

# 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 .....	Sydney Kraft .....	Rugby .....	2:25.43 .....	2009
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 .....	Cindee Lesmeister .....	Harvey .....	127'0" .....	1993
JAVELIN .....	Shantel Faul .....	Harvey .....	121'4" .....	1996
HIGH JUMP .....	Erica Hohenstein .....	New Rockford .....	5'7" .....	1982
LONG JUMP .....	Sharisa Yri .....	Benson County .....	17'11½" .....	2009
TRIPLE JUMP .....	Sharisa Yri .....	Benson County .....	36'7" .....	2009
POLE VAULT .....	Jana Gronvold & Leah Lehman .....	Rugby .....	8'6" .....	2005
4 x 100 METER RELAY .....	Emily Paul .....	Rugby .....	51.99 .....	2007
	Kelsea Volk			
	Morgan Gronvold			
	Casandra Blessum			
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 .....	Mackenzie Bullinger .....	Benson County .....	10:07.07 .....	2006
	Erin Leier			
	Jordan Callahan			
	Lindsay Anderson			

## Boys

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 METER DASH .....	Brett Moser .....	Leeds/Maddock .....	10.78 .....	1999
200 METER DASH .....	Tim Birkland .....	New Rockford .....	22.71 .....	1985
400 METER DASH .....	Tim Birkland .....	New Rockford .....	51.26 .....	1985
800 METER RUN .....	Scott Heckaman .....	New Rockford .....	2:01.88 .....	1989
1600 METER RUN .....	Dan Heckaman .....	New Rockford .....	4:38.11 .....	1991
3200 METER RUN .....	Ross Schilling .....	Harvey .....	10:16.00 .....	2001
110 METER HURDLES .....	Brian Hauff .....	Harvey .....	14.97 .....	1996
300 METER HURDLES .....	Brian Hauff .....	Harvey .....	39.71 .....	1996
SHOT PUT .....	Kordel Wolfe .....	Harvey .....	51'9½" .....	2009
DISCUS .....	Steve Olson .....	Harvey .....	152'0" .....	1994
JAVELIN .....	Jason Haagenson .....	Leeds/Minnewaukan .....	179'2" .....	1992
HIGH JUMP .....	Charlie Bisbee .....	Leeds .....	6'7" .....	1984
LONG JUMP .....	Carlie Bisbee .....	Leeds .....	22'1" .....	1984
TRIPLE JUMP .....	Bill Winandy .....	Wells County .....	42'4½" .....	1998
POLE VAULT .....	Bob Belquist .....	New Rockford .....	13'5" .....	1971
4 x 100 METER RELAY .....	Mike Flach .....	Harvey .....	45.23 .....	1996
	Brian Hauff			
	Dakota Steedsman			
	Scott Selzer			
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			