

## WEST CENTRAL AREA TRACK AND FIELD RECORDS

<u>Event</u>	<u>Boys</u>			<u>Girls</u>		
100	Derek Bredy	10.80	2008	Tee Rudinski	13.09	2011
200	Derek Bredy	22.00	2008	Tee Rudinski	27.29	2011
400	Derek Bredy	51.92	2008	Tee Rudinski	1:00.79	2011
800	Jared Spittle	2:01.1	1997	Kylee Fernholz	2:21.68	2010
1600	Ryley Nelson	4:34	2017	Kylee Fernholz	5:31.00	2011
3200	Ryley Nelson	9:49.00	2017	Abby VanKempen	11:46	2013
110 Hurdles	Dale Haberer	16.71	2008	Amanda Drechsel	17.58	2018
300 Hurdles	Jake Winningham	44.32	2016	Abby VanKempen	53.91	2014
High Jump	Beau Kashmark	6'5	2011	Kylee Fernholz	5-3	2018
	Dan Schack	6'5	2014			
Long Jump	Derek Bredy	22-8.5	2008	Victoria Valleromos	15-1	2019
Triple Jump	Derek Bredy	43-9.75	2008	Morgan Woodle	31-6.5	2018
	Beau Kashmark	43-9.75	2011			
ShotPut	Dallas Koplín	49-10	2000	Annabelle Haarstad	35-6	2016
Discuss	Dallas Koplín	153-1	2000	Annabelle Haarstad	122-10	2016
Pole Vault						
Cross Country						
3.08 Miles	Ryley Nelson	15:50	2015			
3.10 Miles	Ryley Nelson	16:00	2015	Lexi Bright	19:21	2019