.8 Chanda Brown (Portland)
 15.9 Kris Stacey (East Grand Rapids)

Ann Arbor/5-Way 4/14/1989
 Kalamazoo/A Regional 5/20/1989
 Lansing/Capital Area 5/25/1989
 Detroit/PSL West 5/ 8/1989
 Lansing/Honor Roll 5/31/1989
 Birmingham/Oakland County Ch 5/26/1989
 Kalamazoo/A Regional 5/20/1989
 Kalamazoo/A Regional 5/20/1989
 Carson City/C Regional 5/20/1989
 Jackson/B State 6/ 3/1989
 Jackson/B State 6/ 3/1989
 LCDP Honor Roll 5/31 /1989
 Hillsdale/D State 6/ 3/1989
 Kalamazoo/A Regional 5/20/1989
 Wyoming/C Regional 5/20/1989
 Lansing/Honor Roll 5/31/1989
 Hastings/B Regional 5/20/1989

300 HURDLES

44.90	Nicole Franklin (Ann Arbor Pioneer)	Ypsilanti/A State	6/ 3/1989
45.23	Naheed Irani (Onsted)	Alma/C State	6/ 3/1989
46.28	Dawn Adams (Detroit Cody)2	Detroit/PSL	5/23/1989
46.51	Jennifer Steiner (Ann Arbor Huron)	Ypsilanti/A State	6/ 3/1989
46.83	Kerri Santos (Cass Clty)	Alma/C State	6/ 3/1989
46.84	Melissa Clubb (Port Huron)	Ypsilanti/A State	6/ 3/1989
46.91	Lisa Adams (St Charles)	Alma/C State	6/ 3/1989
46.94	Wendy Petz (Warren Cousino)	Ypsilanti/A State	6/ 3/1989
47.16	Jennifer Colvia (Adrian)	Ypsilanti/A State	6/ 3/1989
47.29	Kshia Agee (Lansing Eastern)	Ypsilanti/A State	6/ 3/1989
47.37	Darchelle Ross (Detroit Cass Tech)12	Ypsilanti/A State	6/ 3/1989

Hand-timed:

42.7	Darchelle Ross (Detroit Cass Tech)12	Chicago Tribune List [5/19]	/1989
44.6	Dawn Adams (Detroit Cody)12	Detroit/PSL West	5/ 8/1989
45.9	Kshia Agee (Lansing Eastern)	Lansing/Capital Area	5/25/1989
46.0	Naheed Irani (Onsted)	Quincy/C Regional	5/21/1989
46.2	Jennifer Merritt (Grand Rapids West Catholic)	Jackson/B State	6/ 3/1989
46.3	Hameera Newman (Detroit Country Day)	Birmingham/Oakland County Ch.....	5/26/1989
46.6	Julie Brown (Jackson)12	Kalamazoo/A Regional	5/20/1989
46.7	Kim Nau (Corunna)	Jackson/B State	6/ 3/1989
47.3	Marcy Sillman (Fowler)12	LSJ Honor Roll 5/25	/1989
47.4	Tracy Tuffalmire (Allegan)	Vicksburg/Wolverine	5/24/1989
47.4	Lisa Adams (St Charles)	Carson City/C Regional.....	5/20/1989
47.5	Mindy Sillman (Fowler)	Pottersville/D Regional.....	5/20/1989
47.6	Dawn Marriott (Coldwater)	Hastings/Twin Valley	5/24/1989
47.6	Jill Sangalli (Three Rivers)	Hillsdale/B Regional	5/21/1989
47.6	Penny Zultra (Muskegon Orchard View)	Jackson/B State	6/ 3/1989
47.6	Stacee Kulick (Riverview)	Jackson/B State	6/ 3/1989
47.6	Missy Bratsburg (Wayland)	Jackson/B State	6/ 3/1989
47.6	Sherine Rowell (Fowler)	LSJ Honor Roll 5/25	/1989

400 HURDLES

1:04.89	Naheedi Irani (Onsted)10	Spokane/Nat JO.....	7/30/1989
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Hand-timed:

1:06.0	Nicole Franklin (Ann Arbor Pioneer)	Junior Olympic Regional	7/ /1989
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HIGH JUMP

5-11.25	Gwen Wentland (Grand Blanc)11	Southfield/USA Junior Olympic Reg 5.....	7/15/1989
5-7	Wentland	Ypsilanti/A State	6/ 3/1989
5-6	Angie Salvatore (Concord)	Quincy/Big 8	5/ 6/1989
5-6	Amanda Paul (St Louis)	LSJ Honor Roll 5/25	/1989
5-5	Jennifer Merritt (Grand Rapids West Catholic)	Jackson/B State	6/ 3/1989
5-5	Clarissa Jones (Flat Rock)12	Alma/C State	6/ 3/1989
5-5	Jessica Barnes (Grand Ledge)	Chicago Tribune List [5/19]	/1989
5-5	Rachel Pline (DeWitt)	LSJ Honor Roll 5/25	/1989
5-5	Karris True (Vermontville Maple Valley)	LSJ Honor Roll 5/25	/1989
5-4	Julie Ainsworth (Wayland)	Hastngs/B Regional	5/21/1989
5-4	Whitaker (Genessee)	Pottersville/D Regional.....	5/20/1989
5-4	Rebecca Willey (Livonia Ladywood)	Ypsilanti/A State	6/ 3/1989
5-4	Anna Jontony (Troy)11	Ypsilanti/A State	6/ 3/1989
5-4	Dawn Dzivban (Flat Rock)	Alma/C State	6/ 3/1989
5-4	Wendy Bovee (Ithaca)	Alma/C State	6/ 3/1989
5-4	Katrina Jones (Lansing Eastern)	LSJ Honor Roll 5/25	/1989

LONG JUMP

19-8	Trinette Johnson (Detroit Cass Tech)	Ypsilanti/A State	6/ 3/1989
19-7.5	Johnson	Detroit/Operation Friendship	5/27/1989
19-7	Johnson	Chicago Tribune List [5/19]	/1989
19-5.75	Katrina Jones (Lansing Eastern)11	Kalamazoo/A Regional	5/20/1989
19-1.5	Johnson	Mt Pleasant/CMU Relays	4/29/1989

19-0.5	Johnson	A Regional.....	5/21/1989
18-2.25	Lashawnda Crowe (Adrian)	Ypsilanti/A State	6/ 3/1989
18-2	Johnson	Detroit/PSL.....	5/23/1989
18-1.5	Cathy Fromwiller (Marlette)	Alma/C State.....	6/ 3/1989
17-8.5	Liz Clark (New Haven)	Alma/C State.....	6/ 3/1989
17-8.5	Shirrine Rowell (Fowler)12	Indianapolis/Midwest MOC	6/10/1989
17-7.75	Carrie Isanhart (Big Rapids)	Jackson/B State	6/ 3/1989
17-7.5	Kelly Litchfield (Portland)	LSJ Honor Roll 5/25.....	/1989
17-5	Sarah Todd (Portage Central)	Kalamazoo/A Regional.....	5/20/1989
17-4.75	Connie Johnson (Fenton)	Jackson/B State	6/ 3/1989
17-4.5	Gwen Wentland (Grand Blanc)11	Ypsilanti/A State	6/ 3/1989
17-2	Kara Baker (North Branch)	Jackson/B State	6/ 3/1989

Wind-aided:

20-0.5	Trinette Johnson (Detroit Cass Tech)12	Elmhurst/International Prep Inv.....	6/17/1989
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TRIPLE JUMP

36-0	Gwen Wentland (Grand Blanc)11	Southfield/USA Junior Olympic Reg 5.....	7/15/1989
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Wind-aided:

35-1.75	Gwen Wentland (Grand Blanc)11	Spokane/Nat JO.....	7/30/1989
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SHOT

45-2.5	LaTonya White (Flint Northern)12	Chicago Tribune List [5/19]	/1989
44-3	White	Ypsilanti/A State	6/ 3/1989
44-0.25	White	Elmhurst/International Prep Inv.....	6/17/1989
44-0	Carrie Braun (Jackson)12	/1989
43-3.25	Connie Claus (Rogers City)12	/1989
42-11	Braun	Lansing/Capital Area	5/25/1989
42-5	Erinn Wikaryasz (Milford)	LCDP Honor Roll 5/31.....	/1989
42-3.25	Chris Mudget (Holland West Ottawa)	Ypsilanti/A State	6/ 3/1989
42-2.75	Carrie Braun (Jackson)	Ypsilanti/A State	6/ 3/1989
41-3	Karyn Quick (Battle Creek Central)	Ypsilanti/A State	6/ 3/1989
40-9.25	Tamie Gipe (Wyoming Park)	Jackson/B State	6/ 3/1989
39-7.5	Melissa Aardema (Charlotte)	LSJ Honor Roll 5/25.....	/1989
39-5.5	Cheryl Jacobsen (Escanaba)	Marquette/UPA State.....	5/27/1989
39-2.5	Karen Mann (Quincy)	BCE Honor Roll.....	/1989
39-0.5	Jenny Groh (Decatur)	Alma/C State.....	6/ 3/1989

DISCUS

145-2	Connie Claus (Rogers City)12	Charlevoix/C Regional	5/27/1989
138-11	LaTonya White (Flint Northern)12	Chicago Tribune List [5/19]	/1989
137-9	Claus	Alma/C State.....	6/ 3/1989
137-6	Jennifer Dunkle (Hillsdale)12	Indianapolis/Midwest MOC	6/10/1989
137-0	Dunkle	Hastings/Twin Valley	5/24/1989
132-6	Claus	Elmhurst/International Prep Inv.....	6/17/1989
131-11	White	Elmhurst/International Prep Inv.....	6/17/1989
129-2	Ayhanna Crosby (Detroit Cass Tech)12	Detroit/PSL.....	5/23/1989
127-8	Tamie Gipe (Wyoming Park)	Jackson/B State	6/ 3/1989
126-7	Jennifer Dunkle (Hillsdale)	Jackson/B State	6/ 3/1989
125-11	Renee Underwood (Morley-Stanwood)	Alma/C State.....	6/ 3/1989
123-6	Tammy Gibson (Walled Lake Western)	Birmingham/Oakland County Ch.....	5/26/1989
121-10	Carrie Braun (Jackson)12	Kalamazoo/A Regional.....	5/20/1989
121-9	Deanna Lachlen (Camden-Frontier)	Hillsdale/D State	6/ 3/1989
121-6	Colleen Retherford (Bay City Western)	Ypsilanti/A State	6/ 3/1989
121-3	Tanya Wilkerson (Detroit Cass Tech)12	Detroit/PSL.....	5/23/1989

HEPTATHLON

4151	Gwen Wentland (Grand Blanc)11	Spokane/Junior Olympics	7/27/1989
	(17.10[-1.2], 5-8.75, 29-10, 28.19[0.0], 16-5 [-2.3], 83-11, 2:36.66)		

4 x 100 RELAY

48.82	Detroit Cass Tech	Ypsilanti/A State	6/ 3/1989
49.06	Ann Arbor Pioneer	Ypsilanti/A State	6/ 3/1989

49.27	Detroit Mumford	Detroit/PSL.....	5/23/1989
49.47	Flint Central	Ypsilanti/A State	6/ 3/1989
49.55	Ypsilanti	Ypsilanti/A State	6/ 3/1989
49.72	Detroit Cass Tech	Detroit/PSL.....	5/23/1989
50.17	Grand Rapids Ottawa Hills	Ypsilanti/A State	6/ 3/1989
50.34	Lansing Eastern	Ypsilanti/A State	6/ 3/1989
50.53	Detroit Cooley	Ypsilanti/A State	6/ 3/1989
51.01	Onsted	Alma/C State.....	6/ 3/1989
51.43	Detroit Dominican	Alma/C State.....	6/ 3/1989

Hand-timed:

48.8	Detroit Mumford	West Bloomfield/Inv	4/22/1989
48.8	Ann Arbor Pioneer	Jackson/Northwest Metric Relays	5/13/1989
48.8	Ann Arbor Pioneer	Lake Fenton/A Regional (48.73)	5/27/1989
50.2	Flint Central	Mt Pleasant/CMU Relays	4/29/1989
50.4	Detroit DePorres	Jackson/B State	6/ 3/1989
50.7	Pontiac Central	Birmingham/Oakland County Ch.....	5/26/1989
50.7	Portage Northern	Kalamazoo/A Regional.....	5/20/1989
50.8	Kalamazoo Norrix	Kalamazoo/A Regional.....	5/20/1989

4 x 200 RELAY

1:40.30	Detroit Cass Tech	Detroit/PSL East.....	5/ 9/1989
1:41.6	Ypsilanti	Ypsilanti/A State	6/ 3/1989
1:42.0	Detroit Cass Tech	Ypsilanti/A State	6/ 3/1989
1:42.14	Detroit Mumford	Detroit/PSL.....	5/23/1989
1:42.43	Detroit Cass Tech	Detroit/PSL.....	5/23/1989
1:42.4	Ann Arbor Pioneer	Jackson/Northwest Metric Relays	5/13/1989
1:42.9	Detroit Cass Tech	Chicago Tribune List [5/19]	/1989
1:43.2	Flint Central	Ypsilanti/A State	6/ 3/1989
1:43.4	Ann Arbor Pioneer	Ypsilanti/A State	6/ 3/1989
1:44.6	Dexter	Hillsdale/B Regional.....	5/21/1989
1:44.7	Pontiac Central	Birmingham/Oakland County Ch.....	5/26/1989
1:44.7	Flint Northern	Ypsilanti/A State	6/ 3/1989
1:44.8	Detroit DePorres	Jackson/B State	6/ 3/1989
1:44.96	Onsted	Alma/C State.....	6/ 3/1989
1:45.9	Lowell	Jackson/B State	6/ 3/1989

4 x 400 RELAY

3:58.4	Ann Arbor Pioneer	Ypsilanti/A State	6/ 3/1989
3:59.45	Detroit Ford	Detroit/PSL.....	5/23/1989
3:59.64	Detroit Cass Tech	Detroit/PSL.....	5/23/1989
4:01.9	Dexter	Jackson/B State	6/ 3/1989
4:02.9	Troy	Birmingham/Oakland County Ch.....	5/26/1989
4:02.9	Detroit Mumford	Ypsilanti/A State	6/ 3/1989
4:03.1	Corunna	Jackson/B State	6/ 3/1989
4:03.30	Detroit Denby	Detroit/PSL.....	5/23/1989
4:04.6	Holland West Ottawa	Ypsilanti/A State	6/ 3/1989
4:04.6	Wyoming Park	Jackson/B State	6/ 3/1989
4:04.6	Lansing Eastern	LSJ Honor Roll 5/25.....	/1989
4:05.3	Muskegon Mona Shores	Ypsilanti/A State	6/ 3/1989
4:05.5	Maple City Glen Lake	Hillsdale/D State	6/ 3/1989
4:06.0	Lansing Catholic	Jackson/B State	6/ 3/1989

4 x 800 RELAY

9:22.6	Clarkston	Ypsilanti/A State	6/ 3/1989
9:24.2	Troy	Ypsilanti/A State	6/ 3/1989
9:27.8	Lansing Catholic	Jackson/B State	6/ 3/1989
9:27.9	Wyoming Park	Jackson/B State	6/ 3/1989
9:30.0	West Bloomfield	Ypsilanti/A State	6/ 3/1989
9:32.6	Dearborn Edsel Ford	Ypsilanti/A State	6/ 3/1989
9:35.4	Parma Western	Jackson/B State	6/ 3/1989
9:37.0	East Grand Rapids	Jackson/B State	6/ 3/1989
9:37.6	Brighton	Ypsilanti/A State	6/ 3/1989

9:37.8 Grand Rapids West Catholic

Jackson/B State 6/ 3/1989

4 x 1600 RELAY

23:08.0 Novi
23:14.5 East Kentwood
23:27.5 Sturgis
24:23.1 Fowler

..... /1989
..... /1989
Three Rivers/Inv..... 5/13/1989
Olivet/Relays..... 4/15/1989

800 SPRINT MEDLEY

1:55.7 Sturgis
2:00.0 Fowler

Three Rivers/Inv..... 5/13/1989
Olivet/Relays..... 4/15/1989

MEDLEY (Lyle Bennett)

2:42.7 Detroit DePorres
2:45.1 Corunna
2:45.4 Remus Chippewa Hills
2:46.9 Detroit Cody
2:48.2 Detroit Cass Tech
2:48.7 Flint Central

Mt Pleasant/CMU Relays 4/29/1989
Mt Pleasant/CMU Relays 4/29/1989
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Mt Pleasant/CMU Relays 4/29/1989
Mt Pleasant/CMU Relays 4/29/1989
Mt Pleasant/CMU Relays 4/29/1989

1200 MEDLEY

3:05.9 Algonac
3:06.9 Oxford
3:08.9 Grosse Pointe South

Port Huron/Husky Relays..... 4/22/1989
Port Huron/Husky Relays..... 4/22/1989
Port Huron/Husky Relays..... 4/22/1989

1600 SPRINT MEDLEY

4:18.6 Detroit Henry Ford
4:22.1 Flint Beecher
4:22.2 East Grand Rapids
4:23.9 Detroit DePorres
4:29.9 Detroit Cooley
4:32.3 Traverse City
4:39.1 Pickford

Mt Pleasant/CMU Relays 4/29/1989
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Mt Pleasant/CMU Relays 4/29/1989
Mt Pleasant/CMU Relays 4/29/1989
Mt Pleasant/CMU Relays 4/29/1989
Mt Pleasant/CMU Relays 4/29/1989

7:20.2 Traverse City
7:21.3 Cadillac

..... /1989
..... /1989

DISTANCE MEDLEY

13:31.5 East Grand Rapids
13:48.8 Utica
13:50.0 Three Rivers
13:50.3 Chesaning
13:51.07 Traverse City

Mt Pleasant/CMU Relays 4/29/1989
Port Huron/Husky Relays..... 4/22/1989
Three Rivers/Inv..... 5/13/1989
Mt Pleasant/CMU Relays 4/29/1989