

2023 Michigan HS Outdoor Track Elite Girls

Includes all meets, including out-of-state and summer competitions. In the early season, lists will not be 10-deep, as we wait for elite-level performances to reach that level. Another note for early season Michiganders: if there was a roof over your head, then the performance would be on the indoor lists.

Unlike Milesplit or Athletic-net lists, wind-aided marks and suspicious marks are separated from the main list, as they are not eligible for all-time list or record consideration.

+ = converted time; # (after time = en route time recorded on way to longer distance); (!) = in a field event listing indicates an ancillary mark made in competition.

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

Updated 6/14

100 METERS

11.84	Keyanna O'Tey (Sturgis)10	Grand Rapids/D2 State (0.4)	6/ 3/2023
11.89	Kamryn Tatum (West Bloomfield)9	Oxford/Oakland County (1.6).....	5/26/2023
11.93	Taryn Henderson (Farmington Hills Mercy)10	Farmington/Inv (0.0)	5/ 6/2023
11.94	Mackenzie Robinson (Ann Arbor Huron)12	Farmington/Inv (0.0)	5/ 6/2023
12.04	Elizabeth Anderson (New Boston Huron)12	Grand Rapids/D2 State (0.4)	6/ 3/2023
12.05	Adalyn Liang (Portage Central)10	Rockford/D1 State (h) (0.6).....	6/ 3/2023
12.10	Lailah Palmer (Beverly Hills Groves)12	Rockford/D1 State (h) (1.8).....	6/ 3/2023
12.10	Jayla Dace (Detroit Renaissance)10	Rockford/D1 State (h) (0.6).....	6/ 3/2023
12.14	Devin Johnston (Almont)12	Kent City/D3 State (1.2).....	6/ 3/2023
12.16	Jayla Graham (Detroit Renaissance)11	Dearborn/Carpenter Inv	5/ 6/2023
12.17	Camryn Batt (Portage Northern)12	Rockford/D1 State (h) (1.3).....	6/ 3/2023
12.21	Kev'vina Finch (Harrison Twp L'Anse C)12	Rockford/D1 State (h) (0.6).....	6/ 3/2023
12.22	Emily Brown (Portage Northern)12	Rockford/D1 State (h) (1.8).....	6/ 3/2023
12.28	Erykah Alexander (Battle Creek Central)10	Battle Creek/Lakeview Inv	4/ 7/2023
12.28	Madison Sheard (Detroit Renaissance)12	Dearborn/Carpenter Inv	5/ 6/2023
12.28	Victoria Miller (Detroit Country Day)11	Oxford/Oakland County (1.6).....	5/26/2023
12.30	Maya Rollins (Ann Arbor Pioneer)11	Dexter/Steeb Meet of Champs (-1.6).....	5/30/2023
12.33	Allie DeLost (Zeeland East)12	Grand Haven/D1 Regional.....	5/19/2023
12.33	Kylin Griffin (Three Rivers)12	Grand Rapids/D2 State (0.4)	6/ 3/2023
12.33	Jaylin Beene (Benton Harbor)10	Grand Rapids/D2 State (0.4)	6/ 3/2023
12.34	Kai Allen (Detroit Cass Tech)11	Rockford/D1 State (h) (1.8).....	6/ 3/2023
12.35	DaKya Cunningham (Berkley)12	Rockford/D1 State (h) (1.8).....	6/ 3/2023

Wind-aided:

11.90	Jayla Dace (Detroit Renaissance)10	Rockford/D1 State (2.4)	6/ 3/2023
11.91	Dace	Detroit/D1 Regional (2.9).....	5/20/2023
11.93	Taryn Henderson (Farmington Hills Mercy)10	Rockford/D1 State (2.4)	6/ 3/2023
12.03	Lailah Palmer (Beverly Hills Groves)12	Rockford/D1 State (2.4)	6/ 3/2023
12.06	Adalyn Liang (Portage Central)10	Rockford/D1 State (2.4)	6/ 3/2023
12.07	Keyanna O'Tey (Sturgis)10	Vicksburg/Tri [WNW14-20]	5/ 3/2023
12.11	Jayla Graham (Detroit Renaissance)11	Rockford/D1 State (h) (2.3).....	6/ 3/2023
12.18	Kamryn Tatum (West Bloomfield)9	Oxford/Inv (2.4).....	4/29/2023
12.18	Madison Sheard (Detroit Renaissance)12	Rockford/D1 State (h) (2.3).....	6/ 3/2023
12.20	Mackenzie Robinson (Ann Arbor Huron)12	Rockford/D1 State (2.4)	6/ 3/2023
12.21	Emily Brown (Portage Northern)12	Kalamazoo/Long Inv[S13-22]	5/ 5/2023
12.26	Semaj Robertson (GR Ottawa Hills)10	Kalamazoo/Long Inv[S13-22]	5/ 5/2023
12.26	DaKya Cunningham (Berkley)12	Detroit/D1 Regional (2.9).....	5/20/2023
12.28	Camryn Batt (Portage Northern)12	Rockford/D1 State (2.4)	6/ 3/2023
12.30	Kylin Griffin (Three Rivers)12	Kalamazoo/Long Inv[S13-22]	5/ 5/2023
12.30	Ti'Anna Murphy-Ryan (Comstock)11	Kalamazoo/All Star	5/24/2023

12.31	Arianna Stallworth (Traverse City West)12	Traverse City/dual [SW18-39].....	4/12/2023
12.31	Isabelle Armstrong (Novi)9	Rockford/D1 State (h) (2.3).....	6/ 3/2023
12.32	Victoria Miller (Detroit Country Day)11	Oxford/Oakland County (h) (4.9)	5/26/2023
12.33	Lauren Goodman (Linden)11	Linden/dual	4/26/2023
12.35	Jacie Tuljus (Gladstone)10	Escanaba/Tri[S9-14]	5/ 9/2023

200 METERS

24.02	Kamryn Tatum (West Bloomfield)9	Farmington/Inv (0.0)	5/ 6/2023
24.30	Tatum	Rockford/D1 State (h) (0.7).....	6/ 3/2023
24.48	Tatum	Farmington/Inv (h) (0.0)	5/ 6/2023
24.50	Mackenzie Robinson (Ann Arbor Huron)12	Farmington/Inv (0.0)	5/ 6/2023
24.52	Taryn Henderson (Farmington Hills Mercy)10	Farmington/Inv (0.0)	5/ 6/2023
24.61	Keyanna O'Tey (Sturgis)10	Grand Rapids/D2 State (0.1)	6/ 3/2023
24.64	Henderson	Rockford/D1 State (h) (1.9).....	6/ 3/2023
24.65	Robinson	Rockford/D1 State (h) (1.9).....	6/ 3/2023
24.65	Elizabeth Anderson (New Boston Huron)12	Grand Rapids/D2 State (0.1)	6/ 3/2023
24.70	Tatum	Milford/D1 Regional	5/19/2023
24.71	Maya Rollins (Ann Arbor Pioneer)11	Rockford/D1 State (h) (0.7).....	6/ 3/2023
24.74	Robinson	Saline/D1 Regional (0.0).....	5/19/2023
24.86	Tatum	Oxford/Inv (1.1).....	4/29/2023
24.93	Rollins	Saline/D1 Regional (h) (1.4)	5/19/2023
24.93	Anderson	Chelsea/D2 Regional.....	5/19/2023
24.95	Jayla Dace (Detroit Renaissance)10	Dearborn/Carpenter Inv	5/ 6/2023
24.97	Henderson	Milford/D1 Regional	5/19/2023
24.97	DaKya Cunningham (Berkley)12	Rockford/D1 State (h) (1.9).....	6/ 3/2023
25.04	Lailah Palmer (Beverly Hills Groves)12	Detroit/D1 Regional (h) (1.8).....	5/20/2023
25.21	Erykah Alexander (Battle Creek Central)10	Grand Ledge/D1 Regional	5/19/2023
25.24	Devin Johnston (Almont)12	Davison/Twilight.....	5/12/2023
25.24	Jayla Graham (Detroit Renaissance)11	Rockford/D1 State (h) (0.7).....	6/ 3/2023
25.30	Emma Thomas (Midland Dow)11	Rockford/D1 State (h) (0.7).....	6/ 3/2023
25.34	Kylin Griffin (Three Rivers)12	Grand Rapids/D2 State (h) (-0.8).....	6/ 3/2023
25.40	Arianna Stallworth (Traverse City West)12	Traverse City/Record Eagle	5/30/2023
25.41	Gabrielle Jeffries (Bloomfield Hills)12	Oxford/Oakland County (h) (2.0)	5/26/2023
25.44	Kev'vina Finch (Harrison Twp L'Anse C)12	Warren/Macomb County	5/25/2023
25.46	Mahawa Kaba (Ann Arbor Pioneer)12	Saline/D1 Regional (h) (1.7)	5/19/2023

Wind-aided:

24.10	Kamryn Tatum (West Bloomfield)9	Rockford/D1 State (3.6)	6/ 3/2023
24.51	Lailah Palmer (Beverly Hills Groves)12	Rockford/D1 State (h) (3.3).....	6/ 3/2023
24.53	Taryn Henderson (Farmington Mercy)10	Rockford/D1 State (3.6).....	6/ 3/2023
24.56	Jayla Dace (Detroit Renaissance)10	Rockford/D1 State (3.6).....	6/ 3/2023
24.57	Dace	Rockford/D1 State (h) (3.3).....	6/ 3/2023
24.57	Palmer	Rockford/D1 State (3.6).....	6/ 3/2023
24.93	Keyanna O'Tey (Sturgis)10	Vicksburg/Tri [WNW14-20]	5/ 3/2023
24.98	Devin Johnston (Almont)12	Kent City/D3 State (2.7).....	6/ 3/2023
25.10	Mackenzie Robinson (Ann Arbor Huron)12	Rockford/D1 State (3.6).....	6/ 3/2023
25.24	Ke'vina Finch (Harrison Twp L'Anse Creuse)12	Rockford/D1 State (h) (3.3).....	6/ 3/2023
25.27	Adalyn Liang (Portage Central)10	Portage/SMAC [N 9]	5/13/2023
25.28	Erykah Alexander (Battle Creek Central)10	Portage/SMAC [N 9]	5/13/2023
25.35	Arianna Stallworth (Traverse City West)12	Rockford/D1 State (h) (3.3).....	6/ 3/2023
25.36	DaKya Cunningham (Berkley)12	Detroit/D1 Regional (h) (2.7).....	5/20/2023
25.39	Maya Rollins (Ann Arbor Pioneer)11	Rockford/D1 State (3.6).....	6/ 3/2023
25.49	Keyanna O'Tey (Sturgis)10	Berrien Springs/D2 Regional	5/19/2023
25.49	Janayah Watts (Wayne Memorial)010	Rockford/D1 State (h) (3.3).....	6/ 3/2023

400 METERS

55.38	Elizabeth Anderson (New Boston Huron)12	Grand Rapids/D2 State.....	6/ 3/2023
55.49	Kamryn Tatum (West Bloomfield)9	Farmington/Inv.....	5/ 6/2023
55.67	Tatum	Rockford/D1 State	6/ 3/2023
55.85	Emmry Ross (Onsted)10	Onsted/Tri.....	5/10/2023
55.93	Ross	Hillsdale/Area Best	5/30/2023
56.08	Tatum	Milford/D1 Regional	5/19/2023
56.48	Ross	Kent City/D3 State	6/ 3/2023

56.71	Rachel Forsyth (Ann Arbor Pioneer)11	Dexter/SEC Red	5/12/2023
56.87	Jada Wilson (Ann Arbor Huron)10	Davison/Champion of Champions	6/ 9/2023
57.08	Kelis Hunter-Young (Oak Park)11	Oxford/Oakland County	5/26/2023
57.09	Sydney Kuhn (Saginaw Swan Valley)10	Freeland/TVC8 Champs	5/10/2023
57.11	Emma Thomas (Midland Dow)11	Rockford/D1 State	6/ 3/2023
57.22	Kylin Griffin (Three Rivers)12	Grand Rapids/D2 State	6/ 3/2023
57.35	Kai Allen (Detroit Cass Tech)11	Grosse Pointe/D1 Regional	5/19/2023
57.38	Joy Evans (Alma)10	Alma/Panther Inv	5/12/2023
57.45	Addison Washler (Forest Hills Eastern)11	Grand Rapids/D2 State	6/ 3/2023
57.65	Soleil Moore (East Kentwood)12	Rockford/D1 State	6/ 3/2023
57.72	Bianca Evuleocha (Farmington)11	Rockford/D1 State	6/ 3/2023
57.73	Ella Thompson (Walled Lake Northern)10	Rockford/D1 State	6/ 3/2023
57.86	Hannah Pricco (Lansing Catholic)12	Chesaning/D3 Regional	5/20/2023
57.88	Taryn Henderson (Farmington Hills Mercy)10	Novi/CHSL Bishop (h)	5/13/2023
57.88	Kylee King (Oak Park)11	Detroit/D1 Regional	5/20/2023
57.95	Mia Rogan (Saline)12	Ann Arbor/dual	4/11/2023
58.03	Christina Dixon (Haslett)9	Lansing/Greater Lansing	5/30/2023
58.08	Callie Seiler (Northville)9	Davison/Champion of Champions	6/ 9/2023
58.18	Gabrielle Jeffries (Bloomfield Hills)12	Rockford/D1 State	6/ 3/2023
58.34	Mackenzie Robinson (Ann Arbor Huron)12	Dexter/SEC Red	5/12/2023
58.35	Layla Jordan (Goodrich)10	Davison/Champion of Champions	6/ 9/2023
58.49	Lauren Walker (Holt)10	DeWitt/CAAC True Team	4/25/2023
Hand-timed:			
56.8	Emmry Ross (Onsted)10	Onsted/dual	4/19/2023
Questionable Timing:			
58.11	Sylvia Skujins (North Muskegon)9	Scottville/Inv	4/27/2023
58.12	Alexa Bordeaux (Muskegon Orchard View)12	Scottville/Inv	4/27/2023

800 METERS

2:06.88	Rachel Forsyth (Ann Arbor Pioneer)11 (62.6)	Davison/Champion of Champions	6/10/2023
2:08.87	Madison Osterberg (Jackson Lumen Christi)11	Davison/Champion of Champions	6/10/2023
2:09.31	Forsyth	Dexter/Steeb Meet of Champs	5/30/2023
2:09.96	Forsyth	Rockford/D1 State	6/ 3/2023
2:10.02	Forsyth	Saline/D1 Regional	5/19/2023
2:10.29	Forsyth	Dexter/April Showers	4/22/2023
2:11.25	Emmry Ross (Onsted)10	Kent City/D3 State	6/ 3/2023
2:11.31	Kylee King (Oak Park)11	Rockford/D1 State	6/ 3/2023
2:11.46	Aiden Harrand (Buckley)11	Reed City/Coyote Inv	4/29/2023
2:11.47	Forsyth	Dexter/SEC Red	5/12/2023
2:11.53	Camryn Bodine (East Grand Rapids)12	Grand Rapids/D2 State	6/ 3/2023
2:11.91	Osterberg	East Jackson/Dome Classic	5/12/2023
2:12.33	Selma Anderson (GR Ottawa Hills)11	Grand Rapids/Distance Night	5/27/2023
2:12.43	Mia Rogan (Saline)12	Saline/D1 Regional	5/19/2023
2:12.76	Liliane Aittama (South Lyon East)12	Rockford/D1 State	6/ 3/2023
2:12.78	Valerie Beeck (Grand Haven)10	Muskegon/West Michigan Inv	5/24/2023
2:12.84	Payton Scheffler (Woodhaven)11	Saline/Golden Triangle	5/ 5/2023
2:12.84	Maya Guikema (Jenison)12	Grand Rapids/Distance Night	5/27/2023
2:13.30	Anna Delgafo (East Lansing)12	Grand Ledge/CAAC Blue	5/24/2023
2:13.49	Emily Cooper (Ann Arbor Pioneer)12	Dexter/Steeb Meet of Champs	5/30/2023
2:13.60	Caroline Vance (Ann Arbor Skyline)12	Dexter/Steeb Meet of Champs	5/30/2023
2:13.71	Layla Jordan (Goodrich)10	Davison/Champion of Champions	6/10/2023
2:13.81	Samantha Cost (Wyandotte Roosevelt)12	Rockford/D1 State	6/ 3/2023
2:13.84	Anna Gdowski (Northville)12	Davison/Champion of Champions	6/10/2023
2:13.85	Natalie Kessler (Ann Arbor Skyline)12	Rockford/D1 State	6/ 3/2023
2:14.15	Lauren Walker (Holt)10	Rockford/D1 State	6/ 3/2023
2:15.00	Addison Washler (Forest Hills Eastern)11	Allendale/GVSU Redemption	6/10/2023
2:15.02	Jessica Jazwinski (Hart)10	Muskegon/West Michigan Inv	5/24/2023
2:15.12	Cara Newman (Canton)12	Dexter/Steeb Meet of Champs	5/30/2023
2:15.54	Reese Smith (Traverse City West)9	Traverse City/Record Eagle	5/30/2023
2:15.30	Megan Postma (Holland West Ottawa)12	Grand Haven/D1 Regional	5/19/2023
2:15.54	Hannah Pricco (Lansing Catholic)12	Mason/dual	5/15/2023
2:15.79	Gail Vaikutis (St Joseph)11	St Joseph/Rotary Inv	5/ 5/2023

2:15.84	Sylvia Sanok Dufallo (Ann Arbor Pioneer)11	Saline/D1 Regional	5/19/2023
2:15.89	Nora Gerzema (Farmington Hills Mercy)9	Rockford/D1 State	6/ 3/2023
2:15.94	Chesney Wilke (Tecumseh)12	Grand Rapids/D2 State	6/ 3/2023
2:15.98	Addie Birkholz (Holland West Ottawa)9	Allendale/GVSU Redemption	6/10/2023
2:16.18	Ava McGinity (Boyne City)12	Kalkaska/Blazer Last Chance	5/15/2023

1600 METERS

4:44.22	Rachel Forsyth (Ann Arbor Pioneer)11	Rockford/D1 State	6/ 3/2023
4:47.83+	Jessica Jazwinski (Hart)10	Allendale/GVSU Redemption (4:49.50) ..	6/10/2023
4:48.32+	Selma Anderson (GR Ottawa Hills)11	Allendale/GVSU Redemption (4:50.00) ..	6/10/2023
4:48.88	Anna Delgado (East Lansing)12	Rockford/D1 State	6/ 3/2023
4:48.93	Delgado	Lansing/Greater Lansing	5/30/2023
4:49.15	Taylor Pangburn (Grand Ledge)12	Rockford/D1 State	6/ 3/2023
4:50.45#	Jazwinski	Grand Rapids/Distance Night (1M)	5/27/2023
4:50.61	Aiden Harrand (Buckley)11	Traverse City/Bell Inv	5/ 5/2023
4:51.35#	Forsyth	Romeo/Barnyard Mile (1M)	4/28/2023
4:51.88	Selma Anderson (GR Ottawa Hills)11	Rockford/D1 State	6/ 3/2023
4:52.05	Delgado	Grand Ledge/CAAC Blue	5/24/2023
4:52.35	Delgado	Grand Ledge/D1 Regional	5/19/2023
4:52.52	Elena Figueroa (St Joseph)10	Rockford/D1 State	6/ 3/2023
4:52.95	Cara Newmnan (Canton)12	Rockford/D1 State	6/ 3/2023
4:53.22	Lucy Cook (Rochester)10	Oxford/Oakland County	5/26/2023
4:53.52	Harrand	Reed City/Coyote Inv	4/29/2023
4:54.27	Madison Osterberg (Jackson Lumen Christi)11	Parma/Tri	5/ 9/2023
4:55.09#	Annika Sandman (Lowell)12	Grand Rapids/Distance Night (1M)	5/27/2023
4:55.51#	Drew Muller (East Grand Rapids)11	Grand Rapids/Distance Night (1M)	5/27/2023
4:56.03	Allison Cornell (Forest Hills Northern)12	Rockford/D1 State	6/ 3/2023
4:56.83	Morgan Brown (Livonia Churchill)11	Davison/Champion of Champions	6/10/2023
4:56.92	Emily Tomes (GR Catholic Central)11	Grand Rapids/D2 State	6/ 3/2023
4:57.40	Kaylie Livingston (Whitmore Lake MS)8	Whitmore Lake/MS Inv	5/ 6/2023
4:57.60	Emily Cooper (Ann Arbor Pioneer)12	Davison/Champion of Champions	6/10/2023
4:58.09#	Payton Scheffler (Woodhaven)11	Romeo/Barnyard Mile (1M)	4/28/2023
4:58.71	Natalie VanOtteren (GR Christian)11	Lowell/Tri	4/19/2023
4:58.96	Clara James-Heer (Forest Hills Central)11	Grand Rapids/Michiana Health-West	5/23/2023
4:59.73	Emma DeVries (GR West Michigan Aviation)11	Grand Rapids/D2 State	6/ 3/2023
4:59.83	Allison Kuzma (Zeeland East)11	Davison/Champion of Champions	6/10/2023
4:59.84	Madeleine Hill (Saranac)12	Lansing/Greater Lansing	5/30/2023

MILE (no conversions):

4:49.50	Jessica Jazwinski (Hart)10	Allendale/GVSU Redemption	6/10/2023
4:50.00	Selma Anderson (GR Ottawa Hills)11	Allendale/GVSU Redemption	6/10/2023
4:52.09	Jazwinski	Grand Rapids/Distance Night	5/27/2023
4:52.80	Rachel Forsyth (Ann Arbor Pioneer)11	Romeo/Barnyard Mile	4/28/2023
4:56.92	Annika Sandman (Lowell)12	Grand Rapids/Distance Night	5/27/2023
4:57.01	Aiden Harrand (Buckley)11	Allendale/GVSU Redemption	6/10/2023
4:57.32	Drew Muller (East Grand Rapids)11	Grand Rapids/Distance Night	5/27/2023
4:59.90	Payton Scheffler (Woodhaven)11	Romeo/Barnyard Mile	4/28/2023
5:01.10	Taylor Pangburn (Grand Ledge)12	Saline/Golden Triangle	5/ 5/2023
5:01.16	Elena Figueroa (St Joseph)10	Grand Rapids/Elite Inv	4/29/2023
5:02.94	Emily Tomes (GR Catholic Central)11	Grand Rapids/Elite Inv	4/29/2023
5:03.42	Emily Cooper (Ann Arbor Pioneer)12	Romeo/Barnyard Mile	4/28/2023
5:03.59	Kaylie Livingston (Whitmore Lake MS)8	Renton/Brooks PR	6/14/2023
5:04.28	Katrina Sandman (Lowell)12	Grand Rapids/Elite Inv	4/29/2023
5:04.89	Samantha Cost (Wyandotte Roosevelt)12	Romeo/Barnyard Mile	4/28/2023
5:04.91	Maya Guikema (Jenison)12	Grand Rapids/Elite Inv	4/29/2023
5:05.19	Allison Kuzma (Zeeland East)11	Grand Rapids/Elite Inv	4/29/2023

2000 STEEPLE

7:32.77	Mariah Belmont (Macomb Dakota)11	Allendale/GVSU Redemption	6/10/2023
7:39.04	Addie Birkholz (Holland West Ottawa)9	Allendale/GVSU Redemption	6/10/2023
8:13.53	Katelyn Ashworth (Allendale MS)6	Allendale/GVSU Redemption	6/10/2023
8:41.64	Samantha Jazwinski (Hart Elementary)4	Allendale/GVSU Redemption	6/10/2023
8:58.94	Ellery Horness (Muskegon Mona Shores)9	Allendale/GVSU Redemption	6/10/2023

8:58.96	Jersi Bilek (Muskegon Reeths-Puffer)9	Allendale/GVSU Redemption	6/10/2023
8:59.86	Sinead Noonan (GR Peregrines)10	Allendale/GVSU Redemption	6/10/2023
9:02.10	Adalyn Britton (Whitehall)10	Allendale/GVSU Redemption	6/10/2023
9:17.61	Adrienne Fluette (Muskegon Reeths-Puffer)10	Allendale/GVSU Redemption	6/10/2023
9:18.08	Robyn Hunt (Muskegon Mona Shores)12	Allendale/GVSU Redemption	6/10/2023

3000 METERS

9:40.61#	Rachel Forsyth (Ann Arbor Pioneer)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
9:48.69#	Jessica Jazwinski (Hart)10	Shepherd/Bluejay Inv (3200)	5/ 5/2023
9:50.33#	Annika Sandman (Lowell)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023
9:55.83#	Selma Anderson (GR Ottawa Hills)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
9:56.68#	Emily Cooper (Ann Arbor Pioneer)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023
9:58.66#	Allie Arnsman (Grandville)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:01.46#	Allison Kuzma (Zeeland East)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:02.18#	Natalie VanOtteren (GR Christian)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:09.49#	Emily Tomes (GR Catholic Central)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:10.59#	Madeleine Hill (Saranac)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:11.59#	Mary Richmond (Frankenmuth)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:14.70#	Katrina Sandman (Lowell)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:20.19#	Arianne Olson (Holland West Ottawa)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:16.30#	Allyson Enns (Hart)11	Shepherd/Bluejay Inv (3200)	5/ 5/2023
10:20.57#	Ava McGinity (Boyne City)12	Shepherd/Bluejay Inv (3200)	5/ 5/2023

3200 METERS

10:17.48	Rachel Forsyth (Ann Arbor Pioneer)11	Shepherd/Bluejay Inv.....	5/ 5/2023
10:24.61	Jessica Jazwinski (Hart)10	Shepherd/Bluejay Inv.....	5/ 5/2023
10:27.21	Annika Sandman (Lowell)12	Shepherd/Bluejay Inv.....	5/ 5/2023
10:28.24	Selma Anderson (GR Ottawa Hills)11	Shepherd/Bluejay Inv.....	5/ 5/2023
10:33.82	Emily Cooper (Ann Arbor Pioneer)12	Shepherd/Bluejay Inv.....	5/ 5/2023
10:33.87	Anna Delgado (East Lansing)12	Rockford/D1 State	6/ 3/2023
10:35.79	Arianne Olson (Holland West Ottawa)12	Rockford/D1 State	6/ 3/2023
10:36.08	Madison Osterberg (Jackson Lumen Christi)11	Parma/Tri	5/ 9/2023
10:36.09	Allie Arnsman (Grandville)12	Shepherd/Bluejay Inv.....	5/ 5/2023
10:36.49	Lucy Cook (Rochester)10	Oxford/Oakland County	5/26/2023
10:36.75	Jayden Harberts (Macomb Dakota)11	Grosse Pointe/dual	5/ 9/2023
10:38.50	Chloe Nixon (Rochester)12	Davison/Champion of Champions	6/ 9/2023
10:38.51	Victoria Garces (Midland Dow)10	Davison/Champion of Champions	6/ 9/2023
10:39.77	Allison Kuzma (Zeeland East)11	Shepherd/Bluejay Inv.....	5/ 5/2023
10:40.79	Natalie VanOtteren (GR Christian)11	Shepherd/Bluejay Inv.....	5/ 5/2023
10:42.14	Clara James-Heer (Forest Hills Central)11	Grand Rapids/Distance Night	5/27/2023
10:44.99	Emily Tomes (GR Catholic Central)11	Shepherd/Bluejay Inv.....	5/ 5/2023
10:46.05	Kaylie Livingston (Whitmore Lake)8	Whitmore Lake/MS Inv	5/ 6/2023
10:48.37	Madeleine Hill (Saranac)12	Shepherd/Bluejay Inv.....	5/ 5/2023
10:49.39	Mary Richmond (Frankenmuth)11	Davison/Champion of Champions	6/ 9/2023
10:50.18	Cara Newman (Canton)12	Rockford/D1 State	6/ 3/2023
10:50.55	Caroline Vance (Ann Arbor Skyline)12	Farmington/Inv.....	5/ 6/2023
10:50.78	Cassie Garcia (Northville)10	Rockford/D1 State	6/ 3/2023
10:53.47	Taylor Pangburn (Grand Ledge)12	Rockford/D1 State	6/ 3/2023
10:53.52	Allyson Enns (Hart)11	Muskegon/West Michigan Inv	5/24/2023
10:53.73	Katrina Sandman (Lowell)12	Shepherd/Bluejay Inv.....	5/ 5/2023
10:54.62	Madison Clor (Romeo)12	Macomb/D1 Regional	5/19/2023
10:54.69	Elena Figueroa (St Joseph)10	Portage/D1 Regional	5/19/2023
10:54.90	Aiden Harrand (Buckley)11	Reed City/Coyote Inv.....	4/29/2023
10:56.92	Samantha Cost (Wyandotte Roosevelt)12	Saline/Golden Triangle	5/ 5/2023
10:57.1	Layla Krayem (Livonia Stevenson)11	Livonia/D1 Regional.....	5/19/2023
10:57.98	Ava King (Traverse City West)11	Traverse City/Big North.....	5/12/2023
10:58.55	Maya Guikema (Jenison)12	Grand Rapids/Distance Night	5/27/2023
10:58.81	Ava McGinity (Boyne City)12	Shepherd/Bluejay Inv.....	5/ 5/2023
10:59.11	Mallory Bigelow (Oxford)10	Rochester/Leigh Inv.....	4/21/2023

100 HURDLES

13.54	Nonah Waldron (Oak Park)12	West Bloomfield/OAA Blue-G (h) (-0.4) .. 5/11/2023
13.56	Waldron	Rockford/D1 State (0.8) 6/ 3/2023
13.60	Waldron	Farmington/Inv (0.0) 5/ 6/2023
13.61	Waldron	Detroit/D1 Regional (1.2) 5/20/2023
13.68	Waldron	Renton/Brooks PR (0.6) 6/14/2023
13.71	Waldron	Oak Park/5-Way (-1.4) 4/12/2023
13.82	Maya Rollins (Ann Arbor Pioneer)11	Rockford/D1 State (0.8) 6/ 3/2023
13.83	Rollins	Saline/D1 Regional (0.0) 5/19/2023
13.84	Waldron	Detroit/Courageous Inv (1.6) 4/29/2023
13.86	Morgan Roundtree (Oak Park)11	Rockford/D1 State (0.8) 6/ 3/2023
13.90	Rollins	Saline/Golden Triangle 5/ 5/2023
13.94	Waldron	West Bloomfield/OAA Blue-Gold (h) 5/11/2023
13.96	Roundtree	Rockford/D1 State (h) (1.6) 6/ 3/2023
13.98	Waldron	Rockford/D1 State (h) (-0.2) 6/ 3/2023
14.00	Waldron	Toledo/Titan Varsity (0.2) 4/14/2023
14.01	Rollins	Davison/Champion of Champions (0.4) ... 6/ 9/2023
14.04	Rollins	Rockford/D1 State (h) (0.4) 6/ 3/2023
14.05	Waldron	Detroit/D1 Regional (h) (1.7) 5/20/2023
14.11	Rollins	Saline/Golden Triangle (h) 5/ 5/2023
14.14	Roundtree	Detroit/D1 Regional (1.2) 5/20/2023
14.18	Carrie VanNoy (Oak Park)10	Rockford/D1 State (0.8) 6/ 3/2023
14.43	Lindsay Johnson (Detroit Cass Tech)11	Rockford/D1 State (0.8) 6/ 3/2023
14.64	Ella Jenkins (Warren Regina)12	Grand Rapids/D2 State (1.0) 6/ 3/2023
14.73	Kylei Anderson (Walled Lake Central)12	Rockford/D1 State (0.8) 6/ 3/2023
14.83	Aliyah Ferguson (Ann Arbor Huron)10	Saline/D1 Regional (0.0) 5/19/2023
14.85	Margaret Monaghan (Port Huron Northern)12	Macomb/D1 Regional 5/19/2023
14.91	Celeste Davis (Detroit Renaissance)10	Detroit/D1 Regional (1.2) 5/20/2023
14.96	Lauren Bickerdt (Detroit Renaissance)10	Detroit/D1 Regional (1.2) 5/20/2023
14.97	Molly Brown (Addison)10	Davison/Champion of Champions (0.4) ... 6/ 9/2023
15.07	Saige Martin (Pewamo-Westphalia)11	Kent City/Elite 4/29/2023
15.13	Selga Jansons (Grosse Pointe South)12	Grosse Pointe/D1 Regional 5/19/2023

Wind-aided:

13.65	Nonah Waldron (Oak Park)12	Oxford/Oakland County (2.5) 5/26/2023
13.85	Morgan Roundtree (Oak Park)11	Oxford/Oakland County (2.5) 5/26/2023
13.87	Waldron	Oxford/Oakland County (h) (2.7) 5/26/2023
14.01	Maya Rollins (Ann Arbor Pioneer)11	Saline/D1 Regional (h) (2.8) 5/19/2023
14.08	Carrie VanNoy (Oak Park)10	Oxford/Oakland County (2.5) 5/26/2023
14.86	Kylei Anderson (Walled Lake Central)12	Oxford/Oakland County (2.5) 5/26/2023
14.98	Molly Brown (Addison)10	East Jackson/Tri 5/ 9/2023
15.14	Selga Jansons (Grosse Pointe South)12	Grosse Pointe Farms/MAC Red (5.4) 5/16/2023
15.14	Aliyah Ferguson (Ann Arbor Huron)10	Saline/D1 Regional (h) (2.8) 5/19/2023

300 HURDLES

40.37	Nonah Waldron (Oak Park)12	Rockford/D1 State 6/ 3/2023
41.17	Waldron	West Bloomfield/OAA Blue-Gold 5/11/2023
41.54	Morgan Roundtree (Oak Park)11	Rockford/D1 State 6/ 3/2023
41.62	Roundtree	Farmington/Inv 5/ 6/2023
41.68	Roundtree	West Bloomfield/OAA Blue-Gold 5/11/2023
41.86	Roundtree	Detroit/D1 Regional 5/20/2023
42.23	Waldron	Farmington/Inv 5/ 6/2023
42.64	Roundtree	Oak Park/5-Way 4/12/2023
42.70	Waldron	Detroit/D1 Regional 5/20/2023
42.81	Roundtree	Toledo/Titan Varsity 4/14/2023
43.05	Roundtree	Detroit/Courageous Inv 4/29/2023
43.11	Lindsay Johnson (Detroit Cass Tech)11	Rockford/D1 State 6/ 3/2023
43.52	Waldron	Detroit/Courageous Inv 4/29/2023
44.11	Carrie VanNoy (Oak Park)10	Rockford/D1 State 6/ 3/2023
44.28	Lauren Bickerdt (Detroit Renaissance)10	Detroit/D1 Regional 5/20/2023
44.60	Annabelle Densmore (Charlotte)12	Bath/Nugent Inv 5/12/2023
45.05	Maya Rollins (Ann Arbor Pioneer)11	Dexter/SEC Red 5/12/2023
45.08	Melanie Macias (Ypsilanti Lincoln)12	Dexter/SEC Red 5/12/2023
45.30	Lydia Michelin (Milford)11	Rockford/D1 State 6/ 3/2023

45.32	Maya Goncalves (Ypsilanti Lincoln)12	Saline/D1 Regional.....	5/19/2023
45.40	Anna Plum (Mt Pleasant Sacred Heart)12	Davison/Twilight.....	5/12/2023
45.53	Albiona Bailey (Mt Pleasant)11	Davison/Twilight.....	5/12/2023
45.63	Emily Jokela (Lake Linden-Hubbell)10	Kingsford/UPD3 Finals.....	6/ 3/2023
45.83	Jayla Martin (Woodhaven)11	Saline/D1 Regional.....	5/19/2023
45.85	Margaret Monaghan (Port Huron Northern)12	Macomb/D1 Regional.....	5/19/2023
45.89	Alana Bracey (East Kentwood)9	Hudsonville/OK Red.....	5/12/2023
45.95	Sydney Kuhn (Saginaw Swan Valley)10	Sanford/Nite Trax.....	5/ 5/2023

Hand-timed:

45.9	Ashley Krahe (Northville)11	Livonia/D1 Regional.....	5/19/2023
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HIGH JUMP

5-11	Addison Hovey (Hart)10 (5-2, 5-4, 5-6, 5-7, 5-8, 5-9, 5-10, 5-11, 6-0 [xxx])	Holton/WMC Rivers.....	5/ 5/2023
5-11	Milena Chevallier (Farmington Hills Mercy)11 (5-4, 5-6, 5-8, 5-10 [3], 5-11 [3], 6-0 [xx-])	Rockford/D1 State.....	6/ 3/2023
5-10	Chevallier (5-2, 5-4, 5-6, 5-8, 5-9 [2], 5-10 [2], 5-11 [xxx])	Livonia/Churchill Field Inv.....	5/23/2023
5-10	Madison Morson (Salem)11 (5-2, 5-4, 5-6, 5-8 [2], 5-10 [3], 5-11 [xxx])	Rockford/D1 State.....	6/ 3/2023
5-9	Morson	Farmington/Inv.....	5/ 6/2023
5-8	Heidi Newhouse (Lawton)11	Parchment/Relays.....	5/ 5/2023
5-8	Eva Whiteman (Holland)12	Grand Haven/D1 Regional.....	5/19/2023
5-8	Morson	Livonia/D1 Regional.....	5/19/2023
5-8	Chevallier	Dexter/Steeb Meet of Champs.....	5/30/2023
5-8	Kylei Anderson (Walled Lake Central)12	Rockford/D1 State.....	6/ 3/2023
5-7	Lyberty Brandt (Saginaw Swan Valley)12	Birch Run/Tri.....	4/12/2023
5-7	Sarah Pippin (Edwardsburg)9	Paw Paw/Tri.....	5/ 9/2023
5-6	Greta Caprathe-Buczek (Rockford)10	Saline/Golden Triangle.....	5/ 5/2023
5-6	Faith Spiroff (Ishpeming Westwood)10	Negaunee/Lions Inv.....	5/12/2023
5-6	Julia Ott (Marquette)12	Negaunee/Lions Inv.....	5/12/2023
5-6	Olivia Findlay (Marlette)11	Marysville/Blue Water MOC.....	5/26/2023
5-6	Zoey Dood (Grandville)11	Rockford/D1 State.....	6/ 3/2023
5-5.5	Rianna Vincent (Hillsdale)12	Hillsdale/Area Best.....	5/30/2023
5-5	Ava Steinhebel (Dearborn Edsel Ford)11	Woodhaven/Metro Classic.....	5/13/2023
5-5	Carly Frank (Marine City)12	North Branch/D2 Regional.....	5/19/2023
5-5	Sarah Pippin (Edwardsburg)9	Grand Rapids/D2 State.....	6/ 3/2023
5-4.5	Mackenzie Bisballe (Lake City)11	Lake City/Tri.....	5/15/2023

POLE VAULT

12-6	Brooke Bowers (Forest Hills Central)11	Byron Center/OK White.....	5/11/2023
12-6	Katie Stewart (Salem)11	Livonia/D1 Regional.....	5/19/2023
12-6	B. Bowers	Grand Rapids/Michiana Health-West.....	5/23/2023
12-6	B. Bowers	Davison/Champion of Champions.....	6/10/2023
12-3	K. Stewart	Canton/dual.....	5/ 9/2023
12-3	Emma Stewart (Salem)12	Livonia/D1 Regional.....	5/19/2023
12-3	Bowers	Rockford/D1 State.....	6/ 3/2023
12-1	Bowers	Saline/Golden Triangle.....	5/ 5/2023
12-0	Bowers	Grand Rapids/Cougar Classic.....	4/22/2023
12-0	Bowers	East Grand Rapids/dual.....	4/26/2023
12-0	Allison Shelton (Ortonville Brandon)11	Holly/FML.....	5/12/2023
12-0	Jordyn Wright (Tecumseh)12	Tecumseh/SEC White.....	5/12/2023
12-0	E. Stewart	Howell/KLAA.....	5/13/2023
12-0	Taylor Diemond (Cedar Springs)11	Grand Haven/D1 Regional.....	5/19/2023
12-0	Maiya Corrigan (Rockford)9	Grand Haven/D1 Regional.....	5/19/2023
12-0	Diemond	Rockford/D1 State.....	6/ 3/2023
12-0	Shelton	Grand Rapids/D2 State.....	6/ 3/2023
12-0	Evie Mathis (Wayland Union)9	Grand Rapids/D2 State.....	6/ 3/2023
12-0	Claire Agnew (Owosso)12	Grand Rapids/D2 State.....	6/ 3/2023
11-9	Victoria Spitzley (East Kentwood)10	Portage/D1 Regional.....	5/19/2023
11-9	Raiden Kipfmiller (Dexter)9	Grand Ledge/D1 Regional.....	5/19/2023
11-7	Kati Smith (Kingsley)12	Shepherd/D2 Regional.....	5/19/2023

11-7	Megan Bell (Ann Arbor Pioneer)11	Davison/Champion of Champions	6/ 9/2023
11-6	Isabel German (Lowell)10	Grand Rapids/Elite Inv.....	4/29/2023
11-6	Sam Ebbert (St Joseph)12	Portage/D1 Regional	5/19/2023

LONG JUMP

18-10	Maya Justice (Woodhaven)10	Woodhaven/Warrior Classic [W3-7]	4/22/2023
18-8.5	Justice	Wyandotte/Downriver League.....	5/23/2023
18-7.5	Lena Cleveland (Rochester)11	Davison/Champion of Champions (0.8) ..	6/ 9/2023
18-6.25	Maya Anderson (Rockford)12	Hudsonville/OK Red	5/12/2023
18-5.75	Kaitlyn Molnar (Grosse Ile)11	Grand Rapids/D2 State (-0.7).....	6/ 3/2023
18-5.5	Anderson	Kentwood/dual.....	4/26/2023
18-5.5	Anderson	Grand Haven/D1 Regional.....	5/19/2023
18-4.75	Greta Caprathe-Buczek (Rockford)10	Kentwood/dual.....	4/26/2023
18-1	Sadie Dykstra (Yale)9	Richmond/BWAC.....	5/23/2023
17-11.5	Alyssa Budd (Napoleon)12	Kent City/D3 State (2.0).....	6/ 3/2023
17-10	Madison Nino (Hastings)12	Jackson/Tri	5/ 9/2023
17-8	Ashley Richburg (Grand Ledge)11	Davison/Twilight.....	5/12/2023
17-8	Layla Wallace (Portage Central)12	Portage/D1 Regional	5/19/2023
17-7.75	Mia Hinz (Hillsdale)	Hillsdale/Tri (0.9).....	5/10/2023
17-7	Hallie Kooyer (Hudsonville Unity Christian)12	Whitehall/D2 Regional	5/18/2023
17-6.75	Margaret Monaghan (Port Huron Northern)12	Marysville/Inv	5/12/2023
17-6.25	Jayda Beene (Benton Harbor)10	Grand Rapids/D2 State (-0.7).....	6/ 3/2023
17-5.75	Kristen Lavergne (Detroit Renaissance)11	Dearborn/Carpenter Inv	5/ 6/2023

Wind-aided:

18-6.5	Maya Anderson (Rockford)12	Rockford/D1 State (4.7).....	6/ 3/2023
	(f, 17-5.5 [0.0], f, 18-6.5w [4.1], 18-1.5w [3.6])		
18-3.25	Maya Justice (Woodhaven)10	Rockford/D1 State (4.0).....	6/ 3/2023
	(17-9.25w [7.9], 17-8.75w [6.0], 17-9 [0.0], 18-2w [6.0], 18-3.25w [4.0], 17-7.5w [4.4])		
18-1.5	Greta Caprathe-Buczek (Rockford)10	Rockford/D1 State (5.8).....	6/ 3/2023
18-1	Mia Barnett (Clinton Twp Chippewa Valley)10	Clinton Twp/dual[E10-21].....	5/ 9/2023
17-10.5	Sadie Dykstra (Yale)9	Croswell/Tri	4/25/2023
17-9.5	Alyssa Budd (Napoleon)12	Napoleon/dual [W13-28mph]	4/ 6/2023
17-9.5	Lena Cleveland (Rochester)11	Oxford/Oakland County	5/26/2023
17-8.25	Mia Hinz (Hillsdale)	Kent City/D3 State (6.6).....	6/ 3/2023
17-7	Michelle Domey (NB Anchor Bay)12	Warren/Macomb County	5/25/2023
17-5.5	Allinna Teav (Holland West Ottawa)11	Kentwood/Tri[NW14-24].....	5/ 3/2023
17-5.25	Jasmin Williams (Berrien Springs)12	St Joseph/Rotary Inv	5/ 5/2023

SHOT

46-7	Abigail Russell (Allen Park)11	Allen Park/Coed Relays.....	4/15/2023
44-3	Russell	Allen Park/Tri	4/18/2023
43-0.5	Russell	Woodhaven/Metro Classic.....	5/13/2023
43-0	McKenzie Siroky (Livonia Stevenson)12	Livonia/dual	4/11/2023
42-11.5	Elyse Finch (Royal Oak)12	Royal Oak/dual	4/26/2023
42-10	Sophie Daugard (Howell)12	Howell/KLAA.....	5/13/2023
42-9	Finch	Warren/Johnson Relays.....	4/29/2023
42-7	Daugard	Grand Ledge/D1 Regional	5/19/2023
42-7	Russell	Wyandotte/Downriver League.....	5/23/2023
42-6.75	Daugard	Farmington/Inv.....	5/ 6/2023
42-7	Janae Hudson (Marysville)11	Grand Rapids/D2 State.....	6/ 3/2023
42-6	Russell	Woodhaven/Tri.....	4/26/2023
42-3.75	Maeli Hope (Whitehall)12	Kent City/Elite	4/28/2023
41-11	Payton Otto (Olivet)12	Lansing/Greater Lansing	5/30/2023
41-10	Mackenzie Johns (Cadillac)11	Lake City/Cadillac News	5/29/2023
41-4	Savannah Breitwiser (Walled Lake Central)12	Farmington/Inv.....	5/ 6/2023
41-1.25	Cora Williams (Ann Arbor Huron)10	Farmington/Inv.....	5/ 6/2023
41-0	Haley Guerrant (Otsego)12	Otsego/Tri	4/18/2023
40-7	Kayla Harris (East Kentwood)11	Hudsonville/OK Red	5/12/2023
40-6	Sophia Snellenberger (Quincy)12	Hillsdale/D3 Regional	5/19/2023
40-5.5	Ellianna Foley (Coldwater)10	Williamston/Lutzke Inv	5/ 6/2023
40-3	Avery Lahti (Traverse City West)11	Midland/D1 Regional	5/19/2023

DISCUS

153-0	Maeli Hope (Whitehall)12	Fruitport/Trojan Inv	4/14/2023
151-11	Hope	Whitehall/Tri	4/18/2023
149-4	Abigail Russell (Allen Park)11	Woodhaven/Metro Classic	5/13/2023
148-7	Russell	Rockford/D1 State	6/ 3/2023
148-4	Russell	Wyandotte/Tri	5/ 9/2023
148-3	Russell	Saline/D1 Regional	5/19/2023
147-11	Sophia Snellenberger (Quincy)12	Quincy/Inv	5/ 5/2023
147-7	Russell	Woodhaven/Tri	4/26/2023
145-6	Hope	Muskegon/West Michigan Inv	5/24/2023
144-10	Hope	Kent City/Elite	4/28/2023
144-9	Savannah Breitwiser (Walled Lake Central)12	Walled Lake/City	4/19/2023
144-6	Haley Guerrant (Otsego)12	Plainwell/Throwers Classic	5/31/2023
140-3	Lillian Lince (Midland)12	Auburn/Tri	5/ 9/2023
137-9	Elyse Finch (Royal Pak)12	Warren/Johnson Relays	4/29/2023
137-3	Janae Hudson (Marysville)11	Marysville/Blue Water MOC	5/26/2023
136-6	Payton Otto (Olivet)12	Lansing/Greater Lansing	5/30/2023
133-2	Rylan Finstrom (Grayling)11	Kent City/D3 State	6/ 3/2023
130-9	Natalie Wandrie (Indian River Inland Lakes)12	Harbor Springs/Ram Scram	4/14/2023

Sloping Field:

148-1	Abigail Russell (Allen Park)11	Oxford/Inv	4/29/2023
131-5	Ava Wojciechowski (Walled Lake Central)12	Oxford/Oakland County	5/26/2023

4 x 100 RELAY

46.53	Detroit Renaissance (Kristen Lavergne, Jayla Dace, Madison Sheard, Jayla Graham)	Rockford/D1 State	6/ 3/2023
47.10	Detroit Renaissance (Kristen Lavergne, Jayla Dace, Madison Sheard, Jayla Graham)	Dearborn/Carpenter Inv	5/ 6/2023
47.49	Oak Park	Farmington/Inv	5/ 6/2023
47.51	Detroit Renaissance (Kristen Lavergne, Jayla Dace, Madison Sheard, Jayla Graham)	Detroit/D1 Regional	5/20/2023
47.54	Detroit Renaissance (Kristen Lavergne, Asia Elders, Madison Sheard, Jayla Graham)	Novi/Relays	4/ 8/2023
47.71	Detroit Renaissance	Detroit/Courageous Inv	4/29/2023
47.71	Oak Park	Rockford/D1 State	6/ 3/2023
47.84	Oak Park (Carrie VanNoy, Nonah Waldron, Morgan Roundtree, C. Yelder)	Detroit/D1 Regional	5/20/2023
48.05	Oak Park	Oxford/Oakland County	5/26/2023
48.37	Ann Arbor Huron	Farmington/Inv	5/ 6/2023
48.42	Portage Northern	Rockford/D1 State	6/ 3/2023
48.70	Beverly Hills Groves	Rockford/D1 State	6/ 3/2023
48.86	West Bloomfield	Farmington/Inv	5/ 6/2023
49.32	Berrien Springs	Grand Rapids/D2 State	6/ 3/2023
49.35	Ann Arbor Pioneer	Dexter/SEC Red	5/12/2023
49.36	Woodhaven	Saline/D1 Regional	5/19/2023
49.38	Romulus Summit Academy North	Grand Rapids/D2 State	6/ 3/2023
49.40	East Kentwood	Rockford/D1 State	6/ 3/2023
49.45	Rockford	Rockford/D1 State	6/ 3/2023
49.50	Midland Dow	Rockford/D1 State	6/ 3/2023
49.77	Grand Rapids Ottawa Hills	Grand Rapids/Quad	4/11/2023
49.79	Salem	Rockford/D1 State	6/ 3/2023
49.80	Holland West Ottawa	Rockford/D1 State	6/ 3/2023
49.89	Linden	Holly/FML	5/12/2023
49.94	Ypsilanti Lincoln	Dexter/SEC Red	5/12/2023
49.94	Sturgis	Grand Rapids/D2 State	6/ 3/2023

4 x 200 RELAY

1:38.15	Detroit Renaissance (Jayla Dace, Madison Sheard, Shelby Sanders, Jayla Graham)	Rockford/D1 State	6/ 3/2023
1:38.21	Oak Park (Morgan Roundtree, Nonah Waldron, Carrie VanNoy, Kelis Hunter-Young)	Rockford/D1 State	6/ 3/2023
1:39.57	Oak Park	West Bloomfield/OAA Blue-Gold	5/11/2023

	(Morgan Roundtree, Nonah Waldron, Kelis Hunter-Young, Carrie VanNoy)	
1:39.78	Oak Park	Detroit/D1 Regional5/20/2023
	(Morgan Roundtree, Nonah Waldron, Carrie VanNoy, Kelis Hunter-Young)	
1:39.92	Oak Park	Detroit/Courageous Inv4/29/2023
1:39.99	Oak Park	Farmington/Inv5/ 6/2023
1:40.05	Oak Park	Oxford/Oakland County5/26/2023
	(Morgan Roundtree, Nonah Waldron, Carrie VanNoy, Kelis Hunter-Young)	
1:40.14	Oak Park	Toledo/Titan Varsity4/14/2023
1:40.21	Oak Park	Oak Park/5-Way4/12/2023
1:40.52	Detroit Renaissance	Detroit/D1 Regional5/20/2023
1:40.91	Ann Arbor Pioneer	Rockford/D1 State6/ 3/2023
1:41.74	Ann Arbor Huron	Dexter/SEC Red5/12/2023
1:41.83	Detroit Cass Tech	Grosse Pointe/D1 Regional5/19/2023
1:42.88	Woodhaven	Saline/Golden Triangle5/ 5/2023
1:43.03	Forest Hills Central	Rockford/D1 State6/ 3/2023
1:43.28	Ypsilanti Lincoln	Dexter/SEC Red5/12/2023
1:43.65	Rockford	Rockford/D1 State6/ 3/2023
1:43.81	East Kentwood	Hudsonville/OK Red5/12/2023
1:44.26	West Bloomfield	Farmington/Inv5/ 6/2023
1:44.40	East Lansing	Lansing/Greater Lansing5/30/2023
1:44.73	Farmington Hills Mercy	Rockford/D1 State6/ 3/2023
1:44.76	Cadillac	Grand Rapids/D2 State6/ 3/2023
1:44.94	Saline	Saline/D1 Regional5/19/2023
1:44.99	Romulus Summit Academy North	Chelsea/D2 Regional5/19/2023

4 x 400 RELAY

3:49.66	Oak Park	Detroit/Courageous Inv4/29/2023
3:52.82	Detroit Cass Tech	Rockford/D1 State6/ 3/2023
3:52.94	Detroit Renaissance	Rockford/D1 State6/ 3/2023
3:55.27	Oak Park	Rockford/D1 State6/ 3/2023
3:56.83	Oak Park	Detroit/D1 Regional5/20/2023
3:57.23	Oak Park	Toledo/Titan Varsity (0.2)4/14/2023
3:57.63	Oak Park	Oak Park/5-Way4/12/2023
3:57.64	Milford	Rockford/D1 State6/ 3/2023
3:58.14	Oak Park	Oxford/Oakland County5/26/2023
3:58.18	East Grand Rapids	Grand Rapids/D2 State6/ 3/2023
3:58.27	Ann Arbor Pioneer	Dexter/SEC Red5/12/2023
3:58.42	Farmington Hills Mercy	Rockford/D1 State6/ 3/2023
3:58.65	Oak Park	West Bloomfield/OAA Blue-Gold5/11/2023
3:58.95	Ypsilanti Lincoln	Dexter/SEC Red5/12/2023
3:59.05	Detroit Renaissance	Detroit/D1 Regional5/20/2023
3:59.40	Grand Blanc	Midland/D1 Regional5/19/2023
3:59.78	Farmington Hills Mercy	Farmington/Inv5/ 6/2023
4:00.40	Walled Lake Northern	Rockford/D1 State6/ 3/2023
4:00.95	Grand Haven	Hudsonville/OK Red5/12/2023
4:01.40	Midland Dow	Rockford/D1 State6/ 3/2023
4:01.64	Forest Hills Central	Rockford/D1 State6/ 3/2023
4:02.43	West Bloomfield	Oxford/Oakland County5/26/2023
4:03.07	Grand Ledge	Grand Ledge/D1 Regional5/19/2023
4:03.23	Grand Haven	Rockford/D1 State6/ 3/2023
4:03.39	Woodhaven	Saline/D1 Regional5/19/2023
4:03.47	Saline	Dexter/SEC Red5/12/2023
4:03.58	Holt	Grand Ledge/D1 Regional5/19/2023
4:03.74	East Kentwood	Rockford/D1 State6/ 3/2023
4:03.76	Woodhaven	Wyandotte/Tri4/20/2023

4 x 800 RELAY

9:01.19	Ann Arbor Pioneer	Rockford/D1 State6/ 3/2023
	(Sylvia Sanok Dufallo, Lydia Bowman, Emily Cooper, Rachel Forsyth)	
9:03.23	Ann Arbor Pioneer	Dexter/SEC Red5/12/2023
9:11.25	Ann Arbor Pioneer	Temperance/Tri4/10/2023
9:11.49	Zeeland East	Rockford/D1 State6/ 3/2023

(Meredith Cook, Allison kuzma, Emma Drnek, CC Kuras)

9:12.8	Ann Arbor Pioneer	Saline/Tri.....	4/25/2023
9:14.21	Ann Arbor Pioneer	Saline/D1 Regional	5/19/2023
9:15.22	Saline	Rockford/D1 State	6/ 3/2023
9:17.36	Rochester	Rockford/D1 State	6/ 3/2023
9:18.27	Walled Lake Northern	Rockford/D1 State	6/ 3/2023
9:18.85	Milford	Rockford/D1 State	6/ 3/2023
9:18.93	Grand Haven	Rockford/D1 State	6/ 3/2023
9:19.24	Northville	Rockford/D1 State	6/ 3/2023
9:21.07	Holland West Ottawa	Grand Haven/D1 Regional.....	5/19/2023
9:23.09	Traverse City West	Rockford/D1 State	6/ 3/2023
9:23.28	Ann Arbor Skyline	Rockford/D1 State	6/ 3/2023
9:23.82	Lansing Catholic	Kent City/D3 State	6/ 3/2023
9:24.26	St Joseph	Rockford/D1 State	6/ 3/2023
9:25.72	Howell	Howell/KLAA.....	5/13/2023
9:26.96	Brighton	Howell/KLAA.....	5/13/2023
9:28.17	East Grand Rapids	Grand Rapids/D2 State.....	6/ 3/2023
9:28.71	Traverse City Central	Rockford/D1 State	6/ 3/2023
9:30.34	Jackson Lumen Christi	Kent City/D3 State	6/ 3/2023
9:30.86	East Kentwood	Portage/D1 Regional	5/19/2023
9:31.17	Romeo	Macomb/D1 Regional	5/19/2023
9:32.76	Monroe Jefferson	Grand Rapids/D2 State.....	6/ 3/2023
9:33.21	Farmington	Milford/D1 Regional	5/19/2023
9:33.42	DeWitt	Rockford/D1 State	6/ 3/2023
9:33.46	Howell	Rockford/D1 State	6/ 3/2023
9:33.77	Zeeland West	Rockford/D1 State	6/ 3/2023
9:34.68	Spring Lake	Grand Rapids/D2 State.....	6/ 3/2023
9:35.02	Farmington	Rockford/D1 State	6/ 3/2023
9:35.51	Pewamo-Westphalia	Kent City/D3 State	6/ 3/2023
9:35.74	Forest Hills Central	Portage/D1 Regional	5/19/2023
9:35.92	Hart	Kent City/D3 State	6/ 3/2023
9:37.17	Livonia Franklin	Livonia/D1 Regional.....	5/19/2023
9:37.80	Jenison	Hudsonville/OK Red	5/12/2023
9:37.96	Shepherd	Grand Rapids/D2 State.....	6/ 3/2023
9:38.97	Grand Rapids Christian	Byron Center/OK White	5/11/2023

4 x 1600 RELAY

23:01.05	Zeeland West	Caledonia/Soderman Relays	4/15/2023
23:04.03	Macomb Dakota	Royal Oak/Relays	4/22/2023
23:38.31	Royal Oak	Royal Oak/Relays	4/22/2023
23:41.51	Lowell	Caledonia/Soderman Relays	4/15/2023
23:45.35	Caledonia	Caledonia/Soderman Relays	4/15/2023
23:47.87	Warren Regina	Royal Oak/Relays	4/22/2023
23:56.24	Novi	Novi/Relays	4/ 8/2023

800 SPRINT MEDLEY

1:53.72	Midland Dow	Midland/Graves-Swayze Relays	4/21/2023
1:54.26	Milford	Warren/Johnson Relays.....	4/29/2023
1:54.58	New Boston Huron	New Boston/Huron Relays.....	5/ 5/2023
1:55.48	Traverse City West	Midland/Graves-Swayze Relays	4/21/2023
1:55.88	Berkley	Royal Oak/Relays	4/22/2023
1:57.74	Flint Powers	Lansing/Catholic Relays	4/15/2023
1:58.39	Howell	Lansing/Catholic Relays	4/15/2023
1:58.48	Kalamazoo Central	Lansing/Catholic Relays	4/15/2023
1:58.50	Utica Ford	Warren/Johnson Relays.....	4/29/2023
1:59.18	Ferndale	Royal Oak/Relays	4/22/2023

1000 (SWEDISH) SPRINT MEDLEY

2:20.88	Ypsilanti Lincoln	Ypsilanti/End of Season Inv	5/25/2023
2:32.00	St Joseph	Grand Rapids/Elite Challenge	4/29/2023
2:32.55	GR Kenowa Hills	Grand Rapids/Elite Challenge	4/29/2023
2:32.78	GR Ottawa Hills	Grand Rapids/Elite Challenge	4/29/2023

2:32.82 GR Catholic Central Grand Rapids/Elite Challenge4/29/2023

1200 SPRINT MEDLEY

3:04.35 Lansing Catholic Ionia/Bulldog Relays4/21/2023
3:04.79 Rockford Caledonia/Soderman Relays4/15/2023
3:06.24 Grandville Wyoming/Grimm Relays4/29/2023
3:06.91 East Grand Rapids East Grand Rapids/Classic4/29/2023
3:08.03 Three Rivers Ionia/Bulldog Relays4/21/2023
3:10.81 GR Christian East Grand Rapids/Classic4/29/2023
3:11.31 Otsego East Grand Rapids/Classic4/29/2023
3:12.57 Byron Center Caledonia/Soderman Relays4/15/2023
3:12.65 Caledonia Caledonia/Soderman Relays4/15/2023
3:15.84 Remus Chippewa Hills Ionia/Bulldog Relays4/21/2023

1600 SPRINT MEDLEY

4:14.52 Walled Lake Northern Davison/Champion of Champions6/10/2023
4:23.09 Novi Davison/Champion of Champions6/10/2023
4:23.93 Detroit Renaissance Novi/Relays4/ 8/2023
4:27.34 Gobles Davison/Champion of Champions6/10/2023
4:29.11 Kingston Davison/Champion of Champions6/10/2023
4:32.32 White Lake Lakeland Novi/Relays4/ 8/2023

2400 MEDLEY

7:11.08 Lansing Catholic Lansing/Catholic Relays4/15/2023
7:12.53 Howell Lansing/Catholic Relays4/15/2023
7:20.91 Ann Arbor Pioneer Lansing/Catholic Relays4/15/2023

DISTANCE MEDLEY

11:57.36 Ann Arbor Pioneer Lansing/Catholic Relays4/15/2023
(Emily Cooper, Natalie Mello, Sylvia Sanok Dufallo, Rachel Forsyth)
12:25.46 Ann Arbor Skyline Davison/Champion of Champions6/10/2023
(Natalie Kessler, Leah White, Ayla Balazer, Caroline Vance)
12:31.10 Grand Rapids Christian East Grand Rapids/Classic4/29/2023
12:39.08 Zeeland East Caledonia/Soderman Relays4/15/2023
12:43.30 Rochester Auburn/BCW Relays4/14/2023
12:45.14 Traverse City West Midland/Graves-Swayze Relays4/21/2023
12:52.55 Lowell Caledonia/Soderman Relays4/15/2023
12:52.77 Macomb Dakota Warren/Johnson Relays4/29/2023
12:54.38 Lansing Catholic Lansing/Catholic Relays4/15/2023
12:55.95 Jenison Ionia/Bulldog Relays4/21/2023
13:06.55 Traverse City Central Midland/Graves-Swayze Relays4/21/2023