



Steven Porter, MITCA Public Relations/Historian
Milan High School
200 Big Red Drive
Milan, MI 48160

phone (734) 439-5063

fax (734) 439-5084

porter@milan.k12.mi.us

Michigan Interscholastic Track Coaches Association Track and Field Dream Team 2010

Women's	Ms. Michigan Track and Field - Megan Goethals	Rochester	
Long Jump	Joylissa Davis (11)	Bloomfield Hills Lahser	18' 0.25"
Discus	Andrea Hiller (12)	Watervliet	143' 0"
Shot Put	Jasmine Hines (11)	Central Lake	42' 7"
High Jump	Nyki Caldwell (11)	Dexter	5' 8"
Pole Vault	Kristen Hixson (11)	Remus Chippewa Hills	12' 4"
3200 Relay	Rochester		9:05.47
100 Hurdles	*Bridgette Owens (11)	Southfield	14.29
100 Dash	Kendall Baisden (9)	Detroit Country Day	12.13
800 Relay	Rockford (C.Klaweiter, R.Jerrils, M.Smiley, A.Blanchard)		1:42.16
1600 Run	*Megan Goethals(12)	Rochester	4:47.37
400 Relay	Rochester		48.42
400 Dash	Kendall Baisden (9)	Detroit Country Day	54.91
300 Hurdles	Megan Yanik (12)	Lovonia Ladywood	43.85
800 Run	Hannah Meier (9)	Grosse Point South	2:08.83
200 Dash	Dissa Swintcook (12)	Oak Park	24.78
3200 Run	*Megan Goethals (12)	Rochester	10:22.75
1600 Relay	Pinckney		3:54.12
* 2009 Dream Team Member			

Men's	Mr. Michigan Track and Field - Cory Noeker	Pewamo-Westphalia	
Long Jump	Aaron Daugherty (11)	Big Rapids	23' 1.5"
Discus	Derek Seivers (11)	Byron Center	177' 6"
Shot Put	Anthony Zettel (11)	Ogemaw Heights	58' 3.75"
High Jump	John Beeler (12)	Holly	6' 11"
Pole Vault	Max Babits (12)	Fowlerville	16' 0.5"
3200 Relay	Temperance Bedford		7:43.80
110 Hurdles	Drake Johnson (10)	Ann Arbor Pioneer	14.17
100 Dash	Ross Parsons (12)	DeWitt	10.80
800 Relay	East Kentwood		1:27.07
1600 Run	Omar Kaddurah (11)	Grand Blanc	4:07.67
400 Relay	East Kentwood		41.46
400 Dash	Phillip Washington (11)	West Bloomfield	48.42
300 Hurdles	Chris Teitsma (12)	Allendale	37.30
800 Run	Isaac Cox (12)	East Kentwood	1:51.78
200 Dash	Jon Henry (12)	East Kentwood	21.76
3200 Run	*Reed Kamyszek (11)	Grand Rapids Kenowa Hills	9:14.49
1600 Relay	Detroit Catholic Central		3:16.11
* 2009 Dream Team Member			