



# Howard Wood Field

## WOMEN'S STADIUM RECORDS

Event	First	Last	School		State	Mark	Metric	Year
100 Meter Dash	Antoinette	Goodman	North Dakota State University		ND	00:11.36		2014
200 Meter Dash	Antoinette	Goodman	North Dakota State University		ND	00:22.83		2014
400 Meter Dash	Sami	Spenner	University of Nebraska - Omaha		NE	00:53.78		2015
800 Meter Run	Laura	Roesler	Fargo South High School		ND	02:05.76		2010
100 Meter Hurdles	Meredith	Davis	Morningside College		IA	00:13.54		2002
300 Meter Hurdles	Kelsie	Belquist	New Rockford-Sheyenne High School		ND	00:42.87		2023
400 Meter Hurdles	Nicole	Ali	University of Nebraska - Lincoln		NE	00:59.06		1984
1500 Meter Run	Runa	Falch	Augustana University		SD	04:27.09		2011
1600 Meter Run	Alea	Hardie	O'Gorman High School		SD	4:53.60		2022
3000 Meter Run	Runa	Falch	Augustana University		SD	09:37.84		2011
3200 Meter Run	Allison	Eckert	Roosevelt High School		SD	10:19.74		2006
5000 Meter Run	Amber	Eichkorn	University of South Dakota		SD	16:28.16		2015
10,000 Meter Run	Ramsey	Kavan	University of South Dakota		SD	35:37.59		2008
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		SD	14'11"	4.55	2019
Triple Jump	Jazzelena	Black	South Dakota State University		SD	42'10.75"	13.08	2016
Shot Put (College)	Sarah	Wells	Unattached		NE	54'6.50"	16.62	2016
Shot Put (HS)	Gracelyn	Leiseth	Hamlin High School		SD	52'00.50"		2023
Discus (College)	Gracelyn	Leiseth	Hamlin High School		SD	171'03"		2023
Discus (HS)	Shelby	Frank	Red River High School		ND	167'0"		2019
Javelin	Katelyn	Fairchild	Andale High School		KS	159'1"		2021
Hammer Throw	Michaela	Dendinger	Unattached			219'5"	66.87	2019
400 Meter Relay	Lane	Black	McDonald	Carper	South Dakota State University	SD	00:45.79	2016
800 Meter Relay	Roseline Gaye	Korgho	Jahner	Rose Gaye	Fargo Davies High School	ND	01:40.64	2018
1600 Meter Relay	Milbrath	Stratioti	Simon	Tinglestad	North Dakota State University	ND	03:40.00	2014
1600 Coed Meter Relay	T. Hyronimus	Hansen	Wilde	J. Hyronimus	Sioux Falls Jefferson High School	SD	3:39.27	2023
1600 Meter Sprint Medley Relay	Thomas	Griffin	Ross	Davis	Drake University	IA	03:57.34	1985
3200 Meter Relay	Thune	Duba	K. Eckert	A. Eckert	Roosevelt High School	SD	09:08.61	2005
Distance Medley Relay	Maddox	H. Braun	Vyn	C. Braun	Sioux Falls Christian High School	SD	12:28.44	2023