

ESCHMAN

# SOUTHFIELD GIRL'S TRACK



## 1992 SEASON SUMMARY

## DEDICATION

This years booklet is dedicated to our senior captain, Kristina Biggs, for her loyalty and leadership to the Southfield Track program.

There comes a time when a mother and father have to let their children go, though she is not my daughter, I feel as if I'm losing my child and my friend.

Kristina was not only recognized by her track coaches, but the entire coaching staff of SHS voted her 1992 Female Athlete of the Year.

Kristina, your smile and your laughter will be missed around the halls of SHS.

May God continue to shine upon you.

## DUAL MEET RECORD

**1992**

| SHS | MEET       |    |
|-----|------------|----|
| 37  | Troy       | 91 |
| 53  | Berkley    | 72 |
| 68  | Seaholm    | 59 |
| 73  | Kimball    | 52 |
| 64  | Ferndale   | 58 |
| 77  | Hazel Park | 46 |
| 68  | Andover    | 60 |

**Coach:** William Watson II  
**Asst. Coach:** Vince Bean  
**Tri-Capt:** Kristina Biggs, DeAngelia Wiley, Erika Hardy  
**Overall Record:** 6 - 1  
**SMA Record:** 6 - 1  
**SMA Place:** 2nd - 98 pts.  
**SMA CHAMPION:** Troy - 156 pts.  
**REGIONAL Place:** 6th - 43 pts.  
**Oakland Place:** 3rd - 50 pts.

## S.M.A. RESULTS 1992

| PLACE | TEAM       | DUAL MEET<br>RECORD | DUAL MEET<br>POINT | SMA MEET<br>SCORE | SMA MEET<br>POINTS | TOTAL<br>POINT |
|-------|------------|---------------------|--------------------|-------------------|--------------------|----------------|
| 1st   | Troy       | 7 - 0               | 8                  | 156               | 8                  | 16             |
| 2nd   | Southfield | 6 - 1               | 7                  | 98                | 7                  | 14             |
| 3rd   | Andover    | 5 - 2               | 6                  | 54                | 5                  | 11             |
| 4th   | Berkley    | 4 - 3               | 5                  | 56.5              | 6                  | 11             |
| 5th   | Kimball    | 3 - 4               | 4                  | 39.5              | 4                  | 8              |
| 6th   | Ferndale   | 2 - 5               | 2.5                | 31                | 3                  | 5.5            |
| 7th   | Seaholm    | 2 - 5               | 2.5                | 29                | 2                  | 4.5            |
| 8th   | Hazel Park | 0 - 7               | 1                  | 22                | 1                  | 2              |

**SOUTHFIELD GIRLS TRACK TEAM**  
**1992 SUCCESS PROFILE**

| <b>EVENTS</b>     | <b>TRY</b> | <b>SEA</b> | <b>BKL</b> | <b>FDL</b> | <b>ROK</b> | <b>HZP</b> | <b>AND</b> | <b>TOT/PNT</b> | <b>TOT/POSS</b> | <b>%AVG</b>  |
|-------------------|------------|------------|------------|------------|------------|------------|------------|----------------|-----------------|--------------|
| <b>4 x 100</b>    | 5          | 5          | 5          | 5          | 5          | 5          | 5          | 35             | 35              | 100%         |
| <b>200</b>        | 9          | 9          | 9          | 9          | 9          | 9          | 9          | 63             | 63              | 100%         |
| <b>100</b>        | 9          | 9          | 9          | 9          | 9          | 9          | 9          | 63             | 63              | 100%         |
| <b>4 x 400</b>    | 5          | 5          | 5          | 5          | 5          | 5          | 5          | 35             | 35              | 100%         |
| <b>400</b>        | 3          | 5          | 6          | 8          | 8          | 9          | 8          | 47             | 63              | 74.6%        |
| <b>LONG JUMP</b>  | 3          | 6          | 6          | 8          | 6          | 8          | 8          | 45             | 63              | 71.4%        |
| <b>800</b>        | 0          | 4          | 5          | 5          | 5          | 9          | 3          | 31             | 63              | 49.2%        |
| <b>300 LH</b>     | 0          | 5          | 3          | 5          | 5          | 5          | 5          | 28             | 63              | 44.4%        |
| <b>100 HH</b>     | 0          | 9          | 1          | 3          | 5          | 5          | 5          | 28             | 63              | 44.4%        |
| <b>4 x 800</b>    | 0          | 0          | 0          | 5          | 5          | 5          | 0          | 15             | 35              | 42.9%        |
| <b>SHOT PUT</b>   | 0          | 3          | 1          | 1          | 4          | 1          | 9          | 19             | 63              | 30.2%        |
| <b>4 x 200</b>    | 0          | 0          | 0          | 0          | 5          | 5          | 0          | 10             | 35              | 28.6%        |
| <b>1600</b>       | 3          | 1          | 0          | 1          | 1          | 0          | 1          | 7              | 63              | 11.1%        |
| <b>HIGH JUMP</b>  | 0          | 3          | 1          | 0          | 0          | 1          | 1          | 6              | 63              | 10.5%        |
| <b>DISCUS</b>     | 0          | 1          | 3          | 0          | 1          | 0          | 0          | 5              | 63              | 7.9%         |
| <b>3200</b>       | 0          | 3          | 0          | 0          | 0          | 1          | 0          | 4              | 63              | 6.3%         |
| <b>Southfield</b> | <b>37</b>  | <b>68</b>  | <b>53</b>  | <b>64</b>  | <b>73</b>  | <b>77</b>  | <b>68</b>  | <b>440</b>     | <b>896</b>      | <b>49.1%</b> |
| <b>Opponent</b>   | <b>91</b>  | <b>59</b>  | <b>72</b>  | <b>58</b>  | <b>52</b>  | <b>46</b>  | <b>60</b>  | <b>438</b>     | <b>896</b>      | <b>48.8%</b> |

1992 SEASON SCORING SUMMARY 1992

| ATHLETE<br>NAME | LMC | TRY | SEA<br>BKL | BLM<br>REL | FDL<br>ROK | ATH<br>REL | AND<br>HZP | STA<br>REG | SMA<br>CHM | OAK<br>CTY | STATE<br>FINAL | TOTAL<br>POINT |
|-----------------|-----|-----|------------|------------|------------|------------|------------|------------|------------|------------|----------------|----------------|
| Mwanza Russell  | -   | 8+  | 24+        | 13+        | 28+        | -          | 20+        | 17+        | 23         | 15         | 7+             | 158+           |
| DeAngelia Wiley | -   | 10+ | 20+        | 6          | 26+        | -          | 28+        | 9+         | 21         | 14         | 1+             | 137+           |
| Tabitha Berrien | -   | 10  | 21         | 5+         | 21         | -          | 25         | 9+         | 15         | 7          | 1+             | 115+           |
| Kristina Biggs  | -   | 4+  | 13         | 6          | 9          | -          | 12         | 5+         | 23         | 11         | 1+             | 85+            |
| Erika Hardy     | -   | 2+  | 10+        | 4+         | 16+        | -          | 13+        | 1          | 6          | 1          | -              | 55+            |
| Ericka Jackson  | -   | -   | 8          | -          | 12         | -          | 16         | 2          | -          | -          | -              | 38             |
| Nicole Morrow   | -   | 3   | -          | -          | 11         | -          | 10         | -          | 6          | 1          | -              | 31             |
| Brooke Reaves   | -   | 5+  | -          | 4+         | -          | -          | -          | -          | -          | -          | -              | 10             |
| Dawn Johnson    | -   | 2+  | 3+         | 2          | -          | -          | -          | -          | -          | -          | -              | 8              |
| Leslie Connelly | -   | -   | 1          | -          | -          | -          | 5+         | -          | -          | -          | -              | 6+             |
| Nikki King      | -   | -   | -          | -          | -          | -          | 3+         | -          | 2          | 1          | -              | 6+             |
| Katrice Duncan  | -   | -   | 1          | -          | 1+         | -          | 1+         | -          | -          | -          | -              | 4              |

1992  
AWARDS

1ST YEAR AWARDS  
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|                  |                 |
|------------------|-----------------|
| Tabitha Berrien  | Varsity         |
| Ameisha Coleman  | JV              |
| Leslie Connelly  | Varsity         |
| Katrice Duncan   | Varsity         |
| Rushandra Ellis  | JV              |
| Lisa Fleming     | JV              |
| Erika Hardy      | MVP SOPHMORE    |
| Deanna Hunt      | JV              |
| Nikki King       | Varsity         |
| Teneka Liddell   | JV              |
| Zakiya May       | JV              |
| Felicia McKinley | JV              |
| Mwanza Russell   | CO-MVP FRESHMAN |
| Dana Salinger    | JV              |
| DeAngelia Wiley  | CO-MVP FRESHMAN |
| Ebony Wright     | JV              |

2ND YEAR AWARDS  
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|                |         |
|----------------|---------|
| Nicole Morrow  | Varsity |
| Racquel Cooper | JV      |

3RD YEAR AWARDS  
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4TH YEAR AWARDS  
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|                |            |
|----------------|------------|
| Kristina Biggs | MVP Senior |
| Erica Jackson  | Varsity    |

SOUTHFIELD GIRLS TRACK

MVP AWARD WINNERS

| YEAR | FRESHMAN                            | SOPHOMORE                       | JUNIOR                              | SENIOR                           |
|------|-------------------------------------|---------------------------------|-------------------------------------|----------------------------------|
| 1974 |                                     | SANDY<br>PRAPPAS<br>SHOT PUT    |                                     |                                  |
| 1975 |                                     |                                 | MAXINE<br>HALPERIN<br>TWO MILE      |                                  |
| 1976 |                                     |                                 |                                     | MAXINE<br>HALPERIN<br>TWO MILE   |
| 1977 | PATTY<br>CARNEGIE<br>HURDLES        | THERESA<br>KOPACH<br>440- 220   | BETH<br>OLSON<br>MILE               | PATTY<br>RUSSELL<br>DIS- 880     |
| 1978 | SHARON<br>EDWARDS<br>SPRINTS        | SHERI<br>DIRENFELD<br>SHOT- 880 | THERESA<br>KOPACH<br>440- 220       | KAREN<br>SHERIDAN<br>TWO MILE    |
| 1979 | MILLIE<br>HOLLIDAY<br>100- 220      | KAREN<br>ROURK<br>880           | CINDY<br>SLEEP<br>HURDLES           | THERESA<br>KOPACH<br>440- 220    |
| 1980 | ELIZABETH<br>KARGILIS<br>440- MIRLY | LISA<br>MCCALL<br>440- RLYS     | SHARON<br>EDWARDS<br>RELAYS         | CINDY<br>SLEEP<br>HUR- RLYS      |
| 1981 | KRISTI<br>JACKSON<br>HUR- HJ        | HAYLEY<br>HILLMAN<br>RELAYS     | LISA<br>MCCALL<br>400- RLYS         | ALICIA<br>HUNTER<br>SHOT- DISCUS |
| 1982 | CECILE<br>BAKER<br>800- RLYS        | CATHY<br>RELYEA<br>HJ- MILE     | ELIZABETH<br>KARGILIS<br>800- MIRLY | REGINA<br>HALL<br>200- RLYS      |

MVP AWARD WINNERS CON'T.

| YEAR | FRESHMAN   | SOPHOMORE  | JUNIOR   | SENIOR   |
|------|--|--|--|--|
| 1983 | KATISE<br>LONG<br>200- RLYS                                | CHRISSY<br>STABILE<br>400- MiRLY   | DANIELLE<br>PATRICK<br>SHOT- DISCUS                | ELIZABETH<br>KARGILIS<br>1600- MiRLY   |
| 1984 | TUPPER<br>LYSAGHT<br>400- RLYS                             | DEIDRA<br>CHEEKS<br>100, SP, RLYS  | CHRISSY<br>STABILE<br>DISTANCE                     | CATHY<br>RELYEA<br>HJ- MILE  |
| 1985 | ANJALI<br>KAPUR<br>DISTANCE                                | STEPHANIE<br>FURMAN<br>DISTANCE  | NATASHA<br>JAMESON<br>HJ- 400                      | STACEY<br>DYSON<br>HUR- MiRLY  |
| 1986 | JHANNELLE<br>ALEXANDER<br>HJ, 200, RLYS                    | ANJALI<br>KAPUR<br>DISTANCE  | AMARA<br>HENDERSON<br>100, 200, RLYS               | DEIDRA<br>CHEEKS<br>100, 200, SP,<br>RLYS<br><br>NATASHA<br>JAMESON<br>HJ, 400, RLYS |
| 1987 | JANEEN<br>JONES<br>LJ, 200, 400<br>RLYS                    | JHANNELLE<br>ALEXANDER<br>HJ, 200, RLYS<br><br>KIM<br>THOMAS<br>100, 400, RLYS | TANYA<br>LaDILLE<br>HUR- RLYS                      | AMARA<br>HENDERSON<br>100, 200, 400,<br>RLYS   |
| 1988 | TERAH<br>EVANS<br>100, 200, 400<br>RLYS                    | JANEEN<br>JONES<br>LJ, 200, 400,<br>RLYS                                       | KIM<br>THOMAS<br>HUR, 100, 200,<br>400, RLYS       |  |
| 1989 | KIA<br>JELKS<br>100, 200,<br>RLYS<br><br>ERICKA<br>JACKSON | NICOLE<br>DOUETTE<br>400, 800,<br>RLYS   | ANTHOLYN<br>FLOYD-JACKSON<br>400, 800,<br>3200 RLY | JHANNELLE<br>ALEXANDER<br>100, 200, 400,<br>800, 100 HH,<br>RLYS, HJ                 |



MVP AWARD WINNERS CON'T.

| YEAR | FRESHMAN  | SOPHOMORE  | JUNIOR                                     | SENIOR  |
|------|---|--|--|---|
| 1990 |   | ERICKA<br>JACKSON<br>100 HH, 300 LH,<br>LJ, RLYS | NICOLE<br>DOUCETTE<br>DISCUS, 800,<br>RLYS | JANEEN<br>JONES<br>100, 200, 400<br>LJ, RLYS    |
|      |   | KIA<br>JELKS<br>100, SP, RLYS                    |  | CRYSTAL<br>TOWNS<br>HJ, 800, RLYS               |
| 1991 | BROOKE<br>REAVES<br>800, 1600,<br>RLYS                      | DAWN<br>JOHNSON<br>400, RLYS                     | KRISTINA<br>BIGGS<br>100, 200,<br>RLYS     | NICOLE<br>DOUCETTE<br>800, 1600<br>DISCUS, RLYS |
| 1992 | MWANZA<br>RUSSELL<br>LJ, 100,<br>200, RLYS                  | ERIKA<br>HARDY<br>800, RLYS                      |  | KRISTINA<br>BIGGS<br>100, 200,<br>RLYS          |
|      | DeANGELIA<br>WILEY<br>SP, 100, 200,<br>300 LH, 100 HH, RLYS |  |  |   |

**1992 MVP CO- FRESHMAN**

**Mwanza Russell 158+ pts**

Long Jump, 100m, 200m,  
4 x 100m, 4 x 200m

**Long Jump**

School Record  
Oakland Cty Freshman Champion  
Oakland County Champion  
State Regional Champion  
3rd LaVonna Martin Classic  
SMA Champion  
3rd Team All- State

**100m DASH**

2nd SMA  
6th Oakland County  
4th State Regional  
2nd Oakland Cty Freshman

**200m DASH**

2nd SMA  
2nd Oakland Cty Freshman

**4 x 200m**

SMA Champion  
3rd State Regional  
3rd Oakland County

**4 x 100m**

Oakland County Champion  
Oakland Cty Freshman Champ  
SMA Champion  
2nd State Regional  
4th State Meet

**1992 MVP CO- FRESHMAN**

**DeAngelia Wiley 137+ pts**

100m, 200m, 4 x 100m,  
4 x 200m, 300m LH, 100m HH

**100m DASH**

SMA Champion  
Oakland Cty Champion  
Oakland Cty Freshman Champ  
3rd State Regional  
7th LaVonna Martin Classic

**200m DASH**

Oakland Cty Freshman Champ  
8th Oakland County

**Shot Put**

Freshman School Record

**4 x 200m**

SMA Champion  
3rd State Regional  
3rd Oakland County

**4 x 100m**

Oakland County Champion  
Oakland Cty Freshman Champ  
SMA Champion  
2nd State Regional  
4th State Meet

**300m LH**

Oakland Cty Freshman Champ  
3rd SMA

**1992 MVP SOPHMORE**

Erika Hardy      **55+ pts**

800m, 4 x 200m, 4 x 400m,  
4 x 800m

**800m RUN**

Sophmore School Record

4th SMA

6th State Regional

7th Oakland County

**4 x 400m**

2nd SMA

4th Oakland County

**1992 MVP SENIOR**

Kristina Biggs      **85+ pts**

100m, 200m, 4 x 100m,  
4 x 200m, 4 x 400m

**100m DASH**

2nd SMA

3rd Oakland County

5th State Regional

**200m DASH**

SMA Champion

6th Oakland County

**4 x 200m**

SMA Champion

3rd Oakland County

3rd State Regional

**4 x 100m**

SMA Champion

Oakland County Champion

2nd State Regional

4th State Meet

**JONES AWARD  
1991**

This award is named after Janeen Jones, a track athlete that displayed an enormous amount of heart during each and every track season. Janeen destroyed her knee during her sophomore season and doctors told her she would never run again, but through determination and hard work Janeen returned to championship form and earn a 2nd place finish in the 1989 State Track finals, and a Athletic Scholarship to Georgia Tech.

This award goes to the athlete that displays alot of heart and desire.

Kristina Biggs - Senior

**CHEEKS AWARD  
1991**

This award is named after Deidra Cheeks, a very dedicated track athlete that maintained high academic excellence during track season, and upon graduation which help her earn an scholarship to North Carolina A. & T. State University.

This award go to the athlete with the highest GPA.

Mwanza Russell - Freshman  
4.0 GPA

**ALL SOUTHFIELD TEAM**

1992

| <b>EVENT</b>       | <b>ATHLETE(S)</b>  | <b>CLASS</b>                                     | <b>PERFORMANCE</b> |
|--------------------|--|--|--------------------|
| <b>SHOT PUT</b>    | DeAngelia Wiley  | Freshman   | 29-2               |
| <b>HIGH JUMP</b>   |  |  |                    |
| <b>LONG JUMP</b>   | Mwanza Russell   | Freshman   | 17-9               |
| <b>DISCUS THR</b>  | Ebony Wright   | Sophomore  | 52-10              |
| <b>100M DASH</b>   | DeAngelia Wiley  | Freshman   | 12.5               |
| <b>200M DASH</b>   | Tabitha Berrien  | Sophomore  | 26.4               |
| <b>400M DASH</b>   | Tabitha Berrien  | Sophomore  | 61.3               |
| <b>800M RUN</b>    | Erika Hardy  | Sophomore  | 2:26.7             |
| <b>1600M RUN</b>   | Leslie Connelly  | Freshman   | 6:19.3             |
| <b>3200M RUN</b>   | Leslie Connelly  | Freshman   | 14:45.5            |
| <b>100M IH 33"</b> | Ericka Jackson   | Senior   | 17.6               |
| <b>300M LH 30"</b> | DeAngelia Wiley  | Freshman   | 50.2               |
| <b>400M RELAY</b>  | Kristina Biggs<br>Mwanza Russell<br>Tabitha Berrien<br>DeAngelia Wiley | Senior<br>Freshman<br>Sophomore<br>Freshman      | 50.5               |
| <b>800M RELAY</b>  | Kristina Biggs<br>Mwanza Russell<br>Tabitha Berrien<br>DeAngelia Wiley | Senior<br>Freshman<br>Sophomore<br>Freshman      | 1:47.5             |
| <b>1600M RELAY</b> | Erika Hardy<br>Nikki King<br>Nicole Morrow<br>Tabitha Berrien          | Sophomore<br>Sophomore<br>Sophomore<br>Sophomore | 4:08.0             |
| <b>3200M RELAY</b> | Erika Hardy<br>Dawn Johnson<br>Nicole Morrow<br>Brooke Reaves          | Sophomore<br>Junior<br>Sophomore<br>Sophomore    | 10:31.8            |

ALL SMA

1992

| EVENT       | ATHLETE(S)   | SCHOOL     | PERFORMANCE |
|-------------|--|------------|-------------|
| SHOT PUT    | Hillerie Ragan   | Kimball    | 34-6.25     |
| HIGH JUMP   | Erica Schindler  | Troy       | 5-2         |
| LONG JUMP   | Mwanza Russell   | Southfield | 17-1        |
| DISCUS THR  | Ericka Gilman  | Berkley    | 101-6       |
| 100M DASH   | DeAngelia Wiley  | Southfield | 12.8        |
| 200M DASH   | Kristina Biggs   | Southfield | 27.33       |
| 400M DASH   | Katie Shcopf   | Troy       | 60.61       |
| 800M RUN    | Amy Parker   | Troy       | 2:24.98     |
| 1600M RUN   | Amy Parker   | Troy       | 5:19.95     |
| 3200M RUN   | Wendy Robertson  | Troy       | 11:32.18    |
| 100M IH 33" | Michelle Butash  | Berkley    | 15.69       |
| 300M LH 30" | Erica Schindler  | Troy       | 46.53       |
| 400M RELAY  | Kristina Biggs<br>Mwanza Russell<br>Tabitha Berrien<br>DeAngelia Wiley | Southfield | 50.64       |
| 800M RELAY  | Kristina Biggs<br>Mwanza Russell<br>Tabitha Berrien<br>DeAngelia Wiley | Southfield | 1:47.92     |
| 1600M RELAY | Katie Schopf<br>Ericka House<br>Courtney Jarchor<br>Erica Schindler    | Troy       | 4:10.58     |
| 3200M RELAY | Aimee Gates<br>Amy Stansel<br>Wendy Robertson<br>Amy Parker            | Troy       | 10:05.56    |

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<br>EDWARDS | CINDY<br>SLEEP    | REGINA<br>HALL    | MILLIE<br>HOLLIDAY | 1:48.5 SMA REC.  |
| 1980 | 440 RELAY   | SHARON<br>EDWARDS | REGINA<br>HALL    | LISA<br>McCALL    | MILLIE<br>HOLLIDAY | 51.8             |
| 1980 | MILE RELAY  | REGINA<br>HALL    | LIZ<br>KARGILIS   | CINDY<br>SLEEP    | LISA<br>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<br>HALL    | HAYLEY<br>HILLMAN | LISA<br>McCALL    | MILLIE<br>HOLLIDAY | 1:48.7           |
| 1981 | 400M RELAY  | REGINA<br>HALL    | HAYLEY<br>HILLMAN | TONI<br>WATKINS   | MILLIE<br>HOLLIDAY | 52.2             |
| 1981 | 1600M RELAY | REGINA<br>HALL    | LIZ<br>KARGILIS   | JANINE<br>HAYWOOD | LISA<br>McCALL     | 4:09.9           |
| 1982 | 100M DASH   | MILLIE HOLLIDAY   |                   |                   |                    | 12.9             |
| 1982 | 400M DASH   | LISA McCALL       |                   |                   |                    | 59.3 SMA REC.    |
| 1982 | 800M RELAY  | REGINA<br>HALL    | CECILE<br>BAKER   | LISA<br>McCALL    | MILLIE<br>HOLLIDAY | 1:47.9           |



ALL S.M.A. CON'T.

| YEAR | EVENT       |                      |                     |                 |                    | TIME/DISTANCE   |
|------|-------------|----------------------|---------------------|-----------------|--------------------|-----------------|
| 1982 | 400M RELAY  | REGINA<br>HALL       | TONI<br>WATKINS     | LISA<br>McCALL  | MILLIE<br>HOLLIDAY | 51.5            |
| 1982 | 1600M RELAY | REGINA<br>HALL       | LIZ<br>KARGILIS     | CECILE<br>BAKER | MILLIE<br>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<br>WILLIAMS    | JAVAY<br>WILLIAMSON | KATISE<br>LONG  | DEIDRA<br>CHEEKS   | 1:47.6          |
| 1983 | 400M RELAY  | SONJA<br>WILLIAMS    | JAVAY<br>WILLIAMSON | KATISE<br>LONG  | DEIDRA<br>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<br>WILLIAMS    | JAVAY<br>WILLIAMSON | KATISE<br>LONG  | DEIDRA<br>CHEEKS   | 1:46.5 SMA REC. |
| 1984 | 400M RELAY  | SONJA<br>WILLIAMS    | JAVAY<br>WILLIAMSON | KATISE<br>LONG  | DEIDRA<br>CHEEKS   | 51.2 SMA REC.   |
| 1984 | 1600M RELAY | KATHY<br>SMITH       | TUPPER<br>LYSAGHT   | KATISE<br>LONG  | NATASHA<br>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<br>WASHINGTON | STEPHANIE<br>FURMAN | TAWNYA<br>SMITH | CHRISSY<br>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<br>WILLIAMS      | AMARA<br>HENDERSON | KATISE<br>LOMG     | DEIDRA<br>CHEEKS       | 1:46.7        |
| 1985 | 400M RELAY  | SONJA<br>WILLIAMS      | BELINDA<br>EDWARDS | KATISE<br>LONG     | STACEY<br>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<br>JAMESON     | BELINDA<br>EDWARDS | AMARA<br>HENDERSON | DEIDRA<br>CHEEKS       | 1:49.5        |
| 1986 | 400M RELAY  | JHANNELLE<br>ALEXANDER | KATISE<br>LONG     | BELINDA<br>EDWARDS | DEIDRA<br>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<br>SMITH         | LYNN<br>McKINNEY   | KATISE<br>LONG     | NATASHA<br>JAMESON     | 4:09.6        |
| 1987 | 400M RELAY  | JHANNELLE<br>ALEXANDER | KIM<br>THOMAS      | NICOLE<br>DRUMMOND | AMARA<br>HENDERSON     | 52.0          |
| 1987 | 800M RELAY  | KIM<br>THOMAS          | RENATA<br>JONES    | AMARA<br>HENDERSON | JHANNELLE<br>ALEXANDER | 1:45.2        |
| 1988 | 800M RELAY  | KIM<br>THOMAS          | NICOLE<br>DRUMMOND | LAURAN<br>COLLINS  | JHANNELLE<br>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<br>ALEXANDER | KIM<br>THOMAS     | KIA<br>JELKS       | KRISTINA<br>BIGGS  | 51.9          |
| 1990 | SHOT PUT    | KIA JELKS              |                   |                    |                    | 30-9.25       |
| 1990 | 800M RELAY  | KIA<br>JELKS           | KRISTINA<br>BIGGS | CRYSTAL<br>TOWNS   | JANEEN<br>JONES    | 1:49.1        |
| 1990 | 400M DASH   | JANEEN JONES           |                   |                    |                    | 57.0          |
| 1990 | 200M DASH   | JANEEN JONES           |                   |                    |                    | 25.9          |
| 1991 | 800M RUN    | BROOKE REAVES          |                   |                    |                    | 2:21.56       |
| 1991 | 1600M RELAY | NICOLE<br>MORROW       | KRISTINA<br>BIGGS | DAWN<br>JOHNSON    | BROOKE<br>REAVES   | 4:12.72       |
| 1992 | LONG JUMP   | MWANZA RUSSELL         |                   |                    |                    | 17-1          |
| 1992 | 100M DASH   | DeANGELIA WILEY        |                   |                    |                    | 12.8          |
| 1992 | 200M DASH   | KRISTINA BIGGS         |                   |                    |                    | 27.3          |
| 1992 | 800M RELAY  | KRISTINA<br>BIGGS      | MWANZA<br>RUSSELL | TABITHA<br>BERRIEN | DeANGELIA<br>WILEY | 1:47.9        |
| 1992 | 400M RELAY  | KRISTINA<br>BIGGS      | MWANZA<br>RUSSELL | TABITHA<br>BERRIEN | DeANGELIA<br>WILEY | 50.7          |

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 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<br>( 4 x 100 )  | 1992 | Kristina Biggs, Mwanza Russell<br>Tabitha Berrien, DeAngelia Wiley | SOUTHFIELD | 50.7      |
| 800M RELAY<br>( 4 x 200 )  | 1984 | Sonja Williams, Javay Williamson<br>Katise Long, Deidra Cheeks     | SOUTHFIELD | 1:46.5    |
| 1600M RELAY<br>( 4 x 400 ) | 1989 | Kristi McKimson, Angela Knox<br>Anna Jontony, Kristie Westerby     | TROY       | 4:04.0    |
| 3200M RELAY                | 1988 | Kristi McKimson, Anna Jontony                                      | TROY       | 9:43.6    |

SOUTHFIELD GIRLS TRACK  
STATE REGIONAL CHAMPIONS

| YEAR | EVENT       |                        |                        |                    |                    | TIME/DISTANCE |
|------|-------------|------------------------|------------------------|--------------------|--------------------|---------------|
| 1984 | 800M RELAY  | SONJA<br>WILLIAMS      | JAVAY<br>WILLIAMSON    | KATISE<br>LONG     | DEIDRA<br>CHEEKS   | 1:45.7        |
| 1984 | 400M RELAY  | SONJA<br>WILLIAMS      | JAVAY<br>WILLIAMSON    | KATISE<br>LONG     | DEIDRA<br>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<br>WILLIAMS      | AMARA<br>HENDERSON     | KATISE<br>LONG     | DEIDRA<br>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<br>JAMESON     | BELINDA<br>EDWARDS     | AMARA<br>HENDERSON | DEIDRA<br>CHEEKS   | 1:44.9        |
| 1986 | 400M RELAY  | JHANNELLE<br>ALEXANDER | KATISE<br>LONG         | BELINDA<br>EDWARDS | DEIDRA<br>CHEEKS   | 50.9          |
| 1986 | 400M DASH   | NATASHA JAMESON        |                        |                    |                    | 59.9          |
| 1986 | 300M LH     | KATHY SMITH            |                        |                    |                    | 45.9          |
| 1986 | 1600M RELAY | KATHY<br>SMITH         | LYNN<br>MCKINNEY       | KATISE<br>LONG     | NATASHA<br>JAMESON | 4:06.3        |
| 1987 | 200M DASH   | JANEEN JONES           |                        |                    |                    | 26.46         |
| 1987 | 1600M RELAY | RENATA<br>JONES        | JHANNELLE<br>ALEXANDER | AMARA<br>HENDERSON | JANEEN<br>JONES    | 4:09.64       |

**STATE REGIONAL CHAMPIONS CON'T.**

| YEAR | EVENT       |                        |                    |                   |                 | TIME/DISTANCE |
|------|-------------|------------------------|--------------------|-------------------|-----------------|---------------|
| 1987 | 400M RELAY  | JHANNELLE<br>ALEXANDER | AMARA<br>HENDERSON | KIM<br>THOMAS     | JANEEN<br>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<br>ALEXANDER | NICOLE<br>DRUMMOND | LAUREN<br>COLLINS | KIM<br>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<br>TOWNS       | KIA<br>JELKS       | KRISTINA<br>BIGGS | JANEEN<br>JONES | 1:48.6        |
| 1991 | 100M DASH   | KRISTINA BIGGS         |                    |                   |                 | 13.2          |
| 1991 | 200M DASH   | KRISTINA BIGGS         |                    |                   |                 | 27.7          |
| 1991 | LONG JUMP   | ERICKA JACKSON         |                    |                   |                 | 15-9          |
| 1991 | 800M RUN    | BROOKE REAVES          |                    |                   |                 | 2:26.2        |
| 1992 | LONG JUMP   | MWANZA RUSSELL         |                    |                   |                 | 17-9          |

SOUTHFIELD GIRLS TRACK  
OAKLAND COUNTY CHAMPIONS

| YEAR | EVENT       |                        |                    |                    |                    | TIME/DISTANCE |
|------|-------------|------------------------|--------------------|--------------------|--------------------|---------------|
| 1985 | 100M DASH   | DEIDRA CHEEKS          |                    |                    |                    | 12.3          |
| 1986 | 800M RELAY  | NATASHA<br>JAMESON     | BELINDA<br>EDWARDS | AMARA<br>HENDERSON | DEIDRA<br>CHEEKS   | 1:44.9        |
| 1986 | 400M RELAY  | JHANNELLE<br>ALEXANDER | KATISE<br>LONG     | BELINDA<br>EDWARDS | DEIDRA<br>CHEEKS   | 50.9          |
| 1986 | 400M DASH   | NATASHA JAMESON        |                    |                    |                    | 59.9          |
| 1986 | 1600M RELAY | KATHY<br>SMITH         | LYNN<br>McKINNEY   | KATISE<br>LONG     | NATASHA<br>JAMESON | 4:06.9        |
| 1990 | 400M DASH   | JANEEN JONES           |                    |                    |                    | 57.1          |
| 1991 | 800M RUN    | BROOKE REAVES          |                    |                    |                    | 2:17.0        |
| 1992 | LONG JUMP   | MWANZA RUSSELL         |                    |                    |                    | 17-1.50       |
| 1992 | 100M DASH   | DeANGELIA WILEY        |                    |                    |                    | 12.6          |
| 1992 | 400M RELAY  | KRISTINA<br>BIGGS      | MWANZA<br>RUSSELL  | TABITHA<br>BERRIEN | DeANGELIA<br>WILEY | 50.9          |

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                 | 1992 | MWANZA RUSSELL   | SOUTHFIELD         | 17-1.50   |
| 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<br>( 4 x 100 ) | 1988 | Jhannelle Alexander, Kim Thomas<br>Nicole Drummond, Janeen Jones | SOUTHFIELD         | 49.64     |
| 800M RELAY<br>( 4 x 200 ) | 1987 | Sonji Harlan, Cheryl Pruitt<br>Nikkai Johnson, Wednesda Ferman   | HENRY FORD         | 1:45.9    |



HOME FACILITY TRACK RECORDS CON'T.

| EVENT   | YEAR | ATHLETES   | SCHOOL      | TIME/DIS. |
|---|------|--|-------------|-----------|
| 1600M RELAY<br>( 4 x 400 )                      | 1988 | Anna Jantony, Kista McKinson<br>Angie Knox, Kristie Westerby     | TROY        | 4:00.75   |
| 3200M RELAY<br>( 4 x 800 )                      | 1992 | Dawn DiPonio, Eileen O'Connell<br>Amy Freund, Nicole Pryor       | FARM. MERCY | 9:49.7    |
| 6400M RELAY<br>( 4 x 1600 )                     | 1984 | Mary Ballantyne, Tanya Eidschun<br>Debbie Burson, Michelle Bews  | SEAHOLM     | 22:35.0   |
| STRONG GIRL<br>RELAY<br>( 4 x 100 )             | 1983 | Higgins, LeVassuer<br>Proctor, Wingert                           | ANDOVER     | 57.4      |
| SPRINT MEDLEY<br>RELAY<br>(200-100-100-400)     | 1988 | Jhannelle Alexander, Kim Thomas<br>Nicole Drummond, Janeen Jones | SOUTHFIELD  | 1:52.02   |
| SHUTTLE HUR.<br>RELAY<br>( 4 x 100m LH)         | 1985 | Kathy Smith, Stacey Dyson<br>Natasha Jameson, Katise Long        | SOUTHFIELD  | 1:06.4    |
| DISTANCE MEDLEY<br>RELAY<br>(800-400-1200-1600) | 1984 | Mary Ballantyne, Amy Burkhart<br>Tanya Eidschun, Michelle Bews   | SEAHOLM     | 13:12.7   |