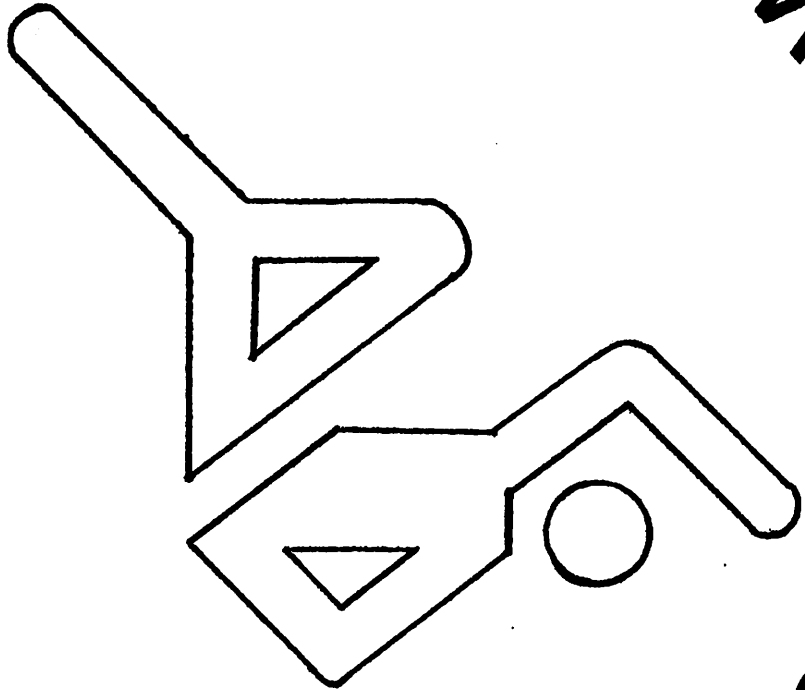


MOMENTS' TRACK

79

19



SOUTHFIELD HIGH

## 1979 SOUTHFIELD GIRLS TRACK

At the start of this season I said that this "could be" the best girls track team Southfield High has ever had. Your performances this season has made that statement come true.

The 1979 Southfield Girls Track and Field Team is the best ever at S.H.S:

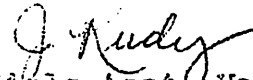
1. An overall record of 7 wins 1 loss.
2. We finished 4-1 in the SMA & tied for second place in the league.
3. We broke 16 outdoor school records; 7 indoor records; and established 7 new metric relay records.

Setting records is only part of what made this year's team so great. The other part is the great attitude, pride, dedication, and class you showed both in practice and at meets.

On behalf of our coaching staff and Southfield High, congratulations on such a great season.



Girls Varsity Coach  
Mr. F. Mazzara



Girls Asst. Varsity Coach  
Ms. J. Rudy

1979 SOUTHFIELD GIRLS TRACK  
OUTDOOR TRACK & FIELD RECORDS

EVENT	FRESHMAN	SOPHMORE	JUNIOR	SENIOR
SHOT PUT	Robin Brooks '78 28-3	Alicia Hunter '79 30-3 <sup>3/4</sup>	Sheri Direnfeld '79 35-1 /	Lesha Butts '79 22-4
HIGH JUMP	Toni Watkins '79 4-10 /	Adrienne Harrell '77 4-8	Theresa Kopach '78 4-8	
DISCUS	Robin Brooks '78 92-10	Penny McCann '79 96-3 /	Sheri Direnfeld '79 94-4	Carol Parven '79 87-4
LONG JUMP	Toni Watkins '79 15-9 /	Adrienne Harrell '77 15-7 <sup>1/2</sup>	Toni Fortuna '75 14-8	Theresa Kopach '79 13-5 <sup>1/2</sup>
110 LOW HUR	Patty Carnegie '77 16.3 /	Arvella Reed '77 17.8	Cindy Sleep '79 18.0	
100 DASH	Willie Holliday '79 11.8 /	Adrienne Harrell '77 12.2	Carol Parven '78 12.3	Carol Parven '79 12.4
MILE RUN	Sue Stabile '79 5:32.4 /	Suzi Gubow '79 5:57.4	Jennifer Worthy '78 5:57.2	Cheryl LeCompte '79 6:16.2
440 RUN	Michelle McAndrew '78 72.2	Theresa Kopach '77 60.5	Theresa Kopach '78 61.3	Theresa Kopach '79 60.4 /
220 LOW HUR		Janice Alexander '79 37.4	Cindy Sleep '79 33.5 /	
880 RUN	Sue Stabile '79 2:36.8	Karen Rourke '79 2:29.8 /	Colette Goga '78 2:40.8	Patty Russell '77 2:44.9

/ School Record

1979 SOUTHERN GIRLS TRACK  
OUTDOOR TRACK & FIELD RECORDS

EVENT	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
200 DASH	Sharon Edwards '78	Theresa Kopach '77	Theresa Kopach '78	Theresa Kopach '79
100 MILE	Lisa Sage '78	Lisa Sage '79	Maxine Halperin '75	Maxine Halperin '76
	27.1	27.0	27.2	26.8
	14:27.0	12:45.6	12:36.4	12:37.0

EVENT	YEAR	ATHLETES	RECORD
400 RELAY	1979	Sharon Edwards, Toni Watkins, Debbie Beeler, Millie Holliday	52.5
800 RELAY	1979	Sharon Edwards, Cindy Beeler, Theresa Kopach	1:50.3
MILE RELAY	1979	Linda Ericson, Karen Rouk, Karen Chaput, Theresa Kopach	4:16.9

SEMI MILE (880x220x40)	1978	Mary Ellen Carol Gunton, Sharon Edwards, Cindy Sleep	5:05.0
ONE MILE (110x880x110)	1978	Suzie Levin, Mary Ellen Korte, Kim Liu, Rebecca	19:17.7

SHOT PUT	1979	Shari Allen Hunter, Penny McCann	79=10 1/2
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LONG JUMP	1979	Julie Graham, Cindy Sleep, Patty Carnegie	42=1 1/2
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DISCUS	1979	Penny McCann, Shari Allen Hunter, Alicia Hunter	251=8
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SHUTTLE RUN (110)	1978	Patty Carnegie, Annette Lichtenman, Beesa Reacock, Janice Alexander	1:23.1
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1979 SMA FINAL STANDINGS

TEAM	DUAL MEET RECORD	DUAL MEET POINTS	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINTS
Kimball	5 - 0	6	152	6	12
Southfield	4 - 1	5	91	4	9
Berkley	3 - 2	4	140	5	9
Ferndale	2 - 3	3	30	2	5
Hazel Park	1 - 4	2	33	1	5
Seeholm	0 - 5	1	10	1	2

1979 GIRLS TRACK  
MVP AWARD WINNERS

YEAR	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
1974		Sandy Prappas Shot Put		
1975			Maxine Halperin Two Mile	
1976				Maxine Halperin Two Mile
1977	Patty Carnegie Hurdles	Theresa Kopach 440-220	Beth Olson Mile	Patty Russell Discus-880
1978	Sharon Edwards Sprints	Sheri Dierenfeld Shot-880	Theresa Kopach 440-220	Karen Sheridan Two Mile
1979	Millie Holliday 100-220	Karen Rourk 880	Cindy Sleep 110-220LH	Theresa Kopach 440-220

ALL SMA

1976	Maxine Halperin	Two Mile	12:37.0
1979	Theresa Kopach	440	60.4 (SMA Record)
1979	Theresa Kopach	220	26.9 (SMA Record)

1979 SEASON RECORD 7 WINS 1 LOSS

EVENT	JH	Ferg	Berk	HP	ROK	BS	KOO	SMA	S-L	Total
Shot Put	9	4	6	6	1	8	4	8	8	54
High Jump	4	1	1	4	0	6	1	1/2	17 1/2	
Discus	9	9	8	1	4	9	14	6	60	
Long Jump	4	6	3	8	5	6	6	5	43	
110 Low Hurd.	4	5	0	8	1	4	1	3	26	
100 Dash	1	6	5	9	6	8	0	8	42	
Mile Run	8	8	4	6	3	5	6	8	48	
880 Relay	0	5	0	5	5	5	8	5	33	
440 Run	6	8	8	8	6	8	1	14	65	
440 Relay	5	5	0	5	0	5	6	5	31	
320 Low Hurd.	4	6	3	9	3	5	1	6	37	
880 Run	8	9	9	8	5	9	6	4	58	
220 Dash	5	8	6	9	6	8	12	9	63	
Two Mile	8	4	4	1	4	6	0	4	31	
Mile Relay	0	5	5	5	5	5	8	5	38	
SMS/OPB	75/48 89/24 62/61 92/31 54/69 97/26 5 91 82.5/40.5									

1979 SOUTHFELD GIRLS TRACK  
EVENT POINT SCORING







# 1979 Girls Track

Discus

\* New Record 96-3

Old Record 92-10

	Farm.	Dom. Relay	F H	Fern	Berk	H P	K	B S	STATE Reg.	SMA	S-L
* Penny McCann	ab	4 85-11	1 96-3	1 79-8 <sup>3</sup> / <sub>4</sub>	1 93-10 <sup>3</sup> / <sub>4</sub>	3 92-4	3 84-4	2 81-7	88-0	3 93-9	67-8
Sheri Divenfeld	82-4	4 83-6	3 78-8	3 66-8 <sup>3</sup> / <sub>4</sub>	2 86-5 <sup>1</sup> / <sub>2</sub>	91-5	2 88-2	3 74-4	81-11	2 94-4	1 86-7
Carol Parven	82-0	ab	ab	2 86-0	2 82-1	87-4	75-4	1 85-2	-	77-5	3 72-10
Alicia Hunter	79-7 <sup>3</sup> / <sub>4</sub>	4 82-3	2 82-0	2 69-11 <sup>3</sup> / <sub>4</sub>	2 77-8 <sup>1</sup> / <sub>2</sub>	74-5	65-4	73-7	-	-	72-2









1979 Girls Track

880 Relay

Old Record 1:50.5

\* New Record 1:50.3

Time	Athletes	meet
1:57.1	Parsons 31.4 Sleep 27.7 Butts 29.4 Nelson 28.0	Farm.
2:06.4	Chaput 32.0 Crawell 32.0 Jensen 31.2 Simmons 31.2	Farm (X)
1:55.5	Ellsworth 28.1 Sleep 29.9 Nelson 27.3 Butts 30.1	F.H.
1:56.2	Ellsworth 29.2 Sleep 28.0 Butts 30.9 Nelson 28.2	Fern.
1:55.0	Ellsworth 28.8 Sleep 28.1 Chaput 28.7 Nelson 29.3	Berk.
1:59.4	Ellsworth 28.2 Sleep 27.4 Chaput 29.9 Nelson 28.8	H.P.
1:56.8	Ellsworth 29.0 Sleep 28.6 Chaput 30.4 Nelson 28.8	R.O.K.
1:57.5	Ellsworth 29.7 Sleep 28.3 Chaput 29.3 Nelson 30.0	B.S.
2:16.2	Sel 32.4 McCombs 35.3 Hewitt 36.1 Burdick 28.4	B.S.(X)
1:54.5	Ellsworth 26.7 Sleep 29.2 Chaput 30.4 Nelson 28.1	STATE Regional
1:54.8	Ellsworth 28.0 Sleep 28.8 Chaput 30.2 Nelson 27.9	S.M.A.
1:50.3	Ellsworth 27.8 Sleep 28.4 Bookin 26.9 Kopack 29.2	S-7 *





# 1979 Girls Track

440 Relay

\* New Record 52.3

Old Record 53.8

Meet	Athletes	Time
Form.	Reese 14.9, Hillery 13.4, Bute 14.4, Butler 14.2	57.0
Form.(X)	Jackson 14.5, Cleary 13.0, Stinson 14.1, Bute 14.7	52.4
F.H.	Edwards 14.5, Hillery 13.0, Rourke 14.1, Bute 14.7	56.1
Form.	Edwards 15.4, Butler 13.1, Bute 13.7, Hillery 13.8	55.5
Form.(X)	Jackson 13.6, Jones 14.0, Cleary 14.9, Rourke 13.3	57.5
Duke	Edwards 14.0, Walker 14.2, Butler 12.5, Hillery 13.0	53.6
Bank(X)	Jackson 13.2, Cleary 13.8, Jones 14.4, Rourke 13.4	54.8
H.P.	Edwards 13.1, Walker 14.4, Butler 12.4, Hillery 14.7	54.7
H.P.(X)	Jackson 12.6, Cleary 13.8, Jones 15.0, Rourke 15.0	56.4
R.O.K.	Edwards 14.0, Walker 15.9, Hillery 11.3, Rourke 15.9	59.8
ROK(X)	Self, Cleary, Jones, Jackson	52.0
G.S.	Edwards 13.9, Walker 13.6, Butler 12.5, Hillery 13.6	53.6
B.S.(X)	Self, Cleary, Jones, Jackson	58.8
* STATE REGIONAL	Edwards 13.2, Walker 13.2, Butler 12.0, Hillery 13.4	52.3
SMA	Edwards 13.4, Walker 13.5, Butler 12.9, Hillery 14.0	53.7
S-L	Edwards 13.9, Walker 12.8, Butler 13.5, Hillery 13.8	53.9
S-L(X)	Jackson 14.0, Hillery 13.8, Jones, Bute	61.4



1979 Girls Track

880 Run

\* New Record ~~2:29.8~~ Old Record 2:34.3

Farm.	2:38.6	2:38.9	2:37.6	2:37.4	2:34.6	2:29.8	2:38.0	2:37.0	2:34.0	2:41.8
F.H.	1	1	1	1	1	1	1	3	3	3
Karen Rowrk	2:57.4	2:45.7	2:47.9	2:41.5	2:48.4	2:50.4	3:03.9	—	2:43.4	2:42.7
Sheri Dirmfeld	2	2	3	2	2	2	2	2	2	2
Sue Stable	—	2:39.2	2:44.4	2:44.0	2:36.8	2:44.8	2:39.7	2:37.4	2:37.6	2:39.5
Cheryl LeCompte			2:51.5	2:53.0			2:56.1			
Karen Chaput							3			
Katie Peacock							2:42.2			
							3:11.0			



1979 Girls Track

Two Mile Run

Record 12:36.4

Farm.	1	13:48.7	13:58.9	12:59.9	13:31.1	13:19.7	12:55.9	12:46.6	13:10.1	13:38.0	13:15.5
F.H.	2	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3		13:06.9	13:28.4
Tennifer Worley	1	13:58.2	15:40.3	14:52.3	15:25.1	15:14.0	-	16:36.6		16:30.5	
Janice Alexander	-	15:41.9	15:10.7	14:42.0	14:18.1	-	15:12.4				
Katie Peacock	-	15:43.7	15:54.5	-	15:22.1	15:16.0	-	-	15:03.5	15:47.7	
Suzi Gubow	3	14:18.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
Kisa Budyk	2	13:48.7	13:58.9	12:59.9	13:31.1	13:19.7	12:55.9	12:46.6	13:10.1	13:38.0	13:15.5
Fern.	2	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
H.	3	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
Berk.	2	13:48.7	13:58.9	12:59.9	13:31.1	13:19.7	12:55.9	12:46.6	13:10.1	13:38.0	13:15.5
H.	3	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
R.	3	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
R.O.K.	2	13:48.7	13:58.9	12:59.9	13:31.1	13:19.7	12:55.9	12:46.6	13:10.1	13:38.0	13:15.5
B.S.	1	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
STATE	Reg.	13:48.7	13:58.9	12:59.9	13:31.1	13:19.7	12:55.9	12:46.6	13:10.1	13:38.0	13:15.5
S	MA	13:48.3	13:30.6	13:57.9	13:46.4	13:50.5	13:04.4	13:48.3	13:06.9	13:28.4	3
S-L		13:48.7	13:58.9	12:59.9	13:31.1	13:19.7	12:55.9	12:46.6	13:10.1	13:38.0	13:15.5

1979 Girls Track

Mile Relay

\* New Record 4:16.9

Old Record 4:48.8

Meet	Athletes	Time
Ferm.	Route Ensign 69.7 Stabile 71.7 Kopach 66.6	4:35.1
F.H.	Ensign 65.0 Route 70.0 Chaput 68.9 Kopach 65.5	4:29.4
Fern.	Ensign 66.4 Route 73.0 Chaput 70.6 Kopach 63.1	4:32.8
Berk.	Ensign 64.8 Route 65.7 Chaput 67.8 Kopach 60.7	4:16.9
H.P.	Ensign 66.7 Route 67.8 Chaput 67.2 Kopach 61.8	4:23.5
R.O.K.	Ensign 66.1 Route 68.1 Chaput 69.6 Kopach 61.4	4:25.2
B.S.	Ensign 66.3 Route 68.6 Chaput 70.6 Kopach 62.2	4:27.7
STATE	Ensign 63.6 Route 66.5 Chaput 67.6 Kopach 60.6	4:18.3
Regional	Ensign 64.8 Route 65.4 Chaput 66.7 Kopach 60.8	4:19.8
SMA	Ensign 66.9 Route 67.8 Chaput 68.3 Kopach 60.4	4:22.2
S-L	Ensign 66.9 Route 67.8 Chaput 68.3 Kopach 60.4	4:22.2

1979

SOUTHFIELD GIRLS TRACK  
INDOOR TRACK & FIELD RECORDS

EVENT	YEAR	ATHLETES				RECORD PLACE
TWO MILE	1979	Lisa Budyk				13:43.2 MSU
880 RELAY (4 x 220)	1979	Sharon Edwards	Cindy Sleep	Millie Holliday	Theresa Kepach	1:56.9 MSU
880 RUN	1979	Karen Rourke				2:36.0 MSU
MILE RUN	1978	Colette Goga				6:12.0 UM
TWO MILE RELAY (4 x 880)	1978	Colette Goga	Kim Liu	Jennifer Werthy	Marcy Goldberg	11:22.3 MSU
SPRINT MEDLEY (440x110x110x220)	1979	Linda Ericson	Millie Holliday	Sharon Edwards	Theresa Kepach	1:59.8 MSU
LONG JUMP	1978	Theresa Kepach				13-6 MSU
MILE RELAY	1979	Karen Rourke	Linda Ericson	Sue Stabile	Theresa Kepach	4:30.7 MSU
SHOT PUT	1979	Sheri Dierenfeld				28-9½ MSU
SHUTTLE HURDLE RELAY (4 x 60)	1979	Cindy Sleep	Suzi Gubow	Patty Carnegie	Janice Alexander	45.6 MSU

1979

## SOUTHFELD GIRLS TRACK

## OUTDOOR METRIC RELAY RECORDS

EVENT	YEAR	ATHLETES				TIME
6400 METER RELAY (4 x 1600)	1979	Lisa Budyk	Suzi Gubow	Janice Alexander	Katie Peacock	26:37.0
800 METER RELAY (4 x 200)	1979	Millie Holliday	Cindy Sleep	Karen Chaput	Theresa Kopach	1:54.2
3200 METER RELAY (4 x 800)	1979	Sheri Direnfeld	Jennifer Worthy	Janice Alexander	Katie Peacock	11:42.1
400 METER RELAY (4 x 100)	1979	Millie Holliday	Cindy Sleep	Karen Chaput	Theresa Kopach	56.0
1600 METER RELAY (4 x 400)	1979	Theresa Kopach	Alicia Hunter	Penny McCaru	Janice Alexander	5:10.8
SPRINT MEDLEY (200x100x100x400)	1979	Julie Graham	Patty Carnegie	Cindy Sleep	Karen Chaput	2:08.4
DISTANCE MEDLEY (800x400x1200x1600)	1979	Suzi Gubow	Sheri Direnfeld	Lisa Budyk	Jennifer Worthy	15:08.2