



# Howard Wood Dakota Relays

## BOY'S HIGH SCHOOL RECORDS

Event	First	Last		School	State	Mark	Metric	Year
100 Meter Dash	Jaden	Guthmiller		Spearfish High School	SD	0:10.45		2022
200 Meter Dash	Jeran	McNichols		Bismarck High School	ND	0:21.24		2024
400 Meter Dash	Calob	Larson		Legacy High School	ND	0:47.02		2021
800 Meter Run	Simeon	Birnbaum		Rapid City Stevens High School	SD	1:50.37		2023
110 Meter Hurdles	Erik	Hill		Tea Area High School	SD	0:14.24		2011
300 Meter Hurdles	Jason	Greenway		Mitchell High School	SD	0:37.89		2011
1600 Meter Run	Simeon	Birnbaum		Rapid City Stevens High School	SD	4:04.05		2023
3200 Meter Run	Joe	Klecker		Hopkins High School	MN	8:50.12		2015
Long Jump	Dave	Bakke		Washington High School	SD	23'8.25"		1976
High Jump	Scott	Benson		Rapid City Stevens High School	SD	7'2"		1988
Pole Vault	Brock	Larson		Fargo South High School	ND	16'0"		2011
Triple Jump	Dane	Allen		Bismarck High School	ND	48'1.75"		2018
Shot Put	Kyle	McKelvey		Beresford High School	SD	69'3"		2011
Discus	Hayden	Bills		Rosemount High School	MN	198'11"		2023
Javelin	Sam	Hankins		Manhattan High School	KS	220'2"		2019
<b>CLASS AA RELAYS</b>								
400 Meter Relay	Farland	McGlothlin	Snow	Mathern	Legacy High School	ND	0:41.50	2023
800 Meter Relay	Farland	McGlothlin	Snow	Mathern	Legacy High School	ND	1:26.05	2023
1600 Meter Relay	Farland	McGlothlin	Snow	Kraft	Legacy High School	ND	3:18.95	2023
1600 Meter Sprint Medley Relay	Larson	Elliott	Tyler	Reinhart	Lincoln High School	SD	3:27.44	1973
3200 Meter Relay	Degree	Miller	Hintz	Barnes	Bismarck High School	ND	7:46.08	2010
<b>CLASS A RELAYS</b>								
400 Meter Relay	Freidel	Aanderud	Keegan	Thurness	St. Thomas More High School	SD	0:42.97	2016
800 Meter Relay	Reuer	Schroder	VanDonge	Adams	Sioux Falls Christian High School	SD	1:28.10	2023
1600 Meter Relay	Leitz	Turnquist	Nelson	Kueny	Alta High School	IA	3:24.34	1988
1600 Meter Sprint Medley Relay	Reuer	Skyberg	Schroder	Davelaar	Sioux Falls Christian High School	SD	3:30.45	2023
3200 Meter Relay	Oberloh	Pruis	Buck	Davelaar	Sioux Falls Christian High School	SD	7:56.90	2023
<b>CLASS B RELAYS</b>								
400 Meter Relay	A. Johnson	G. Johnson	Gust	Mason	Viborg-Hurley High School	SD	0:43.35	2021
800 Meter Relay	A. Johnson	Gust	G. Johnson	Mason	Viborg-Hurley High School	SD	1:29.68	2021
1600 Meter Relay	Olivier	B. Groos	K. Groos	Kreich	Colman-Egan High School	SD	3:29.06	2017
1600 Meter Sprint Medley Relay	Glanzer	Freidel	J. Tiefenthaler	D. Tiefenthaler	Armour High School	SD	3:32.84	1978
1600 Meter Sprint Medley Relay	DeSpiegler	Glanzer	J. Tiefenthaler	D. Tiefenthaler	Armour High School	SD	3:32.84	1980
3200 Meter Relay	Glanzer	Freidel	Bindert	D. Tiefenthaler	Armour High School	SD	8:03.44	1979
<b>ALL CLASSES RELAY</b>								
1600 Coed Meter Relay	Taryn Hyronimus	Chloe Hansen	Griffin Wilde	Jensen Hyronimus	Sioux Falls Jefferson High School	SD	3:39.27	2023
Distance Medley Relay	Gavyn Graham	Anthony Davis	Jaxon Birst	Breydyn Schlabsz	Bismarck Century High School	ND	10:39.01	2024



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## GIRL'S HIGH SCHOOL RECORDS

Event	First	Last	School	State	Mark	Metric	Year	
100 Meter Dash	Jedah	Caldwell	Chanhassen High School	MN	0:11.71		2016	
200 Meter Dash	Jedah	Caldwell	Chanhassen High School	MN	0:23.59		2016	
400 Meter Dash	Morgan	Milbrath	Minot High School	ND	0:53.98		2011	
800 Meter Run	Laura	Roesler	Fargo South High School	ND	2:05.76		2010	
100 Meter Hurdles	Kelsie	Belquist	New Rockford-Sheyenne High School	ND	0:14.26		2023	
300 Meter Hurdles	Kelsie	Belquist	New Rockford-Sheyenne High School	ND	0:42.87		2023	
1600 Meter Run	Alea	Hardie	O'Gorman High School	SD	4:53.60		2022	
3200 Meter Run	Allison	Eckert	Roosevelt High School	SD	10:19.74		2006	
Long Jump	Jazmin	Barry	Dickinson High School	ND	19'01.00"		2024	
High Jump	Sam	Ostarello	Stanley County High School	SD	5'9.75"		2009	
Pole Vault	Ciana	Stiefel	Custer High School	SD	12'9.00"		2024	
Triple Jump	Alexis	Gannon	Brookings High School	SD	39'8.25"		2014	
Shot Put	Gracelyn	Leiseth	Hamlin High School	SD	52'00.50"		2023	
Discus	Gracelyn	Leiseth	Hamlin High School	SD	171'03"		2023	
Javelin	Katelyn	Fairchild	Andale High School	KS	159'1"		2021	
<b>CLASS AA RELAYS</b>								
400 Meter Relay	Beil	Rose Gaye	Jahner	Roseline Gaye	Fargo Davies High School	ND	0:48.33	2017
800 Meter Relay	Roseline Gaye	Korgho	Jahner	Rose Gaye	Fargo Davies High School	ND	1:40.64	2018
1600 Meter Relay	Hendrick	Waterfall	Tingle	Bickley	Brandon Valley High School	SD	3:52.95	2017
1600 Meter Sprint Medley Relay	McCarthy	Mikulicz	Dougherty	Houlihan	Sioux City East High School	IA	4:02.27	2009
3200 Meter Relay	Thune	Duba	K. Eckert	A. Eckert	Roosevelt High School	SD	9:08.61	2005
<b>CLASS A RELAYS</b>								
400 Meter Relay	Linden Broneske	Ella Olson	Aubrey Lindteigen	Amari Paape	Oak Grove Lutheran High School	ND	0:49.52	2024
800 Meter Relay	E. Goehring	R. Goehring	Berg	Thornton	West Central High School	SD	1:43.86	2023
1600 Meter Relay	Savaeh Sichmeller	Halle Braun	Corinne Braun	Anna Vyn	Sioux Falls Christian High School	SD	4:00.58	2024
1600 Meter Sprint Medley Relay	Lorang	Johnson	Rus	Engelland	Mt. Vernon/Plankinton High School	SD	4:10.97	2023
3200 Meter Relay	Braun	Smith	Maddox	Vyn	Sioux Falls Christian High School	SD	9:20.53	2023
<b>CLASS B RELAYS</b>								
400 Meter Relay	Maurer	M. Heinz	T. Heinz	A. Heinz	Ipswich High School	SD	0:50.49	2015
800 Meter Relay	Luze	Rhode	L. Mousel	J. Mousel	Coleman-Egan High School	SD	1:47.32	2023
1600 Meter Relay	Smizer	Bailey	Ulmer	Heyden	Burke High School	SD	4:03.94	1978
1600 Meter Sprint Medley Relay	Lee	L. Mousel	J. Mousel	Luze	Coleman-Egan High School	SD	4:10.01	2023
3200 Meter Relay	P. Luze	Landis	F. Luze	R. Luze	Coleman-Egan High School	SD	9:49.42	2023
<b>ALL CLASSES RELAY</b>								
1600 Coed Meter Relay	T. Hyronimus	Hansen	Wilde	J. Hyronimus	Sioux Falls Jefferson High School	SD	3:39.27	2023
Distance Medley Relay	Maddox	H. Braun	Vyn	C. Braun	Sioux Falls Christian High School	SD	12:28.44	2023



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## MIDDLE SCHOOL & SPECIAL OLYMPIC RECORDS

<b>SPECIAL OLYMPICS</b>									
	First	Last	School			State	Mark	Metric	Year
100 Meter Dash - Boys		Estman	Sioux Falls			SD	0:11.50		2006
100 Meter Dash - Girls		Schivitz	Roosevelt High School			SD	0:15.26		1995
100 Meter Dash (Wheelchair Race)	Dylan	Fischbach	Vermillion			SD	0:19.97		2011
5000 Meter Racewalk (Open) - Men		Dunn	Carleton College			MN	22:47.40		1990
5000 Meter Racewalk (Open) - Women		Klappa	Hopkins			MN	26:24.00		1990
1500 Meter Racewalk (Open) - Men		Wiggins	Hawarden			IA	07:27.16		2010
<b>MIDDLE SCHOOL RECORDS</b>									
400 Meter Relay - Girls 7th Grade	Payson Sayasavanh	Samantha Hofer	Brooklyn Kindvall	Brianna Kindvall	Memorial Middle School	SD	0:54.56		2024
400 Meter Relay - Boys 7th Grade	Ojeir Agwa	Prince Gayetaye	Jeremy Retana	Jeremia Ezekiel	Whittier Middle School	SD	0:48.70		2024
400 Meter Relay - Girls 8th Grade	Julia Ohme	Macey Goodroad	Maelyn Herda	Layla Berte	Ben Reifel Middle School	SD	0:53.06		2024
400 Meter Relay - Boys 8th Grade	Freese	Haji	Shaw	Kpeayeh	Whittier Middle School	SD	0:47.34		2015
800 Meter Medley Relay - Girls 7th Grade	Herda	Dubisar	Berte	Blouin	Ben Reifel Middle School	SD	2:00.40		2023
800 Meter Medley Relay - Boys 7th Grade	Lincoln Dykstra	Brennen Pigott	Devyn Rhodes	Cooper Thompson	Tea Area Middle School	SD	1:48.81		2024
800 Meter Medley Relay - Girls 8th Grade	Julia Ohme	Macey Goodroad	Kjerstin Kyte	Layla Berte	Ben Reifel Middle School	SD	1:58.95		2024
800 Meter Medley Relay - Boys 8th Grade	Charlie Longo	Talce Schlimgen	Tanner Charron	Braxton Keppen	O'Gorman Junior High School	SD	1:45.10		2024
<b>UNIFIED</b>					School	State	Mark	Metric	Year
400 Meter Relay - Girls	Alexis Ketterling	Kaitlyn Heckler	Aurelia Steiger	Dannica Sheets	Aberdeen Central High School	SD	1:12.81		2024
400 Meter Relay - Boys	Jack Podoll	Craig Johnson	Samson Flakus	Skyler Hirschhorn	Aberdeen Central High School	SD	0:58.89		2024



# Howard Wood Dakota Relays

## WOMEN'S UNIVERSITY & COLLEGE RECORDS

Event	First	Last	School	State	Mark	Metric	Year	
100 Meter Dash	Antoinette	Goodman	North Dakota State University	ND	0:11.36		2014	
200 Meter Dash	Antoinette	Goodman	North Dakota State University	ND	0:22.83		2014	
400 Meter Dash	Sami	Spenner	University of Nebraska - Omaha	NE	0:53.78		2015	
800 Meter Run	Emma	Erickson	Unattached		2:07.14		2009	
100 Meter Hurdles	Shanice	Cannigan	University of South Dakota	SD	0:13.77		2018	
400 Meter Hurdles	Nicole	Ali	University of Nebraska	NE	0:59.06		1984	
1500 Meter Run	Runa	Falch	Augustana University	SD	4:27.09		2011	
3000 Meter Run	Runa	Falch	Augustana University	SD	9:37.84		2011	
5000 Meter Run	Amber	Eichkorn	University of South Dakota	SD	16:28.16		2015	
3000 Meter Steeplechase	Jonna	Bart	University of South Dakota	SD	10:25.63		2019	
Long Jump	Kim	Atwater	Drake University	IA	19'6.25"	5.95	1987	
High Jump	Debby	Volkers	Augustana University	SD	6'0.50"	1.84	1997	
Pole Vault	Emily	Grove	Unattached		14'11"	4.55	2019	
Triple Jump	Jazzelena	Black	South Dakota State University	SD	42'10.75"	13.07	2016	
Shot Put	Sara	Wells	Unattached		54'6.50"	16.62	2016	
Discus	Susan	Sherman	Iowa State	IA	176'5"	53.77	2003	
Javelin	Jen	Buyske	Augustana University	SD	152'5"	46.46	2005	
Hammer Throw	Michaela	Dendinger	Unattached		219'5"	66.87	2019	
<b>WOMEN'S RELAYS</b>								
400 Meter Relay	Lane	Black	McDonald	Carper	South Dakota State University	SD	0:45.79	2016
800 Meter Relay	Filler	Krell	Brueske	Muellenburg	University of South Dakota	SD	1:41.21	2007
1600 Meter Relay	Milbrath	Stratioti	Simon	Tingelstad	North Dakota State University	ND	3:40.00	2014
3200 Meter Relay	Addington	Kincaid	Kincaid	Cesario	Drake University	IA	9:10.38	1999
1600 Meter Sprint Medley	Thomas	Griffin	Ross	Davis	Drake University	IA	3:57.34	1985



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## MEN'S UNIVERSITY & COLLEGE RECORDS

Event	First	Last	School	State	Mark	Metric	Year	
100 Meter Dash	Allen	Burrell	North Dakota State University	ND	0:10.29		2005	
200 Meter Dash	Allen	Burrell	North Dakota State University	ND	0:20.97		2005	
400 Meter Dash	Jeff	Gross	Augustana University	SD	0:46.28		1984	
800 Meter Run	Regis	Humphrey	University of Nebraska	NE	1:47.95		1985	
110 Meter Hurdles	Ed	Ross	University of Nebraska	NE	0:13.83		1984	
400 Meter Hurdles	Johnny	Bryght	Drake University	IA	0:51.22		1985	
1500 Meter Run	Kyle	Burdick	South Dakota State University	SD	3:45.69		2017	
One Mile Run	Brad	Lowery	South Dakota State University	SD	4:01.67		2005	
5000 Meter Run	Rod	DeHaven	South Dakota State University	SD	14:16.14		1989	
3000 Meter Steeplechase	Tom	Karbo	Augustana University	SD	8:55.91		2011	
Long Jump	Don	Maryott	University of South Dakota	SD	25'5"	7.75	1978	
High Jump	Randal	Carter	Unattached		7'4.25"	2.24	2011	
Pole Vault	Chris	Nilsen	University of South Dakota	SD	19'2.75"	5.86	2018	
Triple Jump	Ben	Jasinski	South Dakota State University	SD	51'3"	15.62	2009	
Shot Put	Alex	Renner	North Dakota State University	ND	63'1.50"	19.24	2017	
Discus	Andy	Snyder	Unattached		197'5"	60.17	2014	
Javelin	Chad	Oukrop	North Dakota State University	ND	217'3"	66.21	2005	
Hammer Throw	AG	Krueger	Unattached		239'0"	72.84	2018	
<b>MEN'S RELAYS</b>								
400 Meter Relay	Spotser	Little	Kilstrom	Harris	Drake University	IA	0:40.51	1987
800 Meter Relay	Spotser	Okerman	Kilstrom	White	Drake University	IA	1:25.36	1984
1600 Meter Relay	Gonye	Blumer	Skjelvaag	Down	Augustana University	SD	3:10.26	1995
1600 Meter Sprint Medley	Hoefling	Ennis	Clayborne	Martin	University of South Dakota	SD	3:21.16	1985
3200 Meter Relay	O'Lonnon	Riley	Wood	Bryght	Drake University	IA	7:32.70	1984