

CLC Track Records

Boys Outdoor Records				
EVENT	NAME	SCHOOL	RECORD	YEAR
3200 Meter Relay	Mitch Lorenz, Luke Delaney, Tyler Rose, Justin Tyner	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	Jordan Hayes, Dan Lauer, Grant Reuer, Joe Nelson	Brainerd	43.30	2011
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	Drew Paradis	Alexandria	9:21.83	2009
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	Heidi Peterson, Ashton Haider, Allie Rengel, Hannah Kellerman	Sartell	9:35.12	2010
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 NcKee, Katelyn Bailey	St. Cloud Tech	1:45.28	2008
1600 Meter Run	Jamie Piepenburg	Alexandria	4:57.23	2010
400 Meter Relay	Maddie Bearson, Bri Steinkamp, Hayley Schuchard, Rose Riordan	Sartell	49.91	2009
400 Meter Dash	Haylie Zenner	Fergus Falls	56.94	2011
300 Meter Hurdles	Trend Fields	Brainerd	44.90	1988
800 Meter Run	Andrea Wahlin	Rocori	2:14.43	2003

200 Meter Dash	Terri Nelson	Alexandira	25.40	1980
3200 Meter Run	Jamie Piepenburg	Alexandria	11:00.74	2009
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	Rosey Erickson	Alexandria	18' 4.5"	2010
Triple Jump	Emily VanHeel	Little Falls	37' 5"	2010
Discus	Sandy Fuchs	Rocori	148' 8"	1993
Shot Put	Becky Fettig	St. Cloud Apollo	42' 0.5"	1981

CLC Indoor Records				
1	Girls 3200 Meter Run	10:56.90	2010	Jamie Piepenburg – Alexandria
2	Boys 3200 Meter Run	9:36.26	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	9.15	2010	Kelsi Ring – Brainerd
6	Boys 60 Meter Hurdles	8.83	2008	Logan Schwinghammer -Sartell
7	Girls 60 Meter Dash	7.91	2010	Rosey Erickson - Alexandria
8	Boys 60 Meter Dash	8.65	2011	Dan Gorghuber Alexandria
9	Girls 1600 Meter Run	5:12.70	2010	Heidi Peterson - Sartell
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	2005	Andrea Wahlin - Rocori
14	Boys 400 Meter Dash	51.73	2005	Mitch Gesell - Alexandria
15	Girls 800 Meter Run	2:20.44	2010	Haylie Zener – Fergus Falls
16	Boys 800 Meter Run	1:58.06	2005	John Marschel - Sartell
17	Girls 200 Meter Dash	26.32	2007	Alise Post – Tech
18	Boys 200 Meter Dash	23.17	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	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	2009	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	2009	Nick Weis – Sauk Rapids-Rice
31	Girls Long Jump	17-08	2011	Haylie Zenner Fergus Falls
32	Boys Long Jump	22-07.25	2008	Zach Bork – Rocori

