

RUGBY JOHNSEN FIELD GIRLS TRACK & FIELD RECORDS

<u>EVENT</u>	<u>HOLDER</u>	<u>SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100 METER DASH.....	Kelsey Aide.....	Bottineau	12.2.....	2006
	Kelsie Belquist	New Rockford-Sheyenne		2022
200 METER DASH.....	Kelsey Aide.....	Bottineau	25.3.....	2005
400 METER DASH.....	Kelsie Belquist.....	New Rockford-Sheyenne.....	56.5.....	2022
800 METER RUN	Lindsay Anderson	Benson County.....	2:18.8.....	2008
	Gracie Wright	Hillsboro/Central Valley		2017
1600 METER RUN	Lindsay Anderson	Benson County.....	5:04.6.....	2004
3200 METER RUN	Lindsay Anderson	Benson County.....	10:41.8.....	2007
100 METER HURDLES	Adrianna Friezen.....	Carrington	14.5.....	2004
300 METER HURDLES	Kelsie Belquist	New Rockford-Sheyenne.....	43.2.....	2022
SHOT PUT	Tara Copenhaver.....	Carrington	44' 1½"	2000
DISCUS	Sara Neubauer.....	Bottineau	142'9"	2006
JAVELIN (Rubber Tipped-New Rules).....	Kari Wolfe	Harvey/Wells County	149'0"	2017
HIGH JUMP	Lexy Wittmayer	Rolette/Wolford.....	5'8"	2014
LONG JUMP	Whitney Carlson	Carrington	18'6½"	2005
TRIPLE JUMP.....	Sarah Fegley.....	Minot Bishop Ryan	38'8"	2007
POLE VAULT.....	Kelsey Aide.....	Bottineau	12'0"	2006
4 x 100 METER RELAY.....	Paige Hetzler	Beulah	50.2.....	2021
	Jenna Koppelsloen			
	Aisha Zaffino			
	Kinsey Zuroff			
4 x 200 METER RELAY.....	Anna Knutson, Brittany Berndt	Velva/Drake.....	1:48.2.....	2008
	Brittney Thingstad, Courtney Thingstad			
	Kelsea Volk, Emily Paul	Rugby		2008
	Casandra Blessum, Kirsten Welk			
4 x 400 METER RELAY.....	Jocelyn Dinius, Sydney Ellingson	Langdon/Munich		2012
	Julie Dinius, McKenzie Hart			
	Kinsey Zuroff.....	Beulah	4:08.1	2021
	Jenna Koppelsloen			
	Paige Hetzler			
	Harys Beauchamp			
4 x 800 METER RELAY.....	Bobby Grann.....	Benson County.....	9:29.9	2004
	Krista Anderson			
	Jordan Callahan			
	Lindsay Anderson			