

**CNDC OUTDOOR TRACK & FIELD RECORDS**

100 Meter Dash	10.78 12.06	Brett Moser Carla Buckingham	Leeds/Maddock Leeds/Maddock	1999 1999
200 Meter Dash	22.71 26.09	Tim Birkland Carla Buckingham	New Rockford Leeds/Maddock	1985 1999
400 Meter Dash	51.26 60.08	Tim Birkland Susie Keller	New Rockford Harvey	1985 1989
800 Meter Run	2:01.88 2:26.00	Scott Heckaman Krista Anderson	New Rockford Benson County	1989 2005
1600 Meter Run	4:38.11 5:15.28	Dan Heckaman Lindsay Anderson	New Rockford Benson County	1991 2006
3200 Meter Run	10:16.00 10:37.41	Ross Schilling Lindsay Anderson	Harvey Benson County	2001 2006
400 Meter Relay	45.23 52.41	Mike Flach, Brian Hauff Dakota Steedsman, Scott Selzer Sabrina Lloyd, Katie Rau Tonya Weigelt, Kim Hoornaert	Harvey Wells County	1996 1998
800 Meter Relay	1:33.12 1:50.15	Mike Flach, Brian Hauff Eric Cahill, Scott Selzer Mary Lang, Lana Vorland Penny Vorland, Julie Labor	Harvey New Rockford	1996 1988
1600 Meter Relay	3:36.00 4:23.03	Mike Birkland, Tom Birkland Tom Beeghly, Louis Bass Carmen Hoffner, Michelle Leier Esmond Valerie Burgard, Ranelle Leier	New Rockford	1973 1989
3200 Meter Relay	8:43.71 10:07.07	Chad Keller, Jason Sylling Dan Hoornaert, Chad Hoornaert Mackenzie Bullinger, Erin Leier Jordan Callahan, Lindsay Anderson	Fessenden Benson County	1991 2006
110 Hurdles	14.97	Brian Hauff	Harvey	1996
100 Hurdles	15.25	Kimmer Keller	Harvey	1999
300 Hurdles	39.71 45.03	Brian Hauff Bobbi Gram	Harvey Benson County	1996 2006
High Jump	6-7 5-7	Charlie Bisbee Erica Hohenstein	Leeds New Rockford	1984 1982
Long Jump	22-1 17-2.5	Charlie Bisbee Venessa Friestad	Leeds Rugby	1984 2005
Triple Jump	42-4.5 35-0.5	Bill Winandy Vanessa Friestad	Wells County Rugby	1998 2006
Pole Vault	13-5 8-6	Bob Belquist Jana Gronvold & Leah Lehman	New Rockford Rugby	1971 2005
Shot Put	50-7.5 39-11	Dan Beck Becky Kallenbach	Tri-County Maddock	1991 1997
Discus	152-0 127-0	Steve Olson Cindee Lesmeister	Harvey Harvey	1994 1993
Javelin(Retired) (Retired)	?????(Rubber tip) 146-4(Rubber tip)	Craig Hoffman Wanda Schwab	Leeds Esmond	1985 1988
Javelin	179-2 121-4	Jason Haagenson Shantel Faul	Leeds/Minn Harvey	1992 1996