

**1996 MITCA GIRLS
TRACK AND FIELD
CHAMPIONSHIPS**

WEDNESDAY MARCH 13, 1996

**TRACK AND TENNIS BUILDING
UNIVERSITY OF MICHIGAN**

17th ANNUAL "STATE INDOOR CHAMPIONSHIPS"

**HOSTED BY
MICHIGAN INTERSCHOLASTIC TRACK COACHES
ASSOCIATION**

**ASSISTED BY
ANN ARBOR YOUTH TRACK CLUB**

1996 MITCA GIRLS
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WENESDAY MARCH 13, UNIVERSITY OF MICHIGAN

ORDER of EVENTS

6:30 FIELD EVENTS (Check in at event)

SHOT PUT	(3 Throws, Top 6 to Final - 3 Throws)
LONG JUMP	(Open Pit 1 hour, 3 jumps, Top 6 to Final - 3 jumps)
HIGH JUMP	(Opening Height 4' 11")

6:30 RUNNING EVENTS (ALL ENTRIES MUST BE CONFIRMED AT THE ANNOUNCER'S TABLE 30 MINUTES BEFORE EVENT)

6:30 3200 METER RELAY - FINAL
6:45 3200 METER RUN - FINAL
7:00 55 METER HURDLES - PRELIMS
7:15 55 METER HURDLES - SEMI FINALS
7:25 55 METER DASH - PRELIMS
7:40 300 METER DASH - TIMED FINALS
7:55 55 METER DASH - SEMI FINALS
8:05 55 METER HURDLES - FINALS
8:20 55 METER DASH - FINALS
8:25 600 METER RUN - TIMED FINALS
8:40 800 METER RELAY - FINALS
8:50 1600 METER RUN - FINALS
9:05 1600 METER RELAY - FINALS

ALL RELAY TEAM MEMBERS MUST WEAR SAME COLOR AND STYLE SHIRT

SPIKES ALLOWED AT CHAMPIONSHIP MEET

JEWELRY RULE WILL BE ENFORCED

MITCA CHAMPIONSHIPS OUTSTANDING PERFORMERS

<u>FIELD EVENTS</u>			<u>TRACK EVENTS</u>	
1980	ELLI HAYDEN	CAPAC	ELAINE JONES LISA LAST	MOTOR CITY RED CEDAR
1981	ELAINE LOCH	STRIDE RITE	ANGELA SIBBY	MOTOR CITY
1982	VIVIAN FISHER	SILVERDOME	VIVIAN McKENZIE	MOTOR CITY
1983	JULANE THAYER	GRAND LEDGE	DONNA DONAKOWSKI JANICE ROWLEY	MICHIGAN CASS TECH
1984	ALICA SNYDER	TROJAN	MICHELLE BEWS	MAPLE
1985	SONYA PAYNE	RIVER RAT	SHIRLEY EVANS LAURA MATSON	COUNTRY DAY ANDOVER
1986	SONYA PAYNE	RIVER RAT	ANN LAMPKIN	DETROIT CHEETA
1987	BECKY BANHAGEL	IONIA	CATHY ACKLEY	OCEANA
1988	TRINETTE JOHNSON	MOTOR CITY	SEANA ARNOLD	ANN ARBOR
1989	TRINEETE JONNSON	MOTOR CITY	DARCHELLE ROSS	TECH
1990	GWEN WENTLAND	BAUMAN'S	SHAMEKIA DUNWOODY	MOTOR CITY
1991	JAYNA GRIENER	WILEY COYOTE	CHRISTY GOODISON	NO BARRIER HARRIER
1992	JESSICA BALLENGER	ROMEO	CHRISTY GOODISON LAMIKA HARPER	NO BARRIER HARRIER MOTOR CITY
1993			ERIKA SHEPARD	MOTOR CITY
1994	CHARNELLE LYNN	MOTOR CITY	SHALA BOLBOLBAL	MAMBUDABU

SHOT PUT

MEET RECORD: 44' 10" SONYA PAYNE, BRAVE RAT 1986

1.	LIZ MULVANCY	WILLAMS T.C.	42' 0"
2.	ALANA ROBINSON	BIG 10	40' 7"
3.	MARION DARCH	BAUMANS	38' 9"
4.	JANE LUDTKE	NEW CLOUD EXTREME	38' 0"
5.	AUDREY JELENEK	BLITZ	37' 9"
6.	SUSAN REDFERN	SAGINAW BAY STRIDERS	37' 5"
7.	LAURA WEEVER	BORDERLINE T.C.	36' 3 1/4"
8.	KELLEY STONE	LONE STONEY	35' 5"
9.	KAITA STOREY	ANN ARBOR YOUTH T.C.	35' 1"
10.	NYRHE ROYAL	EASTSIDE	34' 10"
11.	LASHAWN PEOPLES	L.A. STRIDERS	33' 7"
12.	MAKENZIE PINKHAM	ALBION T.C.	33' 5"
13.	ELIZABETH KORNER	RUSH	32' 11 1/2"
14.	JULIE SOFER	AKA T.C.	32' 7 1/2"
15.	RACHEL SHEWSBURY	LEVAGOOD T.C.	32' 4"
16.	BETH KUMMER	NEWBURGH T.C.	32' 3"
17.	ADA MALLOY	FOTC	32' 3"
18.	RYAN JOHNSON	ANN ARBOR YOUTH T.C.	32' 2"
19.	LISA BOBZIEN	ALBION T.C.	32' 0"

LONG JUMP

MEET RECORD: 18'11" TRINETTE JOHNSON, MOTOR CITY 1988

1.	Nina Peterson	Midland T.C.	17'1/2"
2.	Joneigh Slaughter	Ann Arbor Youth T.C.	16'5-1/2"
3.	Andrea McGrew	Raptors	16'1-3/4"
4.	Tekila Lewis	FOTC	15'11"
5.	Gretchen Carter	Grosse Pointe T.C.	15'8"
6.	Shannetta Smith	Motor City Colts`	15'8"
7.	Becky Nussbaum	Ann Arbor Youth T.C.	15'6"
8.	Kai Jones	Rush	15'5-3/4"
9.	Maia Knox	Ypsi Area Women T.C.	15'2"
10.	Heather Andrews	Vandy Striders	15'1-3/4"
11.	Heidi Farber	Citius	15'1-1/4"
12.	Lesli Tutwiler	Motor City Colts	15'1"
13.	Darkus Worthey	Jackson T.C.	14'11-1/2"
14.	Sharlamar Frame	Ypsi Area Women T.C.	14'10"
15.	Bridgette Lamar	Ypsi Area Women T.C.	14'10"
16.	Vernesia Lawson	Wayne-Westland	14'9"
17.	Tanisha Williams	Ypsi Area Women T.C.	14'9"
18.	Khara Quiney	Ypsi Area Women T.C.	14'8"

HIGH JUMP

**MEET RECORD: 5'8" ELLI HAYDEN, CAPAC, 1980 and JUDY TUCKER
VIKING 1981**

1.	Ayesaa George	Ann Arbor Youth T.C.	5'7-1/4"
2.	Jenny Engelhardt	B.C. Glider	5'7"
3.	Lindy Hartcey	Midland T.C.	5'6"
4.	Stephanie McIntyre	Rush	5'4"
5.	Becky Nussbaum	Ann Arbor Youth T.C.	5'3"
6.	Jessica Brudenell	AKA T.C.	5'3"
7.	Courtney Huffman	W.I.T.	5'2"
8.	Stacie Johnson	Newburgh T.C.	5'2"
9.	Maia Knox	Ypsi Area Women	5'1"
10.	Jenni Henrickson	ABCD Combo	5'1"
11.	Erin Hartley	Midland T.C.	5'1"
12.	Krista Hirr	Bauman	5'
13.	Kim Richardson	Midland	5'
14.	Tessie Harfoot	Speedracers	5'
15.	Jill Jelenek	Blitz	5'
16.	Tonya Cornell	Shaftburg Striders	5'
17.	Melinda Bail	Rapid Raptors	4'11"
18.	Brandy Picken	River Bend Striders	4'11"

3200 METER RELAY

**MEET RECORD: 9:48.6 VIKING T.C. MARLENE ISABELLE, CYNTHIA
OWENS, CARLENE ISABELLE, TINA WILLIAMS 1982 (9:52.0 2 MILE)**

1.	ANN ARBOR YOUTH T.C. "A"	10:06.3
2.	ALBION T.C.	10:14.0
3.	NORTH KENT RUNNING CLUB	10:17.0
4.	NO BARRIER HARRIERS	10:24.0
5.	SPIRIT OF PRE	10:25.0
6.	LARC "A"	10:28.0
7.	LIVONIA T.C.	10:30.0
8.	LARC "B"	10:40.3
9.	ANN ARBOR YOUTH T.C. "A"	10:46.8
10.	RUSH	10:48.8
11.	NORTH KENT RUNNING CLUB	10:50.4
12.	ANN ARBOR YOUTH T.C. "C"	10:56.9
13.	WINTER WARRIORS	10:57.0
14.	SCREAMING TURTLES	10:57.9

3200 METER RUN

MEET RECORD: 10:45.4 MICHELLE BEWS, MAPLE 1984

1.	Sharon VanTuyc	Mad Dog T.C.	10:57.1
2.	Chrissy Garst	AKA T.C.	11:27
3.	Kelly Travis	Livonia	11:40.8
4.	Aimee Vasse	Grosse Pointe T.C.	11:43
5.	Megan Fitzgerald	No Barrier Harriers	11:46
6.	Angela Schnneider	No Barrier Harriers	11:49
7.	Jonnie Vassie	Grosse Pointe T.C.	11:57
8.	Angia Lefere	Elsie	12:03
9.	Danielle Risner	Albion T.C.	12:06.2
10.	Jenny Lyjinen	No Barrier Harriers	12:08
11.	Jamie Passchien	North Kent R.C.	12:09
12.	Veronia Quackenbush	Winton Warriors	12:15.9
13.	Becky Wolfrom	Lancer T.C.	12:17
14.	Alison Klemmer	TRI	12:19
15.	Kelley McNeilance	Livonia	12:19
16.	Katie Fitzgerald	No Barrier Harriers	12:19
17.	Stephanie Klein	Valley Runners	12:20
18.	Kerrie Card	North Kent R.C.	12:23
19.	Rebekah Schultz	Williams T.C.	12:23.1
20.	Karen English	North Kent R.C.	12:25
21.	Shannon Stephens	No Barrier Harriers	12:26
22.	Melonnie Forgason	Rapid Raptors	12:26
23.	Michelle Martin	No Barrier Harriers	12:28

55 METER HIGH HURDLES

MEET RECORD: 8.0 JANICE ROWLEY, CASS TECH 1983
POLLY JOHNSON, VIKING 1985

1.	Shaunetta Smith	Motor City Colts	8.2
2.	Catherine Navarro	Rapids Raptor	8.25
3.	Ayesha George	Ann Arbor Youth T.C.	8.3
4.	Chanetella Nagbe	Motor City	8.44
5.	Justina Phillips	KGF Gazelles	8.48
6.	Kendal Willis	Ann Arbor Youth T.C.	8.6
7.	Stacie Johnson	Newburgh	8.6
8.	Shophia Gordon	TNT	8.8
9.	Shanna Reaves	FOTC	9.0
10.	Robin Wollfolk	Ann Arbor Youth T.C.	9.0
11.	Andrea McGrew	Raptors	9.01
12.	Taneha Bkaer	West Bloomfield T.C.	9.01
13.	Tessie Harfoot	Speed Racers	9.1
14.	Brandy Pickens	Riverbend	9.1
15.	Lindy Hartley	Midland T.C.	9.12
16.	Oliva Dukes	New Cloud Extremes	9.16
17.	Keshia Ross	Ann Arbor Youth T.C.	9.2
18.	Tanisha Williams	Ypsi Area Women T.C.	9.3
19.	Maia Knox	Ypsi Area Women T.C.	9.3
20.	Erica Short	Rush	9.31
21.	Marcia Parrott	Lady Road Runners	9.4

55 METER DASH

MEET RECORD: 6.8 KRISTIE MULLINS, MOTOR CITY 1986

1.	Kanisa Williams	Motor City	7.0
2.	Angelina Edwards	FOTC	7.1
3.	Ada Malloy	FOTC	7.2
4.	Shante Burke	FOTC	7.2
5.	Melanie Williams	Motor City	7.27
6.	Dewan McPherson	AKA T.C.	7.3
7.	Liz Powers	WIT	7.31
8.	Tracey Johnson	FOTC	7.32
9.	Brandi Bentley	Motor	7.32
10.	Nicole Chapman	Detroit Cheetah	7.365
11.	Cari Blind	Wintor Warriors	7.37
12.	Nina Peterson	Midland T.C.	7.39
13.	Nyota Pieh	Ann Arbor Youth T.C.	7.4
14.	Reaga Sidney	Ann Arbor Youth T.C.	7.4
15.	Jessica Champine	Blitz	7.4
16.	Me'Shia Moton	Motor City	7.44
17.	Latosha Jolley	Cheetah	7.44
18.	Kacey Stewart	Ypsi Area Women T.C.	7.5
19.	Robin Ellerson	Ypsi Area Women T.C.	7.5
20.	Kai Jones	Rush	7.52
21.	Shelisa Dandrige	Motor City	7.54
22.	Christy Tedrow	Williams T.C.	7.54
23.	Taneha Baker	West Bloomfield T.C.	7.59
24.	Macy Moore	Midland T.C.	7.59
25.	Rachel Lawrence	LARC	7.6
26.	Lindsay Soter	Newburgh T.C.	7.6

300 METER DASH

MEET RECORD: 38.5 VIVAN MCKENZIE, MOTOR CITY 1982

1.	Julia Ford	Motro City	41.36
2.	Stacey Thomas	F.I.T.C.	41.5
3.	Angelina Edwards	FOTC	41.7
4.	Jamika Craig	Raptors	42.1
5.	Tracey Ball	Motor City	42.2
6.	Ayobami Bell	Motor City	42.4
7.	Nina Peterson	Midland T.C.	42.5
8.	Evlista Clemmons	Detroit Blazers	42.5
9.	Adrienne Hunter	Ann Arbor Youth T.C.	42.5
10.	Kendal Willis	Ann Arbor Youth T.C.	42.8
11.	Nicole Chapman	Detroit Cheetahs	43.1
12.	Amy Soper	Rush	43.5
13.	Marcella Cornell	Shaffburg Striders	43.7
14.	Megan Palmer	Terminal Velocity	43.7
15.	Monique Lee	CTC	43.8
16.	Brandi Laird	Motor CityColt	43.8
17.	Julie Epton	Ann Arbor Youth T.C.	43.8
18.	Tyrica Shaw	Ypsi Area Womens T.C.	44.0
19.	Vickey Sackett	Ledges T.C.	44.0
20.	Nika Whitehead	Ann Arbor Youth T.C.	44.0
21.	Heidi Farber	Citius	44.0

600 METER RUN

MEET RECORD: 1:31.6 ERIKA SHEPARD, MOTOR CITY 1993

1.	Katie Chapman	Motor City	1:36.9
2.	Evlista Clemmons	Detroit Blazers	1:39.2
3.	Adrienne Hunter	Ann Arbor Youth T.C.	1:40.8
4.	Shaunetta Smith	Motor City Colts	1:41
5.	Stacey Thomas	F.I.T.C.	1:41.3
6.	April Boyce	Detroit Cheetahs	1:43
7.	Amy Soper	Rush	1:43.1
8.	Danielle Risner	Albion T.C.	1:43.7
9.	Michelle Terry	No Barrier Harriers	1:43.7
10.	Becky Traverirne	No Barrier Harriers	1:43.8
11.	Lisa Timmon	Ann Arbor Youth T.C.	1:44
12.	Makenzie Pinkham	Albion	1:45.1
13.	Tonya Cornell	Shaftsbury	1:45.2
14.	Nika Whitehead	Ann Arbor Youth T.C.	1:45.7
15.	Imani Williams	Motor City	1:46.5
16.	Emily Magner	Ann Arbor Youth T.C.	1:46.7
17.	Julie Epton	Ann Arbor Youth T.C.	1:46.8
18.	Krista Hirr	Bauman	1:47.5
19.	Rashida Bradley	Cheetahs	1:47.5
20.	Vinita Holtz	C.A.L.	1:47.8
21.	Jamie Berg	North Kent R.C.	1:47.9
22.	Jenny Taylor	North Kent R.C.	1:48.1
23.	Shannon Bair	WIT	1:48.2
24.	Blakeney Lowe	Ann Arbor Youth T.C.	1:49.0

800 METER RELAY

**MEET RECORD: 1:44.2 MOTOR CITY DANIELLE PIERCE, YVETTE SMILEY,
TRINETTE JOHN, KIM GADIE 1988**

1.	FOTC	1:47.5
2.	ANN ARBOR YOUTH T.C. "A"	1:49.7
3.	MOTOR CITY T.C.	1:52.2
4.	KGF GAZELLES	1:53.0
5.	ANN ARBOR YOUTH T.C. "B"	1:54.1
6.	YPSILANTI AREA WOMEN T.C. "A"	1:54.7
7.	CTC	1:55.0
8.	YPSILANTI AREA WOMEN T.C. "B"	1:55.4
9.	ANN ARBOR YOUTH T.C. "C"	1:55.8
10.	LARC	1:55.9

1600 METER RUN

MEET RECORD: 4:57.2 LAURA MATSON, ANDOVER 1985

1.	Carrie Gould	Riverbend Strider	5:23
2.	Megan Fitzgerald	No Barrier Harriers	5:26
3.	Kelly Travis	Livonia T.C.	5:26.5
4.	Danielle Risner	Albion	5:26.8
5.	Lisa Timmon	Ann Arbor Youth T.C.	5:27.3
6.	Ada Jones	Motor City Colts	5:27.4
7.	Laura Aargen	Albion	5:28
8.	Leah Nielsson	Where House Records	5:28
9.	Jamie Passhien	North Kent R.C.	5:28
10.	Angela Schneider	No Barrier Harriers	5:32
11.	Andrea Stutzman	Rapid Raptors	5:34
12.	Amber Crenshaw	Elite Feet	5:36.6
13.	Angie Cefere	Elsie	5:38
14.	Jamie Berg	North Kent T.C.	5:38
15.	Katie Fitzgerald	No Barrier Harriers	5:39
16.	Cary Soltis	Alibon	5:39
17.	Michelle Klein	Valley Runners	5:40
18.	Kate Crowley	Grosse Pointe T.C.	5:40
19.	Emily Magnen	Ann Arbor Youth T.C.	5:41
20.	Amy Brown	Big Dog T.C.	5:41.1
21.	Jenny Lyjien	No Barrier Harriers	5:42
22.	Marisa Ryan	Winton Warriors	5:42
23.	Alexis Lund	Citius	5:42.5
24.	Erica Ofsanky	Polar Bear	5:43
25.	Kaaren English	North Kent R.C.	5:43.2
26.	Kerrie Card	North Kent R.C.	5:43.8
27.	Jackie Bucholz	Battle Alley	5:45
28.	Kelsi Gould	Riverbend Strider	5:45
29.	Tracy Gray	No Barrier Harriers	5:45

1600 METER RELAY

**MEET RECORD: 4:00.2 MOTOR CITY MYRA JONES, ANGELA SIBBY, KARI
MANN, CYNTHIA DIXON 1981 (4:01.6 MILE)**

1.	MOTOR CITY T.C.	4:02.7
2.	ANN ARBOR YOUTH T.C. "A"	4:15.9
3.	MOTOR CITY COLTS	4:17.5
4.	FOTC	4:18.0
5.	ANN ARBOR YOUTH T.C. "B"	4:18.9
6.	DETROIT CHEETAHS T.C. "A"	4:19.0
7.	RAPTORS	4:21.1
8.	F.I.T.C.	4:22.8
9.	DETROIT CHEETAHS T.C. "B"	4:26.0
10.	ANN ARBOR YOUTH T.C. "C"	4:26.4
11.	RUSH	4:27.4
12.	NORTH KENT RUNNING CLUB	4:32.0
13.	RIVERBEND STRIDERS	4:33.5
14.	YPSILANTI AREA WOMEN T.C.	4:33.8
15.	WINTER WARRIORS	4:34.4
16.	LARC	4:34.8