

GIRLS' TRACK & FIELD

NORTH DAKOTA STATE TRACK & FIELD OVERALL RECORDS

Event	Present Holder	School	Record	Year
100 Meter Dash	Morgan Milbrath	Minot	11.97 Prelims	2010
200 Meter Dash	Morgan Milbrath	Minot	24.32 Prelims	2010
400 Meter Dash	Laura Roesler	Fargo South	53.25	2010
800 Meter Run	Laura Roesler	Fargo South	2:10.78	2008
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 Prelims	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	Kaitlyn Friedt, Amanda Bennes, Twila Moser, Bailey Reiner	Bismarck	48.76 Prelims	2010
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	Morgan Milbrath	Minot	11.97 Prelims	2010
200 Meter Dash	Morgan Milbrath	Minot	24.32 Prelims	2010
400 Meter Dash	Laura Roesler	Fargo South	53.25	2010
800 Meter Run	Laura Roesler	Fargo South	02:10.78	2008
1600 Meter Run	Becki Wells	Dickinson	04:44.44	1993
3200 Meter Run	Carly Emil	Mandan	10:37.14	2000
100 Meter Hurdles	McKenzie Mehlich	Fargo South	14.56	2005

300 Meter Hurdles	Ellie Grooters	West Fargo	42.51	2010
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	Kaitlyn Friedt, Amanda Bennes, Twila Moser, Bailey Reiner	Bismarck	48.76 Prelims	2010
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 A GIRLS' RETIRED TRACK & FIELD RECORDS				
Event	Present Holder	School	Record	Year
100 Yard Dash	Dona Fischer	Dickinson	11.48	1974
220 Yard Dash	Carole Holzer	Bismarck St. Mary's	26.3	1977
440 Yard Dash	Laurie Gillis	Minot	58.4	1978
	Michele Gab	Dickinson	58.4	1979
880 Yard Run	Deb Gregerson	Fargo South	2:17.4	1979
Mile Run	Teri Wegner	Jamestown	5:06.9	1976
110 Yard Hurdles	Laurie Rostad	Minot	14.8	1977
*Shot Put	Betty Robinson	Minot	43-02	1978
**Javelin	Karyn Szarkowski	Bismarck St. Mary's	162-08.00	1983
****Javelin	Charyl Weingarten	GF Red River	162-03.00	1997
440 Yard Relay	Fischer, Ebner, Lemieux, Miller	Fargo Shanley	51.04	1975
	Pasicznyk, Heiser, Woehl, Kuhl	Dickinson	51.04	1979
880 Yard Relay	Soukup, Braun, Lemieux, Ebner	Fargo Shanley	1:47.0	1976
880 Yd Medley Relay	Gillis, Bredahl, Selk, Rostad	Minot	1:49.3	1978
Mile Relay	Hughes, Semrau, Zieske, Olson	Williston	4:03.7	1978
****2400 Meter Run	Leslie Randich	Bismarck Century	8:03.70	1980

***200 Meter Hurdles	Becki Markle	Minot	29.26	1981
***800 Meter Medley Relay	Koehmsted, Feasel, Nuelle, S. Field	Langdon	1:51.13	1980
*Retired in 1979 because of change to 4Kg. shotput (8 lbs. 13 oz)				
**Retired in 1990 and replaced with rubber tipped javelin				
***Retired in 1981 and replaced with the 3200 Meter Run, 300 Meter Hurdles and 3200 Meter Relay beginning in 1982				
****Retired in 2001, replaced by tailwind javelin				
NOTE: Running records, other than last three, retired in 1980 when events went to metric distances.				

NORTH DAKOTA CLASS B GIRLS' STATE TRACK & FIELD RECORDS				
Event	Present Holder	School	Record	Year
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 Prelims	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 (Set in Prelims)	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	09:37.41	2003
*2002 First year to use tailwind javelin				

NORTH DAKOTA CLASS B GIRLS' RETIRED TRACK & FIELD RECORDS				
Event	Present Holder	School	Record	Year
100 Yard Dash	Carol Cornell	Belfield	11.44	1974
220 Yard Dash	Renee Anderson	Marion	25.4	1977
440 Yard Dash	Laurie Neshem	Berthold	59.1	1977
880 Yard Run	Becky Oberfoell	Bowman	02:20.7	1977
Mile Run	Becky Oberfoell	Bowman	05:28.3	1977
110 Yard Hurdles	Monica Jawaski	Marion	15.2	1978
*Shot Put	Kelly Zarak	South Heart	41-06.34	1976
***** Javelin	Whitney Meier	Rolla	146-04.0	1990
***** Javelin	Mandi Peterson	Larimore	146-06.00	1997
440 Yard Relay	Sax, Snyder, Johnson, Fox	Watford City	51.0	1977
880 Yard Relay	Fox, Johnson, Sax, Snyder	Watford City	01:47.5	1978
880 Yard Medley Relay	Olson, Anton, Lutes, Oberfoell	Bowman	01:53.5	1977
Mile Relay	P. Burns, T. Burns, Anton, Johnson	Bowman	04:10.3	1978
**2400 Meter Run	Lisa Voegeli	Ellendale	08:34.82	1981
**200 Meter Hurdles	Lisa Hennessy	Berthold	30.03	1981
***800 Meter Medley Relay	P. Schmidt, Wilke, K. Schmidt, Eliason	Mayville-Portland	01:52.57	1981
****1600 Meter Medley Relay	Ingebretson, Garrett, Camp, Eliason	Mayville-Portland	04:21.5	1984
*Retired in 1979 because of change to 4 Kg. Shot Put (8lbs. 13 oz.)				
**Retired in 1981 and replaced with the 3200 Meter Run, 300 Meter Hurdles and 3200 Meter Relay beginning in 1982				
***Retired in 1984 and replaced with the 1600 Meter Relay				
****Retired in 1984 and replaced with the 800 Meter Relay				
*****Retired in 2001 and replaced with the tailwind javelin				
NOTE: Running records, other than last three retired in 1980 when events went to metric distances				