

## 2023 North Dakota High School Track & Field Hall of Fame Inductees

### **Laura Roesler Koslowski – Fargo South High School**

2010	2 <sup>nd</sup> 100	1 <sup>st</sup> 200	1 <sup>st</sup> 400	1 <sup>st</sup> 800
2009	1 <sup>st</sup> 100	1 <sup>st</sup> 200	1 <sup>st</sup> 400	1 <sup>st</sup> 800
2008	1 <sup>st</sup> 100	1 <sup>st</sup> 200	1 <sup>st</sup> 400	1 <sup>st</sup> 800
2007	1 <sup>st</sup> 100	1 <sup>st</sup> 200	1 <sup>st</sup> 400	1 <sup>st</sup> 800
2006	1 <sup>st</sup> 100	1 <sup>st</sup> 200	1 <sup>st</sup> 400	1 <sup>st</sup> 800
2005	5 <sup>th</sup> 3200 Relay		1 <sup>st</sup> 400	3 <sup>rd</sup> 1600 Relay

### Post High School Oregon Ducks

2010 World Juniors 1<sup>st</sup> 4 X 400 3:31.20

2011 MPSF Indoor 1<sup>st</sup> 4 X 400 Relay 3:35.44

2012 MPSF Indoor 1<sup>st</sup> 4 X 400 3:33.70      NCAA Outdoor 1<sup>st</sup> 4 X 400 3:24.54

2012 PAC Outdoor 1<sup>st</sup> 800 2:05.13

2013 MPSF Indoor 1<sup>st</sup> 4 X 400 3:34.67      NCAA Indoor 1<sup>st</sup> 4 X 400 3:30.22

2013 PAC 12 Outdoor 1<sup>st</sup> 800 2:06.51

2014 NCAA Indoor 1<sup>st</sup> 4 X 400 3:27.40      1<sup>st</sup> 800 2:03.85

2014 PAC 12 Outdoor 1<sup>st</sup> 800 2:05.77      NCAA Outdoor 1<sup>st</sup> 800 2:01.22

2014 USA Outdoor 2<sup>nd</sup> 800 1:59.04

2017 World IAAF Relays 1<sup>st</sup> 4 X 800 8:16.36

**\_\_\_\_\_ Jessica Sommerfeld Lisbon High School**

1997 1<sup>st</sup> Shot Put 2<sup>nd</sup> Discus 2<sup>nd</sup> Javelin Overall Record 48' 2.5"

1996 1<sup>st</sup> Shot Put 5<sup>th</sup> Discus 1<sup>st</sup> Javelin

1995 3<sup>rd</sup> Shot Put 4<sup>th</sup> Discus 3<sup>rd</sup> Javelin

Rice University-3YRS (Four-time WAC Conference champion in shot put)

University of Arkansas-1YR (Qualified for USA Championships in javelin)

Coached throws in college at TCU, Eastern Illinois, and SDSU

**\_\_\_\_\_ Allie Smith Nowatny—Wahpeton High School**

2005 2<sup>nd</sup> 400 2<sup>nd</sup> 200 2<sup>nd</sup> 100 EDC SR Athlete of YR

2004 1<sup>st</sup> 400 1<sup>st</sup> 200 2<sup>nd</sup> 400R 2<sup>nd</sup> 400R

2003 1<sup>st</sup> 400 4<sup>th</sup> 200 5<sup>th</sup> 300H 7<sup>th</sup> 400R

2002 2<sup>nd</sup>400 3<sup>rd</sup> 200 5<sup>th</sup> 100 1<sup>st</sup> 1600R

2001 2<sup>nd</sup> 400 3<sup>rd</sup> 200 5<sup>th</sup> 100 1<sup>st</sup> 1600R

1999 5<sup>th</sup> 1600R

Post High School USD-2X All-American

**\_\_\_\_\_ Jory Zunich-Williston High School**

2005 1<sup>st</sup> 3200 2<sup>nd</sup> 1600 8<sup>th</sup> 3200 R

2004 1<sup>st</sup> 3200 7<sup>th</sup> 1600

2003 1<sup>st</sup> 3200 1<sup>st</sup> 3200R

2002 7<sup>th</sup> 1600

1<sup>st</sup> Class A Boy to win (3) 3200 Titles- State CC Champion 2003,2004-Team

Post HS Ran Track & Cross Country at Iowa State University

2x Academic All Big 12 PR in 5000m 13:58.10

**\_\_\_\_\_Kara Deringer Meier—Shanley High School**

1995	1st 100 Hurdles	1st 300M Hurdles	3 <sup>rd</sup> 400	1 <sup>st</sup> 1600 R
1994	2nd 100 Hurdles	1st 300 Hurdles	3 <sup>rd</sup> 800 Relay	1 <sup>st</sup> 1600 R
1993	3 <sup>rd</sup> 100 Hurdles	2 <sup>nd</sup> 300 Hurdles	5 <sup>th</sup> 400	5 <sup>th</sup> 1600 R
1992	4th 100 Hurdles	1 <sup>st</sup> 300 Hurdles	3 <sup>rd</sup> 400	4 <sup>th</sup> 1600 R
1991	LANGDON	5 <sup>th</sup> 300 Hurdles		5 <sup>th</sup> 1600 R

ND Sr Athlete of the Year Placed 18 Times at the State Meet

ND Sr T&F Athlete of the Year/ND SR Athlete of the Year Overall

1<sup>st</sup> Girl in ND to break 44 seconds in the Hurdles 43.89

Had a Distinguished College Volleyball career at George Washington U

Coached 2 State Championship Volleyball Teams at Fargo North

**\_\_\_\_\_Anne Jorgenson Weisbeck- Century High School**

1999	1 <sup>st</sup> 1600R	2 <sup>nd</sup> 400	2 <sup>nd</sup> 800R	4 <sup>th</sup> 100
1998	3 <sup>rd</sup> 100	2 <sup>nd</sup> 400	DQ 800R	2 <sup>nd</sup> 400
1997	4 <sup>th</sup> 100	3 <sup>rd</sup> 200	1 <sup>st</sup> 800R	1 <sup>st</sup> 400R
1996	6 <sup>th</sup> 100	2 <sup>nd</sup> 200	1 <sup>st</sup> 800R	1 <sup>st</sup> 400R
1995	6 <sup>th</sup> 100		7 <sup>th</sup> 800R	4 <sup>th</sup> 400R
1994			4 <sup>th</sup> 800R	

19 Times Placed at the State Meet, State Meet Record in 800R 1998

WDA SR Athlete of the Year in Track & Field 1999

Held 100-200-400-400R-800R-1600R School Records at one time

**Kiki Smith Beschorner – Wahpeton High School**

2002 1<sup>st</sup> 1600R 3<sup>rd</sup> 100H 3<sup>rd</sup> 300H 3<sup>rd</sup> 800R  
2001 1<sup>st</sup> 1600R 1<sup>st</sup> 100H 2<sup>nd</sup> 300H 4<sup>th</sup> LJ  
2000 5<sup>th</sup> 1600R 1<sup>st</sup> 100H 1<sup>st</sup> 300H 2<sup>nd</sup> LJ  
1999 4<sup>th</sup> 400 3<sup>rd</sup> 100H 3<sup>rd</sup> 300H 3<sup>rd</sup> LJ  
1998 6<sup>th</sup> 1600R 6<sup>th</sup> 100H 8<sup>th</sup> 300H 1<sup>st</sup> 800R

EDC SR Athlete of The Year

Post High School NDSU- 3X All-American USD-3X All-American

**HARRY CLARK - Woodworth, Mott, Richland, and Kindred High Schools**

**HS Track Career: WOODWORTH HIGH SCHOOL**

1976 1<sup>st</sup> Mile run 1<sup>st</sup> 2 mile run 4<sup>th</sup> 880 Team 5<sup>th</sup> as Ind.  
ND State Class B Cross Country Champion – 1975

**Ran Collegiately at VALLEY CITY STATE UNIVERSITY (VCSU)**

Qualified for National XC Meet in 1980 and 1981

Currently #1 on VCSU top 5 list for indoor mile, #2<sup>nd</sup> 800, #2<sup>nd</sup> 3K Steeplechase,  
#3rd 5k, #4th 1500

**Coaching Career: (MOTT, RICHLAND, and KINDRED) – Around 40 yrs of coaching experience** Varsity Track Coach in Mott in 1982 and 1983

Varsity Boys and Girls Track Coach in Richland from 1984-2010

\*In his time at Richland, he had three state champions and over 70 athletes qualify for the state meet. \*Region Coach of the Year in 1987

Varsity Cross Country Coach in Richland

\*Began the XC program in 2006 and coached through the 2017 season

JH Track Coach in Kindred from 2017- present, Varsity CC 2021-present