

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

**100 Meter Dash**

	<b>Name</b>	<b>Record</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Hand-Held Time</b>
1	Alexandra Erickson	12.43	ND State Track & Field Meet (Prelims)	Bismarck	5/23/2014	
2	Amanda Girodat	12.84	Oakes Invitational	Oakes	4/22/2002	12.59
2	Madison Erickson	12.84	WRC Outdoor	Casselton	4/28/2016	12.59
4	Ali Henke	12.99	SE Regionals	Casselton	5/19/2023	
5	Victoria Braaten	13.14	WRC Outdoor	Kindred	5/1/2014	12.83
5	Kellie Schmit	13.14	Oak Grove Last Chance	West Fargo HS	5/17/2010	12.86
5	Emily Cose	13.14	WRC Outdoor	Milnor	5/3/2012	12.89
8	Tess Rohrbeck	13.19	JHS True Team Meet	University of Jamestown	5/10/2022	
9	Elsa Ingebrigtsen	13.20	Bill Jansen Last Chance	Valley City HS	5/15/2023	
10	Katie Luick	13.24	WRC Outdoor	Concordia College	5/5/2005	12.92

**200 Meter Dash**

	<b>Name</b>	<b>Record</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>	<b>Hand-Held Time</b>
1	Alexandra Erickson	25.27	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
2	Madison Erickson	26.12	ND State Track & Field Meet (Prelims)	Bismarck	5/27/2016	
3	Amanda Girodat	26.34	WRC Outdoor	Concordia College	5/2/2002	26.06
4	Elsa Ingebrigtsen	26.51	Soaring Eagle Invitational	Fargo Davies HS	5/10/2024	
5	Katie Luick	27.24	WRC Outdoor	Concordia College	5/5/2005	26.91
6	Jennifer Rude	27.34	Oak Grove Last Chance	Concordia College	5/17/1993	27.03
7	Kellie Schmit	27.34	Oak Grove Last Chance	West Fargo HS	5/17/2010	27.04
8	Kala Anderson	27.34	Region 1	Concordia College	5/19/2008	27.04
9	Sierra Martinez	27.34	WRC Outdoor	Kindred	5/2/2013	27.06
10	Olivia Abraham	27.42	SE Regionals	Casselton	5/17/2019	

## 400 Meter Dash

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Alexandra Erickson	58.58	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
2	Sierra Martinez	59.82	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
3	Elsa Ingebrigtsen	1:00.54	Howard Wood Dakota Relays	Sioux Falls, SD	5/6/2023	
4	Kellie Schmit	1:01.47	SE Regional	VCSU – Valley City	5/18/2013	
5	Iveta Harner	1:01.68	SE Regional	VCSU – Valley City	5/18/2013	
6	Madison Erickson	1:02.08	TK Invitational	Concordia College	5/7/2016	
7	Kara Jensen	1:02.34	WRC Outdoor	Concordia College	5/6/2004	1:02.06
8	Katie Sauvageau	1:02.34	Region 1	NDSCS – Wahpeton	5/13/1996	1:02.10
9	Amanda Girodat	1:02.54	Region 1	VCSU – Valley City	5/10/2002	1:02.21
10	Tessa Heitkamp	1:03.28	SE Regionals	VCSU – Valley City	5/17/2014	

## 800 Meter Run

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Tracy Myhre	2:19.90	ND State Track & Field Meet	UND - Grand Forks	5/25/1991	
2	Katie Sauvageau	2:21.78	ND State Track & Field Meet	UND - Grand Forks	5/25/1996	
3	Alexandra Erickson	2:24.09	TK Last Chance	Concordia College	5/14/2012	
4	Hilary Andvik	2:24.64	Kindred Invitational	Kindred	5/14/2003	2:24.40
5	Ivy Roe	2:25.14	Oak Grove Last Chance	Concordia College	5/12/2003	2:24.85
6	Sierra Martinez	2:25.64	Region 1	Concordia College	5/21/2011	2:25.39
7	Catlin Roe	2:25.94	Kindred Invitational	Kindred	5/14/2004	2:25.66
8	Elsa Ingebrigtsen	2:26.61	Soaring Eagle Invitational	Fargo Davies HS	5/11/2024	
9	Abby Farsdale	2:27.86	TK Last Chance	Concordia College	5/15/2017	
10	Peyton Gette	2:30.53	SE Regionals	Lisbon	5/21/2022	

## 1600 Meter Run

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Ivy Roe	5:13.49	ND State Track & Field Meet	Bismarck	5/25/2002	
2	Peyton Gette	5:32.27	Joan Halland Classic	Kindred	5/4/2021	
3	Ally Goodmanson	5:34.33	Packer Relays	West Fargo HS	5/7/2021	
4	Kellie Schmit	5:40.74	WRC Outdoor	Milnor	5/3/2012	5:40.44
5	Renee Carlson	5:43.74	Region 1	NDSCS – Wahpeton	5/15/1981	5:43.42
6	Tara Ness	5:46.64	Kindred Invitational	Kindred	4/26/2007	5:46.31
7	Taryn Roesler	5:47.21	Viking Early Bird Special	Kindred	4/9/2024	
8	Rachelle Hadland	5:47.74	Region 1	Concordia College	5/17/2005	5:47.45
9	Leighton Fitch	5:47.75	SE Regionals	Lisbon	5/65/2015	
10	Emily Plecity	5:50.74	TK Last Chance	Concordia College	5/16/2011	5:50.45

## 3200 Meter Run

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Ivy Roe	11:30.22	ND State Track & Field Meet	Bismarck	5/25/2002	
2	Peyton Gette	11:42.85	ND State Track & Field Meet	Bismarck	5/25/2019	
3	Ally Goodmanson	11:53.68	ND State Track & Field Meet	Bismarck	5/29/2021	
4	Tara Ness	12:12.84	Central Cass Invitational	Casselton	4/24/2007	12:12.60
5	Taryn Roesler	12:33.57	SE Regionals	Lisbon	5/21/2022	
6	Rachelle Hadland	12:34.34	Region 1	Concordia College	5/17/2003	12:34.02
7	Catlin Roe	12:36.24	Kindred Invitational	Kindred	5/14/2003	12:36.00
8	Leighton Fitch	12:49.63	SE Regionals	Lisbon	5/16/2015	
9	Emilie Plecity	12:52.54	Region 1	Concordia College	5/21/2011	12:52.27
10	Carmen Sauvageau	12:55.54	WRC Outdoor	Concordia College	5/3/2001	12:55.30

## 100 Meter Hurdles

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Elsa Ingebrigtsen	15.62	Blue Jay True Team Invitational	University of Jamestown	5/7/2024	
2	Ashley Haas	16.54	ND State Track & Field Meet (Prelims)	Bismarck	5/26/2023	
3	MaKayla Heinrich	16.60	ND State Track & Field Meet (Finals)	Bismarck	5/25/2019	
4	Brooke Hiatt	16.74	Joan Halland Classic	Kindred	5/8/2018	16.42
5	Mackenzie Amerman	16.76	Shanley Invitational	Concordia College	4/25/2019	
6	Amy Erickson	16.84	Oak Grove Last Chance	Concordia College	5/13/1991	16.56
7	Jill Lee	16.84	Cass County	West Fargo	5/8/1981	16.60
8	Connie Schmit	16.94	Oak Grove Last Chance	Concordia College	5/16/2006	16.70
9	Dawn Abraham	17.44	Cass County	West Fargo	5/7/1983	17.20
10	Kellie Schmit	17.74	Oak Grove Invitational	Concordia College	5/2/2009	17.50

## 300 Meter Hurdles

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Elsa Ingebrigtsen	45.37	ND State Track & Field Meet (Finals)	Bismarck	5/27/2023	
2	Amy Erickson	46.74	ND State Track & Field Meet (Finals)	UND - Grand Forks	5/25/1991	
3	MaKayla Heinrich	47.47	SE Regionals	Casselton	5/17/2019	
4	Anna Berg	48.04	ND State Track & Field Meet (Finals)	Bismarck	5/29/2021	
5	Alexandra Erickson	48.50	Bill Jansen Last Chance	VCSU – Valley City	5/15/2015	
6	Kellie Schmit	48.64	WRC Outdoor	Concordia College	5/5/2011	48.40
7	Megan Girodat	48.74	Last Chance	Concordia College	5/14/2007	48.45
8	Mackenzie Amerman	49.07	SE Regionals	Casselton	5/17/2019	
9	Iveta Harner	49.59	SE Regionals	VCSU – Valley City	5/18/2013	
10	Jennifer Rude	49.64	Region 1	VCSU – Valley City	5/16/1997	49.32

## 4x100 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Peyton Gette, Elsa Ingebrigtsen, Christina Kringstad, Ali Henke	51.19	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
2	Peyton Gette, Tess Rohrbeck, Ava Olson, Ali Henke	51.29	ND State Track & Field Meet (Finals)	Bismarck	5/28/2022	
3	Olivia Abraham, Victoria Braaten, Lacsey Reese, Madison Erickson	51.46	ND State Track & Field Meet (Finals)	Bismarck	5/27/2017	
4	Alexa Braaten, Victoria Braaten, Madison Erickson, Kyra Braaten	51.59	ND State Track & Field Meet (Prelims)	Bismarck	5/23/2014	
5	Victoria Braaten, Alexandra Erickson, Alexa Braaten, Madison Erickson	51.83	ND State Track & Field Meet (Prelims)	Bismarck	5/23/2015	
6	Ivy Trenbeath, Ali Henke, Lexi Ogren, Peyton Gette	51.85	ND State Track & Field Meet (Prelims)	Bismarck	5/26/2023	
7	Liza Trenbeath, Ali Henke, Peyton Gette, Elsa Ingebrigtsen	51.93	FCCU True Team Meet	University of Jamestown	5/9/2023	
8	Alexandra Erickson, Iveta Harner, Kellie Schmit, Sierra Martinez	52.04	TK Relays	Concordia College	4/20/2013	51.75
9	Annie Rohrbeck, Madison Erickson, Lacsey Reese, MaKayla Heinrich	52.06	ND State Track & Field Meet (Prelims)	Bismarck	5/27/2016	
10	Jamie Bernstein, Abby Breimeier, Katie Luick, Halley Odegaard	52.09	ND State Track & Field Meet (Prelims)	Bismarck	5/29/2004	

## 4x200 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Iveta Harner, Sierra Martinez, Kellie Schmit Alexandra Erickson	1:44.91	ND State Track & Field Meet (Finals)	Bismarck	5/25/2013	
2	Victoria Braaten, Madison Erickson, Alexa Braaten, Alexandra Erickson	1:45.84	ND State Track & Field Meet (Finals)	Bismarck	5/24/2014	
3	Ali Henke, Lexi Ogren, Elsa Ingebrigtsen, Peyton Gette	1:47.75	ND State Track & Field Meet (Prelims)	Bismarck	5/25/2023	
4	Elsa Ingebrigtsen, Ava Olson, Tina Freier, Tess Rohrbeck	1:48.68	ND State Track & Field Meet (Prelims)	Bismarck	5/27/2022	
5	Casey Allmaras, Iveta Harner, Sierra Martinez, Kellie Schmit	1:49.41	ND State Track & Field Meet (Prelims)	Bismarck	5/28/2010	
6	Iveta Harner, Madison Erickson, Kellie Schmit, Alexandra Erickson	1:49.64	AI Cassell Relays	University of Jamestown	5/11/2013	1:49.32
7	Annie Rohrbeck, Olivia Abraham, MaKayla Heinrich, Madison Erickson	1:49.70	ND State Track & Field Meet (Finals)	Bismarck	5/28/2016	
8	Olivia Abraham, Victoria Braaten, Lacey Reece, Madison Erickson	1:49.71	TK Last Chance	Concordia College	5/15/2017	
9	Kaydence Streyle, Mackenzie Amerman, Olivia Abraham, MaKayla Heinrich	1:49.95	ND State Track & Field Meet (Prelims)	Bismarck	5/25/2019	
10	Jamie Bernstein, Katie Luick, Kara Jensen, Abby Breimeier	1:50.04	Oak Grove Last Chance	Concordia College	5/17/2004	1:49.74

## 4x400 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Iveta Harner, Kellie Schmit, Sierra Martinez, Alexandra Erickson	4:02.57	ND State Track & Field Meet	Bismarck	5/24/2013	
2	Elsa Ingebrigtsen, Tina Freier, Ava Olson, Peyton Gette	4:07.42	ND State Track & Field Meet	Bismarck	5/28/2022	
3	Casey Allmaras, Iveta Harner, Sierra Martinez, Kellie Schmit	4:10.74	District 2	Casselton	5/10/2011	4:10.49
4	Emily Cose, Iveta Harner, Sierra Martinez, Kellie Schmit	4:10.74	Oak Grove Last Chance	West Fargo HS	5/17/2010	4:10.49
5	Iveta Harner, Alexa Braaten, Kellie Schmit, Alexandra Erickson	4:11.20	TK Relays	Concordia College	4/26/2012	
6	Jennifer Rude, Katie Sauvageau, Courtney Merhiy, Nikki Hahn	4:11.26	ND State Track & Field Meet	UND - Grand Forks	5/27/1995	
7	Iveta Harner, Sierra Martinez, Kyra Braaten, Victoria Braaten	4:12.11	SE Regionals	VCSU – Valley City	5/18/2013	
8	Ali Henke, Elsa Ingebrigtsen, Lexi Ogren, Peyton Gette	4:12.36	ND State Track & Field Meet	Bismarck	5/27/2023	
9	Peyton Gette, Lexi Ogren, Elsa Ingebrigtsen, Christina Kringstad	4:13.03	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024	
10	Tenille Magstadt, Ivy Roe, Hilary Andvik, Amanda Girodat	4:13.24	WRC Outdoor	Concordia College	5/2/2002	4:13.00

## 4x800 Meter Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Alexandra Erickson, Mikayla Reinke, Kellie Schmit, Sierra Martinez	9:58.35	ND State Track & Field Meet	Bismarck	5/26/2012	
2	Ivy Roe, Emma Hertsgaard, Hilary Andvik, Catlin Roe	10:00.94	Region 1	Concordia College	5/17/2003	10:00.68
3	Kellie Schmit, Sierra Martinez, Iveta Harner, Alexandra Erickson	10:03.04	TK Last Chance	Concordia College	5/14/2012	10:02.78
4	Ivy Roe, Catlin Roe, Kara Jensen, Tara Ness	10:09.84	Oak Grove Last Chance	Concordia College	5/17/2004	10:09.54
5	Alexandra Erickson, Emilie Plecity, Tessa Heitkamp, Iveta Harner	10:10.74	District 2	Casselton	5/5/2011	10:10.50
6	Iveta Harner, Sierra Martinez, Kellie Schmit, Alexandra Erickson	10:17.94	District 2	Kindred	5/7/2013	10:17.68
7	Ally Goodmanson, Taryn Roesler, Lexi Ogren, Peyton Gette	10:20.56	ND State Track & Field Meet	Bismarck	5/26/2023	
8	Elsa Ingebrigtsen, Lexi Ogren, Taryn Roesler, Ally Goodmanson	10:21.18	Blue Jay True Team Invitational	University of Jamestown	5/7/2024	
9	Alexandra Erickson, Abby Farsdale, Jenson Odegaard, Leighton Fitch	10:21.64	Central Cass Invitational	Casselton	4/28/2015	10:21.37
10	Ally Goodmanson, Stella Walberg, Lexi Ogren, Peyton Gette	10:22.19	ND State Track & Field Meet	Bismarck	5/27/2022	



## Shot Put

	Name	Record	Meet	Location	Date
1	Jill Berg	38' 8.5"	ND State Track & Field Meet	UND - Grand Forks	5/28/1988
2	Payton Packer	37' 9"	SE Regionals	Lisbon	5/15/2017
3	Rachel Hall	37' 1"	Kindred Invitational	Kindred	5/5/2015
4	Terryn Johnson	36' 9.5"	ND State Track & Field Meet	Bismarck	5/27/2022
5	Hope Axvig	36' 9"	Lisbon Early Bird	Lisbon	4/7/2011
6	Megan Johnson	36' 2.5"	Oak Grove Last Chance	Concordia College	5/17/2004
7	Josie Lundquist	35' 8"	Shanley Invitational	Concordia College	4/25/2019
8	Gail Askegaard	35' 2"	ND State Track & Field Meet	VCSU – Valley City	5/19/1967
9	Jen Schnabel	35' 2"	Last Chance	Lisbon	5/15/2000
10	Brooke Jameson	34' 9.75"	Region 1	Concordia College	5/22/2004

## Discus

	Name	Record	Meet	Location	Date
1	Megan Johnson	123' 4"	Oak Grove Last Chance	Concordia College	5/16/2005
2	Payton Packer	123' 0"	SE Regionals	Kindred	5/19/2018
3	Jill Berg	122' 2"	ND State Track & Field Meet	UND - Grand Forks	5/27/1989
4	Terryn Johnson	116' 7"	SE Regionals	Lisbon	5/21/2022
5	Amanda Jacobsen	115' 9"	WRC Outdoor	<Unknown>	5/1/2008
6	Annie Rohrbeck	107' 2"	Lisbon Red & Gold Triangular	Lisbon	4/18/2019
7	Greta McKenney	105' 1"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024
8	Jen Schnabel	102' 7"	Kindred Invitational	Kindred	5/15/1999
9	Averi Beauclair	102' 2"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024
10	Abby Duchscherer	102' 1"	SE Regionals	Lisbon	5/21/2022

## Javelin

	Name	Record	Meet	Location	Date
1	Abby Duchscherer	136' 11"	ND State Track & Field Meet	Bismarck	5/28/2022
2	Megan Johnson	133' 10"	American Legion	Lisbon	4/14/2005
3	Jill Berg	125' 11"	WRC Outdoor	NDSCS – Wahpeton	5/13/1988
4	Annie Rohrbeck	120' 4"	Kindred Varsity	Kindred	4/13/2017
5	Marcia Hahn	116' 9"	ND State Track & Field Meet	VCSU – Valley City	5/21/1983
6	Terryn Johnson	115' 8"	Bill Jansen Last Chance	Valley City - Hanna Field	5/17/2021
7	Amanda Jacobsen	112' 10"	ND State Track & Field Meet	Bismarck	5/24/2008
8	Megan Girodat	111' 5"	ND State Track & Field Meet	Bismarck	5/22/2009
9	Mallory Glasow	109' 10"	Region 1	Concordia College	5/21/2005
10	Hope Axvig	109' 5"	District 2	Casselton	5/10/2011

## High Jump

	Name	Record	Meet	Location	Date
1	Halley Odegaard	5' 10"	WRC Outdoor	Concordia College	5/5/2005
2	Brooke Jameson	5' 3"	ND State Track & Field Meet	Bismarck	5/28/2004
3	Lindsey Jameson	5' 1"	Oak Grove Last Chance	Concordia College	5/16/2005
3	Steph Cramer	5' 1"	Region 1	Concordia College	5/21/2005
3	Kellie Schmit	5' 1"	Kindred Invitational	Kindred	5/11/2009
6	Kate Mahler	5' 0"	Eagles Relays	Fargo Davies	4/23/2024
6	Andi Sarbaum	5' 0"	Sheyenne Invitational	West Fargo Sheyenne	4/12/2024
8	Kristin Dybing	4' 11"	Kindred Invitational	Kindred	4/24/1987
9	Amanda Lindemann	4' 10.75"	Region 1	NDSCS – Wahpeton	5/13/1996
10	Taylor Sanders	4' 10"	Oakes Invite	Oakes HS	4/25/2024
10	Jennifer DuBord	4' 10"	Kindred Invitational	Kindred	4/29/1999

## Pole Vault

	Name	Record	Meet	Location	Date
1	Greta McKenney	8' 9"	Soaring Eagle Invitational	Fargo Davies	5/12/2023
2	Olivia Abraham	8' 0"	SE Regional	Kindred	5/19/2018
3	Jasmin Beauclair	7' 0"	JHS True Team Meet	University of Jamestown	5/10/2022
3	Kaydence Streyle	7' 0"	Joan Halland Classic	Kindred	5/4/2021
3	Brenna Marsaa	7' 0"	Bill Jansen Last Chance	VCSU – Valley City	5/16/2016
6	Mikayla Reinke	6' 6"	District 2	Kindred	5/7/2013
6	Lacsey Reese	6' 6"	SE Regional	Kindred	5/19/2018
8	Ali Henke	6' 3"	Fargo South Invite	Fargo South	4/21/2022
9	Tess Rohrbeck	6' 0"	Valley City Invite	Valley City HS	4/22/2021

## Long Jump

	Name	Record	Meet	Location	Date
1	Halley Odegaard	18' 3.25"	WRC Outdoor	Concordia College	5/5/2005
2	Jennifer Rude	17' 7.5"	ND State Track & Field Meet	UND - Grand Forks	5/29/1993
3	Jamie Bernstein	17' 5"	Oakes Invitational	Oakes	4/26/2004
4	Kellie Schmit	17' 4.5"	ND State Track & Field Meet	Bismarck	5/25/2013
5	Tessa Heitkamp	17' 4"	SE Regionals	VCSU – Valley City	5/17/2014
6	Elsa Ingebrigtsen	17' 0"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024
7	Kelsey Wilhelm	16' 8.5"	WRC Outdoor	Concordia College	5/5/2005
8	Sierra Martinez	16' 7.5"	Region 1	Concordia College	5/21/2011
9	Jennifer Rude	16' 3.5"	ND State Track & Field Meet	Minot State University	5/23/1997
10	Jodi Moe	16' 1.5"	Oak Grove Letterman's	Concordia College	4/26/1984

## Triple Jump

	<b>Name</b>	<b>Record</b>	<b>Meet</b>	<b>Location</b>	<b>Date</b>
1	Halley Odegaard	37' 3"	ND State Track & Field Meet	Bismarck	5/28/2004
2	Tessa Heitkamp	35' 9.5"	ND State Track & Field Meet	Bismarck	5/24/2014
3	Ali Henke	35' 6"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024
4	Gracie Nelson	35' 0"	JHS True Team Meet	University of Jamestown	5/10/2022
5	Taylor Sanders	34' 7"	Bill Jansen Last Chance	Valley City – Dacotah Bank Track & Field	5/13/2024
6	Jennifer Rude	34' 3"	ND State Track & Field Meet	UND – Grand Forks	5/29/1993
7	Kelsey Wilhelm	34' 2"	ND State Track & Field Meet	Bismarck	5/28/2004
8	Tenille Magstadt	33' 11.75"	Region 1	VCSU – Valley City	5/22/1999
9	Brooke Jameson	33' 9.75"	Oak Grove Last Chance	Concordia College	5/17/2004
10	Jamie Bernstein	33' 6.5"	Oakes Invitational	Oakes	4/26/2004

## OUTDOOR ~ GIRLS

### Steeplechase

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Leighton Fitch	6:56.29	Al Cassell Relays	University of Jamestown	5/13/2017	

### Sprint Medley Relay 1600m

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Ivy Trenbeath, Peyton Gette, Elsa Ingebrigtsen, Lexi Ogren	4:38.07	Eagle Relays	Fargo Davies	4/23/2024	
2	Liza Trenbeath, Ashley Haas, Lexi Ogren, Taryn Roesler	4:50.47	Load the Ship Matinee	Kindred	4/29/2023	
3	Carly Pearson, Olivia Solhjem, Elizabeth Solhjem, Allyson Goodmanson	5:01.84	Load the Ship Matinee	Kindred	4/29/2023	

### 4x100m Shuttle Hurdles

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Elsa Ingebrigtsen, Ashley Haas, Kaylin Goldsmith, Mallory Keller	1:14.04	Eagle Relays	Fargo Davies	4/23/2024	

## 4x100 Meter Throwers Relay

	Name	Record	Meet	Location	Date	Hand-Held Time
1	Charli McQuillan, Cassidy Murphy, Greta McKenney, Abby Duchscherer	58.27	Joan Halland Last Chance Classic	Kindred	5/17/2022	
2	Charli McQuillan, Gracie Such, BriAuna Fenner, Greta McKenney	1:01.00	Joan Halland Classic	Kindred	5/2/2023	
3	BriAuna Fenner, Zoe Sharp, Isabelle Cruff, Greta McKenney	1:01.08	Bill Jansen Last Chance	Valley City HS	5/15/2023	
4	Veronica Miller, Cassidy Murphy, Ashley Ebens, Hope Hendrickson	1:01.92	Bill Jansen Last Chance	Valley City - Hanna Field	5/17/2021	
5	<Unknown>	1:03.44	Joan Halland Classic	Kindred	5/8/2017	1:03.18
6	Carissa Goodmanson, Ashley Ebens, Hope Hendrickson, Cassidy Murphy	1:03.67	Valley City Invitational	Valley City - Hanna Field	5/5/2022	
7	Josie Lundquist, Katie Gehrig, Brooke Rossow, Annie Rohrbeck	1:04.34	Central Cass Invitational	Casselton	5/2/2017	1:04.02
8	Josie Lundquist, Abby Schmitz, Andrea Hoyme, Carissa Goodmanson	1:07.46	Mustang Invitational	WF Sheyenne HS	5/9/2019	
9	<Unknown>	1:09.44	Joan Halland Invitational	Kindred	5/16/2019	