

Compiled by NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

# State girls' prep track listings

## 100-YARD DASH

(State Class A record, 11.0 by Josephine Hobbs of Detroit Central in 1974 and 1976)

Molly Brennan, Wld Mott	11.0
Eileen Rickman, Mt Clemens	11.0
Roberta Brown, Mt Clemens	11.1
Janise Dale, Det Northern	11.3
Crystal Thomas, Mt Clemens	11.3
Rhonda Rogers, G.R. Union	11.3
Debbie Davis, Wyandotte	11.4
Sonja Kozorosky, Wayne	11.5
Karen Schmidt, Liv. Stevenson	11.5
Janet Sowell, W.L. Western	11.5

## TWO-MILE RUN

(State Class A record, 11:14.9 by Sally Zoak of Traverse City in 1976)

Mary Opalewski, Sg MacArt (B)	11:09.7
Marcie Nesbitt, Birm Groves	11:33.2
Beth Huff, A.A. Pioneer	11:36.0
Kathy Dubois, Liv Stevenson	11:40.0
Cheryl Schaeffer, South Lyon (B)	11:44.7
Lori Schaffer, Holt (B)	11:46.0
Meriam Boyd, Port Huron	11:51.0
Julie Voyles, Liv Stevenson	11:51.8
Carol Brotherton, Lakeland	11:58.6
Sheila Harmon, Bishop Borgess	12:13.7

## HIGH JUMP

(State Class A record, 5 feet 6 by Ellen Dempsy of Howell in 1974, Anita Lee of Detroit Cass in 1975, Linnell Jones of Flint Northwestern and Sue Reimer of Walled Lake Western in 1976)

Sue Reimer, W.L. Western	5-8
Lisa Nibert, Wayne	5-6
Monty Robinson, Mt Clemens	5-5
Jenny Chamberlain, Dominican	5-4
Kathy Ballard, L.C. North	5-4
Debbie Peters, R O Kimball	5-4
Terri Johnson, Musk C.C	5-4
Ellie Hayden, Capac (C)	5-4

## 220-YARD DASH

(State Class A record, 24.5 by Josephine Hobbs of Detroit Central in 1976)

Molly Brennan, Wld Mott	25.5
Jan Dale, Det. Northern	25.5
Ruth Hubbard, W.L. Western	25.2
Sandy Bailey, R.O. Dondero	26.3
Anna Irvine, Det. Dominican	26.5
Karen Schmidt, Liv Stevenson	26.5
Linda Heimford, Grosse Ile (B)	26.6
Ann Cwik, Bishop Borgess	26.8
Karen Abel, W.L. Western	27.2

## 110-YARD LOW HURDLES

(State Class A record, 14.5 by Kimberly Hatchett of Pontiac Central in 1976)

Cindy Mellas, Garden City East	14.3
Terril Wright, Pontiac Central	14.4
Ann Cwik, Bishop Borgess	14.6
Shirley Mason, Pont Central	14.7
Monty Robinson, Mt Clemens	14.9
Val Wrenbeck, Drbn Fordson	15.0
Connie Blankenship, Penfield (B)	15.0
Sue Reimer, W.L. Western	15.4
Mary Beth Dudash, Birm. Groves	15.4

## LONG JUMP

(State Class A record, 18 feet, 1 1/2 inches by Cynthia Teft of Grand Rapids Ottawa Hills in 1976)

Cindy Mellas, Garden C West	18-5 1/2
Sue Reimer, W.L. Western	17-9
Carolyn Wright, Pont Cent.	17-8 1/2
Ann Cwik, Bshp Borgess	17-7
Debbie Berry, Wayne	17-6
Nancy Larka, R.O. Dondero	16-10
Stephanie Sanders, Pont No.	16-10

## 440-YARD RUN

(State Class A record, 56.7 by Ruth Hubbard of Walled Lake Western in 1976)

Jan Dale, Det. Northern	57.3
Ruth Hubbard, W.L. Western	59.9
Molly Brennan, Wld. Mott	1:00.0
Ruth Grabowski, Farm. Harrison	1:02.0
Julie Voyles, Liv. Stevenson	1:01.8
Mary Banasek, Liv Stevenson	1:02.0
Dayne Harper, West Bloomfield	1:02.1
Ellie Hayden, Capac (C)	1:02.4
Karen Abel, W.L. Western	1:02.4
Cheryl McKefferick, B. Borgess	1:02.8

## 440-YARD RELAY

(State Class A record, 48.6 by Detroit Cass in 1976)

Royal Oak Dondero	51.6
Pontiac Central	51.7
Swarz Creek	52.0
Liv Stevenson	52.0
Pontiac Northern	52.2
Waterford Mott	52.2
Ann Arbor Huron	52.3
Bloomfield Lahser	52.3
Mon. St. Mary Acad.(B)	52.9
Davison	53.1

## DISCUS

(State Class A record, 108 feet by Sheila Warren of Lansing Waverly in 1976)

Gail Lind, R.O. Kimball	111-1
Jill Carroll, Dominican	107-6
Mary Carter, Ferndale	106-7
Jackie Burton, Dominican	106-5
Terril Soldan, Richmond (C)	104-7
Diane Sovinski, Rfd Union	104-1
Sue Walker, Warren Tower	103-3
Tracy Mackey, Capac (C)	103-3
Carolyn Wright, Pont Cent.	103-1
Maureen Clemens, Groves	103-0

## 880-YARD RUN

(State Class A record, 2:14.4 by Sue Parks of Ypsilanti in 1974)

Kathy Wilson, Bl Hills Lahser	2:16.7
Ruth Hubbard, W.L. Western	2:19.0
Jan Dale, Det Northern	2:22.0
Julie Voyles, Liv Stevenson	2:22.1
Vicki Simpson, M.H. Lamphere	2:22.2
Wendy Tipton, Liv Stevenson	2:27.6
Marcie Nesbitt, Birm Groves	2:28.1
Cheryl McKefferick, Bshp Borgess	2:29.4
Terril Soutler, Bshp. Gallagher(B)	2:29.8
Lorry Bertal, Det Thurston	2:30.0

## 880-YARD RELAY

(State Class A record, 1:42.3 by Detroit Cass in 1976)

Pontiac Central	1:44.9
Royal Oak Dondero	1:48.1
Walled Lake Western	1:48.1
Ann Arbor Huron	1:48.2
West Bloomfield	1:49.0
Birmingham Groves	1:50.6
Livonia Stevenson	1:51.1
Jackson	1:51.3
Pontiac Northern	1:51.8
M H Bishop Foley (B)	1:52.8

## SHOT PUT

(State Class A record, 45 feet, 1/2 inch by Sharon Upshaw of Mt. Clemens in 1976)

Lynn Barber, Ferndale	41-4
Nadia Awad, Liv Franklin	40-2 1/2
Jackie Burton, Dominican	39-10 1/2
Josephine Mask, Lans Sexton	38-1 1/2
DeLores Bennett, Pont Central	36-2
Jeanine Fadie, Lakeland	36-1
Audrey Artz, Grosse Ile	36-0
Jackie Schroeder, Lake Orion	35-6 1/2
Ingvald Berge, Rochester	35-6
Lori Sheridan, Wayne	34-10
Diane Sovinski, Rfd Union	34-3

## ONE-MILE RUN

(State Class A record, 5:06.4 by Kathy Wilson of Bloomfield Hills Lahser in 1976)

Kathy Wilson, Bl Lahser	5:04.2
Julie Voyles, Liv Stevenson	5:17.0
Mary Opalewski, Sg MacArt (B)	5:17.2
Marcie Nesbitt, Birm Groves	5:26.0
Kathy Dubois, Liv Stevenson	5:32.0
Sue Ostrander, Liv Stevenson	5:35.0
Debbie Laraway, Lansing Waverly	5:40.4
Lori Schaffer, Holt (B)	5:41.5
Heidi Fach, Gr Pte North	5:43.6

## ONE-MILE RELAY

(State Class A record, 3:57.8 by Walled Lake Western in 1976)

Walled Lake Western	4:02.8
Bishop Borgess	4:05.5
Livonia Stevenson	4:09.8
Holt (B)	4:15.6
Gd Rpd Union	4:18.6
Ann Arbor Huron	4:19.4
Southfield-Lathrup	4:20.4
West Bloomfield	4:21.1
R.O. Dondero	4:22.2
Lincoln Park	4:25.6

KEY - B: Class B, C Class C; D: Class D; n: non-winning performance; i: indoor performance. Coaches are urged to call in their outstanding performances to Joe Smetanka at (area code 313) 1-792-4563.

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\* H A V E \*  
\* A \*  
\* V E R Y \*  
\* N I C E \*  
\* S U M M E R \*  
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## 880 YARD RELAY-----FLINT SOUTHWESTERN

Rodney Feaster)	
Booker Moore )	
Brad Simpson )	1:27.0
James Brewer )	

## TWO MILE RUN-----HIGHLAND PARK

Sam James	9:04.7
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Al Kayner, Track and Cross Country Coach at Bay City Central High School has run the mile this spring in 4:53.5. Al is 38 years old.

## WOLVES TRACK CLUB 1977 SCHEDULE

Mon., July 4th 10:00  
5th Annual Four on the Fourth  
Four miles for everyone - Several Age Divisions. Road Course. Run is at Delta College. Trophies - Medals - Special Ribbons - - Entry Fee-----\$1.00

Mon., Sept. 5th 10:00  
5th Annual Labor Day Road Run  
19 & over - 10,000 meters  
15-18 - Four miles 333 yards  
14 & under - Two miles 166 yards  
Women - Two miles 166 yards  
At Vet's Park - Bay City  
Trophies - Medals - Ribbons  
Entry Fee - \$1.50 PROFITS TO  
14 & under - \$1.00 MUSCULAR DYSTROPHY  
Gravel & Asphalt Course

Sat., Nov. 12th 10:30  
Delta Cross Country  
17 & under - Two Miles GRASS COURSE  
18 & over - Four Miles  
Women - Two Miles  
At Delta College Medals and Ribbons  
Entry Fee-----\$1.00

Sat., Dec. 24th 10:30  
Sixth Annual Holiday Meet  
19 & over - 5+ Miles  
15-18 - 3+ Miles  
14 & under - 1 Mile  
Women - 1 Mile  
At Vet's Park - Bay City  
Trophies, Medals & Ribbons  
Entry Fee-----\$1.00

Road Course - May need pin spikes  
COME DRESSED TO RUN - EVERY RACE WILL BE RUN RAIN-SNOW-SUN!!!

RACE DIRECTOR: Allen J. Kayner  
1728 McKinley  
Bay City 48706  
(517) 893-0828

NATIONAL JUNIOR A.A.U. TRACK AND FIELD MEET WILL BE HELD AT THE UNIVERSITY OF TENNESSEE ON FRIDAY AND SATURDAY, JUNE 17th & 18th

John T. Powell's book:  
Track and Field Fundamentals for Teacher and Coach (Revised Edition) can be purchased from:  
Stipes Publishing Company  
10-12 Chester Street  
Champaign, Illinois 61820  
Bulk orders are \$5.00 to \$6.00  
John T. Powell, Phd.

I hope your 1977 track season has been successful. Good luck at your regionals and the State.