

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/Munich	6.91	2016
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	Jocelyn Dinius	Langdon Area/Munich	8.45	2016
SHOT PUT	Chelsea Hausauer	Velva/Sawyer	41'10"	2001
HIGH JUMP	Susie Keller	Harvey	5'6"	1992
	Lexy Wittmayer	Rolette/Wolford		2014, 2016
LONG JUMP	Sharisa Yri	Benson Co	18'2½"	2009
TRIPLE JUMP	Heidi Selzler	Harvey	36¼"	1998
POLE VAULT	Jocelyn Dinius	Langdon Area/Munich	10'6"	2016
4 x 1 LAP - 160 METER RELAY ..	Anna Knutson, Jamie Effertz	Velva/Drake	1:27.44	2008
	Brittany Berndt, Courtney Thingstad			
4 x 400 METER RELAY	Kristina Brossart, Maria Blessum	Rugby	4:24.37	2017
	Tristin Lunde, Anni Stier			
4 x 800 METER RELAY	Sydney Kraft, Alexis Thompson	Rugby	10:49.37	2012
	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	Payton Granger	Harvey-Wells County	6'5"	2016
LONG JUMP	Stephen Schilling	Mohall	22'5"	1995
TRIPLE JUMP	Tim Leier	Leeds/Maddock	43'0"	2003
POLE VAULT	Eric Schaper	Beulah	14'0"	2016
4 x 1 LAP - 160 METER RELAY ..	Tucker Beck, Trenton Rohr	Killdeer	1:16.35	2013
	Jake Benson, Hunter Lincoln			
4 x 400 METER RELAY	Paul Severson, Kevin Anderson	Fessenden	3:42.20	1985
	John Ahlborg, Kelly Risovi			
4 x 800 METER RELAY	Billy Orvis, Robert Prom	Fessenden	9:03.60	1985
	Kevin Anderson, Kelly Risovi			

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