

WEST OTTAWA MIDDLE SCHOOL TRACK RECORDS

Boys' Records		Girls' Records	
B Long Jump	21' DeShaun Mingo 2005	G Long Jump	16'0" Karen Beverwyk 1983
B High Jump	6'1" Sean White 1997	G High Jump	5'2" Abby VanderWege
B Shot	48' Art Cantu 1990 51'5 3/4 Hunter 1975	G Shot	36'3" Val Dittrich 2004
3200 Run	10:49 Graham Smith 1991	3200 Run	11:49.67 Iris Swarthout 2015
55 Hurdles	8.29 Austin Schipper 2015	55 Hurdles	8.89 Cassidy Karsten 2005
800 relay	1:40.88 (2013) Y.Osburn, W.Mulder, K.Moody, M.Heckman	800 relay	1:55.6 (1993) LaMore, Sager, Salisbury, Hop
800 Run	2:13.2 Bob Brock 1977	800 Run	2:26.12 Taylor Schott 2015
1600 Run	4:56 Graham Smith 1991	1600 Run	5:33.8 Taylor Schott 2014
100 Dash	10.96 DeShaun Mingo 2005	100 Dash	12.3 Elaine Thomas-El 2003
400 Dash	55.1 Thomas Rich 2007	400 Dash	1:01.55 Faith White 2014
3200 Relay	9:41 (2011) T. Strobel, C. McNitt, M. Doerr, D. Rich	3200 Relay	10:54.47 2015 Salas Bolt Swarthout Schott
70 Dash	8.3 DeShaun Mingo 2005	70 Dash	9.52 Taylor Buis 2012
200 Hurdles	26.99 Austin Schipper 2015	200 Hurdles	30.54 2015 Morgan Miller
200 Dash	23.8 DeShaun Mingo 2005	200 Dash	27.55 Faith White 2014
1600 relay	3:56.69 (2013) Y. Osburn, M. Martinez, J. Stryker, K. Moody	1600 relay	4:33 2015 Salas Swarthout Olney Schott
400 relay	48.48 (2014) M. Griffor, A. Esparza X. Wade, Q. Burton	400 Relay	54.9 (1989) Vandewoulde, Looman, Balint, Looman