

REGION 1A - TRACK AND FIELD MEET - May 16, 2019 – Redfield, SD

FIELD EVENTS	4:00--Wednesday, May 15—Webster Pole Vault—Girls, followed by Boys	
	12:00	Girls High Jump Boys Shot Put Girls Discus Boys Long Jump
	2:00	Girls Shot Put Boys High Jump Girls Triple Jump Boys Discus
	3:30	Girls Long Jump Boys Triple Jump

FIRST SESSION	12:30	GIRLS	100 M HURDLES - PRELIMS
	12:40	BOYS	110 M HURDLES - PRELIMS
	12:50	BOYS	3200 M RELAY - FINALS
	1:05	GIRLS	100 M DASH - PRELIMS
	1:15	BOYS	100 M DASH - PRELIMS
	1:25	GIRLS	3200 M RELAY - FINALS

FINAL SESSION	2:30	GIRLS	100 M HURDLES
	2:35	BOYS	110 M HURDLES
	2:45	GIRLS/BOYS	100 M DASH
	2:50	GIRLS	800 M RELAY
	3:00	BOYS	800 M RELAY
	3:10	GIRLS	1600 M RUN
	3:20	BOYS	1600 M RUN
	3:30	GIRLS	400 M RELAY
	3:35	BOYS	400 M RELAY
	3:40	GIRLS	400 M DASH
	3:50	BOYS	400 M DASH
	4:05	GIRLS	300 M HURDLES
	4:15	BOYS	300 M HURDLES
	4:25	GIRLS	1600 M MEDLEY
	4:35	BOYS	1600 M MEDLEY
	4:45	GIRLS	800 M RUN
	4:55	BOYS	800 M RUN
	5:05	GIRLS/BOYS	200 M DASH
	5:20	GIRLS	3200 M RUN
	5:40	BOYS	3200 M RUN
	6:00	GIRLS	1600 M RELAY
	6:10	BOYS	1600 M RELAY

2019 State Qualifying Standards—Class A—Hand held times

	<u>Girls</u>	<u>Boys</u>
100m Dash	12.7	11.1
200m Dash	26.7	23.0
400m Dash	1:00.8	52.1
800m Run	2:27.0	2:03.9
1600m Run	5:23.1	4:39.5
3200m Run	12:00.6	10:26.0
100/110m Hurdles	15.7	15.8
300m Hurdles	48.0	41.9
4x100m Relay	51.9	44.7
4x200m Relay	1:50.0	1:34.0
4x400m Relay	4:15.0	3:34.6
4x800m Relay	10:15.3	8:37.6
Medley Relay	4:29.4	3:47.5
Shot Put	36-0	48-1
Discus	108-04	136-07
High Jump	4-10	6-0
Long Jump	16-2	20-10
Triple Jump	34-01	41-00
Pole Vault	8-3	11-3

REGION 1A TRACK RECORDS

<u>Girls</u>		<u>Event</u>	<u>Boys</u>	
12.15	Heidi Muellenberg-Redfield-2002	100	10.68	Sam Van Orman-Roncalli-2016
25.61	Heidi Muellenberg-Redfield-2001	200	21.57	Ryan Conrad-Milbank-2004
58.70	Shaina Riggs-Roncalli-2003	400	50.12	Brad Kruse-DeSmet-1989
2:20.93	Ashley Gruenwald-Clark-WL-2009	800	1:59.67	Jerry Hartley-Clark-1981
4:59.17	Jaime Pauli-Milbank-1995	1600	4:27.95	Lyle Wegner-Redfield-1981
11:49.75	Kelsey Barrett-Britton-Hecla-2010	3200	9:59.43	Lyle Wegner-Redfield-1981
14.70	Katie Anderson-Groton-2002	100/110 H	14.53	Jake Hamik-Roncalli-2003
45.84	Vickie Sichmeller-Webster-1981	300 H	39.15	Derek Gonzenbach-Milbank-2003
50.95	Groton (Abeln-Gengerke-Anderson-Ackman)-1981	400 Relay	43.96	Milbank Area (Montag-Dockter-Anderson-Gauer)-2016
1:47.30	Britton-Hecla (Vrchota-Christianson-Rabenberg-Rabenberg)-2003	800 Relay	1:32.51	Roncalli (O'Keefe-Cantwell-Bock-Rohlfs)-2006
4:06.90	Britton-Hecla (Vrchota-Christianson-Rabenberg-Rabenberg)-2003	1600 Relay	3:27.70	Leola (Waltman-Liebel-Guthmiller-Merkel)-1981
9:41.22	Roncalli (Cameron-Pierce-Cameron-Larson)-1998	3200 Relay	8:17.11	Milbank (Schulte-Kathman Wherry-Lewno)-1989
4:20.57	DeSmet (Kruse-McDonald-Sutton-Osthus)-1989	Medley Relay	3:40.60	Webster (Dosch-Lesnar Lesnar-Lynch)-2001
43'11.25	Aubrey Baxter-Redfield-2003	Shot Put	53'11.25	Todd Garry-Webster-1978
132'8"	Aubrey Baxter-Redfield-2003	Discus	175'5"	Robert Nelson-Britton-Hecla-2007
5'5"	Julie Frost-Redfield-1979	High Jump	6'10"	Brian Rabenberg-Britton-1987
17'8"	Julie Frost-Redfield-1979	Long Jump	22'9"	Jeff Kersting-Groton-1983
36'6"	Allison Peters-Britton-1991	Triple Jump	46'1.5"	Brian Rabenberg-Britton-1987
10'1.25"	Megan Marohl-Sisseton-2002	Pole Vault	14'7"	Anthony Andera-Roncalli-2015

SOUTH DAKOTA ALL-TIME LEADER BOARD

<u>Girls</u>		<u>Event</u>	<u>Boys</u>	
11.6	Jasmyne King-RC Central-2008	100 Dash	10.3	Mason Heinrichs-Watertown-2016
11.6	Courtney Dowling-Pierre-2016			
24.16	Jasmyne King-RC Central-2008	200 Dash	21.1	Chet Bruce-Hot Springs-1926
				21.1 Bob Johnson-SF Wash-1937
53.80	Krista Bickley-Brandon Valley-2017	400 Dash	47.3	Brennan Schmidt-Freeman-2015
2:07.9	Kay Stormo-Watertown-1978	800 Run	1:50.5	Jim Reinhart-SFLincoln-1973
4:43.5	Ramsay Kavan-Yankton-2005	1600 Run	4:06.3	Jim Reinhart-SFLincoln-1973
10:19.5	Allison Eckert-SF Roosevelt-2006	3200 Run	8:56.3	Erik Grumstrup-RCStevens-2001
13.89	Nevada Sorenson, SF Lincoln-2009	100/110 H		14.0 Talan Maxon-RCCentral-2015
				14.0 Erik Hill-Tea-2011
				14.0 Aaron Lessin-RCCentral-1996
				14.0 Rich Maguire-RCCentral-1996
42.66	Anne Vollmer-RC Centrall-1993	300 H		37.89 Jason Greenway-Mitchell-2011
				37.89 Tom Taylor-SFLincoln-1988
48.34	SF Washington-2018	400 Relay		41.98 SF Lincoln-2018
1:41.05	Watertown-2006	800 Relay	1:27.9	SF Lincoln-2018
3:52.95	Brandon Valley-2017	1600 Relay	3:19.1	Watertown-2011
9:01.19	Yankton-2005	3200 Relay	7:48.31	Brandon Valley-2010
4:04.7	Yankton-2009	Medley Relay	3:27.24	Sioux Falls Lincoln-1973
48'1.5	Kris Schaffer-Custer-2006	Shot Put	70'6	Tyler Schultz-Custer-2012
163'	Karen McDonald-Pierre-1979	Discus	211'4	George Amundson-Abdn Cent-1969
5'10.5"	Joan Brockhaus-Rosholt-1977	High Jump	7'2	Nick Johannsen-Miller-1991
			7'2	Scott Benson-RCCentral-1988
20'3.5	Kari Heck-SFW-2012	Long Jump	23'8.75	Jared Vlastuin-Lennox-2008
41'4.5	Alexis Gannon-Brookings-2014	Triple Jump	47'11.5	Bud Hamilton-Hot Springs-1991
13'5.25	Leslie Brost-Watertown-2008	Pole Vault	16'1	Andy Heinrichsen-RCCentral-1995