

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 |
| 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

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|------------------------|-------------------------|-----------------|----------------|------|
| 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

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|------------------------|-----------------------|--------------------------|---------------|------|
| 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 |