

2023 Michigan HS Indoor Track Elite Girls

Includes all indoor meets from the '22-23 school year, including non-MITS events. Shows school affiliations and years for informational purposes, even though no Michigan athletes compete for their schools until the MHSAA season opens.

+ = converted time; # (after team) = relay team probably composed of runners from different schools, or not known; # (after time) = en route time recorded on way to longer distance; (!) = in a field event listing indicates an ancillary mark made in competition.

Relay names/splits: to give the athletes the credit they are due, we are trying to include relay names/splits whenever we can for top marks that might make the all-time lists—help us out there by letting us know. Splits need to add to the total official time, so occasionally I will add a tenth or two, usually to the first runner.

For affected events, oversized track (300m) marks are separated from the main list as they are not eligible for World, American or State records.

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To make corrections: send a note to jeffhollobaugh@gmail.com

Updated 2/19/2024

50 METERS

6.51#	Taryn Henderson (Farmington Hills Mercy)10	Boston/New Balance Nationals (60)	3/12/2023
6.66#	Jayla Dace (Detroit Renaissance)10	Boston/New Balance Nationals (60)	3/12/2023

55 METERS

7.20#	Keyanna O'Tey Sturgis)10	New York/Nike Nationals (60)	3/12/2023
7.30	Ke'Vina Finch (Harrison Twp L'Anse C)12	Ypsilanti/LAB Youth National Invite	2/11/2023
7.33	Kai Allen (Detroit Cass Tech)11	Ypsilanti/LAB Youth National Invite	2/11/2023
7.36	Kennedi Galy (Allendale)10	Ypsilanti/LAB Youth National Invite (h)....	2/11/2023
7.38	Neveah Burns (Oak Park MS)8	Ypsilanti/LAB Youth National Invite	2/11/2023
7.42	Kahlia Hart (Oak Park MS)7	Ypsilanti/LAB Youth National Invite (h)....	2/11/2023
7.42	Londyn James (Farmington Hills Warner MS)8	Ypsilanti/LAB Youth National Invite (h)....	2/11/2023
7.45	Morgan Roundtree (Oak Park)11	Ypsilanti/LAB Youth National Invite (h)....	2/11/2023

60 METERS

7.56	Jayla Dace (Detroit Renaissance)10	Ypsilanti/LAB #2	12/30/2022
7.60	Kamryn Tatum (West Bloomfield)9	Boston/New Balance Nationals	3/11/2023
7.61	Taryn Henderson (Farmington Hills Mercy)10	Ypsilanti/MITS Finals (s)	2/25/2023
7.62	Tatum	Ypsilanti/MITS Finals (s)	2/25/2023
7.63	Dace	Ypsilanti/LAB #9	2/18/2023
7.63	Sabree Brooks (Detroit Renaissance)9	Boston/New Balance Nationals (h)	3/11/2023
7.64	Dace	Ypsilanti/MITS Finals (s)	2/25/2023
7.64	Dace	Ypsilanti/MITS Finals	2/26/2023
7.65	Tatum	Ypsilanti/MITS Finals	2/26/2023
7.66	Dace	Ann Arbor/UM Invitational	1/22/2023
7.66	Tatum	Ypsilanti/LAB #6	1/28/2023
7.67	Brooks	Ann Arbor/UM Invitational	1/22/2023
7.67	Henderson	Boston/New Balance Nationals (s)	3/12/2023
7.67	Henderson	Boston/New Balance Nationals	3/12/2023
7.68	DaKya Cunningham (Berkley)12	Ypsilanti/LAB #9	2/18/2023
7.68	Henderson	Ypsilanti/MITS Finals	2/26/2023
7.69	Dace	Ypsilanti/MITS Finals (s)	2/25/2023
7.69	Brooks	Ypsilanti/MITS Finals	2/26/2023
7.69	Dace	Boston/New Balance Nationals	3/12/2023
7.71	Ke'Vina Finch (Harrison Twp L'Anse Creuse)12	Ypsilanti/MITS Finals (s)	2/25/2023
7.75	Keyanna O'Tey (Sturgis)10	New York/Nike Nationals	3/12/2023
7.76	Elizabeth Anderson (New Boston Huron)12	Ypsilanti/LAB #9	2/18/2023
7.78	Mackenzie Robinson (Ann Arbor Huron)12	Ypsilanti/LAB #3	1/ 7/2023

7.80	Lauren Wooten (Grand Blanc)10	Ypsilanti/LAB #7.....2/ 4/2023
7.82	Jayla Graham (Detroit Renaissance)11	Ypsilanti/MITS #1 12/11/2022
7.82	Madison Sheard (Detroit Renaissance)12	Ypsilanti/LAB #2..... 12/30/2022
7.82	Lailah Palmer (Beverly Hills Groves)12	Ypsilanti/LAB #9.....2/18/2023
7.84	Asia Elder (Detroit Renaissance)9	Ann Arbor/UM Invitational 1/22/2023
7.85	Camryn Batt (Portage Northern)12	Ypsilanti/MITS Finals (s) 2/25/2023
7.88	Willow Mason (?)8	Ypsilanti/LAB #7 (h)2/ 4/2023
7.88	Allie DeLost (Zeeland East)12	Allendale/GVSU Laker Challenge..... 3/23/2023
7.91	Camryn Batt (Portage Northern)12	Allendale/GVSU #4..... 1/28/2023

200 METERS

24.56	Taryn Henderson (Farmington Hills Mercy)10	Boston/New Balance Nationals (h) 3/11/2023
24.64	Jayla Dace (Detroit Renaissance)10	Boston/New Balance Nationals (h) 3/11/2023
24.66	Henderson	Boston/New Balance Nationals 3/12/2023
24.77	Mackenzie Robinson (Ann Arbor Huron)12	Boston/New Balance Nationals (h) 3/11/2023
24.79	Kamryn Tatum (West Bloomfield)9	Boston/New Balance Nationals (h) 3/11/2023
24.82	Nevaeh Burns (Oak Park MS)8	Boston/New Balance Nationals (h) 3/11/2023
24.84	Elizabeth Anderson (New Boston Huron)12	Boston/New Balance Nationals (h) 3/11/2023
24.89	Lindsay Johnson (Detroit Cass Tech)11	Boston/New Balance Nationals (h) 3/11/2023
25.05	Asia Elder (Detroit Renaissance)9	Boston/New Balance Nationals (h) 3/11/2023
25.12	Kai Allen (Detroit Cass Tech)11	Boston/New Balance Nationals (h) 3/11/2023
25.27	DaKya Cunningham (Berkley)12	Ann Arbor/UM Invitational 1/22/2023
25.42	Jayla Graham (Detroit Renaissance)11	Boston/New Balance Nationals (h) 3/11/2023
25.43	Ke'Vina Finch (Harrison Twp L'Anse Creuse)12	Boston/New Balance Nationals (h) 3/11/2023
25.46	Lailah Palmer (Beverly Hills Groves)12	Boston/New Balance Nationals (h) 3/11/2023
25.85	Emma Thomas (Midland Dow)11	Ann Arbor/UM Invitational 1/22/2023
25.89	Sabree Brooks (Detroit Renaissance)9	Ypsilanti/MITS #1 12/11/2022
25.90	Kennedi Galy (Allendale)10	Mt Pleasant/CMU MITS #1 2/ 5/2023
25.91	Shelby Sanders (Detroit Renaissance)11	Houston/Fastrak-Coach O Challenge 2/ 4/2023
25.98	Carrie VanNoy (Oak Park)10	Ann Arbor/UM Invitational 1/22/2023

Oversized Track:

24.63	Kamryn Tatum (West Bloomfield)9	Ypsilanti/MITS Finals 2/26/2023
24.71	Tatum	Ypsilanti/LAB #6..... 1/28/2023
24.79	Elizabeth Anderson (New Boston Huron)12	Ypsilanti/MITS Finals 2/26/2023
24.83	Anderson	Ypsilanti/MITS Finals (h)..... 2/25/2023
24.87	Ke'Vina Finch (Harrison Twp L'Anse C)12	Ypsilanti/LAB Youth National Invite 2/11/2023
24.88	Mackenzie Robinson (Ann Arbor Huron)12	Ypsilanti/MITS Finals 2/26/2023
24.91	Nevaeh Burns (Oak Park MS)8	Ypsilanti/MITS Finals 2/26/2023
24.99	Lailah Palmer (Beverly Hills Groves)12	Ypsilanti/MITS Finals 2/26/2023
25.10	Sabree Brooks (Detroit Renaissance)9	Ypsilanti/LAB #9..... 2/18/2023
25.11	Jayla Dace (Detroit Renaissance)10	Ypsilanti/LAB #9..... 2/18/2023
25.15	Kai Allen (Detroit Cass Tech)11	Geneva/Spire Scholastic 2/ 5/2023
25.17	Taryn Henderson (Farmington Hills Mercy)10	Ypsilanti/LAB #7..... 2/ 4/2023
25.18	DaKya Cunningham (Berkley)12	Ypsilanti/LAB #9..... 2/18/2023
25.39	Carrie VanNoy (Oak Park)10	Ypsilanti/MITS Finals 2/26/2023
25.46	Jayla Graham (Detroit Renaissance)11	Ypsilanti/MITS Finals 2/26/2023
25.47	Lindsay Johnson (Detroit Cass Tech)11	Ypsilanti/LAB Youth National Invite (h).... 2/11/2023

300 METERS

40.01#	Nevaeh Burns (Oak Park MS)8	Boston/New Balance Nationals 3/11/2023
40.17#	Burns	Boston/New Balance Nationals (400) (h)3/10/2023
41.00#	Lindsay Johnson (Detroit Cass Tech)11	Boston/New Balance Nationals (400) (h)3/10/2023
41.06#	Elizabeth Anderson (New Boston Huron)12	Boston/New Balance Nationals (400) (h)3/10/2023
41.44#	Kelis Hunter-Young (Oak Park)11	Boston/New Balance Nationals (400) 3/10/2023
41.95#	Gabrielle Jeffries (Bloomfield Hills)12	Boston/New Balance Nationals (400) 3/10/2023

Oversized Track:

39.62	Neveah Burns (Oak Park MS)8	Ypsilanti/LAB #3..... 1/ 7/2023
39.67	Mackenzie Robinson (Ann Arbor Huron)12	Ypsilanti/LAB #3..... 1/ 7/2023
39.70	Elizabeth Anderson (New Boston Huron)12	Ypsilanti/LAB #1..... 12/17/2022
40.71	Taryn Henderson (Farmington Hills Mercy)10	Ypsilanti/LAB #1..... 12/17/2022
40.79	Kai Allen (Detroit Cass Tech)11	Ypsilanti/LAB #1..... 12/17/2022
41.15	Lailah Palmer (Beverly Hills Groves)12	Ypsilanti/LAB #1..... 12/17/2022

41.38	Morgan Roundtree (Oak Park)11	Ypsilanti/LAB #1.....	12/17/2022
41.40	Nonah Waldron (Oak Park)12	Ypsilanti/LAB #1.....	12/17/2022
41.98	Ke'Vina Finch (Harrison Twp L'Anse Creuse)12	Ypsilanti/LAB #1.....	12/17/2022

400 METERS

55.22	Neveah Burns (Oak Park MS)8	Boston/New Balance Nationals (h)	3/10/2023
55.61	Burns	Boston/New Balance Nationals	3/11/2023
55.65	Burns	Ann Arbor/UM Invitational	1/22/2023
56.82	Elizabeth Anderson (New Boston Huron)12	Ann Arbor/UM Invitational	1/22/2023
57.10	Anderson	Boston/New Balance Nationals (h)	3/10/2023
57.21	Lindsay Johnson (Detroit Cass Tech)11	Boston/New Balance Nationals (h)	3/10/2023
57.32	Kelis Hunter-Young (Oak Park)11	Boston/New Balance Nationals	3/10/2023
57.67	Liliane Aittama (South Lyon East)12	New York/Nike Nationals	3/10/2023
57.75	Burns	Chicago/Akinosun Inv	1/15/2023
57.75	Burns	Ypsilanti/AAU 14&U Nationals	2/17/2023
57.85	Taryn Henderson (Farmington Hills Mercy)10	Boston/New Balance Nationals	3/10/2023
57.88	Emma Thomas (Midland Dow)11	Ypsilanti/EMU MITS	2/ 5/2023
58.21	Morgan Roundtree (Oak Park)11	Ann Arbor/UM Invitational	1/22/2023
58.26	Gabrielle Jeffries (Bloomfield Hills)12	Boston/New Balance Nationals	3/10/2023
58.71	Janae Coleman (Oak Park MS)7	Boston/New Balance Nationals	3/ 9/2023
58.73	Kylee King (Oak Park)11	Chicago/Akinosun Inv	1/15/2023
58.94	Kamryn Tatum (West Bloomfield)9	Ann Arbor/UM Invitational	1/22/2023
59.30	Shelby Sanders (Detroit Renaissance)11	Houston/Fastrak-Coach O Challenge	2/ 4/2023
59.33	Kai Allen (Detroit Cass Tech)11	Ann Arbor/UM Invitational	1/22/2023
59.43	Destiney Williams (Detroit Renaissance)11	Ann Arbor/UM Invitational	1/22/2023
59.90	Lundon Johnson (Detroit Renaissance)10	Houston/Fastrak-Coach O Challenge	2/ 4/2023
59.97	Joy Evans (Alma)10	Ann Arbor/UM Invitational	1/22/2023

Oversized Track:

54.21	Neveah Burns (Oak Park MS)8	Ypsilanti/MITS Finals	2/26/2023
55.10	Taryn Henderson (Farmington Hills Mercy)10	Ypsilanti/MITS Finals	2/26/2023
56.41	Cayla Hawkins (East Lansing MS)6	Ypsilanti/MITS Finals	2/26/2023
56.49	Burns	Ypsilanti/LAB #2.....	12/30/2022
56.49	Burns	Ypsilanti/LAB #7.....	2/ 4/2023
56.75	Nonah Waldron (Oak Park)12	Ypsilanti/MITS Finals	2/26/2023
56.80	Lindsay Johnson (Detroit Cass Tech)11	Ypsilanti/MITS Finals	2/26/2023
56.86	Morgan Roundtree (Oak Park)11	Ypsilanti/MITS Finals	2/26/2023
57.14	Elizabeth Anderson (New Boston Huron)12	Saginaw/SVSU #2	1/ 7/2023
57.20	Burns	Saginaw/MITS #1	12/10/2022
57.30	Kelis Hunter-Young (Oak Park)11	Ypsilanti/MITS Finals	2/26/2023
57.37	Gabrielle Jeffries (Bloomfield Hills)12	Ypsilanti/MITS Finals	2/26/2023
57.57	Janae Coleman (Oak Park MS)7	Ypsilanti/MITS Finals	2/26/2023
57.65	Kamryn Tatum (West Bloomfield)9	Ypsilanti/LAB #2.....	12/30/2022
57.89	Mackenzie Robinson (Ann Arbor Huron)12	Ypsilanti/LAB #6.....	1/28/2023
58.44	Emma Thomas (Midland Dow)11	Ypsilanti/MITS Finals	2/26/2023
58.61	Liliane Aittama (South Lyon East)12	Ypsilanti/LAB Youth National Invite	2/11/2023
58.61	Emmry Ross (Onsted)10	Ypsilanti/MITS Finals	2/26/2023
58.68	Kylee King (Oak Park)11	Saginaw/MITS #1	12/10/2022
58.72	Kai Allen (Detroit Cass Tech)11	Geneva/SPIRE Scholastic Showcase.....	2/ 5/2023
58.74	Rhian Jeffries (Detroit Renaissance)9	Ypsilanti/MITS Finals	2/26/2023
58.83	Lauren Bickerdt (Detroit Renaissance)10	Ypsilanti/LAB #2.....	12/30/2022
58.92	Shelby Sanders (Detroit Renaissance)11	Ypsilanti/LAB #9.....	2/18/2023
58.94	Destiney Williams (Detroit Renaissance)10	Ypsilanti/MITS Finals	2/26/2023
58.97	Joy Evans (Alma)10	Saginaw/SVSU #6	2/18/2023

600 METERS

1:40.08	Layla Jordan (Goodrich)10	Chicago/CYUP Misfits	1/21/2023
1:41.57#	Kylee King (Oak Park)11	Ann Arbor/UM Invitational (800).....	1/22/2023
1:43.67#	Mia Rogan (Saline)12	Ann Arbor/UM Invitational (800).....	1/22/2023
1:43.75#	Taylor Pangburn (Grand Ledge)12	Ann Arbor/UM Invitational (800).....	1/22/2023
1:43.79#	Payton Scheffler (Woodhaven)11	Ann Arbor/UM Invitational (800).....	1/22/2023
1:43.89#	Janae Coleman (Oak Park MS)7	Ann Arbor/UM Invitational (800).....	1/22/2023
1:44.07#	Megan Postma (Holland West Ottawa)12	Ann Arbor/UM Invitational (800).....	1/22/2023

1:44.47#	Natalie Kessler (Ann Arbor Skyline)12	Ann Arbor/UM Invitational (800).....	1/22/2023
Oversized Track:			
1:37.08	Kylee King (Oak Park)11	Ypsilanti/LAB #1.....	12/17/2022
1:38.37	Lauren Bickerdt (Detroit Renaissance)10	Ypsilanti/LAB #1.....	12/17/2022
1:38.66	Payton Scheffler (Woodhaven)11	Ypsilanti/LAB #1.....	12/17/2022
1:39.32	Leah Thomas (Oak Park MS)8	Ypsilanti/LAB #1.....	12/17/2022
1:39.61	King	Ypsilanti/LAB #3.....	1/ 7/2023
1:41.62	Rhian Jeffries (Detroit Renaissance)9	Ypsilanti/LAB #1.....	12/17/2022
1:42.36	Natalie Kessler (Ann Arbor Skyline)12	Ypsilanti/LAB #1.....	12/17/2022
1:43.57	Emmry Ross (Onsted)10	Ypsilanti/LAB #3.....	1/ 7/2023
1:43.74	Katarina Munson (Ann Arbor MS)8	Ypsilanti/LAB #1.....	12/17/2022

800 METERS

2:13.83	Rachel Forsyth (Ann Arbor Pioneer)11	Ypsilanti/Huron Relays – Large.....	3/25/2023
2:14.22	Madison Osterberg (Jackson Lumen Christi)11	Ypsilanti/EMU MITS #2.....	1/15/2023
2:14.86	Mia Rogan (Saline)12	Boston/New Balance Nationals	3/11/2023
2:14.91	Liliane Aittama (South Lyon East)12	New York/Nike Nationals	3/11/2023
2:15.52	Kylee King (Oak Park)11	Chicago/Akinosun Inv	1/15/2023
2:15.57	Payton Scheffler (Woodhaven)11	Ypsilanti/EMU MITS #2.....	1/15/2023
2:15.88	Aiden Harrand (Buckley)11	Ypsilanti/EMU MITS #2.....	1/15/2023
2:17.16	Emma DeVries (GR WM Aviation)11	Boston/New Balance Nationals	3/11/2023
2:17.41	Layla Jordan (Goodrich)10	New York/Nike Nationals	3/12/2023
2:17.56	Natalie Kessler (Ann Arbor Skyline)12	New York/Nike Nationals	3/11/2023
2:18.46	Sylvia Sanok Dufallo (Ann Arbor Pioneer)11	Ypsilanti/EMU MITS #2.....	1/15/2023
2:19.19	Megan Postma (Holland West Ottawa)12	Ann Arbor/UM Invitational	1/22/2023
2:19.57	Taylor Pangburn (Grand Ledge)12	Ann Arbor/UM Invitational.....	1/22/2023
2:20.01	Emily Cooper (Ann Arbor Pioneer)12	Ypsilanti/EMU MITS #2.....	1/15/2023

Oversized Track:

2:11.51	Madison Osterberg (Jackson Lumen Christi)11	Ypsilanti/MITS Finals	2/26/2023
2:11.96	Osterberg	Saginaw/SVSU Distance Festival.....	2/11/2023
2:13.58	Payton Scheffler (Woodhaven)11	Ypsilanti/MITS Finals	2/26/2023
2:14.20	Mia Rogan (Saline)12	Saginaw/SVSU Distance Festival.....	2/11/2023
2:14.21	Emma DeVries (GR WM Aviation)11	Allendale/GVSU #5.....	2/18/2023
2:14.22	Megan Postma (Holland West Ottawa)12	Allendale/GVSU #5.....	2/18/2023
2:14.60	Aiden Harrand (Buckley)11	Saginaw/SVSU Distance Festival.....	2/11/2023
2:15.11	Valerie Beeck (Grand Haven)10	Allendale/GVSU Laker Challenge.....	3/23/2023
2:16.02	Natalie Kessler (Ann Arbor Skyline)12	Ypsilanti/MITS Finals	2/26/2023
2:16.11	Jessica Jazwinski (Hart)10	Allendale/GVSU #4.....	1/28/2023
2:16.13	Emmry Ross (Onsted)10	Ypsilanti/MITS Finals	2/26/2023
2:16.43	Jayden Harberts (Macomb Dakota)11	Ypsilanti/LAB #9.....	2/18/2023
2:16.74	Layla Jordan (Goodrich)10	Ypsilanti/MITS Finals	2/26/2023
2:16.75	Liliane Aittama (South Lyon East)12	Ypsilanti/LAB Youth National Invite.....	2/11/2023
2:17.04	Kylee King (Oak Park)11	Ypsilanti/LAB #7.....	2/ 4/2023
2:17.18	Janae Coleman (Oak Park MS)7	Ypsilanti/LAB #7.....	2/ 4/2023
2:17.28	Sylvia Sanok Dufallo (Ann Arbor Pioneer)11	Allendale/GVSU #4.....	1/28/2023
2:17.37	Emily Cooper (Ann Arbor Pioneer)12	Allendale/GVSU #4.....	1/28/2023
2:17.65	Ava Maginity (Boyne City)12	Ypsilanti/MITS Finals	2/26/2023
2:17.66	Lauren Bickerdt (Detroit Renaissance)10	Ypsilanti/LAB #9.....	2/18/2023
2:18.07	Mackenzie Sellenraad (Saline)10	Ypsilanti/MITS Finals	2/26/2023
2:18.22	Addie Birkholz (Holland West Ottawa)9	Allendale/GVSU #5.....	2/18/2023
2:18.82	Daisy Speet (Grand Rapids homeschool)11	Allendale/GVSU #4.....	1/28/2023
2:18.87	Taylor Pangburn (Grand Ledge)12	Ypsilanti/LAB #2.....	12/30/2022

1000 METERS

3:04.38	Layla Jordan (Goodrich)10	Chicago/CYUP Misfits	1/21/2023
3:10.94#	Annika Sandman (Lowell)12	Boston/New Balance Nationals	3/12/2023
3:11.57#	Taylor Pangburn (Grand Ledge)12	Boston/New Balance Nationals (1M)	3/12/2023
3:12.54#	Emily Tomes (GR Catholic Central)11	Boston/New Balance Nationals (1M)	3/12/2023

1500 METERS

4:48.36#	Taylor Pangburn (Grand Ledge)12	Boston/New Balance Nationals (1M)	3/12/2023
4:48.79#	Annika Sandman (Lowell)12	Boston/New Balance Nationals (1M)	3/12/2023

4:49.79#	Caroline Vance (Ann Arbor Skyline)12	New York/Nike Nationals (1M).....	3/11/2023
4:50.88#	Emily Tomes (GR Catholic Central)11	Boston/New Balance Nationals (1M)	3/12/2023
4:51.95#	Layla Jordan (Goodrich)10	New York/Nike Nationals (1M).....	3/11/2023
4:52.31#	Kendra Koster (Lawton)11	New York/Nike Nationals (1M).....	3/11/2023
4:52.76#	Alisia Olteanu (Walled Lake Western)11	New York/Nike Nationals (1M).....	3/11/2023
4:52.90#	Aiden Harrand (Buckley)11	New York/Nike Nationals (1M).....	3/11/2023

Oversized Track:

4:45.19	Jessie Jazwinski (Hart)10	Ypsilanti/LAB Youth National Invite	2/11/2023
4:50.43	Natalie Kessler (Ann Arbor Skyline)12	Ypsilanti/LAB Youth National Invite	2/11/2023

1600 METERS

5:01.36	Aiden Harrand (Buckley)11	Mt Pleasant/CMU MITS #1	2/ 5/2023
5:02.32	Madison Osterberg (Jackson Lumen Christi)11	Ypsilanti/EMU MITS	2/ 5/2023
5:02.80	Arianne Olson (Holland West Ottawa)12	Grand Rapids/Aquinas MITS	2/11/2023
5:05.19	Mary Richmond (Frankenmuth)11	Mt Pleasant/CMU MITS #1 (1M).....	2/ 5/2023
5:05.67#	Taylor Pangburn (Grand Ledge)12	Boston/New Balance Nationals (1M)	3/12/2023
5:07.67#	Annika Sandman (Lowell)12	Boston/New Balance Nationals	3/12/2023
5:07.66+	Caroline Vance (Ann Arbor Skyline)12	New York/Nike Nationals (5:09.45)	3/11/2023
5:08.72	Jessica Jazwinski (Hart)10	Grand Rapids/Aquinas #2.....	1/22/2023
5:09.34+	Layla Jordan (Goodrich)10	New York/Nike Nationals (5:11.14)	3/11/2023
5:09.45#	Emily Tomes (GR Catholic Central)11	Boston/New Balance Nationals (1M)	3/12/2023
5:12.10+	Natalie VanOtteren (Grand Rapids Christian)11	Ann Arbor/UM Invitational (5:13.92).....	1/22/2023
5:12.60+	Kendra Koster (Lawton)11	New York/Nike Nationals (5:14.42)	3/11/2023

Oversized Track:

4:53.33	Rachel Forsyth (Ann Arbor Pioneer)11	Ypsilanti/SEC Invite	3/23/2023
4:53.61	Jessica Jazwinski (Hart)9	Ypsilanti/MITS Finals	2/26/2023
4:56.71	Arianne Olson (Holland West Ottawa)12	Allendale/GVSU Laker Challenge	3/23/2023
4:57.94	Annika Sandman (Lowell)12	Allendale/GVSU Laker Challenge.....	3/23/2023
4:58.31	Aiden Harrand (Buckley)11	Allendale/GVSU #4	1/28/2023
4:59.07	Allie Arnsman (Grandville)12	Allendale/GVSU Laker Challenge	3/23/2023
4:59.93	Emily Cooper (Ann Arbor Pioneer)12	Ypsilanti/SEC Invite	3/23/2023
5:00.39	Jayden Harberts (Macomb Dakota)11	Ypsilanti/LAB #9.....	2/18/2023
5:01.00	Sylvia Sanok Dufallo (Ann Arbor Pioneer)11	Ypsilanti/SEC Invite	3/23/2023
5:01.47	Taylor Pangburn (Grand Ledge)12	Ypsilanti/MITS Finals	2/26/2023
5:02.22	Elena Figueroa (St Joseph)10	Ypsilanti/MITS Finals	2/26/2023
5:02.94	Emily Tomes (GR Catholic Central)11	Allendale/GVSU #1	12/ 2/2022
5:03.42	Mary Richmond (Frankenmuth)11	Ypsilanti/MITS Finals	2/26/2023

MILE (no conversions)

5:07.24	Taylor Pangburn (Grand Ledge)12	Boston/New Balance Nationals	3/12/2023
5:09.33	Annika Sandman (Lowell)12	Boston/New Balance Nationals	3/12/2023
5:09.45	Caroline Vance (Ann Arbor Skyline)12	New York/Nike Nationals	3/11/2023
5:11.14	Layla Jordan (Goodrich)10	New York/Nike Nationals	3/11/2023
5:11.38	Emily Tomes (GR Catholic Central)11	Boston/New Balance Nationals	3/12/2023
5:12.03	Mary Richmond (Frankenmuth)11	Ann Arbor/UM Invitational	1/22/2023
5:13.92	Natalie VanOtteren (Grand Rapids Christian)11	Ann Arbor/UM Invitational	1/22/2023
5:14.42	Kendra Koster (Lawton)11	New York/Nike Nationals	3/11/2023
5:14.97	Madison Clor (Romeo)12	Ann Arbor/UM Invitational	1/22/2023
5:14.98	Aiden Harrand (Buckley)11	New York/Nike Nationals	3/11/2023
5:15.56	Emily Cooper (Ann Arbor Pioneer)12	Ann Arbor/UM Invitational	1/22/2023
5:16.93	Megan Germain (Otsego)11	Ann Arbor/UM Invitational	1/22/2023

Oversized Track:

5:03.23	Jayden Harberts (Macomb Dakota)11	Saginaw/SVSU Distance Festival	2/11/2023
5:03.31	Jessica Jazwinski (Hart)9	Allendale/GVSU #3	1/ 7/2023
5:05.53	Mary Richmond (Frankenmuth)11	Saginaw/SVSU Distance Festival	2/11/2023
5:05.88	Madison Osterberg (Jackson Lumen Christi)11	Allendale/GVSU #3	1/ 7/2023
5:06.60	Allie Arnsman (Grandville)12	Allendale/GVSU #3	1/ 7/2023
5:09.07	Annika Sandman (Lowell)12	Allendale/GVSU #3	1/ 7/2023
5:10.42	Aiden Harrand (Buckley)11	Allendale/GVSU #3	1/ 7/2023
5:10.72	Emily Cooper (Ann Arbor Pioneer)12	Allendale/GVSU #3	1/ 7/2023
5:10.99	Cassie Garcia (Northville)10	Saginaw/SVSU Distance Festival	2/11/2023
5:11.22	Madison Clor (Romeo)12	Saginaw/SVSU Distance Festival	2/11/2023

3000 METERS

10:06.07# Annika Sandman (Lowell)12
10:10.48# Mary Richmond (Frankenmuth)11
10:10.54# Jayden Harberts (Macomb Dakota)11
10:11.09# Allie Arnsman (Grandville)12
10:17.70# Madison Clor (Romeo)12
10:18.23# Clara James-Heer (Forest Hills Central)11
10:22.53# Ezgi Kurt (Alma)10
10:25.00# Katrina Sandman (Lowell)12
10:26.67# Cassie Garcia (Northville)10
10:28.48# Emmerson Clor (Romeo)9
10:34.40# Sophia Rhein (Traverse City St Francis)12
10:34.63# Chloe Nixon (Rochester)12

Boston/New Balance Nationals (2M)3/10/2023
Boston/New Balance Nationals (2M)3/10/2023
Ann Arbor/UM Invitational (3200).....1/22/2023
Boston/New Balance Nationals (2M)3/10/2023
Boston/New Balance Nationals (2M)3/10/2023
Ann Arbor/UM Invitational (3200).....1/22/2023
New York/Nike Nationals (2M)3/10/2023
Boston/New Balance Nationals (2M)3/10/2023
Boston/New Balance Nationals (2M)3/ 9/2023
Boston/New Balance Nationals (2M)3/ 9/2023
New York/Nike Nationals (5K).....3/11/2023
New York/Nike Nationals (5K).....3/11/2023

3200 METERS

10:45.00# Annika Sandman (Lowell)12
10:49.03 Jayden Harberts (Macomb Dakota)11
10:49.74# Mary Richmond (Frankenmuth)11
10:49.84# Allie Arnsman (Grandville)12
10:55.48# Madison Clor (Romeo)12
10:59.20+ Ezgi Kurt (Alma)10
11:00.00 Clara James-Heer (Forest Hills Central)11
11:02.38+ Cassie Garcia (Northville)10
11:06.48# Katrina Sandman (Lowell)12
11:09.43+ Emmerson Clor (Romeo)9

Boston/New Balance Nationals (2M)3/10/2023
Ann Arbor/UM Invitational1/22/2023
Boston/New Balance Nationals (2M)3/10/2023
Boston/New Balance Nationals (2M)3/10/2023
Boston/New Balance Nationals (2M)3/10/2023
New York/Nike Nationals (11:03.04)3/10/2023
Ann Arbor/UM Invitational1/22/2023
Boston/New Balance Nat (11:06.24).....3/ 9/2023
Boston/New Balance Nationals (2M)3/10/2023
Boston/New Balance Nationals (11:13.33)3/ 9/2023

Oversized Track:

10:40.89 Rachel Forsyth (Ann Arbor Pioneer)11
10:44.89 Allie Arnsman (Grandville)12
10:46.21 Annika Sandman (Lowell)12
10:47.47 Jessi Jazwinski (Hart)9
10:47.91 Chloe Nixon (Rochester)12
10:48.22 Emily Cooper (Ann Arbor Pioneer)12
10:49.28 Mary Richmond (Frankenmuth)11
10:50.88 Kaylie Livingston (Whitmore Lake MS)8
10:51.62 Jayden Harberts (Macomb Dakota)11
10:53.49 Elena Figueroa (St Joseph)10
11:01.60 Emily Tomes (GR Catholic Central)11

Allendale/GVSU #52/18/2023
Allendale/GVSU #52/18/2023
Ypsilanti/MITS Finals2/25/2023
Allendale/GVSU #52/18/2023
Ypsilanti/MITS Finals2/25/2023
Allendale/GVSU #52/18/2023
Allendale/GVSU #52/18/2023
Allendale/GVSU #52/18/2023
Ypsilanti/LAB #61/28/2023
Ypsilanti/MITS Finals2/25/2023
Allendale/GVSU #52/18/2023

2 MILE – no conversions

10:48.49 Annika Sandman (Lowell)12
10:53.47 Mary Richmond (Frankenmuth)11
10:53.58 Allie Arnsman (Grandville)12
10:58.97 Madison Clor (Romeo)12
11:03.04 Ezgi Kurt (Alma)10
11:06.24 Cassie Garcia (Northville)10
11:10.47 Katrina Sandman (Lowell)12
11:13.33 Emmerson Clor (Romeo)9
11:24.34 Larissa McGrath (Cedar Springs)12
11:33.72 Allison Kuzma (Zeeland East)11

Boston/New Balance Nationals3/10/2023
Boston/New Balance Nationals3/10/2023
Boston/New Balance Nationals3/10/2023
Boston/New Balance Nationals3/10/2023
New York/Nike Nationals3/10/2023
Boston/New Balance Nationals3/ 9/2023
Boston/New Balance Nationals3/10/2023
Boston/New Balance Nationals3/ 9/2023
New York/Nike Nationals3/10/2023
New York/Nike Nationals3/10/2023

5000 METERS

17:38.63 Chloe Nixon (Rochester)12
17:51.59 Cassie Garcia (Northville)10
17:59.35 Sophia Rhein (Traverse City St Francis)12
18:18.02 Allison Kuzma (Zeeland East)11

New York/Nike Nationals3/11/2023
Boston/New Balance Nationals3/11/2023
New York/Nike Nationals3/11/2023
New York/Nike Nationals3/11/2023

55-METER HURDLES

8.15 Nonah Waldron (Oak Park)12
8.23 Morgan Roundtree (Oak Park)11
8.79 Carrie VanNoy (Oak Park)10
8.89# Megan Zahnow (Vicksburg)11
8.91 Margaret Monaghan (Port Huron Northern)12
8.91 Kahlia Hart (Oak Park MS)7

Ypsilanti/LAB Youth National Invite2/11/2023
Ypsilanti/LAB Youth National Invite2/11/2023
Ypsilanti/LAB Youth National Invite (h)....2/11/2023
New York/Nike Nationals (60) (h).....3/11/2023
Ypsilanti/LAB Youth National Invite (h)....2/11/2023
Ypsilanti/LAB Youth National Invite (h)....2/11/2023

9.03 Jayda Watson (Oak Park)10 Ypsilanti/LAB Youth National Invite (h).... 2/11/2023

60-METER HURDLES

8.39	Nonah Waldron (Oak Park)12	Ypsilanti/MITS Finals	2/26/2023
8.46	Waldron	Ann Arbor/UM Invitational	1/22/2023
8.47	Waldron	Ypsilanti/MITS Finals (s)	2/25/2023
8.52	Waldron	Ypsilanti/MITS Finals (h)	2/25/2023
8.53	Waldron	Boston/New Balance Nationals (s)	3/12/2023
8.55	Waldron	Ann Arbor/UM Invitational (h).....	1/22/2023
8.62	Waldron	Boston/New Balance Nationals	3/12/2023
8.63	Morgan Roundtree (Oak Park)11	Ann Arbor/UM Invitational	1/22/2023
8.63	Waldron	Ypsilanti/LAB #7 (h)	2/ 4/2023
8.64	Waldron	Boston/New Balance Nationals (h)	3/11/2023
8.68	Waldron	Ypsilanti/LAB #7	2/ 4/2023
8.71	Waldron	Chicago/Akinosun Inv	1/15/2023
8.72	Waldron	Ypsilanti/LAB #2.....	12/30/2022
8.73	Waldron	Chicago/Akinosun Inv (h).....	1/15/2023
8.74	Roundtree	Ypsilanti/MITS Finals (s)	2/25/2023
8.75	Roundtree	Chicago/Akinosun Inv	1/15/2023
8.78	Waldron	Ypsilanti/LAB #3.....	1/ 7/2023
8.78	Roundtree	Ann Arbor/UM Invitational (h).....	1/22/2023
8.79	Waldron	Ypsilanti/LAB #1.....	12/17/2022
8.80	Carrie VanNoy (Oak Park)10	Boston/New Balance Nationals	3/12/2023
8.98	Maya Rollins (Ann Arbor Pioneer)11	Virginia Beach/adidas Nationals	3/17/2023
9.09	Lauren Bickerdt (Detroit Renaissance)10	Saginaw/SVSU #2	1/ 7/2023
9.17	Ella Jenkins (Warren Regina)12	Ypsilanti/EMU MITS	2/ 5/2023
9.19	Margaret Monaghan (Port Huron Northern)12	Saginaw/D1-2 Invitational	3/22/2023
9.20	Celeste Davis (Detroit Renaissance)10	Ypsilanti/MITS Finals (s)	2/25/2023
9.28	Aliyah Ferguson (Ann Arbor Huron)10	Ypsilanti/MITS Finals (s)	2/25/2023
9.29	Martia Williams (Detroit Renaissance)12	Ypsilanti/MITS Finals	2/26/2023
9.32	Shelby Sanders (Detroit Renaissance)11	Ann Arbor/UM Invitational	1/22/2023
9.45	Megan Zahnow (Vicksburg)11	Ypsilanti/MITS Finals (s)	2/25/2023
9.47	Alana Bracey (East Kentwood)9	Allendale/GVSU Laker Challenge.....	3/23/2023
9.49	Abbie Terry (East Kentwood)10	Allendale/GVSU Laker Challenge (h)	3/23/2023
9.54	Brianna Rhodea (Tecumseh)12	Ypsilanti/SEC Invite	3/23/2023
9.57	Gabrielle Robinson (Troy Athens)10	Ypsilanti/MITS Finals (s)	2/25/2023
9.59	Ciara Rosenzweig (Rockford)11	Ypsilanti/SEC Invite	3/23/2023
9.60	Keiyera Johnson (Jackson)12	Ypsilanti/SEC Invite	3/23/2023
9.65	Kennedy Gardner (Portage Central)12	Allendale/GVSU #4.....	1/28/2023
9.66	Abby Denouden (Rockford)12	Allendale/GVSU #2.....	12/17/2022

300 HURDLES (300 track)

43.44	Morgan Roundtree (Oak Park)11	Ypsilanti/LAB Youth National Invite	2/11/2023
46.26	Maya Goncalves (Ypsilanti Lincoln)12	Ypsilanti/LAB Youth National Invite	2/11/2023
46.88	Melanie Macias (Ypsilanti Lincoln)12	Ypsilanti/LAB Youth National Invite	2/11/2023
48.39	Keiyera Johnson (Jackson)12	Ypsilanti/SEC Invite	3/23/2023
48.96	Jordan Douglas (Ann Arbor Huron)12	Ypsilanti/LAB #2.....	12/30/2022
49.25	Martia Williams (Detroit Renaissance)12	Ypsilanti/LAB #2.....	12/30/2022
50.19	Janell Brown (East Lansing)11	Ypsilanti/Lincoln Indoor Inv	4/ 8/2023
50.49	Mira Renaldo (Canton)11	Ypsilanti/LAB Youth National Invite	2/11/2023
50.57	Celeste Davis (Detroit Renaissance)10	Ypsilanti/LAB #2.....	12/30/2022
51.32	Aliyah Ferguson (Ann Arbor Huron)10	Ypsilanti/LAB #2.....	12/30/2022
51.40	Sofiya Sally (Lake Orion)11	Ypsilanti/LAB #2.....	12/30/2022
51.43	Anastacia Hill (Milan)12	Ypsilanti/LAB Youth National Invite	2/11/2023

HIGH JUMP

5-8	Milena Chevallier (Farmington Mercy)11	Ypsilanti/LAB Youth National Invite	2/11/2023
5-7	Chevallier	New York/Nike Nationals	3/10/2023
5-7	Greta Caprathe-Buczek (Rockford)10	Allendale/GVSI Laker Invitational	3/23/2023
5-6	Chevallier	Ypsilanti/LAB #1.....	12/17/2022
5-6	Chevallier	Geneva/SPIRE Scholastic Showcase.....	2/ 5/2023
5-6	Chevallier	Ypsilanti/MITS Finals	2/26/2023

	(5-0, 5-2, 5-4, 5-6 [2], 5-8 [xxx])	
5-6	Eva Whiteman (Holland)12	Ypsilanti/MITS Finals2/26/2023
5-5	Heidi Newhouse (Lawton)11	Ann Arbor/UM Invitational1/22/2023
5-5	Olivia Findley (Marlette)11	Saginaw/MITS #41/21/2023
5-5	Camryn Siegers (Holland Christian MS)8	Allendale/GVSU #5.....2/18/2023
5-4	Lyberty Brant (Saginaw Swan Valley)12	Ypsilanti/MITS Finals2/26/2023
5-4	Zoey Dood (Grandville)11	Allendale/GVSI Laker Invitational3/23/2023
5-2	Sidney Breen (GR Kenowa Hills)12	Grand Rapids/Aquinas #2.....1/21/2023
5-2	Rylee Poll (Hudsonville)9	Grand Rapids/Aquinas #2.....1/21/2023
5-2	Morgan Stimpson (Tecumseh)12	Hillsdale/Charger Qualifier (h)1/29/2023
5-2	Jillian Kight (Plymouth)11	Ypsilanti/LAB Youth National Invite2/11/2023
5-2	Ava Davis (Troy Athens)12	Ypsilanti/MITS Finals2/26/2023
5-2	Payton Heer (Zeeland East)12	Allendale/GVSI Laker Invitational3/23/2023
5-2	Gracyn Ray (Salem)10	Ypsilanti/Huron Relays – Large.....3/25/2023
5-2	Faith Spiroff (Ishpeming Westwood)10	Marquette/Superior Dome4/17/2023
5-1	Susie Schulz (Bay City Central)11	Mt Pleasant/CMU MITS #12/ 5/2023
5-1	Peyton Spicer (Owosso)11	Saginaw/D1-2 Invitational3/22/2023

POLE VAULT

12-6	Brooke Bowers (Forest Hills Central)11	Allendale/GVSU #41/28/2023
12-6	Victoria Spitzley (East Kentwood)10	Ypsilanti/MITS Finals2/26/2023
	(11-0 [2],11-6, 12-0, 12-6 [2], 12-9 [xxx])	
12-2.75	B. Bowers	Virginia Beach/adidas Nationals3/17/2023
12-0	Evie Mathis (Wayland)9	Ypsilanti/MITS Finals2/26/2023
11-7	Allison Shelton (Ortonville Brandon)11	Mt Pleasant/CMU MITS #12/ 5/2023
11-6	Aubree' Bowers (Forest Hills Central MS)8	Vermontville/Snowball Vault.....1/14/2023
11-6	Samantha Ebbert (St Joseph)12	Grand Rapids/Aquinas #2.....1/21/2023
11-6	Taylor Diamond (Cedar Springs)11	Allendale/GVSU #4.....1/28/2023
11-6	Raiden Kipfmiller (Dexter)9	Ypsilanti/LAB Youth National Invite2/11/2023
11-6	Maiya Corrigan (Rockford)9	Ypsilanti/MITS Finals2/26/2023
11-6	Katie Stewart (Salem)11	Ypsilanti/MITS Finals2/26/2023
11-6	Genna Golab (Clarkston)11	Ypsilanti/MITS Finals2/26/2023

LONG JUMP

18-1.25	Maya Anderson (Rockford)12	Ypsilanti/MITS Finals2/25/2023
	(17-5.75, 17-3, 17-3.25, 18-0, 18-1.75, 18-1)	
18-1	Anderson	Allendale/GVSU #212/17/2022
17-8.5	Nicole Warren (Saline)12	Ypsilanti/SEC Invite3/23/2023
17-7	Layla Wallace (Portage Central)12	Ypsilanti/MITS Finals2/25/2023
17-6.5	Kaitlyn Molnar (Grosse Ile)11	Ypsilanti/MITS Finals2/25/2023
17-6	Greta Caprathe-Buczek (Rockford)10	Ypsilanti/MITS Finals2/25/2023
17-6	Maya Justice (Woodhaven)10	Ypsilanti/Huron Relays – Large.....3/25/2023
17-3.5	Margaret Monaghan (Port Huron Northern)12	Geneva/SPIRE Scholastic Showcase.....2/ 5/2023
17-3	Sadie Dykstra (Yale)9	Saginaw/D1-2 Invitational3/22/2023
17-2.75	Alyssa Budd (Napoleon)12	Hillsdale/Charger Qualifier1/29/2023
17-2	Victoria Henson (Fenton)11	Ypsilanti/EMU MITS2/ 5/2023
17-0	Ashley Richburg (Grand Ledge)11	Allendale/GVSU #31/ 7/2023
16-11.5	Breanna Hyde (Wayland Union)12	Hillsdale/Charger Qualifier1/29/2023
16-11	Hallie Kooyer (Hudsonville Unity Christian)12	Allendale/GVSU #41/28/2023
16-7.75	Nyla Reed (Otsego)11	Grand Rapids/Aquinas #2.....1/21/2023
16-7.5	Jaidyn Klimp (Galesburg-Augusta)10	Mt Pleasant/CMU MITS #12/ 5/2023
16-7.5	Madison Nino (Hastings)12	Allendale/GVSI Laker Invitational3/23/2023

TRIPLE JUMP

34-7.5	Kaitlyn Molnar (Grosse Ile)11	Ypsilanti/MITS Finals2/25/2023
	(33-10.5, 34-4.5, f, 34-4, 34-5, 34-7.5)	
34-6.75	Molnar	New York/Nike Nationals3/10/2023
34-4.75	Molnar	Ypsilanti/LAB #9.....2/18/2023
34-4.5	Maya Justice (Woodhaven)10	Ypsilanti/EMU MITS #21/15/2023
31-6.25	Anna Nixon (Perry)12	Ypsilanti/MITS Finals2/25/2023
31-4	Annie Liu (Rochester Van Hoosen MS)8	Ypsilanti/MITS Finals2/25/2023
31-2.25	Tenley Banaszak (Sturgis)10	Grand Rapids/Aquinas MITS2/11/2023

31-1	Olivia Bibb (Sturgis)10	Ypsilanti/MITS Finals	2/25/2023
30-7.5	Abby Kissling (Brethren)11	Ypsilanti/MITS Finals	2/25/2023
30-6.25	Hannah Garbine (Sturgis)10	Grand Rapids/Aquinas MITS	2/11/2023
30-2.5	Lilly Diaz (Woodhaven MS)8	Ypsilanti/MITS Finals	2/25/2023
29-3	Erienne Pambid (Bloomfield Hills?)7	Ypsilanti/MITS Finals	2/25/2023
29-2	Kenzie Eicher (Sturgis)9	Grand Rapids/Aquinas MITS	2/11/2023
28-6.5	Joslyn Bechtol (Woodhaven)9	Ypsilanti/EMU MITS	2/ 5/2023
28-5.75	Sophia Chan (Woodhaven)10	Ypsilanti/EMU MITS #2.....	1/15/2023

SHOT

44-7.5	Abigail Russell (Allen Park)11 (f, 43-8.5, 43-8.5, 44-7.5, f, f)	New York/Nike Nationals	3/11/2023
43-1.5	Russell (38-8, 41-11, 43-1.5, 36-7.5, 42-5.25, 43-11.25)	Ypsilanti/MITS Finals	2/26/2023
41-10.5	Russell	Ann Arbor/UM Invitational	1/22/2023
41-0	Elyse Finch (Royal Oak)12	Warren/Macomb County	3/28/2023
40-7.5	Sophia Snellenberger (Quincy)12	Ypsilanti/MITS Finals	2/26/2023
40-1	Avery Lahti (Traverse City West)11	Ypsilanti/MITS Finals	2/26/2023
39-5.25	Ava Wojciechowski (Walled Lake Central)12	Ypsilanti/MITS Finals	2/26/2023
39-3.75	Kayla Harris (East Kentwood)11	Allendale/GVSI Laker Invitational	3/23/2023
39-2.25	Janae Hudson (Marysville)11	Saginaw/D1-2 Invitational	3/22/2023
38-4	Faith Moore (Farmington)11	Bowling Green/Sink Inv	1/15/2023
37-8.5	Lily Parker (Marlette)11	Boston/New Balance Nationals	3/12/2023
37-6.75	Eliana Juchemich (Negaunee)12	Marquette/Superior Dome	4/17/2023
37-3.5	Haley Guerrant (Otsego)12	Grand Rapids/Aquinas #2.....	1/21/2023
37-3	Aubree Meyer (Hartland)11	Ypsilanti/MITS #1	12/11/2022
37-3	Nia Long (East Lansing)12	Ypsilanti/MITS Finals	2/26/2023
37-3	Maeli Hope (Whitehall)12	Allendale/GVSI Laker Invitational	3/23/2023
36-11	Molly Socha (Bloomfield Hills)11	Ypsilanti/LAB #5.....	1/21/2023
36-7.5	Jordyn Thompson (Walled Lake Western)12	Allendale/GVSU #2.....	12/17/2022

DISCUS

144-0	Sophia Snellenberger (Quincy)12 (136-3, 137-10, 132-9, 144-0)	Ypsilanti/LAB #5.....	1/21/2023
143-6	Snellenberger (139-2, 127-7, 142-10, 143-6, f, f)	Ypsilanti/MITS Finals	2/25/2023
138-10	Janae Hudson (Marysville)11	Ypsilanti/LAB #5.....	1/21/2023
134-4	Abigail Russell (Allen Park)11	Allendale/GVSU #2.....	12/17/2022
134-1	Snellenberger	Allendale/GVSU #2.....	12/17/2022
132-11	Snellenberger	Ypsilanti/LAB #2.....	12/30/2022
132-7	Russell	Ypsilanti/LAB #5.....	1/21/2023
131-3	Ava Wojciechowski (Walled Lake Central)12	Ypsilanti/MITS Finals	2/25/2023
125-5	Savannah Breitwiser (Walled Lake Central)12	Ypsilanti/LAB #2.....	12/30/2022
121-9	Elyse Finch (Royal Oak)12	Ypsilanti/LAB #7.....	2/ 4/2023
119-10	Molly Socha (Bloomfield Hills)11	Ypsilanti/LAB #9.....	2/18/2023
117-10	Aliyah Springer (Hamilton)11	Ypsilanti/MITS Finals	2/25/2023
114-1	Susan Kish (Salem)11	Ypsilanti/MITS Finals	2/25/2023
111-8	Madison Leifer (Byron Center)11	Ypsilanti/LAB #5.....	1/21/2023
111-3	Mariah Sackett (Zeeland East)12	Ypsilanti/MITS Finals	2/25/2023
110-8	Lillian Lince (Midland)12	Ypsilanti/LAB #7.....	2/ 4/2023
110-2	Layla Tahmouch (Monroe Jefferson)11	Ypsilanti/LAB #9.....	2/18/2023
108-9	Makayla Stewart (Novi)12	Ypsilanti/LAB #5.....	1/21/2023
108-1	Jordyn Thompson (Walled Lake Western)12	Ypsilanti/LAB #2.....	12/30/2022
106-2	Audrey Wisniewski (Novi)11	Ypsilanti/MITS Finals	2/25/2023
105-7	Lily Parker (Marlette)11	Ypsilanti/LAB #9.....	2/18/2023
103-1	Chloe Feather (Byron Center)12	Ypsilanti/MITS Finals	2/25/2023
103-0	Anna Tilden (Zeeland East)11	Allendale/GVSU #2.....	12/17/2022
102-4	Michaya Paulateer (Bloomfield Hills)12	Ypsilanti/LAB #9.....	2/18/2023
101-3	Isabel Assink (Zeeland West)11	Allendale/GVSU #2.....	12/17/2022

WEIGHT

51-8.25	Faith Moore (Farmington)11	New York/Nike Nationals	3/10/2023
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	(f, 51-8.25, 47-9.75, f, f, f)	
51-3	Moore	Hillsdale/Charger Qualifier1/29/2023
51-2	Moore	Ypsilanti/LAB #9.....2/18/2023
48-10.75	Abigail Russell (Allen Park)11	Ann Arbor/UM Invitational1/22/2023
	(f, 42-4.25, f, 45-5.25, 43-1.75, 48-10.75)	
40-2.75	Susan Kish (Salem)11	Ann Arbor/UM Invitational1/22/2023
38-5.5	Madison Leifer (Byron Center)11	Ypsilanti/MITS Finals2/25/2023
38-3.5	Jordyn Thompson (Walled Lake Western)12	Ypsilanti/LAB #4.....1/14/2023
37-0.25	Eleena Kelley (Sturgis)10	New York/Nike Nationals3/10/2023
36-4	Mariah Sackett (Zeeland East)12	Grand Rapids/Aquinas MITS2/11/2023
36-3.5	Maria Skyrzycki (GR WM Aviation)11	Grand Rapids/Aquinas MITS2/11/2023
35-9.5	Susan Kish (Salem)11	Ypsilanti/MITS Finals2/25/2023
34-11	Reagan Pennycuff (South Lyon)11	Ypsilanti/LAB #6.....1/28/2023
33-11.5	Lydia Forgacs (Livonia Franklin)11	Ypsilanti/MITS Finals2/25/2023
33-5	Mary Norris (St Charles)12	Allendale/GVSU #112/ 2/2022
33-1	Katherine Fugon-Saravia (Wyandotte Roos)10	Ypsilanti/MITS Finals2/25/2023
31-11	Zyrah Ruff (Ann Arbor Huron)11	Ypsilanti/LAB #9.....2/18/2023
31-8.5	McKenna Harker (Sturgis)12	Hillsdale/Charger Relays1/14/2023

PENTATHLON

3003	Margaret Monaghan (Port Huron Northern)12	New York/Nike Nationals3/11/2023
	(9.26, 29-0.5, 16-10, 5-0.5, 2:53.05)	

4 x 200 RELAY

1:39.55	Detroit Renaissance (TL)	Boston/New Balance Nationals (h)3/10/2023
	(Jayla Graham, Jayla Dace, Sabree Brooks 24.84, Asia Elder 24.37)	
1:39.57	Detroit Renaissance (TL)	Boston/New Balance Nationals3/11/2023
	(Sabree Brooks, Asia Elder, Jayla Graham 25.14, Jayla Dace 24.07)	
1:41.87	Detroit Renaissance (TL)	Ann Arbor/UM Invitational1/22/2023
	(Asia Elder, Jayla Dace, Sabree Brooks, Jayla Graham)	
1:43.33	Detroit Cass Tech (CTC)	Boston/New Balance Nationals3/10/2023
	(Kai Allen, Paris Williams, Laila Hawkins 26.69, Lindsay Johnson 24.54)	
1:44.69	Detroit Cass Tech (CTC)	Ann Arbor/UM Invitational1/22/2023
1:48.20	East Kentwood	Grand Rapids/Aquinas Challenge.....3/28/2023
1:48.72	Forest Hills Central	Grand Rapids/Aquinas Challenge.....3/28/2023
1:48.83	Ypsilanti Lincoln (LAB)	New York/Nike Nationals3/10/2023
1:50.07	Wayne Memorial	Ypsilanti/Huron Relays – Large.....3/25/2023
1:50.52	Woodhaven	Ypsilanti/Huron Relays – Large.....3/25/2023
1:52.37	Romulus Summit	Ypsilanti/Huron Relays – Small.....3/24/2023
1:53.23	Saline (SP)	Ann Arbor/UM Invitational1/22/2023
1:53.65	Macomb Dakota	Ypsilanti/Huron Relays – Large.....3/25/2023

Oversized Track:

1:40.94	Detroit Cass Tech (CTC)	Ypsilanti/MITS Finals2/25/2023
1:42.15	Detroit Renaissance (TL)	Ypsilanti/MITS Finals2/25/2023
1:44.43	Detroit Cass Tech (CTC)	Geneva/SPIRE Scholastic Showcase.....2/ 5/2023
1:44.69	Detroit Cass Tech (CTC)	Ypsilanti/LAB Youth National Invite2/11/2023
1:45.03	Ann Arbor Huron (AATC)	Ypsilanti/LAB #9.....2/18/2023
1:45.73	Ypsilanti Lincoln	Ypsilanti/Lincoln Indoor Inv4/ 8/2023
1:48.53	East Lansing	Ypsilanti/Lincoln Indoor Inv4/ 8/2023
1:50.32	Wayne Memorial (NL)	Ypsilanti/MITS Finals2/25/2023
1:50.49	Ann Arbor Pioneer (P)	Allendale/GVSU #41/28/2023
1:50.97	Saginaw Heritage (SS)	Ypsilanti/LAB #7.....2/ 4/2023
1:51.49	Tecumseh	Ypsilanti/SEC Invite3/23/2023
1:51.60	Saline (SP)	Ypsilanti/Lincoln Indoor Inv4/ 8/2023

Mixed Teams:

1:41.00	Track Life #	Ann Arbor/UM Invitational1/22/2023
	(Emma Thomas, Elizabeth Anderson, Lauren Wooten, DaKya Cunningham)	
1:41.06	Track Life #	Houston/Fastrak-Coach O Challenge2/ 4/2023
1:44.01	Track Life #	Houston/Fastrak-Coach O Challenge2/ 4/2023
1:46.12	Grand Rapids Fire #	Ann Arbor/UM Invitational1/22/2023
	(Soleil Moore, Alana Bracey, Emma Goring, Kennedy Galy)	
1:52.57	All About Speed #	Ypsilanti/EMU MITS #2.....1/15/2023

Oversized Track:

1:38.94	Track Life #	Ypsilanti/MITS Finals	2/25/2023
	(Sabree Brooks/Renaissance 25.2, Elizabeth Anderson/ NB Huron 24.6, Dakya Cunningham/Berkley 24.9, Jayla Dace/Renaissance 24.6)		
1:44.03	Grand Rapids Fire #	Ypsilanti/MITS Finals	2/25/2023
1:48.01	LAB #	Ypsilanti/MITS Finals	2/25/2023
1:49.53	Greene Steel TC #	Allendale/GVSU #1	12/ 2/2022
1:50.12	All About Speed #	Ypsilanti/MITS Finals	2/25/2023
1:50.79	Shore TC #	Allendale/GVSU #4	1/28/2023
1:51.30	The Northmen #	Saginaw/SVSU #3	1/14/2023
1:51.70	Breen TC #	Ypsilanti/MITS Finals	2/25/2023
1:52.17	Midland TC #	Ypsilanti/LAB #9.....	2/18/2023

4 x 300 RELAY (OT)

2:53.55	East Lansing	Saginaw/D1-2 Invitational	3/22/2023
2:55.85	Rockford	Allendale/GVSI Laker Invitational	3/23/2023
2:56.29	Dearborn Divine Child	Saginaw/D1-2 Invitational	3/22/2023
2:56.94	Walled Lake Northern	Saginaw/D1-2 Invitational	3/22/2023
2:58.12	Zeeland West	Allendale/GVSI Laker Invitational	3/23/2023
2:58.34	Holt	Saginaw/D1-2 Invitational	3/22/2023
2:59.12	Saginaw Heritage	Saginaw/D1-2 Invitational	3/22/2023
2:59.21	Traverse City West	Saginaw/D1-2 Invitational	3/22/2023
2:59.83	Grand Ledge	Saginaw/D1-2 Invitational	3/22/2023
3:00.91	East Kentwood	Allendale/GVSI Laker Invitational	3/23/2023

4 x 400 RELAY

3:49.46	Oak Park (MC)	Boston/New Balance Nationals	3/12/2023
	(Morgan Roundtree 57.28, Nonah Waldron 56.49, Kelis Hunter-Young 57.70, Kylee King 58.00)		
3:54.61	Detroit Renaissance (TL)	Boston/New Balance Nationals	3/12/2023
	(Shelby Sanders 59.34, Jayla Dace 58.17, Lauren Bickerdt 59.48, Rhian Jeffries 57.63)		
3:58.01	Detroit Cass Tech (CTC)	Boston/New Balance Nationals	3/12/2023
	(Kai Allen 58.30, Paris Williams 56.90, Laila Hawkins 62.30, Lindsay Johnson 60.54)		
4:01.84	Detroit Renaissance (TL)	Ann Arbor/UM Invitational	1/22/2023
4:13.06	Ann Arbor Pioneer (P)	Ann Arbor/UM Invitational	1/22/2023
4:14.80	East Grand Rapids	Grand Rapids/Aquinas Challenge.....	3/28/2023
4:16.70	East Kentwood	Grand Rapids/Aquinas Challenge.....	3/28/2023
4:17.43	Saline (SP)	Ann Arbor/UM Invitational	1/22/2023
4:20.36	Dearborn Divine Child	Grand Rapids/Gardiner Inv	3/25/2023
4:20.56	Milford (RT)	Ann Arbor/UM Invitational	1/22/2023
4:26.40	Monroe Jefferson	Ypsilanti/Huron Relays – Small.....	3/24/2023

Oversized Track:

3:58.03	Oak Park (MC)	Ypsilanti/MITS Finals	2/26/2023
3:59.48	Ann Arbor Pioneer (P)	Ypsilanti/MITS Finals	2/26/2023
4:00.94	Detroit Cass Tech (CTC)	Ypsilanti/MITS Finals	2/26/2023
4:07.75	Saline	Ypsilanti/Lincoln Indoor Inv	4/ 8/2023
4:12.04	Milford (RT)	Ypsilanti/MITS Finals	2/26/2023
4:14.22	Ypsilanti Lincoln	Ypsilanti/Lincoln Indoor Inv	4/ 8/2023
4:16.53	Portland St Patrick's (RU)	Ypsilanti/MITS Finals	2/26/2023
4:16.89	Ithaca (ITC)	Ypsilanti/MITS Finals	2/26/2023
4:17.13	Brighton (BF)	Ypsilanti/MITS Finals	2/26/2023
4:18.23	Kalamazoo Central	Ypsilanti/Lincoln Indoor Inv	4/ 8/2023
4:19.05	East Lansing (TA)	Ypsilanti/LAB #7.....	2/ 4/2023
4:19.25	Walled Lake Northern (GTC)	Ypsilanti/MITS Finals	2/26/2023

Mixed Teams:

3:57.46	Motor City TC #	Ann Arbor/UM Invitational	1/22/2023
	(Morgan Roundtree 59.51, Nonah Waldron 59.29, Kylee King 60.82, Neveah Burns 57.85)		
3:58.03	Track Life #	Ann Arbor/UM Invitational	1/22/2023
	(Emma Thomas 60.33, L. Johnson 59.19, R. Jefferies 60.91, Elizabeth Anderson 57.60)		
4:01.18	Motor City TC #	Ann Arbor/UM Invitational	1/22/2023
4:01.86	LAB TC #	New York/Nike Nationals	3/12/2023
4:09.91	Michigan Racers #	New York/Nike Nationals	3/12/2023
4:22.83	All About Speed #	Grand Rapids/Aquinas MITS	2/11/2023

4:26.20	Irish AC #	Mt Pleasant/CMU MITS #1	2/ 5/2023
Oversized Track:			
3:52.74	Motor City TC # (Kelis Hunter-Young/OP 60.0, Morgan Roundtree/OP 57.8, Neveah Burns/OPMS 58.5, Taryn Henderson/FH Mercy 56.4)	Ypsilanti/MITS Finals	2/26/2023
3:54.99	Track Life # (Elizabeth Anderson, Emma Thomas, Shelby Sanders, Lauren Bickerdt)	Ypsilanti/MITS Finals	2/26/2023
3:56.43	Track Life # (Cayla Hawkins, Lunden Johnson, Rhian Jeffries, Destiney Williams)	Ypsilanti/MITS Finals	2/26/2023
3:57.01	Motor City TC # (Kylee King, Morgan Roundtree, Nonah Waldron, Neveah Burns)	Saginaw/MITS #1	12/10/2022
4:03.39	LAB TC #	Ypsilanti/LAB #7	2/ 4/2023
4:07.08	810 TC #	Ypsilanti/MITS Finals	2/26/2023
4:07.14	All About Speed #	Ypsilanti/MITS Finals	2/26/2023
4:12.66	Michigan Racers #	Geneva/SPIRE Scholastic Showcase	2/ 5/2023
4:15.16	Irish AC #	Ypsilanti/MITS Finals	2/26/2023
4:16.38	Breen #	Ypsilanti/MITS Finals	2/26/2023

4 x 600 RELAY (OT)

6:55.18	East Kentwood	Allendale/GVSI Laker Invitational	3/23/2023
6:55.21	Zeeland East	Allendale/GVSI Laker Invitational	3/23/2023
7:07.63	Grand Haven	Allendale/GVSI Laker Invitational	3/23/2023
7:10.45	Walled Lake Northern	Saginaw/SVSU Invitational D1-2	3/22/2023
7:11.82	Howell	Saginaw/SVSU Invitational D1-2	3/22/2023
7:17.67	Traverse City West	Saginaw/SVSU Invitational D1-2	3/22/2023
7:18.72	Bay City Western	Saginaw/SVSU Invitational D1-2	3/22/2023
7:19.46	Grand Blanc	Saginaw/SVSU Invitational D1-2	3/22/2023
7:19.48	Grand Ledge	Saginaw/SVSU Invitational D1-2	3/22/2023
7:20.27	Zeeland West	Allendale/GVSI Laker Invitational	3/23/2023

4 x 800 RELAY

9:10.56	Ann Arbor Pioneer (P) (Sylvia Sanok Dufallo 2:19.36, Natalie Mello 2:18.42, Emily Cooper 2:20.12, Rachel Forsyth 2:12.67)	Boston/New Balance Nationals	3/12/2023
9:40.51	Holland West Ottawa (S)	Grand Rapids/Aquinas MITS	2/ 4/2023
10:06.94	Howell (H)	Ypsilanti/EMU MITS	2/ 5/2023
10:09.08	Monroe Jefferson	Ypsilanti/Huron Relays – Small	3/24/2023
10:11.20	East Kentwood	Grand Rapids/Aquinas Challenge	3/28/2023
10:15.42	Jenison (WMH)	Grand Rapids/Aquinas MITS	2/ 4/2023
10:15.72	Forest Hills Eastern	Grand Rapids/Aquinas Challenge	3/28/2023
10:21.14	Alma (ATC)	Mt Pleasant/CMU MITS #1	2/ 5/2023
10:23.62	Forest Hills Central	Grand Rapids/Aquinas Challenge	3/28/2023
10:27.99	Fraser	Ypsilanti/Huron Relays – Large	3/25/2023

Oversized Track:

9:16.68	Ann Arbor Pioneer (P) (Natalie Mello 2:22.8, Rachel Forsyth 2:18.8, Sylvie Sanok Dufallo 2:18.1, Emily Cooper 2:17.0)	Ypsilanti/MITS Finals	2/26/2023
9:18.63	Ann Arbor Pioneer (P)	Saginaw/SVSU Distance Festival	2/11/2023
9:35.76	Saline (SP)	Ypsilanti/MITS Finals	2/26/2023
9:49.72	Milford (RT)	Saginaw/SVSU Distance Festival	2/11/2023
9:50.49	Brighton (BF)	Ypsilanti/MITS Finals	2/26/2023
9:59.24	Howell (H)	Ypsilanti/MITS Finals	2/26/2023
9:59.43	Ann Arbor Skyline (VN)	Ypsilanti/MITS Finals	2/26/2023
10:00.66	Johannesburg-Lewiston (UN)	Ypsilanti/MITS Finals	2/26/2023
10:02.44	Tecumseh	Ypsilanti/SEC Invite	3/23/2023
10:03.72	Alma (ATC)	Saginaw/SVSU Distance Festival	2/11/2023
10:11.04	Pewamo-Westphalia (BC)	Ypsilanti/MITS Finals	2/26/2023
10:11.23	Monroe Jefferson (LES)	Ypsilanti/LAB #5	1/21/2023

Mixed Teams:

9:53.82	Golden Geese #	Mt Pleasant/CMU MITS #1	2/ 5/2023
10:13.99	Project 131 #	Ypsilanti/EMU MITS	2/ 5/2023
10:21.94	Red Hawk TC #	Grand Rapids/Aquinas MITS	2/ 4/2023
10:22.81	Breen #	Ypsilanti/EMU MITS	2/ 5/2023

Oversized Track:

9:31.32	Up North Elite # (Mary Richmond, Sophia Rhein, Brooklynn Brown, Aiden Harrand)	Ypsilanti/MITS Finals	2/26/2023
9:32.79	Michigan Racers # (Alisia Olteanu, Lana Mac, Chloe Pohl, Liliane Aittama)	Ypsilanti/MITS Finals	2/26/2023
9:38.33	D3 #	Allendale/GVSU #3.....	1/ 7/2023
9:42.82	Golden Geese #	Ypsilanti/MITS Finals	2/26/2023
9:53.35	Project 131 #	Ypsilanti/MITS Finals	2/26/2023
10:01.38	Flatlanders #	Ypsilanti/MITS Finals	2/26/2023
10:01.72	Runners High #	Saginaw/SVSU Distance Festival	2/11/2023
10:02.16	Red Hawk TC #	Ypsilanti/MITS Finals	2/26/2023
10:04.01	West Michigan #	Allendale/GVSU #3.....	1/ 7/2023
10:05.76	Chariots of Fire #	Ypsilanti/MITS Finals	2/26/2023

4 x MILE

21:26.91	Ann Arbor Pioneer (P) (Emily Cooper 5:08.36, Natalie Mello 5:43.22, Sylvia Sanok Dufallo 5:30.90, Rachel Forsyth 5:04.44)	Boston/New Balance Nationals	3/11/2022
21:37.36	Romeo (RH) (Madison Clor 5:09.77, Natalia Guaresimo 5:16.74, Emmerson Clor 5:40.97, Gracie Youngblood 5:29.88)	Boston/New Balance Nationals	3/11/2022
22:08.99	Jenison (WMH) (Maya Guikema 5:26.00, Maddie Vande Bunte 5:31.80, Maggie Otto 5:48.56, Naomi Diekman 5:22.65)	Boston/New Balance Nationals	3/11/2022

1200 SPRINT MEDLEY

3:01.39	Forest Hills Central	Grand Rapids/Aquinas Challenge.....	3/28/2023
3:06.34	GR Kenowa Hills	Grand Rapids/Aquinas Challenge.....	3/28/2023
3:08.41	Wyoming Kelloggsville	Grand Rapids/Aquinas Challenge.....	3/28/2023
3:08.72	Charlotte	Grand Rapids/Aquinas Challenge.....	3/28/2023
3:11.92	Forest Hills Eastern	Grand Rapids/Aquinas Challenge.....	3/28/2023
3:14.46	Wayland Union	Grand Rapids/Aquinas Challenge.....	3/28/2023

1600 SPRINT MEDLEY

3:59.96	Oak Park (MC) (Carrie VanNoy, Morgan Roundtree, Nonah Waldron 56.28, Kylee King 2:13.66)	Boston/New Balance Nationals	3/10/2023
4:08.82	Detroit Renaissance (TL) (Asia Elder, Sabree Brooks, Shelby Sanders 58.97, Lauren Bickerdt 2:18.99)	Boston/New Balance Nationals	3/10/2023
4:10.93	Oak Park (MC)	Ypsilanti/EMU MITS.....	2/ 5/2023
4:22.19	Grand Rapids Catholic Central (WMH) (Lindsay Lauria, Elle Sharpe, Lucy Cusack 67.34, Emily Tomes 2:19.21)	Boston/New Balance Nationals	3/10/2023
4:26.82	Walled Lake Northern (GTC)	New York/Nike Nationals	3/10/2023
4:28.81	Shepherd (GG)	Mt Pleasant/CMU MITS #1	2/ 5/2023
4:29.23	Woodhaven (M)	Ypsilanti/EMU MITS #2.....	1/15/2023
4:31.15	Alma (ATC)	Mt Pleasant/CMU MITS #1	2/ 5/2023
4:39.66	Sturgis (RC)	Hillsdale/Charger Relays	1/14/2023
4:44.85	Portland St Patrick	Grand Rapids/Gardiner Inv	3/25/2023
4:48.69	Dearborn Divine Child	Grand Rapids/Gardiner Inv	3/25/2023

Oversized Track:

4:05.33	Track Life (DR)	Ypsilanti/MITS Finals	2/25/2023
4:20.09	Walled Lake Northern (GTC)	Ypsilanti/MITS Finals	2/25/2023
4:21.09	Portland St Patrick (RU)	Allendale/GVSU #4	1/28/2023
4:23.26	Detroit Cass Tech (CTC)	Ypsilanti/MITS Finals	2/25/2023
4:27.59	Shepherd (GG)	Ypsilanti/MITS Finals	2/25/2023

Mixed Teams:

4:27.33	Dearborn TC #	Ypsilanti/EMU MITS.....	2/ 5/2023
4:27.76	Riot #	Ypsilanti/EMU MITS #2.....	1/15/2023
4:27.80	Breen #	Ypsilanti/EMU MITS.....	2/ 5/2023
4:35.37	All About Speed #	Ypsilanti/EMU MITS.....	2/ 5/2023
4:39.53	Polar Bear #	Ypsilanti/EMU MITS.....	2/ 5/2023

Oversized Track:

4:01.04	Motor City TC # (Neveah Burns/MS 55.7, Kahlia Hart/MS 26.8, Kelis Hunter-Young 25.7, Kylee King 2:12.8)	Ypsilanti/MITS Finals	2/25/2023
4:10.48	All About Speed #	Ypsilanti/MITS Finals	2/25/2023
4:10.88	LAB TC #	Ypsilanti/MITS Finals	2/25/2023
4:18.76	West Michigan Harriers #	Allendale/GVSU #4	1/28/2023

4:19.74	Michigan Racers #	Ypsilanti/MITS Finals	2/25/2023
4:22.38	Midland TC #	Saginaw/SVSU #2	1/7/2023
4:23.82	Shore TC #	Allendale/GVSU #4	1/28/2023
4:28.70	Sadipa #	Allendale/GVSU #4	1/28/2023
4:28.81	Borky #	Allendale/GVSU #4	1/28/2023
4:32.16	Midland TC #	Ypsilanti/MITS Finals	2/25/2023
4:35.56	Clare TC #	Saginaw/SVSU #6	2/18/2023

DISTANCE MEDLEY

11:56.35	Ann Arbor Pioneer (P)	Boston/New Balance Nationals	3/10/2023
	(Emily Cooper 3:40.76, Maya Rollins 62.70, Sylvia Sanok Dufallo 2:17.52, Rachel Forsyth 4:55.39)		
13:05.15	Jenison (WMH)	Boston/New Balance Nationals	3/10/2023
	(Maggie Otto 3:56.23, Macy Guikema 67.25, Maddie Vande Bunte 2:36.32, Maya Guikema 5:25.36)		

Oversized Track:

11:58.56	Ann Arbor Pioneer (P)	Saginaw/SVSU Distance Festival	2/11/2023
12:03.19	Ann Arbor Pioneer (P)	Ypsilanti/MITS Finals	2/25/2023
	(Emily Cooper 3:41.0, Natalie Mello 61.4, Sylvie Sanok Dufallo 2:16.5, Rachel Forsyth 5:04.3)		
12:23.46	Holland West Ottawa (S)	Ypsilanti/MITS Finals	2/25/2023
	(Addie Birkholz, Julia Frampton, Megan Postma, Natalie VanOtteren)		
12:35.43	Saline (SP)	Ypsilanti/MITS Finals	2/25/2023
12:44.94	Jenison (WMH)	Ypsilanti/MITS Finals	2/25/2023
12:50.56	Milford (RT)	Saginaw/SVSU Distance Festival	2/11/2023
12:54.30	Monroe Jefferson (LES)	Ypsilanti/MITS Finals	2/25/2023
12:56.46	Farmington (FHTC)	Ypsilanti/MITS Finals	2/25/2023
12:58.16	Novi (N6)	Ypsilanti/MITS Finals	2/25/2023
13:13.91	Howell (H)	Ypsilanti/MITS Finals	2/25/2023
13:24.00	Ithaca (ITC)	Ypsilanti/MITS Finals	2/25/2023

Mixed Teams:

13:00.03	West Michigan Harriers #	Grand Rapids/Aquinas MITS	2/11/2023
13:12.78	Egghead #	Ypsilanti/EMU MITS	2/5/2023
13:37.27	Breen #	Ypsilanti/EMU MITS	2/5/2023
13:46.52	Polar Bear #	Ypsilanti/EMU MITS	2/5/2023

Oversized Track:

12:25.97	16 Ways #	Saginaw/SVSU Distance Festival	2/11/2023
12:31.50	Up North #	Allendale/GVSU #5	2/18/2023
12:48.36	West Michigan Harriers #	Ypsilanti/MITS Finals	2/25/2023
12:50.27	Cadet Distance Project #	Allendale/GVSU #5	2/18/2023
12:53.73	Project 131 #	Ypsilanti/MITS Finals	2/25/2023
12:56.83	Michigan Racers #	Ypsilanti/MITS Finals	2/25/2023
12:57.69	Flat Landers #	Ypsilanti/MITS Finals	2/25/2023
13:10.84	Team ABC #	Saginaw/SVSU Distance Festival	2/11/2023
13:12.28	Breen TC #	Ypsilanti/MITS Finals	2/25/2023
13:19.72	810 TC #	Ypsilanti/LAB #6	1/28/2023