

WCS Track All Time Best Performances

(only one time or distance for a given athlete is shown) (2003 version)

110 meter high hurdles

1.	Markus Jeromin	1991	16.7
2.	Josh Outlar	1996	18.6
3.	Andrew Carnes	2003	18.7
4.	Dave Hepner	1997	19.0
5.	Josh Harrah	2000	19.2
6.	Paul Ekoniak	1997	19.3
7.	Andy Cherry	1997	20.5
8.	Jon Posey	2000	21.7
9.	Doug Schneider	1993	21.7
10.	Caelen Bird	1999	21.8

100 meters

1.	Irvin McGhee	1995	11.38
2.	Jeremy Veenema	1996	11.47
3.	Brandon Loomis	2000	11.7
4.	Matt DiGiacobbe	2000	11.75
5.	Chris Weinacht	2002	12.0
6.	Scott Cherry	1999	12.0
7.	Matt Colyer	1993	12.1
8.	Jesse Constable	2003	12.2
9.	Bill Burton	2000	12.38
10.	Andy Cherry	1999	12.46
11.	Dave Houston	1994	12.47

400 meters

1.	Brandon Loomis	2001	51.08
2.	Wally Eisenhauer	2001	52.04
3.	Jeff Veenema	1994	52.9
4.	Andy Cherry	1999	53.4
5.	Jack Reany	1997	54.1
6.	Chris Weinacht	2003	54.1
7.	Nate Singer	2001	55.1
8.	Andrew Carnes	2002	57.7
9.	Luke Holbrook	1999	58.2
10.	Chris Neiger	1998	58.8

1600 meters

1.	Nathanael Singer	2001	4:39.37
2.	Chris Lucernoni	2001	4:49
3.	Nick Palka	1997	4:51.7
4.	Ryan McGonigle	2001	4:51.8
5.	Jeff Raybould	2002	4:54.5
5.	Matt Trader	1995	4:55.0
6.	Scott Weber	2001	4:59.6
7.	Luke Holbrook	2001	5:01
8.	Peter Irwin	2002	5:02
9.	Andy Cherry	1997	5:04.7

200 meters

1.	Brandon Loomis	2001	23.5
2.	Jeff DeLeon	1996	23.6
3.	Jeremy Veenema	1996	24.0
4.	Irvin McGhee	1995	24.09
5.	Chris Weinacht	2003	24.2
6.	Jeff Veenema	1994	24.73
7.	Jack Reany	1996	24.8
8.	Jesse Constable	2003	25.2
9.	Matt Colyer	1993	25.2
10.	Andrew Carnes	2002	25.6

300 meter intermediate hurdles

1.	Markus Jeromin	1991	41.7
2.	Andrew Carnes	2003	43.6
3.	Josh Outlar	1996	45.1
4.	Paul Ekoniak	1997	48.1
5.	Josh Harrah	2000	49.4
6.	Brandon Hight	1995	51.5
7.	Doug Scheider	1993	52.4
8.	Dave Hepner	1997	52.5
9.	Jon Posey	2000	53.1
10.	Steve Larrimore	2001	53.2

800 meters

1.	Chris Weinacht	2003	2:05.0
1.	Luke Holbrook	2001	2:05.07
3.	Andy Cherry	1999	2:05.4
4.	Oliver Jeromin	1997	2:06.5
5.	Kevin Schneider	1997	2:08.0
6.	Mike Smith	2001	2:08.8
7.	Matt Trader	1995	2:09.7
8.	Nate Singer	2001	2:10.3
9.	Jeff Raybould	2002	2:10.7
10.	Nick Palka	1997	2:11.1

3200 meters

1.	Jeff Raybould	2002	10:18.18
2.	Chris Lucernoni	2001	10:18.74
3.	Ryan McGonigle	2001	10:30.6
4.	Peter Irwin	2002	10:31.62
5.	Nick Palka	1997	10:45
6.	Nate Singer	2001	10:53
7.	Brian Lee	1997	10:57.8
8.	Will Deike	2003	10:59
8.	Luke Holbrook	2000	11:11
10.	Rob Larrimore	1999	11:33

High Jump

1. James Ahlborn	1994	6'0"
2. Brian Lee	1997	5'8"
3. Jack Reany	1997	5'6"
4. Bob Hahn	1993	5'4"

Triple Jump

1. James Ahlborn	1994	38'1"
2. Oliver Jeromin	1997	37'11½"
3. Markus Jeromin	1991	37'8"
4. Wally Eisenhauer	2001	37'1½"
5. Chris Lucernoni	2000	35'9"
6. Jeff DeLeon	1995	34'10"
7. Jeremy Veenema	1995	32'5"
8. Steve Larrimore	2001	32'
9. Mike Rust	2003	31'5"
10. Caelen Bird	1999	30'7"

Shot Put

1. Jeff DeLeon	1996	39'7"
2. Mike Dickerson	2002	39'2"
3. Wally Eisenhauer	2001	36'3"
4. Travis Wyshock	1993	36'2"
5. Matt DiGiacobbe	2001	35'5"
6. Josh McNiel	2003	35'4"
7. Hyung Cho	1998	33'11"
8. E.J. Johnson	2001	33'10½"
9. Tristan Richardson	2000	33'4"
10. Mike Wyschock	1994	31'9"

Long Jump

1. Jack Reany	1997	18'9"
2. Brandon Loomis	2001	18'3¾"
3. James Ahlborn	1993	18'3"
4. Matt Colyer	1993	17'7¼"
5. Bill Burton	1999	17'7"
6. Igor Boldyshev	2000	17'0"
7. Matt Trader	1995	17'0"
8. Josh Harrah	2000	16'8"
9. Jesse Constable	2001	16'4½"
10. Josh Outlar	1996	16'3"

Pole Vault

1. James Ahlborn	1994	10'0"
2. Dirk Veenema	1995	7'6"
3. Josh Outlar	1995	7'6"

Discus

1. Mike Wyshock	1994	138'6"
2. Jeff DeLeon	1996	132'
3. Travis Wyshock	1993	113'6"
4. Mike Dickerson	2002	108'1"
5. Josh McNiel	2003	97'1½"
6. John Cook	2002	89'
7. Tristan Richardson	2000	88'5"
8. Tim Brown	1994	88'
9. Bob Weever	1997	86'8"
10. E.J. Johnson	2001	78'3"

4x100 meter relay

1. Brandon Loomis, Matt DiGiacobbe, Igor Bolyshev, Bill Burton, 2000	48.6
2. Irvin McGhee, Jeff DeLeon, Jeremy Veenema, Josh Outlar, 1995	49.2
3. Andrew Carnes, Jesse Constable, Josh McNiel, David Elgena, 2003	51.5
4. Jeff Veenema, Doug Schneider, Steve Black, Jeremy Veenema, 1993	51.5
5. Matt Colyer, Steve Black, Jeff DeLeon, Jeremy Veenma, 1993	51.5
6. Wally Eisenhauer, Jesse Constable, Andrew Carnes, Brandon Loomis, 2001	51.8
7. Kendall Kirton, Don Jones, Paul Ekoniak, Phil Walstrum, 1997	52.0
8. Andrew Carnes, Mike Dickerson, John Cook, Chris Weinacht, 2002	52.7
9. Matt DiGiacobbe, Andrew Carnes, Phil Wong, Drew Takets, 1999	55.1

4x200 meter relay

1. Jeremy Veenema, Jeff DeLeon, Jack Reany, Oliver Jeromin, 1996	1:38.41
2. Jeremy Veenema, Jeff Veenema, Jack Reany, Oliver Jeromin, 1994	1:40.0
3. Andrew Carnes, Mike Smith, Luke Holbrook, Brandon Loomis, 2001	1:40.9
4. Irvin McGhee, Jeff DeLeon, Jack Reany, Oliver Jeromin, 1995	1:42.2
5. Brandon Loomis, Andrew Carnes, Scott Cherry, Igor Boldyshev, 2000	1:42.3
6. Andy Cherry, Paul Ekoniak, Kevin Schneider, Dan DiGiacobbe, 1997	1:44
7. Jeremy Veenema, Jeff Veenema, Jack Reany, Matt Colyer, 1993	1:46
8. Will Deike, Kyle Pennington, Josh McNiel, Chris Weinacht, 2003	1:51.1
9. Kendall Kirton, Pete Jones, Rob Larrimore, Nathanael Singer, 1998	1:54.6
10. Chris Lucernoni, Ken Howes, Bob Wilder, Steve Larrimore, 1999	1:56.7

4 x 400 meter relay

1.	Wally Eisenhower, Nate Singer, Luke Holbrook, Brandon Loomis, 2001	3:35.78
2.	Andrew Carnes, Peter Irwin, Jesse Constable, Chris Weinacht, 2003	3:43.9
3.	Brandon Loomis, Andrew Carnes, Nathanael Singer, Andy Cherry, 2000	3:44.5
4.	Oliver Jeromin, Nick Palka, Andy Cherry, Jack Reany, 1997	3:46.2
5.	Jack Reany, Matt Trader, Dirk Veenema, Oliver Jeromin, 1995	4:04
6.	Scott Cherry, Bob Wilder, Jeff Raybould, Andy Cherry, 1999	4:08
7.	Jack Reany, James Ahlborn, Jeremy Veenema, Jeff Veenema, 1993	4:08
8.	Jack Reany, Matt Trader, Oliver Jeromin, Jeff Veenema, 1994	4:08
9.	Rob Larrimore, Pete Jones, Chris Neiger, Jeff Raybould, 1998	4:40

4 x 800 m relay

1.	Nate Singer, Chris Lucernoni, Mike Smith, Luke Holbrook, 2001	8:27.37
2.	Nick Palka, Kevin Schneider, Andy Cherry, Oliver Jeromin, 1997	8:38.1
3.	Chris Weinacht, Andrew Carnes, Will Deike, Peter Irwin, 2003	8:46.2
4.	Luke Holbrook, Chris Lucernoni, Nathanael Singer, Andy Cherry, 2000	8:49.7
5.	Luke Holbrook, Chris Lucernoni, Peter Irwin, Jeff Raybould, 2002	9:06
6.	Nick Palka, Dave Rideout, Jack Reany, Oliver Jeromin, 1996	9:06
7.	Rob Larrimore, Luke Holbrook, Nathanael Singer, Chris Lucernoni, 1999	9:15.9
8.	Sam Peterson, Bob Hahn, Matt Trader, Oliver Jeromin, 1994	9:25.9
9.	Tim Brown, Matt Trader, Oliver Jeromin, Jack Reany, 1995	9:50
10.	Rob Larrimore, Nathanael Singer, Luke Holbrook, Jeff Raybould, 1998	9:57
11.	Matt Trader, J Worden, J Quigley, Doug Scheider, 1993	10:25

4x1600

1.	Nate Singer, Luke Holbrook, Ryan McGonigle, Chris Lucernoni, 2001	19:49
2.	Luke Holbrook, Nathanael Singer, Jeff Raybould, Andy Cherry, 2000	19:51.4
3.	Chris Lucernoni, Nathanael Singer, Jeff Raybould, Rob Larrimore, 1999	21:19
4.	Nathanael Singer, Rob Larrimore, Jeff Raybould, Chris Neiger, 1998	22:45

Sprint Medley (400-200-200-800)

1.	Brandon Loomis, Andrew Carnes, Jesse Constable, Mike Smith, 2001	3:57.3
2.	Andrew Carnes, Peter Irwin, Chris Weinacht, Jeff Raybould, 2002	4:00.6
3.	Andrew Carnes, Jesse Constable, Josh McNiel, Chris Weinacht, 2003	4:06
4.	Brian Lee, David Hepner, Jack Reany, Andy Cherry, 1997	4:21
5.	Bobby Wilder, Drew Takets, Scott Cherry, Andy Cherry, 1999	4:22
6.	Andrew Carnes, Igor Boldyshev, Jon Posey, Scott Cherry, 2000	4:23
7.	Chris Neiger, Kendall Kirton, Drew Walstrum, Jeff Raybould, 1998	4:50

Distance Medley (1200-400-800-1600)

1.	Nate Singer, Mike Smith, Luke Holbrook, Chris Lucernoni, 2001	11:34
2.	Chris Lucernoni, Andrew Carnes, Chris Weinacht, Peter Irwin, 2003	11:49.4
3.	Peter Irwin, Andrew Carnes, Chris Weinacht, Jeff Raybould, 2002	12:01.6
4.	Jeff Raybould, Andrew Carnes, Luke Holbrook, Nathanael Singer, 2000	12:02
5.	Nick Palka, Jack Reany, Oliver Jeromin, Brian Lee, 1997	12:12
6.	Chris Lucernoni, Andy Cherry, Rob Larrimore, Nathanael Singer, 1999	12:38
7.	Nathanael Singer, Chris Neiger, Jeff Raybould, Rob Larrimore, 1998	13:13

WCS girls track – all time best performances

100 meters

1.	Janet Ahlborn	1989	12.9
2.	Kristin Veenema	1996	13.43
3.	Kathy Ellis	2000	13.7
4.	Elizabeth Lawrence	1996	13.9
5.	Jeannille McGhee	1996	14.1
6.	Emily Coggin	2000	14.1
7.	Ariel Hausmann	2000	14.1
8.	Amanda Burton	2000	14.2
9.	Hannah Vinson	1993	14.2
10.	Megan Wadsworth	1993	14.3

300 meter low hurdles

1.	Virginia Dietrich	1990	48.4
2.	Ariel Hausmann	2001	52.2
3.	Anna Rachel Hutts	1993	55.1
4.	Amanda Outlar	1997	55.4
5.	Kathy Ellis	1998	55.6
6.	Elisabeth Coen	2000	60.5
7.	Beth Scheflen	2000	60.5
8.	Julia Veenema	1993	1:01.7
9.	Kelly Carter	1995	1:02.1
10.	Claire Larson	1994	1:04.2

400 meters

1.	Ruth DeLeon	1990	59.7
2.	Kathy Ellis	2002	1:05.74
3.	Julia Veenema	1993	1:07.9
4.	Candace King	2003	1:10.87
5.	Kristin Veenema	1996	1:11.0
6.	Liz Arce	2001	1:12.2
7.	Brittany King	2001	1:13.7
8.	Kristin Canady	2001	1:14.8
9.	Sarah DeJong	1999	1:14.8
10.	Elizabeth Lawrence	1999	1:16

800 meters

1.	Laura Elliot	2001	2:35.9
2.	Liz Arce	2001	2:44
3.	Ariel Hausmann	2000	2:47.0
4.	Carolyn Larson	1997	2:47.5
5.	Carolyn Marshall	1996	2:51
6.	Kristin Canady	2001	2:56.4
7.	Danielle DeCormis	1995	2:57.2
8.	Carrie Quinn	2000	2:57.7
9.	Julia Veenema	1995	2:59
10.	D. Peters	1988	3:01.4

100 meter intermediate hurdles

1.	Virginia Dietrich	1991	17.1
2.	Anna-Rachel Hutts	1993	18.0
3.	Amanda Outlar	1997	18.6
4.	Chrisalyn Voshell	1993	19.0
5.	Kelly Crossland	1994	19.4
6.	Kathy Ellis	1999	19.9
7.	Elisabeth Coen	2001	19.9
8.	Deanna Babcock	1994	20.2
9.	Kelly Carter	1995	20.7
10.	Beth Scheflen	2000	21.4

200 meters

1.	Virginia Dietrich	1989	27.2
2.	Kristin Veenema	1997	28.9
3.	Ariel Hausmann	2001	29.0
4.	Liz Arce	2001	29.2
5.	Candace King	2001	29.3
6.	Emily Coggin	1999	29.7
7.	Julia Veenema	1993	29.8
8.	Megan Wadsworth	1993	30.3
9.	Amanda Burton	2000	30.5
10.	Sarah DeJong	2003	30.9

1600 meters

1.	Lydia Singer	2001	5:39.5
2.	Liz Arce	2001	5:46.96
3.	Laura Elliot	2000	5:47.0
4.	Ariel Hausmann	2000	5:51.2
5.	Carolyn Marshall	1996	6:07
6.	Erna Van Niekerk	1996	6:25
7.	T. Porter	1991	6:32.6
8.	Carrie Quinn	1999	6:33
9.	Danielle DeCormis	1995	6:34.9
10.	Caroline Bowen	1994	6:45.9

3200 meters

1.	Lydia Singer	2001	12:28.2
2.	Erna VanNiekerk	1996	13:51
3.	Carolyn Bowen	1992	14:08
4.	Danielle DeCormis	1994	14:45
5.	Laura Elliot	2002	14:59
6.	Stephanie Guida	1999	15:16
7.	Kristin Canady	2000	15:21
8.	Liz Arce	2001	15:35
9.	Josie DeCormis	1993	16:40

High Jump

1. Virginia Dietrich	1991	5'6"
2. Carolyn Larson	1999	4'8"
3. Julia Veenema	1993	4'8"
4. Elizabeth Lawrence	1998	4'8"
5. Claire Larson	1994	4'4"
6. Beth Eklund	1993	4'2"
7. Hannah Vinson	1994	4'2"

Long Jump

1. Virginia Dietrich	1990	17'1"
2. Kathy Ellis	2002	15'5 ³ / ₄ "
3. Amanda Outlar	1997	14'9 ¹ / ₂ "
4. Hannah Vinson	1993	14'2 ¹ / ₄ "
5. Sarah DeJong	2003	13'8 ¹ / ₂ "
6. Mary MacDonald	1995	13'7 ¹ / ₂ "
7. Amanda Burton	2000	13'7"
8. Lindsay Spencer	2002	12'3 ¹ / ₄ "

Shot Put

1. Nicki Keznor	1990	29'10"
2. Julia Veenema	1995	25' 9 ¹ / ₄ "
3. Carolyn Larson	1999	25' 1 ¹ / ₂ "
4. Carrie Quinn	2001	25'1"
5. Danielle France	1998	24'0"
6. Jenna Wadworth	1993	23'5"
7. Megan Wadsworth	1993	23'4"
8. Liz Deikeq	2003	22'7"
8. Danielle France	1997	22'6"
9. Lydia Trader	2000	22'2"
10. Melissa Panczner	2003	20'10"
11. Lindsay Spencer	2002	20'7 ³ / ₄ "

Discus

1. Janet Ahlborn	1990	121'6"
2. Carolyn Larson	1999	69'8"
3. Amanda Powell	2000	69'4"
4. Liz Deike	2003	69'2"
5. Carrie Quinn	2001	68'4"
6. Hannah Vinson	1994	63'6"
7. Melissa Panczner	2003	63'0"
8. Lydia Trader	2000	62'9"
9. Elizabeth Lawrence	1995	57'3"
10. Lindsay Spencer	2003	47'2 ¹ / ₂ "

Triple Jump

1. Janet Ahlborn	1990	35'9 ³ / ₄ "
2. Chrisalyn Voshell	1993	30'8"
3. Amanda Outlar	1997	29'1"
4. Anna Rachel Hutts	1993	27'3"
5. Hannah Vinson	1994	27'2 ¹ / ₂ "
6. Liz Love	2000	27'2"
7. Mary MacDonald	1995	26'11"
8. Sarah DeJong	2003	25'5"
8. Carolyn Larson	1999	24'8"

4 x 100 meter relay

1. Janet Ahlborn, Nicki Keznor, Ruth DeLeon, Virginia Dietrich, 1990	52.0
2. Kristin Veenema, Jessica Baum, Elizabeth Lawrence, Jeannille McGhee, 1996	56.81
3. Hannah Vinson, Chrisalyn Voshell, Kelly Crossland, Megan Wadsworth, 1993	57.0
4. Amanda Burton, Emily Coggin, Beth Scheflen, Candace King, 2000	59.0
5. Kristin Veenema, Amanda Outlar, Elizabeth Lawrence, Sharon Bendler, 1997	59.0
6. Kristin Veenema, Jeannille McGhee, Kelly Carter, Elizabeth Lawrence, 1995	59.3
7. Candace King, Brittany King, Kristin Canady, Sarah DeJong, 2001	59.8
8. Kristin Veenema, Sharon Bendler, Joanna Kaatz, Elizabeth Lawrence, 1998	1:02.1
9. Liz Deike, Sarah DeJong, Melissa Panczner, Candace King, 2003	1:02.5
10. Emily Coggin, Carrie Quinn, Carolyn Larson, Kathy Ellis, 1999	1:02.5

4 x 200 meter relay

1. Janet Ahlborn, Nicki Keznor, Ruth DeLeon, Virginia Dietrich, 1990	1:49.9
2. Kathy Ellis, Emily Coggin, Candace King, Ariel Hausmann, 2000	2:01
3. Julia Veenema, Chrisalyn Voshell, Kelly Crossland, Megan Wadsworth, 1993	2:02
4. Kathy Ellis, Sarah DeJong, Liz Arce, Ariel Hausmann, 2001	2:04.9
5. Kristin Veenema, Amanda Outlar, Joanna Kaatz, Elizabeth Lawrence, 1997	2:06
6. Elizabeth Lawrence, Amanday Outlar, Jeannille McGhee, Kristin Veenema, 1995	2:07.7
7. Sarah Gray, Kristin Veenema, Kathy Ellis, Carrie Quinn, 1998	2:10.8

4 x 400 meter relay

1. Ariel Hausmann, Candace King, Liz Arce, Kathy Ellis, 2001 4:29.56
2. Kathy Ellis, Laura Elliot, Candace King, Ariel Hausmann, 2000 4:34.6
3. Kristin Veenema, Amanda Outlar, Joanna Kaatz, Elizabeth Lawrence, 1997 4:55
4. Kristin Veenema, Kathy Ellis, Carrie Quinn, Carolyn Larson, 1998 5:05
5. Emily Coggin, Kathy Ellis, Sarah Gray, Carrie Quinn, 1999 5:23
6. J. Voshell, A. Hutts, A. Lesie, H. Geiser, 1992 5:23.3

4x800 meter relay

1. Lydia Singer, Ariel Hausmann, Liz Arce, Laura Elliot, 2001 10:35.7
2. Lydia Singer, Carrie Quinn, Laura Elliot, Ariel Hausmann, 2000 11:03
3. Carolyn Marshall, Chandra Harris, Emily Carr, Erna VanNiekerk, 1996 12:29
4. Carolyn Marshall, Carolyn Larson, Danielle France, Joanna Kaatz, 1997 12:37
5. Kristin Canady, Stephanie Guida, Emily Coggin, Carrie Quinn, 1999 12:44
6. Josie DeCormis, Julia Veenema, B Eklund, Jenna Wadsworth, 1993 12:50
7. Danielle DeCormis, Carolyn Larson, Sherri Schaumann, Mary MacDonald, 1995 13:34
8. Sarah Gray, Kristin Canady, Lydia Singer, Danielle France, 1998 13:38

Distance Medley (1200-400-800-1600)

1. Ariel Hausmann, Kathy Ellis, Carrie Quinn, Lydia Singer, 2000 14:31
2. Liz Arce, Kathy Ellis, Ariel Hausmann Lydia Singer, 2001 14:56

Sprint Medley (400-200-200-800)

1. Kathy Ellis, Amanda Burton, Candace King, Ariel Hausmann, 2000 4:55.2
2. Laura Elliot, Candace King, Ariel Hausmann, Lydia Singer, 2001 5:01.3
3. Kristin Veenema, Carrie Quinn, Sarah Gray, Carolyn Larson, 1998 5:22
4. Carrie Quinn, Emily Coggin, Kathy Ellis, Carolyn Larson, 1999 5:37