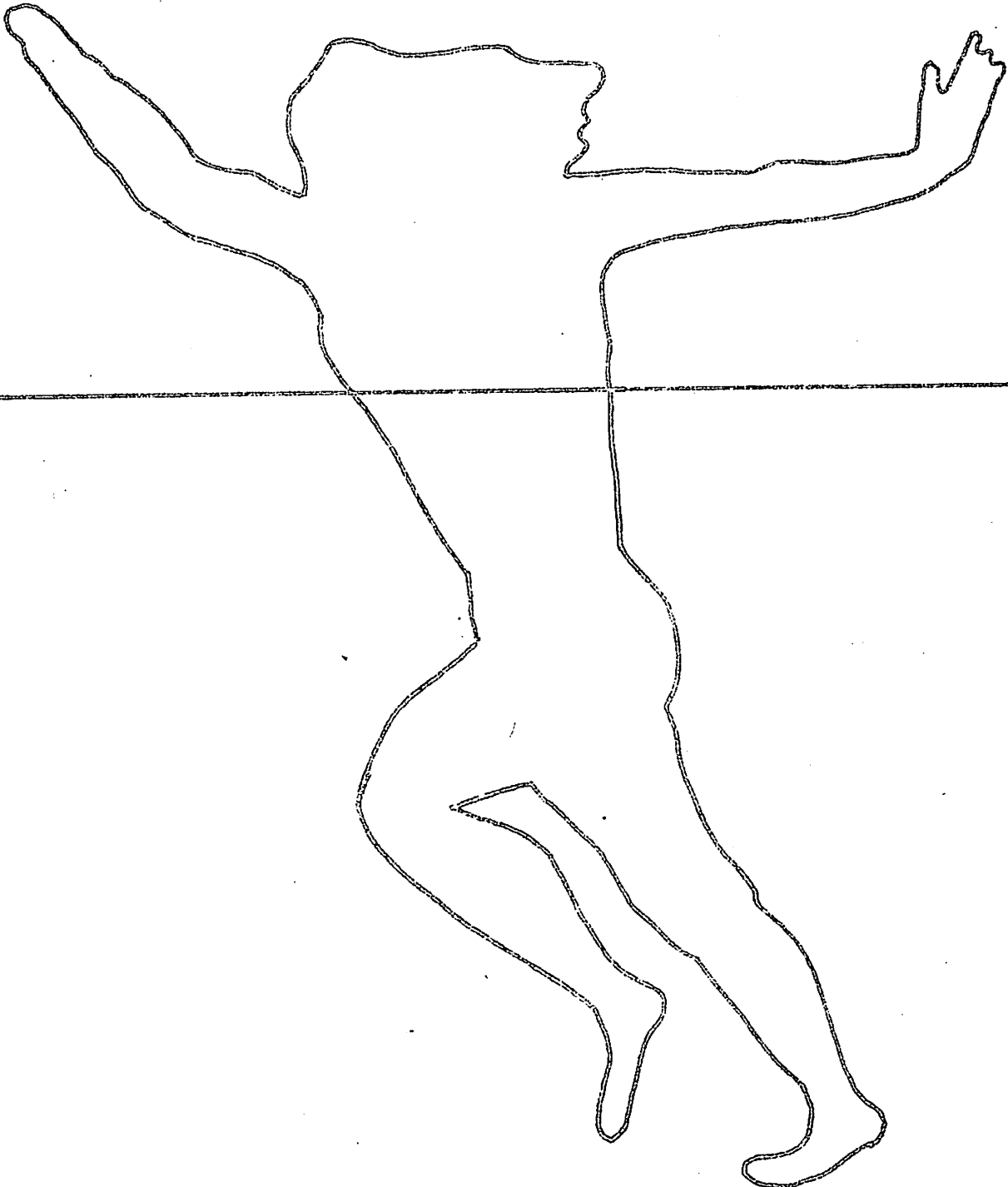


1982

SOUTHFIELD GIRL'S TRACK & FIELD TEAM



SOUTHFIELD HIGH SCHOOL

GIRL'S VARSITY TRACK & FIELD TEAM

1982

PHYSICAL EXAM & REPORT CARD

You must have a physical exam turned in to Mr. Mazzara before you may participate in any track practice. You must also show me your most recent report card.

TEAM MEMBERSHIP

1. Any girl wishing to be on the varsity track team must have signed up and begun practicing by the end of the FIRST week of practice. Only girls who may still be involved in a winter sport or a new transfer to our school will be considered for joining the team after that time.
2. The number of varsity athletes on the team will be limited to the number of uniforms and warm-ups.
3. Team membership will be terminated if an athlete: smokes; consumes intoxicants; exhibits poor sportsmanship; has poor attendance; gets failing grades; or otherwise conducts herself in a manner which her coach feels does not warrant the privilege of her continued participation in track.

PRACTICE

1. Track practice officially begins Monday, March 1st.
2. We practice everyday throughout the season.
3. An athlete may only miss practice if they have made prior arrangements with Mr. Mazzara. Detentions, dentists, and doctor appointments are to be held outside of practice times.
4. Your practice effort and attitude will determine your presence and performance in competition.

UNIFORMS

The school does not supply practice uniforms. Be sure to dress warm from head to toe. Legs should always be covered except in competition. Team uniforms are very expensive. You will be held responsible for any loss or damage to your uniform or school equipment loaned to you. All uniforms, warm-ups, equipment, etc. will be collected after your last scheduled competition. You must follow the label instructions when washing and maintaining your uniforms; if you ruin or abuse it you pay for it.

LETTER AWARDS

In order to earn your varsity letter, you must score at least 7 points in competition during the season and hold them at the end of the season. You lose all your points up to the day you have: an unexcused absence from a practice or a meet; for any violations of proper sports conduct or training rules; or are dismissed from the team.

SOUTHFIELD HIGH SCHOOL
GIRL'S VARSITY TRACK & FIELD
1982 SCHEDULE

MARCH	1 M	Five weeks of Practice Begins		MAY	3 M	
					4 T	KIMBALL T 4:15
APRIL	5 M				5 W	
	6 T	S-L	T 4:15		6 Th	SEAHOLM H 4:15
	7 W				7 F	SOUTHFIELD RELAYS
	8 Th	1/2 day				
	9 F	No School		MAY	10 M	
					11 T	BERKLEY T 6:00
APRIL	12 M	No School			12 W	
	13 T	" "			13 Th	TROY T 5:30
	14 W	" "			14 F	
	15 Th	" "				
	16 F	" "		MAY	17 M	
					18 T	ANDOVER H 4:15
APRIL	19 M				19 W	
	20 T				20 Th	
	21 W				21 F	
	22 Th	FERNDALE	T 4:15		22 S	State Regionals
	23 F					
				MAY	24 M	
APRIL	26 M				25 T	S.M.A. at H.P.
	27 T	GROVES	H 4:15		26 W	S.M.A.-J.V. at Berk.
	28 W				27 Th	Oakland Cnty. at W.L.C.
	29 Th	HAZEL PARK	H 4:15		28 F	
	30 F					
					31 M	No School
				JUNE	1 T	
					2 W	
					3 Th	
					4 F	
					5 S	STATE MEET

"BE THE BEST YOU CAN BE"

1981 SOUTHFIELD GIRLS TRACK

TRACK & FIELD RECORDS

SCHOOL RECORD

EVENT	FRESHMEN	SOPHMORE	JUNIOR	SENIOR	
SHOT PUT	AMY FREDERIKSEN '81	-	PENNY McCANN '80	ALICIA HUNTER '81	
	25-7		28-11	# 33-6	
HIGH JUMP	KRISTI JACKSON '81	ADRIENNE HARRELL '77	THERESA KOPACH '78	-	
	# 4-10	4-8	4-8		
DISCUS	ROBIN BROOKS '78	PENNY McCANN '79	PENNY McCANN '80	ALICIA HUNTER '81	
	92-10	96-3	# 104-8	97-1	
LONG JUMP	TONI WATKINS '79	TONI WATKINS '80	TONI WATKINS '81	THERESA KOPACH '79	
	15-9	15-7.5	# 15-11	13-5.5	
110 LOW HUR.	KRISTI JACKSON '81	ARVELLA REED '77	CINDY SLEEP '79	CINDY SLEEP '80	
	14.7	17.8	18.0	19.0	
100m LOW HUR.	KRISTI JACKSON '81	JANINE HAYWOOD '81	SHAWN TURNER '80	CINDY SLEEP '80	
	# 14.5	18.4	19.1	18.3	
100 DASH	MILLIE HOLLIDAY '79	LISA McCALL '80	MILLIE HOLLIDAY '81	CAROL PARVEN '79	
	11.8	11.7	12.0	12.4	
100m DASH	ANGIE FERRALL '81	MILLIE HOLLIDAY '80	LISA McCALL '81	-	
	14.0	12.7	# 12.4		
880 RELAY	1980 SHARON EDWARDS	CINDY SLEEP	REGINA HALL	MILLIE HOLLIDAY	# 1:48.5
800m RELAY	1981 REGINA HALL	HAYLEY HILLMAN	LISA McCALL	MILLIE HOLLIDAY	1:48.7

EVENT	FRESHMEN	SOPHMORE	JUNIOR	SENIOR
MILE RUN	SUSIE STABILE '79 * 5:32.4	SUEI GUBOW '79 5:57.4	SUSIE STABILE '81 5:53.0	JANICE ALEXANDER '81 6:14.9
1600m RUN	KRIS COURTER '80 6:01.6	SUSIE STABILE '80 5:53.7	SUSIE STABILE '81 5:33.5	JANICE ALEXANDER '81 6:10.0
440 RELAY	1980 SHARON EDWARDS	REGINA HALL	LISA McCALL	MILLIE HOLLIDAY * 51.8
400m RELAY	1981 REGINA HALL	HAYLEY HILLMAN	TONI WATKINS	MILLIE HOLLIDAY 51.7
440 DASH	LIZ KARGILIS '80 65.7	LISA McCALL '80 * 59.8	THERESA KOPACH '78 61.3	THERESA KOPACH '79 60.4
400m DASH	LIZ KARGILIS '80 65.6	LISA McCALL '80 60.5	LISA McCALL '81 60.9	SHERI DIERENFELD '80 69.8
220 LOW HUR.	KRISTI JACKSON '81 * 30.4	JANINE HAYWOOD '81 31.7	SINDY SUSEP '80 35.6	CINDY SLEEP '80 33.5
200m LOW HUR.	KRISTI JACKSON '81 * 30.6	JANINE HAYWOOD '81 31.9	SHAWN TURNER '80 35.6	CINDY SLEEP '80 33.7
880 RUN	SUSIE STABILE '79 2:36.8	KAREN ROURK '79 * 2:29.8	SUSIE STABILE '81 2:40.7	SHERI DIERENFELD '80 2:39.9
800m RUN	KAREN STABILE '80 2:42.6	LIZ KARGILIS '81 2:35.6	SUSIE STABILE '81 2:33.4	JANICE ALEXANDER '81 2:38.0

EVENT	FRESHMEN	SOPHMORE	JUNIOR	SENIOR
220 DASH	SHARON EDWARDS '78 27.1	REGINA HALL '80 27.0	THERESA KOPACH '78 27.3	THERESA KOPACH '79 # 26.8
200m DASH	ADRIENNE TILLMAN '81 28.7	MILLIE HOLLIDAY '80 27.1	REGINA HALL '81 27.1	-
TWO MILE	KRIS COURTER '80 13:33.0	LISA BUDYK '79 12:46.6	MAXINE HALPERIN '75 # 12:36.4	MAXINE HALPERIN '76 12:37.0
3200m RUN	KRIS COURTER '80 13:13.9	CRIS AYALA '80 14:32.1	SUZI GUBOW '80 13:14.8	SUZI GUBOW '81 13:31.6
MILE RELAY	1980 REGINA HALL	LIZ KARGILLIS	CINDY SLEEP	LISA McCALL 4:11.4
1600m RELAY	1981 REGINA HALL	LIZ KARGYLES	JANINE HAYWOOD	LISA McCALL # 4:09.8

SOUTHFIELD HIGH SCHOOL

GIRLS - HOME FIELD -- TRACK AND FIELD RECORDS

SHOT PUT	37-11.25	CARPENTER	KIMBALL	1980
HIGH JUMP	5-5	S. KALTER	DONDERO	1980
DISCUS	104-0	PENNY McCANN	SOUTHFIELD	1980
LONG JUMP	15-10	BELEVENDER	DONDERO	1980
100m LOW HUR.	15.3	KRISTI JACKSON	SOUTHFIELD	1981
100m DASH	12.4	LISA McCALL	SOUTHFIELD	1981
800m RELAY	1:49.0	R. HALL, H. HILLMAN L. McCALL, M. HOLLIDAY	SOUTHFIELD	1981
1600m RUN	5:36.2	THOMPSON	DONDERO	1980
400m RELAY	52.3	S. EDWARDS, R. HALL L. McCALL, M. HOLLIDAY	SOUTHFIELD	1980
200m LOW HUR.	31.0	KRISTI JACKSON	SOUTHFIELD	1981
800m RUN	2:32.1	BELEVENDER	DONDERO	1980
200m DASH	27.1	MILLIE HOLLIDAY	SOUTHFIELD	1980
3200m RUN	12:09.7	GREENWOOD	DONDERO	1980
1600m RELAY	4:16.7	R. HALL, J. HAYWOOD H. HILLMAN, L. McCALL	SOUTHFIELD	1981

S.M.A. GIRLS VARSITY TRACK & FIELD RECORDS

EVNT	NAME	SCHOOL	YR	MARK
SHOT PUT	SARAH HEIDERER	BERKLEY	80	40-0
HIGH JUMP	DEBRA PETERS	KIMBALL	78	5-5
DISCUS	GAIL LIND	KIMBALL	78	125-1
LONG JUMP	DEBRA PETERS	KIMBALL	78	17-2.5
100m LOW HUR.	KRISTI JACKSON	SOUTHFIELD	81	15.1
100m DASH	MILLIE HOLLIDAY	SOUTHFIELD	81	13.0
800m RELAY	R. HALL, H. HILLMAN L. McCALL, M. HOLLIDAY	SOUTHFIELD	81	1:48.7
1600m RUN	SUE PAQUETTE	HAZEL PARK	81	5:18.1
400m RELAY	R. HALL, H. HILLMAN T. WATKINS, M. HOLLIDAY	SOUTHFIELD	81	52.2
400m DASH	SUE NASH	TROY	81	59.9
200m LOW HUR.	KRISTI JACKSON	SOUTHFIELD	81	30.9
800m RUN	LAURIE WRIGHT	KIMBALL	81	2:23.3
200m DASH	SUE NASH	TROY	81	27.1
3200m RUN	SUE PAQUETTE	HAZEL PARK	81	11:23.0
1600m RELAY	R. HALL, L. KARGILIS J. HAYWOOD, L. McCALL	SOUTHFIELD	81	4:09.9

1982 SOUTHFIELD GIRLS VARSITY TRACK

MVP AWARD WINNERS

YEAR	FRESHMEN	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 DISC-880
1978	SHARON EDWARDS SPRINTS	SHERI DIRENFELD SHOT-880	THERESA KOPACH 440-220	KAREN SHERIDAN TWO MILE
1979	MILLIE HOLLIDAY 100-220	KAREN FOURK 880	CINDY SLEEP HURDLES	THERESA KOPACH 440-220
1980	ELIZABETH KARGILIS 440-MIRly	LISA McCALL 440-RLys	SHARON EDWARDS RELAYS	CINDY SLEEP HUR-RLYS
1981	KRISTI JACKSON HUR-HJ	HAYLEY HILLMAN RELAYS	LISA McCALL 400-RLYS	ALICIA HUNTER SHOT-DISC