

<u>Girls</u>		<u>Individual Events</u>	<u>Boys</u>	
<u>Time/Distance, Year</u>			<u>Time/Distance, Year</u>	
J. Boerman	12.2 1977	<b>100 Meter Dash</b>	N. Moore/W. Sawyer	10.6 1991/2011
J. Boerman	25.3 1977	<b>200 Meter Dash</b>	N. Moore	21.6 1991
S. Veltkamp	58.6 1997	<b>400 Meter Dash</b>	D. Doezema	49.3 1973
A. Tuuk	2:16.2 2006	<b>800 Meter Dash</b>	T. Vandenberg	1:54.4 1984
J. Demaat	4:57.9 1980	<b>1600 Meter Run</b>	D. Tamminga	4:17.6 1971
J. Demaat/J. Koster	11:09.1 1979/06	<b>3200 Meter Run</b>	D. Dickema	9:28.6 1981
A. Lynch	14.9 1998	<b>100/110 Hurdles</b>	C. Holstege	14.2 1995
J. Rottschafer	45.5 1992	<b>300 Meter Hurdles</b>	C. Mulder	38.8 1996
C. Vos	5'6 ¾ 1988	<b>High Jump</b>	B. Holwerda	7'0" 1987
T. Maze	18'1" 1989	<b>Long Jump</b>	D. Doezema	23'2" 1973
A. VanDrie/M. Smith	11'6" 1999/02	<b>Pole Vault</b>	M. Hollebeek	14'3" 1991
L. Nanninga	40'9 ½" 2011	<b>Shot Put</b>	E. Start	55'10" 1993
E. Sowers	135'5" 1997	<b>Discuss</b>	J. Botts	170'5 ½ " 2002

**4 X 100 Meter Relay** **Time/Year**

Girls : D. Devries, D. Knoll, J. Sondefan, C. Vos	50.3 1986
Boys: C. Bean, S. Kuiper, N. Thompson, W. Sawyer	43.23 2011

**4 X 200 Meter Relay** **Time/Year**

Girls: L. Vanessen, A. Boerman, S. VanSpronson, J. Boerman	1:45.2 1978
Boys: C. Bean, S. Kuiper, N. Thompson, W. Sawyer	1:29.9 2011

**4 X 400 Meter Relay** **Time/Year**

Girls: T. Devries, G. Heyer, A. Boerman, D. Walstrom	3:59.8 1980
Boys: R. Otte, T. Vandenberg, D. Takens, C. Holstege	3:24.1 1984

**4 X 800 Meter Relay** **Time/Year**

Girls: K. Bolt, K. Vanderlaan, C. Hoogland, M. Seebeck	9:28.84 2003
Boys: G. Gunnink, D. Mchelheny, K. Peterson, J. Garvelink	8:00.02 2009