

South Lyon High Girls School Track Records

EVENT	ATHLETE	RECORD	YEAR	
Shot Put				
SLHS	Wendy Jacobs	37'7.75"	1998	
Junior	Amanda Thomas	33'10.5"	2008	
Soph	Wendy Jacobs	33'1.25"	1996	
Frosh	Wendy Jacobs	32'4"	1995	
Discus				
School	Jamie Kuzdek	127'5"	2000	
Junior	Jamie Kuzdek	122'2"	1999	
Soph	Jamie Kuzdek	112'6"	1998	
Frosh	Jackie Yurkunas	98'9"	2001	
High Jump				
School	Brady Covert	5'5"	2012	
Junior	Brady Covert	5'3"	2013	
Soph	Brady Covert	5'5"	2012	
Frosh	Brady Covert/Lily Mueller	5'3"	2011/2017	
Long Jump				
School	Amanda Green	17'10.75"	2008	
Junior	Samantha Smith	17'4"	2003	
Soph	Cassie Teeple	17'1.5"	1997	
Frosh	Cassie Teeple	16'9.5"	1996	
Pole Vault				
SLHS	Emma Bauer	11'9"	2015	States
Junior	Emma Bauer	11'	2014	County
Soph	Emma Bauer	9'	2013	
Frosh	Emma Bauer	8'3"	2012	
100 M Dash				
School	Megan Morad	12.1	2007	
Junior	Megan Morad	12.1	2008	
Soph	Megan Morad	12.1	2007	
Frosh	Megan Morad	12.6	2006	
200 M Dash				
School	Megan Morad	25.7	2007	

Junior	Kiersten Isgrigg	26.2	2002	
Soph	Megan Morad	25.7	2007	
Frosh	Jacquelyn Gaudreau	26.4	2000	
400 M Dash				
School	Sue Tomanek	57.3	1983	
Junior	Sharon Brzys	59.2	1997	
Soph	Sharon Brzys	59.6	1996	
Frosh	Sharon Brzys	60.3	1995	
800 M Run				
School	Nicole McMillan	2:19		
Junior	Nicole McMillan	2:19		
Soph	Nicole McMillan	0:02		
Frosh	Nicole McMillan	2:23		
1600 M Run				
School	Cheryl Sheffer	04:58.8	1980	
Junior	Amanda Lee	05:19.8	1999	
Soph	Amanda Lee	05:16.9	1998	
Frosh	Miranda Meyers	05:30.0	2017	
3200 M Run				
School	Cheryl Sheffer	11:01.1	1978	
Junior	Amanda Lee	11:29.4	1999	
Soph	Cheryl Sheffer	11:01.1	1978	
Frosh	Miranda Meyers	11:52.8	2017	
110 M Hurdles 39" HH				
School	Kiersten Isgrigg	14.2	2002	
Junior	Kiersten Isgrigg	14.2	2003	
Soph	Kiersten Isgrigg	14.2	2002	
Frosh	Kiersten Isgrigg	15.2	2001	
300 M Hurdles 36" IH				
School	Kiersten Isgrigg	44	2003	
Junior	Kiersten Isgrigg	44	2003	
Soph	Kiersten Isgrigg	44.3	2002	
Frosh	Kiersten Isgrigg	45.7	2001	

400 M Relay (4 x 100)				
SLHS School	Shana Spehar Kiersten Isgrigg Jenny Liebig Samantha Smith	49.7	2003	
800 M Relay (4 x200)				
SLHS School	Amanda Green Jenny Maslany Jenni Faletti Megan Morad	01:44.3	2008	
1600 M Relay (4 x 400)				
SLHS School	Denise Burch Mary Fran Peterlin Pam Baker Sue Tomanek	04:02.7	1983	
3200 M Relay (4x 800)				
SLHS School	Kim Belsley Katie Wilkinson Christine Weilgosz Nicole McMillan	09:30.6	1996	