



2014 High School Indoor T&F Best

WOMEN

100 Meter Dash

Rank	Athlete	School	2013 Best	Meet
1	Josie Yesmunt	12 DeWitt	12.16	06/01/13 MHSAA State Championships LP-2
2	Camron Nelson	10 Grand Rapids Forest Hills Eastern	12.26	06/01/13 MHSAA State Championships LP-2
3	Jada Steele	10 Harper Woods Chandler Park Academy	12.31	06/01/13 MHSAA State Championships LP-2
4	Ashlee Moran	12 Grand Rapids Forest Hills Northern	12.39	06/01/13 MHSAA State Championships LP-2
5	Hailey McRoberts	11 Ionia	12.40	06/01/13 MHSAA State Championships LP-2
6	Ayanna Buckley	12 Livonia Clarenceville	12.42	06/01/13 MHSAA State Championships LP-2
7	Mildrenae Young	11 Flint Southwestern Academy	12.44	06/01/13 MHSAA State Championships LP-3
8	Mycah Ridder	12 Lake Odessa-Lakewood	12.45	06/01/13 MHSAA State Championships LP-2
9	Nijah Russell	10 Dowagiac	12.57	06/01/13 MHSAA State Championships LP-2
10	Lindsey Defrain	11 Mt. Pleasant	12.59	06/01/13 MHSAA State Championships LP-2
11	Ally Goeman	10 Charlotte	12.65	06/01/13 MHSAA State Championships LP-2
12	Erica Maslany	10 South Lyon East	12.72	06/01/13 MHSAA State Championships LP-2
13	Amiya Alexander	10 Detroit Country Day	12.74	05/17/13 MHSAA Regional 15
14	Armonni Hicks	11 Yale	12.75	06/01/13 MHSAA State Championships LP-2
15	Mackenzie Jones	12 Owosso	12.79	05/18/13 MHSAA Regional 16
16	Payton Wood	12 Parchment	12.80	06/01/13 MHSAA State Championships LP-3
17	Kikel Sekoni	11 Haslett	12.82	06/01/13 MHSAA State Championships LP-2
18	Kirsten Taylor	11 Richland Gull Lake	12.84	04/26/13 Don Lukens Invitational
19	Laura Mcgrath	11 Chelsea	12.86	05/17/13 MHSAA Regional 13
20	Jamie Patrick	10 Wyoming Kelloggsville	12.87	05/13/13 Ottawa-Kent Silver Conference Championship
20	Fiona Shea	12 Middleville-Thornapple Kellogg	12.87	06/01/13 MHSAA State Championships LP-2
22	Lauren Huebner	10 Saginaw Swan Valley	12.89	06/01/13 MHSAA State Championships LP-2
23	Hannah Coverdill	10 Marine City	12.92	05/24/13 BWA Meet of Champions
24	Chenelle Harkless	12 Flint Northwestern	12.93	05/18/13 MHSAA Regional 16
25	Maya Bulger	11 Bloomfield Hills Marian	12.94	05/17/13 MHSAA Regional 15
26	Chante Roberts	12 Lansing Waverly	12.96	05/22/13 CAAC Gold Championship
27	Paige Halfmann	12 Adrian	13.01	05/23/13 SEC Girls Championship
28	Tunsia Howard	12 Detroit Denby	13.04	05/23/13 Detroit Public School League Championship
29	Carly Somnavilla	12 Holland Christian	13.05	06/01/13 MHSAA State Championships LP-2
30	Nicole Lange	12 Milan	13.06	05/25/13 MITCA Division 2 State Championship
31	Kelsee Kinder	11 Dearborn Divine Child	13.08	05/03/13 Golden Triangle Invitational
32	Heidi Klinger	12 Fruitport	13.16	05/10/13 Lakes 8 Activities Conference Championship
32	Julia Henderson	10 Williamston	13.16	05/25/13 MITCA Division 2 State Championship
32	Diamond Mansfield	11 Richland Gull Lake	13.16	06/01/13 MHSAA State Championships LP-2
35	Catrina Cornelius	12 Coopersville	13.18	05/09/13 Ottawa-Kent Blue Conference Championship
36	Bailey Gardner	12 Mt. Morris	13.19	05/18/13 MHSAA Regional 16
37	Catera Watts	11 Detroit Denby	13.20	05/23/13 Detroit Public School League Championship
38	Sinnamon Shelby	12 Benton Harbor	13.21	04/26/13 Don Lukens Invitational
39	Nicole Quigley	11 Wayland Union	13.22	05/17/13 MHSAA Regional 12
40	Quette Hughes	12 Flint Southwestern Academy	13.24	04/26/13 Don Lukens Invitational
40	Sara Slack	11 Petoskey	13.24	04/23/13 Alpena vs. Petoskey Dual
42	Christine Montalbano	10 Bloomfield Hills Marian	13.25	05/21/13 Catholic League D1 & D2 Championship
43	Olivia Tarry	11 Mason	13.26	05/17/13 MHSAA Regional 12
44	Helen Rueckert	12 Williamston	13.29	05/18/13 MHSAA Regional 16
45	Damiah Woodmore	11 Romulus	13.30	05/17/13 MHSAA Regional 13
46	Brianna Rimpson	10 Benton Harbor	13.31	04/26/13 Don Lukens Invitational
47	Kaylynn Martin	10 Portland	13.33	05/10/13 Jonathan Nugent Memorial Invitational
47	Emma Roedel	10 Fowlerville	13.33	05/22/13 CAAC Red Championship
49	Maggie Dobberstein	12 Grand Rapids Forest Hills Eastern	13.34	05/09/13 Ottawa-Kent Bronze Conference Championship
49	Danielle Alexander	11 Mt. Morris	13.34	05/18/13 MHSAA Regional 16



2014 High School Indoor T&F Best

WOMEN

200 Meter Dash

Rank	Athlete	School	2013 Best	Meet
1	Chante Roberts	12 Lansing Waverly	25.00	06/01/13 MHSAA State Championships LP-2
2	Nijah Russell	10 Dowagiac	25.90	05/03/13 St. Joseph-Benton Harbor Invitational
3	Ashlee Moran	12 Grand Rapids Forest Hills Northern	25.96	06/01/13 MHSAA State Championships LP-2
4	Camron Nelson	10 Grand Rapids Forest Hills Eastern	26.01	06/01/13 MHSAA State Championships LP-2
5	Jada Steele	10 Harper Woods Chandler Park Academy	26.13	06/01/13 MHSAA State Championships LP-2
6	Josie Yesmunt	12 DeWitt	26.19	05/22/13 CAAC Red Championship
7	Ayanna Buckley	12 Livonia Clarenceville	26.24	05/17/13 MHSAA Regional 15
7	Lindsey Defrain	11 Mt. Pleasant	26.24	06/01/13 MHSAA State Championships LP-2
9	Nicole Lange	12 Milan	26.32	06/01/13 MHSAA State Championships LP-2
10	Kitana Espinoza	10 Marshall	26.53	05/17/13 MHSAA Regional 12
11	Armonni Hicks	11 Yale	26.61	06/01/13 MHSAA State Championships LP-2
12	Mildrenae Young	11 Flint Southwestern Academy	26.62	06/01/13 MHSAA State Championships LP-3
13	Mycah Ridder	12 Lake Odessa-Lakewood	26.73	05/17/13 MHSAA Regional 12
13	Catrina Cornelius	12 Coopersville	26.73	06/01/13 MHSAA State Championships LP-2
15	Emily Godfrey	12 Ovid-Elsie	26.77	06/01/13 MHSAA State Championships LP-3
16	Andrea Pangori	11 Pontiac Notre Dame Prep	26.85	05/21/13 Catholic League D1 & D2 Championship
16	Carlyn Arteaga	11 Spring Lake	26.85	05/10/13 Lakes 8 Activities Conference Championship
18	Laura Mcgrath	11 Chelsea	26.88	05/23/13 SEC Girls Championship
19	Maggie Dobberstein	12 Grand Rapids Forest Hills Eastern	26.93	05/09/13 Ottawa-Kent Bronze Conference Championship
19	Paige Halfmann	12 Adrian	26.93	05/23/13 SEC Girls Championship
21	Shelby Mauchline	12 Algonac	26.98	06/01/13 MHSAA State Championships LP-2
22	Darhonda Turner	12 Saginaw	26.99	05/17/13 MHSAA Regional 19
23	Ahmyere Hollingswort	12 Grand Rapids Christian	27.01	05/09/13 Ottawa-Kent White Conference Championship
23	Fiona Shea	12 Middleville-Thornapple Kellogg	27.01	05/17/13 MHSAA Regional 12
25	Carly Sommavilla	12 Holland Christian	27.10	05/21/13 Champion of Champions Scholarship Meet
26	Christine Montalbano	10 Bloomfield Hills Marian	27.14	05/21/13 Catholic League D1 & D2 Championship
27	Onika Berkley	10 East Grand Rapids	27.19	05/02/13 Caledonia vs. East Grand Rapids Dual
28	Alexcia Bennett	11 St. Joseph	27.20	05/03/13 St. Joseph-Benton Harbor Invitational
28	Laci Sager	12 Adrian	27.20	05/23/13 SEC Girls Championship
30	Lori Lewis	11 Lansing Sexton	27.32	04/26/13 Don Lukens Invitational
31	Samantha Greene	11 Linden	27.36	05/18/13 MHSAA Regional 16
32	Bailey Slater	10 DeWitt	27.39	05/18/13 MHSAA Regional 16
33	Meghan Dassance	12 Eaton Rapids	27.40	05/10/13 Siena Heights Invitational
33	Heidi Klinger	12 Fruitport	27.40	05/10/13 Lakes 8 Activities Conference Championship
35	Jamie Patrick	10 Wyoming Kelloggsville	27.42	05/13/13 Ottawa-Kent Silver Conference Championship
36	Alexis Thornton	12 Three Rivers	27.46	05/21/13 Wolverine Conference Championship
37	Helen Rueckert	12 Williamston	27.48	05/18/13 MHSAA Regional 16
38	Alexandria Miller	12 Stevensville-Lakeshore	27.51	05/07/13 St. Joseph vs. Lakeshore Dual
39	Sabrina Douglas	12 Auburn Hills Avondale	27.60	04/27/13 Oxford Invitational
40	Hailey McRoberts	11 Ionia	27.61	05/22/13 CAAC Red Championship
41	Lauren Capua	12 St. Joseph	27.62	05/25/13 MITCA Division 2 State Championship
42	Miranda Greene	11 Linden	27.64	05/03/13 Stockbridge Invite
43	Stephanie Hutchins	12 Big Rapids	27.73	05/17/13 MHSAA Regional 19
44	Sinnamon Shelby	12 Benton Harbor	27.75	04/26/13 Don Lukens Invitational
45	Alexis Highers	10 Flat Rock	27.79	05/17/13 MHSAA Regional 13
46	Heather Dorothy	11 Allegan	27.80	05/17/13 MHSAA Regional 11
47	Payton Wood	12 Parchment	27.82	04/26/13 Don Lukens Invitational
48	Kelsee Kinder	11 Dearborn Divine Child	27.90	05/17/13 MHSAA Regional 13
49	Paige Berg	11 Parchment	27.91	04/26/13 Don Lukens Invitational
50	Courtney Koskela	12 Grand Rapids Forest Hills Eastern	27.92	05/09/13 Ottawa-Kent Bronze Conference Championship



2014 High School Indoor T&F Best

WOMEN

400 Meter Dash

Rank	Athlete	School	2013 Best	Meet
1	Nicole Lange	12 Milan	58.69	05/17/13 MHSAA Regional 13
2	Carlyn Arteaga	11 Spring Lake	58.80	05/25/13 MITCA Division 2 State Championship
3	Dillon McClintock	11 Owosso	59.00	05/22/13 CAAC Red Championship
4	Jennifer Mcneal	10 Mt. Pleasant	59.31	06/01/13 MHSAA State Championships LP-2
5	Haley Ritsema	11 Grand Rapids South Christian	59.42	06/01/13 MHSAA State Championships LP-2
6	Liz Mullen	12 Dearborn Divine Child	59.62	06/01/13 MHSAA State Championships LP-2
7	Chelsea Larsen	11 Saginaw Swan Valley	59.77	06/01/13 MHSAA State Championships LP-2
8	Lexi Khon	10 Jackson Northwest	59.94	06/01/13 MHSAA State Championships LP-2
9	Madison Slater	11 DeWitt	1:00.00	06/01/13 MHSAA State Championships LP-2
10	Anna Lee Konsoer-rose	11 Grand Rapids Forest Hills Eastern	1:00.08	06/01/13 MHSAA State Championships LP-2
11	Emily Godfrey	12 Ovid-Elsie	1:00.13	05/22/13 Tri-Valley Central Conference Championship
12	Chante Roberts	12 Lansing Waverly	1:00.44	05/10/13 Jonathan Nugent Memorial Invitational
13	Alexandria Miller	12 Stevensville-Lakeshore	1:00.51	05/17/13 MHSAA Regional 11
14	Paige Dutcher	11 Williamston	1:00.64	06/01/13 MHSAA State Championships LP-2
15	Elizabeth Bloch	12 Warren Regina	1:00.74	06/01/13 MHSAA State Championships LP-2
16	Emily Wells	12 Caro	1:00.82	06/01/13 MHSAA State Championships LP-2
17	Katie Verhulst	11 Grand Rapids Christian	1:00.98	05/09/13 Ottawa-Kent White Conference Championship
18	Ashlee Moran	12 Grand Rapids Forest Hills Northern	1:01.14	05/09/13 Ottawa-Kent Bronze Conference Championship
19	Molly Dassance	12 Eaton Rapids	1:01.29	05/17/13 MHSAA Regional 12
20	Mckayley Gourley	12 East Grand Rapids	1:01.32	05/02/13 Caledonia vs. East Grand Rapids Dual
20	Summer Lennartz	12 St. Joseph	1:01.32	05/17/13 MHSAA Regional 11
22	Cassie Bloch	12 Warren Regina	1:01.35	04/22/13 Warren Regina vs. Livonia Ladywood Dual
23	Hannah Bible	10 Adrian	1:01.40	05/17/13 MHSAA Regional 13
24	Megan O'Neil	12 Remus Chippewa Hills	1:01.73	05/28/13 Morning Sun Meet of Champions
25	Laci Sager	12 Adrian	1:01.92	05/28/13 Daily Telegram Individual Invitational
26	Claire Bolden	10 Pontiac Notre Dame Prep	1:02.05	05/09/13 Ladywood 9-10 Invitational
27	Sydney Cox	12 Mt. Pleasant	1:02.17	05/03/13 Shepard Bluejay Invite
28	Hannah Vanzanten	11 Grand Rapids Christian	1:02.31	05/25/13 MITCA Division 2 State Championship
29	Brittany Parker	11 Muskegon Orchard View	1:02.34	05/22/13 Meijer West Michigan All-Star Meet
30	Sarah Schultz	11 Williamston	1:02.36	05/22/13 CAAC White Championship
31	Lexus Kerr	11 Battle Creek Harper Creek	1:02.38	05/17/13 MHSAA Regional 12
32	Skylar Napier	10 Corunna	1:02.55	05/22/13 CAAC White Championship
33	Madalyn Flewelling	11 Ludington	1:02.59	05/22/13 Meijer West Michigan All-Star Meet
34	Alexis Heimbaugh	10 Sparta	1:02.62	05/13/13 Allendale vs. Sparta Dual
35	Alexis Herbert	11 Three Rivers	1:02.63	05/21/13 Wolverine Conference Championship
36	Paige Berg	11 Parchment	1:02.65	04/26/13 Don Lukens Invitational
37	Lindsey Trebilcock	11 Algonac	1:02.66	05/24/13 BWA Meet of Champions
38	Danielle Keusch	10 Portland	1:02.68	05/14/13 Lake Odessa Lakewood vs. Portland Dual
39	Armonni Hicks	11 Yale	1:02.69	05/25/13 MITCA Division 2 State Championship
40	Lori Lewis	11 Lansing Sexton	1:02.75	05/22/13 CAAC Blue Championship
41	Erin Drabicki	12 Dearborn Divine Child	1:02.88	05/21/13 Catholic League D1 & D2 Championship
42	Lyndsay Pung	11 St. Johns	1:02.97	05/22/13 CAAC Red Championship
43	Rebeckah Whiting	10 Goodrich	1:03.02	05/18/13 MHSAA Regional 16
44	Erin Pete	11 Lansing Waverly	1:03.14	05/18/13 MHSAA Regional 16
45	Amanda Simich	10 Chelsea	1:03.29	05/03/13 Stockbridge Invite
46	Danielle Rode	11 Belding	1:03.44	05/25/13 MITCA Division 2 State Championship
47	Haylee Ribbey-Johnson	10 Battle Creek Pennfield	1:03.46	05/17/13 MHSAA Regional 12
48	Stephanie Mumper	11 St. Joseph	1:03.47	05/25/13 MITCA Division 2 State Championship
49	Katie Wells	12 Spring Lake	1:03.48	05/22/13 Meijer West Michigan All-Star Meet
50	Kerisa Rascoe	11 Essexville Garber	1:03.53	05/22/13 Tri-Valley East Conference Championship



2014 High School Indoor T&F Best

WOMEN

800 Meter Run

Rank	Athlete	School	2013 Best	Meet
1	Megan O'Neil	12 Remus Chippewa Hills	2:14.88	05/25/13 MITCA Division 2 State Championship
2	Carlyn Arteaga	11 Spring Lake	2:16.00	05/25/13 MITCA Division 2 State Championship
3	Karrigan Smith	11 St. Johns	2:16.28	06/01/13 MHSAA State Championships LP-2
4	Makenzie Evers	12 Plainwell	2:16.58	06/01/13 MHSAA State Championships LP-2
5	Monica Baylis	11 Belding	2:17.44	06/01/13 MHSAA State Championships LP-2
6	Cassie Bloch	12 Warren Regina	2:17.87	06/01/13 MHSAA State Championships LP-2
7	Dillon McClintock	11 Owosso	2:18.98	05/10/13 Cardinal Classic
8	Meg Darmofal	11 Mason	2:21.43	05/22/13 CAAC Gold Championship
9	Mckayley Gourley	12 East Grand Rapids	2:22.66	05/09/13 Ottawa-Kent White Conference Championship
10	Mackenzie Kellar	12 Parma Western	2:23.27	05/17/13 MHSAA Regional 12
11	Mary Kostielney	12 Grand Rapids Forest Hills Eastern	2:23.32	06/01/13 MHSAA State Championships LP-2
12	Summer Lennartz	12 St. Joseph	2:23.36	05/17/13 MHSAA Regional 11
13	Claire Golladay	11 East Grand Rapids	2:23.39	05/09/13 Ottawa-Kent White Conference Championship
14	Andrea Garza	12 Charlotte	2:23.63	05/17/13 MHSAA Regional 12
15	Jordan Lee	11 DeWitt	2:23.79	05/25/13 MITCA Division 2 State Championship
16	Ellayna Iaquaniello	11 Dearborn Divine Child	2:24.85	05/25/13 MITCA Division 2 State Championship
17	Emily Converse	10 East Grand Rapids	2:25.28	06/01/13 MHSAA State Championships LP-2
18	Goldie Breuhan	12 St. Clair	2:25.38	05/03/13 Harold Arft Sterling Invitational
19	Shelby Smith	10 East Grand Rapids	2:25.61	05/02/13 Caledonia vs. East Grand Rapids Dual
20	Madisyn Estkowski	10 St. Joseph	2:25.62	05/17/13 MHSAA Regional 11
21	Morgan Labert	12 Trenton	2:25.88	05/17/13 MHSAA Regional 13
22	Lindsay Kriefeldt	11 Bay City John Glenn	2:25.91	05/17/13 MHSAA Regional 19
23	Andrea Koenigsknecht	12 Lansing Sexton	2:26.91	05/22/13 CAAC Blue Championship
24	Lauren McGrath	11 Pontiac Notre Dame Prep	2:27.04	06/01/13 MHSAA State Championships LP-2
25	Alexis Elliott	10 Essexville Garber	2:27.44	05/22/13 Tri-Valley East Conference Championship
26	Taylor Sterenberg	11 Grand Rapids Forest Hills Eastern	2:27.47	05/09/13 Ottawa-Kent Bronze Conference Championship
27	Cara Hoover	12 Vicksburg	2:27.49	05/17/13 MHSAA Regional 11
28	Monica Ellicott	11 Caro	2:27.51	05/22/13 Tri-Valley East Conference Championship
29	Jamie Hanson	12 Pontiac Notre Dame Prep	2:27.53	05/17/13 MHSAA Regional 15
30	Angela Maurer	12 Williamston	2:27.61	05/25/13 MITCA Division 2 State Championship
31	Stephanie Mumper	11 St. Joseph	2:28.19	05/17/13 MHSAA Regional 11
32	Sydney Kreger	10 Grosse Ile	2:28.23	05/17/13 MHSAA Regional 13
33	Grace Bosma	12 Hastings	2:28.52	05/21/13 Champion of Champions Scholarship Meet
34	Erin Drabicki	12 Dearborn Divine Child	2:28.76	05/25/13 MITCA Division 2 State Championship
35	Teresa Diehl	10 Warren Regina	2:29.01	06/01/13 MHSAA State Championships LP-2
36	Chloe Kinnally	11 Big Rapids	2:29.04	05/17/13 MHSAA Regional 19
37	Sofia Gonzalez	12 Chelsea	2:29.44	05/17/13 MHSAA Regional 13
38	Sydney Elmer	12 Linden	2:29.53	04/29/13 Holly vs. Linden vs. Ortonville-Brandon Double Dual
39	Elise Argue	12 Grand Rapids Forest Hills Northern	2:29.74	05/09/13 Ottawa-Kent Bronze Conference Championship
40	Aubrey Ritchey	11 Edwardsburg	2:30.37	05/17/13 MHSAA Regional 11
41	Emma Buist	12 Coopersville	2:30.49	05/09/13 Ottawa-Kent Blue Conference Championship
42	Molly Dassance	12 Eaton Rapids	2:30.57	05/17/13 MHSAA Regional 12
43	Aracelli Leon	12 Ionia	2:30.85	05/11/13 Central Montcalm Hornet Invitational
44	Mckenna Van Doornik	12 Zeeland East	2:30.87	05/09/13 Ottawa-Kent Black Conference Championship
45	Ashley Mark	10 Dearborn Divine Child	2:31.07	05/25/13 MITCA Division 2 State Championship
46	Alicia Schmidtendorff	12 Three Rivers	2:31.71	05/21/13 Wolverine Conference Championship
47	Sammy Soter	10 Dearborn Divine Child	2:32.01	05/21/13 Catholic League D1 & D2 Championship
48	Lindsay Christensen	11 Essexville Garber	2:32.04	05/22/13 Tri-Valley East Conference Championship
49	Haley Divis	10 Dearborn Divine Child	2:32.10	05/21/13 Catholic League D1 & D2 Championship
50	Katie Kasper	12 Tecumseh	2:32.19	05/28/13 Daily Telegram Individual Invitational



2014 High School Indoor T&F Best

WOMEN

1600 Meter Run

Rank	Athlete	School	2013 Best	Meet
1	Megan O'Neil	12 Remus Chippewa Hills	4:52.21	06/01/13 MHSAA State Championships LP-2
2	Karrigan Smith	11 St. Johns	4:57.02	06/14/13 New Balance Outdoor Nationals
3	Mary Kostielney	12 Grand Rapids Forest Hills Eastern	5:01.58	06/01/13 MHSAA State Championships LP-2
4	Meg Darmofal	11 Mason	5:04.63	05/03/13 Golden Triangle Invitational
5	Lindsey Brewis	12 Dearborn Divine Child	5:12.71	05/25/13 MITCA Division 2 State Championship
6	Alexis Miller	11 Grand Rapids South Christian	5:14.13	05/21/13 Champion of Champions Scholarship Meet
7	Jackie Bredenberg	11 Detroit Country Day	5:15.13	05/24/13 Oakland County Championship
8	Morgan Posthuma	11 Grand Rapids Forest Hills Northern	5:15.56	05/09/13 Ottawa-Kent Bronze Conference Championship
9	Kaela Theut	11 East Grand Rapids	5:16.62	05/09/13 Ottawa-Kent White Conference Championship
10	Monica Baylis	11 Belding	5:17.08	05/09/13 Ottawa-Kent Blue Conference Championship
11	Aracelli Leon	12 Ionia	5:17.09	05/17/13 MHSAA Regional 12
12	Chloe Kinnally	11 Big Rapids	5:18.23	05/17/13 MHSAA Regional 19
13	Sydney Elmer	12 Linden	5:19.94	05/22/13 Flint Metro League Championship
14	Goldie Breuhan	12 St. Clair	5:21.96	05/03/13 Harold Arft Sterling Invitational
15	Makenzie Evers	12 Plainwell	5:22.11	05/21/13 Wolverine Conference Championship
16	Peyton Helsen	10 Coopersville	5:23.07	06/01/13 MHSAA State Championships LP-2
17	Becca Solberg	11 East Grand Rapids	5:23.59	05/09/13 Ottawa-Kent White Conference Championship
18	Lillian Hill	12 Riverview	5:23.65	05/17/13 MHSAA Regional 13
19	Carley Andrews	10 Sparta	5:25.36	05/09/13 Ottawa-Kent Blue Conference Championship
20	Erin O'keefe	10 Spring Lake	5:25.45	05/02/13 Ludington vs. Spring Lake vs. Grant Tri
21	Sammy Soter	10 Dearborn Divine Child	5:26.30	05/17/13 MHSAA Regional 13
22	Danielle Groendyk	11 Zeeland East	5:26.60	05/25/13 MITCA Division 2 State Championship
23	Gabrielle Perrin	11 Vicksburg	5:27.62	05/17/13 MHSAA Regional 11
24	Trista Straube	12 Hastings	5:27.84	05/17/13 MHSAA Regional 12
25	Katya Bohatch	10 Grand Rapids Forest Hills Northern	5:28.09	05/09/13 Ottawa-Kent Bronze Conference Championship
26	Natalie Baxter	11 Bloomfield Hills Cranbrook-Kingswood	5:28.20	05/24/13 Oakland County Championship
27	Cassie Bloch	12 Warren Regina	5:28.69	05/21/13 Catholic League D1 & D2 Championship
28	Julia Jeczmonka	11 Essexville Garber	5:28.71	05/17/13 MHSAA Regional 19
29	Jessica Harris	11 Whitehall	5:29.50	05/22/13 Meijer West Michigan All-Star Meet
30	Aubrey Ritchey	11 Edwardsburg	5:31.50	05/03/13 St. Joseph-Benton Harbor Invitational
31	Audrianna Bornamann	12 Battle Creek Pennfield	5:32.11	05/17/13 MHSAA Regional 12
32	Teresa Myles	10 Belding	5:32.61	05/09/13 Ottawa-Kent Blue Conference Championship
33	Marissa Ensing	11 Zeeland East	5:33.50	05/25/13 MITCA Division 2 State Championship
34	Shelby Smith	10 East Grand Rapids	5:33.84	05/09/13 Ottawa-Kent White Conference Championship
35	Marley Guy	12 Three Rivers	5:35.13	05/17/13 MHSAA Regional 11
36	Maddie Pekrul	12 Cedar Springs	5:35.19	05/09/13 Ottawa-Kent Bronze Conference Championship
37	Natalie Hepburn	12 St. Joseph	5:35.95	05/25/13 MITCA Division 2 State Championship
38	Kelli Weighmink	11 Zeeland East	5:35.99	05/09/13 Ottawa-Kent Black Conference Championship
39	Grace Nord	12 Otsego	5:36.44	05/17/13 MHSAA Regional 11
40	Sydney Hopp	11 Petoskey	5:36.69	05/22/13 Big North Conference Championship
41	Sandy Kunnen	11 Fremont	5:36.75	05/22/13 Meijer West Michigan All-Star Meet
42	Kristina Ayotte	11 Clio	5:37.74	05/22/13 Flint Metro League Championship
43	Kenzie Callahan	11 Battle Creek Harper Creek	5:38.22	05/17/13 MHSAA Regional 12
44	Allison Dorr	12 Birch Run	5:38.38	05/22/13 Tri-Valley East Conference Championship
45	Layne Corner	12 Allendale	5:39.49	05/21/13 Champion of Champions Scholarship Meet
46	Andrea Messing	11 Caro	5:39.59	05/22/13 Tri-Valley East Conference Championship
47	Jenny Ponkowski	12 Warren Regina	5:39.73	05/21/13 Catholic League D1 & D2 Championship
48	Sarah Monterusso	10 Sparta	5:41.03	05/13/13 Allendale vs. Sparta Dual
49	Haley Divis	10 Dearborn Divine Child	5:41.05	05/25/13 MITCA Division 2 State Championship
50	Haley Nugent	10 Jackson Northwest	5:41.16	05/17/13 MHSAA Regional 12



2014 High School Indoor T&F Best

WOMEN

3200 Meter Run

Rank	Athlete	School	2013 Best	Meet
1	Meg Darmofal	11 Mason	10:49.49	06/01/13 MHSAA State Championships LP-2
2	Lindsey Brewis	12 Dearborn Divine Child	11:07.69	06/01/13 MHSAA State Championships LP-2
3	Karrigan Smith	11 St. Johns	11:10.04	05/22/13 CAAC Red Championship
4	Jackie Bredenberg	11 Detroit Country Day	11:13.47	05/24/13 Oakland County Championship
5	Morgan Posthuma	11 Grand Rapids Forest Hills Northern	11:14.44	05/17/13 MHSAA Regional 17
6	Kaela Theut	11 East Grand Rapids	11:14.99	06/01/13 MHSAA State Championships LP-2
7	Julia Jeczmonka	11 Essexville Garber	11:19.00	06/01/13 MHSAA State Championships LP-2
8	Megan O'Neil	12 Remus Chippewa Hills	11:25.42	05/17/13 MHSAA Regional 19
9	Lindsey Fox	11 Grand Rapids Christian	11:25.84	05/25/13 MITCA Division 2 State Championship
10	Gabrielle Perrin	11 Vicksburg	11:31.84	05/17/13 MHSAA Regional 11
11	Audrianna Bornamann	12 Battle Creek Pennfield	11:33.77	06/01/13 MHSAA State Championships LP-2
12	Aracelli Leon	12 Ionia	11:35.97	05/17/13 MHSAA Regional 12
13	Sydney Elmer	12 Linden	11:36.86	06/01/13 MHSAA State Championships LP-2
14	Carley Andrews	10 Sparta	11:37.19	06/01/13 MHSAA State Championships LP-2
15	Claire Ford	11 Bloomfield Hills Cranbrook-Kingswood	11:37.44	05/24/13 Oakland County Championship
16	Lillian Hill	12 Riverview	11:44.08	06/01/13 MHSAA State Championships LP-2
17	Erin O'keefe	10 Spring Lake	11:44.17	05/22/13 Meijer West Michigan All-Star Meet
18	Jessica Harris	11 Whitehall	11:44.90	05/22/13 Meijer West Michigan All-Star Meet
19	Danielle Groendyk	11 Zeeland East	11:48.01	05/09/13 Ottawa-Kent Black Conference Championship
20	Alexis Miller	11 Grand Rapids South Christian	11:51.04	06/01/13 MHSAA State Championships LP-2
21	Trista Straube	12 Hastings	11:57.44	05/17/13 MHSAA Regional 12
22	Jenny Ponkowski	12 Warren Regina	11:59.30	05/03/13 Harold Arft Sterling Invitational
23	Artemis Eyster	11 Chelsea	11:59.79	05/03/13 Stockbridge Invite
24	Marissa Ensing	11 Zeeland East	12:02.25	05/09/13 Ottawa-Kent Black Conference Championship
25	Teresa Myles	10 Belding	12:05.58	05/09/13 Ottawa-Kent Blue Conference Championship
26	Casey Hadaway	11 Caro	12:06.80	06/01/13 MHSAA State Championships LP-2
27	Haley Divis	10 Dearborn Divine Child	12:07.46	04/26/13 MSU Spartan Classic
28	Maddie Pekrul	12 Cedar Springs	12:10.70	05/09/13 Ottawa-Kent Bronze Conference Championship
29	Allison Dorr	12 Birch Run	12:14.25	05/22/13 Tri-Valley East Conference Championship
30	Megan Harvey	10 Milan	12:14.41	05/17/13 MHSAA Regional 13
31	Paige O'connor	10 Richland Gull Lake	12:19.93	05/17/13 MHSAA Regional 12
32	Christina Ridella	12 Warren Regina	12:20.62	05/23/13 Macomb County Championship
33	Layne Corner	12 Allendale	12:22.35	05/09/13 Ottawa-Kent Blue Conference Championship
34	Karana Wickens	10 Chelsea	12:22.85	05/17/13 MHSAA Regional 13
35	Sammy Soter	10 Dearborn Divine Child	12:23.35	04/26/13 MSU Spartan Classic
36	Kristina Ayotte	11 Clio	12:24.78	05/22/13 Flint Metro League Championship
37	Kelli Weighmink	11 Zeeland East	12:25.22	05/09/13 Ottawa-Kent Black Conference Championship
38	Morgan Sawgle	12 North Branch	12:26.31	05/24/13 BWA Meet of Champions
39	Brooke Carrier	10 Spring Lake	12:26.54	05/10/13 Lakes 8 Activities Conference Championship
40	Monica Ellicott	11 Caro	12:27.36	05/22/13 Tri-Valley East Conference Championship
41	Natalie Hepburn	12 St. Joseph	12:28.19	06/01/13 MHSAA State Championships LP-2
42	Sarah Monterusso	10 Sparta	12:28.55	05/09/13 Ottawa-Kent Blue Conference Championship
43	Sandy Kunnen	11 Fremont	12:29.61	05/10/13 Lakes 8 Activities Conference Championship
44	Cassie Bloch	12 Warren Regina	12:31.72	04/22/13 Warren Regina vs. Livonia Ladywood Dual
45	Emily Murdoch	12 DeWitt	12:31.75	05/25/13 MITCA Division 2 State Championship
46	Emma Dempsey	10 Adrian	12:31.84	05/23/13 SEC Girls Championship
47	Sydney Kreger	10 Grosse Ile	12:32.12	05/17/13 MHSAA Regional 13
48	Lauren O'toole	12 Chelsea	12:33.57	05/23/13 SEC Girls Championship
49	Alana Koepf	12 Yale	12:34.11	05/25/13 MITCA Division 2 State Championship
50	Megan Ivey	10 Williamston	12:34.45	05/25/13 MITCA Division 2 State Championship



2014 High School Indoor T&F Best

WOMEN

100 Meter Hurdles

Rank	Athlete	School	2013 Best	Meet
1	Kayla Gandy	11 Dearborn Divine Child	14.74	06/01/13 MHSAA State Championships LP-2
2	Victoria Patton	12 Armada	15.23	06/01/13 MHSAA State Championships LP-2
3	Dajah Bogan	11 St. Joseph	15.33	06/01/13 MHSAA State Championships LP-2
4	Samantha Morrison	10 Lake Odessa-Lakewood	15.39	06/01/13 MHSAA State Championships LP-2
5	Lillian Hinkle	12 Algonac	15.47	06/01/13 MHSAA State Championships LP-2
6	Rebecca Mcdonald	12 Linden	15.57	06/01/13 MHSAA State Championships LP-2
7	Alison Rich	12 Haslett	15.82	06/01/13 MHSAA State Championships LP-2
8	Amore' Brown	12 Flint Southwestern Academy	16.13	06/01/13 MHSAA State Championships LP-3
9	Danielle Horton	11 Flint Southwestern Academy	16.22	04/26/13 Don Lukens Invitational
10	Kathryn Mills	12 Eaton Rapids	16.28	05/17/13 MHSAA Regional 12
11	Marissa Lesch	11 Warren Regina	16.34	06/01/13 MHSAA State Championships LP-2
12	Eulaisha Ellis	12 Benton Harbor	16.57	05/17/13 MHSAA Regional 11
13	Lydia Huisken	11 Coopersville	16.58	06/01/13 MHSAA State Championships LP-2
13	Jennie Styf	12 Hamilton	16.58	06/01/13 MHSAA State Championships LP-2
15	Arielle Esch	11 Remus Chippewa Hills	16.65	05/25/13 MITCA Division 2 State Championship
16	Sophie Jones	12 East Grand Rapids	16.68	05/09/13 Ottawa-Kent White Conference Championship
17	Kiya Hetzer	12 Eaton Rapids	16.70	05/25/13 MITCA Division 2 State Championship
17	Danielle Lloyd	12 Romulus	16.70	05/17/13 MHSAA Regional 13
19	Kacey Vanderbos	11 Vicksburg	16.73	05/21/13 Wolverine Conference Championship
20	Kennedy Thayer	12 Saginaw Swan Valley	16.77	06/01/13 MHSAA State Championships LP-2
21	Chynna Biggs	11 Midland Bullock Creek	16.79	05/17/13 MHSAA Regional 19
22	Madison Parker	10 Parma Western	16.80	05/17/13 MHSAA Regional 12
23	Alexia Arthur	10 Detroit Country Day	16.84	05/17/13 MHSAA Regional 15
24	Mackenzie Sturman	11 Allegan	16.93	05/21/13 Wolverine Conference Championship
25	Stephanie Young	12 Marine City	17.05	05/24/13 BWA Meet of Champions
26	Kallie Reiff	12 Imlay City	17.09	05/24/13 BWA Meet of Champions
27	Michaela Oesterle	11 Vicksburg	17.14	05/21/13 Wolverine Conference Championship
28	Nicole Lipnichan	12 Tecumseh	17.21	05/23/13 SEC Girls Championship
29	Joelle Humpula	10 Remus Chippewa Hills	17.22	05/25/13 MITCA Division 2 State Championship
30	Micah Willingham	12 Livonia Clarenceville	17.24	05/17/13 MHSAA Regional 15
31	Cassie Jager	12 Grand Rapids Christian	17.28	05/09/13 Ottawa-Kent White Conference Championship
31	Chenelle Harkless	12 Flint Northwestern	17.28	05/18/13 MHSAA Regional 16
33	Emily Blaylock	10 Williamston	17.31	05/18/13 MHSAA Regional 16
34	Alice Beilfuss	12 Owosso	17.34	05/18/13 MHSAA Regional 16
35	Amber Koenigsknecht	11 DeWitt	17.35	05/18/13 MHSAA Regional 16
36	Lydia Turke	11 Grand Rapids Forest Hills Northern	17.36	05/09/13 Ottawa-Kent Bronze Conference Championship
37	Erin Konopacke	10 Owosso	17.38	05/22/13 CAAC Red Championship
38	Hannah Rodenberger	11 Fremont	17.39	05/10/13 Lakes 8 Activities Conference Championship
39	Kelly Klubeck	12 Zeeland West	17.41	05/25/13 MITCA Division 2 State Championship
40	Atlanta Grubbs	11 Adrian	17.48	05/23/13 SEC Girls Championship
41	Riley Reyes	11 Remus Chippewa Hills	17.49	05/25/13 MITCA Division 2 State Championship
42	Rosadio Murray	11 Dowagiac	17.51	05/21/13 Wolverine Conference Championship
43	Madison Krieger	10 Saginaw Swan Valley	17.53	05/22/13 Tri-Valley Central Conference Championship
44	Megan Dunsmore	10 Yale	17.54	05/25/13 MITCA Division 2 State Championship
45	Sydney Borowiak	11 Gaylord	17.67	05/17/13 MHSAA Regional 19
46	Ellie Ohm	12 Coldwater	17.70	05/28/13 Branch County Area Best Meet
47	Valorie Washburn	12 Mason	17.71	05/17/13 MHSAA Regional 12
48	Jenae Carey	12 Alma	17.75	05/17/13 MHSAA Regional 19
49	Marissa Oakes	11 Cedar Springs	17.79	05/09/13 Ottawa-Kent Bronze Conference Championship
49	Hannah Korpics	11 Dearborn Divine Child	17.79	05/25/13 MITCA Division 2 State Championship



2014 High School Indoor T&F Best

WOMEN

300 Meter Hurdles

Rank	Athlete	School	2013 Best	Meet
1	Hannah Coverdill	10 Marine City	46.01	06/01/13 MHSAA State Championships LP-2
2	Mackenzie Micho	12 East Grand Rapids	46.02	06/01/13 MHSAA State Championships LP-2
3	Lauren Huebner	10 Saginaw Swan Valley	46.66	06/01/13 MHSAA State Championships LP-2
4	Micah Willingham	12 Livonia Clarenceville	47.10	06/01/13 MHSAA State Championships LP-2
5	Kayla Gandy	11 Dearborn Divine Child	47.58	05/17/13 MHSAA Regional 13
6	Alison Rich	12 Haslett	47.80	06/01/13 MHSAA State Championships LP-2
7	Anna Haritos	12 Auburn Hills Avondale	48.38	05/24/13 Oakland County Championship
8	Olivia Hack	12 Edwardsburg	48.69	05/17/13 MHSAA Regional 11
9	Sophie Jones	12 East Grand Rapids	48.73	05/02/13 Caledonia vs. East Grand Rapids Dual
10	Alexia Arthur	10 Detroit Country Day	48.76	06/01/13 MHSAA State Championships LP-2
11	Nicole Lipnichan	12 Tecumseh	48.84	05/17/13 MHSAA Regional 13
12	Dajah Bogan	11 St. Joseph	49.08	05/03/13 St. Joseph-Benton Harbor Invitational
13	Kacey Vanderbos	11 Vicksburg	49.15	05/21/13 Wolverine Conference Championship
14	Marissa Lesch	11 Warren Regina	49.18	05/21/13 Catholic League D1 & D2 Championship
15	Raven Kelly	12 Dearborn Heights Robichaud	49.27	05/17/13 MHSAA Regional 13
16	Riley Reyes	11 Remus Chippewa Hills	49.29	05/28/13 Morning Sun Meet of Champions
17	Danielle Waranauckas	10 South Lyon East	49.34	06/01/13 MHSAA State Championships LP-2
18	Chenelle Harkless	12 Flint Northwestern	49.36	05/18/13 MHSAA Regional 16
19	Alexis Heimbaugh	10 Sparta	49.38	05/09/13 Ottawa-Kent Blue Conference Championship
20	Amber Koenigsknecht	11 DeWitt	49.65	05/25/13 MITCA Division 2 State Championship
21	Grace Peterson	12 Spring Lake	49.66	05/22/13 Meijer West Michigan All-Star Meet
22	Samantha Groll	10 Battle Creek Pennfield	49.69	05/17/13 MHSAA Regional 12
23	Hannah Korpics	11 Dearborn Divine Child	49.76	05/17/13 MHSAA Regional 13
24	Charlena Williams	12 Milan	49.88	05/28/13 Larry Steeb Meet of Champions
25	Samantha Morrison	10 Lake Odessa-Lakewood	50.01	05/14/13 Lake Odessa Lakewood vs. Portland Dual
26	Madison Parker	10 Parma Western	50.17	05/28/13 Selby Classic
27	Kiya Hetzer	12 Eaton Rapids	50.22	05/22/13 CAAC Gold Championship
28	Jennie Styf	12 Hamilton	50.27	05/25/13 MITCA Division 2 State Championship
29	Alexis Brown	10 Auburn Hills Avondale	50.30	04/27/13 Oxford Invitational
30	Angel Parker	11 Dowagiac	50.36	05/21/13 Wolverine Conference Championship
31	Kathryn Mills	12 Eaton Rapids	50.38	05/17/13 MHSAA Regional 12
32	Mackenzie Abrigo	10 Zeeland West	50.66	05/25/13 MITCA Division 2 State Championship
33	Hannah Rodenberger	11 Fremont	50.68	05/22/13 Meijer West Michigan All-Star Meet
34	Julia Henderson	10 Williamston	50.69	05/03/13 Stockbridge Invite
35	Kennedy Richardson	11 Wayland Union	50.78	05/17/13 MHSAA Regional 12
35	Laney Miller	10 Chelsea	50.78	05/17/13 MHSAA Regional 13
37	Taylor Treadwell	11 Bloomfield Hills Marian	50.88	05/21/13 Catholic League D1 & D2 Championship
37	Joelle Humpula	10 Remus Chippewa Hills	50.88	05/28/13 Morning Sun Meet of Champions
39	Rebecca McDonald	12 Linden	50.91	04/29/13 Holly vs. Linden vs. Ortonville-Brandon Double Dual
40	Kelly Klubeck	12 Zeeland West	50.94	05/25/13 MITCA Division 2 State Championship
41	Madison Krieger	10 Saginaw Swan Valley	51.15	05/17/13 MHSAA Regional 19
42	Lydia Huisken	11 Coopersville	51.33	05/09/13 Ottawa-Kent Blue Conference Championship
43	Sarah Cullimore	10 Marine City	51.34	05/20/13 Macomb Area Conference White Championship
44	Danyelle Gothard	10 Battle Creek Harper Creek	51.40	05/17/13 MHSAA Regional 12
45	Erin Isola	10 Allegan	51.44	05/21/13 Wolverine Conference Championship
46	Brianna Price	10 Allegan	51.54	05/17/13 MHSAA Regional 11
47	Nicole Cote	12 Tecumseh	51.56	05/28/13 Daily Telegram Individual Invitational
48	Kayla Riley	12 Ogemaw Heights	51.64	05/22/13 Big North Conference Championship
49	Olivia Kane	10 Sparta	51.65	05/09/13 Ottawa-Kent Blue Conference Championship
50	Kelsey Rogers	12 Lapeer West	51.68	05/17/13 MHSAA Regional 10



2014 High School Indoor T&F Best

WOMEN

Discus

Rank	Athlete	School	2013 Best	Meet
1	Bailey Baker	12 Eaton Rapids	131-4	06/01/13 MHSAA State Championships LP-2
2	Brittany Casey	12 Zeeland East	128-1	06/01/13 MHSAA State Championships LP-2
3	Brandy Thomas	11 Ludington	122-11	06/01/13 MHSAA State Championships LP-2
4	Mary Hecksel	11 Eaton Rapids	121-5	06/01/13 MHSAA State Championships LP-2
5	Rachael Tolsma	12 Hamilton	119-9	06/01/13 MHSAA State Championships LP-2
6	Nicolette Nelson	10 Sturgis	116-5	06/01/13 MHSAA State Championships LP-2
7	Bobbie Goodwin	11 South Haven	115-1	05/17/13 MHSAA Regional 11
8	Brogan McMahon	12 Hamilton	112-8	06/01/13 MHSAA State Championships LP-2
9	Rachel Johnson	11 Mason	106-8	05/17/13 MHSAA Regional 12
10	Erica Kish	12 Coldwater	105-1	05/17/13 MHSAA Regional 12
10	Delaney O'Rourke	12 Carleton Airport	105-1	05/17/13 MHSAA Regional 13
12	Katie Lynch	12 Owosso	104-9	05/18/13 MHSAA Regional 16
13	Chynna Longmire	12 Wyoming Kelloggsville	104-3	05/17/13 MHSAA Regional 26
14	Hazel Kennedy	12 Dowagiac	100-9	05/17/13 MHSAA Regional 11
15	Anne Seufert	12 Marine City	100-7	05/20/13 Macomb Area Conference White Championship
16	Shelby Weaver	11 Otsego	100-6	05/17/13 MHSAA Regional 11
17	Rachel O'Neill	12 Dearborn Divine Child	100-2	05/25/13 MITCA Division 2 State Championship
18	Haylee Harmon	12 Coldwater	99-10	05/28/13 Branch County Area Best Meet
19	Greta Wilker	10 Belding	99-4	05/09/13 Ottawa-Kent Blue Conference Championship
20	Alexandria Miller	12 Stevensville-Lakeshore	99-2	05/17/13 MHSAA Regional 11
21	Kendra Schleede	12 Parma Western	99-1	05/03/13 Stockbridge Invite
22	Niki Sargent	10 Linden	98-8	05/22/13 Flint Metro League Championship
23	Brianna Prys	11 Ludington	98-5	05/10/13 Lakes 8 Activities Conference Championship
24	A'shionna Herndon	12 St. Clair Shores South Lake	97-11	06/01/13 MHSAA State Championships LP-2
25	Gabby Holyfield	12 Belding	97-6	05/25/13 MITCA Division 2 State Championship
26	Jordyn Studer	12 Marysville	97-1	06/01/13 MHSAA State Championships LP-2
27	Andrea Plemmons	12 Grosse Ile	96-9	05/17/13 MHSAA Regional 13
28	Madison Grace	11 Charlotte	95-11	05/17/13 MHSAA Regional 12
29	Kayla Gottwald	11 Ludington	95-9	05/17/13 MHSAA Regional 19
30	Angela Stegink	12 Zeeland West	95-0	05/25/13 MITCA Division 2 State Championship
31	Megan Ciganick	12 Ionia	94-4	05/22/13 CAAC Red Championship
32	Lexi Morton	12 Alma	94-0	05/03/13 Shepard Bluejay Invite
33	Gabby Andrews	11 Stevensville-Lakeshore	93-9	05/17/13 MHSAA Regional 11
34	Sarah Schultz	11 Williamston	93-6	05/03/13 Stockbridge Invite
34	Hannah Dean	11 Corunna	93-6	05/18/13 MHSAA Regional 16
36	Chelsea Smith	11 Battle Creek Harper Creek	93-1	05/17/13 MHSAA Regional 12
37	Laurel Luhring	11 Muskegon Orchard View	92-7	04/16/13 Muskegon Orchard View vs. Ludington Dual
38	Mariah Fuqua	12 Dearborn Divine Child	91-10	04/20/13 April Showers Relays
39	Jenna Gadille	11 Carleton Airport	91-8	05/17/13 MHSAA Regional 13
40	Kelsea Burley	11 Spring Lake	91-2	05/22/13 Meijer West Michigan All-Star Meet
41	Abigail Blanchard	12 Petoskey	90-8	05/17/13 MHSAA Regional 19
42	Sara Vanderbaan	11 East Grand Rapids	90-5	05/09/13 Ottawa-Kent White Conference Championship
43	Shay Riker	10 Ogemaw Heights	90-3	05/17/13 MHSAA Regional 19
44	Brooke Richard	11 Bay City John Glenn	90-2	05/17/13 MHSAA Regional 19
45	Liz Mumma	11 Eaton Rapids	90-1	05/22/13 CAAC Gold Championship
45	Alyssa Deming	12 Caro	90-1	05/22/13 Tri-Valley East Conference Championship
47	Madison Ennis	10 Otsego	89-6	05/17/13 MHSAA Regional 11
48	Marissa Deloof	12 Middleville-Thornapple Kellogg	89-5	05/17/13 MHSAA Regional 12
49	Taylor Milns	12 DeWitt	89-4	05/25/13 MITCA Division 2 State Championship
50	Shaiann Mabin	10 Battle Creek Pennfield	89-3	05/17/13 MHSAA Regional 12



2014 High School Indoor T&F Best

WOMEN

High Jump

Rank	Athlete	School	2013 Best	Meet
1	Ade Ayoola	12 Grand Rapids Christian	5-05	06/01/13 MHSAA State Championships LP-2
2	Erika DePierre	10 Paw Paw	5-04	05/17/13 MHSAA Regional 11
2	Crieona Rodgers	12 Dowagiac	5-04	05/21/13 Wolverine Conference Championship
2	Grace Peterson	12 Spring Lake	5-04	05/25/13 MITCA Division 2 State Championship
2	Kathryn Mills	12 Eaton Rapids	5-04	05/25/13 MITCA Division 2 State Championship
2	Emily Helfrich	11 Charlotte	5-04	05/17/13 MHSAA Regional 12
2	Ayanna Buckley	12 Livonia Clarenceville	5-04	06/01/13 MHSAA State Championships LP-2
2	Amore' Brown	12 Flint Southwestern Academy	5-04	06/01/13 MHSAA State Championships LP-3
9	Taryn King	12 Haslett	5-02	05/18/13 MHSAA Regional 16
9	Natalie Hulst	12 Grand Rapids South Christian	5-02	05/21/13 Champion of Champions Scholarship Meet
9	Jessica Lycos	11 Williamston	5-02	05/22/13 CAAC White Championship
9	Anna Vansyckle	11 Ionia	5-02	05/22/13 CAAC Red Championship
9	Courtney Ingles	12 St. Clair	5-02	06/01/13 MHSAA State Championships LP-2
9	Andrea Pangori	11 Pontiac Notre Dame Prep	5-02	06/01/13 MHSAA State Championships LP-2
15	Sarah Schultz	11 Williamston	5-01	05/03/13 Stockbridge Invite
15	Sophie Jones	12 East Grand Rapids	5-01	05/02/13 Caledonia vs. East Grand Rapids Dual
17	Jordan Moore-Willis	12 Detroit Country Day	5-00	04/27/13 Oxford Invitational
17	Samantha Morrison	10 Lake Odessa-Lakewood	5-00	05/14/13 Lake Odessa Lakewood vs. Portland Dual
17	Jordan Rose	12 St. Joseph	5-00	05/07/13 St. Joseph vs. Lakeshore Dual
17	Gabby Andrews	11 Stevensville-Lakeshore	5-00	05/17/13 MHSAA Regional 11
17	Lydia Suchecki	12 Spring Lake	5-00	05/02/13 Ludington vs. Spring Lake vs. Grant Tri
17	Alexis Gaiser	12 Zeeland West	5-00	05/25/13 MITCA Division 2 State Championship
17	Haley Nugent	10 Jackson Northwest	5-00	05/17/13 MHSAA Regional 12
17	Alonna Haynes	11 Melvindale	5-00	05/17/13 MHSAA Regional 13
17	Jamaya Dixon	12 Redford Union	5-00	06/01/13 MHSAA State Championships LP-2
26	Summer Hagan	11 Grand Rapids Forest Hills Eastern	4-11	05/09/13 Ottawa-Kent Bronze Conference Championship
26	Emma Seiler	10 Plainwell	4-11	05/21/13 Wolverine Conference Championship
26	Sydney Taylor	12 Vicksburg	4-11	05/21/13 Wolverine Conference Championship
26	Mariel Dunn	11 Dearborn Divine Child	4-11	05/21/13 Catholic League D1 & D2 Championship
26	Kendra Zaucha	11 Essexville Garber	4-11	05/22/13 Tri-Valley East Conference Championship
31	Megan Schroeder	11 Dearborn Divine Child	4-10	05/17/13 MHSAA Regional 13
31	Maria Osentoski	11 Chelsea	4-10	05/17/13 MHSAA Regional 13
31	Julia Mastracci	12 Auburn Hills Avondale	4-10	04/27/13 Oxford Invitational
31	Jenae Carey	12 Alma	4-10	05/17/13 MHSAA Regional 19
31	Emonee Anderson	11 Remus Chippewa Hills	4-10	05/17/13 MHSAA Regional 19
31	Carley Andrews	10 Sparta	4-10	05/13/13 Allendale vs. Sparta Dual
31	Sophia Wierenga	12 Coopersville	4-10	05/09/13 Ottawa-Kent Blue Conference Championship
31	Peyton Helsen	10 Coopersville	4-10	05/09/13 Ottawa-Kent Blue Conference Championship
31	Taylor Glenn	11 Niles	4-10	05/17/13 MHSAA Regional 11
31	Dominique Winters	11 Dearborn Divine Child	4-10	05/25/13 MITCA Division 2 State Championship
31	Brogan McMahon	12 Hamilton	4-10	05/25/13 MITCA Division 2 State Championship
31	Janie Noah	11 Middleville-Thornapple Kellogg	4-10	05/17/13 MHSAA Regional 12
31	Alexis Smith	11 Lansing Waverly	4-10	05/18/13 MHSAA Regional 16
44	Victoria Lebryk	11 Dearborn Divine Child	4-09	04/20/13 April Showers Relays
44	Quincie McCalla	12 Mason	4-09	05/22/13 CAAC Gold Championship
46	Raven Kelly	12 Dearborn Heights Robichaud	4-08	05/17/13 MHSAA Regional 13
46	Gabby Buscemi	12 Warren Regina	4-08	04/22/13 Warren Regina vs. Livonia Ladywood Dual
46	Brook Ovington	11 Linden	4-08	04/29/13 Holly vs. Linden vs. Ortonville-Brandon Double Dual
46	Micaela Cole	12 East Grand Rapids	4-08	05/02/13 Caledonia vs. East Grand Rapids Dual
46	Autumn VanFleteren	10 Warren Regina	4-08	05/16/13 Catholic League Girls JV Invitational



2014 High School Indoor T&F Best

WOMEN

Long Jump

Rank	Athlete	School	2013 Best	Meet
1	Kitana Espinoza	10 Marshall	16-11	06/01/13 MHSAA State Championships LP-2
2	Paige Halfmann	12 Adrian	16-10	05/17/13 MHSAA Regional 13
2	Victoria Patton	12 Armada	16-10	06/01/13 MHSAA State Championships LP-2
4	Alison Rich	12 Haslett	16-9	06/01/13 MHSAA State Championships LP-2
5	Emonee Anderson	11 Remus Chippewa Hills	16-8.25	05/17/13 MHSAA Regional 19
6	Shannon Rice	9 Dearborn Divine Child	16-6.75	05/17/13 MHSAA Regional 13
7	Paige Dutcher	11 Williamston	16-6.25	04/26/13 MSU Spartan Classic
8	Nicole Lange	12 Milan	16-5.75	05/25/13 MITCA Division 2 State Championship
9	Jordan Moore-Willis	12 Detroit Country Day	16-5.5	06/01/13 MHSAA State Championships LP-2
10	Rebecca Mcdonald	12 Linden	16-5	04/26/13 MSU Spartan Classic
11	Shelby Bond	10 Allendale	16-4.75	05/09/13 Ottawa-Kent Blue Conference Championship
12	Lexi Khon	10 Jackson Northwest	16-3.75	05/17/13 MHSAA Regional 12
13	Heather Dorothy	11 Allegan	16-3.5	05/21/13 Wolverine Conference Championship
14	Autumn Rooks	12 Holland Christian	16-3	05/21/13 Champion of Champions Scholarship Meet
15	Marissa Oakes	11 Cedar Springs	16-2.5	05/09/13 Ottawa-Kent Bronze Conference Championship
16	Victoria Herzberg	12 Freeland	16-2.25	05/17/13 MHSAA Regional 19
17	Erika DePierre	10 Paw Paw	16-2	05/21/13 Wolverine Conference Championship
18	MacKenzie Rode	11 Belding	16-1	05/09/13 Ottawa-Kent Blue Conference Championship
18	Camron Nelson	10 Grand Rapids Forest Hills Eastern	16-1	05/09/13 Ottawa-Kent Bronze Conference Championship
20	Eulaisha Ellis	12 Benton Harbor	16-0	05/17/13 MHSAA Regional 11
20	Jada Steele	10 Harper Woods Chandler Park Academy	16-0	06/01/13 MHSAA State Championships LP-2
22	Marina Eddy	12 Haslett	15-10.5	04/26/13 MSU Spartan Classic
23	Ashley Ross	12 Belding	15-10.25	05/09/13 Ottawa-Kent Blue Conference Championship
23	Crieona Rodgers	12 Dowagiac	15-10.25	05/03/13 St. Joseph-Benton Harbor Invitational
23	Chenelle Harkless	12 Flint Northwestern	15-10.25	05/18/13 MHSAA Regional 16
26	Ahmyere Hollingswort	12 Grand Rapids Christian	15-9.75	05/09/13 Ottawa-Kent White Conference Championship
26	Oliva Welch	11 Vicksburg	15-9.75	05/21/13 Wolverine Conference Championship
28	Marissa Vanalst	11 Cadillac	15-9.25	05/17/13 MHSAA Regional 19
29	Jenae Carey	12 Alma	15-8.75	05/03/13 Shepard Bluejay Invite
30	Diamond Mansfield	11 Richland Gull Lake	15-8	05/17/13 MHSAA Regional 12
31	Kathryn Mills	12 Eaton Rapids	15-7.5	05/10/13 Siena Heights Invitational
32	Allie Leroux	12 Spring Lake	15-6.5	05/10/13 Lakes 8 Activities Conference Championship
33	Dani Jones	10 Mason	15-6	05/17/13 MHSAA Regional 12
34	Holly Dahlke	11 Middleville-Thornapple Kellogg	15-5.25	05/17/13 MHSAA Regional 12
35	Nicole Quigley	11 Wayland Union	15-3.25	05/04/13 Hopkins Invitational
36	Elizabeth Lyman	10 Essexville Garber	15-3	05/17/13 MHSAA Regional 19
36	Lexi Sanders	11 Stevensville-Lakeshore	15-3	05/17/13 MHSAA Regional 11
36	Liz Weddon	11 Vicksburg	15-3	05/21/13 Wolverine Conference Championship
36	Sydney Decator	11 Spring Lake	15-3	05/10/13 Lakes 8 Activities Conference Championship
36	Gabby Maciag	11 Trenton	15-3	05/17/13 MHSAA Regional 13
41	Hailey McRoberts	11 Ionia	15-2.25	05/03/13 Shepard Bluejay Invite
42	Ella Lawler	11 Mason	15-2	05/03/13 Golden Triangle Invitational
43	Harley Rode	11 Belding	15-1.5	05/09/13 Ottawa-Kent Blue Conference Championship
44	Amber Jones	11 Paw Paw	15-1	05/21/13 Wolverine Conference Championship
45	Ja La Taylor	10 Saginaw	15-0.25	05/17/13 MHSAA Regional 19
46	Jamaya Dixon	12 Redford Union	14-11	06/01/13 MHSAA State Championships LP-2
47	Hannah Korpics	11 Dearborn Divine Child	14-10.5	04/26/13 MSU Spartan Classic
48	Colleen Hall	12 Fremont	14-10.25	05/22/13 Meijer West Michigan All-Star Meet
49	Dezarae Westveld	10 Grand Rapids Forest Hills Eastern	14-10	05/03/13 Shepard Bluejay Invite
49	Dymin Farrow	11 Saginaw Arthur Hill	14-10	05/17/13 MHSAA Regional 19



2014 High School Indoor T&F Best

WOMEN

Pole Vault

Rank	Athlete	School	2013 Best	Meet
1	Allie Leroux	12 Spring Lake	11-06	05/22/13 Meijer West Michigan All-Star Meet
2	Alex Whitford	12 Grand Rapids South Christian	11-05	06/01/13 MHSAA State Championships LP-2
2	Erin Drouillard	12 Remus Chippewa Hills	11-05	06/14/13 New Balance Outdoor Nationals
4	Madelyn McCallum	12 Sparta	10-11	06/01/13 MHSAA State Championships LP-2
5	Olivia Kane	10 Sparta	10-06	05/13/13 Allendale vs. Sparta Dual
6	Ashley Strange	12 Williamston	10-00	04/26/13 MSU Spartan Classic
6	Jordan Ziemke	11 Grand Rapids Catholic Central	10-00	05/21/13 Champion of Champions Scholarship Meet
6	Jordan Rose	12 St. Joseph	10-00	05/25/13 MITCA Division 2 State Championship
9	Shelby Mauchline	12 Algonac	9-11	06/01/13 MHSAA State Championships LP-2
9	Amygrace Shoop	12 Ludington	9-11	06/01/13 MHSAA State Championships LP-2
9	Rylie Martin	11 Corunna	9-11	06/01/13 MHSAA State Championships LP-2
12	Ellie Ohm	12 Coldwater	9-09	05/17/13 MHSAA Regional 12
13	Summer Hagan	11 Grand Rapids Forest Hills Eastern	9-06	05/09/13 Ottawa-Kent Bronze Conference Championship
13	Michaela Oesterle	11 Vicksburg	9-06	05/21/13 Wolverine Conference Championship
13	Cassie Jager	12 Grand Rapids Christian	9-06	05/25/13 MITCA Division 2 State Championship
13	Lisa Metzger	11 Cadillac	9-06	05/27/13 Cadillac News Meet
17	Dana Rector	12 East Grand Rapids	9-05	06/01/13 MHSAA State Championships LP-2
18	Michaela Kaliniak	12 Sparta	9-02	05/09/13 Ottawa-Kent Blue Conference Championship
18	Danielle Rode	11 Belding	9-02	05/09/13 Ottawa-Kent Blue Conference Championship
20	Autumn Ameye	12 Marine City	9-00	05/20/13 Macomb Area Conference White Championship
20	Erin Isola	10 Allegan	9-00	05/21/13 Wolverine Conference Championship
20	Lydia Huisken	11 Coopersville	9-00	05/21/13 Champion of Champions Scholarship Meet
23	Allison Clemens	12 Coldwater	8-08	05/17/13 MHSAA Regional 12
23	Alexis Pylman	11 Big Rapids	8-08	05/17/13 MHSAA Regional 19
23	Drue Thornton	12 Remus Chippewa Hills	8-08	05/17/13 MHSAA Regional 19
23	Abby Johnstone	11 Mason	8-08	05/17/13 MHSAA Regional 12
23	Alexis Brandt	11 Linden	8-08	05/18/13 MHSAA Regional 16
28	Sarah Grassel	11 South Lyon East	8-06	05/10/13 KLAA Kensington Conference Championship
28	Hannah Meskill	11 St. Joseph	8-06	05/03/13 St. Joseph-Benton Harbor Invitational
28	Kelly Patterson	12 Lansing Waverly	8-06	05/22/13 CAAC Gold Championship
28	Blair Tiseo	12 Caro	8-06	05/22/13 Tri-Valley East Conference Championship
32	Allison St. Aubin	12 Eaton Rapids	8-03	05/25/13 MITCA Division 2 State Championship
33	Mary Basso	10 Owosso	8-02	05/18/13 MHSAA Regional 16
33	Brianna Price	10 Allegan	8-02	05/17/13 MHSAA Regional 11
33	Taylor Jungel	12 Marshall	8-02	05/17/13 MHSAA Regional 12
36	Mackenzie Baranski	12 Marine City	8-00	05/24/13 BWA Meet of Champions
36	Kikel Sekoni	11 Haslett	8-00	04/26/13 MSU Spartan Classic
36	Stevie Sutton	11 Lake Odessa-Lakewood	8-00	05/14/13 Lake Odessa Lakewood vs. Portland Dual
36	Ashley Dine	10 Stevensville-Lakeshore	8-00	05/07/13 St. Joseph vs. Lakeshore Dual
36	Jordin Rubingh	12 Howard City Tri County	8-00	04/25/13 Ludington vs. Howard Tri-County Dual
36	Birthe Seifert	12 Fruitport	8-00	05/22/13 Meijer West Michigan All-Star Meet
36	Emily Dupont	11 Fruitport	8-00	05/22/13 Meijer West Michigan All-Star Meet
43	Jessica Semaan	11 Dearborn Divine Child	7-08	05/17/13 MHSAA Regional 13
43	Morgan Ketola	11 Freeland	7-08	05/17/13 MHSAA Regional 19
43	Krista Dollaway	10 Middleville-Thornapple Kellogg	7-08	05/17/13 MHSAA Regional 12
43	Lauren Grimes	12 Battle Creek Harper Creek	7-08	05/17/13 MHSAA Regional 12
43	Haylee Ribbey-Johnson	10 Battle Creek Pennfield	7-08	05/17/13 MHSAA Regional 12
43	Tessa Thornton	11 Melvindale	7-08	05/17/13 MHSAA Regional 13
49	Marie Lachance	10 East Grand Rapids	7-06	05/09/13 Ottawa-Kent White Conference Championship
49	Alex Parker	10 Belding	7-06	05/09/13 Ottawa-Kent Blue Conference Championship



2014 High School Indoor T&F Best

WOMEN

Shot Put

Rank	Athlete	School	2013 Best	Meet
1	Niki Sargent	10 Linden	43-2.5	04/29/13 Holly vs. Linden vs. Ortonville-Brandon Double Dual
2	Brittany Casey	12 Zeeland East	41-9.75	06/01/13 MHSAA State Championships LP-2
3	Rachael Tolsma	12 Hamilton	41-2	06/01/13 MHSAA State Championships LP-2
4	Brandy Thomas	11 Ludington	40-1.75	06/01/13 MHSAA State Championships LP-2
5	Bobbie Goodwin	11 South Haven	39-4	05/21/13 Wolverine Conference Championship
6	Rachel O'Neill	12 Dearborn Divine Child	37-11.75	06/01/13 MHSAA State Championships LP-2
7	Caitlin Niswonger	10 Mason	37-11.5	05/22/13 CAAC Gold Championship
8	Erin Howard	10 Lansing Sexton	36-8.25	05/18/13 MHSAA Regional 16
9	Bailey Baker	12 Eaton Rapids	36-8	05/10/13 Siena Heights Invitational
10	Rachel Johnson	11 Mason	36-6	05/17/13 MHSAA Regional 12
11	Brianna Prys	11 Ludington	35-10	05/17/13 MHSAA Regional 19
12	Greta Wilker	10 Belding	35-0	05/09/13 Ottawa-Kent Blue Conference Championship
13	Mariah Fuqua	12 Dearborn Divine Child	34-11	05/03/13 Golden Triangle Invitational
14	Brogan McMahon	12 Hamilton	34-9	05/25/13 MITCA Division 2 State Championship
15	Abigail Blanchard	12 Petoskey	34-8.5	05/22/13 Big North Conference Championship
16	Haylee Harmon	12 Coldwater	34-8	05/28/13 Branch County Area Best Meet
17	Hazel Kennedy	12 Dowagiac	34-6	05/21/13 Wolverine Conference Championship
18	Hannah McClean	12 Saginaw Swan Valley	33-5.75	05/22/13 Tri-Valley Central Conference Championship
19	Delaney O'Rourke	12 Carleton Airport	33-5	05/17/13 MHSAA Regional 13
20	T'Asia Moore	12 Detroit Osborn	33-2	06/01/13 MHSAA State Championships LP-2
21	Mary Hecksel	11 Eaton Rapids	33-1.5	05/22/13 CAAC Gold Championship
22	Chynna Longmire	12 Wyoming Kelloggsville	33-0.25	05/21/13 Champion of Champions Scholarship Meet
23	Erica Kish	12 Coldwater	32-11.75	05/17/13 MHSAA Regional 12
24	Jordyn Studer	12 Marysville	32-10.75	06/01/13 MHSAA State Championships LP-2
25	Katie Lynch	12 Owosso	32-10	05/10/13 Cardinal Classic
25	Gabby Andrews	11 Stevensville-Lakeshore	32-10	05/03/13 St. Joseph-Benton Harbor Invitational
27	Gabby Holyfield	12 Belding	32-9.5	05/09/13 Ottawa-Kent Blue Conference Championship
28	Diamond Tirado	10 Tecumseh	32-8.75	05/23/13 SEC Girls Championship
29	Sydney Lannon	12 Haslett	32-5.5	05/18/13 MHSAA Regional 16
30	Kaylee Cunningham	11 Grant	32-1	05/22/13 Meijer West Michigan All-Star Meet
31	Taylor Doublestein	12 Plainwell	32-0	05/21/13 Wolverine Conference Championship
32	Kendra Schleede	12 Parma Western	31-11.5	05/22/13 CAAC Gold Championship
33	Megan Ciganick	12 Ionia	31-11	05/03/13 Shepard Bluejay Invite
34	Madison Ennis	10 Otsego	31-10	05/21/13 Wolverine Conference Championship
35	Alejandra Gomez Limon	12 Pontiac Notre Dame Prep	31-9	05/21/13 Catholic League D1 & D2 Championship
36	Nicole Bremerkamp	11 Warren Regina	31-8	05/03/13 Harold Arft Sterling Invitational
37	Sara Vanderbaan	11 East Grand Rapids	31-6.5	05/02/13 Caledonia vs. East Grand Rapids Dual
38	Amanda Koepf	12 Remus Chippewa Hills	31-6	05/28/13 Morning Sun Meet of Champions
39	Kayla Gottwald	11 Ludington	31-5.75	05/02/13 Ludington vs. Spring Lake vs. Grant Tri
40	Alexis Pylman	11 Big Rapids	31-5.5	05/17/13 MHSAA Regional 19
41	Emma Doud	12 Niles	31-4.5	05/17/13 MHSAA Regional 11
42	Ade Ayoola	12 Grand Rapids Christian	31-4.25	05/09/13 Ottawa-Kent White Conference Championship
43	Alison Doss	12 St. Clair	30-11	05/24/13 BWA Meet of Champions
44	Lexi Matthews	10 Armada	30-9.5	04/27/13 Oxford Invitational
45	Quinique Johnson	11 Saginaw	30-9	05/17/13 MHSAA Regional 19
46	Taylor Milns	12 DeWitt	30-6.5	05/18/13 MHSAA Regional 16
47	Olivia Frank	10 Marine City	30-4	05/24/13 BWA Meet of Champions
48	Cassidy Nelson	10 Alma	30-3	05/17/13 MHSAA Regional 19
49	Stacie Finkbeiner	12 Essexville Garber	30-2.5	05/17/13 MHSAA Regional 19
49	Madison Grace	11 Charlotte	30-2.5	05/22/13 CAAC Gold Championship