

Dordt College Track and Field
INDOOR HONOR ROLL

Through 2011 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
Briana Wubben	8.45	2011	Tony Rietema	7.84	2002
Laurel Ochsner	8.58	2009	Erin Francis	7.91	2011
Jenetta Groenendyk	8.91	2007	Jim De Lange	8.04	1978
Karrina Bakker	8.95	2009	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

55 Meter Dash

Women			Men		
Jenna Brouwer	7.40	2011	Alex Henderson	6.62	2009
Briana Wubben	7.51	2011	Andrew Grove	6.72	2011
Crystal Vander Zee	7.54	2009	Roland Osae-Oppang	6.75	2010
Christina Beimers	7.64	2007	Aaron Klein	6.76	2003
Sarah Franje	7.66	2010	Aaron Floen	6.78	2010
Kim Verbrugge	7.66	1995	Roger Smit	6.82	1998
Amy Visser	7.66	2010	Joe Lammers	6.83	2011
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

200 Meter Dash

Women			Men		
Jenna Brouwer	25.34	2011	Nic Pfeifle	22.52	2010
Crystal Vander Zee	26.39	2011	Joe Lammers	22.82	2011
Christina Beimers	26.70	2007	Alex Henderson	22.86	2009
Beth DeJonge	27.20	2004	Jared Van Wyk	22.88	2004
Steph Schippers	27.21	2003	Troy Ten Napel	23.15	2000
Sarah Haan	27.36	2001	Aaron Floen	23.21	2010
Sarah Sikkema	27.37	2006	Andrew Grove	23.25	2011
Briana Wubben	27.39	2011	Roger Smit	23.31	1998
Meghan Graham	27.52	2000	Jake Dykstra	23.57	2009
Kendra Kroeze	27.56	2010	Eric Carlson	23.60	2000

400 Meter Dash

Women			Men		
Kari Van Beek	59.15	2011	Nic Pfeifle	49.41	2010
Kendra Kroeze	60.38	2011	Ron Kingma	50.06	2001
Abbie Soodsma	60.27	2006	Troy Ten Napel	50.29	2000
Sarah Sikkema	60.45	2007	Josiah Luttjeboer	50.77	2010
Sarah Haan	60.51	2001	Alex Henderson	50.85	2010
Kristi Meendering	60.70	2001	Jared Van Wyk	51.07	2006
Melissa Eekhoff	61.08	2004	Steve Holwerda	51.54	1998
Cathy Palmer	61.51	1998	Kevin Herdegen	51.55	2003
Steph Schippers	61.57	2003	Chuck Van Drunen	51.65	1993
Beth DeJonge	61.65	2004	Rog Koele	52.14	1981

600 Meter Dash

Women			Men		
Frances Ton	1:35.14	1989*	Josiah Luttjeboer	1:19.55	2011
Katie Bonnema	1:39.34	2011	Mark Eekhoff	1:19.95	2010
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
Tara Postma	1:42.37	2010	Ian Kuipers	1:24.61	2011
Tanya Holtrop	1:42.58	2002	Jonathan Vroom	1:25.15	2009
Lisa Cannegieter	1:42.70	2001	Jon Dekkers	1:25.41	2000
Tami Wieringa	1:42.80	2007	Andrew Vander Woude	1:25.47	2011
Janice Brouwer	1:44.63	2008	Marcus Scholten	1:25.72	2001

*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	2:13.877	2008	Josiah Luttjeboer	1:53.07	2011
Frances Ton	2:18.55	1991	Ron Kingma	1:53.53	2001
Sarah Pluim	2:18.69	1996	Jeff Taylor	1:55.21	2003
Melissa Klein	2:19.08	2005	Stefan Petersen	1:56.03	2003
Tanya Holtrop	2:21.64	2003	Mark Eekhoff	1:56.41	2009
Tami Wieringa	2:22.58	2008	Brent Van Schepen	1:56.77	2007
Merissa Harkema	2:23.28	2010	Jeff Summerhays	1:57.54	1998
Sierra Zomer	2:23.36	2010	Scott DeWeerd	1:57.94	1998
Lisa Cannegieter	2:23.51	2001	Jason DeWeerd	1:58.41	1998
Joy Horstman	2:23.85	2007	David Christensen	1:58.47	2010

1000 Meter Run

Women			Men		
Merissa Harkema	2:58.55	2011	Jeff Summerhays	2:30.76	2000
Jen Kempers	2:59.04	2007	Jeff Taylor	2:31.01	2002
Becky Demarest	3:06.24	2003	Ryan Tholen	2:31.18	2011
Tami Wieringa	3:07.38	2009	Josiah Luttjeboer	2:31.69	2009
Emily Kauk	3:11.98	2001	David Christensen	2:32.82	2010
Irene Ton	3:13.63	1992	Stefan Petersen	2:34.38	2003
Lori Rowenhorst	3:13.97	2006	Peter Franz	2:34.92	2003
Nichole Duncan	3:15.34	2010	Tim Bierma	2:36.26	2011
Tanya Rowenhorst	3:15.73	2005	Todd Schemper	2:38.31	1995
Katie Van Arendonk	3:19.58	2004	Marcus Scholten	2:38.81	2001

1600 Meter Run

(includes 1500M times converted using factor .926)

Women			Men		
Jen Kempers	5:02.57	2008	Brent van Schepen	4:21.23	2010
Merissa Harkema	5:13.84	2011	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	5:26.24	2009	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
Michelle Steiger	5:32.93	2009	Joel De Haan	4:29.43	2008
Jennifer Van Beek	5:33.23	2003	Eric Tudor	4:31.02	2010
Lori Rowenhorst	5:34.59	2006	Tim Eisenga	4:31.12	2003

3000 Meter Run

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

Women			Men		
Michelle Steiger	10:25.35	2011	Dan Van Engen	8:42.13	2003
Shari Veurink	10:43.84	1984	Jerrold Wynia	8:46.45	1981
Chelsea Gerdes	10:46.19	2006	Tim Eisenga	8:48.36	2005
Jen Kempers	10:54.04	2007	Greg Kuiper	8:51.94	1981
Sonya Jongsma	11:18.74	1994	Jeff Summerhays	8:53.62	2000
Becky Van De Griend	11:31.17	1998	Eric Tudor	8:59.11	2011
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

5000 Meter Run

(some three-mile times converted using factor 1.042)

Women			Men		
Michelle Steiger	17:58.79	2011	Jerrold Wynia	14:32.64	1981
Kristen Schemmerhorn	20:57.74	1995	Dan Van Engen	15:21.81	2004
Lisa Van Denend	21:48.11	1993	Harv Vande Burgt	15:48.24	1982
			Eric Tudor	15:59.95	2010
			Jon Vander Kooy	16:01.64	2000
			Matt Van Essen	16:16.34	1998
			Pete Steiger	16:24.24	1982
			Chris Postma	16:30.23	2011
			Jeff Summerhays	16:41.41	1999
			Travis Patten	16:42.64	2001

4x100 Meter Relay

WOMEN

1998	53.14	Juli Rouw, Jackie Eekhoff, Kalie Gaskill, Rachele Walhof
1999	53.35	Juli Rouw, Rachele 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

2011	3:57.43	Kari Van Beek, Kaitlin Troost, Kendra Kroeze, Katie Bonnema
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
2010	4:05.11	Jenna Brouwer, Kari Van Beek, Kendra Kroeze, Sierra Zomer
2009	4:06.48	Kari Van Beek, Tami Wieringa, Sierra Zomer, Sarah Sikkema
2008	4:08.35	Joy Horstman, Jen Kempers, Sierra Zomer, Tami Wieringa
1999	4:12.92	Cathy Palmer, Jackie Eekhoff, Liz Dykstra, Lisa Cannegieter
2000	4:13.12	Rachele Walhof, Jackie Eekhoff, Alicia Wakefield, Sarah Haan

MEN

2011	3:17.26	Alex Henderson, Ian Kuipers, Andrew Grove, Nic Pfeifle
2010	3:21.12	Alex Henderson, Mark Eekhoff, Josiah Luttjeboer, Nic Pfeifle
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
2009	3:24.37	Jake Dykstra, Mark Eekhoff, Josh De Jong, Josiah Luttjeboer
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
2008	3:29.01	Troy Leusink, Brett Kroeze, Josh De Jong, Jonathan Vroom
2006	3:29.02	Troy Leusink, Brett Kroeze, Josh De Jong, Jared Van Wyk

4x200 Meter Relay**WOMEN**

2010	1:48.47	Briana Wubben, Kendra Kroeze, Crystal Vander Zee, Jenna Brouwer
2011	1:49.06	Kari Van Beek, Chelsea Vaandrager, Lindsey Moerman, Jenna Brouwer
2000	1:50.66	Juli Rouw, Meghan Graham, Rachelle Walhof, Sarah Haan
2001	1:51.40	Meghan Graham, Kari Vossen, Erica Ton, Sarah Haan
2008	1:52.32	Sarah Sikkema, Sarah Franje, Christian Beimers, Brianna Evink
2009	1:52.33	Sarah Franje, Kari Van Beek, Crystal Vander Zee, Sarah Sikkema
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

MEN

2011	1:33.27	Andrew Grove, Alex Henderson, Micah Twedell, Nic Pfeifle
2010	1:33.43	Joe Lammers, Alex Henderson, Aaron Floen, Nic Pfeifle
2009	1:33.57	Joe Lammers, Roland Osaë-Oppang, Jake Dykstra, Alex henderson
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
2008	1:36.42	Jake Dykstra, Matthew Vander Ark, Andrew Vander Woude, Troy Leusink
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

4x800 Meter Relay**WOMEN**

2008	9:21.43	Tami Wieringa, Joy Horstman, Sierra Zomer, Jen Kempers
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
2009	9:36.00	Janice Brouwer, Michelle Steiger, Tami Wieringa, Sierra Zomer
2010	9:36.00	Merissa Harkema, Nichole Duncan, Samantha Sahagian, Sierra Zomer
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

MEN

2011	7:44.39	Nathan Brace, Ryan Tholen, Tim Bierma, Josiah Luttjeboer
2010	7:44.46	Josiah Luttjeboer, Brent Van Schepen, Mark Eekhoff, David Christensen
2003	7:45.58	Dan Foreman, Peter Franz, Stefan Petersen, Jeff Taylor
2001	7:45.74	Marcus Scholten, Jeff Taylor, Jon Dekkers, Ron Kingma
2009	7:46.88	Josiah Luttjeboer, Brent Van Schepen, Mark Eekhoff, David Christensen
2002	7:49.92	Jon Dekkers, Marcus Scholten, Stefan Petersen, Jeff Taylor
2000	7:51.04	Jim Dekkers, Jeff Summerhays, Marcus Scholten, Jon Dekkers
2008	7:53.23	Josiah Luttjeboer, Brent Van Schepen, Mark Eekhoff, Brett Kroeze
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

High Jump

Women			Men		
Susan Schaap	5' 7"	2000	Dan De Jong	6' 8 3/4"	2007
Jen Kempers	5' 6"	2005/08	Chris Fransman	6' 6"	'03/04/05
Briana Wubben	5' 5.25"	2011	Tim Lyon	6' 4"	1979
Lynn Postma	5' 5"	1981	Joel Van Soelen	6' 4"	1998/99
Renita Buma	5' 5"	1983	Sam Du Mez	6' 3 1/2"	2011
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"	2007/2009	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		
Briana Wubben	18' 6"	2011	Aaron Klein	22' 4"	2002
Laurel Ochsner	17' 9"	2009	Matt Vander Ark	21' 4 1/4"	2008
Crystal Vander Zee	17' 9"	2010	Jeff Meuzelaar	20' 10 3/4"	2007
Beth DeJonge	17' 1"	2003	Josh De Jong	20' 7 3/4"	2006
Erica Ton	16' 11 3/4"	1999	Troy Cok	20' 6"	1999
Joeli Kooima	16' 10"	1989	Matt Ruter	20' 6"	2002
Christy Sikkema	16' 8"	2011	Matt Beimers	20' 5"	1991
Ardis Zylstra	16' 7"	1982	Dan Gudmunson	20' 4 3/4"	2004
Bonnie De Boer	16' 6 1/2"	1979	Dave Hiemenga	20' 4 1/2"	2006
Kaitlin Troost	16' 6 1/2"	2010	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
Crystal Vander Zee	36' 8 1/2"	2010	Josh De Jong	45' 10 3/4"	2008
Christy Sikkema	36' 3 1/2"	2011	Dan Gudmunson	43' 3 1/2"	2005
Rebecca Baber	35' 1/2"	2000	Sam Du Mez	43' 1"	2011
Kaitlin Troost	34' 6 3/4"	2011	Matt Vander Ark	43' 1/2"	2008
Anne Veldman	34' 1"	1986	Gerrit Brouwer	42' 10"	1981
Irene Ton	33' 6"	1992	Rob Greenham	42' 10"	1994
Natalie Feenstra	33' 5 1/2"	2006	Troy Cok	42' 9"	1999
Julie Howerzyl	33' 5"	1997	Gerald Folkerts	42' 8 1/2"	1978
Kalie Gaskill	33' 4 3/4"	2001	Paul Buwalda	42' 6"	1998

Shot Put

Women			Men		
Tereasa Van Zee	44' 11"	1994	Pete Hamstra	46' 9"	1981
Amanda TeKrony	40' 1 1/4"	2001	Jordan Huisman	45' 10.5"	2010
Kathy Arends	39' 8 1/4"	1983	Dan Oldenkamp	44' 6"	2004
Rita Mulder	37' 5 3/4"	1988	Tony Engeltjes	42' 11"	2007
Maria Davelaar Philipsen	38' 6 1/2"	1999	Arden Postma	42' 4 3/4"	1985
Wendy Schiebout	37' 4 1/2"	1992	Neal Brenneman	41' 11 1/2"	1998
Katie Van Engen	36' 11"	2002	Brett Guthmiller	41' 9 1/2"	2002
Rachel Smith	36' 7"	2010	Phil Steenstra	41' 5 1/2"	1997
Ashley Dekkers	36' 2"	2004	Martin Van Beek	40' 9 3/4"	1985
Briana Wubben	35' 11 1/2"	2011	Orrin Burger	40' 7"	2010

Weight Throw

Women	Men		
	Jordan Huisman	39' 1 3/4"	2011
	Micah Applegate	37' 1"	2011
	Jesse Davis	34' 5 1/2"	2011
	Casey Burke	31' 1/2"	2010

Pole Vault

Women	Men				
Anna Schutter	11' 0"	2008	Joshua Brinkerhoff	14' 5 1/4"	2011
Jill Starkenburg	10' 10"	1999	Brandon Vander wel	13' 6"	2007
Christina Van Singel	9' 6 1/2"	2011	Nathan Kauk	13' 0"	2001
Brittney Gudmunson	9' 3"	2004	Rob Suwyn	12' 6"	1999
Breanne Heidema	9' 1"	2011	David Christensen	12' 6"	2007
Lael Radde	7' 11 1/2"	2011	Tim Flikkema	12' 0"	2000
			Mike Schiebout	11' 9"	1994
			Theo Mobach	11' 7"	2009
			Hank Houtman	11' 5 3/4"	2009
			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

2011	12:29.39	Merissa Harkema, Kendra Kroeze, Katie Bonnema, Michelle Steiger
2010	12:46.30	Merissa Harkema, Kendra Kroeze, Sierra Zomer, Michelle Steiger
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
2009	13:18.81	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
2009	10:45.40	Josiah Luttjeboer, Brett Kroeze, Brent Van Schepen, Joel De Haan
2008	11:02.47	Josiah Luttjeboer, Brett Kroeze, Brent Van Schepen, Joel De Haan
1999	11:23.11	Darin Arkema, Mark Buwalda, Jon Schaap, Jon Vander Kooy
2011	11:38.30	Steve Olsen, Micah Twedell, Jeff Vander Molen, Jeffrey McClelland

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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Pentathlon/ Heptathlon

	Women		Men
Briana Wubben	3537	2011	
Karina Bakker	2570	2010	