

TOP GIRLS TRACK

(Updated May 2024)

100 Yard

12.0	Judy Hofman	1976
12.34	Shannon Senti	1978
12.49	Sherry Hofman	1977
12.7	Kathy Klompier	1975
12.7	Lori Dyk	1978

100 Meter

12.13	Jadyn VanDyken	2023
12.53	Anne Venhuizen	2000
12.53	Erika Halle	2006
12.66	Jami Kimm	1994
12.81	Faith Shepard	2018
12.88	Rachelle Walhof	1996
12.90	Heidi Dyk	1992
12.93	Faith Shepard	2017
12.93	Megan Schutter	2001
12.94	Andra Flikkema	1995

200 Meter

25.25	Jadyn VanDyken	2022
25.66	Erika Halle	2007
25.7	Anne Venhuizen	2000
26.00	Alex Veltkamp	2018
26.10	Blythe Hommes	1993
26.2	Amanda DeHaan	2002
26.41	Jami Kimm	1995
26.5	Kathy Klompier	1972
26.6	Megan Schutter	2001
26.7	Kathy Bos	1972

400 Meter

56.84	Jadyn VanDyken	2023
57.36	Alex Veltkamp	2017
58.6	Blythe Hommes	1992
58.64	Erika Halle	2007
58.96	Amanda DeHaan	2004
60.8	Kathy Bos	1973
60.96	Rachelle Walhof	1997
60.98	Sarah Weeda	2000
61.0	Kathy Hommes	1982
61.12	Sarah Jackson	2007

800 Meter

2:17.58	Alex Veltkamp	2016
2:21.45	Sarah Jackson	2007
2:23.6	Kathy Hommes	1982
2:25.67	Kathryn Smit	2012
2:25.98	Valerie Droge	2002
2:27.52	Gracie Honey	2024
2:28	Megan Schutter	2003
2:28.15	Shelby Walls	2019
2:29.89	Jaclyn Droge	2007
2:30.01	Ava Bellach	2021

1600 Meter

5:23.5	Nikki Aiken	2015
5:24.35	Alex Veltkamp	2016
5:27.11	Lois Ricardi	2003
5:30.1	Sarah Jackson	2007
5:33.67	Valerie Droge	2002
5:37.70	Gracie Honey	2024
5:44.12	Shelby Walls	2019
5:46.23	Ava Bellach	2021
5:47.1	Jill Westra	1983
5:49.9	Michelle Korthuis	1980

3200 Meter

11:46.92	Nikki Aiken	2015
12:15.9	Lois Ricardi	2003
12:17.10	Ava Bellach	2021
12:32.04	Julie Ovenell	2011
12:33.9	Emma Adams	2017
12:50.81	Becca VanDam	2009
12:58.08	Shelby Walls	2019
13:10	Rachel Hoekman	1988
13:23.4	Michelle Korthuis	1981
13:27	Tina Miller	2003

80yd Hurdles

11.8	Kathy Bos	1973
13.0	Judy Molendyk	1976

100m High Hurdles

14.8	Blythe Hommes	1993
15.27	Amanda De Haan	2003
15.8	Kathy Bos	1973
15.86	Libby Danhof	1997
16.09	Kaytlin Halle	2012
16.18	Alexis Devris	2022
16.61	Lisa Van Dyke	1982
16.80	Jill Ligtenberg	1985
16.84	Erika Halle	2006
16.96	Brittnee Dyk	2008

300m Low Hurdles

43.79	Blythe Hommes	1993
44.11	Amanda DeHaan	2004
46.3	Erika Halle	2005
47.44	Bella Triemstra	2024
47.45	Shawna Flikkema	2001
48.19	Kaytlin Halle	2012
48.41	Brea Heidema	2009
48.46	Bella Triemstra	2023
48.80	Alexis Devries	2021
49.39	Bree Wierda	1989
49.49	Hadley Bradford	2023

Pole Vault

10'9"	Alexis Devries	2023
10'6	Anna Schutter	2006
10' 3	Lindsey Cole	1997
10'3	Brea Heidema	2010
10'0	Camie Venhuizen	2005
9'9	Faith Shepard	2019
9'9	Miranda Koenes	2010
9'6"	Tori Venema	2023
9' 6	Alison Cole	2000
8'6	Katie Schutter	2005
8'6	Megan Schutter	2004
8'6	Hailey Kassity	2016

Shot Put (8lb)

37' 10 1/2"	Cindy Van Dyken	1976
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Shot Put (4 kg)

36'	Kacey Flikkema	2006
35'0"	Clara Braaksma	2024
35'8 1/4	Lindsay Benson	2016
33' 11 1/4	Kerri Potts	1997
33'9 3/4	Megan Kamps	2014
33'9 1/4	Bridget Kelly	2018

33' 7	Sheila Heidema	1980
33' 2 1/2	Sara Alberda	1990
32'2 1/2	Crystal Weidenaar	2004
32'1/4	Rylie Thompson	2019
31'7"	Dana Lerum	2023

Discus

126'	Lindsay Benson	2016
126'	Bridget Kelly	2018
111' 10	Cindy Van Dyken	1976
111'8"	Sam Veltkamp	2024
109'8	Kacey Flikkema	2006
104'5"	Dana Lerum	2023
103'10"	Clara Braaksma	2024
103' 2	Becky Kamps	1988
102'7"	Sam Veltkamp	2023
101'5	Dana Lerum	2022
100' 11	Kerri Potts	1997
98'8	Shayla Ard	2019
97' 3	Chelsea Cole	1997

Long Jump

17'9 1/2	Alex Veltkamp	2018
17'8"	Jadyn VanDyken	2023
17'2 3/4	Megan Gier	2004
17' 3/4	Brooke Hommes	1991
17 1/2	Faith Shepard	2018
16' 7 1/2	Heidi Dyk	1993
16' 6	Kathy Bos	1972
16' 5 1/2	Shawna Flikkema	2001
16' 4 3/4	Sarah Weeda	1999
15' 10	Bree Wierda	1989

Triple Jump

37'3.5	Jadyn VanDyken	2022
37'2	Blythe Hommes	1993
35'6	Megan Gier	2004
35' 3/4	Brooke Hommes	1991
34'11 1/2	Shawna Flikkema	1999
34'9	Kathryn Smit	2012
34'8	Lorinda Flikkema	1990
34'5	Chelsea VanDyk	2012
34'4	Deb Kamps	1985
34'3 1/2	Sarah Weeda	2000

High Jump

5'4	Chelsea VanDyk	2011
5'4	Erica Jansma	2005
5' 3	Brooke Hommes	1990

5'	Joyce Molendyk	1978
4'10"	Ava Bellach	2023
4'10	Lauren Potts	2008
4'10	Kari Baker	1985
4'10	Lindsey Cole	1997
4'10	Heidi Blanksma	2000
4'10	Shawna Flikkema	2000
4'10	Megan Gier	2001
4'10	Kathryn Smit	2010

Javelin

108' 8	Melissa Sales	1998
106'	Jennifer Asher	2002
105' 4	Lois Ricardi	2002
104' 8	Kari Baker	1985
102' 4	Brenda Flikkema	1982
102' 4	Kerri Potts	1996
95'5"	Dana Lerum	2023

IAAF Javelin (began 2003)

130'4	Kacey Flikkema	2006
115'6	Jennifer Asher	2003
95'10	Breanna Feddes	2007
93'5	Lois Ricardi	2003
89'4	Dana Lerum	2022

880yd. Medley Relay

1:55.1	1978	Tami Bos, Rachel Hoekema, Shannon Senti, Sherry Hofman
2:00.0	1972	Sheryl Potts, Kathy Klompier, Bev VanderMolen, Tami Korthuis
2:00.1	1977	Tami Bos, Judy Molendyk, Sherry Hofman, Rachel Hoekema
2:02.8	1979	Tami Bos, Rachel Hoekema, Shannon Senti, Cheryl Moss

400 Meter Relay

50.18	2000	Camilla Cok, Alison Flikkema, Sarah Weeda, Anne Venhuizen
50.24	2023	Sam Veltkamp, Jadyn VanDyken, Hadley Bradford, Alexis Devries
50.56	2004	Erika Halle, Megan Schutter, Camie Venhuizen, Amanda DeHaan

50.72	2017	Hailey Kassity, Shelby Walls, Alex Veltkamp, Faith Shepard
50.77	2021	Elianna Kuperus, Jadyn VanDyken, Hailey Prester, Alexis Devries
51.00	1992	Heidi Dyk, Andra Flikkema, Jami Kimm, Keri Dyksterhouse
51.07	1995	Andra Flikkema, Libby Danhof, Rachelle Walhof, Jami Kimm
51.09	2001	Camilla Cok, Amanda DeHaan, Megan Schutter, Anne Venhuizen
51.10	2012	Kathryn Smit, Chelsea VanDyk, Halee Dyk, Kaytlin Halle
51.19	1991	Landa Wierda, Heidi Dyk, Blythe Hommes, Brooke Hommes
51.40	1997	Jackie Flikkema, Libby Danhof, Alison Flikkema, Rachelle Walhof
51.43	1999	Jackie Flikkema, Alison Flikkema, Camilla Cok, Anne Venhuizen

1600 Meter Relay

4:06.53	2023	Bella Triemstra, Ava Bellach, Aidyn Keffer, Jadyn VanDyken
4:07.83	2007	Sarah Jackson, Kelsey Visser, Jaclyn Droge, Erika Halle
4:08.86	2000	Anne Venhuizen, Megan Venhuizen, Shawna Flikkema, Sarah Weeda
4:09.37	1989	Heidi Westra, Bree Wierda, Brooke Hommes, Heather Hommes
4:11.96	2021	Eliana Kuperus, Hailey Prester, Alexis Devries, Jadyn VanDyken
4:12.2	2018	Alex Veltkamp, Eliana Kuperus, Shelby Walls, Faith Shepard
4:12.82	2006	Anna Schutter, Jaclyn Droge, Erika Halle, Sarah Jackson
4:13.22	1999	Anne Venhuizen, Megan Venhuizen, Sarah Weeda, Shawna Flikkema
4:13.64	2022	Bella Triemstra, Alexis Devries, Tori Venema, Jadyn VanDyken
4:13.98	1990	Heidi Westra, Bree Wierda, Keri Dyksterhouse, Blythe Hommes

Girls All -State Athletes

1972	Kathy Bos	100m Hurdles (1) Long Jump (2) 220yd (4)
	Kathy Klompier	220yd (2)
	Kathy Klompier	440yd (3)
1973	Kathy Bos	80yd Hurdles (1) 100m hurdles (2) Long Jump (2) 440 yd (3)
	Diane Kimm	High Jump (4)
1975	Cindy Van Dyken	Discus (2)
1978	Rachel Hoekema	880yd (2) 880yd Medley Relay (2)
1982	Kathy Hommes	800m (5)
	1600m Relay (3)	Kathy Hommes, Sheryl Van Dyken, Brenda Flikkema, Kris Hommes
1983	1600m Relay (4)	Kris Hommes, Janelle Cok, Deb Kamps, Jill Westra
1984	1600m Relay (4)	Kris Hommes, Janelle Cok, Deb Kamps, Jill Westra
1985	Deb Kamps	Triple Jump (3)
	1600m Relay (2)	Jill Westra, Deb Kamps, Kris Hommes, Janelle Cok
1987	Jill Ligtenberg	100m Hurdles (5)
1988	Brooke Hommes	200m (5)
	400m Relay (2)	Heidi Westra, Lorinda Flikkema, Brooke Hommes, Heather Hommes
	1600m Relay (4)	Heidi Westra, Bree Wierda, Brooke Hommes, Heather Hommes
1989	1600m Relay (1)	Heidi Westra, Bree Wierda, Brooke Hommes, Heather Hommes
	400m Relay (2)	Heidi Westra, Bree Wierda, Brooke Hommes, Heather Hommes
1990	Blythe Hommes	400m (3)
	1600m Relay (2)	Heidi Westra, Keri Dyksterhouse, Blythe Hommes, Brooke Hommes
1991	Brooke Hommes	Long Jump (1) Triple Jump (2) 200m (3) 400m (2) 100MH (4)
1992	Blythe Hommes	200m (1) 400m (1) 300mH (1) Triple Jump (1) 100mH (2)
	Heidi Dyk	100m (3)
	Heidi Dyk	Long Jump (3)
	Jami Kimm	100m (6)
	400m Relay (1)	Heidi Dyk, Andra Flikkema, Jami Kimm, Keri Dyksterhouse
1993	Blythe Hommes	200m (1) 400m (1) 100mH (1) 300mH (1) Triple Jump (1)
	Heidi Dyk	100m (4)
	Jami Kimm	100m (5)
1994	400m Relay (2)	Aimee Dyk, Andra Flikkema, Rachelle Walhof, Jami Kimm
1995	Jami Kimm	200m (2) 100m (5)
	Andra Flikkema	100m (3)
	Lindsey Cole	Pole Vault (5)
	400m Relay (1)	Andra Flikkema, Libby Danhof, Rachelle Walhof, Jami Kimm
1996	Lindsey Cole	Pole Vault (3)
	400m Relay (5)	Marie Van Dyke, Libby Danhof, Jackie Flikkema, Rachelle Walhof
1997	Libby Danhof	100m Hurdles (1)
	Lindsey Cole	Pole Vault (2)
	Rachelle Walhof	200m (5) 400m (5)
	400m Relay (3)	Jackie Flikkema, Libby Danhof, Alison Flikkema, Rachelle Walhof
1998	Libby Danhof	100m Hurdles (5)
	400m Relay (2)	Jackie Flikkema, Libby Danhof, Camilla Cok, Anne Venhuizen
	1600m Relay (3)	Anne Venhuizen, Kristie Triemstra, Sarah Weeda, Jackie Flikkema
1999	Anne Venhuizen	100m (2) 200m (2)

	Sarah Weeda	400m (3)
	Shawna Flikkema	400m (4) Triple Jump (5)
	Alison Cole	Pole Vault (4)
	400m Relay (1)	Jackie Flikkema, Alison Flikkema, Camilla Cok, Anne Venhuizen
	1600m Relay (2)	Anne Venhuizen, Megan Venhuizen, Sarah Weeda, Jackie Flikkema
2000	Anne Venhuizen	100m (2) 200m (2)
	Sarah Weeda	400m (1)
	Shawna Flikkema	400m (5)
	Valerie Droge	1600m (5)
	Alison Cole	Pole Vault (2)
	400m Relay (1)	Camilla Cok, Alison Flikkema, Sarah Weeda, Anne Venhuizen
	1600m Relay (1)	Anne Venhuizen, Megan Venhuizen, Shawna Flikkema, Sarah Weeda
2001	Anne Venhuizen	100m (3) 200m (2)
	Megan Schutter	200m (6)
	Valerie Droge	800m (5) 1600m (4)
	Amanda De Haan	100m Hurdles (4) 300mH (4)
	Shawna Flikkema	300m Hurdles (5) Long Jump (4) Triple Jump (4)
	400m Relay (2)	Camilla Cok, Amanda De Haan, Megan Schutter, Anne Venhuizen
	1600m Relay (3)	Amanda De Haan, Megan Venhuizen, Valerie Droge, Shawna Flikkema
2002	Amanda De Haan	100m Hurdles (1) 300MH (1) 200m (2)
	Valerie Droge	800m (5) 1600m (4)
	Megan Schutter	400m (4)
	Megan Gier	Long Jump (3) Triple Jump (5)
	Shawna Flikkema	Long Jump (5)
	Lois Ricardi	3200m (3)
	1600m Relay (3)	Megan Schutter, Megan Venhuizen, Valerie Droge, Amanda De Haan
2003	Lois Ricardi	1600m (2) 3200 (3)
	Megan Gier	Long Jump (2) Triple Jump (4)
2004	400m Relay (1)	Erika Halle, Megan Schutter, Camie Venhuizen, Amanda DeHaan
	Erika Halle	100m (3) 200m (2)
	Amanda De Haan	100m Hurdles (5) 300mH (2) 400m (5)
	Erica Jansma	High Jump (5)
	Camie Venhuizen	Pole Vault (5)
	Megan Gier	Triple Jump (2)
2005	Kacey Flikkema	Discus (5) Javelin (2)
	Erica Jansma	High Jump (3)
	Anna Schutter	Pole Vault (2)
	Camie Venhuizen	Pole Vault (3)
	Erika Halle	100m (2) 200m (2) 400m (2)
	1600m Relay	Rhiana Cok, Anna Schutter, Camie Venhuizen, Erika Halle
2006	1600m Relay	Anna Schutter, Sarah Jackson, Jaclyn Droge, Becca VanDam
	Sarah Jackson	400m (5)
	Kacey Flikkema	Discus (5) Javelin (2)
	Erica Jansma	High Jump (6)
	Anna Schutter	Pole Vault (1)

2007	Erika Halle Sarah Jackson Kayla Dyksterhouse 400m Relay (3)	100m & 200m (2) 400m (3) 800m (4) Triple Jump (6) Erika Halle, Sarah Jackson, Kelsey Visser, Jaclyn Droge
2008	Miranda Koenes	Pole Vault (3)
2009	Brea Heidema Miranda Koenes	Pole Vault (2) Pole Vault (6)
2010	Kaytlin Halle Brea Heidema Miranda Koenes	100m Hurdles (5) Pole Vault (1) 300m Hurdles (4) Pole Vault (3)
2011	Kaytlin Halle	100m Hurdles (6)
2012	Kaytlin Halle Kathryn Smit Nikki Aiken 400 Relay (2)	100m Hurdles (1) 100m (5) 800m (1) Triple Jump (4) 400m (3) 3200m (2) 1600 (5) Halee Dyk, Chelsea VanDyk, Kathryn Smit, Kaytlin Halle
2013	Nikki Aiken	3200m (2)
2014	Nikki Aiken	1600m (5) 3200 (4)
2015	Alex Veltkamp Nikki Aiken	800m (3) 400m (5) 1600m (4) 3200 (3)
2016	Lindsay Benson Alex Veltkamp Hailey Kassity	Discus (5) 800m (1) 1600m (5) Pole Vault (6)
2017	Alex Veltkamp Faith Shepard Bridget Kelly 400 Relay (3)	400m (1) 800m (1) HJ (1) LJ (4) 100m (2) PV (4) Discus (2) Alex Veltkamp, Shelby Walls, Faith Shepard, Hailey Kassity
2018	Alex Veltkamp Faith Shepard Shelby Walls Bridget Kelly 1600 Relay (3)	200m (4) 400m (3) 800m (2) Long Jump (2) PV (5) Long Jump (4) 100m (2) 200m (6) 1600m (5) Discus (4) Faith Shepard, Elaina Kuperus, Shelby Walls, Alex Veltkamp
2019	Faith Shepard	Pole Vault (2) LJ (2) 100m (4)
2020	*N/A Covid Year	
2021	Alexis Devries Ava Bellach Eliana Kuperus Jadyn VanDyken 400 meter relay (2) 1600 meter relay (2)	Pole Vault (6) 3200m (3) 200m (5) 100m (4) 200m (4) 400m (4) Eliana Kuperus, Hailey Prester, Alexis Devries, Jadyn VanDyken Eliana Kuperus, Hailey Prester, Alexis Devries, Jadyn VanDyken
2022	Jadyn VanDyken Alexis Devries Tori Venema 400m Relay 1600m Relay	400m(1), 200m(1), TJ(1),100m (2) PV (3), 100H(5) PV (5) Bella Triemstra, Jadyn VanDyken, Tori Venema, Alexis Devries (1) Bella Triemstra, Alexis Devries, Tori Venema, Jadyn VanDyken (2)
2023	Jadyn VanDyken Alexis Devries Tori Venema 1600m relay (1) 400m relay (1)	100m (2), 200m (3), 400m (2), LJ (4) TJ (2) PV (2), 100mh (5) PV (5) Bella Triemstra, Ava Bellach, Aidyn Keffer, Jadyn VanDyken Sam Veltkamp, Jadyn Van Dyken, Hadley Bradford, Alexis Devries

2024	Bella Triemstra	300H(5)	
	Gracie Honey	1600 (5)	
	1600m relay (6)	Sierra Flikkema, Eliza Kimm, Bella Triemstra, Gracie Honey	

GIRLS TRACK TITLES

1971	District Champions	Second at Divisional	
1972	District Champions	Second at Divisional	State Champions
1973	District Champions	Third at Divisional	Fourth at State
1974	District Champions		
1975	District Champions		
1976	District Champions		
1977	Second at District		
1978	District Champions		
1979	District Champions		
1980	District Champions	Third at Divisional	
1981	District Champions		
1982	District Champions	Second at Divisional	
1983	District Champions		
1984	District Champions		
1985	District Champions		
1986	District Champions		
1987	Third at District		
1988	District Champions	Divisional Champions	
1989	District Champions	Second at Divisional	
1990	District Champions	Third at Divisional	
1991	Third at District	Divisional Champions	Fourth at State
1992	District Champions	Divisional Champions	State Champions
1993	District Champions	Second at Divisional	Second at State
1994	Second at District		
1995	District Champions	Third at Divisional	Fourth at State
1996	District Champions		
1997	District Champions	Second at Divisional	
1998	District Champions	Third at Divisional	
1999	District Champions	Divisional Champions	Second at State
2000	District Champions	Divisional Champions	Second at State
2001	District Champions	Divisional Champions	Second at State
2002	District Champions	Divisional Champions	Second at State
2003	District Champions	Divisional Champions	
2004	District B Champions	Divisional Champions	Third at State
2005	District B Champions	Divisional Champions	Third at State
2006	Third at District	Third at Divisional	
2007	District B Champions	Third at Divisional	
2008	No Place Winner		
2009	No Place Winner		
2010	No Place Winner		
2011	No Place Winner		
2012	District C Champions	Divisional Champions	Second at State
2013	No Place Winner		
2014	No Place Winner		

2015	No Place Winner		
2016	Second at District		
2017	District Champions	Third Divisional	Second at State
2018	District Champions	Divisional Champions	State Champions
2019	District Champions		
2020	*N/A Covid Year		
2021	District Champions	Divisional Champions	Fourth at State
2022	District Champions	Divisional Champions	Second at State
2023	District Champions	Divisional Champions	Second at State
2024	Second at District		