

# The Michtrack Honor Roll

Featuring the best performers and performances from the Michigan outdoor season.

NOTE: all marks must be verifiable, so give us full date/meet info. If they're wind-aided, call them wind-aided. Honesty is actually a good concept. We ALWAYS reserve the right to label a mark windy or questionable. The accuracy of these lists is extremely important—that's why the recruiters trust them.

The standards shown in each event heading guarantee inclusion on the end-of-season lists and the Yearbook.

Send corrections and meet results to: [jeffhollobaugh@aol.com](mailto:jeffhollobaugh@aol.com).

## 100 METERS

11.58	Jordan Clark (Southfield Lathrup)10	Sudtiroi/World Youth Champs (qf) (0.9).....	7/ 8/2009
11.73	Kendall Baisden (Bloomfield St Regis)8	Ypsilanti/USA Youth (1.3) .....	7/ 5/2009
11.73	Baisden	Greensboro/USATF JO (h) (1.9) .....	7/31/2009
11.74	Clark	Sudtiroi/World Youth Champs (h) (-0.4).....	7/ 8/2009
11.82	Clark	Ypsilanti/World Youth Trials (0.0).....	7/ 1/2009
11.88	Baisden	Charleston/USATF JO Reg V .....	7/12/2009
11.89	Baisden	Greensboro/Nike Outdoor (h) (1.0) .....	6/19/2009
11.93	Baisden	Greensboro/Nike Outdoor (-1.6) .....	6/19/2009
11.93	Baisden	Greensboro/USATF JO (-1.0) .....	8/ 2/2009
12.03	Kyra Jefferson (Detroit Cass Tech)9	Des Moines/AAU JO (s) (0.6).....	8/ 5/2009
12.10	Charlotte Cahill (North Farmington)12	Kentwood/D1 State (-2.9).....	5/30/2009
12.21	Ashley Keyes (Rochester)11	Kentwood/D1 State (-2.9).....	5/30/2009
12.24	Chanese Mendenhall (East Kentwood)12	Kentwood/D1 State (-2.9).....	5/30/2009
12.28	Ashlee Abraham (Detroit Renaissance)12	Detroit/Lynch Inv .....	5/ 9/2009
12.30	Briana Nixon (Redford MS)8	Des Moines/AAU JO (h) (1.0) .....	8/ 3/2009
12.32	Mahogany Bozman (Kalamazoo Central)	Jackson/JD's Inv .....	4/24/2009
12.34	Jewel Thomas (Southfield Lathrup)	Kentwood/D1 State (-2.9).....	5/30/2009
12.36	Amelia Bannister (Albion)12	Comstock Park/D3 State (1.2) .....	5/30/2009
12.36	Diamond Hamilton (Auburn Hills Avondale)10	Farmington Hills/AAU District 9 .....	7/12/2009
12.38	Kelsie Williams (St Charles)	Comstock Park/D3 State (1.2) .....	5/30/2009
12.40	Jasmine Brathwaite (Detroit MS)7	Des Moines/AAU JO (s) (1.5).....	8/ 5/2009
12.44	Yasmine Jones (Auburn Hills Avondale)	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.46	Noelle Bradley (Taylor Truman)12	Kentwood/D1 State (-2.9).....	5/30/2009
12.46	Shayla France (L'Anse Creuse)10	Kentwood/D1 State (-2.9).....	5/30/2009
12.51	Carly Scott (Schoolcraft)10	Comstock Park/D3 State (1.2) .....	5/30/2009
12.53	Kayla Addison (Detroit Country Day)12	Zeeland/D2 State (s).....	5/30/2009
12.53	Alexandria Johnson (Lake Orion)10	Southfield/AAU State .....	6/ 9/2009
12.54	Chrystal Wilson (Flint Southwestern)10	Auburn/SVL.....	5/20/2009
12.54	Paige Webb (Brooklyn Columbia Central)	Jackson/Selby Inv .....	5/26/2009
12.56	Corrie Castro (Saline)12	Ann Arbor/SEC .....	5/20/2009
12.56	Ciarra Adams (Flint Southwestern)10	Kentwood/D1 State (-2.9).....	5/30/2009
12.58	Briana Jackson (Oxford MS)7	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.60	Hannah Fitzpatrick (East Lansing)	Jackson/JD's Inv .....	4/24/2009
12.61	Jasmine Lucas (Battle Creek Lakeview)	Sturgis/SMAC Big 16 .....	5/ 8/2009
12.62	Dani Drayton (Troy)	Detroit/Shumake Relays .....	4/25/2009
12.63	Paige Patterson (Dearborn Divine Child)8	Southfield/AAU State .....	6/ 9/2009
12.65	Felicia Jefferson (Ypsilanti Lincoln)12	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.66	Amy Kish (Alpena)11	Auburn/BCW Inv .....	5/ 1/2009
12.66	Keyonna Coffie (Jackson)	Jackson/Selby Inv .....	5/26/2009
12.66	Nikala Nixon (Redford MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.68	Leah Arundel (Portage Central)	Sturgis/SMAC Big 16 .....	5/ 8/2009
12.70	Nacole Black (Detroit Mumford)12	Detroit/PSL.....	5/21/2009
12.70	McKenzie Decker (Centreville)10	Grand Rapids/D4 State (-1.7) .....	5/30/2009
12.74	Mary Mitchell (Detroit University Prep MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.75	Erica Hobson (Detroit Cass Tech)	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.76	Becky Caywood (Rockford)12	Jenison/MITCA Team D1.....	5/23/2009
12.76	Rosalynd Green (Detroit Mumford)11	Detroit/PSL.....	5/21/2009
12.76	Allie Fox (St Johns)10	Zeeland/D2 State .....	5/30/2009
12.76	Takira Moore (Dewitt)	Zeeland/D2 State (s).....	5/30/2009
12.76	Tiera Parker (Farmington Hills Harrison)	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.77	Christina Wade (Ann Arbor Pioneer)	Kalamazoo/Lukens Inv.....	4/24/2009

# The Michtrack Honor Roll

12.79	Markala Goodson (Saginaw Hill)10	Kalamazoo/Lukens Inv.....	4/24/2009
12.81	Ashley Gavitt (Millington)12	Comstock Park/D3 State (1.2) .....	5/30/2009
12.83	Brittany Calhoun (Grand Blanc)	Jackson/JD's Inv .....	4/24/2009
12.84	Tonesia Williams (Muskegon)	Muskegon/GMAA.....	5/ 1/2009
12.85	Heather Lowery (Morrice)12	Grand Rapids/D4 State (-1.7) .....	5/30/2009
12.85	Jasmine Thomas (Flint Hamady)12	Comstock Park/D3 State (1.2) .....	5/30/2009
12.86	Michaela Lewis (Flint Central)10	Auburn/SVL.....	5/20/2009
12.86	Ashley White (Detroit MS)7	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.88	Kaisha Martin (Dowagiac)10	Zeeland/D2 State .....	5/30/2009
12.88	Jasmine Ward (Novi)9	Kentwood/D1 State (s) (-2.0) .....	5/30/2009
12.89	Jamie Dompier (Chassell)	Kingsford/UPD2 State .....	5/30/2009
12.90	Amber Arndt (Beal City)9	Grand Rapids/D4 State (-1.7) .....	5/30/2009
12.90	Chanel Payne (Westland Glenn)12	Kentwood/D1 State (s) (-2.7) .....	5/30/2009
12.91	Adela King (Detroit Finney)	Detroit/PSL.....	5/21/2009
12.91	Deja Wright (Salem)11	Charleston/USATF JO Reg V (h).....	7/12/2009
12.92	Tere Cooley (Grand Blanc)	Jackson/JD's Inv .....	4/24/2009
12.92	Bri Russell (Portage Central)	Sturgis/SMAC Big 16 .....	5/ 8/2009
12.93	Maria Valesano (Crystal Falls Forest Park)	Kingsford/UPD3 State .....	5/30/2009
12.93	Rebecca Hall (Wyoming Park)	Zeeland/D2 State (s).....	5/30/2009
12.94	Raven Blaser (Wyoming Godwin Heights)9	Comstock Park/D3 State (s) (-0.7) .....	5/30/2009
12.95	Barbara Johnson (Kalamazoo Norrix)	Sturgis/SMAC Big 16 .....	5/ 8/2009
12.95	Markala Goodson (Saginaw Hill)10	Auburn/SVL.....	5/20/2009
12.95	Janea Cook (Detroit Renaissance)10	Southfield/AAU State .....	6/ 9/2009
12.96	Kimberly Balls (Bridgeport)9	Comstock Park/D3 State (1.2) .....	5/30/2009
12.96	Leanne Selinger (Williamston)	Jenison/MITCA Team D2.....	5/23/2009
12.96	Katie LaFayette (Marquette)	Kingsford/UPD1 State .....	5/30/2009
12.96	Rachel Zeppa (Traverse City Grand Traverse)11	Grand Rapids/D4 State (-1.7) .....	5/30/2009
12.96	Teanna Murray (Rochester)10	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.96	Jessica Howell (Oxford MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.98	Lameka Davis (East Kentwood)	Jenison/MITCA Team D1.....	5/23/2009
12.98	Essence Bulger (Detroit Cody)	Detroit/PSL.....	5/21/2009
12.98	Kylia Johnson (Southfield)11	Farmington Hills/AAU District 9 (h) .....	7/12/2009
12.98	Devin McLeod (Southfield MS)6	Des Moines/AAU JO (s) (1.0).....	8/ 5/2009
<b>Wind-aided:</b>			
11.86	Jordan Clark (Southfield Lathrup)10	Ypsilanti/World Youth Trials (h) (3.9) .....	6/30/2009
12.13	Charlotte Cahill (North Farmington)12	Farmington/Oakland County (2.4).....	5/22/2009
12.16	Ashley Keyes (Rochester)11	Farmington/Oakland County (2.4).....	5/22/2009
12.23	Markalah Goodson (Saginaw Hill)10	Saginaw/tri .....	5/11/2009
12.34	Renee Thomas (Southfield Lathrup)9	Farmington/Oakland County (2.4).....	5/22/2009
12.42	Noelle Bradley (Taylor Truman)12	Ypsilanti/USA Youth (2.1) .....	7/ 5/2009
12.60	Diamond Hamilton (Auburn Hills Avondale)10	Farmington/Oakland County (2.4).....	5/22/2009
12.65	Alexandria Johnson (Lake Orion)10	Farmington/Oakland County (2.4).....	5/22/2009
12.67	Jasmine Ward (Novi)9	Farmington/Oakland County (2.4).....	5/22/2009
12.80	Sydney Cureton (Detroit Country Day)9	Farmington/Oakland County (2.4).....	5/22/2009
12.82	Berrion Berry (Rochester Stoney Creek)9	Farmington/Oakland County (2.4).....	5/22/2009
<b>Hand-timed:</b>			
11.6	Christienne Linton (Romulus)12	Monroe/dual .....	4/28/2009
11.8	Charlotte Cahill (North Farmington)12	Farmington/tri.....	4/15/2009
11.9	Dani Drayton (Troy)	Rochester/dual.....	5/ 5/2009
11.9	Ashlee Abraham (Detroit Renaissance)12	Detroit/USATF State .....	6/13/2009
12.0	Corrie Castro (Saline)12	Detroit/USATF State (h).....	6/13/2009
12.1	Ashley Davis (Birmingham Groves)11	Farmington/dual .....	4/26/2009
12.1	Chrystal Wilson (Flint Southwestern)10	Flint/City meet .....	5/12/2009
12.2	Noelle Bradley (Taylor Truman)12	Saline/D1 Regional .....	5/15/2009
12.2	Diamond Harris (Detroit Southeastern)12	Grosse Pointe/D1 Regional.....	5/15/2009
12.2	Kendall Baisden (Bloomfield St Regis)8	Novi/CYO Champs.....	5/16/2009
12.3	Tiera Parker (Farmington Hills Harrison)	Farmington/tri.....	4/15/2009
12.3	Allie Fox (St Johns)	St Johns/tri.....	4/28/2009
12.3	Ashley Keyes (Rochester)11	West Bloomfield/D1 Regional .....	5/16/2009
12.3	Christina Wade (Ann Arbor Pioneer)11	Saline/D1 Regional (s).....	5/15/2009
12.4	Diamond Hamilton (Auburn Hills Avondale)10	West Bloomfield/Inv .....	4/25/2009
12.4	Chanese Mendenhall (East Kentwood)12	East Kentwood/dual.....	4/28/2009

# The Michtrack Honor Roll

12.4	Kayla Addison (Detroit Country Day)12	Bloomfield Hills/D2 Regional.....	5/15/2009
12.4	Ashley Davis (Birmingham Groves)	West Bloomfield/D1 Regional .....	5/16/2009
12.4	Jewel Thomas (Southfield Lathrup)	West Bloomfield/D1 Regional .....	5/16/2009
12.4	Lamicah Hughbanks (Ann Arbor Huron)10	Saline/D1 Regional .....	5/15/2009
12.4	Shayla France (L'Anse Creuse)10	Warren/D1 Regional .....	5/15/2009
12.4	Carly Scott (Schoolcraft)10	Constantine/KVA.....	5/20/2009
12.5	Candice Mack (Rochester Adams)9	West Bloomfield/Inv .....	4/25/2009
12.5	Amanda Hollern (Grand Rapids Catholic Central)	Grand Rapids/City League Reunion .....	5/ 2/2009
12.5	Natalia Roberts (Bloomfield Hills Andover)	Oak Park/dual .....	4/28/2009
12.5	Markalah Goodson (Saginaw Hill)10	Owosso/Inv .....	5/ 2/2009
12.5	Amelia Bannister (Albion)12	East Jackson/D3 Regional .....	5/15/2009
12.5	Gabrielle Adams (Clintondale)12	Marysville/D2 Regional .....	5/15/2009
12.5	Chanel Payne (Westland Glenn)12	Canton/D1 Regional.....	5/15/2009
12.5	Rachel Zeppa (Grand Traverse Academy)	Frankfort/D4 Regional.....	5/16/2009
12.5	Ashley Betts (Ypsilanti Lincoln)11	Saline/D1 Regional .....	5/15/2009
12.5	Erin Benjamin (Chelsea)	Livonia/D2 Regional.....	5/15/2009
12.5	Kelsie Williams (St Charles)	St Louis/TVC West.....	5/19/2009

## Wind-aided:

11.9	Alexandria Johnson (Lake Orion)	Detroit/USATF State (h).....	6/13/2009
11.9	Ashlee Abraham (Detroit Renaissance)12	Detroit/USATF State (h).....	6/13/2009
12.0	Ashley Wartley (Belleville)	Detroit/USATF State (h).....	6/13/2009
12.0	Corrie Castro (Saline)12	Detroit/USATF State (h).....	6/13/2009
12.1	Chrystal Wilson (Flint Southwestern)10	Flint/Coca Cola Classic.....	5/ 9/2009
12.1	Carly Scott (Schoolcraft)10	Constantine/D3 Regional .....	5/18/2009
12.1	Roslynd Green (Detroit Mumford)	Detroit/USATF State (h).....	6/13/2009
12.1	Nacole Black (Detroit Mumford)12	Detroit/USATF State (h).....	6/13/2009
12.1	Charlotte Cahill (North Farmington)12	Detroit/USATF State (h).....	6/13/2009
12.1	Noelle Bradley (Taylor Truman)12	Detroit/USATF State (h).....	6/13/2009
12.1	Deja Wright (Salem)11	Detroit/USATF State (h).....	6/13/2009
12.1	Jordan Clark (Southfield Lathrup)10	Detroit/USATF State (h).....	6/13/2009
12.2	McKenzie Becker (Centreville)10	Centreville/D4 Regional .....	5/16/2009
12.3	Ashley Gavitt (Millington)12	Bad Axe/D3 Regional.....	5/16/2009
12.3	Paige Webb (Brooklyn Columbia Central)	Hillsdale/SMAA .....	5/20/2009
12.4	Ciarra Adams (Flint Southwestern)	Flint/Coca Cola Classic.....	5/ 9/2009
12.4	Jasmine Thomas (Flint Hamady)12	Bad Axe/D3 Regional.....	5/16/2009
12.4	Hillary Lowery (Morrice)12	Hillsdale/SMAA .....	5/20/2009
12.4	Ciara London (Pontiac Central)12	Detroit/USATF State (h).....	6/13/2009
12.4	Jorde Hardy (St Clair Shores Lakeview)11	Detroit/USATF State (h).....	6/13/2009
12.4	Jordyn Hayes (Belleville)10	Detroit/USATF State (h).....	6/13/2009
12.5	Chanese Mendenhall (East Kentwood)	Traverse City/Bell Inv .....	5/ 1/2009
12.5	Kacey King (Birch Run)	Bad Axe/D3 Regional.....	5/16/2009
12.5	Olivia Shelton (Frankenmuth)	Bad Axe/D3 Regional.....	5/16/2009

## 200 METERS

23.69	Kendall Baisden (Bloomfield St Regis)8	Greensboro/USATF JO (-0.7) .....	8/ 1/2009
24.06	Baisden	Greensboro/Nike Outdoor (-0.6) .....	6/20/2009
24.07	Baisden	Ypsilanti/USA Youth (0.1) .....	7/ 4/2009
24.27	Kyra Jefferson (Detroit Cass Tech)9	Des Moines/AAU JO (s) (-0.7) .....	8/ 6/2009
24.43	Baisden	Greensboro/USATF JO (h) (1.3).....	7/30/2009
24.45	Baisden	Charleston/USATF JO Reg V .....	7/12/2009
24.53	Jefferson	Farmington Hills/AAU District 9 (h) .....	7/12/2009
24.68	Jefferson	Farmington Hills/AAU District 9.....	7/12/2009
24.88	Baisden	Charleston/USATF JO Reg V (h) .....	7/12/2009
24.95	Jefferson	Des Moines/AAU JO (-4.6).....	8/ 8/2009
24.97	Paige Patterson (Dearborn Divine Child)8	Southfield/AAU State (h).....	6/ 9/2009
24.98	Jordan Clark (Southfield Lathrup)10	Ypsilanti/World Youth Trial (h) (1.9).....	8/30/2009
25.03	Shayla France (L'Anse Creuse)10	Des Moines/AAU JO (h) (1.1) .....	8/ 4/2009
25.05	Yasmine Jones (Auburn Hills Avondale)	Des Moines/AAU JO (h) (1.1) .....	8/ 4/2009
25.07	Jefferson	Southfield/AAU State (h).....	6/ 9/2009
25.08	Charlotte Cahill (North Farmington)12	Ypsilanti/USA Youth (1.4) .....	7/ 4/2009
25.11	Aisha Osborne (Detroit Mumford)12	Detroit/PSL.....	5/21/2009
25.12	Jefferson	Kentwood/D1 State (-4.2).....	5/30/2009

# The Michtrack Honor Roll

25.14	Jefferson	Detroit/PSL.....	5/21/2009
25.15	Osborne	Charleston/USATF JO Reg V .....	7/12/2009
25.17	Jefferson	Southfield/AAU State .....	6/ 9/2009
25.17	Diamond Hamilton (Auburn Hills Avondale)10	Des Moines/AAU JO (h) (2.0) .....	8/ 4/2009
25.18	Cahill	Farmington/Oakland County (1.5).....	5/22/2009
25.19	France	Farmington Hills/AAU District 9 .....	7/12/2009
25.20	Cahill	Jackson/Midwest MOC (-1.7).....	6/13/2009
25.20	Gabrielle Edwards (Walled Lake MS)8	Southfield/AAU State (h).....	6/ 9/2009
25.22	Alexandria Johnson (Lake Orion)10	Charleston/USATF JO Reg V .....	7/12/2009
25.32	Kelsey Ritter (Frankenmuth)	Comstock Park/D3 State (1.6) .....	5/30/2009
25.33	Candice Mack (Rochester Adams)9	Charleston/USATF JO Reg V .....	7/12/2009
25.39	Briana Nixon (Redford MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
25.41	Briana Jackson (Oxford MS)7	Southfield/AAU State (h).....	6/ 9/2009
25.57	Noelle Bradley (Taylor Truman)12	Charleston/USATF JO Reg V .....	7/12/2009
25.57	Paige Patterson (Dearborn Divine Child)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
25.61	Nacole Black (Detroit Mumford)12	Greensboro/Nike Outdoor (h) (2.0) .....	6/20/2009
25.66	Ashlee Abraham (Detroit Renaissance)	Zeeland/D2 State .....	5/30/2009
25.67	Noriah Williams (Ypsilanti Lincoln)12	Farmington Hills/AAU District 9 (h) .....	7/12/2009
25.69	Felicia Jefferson (Ypsilanti Lincoln)12	Farmington Hills/AAU District 9 .....	7/12/2009
25.74	Dynasty McGee (Flint Southwestern)10	Mansfield/Relays.....	4/17/2009
25.81	Paige Webb (Brooklyn Columbia Central)12	Jackson/Selby Inv .....	5/26/2009
25.82	Jasmine Braithwaite (Detroit MS)7	Des Moines/AAU JO (h) (0.9) .....	8/ 4/2009
25.84	Nicole Lynch (Detroit MS)8	Detroit/USATF State .....	6/13/2009
25.87	Emma Breen (Rockford)	Jenison/MITCA Team D1.....	5/23/2009
25.90	Corrie Castro (Saline)12	Ann Arbor/SEC .....	5/20/2009
25.93	Chanese Mendenhall (East Kentwood)12	Jackson/JD's Inv .....	4/24/2009
25.94	Tiera Parker (Farmington Hills Harrison)	Farmington Hills/AAU District 9 .....	7/12/2009
25.99	Kayla Addison (Detroit Country Day)12	Zeeland/D2 State .....	5/30/2009
26.01	Kelsey Kuipers (Otsego)11	Allegan/Inv .....	5/ 1/2009
26.05	Danielle Hawthorne (Ferndale MS)8	Des Moines/AAU JO (s).....	8/ 6/2009
26.08	Christina Wade (Ann Arbor Pioneer)11	Mansfield/Relays.....	4/17/2009
26.12	Emily Wee (Frankenmuth)9	Comstock Park/D3 State (1.6) .....	5/30/2009
26.14	Lindsey Hufnagel (Fowler)10	Grand Rapids/D4 State (-1.9) .....	5/30/2009
26.17	Peyton Dawkins (Saginaw Heritage)	Kentwood/D1 State (-4.2).....	5/30/2009
26.18	Ashley Heggins (Lansing Everett)	Olivet/Inv.....	5/ 8/2009
26.18	Chyann Hawk (Belleville)10	Charleston/USATF JO Reg V (h).....	7/12/2009
26.19	Victoria Lipscomb (East Lansing)	Zeeland/D2 State .....	5/30/2009
26.20	McKenzie Decker (Centreville)10	Grand Rapids/D4 State (-1.9) .....	5/30/2009
26.23	Heather Lowery (Morrice)12	Grand Rapids/D4 State (-1.9) .....	5/30/2009
26.24	Kelsie Williams (St Charles)10	Comstock Park/D3 State (1.6) .....	5/30/2009
26.24	Kimberly Balls (Bridgeport)9	Comstock Park/D3 State (s) (-0.1) .....	5/30/2009
26.25	Zoey Hohmann (Stockbridge)12	Comstock Park/D3 State (s) (-0.1) .....	5/30/2009
26.29	Amy Kish (Alpena)11	Auburn/BCW Inv .....	5/ 1/2009
26.29	Kelsey Kuipers (Otsego)11	Zeeland/D2 State .....	5/30/2009
26.30	Leiah Hess (Battle Creek Lakeview)12	Sturgis/SMAC Big 16 .....	5/ 8/2009
26.31	Ashley White (Detroit MS)7	Farmington Hills/AAU District 9 (h) .....	7/12/2009
26.33	Ashley Lang (Midland)12	Auburn/BCW Inv .....	5/ 1/2009
26.33	Deja Wright (Salem)11	Charleston/USATF JO Reg V (h).....	7/12/2009
26.34	Karli Spohn (Laingsburg)11	Comstock Park/D3 State (1.6) .....	5/30/2009
26.37	Iris Campbell (Yale)12	Zeeland/D2 State .....	5/30/2009
26.38	Rebecca Hall (Wyoming Park)	Zeeland/D2 State (s).....	5/30/2009
26.39	Maya Long (Ann Arbor Skyline)9	Ypsilanti/Steeb Memorial .....	5/26/2009
26.39	Jessica Howell (Oxford MS)8	Des Moines/AAU JO (hept) (0.9) .....	8/ 1/2009
26.40	Abby Blanchard (Rockford)	Jenison/MITCA Team D1.....	5/23/2009
26.42	Ashley Keyes (Rochester)11	Farmington/Oakland County (1.5).....	5/22/2009
26.42	Talecia Francois (Ypsilanti)12	Ypsilanti/Steeb Memorial .....	5/26/2009
26.42	Julie Busscher (Hudsonville Unity Christian)11	Zeeland/D2 State (s).....	5/30/2009
26.43	Zoey Hohmann (Stockbridge)	Jackson/Selby Inv .....	5/26/2009
26.46	Danielle Hawthorne (Ferndale MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
26.46	Erica Hobson (Detroit Cass Tech)9	Farmington Hills/AAU District 9 (h) .....	7/12/2009
26.47	Jamie Dompier (Chassell)	Kingsford/UPD2 State .....	5/30/2009
26.48	Keyonna Coffie (Jackson)	Jackson/JD's Inv .....	4/24/2009

# The Michtrack Honor Roll

26.48	Brittany Calhoun (Grand Blanc)	Jackson/JD's Inv .....	4/24/2009
26.50	Emma Ordway (Middleville)12	Jenison/MITCA Team D2 .....	5/23/2009
26.50	Nikala Nixon (Redford MS)8	Farmington Hills/AAU District 9 .....	7/12/2009
26.52	Katie Dickmann (Battle Creek Lakeview)12	Sturgis/SMAC Big 16 .....	5/ 8/2009
26.56	Ashley Lang (Midland)	Saginaw/SVSU I .....	4/17/2009
26.59	Krysten Fischer (Rockford)	Jenison/MITCA Team D1 .....	5/23/2009
<b>Wind-aided:</b>			
23.76	Kendall Baisden (Bloomfield St Regis)8	Greensboro/Nike Outdoor Nationals (3.2)....	6/20/2009
24.27	Kyra Jefferson (Detroit Cass Tech)9	Des Moines/AAU JO (h) (2.2) .....	8/ 4/2009
24.64	Baisden	Ypsilanti/USA Youth (h) (3.5) .....	7/ 2/2009
24.80	Paige Patterson (Dearborn Divine Child)8	Des Moines/AAU JO (h) (3.6) .....	8/ 4/2009
25.14	Brianna Nixon (Redford MS)8	Des Moines/AAU JO (h) (2.9) .....	8/ 4/2009
25.50	Felicia Jefferson (Ypsilanti Lincoln)12	Des Moines/AAU JO (h) (4.6) .....	8/ 4/2009
25.69	Danielle Hawthorne (Ferndale MS)8	Des Moines/AAU JO (h) (2.6) .....	8/ 4/2009
25.95	Noriah Williams (Ypsilanti Lincoln)12	Des Moines/AAU JO (h) (3.0) .....	8/ 4/2009
25.88	Noelle Bradley (Taylor Truman)12	Ypsilanti/USA Youth (h) (2.1) .....	7/ 2/2009
25.97	Nikala Nixon (Redford MS)8	Des Moines/AAU JO (h) (2.4) .....	8/ 4/2009
26.14	Ashley White (Detroit MS)7	Des Moines/AAU JO (h) (3.0) .....	8/ 4/2009
<b>Hand-timed:</b>			
24.8	Dynasty McGee (Flint Southwestern)10	Saginaw/dual .....	5/ 5/2009
24.9	Christienne Linton (Romulus)12	Monroe/dual .....	4/28/2009
25.0	Charlotte Cahill (North Farmington)	Birmingham/dual .....	5/ 5/2009
25.1	Noriah Williams (Ypsilanti Lincoln)12	Saline/D1 Regional .....	5/15/2009
25.2	McGee	Flint/Coca Cola Classic .....	5/ 9/2009
25.2	Kyra Jefferson (Detroit Cass Tech)9	Canton/D1 Regional .....	5/15/2009
25.3	Aisha Osborne (Detroit Mumford)12	West Bloomfield/D1 Regional .....	5/16/2009
25.3	Kelsey Ritter (Frankenmuth)	Bad Axe/D3 Regional .....	5/16/2009
25.4	Dani Drayton (Troy)	Rochester/dual .....	5/ 5/2009
25.4	Noelle Bradley (Taylor Truman)12	Saline/D1 Regional (h) .....	5/15/2009
25.5	Shayla France (L'Anse Creuse)10	Warren/D1 Regional .....	5/15/2009
25.5	Chrystal Wilson (Flint Southwestern)10	Flint/City meet .....	5/12/2009
25.7	Chanese Mendenhall (East Kentwood)12	East Kentwood/dual .....	4/28/2009
25.7	Kiah Douglas (Saginaw Hill)	Saginaw/AH Relays .....	5/ 7/2009
25.7	Yasmine Jones (Auburn Hills Avondale)	OAA Blue .....	5/ 8/2009
25.7	Ashlee Abraham (Detroit Renaissance)	Algonac/D2 Regional .....	5/15/2009
25.7	Candice Mack (Rochester Adams)9	Holly/D1 Regional .....	5/15/2009
25.7	Kendall Baisden (Bloomfield St Regis)8	Novi/CYO Champs .....	5/16/2009
25.8	Victoria Lipscomb (East Lansing)	Bath/Nugent Inv .....	5/ 8/2009
25.8	Rebecca Hall (Wyoming Park)	Grand Rapids/D2 Regional .....	5/16/2009
25.9	Alicia Jefferson (Ypsilanti Lincoln)12	Saline/Golden Triangle .....	5/ 1/2009
25.9	Alexandria Johnson (Lake Orion)10	Rochester/OAA Red .....	5/ 8/2009
25.9	Kelsie Williams (St Charles)	Vermontville/D3 Regional .....	5/15/2009
25.9	Abbey Hengesbach (Pewamo-Westphalia)	Potterville/CMAC .....	5/20/2009
26.0	Peyton Dawkins (Saginaw Heritage)11	Midland/D1 Regional .....	5/15/2009
26.0	Makeda Debaradeladen (Saginaw Hill)9	Midland/D1 Regional .....	5/15/2009
26.0	Nacole Black (Detroit Mumford)12	West Bloomfield/D1 Regional .....	5/16/2009
26.0	Diamond Hamilton (Auburn Hills Avondale)10	Holly/D1 Regional .....	5/15/2009
26.0	Emily Wee (Frankenmuth)	Bad Axe/D3 Regional .....	5/16/2009
26.1	Iris Campbell (Yale)12	Marysville/D2 Regional .....	5/15/2009
26.1	Leah Arundel (Portage Central)	Jenison/D1 Regional .....	5/15/2009
26.1	Lindsay Hufnagel (Fowler)10	Potterville/CMAC .....	5/20/2009
<b>Wind-aided:</b>			
25.6	Jordyn Hayes (Belleville)10	Detroit/USATF State (h) .....	6/13/2009
25.6	Deja Wright (Salem)11	Detroit/USATF State (h) .....	6/13/2009
<b>400 METERS</b>			
53.05	Kendall Baisden (Bloomfield St Regis)8	Des Moines/AAU JO .....	8/ 8/2009
53.61	Baisden	Des Moines/AAU JO (s) .....	8/ 7/2009
55.38	Aisha Osborne (Detroit Mumford)12	Detroit/PSL .....	5/21/2009
55.55	Osborne	Greensboro/Nike Outdoor Nationals .....	6/20/2009
55.70	Osborne	Ypsilanti/USA Youth .....	7/ 5/2009
55.98	Paige Patterson (Dearborn Divine Child)8	Des Moines/AAU JO .....	8/ 8/2009

# The Michtrack Honor Roll

56.03	Dynasty McGee (Flint Southwestern)10	Kentwood/D1 State .....	5/30/2009
56.35	Osborne	Detroit/Shumake Relays .....	4/25/2009
56.38	McGee	Dayton/Mitchell Roosevelt.....	5/ 2/2009
56.43	McGee	Des Moines/AAU JO (s).....	8/ 7/2009
56.73	McGee	Farmington Hills/AAU District 9.....	7/12/2009
56.84	Amelia Bannister (Albion)12	Comstock Park/D3 State.....	5/30/2009
56.85	Asia Rawls (Waterford Mott)12	Kentwood/D1 State .....	5/30/2009
56.89	Osborne	Charleston/USATF JO Reg V .....	7/12/2009
57.09	Kelsey Ritter (Frankenmuth)11	Comstock Park/D3 State.....	5/30/2009
57.30	Leiah Hess (Battle Creek Lakeview)	Kentwood/D1 State .....	5/30/2009
57.55	Latipha Cross (Southfield Faith Christian)10	Farmington Hills/AAU District 9.....	7/12/2009
57.64	Olivia Detroyer (Chelsea)	Zeeland/D2 State .....	5/30/2009
57.75	Ariel Roberts (Ann Arbor Pioneer)12	Ann Arbor/SEC .....	5/20/2009
57.81	Candice Mack (Rochester Adams)9	Charleston/USATF JO Reg V .....	7/12/2009
57.90	Emma Ordway (Middleville)12	Zeeland/D2 State .....	5/30/2009
57.95	Corrie Castro (Saline)12	Kentwood/D1 State .....	5/30/2009
58.02	Diamond Taylor (Southfield)11	Kentwood/D1 State .....	5/30/2009
58.03	Becca Addison (Grand Haven)12	Grand Haven/dual.....	4/16/2009
58.03	Lindsey Hufnagel (Fowler)10	Grand Rapids/D4 State .....	5/30/2009
58.18	Maria Beach (Midland)11	Kentwood/D1 State .....	5/30/2009
58.20	Paige Cataldo (Bloomfield Hills Marian)11	Zeeland/D2 State .....	5/30/2009
58.21	Bretarria Hill (Lansing Sexton)10	Zeeland/D2 State .....	5/30/2009
58.27	Jerisha Tucker (Detroit Cass Tech)12	Greensboro/USATF JO (h) .....	7/31/2009
58.30	DeDe Lofton (Detroit Mumford)11	Detroit/PSL.....	5/21/2009
58.48	Rachel Jerrils (Rockford)11	Kentwood/D1 State .....	5/30/2009
58.50	LaKiah Douglass (Saginaw Hill)12	Saginaw/tri .....	5/11/2009
58.57	Jordan Keefe (Grand Haven)9	Kentwood/D1 State .....	5/30/2009
58.67	Jordan Anderson (Union City)10	Comstock Park/D3 State.....	5/30/2009
58.71	Zoey Hohmann (Stockbridge)12	Comstock Park/D3 State.....	5/30/2009
58.77	Paige Cataldo (Birmingham Marian)11	Farmington/Oakland County .....	5/22/2009
58.78	Julie Busscher (Hudsonville Unity Christian)11	Zeeland/D2 State .....	5/30/2009
58.79	Emele McConney (West Bloomfield)12	Farmington/Oakland County .....	5/22/2009
58.81	Emily Wee (Frankenmuth)9	Comstock Park/D3 State.....	5/30/2009
58.90	Meg Bellino (Monroe St Mary)12	Mansfield/Relays.....	4/17/2009
59.06	Anna Jefferson (Warren-age 11)	Des Moines/AAU JO (h).....	8/ 4/2009
59.17	Rachel Whitley (Leroy-Pine River)12	Comstock Park/D3 State.....	5/30/2009
59.23	Lauren Ross (Ypsilanti Lincoln)10	Farmington Hills/AAU District 9.....	7/12/2009
59.25	Cherie Gaines (North Farmington)10	Farmington/Oakland County .....	5/22/2009
59.51	Kristin Hixson (Remus Chippewa Hills)11	Jenison/MITCA Team D2.....	5/23/2009
59.61	Becky Caywood (Rockford)12	Jenison/MITCA Team D1.....	5/23/2009
59.65	Haley Baldinger (Buckley)10	Grand Rapids/D4 State .....	5/30/2009
59.67	Sarah Turschak (Unionville-Sebewaing)12	Grand Rapids/D4 State .....	5/30/2009
59.68	Kelsey Letson (Potterville)12	Grand Rapids/D4 State .....	5/30/2009
59.69	Gabrielle Adams (Clintondale)12	Zeeland/D2 State .....	5/30/2009
59.69	Brittnee Bishop (Romulus)12	Kentwood/D1 State .....	5/30/2009
59.70	Olivia Bassett-Kennedy (Ann Arbor Pioneer)11	Kentwood/D1 State .....	5/30/2009
59.72	Erin Benjamin (Chelsea)12	Ann Arbor/SEC .....	5/20/2009
59.73	Shawntoreah Turk (Carrollton)11	Comstock Park/D3 State.....	5/30/2009
59.77	Kate Carter (Saline)12	Ann Arbor/SEC .....	5/20/2009
59.81	Kanaya Williams (Romulus)12	Kentwood/D1 State .....	5/30/2009
59.88	Savannah Hypio (Gaylord)11	Zeeland/D2 State .....	5/30/2009
59.90	Melissa Groce (Belleville)12	Detroit/Shumake Relays .....	4/25/2009
59.92	Lauren Nichols (Birmingham Seaholm)12	Zeeland/D2 State .....	5/30/2009
59.95+	Michelle Jones (Hartland)11	Kentwood/D1 State (59.83 lane 5).....	5/30/2009
59.96	Leah Ellis (Battle Creek MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009
60.05	Caitlyn Post (Clarkston)10	Farmington/Oakland County .....	5/22/2009
60.07	Aketra Sevillian (Flint Carman-Ainsworth MS)8	Des Moines/AAU JO (s).....	8/ 7/2009
60.09	Aisha Hodge (Bangor)11	Comstock Park/D3 State.....	5/30/2009
60.23	Chelsea Bischer (Yale)11	Zeeland/D2 State .....	5/30/2009
60.35	Malita Rutherford (Romulus)10	Detroit/Shumake Relays .....	4/25/2009
60.38	Lawren Wilson (Mattawan)12	Sturgis/SMAC Big 16 .....	5/ 8/2009
60.40	Danielle Hawthorne (Ferndale MS)8	Farmington Hills/AAU District 9 (h) .....	7/12/2009

# The Michtrack Honor Roll

60.41	Chyann Hawk (Belleville)10	Ypsilanti/USA Youth (h) .....	7/ 3/2009
60.45	Julie Busscher (Hudsonville)11	Jenison/MITCA Team D2.....	5/23/2009
60.48	Erin Benjamin (Chelsea)12	Zeeland/D2 State .....	5/30/2009

## Hand-timed:

56.2	Aisha Osborne (Detroit Mumford)12	West Bloomfield/D1 Regional .....	5/16/2009
56.4	Dynasty McGee (Flint Southwestern)10	Midland/D1 Regional.....	5/15/2009
56.5	McGee	Flint/City meet .....	5/12/2009
56.7	Kendall Baisden (Bloomfield St Regis)8	Novi/CYO Champs.....	5/16/2009
57.2	Asia Rawls (Waterford Mott)12	Milford/D1 Regional .....	5/15/2009
57.3	Amelia Bannister (Albion)12	East Jackson/D3 Regional .....	5/15/2009
58.0	Kelsey Ritter (Frankenmuth)11	Essexville/TVC East.....	5/19/2009
58.1	Corrie Castro (Saline)12	Saline/D1 Regional .....	5/15/2009
58.1	Olivia Detroyer (Chelsea)12	Livonia/D2 Regional.....	5/15/2009
58.2	Tressanique Hampton (Flint Southwestern)12	Saginaw/dual .....	5/ 5/2009
58.3	Jessica Myers (Grandville)10	Jenison/D1 Regional.....	5/15/2009
58.4	Emma Ordway (Middleville)	Hastings/D2 Regional .....	5/16/2009
58.5	Leiah Hess (Battle Creek Lakeview)12	Jenison/D1 Regional.....	5/15/2009
58.6	Maria Beach (Midland)11	Midland/D1 Regional.....	5/15/2009
58.7	Jordan Keefe (Grand Haven)9	Hudsonville/OK Red.....	5/ 8/2009
58.7	Cheri Gaines (North Farmington)10	OAA Blue .....	5/ 8/2009
58.7	Julie Busscher (Hudsonville)11	Grand Rapids/Bos Inv.....	5/26/2009
58.8	Erin Benjamin (Chelsea)12	Livonia/D2 Regional.....	5/15/2009
58.8	Paige Patterson (Dearborn Divine Child)8	Novi/CYO Champs.....	5/16/2009
59.0	Kayleigh Carlson (Hudsonville)12	Grand Rapids/Bos Inv.....	5/26/2009
59.1	Michelle Jones (Hartland)11	Milford/D1 Regional .....	5/15/2009
59.1	Breterria Hill (Lansing Sexton)10	Williamston/D2 Regional.....	5/16/2009
59.1	Shawntoreah Turk (Carrollton)11	St Louis/TVC West.....	5/19/2009
59.2	Candice Mack (Rochester Adams)9	Rochester/OAA Red .....	5/ 8/2009
59.2	Kiah Douglass (Saginaw Hill)12	Auburn/SVL.....	5/20/2009
59.3	Jordan Clark (Southfield Lathrup)10	Birmingham/dual .....	5/ 5/2009
59.3	Zoey Hohmann (Stockbridge)12	Vermontville/D3 Regional.....	5/15/2009
59.3	Lindsay Hufnagel (Fowler)10	Potterville/CMAC.....	5/20/2009
59.4	Diamond Taylor (Southfield)11	Rochester/OAA White.....	5/ 9/2009
59.4	Paige Cataldo (Bloomfield Hills Marion)11	Bloomfield Hills/D2 Regional.....	5/15/2009
59.6	Jordan Anderson (Union City)10	East Jackson/D3 Regional .....	5/15/2009
59.6	Rachel Jerrils (Rockford)11	Caledonia/D1 Regional .....	5/15/2009
59.6	Rachel Whitley (Leroy-Pine River)12	Brookwood/D3 Regional .....	5/15/2009
59.7	Britnee Bishop (Romulus)12	Saline/D1 Regional .....	5/15/2009
59.7	Ashley Flinn (Romeo)10	Rochester/OAA Red .....	5/ 8/2009
59.7	Shayne Armbrister (Roseville)10	Grosse Pointe/D1 Regional.....	5/15/2009
59.7	Jayel Lerch (Onsted)12	Erie/D3 Regional.....	5/15/2009
59.7	Krystle Ingram (Gibraltar Carlson)11	Livonia/D2 Regional.....	5/15/2009
59.8	Joylisa Davis (Bloomfield Hills Lahser)10	OAA Blue .....	5/ 8/2009
59.8	Olivia Bassett-Kennedy (Ann Arbor Pioneer)12	Saline/D1 Regional .....	5/15/2009
59.8	Kanaya Williams (Romulus)12	Saline/D1 Regional .....	5/15/2009
59.9	Kelsey Chapman (Jenison)11	Hudsonville/OK Red.....	5/ 8/2009

## Timing Irregularity:

56.7	Emelle McConney (West Bloomfield)12	West Bloomfield/D1 Regional .....	5/16/2009
------	-------------------------------------	-----------------------------------	-----------

## 800 METERS

2:07.96	Becca Addison (Grand Haven)12	Jackson/Midwest MOC .....	6/13/2009
2:08.23	Addison	Greensboro/Nike Outdoor Nationals .....	6/20/2009
2:09.50	Addison	Eugene/USA Juniors (h) .....	6/27/2009
2:09.63	Addison	Eugene/USA Juniors.....	6/28/2009
2:10.6	Addison	Jenison/D1 Regional.....	5/15/2009
2:12.50	Addison	Kentwood/D1 State .....	5/30/2009
2:13.23	Addison	Hudsonville/OK Red.....	5/ 8/2009
2:13.7	Danielle Tepper (Grandville)12	Jenison/D1 Regional.....	5/15/2009
2:14.39	Sara Kroll (Livonia Churchill)11	Kentwood/D1 State .....	5/30/2009
2:14.47	Tepper	Kentwood/D1 State .....	5/30/2009
2:14.4	Addison	Holland/dual .....	4/14/2009
2:14.73	Tepper	Jackson/Midwest MOC .....	6/13/2009

# The Michtrack Honor Roll

2:14.9	Tepper	Grand Rapids/Bos Inv.....	5/26/2009
2:15.00	Kaleigh Carlson (Hudsonville)12	Kentwood/D1 State.....	5/30/2009
2:15.18	Tepper	Hudsonville/OK Red.....	5/ 8/2009
2:15.27	Amanda Mergaert (Utica)12	Kentwood/D1 State.....	5/30/2009
2:15.38	Jereisha Tucker (Detroit Cass Tech)12	Kentwood/D1 State.....	5/30/2009
2:15.3	Addison	Grandville/dual.....	4/28/2009
2:15.41	Leah O'Connor (Crowell-Lexington)11	Zeeland/D2 State.....	5/30/2009
2:15.64	Monica Barnes (Haslett)12	Zeeland/D2 State.....	5/30/2009
2:15.76	Shannon Osika (Waterford Mott)10	Farmington/Oakland County.....	5/22/2009
2:16.09	Rachel Whitley (Leroy Pine River)12	Comstock Park/D3 State.....	5/30/2009
2:16.5	Autumn Cleverly (Anchor Bay)12	Warren/D1 Regional.....	5/15/2009
2:16.92	Kate Carter (Saline)11	Kentwood/D1 State.....	5/30/2009
2:17.04	Aubrey Wilberding (Bloomfield St Regis)8	Ypsilanti/USA Youth.....	7/ 4/2009
2:17.16	DeDe Lofton (Detroit Mumford)11	Charleston/USATF JO Reg V.....	7/12/2009
2:17.1	Alex Leptich (Saline)11	Saline/Golden Triangle.....	5/ 1/2009
2:17.1	Megan Goethals (Rochester)11	West Bloomfield/D1 Regional.....	5/16/2009
2:17.42	Meg Bellino (Monroe St Marys)12	Comstock Park/D3 State.....	5/30/2009
2:17.42	Kelsie Schwartz (Grosse Pointe Farms St Paul)	Des Moines/AAU JO.....	8/ 5/2009
2:17.51	Maddie Werley (Zeeland West)11	Zeeland/D2 State.....	5/30/2009
2:17.5	Ariel Dempsey (Jenison)11	Jenison/D1 Regional.....	5/15/2009
2:17.64	Alex McCoy (Ann Arbor Richard)11	Comstock Park/D3 State.....	5/30/2009
2:17.6	Cara Cremeans (Jackson Lumen Christi)12	East Jackson/D3 Regional.....	5/15/2009
2:17.7	Elizaveta Boudreau (Ann Arbor Pioneer)11	Saline/D1 Regional.....	5/15/2009
2:17.96	Taylor Stepanski (Alpena)9	Kentwood/D1 State.....	5/30/2009
2:18.0	Cally Macumber (Rochester Adams)12	Rochester/OAA Red.....	5/ 8/2009
2:18.19	Angela Swain (Milan)11	Ypsilanti/Steeb Memorial.....	5/26/2009
2:18.32	Lauren Grunewald (East Grand Rapids)11	Zeeland/D2 State.....	5/30/2009
2:18.46	Anna Stassen (Dearborn)9	Ypsilanti/USA Youth.....	7/ 4/2009
2:18.4	Courtney Calka (Livonia Stevenson)12	Canton/D1 Regional.....	5/15/2009
2:18.4	Haley Meier (Grosse Pointe Farms St Paul)8	Novi/CYO Champs.....	5/16/2009
2:18.58	Shariece Pinkston (Detroit Mumford)12	Kentwood/D1 State.....	5/30/2009
2:18.74	Erika Jensen (Pinckney)12	Ypsilanti/Steeb Memorial.....	5/26/2009
2:18.81	Michaela Carnegie (Benzie Central)10	Comstock Park/D3 State.....	5/30/2009
2:18.89	Ersula Farrow (Farmington Hills Power MS)6	Des Moines/AAU JO.....	8/ 5/2009
2:18.9	Morgan Bailey (Okemos)12	Caledonia/D1 Regional.....	5/15/2009
2:19.05	Katie Hoevet (Ann Arbor Pioneer)9	Kalamazoo/Lukens Inv.....	4/24/2009
2:19.0	Asia Rawls (Waterford Mott)12	Walled Lake/dual.....	5/ 5/2009
2:19.1	Lindsay Clark (Walled Lake Western)10	Milford/D1 Regional.....	5/15/2009
2:19.39	Alyssa Osika (Waterford Mott)12	Farmington/Oakland County.....	5/22/2009
2:19.49	Emily Hall (Novi)12	Kentwood/D1 State.....	5/30/2009
2:19.6	Brooke Handler (Rochester)10	Rochester/OAA Red.....	5/ 8/2009
2:19.6	Meg Weschler (Wyandotte)11	Saline/D1 Regional.....	5/15/2009
2:19.77	Destinee Lukianoff (Holly)11	Farmington/Oakland County.....	5/22/2009
2:19.8	Sara Stassen (Dearborn)10	Canton/D1 Regional.....	5/15/2009
2:19.8	Chloe Prince (Okemos)12	Caledonia/D1 Regional.....	5/15/2009
2:19.9	Tressanique Hampton (Flint Southwestern)12	Flint/City meet.....	5/12/2009
2:20.0	Grace Green (Troy)12	Warren/D1 Regional.....	5/15/2009
2:20.25	Kathrine Bounds (Southfield)9	Detroit/Shumake Relays.....	4/25/2009
2:20.29	Aketra Sevillian (Flint Carman-Ainsworth MS)8	Des Moines/AAU JO.....	8/ 5/2009
2:20.5	Aisha Osborne (Detroit Mumford)12	Detroit/dual.....	5/ 5/2009
2:20.60	Ana Capotosto (Saugatuck)10	Grand Rapids/D4 State.....	5/30/2009
2:20.62	Caitlin Reeves (Harbor Springs)12	Grand Rapids/D4 State.....	5/30/2009
2:20.7	Alex McCoy (Ann Arbor Richard)11	Erie/D3 Regional.....	5/15/2009
2:20.8	Ellen Junewick (Forest Hills Eastern)10	Coopersville/D2 Regional.....	5/16/2009
2:20.8	Rachel Steil (Grandville)11	Grand Rapids/Bos Inv.....	5/26/2009
2:21.28	Sammy Johnson (Troy)11	Kentwood/D1 State.....	5/30/2009
2:21.36	Merissa Harkema (Hudsonville)12	Zeeland/D2 State.....	5/30/2009
2:21.3	Franki Adamski (Troy)11	Warren/D1 Regional.....	5/15/2009
2:21.65	Dana Stolicker (Deckerville)12	Grand Rapids/D4 State.....	5/30/2009
2:21.63	Martha Buscarino (Rochester Adams)12	Kentwood/D1 State.....	5/30/2009
2:21.76	Alissa Williams (East Kentwood)10	Hudsonville/OK Red.....	5/ 8/2009
2:21.78	Haleigh Pryzblek (Fruitport)11	Zeeland/D2 State.....	5/30/2009



# The Michtrack Honor Roll

2:21.8	Gina McNamara (Northville)9	Milford/D1 Regional .....	5/15/2009
2:21.8	Kayla Boyes (Pinckney)11	Milford/D1 Regional .....	5/15/2009
2:21.8	Courtney Hughes (Grand Blanc)12	Holly/D1 Regional .....	5/15/2009
2:22.16	Tre Washington (Albion)11	Comstock Park/D3 State.....	5/30/2009
2:22.19	Amanda Zittleman (Temperance Bedford)10	Ann Arbor/SEC .....	5/20/2009
2:22.24	Sarah Neideck (Rockford)10	Hudsonville/OK Red.....	5/ 8/2009
2:22.2	Shanita Fluker (Flint Southwestern)11	Midland/D1 Regional.....	5/15/2009
2:22.2	Cristina Perez (Grand Haven)10	Jenison/D1 Regional.....	5/15/2009
2:22.3	Maddie Rodts (Niles)11	Sturgis/D2 Regional .....	5/15/2009
2:22.4	Allison White (Midland Dow)11	Auburn/SVL.....	5/20/2009
2:22.5	Nina Rusiewski (Stoney Creek)11	Holly/D1 Regional .....	5/15/2009
2:22.64	Megan Freeland (Parma Western)12	Zeeland/D2 State .....	5/30/2009
2:22.6	Jordan Johnson (Battle Creek Lakeview)9	Jenison/D1 Regional.....	5/15/2009
2:22.6	Deborah Hoekstra (Lansing Eastern)10	Caledonia/D1 Regional .....	5/15/2009
2:22.76	Allyson Winchester (Middleville)11	Jenison/MITCA Team D2.....	5/23/2009
2:22.7	Katy Barkley (Olivet)10	East Jackson/D3 Regional.....	5/15/2009
2:22.7	Elyssa Snow (Grand Rapids Union)11	Grand Rapids/Bos Inv.....	5/26/2009
2:22.8	Karli Keur (Hudsonville)9	Grand Rapids/Bos Inv.....	5/26/2009
2:22.9	Katie Clark (Farmington Mercy)11	West Bloomfield/D1 Regional .....	5/16/2009
2:23.01	Krista Parks (East Kentwood)11	Hudsonville/OK Red.....	5/ 8/2009
2:23.03	Theresa Warsecke (Benzie Central)9	Comstock Park/D3 State.....	5/30/2009
2:23.1	Lydia Peterson (Holland Christian)10	Grand Rapids/Bos Inv.....	5/26/2009
2:23.3	Isabel Gao (Ann Arbor Huron)12	Saline/D1 Regional .....	5/15/2009
2:23.46	Cristina Perez (Grand Haven)10	Hudsonville/OK Red.....	5/ 8/2009

## Timing Irregularity:

2:13.61	Kate Carter (Saline)11	Dayton/Mitchell Roosevelt.....	5/ 2/2009
2:15.25	Jeriesha Tucker (Detroit Cass Tech)12	Dayton/Mitchell Roosevelt.....	5/ 2/2009
2:17.25	Shariece Pinkston (Detroit Mumford)12	Dayton/Mitchell Roosevelt.....	5/ 2/2009
2:22.05	Katherine Bounds (Southfield)9	Dayton/Mitchell Roosevelt.....	5/ 2/2009

## 1500 METERS

4:28.17	Shannon Osika (Waterford Mott)10	Ypsilanti/World Youth Trials.....	7/ 1/2009
4:30.2#	Megan Goethals (Rochester)11	Farmington/Oakland County (1600).....	5/22/2009
4:31.0#	Osika	Farmington/Oakland County (1600).....	5/22/2009
4:35.3#	Goethals	Kentwood/D1 State (1600).....	5/30/2009
4:35.3#	Becca Addison (Grand Haven)12	Kentwood/D1 State (1600).....	5/30/2009
4:35.5#	Osika	Kentwood/D1 State (1600).....	5/30/2009
4:36.4#	Courtney Calka (Livonia Stevenson)12	Kentwood/D1 State (1600).....	5/30/2009
4:37.3#	Osika	Milford/D1 Regional (1600).....	5/15/2009
4:37.4#	Calka	Jackson/Midwest MOC (1600).....	6/13/2009
4:38.2#	Michele Morriset (Troy)11	Kentwood/D1 State (1600).....	5/30/2009
4:38.8#	Alex Leptich (Saline)12	Kentwood/D1 State (1600).....	5/30/2009
4:39.3#	Sara Kroll (Livonia Churchill)11	Kentwood/D1 State (1600).....	5/30/2009
4:44.7#	Gabrielle Anzelone (Grand Blanc)10	Kentwood/D1 State (1600).....	5/30/2009
4:45.00	Aubrey Wilberding (Bloomfield St Regis)8	Ypsilanti/USA Youth.....	7/ 5/2009
4:47.5#	Lindsay Clark (Walled Lake Western)10	Kentwood/D1 State (1600).....	5/30/2009
4:47.9#	Danielle Tepper (Grandville)12	Kentwood/D1 State (1600).....	5/30/2009
4:48.0#	Jennifer Snelgrove (Grand Ledge)11	Kentwood/D1 State (1600).....	5/30/2009
4:48.53	Kelsie Schwartz (Grosse Pointe Farms St Paul)age 13	Detroit/USATF State .....	6/13/2009
4:48.53	Mallory Wilberding (Bloomfield St Regis)8	Detroit/USATF State .....	6/13/2009
4:49.3#	Cally Macumber (Rochester Adams)12	Farmington/Oakland County (1600).....	5/22/2009
4:50.6#	Erika Jensen (Pinckney)12	Milford/D1 Regional (1600).....	5/15/2009
4:52.20	Ersula Farrow (Farmington Hills Power MS)6	Des Moines/AAU JO .....	8/ 4/2009
4:52.9#	Ellory Green (Brighton)12	Milford/D1 Regional (1600).....	5/15/2009
4:52.9#	Alyssa Osika (Waterford Mott)12	Kentwood/D1 State (1600).....	5/30/2009
4:53.2#	Julia Otwell (Traverse City Central)11	Kentwood/D1 State (1600).....	5/30/2009
4:53.6#	Lauren Kettle (Milford)10	Milford/D1 Regional (1600).....	5/15/2009
4:53.76	Joya Wood (Detroit MS)8	Detroit/USATF State .....	6/13/2009
4:54.1#	Rachel Carter (Southfield Christian)12	Farmington/Oakland County (1600).....	5/22/2009
4:54.3#	Amanda Halonen (Brighton)12	Milford/D1 Regional (1600).....	5/15/2009
4:54.3#	Rachel Quaintance (Walled Lake Northern)12	Farmington/Oakland County (1600).....	5/22/2009
4:54.7#	Elizabeth Kingshott (Brighton)9	Milford/D1 Regional (1600).....	5/15/2009

# The Michtrack Honor Roll

4:55.18	Anna Stassen (Dearborn)	Ypsilanti/USA Youth.....	7/ 5/2009
4:56.40	Annie Norah-Beveridge (Ann Arbor Huron)10	Ypsilanti/USA Youth.....	7/ 5/2009

## 1600 METERS

4:47.04	Megan Goethals (Rochester)11	Farmington/Oakland County .....	5/22/2009
4:49.65+	Goethals	Greensboro/Nike Outdoor (4:51.33y).....	6/20/2009
4:51.20	Goethals	Kentwood/D1 State .....	5/30/2009
4:51.27	Shannon Osika (Waterford Mott)10	Farmington/Oakland County .....	5/22/2009
4:51.97	Courtney Calka (Livonia Stevenson)12	Kentwood/D1 State .....	5/30/2009
4:51.9	Goethals	Rochester/OAA Red .....	5/ 8/2009
4:52.10	Becca Addison (Grand Haven)12	Kentwood/D1 State .....	5/30/2009
4:52.2	Goethals	Rochester/dual.....	5/ 5/2009
4:53.8	Addison	Jenison/D1 Regional.....	5/15/2009
4:54.09+	Calka	Greensboro/Nike Outdoor (4:55.28y).....	6/20/2009
4:54.1	Osika	Milford/D1 Regional .....	5/15/2009
4:54.21	Osika	Kentwood/D1 State .....	5/30/2009
4:55.00	Calka	Jackson/Midwest MOC .....	6/13/2009
4:56.0	Osika	Waterford/Brennan Relays.....	5/ 1/2009
4:56.7	Goethals	West Bloomfield/D1 Regional .....	5/16/2009
4:56.93	Michele Morriset (Troy)11	Kentwood/D1 State .....	5/30/2009
4:56.99	Alex Leptich (Saline)11	Kentwood/D1 State .....	5/30/2009
4:57.00	Sara Kroll (Livonia Churchill)11	Kentwood/D1 State .....	5/30/2009
4:57.4	Kroll	Canton/D1 Regional.....	5/15/2009
4:57.4	Calka	Canton/D1 Regional.....	5/15/2009
4:58.0	Calka	Livonia/dual.....	5/ 5/2009
4:59.06+	Morriset	Greensboro/Nike Outdoor (5:00.80y).....	6/20/2009
4:59.8	Goethals	Rochester/dual.....	4/30/2009
5:00.0	Gabrielle Anzelone (Grand Blanc)10	Holly/D1 Regional .....	5/15/2009
5:01.6	Haley Meier (Grosse Pointe Farms St Paul)8	Novi/CYO Champs.....	5/16/2009
5:03.38	Leah O'Connor (Croswell-Lexington)11	Zeeland/D2 State .....	5/30/2009
5:03.4	Cally Macumber (Rochester Adams)12	Rochester/OAA Red .....	5/ 8/2009
5:05.15	Kaitlyn Patterson (Cadillac)12	Zeeland/D2 State .....	5/30/2009
5:05.20+	Michaela Carnegie (Benzie Central)10	Lisle/Midwest Distance Gala [5:06.98y] .....	6/13/2009
5:05.88	Cara Cremeans (Jackson Lumen Christi)12	Comstock Park/D3 State.....	5/30/2009
5:05.9	Danielle Tepper (Grandville)12	Jenison/D1 Regional .....	5/15/2009
5:06.81	Alex Mathews (Birmingham Seaholm)11	Zeeland/D2 State .....	5/30/2009
5:07.05	Rachel Carter (Southfield Christian)12	Jackson/Midwest MOC .....	6/13/2009
5:07.3	Allison White (Midland Dow)11	Midland/D1 Regional.....	5/15/2009
5:07.4	Julia Otwell (Traverse City Central)11	Midland/D1 Regional.....	5/15/2009
5:07.51	Lindsay Clark (Walled Lake Western)10	Farmington/Oakland County .....	5/22/2009
5:07.7	Avery Evenson (Hartland OC MS)8	Brighton/dual.....	5/12/2009
5:07.9	Carly Plank (GR Northview)12	Grand Rapids/Bos Inv .....	5/26/2009
5:08.0	Kate Carter (Saline)11	Ann Arbor/River Rat Inv .....	5/ 9/2009
5:08.16	Nikki Wurster (Homer)11	Grand Rapids/D4 State .....	5/30/2009
5:08.49	Ellen Junewick (Forest Hills Eastern)10	Zeeland/D2 State .....	5/30/2009
5:08.57	Taylor Smith (Otsego)10	Zeeland/D2 State .....	5/30/2009
5:08.7	Elizaveta Boudreau (Ann Arbor Pioneer)11	Saline/D1 Regional .....	5/15/2009
5:08.94	Katie Hoevet (Ann Arbor Pioneer)9	Ann Arbor/SEC .....	5/20/2009
5:09.0	Annie-Norah Beverage (Ann Arbor Huron)10	Ann Arbor/River Rat Inv .....	5/ 9/2009
5:09.8	Ellory Green (Brighton)12	Milford/D1 Regional .....	5/15/2009
5:09.92	Jennifer Snelgrove (Grand Ledge)11	Kentwood/D1 State .....	5/30/2009
5:10.0	Erika Jensen (Pinckney)12	Milford/D1 Regional .....	5/15/2009
5:10.15	Angela Swain (Milan)11	Zeeland/D2 State .....	5/30/2009
5:10.25	Devyn Ramsey (Benzie Central)12	Comstock Park/D3 State.....	5/30/2009
5:10.5	Alyssa Osika (Waterford Mott)	Milford/D1 Regional .....	5/15/2009
5:10.88	Olivia Sydow (GR West Catholic)12	Comstock Park/D3 State.....	5/30/2009
5:11.31	Rachel Quaintance (Walled Lake Northern)12	Farmington/Oakland County .....	5/22/2009
5:11.3	Lauren Kettle (Milford)10	Milford/D1 Regional .....	5/15/2009
5:11.6	Katie Martin (Portage Central)12	Jenison/D1 Regional.....	5/15/2009
5:11.78	Jordan Tomecek (Milan)11	Jenison/MITCA Team D2.....	5/23/2009
5:12.17	Krista Parks (East Kentwood)11	Jenison/MITCA Team D1.....	5/23/2009
5:12.52	Gina Valgoi (Warren Regina)12	Zeeland/D2 State .....	5/30/2009

# The Michtrack Honor Roll

5:12.8	Mallory Wilberding (Bloomfield St Regis)8	Novi/CYO Champs.....	5/16/2009
5:13.0	Brook Handler (Rochester)10	West Bloomfield/Inv .....	4/25/2009
5:13.35	Marie Burkland (Almont)12	Comstock Park/D3 State.....	5/30/2009
5:13.42	Alissa Williams (East Kentwood)10	Jenison/MITCA Team D1.....	5/23/2009
5:13.4	Amanda Halonen (Brighton)12	Milford/D1 Regional .....	5/15/2009
5:13.63	Julia Otwell (Traverse City Central)11	Kentwood/D1 State .....	5/30/2009
5:13.6	Megan Freeland (Parma Western)12	Hillsdale/SMAA .....	5/20/2009
5:13.76	Grace Green (Troy)12	Detroit/Shumake Relays .....	4/25/2009
5:13.8	Rachael Steil (Grandville)11	Jenison/D1 Regional .....	5/15/2009
5:14.0	Elizabeth Kingshott (Brighton)9	Milford/D1 Regional .....	5/15/2009
5:14.12	Allyson Winchester (Middleville)11	Jenison/MITCA Team D2.....	5/23/2009
5:14.7	Hilary Kast (Hillsdale)10	East Jackson/D3 Regional .....	5/15/2009
5:15.41	Melinda Palinkas (Saranac)11	Grand Rapids/D4 State .....	5/30/2009
5:15.64	Emma Drenth (Williamston)11	Jenison/MITCA Team D2.....	5/23/2009
5:15.9	Kelcie Severson (Rockford)12	Holland/dual.....	5/12/2009
5:16.1	Ali Wiersma (Allendale)9	Grand Rapids/D3 Regional .....	5/15/2009
5:16.45	Brittany Anderson (Leroy-Pine River)11	Comstock Park/D3 State.....	5/30/2009
5:16.5	Megan McPherson (Livonia Franklin)10	Ypsilanti/April Showers .....	4/18/2009
5:16.7	Michelle Demuro (Muskegon Reeths-Puffer)12	Jenison/D1 Regional .....	5/15/2009
5:16.85	Jane Hawks (Rockford)9	Jenison/MITCA Team D1.....	5/23/2009
5:17.0	Rachel Schulist (Zeeland West)9	Grand Rapids/D2 Regional .....	5/16/2009
5:17.17	Merissa Harkema (Hudsonville)12	Jenison/MITCA Team D2.....	5/23/2009
5:17.22	Bridget Bennett (Mt Pleasant Sacred Heart)11	Grand Rapids/D4 State .....	5/30/2009
5:17.3	Kelly Miko (L'Anse Creuse)11	Warren/D1 Regional .....	5/15/2009
5:17.4	Emily Thomas (Grand Haven)12	Grandville/dual .....	4/30/2009
5:17.9	Marina Aguilera (Monroe)9	Saline/D1 Regional .....	5/15/2009
5:18.09	Morgan McCardel (Traverse City St Francis)12	Grand Rapids/D4 State .....	5/30/2009
5:18.12	Devan John (Allendale)11	Comstock Park/D3 State.....	5/30/2009
5:18.2	Kristen Yarows (Dexter)11	Saline/Golden Triangle .....	5/ 1/2009
5:18.2	Anna Stassen (Dearborn)9	Canton/D1 Regional.....	5/15/2009
5:18.69	Allison VanPatten (Kenowa Hills)9	Muskegon/OK Black .....	5/ 8/2009
5:19.17	Bekah Stanton (Jackson Lumen Christi)10	Comstock Park/D3 State.....	5/30/2009
5:19.23	Brook Simon (Fowler)12	Grand Rapids/D4 State .....	5/30/2009
5:19.49	Lauren Halm (Williamston)11	Corunna/CAAC White .....	5/20/2009

## 2000-METER STEEPLECHASE

9:32.9	Liz Arnold (Clarkston)11	Dayton/Mitchell Roosevelt.....	5/ 1/2009
9:39.2	Stephanie Bollini (Clarkston)12	Dayton/Mitchell Roosevelt.....	5/ 1/2009
10:32.7	Florine Mitchell (Southfield)11	Dayton/Mitchell Roosevelt.....	5/ 1/2009

## 3000 METERS

9:43.82#	Megan Goethals (Rochester)11	Greensboro/Nike Outdoor (2M).....	6/19/2009
9:56.70	Michele Morriset (Troy)11	Ypsilanti/World Youth Trials .....	7/ 1/2009
10:00.8#	Goethals	Kentwood/D1 State (3200).....	5/30/2009
10:01.2#	Goethals	Farmington/Oakland County (3200).....	5/22/2009
10:05.9#	Shannon Osika (Waterford Mott)10	Kentwood/D1 State (3200).....	5/30/2009
10:06.3#	Morriset	Farmington/Oakland County (3200).....	5/22/2009
10:06.4#	Morriset	Kentwood/D1 State (3200).....	5/30/2009
10:09.7#	Kaitlyn Patterson (Cadillac)12	Jackson/Midwest MOC (3200).....	6/13/2009
10:10.8#	Carly Plank (GR Northview)12	Jackson/Midwest MOC (3200).....	6/13/2009
10:13.85#	Alex Leptich (Saline)11	Greensboro/Nike Outdoor (2M).....	6/19/2009
10:18.4#	Cally Macumber (Rochester Adams)12	Kentwood/D1 State (3200).....	5/30/2009
10:18.5#	Gabrielle Anzelone (Grand Blanc)10	Kentwood/D1 State (3200).....	5/30/2009
10:21.7#	Lindsey Hilton (Rochester Adams)12	Farmington/Oakland County (3200).....	5/22/2009
10:27.5#	Kristen Smith (Clarkston)12	Farmington/Oakland County (3200).....	5/22/2009
10:32.90	Annie-Norah Beveridge (Ann Arbor Huron)10	Ypsilanti/USA Youth.....	7/ 4/2009
10:37.5#	Ellen Robinson (Novi)12	Farmington/Oakland County (3200).....	5/22/2009
10:40.0#	Alissa Williams (East Kentwood)10	Kentwood/D1 State (3200).....	5/30/2009
10:40.5#	Allison White (Midland Dow)11	Kentwood/D1 State (3200).....	5/30/2009
10:41.6#	Elizabeth Kingshott (Brighton)9	Kentwood/D1 State (3200).....	5/30/2009
10:42.3#	Julia Valencia (Walled Lake Western)9	Farmington/Oakland County (3200).....	5/22/2009
10:51.2#	Mollie Pozolo (Rochester)12	Kentwood/D1 State (3200).....	5/30/2009

# The Michtrack Honor Roll

10:51.5#	Natalie Smith (Clarkston)9	Kentwood/D1 State (3200).....	5/30/2009
10:51.75	Tess Wilberding (Birmingham MS)8	Greensboro/USATF JO.....	8/ 1/2009
10:53.5#	Megan McPherson (Livonia Franklin)10	Kentwood/D1 State (3200).....	5/30/2009
10:54.3#	Molly Slavens (Plymouth)12	Kentwood/D1 State (3200).....	5/30/2009
10:54.9#	Julia Valencia (Walled Lake Western)9	Kentwood/D1 State (3200).....	5/30/2009
10:55.6#	Rachel Quaintance (Walled Lake Northern)12	Kentwood/D1 State (3200).....	5/30/2009
10:58.2#	Katherine Hoevet (Ann Arbor Pioneer)9	Kentwood/D1 State (3200).....	5/30/2009
10:58.4#	Abby Chandler (Novi)9	Farmington/Oakland County (3200).....	5/22/2009
10:59.2#	Catie Rietsema (Rockford)10	Kentwood/D1 State (3200).....	5/30/2009

## 3200 METERS

10:16.66+	Megan Goethals (Rochester)11	Greensboro/Nike Outdoor (10:20.25y).....	6/19/2009
10:29.1	Goethals	West Bloomfield/Inv.....	4/25/2009
10:37.0	Becca Addison (Grand Haven)12	Grandville/dual.....	4/30/2009
10:37.50	Goethals	Kentwood/D1 State.....	5/30/2009
10:37.9	Goethals	Rochester/OAA Red.....	5/ 8/2009
10:38.50	Goethals	Farmington/Oakland County.....	5/22/2009
10:40.3	Goethals	Rochester/dual.....	5/ 5/2009
10:41.6	Alex Leptich (Saline)11	Saline/dual.....	4/28/2009
10:44.32	Shannon Osika (Waterford Mott)10	Kentwood/D1 State.....	5/30/2009
10:45.2	Osika	Milford/D1 Regional.....	5/15/2009
10:45.79	Michele Morriset (Troy)11	Kentwood/D1 State.....	5/30/2009
10:45.92i	Gabrielle Anzelone (Grand Blanc)10	Mt Pleasant/MITS Ch.....	2/28/2009
10:46.03	Morriset	Farmington/Oakland County.....	5/22/2009
10:47.2	Osika	Milford/KLAA Lakes.....	5/ 9/2009
10:47.3	Goethals	Clarkston/dual.....	4/ 2/2009
10:48.14	Kaitlyn Patterson (Cadillac)12	Jackson/Midwest MOC.....	6/13/2009
10:50.26	Carly Plank (GR Northview)12	Jackson/Midwest MOC.....	6/13/2009
10:51.46+	Leptich	Greensboro/Nike Outdoor (10:55.26y).....	6/19/2009
10:52.9	Goethals	West Bloomfield/D1 Regional.....	5/16/2009
10:53.2	Anzelone	Holly/D1 Regional.....	5/15/2009
10:53.58	Cally Macumber (Rochester Adams)12	Kentwood/D1 State.....	5/30/2009
10:55.09	Anzelone	Kentwood/D1 State.....	5/30/2009
10:57.50	Leptich	Kentwood/D1 State.....	5/30/2009
10:58.64	Anzelone	Jackson/JD's Inv.....	4/24/2009
10:59.4	Macumber	Holly/D1 Regional.....	5/15/2009
11:01.91	Lindsey Hilton (Rochester Adams)12	Farmington/Oakland County.....	5/22/2009
11:04.55	Ali Wiersma (Allendale)9	Comstock Park/D3 State.....	5/30/2009
11:06.36	Jordan Tomecek (Milan)11	Jenison/MITCA Team D2.....	5/23/2009
11:07.99	Devyn Ramsey (Benzie Central)12	Comstock Park/D3 State.....	5/30/2009
11:08.59	Kristen Smith (Clarkston)12	Farmington/Oakland County.....	5/22/2009
11:08.90	Katie Hoevet (Ann Arbor Pioneer)9	Kalamazoo/Lukens Inv.....	4/25/2009
11:09.1	Meg Sinclair (Milan)12	Whitmore Lake/Inv.....	5/ 8/2009
11:10.9	Kate Carter (Saline)11	Dayton/Mitchell Roosevelt.....	5/ 1/2009
11:11.46	Allyson Winchester (Middleville)11	Jenison/MITCA Team D2.....	5/23/2009
11:14.1	Annie-Norah Beverage (Ann Arbor Huron)10	Saline/Golden Triangle.....	5/ 1/2009
11:14.2	Megan McPherson (Livonia Franklin)10	Canton/D1 Regional.....	5/15/2009
11:14.67	Krista Parks (East Kentwood)11	Jenison/MITCA Team D1.....	5/23/2009
11:15.16	Kristen Yarows (Dexter)11	Zeeland/D2 State.....	5/30/2009
11:16.80	Ellen Robinson (Novi)12	Jackson/Midwest MOC.....	6/13/2009
11:18.90	Alissa Williams (East Kentwood)10	Hudsonville/OK Red.....	5/ 8/2009
11:19.91	Katie Rietsema (Rockford)10	Hudsonville/OK Red.....	5/ 8/2009
11:19.9	Taylor Mattarella (Traverse City Central)12	Midland/D1 Regional.....	5/15/2009
11:20.5	Olivia Sydow (GR West Catholic)12	Grand Rapids/dual.....	5/ 5/2009
11:20.5	Allison White (Midland Dow)11	Midland/D1 Regional.....	5/15/2009
11:22.4	Avery Evenson (Hartland OC MS)8	Pinckney/MS Inv.....	5/ 8/2009
11:22.5	Molly Slavins (Plymouth)12	Canton/D1 Regional.....	5/15/2009
11:22.85	Emily Thomas (Grand Haven)12	Hudsonville/OK Red.....	5/ 8/2009
11:23.16	Elizabeth Kingshott (Brighton)9	Kentwood/D1 State.....	5/30/2009
11:24.12	Taylor Smith (Otsego)10	Zeeland/D2 State.....	5/30/2009
11:24.2	Jaclyn Magness (Grand Ledge)10	Caledonia/D1 Regional.....	5/15/2009
11:24.65	Rachel Schulist (Zeeland West)9	Zeeland/D2 State.....	5/30/2009

# The Michtrack Honor Roll

11:24.6	Jennifer Snelgrove (Grand Ledge)11	Caledonia/D1 Regional .....	5/15/2009
11:24.9	Samara Donajkowski (Alpena)10	Midland/D1 Regional.....	5/15/2009
11:25.27	Nikki Wurster (Homer)11	Jackson/Selby Inv .....	5/26/2009
11:26.03	Kelcie Severson (Rockford)12	Jenison/MITCA Team D1.....	5/23/2009
11:26.05	Anna Bos (Rockford)10	Hudsonville/OK Red.....	5/ 8/2009
11:26.06	Hilary Kast (Hillsdale)10	Comstock Park/D3 State.....	5/30/2009
11:26.27	Julia Valencia (Walled Lake Western)9	Farmington/Oakland County .....	5/22/2009
11:26.86	Courtney Calka (Livonia Stevenson)12	Detroit/Shumake Relays .....	4/25/2009
11:27.31	Alyssa Dyer (Forest Hills Eastern)10	Zeeland/D2 State .....	5/30/2009
11:27.83	Megan Heeder (Lansing Catholic)10	Comstock Park/D3 State.....	5/30/2009
11:28.8	Margaret Lindman (East Lansing)11	Williamston/D2 Regional.....	5/16/2009
11:29.57	Grace Green (Troy)12	Detroit/Shumake Relays .....	4/25/2009
11:29.8	Melinda Palinkas (Saranac)11	Grand Rapids/Bos Inv.....	5/26/2009
11:30.79	Mollie Pozolo (Rochester)12	Kentwood/D1 State .....	5/30/2009
11:30.8	Rachel Quaintance (Walled Lake Northern)12	Milford/D1 Regional .....	5/15/2009
11:31.36	Natalie Smith (Clarkston)9	Kentwood/D1 State .....	5/30/2009
11:31.99	Jane Hawks (Rockford)9	Hudsonville/OK Red.....	5/ 8/2009
11:32.3	Bekah Stanton (Jackson Lumen Christi)10	East Jackson/D3 Regional .....	5/15/2009
11:33.07	Lauren Halm (Williamston)11	Jenison/MITCA Team D2.....	5/23/2009
11:33.3	Jill McEldowney (Jackson Lumen Christi)10	East Jackson/D3 Regional .....	5/15/2009
11:33.8	Shivani Kaushal (Grand Blanc)10	Holly/D1 Regional .....	5/15/2009
11:34.89	Megan Freeland (Parma Western)12	Stockbridge/Inv .....	5/ 1/2009
11:34.8	Karyn Rapundalo (Ann Arbor Huron)10	Saline/D1 Regional .....	5/15/2009
11:36.00	Amaya Ayers (Laingsburg)11	Comstock Park/D3 State.....	5/30/2009
11:36.2	Caci Dishman (Dexter)10	Livonia/D2 Regional.....	5/15/2009
11:36.69	Alexandria Wessels (Harbor Beach)11	Grand Rapids/D4 State .....	5/30/2009
11:37.5	Alyssa Osika (Waterford Mott)12	Waterford/dual .....	3/31/2009
11:37.8	Katie Martin (Portage Central)11	Jenison/D1 Regional.....	5/15/2009
11:37.95	Anna Rudd (Leslie)12	Comstock Park/D3 State.....	5/30/2009
11:37.9	Gina Valgoi (Warren Regina)12	Algonac/D2 Regional .....	5/15/2009
11:37.9	Amanda Halonen (Brighton)12	Milford/D1 Regional .....	5/15/2009
11:38.06	Abby Chandler (Novi)9	Farmington/Oakland County .....	5/22/2009
11:38.5	Katie Perkins (Traverse City Central)11	Traverse City/Bell Inv .....	5/ 1/2009
11:39.0	Alex Vintevoghel (Marine City)12	Marysville/D2 Regional .....	5/15/2009
11:39.4	Sarah Drevon (Flint Powers)12	Williamston/D2 Regional.....	5/16/2009
11:40.6	Kayla Gawlik (Bloomfield Hills Lahser)11	Saline/Golden Triangle .....	5/ 1/2009
11:40.8	Anna Pasternak (Hartland)10	Milford/D1 Regional .....	5/15/2009
11:42.32	Lindsey Burdette (Hanover-Horton)9	Comstock Park/D3 State.....	5/30/2009
11:42.41	Lindsey Lusardi (Gladstone)10	Kingsford/UPD1 State.....	5/30/2009
11:42.4	Kristen Emmorey (Brighton)10	Saline/Golden Triangle .....	5/ 1/2009
11:43.4	Brooke Simon (Fowler)12	Pottersville/CMAC.....	5/20/2009
11:43.8	Emily Pap (Dexter)9	Livonia/D2 Regional.....	5/15/2009
11:44.9	Taylor Nye (Benzie Central)10	Suttons Bay/Garland Relays .....	5/ 7/2009

## 5000 METERS

17:27.00	Gabrielle Anzelone (Grand Blanc)10	Greensboro/Nike Outdoor Nationals .....	6/18/2009
----------	------------------------------------	---	-----------

## 100-METER HURDLES (33")

13.87	Bridgette Owens-Mitchell (Southfield)11	Greensboro/Nike Outdoor (1.1).....	6/18/2009
13.95	Owens-Mitchell	Carolina/Caribbean Scholastic Inv (0.2).....	6/13/2009
14.08	Owens-Mitchell	Farmington/Oakland County (1.5).....	5/22/2009
14.08	Owens-Mitchell	Greensboro/Nike Outdoor (h) (-0.2).....	6/19/2009
14.13	Owens-Mitchell	Kentwood/D1 State (-1.4).....	5/30/2009
14.19	Christienne Linton (Romulus)12	Kentwood/D1 State (-1.4).....	5/30/2009
14.22	Owens-Mitchell	Detroit/Shumake Relays .....	4/25/2009
14.22	Owens-Mitchell	Kentwood/D1 State (s) (-2.1) .....	5/30/2009
14.32	Owens-Mitchell	Dayton/Mitchell Roosevelt.....	5/ 2/2009
14.36	Linton	Detroit/Shumake Relays .....	4/25/2009
14.42	Linton	Jackson/Midwest MOC (-1.8).....	6/13/2009
14.44	Owens-Mitchell	Dayton/Mitchell Roosevelt (h) .....	5/ 2/2009
14.56	Chiara Allen (Lake Orion)11	Farmington/Oakland County (1.5).....	5/22/2009
14.64	Owens-Mitchell	Detroit/Shumake Relays (h).....	4/25/2009

# The Michtrack Honor Roll

15.07	Jillian Sledge (Flint Southwestern)11	Kentwood/D1 State (s) (-2.1) .....	5/30/2009
15.10	Megan Clifford (Brighton)12	Kentwood/D1 State (-1.4).....	5/30/2009
15.12	Jaelynn Pryor (Jackson)	Kentwood/D1 State (-1.4).....	5/30/2009
15.14	Liz Sherzer (Battle Creek St Philip)12	Grand Rapids/D4 State (-1.9) .....	5/30/2009
15.15	Amanda Maher-Balduf (Ann Arbor Pioneer)12	Ypsilanti/Steeb Memorial .....	5/26/2009
15.16	Rachel Hoffman (Shelby)10	Comstock Park/D3 State (1.2) .....	5/30/2009
15.20	Tori Desira (DeWitt)9	Zeeland/D2 State (s).....	5/30/2009
15.25	Iris Campbell (Yale)12	Zeeland/D2 State .....	5/30/2009
15.38	Katie Dickmann (Battle Creek Lakeview)12	Sturgis/SMAC Big 16 .....	5/ 8/2009
15.46	Kellie Littlejohn (Detroit Mumford)10	Charleston/USATF JO Reg V .....	7/12/2009
15.50	Caitlin Leighton (Mendon)12	Grand Rapids/D4 State (-1.9) .....	5/30/2009
15.50	Sharonda Vesey (Romulus)12	Ypsilanti/USA Youth (h) (1.0).....	7/ 4/2009
15.51	Brooke Priemer (Beaverton)12	Comstock Park/D3 State (1.2) .....	5/30/2009
15.51	Amber Fater (Riverview)12	Zeeland/D2 State (s).....	5/30/2009
15.53	Brandee Hart (Berkley)11	Farmington/Oakland County (1.5).....	5/22/2009
15.59	Samantha Mette (Rockford)11	Hudsonville/OK Red.....	5/ 8/2009
15.59	Margaux Canup (Milford)10	Farmington/Oakland County (1.5).....	5/22/2009
15.63	Aleesha Smith (Detroit Southeastern)11	Kentwood/D1 State (s) (-2.1) .....	5/30/2009
15.65	Megan Yanik (Livonia Ladywood)11	Zeeland/D2 State (s).....	5/30/2009
15.66	Kristen Patchel (Richmond)12	Zeeland/D2 State .....	5/30/2009
15.68	Danielle Putterman (Rockford)12	Jenison/MITCA Team D1.....	5/23/2009
15.71	Aubree Suor (East Kentwood)11	Jackson/JD's Inv .....	4/24/2009
15.73	Andrea Kober (Sparta)11	Jenison/MITCA Team D2.....	5/23/2009
15.77	Hannah Meachum (Traverse City St Francis)11	Grand Rapids/D4 State (-1.9) .....	5/30/2009
15.84	Jessi Craun (Hemlock)11	Comstock Park/D3 State (1.2) .....	5/30/2009
15.85	Veronica Schacht (Grosse Pointe South)10	Dakota/Inv .....	5/ 8/2009
15.85	Olivia Kohler (North Branch)12	Zeeland/D2 State (s).....	5/30/2009
15.86	Caitlin Homrich (Kinde-North Huron)10	Grand Rapids/D4 State (-1.9) .....	5/30/2009
15.87	Sophia Kunselman (Ann Arbor Pioneer)9	Kentwood/D1 State (s) (-2.1) .....	5/30/2009
15.88	Erika Heston (Haslett)11	Zeeland/D2 State (s).....	5/30/2009
15.89	Zevin Carter (Ypsilanti)9	Zeeland/D2 State (s).....	5/30/2009
15.90	Kalena Franklin (Ogemaw Heights)11	Zeeland/D2 State (s).....	5/30/2009
15.90	Heather Manning (Byron Center)12	Zeeland/D2 State (s).....	5/30/2009
15.91	China Moore (Detroit Renaissance)12	Detroit/PSL.....	5/21/2009
15.91	Kelsey Bramer (Grandville Calvin Christian)11	Comstock Park/D3 State (1.2) .....	5/30/2009
15.93	Lacey Stone (Parma Western)10	Zeeland/D2 State (s).....	5/30/2009
15.94	Jamie Reed (Benton Harbor)12	Sturgis/SMAC Big 16 .....	5/ 8/2009
16.01	Caily Miller (Ann Arbor Pioneer)12	Ypsilanti/Steeb Memorial .....	5/26/2009
16.01	Chelsea Doyle (Michigan Center)10	Comstock Park/D3 State (1.2) .....	5/30/2009
16.04	China Moore (Detroit Renaissance)12	Zeeland/D2 State (s).....	5/30/2009
16.05	Katie Heidmann (Grand Rapids South Christian)11	Cedar Springs/Inv .....	5/ 2/2009
16.06	Jaime Roberts (Kingsford)11	Kingsford/UPD1 State .....	5/30/2009
16.07	Karlynn Cassidy (Farmington Hills Harrison)11	Farmington/Oakland County (1.5).....	5/22/2009
16.08	Mauricia Northern (Millington)12	Saginaw/SVSU III .....	4/17/2009
16.08	Nicole Staat (Hamilton)12	Zeeland/D2 State (s).....	5/30/2009
16.09	Hailey Himebaugh (Bronson)12	Comstock Park/D3 State (1.2) .....	5/30/2009
16.11	Kate Wolanin (Oxford)11	Farmington/Oakland County (1.5).....	5/22/2009
16.13	Ally Duross (Onsted)11	Comstock Park/D3 State (1.2) .....	5/30/2009
16.17	Jillian Linklater (Lake Orion)11	Farmington/Oakland County (1.5).....	5/22/2009
16.18	Tiarra Williams (Ypsilanti Lincoln)9	Ypsilanti/Steeb Memorial .....	5/26/2009
16.18	Jaelyn Konopka (Northville)11	Ypsilanti/USA Youth (hept) (1.4).....	6/30/2009
16.28	Erin Rajter (Sterling Heights Stevenson)10	Kentwood/D1 State (s) (-2.1) .....	5/30/2009
16.29	Kevia McCowin (Detroit Pershing)11	Detroit/PSL.....	5/21/2009
16.30	Nicole Prokes (Milford)11	Farmington/Oakland County (1.5).....	5/22/2009
16.31	Tarra Caverly (Hale)12	Grand Rapids/D4 State (-1.9) .....	5/30/2009
16.42	Anna Brown (Jenison)12	Hudsonville/OK Red.....	5/ 8/2009
16.46	Jennifer Ashley (St Johns)10	Zeeland/D2 State (s).....	5/30/2009
16.47	Katie Searles (Delton-Kellogg)11	Olivet/Inv (h).....	5/ 8/2009
16.48	Senneca Scott (Livonia Franklin)11	Kentwood/D1 State (h) (-2.9).....	5/30/2009
<b>Hand-timed:</b>			
13.9	Christienne Linton (Romulus)12	Detroit/USATF State .....	6/13/2009
14.1	Bridgette Owens-Mitchell (Southfield)11	West Bloomfield/D1 Regional .....	5/16/2009

# The Michtrack Honor Roll

14.4	Owens-Mitchell	Rochester/OAA White	5/ 9/2009
14.4	Linton	Saline/D1 Regional	5/15/2009
14.7	Chiara Allen (Lake Orion)11	West Bloomfield/Inv	4/25/2009
14.8	Megan Clifford (Brighton)	West Bloomfield/Inv	4/25/2009
14.8	Kellie Littlejohn (Detroit Mumford)	Detroit/USATF State	6/13/2009
14.9	Jillian Sledge (Flint Southwestern)11	Midland/D1 Regional	5/15/2009
14.9	Amanda Maher-Balduff (Ann Arbor Pioneer)12	Saline/D1 Regional	5/15/2009
15.0	Olivia Kohler (North Branch)12	Marysville/D2 Regional	5/15/2009
15.0	Iris Campbell (Yale)12	Caro/Thumb Champs	5/26/2009
15.1	Sharonda Vesey (Romulus)12	Saline/D1 Regional (h)	5/15/2009
15.2	Jillian Sledge (Flint Southwestern)11	Midland/tri	4/15/2009
15.2	Samantha Mette (Rockford)11	East Kentwood/dual	4/28/2009
15.2	Tori Desira (DeWitt)9	Bath/Nugent Inv	5/ 8/2009
15.2	Danielle Putterman (Rockford)12	Grand Rapids/Bos Inv	5/26/2009
15.3	Caily Miller (Ann Arbor Pioneer)12	Saline/D1 Regional	5/15/2009
15.3	Megan Yanik (Livonia Ladywood)11	Livonia/D2 Regional	5/15/2009
15.3	Erika Heston (Haslett)11	Bath/Nugent Inv	5/8/2009
15.4	Brandee Hart (Berkley)11	Farmington/dual	5/ 5/2009
15.4	Katie Dickmann (Battle Creek Lakeview)12	Jenison/D1 Regional	5/15/2009
15.5	Tory Schiller (Grand Ledge)	Grand Ledge/dual	5/ 5/2009
15.5	Chelsea Doyle (Michigan Center)	East Jackson/D3 Regional	5/15/2009
15.5	Kristen Patchel (Richmond)12	Marysville/D2 Regional	5/15/2009
15.5	Jaelynn Pryor (Jackson)	Caledonia/D1 Regional	5/15/2009
15.5	Sophia Kunselman (Ann Arbor Pioneer)9	Saline/D1 Regional	5/15/2009
15.5	Aleesha Smith (Detroit Southeastern)11	Grosse Pointe/D1 Regional	5/15/2009
15.6	Hannah Meacham (Traverse City St Francis)	Frankfort/D4 Regional	5/16/2009
15.6	Andrea Kober (Sparta)11	Coopersville/D2 Regional	5/16/2009
15.6	Rachel Hoffman (Shelby)10	Grand Rapids/D3 Regional	5/15/2009
15.6	Heather Manning (Byron Center)12	Grand Rapids/Bos Inv	5/26/2009
15.6	Kalena Franklin (Ogemaw Heights)11	Roscommon/Sunrise Meet	5/26/2009
15.7	Samantha Young (North Farmington)	Rochester Hills/dual	4/28/2009
15.7	Erin Rajter (Sterling Heights Stevenson)10	Sterling Heights/Sterling Inv	5/ 2/2009
15.7	Aubrey Suor (East Kentwood)11	East Kentwood/dual	4/28/2009
15.7	China Moore (Detroit Renaissance)	Algonac/D2 Regional	5/15/2009
15.7	Ariel Almanza (SCS Lakeview)	Algonac/D2 Regional	5/15/2009
15.7	Liz Sherzer (Battle Creek St Philip)12	Bath/D4 Regional	5/15/2009
15.7	Kierra Crews (Warren Cousino)10	Warren/D1 Regional	5/15/2009
15.7	Amber Fater (Riverview)	Livonia/D2 Regional	5/15/2009
15.7	Lacee Stone (Parma Western)	Hillsdale/SMAA	5/20/2009
15.8	Veroncia Schacht (Grosse Pointe South)10	Grosse Pointe/D1 Regional	5/15/2009
15.8	Caitlin Homrich (Kinde-North Huron)	Bad Axe/Huron Daily	5/19/2009
15.9	Jaclyn Konopka (Northville)11	Salem/dual	4/29/2009
15.9	Zannon Carter (Ypsilanti)9	Saline/Golden Triangle (s)	5/ 1/2009
15.9	Margo Canup (Milford)	Hartland/dual	4/28/2009
15.9	Karen Gallardo (Saline)	Saline/dual	5/ 6/2009
15.9	Ashley Schropp (Saginaw Heritage)11	Midland/D1 Regional	5/15/2009
15.9	Karlynn Cassidy (Farmington Hills Harrison)	West Bloomfield/D1 Regional	5/16/2009
15.9	Brooke Priemer (Beaverton)	Brookwood/D3 Regional	5/15/2009
15.9	Kaylee Gittleson (Ann Arbor Pioneer)12	Saline/D1 Regional	5/15/2009
15.9	Nicole Prokes (Milford)	Milford/D1 Regional	5/15/2009
15.9	Zevin Carter (Ypsilanti)	Livonia/D2 Regional	5/15/2009
15.9	Kelsey Bramer (Grandville Calvin Christian)	Grand Rapids/Bos Inv	5/26/2009
<b>Wind-aided:</b>			
14.5	Jillian Sledge (Flint Southwestern)11	Flint/Coca Cola Classic	5/ 9/2009
15.5	Cassie Pettus (Grand Blanc)	Flint/Coca Cola Classic	5/ 9/2009
<b>World Youth (30" hurdles):</b>			
13.46	Bridgette Owens-Mitchell (Southfield)11	Sudtiroil/World Youth Champs (s) (1.0)	7/ 8/2009
13.69	Owens-Mitchell	Ypsilanti/World Youth Trials (1.0)	7/ 1/2009
13.77	Owens-Mitchell	Sudtiroil/World Youth Champs (h) (0.2)	7/ 8/2009
13.85	Owens-Mitchell	Ypsilanti/World Youth Trials (h) (0.0)	6/30/2009
15.60	Kalen Glover (Detroit MS)8	Southfield/AAU State	6/ 9/2009
15.77	Quenee Dale (Romulus MS)7	Des Moines/AAU JO (h) (1.3)	8/ 4/2009

# The Michtrack Honor Roll

15.96 Aketra Sevillian (Flint Carman-Ainsworth MS)8 Southfield/AAU State ..... 6/ 9/2009

## 200-METER HURDLES (30")

27.91 Aketra Sevillian (Flint Carman-Ainsworth MS)8 Des Moines/AAU JO ..... 8/ 5/2009  
 28.03 Sevillian Des Moines/AAU JO (h) (-0.6) ..... 8/ 3/3009  
 28.43 Quenee Dale (Romulus MS)7 Des Moines/AAU JO ..... 8/ 5/2009  
 28.96 Sevillian Southfield/AAU State ..... 6/ 9/2009  
 29.09 Mary Mitchell (Detroit University Prep)8 Des Moines/AAU JO (h) (-0.4) ..... 8/ 3/2009  
 29.72 Kalen Glover (Detroit MS)8 Farmington Hills/AAU District 9 ..... 7/12/2009

## 300-METER HURDLES (30")

42.49 Christienne Linton (Romulus)12 Jackson/Midwest MOC ..... 6/13/2009  
 42.86 Linton Kentwood/D1 State ..... 5/30/2009  
 43.49 Ariel Roberts (Ann Arbor Pioneer)12 Kentwood/D1 State ..... 5/30/2009  
 43.68 Roberts Ypsilanti/Steeb Memorial ..... 5/26/2009  
 43.75 Jaelynn Pryor (Jackson) Jackson/Selby Inv ..... 5/26/2009  
 43.97 Brittany Calhoun (Grand Blanc)12 Jackson/Midwest MOC ..... 6/13/2009  
 43.99 Bridgette Owens-Mitchell (Southfield)11 Farmington/Oakland County ..... 5/22/2009  
 44.70 Christienne Linton (Romulus)12 Detroit/Shumake Relays ..... 4/25/2009  
 44.80 Pryor Jackson/JD's Inv ..... 4/24/2009  
 44.84 Pryor Kentwood/D1 State ..... 5/30/2009  
 45.09 Chiara Allen (Lake Orion)11 Farmington/Oakland County ..... 5/22/2009  
 45.18 Tori Desira (DeWitt)9 Zeeland/D2 State ..... 5/30/2009  
 45.22 Emma Fishnick (Battle Creek Pennfield)10 Zeeland/D2 State ..... 5/30/2009  
 45.50 Megan Yanik (Livonia Ladywood)11 Zeeland/D2 State ..... 5/30/2009  
 45.56 Katie Dickmann (Battle Creek Lakeview)12 Kentwood/D1 State ..... 5/30/2009  
 45.72 Rebecca Adamcheck (Livonia Stevenson)11 Kentwood/D1 State ..... 5/30/2009  
 45.79 Tori Schiller (Grand Ledge) Kentwood/D1 State ..... 5/30/2009  
 45.86 Andrea Kober (Sparta)11 Zeeland/D2 State ..... 5/30/2009  
 45.92 Jen Fuller (Sturgis)12 Zeeland/D2 State ..... 5/30/2009  
 46.05 Megan Heffner (Kinde-North Huron)11 Grand Rapids/D4 State ..... 5/30/2009  
 46.09 Rachel Hoffman (Shelby)10 Comstock Park/D3 State ..... 5/30/2009  
 46.21 Jen Fuller (Sturgis) Jenison/MITCA Team D2 ..... 5/23/2009  
 46.23 Tosti Wernette (Remus Chippewa Hills) Jenison/MITCA Team D2 ..... 5/23/2009  
 46.24 Amanda Maher-Baldof (Ann Arbor Pioneer)12 Ypsilanti/Steeb Memorial ..... 5/26/2009  
 46.24 Sarah VenLet (Holland Christian)12 Zeeland/D2 State ..... 5/30/2009  
 46.40 Megan Birchmeier (Corunna) Zeeland/D2 State ..... 5/30/2009  
 46.59 Stacey Scott (Reed City)12 Comstock Park/D3 State ..... 5/30/2009  
 46.63 Hannah Williams (Delton-Kellogg)11 Comstock Park/D3 State ..... 5/30/2009  
 46.66 Katie Searles (Delton-Kellogg)11 Comstock Park/D3 State ..... 5/30/2009  
 46.73 Megan Birchmeier (Corunna)11 Corunna/CAAC White ..... 5/20/2009  
 46.78 Kaila Cook (Pottersville)11 Grand Rapids/D4 State ..... 5/30/2009  
 46.81 Selena Meser (Sault Ste Marie) Kingsford/UPD1 State ..... 5/30/2009  
 46.81 Kaylin Taylor (Comstock)11 Zeeland/D2 State ..... 5/30/2009  
 46.85 Michelle Butcher (Caledonia) Kentwood/D1 State ..... 5/30/2009  
 46.88 Liz Sherzer (Battle Creek St Philip)12 Grand Rapids/D4 State ..... 5/30/2009  
 46.88 Ashley Gavitt (Millington)12 Comstock Park/D3 State ..... 5/30/2009  
 46.93 Kevia McCowin (Detroit Pershing) Detroit/PSL ..... 5/21/2009  
 46.95 Lacee Stone (Parma Western) Jackson/Selby Inv ..... 5/26/2009  
 46.97 Kelly McCloskey (Novi)9 Farmington/Oakland County ..... 5/22/2009  
 47.03 Olivia Kohler (North Branch)12 Zeeland/D2 State ..... 5/30/2009  
 47.07 Tosti Wernette (Remus Chippewa Hills)12 Zeeland/D2 State ..... 5/30/2009  
 47.08 Kellie Littlejohn (Detroit Mumford) Detroit/PSL ..... 5/21/2009  
 47.32 Corrie Noah (Benzie Central)10 Comstock Park/D3 State ..... 5/30/2009  
 47.38 Kelly Heidmann (GR South Christian)11 Zeeland/D2 State ..... 5/30/2009  
 47.45 Kristen Seburg (Leslie) Jackson/Selby Inv ..... 5/26/2009  
 47.47 Caily Miller (Ann Arbor Pioneer) Ypsilanti/Steeb Memorial ..... 5/26/2009  
 47.69 Sharonda Vesey (Romulus)12 Detroit/Shumake Relays ..... 4/25/2009  
 47.69 Jordan Kronshage (Calumet) Kingsford/UPD1 State ..... 5/30/2009  
 47.74 Jennifer Jerema (Midland) Kentwood/D1 State ..... 5/30/2009  
 47.76 Andria Nyenhuis (Gladstone) Kingsford/UPD1 State ..... 5/30/2009  
 47.85 Chelsea Burns (Farmington Harrison)12 Farmington/Oakland County ..... 5/22/2009



# The Michtrack Honor Roll

47.93	Olivia Smid (Whitmore Lake)12	Comstock Park/D3 State.....	5/30/2009
47.96	Dana Carey (Bloomfield Hills Marian)10	Zeeland/D2 State .....	5/30/2009
48.03	Laticia Sims (Romulus)	Detroit/Shumake Relays .....	4/25/2009
48.06	Avery Scarcelli (Marine City)	Jenison/MITCA Team D2.....	5/23/2009
48.07	Brooke Granquist (Powers North Central)	Kingsford/UPD3 State.....	5/30/2009
48.09	Jillian Sledge (Flint Southwestern)11	Mansfield/Relays.....	4/17/2009
48.10	Zevin Carter (Ypsilanti)9	Zeeland/D2 State .....	5/30/2009
48.12	Cormeshia Knight (Saginaw Hill)	Saginaw/tri .....	5/11/2009
48.19	Tarra Caverly (Hale)12	Grand Rapids/D4 State.....	5/30/2009

## Hand-timed:

42.4	Christienne Linton (Romulus)12	Saline/D1 Regional .....	5/15/2009
43.7	Jaelynn Pryor (Jackson)	Caledonia/D1 Regional .....	5/15/2009
44.1	Ariel Roberts (Ann Arbor Pioneer)12	Saline/D1 Regional .....	5/15/2009
44.2	Linton	Grosse Ile/News-Herald.....	5/ 9/2009
44.7	Jillian Sledge (Flint Southwestern)11	Flint/Coca Cola Classic.....	5/ 9/2009
44.7	Brittany Calhoun (Grand Blanc)	Holly/D1 Regional .....	5/15/2009
44.8	Calhoun	Flint/Coca Cola Classic.....	5/ 9/2009
45.1	Bridgette Owens-Mitchell (Southfield)11	West Bloomfield/D1 Regional .....	5/16/2009
45.2	Chiara Allen (Lake Orion)	Holly/D1 Regional .....	5/15/2009
45.5	Megan Heffner (Kinde-North Huron)11	Bad Axe/Huron Daily.....	5/19/2009
45.6	Emma Fishnick (Battle Creek Pennfield)	Constantine/KVA.....	5/20/2009
45.7	Amanda Maher-Balduff (Ann Arbor Pioneer)12	Ann Arbor/SEC .....	5/20/2009
45.8	Rebecca Adamcheck (Livonia Stevenson)11	KLAA.....	5/ 9/2009
45.9	Kiley Tobel (Walled Lake Western)	Waterford/dual .....	4/14/2009
46.2	Katie Dickmann (Battle Creek Lakeview)12	Jenison/D1 Regional .....	5/15/2009
46.2	Tory Schiller (Grand Ledge)	Caledonia/D1 Regional .....	5/15/2009
46.3	Megan Yanik (Livonia Ladywood)11	Livonia/D2 Regional.....	5/15/2009
46.4	Sarah Venlet (Holland Christian)	Grand Rapids/D2 Regional .....	5/16/2009
46.4	Tori Desira (DeWitt)9	Charlotte/CAAC Gold.....	5/20/2009
46.4	Andrea Kober (Sparta)11	Grand Rapids/Bos Inv.....	5/26/2009
46.6	Kaila Cook (Pottersville)	Bath/D4 Regional.....	5/15/2009
46.6	Caily Miller (Ann Arbor Pioneer)12	Saline/D1 Regional .....	5/15/2009
46.7	Jennifer Jarema (Midland)9	Midland/D1 Regional.....	5/15/2009
46.7	Michelle Butcher (Caledonia)	Caledonia/D1 Regional .....	5/15/2009
46.8	Liz Sherzer (Battle Creek St Philip)12	Bath/D4 Regional.....	5/15/2009
46.9	Kaylin Taylor (Kalamazoo Comstock)	Sturgis/D2 Regional .....	5/15/2009
46.9	Jen Fuller (Sturgis)	Sturgis/D2 Regional.....	5/15/2009
46.9	Ashley Gavitt (Millington)12	Caro/Thumb Champs.....	5/26/2009
47.0	Karen Gallardo (Saline)11	Saline/D1 Regional .....	5/15/2009
47.1	Jasmine Vesterfelt (Hudsonville)	Jenison/D1 Regional.....	5/15/2009
47.2	Erin Bridgewater (Bay City Western)11	Midland/D1 Regional.....	5/15/2009
47.3	Olivia Kohler (North Branch)12	Marysville/D2 Regional .....	5/15/2009
47.3	Kelly McCloskey (Novi)	Milford/D1 Regional .....	5/15/2009
47.3	Megan Birchmeier (Corunna)11	Williamston/D2 Regional.....	5/16/2009
47.4	Chelsea Ciampa (Northville)	West Bloomfield/Inv .....	4/25/2009
47.4	Sharonda Vesey (Romulus)12	Saline/Golden Triangle .....	5/ 1/2009
47.5	Samantha Olson (Midland Dow)11	Midland/D1 Regional.....	5/15/2009
47.5	Hannah Williams (Delton Kellogg)11	Constantine/D3 Regional .....	5/18/2009
47.5	Cormiesha Knight (Saginaw Hill)11	Auburn/SVL.....	5/20/2009
47.5	Lacee Stone (Parma Western)	Hillsdale/SMAA .....	5/20/2009
47.5	Kellie Heidmann (Grand Rapids South Christian)11	Grand Rapids/Bos Inv.....	5/26/2009
47.6	Veroncia Schacht (Grosse Pointe South)10	Romeo/dual.....	5/ 6/2009
47.6	Dana Carey (Bloomfield Hills Marion)10	Bloomfield Hills/D2 Regional.....	5/15/2009
47.6	Rachel Hoffman (Shelby)	Grand Rapids/D3 Regional .....	5/15/2009
47.7	Latricia Sims (Romulus)9	Saline/D1 Regional .....	5/15/2009

## 400-METER HURDLES (30")

1:01.37	Christienne Linton (Romulus)12	Ypsilanti/USA Youth.....	7/ 5/2009
1:03.19	Dynasty McGee (Flint Southwestern)10	Ypsilanti/USA Youth.....	7/ 5/2009
1:04.66	Linton	Ypsilanti/USA Youth (h) .....	7/ 4/2009
1:04.69	McGee	Ypsilanti/World Youth Trial (h) .....	6/30/2009
1:04.74	McGee	Des Moines/AAU JO .....	8/ 5/2009

# The Michtrack Honor Roll

1:04.88	McGee	Des Moines/AAU JO (h).....	8/ 3/2009
1:05.44	Megan Yanik (Livonia Ladywood)	Ypsilanti/USA Youth (h) .....	7/ 4/2009
1:05.68	Chiara Allen (Lake Orion)11	Greensboro/USATF JO (h) .....	8/ 1/2009
1:06.63	Sharonda Vesey (Romulus)12	Ypsilanti/USA Youth (h) .....	7/ 4/2009
1:07.28	Rebecca Adamcheck (Livonia Stevenson)	Ypsilanti/USA Youth (h) .....	7/ 4/2009
1:08.29	Akilah Berry (Waterford Kettering)12	Southfield/AAU State .....	6/ 9/2009
1:08.87	Melissa Groce (Belleville)	Southfield/AAU State .....	6/ 9/2009
1:08.95	Kaylin Taylor (Madison Heights Foley MS)8	Farmington Hills/AAU District 9 .....	7/12/2009
<b>Hand-timed:</b>			
59.9	Christienne Linton (Romulus)12	Detroit/USATF State .....	6/13/2009
64.0	Sharonda Vesey (Romulus)	Detroit/USATF State .....	6/13/2009
68.3	Rebecca Adamcheck (Livonia Stevenson)	Detroit/USATF State .....	6/13/2009
68.4	Megan Yanik (Livonia Ladywood)	Detroit/USATF State .....	6/13/2009
69.0	Chiara Allen (Lake Orion)11	Detroit/USATF State .....	6/13/2009

## HIGH JUMP

5-10	Ariel Roberts (Ann Arbor Pioneer)12	Saline/D1 Regional .....	5/15/2009
5-10	Roberts	Jackson/Midwest MOC .....	6/13/2009
5-9	Roberts	Mansfield/Relays.....	4/17/2009
5-9	Roberts	Ypsilanti/Steeb Memorial .....	5/26/2009
5-8	Roberts	Ann Arbor/SEC .....	5/20/2009
5-8	Emelle McConney (West Bloomfield)12	Kentwood/D1 State .....	5/30/2009
5-7	Niki Caldwell (Dexter)10	Ypsilanti/USA Youth.....	7/ 5/2009
5-6	Samantha Stein (Flushing)11	Midland/Relays .....	4/24/2009
5-6	Lauren Little (Berkley)	Farmington/dual .....	5/ 5/2009
5-6	Andi Yancho (Grand Blanc)12	Flint/dual .....	4/28/3009
5-6	Sarah Nitz (Zeeland East)	Zeeland/D2 State .....	5/30/2009
5-6	Sarah MacCourtney (Lutheran Northwest)12	Grand Rapids/D4 State .....	5/30/2009
5-5	Kayleigh Coulson (Grand Rapids Catholic Central)12	Comstock Park/Inv .....	4/18/2009
5-5	McKenzie Majchrzak (Manistee)12	Muskegon Heights/tri .....	5/ 4/2009
5-5	Annalise Pickrel (Grand Rapids Catholic Central)	Grand Rapids/D2 Regional .....	5/16/2009
5-5	Abby Lovat (Farmington Hills Mercy)10	West Bloomfield/D1 Regional .....	5/16/2009
5-5	Phoenix Duncan (Morenci)10	Hillsdale/D4 Regional.....	5/16/2009
5-5	Mindy Marx (Grand Haven)11	Grand Rapids/Bos Inv .....	5/26/2009
5-5	Monique Nguyen (Troy)10	Kentwood/D1 State .....	5/30/2009
5-5	Kelsey Kuipers (Otsego)11	Zeeland/D2 State .....	5/30/2009
5-5	Kelly Heidman (GR South Christian)11	Zeeland/D2 State .....	5/30/2009
5-5	Jasmine Thomas (Hamady)12	Comstock Park/D3 State.....	5/30/2009
5-5	Beth Roach (Northville)	Kentwood/D1 State .....	5/30/2009
5-4.5	Rachel Herald (Rockford)11	Greensboro/Nike Outdoor Nationals .....	6/19/2009
5-4	Alicia Weaver (Holt)	Olivet/Inv .....	5/ 8/2009
5-4	Dominique Corley (Ann Arbor Pioneer)11	Kentwood/D1 State .....	5/30/2009
5-4	Aubree Suor (East Kentwood)11	Jackson/JD's Inv .....	4/24/2009
5-4	Alex King (Ludington)11	Scottville/Optimist .....	4/24/2009
5-4	Samantha Mette (Rockford)11	Hudsonville/OK Red.....	5/ 8/2009
5-4	Ruth Lovejoy (Clinton)	Erie/D3 Regional.....	5/15/2009
5-4	Megan McCarty (Clarkston)10	Farmington/Oakland County .....	5/22/2009
5-4	Megan Heffner (Kinde-North Huron)11	Bad Axe/Huron Daily.....	5/19/2009
5-4	Lindsay Hufnagel (Fowler)10	Pottersville/CMAC.....	5/20/2009
5-4	Caitlin Bonczkowski (St Joseph)	St Joseph/Rotary .....	4/24/2009
5-4	Jessica Graham (Brimley)	Kingsford/UPD3 State .....	5/30/2009
5-4	Taylor Friend (Pellston)9	Grand Rapids/D4 State .....	5/30/2009
5-4	McKenzie Frodle (Fraser)10	Kentwood/D1 State .....	5/30/2009
5-4	Kieanna Ingram (Southfield MS)8	Des Moines/AAU JO .....	8/ 5/2009
5-3	Kelsey Campbell (Olivet)	East Jackson/D3 Regional .....	5/15/2009
5-3	Sarah Trieweiler (Portland)9	Vermontville/D3 Regional.....	5/15/2009
5-3	Rachelle Sandbrook (Ovid-Elsie)	Vermontville/D3 Regional.....	5/15/2009
5-3	Rebecca Joseph (Eben Superior Central)	Kingsford/UPD3 State .....	5/30/2009
5-2	Emily Quint (Livonia Franklin)11	Canton/D1 Regional.....	5/15/2009
5-2	Alyssa Heiden (St Clair)12	Port Huron/tri.....	3/31/2009
5-2	Courtney Hughes (Macomb Lutheran North)	Richmond/dual .....	4/ 2/2009
5-2	Natalie Ziel (Saginaw Swan Valley)	Saginaw/SVSU III .....	4/17/2009

# The Michtrack Honor Roll

5-2	Abby Timmer (Forest Hills Northern)	Belding/dual .....	4/21/2009
5-2	Abby Krikke (Hudsonville Unity Christian)12	Hudsonville/Houseward Inv.....	4/17/2009
5-2	Kelly Tuinenga (GR South Christian)10	Hudsonville/Houseward Inv.....	4/17/2009
5-2	O'Leary (Dearborn Divine Child)	Dearborn Heights/Charger Inv .....	4/25/2009
5-2	Stephanie Cuniberti (Macomb Dakota)11	Sterling Heights/Titan Relays.....	4/25/2009
5-2	Anna Capotosto (Saugatuck)10	Detroit/Shumake Relays .....	4/25/2009
5-2	Kate Wolanin (Oxford)	Orchard Lake/dual .....	4/29/2009
5-2	Lauren Chorny (Stevensville Lakeshore)	Sturgis/SMAC Big 16 .....	5/ 8/2009
5-2	Hunt (Thornapple-Kellogg)	CAL Inv.....	4/18/2009
5-2	Helen Richards (Houghton)12	UP1 Regional.....	5/14/2009
5-2	Senclair McDonnell (Livonia Churchill)9	Canton/D1 Regional.....	5/15/2009
5-2	Becca Mills (Midland Dow)10	Midland/D1 Regional.....	5/15/2009
5-2	Catherine Cielinski (Midland)11	Midland/D1 Regional.....	5/15/2009
5-2	Katie Rancourt (East Kentwood)	Jenison/D1 Regional.....	5/15/2009
5-2	China Caldwell (Battle Creek Lakeview)	Jenison/D1 Regional.....	5/15/2009
5-2	Jessie Fritzinger (Harrison)12	Brookwood/D3 Regional .....	5/15/2009
5-2	Susan Dragich (Monroe St Mary)	Erie/D3 Regional.....	5/15/2009
5-2	Olivia Smid (Whitmore Lake)	Erie/D3 Regional.....	5/15/2009
5-2	Keyandria Rohelia (Saginaw)12	Auburn/SVL.....	5/20/2009
5-2	Breyonne Hatfield (Saginaw Hill)11	Auburn/SVL.....	5/20/2009
5-2	Morgan Auernhammer (Bay City Western)11	Auburn/SVL.....	5/20/2009
5-2	Jessica Smith (Fowlerville)	Charlotte/CAAC Gold.....	5/20/2009
5-2	Erica Horton (Dearborn Heights Crestwood)	Mega League .....	5/20/2009
5-2	Kylie Basarabski (Rockford)	Grand Rapids/Bos Inv.....	5/26/2009
5-2	Victoria Reyes (Marcellus)	Grand Rapids/D4 State.....	5/30/2009
5-2	Kendall Dow (Schoolcraft)12	Comstock Park/D3 State.....	5/30/2009
5-2	Heather Armiak (Novi)	Kentwood/D1 State .....	5/30/2009

## POLE VAULT

13-0	Sarah Birkmeier (Rockford)11	Kentwood/D1 State .....	5/30/2009
12-8	Birkmeier	Kentwood/D1 State (!).....	5/30/2009
12-3	Birkmeier	Kentwood/D1 State (!).....	5/30/2009
12-1	Birkmeier	Hudsonville/OK Red.....	5/ 8/2009
12-0	Richelle Kimble (Lowell)12	Kentwood/Moon Vault.....	6/26/2009
12-0	Birkmeier	Grand Haven/Beach Vault .....	7/17/2009
11-11	Birkmeier	Jenison/MITCA Team D1.....	5/23/2009
11-11	Tori Wesley (Marine City)10	Jenison/MITCA Team D2.....	5/23/2009
11-11	Birkmeier	Kentwood/D1 State (!).....	5/30/2009
11-11	Wesley	Southfield/AAU State .....	6/ 9/2009
11-9	Birkmeier	Zeeland/GRPS Inv .....	4/18/2009
11-9	Wesley	Marysville/Blue Water Meet of Champs .....	5/21/2009
11-7	Kassie Powell (Durand)10	New Lothrop/Relays.....	4/24/2009
11-6.5	Amy Reynolds (Northville)12	Northville/dual .....	5/ 5/2009
11-6	Kelly Morrisey (Grand Rapids West Catholic)11	Grand Rapids/D1 Regional .....	5/15/2009
11-3	Kirstie Wieber (Pewamo-Westphalia)9	Bath/D4 Regional.....	5/15/2009
11-2	Kelsey Hinz (Macomb Dakota)12	Warren/D1 Regional .....	5/15/2009
11-2	Amanda Impellizzeri (East Kentwood)12	Jenison/D1 Regional.....	5/15/2009
11-2	Jamie Gotshall (Traverse City West)12	Kentwood/D1 State .....	5/30/2009
11-2	Kristin Hixson (Remus Chippewa Hills)	Zeeland/D2 State .....	5/30/2009
11-2	Ashley Leitner (Traverse City West)12	Kentwood/D1 State .....	5/30/2009
11-2	Danielle Putterman (Rockford)12	Kentwood/D1 State .....	5/30/2009
11-2	Emily Quint (Livonia Franklin)11	Kentwood/D1 State .....	5/30/2009
11-0	Katlyn Shelar (Novi)11	Northville/dual .....	5/ 5/2009
11-0	Jessica Pizzini (Macomb Dakota)12	Dakota/MAC Red .....	5/19/2009
11-0	Kiley Tobel (Walled Lake Western)12	Farmington/Oakland County .....	5/22/2009
11-0	Christina Gearheart (Eaton Rapids)12	Charlotte/CAAC Gold.....	5/20/2009
11-0	Christina Watson (Stockbridge)12	Bath/Nugent Inv .....	5/ 8/2009
10-9	Violet Whitney (Ann Arbor Pioneer)12	Ann Arbor/SEC .....	5/20/2009
10-8	Lindsay Stidham (Midland Dow)12	Midland/D1 Regional.....	5/15/2009
10-8	Carlie Morris (East Grand Rapids)	Grand Rapids/D2 Regional .....	5/16/2009
10-8	Jordan Keefe (Grand Haven)9	Kentwood/D1 State .....	5/30/2009
10-8	Meghan Powers (Livonia Franklin)12	Kentwood/D1 State .....	5/30/2009

# The Michtrack Honor Roll

10-7	Lauren Chorny (Stevensville Lakeshore)	Allegan/Inv .....	5/ 1/2009
10-6	Taylor Jorgenson (Williamston)	Kalamazoo/Lukens Inv .....	4/24/2009
10-6	Hannah Meachum (Traverse City St Francis)11	Traverse City/Bell Inv .....	5/ 1/2009
10-6	Gwen Scruggs (Macomb Dakota)12	Dakota/dual .....	4/12/2009
10-6	Nicole Ferguson (Dexter)9	Ann Arbor/SEC .....	5/20/2009
10-6	Alyssa Pindar (Grand Rapids West Catholic)12	Grand Rapids/D1 Regional .....	5/15/2009
10-5	Becca Schnyders (Hudsonville Unity Christian)	Grand Rapids/D2 Regional .....	5/16/2009
10-5	Stephanie Birkmeier (Rockford)10	Jenison/MITCA Team D1 .....	5/23/2009
10-5	Brittany London (Middleville)	Jenison/MITCA Team D2 .....	5/23/2009
10-5	Hailey Love (Sparta)10	Jenison/MITCA Team D2 .....	5/23/2009
10-3	Sara Turschak (Unionville-Sebewaing)	Bad Axe/Huron Daily .....	5/19/2009
10-3	Aubrey Schafer (Pewamo-Westphalia)11	Grand Rapids/D4 State .....	5/30/2009
10-3	Jaylee Brown (Onokama)9	Grand Rapids/D4 State .....	5/30/2009
10-2	Katie Rancourt (East Kentwood)	Jenison/D1 Regional .....	5/15/2009
10-2	Michelle Blackstone (Livonia Stevenson)	Kentwood/D1 State .....	5/30/2009
10-2	Kari Kenney (Kenowa Hills)11	Caledonia/D1 Regional .....	5/15/2009
10-2	Amanda Trouten (Okemos)	Kentwood/D1 State .....	5/30/2009
10-2	Sarah Kaptor (Utica Eisenhower)	Kentwood/D1 State .....	5/30/2009
10-2	Michelle Steslicki (Northville)11	Ypsilanti/USA Youth .....	7/ 3/2009
10-0	Katherine Bosetti (Oxford)12	Farmington/Oakland County .....	5/22/2009
10-0	Katie Reinke (Williamston)	Corunna/CAAC White .....	5/20/2009
10-0	Micaela Conter (Dexter)9	Ann Arbor/SEC .....	5/20/2009
10-0	Lauren Dark (Chelsea)10	Ann Arbor/SEC .....	5/20/2009
10-0	Chaeli Wantuck (Ann Arbor Pioneer)	Ann Arbor/SEC .....	5/20/2009
10-0	Brianna Ohlert (Indian River-Inland Lakes)11	Grand Rapids/D4 State .....	5/30/2009
10-0	Jena Koetje (Leroy-Pine River)11	Comstock Park/D3 State .....	5/30/2009
10-0	Kera Stornant (Portland)11	Comstock Park/D3 State .....	5/30/2009
10-0	Libby Schichtel (Grand Rapids West Catholic)9	Comstock Park/D3 State .....	5/30/2009
10-0	Danielle Lynch (Marine City)12	Detroit/USATF State .....	6/13/2009

## LONG JUMP

18-8.25	Christienne Linton (Romulus)12	Kentwood/D1 State .....	5/30/2009
18-7.25	Linton	Ypsilanti/USA Youth (0.0) .....	7/ 2/2009
18-6.5	Victoria Lipscomb (East Lansing)	Bath/Nugent Inv .....	5/ 8/2009
18-6.25	Keyandria Rohelia (Saginaw)12	Zeeland/D2 State .....	5/30/2009
18-5.75	Chanel Payne (Westland Glenn)12	Canton/D1 Regional .....	5/15/2009
18-4.75	Linton	Saline/D1 Regional .....	5/15/2009
18-3.5	Arielle Roberts (Ann Arbor Pioneer)12	Kentwood/D1 State .....	5/30/2009
18-3.5	Lipscomb	Zeeland/D2 State .....	5/30/2009
18-2.75	Lipscomb	Jackson/JD's Inv .....	4/24/2009
18-2.75	Payne	Kentwood/D1 State .....	5/30/2009
18-2.5	Linton	Detroit/Shumake Relays .....	4/25/2009
18-0.75	Ashley Keyes (Rochester)11	Rochester/OAA Red .....	5/ 8/2009
18-0	Makeda DeBardelaben (Saginaw Hill)9	Kalamazoo/Lukens Inv .....	4/24/2009
18-0	Bri Soule (Grand Haven)	Kentwood/D1 State .....	5/30/2009
17-11.5	Kiah Douglas (Saginaw Hill)12	Midland/D1 Regional .....	5/15/2009
17-10.5	Aurielle Bell (Farmington Hills Harrison)	Rochester/OAA White .....	5/ 9/2009
17-9	Charlotte Cahill (North Farmington)12	Ypsilanti/USA Youth (-0.2) .....	7/ 2/2009
17-8.5	Mona Averbuolle (Fruitport-FIN)12	Coopersville/D2 Regional .....	5/16/2009
17-7.5	Val DeWeerd (Hudsonville)12	Hudsonville/OK Red .....	5/ 8/2009
17-7	Aubree Suor (East Kentwood)11	Jackson/JD's Inv .....	4/24/2009
17-6.75	Jaelynn Pryor (Jackson)	Jackson/Selby Inv .....	5/26/2009
17-4.75	Aubrie Scott (Westland Glenn)10	Canton/D1 Regional .....	5/15/2009
17-4.75	Noelle Bradley (Taylor Truman)12	Charleston/USATF JO Reg V .....	7/12/2009
17-4	Julie Townsend (Alpena)12	Midland/D1 Regional .....	5/15/2009
17-4	Joylisa Davis (Bloomfield Hills Lahser)10	Farmington/Oakland County .....	5/22/2009
17-3.5	Kalena Franklin (Ogemaw Heights)11	West Branch/Falcon Inv .....	4/24/2009
17-3.5	Miranda Iles (Athens)	Hillsdale/D4 Regional .....	5/16/2009
17-3.25	Rachel Hoffman (Shelby)10	Comstock Park/D3 State .....	5/30/2009
17-3	Megan Clifford (Brighton)	West Bloomfield/Inv .....	4/25/2009
17-3	Paige Kortman (Holland)	Muskegon/OK Black .....	5/ 8/2009
17-2.5	Chelsea Ciampa (Northville)	West Bloomfield/Inv .....	4/25/2009

# The Michtrack Honor Roll

17-2.25	Lisa Galasso (Lake Orion)11	Farmington/Oakland County	5/22/2009
17-2	Whitney Rogers (Hamady)	Flint/Coca Cola Classic	5/9/2009
17-2	Tiara Oates (Rochester Stoney Creek)11	Farmington/Oakland County	5/22/2009
17-2	Amber Arndt (Beal City)9	Grand Rapids/D4 State	5/30/2009
17-1.5	Asia Rawls (Waterford Mott)12	Waterford/dual	3/31/2009
17-1.5	Jessica Smith (Fowlerville)	Charlotte/CAAC Gold	5/20/2009
17-1	Bailey Blank (Forest Hills Eastern)12	Coopersville/D2 Regional	5/16/2009
17-1	Dominique Corley (Ann Arbor Pioneer)	Ann Arbor/SEC	5/20/2009
17-0.5	Caroline Strasser (Dearborn Divine Child)10	Zeeland/D2 State	5/30/2009
17-0	Maren Bahra (Traverse City Central)11	Midland/D1 Regional	5/15/2009
17-0	Lauren Stodola (East Kentwood)	Jenison/D1 Regional	5/15/2009
17-0	Katie Bollin (Temperance Bedford)12	Saline/D1 Regional	5/15/2009
16-11	Chelsea Dubey (Elkton-Pigeon-Bayport)	Bad Axe/D3 Regional	5/16/2009
16-11	Auriel Bell (Farmington Hills Harrison)12	Farmington/Oakland County	5/22/2009
16-11	Hillary Lowery (Morrice)12	Hillsdale/SMAA	5/20/2009
16-10.5	Bri Russell (Portage Central)	Battle Creek/Lakeview Inv	4/17/2009
16-10.25	Malika Glover (East Lansing)	Zeeland/D2 State	5/30/2009
16-9.25	Tessa Gryzen (Hudsonville)10	Hudsonville/OK Red	5/8/2009
16-9	Mackenzie Frodle (Fraser)10	Dakota/Inv	5/8/2009
16-9	Tiffany McKenzie (Muskegon Mona Shores)	Muskegon/OK Black	5/8/2009
16-9	Meghan Terry (Allen Park)10	Bloomfield Hills/D2 Regional	5/15/2009
16-9	Shaelie Harper (Holland)	Jenison/D1 Regional	5/15/2009
16-9	Alyssa Smith (Charlevoix)	East Jordan/D3 Regional	5/16/2009
16-9	Kristen Seberg (Leslie)	Hillsdale/SMAA	5/20/2009
16-8.75	Erin Leppek (Rochester)	Rochester/OAA Red	5/8/2009
16-8.75	Kiara Holmes (Ann Arbor Huron)11	Ann Arbor/SEC	5/20/2009
16-8.5	Marianna Colpean (Haslett)	Charlotte/CAAC Gold	5/20/2009
16-8.5	Jessica Howell (Oxford MS)8	Detroit/USATF State	6/13/2009
16-8.25	Andrea Kyser (SCS South Lake)	Algonac/D2 Regional	5/15/2009
16-8	Dynasty McGee (Flint Southwestern)10	Flint/City meet	5/12/2009
16-8	McKenzie Majchrzak (Manistee)12	Scottville/Optimist	4/24/2009
16-8	Michelle Irvin (Macomb Lutheran North)12	Comstock Park/D3 State	5/30/2009
16-8	Katie Bollin (Temperance Bedford)	Kentwood/D1 State	5/30/2009
16-7	Meaghan Ogonowski (Harper Woods Regina)12	Sterling Heights/Sterling Inv	5/2/2009
16-7	Reaha Weaver (Battle Creek Lakeview)	Sturgis/SMAC Big 16	5/8/2009
16-7	Breanna Bellingar (St Johns)12	Williamston/D2 Regional	5/16/2009
16-7	Kelsey Kuipers (Otsego)11	Zeeland/D2 State	5/30/2009
16-6.75	Katie Liebig (South Lyon)12	Farmington/Oakland County	5/22/2009
16-6.75	Mariah Ridal (Holly)	Kentwood/D1 State	5/30/2009
16-6.5	Kristin Nelson (Iron Mountain)	Kingsford/UPD1 State	5/30/2009
16-6.5	Shelby Janutol (Troy)	Kentwood/D1 State	5/30/2009
16-6.25	Madison Carter (Temperance Bedford)9	Ann Arbor/SEC	5/20/2009
16-6.25	Hannah Payne (Clinton)10	Comstock Park/D3 State	5/30/2009
16-6	Megan VanderVlucht (McBain)11	Cadillac/Rathbun Inv	4/17/2009
16-6	Victoria Reyes (Marcellus)	Centreville/D4 Regional	5/16/2009
16-6	Cimone Diggs (Mason)	Mason/CAAC Red	5/20/2009
16-6	Jasmine Whitman (Taylor Truman)	Grosse Ile/News-Herald	5/9/2009
16-5.75	Kristi Ellis (Petoskey)	Cadillac/D2 Regional	5/15/2009
16-5.75	Rebecca Compton (Grand Ledge)	Kentwood/D1 State	5/30/2009
16-5.5	Jasyman Hodge (Portage Northern)	Sturgis/SMAC Big 16	5/8/2009
16-5.5	Megan Clifford (Brighton)	Saginaw/SVSU I	4/17/2009
16-5.5	Tori Desira (DeWitt)9	Charlotte/CAAC Gold	5/20/2009
16-5.25	Phoenix Duncan (Morenci)10	Hillsdale/D4 Regional	5/16/2009
16-5	Kelly VanDeusen (Elk Rapids)	East Jordan/Inv	5/7/2009
16-4.75	Olivia Soumis (Ontonagon)	Kingsford/UPD3 State	5/30/2009
16-4.5	Sara Perez (Allen Park)12	Bloomfield Hills/D2 Regional	5/15/2009
16-4.5	Kristy Brandt (Saginaw Valley Lutheran)	Standish/D3 Regional	5/16/2009
16-4.5	Taylor Moore-Willis (Detroit Country Day)10	Ypsilanti/USA Youth (hept) (-0.1)	7/1/2009
16-4.25	Loreal Jones (Detroit Renaissance)	Algonac/D2 Regional	5/15/2009
16-4	Whitney Cook (Harbor Beach)	Brown City/D4 Regional	5/16/2009
16-4	Katie Liebig (South Lyon)	Milford/D1 Regional	5/15/2009
16-4	Jessica Smith (Comstock Park)12	Coopersville/D2 Regional	5/16/2009

# The Michtrack Honor Roll

## Wind-aided:

18-9.25	Keyandria Rohelia (Saginaw)12	Auburn/SVL.....	5/20/2009
18-6.5	Christienne Linton (Romulus)12	Jackson/Midwest MOC (2.4).....	6/13/2009
17-7.25	Kiah Douglass (Saginaw Hill)12	Auburn/SVL.....	5/20/2009
17-4.5	Makeda Debardelaben (Saginaw Hill)9	Auburn/SVL.....	5/20/2009
16-4.5	Tina Rivera (Midland)11	Auburn/SVL.....	5/20/2009

## TRIPLE JUMP

35-2.25	Dynasty McGee (Flint Southwestern)10	Des Moines/AAU JO (-1.7).....	8/ 4/2009
35-0.5	McGee	Southfield/AAU State .....	6/ 9/2009
35-0.5	McGee	Ypsilanti/USA Youth (1.8) .....	7/ 2/2009
34-11.25	McGee	Farmington Hills/AAU District 9.....	7/12/2009
34-6.25	McGee	Dayton/Mitchell Roosevelt.....	5/ 2/2009
32-5.5	Nicole Urdahl (Carleton-Airport)10	Detroit/USATF State .....	6/13/2009

## SHOT (4kg)

47-0.25	Ashlyn Gulvas (Standish-Sterling)12	Tawas/NEMC.....	5/20/2009
46-3	Gulvas	Standish/Sunrise Inv .....	4/17/2009
44-5.25	Gulvas	Comstock Park/D3 State.....	5/30/2009
44-2	Victoria Buhr (Cheboygan)12	Zeeland/D2 State .....	5/30/2009
42-9	Samantha Lockhart (Lansing Sexton)12	Kalamazoo/Lukens Inv.....	4/24/2009
42-5.75	Alysha Johnson (Walled Lake Western)11	Kentwood/D1 State .....	5/30/2009
42-5	Buhr	Cadillac/D2 Regional .....	5/15/2009
42-4	Gulvas	Bay City/Bobcat Inv.....	5/ 2/2009
41-11.25	Whitney Turner (Okemos)	Kentwood/D1 State .....	5/30/2009
41-6.5	Ayanna Stancle (East Kentwood)11	Hudsonville/OK Red.....	5/ 8/2009
41-0.75	Sam Cormier (Frankenmuth)11	Comstock Park/D3 State.....	5/30/2009
40-11.5	Katie Franklin (Bronson)12	Constantine/D3 Regional .....	5/15/2009
40-10.5	Brittany Logan (Detroit Country Day)11	Southfield/AAU State .....	6/ 9/2009
40-10	Kyla Walworth (Holt)	Kentwood/D1 State .....	5/30/2009
40-9.75	Patyn Gillam (Portage Central)11	Kentwood/D1 State .....	5/30/2009
40-6	Tonia Pratt (Michigan Center)10	East Jackson/D3 Regional .....	5/15/2009
40-5.5	Kari Prena (Walled Lake Central)12	Oxford/Inv .....	4/18/2009
40-4.5	Sara Schunter (Flushing)12	Midland/Relays .....	4/24/2009
40-2	Jasmine Hines (Central Lake)10	Grand Rapids/D4 State .....	5/30/2009
39-11.75	Tie-Shay Moncrief (Grand Blanc)	Holly/D1 Regional .....	5/15/2009
39-11.25	Lindsay Karpowicz (Grandville)12	Jenison/D1 Regional.....	5/15/2009
39-10	Anjenae Reed (SCS South Lake)	St Clair Shores/dual .....	4/23/2009
39-8.5	Carradine (Redford Thurston)	Dearborn Heights/Charger Inv .....	4/25/2009
39-8	Lanie Ford (Edwardsburg)	St Joseph/Rotary .....	4/24/2009
39-7.5	Alicia Pilmore (St Louis)11	St Louis/TVC West.....	5/19/2009
39-7	Kayla Brindley (Ogemaw Heights)12	Standish/Sunrise Inv .....	4/17/2009
39-5.5	Chelsea Carradine (Redford Thurston)11	Zeeland/D2 State .....	5/30/2009
39-5	Taylor Gunn (West Bloomfield)10	Kentwood/D1 State .....	5/30/2009
39-3.5	Kimmy Schmid (Haslett)	Zeeland/D2 State .....	5/30/2009
39-2	Sami Fotis (Hart)11	Comstock Park/D3 State.....	5/30/2009
39-1.25	Abby Scharf (Unionville-Sebewaing)11	Grand Rapids/D4 State .....	5/30/2009
38-9	Avery Bodenmiller (Carleton-Airport)12	Livonia/D2 Regional.....	5/15/2009
38-8.5	Chelsea Henderson (Ludington)12	Cadillac/D2 Regional .....	5/15/2009
38-8	Shakiyla Price (Belleville)	Kentwood/D1 State .....	5/30/2009
38-5.25	Nicole Pruitt (Houghton Lake)12	East Jordan/D3 Regional .....	5/16/2009
38-3	Kelsey Prena (Walled Lake Central)12	Farmington/Oakland County .....	5/22/2009
38-3	Cassie Krenzalek (Coldwater)11	Edwardsburg/Inv .....	5/ 1/2009
38-2.5	Kaylee Finney (Charlotte)12	Charlotte/CAAC Gold.....	5/20/2009
37-11.5	Alyssa Zokoe (Coopersville)12	Sparta/quad .....	4/23/2009
37-9.5	Andrea Hiler (Watervliet)11	St Joseph/Rotary .....	4/24/2009
37-9.5	Emily Kujawski (Macomb Dakota)	Kentwood/D1 State .....	5/30/2009
37-9.25	Tyler Buchanan (Plymouth)12	Ypsilanti/Steeb Memorial .....	5/26/2009
37-8.25	Ashley Graves (Kingsley)	East Jordan/D3 Regional .....	5/16/2009
37-8	Kortney Bower (Traverse City Central)12	Midland/D1 Regional.....	5/15/2009
37-7	Courtney Diaz (Hazel Park)	Warren/dual .....	3/31/2009
37-6	Courtney Terrell (East Detroit)12	Roseville/dual.....	4/23/2009

# The Michtrack Honor Roll

37-5.75	Jentien Silvestro (Lakeview)12	Brookwood/D3 Regional .....	5/15/2009
37-5.5	Rachel Smith (Hudsonville Unity Christian)12	Zeeland/D2 State .....	5/30/2009
37-5.25	Chelsea Gilbert (Grosse Pointe South)12	Grosse Pointe/D1 Regional.....	5/15/2009
37-4.5	Julia Williams (Trenton)12	Zeeland/D2 State .....	5/30/2009
37-4	Baysia Cox (Niles)12	St Joseph/Rotary .....	4/24/2009
37-1.5	Carly Nuerminger (Saginaw Heritage)12	Auburn/SVL.....	5/20/2009
37-1.25	Brigid Molloy (Livonia Ladywood)12	Ann Arbor/River Rat Inv .....	5/ 9/2009
37-1	Brittani Mann (Detroit Country Day)9	Farmington Hills/AAU District 9 .....	7/12/2009
37-0.5	Shana Flanary (Carleton-Airport)10	Milan/Huron League.....	5/19/2009
37-0	Chakelia Johnson (Detroit CMA)	Detroit/PSL.....	5/21/2009
36-11.5	Amanda Troutt (Flushing)12	Midland/D1 Regional.....	5/15/2009
36-10.25	Jessica Nagy (Carleton Airport)11	Carleton/dual.....	5/ 5/2009
36-10	Miranda Andrews (Coopersville)11	OK Blue.....	5/ 8/2009
36-10	Taylor Byron (Livonia Churchill)11	Canton/D1 Regional.....	5/15/2009
36-9.25	Brooke Schmucker (Reading)12	Grand Rapids/D4 State .....	5/30/2009
36-9	Scarlet Fitzpatrick (Saginaw Valley Lutheran)	Standish/D3 Regional .....	5/16/2009
36-8.25	Sarah Privette (Ortonville-Brandon)12	Saginaw/SVSU I .....	4/17/2009
36-8	Tori Freeman (Williamston)	Jenison/MITCA Team D2.....	5/23/2009
36-6	Alyssa Ambrose (Bay City Western)10	Auburn/SVL.....	5/20/2009
36-5.75	Haley Russell (Leroy Pine River)10	Brookwood/D3 Regional .....	5/15/2009
36-4.5	Tupo Paea (Berrien Springs)12	St Joseph/Rotary .....	4/24/2009
36-4	Juanita Cochran (Saginaw Hill)	Saginaw/AH Relays .....	5/ 7/2009
36-4	Lauren Bloom (Bay City Glenn)	Cadillac/D2 Regional .....	5/15/2009
36-2	Shelby Thelen (Williamston)	Corunna/CAAC White .....	5/20/2009
36-1.75	Sarah Dorian (Potterville)11	Grand Rapids/D4 State .....	5/30/2009
36-1.25	Christina Branch (Kentwood W Michigan Lutheran)11	Grand Rapids/D4 State .....	5/30/2009
36-0	Caitlin Scharer (Sand Creek)	Hillsdale/D4 Regional.....	5/16/2009

## DISCUS

144-9	Ashlyn Gulvas (Standish-Sterling)12	Comstock Park/D3 State.....	5/30/2009
144-5	Lindsay Karpowicz (Grandville)12	Jenison/D1 Regional .....	5/15/2009
143-5	Karpowicz	Hudsonville/OK Red.....	5/ 8/2009
141-10	Karpowicz	Grandville/dual .....	4/28/2009
140-2	Carly Treiber (Unionville-Sebewaing)	Caro/Thumb Champs.....	5/26/2009
139-7	Samantha Lockhart (Lansing Sexton)12	Zeeland/D2 State .....	5/30/2009
137-5	Brittani Mann (Detroit Country Day)9	Bloomfield Hills/D2 Regional.....	5/15/2009
137-0	Kari Prena (Walled Lake Central)12	Walled Lake/City .....	4/25/2009
136-9	Kayla Brindley (Ogemaw Heights)12	Zeeland/D2 State .....	5/30/2009
136-3	Kaylee Finney (Charlotte)12	Charlotte/CAAC Gold.....	5/20/2009
134-3	Kelsey Prena (Walled Lake Central)12	Milford/D1 Regional .....	5/15/2009
134-1	Victoria Buhr (Cheboygan)12	Zeeland/D2 State .....	5/30/2009
133-0	Tonia Pratt (Michigan Center)10	Comstock Park/D3 State.....	5/30/2009
132-10	Andrea Hiler (Watervliet)11	Comstock Park/D3 State.....	5/30/2009
131-8	Ayanna Stancle (East Kentwood)11	Jackson/JD's Inv .....	4/24/2009
129-8	Taylor Gunn (West Bloomfield)10	Farmington/Oakland County .....	5/22/2009
129-1	Sam Cormier (Frankenmuth)11	Comstock Park/D3 State.....	5/30/2009
127-9	Scarlet Fitzpatrick (Saginaw Valley Lutheran)12	Standish/D3 Regional .....	5/16/2009
127-6	Jo Fleming (Grand Haven)12	Kentwood/D1 State .....	5/30/2009
127-5	Katie Franklin (Bronson)12	Comstock Park/D3 State.....	5/30/2009
127-2	Carly Trieber (Unionville-Sebewaing)12	Grand Rapids/D4 State .....	5/30/2009
126-11	Sarah Privette (Ortonville-Brandon)	Holly/D1 Regional .....	5/15/2009
126-6	Ashley Graves (Kingsley)	Comstock Park/D3 State.....	5/30/2009
124-3	Alysha Johnson (Walled Lake Western)11	Walled Lake/dual .....	3/31/2009
123-7	Shana Flanary (Carleton Airport)10	Monroe/Jefferson dual .....	4/23/2009
122-1	Kylie Basarabski (Rockford)	Jenison/MITCA Team D1.....	5/23/2009
122-0	Alyssa Zokoe (Coopersville)12	OK Blue.....	5/ 8/2009
121-9	Laura Schroeder (Meridian)	Standish/D3 Regional .....	5/16/2009
120-8	Jessica Nagy (Carleton Airport)11	Zeeland/D2 State .....	5/30/2009
120-7	Amber Smith (Jonesville)11	Comstock Park/D3 State.....	5/30/2009
120-1	Abby Scharf (Unionville-Sebewaing)11	Caro/Thumb Champs.....	5/26/2009
120-0	Avery Bodenmiller (Carleton Airport)12	Carleton/dual.....	5/11/2009
119-11	Allyson Koglin (Port Hope)11	Bad Axe/Huron Daily.....	5/19/2009

# The Michtrack Honor Roll

118-11	Megan Stankey (Byron Center)12	Wyoming/dual .....	4/28/2009
118-6	Elexis Buchanan (Kalamazoo Norrix)	Sturgis/SMAC Big 16 .....	5/ 8/2009
118-5	Amelia Games (Hillsdale)	Pittsford/Crume Inv .....	4/18/2009
118-3	Emily Kujawski (Macomb Dakota)11	Kentwood/D1 State .....	5/30/2009
118-2	Amanda Troutt (Flushing)12	Auburn/BCW Inv .....	5/ 1/2009
117-9	Lauren Steinhurst (Ogemaw Heights)11	Roscommon/Sunrise Meet.....	5/26/2009
117-4	Kimmy Schmid (Haslett)	Charlotte/CAAC Gold.....	5/20/2009
117-2	Sara Schunter (Flushing)12	Flushing/dual.....	5/ 5/2009
117-2	Karrie Meyers (Bark River-Harris)	UP3 Regional.....	5/14/2009
117-1	Coiya Wiley (Flint Southwestern)12	Auburn/SVL.....	5/20/2009
116-5	Kourtney Bower (Traverse City Central)12	Midland/D1 Regional.....	5/15/2009
116-4	Malissa Kenner (Dearborn Heights Annapolis)12	Bloomfield Hills/D2 Regional.....	5/15/2009
116-2	Emily Everett (Saline)10	Kentwood/D1 State .....	5/30/2009
115-7	Heather Crist (Flint Kearsley)	Marysville/D2 Regional .....	5/15/2009
115-6	Rokeyta Roberson (Detroit Renaissance)	Detroit/PSL.....	5/21/2009
115-5	Patyn Gillam (Portage Central)11	Kalamazoo/dual .....	4/28/2009
115-5	Erin Swinger (Comstock Park)12	Grand Rapids/Bos Inv .....	5/26/2009
115-4	Katelyn Kaminski (GR Catholic Central)	Grand Rapids/Big Cat Inv .....	4/25/2009
114-7	Taylor Krauss (Clinton)	Erie/D3 Regional.....	5/15/2009
114-5	Rachel Smith (Hudsonville Unity Christian)12	Jenison/MITCA Team D2.....	5/23/2009
114-5	Malory Stoel (Hamilton)	Grand Rapids/Bos Inv .....	5/26/2009
114-4	Amelia Games (Hillsdale)	East Jackson/D3 Regional .....	5/15/2009
114-3	Audrey Wood (Cadillac)	Cadillac/D2 Regional .....	5/15/2009
113-10	Amber Terhaar (Cedar Springs)9	Coopersville/D2 Regional.....	5/16/2009
113-5	Allison Coatoam (Saginaw Heritage)12	Auburn/SVL.....	5/20/2009
113-1	Emily Halliday (Rockford)	East Kentwood/dual .....	4/28/2009
113-0	Devon Rehm (Clarkston)	Rochester/OAA Red .....	5/ 8/2009
112-11	Haley Russell (Leroy-Pine River)10	Brookwood/D3 Regional .....	5/15/2009
112-10	Courtney Terrell (East Detroit)12	Grosse Pointe/D1 Regional.....	5/15/2009
112-6	Melissa Rospierski (L'Anse Creuse North)12	Warren/D1 Regional .....	5/15/2009
112-4	Alicia Pilmore (St Louis)	Standish/D3 Regional .....	5/16/2009
112-2	Shannon Littlejohn (Jackson)	Caledonia/D1 Regional .....	5/15/2009
111-10	Somer Walker (Ypsilanti Lincoln)11	Ann Arbor/SEC .....	5/20/2009
111-9	Ashley Jemeson (Lakewood)	Corunna/CAAC White .....	5/20/2009
111-8	Tiffany Cowell (Olivet)12	Comstock Park/D3 State.....	5/30/2009
111-7	Christine Labaza (Rochester Hills Lutheran NW)11	Farmington/Oakland County .....	5/22/2009
111-3	Calhoun (Roseville)	Roseville/dual.....	4/23/2009
111-2	Andrea Conquest (Flushing)12	Big 9.....	5/21/2009
111-0	Elizabeth Wegener (Saginaw Valley Lutheran)	Standish/D3 Regional .....	5/16/2009
110-11	Julia Williams (Trenton)12	Livonia/D2 Regional.....	5/15/2009
110-10	Laura Schroeder (Meridian)10	Roscommon/Sunrise Meet.....	5/26/2009
110-10	Heather Lantis (Hillsdale Academy)10	Grand Rapids/D4 State .....	5/30/2009
110-9	Katie Bradley (Riverview Richard)	Grosse Ile/News-Herald.....	5/ 9/2009
110-7	Brooke Pleger (Saline)11	Saline/D1 Regional .....	5/15/2009
110-4	Kyla Walworth (Holt)	Caledonia/D1 Regional .....	5/15/2009
110-4	Whitney Turner (Okemos)	Caledonia/D1 Regional .....	5/15/2009

## HAMMER

141-4	Shana Flanary (Carleton-Airport)10	Charleston/USATF JO Reg V .....	7/10/2009
140-8	Flanary	Charleston/USATF JO Reg V (!).....	7/10/2009
140-6	Flanary	Charleston/USATF JO Reg V (!).....	7/10/2009
135-11	Flanary	Charleston/USATF JO Reg V (!).....	7/10/2009
135-10	Flanary	Charleston/USATF JO Reg V (!).....	7/10/2009
134-7	Flanary	Charleston/USATF JO Reg V (!).....	7/10/2009
126-1	Flanary	Ypsilanti/World Youth Trial.....	6/30/2009
126-0	Flanary	Ypsilanti/USA Youth.....	7/ 5/2009

## JAVELIN

107-10	Taylor Moore-Willis (Detroit Country Day)10	Des Moines/AAU JO (hept).....	8/ 2/2009
101-2	Moore-Willis	Des Moines/AAU JO .....	8/ 6/2009
98-5	Kristi Ellis (Petoskey)11	Farmington Hills/AAU District 9 (hept) .....	7/12/2009
86-5	Briana Ratchford (Bloomfield Hills Roeper)9	Des Moines/AAU JO (hept).....	8/ 2/2009



# The Michtrack Honor Roll

85-9	Allyson Goff (Waterford Blythwood MS)7	Des Moines/AAU JO .....	8/ 8/2009
79-11	Lindsay Hufnagel (Fowler)10	Ypsilanti/USA Youth (hept) .....	7/ 1/2009
77-11	Taylor Robertson (Midland MS)8	Des Moines/AAU JO .....	8/ 8/2009
74-7	Chardonne Duncan (Detroit Cass Tech)11	Des Moines/AAU JO (hept).....	8/ 2/2009
67-1	Jessica Howell (Oxford MS)8	Des Moines/AAU JO (hept).....	8/ 2/2009
63-6	Jaclyn Konopka (Northville)11	Ypsilanti/USA Youth (hept) .....	7/ 1/2009

## HEPTATHLON

3919	Taylor Moore-Willis (Detroit Country Day)10 (17.85 [1.9], 4-11, 28-7.5, 26.90w [2.4], 15-5.5, 107-10, 2:36.40)	Des Moines/AAU JO .....	8/ 2/2009
3838	Kristi Ellis (Petoskey)11 (17.19, 4-11.5, 27-1, 28.15, 15-8.25, 98-5, 2:36.09)	Farmington Hills/AAU District 9 .....	7/12/2009
3808	Ellis (17.12 [1.9], 4-11, 25-4, 27.95 [2.0], 15-5, 96-3, 2:33.91)		
3776	Briana Ratchford (Birmingham Roeper)9 (16.65w [2.4], 4-9.75, 35-0.25, 29.12w [2.7], 14-7.5, 86-5, 2:37.00)	Des Moines/AAU JO .....	8/ 2/2009
3686	Lindsay Hufnagel (Fowler)10 (17.76 [1.3], 4-9, 23-4.5, 26.68 [0.9], 14-8.25 [0.0], 79-11, 2:26.92)	Ypsilanti/USA Youth.....	7/ 1/2009
3638	Moore-Willis (17.88, 4-9.5, 26-7, 27.86, 15-6, 94-5, 2:40.01)	Farmington Hills/AAU District 9 .....	7/12/2009
3618	Moore-Willis (19.23 [-0.8], 4-11, 27-1.25, 28.07w [2.7], 16-4.5 [-0.1], 86-1, 2:35.58)	Ypsilanti/USA Youth.....	7/ 1/2009
3434	Jaclyn Konopka (Northville)11 (16.18 [1.4], 4-9, 25-6.75, 28.57w [2.7], 13-8.25 [-0.4], 63-6, 2:39.48)	Ypsilanti/USA Youth.....	7/ 1/2009
3141	Jessica Howell (Oxford MS)8 (19.61 [1.8], 4-6, 23-9, 26.39 [0.9], 15-9, 67-1, 2:55.38)	Des Moines/AAU JO .....	8/ 2/2009
3013	Chardonne Duncan (Detroit Cass Tech)11 (17.80 [1.3], 4-1.25, 30-5, 28.65 [1.7], 12-7.5, 74-7, 2:49.57)	Des Moines/AAU JO .....	8/ 2/2009

## 4 x 100-METER RELAY

47.97	Rockford	Kentwood/D1 State .....	5/30/2009
48.25+	Ypsilanti Lincoln	Kentwood/D1 State (48.15 lane 5) .....	5/30/2009
48.92	Rockford	Jenison/MITCA Team D1.....	5/23/2009
48.93	Saline	Kentwood/D1 State .....	5/30/2009
48.97	Southfield	Kentwood/D1 State .....	5/30/2009
49.01	Detroit Mumford	Kentwood/D1 State .....	5/30/2009
49.07	Lansing Everett	Kentwood/D1 State .....	5/30/2009
49.13	Detroit Mumford	Detroit/PSL.....	5/21/2009
49.13	Detroit Renaissance	Zeeland/D2 State .....	5/30/2009
49.28	Detroit Renaissance	Detroit/PSL.....	5/21/2009
49.46	Saline	Ypsilanti/Steeb Memorial .....	5/26/2009
49.51+	Flint Carman-Ainsworth	Kentwood/D1 State .....	5/30/2009
49.58	East Lansing	Zeeland/D2 State .....	5/30/2009
49.69	Ann Arbor Pioneer	Kentwood/D1 State .....	5/30/2009
49.72	Flint Southwestern	Kentwood/D1 State .....	5/30/2009
49.83	East Kentwood	Hudsonville/OK Red.....	5/ 8/2009
49.86	L'Anse Creuse	Kentwood/D1 State .....	5/30/2009
49.87	DeWitt	Zeeland/D2 State .....	5/30/2009
49.87	Westland Glenn	Kentwood/D1 State .....	5/30/2009
49.93	Farmington Hills Harrison	Kentwood/D1 State .....	5/30/2009
50.10	Ypsilanti	Ypsilanti/Steeb Memorial .....	5/26/2009
50.13	Lansing Sexton	Kalamazoo/Lukens Inv.....	4/24/2009
50.34	Novi	Farmington/Oakland County .....	5/22/2009
50.35	Albion	Jackson/Selby Inv .....	5/26/2009
50.47	Chelsea	Zeeland/D2 State .....	5/30/2009
50.63	Pontiac Northern	Farmington/Oakland County .....	5/22/2009
50.63	Pewamo-Westphalia	Grand Rapids/D4 State .....	5/30/2009
50.73	Battle Creek Lakeview	Kentwood/D1 State .....	5/30/2009
50.74	Saginaw Hill	Auburn/SVL.....	5/20/2009
50.82	Midland	Auburn/SVL.....	5/20/2009
50.84	Grosse Pointe South	Kentwood/D1 State .....	5/30/2009
50.87	Howell	Kentwood/D1 State .....	5/30/2009

# The Michtrack Honor Roll

50.90	Flint Hamady	Comstock Park/D3 State.....	5/30/2009
50.90	Lansing Sexton	Zeeland/D2 State.....	5/30/2009
50.91	Frankenmuth	Comstock Park/D3 State.....	5/30/2009
50.91	Novi	Kentwood/D1 State.....	5/30/2009
50.92	Hamilton	Zeeland/D2 State.....	5/30/2009
50.94	Bay City Central	Auburn/SVL.....	5/20/2009
50.95	Birmingham Groves	Farmington/Oakland County.....	5/22/2009
50.96	Plainwell	Zeeland/D2 State.....	5/30/2009
51.00	Williamston	Zeeland/D2 State.....	5/30/2009
51.00	Bloomfield Hills Andover	Zeeland/D2 State.....	5/30/2009
51.02	Birmingham Groves	Kentwood/D1 State.....	5/30/2009
51.03	Kent City	Comstock Park/D3 State.....	5/30/2009
51.05	Freeland	Comstock Park/D3 State.....	5/30/2009
51.09	Lansing Waverly	Zeeland/D2 State.....	5/30/2009
51.10	Grand Rapids Catholic Central	Zeeland/D2 State.....	5/30/2009
51.10	Pontiac Northern	Kentwood/D1 State.....	5/30/2009
51.14	Battle Creek Lakeview	Sturgis/SMAC Big 16.....	5/ 8/2009
51.21	West Bloomfield	Farmington/Oakland County.....	5/22/2009
51.22	Potterville	Grand Rapids/D4 State.....	5/30/2009
51.28	Redford Thurston	Zeeland/D2 State.....	5/30/2009
51.28	Utica Eisenhower	Kentwood/D1 State.....	5/30/2009
51.29	Hanover-Horton	Comstock Park/D3 State.....	5/30/2009
51.32	Bloomfield Hills Andover	Farmington/Oakland County.....	5/22/2009
51.32	East Jackson	Jackson/Selby Inv.....	5/26/2009
51.40	Detroit Cody	Detroit/PSL.....	5/21/2009
51.43	Rochester Stoney Creek	Farmington/Oakland County.....	5/22/2009
51.48	Detroit Cass Tech	Detroit/PSL.....	5/21/2009
51.55	St Clair Shores Lakeview	Zeeland/D2 State.....	5/30/2009
51.60	Adrian Madison	Comstock Park/D3 State.....	5/30/2009
51.63	St Johns	Zeeland/D2 State.....	5/30/2009
51.64	Schoolcraft	Comstock Park/D3 State.....	5/30/2009
51.68	Hudsonville	Hudsonville/OK Red.....	5/ 8/2009
51.68	Gaylord	Zeeland/D2 State.....	5/30/2009
51.74	Troy	Detroit/Shumake Relays.....	4/25/2009
51.77	Morrice	Grand Rapids/D4 State.....	5/30/2009
51.78	Shepherd	Comstock Park/D3 State.....	5/30/2009
51.79	Ann Arbor Richard	Comstock Park/D3 State.....	5/30/2009
51.80	Portage Northern	Jackson/JD's Inv.....	4/24/2009
51.84	GR Forest Hills Northern	Zeeland/D2 State.....	5/30/2009
51.84	East Detroit	Kentwood/D1 State.....	5/30/2009
51.87	Pinckney	Ypsilanti/Steeb Memorial.....	5/26/2009
51.88	Jenison	Hudsonville/OK Red.....	5/ 8/2009
51.91	Romulus	Detroit/Shumake Relays.....	4/25/2009
51.95	Ann Arbor Huron	Ypsilanti/Steeb Memorial.....	5/26/2009
51.96	Wyoming Kelloggsville	Comstock Park/D3 State.....	5/30/2009
51.99	Saranac	Grand Rapids/D4 State.....	5/30/2009
51.99	Grand Rapids West Catholic	Comstock Park/D3 State.....	5/30/2009
<b>Hand-timed:</b>			
49.1	Ypsilanti Lincoln	Saline/D1 Regional.....	5/15/2009
49.3	Ypsilanti Lincoln	Saline/Golden Triangle.....	5/ 1/2009
49.4	Saline	Ann Arbor/River Rat Inv.....	5/ 9/2009
49.6	Southfield	West Bloomfield/D1 Regional.....	5/16/2009
49.6	Detroit Mumford	West Bloomfield/D1 Regional.....	5/16/2009
49.6	Saline	Saline/D1 Regional.....	5/15/2009
49.7	Westland Glenn	Canton/D1 Regional.....	5/15/2009
49.7	Rockford	Caledonia/D1 Regional.....	5/15/2009
49.8	East Kentwood	East Kentwood/dual.....	4/28/2009
49.9	Flint Southwestern	Saginaw/dual.....	5/ 5/2009
49.9	Lansing Everett	Caledonia/D1 Regional.....	5/15/2009
49.9	East Lansing	Williamston/D2 Regional.....	5/16/2009
50.0	Flint Carman-Ainsworth	Midland/D1 Regional.....	5/15/2009
50.1	Ypsilanti	Farmington/Raider Relays.....	4/24/2009

# The Michtrack Honor Roll

50.1	Detroit Renaissance	Algonac/D2 Regional .....	5/15/2009
50.4	Ann Arbor Pioneer	Saline/D1 Regional .....	5/15/2009
50.4	Lansing Sexton	Williamston/D2 Regional .....	5/16/2009
50.5	Battle Creek Lakeview	Jenison/D1 Regional .....	5/15/2009
50.5	Birmingham Groves	West Bloomfield/D1 Regional .....	5/16/2009
50.5	Farmington Hills Harrison	West Bloomfield/D1 Regional .....	5/16/2009
50.5	Novi	Milford/D1 Regional .....	5/15/2009
50.6	Midland	Midland/D1 Regional .....	5/15/2009
50.6	Kent City	Grand Rapids/Bos Inv .....	5/26/2009
50.7	East Detroit	Grosse Pointe/D1 Regional .....	5/15/2009
50.8	Pontiac Northern	Holly/D1 Regional .....	5/15/2009
50.9	North Farmington	Farmington/Raider Relays .....	4/24/2009
50.9	Berkley	West Bloomfield/D1 Regional .....	5/16/2009
51.0	Troy	Rochester/dual .....	5/ 5/2009
51.0	Howell	Milford/D1 Regional .....	5/15/2009
51.0	Walled Lake Northern	Milford/D1 Regional .....	5/15/2009
51.0	Frankenmuth	Essexville/TVC East .....	5/19/2009
51.1	Saginaw Hill	Midland/D1 Regional .....	5/15/2009
51.1	Byron Center	Grand Rapids/D2 Regional .....	5/16/2009
51.1	Utica Eisenhower	Holly/D1 Regional .....	5/15/2009
51.1	Lake Orion	Holly/D1 Regional .....	5/15/2009
51.1	Grand Rapids Catholic Central	Grand Rapids/Bos Inv .....	5/26/2009
51.2	Hanover-Horton	East Jackson/D3 Regional .....	5/15/2009
51.2	Portage Northern	Jenison/D1 Regional .....	5/15/2009
51.2	Chelsea	Livonia/D2 Regional .....	5/15/2009
51.3	Bloomfield Hills Andover	Oak Park/dual .....	4/28/2009
51.3	L'Anse Creuse	Dakota/Inv .....	5/ 8/2009
51.3	Bay City Central	Midland/D1 Regional .....	5/15/2009
51.3	Plainwell	Sturgis/D2 Regional .....	5/15/2009
51.3	Sparta	Grand Rapids/Bos Inv .....	5/26/2009
51.4	Alpena	Midland/D1 Regional .....	5/15/2009
51.4	Hudsonville	Jenison/D1 Regional .....	5/15/2009
51.4	Holly	Holly/D1 Regional .....	5/15/2009
51.4	Schoolcraft	Constantine/D3 Regional .....	5/18/2009
51.4	Lansing Waverly	Mason/CAAC Red .....	5/20/2009
51.4	Forest Hills Eastern	Grand Rapids/Bos Inv .....	5/26/2009

## 4 x 200-METER RELAY

1:40.95	Detroit Mumford	Detroit/PSL .....	5/21/2009
1:41.61	Detroit Mumford	Detroit/Shumake Relays .....	4/25/2009
1:42.0	Ypsilanti Lincoln	Saline/D1 Regional .....	5/15/2009
1:42.29	Flint Southwestern	Kentwood/D1 State .....	5/30/2009
1:42.34	Ypsilanti Lincoln	Kentwood/D1 State .....	5/30/2009
1:42.4	Detroit Mumford	West Bloomfield/D1 Regional .....	5/16/2009
1:42.77	Detroit Cass Tech	Kentwood/D1 State .....	5/30/2009
1:42.9	Flint Southwestern	Midland/D1 Regional .....	5/15/2009
1:43.05	Southfield	Kentwood/D1 State .....	5/30/2009
1:43.0	Southfield	West Bloomfield/D1 Regional .....	5/16/2009
1:43.1	Ypsilanti Lincoln	Saline/Golden Triangle .....	5/ 1/2009
1:43.23	Detroit Cass Tech	Detroit/PSL .....	5/21/2009
1:43.48	East Lansing	Zeeland/D2 State .....	5/30/2009
1:43.50	Rockford	Jenison/MITCA Team D1 .....	5/23/2009
1:43.8	Battle Creek Lakeview	Jenison/D1 Regional .....	5/15/2009
1:43.91	East Kentwood	Jenison/MITCA Team D1 .....	5/23/2009
1:43.9	Frankenmuth	Bad Axe/D3 Regional .....	5/16/2009
1:44.08	Saline	Kentwood/D1 State .....	5/30/2009
1:44.1	Ann Arbor Pioneer	Saline/D1 Regional .....	5/15/2009
1:44.3	Midland	Midland/D1 Regional .....	5/15/2009
1:44.55	Chelsea	Zeeland/D2 State .....	5/30/2009
1:44.58	Detroit Renaissance	Detroit/PSL .....	5/21/2009
1:44.74	Saginaw Hill	Auburn/SVL .....	5/20/2009
1:44.79	Ypsilanti	Zeeland/D2 State .....	5/30/2009

# The Michtrack Honor Roll

1:44.83	Lake Orion	Kentwood/D1 State .....	5/30/2009
1:45.15	Lansing Everett	Kentwood/D1 State .....	5/30/2009
1:45.38	Potterville	Grand Rapids/D4 State .....	5/30/2009
1:45.3	Romulus	Saline/D1 Regional .....	5/15/2009
1:45.5	Pinckney	Milford/D1 Regional .....	5/15/2009
1:45.67	Remus Chippewa Hills	Zeeland/D2 State .....	5/30/2009
1:45.6	Grandville	Jenison/D1 Regional .....	5/15/2009
1:45.82	DeWitt	Zeeland/D2 State .....	5/30/2009
1:45.8	Grand Blanc	Holly/D1 Regional .....	5/15/2009
1:45.98	Lansing Sexton	Kalamazoo/Lukens Inv .....	4/24/2009
1:46.2	West Bloomfield	Rochester/OAA Red .....	5/ 8/2009
1:46.5	Farmington Hills Harrison	West Bloomfield/D1 Regional .....	5/16/2009
1:46.6	Flint Carman-Ainsworth	Midland/D1 Regional .....	5/15/2009
1:46.71	West Bloomfield	Farmington/Oakland County .....	5/22/2009
1:46.79	L'Anse Creuse	Kentwood/D1 State .....	5/30/2009
1:46.7	Grandville	Grand Rapids/Bos Inv .....	5/26/2009
1:46.80	Williamston	Zeeland/D2 State .....	5/30/2009
1:46.97	Schoolcraft	Comstock Park/D3 State .....	5/30/2009
1:46.9	Bay City Central	Midland/D1 Regional .....	5/15/2009
1:47.19	Detroit Cody	Detroit/PSL .....	5/21/2009
1:47.2	Westland Glenn	Canton/D1 Regional .....	5/15/2009
1:47.2	Holland Christian	Grand Rapids/Bos Inv .....	5/26/2009
1:47.37	Vicksburg	Zeeland/D2 State .....	5/30/2009
1:47.37	St Johns	Zeeland/D2 State .....	5/30/2009
1:47.3	Shepherd	Brookwood/D3 Regional .....	5/15/2009
1:47.42	Grand Rapids Catholic Central	Zeeland/D2 State .....	5/30/2009
1:47.47	Grand Haven	Hudsonville/OK Red .....	5/ 8/2009
1:47.47	Jackson	Jackson/Selby Inv .....	5/26/2009
1:47.5	Albion	East Jackson/D3 Regional .....	5/15/2009
1:47.60	GR Forest Hills Eastern	Zeeland/D2 State .....	5/30/2009
1:47.72	Novi	Farmington/Oakland County .....	5/22/2009
1:47.77	Ypsilanti	Ypsilanti/Steeb Memorial .....	5/26/2009
1:47.78	Pewamo-Westphalia	Grand Rapids/D4 State .....	5/30/2009
1:47.78	Holland Christian	Zeeland/D2 State .....	5/30/2009
1:47.7	Schoolcraft	Richland/Gull Lake Inv .....	4/18/2009
1:47.82	Pontiac Northern	Farmington/Oakland County .....	5/22/2009
1:47.86	St Charles	Comstock Park/D3 State .....	5/30/2009
1:47.97	Farmington	Farmington/Oakland County .....	5/22/2009
1:47.97	Hanover-Horton	Comstock Park/D3 State .....	5/30/2009

## 4 x 400-METER RELAY

3:52.6	Romulus	Kentwood/D1 State .....	5/30/2009
3:54.3	Romulus	Saline/D1 Regional .....	5/15/2009
3:54.3	Rockford	Kentwood/D1 State .....	5/30/2009
3:54.86	Romulus	Detroit/Shumake Relays .....	4/25/2009
3:55.4	Ann Arbor Pioneer	Kentwood/D1 State .....	5/30/2009
3:55.68	Detroit Mumford	Greensboro/Nike Outdoor Nationals .....	6/20/2009
3:57.6	Rockford	Caledonia/D1 Regional .....	5/15/2009
3:58.3	Flint Southwestern	Kentwood/D1 State .....	5/30/2009
3:58.43	Ann Arbor Pioneer	Ann Arbor/SEC .....	5/20/2009
3:58.47	Detroit Mumford	Detroit/PSL .....	5/21/2009
3:58.8	Flint Southwestern	Midland/D1 Regional .....	5/15/2009
3:58.8	Ann Arbor Pioneer	Saline/D1 Regional .....	5/15/2009
3:59.1	Saline	Kentwood/D1 State .....	5/30/2009
3:59.95	Rockford	Jenison/MITCA Team D1 .....	5/23/2009
4:00.82	Frankenmuth	Comstock Park/D3 State .....	5/30/2009
4:01.10	Southfield	Farmington/Oakland County .....	5/22/2009
4:01.82	Albion	Jackson/Selby Inv .....	5/26/2009
4:01.8	Waterford Mott	Milford/D1 Regional .....	5/15/2009
4:02.0	Grandville	Jenison/D1 Regional .....	5/15/2009
4:02.2	Grand Blanc	Kentwood/D1 State .....	5/30/2009
4:02.9	Ypsilanti Lincoln	Kentwood/D1 State .....	5/30/2009

# The Michtrack Honor Roll

4:03.02	Hudsonville	Hudsonville/OK Red.....	5/ 8/2009
4:03.7	Grand Haven	Saline/D1 Regional .....	5/15/2009
4:03.93	Middleville	Zeeland/D2 State .....	5/30/2009
4:03.9	Pinckney	Milford/D1 Regional .....	5/15/2009
4:04.1	Midland	Midland/D1 Regional.....	5/15/2009
4:04.3	Jenison	Jenison/D1 Regional.....	5/15/2009
4:05.5	Detroit Cass Tech	Kentwood/D1 State .....	5/30/2009
4:05.60	Chelsea	Zeeland/D2 State .....	5/30/2009
4:06.0	Saginaw Hill	Auburn/SVL.....	5/20/2009
4:06.19	Petoskey	Zeeland/D2 State .....	5/30/2009
4:06.21	Yale	Zeeland/D2 State .....	5/30/2009
4:06.32	Potterville	Grand Rapids/D4 State.....	5/30/2009
4:06.5	Livonia Stevenson	Kentwood/D1 State .....	5/30/2009
4:06.9	Lansing Everett	Kentwood/D1 State ((h) .....	5/30/2009
4:07.0	Troy	Rochester/OAA Red .....	5/ 8/2009
4:07.0	Utica	Kentwood/D1 State .....	5/30/2009
4:07.7	Clarkston	Holly/D1 Regional .....	5/15/2009
4:07.90	Grandville	Jenison/MITCA Team D1.....	5/23/2009
4:08.00	Livonia Ladywood	Zeeland/D2 State .....	5/30/2009
4:08.05	Flint Hamady	Comstock Park/D3 State.....	5/30/2009
4:08.08	Bloomfield Hills Marian	Zeeland/D2 State .....	5/30/2009
4:08.2	Livonia Ladywood	Livonia/D2 Regional.....	5/15/2009
4:08.3	Tecumseh	Livonia/D2 Regional.....	5/15/2009
4:08.45	Birmingham Seaholm	Zeeland/D2 State .....	5/30/2009
4:08.66	Remus Chippewa Hills	Zeeland/D2 State .....	5/30/2009
4:08.6	Oxford	Holly/D1 Regional .....	5/15/2009
4:08.71	Fowler	Grand Rapids/D4 State.....	5/30/2009
4:08.8	Waterford Mott	Milford/KLAA Lakes .....	5/ 9/2009
4:09.16	Benzie Central	Comstock Park/D3 State.....	5/30/2009
4:09.2	Alpena	Midland/D1 Regional.....	5/15/2009
4:09.5	Rochester Adams	Rochester/OAA Red .....	5/ 8/2009
4:09.5	Greenville	Caledonia/D1 Regional .....	5/15/2009
4:09.62	Williamston	Zeeland/D2 State .....	5/30/2009
4:09.77	Standish-Sterling	Comstock Park/D3 State.....	5/30/2009
4:09.78	Detroit Renaissance	Zeeland/D2 State .....	5/30/2009
4:09.8	Battle Creek Lakeview	Jenison/D1 Regional.....	5/15/2009
4:10.1	Okemos	Caledonia/D1 Regional .....	5/15/2009
4:10.26	Lansing Catholic	Comstock Park/D3 State.....	5/30/2009
4:10.47	Union City	Comstock Park/D3 State.....	5/30/2009
4:10.5	West Bloomfield	Rochester/OAA Red .....	5/ 8/2009
4:10.83	Haslett	Zeeland/D2 State .....	5/30/2009
4:10.98	Novi	Farmington/Oakland County .....	5/22/2009
4:11.34	Holland Christian	Zeeland/D2 State .....	5/30/2009
4:11.3	Northville	Milford/D1 Regional .....	5/15/2009
4:11.3	Dearborn Divine Child MS	Novi/CYO Champs.....	5/16/2009
4:11.4	Brighton	Milford/D1 Regional .....	5/15/2009
4:11.6	Carleton-Airport	Livonia/D2 Regional.....	5/15/2009
4:11.99	Adrian Madison	Comstock Park/D3 State.....	5/30/2009
4:11.9	Zeeland West	Zeeland/GRPS Inv .....	4/18/2009
4:11.9	Stockbridge	Vermontville/D3 Regional.....	5/15/2009

## 4 x 800-METER RELAY

9:10.03	Waterford Mott	Greensboro/Nike Outdoor Nationals .....	6/19/2009
9:13.03	Waterford Mott	Kentwood/D1 State .....	5/30/2009
9:22.20	Troy	Kentwood/D1 State .....	5/30/2009
9:24.08	Waterford Mott	Farmington/Oakland County .....	5/22/2009
9:24.34	Brighton	Kentwood/D1 State .....	5/30/2009
9:27.09	Grandville	Kentwood/D1 State .....	5/30/2009
9:27.5	Grandville	Jenison/D1 Regional.....	5/15/2009
9:27.77	Traverse City Central	Kentwood/D1 State .....	5/30/2009
9:29.2	Waterford Mott	Milford/D1 Regional .....	5/15/2009
9:29.4	Troy	Rochester/OAA Red .....	5/ 8/2009

# The Michtrack Honor Roll

9:29.84	Williamston	Zeeland/D2 State .....	5/30/2009
9:29.84	Brighton	Greensboro/Nike Outdoor Nationals .....	6/19/2009
9:30.27	Benzie Central	Comstock Park/D3 State .....	5/30/2009
9:30.70	Grand Haven	Hudsonville/OK Red .....	5/ 8/2009
9:30.74	Pinckney	Kentwood/D1 State .....	5/30/2009
9:31.20	Petoskey	Zeeland/D2 State .....	5/30/2009
9:31.37	Grandville	Hudsonville/OK Red .....	5/ 8/2009
9:31.89	Ann Arbor Pioneer	Kentwood/D1 State .....	5/30/2009
9:32.26	Rochester	Kentwood/D1 State .....	5/30/2009
9:32.8	Troy	Rochester/dual .....	5/ 5/2009
9:33.00	Hudsonville	Hudsonville/OK Red .....	5/ 8/2009
9:33.3	Grand Haven	Grandville/dual .....	4/28/2009
9:34.6	Rochester Adams	Rochester/OAA Red .....	5/ 8/2009
9:35.29	East Grand Rapids	Zeeland/D2 State .....	5/30/2009
9:35.41	Jackson Lumen Christi	Comstock Park/D3 State .....	5/30/2009
9:36.24	Rockford	Hudsonville/OK Red .....	5/ 8/2009
9:36.30	East Kentwood	Kentwood/D1 State .....	5/30/2009
9:37.91	GR Forest Hills Eastern	Zeeland/D2 State .....	5/30/2009
9:38.29	Milford	Kentwood/D1 State .....	5/30/2009
9:40.0	Dearborn	Canton/D1 Regional .....	5/15/2009
9:42.23	Jenison	Kentwood/D1 State .....	5/30/2009
9:43.15	Allendale	Comstock Park/D3 State .....	5/30/2009
9:43.75	Zeeland West	Zeeland/D2 State .....	5/30/2009
9:44.79	Grand Rapids Christian	Zeeland/D2 State .....	5/30/2009
9:44.80	Fowler	Grand Rapids/D4 State .....	5/30/2009
9:45.63	Fruitport	Zeeland/D2 State .....	5/30/2009
9:45.95	Saline	Ann Arbor/SEC .....	5/20/2009
9:45.9	Grand Blanc	Holly/D1 Regional .....	5/15/2009
9:47.80	Ann Arbor Huron	Kalamazoo/Lukens Inv .....	4/24/2009
9:47.99	Schoolcraft	Comstock Park/D3 State .....	5/30/2009
9:48.1	Midland	Midland/D1 Regional .....	5/15/2009
9:48.9	Zeeland West	Grand Rapids/D2 Regional .....	5/16/2009
9:49.0	Novi	Milford/D1 Regional .....	5/15/2009
9:49.12	Berkley	Kentwood/D1 State .....	5/30/2009
9:49.19	Grand Blanc	Jackson/JD's Inv .....	4/24/2009
9:49.8	Livonia Franklin	Canton/D1 Regional .....	5/15/2009
9:50.09	Milan	Zeeland/D2 State .....	5/30/2009
9:50.3	Rochester	Rochester/OAA Red .....	5/ 8/2009
9:50.96	Holland Christian	Zeeland/D2 State .....	5/30/2009
9:51.88	Midland	Kentwood/D1 State .....	5/30/2009
9:52.24	Erie-Mason	Comstock Park/D3 State .....	5/30/2009
9:52.28	Sturgis	Jenison/MITCA Team D2 .....	5/23/2009
9:52.3	Salem	Canton/D1 Regional .....	5/15/2009
9:52.43	Hillsdale Academy	Grand Rapids/D4 State .....	5/30/2009
9:52.74	Bloomfield Hills Marian	Farmington/Oakland County .....	5/22/2009
9:52.87	Ann Arbor Richard	Comstock Park/D3 State .....	5/30/2009
9:52.89	Saginaw Swan Valley)	Comstock Park/D3 State .....	5/30/2009
9:53.58	Harbor Beach	Grand Rapids/D4 State .....	5/30/2009
9:53.85	Ionia	Zeeland/D2 State .....	5/30/2009
9:54.38	Pontiac Notre Dame	Farmington/Oakland County .....	5/22/2009
9:54.3	Carleton-Airport	Livonia/D2 Regional .....	5/15/2009
9:54.5	Dearborn Divine Child	Bloomfield Hills/D2 Regional .....	5/15/2009
9:54.84	Leroy-Pine River	Comstock Park/D3 State .....	5/30/2009
9:54.8	Livonia Churchill	Canton/D1 Regional .....	5/15/2009
9:55.17	Sparta	Jenison/MITCA Team D2 .....	5/23/2009
9:55.28	Harbor Springs	Grand Rapids/D4 State .....	5/30/2009
9:55.89	Macomb Lutheran North	Comstock Park/D3 State .....	5/30/2009
9:56.0	Dearborn	Dearborn Heights/Charger Inv .....	4/25/2009
9:56.0	Traverse City West	Midland/D1 Regional .....	5/15/2009
9:56.1	Remus Chippewa Hills	Cadillac/D2 Regional .....	5/15/2009
9:56.4	Clarkston	Holly/D1 Regional .....	5/15/2009
9:56.8	Grand Ledge	Caledonia/D1 Regional .....	5/15/2009

# The Michtrack Honor Roll

9:57.32	Manton	Grand Rapids/D4 State.....	5/30/2009
9:57.4	Rochester Stoney Creek	Holly/D1 Regional.....	5/15/2009
9:57.71	Allendale	Kelloggsville/OK Silver.....	5/ 8/2009
9:57.8	Caro	Marysville/D2 Regional.....	5/15/2009
9:57.8	Hamilton	Grand Rapids/D2 Regional.....	5/16/2009
9:57.9	Fraser	Warren/D1 Regional.....	5/15/2009
9:58.2	Erie-Mason	Erie/D3 Regional.....	5/15/2009
9:59.05	Milan	Jenison/MITCA Team D2.....	5/23/2009
9:59.33	Almont	Comstock Park/D3 State.....	5/30/2009
9:59.91	Hanover-Horton	Comstock Park/D3 State.....	5/30/2009

## 4 x 1600-METER RELAY

22:16.8	Grand Haven	Hastings/Relays.....	4/18/2009
22:57.1	Clarkston	Dayton/Mitchell Roosevelt.....	5/ 1/2009
22:57.8	Allendale	Wyoming Park/Grimm Relays.....	4/25/2009
23:16.0	Dearborn Divine Child	Farmington/Raider Relays.....	4/24/2009
23:18.6	Grand Rapids Christian	Wyoming Park/Grimm Relays.....	4/25/2009
23:48.0	Hartland	Farmington/Raider Relays.....	4/24/2009
23:51.0	North Farmington	Farmington/Raider Relays.....	4/24/2009
23:59.9	Caro	Wildcat Relays.....	4/14/2009

## 800-METER SPRINT MEDLEY

1:50.0	Detroit Cass Tech	Dayton/Mitchell Roosevelt.....	5/ 1/2009
1:50.8	Grand Haven	Hastings/Relays.....	4/18/2009
1:51.3	Rockford	Dayton/Mitchell Roosevelt.....	5/ 1/2009
1:53.1	Midland	Midland/Graves-Swayze Relays.....	4/24/2009
1:54.0	Ypsilanti	Ypsilanti/April Showers.....	4/18/2009
1:55.0	Livonia Franklin	Ypsilanti/April Showers.....	4/18/2009
1:55.2	Grand Blanc	Ypsilanti/April Showers.....	4/18/2009
1:58.6	Ann Arbor Pioneer	Ypsilanti/April Showers.....	4/18/2009
1:58.9	Dearborn Divine Child	Ypsilanti/April Showers.....	4/18/2009
1:59.1	Flint Carman-Ainsworth	Swartz Creek/Relays.....	4/24/2009
1:59.4	Traverse City West	Midland/Graves-Swayze Relays.....	4/24/2009
1:59.9	Bangor	Bangor/SAC Relays.....	4/ 1/2009

## 1200-METER SPRINT MEDLEY

2:58.5	Lake Orion	Waterford/Brennan Relays.....	5/ 1/2009
2:59.5	Waterford Mott	Waterford/Brennan Relays.....	5/ 1/2009
3:00.0	Ann Arbor Pioneer	Waterford/Brennan Relays.....	5/ 1/2009
3:04.3	Grand Rapids West Catholic	Wyoming Park/Grimm Relays.....	4/25/2009
3:04.6	Anchor Bay	Anchor Bay/Rotary Relays.....	4/25/2009
3:07.0	Flint Carman-Ainsworth	Lake Fenton/Blue Devil Relays.....	4/18/2009
3:07.8	Wyoming Park	Wyoming Park/Grimm Relays.....	4/25/2009

## 1600-METER SPRINT MEDLEY

4:13.8	Waterford Mott	West Bloomfield/Inv.....	4/25/2009
4:17.5	Flint Southwestern	Dayton/Mitchell Roosevelt.....	5/ 1/2009
4:20.4	Rochester	West Bloomfield/Inv.....	4/25/2009
4:22.7	Rockford	Dayton/Mitchell Roosevelt.....	5/ 1/2009
4:24.9	Novi	West Bloomfield/Inv.....	4/25/2009
4:25.2	Romulus	Ypsilanti/April Showers.....	4/18/2009
4:27.6	North Farmington	Farmington/Raider Relays.....	4/24/2009
4:28.5	Tecumseh	Ypsilanti/April Showers.....	4/18/2009
4:29.0	Brighton	West Bloomfield/Inv.....	4/25/2009
4:29.0	Pinckney	West Bloomfield/Inv.....	4/25/2009

## 2400-METER MEDLEY

7:11.3	Rockford	Zeeland/GRPS Inv.....	4/18/2009
7:17.0	Midland	Midland/Graves-Swayze Relays.....	4/24/2009
7:18.5	Bloomfield Hills Marian	Farmington/Raider Relays.....	4/24/2009
7:18.8	Midland Dow	Midland/Graves-Swayze Relays.....	4/24/2009
7:23.3	Hartland	Lake Fenton/Blue Devil Relays.....	4/18/2009

# The Michtrack Honor Roll

7:29.3	Holly	Farmington/Raider Relays .....	4/24/2009
7:33.3	Forest Hills Central	Zeeland/GRPS Inv .....	4/18/2009
7:33.8	Zeeland East	Zeeland/GRPS Inv .....	4/18/2009
7:35.5	Grand Rapids Central	Zeeland/GRPS Inv .....	4/18/2009
7:37.7	Stoney Creek	Farmington/Raider Relays .....	4/24/2009
7:38.5	Zeeland West	Zeeland/GRPS Inv .....	4/18/2009
7:39.8	North Farmington	Farmington/Raider Relays .....	4/24/2009
7:41.4	Flushing	Midland/Graves-Swayze Relays .....	4/24/2009

## 3000-METER MEDLEY

9:17.56	Livonia Churchill	Mansfield/Relays.....	4/17/2009
9:38.69	Ann Arbor Pioneer	Mansfield/Relays.....	4/17/2009

## DISTANCE MEDLEY

12:04.22	Waterford Mott	Greensboro/Nike Outdoor .....	6/20/2009
12:36.89	Brighton	Ypsilanti/Steeb Memorial .....	5/26/2009
12:45.6	Rockford	Dayton/Mitchell Roosevelt.....	5/ 1/2009
12:48.3	Saline	Saline/Golden Triangle .....	5/ 1/2009
12:50.2	Brighton	Saline/Golden Triangle .....	5/ 1/2009
12:57.4	Ann Arbor Huron	Saline/Golden Triangle .....	5/ 1/2009
13:02.4	Grand Haven	Hastings/Relays .....	4/18/2009
13:06.0	Benzie Central	Harrison Hornet Relays.....	4/24/2009
13:09.6	Dearborn Divine Child	Saline/Golden Triangle .....	5/ 1/2009
13:14.6	Pinckney	Saline/Golden Triangle .....	5/ 1/2009
13:15.6	Clarkston	Dayton/Mitchell Roosevelt.....	5/ 1/2009
13:21.5	Tecumseh	Saline/Golden Triangle .....	5/ 1/2009
13:27.0	Allendale	Wyoming Park/Grimm Relays .....	4/25/2009
13:28.7	Southfield Christian	Whitmore Lake/Trojan Relays.....	4/24/2009
13:30.4	Zeeland West	Wyoming Park/Grimm Relays .....	4/25/2009
13:38.4	Anchor Bay	Anchor Bay/Rotary Relays .....	4/25/2009