

# 2023 TRACK MINIMUM STANDARDS FAT

GIRLS	EVENT	BOYS
13.04	100 Meter Dash	11.34
26.94	200 Meter Dash	23.24
61.74	400 Meter Dash	52.24
2:25.24(A)	800 Meter Run	2:01.74 (A)
2:26.24(B)		2:03.24 (B)
5:30.24 (A)	1600 Meter Run	4:35.24 (A)
5:35.24(B)		4:40.24 (B)
12:05.24 (A)	3200 Meter Run	10:05.24(A)
12:16.24 (B)		10:20.24 (B)
16.84	100 Meter Hurdles	
	110 Meter Hurdles	16.14 (A)
		16.24 (B)
48.84	300 Meter Hurdles	42.14 (A)
		42.24 (B)
16' 8" (A)	Long Jump	20' 9"
16' 5" (B)		
34'4"	Triple Jump	41' 6"
5' 1"	High Jump	6' 2"
35' 6"	Shot Put	48' 6" (A)
		46' 9" (B)
110'	Discus	145' (A)
		140' (B)
110' (A)	Javelin	160'
115' (B)		
9' 3"	Pole Vault	12' 6" (A)
		12' (B)
52.84	4 x 100 Meter Relay	45.44 (A)
		45.94 (B)
1:51.54	4 x 200 Meter Relay	1:34.24 (A)
		1:35.24 (B)
4:16.24	4 x 400 Meter Relay	3:34.24 (A)
		3:36.24 (B)
10:10.24(A)	4 x 800 Meter Relay	8:24.24 (A)
10:20.24 (B)		8:35.24 (B)



## 2023 Bob Zimney Last Chance Invitational Track & Field Meet Cushman Field Monday, May 15, 2023



### 2:00 Field Events

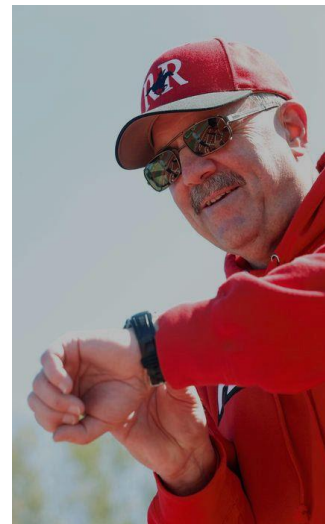
Pole Vault (B)  
Discus (G)  
Triple Jump (B)  
High Jump (G)  
Long Jump (G)  
Shot Put (B)  
Javelin (B)  
Immediately following above events:  
High Jump (B)  
Long Jump (B)  
Shot Put (G)  
Javelin (G)  
Pole Vault (G)  
Discus (B)  
Triple Jump (G)

### 2:15 Running Events

3200 Meter Relay  
300 Meter Hurdles  
Special Olympics 100M Dash  
100 Meter Dash  
800 Meter Relay  
1600 Meter Run  
400 Meter Relay  
400 Meter Dash  
100 Meter Hurdles (G)  
110 Meter Hurdles (B)  
800 Meter Run  
200 Meter Dash  
3200 Meter Run  
1600 Meter Relay

3 trials each in prelims with 3 additional trials for athletes meeting minimum distance

Girls run first in all running events



Bob Zimney coached at Red River HS from 1978-2016. His 37 years as head coach is the longest tenure for a head coach in the history of the Grand Forks Public Schools. Since 2012, he has been inducted into five athletic hall of fames including the ND Track & Field Hall of Fame and the National HS Athletic Association Coaches Hall of Fame. In 2016, he was named the National High School Coach of the Year for Boys Track. Today, he lives in Sioux Falls, SD and serves as an assistant track coach with Augustana University.

### Girls Meet Records:

Event	Athlete	School	Result	Year
100M	Mackenzie Severson	RR	12.52	2018
200M	Beatrice Kjelland	PR	25.68	2018
400M	Kinsey Coles	Hillsboro	59.21	2000
800M	Karly Ackley	GFC	2:17.50	2017
1600M	Karly Ackley	GFC	5:03.07	2016
3200M	Rachel Torrey	GFC	11:27.80	2017
100H	Mackenzie Severson	RR	14.88	2018
300H	Mackenzie Severson	RR	44.52	2017
400M	Katie Nelson	Wahpeton	50.49	2005
Relay	Amanda Miller Ali Walter Allie Smith			
800 M Relay	Gladys Nortey Debbie Hooke Tr. Zimmerman Brandy Afoon	Sisler (Winn)	1:45.47	1989
1600 M Relay	Chantel Omdahl Jenny Spong Nora Narloch Kinzey Larter	RR	4:06.34	2001
3200 M Relay	Amanda Wickersham Anna Hagen Kelsey Aune Jaclyn Scanlan	EGF	9:53.72	2006
High Jump	Hannah Arason	RR	5'7"	2016
Long Jump	Amy Uthus	GFC	17'6.5"	2002
Triple Jump	Claire Leach	RR	36'8"	2019
Pole Vault	Julie Strenkowski	GFC	11'3"	2003
Shot Put	Briona Reynolds	RR	45'11.5"	1999
Discus	Briona Reynolds	RR	174'0"	1999
Javelin	Katie Wilson	RR	152'1"	2002

### Team Champions

1987	RR	1998	RR	2009	RR	2020	COVID
1988	RR	1999	RR	2010	RR	2021	RR
1989	GFC	2000	RR	2011	Cancelled	2022	
1990	GFC	2001	GFC	2012	RR		
1991	GFC	2002	GFC	2013	RR		
1992	RR	2003	RR	2014	Cancelled		
1993	RR	2004	RR	2015	Cancelled		
1994	RR	2005	RR	2016	RR		
1995	RR	2006	RR	2017	RR		
1996	RR	2007	RR	2018	RR		
1997	RR	2008	RR	2019	RR		

### Boys Meet Records:

Event	Athlete	School	Result	Year
100 Dash	Chuck Torrance	GFC	10.84	1983
200 Dash	Chcuk Torrance	GFC	21.92	1983
400 Dash	Aaron Dewald	Thomp	49.75	1996
800 Run	<b>Caeden Johnson</b>	<b>WFS</b>	<b>1:55.48</b>	<b>2022</b>
1600 Run	Wade Juntunen	GFC	4:23.30	1999
3200 Run	Jim Herberg	GFC	9:38.84	1980
110 Hurdles	Loren Bothun	RR	14.29	2013
300 Hurdles	Ryan Todhunter	RR	39.56	2008
400 M Relay	Steve Pringle Dieu Trieu Cory Benton Phillip Moore	GFC	44.07	
800 M Relay	T.Judd/ C. Larson J. Home/ B. O'Halloran* Z. Topping/ T. Burian P. Painter/ T. O'Halloran*	RR	1:31.93	1988/  2018
1600 M Relay	Denton Davidson Jeff Zimney Brooks Leedah Aaron Berndt	RR	3:26.34	1998
3200 M Relay	Keith Hamilton Andy Lawrence Brian Warcup Tom Smith	RR	8:14.24	1984
High Jump	Todd Steinke	RR	6'6"	1985
Long Jump	Mack Arvidson	RR	23'0"	2012
Triple Jump	Nick Senf	WF	46'3"	2002
Pole Vault	Todd Gunderson	M-Port	14'8"	1980
Shot Put	Mark Murdock	RR	59'1.5"	1992
Discus	Bryan Bjerck	RR	187'7"	2013
Javelin	Paul Hoplin	RR	200'0"	2007

### Team Champions

1980	RR	1991	RR	2002	GFC	2013	RR
1981	RR & FS	1992	RR	2003	RR	2014	Cancelled
1982	FS	1993	RR	2004	RR	2015	Cancelled
1983	RR	1994	RR	2005	RR	2016	RR
1984	RR	1995	RR	2006	RR	2017	RR
1985	RR	1996	GFC	2007	RR	2018	RR
1986	RR	1997	RR	2008	RR	2019	RR
1987	RR	1998	RR	2009	RR	2020	COVID
1988	RR	1999	RR	2010	RR	2021	RR
1989	RR	2000	GFC	2011	Cancelled	2022	RR
1990	RR	2001	RR	2012	GFC		

