



1989

Southfield High School
Track

1990

SEASON SUMMARY



DEDICATION

This years summary is dedicated to a young lady for her dedication and loyalty to the Southfield Girls' Track program.

With her leadership skills, the track program at Southfield High School has reach new heights.

And because of her abilities the Southfield record book may never recover.

A few days of hard work, a life time of memories.
Janeen we love you for who you are, and for what you stand for.

Continue your success at Georgia Tech.

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

DUAL MEET RECORD

1990

SHS	MEET	
76	Seaholm	50
86	Berkley	40
80	Ferndale	48
95	Kimball	32
77	Hazel Park	47
76	Andover	51
38	Troy	90

Coach: William Watson II
 Asst. Coach: Vince Bean
 Tri-Capt: Janeen Jones, Nicole Doucette, Crystal Towns
 Overall Record: 6 - 1
 SMA Record: 6 - 1
 SMA Place: 2nd - 81.5 pts.
 SMA CHAMPION: Troy - 143.5 pts.
 REGIONAL CHAMPION: Southfield 94.4 pts.
 Oakland County: Troy - 56 pts
 SMA JV: 3rd

S.M.A. RESULTS 1990

PLACE	TEAM	DUAL MEET RECORD	DUAL MEET POINT	SMA MEET SCORE	SMA MEET POINTS	TOTAL POINT
1st	Troy	7 - 0	8	143.5	8	16
2nd	Southfield	6 - 1	7	81.5	7	14
3rd	Ferndale	5 - 2	6	76	6	12
4th	Seaholm	3 - 4	4	71	5	9
4th	Kimball	3 - 4	4	45	4	8
6th	Andover	3 - 4	4	19	1	5
7th	Berkley	1 - 6	2	21	2	4
8th	Hazel Park	0 - 7	1	38	3	4

REGIONAL

GIRLS TEAM RESULTS: 1. Southfield, 94; 2. Ferndale, 78; 3. Detroit Mumford, 56; 4. Warren Lincoln, 50; 5. Detroit Pershing, 45; 6. Royal Oak Kimball, 34; 7. Hazel Park, 27; 8. Warren Cousino, 24; 9. Berkley, 20; 10. (Ile) Birmingham Groves, Detroit Northern, 19; 12. Royal Oak Dondero, 14; 13. Detroit Osborn, 10; 14. Highland Park, 7.

INDIVIDUAL RESULTS

Discus: 1. Jennifer Brzezinski (Lincoln), 96-0; 2. Nicole Holston (Hazel Park), 93-2; 3. Robyn Hojanacki (Lincoln), 91-1.

Shot put: 1. Michelle Weeks (Ferndale), 30-6; 2. Jennifer Brzezinski (Lincoln), 30-3; 3. Laurie Foster (Lincoln), 29-2.

Long jump: 1. Keri Daschke (Ferndale), 15-11 $\frac{1}{4}$; 2. Ericka Jackson (Southfield), 15-3 $\frac{1}{4}$; 3. Lakita DeJarnette (Osborn), 15- $\frac{3}{4}$.

High jump: 1. Damita Payne (Ferndale), 4-11; 2. Michelle Hunt (Ferndale), 4-11; 3. Sue Stone (Kimball), 4-7.

100-meter hurdles: 1. Caprice Herron (Kimball), 17.1; 2. Nikki Crowley (Kimball), 17.2; 3. Keri Daschke (Ferndale), 17.8.

300-meter hurdles: 1. Shannon Spencer (Groves), 48.5; 2. Michelle Butash (Berkley), 51.0; 3. Shaga Alberty (Highland Park), 51.9.

100-meter dash: 1. Janeen Jones (Southfield), 12.5; 2. Quila Barnes (Mumford), 12.8; 3. Erica Smith (Mumford), 12.8.

200-meter dash: 1. Janeen Jones (Southfield), 25.9; 2. Erica Smith (Mumford), 26.2; 3. Quila Barnes (Mumford), 26.4.

400-meter dash: 1. Janeen Jones (Southfield), 57.1; 2. Charlotte Williams (Pershing), 58.5; 3. Tamika Parker (Northern), 1:03.8.

800-meter run: 1. Charlotte Williams (Pershing), 2:27.6; 2. Crystal Towns (Southfield), 2:32.0; 3. Sharon Chalmers (Ferndale), 2:37.6.

1,600-meter run: 1. Amy Doucette (Cousino), 5:18.8; 2. Eike Thompson (Dondero), 5:41.2; 3. Loraine Wojt (Lincoln), 5:50.6.

3,200-meter run: 1. Amy Doucette (Cousino), 11:40.6; 2. Shanon McCabe (Hazel Park), 11:48.6; 3. Eike Thompson (Dondero), 12:37.6.

400-meter relay: 1. Mumford (Quila Barnes, Jecinda Jones, Monique Hardeman, Chiqua Valentine), 51.6; 2. Southfield, 52.6; 3. Ferndale, 52.7.

800-meter relay: 1. Southfield (Crystal Towns, Kia Jelks, Kristina Biggs, Janeen Jones), 1:48.6; 2. Mumford, 1:48.7; 3. Pershing, 1:50.1.

1,600-meter relay: 1. Pershing (Angela Cobb, Erica Jamerson, Regina McBryde, Charlotte Williams), 4:16.4; 2. Mumford, 4:22.8; 3. Northern, 4:26.2.

3,200-meter relay: 1. Ferndale (Jessica Adair, Michelle Hunt, Sharon Chalmers, Jennifer Mesyn), 10:32.8; 2. Hazel Park, 10:37.1; 3. Southfield, 10:39.0.

CHAMPIONS

SOUTHFIELD GIRLS TRACK TEAM

1990 SUCCESS PROFILE

EVENTS	SEA	BKL	FDL	ROK	HZP	AND	TRY	TOT/PNT	TOT/POSS	%AVG
100	9	9	8	9	8	8	4	55	63	87.3%
200	9	9	9	9	6	8	5	55	63	87.3%
4 x 100	5	5	5	5	5	5	0	30	35	85.7%
4 x 200	5	5	5	5	5	5	0	30	35	85.7%
4 x 400	5	5	5	5	5	5	0	30	35	85.7%
800	8	9	8	9	5	6	5	50	63	79.3%
SHOT PUT	8	8	4	8	8	6	4	46	62	74.2%
400	5	8	6	8	5	6	5	43	63	68.3%
LONG JUMP	5	5	8	9	5	5	5	42	63	66.7%
4 x 800	0	5	5	5	5	0	0	20	35	57.1%
300 LH	5	3	8	6	5	6	0	33	63	52.4%
HIGH JUMP	3	5	4	8	4	5	1	30	63	49.2%
DISCUS	3	3	1	3	4	3	9	26	63	41.3%
100 HH	5	5	3	1	5	6	0	25	63	39.7%
1600	3	3	1	5	1	3	0	16	63	25.4%
3200	0	0	0	0	0	0	0	0	57	0%
Southfield	78	87	80	95	77	76	38	531	889	59.7%
Opponent	50	40	48	32	47	51	90	358	889	40.3%

1990
AWARDS

1ST YEAR AWARDS

Lorri Gripper
Rachel Jeter
Jamila Price

Varsity
JV
Varsity

3RD YEAR AWARDS

Crystal Towns OUTSTANDING
SENIOR
Terah Evans Varsity
Kelli Smith JV

2ND YEAR AWARDS

Ericka Jackson
Kia Jelks
Marsha Johns
Kim McReynolds
Nicole Doucette

OUTSTANDING
SOPHMORE
OUTSTANDING
SOPHMORE
Varsity
Varsity
OUTSTANDING
JUNIOR

4TH YEAR AWARDS

Janeen Jones MVP SR.
Antholyn Floyd-Jackson Varsity

1989 SEASON SCORING SUMMARY 1989

ATHLETE NAME	IND REL	SEA BKL	FDL ROK	BLM REL	HZP AND	TRY	BLU REL	STA REG	SMA CHM	DAK CTY	STATE FINAL	TOTAL POINT
Janeen Jones	2+	25	32+	2+	32+	13	-	32+	30+	23	12	204+
Ericca Jackson	-	28	20	-	32	5	-	18	8	-	-	111
Kia Jelks	3+	25	19	.25	21	4	-	8+	18+	2	-	101+
Crystal Towns	3	21+	23	1+	13+	5	-	14+	12+	1	-	93+
Jamila Price	-	12	8	-	10	7	-	2	1	-	-	40
Sylvia Stoney	7+	17	14+	1+	-	-	-	-	-	-	-	39+
Kristina Biggs	1+	7	5+	-	8+	-	-	4	5+	1	-	32+
Nicole Doucette	3	9+	8+	-	7+	1	-	1+	1+	-	-	30
Marsha Johns	2+	7	5	-	9	-	-	2	-	-	-	25+
Antholyn Floyd-Jackson	-	7+	8+	-	5+	-	-	1+	.5	-	-	22+
Lorri Gripper	1	3	8+	-	-	-	-	1	1	-	-	14+
Terah Evans	1	-	-	-	8	-	-	-	1+	-	-	10+
Yvonne Hammond	-	-	5	-	-	1	-	2+	-	-	-	8+
Kim McReynolds	-	2+	3+	-	1+	-	-	1+	1+	-	-	8+

1990 JV SCORING 1990

ATHLETE NAME	VARS MEET	BLU REL	SMA JV	FROSH COUNTY	TOTAL POINTS
Tamara Wallace	5	-	20+	-	25+
Zandra Hollaway	4+	-	14+	-	18+
Ruqaiijah Yearby	1	-	14+	-	15+
Rachel Jeter	-	-	12	-	12
Kelli Smith	-	-	1	-	1

1990 OUTSTANDING SOPHOMORE

Kia Jinks 101+ pts

100m Dash, Shot Put, 4 x 100m, 4 x 200m

100m Dash

3rd SMA

6th Oakland County

Sophomore School Record 12.5

Shot Put

SMA Champion

4 x 100m Relay

2nd State Regional

4 x 200m Relay

Regional Champion

SMA Champion

4th Oakland County

1990 OUTSTANDING SOPHOMORE

Erica Jackson 111 pts

100m HH, 300m LH, LJ, 4 x 100m, 4 x 400m

100m HH

5th SMA

4th State Regional

300m LH

4th State Regional

Long Jump

4th State Regional

3rd SMA

2nd State Regional

4 x 100m Relay

2nd State Regional

1990 OUTSTANDING SENIOR

Crystal Towns 93+ pts

800m Run, High Jump, 4 x 800m, 4 x 400m, 4 x 200m

Tri-Captain

High Jump

3rd State Regional

800m Run

2nd State Regional

2nd SMA

Senior School Record 2:27.1

4 x 200m Relay

Regional Champion

SMA Champion

4th Oakland County

4 x 800m Relay

3rd State Regional

5th SMA

3rd Oakland County Indoor

1990 OUTSTANDING JUNIOR

Nicole Doucette 90 pts

Discus, 800m Run, 4 x 800m, 4 x 400m, 4 x 200m

Tri-Captain

4 x 800m Relay

3rd State Regional

5th SMA

3rd Oakland County Indoor

4 x 400m Relay

4th SMA

4th State Regional

1990 MVP 1990

JANEEN "DROOPY" JONES

204+ PTS

100m Dash, 200m Dash, 400m Dash,
Long Jump, 4 x 100m, 4 x 200m,
4 x 400m, 4 x 800m

Long Jump

School Record 88'

200m Dash

School Record 90'

SMA Champion 90'

ALL-State 90'

State Regional Champion 90'

2nd Oakland County 90'

Freshman School Record 87'

Sophomore School Record 88'

Senior School Record 90'

4 x 100m Relay

School Record 88'

4 x 200m Relay

SMA Champion 90'

State Regional Champion 90'

4th Oakland County 90'

100m Dash

State Regional Champion 90'

2nd SMA 90'

4th Oakland County 90'

400m Dash

All-State 90'

State Regional Champion 90'

SMA Champion 90'

Oakland County Champion 90'

Freshman School Record 87'

Sophomore School Record 88'

Senior School Record 90'

School Record 90'

4 x 800m Relay

3rd Oakland County Indoor 90'

ALL SOUTHFIELD TEAM

1990

EVENT	ATHLETE(S)	CLASS	PERFORMANCE
SHOT PUT	Kia Jelks	Sophmore	31.75
HIGH JUMP	Crystal Towns	Senior	5-0
LONG JUMP	Ericka Jackson	Sophmore	15-6.5
DISCUS THR	Nicole Doucette	Junior	72-2
100M DASH	Janeen Jones	Senior	12.3
200M DASH	Janeen Jones	Senior	25.2
400M DASH	Janeen Jones	Senior	55.8
800M RUN	Crystal Towns	Senior	2:27.1
1600M RUN	Antholyn Floyd-Jackson	Senior	6:09.2
3200M RUN			
100M IH 33"	Ericka Jackson	Sophmore	17.1
300M LH 30"	Ericka Jackson	Sophmore	52.0
400M RELAY	Marsha Johns Kristina Biggs Ericka Jackson Kia Jelks	Sophmore Sophmore Sophmore Sophmore	52.6
800M RELAY	Crystal Towns Kristina Biggs Kia Jelks Janeen Jones	Senior Sophmore Sophmore Senior	1:48.6
1600M RELAY	Crystal Towns Sylvia Stoney Lorri Gripper Janeen Jones	Senior Freshman Sophmore Senior	4:19.0
3200M RELAY	Nicole Doucette Kim McReynolds Antholyn Floyd-Jackson Crystal Towns	Junior Sophmore Senior Senior	10:39.0

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	Kathy Smith '84 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		Kathy Smith '84 15.5	Stacey Dyson '84 15.8	Kathy Smith '86 * 15.1 *
100M DASH	Deidra Cheeks '83 12.5	Kia Jelks '90 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	Janeen Jones '90 * 25.2 *

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	Janeen Jones '90 * 55.8 *
800M RUN	Cecile Baker '82 2:31.4	Chrissy Stabile '83 2:28.3	Chrissy Stabile '84 * 2:23.6 *	Crystal Towns '90 2:27.1
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
SPRINT MEDLEY (400-200-200-800)	1990	Janeen Jones	Sylvia Stoney	Kristina Biggs	Crystal Towns	4:27.24

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 McKinneu	58-5
	1988	Janeen Jones		Nicole Drummond	Yvonne Hammond	** 47-8

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	1990	JANEEN JONES	SOUTHFIELD	25.9
300M LH	1983	WENDY CONFER	FERNDALE	46.7
400M DASH	1990	JANEEN JONES	SOUTHFIELD	57.0
800M RUN	1985	LAURA MAISON	ANDOVER	2:15.1
1600M RUN	1985	LAURA MAISON	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

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 KOPACK				60.4
1979	220 DASH	THERESA KOPACK				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
1990	SHOT PUT	KIA JELKS				30-9.25
1990	800M RELAY	KIA JELKS	KRISTINA BIGGS	CRYSTAL TOWNS	JANEEN JONES	1:49.1
1990	400M DASH	JANEEN JONES				57.0
1990	200M DASH	JANEEN JONES				25.9

SOUTHFIELD GIRLS TRACK

INDOOR RECORDS

* SCHOOL RECORD

HIGH JUMP	1989	JHANNELLE ALEXANDER	4-10
	1990	TERAH EVANS	* 5-0
LONG JUMP	1988	JANEEN JONES	* 14-10.5
SHOT PUT	1988	DESHON TERRY	23-0
	1990	JAMILA PRICE	* 25-5
SSM INT. H	1989	KIM THOMAS	*
	1988	NICOLE DRUMMOND	* 10.1 (60 yds)
SSM DASH	1989	JHANNELLE ALEXANDER	* 7.6
	1989	KIM THOMAS	* 7.6
	1988	JHANNELLE ALEXANDER	* 7.6 (60 yds)
	1990	SYLVIA STONEY	* 7.6 (60 yds)
300M DASH	1989	JHANNELLE ALEXANDER	* 40.5
	1988	KIM THOMAS	41.5
800M RUN	1988	CRYSTAL TOWNS	* 2:40 (yds)
1600M RUN			
MILE RUN	1988	AYANNA HORTON	7:11
	1990	ANTHOLYN FLOYD-JACKSON	* 6:40
4 X 55M RELAY	1988	Kim Thomas, Jhannelle Alexander Nicole Drummond, Janeen Jones	* 30.03
	1989	TiPree Jones, Rhonda Jackson Kristina Biggs, Kia Jelks	31.2
	1990	Marsha Johns, Latoya Bradford Zandra Hollaway, Lori Gripper	30.9
800M RELAY	1988	Jhannelle Alexander, Nicole Drummond Kim Thomas, Janeen Jones	* 1:52.2 (yds)

INDOOR RECORDS CON'T.

1986 Natasha Jameson, Belinda Edwards * 1:55.3
 Amara Henderson, Deidra Cheeks

1989 Kim Thomas, Lauran Collins 1:57.7
 Lisa Collins, Jhannelle Alexander

1600M RELAY 1988 Nicole Drummond, Kim Thomas * 4:20.0 (yds)
 Jhannelle Alexander, Janeen Jones

1988 Kim Thomas, Nicole Drummond * 4:24.6
 Jhannelle Alexander, Janeen Jones

1990 Crystal Towns, Sylvia Stoney * 4:27
 Nicole Doucette, Janeen Jones

1986 Kathy Smith, Lynn McKinney 4:31.8
 Katise Long, Natasha Jameson

1989 Kim Thomas, Lauran Collins 4:41.0
 Kia Jelks, Jhannelle Alexander

3200M RELAY 1988 Crystal Towns, Mia Holley * 12:28.0
 Markita Harper, Theresa Compton

1990

SPRINT MEDLEY (400-200-200-400) 1986 Kathy Smith, Deidra Cheeks * 3:06.9
 Belinda Edwards, Natasha Jameson

1990 Crystal Towns, Sylvia Stoney 3:09.4
 Kristina Biggs, Janeen Jones

1989 Kim Thomas, Lauran Collins 3:15.0
 Lisa Collins, Jhannelle Alexander

MIDDLE DISTANCE RELAY (800-400-400-800) 1990 Nicole Doucette, Sylvia Stoney *7:50.6
 Janeen Jones, Crystal Towns

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
1990	400M DASH	JANEEN JONES				57.1

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
1990	100M DASH	JANEEN JONES				12.5
1990	200M DASH	JANEEN JONES				25.9
1990	400M DASH	JANEEN JONES				57.1
1990	800M RELAY	CRYSTAL TOWNS	KIA JELKS	KRISTINA BIGGS	JANEEN JONES	1:48.6

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	1990	ANGELA KNOX	TROY	12.2
200M DASH	1990	JANEEN JONES	SOUTHFIELD	25.3
300M LH	1984	DAWN ADAMS	DETROIT CODY	44.7
400M DASH	1990	JANEEN JONES	SOUTHFIELD	57.0
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

The Southfield Girls Track Team of 1990 would like to thank the parents, faculty, and friends for their help, encouragement, and support through the 1990 season.

Without you it would not have been possible.

Mr. & Mrs. Biggs
Mr. Dobowski
Mrs. Doucette
Mrs. Gripper
Mr. Hurley
Mrs. Jackson (Ericka)
Mrs. Moore
Mr. & Mrs. Johns
Mr. & Mrs. Jones
Mr. & Mrs. McReynolds
Ms. Nichols
Mr. Pajot
Mr. & Mrs. Price
Mr. Rimmer
Mr. Shippee
Mrs. Tatken
Mrs. Thomas
Mr. & Mrs. Towns
Mrs. Denise Watson
Mrs. Yearby