

Ontario Christian High School

Girls 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 GIRLS TRACK AND FIELD

ANNUAL WON-LOST RECORDS

Year	League			Overall				Head Coach	LEAGUE	League Standing	CIF Finals Results	
	Won	Lost	Tied	Pct.	Won	Lost	Tied					Pct.
1970								Eleanor Danhof	Academy	1st		
1971								Eleanor Danhof	Academy	1st		
1972								Eleanor Den Hartigh	Academy	1st		
1973								Eleanor Den Hartigh	Academy	1st		
1974								Eleanor Den Hartigh	Olympic	1st		
1975								Liz Flikkema	Olympic	1st		
1976								Liz Flikkema	Olympic	1st		
1977	5	1	0	0.833	6	1	0	0.857	Randy Pell	Olympic		
1978	7	0	0	1.000	7	2	0	0.778	Glenn Vos	Olympic	1st	
1979	4	2	0	0.667	4	2	0	0.667	Glenn Vos	Olympic	2nd	
1980	1	6	0	0.143	1	7	0	0.125	Lori Boldenow	Olympic		
1981	2	4	0	0.333	2	4	0	0.333	Don Morrell	Olympic		
1982	4	2	0	0.667	4	2	0	0.667	Russ Fuller	Olympic	3rd	
1983	4	1	0	0.800	4	3	0	0.571	Russ Fuller	Olympic	2nd	
1984	2	2	0	0.500	5	2	0	0.714	Russ Fuller	Olympic		
1985					8	1	0	0.889	Russ Fuller	Olympic	2nd	
1986					6	0	1	0.929	Russ Fuller	Olympic	1st	
1987	5	1	0	0.833	8	1	0	0.889	Russ Fuller	Olympic		
1988								Dale Schoolmeester	Olympic			
1989								Dale Schoolmeester	Olympic			
1990								Dale Schoolmeester	Olympic			
1991	Not in Annual								Olympic			
1992	Not in Annual							J.R. Hofmann	Olympic			
1993	Not in Annual							Tim Lewis	Olympic			
1994	No Varsity Team							Barry Tyler and Dave Skwark	Olympic			
1995								Dave Skwark	Olympic			
1996	No Team								Olympic			
1997	No Team								Olympic			
1998	2	3	0	0.400	3	4	0	0.429	Barry Tyler	Olympic	5th	
1999	0	5	0	0.000	2	7	0	0.222	Brenda Albers	Olympic		
2000								Brenda Albers	Christian			
2001	27	5	0	0.844				Brenda Albers	Christian	2nd		
2002	26	2	0	0.929				Len Fakkema	Christian	1st		
2003	16	0	0	1.000	18	0	0	1.000	Len Fakkema	Christian	1st	
2004	8	4	0	0.667	10	7	0	0.588	Len Fakkema	Christian	2nd	
2005	10	2	0	0.833	17	3	0	0.850	Len Fakkema	Christian	1st	
2006	16	0	0	1.000	19	0	0	1.000	Len Fakkema	Christian	1st	-
2007	11	1	0	0.917	15	2	0	0.882	Len Fakkema	Christian	1st	-
2008	12	0	0	1.000	15	0	0	1.000	Len Fakkema	Christian	1st	36th
2009	12	0	0	1.000	14	1	0	0.933	Len Fakkema	Christian	1st	-
2010	16	0	0	1.000	19	2	0	0.905	Randy Samuel	Christian	1st	-
2011	26	2	0	0.929	27	4	0	0.871	Randy Samuel	Ambassador	2nd	40th
2012	24	4	0	0.857	25	6	0	0.806	Gretchen Gonzales	Ambassador	2nd	-
2013	22	6	0	0.786	22	6	0	0.786	Gretchen Gonzales	Ambassador	3rd	37th
2014	27	5	0	0.844	27	5	0	0.844	Jon Schaap	Ambassador	2nd	34th
2015	14	10	0	0.583	14	10	0	0.583	Jon Schaap	Ambassador	3rd	37th
2016	15	9	0	0.625	19	13	0	0.594	Jon Schaap	Ambassador	3rd	-
2017	16	8	0	0.667	16	8	0	0.667	Jon Schaap	Ambassador	3rd	-
2018	16	8	0	0.667	16	8	0	0.667	Caleb Collins	Ambassador	3rd	-
2019	10	5	0	0.667	12	8	0	0.600	Andrew Lachelt	Ambassador	3rd	-
2020	-	-	-	-	-	-	-	-	Andrew Lachelt	Ambassador	-	-

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

EVENT	Athlete	Date	School Record
100m Dash	Brea Buchanan	4/10/08	12.37
200m Dash	Taylor Holcomb	5/8/14	25.81
400m Run	Staci Arthur	1985	1:00.25
800m Run	Kassidy Ramoneda	5/17/14	2:24.71
1600m Run	Tessa Tarole	2002	5:15.75
3200m Run	Jenny Bell	5/13/00	11:23.68
100m Hurdles	Jaimee Stutz	5/12/12	15.82
300m Hurdles	Jaimee Stutz	5/12/12	47.53
4x100m (400m) Relay	Taylor Prado	5/17/14	49.88
	Taylor Holcomb		
	Erin Nolte		
	Anna Spykstra		
4x400m (1600m) Relay	Sydney Robinson	5/17/14	4:10.15
	Kassidy Ramoneda		
	Anna Spykstra		
	Taylor Holcomb		
High Jump	Angela Wind	1976	5-03
	Niki Voortman	2004	5-03
Long Jump	Nelly Radamaker	1981	17-06.00
Triple Jump	Jacqueline Jauregui	2005	35-06.00
Shot Put	Lori Bruinsma	1981	39-02.00
Discus Throw	Dianne Van Leeuwen	1986	111-03.00

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

Athlete	Year	Time
1. Brea Buchanan	2008	12.37
2. Taylor Holcomb	2014	12.40
3. Taylor Holcomb	2013	12.61
4. Shana McClendon	2001	12.75
5. Taylor Prado	2014	12.87
6. Shana McClendon	2002	12.97
7. Priscilla Melgar	2009	12.97
8. Staci Arthur	1985	13.03
9. Elle Pierce	2017	13.04
10. Marisella Macias	2007	13.05
11. Brithney Buchanan	2008	13.05
12. Dominique Houston	2012	13.05
13. Marisella Macias	2009	13.09
14. Courtney Green	1999	13.10
15. Priscilla Melgar	2007	13.13
16. Stephanie Albright	2011	13.17
17. Jaimee Stutz	2011	13.21
18. Priscilla Melgar	2008	13.22
19. Dominique Houston	2011	13.22
20. Taylor Prado	2015	13.25
21. Nichole Benke	1998	13.30
22. Stephanie Albright	2012	13.30
23. Marisella Macias	2008	13.33
24. Amber Espy	2006	13.44
25. Morgan Quiet	2005	13.45
26. Priscilla Melgar	2006	13.45
27. Shana McClendon	2003	13.46
28. Brittany Tadwilliams	2007	13.50
29. Jaimee Stutz	2009	13.50
30. Jaimee Stutz	2012	13.5h
31. Brittany Knutson	2005	13.58
32. Brittany Tadwilliams	2008	13.59
33. Brianna Vanden Bosch	2010	13.68
34. Jordan Carter	2011	13.78
35. Erin Nolte	2014	13.78
36. Andria Ravelo	2020	13.78
37. Stephanie Albright	2013	13.85
38. Gabby Sarson	2010	13.87

200m Dash

Athlete	Year	Time
1. Taylor Holcomb	2014	25.81
2. Taylor Holcomb	2013	26.02
3. Brea Buchanan	2008	26.58
4. Staci Arthur	1985	26.84
5. Taylor Prado	2014	27.01
6. Stephanie Albright	2012	27.0h
7. Stephanie Albright	2013	27.32
8. Marisella Macias	2009	27.37
9. Stephanie Albright	2011	27.50
10. Erin Nolte	2013	27.51
11. Dominique Houston	2012	27.5h
12. Alyssa De Groot	2003	27.70
13. Dominique Houston	2011	27.71
14. Nichole Benke	1998	27.80
15. Alexa Antoni	2005	27.86
16. Brithney Buchanan	2008	27.91
17. Marisella Macias	2008	27.91
18. Alexa Antoni	2006	28.00
19. Anna Spykstra	2014	28.00
20. Meron Ashenafi	2012	28.03
21. Taylor Prado	2015	28.15
22. Jill Verhoeven	2003	28.24
23. Priscilla Melgar	2008	28.24
24. Priscilla Melgar	2006	28.38
25. Marisella Macias	2007	28.42
26. Isabella Silva	2010	28.47
27. Hailey Mount	2011	28.49
28. Margaret Guadarrama	2010	28.53
29. Priscilla Melgar	2009	28.57
30. Courtney Green	1999	28.60
31. Ure Okoro	2007	28.66
32. Marisella Macias	2006	28.67
33. Brianna Vanden Bosch	2012	28.8h
34. Alexa Antoni	2008	28.83
35. Priscilla Melgar	2007	28.84
36. Jill Verhoeven	2001	28.89
37. Jill Verhoeven	2002	28.99

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****400m Run**

Athlete	Year	Time
1. Staci Arthur	1985	1:00.25
2. Alexa Antoni	2006	1:01.90
3. Taylor Holcomb	2014	1:02.27
4. Alyssa De Groot	2005	1:02.33
5. Marisella Macias	2008	1:02.65
6. Stephanie Albright	2013	1:02.66
7. Sydney Robinson	2014	1:02.91
8. Alyssa De Groot	2003	1:03.00
9. Alexa Antoni	2005	1:03.00
10. Sydney Robinson	2013	1:03.01
11. Kassidy Ramoneda	2014	1:03.33
12. Kaitlyn Mendoza	2009	1:03.55
13. Courtney Martin	2012	1:03.9h
14. Alyssa De Groot	2004	1:04.00
15. Katelyn Fuller	2006	1:04.80
16. Margaret Guadarrama	2010	1:04.87
17. Katelyn Fuller	2007	1:04.91
18. Ryleigh Blachley	2011	1:04.94
19. Ure Okoro	2007	1:05.03
20. Clarisa Quintanilla	2019	1:05.89
21. Madison Guevara	2016	1:05.29
22. Tessa Tarole	2002	1:05.31
23. Margaret Guadarrama	2011	1:05.42
24. Kassidy Ramoneda	2012	1:05.49
25. Julia Eichor	2015	1:05.50
26. Synthia Offinga	1999	1:05.60
27. Jill Verhoeven	2002	1:05.64
28. Alexa Antoni	2008	1:05.67
29. Synthia Offinga	1998	1:05.80
30. Hailey Mount	2011	1:05.94
31. Jill Verhoeven	2003	1:06.00
32. Hillaire Gray	2007	1:06.11
33. Katelyn Fuller	2009	1:06.79
34. Sarah Huizenga	2006	1:07.00
35. Kayla Rowland	2017	1:07.06
36. Maddie Guevara	2013	1:07.48
37. Hailie Mount	2013	1:07.88
38. Karlie Mejia	2011	1:08.11
39. Nicole Amaya	2012	1:08.24
40. Adrienne Bouwman	2001	1:08.27

800m Run

Athlete	Year	Time
1. Kassidy Ramoneda	2014	2:24.71
2. Wendy Van Wyhe	1987	2:25.00
3. Sydney Robinson	2014	2:25.77
4. Kassidy Ramoneda	2013	2:26.99
5. Wendy Van Wyhe	1986	2:30.00
6. Sydney Robinson	2013	2:30.34
7. Tessa Tarole	2002	2:32.79
8. Robin Valencia	2016	2:34.04
9. Alyssa De Groot	2004	2:34.40
10. Adrienne Bouwman	2003	2:35.00
11. Samantha Sahagian	2008	2:35.92
12. Adrienne Bouwman	2001	2:37.00
13. Courtney Martin	2012	2:38.2h
14. Jaclyn Bollema	2005	2:39.00
15. Chloe Gonzales	2011	2:39.06
16. Samantha Sahagian	2007	2:39.24
17. Adrienne Bouwman	2002	2:39.90
18. Allison Hauptman	2017	2:41.71
19. Rachel Medina	2006	2:42.85
20. Alyssa De Groot	2005	2:43.00
21. Kassidy Ramoneda	2012	2:43.26
22. Taylor Libolt	2007	2:43.41
23. Deanna Hanger	2009	2:43.69
24. Lindsay Vanden Berge	1998	2:44.12
25. Jacqueline Firestone	2009	2:44.70
26. Samantha Sahagian	2006	2:45.63
27. Jacqueline Firestone	2008	2:46.25
28. Allison Hauptman	2016	2:46.36
29. Cassie Todd	2009	2:47.02
30. Jessica Congleton	2014	2:47.33
31. Tawnee Camping	1999	2:47.59
32. Cassie Todd	2010	2:47.97
33. Danica Koot	2002	2:48.00
34. Baileigh Mesman	2011	2:48.50
35. Nicole Knight	2001	2:49.00
36. Nicole Knight	2002	2:49.00
37. Cassie Todd	2008	2:49.08
38. Natalie Dzhandzhapanyan	2013	2:49.11
39. Baileigh Mesman	2012	2:49.50

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****1600m Run**

Athlete	Year	Time
1. Tessa Tarole	2002	5:15.75
2. Cassidy Ramoneda	2013	5:36.16
3. Sydney Robinson	2013	5:38.14
4. Robin Valencia	2016	5:39.63
5. Taylor Libolt	2008	5:42.80
6. Taylor Libolt	2007	5:43.25
7. Sydney Robinson	2014	5:45.39
8. Chloe Gonzales	2011	5:48.85
9. Jenny Bell	1998	5:49.70
10. Jessica Congleton	2014	5:50.74
11. Chloe Gonzales	2013	5:51.45
12. Nicole Knight	2003	5:53.00
13. Taylor Libolt	2006	5:54.60
14. Taylor Libolt	2009	5:54.90
15. Charlette Koedoot		5:55.80
16. Robin Valencia	2015	5:57.00
17. Natalie Dzhandzhapanyan	2013	5:57.70
18. Tessa Tarole	2003	5:59.43
19. Samantha Sahagian	2007	6:02.36
20. Adrienne Bouwman	2003	6:03.00
21. Jaclyn Bollema	2005	6:04.00
22. Andrea De Vries	2009	6:05.20
23. Kelsey Nanchy	2008	6:05.58
24. Nicole Knight	2001	6:08.00
25. Robin Valencia	2014	6:09.72
26. Samantha Sahagian	2006	6:10.11
27. Cassidy Ramoneda	2012	6:10.4h
28. Baileigh Mesman	2013	6:10.90
29. Baileigh Mesman	2011	6:10.97
30. Fantu Richards	2010	6:11.53
31. Adrienne Bouwman	2001	6:13.23
32. Nicole Knight	2002	6:13.57
33. Baileigh Mesman	2012	6:14.0h
34. Adrienne Bouwman	2002	6:17.40
35. Andrea De Vries	2008	6:21.10
36. Madison Bachar	2018	6:22.38
37. Jenny Bell	1999	6:22.80
38. Robin Valencia	2013	6:22.81
39. Jessica Van Iwaarden	2012	6:23.44
40. Stephanie Vital	2006	6:24.20
41. Deanna Hanger	2009	6:24.86
42. Abbie Canfield	2011	6:24.79

3200m Run

Athlete	Year	Time
1. Jenny Bell	2000	11:23.68
2. Tessa Tarole	2002	11:40.28
3. Jenny Bell	1999	11:46.09
4. Robin Valencia	2016	12:05.15
5. Jenny Bell	1998	12:11.00
6. Nicole Knight	2002	12:35.41
7. Chloe Gonzales	2011	12:44.84
8. Jessica Congleton	2014	12:52.34
9. Jacqueline Firestone	2009	12:55.10
10. Robin Valencia	2015	12:55.98
11. Sherril Korfanta	1983	12:58.00
12. Nicole Knight	2003	12:59.00
13. Cassie Todd	2009	13:02.20
14. Kelsey Nanchy	2008	13:04.00
15. Robin Valencia	2014	13:04.62
16. Taylor Libolt	2006	13:20.08
17. Andrea De Vries	2009	13:27.51
18. Jacqueline Firestone	2007	13:33.62
19. Jessica Van Iwaarden	2012	13:33.71
20. Jacqueline Firestone	2008	13:33.95
21. Cassie Todd	2010	13:38.60
22. Marian Mendoza	2020	13:40.93
23. Emma Kirstenpfad	2020	13:41.55
24. Samantha Sahagian	2005	13:46.00
25. Chloe Gonzales	2012	13:52.1h
26. Abbie Canfield	2011	13:56.02
27. Stephanie De Vries	2010	13:58.64
28. Baileigh Mesman	2013	14:00.00
29. Madison Bachar	2018	14:00.76
30. Andrea De Vries	2008	14:03.27
31. Robin Valencia	2013	14:04.64
32. Stephanie Vital	2006	14:17.18
33. Andrea De Vries	2007	14:20.00
34. Baileigh Mesman	2010	14:24.59
35. Molly Penalver	2012	14:25.58
36. Hanna Ingulsrud	2006	14:30.16
37. Adrienne Bouwman	2003	14:33.00
38. Adrienne Bouwman	2002	14:38.94
39. Madison Bachar	2019	14:39.43
40. Hayley Kline	2016	14:46.67
41. Molly Penalver	2013	14:48.50
42. Toni Tarole	2004	14:51.00

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

100m High Hurdles

Athlete	Year	Time
1. Jaimee Stutz	2012	15.82
2. Jaimee Stutz	2011	16.18
3. Anna Spykstra	2014	16.19
4. Anna Spykstra	2013	16.24
5. Brooke Porter	2016	16.33
6. Lauren Meeks	2009	16.50
7. Sarah Spykstra	2011	16.56
8. Jacqueline Jauregui	2006	16.71
9. Sarah Spykstra	2010	16.78
10. Anna Spykstra	2012	16.79
11. Jaimee Stutz	2010	16.91
12. Sarah Spykstra	2009	16.97
13. Lauren Meeks	2008	17.15
14. Elle Pierce	2017	17.30
15. Madison Hettinga	2012	17.3h
16. Brooke Porter	2015	17.36
17. Jaimee Stutz	2009	17.41
18. Elle Pierce	2016	17.46
19. Jacqueline Jauregui	2005	17.57
20. Madison Guevara	2016	17.68
21. Shana McClendon	2001	17.71
22. Micaela Mouw-Cruz	2018	17.74
23. Melissa Van Dyken	1987	17.81
24. Rylee Emrick	2014	17.88
25. Shana McClendon	2002	17.97
26. Rylee Emrick	2015	18.05
27. Madison Guevara	2014	18.06
28. Shana McClendon	2003	18.22
29. Lauren Meeks	2007	18.34
30. Tara Tarole	2002	18.53
31. Kristen Ingulsrud	2006	18.54
32. Rylee Emrick	2013	18.55
33. Madison Guevara	2015	18.56
34. Micaela Cruz	2019	18.59
35. Rylee Emrick	2012	18.69
36. Allison Hauptman	2017	18.72
37. Jessica Bayliss	2014	18.77
38. Kristen Ingulsrud	2005	18.78
39. Melany Amarikwa	2013	18.78
40. Elle Pierce	2015	18.91
41. Samantha Sutley	2012	19.07
42. Tori Westra	2014	19.08
43. Amiera Chamoun	2007	19.19
44. Hannah Ingulsrud	2009	19.30
45. Victoria Aivazian	2010	19.31
46. Sydney Peters	2019	19.35
47. Kristen Ingulsrud	2004	19.36
48. Micaela Mouw	2017	19.37
49. Melany Amarikwa	2014	19.47
50. Jacqueline Jauregui	2004	19.49
51. Jessica Bayliss	2016	19.74
52. Lauren Meeks	2006	19.80
53. Abby Fisher	2016	19.83
54. Abby Fisher	2017	19.84
55. Sydney Peters	2018	20.01
56. Cheyanne Gonzales	2011	20.03

300m Low Hurdles

Athlete	Year	Time
1. Jaimee Stutz	2012	47.53
2. Anna Spykstra	2014	47.80
3. Anna Spykstra	2013	48.58
4. Brooke Porter	2016	49.04
5. Anna Spykstra	2012	49.3h
6. Sarah Spykstra	2011	49.38
7. Lauren Meeks	2009	50.30
8. Micaela Mouw-Cruz	2018	50.32
9. Lauren Meeks	2008	50.62
10. Brooke Porter	2015	50.78
11. Sarah Spykstra	2010	50.81
12. Dianne Van Leeuwen	1985	50.90
13. Katelyn Fuller	2008	51.35
14. Micaela Mouw	2017	51.39
15. Jacqueline Jauregui	2006	51.49
16. Micaela Cruz	2019	51.93
17. Madison Guevara	2014	52.10
18. Sarah Spykstra	2009	52.14
19. Renee Vergara	2012	52.21
20. Clarisa Quintanilla	2017	52.35
21. Tara Tarole	2002	52.55
22. Lauren Meeks	2007	52.60
23. Jacqueline Jauregui	2005	52.79
24. Madison Guevara	2016	52.90
25. Kristen Ingulsrud	2006	53.00
26. Elle Pierce	2015	53.35
27. Brooke Porter	2015	53.39
28. Katelyn Fuller	2009	53.48
29. Synthia Offinga	1999	53.60
30. Rylee Emrick	2014	53.63
31. Madison Hettinga	2012	53.6h
32. Sydney Peters	2018	53.80
33. Rylee Emrick	2015	53.91
34. Jessica Barnett	2001	54.10
35. Jessica Barnett	2002	54.10
36. Rylee Emrick	2013	54.12
37. Elle Pierce	2016	54.28
38. Synthia Offinga	1998	54.40
39. Hannah Ingulsrud	2008	54.41
40. Kristen Ingulsrud	2004	54.48
41. Samantha Sutley	2012	54.5h
42. Katelyn Fuller	2007	54.85
43. Niani Coker	2008	55.07
44. Jacqueline Jauregui	2004	55.18
45. Danielle Morgan	2010	55.45
46. Kristen Ingulsrud	2005	55.79
47. Katelyn Fuller	2006	56.01

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

4x100m Relay

Athlete	Year	Time	Athlete	Year	Time
1. Taylor Prado Taylor Holcomb Erin Nolte Anna Spykstra	2014	49.88	17. Melanie Van Dyk Dianne Van Leeuwen Staci Arthur Wendy Van Wyhe	1986	53.25
2. Stephanie Albright Ashley Burroughs Taylor Holcomb Anna Spykstra	2013	50.59	18. Sarah Spykstra Marisella Macias Priscilla Melgar Jaimee Stutz	2009	53.25
3. Taylor Holcomb Taylor Prado Anna Spykstra Madison Guevara	2014	50.89	19. Morgan Quiet Priscilla Melgar Marisella Macias Amber Espy	2006	53.56
4. Stephanie Albright Dominique Houston Jaimee Stutz Anna Spykstra	2012	50.92	20. Alexa Antoni Priscilla Melgar Marisella Macias Amber Espy	2006	53.70
5. Brea Buchanan Brithney Buchanan Marisella Macias Alexa Antoni	2008	51.29	21. Alyssa De Groot Shana McClendon Jenni Testa Jill Verhoeven	2003	53.74
6. Taylor Prado Taylor Holcomb Alyssa Avila Anna Spykstra	2014	51.54	22. Shana McClendon Tara Tarole Jenni Testa Jill Verhoeven	2002	53.94
7. Stephanie Albright Taylor Holcomb Natalie Dzhandzhapanyan Anna Spykstra	2013	51.92	23. Shana McClendon Katie Roeda Jenni Testa Jill Verhoeven	2001	53.95
8. Brea Buchanan Priscilla Melgar Brithney Buchanan Alexa Antoni	2008	52.08	24. Stephanie Albright Anna Spykstra Jordan-Lynne Carter Jaimee Stutz	2012	54.0h
9. Hailey Mount Sarah Spykstra Jaimee Stutz Dominique Houston	2011	52.10	25. Taylor Prado Erin Nolte Alyssa Avila Julia Eichor	2015	54.04
10. Stephanie Albright Sarah Spykstra Jaimee Stutz Dominique Houston	2011	52.32	26. Taylor Prado Erin Nolte Brooke Porter Julia Eichor	2015	54.04
11. Taylor Prado Brooke Porter Rylee Emrick Julia Eichor	2015	52.33	27. Sarah Spykstra Jordan-Lynne Carter Jaimee Stutz Brianna Vanden Bosch	2010	54.06
12. Kaitlyn Mendoza Priscilla Melgar Marisella Macias Jaimee Stutz	2009	52.62			
13. Taylor Prado Brooke Porter Alyssa Avila Madison Guevara	2015	52.77			
14. Stephanie Albright Sarah Spykstra Alysa Morales Dominique Houston	2011	52.83			
15. Madison Guevara Elle Pierce Brooke Porter Erin Nolte	2016	53.01			
16. Taylor Prado Alyssa Avila Rylee Emrick Julia Eichor	2015	53.13			

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

4x400m Relay

Athlete	Year	Time			
1. Sydney Robinson Kassidy Ramoneda Anna Spykstra Taylor Holcomb	2014	4:10.15	17. Hailey Mount Sarah Spykstra Karlie Mejia Chloe Gonzales	2011	4:26.63
2. Taylor Holcomb Kassidy Ramoneda Stephanie Albright Maddie Guevara	2013	4:11.99	18. Adrienne Bouwman Alyssa De Groot Shana McClendon Jill Verhoeven	2003	4:27.00
3. Courtney Martin Kassidy Ramoneda Jaimee Stutz Stephanie Albright	2012	4:14.49	19. Katelyn Fuller Taylor Libolt Kaitlyn Mendoza Marisella Macias	2009	4:27.22
4. Stephanie Albright Chloe Gonzales Sydney Robinson Taylor Holcomb	2013	4:20.11	20. Margaret Guadarrama Karlie Mejia Hailey Mount Chloe Gonzales	2011	4:27.56
5. Katelyn Fuller Taylor Libolt Kaitlyn Mendoza Marisella Macias	2009	4:20.26	21. Margaret Guadarrama Sarah Spykstra Karlie Mejia Chloe Gonzales	2011	4:27.83
6. Margaret Guadarrama Sarah Spykstra Stephanie Albright Hailey Mount	2011	4:21.30			
7. Stephanie Albright Hailey Mount Maddie Guevara Kassidy Ramoneda	2013	4:21.66			
8. Margaret Guadarrama Jaimee Stutz Karlie Mejia Stephanie Albright	2011	4:23.00			
9. Katelyn Fuller Taylor Libolt Alexa Antoni Marisella Macias	2008	4:24.04			
10. Sydney Robinson Kassidy Ramoneda Stephanie Albright Natalie Dzhandzhapanyan	2013	4:24.17			
11. Courtney Martin Nicole Amaya Kassidy Ramoneda Stephanie Albright	2012	4:24.5h			
12. Taylor Prado Kassidy Ramoneda Anna Spykstra Taylor Holcomb	2014	4:24.72			
13. Katelyn Fuller Samantha Sahagian Sarah Huizenga Taylor Libolt	2006	4:25.36			
14. Staci Arthur Dianne Van Leeuwen Wendy Van Wyhe Kim Williams	1986	4:26.00			
15. Katelyn Fuller Taylor Libolt Sarah Spykstra Marisella Macias	2009	4:26.07			
16. Danica Koot Tara Tarole Tessa Tarole Jill Verhoeven	2002	4:26.46			

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****4x200m Relay**

Athlete	Year	Time
1. Dominique Houston Sarah Spykstra Hailey Mount Jaimee Stutz	2011	1:52.68

4x100m Shuttle Hurdle Relay

Athlete	Year	Time
1. Anna Spykstra Jaimee Stutz Samantha Sutley Rylee Emrick	2012	1:12.66

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****High Jump**

Athlete	Year	Height
1. Angela Wind	1976	5-03
2. Niki Voortman	2004	5-03
3. Niki Voortman	2002	5-02
4. Madison Apolinar	2015	5-01
5. Niki Voortman	2003	5-00
6. Madison Apolinar	2014	5-00
7. Amie Boersma	2001	4-10
8. Stacy Nanninga	2003	4-10
9. Katelyn Fuller	2006	4-10
10. Brittany Knutson	2007	4-10
11. Jaimee Stutz	2010	4-10
12. Sara Vander Broek	1999	4-08
13. Stacy Nanninga	2004	4-08
14. Brittany Knutson	2006	4-08
15. Katelyn Fuller	2007	4-08
16. Katelyn Fuller	2008	4-08
17. Taylor Libolt	2009	4-08
18. Jaimee Stutz	2009	4-08
19. Deanna Hanger	2010	4-08
20. Jaimee Stutz	2011	4-08
21. Sydney Nystrom	2018	4-08
22. Sydney Peters	2019	4-08
23. Abby Fisher	2017	4-07
24. Jenni Testa	2001	4-06
25. Shana McClendon	2002	4-06
26. Alyssa De Groot	2003	4-06
27. Alyssa De Groot	2004	4-06
28. Brittany Knutson	2005	4-06
29. Stacy Nanninga	2005	4-06
30. Samantha Sahagian	2008	4-06
31. Katelyn Fuller	2009	4-06
32. Abby Fisher	2016	4-06

Long Jump

Athlete	Year	Length
1. Nelly Radamaker	1981	17-06.00
2. Shana McClendon	2003	17-01.50
3. Shana McClendon	2002	16-06.00
4. Dominique Houston	2012	15-09.00
5. Taylor Holcomb	2013	15-07.00
6. Shana McClendon	2001	15-06.00
7. Amber Espy	2006	15-04.00
8. Deauna Houston	2018	15-02.00
9. Brea Buchanan	2008	15-01.50
10. Brooke Porter	2016	15-00.00
11. Alysia Morales	2011	14-09.00
12. Taylor Libolt	2006	14-08.00
13. Brittany Knutson	2007	14-08.00
14. Abby Fisher	2016	14-08.00
15. Abby Knight	2012	14-07.50
16. Jennifer Limburg	2002	14-07.00
17. Niki Voortman	2002	14-07.00
18. Tara Tarole	2002	14-06.00
19. Alyssa De Groot	2005	14-06.00
20. Jacqueline Jauregui	2006	14-06.00
21. Elle Pierce	2015	14-06.00
22. Niki Voortman	2004	14-05.00
23. Sarah Spykstra	2009	14-05.00
24. Taylor Libolt	2007	14-04.50
25. Jacqueline Jauregui	2005	14-03.50
26. Elle Pierce	2016	14-03.00
27. Deanna Hanger	2010	14-02.00
28. Jessica Barnett	2001	14-01.00
29. Abby Knight	2011	14-01.00
30. Elle Pierce	2017	14-01.00
31. Alysia Morales	2010	14-00.00
32. Alysia Morales	2008	13-11.50
33. Jenni Testa	2001	13-11.25
34. Sydney Peters	2019	13-11.00
35. Deauna Houston	2019	13-10.50
36. Kristen Ingulsrud	2006	13-09.50
37. Alysia Morales	2009	13-09.50
38. Madison Apolinar	2012	13-09.50
39. Madison Apolinar	2013	13-09.25
40. Katelyn Fuller	2006	13-08.00
41. Madison Apolinar	2014	13-08.00

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

ALL-TIME SEASON PERSONAL BESTS

Triple Jump

Athlete	Year	Length
1. Jacqueline Jauregui	2005	35-06.00
2. Staci Arthur	1985	34-08.00
3. Sharla Haringa	1983	34-03.50
4. Anna Spykstra	2013	33-01.50
5. Shana McClendon	2002	32-08.50
6. Micaela Mouw-Cruz	2018	32-05.00
7. Madison Apolinar	2015	31-08.00
8. Jennifer Limburg	2002	31-07.00
9. Elle Pierce	2016	31-03.00
10. Anna Spykstra	2012	31-01.75
11. Jacqueline Jauregui	2006	31-01.50
12. Madison Apolinar	2014	31-00.00
13. Micaela Mouw	2017	30-11.75
14. Niki Voortman	2004	30-11.00
15. Amber Espy	2006	30-11.00
16. Elle Pierce	2017	30-10.50
17. Jenni Testa	2003	30-09.00
18. Jenni Testa	2001	30-07.00
19. Tara Tarole	2002	30-06.00
20. Sarah Spykstra	2009	30-04.50
21. Jenni Testa	2002	30-03.00
22. Abby Knight	2012	30-01.50
23. Micaela Cruz	2019	30-01.50
24. Jacqueline Jauregui	2004	29-10.25
25. Madison Apolinar	2013	29-07.25
26. Sarah Spykstra	2011	29-06.75
27. Abby Knight	2011	29-06.00
28. Sarah Spykstra	2008	29-04.25
29. Kristen Ingulsrud	2006	29-01.50
30. Alysia Morales	2010	29-00.00
31. Katelyn Fuller	2008	28-10.00
32. Alysia Morales	2011	28-10.00
33. Alysia Morales	2009	28-09.50
34. Sarah Spykstra	2010	28-06.50
35. Shaylan Macera	2020	28-04.50
36. Alysia Morales	2008	28-03.00
37. Anisa Quintanilla	2019	28-01.50
38. Shana McClendon	2003	27-10.00
39. Amber Espy	2007	27-10.00
40. Rebekah Dirksen	2015	27-10.00
41. Elle Bass	2003	27-07.00
42. Kristen Ingulsrud	2005	27-07.00

Shot Put

Athlete	Year	Distance
1. Lori Bruinsma	1981	39-02.00
2. Stacy Nanninga	2005	36-01.00
3. Sara Vander Broek	1999	34-01.00
4. Stacy Nanninga	2004	33-05.00
5. Rebekah Dirksen	2017	33-00.25
6. Jennifer Goodsell	2007	32-01.50
7. Rebekah Dirksen	2016	31-08.50
8. Heidi Ravenhorst	2005	31-06.00
9. Lakeshia Beh	2007	30-06.00
10. Jennifer Goodsell	2006	30-02.25
11. Lakeshia Beh	2006	29-07.75
12. Charity Waddy	2013	29-06.00
13. Sierra Barrios-Martinez	2012	29-02.75
14. Allison Dirksen	2002	29-01.00
15. Sierra Barrios-Martinez	2013	28-06.00
16. Allison Dirksen	2001	27-06.00
17. Niki Voortman	2004	27-06.00
18. Shana McClendon	2001	27-05.50
19. Tessa Tarole	2003	27-04.00
20. Kirstie Schakel	2011	27-03.50
21. Akene Akabike	2010	27-03.00
22. Deauna Houston	2019	27-01.00
23. Stacy Nanninga	2003	27-00.00
24. Jennifer Goodsell	2005	26-10.50
25. Rebekah Dirksen	2015	26-09.00
26. Renee Solis	2001	26-03.50
27. Lakeshia Beh	2005	26-05.00
28. Madison Apolinar	2014	26-05.00
29. Jennifer Goodsell	2004	26-00.50
30. Amy Newton	2001	26-00.00
31. Nataly Monaco	2003	25-10.00
32. Deauna Houston	2018	25-07.00
33. Kirstie Schakel	2010	25-06.00
34. Melissa Espinoza	2012	25-05.00
35. Charity Waddy	2012	25-04.50
36. Ekene Akabike	2009	25-04.25
37. Nataly Monaco	2002	25-03.00
38. Rachel Baker	2019	25-00.00
39. Selena Mendoza	2007	24-10.50
40. Rachel Baker	2017	24-10.50

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ALL-TIME SEASON PERSONAL BESTS****Discus Throw**

Athlete	Year	Distance
1. Dianne Van Leeuwen	1986	111-03.00
2. Melissa Thornburg	1991	110-06.00
3. Rebekah Dirksen	2017	110-02.00
4. Allison Dirksen	2002	101-06.50
5. Lakeshia Beh	2007	101-04.00
6. Sara Vander Broek	2000	100-09.00
7. Sierra Barrios-Martinez	2013	94-03.00
8. Heidi Ravenhorst	2005	93-06.00
9. Tessa Tarole	2003	91-09.00
10. Marilyn Montalvan	1999	91-00.00
11. Allison Dirksen	2001	89-06.50
12. Jennifer Goodsell	2007	88-05.00
13. Madison Apolinar	2015	86-10.50
14. Nataly Monaco	2003	85-11.00
15. Charity Waddy	2013	84-07.50
16. Karissa Kiehl	2001	84-05.00
17. Rebekah Dirksen	2015	83-09.00
18. Kirstie Schakel	2011	83-01.00
19. Lakeshia Beh	2006	82-08.00
20. Nataly Monaco	2002	82-06.00
21. Jennifer Goodsell	2006	82-02.00
22. Marilyn Montalvan	1998	81-10.00
23. Madison Apolinar	2014	81-06.00
24. Rebekah Dirksen	2016	80-08.50
25. Sarah Huizenga	2008	80-08.00
26. Allyx Westra	2009	80-05.75
27. Ekene Akabike	2010	80-03.50
28. Kristina McBrearty	2001	78-01.00
29. Sarah Huizenga	2007	77-11.00
30. Veronica Samora	2001	77-01.00
31. Kirstie Schakel	2010	76-11.00
32. Alexa Antoni	2006	76-00.25
33. Selena Mendoza	2007	74-05.75
34. Deanna Hanger	2010	73-09.50
35. Madison Hettinga	2013	73-08.75
36. Amy Newton	2001	73-07.50
37. Tori Westra	2016	73-06.50
38. Karissa Kiehl	1998	73-03.00
39. Lisa Vander Eyk	2003	72-10.00

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**1998 PERSONAL RECORDS**

100m Dash		1600m Run		Long Jump	
Nichole Behnke	13.3	Jenny Bell	5:49.7	Lindsay Lovett	12' 5.5"
Jen Jansen	14.56	Casey Bryant	7:04.2	Stephanie Naramor	11' 5.75"
Lindsay Lovett	14.58				
Karissa Keihl	15.5				
		3200m Run		Triple Jump	
200m Dash		Jenny Bell	12:11	Stephanie Naramor	24' 10.5"
Nichole Behnke	27.8	Casey Bryant	15:01.3		
Synthia Offinga	30.19			Shot Put	
Lindsay Vanden Berge	31.3	100m High Hurdles		Marilyn Montalvan	22' 7.25"
Jen Jansen	31.56	Jen Jansen	20.61	Karissa Kiehl	21' 9"
Lindsay Lovett	34.2			Sara Espinoza	19' 5.5"
		300m Low Hurdles		Bianca Calderon	17' 2"
400m Run		Synthia Offinga	54.4		
Synthia Offinga	1:05.8			Discus Throw	
Nichole Behnke	1:08.3	High Jump		Marilyn Montalvan	81' 10"
Lindsay Vanden Berge	1:08.86	Lindsay Lovett	4' 2"	Karissa Kiehl	73' 3"
Tawnee Camping	1:12.8			Sara Espinoza	63' 8"
		4x100m Relay	57.5	Bianca Calderon	57' 5"
800m Run					
Lindsay Vanden Berge	2:44.12	4x400m Relay	4:44.0		
Tawnee Camping	2:52.6				
Casey Bryant	3:15.3				

FINAL OLYMPIC LEAGUE MEET SCORES

School	Points
Orange Lutheran	213
Brethren Christian	79
Valley Christian	65
Calvary Chapel	30
Ontario Christian	28
Whittier Christian	21

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**1999 PERSONAL RECORDS**

100m Dash Courtney Green	13.1	1600m Run Jenny Bell	6:22.8	Long Jump Courtney Green	12' 4.25"
200m Dash Courtney Green	28.6	3200m Run Jenny Bell	11:46.09	Triple Jump Nilsa Martinez	23' 11"
400m Run Synthia Offinga	1:05.6	100m High Hurdles April Feivou	24.9	Shot Put Sara Vander Broek	34' 1"
800m Run Tawnee Camping	2:47.59	300m Low Hurdles Synthia Offinga	53.6	Discus Throw Marilyn Montalvan	91' 0"
		High Jump Sara Vander Broek	4' 8"		
		4x100m Relay	57.6		
		4x400m Relay	4:40.3		

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2001 PERSONAL RECORDS

100m Dash		3200m Run		Triple Jump	
Shana McClendon	12.75*	Amanda Vander Meulen	15:16	Jenni Testa	30' 7"
Amy Newton	14.8	Casey Bryant	15:17	Katrina Swindell	26' 3.5"
Jessica Barnett	15.1	Samantha Lucero	15:19	Melanie Wiersma	23' 5"
		Kristina McBrearty	16:19		
200m Dash		Natasha Mulko	19:23	Shot Put	
Jill Verhoeven	28.89			Allison Dirksen	27' 6"
Katie Roeda	29.3	100m High Hurdles		Shana McClendon	27' 5.5"
Katrina Swindell	30.98	Shana McClendon	17.71*	Renee Solis	26' 3.5"
Amy Newton	32.3			Amy Newton	26' 0"
Joanna Fikse	35.2	300m Low Hurdles		Krissane Van't Hul	22' 10.5"
		Jessica Barnett	54.1	Veronica Samora	22' 5"
400m Run				Liset Navarro	18' 11.5"
Adrienne Bouwman	1:08.27	High Jump		Vera Villagomez	17' 2.75"
Jill Verhoeven	1:10.42	Amie Boersma	4' 10"	Kristina McBrearty	16' 10"
Jessica Barnett	1:11	Jenni Testa	4' 6"	Samantha Lucero	15' 3"
Katie Roeda	1:11.09			Discus Throw	
Leslie Slegers	1:14.9	Long Jump		Allison Dirksen	89' 6.5"
Shannon Jones	1:15	Shana McClendon	15' 6"	Karissa Kiehl	84' 5"
Gina Slegers	1:15	Jessica Barnett	14' 1"	Kristina McBrearty	78' 1"
Joanna Fikse	1:25	Jenni Testa	13' 11.25"	Veronica Samora	77' 1"
		Jill Verhoeven	13' 7"	Amy Newton	73' 7.5"
800m Run		Amie Boersma	13' 6.5"	Krissane Van't Hul	71' 11.5"
Adrienne Bouwman	2:37	Katrina Swindell	12' 2"	Vera Villagomez	63' 2"
Nicole Knight	2:49	Melanie Wiersma	11' 9"	Renee Solis	61' 3"
		Joanna Fikse	11' 4"	Samantha Lucero	60' 5"
				Liset Navarro	59' 4"
1600m Run		4x100m Relay			
Nicole Knight	6:08	Shana McClendon, Katie Roeda, Jenni Testa, Jill Verhoeven	53.95		
Adrienne Bouwman	6:13.23	Jessica Barnett, Shana McClendon, Jenni Testa, Jill Verhoeven	55.32		
Casey Bryant	6:51			4x400m Relay	
Amanda Vander Meulen	6:54			Jessica Barnett, Adrienne Bouwman, Nicole Knight, Jill Verhoeven	4:40.05
Leslie Slegers	7:24			Adrienne Bouwman, Nicole Knight, Katie Roeda, Jill Verhoeven	4:41.07
Shannon Jones	7:26				
Gina Slegers	7:36	4x1600m Relay			
Natasha Mulko	8:35	Adrienne Bouwman, Nicole Knight, Leslie Slegers, Amanda Vander Meulen	14:52		

* Denotes School Record

HEAD COACH:

Brenda Albers

ASSISTANT COACHES:

2001 FINAL LEAGUE STANDINGS

School	Christian League			Pct.
	Won	Lost	Tied	
Bermuda Dunes Desert Christian	32	0	0	1.000
Ontario Christian	27	5	0	0.844
Riverside Woodcrest Christian	24	8	0	0.750
Redlands Arrowhead Christian	19	13	0	0.594
Murrieta Calvary Chapel	18	14	0	0.563
Covina Western Christian	7	25	0	0.219
Victorville Victor Valley Christian	7	25	0	0.219
Temecula Linfield	7	25	0	0.219
Riverside Bethel Christian	2	30	0	0.063

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2002 PERSONAL RECORDS

100m Dash		100m High Hurdles		Triple Jump	
Shana McClendon	12.97	Shana McClendon	17.97	Shana McClendon	32' 8.5"
Lizeth Hernandez	14.01	Tara Tarole	18.53	Jennifer Limburg	31' 7"
Jill Verhoeven	14.13	Lisa Kaiser	20.5	Tara Tarole	30' 6"
Jennifer Limburg	15.02			Jenni Testa	30' 3"
Tara Tarole	15.08				
April Schiller	15.11	300m Low Hurdles		Shot Put	
Doris Ekanem	15.3	Tara Tarole	52.55 *	Allison Dirksen	29' 1"
Betty Tsang	15.56	Jessica Barnett	54.1	Nataly Monaco	25' 3"
Kystle Torres	17.36	Niki Voortman	58.9	Shana McClendon	23' 4.5"
Tori Fachner	18.5	Lisa Kaiser	1:01.2	Gina Algelio	22' 8"
				Amanda Boschma	22' 0"
200m Dash		High Jump		Katy Sachs	21' 3"
Jill Verhoeven	28.99	Niki Voortman	5' 2"	Nicole Hallmark	20' 2.75"
Tara Tarole	29.8	Shana McClendon	4' 6"	Louisa Bettencourt	19' 10.75"
Lizeth Hernandez	30.10	Amanda Boschma	4' 4"	Tammy Combs	16' 8.5"
Katie Roeda	30.29	Jenni Testa	4' 4"	Samantha Lucero	15' 3"
Nike Voortman	30.98	Jennifer Limburg	4' 2"		
Jessica Barnett	31.32	Elle Bass	4' 0"	Discus Throw	
Doris Ekanem	34.28			Allison Dirksen	101' 6.5"
		Long Jump		Nataly Monaco	82' 6"
400m Run		Shana McClendon	16' 6"	Kristina McBrearty	64' 7"
Tessa Tarole	1:05.31	Jennifer Limburg	14' 7"	Veronica Samora	62' 7"
Jill Verhoeven	1:05.64	Niki Voortman	14' 7"	Natasha Mulko	62' 1"
Jessica Barnett	1:08.7	Tara Tarole	14' 6"	Louisa Bettencourt	59' 1"
Tara Tarole	1:08.9	Jenni Testa	13' 5.25"	Gina Algelio	57' 1.5"
Elle Bass	1:13	Lizeth Hernandez	13' 3.5"	Katy Sachs	54' 4.5"
Katie Roeda	1:18	Kristina McBrearty	13' 3"	Samantha Lucero	52' 1"
		Elle Bass	12' 5.5"	Tammy Combs	40' 10"
800m Run		Jill Verhoeven	12' 5"		
Tessa Tarole	2:32.79	Betty Tsang	12' 2"	HEAD COACH:	
Adrienne Bouwman	2:39.9	Doris Ekanem	11' 8"	Len Fakkema	
Danica Koot	2:48	April Schiller	11' 7"		
Nicole Knight	2:49	Kystle Torres	11' 1"	ASSISTANT COACHES:	
Christine Ziedema	3:07.28	Tori Fachner	10' 3"	Brenda Albers	
		Stephanie Bettencourt	9' 5"	Marv Kleinjan	
1600m Run				Paul Voortman	
Tessa Tarole	5:15.75 *	4x100m Relay			
Nicole Knight	6:13.57	Shana McClendon, Tara Tarole, Jenni Testa, Jill Verhoeven	53.94		
Adrienne Bouwman	6:17.4	Shana McClendon, Katie Roeda, Jenni Testa, Jill Verhoeven	55.49		
		Doris Ekanem, Shana McClendon, Katie Roeda, Jill Verhoeven	56.57		
3200m Run		Lizeth Hernandez, Katie Roeda, Jenni Testa, Jill Verhoeven	56.72		
Tessa Tarole	11:40.28	4x400m Relay			
Nicole Knight	12:35.41	Danica Koot, Tara Tarole, Tessa Tarole, Jill Verhoeven	4:26 *		
Adrienne Bouwman	14:38.94	Jessica Barnett, Adrienne Bouwman, Tessa Tarole, Jill Verhoeven	4:36.46		
Samantha Lucero	17:08	Jessica Barnett, Adrienne Bouwman, Nicole Knight, Jill Verhoeven	4:58		

* Denotes School Record

AWARDS

League Awards:

Most Valuable Track Athlete - Tessa Tarole
Coach of the Year - Len Fakkema

Team Awards:

Most Valuable Track Athlete - Tessa Tarole
Most Valuable Field Athlete - Shana McClendon
Most Improved - Nicole Knight
Knight Award - Tara Tarole

CIF QUALIFIERS

Shana McClendon - LJ
Tessa Tarole - 1600m - 4th (5:15.75), 3200m - 3rd
Niki Voortman - HJ - 4th

2002 FINAL LEAGUE STANDINGS

School	Christian League			
	Won	Lost	Tied	Pct.
Ontario Christian	26	2	0	0.929
Bermuda Dunes Desert Christian	26	2	0	0.929
Redlands Arrowhead Christian	19	9	0	0.679
Riverside Woodcrest Christian	17	11	0	0.607
Murrieta Calvary Chapel	13	15	0	0.464
Temecula Linfield	7	21	0	0.250
Covina Western Christian	3	25	0	0.107
Victorville Victor Valley Christian	0	28	0	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2003 PERSONAL RECORDS

100m Dash		100m High Hurdles		Triple Jump	
Shana McClendon	13.46	Shana McClendon	18.22	Jenni Testa	30' 9"
Doris Ekanem	14.56	Kristin Ingulsrud	20.23	Shana McClendon	27' 10"
Kristin Ingulsrud	14.9	Krystyna Rivera	20.59	Elle Bass	27' 7"
Becky Stys	15.33	Jacqueline Jauregui	20.6	Jacqueline Jauregui	26' 9"
Krystyna Rivera	16.35	Stacy Nanninga	21.81		
Missy Gonzalez	16.75	Doris Ekanem	22.76		
		Missy Gonzalez	23.12	Shot Put	
200m Dash		300m Low Hurdles		Tessa Tarole	27' 4"
Alyssa De Groot	27.7	Kristin Ingulsrud	56.54	Stacy Nanninga	27' 0"
Jill Verhoeven	28.24	Jacqueline Jauregui	58.08	Nataly Monaco	25' 10"
Kristin Ingulsrud	30.97	Stacy Nanninga	58.12	Lisa Vander Eyk	24' 3"
Becky Stys	32.09	Krystyna Rivera	1:03	Briana Yancy	19' 7"
Missy Gonzalez	33.54			Naomi Abe	18' 9"
		High Jump		Annette Dinkler	18' 7"
400m Run		Niki Voortman	5' 0"	Lisa Ortiz	15' 6"
Alyssa De Groot	1:03	Stacy Nanninga	4' 10"		
Jill Verhoeven	1:06	Alyssa De Groot	4' 6"	Discus Throw	
Elle Bass	1:10	Elle Bass	4' 2"	Tessa Tarole	91' 9"
Lisa Vander Eyk	1:18			Nataly Monaco	85' 11"
Kendra Yates	1:23	Long Jump		Lisa Vander Eyk	72' 10"
		Shana McClendon	17' 1.5"	Briana Yancy	69' 6"
800m Run		Jacqueline Jauregui	12' 9"	Naomi Abe	67' 5"
Adrienne Bouwman	2:35	Jenni Testa	12' 6"	Annette Dinkler	59' 2"
Briana Yancy	3:08	Elle Bass	12' 5"	Lisa Ortiz	43' 0.75"
		Doris Ekanem	11' 3"		
1600m Run		4x100m Relay			
Nicole Knight	5:53	Alyssa De Groot, Shana McClendon, Jenni Testa, Jill Verhoeven	53.74		
Tessa Tarole	5:59	Alyssa De Groot, Doris Ekanem, Jenni Testa, Jill Verhoeven	55.33		
Adrienne Bouwman	6:03	Alyssa De Groot, Doris Ekanem, Kristin Ingulsrud, Jill Verhoeven	57.48		
		Alyssa De Groot, Doris Ekanem, Kristin Ingulsrud, Becky Stys	57.77		
3200m Run		4x400m Relay			
Nicole Knight	12:59	Adrienne Bouwman, Alyssa De Groot, Shana McClendon, Jill Verhoeven	4:27		
Adrienne Bouwman	14:33	Adrienne Bouwman, Alyssa De Groot, Tessa Tarole, Jill Verhoeven	4:27		
Tessa Tarole	15:05	Adrienne Bouwman, Nicole Knight, Tessa Tarole, Jill Verhoeven	4:51		
		Adrienne Bouwman, Tessa Tarole, Jill Verhoeven, Briana Yancy	4:56		

AWARDS

League Awards:
 Most Valuable Track Athlete - Nicole Knight
 Coach of the Year - Len Fakkema

Team Awards:
 Most Valuable Athlete - Nicole Knight
 Coaches' Award - Jenni Testa
 Knight Award - Tessa Tarole
 Rookie of the Year - Alyssa De Groot
 Gatorade Will to Win Award - Jill Verhoeven

CIF FINALS QUALIFIERS

Shana McClendon - LJ - 17' 1.5" - 6th
 Niki Voortman - HJ - 5' 0" - 4th

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Marv Kleinjan
 Jon Schaap
 Paul Voortman

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2004 PERSONAL RECORDS

100m Dash		1600m Run		Long Jump	
Doris Ekanem	14.28	Meredith Hoekstra	6:26	Niki Voortman	14' 5"
Jacqui Hager	14.51	Danielle Moya	6:37	Jacqueline Jauregui	13' 2"
Stacy Nanninga	14.67	Toni Tarole	6:41	Doris Ekanem	12' 5"
Deidra Hutchinson	15.07	Danielle Vera	6:49	Jaclyn O'Neill	11' 1"
Kathie Hilberg	15.17	Rachel McBride	7:47.6		
Christina Lara	15.35			Triple Jump	
Kelli Pederson	15.36	3200m Run		Niki Voortman	30' 11"
Jaclyn O'Neill	15.69	Toni Tarole	14:51	Jacqueline Jauregui	29' 10.25"
Missy Gonzalez	16.32	Danielle Vera	15:10	Jaclyn O'Neill	26' 3"
Amanda Prestia	16.43				
Stephanie Vital	16.5	100m High Hurdles		Shot Put	
Vennie Nelson	16.69	Kristen Ingulsrud	19.36	Stacy Nanninga	33' 5"
		Jacqueline Jauregui	19.49	Niki Voortman	27' 6"
200m Dash		Missy Gonzalez	21.47	Jennifer Goodsell	26' 0.5"
Jacqui Hager	31.09	Kelli Pederson	22.33	Jacqui Hager	22' 0.25"
Kristen Ingulsrud	31.64			Brynn Hewitt	16' 3"
Christina Lara	32.2	300m Low Hurdles			
Kathie Hilberg	32.3	Kristen Ingulsrud	54.48	Discus Throw	
Jennifer Goodsell	32.43	Jacqueline Jauregui	55.18	Stacy Nanninga	72' 9"
Deidra Hutchinson	32.47			Jennifer Goodsell	69' 3.25"
Vennie Nelson	33.3	High Jump		Jacqui Hager	57' 3.5"
Kelli Pederson	33.43	Niki Voortman	5' 3"	Kristen Ingulsrud	45' 0"
Amanda Prestia	33.48	Stacy Nanninga	4' 8"	Brynn Hewitt	42' 11.5"
Jaclyn O'Neill	34.0	Alyssa De Groot	4' 6"		
Stephanie Vital	34.83				
Brynn Hewitt	36.82				
		4x100m Relay			
400m Run		Alyssa De Groot, Doris Ekanem, Christina Lara, Stacy Nanninga	56.04		
Alyssa De Groot	1:04.0	Alyssa De Groot, Doris Ekanem, Kristen Ingulsrud, Stacy Nanninga	57.33		
Toni Tarole	1:15.2	Vennie Nelson, Jaclyn O'Neill, Kelli Pederson, Amanda Prestia	1:03.8		
Vennie Nelson	1:15.9	Kathie Hilberg, Deidra Hutchinson, Jaclyn O'Neill, Kelli Pederson,	1:03.9		
Meredith Hoekstra	1:16.8				
Amanda Prestia	1:17	4x400m Relay			
		Alyssa De Groot, Meredith Hoekstra, Danielle Moya, Toni Tarole	4:42.3		
800m Run		Meredith Hoekstra, Christina Lara, Danielle Moya, Chelsie Slegers	5:16.5		
Alyssa De Groot	2:34.4	Tawni Fachner, Meredith Hoekstra, Danielle Moya, Toni Tarole	5:41.3		
Meredith Hoekstra	2:58				
Chelsie Slegers	2:59				
Danielle Moya	3:05	HEAD COACH:	ASSISTANT COACHES:		
Tawni Fachner	3:12	Len Fakkema	Jon Schaap		
Rachel McBride	3:44.6		Tim Shoffeitt		
			Paul Voortman		

AWARDS

League Awards:

Most Valuable Track Athlete - Alyssa De Groot
 Coach of the Year - Len Fakkema
 Sportsmanship Award - Ontario Christian

Team Awards:

Most Valuable Athlete - Alyssa De Groot
 Coaches' Award - Niki Voortman
 Knight Award - Stacy Nanninga
 Rookie of the Year - Meredith Hoekstra
 Gatorade Will to Win Award - Danielle Moya

CIF FINALS QUALIFIER

Niki Voortman - HJ

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2005 PERSONAL RECORDS

100m Dash

Morgan Quiet	13.45
Brittany Knutson	13.58
Alexa Antoni	14.03
Deidra Hutchinson	14.25
Jayne Singleton	14.31
Kristen Ingulsrud	14.88
Lakeshia Beh	14.98
Selena Mendoza	15.19
Melissa Harvey	15.6
Briana Flores	15.81
Charity Croomes	15.82
Stephanie Vital	16.16

1600m Run

Jaclyn Bollema	6:04
Stephanie Munguia	6:28
Danielle Moya	6:33
Toni Tarole	7:07
Taylor Olson	7:55
Emily De Vries	8:48

Long Jump

Alyssa De Groot	14' 6"
Jacqueline Jauregui	14' 3.5"
Bethani Albers	12' 8"
Jayne Singleton	12' 7"
Kristin Ingulsrud	12' 2"
Jaclyn O'Neill	11' 4.5"

3200m Run

Samantha Sahagian	13:46
Katie Velasco	15:13
Toni Tarole	17:07
Emily De Vries	19:08

Triple Jump

Jacqueline Jauregui	35' 6"
Kristin Ingulsrud	27' 7"
Jayne Singleton	26' 2"
Jaclyn O'Neill	24' 8"

200m Dash

Alexa Antoni	27.86
Morgan Quiet	29.88
Toni Tarole	30.92
Deidra Hutchinson	31.27
Jayne Singleton	31.35
Selena Mendoza	32.04
Jennifer Goodsell	32.43
Charity Croomes	33.53
Tiffany Alquiros	33.65
Briana Flores	33.93
Stephanie Vital	34.53
Melissa Harvey	36.52

100m High Hurdles

Jacqueline Jauregui	17.57
Kristen Ingulsrud	18.78

Shot Put

Stacy Nanninga	36' 1"
Heidi Ravenhorst	31' 6"
Jennifer Goodsell	26' 10.5"
Lakeshia Beh	26' 5"
Alexa Antoni	23' 6"
Kelli Pederson	22' 9"
Rachel Solorzano	19' 10"
Taylor Olson	19' 7.7"
Karli Hallmark	19' 0"

300m Low Hurdles

Jacqueline Jauregui	52.79
Kristen Ingulsrud	55.79
Tiffany Alquiros	1:02.96
Samantha Sahagian	1:06.83

High Jump

Brittany Knutson	4' 6"
Stacy Nanninga	4' 6"
Alexa Antoni	4' 4"
Bethani Albers	4' 0"

Discus Throw

Heidi Ravenhorst	93' 6"
Jennifer Goodsell	71' 6"
Stacy Nanninga	69' 3.7"
Alexa Antoni	59' 8"
Rachel Solorzano	58' 5"
Kelli Pederson	52' 3"
Lakeshia Beh	50' 0.5"
Karli Hallmark	45' 11"
Taylor Olson	44' 8.7"

400m Run

Alyssa De Groot	1:02.33
Alexa Antoni	1:03
Stephanie Munguia	1:10
Heidi Ravenhorst	1:13
Jennifer Goodsell	1:14
Katie Velasco	1:26

800m Run

Jaclyn Bollema	2:39
Alyssa De Groot	2:43
Toni Tarole	2:51
Danielle Moya	3:06
Kristen Ingulsrud	3:11
Katie Velasco	3:38.55
Charity Croomes	3:39
Emily De Vries	4:13

4x100m Relay

Alexa Antoni, Jaclyn Bollema, Alyssa De Groot, Stacy Nanninga	54.91
Alyssa De Groot, Morgan Quiet, Jaclyn Bollema, Alexa Antoni	55.53
Morgan Quiet, Toni Tarole, Jaclyn Bollema, Brittany Knutson	56.12
Heidi Ravenhorst, Stacy Nanninga, Jaclyn Bollema, Alyssa De Groot	57.4

4x400m Relay

Alexa Antoni, Jaclyn Bollema, Heidi Ravenhorst, Alyssa De Groot	4:35.83
Alexa Antoni, Jaclyn Bollema, Stephanie Munguia, Alyssa De Groot	4:39
Heidi Ravenhorst, Stephanie Munguia, Alexa Antoni, Jaclyn Bollema	4:39.3
Heidi Ravenhorst, Jaclyn Bollema, Stephanie Munguia, Alyssa De Groot	4:55.76
Stephanie Munguia, Danielle Moya, Jaclyn Bollema, Toni Tarole	6:04

AWARDS

League Awards:
 Most Valuable Track Athlete - Alyssa De Groot
 Coach of the Year - Len Fakkema
 Sportsmanship Award - Ontario Christian

Team Awards:
 Most Valuable Athlete - Jaclyn Bollema
 Coaches' Award - Alyssa De Groot
 Knight Award - Alexa Antoni
 Rookie of the Year - Heidi Ravenhorst
 Gatorade Will to Win Award - Samantha Sahagian
 Most Improved Award - Jacqueline Jauregui

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Jon Schaap
 Julian Alvarado
 Rebecca Baber
 Robert Graves
 Kristen Morrell

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 GIRLS TRACK AND FIELD

2006 PERSONAL RECORDS

100m Dash		1600m Run		Long Jump	
Amber Espy	13.44	Taylor Libolt	5:54.60	Amber Espy	15' 4"
Priscilla Melgar	13.45	Samantha Sahagian	6:10.11	Taylor Libolt	14' 8"
Morgan Quiet	13.94	Stephanie Vital	6:24.20	Jacqueline Jauregui	14' 6"
Brittany Knutson	14.00	Hanna Ingulsrud	6:30.00	Kristin Ingulsrud	13' 9.5"
Marisella Macias	14.17	Taylor Olson	7:13.37	Katelyn Fuller	13' 8"
Deidra Hutchinson	14.70	Emily De Vries	8:00.14	Marcee Alten	13' 1"
Sarah Garcia	15.03	Larissa Swanson	8:50.99	Jaclyn O'Neill	12' 3"
Meghan Ward	15.06			Tiffany Alquiros	11' 10"
Arezu Shokraee	15.13	3200m Run		Melanie Moore	11' 10"
Lauren Meeks	15.23	Taylor Libolt	13:20.08		
Kim Samaniego	15.64	Stephanie Vital	14:17.18	Triple Jump	
Melanie Moore	15.98	Hanna Ingulsrud	14:30.16	Jacqueline Jauregui	31' 1.5"
				Amber Espy	30' 11"
200m Dash		100m High Hurdles		Kristin Ingulsrud	29' 1.5"
Alexa Antoni	28.00	Jacqueline Jauregui	16.71 *	Jaclyn O'Neill	25' 6"
Priscilla Melgar	28.38	Kristen Ingulsrud	18.54		
Marisella Macias	28.67	Lauren Meeks	19.80	Shot Put	
Marcee Alten	29.60			Jennifer Goodsell	30' 2.25"
Morgan Quiet	29.68	300m Low Hurdles		Lakeshia Beh	29' 7.75"
Amber Espy	29.93	Jacqueline Jauregui	51.49 *	Emily Solorzano	24' 7.25"
Deidra Hutchinson	31.25	Kristen Ingulsrud	53.00	Taylor Olson	21' 10.75"
Sarah Garcia	31.93	Katelyn Fuller	56.01	Sarah Garcia	18' 7"
Meghan Ward	32.11	Lauren Meeks	58.98	Larissa Swanson	16' 4"
Tiffany Alquiros	32.40	Tiffany Alquiros	1:13.40	Emily De Vries	15' 10.5"
Arezu Shokraee	32.74				
Rachel Medina	33.15	High Jump		Discus Throw	
Melanie Moore	33.55	Katelyn Fuller	4' 10"	Lakeshia Beh	82' 8"
Kim Samaniego	33.72	Brittany Knutson	4' 8"	Jennifer Goodsell	82' 2"
		Sarah Huizenga	4' 4"	Alexa Antoni	76' 0.25"
400m Run		Samantha Sahagian	4' 2"	Sarah Huizenga	69' 9"
Alexa Antoni	1:01.90	Emily Solozano	3' 8"	Emily Solorzano	69' 2.5"
Katelyn Fuller	1:04.80			Sarah Garcia	55' 10"
Sarah Huizenga	1:07.00			Larissa Swanson	47' 4"
Rachel Medina	1:11.90			Taylor Olson	45' 6.5"
Sarah Garcia	1:18.50			Emily De Vries	34' 0.75"
				Melanie Moore	24' 5.25"
		800m Run			
		Rachel Medina	2:42.85		
		Samantha Sahagian	2:45.63		
		Katelyn Fuller	2:49.70		
		Taylor Libolt	2:52.78		
		Sarah Huizenga	3:01.00		
		Emily De Vries	3:50.58		
		4x100m Relay			
		Morgan Quiet, Priscilla Melgar, Marisella Macias, Amber Espy	53.56		
		Alexa Antoni, Priscilla Melgar, Marisella Macias, Amber Espy	53.70		
		Brittany Knutson, Priscilla Melgar, Marisella Macias, Amber Espy	57.34		
		Brittany Knutson, Priscilla Melgar, Rachel Medina, Amber Espy	59.09		
		4x400m Relay			
		Katelyn Fuller, Samantha Sahagian, Sarah Huizenga, Taylor Libolt	4:25.36 *		
		Katelyn Fuller, Taylor Libolt, Sarah Huizenga, Alexa Antoni	4:28.32		
		Katelyn Fuller, Rachel Medina, Samantha Sahagian, Taylor Libolt	4:28.90		
		Katelyn Fuller, Rachel Medina, Sarah Huizenga, Alexa Antoni	4:38.56		
		Katelyn Fuller, Rachel Medina, Sarah Huizenga, Samantha Sahagian	4:40.00		
		Katelyn Fuller, Taylor Libolt, Sarah Huizenga, Rachel Medina	4:42.50		

* Denotes School Record

AWARDS

League Awards:
 Most Valuable Track Athlete - Jacqueline Jauregui
 Coach of the Year - Len Fakkema
 Sportsmanship Award - Ontario Christian

Team Awards:
 Most Valuable Athlete - Jacqueline Jauregui
 Most Improved Award - Katelyn Fuller
 Coaches' Award - Kristin Ingulsrud
 Knight Award - Stephanie Vital
 Rookie of the Year Award - Amber Espy & Taylor Libolt

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Jon Schaap
 Beth Anema
 Lisa Easley
 Alex Katemopoulos

2006 FINAL LEAGUE STANDINGS

Christian League

School	Won	Lost	Tied	Pct.
Ontario Christian	16	0	0	1.000
Aquinas	11	5	0	0.688
Western Christian	9	7	0	0.563
Arrowhead Christian	4	12	0	0.250
Pomona Catholic	0	16	0	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2007 PERSONAL RECORDS

100m Dash		100m High Hurdles		Triple Jump	
Marisella Macias	13.05	Lauren Meeks	18.34	Amber Espy	27' 10"
Priscilla Melgar	13.13	Amiera Chamoun	19.19	Taylor Libolt	27' 5"
Brittany Tadwilliams	13.50	Hanna Ingulsrud	20.85	Hillaire Gray	27' 0"
Amber Espy	13.90			Nicole Velasco	26' 4"
La Toya Moreland	14.00	300m Low Hurdles		Jaclyn O'Neill	25' 9"
Gabby Sarson	14.21	Lauren Meeks	52.60		
Ashlynn Jacinto	14.38	Katelyn Fuller	54.85	Shot Put	
Ashlynn Feather	14.59	Hanna Ingulsrud	58.43	Jennifer Goodsell	32' 1.5"
Julia Kane	15.07	Nicole Velasco	1:02.09	Lakeshia Beh	30' 6"
Janelle Harris	15.90			Selena Mendoza	24' 10.5"
Andrea De Vries	16.61	High Jump		Allyx Westra	23' 9.75"
Allison Wolfhope	17.10	Brittany Knutson	4' 10"	Martina Long	22' 4"
		Katelyn Fuller	4' 8"	Brittany Valdez	19' 5"
200m Dash		Sarah Huizenga	4' 2"	Tiffany Alquiros	17' 4.75"
Marisella Macias	28.42	Samantha Sahagian	4' 2"	Emily De Vries	16' 11.75"
Ure Okoro	28.66				
Priscilla Melgar	28.84	Long Jump		Discus Throw	
Hillaire Gray	29.77	Brittany Knutson	14' 8"	Lakeshia Beh	101' 4"
Brittany Tadwilliams	30.53	Taylor Libolt	14' 4.5"	Jennifer Goodsell	88' 5"
Gabby Sarson	30.68	Amiera Chamoun	13' 2.5"	Sarah Huizenga	77' 11"
La Toya Moreland	31.30	Julia Kane	13' 1"	Selena Mendoza	74' 5.75"
Janelle Harris	34.32	Jacqueline Jacinto	13' 1"	Martina Long	69' 5.5"
		Ashlynn Feather	12' 6.5"	Allyx Westra	65' 11"
400m Run		Amber Espy	12' 4.75"	Tiffany Alquiros	51' 1.75"
Katelyn Fuller	1:04.91	Jaclyn O'Neill	12' 0"	Brittany Valdez	48' 8.5"
Ure Okoro	1:05.03	Sarah Huizenga	10' 10"	Emily De Vries	45' 10.5"
Hillaire Gray	1:06.11			Carolina Garcia	38' 3.25"
Taylor Libolt	1:08.57				
Jaclyn Firestone	1:13.42	4x100m Relay			
Jaclyn Jacinto	1:17.72	Brittany Tadwilliams, Priscilla Melgar, Marisella Macias, Hillaire Gray	54.15		
		Brittany Knutson, Marisella Macias, Priscilla Melgar, Hillaire Gray	54.77		
800m Run		Brittany Tadwilliams, Priscilla Melgar, Amber Espy, Hillaire Gray	55.30		
Samantha Sahagian	2:39.24	Brittany Knutson, Brittany Tadwilliams, Gabby Sarson, Hillaire Gray	56.86		
Taylor Libolt	2:43.41	Brittany Tadwilliams, Jacqueline Jacinto, La Toya Moreland, Gabby Sarson	57.34		
Jacqueline Firestone	2:55.32				
Ure Okoro	2:57.72				
		4x400m Relay			
1600m Run		Katelyn Fuller, Taylor Libolt, Samantha Sahagian, Ure Okoro	4:29.40		
Taylor Libolt	5:43.25	Katelyn Fuller, Taylor Libolt, Sarah Huizenga, Samantha Sahagian	4:36.99		
Samantha Sahagian	6:02.36				
Andrea DeVries	6:26.53				
Hanna Ingulsrud	7:03.19				
Allison Wolfhope	7:08.12				
Carolina Garcia	7:12.00				
Emily De Vries	8:00.00				
		HEAD COACH:		ASSISTANT COACHES:	
3200m Run		Len Fakkema		Jon Schaap	
Jacqueline Firestone	13:33.62			Lisa Easley	
Andrea De Vries	14:20.00			Joni Hubers	
Jessamyn Libolt	15:00.00			Alex Katemopoulos	

CIF FINALS QUALIFIER

Lakeshia Beh - DT

AWARDS	School	Christian League				Overall			
		Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
League Awards:	Ontario Christian	11	1	0	0.917	15	2	0	0.882
Coach of the Year - Len Fakkema	Arrowhead Christian	9	3	0	0.750	10	4	0	0.714
Sportsmanship Award - Ontario Christian	Aquinas	4	8	0	0.333	4	9	0	0.308
Team Awards:	Western Christian	0	12	0	0.000	0	12	0	0.000
Most Valuable Athlete - Katelyn Fuller									
Most Improved Award - Lauren Meeks									
Coaches' Award - Jennifer Goodsell and Lakeshia Beh									
Knight Award - Samantha Sahagian									
Rookie of the Year Award - Ure Okoro									

2007 FINAL LEAGUE STANDINGS

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2008 PERSONAL RECORDS

100m Dash

Brea Buchanan	12.37 *
Brithney Buchanan	13.05
Priscilla Melgar	13.22
Marisella Macias	13.33
Brittany Tadwilliams	13.59
LaToya Moreland	14.08
Gabby Sarson	14.24
Alysia Morales	14.29
Martina Long	15.30

200m Dash

Brea Buchanan	26.58 *
Brithney Buchanan	27.91
Marisella Macias	27.91
Priscilla Melgar	28.24
Alexa Antoni	28.83
Sarah Spykstra	30.62
Brittany Buchanan	30.79
Gabby Sarson	30.84
Hannah Pari	32.33
Cassie Todd	33.26
Martina Long	34.04

400m Run

Marisella Macias	1:02.65
Alexa Antoni	1:05.67
Katelyn Fuller	1:08.90
Sarah Spykstra	1:10.40
Cassie Todd	1:12.38
Stephanie Munguia	1:15.30
Kristina Bridges	1:20.00
Stephanie De Vries	1:21.79

800m Run

Samantha Sahagian	2:35.92
Jacqueline Firestone	2:46.25
Cassie Todd	2:49.08
Taylor Libolt	2:53.80
Stephanie De Vries	3:05.93

1600m Run

Taylor Libolt	5:42.80
Kelsey Nanchy	6:05.58
Andrea De Vries	6:21.10
Stephanie De Vries	6:42.00
Carolina Garcia	6:51.00
Alysia Morales	7:01.82

CIF FINALS QUALIFIERS

4x100m Relay Team

AWARDS

League Awards:

- Coach of the Year - Len Fakkema
- Most Valuable Track - Brea Buchanan
- All-League - Brea Buchanan, Marisella Macias, Samantha Sahagian, Taylor Libolt, Lauren Meeks, Priscilla Melgar, Alexa Antoni, Katelyn Fuller

Team Awards:

- Most Valuable Athlete - Brea Buchanan
- Most Improved Award - Sarah Spykstra
- Coaches Award - Alexa Antoni and Emily De Vries
- Knight Award - Samantha Sahagian
- Rookie of the Year Award - Kelsey Nanchy

3200m Run

Kelsey Nanchy	13:04.00
Jacqueline Firestone	13:33.95
Andrea De Vries	14:03.27

100m High Hurdles

Lauren Meeks	17.15
Kristina Bridges	20.50
Hanna Ingulsrud	20.84
Niani Coker	21.15

300m Low Hurdles

Lauren Meeks	50.62 *
Katelyn Fuller	51.35
Hanna Ingulsrud	54.41
Niani Coker	55.07
Kristina Bridges	58.37
Stephanie De Vries	1:03.38

High Jump

Katelyn Fuller	4' 8"
Samantha Sahagian	4' 6"
Hannah Ingulsrud	4' 2"
Taylor Libolt	3' 10"

Long Jump

Brea Buchanan	15' 1.5"
Alysia Morales	13' 11.5"
Sarah Spykstra	12' 9"
Hannah Pari	11' 7"

4x100m Relay

Brea Buchanan, Brithney Buchanan, Marisella Macias, Alexa Antoni	51.29 *
Brea Buchanan, Priscilla Melgar, Brithney Buchanan, Alexa Antoni	52.08
Brithney Buchanan, La Toya Moreland, Brittany Tadwilliams, Gabby Sarson	55.50
Brithney Buchanan, La Toya Moreland, Sarah Spykstra, Stephanie Munguia	56.10

4x400m Relay

Katelyn Fuller, Taylor Libolt, Alexa Antoni, Marisella Macias	4:24.04 *
Katelyn Fuller, Samantha Sahagian, Sarah Spykstra, Alexa Antoni	4:34.98
Katelyn Fuller, Taylor Libolt, Samantha Sahagian, Alexa Antoni	4:39.00
Cassie Todd, Kristina Bridges, Stephanie De Vries, Sarah Spykstra	5:28.96

Triple Jump

Sarah Spykstra	29' 4.25"
Katelyn Fuller	28' 10"
Alysia Morales	28' 3"
Brittany Tadwilliams	25' 3"

Shot Put

Selena Mendoza	24' 2.5"
Sarah Huizenga	23' 10"
Martina Long	22' 8"
Allyx Westra	22' 1"
Jenna Gann	21' 9"
Ekene Akabike	21' 5.25"
Kirstie Schakel	19' 9"
Emily De Vries	19' 6"
Melanie Sedano	16' 3"
Carolina Garcia	14' 7"

Discus Throw

Sarah Huizenga	80' 8"
Allyx Westra	72' 4"
Carolina Garcia	69' 6"
Selena Mendoza	66' 6.5"
Jenna Gann	66' 3.5"
Martina Long	64' 5.5"
Kirstie Schakel	63' 3"
Ekene Akabike	52' 0.5"
Emily De Vries	50' 8"
Melanie Sedano	49' 11.5"
Carolina Garcia	45' 6"
Brianne Edwards	39' 10"

2008 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	12	0	0	1.000	15	0	0	1.000
Arrowhead Christian	8	4	0	0.667	8	4	0	0.667
Aquinas	4	8	0	0.333	4	8	0	0.333
Western Christian	0	12	0	0.000	0	12	0	0.000

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

- Jon Schaap
- Lisa Easley
- Alex Katemopoulos
- Allison Kliensasser
- Donald Van Dam

* Denotes School Record

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2009 PERSONAL RECORDS

100m Dash		100m High Hurdles		Triple Jump	
Priscilla Melgar	12.97	Lauren Meeks	16.50 *	Sarah Spykstra	30' 4.5"
Marisella Macias	13.09	Sarah Spykstra	16.97	Alysia Morales	28' 9.5"
Jaimee Stutz	13.50	Jaimee Stutz	17.41	Hillaire Gray	27' 0.25"
Hillaire Gray	14.19	Hannah Ingulsrud	19.30	Jacqueline Jacinto	25' 10"
		Victoria Aivazian	20.90		
200m Dash		300m Low Hurdles		Shot Put	
Marisella Macias	27.37	Lauren Meeks	50.30 *	Ekene Akabike	25' 4.25"
Priscilla Melgar	28.57	Sarah Spykstra	52.14	Allyx Westra	24' 8.5"
Kaitlyn Mendoza	29.59	Katelyn Fuller	53.48	Abby Knight	20' 1"
Emily Lloyd	30.18	Hannah Ingulsrud	57.79	Jessica Vander Well	16' 11.5"
Hillaire Gray	30.54	Alysia Morales	59.75		
Tiffany Pflucker	31.23			Discus Throw	
Abby Knight	32.67			Allyx Westra	80' 5.75"
		High Jump		Ekene Akabike	69' 8.25"
400m Run		Taylor Libolt	4' 8"	Abby Knight	67' 10.5"
Kaitlyn Mendoza	1:03.55	Jaimee Stutz	4' 8"	Carolina Garcia	46' 7.25"
Katelyn Fuller	1:06.79	Katelyn Fuller	4' 6"	Jessica Vander Well	43' 4.5"
Alysia Morales	1:10.57	Hannah Ingulsrud	4' 4"		
Hannah Pari	1:12.77	Abby Knight	4' 4"		
Hillaire Gray	1:14.85				
Emily Lloyd	1:15.80	Long Jump			
Stephanie De Vries	1:22.30	Sarah Spykstra	14' 5"		
		Alysia Morales	13' 9.5"		
800m Run		Hillaire Gray	13' 6"		
Deanna Hanger	2:43.69	Abby Knight	13' 5.75"		
Jacqueline Firestone	2:44.70	Victoria Aivazian	12' 7.5"		
Cassie Todd	2:47.02	Jacqueline Jacinto	12' 6.5"		
Andrea De Vries	2:57.37	Hannah Pari	10' 11"		
1600m Run		4x100m Relay			
Taylor Libolt	5:54.90	Kaitlyn Mendoza, Priscilla Melgar, Marisella Macias, Jaimee Stutz			52.62
Andrea De Vries	6:05.20	Sarah Spykstra, Marisella Macias, Priscilla Melgar, Jaimee Stutz			53.25
Deanna Hanger	6:24.86				
Stephanie De Vries	6:43.22	4x400m Relay			
Carolina Garcia	7:09.65	Katelyn Fuller, Taylor Libolt, Kaitlyn Mendoza, Marisella Macias			4:20.26 *
		Katelyn Fuller, Taylor Libolt, Sarah Spykstra, Marisella Macias			4:26.07
3200m Run		Lauren Meeks, Taylor Libolt, Kaitlyn Mendoza, Marisella Macias			4:27.22
Jacqueline Firestone	12:55.10	Katelyn Fuller, Taylor Libolt, Lauren Meeks, Marisella Macias			4:33.80
Cassie Todd	13:02.20				
Andrea De Vries	13:27.51				
Stephanie De Vries	15:29.00				

* Denotes School Record

2009 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	12	0	0	1.000	14	1	0	0.933
Aquinas	6	6	0	0.500	6	6	0	0.500
Arrowhead Christian	6	6	0	0.500	7	6	0	0.538
Western Christian	0	12	0	0.000	0	12	0	0.000

AWARDS

League Awards:

All-League - Lauren Meeks, Taylor Libolt,
Kaitlyn Mendoza, Priscilla Melgar,
Marisella Macias, Jaimee Stutz,
Katelyn Fuller

Team Awards:

Most Valuable Athlete - Marisella Macias
Most Improved Award - Sarah Spykstra
Knight Award - Lauren Meeks and Taylor Libolt
Coaches Award - Katelyn Fuller and Priscilla Melgar
Rookie of the Year Award - Jaimee Stutz

HEAD COACH:

Len Fakkema

ASSISTANT COACHES:

Hurdle Coach - Cally Bonestroo
Throw Coach - Bobby Arispe
Throw Coach - Rick Aburto
Jump Coach - Gabe Neal
Manager - Jenna Boyd
Manager - Elijah Winton

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2010 PERSONAL RECORDS

100m Dash

Brianna Vanden Bosch	13.68
Gabby Sarson	13.87
Jordan Carter	13.94
Tiffany Pflucker	13.94
Katelyn McGirr	14.29
Tiffany Aguiar	14.34
Jessica Vanden Bosch	14.44
Alysia Morales	14.57
Alex Estrada	15.80
Fantu Richards	16.09

200m Dash

Isabella Silva	28.47
Margaret Guadarrama	28.53
Gabby Sarson	29.04
Brianna Vanden Bosch	29.31
Tiffany Pflucker	29.78
Tiffany Aguiar	30.06
Jessica Vanden Bosch	30.16
Jordan Carter	30.41
Katelyn McGirr	30.75

400m Run

Margaret Guadarrama	1:04.87
Isabella Silva	1:10.78
Danielle Morgan	1:17.76
Alysia Morales	1:22.06

800m Run

Cassie Todd	2:47.97
Fantu Richards	2:51.19
Margaret Guadarrama	2:56.00
Baileigh Mesman	2:58.68
Jacqueline Firestone	3:11.84

* Denotes School Record

Denotes CIF Qualifier

AWARDS

All-League Awards:

- Jaimee Stutz - 100h
- Sarah Spykstra - 300h
- Jaimee Stutz - HJ
- Deanna Hanger - LJ
- Alysia Morales - TJ
- Sarah Spykstra, Jordan Carter, Jaimee Stutz, Brianna Vanden Bosch - 4x100m Relay

Coach of the Year - Randy Samuel

1600m Run

Fantu Richards	6:11.53
Stephanie De Vries	6:26.50
Baileigh Mesman	6:29.56
Brittany Todd	7:34.92

3200m Run

Cassie Todd	13:38.60
Stephanie De Vries	13:58.64
Baileigh Mesman	14:24.59
Brittany Todd	15:33.38

100m High Hurdles

Sarah Spykstra	16.78
Jaimee Stutz	16.91
Victoria Aivazian	19.31
Danielle Morgan	20.14
Tiffany Aguiar	20.25
Courtney Feller	22.57

300m Low Hurdles

Sarah Spykstra	50.81
Danielle Morgan	55.45
Victoria Aivazian	58.28
Baileigh Mesman	1:01.60
Courtney Feller	1:14.26

High Jump

Jaimee Stutz	4' 10"
Deanna Hanger	4' 8"
Abby Knight	4' 4"
Courtney Feller	4' 2"

4x100m Relay

Sarah Spykstra, Jordan Carter, Jaimee Stutz, Brianna Vanden Bosch	54.06
Jordan Carter, Sarah Spykstra, Jaimee Stutz, Tiffany Pflucker	56.16
Jordan Carter, Sarah Spykstra, Tiffany Aguiar, Isabella Silva	57.95
Jordan Carter, Sarah Spykstra, Alysia Morales, Isabella Silva	58.38

4x400m Relay

Margaret Guadarrama, Jaimee Stutz, Sarah Spykstra, Isabella Silva	4:28.64
Alysia Morales, Margaret Guadarrama, Brianna Vanden Bosch, Jaimee Stutz	4:51.41
Fantu Richards, Margaret Guadarrama, Isabella Silva, Danielle Morgan	4:53.92
Fantu Richards, Margaret Guadarrama, Isabella Silva, Alysia Morales	5:06.41

Team Awards:

- Most Valuable Track - Sarah Spykstra
- Most Valuable Field - Alysia Morales
- Most Improved Award - Ekene Akabike
- Knight Award - Tiffany Pflucker and Jaimee Stutz
- Coaches Award - Isabella Silva
- Rookie of the Year Award - Margaret Guadarrama

Long Jump

Deanna Hanger	14' 2"
Alysia Morales	14' 0"
Jessica Vanden Bosch	13' 1.5"
Danielle Morgan	12' 11.5"
Abby Knight	12' 9"
Victoria Aivazian	12' 8.5"
Tiffany Pflucker	12' 5.75"

Triple Jump

Alysia Morales	29' 0"
Sarah Spykstra	28' 6.5"

Shot Put

Akene Akabike	27' 3"
Kirstie Schakel	25' 6"
Abby Knight	23' 10"
Deanna Hangar	23' 9"
Paige Palazzolo	23' 7.5"
Danielle Morgan	21' 0.5"
Brooke Christian	16' 8.25"
Jessica Vanden Well	15' 8.5"

Discus Throw

Ekene Akabike	80' 3.5"
Kirstie Schakel	76' 11"
Deanna Hanger	73' 9.5"
Abby Knight	69' 7.5"
Paige Palazzolo	64' 5"
Danielle Morgan	53' 6"
Brooke Christian	53' 2"
Jessica Vander Well	47' 6"

HEAD COACH:

Randy Samuel

ASSISTANT COACHES:

- Assistant Coach - Drew Vander Well
- Hurdle Coach - Cally Bonestroo
- Throw Coach - Carlos Hernandez
- Throw Coach - Rick Aburto
- Jump Coach - Gabe Neal
- Manager - Jenna Boyd
- Manager - Elijah Winton

2010 FINAL LEAGUE STANDINGS

School	Christian League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	16	0	0	1.000	19	2	0	0.905
Aquinas	11	5	0	0.688	11	5	0	0.688
Arrowhead Christian	9	7	0	0.563	9	7	0	0.563
Western Christian	4	12	0	0.250	4	13	0	0.235
Pomona Catholic	0	16	0	0.000	0	16	0	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2011 PERSONAL RECORDS

100m Dash

Stephanie Albright #	So	13.17
Jaimee Stutz	Jr	13.21
Dominique Houston	Jr	13.22
Jordan Carter	Jr	13.78
Hailey Mount	Fr	13.97
Kristina Bridges	Sr	14.02
Nancy Obi	So	14.45
Alysia Morales	Sr	14.85
Carissa Miranda	Sr	15.09
Joi Payton	Sr	15.27
Kaitlyn McGirr	So	15.32
Meron Ashenafi	Fr	15.53
Jessica Hernandez	So	16.06

200m Dash

Stephanie Albright #	So	27.50
Dominique Houston	Jr	27.71
Hailey Mount	Fr	28.49
Margaret Guadarrama	So	29.55
Sarah Spykstra	Sr	29.56
Brianna Vanden Bosch	Jr	30.16
Kaitlyn McGirr	So	31.16
Jordan Carter	Jr	32.00
Nancy Obi	So	32.99
Joi Payton	Sr	33.44
Kristina Bridges	Sr	33.65
Meron Ashenafi	Fr	36.31

400m Run

Ryleigh Blachley	Jr	1:04.94
Margaret Guadarrama	So	1:05.42
Hailey Mount	Fr	1:05.94
Karlie Mejia	Jr	1:08.11
Brianna Vanden Bosch	Jr	1:13.19
Cheyenne Gonzales	So	1:17.84
Abbie Canfield	Sr	1:20.56

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

AWARDS

All-League Awards:

Sarah Spykstra - 100h
Sarah Spykstra - 300h
Kirstie Schakel - DT
Stephanie Albright, Sarah Spykstra, Alysia Morales, Dominique Houston
- 4x100m Relay
Margaret Guadarrama, Sarah Spykstra, Karlie Mejia, Stephanie Albright
- 4x400m Relay

Team Awards:

Most Valuable Track - Sarah Spykstra
Most Valuable Field - Kirstie Schakel
Most Improved Award - Stephanie Albright
Knight Award - Karlie Mejia
Coaches Award - Alysia Morales
Rookie of the Year Award - Chloe Gonzales

COACHING STAFF:

Head Coach - Randy Samuel
Hurdle Coach - Cally Bonestroo
Throw Coach - Carlos Hernandez
Throw Coach - Mike Nishanian
Jump Coach - Drew Vander Well

800m Run

Chloe Gonzales	Fr	2:39.06
Baileigh Mesman	So	2:48.50
Abbie Canfield	Sr	2:58.64
Stephanie De Vries	Sr	3:17.32
Jessica Vander Well	Jr	3:35.77

1600m Run

Chloe Gonzales	Fr	5:48.85
Baileigh Mesman	So	6:10.97
Abbie Canfield	Sr	6:24.79
Stephanie De Vries	Sr	7:11.36

3200m Run

Chloe Gonzales	Fr	12:44.84
Abbie Canfield	Sr	13:56.02
Stephanie De Vries	Sr	15:26.54

100m High Hurdles

Jaimee Stutz	Jr	16.18 *
Sarah Spykstra #	Sr	16.56
Cheyenne Gonzales	So	20.03
Kristina Bridges	Sr	20.43

300m Low Hurdles

Sarah Spykstra #	Sr	49.38 *
Kristina Bridges	Sr	57.98
Lauren Miranda	Jr	58.54
Baileigh Mesman	So	59.37
Cheyenne Gonzales	So	59.64

4x100m Relay

Hailey Mount, Sarah Spykstra, Jaimee Stutz, Dominique Houston	52.10
Stephanie Albright, Sarah Spykstra, Jaimee Stutz, Dominique Houston	52.32
Stephanie Albright, Sarah Spykstra, Alysia Morales, Dominique Houston #	52.83
Stephanie Albright, Alysia Morales, Jaimee Stutz, Hailey Mount	55.77
Jordan Carter, Brianna Vanden Bosch, Katelyn McGirr, Joi Payton	57.40
Jordan Carter, Brianna Vanden Bosch, Katelyn McGirr, Nancy Obi	1:00.40

4x200m Relay

Dominique Houston, Sarah Spykstra, Hailey Mount, Jaimee Stutz	1:52.68
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4x400m Relay

Margaret Guadarrama, Sarah Spykstra, Stephanie Albright, Hailey Mount	4:21.30
Margaret Guadarrama, Jaimee Stutz, Karlie Mejia, Stephanie Albright #	4:23.00
Hailey Mount, Sarah Spykstra, Karlie Mejia, Chloe Gonzales	4:26.63
Margaret Guadarrama, Karlie Mejia, Hailey Mount, Chloe Gonzales	4:27.56
Margaret Guadarrama, Sarah Spykstra, Karlie Mejia, Chloe Gonzales	4:27.83
Margaret Guadarrama, Sarah Spykstra, Karlie Mejia, Hailey Mount	4:31.23
Margaret Guadarrama, Sarah Spykstra, Jaimee Stutz, Karlie Mejia	4:35.10
Margaret Guadarrama, Jaimee Stutz, Karlie Mejia, Chloe Gonzales	4:39.87
Lauren Miranda, Brianna Vanden Bosch, Cheyanne Gonzales, Ryleigh Blachley	5:19

4x100m Shuttle Hurdle Relay

Jaimee Stutz, Kristina Bridges, Sarah Spykstra, Cheyanne Gonzales	1:16.21
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2011 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian ^	26	2	0	0.929	0	0	0	0.000
Ontario Christian	26	2	0	0.929	27	4	0	0.871
Woodcrest Christian	20	8	0	0.714	0	0	0	0.000
Aquinas	16	12	0	0.571	0	0	0	0.000
Western Christian	10	18	0	0.357	0	0	0	0.000
Arrowhead Christian	9	19	0	0.321	0	0	0	0.000
Riverside Christian	5	23	0	0.179	0	0	0	0.000
Calvary Murrieta	0	28	0	0.000	0	0	0	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2012 PERSONAL RECORDS

100m Dash

Dominique Houston #	Sr	13.05
Stephanie Albright	Jr	13.30
Jaimee Stutz	Sr	13.5h
Courtney Martin	Fr	14.4h
Brianna Vanden Bosch	Sr	14.4h
Alyssa Avila	Fr	14.5h
Jordan-Lynne Carter	Sr	14.5h
Rylee Emrick	Fr	14.60
Kali Taelieifi	Sr	14.95
Charity Waddy	Fr	15.02
Katelyn McGirr	Jr	15.1h
Jocelyn Ochoa	Fr	15.32
Brianna Ma	Fr	15.5h
Chelsea Trujillo	Jr	15.51
Samantha Sutley	Jr	15.8h
Madison Hettinga	Jr	15.88
Renee Vergara	Fr	15.9h
Meron Ashenafi	So	16.0h
Brandi Sanchez	Fr	16.5h
Jordyn Es'kue	So	16.6h
Adrene Spencer	Fr	16.7h
Lorraine Tan	Jr	17.0h

200m Dash

Stephanie Albright #	Jr	27.0h
Dominique Houston	Sr	27.5h
Meron Ashenafi	Fr	28.03
Brianna Vanden Bosch	Sr	28.8h
Madison Apolinar	Fr	29.8h
Kali Taelieifi	Sr	30.25
Jordan-Lynne Carter	Sr	30.7h
Jocelyn Ochoa	Fr	31.1h
Alyssa Avila	Fr	31.42
Nicole Amaya	Fr	31.85
Jordyn Es'kue	So	32.21
Chelsea Trujillo	Jr	32.44
Katelyn McGirr	Jr	32.63
Adrene Spencer	Fr	33.93
Lorraine Tan	Jr	34.2h
Brianna Ma	Fr	34.3h
Brandi Sanchez	Fr	34.5h
Renee Vergara	Fr	34.7h
Natalie Nutt	Fr	35.2h
Savannah Flom	Fr	40.9h
Madison Hettinga	Jr	42.6h

400m Run

Courtney Martin	Fr	1:03.9h
Kassidy Ramoneda	Fr	1:05.49
Nicole Amaya	Fr	1:08.24
Brianna Vanden Bosch	Sr	1:08.3h
Jocelyn Ochoa	Fr	1:11.0
Alyssa Avila	Fr	1:11.4h
Lorraine Tan	Jr	1:15.7h
Adrene Spencer	Fr	1:16.0
Chelsea Trujillo	Jr	1:16.9h
Brandi Sanchez	Fr	1:20.43
Katelyn McGirr	Jr	1:30.0h
Meron Ashenafi	Fr	1:30.2h
Savannah Flom	Fr	1:31.0

800m Run

Courtney Martin	Fr	2:38.2h
Kassidy Ramoneda	Fr	2:43.26
Baileigh Mesman	Jr	2:49.50
Samantha Sutley	Jr	2:53.69
Brianna Vanden Bosch	Sr	2:54.09
Jessica Van Iwaarden	So	2:57.0h
Molly Penalver	Fr	3:03.71
Alyssa Avila	Fr	3:12.02
Savannah Flom	Fr	3:49.0

1600m Run

Kassidy Ramoneda	Fr	6:10.4h
Baileigh Mesman	Jr	6:14.0h
Jessica Van Iwaarden	So	6:23.44
Brianna Vanden Bosch	Sr	6:31.83
Molly Penalver	Fr	6:44.0
Brittany Todd	Jr	7:36.82

3200m Run

Jessica Van Iwaarden	So	13:33.71
Chloe Gonzales	So	13:52.1h
Molly Penalver	Fr	14:25.58

100m High Hurdles

Jaimee Stutz * ^ #	Sr	15.82
Anna Spykstra #	Fr	16.79
Madison Hettinga	Jr	17.3h
Rylee Emrick	Fr	18.69
Samantha Sutley	Jr	19.07
Renee Vergara	Fr	21.2h
Madison Apolinar	Fr	21.7h
Brandi Sanchez	Fr	22.0h

300m Low Hurdles

Jaimee Stutz * ^ #	Sr	47.53
Anna Spykstra #	Fr	49.3h
Renee Vergara	Fr	52.21
Madison Hettinga	Jr	53.6h
Samantha Sutley	Jr	54.5h
Rylee Emrick	Fr	57.08
Madison Apolinar	Fr	1:03.9h

4x100m Relay

Stephanie Albright, Dominique Houston, Jaimee Stutz, Anna Spykstra * ^ #	50.92
Stephanie Albright, Anna Spykstra, Jordan-Lynne Carter, Jaimee Stutz	54.0h
Jaimee Stutz, Anna Spykstra, Dominique Houston, Stephanie Martin	55.30
Alyssa Avila, Charity Waddy, Meron Ashenafi, Jocelyn Ochoa	57.9h
Chelsea Trujillo, Charity Waddy, Jocelyn Ochoa, Meron Ashenafi	1:02.0

4x100m Shuttle Hurdle

Anna Spykstra, Jaimee Stutz, Samantha Sutley, Rylee Emrick *	1:12.66
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4x400m Relay

Courtney Martin, Kassidy Ramoneda, Jaimee Stutz, Stephanie Albright * ^ #	4:14.49
Courtney Martin, Nicole Amaya, Kassidy Ramoneda, Stephanie Albright	4:24.5h
Jaimee Stutz, Nicole Amaya, Courtney Martin, Stephanie Albright	4:36.0
Baileigh Mesman, Jaimee Stutz, Stephanie Albright, Brianna Vanden Bosch	4:38.0h
Baileigh Mesman, Kassidy Ramoneda, Chelsea Trujillo, Brianna Vanden Bosch	4:53.0
Alyssa Avila, Adrene Spencer, Samantha Sutley, Charity Waddy	5:03.0
Charity Waddy, Alyssa Avila, Katelynn McGirr, Jocelyn Ochoa	5:11.0h

High Jump

Madison Apolinar	Fr	4' 4"
Brianna Ma	Fr	3' 8"
Meron Ashenafi	So	3' 6"

Long Jump

Dominique Houston #	Sr	15' 9"
Abby Knight	Sr	14' 7.5"
Madison Apolinar	Fr	13' 9.5"
Rylee Emrick	Fr	12' 1.25"
Brianna Ma	Fr	10' 3"
Natalie Nutt	Fr	9' 1"
Lorraine Tan	Jr	7' 9"

Triple Jump

Anna Spykstra #	Fr	31' 1.75"
Abby Knight	Sr	30' 1.5"
Charity Waddy	Fr	26' 6.25"

Shot Put

Sierra Barrios-Martinez #	Jr	29' 2.75"
Melissa Espinoza	Sr	25' 5"
Charity Waddy	Fr	25' 4.5"
Abby Knight	Sr	24' 8"
Madison Hettinga	Jr	23' 5"
Camille Ong	Jr	19' 2"
Jordyn Es'kue	So	19' 1"

Discus Throw

Sierra Barrios-Martinez	Jr	72' 9.75"
Madison Hettinga	Jr	66' 4.25"
Jordyn Es'kue	So	47' 5.25"
Melissa Espinoza	Sr	44' 4.75"
Camille Ong	Jr	39' 5.25"

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

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**2012 PERSONAL RECORDS****AWARDS****2012 FINAL LEAGUE STANDINGS**

All-League Awards:

Track Athlete of the Year - Jaimee Stutz

Jaimee Stutz - 100h; Jaimee Stutz - 300h

Stephanie Albright, Dominique Houston,

Jaimee Stutz, Anna Spykstra - 4x100m Relay

Courtney Martin, Kassidy Ramoneda,

Jaimee Stutz, Stephanie Albright - 4x400m Relay

Team Awards:

Most Valuable Track - Stephanie Albright
and Jaimee StutzMost Valuable Field - Sierra Barrios-Martinez
and Abby Knight

Most Improved Track - Courtney Martin

Most Improved Field - Dominique Houston

Knight Award - Brianna Vanden Bosch

Coaches Award - Molly Penalver

Rookie of the Year Award - Kassidy Ramoneda
and Anna Spykstra**Ambassador League****Overall**

School	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	28	0	0	1.000	28	0	0	1.000
Ontario Christian	24	4	0	0.857	24	4	0	0.857
Arrowhead Christian	20	8	0	0.714	20	8	0	0.714
Aquinas	16	12	0	0.571	16	12	0	0.571
Woodcrest Christian	12	16	0	0.429	12	16	0	0.429
Western Christian	7	21	0	0.250	7	21	0	0.250
Calvary Murrieta	5	23	0	0.179	5	23	0	0.179
Riverside Christian	0	28	0	0.000	0	28	0	0.000

COACHING STAFF:

Head Coach - Gretchen Gonzales

Long Distance Coach - Gretchen Gonzales

Sprint Coach - Mason Burroughs

Middle Distance Coach - Ken Scott

Hurdle Coach - Cally Bonestroo

Jump Coach - Drew Vander Well

Throw Coach - Mike Nishanian

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2013 PERSONAL RECORDS

100m Dash

Taylor Holcomb * ^ #	11	12.61
Stephanie Albright	12	13.85
Ashley Burroughs	9	14.16
Erin Nolte	9	14.17
Natalie Dzhandzhapanyan	11	14.23
Maddie Guevara	9	14.39
Melany Amarikwa	11	14.45
Allison Escobar	12	14.64
Alyssa Avila	10	14.78
Chloe Nutt	9	15.29
Adrene Spencer	10	15.65
Brianna Ma	10	16.00
Brandi Sanchez	10	16.88
Christy Yeon	10	20.86

200m Dash

Taylor Holcomb ^ #	11	26.02
Stephanie Albright	12	27.32
Erin Nolte	9	27.51
Alyssa Avila	10	29.03
Maddie Guevara	9	30.24
Allison Escobar	12	30.71
Adrene Spencer	10	32.42
Chloe Nutt	9	32.68
Nicole Amaya	10	33.08
Brianna Ma	10	33.41
Jordyn Es'kue	11	34.42
Elaine Li	12	34.98

400m Run

Stephanie Albright	12	1:02.66
Sydney Robinson	9	1:03.01
Maddie Guevara	9	1:07.48
Hailie Mount	11	1:07.88
Kassidy Ramoneda	10	1:08.56
Chloe Nutt	9	1:10.99
Brianna Ma	10	1:11.37
Alyssa Avila	10	1:12.19
Nicole Amaya	10	1:12.76
Adrene Spencer	10	1:16.40
Elaine Li	12	1:16.58
Breonna Schwartz	9	1:19.30

* Denotes School Record

^ Denotes League Champion

Denotes CIF Qualifier

800m Run

Kassidy Ramoneda #	10	2:26.99
Sydney Robinson	9	2:30.34
Natalie Dzhandzhapanyan	11	2:49.11
Baileigh Mesman	12	2:53.58
Jessica Congleton	9	2:55.78
Robin Valencia	9	2:56.31
Nicole Amaya	10	3:00.94
Symphony Barnes	11	3:28.16
Doreyn Hu	10	3:28.72

1600m Run

Kassidy Ramoneda	10	5:36.16
Sydney Robinson	9	5:38.14
Chloe Gonzales	11	5:51.45
Natalie Dzhandzhapanyan	11	5:57.70
Baileigh Mesman	12	6:10.90
Robin Valencia	9	6:22.81
Jessica Congleton	9	6:33.14
Molly Penalver	10	7:09.30
Doreyn Hu	10	7:29.04
Symphony Barnes	11	7:58.37

3200m Run

Baileigh Mesman	12	14:00.00
Robin Valencia	9	14:04.64
Molly Penalver	10	14:48.50
Jessica Congleton	9	15:00.00
Symphony Barnes	11	19:25.09

100m High Hurdles

Anna Spykstra #	10	16.24
Rylee Emrick	10	18.55
Melany Amarikwa	11	18.78
Madison Apolinar	10	20.65
Brandi Sanchez	10	21.43
Elaine Li	12	22.95

300m Low Hurdles

Anna Spykstra #	10	48.58
Rylee Emrick	10	54.12

4x100m Relay

Stephanie Albright, Ashley Burroughs, Taylor Holcomb, Anna Spykstra * ^ #	50.59
Stephanie Albright, Taylor Holcomb, Natalie Dzhandzhapanyan, Anna Spykstra	51.92
Chloe Nutt, Alyssa Avila, Allison Escobar, Erin Nolte	57.30
Chloe Nutt, Alyssa Avila, Adrene Spencer, Erin Nolte	57.64
Erin Nolte, Maddie Guevara, Alyssa Avila, Chloe Nutt	57.65

High Jump

Madison Apolinar	10	4-04
Erin Nolte	9	4-04
Charity Waddy	10	4-02
Brandi Sanchez	10	3-04

Long Jump

Taylor Holcomb	11	15-07.00
Madison Apolinar	10	13-09.25
Melany Amarikwa	11	13-05.75
Erin Nolte	9	12-09.75
Charity Waddy	10	11-11.00
Nicole Amaya	10	11-08.50
Brandi Sanchez	10	10-10.25
Allison Escobar	12	10-06.50

Triple Jump

Anna Spykstra #	10	33-01.50
Madison Apolinar	10	29-07.25
Melany Amarikwa	11	25-06.50

Shot Put

Charity Waddy	10	29-06.00
Sierra Barrios-Martinez	12	28-06.00
Madison Apolinar	10	24-03.5
Madison Hettinga	12	22-09.75
Jennifer Inge	12	22-04.25
Elaine Li	12	22-02.50
Jordyn Es'kue	11	22-01.00
Melany Amarikwa	11	17-07.00
Brianna Ma	10	16-03.50

Discus Throw

Sierra Barrios-Martinez #	12	94-03.00
Charity Waddy	10	84-07.50
Madison Hettinga	12	73-08.75
Jennifer Inge	12	68-10.00
Jordyn Es'kue	11	56-06.00
Christy Yeon	10	41-06.00

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2013 PERSONAL RECORDS

AWARDS

All-League Awards:

Track Athlete of the Year - Taylor Holcomb

Taylor Holcomb - 100m

Taylor Holcomb - 200m

Stephanie Albright, Ashley Burroughs,

Taylor Holcomb, Anna Spykstra - 4x100m Relay

Team Awards:

Most Valuable Track - Taylor Holcomb

Most Valuable Multi Event - Anna Spykstra

Most Valuable Sprints - Stephanie Albright

Most Valuable Distance - Cassidy Ramoneda

Most Valuable Field - Sierra Barrios-Martinez

Most Improved Field - Charity Waddy

Knight Award - Baileigh Mesman

Coaches Award - Maddie Guevera

Rookie of the Year Award - Ashley Burroughs
and Maddie Guevera

4x400m Relay

Taylor Holcomb, Cassidy Ramoneda, Stephanie Albright, Maddie Guevara * # 4:11.99

Stephanie Albright, Chloe Gonzales, Sydney Robinson, Taylor Holcomb 4:20.11

Stephanie Albright, Hailie Mount, Maddie Guevara, Cassidy Ramoneda 4:21.66

Sydney Robinson, Cassidy Ramoneda, Stephanie Albright, Natalie Dzhandzhapanyan 4:24.17

Kassidy Ramoneda, Maddie Guevara, Chloe Nutt, Natalie Dzhandzhapanyan 4:33.22

Maddie Guevara, Chloe Nutt, Allison Escobar, Alyssa Avila 4:49.10

Alyssa Avila, Adrene Spencer, Jordyn Es'kue, Chloe Nutt 5:11.58

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	24	4	0	0.857	24	4	0	0.857
Ontario Christian	22	6	0	0.786	22	6	0	0.786
Aquinas	14	14	0	0.500	14	14	0	0.500
Woodcrest Christian	14	14	0	0.500	14	14	0	0.500
Western Christian	8	20	0	0.286	8	20	0	0.286
Riverside Christian	4	24	0	0.143	4	24	0	0.143
Calvary Murrieta	0	28	0	0.000	0	28	0	0.000

COACHING STAFF:

Head Coach and Long Distance Coach -
Gretchen Gonzales

Sprint Coach - Mason Burroughs

Middle Distance Coach - Ken Scott

Hurdle Coach - Cally Bonestroo

Jump Coach - Drew Vander Well

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2014 PERSONAL RECORDS

100m Dash

Taylor Holcomb ^ #	12	12.40
Taylor Prado #	9	12.87
Erin Nolte	10	13.78
Madison Guevara	10	13.96
Alyssa Avila	11	14.57
Jessica Bayliss	10	14.61
Monica Gutierrez	9	16.01
Tori Westra	9	16.03
Meron Ashenafi	12	16.14

200m Dash

Taylor Holcomb * ^ #	12	25.81
Taylor Prado #	9	27.01
Anna Spykstra	11	28.00
Erin Nolte	10	29.04
Madison Guevara	10	29.10
Jessica Bayliss	10	30.73
Rylee Emrick	11	30.77
Alyssa Avila	11	31.99
Tori Westra	9	34.63
Monica Gutierrez	9	34.90
Meron Ashenafi	12	35.08

400m Run

Taylor Holcomb	12	1:02.27
Sydney Robinson	9	1:02.91
Kassidy Ramoneda #	11	1:03.33
Joy Phillips	9	1:15.41
Alyssa Avila	11	1:19.69

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

AWARDS

All-League Awards:
 Track Athlete of the Year - Taylor Holcomb
 Taylor Holcomb - 100m
 Taylor Holcomb - 200m
 Stephanie Albright, Ashley Burroughs,
 Taylor Holcomb, Anna Spykstra - 4x100m Relay

Team Awards:
 Most Valuable Track - Taylor Holcomb
 Most Valuable Multi Event - Anna Spykstra
 Most Valuable Sprints - Stephanie Albright
 Most Valuable Distance - Kassidy Ramoneda
 Most Valuable Field - Sierra Barrios-Martinez
 Most Improved Field - Charity Waddy
 Knight Award - Baileigh Mesman
 Coaches Award - Maddie Guevera
 Rookie of the Year Award - Ashley Burroughs
 and Maddie Guevera

COACHING STAFF:

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

800m Run

Kassidy Ramoneda ^ #	11	2:24.71
Sydney Robinson #	10	2:25.77
Jessica Congleton	10	2:47.33
Joy Phillips	9	2:59.88
Alyssa Avila	11	3:26.10

1600m Run

Sydney Robinson	10	5:45.39
Jessica Congleton	10	5:50.74
Robin Valencia	10	6:09.72
Joy Phillips	9	6:41.87
Alyssa Avila	11	6:57.91

3200m Run

Jessica Congleton	10	12:52.34
Robin Valencia	10	13:04.62

100m High Hurdles

Anna Spykstra #	11	16.19
Rylee Emrick	11	17.88
Madison Guevara	10	18.06
Jessica Bayliss	10	18.77
Tori Westra	9	19.08
Melany Amarikwa	11	19.47

300m Low Hurdles

Anna Spykstra	11	47.80
Madison Guevara	10	52.10
Rylee Emrick	11	53.63

4x100m Relay

Taylor Prado, Taylor Holcomb, Erin Nolte, Anna Spykstra * ^ #	49.88
Taylor Prado, Taylor Holcomb, Alyssa Avila, Anna Spykstra	51.54
Jessica Bayliss, Madison Guevera, Tori Westra, Erin Nolte	57.14

4x400m Relay

Sydney Robinson, Kassidy Ramoneda, Anna Spykstra, Taylor Holcomb * ^ #	4:10.15
Taylor Prado, Kassidy Ramoneda, Anna Spykstra, Taylor Holcomb	4:24.72
Sydney Robinson, Kassidy Ramoneda, Anna Spykstra, Madison Guevera	4:34.07
Alyssa Avila, Monica Gutierrez, Rylee Emrick, Tori Westra	5:13.01

2014 FINAL LEAGUE STANDINGS

School	Ambassador League			Overall				
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Arrowhead Christian	32	0	0	1.000	32	0	0	1.000
Ontario Christian	27	5	0	0.844	27	5	0	0.844
Linfield Christian	24	8	0	0.750	24	8	0	0.750
Aquinas	21	11	0	0.656	21	11	0	0.656
Western Christian	15	17	0	0.469	15	17	0	0.469
Riverside Christian	11	21	0	0.344	11	21	0	0.344
Woodcrest Christian	9	23	0	0.281	9	23	0	0.281
Calvary Murrieta	5	27	0	0.156	5	27	0	0.156
Temecula Prep	0	32	0	0.000	0	32	0	0.000

High Jump

Madison Apolinar #	11	5-00
Kassidy Ramoneda	11	4-04
Erin Nolte	9	4-02
Tori Westra	9	4-02

Long Jump

Madison Apolinar	11	13-08.00
Taylor Prado	9	13-04.75
Melany Amarikwa	11	13-01.00
Jessica Bayliss	10	12-07.00
Tori Westra	9	11-06.00
Chloe Nutt	10	11-05.75
Madison Guevara	10	11-04.50
Meron Ashenafi	12	10-07.75

Triple Jump

Madison Apolinar	11	31-00.00
Kassidy Ramoneda	11	26-04.00
Melany Amarikwa	11	25-00.00

Shot Put

Madison Apolinar	11	26-05.00
Tori Westra	9	22-05.00
Jordyn Es'kue	12	21-09.25
Chloe Nutt	10	19-05.00
Jasmine Lee	10	16-09.00

Discus Throw

Madison Apolinar	11	81-06
Jordyn Es'kue	12	58-05
Tori Westra	9	58-02
Chloe Nutt	10	54-08
Jasmine Lee	10	32-11

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2015 PERSONAL RECORDS

100m Dash

Taylor Prado #	10	13.25
Alyssa Avila	11	14.06
Erin Nolte	11	14.29
Elle Pierce	10	14.64

200m Dash

Taylor Prado	10	28.15
Julia Eichor	9	29.08
Alyssa Avila	12	29.48
Erin Nolte	11	30.51
Rylee Emrick	12	30.70

400m Run

Julia Eichor	9	1:05.50
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800m Run

Joy Phillips	10	3:02.72
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* Denotes School Record
 ^ Denotes League Champion
 # Denotes CIF Qualifier

AWARDS

All-League Awards:

- First Team:
 - Madison Apolinar - HJ
- Second Team:
 - Taylor Prado - 100m
 - Rebekah Dirksen - DT

Team Awards:

- Most Valuable - Madison Apolinar
- Most Valuable Sprints - Taylor Prado
- Most Valuable Distance - Joy Phillips
- Most Valuable Field - Rebekah Dirksen
- Most Improved - Alyssa Avila
- Knight Award - Elle Pierce
- Coaches Award - Rylee Emrick
- Rookie of the Year Award - Julia Eichor

COACHING STAFF:

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

1600m Run

Robin Valencia	11	5:57.00
Joy Phillips	10	7:00.43

3200m Run

Robin Valencia	11	12:55.98
Joy Phillips	10	15:04.34

100m High Hurdles

Brooke Porter #	11	17.36
Rylee Emrick	12	18.05
Madison Guevara	11	18.56
Elle Pierce	10	18.91

300m Low Hurdles

Brooke Porter	11	50.78
Elle Pierce	10	53.35
Madison Guevara	11	53.39
Rylee Emrick	12	53.91

4x100m Relay

Taylor Prado, Brooke Porter, Rylee Emrick, Julia Eichor #	52.33
Taylor Prado, Brooke Porter, Alyssa Avila, Madison Guevara	52.77
Taylor Prado, Alyssa Avila, Rylee Emrick, Julia Eichor	53.13
Taylor Prado, Erin Nolte, Alyssa Avila, Julia Eichor	54.04
Taylor Prado, Erin Nolte, Brooke Porter, Julia Eichor	54.04
Taylor Prado, Erin Nolte, Madison Guevara, Alyssa Avila	55.14

4x400m Relay

Taylor Prado, Julia Eichor, Madison Guevara, Alyssa Avila	4:29.00
Taylor Prado, Alyssa Avila, Madison Guevara, Julia Eichor	4:30.57
Taylor Prado, Julia Eichor, Robin Valencia, Alyssa Avila	4:32.57
Taylor Prado, Brooke Porter, Madison Guevara, Alyssa Avila	4:34.83

2015 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian *	22	2	0	0.917	22	2	0	0.917
Arrowhead Christian	22	2	0	0.917	22	2	0	0.917
Ontario Christian	14	10	0	0.583	14	10	0	0.583
Woodcrest Christian	12	12	0	0.500	12	12	0	0.500
Aquinas	10	14	0	0.417	10	14	0	0.417
Notre Dame	3	21	0	0.125	3	21	0	0.125
Western Christian	1	23	0	0.042	1	23	0	0.042

* League Champion by tie breaker

High Jump

Madison Apolinar ^#	12	5-01
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Long Jump

Elle Pierce	10	14-06.00
Rebekah Dirksen	9	12-11.50

Triple Jump

Madison Apolinar	12	31-08.00
Rebekah Dirksen	9	27-10.00

Shot Put

Rebekah Dirksen	9	26-09.00
Madison Apolinar	12	24-08.00
Daniella Figueroa	9	19-01.00

Discus Throw

Madison Apolinar	12	86-10.50
Rebekah Dirksen #	9	83-09
Daniella Figueroa	9	55-07

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2016 PERSONAL RECORDS

100m Dash			1600m Run			High Jump		
Erin Nolte	12	14.53	Robin Valencia	12	5:39.63	Abby Fisher	9	4-06
			Cherry Zhang	9	6:44.00	Brooke Porter	12	4-04
200m Dash			Hayley Kline	9	6:46.68	Meagan Whalen	10	3-08
Jessica Bayliss	12	30.05	Mary Hua	11	6:51.16			
Abby Fisher	9	30.16				Long Jump		
Madison Guevara	12	31.12	3200m Run			Brooke Porter	12	15-00.00
Meagan Whalen	10	34.54	Robin Valencia ^#	12	12:05.15	Abby Fisher	9	14-08.00
			Hayley Kline	9	14:46.67	Elle Pierce	11	14-03.00
400m Run			Mary Hua	11	15:13.01	Erin Nolte	12	12-04.00
Madison Guevara	12	1:05.29	Cherry Zhang	9	16:14.45	Allison Hauptman	11	12-02.50
Allison Hauptman	11	1:11.19				Triple Jump		
Anqi Yan	12	1:13.16	100m High Hurdles			Elle Pierce	11	31-03.00
Cherry Zhang	9	1:20.54	Brooke Porter #	12	16.33	Rebekah Dirksen	11	27-03.50
Meagan Whalen	10	1:21.11	Elle Pierce #	11	17.46			
			Madison Guevara	12	17.68	Shot Put		
800m Run			Jessica Bayliss	12	19.74	Rebekah Dirksen	11	31-08.50
Robin Valencia	12	2:34.04	Abby Fisher	9	19.83	Tori Westra	12	24-05.50
Allison Hauptman	11	2:46.36	Allison Hauptman	11	20.19	Rachel Baker	9	24-05.50
Anqi Yan	12	2:50.62				Daniella Figueroa	10	20-00.00
Hayley Kline	9	2:57.38	300m Low Hurdles					
Mary Hua	11	3:11.64	Brooke Porter ^#	12	49.04	Discus Throw		
			Madison Guevara	12	52.90	Rebekah Dirksen ^#	11	80-08.50
			Elle Pierce	11	54.28	Tori Westra	12	73-06.50
			Allison Hauptman	11	58.15	Rachel Baker	9	65-09.00
						Daniella Figueroa	10	55-06.00

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

AWARDS

All-League Awards:
 Multi-Event Athlete of the Year:
 Robin Valencia
 First Team:
 Robin Valencia - 3200m
 Brooke Porter - 300H
 Rebekah Dirksen - SP
 Second Team:
 Brooke Porter - 100H

Team Awards:
 Most Valuable - Robin Valencia
 Most Valuable Sprints - Brooke Porter
 Most Valuable Distance - Anqi Yan
 Most Valuable Field - Elle Pierce
 Most Improved - Hayley Kline
 Knight Award - Madison Guevara
 Coaches Award - Rebekah Dirksen
 Rookie of the Year Award - Abby Fisher

COACHING STAFF:

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

4x100m Relay	
Madison Guevara, Elle Pierce, Brooke Porter, Erin Nolte #	53.01
Abby Fisher, Brooke Porter, Elle Pierce, Erin Nolte	54.36
Abby Fisher, Brooke Porter, Erin Nolte, Madison Guevara	54.54
Elle Pierce, Allison Hauptman, Erin Nolte, Brooke Porter	1:03.45
4x400m Relay	
Madison Guevara, Robin Valencia, Allison Hauptman, Brooke Porter	4:39.46
Madison Guevara, Robin Valencia, Allison Hauptman, Anqi Yan	4:43.52
Madison Guevara, Robin Valencia, Hayley Kline, Anqi Yan	4:56.11

2016 FINAL LEAGUE STANDINGS

	Ambassador League			Overall		
School	Won	Lost	Pct.	Won	Lost	Pct.
Linfield Christian	24	0	1.000	24	0	1.000
Aquinas	20	4	0.833	20	4	0.833
Ontario Christian	15	9	0.625	19	13	0.594
Arrowhead Christian	12	12	0.500	12	12	0.500
Woodcrest Christian	9	15	0.375	9	15	0.375
Western Christian	4	20	0.167	4	20	0.167
Notre Dame	0	24	0.000	0	24	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2017 PERSONAL RECORDS

100m Dash

Elle Pierce #	12	13.04
Kayla Rowland	12	15.00
Mariah Espinoza	11	15.12
Kaitlyn Ishii	11	15.45

200m Dash

Abby Fisher	10	29.68
Clarisa Quintanilla	9	30.43
Kaitlyn Ishii	11	31.81
Mariah Espinoza	11	32.60

400m Run

Kayla Rowland	12	1:07.06
Allison Hauptman	12	1:08.92
Lily Zhang	11	1:26.12
Annie Qin	12	1:27.63
Sophia Chen	10	1:31.39

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

AWARDS

All-League Awards:

- First Team:
 Rebekah Dirksen - SP
- Second Team:
 Elle Pierce - 100m

Team Awards:

- Most Valuable - Michaela Mouw
- Most Valuable Sprints - Elle Pierce
- Most Valuable Distance - Joy Phillips
- Most Valuable Field - Rebekah Dirksen
- Most Improved - Cherry Zhang
- Knight Award - Allison Hauptman
- Coaches Award - Kayla Rowland
- Rookie of the Year Award - Clarisa Quintanilla

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

800m Run

Allison Hauptman	12	2:41.71
Annie Qin	12	3:32.20
Lily Zhang	11	3:33.63
Amanda Castro	12	3:45.39

1600m Run

Joy Phillips	12	7:57.13
Amanda Castro	12	8:28.64

3200m Run

Joy Phillips	12	15:03.23
Cherry Zhang	10	16:19.50
Sophia Chen	10	17:58.89
Annie Qin	12	20:42.66
Lily Zhang	11	21:22.23

100m High Hurdles

Elle Pierce #	12	17.30
Allison Hauptman	12	18.72
Micaela Mouw	10	19.37
Abby Fisher	10	19.84

4x100m Relay

Abby Fisher, Kayla Rowland, Elle Pierce, Clarisa Quintanilla	54.88
Abby Fisher, Elle Pierce, Micaela Mouw, Allison Hauptman	55.27

4x400m Relay

Allison Hauptman, Micaela Mouw, Clarisa Quintanilla, Kayla Rowland #	4:29.88
Abby Fisher, Micaela Mouw, Clarisa Quintanilla, Kayla Rowland	4:30.75

2017 FINAL LEAGUE STANDINGS

	Ambassador League			Overall		
School	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	16	8	0.667	16	8	0.667
Aquinas	11	13	0.458	11	13	0.458
Arrowhead Christian	9	15	0.375	9	15	0.375
Western Christian	4	20	0.167	4	20	0.167
Notre Dame	0	24	0.000	0	24	0.000

300m Low Hurdles

Micaela Mouw #	10	51.39
Clarisa Quintanilla	9	52.35

High Jump

Abby Fisher	10	4-07
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Long Jump

Elle Pierce	12	14-01.00
Micaela Mouw	10	12-11.00
Kaitlyn Ishii	11	12-02.00

Triple Jump

Micaela Mouw	10	30-11.75
Elle Pierce	12	30-10.50

Shot Put

Rebekah Dirksen #	12	33-00.25
Rachel Baker	10	24-10.50

Discus Throw

Rebekah Dirksen	12	110-02.00
Rachel Baker	10	66-08.00

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2018 PERSONAL RECORDS

100m Dash

Deauna Houston	11	14.13
Allison Apolinar	10	15.17
Kaitlyn Ishii	12	15.18
Nancy Li	10	16.59

200m Dash

Micaela Mouw-Cruz	11	30.81
Deauna Houston	11	31.44
Kaitlyn Ishii	12	32.45
Allison Apolinar	10	34.02

400m Run

Micaela Mouw-Cruz	11	1:09.55
Sydney Nystrom	9	1:10.33
Taryn Galindo	9	1:11.33
Madison Bachar	9	1:16.15
Lucy Lu	10	1:33.30

800m Run

Ashlyn Noreen	10	2:55.08
Sydney Peters	9	2:55.15
Madison Bachar	9	2:56.48
Elsa Chen	10	3:00.28
Emma Kristenpfad	9	3:10.23
Cherry Zhang	11	3:18.23
Analisa Burman	9	3:18.60
Lucy Lu	10	3:39.66

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

AWARDS

All-League Awards:

- First Team:
- Micaela Mouw-Cruz - 300H

Team Awards:

- Most Valuable - Micaela Mouw-Cruz
- Most Valuable Sprints - Sydney Peters
- Most Valuable Distance - Ashlyn Noreen
- Most Valuable Field - Rachel Baker
- Most Improved - Deauna Houston
- Knight Award - Elsa Chen
- Coaches Award - Kaitlyn Ishii
- Rookie of the Year Award - Sydney Nystrom

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

1600m Run

Madison Bachar	9	6:22.38
Elsa Chen	10	6:42.08
Ashlyn Noreen	10	6:43.87
Analisa Burman	9	7:34.63
Cherry Zhang	11	7:49.40

3200m Run

Madison Bachar	9	14:00.76
Ashlyn Noreen	10	15:40.01
Emma Kristenpfad	9	16:33.79
Cherry Zhang	11	16:54.12
Sophia Chen	11	18:59.31
Lucy Lu	10	19:56.88

100m High Hurdles

Micaela Mouw-Cruz #	11	17.74
Sydney Peters	9	20.01
Sydney Nystrom	9	21.07

300m Low Hurdles

Micaela Mouw-Cruz ^ #	11	50.32
Sydney Peters	9	53.80

4x100m Relay

Micaela Mouw-Cruz, Sydney Nystrom, Sydney Peters, Deauna Houston	57.65
Allison Apolinar, Sydney Nystrom, Sydney Peters, Deauna Houston	57.84
Kaitlyn Ishii, Sydney Nystrom, Sydney Peters, Deauna Houston	58.62
Kaitlyn Ishii, Sydney Nystrom, Sydney Peters, Taryn Galindo	1:00.38

4x400m Relay

Sydney Peters, Taryn Galindo, Sydney Nystrom, Micaela Mouw-Cruz #	4:31.30
Taryn Galindo, Sydney Peters, Madison Bachar, Sydney Nystrom	4:42.13
Sydney Peters, Sydney Nystrom, Ashlyn Noreen, Micaela Mouw-Cruz	4:48.67
Sydney Peters, Sydney Nystrom, Elsa Chen, Taryn Galindo	4:55.91
Sydney Peters, Sydney Nystrom, Ashlyn Noreen, Madison Bachar	5:03.92
Sydney Peters, Elsa Chen, Allison Apolinar, Sydney Nystrom	5:15.82

2018 FINAL LEAGUE STANDINGS

	Ambassador League			Overall				
School	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	16	8	0	0.667	16	8	0	0.667
Aquinas	12	12	0	0.500	12	12	0	0.500
Notre Dame	7	16	1	0.313	7	16	1	0.313
Western Christian	3	20	1	0.146	3	20	1	0.146
Arrowhead Christian	1	23	0	0.042	1	23	0	0.042

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2019 PERSONAL RECORDS

100m Dash

Julia Galdamez	9	14.14
Andie Fitzgerald	9	14.53
Deauna Houston	12	14.60
Emily Carrillo	10	14.60
Clarisa Quintanilla	11	14.88
Sydney Nystrom	10	14.98
Shaylan Macera	11	15.24
Makayla Ponce	10	15.72
Katelyn McTarsney	9	15.79
Hailey Apostolou	11	16.10
Nancy Li	12	16.59
Emma Albers	11	17.24
Anisa Quintanilla	11	17.37
Cherry Zhang	12	17.92

200m Dash

Julia Galdamez	9	29.54
Clarisa Quintanilla	11	30.06
Sydney Nystrom	10	30.92
Andie Fitzgerald	9	31.72
Katelyn McTarsney	9	33.42
Hailey Apostolou	11	33.55
Shaylan Macera	11	34.61
Emma Albers	11	35.54

400m Run

Clarisa Quintanilla	11	1:05.89
Sydney Nystrom	10	1:08.43
Taryn Galindo	10	1:09.42
Sydney Peters	10	1:13.57
Andie Fitzgerald	9	1:16.96
Analisa Burman	10	1:17.38
Katelyn McTarsney	9	1:18.10

AWARDS

All-League Awards:

Second Team:
Micaela Cruz - 300H

Team Awards:

Most Valuable - Micaela Cruz
 Most Valuable Sprints - Julia Galdamez
 Most Valuable Distance - Madison Bachar
 Most Valuable Field - Rachel Baker
 Most Improved - Sydney Nystrom
 Knight Award - Sydney Peters
 Coaches Award - Hailey Apostolou
 Rookie of the Year Award - Anisa Quintanilla

COACHING STAFF:

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 Wolfhopte
 Distance Coach - Mike Fischer

800m Run

Elsa Chen	11	2:57.36
Madison Bachar	10	3:01.77
Emma Kirstenpfad	10	3:06.22
Ashlyn Noreen	11	3:08.49
Analisa Burman	10	3:17.62

1600m Run

Madison Bachar	10	6:26.17
Elsa Chen	11	6:47.07
Analisa Burman	10	6:48.07
Ashlyn Noreen	11	6:51.76
Emma Kirstenpfad	10	7:25.21

3200m Run

Madison Bachar	10	14:39.43
Analisa Burman	10	14:55.72
Ashlyn Noreen	11	16:25.86
Emma Kirstenpfad	10	16:50.39

100m High Hurdles

Micaela Cruz	12	18.59
Sydney Peters	10	19.35

300m Low Hurdles

Micaela Cruz	12	51.93
Taryn Galindo	10	1:01.02
Sydney Peters	10	1:06.39
Shaylan Macera	11	1:09.81

High Jump

Sydney Peters #	10	4-08
Shaylan Macera	11	4-02
Katelyn McTarsney	9	4-00
Anisa Quintanilla	11	3-10
Taryn Galindo	10	3-08

4x100m Relay

Sydney Nystrom, Clarisa Quintanilla, Julia Galdamez, Deauna Houston	54.86
Sydney Nystrom, Julia Galdamez, Emily Carrillo, Deauna Houston	55.65
Katelyn McTarsney, Mia Galdamez, Julia Galdamez, Clarisa Quintanilla	58.96
Sydney Nystrom, Emily Carrillo, Sydney Peters, Deauna Houston	59.11
Micaela Cruz, Deauna Houston, Sydney Nystrom, Hailey Apostolou	1:10.48

4x400m Relay

Sydney Nystrom, Julia Galdamez, Taryn Galindo, Ashlyn Noreen	4:42.0h
Clarisa Quintanilla, Julia Galdamez, Ashlyn Noreen, Taryn Galindo	4:44.43
Clarisa Quintanilla, Sydney Nystrom, Ashlyn Noreen, Taryn Galindo	4:44.53
Sydney Peters, Taryn Galindo, Sydney Nystrom, Micaela Cruz	5:00.53
Anisa Quintanilla, Julia Galdamez, Ashlyn Noreen, Taryn Galindo	5:05.28

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

Emily Carrillo, Deauna Houston, Andie Fitzgerald, Ashlyn Noreen	2:16.53
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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
Woodcrest Christian	11	4	0	0.733	11	4	0	0.733
Ontario Christian	10	5	0	0.667	12	8	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

Long Jump

Sydney Peters	10	13-11.00
Deauna Houston	12	13-10.50
Sydney Nystrom	10	13-07.50
Anisa Quintanilla	11	13-07.50
Micaela Cruz	12	13-02.00
Taryn Galindo	10	13-00.00
Katelyn McTarsney	9	12-07.50
Makayla Ponce	10	11-09.00
Nancy Li	12	11-07.50
Mia Galdamez	11	10-03.00

Triple Jump

Micaela Cruz	12	30-01.50
Anisa Quintanilla	11	28-01.50
Sydney Nystrom	10	26-04.50
Katelyn McTarsney	9	24-01.50
Mia Galdamez	11	21-06.00
Andie Fitzgerald	9	18-11.00

Shot Put

Deauna Houston	12	27-01.00
Rachel Baker	12	25-00.00
Hailey Apostolou	11	21-10.00
Serenity Contreras	11	17-00.75

Discus Throw

Hailey Apostolou	11	72-09.50
Rachel Baker	12	72-00.00
Serenity Contreras	11	53-04.00

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

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

2020 PERSONAL RECORDS

100m Dash

Andria Ravelo	9	13.78
Jordan Nelson	9	14.02

200m Dash

Emma Chappell	11	29.66
Kendra Fair	11	30.09
Andria Ravelo	9	32.42
Lia Ward	9	32.98
Allie Paredes	9	33.88

400m Run

Kendra Fair	11	NT
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Others:

Madison Bachar	11
Brooke Buckley	12
Alysa Calderon	9
Emily Carrillo	11
Elsa Chen	12
Christie Counts	12
Campbell Darney	9
Andie Fitzgerald	10
Julia Galdamez	10
Taryn Galindo	11
Sage Hinojoza	11
Vanessa Liang	10
Taryn Mouw	11
Sydney Peters	11
Anisa Quintanilla	11
Clarisa Quintanilla	12
Lia Ward	9

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

Emma Kirstenpfad	11	NT
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1600m Run

Ashlyn Noreen	12	7:09.05
Analisa Burman	11	7:15.29

3200m Run

Marian Mendoza	9	13:40.93
Emma Kirstenpfad	11	13:41.55

100m High Hurdles

Lia Ward	9	23.50
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300m Low Hurdles

High Jump

Shaylan Macera	12	4-02
Ashlyn Noreen	12	4-00
Analisa Burman	11	4-00

4x100m Relay

Andria Ravelo, Emma Chappell, Andie Fitzgerald, Kendra Fair	58.44
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4x400m Relay

Analisa Burman, Ashlyn Noreen, Allie Paredes, Marian Mendoza	5:25.48
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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
Woodcrest Christian	3	2	0	0.600	3	2	0	0.600
Ontario 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

Long Jump

Kendra Fair	11	13-04.50
Rebecca Baker	9	11-05.00
Nancy Li	12	11-04.00

Triple Jump

Shaylan Macera	12	28-04.50
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Shot Put

Nancy Li	12	18-07.00
Serenity Contreras	12	16-11.00

Discus Throw

Serenity Contreras	12	50-00.50
Rebecca Baker	9	49-07.50

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

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1968 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
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No Team

1970 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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No Team

1971 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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Laura Sieperda	So
Diane Vanderham	Sr
Sheri Boertje	Fr
Caryn Aardema	Fr
Clarina Vander Stoel	Sr
Mary Wiersma	Fr
Joanne Frings	Jr
Gwenny Bouma	Jr
Debbie Van Dam	Jr
Bev Vander Tuig	Fr

1972 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
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Lorraine Oldenkamp	Fr
Bev Vander Tuig	So
Caryn Aardema	So
Sheri Boertje	So
Yvonne Bouwman	Fr
Linda Bos	Fr
Wanda Dykstra	Fr
Alice Verhey	Fr
Debbie Singleton	Fr
Linda Van Dyk	Jr
Judy Van Dyk	Fr
Laura Sieperda	Jr
Terry Culp	Jr
Loretta Schoneveld	Fr
Audrey Vanden Einde	Jr
Carol Vander Pol	Jr
Clara Heida	Fr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1973 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Martha Wind	Fr
Alice Verhey	So
Darlene Johnston	Fr
Corrine Docter	Fr
Florence Mulder	So
Terri Culp	Sr
Donna Woltjer	Sr
Michelle Van Leeuwen	So
Glenda De Jong	So
Linda Bos	So
Angela Wind	Fr
Linda Van Dyk	Sr
Janice Vander Veen	Jr
Charlene Docter	Fr
Bev Vander Tuig	Jr
Shirley Van Veen	Fr
Clara Heida	So
Lois Zylstra	So
Mary Vanderplas	So

1974 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Rosalie De Bie	Fr
Lori Buma	Fr
Denice Anderson	Jr
Wilma Anker	Fr
Maureen Encinas	Fr
Martha Wind	So
Lori Dirkse	So
Rosanne Irwin	So
Connie Aukeman	Fr
Mary Johnston	Fr
Corrine Docter	So
Alice Verhey	Jr
Cheri Bekendam	Fr
Lynda Brinkman	So
Charlene Docter	So
Geraldine Boertje	Fr
Jean Kamstra	Fr
LaNan Culp	Fr
Diana Rietkerk	So
Kathie Crow	Sr
Bev Visser	So
Janice Vander Veen	Sr
Bev Vander Tuig	Sr
Linda Bos	Jr
Michelle Van Leeuwen	Jr
Merri Lynn Plooy	Jr
Mary Vanderplas	Jr
Carla De Kiewiet	Fr
Clara Heida	Jr
Angela Wind	So
Carol Van Grouw	So
Shirely Van Veen	So
Lois Zylstra	Jr

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

Athlete	Grade
Corrine Docter	Jr
Rena Vander Dussen	Jr
Mary Johnston	So
Martha Wind	Jr
Gerri Boertje	So
Jean Kamstra	So
Angela Wind	Jr
Carla De Kiewiet	So
Sheryl Alberda	So
Laura Engelsma	Fr
Marla Kootstra	So
Rosalie De Bie	So
Charlene Docter	Jr
Shirley Van Veen	Jr

1976 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Laura Engelsma	So
Ann Rademaker	Fr
Joan Dirkse	Fr
Martha Wind	Sr
Cor Docter	Sr
Janna Bosma	Jr
Gloria Boschma	So
Lori Buma	Jr
La Nan Culp	Jr
Gwen Berkompas	So
Wilma Anker	Jr
Geraldine Boertje	Jr
Rose De Bie	Jr
Jeannette Tjaarda	Fr
Angela Wind	Sr
Carla De Kiewiet	Jr
Rena Vander Dussen	Sr
Evelyn Piersma	So

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1977 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Events
Kathy Vanden Brink	Fr	
Lori Verhoeven	So	
Corrine De Jong	So	
Cathy Jongsma	Fr	
Ann Rademaker	So	880y - 2:32.3
Susan Douma	Fr	
Desi Van Leeuwen	Fr	Mile Relay - 4:32
Carla Mouw	So	
Gerri Boertje	Sr	
Jeannette Tjaarda	So	DT - 89' 4.5", SP - 34' 8.5"
Gloria Boschma	Jr	
Evie Piersma	Jr	
Judy Dykstra	Fr	
Lori Buma	Sr	
Gwen Berkompas	Jr	
Rose De Bie	Sr	
Laura Engelsma	Jr	110h - 17.1

1978 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade	Events
Millie Dykstra	Sr	
Ann Rademaker	Jr	880y - 2:31.6
Jennifer Haga	Jr	
Jeannette Tjaarda	Jr	
Corrine De Jong	Jr	
Kathy Vanden Brink	So	Mile Relay - 4:25
Judy Dykstra	So	110h - 16.9
Laura Engelsma	Sr	
Anita Bosman	Fr	
Lori Verhoeven	Jr	
Linda Tjaarda	Fr	
Cheryl Bos	Fr	
Kim Fransen	Fr	
Desi Van Leeuwen	So	
Geri Tjaarda	Fr	
Nelly Rademaker	Fr	LJ - 16' 8.5"
Susan Douma	So	
Colleen Siergersma	Fr	
Raedean Rodriguez	Sr	
Lynette Hoog	Fr	
Kim Agema	Fr	
Gwen Berkompas	Sr	

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1979 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Joan De Bie	Fr
Laura McElvany	Fr
Lorie Bruinsma	Fr
Yvonne Abma	Fr
Artie Arias	So
Kim Agema	So
Linda Tjaarda	So
Lynette Hoog	So
Nelly Rademaker	So
Linda Dykstra	So
Kathy Vanden Brink	Jr
Corrine De Jong	Sr
Ann Rademaker	Sr
Jeannette Tjaarda	Sr
Geri Tjaarda	So

1980 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Jaime Bohnke	Fr
Tamara Cantrell	Fr
Mary De Jong	Fr
Arlene Vander Dussen	Fr
Joan De Bie	So
Lori Luth	So
Lorie Bruinsma	So
Nelly Rademaker	Jr
Geri Tjaarda	Jr
Linda Tjaarda	Jr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1981 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Anita Bosman	Sr
Sharon Sybesma	Sr
Geri Tjaarda	Sr
Linda Tjaarda	Sr
Lani Buma	Jr
Lori Bruinsma	Jr
Carol Aandewiel	Jr
Lisa Potter	Jr
Joan De Bie	Jr
Kristi Van Dyk	So
Jaime Bohnke	So
Ruth Ramak	So
Mary De Jong	So
Tamara Cantrell	So
Susan Brinksma	So
Lori Vander Tuig	Fr
Kara Brunzell	Fr
Christy De Vries	Fr
Joyce Swager	Fr

Head Coach: Don Morrell
Assistant Coach: Gayle Mouw

1982 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Joan De Bie	Sr
Sherrill Korfanta	Fr
Jaime Bohnke	Jr
Kristy Van Dyk	Jr
Joyce Swager	So
Deb Cantrell	Fr
Andrea Hoogendorn	Fr
Gloria Tuinout	Fr
Kara Brunzell	So
Lisa Potter	Sr
Sharyl Nyenhuis	Fr
Mary De Jong	Jr
Lori Bruinsma	Sr
Susan Brinksma	Jr
Kim Kravig	Jr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1983 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Events
Laura Johnson	Fr	
Kathy Haringa	So	
Debbie Cantrell	So	
Rachel Douma	So	
Lori Struiksma	Fr	100 LH - 2nd 17.5
Sharyl Nyenhuis	So	
Lori Vander Tuig	Jr	
Charlotte Koedoot	Fr	2 mi - 13:08 1st League finals
Sherril Korfanta	So	2 mi - 12:58 school record
Vanessa Cairns	Fr	
Terri Hainje	Fr	HJ - 2nd 4'11"
Melany Van Dyk	Fr	
Gloria Tuinhout	So	
Susan Brinksma	Sr	
Kelly Burrows		
Debbie Tjaarda	Sr	LJ - 3rd 13' 10"
Kristy Van Dyk	Sr	
Jacque Van Leeuwen	Sr	SP - 3rd 30' 10"
Jaime Bohnke	Sr	
Sharla Haringa	Sr	LJ - 1st 15' 8", TJ - 1st 33' 9", 34' 3.5" school record
Joyce Swager	Jr	
Ruth Ramak	Sr	
Michelle Koning	Fr	
Kara Brunzell	Jr	

1984 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Sherrill Korfanta	Jr
Lori Struiksma	So
Staci Arthur	So
Karen Korfanta	Fr
Vanessa Cairns	So
Terri Hainje	So
Melanie Van Dyk	So
Mary Van Grouw	Sr
Denise Haagsma	Fr
Joy Ball	Fr
Laura Johnson	So
Diane Van Leeuwen	Fr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1985 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Staci Arthur	Jr
Vanessa Cairns	Jr
Nancy Douma	Fr
Denise Haagsma	So
Charlotte Koedoot	Jr
Karen Korfanta	So
Sherril Korfanta	Sr
Michelle Sawyer	So
Lori Struiksma	Jr
Sheri te Velde	So
Gloria Tuinhout	Sr
Carla Vande Steeg	Fr
Melany Van Dyk	Jr
Diane Van Leeuwen	So
Julie Van Leeuwen	Fr
Wendy Van Wyhe	Fr

1986 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Staci Arthur	Sr
Melany Van Dyk	Sr
Melissa Van Dyken	Fr
Kim Williams	Fr
Diane Van Leeuwen	Jr
Lori Struiksma	Sr
Carla Vande Steeg	So
Wendy Van Wyhe	So
Charlotte Koedoot	Sr
Vanessa Cairns	Sr
Julie Van Leeuwen	So
Karen Korfanta	Jr

1987 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Melissa Van Dyken	So
Julie Van Leeuwen	Jr
Diane Van Leeuwen	Sr
Anna June Bruinsma	Jr
Wendy Van Wyhe	Jr
Sheila Westra	So
Michelle Ringling	Fr
Heidi Kamps	Fr
Karen Korfanta	Sr
Sheri te Velde	Sr
Carla Vande Steeg	Jr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1988 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Wendy Van Wyhe	Sr
Julie Van Leeuwen	Sr
Christina Wassenaar	Fr

1989 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Christina Ringling	Fr
Amy Vander Feer	So
Juanita Vis	Fr
Christina Wassenaar	So

1990 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Sondra Borgeson	Fr
Melissa Thornburg	Fr
Dawn Raia	So
Sarah Risinger	Fr
Jennifer Westra	Fr
Carrie Oord	Fr
Terri Jansma	Fr
Christina Wassenaar	Jr

1991 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Yolanda Weststeyn	So
Melissa Thornburg	So
Terri Jansma	So
Kristine Miersma	So
Angela Smits	Fr

1992 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Carol Hoekstra	Fr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****1993 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Jane De Vries	Jr
Allison May	Fr
Rachel Harris	Fr
Elizabeth Smith	So
Jessica Etter	Fr

1994 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Rebecca Stagner	Fr
Beth Vairin	So
Elizabeth Smith	Jr

1995 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Elizabeth Smith	Sr
Laura De Jong	Jr

1996 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
No Team	

1997 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
No Team	

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

Athlete	Grade
Tawnee Camping	Fr
Lindsey Lovett	So
Casey Bryant	Fr
Jenny Bell	So
Nicole Behnke	So
Jen Jansen	Fr
Karissa Kiehl	Fr
Stephanie Naramor	Sr
Maralin Montalvan	Jr
Lindsay Vanden Berge	So
Sara Espinoza	Jr
Bianca Calderon	Fr
Synthia Offinga	Jr

1999 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Marilyn Montalvon	Sr
Synthia Offinga	Sr
April Feivou	Fr
Suzette Goedhart	Fr
Sara Vander Broek	Jr
Amanda Ford	Sr
Karissa Kiehl	So
Courtney Green	Fr
Nilsa Martinez	Sr
Jenny Bell	Jr
Tawnee Camping	So
Robin Bonestroo	So
Dana Koops	So
Sara Espinoza	Sr
Dede Robinson	Sr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****2000 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Jackie Alewyn	Fr
Jenny Bell	Sr
Robyn Bonestroo	Jr
Amie Boersma	Fr
Adrienne Bouwman	Fr
Maria Figueroa	Sr
Shannon Fuller	So
Karissa Kiehl	Jr
Nicole Knight	Fr
Danica Koot	Fr
Adaira Landry	So
Samantha Lucero	Fr
Shana McClendon	Fr
Kristina McBrearty	Fr
Jill Musser	Jr
Katie Roeda	So
Veronica Samora	Fr
Melissa Stomatas	Sr
Jenni Testa	Fr
Sara Vander Broek	Sr
Amanda Vander Meulen	Fr
Nickole Van Vliet	Sr
Jill Verhoeven	Fr
Melanie Wiersma	Fr

2001 KNIGHTS TRACK & FIELD ROSTER

Athlete	Grade
Jessica Barnett	Fr
Amie Boersma	So
Adrienne Bouwman	So
Casey Bryant	Sr
Allison Dirksen	Fr
Joanna Fikse	Fr
Karissa Kiehl	Sr
Nicole Knight	So
Samantha Lucero	So
Kristina McBrearty	So
Shana McClendon	So
Liset Navarro	Fr
Amy Newton	So
Katie Roeda	Jr
Veronica Samora	So
Gina Slegers	Sr
Leslie Slegers	So
Renee Solis	Fr
Katrina Swindell	
Jenni Testa	So
Amanda Vander Meulen	So
Krisanne Van't Hul	So
Jill Verhoeven	So
Vera Villagomez	Sr
Melanie Wiersma	So

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

Athlete	Grade
Selena Alanis	Jr
Gina Angelo	Fr
Jessica Barnett	So
Elle Bass	Fr
Luisa Bettencourt	Jr
Stephanie Bettencourt	Fr
Amanda Boschma	So
Adrienne Bouwman	Jr
Tami Combs	So
Allison Dirksen	So
Doris Ekanem	Fr
Tori Fachner	Fr
Nichole Hallmark	So
Lizeth Hernandez	Fr
Lisa Kaiser	Fr
Nicole Knight	Jr
Danica Koot	Jr
Jen Limburg	Jr
Samantha Lucero	Jr
Kristina McBrearty	Jr
Shana McClendon	Jr
Nataly Monaco	So
Natasha Mulko	Jr
Kati Roeda	Sr
Katie Sachs	So
Veronica Samora	Jr
April Schiller	Fr
Tara Tarole	Sr
Tessa Tarole	Jr
Jenni Testa	Jr
Betty Tsang	Jr
Jill Verhoeven	Jr
Niki Voortman	So
Christine Zuidema	Jr

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****2003 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade
Naomi Abe	Jr
Elle Bass	So
Adrienne Bouwman	Sr
Stephanie Cortez	Fr
Alyssa De Groot	So
Annette Dinkler	So
Doris Ekanem	So
Missy Gonzalez	Fr
Kristen Ingulsrud	Fr
Jacqueline Jauregui	Fr
Nicole Knight	Sr
Shana McClendon	Sr
Nataly Monaco	Jr
Lisa Ortiz	Jr
Krystryna Rivera	Jr
Becky Stys	Sr
Tessa Tarole	Sr
Jenni Testa	Sr
Lisa Vander Eyk	Fr
Jill Verhoeven	Sr
Niki Voortman	Jr
Briana Yancy	Fr
Kendra Yates	So

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

Player	Grade	Height	Hometown	Events
Tiffany Alquiros	So		Ontario	300h/200m/LJ
Marcee Alten	Fr		Alta Loma	sprints
Alexa Antoni	So		Alta Loma	sprints
Lakeshia Beh	Jr		Fontana	throws
Emily De Vries	So		Chino	distance
Amber Espy	Fr		Rancho Cucamonga	sprints
Katelyn Fuller	Fr		Chino	distance
Sarah Garcia	So		Chino Hills	sprints
Jennifer Goodsell	Jr		Chino Hills	throws
Deidra Hutchinson	Sr		Ontario	sprints
Sarah Huizenga	So		Ontario	400m/jumps
Hanna Ingulsrud	Fr		Ontario	distance
Kristin Ingulsrud	Sr		Ontario	hurdles/jumps
Jacqueline Jauregui	Sr		Upland	hurdles/jumps
Brittany Knutson	So		Ontario	sprints/jumps
Taylor Libolt	Fr		Chino	distance
Marisella Macias	Fr		Chino	sprints
Rachel Medina	Fr		Pomona	sprints
Lauren Meeks	Fr		Ontario	sprints
Priscilla Melgar	Fr		Mira Loma	sprints
Melanie Moore	Fr		Ontario	sprints
Taylor Olson	Jr		Chino Hills	distance/discus
Jaclyn O'Neill	Jr		Ontario	jumps
Morgan Quiet	Sr		Alta Loma	sprints
Samantha Sahagian	So		Chino	300h/distance
Kim Samaniego	Jr		Fontana	distance
Arezu Shokraee	Jr		La Verne	sprints
Emily Solozano	So		Chino	throws
Larissa Swanson	Sr		Ontario	distance
Stephanie Vital	Sr		Ontario	distance
Meghan Ward	So		Chino	sprints

Head Coach - Len Fakkema
Assistant Coach - Lisa Easley
Assistant Coach - Alex Katemopoulos
Assistant Coach - Beth Annema
Meet Statistician - Missy Lyons

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****2007 KNIGHTS TRACK & FIELD ROSTER**

Player	Grade	Height	Hometown	Events
Tiffany Alquiros	Jr			
Lakeshia Beh	Sr			
Amiera Chamoun				
Andrea DeVries	So			
Emily De Vries	Jr			
Amber Espy	So			
Ashlynn Feather				
Jacqueline Firestone	Fr			
Katelyn Fuller	So			
Carolina Garcia	So			
Hillaire Gray				
Jennifer Goodsell	Sr			
Janelle Harris				
Sarah Huizenga	Jr			
Hanna Ingulsrud	So			
Jacqueline Jacinto				
Julia Kane				
Brittany Knutson	Jr			
Jessamyn Libolt				
Taylor Libolt	So			
Martina Long	Jr			
Marisella Macias	So			
Lauren Meeks	So			
Priscilla Melgar	So			
Selena Mendoza	Jr			
La Toya Moreland	So			
Ure Okoro	Fr			
Jaclyn O'Neill	Sr			
Samantha Sahagian	Jr			
Gabby Sarson	Fr			
Brittany Tadwilliams	So			
Brittany Valdez				
Nicole Velasco				
Allyx Westra	So			
Allison Wolfhope				

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

Player	Grade	Height	Hometown	Events
Ekene Akabike	So		Chino	
Alexa Antoni	Sr	5' 9"	Rancho Cucamonga	
Kristina Bridges	Fr		Pomona	
Brea Buchanan	Fr		Chino Hills	
Britney Buchanan	Fr		Chino Hills	
Niani Coker	Fr	5' 4"	Corona	
Andrea DeVries	Jr	5' 5"	Chino	
Emily De Vries	Sr	5' 4"	Chino	
Stephanie De Vries	Fr	5' 6"	Chino	
Brianne Edwards	Fr		Alta Loma	
Jacqueline Firestone	So	5' 9"	Upland	
Katelyn Fuller	Jr	5' 7"	Chino	
Jenna Gann	Jr	5' 6"	Corona	
Carolina Garcia	Jr	5' 0"	Ontario	
Sarah Huizenga	Sr	5' 8"	Ontario	
Hanna Ingulsrud	Jr	5' 9"	Ontario	
Taylor Libolt	Jr	5' 7"	Chino	
Martina Long	Sr	5' 6"	Corona	
Marisella Macias	Jr	5' 3"	Ontario	
Lauren Meeks	Jr		Ontario	
Priscilla Melgar	Jr	5' 4"	Mira Loma	
Selena Mendoza	Sr		Rialto	
Alysia Morales	Fr	5' 2"	Corona	
La Toya Moreland	Jr		Norco	
Stephanie Munguia	Sr	5' 3"	Chino	
Kelsey Nanchy	Sr	5' 4"	Ontario	
Hannah Pari	So	5' 4"	Ontario	
Samantha Sahagian	Sr	5' 3"	Chino	
Vanessa Santos	So		Corona	
Gabby Sarson	So		Pomona	
Kirstie Schakel	Fr	6' 3"	Ontario	
Melanie Sedano	Fr		Ontario	
Sarah Spykstra	Fr	5' 6"	Ontario	
Chelsea Stone	So			
Brittany Tadwilliams	Jr		Ontario	
Cassie Todd	Fr	5' 6"	Chino	
Allyx Westra	Jr		Chino Hills	

Head Coach - Len Fakkema
Assistant Coach - Lisa Easley
Assistant Coach - Alex Katemopoulos
Assistant Coach - Allison Kliensasser
Assistant Coach - Jason Stanford
Assistant Coach - Donald Van Dam

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

Player	Grade	Height	Hometown	Events
Victoria Aivazian	So	5' 6"	Corona	
Ekene Akabike	Jr	5' 8"	Chino	
Andrea DeVries	Sr	5' 5"	Chino	
Stephanie DeVries	So	5' 6"	Chino	
Jacqueline Firestone	Jr	5' 9"	Upland	
Katelyn Fuller	Sr	5' 7"	Chino	
Carolina Garcia	Sr	5' 0"	Ontario	
Hillaire Gray	Sr	5' 6"	Fontana	
Deanna Hanger	Fr	5' 4"	Corona	
Hannah Ingulsrud	Sr	5' 9"	Ontario	
Jacqueline Jacinto	Sr	5' 1"	Fontana	
Abby Knight	Fr	5' 5"	Upland	
Taylor Libolt	Sr	5' 7"	Chino	
Emily Lloyd	So	5' 7"	Ontario	
Marisella Macias	Sr	5' 4"	Ontario	
Lauren Meeks	Sr	5' 3"	Ontario	
Priscilla Melgar	Sr	5' 4"	Mira Loma	
Kaitlyn Mendoza	Jr	5' 7"	Rancho Cucamonga	
Alysia Morales	So	5' 2"	Corona	
Hannah Pari	Jr	5' 5"	Ontario	
Tiffany Pflucker	Jr	5' 5"	Upland	
Sarah Spykstra	So	5' 6"	Ontario	
Jaimee Stutz	Fr	5' 8"	Bloomington	
Cassie Todd	So	5' 6"	Chino	
Jessica Vander Well	Fr	5' 2"	Ontario	
Allyx Westra	Sr	5' 11"	Chino Hills	

Head Coach - Len Fakkema
Hurdle Coach - Cally Bonestroo
Throw Coach - Bobby Arispe
Throw Coach - Rick Aburto
Jump Coach - Gabe Neal
Manager - Jenna Boyd
Manager - Elijah Winton

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****2010 KNIGHTS TRACK & FIELD ROSTER**

Player	Grade	Height	Hometown	Events
Tiffany Aguiar	Sr	5' 6"	Chino Hills	Sprints
Victoria Aivazian	Jr	5' 6"	Corona	Distance
Ekene Akabike	Sr	5' 8"	Chino	Throws
Jordan Carter	So	5' 1"	Chino Hills	Sprints
Brooke Christian	Jr	5' 5"	Pomona	Throws/Jumps
Stephanie DeVries	Jr	5' 7"	Chino	Distance
Courtney Feller	Fr	5' 9"	Fontana	Hurdles/Jumps
Jacqueline Firestone	Sr	5' 9"	Upland	Distance
Margaret Guadarrama	Fr	5' 6"	Pomona	Sprints
Deanna Hanger	So	5' 4"	Corona	Sprints/Jumps
Abby Knight	So	5' 4"	Upland	Throws/Jumps
Katelyn McGirr	Fr	5' 1"	Chino	Sprints
Baileigh Mesman	Fr	5' 6"	Ontario	Distance
Alysia Morales	Jr	5' 2"	Corona	Sprints/Jumps
Danielle Morgan	Jr	5' 8"	Ontario	Distance
Paige Palazzolo	Sr	5' 5"	Chino	Throws/Jumps
Tiffany Pflucker	Sr	5' 5"	Upland	Sprints/Jumps
Fantu Richards	Fr	4' 8"	Chino Hills	Sprints
Gabby Sarson	Sr	5' 2"	Pomona	Sprints
Kirstie Schakel	Jr	6' 3"	Ontario	Throws
Isabella Silva	Sr	5' 6"	Rancho Cucamonga	Sprints
Sarah Spykstra	Jr	5' 6"	Ontario	Hurdles/Jumps
Jaimee Stutz	So	5' 8"	Bloomington	Sprints/Jumps
Brittany Todd	Fr	5' 3"	Chino	Distance
Cassie Todd	Jr	5' 5"	Chino	Sprints/Throws
Brianna Vanden Bosch	So	5' 3"	Chino	Sprints
Jessica Vanden Bosch	Jr	5' 4"	Chino	Sprints/Jumps
Jessica Vander Well	So	5' 2"	Ontario	Throws

Head Coach - Randy Samuel
Assistant Coach - Willimena Cisco
Hurdle Coach - Cally Bonestroo
Throw Coach - Carlos Hernandez
Throw Coach - Rick Aburto
Jump Coach - Gabe Neal
Assistant Coach - Drew Vander Well

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

Player	Grade	Height	Hometown
Stephanie Albright	So	5' 3"	Chino Hills
Meron Ashenafi	Fr		Corona
Ryleigh Blachley	Jr	5' 9"	Ontario
Emily Boshers	Jr	5' 6"	Fontana
Kristina Bridges	Sr	5' 3"	Pomona
Abbie Canfield	Sr	5' 7"	Fontana
Jordan-Lynne Carter	Jr	5' 2"	Chino Hills
Stephanie DeVries	Sr	5' 7"	Chino
Cheyenne Gonzales	So	5' 4"	Corona
Chloe Gonzales	Fr	5' 5"	Corona
Margaret Guadarrama	So	5' 7"	Pomona
Jessica Hernandez	So	5' 2"	Chino Hills
Madison Hettinga	So	5' 8"	Chino
Dominique Houston	Jr	5' 6"	Fontana
Abby Knight	Jr	5' 5"	Upland
Katelyn McGirr	So	5' 1"	Chino
Karlie Mejia	Jr	5' 8"	Upland
Baileigh Mesman	So	5' 6"	Ontario
Carissa Miranda	Sr	5' 1"	Ontario
Lauren Miranda	Jr	5' 1"	Ontario
Alysia Morales	Sr	5' 2"	Corona
Hailey Mount	Fr	5' 3"	Chino Hills
Nancy Obi	So	5' 9"	Ontario
Joi Payton	Sr	5' 9"	Fontana
Kirstie Schakel	Sr	6' 4"	Ontario
Sarah Spykstra	Sr	5' 6"	Chino
Jaimee Stutz	Jr	5' 9"	Bloomington
Brianna Vanden Bosch	Jr	5' 3"	Chino
Jessica Vander Well	Jr	5' 3"	Ontario

Head Coach - Randy Samuel
Hurdle Coach - Cally Bonestroo
Throw Coach - Carlos Hernandez
Throw Coach - Mike Nishanian
Jump Coach - Drew Vander Well

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****2012 LADY KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Hometown	Event
Stephanie Albright	Jr	5' 2"	Chino	Sprints
Nicole Amaya	Fr	5' 6"	Chino	Sprints
Madison Apolinar	Fr	5' 7"	Chino	Hurdles
Meron Ashenafi	So	5' 5"	Corona	Sprints
Alyssa Avila	Fr	5' 3"	Ontario	Sprints
Sierra Barrios-Martinez	Jr	5' 10"	San Dimas	Throws
Jordan-Lynne Carter	Sr	5' 2"	Chino Hills	Sprints
Rylee Emrick	Fr	5' 4"	Ontario	Sprints/Hurdles/Jumps
Jordyn Es'kue	So	5' 2"	Corona	Throws/Sprints
Melissa Espinoza	Sr	5' 2"	Fontana	Throws
Savannah Flom	Fr	5' 5"	Chino	Throws/jumps
Chloe Gonzales	So	5' 6"	Corona	Distance
Madison Hettinga	Jr	5' 8"	Chino	Sprints
Dominique Houston	Sr	5' 7"	Fontana	Sprints
Abby Knight	Sr	5' 5"	Upland	Throws/Jumps
Brianna Ma	Fr	5' 1"	Chino Hills	Sprints/Jumps
Courtney Martin	Fr	5' 6"	Chino	Sprints/ Mid Distance
Katelyn McGirr	Jr	5' 1"	Chino	Sprints
Baileigh Mesmen	Jr	5' 7"	Ontario	Distance
Natalie Nutt	Fr	5' 7"	Mira Loma	Sprints
Jocelyn Ochoa	Fr	5' 4"	Rancho Cucamonga	Sprints
Camille Ong	Jr	5' 0"	Chino	Throws
Molly Penalver	Fr	5' 5"	Chino	Distance/Jumps
Kassidy Ramoneda	Fr	5' 4"	Chino	Distance
Brandi Sanchez	Fr	5' 2"	Chino	Sprints
Adrene Spencer	Fr	4' 11"	Chino	Sprints
Anna Spykstra	Fr	5' 5"	Chino	Hurdles/Jumps
Jaimee Stutz	Sr	5' 9"	Bloomington	Sprints/Hurdles
Samantha Sutley	Jr	5' 4"	Rancho Cucamonga	Mid Distance/Hurdles
Kali Taeleifi	Sr	5' 7"	Chino Hills	Sprints
Lorraine Tan	Jr	5' 2"	Chino Hills	Sprints
Chelsea Trujillo	Jr	5' 3"	Ontario	Sprints
Jessica Van Iwaarden	So	5' 2"	Chino Hills	Distance
Brianna Vanden Bosch	Sr	5' 4"	Chino	Sprints
Renee Vergara	Fr	5' 1"	Ontario	Sprints
Charity Waddy	Fr	5' 5"	Ontario	Throws/Sprints

Head Coach and Long Distance Coach - Gretchen Gonzales

Sprint Coach - Mason Burroughs

Middle Distance Coach - Ken Scott

Hurdle Coach - Cally Bonestroo

Jump Coach - Drew Vander Well

Throw Coach - Mike Nishanian

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ROSTERS****2013 KNIGHTS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Hometown	Event
Stephanie Albright	Sr	5' 2"	Chino Hills	Sprints
Melany Amarikwa	Jr	5' 3"	Upland	Jumps, Sprints
Nicole Amaya	So	5' 7"	Chino	Sprints
Madison Apolinar	So	5' 7"	Chino	Shot Put, Hurdles, Jumps
Alyssa Avila	So	5' 4"	Ontario	Sprints, Mid Distance
Symphony Barnes	Jr	5' 5"	Chino Hills	Long Distance
Sierra Barrios-Martinez	Sr	5' 9"	Ontario	Shot Put, Discus
Ashley Burroughs	Fr	5' 6"	Riverside	Sprints
Jessica Congleton	Fr	5' 4"	Chino Hills	Mid/Long Distance
Natalie Dzhandzhapanyan	Jr	5' 4"	Diamond Bar	Sprints
Rylee Emrick	So	5' 2"	Ontario	Hurdles, Sprints
Allison Escobar	Sr	5' 3"	Fontana	Sprints
Jordyn Es'kue	Jr	5' 3"	Chino	Sprints, Shot Put, Discus
Cheyenne Gonzales	Sr	5' 5"	Chino	Hurdles
Chloe Gonzales	Jr	5' 6"	Chino	Long Distance
Maddie Guevara	Fr	5' 2"	Fontana	Sprints
Madison Hettinga	Sr	5' 7"	Chino	Shot Put, Discus
Taylor Holcomb	Jr	5' 8"	Rancho Cucamonga	Jumps, Sprints
Doreyn Hu	So	5' 0"	Eastvale	Mid/Long Distance
Jennifer Inge	So	5' 2"	Fontana	Shotput, Discus
Ashley Lawrence	Sr	5' 6"	Rancho Cucamonga	Jumps
Elaine Li	Sr	5' 6"	Eastvale	Hurdles, Sprints
Brianna Ma	So	5' 2"	Chino Hills	Jumps, Throws, Sprints
Baileigh Mesman	Sr	5' 6"	Ontario	Mid/Long Distance
Erin Nolte	Fr	5' 2"	Chino	Sprints
Chloe Nutt	Fr	5' 2"	Mira Loma	Sprints
Molly Penalver	So	5' 5"	Chino	Mid/Long Distance
Kassidy Ramoneda	So	5' 4"	Chino	Sprint/Mid Distance
Sydney Robinson	Fr	5' 3"	Eastvale	Mid/Long Distance
Brandi Sanchez	So	5' 3"	Chino	Hurdles, Jumps, Sprints
Breonna Schwartz	Fr	5' 5"	Chino	Mid/Long Distance
Adrene Spencer	So	4' 10"	Chino	Sprints
Anna Spykstra	So	5' 6"	Chino	Hurdles, Sprints
Robin Valencia	Fr	4' 9"	Ontario	Mid/Long Distance
Charity Waddy	So	5' 5"	Ontario	Throws, Jumps

Head Coach and Long Distance Coach - Gretchen Gonzales

Sprint Coach - Mason Burroughs

Middle Distance Coach - Ken Scott

Hurdle Coach - Cally Bonestroo

Jump Coach - Drew Vander Well

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

Athlete	Grade	Height	Hometown
Melany Amarikwa	Jr	5' 3"	Upland
Madison Apolinar	Jr	5' 7"	Chino
Meron Ashenafi	Sr	5' 5"	Corona
Alyssa Avila	Jr	5' 4"	Ontario
Jessica Bayliss	So	5' 3"	Rialto
Jessica Congleton	So	5' 5"	Chino Hills
Rylee Emrick	Jr	5' 3"	Ontario
Jordyn Es'kue	Sr	5' 2"	Chino
Madison Guevara	So	5' 4"	Fontana
Monica Gutierrez	Fr	5' 2"	Chino
Taylor Holcomb (c)	Sr	5' 8"	Rancho Cucamonga
Jasmine Lee	So	5' 3"	Norco
Erin Nolte	So	5' 2"	Chino
Chloe Nutt	So	5' 3"	Mira Loma
Joy Phillips	Fr	5' 2"	Chino
Taylor Prado	Fr	5' 4"	Chino
Kassy Ramoneda	Jr	5' 4"	Chino
Sydney Robinson	So	5' 10"	Eastvale
Anna Spykstra	Jr	5' 6"	Chino
Robin Valencia	So	4' 9"	Ontario
Tori Westra	So	5' 8"	Chino Hills

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

2015 KNIGHTS GIRLS TRACK & FIELD ROSTER

Athlete	Grade	Height	Hometown
Madison Apolinar (c)	Sr	5' 7"	Chino
Alyssa Avila (c)	Sr	5' 4"	Ontario
Jessica Congleton	Jr	5' 5"	Chino Hills
Rebekah Dirksen	So	5' 11"	Ontario
Julia Eichor	Fr	5' 7"	Chino Hills
Rylee Emrick (c)	Sr	5' 3"	Ontario
Daniella Figueroa	Fr	5' 3"	Chino
Madison Guevara	Jr	5' 4"	Fontana
Erin Nolte	Jr	5' 2"	Chino
Joy Phillips	So	5' 2"	Chino
Elle Pierce	So	5' 3"	Upland
Brooke Porter	Jr	5' 7"	Pomona
Taylor Prado	So	5' 4"	Chino
Kassy Ramoneda (c)	Sr	5' 4"	Chino
Robin Valencia	Jr	4' 9"	Ontario

Head Coach - Jon Schaap

Assistant Coach - Cally Bonestroo

Assistant Coach - Tony Moore

Assistant Coach - Andrew Lachelt

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

Athlete	Grade	Height	Events	Hometown
Rachel Baker	Fr	5' 3"	Throwing	Chino
Jessica Bayliss	Sr	5' 3"	Hurdles, Relays & Sprints	Rialto
Anabel Chen	Fr	5' 5"	Relays&Jumps& Hurdles	Diamond Bar
Rebekah Dirksen (c)	Jr	5' 11"	Throws & Jumps	Ontario
Daniella Figueroa	So	5' 3"	Throws & Sprints	Chino
Abby Fisher	Fr	5' 7"	Sprints, Hurdles & Jumps	Rancho Cucamonga
Madison Guevara	Sr	5' 2"	Hurdles & Relays	Fontana
Allison Hauptman	Jr	5' 3"	Sprints, Hurdles & Jumps	Upland
Mary Hua	Sr	5' 1"	Distance	China
Hayley Kline	Fr	5' 0"	Sprints, Distance	Chino
Erin Nolte (c)	Sr	5' 2"	High Jump, 4x100 & 100	Chino
Joy Phillips	Jr	5' 2"	1600m & 3200m	Chino
Elle Pierce	Jr	5' 3"	Hurdles & Jumps	Upland
Brooke Porter	Sr	5' 7"	Hurdles, Relays & Sprints	Pomona
Robin Valencia (c)	Sr	4' 11"	3200m & 1600m	Ontario
Tori Westra	Sr	5' 8"	Throwing & Jumps	Chino Hills
Meagan Whalen	So	5' 7"	Sprints & Distance	Ontario
Anqi Yan	Sr	5' 4"	Relays & Distance	China
Cherry Zhang	Fr	5' 2"	Distance	China

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

2017 KNIGHTS GIRLS TRACK & FIELD ROSTER

Athlete	Grade	Height	Hometown
Rachel Baker	So	5' 2"	Chino
Sophia Chen	So	5' 2"	Ontario
Amanda Castro	Sr	5' 1"	Ontario
Rebekah Dirksen	Sr	5' 11"	Ontario
Mariah Espinoza	Jr	5' 5"	Chino
Abby Fisher	So	5' 8"	Rancho Cucamonga
Allison Hauptman	Sr	5' 4"	Upland
Kaitlyn Ishii	Jr	5' 5"	Chino
Micaela Mouw	So	5' 8"	Fontana
Joy Phillips	Sr	5' 2"	Chino
Elle Pierce	Sr	5' 4"	Upland
Annie Qin	Sr	5' 4"	Ontario
Clarisa Quintanilla	Fr	5' 0"	Ontario
Kayla Rowland	Sr	5' 4"	Upland
Lily Zhang	Jr	5' 8"	Eastvale
Cherry Zhang	So	5' 2"	Eastvale

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 GIRLS TRACK AND FIELD**ROSTERS****2018 KNIGHTS GIRLS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Hometown
Allison Apolar	So	5' 5"	Chino
Madison Bachar	Fr	5' 3"	Chino
Rachel Baker	Jr	5' 2"	Chino
Analisa Burman	Fr	5' 6"	Chino
Elsa Chen	So	5' 2"	Chino
Sophia Chen	Jr	5' 2"	Ontario
Micaela Cruz (c)	Jr	5' 8"	Fontana
Taryn Galindo	Fr	5' 9"	Chino
Deauna Houston	Jr	5' 4"	Fontana
Kaitlyn Ishii	Sr	5' 5"	Chino
Emma Kristenpfad	Fr	5' 7"	Chino Hills
Nancy Li	So	5' 3"	Macao
Lucy Lu	Jr	5' 5"	Chino
Ashlyn Noreen	So	5' 5"	Chino
Sydney Nystrom	Fr	5' 10"	Ontario
Sydney Peters	Fr	5' 5"	Ontario
Cherry Zhang	Jr	5' 2"	Eastvale

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 GIRLS TRACK AND FIELD**ROSTERS****2019 KNIGHTS GIRLS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Events	Hometown
Emma Albers	Jr	5' 10"	100m/200m	Chino
Hailey Apostolou	Jr	5' 6"	100m/200m/4x100R	Chino Hills
Madison Bachar	So	5' 3"	1600m/3200m/800m/4x400R	Chino
Rachel Baker	Sr	5' 2"	SP/DT	Chino
Analisa Burman	So	5' 6"	1600m/3200m	Chino
Emily Carrillo	So	5' 2"	100m/200m	Ontario
Elsa Chen	Jr	5' 2"	1600m/3200m	Chino
Serenity Contreras	Jr	5' 2"	SP/DT	Chino Hills
Micaela Cruz	Sr	5' 8"	4x100R/110H/300H/200m	Fontana
Andie Fitzgerald	Fr	5' 2"	100m/200m	Rancho Cucamonga
Julia Galdamez	Fr	5' 0"	100m/200m/4x100R/4x400	Rialto
Mia Galdamez	Jr	5' 1"	HJ/LJ/TJ	Rialto
Taryn Galindo	So	5' 10"	HJ/400m/110H/300H/4x400R	Chino
Deauna Houston	Sr	5' 4"	100m/SP/DT	Fontana
Emma Kirstenpfad	So	5' 7"	1600m/3200m/800m	Chino Hills
Nancy Li	Sr	5' 6"	LJ/100m	Ontario
Shaylan Macera	Jr	5' 7"	100m/100H/300H/HJ	Ontario
Katelyn McTarsney	Fr	5' 3"	100m/200m/4x100R	Chino
Ashlyn Noreen	Jr	5' 5"	800m/1600m/3200m	Chino
Sydney Nystrom	So	5' 10"	800m/HJ/4x100R/4x400R	Ontario
Sydney Peters	So	5' 5"	100H/300H/HJ/LJ	Ontario
Makayla Ponce	So	5' 5"	100m/LJ	Chino
Anisa Quintanilla	Jr	5' 1"	HJ/LJ/TJ	Ontario
Clarisa Quintanilla	Jr	5' 0"	100m/200m/400m/4x100R	Ontario

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 GIRLS TRACK AND FIELD**ROSTERS****2020 KNIGHTS GIRLS TRACK & FIELD ROSTER**

Athlete	Grade	Height	Events	Hometown
Madison Bachar	Jr	5' 4"	1600m/3200m/800m/4x400R	Chino
Rebecca Baker	Fr	5' 4"	LJ/DT	Chino
Brooke Buckly	Sr	5' 4"		Ontario
Analisa Burman	Jr	5' 7"	1600m/3200m/4x400R	Chino
Alysa Calderon	Fr	5' 1"		Eastvale
Emily Carrillo	Jr	5' 2"	100m/200m	Ontario
Emma Chappell	Jr		200m/4x100R	Corona
Elsa Chen	Sr	5' 5"	1600m/3200m	Ontario
Serenity Contreras	Sr	5' 3"	SP/DT	Chino Hills
Christie Counts	Sr	5' 3"		Chino
Campbell Darney	Fr	5' 6"		Ontario
Kendra Fair	Jr	5' 3"	200m/400m/LJ/4x100R	Chino Hills
Andie Fitzgerald	So	5' 2"	100m/200m/4x100R	Rancho Cucamonga
Julia Galdamez	So	5' 1"	100m/200m/4x100R/4x400	Rialto
Taryn Galindo	Jr	5' 10"	HJ/400m/110H/300H/4x400F	Chino
Sage Hinojoza	Jr	5' 2"		Eastvale
Emma Kirstenpfad	Jr	5' 8"	1600m/3200m/800m	Chino Hills
Nancy Li	Sr	5' 6"	LJ/100m	Ontario
Vanessa Liang	So			Diamond Bar
Shaylan Macera	Sr	5' 7"	100m/100H/300H/HJ	Ontario
Marian Mendoza	Fr	5' 5"	3200m/4x400R	Eastvale
Taryn Mouw	Jr	5' 7"		Chino
Jordan Nelson	Fr	5' 6"	100m	Ontario
Ashlyn Noreen	Sr	5' 5"	800m/1600m/3200m/4x400	Chino
Allie Parades	Fr		200m/4x400R	Chino Hills
Sydney Peters	Jr	5' 6"	100H/300H/HJ/LJ	Ontario
Anisa Quintanilla	Sr	5' 1"	HJ/LJ/TJ	Ontario
Clarisa Quintanilla	Sr	5' 0"	100m/200m/400m/4x100R	Ontario
Andria Ravelo	Fr		100m/200m/4x100R	Ontario
Lia Ward	Fr		200m/100H	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 GIRLS TRACK AND FIELD

ANNUAL STANDINGS

2001 FINAL LEAGUE STANDINGS

Christian League

School	Won	Lost	Tied	Pct.
Desert Christian	32	0	0	1.000
Ontario Christian	27	5	0	0.844
Woodcrest Christian	24	8	0	0.750
Arrowhead Christian	19	13	0	0.594
Murrieta Calvary Chapel	18	14	0	0.563
Western Christian	7	25	0	0.219
Victor Valley Christian	7	25	0	0.219
Linfield Christian	7	25	0	0.219
Bethel Christian	2	30	0	0.063

2002 FINAL LEAGUE STANDINGS

Christian League

School	Won	Lost	Tied	Pct.
Ontario Christian	26	2	0	0.929
Desert Christian	26	2	0	0.929
Arrowhead Christian	19	9	0	0.679
Woodcrest Christian	17	11	0	0.607
Murrieta Calvary Chapel	13	15	0	0.464
Linfield Christian	7	21	0	0.250
Western Christian	3	25	0	0.107
Victor Valley Christian	0	28	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

2006 FINAL LEAGUE STANDINGS

Christian League

Overall

School	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Ontario Christian	16	0	0	1.000	19	0	0	1.000
Aquinas	11	5	0	0.688	14	4	0	0.778
Western Christian	9	7	0	0.563				
Arrowhead Christian	4	12	0	0.250				
Pomona Catholic	0	16	0	0.000				

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ANNUAL STANDINGS****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
Arrowhead Christian	9	3	0	0.750	10	4	0	0.714
Aquinas	4	8	0	0.333	4	9	0	0.308
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	12	0	0	1.000	15	0	0	1.000
Arrowhead Christian	8	4	0	0.667	8	4	0	0.667
Aquinas	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	12	0	0	1.000	14	1	0	0.933
Aquinas	6	6	0	0.500	6	6	0	0.500
Arrowhead Christian	6	6	0	0.500	7	6	0	0.538
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.
Ontario Christian	16	0	0	1.000	19	2	0	0.905
Aquinas	11	5	0	0.688	11	5	0	0.688
Arrowhead Christian	9	7	0	0.563	9	7	0	0.563
Western Christian	4	12	0	0.250	4	13	0	0.235
Pomona Catholic	0	16	0	0.000	0	16	0	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD**ANNUAL STANDINGS****2011 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
Ontario Christian	26	2	0	0.929	27	4	0	0.871
Woodcrest Christian	20	8	0	0.714	20	8	0	0.714
Aquinas	16	12	0	0.571	16	12	0	0.571
Western Christian	10	18	0	0.357	10	18	0	0.357
Arrowhead Christian	9	19	0	0.321	9	19	0	0.321
Riverside Christian	5	23	0	0.179	5	23	0	0.179
Calvary Murrieta	0	28	0	0.000	0	28	0	0.000

* League Champion by tie breaker

2012 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian	28	0	0	1.000	28	0	0	1.000
Ontario Christian	24	4	0	0.857	24	5	0	0.828
Arrowhead Christian	20	8	0	0.714	20	8	0	0.714
Aquinas	16	12	0	0.571	16	12	0	0.571
Woodcrest Christian	12	16	0	0.429	12	16	0	0.429
Western Christian	7	21	0	0.250	7	21	0	0.250
Calvary Murrieta	5	23	0	0.179	5	23	0	0.179
Riverside Christian	0	28	0	0.000	0	28	0	0.000

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	24	4	0	0.857	24	4	0	0.857
Ontario Christian	22	6	0	0.786	22	6	0	0.786
Aquinas	14	14	0	0.500	14	14	0	0.500
Woodcrest Christian	14	14	0	0.500	14	14	0	0.500
Western Christian	8	20	0	0.286	8	20	0	0.286
Riverside Christian	4	24	0	0.143	4	24	0	0.143
Calvary Murrieta	0	28	0	0.000	0	28	0	0.000

ONTARIO CHRISTIAN GIRLS TRACK AND FIELD

ANNUAL STANDINGS

2014 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Arrowhead Christian	32	0	0	1.000	32	0	0	1.000
Ontario Christian	27	5	0	0.844	27	5	0	0.844
Linfield Christian	24	8	0	0.750	24	8	0	0.750
Aquinas	21	11	0	0.656	21	11	0	0.656
Western Christian	15	17	0	0.469	15	17	0	0.469
Riverside Christian	11	21	0	0.344	11	21	0	0.344
Woodcrest Christian	9	23	0	0.281	9	23	0	0.281
Calvary Murrieta	5	27	0	0.156	5	27	0	0.156
Temecula Prep	0	32	0	0.000	0	32	0	0.000

2015 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Linfield Christian #	22	2	0	0.917	22	2	0	0.917
Arrowhead Christian	22	2	0	0.917	22	2	0	0.917
Ontario Christian	14	10	0	0.583	14	10	0	0.583
Woodcrest Christian	12	12	0	0.500	12	12	0	0.500
Aquinas	10	14	0	0.417	10	14	0	0.417
Notre Dame	3	21	0	0.125	3	21	0	0.125
Western Christian	1	23	0	0.042	1	23	0	0.042

League Champion by tie breaker

2016 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
Aquinas	20	4	0	0.833	20	4	0	0.833
Ontario Christian	15	9	0	0.625	19	13	0	0.594
Arrowhead Christian	12	12	0	0.500	12	12	0	0.500
Woodcrest Christian	9	15	0	0.375	9	15	0	0.375
Western Christian	4	20	0	0.167	4	20	0	0.167
Notre Dame	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.
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	16	8	0	0.667	16	8	0	0.667
Aquinas	11	13	0	0.458	11	13	0	0.458
Arrowhead Christian	9	15	0	0.375	9	15	0	0.375
Western Christian	4	20	0	0.167	4	20	0	0.167
Notre Dame	0	24	0	0.000	0	24	0	0.000

ONTARIO CHRISTIAN GIRLS 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	16	8	0	0.667	16	8	0	0.667
Aquinas	12	12	0	0.500	12	12	0	0.500
Notre Dame	7	16	1	0.313	7	16	1	0.313
Western Christian	3	20	1	0.146	3	20	1	0.146
Arrowhead 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
Woodcrest Christian	11	4	0	0.733	11	4	0	0.733
Ontario Christian	10	5	0	0.667	12	8	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 FINAL LEAGUE STANDINGS

School	Ambassador League				Overall			
	Won	Lost	Tied	Pct.	Won	Lost	Tied	Pct.
Aquinas	0	0	0	0.000	0	0	0	0.000
Arrowhead Christian	0	0	0	0.000	0	0	0	0.000
Linfield Christian	0	0	0	0.000	0	0	0	0.000
Ontario Christian	0	0	0	0.000	0	0	0	0.000
Western Christian	0	0	0	0.000	0	0	0	0.000
Woodcrest Christian	0	0	0	0.000	0	0	0	0.000

MOST VALUABLE ATHLETE

- 1972
- 1973 Michelle Van Leeuwen
- 1974 Martha Wind
- 1975 Angela Wind
- 1976 Angela Wind
- 1977 Desi Van Leeuwen
- 1978 Nelly Rademaker
- 1979 Nelly Rademaker
- 1980 Nelly Rademaker
- 1981 Joan De Bie
- 1982 Joan De Bie
- 1983 Sharla Haringa
- 1984 Staci Arthur
- 1985 Staci Arthur
- 1986 Diane Van Leeuwen
- 1987 Diane Van Leeuwen
- 1988 Wendy Van Wyhe
- 1989 Amy Vander Feer
- 1990 Terri Jansma
- 1991 Melissa Thornburg
- 1992 No Selection
- 1993
- 1994
- 1995 No Selection
- 1996 No Team
- 1997 No Team
- 1998 Track: Jenny Bell
Field: Marilyn Montalvan
- 1999 Jenny Bell
- 2000 Track: Jenny Bell
Field: Sara Vander Broek
- 2003 Nicole Knight
- 2006 Jacqueline Jauregui
- 2007 Katelyn Fuller
- 2008 Brea Buchanan
- 2009 Marisella Macias
- 2010 Track: Sarah Spykstra
Field: Alysia Morales
- 2011 Track: Sarah Spykstra
Field: Kirstie Schakel
- 2012 Track: Stephanie Albright and Jaimee Stutz
Field: Sierra Barrios-Martinez and Abby Knight
- 2013 Most Valuable Track: Taylor Holcomb
Most Valuable Sprints: Stephanie Albright
Most Valuable Distance: Cassidy Ramoneda
Most Valuable Multi-Event: Anna Spykstra
Most Valuable Field: Sierra Barrios-Martinez
- 2014 Most Valuable Track: Taylor Holcomb
Most Valuable Sprints: Taylor Prado
Most Valuable Distance: Cassidy Ramoneda
Most Valuable Multi-Event: Anna Spykstra
Most Valuable Field: Madison Apolinar
- 2015 Most Valuable: Madison Apolinar
Most Valuable Sprints: Taylor Prado
Most Valuable Distance: Joy Phillips
Most Valuable Field: Rebekah Dirksen
- 2016 Most Valuable: Robin Valencia
Most Valuable Sprints: Brooke Porter
Most Valuable Distance: Anqi Yan
Most Valuable Field: Elle Pierce
- 2017 Most Valuable - Micaela Mouw
Most Valuable Sprints - Elle Pierce
Most Valuable Distance - Joy Phillips
Most Valuable Field - Rebekah Dirksen
- 2018 Most Valuable - Micaela Mouw-Cruz
Most Valuable Sprints - Sydney Peters
Most Valuable Distance - Ashlyn Noreen

- Most Valuable Field - Rachel Baker
- 2019 Most Valuable - Micaela Cruz
Most Valuable Sprints - Julia Galdamez
Most Valuable Distance - Madison Bachar
Most Valuable Field - Rachel Baker

ALL-OLYMPIC LEAGUE

- 1976 Gwen Berkompas
Geri Boertje
Cor Docter
Lori Buma
Laura Engelsma
Ann Rademaker
Jeannette Tjaarda
Angela Wind
Marti Wind
- 1979 Nelly Rademaker - 100y, 220y, LJ, HJ
Lori Bruinsma - SP
Corryn De Jong - SP
Jeannette Tjaarda - SP
Linda Tjaarda - 440y
Lynette Hogg - 110 LH
- 1981 Lori Bruinsma - SP - 1st
Joan De Bie - Two Mile - 1st
- 1983 Sharla Haringa - TJ, LJ
Sherril Korfanta - 3200m
- 1984 Vanessa Cairns - HJ
- 1986 FIRST TEAM
Wendy Van Wyhe
- 1987 FIRST TEAM
Diane Van Leeuwen - DT
Wendy Van Wyhe - SP
Sheila Westra - HJ
- 1988 FIRST TEAM
Wendy Van Wyhe
- 1998 FIRST TEAM
Jenny Bell, So - 3200m
- 1999 FIRST TEAM
Jenny Bell, Jr - 3200m

ALL-CHRISTIAN LEAGUE

- 2002 MOST VALUABLE TRACK
Tessa Tarole
- 2003 MOST VALUABLE TRACK
Nicole Knight
- 2004 MOST VALUABLE TRACK
Alyssa De Groot, Jr
ALL-LEAGUE
Alyssa De Groot, Jr - 400m
Alyssa De Groot, Jr - 800m
Niki Voortman, Jr - HJ
Stacy Nanninga, Jr - SP
- 2005 MOST VALUABLE TRACK
Alyssa De Groot, Sr
MOST VALUABLE FIELD
Jacqueline Jauregui, Jr
ALL-LEAGUE
Alyssa De Groot, Sr - 400m
Jaclyn Bollema, Fr - 800m
Jacqueline Jauregui, Jr - 100m HH
Alyssa De Groot, Sr - LJ
Jacqueline Jauregui, Jr - TJ
Heidi Ravenhorst, Sr - SP
Heidi Ravenhorst, Sr - DT
Alexa Antoni, Fr; Jaclyn Bollema, Fr; Heidi Ravenhorst, Sr;
Alyssa De Groot, Sr - 1600m Relay
- 2006 MOST VALUABLE TRACK

Jacqueline Jauregui, Sr
 ALL-LEAGUE
 Taylor Libolt, Fr - 1600m
 Jacqueline Jauregui, Sr - 100m HH
 Jacqueline Jaruregui, Sr - 300m LH
 Katelyn Fuller, Fr - HJ
 Amber Espy, Fr - LJ
 Morgan Quiet, Sr; Priscilla Melgar, Fr; Marsella Macias, Fr;
 Amber Espy, Fr - 4x100m Relay
 Katelyn Fuller, Fr; Rachel Medina, Fr; Sarah Huizenga, So;
 Taylor Libolt, Fr - 4x400m Relay

2007 ALL-LEAGUE
 Lauren Meeks, Jr - 300m LH
 Katelyn Fuller, So - HJ
 Katelyn Fuller, So; Taylor Libolt, So; Samantha Sahagian, Jr;
 Ure Okoro, Fr - 4x400m Relay

2008 MOST VALUABLE TRACK
 Brea Buchanan, Fr
 ALL-LEAGUE
 Brea Buchanan, Fr - 100m
 Brea Buchanan, Fr - 200m
 Marisella Macias, Jr - 400m
 Samantha Sahagian, Sr - 800m
 Taylor Libolt, Jr - 1600m
 Lauren Meeks, Sr - 100m HH
 Samantha Sahagian, Sr - HJ
 Brea Buchanan, Fr - LJ
 Brea Buchanan, Fr; Priscilla Melgar, Jr; Marisella Macias, Jr;
 Alexa Antoni, Sr - 4x100m Relay
 Katelyn Fuller, Jr; Taylor Libolt, Jr; Alexa Antoni, Sr;
 Marisella Macias, Jr - 4x400m Relay

2009 ALL-LEAGUE
 Lauren Meeks, Sr - 100h
 Lauren Meeks, Sr - 300h
 Taylor Libolt, Sr - HJ
 Kaitlyn Mendoza, Jr; Priscilla Melgar, Sr; Marisella Macias,
 Jaimee Stutz, Fr - 4x100m Relay
 Katelyn Fuller, Sr; Taylor Libolt, Sr; Kaitlyn Mendoza, Jr;
 Marisella Macias - 4x400m Relay

2010 ALL-LEAGUE
 Jaimee Stutz, So - 100h
 Sarah Spykstra, Jr - 300h
 Jaimee Stutz, So - HJ
 Deanna Hanger, So - LJ
 Alysia Morales, Jr - TJ
 Sarah Spykstra, Jr; Jordan Carter, So; Jaimee Stutz, So;
 Brianna Vanden Bosch, So - 4x100m Relay

ALL-AMBASSADOR LEAGUE

2011 ALL-LEAGUE
 Sarah Spykstra, Sr - 100h
 Sarah Spykstra, Sr - 300h
 Kirstie Schakel, Sr - DT
 Stephanie Albright, So; Sarah Spykstra, Sr; Alysia Morales, Sr;
 Dominique Houston, Jr - 4x100m Relay
 Margaret Guadarrama, So; Sarah Spykstra, Sr; Karlie Mejia, Jr;
 Stephanie Albright, So - 4x400m Relay

2012 TRACK ATHLETE OF THE YEAR
 Jaimee Stutz, Sr
 ALL-LEAGUE
 Jaimee Stutz, Sr - 100h
 Jaimee Stutz, Sr - 300h
 Stephanie Albright, Jr; Dominique Houston, Sr; Jaimee Stutz, Sr;
 Anna Spykstra, Fr - 4x100m Relay
 Courtney Martin, Fr; Cassidy Ramoneda, Fr; Jaimee Stutz, Sr;
 Stephanie Albright, Jr - 4x400m Relay

2013 TRACK ATHLETE OF THE YEAR
 Taylor Holcomb, Jr

ALL-LEAGUE
 Taylor Holcomb, Jr - 100m
 Taylor Holcomb, Jr - 200m
 Stephanie Albright, Sr; Ashley Burroughs, Fr; Taylor Holcomb, Jr;
 Anna Spykstra, So - 4x100m Relay

2014 TRACK ATHLETE OF THE YEAR
 Taylor Holcomb, Sr
 ALL-LEAGUE
 Taylor Holcomb, Sr - 100m
 Taylor Holcomb, Sr - 200m
 Cassidy Ramoneda, Jr - 800m
 Taylor Prado, Fr; Taylor Holcomb, Sr; Erin Nolte, So;
 Anna Spykstra, Jr - 4x100m Relay
 Sydney Robinson, So; Cassidy Ramoneda, Jr; Anna Spykstra, Jr;
 Taylor Holcomb, Sr - 4x400m Relay

2015 FIRST TEAM
 Madison Apolinar, Sr - HJ
 SECOND TEAM
 Taylor Prado, So - 100m
 Rebekah Dirksen, So - DT

2016 MULTI-EVENT ATHLETE OF THE YEAR
 Robin Valencia, Sr
 FIRST TEAM
 Robin Valencia, Sr - 3200m
 Brooke Porter, Sr - 300H
 Rebekah Dirksen, Jr - SP
 SECOND TEAM
 Brooke Porter, Sr - 100H

2017 FIRST TEAM
 Rebekah Dirksen, Sr - SP
 SECOND TEAM
 Elle Pierce, Sr - 100m

2018 FIRST TEAM
 Micaela Mouw-Cruz, Jr - 300H

2019 SECOND TEAM
 Micaela Cruz, Sr - 300H

MOST INSPIRATIONAL

1980 Arlene Vander Dussen
 1982 Susan Brinksma
 1983 Susan Brinksma
 1984 Laura Johnson
 1985 Charlotte Koedoot
 1986 Staci Arthur and Charlotte Koedoot
 1987 Carla Vande Steeg and Julie Van Leeuwen
 2000 Jenni Testa

KNIGHT AWARD

(Inspirational, Sportsmanship, Christ-like)

2003 Tessa Tarole
 2006 Stephanie Vital
 2007 Samantha Sahagian, Jr
 2008 Samantha Sahagian, Sr
 2009 Taylor Libolt and Lauren Meeks
 2010 Tiffany Pflucker and Jaimee Stutz
 2011 Karlie Mejia
 2012 Brianna Vanden Bosch
 2013 Baileigh Mesman
 2014 Robin Valencia
 2015 Elle Pierce
 2016 Madison Guevara
 2017 Allison Hauptman
 2018 Elsa Chen
 2019 Sydney Peters

MOST IMPROVED

- 1977 Ann Rademaker
- 1978 Linda Tjaarda
- 1979 Kim Agema and Lynette Hoog
- 1980 Lori Luth
- 1982 Gloria Tuinhout
- 1983 Laura Johnson and Charlotte Koedoot
- 1985 Carla Vande Steeg
- 1986 Kim Williams
- 1987 Sheila Westra
- 1990 Melissa Thornburg
- 1998 Synthia Offinga
- 1999 Courtney Green and Karissa Kiehl
- 2000 Track: Nichole Knight
Field: Jill Musser
- 2006 Katelyn Fuller, Fr
- 2007 Lauren Meeks, So
- 2008 Sarah Spykstra, Fr
- 2009 Sarah Spykstra
- 2010 Ekene Akabike
- 2011 Stephanie Albright
- 2012 Track: Courtney Martin
Field: Dominique Houston
- 2013 Charity Waddy
- 2014 Joy Phillips
- 2015 Alyssa Avila
- 2016 Hayley Kline
- 2017 Cherry Zhang
- 2018 Deauna Houston
- 2019 Sydney Nystrom

COACHES AWARD

- 1976 Geri Boertje
- 1977 Laura Engelsma
- 1978 Laura Engelsma
- 1979 Linda Tjaarda
- 1980 Joan De Bie
- 1982 Sherril Korfanta
- 1983 Sherril Korfanta
- 1984 Mary Van Grouw
- 1985 Staci Arthur
- 1986 Staci Arthur and Diane Van Leeuwen
- 1987 Wendy Van Wyhe
- 2000 Track: Adrienne Bouwman and Jill Verhoeven
Field: Karissa Kiehl
- 2003 Jenni Testa
- 2006 Kristin Ingulsrud
- 2007 Lakeshia Beh, Sr and Jennifer Goodsell, Sr
- 2008 Alexa Antoni, Sr and Emily De Vries, Sr
- 2009 Katelyn Fuller and Priscilla Melgar
- 2010 Isabella Silva
- 2011 Alysia Morales
- 2012 Molly Penalver
- 2013 Maddie Guevara
- 2014 Taylor Holcomb
- 2015 Rylee Emrick
- 2016 Rebekah Dirksen
- 2017 Kayla Rowland
- 2018 Kaitlyn Ishii
- 2019 Hailey Apostolou

ROOKIE OF THE YEAR

- 2000 Shana McClendon
- 2003 Alyssa De Groot
- 2006 Amber Espy and Taylor Libolt
- 2007 Ure Okoro, Fr

- 2008 Kelsey Nanchy, Sr
- 2009 Jaimee Stutz
- 2010 Margaret Guadarrama
- 2011 Chloe Gonzales
- 2012 Cassidy Ramoneda and Anna Spykstra
- 2013 Maddie Guevara and Ashley Burroughs
- 2014 Jessica Bayliss
- 2015 Julia Eichor
- 2016 Abby Fisher
- 2017 Clarisa Quintanilla
- 2018 Sydney Nystrom
- 2019 Anisa Quintanilla

GATORADE WILL TO WIN AWARD

- 2003 Jill Verhoeven

CHRISTIAN LEAGUE SPORTSMANSHIP AWARD

- 2004 Ontario Christian
- 2005 Ontario Christian
- 2006 Ontario Christian
- 2007 Ontario Christian

CIF PRELIMS QUALIFIERS

- 1976 Angela Wind
- 1977 Carla De Kiewiet
Susan Douma
Judy Dykstra
Laura Engelsma
Ann Rademaker
Jeannette Tjaarda
Desi Van Leeuwen
- 1978 Judy Dykstra
Nelly Rademaker
- 1979 Lori Bruinsma
Corrine De Jong
Lynette Hoog
Nelly Rademaker
Linda Tjaarda
- 1980 Lori Bruinsma
Nelly Rademaker
- 1981 Lori Bruinsma
Joan De Bie
- 1982 Lori Bruinsma - 2nd
Joan De Bie
- 1983 Sherril Korfanta
Sharla Haringa
Lori Struiksmas
Terri Hainje
Charlotte Koedoot
Deb Tjaarda
Jacque Van Leeuwen
- 1984 Staci Arthur - 400m finals
Terri Hainje - HJ finals
Mary Van Grouw
Karen Korfanta
Lori Struiksmas
Vanessa Cairns
Charlotte Koedoot
- 1985 Staci Arthur - 400m, TJ, LJ finals
Charlotte Koedoot
Lori Struiksmas
Wendy Van Wyhe
- 1986 Wendy Van Wyhe - 800m, SP, 1600 m Relay
- 1987 Wendy Van Wyhe - 800m, SP
- 1988 Wendy Van Wyhe - 800m, SP
Christina Wassenaar - 800m

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

- 1999 Jenny Bell, Jr - 3200m
Karissa Kiehl - DT
Sara Vander Broek - SP
- 2008 Brea Buchanan - 100m, LJ
Brithney Buchanan - 100m
Marisella Macias - 400m
Samatha Sahagian - 800m
Taylor Libot - 1600m
Lauren Meeks - 100H, 300H
Samantha Sahagian - HJ
Sarah Spykstra - TJ
4x100 Relay
- 2009 Jacqueline Firestone - 3200m
Jaimee Stutz - 100H
Katelyn Fuller - 300H
Taylor Libolt - HJ
- 2010 Sarah Spykstra - 100H, 300H
Jaimee Stutz - 100H
Ekene Akabike - DT
Deanna Hanger - HJ, LJ
Alysia Morales - TJ
- 2011 Stephanie Albright - 100m
Sarah Spykstra - 100H, 300H
Kirstie Schakel - DT
- 2012 Dominique Houston - 100m, LJ
Stephanie Albright - 200m
Anna Spykstra - 100H, 300H, TJ
Jaimee Stutz - 100H, 300H
Sierra Barrios-Martinez - Shot Put
- 2013 Taylor Holcomb - 100m, 200m
Kassidy Ramoneda - 800m
Anna Spykstra - 100H, 300H, TJ
Sierra Barrios-Martinez - DT
- 2014 Taylor Holcomb - 100m and 200m
Taylor Prado - 100m and 200m
Kassidy Ramoneda - 400m and 800m
Sydney Robinson - 800m
Anna Spykstra - 100H
Taylor Prado, Taylor Holcomb, Erin Nolte,
Anna Spykstra - 4x100m Relay
Sydney Robinson, Kassidy Ramoneda, Anna Spykstra,
Taylor Holcomb - 4x400m Relay
- 2015 Taylor Prado - 100m
Brooke Porter - 100H
Madison Apolinar - HJ
Rebekah Dirksen - DT
Taylor Prado, Brooke Porter, Rylee Emrick, Julia Eichor - 4x100m Relay
- 2016 Robin Valencia - 3200m
Brooke Porter - 100H, 300H
Elle Pierce - 100H, TJ
Madison Guevara, Erin Nolte, Elle Pierce,
Brooke Porter - 4x100m Relay
Rebekah Dirksen - SP
- 2017 Elle Pierce - 100m, 100H
Micaela Mouw - 300H
Rebekah Dirksen - SP
Allison Hauptman, Micaela Mouw, Clarisa Quintanilla, Kayla Rowland - 4x400m Relay
- 2018 Micaela Mouw-Cruz - 300H
Sydney Peters, Taryn Galindo, Sydney Nystrom, Micaela Mouw-Cruz - 4x400m Relay
- 2019 Sydney Peters - HJ

- 2013 Taylor Holcomb, Sr - 100m - 8th
Anna Spykstra, So - 100H - 9th
Stephanie Albright, Taylor Holcomb, Anna Spykstra,
Ashley Burroughs - 4x100 Relay - 6th
Taylor Holcomb, Stephanie Albright, Anna Spykstra,
Kassy Ramoneda - 4x400m Relay - 9th
- 2014 Anna Spykstra, Jr - 100H - 9th
- 2015 Madison Apolinar, Sr - HJ - 5th

MASTERS MEET QUALIFIERS**STATE MEET QUALIFIERS**

- 1976 Angela Wind - 7th state 80y LH
1998 Jenny Bell

CHRISTIAN LEAGUE COACH OF THE YEAR

- 2002 Len Fakkema
2003 Len Fakkema
2004 Len Fakkema
2005 Len Fakkema
2006 Len Fakkema
2007 Len Fakkema
2008 Len Fakkema
2010 Randy Samuel

DAILY BULLETIN ALL-AREA

- 2015 Madison Apolinar

CIF FINALS QUALIFIERS

- 1983 Sharla Haringa - LJ - 3rd
Sharla Haringa - TJ - 5th
- 2007 Lakeshia Beh - DT
- 2008 4x100m Relay
- 2011 Sarah Spykstra, Sr - 100H - 8th
- 2012 Jaimee Stutz, Sr - 100H - 9th