

SOUTHEAST REGION TRACK AND FIELD MEET
Lisbon High School
May 18th, 2024

10:00 Javelin (Girls followed by Boys) **Best throwers will throw first in Javelin*
Shot Put (Boys followed by Girls)
Discus (Girls followed by Boys)
Long Jump (Boys followed by Girls)
Triple Jump (Girls followed by Boys)
Pole Vault (Girls followed by Boys)
High Jump (Boys followed by Girls)

11:00 4 x 800 Meter Relay
300 Meter Hurdles
100 Meter Dash
4 x 200 Meter Relay
1600 Meter Run
4 x 100 Meter Relay
400 Meter Dash

30 Minute Break -- Awards presented for all completed events

100 Meter Hurdles (G)
110 Meter Hurdles (B)
800 Meter Run
200 Meter Dash
3200 Meter Run--Awards presentation will resume during the 3200
4 x 400 Meter Relay

Notes:

- 1. All running events will be timed finals. The fastest heat will run first in all running events.**
- 2. Boys will run first, followed by Girls in each track event with the exception of the 100/110 Meter Hurdles**

Southeast Region Track & Field Records

Boys

Event	Name	School	Performance	Year
100 meters	Trey Lunneborg	M-W-L	10.98	2018
200 meters	Trey Lunneborg	M-W-L	22.17	2019
400 meters	James Hollister	Northern Cass	49.95	2015
800 meters	Isaac Huber	Edgeley-Kulm	1:59.77	2018
1600 meters	Keaton Olson	Kindred	4:35.46	2023
3200 meters	Cody Christ	BCN	10:05.02	2012
110 hurdles	Trey Heinrich	Kindred	14.54	2023
300 hurdles	Maverick Coleman	Lisbon	39.80	2017
Pole vault	Austin Pithey	Lisbon	14'0"	2016
High jump	Paul Olson	Kindred	6'8"	2022
	Jaiden Peraza	Kindred	6'8"	2022
Long jump	Kellemon Hinton	Ellendale	22'9.5"	2014
Triple jump	Luke Foertsch	M-W-L	46'10"	2018
Shot put	Riley Sunram	Kindred	59'10"	2023
Discus	Austin Widmer	Fargo Oak Grove	166'11"	2019
Javelin	Kyle Odegard	Lisbon	193'8"	2016
400 relay	Jorgen Swenson, Zander Rath	Kindred	43.96	2023
	Cam Schwartzwalter, Masen Allmaras			
800 relay	Dallas Brandt, Alex Rossow	Kindred	1:32.37	2019
	Gunnar Braaten, Devonte Figueroa			
1600 relay	Seth Adkins, Joe Hoff	Northern Cass	3:32.52	2015
	Jared Dullum, James Hollister			
3200 relay	Tanner Smith, Zane Gruba	MV-E	8:24.80	2017
	Michael Vavra, Arthur Punton			

Girls

Event	Names	School	Performance	Year
100 meters	Elise Wisnewski	Central Cass	12.13	2023
200 meters	Elise Wisnewski	Central Cass	24.56	2023
400 meters	Brea Sweet	Lisbon	58.99	2023
800 meters	Peyton Frolek	M-W-L	2:22.61	2014
1600 meters	Peyton Frolek	M-W-L	5:19.70	2016
3200 meters	Mara Kempel	Lisbon	12:02.79	2022
100 hurdles	Emma Muggli	Oakes	15.45	2023
300 hurdles	Elsa Ingebrigtsen	Kindred	45.84	2023
Pole vault	Brittany Dixon	Fargo Oak Grove	10'6"	2015/16
High jump	Vanessa Johnson	Northern Cass	5'9"	2014
Long jump	Meghan Johnson	MV-E	18'6"	2014
Triple jump	Tessa Schroeder	MV-E	36'9.25"	2018
Shot put	Olivia Johnson	Richland	43'3"	2012
Discus	Payton Packer	Kindred	123'0"	2018
Javelin	Kendra Odegard	Lisbon	136'0"	2019
400 relay	Mayzee Jacobson, Decontee Smith	Central Cass	49.71	2023
	Grace Lemar, Elise Wisnewski			
800 relay	Mayzee Jacobson, Olivia Ellenson	Central Cass	1:47.56	2022
	Olivia Siverson, Elise Wisnewski			
1600 relay	Alexa Braaten, Victoria Braaten	Kindred	4:12.16	2012
	Sierra Martinez, Iveta Harner			
3200 relay	Ashley Peterson, Shelby Roney	Oakes	10:02.39	2012
	Shelby Gelinske, Nicole Warren			