

**Dordt College Track and Field  
Honor Roll  
Through 2007 Outdoor Season**

**All hand times up to 800 meters converted to electronic times by adding .24 seconds  
For distances above 800M, one decimal place indicates hand time and two decimal places indicates electronic time**

**High Hurdles**

<b>Women - 100 Meters</b>			<b>Men - 110 Meters</b>		
Laurel Ochsner	15:37	2007	Matt Howerzyl	14.91	1995
Linda Kroon	15.44	1980	Tony Rietema	15.06	2001
Jeanetta Groenendyk	15.67	2007	Keith Kreykes	15.44	1972
Lynn Postma	15.84	1981	Dave Ruter	15.44	1973
Karina Bakker	15.86	2007	Kevin Herdegen	15.89	2004
Samantha Sheffield	16.09	2006	Jarret Eshuis	15.90	1992
Larissa Veldhuizen	16:21	2007	Steve Brouwer	16.00	1999
Brenda Van Wyhe	16.34	1988	Matt Vander Ark	16.01	2007
Sarah Dieck	16.54	2001	Brett Sichmeller	16.15	2000
Beth Brouwer	16.54	1985	Robb De Haan	16.34	1984
Jackie Eekhoff	16.54	2001	Joel Wiersma	16.34	1994
Deb Minnard	16.64	1976	Sid VanderGalien	16.34	1996

**400 Meter Hurdles**

<b>Women</b>			<b>Men</b>		
Abbie Soodsma	63.46	2004	Brian Wassenaar	53.37	2000
Linda Kroon	64.74	1979	Kevin Herdegen	55.03	2004
Jackie Eekhoff	64.88	2001	Ben Christoffels	55.21	1994
Alyssa Howerzyl	67.80	1997	Matt Howerzyl	55.42	1997
Jen Kempers	68.23	2005	Eric Carlson	55.93	2001
Alicia Wakefield	68.34	2000	Matt Vander Ark	56.32	2006
Dawn Kroon	68.74	1985	Tony Rietema	56.81	2001
Rebecca Schelhaas	69.77	1999	Keith Kreykes	57.04	1972
Kelli Schonewill	70.85	2001	Robb DeHaan	57.04	1985
Angela Kroeze	70.94	1998	Jim De Lange	57.14	1978
Jen Vargas	71.06	2006	Andy Stravers	57.31	1997
Brenda Van Wyhe	71.84	1997	Colin Attema	58.01	2000

**100 Meters**

<b>Women</b>			<b>Men</b>		
Meghan Graham	12.69	2002	Roger Koele	11.04	1981
Karmen Spronk	12.74	1994	Mark Ten Haken	11.23	2002
Christina Beimers	12.83	2007	Aaron Klein	11.24	2002/03
Linda Kroon	12.84	1979	Steve Nieboer	11.34	1978
Lisa Plugers	12.84	1986	Adrian Den Boer	11.34	1982
Kim Verbrugge	12.84	1996	Dan Kakolewski	11.34	1997
Lisa Van Eps	12.94	1989	Roger Smit	11.44	1997
Rachelle Walhof	12.96	1999	Jeff De Koter	11.52	1994
Stephanie Schippers	13.04	2002/03	Matt Ruter	11.52	2002
BJ Sjoerdsma	13.13	1994	Craig Heynen	11.54	1989
Julie Dykema	13.14	1988	Troy Leusink	11.76	2006
Laurel Ochsner	13.16	2006	Jeff Meuzelaar	11.44	2007

**200 Meters**

<b>Women</b>			<b>Men</b>		
Linda Kroon	26.34	1980	Jared Van Wyk	22.35	2006
Lisa Plugers	26.34	1986	Bret Van Wyk	22.37	2002
Sarah Haan	26.34	2001	Troy Ten Napel	22.41	1999
Beth DeJonge	26.43	2004	Rog Koele	22.54	1981
Sarah Sikkema	26.69	2006	Mark Ten Haken	22.56	2003
Christina Beimers	26.75	2006	Ron Kingma	22.60	2001
Kim Verbrugge	26.84	1996	Roger Smit	22.64	1998
Steph Schippers	26.84	2003, 05	Aaron Klein	22.67	2002
Linda Rozeboom	26.94	1976	Steve Holwerda	22.80	1999
Arlene Abma	26.94	1983	Dan Altena	22.94	1999
Rachelle Walhof	26.94	2000	Matt Ruter	23.00	2001
Jeanetta Groenendyk	27.07	2005	Dan Kakolewski	23.06	1997



**5000 Meters**

<b>Women</b>			<b>Men</b>		
Sonya Jongsma	18:41.00	1995	Jerrold Wynia	14:30.34	1982
Rachel Baber	19:14.00	2001	Harv Vande Burgt	15:00.80	1983
Joanne Van Driel	19:23.80	1979	Greg Kuiper	15:22.00	1981
Lisa Van Denend	19:27.40	1991	Tim Eisenga	15:26.82	2005
Chelsea Gerdes	19:50.60	2007	Dan Van Engen	15:35.66	2003
Kristen Schemmerhorn	20:30.14	1998	Jeff Summerhays	15:40.00	2000
Kate Reinsma	20:38.00	2002	Jon Vander Kooy	15:41.54	1999
Lanelle Postma	20:40.60	1990	Joel De Haan	15:49.24	2007
Laura Broekhuis	20:51.99	2007	Matt Van Essen	15:51.81	1998
Sonja Houwelling	21:09.00	1984	Dan Kroeze	15:51.80	1983
Marcy Van Gameron	21:25.00	1997	Tim Van Denend	15:52.90	1985
Sara Hanenburg	21:43.47	2007	Matt Oostra	15:55.48	1998

**10,000 Meters**

<b>Women</b>			<b>Men</b>		
Leah Kooiker	40:47.87	2004	Jerrold Wynia	29:46.33	1982
Kate Reinsma	41:22.80	2003	Greg Kuiper	32:04.20	1980
Lisa Van Denend	42:41.00	1995	Jon Vander Kooy	32:47.60	1998
			Ken Schreur	33:47.00	1975
			Dan Van Engen	33:13.90	2003
			Harv Vande Burgt	34:30.80	1982
			Pete Steiger	34:49.00	1983
			Travis Patten	35:24.05	2003
			Tim Ives	35:29.80	2001
			Eric Vander Kooy	35:53.30	2000
			Dave Veldhorst	37:50.00	1985
			Dave Tebben	37:59.00	1987

  

<b>Marathon</b>		
<b>Women</b>		
Kate Reinsma	3:23.45	2003
Leah Kooiker	3:29.30	2004
Lisa Van Denend	3:47:33	1993
<b>Men</b>		
Harv Vande Burgt	2:24:38	1983
Dan Kroeze	2:29.00	1983
Greg Kuiper	2:32.40	1981
Travis Patten	3:16.09	2003

**Half Marathon**

<b>Women</b>			<b>Men</b>		
Kate Reinsma	1:26.28	2004	Travis Patten	1:14.11	2003
Leah Kooiker	1:32.24	2004	Tim Ives	1:14:29	2000
Rachelle Kroll	1:32:26	2001	Rich Laninga	1:15:27	2001
Becky Demarest	1:35:58	2000	Ben Groenewold	1:17:35	2001
Marcy Van Gameron	1:48:17	1995	Mike Aldrink	1:19:22	1995
			Peter Simmons	1:19:22	1995
			Jason De Weerd	1:19:23	1995
			Andrew Hoeksema	1:26:05	2001
			Todd Schemper	1:29:43	1995
			Micah Vardeman	1:29:43	1995

**4x100 Meter Relay**

<b>WOMEN</b>		
2007	50.24	Sarah Franje, Jeanetta Groenendyk, Laurel Ochsner, Christina Beimers
2005	50.84	Abbie Soodsma, Jeanetta Groenendyk, Beth DeJonge, Steph Schippers
2002	50.93	Meghan Graham, Rebecca Baber, Beth DeJonge, Liz Dykstra
2000	51.05	Sarah Haan, Rebecca Baber, Rachelle Walhof, Liz Dykstra
2006	51.18	Laurel Ochsner, Natalie Feenstra, Jeanetta Groenendyk, Christina Beimers
2001	51.24	Jackie Flikkema, Erica Ton, Jackie Eekhoff, Meghan Graham
2003	51.41	Kate Lesage, Rebecca Baber, Beth DeJonge, Steph Schippers
1994	51.45	Sy Nonginthirath, Karmen Spronk, BJ Sjoerdsma, Diane Schinkel
1979	51.74	Cheryl Bolkema, Linda Kroon, Bev Groenendyk, Bonnie De Boer
1999	51.86	Juli Rouw, Rachelle Walhof, Kalie Gaskill, Liz Dykstra
1998	51.95	Juli Rouw, Alyssa Howerzyl, Kalie Gaskill, Rachelle Walhof
1982	52.04	Deb Top, Ardis Zylstra, Betty De Jager, Linda Kroon

**MEN**

2004	43.23	Jared Van Wyk, Bret Van Wyk, Dan Hospers, Mark Ten Haken
1998	43.43	Troy Ten Napel, Steve Holwerda, Joel Van Soelen, Roger Smit
2002	43.55	Aaron Klein, Matt Ruter, Travis Burgers, Mark Ten Haken
2001	43.76	Eric Carlson, Brian Wassenaar, Tony Rietema, Mark Ten Haken
2000	44.00	Dan Altena, Eric Carlson, Troy Ten Napel, Brian Wassenaar
1999	44.22	Dan Altena, Eric Carlson, Troy Ten Napel, Steve Holwerda
2003	44.23	Aaron Klein, Chris Fransman, Dan Hospers, Mark Ten Haken
1997	44.25	Dan Kakolewski, Tom Roozeboom, Steve Holwerda, Matt Howerzyl
2006	44.42	Jeff Meuzelaar, Matt Vander Ark, Josh Marcus, Troy Leusink
1979	44.54	Brad Kooima, Gaylen Engeltjes, Bill Vlieger, Rog Koele
2007	44.55	Brett Kroeze, Brent Van Schepen, Josh De Jong, Troy Leusink
2005	44.63	Kevin Herdegen, Dan Hospers, Jeff Meuzelaar, Jared Van Wyk

**4x400 Meter Relay****WOMEN**

2001	3:56.39	Sarah Haan, Jackie Eekhoff, Erica Ton, Kristi Meendering
2004	3:56.65	Abbie Soodsma, Melissa Eekhoff, Kristi Meendering, Beth DeJonge
2007	4:01.63	Abbie Soodsma, Joy Horstman, Sierra Zomer, Sarah Sikkema
1999	4:01.75	Liz Dykstra, Cathy Palmer, Lisa Cannegieter, Sarah Pluim
2005	4:01.83	Abbie Soodsma, Jen Kempers, Beth DeJonge, Melissa Klein
1997	4:02.98	Cathy Palmer, Cara DeWit, Heidi Vanden Hoek, Sarah Pluim
2006	4:04.13	Abbie Soodsma, Jen Kempers, Tami Wieringa, Sarah Sikkema
2003	4:04.94	Steph Schippers, Jana Van Arendonk, Beth DeJonge, Kristi Meendering
1982	4:05.10	Deb Top, Linda Kroon, Shari Veurink, Ardis Zylstra
2000	4:06.88	Liz Dykstra, Sarah Haan, Alicia Wakefield, Jackie Eekhoff
2002	4:07.71	Liz Dykstra, Beth DeJonge, Emily Kauk, Kristi Meendering
1986	4:07.80	Lavonne VandeGriend, Heidi Visscher, Peggy Neinhuis, Dawn Kroon

**MEN**

2000	3:15.99	Troy Ten Napel, Jon Dekkers, Ron Kingma, Brian Wassenaar
2001	3:16.65	Eric Carlson, Jon Dekkers, Brian Wassenaar, Ron Kingma
1998	3:16.75	Troy Ten Napel, Jason De Weerd, Steve Holwerda, Ron Kingma
1999	3:17.87	Troy Ten Napel, Jon Dekkers, Steve Holwerda, Ron Kingma
2004	3:19.07	Kevin Herdegen, Dan Foreman, Bret Van Wyk, Jared Van Wyk
2002	3:19.72	Bret Van Wyk, Jon Dekkers, Dan Foreman, Brian Wassenaar
2003	3:20.17	Kevin Herdegen, Dan Hospers, Dan Foreman, Bret Van Wyk
1978	3:20.34	Phil Smith, Ray Potts, Steve Nieboer, Rob Reichert
2005	3:21.72	Kevin Herdegen, Dan Hospers, Brett Kroeze, Jared Van Wyk
2006	3:22.01	Josh De Jong, Brett Kroeze, Josh Marcus, Jared Van Wyk
1997	3:23.94	Jason DeWeerd, Scott DeWeerd, Tom Roozeboom, Paul Buwalda
2007	3:24.76	Troy Leusink, Josh De Jong, Brent Van Schepen, Brett Kroeze

**4x200 Meter Relay****WOMEN**

2007	1:46.83	Sarah Franje, Abbie Soodsma, Sarah Sikkema, Jeanetta Groenendyk
2004	1:47.29	Abbie Soodsma, Melissa Eekhoff Klein, Kristi Meendering, Beth DeJonge
2006	1:47.36	Christina Beimers, Laurel Ochsner, Jeanetta Groenendyk, Sarah Sikkema
2005	1:47.45	Abbie Soodsma, Jeanetta Groenendyk, Beth DeJonge, Steph Schippers
2001	1:47.57	Jackie Flikkema, Erica Ton, Jackie Eekhoff, Sarah Haan
2000	1:47.84	Rachelle Walhof, Liz Dykstra, Jackie Eekhoff, Sarah Haan
2002	1:48.72	Meghan Graham, Rebecca Baber, Beth DeJonge, Liz Dykstra
1999	1:48.80	Juli Rouw, Jackie Eekhoff, Erica Ton, Liz Dykstra
1977	1:49.04	Pam Boer, Trix Van Ommering, Brenda Otte, Vicki De Boer
2003	1:49.25	Kate Lesage, Rebecca Baber, Beth DeJonge, Steph Schippers
1994	1:49.85	Karmen Spronk, Cindy Vande Voort, B.J. Sjoerdsma, Diane Schinkiel
1998	1:50.87	Juli Rouw, Kalie Gaskill, Jackie Eekhoff, Rachelle Walhof

**MEN**

2004	1:29.80	Jared Van Wyk, Bret Van Wyk, Dan Hospers, Mark Ten Haken
2002	1:30.05	Aaron Klein, Matt Ruter, Bret Van Wyk, Mark Ten Haken
2003	1:30.83	Aaron Klein, Matt Ruter, Bret Van Wyk, Mark Ten Haken
1998	1:31.45	Troy Ten Napel, Steve Holwerda, Joel Van Soelen, Roger Smit
1997	1:32.1	Dan Kakolewski, Tom Roozeboom, Troy Ten Napel, Roger Smit
2005	1:32.72	Kevin Herdegen, Dan Hospers, Brett Kroeze, Jared Van Wyk
2001	1:32.87	Matt Ruter, Kyle Van Arendonk, Travis Burgers, Mark Ten Haken
1999	1:32.96	Dan Altena, Eric Carlson, Troy Ten Napel, Steve Holwerda
2006	1:32.99	Josh De Jong, Troy Leusink, Grant Dykstra, Jared Van Wyk
1984	1:33.0	Rich Koele, Jim Veenstra, Tim Weg, Dave Westra
2000	1:33.46	Dan Altena, Aaron Klein, Mark Buwalda, Troy Ten Napel
1978	1:33.8	Phil Smith, Ray Potts, Steve Nieboer, Jim De Lange

**4x800 Meter Relay****WOMEN**

2005	9:20.54	Jen Kempers, Lori Rowenhorst, Abbie Soodsma, Melissa Klein
2007	9:26.86	Joy Horstman, Tami Wieringa, Abbie Soodsma, Jen Kempers
2003	9:27.65	Tanya Holtrop, Katie Hoekstra, Becky Demarest, Kristi Meendering
2006	9:29.80	Lori Rowenhorst, Tami Wieringa, Chelsea Gerdes, Jen Kempers
2002	9:33.80	Tanya Holtrop, Emily Kauk, Becky Demarest, Kristi Meendering
2001	9:35.85	Lisa Cannegieter, Emily Kauk, Becky Demarest, Jessica Rowenhorst
1997	9:39.02	Cathy Palmer, Cara DeWit, Heidi Vanden Hoek, Sarah Pluim
1996	9:43.33	H.VandenHoek, Cathy Palmer, Becky Van De Griend, Sonya Jongsma
1999	9:43.41	Lisa Cannegieter, Cathy Palmer, Tabitha Vander Wilt, Sarah Pluim
2000	9:48.39	Becky Demarest, Lisa Cannegieter, Tabitha Vander Wilt, Emily Kauk
2004	9:50.27	Melissa Eekhoff, Katie Van Arendonk, Tanya Rowenhorst, Kristi Meendering
1979	9:54.10	Vicki De Boer, Chris DeKok, Jo Van Driel, Vonda Bjorklund
1985	10:14.2	Char Vande Griend, Dawn Kroon, Sheri Veurink, Deb Top

**MEN**

2001	7:35.72	Jon Dekkers, Dan Foreman, Jeff Taylor, Ron Kingma
1999	7:36.92	Jeff Summerhays, Jon Dekkers, Jim Dekkers, Ron Kingma
2000	7:44.40	Jeff Summerhays, Marcus Scholten, Matt Van Essen, Jon Dekkers
1998	7:45.30	Jason De Weerd, Jeff Summerhays, Matt Van Essen, Ron Kingma
2003	7:53.07	Nick Groen, Dan Foreman, Stefan Petersen, Jeff Taylor
1982	7:54.50	Harv Vande Burgt, Dan Kroeze, Russ Smith, Greg Dyk
2002	7:55.57	Jon Dekkers, Tim Klein, Stefan Petersen, Dan Foreman
2007	7:56.93	Joel De Haan, Mark Eekhoff, Brent Van Schepen, Brett Kroeze
1997	7:57.20	Jason DeWeerd, Todd Schemper, Scott DeWeerd, Jeff Summerhays
1980	7:59.80	Dan Kroeze, Len Fakkema, Harv Vande Burgt, Bob Reichert
1989	8:01.80	Kevin Veenstra, Roger Ellens, Jon Grossman, Dave Tebben
2006	8:06.98	Tim Eisenga, Josh Marcus, Brett Kroeze, Joel De Haan

**Distance Relay (4x1600)****WOMEN**

2006	21:24.76	Chelsea Gerdes, Tami Wieringa, Lori Rowenhorst, Jen Kempers
2002	23:37.98	Kate Reinsma, Becky Demarest, Katie Hoekstra, Lorelee Bykerk

**MEN**

1982	17:54.00	Dan Kroeze, Russ Smith, Greg Dyk, Harv Vande Burgt
2006	18:48.51	Tim Eisenga, Joel De Haan, Mark Miedema, Jathan Robinson
2002	20:02.22	Greg Van Dyke, Tim Ives, Colin Attema, Josh Boerman

**WOMEN'S DISTANCE MEDLEY (1200, 400, 800, 1600 in any order):**

2006	12:49.13	Tami Wieringa, Sarah Sikkema, Lori Rowenhorst, Jen Kempers
2004	12:55.25	Katie Van Arendonk, Kristi Meendering, Tanya Rowenhorst, Melissa Eekhoff
2005	13:05.92	Chelsea Gerdes, Beth DeJonge, Melissa Klein, Jen Kempers
1994	13:11.00	Diane Schinkel, Cindy Vande Voort, Kristin Johnson, Sonya Jongsma
1997	13:24.05	Cara DeWit, Cathy Palmer, Sabrina VanderWilt, Becky Van De Griend
2000	13:45.23	Val Kallemeyn, CeAnn Draayer, Angie Nibbelink, Lorelee Bykerk

**MEN'S DISTANCE MEDLEY (1200, 400, 800, 1600 in any order):**

1998	10:14.67	Jason De Weerd, Steve Holwerda, Ron Kingma, Jeff Summerhays
1997	10:15.75	Jason DeWeerd, Scott DeWeerd, Travis Anderson, Jeff Summerhays
1982	10:25.90	Dan Kroeze, Russ Smith, Harv Vande Burgt, Jerrold Wynia
1981	10:34.80	Len Fakkema, Gaylen Engljes, Dan Kroeze, Jerrold Wynia
2006	10:46.38	Joel De Haan, Jared Van Wyk, Brett Kroeze, Tim Eisenga
2003	10:50.13	Nick Groen, Dan Hospers, Tim Klein, Tim Eisenga
2004	10:51.79	Mark Miedema, Brant Van Dyke, Josh Boerman, Tim Eisenga
1994	10:53.50	Jeff De Koter, Mike Schiebout, Dave Herredsberg, Todd Schemper
1999	10:57.68	Matt Van Essen, Mark Buwalda, Darin Arkema, Jon Vander Kooy
2002	11:00.94	Stefan Petersen, Tim Klein, Josh Boerman, Tim Ives
1975	11:02.10	Phil Smith, Mark Van Denend, John Ensing, Mark Kauk
2001	11:03.32	Greg Van Dyke, Mark Buwalda, Dan Foreman, Tim Ives

### Sprint Medley Relays

#### **WOMEN (200, 200, 400, 800):**

1997	4:10.71	Juli Rouw, Cara DeWit, Cathy Palmer, Sarah Pluim
2001	4:16.32	Sarah Haan, Jackie Flikkema, Lisa Cannegieter, Jessica Rowenhorst
1985	4:18.70	Peggy Neinhuis, Anne Veldman, Dawn Kroon, Char Vande Griend
2006	4:19.22	Abbie Soodsma, Samantha Sheffield, Joy Horstman, Lori Rowenhorst
2000	4:20.13	Rachelle Walhof, Liz Dykstra, Jackie Eekhoff, Becky Demarest
1992	4:20.24	Ria Los, Sandy Van Wyk, Irene Ton, Fran Ton
2007	4:21.14	Sarah Sikkema, Joy Horstman, Tami Wieringa, Abbie Soodsma
2002	4:21.59	Meghan Graham, Rebecca Baber, Tanya Holtrop, Kristi Meendering
1991	4:22.30	Els Rijkens, Sandy Van Wyk, Heather Hommes, Fran Ton
1994	4:22.65	Karmen Spronk, BJ Sjoerdsma, Diane Schinkel, Sonya Jongma
1996	4:22.97	Kim Verbrugge, Rachel Vander Stelt, Cathy Palmer, Sonya Jongma
1998	4:24.14	Juli Rouw, Alyssa Howerzyl, Cathy Palmer, Lisa Cannegieter

#### **MEN (200, 200, 400, 800):**

2000	3:30.47	Troy Ten Napel, Eric Carlson, Brian Wassenaar, Jeff Summerhays
1999	3:30.87	Troy Ten Napel, Steve Holwerda, Ron Kingma, Jeff Summerhays
1998	3:31.88	Troy Ten Napel, Steve Holwerda, Ron Kingma, Jeff Summerhays
1997	3:32.00	Dan Kakolewski, Matt Howerzyl, Scott DeWeerd, Jason DeWeerd
1984	3:32.40	Rich Koele, Jim Veenstra, Russ Smith, Steve Schuring
1985	3:34.00	Rob Miedema, Dave Westra, Kenton Kamp, Steve Kamps
2001	3:35.15	Travis Burgers, Kyle Van Arendonk, Mark Buwalda, Dan Foreman
2004	3:35.18	Mark Ten Haken, Dan Hospers, Kevin Herdegen, Dan Foreman
1989	3:35.60	Craig Heynen, Rob Redeker, Roger Ellens, Kevin Veenstra
1982	3:36.70	Rog Koele, Brent Kok, Russ Smith, Greg Dyk
1996	3:38.00	Bennett Drenth, Jamey Schiebout, Steve Holwerda, Jason De Weerd
2002	3:38.24	Travis Burgers, Brian Wassenaar, Kyle Van Arendonk, Stefan Petersen

### High Jump

Women			Men		
Susan Schaap	5'6 1/2"	2000	Chris Fransman	6'9"	2005
Jen Kempers	5'6 1/4"	2005	Brent Kok	6'7"	1982
Lynn Postma	5'5"	1981	Dan De Jong	6'7"	2005
Renita Buma	5'4"	1983	Kevin Gesink	6'6"	1987
Julie Huizenga	5'4"	1997	Larry Faber	6'6"	1988
Lisa Huizenga	5'2 1/4"	2005	Tim Lyon	6'5"	1980
Peg Gifford	5'2"	1981	Eric Maas	6'5"	1999
Michelle Mennega	5'2"	1990	Jon De Young	6'4 3/4"	2007
Marian Tilstra	5'0"	1985	Don Van Den Top	6'4"	1984
Melissa Weg	5'0"	1991	Kevin Veenstra	6'4"	1986
Heidi Vanden Hoek	5'0"	1996	Todd De Weerd	6'4"	1990
Shawna Flikkema	5'0"	2005	Joel Van Soelen	6'4"	1998

### Long Jump

Women			Men		
Beth DeJonge	18'3 1/2"	2005	Aaron Klein	22'7 1/2"	2002
Ardis Zylstra	17'7"	1982	Dave Ruter	22'2 1/2"	1973
Joeli Kooima	17'6 1/2"	1989	Jeff Meuzelaar	21'10 1/4"	2007
Erica Ton	17'5 1/2"	2001	Matt Vander Ark	21'10"	2007
Laurel Ochsner	17'5 1/2"	2007	Matt Ruter	21'6"	2002
Anne Veldman	17'2 1/2"	1985	Dave Hiemenga	21'5"	2006
Larissa Veldhuizen	17'1 1/4"	2007	Roy Van Loo	21'4 1/2"	1975
Kalie Gaskill	17'1/2"	2001	Josh De Jong	21'1 1/2"	2006
Jenn Weverink	16'10"	2005	Paul Buwalda	21'1"	1998
Julie Rotman Howerzyl	16'9 3/4"	1997	Gerald Folkerts	20'11"	1979
Bonnie De Boer	16'9 1/4"	1979	Pong Nonginithirath	20'9"	1989
Diane Schinkel	16'8 1/2"	1994	Dan Gudmunson	20'9"	2005

**Triple Jump**

<b>Women</b>			<b>Men</b>		
Erica Ton	37'10"	2001	Dan De Jong	48'7 1/4"	2006
Jenn Weverink	35'8"	2005	Dan Gudmunson	45'6 1/4"	2005
Anne Veldman	35'1"	1986	Josh De Jong	45'4 1/2"	2006
Rebecca Baber	35'0"	2002	Gerald Folkerts	44'0"	1978
Julie Rotman/Howerzyl	34'8 3/4"	1996	Larry Plagerman	43'9 1/4"	1980
Joeli Kooima	34'7 1/2"	1998	Duane Konyenbelt	43'1 1/2"	1988
Sy Nonginithirath	34'2"	1994	Troy Cok	42'11 1/2"	1999
Shawna Flikkema	33'8"	2005	Pong Nonginithirath	42'7"	1989
Natalie Feenstra	33'6 3/4"	2006	Timon Rens	42'4"	1993
Kalie Gaskill	33'4 1/2"	1998	Tim Lyon	42'3"	1977
Irene Ton	33'3 1/4"	1993	Mark Buwalda	41'11"	2001
Rhea De Stigter	32'11 1/2"	1996	Paul Buwalda	41'9"	1997

**Shot Put**

<b>Women</b>			<b>Men</b>		
Tereasa Van Zee	44'6 3/4"	1994	Neal Brenneman	50'11"	2000
Kathy Arends	42'6"	1983	Pete Hamstra	48'4"	1981
Amanda TeKrony	39'7"	2001	Dan Oldenkamp	45'9 1/2"	2004
Rita Mulder	38'11 1/2"	1990	Arden Postma	44'4 1/4"	1984
Wendy Schiebout	38'10 1/2"	1992	Evan Beimers	43'5"	2001
Kara Karlsgodt	38'7 1/2"	2006	Phil Steenstra	43'1/2"	1997
Shirley Boon	38'7"	1980	Brett Guthmiller	42'8 3/4"	2002
Maria Davelaar	38' 3/4"	1999	Tony Engeltjes	40'10 1/4"	2007
Katie Van Engen	37'0"	2002	Martin Van Beek	40'4 1/2"	1987
Ashley Dekkers	36'11 1/4"	2004	Craig Shannon	39'0"	1975
Sandy Wolthuis	35'4"	1982	Jim Bouma	38'0"	1979
Faye Woudstra	35'1 1/2"	1983	Martin Molendyk	36'7 3/4"	1996

**Discus**

<b>Women</b>			<b>Men</b>		
Robin Pals	140'11 1/4"	1988	Arden Postma	163'0"	1986
Kara Karlsgodt	138'7"	2007	Pete Hamstra	138'8"	1981
Wendy Schiebout	135'10"	1992	Ron Kingma	137'3"	1999
Maria Davelaar	132'0"	2000	Martin Van Beek	136'6"	1986
Sandy Wolthuis	129'4"	1982	Brett Heidema	130'6"	2007
Tereasa Van Zee	128'8"	1994	Jim Bouma	127'11"	1980
Sarah Haan	120'7"	2000	Craig Shannon	127'9"	1975
Amanda TeKrony	118'5 1/2"	2000	Wiebe Vander Hoek	126'7"	1998
Faye Woudstra	118'4"	1985	Dan Oldenkamp	125'3"	2001
Annette Singer	116'1/2"	1993	Phil Steenstra	122'0"	1997
Shirley Boon	113'8"	1980	Tony Engeltjes	119'2"	2006
Ashley Dekkers	112'9"	2004	David Kraayenbrink	115'5"	2005

**Javelin**

<b>Women</b>			<b>Men</b>		
Carol Wester	141'8 1/2"	1984	Phil Steenstra	189'3"	1997
Jacque Scoby	139'0"	2002	Timon Rens	179'9"	1994
Shawna Flikkema	125'5"	2005	Dave Sawtelle	171'1"	1984
Kara Karlsgodt	118'7"	2006	David Kraayenbrink	170'4"	2006
Tereasa Van Zee	117'1"	1995	Arden Postma	168'9"	1984
Michelle Te Slaa	112'8"	2001	Chris Veenstra	165'5"	1985
Annette Singer	106'2 1/2"	1986	David Kraayenbrink	164'8"	2005
Sandy Wolthuis	105'10"	1981	Bill Vander Kooi	163'10 1/2"	1990
Robin Pals	104'10"	1988	Wiebe Vander Hoek	162'8"	1996
Melanie Markus	102'10"	2004	Jim Bouma	158'2"	1980
Maria Davelaar	100'0"	2000	Rick Poel	153'7"	1980
Nancy Martin	98'6"	1977	Tony Rietema	152'4"	2002

**Pole Vault**

<b>Women</b>			<b>Men</b>		
Jill Starkenburg	11'0"	2000	Brandon Vander Wel	13'7 1/4"	2007
Anna Schutter	10'6"	2007	Bill Vlieger	13'6"	1979
Brittney Gudmunson	10'0"	2004	Nathan Kauk	13'0"	2002,04
Heidi Shubeck	7'6"	2005	Mike Schiebout	12'6"	1994
Beth DeJonge	7'0"	2003	Rob Suwyn	12'6"	1996
			Tim Flikkema	12'1 1/2"	2001
			Steve Hubers	12'	1972
			Jeff De Koter	11'0"	1994
			Matt De Kam	11'0"	1995