

**NORTH DAKOTA CLASS "B" REGION VI  
BOYS MEET RECORDS**

| <u>EVENT</u>                           | <u>HOLDER</u>                                  | <u>SCHOOL</u>                     | <u>RECORD</u>                            | <u>YEAR</u> |
|--|--|-----------------------------------|--|-------------|
| 100 METER DASH.....                    | Casey Meadows .....                            | Des Lacs-Burlington/Berthold..... | 10.5 .....                               | 2004        |
| 200 METER DASH.....                    | Justin Schiele .....                           | Rugby.....                        | 21.7 .....                               | 1999        |
| 400 METER DASH.....                    | Blake Bowers .....                             | Kenmare/Mohall/Sherwood.....      | 47.8 .....                               | 2006        |
| 800 METER RUN .....                    | Blake Bowers .....                             | Mohall/Sherwood .....             | 2:00.9 .....                             | 2004        |
| 1600 METER RUN .....                   | John Elkins.....                               | Riverdale .....                   | 4:31.2.....                              | 1988        |
| 3200 METER RUN .....                   | John Elkins.....                               | Riverdale .....                   | 9:59.0.....                              | 1989        |
| 110 METER HURDLES .....                | Dave Limke.....                                | Minot Ryan .....                  | 14.6 .....                               | 1998        |
| 300 METER HURDLES .....                | Cody Gronvold .....                            | Rugby.....                        | 38.8 .....                               | 2006        |
| SHOT PUT .....                         | Seth Wisthoff .....                            | Glenburn .....                    | 55'7" .....                              | 2008        |
| DISCUS .....                           | Seth Wisthoff .....                            | Glenburn .....                    | 157'11" .....                            | 2008        |
| JAVELIN (Rubber Tipped-New Rules)..... | Reed Duchscher .....                           | Rugby.....                        | 172'4" .....                             | 2008        |
| HIGH JUMP .....                        | Len Brabrandt .....                            | Underwood .....                   | 6'6" .....                               | 1993        |
| LONG JUMP .....                        | Josh Trottier .....                            | Surrey.....                       | 22'2" .....                              | 2007        |
| TRIPLE JUMP.....                       | Jason Freuh .....                              | Rugby.....                        | 45'6 <sup>3</sup> / <sub>4</sub> " ..... | 1998        |
| POLE VAULT.....                        | Tom Heilman .....                              | Rugby.....                        | 15'0" .....                              | 1998        |
| 400 METER RELAY .....                  | Dockter.....<br>Limke<br>Bryans<br>Essler      | Minot Ryan .....                  | 44.0 .....                               | 1998        |
| 800 METER RELAY .....                  | Wittmeyer .....                                | Minot Ryan .....                  | 1:31.2.....                              | 1998        |
|  | Bryans<br>Essler<br>Dockter                    |                                   |  |             |
| 1600 METER RELAY .....                 | Koenig.....<br>Wiesenburger<br>Karlson<br>Auck | Underwood .....                   | 3:31.3.....                              | 1987        |
| 3200 METER RELAY .....                 | Rodin.....<br>Neygaard<br>Alba<br>Fartch       | Kenmare.....                      | 8:28.8.....                              | 1988        |