

**BOYS - Top 10** (Updated May 2023)**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**

50.19	Todd Bos	1986
50.21	Jared Cok	2004
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	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
4:31.23	Shaphan Hubner	2023
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**

9:44.51	Oren Arthun	2023
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**

40.40	Lance Sinnema	1995
40.79	Rance Hamilton	2023
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'	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
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	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
143'	Jason Fennema	1991

**IAAF Javelin** (began 2003)

177'7	Brad Dyksterhouse	2003	131'5"	Sawyer Flikkema	2010
170'6	Cole Visser	2015	130'5"	Jon Chausse	2009
165'	Mark Feddes	2005	123'4"	Nathan Adams	2023
150'3	Derek De Jong	2006			
144'1	Jakob Boscha	2019			

## **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
3:31.46	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
3:35.4	1991	Todd Klompier, Nate Fennema, Jeff Veltkamp, Tim Dyk

## **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

## **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