

Girls Outdoor State Records by Class - Standard Events (updated 6/4/2023)

Corrections needed – especially for lower grades, I'm sure we're missing some marks – jeffhollobaugh@aol.com

100 METERS

5	13.47	Jenea Cook (Detroit PAL)	AAU Region VI	7/11/2004
6	12.17	Kendall Baisden (Bloomfield St Regis)	Knoxville/AAU Junior Oly (-0.5).....	8/ 4/2007
7	12.18	Jordan Clark (Southfield MS)	Norfolk/AAU Junior Oly (h) (1.0).....	8/ 2/2006
8	11.73	Kendall Baisden (Bloomfield St Regis)	Ypsilanti/USA Youth (1.3).....	7/ 5/2009
9	11.75	Kendall Baisden (Detroit Country Day)	Des Moines/USA Juniors (h) (1.6).....	6/24/2010
10	11.58	Jordan Clark (Southfield Lathrup)	Sudtirol/World Youth (qf) (0.9).....	7/ 8/2009
11	11.51	Kaila Jackson (Detroit Renaissance)	Humble/AAU Junior Olympics (s) (0.6)	8/ 5/2021
	11.51	Kaila Jackson (Detroit Renaissance)	Humble/AAU Junior Olympics (-1.7)	8/ 7/2021
12	11.37	Shayla Mahan (Detroit Mumford)	Jackson/Midwest Meet (1.7).....	6/ 9/2007

200 METERS

5	27.06	Dynasty McGee (Mt Morris JH)	Des Moines/AAU JO (h) (0.5).....	8/ 5/2004
6	24.89	Kendall Baisden (Bloomfield St Regis)	Knoxville/AAU Junior Oly (0.5)	8/ 4/2007
7	24.03	Kendall Baisden (Bloomfield St Regis)	Ypsilanti/AAU Junior Oly (0.6).....	7/12/2008
8	23.69	Kendall Baisden (Bloomfield St Regis)	Greensboro/USATF JO (-0.7).....	8/ 1/2009
9	23.42	Kendall Baisden (Detroit Country Day)	Norfolk/AAU JO (s) (-0.2)	8/ 5/2010
10	24.17	Shayla Mahan (Detroit Mumford)	New Orleans/AAU JO (h) (-0.4).....	8/ 7/2005
11	23.01	Kaila Jackson (Detroit Renaissance)	Humble/AAU Junior Olympics (s) (1.4)	8/ 4/2021
12	23.55	Anavia Battle (Wayne Memorial)	Ypsilanti/AAU Junior Olympics (h) (1.4)	8/ 1/2017

400 METERS

5	62.32	Danielle Green (Saline Heritage MS)	Albion/Blazers Inv	6/25/2016
6	57.68	Kendall Baisden (Bloomfield St Regis)	Knoxville/AAU Junior Oly (h)	7/31/2007
7	54.72	Kendall Baisden (Bloomfield St Regis)	Ypsilanti/AAU Junior Olympics	7/12/2008
8	53.05	Kendall Baisden (Bloomfield St Regis)	Des Moines/AAU JO.....	8/ 8/2009
9	52.59	Kendall Baisden (Detroit Country Day)	Des Moines/USA Juniors.....	6/26/2010
10	52.87	Kendall Baisden (Detroit Country Day)	Greensboro/New Balance	6/18/2011
11	52.60	Kendall Baisden (Detroit Country Day)	Bloomington/USA Juniors.....	6/17/2012
12	52.03	Kendall Baisden (Detroit Country Day)	Des Moines/USA Juniors.....	6/22/2013

800 METERS

6	2:18.89	Ersula Farrow (Farmington H Power MS)	Des Moines/AAU JO.....	8/ 5/2009
7	2:14.42	Anna Jensen (Midland Jefferson MS)	Norfolk/AAU Junior Olympics	8/ 5/2015
8	2:12.66	Anna Jensen (Midland Jefferson MS)	Midland/dual	5/17/2016
9	2:08.82	Hannah Meier (Grosse Pointe South)	Rockford/D1 State	6/ 5/2010
10	2:06.75	Ersula Farrow (Grosse Pointe South)	Donyetsk/World Youth Ch (s).....	7/12/2013
11	2:05.61	Becca Addison (Grand Haven)	Greensboro/Nike Outdoor	6/21/2008
12	2:05.05	Geena Gall (Grand Blanc)	Greensboro/Nike Outdoor	6/18/2005

1500 METERS

5	4:38.3	Lori Bennett (Livonia Ladywood)	(meet?)	7/ 2/1978
6	4:50.91	Anyla Robinson (Lincoln Park MS)	Humble/AAU Junior Olympics	8/ 5/2021
7	4:37.79	Anna Jensen (Midland Jefferson MS)	Norfolk/AAU Junior Olympics	8/ 5/2015
8	4:32.7#	Anna Jensen (Midland Jefferson MS)	Shepherd/MEGASTAR.....	6/ 1/2016
9	4:30.64	Rachel Forsyth (Ann Arbor Pioneer)	Hillsdale/Gina Relays	4/23/2021
10	4:20.65	Hannah Meier (Grosse Pointe South)	Lille/World Youth	7/ 9/2011
11	4:18.44	Hannah Meier (Grosse Pointe South)	Bloomington/USA Junior	6/17/2012
12	4:20.30#	Julia Flynn (Traverse City Central)	Seattle/Brooks PR (1M).....	6/15/2022

1600 METERS

7	4:58.9	Anna Jensen (Midland Jefferson MS)	Shepherd/MEGASTAR.....	5/27/2015
8	4:50.87	Anna Jensen (Midland Jefferson MS)	Shepherd/MEGASTAR.....	6/ 1/2016
9	4:45.0	Hannah Meier (Grosse Pointe South)	Grosse Pointe/D1 Regional.....	5/21/2010
10	4:42.6	Hannah Meier (Grosse Pointe South)	Rockford/D1 State.....	6/ 4/2011
11	4:39.4	Laura Matson (Bloomfield Hills Andover)	Oakland County Ch.....	5/24/1985
12	4:37.73y	Julia Flynn (Traverse City Central)	Seattle/Brooks PR.....	6/15/2022

MILE

9	4:54.20	Helen Sachs (Holland West Ottawa)	Grand Rapids/Cougar Inv.....	4/23/2022
10	4:45.28	Hannah Meier (Grosse Pointe South)	Greensboro/New Balance.....	6/18/2011
11	4:41.34	Zofia Dudek (Ann Arbor Pioneer)	Shoreline/Brooks PR.....	6/15/2019
12	4:37.73	Julia Flynn (Traverse City Central)	Seattle/Brooks PR.....	6/15/2022

3000 METERS

5	10:28.0	Lori Bennett (Livonia Hawks TC)	Dayton.....	7/ 1/1978
7	10:21.5	Mara Matuszak (Ann Arbor Slauson MS)	Eugene.....	7/11/1982
8	10:14.9	Danielle Harpell (Ann Arbor Slauson MS)	Springfield.....	6/30/1984
9	9:46.89	Abby VanderKooi (Muskegon WM Christian)	Greensboro/New Balance (2M).....	6/15/2019
10	9:26.6#	Abby VanderKooi (Muskegon West MI Chr)10	San Tan Valley/Desert Dream (3200).....	6/13/2020
11	9:19.3#	Ericka VanderLende (Rockford)	Shoreline/Brooks PR (2M).....	6/ 8/2018
12	9:16.3#	Ericka VanderLende (Rockford)	Shoreline/Brooks PR (2M).....	6/15/2019

3200 METERS

7	10:46.9	Anna Jensen (Midland Jefferson MS)	Midland/dual.....	5/ 4/2015
8	10:36.36	Meghan Ford (Mason MS)	Chicago/Illinois Meet of Champions.....	7/29/2020
9	10:29.03y	Abby VanderKooi (Muskegon WM Christian)	Greensboro/New Balance Nationals.....	6/15/2019
10	10:02.56	Abby VanderKooi (Muskegon West MI Chr)	San Tan Valley/Desert Dream.....	6/13/2020
11	9:56.5#	Ericka VanderLende (Rockford)	Shoreline/Brooks PR (2M).....	6/ 8/2018
12	9:49.9#	Ericka VanderLende (Rockford)	Shoreline/Brooks PR (2M).....	6/15/2019

TWO MILES

9	10:29.03	Abby VanderKooi (Muskegon WM Christian)	Greensboro/New Balance Nationals.....	6/15/2019
10	10:22.76	Erin Finn (West Bloomfield)	Greensboro/New Balance.....	6/17/2011
11	9:59.92	Ericka VanderLende (Rockford)	Shoreline/Brooks PR.....	6/ 8/2018
12	9:53.00	Ericka VanderLende (Rockford)	Shoreline/Brooks PR (2M).....	6/15/2019

5000 METERS

9	19:48.70	Marne Smiley (Sterling Hts Stevenson)	Edwardsville/USA Junior Ch.....	6/21/1997
10	16:41.33	Erin Finn (West Bloomfield)	Greensboro/New Balance.....	6/16/2011
11	16:41.25	Sarah Kettel (Lansing Capital Homeschool)	Hillsdale/Gina Relays.....	4/24/2015
12	16:12.40	Audrey DaDamio (Birmingham Seaholm)	Hillsdale/Gina Relays.....	4/23/2021

10,000 METERS

12	35:44.75	Noelle Adriaens (Pinckney)	Quebec City/Rouge et Or.....	7/12/2019
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100 METER HURDLES

8	14.37	Nonah Waldron (Farmington Hills Warner MS)	Greensboro/AAU Junior Olympics (0.9).....	8/ 1/2019
9	13.90	Morgan Roundtree (Oak Park)	Humble/AAU Junior Olympics (h) (1.6).....	8/ 4/2021
10	13.54	Grace Stark (White Lake Lakeland)	Novi/Oakland County (1.1).....	5/26/2017
10	13.54	Aasia Laurencin (Oak Park)	Kentwood/D1 State (1.7).....	6/ 2/2018
11	13.16	Grace Stark (White Lake Lakeland)	Kentwood/D1 State (1.7).....	6/ 2/2018
12	13.43	Grace Stark (White Lake Lakeland)	Kentwood/D1 State (0.6).....	6/ 1/2019

300 HURDLES

9	43.24	Darchelle Ross (Detroit Cass Tech)	Flint/A State.....	5/31/1986
10	42.42	Morgan Roundtree (Oak Park)	Farmington/D1 Regional.....	5/21/2022
11	41.54	Morgan Roundtree (Oak Park)	Rockford/D1 State.....	6/ 3/2023
12	40.37	Nonah Waldron (Oak Park)	Rockford/D1 State.....	6/ 3/2023

400 HURDLES

8	1:06.96	Morgan Roundtree (Oak Park MS)	Oak Park/Mini Meet	7/23/2020
9	1:01.23	Nonah Waldron (Oak Park)	Oak Park/Mini Meet	7/23/2020
10	58.10	Nonah Waldron (Oak Park)	Des Moines/AAU Junior Olympics.....	7/30/2014
11	1:00.10	Sami Mitchell (Reed City)	Bloomington/USA Junior (h)	6/15/2012
12	1:00.16	Brianna Holloway (Oak Park)	Greensboro/New Balance Nationals	6/19/2016

HIGH JUMP

7	5-5	Bella Friddle (Hastings)	Ionia/Foy Invitational.....	5/13/2022
8	5-5	Kylei Anderson (West Bloomfield Walnut Crk)	Detroit/AAU Region 12	6/28/2019
9	5-10	Brook Simpson (Belding)	Zeeland/D2 State.....	6/ 5/2021
10	5-9	Beth Brunn (Utica)	Comstock/B State.....	6/ 5/1976
	5-9	Kaye Leighton (Northport)	/1978
	5-9	LaToya Chandler (Westland Glenn)	Redford/A Regional	5/15/1998
	5-9	Sara Jane Baker (Mattawan)	Richland/dual	4/13/2000
	5-9	Kathryn Mills (Eaton Rapids)	Jackson/dual.....	5/ 1/2012
11	5-11.25	Gwen Wentland (Grand Blanc)	Southfield/Junior Oly Regional	7/15/1989
12	6-0	Gwen Wentland (Grand Blanc)	Flint/CAN-USA.....	8/10/1990

POLE VAULT

3	7-0	Aubree Bowers (Forest Hills Thornapple)	Hudsonville/Super Hero Vault	8/12/2018
4	8-6	Aubree Bowers (Forest Hills Thornapple)	Hastings/Barry County Fair	7/20/2019
5	10-2	Aubree Bowers (Forest Hills C Woodland)	Vermontville/Senior Recognition	7/25/2020
6	11-0	Aubree Bowers (Forest Hills C Woodland)	Vermontville/Tiki Vault	7/10/2021
7	12-1	Brooke Bowers (Forest Hills Central MS)	Vermontville/Moon Vault.....	8/ 3/2019
8	12-0	Evie Mathis (Wayland Union MS)	Hastings/dual	5/19/2022
9	12-3	Brooke Bowers (Forest Hills Central)	Kentwood/D1 State.....	6/ 5/2021
10	12-9	Brooke Bowers (Forest Hills Central)	Rockford/D State	6/ 4/2022
11	13-6.25	Mackenzie Shell (Port Huron Northern)	Vermontville/Moon Vault.....	8/ 2/2014
12	13-9	Mackenzie Shell (Port Huron Northern)	Warren/D1 Regional	5/15/2015

LONG JUMP

6	16-3.5	Marilyn Obenauf (North Rockford)	Rockford/dual.....	5/10/2022
7	16-5	Heidi Berkey (Grand Haven Lakeshore)	Grand Haven/vs Holland Christian	5/14/2018
8	18-3	Dynasty McGee (Grand Blanc MS)	Flint/dual	5/ 3/2007
9	19-2	Carrie Butler (Howard City Tri-County)	/1980
10	19-1	Susie Frodge (Midland Dow)	Uniondale, NY.....	7/ 7/1985
11	19-9.75	Kennedy Jackson (Walled Lake Western)	Greensboro/AAU Junior Olympics.....	7/29/2019
12	19-3.75	Angelica Floyd (Clinton Twp Chippewa Valley)	Kentwood/D1 State (0.2)	6/ 3/2017

TRIPLE JUMP

7	31-2	Dynasty McGee (Mt Morris JH)	Merrillville/AAU Regional	7/ 7/2006
8	36-11.75	Dynasty McGee (Grand Blanc MS)	Hamilton/CANUSA	8/11/2007
9	36-9	Dynasty McGee (Flint Southwestern)	Dayton/Mitchell Roosevelt	5/ 3/2008
10	35-2.25	Dynasty McGee (Flint Southwestern)	Des Moines/AAU JO (-1.7).....	8/ 4/2009
11	39-5	Sherita Williams (Detroit King)	Norfolk/AAU Junior Olympics	8/ 5/1998
12	36-9	Kendal Willis (Ann Arbor Pioneer)	Dayton/Martin Classic.....	4/19/1997

SHOT (4k)

8	37-9	Valadian Pallett (Farmington East MS)	Olivet/USATF State	6/10/2017
9	45-7.5	Makiba Batten (Detroit Renaissance)	Detroit/Operation Friendship	5/27/1995
10	46-5	Becky Breisch (Edwardsburg)	Allegan/B Regional	5/21/1999
11	51-4.75	Sarah Marvin (Byron)	New Castle/Rose Inv	7/11/2020
12	51-11	Sarah Marvin (Byron)	Collegeville/Throws U Last Chance	6/10/2021

DISCUS

6	103-2	Valadian Pallett (Farmington East MS)	Norwalk/AAU Junior Olympics.....	8/ 4/2015
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7	118-4	Valadian Pallett (Farmington East MS)	Oberlin/USATF JO Regional	7/10/2016
8	125-8	Valadian Pallett (Farmington East MS)	Detroit/AAU Junior Olympics	8/ 2/2017
9	147-9	Alana Robinson (Grosse Ile)	(meet?)	/1995
10	154-0	Alana Robinson (Grosse Ile)	(meet?)	/1996
11	163-7	Brittany Mann (Detroit Country Day)	Beverly Hills/dual	5/10/2011
12	166-5	Alana Robinson (Grosse Ile)	Delaware/Midwest MOC	6/13/1998

HAMMER

9	142-5	Shana Flanary (Carleton-Airport)	Washington CH/USATF Region 5	7/ 4/2008
10	147-11	Faith Moore (Farmington)	Comstock Park/Meier State Games	6/25/2022
11	153-7	Valadian Pallett (Farmington)	Aurora/Hammerman Throwers Meet	7/25/2020
12	149-6	Brook Pleger (Saline)	Hillsdale/USATF Open	6/19/2010

JAVELIN

7	106-3	Sarah Marvin (Byron MS)	Sacramento/AAU Junior Olympic	7/ 1/2017
8	112-6	Jynelle Lewis (Parma Western MS)	Humble/AAU Junior Olympics	8/ 5/2021
9	121-2	Valadian Pallett (Farmington)	Des Moines/AAU Junior Olympics	8/ 2/2018
10	126-2	Valadian Pallett (Farmington)	Olivet/USATF Open	6/ 8/2019
11	129-5	Taylor Dzatczak (Macomb Lutheran North)	Humble/AAU Junior Olympics	8/ 5/2016
12	140-4	Kortni Elsworth (Goodrich)	Ypsilanti/AAU Junior Oly [hept]	7/27/2008

HEPTATHLON

8	3141	Jessica Howell (Oxford MS)	Des Moines/AAU JO	8/ 2/2009
		(19.61 [1.8], 4-6, 23-9, 26.39 [0.9], 15-9, 67-1, 2:55.38)		
9	4383	Shellyse Richardson (West Bloomfield)	New Orleans/AAU Junior Oly	8/ 1/2005
		(15.61 [0.1], 5-3.25, 27-4.75, 26.91 [1.0], 17-6.25, 70-10, 2:24.74)		
10	4468	Shellyse Richardson (West Bloomfield)	Norfolk/AAU Junior Olympics	7/30/2006
		(15.14w [2.4], 5-5.75, 27-5.25, 26.43 [0.9], 17-4.75, 74-0, 2:32.29)		
11	5071	Aaron Howell (Farmington)11	Greensboro/New Balance	6/15/2012
		(15.13 [1.2], 5-6, 37-1.75, 25.79, 17-7.5 [1.7], 118-8, 2:27.31)		
12	5071	Aaron Howell (Farmington)12	Des Moines/USA Juniors	6/20/2013
		(14.54 [1.8], 5-4.25, 35-4, 26.09 [0.6], 17-9.5 [-1.1], 122-0, 2:26.54)		