

CLC Track Records

Boys Outdoor	Records			
EVENT	NAME	SCHOOL	RECORD	YEAR
4x800 Meter Relay	M. Lorenz, L. Delaney, T. Rose, J. Tyner	Brainerd	8:02.71	2007
110 Meter Hurdles	Jackson Walters	Brainerd	14.68	2012
100 Meter Dash	Daniel Jackson	Alexandria	10.65	2025
4x200 Meter Relay	Macklen Heydt, Trey Negen, Dane Olson, Daniel Jackson	Alexandria	1:29.10	2025
1600 Meter Run	Justin Grunewald	Brainerd	4:19.51	2004
4x100 Meter Relay	Dane Olson, Evan Kludt, Elliott Kent, Daniel Jackson	Alexandria	42.14	2025
400 Meter Dash	Derek Ludwig	Alexandria	49.64	2006
300 Meter Hurdles	Jeff Spieker	Brainerd	38.74	2018
800 Meter Run	Kaafi Adeys	Willmar	1:56.86	2007
200 Meter Dash	Evan Hardy	Sauk Rapids-Rice	22.02	2025
3200 Meter Run	Drew Paradis	Alexandria	9:21.83	2009
4x400 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	Robert Sewell	Fergus Falls	22' 11.5"	2019
Triple Jump	Ty Nelson	Brainerd	48' 8"	2025
Sprint Medley	M. Zumwinkle, Kowalski, Schepers, Johnson	St. Cloud Tech	3:37.60	1982
Discus	Dylan Gross	Brainerd	180' .05"	2024
Shot Put	Dylan Gross	Brainerd	61' 00.75"	2024
Girls Outdoor	Records			
EVENT	NAME	SCHOOL	RECORD	YEAR
4x800 Meter Relay	A. Tomovic, R. Woods, J. Woods, C. Kremer	Rocori	9:18.65	2017
100 Meter Hurdles	Rebecca Baer	St. Cloud Tech	14.24	2012
100 Meter Dash	Wensia Johnson	Alexandria	11.69	2013
4x200 Meter Relay	P. Kor, A. Krasky, A. Fettig, K. Schneider	Alexandria	1:44.31	2024
1600 Meter Run	Bethany Hasz	Alexandria	4:56.24	2015
4x100 Meter Relay	H. Quitmeyer, S. Williams, K. Paschka, K. Olson-Rodel	Alexandria	48.92	2017
400 Meter Dash	Haylie Zenner	Fergus Falls	56.94	2011
300 Meter Hurdles	Kaye Paschka	Alexandria	44.47	2019
800 Meter Run	Brynn Sauer	Rocori	2:14.14	2018
200 Meter Dash	Wensia Johnson	Alexandria	24.46	2013
3200 Meter Run	Jamie Piepenburg	Alexandria	10:42.88	2012
4x400 Meter Relay	J. Woods, K. Wolf, R. Woods, B. Sauer	Rocori	4:00.22	2016
High Jump	Carol Peterka	St. Cloud Apollo	5' 7"	1982
	Ainsley Hansen	Fergus Falls	5' 7"	2022
Pole Vault	Stacie Manuel	Willmar	13' 0.5"	2000

Long Jump	Wensia Johnson	Alexandria	19' 5.25"	2013
Triple Jump	Jodie Lipp	St. Cloud Tech	37' 8.5"	2018
Discus	Sandy Fuchs	Rocori	148' 8"	1993
Shot Put	McKenzie Duwenhoegger	Alexandria	43' 10.5"	2019
CLC Girls Indoor Records				
EVENT	NAME	SCHOOL	RECORD	YEAR
3200 Meter Run	Megan Hasz	Alexandria	10:54.61	2015
4x800 Meter Relay		Alexandria	9:50.40	1988
60 Meter Hurdles	Kelsi Ring	Brainerd	9.15	2010
60 Meter Dash	Wensia Johnson	Alexandria	7.68	2013
60 M Dash Wheelchair	Liyun Nelson	St. Cloud Tech	21.71	2025
1600 Meter Run	Jamie Piepenburg	Alexandria	5:02.03	2012
4x200 Meter Relay	Payten Kor, Alison Krasky, Esryn Dahl, Kaiji Schneider	Alexandria	1:49.11	2025
400 Meter Dash	Zoe Lain	Sartell-St. Stephen	58.79	2025
800 Meter Run	Haylie Zenner	Fergus Falls	2:17.39	2012
200 Meter Dash	Alise Post	St. Cloud Tech	26.32	2007
4x400 Meter Relay		Rocori	4:09.90	2018
Shot Put	Mya Lesnar	Alexandria	45' 3.5"	2019
Triple Jump	Jodi Lipp	St. Cloud Tech	38' 3"	2018
Long Jump	Rose Jackson	Willmar	18' 0.25"	2013
High Jump	Ainsley Hansen	Fergus Falls	5' 6.5"	2022
Pole Vault	Stacie Manuel	Willmar	12' 6"	2003
CLC Boys Indoor Records				
EVENT	NAME	SCHOOL	RECORD	YEAR
3200 Meter Run	Justin Grunewald	Brainerd	9:36.26	2005
4x800 Meter Relay		Apollo	8:21.35	2019
60 Meter Hurdles	Otto Anderson	Alexandria	8.43	2025
60 Meter Dash	Drew Olson	Alexandria	6.88	2019
1600 Meter Run	Jaden Miller	Fergus Falls	4:29.57	2025
4x200 Meter Relay	Dane Olson, Evan Kludt, Elliott Kent, Daniel Jackson	Alexandria	1:32.65	2025
400 Meter Dash	Mitch Gesell	Alexandria	51.73	2005
800 Meter Run	John Marschel	Sartell-St. Stephen	1:58.06	2005
200 Meter Dash	Jack Young	Rocori	22.88	2018
4x400 Meter Relay		Monticello	3:36.20	1989
Shot Put	Nate Pederson Alexander Jensen	Brainerd Fergus Falls	58' 2"	1994 2023
Triple Jump	Ty Nelson	Brainerd	46' 6.75"	2025
Long Jump	Zach Bjork	Rocori	22' 7.25"	2008
High Jump	Ryan Lesnau	Alexandria	6' 9.25"	2000
Pole Vault	Nick Weis	Sauk Rapids-Rice	14' 2.5"	2009