

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	Katelyn Engh	Benson County	2:25.09	2011
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	Amber Volanti	Northern Lights	121'6"	2010
HIGH JUMP	Erica Hohenstein	New Rockford	5'7"	1982
LONG JUMP	Brittany Berndt	Velva/Drake-Anamoose	18'1"	2012
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	Karin Selland	Rugby	10:06.09	2012
	Hannah Christenson			
	Lauren Christenson			
	Sydney Kraft			

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	Nigel Nageness	Rugby	21.91	2012
400 METER DASH	Travis Flick	Harvey/Wells County	50.69	2011
800 METER RUN	Kyle Volk	Rugby	2:00.34	2012
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			