

**Dordt College Track and Field
INDOOR HONOR ROLL**

Through 2007 Season

Hand times converted to electronic times by adding .24 seconds

55 Meter High Hurdles

Women				Men		
Linda Kroon	8.23	1979	Matt Howerzyl	7.81	1996	
Laurel Ochsner	8.75	2006	Tony Rietema	7.84	2002	
Jenetta Groenendyk	8.91	2007	Jim De Lange	8.04	1978	
Karrina Bakker	9.06	2007	Kevin Herdegen	8.20	2003	
Samantha Sheffield	9.16	2006	Alan Weg	8.24	1986	
Rebecca Schelhaas	9.21	1999	Matt Vander Ark	8.31	2007	
Jackie Eekhoff	9.28	1998	Robb De Haan	8.34	1985	
Lynn Postma	9.34	1984	Jarrett Eshuis	8.34	1994	
Beth Brouwer	9.34	1985	Jon De Young	8.35	2007	
Jill Starkenburg	9.36	1999	Eric Carlson	8.43	1999	

55 Meter Dash

Women				Men		
Christina Beimers	7.64	2007	Aaron Klein	6.76	2003	
Kim Verbrugge	7.66	1995	Roger Smit	6.82	1998	
Karmen Spronk	7.67	1994	Ben Christoffels	6.84	1994	
Meghan Graham	7.69	2000	Jared Van Wyk	6.84	2006	
Rachelle Walhof	7.72	1998	Troy Ten Napel	6.87	2000	
Arlene Abma	7.74	1983	Dave Hiemenga	6.88	2006	
Liz Dykstra	7.75	1999	Rog Koele	6.94	1980	
Steph Schippers	7.81	2003	Dan Kakolewiski	6.94	1997	
Linda Kroon	7.84	1982	Mark Ten Haken	6.96	2003	
Peggy Neinhuis	7.84	1986	Jeff Meuzelaar	6.97	2006	
Anne Veldman	7.84	1987				

200 Meter Dash

Women				Men		
Christina Beimers	26.70	2007	Jared Van Wyk	22.88	2004	
Beth DeJonge	27.20	2004	Troy Ten Napel	23.15	2000	
Steph Schippers	27.21	2003	Roger Smit	23.31	1998	
Sarah Haan	27.36	2001	Eric Carlson	23.60	2000	
Sarah Sikkema	27.37	2006	Dan Altena	23.62	1998	
Meghan Graham	27.52	2000	Mark Ten Haken	23.65	2003	
Rachelle Walhof	27.64	2000	Steve Holwerda	23.74	1999	
Fran Ton	27.70	1992	Matt Ruter	23.94	2001	
Abbie Soodsma	27.79	2004	Aaron Klein	23.98	2003	
Kalie Gaskill	28.14	1998	Ben Christoffels	24.03	1994	

400 Meter Dash

Women				Men		
Abbie Soodsma	60.27	2006	Ron Kingma	50.06	2001	
Sarah Sikkema	60.45	2007	Troy Ten Napel	50.29	2000	
Sarah Haan	60.51	2001	Jared Van Wyk	51.07	2006	
Kristi Meendering	60.70	2001	Steve Holwerda	51.54	1998	
Melissa Eekhoff	61.08	2004	Kevin Herdegen	51.55	2003	
Cathy Palmer	61.51	1998	Chuck Van Drunen	51.65	1993	
Steph Schippers	61.57	2003	Rog Koele	52.14	1981	
Beth DeJonge	61.65	2004	Russ Smith	52.14	1983	
Sarah Pluim	61.74	1996	Jon Dekkers	52.14	2000	
Jackie Eekhoff	62.12	2001	Mark Buwalda	52.21	2000	

600 Meter Dash

Women			Men		
Frances Ton	1:35.14	1989*	Mark Eekhoff	1:22.41	2007
Sierra Zomer	1:39.63	2007	Jeff Taylor	1:22.84	2003
Joy Horstman	1:42.07	2007	Brett Kroeze	1:22.96	2006
Abbie Soodsma	1:42.08	2006	Jason De Weerd	1:24.38	1998
Tanya Holtrop	1:42.58	2002	Jon Dekkers	1:25.41	2000
Lisa Cannegieter	1:42.70	2001	Marcus Scholten	1:25.72	2001
Tami Wieringa	1:42.80	2007	Peter Franz	1:25.93	2003
Jackie Kroese	1:45.73	2003	Jeff Summerhays	1:26.20	2000
Beth De Jonge	1:45.78	2005	Jared Van Wyk	1:26.63	2005
Emily Kauk	1:46.42	1999	Jim Dekkers	1:26.23	2000

*Fran Ton also ran 600 yd in 1:27.20e at 1992 Nationals. Some other 600 yd. times have been converted to 600M times using factor 1.12.

800 Meter Run

Women			Men		
Jen Kempers	2:15.18	2006	Ron Kingma	1:53.53	2001
Frances Ton	2:18.55	1991	Jeff Taylor	1:55.21	2003
Sarah Pluim	2:18.69	1996	Stefan Petersen	1:56.03	2003
Melissa Klein	2:19.08	2005	Brent Van Schepen	1:56.77	2007
Tanya Holtrop	2:21.64	2003	Jeff Summerhays	1:57.54	1998
Lisa Cannegieter	2:23.51	2001	Scott DeWeerd	1:57.94	1998
Joy Horstman	2:23.85	2007	Jason DeWeerd	1:58.41	1998
Lori Rowenhorst	2:24.28	2006	Jon Dekkers	1:59.12	2002
Emily Kauk	2:24.70	2001	Peter Franz	1:59.30	2003
Becky Demarest	2:25.36	2002	Nick Groen	1:59.46	2003

1000 Meter Run

Women			Men		
Jen Kempers	2:59.04	2007	Jeff Summerhays	2:30.76	2000
Becky Demarest	3:06.24	2003	Jeff Taylor	2:31.01	2002
Tami Wieringa	3:07.93	2007	Stefan Petersen	2:34.38	2003
Emily Kauk	3:11.98	2001	Peter Franz	2:34.92	2003
Irene Ton	3:13.63	1992	Todd Schemper	2:38.31	1995
Lori Rowenhorst	3:13.97	2006	Marcus Scholten	2:38.81	2001
Tanya Rowenhorst	3:15.73	2005	Jim Dekkers	2:40.23	2000
Katie Van Arendonk	3:19.58	2004	Mark Kauk	2:41.34	1976
Jennifer Van Beek	3:20.14	2004	Matt Oostra	2:41.67	1998
Cathy Palmer	3:21.74	1996	Greg Dyk	2:42.24	1982

1600 Meter Run

(includes 1500M times converted using factor .926)

Women			Men		
Jen Kempers	5:14.13	2007	Dan Kroeze	4:22.14	1981
Shari Veurink	5:19.37	1984	Jeff Summerhays	4:22.60	1998
Becky Demarest	5:20.02	2003	Jerrold Wynia	4:24.34	1984
Tami Wieringa	5:26.72	2007	Jeff Taylor	4:26.33	2002
Char Vande Griend	5:27.58	1984	Harv Vande Burgt	4:26.94	1983
Tabitha Vander Wilt	5:32.61	2000	Dan Van Engen	4:29.38	2005
Jennifer Van Beek	5:33.23	2003	Tim Eisenga	4:31.12	2003
Lori Rowenhorst	5:34.59	2006	Joel De Haan	4:35.57	2007
Sonya Jongsma	5:35.28	1994	Matt Oostra	4:36.03	1998
Becky Van De Griend	5:39.70	1997	Darin Arkema	4:38.36	1999

3000 Meter Run

(includes two-mile times converted using factor .926)

Women			Men		
Shari Veurink	10:43.84	1984	Dan Van Engen	8:42.13	2003
Chelsea Gerdes	10:46.19	2006	Jerrold Wynia	8:46.45	1981
Jen Kempers	10:54.04	2007	Tim Eisenga	8:48.36	2005
Sonya Jongma	11:18.74	1994	Greg Kuiper	8:51.94	1981
Becky Van De Griend	11:31.17	1998	Jeff Summerhays	8:53.62	2000
Joanne Van Driel	11:35.24	1998	Harv Vande Burgt	9:01.24	1983
Lisa Van Denend	11:39.54	1992	Jon Vander Kooy	9:09.34	2000
Shelly Vos	11:47.84	1985	Matt Van Essen	9:11.24	1998
Kate Reinsma	11:55.24	2001	Matt Oostra	9:15.55	1998
Lanelle Postma	11:58.24	1991	Eric Vander Kooy	9:27.04	1998

5000 Meter Run

(some three-mile times converted using factor 1.042)

Women			Men		
Kristen Schemmerhorn	20:57.74	1995	Jerrold Wynia	14:32.64	1981
Lisa Van Denend	21:48.11	1993	Dan Van Engen	15:21.81	2004
			Harv Vande Burgt	15:48.24	1982
			Jon Vander Kooy	16:01.64	2000
			Matt Van Essen	16:16.34	1998
			Pete Steiger	16:24.24	1982
			Jeff Summerhays	16:41.41	1999
			Travis Patten	16:42.64	2001
			Eric Vander Kooy	16:44.44	1997
			Tim Ives	16:57.74	2001

4x100 Meter Relay

WOMEN

1998	53.14	Juli Rouw, Jackie Eekhoff, Kalie Gaskill, Rachelle Walhof
1999	53.35	Juli Rouw, Rachelle Walhof, Kalie Gaskill, Liz Dykstra
1983	55.24	Arlene Abma, Dawn Kroon, Jackie Van Tol, Nancy Top
1996	55.94	Kim Verbrugge, Julie Rotman, Rachel Verhoef, Rhea DeStigter
1982	57.04	Shari Veurink, Pam Veltkamp, Char Vande Griend, Ardis Zylstra
1997	58.24	Juli Rouw, Julie Howerzyl, Trisha Weg, Rhea DeStigter

MEN

1999	44.69	Dan Altena, Troy Ten Napel, Steve Holwerda, Eric Carlson
1998	55.34	Dan Altena, Troy Ten Napel, Joel Van Soelen, Roger Smit
1997	46.44	Matt Howerzyl, Steve Holwerda, Andy Stravers, Tom Roozeboom
1993	48.16	Jeff De Koter, Chuck Van Drunen, Randy Van Genderen, Dave Dielman
1996	48.44	Bennett Drenth, Matt Howerzyl, Sid Vander Galien, Steve Holwerda
1987	49.24	Craig Heynen, Duane Konyenbelt, Dave Tebben, Jim Veenstra

4x400 Meter Relay

WOMEN

2004	3:58.48	Abbie Soodsma, Beth DeJonge, Melissa Eekhoff, Kristi Meendering
2001	4:01.79	Sarah Haan, Lisa Cannegieter, Jessica Rowenhorst, Jackie Eekhoff
2005	4:02.29	Abbie Soodsma, Jen Kempers, Beth DeJonge, Melissa Klein
2007	4:04.35	Abbie Soodsma, Sierra Zomer, Joy Horstman, Sarah Sikkema
1999	4:12.92	Cathy Palmer, Jackie Eekhoff, Liz Dykstra, Lisa Cannegieter
2000	4:13.12	Rachelle Walhof, Jackie Eekhoff, Alicia Wakefield, Sarah Haan
1983	4:14.74	Dawn Kroon, Deb Top, Char Vande Griend, Arlene Abma
2006	4:14.93	Abbie Soodsma, Jen Kempers, Sarah Sikkema, Laurel Ochsner
1998	4:16.82	Lisa Cannegieter, Cara De Wit, Cathy Palmer, Jackie Eekhoff
2003	4:17.50	Steph Schippers, Jana Van Arendonk, Tanya Holtrop, Kristi Meendering

MEN

1999	3:22.71	Troy Ten Napel, Jon Dekkers, Steve Holwerda, Ron Kingma
2000	3:22.75	Troy Ten Napel, Jon Dekkers, Eric Carlson, Ron Kingma

2001	3:24.86	Eric Carlson, Jeff Taylor, Mark Buwalda, Jon Dekkers
2007	3:27.53	Brett Kroeze, Mark Eekhoff, Josh De Jong, Brent Van Schepen
1998	3:28.14	Steve Holwerda, Troy TenNapel, Scott DeWeerd, Jason DeWeerd
2006	3:29.02	Troy Leusink, Brett Kroeze, Josh De Jong, Jared Van Wyk
2003	3:29.33	Kevin Herdegen, Tim Klein, Stefan Petersen, Dan Foreman
2004	3:30.29	Kevin Herdegen, Mark Ten Haken, Dan Foreman, Jared Van Wyk
2005	3:30.90	Kevin Herdegen, Tim Klein, Brett Kroeze, Jared Van Wyk
2002	3:31.67	Matt Ruter, Tony Rietema, Jon Dekkers, Tim Klein

4x200 Meter Relay

WOMEN

2000	1:50.66	Juli Rouw, Meghan Graham, Rachelle Walhof, Sarah Haan
2001	1:51.40	Meghan Graham, Kari Vossen, Erica Ton, Sarah Haan
1998	1:52.76	Juli Rouw, Alyssa Howerzyl, Rachelle Walhof, Kalie Gaskill
1994	1:54.06	Cindy Vande Voort, Karmen Spronk, Diane Schinkel, BJ Sjoerdsma
2007	1:54.65	Christina Beimers, Sarah Franje, Michaela Groot, Sarah Sikkema
1999	1:54.82	Rachelle Walhof, Juli Rouw, Kalie Gaskill, Liz Dykstra
2002	1:55.69	Meghan Graham, Rebecca Baber, Missy Van Dam, Liz Dykstra
1979	1:55.74	Linda Kroon, C Bolkema, Tammi Kreun, Bonnie De Boer
2003	1:56.16	Steph Schippers, Molly McLaughlin, Ranae Hoekstra, Jana Van Arendonk
1983	1:56.54	Arlene Abma, Dawn Kroon, Jackie Van Tol, Nancy Top

MEN

1999	1:34.64	Dan Altena, Eric Carlson, Steve Holwerda, Troy Ten Napel
1998	1:34.74	Dan Altena, Troy Ten Napel, Steve Holwerda, Roger Smit
2003	1:35.52	Aaron Klein, Tim Klein, Kevin Herdegen, Mark Ten Haken
2000	1:35.56	Dan Altena, Aaron Klein, Eric Carlson, Travis Burgers
2001	1:36.39	Matt Ruter, Eric Carlson, Aaron Klein, Travis Burgers
2002	1:36.40	Matt Ruter, Aaron Klein, Travis Burgers, Mark Ten Haken
1993	1:36.80	BenChristoffels,ChuckVanDrunen,RandyVanGenderen,DaveDielman
1997	1:38.63	Matt Howerzyl, Troy Ten Napel, Tom Roozeboom, Dan Kakolewski
1992	1:38.78	Ben Christoffels, Jeff De Koter, Randy Van Genderen, Matt Beimers
1995	1:39.67	Ben Christoffels, Matt Howerzyl, Jarret Eshuis, Jason Beukelman

4x800 Meter Relay

WOMEN

2007	9:22.24	Tami Wieringa, Abbie Soodsma, Sierra Zomer, Jen Kempers
2005	9:30.48	Melissa Klein, Lori Rowenhorst, Abbie Soodsma, Jen Kempers
2001	9:32.12	LisaCannegieter, BeckyDemarest, EmilyKauk, JessicaRowenhorst
1997	9:35.73	Cathy Palmer, Heidi Vanden Hoek, Cara De Wit, Sara Pluim
2007	9:36.28	Tami Wieringa, Sierra Zomer, Joy Horstman, Abbie Soodsma
2002	9:37.57	Tanya Holtrop, Becky Demarest, Emily Kauk, Kristi Meendering
1996	9:37.96	CathyPalmer, HeidiVandenHoek, BeckyVanDeGriend, SarahPluim
2003	9:40.45	Becky Demarest, Jennifer Van Beek, Kristi Meendering, Tanya Holtrop
2006	9:44.77	Lori Rowenhorst, Tami Wieringa, Joy Horstman, Chelsea Gerdes
1999	9:49.41	LisaCannegieter, TabithaVanderWilt, AngieNibbelink, CathyPalmer
2004	9:49.46	Tanya Rowenhorst, Katie Van Arendonk, Melissa Eekhoff, Kristi Meendering

MEN

2003	7:45.58	Dan Foreman, Peter Franz, Stefan Petersen, Jeff Taylor
2001	7:45.74	Marcus Scholten, Jeff Taylor, Jon Dekkers, Ron Kingma
2002	7:49.92	Jon Dekkers, Marcus Scholten, Stefan Petersen, Jeff Taylor
2000	7:51.04	Jim Dekkers, Jeff Summerhays, Marcus Scholten, Jon Dekkers
1999	7:54.52	Jeff Summerhays, Jon Dekkers, Jim Dekkers, Ron Kingma
1998	7:55.71	Jeff Summerhays, Ron Kingma, Scott De Weerd, Jason De Weerd
1997	7:57.75	Jason De Weerd, Travis Anderson, Scott De Weerd, Jeff Summerhays
2005	8:09.27	Josh Boerman, Joel De Haan, Brett Kroeze, Tim Eisenga
1981	8:17.24	Harv Vande Burgt, Jerrold Wynia, Dan Kroeze, Len Fakkema
2007	8:19.10	Brett Kroeze, Brent Van Schepen, David Christensen, Joel De Haan

High Jump

Women			Men		
Susan Schaap	5' 7"	2000	Dan De Jong	6' 8 3/4"	2007
Jen Kempers	5' 6"	2005	Chris Fransman	6' 6"	'03/04/05
Lynn Postma	5' 5"	1981	Tim Lyon	6' 4"	1979
Renita Buma	5' 5"	1983	Joel Van Soelen	6' 4"	1998/99
Heidi Vanden Hoek	5' 3"	1996	Jon De Young	6' 3 1/4"	2007
Julie Huizenga	5' 2 1/2"	2000	Kent Kuipers	6' 2"	1981
Karina Bakker	5' 1"	2007	Larry Faber	6' 2"	1986
Melissa Weg	5' 0"	1991	Kevin Veenstra	6' 2"	1986
Lisa Huizenga	5' 0"	2003/05	Todd De Weerd	6' 2"	1992
Samantha Sheffield	4' 11"	2006	Jarret Eshuis	6' 2"	1994
			Mike Plasier	6' 2"	1994
			Nathan Brunsting	6' 2"	1996
			Nathan Mulder	6' 2"	2005

Long Jump

Women			Men		
Beth DeJonge	17' 1"	2003	Aaron Klein	22' 4"	2002
Erica Ton	16' 11 3/4"	1999	Matt Vander Ark	21' 00"	2007
Joeli Kooima	16' 10"	1989	Jeff Meuzelaar	20' 10 3/4"	2007
Ardis Zylstra	16' 7"	1982	Josh De Jong	20' 7 3/4"	2006
Laurel Ochsner	16' 7"	2006	Troy Cok	20' 6"	1999
Bonnie De Boer	16' 6 1/2"	1979	Matt Ruter	20' 6"	2002
Kalie Gaskill	16' 4 1/2"	1998	Matt Beimers	20' 5"	1991
Natalie Feenstra	16' 4"	2006	Dan Gudmunson	20' 4 3/4"	2004
Jenn Weverink	16' 2 1/2"	2003	Dave Hiemenga	20' 4 1/2"	2006
Bonnie Boeve	16' 2"	1984	Paul Buwalda	20' 2 1/2"	1996

Triple Jump

Women			Men		
Erica Ton	37' 1 1/4"	2001	Dan De Jong	47' 5 1/4"	2006
Rebecca Baber	35' 1/2"	2000	Josh De Jong	45' 1/4"	2006
Anne Veldman	34' 1"	1986	Dan Gudmunson	43' 3 1/2"	2005
Irene Ton	33' 6"	1992	Gerrit Brouwer	42' 10"	1981
Natalie Feenstra	33' 5 1/2"	2006	Rob Greenham	42' 10"	1994
Julie Howerzyl	33' 5"	1997	Troy Cok	42' 9"	1999
Kalie Gaskill	33' 4 3/4"	2001	Gerald Folkerts	42' 8 1/2"	1978
Jenn Weverink	33' 2 1/4"	2005	Matt Vander Ark	42' 7"	2006
Rhea DeStigter	32' 10 1/2"	1996	Paul Buwalda	42' 6"	1998
Nancy Schiebout	32' 6"	1988	Mark Buwalda	41' 11 3/4"	2001

Shot Put

Women			Men		
Tereasa Van Zee	44' 11"	1994	Pete Hamstra	46' 9"	1981
Amanda TeKrony	40' 1 1/4"	2001	Dan Oldenkamp	44' 6"	2004
Kathy Arends	39' 8 1/4"	1983	Tony Engeltjes	42' 11"	2007
Rita Mulder	37' 5 3/4"	1988	Arden Postma	42' 4 3/4"	1985
Maria Davelaar Philipsen	38' 6 1/2"	1999	Neal Brenneman	41' 11 1/2"	1998
Wendy Schiebout	37' 4 1/2"	1992	Brett Guthmiller	41' 9 1/2"	2002
Katie Van Engen	36' 11"	2002	Phil Steenstra	41' 5 1/2"	1997
Ashley Dekkers	36' 2"	2004	Martin Van Beek	40' 9 3/4"	1985
Camielle Schelhaas	35' 1 3/4"	1989	Jason Beukelman	38' 8"	1995
Faye Woudstra	34' 10 1/2"	1986	Martin Molyndyk	38' 1"	1996

Pole Vault

Women			Men		
Jill Starkenburg	10' 10"	1999	Brandon Vander wel	13' 6"	2007
Anna Schutter	10' 6"	2007	Nathan Kauk	13' 0"	2001
Brittney Gudmunson	9' 3"	2004	Rob Suwyn	12' 6"	1999
			David Christensen	12' 6"	2007
			Tim Flikkema	12' 0"	2000
			Mike Schiebout	11' 9"	1994
			Dave Hiemenga	11' 0"	2006

200 Meter Hurdles

Women			Men		
Jackie Eekhoff	31.31	2001	Eric Carlson	26.47	2001
Kelli Schonewill	32.11	2001	Matt Howerzyl	27.04	1997
Alicia Wakefield	32.67	2000	Colin Attema	27.14	2000
Alyssa Howerzyl	32.86	1998	Andy Stravers	27.17	1999
Rebecca Schelhaas	33.15	1999	Dan Gudmunson	27.83	2003
Jill Starkenburg	33.37	1999	Darin Arkema	28.46	1998
Rhea De Stigter	33.80	1997	Kevin Herdegen	28.53	2002
Missy Van Dam	33.95	2000	Tim Flikkema	29.26	2000
Loralee Bykerk	34.24	2002	Kris Isakson	29.75	2000
Angela Kroeze	34.98	1998			

Distance Medley Relay

WOMEN

2003	12:50.69	Jennifer Van Beek, Kristi Meendering, Tanya Holtrop, Becky Demarest
2005	12:52.60	Melissa Klein, Tanya Rowenhorst, Lori Rowenhorst, Jen Kempers
2007	13:09.61	Tami Wieringa, Sarah Sikkema, Abbie Soodsma, Jen Kempers

MEN'S 4000 METER MEDLEY (1200-400-800-1600 in any order):

1998	10:23.45	Jason De Weerd, Steve Holwerda, Ron Kingma, Jeff Summerhays
2005	10:27.84	Tim Eisenga, Kevin Herdegen, Josh Boerman, Dan Van Engen
2000	10:36.61	Jon Dekkers, Troy Ten Napel, Ron Kingma, Jeff Summerhays
1987	10:41.61	Tim Ackerman, J Marcus, Dave Tebben, Roger Ellens
1999	11:23.11	Darin Arkema, Mark Buwalda, Jon Schaap, Jon Vander Kooy

Men's Sprint Medley Relay (200-200-400-800)

1998	3:43.09	Dan Altena, Joel Van Soelen, Troy Ten Napel, Scott De Weerd
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Women's Shuttle Hurdle Relay (4x100 meters)

1998	39.36	Jackie Eekhoff, Angela Kroeze, Rhea De Stigter, Alyssa Howerzyl
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