

# CENTRAL NORTH DAKOTA CONFERENCE OUTDOOR MEET RECORDS

## Girls

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 METER DASH .....	Carla Buckingham .....	Leeds/Maddock .....	12.06 .....	1999
200 METER DASH .....	Carla Buckingham .....	Leeds/Maddock .....	26.09 .....	1999
400 METER DASH .....	Susie Keller .....	Harvey .....	1:00.08 .....	1989
800 METER RUN .....	Katelyn Engh .....	Benson County .....	2:25.09 .....	2011
1600 METER RUN .....	Lindsay Anderson .....	Benson County .....	5:15.28 .....	2006
3200 METER RUN .....	Lindsay Anderson .....	Benson County .....	10:37.41 .....	2006
100 METER HURDLES .....	Kimmer Keller .....	Harvey .....	15.25 .....	1999
300 METER HURDLES .....	Bobbie Grann .....	Benson County .....	45.03 .....	2006
SHOT PUT .....	Leah Wentz .....	Rugby .....	41'4" .....	2008
DISCUS .....	Bailey Retzlaff .....	Carrington .....	134'6" .....	2014
JAVELIN .....	Kayla Hochhalter .....	Carrington .....	153'0" .....	2014
HIGH JUMP .....	Erica Hohenstein .....	New Rockford .....	5'7" .....	1982
	Lexi Wittmayer .....	Rolette/Wolford .....		2014
LONG JUMP .....	Brittany Berndt .....	Velva/Drake-Anamoose .....	18'1" .....	2012
TRIPLE JUMP .....	Sharisa Yri .....	Benson County .....	36'7" .....	2009
POLE VAULT .....	Maria Blessum .....	Rugby .....	10'6" .....	2017
4 x 100 METER RELAY .....	Leah Jans .....	Harvey/Wells County .....	51.88 .....	2017
	Makenna Vollmer .....			
	Alison Peters .....			
	Kari Wolfe .....			
4 x 200 METER RELAY .....	Kelsea Volk .....	Rugby .....	1:49.26 .....	2007
	Ashley Salwey .....			
	Morgan Gronvold .....			
	Kirsten Welk .....			
4 x 400 METER RELAY .....	Brittney Thingstad .....	Velva/Drake .....	4:11.43 .....	2008
	Sarah Weidler .....			
	Kara Kuntz .....			
	Courtney Thingstad .....			
4 x 800 METER RELAY .....	Karin Selland .....	Rugby .....	10:06.09 .....	2012
	Hannah Christenson .....			
	Lauren Christenson .....			
	Sydney Kraft .....			

## Boys

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 METER DASH .....	Nigel Hageness .....	Rugby .....	10.49 .....	2014
200 METER DASH .....	Nigel Hageness .....	Rugby .....	21.91 .....	2012
400 METER DASH .....	Travis Flick .....	Harvey/Wells County .....	50.69 .....	2011
800 METER RUN .....	Kyle Volk .....	Rugby .....	2:00.34 .....	2012
1600 METER RUN .....	Dan Heckaman .....	New Rockford .....	4:38.11 .....	1991
3200 METER RUN .....	Payton Smith .....	Carrington .....	10:12.62 .....	2016
110 METER HURDLES .....	Brian Hauff .....	Harvey .....	14.97 .....	1996
300 METER HURDLES .....	Brian Hauff .....	Harvey .....	39.71 .....	1996
SHOT PUT .....	Dawson Schroeder .....	Northern Lights .....	57'0" .....	2018
DISCUS .....	Brad Heidlebaugh .....	Rugby .....	159'10" .....	2015
JAVELIN .....	Jason Haagenen .....	Leeds/Minnewaukan .....	179'2" .....	1992
HIGH JUMP .....	Charlie Bisbee .....	Leeds .....	6'7" .....	1984
LONG JUMP .....	Riley Miller .....	Carrington .....	22'8½" .....	2014
TRIPLE JUMP .....	Nolan Hovland .....	Rugby .....	43'2" .....	2015
POLE VAULT .....	Bob Belquist .....	New Rockford .....	13'5" .....	1971
4 x 100 METER RELAY .....	Walker Carr .....	Carrington .....	44.25 .....	2016
	Connor Wendel .....			
	Jacob Fandrich .....			
	Kaden Wolsky .....			
4 x 200 METER RELAY .....	Mike Flach .....	Harvey .....	1:33.12 .....	1996
	Brian Hauff .....			
	Eric Cahill .....			
	Scott Selzer .....			
4 x 400 METER RELAY .....	Bryant Halvorson .....	Rugby .....	3:31.97 .....	2009
	Josh Houim .....			
	Aaron Teigen .....			
	Dylan Yoder .....			
4 x 800 METER RELAY .....	Dustin Jundt .....	Rugby .....	8:31.22 .....	2009
	David McAtee .....			
	Kyle Volk .....			
	Dylan Yoder .....			