

CLC Track Records

Boys Outdoor Records				
EVENT	NAME	SCHOOL	RECORD	YEAR
3200 Meter Relay		Brainerd	8:02.71	2007
110 Meter Hurdles	Blake Strouth	Alexandria	14.69	2004
100 Meter Dash	Ryan Buttenhoff	St. Cloud Tech	10.89	1996
800 Meter Relay	B. Theisen, C. Glad, C. Glad, L. Johnson	Rocori	1:30.62	2000
1600 Meter Run	Justin Grunewald	Brainerd	4:19.51	2004
400 Meter Relay	B. Strouth, M. Odland, M. Fluto, J. Erickson	Alexandria	43.42	2001
400 Meter Dash	Derek Ludwig	Alexandria	49.64	2006
300 Meter Hurdles	Scott Ferguson	Alexandria	39.20	2000
800 Meter Run	Kaafi Adeys	Willmar	1:56.86	2007
200 Meter Dash	Andy Nelson	Willmar	22.10	1993
3200 Meter Run	Justin Grunewald	Brainerd	9:25.47	2004
1600 Meter Relay	R. Terpstra, M. Vigoren, M. Marschel, S. Hengel	Sartell	3:23.90	2000
High Jump	Edgar Kirabira	St. Cloud Tech	6' 08"	2006
Pole Vault	Tyler Zamudio	St. Cloud Apollo	14' 8"	2003
Long Jump	Rodney Walker Schreckenghaust	St. Cloud Apollo Elk River	22' 4.5"	1988 1983
Triple Jump	Paul Ferber	St. Cloud Tech	46' 2"	2001
Sprint Medley	M. Zumwinkle, Kowalski, Schepers, Johnson	St. Cloud Tech	3:37.60	1982
Discus	Layne Kelly	St. Cloud Tech	167' 2"	1978
Shot Put	J. Keubelbeck	Little Falls	59' 5.75"	1982
Girls Outdoor Records				
EVENT	NAME	SCHOOL	RECORD	YEAR
3200 Meter Relay	A. Schmolke, K. Posterick, A. Goodew, C. Roberts	Brainerd	9:39.66	2004
100 Meter Hurdles	Nina Borgworth	Brainerd	14.10	1983
100 Meter Dash	Janet Knopik	St. Cloud Apollo	12.10	2001
800 Meter Relay	Kirsti Klaverkamp, Tasha Harr, Amanda McKeel, Katelyn Bailey	St. Cloud Tech	1:45.28	2008
1600 Meter Run	Snuffy Alto	Alexandria	5:03.20	1989
400 Meter Relay	Rachel Bailey, Tasha Harr, Clare Murn, Caitlin Dhein	St. Cloud Tech	50.04	2008
400 Meter Dash	Carol Peterka	St. Cloud Apollo	57.00	1982
300 Meter Hurdles	Trend Fields	Brainerd	44.90	1988
800 Meter Run	Andrea Wahlin	Rocori	2:14.43	2003
200 Meter Dash	Terri Nelson	Alexandria	25.40	1980
3200 Meter Run	Jamie Piepenburg	Alexandria	11:09.67	2008

1600 Meter Relay	E. Jungles, S. Decker, K. Nies, A. Wahlin	Rocori	4:00.76	2003
High Jump	Carol Peterka	St. Cloud Apollo	5' 7"	1982
Pole Vault	Stacie Manuel	Willmar	13' 0.5"	2000
Long Jump	Romona Rugloski	Brainerd	17' 11"	1981
Triple Jump	Alise Post Katie Timm	St. Cloud Tech Sauk Rapids/Rice	36'	2007
Discus	Sandy Fuchs	Rocori	148' 8"	1993
Shot Put	Becky Fettig	St. Cloud Apollo	42' 0.5"	1981

Indoor Records				
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1	Girls 3200 Meter Run	11:11.98	3/28/09	Jamie Piepenburg – Alexandria
2	Boys 3200 Meter Run	9:36.26	4/3/2005	Justin Grunewald – Brainerd
3	Girls 4x800 Meter Relay	9:50.40	1988	Alexandria
4	Boys 4x800 Meter Relay	8:24.53	2003	Sartell
5	Girls 60 Meter Hurdles	9.47	3/28/09	Kelsi Ring – Brainerd
6	Boys 60 Meter Hurdles	8.83	2008	Logan Schwinghammer -Sartell
7	Girls 60 Meter Dash	7.94	2008	Caitlin Dhein – Tech
8	Boys 60 Meter Dash	7.11	3/28/09	T J Struss – Brainerd
9	Girls 1600 Meter Run	5:13.60	1985	Urbanski – Tech
10	Boys 1600 Meter Run	4:30.53	2003	Luke Bryant - Alexandria
11	Girls 4x100 Meter Relay	50.90	1991	Little Falls
12	Boys 4x100 Meter Relay	44.93	1988	Brainerd
13	Girls 400 Meter Dash	1:00.15	4/3/2005	Andrea Wahlin - Rocori
14	Boys 400 Meter Dash	51.73	2005	Mitch Gesell - Alexandria
15	Girls 800 Meter Run	2:22.52	2003	Andrea Wahlin - Rocori
16	Boys 800 Meter Run	1:58.06	4/3/2005	John Marschel - Sartell
17	Girls 200 Meter Dash	26.32	2007	Alise Post – Tech
18	Boys 200 Meter Dash	23.17	4/3/2005	Dan Lawson - Sartell
21	Girls 4x400 Meter Relay	4:10.32	1990	Rocori
22	Boys 4x400 Meter Relay	3:36.20	1989	Monticello
23	Girls Triple Jump	36-10.00	4/5/2007	Alise Post – Tech
24	Boys Triple Jump	43-05.00	1995	Troy Lindner - Brainerd
25	Girls Shot Put	42-05.25	1992	Sandy Fuchs - Rocori
26	Boys Shot Put	58-02.00	1994	Nate Pederson - Brainerd
27	Girls High Jump	5-06.00	3/28/09	Andrea Whitney - Sartell
28	Boys High Jump	6-09.25	2000	Ryan Lesnau - Alexandria
29	Girls Pole Vault	12-06.00	2003	Stacy Manuel, Lauren Nelson – Willmar
30	Boys Pole Vault	14-01.50	3/28/09	Nick Weis – Sauk Rapids-Rice
31	Girls Long Jump	17-04.75	4/5/2008	Rosey Erickson – Alexandria
32	Boys Long Jump	22-07.25	4/5/2008	Zach Bork – Rocori