

CENTRAL NORTH DAKOTA CONFERENCE INDOOR MEET RECORDS

Girls

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
55 METER DASH	Courtney Thingstad	Velva/Drake	7.19	2008
200 METER DASH	Susie Keller	Harvey	27.22	1993
400 METER DASH	Susie Keller	Harvey	1:01.70	1993
800 METER RUN	Lindsay Anderson	Benson County	2:21.27	2005
1600 METER RUN	Krista Anderson	Benson County	5:10.80	2004
3200 METER RUN	Krista Anderson	Benson County	10:57.63	2005
55 METER HURDLES	Karla Beck	Langdon	8.78	2003
SHOT PUT	Chelsea Hausauer	Velva/Sawyer	41'10"	2001
HIGH JUMP	Susie Keller	Harvey	5'6"	1992
LONG JUMP	Bobbi Boyle	New Rockford	17'2½"	1992
TRIPLE JUMP	Heidi Selzler	Harvey	36¼"	1998
POLE VAULT	Kelsey Aide	Bottineau	9'0"	2003
4 x 1 LAP RELAY	Anna Knutson	Velva/Drake	1:27.44	2008
	Jamie Effertz			
	Brittany Berndt			
	Courtney Thingstad			
1600 METER RELAY		New Rockford	4:27.00	1988
3200 METER RELAY		Rugby	10:20.90	1993

Boys

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
55 METER DASH	Dennis Britton	Mohall/Sherwood	6.46	2002
200 METER DASH	Scott Frueh	Rugby	23.61	1993
400 METER DASH	Tim Birkeland	New Rockford	51.59	1986
800 METER RUN	Ross Schilling	Harvey	2:03.87	2004
1600 METER RUN	Justin Marsette	Fort Berthold	4:41.02	2002
3200 METER RUN	Danny Heckaman	New Rockford	10:41.16	1992
55 METER HURDLES	Nick Raugust	Harvey	7.84	1999
	Tim Leier	Leeds/Maddock	7.84	2003
SHOT PUT	Seth Wisthoff	Glenburn	57'8"	2008
HIGH JUMP	Stevie Keller	Harvey	6'4"	1994
LONG JUMP	Stephen Schilling	Mohall	22'5"	1995
TRIPLE JUMP	Tim Leier	Leeds/Maddock	43'0"	2003
POLE VAULT	Mike Johnson	Mohall	13'7"	1993
4 x 1 LAP RELAY	Eric Nelson	Rugby	1:17.05	2008
	Ian Keller			
	Bryant Halvorson			
	Mike Zwingel			
1600 METER RELAY		Fessenden	3:42.20	1985
3200 METER RELAY		Fessenden	9:03.60	1985

RETIRED MEET RECORDS

Girls

60 METER DASH	Staci Hager	Rugby	8.09	1997
300 METER DASH	Susie Keller	Harvey	44.56	1992
1500 METER RUN	Heidi Daniel	Tioga/Ray	5:33.01	1990
3000 METER RUN	Elizabeth Hoffner	Esmond	11:14.90	1984
60 METER HURDLES	Susie Keller	Harvey	9.30	1989

Boys

60 METER DASH	Tim Birkeland	New Rockford	7.01	1986
300 METER DASH	Tony Kemmet	Turtle Lake-Mercer	38.94	1987
1500 METER RUN	Vance Tomlimson	Turtle Lake-Mercer	4:25.30	1984
3000 METER RUN	Vance Tomlimson	Turtle Lake-Mercer	9:08.60	1984
60 METER HURDLES	Nathan Harms	Harvey	8.50	1993