

# MICHIGAN HIGH SCHOOL GIRLS 2004 YEAR LIST

Send corrections to [jeffhollobaugh@gmail.com](mailto:jeffhollobaugh@gmail.com)

Updated 5/5/2021

## 100 METERS

11.91 Porsche Ries (Detroit Mumford)11  
 12.07 Chanell Wright (Detroit Mumford)10  
 12.19 Zanita Clipper (Ypsilanti)12  
 12.44 Angela Pierce (Mt Clemens Clintondale)12  
 12.45 Toin'ia White (Westland Glenn)12  
 12.53 Keyria Calloway (Detroit Crockett)  
 12.56 Teneisha Griggs (Southfield Lathrup)12  
 12.60 Winter Taylor (Ann Arbor Pioneer)  
 12.61 Ashley Hines (Benton Harbor)  
 12.63 Heather Browner (Detroit Murray-Wright)  
 12.64 Shayla Mahan (Detroit Mumford)9  
 12.66 Tiara Jordan (Flushing)12

### Wind-aided:

11.85 Teneisha Griggs (Southfield Lathrup)12  
 12.10 Porsche Ries (Detroit Mumford)11  
 12.25 Griggs  
 12.57 Tiara Jordan (Flushing)12

### Hand-timed:

11.8 Ashley Hines (Benton Harbor)10  
 11.8 Tenisha Griggs (Southfield Lathrup)12  
 11.8 Porsche Ries (Detroit Mumford)11  
 11.9 Griggs  
 11.9 Ries

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12.1 Toin'ia White (Westland Glenn)12  
 12.1 Shayla Mahan (Detroit Mumford)9  
 12.1 Niobra Peterson (Muskegon)  
 12.2 Tiara Jordan (Flushing)12  
 12.2 Stephanie Staubus (Grand Ledge)  
 12.2 Angela Pierce (Marysville)  
 12.2 Chanelle Christie (Muskegon)  
 12.3 Katie LaValley (Forest Hills Central)  
 12.3 Erin Humphrey (Ypsilanti Lincoln)  
 12.3 Natilla Clark (Benton Harbor)12  
 12.3 Allison Strause (Lansing Catholic)10  
 12.3 Krystal Wise (Farmington Harrison)  
 12.3 Heather Browner (Detroit Murray-Wright)  
 12.3 Kathy Carey (Livonia Ladywood)  
 12.3 Marcia Smith (Detroit Redford)  
 12.3 Alyse White (Livonia Churchill)12  
 12.3 Chanelle Wright (Detroit Mumford)  
 12.3 Jamie Kraker (Hamilton)  
 12.3 Stephanie Staubus (Grand Ledge)

Ypsilanti/EMU Twilight ..... 4/16/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Caledonia/D2 State (s) ..... 6/ 5/2004  
 Delaware/Midwest Meet (-0.8) ..... 6/12/2004  
 Farmington/USATF JO State ..... 6/26/2004  
 Comstock Park/D3 State ..... 6/ 5/2004  
 Rockford/D1 State (h) (2.0) ..... 6/ 5/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Rockford/D1 State (s) (1.7) ..... 6/ 5/2004  
 Rockford/D1 State (s) (1.7) ..... 6/ 5/2004  
 Rockford/D1 State (h) (2.0) ..... 6/ 5/2004  
 Rockford/D1 State (h) (2.0) ..... 6/ 5/2004

College Station/USA Junior Ch (2.9)..... 6/27/2004  
 Rockford/D1 State (2.4) ..... 6/ 5/2004  
 Rockford/D1 State (2.4) ..... 6/ 5/2004  
 Rockford/D1 State (2.4) ..... 6/ 5/2004

St Joseph/dual ..... 5/ 4/2004  
 Flint/Mott Relays ..... 5/15/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Milford/Oakland County ..... 5/28/2004  
 Warren/D1 Regional ..... 5/21/2004

Adrian/Clark ..... 5/ 8/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Muskegon/D1 Regional ..... 5/21/2004  
 Bay City Inv ..... 5/ 7/2004  
 Jackson/NW Last Chance ..... 5/15/2004  
 Marysville/D2 Regional ..... 5/21/2004  
 Muskegon/D1 Regional ..... 5/21/2004  
 Grand Rapids/dual ..... 4/30/2004  
 Ypsilanti/dual ..... 4/30/2004  
 St Joseph/dual ..... 5/ 4/2004  
 Haslett/dual ..... 4/27/2004  
 ? ..... /2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Grosse Ile/D2 Regional ..... 5/21/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Ann Arbor/River Rat ..... 5/15/2004  
 Warren/D1 Regional ..... 5/21/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004

## 200 METERS

24.52 Teneisha Griggs (Southfield Lathrup)12  
 25.11 Jessica Jones (Detroit Mumford)11  
 25.17 Porsche Ries (Detroit Mumford)11  
 25.24 Jennifer Sabra (Taylor Kennedy)11  
 25.43 Chanel Wright (Detroit Mumford)10  
 25.48 Erin Humphrey (Ypsilanti Lincoln)10  
 25.49 Melissa Phillips (Ann Arbor Pioneer)11

Delaware/Midwest Meet (-0.9) ..... 6/12/2004  
 Rockford/D1 State (s) (1.0) ..... 6/ 5/2004  
 Rockford/D1 State (s) (1.7) ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (s) (1.0)... 8/ 5/2004  
 Des Moines/AAU Junior Olympics (s) (0.7)... 8/ 7/2004  
 Rockford/D1 State (s) (1.7) ..... 6/ 5/2004  
 Farmington Hills/USATF JO Region V ..... 7/11/2004

25.50 Tiara Jordan (Flushing)12  
 25.36 Domonique Diaz (Ann Arbor Pioneer)12  
 25.55 Landria Buckley (Romulus)10  
 25.58 Chanelle Christie (Muskegon)11  
 25.63 Erin Dillon (Reading)10  
 25.64 Alexandria Spruiel (Southfield Lathrup)11  
 25.78 Toin'ia White (Westland Glenn)12  
 25.80 Zanita Clipper (Ypsilanti)12  
 25.89 Allison Strouse (Lansing Catholic Central)  
 25.89 Seonetta Belin (Detroit Benedictine)11  
 25.98 Brandi Branch (River Rouge)12  
 25.98 Tricia Kowalski (Riverview)11

**Wind-aided:**

24.47 Teneisha Griggs (Southfield Lathrup)12  
 24.64 Jessica Jones (Detroit Mumford)11  
 25.13 Porsche Ries (Detroit Mumford)11  
 25.24 Tiara Jordan (Flushing)12  
 25.36 Domonique Diaz (Ann Arbor Pioneer)12

**Hand-timed:**

23.8 Jessica Jones (Detroit Mumford)11  
 24.6 Jones  
 24.6 Tenisha Griggs (Southfield Lathrup)12  
 24.7 Jones  
 24.8 Griggs  
 24.9 Griggs  
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 25.0 Porsche Ries (Detroit Mumford)  
 25.4 Osamuede Iyoha (Ann Arbor Pioneer)  
 25.4 Bettie Wade (Farmington)  
 25.4 Chanell Wright (Detroit Mumford)  
 25.4 Paige Garner (Detroit Mumford)10  
 25.5 Geena Gall (Grand Blanc)11  
 25.5 Bonner (Saginaw)  
 25.5 Alyse White (Livonia Churchill)  
 25.6 Erin Humphrey (Ypsilanti Lincoln)  
 25.6 Green (Flint Northwestern)  
 25.6 Heather Browner (Detroit Murray-Wright)  
 25.6 Allison Strause (Lansing Catholic)10  
 25.6 Landria Buckley (Romulus)  
 25.7 Winter Taylor (Ann Arbor Pioneer)  
 25.7 Jamie Kraker (Hamilton)  
 25.7 Toinia White (Westland Glenn)  
 25.7 Kiara Moore (Ann Arbor Pioneer)  
 25.8 Sarah Wittingen (East Grand Rapids)  
 25.8 Dominique Diaz (Ann Arbor Pioneer)  
 25.9 Sara Trumball (Pinckney)11  
 25.9 Trisha Kowalski (Riverview)  
 25.9 Alisha Cole (Cadillac)

**400 METERS**

54.75 Jessica Jones (Detroit Mumford)11  
 54.98 Jones  
 55.87 Jones  
 55.95 Jaime Watson (Allendale)11  
 56.47 Ernanda Daskeviciute (Pont. Notre Dame)10  
 56.84 Sarda' Grace (Detroit Mumford)11  
 57.02 Jones  
 57.30 Lauren Fortson (Ann Arbor Pioneer)12  
 57.37 Daskeviciute  
 57.52 Erin Humphrey (Ypsilanti Lincoln)10  
 57.53 Sarah Wittingen (East Grand Rapids)12  
 57.63 Erin Dillon (Reading)10

Rockford/D1 State (s) (1.0) ..... 6/ 5/2004  
 Rockford/D1 State (s) (1.0) ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (s) (0.5)... 8/ 7/2004  
 Rockford/D1 State (s) (1.7) ..... 6/ 5/2004  
 Grand Rapids/D4 State ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (h) (-1.5) .8/ 5/2004  
 Farmington/USATF JO State ..... 6/26/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Comstock Park/D3 State ..... 6/ 5/2004  
 Grand Rapids/D4 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004

Rockford/D1 State (5.0) ..... 6/ 5/2004  
 Rockford/D1 State (5.0) ..... 6/ 5/2004  
 Rockford/D1 State (5.0) ..... 6/ 5/2004  
 Rockford/D1 State (5.0) ..... 6/ 5/2004  
 Rockford/D1 State (5.0) ..... 6/ 5/2004

Detroit/PSL Champs ..... 5/27/2004  
 Warren/D1 Regional ..... 5/21/2004  
 Milford/Oakland County ..... 5/28/2004  
 Flint/Mott Relays ..... 5/15/2004  
 West Bloomfield/D1 Regional ..... 5/22/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004

Flint/Mott Relays ..... 5/15/2004  
 Adrian/dual ..... 5/11/2004  
 ? ..... /2004  
 Flint/Mott Relays ..... 5/15/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Flushing/tri ..... 5/11/2004  
 Flint/Mott Relays ..... 5/15/2004  
 Canton/D1 Regional ..... 5/21/2004  
 Alma/Scotty Inv ..... 5/15/2004  
 Flint/Mott Relays ..... 5/15/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Vermontville/D3 Regional ..... 5/21/2004  
 Ypsilanti/D1 Regional ..... 5/21/2004  
 Adrian/dual ..... 5/11/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 Canton/D1 Regional ..... 5/21/2004  
 Ypsilanti/D1 Regional ..... 5/21/2004  
 Grand Rapids/dual ..... 5/ 6/2004  
 Ypsilanti/D1 Regional ..... 5/21/2004  
 Pinckney/dual ..... 5/ 6/2004  
 Grosse Ile/D2 Regional ..... 5/21/2004  
 Reed City/D2 Regional ..... 5/22/2004

Des Moines/AAU Junior Olympics ..... 8/ 7/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (h) ..... 8/ 5/2004  
 Comstock Park/D3 State ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (h) ..... 7/31/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (h) ..... 7/31/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Grand Rapids/D4 State ..... 6/ 5/2004

58.05	Bettie Wade (Farmington)11	Rockford/D1 State.....	6/ 5/2004
58.12	Asheley Harkins (Saginaw Hill)12	Rockford/D1 State.....	6/ 5/2004
58.29	Amber Shelters (Hartland)11	Rockford/D1 State.....	6/ 5/2004
58.33	Melissa Phillips (Ann Arbor Pioneer)11	Farmington Hills/USATF JO Region V .....	7/11/2004
58.43	Tricia Kowalski (Riverview)11	Caledonia/D2 State.....	6/ 5/2004
58.52	Shatina Anderson (Monroe)12	Rockford/D1 State.....	6/ 5/2004
58.53	Ashley Hernden (East Kentwood)10	Rockford/D1 State.....	6/ 5/2004
58.59	Micaela Mayer (Roseville)12	Rockford/D1 State.....	6/ 5/2004
58.69	Maegan Hendershot (Marshall)10	Caledonia/D2 State.....	6/ 5/2004
58.74	Landria Buckley (Romulus)10	Ypsilanti/EMU Twilight .....	4/16/2004
58.80	Kiara Moore (Ann Arbor Pioneer)9	Ypsilanti/EMU Twilight .....	4/16/2004
58.89	Megan Starnes (Mt Pleasant)11	Caledonia/D2 State.....	6/ 5/2004
58.97	Katie Ciosek (Forest Hills Northern)11	Rockford/D1 State.....	6/ 5/2004

**Hand-timed:**

55.7	Jessica Jones (Detroit Mumford)11	Detroit/PSL Champs .....	5/27/2004
56.3	Jaime Watson (Allendale)11	Grand Rapids/D3 Regional .....	5/22/2004
56.3	Lauren Fortson (Ann Arbor Pioneer)12	Ypsilanti/D1 Regional.....	5/21/2004
56.7	Geena Gall (Grand Blanc)11	Clio/tri.....	4/20/2004
56.8	Sarah Wittingen (East Grand Rapids)12	Comstock Park/D2 Regional .....	5/21/2004
57.0	Jones	Dayton/Mitchell Memorial.....	5/ 1/2004
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57.2	Ernanda Daskeviciute (Pont. Notre Dame)10	Milford/Oakland County .....	5/28/2004
57.3	Kiara Moore (Ann Arbor Pioneer)9	Ypsilanti/D1 Regional.....	5/21/2004
57.5	Sharda Grace (Detroit Mumford)11	Detroit/PSL Champs .....	5/27/2004
57.9	Landria Buckley (Romulus)10	Ypsilanti/D1 Regional.....	5/21/2004
58.0	Tracie Phillips (Detroit Cass Tech)	Detroit/PSL Champs .....	5/27/2004
58.0	Maegen Hendershot (Marshall)	Lakewood/D2 Regional.....	5/22/2004
58.2	Erin Dillon (Reading)10	Hillsdale/D4 Regional.....	5/22/2004
58.2	Katie Ciosek (Forest Hills Northern)11	Grand Rapids/D1 Regional .....	5/21/2004
58.4	Bettie Wade (Farmington)11	?.....	/2004
58.4	Erin Humphrey (Ypsilanti Lincoln)10	Ypsilanti/D1 Regional.....	5/21/2004
58.4	Micaela Mayer (Roseville)12	Grosse Pointe/D1 Regional.....	5/22/2004
58.4	Lauren Quaintance (Walled Lake Northern)9	Milford/D1 Regional .....	5/21/2004
58.5	Becky Horn (Battle Creek Central)	Grand Rapids/D1 Regional .....	5/21/2004
58.6	Shana Vinson (Detroit Mumford)	Detroit/PSL Champs .....	5/27/2004
58.6	Stephanie Ostrenga (Escanaba)11	Kingsford/UP1 State .....	6/ 5/2004
58.7	Ashley Harkins (Saginaw Hill)	Saginaw/D1 Regional .....	5/21/2004
58.7	Amber Shelters (Hartland)	Milford/D1 Regional .....	5/21/2004
58.8	Shatina Anderson (Monroe)	Ypsilanti/D1 Regional.....	5/21/2004
58.8	Jennifer DeFauw (Grosse Pointe North)11	Grosse Pointe/D1 Regional.....	5/22/2004
58.9	Amber Holcomb (Kent City)	Kelloggsville/quad .....	5/ 6/2004

**800 METERS**

2:08.59	Geena Gall (Grand Blanc)11	Raleigh/adidas Outdoor .....	6/19/2004
2:09.6	Gall	Holly/D1 Regional .....	5/21/2004
2:10.26	Gall	Baltimore/USA Youth Ch.....	7/ 1/2004
2:10.45	Gall	Rockford/D1 State.....	6/ 5/2004
2:11.0	Gall	Jackson/JDs Inv .....	4/30/2004
2:11.8	Gall	Flint/Mott Relays .....	5/15/2004
2:12.59	Kelly Robinson (Holt)12	Raleigh/adidas Outdoor .....	6/19/2004
2:12.77	Gall	Farmington Hills/USATF JO Region V .....	7/11/2004
2:14.67	Katelyn Johnston (Temperance Bedford)10	Rockford/D1 State.....	6/ 5/2004
2:14.89	Janee Jones (Goodrich)11	Comstock Park/D3 State.....	6/ 5/2004
2:14.9	Kristi Boerman-Powers (Rockford)	Grand Rapids/D1 Regional .....	5/21/2004
2:15.1	Liz Mengyan (Clarkston)11	Milford/Oakland County .....	5/28/2004
2:15.35	Katherine McCarthy (Kenowa Hills)10	Caledonia/D2 State.....	6/ 5/2004
2:15.64	Kelly Sampson (Detroit Renaissance)11	Caledonia/D2 State.....	6/ 5/2004
2:15.72	Susie Rivard (Brighton)12	Rockford/D1 State.....	6/ 5/2004
2:16.04	Laurel Bennett (Mt Pleasant Sacred Heart)10	Grand Rapids/D4 State .....	6/ 5/2004
2:16.69	Ramzee Fondren (Detroit)8	Des Moines/AAU Junior Olympics .....	8/ 7/2004
2:16.79	Sarah Squires (Unionville-Sebewaing)	Comstock Park/D3 State.....	6/ 5/2004
2:16.91	Brittany Quinn (Hartland)9	Rockford/D1 State.....	6/ 5/2004

2:17.0 Devon Rupley (Northville)  
 2:17.36 Elizabeth Pepelko (Bloomfield Hills Andover)12  
 2:17.61 Lisa Senakiewich (Davison)12  
 2:17.82 Amber Myers (Jackson Northwest)12

Livonia/Inv..... 5/ 1/2004  
 Caledonia/D2 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Caledonia/D2 State..... 6/ 5/2004

**1500 METERS**

4:39.22# Nicole Bush (Kelloggsville)12  
 4:40.44# Lisa Senakiewich (Davison)12  
 4:42.73# Liz Mengyan (Clarkston)11  
 4:48.84 Johnelle Thomas (Detroit Cass Tech)12  
 4:48.85 Lindsay Hagan (Northville)8  
 4:52.34 Ramzee Fondren (Detroit)8

Raleigh/adidas Outdoor [mile]..... 6/19/2004  
 Raleigh/adidas Outdoor [mile]..... 6/19/2004  
 Raleigh/adidas Outdoor [mile]..... 6/19/2004  
 Des Moines/AAU Junior Olympics ..... 8/ 7/2004  
 Eugene/USATF Junior Olympics (h) ..... 7/30/2004  
 Des Moines/AAU Junior Olympics ..... 8/ 7/2004

**1600 METERS**

4:51.64 Lisa Senakiewich (Davison)12  
 4:53.35 Nicole Bush (Kelloggsville)12  
 4:55.44 Janee Jones (Goodrich)11  
 4:56.55+ Bush  
 4:56.80 Sarah Squires (Unionville-Sebewaing)10  
 4:57.5 Bekah Smeltzer (Monroe Jefferson)9  
 4:57.68 Kelly Robinson (Holt)12  
 4:59.3 Nikki Bohnsack (Rockford)12  
 4:59.46 Smeltzer  
 5:00.4 Smeltzer  
 5:00.53 Eileen Creutz (Saline)10  
 5:00.56 Marissa Treece (Maple City Glen Lake)9  
 5:01.63+ Liz Mengyan (Clarkston)11  
 5:02.50+ Rachel Wittum (Rockford)9  
 5:03.57 Elizabeth Pepelko (Bloomfield Hills Andover)12  
 5:04.1 Caitlin Clifford (Bloomfield Hills Lahser)  
 5:05.2 Lori Burgess (Grand Rapids S Christian)  
 5:05.9 Emily Langenberg (Grand Ledge)  
 5:07.12 Laura Rolf (Rochester Hills Lutheran NW)10  
 5:07.45 Lisa Canty (Milford)12  
 5:07.5 Rebecca Winchester (Middleville)  
 5:07.74 Claire Otwell (Traverse City Central)12  
 5:08.1 Nicole Holmes (Flint Central)  
 5:09.38 Kayla O'Mara (Goodrich)10  
 5:09.6 Jessica Armstrong (Wayland)  
 5:09.8 Laura Malnor (East Grand Rapids)11  
 5:09.9 Amber Smith (Ishpeming-Westwood)

Rockford/D1 State..... 6/ 5/2004  
 Comstock Park/D3 State..... 6/ 5/2004  
 Comstock Park/D3 State..... 6/ 5/2004  
 Raleigh/adidas Outdoor (4:58.27)..... 6/19/2004  
 Comstock Park/D3 State..... 6/ 5/2004  
 Grosse Ile/D2 Regional..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Caledonia/D2 State..... 6/ 5/2004  
 Jackson/NW Last Chance..... 5/15/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Grand Rapids/D4 State..... 6/ 5/2004  
 Raleigh/adidas Outdoor (5:03.38)..... 6/19/2004  
 Raleigh/adidas Outdoor (5:04.26)..... 6/19/2004  
 Caledonia/D2 State..... 6/ 5/2004  
 Milford/Oakland County ..... 5/28/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Grand Rapids/D4 State..... 6/ 5/2004  
 Delaware/Midwest Meet of Champions..... 6/12/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Holly/D1 Regional ..... 5/21/2004  
 Comstock Park/D3 State..... 6/ 5/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 Kingsford/UP2 State ..... 6/ 5/2004

**2000-METER STEEPLECHASE**

7:46.51 Anne Oltman (Clarkston)11

Raleigh/adidas Outdoor ..... 6/19/2004

**3000 METERS**

10:31.57 Johnelle Thomas (Detroit Cass Tech)12

Des Moines/AAU Junior Olympics ..... 8/ 7/2004

**3200 METERS**

10:40.66 Bekah Smeltzer (Monroe Jefferson)9  
 10:48.07+ Nicole Bush (Kelloggsville)12  
 10:49.90 Annie Otwell (Traverse City Central)10  
 10:52.15 Lisa Canty (Milford)12  
 10:52.80 Bush  
 10:52.97 Eileen Creutz (Saline)10  
 10:53.6 Smeltzer  
 10:53.84 Emily Langenberg (Grand Ledge)9  
 10:55.97+ Canty  
 10:59.0 Nikki Bohnsack (Rockford)12  
 10:59.28 Lindsay Gaudard (Lake Orion)  
 11:00.38 Rachel Wittum (Rockford)9  
 11:01.09 Laura Malnor (East Grand Rapids)11

Caledonia/D2 State..... 6/ 5/2004  
 Raleigh/adidas Outdoor (10:51.85)..... 6/18/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Delaware/Midwest Meet of Champions..... 6/12/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Jackson/NW Last Chance..... 5/15/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Raleigh/adidas Outdoor (10:59.79)..... 6/18/2004  
 ?..... /2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Caledonia/D2 State..... 6/ 5/2004

11:02.7 Jessica Armstrong (Wayland)9  
 11:04.34 Caitlin Clifford (Bloomfield Hills Lahser)10  
 11:07.1 Lindsay Gaudard (Lake Orion)  
 11:11.91 Marissa Treece (Glen Lake)9  
 11:13.28 Theresann Zimmerman (Boyne City)10  
 11:14.61 Erin Batt (Hillsdale)

**100-METER HURDLES (33")**

14.05 Taneisha Griggs (Southfield Lathrup)12  
 14.30 Osamuède Iyoha (Ann Arbor Pioneer)12  
 14.34 Tiffany Ofili (Ypsilanti)11  
 14.68 Sara Wittingen (East Grand Rapids)12  
 14.71 Megan Strachota (Chesaning)11  
 14.83 Chide Uche (Ann Arbor Pioneer)9  
 14.94 Leighann Dowell (Millington)  
 15.10 Lindsay Lange (Manistee)  
 15.25 Lesly Hale (Detroit Renaissance)10

**Wind-aided:**

14.37 Taneisha Griggs (Southfield Lathrup)12  
 14.59 Osamuède Iyoha (Ann Arbor Pioneer)12  
 14.79 Winter Taylor (Ann Arbor Pioneer)11  
 15.09 Kathleen LaValley (Forest Hills Central)11  
 15.13 Nikki Mitchell (Adrian)12  
 15.20 Keisha Townsend (Ann Arbor Pioneer)12  
 15.22 Candice Wheat (Pontiac Northern)10  
 15.26 Samantha Smith (South Lyon)12  
 15.27 Kiersten Isgrigg (South Lyon)12  
 15.28 Katie Thomas (White Lake Lakeland)12

**Hand-timed:**

13.8 Tenisha Griggs (Southfield Lathrup)12  
 14.1 Sarah Wittingen (East Grand Rapids)12  
 14.2 Griggs  
 14.4 Osamuède Iyoha (Ann Arbor Pioneer)12  
 14.5 Iyoha  
 14.5 Megan Strachota (Chesaning)11  
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 14.6 Chide Uche (Ann Arbor Huron)9  
 14.8 Keisha Townsend (Ann Arbor Pioneer)  
 14.9 Tiarra Brooks (Detroit Mumford)12  
 14.9 Katie LaValley (Forest Hills Central)  
 15.0 Winter Taylor (Ann Arbor Pioneer)  
 15.0 Tiffany Ofili (Ypsilanti)  
 15.1 Nikki Mitchell (Adrian)  
 15.1 Candice Wheat (Pontiac Northern)  
 15.2 Samantha Smith (South Lyon)12  
 15.2 Danielle Brown (Kalamazoo Central)  
 15.2 Maggie Dwyer (Grand Haven)  
 15.2 Kiersten Isgrigg (South Lyon)12

**300-METER HURDLES (30")**

42.85 Osamuède Iyoha (Ann Arbor Pioneer)12  
 42.94 Jennifer Sabra (Taylor Kennedy)11  
 42.95 Iyoha  
 43.56 Iyoha  
 43.57 Kathleen LaValley (Forest Hills Central)11  
 44.32 Sara Trumbull (Pinckney)11  
 44.34 Danielle Brown (Kalamazoo Central)11  
 44.55 Keisha Townsend (Ann Arbor Pioneer)12  
 44.78 Tiffany Ofili (Ypsilanti)11  
 45.29 Stephanie McCarthy (Kenowa Hills)10  
 45.33 Kiersten Isgrigg (South Lyon)12  
 45.38 Crystal Stanley (Lansing Eastern)10

Comstock Park/D2 Regional ..... 5/21/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Milford/Oakland County ..... 5/28/2004  
 Grand Rapids/D4 State ..... 6/ 5/2004  
 Comstock Park/D3 State ..... 6/ 5/2004  
 Comstock Park/D3 State ..... 6/ 5/2004

Delaware/Midwest Meet (-0.5) ..... 6/12/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Farmington Hills/USATF JO Region V ..... 7/11/2004  
 Comstock Park/D3 State ..... 6/ 5/2004  
 Comstock Park/D3 State ..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (h) (-1.2) . 8/ 7/2004

Rockford/D1 State (2.3) ..... 6/ 5/2004  
 Rockford/D1 State (2.3) ..... 6/ 5/2004  
 Rockford/D1 State (2.3) ..... 6/ 5/2004  
 Rockford/D1 State (2.3) ..... 6/ 5/2004  
 Rockford/D1 State (s) (2.3) ..... 6/ 5/2004  
 Rockford/D1 State (2.3) ..... 6/ 5/2004  
 Rockford/D1 State (s) (2.7) ..... 6/ 5/2004  
 Rockford/D1 State (s) (2.7) ..... 6/ 5/2004  
 Rockford/D1 State (s) (2.7) ..... 6/ 5/2004  
 Rockford/D1 State (s) (2.3) ..... 6/ 5/2004

Milford/Oakland County ..... 5/28/2004  
 Comstock Park/D2 Regional ..... 5/21/2004  
 ? ..... /2004  
 Adrian/dual ..... 5/11/2004  
 Adrian/Clark Inv ..... 5/ 8/2004  
 Chesaning/dual ..... 5/10/2004

Ann Arbor/River Rat ..... 5/15/2004  
 Adrian/dual ..... 5/11/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Adrian/dual ..... 5/11/2004  
 Chelsea/D2 Regional ..... 5/22/2004  
 Ypsilanti/D1 Regional ..... 5/21/2004  
 Milford/D1 Regional ..... 5/21/2004  
 South Lyon/Sunset Inv ..... 5/ 8/2004  
 Muskegon/D1 Regional ..... 5/21/2004  
 Muskegon/D1 Regional ..... 5/21/2004  
 Milford/D1 Regional ..... 5/21/2004

Rockford/D1 State ..... 6/ 5/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Delaware/Midwest Meet of Champions ..... 6/12/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Rockford/D1 State ..... 6/ 5/2004  
 Rockford/D1 State ..... 6/ 5/2004

45.42 Candice Wheat (Pontiac Northern)12  
 45.45 Cassie Jenich (Warren Cousino)12  
 45.65 Sarah Thomas (Reading)11  
 45.78 Katie Thomas (White Lake Lakeland)12  
 45.94 Kali Briggs (Vandercook Lake)12

**Hand-timed:**

43.8 Kathleen LaValley (Forest Hills Central)11  
 44.0 Osamuede Iyoha (Ann Arbor Pioneer)12  
 44.1 Sara Trumbull (Pinckney)11  
 44.4 Tiarra Brooks (Detroit Mumford)12  
 44.7 Danielle Brown (Kalamazoo Central)11  
 44.9 Keisha Townsend (Ann Arbor Pioneer)  
 44.9 Melissa Phillips (Ann Arbor Pioneer)11  
 45.1 Tiffany Ofili (Ypsilanti)  
 45.1 Jennifer Sabra (Taylor Kennedy)  
 45.5 Sarah Wittingen (East Grand Rapids)12  
 45.6 Candice Wheat (Pontiac Northern)10  
 45.7 Amber Hay (Detroit Renaissance)  
 45.7 Crystal Stanley (Lansing Eastern)10  
 45.7 Kiersten Isgrigg (South Lyon)12  
 45.9 Dominique Diaz (Ann Arbor Pioneer)12  
 45.9 Megan Strachota (Chesaning)11

Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Grand Rapids/D4 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Grand Rapids/D4 State..... 6/ 5/2004

Grand Rapids/D1 Regional ..... 5/21/2004  
 Ypsilanti/D1 Regional..... 5/21/2004  
 Milford/D1 Regional ..... 5/21/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Muskegon/D1 Regional..... 5/21/2004  
 Adrian/dual..... 5/11/2004  
 Ypsilanti/D1 Regional..... 5/21/2004  
 Chelsea/D2 Regional ..... 5/22/2004  
 Ypsilanti/D1 Regional..... 5/21/2004  
 Grand Rapids/dual ..... 4/30/2004  
 Milford/D1 Regional ..... 5/21/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Milford/D1 Regional ..... 5/21/2004  
 Adrian/dual ..... 5/11/2004  
 Corunna/MMB..... 5/27/2004

**400-METER HURDLES (30")**

1:01.88 Crystal Stanley (Lansing Eastern)10  
 1:02.72 Kathleen LaValley (Forest Hills Central)11  
 1:04.06 LaValley  
 1:04.58 Jennifer Sabra (Taylor Kennedy)11  
 1:04.63 Amber Hay (Detroit Renaissance)11  
 1:04.70 Sabra  
 1:04.71 Stanley  
 1:06.69 Domonique Diaz (Ann Arbor Pioneer)12  
 1:06.98 Melissa Phillips (Ann Arbor Pioneer)11  
 1:08.24 Joanna Schollack (Brighton)12  
 1:08.67 Oneka Hill (Southfield)11  
 1:08.85 Jaime Obidike (Ann Arbor Pioneer)10

Des Moines/AAU Junior Olympics ..... 8/ 7/2004  
 Raleigh/adidas Outdoor ..... 6/19/2004  
 Farmington Hills/USATF JO Region V ..... 7/11/2004  
 Des Moines/AAU Junior Olympics (h)..... 8/ 7/2004  
 Farmington Hills/USATF JO Region V ..... 7/11/2004  
 Farmington/USATF JO State ..... 6/26/2004  
 Des Moines/AAU Junior Olympics (h)..... 8/ 5/2004  
 Farmington/USATF JO State ..... 6/26/2004  
 Baltimore/USA Youth Ch.....  
 Des Moines/AAU Junior Olympics (h)..... 8/ 7/2004  
 Des Moines/AAU Junior Olympics (h)..... 8/ 7/2004  
 Farmington Hills/USATF JO Region V ..... 7/11/2004

**HIGH JUMP**

5-9 Christine Krellwitz (Big Rapids)12  
 5-7 Bettie Wade (Farmington)11  
 5-7 Katherine Johnson (Birmingham Marion)  
 5-6 Laurenie Loussaint (Southfield)  
 5-6 Shanna Tamminga (Delton-Kellogg)  
 5-6 Christina Solomon (Belleville)11  
 5-5.25 Katie VanderArk (Grand Rapids South Chr)10  
 5-5 Jaelyn Stringer (Monroe)  
 5-5 Jackie Prins (Grand Rapids Catholic Cent)  
 5-5 Megan Strachota (Chesaning)11  
 5-5 Kelly Kohn (Adrian)10  
 5-5 Whitney Tremain (East Kentwood)10  
 5-5 Chaesa Howard (Midland)10  
 5-5 Ashton Lechner (Midland Dow)12  
 5-5 Erika Schroll (Three Rivers)10  
 5-4 Selina Banks (Southfield Lathrup)11  
 5-4 Tiffany Norton (Flint Carman-Ainsworth)11  
 5-4 Lindsey McNight (Sparta)  
 5-4 Sarah Wittingen (East Grand Rapids)  
 5-4 Danielle Brown (Kalamazoo Central)11  
 5-4 Katie Price (Fraser)  
 5-4 Mary Leverentz (Three Rivers)12  
 5-4 Nicole Wyers (White Cloud)  
 5-4 AnnMarie LaFlamme ()

Caledonia/D2 State ..... 6/ 5/2004  
 Milford/Oakland County ..... 5/28/2004  
 Raleigh/adidas Outdoor ..... 6/19/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 Grand Rapids/D3 Regional ..... 5/22/2004  
 Ypsilanti/D1 Regional..... 5/21/2004  
 ?..... /2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004  
 ?..... /2004  
 Caro/D2 Regional ..... 5/21/2004  
 Ypsilanti/D1 Regional..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Dayton/Mitchell Memorial..... 5/ 1/2004  
 Saginaw/D1 Regional ..... 5/21/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Grand Rapids/Public School Inv ..... 4/16/2004  
 Grand Rapids/Inv ..... 4/23/2004  
 Warren/D1 Regional ..... 5/21/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Comstock Park/D3 State..... 6/ 5/2004  
 Des Moines/AAU Junior Olympics (h)..... 8/ 7/2004

**POLE VAULT**

11-8	Angie Maxey (Caledonia)12	Caledonia/D2 State .....	6/ 5/2004
11-6	Stacy Orosz (Rockford)12	Rockford/D1 State.....	6/ 5/2004
11-6	Maxey	Delaware/Midwest Meet of Champions.....	6/12/2004
11-3	Stephanie Miller (Erie-Mason)12	?	/2004
11-3	Maxey	Comstock Park/D2 Regional .....	5/21/2004
11-3	Orosz	Grand Rapids/D1 Regional .....	5/21/2004
11-3	Janine Rosloniec (Rockford)12	Grand Rapids/D1 Regional .....	5/21/2004
11-3	Jen Mehl (Novi)12	Milford/D1 Regional .....	5/21/2004
11-3	Rosloniec	Rockford/D1 State.....	6/ 5/2004
11-3	Mehl	Rockford/D1 State.....	6/ 5/2004
11-2	Mehl	South Lyon/dual .....	5/ 4/2004
11-1	Orosz	Muskegon/dual.....	4/29/2004
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11-0	Lindsay Jones (St Clair)12	Macomb/dual .....	5/18/2004
11-0	Michelle Fryling (East Kentwood)12	Rockford/D1 State.....	6/ 5/2004
11-0	Katie Martin (Boyer City)12	Bellaire/Steiner Inv .....	5/ 3/2004
10-10.5	Jessica Miela (Fife Lake)12	Grand Rapids/D4 State .....	6/ 5/2004
10-9	Lisa Sontagg (Saginaw Nouvel)11	Corunna Relays .....	4/24/2004
10-9	Stacy Turak (Warren Cousino)11	Warren/D1 Regional .....	5/21/2004
10-9	Katie Shaw (Lakeview)11	Breckinridge/CSAA .....	5/27/2004
10-9	Laura Schelhaus (Muskegon Mona Shores)12	Rockford/D1 State.....	6/ 5/2004
10-6	Abby Ostrowski (Grand Rapids West Cath)9	?	/2004
10-6	Alisha Perry (Perry)	Vermontville/D3 Regional.....	5/21/2004

**LONG JUMP**

18-9	Jennifer Anderson (Wayne)11	Plymouth/dual .....	4/22/2004
18-3	Tiffany Ofili (Ypsilanti)11	Ypsilanti/EMU Twilight .....	4/16/2004
18-0	Brittany Howard (Westland Glenn)10	Livonia/dual.....	4/22/2004
17-11.75	Amanda Weber (Portland St Patrick)12	Grand Rapids/D4 State .....	6/ 5/2004
17-9	Samantha Smith (South Lyon)12	KVC Champs .....	5/25/2004
17-7.25	Megan Garvey (Vermontville Maple Valley)	Vermontville/SMAA .....	5/27/2004
17-7	Sara Trumbull (Pinckney)11	Pinckney/tri .....	4/30/2004
17-6.75	Brittany Howard (Romulus)10	Des Moines/AAU Junior Olympics .....	8/ 7/2004
17-4	Jackie Prins (Grand Rapids Catholic Cent)	Grand Rapids/dual .....	5/11/2004
17-3.75	Christine Krellwitz (Big Rapids)12	dual .....	4/13/2004
17-1.5	Megan Gregory (Rockford)	?	/2004
17-1.5	Chelsey Myers (Monroe St Mary)	Erie/D3 Regional.....	5/22/2004
17-1.25	Chelsea Milen (Ewart)	Pine River Inv.....	5/ 1/2004
17-1.25	Tiffany Sylvester (Grand Rapids Ottawa H)	Grand Rapids/dual .....	4/30/2004

**Wind-aided:**

18-8	Sara Trumbull (Pinckney)11	Pinckney/dual.....	4/27/2004
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**SHOT (4kg)**

43-9.75	Lauren Buresh (Morley-Stanwood)10	Comstock Park/D3 State.....	6/ 5/2004
43-7.5	Nia Henderson (Livonia Churchill)12	Livonia/City .....	4/29/2004
43-6.5	Henderson	West Bloomfield Inv .....	4/24/2004
42-3	Takarra Dunning (Kalamazoo Central)11	Muskegon/D1 Regional.....	5/21/2004
42-1.75	Maggie Dwyer (Grand Haven)12	Grand Haven/dual.....	5/11/2004
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41-8	Whitney Nevins (Eaton Rapids)12	Jackson/CAAC 2.....	5/27/2004
41-5.5	Jessica Stender (Corunna)12	Alma/dual .....	/2004
41-1.5	Ashley Lawrence (Troy)10	Rockford/D1 State.....	6/ 5/2004
39-7.5	DeDee Briggs (Vandercook Lake)11	Grand Rapids/D4 State .....	6/ 5/2004
39-7	Ashley Kent (East Kentwood)12	Rockford/D1 State.....	6/ 5/2004
39-6.5	Charleese Greer (Pontiac Northern)12	Rockford/D1 State.....	6/ 5/2004
39-3	Emily Fox (Rockford)	Rockford/dual.....	5/11/2004
39-2	Joanna Houston (Royal Oak Dondero)11	Caledonia/D2 State .....	6/ 5/2004
39-1.5	Rolanda Vinson (Ann Arbor Pioneer)11	Ypsilanti/EMU Twilight .....	4/16/2004

**DISCUS**

142-4	Maggie Dwyer (Grand Haven)12	dual...../2004
141-5	Sara Camacho (Byron Center)12	Caledonia/D2 State..... 6/ 5/2004
140-7	Nia Henderson (Livonia Churchill)12	Livonia/dual..... 4/29/2004
139-11	Camacho	Delaware/Midwest Meet of Champions..... 6/12/2004
137-6	Camacho	Comstock Park/D2 Regional..... 5/21/2004
137-2	Dwyer	Rockford/D1 State..... 6/ 5/2004
136-4	Henderson	Walled Lake Western dual..... 4/23/2004
136-1	Dwyer	Muskegon/dual..... 5/ 4/2004
134-4	Dwyer	Grand Haven/dual..... 4/30/2004
133-9	Henderson	Rockford/D1 State..... 6/ 5/2004
132-8	Jessica Stender (Corunna)12	Caledonia/D2 State..... 6/ 5/2004
130-2	Alicia McCarthy (Grand Rapids Catholic C)	Grand Rapids/dual..... 5/11/2004
129-2	Meagan Halliwell (Vermontville)	Vermontville/D3 Regional..... 5/21/2004
127-2	Jenn Hawley (Kent City)	Kent City/dual..... 5/ 3/2004
126-6	Ashley Kent (East Kentwood)12	Rockford/D1 State..... 6/ 5/2004
125-2	Valesha Turner (Farmington Hills Mercy)12	West Bloomfield/D1 Regional..... 5/22/2004
123-9	Stephanie Robinson (Walkerville)10	Grand Rapids/D4 State..... 6/ 5/2004
123-4	Katie Shaheen (West Bloomfield)11	Rockford/D1 State..... 6/ 5/2004
123-0	Mindy Bode (Caledonia)12	Caledonia/D2 State..... 6/ 5/2004

#### JAVELIN

114-7	Allison Jakubowski (Anchor Bay)11	Des Moines/AAU Junior Olympics..... 8/ 7/2004
96-2	Jakubowski	Farmington/USATF JO State..... 6/26/2004
87-10	Jakubowski	Farmington Hills/USATF JO Region V..... 7/11/2004

#### HEPTATHLON

3551	Oneka Hill (Southfield)11 (16.47 [-0.8], 4-7, 27-4, 27.69 [-1.3], 16-4.5, 74-1, 2:55.22)	Des Moines/AAU Junior Olympics..... 8/ 7/2004
2659	Bettie Wade (Farmington)	Farmington Hills/USATF JO Region V..... 7/10/2004
2505	Ashley Green (Detroit Mumford)10 (19.27 [-1.7], 4-0.5, 21-3.5, 28.41 [-0.4], 11-5, 47-2, 2:44.16)	Des Moines/AAU Junior Olympics..... 8/ 7/2004

#### 4 x 100-METER RELAY

47.64	Detroit Mumford	Raleigh/adidas Outdoor (h)..... 6/19/2004
47.78	Detroit Mumford	Rockford/D1 State..... 6/ 5/2004
48.29	Ann Arbor Pioneer	Rockford/D1 State..... 6/ 5/2004
48.61	Ann Arbor Pioneer	Ypsilanti/EMU Twilight..... 4/16/2004
48.69	Westland Glenn	Rockford/D1 State..... 6/ 5/2004
48.70	Detroit Mumford	Raleigh/adidas Outdoor..... 6/19/2004
48.89	Kalamazoo Central	Rockford/D1 State..... 6/ 5/2004
49.01	Pontiac Northern	Rockford/D1 State..... 6/ 5/2004
49.43	Rockford	Rockford/D1 State..... 6/ 5/2004
49.65	Muskegon	Rockford/D1 State..... 6/ 5/2004
49.87	Saginaw	Caledonia/D2 State..... 6/ 5/2004

#### Hand-timed:

47.7	Detroit Mumford	Dayton/Mitchell Memorial..... 5/ 1/2004
48.2	Detroit Mumford	Detroit/PSL Champs..... 5/27/2004
49.0	Detroit Mumford	Flint/Mott Relays..... 5/15/2004
49.1	Ann Arbor Pioneer	Adrian/dual..... 5/11/2004
49.1	Ann Arbor Pioneer	Ypsilanti/D1 Regional..... 5/21/2004
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49.3	Benton Harbor	Kalamazoo/Long Inv..... 5/ 7/2004
49.4	Rockford	Grand Rapids/D1 Regional..... 5/21/2004
49.4	Southfield Lathrup	Milford/Oakland County..... 5/28/2004
49.5	Westland Glenn	Adrian/Clark..... 5/ 8/2004
49.7	Pontiac Northern	Milford/D1 Regional..... 5/21/2004
50.0	Lansing Waverly	Lakewood/D2 Regional..... 5/22/2004

#### 4 x 200-METER RELAY

1:39.12	Detroit Mumford	Rockford/D1 State..... 6/ 5/2004
1:39.2	Detroit Mumford	Dayton/Mitchell Memorial..... 5/ 1/2004
1:39.64	Ann Arbor Pioneer	Rockford/D1 State..... 6/ 5/2004



1:39.67 Detroit Mumford  
 1:40.3 Detroit Renaissance  
 1:40.4 Detroit Mumford  
 1:40.68 Ann Arbor Pioneer

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1:42.91 Westland Glenn  
 1:43.08 Ypsilanti Lincoln  
 1:43.22 East Kentwood  
 1:43.2 Southfield Lathrup  
 1:43.99 Milford  
 1:44.27 Kalamazoo Central  
 1:44.2 Rockford  
 1:44.49 Livonia Churchhill  
 1:44.5 Livonia Stevenson  
 1:44.76 Ann Arbor Huron  
 1:44.9 Pinckney

Ypsilanti/EMU Twilight ..... 4/16/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Flint/Mott Relays ..... 5/15/2004  
 Ypsilanti/EMU Twilight ..... 4/16/2004

Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Milford/Oakland County ..... 5/28/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Canton/D1 Regional..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Milford/D1 Regional ..... 5/21/2004

**4 x 400-METER RELAY**

3:46.43 Ann Arbor Pioneer  
 3:51.15 Detroit Mumford  
 3:51.7 Ann Arbor Pioneer  
 3:53.2 Detroit Mumford  
 3:56.0 Detroit Mumford  
 3:56.1 Ann Arbor Pioneer  
 3:56.2 Detroit Mumford  
 3:57.57 Ypsilanti Lincoln  
 3:59.26 Pinckney  
 3:59.34 Rockford  
 3:59.34 Detroit Renaissance  
 3:59.47 Livonia Churchhill  
 3:59.51 Kalamazoo Central  
 3:59.9 Forest Hills Northern  
 4:00.1 Grand Blanc  
 4:02.03 East Kentwood  
 4:02.9 Southfield Lathrup  
 4:03.14 Haslett Caledonia/D2 State  
 4:03.36 Milford Rockford/D1 State  
 4:03.62 Brighton  
 4:04.44 Mt Pleasant  
 4:04.7 Haslett Lakewood/D2 Regional

Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Ypsilanti/D1 Regional..... 5/21/2004  
 Dayton/Mitchell Memorial..... 5/ 1/2004  
 Detroit/PSL Champs ..... 5/27/2004  
 Adrian/Clark Inv ..... 5/ 8/2004  
 Warren/D1 Regional ..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Holly/D1 Regional ..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Milford/Oakland County ..... 5/28/2004  
 6/ 5/2004  
 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 5/22/2004

**4 x 800-METER RELAY**

9:10.69 Rockford  
 9:17.78 Rockford  
 9:20.80 Saline  
 9:22.05 Clarkston  
 9:23.30 Goodrich  
 9:24.33 Goodrich  
 9:24.5 Holt  
 9:24.81 Milford  
 9:25.1 Clarkston  
 9:25.36 Holt  
 9:29.79 Livonia Stevenson  
 9:32.23 Grosse Pointe North  
 9:32.20 Detroit Renaissance  
 9:32.50 Grand Blanc  
 9:36.6 Brighton  
 9:38.3 Ann Arbor Pioneer

Raleigh/adidas Outdoor ..... 6/19/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Raleigh/adidas Outdoor ..... 6/19/2004  
 Comstock Park/D3 State..... 6/ 5/2004  
 Grand Rapids/D1 Regional ..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Holly/D1 Regional ..... 5/21/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Caledonia/D2 State ..... 6/ 5/2004  
 Rockford/D1 State..... 6/ 5/2004  
 Milford/D1 Regional ..... 5/21/2004  
 Ypsilanti/D1 Regional..... 5/21/2004

**4 x 1600-METER RELAY**

20:59.38+ Goodrich  
 21:09.22+ Clarkston

Raleigh/adidas Outdoor (21:06.72) ..... 6/19/2004  
 Raleigh/adidas Outdoor (21:16.62) ..... 6/19/2004

21:44.4 Rockford  
 21:52.0 Clarkston  
 21:54.7 Livonia Stevenson  
 22:00.4 Grand Rapids South Christian  
 22:24.1 East Grand Rapids  
 22:24.3 Milford  
 22:29.31+ Clarkston B  
 22:36.1 Davison  
 22:43.0 Battle Creek Lakeview  
 22:44.1 Dexter  
 22:54.9 Northville  
 23:28.6 Howell  
 23:28.9 Blissfield

Wyoming Park/Grimm ..... 4/23/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Troy Inv ..... 5/ 8/2004  
 Wyoming Park/Grimm ..... 4/23/2004  
 Wyoming Park/Grimm ..... 4/23/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Raleigh/adidas Outdoor (22:37.18) ..... 6/19/2004  
 Flint/Runyan ..... 5/ 8/2004  
 Hastings Relays ..... 4/16/2004  
 Manchester Metric ..... 5/15/2004  
 Railsplitters ..... 4/25/2004  
 Flint/Runyan ..... 5/ 8/2004  
 Manchester/Metric ..... 5/15/2004

**800-METER SPRINT MEDLEY**

1:45.9 Detroit Mumford  
 1:46.55 Detroit Mumford  
 1:49.2 Middleville  
 1:53.1 Southfield Lathrup  
 1:54.5 Allendale  
 1:55.8 Muskegon  
 1:56.5 Lansing Waverly  
 1:56.6 Livonia Stevenson  
 1:56.7 Cadillac  
 1:56.7 Tecumseh  
 1:56.9 Ann Arbor Pioneer  
 1:57.0 Grand Rapids Christian

Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Raleigh/adidas Outdoor ..... 6/19/2004  
 Caledonia/Soderman ..... 4/23/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Holland/West Ottawa Relays ..... 5/ 1/2004  
 Holland/West Ottawa Relays ..... 5/ 1/2004  
 Hastings Relays ..... 4/16/2004  
 Troy Inv ..... 5/ 8/2004  
 Midland/Swayze Relays ..... 4/24/2004  
 South Lyon/Sunset Inv ..... 5/ 8/2004  
 South Lyon/Sunset Inv ..... 5/ 8/2004  
 Lowell Inv ..... 5/ 1/2004

**1200-METER MEDLEY**

2:55.5 Forest Hills Northern  
 3:00.3 East Grand Rapids  
 3:00.6 Lansing Catholic Central  
 3:02.7 Sparta  
 3:04.6 Grand Rapids Christian  
 3:05.9 Hamilton  
 3:06.7 Kent City  
 3:07.6 Newaygo

Caledonia/Soderman ..... 4/23/2004  
 Wyoming Park/Grimm ..... 4/23/2004  
 Bath/Courser Inv ..... 4/30/2004  
 Kent City Relays ..... 4/10/2004  
 Wyoming Park/Grimm ..... 4/23/2004  
 Godwin Relays ..... 4/16/2004  
 Kent City Relays ..... 4/10/2004  
 Morley/Mohawk ..... 4/16/2004

**1600-METER SPRINT MEDLEY**

4:25.80 Flint Central  
 4:31.97 Detroit Mumford

Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004

**2400-METER MEDLEY**

7:05.3 Rockford  
 7:12.9 Midland  
 7:13.4 Flint Kearsley  
 7:13.4 Lansing Catholic Central  
 7:15.7 Livonia Stevenson  
 7:23.6 Ypsilanti Lincoln  
 7:24.1 Howell Flint/Runyan  
 7:29.0 East Grand Rapids

Grand Rapids/Public School Inv ..... 4/16/2004  
 Midland/Swayze Relays ..... 4/24/2004  
 Flint/Runyan ..... 5/ 8/2004  
 St Louis Relays ..... 4/17/2004  
 Troy Inv ..... 5/ 8/2004  
 Chelsea Relays ..... 4/21/2004  
 5/ 8/2004  
 Grand Rapids/Public School Inv ..... 4/16/2004

**DISTANCE MEDLEY**

12:16.80 Rockford  
 12:28.42 Milford  
 12:43.0 Detroit Renaissance  
 12:58.3 East Grand Rapids  
 13:00.5 Grand Rapids Christian  
 13:01.5 Clarkston  
 13:04.0 Grand Blanc  
 13:09.5 Livonia Stevenson  
 13:11.2 Grand Blanc

Raleigh/adidas Outdoor ..... 6/19/2004  
 Raleigh/adidas Outdoor ..... 6/19/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Wyoming Park/Grimm ..... 4/23/2004  
 Wyoming Park/Grimm ..... 4/23/2004  
 Dayton/Mitchell Memorial ..... 5/ 1/2004  
 Ypsilanti Relays ..... 4/24/2004  
 Troy Inv ..... 5/ 8/2004  
 Flint/Runyan ..... 5/ 8/2004

13:14.9 Goodrich  
13:29.1 Davison

Corunna Relays ..... 4/24/2004  
Flint/Runyan..... 5/ 8/2004