

# 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 .....              | Bailey Retzlaff .....    | Carrington .....           | 134'6" .....   | 2014        |
| JAVELIN .....             | Kayla Hochhalter .....   | Carrington .....           | 153'0" .....   | 2014        |
| HIGH JUMP .....           | Erica Hohenstein .....   | New Rockford .....         | 5'7" .....     | 1982        |
|                           | Lexi Wittmayer .....     | Rolette/Wolford .....      |                | 2014        |
| LONG JUMP .....           | Brittany Berndt .....    | Velva/Drake-Anamoose ..... | 18'1" .....    | 2012        |
| TRIPLE JUMP .....         | Sharisa Yri .....        | Benson County .....        | 36'7" .....    | 2009        |
| POLE VAULT .....          | Maria Blessum .....      | Rugby .....                | 10'6" .....    | 2017, 2019  |
| 4 x 100 METER RELAY ..... | Leah Jans .....          | Harvey/Wells County .....  | 51.88 .....    | 2017        |
|                           | Makenna Vollmer .....    |                            |                |             |
|                           | Alison Peters .....      |                            |                |             |
|                           | Kari Wolfe .....         |                            |                |             |
| 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 .....      | Nigel Hageness .....   | Rugby .....                 | 10.49 .....    | 2014        |
| 200 METER DASH .....      | Nigel Hageness .....   | 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 .....      | Payton Smith .....     | Carrington .....            | 10:12.62 ..... | 2016        |
| 110 METER HURDLES .....   | Brian Hauff .....      | Harvey .....                | 14.97 .....    | 1996        |
| 300 METER HURDLES .....   | Brian Hauff .....      | Harvey .....                | 39.71 .....    | 1996        |
| SHOT PUT .....            | Dawson Schroeder ..... | Northern Lights .....       | 57'0" .....    | 2018, 2019  |
| DISCUS .....              | Brad Heidlebaugh ..... | Rugby .....                 | 159'10" .....  | 2015        |
| JAVELIN .....             | Jason Haagenen .....   | Leeds/Minnewaukan .....     | 179'2" .....   | 1992        |
| HIGH JUMP .....           | Charlie Bisbee .....   | Leeds .....                 | 6'7" .....     | 1984        |
| LONG JUMP .....           | Riley Miller .....     | Carrington .....            | 22'8½" .....   | 2014        |
| TRIPLE JUMP .....         | Bo Belquist .....      | New Rockford-Sheyenne ..... | 43'9¼" .....   | 2019        |
| POLE VAULT .....          | Bob Belquist .....     | New Rockford .....          | 13'5" .....    | 1971        |
| 4 x 100 METER RELAY ..... | Walker Carr .....      | Carrington .....            | 44.25 .....    | 2016        |
|                           | Connor Wendel .....    |                             |                |             |
|                           | Jacob Fandrich .....   |                             |                |             |
|                           | Kaden Wolsky .....     |                             |                |             |
| 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 .....      |                             |                |             |