

TRACK & FIELD



1986



SEASON SUMMARY

DEDICATION

This Season Summary Booklet is dedicated to the Seniors of this years team.

The Seniors help make ny first season as Head Track Coach of Southfield High a big success, without their Leadership this would have been impossible.

The Seniors have my deepest appreciation for participating in the Girls Track Program at Southfield High.

The coach of Southfield High, Bill Watson says, "The girls showed that they can compete with the best of runners, I've always believed they could, now they know they can... at Southfield we have the best girls in the state on our track team and I'm proud to be their coach, I love them all."

DUAL MEET RECORD

1986

SHS	MEET	
106	Lathrup	22
79	Troy	49
83	Kimball	45
71	Andover	57
81	Seaholm	47
79	Berkley	49
80	Ferndale	48
101	Hazel Park	27

Coach: William Watson II
 Asst. Coach: Dan Ayala
 Co. Capt: Deidre Cheeks, Natasha Jameson
 Overall Record: 8 - 0
 SMA Record: 7 - 0
 SMA Place: 1st - 147 1/2 pts.
 SMA CHAMPION: Southfield
 REGIONAL CHAMPION: Southfield - 91 pts.
 Oakland County: 2nd - 63 pts.
 SMA JV: 1st - 128 pts.

S.M.A. RESULTS 1986

PLACE	TEAM	DUAL MEET RECORD	DUAL MEET POINT	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINT
1st	Southfield	7 - 0	8	147 1/2	8	16
2nd	Troy	6 - 1	7	79.5	6	13
3rd	Andover	4 - 3	5	106	7	12
4th	Seaholm	4 - 3	5	45	5	10
5th	Ferndale	4 - 3	5	44	4	9
6th	Kimball	1 - 6	2	29	3	5
7th	Berkley	2 - 5	3	20	1	4
8th	Hazel Park	0 - 7	1	24	2	3

SOUTHFIELD GIRLS TRACK TEAM

1986 SUCCESS PROFILE

EVENTS	SOL	TRY	ROK	AND	SEA	BKL	HZP	FOL	TOT/PNT	TOT/POSS	%AUG
4 x 200	5	5	5	5	5	5	5	5	40	40	100%
4 x 400	5	5	5	5	5	5	5	5	40	40	100%
Shot Put	8	9	9	8	8	8	8	6	64	72	88%
4 x 100	5	5	5	5	5	0	5	5	35	40	87.5%
100	9	6	9	9	6	9	9	5	62	72	86%
High Jump	9	6	9	6	8	6	9	9	62	72	86%
200	9	6	8	6	6	9	9	6	60	72	83%
Long Jump	9	6	8	6	5	8	9	8	59	72	82%
400	8	5	8	6	6	8	9	8	58	72	80.5%
300 LH	8	8	8	5	5	8	8	5	55	72	76%
100 IH	9	5	5	5	5	5	5	5	44	72	61%
Discus	5	6	5	8	5	5	3	5	42	72	58%
800	5	6	5	3	0	3	8	3	33	72	46%
4 x 800	5	0	0	0	0	0	5	0	10	40	25%
3200	4	1	0	3	1	0	3	4	16	72	22%
1600	3	0	0	1	1	0	1	1	7	72	10%
Southfield	106	79	83	71	81	79	101	80	680	1024	66%
Opponent	22	49	45	57	47	49	27	48	344	1024	34%

1986 SEASON SCORING SUMMARY 1986

ATHLETE NAME	HUR REL	SFL LAT	TRY ROK	AND SEA	BLM REL	BKL	FRN H2P	STA REG	SMA CHM	OAK CTY	STATE FINAL	TOTAL POINT
Kathy Smith		14+	25+	25+	4+	12+	27+	22+	23+	10+	-	164+
Natasha Jameson		12+	22+	22+	-	10+	22+	21	25	19	-	155+
Deidre Cheeks	2	12+	22+	0	12	5	22+	23	25	19	4	147+
Lynn McKinney		7+	17+	1+	.25	9+	16	6+	12+	2+	-	72+
Amara Henderson		6+	11+	12+	-	6+	12+	2+	18+	2+	-	72+
Debbie Watson	2	-	16	20	-	8	10	2	14	-	-	72
Katise Long		7+	9+	3+	2+	1+	9+	5	15	5	-	58+
Belinda Edwards		4+	6+	14+	2	6+	-	6	7	5	-	51+
Jhannelle Alexander		4	5	2+	-	4+	8+	2+	6+	2+	-	35+
Stephanie Furman		6+	10	3	.25	3	-	-	-	-	-	22+
Sonja Burrell		8	1	3	-	-	-	-	-	-	-	12
Anjali Kapur		1	1	4	-	-	-	6	-	-	-	12
Renata Jones		3	-	2	-	3	2+	-	-	-	-	10+
Octavia Smith		6	-	2	-	-	2	-	-	-	-	10
Kristen Kendall		2+	-	-	-	-	4+	-	-	-	-	6+

1986 JV SCORING 1986

ATHLETE NAME	VAR MEET	SMA NINE	SFL REL	SMA JU	FROSH COUNTY	TOTAL POINTS
Kim Thomas	5	22.4	4.8	24.8	5.8	62.8
India Miller	2	13.2	2.4	13.2	4.8	35.6
S. Ethridge	1	14	0	14.4	0	29.4
T. Compton	6	10.4	0	10.4	0	26.8
Chris Lewis	0	12	3.4	8	2	25.4
Robyn Jones	0	9.2	0	11.2	4.8	25.2
Kelly Hammond	4	0	0	18.4	0	22.4
Carmen Thomas	0	16	5.8	0	0	21.8
Cindy Smith	4	14.4	0	0	0	18.4
Mia Holley	0	4.8	0	2.4	0	7.2
Kenya Wimbley	0	0	0	6	0	6.0
S. Dobrusin	0	0	0	4	0	4.0
Raylon Leaks	0	0	0	2.4	0	2.4
C. Hawkins	0	0	0	0	0	0
Linda Gear	0	0	0	0	0	0

1986
AWARDS

1ST YEAR AWARDS

Jhannelle Alexander	MVP FRESH
Theresa Compton	JV
Mia Holley	JV
Octavia Smith	Varsity
Kristen Kendall	Varsity
Shirley Ethridge	JV
Robyn Jones	JV
Chris Lewis	JV
Cynthia Smith	JV
Stacey Dobrusin	JV
India Miller	JV
Carmen Thomas	JV
Kim Thomas	JV
Linda Gear	JV
Raylon Leaks	JV
Chereda Hawkins	JV
Kenya Wimbley	JV

2ND YEAR AWARDS

Anjali Kapur	MVP SOPH
Kelly Hammond	Varsity

3RD YEAR AWARDS

Belinda Edwards	Varsity
Stephanie Furman	Varsity
Amara Henderson	MVP JUNIOR
Natasha Jameson	MVP SENIOR
Renata Jones	Varsity
Debbie Watson	Varsity
Sonja Burrell	Varsity

4TH YEAR AWARDS

Deidre Cheeks	MVP SENIOR
Katise Long	Varsity
Lynn McKinney	Varsity
Kathy Smith	Varsity

SOUTHFIELD 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 KOOPACH 440-220	BETH OLSON MILE	PATTY RUSSELL DIS-880
1978	SHARON EDWARDS SPRINTS	SHERI DIRENFELD SHOT-880	THERESA KOPACH 440-220	KAREN SHERIDAN TWO MILE
1979	MILLIE HOLLIDAY 100-220	KAREN ROURK 880	CINDY SLEEP HURDLES	THERESA KOPACH 440-220
1980	ELIZABETH KARGLIS 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
1982	CECLIE BAKER 800-RLYS	CATHY RELYEA HJ-MILE	ELIZABETH KARGILIS 800-MIRLY	REGINA HALL 200-RLYS

MUP WINNERS

YEAR	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
1983	KATISE LONG 200-RLYS	CHRISSY STABILE 400-MIRLY	DANIELLE PATRICK SHOT-DISC	ELIZABETH KARGLIS 1600-RLY
1984	TUPPER LYSAGHT 400-RLYS	DEIDRA CHEEKS 100, SP, RLYS	CHRISSY STABILE DISTANCE	CATHY RELYEA HJ-MILE
1985	ANJALI KAPUR DISTANCE	STEPHANIE FURMAN DISTANCE	NATASHA JAMESON HJ-400	STACEY DYSON HUR-MIRLY
1986	JHANNELLE ALEXANDER HJ-200-RLYS	ANJALI KAPUR DISTANCE	AMARA HENDERSON 100-200-RLY	DEIDRA CHEEKS SP-100-RLY NATASHA JAMESON HJ-400-RLY

1986 MVP FRESHMAN 1986

JHANNELLE ALEXANDER

YEAR IN TRACK: 1ST

EVENTS: 4 x 100m Relay Lead Leg
200m Dash
High Jump

POINTS SCORED: 35+

RANK: #9 (Varsity)

ACCOMPLISHMENTS:

200m Dash

2nd Oakland County (FROSH MEET)

4th SMA

8th Oakland County

8th State Regional

4 x 100 Relay

SMA Champions

Oakland County Champions

State Regional Champions

1986 MVP SOPHOMORE 1986



ANJALI KAPUR

YEAR IN TRACK: 2nd

EVENTS: 1600m Run
3200m Run

POINTS SCORED: 12
RANK: #12 (Varsity)

ACCOMPLISHMENTS:

1600m Run
5th best sophomore time
in school history (6:39.0)

3200m Run
2nd best sophomore
time in school
history (14:26.64)

1986 MUP JUNIOR 1986

AMARA HENDERSON

YEAR IN TRACK: 3rd

EVENTS: 100m Dash
200m Dash
800m Relay (Third Leg)

POINTS SCORED: 72+

RANK: #5 (Varsity)

ACCOMPLISHMENTS:

100m Dash
3rd SMA

200m Dash
1st SMA
5th Oakland County
7th State Regional

800m Relay
1st SMA
1st Oakland Cty.
1st State Regional
8th State Meet

1986 CO MUP SENIOR 1986



DEIDRA CHEEKS

YEAR IN TRACK: 4TH

EVENTS: Shot Put
100m Dash
400m Relay (Anchor Leg)
800m Relay (Anchor Leg)

POINTS SCORED: 147+
RANK: #3 (Varsity)

ACCOMPLISHMENTS:

Shot Put	100m	400m Relay	800m Relay
1st SMA	1st SMA	1st SMA	1st SMA
1st State Reg	1st WBlm.Rel.	1st State Reg	1st State Reg
3rd Oakland	2nd State Reg	1st Oakland	1st Oakland
4th State	2nd Oakland		8th State
School Record (40-0)	School Record (12.2)		

1986 CO. MUP SENIOR 1986



NATASHA JAMESON

YEAR IN TRACK: 3RD

EVENTS: High Jump
800m Relay (Lead Leg)
400m Dash
1600m Relay (Anchor Leg)

POINTS SCORED: 155+
RANK: #2 (Varsity)

ACCOMPLISHMENTS:

High Jump	800m Relay	400m	1600m Relay
1st SMA	1st SMA	1st SMA	1st SMA
3rd State Reg.	1st State Reg.	1st State Reg.	1st State Reg
4th Oakland Cty	1st Oakland Cty	1st Oakland	1st Oakland
School Record (5-2)	8th State Meet	School Record (59.3)	

ALL SOUTHFIELD TEAM

1986

EVENT	ATHLETE(S)	CLASS	PERFORMANCE
SHOT PUT	Deidra Cheeks	Senior	* 40-0
HIGH JUMP	Natasha Jameson	Senior	* 5-2
LONG JUMP	Lynn McKinney	Senior	15-5 1/2
DISCUS THR	Debbie Watson	Senior	105-1
100M DASH	Deidra Cheeks	Senior	* 12.2
200M DASH	Amara Henderson	Junior	26.3
400M DASH	Natasha Jameson	Senior	* 59.3
800M RUN	Stephanie Furman	Junior	2:39.8
1600M RUN	Anjali Kapur	Sophomore	6:39.0
3200M RUN	Anjali Kapur	Sophomore	14:26.6
100M IH 33"	Kathy Smith	Senior	* 15.1
300M LH 30"	Kathy Smith	Senior	* 45.9
400M RELAY	Jhannelle Alexander Katise Long Belinda Edwards Deidra Cheeks	Freshman Senior Junior Senior	50.7
800M RELAY	Natasha Jameson Belinda Edwards Amara Henderson Deidra Cheeks	Senior Junior Junior Senior	1:44.9
1600M RELAY	Kathy Smith Lynn McKinney Katise Long Natasha Jameson	Senior Senior Senior Senior	4:06.6
3200M RELAY	Stephanie Furman Mia Holley Kristen Kendall Theresa Compton	Junior Freshman Senior Freshman	11:27.8

SOUTHFIELD GIRLS TRACK
STATE REGIONAL CHAMPIONS

1984	800M RELAY	SONJA WILLIAMS	JAVAY WILLIAMSON	KATISE LONG	DEIDRA CHEEKS	1:45.7
1984	400M RELAY	SONJA WILLIAMS	JAVAY WILLIAMSON	KATISE LONG	DEIDRA CHEEKS	50.0
1984	300M LH	KATHY SMITH				47.0
1984	200M DASH	JAVAY EILLIAMSON				26.4
1985	SHOT PUT	DEIDRA CHEEKS				40-0
1985	100M DASH	DEIDRA CHEEKS				12.7
1985	800M RELAY	SONJA WILLIAMS	AMARA HENDERSON	KATISE LONG	DEIDRA CHEEKS	1:45.8
1985	400M DASH	NATASHA JAMESON				60.5
1985	200M DASH	DEIDRA CHEEKS				27.0
1986	SHOT PUT	DEIDRA CHEEKS				39-11
1986	100M IH	KATHY SMITH				15.3
1986	800M RELAY	NATASHA JAMESON	BELINDA EDWARDS	AMARA HENDERSON	DEIDRA CHEEKS	1:44.9
1986	400M RELAY	JHANNELLE ALEXANDER	KATISE LONG	BELINDA EDWARDS	DEIDRA CHEEKS	50.9
1986	400M DASH	NATASHA JAMESON				59.9
1986	300M LH	KATHY SMITH				45.9
1986	1600M RELAY	KATHY SMITH	LYNN McKINNEY	KATISE LONG	NATASHA JAMESON	4:06.3

OAKLAND COUNTY

1986 CHAMPIONS

1985	100M DASH	DEIDRA CHEEKS				12.3
1986	800M RELAY	NATASHA BELINDA AMARA DEIDRA JAMESON EDWARDS HENDERSON CHEEKS				1:44.9
1986	400M RELAY	JHANNELLE KATISE BELINDA DEIDRA ALEXANDER LONG EDWARDA CHEEKS				50.9
1986	400M DASH	NATASHA JAMESON				59.5
1986	1600M RELAY	KATHY LYNN KATISE NATASHA SMITH MCKINNEY LONG JAMESON				4:06.9

SOUTHFIELD GIRLS TRACK

ALL S.M.A

1975	TWO MILE	MAXINE HALPERIN				12:49.8
1976	TWO MILE	MAXINE HALPERIN				12:37.0 SMA REC.
1979	440 DASH	THERESA KOPACH				60.4
1979	220 DASH	THERESA KOPACH				26.9 SMA REC.
1980	100 DASH	LISA McCALL				11.8
1980	440 DASH	LISA McCALL				59.8 SMA REC.
1980	880 RELAY	SHARON EDWARDS	CINDY SLEEP	REGINA HALL	MILLIE HOLLIDAY	1:48.5 SMA REC.
1980	440 RELAY	SHARON EDWARDS	REGINA HALL	LISA McCALL	MILLIE HOLLIDAY	51.8
1980	MILE RELAY	REGINA HALL	LIZ KARGILIS	CINDY SLEEP	LISA McCALL	4:11.4 SMA REC.
1981	SHOT PUT	ALICIA HUNTER				33-6
1981	100M LH	KRISTI JACKSON				15.1 SMA REC.
1981	200M LH	KRISTI JACKSON				30.9 SMA REC.
1981	100M DASH	MILLIE HOLLIDAY				13.0
1981	800M RELAY	REGINA HALL	HAYLEY HILLMAN	LISA McCALL	MILLIE HOLLIDAY	1:48.7
1981	400M RELAY	REGINA HALL	HAYLEY HILLMAN	TONI WATKINS	MILLIE HOLLIDAY	52.2
1981	1600M RELAY	REGINA HALL	LIZ KARGILIS	JANINE HAYWOOD	LISA McCALL	4:09.9
1982	100M DASH	MILLIE HOLLIDAY				12.9
1982	400M DASH	LISA McCALL				59.3 SMA REC.
1982	800M RELAY	REGINA HALL	CECILE BAKER	LISA McCALL	MILLIE HOLLIDAY	1:47.9
1982	400M RELAY	REGINA HALL	TONI WATKINS	LISA McCALL	MILLIE HOLLIDAY	51.5
1982	1600M RELAY	REGINA HALL	LIZ KARGILIS	CECILE BAKER	LISA McCALL	4:05.5 SMA REC.

ALL S.M.A.

1983	SHOT PUT	MARIE FRASER				32-1
1983	100M DASH	DEIDRA CHEEKS				12.5 SMA REC.
1983	800M RELAY	SONJA WILLIAMS	JAVAY WILLIAMSON	KATISE LONG	DEIDRA CHEEKS	1:47.6
1983	400M RELAY	SONJA WILLIAMS	JAVAY WILLIAMSON	KATISE LONG	DEIDRA CHEEKS	51.3
1984	SHOT PUT	DEIDRA CHEEKS				33-11.25
1984	DISCUS	MARIE FRASER				95-7
1984	100M HH	KATHY SMITH				15.7 SMA REC
1984	100M DASH	DEIDRA CHEEKS				12.6
1984	800M RELAY	SONJA WILLIAMS	JAVAY WILLIAMSON	KATISE LONG	DEIDRA CHEEKS	1:46.5 SMA REC
1984	400M RELAY	SONJA WILLIAMS	JAVAY WILLIAMSON	KATISE LONG	DEIDRA CHEEKS	51.2 SMA REC
1984	1600M RELAY	KATHY SMITH	TUPPER LYSAGHT	KATISE LONG	NATASHA JAMESON	4:11.1
1984	200M DASH	JAVAY WILLIAMSON				26.7
1984	300M LH	KATHY SMITH				47.4
1985	SHOT PUT	DEIDRA CHEEKS				36-7
1985	3200M RELAY	SHELLEY WASHINGTON	STEPHANIE FURMAN	TAWNYA SMITH	CHRISSEY STABILE	10:13.6
1985	100M HH	KATHY SMITH				16.0
1985	100M DASH	DEIDRA CHEEKS				12.5
1985	800M RELAY	SONJA WILLIAMS	AMARA HENDERSON	KATISE LONG	DEIDRA CHEEKS	1:46.7
1985	400M RELAY	SONJA WILLIAMS	BELINDA EDWARDS	KATISE LONG	STACEY DYSON	51.5
1985	400M DASH	NATASHA JAMESON				60.9
1985	300M LH	KATHY SMITH				48.0

ALL S.M.A.

1985	200M DASH	DEIDRA CHEEKS				26.4
1986	DISCUS	DEBBIE WATSON				98-8
1986	HIGH JUMP	NATASHA JAMESON				5-2
1986	SHOT PUT	DEIDRA CHEEKS				40-0 SMA REC
1986	100M IH 33"	KATHY SMITH				16.2
1986	100M DASH	DEIDRA CHEEKS				13.0
1986	800M RELAY	NATASHA JAMESON	BELINDA EDWARDS	AMARA HENDERSON	DEIDRA CHEEKS	1:49.5
1986	400M RELAY	JHANNELLE ALEXANDER	KATISE LONG	BELINDA EDWARDS	DEIDRA CHEEKS	52.0
1986	400M DASH	NATASHA JAMESON				60.8
1986	300M LH	KATHY SMITH				47.5
1986	200M DASH	AMARA HENDERSON				27.3
1986	1600M RELAY	KATHY SMITH	LYNN MCKINNEY	KATISE LONG	NATASHA JAMESON	4:09.6