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| EVENT | T/D | ATHLETE-Boys | YEAR | MEET |
| 110M Hurdles | 14.12 | Hunter Leighton-Sioux Valley | 2015 | Alumni |
| 300M Hurdles | 41.22 | Brett Allen-Castlewood | 2006 | Region |
| 100M Dash | 10.69 | Bumper Pickner-Arlington | 2006 | DVC |
| 200M Dash | 22.33 | Tyler Williamson-Estelline | 2006 | DVC |
| 400M Dash | 50.73 | Christian DeCurtins-Arlington | 2009 | DVC |
| 800M Run | 1:58.46 | Jace Kraft-Wessington Springs | 2014 | Region |
| 1600M Run | 4:27.43 | Jace Kraft-Wessington Springs | 2014 | Region |
| 3200M Run | 9:56.32 | Jared Noyes-Redfield/Doland | 2010 | Sno-Bird |
| 400MRelay | 45.54 | Voelker, B. Groos, K. Groos, Olivier-Colman-Egan | 2015 | DVC |
| 800M Relay | 1:34.18 | Pickner, King, Kjellsen, Boeck-Arlington | 2006 | Region |
| Medley Relay | 3:47.54 | Flores, Farnham, Kampmann, Hilson-Elkton/Lake Benson | 2010 | DVC |
| 1600M Relay | 3:32.44 | Hoffman, Huntimer, Harrison, DeCurtins-Arlington | 2008 | Region |
| 3200M Relay | 8:29.39 | Krein, E. Peterson, Saathoff, M. Peterson-Estelline | 2008 | Region |
| Discus | 162’1” | Scott Geary-GPL | 2009 | EDC |
| Shot Put | 50’3” | Britton Spader-DeSmet | 2011 | DVC |
| Long Jump | 21’5” | Cameron Johnson-Florence/Henry | 2004 | Alumni |
| Triple Jump | 44’4” | Zach Feil-GPL | 2012 | Region |
| High Jump | 6’6” | Zach Feil-GPL | 2012 | Alumni |
| Pole Vault | 13’5” | Karter Brandenberger-Castlewood | 2018 | Region |

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| EVENT | T/D | ATHLETE-Girls | YEAR | MEET |
| 100M Hurdles | 14.81 | BreeAnna Olson-ORR | 2012 | Reion |
| 300M Hurdles | 48.09 | Brittney Schmidt-Colman-Egan | 2001 | Alumni |
| 100M Dash | 11.95 | Carly Carper-ORR | 2009 | Alumni |
| 200M Dash | 25.19 | Carley Carper-ORR | 2009 | Region |
| 400M Dash | 59.26 | Daylee Olson-Arlington | 2014 | Region |
| 800M Run | 2:21.00 | Evelyn Klein-Deubrook | 2013 | DVC |
| 1600M Run | 5:24.50 | Haley Strait-Castlewood | 2014 | Region |
| 3200M Run | 12:07.90 | Haley Strait-Castlewood | 2015 | Region |
| 400MRelay | 51.35 | V. Gebhart, C. Gebhart, Landsman, Thielen-Elkton/Lake Benton | 2006 | DVC |
| 800M Relay | 1:48.11 | V. Gebhart, Stephens, Landsman, C. Gebhart-Elkton/Lake Benton | 2010 | DVC |
| Medley Relay | 4:24.12 | Hemmer, Groos, Fritz, Nelson-Colman-Egan | 2009 | DVC |
| 1600M Relay | 4:09.59 | Landsman, Otkin, Gebhart, Thielen-Elkton | 2008 | Region |
| 3200M Relay | 10:09.34 | Loewen, Held, Decker, Dowling-James Valley Christian | 2014 | Region |
| Discus | 131’9” | Lacey Wollery-Grant-Deuel | 2002 | EDC |
| Shot Put | 43’7” | Danielle Waldner-Redfield/Doland | 2013 | Kinney |
| Long Jump | 17’1 ½” | Carly Carper-ORR | 2009 | DVC |
| Triple Jump | 36’1” | Tess Johnson-Clark/Willow Lake | 2010 | Sno-Bird |
| High Jump | 5’7” | Kelsey Kaufmann-Arlington | 2012 | Alumni |
| Pole Vault | 10’3” | Greta Johnson-Estelline/Hendricks | 2018 | Region |

Updated after Region Meet 2018