

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	Jocelyn Dinius.....	Langdon Area.....	7.12	2015
200 METER DASH	Alexis Woods.....	Parshall	26.36	2014
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
	Lexy Wittmayer	Rolette/Wolford		2014
LONG JUMP	Sharisa Yri	Benson Co	18'2½".....	2009
TRIPLE JUMP	Heidi Selzler.....	Harvey	36¼".....	1998
POLE VAULT	Jocelyn Dinius.....	Langdon Area.....	9'6".....	2014
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	Nigel Hageness	Rugby.....	6.39	2013
200 METER DASH	Nigel Hageness	Rugby.....	23.50	2014
400 METER DASH	Tim Birkeland.....	New Rockford.....	51.59	1986
800 METER RUN	Ross Schilling	Harvey	2:03.87.....	2004
1600 METER RUN	Elliott Stone.....	Shiloh Christian	4:39.09.....	2015
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	Tucker Beck.....	Killdeer	1:16.35.....	2013
	Trenton Rohr			
	Jake Benson			
	Hunter Lincoln			
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