

# 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 .....	7.19 .....	2008
200 METER DASH .....	Sharisa Yri .....	Benson Co .....	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 Co .....	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			
4 x 400 METER RELAY .....	Justene Engels .....	New Rockford-Sheyenne/Wells Co ....	4:24.53 .....	2009
	Sarah Borgen			
	Bobbi Grann			
	July Erfle			
4 x 800 METER RELAY .....	Sydney Kraft .....	Rugby .....	10:49.37 .....	2012
	Alexis Thompson			
	Hannah Christenson			
	Lauren Christenson			

## 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 .....	Eric Kuntz .....	Rugby .....	7.59 .....	2010
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 .....	Jordan Fisk .....	Langdon .....	13'10" .....	2010
4 x 1 LAP RELAY .....	Jon Dinius .....	Langdon .....	1:16.63 .....	2010
	Jordan Fisk			
	Alex Feil			
	Dylan Crockett			
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