

# REGION 1A TRACK AND FIELD MEET - MAY 18, 2023 – GROTON, SD

## POLE VAULT (WEDNESDAY, MAY 17<sup>TH</sup> @ WEBSTER, 1:00PM)

Girls Pole Vault (6'0"), followed by Boys (8'6")

(THURSDAY- ALL TIMES FOLLOWING 11:00 AM START ARE APPROXIMATE)

<b>FIELD EVENTS</b>	11:00	Boys High Jump (5'0")	Girls Shot Put
		Boys Discus	Girls Long Jump
	1:00	Boys Shot Put	Girls High Jump (4'0")
		Boys Triple Jump	Girls Discus
	2:30	Boys Long Jump	Girls Triple Jump

<b>FIRST SESSION</b>	11:30	BOYS	100 M HURDLES - PRELIMS
	11:40	GIRLS	110 M HURDLES - PRELIMS
	11:50	BOYS	3200 M RELAY - FINALS
	12:05	BOYS	100 M DASH - PRELIMS
	12:15	GIRLS	100 M DASH - PRELIMS
	12:25	GIRLS	3200 M RELAY - FINALS

<b>FINAL SESSION</b>	1:00	BOYS	100 M HURDLES
	1:05	GIRLS	110 M HURDLES
	1:10	BOYS/GIRLS	100 M DASH
	1:15	BOYS	800 M RELAY
	1:25	GIRLS	800 M RELAY
	1:35	BOYS	1600 M RUN
	1:45	GIRLS	1600 M RUN
	1:55	BOYS	400 M RELAY
	2:00	GIRLS	400 M RELAY
	2:05	BOYS	400 M DASH
	2:15	GIRLS	400 M DASH
	2:30	BOYS	300 M HURDLES
	2:40	GIRLS	300 M HURDLES
	2:50	BOYS	1600 M MEDLEY
	3:00	GIRLS	1600 M MEDLEY
	3:15	BOYS	800 M RUN
	3:25	GIRLS	800 M RUN
	3:35	BOYS	200 M DASH
	3:45	GIRLS	200 M DASH
	3:55	BOYS	3200 M RUN
4:15	GIRLS	3200 M RUN	
4:35	BOYS	1600 M RELAY	
4:45	GIRLS	1600 M RELAY	

# REGION 1A TRACK RECORDS

## (UPDATED MAY 2022)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
12.15 Heidi Muellenberg-Redfield-2002	<b>100</b>	10.68 Sam Van Orman-Roncalli-2016
25.61 Heidi Muellenberg-Redfield-2001	<b>200</b>	21.57 Ryan Conrad-Milbank-2004
58.70 Shaina Riggs-Roncalli-2003	<b>400</b>	50.12 Brad Kruse-DeSmet-1989
2:20.93 Ashley Gruenwald-Clark-WL-2009	<b>800</b>	1:58.41 Nick Batchelor-Milbank-2022
4:59.17 Jaime Pauli-Milbank-1995	<b>1600</b>	4:27.95 Lyle Wegner-Redfield-1981
11:49.75 Kelsey Barrett-Britton-Hecla-2010	<b>3200</b>	9:59.43 Lyle Wegner-Redfield-1981
14.70 Katie Anderson-Groton-2002	<b>100/110 H</b>	14.53 Jake Hamik-Roncalli-2003
45.84 Vickie Sichmeller-Webster-1981	<b>300 H</b>	39.15 Derek Gonzenbach-Milbank-2003
50.95 Groton (Abeln-Gengerke-Anderson-Ackman)-1981	<b>400 Relay</b>	43.96 Milbank Area (Montag-Dockter-Anderson-Gauer)-2016
1:47.30 Britton-Hecla (Vrchota-Christianson-Rabenberg-Rabenberg)-2003	<b>800 Relay</b>	1:32.51 Roncalli (O'Keefe-Cantwell-Bock-Rohlf)s)-2006
4:06.90 Britton-Hecla (Vrchota-Christianson-Rabenberg-Rabenberg)-2003	<b>1600 Relay</b>	3:26.42 Milbank (Krause-N.Batchelor-Mertens-Schwenn)-2022
9:41.22 Roncalli (Cameron-Pierce-Cameron-Larson)-1998	<b>3200 Relay</b>	8:17.11 Milbank (Schulte-Kathman Wherry-Lewno)-1989
4:20.57 DeSmet (Kruse-McDonald-Sutton-Osthus)-1989	<b>Medley Relay</b>	3:40.60 Webster (Dosch-Lesnar Lesnar-Lynch)-2001
43'11.25 Aubrey Baxter-Redfield-2003	<b>Shot Put</b>	53'11.25 Todd Garry-Webster-1978
132'8" Aubrey Baxter-Redfield-2003	<b>Discus</b>	175'5" Robert Nelson-Britton-Hecla-2007
5'5" Julie Frost-Redfield-1979	<b>High Jump</b>	6'10" Brian Rabenberg-Britton-1987
17'8" Julie Frost-Redfield-1979	<b>Long Jump</b>	22'9" Jeff Kersting-Groton-1983
36'6" Allison Peters-Britton-1991	<b>Triple Jump</b>	46'1.5" Brian Rabenberg-Britton-1987
10'1.25" Megan Marohl-Sisseton-2002	<b>Pole Vault</b>	14'7" Anthony Andera-Roncalli-2015

# SOUTH DAKOTA ALL-TIME LEADER BOARD

## (LAST UPDATE UNKOWN)

<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-RCStevens-2004
		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 Johanssen-Miller-1991
		7'2 Scott Benson-RCStevens-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	16'1.5 Jaden Peters -Wagner-2021