

**BOYS - Top 10** (Updated May 2024)**100 Meter**

|       |                 |      |
|-------|-----------------|------|
| 10.90 | Jared Cok       | 2004 |
| 11.1  | Tyson Van Dyken | 2002 |
| 11.15 | David Keena     | 2015 |
| 11.27 | Terry Dykman    | 1992 |
| 11.3  | Tim Schutter    | 2006 |
| 11.4  | Craig Faber     | 1981 |
| 11.51 | Nolan Kemp      | 2010 |
| 11.51 | Nate Fennema    | 1993 |
| 11.59 | Kurtis Schutter | 2008 |
| 11.60 | Tim Dyk         | 1991 |

**200 Meter**

|       |                 |      |
|-------|-----------------|------|
| 22.40 | Tyson Van Dyken | 2002 |
| 22.54 | Jared Cok       | 2004 |
| 22.59 | Nolan Kemp      | 2010 |
| 22.71 | Tim Dyk         | 1991 |
| 22.71 | David Keena     | 2015 |
| 23.3  | Tim Hiebert     | 1989 |
| 23.3  | Terry Dykman    | 1992 |
| 23.6  | Kurtis Schutter | 2009 |
| 23.62 | Nate Fennema    | 1994 |
| 23.62 | Isaiah Holst    | 2023 |

**400 Meter**

|       |                 |      |
|-------|-----------------|------|
| 50.21 | Jared Cok       | 2004 |
| 50.43 | Todd Bos        | 1986 |
| 50.23 | David Keena     | 2014 |
| 50.63 | Tim Dyk         | 1991 |
| 50.9  | Mark Eekhoff    | 2006 |
| 51.33 | Seth Amunrud    | 2023 |
| 51.44 | Shaphan Hubner  | 2023 |
| 51.58 | Tyson Van Dyken | 2001 |
| 51.60 | Caleb Bellach   | 2019 |
| 51.88 | Nathan Adams    | 2023 |

**800 Meter**

|         |                   |      |
|---------|-------------------|------|
| 1:56.43 | Oren Arthun       | 2024 |
| 1:56.44 | Todd Bos          | 1985 |
| 1:56.90 | Shaphan Hubner    | 2023 |
| 1:57.73 | David Keena       | 2014 |
| 1:58.67 | Oren Arthun       | 2023 |
| 1:59.48 | Daniel Buchignani | 2015 |
| 2:00.76 | Drew Hoekema      | 2007 |
| 2:01    | John Vanderwall   | 1978 |
| 2:01.29 | Jeff Veltkamp     | 1993 |
| 2:02.98 | Matt Weeda        | 1995 |

|        |               |      |
|--------|---------------|------|
| 2:03   | Todd Klompjen | 1991 |
| 2:03.0 | Ben Morrison  | 2019 |

**1600 Meter**

|         |                   |      |
|---------|-------------------|------|
| 4:25.57 | Oren Arthun       | 2023 |
| 4:30.19 | Shaphan Hubner    | 2024 |
| 4:31.37 | John Ricardi      | 2003 |
| 4:34.97 | Oren Arthun       | 2021 |
| 4:36.45 | Jeff Veltkamp     | 1992 |
| 4:36.81 | Daniel Buchignani | 2015 |
| 4:37.63 | Matt Kenney       | 2021 |
| 4:37.84 | Devan Walhof      | 2021 |
| 4:38.2  | Todd Bos          | 1985 |
| 4:38.74 | Matt Weeda        | 1995 |
| 4:38.96 | Ben Morrison      | 2019 |
| 4:39    | Kevin Smit        | 1981 |

**3200 Meter**

|          |                |      |
|----------|----------------|------|
| 9:28.95  | Oren Arthun    | 2024 |
| 9:51.45  | Riley Schott   | 2019 |
| 9:59.04  | John Ricardi   | 2003 |
| 10:07.76 | Ben Morrison   | 2019 |
| 10:12.55 | Ryan Busch     | 2016 |
| 10:20.65 | Kent Bos       | 1988 |
| 10:22    | Kevin Smit     | 1981 |
| 10:27.51 | Matt Kenney    | 2021 |
| 10:37    | Ryan Smit      | 1994 |
| 10:52    | Duane Kamerman | 1992 |
| 10:56.57 | Jesper Koski   | 2017 |
| 11:01    | Steve Bos      | 1982 |

**110 High Hurdles**

|       |                |      |
|-------|----------------|------|
| 15.12 | Keith Heidema  | 2014 |
| 15.54 | Tyson Wright   | 1997 |
| 15.61 | Rance Hamilton | 2023 |
| 15.70 | Lance Sinnema  | 1995 |
| 15.78 | Carl Alberda   | 1988 |
| 16.27 | Matt McLeod    | 2000 |
| 16.47 | Dale Flikkema  | 1987 |
| 16.56 | Josh Van Ee    | 1995 |
| 16.60 | Tim Flikkema   | 1999 |
| 16.73 | Brady VanDyken | 2012 |

### **300 Low Hurdles**

|       |                |      |
|-------|----------------|------|
| 40.24 | Rance Hamilton | 2024 |
| 40.40 | Lance Sinnema  | 1995 |
| 41.49 | Keith Heidema  | 2014 |
| 41.8  | Matt McLeod    | 2000 |
| 42.29 | Brad Kuiper    | 1982 |
| 42.8  | Carl Alberda   | 1988 |
| 43.29 | Rance Hamilton | 2022 |
| 43.30 | Caleb Bellach  | 2019 |
| 43.87 | Scott Van Dyke | 1984 |
| 44.43 | Tim Flikkema   | 1999 |

### **Pole Vault**

|       |                 |      |
|-------|-----------------|------|
| 15'4  | Lincoln Young   | 2017 |
| 13'3" | Nathan Adams    | 2023 |
| 13'   | Keith Heidema   | 2014 |
| 12'   | Terry Van Dyken | 1976 |
| 12'   | Jake Van Dam    | 2004 |
| 11'6  | Tim Flikkema    | 1999 |
| 11'6  | Brady VanDyken  | 2013 |
| 11'   | Tate Hamnilton  | 2024 |
| 11'   | Kelly Alberda   | 1991 |
| 11'   | Chad Flikkema   | 1996 |
| 11'   | Bryan Warden    | 1999 |
| 11'   | Devan Walhof    | 2019 |

### **Shot Put**

|          |                |      |
|----------|----------------|------|
| 52' 8 ½  | Lou Kamps      | 1996 |
| 50' 9 ¼  | Tim Kamps      | 1984 |
| 50'9     | Derek De Jong  | 2008 |
| 47'1     | Tyler Kamps    | 2019 |
| 46'10    | Travis Swanson | 2004 |
| 46'4 ¾   | Todd Brouwer   | 1997 |
| 45'11 ½  | Adam Sinnema   | 1993 |
| 45'8 ¾   | Kevin Blanksma | 2016 |
| 45'7.75" | Dominic Holst  | 2024 |
| 44'10    | Brett Heidema  | 2006 |
| 44'7     | Josh Van Ee    | 1995 |

### **Discus**

|          |                |      |
|----------|----------------|------|
| 160'7    | Derek De Jong  | 2008 |
| 157'1    | Brett Heidema  | 2005 |
| 153'     | Tim Kamps      | 1984 |
| 149'     | Lou Kamps      | 1996 |
| 147' ½   | Brad Kamps     | 2016 |
| 139' 1   | Josh Van Ee    | 1995 |
| 136'11 ½ | Travis Swanson | 2004 |
| 134'1    | Tyler Kamps    | 2019 |

|         |               |      |
|---------|---------------|------|
| 133' 10 | Shane De Boer | 2001 |
| 132'    | Brad Potts    | 1996 |

### **Long Jump**

|          |                |      |
|----------|----------------|------|
| 21'2 ½   | Jared Cok      | 2004 |
| 21' 2 ¼  | Troy Cok       | 1997 |
| 21'1.5   | Seth Amunrud   | 2022 |
| 21' ½    | Dan Kimm       | 1974 |
| 20' 11 ¾ | Kevin Blanksma | 2016 |
| 20'9 ¼   | Caleb Bellach  | 2019 |
| 20'9 ¼   | Scott Kamps    | 2014 |
| 20'6.5"  | Seth Amunrud   | 2023 |
| 20'6 ½   | Jakob Boscha   | 2019 |
| 20'5.5"  | Jack Scott     | 2023 |

### **Triple Jump**

|          |                |      |
|----------|----------------|------|
| 44'0     | Seth Amunrud   | 2022 |
| 43' 8 ¾  | Troy Cok       | 1997 |
| 43'      | Kevin Blanksma | 2016 |
| 42' 9 ¼  | Lance Sinnema  | 1995 |
| 42'8 ½   | Caleb Bellach  | 2019 |
| 42' 7 ¾  | Ed Wierda      | 1998 |
| 41' 11 ½ | Ken Dykema     | 1983 |
| 41' 11 ½ | Ryan Paul      | 1998 |
| 41'8     | Mark Eekhoff   | 2006 |
| 41' 6    | Dan Kimm       | 1971 |

### **High Jump**

|      |                 |      |
|------|-----------------|------|
| 6'4  | Tyson Van Dyken | 2002 |
| 6'3  | Ken Blanksma    | 1977 |
| 6'3  | Lincoln Young   | 2018 |
| 6'3  | Kevin Blanksma  | 2015 |
| 6'2" | Andrew Young    | 2024 |
| 6'2  | Kyle Heidema    | 2008 |
| 6'2  | Todd Vander Ark | 1998 |
| 6'2  | Joe Vander Ark  | 2000 |
| 6'   | Ron Sinnema     | 1980 |
| 6'   | Scott Van Dyk   | 1984 |
| 6'   | Tyson Wright    | 1997 |
| 6'   | Barry DeHaan    | 1999 |

### **Javelin**

|         |                   |      |
|---------|-------------------|------|
| 186' 7  | Josh VanEe        | 1995 |
| 175' 2  | Adam Sinnema      | 1993 |
| 167' 8  | Joel Bos          | 1981 |
| 166' 3  | Paul Vis          | 1985 |
| 164' 4  | Brad Dyksterhouse | 2001 |
| 162' 10 | Shane De Boer     | 2001 |
| 162' 4  | Brad Potts        | 1996 |
| 149'9   | Jeff Holland      | 1998 |

|       |                  |      |       |              |      |
|-------|------------------|------|-------|--------------|------|
| 146'1 | Steve Zieglowsky | 1999 | 144'1 | Jakob Boscha | 2019 |
| 143'  | Jason Fennema    | 1991 |       |              |      |

|        |                 |      |
|--------|-----------------|------|
| 131'5" | Sawyer Flikkema | 2010 |
| 130'5" | Jon Chausse     | 2009 |
| 123'4" | Nathan Adams    | 2023 |

### **IAAF Javelin** (began 2003)

|       |                   |      |
|-------|-------------------|------|
| 177'7 | Brad Dyksterhouse | 2003 |
| 170'6 | Cole Visser       | 2015 |
| 165'  | Mark Feddes       | 2005 |
| 150'3 | Derek De Jong     | 2006 |

### **400 Meter Relay**

|       |      |                                                                      |
|-------|------|----------------------------------------------------------------------|
| 44.81 | 2019 | Landon Liudahl, David Aamot, Jakob Boscha, Caleb Bellach             |
| 44.82 | 2018 | Landon Liudahl, Matt Amunrud, Jakob Boscha, Lincoln Young            |
| 44.95 | 1997 | Curt Dykstra, Ryan Paul, Troy Cok, Kevin Staples                     |
| 44.97 | 2023 | Seth Amundrud, Rance Hamilton, Shaphan Hubner, Isaiah Holst          |
| 45.15 | 2009 | Kurtis Schutter, Jeremy Rider, Joe Schutter, Nolan Kemp              |
| 45.23 | 1991 | Tim Dyk, Terry Dykman, Nate Fennema, Todd Klompier                   |
| 45.36 | 2016 | Theron Shepard, Landon Liudahl, Christian Buchignani, Kevin Blanksma |
| 45.42 | 1996 | Curt Dykstra, Lou Kamps, Ben Leep, Rod Triemstra                     |
| 45.7  | 2001 | Tyson Van Dyken, Greg Warden, Brad Dyksterhouse, Jeff Schutter       |
| 45.73 | 2010 | Nick Evans, Jeremy Rider, Joe Schutter, Nolan Kemp                   |

### **1600 Meter Relay**

|         |      |                                                                      |
|---------|------|----------------------------------------------------------------------|
| 3:25.60 | 2023 | Seth Amunrud, Nathan Adams, Oren Arthun, Shaphan Hubner              |
| 3:31.37 | 2024 | Nolan Street, Rance Hamilton, Oren Arthun, Shaphan Hubner            |
| 3:31.46 | 2022 | Austin Kriebel, Nathan Adams, Shaphan Hubner, Seth Amunrud           |
| 3:31.94 | 2014 | Daniel Buchignani, Scott Kamps, Kevin Blanksma, David Keena          |
| 3:33.79 | 2015 | Kevin Blanksma, Christian Buchignani, Daniel Buchignani, David Keena |
| 3:33.92 | 1993 | Nate Fennema, Lance Sinnema, Matt Weeda, Jeff Veltkamp               |
| 3:34.68 | 1997 | Curt Dykstra, Craig Potts, Brandon VanderHeide, Kevin Staples        |
| 3:34.95 | 1990 | Craig Hommes, Kendal Walhof, Todd Klompier, Tim Dyk                  |
| 3:35.10 | 1995 | Rod Triemstra, Brandon VanderHeide, Matt Weeda, Lance Sinnema        |
| 3:35.2  | 1994 | Rod Triemstra, Seth Sinnema, Matt Weeda, Lance Sinnema               |

### **All-State Track Athletes**

|      |                 |                                                     |
|------|-----------------|-----------------------------------------------------|
| 1971 | Dan Kimm        | Long Jump (2)                                       |
| 1983 | Tim Kamps       | Shot Put (1), Discus (3)                            |
|      | Ken Dykema      | Triple Jump (3)                                     |
| 1984 | Tim Kamps       | Shot Put (2), Discus (4)                            |
| 1985 | Todd Bos        | 800m (3)                                            |
| 1986 | Todd Bos        | 400m (2), 800m (2)                                  |
| 1988 | Carl Alberda    | 110m Hurdles (3)                                    |
| 1990 | 1600m Relay (3) | Craig Hommes, Kendal Walhof, Todd Klompier, Tim Dyk |
| 1991 | Tim Dyk         | 200m (3), 400m (3)                                  |
|      | Jeff Veltkamp   | 1600m (4)                                           |
|      | 1600m Relay (6) | Todd Klompier, Nate Fennema, Jeff Veltkamp, Tim Dyk |
| 1992 | Jeff Veltkamp   | 1600m (2), 800m (5)                                 |
| 1993 | Jeff Veltkamp   | 1600m (1), 800m (6)                                 |
|      | Adam Sinnema    | Javelin (4)                                         |

|      |                   |                                                                      |
|------|-------------------|----------------------------------------------------------------------|
|      | 1600m Relay (6)   | Nate Fennema, Lance Sinnema, Matt Weeda, Jeff Veltkamp               |
| 1995 | Josh Van Ee       | Javelin (1)                                                          |
|      | Lou Kamps         | Shot Put (4)                                                         |
|      | Lance Sinnema     | 110m Hurdles (4), 300m Hurdles (5)                                   |
|      | Matt Weeda        | 1600m (4), 800m (5)                                                  |
| 1996 | Lou Kamps         | Shot Put (1), Discus (1)                                             |
|      | Troy Cok          | Triple Jump (6)                                                      |
|      | 400m Relay (5)    | Curt Dykstra, Lou Kamps, Ben Leep, Rod Triemstra                     |
| 1997 | Troy Cok          | Triple Jump (2), Long Jump (6)                                       |
|      | Tyson Wright      | 110m Hurdles (4)                                                     |
|      | Todd Brouwer      | Shot Put (6)                                                         |
|      | 1600m Relay (5)   | Curt Dykstra, Craig Potts, Brandon VanderHeide, Kevin Staples        |
| 1998 | Ed Wierda         | Triple Jump (3)                                                      |
| 2000 | Joe Vander Ark    | High Jump (6)                                                        |
| 2001 | Tyson Van Dyken   | 200m (3)                                                             |
| 2002 | Tyson Van Dyken   | 100m (1), 200m (1), High Jump (6)                                    |
|      | John Ricardi      | 1600m (3), 3200m (5)                                                 |
| 2003 | Brad Dyksterhouse | Javelin (3)                                                          |
|      | Jared Cok         | 100m (6), 400m (3)                                                   |
|      | Travis Swanson    | Shot Put (5), Discus (6)                                             |
|      | John Ricardi      | 1600m (1), 3200m (1)                                                 |
| 2004 | Jared Cok         | 100m (3), 200m (1), 400m (1), Long Jump (6)                          |
| 2005 | Brett Heidema     | Discus (1)                                                           |
| 2006 | Brett Heidema     | Discus (4)                                                           |
| 2007 | Drew Hoekema      | 800m (4)                                                             |
| 2008 | Derek De Jong     | Discus (2) Shot (2)                                                  |
|      | Kyle Heidema      | High Jump (3)                                                        |
| 2010 | Nolan Kemp        | 200m (3) 400m (5)                                                    |
| 2013 | Keith Heidema     | 110H (4)                                                             |
| 2014 | Keith Heidema     | 110H (1), 300H (3), High Jump (6)                                    |
|      | David Keena       | 200 (6), 400 (1), 800 (3)                                            |
|      | Scott Kamps       | Long Jump (6)                                                        |
|      | Kevin Blanksma    | High Jump (5), Triple Jump (6)                                       |
|      | 1600m Relay (4)   | Daniel Buchignani, David Keena, Scott Kamps, Kevin Blanksma          |
| 2015 | David Keena       | 100m (2), 200m (2)                                                   |
|      | Daniel Buchignani | 1600m (4)                                                            |
|      | Kevin Blanksma    | High Jump (2)                                                        |
|      | Brad Kamps        | Discus (6)                                                           |
|      | 1600m Relay (1)   | Christian Buchignani, Daniel Buchignani, David Keena, Kevin Blanksma |
| 2016 | Kevin Blanksma    | HJ (1), TJ (3), SP (4)                                               |
|      | Ryan Busch        | 3200 (3)                                                             |
|      | Lincoln Young     | PV (2)                                                               |
|      | 400m Relay (5)    | Kevin Blanksma, Christian Buchignani, Theron Shepard, Landon Liudahl |
| 2017 | Lincoln Young     | PV (1)                                                               |
|      | Grant VanDyken    | 1600m (5)                                                            |
| 2018 | Lincoln Young     | PV (1)                                                               |
|      | Riley Schott      | 3200 (1)                                                             |
|      | Ben Morrison      | 3200 (6)                                                             |
|      | 400m Relay (3)    | Landon Liudahl, Matthew Amunrud, Jakob Boscha, Lincoln Young         |
| 2019 | Riley Schott      | 3200 (1)                                                             |

|      |                 |                                                            |
|------|-----------------|------------------------------------------------------------|
|      | Ben Morrison    | 1600m (2), 3200m (5), 800m (5)                             |
|      | Caleb Bellach   | 400m (4), TJ (3)                                           |
|      | Jacob Boscha    | LJ (5)                                                     |
|      | 1600m Relay (4) | Jakob Boscha, Devan Walhof, Grant VanDyken, Caleb Bellach  |
| 2020 | *N/A Covid Year |                                                            |
| 2021 | Oren Arthun     | 1600m (2), 3200 (2)                                        |
|      | Matt Kenney     | 3200m (3), 800 (4)                                         |
|      | Devan Walhof    | 1600m (3)                                                  |
|      | Tebarek Hill    | 400m (6)                                                   |
| 2022 | Oren Arthun     | 1600 (1), 3200 (1), 800 (2)                                |
|      | Seth Amunrud    | TJ (2) LJ (4) 400 (6)                                      |
|      | Shaphan Hubner  | 800 (1)                                                    |
|      | Nathan Adams    | PV (5) 400 (5)                                             |
|      | 1600m Relay (2) | Austin Kriebel, Nathan Adams, Shaphan Hubner, Seth Amunrud |
| 2023 | Oren Arthun     | 3200 (1), 1600 (2), 800 (2)                                |
|      | Shaphan Hubner  | 800 (1), 1600 (1), 400 (5)                                 |
|      | Seth Amunrud    | 400 (2), TJ (5)                                            |
|      | Rance Hamilton  | 100H (5), 300H (5)                                         |
|      | Nathan Adams    | PV (2), 400 (6)                                            |
|      | 1600m Relay (1) | Seth Amunrud, Nathan Adams, Oren Arthun, Shaphan Hubner    |
|      | 400m Relay (6)  | Seth Amunrud, Rance Hamilton, Shaphan Hubner, Isaiah Holst |
| 2024 | Oren Arthun     | 800 (1), 1600 (1), 3200 (1)                                |
|      | Shaphan Hubner  | 400 (5), 800 (2), 1600 (3)                                 |
|      | Rance Hamilton  | 300H (4), 110H (5)                                         |
|      | 1600m Relay (4) | Nolan Street, Rance Hamilton, Oren Arthun, Shaphan Hubner  |

## **BOYS' TRACK FINISHES**

|      |                                         |
|------|-----------------------------------------|
| 1972 | Third at District                       |
| 1979 | Third at District                       |
| 1981 | Second at District                      |
| 1982 | District Champions                      |
| 1983 | District Champions                      |
| 1984 | District Champions                      |
| 1985 | Second at District                      |
| 1986 | Second at District                      |
| 1987 | Third at District                       |
| 1988 | District Champions                      |
| 1989 | Second at District                      |
| 1990 | Second at District                      |
| 1991 | Second at District/Third at Divisional  |
| 1992 | Second at District                      |
| 1993 | Second at District                      |
| 1994 | District Champions                      |
| 1995 | District Champions/Second at Divisional |
| 1996 | District Champions/Third at Divisional  |
| 1997 | District Champions/Divisional Champions |
| 1998 | Second at District                      |
| 1999 | Second at District                      |
| 2000 | District Champions                      |

2001 Second at District  
2002 District Champions/Third at State  
2003 Second at District/Third at State  
2004 Fifth at District B  
2005 Fifth at District  
2006 Fourth at District  
2007 Sixth at District  
2014 2<sup>nd</sup> District & Divisional  
2015 4<sup>th</sup> District/2<sup>nd</sup> Divisional & Third at State  
2016 2<sup>nd</sup> District/2<sup>nd</sup> Divisional  
2017 1<sup>st</sup> District  
2018 1<sup>st</sup> District  
2019 1<sup>st</sup> District/1<sup>st</sup> Divisional  
2020 Covid Year  
2021 District Champions/Divisional Champions  
2022 District Champions/2nd Divisional/State Runner-Up  
2023 District Champions/Divisional Champions/State Champions  
2024 District Champions/Divisional Champions/State Runner-Up