



# Top 10 All Time State Throws for BHS & State



Top 10 State Shot put and Discus at State. Athlete's career best throws used.

BHS Top 10 Shot			State Top 10 Shot			
Howard Hausaur	64-1	1987	<b>Howard Hausaur</b>	<b>Bismarck</b>	<b>64-1</b>	<b>1987</b>
Jon Tharaldsen	63-4	2014	<b>Jon Tharaldsen</b>	<b>Bismarck</b>	<b>63-4</b>	<b>2014</b>
Dan Woodward	56-5.5	1975	Clint Schelke	Beulah	60-10	2002
Brian Fehr	56-.5	1987	Jaxon Duttonhefer	Mandan	60-6.5	2021
Chuck Clairmont	55-6	1985	Tom Rausch	West Fargo	60-4	1976
Brayden Thomas	55-5.5	2016	Mark Murdock	Red River	59-3.75	1992
Josh Obrigewitch	54-11	2004	Kurt Lesser	Minot	59-1.5	1978
Seth Helgeson	54-4.5	1999	Ted Hausauer	St. Mary's	59-.5	1973
Steve Mayer	54-3	1968	Casey Blue	Grand Forks Central	59-.5	1998
Bill Leifer	53-2	1958	Andrew Leingang	Century	59-	2021
Dylan Schnaible	53-2	2013				

BHS Top 10 Shot			State Top 10 Shot			
Eliza Neigum	42-6	2007	Annie Nabwe	Jamestown	49-10	2022
Katie Weigel	41-5	2010	Akealy Moton	West Fargo	48-6	2017
Kaitlyn Rath	40-11	2023	Briona Reynolds	Red River	48-2.75	2001
Morgan Ohlhauser	40-7.75	2019	Patty Purpur	Red River	48-1	2000
Naomi Rust	40-6	2012	Abby Effertz	Century	45-.5	2005
Tayla Andersen	39-1	2023	Dana Olimb	Grand Forks Central	45-.5	2002
Heather Schulz	38-6	2009	Keely Walker	West Fargo	44-9	2016
McKenna Shelkey	38-2.75	2019	Cassie Romuld	Grand Forks Central	44-7	1995
Brianna Bergrud	38-2	2012	Dani Parkos	Grand Forks Central	44-3.5	1991
Lindey Gullickson	37-6.25	2019	Maggie Schwarzkopf	Century	44-3.5	2015

BHS Top 10 Discus			State Top 10 Discus			
Seth Helgeson	185-7	1999	Bryan Bjerk	Red River	192-8	2012
Stanley Jones	178-9	2014	<b>Seth Helgeson</b>	<b>Bismarck</b>	<b>185-7</b>	<b>1999</b>
Howard Hausaur	175-5	1987	Conrad Schwarzkoph	Century	183-11	2012
Ben Jacobson	173-10	2006	Andrew Haak	Mandan	182-1	2005
Harry Salak	167-8	1968	Casey Blue	Grand Forks Central	181-7	1998
Jon Tharaldsen	167-6	2015	<b>Stanley Jones</b>	<b>Bismarck</b>	<b>178-9</b>	<b>2014</b>
Chuck Clairmont	167-2	1985	<b>Howard Hausauer</b>	<b>Bismarck</b>	<b>175-5</b>	<b>1987</b>
Jaden Friedt	165-7	2013	Bryan Kielpinski	Mandan	174-1	2010
Tyler Bradley	163-8	2008	Levi Rockey	Century	174-1	2017
Greg Eslinger	163-7	2001	<b>Ben Jacobson</b>	<b>Bismarck</b>	<b>173-10</b>	<b>2006</b>

BHS Top 10 Discus			State Top 10 Discus			
Katie German	133-8	2017	Briona Reynolds	Red River	172-	1999
Katie Weigel	128-8	2010	Disa Salander	Grand Forks Central	166-7	1994
Shannon Schmidt	126-10	2008	Stephanie Wigness	Red River	164-10	1995
Tayla Andersen	126-8	2022	Julia Pederson	Red River	162-4	2000
Terry Eslinger	125-7	1980	Talia Merritt	Fargo North	159-7	2000
Koreena Lyons	124-5	1981	Dani Parkos	Grand Forks Central	156-11	1992
Naomi Rust	123-9	2013	Shelby Frank	Red River	155-11	2018
Kaylynn Red Tomahawk	120-9	2021	Anthonett Nawbe	Jamestown	154-7	2022
Brittany Hawkinson	118-10	2016	Patty Purpur	Red River	152-8	1984
Raya Rood	118-10	2013	Cassie Romuld	Grand Forks Central	152-4	1996
BHS Top 10 Javelin 2003			State Top 10 Javelin 2003			
Dexter Werner	188-3	2012	Paul Hoplin	Red River	201-10	2007
Brayden Thomas	186-8	2016	John Hoplin	Red River	198-7	2013
Esley Thorton	182-9	2009/10	Matt Litznger	Grand Forks Central	195-6	2003
Stanley Jones	175-6	2014	Derek Murph	Red River	193-6	2015
Rob Bohr	172-	2003	Caleb Mattila	West Fargo	190-10	2013
Nic Carter	171-5	2017	Caleb Mattila	West Fargo	190-10	2013
Kevin Poitra	170-11	2010	Kyle Richardson	Grand Forks Central	189-9	2003
Preston Lemar	169-1	2023	<b>Dexter Werner</b>	<b>Bismarck</b>	<b>188-3</b>	<b>2012</b>
Zach Kuhn	168-11	2018	Matt Kraft	Legacy	187-11	2019
Braxton Neas	163-4	2019	<b>Brayden Thomas</b>	<b>Bismarck</b>	<b>186-8</b>	<b>2016</b>
BHS Top 10 Javelin 2003			State Top 10 Javelin 2003			
Britlyn Sturlaugson	133-11	2007	Akealy Moton	West Fargo	145-5	2017
Kaitlyn Sturlaugson	126-	2009	Anthonett Nabwe	Jamestown	144-9	2022
Nicole Perkins	123-5	2019	Michaela Hjelseth	Fargo Davies	142-8	2019
Morgan Johnson-Colbert	121-	2023	Taylor Leingang	Mandan	141-2	2021
Cambrie Fischer	118-9	2023	Hannah Arson	Red River	139-8	2014
Anna Hruby	117-2	2010	Brooklyn Koenig	Fargo Davies	139-7	2021
Lexus Mosbrucker	116-6	2015	Jess Herauf	Dickinson	139-6	2010
Katie Weigel	114-3	2010	Ella Wippert	Red River	136-4	2023
Naomi Rust	107-9	2012	Mary Wilson	Red River	135-6	2004
Breann Sullivan	106-8	2019	Regan Dennis	Century	135-2	2016

# WDA Top 10

## BHS Top 10 Shot

## WDA Top 10 Shot

Howard Hausaur	64-7	1987	Howard Hausaur	Bismarck	64-7	1987
Jon Tharaldsen	63-6.5	2015	Jon Tharaldsen	Bismarck	63-6.5	2015
Mark Baugie	57-11.5	1969	Clint Schelke	Beulah	59-11	2002
Seth Helgeson	56-11	1999	Dave Marion	Century	59-4.5	1988
Josh Obrigewitch	55-7	2004	Andrew Leingang	Century	58-1	2021
Brian Fehr	54-1	1987	Mark Baugie	Bismarck	57-11.5	1969
Steve Meyer	54-	1968	Levie Rockey	Century	57-11.5	2018
Bill Leifer	53-11.5	1958	Alex Boyeff	Minot	57-5	2006
Brayden Thomas	53-4.5	2016	Don Tyrner	Minot	57-4	1972
Chuck Clairmont	53-2	1985	Brent Qvale	Williston	57-.5	2009

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Katie Weigel	41-5.5	2010	Anthonett Nabwe	Jamestown	48-1	2021
Eliza Neigum	41-1	2006	Erika Schroeder	Century	46-9	2006
Katelyn Rath	40-2	2023	Carrie Fleck	Mandan	45-2	1998
Heather Schulz	39-4	2009	Maggie Schwarzkopf	Century	43-7.5	2015
Morgan Ohlhauser	38-9	2019	Abbey Efferts	Century	43-5	2005
Brianna Bergrud	38-6	2012	Scheryl Kottsick	Mandan	41-8.5	1998
Ariana Herman	38-4.5	2015	Amanda Solberg	Minot	41-8.5	2005
McKenna Shelkey	38-2.5	2018	Shea Smirl	Minot	41-5.5	1987
Naomi Rust	38-.5	2011	Katie Weigel	Bismarck	41-5.5	2010
Lindey Gullickson	37-5	2019	Eliza Neigum	Bismarck	41-1	2006

## BHS Top 10 Discus

## WDA Top 10 Discus

Howard Hausaur	179-9	1987	Dave Bergloff	Century	184-6	1990
Chuck Clairmont	178-1	1985	Conrad Schwarzkoph	Century	179-1	2012
Ben Jacobson	173-10	2006	Howard Hausaur	Bismarck	179-9	1987
Stanley Jones	171-9	2014	Chuck Clairmont	Bismarck	178-1	1985
Seth Helgeson	166-7	1999	Levi Rockey	Century	176-4	2018
Jack Shaffer	165-3	2023	Dave Marion	Century	175-6	1988
Harry Salak	163-11	1967	Ben Jacobson	Bismarck	173-10	2006
Eric Klein	162-8	2008	Stanley Jones	Bismarck	171-9	2014
Jon Tharaldsen	160-	2015	Jared Aasen	Minot	171-6	2008
Tyler Bradley	156-4	2008	Jason Harmon	Century	170-8	1997

BHS Top 10 Discus			WDA Top 10 Discus			
Katie Weigel	136-10	2008	Amanda Solberg	Minot	161-10	2005
Shannon Schmidt	135-8	2008	Abbey Efferts	Century	158-11	2005
Naomi Rust	126-9	2012	Erika Schroeder	Century	157-	2005
Tayla Andersen	125-9	2023	Whitney Ledger	Century	151-11	2022
Jen Swenson	123-4.5	1994	Whitney Ledger	Century	142-8	2005
Katelyn Rath	122-1	2023	Jessica Drady	Minot	141-2	2015
Kaylynn Red Tomahawk	121-3	2021	Christen Jackson	Century	138-4	2005
Katie German	120-9	2016	Nicole Ennon	Century	137-9	2008
Brittany Hawkinson	120-	2016	Katie Weigel	Bismarck	136-10	2008
Raya Rood	119-10	2023	Shannon Schmidt	Bismarck	135-8	2008
BHS Top 10 Javelin since 2003			WDA Top 10 Javelin since 2003			
Esley Thorton	183-6	2009	Matt Kraft	Legacy	194-2	2019
Dexter Werner	179-9	2012	Jerad Aasen	Minot	192-4	2008
Brayden Thomas	174-2	2015	Odin Nelson	Minot	189-	2018
Kevin Poitra	172-9	2010	Esley Thorton	Bismarck	183-6	2009
Rob Bohr	171-9	2003	Brett Miller	Legacy	181-7	2023
Lyndon Mertz	170-5	2015	Dexter Werner	Bismarck	179-9	2012
Preston Lemar	170-3	2023	Ben Aasen	Minot	176-5	2009
Nic Carter	161-5	2017	Kyle Schatz	Minot	174-8	2007
Jared Rath	159-3	2015	Devin Coyle	Mandan	174-10	2012
Stanley Jones	158-6	2014	Brayden Thomas	Bismarck	174-2	2015
BHS Top 10 Javelin since 2003			WDA Top 10 Javelin since 2003			
Nicole Perkins	129-	2019	Taylor Leingang	Mandan	147-7	2021
Britlyn Sturlaugson	126-1	2007	Amanda Solberg	Minot	142-2	2005
Kaitlyn Sturlaugson	121-9	2008	Jess Herauf	Dickinson	134-8	2010
Katie Weigel	116-9	2010	Jayd Eggert	Minot	133-5	2012
Lexus Mosbrucker	116-4	2015/18	Kayla Rogers	Mandan	131-3	2005
Morgan Johnson-Colbert	115-1	2021	Annie Nawbwe	Jamestown	130-6	2022
Cambrie Fischer	115-1	2023	Nicole Perkins	Bismarck	129-	2019
Anna Hruby	110-9	2009	Jenna Stilwell	Jamestown	127-4	2003
BreAnn Sullivan	107-3	2017	Miranda Beopple	Dickinson	126-4	2003
Camari McCarrol	107-	2016	Mindy Vanderpan	Century	126-1	2005