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Michigan Interscholastic Track Coaches Association

Track and Field Dream Team 2019

Women's

Ms. Michigan Track and Field – Ericka VanderLende . . . Rockford

| | | | |
|-------------|--|----------------------|----------|
| Long Jump | Kennedy Jackson (11) | Walled Lake Western | 18-10.50 |
| Discus | Belle Okoroafo (10) | East Kentwood | 140-10 |
| Shot Put | Sarah Marvin (10) | Byron | 44-11.50 |
| High Jump | Elizabeth Knoll(11) | Muskegon Mona Shores | 5-06.00 |
| Pole Vault | Tricia Pierce (12) | Ortonville Brandon | 12-06.00 |
| 4x800 Relay | Bay City Western | | 9:11.33 |
| | 1) Karissa Picard (10), 2) Ashlyn Nagel (11), 3) Jenna Picard (11), 4) Sydney Nesbitt (12) | | |
| 100 Hurdles | *Grace Stark (12) | White Lake Lakeland | 13.43 |
| 100 Dash | Qe'Neisha Young (11) | East Kentwood | 11.89 |
| 4x200 Relay | Detroit Renaissance | | 1:37.20 |
| | 1) Kaila Jackson(9), 2) Imani Jackson (11), 3) Olivia Jenkins(9), 4) Leeah Burr (9) | | |
| 1600 Run | Ericka VanderLende (12) | Rockford | 4:41.00 |
| 4x100 Relay | Detroit Renaissance | | 46.58 |
| | 1) Olivia Jenkins (9), 2) Leeah Burr (9), 3) Donae Adams (12), 4) Kaila Jackson (9) | | |
| 400 Dash | Leeah Burr (9) | Detroit Renaissance | 54.17 |
| 300 Hurdles | Lauren Fulcher (12) | Troy | 42.75 |
| 800 Run | Gabby Hentemann (12) | Grand Haven | 2:08.70 |
| 200 Dash | Kaila Jackson (9) | Detroit Renaissance | 24.04 |
| 3200 Run | Ericka VanderLende(12) | Rockford | 10:24.57 |
| 4x400 Relay | Oak Park | | 3:45.13 |
| | 1) Jayla Jones (11), 2) Tamyra Todd (10), 3) Kourtney Kennard (11), 4) Chloe Vines (9) | | |

New D-1 & MHSAA Final Meet Record

* 2018 Dream Team Member

Men's

Mr. Michigan Track and Field – Heath Baldwin . . . Kalamazoo Hackett

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|-------------|---|---------------------|-------------------------|
| Long Jump | Stephan Bracey (12) | East Kentwood | 24-01.25 |
| Discus | *Dylan Targgart (11) | Coldwater | 187-07 |
| Shot Put | *Dylan Targgart (11) | Coldwater | 66-07.50 new D-2 Record |
| High Jump | Sal Tranchida (11) | Marine City | 6-07.00 |
| Pole Vault | Gabe Bullis (11) | Alpena | 15-03.00 |
| 4x800 Relay | Ann Arbor Pioneer | | 7:47.92 |
| | 1) John Florence (12), 2) Drew Allen (11), 3) Fred Wallace (9), 4) Nick Foster (12) | | |
| 110 Hurdles | Keshaun Harris (12) | Lansing Waverly | 13.98 |
| 100 Dash | Noah Stallworth (12) | Rockford | 10.76 |
| 4x200 Relay | East Kentwood | | 1:27.37 |
| | 1) Michael Ostuno (11), 2) Elijah Ealy (12), 3) Junior Hie (11), 4) Stephan Bracey (12) | | |
| 1600 Run | *Nick Foster (12) | Ann Arbor Pioneer | 4:12.32 |
| 4x100 Relay | Rockford | | 42.10 |
| | 1) Jacob Rademacher (11), 2) John Vanden Heuvel (12), 3) Eli Haddad (11), 4) Noah Stallworth (12) | | |
| 400 Dash | James Flournoy (12) | Westland John Glenn | 48.32 |
| 300 Hurdles | *Keshaun Harris (12) | Lansing Waverly | 37.75 |
| 800 Run | Miles Brown (10) | Novi | 1:51.83 |
| 200 Dash | Noah Stallworth (12) | Rockford | 21.64 |
| 3200 Run | Anthony Hancock (11) | Dearborn Div. Child | 9:06.65 |
| 4x400 Relay | East Kentwood | | 3:18.54 |
| | 1) Michael Ostuno (11), 2) Elijah Ealy (12), 3) Junior Hie (11), 4) Jeremiah Applewhite (12) | | |

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