

BEST TIMES INDOORS 1975 - 1976

<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>PLACE</u>
50 Yard Dash	Marjorie Grimmatt	6.0	2-13-76	Toronto, Ont.
50 Meter Dash	Carrmen Rivers	6.3	1-31-76	London, Ont.
50 Meter Dash	Angela Johnson	6.3	1-31-76	London, Ont.
60 Yard Dash	Carrmen Rivers	6.9	1-16-76	Bloomington
50 Meter Hurdles	Kim Hatchett	7.7	1-31-76	London, Ont.
70 Yard Hurdles	Sheila Furst	9.9	1-16-76	Bloomington
300 Yard Dash	Cheryl Gilliam	36.1	2-8-76	Detroit, Mich.
300 Meter Dash	Cheryl Gilliam	40.0	1-31-76	London, Ont.
440 Yard Dash	Kim Watts	59.5	2-19-76	East Lansing
400 Meter Dash	Rochelle Collins	57.3	3-6-76	Hamilton, Ont.
880 Yard Run	Rochelle Collins	2:14.5	2-19-76	East Lansing
1 Mile Run	Rochelle Collins	5:08	3-19-76	Ann Arbor
Pentathton	Sheila Furst	353 points	1-3-76	Pittsburgh
880 Yard Relay	Carrmen Rivers Lisa Glynn Lisa Walton Cheryl Gilliam	1:41.3	3-19-76	Ann Arbor
800 Meter Relay	Kim Watts Angela Johnson Carrmen Rivers Lisa Walton	1:44.2	1-31-76	London, Ont.
880 Yard Medley Relay	Rochelle Collins Angela Johnson Carrmen Rivers Cheryl Gilliam	1:46.8	1-17-76	Bloomington
600 Yard Dash	Rochelle Collins	1:24.5	2-8-76	Detroit, Mich.
600 Meter Dash	Rochelle Collins	1:32.7	1-31-76	London, Ont.

BEST TIMES OUTDOORS 1976

<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>DATE</u>	<u>PLACE</u>
100 Yard Dash	Lisa Glenn	10.6	4-26-76	East Lansing, Mich.
	Lisa Glenn	10.6	6-19-76	Midland, Michigan
100 Meter Dash	Lisa Glenn	11.7	4-10-76	Knoxville, Tenn.
220 Yard Dash	Cheryl Gilliam	24.0	7-17-76	Cleveland, Ohio
200 Meter Dash	Cheryl Gilliam	24.0	8-7-76	Scarborough, Ont.
440 Yard Dash	Rochelle Collins	56.2	5-29-76	Detroit, Michigan
400 Meter Dash	Rochelle Collins	55.7	4-10-76	Knoxville, Tenn.
880 Yard Run	Rochelle Collins	2:11.8	8-8-76	Brantford, Ont.
800 Meter Run	Rochelle Collins	2:11.5	8-19-76	Memphis, Tenn.
440 Yard Relay	Janise Dale Kim Watts Cheryl Gilliam Rochelle Collins	47.9	6-14-76	Los Angeles, Calif.
400 Meter Relay	Cheryl Gilliam Mollie Brennan Kim Watts Kathy Miller	48.9	7-3-76	Scarborough, Ont.
880 Yard Relay	Cheryl Gilliam Kim Watts Lisa Glenn Lisa Walton	1:43.4	4-10-76	Knoxville, Tenn.
800 Meter Relay	Mollie Brennan Lisa Glenn Rochelle Collins Kim Watts	1:40.0	7-10-76	Etobicoke, Ont.
880 Yard Medley Relay	Janise Dale Kim Watts Cheryl Gilliam Rochelle Collins	1:44.4	6-15-76	Los Angeles, Calif.
1 Mile Relay	Kim Watts Mollie Brennan Rochelle Collins Lisa Walton	3:56.3	6-19-76	Midland, Michigan

Con't. Best Times Outdoors 1976

<u>EVENTS</u>	<u>NAME</u>	<u>TIME</u>
High Jump	Sheila Furst	5'0"
Shot Put	Sharon Upshaw	39' 11"
Discus	Sharon Upshaw	91' 3/4"

INDOOR MOTOR CITY TRACK CLUB RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>HEIGHT DISTANCE TIME</u>	<u>AGE</u>	<u>YEAR</u>
50 Yards	Alfreda Daniels	5.7	17	1973
50 Meters	Alfreda Daniels	6.3	16	1972
50 Meters	Carmen Rivers	6.3	16	1976
50 Meters	Angela Johnson	6.3	16	1976
60 Yards	Alfreda Daniels (*)	6.5	16	1972
70 Yards	Alfreda Daniels	7.8	17	1973
220 Yards	Linda Blakely	25.4	15	1973
200 Meters	Leona Mathis	25.4	17	1969
300 Yards	Cheryl Gilliam	36.1	16	1976
300 Meters	Cheryl Gilliam	40.0	16	1976
440 Yards	Rochelle Collins	57.8	14	1975
400 Meters	Rochelle Collins	57.3	15	1976
880 Yards	Rochelle Collins	2:14.0	14	1975
800 Meters	Rochelle Collins	2:12.5	14	1975
1 Mile	Mickey Tupper	5:09.0	14	1971
1500 Meters	Susan Bylicki	5:02.8	17	1969
60 Yard Hurdle	Sheila Furst	7.9	23	1975
50 Meter Hurdle	Kim Hatchett	7.7	17	1976
70 Yard Hurdle	Sheila Furst	8.0	23	1975
Long Jump	Sheila Furst	18'10"	23	1975
High Jump	Vann Abrams	5'6"	17	1970
Shot Put	Helen Williams	40'11"	17	1976
440 Yard Relay	Nancy Newkirk Joy Jones Sheryl Taylor Leona Mathis	49.3	Women	1969

(*) WORLD RECORD

<u>EVENT</u>	<u>NAME</u>	<u>HEIGHT DISTANCE TIME</u>	<u>AGE</u>	<u>YEAR</u>
825 Yard Relay	Carmen Rivers Lisa Glynn Cheryl Gilliam	1:41.3	14-16	1976
800 Meter Relay	Kim Watts Carmen Rivers Angela Johnson Rochelle Collins	1:42.8	14-15	1975
880 Yard Medley	Rochelle Collins Angela Johnson Carmen Rivers Cheryl Gilliam	1:46.8	14-16	1976
1 Mile Relay	Rochelle Collins Kim Watts Carmen Rivers Lisa Walton	3:57.9	14-16	1976
600 Yards	Rochelle Collins	1:24.5	15	1976
600 Meters	Rochelle Collins	1:32.7	15	1976
1000 Meters	Rochelle Collins	2:54.5	14	1975
Pentathlon	Sheila Furst	3:53.7	24	1976

OUTDOOR MOTOR CITY TRACK CLUB RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>	<u>AGE</u>	<u>YEAR</u>
100 Yards	Karen Buford	10.5	14	1971
100 Yards	Alfreda Daniels	10.5	16	1973
100 Meters	Marjorie Grimmett	11.5	20	1974
220 Yards	Cheryl Gilliam	24.0	16	1976
200 Meters	Cheryl Gilliam	24.0	16	1976
440 Yards	Rochelle Collins	56.2	15	1976
400 Meters	Sandra Blount	54.7	16	1968
880 Yards	Rochelle Collins	2:10.8	14	1975
800 Meters .	Rochelle Collins	2:09.9	14	1975
1 Mile	Mickey Tupper	5:25.0	15	1972
1500 Meters	Mickey Tupper	4:54.0	16	1973
100 Meter Hurdle	Kim Hatchett	14.4	16	1975
400 Meter Hurdle	Shiri Hohenstein	68.2	20	1975
High Jump	Anita Lee	5'8"	14	1972
Long Jump	Anita Lee	18'10½"	14	1972
Shot Put	Helen Williams	42'½"	15	1974

<u>EVENT</u>	<u>NAME</u>	<u>HEIGHT</u> <u>DISTANCE</u>	<u>TIME</u>	<u>AGE</u>	<u>YEAR</u>
Discus	Pat Trigg		92'4"	20	1967
Javelin	Emma Willis		102'10"	17	1967
800 Meter Medley Relay	Joy Jones Sue Mack Leona Mathis Sandra Blount		1:44.1	Women	1968
880 Yard Relay	Sheila Gilliam Alfreda Daniels Marjorie Grimmatt Lynn Smith		1:39.5	Women	1972
440 Yard Relay	Julie Gibson Alfreda Daniels Marjorie Grimmatt Linda Blakley		46.7	Women	1973
800 Meter Relay	Marjorie Grimmatt Ometress Shuman Kim Watts Karen Dennis		1:39.5	Women	1975
Mile Relay	Rochelle Collins Mollie Brennan Lisa Walton Kim Watts		3:56.3	Women	1976

BEST TIMES OUTDOORS 1976

<u>EVENT</u>	<u>NAME</u>	<u>TIME</u>
100 Yard Dash	Lisa Glenn	10.6
	Cheryl Gilliam	10.9
	Athlen Bowles	10.8
	Mollie Brennan	11.2
	Kim Watts	11.6
	Angela Johnson	11.4
	Sharon Sims	11.3
	Leslie Sims	11.6
	Yolanda Bonner	11.3
	Felicia Clark	12.06
	Marjorie Grimmett	10.9
200 Yard Dash	Cheryl Gilliam	24.0
	Athlen Bowles	24.8
	Mollie Brennan	24.4
	Angela Johnson	26.0
	Kathy Miller	25.2
	Brenda Dorsey	28.4
	Cynthia Banks	27.0
	Donna Smitherman	27.6
	Sharon Sims	26.1
	Leslie Sims	26.3
440 Yard Dash	Rochelle Collins	55.7
	Janise Dale	58.4
	Kim Watts	60.0
	Lisa Walton	57.1
	Mollie Brennan	58.5
	Kathy Miller	59.1
	Donna Smitherman	60.2
	Allison Ware	59.2
	Cheryl Gilliam	57.8
	Angela Wallace	66.0
	Vanesa McCleskey	69.5
	880 Yard Run	Rochelle Collins
Lisa Walton		2:16.5
Margaret Wallace		2:31.1
Sherrrie King		2:32.0
1500 Meters	Sherrrie King	5:21.0
1 Mile Run	Sherrrie King	5:51.0
Long Jump	Sheila Furst	7' 3 5/8"
	Cynthia Banks	16' 6"