

KINDRED HIGH SCHOOL, KINDRED, ND
TRACK & FIELD "TOP 10" RECORDS
OUTDOOR ~ BOYS

100 Meter Dash

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Xander Rath	10.99	SE Regionals	Casselton	5/19/2023	
2	Justin Anders	11.04	Wild Rice Conference	Kindred	5/1/2014	10.74
3	Damien Girodat	11.10	ND State Track & Field Meet (Prelims)	Bismarck	5/23/2008	
4	Paul Olson	11.14	ND State Track & Field Meet (Prelims)	Bismarck	5/27/2022	
5	Brent Plante	11.19	ND State Track & Field Meet (Prelims)	Bismarck	5/23/2008	
6	Justin Anders	11.22	ND State Track & Field Meet (Prelims)	Bismarck	5/23/2014	
7	Scott Cramer	11.24	District 2	Kindred	5/6/2014	10.93
8	Masen Allmaras	11.27	ND State Track & Field Meet (Prelims)	Bismarck	5/26/2023	
9	Presley Peraza	11.30	Oakes Invite	Oakes HS	4/25/2024	
9	Devonte Figueroa	11.30	SE Regionals	Kindred	5/19/2018	

200 Meter Dash

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Paul Olson	22.47	ND State Track & Field Meet (Prelims)	Bismarck	5/27/2022	
2	Jaiden Peraza	22.48	ND State Track & Field Meet (Prelims)	Bismarck	5/27/2022	
3	Justin Anders	22.54	Wild Rice Conference	Kindred	5/1/2014	22.22
4	Eric Bachmeier	22.54	Wild Rice Conference	Kindred	5/1/2014	22.25
5	Gunnar Braaten	22.59	SE Regionals	Casselton	5/17/2019	
6	Dallas Brandt	22.60	SE Regionals	Casselton	5/17/2019	
7	Xander Rath	22.65	SE Regionals	Casselton	5/19/2023	
7	Jake Freitag	22.65	Packer Relays	West Fargo HS	5/5/2017	
9	Damien Girodat	22.73	ND State Track & Field Meet (Prelims)	Bismarck	5/24/2008	
10	Steve Jahnke	22.84	Cass County	West Fargo HS	5/7/1983	22.58

400 Meter Dash

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Paul Olson	49.98	ND State Track & Field Meet (Finals)	Bismarck	5/28/2022	
2	Eric Bachmeier	50.08	ND State Track & Field Meet (Finals)	Bismarck	5/23/2014	
3	Jaiden Peraza	50.95	ND State Track & Field Meet (Finals)	Bismarck	5/28/2022	
4	Scott Cramer	51.29	ND State Track & Field Meet (Prelims)	Bismarck	5/22/2014	
5	Steve Jahnke	51.34	Region 1	NDSCS – Wahpeton	5/16/1983	51.03
6	Ethan Lingen	51.36	ND State Track & Field Meet (Finals)	Bismarck	5/27/2017	
7	Gunnar Braaten	51.89	ND State Track & Field Meet (Finals)	Bismarck	5/26/2018	
8	Keaton Olson	52.12	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
9	Damien Girodat	52.14	District 2	<Unknown>	5/5/2008	51.81
10	Brenden Fowler	52.17	Mustang Invitational	WF Sheyenne	5/10/2018	

800 Meter Run

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Caaden Rath	1:58.56	ND State Track & Field Meet	Bismarck	5/29/2021	
2	Keaton Olson	2:00.12	ND State Track & Field Meet	Bismarck	5/27/2023	
3	Ethan Schaffer	2:00.59	ND State Track & Field Meet	Bismarck	5/28/2022	
4	Ryan Davis	2:00.87	ND State Track & Field Meet	Bismarck	5/26/2018	
5	Ethan Lingen	2:00.99	ND State Track & Field Meet	Bismarck	5/27/2017	
6	Lucas Dahl	2:01:58	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
7	Cole Campbell	2:01.79	FCCU True Team Meet	University of Jamestown	5/9/2023	
8	Race Heitkamp	2:02.28	ND State Track & Field Meet	Bismarck	5/26/2012	
9	Gunnar Braaten	2:03.76	TK Last Chance	Concordia College	5/13/2019	
10	Jacob Lingen	2:04.60	ND State Track & Field Meet	Bismarck	5/23/2014	

1600 Meter Run

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Keaton Olson	4:22.22	ND State Track & Field Meet	Bismarck	5/26/2023	
2	Ethan Schaffer	4:33.09	ND State Track & Field Meet	Bismarck	5/27/2022	
3	Cole Campbell	4:35.90	ND State Track & Field Meet	Bismarck	5/26/2023	
4	Steve Walberg	4:36.04	ND State Track & Field Meet	Valley City	5/25/1968	4:35.80
5	Caaden Rath	4:36.39	ND State Track & Field Meet	Bismarck	5/28/2021	
6	Race Heitkamp	4:36.64	Kindred Invitational	Kindred	5/14/2010	4:36.33
7	Lucas Dahl	4:37.27	Sheyenne Invitational	West Fargo Sheyenne	4/12/2024	
8	Shane Gustafson	4:40.44	Region 1	NDSCS – Wahpeton	5/18/1991	4:40.14
9	Greg Olson	4:40.64	ND State Track & Field Meet	Minot	5/27/1967	4:40.40
10	Dan Kadrmas	4:40.84	Central Cass Booster Club	Casselton	5/11/1986	4:40.58

3200 Meter Run

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Keaton Olson	9:48.85	Howard Wood Dakota Relays	Sioux Falls, SD	5/5/2023	
2	Lucas Dahl	10:02.97	Fargo Elite Meet	NDSU	4/20/2024	
3	Cole Campbell	10:02.98	ND State Track & Field Meet	Bismarck	5/25/2023	
4	Ethan Schaffer	10:05.34	ND State Track & Field Meet	Bismarck	5/29/2021	
5	Caaden Rath	10:09.10	Central Cass Invitational	Casselton	5/8/2021	
6	Cade Westby	10:20.34	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
7	Elija Deck	10:20.36	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
8	Tyler Gronwold	10:25.37	Blue Jay True Team Invitational	University of Jamestown	5/7/2024	
9	Shane Gustafson	10:27.24	Region 1	Concordia College	5/13/1991	10:26.91
10	Jaxon Handt	10:31.98	ND State Track & Field Meet	Bismarck	5/25/2013	

110 Meter Hurdles

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Trey Heinrich	14.45	ND State Track & Field Meet (Prelims)	Bismarck	5/26/2023	
2	Kadin Olson	15.20	SE Regionals	Casselton	5/17/2019	
3	Eric Bachmeier	15.42	ND State Track & Field Meet (Finals)	Bismarck	5/23/2014	
4	Eli Heinrich	15.55	ND State Track & Field Meet (Prelims)	Bismarck	5/28/2021	
5	Lee Jordheim	16.01	ND State Track & Field Meet (Prelims)	Grand Forks	5/25/1991	
6	Michael Waltz	16.03	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
7	Dan Wessels	16.14	Oak Grove Last Chance	Concordia College	5/12/2003	15.88
8	Izaak Spelhaug	16.38	Soaring Eagle Invitational	Fargo Davies HS	5/10/2024	
8	Caleb Klabunde	16.38	JHS True Team Meet	University of Jamestown	5/10/2022	
10	Avery Dockter	17.04	Milnor Invitational	Milnor	5/12/1997	16.77

300 Meter Hurdles

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Eric Bachmeier	38.86	ND State Track & Field Meet (Finals)	Bismarck	5/23/2014	
2	Trey Heinrich	39.97	ND State Track & Field Meet (Finals)	Bismarck	5/27/2023	
3	Scott Cramer	40.69	ND State Track & Field Meet (Finals)	Bismarck	5/23/2014	
4	Eli Heinrich	41.15	ND State Track & Field Meet (Finals)	Bismarck	5/29/2021	
5	Randy Cramer	41.16	ND State Track & Field Meet (Finals)	Valley City	5/21/1983	
6	Michael Waltz	41.78	SE Regionals	VCSU – Valley City	5/18/2013	
7	Kadin Olson	41.81	SE Regional	Casselton	5/17/2019	
8	Dan Wessels	43.04	Gerrell's Track & Field Meet	Grand Forks	5/7/2003	42.77
9	Avery Dockter	43.34	WRC Outdoor	NDSCS – Wahpeton	5/9/1996	43.06
10	Caleb Klabunde	43.60	JHS True Team Meet	University of Jamestown	5/10/2022	

4x100 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Charlie Biewer, Xander Rath, Cam Schwartzwalter, Masen Allmaras	43.62	ND State Track & Field Meet (Prelims)	Bismarck	5/26/2023	
2	Dallas Brandt, Alex Rossow, Michael Hall, Devonte Figueroa	43.75	ND State Track & Field Meet (Finals)	Bismarck	5/25/2019	
3	Jorgen Swenson, Xander Rath, Cam Schwartzwalter, Masen Allmaras	43.96	SE Regionals	Casselton	5/19/2023	
4	Scott Cramer, Justin Anders, Nick Freitag, Eric Bachmeier	44.08	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
5	Gunnar Braaten, Devonte Figueroa, Brenden Fowler, Dylan Brandt	44.24	ND State Track & Field Meet (Finals)	Bismarck	5/26/2018	
6	Charlie Biewer, Xander Rath, Trey Heinrich, Cam Schwartzwalter	44.40	Soaring Eagle Invitational	Fargo Davies HS	5/12/2023	
7	Jorgen Swenson, Xander Rath, Masen Allmaras, Charlie Biewer	44.42	ND State Track & Field Meet (Finals)	Bismarck	5/28/2022	
8	Tyler Klockmann, Trey Heinrich, Xander Rath, Charlie Biewer	44.54	FCCU True Team Meet	University of Jamestown	5/9/2023	
9	Jake Starcevic, Xander Rath, Cam Schwartzwalter, Miles Stroh	44.65	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
10	Jorgen Swenson, Xander Rath, Trey Heinrich, Charlie Biewer	44.67	Howard Wood Dakota Relays	Sioux Falls, SD	5/6/2023	

4x200 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Dallas Brandt, Alex Rossow, Gunnar Braaten, Devonte Figueroa	1:29.48	ND State Track & Field Meet (Finals)	Bismarck	5/25/2019	
2	Scott Cramer, Justin Anders, Nick Freitag, Eric Bachmeier	1:30.54	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
3	Jack Olson, Xander Rath, Jaiden Peraza, Paul Olson	1:31.52	Joan Halland Last Chance Classic	Kindred	5/17/2022	
4	Gunnar Braaten, Dallas Brandt, Brenden Fowler, Devonte Figueroa	1:31.59	ND State Track & Field Meet (Finals)	Bismarck	5/26/2018	
5	Jake Freitag, Nick Freitag, Andrew Frederick, Justin Anders	1:32.04	ND State Track & Field Meet (Prelims)	Bismarck	5/13/2014	
6	Jorgen Swenson, Masen Allmaras, Charlie Biewer, Xander Rath	1:32.18	ND State Track & Field Meet (Finals)	Bismarck	5/27/2023	
7	Jorgen Swenson, Xander Rath, Cam Schwartzwalter, Masen Allmaras	1:32.55	Bill Jansen Last Chance	Valley City HS	5/15/2023	
8	Charlie Biewer, Jack Olson, Xander Rath, Jaiden Peraza	1:32.58	Howard Wood Dakota Relays	Sioux Falls, SD	5/7/2022	
9	Gunnar Braaten, Devonte Figueroa, Michael Hall, Dallas Brandt	1:32.79	Shanley Invitational	Concordia College	4/25/2019	
10	Gunnar Braaten, Nick Zink, Derek Houska, Jake Freitag	1:32.88	ND State Track & Field Meet (Finals)	Bismarck	5/27/2017	

4x400 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Scott Cramer, Nick Freitag, Andrew Frederick, Eric Bachmeier	3:27.65	ND State Track & Field Meet	Bismarck	5/23/2014	
2	Scott Cramer, Nick Freitag, Eric Bachmeier, Brandon Quibell	3:28.91	ND State Track & Field Meet	Bismarck	5/25/2013	
3	Devonte Figueroa, Dawson Schaffer, Ryan Davis, Gunnar Braaten	3:29.81	ND State Track & Field Meet	Bismarck	5/25/2019	
4	Jake Freitag, Nick Zink, Gunnar Braaten, Ethan Lingen	3:30.45	ND State Track & Field Meet	Bismarck	5/27/2017	
5	Brent Jordheim, Steve Jahnke, Dennis Leatherbury, Doug Duval	3:31.44	Region 1	NDSCS – Wahpeton	5/17/1980	3:31.20
6	Randy Cramer, Darren Kessler, Mike Twedt, Eric Berg	3:31.82	ND State Track & Field Meet	VCSU – Valley City	5/21/1983	
7	Scott Cramer, Race Heitkamp, Brandon Quibell, Eric Bachmeier	3:31.83	ND State Track & Field Meet	Bismarck	5/26/2012	
8	Jack Davis, Lucas Dahl, Xander Rath, Keaton Olson	3:32.03	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
9	Gunnar Braaten, Dawson Schaffer, Brenden Fowler, Ryan Davis	3:32.40	ND State Track & Field Meet	Bismarck	5/26/2018	
10	Derek Houska, Jake Freitag, Nick Zink, Ethan Lingen	3:32.44	Central Cass Invitational	Casselton	5/2/2017	3:32.17

4x800 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Lucas Dahl, Tyler Gronwold, Elija Deck, Keaton Olson	8:17.40	Joan Halland Classic	Kindred	4/30/2024	
2	Jacob Lingen, Andrew Frederick, Nick Freitag, William Moffet	8:21.77	ND State Track & Field Meet	Bismarck	5/23/2014	
3	Gunnar Braaten, Dawson Schaffer, Jeremiah Dockter, Ryan Davis	8:23.91	ND State Track & Field Meet	Bismarck	5/25/2019	
4	Jacob Lingen, William Moffet, Brandon Quibell, Nick Freitag	8:26.76	ND State Track & Field Meet	Bismarck	5/25/2013	
5	Brandon Quibell, William Moffet, Jacob Lingen, Race Heitkamp	8:29.68	ND State Track & Field Meet	Bismarck	5/26/2012	
6	Cole Campbell, Elija Deck, Lucas Dahl, Keaton Olson	8:30.38	ND State Track & Field Meet	Bismarck	5/26/2023	
7	Ryan Davis, Nick Zink, Dawson Schaffer, Ethan Lingen	8:30.66	TK Last Chance	Concordia College	5/15/2017	
8	Ethan Schaffer, Jack Olson, Jeremiah Dockter, Caaden Rath	8:33.53	Packer Relays	West Fargo HS	5/7/2021	
9	Cole Campbell, Lucas Dahl, Keaton Olson, Ethan Schaffer	8:33.86	Joan Halland Last Chance Classic	Kindred	5/17/2022	
10	Ron Heitland, Mike Twedt, John Nelson, Rick Cramer	8:33.94	Region 1	NDSCS – Wahpeton	5/15/1981	8:33.65

Shot Put

	Name	Record	Meet	Location	Date
1	Riley Sunram	64' 1"	Soaring Eagle Invitational	Fargo Davies HS	5/10/2024
2	Jack Packer	60' 1"	ND State Track & Field Meet	Bismarck	5/26/2023
3	Blake Houska	56' 3"	Soaring Eagle Invitational	Fargo Davies HS	5/12/2023
4	Jack Plankers	55' 11"	ND State Track & Field Meet	Bismarck	5/26/2012
5	Jerry Kroshus	49' 9.25"	Region 1	NDSCS – Wahpeton	5/12/1984
6	Dilon Filler	49' 4"	Soaring Eagle Invitational	Fargo Davies HS	5/10/2024
7	Max Vikander	49' 1"	ND State Track & Field Meet	Bismarck	5/29/2021
8	Charles Plankers	47' 7.5"	ND State Track & Field Meet	Bismarck	5/23/2014
9	Cole Girodat	43' 10"	District 2	Kindred	5/7/2013
10	Charlie Rieger	43' 6"	SE Regionals	Casselton	5/17/2019
10	John Besette	43' 6"	Wild Rice Conference	<Unknown>	5/1/2008

Discus

	Name	Record	Meet	Location	Date
1	Riley Sunram	173' 9"	Blue Jay True Team Invitational	University of Jamestown	5/7/2024
2	Jack Packer	164' 0"	ND State Track & Field Meet	Bismarck	5/26/2022
3	Jack Plankers	151' 3"	SE Regional	VCSU – Valley City	5/19/2012
4	Aaron Abraham	147' 6"	Kindred Invitational	Kindred	5/1/1990
5	Kelby Jacobson	146' 1"	Kindred Invitational	Kindred	4/24/2012
6	Scott Johnson	145' 8"	Oak Grove Last Chance	Concordia College	5/12/2003
7	Blake Houska	144' 8"	Shanley Invitational	Fargo South	4/28/2023
8	Dilon Filler	140' 10.75"	Fargo Elite Meet	NDSU	4/20/2024
9	Charlie Plankers	139' 11"	Fargo Classic Invitational	Fargo South HS	5/9/2014
10	Cole Girodat	138' 11"	SE Regionals	VCSU – Valley City	5/17/2014

Javelin

	Name	Record	Meet	Location	Date
1	Jack Plankers	185' 4"	Region 1	West Fargo HS	5/22/2010
2	Adam Mark	179' 11"	Packer Relays	West Fargo HS	5/4/2018
3	Michael Hall	173' 4"	Metro Invitational	Fargo Davies HS	4/21/2018
4	Paul Lykken	171' 0"	Region 1	NDSCS – Wahpeton	5/17/1980
5	John Besette	169' 2"	Oak Grove Invitational	Concordia College	4/xx/2008
6	Brady Sahr	168' 4"	Hi-Liner Invitational	VCSU – Valley City	4/12/2012
7	Chris Clemenson	165' 2"	Shanley American Legion	Concordia	5/11/1991
7	Mike Heglie	165' 2"	<Unknown>	<Unknown>	1977
9	Colin Lunde	164' 5"	Bill Jansen Last Chance	Valley City - Hanna Field	5/17/2021
10	Jerry Kroshus	163' 6"	Kindred Early Bird	Kindred	4/19/1984

High Jump

	Name	Record	Meet	Location	Date
1	Brady Odegaard	6' 9"	Region 1	VCSU – Valley City	5/23/1998
2	Paul Olson	6' 8"	SE Regionals	Lisbon	5/21/2022
2	Jaiden Peraza	6' 8"	SE Regionals	Lisbon	5/21/2022
4	Ethan Duval	6' 5"	Sheyenne Invitational	WF Sheyenne	4/12/2024
5	Presley Peraza	6' 2"	Soaring Eagle Invitational	Fargo Davies HS	5/10/2024
5	Lee Jordheim	6' 2"	Oak Grove Last Chance	Concordia College	5/13/1991
5	Aaron Abraham	6' 2"	Oak Grove Last Chance	NDSCS – Wahpeton	5/16/1988
5	Cy Leatherbury	6' 2"	Cass County	Concordia College	5/5/1984
8	Gavin Keller	6' 0"	ND State Track & Field Meet	Bismarck	5/25/2019
8	Tom Klepperich	6' 0"	ND State Track & Field Meet	NDSCS – Wahpeton	5/27/1978
8	Matt Murphy	6' 0"	WRC Outdoor	NDSCS – Wahpeton	5/9/1991

Pole Vault

	Name	Record	Meet	Location	Date
1	Dylan Brandt	14' 3"	ND State Track & Field Meet	Bismarck	5/26/2018
2	Caleb Klabunde	13' 1"	Valley City Invite	Valley City - Hanna Field	5/13/2021
3	Andrew Kolling	13' 0"	TK Relays	Concordia College	4/20/2017
4	Logan Shaw	12' 6"	Joan Halland Classic	Kindred	5/7/2018
5	Jack Olson	12' 3"	SE Regionals	Lisbon	5/21/2022
6	Jack McDonald	12' 0"	SE Regionals	Casselton	5/19/2023
6	Carter Schmitz	12' 0"	SE Regionals	Lisbon	5/21/2022
8	Scott Wolsky	11' 9"	Kindred Early Bird	Kindred	4/28/1987
9	Stanley Belaskie	11' 6"	SE Regionals	Casselton	5/19/2023
9	Tony Selstedt	11' 6"	Oak Grove Last Chance	NDSCS – Wahpeton	5/16/1988
9	John Flaa	11' 6"	Oak Grove Letterman's	Concordia College	4/25/1985

Long Jump

	Name	Record	Meet	Location	Date
1	Presley Peraza	22' 2"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024
1	Scott Cramer	22' 2"	SE Regionals	VCSU – Valley City	5/17/2014
3	Damien Girodat	21' 4.5"	Region 1	Concordia College	5/19/2008
3	Michael Hall	21' 4.5"	Shanley Invitational	Concordia College	4/25/2019
5	Matt Hall	21' 0"	Region 1	Concordia College	5/21/2011
6	Paul Olson	20' 11"	Valley City Invitational	Valley City – Hanna Field	5/5/2022
7	Randy Lee	20' 8.5"	WRC Outdoor	<Unknown>	5/xx/1977
8	Brady Odegaard	20' 8"	Region 1	VCSU – Valley City	5/23/1998
8	BJ Olson	20' 8"	Oak Grove Last Chance	Concordia College	5/12/2003
10	Brock Benson	20' 6"	TK Last Chance	Concordia College	5/15/2017

Triple Jump

	Name	Record	Meet	Location	Date
1	Brady Odegaard	46' 5"	ND State Track & Field Meet	Bismarck	5/29/1998
2	Michael Hall	45' 0"	SE Regionals	Kindred	5/19/2018
3	Brock Benson	43' 7.5"	ND State Track & Field Meet	Bismarck	5/27/2017
4	Presley Peraza	42' 10"	FCCU True Team Meet	University of Jamestown	5/9/2023
5	Scott Cramer	42' 8"	TK Invitational	Concordia College	5/12/2014
6	Masen Allmaras	42' 2"	Bill Jansen Last Chance	Valley City HS	5/15/2023
7	Kadin Olson	41' 5.5"	SE Regionals	Casselton	5/17/2019
8	Caaden Rath	41' 2"	Bill Jansen Last Chance	Valley City - Hanna Field	5/17/2021
9	Matt Hall	40' 11"	Region 1	West Fargo HS	5/22/2010
10	Izaak Spelhaug	40' 8"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024

OUTDOOR ~ BOYS

4x100 Meter Relay - Throwers

	Name	Record	Meet	Location	Date	Hand-Held Time
1	<Unknown>	52.04	Wild Rice Conference	Casselton	4/28/2016	51.72
2	Blake Houska, Dilon Filler, Jack Packer, Riley Sunram	52.13	Joan Halland Classic	Kindred	5/2/2023	
3	Colin Lunde, Jacob Hiatt, Max McQuillan & unknown	52.32	Joan Halland Last Chance Classic	Kindred	5/17/2022	
4	<Unknown>	52.52	Kindred Invitational	Kindred	5/9/2016	
5	Zach Busse, Charlie Rieger, Jack Packer, Collin Lunde	53.38	Packer Relays	West Fargo HS	5/3/2019	
6	Collin Lunde, Dilon Filler, Jacob Lund, Jack Huesman	56.14	Bill Jansen Last Chance	Valley City - Hanna Field	5/17/2021	
7	<Unknown>	56.24	Lisbon American Legion	Lisbon	4/25/2015	56.93
8	Dilon Filler, Andrew Haley, Ryker Lachowitz, Rodney Wolf	56.37	Valley City Invitational	Valley City – Hanna Field	5/5/2022	
9	Issac Christmann, Jacob Edgerly, Brayden Koisti, Adam Mark	56.80	Packer Relays	West Fargo HS	5/4/2018	
10	Andrew Haley, Ethan Fornshell, Kelby Erdman, Brody Mauch	59.50	Northern Cass Varsity Invitational	Northern Cass	5/4/2024	

Sprint Medley Relay 1600m

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Xander Rath, Trey Heinrich, Lucas Dahl, Keaton Olson	3:49.39	Load the Ship Matinee	Kindred	4/29/2023	
2	Xander Rath, Charlie Biewer, Keaton Olson, Lucas Dahl	3:49.89	Howard Wood Dakota Relays	Sioux Falls, SD	5/6/2023	
3	Miles Stroh, Cam Schwartzwalter, Noah Sauvageau, Keaton Olson	3:58.49	Eagle Relays	Fargo Davies	4/23/2024	
4	Grant Allison, Drayke Thortsen, Braydon Roberts, Eilja Deck	4:09.93	Load the Ship Matinee	Kindred	4/29/2023	

Distance Medley Relay 4000m

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Tyler Gronwold, Nicholas Dahl, Cade Westby, Eilja Deck	12:04.01	Eagle Relays	Fargo Davies	4/23/2024	

4x110m Shuttle Hurdle Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	<Unknown>	57.82	Al Cassell Relays	University of Jamestown	5/13/2017	
2	<Unknown>	1:02.56	Al Cassell Relays	University of Jamestown	5/14/2016	
3	Izaak Spelhaug, Keaton Sauvageau, Sam Jennes, Wyatt Brisco	1:17.20	Eagle Relays	Fargo Davies	4/23/2024	

Steeplechase (2000 Meter)

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Dawson Schaffer	7:34.11	Al Cassell Relays	University of Jamestown	5/13/2017	
2	Chase Roe	7:49.14	Hi-Liner Open	VCSU – Valley City	4/10/1999	7:48.90

OUTDOOR ~ MIXED

4x100 Meter Relay – Throwers (Co-Ed)

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Jack Packer, Dillon Filler, Charli McQuillan, Riley Sunram	53.60	Valley City Triangular	Valley City - Hanna Field	4/11/2022	
2	Ethan Fornshell, Jacob Lund, Samantha Shereck, Andrew Haley	1:01.20	Valley City Triangular	Valley City - Hanna Field	4/11/2022	

4x400 Meter Relay (Co-Ed)

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Charlie Biewer, Jack Olson, Ava Olson, Peyton Gette	3:59.80	Howard Wood Dakota Relays	Sioux Falls, SD	5/7/2022	
2	Ali Henke, Lexi Ogren, Jack Davis, Noah Sauvageau	4:03.82	Howard Wood Dakota Relays	Sioux Falls, SD	5/4/2024	
3	Peyton Gette, Lucas Dahl, Lexi Ogren, Jack Davis	4:04.47	Howard Wood Dakota Relays	Sioux Falls, SD	5/5/2023	