

Ontario Christian High School

Boys Track and Field



*“Don’t let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity.”
1 Timothy 4:12*

M E D I A G U I D E

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ANNUAL WON-LOST RECORDS

Year	LEAGUE				OVERALL				Head Coach	League	CIF		
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.			League Standing	Finals Results	
1967										Academy	2nd		
1968										Academy			
1969										Academy	3rd		
1970									Mike DuMez	Academy			
1971					12	4	0	0.750	Mike DuMez	Academy	2nd		
1972					7	2	0	0.778	Mike DuMez	Academy			
1973									Mike DuMez	Academy	1st		
1974	4	4	0	0.500					Phil Kuipers and Ed Werkhoven	Olympic			
1975										Olympic			
1976										Olympic			
1977	3	4	0	0.429					Russ Fuller	Olympic			
1978	1	6	0	0.143	2	7	0	0.222	Russ Fuller	Olympic			
1979									Russ Fuller	Olympic			
1980	No Team								Russ Fuller	Olympic			
1981	No Team								Russ Fuller	Olympic			
1982	No Team								Russ Fuller	Olympic			
1983	No Team								Russ Fuller	Olympic			
1984									Dale Schoolmeester	Olympic			
1985	2	6	0	0.250					Dale Schoolmeester	Olympic			
1986									Dale Schoolmeester	Olympic	6th		
1987									Dale Schoolmeester	Olympic			
1988	2	3	0	0.400					Dale Schoolmeester	Olympic			
1989									Dale Schoolmeester	Olympic			
1990									Dale Schoolmeester	Olympic			
1991	No information in the school annual										Olympic		
1992	No information in the school annual								J.R. Hofmann		Olympic		
1993									Tim Lewis	Olympic			
1994									Barry Tyler & Dave Skwark	Olympic			
1995									Dave Skwark	Olympic			
1996	No Team									Olympic			
1997	No Team									Olympic			
1998	1	4	0	0.200	1	6	0	0.143	Barry Tyler	Olympic	4th		
1999	2	3	0	0.400	5	4	0	0.556	Brenda Albers	Olympic	3rd		
2000									Brenda Albers	Christian	1st	4th	
2001	32	0	0	1.000					Brenda Albers	Christian	1st		
2002	26	2	0	0.929					Len Fakkema	Christian	1st		
2003	13	2	1	0.844	14	3	1	0.806	Len Fakkema	Christian	1st		
2004	7	5	0	0.583					Len Fakkema	Christian	2nd		
2005	10	2	0	0.833	13	5	0	0.722	Jon Schaap	Christian	2nd		
2006	9	3	0	0.750	9	6	0	0.600	Jon Schaap	Christian	2nd	12th	
2007	11	1	0	0.917	15	2	0	0.882	Jon Schaap	Christian	1st	-	
2008	11	1	0	0.917	13	3	0	0.813	Jon Schaap	Christian	1st	15th	
2009	10	1	1	0.875	12	2	1	0.833	Jon Schaap	Christian	1st	8th	
2010	8	4	0	0.667	12	5	0	0.706	Jon Schaap	Christian	2nd	-	
2011	28	0	0	1.000	29	2	0	0.935	Jon Schaap	Ambassador	1st	21st	
2012	26	2	0	0.929	27	4	0	0.871	Mason Burroughs	Ambassador	1st	21st	
2013	20	8	0	0.714	20	8	0	0.714	Mason Burroughs	Ambassador	3rd	23rd	
2014	27	5	0	0.844	27	5	0	0.844	Jon Schaap	Ambassador	3rd	24th	
2015	18	6	0	0.750	18	6	0	0.750	Jon Schaap	Ambassador	3rd	41st	
2016	15	8	1	0.646	19	12	1	0.609	Jon Schaap	Ambassador	3rd	19th	
2017	16	8	0	0.667	16	8	0	0.667	Jon Schaap	Ambassador	2nd	45th	
2018	13	11	0	0.542	13	11	0	0.542	Caleb Collins	Ambassador	3rd	24th	
2019	12	3	0	0.800	16	4	0	0.800	Andrew Lachelt	Ambassador	2nd	12th	
2020	-	-	-	-	-	-	-	-	Andrew Lachelt	Ambassador	-	-	

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ALL-TIME SCHOOL RECORDS**

EVENT	Athlete	Date	School Record
100m Dash	Nolan Crespo	3/23/19	10.83
200m Dash	Nolan Crespo	3/30/19	21.87
400m Run	Mark Urtz	5/19/12	50.25
800m Run	Ryan Orton	5/13/17	2:02.19
1600m Run	Jesse Kleinjan	2001	4:24.01
3200m Run	Zach Oliver	5/24/09	9:32.71
5000m Run	Zach Oliver	4/10/09	15:19.11
110m High Hurdles	Nathaniel Belden	5/21/16	14.76
300m Intermediate Hurdles	Slater Ezell	5/24/09	39.28
4x100m (400m) Relay	R.J. Perez	4/28/17	43.78
	Giovanni DeBonis		
	Josh Amaya		
	Nolan Crespo		
4x400m (1600m) Relay	Michael Belen	5/21/11	3:27.16
	Mark Urtz		
	E.J. Myles		
	T.J. Spykstra		
High Jump	Mark Swangel	1990	6-04
	Bobby Gibson	2001	
Long Jump	Adriel Perry	3/22/12	22-04.00
Triple Jump	Jared Chrisman	5/24/14	44-09.75
Pole Vault	Doug Dirkse	1977	11-06
	Chris Fakkema	2002	
Shot Put	Steve Brandsma	1973	49-11.50
Discus Throw	Eugene Verkaik	5/13/00	150-04.00

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****100m Dash**

Athlete	Year	Time
1. Nolan Crespo	2019	10.83
2. Nolan Crespo	2018	10.86
3. Nolan Crespo	2017	10.95
4. Ryan Fuqua	1999	10.8h
5. Drew Robinson	2002	10.87h
6. Alex Sabio	2009	10.9h
7. E.J. Myles	2010	11.03
8. Drew Robinson	2001	11.03h
9. Alex Sabio	2008	11.08
10. Slater Ezell	2009	11.18
11. Alex Sabio	2007	11.22
12. Michael Calloway	1998	11.26
13. Giovanni DeBonis	2017	11.30
14. Nolan Crespo	2016	11.38
15. E.J. Myles	2011	11.41
16. Nathaniel Belden	2016	11.43
17. Andrew Lachelt	2010	11.4h
18. Alex Sabio	2006	11.5h
19. Danny Belko	2002	11.58
20. Ted Reed	2005	11.6h
21. Omid Shokraee	2009	11.61
22. Jordan Kloosterman	2010	11.62
23. J.P. Rivera	2002	11.65
24. Tommy Hogan	2005	11.65
25. Christian Dirksen	2013	11.67
26. Tommy Hogan	2004	11.7h
27. E.J. Myles	2009	11.7h
28. Jesse Monroe	2014	11.71
29. Daniel Perez	2015	11.71
30. Bryan Zarate	2014	11.74
31. Noah Felix	2014	11.79
32. David Keller	2001	11.8h
33. Dean Singleton	2012	11.82
34. Luke Douma	2007	11.83
35. Mark Urtz	2012	11.83
36. Tommy Hogan	2003	11.84
37. Josh Bayliss	2014	11.84
38. Tyler Ford	2019	11.84
39. Bryan Zarate	2015	11.86
40. Josue Ramirez	2014	11.87
41. Anthony Quintanilla	2016	11.87
42. Zac Cupp	2018	11.89
43. Shaughn Thomas	2001	11.9h
44. R.J. Perez	2014	11.92
45. Elliot Stone	2001	11.93
46. Daniel Perez	2014	11.93
47. Noah Felix	2013	11.96
48. Nathaniel Lozano	2019	11.96
49. Cameron Levis	2011	11.99
50. Christopher Ayetiwa	2005	12.03
51. Tyrone Tarvin	2009	12.03
52. Tyler Juetten	2012	12.03

200m Dash

Athlete	Year	Time
1. Nolan Crespo	2019	21.87
2. Nolan Crespo	2018	22.38
3. Ryan Fuqua	1999	22.1h
4. Nolan Crespo	2017	22.66
5. Drew Robinson	2002	23.04
6. Jordan Kloosterman	2010	23.08
7. Mark Urtz	2012	23.1h
8. Michael Calloway	1998	23.4h
9. Andrew Lachelt	2008	23.4h
10. Alex Sabio	2008	23.5h
11. E.J. Myles	2011	23.61
12. Bryan Zarate	2014	23.6h
13. Mark Urtz	2011	23.66
14. Josue Ramirez	2014	23.67
15. Giovanni DeBonis	2017	23.67
16. Tyler Ford	2019	23.68
17. Alex Sabio	2007	23.69
18. E.J. Myles	2010	23.75
19. T.J. Spykstra	2013	23.81
20. Dean Singleton	2012	23.9h
21. Alex Sabio	2009	23.91
22. Drew Robinson	2001	23.94
23. Eric Nava	2016	23.97
24. Nolan Crespo	2016	24.00
25. Austin Bremer	2010	24.06
26. Dylan Williams	2017	24.09
27. Adriel Perry	2012	24.1h
28. R.J. Perez	2017	24.21
29. Nathaniel Lozano	2019	24.21
30. Alex Sabio	2006	24.29
31. Vinny Underwood	2014	24.35
32. Zac Cupp	2018	24.37
33. Ryan Kim	2001	24.4h
34. Danny Belko	2002	24.41
35. Kris De Moica	2014	24.41
36. Dylan Van Iwaarden	2017	24.41
37. David Keller	2001	24.5h
38. Tyler Juetten	2012	24.5h
39. Jesse Monroe	2015	24.56
40. Tommy Hogan	2004	24.58
41. R.J. Perez	2015	24.62
42. Tyler Juetten	2014	24.66
43. Fred Shelby	2004	24.73
44. Tyrone Tarvin	2009	24.73
45. Jesse Monroe	2014	24.73
46. Ted Reed	2002	24.79
47. E.J. Myles	2009	24.84
48. James Ramey	2009	24.85
49. Mike Visscher	1998	24.89
50. Michael Belen	2010	24.91
51. R.J. Perez	2016	24.92
52. T.J. Spykstra	2011	24.97

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

400m Run

800m Run

Athlete	Year	Time
1. Mark Urtz	2012	50.25
2. Mark Urtz	2011	50.81
3. Bobby Gibson	2001	50.84
4. Michael Lawrence	2014	52.02
5. Andrew Lachelt	2008	52.57
6. Bobby Gibson	1999	52.9h
7. Slater Ezell	2009	53.13
8. Donald Van Dam	2006	53.28
9. Josh Amaya	2017	53.35
10. Tyler Juetten	2014	53.37
11. Dean Singleton	2012	53.76
12. Bryan Zarate	2015	54.12
13. Michael Calloway	1998	54.2h
14. Michael Lawrence	2013	54.21
15. Andrew Lachelt	2007	54.24
16. Bryan Zarate	2013	54.33
17. Jon Federwisch	1998	54.4h
18. E.J. Myles	2011	54.46
19. Vinny Underwood	2014	54.5h
20. Tim Scheuers	2005	54.78
21. James Ramey	2009	54.89
22. Jakob Eichor	2016	54.97
23. R.J. Perez	2016	55.14
24. Austin Bremer	2010	55.37
25. R.J. Perez	2017	55.46
26. Tyler Juetten	2012	55.53
27. Kevin Tarbell	2004	55.63
28. John Oldengarm	2007	55.63
29. Mark Urtz	2010	55.72
30. Trevor Wolnisty	2011	55.78
31. Cameron Larson	2012	55.9h
32. Tim Scheuers	2004	55.91
33. Tommy Hogan	2003	55.93
34. Andrew Lachelt	2010	56.1h
35. Donald Van Dam	2005	56.25
36. Jesse Kleinjan	2002	56.34
37. Jeff Tarbell	2001	56.4h
38. Joseph Avila	2015	56.45
39. Jakob Reyes	2016	56.45
40. Zac Cupp	2018	56.56
41. Michael Belen	2010	56.87
42. Mark Urtz	2009	56.98
43. Michael Belen	2009	57.01

Athlete	Year	Time
1. Ryan Orton	2017	2:02.19
2. Joe Fengler	1985	2:02h
3. Elliot Stone	2001	2:03.00
4. Alex Vander Tuig	2015	2:04.86
5. Zach Oliver	2009	2:05.27
6. Tim Scheuers	2006	2:05.46
7. Ryan Orton	2015	2:06.67
8. Michael Lawrence	2014	2:06.79
9. Ryan Orton	2016	2:06.87
10. Travis Mouw	1999	2:08.20
11. Ryan Orton	2014	2:08.63
12. Jakob Eichor	2015	2:08.89
13. Jakob Eichor	2016	2:09.14
14. Jesse Kleinjan	2001	2:09.53
15. Jake Landreth	2013	2:09.59
16. Jesse Kleinjan	2002	2:09.79
17. Jon Federwisch	1998	2:10.68
18. Aaron Cortez	2010	2:10.78
19. Joshua Morales	2007	2:11.05
20. Trevor Wolnisty	2009	2:11.22
21. Joseph Avila	2017	2:11.75
22. Joshua Morales	2008	2:11.80
23. Jake Landreth	2012	2:12.37
24. Michael Belen	2010	2:12.56
25. JohnMark Mendoza	2019	2:13.29
26. Zach Oliver	2007	2:13.98
27. Aaron Cortez	2011	2:14.25
28. Joseph Avila	2016	2:14.77
29. Jake Landreth	2014	2:15.11
30. Michael Belen	2011	2:15.29
31. Mitchel Windsor	2019	2:16.45
32. Collin Hardy	2015	2:16.53
33. Joseph Avila	2015	2:16.57
34. Aaron Cortez	2009	2:16.95
35. Max Hewitt	2004	2:17.00
36. Elliot Stone	1998	2:17.40
37. Vinny Underwood	2013	2:17.62
38. Tyler Turney	2005	2:18.00
39. Jose Galindo	1998	2:18.11
40. Cole Young	2017	2:18.36
41. Cole Young	2016	2:18.60
42. Mark Oliver	2004	2:19.00
43. Max Hewitt	2005	2:19.10
44. Micah McClure	2009	2:19.57
45. Trevor Wolnisty	2010	2:19.85
46. Maurice Mejan	1998	2:20.06
47. Adrian Saucedo	2014	2:20.06
48. Jesse Kleinjan	1999	2:20.80
49. Josh Gann	2010	2:20.84

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

1600m Run

3200m Run

Athlete	Year	Time
1. Jesse Kleinjan	2001	4:24.01
2. Zach Oliver	2009	4:26.41
3. Jesse Kleinjan	2002	4:27.19
4. Scott Lockhart	1993	4:28.00
5. Jesse Kleinjan	2000	4:28.04
6. Jakob Eichor	2016	4:30.84
7. Jakob Eichor	2015	4:31.01
8. Scott Lockhart	1992	4:32.00
9. Zach Oliver	2008	4:33.41
10. Jake Landreth	2014	4:40.26
11. Jake Landreth	2013	4:41.31
12. Zach Oliver	2007	4:41.55
13. Jake Landreth	2012	4:42.17
14. Jesse Kleinjan	1999	4:42.40
15. Aidan Vorster	2020	4:43.46
16. Tim Scheuers	2006	4:45.00
17. JohnMark Mendoza	2019	4:46.56
18. Aidan Vorster	2019	4:46.93
19. Trevor Wolnisty	2009	4:48.40
20. Ryan Orton	2017	4:48.53
21. Jakob Eichor	2014	4:48.70
22. JohnMark Mendoza	2020	4:52.06
23. Ryan Orton	2016	4:52.61
24. Ryan Orton	2014	4:53.85
25. Alex Vander Tuig	2015	4:55.09
26. Collin Hardy	2015	4:56.42
27. Elliot Stone	2001	4:59.36
28. Jon Federwisch	1998	5:00.50
29. Cole Young	2017	5:00.95
30. Ryan Orton	2015	5:00.97
31. Jakob Eichor	2013	5:03.00
32. Joshua Morales	2007	5:03.01
33. Andrew Murowatz	2016	5:03.91
34. Trevor Wolnisty	2010	5:04.52
35. Joshua Morales	2008	5:05.00
36. Trevor Wolnisty	2008	5:05.07
37. Andrew Murowatz	2017	5:05.51
38. Sammy Archer	2015	5:05.78
39. James Hammond	2016	5:05.87
40. Andrew Murowatz	2015	5:07.37
41. Aidan Vorster	2018	5:08.64
42. Elliot Stone	1999	5:09.00
43. Patrick Wilson	2005	5:10.00
44. JohnMark Mendoza	2018	5:10.48
45. Vinny Underwood	2013	5:10.72
46. Adrian Saucedo	2014	5:11.27
47. Mario Balderas	2020	5:11.67
48. Jonathan Olson	2008	5:12.00
49. Josh Gann	2010	5:13.00
50. Elliot Stone	1998	5:13.20
51. Cole Young	2016	5:14.45
52. Collin Hardy	2014	5:15.68
53. Corey Drake	2005	5:18.00
54. Harold Stone	2005	5:18.00
55. Mitchel Windsor	2019	5:19.08
56. Jordan Ishii	2015	5:21.41
57. Jared Overstreet	2011	5:21.25
58. Daniel Pichardo	2008	5:21.75
59. Jose Galindo	1998	5:22.00
60. Alex Popoff	1999	5:22.00
61. Gage Messick	2020	5:22.18
62. Cesar Espinoza	1998	5:23.10

Athlete	Year	Time
1. Zach Oliver	2009	9:32.71
2. Jesse Kleinjan	2001	9:37.80
3. Scott Lockhart	1993	9:39.00
4. Jesse Kleinjan	2002	9:52.68
5. Jesse Kleinjan	1999	9:54.00
6. Scott Lockhart	1992	9:55.00
7. Zach Oliver	2008	9:55.26
8. Zach Oliver	2007	9:59.21
9. Jakob Eichor	2015	10:04.77
10. Jake Landreth	2014	10:10.80
11. Aidan Vorster	2019	10:13.44
12. Jake Landreth	2013	10:13.61
13. Jesse Kleinjan	2000	10:19.64
14. Aidan Vorster	2020	10:19.71
15. Jakob Eichor	2016	10:20.51
16. Jake Landreth	2012	10:23.75
17. Jakob Eichor	2014	10:29.42
18. Andrew Murowatz	2016	10:35.18
19. Jordon Olson	2011	10:45.42
20. JohnMark Mendoza	2019	10:45.83
21. Alan De Vries	2015	10:50.99
22. Aidan Vorster	2018	10:51.24
23. Sammy Archer	2015	10:53.37
24. Andrew Murowatz	2017	10:53.99
25. Collin Hardy	2015	10:55.35
26. JohnMark Mendoza	2020	10:55.85
27. Alan De Vries	2014	10:58.03
28. Andrew Murowatz	2015	11:01.34
29. Jordon Olson	2010	11:05.81
30. Jakob Eichor	2013	11:06.68
31. Ryan Orton	2014	11:09.80
32. Ryan Orton	2016	11:11.43
33. Cole Young	2017	11:12.50
34. Jared Overstreet	2010	11:13.15
35. Adrian Saucedo	2014	11:13.36
36. Jared Overstreet	2011	11:18.99
37. Jonathan Olson	2008	11:21.00
38. Collin Hardy	2014	11:24.48
39. Daniel Pichardo	2007	11:25.31
40. Brendon Teague	2010	11:30.30
41. Collin Hardy	2013	11:31.94
42. Joshua Morales	2007	11:32.00
43. Daniel Pichardo	2006	11:34.56
44. JohnMark Mendoza	2018	11:34.66
45. Joseph Avila	2017	11:35.46
46. Harold Stone	2005	11:38.00
47. Brendon Teague	2009	11:39.96
48. Jared Overstreet	2009	11:40.17
49. Josh Morales	2006	11:44.92
50. Patrick Wilson	2005	11:45.00
51. Daniel Pichardo	2008	11:47.37
52. Cody Reitsma	2011	11:47.73
53. Corey Drake	2005	11:48.00
54. Patrick Wilson	2004	11:50.00
55. Collin Hardy	2012	11:51.4h
56. Jonathan Olson	2009	11:52.04

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

110m High Hurdles

300m Intermediate Hurdles

Athlete	Year	Time
1. Nathaniel Belden	2016	14.76
2. Slater Ezell	2009	15.23
3. Adam Hutter	2006	15.29
4. Jarod Belden	2019	15.47
5. Adam Hutter	2005	15.59
6. Nathaniel Belden	2015	15.65
7. Jarod Belden	2018	15.79
8. T.J. Spykstra	2013	15.98
9. Jared Chrisman	2014	16.05
10. Slater Ezell	2008	16.12
11. Adam Hutter	2004	16.16
12. Jarod Belden	2017	16.16
13. T.J. Spykstra	2012	16.17
14. T.J. Spykstra	2011	16.26
15. Nathaniel Belden	2014	16.52
16. Kilan Pace	2009	16.71
17. Ryan Kim	2001	16.78
18. Micah Belden	2019	17.07
19. Jared Chrisman	2013	17.11
20. Donald Van Dam	2005	17.25
21. T.J. Spykstra	2010	17.25
22. Nathanael Taylor	2014	17.31
23. Chris Tanner	2009	17.36
24. Jeff Tarbell	2001	17.5h
25. Anthony Quintanilla	2015	17.55
26. Nathanael Taylor	2013	17.64
27. Luis Pacheco	2010	17.66
28. Aaron Cortez	2010	17.72
29. Jarod Belden	2016	17.75
30. Michael Calloway	1998	17.8h
31. Aaron Cortez	2011	17.83
32. Anthony Quintanilla	2016	17.90
33. Nathanael Taylor	2015	17.99
34. Daniel Perez	2015	18.02
35. Chris Tanner	2008	18.14
36. Ben Pedroza	2007	18.18
37. Troy Holland	2006	18.34
38. Troy Holland	2007	18.45
39. Adam Hutter	2003	18.47
40. Jakob Reyes	2017	18.47
41. Nicholas Ponce	2017	18.48
42. Jeff Tarbell	1999	18.5h
43. Luis Pacheco	2011	18.55
44. Chris Tanner	2007	18.6h
45. Donald Van Dam	2004	18.61
46. Daniel Perez	2014	18.84
47. Micah Belden	2018	18.84
48. Anthony Quintanilla	2013	18.68
49. Kyle Kortenhoeven	2012	18.9h
50. Nathanael Taylor	2012	19.0h
51. Jesse Monroe	2014	19.03
52. Slater Ezell	2006	19.12
53. Jason Bennett	1999	19.4h

Athlete	Year	Time
1. Slater Ezell	2009	39.28
2. T.J. Spykstra	2013	39.87
3. Nathaniel Belden	2016	39.96
4. T.J. Spykstra	2012	40.04
5. Slater Ezell	2008	40.06
6. T.J. Spykstra	2011	41.16
7. Donald Van Dam	2006	41.24
8. Jared Chrisman	2014	41.51
9. Nathaniel Belden	2015	41.85
10. Nathaniel Belden	2014	41.86
11. Ryan Kim	2001	42.21
12. Jarod Belden	2018	42.31
13. Paul De Koekkoek	1989	42.5h
14. Adam Hutter	2004	42.5h
15. Trevor Wolnisty	2011	42.56
16. Jarod Belden	2019	42.58
17. T.J. Spykstra	2010	42.75
18. Donald Van Dam	2005	42.79
19. Jeff Tarbell	2001	43.4h
20. Donald Van Dam	2004	43.97
21. Jakob Reyes	2017	44.30
22. Kilan Pace	2009	44.37
23. Jarod Belden	2017	44.67
24. Jared Chrisman	2013	44.69
25. Slater Ezell	2006	45.9h
26. Nathanael Taylor	2014	45.98
27. Tim Scheuers	2005	46.0h
28. Anthony Quintanilla	2015	46.08
29. Jakob Reyes	2016	46.17
30. Micah Belden	2019	46.36
31. Tatum Graddy	2007	46.37
32. Anthony Quintanilla	2013	46.67
33. Ben Pedroza	2007	46.93
34. Luis Pacheco	2011	47.44
35. Jakob Reyes	2015	47.44
36. Luis Pacheco	2010	47.54
37. Jeff Tarbell	1999	47.6h
38. Nathanael Taylor	2013	47.64
39. Jarod Belden	2016	47.91
40. Shane Lynn	2003	47.93
41. Luis Pacheco	2009	48.22
42. Nathanael Taylor	2015	48.75
43. Jacob Ito	2017	48.88
44. Jacob Ito	2016	48.97
45. Kyle Kortenhoeven	2012	49.2h
46. Chris Tanner	2008	49.37
47. Adrian Contreras	2010	49.56
48. Armando Compean	2004	49.64
49. James Hammond	2016	49.65
50. Nathanael Taylor	2012	49.6h
51. Chris Tanner	2007	49.77
52. Travis Hoekstra	2003	49.9h

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

4x100m (400m) Relay

Athlete	Year	Time	Athlete	Year	Time
1. R.J. Perez Giovanni DeBonis Josh Amaya Nolan Crespo	2017	43.78	17. Dylan Williams Jacob Ito Giovanni DeBonis Nolan Crespo	2017	45.70
2. Nolan Crespo Nathaniel Lozano Aaron Gaudy Tyler Ford	2019	44.10	18. Jarod Belden Dylan Williams Trent Englebrecht Tyler Ford	2019	45.84
3. Nolan Crespo Nathaniel Lozano Trent Englebrecht Tyler Ford	2019	44.43	19. Jon Fitzhugh Bobby Gibson Ryan Kim Drew Robinson	2001	46.02
4. Ryan Kim Elliot Stone Bobby Gibson Drew Robinson	2001	44.82h	20. Bobby Gibson Ryan Kim Jeff Tarbell Drew Robinson	2001	46.15
5. Adriel Perry Mark Urtz T.J. Spykstra Matt Nishanian	2012	44.85	21. Bryan Zarate Jesse Monroe Josue Ramirez Tyler Juetten	2014	46.13
6. Christian Dirksen T.J. Spykstra Michael Lawrence Bryan Zarate	2013	44.87	22. Cameron Levisé Mark Urtz T.J. Spykstra E.J. Myles	2011	46.19
7. Tyler Juetten Dean Singleton T.J. Spykstra Mark Urtz	2012	44.9h	23. Bryan Zarate Vinny Underwood Josh Bayliss Ryan Silver	2014	46.2
8. Tyler Juetten T.J. Spykstra Mark Urtz E.J. Myles	2011	44.98	24. Nathaniel Lozano Ethan Venerable Trent Englebrecht Tyler Ford	2019	46.22
9. E.J. Myles Andrew Lachelt Jordan Kloosterman Austin Bremer	2010	45.03	25. Omid Shokraee Tyrone Tarvin E.J. Myles Alex Sabio	2009	46.23
10. Danny Belko Jon Fitzhugh J.P. Rivera Drew Robinson	2002	45.30	26. Josh Bayliss T.J. Spykstra Michael Lawrence Bryan Zarate	2013	46.25
11. Bryan Zarate Jesse Monroe Michael Lawrence Josue Ramirez	2014	45.43	27. Jacob Reyes Dylan Van Iwaarden Jaret Ishii Giovanni DeBonis	2017	46.32
12. Christian Brooks Zac Cupp Jarod Belden Nolan Crespo	2018	45.43	28. Ryan Fuqua Bobby Gibson Ryan Kim Travis Mouw	1999	46.50
13. Jesse Monroe Daniel Perez R.J. Perez Bryan Zarate	2015	45.45	29. Nolan Crespo Jacob Ito Anthony Quintanilla Eric Nava	2016	46.50
14. Cameron Levisé T.J. Spykstra Mark Urtz Matt Nishanian	2011	45.48	30. Brad Hardy R.J. Perez Daniel Perez Jesse Monroe	2015	46.57
15. Bryan Zarate Vinny Underwood Michael Lawrence Josue Ramirez	2014	45.50	31. Noah Felix Jesse Monroe R.J. Perez Daniel Perez	2014	46.67
16. Mark Urtz T.J. Spykstra Adriel Perry Dean Singleton	2012	45.60	32. Christian Brooks Zac Cupp Jacob Monarrez Nolan Crespo	2018	46.69

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

4x400m (1600m) Relay

Athlete	Year	Time	Athlete	Year	Time
1. Michael Belen Mark Urtz E.J. Myles T.J. Spykstra	2011	3:27.16	17. Michael Calloway Bobby Gibson Mike Visscher Jon Federwisch	1998	3:41.00
2. Josh Amaya Giovanni DeBonis Ryan Orton Nolan Crespo	2017	3:29.38	18. Nathanael Taylor Vinny Underwood Michael Lawrence Tyler Juetten	2014	3:41.56
3. Dean Singleton Tyler Juetten T.J. Spykstra Mark Urtz	2012	3:30.69	19. Donald Van Dam Slater Ezell Alex Sabio Tim Scheuers	2006	3:41.82
4. Vinny Underwood Bryan Zarate Michael Lawrence T.J. Spykstra	2013	3:33.38	20. Bryan Zarate Vinny Underwood Michael Lawrence Jared Chrisman	2014	3:42.00
5. Bryan Zarate Vinny Underwood Michael Lawrence Tyler Juetten	2014	3:34.84	21. Jarod Belden Nathaniel Lozano Dylan Lamarque Nolan Crespo	2019	3:43.29
6. James Ramey Trevor Wolnisty Alex Sabio Slater Ezell	2009	3:36.43	22. Bryan Zarate Jesse Monroe Brad Hardy Alex Vander Tuig	2015	3:43.31
7. Eric Nava Nolan Crespo Ryan Orton Jakob Eichor	2016	3:37.16	23. Joshua Morales Zach Oliver Alex Sabio Slater Ezell	2008	3:43.52
8. Mark Urtz Cameron Larson Tyler Juetten Dean Singleton	2012	3:37.47	24. Joshua Morales Alex Sabio Slater Ezell Andrew Lachelt	2008	3:43.60
9. Vinny Underwood Bryan Zarate Michael Lawrence Nathaniel Belden	2013	3:37.85	25. Austin Bremer Michael Belen T.J. Spykstra Andrew Lachelt	2010	3:43.79
10. Jeff Tarbell Bobby Gibson Elliot Stone Drew Robinson	2001	3:38.86	26. Bobby Gibson Travis Mouw Ryan Kim Elliot Stone	1999	3:44.00
11. Michael Belen Mark Urtz Trevor Wolnisty T.J. Spykstra	2011	3:39.67	27. James Ramey Trevor Wolnisty Kilan Pace Slater Ezell	2009	3:44.02
12. Michael Belen Morgan Whalen T.J. Spykstra Austin Bremer	2010	3:39.78	28. R.J. Perez Nolan Crespo Jakob Reyes Ryan Orton	2016	3:44.60
13. Bobby Gibson Jesse Kleinjan Drew Robinson Elliot Stone	2001	3:39.80	29. Michael Belen E.J. Myles Trevor Wolnisty T.J. Spykstra	2011	3:45.49
14. Mark Urtz T.J. Spykstra Tyler Juetten Dean Singleton	2012	3:39.87			
15. R.J. Perez Nolan Crespo Dylan Williams Ryan Orton	2017	3:40.45			
16. James Ramey Zach Oliver Alex Sabio Slater Ezell	2009	3:40.50			

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****4x200m (800m) Relay**

Athlete	Year	Time
1. Tyler Juetten T.J. Spykstra Mark Urtz E.J. Myles	2011	1:35.82
2. Giovanni DeBonis Ryan Orton Jacob Ito Nolan Crespo	2017	1:39.55
3. Tyler Ford Nathaniel Lozano Cody Laidlaw Dylan Lamarque	2019	01:42.8
4. Allen Galindo Jon Fitzhugh Rory Graham David Keller	2002	1:46.28

Distance Medley Relay

Athlete	Year	Time
1. Jake Landreth Jakob Eichor Michael Lawrence Vinny Underwood	2014	11:40.78
2. JohnMark Mendoza Aiden Vorster Jarod Belden Mitchel Windsor	2019	12:28.00
3. Aaron Yang Mike Lu Micah Belden Ethan Esproles	2019	13:26.01

4x800m (3200m) Relay

Athlete	Year	Time
1. Jarod Beldon JohnMark Mendoza Mitchel Windsor Aiden Vorster	2019	9:23.93
2. Micah Belden Ethan Esproles Mike Lu Aaron Yang	2019	10:06.68

4x110m Shuttle Hurdle Relay

Athlete	Year	Time
1. Jared Chrisman Nathaniel Belden Nathanael Taylor Daniel Perez	2014	1:09.91
2. Nathaniel Belden Anthony Quintanilla Jacob Ito Jaret Ishii	2016	1:14.24

Sprint Medley Relay

Athlete	Year	Time
1. Jake Landreth Jakob Eichor Michael Lawrence Vinny Underwood	2016	4:04.08

800m Sprint Medley Relay: 100m-100m-200m-400m

Athlete	Year	Time
1. Tyler Ford Nathaniel Lozano Cody Laidlaw Dylan Lamarque	2019	1:47.86
2. Connor Mooneyhan Jacob Monarrez Josh Wolfhope Edward Frailing	2019	1:50.86

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

High Jump

Athlete	Year	Height
1. Mark Swangel	1990	6-04
2. Bobby Gibson	2001	6-04
3. Vern Van Hofwegen	1977	6-02
4. Adam Hutter	2006	6-02
5. Trevor Wolnisty	2011	6-02
6. Jarod Belden	2018	6-02
7. Kris De Moica	2015	6-01
8. Ryan Fuqua	1999	6-00
9. Bobby Gibson	2000	6-00
10. Adam Hutter	2004	6-00
11. Jarod Belden	2019	6-00
12. Adam Hutter	2005	5-10
13. David Slegers	2005	5-10
14. Bret Rogers	2007	5-10
15. Slater Ezell	2009	5-10
16. Trevor Wolnisty	2010	5-10
17. Leroy Wielenga	1970	5-08.25
18. Bobby Gibson	1999	5-08
19. Matt Barnett	2001	5-08
20. Adam Hutter	2003	5-08
21. David Slegers	2004	5-08
22. Tatum Graddy	2007	5-08
23. John Oldengarm	2007	5-08
24. Slater Ezell	2008	5-08
25. Cameron Levisé	2012	5-08
26. Kris De Moica	2012	5-08
27. Jared Chrisman	2014	5-08
28. Kris De Moica	2014	5-08
29. Michael Calloway	1998	5-06
30. Bobby Gibson	1998	5-06
31. Dioel Paet	2001	5-06
32. Donald Van Dam	2006	5-06
33. Andrew Lachelt	2008	5-06
34. Trevor Wolnisty	2009	5-06
35. Cameron Levisé	2011	5-06
36. Adriel Perry	2012	5-06
37. Jarod Belden	2016	5-06
38. Tyler Ford	2019	5-06
39. Edward Frailing	2020	5-06

Long Jump

Athlete	Year	Length
1. Adriel Perry	2012	22-04.00
2. Adam Hutter	2006	21-06.75
3. Kris De Moica	2015	21-05.75
4. Mark Swangel	1990	21-01.00
5. Pete Vander Feer	1969	20-10.75
6. Adam Hutter	2004	20-10.25
7. Adriel Perry	2013	20-10.00
8. Trent Englebrecht	2019	20-08.75
9. Zac Cupp	2018	20-06.50
10. Bryan Senti	1978	19-10.00
11. Adam Hutter	2005	19-09.50
12. Jon Fitzhugh	2002	19-09.00
13. Dylan Williams	2019	19-09.00
14. Nathaniel Belden	2014	19-08.00
15. Dylan Williams	2017	19-08.00
16. Frank Vander Veen	1967	19-07.50
17. Nathaniel Belden	2015	19-04.50
18. Tim Scheuers	2006	19-00.50
19. Adam Hutter	2003	18-11.00
20. Chris Fakkema	2002	18-10.75
21. Kris De Moica	2014	18-10.50
22. Edward Frailing	2020	18-08.50
23. Giovanni DeBonis	2017	18-08.00
24. David Slegers	2004	18-06.50
25. Matt Naramor	2001	18-06.00
26. J.P. Rivera	2002	18-05.50
27. Bret Rogers	2007	18-05.00
28. Omid Shokraee	2009	18-05.00
29. T.J. Spykstra	2010	18-04.50
30. Jared Chrisman	2013	18-04.50
31. Tatum Graddy	2007	18-04.00
32. Jobob Taeleifi	2009	18-03.50
33. Cameron Levisé	2012	18-02.50
34. Josue Ramirez	2014	18-01.75
35. Jordan Kloosterman	2010	18-01.50
36. Kris De Moica	2013	18-01.00
37. Ryan Kim	2001	18-01.25
38. Chris Tanner	2009	17-11.75
39. Jon Fitzhugh	2001	17-11.50
40. John Oldengarm	2007	17-11.50
41. Jarod Belden	2018	17-10.50
42. R.J. Perez	2015	17-09.00
43. Jaret Ishii	2015	17-08.50
44. Nathanael Taylor	2014	17-08.25
45. Nathaniel Belden	2013	17-08.00
46. Jakob Eichor	2016	17-08.00
47. Vinny Underwood	2014	17-07.25
48. Cody Laidlaw	2019	17-07.00
49. Edward Frailing	2019	17-06.25
50. Ethan Venerable	2019	17-06.25
51. Joshua Wolfhope	2019	17-06.25
52. Bobby Anderson	1999	17-06.00
53. Matt Naramor	2002	17-06.00
54. Jared Chrisman	2012	17-06.00
55. Joshua Wolfhope	2020	17-06.00

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****Triple Jump**

Athlete	Year	Length
1. Jared Chrisman	2014	44-09.75
2. Adam Hutter	2006	44-02.50
3. Adam Hutter	2005	42-01.00
4. Nathaniel Belden	2016	41-11.00
5. Jared Chrisman	2013	41-05.50
6. Mark Swangel	1990	41-04.50
7. Jim Berkompas	1977	41-03.00
8. Nathaniel Belden	2015	41-00.00
9. Nathaniel Belden	2014	40-04.50
10. Adam Hutter	2004	40-02.00
11. Bryan Senti	1978	40-01.00
12. Kris De Moica	2015	39-01.50
13. Jaret Ishii	2017	39-01.00
14. Jarod Belden	2019	39-00.00
15. Jon Fitzhugh	2002	38-11.00
16. Nathaniel Belden	2013	38-09.00
17. Jarod Belden	2017	37-11.00
18. Jared Chrisman	2012	37-09.00
19. Ryan Kim	1998	37-08.50
20. Bret Rogers	2007	37-08.50
21. Adriel Perry	2012	37-08.00
22. Jarod Belden	2016	37-07.00
23. J.P. Rivera	2002	37-06.75
24. Nathanael Taylor	2014	37-03.50
25. Nathanael Taylor	2015	36-09.00
26. R.J. Perez	2016	36-09.00
27. Ryan Kim	2001	36-08.00
28. Adam Hutter	2003	36-08.00
29. Tatum Graddy	2007	36-07.00
30. Trevor Wolnisty	2011	36-06.00
31. Omid Shokraee	2009	36-05.50
32. Chris Tanner	2008	36-01.00
33. Chris Tanner	2009	35-11.50
34. Jon Fitzhugh	2001	35-09.00
35. Matt Naramor	2002	35-06.00
36. Dioel Paet	2001	35-05.00
37. Micah Belden	2019	35-04.50
38. Matt Naramor	2003	35-01.00
39. Aaron Cortez	2010	35-01.00
40. Dioel Paet	1998	35-00.50
41. Jacob Ito	2016	35-00.00
42. Jobob Taeleifi	2009	34-10.25
43. Nicholas Ponce	2017	34-10.00
44. Kilan Pace	2009	34-09.75
45. Aaron Cortez	2011	34-09.00
46. Ryan Kim	1999	34-06.00
47. Jaret Ishii	2016	34-06.00
48. Jacob Ito	2017	34-06.00
49. David Slegers	2005	34-03.50

Pole Vault

Athlete	Year	Height
1. Doug Dirkse	1977	11-06
2. Chris Fakkema	2002	11-06
3. Mark Ligtenberg	1970	11-03
4. Bob Camping	1967	10-04

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****Shot Put**

Athlete	Year	Distance
1. Steve Brandsma	1973	49-11.50
2. Ryan Mouw	2001	48-00.25
3. Steve Brandsma	1971	43-08.00
4. Scott Gutman	2009	43-03.25
5. David Vander Schaaf	2007	43-00.50
6. Dallas Smith	2005	42-08.00
7. Joseph Pirro	2018	42-08.00
8. Matt Naramor	2003	42-04.50
9. Eugene Verkaik	1999	41-10.75
10. David Galvez	2011	41-08.00
11. Matt Naramor	2002	40-09.75
12. Luke Lin	2020	40-05.50
13. Joseph Pirro	2017	40-05.00
14. Nathaniel Belden	2016	40-01.75
15. Frank Osman	2007	40-00.00
16. Arie Terpstra	2008	40-00.00
17. Alan Vander Veen	1965	39-10.50
18. Matt Naramor	2001	39-08.50
19. Ryan Ramoneda	2012	39-08.25
20. David Galvez	2010	39-08.00
21. Tyrone Tarvin	2009	39-04.50
22. Roger Sybesma	1978	39-00.00
23. Ryan Silver	2014	39-00.00
24. Dallas Smith	2004	38-10.25
25. Josh Tampio	2013	38-06.00
26. Joshua McTarsney	2019	38-06.00
27. Matt Nishanian	2012	38-03.00
28. Aryeh Perry	2015	38-01.50
29. Nick Robinson	2004	37-10.50
30. Kyle Hoffman	2007	37-06.00
31. Josh Tampio	2012	37-06.00
32. John Wiersma	2009	37-03.75
33. Wes Kleinjan	2003	37-02.25
34. Tyler Witte	2011	37-00.00
35. Zach Vega	2010	36-08.50
36. Joshua McTarsney	2020	36-08.50
37. Howard Ding	2019	36-08.00
38. Aryeh Perry	2014	36-06.50
39. Aryeh Perry	2013	36-03.50
40. Arie Terpstra	2007	36-03.25
41. Jacob Monarrez	2020	36-00.50
42. Kevin Tarbell	2004	35-09.75
43. David Galvez	2009	35-05.00

Discus Throw

Athlete	Year	Distance
1. Eugene Verkaik	2000	150-04.00
2. Matt Naramor	2003	140-08.00
3. Dallas Smith	2005	139-00.50
4. Wes Kleinjan	2003	135-05.00
5. Scott Gutman	2009	133-05.00
6. Mike Hofman	1991	129-06.00
7. Dallas Smith	2004	128-01.00
8. Wes Kleinjan	2002	127-05.25
9. Ryan Mouw	2001	127-05.00
10. Michael Heydel	1999	125-04.00
11. Elijah Moore	2019	124-00.00
12. Matt Naramor	2002	123-02.50
13. Arie Terpstra	2008	120-11.00
14. Matt Naramor	2001	118-00.25
15. Ryan Silver	2014	117-08.50
16. Matt Nishanian	2012	116-05.00
17. David Galvez	2011	116-00.00
18. Jeremy Lara	2011	115-04.00
19. Eugene Verkaik	1999	115-03.00
20. Aryeh Perry	2015	115-02.00
21. Dallas Smith	2003	113-08.00
22. David Galvez	2010	111-08.50
23. Jeff Visscher	1998	110-02.00
24. Josh Tampio	2013	108-02.50
25. Nate Naramor	1998	107-11.00
26. Nate Naramor	1999	107-11.00
27. Joshua McTarsney	2020	107-06.00
28. Brad Bosch	2009	107-05.50
29. Joseph Pirro	2018	107-04.00
30. David Vander Schaaf	2007	107-02.75
31. Elijah Moore	2018	107-02.00
32. Luke Lin	2020	106-05.50
33. Jeremy Lara	2010	106-01.00
34. Tyler Witte	2011	106-01.00
35. Bryan Burroughs	2017	105-08.00
36. Brad Bosch	2008	104-05.50
37. Tyler Witte	2010	103-08.50
38. Kevin Tarbell	2005	103-01.00
39. Austin Smith	2011	102-09.00

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

1998 PERSONAL RECORDS

100m Dash

Michael Calloway	11.26
Ryan Kim	12.2
Scott Edwards	14.1

200m Dash

Michael Calloway	22.5
Mike Visscher	24.89
Ryan Kim	25.5
Bobby Anderson	26.3
Scott Edwards	29.66

400m Run

Michael Calloway	54.2
Jon Federwisch	54.4
Bobby Anderson	58.0
Mike Visscher	58.0
Alex Popoff	59.0
Jason Bennett	1:03.46
Dioel Paet	1:15.4

800m Run

Jon Federwisch	2:10.68
Elliot Stone	2:17.4
Jose Galindo	2:18.11
Maurice Mejan	2:20.06
Cesar Espinoza	2:20.87
Alex Popoff	2:21.7
Jason Bennett	2:32
Nate Naramor	2:35

1600m Run

Jon Federwisch	5:00.5
Elliot Stone	5:13.2
Jose Galindo	5:22.0
Cesar Espinoza	5:23.1
Elliot Stone	5:25.0
Garren Swager	5:58.1

3200m Run

Cesar Espinoza	12:36.8
Garren Swager	14:01.1

110m High Hurdles

Michael Calloway	17.8
Jason Bennett	21.6

300m Intermediate Hurdles

Jason Bennett	53.4
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High Jump

Michael Calloway	5' 6"
Bobby Gibson	5' 6"
Mike Visscher	5' 0"
Michael Heydel	4' 8"
Dioel Paet	4' 8"
Scott Edwards	4' 0"

4x400m Relay

Varsity	3:41.0
Junior Varsity	3:58.5

Long Jump

Bobby Gibson	16' 11.75"
Bobby Anderson	16' 9.5"
Dioel Paet	14' 8"
Ryan Kim	14' 0"
Scott Edwards	12' 1.75"

Triple Jump

Ryan Kim	37' 8.5"
Dioel Paet	35' 0.5"

Shot Put

Michael Heydel	32' 9.25"
Beau Briggs	32' 3.75"
Jeff Visscher	31' 4.75"
Nate Naramor	29' 1.75"
David Bowman	27' 5"

Discus Throw

Jeff Visscher	110' 2"
Nate Naramor	107' 11"
Michael Heydel	96' 0"
Beau Briggs	95' 11"
David Bowman	75' 3"

FINAL OLYMPIC LEAGUE MEET SCORES

School	Points
Orange Lutheran	150
Brethren Christian	107
Valley Christian	82
Ontario Christian	36
Whittier Christian	36
Calvary Chapel	32

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

1999 PERSONAL RECORDS

100m Dash

Ryan Fuqua 10.80
 Ryan Kim 12.20

1600m Run

Jesse Kleinjan 4:42.4
 Elliot Stone 5:09.0
 Alex Popoff 5:22.0

Long Jump

Bobby Anderson 17' 6"
 Jason Bennett 15' 4"

200m Dash

Ryan Fuqua 22.30
 Bobby Anderson 26.10
 Travis Mouw 26.20

3200m Run

Jesse Kleinjan 9:54

Triple Jump

Ryan Kim 34' 6"

400m Run

Bobby Gibson 52.90
 Travis Mouw 57.90
 Bobby Anderson 58.40

110m High Hurdles

Jeff Tarbell 18.5
 Jason Bennett 19.4

Shot Put

Eugene Verkaik 41' 10.75"
 Nate Naramor 34' 10"
 Michael Heydel 34' 3.5"
 David Bowman 30' 8"

300m Intermediate Hurdles

Jeff Tarbell 47.6
 Jason Bennett 52.5

Discus Throw

Michael Heydel 125' 4"
 Eugene Verkaik 115' 3"
 Nate Naramor 107' 11"
 David Bowman 81' 7.5"

800m Run

Travis Mouw 2:08.2
 Elliot Stone 2:17.4
 Jesse Kleinjan 2:20.8
 Alex Popoff 2:21.7

High Jump

Ryan Fuqua 6' 0"
 Bobby Gibson 5' 8"

4x100m Relay

Ryan Fuqua, Bobby Gibson, Ryan Kim, Travis Mouw 46.5

4x400m Relay

Bobby Gibson, Travis Mouw, Ryan Kim, Elliot Stone 3:44.0

3200m Run

Jesse Kleinjan

10:19.64

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2001 PERSONAL RECORDS

100m Dash

Drew Robinson	11.03
David Keller	11.80
Shaughn Thomas	11.90
Elliot Stone	11.93
Jon Fitzhugh	12.40
Raoul Labeer	12.60
Rory Graham	12.84
John Campini	12.89
Caleb Shipman	12.90
Scott Edwards	13.30
Mike Oosten	13.30
Wesley Kleinjan	13.80

200m Dash

Drew Robinson	23.94
Ryan Kim	24.40
David Keller	24.50
Rory Graham	25.20
Jeff Tarbell	25.69
Jon Fitzhugh	26.04
Mike Oosten	26.19
Scott Edwards	30.99

400m Run

Bobby Gibson	50.84*
Jeff Tarbell	56.40
Jon Fitzhugh	1:00
Allen Galindo	1:02.93

4x100m Relay

Bobby Gibson, Ryan Kim, Drew Robinson, Elliot Stone	44.82*
Jon Fitzhugh, Bobby Gibson, Ryan Kim, Drew Robinson	46.02
Bobby Gibson, Ryan Kim, Jeff Tarbell, Drew Robinson	46.15
Jon Fitzhugh, Allen Galindo, Rory Graham, David Keller	52.09

4x200m Relay

Allen Galindo, Jon Fitzhugh, Rory Graham, David Keller	1:46.28
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4x400m Relay

Bobby Gibson, Drew Robinson, Elliot Stone, Jeff Tarbell	3:38.86*
Bobby Gibson, Jesse Kleinjan, Drew Robinson, Elliot Stone	3:39.8

4x800m Relay

Allen Galindo, Jesse Kleinjan, Elliot Stone, Jeff Tarbell	9:07.11
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Sprint Medley

Bobby Gibson, Jesse Kleinjan, Drew Robinson, Elliot Stone	3:45.46
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* Denotes School Record

+ Denotes Christian League Record

LEAGUE AWARDS

All-League Awards:

Coach of the Year:

Brenda Albers

Co-MVP Track:

Bobby Gibson

Jesse Kleinjan

Co-MVP Field:

Ryan Mouw

800m Run

Elliot Stone	2:03
Jesse Kleinjan	2:09.53
Allen Galindo	2:39

1600m Run

Jesse Kleinjan	4:24.01 *
Elliot Stone	4:59.36

3200m Run

Jesse Kleinjan	9:37.8 *
Allen Galindo	13:28
Wesley Kleinjan	16:47

110m High Hurdles

Ryan Kim	16.78
Jeff Tarbell	17.50
Rory Graham	20.85
Joel Holland	21.30

300m Intermediate Hurdles

Ryan Kim	42.21*
Jeff Tarbell	43.40

High Jump

Bobby Gibson	6' 4"
Matt Barnett	5' 8"
Dioel Paet	5' 6"
John Campini	5' 2"

Long Jump

Matt Naramor	18' 6"
Ryan Kim	18' 1.25"
Jon Fitzhugh	17' 11.5"
Jeff Tarbell	17' 2.5"
Jon Castro	16' 6.5"
Shaughn Thomas	16' 5"
Rory Graham	15' 9"
Dioel Paet	15' 4"
Raoul Labeer	15' 3"
Mike Oosten	15' 1"
Caleb Shipman	14' 9"
John Campini	14' 3"
Scott Edwards	14' 1"
Joel Holland	14' 1"

Triple Jump

Ryan Kim	36' 8"
Jon Fitzhugh	35' 9"
Dioel Paet	35' 5"

Shot Put

Ryan Mouw	48' 0.25"+
Matt Naramor	39' 8.5"
Daniel Wheatley	32' 4"
Wesley Kleinjan	29' 8"
Ed Verkaik	27' 0.75"
Mike Oosten	26' 5.5"
Ryan De Hoog	22' 0.5"

Discus Throw

Ryan Mouw	127' 5"
Matt Naramor	118' 0.25"
Daniel Wheatley	86' 11"
Wesley Kleinjan	75' 6"
Ed Verkaik	69' 11"
Mike Oosten	69' 6.5"
Ryan De Hoog	60' 5"

FINAL CHRISTIAN LEAGUE STANDINGS

School	League	
	Won	Lost
Ontario Christian	32	0
Riverside Woodcrest Christian	27	5
Murrieta Calvary Chapel	23	9
Bermuda Dunes Desert Christian	22	10
Riverside Bethel Christian	11	21
Covina Western Christian	8	24
Redlands Arrowhead Christian	8	24
Temecula Linfield	7	25
Victorville Victor Valley Christian	6	26

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2002 PERSONAL RECORDS

100m Dash

Drew Robinson	10.87
Danny Belko	11.58
J.P. Rivera	11.65
Jon Fitzhugh	12.31
Tim Johnson	12.49
Ted Reed	12.62
Max Hewitt	13.09
Mark Oliver	13.1
Caleb Shipman	12.9

200m Dash

Drew Robinson	23.04
Danny Belko	24.41
Ted Reed	24.79
Jon Fitzhugh	25.5
Tim Johnson	26.8
Alain Galindo	27.63
Max Hewitt	27.82
Mark Oliver	28.42

400m Run

Jesse Kleinjan	56.34
Jon Fitzhugh	1:02
Chad Fakkema	1:03
Alain Galindo	1:05
Mark Oliver	1:06

800m Run

Jesse Kleinjan	2:09.79
Chad Fakkema	2:24
Caleb Shipman	2:39
Mark Oliver	2:42.7
Daniel Jewel	2:50.99

4x100m Relay

Danny Belko, Jon Fitzhugh, J.P. Rivera, Drew Robinson	45.3
Chris Fakkema, Jon Fitzhugh, J.P. Rivera, Drew Robinson	47.76
Jon Fitzhugh, Tim Johnson, J.P. Rivera, Drew Robinson	49.4
Max Hewitt, Tim Johnson, Mark Oliver, Ted Reed	57.63

4x400m Relay

Chad Fakkema, Jesse Kleinjan, Tim Johnson, Drew Robinson	4:07
Chad Fakkema, Alain Galindo, Mark Oliver, Drew Robinson	4:15.71
Chad Fakkema, Chris Fakkema, Jesse Kleinjan, Ted Reed	4:16.48

FINAL CHRISTIAN LEAGUE STANDINGS

School	League	
	W	L
Ontario Christian	26	2
Murrieta Calvary Chapel	25	3
Riverside Woodcrest Christian	21	7
Redlands Arrowhead Christian	13	15
Bermuda Dunes Desert Christian	10	18
Covina Western Christian	10	18
Victorville Victor Valley Christian	6	22
Temecula Linfield	1	27

1600m Run

Jesse Kleinjan	4:27.19
Alain Galindo	6:16
Daniel Jewel	6:21

3200m Run

Jesse Kleinjan	9:52.68
Caleb Shipman	12:39
Allen Galindo	13:28
Daniel Jewel	14:00

110m High Hurdles

Jon Fitzhugh	19.57
Joel Holland	20.02

300m Intermediate Hurdles

Jon Fitzhugh	50.34
Joel Holland	55.51
Alain Galindo	57.49

High Jump

Danny Belko	5' 4"
Chris Fakkema	5' 4"
Chad Fakkema	5' 2"
J.P. Rivera	5' 0"

Long Jump

Jon Fitzhugh	19' 9"
Chris Fakkema	18' 10.75"
J.P. Rivera	18' 5.5"
Matt Naramor	17' 6"
Jon Castro	15' 8"
Caleb Shipman	15' 5"

Pole Vault

Chris Fakkema	10' 6"
Matt Naramor	9' 0"

Triple Jump

Jon Fitzhugh	38' 11"
J.P. Rivera	37' 6.75"
Matt Naramor	35' 6"
Jon Castro	31' 0"

Shot Put

Matt Naramor	40' 9.75"
Dallas Smith	33' 0"
Wes Kleinjan	32' 10"
Garrett Bell	29' 9"
Kevin Tarbell	26' 8"

Discus Throw

Wes Kleinjan	127' 5.25"
Matt Naramor	123' 2.5"
Dallas Smith	79' 0"
Kevin Tarbell	74' 3"
Garrett Bell	63' 4"

HEAD COACHES:

Brenda Albers
Len Fakkema

ASSISTANT COACHES:

Pete Albers
Paul Voortman

AWARDS

All-League Awards:
Most Valuable Track Athlete - Jesse Kleinjan
Coach of the Year - Len Fakkema

Team Awards:
Most Valuable Track Athlete - Jesse Kleinjan
Most Valuable Field Athlete - Matt Naramor
Most Improved - Jon Fitzhugh
Knight Award - J.P. Rivera

CIF QUALIFIERS

Jesse Kleinjan - 1600m - 2nd, 3200m - 2nd
Drew Robinson - 100m

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2003 PERSONAL RECORDS

100m Dash

Jeff Zuidema	12.3
Kyle Douma	12.42
Fred Shelby	12.52
Greg Lyman	12.89
Kevin Tarbell	12.9
Max Hewitt	13.22
Mark Oliver	13.62
Armando Compean	13.84
Noel Castro	14.09

200m Dash

Tommy Hogan	25.12
Fred Shelby	25.93
Kyle Douma	25.96
Adam Hutter	26.0
Max Hewitt	28:00
Mark Oliver	28.2

400m Run

Adam Hutter	50.1
Tommy Hogan	55.93
Travis Hoekstra	57.4
Kevin Tarbell	57.6
Devin Bush	1:02

800m Run

Max Hewitt	2:27
Mark Oliver	2:32
Devin Bush	2:38
Jon Castro	2:44
Quentin Swager	2:47

4x100m Relay

Kyle Douma, Tommy Hogan, Kevin Tarbell, Jeff Zuidema	47.34
Kyle Douma, Tommy Hogan, Kevin Tarbell, Jeff Zuidema	47.67
Kyle Douma, Tommy Hogan, Kevin Tarbell, Jeff Zuidema	48.80

4x400m Relay

Max Hewitt, Travis Hoekstra, Tommy Hogan, Kevin Tarbell	3:53
Devin Bush, Max Hewitt, Travis Hoekstra, Tommy Hogan	3:57
Max Hewitt, Travis Hoekstra, Tommy Hogan, Kevin Tarbell	3:58

1600m Run

Devin Bush	5:40
Harold Stone	5:40
Quentin Swager	6:31

3200m Run

Harold Stone	13:00
Devin Bush	13:07
Max Hewitt	15:01

110m High Hurdles

Adam Hutter	18.47
Shane Lynn	20.18
Armando Compean	22.66
Jon Castro	23.1

300m Intermediate Hurdles

Shane Lynn	47.93
Travis Hoekstra	49.9
Kevin Tarbell	51.51
Jeff Zuidema	51.51
Jon Castro	52.1
Armando Compean	56.68
Max Hewitt	59.62

High Jump

Adam Hutter	5' 8"
Greg Lyman	5' 4"

Long Jump

Adam Hutter	18' 11"
Shane Lynn	17' 5"
Matt Naramor	17' 3"
Jon Castro	16' 5"
Fred Shelby	14' 6"
Noel Castro	13' 2"
Kyle Douma	13' 0"

Triple Jump

Adam Hutter	36' 8"
Matt Naramor	35' 1"
Shane Lynn	34' 2"
Jon Castro	32' 9"

Shot Put

Matt Naramor	42' 4"
Wes Kleinjan	37' 2"
Dallas Smith	33' 4"
Garrett Bell	27' 9"
Daniel Jewell	25' 6"

Discus Throw

Matt Naramor	140' 8"
Wes Kleinjan	135' 5"
Dallas Smith	113' 8"
Kevin Tarbell	90' 1"
Garrett Bell	80' 6"
Daniel Jewell	71' 9"

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Marv Kleinjan
Jon Schaap
Paul Voortman

AWARDS

All-League Awards:

Most Valuable Field Athlete - Matt Naramor
Coach of the Year - Len Fakkema
Sportmanship Award - Ontario Christian

Team Awards:

Most Valuable Athlete - Matt Naramor
Coaches' Award - Wes Kleinjan
Knight Award - Travis Hoekstra
Rookie of the Year - Adam Hutter
Gatorade Will to Win Award - Kevin Tarbell

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2004 PERSONAL RECORDS

100m Dash

Tommy Hogan	11.7
Fred Shelby	12.19
Kyle Douma	12.32
Donald Van Dam	12.94
Luke Douma	13.0
Tim Scheuers	13.04
Chris Ayetiwa	13.14
Jonny Bass	13.93
Shane Lynn	14.19
Steven Sachs	15.01

200m Dash

Tommy Hogan	24.58
Fred Shelby	24.73
Tim Scheuers	25.09
Kyle Douma	25.64
Nick Robinson	26.69
Chris Ayetiwa	26.74
Luke Douma	27.4
Jonny Bass	29.81
Steven Sachs	33.59

400m Run

Kevin Tarbell	55.63
Tim Scheuers	55.91
Mark Oliver	1:00.2
Tim Johnson	1:02
Bryce Myren	1:02.6
Chris Ayetiwa	1:03.2
Shane Lynn	1:07

800m Run

Max Hewitt	2:17
Mark Oliver	2:19
Zach Spears	2:35
Aaron Alvarez	2:41
Steven Sachs	3:16

4x100m Relay

Kyle Douma, Tommy Hogan, Mark Oliver, Jeff Zuidema	47.49
Kyle Douma, Tommy Hogan, Tim Johnson, Jeff Zuidema	47.67
Kyle Douma, Tommy Hogan, Fred Shelby, Jeff Zuidema	49.0

4x400m Relay

Kyle Douma, Max Hewitt, Tim Scheuers, Kevin Tarbell	3:48
Kyle Douma, Max Hewitt, Mark Oliver, Kevin Tarbell	3:57
Chris Ayetiwa, Kyle Douma, Max Hewitt, Kevin Tarbell	3:57.3

CIF FINALS QUALIFIER

Adam Hutter - LJ

1600m Run

Patrick Wilson	5:24.4
Harold Stone	5:25
Corey Drake	5:27
Devin Bush	5:36
Jonny Bass	6:35

3200m Run

Patrick Wilson	11:50
Corey Drake	11:56.6
Harold Stone	12:21.5
Devin Bush	12:37

110m High Hurdles

Adam Hutter	16.16
Donald Van Dam	18.61
Armando Compeon	19.86
Troy Holland	20.76

300m Intermediate Hurdles

Adam Hutter	42.5
Donald Van Dam	43.97
Armando Compeon	49.64
Bryce Myren	49.96
Troy Holland	54.1

High Jump

Adam Hutter	6' 0"
David Slegers	5' 8"

Long Jump

Adam Hutter	20' 10.25
David Slegers	18' 6.5"
Tim Scheuers	15' 8"
Bryce Myren	15' 2"
Jonny Bass	13' 8"
Aaron Alvarez	12' 11"
Steven Sachs	12' 11"
Luke Douma	12' 6"

Triple Jump

Adam Hutter	40' 2"
David Slegers	34' 0"

Shot Put

Dallas Smith	38' 10.25"
Nick Robinson	37' 10.5"
Kevin Tarbell	35' 9.75"
Fred Shelby	33' 6.5"
Bryce Myren	32' 7.5"
Ryan Barth	31' 7.5"
Danny Buboltz	29' 6"
Chris Jacinto	27' 7"

Discus Throw

Dallas Smith	128' 1"
Kevin Tarbell	99' 4"
Fred Shelby	93' 7.75"
Nick Robinson	90' 11.5"
Ryan Barth	80' 4"
Danny Buboltz	62' 4"

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Jon Schaap
Tim Shoffeitt
Paul Voortman

AWARDS

All-League Awards:

Most Valuable Field Athlete - Adam Hutter
Coach of the Year - Len Fakkema

Team Awards:

Most Valuable Athlete - Adam Hutter
Coaches' Award - Kevin Tarbell
Knight Award - Max Hewitt
Rookie of the Year - Corey Drake
Gatorade Will to Win Award - Fred Shelby

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2005 PERSONAL RECORDS

100m Dash

Ted Reed	11.6
Tommy Hogan	11.65
Christopher Ayetiwa	12.03
Fred Shelby	12.28
Giovanni White	12.29
Theo Bryant	12.31
Kyle Douma	12.62
Phil Owens	12.75
Luke Douma	13.01
Kenneth Dominguez	13.02
Mark Brooks	13.12
Mike Reed	13.57
Kyle Essington	13.73
Justin Vander Molen	14.05
Billy Koot	14.64
Brett Mouw	15.19
Andrew Cortez	16.39

200m Dash

Luke Douma	25.04
Tommy Hogan	25.07
Fred Shelby	25.2
Christopher Ayetiwa	25.92
Tyler Turney	26.31
Kyle Douma	26.56
Mark Brooks	26.86
Mike Reed	27.93
Emmanuel Martinez	28.43
Kyle Essington	28.68
Ted Reed	28.81
Theo Bryant	29.27
Cameron Malchow	34.03
Andrew Cortez	34.47
Justin Vander Molen	34.73

400m Run

Tim Scheuers	54.78
Donald Van Dam	56.25
Mark Brooks	58.55
Kevin Tarbell	58.75
Tyler Turney	1:00.16
Tatum Graddy	1:01
Emmanuel Martinez	1:04
Billy Koot	1:06
Troy Holland	1:08.55
Brett Mouw	1:10
Aaron Alvarez	1:11.27
Andrew Cortez	1:18

AWARDS

All-League Awards:

- Most Valuable Field Athlete - Adam Hutter
- Coach of the Year - Len Fakkema

Team Awards:

- Most Valuable Athlete - Adam Hutter
- Most Improved Award - Tim Scheuers
- Coaches' Award - Max Hewitt
- Knight Award - Donald Van Dam
- Rookie of the Year - Mark Brooks
- Gatorade Will to Win Award - Harold Stone

CIF FINALS QUALIFIER

Adam Hutter - 100m HH

800m Run

Tyler Turney	2:18
Max Hewitt	2:19.1
Mark Oliver	2:21
Kevin Tarbell	2:29.2
Harold Stone	2:29.7
Devin Bush	2:36
Aaron Alvarez	3:03

1600m Run

Patrick Wilson	5:10
Corey Drake	5:18
Harold Stone	5:18
Beau Bekendam	5:37
Devin Bush	5:41

3200m Run

Harold Stone	11:38
Patrick Wilson	11:45
Corey Drake	11:48
Beau Bekendam	12:24
Devin Bush	12:38

110m High Hurdles

Adam Hutter	15.59
Donald Van Dam	17.25
Troy Holland	20.42
Cameron Malchow	22.96

300m Intermediate Hurdles

Donald Van Dam	42.79
Tim Scheuers	46.0
Cameron Malchow	50.37
Tatum Graddy	50.38
Troy Holland	53.53

High Jump

Adam Hutter	5' 10"
David Slegers	5' 10"
Tatum Graddy	5' 2"
Tyler Turney	5' 2"
Mike Reed	5' 0"
Brett Mouw	4' 10"
Kenneth Dominguez	4' 8"

4x100m Relay

Tommy Hogan, Fred Shelby, Ted Reed, Kyle Douma	47.67
Fred Shelby, Ted Reed, Phil Owens, Tommy Hogan	49.9
Ted Reed, Christopher Ayetiwa, Kyle Douma, Tommy Hogan	49.91
Max Hewitt, Tyler Turney, Mark Oliver, Tim Scheuers	50.49
Luke Douma, Phil Owens, Christopher Ayetiwa, Giovanni White	50.91

4x400m Relay

Donald Van Dam, Tim Scheuers, Ted Reed, Max Hewitt	3:47.05
Ted Reed, Max Hewitt, Tyler Turney, Donald Van Dam	3:51.8
Mike Reed, Max Hewitt, Donald Van Dam, Tim Scheuers	3:52
Ted Reed, Max Hewitt, Kevin Tarbell, Tim Scheuers	3:54.58

2005 FINAL LEAGUE STANDINGS

School	Christian League			
	Won	Lost	Tied	Pct.
Aquinas	10	2	0	0.833
Ontario Christian	10	2	0	0.833
Western Christian	4	8	0	0.333
Arrowhead Christian	0	12	0	0.000

Long Jump

Adam Hutter	19' 9.5"
Tyler Turney	17' 4"
Donald Van Dam	17' 0.25"
Mike Reed	16' 9"
Tatum Graddy	16' 0"
Mark Brooks	15' 10"
Christopher Ayetiwa	15' 9"
Kenneth Dominguez	15' 4.5"
Cameron Malchow	14' 9"
Brett Mouw	14' 9"
Kyle Essington	14' 5"
Theo Bryant	14' 4"
Billy Koot	14' 2"
Aaron Alvarez	12' 8"

Triple Jump

Adam Hutter	42' 1"
David Slegers	34' 3.5"
Mike Reed	33' 8"
Cameron Malchow	33' 0"

Shot Put

Dallas Smith	42' 8"
Ryan Bartholomy	35' 1.5"
Kevin Tarbell	34' 8"
Jaron Bouwman	33' 6.5"
Frank Osman	33' 1"
Arie Terpstra	31' 5"
Danny Buboltz	29' 6"
Christopher Jacinto	28' 8.5"
Chris Jacinto	27' 7"

Discus Throw

Dallas Smith	139' 0.5"
Kevin Tarbell	103' 1"
Ryan Bartholomy	92' 0"
Frank Osman	71' 5"
Jaron Bouwman	69' 11"
Christopher Jacinto	58' 5"
Arie Terpstra	57' 7"

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Jon Schaap
Tim Shoffeitt

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2006 PERSONAL RECORDS

100m Dash

Alex Sabio	11.50
Chase Landry	12.50
Elijah Winton	12.95
Daniel Contreras	13.65
Omid Shokraee	13.85
Andrew Cortez	15.12
Trevor Lambooy	15.46

200m Dash

Alex Sabio	24.29
Brandon Morehead	25.50
Chase Landry	26.87
Daniel Contreras	28.55
Omid Shokraee	29.97
Andrew Cortez	31.91
Sal Garcia	33.02

400m Run

Donald Van Dam	53.28
Brandon Morehead	57.63
Josh Morales	1:00.52
Daniel Pichardo	1:02.10
Alex Sabio	1:05.90
Trevor Lambooy	1:08.25
Taylor Fodness	1:11.20
Sal Garcia	1:13.10

800m Run

Tim Scheuers	2:05.46
Daniel Pichardo	2:40.50
Mike Maust	2:53.70
Chris Tanner	2:58.80
Taylor Fodness	2:58.91

1600m Run

Tim Scheuers	4:45.0
Daniel Pichardo	5:26.0
Taylor Fodness	6:12.53
Chris Tanner	6:42.5

3200m Run

Daniel Pichardo	11:34.56
Josh Morales	11:44.92
Ben Pedroza	12:34
Taylor Fodness	13:45
Travis Bartholomy	14:05
Mike Maust	15:41.1

110m High Hurdles

Adam Hutter	15.29 *
Troy Holland	18.34
Slater Ezell	19.12
Ben Pedroza	19.72

300m Intermediate Hurdles

Donald Van Dam	41.24 *
Slater Ezell	45.90
Ben Pedroza	50.63
Troy Holland	53.50

High Jump

Adam Hutter	6' 2"
Donald Van Dam	5' 6"
Slater Ezell	5' 2"

4x100m Relay

Chase Landry, Slater Ezell, Elijah Winton, Alex Sabio	48.65
Donald Van Dam, Alex Sabio, Chase Landry, Slater Ezell	50.5

4x400m Relay

Donald Van Dam, Slater Ezell, Alex Sabio, Tim Scheuers	3:41.82
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Long Jump

Adam Hutter	21' 6.75" *
Tim Scheuers	19' 0.5"
Elijah Winton	16' 1"
Chase Landry	15' 4"
Omid Shokraee	14' 8.5"
Trevor Lambooy	14' 1.5"
Daniel Contreras	13' 11.5"
Brandon Morehead	11' 1"

Triple Jump

Adam Hutter	44' 2.5" *
Troy Holland	33' 11.5"
Daniel Pichardo	31' 6.5"
Josh Morales	30' 7"

Shot Put

Arie Terpstra	35' 2.25"
Dylan Gallop	30' 2.25"
Andrew Acevedo	27' 7.5"
Travis Bartholomy	24' 6"
Brandon Morehead	22' 7.25"
Elijah Winton	21' 10.5"

Discus Throw

Arie Terpstra	97' 1"
Dylan Gallop	81' 3.25"
Travis Bartholomy	76' 11.5"
Elijah Winton	71' 11.25"
Andrew Acevedo	66' 3"
Brandon Morehead	64' 0.75"

AWARDS

All-League Awards:

- Most Valuable Track Athlete - Tim Scheuers
- Most Valuable Field Athlete - Adam Hutter

Team Awards:

- Most Valuable Athlete - Tim Scheuers
- Most Improved Award - Brandon Morehead
- Coaches' Award - Donald Van Dam
- Knight Award - Adam Hutter
- Rookie of the Year Award - Slater Ezell & Alex Sabio

CIF QUALIFIERS

- Tim Scheuers, Sr - 800m
- Tim Scheuers, Sr - 1600m
- Adam Hutter, Sr - HJ
- Adam Hutter, Sr - LJ
- Adam Hutter, Sr - TJ
- Van Dam, Ezell, Sabio, Scheuers - 4x400m

CIF FINALS QUALIFIER

- Adam Hutter - HJ
- Adam Hutter - LJ
- Adam Hutter - TJ

2006 FINAL LEAGUE STANDINGS

Christian League

School	Won	Lost	Tied	Pct.
Aquinas	11	1	0	0.917
Ontario Christian	9	3	0	0.750
Western Christian	3	9	0	0.250
Arrowhead Christian	1	11	0	0.083

HEAD COACH:

Jon Schaap

ASSISTANT COACHES:

- Len Fakkema
- Beth Annema
- Lisa Easley
- Alex Katemopoulos

* Denotes School Record

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2008 PERSONAL RECORDS

100m Dash

Alex Sabio	11.08
Jordan Giali	12.31
Michael Belen	12.45

200m Dash

Andrew Lachelt	23.40
Alex Sabio	23.50
Austin Leonard	25.63
Jordan Giali	26.17
Michael Belen	26.69
Omid Shokraee	28.46
Luis Pacheco	28.98
Aaron Cortez	29.54

400m Run

Andrew Lachelt	52.57
Luis Pacheco	1:02.19
Cristobal Pacheco	1:02.94
Taylor Fodness	1:05.46
Daniel Pichardo	1:05.77

800m Run

Joshua Morales	2:11.80
Jonathan Olson	2:28.08
Trevor Wolnisty	2:28.42
Cristobal Pacheco	2:26.65
Aaron Cortez	2:26.91
Zach Oliver	2:11.85
Austin Leonard	2:24.39

1600m Run

Zach Oliver	4:33.41
Joshua Morales	5:05.00
Trevor Wolnisty	5:05.07
Jonathan Olson	5:12.00
Daniel Pichardo	5:21.75
Cristobal Pacheco	5:37.57
Taylor Fodness	5:48.32

3200m Run

Zach Oliver	9:55.26
Jonathan Olson	11:21.00
Daniel Pichardo	11:47.37
Trevor Wolnisty	12:09.97
Cristobal Pacheco	14:05.00

110m High Hurdles

Slater Ezell	16.12
Chris Tanner	18.14
Luis Pacheco	19.99

300m Intermediate Hurdles

Slater Ezell	40.06 *
Chris Tanner	49.37
Luis Pacheco	50.83

High Jump

Slater Ezell	5' 8"
Andrew Lachelt	5' 6"
Zach Oliver	5' 4"

Long Jump

Omid Shokraee	17' 1"
Chris Tanner	16' 8"
Joshua Morales	15' 6.5"
Aaron Cortez	15' 2.5"

Triple Jump

Chris Tanner	36' 1"
Joshua Morales	33' 2.5"
Tyler Riffey	32' 11.5"
Aaron Cortez	31' 4"
Omid Shokraee	27' 8.25"

Shot Put

Arie Terpstra	40' 0"
Tyler Riffey	33' 7.25"
Andrew Aivazian	33' 0.5"
Jimmy Lohan	32' 10"
Brad Bosch	32' 2.75"
John Wiersma	32' 2"
Andrew Acevado	30' 2"
Joshua Vander Well	27' 5"
Andrew Lohan	24' 4.5"
Jack Choi	21' 11.75"

Discus Throw

Arie Terpstra	120' 11"
Brad Bosch	104' 5.5"
John Wiersma	98' 3"
Jimmy Lohan	96' 7"
Tyler Riffey	96' 7"
Andrew Acevado	83' 11.5"
Andrew Aivazian	81' 0"
Joshua Vander Well	76' 11"
Andrew Lohan	67' 9"
Jack Choi	57' 4"

4x100m Relay

Alex Sabio, Austin Leonard, Michael Belen, Jordan Giali	48.09
Michael Belen, Aaron Cortez, Luis Pacheco, Jordan Giali	53.35

4x400m Relay

Joshua Morales, Zach Oliver, Alex Sabio, Slater Ezell	3:43.52
Joshua Morales, Alex Sabio, Slater Ezell, Andrew Lachelt	3:43.60

CIF FINALS QUALIFIERS

Slater Ezell - 110HH, 300IH
Zach Oliver - 3200m

AWARDS

All-League Awards:

Coach of the Year - Jon Schaap
Most Valuable Track - Zach Oliver
Most Valuable Field - Arie Terpstra
All-League - Joshua Morales, Zach Oliver,
Slater Ezell, Arie Terpstra, Alex Sabio

Team Awards:

Most Valuable Athlete - Slater Ezell
Knight Award - Arie Terpstra
Most Improved Award - Brad Bosch
Coaches Award - Zach Oliver
Rookie of the Year Award - Tyler Riffey
and Trevor Wolnisty

2008 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	11	1	0	0.917	13	2	0	0.867
Aquinas	9	3	0	0.750	9	3	0	0.750
Arrowhead Christian	4	8	0	0.333	4	8	0	0.333
Western Christian	0	12	0	0.000	0	12	0	0.000

HEAD COACH:

Jon Schaap

ASSISTANT COACHES:

Len Fakkema
Lisa Easley
Alex Katemopoulos
Allison Kliensasser
Donald Van Dam

* Denotes School Record

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2009 PERSONAL RECORDS

100m Dash

Alex Sabio	10.90
Slater Ezell	11.18
Omid Shokraee	11.61
E.J. Myles	11.70
Tyrone Tarvin	12.03
Mark Urtz	12.37
Linus Amarikwa	12.79
Matt Seno	12.81
Justin Downey	12.92
Michael Belen	12.94

200m Dash

Alex Sabio	23.91
Tyrone Tarvin	24.73
E.J. Myles	24.84
James Ramey	24.85
Kilan Pace	25.89
Justin Downey	25.89
Jobob Taelieifi	26.19
Michael Belen	26.89
Mason Schaefer	28.12

400m Run

Slater Ezell	53.13
James Ramey	54.89
Mark Urtz	56.98
Michael Belen	57.01
Jobob Taelieifi	58.80
Omid Shokraee	59.03
Justin Downey	1:00.25
Mason Schaefer	1:03.05

Manager - Jenna Boyd
 Manager - Elijah Winton

4x100m Relay

Omid Shokraee, Tyrone Tarvin, E.J. Myles, Alex Sabio	46.23
Linus Amarikwa, Kilan Pace, Michael Belen, E.J. Myles	48.00
E.J. Myles, Tyrone Tarvin, Michael Belen, Omid Shokraee	49.28
E.J. Myles, Tyrone Tarvin, Michael Belen, Linus Amarikwa	49.85

4x400m Relay

James Ramey, Trevor Wolnisty, Alex Sabio, Slater Ezell	3:36.43 *
James Ramey, Zach Oliver, Alex Sabio, Slater Ezell	3:40.50
James Ramey, Trevor Wolnisty, Kilan Pace, Slater Ezell	3:44.02
James Ramey, Alex Sabio, Mark Urtz, Trevor Wolnisty	3:47.94

* Denotes School Record

800m Run

Zach Oliver	2:05.27
Trevor Wolnisty	2:11.22
Aaron Cortez	2:16.95
Micah McClure	2:19.57
Jobob Taelieifi	2:24.74
Justin Downey	2:33.69
Brendon Teague	2:33.95
Linus Amarikwa	2:37.94
Justin Horton	2:45.00

1600m Run

Zach Oliver	4:26.41
Trevor Wolnisty	4:48.40
Brendon Teague	5:33.42
Justin Downey	5:35.06
Linus Amarikwa	5:59.50

3200m Run

Zach Oliver	9:32.71 *
Brendon Teague	11:39.96
Jared Overstreet	11:40.17
Jonathan Olson	11:52.04

5000m Run

Zach Oliver	15:19.11
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110m High Hurdles

Slater Ezell	15.23 *
Kilan Pace	16.71
Chris Tanner	17.36
Luis Pacheco	19.64

300m Intermediate Hurdles

Slater Ezell	39.28 *
Kilan Pace	44.37
Luis Pacheco	48.22
Matt Seno	51.96
Tyler Riffey	59.29

High Jump

Slater Ezell	5' 10"
Trevor Wolnisty	5' 6"
Zach Oliver	5' 4"
Jobob Taelieifi	5' 2"
Chris Tanner	5' 2"
Mark Urtz	5' 0"

Long Jump

Omid Shokraee	18' 5"
Jobob Taelieifi	18' 3.5"
Chris Tanner	17' 11.75"
Micah McClure	16' 10.25"
Kilan Pace	16' 9.25"
Aaron Cortez	16' 2.75"
Mark Urtz	16' 1.5"
Luis Pacheco	15' 6"
Matt Seno	14' 5.5"

Triple Jump

Omid Shokraee	36' 5.5"
Chris Tanner	35' 11.5"
Jobob Taelieifi	34' 10.25"
Kilan Pace	34' 9.75"
Aaron Cortez	33' 10"
Tyler Riffey	33' 1.75"
Luis Pacheco	29' 2"

Shot Put

Scott Gutman	43' 3.25"
Tyrone Tarvin	39' 4.5"
John Wiersma	37' 3.75"
David Galvez	35' 5"
Andrew Acevedo	35' 0.25"
Brad Bosch	34' 11"
Tyler Riffey	34' 0.75"
Joshua Vander Well	31' 6.75"
Vincent Romero	29' 11"
Justin Horton	22' 8"

Discus Throw

Scott Gutman	133' 5"
Brad Bosch	107' 5.5"
David Galvez	101' 2"
John Wiersma	99' 9"
Tyler Riffey	89' 7.5"
Joshua Vander Well	87' 8"
Andrew Acevedo	82' 3"
Vincent Romero	82' 3"
Justin Horton	62' 5.5"

2009 FINAL LEAGUE STANDINGS

AWARDS

All-League Awards:

Most Valuable Track - Slater Ezell	Ontario Christian	10	1	1	0.875	13	1	1	0.900
Most Valuable Field - Scott Gutman	Aquinas	9	2	1	0.792	10	2	1	0.808
All-League - Slater Ezell, Scott Gutman,	Arrowhead Christian	4	8	0	0.333	4	8	0	0.333
Zach Oliver, James Ramey, Alex Sabio,	Western Christian	0	12	0	0.000	0	12	0	0.000
Trevor Wolnisty									

Team Awards:

Most Valuable Athlete - Slater Ezell
Knight Award - Zach Oliver
Most Improved Award - Scott Gutman
Coaches Award - Alex Sabio
Rookie of the Year Award - David Galvez and James Ramey

HEAD COACH:

Jon Schaap

ASSISTANT COACHES:

Hurdle Coach - Cally Bonestroo
 Sprint Coach - Drew Vander Well
 Throw Coach - Bobby Arispe
 Throw Coach - Rick Aburto
 Jump Coach - Gabe Neal

CIF FINALS QUALIFIERS

Slater Ezell - 110H, 300H
 Zach Oliver - 1600m, 3200m

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2010 PERSONAL RECORDS

100m Dash

E.J. Myles	11.03
Andrew Lachelt	11.40
Jordan Kloosterman	11.62
Cameron Levis	12.16
Morgan Whalen	12.34
Michael Salas	12.37
Matt Seno	12.85
Alec Knighten	13.38
Alec Luna	13.91

200m Dash

Jordan Kloosterman	23.08
E.J. Myles	23.75
Austin Bremer	24.06
Michael Belen	24.91
Morgan Whalen	25.13
Michael Salas	25.19
Matt Seno	26.35
Alec Knighten	27.90
Austin Dayen	29.12

400m Run

Austin Bremer	55.37
Mark Urtz	55.72
Andrew Lachelt	56.10
Michael Belen	56.87
Trevor Wolnisty	58.83
Morgan Whalen	1:00.62
Kyle Koning	1:00.71
Michael Salas	1:04.91
Austin Dayen	1:05.31

800m Run

Aaron Cortez #	2:10.78
Michael Belen	2:12.56
Trevor Wolnisty	2:19.85
Josh Gann	2:20.84
Linus Amarikwa	2:36.66
Morgan Whalen	2:39.00
Evan Anderson	2:54.52
Justin Horton	3:02.00

4x100m Relay

E.J. Myles, Andrew Lachelt, Jordan Kloosterman, Austin Bremer	45.03
E.J. Myles, T.J. Spykstra, Morgan Whalen, Austin Bremer #	46.75
E.J. Myles, Mark Urtz, Morgan Whalen, Austin Bremer	47.88

4x400m Relay

Michael Belen, Morgan Whalen, T.J. Spykstra, Austin Bremer #	3:39.78
Austin Bremer, Michael Belen, T.J. Spykstra, Andrew Lachelt	3:43.79
Michael Belen, Mark Urtz, T.J. Spykstra, Austin Bremer	3:46.88
Austin Bremer, Trevor Wolnisty, T.J. Spykstra, Andrew Lachelt	3:50.88
Austin Bremer, Michael Belen, T.J. Spykstra, Morgan Whalen	3:52.82

AWARDS

All-League Awards:

Most Valuable Track - T.J. Spykstra
 All-League - T.J. Spykstra, David Galvez, E.J. Myles,
 Morgan Whalen, Austin Bremer, Michael Belen

Team Awards:

Most Valuable Runner - T.J. Spystra
 Knight Award - Austin Bremer
 Most Improved Runner - Aaron Cortez
 and Jordan Olson
 Coaches Award - Michael Belen
 and Morgan Whalen
 Rookie of the Year Award - Jeremy Lara
 and Tyler Witte

1600m Run

Trevor Wolnisty	5:04.52
Josh Gann	5:13.00
Adrian Contreras	5:33.66
Linus Amarikwa	5:40.69
Evan Anderson	6:01.04
Christian Gochez	6:06.00
Matthew Wolfhope	6:10.00

3200m Run

Jordon Olson	11:05.81
Jared Overstreet	11:13.15
Brendon Teague	11:30.30
Josh Gann	12:00.39
Dylan Van Iwaarden	12:32.19
Christian Gochez	12:33.51
Cody Reitsma	12:52.68
Evan Anderson	13:40.80

110m High Hurdles

T.J. Spykstra #	17.25
Luis Pacheco	17.66
Aaron Cortez #	17.72
Alec Knighten	21.19

300m Intermediate Hurdles

T.J. Spykstra #	42.75
Luis Pacheco	47.54
Adrian Contreras	49.56
Alec Luna	54.44
Austin Dayen	55.97
Matt Wolfhope	56.22
Zach Long	57.75
Christian Gochez	1:00.00

High Jump

Trevor Wolnisty #	5' 10"
Mark Urtz	5' 2"
Cameron Levis	4' 10"

Long Jump

T.J. Spykstra	18' 4.5"
Jordan Kloosterman	18' 1.5"
Morgan Whalen	17' 5"
Luis Pacheco	16' 4"
Aaron Cortez	15' 11"
Kyle Koning	15' 7"
David Galvez	14' 6"
Austin Dayen	12' 9.5"
Zach Long	12' 9.5"
Mitchell Schwietzer	12' 4"
Linus Amarikwa	12' 1.5"

Triple Jump

Aaron Cortez	35' 1"
Kyle Koning	30' 10"
Luis Pacheco	29' 6"
Zach Long	25' 6"
Mitchell Schweitzer	23' 7.5"

Shot Put

David Galvez #	39' 8"
Zach Vega	36' 8.5"
Tyler Witte	35' 5"
Linus Amarikwa	32' 10.5"
Mark Urtz	31' 9"
Jeremy Lara	29' 9"
Kaleb Moreno	29' 8"
Matt Bremer	29' 5.5"
Trey Bryant	28' 8"
Daniel Ghobrial	28' 4"
Mason Schaefer	26' 0.25"
Josh Tampio	25' 10.5"
Mitchell Schwietzer	25' 5"
Matt Mendoza	22' 3"

Discus Throw

David Galvez	111' 8.5"
Jeremy Lara	106' 1"
Tyler Witte	103' 8.5"
Zach Vega	94' 1"
Mason Schaefer	81' 3.5"
Kaleb Moreno	79' 5"
Josh Tampio	78' 5"
Matt Bremer	72' 8"
Trey Bryant	70' 8.5"
Daniel Ghobrial	64' 9.5"
Mitchell Schweitzer	63' 0"
Matt Mendoza	42' 6"

HEAD COACH: ASSISTANT COACHES:

Jon Schaap Assistant Coach - Drew Vander Well
 Hurdle Coach - Cally Bonestroo
 Throw Coach - Carlos Hernandez
 Throw Coach - Rick Aburto
 Jump Coach - Gabe Neal
 Manager - Jacqueline Firestone
 Manager - Vanessa Munguia
 Manager - Sierra Dayen

* Denotes School Record
 # Denotes CIF Qualifier

2010 FINAL LEAGUE STANDINGS

	Christian League				Overall			
School	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Western Christian	12	0	0	1.000	12	0	0	1.000
Ontario Christian	8	4	0	0.667	12	5	0	0.706
Aquinas	4	8	0	0.333	4	9	0	0.308
Arrowhead Christian	0	12	0	0.000	0	12	0	0.000

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2011 PERSONAL RECORDS

100m Dash

E.J. Myles #	Sr	11.41
Cameron Levis	Jr	11.99
Tyler Juetten	Fr	12.08
Justin Frenes	So	12.46
Matt Nishanian	So	12.75
Alec Knighten	So	12.85
Adriel Perry	So	12.91
Jared Chrisman	Fr	13.08
Christian Carillo	Fr	13.08
Matthew Wolfhope	So	13.49
Matthew White	So	13.88

200m Dash

E.J. Myles #	Sr	23.61
Mark Urtz	Jr	23.66
T.J. Spykstra	So	24.97
Tyler Juetten	Fr	25.08
Matt Nishanian	So	25.98
Jared Chrisman	Fr	27.52

400m Run

Mark Urtz #	Jr	50.81 *
E.J. Myles	Sr	54.46
Trevor Wolnisty	Sr	55.78
Michael Belen	Sr	57.71
Matt Nishanian	So	1:02.71

800m Run

Aaron Cortez	Sr	2:14.25
Michael Belen	Sr	2:15.29
John Ko	Jr	2:34.11
Evan Anderson	So	2:47
Matthew Wolfhope	So	2:48.59

AWARDS

All-League Awards:

- E.J. Myles - 100m
- T.J. Spykstra - 110h
- T.J. Spykstra - 300h
- Trevor Wolnisty - HJ
- Tyler Juetten, T.J. Spykstra, Mark Urtz, E.J. Myles - 4x100m Relay
- Michael Belen, Mark Urtz, T.J. Spykstra, E.J. Myles - 4x400m Relay

Most Valuable Track - T.J. Spykstra

Coaches of the Year - Jon Schaap and

Randy Samuel

Team Awards:

Most Valuable Track - T.J. Spykstra

Most Valuable Field - David Galvez

Knight Award - Jordan Olson

Most Improved - Mark Urtz

Coaches Award - E.J. Myles

Rookie of the Year - Jared Chrisman and

Tyler Juetten

COACHING STAFF:

- Head Coach - Jon Schaap
- Hurdle Coach - Cally Bonestroo
- Throw Coach - Carlos Hernandez
- Throw Coach - Mike Nishanian
- Jump Coach - Drew Vander Well

1600m Run

Jared Overstreet	Jr	5:21.25
Jordan Olson	Jr	5:24.33
John Ko	Jr	5:34.46
Evan Anderson	So	5:35.13
Matthew Wolfhope	So	6:17
Matthew Alvarez	So	6:30.75

3200m Run

Jordan Olson #	Jr	10:45.42
Jared Overstreet	Jr	11:18.99
Cody Reitsma	Jr	11:47.73
John Ko	Jr	11:56.46
Matthew Wolfhope	So	13:22.20
Max Madewell	Jr	14:46

110m High Hurdles

T.J. Spykstra #	So	16.26
Aaron Cortez #	Sr	17.83
Luis Pacheco	Sr	18.55
Alec Knighten	So	19.96

300m Intermediate Hurdles

T.J. Spykstra #	So	41.16
Trevor Wolnisty #	Sr	42.56
Luis Pacheco	Sr	47.44

High Jump

Trevor Wolnisty #	Sr	6' 2"
Cameron Levis	Jr	5' 6"
Mark Urtz	Jr	5' 2"
Trey Bryant	Sr	5' 0"

4x100m Relay

Tyler Juetten, T.J. Spykstra, Mark Urtz, E.J. Myles #	44.98
Cameron Levis, T.J. Spykstra, Mark Urtz, Matt Nishanian	45.48
Cameron Levis, Mark Urtz, T.J. Spykstra, E.J. Myles	46.19

4x200m Relay

Tyler Juetten, T.J. Spykstra, Mark Urtz, E.J. Myles	1:35.82
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4x400m Relay

Michael Belen, Mark Urtz, E.J. Myles, T.J. Spykstra #	3:27.16 *
Michael Belen, Mark Urtz, Trevor Wolnisty, T.J. Spykstra	3:39.67
Michael Belen, E.J. Myles, Trevor Wolnisty, T.J. Spykstra	3:45.49

2011 FINAL LEAGUE STANDINGS

School	Ambassador League			Overall		
	Won	Lost	Pct.	Won	Lost	Pct.
Ontario Christian	28	0	1.000	29	2	0.935
Linfield Christian	23	5	0.821	0	0	0.000
Aquinas	20	8	0.714	0	0	0.000
Woodcrest Christian	15	13	0.536	0	0	0.000
Riverside Christian	13	15	0.464	0	0	0.000
Western Christian	9	19	0.321	0	0	0.000
Calvary Murrieta	2	26	0.071	0	0	0.000
Arrowhead Christian	2	26	0.071	0	0	0.000

Long Jump

T.J. Spykstra	So	17' 1.5"
Luis Pacheco	Sr	17' 0"
Aaron Cortez	Sr	16' 8"
Jared Chrisman	Fr	16' 0"
Jeremy Lara	Sr	15' 11"
Trey Bryant	Sr	15' 9"

Triple Jump

Trevor Wolnisty	Sr	36' 6"
Aaron Cortez	Sr	34' 9"
Luis Pacheco	Sr	32' 4"
Jared Chrisman	Fr	31' 11"

Shot Put

David Galvez #	Sr	41' 8"
Tyler Witte	Sr	37' 0"
Jeremy Lara	Sr	33' 7.75"
Austin Smith	Sr	33' 0.5"
Justin Frenes	So	30' 8"

Discus Throw

David Galvez #	Sr	116' 0"
Jeremy Lara #	Sr	115' 4"
Tyler Witte	Sr	106' 1"
Austin Smith	Sr	102' 9"

* Denotes School Record

Denotes CIF Qualifier

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2012 PERSONAL RECORDS

100m Dash

Dean Singleton	So	11.82
Mark Urtz	Sr	11.83
Tyler Juetten	So	12.03
Matt Nishanian	Jr	12.46
Mike Salas	Sr	12.5h
Nathanael Taylor	Fr	13.1h
Kris Demoica	Fr	13.13
Teddy Yelland	Fr	13.51
Matt Alvarez	Jr	14.2h
Alan De Vries	Fr	14.6h
Gavin Wade	So	15.1h
David Solares	Fr	15.9h
Aryeh Perry	Fr	15.6h
John Alva	Fr	18.0h

200m Dash

Mark Urtz #	Sr	23.10
Dean Singleton	So	23.9h
Adriel Perry	Jr	24.1h
Tyler Juetten	So	24.5h
Matt Nishanian	Jr	25.84
Kyle Kortenhoeven	Jr	26.51
Teddy Yelland	Fr	27.1h
Alan De Vries	Fr	30.0h
David Solares	Fr	33.3h

400m Run

Mark Urtz * ^ #	Sr	50.25
Dean Singleton	So	53.76
Tyler Juetten	So	55.53
Cameron Larson	Jr	55.9h
Jared Chrisman	So	1:01.50
Kyle Kortenhoeven	Jr	1:02.0h
Nathanael Taylor	Fr	1:04.58
Alan De Vries	Fr	1:04.8h

AWARDS

All-League Awards:

- Mark Urtz - 400m
 - Jake Landreth - 1600m
 - Jake Landreth - 3200m
 - T.J. Spykstra - 110h
 - T.J. Spykstra - 300h
 - Adriel Perry - LJ
 - Adriel Perry, T.J. Spykstra, Matt Nishanian, Mark Urtz - 4x100m Relay
 - Mark Urtz, T.J. Spykstra, Tyler Juetten, Dean Singleton - 4x400m Relay
 - Most Valuable Track - T.J. Spykstra
 - Coach of the Year - Mason Burroughs
- Team Awards:
- Most Valuable Track - Jake Landreth, T.J. Spykstra, and Mark Urtz
 - Most Valuable Field - Matt Nishanian and Adriel Perry
 - Knight Award - Tyler Juetten
 - Most Improved - Collen Hardy
 - Coaches Award - T.J. Spykstra
 - Rookie of the Year - Jake Landreth

COACHING STAFF:

- Head and Sprint Coach - Mason Burroughs
- Middle Distance Coach - Ken Scott
- Long Distance Coach - Gretchen Gonzales
- Hurdle Coach - Cally Bonestroo
- Jump Coach - Drew Vander Well
- Throw Coach - Mike Nishanian

800m Run

Jake Landreth	So	2:12.37
Jared Chrisman	So	2:20.93
Tyler Juetten	So	2:27.0h
Collin Hardy	Fr	2:33.9h
Nathanael Taylor	Fr	2:34.04
Matthew Wolfhope	Jr	2:38.2h
John Ko	Sr	2:40.93
Matt Alvarez	Jr	2:49.0

1600m Run

Jake Landreth ^ #	So	4:42.17
Collin Hardy	Fr	5:24.4h
John Ko	Sr	5:29.4h
Tyler Juetten	So	5:42.7h
Matthew Wolfhope	Jr	5:57.0h
Matt Alvarez	Jr	5:59.0
Max Madewell	Sr	6:23.0h
Matt Alvarez	Jr	6:36.9h

3200m Run

Jake Landreth ^ #	So	10:23.75
Collin Hardy	Fr	11:51.4h
John Ko	Sr	11:58.7h
Tyler Juetten	So	13:18.5h
Matthew Wolfhope	Jr	13:51.7h
Max Madewell	Sr	14:03.0h

110m High Hurdles

T.J. Spykstra ^ #	Jr	16.17
Kyle Kortenhoeven	Jr	18.9h
Nathanael Taylor	Fr	19.0h

300m Intermediate Hurdles

T.J. Spykstra ^ #	Jr	40.04
Kyle Kortenhoeven	Jr	49.2h
Nathanael Taylor	Fr	49.6h

4x100m Relay

Adriel Perry, Mark Urtz, T.J. Spykstra, Matt Nishanian ^ #	44.85
Tyler Juetten, Dean Singleton, T.J. Spykstra, Mark Urtz	44.9h
Mark Urtz, T.J. Spykstra, Adriel Perry, Dean Singleton	45.6
Teddy Yelland, David Solares, Alan De Vries, Tyler Juetten	56.6

4x400m Relay

Dean Singleton, Tyler Juetten, T.J. Spykstra, Mark Urtz ^ #	3:30.69
Mark Urtz, Cameron Larson, Tyler Juetten, Dean Singleton	3:37.47
Mark Urtz, T.J. Spykstra, Tyler Juetten, Dean Singleton	3:39.87
Teddy Yelland, Kyle Kortenhoeven, Matt Wolfhope, David Solares	4:42

2012 FINAL LEAGUE STANDINGS

League Champion by tie breaker

School	Ambassador League			Overall		
	Won	Lost	Pct.	Won	Lost	Pct.
Ontario Christian #	26	2	0.929	26	2	0.929
Linfield Christian	26	2	0.929	26	2	0.929
Arrowhead Christian	20	8	0.714	20	8	0.714
Western Christian	16	12	0.571	16	12	0.571
Aquinas	12	16	0.429	12	16	0.429
Calvary Murrieta	4	24	0.143	4	24	0.143
Riverside Christian	4	24	0.143	4	24	0.143
Woodcrest Christian	4	24	0.143	4	24	0.143

High Jump

Cameron Levis	Sr	5' 8"
Adriel Perry	Jr	5' 6"
Mark Urtz	Sr	5' 0"
Kris Demoica	Fr	4' 10"
Jared Chrisman	So	4' 8"
Nathanael Taylor	Fr	4' 6"

Long Jump

Adriel Perry * ^ #	Jr	22' 4"
Cameron Levis	Sr	18' 2.5"
Jared Chrisman	So	17' 6"
Kris Demoica	Fr	17' 0"
Dean Singleton	So	16' 11.5"
Nathanael Taylor	Fr	15' 6.75"
Alan De Vries	Fr	13' 7"

Triple Jump

Jared Chrisman	So	37' 9"
Adriel Perry	Jr	37' 8"
T.J. Spykstra	Jr	35' 1.5"
Kris Demoica	Fr	33' 9"
Tyler Juetten	So	25' 7.5"

Shot Put

Ryan Ramoneda	Sr	39' 8.25"
Matt Nishanian	Jr	38' 3"
Josh Tampio	Jr	37' 6"
Matthew Wolfhope	Jr	34' 11"
Nathanael Taylor	Fr	30' 8"
Aryeh Perry	Fr	30' 0"
Matt Alvarez	Jr	28' 9"
John Alva	Fr	28' 7.5"
Gavin Wade	So	28' 5.5"

Discus Throw

Matt Nishanian #	Jr	116' 5"
Josh Tampio	Jr	101' 1.75"
Matt Alvarez	Jr	92' 9"
Ryan Ramoneda	Sr	88' 3"
Gavin Wade	So	72' 10"
Aryeh Perry	Fr	69' 1"
John Alva	Fr	63' 2.5"

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2013 PERSONAL RECORDS

100m Dash

Christian Dirksen #	12	11.67
Noah Felix	10	11.96
Bryan Zarate	10	12.18
Josh Bayliss	11	12.30
Tim Apostolou	10	12.62
Daniel Perez	9	12.89
Raine Bateman	9	13.06
Michael Lawrence	11	13.19
James Hammond	9	13.28
Teddy Yelland	10	13.31
Matt White	12	13.39
Tyus Dennis	10	13.53
Alan De Vries	10	13.54

200m Dash

T.J. Spykstra	12	23.81
Christian Dirksen	12	25.32
Vinny Underwood	11	25.45
Josh Tampio	12	25.48
Michael Lawrence	11	25.49
Bryan Zarate	10	25.96
Nathaniel Belden	9	26.27
Noah Felix	10	26.32
Matt White	12	26.76
Teddy Yelland	10	26.92
Raine Bateman	9	27.48
Teddy Yelland	10	27.56
Tyus Dennis	10	27.58
Alan De Vries	10	28.91

400m Run

Michael Lawrence	11	54.21
Bryan Zarate	10	54.33
Kris De Moica	10	58.62
Nathaniel Belden	9	59.80
Noah Felix	10	1:00.06
Jesse Monroe	10	1:00.77
Tyus Dennis	10	1:02.72
Matt Wolfhope	12	1:03.42
Kevin De Vries	9	1:04.40
Jeffrey Zhang	12	1:04.64

AWARDS

All-League Awards:

- T.J. Spykstra - 110h
- T.J. Spykstra - 300h
- Christian Dirksen, T.J. Spykstra, Michael Lawrence, Bryan Zarate - 4x100m Relay
- Vinny Underwood, Bryan Zarate, Michael Lawrence, T.J. Spykstra - 4x400m Relay

Team Awards:

- Most Valuable Track - T.J. Spykstra
- Most Valuable Multi Event - Jared Chrisman
- Most Valuable Sprints - Michael Lawrence
- Most Valuable Distance - Jake Landreth
- Most Valuable Field - Josh Tampio
- Most Improved Sprints - Nathanael Taylor
- Most Improved Field - Nathaniel Belden
- Knight Award - Matt Wolfhope
- Coaches Award - T.J. Spykstra
- Rookie of the Year - Jakob Eichor, Vinny Underwood, Bryan Zarate

800m Run

Jake Landreth	11	2:09.59
Vinny Underwood	11	2:17.62
Michael Lawrence	11	2:21.14
Matt Wolfhope	12	2:25.97
Jakob Eichor	9	2:27.80
Jeffrey Zhang	12	2:28.55
Collin Hardy	10	2:37.27
James Hammond	9	2:42.43
Nathan Crespo	9	2:42.58
Tyus Dennis	10	2:42.81
Kevin De Vries	9	2:45.00

1600m Run

Jake Landreth #	11	4:41.31
Jakob Eichor	9	5:03.00
Vinny Underwood	11	5:10.72
Collin Hardy	10	5:34.38
James Hammond	9	5:45.98
Kevin De Vries	9	5:47.15
Nathan Crespo	9	5:52.27
Matt Wolfhope	12	5:53.41
Jeffrey Zhang	12	6:10.48
Kyle Rowland	10	6:10.70

3200m Run

Jake Landreth #	11	10:13.61
Jakob Eichor	9	11:06.68
Collin Hardy	10	11:31.94
Jeffrey Zhang	12	13:03.70
Kyle Rowland	10	13:16.31
Kevin De Vries	9	13:28.77
Nathan Crespo	9	13:52.25
James Hammond	9	14:25.64

110m High Hurdles

T.J. Spykstra ^ #	12	15.98
Jared Chrisman #	11	17.11
Nathanael Taylor	10	17.64
Anthony Quintanilla	9	18.68
Jesse Monroe	10	19.74
Daniel Perez	9	20.30

300m Intermediate Hurdles

T.J. Spykstra ^ #	12	39.87
Jared Chrisman	11	44.69
Anthony Quintanilla	9	46.67
Nathanael Taylor	10	47.64
Daniel Perez	9	53.07

4x100m Relay

Christian Dirksen, T.J. Spykstra, Michael Lawrence, Bryan Zarate ^ #	44.87
Josh Bayliss, T.J. Spykstra, Michael Lawrence, Bryan Zarate	46.25
Adriel Perry, Michael Lawrence, T.J. Spykstra, Bryan Zarate	46.96
Teddy Yelland, Noah Felix, Tim Apostolou, Daniel Perez	49.44
Teddy Yelland, Nathaniel Taylor, Tim Apostolou, Noah Felix	49.68
Teddy Yelland, Noah Felix, Nathanael Taylor, Daniel Perez	50.34

4x400m Relay

Vinny Underwood, Bryan Zarate, Michael Lawrence, T.J. Spykstra ^ #	3:33.38
Vinny Underwood, Bryan Zarate, Michael Lawrence, Nathaniel Belden	3:37.85
Vinny Underwood, Bryan Zarate, Michael Lawrence, Jesse Monroe	3:51.77
Tim Apostolou, Tyus Dennis, Noah Felix, Nathaniel Belden	4:05.65
Noah Felix, Tim Apostolou, Jesse Monroe, Teddy Yelland	4:12.65
Teddy Yelland, Tim Apostolou, Jesse Monroe, Daniel Perez	4:20.23

High Jump

Kris De Moica	10	5-08
Tyus Dennis	10	5-02
Matt White	12	5-00
Nathaniel Belden	9	4-10
Tim Apostolou	10	4-08
Jesse Monroe	10	4-06

Long Jump

Adriel Perry	12	20-10.00
Jared Chrisman	10	18-04.50
Kris De Moica	10	18-01.00
Nathaniel Belden	9	17-08.00
Matt White	12	16-07.00
Nathanael Taylor	10	15-11.75
Tim Apostolou	10	15-11.00
Anthony Quintanilla	9	15-05.50
Alan De Vries	10	14-02.50

Triple Jump

Jared Chrisman #	11	41-05.50
Nathaniel Belden	9	38-09.00
Nathanael Taylor	10	32-06.75
Alan De Vries	10	29-10.50

Shot Put

Josh Tampio	12	38-06.00
Aryeh Perry	10	36-03.50
James De Vries	9	35-03.50
Paul Bressler	12	34-10.00
Chase Wolfhope	9	34-07.00
Gavin Wade	11	33-07.00
Jelani Olufemi	10	30-06.00
Tony Zhu	10	28-06.50
Daniel Perez	9	26-09.50

Discus Throw

Josh Tampio #	12	108-02.50
Paul Bressler	12	101-01.75
Chase Wolfhope	9	92-07.50
Gavin Wade	11	89-09.00
Matt Alvarez	12	87-00.00
Aryeh Perry	10	85-08.00
James De Vries	9	85-02.00
Jelani Olufemi	10	69-04.75
Tony Zhu	10	68-00.50

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2013 PERSONAL RECORDS

COACHING STAFF:

Head Coach and Sprint Coach - Mason Burroughs
 Middle Distance Coach - Ken Scott
 Long Distance Coach - Gretchen Gonzales
 Hurdle Coach - Cally Bonestroo
 Jump Coach - Drew Vander Well

2013 FINAL LEAGUE STANDINGS

League Champion by tie breaker

	Ambassador League			Overall		
School	Won	Lost	Pct.	Won	Lost	Pct.
Linfield Christian #	26	2	0.929	26	2	0.929
Arrowhead Christian	26	2	0.929	26	2	0.929
Ontario Christian	20	8	0.714	20	8	0.714
Woodcrest Christian	14	14	0.500	14	14	0.500
Western Christian	13	15	0.464	13	15	0.464
Calvary Murrieta	9	19	0.321	9	19	0.321
Aquinas	3	25	0.107	3	25	0.107
Riverside Christian	1	27	0.036	1	27	0.036

* Denotes School Record
 ^ Denotes League Champion
 # Denotes CIF Qualifier

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2014 PERSONAL RECORDS

100m Dash

Jesse Monroe	11	11.71
Bryan Zarate	11	11.74
Noah Felix	11	11.79
Josh Bayliss	12	11.84
Josue Ramirez	12	11.87
R.J. Perez	9	11.92
Daniel Perez	10	11.93
Ryan Silver	12	12.35
Jaret Ishii	9	12.90
Treighton Martin	9	15.04

200m Dash

Bryan Zarate	11	23.60
Josue Ramirez ^ #	12	23.67
Vinny Underwood	12	24.35
Kris De Moica	11	24.41
Tyler Juetten	12	24.66
Jesse Monroe	11	24.73
R.J. Perez	9	25.14
Noah Felix	11	25.23
Josh Bayliss	12	25.42
Daniel Perez	10	25.79
Jaret Ishii	9	27.05
Aaron Layos	12	29.16
Treighton Martin	9	33.43

400m Run

Michael Lawrence ^ #	12	52.02
Tyler Juetten	12	53.37
Vinny Underwood	12	54.50
Adrian Saucedo	9	58.64
Jaret Ishii	9	1:01.84

800m Run

Michael Lawrence	12	2:06.79
Ryan Orton	9	2:08.63
Jake Landreth	12	2:15.11
Adrian Saucedo	9	2:20.06
Jakob Eichor	10	2:21.35
Alan De Vries	11	2:24.85
Collin Hardy	11	2:25.37
Jordan Ishii	11	2:26.59
Kevin De Vries	10	2:29.16

* Denotes School Record
 ^ Denotes League Champion
 # Denotes CIF Qualifier

1600m Run

Jake Landreth	12	4:40.26
Jakob Eichor	10	4:48.70
Ryan Orton	9	4:53.85
Adrian Saucedo	9	5:11.27
Collin Hardy	11	5:15.68
Jordan Ishii	11	5:35.48
Alan De Vries	11	5:42.85
Kevin De Vries	10	5:42.62

3200m Run

Jake Landreth #	12	10:10.80
Jakob Eichor #	10	10:29.42
Alan De Vries	11	10:58.03
Ryan Orton	9	11:09.80
Adrian Saucedo	9	11:13.36
Collin Hardy	11	11:24.48

110m High Hurdles

Jared Chrisman #	12	16.05
Nathaniel Belden #	10	16.52
Nathanael Taylor	11	17.31
Daniel Perez	10	18.84
Jesse Monroe	11	19.03

300m Intermediate Hurdles

Jared Chrisman #	12	41.51
Nathaniel Belden #	10	41.86
Nathanael Taylor	11	45.98
Gavin Wade	12	53.45

High Jump

Jared Chrisman	12	5-08
Kris De Moica	11	5-08
Nathaniel Belden	10	5-04
Jake Landreth	12	5-00
Jesse Monroe	11	4-08
Adrian Saucedo	9	4-06

4x100m Relay

Bryan Zarate, Jesse Monroe, Michael Lawrence, Josue Ramirez #	45.43
Bryan Zarate, Vinny Underwood, Michael Lawrence, Josue Ramirez	45.50
Bryan Zarate, Jesse Monroe, Tyler Juetten, Josue Ramirez	46.13
Bryan Zarate, Vinny Underwood, Josh Bayliss, Ryan Silver	46.20
Noah Felix, Jesse Monroe, Daniel Perez, R.J. Perez	46.67
Daniel Perez, R.J. Perez, Josh Bayliss, Ryan Silver	47.86
Noah Felix, Jaret Ishii, Daniel Perez, Aaron Layos	49.28

4x200m Relay

R.J. Perez, Treighton Martin, Daniel Perez, Jaret Ishii	1:51.11
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4x400m Relay

Bryan Zarate, Vinny Underwood, Michael Lawrence, Tyler Juetten ^ #	3:34.84
Nathanael Taylor, Vinny Underwood, Michael Lawrence, Tyler Juetten	3:41.56
Bryan Zarate, Vinny Underwood, Michael Lawrence, Jared Chrisman	3:42.00
Michael Lawrence, Vinny Underwood, Daniel Perez, R.J. Perez	3:48.02
Bryan Zarate, Vinny Underwood, Daniel Perez, Tyler Juetten	3:48.94
Nathanael Taylor, Jaret Ishii, R.J. Perez, Aaron Layos	4:26.96

4x110m Shuttle Hurdle

Jared Chrisman, Nathaniel Belden, Nathanael Taylor, Daniel Perez	1:09.91
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Distance Medley

Jake Landreth, Jakob Eichor, Michael Lawrence, Vinny Underwood	11:40.78
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Long Jump

Nathaniel Belden	10	19-08.00
Kris De Moica	11	18-10.50
Josue Ramirez	12	18-01.75
Nathanael Taylor	11	17-08.25
Vinny Underwood	12	17-07.25
R.J. Perez	9	16-08.50
Bryan Zarate	11	16-08.00
Ryan Silver	12	15-07.00
Daniel Perez	10	15-06.00
Jesse Monroe	11	15-05.00
Jaret Ishii	9	14-11.00
Aaron Layos	12	13-11.00

Triple Jump

Jared Chrisman #	12	44-09.75
Nathaniel Belden	10	40-04.50
Nathanael Taylor	11	37-03.50
Daniel Perez	10	33-08.00
R.J. Perez	9	33-06.50
Aaron Layos	12	30-10.50
Adrian Saucedo	9	30-05.25

Shot Put

Ryan Silver	12	39-00.00
Aryeh Perry	11	36-06.50
Josh Bayliss	12	34-09.50
Brent Anton	12	33-09.50
John Alva	11	32-04.00
Gavin Wade	12	30-10.00
Daniel Perez	10	27-11.00

Discus Throw

Ryan Silver	12	117-08.50
Brent Anton	12	100-01.50
Aryeh Perry	11	97-09
Gavin Wade	12	95-03
John Alva	11	72-00.50

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**2014 PERSONAL RECORDS****AWARDS**

All-League Awards:

Multi-Event Athlete of the Year -
Jared Chrisman

First Team:

Josue Ramirez -200m
Michael Lawrence - 400m
Tyler Jutten, Vinny Underwood,
Michael Lawrence, Bryan Zarate - 4x400m Relay

Second Team:

Jakob Eichor - 3200m
Jared Chrisman - 110H and TJ
Nathaniel Belden - 300H
Bryan Zarate, Michael Lawrence,
Jesse Monroe, Josue Ramirez - 4x100m Relay

Team Awards:

Most Valuable Track - Michael Lawrence
Most Valuable Multi-Event - Jared Chrisman
Most Valuable Sprints - Bryan Zarate
Most Valuable Distance - Jake Landreth
Most Valuable Field - Nathaniel Belden
Most Improved - Jesse Monroe
Knight Award - Jakob Eichor
Coaches Award - Jake Landreth
Rookie of the Year - Ryan Orton

2014 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	29	3	0	0.906	29	3	0	0.906
Arrowhead Christian	28	4	0	0.875	28	4	0	0.875
Ontario Christian	27	5	0	0.844	27	5	0	0.844
Western Christian	20	12	0	0.625	20	12	0	0.625
Calvary Murrieta	14	18	0	0.438	14	18	0	0.438
Woodcrest Christian	12	20	0	0.375	12	20	0	0.375
Aquinas	10	22	0	0.313	10	22	0	0.313
Riverside Christian	2	28	2	0.094	2	28	2	0.094
Temecula Prep	0	30	2	0.031	0	30	2	0.031

COACHING STAFF:

Head Coach an Distance Coach - Jon Schaap
Relay Coach - Mason Burroughs
Hurdle and Jump Coach - Cally Bonestroo
Sprint Coach - Curtis Margain
Throw Coach - Tony Moore
Strength and Conditioning/Distance Coach - Gretchen Gonzales
Assistant Coach - Maddie Oliver
Assistant Coach - Zach Oliver

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**2014 PERSONAL RECORDS****AWARDS**

All-League Awards:

Multi-Event Athlete of the Year -
Jared Chrisman

First Team:

Josue Ramirez -200m
Michael Lawrence - 400m
Tyler Jutten, Vinny Underwood,
Michael Lawrence, Bryan Zarate - 4x400m Relay

Second Team:

Jakob Eichor - 3200m
Jared Chrisman - 110H and TJ
Nathaniel Belden - 300H
Bryan Zarate, Michael Lawrence,
Jesse Monroe, Josue Ramirez - 4x100m Relay

Team Awards:

Most Valuable Track - Michael Lawrence
Most Valuable Multi-Event - Jared Chrisman
Most Valuable Sprints - Bryan Zarate
Most Valuable Distance - Jake Landreth
Most Valuable Field - Nathaniel Belden
Most Improved - Jesse Monroe
Knight Award - Jakob Eichor
Coaches Award - Jake Landreth
Rookie of the Year - Ryan Orton

2014 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	29	3	0	0.906	29	3	0	0.906
Arrowhead Christian	28	4	0	0.875	28	4	0	0.875
Ontario Christian	27	5	0	0.844	27	5	0	0.844
Western Christian	20	12	0	0.625	20	12	0	0.625
Calvary Murrieta	14	18	0	0.438	14	18	0	0.438
Woodcrest Christian	12	20	0	0.375	12	20	0	0.375
Aquinas	10	22	0	0.313	10	22	0	0.313
Riverside Christian	2	28	2	0.094	2	28	2	0.094
Temecula Prep	0	30	2	0.031	0	30	2	0.031

COACHING STAFF:

Head Coach an Distance Coach - Jon Schaap
Relay Coach - Mason Burroughs
Hurdle and Jump Coach - Cally Bonestroo
Sprint Coach - Curtis Margain
Throw Coach - Tony Moore
Strength and Conditioning/Distance Coach - Gretchen Gonzales
Assistant Coach - Maddie Oliver
Assistant Coach - Zach Oliver

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2015 PERSONAL RECORDS

100m Dash

Daniel Perez	11	11.71
Bryan Zarate	12	11.86
R.J. Perez	10	12.12
Jesse Monroe	12	12.13
Brad Hardy	9	12.58
Alan Amariakwa	9	13.05
Treighton Martin	10	14.12

200m Dash

Jesse Monroe	12	24.56
R.J. Perez	10	24.62
Daniel Perez	11	25.48
Brad Hardy	9	25.77
Alan Amariakwa	9	28.96
Treighton Martin	10	30.13

400m Run

Bryan Zarate	12	54.12
Joseph Avila	9	56.45
Jakob Reyes	10	57.05
Jesse Monroe	12	57.85
Brad Hardy	9	58.02
Jaret Ishii	10	1:01.79
Andrew Vander Tuig	9	1:04.94

800m Run

Alex Vander Tuig #	12	2:04.86
Ryan Orton	10	2:06.67
Jakob Eichor	11	2:08.89
Collin Hardy	12	2:16.53
Joseph Avila	9	2:16.57
Jordan Ishii	12	2:21.40
Kevin De Vries	11	2:30.16
Andrew Vander Tuig	9	2:32.04

* Denotes School Record

^ Denotes League Champion

Denotes CIF Qualifier

AWARDS

All-League Awards:

First Team:

Nathaniel Belden - 110H

Nathaniel Belden - 300H

Second Team:

Jakob Eichor - 3200m

1600m Run

Jakob Eichor #	11	4:31.01
Alex Vander Tuig	12	4:55.09
Collin Hardy	12	4:56.42
Ryan Orton	10	5:00.97
Sammy Archer	12	5:05.78
Andrew Murowatz	9	5:07.37
Jordan Ishii	12	5:21.41
Kevin De Vries	11	5:32.81
Andrew Vander Tuig	9	5:41.79
Joe Wu	12	5:57.97

3200m Run

Jakob Eichor #	11	10:04.77
Alan De Vries	12	10:50.99
Sammy Archer	12	10:53.37
Collin Hardy	12	10:55.35
Andrew Murowatz	9	11:01.34
Andrew Vander Tuig	9	12:44.22

110m High Hurdles

Nathaniel Belden ^#	11	15.65
Anthony Quintanilla	11	17.55
Nathanael Taylor	12	17.99
Daniel Perez	11	18.02
Alan Amariakwa	9	21.5

300m Intermediate Hurdles

Nathaniel Belden ^#	11	41.85
Anthony Quintanilla	11	46.08
Jakob Reyes	10	47.44
Nathanael Taylor	12	48.75
Xavier Garza	10	54.31
Alan Amariakwa	9	55.13
Joe Wu	12	55.23

4x100m Relay

Jesse Monroe, Daniel Perez, R.J. Perez, Bryan Zarate #	45.45
Brad Hardy, R.J. Perez, Daniel Perez, Jesse Monroe	46.57

4x400m Relay

Bryan Zarate, Jesse Monroe, Brad Hardy, Alex Vander Tuig #	3:43.31
Bryan Zarate, Alex Vander Tuig, Joseph Avila, Jesse Monroe	3:47.59
Bryan Zarate, Alex Vander Tuig, Jakob Reyes, Jesse Monroe	3:51.02
Ryan Orton, Alex Vander Tuig, Jakob Reyes, Bryan Zarate	3:55.96
Collin Hardy, Ryan Orton, Andrew Murowatz, Joseph Avila	4:11.78

2015 FINAL LEAGUE STANDINGS

Team Awards:

Most Valuable - Nathaniel Belden

Most Valuable Sprints - Bryan Zarate

Most Valuable Distance - Jakob Eichor

Most Valuable Field - Aryeh Perry

Most Improved - Jaret Ishii

Knight Award - Samuel Archer

Coaches Award - Collin Hardy

Rookie of the Year - Alex Vander Tuig

School	Ambassador League			Overall		
	Won	Lost	Pct.	Won	Lost	Pct.
Arrowhead Christian	24	0	1.000	24	0	1.000
Linfield Christian	18	6	0.750	18	6	0.750
Ontario Christian	18	6	0.750	18	6	0.750
Western Christian	10	14	0.417	10	14	0.417
Woodcrest Christian	9	15	0.375	9	15	0.375
Notre Dame	5	19	0.208	5	19	0.208
Aquinas	0	24	0.000	0	24	0.000

COACHING STAFF:

Head Coach - Jon Schaap

Assistant Coach - Cally Bonestroo

Assistant Coach - Tony Moore

Assistant Coach - Andrew Lachelt

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2016 PERSONAL RECORDS

100m Dash

Nolan Crespo	9	11.38
Nathaniel Belden	12	11.43
Anthony Quintanilla	12	11.87
Eric Nava	12	12.08
R.J. Perez	11	12.26
Daniel Perez	12	13.36

200m Dash

Eric Nava	12	23.97
Nolan Crespo	9	24.00
R.J. Perez	11	24.92
Ryan Orton	11	25.98

400m Run

Jakob Eichor	12	54.97
R.J. Perez	11	55.14
Jakob Reyes	11	56.45
Eric Nava	12	57.08
Joseph Avila	10	58.17
Nathaniel Belden	12	1:19.58

800m Run

Ryan Orton	11	2:06.87
Jakob Eichor	12	2:09.14
Joseph Avila	10	2:14.77
Cole Young	9	2:18.60
Jakob Reyes	11	2:22.56
Jarod Belden	9	2:23.34
James Hammond	12	2:31.79

* Denotes School Record
 ^ Denotes League Champion
 # Denotes CIF Qualifier

AWARDS

All-League Awards:
 Multi-Event Athlete of the Year:
 Nathaniel Belden
 First Team:
 Jakob Eichor - 1600m
 Nathaniel Belden - 110H
 Nathaniel Belden - 300H
 Second Team:
 Nathaniel Belden - TJ

1600m Run

Jakob Eichor ^#	12	4:30.84
Ryan Orton	11	4:52.61
Andrew Murowatz	19	5:03.91
James Hammond	12	5:05.87
Cole Young	9	5:14.45

3200m Run

Jakob Eichor	12	10:20.51
Andrew Murowatz #	10	10:35.18
Ryan Orton	11	11:11.43
Cole Young	9	12:03.20
Joseph Avila	10	12:24.61
James Hammond	12	13:04.81

110m High Hurdles

Nathaniel Belden ^#	12	14.76
Jarod Belden	9	17.75
Anthony Quintanilla	12	17.90
Jaret Ishii	11	20.08
Jacob Ito	11	20.46

300m Intermediate Hurdles

Nathaniel Belden ^#	12	39.96
Jakob Reyes	11	46.17
Jarod Belden	9	47.91
Jacob Ito	11	48.97
James Hammond	12	49.65

4x100m Relay

Nolan Crespo, Jacob Ito, Anthony Quintanilla, Eric Nava	46.50
Nolan Crespo, Jacob Ito, Eric Nava, R.J. Perez	47.05

4x400m Relay

Eric Nava, Nolan Crespo, Ryan Orton, Jakob Eichor #	3:37.16
R.J. Perez, Nolan Crespo, Jakob Reyes, Ryan Orton	3:44.60
R.J. Perez, Nolan Crespo, Eric Nava, Ryan Orton	3:45.83

4x110m Shuttle Hurdle Relay

Nathaniel Belden, Anthony Quintanilla, Jacob Ito, Jaret Ishii	1:14.24
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Sprint Medley Relay

R.J. Perez, Ryan Orton, Jacob Ito, Joseph Avila	4:04.08
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High Jump

Jarod Belden	9	5-06
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Long Jump

Jakob Eichor	12	17-08.00
Jaret Ishii	11	17-01.25
Jacob Ito	11	16-11.00
Anthony Quintanilla	12	15-11.50

Triple Jump

Nathaniel Belden #	12	41-11.00
Jarod Belden	9	37-07.00
R.J. Perez	11	36-09.00
Jacob Ito	11	35-00.00
Jaret Ishii	11	34-06.00

Shot Put

Nathaniel Belden	12	40-01.75
Daniel Perez	12	33-04.75
Francisco Bedolla	9	25-10.50
Elijah Moore	9	23-03.00
Anthony Quintanilla	12	20-10.50
Michael Ochoa	9	18-09.00

Discus Throw

Elijah Moore	9	83-03.50
Francisco Bedolla	9	77-08.50
Michael Ochoa	9	53-00.00

2016 FINAL LEAGUE STANDINGS

Team Awards:

Most Valuable - Nathaniel Belden
 Most Valuable Sprints - Nolan Crespo
 Most Valuable Distance - Jakob Eichor
 Most Valuable Field - Jarod Belden
 Most Improved - Andrew Murowatz
 Knight Award - Anthony Quintanilla
 Coaches Award - Jacob Ito
 Rookie of the Year - Cole Young

COACHING STAFF:

Head Coach - Jon Schaap
 Associate Head Coach - Cally Bonestroo
 Assistant Coach - Tony Moore
 Assistant Coach - Taylor Holcomb
 Assistant Coach - Ray Hughes

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Arrowhead Christian	22	1	1	0.938	22	1	1	0.938
Linfield Christian	18	6	0	0.750	18	6	0	0.750
Ontario Christian	15	8	1	0.646	19	12	1	0.609
Western Christian	13	11	0	0.542	13	11	0	0.542
Notre Dame	9	15	0	0.375	9	15	0	0.375
Aquinas	6	18	0	0.250	6	18	0	0.250
Woodcrest Christian	0	24	0	0.000	0	24	0	0.000

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2017 PERSONAL RECORDS

100m Dash

Nolan Crespo *#	10	10.95
Giovanni DeBonis	12	11.30
Dylan Williams	9	12.17
Nicholas Ponce	12	12.64

200m Dash

Nolan Crespo #	10	22.66
Giovanni DeBonis	12	23.67
Dylan Williams	9	24.09
R.J. Perez	12	24.21
Dylan Van Iwaarden	9	24.41
Nicholas Ponce	12	26.19
Dylan Lamarque	10	29.32

400m Run

Josh Amaya	12	53.35
R.J. Perez	12	55.46
Jarod Belden	10	59.02
Zachary Zhou	9	1:03.02
Carlos Zhang	9	1:14.36
Caleb Lanting	9	1:30.91

800m Run

Ryan Orton *#	12	2:02.19
Joseph Avila	11	2:11.75
Cole Young	10	2:18.36
Zachary Zhou	9	2:32.99
Carlos Zhang	9	2:51.70
Zane Fan	12	2:52.55
Alan Amarikwa	11	2:54.29

* Denotes School Record
 ^ Denotes League Champion
 # Denotes CIF Qualifier

AWARDS

All-League Awards:
 Second Team:
 Nolan Crespo - 100m
 Nolan Crespo - 200m

1600m Run

Ryan Orton	12	4:48.53
Cole Young	10	5:00.95
Andrew Murowatz	11	5:05.51
Joseph Avila	11	5:28.91
Zane Fan	12	6:17.29

3200m Run

Andrew Murowatz	11	10:53.99
Cole Young	10	11:12.50
Joseph Avila	11	11:35.46
Chad Phillips	9	13:09.72

110m High Hurdles

Jarod Belden #	10	16.16
Jakob Reyes	12	18.47
Nicholas Ponce	12	18.48
Jaret Ishii	12	19.85

300m Intermediate Hurdles

Jakob Reyes	12	44.30
Jarod Belden	10	44.67
Jacob Ito	12	48.88

High Jump

Jarod Belden	10	5-05
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4x100m Relay

R.J. Perez, Giovanni DeBonis, Josh Amaya, Nolan Crespo *#	43.78
Dylan Williams, Jacob Ito, Giovanni DeBonis, Nolan Crespo	45.70
Jacob Reyes, Dylan Williams, Jaret Ishii, Giovanni DeBonis	46.32

4x200m Relay

Giovanni DeBonis, Ryan Orton, Jacob Ito, Nolan Crespo	1:39.55
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4x400m Relay

Josh Amaya, Giovanni DeBonis, Ryan Orton, Nolan Crespo #	3:29.38
R.J. Perez, Nolan Crespo, Dylan Williams, Ryan Orton	3:40.45
Ryan Orton, R.J. Perez, Dylan Williams, Nolan Crespo	3:46.40
Jakob Reyes, Cole Young, Giovanni DeBonis, Joseph Avila	3:59.79

2017 FINAL LEAGUE STANDINGS

Team Awards:

Most Valuable - Nolan Crespo
 Most Valuable Sprints - Giovanni DeBonis
 Most Valuable Distance - Ryan Orton
 Most Valuable Field - Bryan Burroughs
 Most Improved - Jaret Ishii
 Knight Award - Jarod Belden
 Coaches Award - Josh Amaya
 Rookie of the Year - Joseph Pirro

School	Ambassador League			Overall		
	Won	Lost	Pct.	Won	Lost	Pct.
Arrowhead Christian	24	0	1.000	24	0	1.000
Ontario Christian	16	8	0.667	16	8	0.667
Linfield Christian	16	8	0.667	16	8	0.667
Woodcrest Christian	15	9	0.625	15	9	0.625
Aquinas	9	15	0.375	9	15	0.375
Notre Dame	2	22	0.083	2	22	0.083
Western Christian	2	22	0.083	2	22	0.083

COACHING STAFF:

Head Coach - Jon Schaap
 Associate Head Coach/Hurdles/Jumps - Cally Bonestroo
 Sprints Coach - Caleb Collins
 Distance Coach - Ray Hughes
 Throws Coach - Tony Moore

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2018 PERSONAL RECORDS

100m Dash

Nolan Crespo * ^ #	11	10.86
Zac Cupp	12	11.89
Christian Brooks	12	12.53
Jarod Belden	11	12.62
Elijah Moore	11	12.71
Jacob Monarrez	9	12.74
Micah Belden	9	13.47
Ezekiel Zaragoza	12	14.11

200m Dash

Nolan Crespo * ^ #	11	22.38
Zac Cupp	12	24.37
Jacob Monarrez	9	26.40
Christian Brooks	12	26.42
Jarod Belden	11	26.78
Joshua Wolfhope	9	28.32
Micah Belden	9	30.44

400m Run

Zac Cupp	12	56.56
Jacob Monarrez	9	1:03.42
Joshua Wolfhope	9	1:07.17
Dylan Lamarque	11	1:08.31
Micah Belden	9	1:09.36

AWARDS

All-League Awards:

Track Athlete of the Year:

Nolan Crespo

First Team:

Nolan Crespo - 100m

Nolan Crespo - 200m

Jarod Belden - 300H

Elijah Moore - DT

Second Team:

Aidan Vorster - 3200m

Jarod Belden - 110H

Joseph Pirro - DT

Team Awards:

Most Valuable - Jarod Belden

Most Valuable Sprints - Nolan Crespo

Most Valuable Distance - Aidan Vorster

Most Valuable Field - Joseph Pirro

Most Improved - Jacob Monarrez

Knight Award - Zac Cupp

Coaches Award - Christian Brooks

Rookie of the Year - Micah Belden

COACHING STAFF:

Head Coach/Sprints/Distance - Caleb Collins

Sprints Coach - Andrew Lachelt

Hurdles Coach - Cally Bonestroo

Distance Coach - Andrea Flanery

Distance Coach - Kim Mesman

Jumps/Throws Coach - Grady Gillespie

800m Run

Aidan Vorster	9	2:22.38
John Mark Mendoza	10	2:24.10
Aaron Yang	9	2:39.74
Michael Ma	12	2:40.15

1600m Run

Aidan Vorster	9	5:08.64
John Mark Mendoza	10	5:10.48
Aaron Yang	9	6:08.00
Todd Hoy	9	7:16.00

3200m Run

Aidan Vorster #	9	10:51.24
John Mark Mendoza	10	11:34.66
Aaron Yang	9	14:08.63
Todd Hoy	9	15:24.81

110m High Hurdles

Jarod Belden #	11	15.79
Micah Belden	9	18.84

300m Intermediate Hurdles

Jarod Belden ^ #	11	42.31
Micah Belden	9	50.06

* Denotes School Record

^ Denotes League Champion

Denotes CIF Qualifier

4x100m Relay

Christian Brooks, Zac Cupp, Jarod Belden, Nolan Crespo #	45.43
Christian Brooks, Zac Cupp, Jacob Monarrez, Nolan Crespo	46.69
Christian Brooks, Zac Cupp, Elijah Moore, Nolan Crespo	49.08

4x400m Relay

Jacob Monarrez, Jarod Belden, Zac Cupp, Nolan Crespo	3:53.53
Jacob Monarrez, Jarod Belden, Aidan Vorster, Zac Cupp	4:01.02
Jacob Monarrez, Zac Cupp, Aidan Vorster, Nolan Crespo	4:09.22
Jacob Monarrez, Aidan Vorster, John Mark Mendoza, Zac Cupp	4:14.04
Dylan Lamarque, John Mark Mendoza, Aaron Yang, Aidan Vorster	4:21.47
Joshua Wolfhope, Micah Belden, Aidan Vorster, Zac Cupp	4:24.38
Christian Brooks, John Mark Mendoza, Aaron Yang, Micah Belden	4:28.44
Dylan Lamarque, Joshua Wolfhope, John Mark Mendoza, Christian Brooks	4:41.21

2018 FINAL LEAGUE STANDINGS

School	Ambassador League			Overall		
	Won	Lost	Pct.	Won	Lost	Pct.
Linfield Christian	24	0	1.000	24	0	1.000
Woodcrest Christian	20	4	0.833	20	4	0.833
Ontario Christian	13	11	0.542	13	11	0.542
Arrowhead Christian	11	13	0.458	11	13	0.458
Aquinas	8	16	0.333	8	16	0.333
Notre Dame	7	17	0.292	7	17	0.292
Western Christian	1	23	0.042	1	23	0.042

High Jump

Jarod Belden #	11	6-02
Micah Belden	9	5-02

Long Jump

Zac Cupp	12	20-06.50
Jarod Belden	11	17-10.50
Micah Belden	9	15-02.00

Triple Jump

Micah Belden	9	34-02.00
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Shot Put

Joseph Pirro #	12	41-08.00
Ezekiel Zaragoza	12	34-00.75
Jacob Monarrez	9	27-02.25
Marcus Hernandez	9	22-03.00

Discus Throw

Joseph Pirro #	12	107-04.00
Elijah Moore ^ #	11	107-02.00
Ezekiel Zaragoza	12	83-08.00
Dylan Lamarque	11	81-06.50
Marcus Hernandez	9	57-08.50
Jacob Monarrez	9	47-03.75

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2019 PERSONAL RECORDS

100m Dash

Nolan Crespo * ^ #	12	10.83
Tyler Ford	9	11.84
Nathaniel Lozano	11	11.96
Aaron Gaudy	11	12.26
Trent Englebrecht	11	12.31
Ethan Venerable	12	12.35
Joshua Wolfhope	10	12.62
Jacob Monarrez	10	12.63
Howard Ding	12	12.73
Martin Tang	12	13.03
Connor Mooneyhan	11	13.04
Alpha Yam	9	13.14
Edward Frailing	9	13.70

200m Dash

Nolan Crespo * ^ #	12	21.87
Tyler Ford	9	23.68
Nathaniel Lozano	11	24.21
Trent Englebrecht	11	25.17
Joshua Wolfhope	10	25.94
Dylan Lamarque	12	25.99
Martin Tang	12	26.65
Jacob Monarrez	10	26.69
Cody Laidlaw	11	27.51
Connor Mooneyhan	11	27.99
Edward Frailing	9	28.37
Alpha Yam	9	28.67

400m Run

Aaron Gaudy	11	57.20
Dylan Lamarque	12	58.18
Edward Frailing	9	58.52
Cody Laidlaw	11	1:00.23
Mike Lu	12	1:00.26
Micah Belden	10	1:01.81
Alpha Yam	9	1:04.42

* Denotes School Record

^ Denotes League Champion

Denotes CIF Qualifier

AWARDS

All-League Awards:

Track Athlete of the Year:

Nolan Crespo

Multi-Event Athlete of the Year:

Jarod Belden

First Team:

Nolan Crespo - 100m

Nolan Crespo - 200m

Jarod Belden - 110H

Jarod Belden - 300H

Jarod Belden - HJ

Trent Englebrecht - LJ

Nolan Crespo, Nathaniel Lozano,

Aaron Gaudy, Tyler Ford - 4x100m Relay

Second Team:

Aidan Vorster - 3200m

Team Awards:

Most Valuable - Jarod Belden

Most Valuable Sprints - Nolan Crespo

Most Valuable Distance - Aidan Vorster

Most Valuable Field - Elijah Moore

Most Improved - Aaron Gaudy

Knight Award - JohnMark Mendoza

Coaches Award - Micah Belden

Rookie of the Year - Tyler Ford

800m Run

JohnMark Mendoza	11	2:13.29
Mitchel Windsor	9	2:16.45
Mike Lu	12	2:23.25
Ethan Esproles	9	2:30.77

1600m Run

JohnMark Mendoza #	11	4:46.56
Aidan Vorster	10	4:46.93
Mitchel Windsor	9	5:19.08
Mike Lu	12	5:35.58
Ethan Esproles	9	5:36.10
Aaron Yang	10	5:38.53
Todd Hoy	10	6:36.30

3200m Run

Aidan Vorster #	10	10:13.44
JohnMark Mendoza	11	10:45.83
Aaron Yang	10	12:15.14
Mike Lu	12	13:45.18

110m High Hurdles

Jarod Belden ^ #	12	15.47
Micah Belden	10	17.07
Alpha Yam	9	20.57

300m Intermediate Hurdles

Jarod Belden ^ #	12	42.58
Micah Belden	10	46.36
Alpha Yam	9	52.94

High Jump

Jarod Belden ^ #	12	6-00
Tyler Ford	9	5-06
Micah Belden	10	5-04
Edward Frailing	9	5-02

4x100m Relay

Nolan Crespo, Nathaniel Lozano, Aaron Gaudy, Tyler Ford ^ #	44.10
Nolan Crespo, Nathaniel Lozano, Trent Englebrecht, Tyler Ford	44.43
Jarod Belden, Dylan Williams, Trent Englebrecht, Tyler Ford	45.84
Nathaniel Lozano, Ethan Venerable, Trent Englebrecht, Tyler Ford	46.22
Joshua Wolfhope, Jacob Monarrez, Martin Tang, Howard Ding	48.71
Joshua Wolfhope, Jacob Monarrez, Martin Tang, Edward Frailing	49.13

4x200m Relay

Tyler Ford, Nathaniel Lozano, Trent Englebrecht, Dylan Lamarque	1:42.77
Joshua Wolfhope, Jacob Monarrez, Martin Tang, Howard Ding	1:48.08

4x400m Relay

Jarod Belden, Nathaniel Lozano, Dylan Lamarque, Nolan Crespo	3:43.29
Jarod Belden, Nathaniel Lozano, Dylan Lamarque, Edward Frailing	3:52.71
Aaron Gaudy, Edward Frailing, Dylan Lamarque, Nathaniel Lozano	3:58.46
Aaron Gaudy, Nolan Crespo, Aidan Vorster, JohnMark Mendoza	4:01.16
Aaron Gaudy, Jarod Belden, Edward Frailing, Nathaniel Lozano	4:04.23
Jarod Belden, JohnMark Mendoza, Aaron Gaudy, Aidan Vorster	4:08.19

4x800m Relay

Jarod Belden, JohnMark Mendoza, Mitchell Windsor, Aidan Vorster	9:23.93
Micah Belden, Ethan Esproles, Mike Lu, Aaron Yang	10:06.68

Sprint Medley Relay: 100m-100m-200m-400m

Tyler Ford, Nathaniel Lozano, Cody Laidlaw, Dylan Lamarque	1:47.86
Connor Mooneyhan, Jacob Monarrez, Joshua Wolfhope, Edward Frailing	1:50.86

Distance Medley Relay

JohnMark Mendoza, Aidan Vorster, Jarod Belden, Mitchel Windsor	12:28.00
Aaron Yang, Mike Lu, Micah Belden, Ethan Esproles	13:26.01

Long Jump

Trent Englebrecht ^ #	11	20-08.75
Dylan Williams	11	19-09.00
Cody Laidlaw	11	17-07.00
Joshua Wolfhope	10	17-06.25
Edward Frailing	9	17-06.25
Ethan Venerable	12	17-06.25
Elijah Moore	12	17-02.00
Aaron Gaudy	11	16-05.00
Nathaniel Lozano	11	15-10.50
Jacob Monarrez	10	15-01.25

Triple Jump

Jarod Belden	12	39-00.00
Micah Belden	10	35-04.50
Cody Laidlaw	11	32-01.50
Joshua Wolfhope	10	31-11.00
Jacob Monarrez	10	25-10.50

Shot Put

Joshua McTarsney	11	38-06.00
Howard Ding	12	36-08.00
Luis Rodriguez	12	35-03.25
Jacob Monarrez	10	35-02.75
Dylan Lamarque	12	34-11.75
Sean Halpin	10	34-05.00
Luke Lin	10	34-01.00
Elijah Moore	12	33-03.00
Marcus Hernandez	10	31-00.00

Discus Throw

Elijah Moore	12	124-00.00
Luke Lin	10	97-04.00
Joshua McTarsney	11	86-08.00
Dylan Lamarque	12	85-01.00
Howard Ding	12	68-01.00
Marcus Hernandez	10	55-04.50

COACHING STAFF:

2019 FINAL LEAGUE STANDINGS

Head Coach/Sprints/Distance - Andrew Lachelt
 Sprints Coach - Rob Behnke
 Sprints Coach - Bryanna Williams
 Hurdles Coach - Jaimee Stutz
 Jumps Coach - Dave Belden
 Throws Coach - Tony Moore
 Distance Coach - Matt Wolfhope
 Distance Coach - Mike Fischer

School	Ambassador League			Overall		
	Won	Lost	Pct.	Won	Lost	Pct.
Linfield Christian	15	0	1.000	15	0	1.000
Ontario Christian	12	3	0.800	16	4	0.800
Woodcrest Christian	9	6	0.600	9	6	0.600
Aquinas	6	9	0.400	6	9	0.400
Arrowhead Christian	3	12	0.200	3	12	0.200
Western Christian	0	15	0.000	0	15	0.000

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

2020 PERSONAL RECORDS

100m Dash %

Trent Englebrecht	12	11.23
Aaron Gaudy	11	11.23
Tyler Ford	10	11.50
Jacob Monarrez	11	11.50
Jack Molina	9	11.74
Joshua Wolfhope	11	12.01
Kristopher Campbell	9	12.32
Isaiah Baidoo	9	13.65
Jacob Ponce	9	13.76

200m Dash

Joshua Wolfhope	11	25.78
Jacob Monarrez	11	26.01
Kristopher Campbell	9	26.18
Trent Englebrecht	12	26.34
Jack Molina	9	26.57
Chris Navarro	9	27.57
Jacob Ponce	9	29.50
Ethan Tran	9	29.52

400m Run

Edward Frailing	10	57.39
Cody Laidlaw	12	57.98
Gage Messick	9	1:00.71
Mario Balderas	9	1:01.55
Chris Navarro	9	1:07.25
Ethan Tran	9	1:22.72

Others:

Micah Belden	Jr
Montrell Deaver	So
Blake Demoff	Jr
Ian Hogerhuis	So
Nathaniel Lozano	Sr
Ray Moors	Sr
Vinny Pedroza	Sr
Alpha Yam	So

Captains:

Micah Belden
Luke Lin
JohnMark Mendoza

COACHING STAFF:

Head Coach/Sprints/Distance - Andrew Lachelt
Sprints Coach - Rob Behnke
Distance Coaches - Kim Mesman, Matt Wolfhope
Hurdles Coach - Joyce Belden
Jumps Coach - Dave Belden
Throws Coach - Anthony Quintanilla

800m Run

Aidan Vorster	11	2:36.78
Mitchel Windsor	10	3:00.91
Ethan Esproles	10	NT
Logan Haydel	9	NT

1600m Run

Aidan Vorster	11	4:43.46
JohnMark Mendoza	12	4:52.06
Mario Balderas	9	5:11.67
Gage Messick	9	5:22.18
Mitchel Windsor	10	5:24.91
Ethan Esproles	10	5:37.20

3200m Run

Aidan Vorster	11	10:19.71
JohnMark Mendoza	12	10:55.85
Logan Peters	9	12:02.57
Todd Hoy	11	12:49.75

110m High Hurdles

300m Intermediate Hurdles

Aaron Yang	11	51.12
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High Jump

Edward Frailing	10	5-06
Cody Laidlaw	12	5-00
Joshua Morales	10	NH
Aaron Gaudy	12	NH
Kristopher Campbell	9	NH

% Recorded times are not accurate

* Denotes School Record

^ Denotes League Champion

Denotes CIF Qualifier

4x100m Relay

4x400m Relay

Micah Belden, Edward Frailing, Tyler Ford, Aaron Gaudy

NT

Long Jump

Edward Frailing	10	18-08.50
Joshua Wolfhope	11	17-06.00
Jack Molina	9	17-05.00
Gage Messick	9	15-06.50
Chris Navarro	9	14-08.00
Jacob Monarrez	11	14-03.50
Jacob Ponce	9	13-10.00
Joshua Morales	10	12-11.00
Isaiah Baidoo	9	ND

Triple Jump

Shot Put

Luke Lin	11	40-05.50
Joshua McTarsney	12	36-08.50
Jacob Monarrez	11	36-00.50
Joshua Aboukhalil	10	28-08.00
Jared Gaudy	9	27-05.25
Nathanyel Plascencia	10	27-01.00
Troy Baker	11	26-08.00
Isaiah Washington	11	26-06.00
Roy Ju	11	26-04.50
Marc Quintanilla	11	25-05.25

Discus Throw

Joshua McTarsney	12	107-06.00
Luke Lin	11	106-05.50
Joshua Aboukhalil	10	73-03.00
Troy Baker	11	67-07.00
Jared Gaudy	9	67-06.50
Marc Quintanilla	11	62-06.00
Nathanyel Plascencia	10	62-06.00
Roy Ju	11	55-00.00
Rudy Lugo	11	51-00.75

2020 LEAGUE STANDINGS

Ambassador League

Overall

School	Won	Lost	Pct.	Won	Lost	Pct.
Linfield Christian	5	0	1.000	5	0	1.000
Aquinas	4	1	0.800	4	1	0.800
Ontario Christian	3	2	0.600	3	2	0.600
Woodcrest Christian	2	3	0.400	2	3	0.400
Arrowhead Christian	1	4	0.200	1	4	0.200
Western Christian	0	5	0.000	0	5	0.000

1968 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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Not in Yearbook

1970 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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John Hibma	Sr
Mark Ligtenberg	Sr
Jack Vander Veen	So
Steve Ter Maaten	Sr
Tony Volbeda	So
Nick Poppelreiter	So
Dave Brinkman	Jr
Jay Vander Tuig	Sr
Art Ortiz	Jr
Steve Brandsma	Fr
Lee Wielenga	Sr
Rod Vander Ploeg	Jr
Jerry Visser	So
Ken De Groot	Sr

1970 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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Larry Boersma	Jr
Ed Van Hofwegen	So
John Douma	So
John Sieperda	Sr
Steve Brandsma	So
Bob Brinkman	So
Pete Vander Plas	Sr
Mike Bekendam	So
Art De Jager	Jr
Art Ortiz	Sr
Nick Poppelreiter	Jr
Mike Vander Molen	So

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****1972 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Bill Vander Pol	Fr
Steve Brandsma	Jr
John Visser	So
Art De Jager	Sr
Lee Roy Peterson	So
Dave Vander Schaaf	Jr
Mike Vander Molen	Jr
Bruce Haringa	Fr
Gus Vanden Brink	So
Dan Swager	Jr
Ivan Van Dyk	Jr
Doug Van Beek	Jr
Dale Swager	Jr
Ed Van Hofwegen	Jr
Nick Poppelreiter	Sr

1973 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade	Events
Gary Visser	So	Hurdles
Dale Swager	Sr	880y
Mike Vander Molen	Sr	440y Relays
Gus Vanden Brink	Jr	
Bob Brinkman	Sr	HJ
Steve Brandsma	Sr	SP
Ed Van Hofwegen	Sr	440y Relays, HJ, Hurdles
Dan Swager	Sr	
Jack Sonke	Sr	880y
Leroy Peterson	Jr	SP
Harvey Luth	Jr	2 mile
Dave Vander Schaaf	Sr	440y Relay
Rich Harmsen	Jr	PV
Jon Veenendaal	So	440y Relay, LJ
Bruce Haringa	So	PV, HJ
John Salverda	Jr	2 mile

1974 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Scott Irwin	Jr
Wilbur Englesma	Jr
Mike Siegersma	So
Rob De Bie	Jr
Gary Visser	Jr
Rich Harmsen	Sr
Bill Vander Pol	Jr
Bruce Haringa	Jr
Bart Van Dyk	So
Jerry De Kiewiet	Jr
Gerry De Vries	Jr

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****1975 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
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1976 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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1977 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade	Events
Jerry Talen	Jr	
Jack Van Leeuwen	Fr	
Doug Dirkse	Sr	PV - 11' 6"
David te Velde	Sr	Mile Relay - 3:40.6
Jim Benson	So	
Sherwood Ringling	Sr	
Bernie Sierdsma	Fr	
Gerrit Bosman	Jr	
Bryan Senti	Fr	
Cliff Pursel	Fr	
Stan Vanden Brink	Jr	
Pete Van Ginkel	So	
Pete Goedhart	Jr	
Jim Berkompas	Sr	TJ - 41' 3"
Vern Spoelstra	Sr	
Rob Van Grouw	Sr	
Randy Mouw	Sr	330LH - 42.9
Dean Swager	Jr	
David Aandewiel	Fr	
Peter Ridder	Fr	
Robert Brouwer	Sr	
Vern Van Hofwegen	Sr	HJ - 6' 2"

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****1978 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Events
Dale Visser	Jr	
Ivan Moret	Jr	
Paul Bos	Jr	
Henry Miersma	Jr	
Bernie Sierdsma	So	
Roger Sybesma	Jr	SP - 39' 0"
David Aandewiel	So	
Dean Swager	Sr	
Jim Benson	Jr	
Gerrit Bosman	Sr	1 mi - 4:45.2 - school record
Jason Siegersma	Fr	
Matt Andriese	Fr	
Wally Colerick	So	
Darin Reenders	Fr	
Stan Vanden Brink	Sr	HJ - 5' 8"
Bryan Senti	So	LJ - 19' 10", TJ - 40' 1", 100y - 10.7
Chuck Dirkse	So	
Duane Huisken	So	
Pete Goedhart	Sr	
Jack Van Leeuwen	So	330h - 45.1

1979 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Paul Bos	Sr
Joe De Hoog	Sr
Chuck Dirkse	Jr
Duane Huisken	Jr
Bryan Senti	Jr
Bernie Sierdsma	Jr
Jack Van Leeuwen	Jr
Pete Ridder	Jr
Matt Andriese	So
Mike Douma	So
Jason Siegersma	So
Ron Geyer	Fr
Mark Jeffries	Fr

1980 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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No Team

1981 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****1982 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
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1983 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Joe Fengler	So
Dave Albers	Fr
Dave McCreery	Sr

1984 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Sean Mast	Fr
Joe Fengler	Jr
Jake Greidanus	So
Neil Zwart	Fr
Darin Dykstra	Fr
David Zwart	Jr
Kendall Senti	So
Kevin Boer	Fr

1985 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Eric Taylor	Fr
Mike Bosma	Fr
Roy Wiersma	Fr
Rip Bower	Fr
Thomas Krueger	Fr
Joe Fengler	Sr
Todd te Velde	So
Kevin Boer	So
Jake Greidanus	Jr
Troy Agema	Fr
Dan Koole	So
Gary Bruinsma	Jr
David Zwart	Sr
Peter Bouma	Jr
Neil Zwart	So
Darin Dykstra	So
Ken Senti	Jr
Curt Lanting	So

1986 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Eric Taylor	So
Sean Mast	Jr
Ben Van Ingen	Fr
Troy Agema	So
Kendall Senti	Sr
David Blauw	
Darin Dykstra	Jr
Neil Zwart	Jr
Gary Bruinsma	Sr
Greg Sawyer	So

1987 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Christopher Reitsma	Fr
Robert Hogg	So
Matt Watson	So
Jack Stiefel	Fr
Chad Werkhoven	Fr
Greg Swager	Fr
Paul De Koekkoek	So
Troy Agema	Jr
Mark Swangel	Fr
Teo Albers	Jr
Greg Sawyer	Jr
Ben Van Ingen	So
Eric Greidanus	Fr

1988 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Artie Bennett	Jr
Paul De Koekkoek	Jr
Chris Rietsma	So
Ben Van Ingen	Jr
Mark Swangel	So
Ian Armstrong	Fr
Jason Gerlach	Fr
Ryan Van Wyhe	Fr
Jim Jansma	Fr
Joe Class	Fr
J.J. Barlett	Fr

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****1989 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Eugene De Vries	Fr
Ian Armstrong	So
Derek Evans	Fr
Jim Jansma	So
Jason Gerlach	So
Chad Werkhoven	Jr
Mark Swangel	Jr
Paul De Koekkoek	Sr
Mike Hofman	So
Jim Heida	So

1990 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Scott Lockhart	Fr
Ian Armstrong	Jr
Mike Hofman	Jr
Jim Jansma	Jr
Mark Swangel	Sr
Jeremy Armstrong	Fr
Jeff Gerlach	Fr
Lloyd Wicker	Fr
J.J. Barlett	Jr
Jason Gerlach	Jr
Derek Evans	So
Ryan Van Wyhe	Jr

1991 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Dan Cook	Fr
David Lower	So
Matt Rossman	So
Jason Gerlach	Sr
Jeff Gerlach	So
Mike Hofman	Sr
Steve Vis	Fr
Craig Smith	Sr
Darin Hofman	Fr

1992 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Darin Hofmann	So
Chico Ontanez	Jr
Scott Lockhart	Jr

1993 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Justin White	Fr
Nathan Zondervan	Fr
Tom Waite	Fr
Steve Vis	Jr
Sam Gutierrez	Fr
Scott Lockhart	Sr

1994 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Matt Van Dyk	Jr
Justin White	So
Darin Hofmann	Sr
Shanon Hofmann	So
David Gutierrez	Fr
Nate Zondervan	So

1995 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Nathan Zondervan	Jr
Justin White	Jr

1996 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
No Team	

1997 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
No Team	

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****1998 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Michael Haydel	So
Jason Bennett	Fr
Elliot Stone	Fr
Dioel Paet	Fr
David Bowman	So
Nate Naramor	Jr
Bobby Anderson	So
Alex Popoff	So
Ryan Kim	Fr
Jose Galindo	Jr
Scott Edwards	Fr
Cesar Espinoza	Jr
Paul Sartain	Fr
Maurice Mejan	Sr
Mike Calloway	Jr
Beau Briggs	So
Josh Prather	So
Jeff Visscher	So
Jon Federwisch	Sr
Mike Visscher	Sr
Bobby Gibson	Fr
Garren Swager	Fr
Daniel Munive	Jr

1999 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Travis Mouw	Sr
Bobby Gibson	So
Paul Sartain	So
Alex Popoff	Jr
Scott Edwards	So
Jeff Visscher	Jr
Ryan Mouw	So
Jesse Kleinjan	Fr
Tim Wycka	So
Matt Barnett	So
Ryan Kim	So
Nate Naramor	Sr
Dave Bowman	Jr
Josh Prather	Jr
Adam Sharuk	So
Bobby Anderson	Jr
Dioel Paet	So
Jeff Tarbell	So
Chris Edwards	Fr
Elliot Stone	So
Mike Haydel	Jr
Ryan Fuqua	Jr
Jason Bennett	So

2000 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Bobby Anderson	Sr
Matt Barnett	Jr
Danny Belko	Fr
Jason Bennett	Jr
Matt Burns	Jr
Jonathan Castro	Fr
Bobby Gibson	Jr
Joel Holland	Fr
Mike Haydel	Sr
Ryan Kim	Jr
Jesse Kleinjan	So
Wes Kleinjan	Fr
Ryan Mouw	Jr
Matt Naramor	Fr
Dioel Paet	Jr
Alex Popoff	Sr
Drew Robinson	Fr
Kaleb Shipman	Fr
Adam Sharuk	Jr
Elliot Stone	Jr
Jeff Tarbell	Jr
Eugene Verkaik	Sr
Jeff Visscher	Sr
Daniel Wheatley	Jr
Tim Wycka	Jr

2001 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Caleb Shipman	So
Rory Graham	Fr
Shaughn Thomas	Fr
Jeff Tarbell	Sr
Jonathan Castro	So
Raoul Lorbeer	Jr
Dioel Paet	Sr
Elliot Stone	Sr
Matthew Naramor	So
Daniel Wheatley	Sr
Michael Oosten	Fr
David Keller	Fr
Drew Robinson	So
Jonathon Fitzhugh	Fr
Joel Holland	So
Ryan De Hoog	Fr
Ryan Kim	Sr
Jesse Kleinjan	Jr
Bobby Gibson	Sr
Scott Edwards	Sr
Edward Verkaik	Fr
John Campini	Fr
Garren Swager	Sr
Ryan Mouw	Sr
Wesley Kleinjan	So
Matt Barnett	Sr
Michael Rodriguez	Fr
Tim Wycka	Sr
Alain Galindo	Jr

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2002 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Danny Belko	Jr
Garrett Bell	Fr
Jon Castro	Jr
Chad Fakkema	So
Chris Fakkema	Sr
Jon Fitzhugh	So
Alain Galindo	Sr
Max Hewitt	Fr
Joel Holland	Jr
Daniel Jewell	Fr
Tim Johnson	Fr
Jesse Kleinjan	Sr
Wes Kleinjan	Jr
Matt Naramor	Jr
Mark Oliver	Fr
Ted Reed	Fr
J.P. Rivera	Sr
Drew Robinson	Jr
Caleb Shipman	Jr
Dallas Smith	Fr
Kevin Tarbell	Fr

2003 KNIGHTS TRACK & FIELD ROSTER

Player	Grade
Garrett Bell	So
Devin Bush	Fr
Jonathan Castro	Sr
Noel Castro	So
Armando Compean	Fr
Kyle Douma	So
Max Hewitt	So
Travis Hoekstra	Sr
Tommy Hogan	So
Adam Hutter	Fr
Daniel Jewell	So
Wes Kleinjan	Sr
Greg Lyman	Fr
Shane Lynn	Fr
Mathew Naramor	Sr
Mark Oliver	So
Fred Shelby	So
Dallas Smith	So
Harold Stone	So
Quentin Swager	Fr
Kevin Tarbell	So
Jeff Zuidema	So

2004 KNIGHTS TRACK & FIELD ROSTER

Player	Grade
Garrett Bell	Jr
Devin Bush	So
Noel Castro	Jr
Armando Compean	So
Kyle Douma	Jr
Corey Drake	Fr
Max Hewitt	Jr
Tommy Hogan	Jr
Troy Holland	Fr
Adam Hutter	So
Daniel Jewell	Jr
Greg Lyman	So
Shane Lynn	So
Bryce Myren	Fr
Mark Oliver	Jr
Nick Robinson	Jr
Tim Scheuers	So
Fred Shelby	Jr
David Slegers	Jr
Dallas Smith	Jr
Harold Stone	Jr
Quentin Swager	So
Kevin Tarbell	Jr
Donald Van Dam	So
Patrick Wilson	Fr
Jeff Zuidema	Jr

2005 KNIGHTS TRACK & FIELD ROSTER

Player	Grade
Aaron Alvarez	
Christopher Ayetiwa	Fr
Ryan Bartholomy	
Beau Bekendam	
Jarod Bouwman	
Mark Brooks, Jr	
B. Theo Bryant	
Devin Bush	Jr
Andrew Cortez	
Kenneth Dominguez	
Kyle Douma	Sr
Luke Douma	
Corey Drake	So
Kyle Essington	
Tatum Graddy	Fr
Max Hewitt	Sr
Tommy Hogan	Sr
Troy Holland	So
Adam Hutter	Jr
Christopher Jacinto	
Billy Koot	
Cameron Malchow	Fr
Emmanuel Martinez	
Brett Mouw	
Mark Oliver	Sr
Frank Osman	
Phillip Owens	
Mike Reed	Jr
Ted Reed	
Tim Scheuers	Jr
Fred Shelby	Sr
David Slegers	Sr
Dallas Smith	Sr
Harold Stone	Sr
Kevin Tarbell	Sr
Arie Terpstra	
Tyler Turney	
Donald Van Dam	Jr
Justin Vander Molen	
Giovanni White	So
Patrick Wilson	So

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2006 KNIGHTS TRACK & FIELD ROSTER**

Player	Grade	Height	Weight	Hometown	Events
Andrew Acevedo	Fr	5' 10"	223	Chino	SP, DT
Travis Bartholomy	So	5' 8"	135	Ontario	3200m, DT
Jaron Bouwman	Sr	6' 4"	185	Ontario	LJ, SP, DT
Daniel Contreras	Fr	5' 10"	140	Ontario	100m, 200m
Andrew Cortez	So	5' 6"	145	Ontario	100m, 200m
Slater Ezell	Fr	6' 2"	130	Fontana	400m, 400R, 1600R, HJ
Taylor Fodness	Fr	6' 1"	150	Chino Hills	400m, 1600m
Dylan Gallop	Fr	5' 8"	185	Ontario	SP, DT
Sal Garcia	So	5' 10"	142	Chino Hills	100m, 400m, 110h
Troy Holland	Jr	5' 11"	160	Chino	110h, 300h, TJ
Adam Hutter	Sr	6' 0"	172	Ontario	110h, HJ, LJ, TJ
Trevor Lambooy	Fr	5' 11"	130	Ontario	100m, 200m, LJ
Chase Landry	Fr	5' 6"	120	Rialto	200m, 400R
Michael Maust	Jr	5' 11"	165	Upland	800m, 3200m
Josh Morales	So	5' 5"	112	Corona	3200m, TJ
Brandon Morehead	Sr	6' 0"	150	Chino Hills	200m, 400m, LJ
Ben Pendroza	Fr	5' 10"	150	Chino Hills	400m, 1600m, 300h
Daniel Pichardo	So	5' 9"	130	Chino Hills	800m, 1600m, HJ
Alex Sabio	Fr	5' 10"	160	Phillips Ranch	400R, 1600R, 110h, 300h
Tim Scheuers	Sr	6' 1"	150	Chino	800m, 1600R, LJ
Omid Shakraee	Fr	5' 8"	125	La Verne	100m, HJ, LJ
Chris Tanner	Fr	5' 9"	128	Montclair	400m, 800m, 1600m, TJ
Arie Terpstra	So	6' 4"	238	Chino	SP, DT
Donald Van Dam	Sr	5' 10"	135	Ontario	110h, 400R, 1600R, 300h, HJ
Elijah Winton	Fr	5' 4"	160	Rialto	100m, 200m, LJ, SP, DT

Head Coach - Jon Schaap

Assistant Coach - Lisa Easley

Assistant Coach - Alex Katemopoulos

Assistant Coach - Beth Annema

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2008 KNIGHTS TRACK & FIELD ROSTER**

Player	Grade	Height	Weight	Hometown	Events
Andrew Acevedo	Jr	5' 10"	234	Chino	SP, DT
Andrew Aivazian	Jr				
Michael Belen	Fr	5' 11"	130	Upland	100m, 200m
Brad Bosch	Jr	6' 0"	175	Ontario	SP, DT
Jack Choi	Fr	5' 3"	160	Diamond Bar	SP, DT
Aaron Cortez	Fr	5' 3"	105	Ontario	200m, 400m, 800m, 1600m
Slater Ezell	Jr	6' 3"	157	Fontana	1600m, 110h, 300h, HJ
Taylor Fodness	Jr	6' 2"	175	Chino Hills	400m, 1600m
Jordan Giali	So	5' 8"	150	Alta Loma	100m, 200m
Andrew Lachelt	So	6' 3"	170	Glendora	200m, 400m, 1600m, HJ
Austin Leonard	So				
Jimmy Lohan	So				
Andrew Lohan	Fr				
Joshua Morales	Sr	5' 7"	130	Corona	800m, 1600m, 3200m, TJ
Zach Oliver	Jr	6' 0"	150	Upland	800m, 1600m, 3200m, HJ
Jonathan Olson	Sr	6' 3"	160	Rancho Cucamonga	800m, 1600m, 3200m, HJ
Cristobal Pacheco	So	5' 7"	150	Chino	200m, 400m, 800m, 1600m
Luis Pacheco	Fr	5' 5"	135	Chino	400m, 300h
Ben Pedroza	Jr	6' 0"	180	Chino Hills	110h, 300h, SP, DT
Daniel Pichardo	So	5' 9"	135	Chino Hills	1600m, 3200m, LJ, TJ
Tyler Riffey	Jr	5' 7"	145	Alta Loma	SP, DT
Alex Sabio	Jr	5' 10"	185	Phillips Ranch	100m, 200m, 400m, 1600m
Omid Shokraee	Jr	5' 11"	150	La Verne	200m, HJ, LJ, TJ
Chris Tanner	Jr	6' 0"	160	Montclair	800m, 1600m, LJ, TJ
Arie Terpstra	Sr	6' 5"	265	Chino	SP, DT
Joshua Vander Well	Jr	6' 2"	180	Ontario	110h, 300h, SP, DT
John Wiersma	Jr	5' 10"	215	Chino	SP, DT
Trevor Wolnisty	Fr	6' 1"	140	Alta Loma	800m, 1600m, 3200m

Head Coach - Jon Schaap

Assistant Coach - Lisa Easley

Assistant Coach - Alex Katemopoulos

Assistant Coach - Allison Kliensasser

Assistant Coach - Jason Stanford

Assistant Coach - Donald Van Dam

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2009 KNIGHTS TRACK & FIELD ROSTER**

Player	Grade	Height	Weight	Hometown
Andrew Acevedo	Sr	5' 10"	234	Chino
Linus Amarikwa	So	5' 7"	150	Upland
Michael Belen	So	6' 0"	140	Upland
Brad Bosch	Sr	6' 0"	170	Ontario
Aaron Cortez	So	5' 6"	125	Ontario
Justin Downey	Fr	5' 7"	139	Upland
Slater Ezell	Sr	6' 3"	160	Fontana
David Galvez	So	5' 7"	165	Chino
Scott Gutman	Sr	6' 4"	250	Fontana
Justin Horton	Fr	5' 8"	145	Ontario
Micah McClure	Sr	5' 7"	160	Chino Hills
E.J. Myles	So	5' 8"	140	Riverside
Zach Oliver	Sr	6' 0"	145	Upland
Jordan Olson	Fr	5' 5"	110	Rancho Cucamonga
Jared Overstreet	Fr	5' 5"	120	Chino Hills
Kilan Pace	Fr	5' 8"	125	Pomona
Luis Pacheco	So	5' 4"	130	Chino
James Ramey	Fr	5' 11"	145	Chino
Tyler Riffey	Sr	5' 8"	155	Alta Loma
Vincent Romero	Sr	5' 11"	170	San Bernardino
Alex Sabio	Sr	5' 10"	185	Phillips Ranch
Mason Schaefer	Fr	5' 6"	125	Ontario
Matt Seno	Fr	5' 6"	125	Alta Loma
Omid Shokraee	Sr	5' 11"	150	La Verne
Jobob Taelifi	Sr	6' 0"	180	Ontario
Chris Tanner	Sr	6' 0"	160	Montclair
Tyrone Tarvin	Sr	6' 1"	208	Ontario
Brendon Teague	Jr	5' 8"	135	Alta Loma
Mark Urtz	Fr	6' 0"	170	Upland
Joshua Vander Well	Sr	6' 2"	195	Ontario
John Wiersma	Sr	5' 11"	230	Chino
Trevor Wolnisty	So	6' 1"	150	Alta Loma

Head Coach - Jon Schaap
Hurdle Coach - Cally Bonestroo
Sprint Coach - Drew Vander Well
Throw Coach - Bobby Arispe
Throw Coach - Rick Aburto
Jump Coach - Gabe Neal
Manager - Jenna Boyd
Manager - Elijah Winton

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ROSTERS

2010 KNIGHTS TRACK & FIELD ROSTER

Player	Grade	Height	Weight	Hometown	Events
Linus Amari kwa	Jr	5' 6"	160	Upland	800m, 1600m, LJ, SP
Evan Anderson	Fr	5' 6"	100	Chino Hills	800m, 1600m, 3200m
Michael Belen	Jr	6' 0"	140	Upland	200m, 400m, 800m, 4x400m Relay
Austin Bremer	Sr	5' 11"	145	Upland	200m, 400m, 4x100m Relay, 4x400m Relay
Matthew Bremer	So	5' 10"	160	Upland	SP, DT
Trey Bryant	Jr	6' 5"	194	Chino	SP, DT
Adrian Contreras	Fr	5' 5"	120	Ontario	1600m, 300m H
Aaron Cortez	Jr	5' 5"	137	Ontario	800m, 110m H, LJ, TJ
Austin Dayen	Jr	5' 8"	115	Upland	200m, 400m, 300m H, LJ
David Galvez	Jr	5' 7"	170	Chino	LJ, SP, DT
Josh Gann	Fr	5' 11"	150	Corona	800m, 1600m, 3200m
Daniel Ghobrial	Fr	5' 8"	130	Ontario	SP, DT
Christian Gochez	So	5' 9"	133	Chino Hills	1600m, 3200m, 300m H
Justin Horton	So	5' 7"	160	Ontario	800m
Jorden Kloosterman	Jr	6' 0"	170	Ontario	100m, 200m, LJ, 4x100m Relay
Alec Knighten	Fr	5' 10"	130	Alta Loma	100m, 200m
Kyle Koning	Jr	6' 0"	170	Pomona	400m, LJ, TJ
Andrew Lachelt	Sr	6' 3"	195	Glendora	100m, 400m, 4x100m Relay, 4x400m Relay
Jeremy Lara	Jr	5' 8"	148	Ontario	SP, DT
Cameron Levis e	So	6' 1"	155	Chino	100m, HJ
Zach Long	Fr	5' 5"	118	Chino Hills	300m H, LJ, TJ
Alec Luna	Fr	5' 6"	123	Upland	100m, 300m H
Matthew Mendoza	Fr	5' 8"	140	Rancho Cucamonga	SP, DT
Kaleb Moreno	Jr	5' 11"	145	Corona	SP, DT
E.J. Myles	Jr	5' 10"	154	Riverside	100m, 200m, 4x100m Relay
Jordan Olson	So	5' 8"	115	Rancho Cucamonga	3200m
Jared Overstreet	So	5' 7"	120	Chino Hills	3200m
Luis Pacheco	Jr	5' 4"	140	Chino	110m H, 300m H, LJ, TJ
Cody Reitsma	So	6' 0"	190	Ontario	3200m
Michael Salas	So	5' 6"	140	Ontario	100m, 200m, 400m
Mason Schaefer	So	5' 8"	145	Ontario	SP, DT
Mitchell Schwietzer	So	5' 9"	159	Chino	LJ, TJ, SP, DT
Matt Seno	So	5' 6"	130	Alta Loma	100m, 200m
T.J. Spykstra	Fr	5' 11"	145	Ontario	100m H, 300m H, LJ, 4x100m Relay, 4x400m Relay
Josh Tampio	Fr	5' 9"	175	Rowland Heights	SP, DT
Brendon Teague	Sr	5' 8"	135	Alta Loma	3200m
Mark Urtz	So	6' 2"	185	Upland	400m, HJ, SP, 4x100m Relay, 4x400m Relay
Dylan Van Iwaarden	So	5' 11"	145	Chino Hills	3200m
Zach Vega	So	6' 3"	220	Fontana	SP, DT
Morgan Whalen	Jr	5' 11"	175	Ontario	100m, 200m, 400m, 800m, LJ, 4x100m Relay, 4x400m Relay
Tyler Witte	Jr	5' 11"	180	Ontario	SP, DT
Matt Wolfhope	Fr	5' 8"	150	Chino	1600m, 300m H
Trevor Wolnisty	Jr	6' 2"	145	Alta Loma	400m, 800m, 1600m, HJ, 4x400m Relay

Head Coach - Jon Schaap
 Assistant Coach - Drew Vander Well
 Hurdle Coach - Cally Bonestroo
 Throw Coach - Carlos Hernandez
 Throw Coach - Rick Aburto
 Jump Coach - Gabe Neal

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2011 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Weight	Hometown
Matthew Alvarez	So	5' 11"	175	Rancho Cucamonga
Evan Anderson	So	5' 8"	118	Chino Hills
Michael Belen	Sr	6' 1"	140	Upland
Paul Bressler	So	6' 0"	175	Chino Hills
Trey Bryant	Sr	6' 4"	195	Chino
Christian Carrillo	Fr	5' 4"	115	Ontario
Jared Chrisman	Fr	5' 9"	130	Ontario
Aaron Cortez	Sr	5' 6"	135	Ontario
Justin Frenes	So	5' 10"	195	Chino
David Galvez	Sr	5' 8"	185	Chino
Tyler Juetten	Fr	5' 11"	160	Montclair
Alec Knighten	So	5' 9"	135	Alta Loma
John Ko	Jr	5' 11"	160	Korea
Jeremy Lara	Sr	5' 9"	150	Ontario
Cameron Levis	Jr	6' 2"	170	Chino
Max Madewell	Jr	5' 11"	194	Chino Hills
E.J. Myles	Sr	6' 0"	165	Carson
Matt Nishanian	So	5' 11"	160	Rancho Cucamonga
Jordan Olson	Jr	5' 11"	135	Rancho Cucamonga
Jared Overstreet	Jr	5' 7"	130	Chino Hills
Luis Pacheco	Sr	5' 4"	137	Chino
Adriel Perry	So	5' 8"	145	Norco
Cody Reitsma	Jr	6' 1"	170	Ontario
Austin Smith	Sr	5' 11"	205	Chino Hills
T.J. Spykstra	So	5' 11"	165	Chino
Mark Urtz	Jr	6' 2"	200	Upland
Matt White	So	5' 9"	135	Chino
Tyler Witte	Sr	5' 11"	185	Ontario
Matthew Wolfhope	So	5' 9"	155	Chino
Trevor Wolnisty	Sr	6' 1"	150	Alta Loma

Head Coach - Jon Schaap
Hurdle Coach - Cally Bonestroo
Throw Coach - Carlos Hernandez
Throw Coach - Mike Nishanian
Jump Coach - Drew Vander Well

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2012 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Weight	Hometown	Event
John Alva	Fr	5' 7"	255	Pomona	Throws
Matt Alvarez	Jr	5' 10"	170	Etiwanda	Distance
Jared Chrisman	So	6' 1"	145	Ontario	Jumps/Distance
Alan De Vries	Fr	5' 6"	120	Chino	Jumps/Hurdles
Collin Hardy	Fr	5' 6"	105	Chino Hills	Distance/Jumps
Tyler Juetten	So	5' 10"	160	Montclair	Sprints
John Ko	Sr	5' 11"	155	Chino Hills	Distance
Kyle Kortenhoeven	Jr	5' 11"	150	Ontario	Sprints/Hurdles
Jake Landreth	So	5' 8"	135	Upland	Distance
Cameron Larson	Jr	5' 11"	140	Ontario	Mid Distance/Sprints
Cameron Levis	Sr	6' 2"	190	Chino	Jumps/Sprints
Max Madewell	Sr	5' 11"	195	Chino Hills	Distance
Matt Nishanian	Jr	6' 0"	170	Rancho Cucamonga	Throws
Adriel Perry	Jr	5' 9"	160	Eastvale	Sprints/Hurdles
Aryeh Perry	Fr	6' 1"	250	Eastvale	Throws
Ryan Ramoneda	Sr	6' 0"	215	Ontario	Throws
Mike Salas	Sr	5' 8"	165	Ontario	Sprints
Dean Singleton	So	6' 2"	165	Chino	Sprints
David Solares	Fr	5' 6"	180	Fontana	Sprints
T.J. Spykstra	Jr	5' 9"	165	Chino	Sprints/Hurdles
Josh Tampio	Jr	5' 10"	200	Wrightwood	Throws
Nathanael Taylor	Fr	5' 8"	120	Fontana	Sprints
Mark Urtz	Sr	6' 2"	200	Upland	Sprints
Gavin Wade	So	5' 8"	150	Ontario	Sprints/Shotput
Matt Wolfhope	Jr	5' 10"	160	Chino	Distance
Teddy Yelland	Fr	5' 7"	125	Upland	Sprints

Head Coach and Sprint Coach - Mason Burroughs

Middle Distance Coach - Ken Scott

Long Distance Coach - Gretchen Gonzales

Hurdle Coach - Cally Bonestroo

Jump Coach - Drew Vander Well

Throw Coach - Mike Nishanian

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ROSTERS

2013 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade	Height	Weight	Hometown	Event
Matt Alvarez	Sr	5' 10"	180	Rancho Cucamonga	Shot Put, Discus
Tim Apostolou	So	6' 1"	177	Chino Hills	Sprints/jumps
Raine Bateman	Fr	5' 7"	125	Upland	Sprints
Josh Bayliss	Jr	5' 6"	155	Rialto	Sprints
Nathaniel Belden	Fr	6' 0"	140	Ontario	Jump
Paul Bressler	Sr	6' 1"	190	Ontario	Shot Put, Discus
Jared Chrisman	Jr	6' 4"	165	Ontario	Jumps, Hurdles, 800m
Nathan Crespo	Fr	6' 0"	140	Eastvale	Jump
Kris De Moica	So	6' 1"	150	Fontana	Jumps, Sprints
Tyrus Dennis	So	5' 6"	110	Chino	400m, 800m, High Jump
Alan De Vries	So	5' 7"	120	Chino	Mid/Long Distance
James De Vries	Fr	6' 2"	220	Ontario	Shot Put, Discus
Kevin De Vries	Fr	5' 7"	130	Chino	Mid/Long Distance
Jakob Eichor	Fr	5' 7"	115	Chino Hills	Long Distance
Noah Felix	So	5' 8"	145	Alta Loma	Sprints, Relay
James Hammond	Fr	5' 5"	125	Ontario	Sprints
Collin Hardy	So	5' 8"	130	Chino Hills	Mid/Long Distance
Jake Landreth	Jr	5' 10"	145	Upland	Mid/Long Distance
Michael Lawrence	Jr	5' 11"	155	Rancho Cucamonga	Jumps/ Sprints
Jesse Monroe	So	6' 1"	145	Ontario	Hurdles, Jump
Jelani Olufemi	So	6' 0"	250	Chino Hills	Shot Put, Discus
Daniel Perez	Fr	5' 11"	150	Chino	Sprints, Jump, Hurdle, Throws
Adreil Perry	Sr	5' 8"	160	Eastvale	Jumps, Sprints
Aryeh Perry	So	6' 2"	265	Eastvale	Shot Put, Discus
Anthony Quintanilla	Fr	5' 8"	150	Ontario	Jumps, Hurdles
Kyle Rowland	So	5' 10"	145	Upland	Mid/Long Distance
T.J. Spykstra	Sr	5' 11"	170	Chino	Sprints, Hurdles, Relays
Joshua Tampio	Sr	5' 11"	195	Wrightwood	Shot Put, Discus
Nathanael Taylor	So	5' 9"	130	Fontana	Jumps, Hurdles
Reuben Uku	Jr	5' 11"	150	Chino Hills	Jumps, Sprints
Vinny Underwood	Jr	5' 11"	135	Chino Hills	Mid/Long Distance
Gavin Wade	Jr	5' 8"	175	Ontario	Shot Put, Discus
Matt White	Sr	5' 10"	160	Chino	Jumps, Sprints
Chase Wolfhope	Fr	5' 11"	186	Chino	Shot Put, Discus, 400m
Matt Wolfhope	Sr	5' 10"	160	Chino	Mid/Long Distance
Teddy Yelland	So	5' 7"	125	Upland	Sprints
Bryan Zarate	So	5' 7"	150	Montclair	Sprints
Jeffrey Zhang	Sr	5' 7"	130	Chino	Long Distance
Tony Zhu	So	5' 9"	260	Ontario	Shot Put, Discus

Head Coach and Sprint Coach - Mason Burroughs

Middle Distance Coach - Ken Scott

Long Distance Coach - Gretchen Gonzales

Hurdle Coach - Cally Bonestroo

Jump Coach - Drew Vander Well

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2014 KNIGHTS BOYS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Weight	Hometown
John Alva	Jr	5' 7"	245	Pomona
Brent Anton (c)	Sr	6' 1"	290	Ontario
Josh Bayliss	Sr	5' 7"	160	Rialto
Nathaniel Belden	So	6' 1"	160	Ontario
Jared Chrisman (c)	Sr	6' 4"	175	Ontario
Kris De Moica	Jr	6' 1"	160	Fontana
Alan De Vries	Jr	5' 9"	135	Chino
Kevin De Vries	So	5' 8"	130	Chino
Jakob Eichor	So	5' 9"	120	Chino Hills
Noah Felix	Jr	5' 10"	170	Rancho Cucamonga
Collin Hardy	Jr	5' 10"	135	Chino Hills
Jaret Ishii	Fr	5' 9"	135	Chino
Jordan Ishii	Jr	5' 10"	135	Chino
Tyler Juetten	Sr	5' 11"	170	Montclair
Jake Landreth (c)	Sr	5' 10"	140	Upland
Michael Lawrence (c)	Sr	5' 11"	155	Rancho Cucamonga
Aaron Layos	Sr	5' 7"	150	Rancho Cucamonga
Treighton Martin	Fr	5' 10"	110	Ontario
Jesse Monroe	Jr	6' 2"	145	Ontario
Ryan Orton	Fr	5' 9"	120	Ontario
Daniel Perez	So	5' 11"	160	Chino
R.J. Perez	Fr	5' 8"	130	Ontario
Aryeh Perry	Jr	6' 3"	255	Eastvale
Josue Ramirez	Sr	6' 1"	190	Ontario
Adrian Saucedo	Fr	5' 7"	115	Ontario
Ryan Silver (c)	Sr	6' 0"	195	Ontario
Nathanael Taylor	Jr	5' 9"	140	Fontana
Vinny Underwood	Sr	5' 10"	135	Chino
Gavin Wade	Sr	6' 0"	165	Chino
Bryan Zarate	Jr	5' 7"	165	Montclair

Head Coach and Distance Coach - Jon Schaap

Relay Coach - Mason Burroughs

Hurdle and Jump Coach - Cally Bonestroo

Sprint Coach - Curtis Margain

Throw Coach - Tony Moore

Strength and Conditioning/Distance Coach - Gretchen Gonzales

Assistant Coach - Maddie Oliver

Assistant Coach - Zach Oliver

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2015 KNIGHTS BOYS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Weight	Hometown
John Alva (c)	Sr	5' 7"	245	Pomona
Alan Amarikwa	Fr	5' 8"	110	Upland
Sammy Archer	Sr	6' 1"	136	Eastvale
Joseph Avila	Fr	5' 8"	125	Ontario
Nathaniel Belden	Jr	6' 1"	160	Ontario
Kris De Moica	Sr	6' 3"	160	Fontana
Alan De Vries	Sr	5' 9"	135	Chino
Kevin De Vries	Jr	5' 8"	130	Chino
Jakob Eichor	Jr	5' 9"	120	Chino Hills
Xavier Garza	So	5' 7"	120	Ontario
Brad Hardy	Fr	5' 9"	140	Chino Hills
Collin Hardy (c)	Sr	5' 10"	135	Chino Hills
Jaret Ishii	So	5' 9"	135	Chino
Jordan Ishii	Sr	5' 10"	135	Chino
Treighton Martin	So	5' 10"	110	Ontario
Jesse Monroe	Sr	6' 2"	158	Ontario
Andrew Murowatz	Fr	5' 7"	115	Chino
Jelani Olufemi	Sr	5' 11"	250	Chino Hills
Ryan Orton	So	5' 10"	125	Ontario
Daniel Perez	Jr	5' 11"	170	Chino
R.J. Perez	So	5' 9"	140	Ontario
Aryeh Perry (c)	Sr	6' 3"	255	Corona
Anthony Quintanilla	Jr	5' 8"	165	Ontario
Jakob Reyes	So	5' 4"	135	Rancho Cucamonga
David Solares	Sr	5' 7"	213	Fontana
E.J. Stache	Jr	6' 3"	220	Rancho Cucamonga
Nathanael Taylor (c)	Sr	5' 9"	140	Fontana
Alex Vander Tuig (c)	Sr	6' 2"	150	Ontario
Andrew Vander Tuig	Fr	5' 1"	100	Ontario
Adam Verhoeven	Sr	5' 10"	220	Ontario
Joe Wu	Sr	5' 10"	150	Chino
Bryan Zarate (c)	Sr	5' 7"	165	Montclair

Head Coach - Jon Schaap
Assistant Coach - Cally Bonestroo
Assistant Coach - Tony Moore
Assistant Coach - Andrew Lachelt

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2016 KNIGHTS BOYS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Events	Hometown
Joseph Avila	So	5' 8"	400m & 800m	Ontario
Francisco Bedolla	Fr	5' 7"	Throws	Chino
Jarod Belden	Fr	5' 9"	Distance, Hurdles & Jumps	Ontario
Nathaniel Belden (c)	Sr	6' 1"	LJ, TJ, 110 MMH & 300 IH	Ontario
Nolan Crespo	Fr	5' 6"	100m, 200m, 4X100	Eastvale
Jakob Eichor (c)	Sr	6' 0"	800m & 1600m	Chino Hills
James Hammond	Sr	5' 7"	Distance	Ontario
Jaret Ishii	Jr	5' 10"	LJ, TJ & Hurdles	Chino
Jacob Ito	Jr	5' 6"	LJ, TJ & Hurdles	Chino
Elijah Moore	Fr	5' 7"	Shotput & Discus	Riverside
Andrew Murowatz	So	5' 7"	3200 & 1600	Chino
Eric Nava	Sr	5' 10"	Sprints	Rancho Cucamonga
Michael Ochoa	Fr	5' 7"	Shotput & Discus	Chino Hills
Ryan Orton	Jr	5'10	800 & 1600	Ontario
Daniel Perez	Sr	6' 0"	Sprints, Throws	Chino
R.J. Perez	Jr	5' 9"	100, 200, 4X100 & 4X400	Ontario
Anthony Quintanilla (c)	Sr	5' 10"	110 HH & 300 IH	Ontario
Jakob Reyes	Jr	5' 6"	400, 300 H & 4X400	Rancho Cucamonga
Cole Young	Fr	5' 8"	Distance	Eastvale

Head Coach - Jon Schaap

Associate Head Coach - Cally Bonestroo

Assistant Coach - Tony Moore

Assistant Coach - Taylor Holcomb

Assistant Coach - Ray Hughes

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2017 KNIGHTS BOYS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Hometown
Alan Amarikwa	Jr	5' 7"	Upland
Josh Amaya	Sr	6' 1"	Chino
Joseph Avila	Jr	5' 8"	Ontario
Jarod Belden	So	6' 0"	Ontario
Bryan Burroughs	So	5' 10"	Riverside
Nolan Crespo	So	5' 8"	Eastvale
Giovanni DeBonis	Sr	5' 9"	Mt. Baldy
Jacob Estrada	Fr	5' 7"	Chino
Zane Fan	Sr	5' 10"	Chino
Jaret Ishii	Sr	5' 10"	Chino
Jacob Ito	Sr	5' 7"	Chino
Dylan Lamarque	So	6' 5"	Eastvale
Caleb Lanting	Fr	5' 6"	Ontario
Elijah Moore	So	5' 7"	Fontana
Andrew Murowatz	Jr	5' 7"	Chino
Ryan Orton	Sr	5' 11"	Ontario
R.J. Perez	Sr	5' 10"	Ontario
Chad Phillips	Fr	5' 9"	Chino
Joseph Pirro	Jr	6' 0"	Rancho Cucamonga
Nicholas Ponce	Sr	5' 11"	Eastvale
Jakob Reyes	Sr	5' 5"	Rialto
Matt Stear	Jr	5' 7"	Ontario
Dylan Williams	Fr	5' 11"	Chino Hills
Cole Young	So	5' 10"	Eastvale
Carlos Zhang	Fr	5' 10"	Chino
Zachary Zhou	Fr	5' 9"	Corona

Head Coach - Jon Schaap

Associate Head Coach/Hurdles/Jumps - Cally Bonestroo

Sprints Coach - Caleb Collins

Distance Coach - Ray Hughes

Throws Coach - Tony Moore

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2018 KNIGHTS BOYS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Hometown
Jarod Belden (c)	Jr	6' 0"	Ontario
Micah Belden	Fr	5' 7"	Ontario
Christian Brooks	Sr	5' 8"	Upland
Nolan Crespo (c)	Jr	5' 8"	Eastvale
Zac Cupp	Sr	5' 10"	Chino
Marcus Hernandez	Fr	5' 5"	Chino Hills
Toddy Hoy	Fr	5' 3"	Chino Hills
Dylan Lamarque	Jr	6' 5"	Eastvale
Michael Ma	Sr	6' 0"	Ontario
John Mark Mendoza	So	6' 1"	Rancho Cucamonga
Jacob Monarrez	Fr	5' 10"	Upland
Elijah Moore	Jr	5' 7"	Fontana
Joseph Pirro	Sr	6' 1"	Rancho Cucamonga
Aidan Vorster	Fr	5' 7"	Chino Hills
Joshua Wolfhope	Fr	5' 5"	Chino
Aaron Yang	Fr	5' 8"	Eastvale
Ezekiel Zaragoza	Sr	5' 10"	Ontario

Head Coach/Sprints/Distance - Caleb Collins

Sprints Coach - Andrew Lachelt

Hurdles Coach - Cally Bonestroo

Distance Coach - Andrea Flanery

Distance Coach - Kim Mesman

Jumps/Throws Coach - Grady Gillespie

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ROSTERS****2019 KNIGHTS BOYS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Events	Hometown
Jarod Belden	Sr	6' 2"	4x100R/110H/300H/HJ	Ontario
Micah Belden	So	5' 7"	110H/300H/HJ/LJ	Ontario
Nolan Crespo	Sr	5' 8"	4x100R/100/200	Eastvale
Howard Ding	Sr	6' 1"	100m/SP	Ontario
Trent Englebrecht	Jr	6' 0"	100m/200m/4x100R/LJ	Norco
Ethan Esproles	Fr	5' 7"	800m/1600m	Ontario
Tyler Ford	Fr	5' 7"	4x100R/100m/200m/LJ	Ontario
Edward Frailing	Fr	5' 9"	100m/HJ/LJ	Chino Hills
Aaron Gaudy	Jr	6' 1"	200m/400m/HJ/LJ	Rancho Cucamonga
Sean Halpin	Sr	5' 11"	SP	Ontario
Marcus Hernandez	So	5' 5"	SP/DT	Chino Hills
Todd Hoy	So	5' 3"	1600m/3200m	Chino Hills
Cody Laidlaw	Jr	6' 1"	200m/400m/HJ/LJ	Ontario
Dylan Lamarque	Sr	6' 5"	400m/SP/DT	Eastvale
Luke Lin	So	6' 2"	SP/DT	Jurupa Valley
Nathaniel Lozano	Jr	6' 4"	100m/200m/4x100R	Chino
Mike Lu	Sr	5' 9"	1600m/800m/4x400R	Chino
Joshua McTarsney	Jr	5' 9"	SP/DT	Chino
JohnMark Mendoza	Jr	6' 1"	800m/1600m/3200m/4x400R	Rancho Cucamonga
Jacob Monarrez	So	5' 10"	SP/LJ/100m/200m	Upland
Connor Mooneyhan	Jr	5' 9"	800m/1600m/3200m/4x400R	Eastvale
Elijah Moore	Sr	5' 7"	SP/DT/LJ	Fontana
Luis Rodriguez	Sr	6' 5"	SP	Ontario
Martin Tang	Sr	5' 9"	100m/200m	Jurupa Valley
Ethan Venerable	Sr	6' 0"	4x100R/100m/200m	Chino
Aidan Vorster	So	5' 7"	1600m/3200m/800m/4x400R	Chino Hills
Dylan Williams	Jr	6' 0"	200m/LJ/4x100R	Chino Hills
Mitchel Windsor	Fr	5' 6"	800m/1600m/3200m/4x400R	Eastvale
Joshua Wolfhope	So	5' 5"	200m/400m/LJ	Chino
Alpha Yam	Fr	5' 6"	110H/300H/LJ/400	Chino Hills
Aaron Yang	So	5' 8"	100m/200m	Eastvale

Head Coach/Sprints/Distance - Andrew Lachelt

Sprints Coach - Rob Behnke

Sprints Coach - Bryanna Williams

Hurdles Coach - Jaimee Stutz

Jumps Coach - Dave Belden

Throws Coach - Tony Moore

Distance Coach - Matt Wolfhope

Distance Coach - Mike Fischer

Team Manager - Leah Li

Team Manager - Cherry Zhang

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ROSTERS

2020 KNIGHTS BOYS TRACK & FIELD ROSTER

Athlete	Grade	Height	Events	Hometown
John Aboukhalil	So	5' 8"	SP/DT	Ontario
Isaiah Baidoo	Fr		100m/LJ	Diamond Bar
Troy Baker	Jr		SP/DT	Chino Hills
Mario Balderas	Fr	5' 6"	1600m	Colton
Micah Belden (c)	Jr	6' 0"	110H/300H/HJ/LJ	Ontario
Kristopher Campbell	Fr	5' 10"	100m/200m/HJ	Ontario
Montrell Deaver	So	5' 6"		Moreno Valley
Blake Demoff	Jr			Chino
Trent Englebrecht	Sr	6' 0"	100m/200m/4x100R/LJ	Chino
Ethan Esproles	So	5' 7"	800m/1600m	Eastvale
Tyler Ford	So	5' 9"	4x100R/100m/200m/LJ	Ontario
Edward Frailing	So	5' 11"	100m/HJ/LJ	Chino Hills
Aaron Gaudy	Sr	6' 1"	200m/400m/HJ/LJ	Rancho Cucamonga
Jared Gaudy	Fr	5' 11"	SP/DT	Rancho Cucamonga
Logan Haydel	Fr		800m	Chino
Ian Hogerhuis	So			Chino
Todd Hoy	Jr	5' 3"	1600m/3200m	Chino Hills
Roy Ju	Jr		SP/DT	Chino Hills
Cody Laidlaw	Sr	6' 1"	200m/400m/HJ/LJ	Ontario
Luke Lin (c)	Jr	6' 2"	SP/DT	Jurupa Valley
Nathaniel Lozano	Sr	6' 4"	100m/200m/4x100R	Chino
Rudy Lugo	Jr		DT	Eastvale
Joshua McTarsney	Sr	5' 9"	SP/DT	Chino
JohnMark Mendoza (c)	Sr	6' 1"	800m/1600m/3200m/4x400R	Alta Loma
Gage Messick	Fr	5' 10"	400m/1600m/LJ	Chino
Jack Molina	Fr	5' 6"	100m/200m	Chino Hills
Jacob Monarrez	Jr	5' 10"	SP/LJ/100m/200m	Upland
Ray Moors	Sr			Chino
Josh Morales	So	6' 4"	HJ/LJ	Ontario
Chris Navarro	Fr	5' 11"	LJ	Chino
Vinny Pedroza	Sr			Ontario
Logan Peters	Fr	5' 8"	3200m	Ontario
Nathaniel Plascencia	So	5' 8"	SP/DT	Ontario
Jacob Ponce	Fr	5' 5"	100m/200m/LJ	Chino
Marc Quintanilla	Jr	5' 7"	SP/DT	Ontario
Ethan Tran	Fr		200m/400m	Chino Hills
Aidan Vorster	Jr	5' 7"	1600m/3200m/800m/4x400R	Chino Hills
Isaiah Washington	Jr	6' 1"	SP	Ontario
Mitchel Windsor	So	5' 6"	800m/1600m/3200m/4x400R	Eastvale
Alpha Yam	So	5' 6"	110H/300H/LJ/400	Chino Hills
Aaron Yang	Jr	5' 9"	100m/200m	Corona

Head Coach/Sprints/Distance - Andrew Lachelt
 Sprints Coach - Rob Behnke
 Distance Coaches - Kim Mesman, Matt Wolfhope
 Hurdles Coach - Joyce Belden
 Jumps Coach - Dave Belden
 Throws Coach - Anthony Quintanilla

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ANNUAL STANDINGS****2001 FINAL LEAGUE STANDINGS**

School	League			
	W	L	Tied	Pct.
Ontario Christian	32	0	0	1.000
Riverside Woodcrest Christian	27	5	0	0.844
Murrieta Calvary Chapel	23	9	0	0.719
Bermuda Dunes Desert Christian	22	10	0	0.688
Bethel Christian	11	21	0	0.344
Covina Western Christian	8	24	0	0.250
Redlands Arrowhead Christian	8	24	0	0.250
Temecula Linfield	7	25	0	0.219
Victorville Victor Valley Christian	6	26	0	0.188

2002 FINAL LEAGUE STANDINGS

School	League			
	W	L	Tied	Pct.
Ontario Christian	26	2	0	0.929
Murrieta Calvary Chapel	25	3	0	0.893
Riverside Woodcrest Christian	21	7	0	0.750
Redlands Arrowhead Christian	13	15	0	0.464
Bermuda Dunes Desert Christian	10	18	0	0.357
Covina Western Christian	10	18	0	0.357
Victorville Victor Valley Christian	6	22	0	0.214
Temecula Linfield	1	27	0	0.036

2004 FINAL LEAGUE STANDINGS**Christian League**

School	Won	Lost	Tied	Pct.
Aquinas	12	0	0	1.000
Ontario Christian	7	5	0	0.583
Western Christian	5	7	0	0.417
Arrowhead Christian	0	12	0	0.000

2005 FINAL LEAGUE STANDINGS**Christian League**

School	Won	Lost	Tied	Pct.
Aquinas	10	2	0	0.833
Ontario Christian	10	2	0	0.833
Western Christian	4	8	0	0.333
Arrowhead Christian	0	12	0	0.000

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ANNUAL STANDINGS****2006 FINAL LEAGUE STANDINGS**

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Aquinas	11	1	0	0.917	18	2	0	0.900
Ontario Christian	9	3	0	0.750	9	6	0	0.600
Western Christian	3	9	0	0.250				
Arrowhead Christian	1	11	0	0.083				

2007 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	11	1	0	0.917	15	2	0	0.882
Aquinas	9	3	0	0.750	9	4	0	0.692
Arrowhead Christian	4	8	0	0.333	5	9	0	0.357
Western Christian	0	12	0	0.000	0	12	0	0.000

2008 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	11	1	0	0.917	13	2	0	0.867
Aquinas	9	3	0	0.750	9	3	0	0.750
Arrowhead Christian	4	8	0	0.333	4	8	0	0.333
Western Christian	0	12	0	0.000	0	12	0	0.000

2009 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	10	1	1	0.875	13	1	1	0.900
Aquinas	9	2	1	0.792	10	2	1	0.808
Arrowhead Christian	4	8	0	0.333	4	8	0	0.333
Western Christian	0	12	0	0.000	0	12	0	0.000

2010 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Western Christian	12	0	0	1.000	12	0	0	1.000
Ontario Christian	8	4	0	0.667	12	5	0	0.706
Aquinas	4	8	0	0.333	4	9	0	0.308
Arrowhead Christian	0	12	0	0.000	0	12	0	0.000

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ANNUAL STANDINGS****2011 FINAL LEAGUE STANDINGS**

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	28	0	0	1.000	29	2	0	0.935
Linfield Christian	23	5	0	0.821	23	5	0	0.821
Aquinas	20	8	0	0.714	20	8	0	0.714
Woodcrest Christian	15	13	0	0.536	15	13	0	0.536
Riverside Christian	13	15	0	0.464	13	15	0	0.464
Western Christian	9	19	0	0.321	9	19	0	0.321
Calvary Murrieta	2	26	0	0.071	2	26	0	0.071
Arrowhead Christian	2	26	0	0.071	2	26	0	0.071

2012 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian *	26	2	0	0.929	26	3	0	0.897
Linfield Christian	26	2	0	0.929	26	2	0	0.929
Arrowhead Christian	20	8	0	0.714	20	8	0	0.714
Western Christian	16	12	0	0.571	16	12	0	0.571
Aquinas	12	16	0	0.429	12	16	0	0.429
Calvary Murrieta	4	24	0	0.143	4	24	0	0.143
Riverside Christian	4	24	0	0.143	4	24	0	0.143
Woodcrest Christian	4	24	0	0.143	4	24	0	0.143

* League Champion by tie breaker

2013 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian *	26	2	0	0.929	26	2	0	0.929
Arrowhead Christian	26	2	0	0.929	26	2	0	0.929
Ontario Christian	20	8	0	0.714	20	8	0	0.714
Woodcrest Christian	14	14	0	0.500	14	14	0	0.500
Western Christian	13	15	0	0.464	13	15	0	0.464
Calvary Murrieta	9	19	0	0.321	9	19	0	0.321
Aquinas	3	25	0	0.107	3	25	0	0.107
Riverside Christian	1	27	0	0.036	1	27	0	0.036

* League Champion by tie breaker

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ANNUAL STANDINGS

2014 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	29	3	0	0.906	29	3	0	0.906
Arrowhead Christian	28	4	0	0.875	28	4	0	0.875
Ontario Christian	27	5	0	0.844	27	5	0	0.844
Western Christian	20	12	0	0.625	20	12	0	0.625
Calvary Murrieta	14	18	0	0.438	14	18	0	0.438
Woodcrest Christian	12	20	0	0.375	12	20	0	0.375
Aquinas	10	22	0	0.313	10	22	0	0.313
Riverside Christian	2	28	2	0.094	2	28	2	0.094
Temecula Prep	0	30	2	0.031	0	30	2	0.031

2015 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Arrowhead Christian	24	0	0	1.000	24	0	0	1.000
Linfield Christian	18	6	0	0.750	18	6	0	0.750
Ontario Christian	18	6	0	0.750	18	6	0	0.750
Western Christian	10	14	0	0.417	10	14	0	0.417
Woodcrest Christian	9	15	0	0.375	9	15	0	0.375
Notre Dame	5	19	0	0.208	5	19	0	0.208
Aquinas	0	24	0	0.000	0	24	0	0.000

2016 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Arrowhead Christian	22	1	1	0.938	22	1	1	0.938
Linfield Christian	18	6	0	0.750	18	6	0	0.750
Ontario Christian	15	8	1	0.646	19	12	1	0.609
Western Christian	13	11	0	0.542	13	11	0	0.542
Notre Dame	9	15	0	0.375	9	15	0	0.375
Aquinas	6	18	0	0.250	6	18	0	0.250
Woodcrest Christian	0	24	0	0.000	0	24	0	0.000

2017 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Arrowhead Christian	24	0	0	1.000	24	0	0	1.000
Ontario Christian	16	8	0	0.667	16	8	0	0.667
Linfield Christian	16	8	0	0.667	16	8	0	0.667
Woodcrest Christian	15	9	0	0.625	15	9	0	0.625
Aquinas	9	15	0	0.375	9	15	0	0.375
Notre Dame	2	22	0	0.083	2	22	0	0.083
Western Christian	2	22	0	0.083	2	22	0	0.083

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ANNUAL STANDINGS

2018 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	24	0	0	1.000	24	0	0	1.000
Woodcrest Christian	20	4	0	0.833	20	4	0	0.833
Ontario Christian	13	11	0	0.542	13	11	0	0.542
Arrowhead Christian	11	13	0	0.458	11	13	0	0.458
Aquinas	8	16	0	0.333	8	16	0	0.333
Notre Dame	7	17	0	0.292	7	17	0	0.292
Western Christian	1	23	0	0.042	1	23	0	0.042

2019 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	15	0	0	1.000	15	0	0	1.000
Ontario Christian	12	3	0	0.800	16	4	0	0.800
Woodcrest Christian	9	6	0	0.600	9	6	0	0.600
Aquinas	6	9	0	0.400	6	9	0	0.400
Arrowhead Christian	3	12	0	0.200	3	12	0	0.200
Western Christian	0	15	0	0.000	0	15	0	0.000

2020 LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	5	0	0	1.000	5	0	0	1.000
Aquinas	4	1	0	0.800	4	1	0	0.800
Ontario Christian	3	2	0	0.600	3	2	0	0.600
Woodcrest Christian	2	3	0	0.400	2	3	0	0.400
Arrowhead Christian	1	4	0	0.200	1	4	0	0.200
Western Christian	0	5	0	0.000	0	5	0	0.000

MOST VALUABLE ATHLETE

- 1967 John Swager
- 1968
- 1969
- 1970
- 1971 John Sieperda
- 1972
- 1973 Dave Vander Schaaf
- 1974 John Visser
- 1975 Randy Mouw
- 1976
- 1977 Jim Berkompas
- 1978
- 1979 Pete Ridder
- 1980
- 1981
- 1982
- 1983
- 1984 Joe Fengler
- 1985 Joe Fengler
- 1986 Gary Bruinsma
- 1987 Mark Swangel
- 1988 Paul De Koekkoek
- 1989 Mark Swangel
- 1990 Mark Swangel
- 1991 Mike Hofman
- 1992
- 1993
- 1994
- 1995
- 1996 No Team
- 1997 No Team
- 1998 Track: Jon Federwisch and Elliot Stone
Field: Ryan Kim
- 1999 Ryan Fuqua and Jesse Kleinjan
- 2000 Track: Bobby Gibson and Jesse Kleinjan
Field: Eugene Verkaik
- 2001 Track: Bobby Gibson and Jesse Kleinjan
Field: Ryan Mouw
- 2003 Matt Naramor
- 2006 Tim Scheuers
- 2007 Zach Oliver
- 2008 Slater Ezell
- 2009 Slater Ezell
- 2010 Track: T.J. Spykstra
- 2011 Track: T.J. Spykstra
Field: David Galvez
- 2012 Track: Jake Landreth, T.J. Spykstra, and Mark Urtz
Field: Matt Nishanian and Adriel Perry
- 2013 Most Valuable Track: T.J. Spykstra
Most Valuable Sprints: Michael Lawrence
Most Valuable Distance: Jake Landreth
Most Valuable Multi Event: Jared Chrisman
Most Valuable Field: Josh Tampio
- 2014 Most Valuable Track: Michael Lawrence
Most Valuable Sprints: Bryan Zarate
Most Valuable Distance: Jake Landreth
Most Valuable Multi Event: Jared Chrisman
Most Valuable Field: Nathaniel Belden
- 2015 Most Valuable: Nathaniel Belden
Most Valuable Sprints: Bryan Zarate
Most Valuable Distance: Jakob Eichor
Most Valuable Field: Aryeh Perry
- 2016 Most Valuable: Nathaniel Belden
Most Valuable Sprints: Nolan Crespo
Most Valuable Distance: Jakob Eichor
Most Valuable Field: Jarod Belden
- 2017 Most Valuable: Nolan Crespo

- Most Valuable Sprints: Giovanni DeBonis
- Most Valuable Distance: Ryan Orton
- Most Valuable Field: Bryan Burroughs
- 2018 Most Valuable: Jarod Belden
Most Valuable Sprints: Nolan Crespo
Most Valuable Distance: Aidan Vorster
Most Valuable Field: Joseph Pirro
- 2019 Most Valuable: Jarod Belden
Most Valuable Sprints: Nolan Crespo
Most Valuable Distance: Aidan Vorster
Most Valuable Field: Elijah Moore

ALL-ACADEMY LEAGUE

- 1973 Steve Bransma
Dave Vander Schaaf

ALL-OLYMPIC LEAGUE

- 1991 Mike Hofman - SP, DT
- 1992 Darin Hofmann - 1600m & 3200m
Scott Lockhart - 1600m & 3200m
Chico Ontanez - 1600m & 3200m
- 1993 Scott Lockhart - 1600m & 3200m - 1st
Steve Vis - 4th
- 1994 Darin Hofmann - 800m - 4th, 1600m - 4th
- 1998
- 1999 Ryan Fuqua, Jr - 100m

ALL-CHRISTIAN LEAGUE

- 2001 Co-MOST VALUABLE TRACK
Bobby Gibson and
Jesse Kleinjan
Co-MOST VALUABLE FIELD
Ryan Mouw
- 2002 MOST VALUABLE TRACK
Jesse Kleinjan
- 2003 MOST VALUABLE FIELD
Matt Naramor
- 2004 MOST VALUABLE FIELD
Adam Hutter, So
ALL-LEAGUE
Adam Hutter, So - 110 HH
Adam Hutter, So - 300 LH
Adam Hutter, So - LJ
Adam Hutter, So - TJ
Dallas Smith, Jr - DT
- 2005 ALL-LEAGUE
Harold Stone, Sr - 3200m
Adam Hutter, Jr - 110HH
Donald Van Dam, Jr - 300IH
David Slegers, Sr - HJ
Adam Hutter, Jr - TJ
- 2006 MOST VALUABLE TRACK
Tim Scheuers, Sr
MOST VALUABLE FIELD
Adam Hutter, Sr
ALL-LEAGUE
Tim Scheuers, Sr - 800m
Tim Scheuers, Sr - 1600m
Adam Hutter, Sr - HJ
Adam Hutter, Sr - LJ
Adam Hutter, Sr - TJ
Donald Van Dam, Sr; Slater Ezell, Fr; Alex Sabio, Fr;
Tim Scheuers, Sr - 4x400m Relay
- 2008 MOST VALUABLE TRACK
Zach Oliver, Jr
MOST VALUABLE FIELD

Arie Terpstra, Sr
 ALL-LEAGUE
 Joshua Morales, Sr - 800m
 Zach Oliver, Jr - 1600m
 Zach Oliver, Jr - 3200m
 Slater Ezell, Jr - 300h
 Slater Ezell, Jr - HJ
 Arie Terpstra, Sr - DT
 Joshua Morales, Sr; Zach Oliver, Jr; Alex Sabio, Jr;
 Slater Ezell, Jr - 4x400m Relay
 2009 MOST VALUABLE TRACK
 Slater Ezell, Sr
 MOST VALUABLE FIELD
 Scott Gutman, Sr
 ALL-LEAGUE
 Zach Oliver, Sr - 1600m
 Zach Oliver, Sr - 3200m
 Slater Ezell, Sr - 110h
 Slater Ezell, Sr - 300h
 Scott Gutman, Sr - DT
 James Ramey, Fr; Alex Sabio, Sr; Slater Ezell, Sr;
 Trevor Wolnisty, So - 4x400m Relay
 2010 MOST VALUABLE TRACK
 T.J. Spykstra, Fr
 ALL-LEAGUE
 T.J. Spykstra, Fr - 300h
 David Galvez, Jr - SP
 E.J. Myles, Jr; T.J. Spykstra, Fr; Morgan Whalen, Jr;
 Austin Bremer, Sr. - 4x100m Relay
 Michael Belen, Jr; Morgan Whalen, Jr; T.J. Spykstra,
 Fr; Austin Bremer, Sr - 4x400m Relay

ALL-AMBASSADOR LEAGUE

2011 MOST VALUABLE TRACK
 T.J. Spykstra, So
 ALL-LEAGUE
 E.J. Myles, Sr - 100m
 T.J. Spykstra, So - 110h
 T.J. Spykstra, So - 300h
 Trevor Wonisty, Sr - HJ
 Tyler Juetten, Fr; T.J. Spykstra, So; Mark Urtz, Jr;
 E.J. Myles, Sr - 4x100m Relay
 Michael Belen, Sr; Mark Urtz, Jr; T.J. Spykstra, So;
 E.J. Myles, Sr - 4x400m Relay
 2012 TRACK ATHLETE OF THE YEAR
 T.J. Spykstra, Jr
 ALL-LEAGUE
 Mark Urtz, Sr - 400m
 Jake Landreth, So - 1600m
 Jake Landreth, So - 3200m
 T.J. Spykstra, Jr - 110h
 T.J. Spykstra, Jr - 300h
 Adriel Perry, Jr; T.J. Spykstra, Jr; Matt Nishanian, Jr;
 Mark Urtz, Sr - 4x100m Relay
 Mark Urtz, Sr; T.J. Spykstra, Jr; Tyler Juetten, So;
 Dean Singleton, So - 4x400m Relay
 2013 TRACK ATHLETE OF THE YEAR
 T.J. Spykstra, Sr
 ALL-LEAGUE
 T.J. Spykstra, Sr - 110h
 T.J. Spykstra, Sr - 300h
 Christian Dirksen, Sr; T.J. Spykstra, Sr; Michael Lawrence, Jr;
 Bryan Zarate, So - 4x100m Relay
 Vinny Underwood, Jr; Bryan Zarate, So; Michael Lawrence, Jr;
 T.J. Spykstra, Sr - 4x400m Relay
 2014 MULTI-EVENT ATHLETE OF THE YEAR
 Jared Chrisman, Sr
 FIRST TEAM

Josue Ramirez, Sr -200m
 Michael Lawrence, Sr - 400m
 Tyler Jutten, Sr; Vinny Underwood, Sr; Michael Lawrence, Sr;
 Bryan Zarate, Jr - 4x400m Relay
 SECOND TEAM
 Jakob Eichor, So - 3200m
 Jared Chrisman, Sr - 110H and TJ
 Nathaniel Belden - 300H
 Bryan Zarate, Jr; Michael Lawrence, Sr; Jesse Monroe, Jr;
 Josue Ramirez, Sr - 4x100m Relay
 2015 FIRST TEAM
 Nathaniel Belden, Jr - 110H
 Nathaniel Belden, Jr - 300H
 SECOND TEAM
 Jakob Eichor, Jr - 3200m
 2016 MULTI-EVENT ATHLETE OF THE YEAR
 Nathaniel Belden, Sr
 FIRST TEAM
 Jakob Eichor, Sr - 1600m
 Nathaniel Belden, Sr - 110H
 Nathaniel Belden, Sr - 300H
 SECOND TEAM
 Nathaniel Belden, Sr - TJ
 2017 SECOND TEAM
 Nolan Crespo, So - 100m
 Nolan Crespo, So - 200m
 2018 TRACK ATHLETE OF THE YEAR
 Nolan Crespo, Jr
 FIRST TEAM
 Nathan Crespo, Jr - 100m
 Nathan Crespo, Jr - 200m
 Jarod Belden, Jr - 300H
 Elijah Moore, So - DT
 SECOND TEAM
 Aiden Vorster, Fr - 3200m
 Jarod Belden, Jr - 110H
 Joseph Pirro, Sr - DT
 2019 TRACK ATHLETE OF THE YEAR
 Nolan Crespo, Sr
 MULTI-EVENT ATHLETE OF THE YEAR
 Jarod Belden, Sr
 FIRST TEAM
 Nathan Crespo, Sr - 100m
 Nathan Crespo, Sr - 200m
 Jarod Belden, Sr - 110H
 Jarod Belden, Sr - 300H
 Jarod Belden, Sr - HJ
 Trent Englebrecht, Jr - LJ
 Nolan Crespo, Sr; Nathaniel Lozano, Jr; Aaron Gaudy, Jr;
 Tyler Ford, Fr - 4x100m Relay
 SECOND TEAM
 Aiden Vorster, So - 3200m

MOST INSPIRATIONAL

1977 Randy Mouw and
 Vern Spoelstra
 1984 Kendall Senti
 1985 Joe Fengler
 1986 Eric Taylor
 1987 Paul De Koekkoek
 2000 Bobby Anderson

KNIGHT AWARD

2003 Travis Hoekstra
 2006 Adam Hutter
 2007 David Vander Schaaf
 2008 Arie Terpstra

2009 Zach Oliver
 2010 Austin Bremer
 2011 Jordan Olson
 2012 Tyler Juetten
 2013 Matt Wolfhope
 2014 Jakob Eichor
 2015 Samuel Archer
 2016 Anthony Quintanilla
 2017 Jarod Belden
 2018 Zac Cupp
 2019 JohnMark Mendoza

MOST IMPROVED

1977 Vern Van Hofwegen
 1979 Joe De Hoog
 1985 Eric Taylor
 1987 Christopher Reitsma
 1988 Ian Armstrong
 1989 Mike Hofman
 1990 Jason Gerlach
 1998 Jose Galindo and
 Alex Popoff
 1999 Bobby Gibson
 2000 Track:
 Elliot Stone
 Field:
 Ryan Mouw
 2006 Brandon Morehead
 2007 Troy Holland
 2008 Brad Bosch
 2009 Scott Gutman
 2010 Aaron Cortez and
 Jordan Olson
 2011 Mark Urtz
 2012 Collin Hardy
 2013 Sprints: Nathanael Taylor
 Field: Nathaniel Belden
 2014 Jesse Monroe
 2015 Jaret Ishii
 2016 Andrew Murowatz
 2017 Jaret Ishii
 2018 Jacob Monarrez
 2019 Aaron Gaudy

COACHES AWARD

1979 Matt Andriese
 1984 Darin Dykstra
 1985 Darin Dykstra
 1986 Greg Sawyer
 1988 Christopher Reitsma
 1989 Paul De Koekkoek
 1990 Ian Armstrong
 2000 Track:
 Jeff Tarbell
 Field:
 Dioel Paet and
 Jeff Visscher
 2003 Wes Kleinjan
 2006 Donald Van Dam
 2007 Joshua Morales
 2008 Zach Oliver
 2009 Alex Sabio
 2010 Michael Belen and
 Morgan Whalen
 2011 E.J. Myles
 2012 T.J. Spykstra
 2013 T.J. Spykstra

2014 Jake Landreth
 2015 Collin Hardy
 2016 Jacob Ito
 2017 Josh Amaya
 2018 Christian Brooks
 2019 Micah Belden

ROOKIE OF THE YEAR

2000 Drew Robinson
 2003 Adam Hutter
 2006 Slater Ezell and
 Alex Sabio
 2007 John Oldengarm and
 Bret Rogers
 2008 Tyler Riffy and
 Trevor Wolnisty
 2009 David Galvez and
 James Ramey
 2010 Jeremy Lara and
 Tyler Witte
 2011 Jared Chrisman and
 Tyler Juetten
 2012 Ryan Orton
 2013 Jake Landreth
 2014 Jakob Eichor, Vinny Underwood and Bryan Zarate
 2015 Alex Vander Tuig
 2016 Cole Young
 2017 Joseph Pirro
 2018 Micah Belden
 2019 Tyler Ford

GATORADE WILL TO WIN AWARD

2003 Kevin Tarbell

TRACK ATHLETE AWARD

1973 Ed Van Hofwegen

CIF PRELIMS QUALIFIERS

1977 Jim Berkompas
 Pete Ridder
 Bryan Senti
 1979 Joe De Hoog
 1988 Mark Swangel - HJ
 1992 Scott Lockhart - 1600m, 3200m
 1993 Scott Lockhart - 1600m, 3200m
 1999 Ryan Fuqua - 100m, 200m
 Michael Heydel - DT
 Jesse Kleinjan - 3200m
 Travis Mouw - 800m
 Jeff Visscher - DT
 2008 Joshua Morales - 800m
 Zach Oliver - 1600m, 3200m
 Slater Ezell - 110H, 300H
 Arie Terpstra - Discus
 2009 Alex Sabio - 100m
 Zach Oliver - 1600m, 3200m
 Treavor Wolnisty - 1600m
 Slater Ezell - 110H, 300H
 Scott Gutman - Shot Put
 2010 Austin Bremer - 400m
 Aaron Cortez - 800m, 100H
 TJ Spykstra - 100H, 300H
 David Galvez - Shot Put
 Trevor Wolnisty - HJ
 2011 EJ Myles - 100m

ONTARIO CHRISTIAN BOYS TRACK AND FIELD**ANNUAL AWARDS**

- Mark Urtz - 400m
 Jordan Olson - 3200m
 TJ Spykstra - 100H, 300H
 Aaron Cortez - 110H
 Treavor Wolnisty - 300H, HJ
 David Galvez - Shot Put, Discus
 Jeremy Lara - Discus
- 2012 Mark Urtz - 400m
 Jake Landreth - 1600m, 3200m
 TJ Spykstra - 100H, 300H
 Adriel Perry - LJ
 Matt Nishanian - Discus
- 2013 Christian Dirksen - 100m
 Jake Landreth - 1600m, 3200m
 TJ Spykstra - 100H, 300H
 Jared Chrisman - 110H, TJ
 Josh Tampio - Discus
- 2014 Jose Ramirez - 200m
 Michael Lawrence - 400m
 Jake Landreth - 3200m
 Jakob Eichor - 3200m
 Jared Chrisman - 110H, 300H, TJ
 Nathaniel Belden - 110H, 300H
- 2015 Alex Vander Tuig - 800m
 Jakob Eichor - 1600m, 3200m
 Nathaniel Belden - 110H, 300H, TJ
 Jesse Monroe, Daniel Perez, R.J. Perez, Bryan Zarate - 4x100m Relay
 Bryan Zarate, Jesse Monroe, Brad Hardy, Alex Vander Tuig
 - 4x400m Relay
- 2016 Jakob Eichor - 1600m
 Andrew Murowatz - 3200m
 Nathaniel Belden - 110H, 300H, TJ
 Eric Nava, Nolan Crespo, Ryan Orton, Jakob Eichor - 4x400m Relay
- 2017 Nolan Crespo - 100m, 200m
 Ryan Orton - 800m
 Jarod Belden - 110H
 Joseph Pirro - SP
 R.J. Perez, Gio DeBonis, Josh Amaya, Nolan Crespo - 4x100m Relay
 Josh Amaya, Gio DeBonis, Nolan Crespo, Ryan Orton - 4x400m Relay
- 2018 Nolan Crespo - 100m, 200m
 Aidan Vorster - 3200m
 Jarod Belden - 110H, 300H, HJ
 Joseph Pirro - SP, DT
 Elijah Moore - DT
 Christian Brooks, Zac Cupp, Jarod Belden, Nolan Crespo - 4x100m Relay
- 2019 Nolan Crespo - 100m, 200m
 JohnMark Mendoza - 1600m
 Aidan Vorster - 3200m
 Jarod Belden - 110H, 300H, HJ
 Trent Englebrecht - LJ
 Nolan Crespo, Nathaniel Lozano, Aaron Gaudy, Tyler Ford - 4x100m Relay

CIF FINALS QUALIFIERS

- 2008 Zach Oliver, Jr - 1600m - did not run
 Slater Ezell, Jr - 110H - 7th
 Slater Ezell, Jr - 300H - 2nd
- 2009 Zach Oliver, Sr - 1600m - did not run
 Zach Oliver, Sr - 3200m - 2nd
 Slater Ezell, Sr - 110H - 2nd
 Slater Ezell, Sr - 300H - Champion
- 2011 TJ Spykstra, So - 300H - 5th
 Mark Urtz, Jr - 400m - 8th
 Trevor Wolinisty, Sr. - HJ - 7th
- 2012 Mark Urtz, Sr - 400m - 4th
 TJ Spykstra, So - 300H - 5th
- 2013 TJ Spykstra, So - 300H - 2nd
- 2014 Jared Chrisman, Sr - TJ - 2nd
- 2015 Nathaniel Belden - 110H - 7th

ONTARIO CHRISTIAN BOYS TRACK AND FIELD

ANNUAL AWARDS

- 2016 Nathaniel Belden - 110H - 3rd
Nathaniel Belden - 300H - 3rd
- 2017 Josh Amaya, Gio DeBonis, Nolan Crespo, Ryan Orton - 4x400m Relay - 8th
- 2018 Nolan Crespo - 100m - 7th
Nolan Crespo - 200m - 6th
Jarod Belden - 110H - 6th
- 2019 Nolan Crespo - 100m - 4th
Nolan Crespo - 200m - 4th
Jarod Belden - 110H - 4th
Jarod Belden - 300H - 9th
Nolan Crespo, Nathaniel Lozano, Aaron Gaudy, Tyler Ford - 4x100m Relay - 8th

MASTERS MEET QUALIFIERS

STATE MEET QUALIFIERS

SPORTSMANSHIP AWARD

- 2003 Ontario Christian

CHRISTIAN LEAGUE COACH OF THE YEAR

- 2001 Brenda Albers
2002 Len Fakkema
2003 Len Fakkema
2004 Len Fakkema
2008 Jon Schaap

AMBASSADOR LEAGUE COACH OF THE YEAR

- 2011 Jon Schaap and
Randy Samuel
2012 Mason Burroughs