

Dordt College Track and Field

Honor Roll

Through 2011 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

Women - 100 Meters			Men - 110 Meters		
Briana Wubben	14.62	2011	Matt Howerzyl	14.91	1995
Laurel Ochsner	14.98	2008	Erin Francis	15.05	2011
Jeanetta Groenendyk	15.13	2008	Tony Rietema	15.06	2001
Linda Kroon	15.44	1980	Keith Kreykes	15.44	1972
Karina Bakker	15.81	2009	Dave Ruter	15.44	1973
Lynn Postma	15.84	1981	Kevin Herdegen	15.89	2004
Samantha Sheffield	16.09	2006	Jarret Eshuis	15.90	1992
Larissa Veldhuizen	16:21	2007	Jonathan De Young	15.93	2008
Brenda Van Wyhe	16.34	1988	Steve Brouwer	16.00	1999
Sarah Dieck	16.54	2001	Matt Vander Ark	16.01	2007
Beth Brouwer	16.54	1985	Brett Sichmeller	16.15	2000
Jackie Eekhoff	16.54	2001			

400 Meter Hurdles

Women			Men		
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
Jeanetta Groenendyk	65.38	2008	Matt Howerzyl	55.42	1997
Alyssa Howerzyl	67.80	1997	Tim Boonstra	55.90	2009
Jen Kempers	68.23	2005	Eric Carlson	55.93	2001
Alicia Wakefield	68.34	2000	Matt Vander Ark	56.11	2008
Dawn Kroon	68.74	1985	Jeffrey McClelland	56.60	2011
Melinda Vander Ark	68.84	2010	Andrew Vander Woude	56.73	2010
Rebecca Schelhaas	69.77	1999	Tony Rietema	56.81	2001
Brianna Evink	70.05	2008	Keith Kreykes	57.04	1972
Kelli Schonewill	70.85	2001	Robb DeHaan	57.04	1985

100 Meters

Women			Men		
Jenna Brouwer	12.31	2010	Roger Koele	11.04	1981
Briana Wubben	12.40	2011	Andrew Grove	11.06	2011
Crystal Vander Zee	12.44	2011	Nic Pfeifle	11.10	2010
Meghan Graham	12.69	2002	Trevor Wolterstorff	11.13	2010
Karmen Spronk	12.74	1994	Aaron Floen	11.21	2011
Sarah Franje	12.80	2009	Mark Ten Haken	11.23	2002
Katie Bonnema	12.82	2011	Aaron Klein	11.24	2002/03
Christina Beimers	12.83	2007	Roland Osaë- Oppang	11.26	2009
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	Alex Henderson	11.34	2009

200 Meters

Women			Men		
Jenna Brouwer	24.75	2010	Nic Pfeifle	21.74	2010
Crystal Vander Zee	25.53	2011	Alex Henderson	21.76	2011
Briana Wubben	25.84	2011	Trevor Wolterstorff	22.11	2010
Christina Beimers	26.20	2008	Jared Van Wyk	22.35	2006
Linda Kroon	26.34	1980	Bret Van Wyk	22.37	2002
Lisa Plugers	26.34	1986	Troy Ten Napel	22.41	1999
Sarah Haan	26.34	2001	Aaron Floen	22.44	2010
Beth DeJonge	26.43	2004	Rog Koele	22.54	1981
Sarah Franje	26.63	2009	Mark Ten Haken	22.56	2003
Sarah Sikkema	26.69	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

Women			Men		
Katie Bonnema	57.51	2011	Nic Pfeifle	47.86	2010
Lavonne Boer	58.04	1987	Alex Henderson	48.52	2011
Frances Ton	58.24	1992	Troy Ten Napel	48.95	1999
Sarah Sikkema	58.56	2009	Bret Van Wyk	49.18	2002
Abbie Soodsma	58.64	2005	Brett Kroeze	49.24	2007
Beth DeJonge	59.50	2004	Dan Foreman	49.39	2002
Peggy Neinhuis	59.64	1986	Josiah Luttjeboer	49.42	2009/2011
Kari Van Beek	59.67	2010	Jared Van Wyk	49.70	2004

5000 Meters

Women			Men		
Michelle Steiger	17:33.93	2011	Jerrold Wynia	14:30.34	1982
Jen Kempers	17:48.68	2008	Harv Vande Burgt	15:00.80	1983
Sonya Jongsma	18:41.00	1995	Greg Kuiper	15:22.00	1981
Rachel Baber	19:14.00	2001	Tim Eisenga	15:26.82	2005
Joanne Van Driel	19:23.80	1979	Dan Van Engen	15:35.66	2003
Lisa Van Denend	19:27.40	1991	Jeff Summerhays	15:40.00	2000
Laura Broekhuis	19:46.18	2009	Eric Tudor	15:40.54	2010
Chelsea Gerdes	19:50.60	2007	Jon Vander Kooy	15:41.54	1999
Kristen Schemmerhorn	20:30.14	1998	Joel De Haan	15:49.24	2007
Kate Reinsma	20:38.00	2002	Matt Van Essen	15:51.81	1998
Lanelle Postma	20:40.60	1990	Dan Kroeze	15:51.80	1983
Sonja Houwelling	21:09.00	1984	Tim Van Denend	15:52.90	1985

10,000 Meters

Women			Men		
Michelle Steiger	38:53.90	2011	Jerrold Wynia	29:46.33	1982
Leah Kooiker	40:47.87	2004	Greg Kuiper	32:04.20	1980
Kate Reinsma	41:22.80	2003	Jon Vander Kooy	32:47.60	1998
Lisa Van Denand	42:41.00	1995	Ken Schreur	33:47.00	1975
Marne' De Bruin	44:57.82	2008	Dan Van Engen	33:13.90	2003
Marathon			Harv Vande Burgt	34:30.80	1982
Women			Pete Steiger	34:49.00	1983
Kate Reinsma	3:23.45	2003	Travis Patten	35:24.05	2003
Leah Kooiker	3:29.30	2004	Tim Ives	35:29.80	2001
Lisa Van Denend	3:47:33	1993	Eric Vander Kooy	35:53.30	2000
Men			Jon Trueblood	36:23.71	2009
Harv Vande Burgt	2:24:38	1983	Dave Veldhorst	37:50.00	1985
Dan Kroeze	2:29.00	1983			
Greg Kuiper	2:32.40	1981			
Travis Patten	3:16.09	2003			

Half Marathon

Women			Men		
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

WOMEN

2011	47.00	Kendra Kroeze, Crystal Vander Zee, Jenna Brouwer, Briana Wubben
2010	47.89	Sarah Franje, Crystal Vander Zee, Jenna Brouwer, Briana Wubben
2008	49.76	Sarah Franje, Jeanetta Groenendyk, Laurel Ochsner, Christina Beimers
2007	50.24	Sarah Franje, Jeanetta Groenendyk, Laurel Ochsner, Christina Beimers
2009	50.63	Sarah Franje, Sarah Sikkema, Jenna Brouwer, Crystal Vander Zee
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

MEN

2011	41.85	Alex Henderson, Nic Pfeifle, Joe Lammers, Andrew Grove
2010	41.92	Roland Osae-Oppang, Trevor Wolterstorff, Aaron Floen, Nic Pfeifle
2004	43.23	Jared Van Wyk, Bret Van Wyk, Dan Hospers, Mark Ten Haken
2009	43.35	Joe Lammers, Alex Henderson, Josh De Jong, Roland Osae-Oppang
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
2008	44.28	Matt Vander Ark, Troy Leusink, Josh De Jong, Jake Dykstra

4x400 Meter Relay

WOMEN

2011	3:51.81	Kendra Kroeze, Jenna Brouwer, Kaitlin Troost, Katie Bonnema
2001	3:56.39	Sarah Haan, Jackie Eekhoff, Erica Ton, Kristi Meendering
2004	3:56.65	Abbie Soodsma, Melissa Eekhoff, Kristi Meendering, Beth DeJonge
2010	3:56.75	Kari Van Beek, Kaitlin Troost, Jenna Brouwer, Kendra Kroeze
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
2009	4:04.31	Janice Brouwer, Brianna Evink, Tami Wieringa, Sarah Sikkema
2008	4:04.43	Sierra Zomer, Joy Horstman, Tami Wieringa, Jen Kempers
2003	4:04.94	Steph Schippers, Jana Van Arendonk, Beth DeJonge, Kristi Meendering

MEN

2011	3:10.23	Alex Henderson, Andrew Grove, Nic Pfeifle, Josiah Luttjeboer
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
2010	3:16.98	Trevor Wolterstorff, Andrew Vander Woude, Nic Pfeifle, Josiah Luttjeboer
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
2009	3:19.70	Alex Henderson, Brent Van Schepen, Josh De Jong, Josiah Luttjeboer
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

4x200 Meter Relay

WOMEN

2010	1:45.23	Jenna Brouwer, Crystal Vander Zee, Kaitlin Troost, Briana Wubben
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
2011	1:47.32	Jenna Brouwer, Lindsey Moerman, Kaitlin Troost, Chelsea Vaandrager
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
2008	1:48.05	Sarah Franje, Amber Buys, Sarah Sikkema, Christina Beimers
2002	1:48.72	Meghan Graham, Rebecca Baber, Beth DeJonge, Liz Dykstra
2009	1:48.96	Sarah Franje, Sarah Sikkema, Briana Evink, Kari Van Beek
1999	1:48.80	Juli Rouw, Jackie Eekhoff, Erica Ton, Liz Dykstra

MEN

2010	1:28.00	Alex Henderson, Trevor Wolterstorff, Aaron Floen, Nic Pfeifle
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
2009	1:32.21	Joe Lammers, Tim Boonstra, Josh De Jong, Roland Osaë Oppang
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

4x800 Meter Relay

WOMEN

2008	9:10.99	Joy Horstman, Tami Wieringa, Sierra Zomer, Jen Kempers
2005	9:20.54	Jen Kempers, Lori Rowenhorst, Abbie Soodsma, Melissa Klein
2010	9:23.15	Nichole Duncan, Tara Postma, Merissa Harkema, Sierra Zomer
2007	9:26.86	Joy Horstman, Tami Wieringa, Abbie Soodsma, Jen Kempers
2003	9:27.65	Tanya Holtrop, Katie Hoekstra, Becky Demarest, Kristi Meendering
2009	9:27.69	Janice Brouwer, Tami Wieringa, Michelle Steiger, Sierra Zomer
2006	9:29.80	Lori Rowenhorst, Tami Wieringa, Chelsea Gerdes, Jen Kempers
2009	9:30.90	Janice Brouwer, Tami Wieringa, Samantha Sahagian, Sierra Zomer
2002	9:33.80	Tanya Holtrop, Emily Kauk, Becky Demarest, Kristi Meendering
2008	9:34.19	Carla Nieuwsma, Joy Horstman, Sierra Zomer, Tami Wieringa
2010	9:35.43	Nichole Duncan, Samantha Sahagian, Tara Postma, Sierra Zomer
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

MEN

2010	7:32.134	Josiah Luttjeboer, Ryan Tholen, Brent Van Schepen, Mark Eekhoff
2001	7:35.72	Jon Dekkers, Dan Foreman, Jeff Taylor, Ron Kingma
2009	7:36.66	David Christensen, Brent Van Schepen, Mark Eekhoff, Josiah Luttjeboer
1999	7:36.92	Jeff Summerhays, Jon Dekkers, Jim Dekkers, Ron Kingma
2011	7:42.05	Josiah Luttjeboer, Mark Van Maanen, Nathan Brace, Ryan Tholen
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
2008	7:49.59	Brent Van Schepen, Mark Eekhoff, Brett Kroeze, Josiah Luttjeboer
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

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
2008 (4 X 1500)	19:31.11	Ian Kuipers, Devin Van't Hof, Andrew Reichert, Brett Bousema

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

2010	12:32.58	Nichole Duncan, Kari Van Beek, Sierra Zomer, Merissa Harkema
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 Jongma
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
2008	14:35.22	

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

1998	10:14.67	Jason De Weerd, Steve Holwerda, Ron Kingma, Jeff Summerhays
2010	10:15.03	Ryan tholen, Josiah Luttjeboer, Mark Eekhoff, Brent Van Schepen
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

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
2010	4:20.05	Kari Van Beek, Crystal Vander Zee, Sierra Zomer, Merissa Harkema
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
2008	4:20.94	Sarah Franje, Sarah Sikkema, Sierra Zomer, Jen Kempers
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

MEN (200, 200, 400, 800):

2010	3:27.75	Joe Lammers, Nic Pfeifle, Josiah Luttjeboer, Mark Eekhoff
2011	3:29.94	Alex Henderson, Andrew Grove, Josiah Luttjeboer, Ryan Tholen
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

Shuttle Hurdle

MEN		
2008	1:11.74	Tim Boonstra, Andrew Vander Woude, Jon De Young, Matt Vander Ark

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
Briana Wubben	5'5"	2011	Kevin Gesink	6'6"	1987
Renita Buma	5'4"	1983	Larry Faber	6'6"	1988
Julie Huizenga	5'4"	1997	Tim Lyon	6'5"	1980
Lisa Huizenga	5'2 1/4"	2005	Eric Maas	6'5"	1999
Peg Gifford	5'2"	1981	Sam Du Mez	6'5"	2011
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

Long Jump

Women			Men		
Briana Wubben	19' 1/2"	2011	Aaron Klein	22'7 1/2"	2002
Crystal Vander Zee	18' 10 1/2"	2010	Matt Vander Ark	22'5 1/4"	2008
Beth DeJonge	18'3 1/2"	2005	Dave Ruter	22'2 1/2"	1973
Ardis Zylstra	17'7"	1982	Jeff Meuzelaar	21'10 1/4"	2007
Laurel Ochsner	17'7"	2008	Matt Ruter	21'6"	2002
Joeli Kooima	17'6 1/2"	1989	Dave Hiemenga	21'5"	2006
Erica Ton	17'5 1/2"	2001	Roy Van Loo	21'4 1/2"	1975
Lindsey Moerman	17'5 1/2"	2011	Josh De Jong	21'1 1/2"	2006
Anne Veldman	17'2 1/2"	1985	Paul Buwalda	21'1"	1998
Kaitlin Troost	17' 2"	2010	Gerald Folkerts	20'11"	1979
Larissa Veldhuizen	17'1 1/4"	2007	Pong Nonginthirath	20'9"	1989
Kalie Gaskill	17'1/2"	2001	Dan Gudmunson	20'9"	2005

Triple Jump

Women			Men		
Crystal Vander Zee	38' 5"	2010	Dan De Jong	48'7 1/4"	2006
Erica Ton	37'10"	2001	Josh De Jong	46'1 1/2"	2009
Jenn Weverink	35'8"	2005	Dan Gudmunson	45'6 1/4"	2005
Christy Sikkema	35'3 3/4"	2011	Matt Vander Ark	44' 6"	2008
Lindsey Moerman	35' 2"	2011	Gerald Folkerts	44'0"	1978
Anne Veldman	35'1"	1986	Sam Du Mez	43'10"	2011
Rebecca Baber	35'0"	2002	Larry Plagerman	43'9 1/4"	1980
Julie Rotman/Howerzyl	34'8 3/4"	1996	Duane Konyenbelt	43'1 1/2"	1988
Joeli Kooima	34'7 1/2"	1998	Mark Eekhoff	43' 1/4"	2008
Kaitlin Troost	34'7 1/2"	2011	Troy Cok	42'11 1/2"	1999
Sy Nonginthirath	34'2"	1994	Pong Nonginthirath	42'7"	1989
Shawna Flikkema	33'8"	2005	Timon Rens	42'4"	1993

Shot Put

Women			Men		
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	Jordan Huisman	45' 8"	2011
Wendy Schiebout	38'10 1/2"	1992	Arden Postma	44'4 1/4"	1984
Kara Karlsgodt	38'7 1/2"	2006	Evan Beimers	43'5"	2001
Shirley Boon	38'7"	1980	Tony Engeltjes	43'5"	2008
Maria Davelaar	38' 3/4"	1999	Phil Steenstra	43'1/2"	1997
Rachel Smith	38'1"	2010	Orrin Burger	42'11 1/2"	2010
Katie Van Engen	37'0"	2002	Brett Guthmiller	42'8 3/4"	2002
Ashley Dekkers	36'11 1/4"	2004	Martin Van Beek	40'4 1/2"	1987
Sandy Walthuis	35'4"	1982	Jesse Davis	39'7"	2011

Discus

Women			Men		
Robin Pals	140'11 1/4"	1988	Arden Postma	163'0"	1986
Kara Karlsgodt	138'7"	2007	Josh Clark	153'10"	2008
Wendy Schiebout	135'10"	1992	Brett Heidema	152'9"	2010
Maria Davelaar	132'0"	2000	Todd Green	146'6"	2011
Sandy Wolthuis	129'4"	1982	Pete Hamstra	138'8"	1981
Tereasa Van Zee	128'8"	1994	Ron Kingma	137'3"	1999
Sarah Haan	120'7"	2000	Martin Van Beek	136'6"	1986
Amanda TeKrony	118'5 1/2"	2000	Orrin burger	128' 5"	2010
Faye Woudstra	118'4"	1985	Jim Bouma	127'11"	1980
Rachel Smith	117'1"	2010	Craig Shannon	127'9"	1975
Annette Singer	116'1/2"	1993	Wiebe Vander Hoek	126'7"	1998
Shirley Boon	113'8"	1980	Dan Oldenkamp	125'3"	2001

Javelin

Women			Men		
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	119'4"	2008	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
Briana Wubben	107'4"	2011	David Kraayenbrink	164'8"	2005
Annette Singer	106'2 1/2"	1986	Aaron Floen	164' 7"	2010
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	Andrew vander Woude	160' 11"	2010
Maria Davelaar	100'0"	2000	Jim Bouma	158'2"	1980

Pole Vault

Women			Men		
Jill Starkenburg	11'0"	2000	Joshua Brinkerhoff	15'3"	2011
Anna Schutter	10'6"	2007	Brandon Vander Wel	13'7 1/4"	2007
Christina Van Singel	10'3 1/2"	2010	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
			Hank Houtman	12'	2009
			Theo Mobach	11'4 1/4"	2008
			Jeff De Koter	11'0"	1994

Hammer Throw

Women	Men		
	Jordan Huisman	121' 11"	2011

Multi Event

Heptathlon			Decathlon
Briana Wubben	4575	2011	