

# WEST REGION/WESTERN DAKOTA ASSOCIATION TRACK MEET

## BOYS RECORDS – All times are FAT

100 Meter Dash	John Welk, St. Mary's	10.72 - 2010
200 Meter Dash	Dylan McGlothlin, Legacy	21.38 - 2023
400 Meter Dash	Landon Jochim, Century	48.17 - 2014
800 Meter Run	Ethan Moe, Williston	1:54.43- 2023
1600 Meter Run	Jake Leingang, Bismarck	4:05.63 - 2013
3200 Meter Run	Jake Leingang, Bismarck	9:07.58 - 2012
110 Meter Hurdles	Brooks Turner, Century	14.04 - 2023
300 Meter Hurdles	Drew Wiseman, Century	37.96- 2013
400 Meter Relay	Legacy (Talen Farland, Reece Snow, Evan Hoffer, Nathan Mathern)	41.57 – 2023
800 Meter Relay	Dickinson (Brad Decker, Alan Schafer, Nathan Dvorak, Jason Kukla)	1:29.74 - 1998
1600 Meter Relay	Century (Dominic Neameyer, Jacob Richter, Andrew Steinwand, Landon Jochim)	3:18.96 - 2014
3200 Meter Relay	Century (Mason Kindel, Ethen Bender Jacob Renz, Chance Bowlinger)	7:51.69- 2021
High Jump	Shawn Gabbert, Dickinson	6'9 1/4" - 1998
Long Jump	Max Cook, Century	23'4" - 2016
Triple Jump	Chad Oukrop, Dickinson	46'4 3/4" - 2001
Pole Vault	Kyle Herman, Century	15'3 3/4" - 2000
Shot Put	Howard Hausauer, Bismarck	64'7" - 1987
Discus	Dave Bergloff, Century	184'6" - 1990
Javelin	Brock Oukrop, Dickinson	210' 4" 1999

(Updated 04/17/2024)

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## GIRLS RECORDS All times are FAT

100 Meter Dash	Morgan Milbrath - Minot	11.98 - 2012
200 Meter Dash	Morgan Milbrath - Minot	24.35 - 2012
400 Meter Dash	Morgan Milbrath, Minot	56.27 - 2010
800 Meter Run	Becki Wells, Dickinson	2:11.54 - 1992
1600 Meter Run	Carly Emil, Mandan	4:56.79 - 2002
3200 Meter Run	Brecca Wahlund, Minot	10:45.98 – 2011
100 Meter Hurdles	Heather Zander, Mandan	14.63 - 2005
300 Meter Hurdles	McKayla, Orr, Jamestown	43.98 - 2014
400 Meter Relay	Minot (Faith Brown, Makayla Whitfield, Rachel Nwankwo, Maicee Burke)	48.23 - 2023
800 Meter Relay	Minot (Faith Brown, Eve Knutson, Maicee Burke, Emily Mattern)	1:43.37 - 2023
1600 Meter Relay	Dickinson (Brie Lynch, Jess Herauf, Leslie Beaudoin, Nicole Messer)	3:59.05 - 2009
3200 Meter Relay	Watford City (Fallon Sampsel, Savanna Olson Katie Olson, Jaelyn Ogle)	9:40.21 - 2023
High Jump	Katelyn Steffan - Dickinson	5' 7.50" - 2005
Long Jump	Lacy Hinzpeter, Minot	19'3" - 1997
Triple Jump	Blythe Ehrmantraudt, Bismarck	37' 7.75" - 2017
Shot Put	Anthonett Nabwe, Jamestown	48' 1" - 2021
Discus	Amanda Solberg, Minot	161' 10' – 2005
Javelin	Taylor Leingang, Mandan	147' 7" - 2021
Pole Vault	Lauren Gietzen, Century	12'1" - 2014

(Updated 04/17/2024)