

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	Sharisa Yri	Benson County.....	26.93	2009
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.....	Sharisa Yri	Benson County.....	18'2½".....	2009
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	Justene Engels	New Rockford-Sheyenne/Wells County.....	4:24.53.....	2009
	Sarah Borgen			
	Bobbi Grann			
	July Erfle			
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