

HOWARD WOOD FIELD STADIUM RECORDS

WOMEN

100 Meter Dash	Antoinette Goodman	NDSU (ND)	:11.36	2014
200 Meter Dash	Antoinette Goodman	NDSU (ND)	:22.83	2014
400 Meter Dash	Sami Spenner	U of Nebraska/Omaha (NE)	:53.78	2015
800 Meter Run	Laura Roesler	Fargo South High (ND)	2:05.76	2010
100 Meter Hurdles	Meredith Davis	Morningside College (IA)	:13.54	2002
300 Meter Hurdles	Anne Vollmer	RC Central HS (SD)	:43.59	1993
400 Meter Hurdles	Nicole Ali	U of Nebraska/Lincoln (NE)	:59.06	1984
1500 Meter Run	Runa Falch	Augustana College (SD)	4:27.09	2011
1600 Meter Run	Ramsey Kavan	Yankton HS (SD)	4:55.09	2005
3000 Meter Run	Runa Falch	Augustana College (SD)	9:37.84	2011
3200 Meter Run	Allison Eckert	SF Roosevelt HS (SD)	10:19.74	2006
5000 Meter Run	Amber Eichkorn	USD (SD)	16:28.16	2015
3000 Meter Steeple	Jonna Bart	USD (SD)	10:25.63	2019
10000 Meter Run	Ramsey Kavan	USD (SD)	35:37.59	2008
Long Jump	Kim Atwater	Drake University (IA)	(19'6¼") 5.95 m	1987
High Jump	Debby Volkers	Augustana College (SD)	(6½") 1.84 m	1997
Pole Vault	Emily Grove	Unattached (SD)	(14'11") 4.55 m	2019
Triple Jump	Jazzelena Black	SDSU (SD)	(42'10¾") 13.08 m	2016
Shot Put	Sara Wells	Unattached (NE)	(54'6½") 16.62 m	2016
H.S. Shot Put (4 kilo)	Sarah Stevens	Ft. Collins HS (CO)	48'9¾"	2003
Discus	Susan Sherman	Iowa State (IA)	(176'5") 53.77 m	2003
H.S Discus	Kiana Phelps	Kingsley-Pierson/ Woodbury Central (IA)	163'5"	2016
Javelin	Jen Buyske	Augustana College (SD)	(152'5") 46.46 m	2005
Hammer Throw	Michaela Dendinger	Unattached	(219'5") 66.87 m	2019
400 Meter Relay	Lane, Black, McDonald, Carper	SDSU (SD)	:45.79	2016
800 Meter Relay	Filler, Krell, Brueske, Muellenberg	USD (SD)	1:41.21	2007
1600 Meter Relay	Milbrath, Stratioti, Simon, Tinglestad	NDSU (SD)	3:40.0	2014
3200 Meter Relay	Thune, Duba K Eckert, A Eckert	SF Roosevelt (SD)	9:08.61	2005
Sprint Medley Relay	Thomas, Griffin, Ross, Davis	Drake University (IA)	3:57.34	1985

5/15/2019