

# 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 .....           | Kelsie Belquist.....                   | New Rockford-Sheyenne ..... | 26.19 .....   | 2022        |
| 400 METER DASH .....           | Kelsie Belquist.....                   | New Rockford-Sheyenne ..... | 59.27 .....   | 2022        |
| 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 .....              | Kelsie Belquist.....                   | New Rockford-Sheyenne ..... | 37'3".....    | 2022        |
| POLE VAULT .....               | Jocelyn Dinius .....                   | Langdon Area/Munich .....   | 10'6".....    | 2016        |
|                                | Maria Blessum .....                    | Rugby .....                 |               | 2019        |
| 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 .. | Isaac Friese, Tallen Thorson.....   | Harvey/Wells County ..... | 1:15.71 ..... | 2022        |
|                                | Kayl Seig, Madden Thorson           |                           |               |             |
| 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

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