

**2010 Catholic League – Knights of Columbus  
Track and Field Championships**

**Tuesday May 25, and Wednesday May 26, 2010**  
(Based on MHSAA Classification & CHSL Enrollment as of December, 2009)

<b>Catholic League High Schools Sponsoring Track Teams</b>
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**Division I & II: Ladywood High School, Livonia**

**BOYS (7)**

1. Novi Catholic Central
2. Warren De La Salle
3. Detroit U of D Jesuit
4. Birmingham Brother Rice
5. Dearborn Divine Child
6. Pontiac Notre Dame Prep
7. Orchard Lake St. Mary's Prep

**GIRLS (6)**

- Farmington Hills Mercy
- Birmingham Marian
- Harper Woods Regina
- Livonia Ladywood
- Dearborn Divine Child
- Pontiac Notre Dame Prep

**Division III & IV Ladywood High School, Livonia**

**BOYS (9)**

1. Ann Arbor Fr. Gabriel Richard
2. Madison Hgts. Bishop Foley
3. Riverview Gabriel Richard
4. Allen Park Cabrini
5. Royal Oak Shrine
6. Waterford O.L. of the Lakes
7. Marine City Cardinal Mooney
8. Detroit Cristo Rey
9. Detroit Loyola

**GIRLS (8)**

- Ann Arbor Fr. Gabriel Richard
- Madison Hgts. Bishop Foley
- Riverview Gabriel Richard
- Allen Park Cabrini
- Royal Oak Shrine
- Waterford O.L. of the Lakes
- Marine City Cardinal Mooney
- Detroit Cristo Rey

## 2010 CATHOLIC LEAGUE TRACK CHAMPIONSHIP

1. **CATHOLIC LEAGUE MEETS:** Livonia Ladywood High School (Newburgh, I-96 and Five Mile)



A-B Division Boys & Girls - Tuesday, May 25  
Field Events: 2:30 PM Pre-Lims: 3:30 PM

C-D Division Boys & Girls - Wednesday, May 26  
Field Events: 2:30 PM Pre-Lims: 3:30 PM

Finals: Begin 1/2 hour after Pre-Lims end.  
Admission: \$6.00



2. **ENTRIES BY E-MAIL ONLY: DEADLINE – WEDNESDAY, MAY 19 – [chsl@aod.org](mailto:chsl@aod.org)**

Download the form (Excel) at [CHSL.com](http://CHSL.com). Follow directions on Web site

Each school is allowed two (2) entries, regardless of qualifications of times or distances.  
If more than two are entered, then all must meet qualification times or distances.

3. **OPERATION FRIENDSHIP** has been cancelled.
4. **QUALIFICATION TIMES:** (based on average of 2009 qualifying time and 2009 6th place)  
**\*All Relays -- One entry per squad**

	<u>BOYS</u>		<u>GIRLS</u>	
	<u>A-B</u>	<u>C-D</u>	<u>A-B</u>	<u>C-D</u>
3200m Relay	*	*	*	*
100/110m Hurdles	:16.20	:18.50	:18.10	:20.70
100m Dash	:11.60	:12.00	:13.70	:14.30
800m Relay	*	*	*	*
1600m Run	4:37.10	5:05.80	5:35.80	6:12.60
400m Relay	*	*	*	*
400m Dash	:53.20	:56.10	1:05.00	1:09.00
300m Hurdles	:43.90	:46.60	:51.70	:58.90
800m Run	2:05.10	2:13.10	2:34.70	2:46.20
200m Dash	:24.00	:24.80	:28.10	:29.80
3200m Run	10:16.80	10:59.60	12:51.00	13:47.20
1600m Relay	*	*	*	*
Discus	128' 2.25"	104' 2"	90' 8"	75' 2"
Shot Put	44' 2"	37' 7"	30' 9.50"	26' 10"
High Jump	5' 7"	5' 6"	4' 9"	4' 4"
Long Jump	19' 3.50"	17' 2"	14' 8"	12' 7.50"

**EVERY TEAM MUST SUPPLY ONE WORKER, MINIMUM, FOR THEIR MEET**

## 2010 CATHOLIC LEAGUE TRACK & FIELD ENTRY FORM

<b>School:</b>		
<b>Coach:</b>		
<b>Daytime Phone:</b>		
<b>Team:</b>	<b>BOYS:</b>	<b>GIRLS:</b>

**This form must be returned by **e-mail only** to: [chsl@aod.org](mailto:chsl@aod.org)  
Deadline is Wednesday, May 19 by 12:00 Noon**

EVENT		Last Name, First Name (Sentence Case, Not ALL CAPS)	Grade	Time
SHOT PUT	1.			
SHOT PUT	2.			
SHOT PUT	3.			
SHOT PUT	4.			
DISCUS	1.			
DISCUS	2.			
DISCUS	3.			
DISCUS	4.			
HIGH JUMP	1.			
HIGH JUMP	2.			
HIGH JUMP	3.			
HIGH JUMP	4.			
LONG JUMP	1.			
LONG JUMP	2.			
LONG JUMP	3.			
LONG JUMP	4.			
3200M RELAY	1.	Team member names not needed, fill in time only		
110M HH	1.			
110M HH	2.			
110M HH	3.			
110M HH	4.			
100M DASH	1.			
100M DASH	2.			
100M DASH	3.			
100M DASH	4.			

<b>EVENT</b>		<b>Last Name, First Name</b>	<b>GRADE</b>	<b>TIME</b>
800 M RELAY	1.	Team member names not needed, fill in time only		
1600 M RUN	1.			
1600 M RUN	2.			
1600 M RUN	3.			
1600 M RUN	4.			
400 M RELAY	1.	Team member names not needed, fill in time only		
400 M DASH	1.			
400 M DASH	2.			
400 M DASH	3.			
400 M DASH	4.			
300 M LH	1.			
300 M LH	2.			
300 M LH	3.			
300 M LH	4.			
800 M RUN	1.			
800 M RUN	2.			
800 M RUN	3.			
800 M RUN	4.			
200 M DASH	1.			
200 M DASH	2.			
200 M DASH	3.			
200 M DASH	4.			
3200 M RUN	1.			
3200 M RUN	2.			
3200 M RUN	3.			
3200 M RUN	4.			
1600 M RELAY		Team member names not needed, fill in time only		

# CHSL BOYS TRACK & FIELD RECORDS

## A-B Division

- Shot Put** -- 1980 - Michael Martin, Novi Detroit Catholic Central - 61' 1/2"  
**Discus** -- 1999 - Nick Brzezinski, Redford Catholic Central - 181' 10"  
**High Jump** -- 1979 - Jon English, Birmingham Brother Rice - 6' 10"  
**Long Jump** -- 2001 - Jeff Allen, Birmingham Brother Rice - 22' 3"  
**Pole Vault** -- 1981 - Brendan McCarthy, Redford Bishop Borgess - 13' 9"  
**3200-Meter Relay** -- 2001 - Warren De La Salle  
(Chris Haag, Michael Bruechman, Zach Wallis, Michael Radgens) - 08:04.0  
**110-Meter High Hurdles** -- 1984 - Keith Nichols, Detroit Benedictine - 14.25  
**100-Meter Dash** -- 2006 - Anthony Bowman, Orchard Lake St. Mary's Prep - 10.6  
(tie) 2004 - Morgan Trent, Orchard Lake St. Mary's Prep - 10.6  
(tie) 2001 - Daymond Hamler, Orchard Lake St. Mary's Prep - 10.6  
(tie) 1986 - Allen Jefferson, Warren De La Salle - 10.6  
(tie) 1978 - Steve Krogulecki, Redford Bishop Borgess - 10.6  
(tie) 1977 - Stan Young, Detroit St. Martin De Porres - 10.6  
**800-Meter Relay** -- 1976 - Detroit St. Martin De Porres (names not known) - 01:28.7  
**1600-Meter Run** -- 1981 - Pat McGinnis, Detroit De La Salle - 04:19.6  
**400-Meter Relay** -- 2001 - University of Detroit Jesuit (Billy Sharp, Landon Simmons,  
Sean Roland, Geoff Pope) - 43.4  
**400-Meter Run** -- 1993 - Chris Polk, University of Detroit Jesuit - 48.2  
**300-Meter Interm. Hurdles** -- 2000 - Nick Meter, Birmingham Brother Rice - 38.8  
**300-Meter Low Hurdles** -- 1977 - Deron Early, Detroit St. Martin De Porres - 37.9  
**800-Meter Run** -- 1978 - Mike Shea, Detroit De La Salle - 01:54.3  
**200-Meter Dash** -- 2004 - Morgan Trent, Orchard Lake St. Mary's Prep - 21.6  
(tie) 1977 - Stan Young, Detroit St. Martin De Porres - 21.6  
**3200-Meter Run** -- 1974 - Pat Davey, Birmingham Brother Rice - 09:31.1  
**1600-Meter Relay** -- 1978 - Harper Woods Bishop Gallagher (names not known) - 03:23.7  
**180-Meter Low Hurdles** -- 1965 - Jim Seymour, Royal Oak Shrine - 19.6

## C-D Division

- Shot Put** -- 1982 - Daniel Holloway, Detroit St. Martin De Porres - 57' 5"  
**Discus** -- 1994 - Rahim Batten, Harper Woods Bishop Gallagher - 155' 11 1/2"  
**High Jump** -- 1992 - Paul Caraballo, Royal Oak Shrine - 6' 8"  
**Long Jump** -- 1978 - Tyrone Hodges, St. Mary's of Redford - 23' 0"  
**Pole Vault** -- 1979 - Jon Masztakowski, Orchard Lake St. Mary's Prep - 13' 0"  
(tie) 1978 - John Spencer, Detroit Benedictine - 13' 0"  
**3200-Meter Relay** -- 2002 - Detroit Benedictine (names not known) - 08:23.0  
**110-Meter High Hurdles** -- 1983 - Robert Hall, Detroit East Catholic - 14.46  
**100-Meter Dash** -- 1988 - Joe Jefferson, Orchard Lake St. Mary's Prep - 10.6  
**800-Meter Relay** -- 1980 - Detroit St. Martin De Porres (names not known) - 01:29.3  
**1600-Meter Run** -- 1982 - Ron Simpson, St. Mary's of Redford - 04:14.9  
**400-Meter Relay** -- 1980 - Detroit St. Martin De Porres (names not known) - 43.8  
**400-Meter Run** -- 1977 - Jim Smith, Royal Oak Shrine - 48.8  
**300-Meter L Hurdles** -- 1981 - Greg Henderson, Detroit St. Martin DePorres - 37.11  
**800-Meter Run** -- 1980 - Ray Robinson, Detroit St. Martin De Porres - 01:57.1  
**200-Meter Dash** -- 1979 - Ray Washington, Detroit Benedictine - 21.8  
**3200-Meter Run** -- 1978 - Rod Brevard, Detroit East Catholic - 09:39.4  
**1600-Meter Relay** -- 1977 - St. Mary's of Redford (Marc Canlon, Roy Allen Jr.,  
Marcus Allen, Tony Taylor) - 03:21.4  
**180-Meter Low Hurdles** -- 1976 - Charles Wallace, Detroit East Catholic - 20.8

(tie) 1971 - Joel Baranowski, Centerline St. Clement - 20.8

(tie) 1969 - Melvin Hastings, Detroit St. Stanislaus - 20.8

## CHSL GIRLS TRACK & FIELD RECORDS

### A-B Division

**Shot Put** -- 1999 - Rachel Shrewsbury, Dearborn Divine Child - 39' 3¼"

**Discus** -- 1988 - Shelly Blanding, Redford Bishop Borgess - 125' 0"

**High Jump** -- 1990 - Rebecca Wiley, Livonia Ladywood - 5' 61/2"

**Long Jump** -- 1977 - Ann Cwik, Redford Bishop Borgess - 18' 8"

**3200-Meter Relay** -- 2007 - Warren Regina - 09:50.4

**100-Meter Hurdles** -- 1990 - Nicole Embry, Detroit St. Martin De Porres - 12.4

**100-Meter Dash** -- 1985 - Terri Ford, Farmington Hills Mercy - 11.2

(tie) 1980 - Rachelle Bostic, Royal Oak Shrine - 11.2

**800-Meter Relay** -- 1990 - Detroit St. Martin De Porres - 01:43.7

**1600-Meter Run** -- 1984 - Tere Stouffer, Royal Oak Shrine - 05:06.1

**400-Meter Relay** -- 1990 - Detroit St. Martin De Porres - 49.5

**400-Meter Run** -- 1978 - Rochelle Collins, Detroit Immaculate - 56.5

**300-Meter Low Hurdles** -- 1984 - Paulette Bryant, Southgate Aquinas - 45.5

**800-Meter Run** -- 1978 - Rochelle Collins, Detroit Immaculate - 02:13.5

**200-Meter Run** -- 1990 - Danielle Pierce, Detroit St. Martin De Porres - 25.35

(tie) 1980 - Rachelle Bostic, Royal Oak Shrine - 25.35

**3200-Meter Run** -- 1984 - Terre Stouffer, Royal Oak Shrine - 10:57.6

**1600-Meter Relay** -- 1978 - Detroit Immaculate - 04:01.0

**200-Meter Hurdles** -- 1979 - Nancy Wanket, Riverview Gabriel Richard - 29.3

### C-D Division

**Shot Put** -- 2002 - Bridgette Maynard, Madison Heights Bishop Foley - 39' 7 3/4"

**Discus** -- 2001 - Jeaniae Lawton, Harper Woods Bishop Gallagher - 138' 3"

**High Jump** -- 2006 - Bianca Revels, Royal Oak Shrine Catholic - 5 '3 1/2"

**Long Jump** -- 1985 - Vicki Bannasch, Centerline St. Clement - 17' 0"

**3200-Meter Relay** -- 2007 - Ann Arbor Fr. Gabriel Richard - 9:57.6

(Alex McCoy, Amy Myler, Stacey Szerlag, Katie Weishaar)

**100-Meter Hurdles** -- 1983 - Kathy Doane, Marine City Holy Cross - 15.03

**100-Meter Dash** -- 1994 - Dorothea Game, Detroit Dominican - 11.2

(tie) 1978 - Rachelle Bostic, Royal Oak Shrine - 11.2

**800-Meter Relay** -- 1983 - Detroit St. Martin De Porres - 01:46.7

**1600-Meter Run** -- 1980 - Lisa Einheuser, Oakland Catholic - 05:28.0

**400-Meter Relay** -- 1983 - Detroit St. Martin De Porres - 50.89

**400-Meter Run** -- 2000 - Julia Redd, Detroit Dominican - 56.84

**300-Meter Low Hurdles** -- 2007 - Amy Myler, Ann Arbor Fr. Gabriel Richard - 46.7

**800-Meter Run** -- 2009 - Alex McCoy, Ann Arbor Fr. Gabriel Richard - 2:21.21

**200-Meter Run** -- 1991 - Jennifer Chumita, Riverview Gabriel Richard - 25.6

**3200-Meter Run** -- 1983 - Colleen Murphy, Redford St. Agatha - 12:18.6

**1600-Meter Relay** -- 2007 - Ann Arbor Fr. Gabriel Richard - 4:07.9

(Kristen Goncalves, Anne Lawrence, Alex McCoy, Amy Myler)

**200-Meter Hurdles** -- 1982 - Kathy Doane, Marine City Holy Cross - 30.2