

# Michigan Girls Outdoor State Records

(updated 7/26/2024)

## 100 METERS

11.37 Shayla Mahan (Detroit Mumford)12 Jackson/Midwest Meet (1.7) ..... 6/12/2007

## 200 METERS

23.01 Kaila Jackson (Detroit Renaissance)11 Humble/AAU JO (s) (1.4) ..... 8/ 4/2021

## 400 METERS

52.03 Kendall Baisden (Detroit Country Day)12 Des Moines/USA Juniors ..... 6/22/2013

## 800 METERS

2:05.05 Geena Gall (Grand Blanc)12 Greensboro/Nike Outdoor ..... 6/18/2005

## 1500 METERS

4:17.00 Rachel Forsyth (Ann Arbor Pioneer)12 Toronto/Ontario U20/Open Champs ..... 7/20/2024

## 1600 METERS

4:37.73y Julia Flynn (Traverse City Central)12 Seattle/Brooks PR (1M) ..... 6/15/2022

## MILE

4:37.73 Julia Flynn (Traverse City Central)12 Seattle/Brooks PR ..... 6/15/2022

## 2000m STEEPLE

7:16.83 Lyndsay Smith (Clarkston)11 Greensboro/Nike Outdoor ..... 6/17/2005

## 3000 METERS

(absolute)  
9:15.2#i Audrey DaDamio (Birmingham Seaholm)12 Chicago/CYUP Misfits Inv (3200)..... 2/20/2021

(outdoor)  
9:16.3# Ericka VanderLende (Rockford)12 Shoreline/Brooks PR (2M) ..... 6/15/2019

## 3200 METERS

9:49.9# Ericka VanderLende (Rockford)12 Shoreline/Brooks PR (2M..... )6/15/2019

## 2 MILE

9:53.00 Ericka VanderLende (Rockford)12 Shoreline/Brooks PR ..... 6/15/2019

## 5000 METERS

16:12.40 Audrey DaDamio (Birmingham Seaholm)12 Hillsdale/Gina Relays ..... 4/23/2021

## 10,000 METERS

35:44.75 Noelle Adriaens (Pinckney)12 Quebec City/Rouge et Or ..... 7/12/2019

## 100m HURDLES (30")

13.46 Bridgette Owens-Mitchell (Southfield)11 Sudtiroi/World Youth Ch (s) (1.0) ..... 7/ 8/2009

## 100m HURDLES (33")

13.16 Grace Stark (White Lake Lakeland)11 Kentwood/D1 State (1.7) ..... 6/ 2/2018

## 300m HURDLES

40.37 Nonah Waldron (Oak Park)10 Rockford/D1 State ..... 6/ 3/2023

## 400m HURDLES

58.10 Nonah Waldron (Oak Park)10 Humble/AAU Junior Olympics ..... 8/ 3/2021

## HIGH JUMP

6-0 Gwen Wentland (Grand Blanc)12 Flint/CAN-USA ..... 8/10/1990

**POLE VAULT**

13-9 Mackenzie Shell (Port Huron Northern)12 Warren/D1 Regional..... 5/15/2015

**LONG JUMP**

19-9.75 Kennedy Jackson (Walled Lake Western)11 Greensboro/AAU Junior Olympics (1.1)..... 7/29/2019

**TRIPLE JUMP**

(absolute)

39-11.25 Shelby Allen (Berkley)12 New York/New Balance Nationals ..... 3/16/2014

(outdoor)

39-8 Shelby Allen (Berkley)12 Des Moines/AAU Junior Olympics (0.7)..... 7/30/2014

**SHOT**

51-11 Sarah Marvin (Byron)11 Collegeville/Throws U Last Chance ..... 6/10/2021

**DISCUS**

166-5 Alana Robinson (Grosse Ile)12 Delaware/Midwest Meet of Champions ..... 6/13/1998

**HAMMER**

156-7 Abigail Russell (Allen Park)12 Novi/Summer Throws Series ..... 7/24/2024

**JAVELIN**

140-4 Kortni Elsworth (Goodrich)12 Ypsilanti/AAU Junior Olympics [hept] ..... 7/27/2008

**HEPTATHLON**

5071 Aaron Howell (Farmington)11 Greensboro/New Balance ..... 6/15/2012  
(15.13 [1.2], 5-6, 37-1.75, 25.79, 17-7.5 [1.7], 118-8, 2:27.31)

5071 Aaron Howell (Farmington)12 Des Moines/USA Juniors ..... 6/20/2013  
(14.54 [1.8], 5-4.25, 35-4, 26.09 [0.6], 17-9.5 [-1.1], 122-0, 2:26.54)

**4 x 100 RELAY**

45.56 Detroit Renaissance Kentwood/D1 State ..... 6/ 5/2021  
(Olivia Jenkins, Kaila Jackson, Madison Sheard, Leeah Burr)

**4 x 200 RELAY**

(absolute)

1:36.29 Detroit Renaissance New York/New Balance Nationals ..... 3/12/2022  
(Kaila Jackson 24.06, Chloe Vines 24.13, Olivia Jenkins 24.38, Leeah Burr 23.72)

(outdoor)

1:36.53 Detroit Renaissance Farmington/D1 Regional ..... 5/18/2019  
(Kaila Jackson, Imani Jackson, Donae' Adams, Leeah Burr)

**4 x 400 RELAY**

3:36.72 Oak Park Greensboro/New Balance Nationals ..... 6/21/2015  
(Johnyce Powell, Dorriann Coleman, Ersula Farrow 54.77, Anna Jefferson 53.16)

**4 x 800 RELAY**

8:48.29 Grosse Pointe South Kentwood/D1 State ..... 6/15/2012  
(Kelsie Schwartz 2:13.1, Ersula Farrow 2:13.5, Haley Meier 2:13.4, Hannah Meier 2:08.3)

**4 x 1600 RELAY**

20:14.89 Rockford Dayton/Roosevelt Memorial ..... 5/ 4/2001  
(Linsey Blaisdell, Nikki Bohnsack, Kalin Toedebusch, Kelsey Toedebusch)

**4 x MILE RELAY**

(absolute)

20:02.80i Grosse Pointe South New York/New Balance Nationals ..... 3/ 9/2013  
(Kelsie Schwartz 5:15.45, Ersula Farrow 5:06.40, Haley Meier 4:54.90, Hannah Meier 4:46.05)

(outdoor)

20:08.62 Ann Arbor Pioneer Philadelphia/New Balance Nationals ..... 6/16/2022

(Sylvia Sanok Dufallo 5:07.2, Emily Cooper 5:03.3, Cookie Baugh 5:08.0, Sarah Forsyth 4:50.1)

**800m SPRINT MEDLEY (200-100-100-400)**

1:42.94 Detroit Mumford Greensboro/Nike Outdoor Ch ..... 6/18/2005  
(Dana Hill, Shayla Mahan, Chanell Wright, Jessica Jones)

**1600m SPRINT MEDLEY (400-200-200-800)**

3:56.09 Oak Park Greensboro/New Balance Nationals ..... 6/20/2015  
(Aasia Laurencin, Kourtney Kennard, Miyah Brooks, Dorriann Coleman 2:10.91)

**DISTANCE MEDLEY**

(absolute)

11:21.95i Ann Arbor Pioneer Saginaw/SVSU Distance Fest..... 2/12/2022  
(Sarah Forsyth 3:29.5, Emily Cooper 61.7, Cookie Baugh 2:12.0, Rachel Forsyth 4:38.8)

(outdoor)

11:41.67 Clarkston Greensboro/Nike Outdoor Ch ..... 6/17/2006  
(Stephanie Morgan 3:31.6, Melissa Martinez 60.2, Lisa Sickman 2:19.4, Jenny Morgan 4:50.5)