

Woodland Christian High School Track and Field Records

	Midget Girls	Junior Girls	Senior Girls	Midget Boys	Junior Boys	Senior Boys
100m	12.9 Anna Hunse 2006	12.94 Carling Zeeman 2007	13.38 Maaike Zeeman 2009	12.49 Scott Elgersma 1988	11.7 Steve DeKok 1988	11.1 Steve DeKok 1989
200m	29.4 Karmen Postma 2007	27.44 Maaike Zeeman 2008	27.62 Maaike Zeeman 2009	26.06 Scott Elgersma 1988	24.1 Jonathan Elgersma 1986	23.1 Steve DeKok 1989
400m	1:06.9 Maaike Zeeman 2007	1:01.36 Carling Zeeman 2007	1:00.04 Carling Zeeman 2009	1:00.28 Scott Elgersma 1988	52.53 Jonathan Elgersma 1986	52.08 Jonathan Elgersma 1988
800m	2:16 Carmen Douma 1992	2:12 Carmen Douma 1993	2:16.4 Carmen Douma 1996	2:21.5 Matt Roorda 1988	2:13.6 Ray VanArragon 1988	2:09.25 Josh Dickieson 2008
1500m	5:19.9 Carmen Douma 1992	4:39.8 Carmen Douma 1993	4:28.0 Carmen Douma 1998	4:21 Josh Douma 1991	4:33 Josh Dickieson 2006	4:10.5 Ray VanArragon 1991
3000m	11:39.04 Katelyn Buisman 2005	11:44.59 Katelyn Buisman 2006	11:34.00 Sharon Slotegraaf 1991	9:08.6 Josh Douma 1991	9:13.1 Josh Douma 1993	9:12.0 Ray VanArragon 1991
1500m Steeplechase			5:32.76 Katelyn Buisman 2007			
2000m Steeplechase						6:46.41 Landon Zeeman 2004
4X100m	59.63 2006	54.00 2007	57.95 2004	52.97 2008		48.80 2004
4X400m			4:12.98 2007			4:07.6 2004
High Jump	1.50m Sophia Vandenberg 1999	1.55m Sophia Vandenberg 2002	1.5m Bernice Rumph 1983 Anneke DeHaan 1983	1.83m Josh Harris 2002	1.90m John Brouwer 1996	1.85m Joren Zeeman 2007
Long Jump	5.0m Anna Hunse 2006	4.80m Shawna Knetsch, 2000 Carling Zeeman, 2007	4.81m Rosanna Los 2004	5.18m Derek Lenos 2009	5.95m Matt Roorda 1991	6.34m Matt Roorda 1991
Triple Jump	10.08m Judy Knetsch 1993	10.80m Rosanna Los 2003	11.03m Carling Zeeman 2009	11.13m Steve Tamming 1983	13.18m Matt Roorda 1990	13.18m Matt Roorda 1991
Shot Put	9.99m Lauren Sikkema 2005	9.03m Kristin Strooboscher 2007	9.34m Carling Zeeman 2009	12.11m Simon Clarke 2008	12.31 Laurence Drost 1991	12.58m Matt Wismer 2002
Discus	23.60 Sophia Vandenberg 2000	25.5m Glenda Tamming 1982	25.40m Linda Lise 1992	32.88m Andy Veenstra 1986	29.79 Jason Pronk 2007	39.22m Matt Wismer 2002
Javelin	21.60m Sandra Vandenberg 2005	26.72m Lauren Sikkema 2006	27.76m Jessica Dzelme 2004	43.06m Matt Wismer 1999	44.05 Matt Wismer 2000	49.74m Matt Wismer 2002

** This list compiled and researched beginning April 2005. Historical data is still pending. If you have anything to add/correct, please email k.huinink@woodland.on.ca