

## GIRLS' TRACK & FIELD

### NORTH DAKOTA STATE TRACK & FIELD OVERALL RECORDS

Event	Present Holder	School	Record	Year
100 Meter Dash	Heather Zander	Mandan	12.20	2005
200 Meter Dash	Whitney Carlson	Carrington	24.95	2006
400 Meter Dash	Laura Roesler	Fargo South	55.56	2007
800 Meter Run	Laura Roesler	Fargo South	2:10.78	1998
1600 Meter Run	Becki Wells	Dickinson	4:44.44	1993
3200 Meter Run	Krista Anderson	Benson County	10:36.95	2004
100 Meter Hurdles	Whitney Carlson	Carrington	14.33	2005
300 Meter Hurdles	Whitney Carlson	Carrington	42.26	2006
Long Jump	Whitney Carlson	Carrington	19-05.50	2006
High Jump	Halley Odegaard	Kindred	5-09.25	2003
Shot Put	Briona Reynolds	GF Red River	48-02.75	2001
Discus	Briona Reynolds	GF Red River	172-00.00	1999
*Javelin	Katie Wilson	GF Red River	148-03.00	2002
Triple Jump	Crystal Cummins	Fargo South	39-04.25	1998
Pole Vault	Kelsey Aide	Bottineau	12-04.00	2006
4x100 Meter Relay	Allison Streyle, Heather Zander, Jenny Bachmeier, Brooke Wehri	Mandan	48.88	2003
4x200 Meter Relay	Cheri Boyer, Jennifer Ellefson, Tracy Mauch, Kim Stark	Milnor/Wyndmere/ Lidgerwood	1:43.41	2006
4x400 Meter Relay	Megan Luther, Kaitlin Streyle, Anna Taylor, Allison Streyle	Mandan	4:00.08	2003
4x800 Meter Relay	Jessie Kindschi, Melissa Jacobson, Katie Reim, Beth Hoge	Bismarck Century	9:29.79	1999

**\*2002 First year to use tailwind javelin**

### NORTH DAKOTA CLASS A GIRLS' STATE TRACK & FIELD RECORDS

Event	Present Holder	School	Record	Year
100 Meter Dash	Heather Zander	Mandan	12.20	2005
200 Meter Dash	Heather Zander	Mandan	25.05	2005
400 Meter Dash	Laura Roesler	Fargo South	55.56	2007
800 Meter Run	Laura Roesler	Fargo South	2:10.78	1998
1600 Meter Run	Becki Wells	Dickinson	4:44.44	1993
3200 Meter Run	Carly Emil	Mandan	10:37.14	2000
100 Meter Hurdles	McKenzie Mehlich	Fargo South	14.56	2005
300 Meter Hurdles	DaNae Carlson	Minot	43.30	2002
Long Jump	McKenzie Mehlich	Fargo South	19-03.25	2005
High Jump	Cindy Leingang	Mandan	5-08.25	1993
Shot Put	Briona Reynolds	GF Red River	48-02.75	2001
Discus	Briona Reynolds	GF Red River	172-00.00	1999
*Javelin	Katie Wilson	GF Red River	148-03.00	2002
Triple Jump	Crystal Cummins	Fargo South	39-04.25	1998
Pole Vault	Julie Strenkowski	GF Central	12-00.00	2003
4x100 Meter Relay	Allison Streyle, Heather Zander, Jenny, Bachmeier, Brooke Wehri	Mandan	48.88	2003
4x200 Meter Relay	Kelsey Reimnitz, Devon Wentz, Shalee Schoch, Kacie Sweep	Bismarck	1:43.51	2004
4x400 Meter Relay	Megan Luther, Kaitlin Streyle, Anna Taylor, Allison Streyle	Mandan	4:00.08	2003
4x800 Meter Relay	Jessie Kindschi, Melissa Jacobson, Katie Reim, Beth Hoge	Bismarck Century	9:29.79	1999

**\*2002 First year to use tailwind javelin**

# **NORTH DAKOTA CLASS B GIRLS' STATE TRACK & FIELD RECORDS**

<b>Event</b>	<b>Present Holder</b>	<b>School</b>	<b>Record</b>	<b>Year</b>
100 Meter Dash	Jessi Melland	Hazen	12.33	1993
200 Meter Dash	Whitney Carlson	Carrington	24.95	2006
400 Meter Dash	Kinsey Coles	Hillsboro	56.58	1999
800 Meter Run	Christine Bruins	Watford City	2:13.46	2005
1600 Meter Run	Lindsay Anderson	Benson County	4:56.96	2005
3200 Meter Run	Krista Anderson	Benson County	10:36.95	2004
100 Meter Hurdles	Whitney Carlson	Carrington	14.33	2005
300 Meter Hurdles	Whitney Carlson	Carrington	42.26	2006
Long Jump	Whitney Carlson	Carrington	19-05.50	2006
High Jump	Halley Odegaard	Kindred	5-09.25	2003
Shot Put	Jessica Sommerfeld	Lisbon	48-02.50	1997
Discus	Sara Neubauer	Bottineau	148-08.00	2006
*Javelin	Sara Neubauer	Bottineau	143-02.00	2006
Triple Jump	Sarah Fegley	Bishop Ryan	38-09.75	2007
Pole Vault	Kelsey Aide	Bottineau	12-04.00	2006
4x100 Meter Relay	Kadee Kurtz, Ashley Friezen, Adriana Friezen, Nora Thompson	Carrington	50.01 ( <b>Set Prelims</b> )	2004
4x200 Meter Relay	Cheri Boyer, Jennifer Ellefson, Tracy Mauch, Kim Stark	Milnor/Wyndmere/ Lidgerwood	1:43.41	2006
4x400 Meter Relay	Jane Aljets, Whitney Carlson, Sarah Klein, Adriana Friezen	Carrington	4:02.50	2002
4x800 Meter Relay	AnnaLeigh Brady, Nicole Wells, Natika Baker, Phoebe Garcia	New Town	9:37.41	2003

**\*2002 First year to use tailwind javelin**