

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	Courtney Thingstad	Velva	7.19	2008
200 METER DASH	Sharisa Yri	Benson Co	26.93	2009
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
LONG JUMP	Sharisa Yri	Benson Co	18'2½"	2009
TRIPLE JUMP	Heidi Selzler	Harvey	36¼"	1998
POLE VAULT	Kelsey Aide	Bottineau	9'0"	2003
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-Shey/Wells Co	4:24.53	2009
	Sarah Borgen			
	Bobbi Grann			
	July Erfle			
4 x 800 METER RELAY	Mackenzie Bullinger	Benson County	10:51.25	2009
	Katelynn Engh			
	Erin Leier			
	Katie Rice			

Boys

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
55 METER DASH	Dennis Britton	Mohall/Sherwood	6.46	2002
200 METER DASH	Scott Frueh	Rugby	23.61	1993
400 METER DASH	Tim Birkeland	New Rockford	51.59	1986
800 METER RUN	Ross Schilling	Harvey	2:03.87	2004
1600 METER RUN	Justin Marsette	Fort Berthold	4:41.02	2002
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	Jon Dinius	Langdon	1:16.63	2010
	Jordan Fisk			
	Alex Feil			
	Dylan Crockett			
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