

# MACOMB COUNTY & REGIONAL CHAMPS



# MAC RED DUAL & DIVISION MEET CHAMPIONS



2023  Dakota Women's Track & Field

# How to earn a Dakota Varsity Letter in Track & Field

Achieve one or more of the following:

- Earn All-State honors
- Qualify for the MHSAA State Finals
- Compete in the MHSAA Regionals
- Qualify for the Macomb County Meet of Champions
- Earn a medal at the MAC RED Division meet
- Compete at the MITCA team State Finals
- Be a 4 year member of the Track and Field team in Good Standing (Service, Leadership, Character, Scholarship)
- Score 10 varsity points.
- Foreign Exchange students in Good Standing
- Coach's Decision



## 2023 Dakota Women's Track & Field Season Highlights

- MAC RED Division Meet Champions
- Royal Oak Relays Champions and Huron River Relays Runner up
- Algonac Muskrat Classic and JV-MAC County Champions
- 5 state qualifiers in 2 events
- County Champs include the 3200m Relay team
- Division Meet Champs include 10 athletes in 8 events
- 57 athletes with 27 earning varsity letters
- For detailed results go to [www.dakotatrackfield.com](http://www.dakotatrackfield.com) or [www.athletic.net](http://www.athletic.net)

2023 Awards	<b>Johnson-Burnett M.V.P.</b>	<b>Ava LaMilza</b>
	<b>Most Improved</b>	<b>Mariya Howard</b>
	<b>Cub Award</b>	<b>Jaea-Marie Dwyer</b>
	<b>“Christina Micale” Spirit &amp; Loyalty</b>	<b>Celia Sikowski</b>
	<b>Most Outstanding Performance</b>	<b>Jayden Harberts</b>
	<b>Cougar Award</b>	<b>Lindsay Harvey</b>

### Dual Meet Results Season Record (4-1)

Romeo	76	<b>Dakota</b>	61
<b>Dakota</b>	92	Chippewa Valley	41
<b>Dakota</b>	95	GP North	41
<b>Dakota</b>	85	Anchor Bay	48
<b>Dakota</b>	69	GP South	59

### Major Meet Results

EMU Huron Relays	2 <sup>nd</sup>
Indoor County Meet	1 <sup>st</sup>
Spring Break Classic	1 <sup>st</sup>
Jefferson 9 <sup>th</sup> /10 <sup>th</sup> Invite	1 <sup>st</sup>
Royal Oak Relays	1 <sup>st</sup>
Steve Johnson Relays	2 <sup>nd</sup>
Algonac Muskrat Classic	1 <sup>st</sup>
MAC RED Division Meet	1 <sup>st</sup>
MHSAA Regional	3 <sup>rd</sup>
JV MAC-County	1 <sup>st</sup>
Macomb County Meet	2 <sup>nd</sup>
MHSAA State Finals	





# The Cougar Team

## Varsity

El Auria Atienza*	12	Jayden Harberts*	11	Mylene Pham*	10
<b>McKenna Goike*</b>	12	Mariya Howard*	11	Emerson Sauve*	10
<b>Lindsay Harvey*</b>	12	Maygan Stramer	11	Julia Timpa*	10
<b>Ava LaMilza*</b>	12	Samantha Faustich*	10	Sydney Timpa*	10
<b>Danielle Modock*</b>	12	Edna Haskic	10	Lidia Clancy*	9
<b>Celia Sikowski*</b>	12	Laylah King*	10	Jaea-Marie Dwyer*	9
Camryn Ash*	11	Jourdyn Martin*	10	Haley Fohey*	9
Sienna Avery*	11	Madison McPeek*	10	MaKayla Reed*	9
Mariah Belmont*	11	Isabella Perry*	10	Ryann Smitka*	9

**BOLD**=Veteran Award

\* MAC all academic

## Junior Varsity

<b>Samantha Fudge</b>	12	Kaliah Chau	10	Angelina Younan	10
Enddiea Reese	12	Serenity Fulford	10	Ramia Carter	9
<b>Melanie Sejnowski</b>	12	Madeline Goers	10	Reese Carter	9
Samantha Toyer	12	Ja'Nya Ishmeal	10	Addison Cooper	9
Mercedes Tyson	12	Kristina Ivaskiv	10	Ella Daniell	9
Taliyah Coleman	11	Kyndall Motley	10	Katelyn Frederiksen	9
Sofia Falmer	11	Amy Neumann	10	Emiya Hatchett	9
Gabrielle Harris	11	Stoni Perkins	10	Ariana Mayfield	9
Cheyenne Morris	11	Madison Sledge	10	Amaia Watkins	9
Marina Santos	11	Lizzie Titran	10	Allison Zoli	9



# 2023 Coach's Awards

<b>Coaches' Award</b>	El Auria Atienza, Sienna Avery, Lidia Clancy, McKenna Goike, Laylah King, Jourdyn Martin, Madison McPeek, Isabella Perry, Ryann Smitka, Julia Timpa
<b>Extreme Istok Award</b>	Julia Timpa
<b>I brush my teeth w/ sand</b>	Laylah King, Kyndal Motley, Sydney Timpa
<b>Lindsay Fisher Stitch</b>	Reese Carter
<b>Did that just happen?</b>	Sydney Timpa
<b>Take a Bite out of Track</b>	Camryn Ash, Jourdyn Martin, Celia Sikowski, Julia Timpa, Sydney Timpa

## Cougar Streaks

### Longest winning streaks

25	April 12, 2017	to	May 10, 2022
13	April 26, 2011	to	April 30, 2013
12	April 23, 2009	to	April 14, 2011
7	May 14, 2001	to	April 19, 2003

### Largest Margin of Victory

121 pts vs.	Sterling Heights	2010
116 pts vs.	Port Huron	2012
114 pts vs.	Stevenson	2017
103 pts vs.	Grosse Pointe North	2021
97 pts vs.	Port Huron	2011
96 pts vs.	Romeo	2021
95 pts vs.	Stevenson	2015

### Smallest Margin of Victory

3.67 pts vs.	Port Huron	2000
4 pts vs.	Lutheran North	1997
5 pts vs.	Port Huron	2005
5 pts vs.	Stevenson	2005
7 pts vs.	Grosse Pointe North	2000
9 pts vs.	Chippewa Valley	2006

### Worst Losses

80 pts vs.	L'Anse Creuse North	1997
74 pts vs.	Fraser	1996
72 pts vs.	Grosse Pointe North	1997
70 pts vs.	Romeo	1997
67 pts vs.	Romeo	2000

### Closest Losses

3 pts vs.	Romeo	2011
5 pts vs.	Port Huron	2008
7 pts vs.	Grosse Pointe South	2005
7 pts vs.	Warren Mott	2007
7 pts vs.	Grosse Pointe South	2013

# Cougar Team History

## Season Records

<u>Year</u>	<u>Won</u>	<u>Lost</u>	<u>pct.</u>	<u>Division</u>	<u>Regional</u>	<u>State / Team St.</u>
1996	1	5	0.167	n/a	15 <sup>th</sup>	
1997	3	5	0.375	7 <sup>th</sup>	16 <sup>th</sup>	
<b>JV Totals</b>	<b>4</b>	<b>10</b>	<b>0.286</b>			

<u>Year</u>	<u>Won</u>	<u>Lost</u>	<u>pct.</u>	<u>Division</u>	<u>Regional</u>	<u>State / Team St.</u>
1998	2	5	0.283	4 <sup>th</sup>	7 <sup>th</sup>	
1999	3	3	0.500	6 <sup>th</sup>	10 <sup>th</sup>	
2000	4	2	0.667	2 <sup>nd</sup>	6 <sup>th</sup>	
2001	4	1	0.800	2 <sup>nd</sup>	4 <sup>th</sup>	
2002	5	0	1.000	1 <sup>st</sup>	Tie 1 <sup>st</sup>	49 <sup>th</sup> / 8 <sup>th</sup>
2003	3	2	0.600	2 <sup>nd</sup>	3 <sup>rd</sup>	47 <sup>th</sup>
2004	3	2	0.600	1 <sup>st</sup>	7 <sup>th</sup>	
2005	5	2	0.714	2 <sup>nd</sup>	3 <sup>rd</sup>	48 <sup>th</sup>
2006	5	2	0.714	1 <sup>st</sup>	3 <sup>rd</sup>	17 <sup>th</sup>
2007	2	4	0.333	6 <sup>th</sup>	5 <sup>th</sup>	
2008	3	3	0.500	3 <sup>rd</sup>	2 <sup>nd</sup>	34 <sup>th</sup> / 4 <sup>th</sup>
2009	5	0	1.000	1 <sup>st</sup>	2 <sup>nd</sup>	43 <sup>rd</sup> / 4 <sup>th</sup>
2010	5	0	1.000	1 <sup>st</sup>	2 <sup>nd</sup>	20 <sup>th</sup> / 3 <sup>rd</sup>
2011	5	1	0.833	1 <sup>st</sup>	2 <sup>nd</sup>	23 <sup>rd</sup> / 3 <sup>rd</sup>
2012	6	0	1.000	1 <sup>st</sup>	1 <sup>st</sup>	50 <sup>th</sup> / 5 <sup>th</sup>
2013	4	1	0.800	2 <sup>nd</sup>	1 <sup>st</sup>	5 <sup>th</sup> / 3 <sup>rd</sup>
2014	4	0	1.000	2 <sup>nd</sup>	1 <sup>st</sup>	--/3 <sup>rd</sup>
2015	4	1	0.800	2 <sup>nd</sup>	1 <sup>st</sup>	37 <sup>th</sup> / 3 <sup>rd</sup>
2016	4	1	0.800	1 <sup>st</sup>	1 <sup>st</sup>	16 <sup>th</sup> / 6 <sup>th</sup>
2017	5	0	1.000	1 <sup>st</sup>	3 <sup>rd</sup>	50 <sup>th</sup> / 7 <sup>th</sup>
2018	5	0	1.000	1 <sup>st</sup>	2 <sup>nd</sup>	37 <sup>th</sup> / 5 <sup>th</sup>
2019	5	0	1.000	1 <sup>st</sup>	1 <sup>st</sup>	27 <sup>th</sup> / 4 <sup>th</sup>
2020	----- Covid-19 Pandemic -----					
2021	5	0	1.000	1 <sup>st</sup>	1 <sup>st</sup>	11 <sup>th</sup> / 7 <sup>th</sup>
2022	5	0	1.000	1 <sup>st</sup>	1 <sup>st</sup>	16 <sup>th</sup> / 10 <sup>th</sup>
2023	4	1	0.800	1 <sup>st</sup>	3 <sup>rd</sup>	
<b>Varsity Totals</b>	<b>105</b>	<b>31</b>	<b>0.772</b>			

# Cougar Trophies

<u>Year</u>	<u>Event</u>		
2000	De LaSalle Invitational –Runner up	2015	Regional Champions
2002	MAC Sportsmanship Award	2015	Macomb County Meet Div. 1 Champions
2002	Macomb County Team of the Year	2015	Macomb County Team of the Year
2002	Division Meet Champions	2016	Muskrat Classic Runner Up
2002	Dual Meet Champions	2016	Regional Champions
2002	Regional Co-Champions	2016	MAC Red Division Meet Champions
2004	Division Meet Champions	2017	Stevenson Titans Relays Runner Up
2005	Muskrat Classic-3 <sup>rd</sup> Place	2017	Muskrat Classic Runner Up
2006	Division Meet Champions	2017	MAC Red Dual Meet Champions
2007	Lowell Speiss Relays Coed Runner Up	2017	MAC Red Division Meet Champions
2009	Sterling Heights Invite Runner Up	2018	April Showers Relays-3 <sup>rd</sup> Place
2009	Dual Meet Champions	2018	Muskrat Classic Runner Up
2009	Division Meet Champions	2018	MAC Red Dual Meet Champions
2009	Macomb County Team of the Year	2018	MAC Red Division Meet Champions
2010	Anchor Bay Rotary Relays Champions	2018	Macomb County Meet Div. 1 Champions
2010	Muskrat Classic Runner Up	2018	Macomb County Team of the Year
2010	Dual Meet Champions	2019	Royal Oak Relays Champions
2010	Division Meet Champions	2019	Muskrat Classic Runner Up
2010	Macomb County Meet Div.1 Champions	2019	JV MAC-County Champions
2010	Macomb County Team of the Year	2019	MAC Red Dual Meet Champions
2011	April Showers Relays-3 <sup>rd</sup> Place	2019	Regional Champions
2011	Anchor Bay Rotary Relays Champions	2019	MAC Red Division Meet Champions
2011	Division Meet Champions	2019	Macomb County Meet Div. 1 Champions
2011	Macomb County Meet Div.1 Champions	2019	Macomb County Team of the Year
2011	Macomb County Team of the Year	2021	Royal Oak Relays Champions
2012	Anchor Bay Rotary Relays Champions	2021	Anchor Bay Relays Champions
2012	Sterling Heights Invite Runner Up	2021	MAC Red Dual Meet Champions
2012	Dual Meet Champions	2021	MAC Red Division Meet Champions
2012	Regional Champions	2021	Regional Champions
2012	Division Meet Champions	2021	JV MAC-County Champions
2012	Macomb County Meet Div.1 Champions	2021	Macomb County Meet Div. 1 Champions
2012	Macomb County Team of the Year	2021	Macomb County Team of the Year
2013	Huron River Relays Runner Up	2022	Huron River Relays Runner Up
2013	Muskrat Classic Champions	2022	Royal Oak Relays Champions
2013	Falcon 9 <sup>th</sup> -10 <sup>th</sup> Invite Runner Up	2022	MAC Red Dual Meet Champions
2013	Regional Champions	2022	MAC Red Division Meet Champions
2013	Macomb County Meet Div.1 Champions	2022	Regional Champions
2013	Macomb County Team of the Year	2022	Macomb County Meet Div. 1 Champions
2014	Muskrat Classic Champions	2022	Macomb County Team of the Year
2014	Falcon 9 <sup>th</sup> -10 <sup>th</sup> Invite Champions	<b>2023</b>	<b>Huron River Relays Runner Up</b>
2014	Regional Champions	<b>2023</b>	<b>Royal Oak Relays Champions</b>
2014	Macomb County Meet Div. 1 Champions	<b>2023</b>	<b>Algonac Muskrat Classic Champions</b>
2014	Macomb County Team of the Year	<b>2023</b>	<b>MAC Red Division Meet Champions</b>
2015	Muskrat Classic Champions	<b>2023</b>	<b>JV MAC-County Champions</b>

# Cougar Foes

<u>Opponent</u>	<u>Won</u>	<u>Lost</u>	<u>pct.</u>
<b>Anchor Bay</b>	<b>5</b>	<b>1</b>	<b>0.833</b>
<b>Chippewa Valley</b>	<b>12</b>	<b>0</b>	<b>1.000</b>
East Detroit	2	0	1.000
Eisenhower	12	2	0.857
Fraser	1	2	0.333
<b>Grosse Pointe North</b>	<b>16</b>	<b>2</b>	<b>0.889</b>
<b>Grosse Pointe South</b>	<b>6</b>	<b>7</b>	<b>0.461</b>
Harper Woods	1	0	1.000
L'Anse Creuse	4	2	0.667
L'Anse Creuse North	2	2	0.500
Lutheran North	1	1	0.500
Marine City	0	1	0.000
Marysville	0	1	0.000
Port Huron	6	4	0.600
<b>Romeo</b>	<b>13</b>	<b>9</b>	<b>0.591</b>
Roseville	4	1	0.800
St. Clair	2	0	1.000
Sterling Heights	4	0	1.000
Stevenson	11	1	0.916
Utica	3	3	0.500
Warren Mott	4	2	0.666
<b>Overall Totals</b>	<b>109</b>	<b>41</b>	<b>0.727</b>



The 2023 Girls Track and Field team pose for a team picture after their 1<sup>st</sup> place finish at the Royal Oak Relays.



# Midwest Meet of Champions

Year	Athlete	Event(s)
2003	Jenni Culbertson	3200m Run
2006	Tanisha Johnson	Long Jump, 100m Dash, 400m Relay
2011	Jennifer Schornak	Pole Vault
2013	Lauren Burnett	800m Run, 1600m Relay
2016	Kayla Dobies	High Jump

Top 3 seniors in Michigan are selected to compete against Midwest teams such as Ohio, Indiana, West Virginia and Illinois.



# Cougar Academic All State Athletes

**Athletes must place at the state finals and have over a 3.5 GPA**

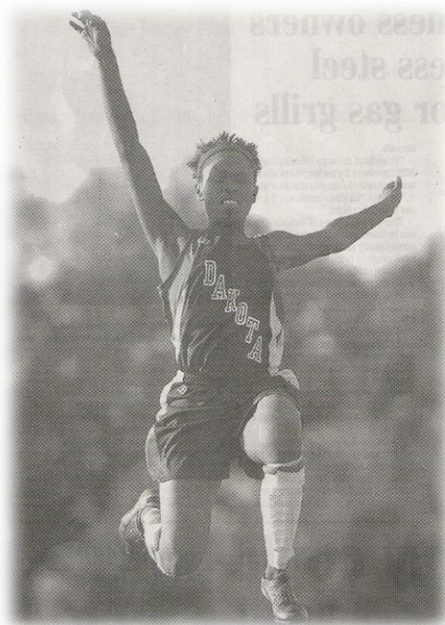
2002	Melissa Dunn, Monica Dunn, Jacqui Culbertson
2003	Jenni Culbertson
2008	Kelsey Hinz, Jessica Pizzini
2009	Jessica Pizzini, Emily Kujawski
2010	Emily Kujawski
2011	Jennifer Schornak
2013	Christina Micale, Jillian Flint
2015	Kayla Dobies
2016	Kayla Dobies
2017	Emily Droski
2018	Emily Droski, Jessica Bennett,
2018	Alexa Hempel
2019	Chelsea Harvey, Alexa Hempel
2019	Kaylee Koch, Janan Khalil
2021	Mariah Belmont, Jayden Harberts, Janan Khalil
2021	Emma Myziuk, Katelyn Slone
2022	Mariah Belmont, Jayden Harberts
2022	Chelsea Harvey, Lindsay Harvey, Sydney Timpa
<b>2023</b>	<b>Lindsay Harvey</b>



**All State and Academic All State athletes, Mariah Belmont and Jayden Harberts pose after running at the Barnyard Invitational at Romeo in 2022**

# Cougar All State Athletes

<b>Year</b>	<b>Athlete</b>	<b>Grade</b>	<b>Event(s)</b>	<b>Mark</b>	<b>Place</b>
2005	Tanisha Johnson	11 <sup>th</sup>	Long Jump	16' 9 1/4"	7 <sup>th</sup>
2006	Tanisha Johnson	12 <sup>th</sup>	Long Jump	18' 2 3/4"	2 <sup>nd</sup>
2006	Tanisha Johnson	12 <sup>th</sup>	High Jump	5' 2"	7 <sup>th</sup>



Tanisha Johnson flies to 2<sup>nd</sup> place in Long Jump in the State!

2008	Kelsey Hinz	11 <sup>th</sup>	Pole Vault	10' 6"	3 <sup>rd</sup>
2008	Jessica Pizzini	11 <sup>th</sup>	Pole Vault	10' 6"	7 <sup>th</sup>
2009	Jessica Pizzini	12 <sup>th</sup>	Pole Vault	10' 8"	8 <sup>th</sup>
2009	Emily Kujawski	11 <sup>th</sup>	Discus	118' 3"	7 <sup>th</sup>
2010	Emily Kujawski	12 <sup>th</sup>	Discus	120' 2"	5 <sup>th</sup>
2010	Emily Kujawski	12 <sup>th</sup>	Shot Put	38' 1.75"	7 <sup>th</sup>
2010	Jennifer Schornak	11 <sup>th</sup>	Pole Vault	11' 3"	5 <sup>th</sup>
2011	Jennifer Schornak	12 <sup>th</sup>	Pole Vault	11' 6"	1 <sup>st</sup>
2012	Lauren Burnett	11 <sup>th</sup>	400m Dash	57.97	8 <sup>th</sup>
2013	Lauren Burnett	12 <sup>th</sup>	400m Dash	55.67	2 <sup>nd</sup>
2013	Lauren Burnett	12 <sup>th</sup>	800m Run	2:09.62	3 <sup>rd</sup>
2013	Lauren Burnett	12 <sup>th</sup>	3200m Relay	9:27.02	8 <sup>th</sup>
2013	Christina Micale	12 <sup>th</sup>	3200m Relay	9:27.02	8 <sup>th</sup>
2013	Marah Pugh	11 <sup>th</sup>	3200m Relay	9:27.02	8 <sup>th</sup>
2013	Kayla Dobies	9 <sup>th</sup>	3200m Relay	9:27.02	8 <sup>th</sup>
2013	Kayla Dobies	9 <sup>th</sup>	High Jump	5' 3"	T 8 <sup>th</sup>
2013	Brina Serafino	9 <sup>th</sup>	800m Relay	1:41.55	3 <sup>rd</sup>

## Cougar All State Athletes cont.

2013	Shawntes' Gayden	12 <sup>th</sup>	800m Relay	1:41.55	3 <sup>rd</sup>
2013	Jillian Flint	11 <sup>th</sup>	800m Relay	1:41.55	3 <sup>rd</sup>
2013	Lauren Burnett	12 <sup>th</sup>	800m Relay	1:41.55	3 <sup>rd</sup>
2013	Jillian Flint	11 <sup>th</sup>	400m Relay	48.88	4 <sup>th</sup>
2013	Dorothy Bradford	9 <sup>th</sup>	400m Relay	48.88	4 <sup>th</sup>
2013	Brina Serafino	9 <sup>th</sup>	400m Relay	48.88	4 <sup>th</sup>
2013	Shawntes' Gayden	12 <sup>th</sup>	400m Relay	48.88	4 <sup>th</sup>
2013	Lindsey Bartz	12 <sup>th</sup>	Pole Vault	11' 3"	T 3 <sup>rd</sup>
2015	Kayla Dobies	11 <sup>th</sup>	800m Run	2:14.13	5 <sup>th</sup>
2016	Kayla Dobies	12 <sup>th</sup>	High Jump	5' 7"	1 <sup>st</sup>
2017	Emily Droski	11 <sup>th</sup>	Discus	124' 7"	7 <sup>th</sup>
2018	Emily Droski	12 <sup>th</sup>	Discus	127' 0"	7 <sup>th</sup>
2018	Jessica Bennett	9 <sup>th</sup>	1600m Relay	4:01.53	8 <sup>th</sup>
2018	Alexa Hempel	10 <sup>th</sup>	1600m Relay	4:01.53	8 <sup>th</sup>
2018	McKenna Wojcicki	11 <sup>th</sup>	1600m Relay	4:01.53	8 <sup>th</sup>
2018	Airiana Louie-Cameron	10 <sup>th</sup>	1600m Relay	4:01.53	8 <sup>th</sup>
2019	Janan Khalil	10 <sup>th</sup>	Discus	130' 10"	4 <sup>th</sup>
2019	Kaylee Koch	12 <sup>th</sup>	Pole Vault	10' 3"	T 7 <sup>th</sup>
2021	Janan Khalil	12 <sup>th</sup>	Discus	141' 5"	2 <sup>nd</sup>
2021	Katelyn Slone	12 <sup>th</sup>	3200m Relay	9:30.76	7 <sup>th</sup>
2021	Mariah Belmont	9 <sup>th</sup>	3200m Relay	9:30.76	7 <sup>th</sup>
2021	Emma Myziuk	12 <sup>th</sup>	3200m Relay	9:30.76	7 <sup>th</sup>
2021	Jayden Harberts	9 <sup>th</sup>	3200m Relay	9:30.76	7 <sup>th</sup>
2021	Jayden Harberts	9 <sup>th</sup>	3200m Run	10:53.34	4 <sup>th</sup>
2022	Chelsea Harvey	12 <sup>th</sup>	3200m Relay	9:24.72	6 <sup>th</sup>
2022	Lindsay Harvey	11 <sup>th</sup>	3200m Relay	9:24.72	6 <sup>th</sup>
2022	Mariah Belmont	10 <sup>th</sup>	3200m Relay	9:24.72	6 <sup>th</sup>
2022	Jayden Harberts	10 <sup>th</sup>	3200m Relay	9:24.72	6 <sup>th</sup>
2022	Jayden Harberts	10 <sup>th</sup>	3200m Run	10:26.16	3 <sup>rd</sup>



**The Girls 4x400m Relay team breaks the school record at the State finals! Their time of 4:01.53 broke the existing record by .89 seconds. The team was 8<sup>th</sup> in 2018.**

**(from left to right)**

**Jessica Bennett (9), Alexa Hempel (10), Coach Kelley, McKenna Wojcicki (11), Airiana Louie-Cameron(10)**

# Cougar State Qualifiers

Year	Athlete	Grade	Event(s)
1996	Tracy Shammaly	9 <sup>th</sup>	300m Hurdles
1998	Jenny Olszewski	12 <sup>th</sup>	300m Hurdles



**Erin Miller Jumps at Rockford in the State Finals in 2000.**

2000	Melissa Dunn	10 <sup>th</sup>	1600m Relay
2000	Monica Dunn	10 <sup>th</sup>	1600m Relay
2000	Marija Durakovich	11 <sup>th</sup>	1600m Relay
2000	Krysten Mazzola	10 <sup>th</sup>	1600m Relay
2000	Erin Miller	11 <sup>th</sup>	Long Jump
2001	Melissa Dunn	11 <sup>th</sup>	800m Relay, 1600m Relay
2001	Monica Dunn	11 <sup>th</sup>	800m Relay, 1600m Relay
2001	Marija Durakovich	12 <sup>th</sup>	800m Relay, 1600m Relay
2001	Krysten Mazzola	11 <sup>th</sup>	800m Relay
2001	Erin Miller	12 <sup>th</sup>	Long Jump
2001	Rachel Wells	11 <sup>th</sup>	Pole Vault, 1600m Relay
2002	Liz Beasley	12 <sup>th</sup>	High Jump
2002	Jenny Buczek	10 <sup>th</sup>	1600m Relay
2002	Jacqui Culbertson	10 <sup>th</sup>	3200m Relay*
2002	Melissa Dunn	12 <sup>th</sup>	3200m Relay*, 800m Run, 1600m Relay
2002	Monica Dunn	12 <sup>th</sup>	3200m Relay*, 800m Run*, 1600m Relay
2002	Heather Johnston	11 <sup>th</sup>	3200m Relay*
2002	Rachel Wells	12 <sup>th</sup>	Pole Vault, 1600m Relay



## Cougar State Qualifiers cont.



**The Dunn Twins race in the 800m at State Finals.**

2003	Jacqui Culbertson	11 <sup>th</sup>	3200m Relay
2003	Jenni Culbertson	12 <sup>th</sup>	3200m Relay, 3200m Run*
2003	Olivia Dunn	9 <sup>th</sup>	3200m Relay
2003	Heather Johnston	12 <sup>th</sup>	3200m Relay
2003	Tanisha Johnston	9 <sup>th</sup>	High Jump
2004	Andrea de la Garza	9 <sup>th</sup>	Long Jump
2005	Andrea de la Garza	10 <sup>th</sup>	800m Relay
2005	Tanisha Johnson	11 <sup>th</sup>	High Jump, Long Jump, 800m Relay
2005	Lisa LaPerriere	10 <sup>th</sup>	Long Jump
2005	Jessica Lobaido	11 <sup>th</sup>	800m Relay
2005	Shannon Murray	11 <sup>th</sup>	800m Relay
2006	Kelsey Hinz	9 <sup>th</sup>	Pole Vault
2006	Tanisha Johnson	12 <sup>th</sup>	Long Jump, High Jump
2007	Corrin Craig	9 <sup>th</sup>	High Jump
2007	Megan Felcyn	11 <sup>th</sup>	Discus
2007	Kelsey Hinz	10 <sup>th</sup>	Pole Vault
2007	Jessica Pizzini	10 <sup>th</sup>	Pole Vault
2007	Gwen Scruggs	10 <sup>th</sup>	Pole Vault
2008	Stephanie Cuniberti	10 <sup>th</sup>	High Jump
2008	Megan Felcyn	12 <sup>th</sup>	Discus
2008	Kelsey Hinz	11 <sup>th</sup>	Pole Vault
2008	Jessica Pizzini	11 <sup>th</sup>	Pole Vault
2008	Gwen Scruggs	11 <sup>th</sup>	Pole Vault



## Cougar State Qualifiers cont.

2009	Kelsey Hinz	12 <sup>th</sup>	Pole Vault
2009	Jessica Pizzini	12 <sup>th</sup>	Pole Vault
2009	Gwen Scruggs	12 <sup>th</sup>	Pole Vault
2009	Emily Kujawski	11 <sup>th</sup>	Discus, Shot Put
2009	Nicole Provencher	12 <sup>th</sup>	400m Relay
2009	Rebecca Fett	11 <sup>th</sup>	400m Relay
2009	Ashley Thomas	11 <sup>th</sup>	400m Relay
2009	Stephanie Cuniberti	11 <sup>th</sup>	400m Relay



**Shawna Maeder takes off with the baton in the 4x400m relay at Rockford in 2010.**

2010	Jennifer Schornak	11 <sup>th</sup>	Pole Vault
2010	Hannah Scruggs	10 <sup>th</sup>	Pole Vault
2010	Emily Kujawski	12 <sup>th</sup>	Discus, Shot Put
2010	Stephanie Cuniberti	12 <sup>th</sup>	High Jump
2010	Ashley Thomas	12 <sup>th</sup>	Long Jump
2010	Christina Micale	9 <sup>th</sup>	300m Hurdles, 1600m Relay
2010	Laura Fett	11 <sup>th</sup>	300m Hurdles
2010	Kathryn Ugorowski	10 <sup>th</sup>	1600m Relay, 400m Dash
2010	Shawna Maeder	11 <sup>th</sup>	1600m Relay
2010	Lauren Burnett	9 <sup>th</sup>	1600m Relay
2011	Jennifer Schornak	12 <sup>th</sup>	Pole Vault, Long Jump
2011	Hannah Scruggs	11 <sup>th</sup>	Pole Vault
2011	Lauren Burnett	10 <sup>th</sup>	3200m Relay, 400m Dash, 1600m Relay
2011	Hannah Pugh	12 <sup>th</sup>	3200m Relay
2011	Dayle Micale	12 <sup>th</sup>	3200m Relay
2011	Marah Pugh	9 <sup>th</sup>	3200m Relay, 1600m Run
2011	Christina Micale	10 <sup>th</sup>	300m Hurdles
2011	Kathryn Ugorowski	11 <sup>th</sup>	1600m Relay
2011	Shawna Maeder	12 <sup>th</sup>	1600m Relay
2011	Katelyn Daly	9 <sup>th</sup>	1600m Relay

## Cougar State Qualifiers cont.

2012	Hannah Scruggs	12 <sup>th</sup>	Pole Vault	
2012	Lindsey Bartz	11 <sup>th</sup>	Pole Vault	
2012	Taylor Slivik	10 <sup>th</sup>	Pole Vault	
2012	Shawntes Gayden	11 <sup>th</sup>	100m Dash	
2012	Jillian White	12 <sup>th</sup>	1600m Relay	
2012	Christina Micale	11 <sup>th</sup>	3200m Relay, 300m Hurdles, 1600m Relay	
2012	Marah Pugh	10 <sup>th</sup>	3200m Relay, 1600m Run, 3200m Run	
2012	Kathryn Ugorowski	12 <sup>th</sup>	3200m Relay, 1600m Relay	
2012	Lauren Burnett	11 <sup>th</sup>	3200m Relay, 400m Dash, 800m Run, 1600m Relay	
2013	Taylor Slivik	11 <sup>th</sup>	Pole Vault	
2013	Lindsey Bartz	12 <sup>th</sup>	Pole Vault	
2013	Alexis Penzien	9 <sup>th</sup>	High Jump	
2013	Kayla Dobies	9 <sup>th</sup>	High Jump, 3200m Relay	
2013	Christina Micale	12 <sup>th</sup>	100m Hurdles, 300m Hurdles, 3200m Relay	
2013	Marah Pugh	11 <sup>th</sup>	1600m Run, 3200m Run, 3200m Relay	
2013	Shawntes' Gayden	12 <sup>th</sup>	100m Dash, 800m Relay, 400m Relay	
2013	Jillian Flint	11 <sup>th</sup>	200m Dash, 800m Relay, 400m Relay	
2013	Brina Serafino	9 <sup>th</sup>	800m Relay, 400m Relay	
2013	Dorothy Bradford	9 <sup>th</sup>	400m Relay	
2013	Lauren Burnett	12 <sup>th</sup>	3200m Relay, 800m Relay, 400m Dash, 800m Run	
2014	Taylor Slivik	12 <sup>th</sup>	Pole Vault	
2014	Kayla Dobies	10 <sup>th</sup>	High Jump, 3200m Relay, 800m Run, 1600m Relay	
2014	Marah Pugh	12 <sup>th</sup>	3200m Relay, 3200m Run, 1600m Relay	
2014	Jillian Flint	12 <sup>th</sup>	3200m Relay, 800m Relay	
2014	Marisa Viggiano	11 <sup>th</sup>	3200m Relay	
2014	Lynn Blevins	11 <sup>th</sup>	100m Dash, 800m Relay, 400m Relay	
2014	Brina Serafino	10 <sup>th</sup>	800m Relay, 400m Relay	
2014	Jordyn VanDeVelde	10 <sup>th</sup>	800m Relay, 1600m Relay	
2014	Dorothy Bradford	10 <sup>th</sup>	400m Relay	
2014	Destinee Modock	10 <sup>th</sup>	400m Relay	
2014	Natalie Bobowski	9 <sup>th</sup>	1600m Relay	
2015	Kayla Dobies	11 <sup>th</sup>	High Jump, 800m Run, 1600m Relay	
2015	Natalie Bobowski	10 <sup>th</sup>	3200m Relay, 1600m Relay	
2015	Jordyn VanDeVelde	11 <sup>th</sup>	3200m Relay, 1600m Relay	
2015	Marisa Viggiano	12 <sup>th</sup>	3200m Relay	
2015	Natalie Viggiano	9 <sup>th</sup>	3200m Relay	
2015	Lynn Blevins	12 <sup>th</sup>	400m Relay, 1600m Relay	

## Cougar State Qualifiers cont.

2015	Dorothy Bradford	11 <sup>th</sup>	400m Relay
2015	Destinee Modock	11 <sup>th</sup>	400m Relay
2015	Taiyana Battiste	9 <sup>th</sup>	400m Relay
2016	Taiyana Battiste	10 <sup>th</sup>	400m Relay
2016	Natalie Bobowski	11 <sup>th</sup>	800m Relay, 1600m Relay
2016	Brenna Butkovich	10 <sup>th</sup>	100m Dash, 400m Relay, 800m Relay
2016	Kayla Dobies	12 <sup>th</sup>	High Jump, 3200m Relay, 1600m Relay
2016	Emily Droski	10 <sup>th</sup>	Discus
2016	Izabella Gowen	9 <sup>th</sup>	3200m Relay
2016	Destinee Modock	12 <sup>th</sup>	400m Relay
2016	Hannah Mueller	10 <sup>th</sup>	400m Relay, 800m Relay
2016	Sheila Payne	10 <sup>th</sup>	High Jump
2016	Alexis Penzien	12 <sup>th</sup>	1600m Relay
2016	Ally Slone	11 <sup>th</sup>	3200m Relay
2016	Kamry Smith	12 <sup>th</sup>	Long Jump
2016	Alayna Vernon	10 <sup>th</sup>	800m Relay
2016	Natalie Viggiano	10 <sup>th</sup>	3200m Relay
2016	McKenna Wojcicki	9 <sup>th</sup>	1600m Relay
2017	Brenna Butkovich	11 <sup>th</sup>	100m Dash
2017	Emily Droski	11 <sup>th</sup>	Discus
2017	Chloe Hadden	11 <sup>th</sup>	Discus
2018	Jessica Bennett	9 <sup>th</sup>	1600m Relay
2018	Brenna Butkovich	12 <sup>th</sup>	400m Relay
2018	Emily Droski	12 <sup>th</sup>	Discus, Long Jump
2018	Alexa Hempel	10 <sup>th</sup>	1600m Relay
2018	Kaylee Koch	11 <sup>th</sup>	Pole Vault, 400m Relay
2018	Airiana Louie-Cameron	10 <sup>th</sup>	400m Relay, 400m Dash, 1600m Relay
2018	Savannah McLauchlan	11 <sup>th</sup>	High Jump
2018	Jada Tullos	10 <sup>th</sup>	400m Relay
2018	McKenna Wojcicki	11 <sup>th</sup>	1600m Relay
2019	Zoe' Galloway	11 <sup>th</sup>	Long Jump
2019	Chelsea Harvey	9 <sup>th</sup>	1600m Relay
2019	Alexa Hempel	11 <sup>th</sup>	1600m Relay, Pole Vault
2019	Janan Khalil	10 <sup>th</sup>	Discus
2019	Kaylee Koch	12 <sup>th</sup>	Pole Vault
2019	Airiana Louie-Cameron	11 <sup>th</sup>	1600m Relay
2019	Savannah McLauchlan	12 <sup>th</sup>	High Jump
2019	McKenna Wojcicki	12 <sup>th</sup>	1600m Relay, 100m Hurdles, 300m Hurdles

## Cougar State Qualifiers cont.

2021	Angelina Isakov	10 <sup>th</sup>	High Jump, 400m Relay, 800m Relay
2021	Danielle Modock	10 <sup>th</sup>	100m Dash, 400m Relay, 800m Relay
2021	Emma Payne	11 <sup>th</sup>	400m Relay, 800m Relay
2021	Isabella Fitzgerald	9 <sup>th</sup>	400m Relay, 800m Relay
2021	Katelyn Slone	12 <sup>th</sup>	3200m Relay
2021	Lindsay Harvey	10 <sup>th</sup>	3200m Relay
2021	Mariah Belmont	9 <sup>th</sup>	3200m Relay
2021	Jayden Harberts	9 <sup>th</sup>	3200m Relay, 1600m Run, 3200m Run
2021	Emma Myziuk	12 <sup>th</sup>	3200m Run
2021	Janan Khalil	12 <sup>th</sup>	Discus
2021	Gabby Jones	11 <sup>th</sup>	Long Jump
2022	Danielle Modock	11 <sup>th</sup>	100m Dash, 400m Relay
2022	Emma Payne	12 <sup>th</sup>	400m Relay
2022	Sydney Timpa	9 <sup>th</sup>	400m Relay
2022	Zoë Morris	12 <sup>th</sup>	400m Relay
2022	Jayden Harberts	10 <sup>th</sup>	3200m Relay, 1600m Run, 3200m Run, 1600m Relay
2022	Lindsay Harvey	11 <sup>th</sup>	3200m Relay, 1600m Relay
2022	Mariah Belmont	10 <sup>th</sup>	3200m Relay
2022	Chelsea Harvey	12 <sup>th</sup>	3200m Relay
2022	Gabby Jones	12 <sup>th</sup>	300m Hurdles, 1600m Relay
2022	Camryn Ash	10 <sup>th</sup>	1600m Relay
<b>2023</b>	<b>Danielle Modock</b>	<b>12<sup>th</sup></b>	<b>100m Dash</b>
<b>2023</b>	<b>Lindsay Harvey</b>	<b>12<sup>th</sup></b>	<b>3200m Relay</b>
<b>2023</b>	<b>Mariah Belmont</b>	<b>11<sup>th</sup></b>	<b>3200m Relay</b>
<b>2023</b>	<b>Jayden Harberts</b>	<b>11<sup>th</sup></b>	<b>3200m Relay</b>
<b>2023</b>	<b>Ava LaMilza</b>	<b>12<sup>th</sup></b>	<b>3200m Relay</b>

\*State Medalist (prior to 2005, Top 3 were named all-state; starting in 2005, Top 8 were named all-state).



2023 State Qualifiers pose for a picture after their events at the State Finals at Rockford.

## By the Numbers (Cougar State Qualifiers)

1996	1 Girl	0 Boys	1 Total
1997	0 Girls	0 Boys	0 Total
1998	1 Girl	0 Boys	1 Total
1999	0 Girls	5 Boys	5 Total
2000	5 Girls	1 Boy	6 Total
2001	6 Girls	4 Boys	10 Total
2002	7 Girls	4 Boys	11 Total
2003	5 Girls	2 Boys	7 Total
2004	1 Girls	4 Boys	5 Total
2005	5 Girls	2 Boys	7 Total
2006	2 Girls	6 Boys	8 Total
2007	5 Girls	10 Boys	15 Total
2008	5 Girls	5 Boys	10 Total
2009	8 Girls	6 Boys	14 Total
2010	10 Girls	5 Boys	15 Total
2011	10 Girls	6 Boys	16 Total
2012	9 Girls	1 Boy	10 Total
2013	11 Girls	2 Boys	13 Total
2014	11 Girls	9 Boys	20 Total
2015	9 Girls	10 Boys	19 Total
2016	15 Girls	13 Boys	28 Total
2017	3 Girls	14 Boys	17 Total
2018	9 Girls	11 Boys	20 Total
2019	8 Girls	12 Boys	20 Total
2020		<i>Covid-19 Pandemic</i>	
2021	11 Girls	14 Boys	25 Total
2022	10 Girls	1 Boy	11 Total
2023	5 Girls	0 Boys	5 Total

**Total                    169 Girls                    147 Boys                    316 Total**



**2022 4 x800m Record holders!**



## By the Numbers (School Records Broken by year)

2000	6 Girls	6 Boys	12 Total
2001	9 Girls	9 Boys	18 Total
2002	9 Girls	7 Boys	16 Total
2003	4 Girls	2 Boys	6 Total
2004	2 Girls	4 Boys	6 Total
2005	6 Girls	6 Boys	12 Total
2006	4 Girls	1 Boys	5 Total
2007	2 Girls	6 Boys	8 Total
2008	3 Girls	1 Boys	4 Total
2009	3 Girls	1 Boys	4 Total
2010	5 Girls	2 Boys	7 Total
2011	4 Girls	2 Boys	6 Total
2012	9 Girls	2 Boys	11 Total
2013	7 Girls	2 Boys	9 Total
2014	3 Girls	2 Boys	5 Total
2015	2 Girls	3 Boys	5 Total
2016	2 Girls	6 Boys	8 Total
2017	2 Girls	4 Boys	6 Total
2018	2 Girls	4 Boys	6 Total
2019	1 Girls	4 Boys	5 Total
2020		<i>Covid-19 Pandemic</i>	
2021	3 Girls	2 Boys	5 Total
2022	4 Girls	2 Boys	6 Total
2023	0 Girls	0 Boys	0 Total

**Dakota Girls at the 2022  
MAC RED Championship!  
That makes it 6 in a row!  
In 2023, the girls win again  
and make it 7 in a row, see  
the cover page for the  
picture.**



# Cougar 1<sup>st</sup> Team All County

<b>Year</b>	<b>Athlete</b>	<b>Grade</b>	<b>Event(s)</b>
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1996-1997	did not attend		
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1998	Jenny Olszewski	12 <sup>th</sup>	300m Hurdles
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**2000 Girls 1600m Relay team relay at the State Finals.**

2000	Melissa Dunn	10 <sup>th</sup>	1600m Relay
2000	Monica Dunn	10 <sup>th</sup>	1600m Relay
2000	Marija Durakovich	11 <sup>th</sup>	1600m Relay
2000	Krysten Mazzola	11 <sup>th</sup>	1600m Relay
2001	Jenny Buczek	9 <sup>th</sup>	1600m Relay
2001	Melissa Dunn	11 <sup>th</sup>	1600m Relay, 800m Relay
2001	Monica Dunn	11 <sup>th</sup>	1600m Relay, 800m Relay
2001	Marija Durakovich	12 <sup>th</sup>	1600m Relay, 800m Relay
2001	Kyrsten Mazzola	11 <sup>th</sup>	800m Relay
2001	Erin Miller	12 <sup>th</sup>	Long Jump



**3200m Relay exchange at the State Finals in 2002.**

2002	Jenny Buczek	10 <sup>th</sup>	1600m Relay
2002	Jacqui Culbertson	10 <sup>th</sup>	3200m Relay
2002	Melissa Dunn	12 <sup>th</sup>	1600m Relay, 3200m Relay
2002	Monica Dunn	12 <sup>th</sup>	1600m Relay, 3200m Relay, 800m Run

## Cougar 1<sup>st</sup> Team All County cont.

2002	Heather Johnston	11 <sup>th</sup>	3200m Relay
2002	Rachel Wells	12 <sup>th</sup>	1600m Relay
2003	---Prom---		
2004	Lisa LaPerriere	9 <sup>th</sup>	Long Jump
2005	Tanisha Johnson	11 <sup>th</sup>	Long Jump, High Jump
2006	Tanisha Johnson	12 <sup>th</sup>	Long Jump, High Jump, 1600m Relay
2006	Jessica Lobaido	12 <sup>th</sup>	1600m Relay
2006	Alyssa Magnotte	12 <sup>th</sup>	1600m Relay
2006	Chelsea Piper	9 <sup>th</sup>	1600m Relay
2008	Stephanie Cuniberti	10 <sup>th</sup>	High Jump
2008	Kelsey Hinz	11 <sup>th</sup>	Pole Vault



**3200m Relay team after their win in 2009.**

2009	Emily Kujawski	11 <sup>th</sup>	Shot Put
2009	Stephanie Cuniberti	11 <sup>th</sup>	High Jump
2009	Jessica Pizzini	12 <sup>th</sup>	Pole Vault
2009	LaQwana Dockery	11 <sup>th</sup>	3200m Relay
2009	Shawna Maeder	10 <sup>th</sup>	3200m Relay
2009	Hannah Pugh	10 <sup>th</sup>	3200m Relay
2009	Chelsea Piper	12 <sup>th</sup>	3200m Relay
2010	Jennifer Schornak	11 <sup>th</sup>	Pole Vault
2010	Emily Kujawski	12 <sup>th</sup>	Shot Put
2010	Christina Micale	9 <sup>th</sup>	1600m Relay
2010	Kathryn Ugorowski	10 <sup>th</sup>	1600m Relay
2010	Shawna Maeder	11 <sup>th</sup>	1600m Relay
2010	Lauren Burnett	9 <sup>th</sup>	1600m Relay
2011	Jennifer Schornak	12 <sup>th</sup>	Pole Vault
2011	Lauren Burnett	10 <sup>th</sup>	3200m Relay, 400m Dash, 1600m Relay

## Cougar 1<sup>st</sup> Team All County cont.

2011	Hannah Pugh	12 <sup>th</sup>	3200m Relay, 800m Run
2011	Dayle Micale	12 <sup>th</sup>	3200m Relay
2011	Marah Pugh	9 <sup>th</sup>	3200m Relay, 1600m Run
2011	Christina Micale	10 <sup>th</sup>	1600m Relay
2011	Kathryn Ugorowski	11 <sup>th</sup>	1600m Relay
2011	Katelyn Daly	9 <sup>th</sup>	1600m Relay
2012	Lindsey Bartz	11 <sup>th</sup>	Pole Vault
2012	Christina Micale	11 <sup>th</sup>	3200m Relay, 1600m Relay
2012	Kathryn Ugorowski	12 <sup>th</sup>	3200m Relay, 800m Relay, 1600m Relay
2012	Marah Pugh	10 <sup>th</sup>	3200m Relay
2012	Shawntes Gayden	11 <sup>th</sup>	100m Dash
2012	Samantha Schram	10 <sup>th</sup>	800m Relay
2012	Katelyn Daly	10 <sup>th</sup>	800m Relay
2012	Jillian Flint	10 <sup>th</sup>	800m Relay
2012	Jillian White	12 <sup>th</sup>	1600m Relay
2012	Lauren Burnett	11 <sup>th</sup>	3200m Relay, 400m, 800m, 1600m Relay
2013	Lauren Burnett	12 <sup>th</sup>	3200m Relay, 800m Relay, 400m Dash
2013	Christina Micale	12 <sup>th</sup>	3200m Relay
2013	Marah Pugh	11 <sup>th</sup>	3200m Relay
2013	Kayla Dobies	9 <sup>th</sup>	3200m Relay
2013	Jillian Flint	11 <sup>th</sup>	800m Relay, 200m Dash
2013	Brina Serafino	9 <sup>th</sup>	800m Relay
2013	Katelyn Daly	11 <sup>th</sup>	800m Relay
2013	Kayla Dobies	9 <sup>th</sup>	High Jump+
2013	Lindsey Bartz	12 <sup>th</sup>	Pole Vault+
2014	Taylor Slivik	12 <sup>th</sup>	Pole Vault
2014	Kayla Dobies	10 <sup>th</sup>	800m Run, 3200m Relay
2014	Jillian Flint	12 <sup>th</sup>	3200m Relay
2014	Marah Pugh	12 <sup>th</sup>	3200m Relay
2014	Marisa Viggiano	11 <sup>th</sup>	3200m Relay
2014	Brina Serafino	10 <sup>th</sup>	400m Relay
2014	Lynn Blevins	11 <sup>th</sup>	400m Relay
2014	Destinee Modock	10 <sup>th</sup>	400m Relay
2014	Dorothy Bradford	10 <sup>th</sup>	400m Relay
2015	Kayla Dobies	11 <sup>th</sup>	High Jump, 800m Run, 1600m Relay
2015	Natalie Bobowski	10 <sup>th</sup>	1600m Relay
2015	Jordyn VanDeVelde	11 <sup>th</sup>	1600m Relay

## Cougar 1<sup>st</sup> Team All County cont.

2015	Lynn Blevins	12 <sup>th</sup>	1600m Relay, 400m Relay
2015	Dorothy Bradford	11 <sup>th</sup>	400m Relay
2015	Destinee Modock	11 <sup>th</sup>	400m Relay
2015	Taiyana Battiste	9 <sup>th</sup>	400m Relay
2015	Tahvya Krok	11 <sup>th</sup>	Long Jump
2016	Kayla Dobies	12 <sup>th</sup>	High Jump, 3200m Relay
2016	Natalie Viggiano	10 <sup>th</sup>	3200m Relay
2016	Ally Slone	11 <sup>th</sup>	3200m Relay
2016	Izabella Gowen	9 <sup>th</sup>	3200m Relay
2018	Kaylee Koch	11 <sup>th</sup>	Pole Vault, 400m Relay
2018	Savannah McLaughlan	11 <sup>th</sup>	High Jump
2018	Emily Droski	12 <sup>th</sup>	Discus
2018	Nadia Galloway	11 <sup>th</sup>	400m Relay
2018	Zoe' Galloway	10 <sup>th</sup>	400m Relay
2018	Brenna Butkovich	12 <sup>th</sup>	400m Relay
2018	Jessica Bennett	9 <sup>th</sup>	400m Dash
2019	Kaylee Koch	12 <sup>th</sup>	Pole Vault
2019	Chelsea Harvey	9 <sup>th</sup>	1600m Relay
2019	Alexa Hempel	11 <sup>th</sup>	1600m Relay
2019	Airiana Louie-Cameron	11 <sup>th</sup>	1600m Relay
2019	McKenna Wojcicki	12 <sup>th</sup>	1600m Relay
2021	Stefanie St. Pierre	12 <sup>th</sup>	Pole Vault
2021	Katelyn Slone	12 <sup>th</sup>	3200m Relay, 1600m Relay
2021	Mariah Belmont	9 <sup>th</sup>	3200m Relay, 1600m Relay
2021	Emma Myziuk	12 <sup>th</sup>	3200m Relay
2021	Jayden Harberts	9 <sup>th</sup>	3200m Relay
2021	Emma Payne	11 <sup>th</sup>	800m Relay
2021	Gabby Jones	11 <sup>th</sup>	800m Relay, 1600m Relay
2021	Chelsea Harvey	11 <sup>th</sup>	800m Relay, 1600m Relay
2021	Angelina Isakov	10 <sup>th</sup>	800m Relay
2022	Gabby Jones	12 <sup>th</sup>	300m Hurdles, 1600m Relay
2022	Jayden Harberts	10 <sup>th</sup>	3200m Relay, 1600m Run, 1600m Relay
2022	Chelsea Harvey	12 <sup>th</sup>	3200m Relay, 1600m Relay
2022	Lindsay Harvey	11 <sup>th</sup>	3200m Relay
2022	Camryn Ash	10 <sup>th</sup>	1600m Relay
2022	Mariah Belmont	10 <sup>th</sup>	3200m Relay

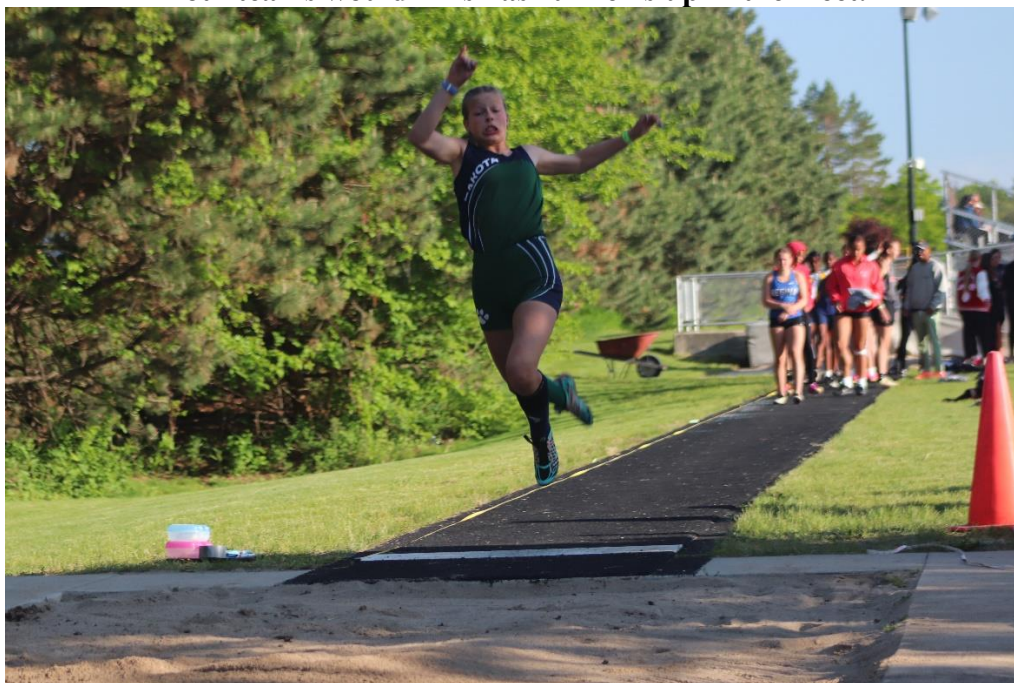


## Cougar 1<sup>st</sup> Team All County cont.

2023	Mariah Belmont	11 <sup>th</sup>	3200m Relay
2023	Lindsay Harvey	12 <sup>th</sup>	3200m Relay
2023	Lidia Clancy	9 <sup>th</sup>	3200m Relay
2023	Ava LaMilza	12 <sup>th</sup>	3200m Relay



2023 Men's and Women's team pose for a picture after the Steve Johnson Relays at Warren Mott. Both teams would finish as runner's up in the meet.



Sydney Timpa jumps 16' 3" to place 3<sup>rd</sup> at the Macomb County Meet.

## Cougar 2<sup>nd</sup> Team All County

<b>Year</b>	<b>Athlete</b>	<b>Grade</b>	<b>Event(s)</b>
1996-1997	did not attend		
1999	Jennie Froelich	11 <sup>th</sup>	400m Dash
1999	Shannon Gmerick	12 <sup>th</sup>	300m Hurdles
2000	Melissa Dunn	10 <sup>th</sup>	800m Relay
2000	Monica Dunn	10 <sup>th</sup>	800m Relay
2000	Marija Durakovich	11 <sup>th</sup>	800m Relay
2000	Krysten Mazzola	10 <sup>th</sup>	800m Relay
2000	Erin Miller	11 <sup>th</sup>	Long Jump, 100m Hurdles
2001	Jenny Buczek	9 <sup>th</sup>	300m Hurdles
2001	Melissa Dunn	11 <sup>th</sup>	400m Dash
2001	Monica Dunn	11 <sup>th</sup>	400m Dash
2002	Jenny Buczek	10 <sup>th</sup>	300m Hurdles
2002	Melissa Dunn	12 <sup>th</sup>	800m Run
2002	Rachel Wells	12 <sup>th</sup>	Pole Vault
2003	Tanisha Johnson	9 <sup>th</sup>	High Jump
2004	Jenny Buczek	12 <sup>th</sup>	300m Hurdles, 1600m Relay
2004	Jacqui Culbertson	11 <sup>th</sup>	1600m Relay
2004	Olivia Dunn	10 <sup>th</sup>	1600m Relay
2004	Jessica Lobaido	10 <sup>th</sup>	1600m Relay
2005	Andrea de la Garza	10 <sup>th</sup>	400m Relay, 800m Relay
2005	Amanda Hindman	11 <sup>th</sup>	400m Relay
2005	Tanisha Johnson	11 <sup>th</sup>	800m Relay
2005	Lisa LaPerriere	10 <sup>th</sup>	400m Relay, 800m Relay, Long Jump
2005	Jessica Lobaido	11 <sup>th</sup>	800m Relay
2005	Shannon Murray	11 <sup>th</sup>	800m Relay
2005	Alexis Zmudczynski	9 <sup>th</sup>	400m Relay
2006	Tanisha Johnson	12 <sup>th</sup>	800m Relay
2006	Jessica Lobaido	12 <sup>th</sup>	800m Relay
2006	Shannon Murray	12 <sup>th</sup>	800m Relay
2006	Sara Snider	11 <sup>th</sup>	800m Relay
2006	Kelsey Hinz	9 <sup>th</sup>	Pole Vault
2007	Corrin Craig	9 <sup>th</sup>	High Jump
2007	Stephanie Cuniberti	9 <sup>th</sup>	High Jump
2007	Megan Felcyn	11 <sup>th</sup>	Discus
2007	Jessica Pizzini	10 <sup>th</sup>	Pole Vault

## Cougar 2<sup>nd</sup> Team All County



**Kelsey Hinz and Jessica Pizzini receive their All State Awards in 2008.**

2008	Jessica Pizzini	11 <sup>th</sup>	Pole Vault
2008	Gwen Scruggs	11 <sup>th</sup>	Pole Vault
2008	Chelsea Piper	11 <sup>th</sup>	3200m Relay
2008	Krysten Neate	12 <sup>th</sup>	3200m Relay
2008	Alicia Kellogg	11 <sup>th</sup>	3200m Relay
2008	Shawna Maeder	9 <sup>th</sup>	3200m Relay
2008	Hannah Pugh	9 <sup>th</sup>	3200m Relay
2009	Kelsey Hinz	12 <sup>th</sup>	Pole Vault
2009	Emily Kujawski	11 <sup>th</sup>	Discus
2009	Kathryn Ugorowski	9 <sup>th</sup>	1600m Relay
2009	LaQwana Dockery	11 <sup>th</sup>	1600m Relay
2009	Shawna Maeder	10 <sup>th</sup>	1600m Relay
2009	Chelsea Piper	12 <sup>th</sup>	1600m Relay
2010	Emily Kujawski	12 <sup>th</sup>	Discus
2010	Ashley Thomas	12 <sup>th</sup>	800m Relay
2010	Stephanie Cuniberti	12 <sup>th</sup>	800m Relay
2010	Kathryn Ugorowski	10 <sup>th</sup>	800m Relay
2010	Lauren Burnett	9 <sup>th</sup>	800m Relay, 400m Dash
2011	Jennifer Schornak	12 <sup>th</sup>	Long Jump
2011	Marah Pugh	9 <sup>th</sup>	3200m Run
2012	Taylor Slivik	10 <sup>th</sup>	Pole Vault
2012	Jillian Flint	10 <sup>th</sup>	100m Dash, 400m Relay
2012	Marah Pugh	10 <sup>th</sup>	1600m Run
2012	Samantha Schram	10 <sup>th</sup>	400m Relay



## Cougar 2<sup>nd</sup> Team All County cont.

2012	Tanina Grace	10 <sup>th</sup>	400m Relay
2012	Shawntes Gayden	11 <sup>th</sup>	400m Relay
2013	Marah Pugh	11 <sup>th</sup>	800m Run, 1600m Relay
2013	Katelyn Daly	11 <sup>th</sup>	1600m Relay
2013	Kayla Dobies	9 <sup>th</sup>	1600m Relay
2013	Jillian Flint	11 <sup>th</sup>	1600m Relay
2013	Alexis Penzien	9 <sup>th</sup>	High Jump+
2013	Taylor Slivik	11 <sup>th</sup>	Pole Vault+
2014	Jordyn VanDeVelde	10 <sup>th</sup>	400m Dash, 800m Relay, 1600m Relay
2014	Jillian Flint	12 <sup>th</sup>	800m Relay, 1600m Relay
2014	Lynn Blevins	11 <sup>th</sup>	800m Relay
2014	Brina Serafino	10 <sup>th</sup>	800m Relay
2014	Natalie Bobowski	9 <sup>th</sup>	1600m Relay
2014	Kayla Dobies	10 <sup>th</sup>	1600m Relay
2015	Natalie Bobowski	10 <sup>th</sup>	3200m Relay
2015	Jordyn VanDeVelde	11 <sup>th</sup>	3200m Relay
2015	Marisa Viggiano	12 <sup>th</sup>	3200m Relay
2015	Natalie Viggiano	9 <sup>th</sup>	3200m Relay
2016	Kayla Dobies	12 <sup>th</sup>	800m Run, 1600m Relay
2016	McKenna Wojcicki	9 <sup>th</sup>	1600m Relay
2016	Alexis Penzien	12 <sup>th</sup>	1600m Relay
2016	Natalie Bobowski	11 <sup>th</sup>	1600m relay
2017	Kaylee Koch	10 <sup>th</sup>	Pole Vault
2017	Sheila Payne	11 <sup>th</sup>	High Jump
2017	Emily Droski	11 <sup>th</sup>	Discus
2018	McKenna Wojcicki	11 <sup>th</sup>	300m Hurdles, 1600m Relay
2018	Jessica Bennett	9 <sup>th</sup>	1600m Relay
2018	Alexa Hempel	10 <sup>th</sup>	1600m Relay
2018	Majesty Coleman	10 <sup>th</sup>	1600m Relay
2019	Zoe Morris	9 <sup>th</sup>	High Jump
2019	McKenna Wojcicki	12 <sup>th</sup>	300m Hurdles, 800m Relay
2019	Katelyn Slone	10 <sup>th</sup>	3200m Relay
2019	Angie Zefi	12 <sup>th</sup>	3200m Relay
2019	Jemma Kelly	11 <sup>th</sup>	3200m Relay
2019	Izabella Gowen	12 <sup>th</sup>	3200m Relay
2019	Zyair Clark	12 <sup>th</sup>	800m Relay
2019	Alexa Hempel	11 <sup>th</sup>	800m Relay
2019	Airiana Louie-Cameron	11 <sup>th</sup>	800m Relay

## Cougar 2<sup>nd</sup> Team All County cont.

2021	Angelina Isakov	10 <sup>th</sup>	High Jump, 400m Relay
2021	Janan Khalil	12 <sup>th</sup>	Discus
2021	Danielle Modock	10 <sup>th</sup>	100m Dash, 400m Relay
2021	Jayden Harberts	9 <sup>th</sup>	1600m Run
2021	Gabby Jones	11 <sup>th</sup>	300m Hurdles
2021	Emma Payne	11 <sup>th</sup>	400m Relay
2021	Celia Sikowski	10 <sup>th</sup>	400m Relay
2022	Danielle Modock	11 <sup>th</sup>	100m Dash
2022	Mariah Belmont	10 <sup>th</sup>	800m Run
2022	Gianah Krok	12 <sup>th</sup>	Shot Put
<b>2023</b>	<b>Mariya Howard</b>	<b>11<sup>th</sup></b>	<b>100m Hurdles</b>
<b>2023</b>	<b>Danielle Modock</b>	<b>12<sup>th</sup></b>	<b>100m Dash, 400m Relay</b>
<b>2023</b>	<b>Sydney Timpa</b>	<b>10<sup>th</sup></b>	<b>400m Relay</b>
<b>2023</b>	<b>El Auria Atienza</b>	<b>12<sup>th</sup></b>	<b>400m Relay</b>
<b>2023</b>	<b>Isabella Perry</b>	<b>10<sup>th</sup></b>	<b>400m Relay</b>

NOTE: through the 2009 season, all county honors were selected by a panel of coaches. Starting in 2010, all county honors were decided based solely on the place at the county meet.  
 +The field events were not contested in 2013 due to storms, therefore the All-County honors were selected by coaches for these events.



Danielle Modock comes out of the blocks at the Regional Meet hosted by Dakota, in 2022, she would win the event!



# Cougar 3<sup>rd</sup> Team All County

In 2010 when it was decided to make all county teams based solely on the performances at the county meet, a 3<sup>rd</sup> team was added.

2010	Stephanie Cuniberti	12 <sup>th</sup>	High Jump
2010	Ashley Thomas	12 <sup>th</sup>	Long Jump
2010	Jillian White	10 <sup>th</sup>	3200m Relay
2010	Kayla Giese	9 <sup>th</sup>	3200m Relay
2010	Hannah Pugh	11 <sup>th</sup>	3200m Relay, 1600m Run
2010	Shawna Maeder	11 <sup>th</sup>	3200m Relay
2010	Kathryn Ugorowski	10 <sup>th</sup>	400m Dash
2010	Christina Micale	9 <sup>th</sup>	300m Hurdles
2011	Hannah Scruggs	11 <sup>th</sup>	Pole Vault
2011	Raven Adams	10 <sup>th</sup>	High Jump
2011	Jillian Flint	9 <sup>th</sup>	800m Relay
2011	Samantha Schram	9 <sup>th</sup>	800m Relay
2011	Lauren Burnett	10 <sup>th</sup>	800m Relay
2011	Kathryn Ugorowski	11 <sup>th</sup>	800m Relay, 200m Dash
2011	Hannah Pugh	12 <sup>th</sup>	1600m Run
2011	Christina Micale	10 <sup>th</sup>	300m Hurdles
2012	Hannah Scruggs	12 <sup>th</sup>	Pole Vault
2012	Christina Micale	11 <sup>th</sup>	300m Hurdles
2013	Brina Serafino	9 <sup>th</sup>	100m Dash
2013	Kayla Dobies	9 <sup>th</sup>	400m Dash
2013	Christina Micale	12 <sup>th</sup>	300m Hurdles
2013	Katelyn Daly	11 <sup>th</sup>	200m Dash
2013	Kaitlin Singer	12 <sup>th</sup>	Pole Vault+
2014	Kayla Dobies	10 <sup>th</sup>	High Jump
2015	Alexis Penzien	11 <sup>th</sup>	High Jump
2015	Jordyn VanDeVelde	11 <sup>th</sup>	400m Dash
2016	Emily Droski	10 <sup>th</sup>	Discus
2016	Natalie Bobowski	11 <sup>th</sup>	400m Dash
2017	Savannah McLauchlan	10 <sup>th</sup>	High Jump
2017	Emily Droski	11 <sup>th</sup>	Long Jump
2017	Chloe Hadden	11 <sup>th</sup>	Discus
2017	Brenna Butkovich	11 <sup>th</sup>	100m Dash
2017	McKenna Wojcicki	10 <sup>th</sup>	300m Hurdles, 1600m Relay
2017	Ally Slone	12 <sup>th</sup>	3200m Relay
2017	Izabella Gowen	10 <sup>th</sup>	3200m Relay, 1600m Relay

## Cougar 3<sup>rd</sup> Team All County

2017	Hannah Faustyn	10 <sup>th</sup>	3200m Relay
2017	Elizabeth Gray	11 <sup>th</sup>	3200m Relay
2017	Kaitlyn Knapp	10 <sup>th</sup>	1600m Relay
2017	Angie Zefi	10 <sup>th</sup>	1600m Relay
2018	Abby Simms	10 <sup>th</sup>	Pole Vault
2018	Jemma Kelly	10 <sup>th</sup>	3200m Relay
2018	Elizabeth Gray	12 <sup>th</sup>	3200m Relay
2018	Angie Zefi	11 <sup>th</sup>	3200m Relay
2018	Izabella Gowen	11 <sup>th</sup>	3200m Relay
2018	McKenna Wojcicki	11 <sup>th</sup>	100m Hurdles
2018	Jessica Bennett	9 <sup>th</sup>	200m Dash
2019	Alexa Hempel	11 <sup>th</sup>	Pole Vault
2019	Savannah McLauchlan	12 <sup>th</sup>	High Jump
2019	Zoe' Galloway	11 <sup>th</sup>	Long Jump
2019	McKenna Wojcicki	12 <sup>th</sup>	100m Hurdles
2021	Gabby Jones	11 <sup>th</sup>	Long Jump, 100m Hurdles
2021	Jennifer Zaprawa	12 <sup>th</sup>	Discus
2021	Mariah Belmont	9 <sup>th</sup>	800m Run
2022	Chelsea Harvey	12 <sup>th</sup>	800m Run
2022	Gabby Jones	12 <sup>th</sup>	100m Hurdles
2022	Sydney Timpa	9 <sup>th</sup>	400m Relay
2022	Emma Payne	12 <sup>th</sup>	400m Relay, 800m Relay
2022	Zoë Morris	12 <sup>th</sup>	400m Relay
2022	Danielle Modock	11 <sup>th</sup>	400m Relay, 800m Relay
2022	Edna Haskic	9 <sup>th</sup>	800m Relay
2022	El Auria Atienza	11 <sup>th</sup>	800m Relay
2022	Gianah Krok	12 <sup>th</sup>	Discus
<b>2023</b>	<b>Sydney Timpa</b>	<b>10<sup>th</sup></b>	<b>Long Jump</b>
<b>2023</b>	<b>Mariya Howard</b>	<b>11<sup>th</sup></b>	<b>300m Hurdles</b>
<b>2023</b>	<b>Ava LaMilza</b>	<b>12<sup>th</sup></b>	<b>3200m Run</b>
<b>2023</b>	<b>Jaea-Marie Dwyer</b>	<b>9<sup>th</sup></b>	<b>400m Dash, 1600m Relay</b>
<b>2023</b>	<b>Lidia Clancy</b>	<b>9<sup>th</sup></b>	<b>1600m Relay</b>
<b>2023</b>	<b>Mariah Belmont</b>	<b>11<sup>th</sup></b>	<b>1600m Relay</b>
<b>2023</b>	<b>Lindsay Harvey</b>	<b>12<sup>th</sup></b>	<b>1600m Relay</b>

# Cougar Division Meet MVP

<u>Year</u>	<u>Athlete</u>	<u>Grade</u>
2002	Monica Dunn	12 <sup>th</sup>
2003	Jenni Culbertson	12 <sup>th</sup>
2006	Tanisha Johnson	12 <sup>th</sup>
2010	Emily Kujawski	12 <sup>th</sup>
2011	Jennifer Schornak	12 <sup>th</sup>
2012	Lauren Burnett	11 <sup>th</sup>
2013	Lauren Burnett	12 <sup>th</sup>
2016	Kayla Dobies-Co MVP	12 <sup>th</sup>
2017	McKenna Wojcicki	10 <sup>th</sup>
2018	McKenna Wojcicki	11 <sup>th</sup>
2021	Danielle Modock	10 <sup>th</sup>
<b>2023</b>	<b>Danielle Modock</b>	<b>12<sup>th</sup></b>



McKenna Wojcicki leads off the 4 x 400m Relay vs. Eisenhower at home in 2017.

## 2023 MAC RED Dual Meet Standings

Romeo	5-0
<b>Dakota</b>	<b>4-1</b>
Grosse Pointe South	3-2
Anchor Bay	2-3
Grosse Pointe North	1-4
Chippewa Valley	0-5



2022 MAC Dual meet Champions, pictured here after they defeat GPS to go 5-0!

# Cougar Division Meet Champions

<b>Year</b>	<b>Athlete</b>	<b>Grade</b>	<b>Event(s)</b>
1998	Jenny Olszewski	12 <sup>th</sup>	100m Hurdles, 300m Hurdles
2000	Melissa Dunn	10 <sup>th</sup>	800m Relay, 1600m Relay
2000	Monica Dunn	10 <sup>th</sup>	800m Relay, 1600m Relay
2000	Marija Durakovich	11 <sup>th</sup>	800m Relay, 1600m Relay
2000	Shannon Gmerick	12 <sup>th</sup>	300m Hurdles
2000	Krysten Mazzola	10 <sup>th</sup>	800m Relay, 1600m Relay
2000	Erin Miller	11 <sup>th</sup>	Long Jump
2001	Jenny Buczek	9 <sup>th</sup>	1600m Relay
2001	Melissa Dunn	11 <sup>th</sup>	800m Relay, 1600m Relay
2001	Monica Dunn	11 <sup>th</sup>	800m Relay, 1600m Relay
2001	Marija Durakovich	12 <sup>th</sup>	800m Relay, 1600m Relay
2001	Krysten Mazzola	11 <sup>th</sup>	800m Relay
2001	Erin Miller	12 <sup>th</sup>	Long Jump
2002	Sara Beech	12 <sup>th</sup>	Discus
2002	Jenny Buczek	10 <sup>th</sup>	1600m Relay, 300m Hurdles
2002	Jacqui Culbertson	10 <sup>th</sup>	3200m Relay
2002	Melissa Dunn	12 <sup>th</sup>	3200m Relay, 1600m Relay
2002	Monica Dunn	12 <sup>th</sup>	3200m Relay, 1600m Relay, 800m Run
2002	Jill Georgen	12 <sup>th</sup>	Shot Put
2002	Heather Johnston	11 <sup>th</sup>	3200m Relay
2002	Rachel Wells	12 <sup>th</sup>	1600m Relay
2003	Jackie Braun	12 <sup>th</sup>	400m Relay, 800m Relay
2003	Jenny Buczek	11 <sup>th</sup>	300m Hurdles
2003	Jacqui Culbertson	11 <sup>th</sup>	3200m Relay



**Jacqui Culbertson runs a leg of the 3200m relay at Housman Field in 2002.**

2003	Jenni Culbertson	12 <sup>th</sup>	3200m Relay, 3200m Run
2003	Olivia Dunn	9 <sup>th</sup>	3200m Relay
2003	Amanda Fader	9 <sup>th</sup>	400m Relay, 800m Relay

## Cougar Division Meet Champions cont.

2003	Heather Johnston	12 <sup>th</sup>	3200m Relay
2003	Ashley Junga	10 <sup>th</sup>	400m Relay, 800m Relay
2003	Shannon Murray	9 <sup>th</sup>	800m Relay
2003	Danielle Vandine	11 <sup>th</sup>	400m Relay
2004	Jenny Buczek	12 <sup>th</sup>	100m Hurdles, 300m Hurdles 1600m Relay
2004	Jacqui Culbertson	12 <sup>th</sup>	1600m Relay
2004	Olivia Dunn	10 <sup>th</sup>	1600m Relay
2004	Lisa LaPerriere	9 <sup>th</sup>	Long Jump
2004	Jessica Lobaido	10 <sup>th</sup>	1600m Relay
2005	Andrea de la Garza	10 <sup>th</sup>	Long Jump, 800m Relay
2005	Olivia Dunn	11 <sup>th</sup>	1600m Relay
2005	Kellyn Jackson	11 <sup>th</sup>	1600m Relay
2005	Tanisha Johnson	11 <sup>th</sup>	High Jump, 800m Relay
2005	Jessica Lobaido	11 <sup>th</sup>	800m Relay, 1600m Relay
2005	Shannon Murray	11 <sup>th</sup>	800m Relay, 1600m Relay
2006	Tanisha Johnson	12 <sup>th</sup>	Long Jump, High Jump, 100m Dash 800m Relay
2006	Shannon Murray	12 <sup>th</sup>	100m Hurdles, 800m Relay
2006	Jessica Pizzini	9 <sup>th</sup>	Pole Vault
2006	Jessica Lobaido	12 <sup>th</sup>	800m Relay
2006	Sara Snider	11 <sup>th</sup>	800m Relay
2008	Megan Felcyn	12 <sup>th</sup>	Discus
2008	Kelsey Hinz	11 <sup>th</sup>	Pole Vault



**Hannah Pugh Chases down Sterling Heights in the 3200m relay at County.**

2009	Emily Kujawski	11 <sup>th</sup>	Shot Put, Discus
2009	Jessica Pizzini	12 <sup>th</sup>	Pole Vault, 800m Relay
2009	Nicole Provencher	12 <sup>th</sup>	800m Relay, 400m Relay
2009	Rebecca Fett	11 <sup>th</sup>	800m Relay, 400m Relay
2009	Stephanie Cuniberti	11 <sup>th</sup>	800m Relay, 400m Relay
2009	Ashley Thomas	11 <sup>th</sup>	400m Relay



## Cougar Division Meet Champions cont.

2009	LaQwana Dockery	11 <sup>th</sup>	3200m Relay, 1600m Relay
2009	Chelsea Piper	12 <sup>th</sup>	3200m Relay, 1600m Relay
2009	Shawna Maeder	10 <sup>th</sup>	3200m Relay, 1600m Relay
2009	Hannah Pugh	10 <sup>th</sup>	3200m Relay
2009	Kathryn Ugorowski	9 <sup>th</sup>	1600m Relay
2010	Stephanie Cuniberti	12 <sup>th</sup>	High Jump
2010	Emily Kujawski	12 <sup>th</sup>	Discus, Shot Put
2010	Jillian White	10 <sup>th</sup>	3200m Relay
2010	Kayla Giese	9 <sup>th</sup>	3200m Relay
2010	Hannah Pugh	11 <sup>th</sup>	3200m Relay
2010	Shawna Maeder	11 <sup>th</sup>	3200m Relay, 800m Run, 1600m Relay
2010	Lauren Burnett	9 <sup>th</sup>	400m Dash, 1600m Relay
2010	Kathryn Ugorowski	10 <sup>th</sup>	1600m Relay
2010	Christina Micale	9 <sup>th</sup>	1600m Relay



**Jessica Lobaido runs at Grosse Pointe South in the 1600m Relay in 2005.**

2011	Jennifer Schornak	12 <sup>th</sup>	Long Jump, Pole Vault
2011	Lauren Burnett	10 <sup>th</sup>	400m Dash, 1600m Relay
2011	Christina Micale	10 <sup>th</sup>	300m Hurdles
2011	Marah Pugh	9 <sup>th</sup>	3200m Run
2011	Kathryn Ugorowski	11 <sup>th</sup>	1600m Relay
2011	Shawna Maeder	12 <sup>th</sup>	1600m Relay
2011	Katelyn Daly	9 <sup>th</sup>	1600m Relay
2012	Lindsey Bartz	11 <sup>th</sup>	Pole Vault
2012	Christina Micale	11 <sup>th</sup>	3200m Relay, 1600m Relay
2012	Kathryn Ugorowski	11 <sup>th</sup>	3200m Relay, 800m Relay, 1600m Relay
2012	Marah Pugh	10 <sup>th</sup>	3200m Relay
2012	Jillian Flint	10 <sup>th</sup>	800m Relay
2012	Samantha Schram	10 <sup>th</sup>	800m Relay
2012	Katelyn Daly	10 <sup>th</sup>	800m Relay

## Cougar Division Meet Champions cont.

2012	Jillian White	12 <sup>th</sup>	1600m Relay
2012	Lauren Burnett	11 <sup>th</sup>	3200m Relay, 400m Dash, 800m Run 1600m Relay
2013	Lauren Burnett	12 <sup>th</sup>	400m Dash, 200m Dash
2013	Lindsey Bartz	12 <sup>th</sup>	Pole Vault
2014	Taylor Slivik	12 <sup>th</sup>	Pole Vault
2014	Kayla Dobies	10 <sup>th</sup>	800m Run
2015	Kayla Dobies	11 <sup>th</sup>	High Jump, 800m Run
2015	Emily Droski	9 <sup>th</sup>	Discus
2015	Tahvya Krok	11 <sup>th</sup>	Long Jump
2015	Jordyn VanDeVelde	11 <sup>th</sup>	400m Dash
2016	Brenna Butkovich	10 <sup>th</sup>	100m Dash, 200m Dash
2016	Kamry Smith	12 <sup>th</sup>	Long Jump
2016	Kayla Dobies	12 <sup>th</sup>	High Jump
2017	Brenna Butkovich	11 <sup>th</sup>	100m Dash
2017	Hannah Faustyn	10 <sup>th</sup>	3200m Run
2017	Brianna Schenk	11 <sup>th</sup>	High Hurdles
2017	McKenna Wojcicki	10 <sup>th</sup>	300m Hurdles
2017	Emily Droski	11 <sup>th</sup>	Discus
2017	Kaylee Koch	10 <sup>th</sup>	Pole Vault
2018	Jemma Kelley	10 <sup>th</sup>	3200m Relay
2018	Elizabeth Gray	12 <sup>th</sup>	3200m Relay
2018	Angie Zefi	11 <sup>th</sup>	3200m Relay
2018	Izabella Gowen	11 <sup>th</sup>	3200m Relay
2018	Jada Tullos	10 <sup>th</sup>	400m Relay
2018	Airiana Louie-Cameron	10 <sup>th</sup>	400m Relay
2018	Brenna Butkovich	12 <sup>th</sup>	400m Relay
2018	Kaylee Koch	11 <sup>th</sup>	400m Relay, Pole Vault
2018	Jessica Bennett	9 <sup>th</sup>	400m Dash
2018	McKenna Wojcicki	11 <sup>th</sup>	High Hurdles, 300m Hurdles
2018	Jennifer Zaprawa	9 <sup>th</sup>	Shot Put
2018	Emily Droski	12 <sup>th</sup>	Discus
2019	McKenna Wojcicki	12 <sup>th</sup>	100m Hurdles, 300m Hurdles
2019	Zyair Clark	12 <sup>th</sup>	400m Relay
2019	Emma Payne	9 <sup>th</sup>	400m Relay
2019	Jada Tullos	11 <sup>th</sup>	400m Relay
2019	Kaylee Koch	12 <sup>th</sup>	400m Relay
2019	Jemma Kelly	11 <sup>th</sup>	3200m Relay

## Cougar Division Meet Champions cont.

2019	Angie Zefi	12 <sup>th</sup>	3200m Relay
2019	Katelyn Slone	10 <sup>th</sup>	3200m Relay
2019	Izabella Gowen	12 <sup>th</sup>	3200m Relay
2019	Janan Khalil	10 <sup>th</sup>	Shot Put, Discus
2019	Savannah McLauchlan	12 <sup>th</sup>	High Jump
2019	Kaylee Koch	12 <sup>th</sup>	Pole Vault
2019	Zoe' Galloway	11 <sup>th</sup>	Long Jump



Jennifer Schornak(junior)vaults her way into the record books, setting a school record (11' 3")at the State Finals and becoming the 1<sup>st</sup> female vaulter at Dakota to break a pole(don't worry; it was Rockford's pole). She was 5<sup>th</sup> place and earned All State honors. One year later she would become the State Champion vaulting 11' 6" at Rockford.

2021	Danielle Modock	10 <sup>th</sup>	100m Dash, 200m Dash, 400m Relay
2021	Jayden Harberts	9 <sup>th</sup>	800m Run, 1600m Run
2021	Emma Payne	11 <sup>th</sup>	400m Relay
2021	Angelina Isakov	10 <sup>th</sup>	High Jump, 400m Relay, 800m Relay
2021	Isabella Fitzgerald	9 <sup>th</sup>	400m Relay, 800m Relay
2021	Gabby Jones	11 <sup>th</sup>	Long Jump, 800m Relay
2021	Chelsea Harvey	11 <sup>th</sup>	800m Relay
2021	Katelyn Slone	12 <sup>th</sup>	3200m Relay
2021	Alondra Rosales	12 <sup>th</sup>	3200m Relay
2021	Ava LaMilza	10 <sup>th</sup>	3200m Relay
2021	Lindsay Harvey	10 <sup>th</sup>	3200m Relay
2021	Jennifer Zaprawa	12 <sup>th</sup>	Shot Put
2021	Janan Khalil	12 <sup>th</sup>	Discus
2022	Danielle Modock	11 <sup>th</sup>	100m Dash, 800m Relay
2022	Jayden Harberts	10 <sup>th</sup>	3200m Relay, 1600m Run, 800mRun, 1600m Relay
2022	Mariah Belmont	10 <sup>th</sup>	3200m Run, 3200m Relay
2022	Gabby Jones	12 <sup>th</sup>	300m Hurdles, 1600m Relay, Long Jump

## Cougar Division Meet Champions cont.

2022	Emma Payne	12 <sup>th</sup>	800m Relay
2022	Edna Haskic	9 <sup>th</sup>	800m Relay
2022	El Auria Atienza	11 <sup>th</sup>	800m Relay
2022	Chelsea Harvey	12 <sup>th</sup>	3200m Relay, 1600m Relay
2022	Camryn Ash	10 <sup>th</sup>	1600m Relay
2022	Lindsay Harvey	11 <sup>th</sup>	3200m Relay



**Camryn Ash awaits the 200m Dash start at Divisions in 2022.**

2023	Danielle Modock	12 <sup>th</sup>	100m Dash, Long Jump, 400m Relay
2023	Isabella Perry	10 <sup>th</sup>	200m Dash, 400m Relay
2023	Ava LaMilza	12 <sup>th</sup>	1600m Run, 1600m Relay
2023	McKenna Goike	12 <sup>th</sup>	3200m Run
2023	Mariya Howard	11 <sup>th</sup>	300m Hurdles
2023	El Auria Atienza	12 <sup>th</sup>	400m Relay
2023	Sydney Timpa	10 <sup>th</sup>	400m Relay
2023	Jaea-Marie Dwyer	9 <sup>th</sup>	1600m Relay
2023	Lindsay Harvey	12 <sup>th</sup>	1600m Relay
2023	Lidia Clancy	9 <sup>th</sup>	1600m Relay



**2023 Algonac Muskrat Classic Champions.**



# Cougar Regional Meet Champions

<b>Year</b>	<b>Athlete</b>	<b>Grade</b>	<b>Event(s)</b>
1998	Jenny Olszewski	12 <sup>th</sup>	300m Hurdles
2001	Erin Miller	12 <sup>th</sup>	Long Jump
2002	Jacqui Culbertson	10 <sup>th</sup>	3200m Relay
2002	Melissa Dunn	12 <sup>th</sup>	3200m Relay, 1600m Relay
2002	Monica Dunn	12 <sup>th</sup>	3200m Relay, 800m Run, 1600m Relay
2002	Heather Johnston	11 <sup>th</sup>	3200m Relay
2002	Rachel Wells	12 <sup>th</sup>	Pole Vault, 1600m Relay
2002	Jenny Buczek	10 <sup>th</sup>	1600m Relay
2003	Jacqui Culbertson	11 <sup>th</sup>	3200m Relay
2003	Jenni Culbertson	12 <sup>th</sup>	3200m Relay
2003	Olivia Dunn	9 <sup>th</sup>	3200m Relay
2003	Heather Johnston	12 <sup>th</sup>	3200m Relay
2003	Tanisha Johnson	9 <sup>th</sup>	High Jump
2005	Tanisha Johnson	11 <sup>th</sup>	High Jump, Long Jump
2006	Tanisha Johnson	12 <sup>th</sup>	Long Jump, High Jump
2008	Stephanie Cuniberti	10 <sup>th</sup>	High Jump
2008	Kelsey Hinz	11 <sup>th</sup>	Pole Vault
2009	Kelsey Hinz	12 <sup>th</sup>	Pole Vault
2009	Emily Kujawski	11 <sup>th</sup>	Shot Put
2010	Jennifer Schornak	11 <sup>th</sup>	Pole Vault
2010	Emily Kujawski	12 <sup>th</sup>	Discus, Shot Put
2010	Ashley Thomas	12 <sup>th</sup>	Long Jump
2010	Christina Micale	9 <sup>th</sup>	300m Hurdles
2011	Jennifer Schornak	12 <sup>th</sup>	Pole Vault
2011	Lauren Burnett	10 <sup>th</sup>	400m Dash
2011	Christina Micale	10 <sup>th</sup>	300m Hurdles
2012	Lindsey Bartz	11 <sup>th</sup>	Pole Vault
2012	Jillian White	12 <sup>th</sup>	1600m Relay
2012	Marah Pugh	10 <sup>th</sup>	3200m Relay
2012	Kathryn Ugorowski	12 <sup>th</sup>	3200m Relay, 1600m Relay
2012	Christina Micale	11 <sup>th</sup>	3200m Relay, 300m Hurdles, 1600m Relay
2012	Lauren Burnett	11 <sup>th</sup>	3200m Relay, 400m Dash, 800m Run, 1600m Relay



# Cougar Regional Meet Champions

2013	Taylor Slivik	11 <sup>th</sup>	Pole Vault
2013	Kayla Dobies	9 <sup>th</sup>	High Jump, 3200m Relay
2013	Christina Micale	12 <sup>th</sup>	300m Hurdles, 3200m Relay
2013	Marah Pugh	11 <sup>th</sup>	3200m Relay
2013	Shawntes' Gayden	12 <sup>th</sup>	800m Relay, 400m Relay
2013	Jillian Flint	11 <sup>th</sup>	800m Relay, 400m Relay
2013	Brina Serafino	9 <sup>th</sup>	800m Relay, 400m Relay
2013	Dorothy Bradford	9 <sup>th</sup>	400m Relay
2013	Lauren Burnett	12 <sup>th</sup>	3200m Relay, 800m Relay, 400m Dash, 800m Run
2014	Kayla Dobies	10 <sup>th</sup>	800m Run
2014	Brina Serafino	10 <sup>th</sup>	800m Relay
2014	Lynn Blevins	11 <sup>th</sup>	800m Relay
2014	Jillian Flint	12 <sup>th</sup>	800m Relay
2014	Jordyn VanDeVelde	10 <sup>th</sup>	800m Relay
2015	Kayla Dobies	11 <sup>th</sup>	800m Run, 1600m Relay, High Jump
2015	Natalie Bobowski	10 <sup>th</sup>	1600m Relay
2015	Lynn Blevins	12 <sup>th</sup>	1600m Relay
2015	Jordyn VanDeVelde	11 <sup>th</sup>	1600m Relay
2016	Destinee Modock	12 <sup>th</sup>	400m Relay
2016	Hannah Mueller	10 <sup>th</sup>	400m Relay
2016	Taiyana Battiste	10 <sup>th</sup>	400m Relay
2016	Brenna Butkovich	10 <sup>th</sup>	400m Relay
2016	Kayla Dobies	12 <sup>th</sup>	High Jump
2017	Emily Droski	11 <sup>th</sup>	Discus
2018	Jada Tullos	10 <sup>th</sup>	400m Relay
2018	Airiana Louie-Cameron	10 <sup>th</sup>	400m Relay
2018	Brenna Butkovich	12 <sup>th</sup>	400m Relay
2018	Kaylee Koch	11 <sup>th</sup>	400m Relay, Pole Vault
2018	Emily Droski	12 <sup>th</sup>	Discus
2019	Kaylee Koch	12 <sup>th</sup>	Pole Vault
2021	Danielle Modock	10 <sup>th</sup>	100m Dash
2021	Jayden Harberts	9 <sup>th</sup>	1600m Run, 3200m Run, 3200m Relay
2021	Katelyn Slone	12 <sup>th</sup>	3200m Relay
2021	Mariah Belmont	12 <sup>th</sup>	3200m Relay
2021	Lindsay Harvey	10 <sup>th</sup>	3200m Relay

# Cougar Regional Meet Champions

2022	Danielle Modock	11 <sup>th</sup>	100m Dash
2022	Jayden Harberts	10 <sup>th</sup>	1600m Run, 3200m Run
2022	Gabby Jones	12 <sup>th</sup>	300m Hurdles

## Regionals Host Sites

Warren Mott	1999-2016, 2018-2019	20
Dakota High School	2017, 2022-23	3
Chippewa Valley	1997, 2021	2
Ypsilanti Lincoln	1998	1
Marysville (class B)	1996	1



**2023 Runner ups at Huron River Relays Indoor meet at EMU.  
(this is the 2<sup>nd</sup> consecutive runner up at this meet)**

# Women's Stadium Records

<u>EVENT</u>	<u>NAME</u>	<u>MARK</u>	<u>SCHOOL</u>	<u>DATE</u>
High Jump	Payton Klein-12	5' 8"	Romeo	5-9-17
Long Jump	Sekayi Bracey-11	18' 0"	East Kentwood	5-23-15
	Angelica Floyd-12	18' 0"	Chippewa Valley	5-25-17
Shot Put	Opal Jackson-12	50' 0"	L'Anse Creuse North	5-15-21
Discus	Opal Jackson-12	138' 4"	L'Anse Creuse North	5-26-21
Pole Vault	Mackenzie Shell-12	13' 0"	Port Huron Northern	5-9-15
3200m Relay	Carmen Engel-11(2:26.6)	9:16.3	Grosse Pointe South	5-14-11
	Christina Firl-10 (2:18.8)			
	Haley Meier-10 (2:18.2)			
	Hannah Meier-10 (2:12.4)			
100m Hurdles	Breanna Peabody-12	14.4	Utica	5-10-08
100m Dash	Sekayi Bracey-10	11.91	East Kentwood	5-23-15
800m Relay	Doofan Nyamor-11	1:42.03	Rockford	5-23-15
	Casey Lewnon-9			
	Makayla Clum-12			
	Sammy Cuneo-12			
1600m Run	Hannah Meier-10	4:53.5	Grosse Pointe South	5-14-11
400m Relay	Imani Brigham-10	48.47	East Kentwood	5-23-15
	Sedalia Libbett-12			
	Gabby Leon-10			
	Sekayi Bracey-11			
400m Dash	Lauren Burnett-12	57.41	Dakota	5-7-13
300m Hurdles	Breanna Peabody-12	44.4	Utica	5-10-08
800m Run	Lauren Burnett-12	2:10.83	Dakota	5-11-13
200m Dash	Sekayi Bracey-11	24.51	East Kentwood	5-23-15
3200m Run	Jayden Harberts-10	10:49.17	Dakota	5-20-22
1600m Relay	Lily Pendency-11 (61.5)	3:57.7	Grosse Pointe South	5-7-13
	Ersula Farrow-10 (57.2)			
	Haley Meier-12 (58.8)			
	Hannah Meier-12 (60.2)			

Updated 5-19-23

# DAKOTA COUGARS TRACK & FIELD

## WOMEN'S SCHOOL RECORDS

<u>EVENT</u>	<u>NAME</u>	<u>GR</u>	<u>MARK</u>	<u>SITE</u>	<u>DATE</u>
High Jump	Kayla Dobies	11	5' 7"	Warren Mott	5-15-15
Long Jump	Tanisha Johnson	12	18' 2 3/4"	East Kentwood	6-3-06
Shot Put	Emily Kujawski	12	38' 1 3/4"	Rockford	6-5-10
Discus	Janan Khalil	12	141' 5"	East Kentwood	6-5-21
Pole Vault	Jennifer Schornak	12	11' 6"	Rockford	6-4-11
3200m Relay	Chelsea Harvey	12	9:24.72	Rockford	6-4-22
	Lindsay Harvey	11			
	Mariah Belmont	10			
	Jayden Harberts	10			
100m Hurdles	McKenna Wojcicki	12	15.22	Dakota	5-23-19
100m Dash	Brenna Butkovich	11	12.26	Dakota	5-19-17
800m Relay	Brina Serafino	9	1:41.55	East Kentwood	6-1-13
	Shawntes' Gayden	12			
	Jillian Flint	11			
	Lauren Burnett	12			
1600m Run	Jayden Harberts	10	4:56.35	Romeo	4-29-22
400m Relay	Jillian Flint	11	48.88	East Kentwood	6-1-13
	Dorothy Bradford	9			
	Brina Serafino	9			
	Shawntes' Gayden	12			
400m Dash	Lauren Burnett	12	55.67	East Kentwood	6-1-13
300m Hurdles	Gabrielle Jones	12	46.02	Dakota	5-20-22
800m Run	Lauren Burnett	12	2:09.57	Drake University	6-20-13
200m Dash	Lauren Burnett	12	25.2	GP North	5-21-13
3200m Run	Jayden Harberts	10	10:26.16	Rockford	6-4-22
1600m Relay	Jessica Bennett	9	4:01.53	East Kentwood	6-2-18
	Alexa Hempel	10			
	McKenna Wojcicki	11			
	Airiana Louie-Cameron	10			

updated 6-6-22

# Where have the Cougar's competed?

## State Finals Sites

Rockford	1997, 2000-02, 04-05, 08, 10-11, 14-15, 22-23	13
East Kentwood	2006-07, 09, 12-13, 17-19, 21	9
Lowell (class B)	1996	1
Bay City Western	1998	1
Midland	1999	1
Houseman Field	2003	1
Hudsonville	2016	1

## Macomb County Meet of Champions Sites

Warren Mott	1997-2016, 2018, 2022-23	23
Dakota	2017, 2019, 2021	3
L'Anse Creuse North	1996	1

## Macomb Area Conference Division Meet Sites

Romeo	2000-01, 2003, 2022	4
Chippewa Valley	2002, 2004, 2021	3
Dakota	2009, 2015-16	3
Grosse Pointe North	1998, 2013, 2019	3
Grosse Pointe South	2005, 2017, 2023	3
Stevenson	2007, 2014	2
Eisenhower	2008, 2018	2
Port Huron	1999, 2011	2
Utica	2012	1
Sterling Heights	2010	1
L'Anse Creuse	1997	1
Anchor Bay	2006	1

## Macomb Area Conference Division by year

unaffiliated	1996	1
Blue	1997-1998	2
White	1999 to 2006	8
Red	2007-present	16



# 2023 RELAY SPLIT TIMES

## 1600 METER RELAY

04/28/23	STEVE JOHNSON RELAYS	COU2000	Sikowski LaMilza Dwyer Harberts		4:15.96
	1. Celia Sikowski		1:06.90	3. Jae-a-Marie Dwyer	1:02.70
	2. Ava LaMilza		1:05.10	4. Jayden Harberts	1:01.10
04/25/23	DAKOTA VS. GPN	COU2000	Dwyer Haskic LaMilza Harberts		4:21.27
	1. Jae-a-Marie Dwyer		1:04.10	3. Ava LaMilza	1:05.90
	2. Edna Haskic		1:07.50	4. Jayden Harberts	1:03.50
05/16/23	MAC RED DIVISION MEET	COU2000	Dwyer Harvey Clancy LaMilza		4:22.24
	1. Jae-a-Marie Dwyer		1:04.60	3. Lidia Clancy	1:06.50
	2. Lindsay Harvey		1:07.00	4. Ava LaMilza	1:05.30
05/13/23	19TH ANNUAL DAKOTA INVITE	COU2000	Dwyer Harvey Haskic LaMilza		4:23.16
	1. Jae-a-Marie Dwyer		1:03.90	3. Edna Haskic	1:07.40
	2. Lindsay Harvey		1:06.80	4. Ava LaMilza	1:04.80
05/25/23	MACOMB COUNTY MEET	COU2000	Dwyer Belmont Harvey Clancy		4:23.45
	1. Jae-a-Marie Dwyer		1:03.00	3. Lindsay Harvey	1:05.70
	2. Mariah Belmont		1:08.50	4. Lidia Clancy	1:05.70
05/19/23	MHSAA DIVISION 1 REGIONAL	COU2000	Dwyer Clancy LaMilza Harvey		4:23.58
	1. Jae-a-Marie Dwyer		1:04.30	3. Ava LaMilza	1:07.20
	2. Lidia Clancy		1:05.90	4. Lindsay Harvey	1:06.10
05/06/23	MUSKRAT CLASSIC	COU2000	LaMilza Howard Harvey Dwyer		4:26.20
	1. Ava LaMilza		1:04.90	3. Lindsay Harvey	1:07.20
	2. Mariya Howard		1:12.20	4. Jae-a-Marie Dwyer	1:02.50
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Dwyer Haskic Clancy Harberts		4:28.62
	1. Jae-a-Marie Dwyer		1:02.90	3. Lidia Clancy	1:05.70
	2. Edna Haskic		1:07.70	4. Jayden Harberts	1:12.20
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Harvey LaMilza Pham Belmont		4:32.80
	1. Lindsay Harvey		1:07.30	3. Mylene Pham	1:11.50
	2. Ava LaMilza		1:03.70	4. Mariah Belmont	1:10.30
04/22/23	23RD ROYAL OAK RELAYS	COU2000	Howard Goike Haskic Harberts		4:34.41
	1. Mariya Howard		1:09.70	3. Edna Haskic	1:07.50
	2. McKenna Goike		1:12.90	4. Jayden Harberts	1:04.10
03/25/23	66TH HURON RIVER RELAYS	COU2000	Ash Atienza Howard Dwyer		4:36.13
	1. Camryn Ash		1:08.40	3. Mariya Howard	1:09.90
	2. El Auria Atienza		1:07.10	4. Jae-a-Marie Dwyer	1:09.50
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Sikowski Clancy LaMilza Dwyer		4:36.49
	1. Celia Sikowski		1:11.90	3. Ava LaMilza	1:06.90
	2. Lidia Clancy		1:11.40	4. Jae-a-Marie Dwyer	1:08.70
03/28/23	COUNTY INDOOR CHAMPIONS	COU2000	Ash Atienza Haskic Dwyer		4:37.87
	1. Camryn Ash		1:09.10	3. Edna Haskic	1:09.10
	2. El Auria Atienza		1:09.90	4. Jae-a-Marie Dwyer	1:09.60
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Haskic Dwyer Harvey Ash		4:40.52
	1. Edna Haskic		1:07.00	3. Lindsay Harvey	1:10.50
	2. Jae-a-Marie Dwyer		1:07.30	4. Camryn Ash	1:15.60
04/12/23	DAKOTA VS. ROMEO	COU2000	Howard Atienza Ash Harberts		4:42.27
	1. Mariya Howard		1:16.60	3. Camryn Ash	1:11.70
	2. El Auria Atienza		1:10.00	4. Jayden Harberts	1:04.50
04/08/23	SPRING BREAK CLASSIC	COU2000	Haskic Ishmeal Perry Dwyer		4:46.21
	1. Edna Haskic		1:09.30	3. Isabella Perry	1:09.20
	2. Ja'Nya Ishmeal		1:21.50	4. Jae-a-Marie Dwyer	1:05.90
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Howard Goike Faustich Santos		4:57.58
	1. Mariya Howard		1:09.80	3. Samantha Faustich	1:16.90
	2. McKenna Goike		1:10.10	4. Marina Santos	1:19.50
03/25/23	66TH HURON RIVER RELAYS	COU2000	Sledge Haskic Frederiksen Timpa		4:57.59
	1. Madison Sledge		1:14.20	3. Katelyn Frederiksen	1:21.40
	2. Edna Haskic		1:08.20	4. Julia Timpa	1:13.60
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Ash Timpa Zoli Ishmeal		5:03.46
	1. Camryn Ash		1:09.70	3. Allison Zoli	1:21.50
	2. Julia Timpa		1:12.00	4. Ja'Nya Ishmeal	1:19.60
05/23/23	JV MAC-COUNTY MEET	COU2000	Ash Mayfield Ishmeal Frederiksen		5:09.09
	1. Camryn Ash		1:06.90	3. Ja'Nya Ishmeal	1:18.00
	2. Ariana Mayfield		1:22.20	4. Katelyn Frederiksen	1:21.60
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Howard McPeek Zoli Goike		5:11.45
	1. Mariya Howard		1:09.20	3. Allison Zoli	1:27.40
	2. Madison McPeek		1:12.80	4. McKenna Goike	1:19.00
04/25/23	DAKOTA VS. GPN	COU2000	Goike Faustich Smitka Santos		5:11.99
	1. McKenna Goike		1:12.30	3. Ryann Smitka	1:22.60
	2. Samantha Faustich		1:16.70	4. Marina Santos	1:20.00
04/12/23	DAKOTA VS. ROMEO	COU2000	Timpa Pham Faustich Smitka		5:17.43
	1. Julia Timpa		1:18.80	3. Samantha Faustich	1:19.30
	2. Mylene Pham		1:14.30	4. Ryann Smitka	1:24.70
04/08/23	SPRING BREAK CLASSIC	COU2000	Carter Zoli Cooper Neumann		5:29.77
	1. Reese Carter		1:18.00	3. Addison Cooper	1:17.80
	2. Allison Zoli		1:20.50	4. Amy Neumann	1:33.30

## 3200 METER RELAY

06/03/23	MHSSA D1 STATE FINALS	COU2000	LaMilza Belmont Clancy Harvey		9:49.11
	1. Ava LaMilza		2:27.25	3. Lidia Clancy	2:27.27
	2. Mariah Belmont		2:26.33	4. Lindsay Harvey	2:28.26
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Harvey Clancy Belmont Harberts		9:49.66
	1. Lindsay Harvey		2:29.40	3. Mariah Belmont	2:28.60
	2. Lidia Clancy		2:30.10	4. Jayden Harberts	2:21.40

05/19/23	MHSAA DIVISION 1 REGIONAL	COU2000	LaMilza Harvey Belmont Harberts	9:49.77
	1. Ava LaMilza		2:24.80 3. Mariah Belmont	2:29.20
	2. Lindsay Harvey		2:28.20 4. Jayden Harberts	2:27.30
05/25/23	MACOMB COUNTY MEET	COU2000	LaMilza Clancy Belmont Harvey	9:50.82
	1. Ava LaMilza		2:25.50 3. Mariah Belmont	2:27.50
	2. Lidia Clancy		2:27.10 4. Lindsay Harvey	2:30.30
04/28/23	STEVE JOHNSON RELAYS	COU2000	Harvey Goike LaMilza Harberts	10:05.41
	1. Lindsay Harvey		2:28.30 3. Ava LaMilza	2:29.50
	2. McKenna Goike		2:44.50 4. Jayden Harberts	2:22.80
04/12/23	DAKOTA VS. ROMEO	COU2000	LaMilza Harvey Belmont Harberts	10:10.74
	1. Ava LaMilza		2:29.70 3. Mariah Belmont	2:33.00
	2. Lindsay Harvey		2:38.40 4. Jayden Harberts	2:29.50
04/25/23	DAKOTA VS. GPN	COU2000	LaMilza Clancy Harvey Belmont	10:18.54
	1. Ava LaMilza		2:32.00 3. Lindsay Harvey	2:34.90
	2. Lidia Clancy		2:40.10 4. Mariah Belmont	2:30.80
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Harvey Clancy Goike Harberts	10:28.76
	1. Lindsay Harvey		2:35.00 3. McKenna Goike	2:47.30
	2. Lidia Clancy		2:38.30 4. Jayden Harberts	2:27.90
03/25/23	66TH HURON RIVER RELAYS	COU2000	LaMilza Clancy Goike Harvey	10:31.60
	1. Ava LaMilza		2:28.30 3. McKenna Goike	2:49.50
	2. Lidia Clancy		2:38.40 4. Lindsay Harvey	2:35.50
05/16/23	MAC RED DIVISION MEET	COU2000	Clancy Goike Pham Faustich	10:38.16
	1. Lidia Clancy		2:32.50 3. Mylene Pham	2:40.20
	2. McKenna Goike		2:37.80 4. Samantha Faustich	2:47.40
05/06/23	MUSKRAT CLASSIC	COU2000	Pham Smitka Faustich Goike	11:07.50
	1. Mylene Pham		2:42.00 3. Samantha Faustich	2:51.30
	2. Ryann Smitka		2:52.50 4. McKenna Goike	2:41.90
05/13/23	19TH ANNUAL DAKOTA INVITE	COU2000	Pham Timpa Faustich Goike	11:23.85
	1. Mylene Pham		2:44.00 3. Samantha Faustich	2:55.10
	2. Julia Timpa		2:54.40 4. McKenna Goike	2:50.20
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Pham Smitka Faustich Clancy	11:28.63
	1. Mylene Pham		2:51.40 3. Samantha Faustich	2:55.60
	2. Ryann Smitka		2:58.10 4. Lidia Clancy	2:43.30
04/08/23	SPRING BREAK CLASSIC	COU2000	Timpa Frederiksen Faustich Clancy	11:45.91
	1. Julia Timpa		2:51.80 3. Samantha Faustich	2:59.90
	2. Katelyn Frederiksen		3:17.30 4. Lidia Clancy	2:36.70
04/22/23	23RD ROYAL OAK RELAYS	COU2000	Pham Faustich Smitka Goike	11:49.23
	1. Mylene Pham		2:47.10 3. Ryann Smitka	3:07.00
	2. Samantha Faustich		3:04.30 4. McKenna Goike	2:50.90
04/12/23	DAKOTA VS. ROMEO	COU2000	Goike Pham Faustich Smitka	11:53.22
	1. McKenna Goike		2:49.70 3. Samantha Faustich	3:00.00
	2. Mylene Pham		2:54.80 4. Ryann Smitka	3:08.60

#### 4 X 1600M RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	LaMilza Harvey Pham Belmont	23:04.03
	1. Ava LaMilza		5:36.40 3. Mylene Pham	6:09.40
	2. Lindsay Harvey		5:46.00 4. Mariah Belmont	5:31.50

#### 4 X 300M RELAY

03/22/23	31ST ANNUAL SVSU INVITE	COU2000	Timpa Dwyer Atienza Howard	3:09.89
	1. Sydney Timpa		49.46 3. El Auria Atienza	46.49
	2. Jaea-Marie Dwyer		47.16 4. Mariya Howard	46.73

#### 4 X 3200M RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	Smitka Timpa Goike Faustich	56:11.05
	1. Ryann Smitka		13:43.54 3. McKenna Goike	14:02.02
	2. Julia Timpa		13:50.88 4. Samantha Faustich	14:34.41
04/28/23	STEVE JOHNSON RELAYS	COU2000	Pham Smitka Goike Faustich	56:20.74
	1. Mylene Pham		13:30.52 3. McKenna Goike	14:08.11
	2. Ryann Smitka		13:48.20 4. Samantha Faustich	14:43.91

#### 4 X 600M RELAY

03/22/23	31ST ANNUAL SVSU INVITE	COU2000	Pham Timpa Faustich Goike	8:11.05
	1. Mylene Pham		2:02.60 3. Samantha Faustich	2:05.30
	2. Julia Timpa		2:07.00 4. McKenna Goike	1:56.20

#### 400 METER RELAY

05/25/23	MACOMB COUNTY MEET	COU2000	Timpa Atienza Perry Modock	50.82
	1. Sydney Timpa		13.20 3. Isabella Perry	12.90
	2. El Auria Atienza		12.80 4. Danielle Modock	11.90
05/13/23	19TH ANNUAL DAKOTA INVITE	COU2000	Modock Atienza Perry Timpa	51.26
	1. Danielle Modock		12.80 3. Isabella Perry	12.60
	2. El Auria Atienza		13.20 4. Sydney Timpa	12.60
05/16/23	MAC RED DIVISION MEET	COU2000	Modock Atienza Perry Timpa	51.27
	1. Danielle Modock		12.70 3. Isabella Perry	12.40
	2. El Auria Atienza		13.00 4. Sydney Timpa	13.00
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Modock Atienza Perry Timpa	51.68
	1. Danielle Modock		13.10 3. Isabella Perry	12.50
	2. El Auria Atienza		13.30 4. Sydney Timpa	12.80

04/28/23	STEVE JOHNSON RELAYS	COU2000	Modock Atienza Sikowski Timpa		51.72
	1. Danielle Modock		12.40	3. Celia Sikowski	13.30
	2. El Auria Atienza		12.10	4. Sydney Timpa	13.30
05/06/23	MUSKRAT CLASSIC	COU2000	Sikowski Atienza Fulford Timpa		52.10
	1. Celia Sikowski		13.80	3. Serenity Fulford	13.70
	2. El Auria Atienza		13.00	4. Sydney Timpa	12.30
04/12/23	DAKOTA VS. ROMEO	COU2000	Modock Atienza Perry Timpa		52.38
	1. Danielle Modock		12.60	3. Isabella Perry	13.00
	2. El Auria Atienza		13.80	4. Sydney Timpa	12.90
04/25/23	DAKOTA VS. GPN	COU2000	Sikowski Timpa Perry Modock		52.88
	1. Celia Sikowski		13.90	3. Isabella Perry	13.00
	2. Sydney Timpa		12.90	4. Danielle Modock	13.00
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Sikowski Timpa Perry Modock		53.02
	1. Celia Sikowski		13.20	3. Isabella Perry	13.80
	2. Sydney Timpa		13.10	4. Danielle Modock	12.80
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Modock Atienza Perry Timpa		53.56
	1. Danielle Modock		13.00	3. Isabella Perry	14.40
	2. El Auria Atienza		13.60	4. Sydney Timpa	12.80
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Timpa Fulford Perry Chau		53.80
	1. Sydney Timpa		13.70	3. Isabella Perry	12.50
	2. Serenity Fulford		14.00	4. Kaliah Chau	13.50
05/23/23	JV MAC-COUNTY MEET	COU2000	Fulford Fohey Chau King		53.92
	1. Serenity Fulford		13.00	3. Kaliah Chau	13.80
	2. Haley Fohey		13.20	4. Laylah King	13.70
04/12/23	DAKOTA VS. ROMEO	COU2000	Sikowski Cameron Chau Sledge		54.28
	1. Celia Sikowski		12.90	3. Kaliah Chau	14.80
	2. Meadow Cameron		13.00	4. Madison Sledge	13.60
04/08/23	SPRING BREAK CLASSIC	COU2000	Timpa Haskic Sledge King		54.32
	1. Sydney Timpa		13.00	3. Madison Sledge	13.60
	2. Edna Haskic		13.30	4. Laylah King	14.10
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Fulford Martin Sledge King		54.61
	1. Serenity Fulford		13.90	3. Madison Sledge	13.20
	2. Jourdyn Martin		13.70	4. Laylah King	13.80
04/12/23	DAKOTA VS. ROMEO	COU2000	Martin Mayfield Fulford King		55.00
	1. Jourdyn Martin		13.60	3. Serenity Fulford	13.80
	2. Ariana Mayfield		14.00	4. Laylah King	13.40
04/22/23	23RD ROYAL OAK RELAYS	COU2000	Timpa Fulford Martin King		55.35
	1. Sydney Timpa		12.60	3. Jourdyn Martin	14.00
	2. Serenity Fulford		14.00	4. Laylah King	14.60
04/25/23	DAKOTA VS. GPN	COU2000	Fulford Martin Sledge King		56.73
	1. Serenity Fulford		13.00	3. Madison Sledge	15.70
	2. Jourdyn Martin		14.30	4. Laylah King	13.60
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Reed Reese Chau King		56.81
	1. MaKayla Reed		14.90	3. Kaliah Chau	14.20
	2. Enddiea Reese		13.80	4. Laylah King	13.60
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Zoli Mayfield Fohey Chau		58.39
	1. Allison Zoli		15.80	3. Haley Fohey	13.80
	2. Ariana Mayfield		15.30	4. Kaliah Chau	13.50
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Martin Fulford Reed King		58.47
	1. Jourdyn Martin		14.40	3. MaKayla Reed	16.40
	2. Serenity Fulford		14.40	4. Laylah King	13.20
04/25/23	DAKOTA VS. GPN	COU2000	Cooper Titran McPeek Chau		58.50
	1. Addison Cooper		15.60	3. Madison McPeek	15.10
	2. Lizzie Titran		14.30	4. Kaliah Chau	13.40
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Sledge Chau Ishmeal Tyson		58.53
	1. Madison Sledge		15.70	3. Ja'Nya Ishmeal	15.00
	2. Kaliah Chau		14.00	4. Mercedes Tyson	13.70
04/08/23	SPRING BREAK CLASSIC	COU2000	Fulford Reed Motley Mayfield		59.01
	1. Serenity Fulford		13.20	3. Kyndall Motley	15.40
	2. MaKayla Reed		13.80	4. Ariana Mayfield	16.30
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Cooper Titran McPeek Yonan		59.54
	1. Addison Cooper		15.10	3. Madison McPeek	15.90
	2. Lizzie Titran		14.80	4. Angelina Yonan	13.60
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Cooper Zoli Fohey McPeek		1:01.30
	1. Addison Cooper		14.60	3. Haley Fohey	14.70
	2. Allison Zoli		14.70	4. Madison McPeek	14.30
04/25/23	DAKOTA VS. GPN	COU2000	Zoli Mayfield Toyer Ishmeal		1:01.49
	1. Allison Zoli		14.30	3. Samantha Toyer	17.80
	2. Ariana Mayfield		15.60	4. Ja'Nya Ishmeal	13.70
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Zoli Mayfield Cooper Fohey		1:02.15
	1. Allison Zoli		15.30	3. Addison Cooper	15.60
	2. Ariana Mayfield		15.80	4. Haley Fohey	15.50
04/12/23	DAKOTA VS. ROMEO	COU2000	Daniell Frederiksen Cooper Watkins		1:02.69
	1. Ella Daniell		15.40	3. Addison Cooper	17.40
	2. Katelyn Frederiksen		16.40	4. Amaia Watkins	13.70

#### 4 X 100M SHUTTLE WITH A MEDICINE BALL

04/22/23	23RD ROYAL OAK RELAYS	COU2000	Fohey Sauve McPeek Stramer		1:08.43
	1. Haley Fohey		16.20	3. Madison McPeek	15.40
	2. Emerson Sauve		20.20	4. Maygan Stramer	16.50
04/28/23	STEVE JOHNSON RELAYS	COU2000	Fohey Sauve Stramer McPeek		1:11.10
	1. Haley Fohey		17.10	3. Maygan Stramer	15.60
	2. Emerson Sauve		21.80	4. Madison McPeek	16.60

## 800 METER RELAY

05/19/23	MHSAA DIVISION	1 REGIONAL	COU2000	Modock	Atienza	Dwyer	Perry		1:47.18
		1.	Danielle Modock	25.50	3.	Jaea-Marie Dwyer		26.50	
		2.	El Auria Atienza	28.40	4.	Isabella Perry		26.80	
05/13/23	19TH ANNUAL DAKOTA INVITE	COU2000	Atienza	Martin	Perry	Modock		1:49.80	
		1.	El Auria Atienza	27.70	3.	Isabella Perry		27.60	
		2.	Jourdyn Martin	28.40	4.	Danielle Modock		26.00	
05/25/23	MACOMB COUNTY MEET	COU2000	Atienza	Dwyer	Perry	Ash		1:50.16	
		1.	El Auria Atienza	27.70	3.	Isabella Perry		27.20	
		2.	Jaea-Marie Dwyer	27.40	4.	Camryn Ash		27.80	
05/16/23	MAC RED DIVISION MEET	COU2000	Atienza	Dwyer	Perry	Haskic		1:51.34	
		1.	El Auria Atienza	27.50	3.	Isabella Perry		27.20	
		2.	Jaea-Marie Dwyer	28.00	4.	Edna Haskic		28.70	
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Modock	Atienza	Perry	Martin		1:51.87	
		1.	Danielle Modock	27.80	3.	Isabella Perry		27.10	
		2.	El Auria Atienza	28.40	4.	Jourdyn Martin		28.20	
04/28/23	STEVE JOHNSON RELAYS	COU2000	Modock	Atienza	Perry	Timpa		1:52.56	
		1.	Danielle Modock	27.70	3.	Isabella Perry		28.70	
		2.	El Auria Atienza	26.80	4.	Sydney Timpa		28.70	
04/12/23	DAKOTA VS. ROMEO	COU2000	Timpa	Howard	Atienza	Modock		1:52.62	
		1.	Sydney Timpa	28.90	3.	El Auria Atienza		28.30	
		2.	Mariya Howard	30.20	4.	Danielle Modock		26.20	
05/06/23	MUSKRAT CLASSIC	COU2000	Timpa	Dwyer	Martin	Atienza		1:52.80	
		1.	Sydney Timpa	28.60	3.	Jourdyn Martin		27.70	
		2.	Jaea-Marie Dwyer	28.80	4.	El Auria Atienza		28.70	
04/25/23	DAKOTA VS. GPN	COU2000	Ash	Haskic	Dwyer	Perry		1:53.21	
		1.	Camryn Ash	28.70	3.	Jaea-Marie Dwyer		28.10	
		2.	Edna Haskic	28.10	4.	Isabella Perry		28.20	
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Perry	Haskic	Atienza	Modock		1:53.53	
		1.	Isabella Perry	27.50	3.	El Auria Atienza		28.20	
		2.	Edna Haskic	29.60	4.	Danielle Modock		28.20	
03/25/23	66TH HURON RIVER RELAYS	COU2000	Howard	Cameron	Dwyer	Modock		1:53.65	
		1.	Mariya Howard	29.10	3.	Jaea-Marie Dwyer		27.80	
		2.	Meadow Cameron	28.50	4.	Danielle Modock		27.00	
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Martin	Fulford	King	Haskic		1:54.20	
		1.	Jourdyn Martin	28.40	3.	Laylah King		29.10	
		2.	Serenity Fulford	28.70	4.	Edna Haskic		28.10	
03/28/23	COUNTY INDOOR CHAMPIONS	COU2000	Modock	Howard	Cameron	Dwyer		1:54.25	
		1.	Danielle Modock	27.00	3.	Meadow Cameron		28.80	
		2.	Mariya Howard	29.20	4.	Jaea-Marie Dwyer		28.80	
04/08/23	SPRING BREAK CLASSIC	COU2000	Timpa	Haskic	Dwyer	King		1:55.21	
		1.	Sydney Timpa	27.60	3.	Jaea-Marie Dwyer		29.50	
		2.	Edna Haskic	28.30	4.	Laylah King		29.80	
04/12/23	DAKOTA VS. ROMEO	COU2000	Ash	Haskic	Dwyer	Perry		1:55.54	
		1.	Camryn Ash	30.20	3.	Jaea-Marie Dwyer		27.20	
		2.	Edna Haskic	28.50	4.	Isabella Perry		29.60	
05/23/23	JV MAC-COUNTY MEET	COU2000	Fulford	Chau	Zoli	Ash		1:56.34	
		1.	Serenity Fulford	28.50	3.	Allison Zoli		30.10	
		2.	Kaliah Chau	29.60	4.	Camryn Ash		27.90	
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Modock	Dwyer	Perry	Timpa		1:57.06	
		1.	Danielle Modock	30.00	3.	Isabella Perry		27.00	
		2.	Jaea-Marie Dwyer	30.50	4.	Sydney Timpa		29.50	
03/25/23	66TH HURON RIVER RELAYS	COU2000	Timpa	Haskic	Sledge	Atienza		1:57.10	
		1.	Sydney Timpa	29.30	3.	Madison Sledge		29.80	
		2.	Edna Haskic	28.80	4.	El Auria Atienza		28.30	
05/09/23	DAKOTA VS. GP SOUTH	COU2000	Ash	Ishmeal	Sledge	King		1:58.22	
		1.	Camryn Ash	28.70	3.	Madison Sledge		30.30	
		2.	Ja'Nya Ishmeal	27.80	4.	Laylah King		31.40	
04/08/23	SPRING BREAK CLASSIC	COU2000	Reed	Ishmeal	Sledge	Perry		1:58.43	
		1.	MaKayla Reed	30.50	3.	Madison Sledge		28.90	
		2.	Ja'Nya Ishmeal	29.20	4.	Isabella Perry		29.60	
04/18/23	DAKOTA VS. CHIPPEWA VALLEY	COU2000	Ash	Chau	Howard	Reed		1:58.46	
		1.	Camryn Ash	28.40	3.	Mariya Howard		28.20	
		2.	Kaliah Chau	30.80	4.	MaKayla Reed		31.00	
04/25/23	DAKOTA VS. GPN	COU2000	Reed	Fulford	Chau	King		1:58.77	
		1.	MaKayla Reed	29.10	3.	Kaliah Chau		30.70	
		2.	Serenity Fulford	30.90	4.	Laylah King		28.00	
04/22/23	23RD ROYAL OAK RELAYS	COU2000	Reese	Fulford	Martin	King		2:00.14	
		1.	Enddiea Reese	29.70	3.	Jourdyn Martin		31.10	
		2.	Serenity Fulford	29.30	4.	Laylah King		29.70	
05/02/23	DAKOTA VS. ANCHOR BAY	COU2000	Martin	Fulford	Reed	King		2:02.50	
		1.	Jourdyn Martin	30.80	3.	MaKayla Reed		29.40	
		2.	Serenity Fulford	31.30	4.	Laylah King		31.00	
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Zoli	Fohey	Frederiksen	McPeek		2:05.80	
		1.	Allison Zoli	31.70	3.	Katelyn Frederiksen		34.00	
		2.	Haley Fohey	29.00	4.	Madison McPeek		31.10	

## 8000M RELAY (1600, 800, 2400, 3200)

05/06/23	MUSKRAT CLASSIC	COU2000	Belmont	Harvey	Harberts	LaMilza		27:53.00	
		1.	Mariah Belmont	5:26.70	3.	Jayden Harberts		8:04.60	
		2.	Lindsay Harvey	2:29.70	4.	Ava LaMilza		11:53.00	

## COED 3600M RELAY (12b, 6g, 6b, 12g)

05/06/23	MUSKRAT CLASSIC	COU2000	Harvey	Clancy				10:53.80	
		2.	Lindsay Harvey	1:46.60	4.	Lidia Clancy		4:05.90	

### COED 4 X 400M RELAY

04/28/23	STEVE JOHNSON RELAYS	COU2000	Haskic Clancy			4:05.90
			1. Edna Haskic	1:07.90	3. Lidia Clancy	1:06.40
04/22/23	23RD ROYAL OAK RELAYS	COU2000	Haskic Dwyer			4:06.25
			1. Edna Haskic	1:06.30	3. Jaea-Marie Dwyer	1:06.40
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Haskic Clancy			4:11.60
			1. Edna Haskic	1:07.30	3. Lidia Clancy	1:07.10
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Chau Martin			4:33.70
			1. Kaliah Chau	1:15.70	3. Jourdyn Martin	1:13.60
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Timpa Pham			4:38.80
			1. Julia Timpa	1:16.00	3. Mylene Pham	1:13.10

### COED 4 X 800M RELAY

04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Clancy Timpa			10:23.50
			1. Lidia Clancy	2:38.00	3. Julia Timpa	2:55.30
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Pham Faustich			11:11.40
			1. Mylene Pham	2:48.60	3. Samantha Faustich	3:01.90
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Smitka Frederiksen			12:12.50
			1. Ryann Smitka	3:02.80	3. Katelyn Frederiksen	3:26.80

### COED CLASSIC RELAY (100g, 100g, 100b, 100b, 200g, 200b, 400g, 400b)

05/06/23	MUSKRAT CLASSIC	COU2000	Fulford Sikowski Haskic Clancy			3:45.60
			1. Serenity Fulford	13.20	3. Edna Haskic	27.40
			2. Celia Sikowski	13.60	4. Lidia Clancy	1:07.10

### COED FIELD 4 X 200M

05/06/23	MUSKRAT CLASSIC	COU2000	Fohey Haskic			1:46.60
			1. Haley Fohey	30.40	3. Edna Haskic	27.90

### COED SHUDDLE HURDLES

05/06/23	MUSKRAT CLASSIC	COU2000	Timpa Howard			1:05.60
			2. Julia Timpa	19.40	4. Mariya Howard	16.60
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Timpa Timpa			1:10.50
			1. Julia Timpa	19.20	3. Sydney Timpa	18.30
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	McPeek Ivaskiv			1:22.80
			1. Madison McPeek	20.50	3. Kristina Ivaskiv	24.90

### DISCUS RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	McPeek Sauve Stramer			215'09.00"
			1. Madison McPeek	75'02.00	3. Maygan Stramer	70'09.00
			2. Emerson Sauve	69'10.00	4.	
04/28/23	STEVE JOHNSON RELAYS	COU2000	Stramer McPeek Sauve			211'06.00"
			1. Maygan Stramer	76'03.00	3. Emerson Sauve	67'11.00
			2. Madison McPeek	67'04.00	4.	
05/06/23	MUSKRAT CLASSIC	COU2000	McPeek Sauve Stramer			203'05.50"
			1. Madison McPeek	55'05.00	3. Maygan Stramer	73'07.00
			2. Emerson Sauve	74'05.50	4.	
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	McPeek Sauve			137'03.00"
			1. Madison McPeek	64'05.00	3.	
			2. Emerson Sauve	72'10.00	4.	
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Fohey Goers			102'06.00"
			1. Haley Fohey	54'01.00	3.	
			2. Madeline Goers	48'05.00	4.	

### DISTANCE MEDLEY RELAY

04/28/23	STEVE JOHNSON RELAYS	COU2000	Harvey Clancy LaMilza Harberts			12:52.77
			1. Lindsay Harvey	2:28.90	3. Ava LaMilza	3:59.90
			2. Lidia Clancy	1:06.60	4. Jayden Harberts	5:17.00
04/22/23	23RD ROYAL OAK RELAYS	COU2000	LaMilza Harvey Belmont Harberts			13:10.29
			1. Ava LaMilza	4:10.10	3. Mariah Belmont	2:31.40
			2. Lindsay Harvey	1:09.10	4. Jayden Harberts	5:19.10
03/28/23	COUNTY INDOOR CHAMPIONS	COU2000	LaMilza Harvey Pham Belmont			14:01.95
			1. Ava LaMilza	4:13.60	3. Mylene Pham	2:51.90
			2. Lindsay Harvey	1:11.00	4. Mariah Belmont	5:45.30
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Pham Chau Smitka Faustich			15:19.30
			1. Mylene Pham	2:45.40	3. Ryann Smitka	4:38.70
			2. Kaliah Chau	1:20.80	4. Samantha Faustich	6:33.10

### HIGH JUMP RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	Haskic Reese Timpa			13'01.00"
			1. Edna Haskic	4'03.00	3. Julia Timpa	4'05.00
			2. Enddiea Reese	4'05.00	4.	
05/06/23	MUSKRAT CLASSIC	COU2000	Faustich Haskic Timpa			12'09.00"
			1. Samantha Faustich	4'00.00	3. Julia Timpa	4'03.00
			2. Edna Haskic	4'06.00	4.	



04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Haskic Timpa			8'10.00"
			1. Edna Haskic	4'06.00	3.	
			2. Julia Timpa	4'04.00	4.	
04/28/23	STEVE JOHNSON RELAYS	COU2000	Haskic Timpa			8'06.00"
			1. Edna Haskic	4'03.00	3.	
			2. Julia Timpa	4'03.00	4.	

### JV 4X400M RELAY

05/13/23	19TH ANNUAL DAKOTA INVITE	COU2000	Reed Fohey Mayfield Frederiksen			5:06.18
			1. MaKayla Reed	1:07.90	3. Ariana Mayfield	1:23.50
			2. Haley Fohey	1:15.80	4. Katelyn Frederiksen	1:19.00

### LONG JUMP RELAY

04/28/23	STEVE JOHNSON RELAYS	COU2000	McPeek Modock Timpa			41'06.00"
			1. Madison McPeek	11'11.00	3. Sydney Timpa	14'04.00
			2. Danielle Modock	15'03.00	4.	
05/06/23	MUSKRAT CLASSIC	COU2000	Timpa McPeek Martin			39'08.50"
			1. Sydney Timpa	15'02.50	3. Jourdyn Martin	12'03.00
			2. Madison McPeek	12'03.00	4.	
04/22/23	23RD ROYAL OAK RELAYS	COU2000	King Timpa Yonan			38'11.50"
			1. Laylah King	12'03.00	3. Angelina Yonan	13'05.00
			2. Sydney Timpa	13'03.50	4.	
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Timpa King			27'06.75"
			1. Sydney Timpa	15'03.75	3.	
			2. Laylah King	12'03.00	4.	

### POLE VAULT RELAY

04/28/23	STEVE JOHNSON RELAYS	COU2000	Avery			8'06.00"
			1. Sienna Avery	8'06.00	3.	
05/06/23	MUSKRAT CLASSIC	COU2000	Avery			8'06.00"
			1. Sienna Avery	8'06.00	3.	

### RAT RELAY (100, 200, 300, 600)

05/06/23	MUSKRAT CLASSIC	COU2000	Timpa Atienza Belmont Harberts			3:09.40
			1. Sydney Timpa	13.20	3. Mariah Belmont	47.50
			2. El Auria Atienza	29.00	4. Jayden Harberts	1:40.40

### SHOT PUT RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	Stramer Fohey Sauve			77'10.00"
			1. Maygan Stramer	30'04.00	3. Emerson Sauve	24'06.50
			2. Haley Fohey	22'11.50	4.	
04/28/23	STEVE JOHNSON RELAYS	COU2000	Fohey Sauve Stramer			77'07.00"
			1. Haley Fohey	23'00.00	3. Maygan Stramer	29'04.00
			2. Emerson Sauve	25'03.00	4.	
05/06/23	MUSKRAT CLASSIC	COU2000	Fohey Sauve Stramer			77'05.00"
			1. Haley Fohey	23'08.00	3. Maygan Stramer	28'08.00
			2. Emerson Sauve	25'01.00	4.	
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Sauve Fohey Goers			68'01.00"
			1. Emerson Sauve	23'05.00	3. Madeline Goers	22'05.00
			2. Haley Fohey	22'03.00	4.	

### SHUTTLE HURDLE RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	Timpa McPeek Timpa Howard			1:13.72
			1. Sydney Timpa	18.70	3. Julia Timpa	19.40
			2. Madison McPeek	19.20	4. Mariya Howard	16.50
04/28/23	STEVE JOHNSON RELAYS	COU2000	Timpa McPeek Timpa Howard			1:15.06
			1. Sydney Timpa	20.40	3. Julia Timpa	19.80
			2. Madison McPeek	18.00	4. Mariya Howard	16.40

### SPRINT MEDLEY RELAY

04/22/23	23RD ROYAL OAK RELAYS	COU2000	Timpa Fulford Howard Dwyer			2:00.84
			1. Sydney Timpa	12.70	3. Mariya Howard	29.50
			2. Serenity Fulford	13.00	4. Jaea-Marie Dwyer	1:05.10
04/28/23	STEVE JOHNSON RELAYS	COU2000	Sikowski Atienza Perry Howard			2:02.92
			1. Celia Sikowski	13.80	3. Isabella Perry	28.80
			2. El Auria Atienza	12.80	4. Mariya Howard	1:07.40
04/15/23	JEFFERSON 9TH/10TH INVITE	COU2000	Haskic Timpa Perry Clancy			4:41.10
			1. Edna Haskic	1:08.90	3. Isabella Perry	27.00
			2. Sydney Timpa	31.40	4. Lidia Clancy	2:35.00

### XC 3 x 3200m relay

05/06/23	MUSKRAT CLASSIC	COU2000	Goike Smitka Pham			32:41.10
			1. McKenna Goike	11:09.10	3. Mylene Pham	10:48.60
			2. Ryann Smitka	10:43.40	4.	

# TOP 60 ALL TIME POINT LEADERS (Since 2000)

<u>NAME</u>		<u>POINTS</u>
Kayla Dobies	COU2000	1099.30
Lauren Burnett	COU2000	935.74
Tanisha Johnson	COU2000	783.90
Christina Micale	COU2000	688.19
Alexis Penzien	COU2000	683.53
Gabrielle Jones	COU2000	678.91
Jillian Flint	COU2000	664.00
McKenna Wojcicki	COU2000	644.82
Emily Droski	COU2000	628.66
<b>Danielle Modock</b>	<b>COU2000</b>	<b>571.50</b>
Chelsea Harvey	COU2000	565.83
Marah Pugh	COU2000	525.74
Kaylee Koch	COU2000	492.53
Stephanie Cuniberti	COU2000	479.00
Kathryn Ugorowski	COU2000	472.24
<b>Jayden Harberts</b>	<b>COU2000</b>	<b>471.90</b>
Jennifer Schornak	COU2000	464.13
Savannah McLauchlan	COU2000	460.46
Jenny Buczek	COU2000	425.25
Jessica Pizzini	COU2000	418.06
Janan Khalil	COU2000	414.39
Gianah Krok	COU2000	400.07
Izabella Gowen	COU2000	399.98
Alexa Hempel	COU2000	381.04
Alexandra Saucedo	COU2000	379.64
Lindsey Bartz	COU2000	369.62
Emily Kujawski	COU2000	361.65
Hannah Pugh	COU2000	355.55
Jordyn VanDeVelde	COU2000	352.16
Natalie Bobowski	COU2000	351.82

<b>Mariah Belmont</b>	<b>COU2000</b>	<b>350.40</b>
Megan Felcyn	COU2000	348.49
Rachel Wells	COU2000	346.71
<b>Lindsay Harvey</b>	<b>COU2000</b>	<b>342.64</b>
Lynn Blevins	COU2000	340.37
Brina Serafino	COU2000	340.00
<b>Ava LaMilza</b>	<b>COU2000</b>	<b>334.90</b>
Monica Dunn	COU2000	331.87
Melissa Dunn	COU2000	331.87
Kelsey Hinz	COU2000	331.81
Brianna Schenk	COU2000	323.66
Chelsea Piper	COU2000	320.08
Ashley Thomas	COU2000	315.23
Taylor Slivik	COU2000	315.22
Jennifer Zaprawa	COU2000	313.65
Lisa LaPerriere	COU2000	310.66
Shawntes' Gayden	COU2000	297.25
Zoe' Morris	COU2000	293.15
Erin Miller	COU2000	289.41
Emma Myziuk	COU2000	286.66
Mia Dagati	COU2000	282.73
Jessica Lobaido	COU2000	276.00
Hannah Scruggs	COU2000	275.54
Hannah Faustyn	COU2000	265.57
Katelyn Daly	COU2000	264.35
<b>Sydney Timpa</b>	<b>COU2000</b>	<b>259.00</b>
Shawna Maeder	COU2000	257.89
Autumn Majestic	COU2000	256.23
Jennifer Culbertson	COU2000	253.14
Laura Fett	COU2000	218.86
Jemma Kelly	COU2000	217.83
Jessica Bennett	COU2000	216.75

## POINT LEADERS FOR THE 2023 SEASON

<u>NAME</u>		<u>POINTS</u>
Danielle Modock	COU2000	147.00
Sydney Timpa	COU2000	135.75
Mariya Howard	COU2000	116.75
Ava LaMilza	COU2000	113.07
Lindsay Harvey	COU2000	97.73
Jaea-Marie Dwyer	COU2000	95.25
Lidia Clancy	COU2000	91.74
Mariah Belmont	COU2000	77.49
Julia Timpa	COU2000	76.72
El Auria Atienza	COU2000	74.75
Jayden Harberts	COU2000	71.49
McKenna Goike	COU2000	57.75
Isabella Perry	COU2000	55.50
Sienna Avery	COU2000	54.66
Edna Haskic	COU2000	53.14
Madison McPeek	COU2000	44.00
Mylene Pham	COU2000	39.66
Maygan Stramer	COU2000	33.40
Ryann Smitka	COU2000	30.08
Serenity Fulford	COU2000	30.00
Emerson Sauve	COU2000	28.06
Samantha Faustich	COU2000	25.99
Camryn Ash	COU2000	21.75
Celia Sikowski	COU2000	18.25
Haley Fohey	COU2000	16.81
Kaliah Chau	COU2000	15.83
Laylah King	COU2000	15.25
Jourdyn Martin	COU2000	10.00
Ja'Nya Ishmeal	COU2000	9.75

Kristina Ivaskiv	COU2000	5.00
Katelyn Frederiksen	COU2000	4.50
MaKayla Reed	COU2000	4.25
Allison Zoli	COU2000	3.50
Gabrielle Harris	COU2000	3.33
Meadow Cameron	COU2000	3.25
Madison Sledge	COU2000	3.25
Reese Carter	COU2000	3.00
Madeline Goers	COU2000	2.66
Angelina Yonan	COU2000	2.58
Ariana Mayfield	COU2000	2.50
Enddiea Reese	COU2000	1.66
Kyndall Motley	COU2000	1.50
Amy Neumann	COU2000	1.00
Addison Cooper	COU2000	1.00



**2023 Indoor County Champions!!.**