

J.V. Conference Meet Girls Records

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Performance</u>	<u>Year</u>
Long Jump	Amy Sjogren	Sparta	15' 3"	2000
High Jump	Amanda Bruggink	Unity Christian	4' 9"	1999
	Shelby Douglass	Sparta	4' 9"	2004
Shot Put	Danielle Johnson	Cedar Springs	31' 6"	2001
Discus	Brenda Davelaar	Unity Christian	104' 0"	1997
Pole Vault	Kelsey Thome	Sparta	8' 6"	2010
	Brittney Host	FHN	8' 6"	2012
100 Meter Dash	Amanda Covey	Cedar Springs	13.4	2004
200 Meter Dash	Megan Mezei	Sparta	28.5	1996
400 Meter Dash	Samantha Pleva	Caledonia	1:04.9	2001
100 Meter Hurdles	Abby Deschaine	Kenowa Hills	17.3	2005
300 Meter Hurdles	Katie Benham	Caledonia	52.0	1995
800 Meter Run	Sarah Westover	Wayland	2:36.2	1996
1600 Meter Run	Chelsea Miller	Sparta	5:52.3	2004
3200 Meter Run	Renae Dwarshius	South Christian	12:53.84*	2006
400 Meter Relay	Taylor Vanlangen/Sayge Wight	Cedar Springs	55.54*	2012
	Kellie Spahr/Olivia Finch			
800 Meter Relay	Tiphany Feirick/Andrea Howes	Sparta	1:57.71	2010
	Kaylee Mulder/Rachel Humphreys			
1600 Meter Relay	Kaiti Merrow/Erin Hart	Unity Christian	4:36.4	2002
3200 Meter Relay	Jamie Ponstein/Emily Courtright			
3200 Meter Relay	Kristin Gebhardt/Rachel King	Cedar Springs	11:01.4	1998
3200 Meter Relay	Becky Moorman/Cheri Teliczan			

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<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Performance</u>	<u>Year</u>
Long Jump	Kurt Koopman	Wayland	19' 1 1/2"	1999
High Jump	Kurt Koopman	Wayland	6' 0"	1999
	Nick Perry	Caledonia	6' 0"	2001
Shot Put	Nick Vanderploeg	FHN	43' 7"	1999
Discus	Nick Vanderploeg	FHN	145' 4"	1999
Pole Vault	Cameron Alvesteffer	Cedar Springs	12' 7"	2006
100 Meter Dash	Alex Amodeo	FHN	11.4	2000
200 Meter Dash	Jeff Tackman	Cedar Springs	23.5	2003
400 Meter Dash	Alex Amodeo	FHN	52.7	2000
110 Meter Hurdles	Kurt Koopman	Wayland	15.9	1999
300 Meter Hurdles	MavRick Cotten	Cedar Springs	43.24*	2012
800 Meter Run	Alex Amodeo	FHN	2:07.6	2000
1600 Meter Run	Josh Ulberg	Cedar Springs	4:47.5	1999
3200 Meter Run	Ben LaFave	FHN	10:32.84*	2010
400 Meter Relay	Mike Mesecar/Kyle Kynl	Caledonia	46.3	2001
	Nate VanEnk/Anthony Reed			
800 Meter Relay	Mike Mesecar/Kyle Kynl	Caledonia	1:37.2	2001
	Nate VanEnk/Anthony Reed			
1600 Meter Relay	Henry Lung/Miles Kimble	Cedar Springs	3:44.9	2002
	Jake White/Jordan Mulder			
3200 Meter Relay	Craig Potter/David Cramer	Cedar Springs	8:46.8	1999
3200 Meter Relay	Josh Ulberg/Ken Mol			

*F.A.T. Timed

