

## CLC Track Records

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

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

<b>Indoor Records</b>				
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1	Girls 3200 Meter Run	11:24.50	1985	Julie Shorter - Tech
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	9.55	2008	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	7.27	2008	Otis Morris - Tech
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	5-04.00	1990	Spillum-LF, Swanson & Nelson-Willmar, Hans-Brd
28	Boys High Jump	6-09.25	2000	Ryan Lesnau - Alexandria
29	Girls Pole Vault	12-06.00	2003	Stacy Manuel – Willmar
30	Boys Pole Vault	14-01.00	2003	Tyler Zumudio - Apollo
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