



**NAMPA CHRISTIAN
MIDDLE SCHOOL
TRACK RECORDS
“TOP 10”**



GIRLS ALL-TIME
Nampa Christian Middle School Track Records

High Jump	Kaycee Brunel	5'4"	2005	
Long Jump	Sarah Smith	17'7"	1997	
Shot Put	Gracie Nelson	30'3 1/4"	2003	
Discus	Gracie Nelson	77'7"	2003	
Triple Jump	Katie Grant	33'5"	1997	
Pole Vault	Auby Barr	10'7"	2013	
100 M Dash	Chelsea Barr	12.62	2005	
200 M Dash	Danielle Pridgen	26.5	1999	
400 M Dash	Danielle Pridgen	59.69	1999	
800 M Run	Jaci Puga	02:28.9	2003	
1600 M Run	Jaci Puga	05:28.7	2003	
100 M Hurdles	Kaycee Brunel	15.62	2005	
200 M Hurdles	Chelsea Barr	28.5	2004	
400 M Relay	J. Greene – K. Grant	L. Burchfield – S. Smith	53.9	1997
800 M Relay	L. Burchfield – K. Grant	M. Vernon – S. Smith	01:51.7	1997
1600 M Run	K. Brunel - A. Vanderwoude	C. Barr - L. Pridgen	04:24.1	2005

Middle School Girls Top 10

100 M Dash				1600 M Run			
Chelsea	Barr	12.62	2005	Jaci	Puga	05:28.7	2003
Sarah	Smith	12.97	1997	Katie	Grant	05:43.9	2007
Lauren	Burchfield	13.18	1997	Michelle	Skyles	05:45.6	1980
Danielle	Pridgen	13.19	1999	Sarah	Smith	05:49.1	1997
Alison	Silva	13.24	2009	Laura	Pridgen	05:56.0	2005
Diana	Downer	13.4	1978	Krystal	Deleon	06:02.0	2010
Jaci	Puga	13.44	2003	Lindsey	Greene	06:07.5	1994
Auby	Barr	13.44	2013	Laura	Pridgen	06:09.1	2005
Kaycee	Brunel	13.5	2005	Kim	Langdon	06:09.8	1981
Christy	Pickens	13.5	1986	Jenny	Greene	06:11.5	1996
Tammy	Thompson	13.5	1984	Kennedy	Lacy	06:12.6	2016
200 M Dash				100 M Hurdles			
Danielle	Pridgen	26.5	1999	Kaycee	Brunel	15.62	2005
Sarah	Smith	27.1	1999	Melanie	Greene	15.9	1998
Melanie	Greene	27.4	1998	Summer	Downs	16.16	2007
Debi	Shank	27.8	1983	Lindsey	Greene	16.2	1995
Christy	Pickens	27.9	1986	Debi	Shank	16.7	1983
Jenny	Greene	28.1	1997	Courtney	Schroeder	16.8	2007
Jaci	Puga	28.13	2003	Megan	Yett	16.84	2014
Diana	Downer	28.2	1978	Jenny	Greene	16.91	1996
Hannah	Cayetano	28.24	2015	Chelsea	Barr	17.35	2004
Brittany	Schober	28.34	2012	Katie	Pridgen	17.4	2002
400 M Dash				200 M Hurdles			
Danielle	Pridgen	59.69	1999	Chelsea	Barr	28.5	2004
Sarah	Smith	59.9	1997	Melanie	Greene	30.1	1998
Jenny	Greene	01:03.2	1997	Megan	Yett	31.19	2013
Laura	Pridgen	01:04.2	2004	Lindsey	Greene	30.6	1995
Jaci	Puga	01:04.2	2003	Katie	Grant	30.9	1998
Pahton	Mills	01:04.2	2018	Jenny	Greene	30.9	1997
Brittany	Schober	01:04.5	2013	Summer	Downs	31.57	2007
Mackenzie	Collins	01:04.8	2012	Coline	McConnel	31.6	1986
Hannah	Cayetano	01:05.4	2014	Katie	Pridgen	31.9	2002
Melanie	Greene	01:05.5	1998	Hannah	Cayetano	32.15	2015
800 M Run				Shot Put			
Jaci	Puga	02:28.9	2003	Gracie	Nelson	30'3 1/4"	2003
Ashley	Puga	2:32	2001	Jenny	Greene	30'3"	1996
Michelle	Skyles	02:33.8	1980	Paris	Mattox	29'2"	2015
Debbie	Casper	02:35.9	1979	Jessica	Price	28'5 1/2"	2008
Laura	Pridgen	2:36	2005	Kelsey	Castledine	27'11"	2011
Kylie	Weatherford	02:36.4	2009	Libby	Dey	27'9"	2013
Lindsey	Greene	02:37.5	1994	Sarah	Senner	27'5.5"	2018
Krystal	Deleon	02:37.7	2010	Lindsey	Greene	27'5"	1995
Karen	Miller	02:38.1	1973	Madison	Dupper	27'1"	2008
Katie	Pridgen	02:38.2	2002	Linda	Illunga	26'10"	2010
High Jump				Discus			
Kaycee	Brunel	5'4"	2005	Gracie	Nelson	77'7"	2003
Summer	Downs	5'0"	2007	Doreen	VanBeek	76'7"	1983
Megan	Yett	5'0"	2014	Lindsay	Rodriguez	75'9"	2009
Lindsey	Greene	4'11 1/2"	1995	Julia	Pastoor	71'9 1/2"	2005
Debi	Shank	4'10"	1983	Terri	Leurance	71'3"	1986
Courtney	Schroeder	4'10"	2007	Marla	Earneest	70'2"	1987
Diana	Downer	4'7"	1978	Jeanette	VanBeek	69'1/2"	1972
Coline	McConnel	4'6"	1985	Talia	Disney	69'10"	2015
Stephanie	Lukesh	4'6"	1976	Alison	Lolley	68'3"	2018
Mary	Marks	4'6"	1983	Earlynn	Chase	67'9"	1975
Keziah	Glidden	4'6"	2016				

Avrey	Wiles	4'6"	2016
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Long Jump

Sarah	Smith	17'7"	1997
Melanie	Greene	15'10"	1998
Danielle	Pridgen	15'8"	1999
Tammy	Thompson	15'1 1/2"	1984
Jenny	Greene	14'5 1/4"	1996
Olivia	Cervantez	14'5"	2016
Keziah	Glidden	14'3"	2016
Lindsey	Greene	14'3"	1995
Alissa	Weatherford	14'2 1/2"	2008
Raquelle	Mouw	14'1"	2010

Pole Vault

Auby	Barr	10'7"	2013
Alison	Silva	10'	2009
Kylie	Weatherford	9'	2009
Chelsea	Barr	9'	2005
Mackenzie	Collins	7'6"	2012
Tawny	Taylor	7'	2007
Jaelyn	Tidey	7'	2017
Kaycee	Brunel	6'6"	2004
Johanna	deJong	5'	2018

Triple Jump

Katie	Grant	33'5"	1997
Melissa	Rowher	31'8 1/2"	2007
Lindsey	Greene	30'11"	1995
Katie	Pridgen	30'9 1/2"	2002
Laura	Pridgen	30'8 1/2"	2005
Allie	Howerzyl	29'5.5"	2018
Kylie	Stokes	29'2"	2017
Chelsea	Barr	28'8 1/2"	2005
Celia	Vanderwoude	28'6.5"	2018
Ashley	Harris	28'3"	2007

Middle School Girls Top 10 Relays

4x100 M Relay

J. Greene	K. Grant	L. Burchfield	S. Smith	53.9	1997
				55.66	2009
				55.84	2008
K. Gingrich	M. Vernon	A. Hubbard	L. Burchfield	56.1	1996
M. Yett	S. Earnest	A. deJong	H. Cayetano	56.14	2014
C. McConnel	J. Crow	K. Pickens	D. Munster	56.2	1986
K. Glinski	O. Cervantez	M. Lolley	H. Cayetaon	56.54	2015
A. Barr	M. Collins	A. Gerosin	B. Schober	56.54	2012
A. Holton	C. Peterson	A. Gerosin	M. Yett	56.84	2013
K. Evenhouse	J. Tidey	K. Rishell	A. Howerzyl	57.04	2017

SMR 100-100-200-400 M

L. Burchfield	K. Grant	M. Vernon	S. Smith	01:51.7	1997
A. Card	M. Vernon	L. Burchfield	K. Grant	02:02.6	1997
K. Weatherford	A. Kildow	A. Silva	G. Tucker	02:04.7	2009
A. Card	K. Long	M. Vernon	L. Burchfield	02:04.9	1997
M. Harris	K. Carpenter	R. Ralphs	K. Brunel	02:06.1	2005
				02:06.2	2008
S. Smith	J. Greene	K. Grant	M. Vernon	02:06.8	1996
A. LaCelle	A. Cooper	M. Vernon	R. Durham	02:07.1	1996
R. Volack	K. Evenhouse	A. Howerzyl	K. Rishell	02:07.9	2017
G. Nelson	T. Rad	J. Puga	L. Bruner	02:10.2	2003

4x400 M Relay

K. Brunel	A. VanderWoude	C. Barr	L. Pridgen	04:24.1	2005
J. Greene	M. Vernon	K. Grant	S. Smith	04:32.7	1997
D. Pridgen	A. Daylong	A. Miyauchi	M. Greene	04:38.1	1998
A. Card	K. Long	A. Hubbard	M. Vernon	04:40.1	1997
K. Brunel	R. Hoaglund	L. Pridgen	A. Vanderwoude	04:40.7	2004
M. Yett	A. deJong	S. Earnest	H. Cayetano	04:42.9	2014
K. Weatherford	L. Rodriguez	A. Kildow	H. Troost	04:43.2	2009
B. Lawrence	K. Long	A. Hubbard	M. Vernon	04:44.0	1997
K. Glidden	E. deJong	O. Cervantez	K. Lacy	04:44.0	2016
A. Weatherford	C. Schroeder	J. Siegersma	j. Wheeler	04:45.3	2007

BOYS ALL TIME
Nampa Christian Middle School Track Records

High Jump	Fred Nitz	5'8"	1979
Long Jump	Brandon Grant	19'3 1/2"	1995
Shot Put	Jeremy Nelson	45'8"	2001
Discus	Josh Hellwege	133'1"	1990
Triple Jump	Drew Howerzyl	37'10.5"	2015
Pole Vault	Jacob Englar	11'7"	2014
100 M Dash	James Onanubosi	11.26	2018
200 M Dash	James Onanubosi	23.4	2018
400 M Dash	BeJay Henrickson	54.2	1997
800 M Run	Jason Towery	02:12.1	2004
1600 M Run	Jason Towery	04:59.1	2004
100 M Hurdles	Bryce Schroeder	15.24	2011
200 M Hurdles	Orrin Coates	25.05	2002
400 M Relay	C. Meyers – E. Brands A. Crooks – J. Englar	49.94	2014
800 M Relay	M. Young – B. Nava S. Hines – T. Palmer	01:46.0	1977
1600 M Relay	J. Onanubosi - L. Knudsen S. deJong - G. Mylander	03:57.3	2018

Middle School Boys Top 10

100 M Dash

James	Onanubosi	11.26	2018
Jamie	Bledsoe	11.7	1985
BeJay	Henrickson	11.78	1997
Ben	Nava	11.9	1977
Orrin	Coates	11.94	2002
Ryan	Shober	12.06	2017
Ethan	Brands	12.13	2017
Tim	Morgan	12.3	1985
Chuck	Kingston	12.3	1979
Matt	Arendse	12.37	2004

200 M Dash

James	Onanubosi	23.4	2018
Ethan	Brands	24.53	2015
Orrin	Coates	25.05	2002
David	Shelden	25.1	1995
James	Onanubosi	25.34	2017
Ben	Nava	25.4	1977
BeJay	Henrickson	25.4	1997
Taylor	Shields	25.44	2007
Ryan	Schober	25.44	2017
Jamie	Bledsoe	25.6	1985

400 M Dash

BeJay	Henrickson	54.2	2002
Ethan	Brands	54.78	2015
Brandon	Grant	56.27	1995
Josh	Hellwege	56.5	1990
Ben	Nava	56.6	1977
Orrin	Coates	56.7	2002
Ryan	Schober	56.91	2017
Taylor	Shields	57.14	2007
Jason	Towery	57.55	2004
Matt	Ward	57.9	2000

800 M Run

Jason	Towery	02:12.1	2004
Ryan	Hellwege	02:14.5	1990
Josh	Hellwege	02:14.6	1990
Monte	Anders	02:14.6	1970
Andrew	VanderWoude	02:17.6	2003
Caleb	Meyers	02:18.1	2014
Grady	Mylander	02:18.6	2018
Rusty	VanderWoude	02:19.1	2017
Tommy	Hickey	02:20.0	2003

1600 M Run

Jason	Towery	04:59.1	2004
Russ	McCrea	05:00.2	1993
Grady	Mylander	05:00.9	2018
Matt	Campbell	05:03.2	2003
Kevin	Tucker	05:15.0	1968
Gabe	Griffin	05:15.2	2018
Monte	Anders	05:16.0	1970
Josh	Bollinger	05:16.9	2002
Vanni	Tilzey	05:19.7	1983
Rick	Dickenson	05:20.7	1983

100 M Hurdles

Bryce	Schroeder	15.24	2011
Matt	Arendse	15.6	2004
Josh	deJong	16.24	2013
Greg	Forrest	16.4	2002
Jake	Fillmore	16.5	1987
Matt	Howerzyl	16.6	1989
Drew	Wellman	16.7	2003
Dathan	Anders	17.04	2017
Mitch	Ward	17.4	2002
Luke	Knudsen	17.46	2018

200 M Hurdles

Josh	Bollinger	27.73	2003
Bryce	Schroeder	28.19	2011
Dathan	Anders	28.54	2017
Matt	Arendse	28.57	2004
Josh	deJong	28.57	2013
Greg	Forrest	28.8	2002
Luke	Knudsen	28.94	2018
Jerry	King	29	1978
Rob	Schober	29.2	1985
Matt	Howerzyl	29.3	1989

Shot Put

Jeremy	Nelson	45'8"	2001
Doug	Andrews	44'8"	1989
Doug	Pilkinton	41'5"	1996
Dennis	Law	41'1"	1970
Brian	Good	40'11"	1974
Jake	Fillmore	39'8"	1987
Travis	Roberts	39'4 1/2"	1985
Adam	Seale	38'11"	1985
Tyler	Rogers	37'2 3/4"	2005

Conrad	Larson	02:20.2	2008	Kyle	Plew	37'2"	1978
Long Jump				Discus			
Brandon	Grant	19'3 ½"	1995	Josh	Hellwege	133'1"	1990
Jamie	Bledsoe	18'11 ½"	1985	Dan	Phillips	130'2 ½"	1979
Drew	Howerzyl	17'9.5"	2015	Travis	Roberts	128'3"	1985
Ben	Nava	17'6"	1977	Jeremy	Nelson	126'2"	2001
Francis	Peterson	17'1"	1970	Steve	Hines	122'4"	1979
Brody	Ferguson	17'1"	2016	Garret	Nelson	122'2"	1999
Jay	Lindholm	16'11"	1978	Adam	Seale	115'1"	1985
Josh	Bollinger	16'10"	2003	Dusty	Rhodes	113'11"	2014
Luke	Knudsen	16'8"	2018	Doug	Pilkinton	112'1"	1996
Matt	Campbell	16'8"	1978	Bryce	May	111'10"	2004

Triple Jump				Pole Vault			
Drew	Howerzyl	37'10.5"	2015	Jacob	Englar	11'7"	2014
Brandon	Grant	37'7"	1995	David	Connolly	10'8"	2005
Doug	Anders	36'11"	1981	Parker	Johnson	9'6"	2012
Taylor	Shields	35'3 ¾"	2007	Simon	deJong	9'3"	2018
Landon	Cheney	35'	2018	Chad	Neeley	9'3"	1969
Jay	Lindholm	34'11"	1978	Rick	Provolt	9'1"	1969
Rusty	VanderWoude	34'11"	2017	Brad	Mausling	9'	1979
Tim	Beck	34'6 ½"	1997	Ed	Castledine	8'4"	1983
Jason	Towery	34'5 ½"	2004	Zak	Johnson	8'	2009
Jeremy	Johnson	34'5"	1997	Clint	Christiansen	8'	1987
				Brock	King	8'	1990

High Jump			
Fred	Nitz	5'8"	1979
Matt	Campbell	5'7"	1978
Phil	Smits	5'6"	1979
Rob	Schober	5'6"	1985
Drew	Howerzyl	5'6"	2015
Dathan	Anders	5'6"	2017
Jerry	King	5'5"	1978
Ethan	Brands	5'4"	2015
Ken	Smith	5'4"	1980
Tim	Andrews	5'4"	1975
Tim	Beck	5'4"	1997

Middle School Boys Top 10 Relays

4x100 M Relay					
C. Meyers	E. Brands	A. Crooks	J. Englar	49.94	2014
S. Melfe	S. Smith	L. Knudsen	J. Onanubosi	50.24	2018
M. Sorenson	J. Englar	Z. Foster	N. Tuttle	50.94	2013
T. Hill	D. Thompson	B. Ferguson	R. Schober	51.11	2016
T. Palmer	S. Hines	M. Young	B. Nava	51.3	1977
J. Onanubosi	L. Cheney	J. Bowden	R. Schober	51.44	2017
D. Asselin	T. Rogers	D. Connolly	D. Unruh	51.48	2005
T. Rogers	D. Unruh	D. Downs	M. Arendse	51.49	2004
T. Hickey	E. Kamplain	S. Schlogel	D. Wellman	51.81	2003
J. Shelby	T. Morgan	D. McConnell	R. Schober	52.04	1985

SMR 100-100-200-400					
M. Young	B. Nava	S. Hines	T. Palmer	01:46.0	1977
A. Price	D. Pilkinton	D. Sheldon	B. Grant	01:53.0	1995
J. Englar	W. Walker	E. Brands	C. Meyers	01:53.2	2014
M. Young	T. Palmer	S. Hines	B. Nava	01:54.0	1977
M. Sorenson	J. Englar	Z. Foster	N. Tuttle	01:54.4	2013
				01:55.4	2008
B. Rainey	J. Stewart	E. Brands	S. Mueller	01:55.8	2015
W. Wardhaug	T. Stokes	J. Onanubosi	S. Englar	01:56.1	2017
O. Coates	J. Myers	C. Anders	A. Connolly	01:56.1	2002
E. Kamplain	C. Anders	M. Arendse	D. Wellman	01:56.3	2003

4x400 M Relay

J. Onanubosi	L. Knudsen	S. deJong	G. Mylander	03:57.3	2018
J. Johnson	B. Fife	A. Thornfeldt	B. Henrickson	03:59.7	1997
D. Mayes	J. McKim	D. Shelden	B. Grant	03:59.9	1995
J. Bowden	G. Mylander	R. VanderWoude	R. Schober	04:02.4	2017
C. Anders	A. VanderWoud	D. Wellman	J. Bollinger	04:05.8	2003
A. VanderWoud	E. Kamplain	S. Schlogel	J. Towery	04:08.2	2003
G. Forrest	M. Ward	J. Bollinger	C. Anders	04:09.9	2002
S. Anderson	A. Connelly	J. Bollinger	C. Anders	04:10.0	2002
G. Forrest	J. Myers	O. Coates	M. Ward	04:10.1	2002
A. VanderWoud	C. Anders	J. Bollinger	J. Towery	04:10.1	2003