

CENTRAL NORTH DAKOTA CONFERENCE OUTDOOR MEET RECORDS

Girls

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 METER DASH	Carla Buckingham	Leeds/Maddock	12.06	1999
200 METER DASH	Kelsie Belquist	New Rockford-Sheyenne	25.61	2022
400 METER DASH	Kelsie Belquist	New Rockford-Sheyenne	58.70	2021
800 METER RUN	Katelyn Engh	Benson County.....	2:25.09.....	2011
1600 METER RUN	Lindsay Anderson	Benson County.....	5:15.28.....	2006
3200 METER RUN	Lindsay Anderson	Benson County.....	10:37.41.....	2006
100 METER HURDLES	Kelsie Belquist	New Rockford-Sheyenne	15.06	2022
300 METER HURDLES	Bobbie Grann.....	Benson County.....	45.03	2006
SHOT PUT	Leah Wentz.....	Rugby.....	41'4".....	2008
DISCUS	Bailey Retzlaff.....	Carrington.....	134'6".....	2014
JAVELIN	Kayla Hochhalter	Carrington.....	153'0".....	2014
HIGH JUMP	Erica Hohenstein	New Rockford.....	5'7".....	1982
	Lexi Wittmayer	Rolette/Wolford		2014
LONG JUMP	Brittany Berndt.....	Velva/Drake-Anamoose	18'1".....	2012
TRIPLE JUMP	Sharisa Yri.....	Benson County.....	36'7".....	2009
POLE VAULT	Maria Blessum.....	Rugby.....	10'6".....	2017, 2019
4 x 100 METER RELAY.....	Leah Jans	Harvey/Wells County	51.88	2017
	Makenna Vollmer			
	Alison Peters			
	Kari Wolfe			
4 x 200 METER RELAY.....	Kelsea Volk.....	Rugby.....	1:49.26.....	2007
	Ashley Salwey			
	Morgan Gronvold			
	Kirsten Welk			
4 x 400 METER RELAY.....	Brittney Thingstad.....	Velva/Drake	4:11.43.....	2008
	Sarah Weidler			
	Kara Kuntz			
	Courtney Thingstad			
4 x 800 METER RELAY.....	Keely Arnston	Benson County.....	10:04.57.....	2021
	Aubrey Kenner			
	Kinsey Arnston			
	Quinn Neppl			

Boys

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Record</u>	<u>Year</u>
100 METER DASH	Nigel Hageness	Rugby.....	10.49	2014
200 METER DASH	Nigel Hageness	Rugby.....	21.91	2012
400 METER DASH	Travis Flick.....	Harvey/Wells County	50.69	2011
800 METER RUN	Kyle Volk.....	Rugby.....	2:00.34.....	2012
1600 METER RUN	Dan Heckaman	New Rockford.....	4:38.11.....	1991
3200 METER RUN	Payton Smith	Carrington.....	10:12.62.....	2016
110 METER HURDLES	Brian Hauff.....	Harvey	14.97	1996
300 METER HURDLES	Brian Hauff.....	Harvey	39.71	1996
SHOT PUT	Dawson Schroeder	Northern Lights.....	57'0".....	2018, 2019
DISCUS	Brad Heidlebaugh	Rugby.....	159'10".....	2015
JAVELIN	Jason Haagenen.....	Leeds/Minnewaukan.....	179'2".....	1992
HIGH JUMP	Charlie Bisbee	Leeds	6'7".....	1984
LONG JUMP	Riley Miller	Carrington.....	22'8½".....	2014
TRIPLE JUMP	Bo Belquist.....	New Rockford-Sheyenne	43'9¼".....	2019
POLE VAULT	John Fischer	Benson County.....	14'3½".....	2021
4 x 100 METER RELAY.....	Walker Carr.....	Carrington.....	44.25	2016
	Connor Wendel			
	Jacob Fandrich			
	Kaden Wolsky			
4 x 200 METER RELAY.....	Mike Flach	Harvey	1:33.12.....	1996
	Brian Hauff			
	Eric Cahill			
	Scott Selzer			
4 x 400 METER RELAY.....	Bryant Halvorson	Rugby.....	3:31.97.....	2009
	Josh Houim			
	Aaron Teigen			
	Dylan Yoder			
4 x 800 METER RELAY.....	Dustin Jundt.....	Rugby.....	8:31.22.....	2009
	David McAtee			
	Kyle Volk			
	Dylan Yoder			