

All-Observer members: State caliber

Quick pace for '90 team

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Mark Gregor, "Tracy is a great competitor who strives to be the best in her events."

Rebecca Willey, Ladywood, high jump: A junior, Willey set a Catholic League record with an area best jump of 5'8". She is a three-time Catholic League champion.

Willey also holds the school record in the shot put (35-3).
"Rebecca works very hard and competes in three sports — basketball (first team All-Area) volleyball and track — which is a limiting factor to her potential," said coach Tom Coran.
Willey is also carries a 3.45 grade point average.

RUNNING EVENTS

Jennifer Harris, Salem, 100-meter hurdles: The top scorer in Plymouth Salem track history, Harris was clocked in 15.1, tied for No. 1 in Observersland.

In the WLLA, Harris won the high jump, 100 hurdles and finished second in the 300 hurdles.

She finished fourth in the state in the high jump and won the Stafford, Spartan, Lady Chiefs and Tiger relays.

A state qualifier in cross country, Harris may wind up as a pentathlete, perhaps in the Mid-American Conference.

Lisa Christensen, Stevenson, 300 hurdles: The senior led the area in the 300 hurdles with a best time of 47.3. Christensen went undefeated in dual meets and won the WLLA in the 300.

She also holds the school record in the 100 hurdles with a time of 15.1.

Christensen was a state qualifier in both events. She is also Stevenson's all-time leading scorer with over 500 points in two years.

"Lisa is the most versatile girl I've ever coached," said Holmberg. "In addition to hurdling, she ran the 100, 200, 400 and 800. She worked extremely hard and was incredibly durable. In four years she didn't miss a meet or a practice due to injury, and she ran four events in nearly every meet. It will take two good athletes to replace her."

Yolanda Jackson, Salem, 100 dash: Only a freshman, Jackson led the area in the 100 with a time of 12.2. She won the WLLA meet in that event, went unbeaten in dual meets and was Tiger Relays champion.

She finished second at the regional and was the anchor leg on Salem's first-place 400 and 800 WLLA relay teams. In the high jump, Jackson reached 5-4, tying for first in the regional and third in the WLLA. She was also clocked at 28.8 in the 200 dash.

"Her athletic ability is staggering," said Gregor. "Her pleasant personality changes to aggressive competitor when it's time to run or jump. A year of experience and improved work habits will take her to the next step toward elite status as a state-caliber sprinter and high jumper."

Jackson, who carries a 3.5 GPA, was also a starter on the Salem basketball team.

Shannon Capstick, W.L. Central, 200: A sophomore, Capstick ranked first in the area in the 200 with a school-record time of 28.3, set at the WLLA meet.

As a long jumper, the Walled Lake standout took second in the WLLA and ninth in Class A (16-7 1/2).

"Shannon has all the traits a coach looks for — speed, strength, endurance, mental toughness and determination,"

John Gerlach, Coach of the Year

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Maya Lewis Wayne



Jessann Martin Stevenson



Tracey Livermore Salem



Rebecca Willey Ladywood



Jennifer Harris Salem



Lisa Christensen Stevenson



Yolanda Jackson Salem



Shannon Capstick W.L. Central



Erica Shepard Bishop Borgess



Lauren Hood Mercy



Jennifer Ray W.L. Western



Angie Hollis Bishop Borgess



Stacie Prostall Bishop Borgess



Chaequese Sears Bishop Borgess



Florence Pugh Bishop Borgess



Kathleen Gerigk Mercy



Carrie Walton Mercy



Heather Sullivan Mercy

said Central coach Bill McCord. "Along with all that she's a tremendously up-and-coming athlete, a great lead to have on your track team."

Erica Shepard, Bishop Borgess, 400: Another fabulous freshman, Shepard led a 10-year-old school record in the 400 with an area-best time of 58.6.

Shepard took second in the Catholic League and regional, and finished third in the prestigious Operation-Friendship meet. She also anchored the Spartans' top-running 800 and 1,600 relay teams.

An all-Catholic pick in cross country, Shepard carries a 3.3 GPA.

"Erica is a gifted athlete," said Borgess coach John McGreevey. "She was also one of our team leaders, which is exceptional for being so young. Erica has a promising future."

Lauren Hood, Mercy, 800: The senior, headed for the University of Detroit, finished fourth in Class A with an area best clocking of 2:18.2.

Over the weekend, Hood was a member of the victorious Michigan squad, which captured the Midwest Meet of Champions' 3,200 relay.

Hood was the 800 champion at the Catholic League and Operation-Friendship meets. She also took second in the 800 at the regional and fourth in the 400 at the Catholic League.

Her best day came at the Jackson Invitational, where she captured the 400 and 800 and anchored the winning 3,200 relay team. She also helped the Marlins to a second place finish in the 1,600 relay.

Jennifer Kiel, Farmington, 1,600: The senior holds school records in the 1,600 and 3,200 runs with area-best times of 6:14.0 and 11:22.0, respectively. She was a WLLA and regional champion in both events. She also broke the WLLA record in the 3,200 run.

Kiel was a member of the All-Area cross country team last fall.

Jennifer Ray, W.L. Western, 3,200: Ray shadowed Kiel much of the season, finishing second to her in the WLLA meet and one place behind the Farmington standout in the state meet.

Ray's best time this season in the 3,200 was 11:22.9.

She was also a member of the All-Area cross country team.

"Jennifer is an intense competitor and she is a pleasure to have on a team because her competitive spirit transfers to others," said Walled Lake coach Ed Roselle.

Bishop Borgess, 400 (Stacie Prostall, Angie Hollis, Chaequese Sears and Florence Pugh): This quartet finished first at the Lady Chiefs, second in the Catholic League and Lansing Waverly Invitational, third at Algonac, fourth at Operation-Friendship and eighth in Class B.

Borgess' best clocking was 51.7. Prostall, the only senior, competed in track for the first time and "her contributions were tremendous," according to McGreevey.

Bishop Borgess, 800 (Erica Shepard, Angie Hollis, Chaequese Sears and Florence Pugh): The Spartans' foursome led the area with a time of 1:46.5, finishing second at the regional and Catholic League, along with thirds at both Operation-Friendship and state Class B.

Hollis, a junior, was one of the Spartans' most versatile performers, competing in the long jump, high jump, 100 and 200.

"She was very steady," said McGreevey of his lead-off leg.

Pugh, also a junior, ranked No. 3 in the area in the 300 hurdles with a time of 47.9 where she was Catholic League champ. She also competed in the long jump.

"Florence is the hardest worker on the team," McGreevey said. "She's quiet, but leads by example."

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all-area girls track

1000 ALL-AREA GIRLS TRACK TEAM

FIELD EVENTS

Shot put: 1. Maya Lewis, Wayne Memorial; 2. Kiera Watkins, Redford Union; 3. Louise DeMatia, Farmington Hills Mercy.

Discus: 1. Jessann Martin, Livonia Stevenson; 2. Jeanette Turner, Farmington Hills Mercy; 3. Debbie Westlake, Livonia Stevenson.

Long jump: 1. Tracey Livermore, Plymouth Salem; 2. Jessa Souler, Plymouth Canton; 3. Kara Hegley, North Farmington.

High jump: 1. Rebecca Willey, Livonia Ladywood; 2. Brandy Cameross, Wayne Memorial; 3. Stephanie Gray, Plymouth Canton.

100 hurdles: 1. Jennifer Harris, Plymouth Salem; 2. Sheri Gail, Farmington; 3. Sarah Percy, Redford Union.

200 hurdles: 1. Lisa Christensen, Livonia Stevenson; 2. Florence Pugh, Redford Bishop Borgess; 3. Theresa Guccione, Plymouth Salem.

100 dash: 1. Yolanda Jackson, Plymouth Salem; 2. Nicole Todd, Livonia Stevenson; 3. Roberta Higley, Livonia Clarenceville.

200: 1. Shannon Capstick, Walled Lake Central; 2. Quandy Cooper, Wayne Memorial; 3. Andrea Kennedy, Plymouth Salem.

400: 1. Erica Shepard, Redford Bishop Borgess; 2. Akua Hammons, Wayne Memorial; 3. Dawn DiPano, Farmington Hills Mercy.

800: 1. Lauren Hood, Farmington Hills Mercy; 2. Stephanie Locke, Livonia Westland; 3. Kim Gudeth, Plymouth Canton.

1,600: 1. Jennifer Kiel, Farmington; 2. Lisa Buck, Farmington Hills Mercy; 3. Amy Smith, Plymouth Canton.

3,200: 1. Jennifer Ray, Walled Lake Western; 2. Heather Hickey, Farmington Hills Mercy; 3. Tammy Kelly, Plymouth Salem.

RELAY EVENTS

400: 1. Redford Bishop Borgess (Angie Hollis, Stacie Prostall, Chaequese Sears, Florence Pugh); 2. Plymouth Salem (Andrea Kennedy, Tonya Wheeler, Tracey Livermore, Yolanda Jackson); 3. Farmington Hills Mercy (Kim Cook, Kathy Cook, Dawn DiPano, Mary Beth Strand).

800: 1. Redford Bishop Borgess (Erica Shepard, Angie Hollis, Chaequese Sears, Florence Pugh); 2. Plymouth Salem (Kim Proucha, Tonya Wheeler, Tracey Livermore, Yolanda Jackson); 3. Farmington Hills Mercy (Kim Cook, Kathy Cook, Nicole Pyle, Heather Sullivan).

1,600: 1. Redford Bishop Borgess (Erica Shepard, Angie Hollis, Chaequese Sears, Florence Pugh); 2. Farmington Hills Mercy (Heather Sullivan, Dawn DiPano, Kathy Cook, Lauren Hood); 3. Livonia Stevenson (Tracy Clark, Lisa Christensen, Julie Martin, Becky Kaczmarek).

3,200: 1. Farmington Hills Mercy (Kathleen Gerigk, Carrie Walton, Heather Sullivan, Kathy Cook); 2. Plymouth Canton (Kim Gudeth, Amy Smith, Adrienne Gerigk, Christie Salter); 3. Livonia Westland (Ellen Anderson, Renee Fluth, Jennifer Gerigk, Stephanie Locke).

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