

Saucon Valley Athletic Hall of Fame

Michana Johnson

Saucon Valley High School Class of 1989

Track & Field

Athlete (1987-1989)



Hall of Fame Class of 2014

Michana joined the Saucon Valley School District in her junior year after relocating from New Jersey. It was during her first year at Saucon where Michana tried the triple jump for the first time ever and discovered this was an event in which she could excel. Michana holds the PIAA District XI Triple Jump meet record (39' 0") which remains after 25 years. As a senior, Michana qualified for the PIAA State Championship meet in the Triple Jump, Long Jump and as the anchor for the 4x100 meter relay team. Michana earned the AA Triple Jump gold medal at the state meet. After graduating from Saucon, Michana earned a B.S., Finance at Hampton University where she participated in track and field as an accomplished athlete. Subsequently, Michana earned an M.B.A. in Finance from Penn State University (University Park) and currently enjoys a career in Corporate Finance. Pursuing her passions for service and travel, Michana serves on the Board of Directors for Community Services for Children (a local non-profit) and has spent over 15 years of dedicated service as director of her church youth ministry. She is an avid world traveler and has visited 6 of the 7 continents.

1988 Colonial League Silver Medalist - Long Jump

1988 Colonial League Gold Medalist - Triple Jump

1988 District XI AA Silver Medalist - Long Jump

1988 District XI AA Bronze Medalist - Triple Jump

1989 Colonial League Gold Medalist - Long Jump

1989 Colonial League Gold Medalist - Triple Jump

1989 District XI AA Gold Medalist - Long Jump

1989 District XI AA Gold Medalist - Triple Jump – 39' 0" – (District XI Record)

1989 PIAA AA State Champion - Triple Jump – 38' 4"

1989 PIAA All State Track & Field Team – Triple Jump