



## Girls' Siouxland Conference Records

(All Records Are FAT)



Shot Put	Lisa Van Steenwyk	WL	46' 4 $\frac{3}{4}$ "	1989
Discus	Rachel Jansen	MOC-FV	145' 4 $\frac{1}{2}$ "	2003
Long Jump	Jessica Hilbrands	GLR	18' 3 $\frac{1}{2}$ "	2012
High Jump	Alexis Conaway	MOC-FV	5' 8"	2014
100 Meter Dash	Kaleigh Tooker	MOC-FV	12.20	2026
200 Meter Dash	Tierney Huss	MOC-FV	25.59	2023
400 Meter Dash	Avery Bitker	SC	56.76	2026
800 Meter Run	Kristen Hansen	OK	2:15.32	2002
1500 Meter Run	Natalie Anderson	MOC-FV	4:38.99	2026
3000 Meter Run	Leah Seivert	S-O	10:02.44	2013
100 Meter Hurdles	Brandi DeMuth	OK	15.38	2010
400 Meter Hurdles	Amy Sheldahl	BH/RV	1:04.91	1998
4 x 100 Meter Relay	Carolynn Meines Payton Kleinhesselink Kayleigh Tooker Tierney Huss	MOC-FV	49.45	2023
4 x 200 Meter Relay	Jorja Smith Savannah Smith Leah Blauwet Ava Carolan	WL	1:46.75	2026
4 x 400 Meter Relay	Avery Bitker Maci Schmalbeck Macyn Van Aartsen Kolby Oldenkamp	SC	4:04.26	2025
4 x 800 Meter Relay	Mya Romero Maci Schmalbeck Kolby Oldenkamp Molly Isakson	SC	9:42.45	2024
Shuttle Hurdle Relay	Carly Dunn Margo Schuiteman Alivia Johnson Taylor Holverson	SC	1:06.90	2025
Sprint Medley Relay	Kaleigh Tooker Payton Kleinhesselink Tierney Huss Ady Jeltema	MOC-FV	1:50.58	2024
Distance Medley Relay	Bria Wasmund Olivia Hensch Zoe Ackerman Madison Brouwer	S-O	4:17.64	2023
Girls Wheelchair 100	Cheri Blauwet	WL	24.50	1998
Girls Wheelchair 200	Keri Siebrecht	Sheldon	54.85	2018
Girls Wheelchair 400	Cheri Blauwet	WL	1:18.6	1998
Girls Wheelchair 800	Keri Siebrecht	Sheldon	3:40.43	2019
Girls Wheelchair Shot Put	Keri Siebrecht	Sheldon	13'1.5"	2019



## Boys' Siouxland Conference Records

(All Records Are FAT)



Shot Put	Luke Haverhals	SC	55' 8 ½"	1996
Discus	Trajon Walhol	SC	179' 10"	2018
Long Jump	Darwin Vande Hoef	RV	22' 3"	1989
High Jump	Darwin Vande Hoef	RV	7' 0"	1989
100 Meter Dash	Mike Fiech	WL	10.91	2000
200 Meter Dash	Warren Johnson	WL	22.14	1967
400 Meter Dash	Rhyker Wright	OKO	49.35	2025
800 Meter Run	Gable Sieperda	CL	1:56.39	2018
1600 Meter Run	Gable Sieperda	CL	4:23.79	2018
3200 Meter Run	Gable Sieperda	CL	9:41.26	2017
110 Meter H Hurdles	Jim Mol	SC	14.74	1974
400 Meter Hurdles	Isaac Wenthe	Sheldon	54.25	2024
4 x 100 Meter Relay	Dylan Maasdam	MOC-FV	42.70	2026
	Dalton Koerselman			
	Hudson Kleinhesselink			
	Conner Vander Ploeg			
4 x 200 Meter Relay	Dalton Koerselman	MOC-FV	1:30.19	2026
	Hudson Kleinhesselink			
	Grantley Samuels			
	Logan Van Ravenhorst			
4 x 400 Meter Relay	Dylan Obbink	Unity	3:25.52	2024
	James Foreman			
	Landon Meerdink			
	Ethan Van Ginkel			
4 x 800 Meter Relay	Paul Kippley	WL	8:07.14	1976
	Ken Kierkvliet			
	Jay Bride			
	Tony Kierkvliet			
1600 Meter Medley Relay	Michael Mulhern	OKO	3:38.50	2025
	Tyler Netsch			
	Lane Larson			
	Trig Heimdal			
Shuttle Hurdle Relay	Elijah Graves	OKO	59.11	2026
	Asa Jacobsen			
	Avery Simington			
	Jerron Heller			
Sprint Medley Relay	Mitchel Mulhern	OKO	1:34.13	2025
	Tyler Netsch			
	Evan Osler			
	Trigg Heimdal			
Wheelchair 100	Xander Rentschler	WL	18.07	2025
Wheelchair 200	Xander Rentschler	WL	38.40	2025
Wheelchair 400	Xander Rentschler	WL	1:30.64	2025
Wheelchair 800	Xander Rentschler	WL	3:35.72	2025
Wheelchair Shot Put	Colton Roorda	Unity	21'6.5"	2025