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	Erin Valenti	2011	Fargo South	2:18.50
1600 M Dash	Jordan Jacob	2015	Century	5:01.09
3200 M Dash	Kelby Anderson	2014	Century	10:54.00
100 M Hurdles	McKenzie Mehlisch	2005	Fargo South	14.61
300 M Hurdles	Ellie Grooters	2008	West Fargo	44.02
High Jump	Kira Larson	2010	Fargo North	5'9"
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	145'3"
4 X 100 M Relay	L. Broneske, A. Lindteigen, S. Geiger, A. Paape	2025	Oak Grove	49.54
4 X 200 M Relay	B. Sheriff, O. Simek, A. Dietrich, A. Urness	2026	Fargo Davies	1:44.05
4 X 400 M Relay	R. Nyanfor, S. Pfau, S. Simonson, K. Larson	2012	Fargo North	4:00.88
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	Zak Walker	2026	Moorhead	49.40
800 M Dash	Severyn Claymore	2004	Fargo South	1:56.99
1600 M Dash	Sam Jacobwith	2012	Hopkins	4:21.86
3200 M Dash	Owen Sondag	2021	Fargo North	9:26.89
110 M Hurdles	Darin Erstad	1991	Jamestown	14.64
300 M Hurdles	Carter Eide	2021	Central	38.97
High Jump	Josh Darwin	2018	Wahpeton	6'6"
Pole Vault	Jak Urlacher	2021	Central	15'1"
Long Jump	Jaime Heinen	2013	West Fargo	24'3"
Triple Jump	A'Johntez Moore	2024	Fargo South	46'5"
Shot Put	Brent Tischer	1973	LaMoure	56'9"
Discus	Bryan Bjerk	2013	Red River	181'8"
Javelin	John Hoplin	2013	Red River	191'9"
Javelin (Metal)	Todd Murdock	1981	West Fargo	200'4"
4 X 100 M Relay	A. Spacek, C. Gunderson, J. Heinen, S. Siverson	2012	West Fargo	42.80
4 X 200 M Relay	J. Runnels, J. Zulu, A, Moore, A. Zulu	2024	Fargo South	1:29.79
4 X 400 M Relay	J. Runnels, J. Zulu, O. Barbot, A. Zulu	2024	Fargo South	3:24.85
4 X 800 M Relay	J. Anderson, O. Pfeifer, L. Rout, K. Thomson	2026	Fargo Davies	8:04.90