Event	Name	Year	School	Results
100 M Dash	Elise Wisnewski	2024	Central Cass	11.97
200 M Dash	Elise Wisnewski	2024	Central Cass	24.25
400 M Dash	Morgan Milbrath	2012	Minot	55.11
800 M Dash	Laura Roesler	2009	Fargo South	2:08.87
1600 M Dash	Karly Ackley	2017	Central	4:53.34
3200 M Dash	Karly Ackley	2017	Central	10:49.26
100 M Hurdles	Mackenzie Severson	2018	Red River	14.86
300 M Hurdles	Ellie Grooters	2009	West Fargo	43.04
High Jump	Kira Larson	2010	Fargo North	5'9"
Pole Vault	Grace Finney	2016	Central	11'9"
Pole Vault	Jolee Dahl	2025	West Fargo	11'10"
Long Jump	Grace Emineth	2019	Shanley	19'2"
Triple Jump	Kylee Bergantine	2016	Fargo Davies	38'10.25"
Shot Put	Akealy Moton	2016	West Fargo	47'4"
Discus	Shelby Frank	2018	Red River	160'
Javelin	Akealy Moton	2016	West Fargo	151'8"
4 X 100 M Relay	K. Beil, K. Carlson, E. Jahner, R. Gaye	2017	Fargo Davies	49.51
4 X 200 M Relay	R. Gaye, K. Carlson, E. Jahner, S. Korgho	2017	Fargo Davies	1:43.01
4 X 400 M Relay	F. Conlin, E. Valenti, P. Rygg, L. Roesler	2009	Fargo South	3:55.58
4 X 800 M Relay	J. Rosenau, K. Karnopp, B. Grooters, K. Stoppler	2010	West Fargo	9:45.25

Event	Name	Year	School	Results
100 M Dash	Carson Hegerle	2022	West Fargo	10.61
200 M Dash	Justin Zulu	2024	Fargo South	21.87
400 M Dash	Waha Sem	2011	Fargo North	49.02
800 M Dash	Waha Sem	2011	Fargo North	1:56.59
1600 M Dash	Hunter Lucas	2017	Fargo Davies	4:17.49
3200 M Dash	Owen Sondag	2021	Fargo North	9:26.89
110 M Hurdles	Ryan Todhunter	2009	Red River	14.13
300 M Hurdles	Ryan Todhunter	2009	Red River	38.69
High Jump	Josh Darwin	2018	Wahpeton	6'6"
Pole Vault	Brock Larson	2011	Fargo South	16'0"
Long Jump	Jaime Heinen	2013	West Fargo	24'3"
Triple Jump	A'Johntez Moore	2024	Fargo South	46'5"
Shot Put	Alex Talley	2016	West Fargo	58'1"
Discus	Bryan Bjerk	2013	Red River	181'8"
Javelin	John Hoplin	2013	Red River	191'9"
4 X 100 M Relay	A. Spacek, C. Gunderson, J. Heinen, S. Siverson	2012	West Fargo	42.80
4 X 200 M Relay	S. Hillen, S. Siverson, C. Gunderson, A. Spacek	2011	West Fargo	1:29.54
4 X 400 M Relay	J. Runnels, J. Zulu, O. Barbot, A. Zulu	2024	Fargo South	3:24.85
4 X 800 M Relay	M. Isahak, T. Gruanue, M. Mendin, M. Abaker	2017	Fargo South	8:04.15