

Sioux Center Christian Track Records

Individual Running Events:

100 Meter Dash	Sanmantha Feekes	2002	13.47 sec
	Aaron Floen	2005	11.81 sec
200 Meter Dash	Melissa Eekhoff	1999	27.29 sec
	Aaron Floen	2005	25.03 sec
400 Meter Dash	Melissa Eekhoff	1999	65.10 sec
	Chad Nibbelink	1999	57.36 sec
800 Meter Dash	Lisa Goedhart	2003	2:37.29 min
	Jon Bierma	2005	2:15.61 min
1500/1600 Meters	Lisa Goedhart	2003	5:21.55 min
	Tim Bierma	2006	5:12.28 min
5 Flight Hurdles	Morgan Rodenburgh	2003	13.46 sec
	John Schreurs	1993	10.10 sec
200 Meter Hurdles	Rebecca Schelhaas	1994	34.61 sec
	Matt Zwart	2000	31.16 sec

Relay Events:

4 x 100 Meter Relay	Girls - Class of 2004	54.66 sec
	<ol style="list-style-type: none"> 1) Rindy De Nooy 2) Emily Christians 3) Jessica De Stigter 4) Morgan Rodenburgh 	
	Boys - Class of 2005	50.32 sec
	<ol style="list-style-type: none"> 1) Joel Gesink 2) Trevor Wolterstorff 3) Aaron Floen 4) Henry Byl 	

4 x 200 Meter Relay	Girls - Class of 2004	1:59.53 min
	<ol style="list-style-type: none"> 1) Rindy De Nooy 2) Sarah Kroese 3) Jessica De Stigter 4) Morgan Rodenburgh 	
	Boys - Class of 2005	1:44.63 min
	<ol style="list-style-type: none"> 1) Joel Gesink 2) Aaron Floen 3) Trevor Wolterstorff 4) Henry Byl 	
4 x 400 Meter Relay	Girls - Class of 2003	4:42.18 min
	<ol style="list-style-type: none"> 1) Brittany Haan 2) Kiley Schouten 3) Chrissie Vander Weide 4) Lisa Goedhart 	
	Boys - Class of 1996	4:12.40 min
	<ol style="list-style-type: none"> 1) Dan Walstra 2) Nate Breen 3) Dusty Altena 4) Dustin Vanden Hull 	
800 Meter Medley Relay	Girls - Class of 1998	2:04.07 min
	<ol style="list-style-type: none"> 1) Carolyn Sybesma 2) Jill De Vries 3) Ranae Hoekstra 4) Melissa Eekhoff 	
	Boys - Class of 2005	1:52.00 min
	<ol style="list-style-type: none"> 1) Joel Gesink 2) Trevor Wolterstorff 3) Aaron Floen 4) Henry Byl 	
1600 Meter Medley Relay	Girls - Class of 1999	4:49.33 min
	<ol style="list-style-type: none"> 1) Dani Van Engen 2) Beth Davelaar 3) Melissa Eekhoff 4) Jen Kempers 	
	Boys - Class of 2005	4:16.50 min
	<ol style="list-style-type: none"> 1) Joel Gesink 2) B. J. Ryks 3) Taylor Dreise 4) Henry Byl 	

Shuttle Hurdle Relay	Girls - Class of 1999		47.71 sec
	1) Maggie Mellema		
	2) Merribeth Van Engen		
	3) Stephanie Van Regenmorter		
	4) Lisa De Jong		
	Boys - Class of 1996		41.65 sec
	1) Dan Clousing		
	2) Travis De Jong		
3) Matt Ruter			
4) Dustin Vanden Hull			

Field Events:

Shot Put	Kara Den Herder	2003	36' 9"
	Jeremy Zeutenhorst	2004	44' 3 1/2"
High Jump	Kim Schiebout	1978	5' 1"
	John Oostra	1989	6' 3"
Long Jump	Dawn Kroon	1978	15' 4"
	Ryan Van Donge	1993	19' 3"
Discus	Brenda Hoogland	1997	89' 6"
	Jason Beukelman	1990	136' 10"