

# 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
	Maria Blessum .....	Rugby .....		2019
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 .....	Isaac Huber .....	Edgeley/Kulm .....	2:01.63 .....	2018
1600 METER RUN .....	Isaac Huber .....	Edgeley/Kulm .....	4:29.94 .....	2018
3200 METER RUN .....	Robert White .....	New Town .....	10:06.75 .....	2018
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