

# The Michtrack Top 10

## 100 METERS

11.72	Kyra Jefferson (Detroit Cass Tech)10	Greensboro/New Balance (h) (2.0) .....	6/18/2010
11.75	Kendall Baisden (Detroit Country Day)9	Des Moines/USA Juniors (h) (1.6).....	6/24/2010
11.76	Baisden	Des Moines/USA Juniors (0.4) .....	6/24/2010
11.81	Jefferson	Greensboro/New Balance (0.7).....	6/18/2010
11.85	Jefferson	Carolina/Caribbean Scholastic Inv (0.6).....	6/ 5/ 2010
11.90	Jordan Clark (Southfield Lathrup)11	Norfolk/AAU JO .....	8/ 7/2010
12.06	Jefferson	Norfolk/AAU JO (h) (-1.5).....	8/ 2/2010
12.06	Clark	Norfolk/AAU JO (h) (-0.9).....	8/ 2/2010
12.11	Baisden	Norfolk/AAU JO (h) (-2.5).....	8/ 2/2010
12.12	Clark	Des Moines/USA Juniors (h) (-0.6).....	6/24/2010
12.13	Baisden	Zeeland/D2 State .....	6/ 5/2010
12.18	Takira Moore (DeWitt)12	Jenison/MITCA D2 .....	5/31/2010
12.23	Dynasty McGee (Ypsilanti Lincoln)11	Greensboro/New Balance (h) (0.3) .....	6/18/2010
12.24	Kaisha Martin (Dowagiac)11	Comstock Park/D3 State .....	6/ 5/2010
12.27	Kelsey Ritter (Frankenmuth)12	Caro/Meet of Champions .....	6/ 1/2010
12.29	Kelsie Williams (St Charles)11	Comstock Park/D3 State .....	6/ 5/2010
12.29	Jewel Thomas (Southfield Lathrup)11	Norfolk/AAU JO (s) (0.4) .....	8/ 4/2010
12.37	Bridgette Owens-Mitchell (Southfield)12	Detroit/Shumake Relays .....	4/24/2010
12.39	Ashley Keyes (Rochester)10	Rockford/D1 State (-2.7) .....	6/ 5/2010
12.40	Yasmine Jones (Auburn Hills Avondale)11	Milford/Oakland County (h) (1.8).....	5/28/2010
12.40	Abbey Hengesbach (Pewamo-Westphalia)11	Jenison/D4 State .....	6/ 5/2010
12.41	Diisa Swint-Cook (Oak Park)12	Milford/Oakland County (h) (1.8).....	5/28/2010
12.43	Sekayi Bracey (GR Potter's House)7	Norfolk/AAU JO (s) (0.9) .....	8/ 4/2010
12.47	Bridgette Owens-Mitchell (Southfield)12	Fort Wayne/Midwest Meet.....	6/12/2010
12.48	Brittney Banister (Flint Carman-Ainsworth)11	Rockford/D1 State (s) (-2.2) .....	6/ 5/2010
12.49	Carly Scott (Schoolcraft)11	Comstock Park/D3 State .....	6/ 5/2010
12.50	Abby Blanchard (Rockford)11	Jenison/MITCA D1 .....	5/29/2010
12.53	Brianna Nixon (Redford Thurston)9	Rockford/D1 State (s) (-2.2).....	6/ 5/2010
12.54	Christy Schultz (Muskegon Reeths-Puffer)9	Grand Rapids/OK Black .....	5/14/2010
12.59	Takira Moore (DeWitt)12	Zeeland/D2 State .....	6/ 5/2010
12.62	Sydney Cureton (Detroit Country Day)10	Milford/Oakland County (h) (1.8).....	5/28/2010
12.62	Mallory Metzger (Williamston)11	Jenison/MITCA D2 .....	5/31/2010
12.63	Alexandria Johnson (Lake Orion)11	Milford/Oakland County (h) (1.8).....	5/28/2010
12.65	Briauna Stewart (Muskegon)9	Rockford/D1 State (-2.7) .....	6/ 5/2010
12.67	Elise Schierbeek (Rockford)9	Jenison/MITCA D1 .....	5/29/2010
12.68	Erica Hobson (Detroit Cass Tech)10	Detroit/Shumake Relays .....	4/24/2010
12.69	LaMicah Hughbanks (Ann Arbor Huron)11	Ypsilanti/Meet of Champions (h) .....	6/ 1/2010
12.70	Olivia DeTroyer (Chelsea)12	Zeeland/D2 State .....	6/ 5/2010
12.72	Christina Wade (Ann Arbor Pioneer)12	Ypsilanti/Meet of Champions.....	6/ 1/2010
12.73	Shamarri Riddle (Grand Blanc)12	White Lake/KLAA .....	5/15/2010
12.73	Gabbi Ellis (Troy)10	Milford/Oakland County (h) (1.8).....	5/28/2010
12.74	Abby Blanchard (Rockford)11	Jenison/OK Red .....	5/14/2010
12.74	Kaisha Martin (Dowagiac)11	Paw Paw/Wolverine .....	5/26/2010
12.74	Alina Luurtsema (Saline)11	Rockford/D1 State (s) (-2.2).....	6/ 5/2010

### Wind-aided:

11.62	Jordan Clark (Southfield Lathrup)11	Norfolk/AAU JO (s) (2.8) .....	8/ 4/2010
11.66	Kyra Jefferson (Detroit Cass Tech)10	Norfolk/AAU JO (s) (2.2) .....	8/ 4/2010
11.68	Kendall Baisden (Detroit Country Day)9	Milford/Oakland County (2.8) .....	5/28/2010
12.21	Diisa Swint-Cook (Oak Park)12	Milford/Oakland County (2.8) .....	5/28/2010
12.35	Carly Scott (Schoolcraft)11	Norfolk/AAU JO (s) (2.8) .....	8/ 4/2010
12.36	Yasmine Jones (Auburn Hills Avondale)11	Milford/Oakland County (2.8) .....	5/28/2010
12.43	Takira Moore (DeWitt)12	East Lansing/Spartan Classic .....	4/30/2010
12.45	Alexandria Johnson (Lake Orion)11	Milford/Oakland County (2.8) .....	5/28/2010
12.51	Mallory Metzger (Williamston)11	East Lansing/Spartan Classic .....	4/30/2010
12.55	Tiera Parker (Farmington Hills Harrison)10	Milford/Oakland County (2.8) .....	5/28/2010
12.55	Gabbi Ellis (Troy)10	Milford/Oakland County (2.8) .....	5/28/2010
12.57	Jasmine Braithwaite (Troy? b96)	Norfolk/AAU JO (s) (3.3) .....	8/ 4/2010
12.65	Sydney Cureton (Detroit Country Day)10	Milford/Oakland County (2.8) .....	5/28/2010
12.67	Alex Tarver (Grand Ledge)12	East Lansing/Spartan Classic .....	4/30/2010
12.67	Robyn Robinson (Holt)10	East Lansing/Spartan Classic .....	4/30/2010

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12.69	Abby Blanchard (Rockford)11	East Lansing/Spartan Classic .....	4/30/2010
<b>Hand-timed:</b>			
11.5	Kendall Baisden (Detroit Country Day)9	Beverly Hills/Tri .....	4/13/2010
11.5	Baisden	Beverly Hills/quad .....	5/ 5/2010
11.6	Kyra Jefferson (Detroit Cass Tech)10	Grosse Pointe/D1 Regional.....	5/21/2010
11.7	Baisden	Bloomfield Hills/D2 Regional.....	5/21/2010
11.9	LaMicah Hughbanks (Ann Arbor Huron)11	Saline/D1 Regional .....	5/21/2010
12.0	Baisden	Macomb/Mustang Inv.....	5/14/2010
12.0	Kelsey Ritter (Frankenmuth)12	Vassar/D3 Regional .....	5/22/2010
12.1	Bridgette Owens-Mitchell (Southfield)12	Farmington/OAA White .....	5/14/2010
12.1	Ashley Keyes (Rochester)10	Rochester/OAA Red.....	5/14/2010
12.1	Brittney Banister (Flint Carman-Ainsworth)11	Flint/Coca-Cola Classic.....	5/15/2010
12.1	Yasmine Jones (Auburn Hills Avondale)11	Bloomfield Hills/D2 Regional.....	5/21/2010
12.1	Cindy Ofili (Ann Arbor Huron)11	Saline/D1 Regional .....	5/21/2010
12.2	Gabbi Ellis (Troy)10	Rochester/OAA Red.....	5/14/2010
12.2	Jewel Thomas (Southfield Lathrup)11	North Farmington/OAA Blue.....	5/14/2010
12.2	Christy Schultz (Muskegon Reeths-Puffer)9	Grand Rapids/D1 Regional .....	5/22/2010
12.2	Markala Goodson (Saginaw Hill)11	Midland/SVC .....	5/26/2010
12.2	Michaela Lewis (Flint Southwestern)11	Midland/SVC .....	5/26/2010
<b>Hand-timed. wind-aided:</b>			
12.2	Dynasty McGee (Ypsilanti Lincoln)11	Chelsea/dual .....	4/27/2010

## 200 METERS

23.42	Kendall Baisden (Detroit Country Day)9	Norfolk/AAU JO (s) (-0.2).....	8/ 5/2010
24.11	Baisden	Norfolk/AAU JO (-3.0).....	8/ 7/2010
24.24	Kyra Jefferson (Detroit Cass Tech)10	Greensboro/New Balance (-1.0).....	6/19/2010
24.31	Baisden	Norfolk/AAU JO (h) (-1.8).....	8/ 4/2010
24.36	Jefferson	Carolina/Caribbean Scholastic Inv (0.6)....	6/ 5/ 2010
24.39	Baisden	Milford/Oakland County (0.8) .....	5/28/2010
24.41	Jefferson	Greensboro/New Balance (h) (-1.5).....	6/19/2010
24.54	Jefferson	Norfolk/AAU JO (h) (-1.0).....	8/ 4/2010
24.72	Baisden	Dayton/Roosevelt Memorial .....	5/ 1/2010
24.78	Diisa Swint-Cook (Oak Park)12	Rockford/D1 State (-2.8).....	6/ 5/2010
24.78	Dynasty McGee (Ypsilanti Lincoln)11	Greensboro/New Balance (-1.2).....	6/19/2010
24.88	Jefferson	Detroit/Shumake Relays .....	4/24/2010
24.91	McGee	Detroit/Jets Inv .....	5/29/2010
24.92	McGee	Greensboro/New Balance (h) (-1.4).....	6/19/2010
25.13	Paige Patterson (Dearborn Divine Child)9	Norfolk/AAU JO (s) (-0.2).....	8/ 5/2010
25.22	Erica Hobson (Detroit Cass Tech)10	Rockford/D1 State (h) (-0.9).....	6/ 5/2010
25.29	Kelsey Ritter (Frankenmuth)12	Comstock Park/D3 State.....	6/ 5/2010
25.32	Brittney Banister (Flint Carman-Ainsworth)11	Rockford/D1 State (s) (-1.1).....	6/ 5/2010
25.39	Alexandria Johnson (Lake Orion)11	Rockford/D1 State (h) (-1.5).....	6/ 5/2010
25.42	Kelsie Williams (St Charles)11	Comstock Park/D3 State.....	6/ 5/2010
25.44	Jasmine Ward (Novi)10	Milford/Oakland County (0.3) .....	5/28/2010
25.45	Yasmine Jones (Auburn Hills Avondale)11	Norfolk/AAU JO (h) (-3.3).....	8/ 4/2010
25.55	Briana Nixon (Redford Thurston)9	Rockford/D1 State (h) (-1.7).....	6/ 5/2010
25.61	Kayla Schoenle (Milford)12	Fort Wayne/Midwest Meet.....	6/12/2010
25.67	Peyton Dawkins (Saginaw Heritage)12	Rockford/D1 State (-2.8).....	6/ 5/2010
25.68	Lauren Ross (Ypsilanti Lincoln)11	Rockford/D1 State (s) (-1.1).....	6/ 5/2010
25.68	Sekayi Bracey (GR Potter's House)7	Norfolk/AAU JO (-2.9).....	8/ 7/2010
25.76	Abby Blanchard (Rockford)11	Jenison/MITCA D1 .....	5/29/2010
25.80	Rebecca Hall (Wyoming Park)11	Cedar Springs/Red Hawk.....	5/ 1/2010
25.85	Gabrielle Edwards (Walled Lake Central)9	Milford/Oakland County (0.3) .....	5/28/2010
25.87	Kimberly Balls (Bridgeport)10	Comstock Park/D3 State.....	6/ 5/2010
25.88	Chyann Hawk (Belleville)12	Rockford/D1 State (s) (-1.1).....	6/ 5/2010
25.89	Yanisha Edwards (Flint Northwestern)10	Zeeland/D2 State .....	6/ 5/2010
25.90	LaMicah Hughbanks (Ann Arbor Huron)11	Rockford/D1 State (h) (-0.9).....	6/ 5/2010
25.91	Tiera Parker (Farmington Hills Harrison)10	Rockford/D1 State (h) (-0.9).....	6/ 5/2010
25.95	Karen Blake (Cranbrook-Kingswood)9	Milford/Oakland County (0.3) .....	5/28/2010
25.95	Brandee Hart (Berkley)12	Fort Wayne/Midwest Meet.....	6/12/2010
25.99	Kaisha Martin (Dowagiac)11	Paw Paw/Wolverine .....	5/26/2010
26.02	Tere Cooley (Grand Blanc)10	Howell/KLAA (ok).....	5/25/2010

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26.02	Jessica Howell (Oxford)9	Oxford/Metro .....	5/26/2010
26.03	Mallory Metzger (Williamston)11	Lansing/Greater Lansing .....	6/ 2/2010
26.06	Madi Lewis (Plymouth)9	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
26.07	Sarita Dotson Battle Creek Lakeview)9	Battle Creek/Big 16 .....	5/26/2010
26.07	Cierra Pryor (Jackson)9	Rockford/D1 State (h) (-0.9) .....	6/ 5/2010
26.07	Asaundra Dalton (Detroit Renaissance)9	Richmond/USATF JO Reg 5 (-1.3) .....	7/11/2010
26.10	Rachel Jerrils (Rockford)12	Jenison/MITCA D1 .....	5/29/2010
26.13	Anna B-Jefferson (Warren Chatterton MS)6	Columbus/Classic .....	5/23/2010
26.17	Maya Long (Ann Arbor Huron)10	Temperence/SEC Red .....	5/26/2010
26.17	DeAnna Stickler-Gatson (Lansing Waverly)11	Lansing/Greater Lansing .....	6/ 2/2010

## Wind-aided:

24.07	Kyra Jefferson (Detroit Cass Tech)10	Norfolk/AAU JO (s) (3.0) .....	8/ 5/2010
24.15	Jefferson	Detroit/PSL .....	5/27/2010
24.54	Diisa Swint-Cook (Oak Park)12	Norfolk/AAU JO (s) (3.3) .....	8/ 5/2010
25.22	Sekayi Bracey (GR Potter's House)7	Norfolk/AAU JO (s) (3.7) .....	8/ 5/2010
25.81	Tiera Parker (Farmington Hills Harrison)10	Milford/Oakland County (h) (2.1) .....	5/28/2010
26.02	Rachel Jerrils (Rockford)12	East Lansing/Spartan Classic .....	4/30/2010

## Hand-timed:

24.5	Kendall Baisden (Detroit Country Day)9	Birmingham/Tri scrimmage .....	4/ 5/2010
24.5	Kyra Jefferson (Detroit Cass Tech)10	Grosse Pointe/D1 Regional .....	5/21/2010
24.6	Baisden	Beverly Hills/Tri .....	4/13/2010
24.8	Kelsey Ritter (Frankenmuth)12	Vassar/D3 Regional .....	5/22/2010
24.8	Dynasty McGee (Ypsilanti Lincoln)11	Ypsilanti/All-Stars .....	6/12/2010
25.0	McGee	Dearborn Heights/Charger (h) .....	4/24/2010
25.0	Baisden	Beverly Hills/dual .....	4/28/2010
25.0	Lauren Ross (Ypsilanti Lincoln)11	Saline/D1 Regional .....	5/21/2010
25.0	Peyton Dawkins (Saginaw Heritage)12	Traverse City/D1 Regional .....	5/22/2010
25.0	Diisa Swint-Cook (Oak Park)12	West Bloomfield/D1 Regional .....	5/22/2010
25.1	LaMicah Hughbanks (Ann Arbor Huron)11	Saline/D1 Regional .....	5/21/2010
25.1	Christal Wilson (Flint Southwestern)11	Flint/Badar Classic .....	6/ 1/2010
25.1	Yanisha Edwards (Flint Northwestern)10	Flint/Badar Classic .....	6/ 1/2010
25.1	Leann Scruggs (Clio)11	Flint/Badar Classic .....	6/ 1/2010
25.2	Erica Hobson (Detroit Cass Tech)10	Grosse Pointe/D1 Regional .....	5/21/2010
25.3	Brittney Banister (Flint Carman-Ainsworth)11	Traverse City/D1 Regional .....	5/22/2010
25.4	Chyann Hawk (Belleville)12	Saline/D1 Regional .....	5/21/2010
25.4	Tierra Parker (Farmington Hills Harrison)10	Farmington/City .....	5/25/2010
25.5	Jasmine Ward (Novi)10	Milford/D1 Regional .....	5/22/2010
25.5	Alix Miller (Muskegon Reeths-Puffer)11	Grand Rapids/D1 Regional .....	5/22/2010
25.5	Keondra Griffin (Flint Kearsley)10	Flint/Badar Classic .....	6/ 1/2010
25.6	Paige Patterson (Dearborn Divine Child)9	Dearborn Heights/Charger .....	4/24/2010
25.6	Rachel Jerrils (East Kentwood)12	Rockford/dual .....	5/10/2010
25.6	Tere Cooley (Grand Blanc)10	Traverse City/D1 Regional .....	5/22/2010
25.6	Yasmine Jones (Auburn Hills Avondale)11	Bloomfield Hills/D2 Regional .....	5/21/2010
25.6	Abby Blanchard (Rockford)11	Grand Rapids/D1 Regional .....	5/22/2010
25.7	Alexandria Johnson (Lake Orion)11	Rochester/OAA Red .....	5/14/2010
25.7	Jasmine Mata (Monroe)9	Saline/D1 Regional .....	5/21/2010
25.7	Kayla Schoenle (Milford)12	Milford/D1 Regional .....	5/22/2010
25.7	Caitlin Moore (Grosse Pointe South)10	Grosse Pointe/D1 Regional .....	5/21/2010

## Hand-timed, wind-aided:

25.2	Cierra Pryor (Jackson)9	Jackson/JDs Inv .....	4/30/2010
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## 400 METERS

52.59	Kendall Baisden (Detroit Country Day)9	Des Moines/USA Juniors .....	6/26/2010
52.65	Baisden	Des Moines/USA Juniors (h) .....	6/25/2010
52.71	Baisden	Norfolk/AAU JO .....	8/ 7/2010
53.93	Dynasty McGee (Ypsilanti Lincoln)11	Greensboro/New Balance .....	6/19/2010
53.96	Baisden	Norfolk/AAU JO (h) .....	8/ 6/2010
54.32	Baisden	Dayton/Roosevelt Memorial .....	5/ 1/2010
54.40	Baisden	Detroit/Shumake Relays .....	4/24/2010
54.61	McGee	Carolina/Caribbean Scholastic Inv .....	6/ 5/ 2010
54.74	McGee	Norfolk/AAU JO .....	8/ 7/2010
54.91	Baisden	Zeeland/D2 State .....	6/ 5/2010

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55.09	McGee	Norfolk/AAU JO (h) .....	8/ 6/2010
55.28	Latipha Cross (Inkster Cherry Hills)10	Norfolk/AAU JO.....	8/ 7/2010
55.33	McGee	Columbus/Classic .....	5/23/2010
55.96	Paige Patterson (Dearborn Divine Child)9	Greensboro/New Balance .....	6/19/2010
56.27	Kelsey Ritter (Frankenmuth)12	Comstock Park/D3 State.....	6/ 5/2010
56.44	Shawntoreah Turk (Carrollton)12	Comstock Park/D3 State.....	6/ 5/2010
56.47	Breterria Hill (Lansing Sexton)11	Zeeland/D2 State .....	6/ 5/2010
56.61	Rachel Jerrils (Rockford)12	Rockford/D1 State.....	6/ 5/2010
56.79	Jessica Myers (Grandville)11	Rockford/D1 State.....	6/ 5/2010
56.94	Brittany Terry (East Kentwood)10	Rockford/D1 State.....	6/ 5/2010
57.00	Maria Beach (Midland)12	Fort Wayne/Midwest Meet.....	6/12/2010
57.01	Maya Long (Ann Arbor Huron)10	Rockford/D1 State.....	6/ 5/2010
57.05	Jordan Keefe (Grand Haven)10	Rockford/D1 State.....	6/ 5/2010
57.09	DeAnna Stickler-Gatson (Lansing Waverly)11	Lansing/Greater Lansing.....	6/ 2/2010
57.23	Olivia Detroyer (Chelsea)12	Temperence/SEC White.....	5/26/2010
57.56	Paige Cataldo (Birmingham Marian)12	Zeeland/D2 State .....	6/ 5/2010
57.62	Sekayi Bracey (GR Potter's House)7	Norfolk/AAU JO.....	8/ 7/2010
57.76	Anna B-Jefferson (Warren Chatterton MS)6	Norfolk/AAU JO (h) .....	8/ 4/2010
57.83	Diajah Ruffin (Belleville)10	Rockford/D1 State.....	6/ 5/2010
57.92	Cherie Gaines (North Farmington)11	Rockford/D1 State.....	6/ 5/2010
57.96	Asaundra Dalton (Detroit Renaissance)9	Zeeland/D2 State .....	6/ 5/2010
57.96	Lily Clifford (East Grand Rapids)10	Zeeland/D2 State .....	6/ 5/2010
57.99	Allix Miller (Muskegon Reeths-Puffer)11	Rockford/D1 State.....	6/ 5/2010
58.12	Kate Carter (Saline)12	Ypsilanti/Meet of Champions.....	6/ 1/2010

## Hand-timed:

56.3	Kelsey Ritter (Frankenmuth)12	Hemlock/Husky Inv .....	5/15/2010
56.3	Kendall Baisden (Detroit Country Day)9	Bloomfield Hills/D2 Regional.....	5/21/2010
56.4	Anna B-Jefferson (Warren Chatterton MS)6	Ypsilanti/All-Stars .....	6/12/2010
56.6	Dynasty McGee (Ypsilanti Lincoln)11	Dearborn Heights/Charger .....	4/27/2010
56.6	Hannah Meier (Grosse Pointe South)9	Grosse Pointe/D1 Regional.....	5/21/2010
56.9	Shawntoreah Turk (Carrollton)12	Hemlock/Classic.....	5/15/2010
57.0	Jessica Myers (Grandville)11	Grand Rapids/D1 Regional .....	5/22/2010
57.2	Maria Beach (Midland)12	Traverse City/D1 Regional .....	5/22/2010
57.2	Brittany Terry (East Kentwood)10	Grand Rapids/D1 Regional .....	5/22/2010
57.3	Jordan Keefe (Grand Haven)10	Grand Rapids/D1 Regional .....	5/22/2010
57.4	Olivia Detroyer (Chelsa)12	Monroe/D2 Regional .....	5/21/2010
57.7	Paige Cataldo (Birmingham Marian)12	Bloomfield Hills/D2 Regional.....	5/21/2010
57.8	Maya Long (Ann Arbor Huron)10	Saline/D1 Regional .....	5/21/2010
57.8	Diamond Taylor (Southfield)12	West Bloomfield/D1 Regional.....	5/22/2010
57.8	Rachel Jerrils (Rockford)12	Grand Rapids/D1 Regional .....	5/22/2010
58.0	Katie DeHaan (Rockford)10	Grand Rapids/D1 Regional .....	5/22/2010
58.0	Paige Patterson (Dearborn Divine Child)9	Livonia/D2 Regional .....	5/21/2010
58.2	Yasmine Jones (Auburn Hills Avondale)11	Ypsilanti/All-Stars .....	6/12/2010
58.3	Amy Kish (Alpena)12	Traverse City/D1 Regional .....	5/22/2010
58.6	Kayla Schoenle (Milford)12	op.....	/2010
58.6	Allix Miller (Muskegon Reeths-Puffer)11	Grand Rapids/D1 Regional .....	5/22/2010
58.7	Diajah Ruffin (Belleville)10	Saline/D1 Regional .....	5/21/2010
58.7	Kelsey Chapman (Jenison)12	Grand Rapids/D1 Regional .....	5/22/2010
58.7	Lily Clifford (East Grand Rapids)10	Grand Rapids/D2 Regional .....	5/21/2010
58.8	Shayne Armbrister (Roseville)11	Grosse Pointe/D1 Regional.....	5/21/2010
59.0	Karen Blake (Cranbrook-Kingswood)9	Bloomfield Hills/D2 Regional.....	5/21/2010
59.0	Jordan Anderson (Union City)11	Onsted/D3 Regional.....	5/21/2010
59.0	Allison Clark (Hanover-Horton)11	Onsted/D3 Regional.....	5/21/2010

## 800 METERS

2:08.82	Hannah Meier (Grosse Pointe South)9	Rockford/D1 State .....	6/ 5/2010
2:10.58	Megan Goethals (Rochester)12	Fort Wayne/Midwest Meet.....	6/12/2010
2:10.95	Kate Carter (Saline)12	Fort Wayne/Midwest Meet.....	6/12/2010
2:12.21	Brook Handler (Rochester)11	Rockford/D1 State .....	6/ 5/2010
2:12.31	Carter	Rockford/D1 State .....	6/ 5/2010
2:12.41	Deboni Lofton (Detroit Mumford)12	Des Moines/USA Juniors (h).....	6/24/2010
2:12.9	Meier	Port Huron/dual.....	4/20/2010

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2:13.2	Sara Kroll (Livonia Churchill)12	Livonia/Spartan Inv .....	5/ 8/2010
2:13.5	Handler	West Bloomfield/D1 Regional.....	5/22/2010
2:13.6	Kroll	Canton/D1 Regional .....	5/22/2010
2:13.82	Ariel Dempsey (Jenison)12	Rockford/D1 State .....	6/ 5/2010
2:13.9	Meier	Romeo/dual.....	5/12/2010
2:14.46	Jamie Morrissey (Rochester Adams)9	Milford/Oakland County.....	5/28/2010
2:14.89	Elizaveta Boudreau (Ann Arbor Pioneer)12	Rockford/D1 State.....	6/ 5/2010
2:15.08	Leah O'Connor (Croswell-Lexington)12	Zeeland/D2 State .....	6/ 5/2010
2:15.15	Taylor Stepanski (Alpena)10	Rockford/D1 State.....	6/ 5/2010
2:15.52	Sara Barron (Pontiac Notre Dame)10	Zeeland/D2 State .....	6/ 5/2010
2:16.16	Michaela Carnegie (Benzie Central)10	Comstock Park/D3 State.....	6/ 5/2010
2:16.88	Ersula Farrow (Farmington Hills Power MS)7	Norfolk/AAU JO.....	8/ 4/2010
2:16.9	Megan Weschler (Wyandotte)12	Saline/D1 Regional .....	5/21/2010
2:17.00	Beth Roach (Northville)11	Rockford/D1 State.....	6/ 5/2010
2:17.06	Sara Stassen (Dearborn)11	Rockford/D1 State.....	6/ 5/2010
2:17.4	Gina McNamara (Northville)10	Milford/D1 Regional.....	5/22/2010
2:17.72	Avery Evenson (Hartland)9	White Lake/KLAA .....	5/15/2010
2:18.0	Aubrey Wilberding (Birmingham Seaholm)9	West Bloomfield/D1 Regional.....	5/22/2010
2:18.11	Maddie Werley (Zeeland West)12	Zeeland/D2 State .....	6/ 5/2010
2:18.22	Katy Barkley (Olivet)11	Comstock Park/D3 State .....	6/ 5/2010
2:18.26	Angela Swain (Milan)12	Zeeland/D2 State .....	6/ 5/2010
2:18.32	Lindsay Clark (Walled Lake Western)11	Howell/KLAA .....	5/25/2010
2:18.45	Morgan Bridgewater (White Lake Lakeland)10	Rockford/D1 State.....	6/ 5/2010
2:18.4	Kristin Green (Saline)9	Saline/D1 Regional .....	5/21/2010
2:18.6	Haley Meier (Grosse Pointe South)9	Grosse Pointe/MAC White .....	5/25/2010
2:18.70	Kelsie Schwartz (GP St Peter & Paul)8	Norfolk/AAU JO.....	8/ 4/2010
2:18.77	Franki Adamski (Troy)12	Detroit/Shumake Relays .....	4/24/2010
2:18.7	Amanda Zittleman (Temperance Bedford)11	Saline/D1 Regional .....	5/21/2010
2:18.8	Alissa Williams (East Kentwood)11	Grand Rapids/D1 Regional .....	5/22/2010
2:18.96	Julia Otwell (Traverse City Central)12	Alma/Scottie Classic .....	5/15/2010
2:18.97	Shanita Fluker (Flint Southwestern)12	Zeeland/D2 State .....	6/ 5/2010
2:18.9	Jane Hawks (Rockford)10	Grand Rapids/D1 Regional .....	5/22/2010
2:19.05	Olivia Butler (Grant)12	Zeeland/D2 State .....	6/ 5/2010
2:19.06	Jessie Baloga (East Grand Rapids)10	Zeeland/D2 State .....	6/ 5/2010
2:19.2	Hannah Bogard (Ann Arbor Pioneer)11	Saline/D1 Regional .....	5/21/2010
2:19.3	Allison White (Midland Dow)12	Midland/SVC .....	5/26/2010
2:19.5	Rachel Stathakis (Lutheran North)11	Warren/Macomb County .....	5/29/2010
2:19.60	Alissa Williams (East Kentwood)11	Jenison/OK Red .....	5/14/2010
2:19.65	Destinee Lukianoff (Holly)12	Rockford/D1 State.....	6/ 5/2010
2:19.65	Devan John (Allendale)12	Comstock Park/D3 State.....	6/ 5/2010
2:19.6	Megan Vitale (Livonia Ladywood)11	Livonia/D2 Regional .....	5/21/2010

## 1500 METERS

4:29.7#	Megan Goethals (Rochester)12	Rockford/D1 State [1600].....	6/ 5/2010
4:33.91#	Hannah Meier (Grosse Pointe South)9	Greensboro/New Balance [mile].....	6/19/2010
4:35.2#	Haley Meier (Grosse Pointe South)9	Rockford/D1 State [1600].....	6/ 5/2010
4:35.9#	Sara Kroll (Livonia Churchill)12	Howell/KLAA [1600] .....	5/25/2010
4:36.2#	Julia Otwell (Traverse City Central)12	Rockford/D1 State [1600].....	6/ 5/2010
4:37.4#	Lindsay Clark (Walled Lake Western)12	Rockford/D1 State [1600].....	6/ 5/2010
4:40.0#	Brook Handler (Rochester)11	Milford/Oakland County [1600].....	5/28/2010
4:40.1#	Avery Evenson (Hartland)9	Rockford/D1 State [1600].....	6/ 5/2010
4:40.3#	Allison White (Midland Dow)12	Rockford/D1 State [1600].....	6/ 5/2010
4:43.0#	Krista Parks (East Kentwood)12	Rockford/D1 State [1600].....	6/ 5/2010
4:44.1#	Michele Moriset (Troy)12	Milford/Oakland County [1600].....	5/28/2010
4:47.04	Ersula Farrow (Farmington Hills Power MS)7	Detroit/Jets Inv .....	5/29/2010
4:48.8#	Megan McPherson (Livonia Franklin)11	Howell/KLAA [1600] .....	5/25/2010
4:49.1#	Rachel Steil (Grandville)12	Rockford/D1 State [1600].....	6/ 5/2010

## 1600 METERS

4:43.05	Megan Goethals (Rochester)12	Fort Wayne/Midwest Meet.....	6/12/2010
4:45.0	Hannah Meier (Grosse Pointe South)9	Grosse Pointe/D1 Regional.....	5/21/2010
4:46.1	Meier	Macomb/Cougars Inv .....	5/15/2010

# The Michtrack Top 10

4:46.45	Sara Kroll (Livonia Churchill)12	Fort Wayne/Midwest Meet.....	6/12/2010
4:47.37	Goethals	Rockford/D1 State .....	6/ 5/2010
4:52.4	Goethals	Rochester/OAA Red .....	5/14/2010
4:52.6	Goethals	West Bloomfield/D1 Regional.....	5/22/2010
4:53.85	Haley Meier (Grosse Pointe South)9	Rockford/D1 State .....	6/ 5/2010
4:54.0	Meier	Grosse Pointe/MAC White .....	5/25/2010
4:54.25	Kroll	Howell/KLAA .....	5/25/2010
4:54.6	Avery Evenson (Hartland)9	Milford/D1 Regional.....	5/22/2010
4:54.93	Han. Meier	Greensboro/New Balance .....	6/19/2010
4:55.0	Meier	Romeo/dual.....	5/12/2010
4:55.2	Julia Otwell (Traverse City Central)12	Traverse City/D1 Regional .....	5/22/2010
4:56.66	Lindsay Clark (Walled Lake Western)11	Rockford/D1 State .....	6/ 5/2010
4:57.39	Brook Handler (Rochester)11	Milford/Oakland County.....	5/28/2010
4:57.5	Gabrielle Anzelone (Grand Blanc)11	Traverse City/D1 Regional .....	5/22/2010
4:58.0	Ali Wiersma (Allendale)10	Allendale/dual.....	5/ 4/2010
4:58.1	Allison White (Midland Dow)12	Traverse City/D1 Regional .....	5/22/2010
5:01.4	Rachele Schulist (Zeeland West)10	Coopersville/D2 Regional.....	5/21/2010
5:01.99	Leah O'Connor (Croswell-Lexington)12	Zeeland/D2 State .....	6/ 5/2010
5:02.45	Krista Parks (East Kentwood)12	Rockford/D1 State .....	6/ 5/2010
5:02.88	Michele Moriset (Troy)12	Milford/Oakland County.....	5/28/2010
5:04.2	Kate Carter (Saline)12	Ann Arbor/River Rat .....	5/15/2010
5:05.04	Erica Crane (Dearborn Divine Child)12	Zeeland/D2 State .....	6/ 5/2010
5:06.09	Bridget Bennett (Mt Pleasant Sacred Heart)12	Jenison/D4 State.....	6/ 5/2010
5:06.14	Jane Hawks (Rockford)10	Jenison/OK Red .....	5/14/2010
5:06.54	Taylor Smith (Otsego)11	Zeeland/D2 State .....	6/ 5/2010

## 2000-METER STEEPLECHASE

8:11.21	Chelsie Noble (Saline)12	Dayton/Roosevelt Memorial .....	5/ 1/2010
8:34.85	Jessica Smith (Rochester)10	Norfolk/AAU JO.....	8/ 4/2010

## 3000-METER STEEPLECHASE

### No water jump:

12:17.32	Alissa Williams (East Kentwood)11	Kentwood/State Games .....	6/26/2010
12:39.31	Kiera Jack (Forest Hills Northern)12	Kentwood/State Games .....	6/26/2010

## 3000 METERS

9:25.5#	Megan Goethals (Rochester)12	Milford/Oakland County [2M].....	5/28/2010
9:26.08#	Goethals	Greensboro/New Balance [2M] .....	6/18/2010
9:44.1#	Goethals	Rockford/D1 State [3200].....	6/ 5/2010
9:52.1#	Gabrielle Anzelone (Grand Blanc)11	Rockford/D1 State [3200].....	6/ 5/2010
10:03.0#	Michele Moriset (Troy)12	Rockford/D1 State [3200].....	6/ 5/2010
10:13.7#	Julia Otwell (Traverse City Central)12	Rockford/D1 State [3200].....	6/ 5/2010
10:14.8#	Megan McPherson (Livonia Franklin)11	Rockford/D1 State [3200].....	6/ 5/2010
10:22.5#	Lindsay Clark (Walled Lake Western)11	Rockford/D1 State [3200].....	6/ 5/2010
10:22.6#	Krista Parks (East Kentwood)12	Rockford/D1 State [3200].....	6/ 5/2010
10:24.5#	Kristen Yarows (Dexter)12	Rockford/D1 State [3200].....	6/ 5/2010
10:26.3#	Christina Firl (Grosse Pointe South)9	Rockford/D1 State [3200].....	6/ 5/2010
10:28.4#	Haley Meier (Grosse Pointe South)9	Rockford/D1 State [3200].....	6/ 5/2010
10:32.8#	Alyssa Cummings (Saline)9	Rockford/D1 State [3200].....	6/ 5/2010
10:34.7#	Anna Pasternak (Hartland)11	Rockford/D1 State [3200].....	6/ 5/2010

## 3200 METERS

9:58.1#	Megan Goethals (Rochester)12	Greensboro/New Balance [2M-10:01.16] ...	6/18/2010
10:00.15#	Goethals	Milford/Oakland County [2M-10:03.2].....	5/28/2010
10:22.75	Goethals`	Rockford/D1 State .....	6/ 5/2010
10:27.4	Goethals	West Bloomfield/D1 Regional.....	5/22/2010
10:28.2	Goethals	Rochester/OAA Red .....	5/14/2010
10:29.07	Gabrielle Anzelone (Grand Blanc)11	Rockford/D1 State.....	6/ 5/2010
10:33.5	Goethals	Lake Orion/dual.....	5/ 4/2010
10:38.6	Goethals	West Bloomfield/Inv.....	5/ 1/2010
10:43.43	Michele Moriset (Troy)12	Rockford/D1 State.....	6/ 5/2010
10:49.94	Julia Otwell (Traverse City Central)12	Rockford/D1 State.....	6/ 5/2010

# The Michtrack Top 10

10:50.32	Sara Kroll (Livonia Churchill)12	Mansfield/Relays.....	4/17/2010
10:53.84	Megan McPherson (Livonia Franklin)11	Rockford/D1 State.....	6/ 5/2010
10:57.56	Ali Wiersma (Allendale)10	Comstock Park/D3 State.....	6/ 5/2010
10:59.17	Lindsay Clark (Walled Lake Western)11	Rockford/D1 State.....	6/ 5/2010
10:59.24	Krista Parks (East Kentwood)12	Rockford/D1 State.....	6/ 5/2010
10:59.40	Rachele Schulist (Zeeland West)10	Zeeland/D2 State.....	6/ 5/2010
10:59.59	Sammy Mondry (Grandville)9	Jenison/OK Red.....	5/14/2010
11:02.95	Kristen Yarows (Dexter)12	Rockford/D1 State.....	6/ 5/2010
11:05.0	Brook Handler (Rochester)11	op.....	/2010
11:05.43	Katie Weiler (Cedar Springs)9	Zeeland/D2 State.....	6/ 5/2010
11:05.6	Avery Evenson (Hartland)9	Hartland/dual.....	4/20/2010
11:06.22	Christina Firl (Grosse Pointe South)9	Rockford/D1 State.....	6/ 5/2010
11:07.37	Allyson Winchester (Middleville)11	Zeeland/D2 State.....	6/ 5/2010
11:07.43	Erica Crane (Dearborn Divine Child)12	Zeeland/D2 State.....	6/ 5/2010
11:07.73	Megan Heeder (Lansing Catholic)11	Kent City/MITCA D3.....	5/31/2010
11:07.8	Alyssa Cummings (Saline)9	Ann Arbor/River Rat.....	5/15/2010

## 5000 METERS

17:28.93	Gabrielle Anzelone (Grand Blanc)11	Greensboro/New Balance.....	6/17/2010
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## 100-METER HURDLES (33")

13.74	Bridgette Owens-Mitchell (Southfield)12	Greensboro/New Balance (0.6).....	6/18/2010
13.76	Owens-Mitchell	Fort Wayne/Midwest Meet.....	6/12/2010
13.76	Owens-Mitchell	Greensboro/New Balance (h) (2.0).....	6/18/2010
14.19	Owens-Mitchell	Rockford/D1 State (s) (-2.0).....	6/ 5/2010
14.29	Owens-Mitchell	Rockford/D1 State (-3.4).....	6/ 5/2010
14.31	Owens-Mitchell	Detroit/Shumake Relays.....	4/24/2010
14.44	Quenee Dale (Ypsilanti Lincoln MS)8	Norfolk/AAU JO (h) (0.0).....	8/ 4/2010
14.66	Tori Desira (DeWitt)10	Lansing/Greater Lansing.....	6/ 2/2010
14.66	Owens-Mitchell	Rockford/D1 State (h) (-2.4).....	6/ 5/2010
14.73	Erika Heston (Haslett)12	Haslett/CAAC Gold.....	5/26/2010
14.73	Sami Michell (Reed City)9	Comstock Park/D3 State.....	6/ 5/2010
14.75	Megan Yanik (Livonia Ladywood)12	Zeeland/D2 State.....	6/ 5/2010
14.76	Kalena Franklin (Ogemaw Heights)12	Zeeland/D2 State.....	6/ 5/2010
14.80	Desira	Jenison/MITCA D2.....	5/31/2010
14.81	Owens-Mitchell	Dayton/Roosevelt Memorial.....	5/ 1/2010
14.94	Chiara Allen (Lake Orion)12	Rockford/D1 State (s) (-3.2).....	6/ 5/2010
15.07	Ally Goff (Waterford Crary MS)8	Norfolk/AAU JO (h) (-0.1).....	8/ 4/2010
15.10	Rachel Hoffman (Shelby)11	Comstock Park/D3 State.....	6/ 5/2010
15.10	Kelly Heidmann (GR South Christian)12	Zeeland/D2 State.....	6/ 5/2010
15.10	Zevin Carter (Ypsilanti)12	Fort Wayne/Midwest Meet.....	6/12/2010
15.11	Shae Batten (Flint Kearsley)11	Zeeland/D2 State.....	6/ 5/2010
15.17	Tory Schiller (Grand Ledge)11	Lansing/Greater Lansing.....	6/ 2/2010
15.17	Emily Wee (Frankenmuth)10	Comstock Park/D3 State.....	6/ 5/2010
15.18	Sophia Kunselman (Ann Arbor Pioneer)10	Rockford/D1 State (-3.4).....	6/ 5/2010
15.28	Veronica Schacht (Grosse Pointe South)11	Norfolk/AAU JO (h) (0.0).....	8/ 4/2010
15.29	Tierra Williams (Ypsilanti Lincoln)10	Ypsilanti/Meet of Champions.....	6/ 1/2010
15.34	Samantha Mette (Rockford)12	Rockford/D1 State (-3.4).....	6/ 5/2010
15.41	Madi Lewis (Plymouth)9	Ypsilanti/Meet of Champions.....	6/ 1/2010
15.42	Cindy Ofili (Ann Arbor Huron)10	Ypsilanti/Meet of Champions.....	6/ 1/2010
15.43	Tierra Williams (Ypsilanti Lincoln)10	Temperence/SEC White.....	5/26/2010
15.43	Alex King (Lakeview)10	Comstock Park/D3 State.....	6/ 5/2010
15.47	Kierra Crews (Warren Cousino)11	Rockford/D1 State (s) (-2.0).....	6/ 5/2010
15.57	Kevia McCowan (Detroit Pershing)12	Rockford/D1 State (h) (-2.0).....	6/ 5/2010
15.59	Brandee Hart (Berkley)12	Milford/Oakland County (h) (1.4).....	5/28/2010
15.60	Ashley Cephas (East Kentwood)12	Rockford/D1 State (s) (-2.0).....	6/ 5/2010
15.61	Aketra Sevillian (Goodrich)9	Flint/Badar Classic.....	6/ 1/2010
15.62	Libby Schichtel (GR West Catholic)10	Sparta/OK Blue.....	5/14/2010
15.62	Dana Carey (Bloomfield Hills Marian)11	Zeeland/D2 State.....	6/ 5/2010
15.64	Elizabeth Dutcher (Williamston)10	Jenison/MITCA D2.....	5/31/2010
15.66	Jaclyn Konopka (Northville)12	Novi/KLAA Lakes.....	5/14/2010
15.68	Jaime Roberts (Kingsford)12	Kingsford/UP D1 State.....	6/ 5/2010

# The Michtrack Top 10

15.76	Senneca Scott (Livonia Franklin)12	Novi/KLAA Lakes .....	5/14/2010
15.77	Allie Gast (Grandville)9	Jenison/OK Red .....	5/14/2010

## Wind-aided:

13.89	Bridgette Owens-Mitchell (Southfield)12	Milford/Oakland County (3.5) .....	5/28/2010
14.01	Quenee Dale (Ypsilanti Lincoln MS)8	Norfolk/AAU JO (2.5) .....	8/ 5/2010
14.61	Chiara Allen (Lake Orion)12	Milford/Oakland County (3.5) .....	5/28/2010
14.94	Tori Desira (Dewitt)10	East Lansing/Spartan Classic .....	4/30/2010
14.96	Erika Heston (Haslett)12	East Lansing/Spartan Classic .....	4/30/2010
15.22	Brandee Hart (Berkley)12	Milford/Oakland County (3.5) .....	5/28/2010
15.47	Samantha Mette (Rockford)12	East Lansing/Spartan Classic .....	4/30/2010
15.65	Monique Nguyen (Troy)11	Milford/Oakland County (3.5) .....	5/28/2010

## Hand-timed:

14.0	Bridgette Owens-Mitchell (Southfield)12	Farmington/OAA White .....	5/14/2010
14.1	Owens-Mitchell	op .....	/2010
14.5	Veronica Schacht (Grosse Pointe South)11	Grosse Pointe/D1 Regional .....	5/21/2010
14.6	Sophia Kunselman (Ann Arbor Pioneer)10	Saline/D1 Regional .....	5/21/2010
14.8	Shae Batten (Flint Kearsley)11	Algonac/D2 Regional .....	5/21/2010
14.9	Chiara Allen (Lake Orion)12	op .....	/2010
14.9	Megan Yanik (Livonia Ladywood)12	Ann Arbor/River Rat .....	5/15/2010
14.9	Zevin Carter (Ypsilanti)12	Saline/D1 Regional .....	5/21/2010
14.9	Tori Desira (DeWitt)10	Charlotte/D2 Regional .....	5/21/2010
14.9	Kierra Crews (Warren Cousino)11	Warren/Macomb County .....	5/29/2010
15.0	Brandee Hart (Berkley)12	op .....	/2010
15.1	Erika Heston (Haslett)12	Bath/Nugent Inv .....	5/14/2010
15.1	Laticia Sims (Romulus)10	Saline/D1 Regional .....	5/21/2010
15.1	Sam Mette (Rockford)12	Grand Rapids/D1 Regional .....	5/22/2010
15.1	Veronica Schacht (Grosse Pointe South)11	Grosse Pointe/MAC White .....	5/25/2010
15.1	Jillian Sledge (Flint Southwestern)12	Midland/SVC .....	5/26/2010
15.2	Tory Schiller (Grand Ledge)11	Holt/D1 Regional .....	5/21/2010
15.3	Ashley Cephas (East Kentwood)12	Rockford/dual .....	5/10/2010
15.3	Kevia McCowin (Detroit Pershing)12	Grosse Pointe/D1 Regional .....	5/21/2010
15.3	Kelly Heidman (GR South Christian)12	Grand Rapids/John Bos .....	6/ 1/2010
15.4	Jaclyn Konopka (Northville)12	Milford/D1 Regional .....	5/22/2010

## 200-METER HURDLES (30")

28.08	Quenee Dale (Ypsilanti Lincoln MS)8	Norfolk/AAU JO (1.1) .....	8/ 4/2010
28.76	Dale	Norfolk/AAU JO (h) (-2.0) .....	8/ 2/2010

## 300-METER HURDLES (30")

43.85	Megan Yanik (Livonia Ladywood)12	Zeeland/D2 State .....	6/ 5/2010
44.15	Emily Wee (Frankenmuth)10	Comstock Park/D3 State .....	6/ 5/2010
44.34	Bridgette Owens-Mitchell (Southfield)12	Detroit/Shumake Relays .....	4/24/2010
44.60	Keke Sevillian (Goodrich)9	Zeeland/D2 State .....	6/ 5/2010
44.72	Sami Michell (Reed City)9	Comstock Park/D3 State .....	6/ 5/2010
44.77	Andrea Kober (Sparta)12	Zeeland/D2 State .....	6/ 5/2010
44.83	Jaelynn Pryor (Jackson)12	Rockford/D1 State .....	6/ 5/2010
44.98	Megan Heffner (Kinde-North Huron)12	Jenison/D4 State .....	6/ 5/2010
45.01	Tori Desira (Dewitt)10	Jenison/MITCA D2 .....	5/31/2010
45.13	Chiara Allen (Lake Orion)12	Milford/Oakland County .....	5/28/2010
45.40	Selena Meser (Sault Ste Marie)11	Kingsford/UP D1 State .....	6/ 5/2010
45.43	Sophia Kunselman (Ann Arbor Pioneer)10	Rockford/D1 State .....	6/ 5/2010
45.66	Dana Carey (Birmingham Marian)11	Livonia/Catholic League .....	5/25/2010
45.68	Brandee Hart (Berkley)12	Milford/Oakland County .....	5/28/2010
45.83	Chelsea Ciampa (Northville)11	Rockford/D1 State .....	6/ 5/2010
45.87	Becky Adamcheck (Livonia Stevenson)12	Rockford/D1 State .....	6/ 5/2010
45.97	Koby Gillespie (Berrien Springs)11	Comstock Park/D3 State .....	6/ 5/2010
46.07	Karen Gallardo (Saline)12	Rockford/D1 State .....	6/ 5/2010
46.09	Kelly Heidmann (GR South Christian)12	Zeeland/D2 State .....	6/ 5/2010
46.10	Angelle Renfroe (Ann Arbor Pioneer)11	Rockford/D1 State .....	6/ 5/2010
46.12	Kelsey Kerin (St Clair)10	Zeeland/D2 State .....	6/ 5/2010
46.16	Shae Batten (Flint Kearsley)11	Oxford/Metro .....	5/26/2010
46.24	Anna Masini (Ann Arbor Huron)10	Rockford/D1 State .....	6/ 5/2010



# The Michtrack Top 10

46.30	Kelly McCloskey (Novi)10	Rockford/D1 State.....	6/ 5/2010
46.36	Kaylene Abernathy (Ferndale)11	Milford/Oakland County.....	5/28/2010
46.51	Zevin Carter (Ypsilanti)12	Ypsilanti/Meet of Champions.....	6/ 1/2010
46.52	Krystal Bush (Grosse Pointe South)12	Rockford/D1 State.....	6/ 5/2010
46.58	Lisa Galasso (Lake Orion)12	Rockford/D1 State.....	6/ 5/2010
46.60	Megan Birchmeier (Corunna)12	Zeeland/D2 State.....	6/ 5/2010
46.64	Jaime Roberts (Kingsford)12	Kingsford/UP D1 State.....	6/ 5/2010
46.64	Natalie Wysocki (Saline)9	Rockford/D1 State.....	6/ 5/2010
46.67	Megan Birchmeier (Corunna)12	Alma/Scottie Classic.....	5/15/2010
46.79	Katie Larue (Montague)11	Comstock Park/D3 State.....	6/ 5/2010
46.76	Shawna Smith (Reading)12	Jenison/D4 State.....	6/ 5/2010
46.81	Brittannee Wilson (McBain N Mich Christ)11	Jenison/D4 State.....	6/ 5/2010
46.85	Teresa Petersen (Hemlock)10	Comstock Park/D3 State.....	6/ 5/2010

## Hand-timed:

44.5	Megan Yanik (Livonia Ladywood)12	Livonia/D2 Regional.....	5/21/2010
44.6	Sophia Kunselman (Ann Arbor Pioneer)10	Saline/D1 Regional.....	5/21/2010
44.6	Aketra Sevillian (Goodrich)9	Flint/Badar Classic.....	6/ 1/2010
44.9	Sevillian	Algonac/D2 Regional.....	5/21/2010
45.0	Andrea Kober (Sparta)12	Grand Rapids/John Bos.....	6/ 1/2010
45.2	Bridgette Owens-Mitchell (Southfield)12	Farmington/OAA White.....	5/14/2010
45.2	Anna Masini (Ann Arbor Huron)10	Saline/D1 Regional.....	5/21/2010
45.2	Chelsea Ciampa (Northville)11	Milford/D1 Regional.....	5/22/2010
45.2	Krystal Bush (Grosse Pointe North)12	Grosse Pointe/D1 Regional.....	5/21/2010
45.4	Becky Adamcheck (Livonia Stevenson)12	Livonia/dual.....	4/20/2010
45.4	Tori Desira (DeWitt)10	Charlotte/D2 Regional.....	5/21/2010
45.5	Karen Gallardo (Saline)12	Saline/D1 Regional.....	5/21/2010
45.6	Zevin Carter (Ypsilanti)12	Saline/D1 Regional.....	5/21/2010
45.8	Dana Carey (Birmingham Marian)11	Dearborn/dual.....	5/ 4/2010
46.0	Chiara Allen (Lake Orion)12	West Bloomfield/Inv.....	5/ 1/2010
46.0	Jaelynn Pryor (Jackson)12	Holt/D1 Regional.....	5/21/2010
46.2	Amaya Guthrie (Ypsilanti)12	Ypsilanti/Phoenix Relays.....	4/24/2010
46.3	Kelly McCloskey (Novi)10	Milford/D1 Regional.....	5/22/2010
46.3	Emma Fishnick (Battle Creek Pennfield)11	Constantine/KVA.....	5/26/2010
46.4	Laticia Sims (Romulus)10	Saline/D1 Regional.....	5/21/2010
46.4	Angelle Renfroe (Ann Arbor Pioneer)11	Jackson/NW Inv.....	5/15/2010

## 400-METER HURDLES (30")

1:03.10	Dynasty McGee (Ypsilanti Lincoln)11	Carolina/Caribbean Scholastic Inv.....	6/ 5/ 2010
1:03.13	Megan Yanik (Livonia Ladywood)12	Norfolk/AAU JO.....	8/ 4/2010
1:03.78	Yanik	Norfolk/AAU JO (h).....	8/ 2/2010
1:05.16	Sami Michell (Reed City)9	Kentwood/State Games.....	6/26/2010
1:05.50	Rebecca Adamcheck (Livonia Stevenson)12	Norfolk/AAU JO (h).....	8/ 2/2010
1:05.52	Dana Carey (Birmingham Marian)11	Norfolk/AAU JO (h).....	8/ 2/2010
1:08.13	Kelly McCloskey (Novi)11	Norfolk/AAU JO (h).....	8/ 2/2010
1:08.87	Raven Dove (Woodhaven)12	Norfolk/AAU JO (h).....	8/ 2/2010

## Hand-timed:

1:03.8	Dynasty McGee (Ypsilanti Lincoln)11	Ypsilanti/All-Stars.....	6/12/2010
1:07.6	Ang Renfroe (Ann Arbor Pioneer)11	Ypsilanti/All-Stars.....	6/12/2010

## HIGH JUMP

5-9	Nyki Caldwell (Dexter)11	Milford/D1 Regional.....	5/21/2010
5-8.5	Caldwell	Greensboro/New Balance.....	6/19/2010
5-8	Caldwell	Milford/Balawajer Relays.....	4/27/2010
5-8	Caldwell	Rockford/D1 State.....	6/ 5/2010
5-7	Samantha Stein (Flushing)12	Traverse City/D1 Regional.....	5/22/2010
5-7	MaKenzie Frodle (Fraser)11	Warren/D1 Regional.....	5/21/2010
5-6	Dominique Corley (Ann Arbor Pioneer)12	Mansfield/Relays.....	4/17/2010
5-6	Alisha Weaver (Holt)12	East Lansing/Spartan Classic.....	4/30/2010
5-6	Aubrey Suor (East Kentwood)12	Rockford/dual.....	5/10/2010
5-6	Courtney Rehm (Portage Central)11	Holt/D1 Regional.....	5/21/2010
5-6	Mindy Marx (Grand Haven)12	Grand Rapids/D1 Regional.....	5/22/2010
5-6	Kelly Kuipers (Otsego)12	Zeeland/D2 State.....	6/ 5/2010

# The Michtrack Top 10

5-6	Monique Nguyen (Troy)11	Rockford/D1 State.....	6/ 5/2010
5-6	Keianna Ingram (Southfield Lathrup)9	Rockford/D1 State.....	6/ 5/2010
5-5	Kelly Heidman (GR South Christian)12	Hudsonville/Houseward Inv.....	4/17/2010
5-5	Megan Heffner (Kinde-North Huron)12	Jenison/D4 State.....	6/ 5/2010
5-5	Ceara O'Leary (Dearborn Divine Child)11	Zeeland/D2 State.....	6/ 5/2010
5-4	Rachel Herald (Rockford)12	Grand Rapids/Eubanks Inv.....	4/17/2010
5-4	Mariah Owens (Pontiac)9	op.....	/2010
5-4	Alex Jilek (Temperance Bedford)12	Toledo/Ermy Relays.....	5/ 1/2010
5-4	Kate Wolanin (Oxford)12	Oxford/dual.....	5/ 4/2010
5-4	Samantha Waltz (Monroe)10	Monroe/dual.....	5/14/2010
5-4	Beth Roach (Northville)11	Milford/D1 Regional.....	5/21/2010
5-4	Taylor Penzien (New Haven)10	Onsted/D3 Regional.....	5/21/2010
5-4	Caitlin Bonczkowski (St Joseph)12	Battle Creek/Big 16.....	5/26/2010
5-4	Breyone Hatfield (Saginaw Hill)12	Midland/SVC.....	5/26/2010
5-4	Breanne Metcalf (Remus Chippewa Hills)11	Mt Pleasant/Morning Sun.....	6/ 1/2010
5-4	Abbey Hengesbach (Pewamo-Westphalia)11	Jenison/D4 State.....	6/ 5/2010
5-4	Jordyn Kiser (Reese)11	Comstock Park/D3 State.....	6/ 5/2010
5-4	Abbey Lovat (Farmington Hills Mercy)11	Rockford/D1 State.....	6/ 5/2010
5-4	Jill Linklater (Lake Orion)12	Rockford/D1 State.....	6/ 5/2010

## POLE VAULT

13-1	Sarah Birkmeier (Rockford)12	Kentwood/State Games.....	6/26/2010
12-9	Birkmeier	Hudsonville/dual.....	5/ 6/2010
12-8.25	Birkmeier	Greensboro/New Balance.....	6/18/2010
12-6	Birkmeier	Wyoming/Grimm Relays.....	4/24/2010
12-6	Kristen Hixson (Remus Chippewa Hills)12	Fort Wayne/Midwest Meet.....	6/12/2010
12-6	Birkmeier	Fort Wayne/Midwest Meet.....	6/12/2010
12-4	Hixson	Zeeland/D2 State.....	6/ 5/2010
12-4	Birkmeier	Greensboro/New Balance (!).....	6/18/2010
12-3	Birkmeier	Rockford/dual.....	5/10/2010
12-1	Kirstie Wieber (Pewamo-Westphalia)10	Lansing/Greater Lansing.....	6/ 2/2010
12-0	Birkmeier	Jenison/OK Red.....	5/14/2010
12-0	Hixson	Jenison/MITCA D2.....	5/31/2010
12-0	Tori Wesley (Marine City)11	Anchor Bay/dual.....	3/ 1/2010
12-0	Wieber	Jenison/D4 State.....	6/ 5/2010
12-0	Jaime Roberts (Kingsford)12	Kingsford/UP D1 State.....	6/ 5/2010
11-8	Kassie Powell (Durand)11	Comstock Park/D3 State.....	6/ 5/2010
11-6	Hannah Meachum (Traverse C St Francis)12	Marion/D4 Regional.....	5/22/2010
11-6	Katie Rancourt (East Kentwood)10	Jenison/MITCA D1.....	5/29/2010
11-6	Carley Morris (East Grand Rapids)11	Zeeland/D2 State.....	6/ 5/2010
11-6	Kelly Morrissey (GR West Catholic)12	Zeeland/D2 State.....	6/ 5/2010
11-3	Kaitlyn Shelar (Novi)12	Milford/Oakland County.....	5/28/2010
11-3	Jordan Keefe (Grand Haven)10	Grand Rapids/John Bos.....	6/ 1/2010
11-3	Halley Love (Sparta)11	Zeeland/D2 State.....	6/ 5/2010
11-3	Danielle Lynch (Marine City)10	Zeeland/D2 State.....	6/ 5/2010
11-3	Erika Poli (East Lansing)12	Zeeland/D2 State.....	6/ 5/2010
11-3	Nicole Ferguson (Dexter)10	Rockford/D1 State.....	6/ 5/2010
11-3	Michelle Steslicki (Northville)12	Rockford/D1 State.....	6/ 5/2010
11-3	Jennifer Schornak (Macomb Dakota)11	Rockford/D1 State.....	6/ 5/2010
11-0	Alicia Dorko (Schoolcraft)12	Constantine/KVA.....	5/26/2010
10-10	Libby Schichtel (GR West Catholic)10	Grand Rapids/D2 Regional.....	5/21/2010
10-9	Chaeli Wantuck (Ann Arbor Pioneer)11	Mansfield/Relays.....	4/17/2010
10-9	Brittany London (Middleville)11	Charlotte/D2 Regional.....	5/21/2010
10-9	Lauren Chorney (Stevensville Lakeshore)11	Zeeland/D2 State.....	6/ 5/2010
10-9	Micaela Conter (Dexter)10	Rockford/D1 State.....	6/ 5/2010

## LONG JUMP

18-1.25	Christy Schultz (Muskegon Reeths-Puffer)9	Grand Rapids/D1 Regional.....	5/22/2010
18-0.75	Ashley Keyes (Rochester)12	West Bloomfield/D1 Regional.....	5/22/2010
18-0.25	Joylisa Davis (Bloomfield Hills Lahser)11	Zeeland/D2 State.....	6/ 5/2010
17-11.75	Tiara Oates (Rochester Stoney Creek)12	Milford/Oakland County.....	5/28/2010
17-11.25	Aubree Suor (East Kentwood)12	Fort Wayne/Midwest Meet.....	6/12/2010

# The Michtrack Top 10

17-11	Ashley Watley (East Detroit)12	Warren/Macomb County .....	5/27/2010
17-10	Shawntoreah Turk (Carrollton)12	Saginaw/Korf-Schultz .....	6/ 1/2010
17-9.5	Erin Leppek (Rochester)11	Saline/Golden Triangle .....	5/ 7/2010
17-8.75	Jessica Howell (Oxford)9	Milford/Oakland County .....	5/28/2010
17-8.75	Cierra Pryor (Jackson)9	Jackson/Selby Classic .....	6/ 1/2010
17-7.5	Kelsey Kuipers (Otsego)12	Fort Wayne/Midwest Meet.....	6/12/2010
17-7.25	Maurisha Walker (Portage Northern)9	Battle Creek/Big 16 .....	5/26/2010
17-5	Dominique Corley (Ann Arbor Pioneer)12	Mansfield/Relays.....	4/17/2010
17-5	Dynasty McGee (Ypsilanti Lincoln)11	Ypsilanti/dual .....	4/20/2010
17-4.75	Raeha Weaver (Battle Creek Lakeview)11	Battle Creek/Big 16 .....	5/26/2010
17-4.5	Makeda DeBardelaben (Saginaw Hill)11	Midland/SVC .....	5/26/2010
17-4.25	Caroline Strasser (Dearborn Divine Child)11	Saline/Golden Triangle .....	5/ 7/2010
17-4	Tory Schiller (Grand Ledge)11	Holt/D1 Regional.....	5/21/2010
17-3.5	Kaisha Martin (Dowagiac)11	Paw Paw/Wolverine .....	5/26/2010
17-2.25	Alysia Little (Haslett)9	East Lansing/Spartan Classic .....	4/30/2010
17-2	Autumn Tesinsky (Brighton)11	White Lake/KLAA .....	5/15/2010
<b>Wind-aided:</b>			
17-7	Dominique Corley (Ann Arbor Pioneer)12	Kalamazoo/Lukens Inv .....	4/30/2010
17-6	Caroline Strasser (Dearborn Divine Child)11	Norfolk/AAU JO (2.7) .....	8/ 2/2010
17-5.5	Cierra Pryor (Jackson)9	Jackson/JDs Inv .....	4/30/2010

## TRIPLE JUMP

31-0.5	Kierra Washington (Southfield)9	Dayton/Roosevelt Memorial .....	5/ 1/2010
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## SHOT

44-8.5	Alysha Johnson (Walled Lake Western)12	Fort Wayne/Midwest Meet.....	6/12/2010
44-4	Andrea Hiler (Watervliet)12	Fort Wayne/Midwest Meet.....	6/12/2010
43-5	Jasmine Hines (Central Lake)11	Traverse City/Record-Eagle .....	6/ 1/2010
42-0.75	Tonia Pratt (Michigan Center)11	Greensboro/New Balance .....	6/18/2010
41-2.75	Taylor Gunn (West Bloomfield)11	Rockford/D1 State .....	6/ 5/2010
41-1.5	Brittany Mann (Detroit Country Day)10	Bloomfield Hills/D2 Regional .....	5/21/2010
41-1	Kimmy Schmid (Haslett)12	Lansing/Greater Lansing .....	6/ 2/2010
41-0	Kyla Walworth (Holt)11	Lansing/Greater Lansing.....	6/ 2/2010
40-9	Alicia Pilmore (St Louis)12	Mt Pleasant/Morning Sun .....	6/ 1/2010
40-9	Ayanna Stancle (East Kentwood)12	Fort Wayne/Midwest Meet.....	6/12/2010
40-7.5	Sam Cormier (Frankenmuth)12	Vassar/D3 Regional .....	5/22/2010
40-7	Alyssa Ambrose (Bay City Western)11	Mt Pleasant/dual .....	4/20/2010
39-6	Abby Scharf (Unionville-Sebewaing)12	Jenison/D4 State .....	6/ 5/2010
39-1.75	Haley Russell (Leroy Pine River)11	Mt Pleasant/Oiler Inv .....	4/16/2010
39-0.5	Tieshay Moncrief (Grand Blanc)12	Howell/KLAA .....	5/25/2010
38-11.75	Brittani Logan (Detroit Country Day)12	Milford/Oakland County.....	5/28/2010
38-11	Jessica Nagy (Carleton Airport)12	Macomb/Cougars Inv .....	5/15/2010

## DISCUS

150-5	Andrea Hiler (Watervliet)12	Fort Wayne/Midwest Meet.....	6/12/2010
144-6	Brittany Mann (Detroit Country Day)10	Norfolk/AAU JO.....	8/ 4/2010
143-7	Ayanna Stancle (East Kentwood)12	Fort Wayne/Midwest Meet.....	6/12/2010
143-0	Hiler	Comstock Park/D3 State .....	6/ 5/2010
139-5	Mann	Highland Park/dual.....	4/21/2010
135-6	Taylor Gunn (West Bloomfield)11	Rochester/OAA Red .....	5/14/2010
132-5	Kendra Meyers (GR West Catholic)10	Zeeland/D2 State .....	6/ 5/2010
130-10	Alysha Johnson (Walled Lake Western)12	Norfolk/AAU JO.....	8/ 4/2010
130-5	Kylie Basarabski (Rockford)12	Rockford/dual .....	5/10/2010
126-4	Ashley Frahm (Frankenmuth)9	North Branch/tri .....	5/12/2010
125-10	Kylie Basarabski (Rockford)12	Rockford/D1 State .....	6/ 5/2010
125-0	Caitlin Proteau (Monroe Jefferson)11	Monroe/dual .....	4/20/2010
125-0	Shana Flanary (Monroe)11	Ann Arbor/dual .....	5/ 4/2010
124-6	Whitney Stone (Byron Center)12	Byron/dual .....	4/29/2010
124-6	Jessica Nagy (Carleton Airport)12	Macomb/Cougars Inv .....	5/15/2010

## HAMMER

149-6	Brook Pleger (Saline)12	Hillsdale/USATF Open .....	6/19/2010
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# The Michtrack Top 10

145-5	Pleger	Wayne/Inv .....	4/30/2010
144-5	Pleger	Wayne/Inv (!).....	4/30/2010
142-6	Shana Flanary (Monroe)11	Detroit/USATF JO State .....	6/26/2010
141-0	Laura Schroeder (Sanford Meridian)11	Detroit/USATF JO State .....	6/26/2010
129-9	Flanary	Richmond/USATF JO Reg 5 .....	7/11/2010
57-2	Brooke Martin (White Cloud)10	Kentwood/State Games .....	6/26/2010

## JAVELIN

122-11	Briana Ratchford (Birmingham Roeper)10	Norfolk/AAU JO.....	8/ 2/2010
88-0	Lindsay Hufnagel (Fowler)11	Richmond/USATF JO Reg 5 (hept) .....	7/ 9/2010
84-10	Jordan Rose (St Joseph)11	Norfolk/AAU JO.....	8/ 7/2010

## HEPTATHLON

4112	Lindsey Hufnagel (Fowler)11	Sacramento/USATF JO.....	7/28/2010
	(16.34 [1.0], 5-1, 30-0.25, 26.55 [1.1], 14-9.75 [2.1], 76-6, 2:25.17)		
3604	Hufnagel	Richmond/USATF JO Reg 5 .....	7/ 9/2010
	(19.12, 4-10.5, 26-1.75, 26.59, 14-5, 88-0, 2:33.17)		
3472	Shayla France (L'Anse Creuse)11	Norfolk/AAU JO.....	8/ 1/2010
	(15.67 [-2.1], 4-11, 22-11.25, 26.01 [-2.0], 13-4.75 [-1.0], 44-3, 2:49.28)		
2741	Chardonne Duncan (Detroit Cass Tech)12	Norfolk/AAU JO.....	8/ 1/2010
	(17.50 [-0.6], 4-3.25, 27-10.25, 28.66 [-2.1], nm, 67-3, 2:48.21)		

## 4 x 100-METER RELAY

48.42	Rochester	Rockford/D1 State.....	6/ 5/2010
48.61	Saline	Rockford/D1 State.....	6/ 5/2010
48.83	Southfield Lathrup	Rockford/D1 State.....	6/ 5/2010
48.85	Redford Thurston	Rockford/D1 State.....	6/ 5/2010
48.96	Rockford	Rockford/D1 State.....	6/ 5/2010
49.05	Flint Carman-Ainsworth	Rockford/D1 State.....	6/ 5/2010
48.92	Flint Southwestern	Zeeland/D2 State .....	6/ 5/2010
48.99	Rochester	Milford/Oakland County.....	5/28/2010
49.11	Grosse Pointe South	Rockford/D1 State.....	6/ 5/2010
49.13	Southfield	Rockford/D1 State.....	6/ 5/2010
49.14	Ypsilanti Lincoln	Rockford/D1 State.....	6/ 5/2010
49.34	Saline	Temperence/SEC Red .....	5/26/2010
49.37	Saline	Ypsilanti/Meet of Champions.....	6/ 1/2010
49.56	Lansing Sexton	Zeeland/D2 State .....	6/ 5/2010
49.64	TroyRockford/D1 State		6/ 5/2010
49.66	Novi	Rockford/D1 State.....	6/ 5/2010
49.80	Grand Ledge	Rockford/D1 State.....	6/ 5/2010
49.83	Southfield	Dayton/Roosevelt Memorial .....	5/ 1/2010
49.88	Ann Arbor Huron	Rockford/D1 State.....	6/ 5/2010
49.90	Rockford	Jenison/MITCA D1 .....	5/29/2010
49.90	Romulus	Rockford/D1 State.....	6/ 5/2010
49.95	East Lansing	Zeeland/D2 State .....	6/ 5/2010
50.01	Ypsilanti	Rockford/D1 State.....	6/ 5/2010
50.02	Lansing Waverly	Zeeland/D2 State .....	6/ 5/2010
50.14	Williamston	Zeeland/D2 State .....	6/ 5/2010
50.22	Traverse City West	Rockford/D1 State.....	6/ 5/2010
50.23	Grand Blanc	Rockford/D1 State.....	6/ 5/2010
50.32	Ferndale	Zeeland/D2 State .....	6/ 5/2010
50.34	Chelsea	Ypsilanti/Meet of Champions.....	6/ 1/2010
50.35	Pontiac	Rockford/D1 State.....	6/ 5/2010
50.40	Auburn Hills Avondale	Zeeland/D2 State .....	6/ 5/2010
50.41	Pewamo-Westphalia	Jenison/D4 State.....	6/ 5/2010
50.46	Farmington Hills Harrison	Milford/Oakland County.....	5/28/2010
50.46	Oxford	Milford/Oakland County.....	5/28/2010
50.49	Ann Arbor Pioneer	Rockford/D1 State.....	6/ 5/2010
50.53	Rochester Stoney Creek	Rockford/D1 State.....	6/ 5/2010
50.54	Battle Creek Central	Rockford/D1 State.....	6/ 5/2010
50.58	Oak Park	Milford/Oakland County.....	5/28/2010
50.58	Kent City	Comstock Park/D3 State.....	6/ 5/2010

# The Michtrack Top 10

50.63	Schoolcraft	Comstock Park/D3 State .....	6/ 5/2010
50.64	Saginaw Hill	Rockford/D1 State .....	6/ 5/2010
<b>Hand-timed:</b>			
48.8	Saline	Saline/D1 Regional .....	5/21/2010
49.0	Ann Arbor Pioneer	Saline/D1 Regional .....	5/21/2010
49.1	Southfield	West Bloomfield/D1 Regional.....	5/22/2010
49.2	Redford Thurston	Canton/D1 Regional .....	5/22/2010
49.2	Flint Carman-Ainsworth	Flint/Badar Classic .....	6/ 1/2010
49.3	Southfield Lathrup	West Bloomfield/D1 Regional.....	5/22/2010
49.4	Rochester	West Bloomfield/D1 Regional.....	5/22/2010
49.4	Flint Southwestern	Flint/Badar Classic .....	6/ 1/2010
49.5	Ypsilanti Lincoln	Saline/D1 Regional .....	5/21/2010
49.7	Rockford	Grand Rapids/D1 Regional .....	5/22/2010
50.1	East Grand Rapids	Grand Rapids/D2 Regional .....	5/21/2010
50.1	Ypsilanti	Saline/D1 Regional .....	5/22/2010
50.2	Grand Ledge	Holt/D1 Regional .....	5/21/2010
50.3	Auburn Hills Avondale	Bloomfield Hills/D2 Regional.....	5/21/2010
50.3	Ann Arbor Huron	Saline/D1 Regional .....	5/22/2010
50.3	Lansing Waverly	Charlotte/D2 Regional .....	5/21/2010
50.4	Battle Creek Central	Holt/D1 Regional .....	5/21/2010
50.4	Novi	Milford/D1 Regional.....	5/22/2010
50.4	Grosse Pointe South	Grosse Pointe/MAC White .....	5/25/2010
50.5	Oak Park	Bloomfield Hills/OAA Gold.....	5/15/2010
50.6	East Kentwood	Rockford/dual.....	5/10/2010
50.6	Farmington Hills Harrison	West Bloomfield/D1 Regional.....	5/22/2010
50.6	Romulus	Saline/D1 Regional .....	5/22/2010
50.6	Pinckney	Milford/D1 Regional.....	5/22/2010

## 4 x 200-METER RELAY

1:41.8	Detroit Cass Tech	Grosse Pointe/D1 Regional.....	5/21/2010
1:42.16	Rockford	Rockford/D1 State .....	6/ 5/2010
1:42.48	Chelsea	Zeeland/D2 State .....	6/ 5/2010
1:42.64	Ann Arbor Pioneer	Rockford/D1 State.....	6/ 5/2010
1:42.70	Ann Arbor Huron	Rockford/D1 State.....	6/ 5/2010
1:42.91	Southfield	Rockford/D1 State.....	6/ 5/2010
1:43.09	Dearborn Divine Child	Zeeland/D2 State .....	6/ 5/2010
1:43.33	East Kentwood	Rockford/D1 State.....	6/ 5/2010
1:43.43	Lansing Sexton	Lansing/Greater Lansing.....	6/ 2/2010
1:43.46	Ypsilanti Lincoln	Rockford/D1 State.....	6/ 5/2010
1:43.61	Rochester	Milford/Oakland County.....	5/28/2010
1:43.64	Flint Southwestern	Zeeland/D2 State .....	6/ 5/2010
1:43.96	Flint Carman-Ainsworth	Rockford/D1 State.....	6/ 5/2010
1:44.07	Grand Blanc	Traverse City/D1 Regional .....	5/22/2010
1:44.19	Redford Thurston	Rockford/D1 State.....	6/ 5/2010
1:44.24	Detroit Country Day	Zeeland/D2 State .....	6/ 5/2010
1:44.25	Lake Orion	Rockford/D1 State.....	6/ 5/2010
1:44.42	Belleville	Rockford/D1 State.....	6/ 5/2010
1:44.50	East Lansing	Lansing/Greater Lansing.....	6/ 2/2010
1:44.67	Pinckney	Rockford/D1 State.....	6/ 5/2010
1:44.91	Battle Creek Lakeview	Rockford/D1 State.....	6/ 5/2010
1:45.03	Grosse Pointe South	Rockford/D1 State.....	6/ 5/2010
1:45.1	Grand Ledge	Holt/D1 Regional .....	5/21/2010
1:45.28	Jackson	Jackson/Selby Classic .....	6/ 1/2010

## 4 x 400-METER RELAY

3:54.12	Pinckney	Rockford/D1 State.....	6/ 5/2010
3:55.10	Ann Arbor Huron	Rockford/D1 State.....	6/ 5/2010
3:56.5	Pinckney	Milford/D1 Regional.....	5/22/2010
3:56.96	Rockford	Rockford/D1 State.....	6/ 5/2010
3:57.32	Detroit Mumford	Rockford/D1 State.....	6/ 5/2010
3:57.40	Ann Arbor Pioneer	Rockford/D1 State.....	6/ 5/2010
3:57.56	Chelsea	Zeeland/D2 State .....	6/ 5/2010

# The Michtrack Top 10

3:57.82	Lake Orion	Rockford/D1 State.....	6/ 5/2010
3:58.52	Ann Arbor Huron	Ypsilanti/Meet of Champions.....	6/ 1/2010
3:58.68	Saline	Rockford/D1 State.....	6/ 5/2010
3:58.91	Rochester	Rockford/D1 State.....	6/ 5/2010
3:58.98	East Kentwood	Rockford/D1 State.....	6/ 5/2010
4:00.7	Grosse Pointe South	Grosse Pointe/MAC White .....	5/25/2010
4:00.98	Livonia Ladywood	Zeeland/D2 State .....	6/ 5/2010
4:01.31	Frankenmuth	Comstock Park/D3 State.....	6/ 5/2010
4:01.33	Ann Arbor Richard	Livonia/Catholic CD.....	5/26/2010
4:01.37	Detroit Cass Tech	Rockford/D1 State.....	6/ 5/2010
4:01.44	Dearborn Divine Child	Zeeland/D2 State .....	6/ 5/2010
4:01.49	Bloomfield Hills Marian	Zeeland/D2 State .....	6/ 5/2010
4:01.4	Northville	Milford/D1 Regional.....	5/22/2010
4:01.5	Jenison	Grand Rapids/D1 Regional .....	5/22/2010
4:02.07	Woodhaven	Rockford/D1 State.....	6/ 5/2010
4:02.08	Farmington	Rockford/D1 State.....	6/ 5/2010
4:02.63	Middleville	Zeeland/D2 State .....	6/ 5/2010
4:02.6	Alpena	Traverse City/D1 Regional .....	5/22/2010
4:03.0	Lake Orion	Rochester/OAA Red.....	5/14/2010
4:03.17	Plymouth	Rockford/D1 State.....	6/ 5/2010
4:03.1	Troyop	/2010	
4:03.1	Rochester	West Bloomfield/D1 Regional.....	5/22/2010
4:03.31	Flint Southwestern	Zeeland/D2 State .....	6/ 5/2010
4:03.22	Benzie Central	Comstock Park/D3 State.....	6/ 5/2010
4:03.46	Holly	Rockford/D1 State.....	6/ 5/2010
4:03.51	Brighton	Rockford/D1 State.....	6/ 5/2010
4:03.5	Ypsilanti Lincoln	Saline/D1 Regional .....	5/21/2010
4:03.66	Belleville	Rockford/D1 State.....	6/ 5/2010
4:04.12	Hartland	East Lansing/Spartan Classic .....	4/30/2010
4:04.44	Livonia Stevenson	Rockford/D1 State.....	6/ 5/2010
4:04.49	Grandville	Jenison/OK Red.....	5/14/2010

## 4 x 800-METER RELAY

9:05.47	Rochester	Rockford/D1 State.....	6/ 5/2010
9:09.85	Grosse Pointe South	Rockford/D1 State.....	6/ 5/2010
9:15.24	TroyRockford/D1 State	6/ 5/2010	
9:15.29	Saline	Rockford/D1 State.....	6/ 5/2010
9:16.08	East Kentwood	Rockford/D1 State.....	6/ 5/2010
9:18.98	Livonia Churchill	Rockford/D1 State.....	6/ 5/2010
9:19.63	Ann Arbor Huron	Rockford/D1 State.....	6/ 5/2010
9:19.9	East Kentwood	Grand Rapids/D1 Regional .....	5/22/2010
9:21.07	Rockford	Rockford/D1 State.....	6/ 5/2010
9:21.2	Saline	Saline/D1 Regional .....	5/21/2010
9:21.6	Rockford	Grand Rapids/D1 Regional .....	5/22/2010
9:23.75	Traverse City Central	Rockford/D1 State.....	6/ 5/2010
9:23.99	Ann Arbor Pioneer	Rockford/D1 State.....	6/ 5/2010
9:24.0	Rockford	Rockford/dual.....	5/10/2010
9:24.12	East Grand Rapids	Zeeland/D2 State .....	6/ 5/2010
9:24.3	Ann Arbor Pioneer	Saline/D1 Regional .....	5/21/2010
9:25.05	Hartland	Rockford/D1 State.....	6/ 5/2010
9:26.2	Saline	Ann Arbor/River Rat .....	5/15/2010
9:26.5	Rochester	West Bloomfield/Inv.....	5/ 1/2010
9:27.7	Troy	West Bloomfield/Inv.....	5/ 1/2010
9:28.11	Detroit Mumford	Rockford/D1 State.....	6/ 5/2010
9:28.29	Hartland	White Lake/KLAA.....	5/15/2010
9:29.21	Forest Hills Eastern	Zeeland/D2 State .....	6/ 5/2010
9:29.22	Pinckney	Rockford/D1 State.....	6/ 5/2010
9:30.58	Birmingham Seaholm	Rockford/D1 State.....	6/ 5/2010
9:31.52	Brighton	Rockford/D1 State.....	6/ 5/2010
9:32.19	Benzie Central	Comstock Park/D3 State.....	6/ 5/2010
9:32.87	Allendale	Comstock Park/D3 State.....	6/ 5/2010
9:37.12	Rochester Stoney Creek	Rockford/D1 State.....	6/ 5/2010

# The Michtrack Top 10

9:37.52	Monroe	Rockford/D1 State .....	6/ 5/2010
9:37.77	St Clair	Zeeland/D2 State .....	6/ 5/2010
9:38.3	Forest Hills Eastern	Grand Rapids/D2 Regional .....	5/21/2010
9:38.41	Zeeland West	Zeeland/D2 State .....	6/ 5/2010
9:38.7	Grand Haven	Grand Rapids/D1 Regional .....	5/22/2010
9:39.22	Williamston	Lansing/Greater Lansing .....	6/ 2/2010
9:39.77	Hudsonville	Rockford/D1 State .....	6/ 5/2010
9:40.80	Hanover-Horton	Comstock Park/D3 State .....	6/ 5/2010
9:41.55	Clarkston	Rockford/D1 State .....	6/ 5/2010
9:42.0	Flint Carman-Ainsworth	Flint/Runyan .....	5/ 7/2010

## 4 x 1600-METER RELAY

21:26.9	East Grand Rapids	Wyoming Park/Grimm Relays .....	4/24/2010
21:45.9	Hartland	North Farmington/Raider Relays .....	4/24/2010
21:46.9	Allendale	Wyoming Park/Grimm Relays .....	4/24/2010
21:59.9	Hamilton	Wyoming Park/Grimm Relays .....	4/24/2010
22:14.9	Rockford	Wyoming Park/Grimm Relays .....	4/24/2010
22:51.9	Dearborn Divine Child	North Farmington/Raider Relays .....	4/24/2010
22:55.9	Lansing Catholic	Wyoming Park/Grimm Relays .....	4/24/2010
23:17.1	Oxford	North Farmington/Raider Relays .....	4/24/2010
23:42.9	Grand Rapids Christian	Wyoming Park/Grimm Relays .....	4/24/2010
23:50.64	Sturgis	Sturgis/Exchange Relays .....	4/17/2010

## 800-METER SPRINT MEDLEY

1:50.85	Detroit Mumford	Dayton/Roosevelt Memorial .....	5/ 1/2010
1:51.35	Southfield	Dayton/Roosevelt Memorial .....	5/ 1/2010
1:57.84	Southfield Christian	Dayton/Roosevelt Memorial .....	5/ 1/2010
2:00.80	Niles	Sturgis/Exchange Relays .....	4/17/2010

## 1200-METER SPRINT MEDLEY

3:00.9	Rockford	Wyoming Park/Grimm Relays .....	4/24/2010
3:02.5	L'Anse Creuse	Anchor Bay/Relays .....	4/27/2010
3:02.8	Macomb Dakota	Anchor Bay/Relays .....	4/27/2010
3:04.9	Hartland	Lake Fenton/Blue Devils .....	4/17/2010
3:04.9	Yale Anchor Bay/Relays	4/27/2010	
3:05.5	Anchor Bay	Anchor Bay/Relays .....	4/27/2010
3:06.0	L'Anse Creuse North	Anchor Bay/Relays .....	4/27/2010
3:07.3	Zeeland West	Wyoming Park/Grimm Relays .....	4/24/2010
3:07.9	Hamilton	Wyoming Park/Grimm Relays .....	4/24/2010
3:09.7	Croswell-Lexington	Anchor Bay/Relays .....	4/27/2010

## 1600-METER SPRINT MEDLEY

4:19.8	Northville	West Bloomfield/Inv .....	5/ 1/2010
4:20.00	Detroit Mumford	Dayton/Roosevelt Memorial .....	5/ 1/2010
4:20.6	Pinckney	West Bloomfield/Inv .....	5/ 1/2010
4:20.6	TroyWest Bloomfield/Inv	5/ 1/2010	
4:25.6	Brighton	West Bloomfield/Inv .....	5/ 1/2010
4:26.1	Monroe	West Bloomfield/Inv .....	5/ 1/2010
4:26.2	North Farmington	North Farmington/Raider Relays .....	4/24/2010
4:28.7	Livonia Churchill	West Bloomfield/Inv .....	5/ 1/2010
4:33.1	Oxford	North Farmington/Raider Relays .....	4/24/2010
4:38.6	Hartland	North Farmington/Raider Relays .....	4/24/2010

## 2400-METER DISTANCE MEDLEY

7:06.3	Hartland	North Farmington/Raider Relays .....	4/24/2010
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## DISTANCE MEDLEY

12:31.38	Saline	Ypsilanti/Meet of Champions .....	6/ 1/2010
12:33.9	Allendale	Wyoming Park/Grimm Relays .....	4/24/2010
12:41.36	Ann Arbor Pioneer	Ypsilanti/Meet of Champions .....	6/ 1/2010
12:58.6	Hartland	North Farmington/Raider Relays .....	4/24/2010
12:59.3	Rockford	Wyoming Park/Grimm Relays .....	4/24/2010

## The Michtrack Top 10

13:12.0	Zeeland West	Wyoming Park/Grimm Relays .....	4/24/2010
13:12.0	Hamilton	Wyoming Park/Grimm Relays .....	4/24/2010
13:17.6	Dearborn Divine Child	North Farmington/Raider Relays .....	4/24/2010
13:17.8	Lansing Catholic	Wyoming Park/Grimm Relays .....	4/24/2010
13:22.4	St Clair	Anchor Bay/Relays.....	4/27/2010
13:26.38	Brighton	Ypsilanti/Meet of Champions.....	6/ 1/2010
13:27.96	Milan	Ypsilanti/Meet of Champions.....	6/ 1/2010
13:27.9	Oxford	North Farmington/Raider Relays.....	4/24/2010
13:31.32	Chelsea	Ypsilanti/Meet of Champions.....	6/ 1/2010
13:31.7	East Grand Rapids	Wyoming Park/Grimm Relays .....	4/24/2010