

NDHSAA Girls' Overall Records

Event	Present Holder	School	Record	Year
100 Meter Dash	Morgan Milbrath	Minot High	11.97 Prelims	2010
	Cece Deebom	Fargo Davies	11.97	2021
200 Meter Dash	Morgan Milbrath	Minot High	24.32 Prelims	2010
400 Meter Dash	Laura Roesler	Fargo South	53.25	2010
800 Meter Run	Laura Roesler	Fargo South	2:10.78	2008
1600 Meter Run	Becki Wells	Dickinson	4:44.44	1993
3200 Meter Run	Karly Ackley	Grand Forks Central	10:32.86	2016
100 Meter Hurdles	Cece Deebom	Fargo Davies	14.00 Prelims	2022
300 Meter Hurdles	Kelsie Belquist	New Rockford	42.02	2022
Long Jump	Whitney Carlson	Carrington	19-05.50	2006
High Jump	Lexy Wittmayer	Rolette/Wolford	5-10.00	2014
Shot Put	Anthonett Nabwe	Jamestown	49-10.00	2022
Discus	Briona Reynolds	Grand Forks Red River	172-00.00	1999
*Javelin	Katie Wilson	Grand Forks Red River	148-03.00	2002
Triple Jump	Crystal Cummins	Fargo South	39-04.25	1998
Pole Vault	Lauren Gietzen	Bismarck Century	12-05.00	2014
4x100 Meter Relay	Kaia Beil, Sally Korgho, Merritt Beil, Roseline Gaye	Fargo Davies	48.35	2018
4x200 Meter Relay	Roseline Gaye, Katelyn Carlson, Emily Jahner, Rose Gaye	Fargo Davies	1:41.73	2016
4x400 Meter Relay	Autumn Ketterling, Emily Goldade, Ashton Kinnebrew, Erin Palmer	Bismarck Century	3:58.32	2021
4x800 Meter Relay	Peyton Jensen, Kaydee Wescom, Jadyn Guidinger, Lindsey Werner	Bismarck Legacy	9:22.68	2017

***2002 First year to use tailwind javelin**

Updated – June 6, 2022