

TRACK & FIELD



1989 SEASON SUMMARY

DEDICATION

This years summary book is dedicated to three young ladies for their four years of hard work and dedication to the Girls Track Program here at Southfield High School.

Four years seem as one day.

It was yesterday when these three young ladies joined the Southfield High Schools Girls Track Team. Through the hard practices, rainy days, and days that were just to hot, they continued to work hard.

They will truly be missed here at Southfield High as students, athletes, and as my adopted daughters.

Jhannelle Alexander, Carmen Thomas, and Kim Thomas.

May God Bless you all and forever keep you in good health.

Your Dad

DUAL MEET RECORD

1989

SHS	MEET	
101	Lathrup	25
45	Seaholm	81
57	Berkley	72
41	Ferndale	86
69	Kimball	57
80	Hazel Park	48
72	Andover	52
26	Troy	102

Coach: William Watson II
 Asst. Coach: Vince Bean
 Co. Capt: Jhannelle Alexander, Kim Thomas
 Overall Record: 4 - 4
 SMA Record: 3 - 4
 SMA Place: 4th - 69pts.
 SMA CHAMPION: Troy - 184pts.
 REGIONAL CHAMPION: Farmington 67pts.
 Oakland County: Troy - 76pts
 SMA JV: 4th

S.M.A. RESULTS 1989

PLACE	TEAM	DUAL MEET RECORD	DUAL MEET POINT	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINT
1st	Troy	7 - 0	8	184	8	16
2nd	Seaholm	6 - 1	7	99	7	14
3rd	Ferndale	5 - 2	6	71	6	12
4th	Berkley	4 - 3	5	29	4	9
4th	Southfield	3 - 4	4	69	5	9
6th	Andover	1 - 6	2	21	3	5
7th	Kimball	2 - 5	3	9	1	4
8th	Hazel Park	0 - 7	1	16	2	3

SOUTHFIELD GIRLS TRACK TEAM

1989 SUCCESS PROFILE

EVENTS	SOL	SEA	RKL	FDL	ROK	HZP	AND	TRY	TOT/PNT	TOT/POSS	%AVG
4 x 100	5	5	5	0	5	5	5	5	35	40	87.5%
400	9	4	9	6	8	9	6	3	54	72	75%
300 LH	8	8	8	3	3	9	9	5	53	72	73.6%
100	8	8	6	4	8	9	9	1	53	72	73.6%
200	4	6	1	4	8	9	8	1	41	72	56.9%
Long Jump	6	4	6	3	5	5	3	5	37	72	51.4%
4 x 200	5	0	0	0	5	5	5	0	20	40	50%
4 x 400	5	0	5	0	0	5	5	0	20	40	50%
800	9	3	6	6	3	5	3	0	35	72	48.6%
Shot Put	9	1	4	1	6	4	8	1	34	72	47.2%
High Jump	5	4	4	3	8	5	1	0	30	72	41.6%
Discus	9	0	0	3	4	3	5	4	28	72	38.8%
100 IH	6	1	3	0	3	6	5	1	25	72	34.7%
4 x 800	5	0	0	5	0	0	0	0	10	40	25%
1600	8	1	0	3	3	1	0	0	16	72	22.2%
3200	0	0	0	0	0	0	0	0	0	72	0%
Southfield	101	45	57	41	69	80	72	26	491	1024	47.9%
Opponent	25	81	72	86	57	48	52	102	523	1024	51%

1989 JV SCORING 1989

ATHLETE NAME	VARS MEET	BLU REL	SMA NINE	SMA JV	FROSH COUNTY	TOTAL POINTS
Latoya Bradford	6+	3+	-	12	1+	23+
Marsha Johns	8	-	-	11	3+	22+
Lisa Collins	-	6+	-	15	-	21+
Tamika Curry	1+	-	-	7	-	8+
Melanie Williams	2+	1	-	5	-	8+
Kim McReynolds	2+	2	-	-	.25	4+
Rhonda Jackson	4+	-	-	-	-	4+
Kelli Smith	-	-	-	-	-	0
Tasha McEvans	-	-	-	-	-	0
Anyia Fort	-	-	-	-	-	0
Aliyah Shakoor	-	-	-	-	-	0

1989
AWARDS

1ST YEAR AWARDS

Kristina Biggs	Varsity
Latoya Bradford	JV
Lisa Collins	JV
Tamika Curry	JV
Nicole Doucette	MVP SOPHMORE
Erica Jackson	CO MVP FRESHMAN
Rhonda Jackson	JV
Kia Jelks	CO MVP FRESHMAN
Marsha Johns	JV
Michelle Johns	JV
Tasha McEvans	JV
Kim McReynolds	JV
Aliyah Shakoor	JV
Ivy Simmons	Varsity

3RD YEAR AWARDS

Antholyn Floyd-Jackson

2ND YEAR AWARDS

Terah Evans	Varsity
Anyia Fort	JV
Ayanna Gracia	Varsity
Ayanna Horton	Varsity
Kelli Smith	JV
Melanie Williams	JV

4TH YEAR AWARDS

Jhannelle Alexander	MVP SR.
Chris Lewis	Varsity
Carmen Thomas	Varsity
Kim Thomas	Varsity

1989 CO MVF FRESHMAN 1989

KIA JELKS

YEAR IN TRACK: 1ST

EVENTS: 100m Dash
200m Dash
4 x 100m Relay
4 X 200m Relay

POINTS SCORED: 69+

RANK: #2 (Varsity)

ACCOMPLISHMENTS:

4 X 100m Relay
SMA Champions
4th State Regional
2nd Freshman Oakland County

200m Dash
4th SMA

4 x 200m Relay
2nd SMA
6th Oakland County
5th State Regional
3rd Freshman Oakland County

100m Dash
3rd SMA
8th Oakland County
Freshman Oakland County
Champion

1989 CO MVP FRESHMAN 1989



ERICKA JACKSON

YEAR IN TRACK: 1ST

EVENTS: 100m High Hurdles
300m Low Hurdles
4 x 100m Relay
4 x 400m Relay
Long Jump

POINTS SCORED: 54+
RANK: #4 (Varsity)

ACCOMPLISHMENTS:

100m High Hurdles	300m Low Hurdles
4th SMA	3rd SMA
3rd Freshman Oakland County	3rd Freshman Oakland County
4 x 100m Relay	4 x 400m Relay
2nd Freshman Oakland County	4th SMA
Long Jump	
5th SMA	
3rd State Regional	
5th Freshman Oakland County	

1989 MVP SOPHOMORE 1989

NICOLE DOUCETTE

YEAR IN TRACK: 1ST

EVENTS: 400m Dash
800m Run
4 x 800m Relay
4 x 400m Relay

POINTS SCORED: 23+

RANK: #9 (Varsity)

ACCOMPLISHMENTS:

4 x 800m Relay
6th SMA

4 x 400m Relay
4th SMA



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JHANNELLE ALEXANDER

YEAR IN TRACK: 4TH

EVENTS: High Jump
100m Dash
200m Dash
400m Dash
800m Run
4 x 100m Relay
4 x 200m Relay
4 x 400m Relay

POINTS SCORED: 137+

RANK: #1 (Varsity)

ACCOMPLISHMENTS:

High Jump
Sch. Jr. record
(5-0)

200m Dash
Sch. Sr. record
(26.1)
3rd SMA
2nd State Regional
4th Oakland County

800m Dash
2nd fastest SR. time
4th fastest Sch. time
(2:30.5)

4 x 100 Relay
SMA CHAMPIONS
4th State Regional

4 x 200 Relay
2nd SMA
5th State Regional
6th Oakland County

400m Dash
3rd SMA
STATE REGIONAL CHAMP
4th Oakland County

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 KOPACH 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 KARGILIS 440- M1RLY	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- DISCUS
1982	CECILE BAKER 800- RLYS	CATHY RELYEA HJ- MILE	ELIZABETH KARGILIS 800- M1RLY	REGINA HALL 200- RLYS

MVP AWARD WINNERS CON'T.

YEAR	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR
1983	KATISE LONG 200- RLYS	CHRISSY STABILE 400- MiRLY	DANIELLE PATRICK SHOT- DISCUS	ELIZABETH KARGILIS 1600- MiRLY
1984	TUFFER 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, RLYS	DEIDRA CHEEKS 100, 200, SP, RLYS NATASHA JAMESON HJ, 400, RLYS
1987	JANEEN JONES LJ, 200, 400 RLYS	JHANNELLE ALEXANDER HJ, 200, RLYS KIM THOMAS 100, 400, RLYS	TANYA LaDILLE HUR- RLYS	AMARA HENDERSON 100, 200, 400, RLYS
1988	TERAH EVANS 100, 200, 400 RLYS	JANEEN JONES LJ, 200, 400, RLYS	KIM THOMAS HUR, 100, 200, 400, RLYS	
1989	KIA JELKS 100, 200, RLYS ERICKA JACKSON LJ, 100 HH, 300 LH, RLYS	NICOLE DOUETTE 400, 800, RLYS		JHANNELLE ALEXANDER 100, 200, 400, 800, 100 HH, RLYS, HJ

ALL SOUTHFIELD TEAM

1989

EVENT	ATHLETE(S)	CLASS	PERFORMANCE
SHOT PUT	Carmen Thomas	Senior	28-0
HIGH JUMP	Terah Evans	Sophomore	5-0
LONG JUMP	Ericka Jackson	Freshman	15-7
DISCUS THR	Carmen Thomas	Senior	85-0
100M DASH	Jhannelle Alexander	Senior	12.6
200M DASH	Jhannelle Alexander	Senior	26.1
400M DASH	Jhannelle Alexander	Senior	59.9
800M RUN	Jhannelle Alexander	Senior	2:30.5
1600M RUN	Ayanna Horton	Sophomore	6:42.0
3200M RUN			
100M IH 33"	Jhannelle Alexander	Senior	18.2
300M LH 30"	Kim Thomas	Senior	47.8
400M RELAY	Jhannelle Alexander Kim Thomas Kia Jelks Kristina Biggs	Senior Senior Freshman Freshman	51.9
800M RELAY	Jhannelle Alexander Kia Jelks Kristina Biggs Kim Thomas	Senior Freshman Freshman Senior	1:48.9
1600M RELAY	Kim Thomas Ivy Simmons Nicole Doucette Jhannelle Alexander	Senior Freshman Sophomore Senior	4:21.0
3200M RELAY	Ayanna Horton Kim McReynolds Antholyn Floyd-Jackson Nicole Doucette	Sophomore Freshman Junior Sophomore	11:05.0

SOUTHFIELD GIRLS TRACK

ALL S.M.A.

YEAR	EVENT					TIME/DISTANCE
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

ALL S.M.A. CON'T.

YEAR	EVENT					TIME/DISTANCE
1982	400M RELAY	REGINA HALL	TONI WATKINS	LISA McCALL	MILLIE HOLLIDAY	51.5
1982	1600M RELAY	REGINA HALL	LIZ KARGILIS	CECILE BAKER	MILLIE HOLLIDAY	4:05.5 SMA REC.
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	SHELLY WASHINGTON	STEPHANIE FURMAN	TAWNYA SMITH	CHRISSY STABILE	10:13.6
1985	100M HH	KATHY SMITH				16.0
1985	100M DASH	DEIDRA CHEEKS				12.5 SMA REC.

ALL S.M.A. CON'T.

YEAR	EVENT					TIME/DISTANCE
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
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 HH	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
1987	400M RELAY	JHANNELLE ALEXANDER	KIM THOMAS	NICOLE DRUMMOND	AMARA HENDERSON	52.0
1987	800M RELAY	KIM THOMAS	RENATA JONES	AMARA HENDERSON	JHANNELLE ALEXANDER	1:45.2
1988	800M RELAY	KIM THOMAS	NICOLE DRUMMOND	LAURAN COLLINS	JHANNELLE ALEXANDER	1:49.5
1988	100M HH	NICOLE DRUMMOND				16.1

ALL S.M.A. CON'T.

YEAR	EVENT					TIME/DISTANCE
1988	300M LH	KIM THOMAS				48.7
1989	400M RELAY	JHANNELLE ALEXANDER	KIM THOMAS	KIA JELKS	KRISTINA BIGGS	51.9

SOUTHFIELD GIRLS TRACK
SMA TRACK & FIELD RECORDS

EVENT	YEAR	ATHLETES	SCHOOL	TIME/DIS.
SHOT PUT	1986	DEIDRA CHEEKS	SOUTHFIELD	40-0
HIGH JUMP	1983	KARYN FINUCAN	SEAHOLM	5-6.5
DISCUS	1978	GAIL LIND	KIMBALL	125-1
LONG JUMP	1978	DEBRA PETERS	KIMBALL	17-2.50
100M INT. HUR.	1984	KATHY SMITH	SOUTHFIELD	15.7
100M DASH	1983	DEIDRA CHEEKS	SOUTHFIELD	12.5
200M DASH	1989	KRISTIE WESTERBY	TROY	26.2
300M LH	1983	WENDY CONFER	FERNDALE	46.7
400M DASH	1989	KRISTIE WESTERBY	TROY	57.2
800M RUN	1985	LAURA MATSON	ANDOVER	2:15.1
1600M RUN	1985	LAURA MATSON	ANDOVER	4:49.0
3200M RUN	1984	MICHELLE BEWS	SEAHOLM	10:47.7
400M RELAY (4 x 100)	1984	Sonja Williams, Javay Williamson Katise Long, Deidra Cheeks	SOUTHFIELD	51.2
800M RELAY (4 x 200)	1984	Sonja Williams, Javay Williamson Katise Long, Deidra Cheeks	SOUTHFIELD	1:46.5
1600M RELAY (4 x 400)	1989	Kristi McKimson, Angela Knox Anna Jontony, Kristie Westerby	TROY	4:04.0
3200M RELAY (4 x 800)	1988	Kristi McKimson, Anna Jontony Kristy Tylawsky, Jenny Holder	TROY	9:43.6

SOUTHFIELD GIRLS TRACK
TRACK & FIELD INDIVIDUAL RECORDS

* SCHOOL RECORDS *

EVENT	FRESHMEN	SOPHMORE	JUNIOR	SENIOR
SHOT PUT	Marie Frasier '85 28-8.5	Deidra Cheeks '84 36-8	Deidra Cheeks '85 40-0	Deidra Cheeks '86 * 40-0 *
HIGH JUMP	Kristi Jackson '81 4-10	Terah Evans '89 5-0	Jhannelle Alexander '88 5-0	Natasha Jameson '86 * 5-2 *
DISCUS	Robin Brooks '78 92-10	Debbie Watson '84 100-8	Penny McCann '80 104-8	Marie Frasier '85 * 105-10 *
LONG JUMP	Janeen Jones '87 16-10.25	Janeen Jones '88 * 17-2.75 *	Toni Watkins '81 15-11	Toni Watkins '82 15-11.5
100M INT. HURDLES	Ericka Jackson '89 18.0	Kathy Smith '84 15.5	Stacey Dyson '84 15.8	Kathy Smith '86 * 15.1 *
100M DASH	Deidra Cheeks '83 12.5	Deidra Cheeks '84 12.5	Deidra Cheeks '85 12.3	Deidra Cheeks '86 * 12.2 *
200M DASH	Janeen Jones '87 26.4	Janeen Jones '88 * 25.3 *	Deidra Cheeks '85 26.2	Jhannelle Alexander '89 26.1

TRACK & FIELD INDIVIDUAL RECORDS CON'T.

EVENT	FRESHMEN	SOPHMORE	JUNIOR	SENIOR
300M LOW HURDLE	Kathy Smith '83 46.8	Kathy Smith '84 46.6	Kim Thomas '88 48.6	Kathy Smith '86 * 45.9 *
400M DASH	Janeen Jones '87 59.0	Janeen Jones '88 * 57.8 *	Natasha Jameson '85 59.9	Natasha Jameson '86 59.3
800M RUN	Cecile Baker '82 2:31.4	Chrissy Stabile '83 2:28.3	Chrissy Stabile '84 * 2:23.6 *	Chrissy Stabile '85 2:28.2
1600M RUN	LaTonya Harrison '83 5:45.2	Susie Stabile '80 5:35.7	Susie Stabile '81 5:33.5	Chrissy Stabile '85 * 5:24.2 *
3200M RUN	Kathy Helms '83 12:34.0	Kathy Helms '84 13:10.4	Chrissy Stabile '84 12:13.4	Chrissy Stabile '85 * 11:54.1 *

SOUTHFIELD GIRLS TRACK
TRACK & FIELD RELAY SCHOOL RECORDS

** THREE GIRL RELAYS

EVENT	YEAR					TIME/DISTANCE
400M RELAY (4 x 100)	1988	Jhannell Alexander	Nicole Drummond	Kim Thomas	Janeen Jones	49.64
800M RELAY (4 x 200)	1985	Sonja Williams	Amara Henderson	Katise Long	Deidra Cheeks	1:44.8
1600M RELAY (4 x 400)	1982	Regina Hall	Liz Kargilis	Cecile Baker	Lisa McCall	4:05.5
3200M RELAY (4 x 800)	1984	Anne Beemer	Tawnya Smith	Tupper Lysaght	Chrissy Stabile	9:57.6
6400M RELAY (4 x 1600)	1983	Liz Kargilis	LaTonya Harrison	Cathy Helms	Cathy Relyea	24:30.5
STRONG GIRL (4 x 100)	1984	Danielle Patrick	Marie Frasier	Debbie Watson	Sheri Todd	58.3
SHUTTLE HUR. (4 x 100 LH)	1985	Kathy Smith	Stacey Dyson	Natasha Jameson	Katise Long	1:06.4
SPRINT MEDLEY (200-100-100-400)	1988	Jhannelle Alexander	Nicole Drummond	Kim Thomas	Jannen Jones	1:52.02
DISTANCE MEDLEY (800-400-1200-1600)	1985	Tawnya Smith	Renata Jones	Stephanie Furman	Chrissy Stabile	13:30.2

TRACK & FIELD RELAY RECORDS CON'T.

** THREE GIRL RELAYS

EVENT	YEAR					TIME/DISTANCE
SHOT PUT RELAY	1985	Deidra Cheeks	Debbie Watson	Carolyn Tubbs	Marie Frasier	123-10.75
	1989	Carmen Thomas	Chris Lewis	Ayanna Gracia		** 73-7
DISCUS THROW RELAY	1985	Marie Frasier	Debbie Watson	Sonja Burrell	Carolyn Tubbs	318-6
	1988	Carmen Thomas	Chris Lewis	Ayanna Gracia		** 205-6
HIGH JUMP RELAY	1984	Kathy Smith	Natasha Jameson	Cathy Relyea	Debbie Watson	18-4
	1988	Jhannelle Alexander		Yvonne Hammond	Kim Thomas	** 13-4
LONG JUMP RELAY	1984	Javay Williamson	Katise Long	Deidra Cheeks	Lynn McKinney	58-5
	1988	Janeen Jones		Nicole Drummond	Yvonne Hammond	** 47-8

SOUTHFIELD GIRLS TRACK
 OAKLAND COUNTY CHAMPIONS

YEAR	EVENT					TIME/DISTANCE
1985	100M DASH	DEIDRA CHEEKS				12.3
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	1600M RELAY	KATHY SMITH	LYNN MCKINNEY	KATISE LONG	NATASHA JAMESON	4:06.9

SOUTHFIELD GIRLS TRACK
STATE REGIONAL CHAMPIONS

YEAR	EVENT					TIME/DISTANCE
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 WILLIAMSON				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 INT. H	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
1987	200M DASH	JANEEN JONES				26.46
1987	1600M RELAY	RENATA JONES	JHANNELLE ALEXANDER	AMARA HENDERSON	JANEEN JONES	4:09.64

STATE REGIONAL CHAMPIONS CON'T.

YEAR	EVENT					TIME/DISTANCE
1987	400M RELAY	JHANNELLE ALEXANDER	AMARA HENDERSON	KIM THOMAS	JANEEN JONES	50.27
1987	LONG JUMP	JANEEN JONES				16-10.25
1988	LONG JUMP	JANEEN JONES				17-2.75
1988	300M LH	KIM THOMAS				48.6
1988	200M DASH	JANEEN JONES				26.0
1988	100M INT. H	NICOLE DRUMMOND				16.1
1988	400M DASH	JANEEN JONES				57.9
1988	400M RELAY	JHANNELLE ALEXANDER	NICOLE DRUMMOND	LAUREN COLLINS	KIM THOMAS	51.5
1989	400M DASH	JHANNELLE ALEXANDER				59.9

SOUTHFIELD GIRLS TRACK
HOME TRACK FACILITY RECORDS

EVENT	YEAR	ATHLETES	SCHOOL	TIME/DIS.
SHOT PUT	1980	KIM CARPENTER	KIMBALL	37-11.5
HIGH JUMP	1983	KARYN FINUCAN	SEAHOLM	5-6.5
DISCUS	1983	KATHY SPRINKLE	BERKLEY	108-8
LONG JUMP	1987	JANEEN JONES	SOUTHFIELD	16-10.25
100M INT. HUR.	1989	DAWN ADAMS	DETROIT CODY	14.6
100M DASH	1989	KISHRA WILLIAMS	DETROIT COOLEY	12.3
200M DASH	1988	JANEEN JONES	SOUTHFIELD	25.3
300M LH	1984	DAWN ADAMS	DETROIT CODY	44.7
400M DASH	1989	KRISTIE WESTERBY	TROY	57.2
800M RUN	1989	IJNANYA ALHAMISI	DETROIT HENRY FORD	2:16.6
1600M RUN	1984	LAURA MATSON	ANDOVER	5:05.3
3200M RUN	1984	MICHELLE BEWS	SEAHOLM	10:47.7
400M RELAY (4 x 100)	1988	Jhannelle Alexander, Kim Thomas Nicole Drummond, Janeen Jones	SOUTHFIELD	49.64
800M RELAY (4 x 200)	1987	Sonji Harlan, Cheryl Pruitt Nikkai Johnson, Wednesda Ferman	HENRY FORD	1:45.9

HOME FACILITY TRACK RECORDS CON'T.

EVENT	YEAR	ATHLETES	SCHOOL	TIME/DIS.
1600M RELAY (4 x 400)	1988	Anna Jantony, Kista McKinson Angie Knox, Kristie Westerby	TROY	4:00.75
3200M RELAY (4 x 800)	1989	Kathleen Gerigk, Carrie Walton Heather Sullivan, Lauren Mood	FARM. MERCY	9:53.3
6400M RELAY (4 x 1600)	1984	Mary Ballantyne, Tanya Eidschun Debbie Burson, Michelle Bews	SEAHOLM	22:35.0
STRONG GIRL RELAY (4 x 100)	1983	Higgins, LeVassuer Proctor, Wingert	ANDOVER	57.4
SPRINT MEDLEY RELAY (200-100-100-400)	1988	Jhannelle Alexander, Kim Thomas Nicole Drummond, Janeen Jones	SOUTHFIELD	1:52.02
SHUTTLE HUR. RELAY (4 x 100m LH)	1985	Kathy Smith, Stacey Dyson Natasha Jameson, Katise Long	SOUTHFIELD	1:06.4
DISTANCE MEDLEY RELAY (800-400-1200-1600)	1984	Mary Ballantyne, Amy Burkhart Tanya Eidschun, Michelle Bews	SEAHOLM	13:12.7

SOUTHFIELD GIRLS TRACK

INDOOR RECORDS

* SCHOOL RECORD

HIGH JUMP	1989	JHANNELLE ALEXANDER	* 4-10
LONG JUMP	1988	JANEEN JONES	* 14-10.5
SHOT PUT	1988	DESHON TERRY	* 23-0
	1988	DEANNA DEAN	19-5
55M INT. H	1989	KIM THOMAS	*
	1988	NICOLE DRUMMOND	* 10.1 (60 yds)
55M DASH	1989	JHANNELLE ALEXANDER	* 7.6
	1989	KIM THOMAS	* 7.6
	1988	JHANNELLE ALEXANDER	* 7.6 (60 yds)
300M DASH	1989	JHANNELLE ALEXANDER	* 40.5
	1989	KIM THOMAS	41.5
800M RUN	1988	CRYSTAL TOWNS	* 2:40 (yds)
1600M RUN			
MILE RUN	1988	AYANNA HORTON	* 7:11
4 X 55M RELAY	1988	Kim Thomas, Jhannelle Alexander Nicole Drummond, Janeen Jones	* 30.03
	1989	TiFree Jones, Rhonda Jackson Kristina Biggs, Kia Jelks	31.2
800M RELAY	1988	Jhannelle Alexander, Nicole Drummond Kim Thomas, Janeen Jones	* 1:52.2 (yds)
	1986	Natasha Jameson, Belinda Edwards Amara Henderson, Deidra Cheeks	* 1:55.3
	1989	Kim Thomas, Lauran Collins Lisa Collins, Jhannelle Alexander	1:57.7

INDOOR RECORDS CON'T.

* SCHOOL RECORD

1600M RELAY	1988	Nicole Drummond, Kim Thomas Jhannelle Alexander, Janeen Jones	* 4:20.0 (yds)
	1988	Kim Thomas, Nicole Drummond Jhannelle Alexander, Janeen Jones	* 4:24.6
	1986	Kathy Smith, Lynn McKinney Katise Long, Natasha Jameson	4:31.8
	1989	Kim Thomas, Lauran Collins Kia Jelks, Jhannelle Alexander	4:41.0

3200M RELAY	1988	Crystal Towns, Mia Holley Markita Harper, Theresa Compton	* 12:28.0
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SPRINT MEDLEY (400-200-200-400)	1986	Kathy Smith, Deidra Cheeks Belinda Edwards, Natasha Jameson	* 3:06.9
	1989	Kim Thomas, Lauran Collins Lisa Collins, Jhannelle Alexander	3:15.0

The Southfield Girls Track Team of 1989 would like to thank the parents, faculty, and friends for their help, encouragement, and support through the 1989 season.

Without you it would not have been possible.

Mr. & Mrs. Alexander
Mr. Berg
Mrs. Biggs
Mrs. Bradford
Mr. Paul Burt
Mrs. Curry
Mrs. Doucette
Mr. Evans
Ms. Evans
Mr. Hurley
Mrs. Jackson (Ericka)
Mr. & Mrs. Moore
Mr. & Mrs. Johns
Mr. Russell Mann
Mr. & Mrs. McEvans
Mr. & Mrs. McReynolds
Mr. Paget
Mr. Phillips
Mr. Shippee
Mr. & Mrs. Simmons
Mrs. Tatken
Mr. & Mrs. Thomas
Mrs. Denise Watson
Mr. Karlton Watson
Mr. & Mrs. Williams