

2024 Michigan HS Indoor Track Elite Girls

Includes all indoor meets from the '23-24 school year, including non-MITS events. Shows school affiliations and years for informational purposes, even though no Michigan athletes compete for their schools until the MHSAA season opens.

+ = converted time; # (after team) = relay team probably composed of runners from different schools, or not known; # (after time) = time recorded en route to longer distance; (!) = in a field event listing indicates an ancillary mark made in competition.

Relay names/splits: to give the athletes the credit they are due, we are trying to include relay names/splits whenever we can for top marks that might make the all-time lists—help us out there by letting us know. Splits need to add to the total official time, so occasionally I will add a tenth or two, usually to the first runner.

For affected events, oversized track (300m) marks are separated from the main list as they are not eligible for World, American or State records.

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To make corrections: send a note to jeffhollobaugh@gmail.com

Updated 3/23

50 METERS (chip times)

6.49#	Kamryn Tatum (West Bloomfield)10	New York/Nike Indoor (h) (s) (60)	3/10/2024
6.51#	Tatum	New York/Nike Indoor (60) (h)	3/ 9/2024
6.65#	Taryn Henderson (Farmington Hilld Mercy)11	New York/Nike Indoor (60) (h)	3/ 9/2024
6.68#	Keyanna O'Tey (Sturgis)11	New York/Nike Indoor (60) (h)	3/ 9/2024
6.82#	Heaven Copeland (Romulus Summit)12	New York/Nike Indoor (60) (h)	3/ 9/2024

55 METERS

7.03#	Kamryn Tatum (West Bloomfield)10	New York/Nike Indoor (h) (s) (60)	3/10/2024
7.05#	Tatum	New York/Nike Indoor (60) (h)	3/ 9/2024
7.21#	Keyanna O'Tey (Sturgis)11	New York/Nike Indoor (60) (h)	3/ 9/2024
7.22#	Taryn Henderson (Farmington Hills Mercy)11	New York/Nike Indoor (60) (h)	3/ 9/2024
7.40#	Heaven Copeland (Romulus Summit)12	New York/Nike Indoor (60) (h)	3/ 9/2024
7.50#	Londyn James (?)9	New York/Nike Indoor (60) (h)	3/ 9/2024
7.70#	Lily Saunders (East Grand Rapids)9	New York/Nike Indoor (60) (h)	3/ 9/2024

60 METERS

7.46	Kamryn Tatum (West Bloomfield)10	Ypsilanti/MITS Finals	2/25/2024
7.49	Tatum	Ann Arbor/UM HS Invitational	1/21/2024
7.56	Tatum	Ypsilanti/MITS Finals (s)	2/24/2024
7.56	Tatum	New York/Nike Indoor	3/ 9/2024
7.58	Tatum	New York/Nike Indoor (h) (s)	3/10/2024
7.67	Keyanna O'Tey (Sturgis)11	Ypsilanti/MITS Finals (s)	2/24/2024
7.67	Jayla Dace (Detroit Renaissance)11	Ypsilanti/MITS Finals (s)	2/24/2024
7.68	Taryn Henderson (Farmington Hills Mercy)11	Ypsilanti/LAB #2	12/16/2023
7.71	Jayla Graham (Detroit Renaissance)12	Ann Arbor/UM HS Invitational (h)	1/21/2024
7.80	Heaven Copeland (Romulus Summit North)12	Ypsilanti/LAB #7 (h)3	2/ 3/2024
7.81	Maya Rollins (Ann Arbor Pioneer)12	Saginaw/SVSU MITS #4	1/20/2024
7.81	Lindsay Johnson (Detroit Cass Tech)12	Ypsilanti/LAB #8	2/10/2024
7.84	Asia Elder (Detroit Renaissance)10	Ann Arbor/UM HS Invitational (h)	1/21/2024
7.85	Aubrey Wilson (Dearborn Divine Child)9	Saginaw/SVSU Inv D1/2	3/20/2024
7.87	Jordynn Young (Saginaw Heritage)11	Saginaw/SVSU MITS #4 (h)	1/20/2024
7.87	Cayla Hawkins (East Lansing MS)7	Ypsilanti/LAB #6	1/27/2024
7.87	Asia Elder (Detroit Renaissance)10	Ypsilanti/LAB #7 (h)	2/ 3/2024
7.87	Kristen Lavergne (Detroit Renaissance)12	Ypsilanti/MITS Finals (h)	2/24/2024
7.88	Carrie VanNoy (Oak Park)11	Saginaw/SVSU #5 (h)	2/17/2024
7.88	Lauren Goodman (Linden)12	Ypsilanti/MITS Finals (h)	2/24/2024
7.89	Elena Jacobsen (Forest Hills Eastern)11	Ypsilanti/MITS Finals (h)	2/24/2024

7.90	Emma Nicholson (Utica Ford)11	Saginaw/SVSU #5 (h).....	2/17/2024
7.90	Isabelle Armstrong (Novi)10	Ypsilanti/Huron Relays Large (h)	3/23/2023
7.91	Castasha Frazier (Saginaw?)12	Saginaw/SVSU #5	2/17/2024
7.91	Nevaeh Burns (Oak Park)9	Saginaw/SVSU #5	2/17/2024
7.92	Grace Constable (Berrien Springs)12	Allendale/GVSU #3.....	1/ 6/2024
7.92	Gabrielle Pruitt (East Lansing)11	Ypsilanti/MITS Finals (h).....	2/24/2024
7.93	Robin Davis (Detroit Renaissance)12	Ypsilanti/LAB #7.....	2/ 3/2024

200 METERS

24.51	Kamryn Tatum (West Bloomfield)10	Ann Arbor/UM HS Invitational	1/21/2024
24.56	Cayla Hawkins (East Lansing MS)7	Virginia Beach/AAU Nationals	3/ 2/2024
24.56	Tatum	New York/Nike Indoor (h).....	3/ 9/2024
24.75	Hawkins	Virginia Beach/AAU Nationals (h).....	3/ 1/2024
25.17	Jordan McNeely (Detroit MS)7	Virginia Beach/AAU Nationals (h).....	3/ 1/2024
25.35	Morgan Roundtree (Oak Park)12	Louisville/Indoor Games	2/ 3/2024
25.35	Taryn Henderson (Farmington Hills Mercy)11	New York/Nike Indoor (h).....	3/ 9/2024
25.52	Jayla Graham (Detroit Renaissance)12	Ann Arbor/UM HS Invitational	1/21/2024
25.53	Carrie VanNoy (Oak Park)11	Louisville/Indoor Games	2/ 3/2024
25.79	Asia Elder (Detroit Renaissance)10	Ann Arbor/UM HS Invitational	1/21/2024
25.81	Aubrey Wilson (Dearborn Divine Child)9	Grand Rapids/Gardiner Inv.....	3/23/2024
25.88	Kai Allen (Detroit Cass Tech)12	Louisville/Indoor Games	2/ 3/2024
25.90	Heaven Copeland (Romulus Summit North)12	New York/Nike Indoor (h).....	3/ 9/2024
25.94	Anaia Simmons (Romulus Summit North)12	New York/Nike Indoor (h).....	3/ 9/2024
26.00	Robin Davis (Southfield A&T)12	Ann Arbor/UM HS Invitational	1/21/2024
26.08	Kennedy Galy (Allendale)11	Grand Rapids/Aquinas #3.....	2/ 3/2024
26.11	Anaia Simmons (Romulus Summit North)12	Virginia Beach/AAU Nationals (h).....	3/ 1/2024
26.15	Emma Goring (Forest Hills Central)10	Mt Pleasant/CMU MITS	2/ 4/2024

Oversized Track:

24.77	Kamryn Tatum (West Bloomfield)10	Saginaw/SVSU #5	2/17/2024
24.78	Tatum	Ypsilanti/MITS Finals	2/25/2024
24.83	Tatum	Ypsilanti/MITS Finals (h).....	2/24/2024
24.85	Tatum	Saginaw/SVSU MITS #2.....	1/ 6/2024
25.00	Cayla Hawkins (East Lansing MS)7	Ypsilanti/LAB #6.....	1/27/2024
25.03	Lindsay Johnson (Detroit Cass Tech)12	Ypsilanti/LAB #7.....	2/ 3/2024
25.08	Nevaeh Burns (Oak Park)9	Ypsilanti/MITS Finals (h).....	2/24/2024
25.21	Robin Davis (Detroit Renaissance)12	Ypsilanti/MITS Finals	2/25/2024
25.24	Taryn Henderson (Farmington Mercy)11	Ypsilanti/LAB #2.....	12/16/2023
25.30	Keyanna O'Tey (Sturgis)11	Allendale/GVSU #5.....	2/17/2024
25.32	Jayla Graham (Detroit Renaissance)12	Ypsilanti/LAB #7.....	2/ 3/2024
25.36	Jordan McNeely (Detroit MS)7	Ypsilanti/MITS Finals	2/24/2024
25.39	Anaia Simmons (Romulus Summit North)12	Ypsilanti/MITS Finals	2/25/2024
25.40	Jordynn Young (Saginaw Heritage)11	Saginaw/SVSU #5	2/17/2024
25.44	Janae Coleman (Oak Park MS)8	Saginaw/SVSU MITS #2.....	1/ 6/2024
25.45	Heaven Copeland (Romulus Summit)12	Ypsilanti/MITS Finals	2/25/2024
25.45	Kai Allen (Detroit Cass Tech)12	Ypsilanti/MITS Finals (h).....	2/24/2024
25.46	Kennedy Galy (Allendale)11	Allendale/GVSU Laker Challenge.....	3/21/2024
25.55	Shelby Sanders (Detroit Renaissance)12	Ypsilanti/LAB #7.....	2/ 3/2024
25.58	Gabrielle Pruitt (East Lansing)11	Ypsilanti/MITS Finals	2/25/2024
25.61	Jada Wilson (Belleville)11	Ypsilanti/LAB #2.....	12/16/2023
25.61	Morgan Roundtree (Oak Park)12	Saginaw/SVSU MITS #2.....	1/ 6/2024
25.62	Emma Thomas (Midland Dow)12	Saginaw/SVSU Inv D1/2	3/20/2024
25.65	Jayla Dace (Detroit Renaissance)11	Ypsilanti/LAB #1.....	12/ 9/2023

300 METERS

39.69	Nevaeh Burns (Oak Park)9	New York/Millrose Games.....	2/11/2024
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Oversized Track:

40.25	Nevaeh Burns (Oak Park)9	Ypsilanti/LAB #1.....	12/ 9/2023
40.87	Jada Wilson (Belleville)11	Ypsilanti/LAB #1.....	12/ 9/2023
41.35	Lundon Johnson (Detroit Renaissance)11	Ypsilanti/LAB #1.....	12/ 9/2023
41.67	Shelby Sanders (Detroit Renaissance)12	Ypsilanti/LAB #1.....	12/ 9/2023
41.84	Kelis Hunter-Young (Oak Park)12	Ypsilanti/LAB #1.....	12/ 9/2023
41.93	Carrie VanNoy (Oak Park)11	Ypsilanti/LAB #1.....	12/ 9/2023

42.04	Lauren Bickerdt (Detroit Renaissance)11	Ypsilanti/LAB #1.....	12/ 9/2023
42.82	Rhian Jeffries (Belleville)10	Ypsilanti/LAB #1.....	12/ 9/2023
43.38	Brooke Pettway (Beverly Hills Berkshire MS)8	Ypsilanti/LAB #1.....	12/ 9/2023
43.91	Aliyah Ferguson (Ann Arbor Huron)11	Ypsilanti/LAB #1.....	12/ 9/2023

400 METERS

55.99	Cayla Hawkins (East Lansing MS)7	Ann Arbor/UM HS Invitational	1/21/2024
56.20	Neveah Burns (Oak Park)9	Boston/New Balance Nationals	3/ 7/2024
56.20	Janae Coleman (Oak Park MS)8	Boston/New Balance Nationals	3/ 7/2024
56.36	Burns	Louisville/Indoor Games	2/ 3/2024
56.44	Coleman	Ypsilanti/AAU U14 Nationals.....	2/10/2024
56.62	Shelby Sanders (Detroit Renaissance)9	Ann Arbor/UM HS Invitational	1/21/2024
57.12	Dayshana Kellogg (Oak Park)11	Boston/New Balance Nationals (h)	3/ 9/2024
57.53	Lindsay Johnson (Detroit Cass Tech)12	Ann Arbor/UM HS Invitational	1/21/2024
57.60	Kai Allen (Detroit Cass Tech)12	Boston/New Balance Nationals (h)	3/ 9/2024
57.78	Sydney Kuhn (Saginaw Swan Valley)11	Boston/New Balance Nationals (h)	3/ 9/2024
58.04	Jada Wilson (Belleville)11	Ann Arbor/UM HS Invitational	1/21/2024
58.04	Lauren Bickerdt (Detroit Renaissance)11	Ann Arbor/UM HS Invitational	1/21/2024
58.35	Kelis Hunter-Young (Oak Park)12	Louisville/Indoor Games	2/ 3/2024
58.76	Anyla Robinson (Detroit Cass Tech)9	Boston/New Balance Nationals	3/ 7/2024
58.81	Lundon Johnson (Detroit Renaissance)10	Boston/New Balance Nationals (h)	3/ 9/2024
59.84	Jordyn Burr (Detroit Renaissance)9	Ypsilanti/AAU U14 Nationals.....	2/10/2024
59.94	Sophie Menker (Lake Orion St Joseph)7	Boston/New Balance Nationals	3/10/2024

Oversized Track:

54.68	Cayla Hawkins (East Lansing MS)7	Ypsilanti/MITS Finals	2/25/2024
55.07	Neveah Burns (Oak Park)9	Ypsilanti/MITS Finals	2/25/2024
55.64	Janae Coleman (Oak Park MS)8	Ypsilanti/MITS Finals	2/25/2024
56.01	Coleman	Ypsilanti/LAB #6.....	1/27/2024
56.23	Burns	Saginaw/SVSU #5	2/17/2024
56.26	Kamryn Tatum (West Bloomfield)10	Ypsilanti/LAB #6.....	1/27/2024
56.39	Hawkins	Ypsilanti/LAB Holiday Classic	12/29/2023
56.41	Emmry Ross (Onsted)11	Ypsilanti/MITS Finals	2/25/2024
56.43	Burns	Ypsilanti/LAB #2.....	12/16/2023
56.64	Sydney Kuhn (Saginaw Swan Valley)11	Saginaw/SVSU Inv D1/2.....	3/20/2024
56.71	Lindsay Johnson (Detroit Cass Tech)12	Ypsilanti/LAB #9.....	2/17/2024
56.77	Kai Allen (Detroit Cass Tech)12	Ypsilanti/MITS Finals	2/25/2024
56.94	Jada Wilson (Belleville)11	Ypsilanti/LAB #2.....	12/16/2023
56.99	Kylee King (Oak Park)12	Saginaw/SVSU #5	2/17/2024
57.02	Shelby Sanders (Detroit Renaissance)12	Ypsilanti/LAB #9.....	2/17/2024
57.46	Lundon Johnson (Detroit Renaissance)11	Ypsilanti/MITS Finals	2/25/2024
57.56	Dayshana Kellogg (Oak Park)11	Ypsilanti/MITS Finals	2/25/2024
58.04	Anyla Robinson (Detroit Cass Tech)9	Saginaw/SVSU Meet #1	12/ 9/2023
58.22	Emma Thomas (Midland Dow)12	Saginaw/SVSU #5	2/17/2024
58.32	Morgan Roundtree (Oak Park)12	Ypsilanti/LAB #6.....	1/27/2024
58.71	Kelis Hunter-Young (Oak Park)12	Ypsilanti/LAB #2.....	12/16/2023
58.72	Taryn Henderson (Farmington Mercy)11	Saginaw/SVSU Meet #1	12/ 9/2023
58.82	Claire Neumann (Saginaw Valley Lutheran)12	Saginaw/SVSU #5	2/17/2024

500 METERS

1:15.88#	Kylee King (Oak Park)12	New York/Millrose Games (600)	2/11/2024
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600 METERS

1:34.04	Kylee King (Oak Park)12	New York/Millrose Games.....	2/11/2024
1:38.48#	Janae Coleman (Oak Park MS)8	Boston/New Balance Nationals (800)	3/ 8/2024
1:39.48#	King	Boston/New Balance Nationals (800)	3/10/2024
1:39.52#	Daisy Speet (GR Peregrines)12	Boston/New Balance Nationals (800)	3/10/2024
1:39.54#	Layla Jordan (Goodrich)11	Boston/New Balance Nationals (800)	3/10/2024
1:41.91#	Sydney Kuhn (Saginaw Swan Valley)11	Boston/New Balance Nationals (800)	3/10/2024
1:42.26#	Sophie Menker (Lake Orion St Joseph)7	Boston/New Balance Nationals (800)	3/ 8/2024
1:42.81#	Eliza Schwass (Ludington DeJonge)7	Boston/New Balance Nationals (800)	3/ 8/2024

Oversized Track:

1:34.08	Kylee King (Oak Park)12	Ypsilanti/LAB #1.....	12/ 9/2023
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1:38.89	Lauren Bickerdt (Detroit Renaissance)11	Ypsilanti/LAB #1.....	12/ 9/2023
1:39.14	Dayshana Kellogg (Oak Park)11	Ypsilanti/LAB #1.....	12/ 9/2023
1:39.91	Kate Munson (Saline)9	Ypsilanti/LAB #1.....	12/ 9/2023
1:40.13	Leah Thomas (Oak Park)9	Ypsilanti/LAB #1.....	12/ 9/2023
1:41.39	Jordan Jones-Maddox (Oak Park)10	Ypsilanti/LAB #1.....	12/ 9/2023
1:41.46	Autumn Lawson (Detroit MS)7	Ypsilanti/LAB #1.....	12/ 9/2023
1:43.86	Samantha Shaver (Grand Blanc)12	Ypsilanti/LAB #1.....	12/ 9/2023

800 METERS

2:11.76	Janae Coleman (Oak Park MS)8	Boston/New Balance Nationals	3/ 8/2024
2:13.14	Layla Jordan (Goodrich)11	Boston/New Balance Nationals	3/10/2024
2:13.71	Jordan	Ann Arbor/UM HS Invitational	1/21/2024
2:14.60	Kylee King (Oak Park)12	Ann Arbor/UM HS Invitational	1/21/2024
2:14.81	King	Boston/New Balance Nationals	3/10/2024
2:15.21	Daisy Speet (GR Peregrines)12	Boston/New Balance Nationals	3/10/2024
2:15.95	Sydney Kuhn (Saginaw Swan Valley)11	Boston/New Balance Nationals	3/10/2024
2:16.72	Anyla Robinson (Detroit Cass Tech)9	Ann Arbor/UM HS Invitational	1/21/2024
2:16.72	Eliza Schwass (Ludington DeJonge)7	Boston/New Balance Nationals	3/ 8/2024
2:18.46	Lauren Walker (Holt)11	Ann Arbor/UM HS Invitational	1/21/2024
2:18.86	Elliana Hufton (Lake Fenton)9	Boston/New Balance Nationals	3/ 8/2024
2:18.95	Sophie Menker (Lake Orion St Joseph)7	Boston/New Balance Nationals	3/ 8/2024
2:20.51	Aiden Harrand (Buckley)12	Grand Rapids/Aquinas #3.....	2/ 3/2024

Oversized Track:

2:11.29	Jessie Jazwinski (Hart)11	Saginaw/SVSU Distance Festival	2/10/2024
2:13.21	Kylee King (Oak Park)12	Ypsilanti/MITS Finals	2/25/2024
2:13.49	Rachel Forsyth (Ann Arbor Pioneer)12	Ypsilanti/SEC Invitational	3/21/2024
2:13.67	Jazwinski	Allendale/GVSU #4	1/27/2024
2:14.35	Madison Osterberg (Jackson Lumen Christi)12	Saginaw/SVSU Distance Festival	2/10/2024
2:14.57	Janae Coleman (Oak Park MS)8	Ypsilanti/LAB #7.....	2/ 3/2024
2:14.81	Emmry Ross (Onsted)11	Ypsilanti/LAB #9.....	2/17/2024
2:15.22	Valerie Beeck (Grand Haven)11	Allendale/GVSU #4	1/27/2024
2:15.48	Layla Jordan (Goodrich)11	Ypsilanti/MITS Finals	2/25/2024
2:15.90	Daisy Speet (GR Peregrines)12	Allendale/GVSU #5.....	2/17/2024
2:16.07	Lauren Bickerdt (Detroit Renaissance)11	Ypsilanti/MITS Finals	2/25/2024
2:16.36	Anyla Robinson (Detroit Cass Tech)9	Saginaw/SVSU Meet #1	12/ 9/2023
2:16.36	Valerie Beeck (Grand Haven)11	Ypsilanti/LAB #7.....	2/ 3/2024
2:16.73	Morgan Brown (Livonia Churchill)12	Allendale/GVSU #4	1/27/2024
2:16.78	Emily Tomes (GR Catholic Central)12	Allendale/GVSU #5.....	2/17/2024
2:17.10	Sydney Kuhn (Saginaw Swan Valley)11	Ypsilanti/LAB #7.....	2/ 3/2024
2:17.21	Gail Vaikutis (St Joseph)12	Ypsilanti/LAB #7.....	2/ 3/2024
2:17.40	Lauren Walker (Holt)11	Ypsilanti/MITS Finals	2/25/2024
2:17.41	Payton Scheffler (Woodhaven)12	Ypsilanti/LAB #9.....	2/17/2024
2:17.55	Aiden Harrand (Buckley)12	Saginaw/SVSU Meet #1	12/ 9/2023
2:17.67	Leah Thomas (Oak Park)9	Ypsilanti/LAB #2.....	12/16/2023
2:18.07	Sylvia Sanok Dufallo (Ann Arbor Pioneer)12	Saginaw/SVSU Distance Festival	2/10/2024
2:18.11	Ella Christensen (Northville)12	Ypsilanti/LAB #9.....	2/17/2024
2:18.12	Meredith Cook (Zeeland East)10	Allendale/GVSU #5.....	2/17/2024
2:18.1	Emily Rosenberg (Bloomfield Hills)9	Ypsilanti/LAB #9.....	2/17/2024
2:18.26	Sophie Menker (Lake Orion St Joseph)7	Ypsilanti/MITS Finals	2/25/2024
2:18.29	Emma Drnek (Zeeland East)11	Allendale/GVSU #5.....	2/17/2024
2:19.06	Katarina Munson (Saline)9	Ypsilanti/MITS Finals	2/25/2024
2:19.08	Berkley Holtz (Sturgis)10	Allendale/GVSU #5.....	2/17/2024
2:19.14	Elena Figueroa (St Joseph)11	Allendale/GVSU #4	1/27/2024
2:19.56	Rhian Jeffries (Oak Park)10	Ypsilanti/LAB #7.....	2/ 3/2024

1000 METERS

3:02.92#	Jessie Jazwinski (Hart)11	Boston/New Balance Nat (1008m-1M) ...	3/10/2024
3:05.39#	Elena Figueroa (St Joseph)11	Boston/New Balance Nat (1008m-1M) ...	3/10/2024

1600 METERS

4:50.00+	Jessie Jazwinski (Hart)11	Chicago/CYUP Misfits (4:51.69)	1/20/2024
4:50.11+	Jazwinski	Boston/New Balance Nat (4:51.80).....	3/10/2024

4:54.94+ Elena Figueroa (St Joseph)11
 4:56.69+ Emily Tomes (GR Catholic Central)12
 5:00.16+ Ella Christensen (Northville)12
 5:01.25+ Kaylie Livingston (Whitmore Lake)9
 5:03.09+ Drew Muller (East Grand Rapids)12
 5:04.28+ Eliza Schwass (Ludington DeJonge)7
 5:07.14+ Gail Vaikutis (St Joseph)12
 5:08.22+ Victoria Garces (Midland Dow)11
 5:08.76+ Payton Scheffler (Woodhaven)12
 5:09.10+ Savannah Staton (Saline MS)8

Oversized Track:

4:46.80+ Jessie Jazwinski (Hart)11
 4:48.98 Jazwinski
 4:53.08+ Rachel Forsyth (Ann Arbor Pioneer)12
 4:55.73 Jazwinski
 4:56.80+ Kaylie Livingston (Whitmore Lake)9
 4:57.28+ Drew Muller (East Grand Rapids)12
 4:57.91+ Morgan Brown (Livonia Churchill)12
 4:58.31+ Elena Figueroa (St Joseph)11
 4:59.93 Anyla Robinson (Detroit Cass Tech)9
 5:00.00 Emma Drnek (Zeeland East)11
 5:00.02 Helen Sachs (Holland West Ottawa)11
 5:01.17 Emily Tomes (GR Catholic Central)12
 5:02.73 Ava Porras (Holland West Ottawa)10
 5:02.92+ Ella Christensen (Northville)12
 5:03.30+ Jayden Harberts (Macomb Dakota)12
 5:03.33+ Gail Vaikutis (St Joseph)12
 5:03.48 Emmry Ross (Onsted)11
 5:03.72+ Madison Osterberg (Jackson Lumen Christi)12
 5:04.28+ Ava Schafer (St Johns)9

Boston/New Balance Nat (4:56.66).....3/10/2024
 Boston/New Balance Nat (4:58.42).....3/10/2024
 Boston/New Balance Nat (5:01.91).....3/10/2024
 Ann Arbor/UM HS Invitational (5:03.00)..1/21/2024
 Boston/New Balance Nat (5:04.85).....3/10/2024
 Boston/New Balance Nationals (5:06.05)3/ 7/2024
 Boston/New Balance Nat (5:08.93).....3/10/2024
 Ann Arbor/UM HS Invitational (5:10.01)..1/21/2024
 Ann Arbor/UM HS Invitational (5:10.56)..1/21/2024
 Boston/New Balance Nationals (5:10.90)3/ 7/2024

Allendale/GVSU #4 (4:48.47)1/27/2024
 Allendale/GVSU #112/ 2/2023
 Allendale/GVSU #4 (4:54.78)1/27/2024
 Allendale/GVSU #31/ 6/2024
 Allendale/GVSU #4 (4:58.53)1/27/2024
 Allendale/GVSU #4 (4:59.01)1/27/2024
 Saginaw/SVSU Distance Fest (4:59.64) .2/10/2024
 Saginaw/SVSU Distance Fest (5:00.05) .2/10/2024
 Ypsilanti/LAB #72/ 3/2024
 Allendale/GVSU Laker Challenge.....3/21/2024
 Allendale/GVSU Laker Challenge.....3/21/2024
 Ypsilanti/MITS Finals2/25/2024
 Allendale/GVSU Laker Challenge.....3/21/2024
 Saginaw/SVSU Distance Fest (5:04.68) .2/10/2024
 Saginaw/SVSU Distance Fest (5:05.06) .2/10/2024
 Allendale/GVSU #4 (5:05.09)1/27/2024
 Ypsilanti/LAB #72/ 3/2024
 Allendale/GVSU #4 (5:05.49)1/27/2024
 Saginaw/SVSU Distance Fest (5:06.05) .2/10/2024

MILE (no conversions):

4:51.69 Jessie Jazwinski (Hart)11
 4:51.80 Jazwinski
 4:56.66 Elena Figueroa (St Joseph)11
 4:58.42 Emily Tomes (GR Catholic Central)12
 5:01.91 Ella Christensen (Northville)12
 5:03.00 Kaylie Livingston (Whitmore Lake)9
 5:04.85 Drew Muller (East Grand Rapids)12
 5:06.05 Eliza Schwass (Ludington DeJonge)7
 5:08.93 Gail Vaikutis (St Joseph)12
 5:10.01 Victoria Garces (Midland Dow)11
 5:10.56 Payton Scheffler (Woodhaven)12
 5:10.90 Savannah Staton (Saline MS)8

Chicago/CYUP Misfits1/20/2024
 Boston/New Balance Nationals3/10/2024
 Boston/New Balance Nationals3/10/2024
 Boston/New Balance Nationals3/10/2024
 Boston/New Balance Nationals3/10/2024
 Ann Arbor/UM HS Invitational1/21/2024
 Boston/New Balance Nationals3/10/2024
 Boston/New Balance Nationals3/ 7/2024
 Boston/New Balance Nationals3/10/2024
 Ann Arbor/UM HS Invitational1/21/2024
 Ann Arbor/UM HS Invitational1/21/2024
 Boston/New Balance Nationals3/ 7/2024

Oversized Track:

4:48.47 Jessie Jazwinski (Hart)11
 4:54.78 Rachel Forsyth (Ann Arbor Pioneer)12
 4:58.53 Kaylie Livingston (Whitmore Lake)9
 4:59.01 Drew Muller (East Grand Rapids)12
 4:59.64 Morgan Brown (Livonia Churchill)12
 5:00.05 Elena Figueroa (St Joseph)11
 5:03.47 Emily Tomes (GR Catholic Central)12
 5:04.68 Ella Christensen (Northville)12
 5:05.06 Jayden Harberts (Macomb Dakota)12
 5:05.09 Gail Vaikutis (St Joseph)12
 5:05.49 Madison Osterberg (Jackson Lumen Christi)12
 5:06.05 Ava Schafer (St Johns)9
 5:06.40 Ava Porras (Holland West Ottawa)10
 5:06.82 Emma Drnek (Zeeland East)12
 5:06.91 Mary Richmond (Frankenmuth)12

Allendale/GVSU #41/27/2024
 Allendale/GVSU #41/27/2024
 Allendale/GVSU #41/27/2024
 Allendale/GVSU #41/27/2024
 Saginaw/SVSU Distance Festival2/10/2024
 Saginaw/SVSU Distance Festival.....2/10/2024
 Allendale/GVSU #41/27/2024
 Saginaw/SVSU Distance Festival2/10/2024
 Saginaw/SVSU Distance Festival2/10/2024
 Allendale/GVSU #41/27/2024
 Allendale/GVSU #41/27/2024
 Saginaw/SVSU Distance Festival2/10/2024
 Allendale/GVSU #41/27/2024
 Allendale/GVSU #41/27/2024
 Allendale/GVSU #41/27/2024

2000 STEEPLE

7:34.76	Layla Jordan (Goodrich)11	Mt Pleasant/CMU MITS	2/ 4/2024
8:27.18	Abby Robinson (Gladwin)11	Mt Pleasant/CMU MITS	2/ 4/2024
8:55.16	Madison Gimme (Shepherd)12	Mt Pleasant/CMU MITS	2/ 4/2024

3000 METERS

10:07.68#	Jayden Harberts (Macomb Dakota)12	Boston/New Balance Nat (3018m-2M)	3/ 9/2024
10:27.11#	Mary Richmond (Frankenmuth)12	Boston/New Balance Nat (3018m-2M)	3/ 9/2024
10:27.12#	Elena Figueroa (St Joseph)11	Boston/New Balance Nat (3018m-2M) ...	3/10/2024
10:34.13#	Natalia Guaresimo (Romeo)10	Boston/New Balance Nat (3018m-2M)	3/ 9/2024
10:39.11#	Ezgi Kurt (Alma)11	New York/Nike Indoor (2M).....	3/ 8/2024
10:47.73#	Cassie Garcia (Northville)11	Boston/New Balance Nat (3018m-2M)	3/ 9/2024

3200 METERS

10:40.16	Kaylie Livingston (Whitmore Lake)9	Ann Arbor/UM HS Invitational	1/21/2024
10:42.27+	Jayden Harberts (Macomb Dakota)12	Boston/New Balance Nat (10:46.01).....	3/ 9/2024
10:43.33	Elena Figueroa (St Joseph)11	Ann Arbor/UM HS Invitational	1/21/2024
10:57.98	Harberts	Ann Arbor/UM HS Invitational	1/21/2024
11:04.03+	Mary Richmond (Frankenmuth)12	Boston/New Balance Nat (10:27.11).....	3/ 9/2024
11:04.78	Cassie Garcia (Northville)11	Ann Arbor/UM HS Invitational	1/21/2024
11:09.20	Clara James-Heer (Forest Hills Central)12	Ann Arbor/UM HS Invitational	1/21/2024
11:11.44+	Natalia Guaresimo (Romeo)10	Boston/New Balance Nat (11:15.35).....	3/ 9/2024
11:17.14	Leah Corby (Rochester Hills Stoney Creek)10	Ann Arbor/UM HS Invitational	1/21/2024
11:25.92	Shannon Gillahan (Okemos)12	Ann Arbor/UM HS Invitational	1/21/2024
11:26.87	Emma Hoffman (Otsego)12	Ann Arbor/UM HS Invitational	1/21/2024

Oversized Track:

10:24.91	Kaylie Livingston (Whitmore Lake)9	Allendale/GVSU #5.....	2/17/2024
10:29.00	Livingston (5:08.7/5:20.3)	Ypsilanti/MITS Finals	2/24/2024
10:34.39	Jessie Jazwinski (Hart)11	Allendale/GVSU #5.....	2/17/2024
10:34.53	Jazwinski	Ypsilanti/MITS Finals	2/24/2024
10:37.62	Elena Figueroa (St Joseph)11	Allendale/GVSU #5.....	2/17/2024
10:38.18	Jayden Harberts (Macomb Dakota)12	Saginaw/SVSU Inv D1/2.....	3/20/2024
10:38.63	Annie Hrabovsky (Romeo)9	Allendale/GVSU #5.....	2/17/2024
10:39.03	Victoria Garces (Midland Dow)11	Saginaw/SVSU Inv D1/2.....	3/20/2024
10:43.80	Ava Schafer (St Johns)9	Saginaw/SVSU Distance Festival.....	2/10/2024
10:47.67	Emily Tomes (GR Catholic Central)12	Allendale/GVSU #5.....	2/17/2024
10:49.87	Katie Berkshire (Gaylord)10	Saginaw/SVSU Inv D1/2.....	3/20/2024
10:50.40	Emma Hoffman (Otsego)12	Allendale/GVSU #5.....	2/17/2024
10:51.49	Natalie VanOtteren (Holland West Ottawa)12	Allendale/GVSU #5.....	2/17/2024
10:54.55	Katie Watkins (Midland Dow)12	Saginaw/SVSU Distance Festival.....	2/10/2024
10:55.31	McKinley Jones (Saline MS)8	Ypsilanti/MITS Finals	2/24/2024
10:55.91	Madison Osterberg (Jackson Lumen Christi)12	Allendale/GVSU #5.....	2/17/2024
10:56.74	Natalia Guaresimo (Romeo)10	Saginaw/SVSU Distance Festival.....	2/10/2024
10:57.67	Ava Porras (Holland West Ottawa)10	Allendale/GVSU #5.....	2/17/2024
10:59.13	Drew Muller (East Grand Rapids)12	Allendale/GVSU #5.....	2/17/2024

TWO MILES (no conversions)

10:46.01	Jayden Harberts (Macomb Dakota)12	Boston/New Balance Nationals	3/ 9/2024
11:06.87	Elena Figueroa (St Joseph)11	Boston/New Balance Nationals	3/10/2024
11:07.90	Mary Richmond (Frankenmuth)12	Boston/New Balance Nationals	3/ 9/2024
11:15.35	Natalia Guaresimo (Romeo)10	Boston/New Balance Nationals	3/ 9/2024
11:31.07	Cassie Garcia (Northville)11	Boston/New Balance Nationals	3/ 9/2024
11:31.11	Ezgi Kurt (Alma)11	New York/Nike Indoor	3/ 8/2024

5000 METERS

17:42.25	Gail Vaikutis (St Joseph)12	Boston/New Balance Nationals	3/ 8/2024
17:49.22	Lillian Deskins (Grosse Pointe North)11	Boston/New Balance Nationals	3/ 8/2024
18:07.18	Emmerson Clor (Romeo)	Boston/New Balance Nationals	3/ 8/2024
18:14.84	Laney Alig (Saline)12	Boston/New Balance Nationals	3/ 8/2024

Oversized Track:

18:08.81	Lillian Deskins (Grosse Pointe North)11	Saginaw/SVSU Distance Festival.....	2/10/2024
18:14.18	Mary Richmond (Frankenmuth)12	Saginaw/SVSU Distance Festival.....	2/10/2024
18:17.95	Laney Alig (Saline)12	Saginaw/SVSU Distance Festival.....	2/10/2024

18:30.75 Emmerson Clor (Romeo)10
18:49.53 Mariah Belmont (Macomb Dakota)12

Saginaw/SVSU Distance Festival2/10/2024
Saginaw/SVSU Distance Festival2/10/2024

55-METER HURDLES

8.51# Molly Brown (Addison)11
9.06# Megan Zahnow (Vicksburg)12
9.06# Mazie Robison (Saugatuck)11

New York/Nike Indoor (h) (60)3/ 9/2024
New York/Nike Indoor (h) (60)3/ 9/2024
New York/Nike Indoor (h) (60)3/ 9/2024

60-METER HURDLES

8.49 Maya Rollins (Ann Arbor Pioneer)12
8.60 Rollins
8.60 Morgan Roundtree (Oak Park)12
8.61 Roundtree
8.65 Rollins
8.68 Roundtree
8.68 Rollins
8.69 Carrie VanNoy (Oak Park)11
8.69 Roundtree
8.69 Roundtree
8.73 VanNoy
8.74 Rollins
8.74 Roundtree
8.74 Lindsay Johnson (Detroit Cass Tech)12
8.75 Rollins
8.88 Molly Brown (Addison)11
8.92 Jayda Watson (Oak Park)11
9.07 Mia Barnett (Clint Twp Chippewa Valley)11
9.10 Jada Wilson (Belleville)11
9.13 Payton Gee (Oak Park MS)8
9.14 Celeste Davis (Detroit Renaissance)11
9.14 Aliyah Ferguson (Ann Arbor Huron)11
9.19 Laila Hawkins (Detroit Cass Tech)10

Ypsilanti/MITS Finals2/25/2024
Saginaw/SVSU MITS #41/20/2024
Boston/New Balance Nationals3/ 9/2024
Ypsilanti/MITS Finals2/25/2024
Boston/New Balance Nationals3/ 9/2024
Saginaw/SVSU #52/17/2024
Ypsilanti/MITS Finals (s)2/24/2024
Ypsilanti/MITS Finals (s)2/24/2024
Ypsilanti/MITS Finals (s)2/24/2024
Boston/New Balance Nationals (h)3/ 9/2024
Saginaw/SVSU #52/17/2024
Saginaw/SVSU MITS #4 (h)1/20/2024
Ann Arbor/UM HS Invitational1/21/2024
Ypsilanti/MITS Finals (s)2/24/2024
Allendale/GVSU #41/27/2024
Ypsilanti/MITS Finals (s)2/24/2024
Ypsilanti/LAB #61/27/2024
Ypsilanti/MITS Finals (h)2/24/2024
Ypsilanti/MITS Finals2/25/2024
Ann Arbor/UM HS Invitational1/21/2024
Ypsilanti/LAB #92/17/2024
Ypsilanti/MITS Finals2/25/2024
Ypsilanti/MITS Finals (h)2/24/2024

300 HURDLES (300 track)

44.86 Morgan Roundtree (Oak Park)12
45.10 Lindsay Johnson (Detroit Cass Tech)12
46.74 Lauren Bickerdt (Detroit Renaissance)11
50.23 Janell Brown (East Lansing)12
50.25 Sofiya Sally (Lake Orion)12
50.25 Laila Hawkins (Detroit Cass Tech)10
50.46 Julia Hughes (Ida)10
50.61 Tamerah Peterson (Sterling Hts Parkway)11
50.82 Paris Williams (Detroit Cass Tech)11

Ypsilanti/LAB Holiday Classic12/29/2023
Ypsilanti/LAB Holiday Classic12/29/2023
Ypsilanti/LAB Holiday Classic12/29/2023
Ypsilanti/LAB Holiday Classic12/29/2023
Ypsilanti/LAB Holiday Classic12/29/2023
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Ypsilanti/LAB Holiday Classic12/29/2023
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Ypsilanti/LAB Holiday Classic12/29/2023
Ypsilanti/LAB Holiday Classic12/29/2023
Ypsilanti/LAB Holiday Classic12/29/2023

HIGH JUMP

5-8.75 Milena Chevallier (Farmington Hills Mercy)12
5-8 Chevallier
5-7 Chevallier
5-7 Chevallier
5-6 Greta Caprathe-Buczek (Rockford)11
5-6 Susie Schulz (Bay City Central)12
5-6 Keirra Taube (Yale)11
5-5 Kendall Wilcox (Shepherd)12
5-5 Addison Hovey (Hart)11
5-4.25 Bethany Olthof (Ravenna)11
5-3 Jillian Kight (Canton)12
5-3 Mikaela Redmond (Lake Orion)10
5-3 Ivy Roberts (Gaylord)10
5-3 Madeline Bildeaux (Traverse City West)11
5-2 Alysia Townsend (Ann Arbor Skyline)12
5-2 Camryn Siegers (Holland Christian)9
5-2 Mina Ajaero (Ypsilanti)10

New York/Nike Indoor3/ 8/2024
Ypsilanti/Huron Relays Large3/23/2023
Saginaw/SVSU MITS #21/ 6/2024
Ann Arbor/UM HS Invitational1/21/2024
Allendale/GVSU #31/ 6/2024
Mt Pleasant/CMU MITS2/ 4/2024
Saginaw/SVSU Inv D1/23/20/2024
Allendale/GVSU #212/16/2023
Ann Arbor/UM HS Invitational1/21/2024
Allendale/GVSU #41/27/2024
Ypsilanti/LAB #92/17/2024
New York/Nike Indoor3/ 8/2024
Saginaw/SVSU Inv D1/23/20/2024
Saginaw/SVSU Inv D1/23/20/2024
Ypsilanti/LAB #61/27/2024
Grand Rapids/Aquinas #32/ 3/2024
Ypsilanti/LAB #72/ 3/2024

5-2	Reina McMahon (Cadillac)12	Mt Pleasant/CMU MITS	2/ 4/2024
5-2	Ava Gary (Gladwin)11	Mt Pleasant/CMU MITS	2/ 4/2024
5-2	Alysia Goudelock (New Balt Anchor Bay)11	Ypsilanti/MITS Finals	2/24/2024
5-2	Elizabeth Wydeven (Rochester)11	Ypsilanti/MITS Finals	2/24/2024
5-2	Sarah Pippin (Edwardsburg)10	Allendale/GVSU Laker Challenge.....	3/21/2024

POLE VAULT

13-8.25	Brooke Bowers (Forest Hills Central)12	Allendale/Big Meet.....	2/ 9/2024
13-7	B. Bowers	Vermontville/Ugly Sweater	12/ 9/2023
13-3	B. Bowers	Vermontville/Ugly Sweater (!)	12/ 9/2023
13-2	B. Bowers	Allendale/GVSU #1	12/ 2/2023
13-0	B. Bowers	Vermontville/Halloween Vault.....	10/28/2023
13-0	B. Bowers	Vermontville/Turkey-thon	11/18/2023
13-0	B. Bowers	Vermontville/Snowball Vault.....	1/13/2024
13-0	B. Bowers	Ypsilanti/MITS Finals	2/24/2024
	(11-3, 11-9, 12-3 [2], 12-9, 13-0 [2], 13-8 [xxx])		
12-11.75	B. Bowers	Allendale/GVSU #5.....	2/17/2024
12-10	B. Bowers	Grand Rapids/Aquinas #3.....	2/ 3/2024
12-3	Allison Shelton (Ortonville Brandon)12	Vermontville/Valentine Vault.....	2/10/2024
12-3	Evie Mathis (Wayland Union)10	Ypsilanti/MITS Finals	2/24/2024
12-3	Taylor Diamond (Cedar Springs)12	Ypsilanti/MITS Finals	2/24/2024
12-3	Aubree Bowers (Forest Hills Central)9	Ypsilanti/MITS Finals	2/24/2024
11-9	Genna Golab (Clarkston)12	Ypsilanti/MITS Finals	2/24/2024
11-7.75	Katie Stewart (Salem)12	Ann Arbor/UM HS Invitational	1/21/2024
11-6	Isabel German (Lowell)12	Vermontville/Turkey-thon	11/18/2023
11-6	Miranda Smith (Hastings)11	Vermontville/Ugly Sweater	12/ 9/2023
11-6	Maiya Corrigan (Rockford)10	Mt Pleasant/CMU MITS	2/ 4/2024
11-6	Raiden Kipfmiller (Dexter)10	Ypsilanti/LAB #9.....	2/17/2024
11-3	Katie Blue (Grand Ledge)10	Ypsilanti/MITS Finals	2/24/2024
11-3	Debbie McCoy (Dexter)10	Ypsilanti/MITS Finals	2/24/2024
11-1	Molly Winger (Caledonia)12	Allendale/GVSU #1	12/ 2/2023
11-0	Alex Cinzori (Plymouth)12	Vermontville/Ugly Sweater	12/ 9/2023
11-0	Madisyn Lundquist (Cadillac)12	Mt Pleasant/CMU MITS	2/ 4/2024
11-0	Claire Adams (Rockford)12	Allendale/GVSU Laker Challenge.....	3/21/2024
11-0	Giuliana Serapiglia (Plymouth)12	Ypsilanti/Huron Relays Large.....	3/23/2023

LONG JUMP

19-1.25	Lena Cleveland (Rochester)12	Ypsilanti/MITS Finals	2/25/2024
	(18-6.75, 18-8.25, 19-1.25, 17-10, f, 18-3.75)		
18-5	Cleveland	Ypsilanti/LAB Holiday Classic	12/29/2023
18-4	Kaitlyn Molnar (Grosse Ile)12	Ypsilanti/LAB #8.....	2/10/2024
18-3	Cleveland	Saginaw/SVSU #5	2/17/2024
17-11.25	Aubrey Wilson (Dearborn Divine Child)9	Ypsilanti/LAB #9.....	2/17/2024
17-11	Sadie Dykstra (Yale)10	Saginaw/SVSU Inv D1/2.....	3/20/2024
17-7	Nyla Reed (Otsego)12	Ypsilanti/MITS Finals	2/25/2024
17-6.5	Kristen Lavergne (Detroit Renaissance)12	Ypsilanti/LAB #9.....	2/17/2024
17-5.25	Greta Caprathe-Buczek (Rockford)11	Grand Rapids/Aquinas #1.....	12/16/2023
17-3.5	Isabelle Armstrong (Novi)10	Ypsilanti/Huron Relays Large.....	3/23/2023
17-3	Sohanny Gonzalez-Castillo (W Potters H)11	Grand Rapids/Aquinas #4.....	2/20/2024
17-2	Chloe Chesser (Holland Christian)11	Allendale/GVSU Laker Challenge.....	3/21/2024
17-1.5	Fiona Kane (Dearborn Edsel Ford)10	Ypsilanti/Huron Relays Large.....	3/23/2023
16-10.5	Allina Teav (Holland West Ottawa)12	Allendale/GVSU #5.....	2/17/2024
16-8.75	Izabelle LaLone (Ithaca)10	Ypsilanti/MITS Finals	2/25/2024
16-8.5	Ashley Williams (Rockford)11	Allendale/GVSU Laker Challenge.....	3/21/2024
16-8	Zoe Zeiser (Utica)12	Saginaw/SVSU MITS #2.....	1/ 6/2024
16-8	Ashley Richburg (Grand Ledge)12	Saginaw/SVSU Inv D1/2.....	3/20/2024
16-7	Emily Rosenberg (BH Cranbrook)9	New York/Nike Indoor	3/ 8/2024
16-7	Grace Clemens (North Branch)12	Saginaw/SVSU Inv D1/2.....	3/20/2024
16-7	Mirra Fenlon (Zeeland East)11	Allendale/GVSU Laker Challenge.....	3/21/2024
16-6	Mia Barnett (Clinton Twp Chippewa Valley)11	Saginaw/SVSU MITS #4.....	1/20/2024

TRIPLE JUMP

35-5.25	Nyla Reed (Otsego)12	Allendale/GVSU #5.....	2/17/2024
33-10	Reed (f, f, 33-1, 33-10, f, 33-9.75)	Ypsilanti/MITS Finals	2/25/2024
33-3	Jocelyn Appel (Jenison)12	Ypsilanti/MITS Finals	2/25/2024
32-11	Tenley Banaszak (Sturgis)11	Ypsilanti/MITS Finals	2/25/2024
32-8	Abby Kissing (Brethren)12	Ypsilanti/MITS Finals	2/25/2024
32-6.24	Sophia Orton (Schoolcraft)11	Allendale/GVSU #5.....	2/17/2024
32-4	Izabelle LaLone (Ithaca)10	Mt Pleasant/CMU MITS	2/ 4/2024
32-3.75	Fiona Kane (Dearborn Edsel Ford)10	Ypsilanti/LAB #7.....	2/ 3/2024
31-0	Annie Liu (Rochester)9	Ypsilanti/LAB #9.....	2/17/2024
30-9.75	Hannah Garbine (Sturgis)11	Ypsilanti/MITS Finals	2/25/2024
30-9.5	Haylie Sarver (Jenison)11	Allendale/GVSU #2.....	12/16/2023
30-8.5	Olivia Bibb (Sturgis)11	Allendale/GVSU #4.....	1/27/2024
30-3.5	Sydnee Lefief (Bloomfield Hills)10	Ypsilanti/MITS Finals	2/25/2024
30-1.25	Madison Marshall (Detroit Renaissance)11	Ypsilanti/LAB #7.....	2/ 3/2024

SHOT

45-5.5	Rylan Finstrom (Grayling)12	Saginaw/SVSU #5.....	2/17/2024
44-5.75	Finstrom (42-8, f, 44-5, 44-5.75, f, f)	Ypsilanti/MITS Finals	2/24/2024
43-5.5	Addyson Stiverson (Montrose)9	Ypsilanti/LAB #2.....	12/16/2023
43-5	Finstrom	New York/Nike Indoor	3/ 9/2024
43-4.25	Stiverson	Ypsilanti/MITS Finals	2/24/2024
43-3	Abigail Russell (Allen Park)12	Allendale/GVSU #4.....	1/27/2024
43-3	Russell	Ypsilanti/MITS Finals	2/24/2024
42-10.75	Finstrom	New York/Nike Indoor	3/ 9/2024
42-11	Stiverson	Ypsilanti/LAB #8.....	2/10/2024
42-5.5	Russell	New York/Nike Indoor	3/ 9/2024
42-1.5	Janae Hudson (Marysville)12	Ypsilanti/LAB #7.....	2/ 3/2024
41-10.75	Russell	Ypsilanti/LAB #8.....	2/10/2024
41-9	Stiverson	Allendale/GVSU #3.....	1/ 6/2024
40-5.5	Makenzie Johns (Cadillac)12	Ypsilanti/MITS Finals	2/24/2024
40-4	Kalia Monroe (Clinton Twp Chippewa Valley)11	Ypsilanti/MITS Finals	2/24/2024
39-11	Avery Lahti (Traverse City West)12	Saginaw/SVSU Inv D1/2.....	3/20/2024
39-1	Leigha Stoepker (Jenison)12	Allendale/GVSU #5.....	2/17/2024
38-9.75	Anna Tilden (Zeeland East)12	Allendale/GVSU Laker Challenge.....	3/21/2024
38-2	Kayla Harris (East Kentwood)12	Grand Rapids/Aquinas #3.....	2/ 3/2024
38-0.75	Maddy Biller (Brethren)12	Allendale/GVSU #5.....	2/17/2024

DISCUS

142-9	Rylan Finstrom (Grayling)12 (131-0, 142-9, 134-4, 128-3, 136-2, 127-7)	Ypsilanti/MITS Finals	2/25/2024
134-8	Jordyn Harris (Walled Lake Central)12 (128-1, 118-3, 119-5, 128-4, f, 134-8)	Ypsilanti/MITS Finals	2/25/2024
133-2	Finstrom	Ypsilanti/LAB #7.....	2/ 3/2024
130-5	Jada Ewell (Royal Oak)11	Ypsilanti/MITS Finals	2/25/2024
130-4	Janae Hudson (Marysville)12	Ypsilanti/MITS Finals	2/25/2024
129-6	Abigail Russell (Allen Park)12	Ypsilanti/LAB #8.....	2/10/2024
125-2	Aliyah Springer (Hamilton)12	Ypsilanti/LAB Holiday Classic	12/29/2023
120-3	Allyson Broaddus (GR Catholic Central)12	Ypsilanti/MITS Finals	2/25/2024
118-4	Sophia Mattioli (Richland Gull Lake)11	Ypsilanti/MITS Finals	2/25/2024
118-3	Molly Socha (Bloomfield Hills)12	Ypsilanti/MITS Finals	2/25/2024
117-10	Addyson Stiverson (Montrose)9	Ypsilanti/LAB #8.....	2/10/2024
116-6	Katherine Fugon-Saravia (Wyandotte)11	Ypsilanti/LAB #8.....	2/10/2024
114-11	Makenzie Johns (Cadillac)12	Ypsilanti/LAB #7.....	2/ 3/2024
114-3	Emma Young (Livonia Churchill)11	Ypsilanti/LAB #8.....	2/10/2024
113-9	Layla Tahmouch (Monroe Jefferson)12	Ypsilanti/MITS Finals	2/25/2024
112-9	Lorelai Zielinski (Traverse City Central)9	Ypsilanti/LAB #8.....	2/10/2024
111-2	Susan Kish (Salem)12	Ypsilanti/LAB #2.....	12/16/2023
110-4	Olivia Barba (Grosse Pointe South)11	Ypsilanti/LAB #8.....	2/10/2024

WEIGHT

56-5.25	Abigail Russell (Allen Park)12 (f, 54-8.25, 53-5.75, 56-5.25, f, f)	New York/Nike Indoor3/ 8/2024
56-4	Russell (56-4, 55-7, f, 49-11, 51-0, p)	Allendale/GVSU #41/27/2024
55-7	Russell	Allendale/GVSU #4 (!)1/27/2024
54-4	Russell	Ann Arbor/UM HS Invitational1/21/2024
51-2	Russell (48-9, 49-8, f, f, 51-2, f)	Ypsilanti/MITS Finals2/25/2024
51-0	Russell	Allendale/GVSU #4 (!)1/27/2024
49-11	Russell	Allendale/GVSU #4 (!)1/27/2024
43-7.75	Faith Moore (Farmington)12	Ann Arbor/UM HS Invitational1/21/2024
43-3.25	Eleena Kelley (Sturgis)12	Ypsilanti/MITS Finals2/25/2024
43-0.25	Madison Leifer (Byron Center)12	Allendale/GVSU #41/27/2024
38-9.5	Shelbie Chophonis (Hart)10	Ypsilanti/MITS Finals2/25/2024
38-7.5	Melody Kauffman ()11	Ypsilanti/MITS Finals2/25/2024
37-4.5	Susan Kish (Salem)12	Ann Arbor/UM HS Invitational1/21/2024
36-10.25	Maddy Biller (Brethren)12	Allendale/GVSU #52/17/2024
34-9	Noemi Rothstein (Plymouth)10	Allendale/GVSU #31/ 6/2024
34-8	Riley Northrop (Sturgis)11	Ypsilanti/MITS Finals2/25/2024
34-2	Maria Skrycki (GR West MI Aviation)12	Allendale/GVSU #52/17/2024
33-11.25	Allyson Broaddus (GR Catholic Central)12	Allendale/GVSU #52/17/2024
33-10	Mallory Ulrich (Coopersville)10	Allendale/GVSU #52/17/2024
33-2	Sydnee Thompson (Grand Blanc)12	Allendale/GVSU #31/ 6/2024

4 x 200 RELAY

1:40.75	Oak Park/Motor City TC	Ann Arbor/UM HS Invitational1/21/2024
1:41.28	Oak Park/Motor City TC (Morgan Roundtree 25.38, Carrie VanNoy 25.26, Nevaeh Burns 25.08, Jayda Watson 25.58)	New York/Millrose Games2/11/2024
1:41.35	Detroit Renaissance/Track Life (Shelby Sanders, Jayla Dace, Landon Johnson 25.70, Jayla Graham 25.09)	Boston/New Balance Nationals (h)3/ 8/2024
1:41.49	Detroit Renaissance/Track Life (Shelby Sanders, Jayla Dace, Landon Johnson 25.35, Jayla Graham 25.34)	Boston/New Balance Nationals3/ 8/2024
1:41.72	Detroit Renaissance/Track Life	Ann Arbor/UM HS Invitational1/21/2024
1:43.84	Romulus Summit North/POWER (Londyn Hall 26.99, Heaven Copeland 25.51, Yasmine Priester 26.09, Anaiia Simmons 25.25)	New York/Nike Indoor3/ 8/2024
1:48.91	Wayne Memorial	Ypsilanti/Huron Relays Large3/23/2023
1:49.30	Sturgis/Runners Campechanos (Kinder Smith 29.48, Keyanna O'Tey 24.98, Riley Eicher 26.74, Jackie Flores 28.10)	New York/Nike Indoor3/ 8/2024
1:50.49	East Lansing/Trojan Athletics	Ann Arbor/UM HS Invitational1/21/2024
1:52.39	Detroit Cass Tech/Courageous TC	Ann Arbor/UM HS Invitational1/21/2024
1:52.83	Kalamazoo Norrix	Ypsilanti/Huron Relays Large3/23/2023
1:52.95	Novi	Ypsilanti/Huron Relays Large3/23/2023
1:54.61	Byron Center/TC	Ann Arbor/UM HS Invitational1/21/2024

Mixed Teams:

1:42.00	Track Life #	Ann Arbor/UM HS Invitational1/21/2024
1:44.40	GR Fire #	Ann Arbor/UM HS Invitational1/21/2024
1:44.97	Michigan Racers #	Ann Arbor/UM HS Invitational1/21/2024
1:46.85	POWER #	Ann Arbor/UM HS Invitational1/21/2024
1:47.64	TONE UP! Elite #	Mt Pleasant/CMU MITS2/ 4/2024
1:50.22	Elite Performance XL #	Ann Arbor/UM HS Invitational1/21/2024
1:53.35	Shore TC #	Grand Rapids/Aquinas MITS #21/20/2024
1:54.06	Wolverines #	Grand Rapids/Aquinas MITS #21/20/2024

Oversized Track:

1:41.70	Detroit Renaissance/Track Life (Shelby Sanders, Jayla Dace, Landon Johnson, Jayla Graham)	Ypsilanti/MITS Finals2/24/2024
1:45.24	Oak Park/Motor City TC (Jayda Watson, Dayshana Kellogg, Mahlan Tate, Mekhi Thompson)	Ypsilanti/MITS Finals2/24/2024
1:46.13	East Lansing/Trojan Athletics (Janell Brown, Ayre'on Little, Are'yon Little, Amelia Biehl)	Ypsilanti/MITS Finals2/24/2024
1:46.29	Romulus Summit/POWER	Ypsilanti/MITS Finals2/24/2024
1:47.34	Wayne Memorial/Next Level	Ypsilanti/MITS Finals2/24/2024
1:48.30	Holland West Ottawa/Shore TC	Ypsilanti/MITS Finals2/24/2024

1:49.63	Detroit Cass Tech/Courageous TC (Myiah McCauley, Laila Hawkins, Sienna Hawkins, Marckenzie Armstrong)	Ypsilanti/MITS Finals	2/24/2024
1:50.31	Byron/TC (Adalyn Mata, Lauren Milward, Calena Foster), Katie Noel)	Ypsilanti/MITS Finals	2/24/2024
1:51.46	Saline	Ypsilanti/SEC Invitational	3/21/2024
1:51.47	Ypsilanti Lincoln	Ypsilanti/SEC Invitational	3/21/2024

Mixed Teams:

1:41.37	Track Life #	Ypsilanti/LAB #9	2/17/2024
1:42.61	Track Life #	Ypsilanti/LAB #2	12/16/2023
1:42.96	Track Life # (Robin Davis, Jordan McNeely, Kristen Lavergne, Cayla Hawkins)	Ypsilanti/MITS Finals	2/24/2024
1:43.52	Track Life #	Ypsilanti/LAB #1	12/ 9/2023
1:43.72	Michigan Racers # (Taryn Henderson, Molly Brown, Alysia Townsend, Samantha Francis)	Ypsilanti/MITS Finals	2/24/2024
1:44.86	Track Life #	Ypsilanti/LAB #1	12/ 9/2023
1:44.89	GR Fire #	Ypsilanti/MITS Finals	2/24/2024
1:47.20	Saginaw Striders #	Ypsilanti/MITS Finals	2/24/2024
1:48.02	Michigan Mustangs #	Ypsilanti/MITS Finals	2/24/2024
1:48.90	Michigan Accelerators #	Ypsilanti/MITS Finals	2/24/2024
1:49.59	Maximum Outper #	Ypsilanti/MITS Finals	2/24/2024
1:50.52	Dearborn TC #	Ypsilanti/LAB #2	12/16/2023
1:50.77	LAB TC #	Ypsilanti/MITS Finals	2/24/2024
1:50.92	Elite Performance XL #	Ypsilanti/MITS Finals	2/24/2024

4 x 300 RELAY (OT)

2:50.93	East Lansing	Saginaw/SVSU Inv D1/2	3/20/2024
2:51.82	Dearborn Divine Child	Saginaw/SVSU Inv D1/2	3/20/2024
2:52.87	Lake Orion	Saginaw/SVSU Inv D1/2	3/20/2024
2:56.51	Grand Blanc	Saginaw/SVSU Inv D1/2	3/20/2024
2:56.66	Rockford	Allendale/GVSU Laker Challenge	3/21/2024
2:56.72	Grand Haven	Allendale/GVSU Laker Challenge	3/21/2024
2:56.99	East Kentwood	Allendale/GVSU Laker Challenge	3/21/2024
2:57.36	Middleville Thornapple-Kellogg	Allendale/GVSU Laker Challenge	3/21/2024
2:57.47	Hastings	Allendale/GVSU Laker Challenge	3/21/2024
2:58.05	Holland West Ottawa	Allendale/GVSU Laker Challenge	3/21/2024

4 x 400 RELAY

3:47.81	Oak Park/Motor City (Dayshana Kellogg 57.04, Nevaeh Burns 57.45, Morgan Roundtree 56.81, Kylee King 56.52)	Boston/New Balance Nationals	3/10/2024
3:50.55	Oak Park/Motor City	Ann Arbor/UM HS Invitational	1/21/2024
3:50.87	Detroit Renaissance/Track Life	Ann Arbor/UM HS Invitational	1/21/2024
3:52.45	Oak Park/Motor City (Kylee King, Dayshana Kellogg, Kelis Hunter-Young, Nevaeh Burns)	Louisville/Indoor Games	2/ 3/2024
3:53.13	Detroit Renaissance/Track Life (57.54, 56.37, 62.00, 57.24)	Boston/New Balance Nationals	3/10/2024
4:00.54	Detroit Cass Tech/Courageous TC	Ann Arbor/UM HS Invitational	1/21/2024
4:13.22	Dearborn Divine Child	Grand Rapids/Gardiner Inv	3/23/2024
4:16.85	Holland West Ottawa/Shore TC	Grand Rapids/Aquinas #4	2/20/2024
4:17.82	Saline/Spirit of Pre	Ann Arbor/UM HS Invitational	1/21/2024
4:19.47	Portland St Patrick	Grand Rapids/Gardiner Inv	3/23/2024
4:22.93	Romulus Summit Academy	Ypsilanti/Huron Relays Small	3/22/2024
4:23.57	Wayne Memorial	Ypsilanti/Huron Relays Large	3/23/2023
4:24.61	Farmington Hills Mercy	Ypsilanti/Huron Relays Large	3/23/2023

Mixed Teams:

3:55.14	Motor City TC #	Ann Arbor/UM HS Invitational	1/21/2024
4:10.42	Michigan Racers #	New York/Nike Indoor	3/10/2024
4:23.13	SLS Elite #	Grand Rapids/Aquinas #1	12/16/2023
4:24.45	810 TC #	Grand Rapids/Aquinas #1	12/16/2023

Oversized Track:

3:48.15	Oak Park/Motor City TC (Morgan Roundtree 57.0, Dayshana Kellogg 57.0, Nevaeh Burns 56.5, Kylee King 57.7)	Ypsilanti/MITS Finals	2/25/2024
3:49.97	Detroit Renaissance/Track Life	Ypsilanti/MITS Finals	2/25/2024

	(Shelby Sanders, Lundon Johnson, Jordyn Burr, Lauren Bickerdt)	
3:56.51	Oak Park/Motor City TC	Saginaw/SVSU #52/17/2024
	(Morgan Roundtree, Carrie VanNoy, Kylee King, Nevaeh Burns)	
3:56.88	Detroit Renaissance/Track Life	Saginaw/SVSU MITS #2.....1/ 6/2024
4:06.46	Ann Arbor Pioneer	Ypsilanti/SEC Invitational.....3/21/2024
4:11.03	Lake Orion/Dragon TC	Saginaw/SVSU MITS #4.....1/20/2024
4:14.16	GR Catholic Central/West Michigan Harriers	Ypsilanti/MITS Finals2/25/2024
	(Elle Sharpe, Lindsay Lauria, Amelia Sharpe, Emily Tomes)	
4:16.25	Holland West Ottawa/Shore TC	Allendale/GVSU #3.....1/ 6/2024
4:16.75	Ann Arbor Skyline	Ypsilanti/SEC Invitational.....3/21/2024
4:17.42	Chelsea	Ypsilanti/SEC Invitational.....3/21/2024
4:19.03	Saline	Ypsilanti/SEC Invitational.....3/21/2024
4:19.79	Pinckney	Ypsilanti/SEC Invitational.....3/21/2024

Mixed Teams:

3:54.33	Motor City TC #	Ypsilanti/MITS Finals2/25/2024
	(Kai Allen, Carrie VanNoy, Kelis Hunter-Young, Janae Coleman)	
4:03.22	Saginaw Striders #	Ypsilanti/MITS Finals2/25/2024
4:03.93	810 TC #	Ypsilanti/MITS Finals2/25/2024
4:04.54	Michigan Racers #	Ypsilanti/MITS Finals2/25/2024
4:13.79	Project 131 #	Ypsilanti/MITS Finals2/25/2024
4:15.31	Breen #	Ypsilanti/MITS Finals2/25/2024
4:15.64	Speed Like Smitty #	Ypsilanti/MITS Finals2/25/2024
4:16.22	Elite Performance XL #	Ypsilanti/LAB #7.....2/ 3/2024
4:19.48	Redhawk #	Allendale/GVSU #3.....1/ 6/2024

4 x 600 RELAY

6:55.76	Walled Lake Northern	Saginaw/SVSU Inv D1/23/20/2024
6:55.91	Traverse City West	Saginaw/SVSU Inv D1/23/20/2024
6:56.14	East Kentwood	Allendale/GVSU Laker Challenge.....3/21/2024
7:00.34	Grand Blanc	Saginaw/SVSU Inv D1/23/20/2024
7:03.22	Lake Orion	Saginaw/SVSU Inv D1/23/20/2024
7:04.30	Rockford	Allendale/GVSU Laker Challenge.....3/21/2024
7:04.66	Zeeland West	Allendale/GVSU Laker Challenge.....3/21/2024
7:07.83	DeWitt	Saginaw/SVSU Inv D1/23/20/2024
7:10.55	Grand Haven	Allendale/GVSU Laker Challenge.....3/21/2024
7:13.92	Bay City Western	Saginaw/SVSU Inv D1/23/20/2024

4 x 800 RELAY

9:52.53	Romeo/Runners High	Boston/New Balance Nationals3/10/2024
	(2:28.77, 2:30.60, 2:31.46, 2:21.72)	
9:58.51	Saline/Spirit of Pre	Ann Arbor/UM HS Invitational1/21/2024
10:15.51	Macomb Dakota	Ypsilanti/Huron Relays Large.....3/23/2023
10:25.94	Detroit Country Day	Ypsilanti/Huron Relays Small.....3/22/2024
10:26.19	Monroe Jefferson	Ypsilanti/Huron Relays Small.....3/22/2024
10:35.60	Lansing Catholic	Grand Rapids/Gardiner Inv3/23/2024
10:38.33	Portland St Patrick	Grand Rapids/Gardiner Inv3/23/2024
10:39.00	Orchard Lake St Mary's	Grand Rapids/Gardiner Inv3/23/2024

Mixed Teams:

9:58.71	Pace Pushers #	Grand Rapids/Aquinas #3.....2/ 3/2024
10:08.56	Michigan Racers #	Ann Arbor/UM HS Invitational1/21/2024

Oversized Track:

9:24.89	Holland West Ottawa/Shore TC	Ypsilanti/MITS Finals2/25/2024
	(Addie Birkholz, Emma Gunnett, Natalie VanOtteren 2:20.1, Ava Porras 2:15.9)	
9:34.72	Holland West Ottawa/Shore TC	Allendale/GVSU #3.....1/ 6/2024
9:39.71	Zeeland East/Chicken Wiz	Ypsilanti/MITS Finals2/25/2024
	(Emma Drnek, Taryn DiLaura, Allison Kuzma, Meredith Cook)	
9:41.38	Saline/Spirit of Pre	Ypsilanti/MITS Finals2/25/2024
	(Sophie Toth, Grace Oberski, Lillian Schlack, Mackenzie Sellenraad)	
9:49.07	Romeo/Runners High	Ypsilanti/MITS Finals2/25/2024
	(Natalia Guaresimo, Ella Goodsell, Maya Muskan, Gracie Youngblood)	
9:53.07	Fraser/Fray Town	Ypsilanti/MITS Finals2/25/2024
	(Olivia Cereska, Katelyn Frazier, Remi Flanz, Grace Grupido)	

9:54.13 DeWitt/Pace Pushers Ypsilanti/MITS Finals2/25/2024
 (Ayla Holben, Morgan Ashcroft, Mia Williams, Kayla Williams)
 9:55.89 Ann Arbor Pioneer/Purple TC Saginaw/SVSU MITS #4.....1/20/2024

Mixed Teams:

9:22.71 Up North # Allendale/GVSU #3.....1/ 6/2024
 9:33.38 Up North Elite # Ypsilanti/MITS Finals2/25/2024
 (Payton Scheffler 2:19.0, Mylie Kelly 2:25.7, Mary Richmond 2:22.9, Aiden Harrand 2:25.8)
 9:37.26 810 TC # Ypsilanti/MITS Finals2/25/2024
 9:56.63 Michigan Racers # Ypsilanti/MITS Finals2/25/2024
 9:56.69 West Michigan Harriers # Allendale/GVSU #3.....1/ 6/2024

1600 SPRINT MEDLEY

3:57.66 Oak Park/Motor City Boston/New Balance Nationals3/ 8/2024
 (Morgan Roundtree, Carrie VanNoy, Nevaeh Burns 55.55, Kylee King 2:10.27)
 4:08.69 Oak Park/Motor City Boston/New Balance Nationals3/ 8/2024
 (Jayda Watson, Mahlan Tate, Kelis Hunter-Young 57.90, Dayshana Kellogg 2:18.46)
 4:09.12 Detroit Renaissance/Track Life Boston/New Balance Nationals3/ 8/2024
 (Jayla Dace, Jayla Graham, Shelby Sanders 57.24, Lauren Bickerdt 2:20.15)
 4:09.50 Detroit Cass Tech/Courageous Boston/New Balance Nationals3/ 8/2024
 (Laila Hawkins, Paris Williams, Lindsay Johnson 57.58, Anyla Robinson 2:18.52)
 4:10.22 Grand Rapids Catholic Central/WM Harriers Boston/New Balance Nationals3/ 8/2024
 (Lindsay Lauria, Amelia Sharpe, Ella Sharpe 60.54, Emily Tomes 2:12.15)
 4:18.61 Oak Park/Motor City Boston/New Balance Nationals3/ 8/2024
 (Mekhi Thompson, Serena Danpollo-Thompson, Erinaya Hyshaw 61.48, Jordin Maddox-Jones 2:21.28)
 4:19.50 Dearborn Divine Child Grand Rapids/Gardiner Inv3/23/2024
 (Aubrey Wilson, Meghan Koss, Kathryn Kurtinaitis, Katherine Koss)
 4:25.25 Sturgis/Runners Campechanos New York/Nike Indoor3/ 8/2024
 (Tenley Banaszak 26.26, Hannah Garbine 28.15, Sydney Bir 65.15, Berkley Holtz 2:25.69)
 4:43.88 Portland St Patrick Grand Rapids/Gardiner Inv3/23/2024
 4:45.67 Lansing Catholic Grand Rapids/Gardiner Inv3/23/2024

Mixed Teams:

4:24.55 West Michigan Harriers # Grand Rapids/Aquinas #3.....2/ 3/2024
 4:31.63 Pace Pushers # Grand Rapids/Aquinas #3.....2/ 3/2024
 4:35.73 Eastern # Grand Rapids/Aquinas #3.....2/ 3/2024
 4:39.01 Runners Campechanos # Grand Rapids/Aquinas #3.....2/ 3/2024

Oversized Track:

3:57.70 Motor City TC (OP) Ypsilanti/MITS Finals2/24/2024
 (Nevaeh Burns 56.6, Morgan Roundtree 24.6, Carrie VanNoy 25.4, Kylee King 2:11.0)
 4:03.57 Motor City (OP) Saginaw/SVSU MITS #2.....1/ 6/2024
 4:06.62 810 TC # Ypsilanti/MITS Finals2/24/2024
 4:09.00 Courageous TC (CT) Ypsilanti/MITS Finals2/24/2024
 (Lindsay Johnson, Laila Hawkins, Paris Williams, Anyla Robinson)
 4:10.68 Track Life (DR) Saginaw/SVSU MITS #2.....1/ 6/2024
 4:12.34 All About Speed # Ypsilanti/MITS Finals2/24/2024
 4:14.71 West Michigan Harriers (GRCC) Ypsilanti/MITS Finals2/24/2024
 (Elle Sharpe, Lindsay Lauria, Amelia Sharpe, Emily Tomes)
 4:15.85 Michigan Mustangs # Ypsilanti/MITS Finals2/24/2024
 4:17.85 Runners United # Ypsilanti/MITS Finals2/24/2024
 4:19.54 Elite Performance XL # Ypsilanti/MITS Finals2/24/2024
 4:21.43 Dragon TC (LO) Ypsilanti/MITS Finals2/24/2024
 (Saylor Papadelis, Ella Krajewski, Jenna Eichbrecht, Sofiya Sally)
 4:22.89 810 TC (B) Ypsilanti/LAB #7.....2/ 3/2024
 4:23.87 Alma TC (A) Ypsilanti/MITS Finals2/24/2024
 (Joy Evans, Amiya Neff, Gwen Breidinger, Ezgi Kurt)
 4:24.43 LAB TC # Ypsilanti/MITS Finals2/24/2024
 4:24.55 Dearborn TC # Saginaw/SVSU MITS #2.....1/ 6/2024
 4:25.83 Sturgis TC (S) Ypsilanti/MITS Finals2/24/2024
 (Tenley Banaszak, Jackie Flores, Sydney Bir, Berkley Holtz)
 4:26.02 Dearborn TC # Ypsilanti/MITS Finals2/24/2024
 4:26.17 Jackalope TC # Ypsilanti/LAB #8.....2/10/2024
 4:28.44 Cadillac (C) Saginaw/SVSU MITS #2.....1/ 6/2024
 4:29.21 Golden Geese (S) Ypsilanti/MITS Finals2/24/2024

4:29.77 Pace Pushers (D) Ypsilanti/MITS Finals2/24/2024

DISTANCE MEDLEY

12:37.18 Northville/Six Mile Boston/New Balance Nationals3/ 8/2024
13:44.27 East Kentwood/KTC Grand Rapids/Aquinas #42/20/2024

Mixed Teams:

12:50.11 West Michigan Harriers # Grand Rapids/Aquinas #42/20/2024
12:53.65 Shore TC # Grand Rapids/Aquinas #42/20/2024

Oversized Track:

12:09.48 Shore TC (HWO) Ypsilanti/MITS Finals2/24/2024
(Natalie VanOtteren 3:37.3, Emma Gunnett 62.2, Addie Birkholz 2:24.7, Ava Porras 5:05.3)
12:39.04 GRTC Peregrines Ypsilanti/MITS Finals2/24/2024
(Suzannah DiPiazza, Alyssa Wisener, Daisy Speet, Stephanie DiPiazza)
12:47.31 Up North Elite # Ypsilanti/MITS Finals2/24/2024
12:52.95 Spirit of Pre (S) Ypsilanti/MITS Finals2/24/2024
(Grace Oberski, Mahalia Staton, Mackenzie Sellenraad, Corynn Gady)
12:54.03 Degeneration X (BCW) Saginaw/SVSU Distance Festival2/10/2024
12:56.01 Dearborn TC # Ypsilanti/MITS Finals2/24/2024
12:58.43 Pace Pushers (D) Saginaw/SVSU Distance Festival2/10/2024
12:59.88 Alma TC (A) Ypsilanti/MITS Finals2/24/2024
13:02.07 Six Mile TC (N) Ypsilanti/MITS Finals2/24/2024
13:03.06 West Michigan Harriers # Ypsilanti/MITS Finals2/24/2024
13:06.73 Very Nice TC (AAS) Ypsilanti/MITS Finals2/24/2024
13:11.42 Project 131 # Ypsilanti/MITS Finals2/24/2024

SHUTTLE HURDLES

33.70 Oak Park/Motor City Boston/New Balance Nationals3/10/2024
(Morgan Roundtrss, Carrie VanNoy, Jayda Watson, Mekhi Thompson)
37.19 Detroit Cass Tech/Courageous Boston/New Balance Nationals3/10/2024