

MITCA Track and Field Dream Team 2005

Women's Ms. Michigan Track and Field – Tiffany Ofili Ypsilanti

Long Jump	Tiffany Ofili (12)	Ypsilanti	18' 9.25 "	Div. 2 Record
Discus	Jessica Rutherford (11)	West Branch Ogemaw Heights	132' 8 "	
Shot Put	*Lauren Buresh (11)	Morley-Stanwood	43' 11.5 "	
High Jump	Catherine Johnson (12)	Birmingham Marian	5' 7 "	
Pole Vault	Katie Shaw (12)	Lakeview	12'	All Div. Record
3200 Relay	Clarkston	Lyndsay Smith, Liz Mengyan, Lisa Sickman, Jenny Morgan	9:05.49	All Div. Record
100 Hurdles	*Tiffany Ofili (12)	Ypsilanti	14.19	Div. 2 Record
100 Dash	Shayla Mahan (10)	Detroit Mumford	11.95	Div. 1 Record
800 Relay	Detroit Mumford	Shayla Mahan, Stephanie Porter, Chanell Wright, Jessica Jones	1:37.72	All Div. Record
1600 Run	Jenny Morgan (11)	Clarkston	4:48.07	Div. 1 Record
400 Relay	Detroit Mumford	Stephanie Porter, Dana Hill, Shayla Mahan, Chanell Wright	47.15	All Div. Record
400 Dash	*Jessica Jones (12)	Detroit Mumford	55.23	Div. 1 Record
300 Hurdles	Tiffany Ofili (12)	Ypsilanti	42.82	Div. 2 Record
800 Run	*Geena Gall (12)	Grand Blanc	2:09.60	All Div. Record
200 Dash	Alisha Cole (11)	Cadillac	24.6	
3200 Run	Jenny Morgan (11)	Clarkston	10:45.56	
1600 Relay	Ann Arbor Pioneer	Chidimma Uche, Kiara Moore, Saisha Gillard, Brittany Jones	3:52.48	

* 2004 Dream Team Member

Men's Mr. Michigan Track and Field – Lex Williams Dexter

Long Jump	Jon Allen (12)	Lansing Sexton	23' 4.25"	Div. 2 Record
Discus	Vincent Helmuth (10)	Saline	185' 4"	
Shot Put	Gerald Gersham (12)	Southfield	57' 6.5"	
High Jump	Andrew Dodson (12)	Frankenmuth	7' 0"	Div. 3 Record
Pole Vault	Ryan Santa (11)	Livonia Churchill	15' 0"	Div. 1 Record
3200 Relay	Highland Milford	Joel Vanderworp, Andrew McKeachie, Michael Andersen, Dana Pitcock	7:45.30	
110 Hurdles	Daniel Kinney (12)	Romulus	14.38	
100 Dash	Ahmad Rashad (11)	Flint Carman-Ainsworth	10.56	ties Div. 1 Record
800 Relay	Detroit Mumford	Cedric Everson, Emanuel Killebrew, Vincent Brown, Tayan Jackson	1:27.66	
1600 Run	*Justin Switzer (12)	Waterford Kettering	4:09.35	
400 Relay	Detroit Cass Tech	Jonathon Folse, Tyrone Rembert, Sundiata Hankins, Jonathan Klyce	42.50	
400 Dash	Michael Smoot (12)	Trenton	48.36	Div. 2 Record
300 Hurdles	*Matt Comer (12)	Portage Northern	37.73	
800 Run	Blake Figgins (12)	Detroit Mumford	1:52.98	
200 Dash	Ahmad Rashad (11)	Flint Carman-Aimsworth	21.51	
3200 Run	Lex Williams (12)	Dexter	9:07.88	Div. 2 Record
1600 Relay	Flint Carman-Ainsworth	Otis Wiley, Tyjuan Jones, Rodney Harris, Ahmad Rashad	3:19.29	

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