



MIAC Indoor Performance List

60 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nelson, Birgen	JR-3	Gustavus Adolphus	7.66	Minnesota State Massive Meet #1	Feb 10, 2023
2	Stellmach, Sarah	SO-2	Bethel (Minn.)	7.70	MIAC Indoor Multi Championships	Feb 23, 2023
3	Carlson, Kate	SO-2	Gustavus Adolphus	7.82	CSB / SJU Invitational	Feb 11, 2023
4	Babalola, Jireh	JR-3	Bethel (Minn.)	7.88	Wartburg Qualifier	Mar 3, 2023
5	Gallagher, Kate	JR-3	St. Benedict	8.00	CSB / SJU Invitational	Feb 11, 2023
6	Stinson, Makayla	FR-1	St. Catherine (Minn.)	8.04	MIAC Indoor Multi Championships	Feb 23, 2023
7	Rengo, Emily	FR-1	Concordia-Moorhead	8.05	MIAC Indoor Multi Championships	Feb 23, 2023
8	Johnson, Tiana	JR-3	St. Benedict	8.11	CSB / SJU Invitational	Feb 11, 2023
9	Miller, Danielle	SO-2	Gustavus Adolphus	8.16	MIAC Indoor Multi Championships	Feb 23, 2023
10	Amundson, Journey	SR-4	Macalester	8.20	MIAC Indoor Multi Championships	Feb 23, 2023
11	Fink, Ava	FR-1	St. Scholastica	8.21	MIAC Indoor Multi Championships	Feb 23, 2023
12	Hughes, Daneyah	FR-1	Gustavus Adolphus	8.25	MIAC Indoor Multi Championships	Feb 23, 2023
13	Nelson, Myah	FR-1	St. Benedict	8.26	MIAC Indoor Multi Championships	Feb 23, 2023
14	King, Hannah	JR-3	Bethel (Minn.)	8.27	MIAC Indoor Multi Championships	Feb 23, 2023
15	Logelin, Ellie	JR-3	Hamline	8.28	St Olaf Tostrud Classic	Feb 18, 2023
15	Williams, Nayeli	SO-2	Carleton	8.28	Ted Nelson Classic	Feb 4, 2023
17	Rakow, Ally	SO-2	Gustavus Adolphus	8.29	MIAC Indoor Multi Championships	Feb 23, 2023
18	Roberts, Riley	SO-2	Carleton	8.32	St. Olaf Ole Opener	Jan 13, 2023
19	Lott, Bianca		Carleton	8.33	St. Olaf Ole Opener	Jan 13, 2023
20	Preston, Adisa	SO-2	Macalester	8.34	St Olaf Tostrud Classic	Feb 18, 2023
20	Dimler, Lauren	FR-1	Gustavus Adolphus	8.34	Maverick Invitational	Feb 17, 2023
22	Paulson, Annie	FR-1	Bethel (Minn.)	8.36	Gene Glader Classic	Feb 18, 2023
23	Nelsen, Rachel	JR-3	St. Olaf	8.38	St Olaf Tostrud Classic	Feb 18, 2023
24	Rodriguez, Santrice	FR-1	Augsburg	8.40	Gopher Classic	Feb 4, 2023
24	Josephson, Madi	FR-1	St. Benedict	8.40	CSB / SJU Invitational	Feb 11, 2023
26	Sautter, Kaitlyn	FR-1	St. Scholastica	8.43	Maday Classic	Feb 11, 2023
26	Laryea, Emelia	FR-1	Gustavus Adolphus	8.43	CSB / SJU Invitational	Feb 11, 2023
28	Nichols, Claire	SR-4	St. Catherine (Minn.)	8.44(55)	Carleton Meet of the Hearts	Feb 11, 2023
29	Storbakken, Emma	SO-2	St. Olaf	8.46	St. Olaf Ole Opener	Jan 13, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
29	Lindner, Sarrah	FR-1	Gustavus Adolphus	8.46	CSB / SJU Invitational	Feb 11, 2023
31	Keech, Claire	FR-1	St. Olaf	8.50	St Olaf Tostrud Classic	Feb 18, 2023
32	Gregor, Sara	SR-4	Macalester	8.52	Vanessa Seljeskog Classic	Jan 21, 2023
32	Heinecke, Carlie	SR-4	Concordia-Moorhead	8.52	CSB / SJU Invitational	Feb 11, 2023
34	Munson, Samantha	FR-1	Saint Mary's (Minn.)	8.53	Maverick Invitational	Feb 17, 2023
34	Hunter, Penny	JR-3	Macalester	8.53	St Olaf Tostrud Classic	Feb 18, 2023
36	Holman, Ququ	JR-3	St. Olaf	8.54	Chuck Petersen Open	Dec 3, 2022
37	Moe, Hannah	FR-1	Bethel (Minn.)	8.55	Gene Glader Classic	Feb 18, 2023
37	Collins, Clare	SR-4	St. Olaf	8.55	Chuck Petersen Open	Dec 3, 2022
39	Aladetan, Amira	SO-2	Carleton	8.56	Ted Nelson Classic	Feb 4, 2023
40	Matre, Zoe	SO-2	St. Olaf	8.59	St Olaf Tostrud Classic	Feb 18, 2023

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Nelson, Birgen	JR-3	Gustavus Adolphus	25.21	Ice Breaker Open & Multi	Dec 9, 2022	NWI
2	Stellmach, Sarah	SO-2	Bethel (Minn.)	25.61	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
3	Carlson, Kate	SO-2	Gustavus Adolphus	25.65	Maverick Invitational	Feb 17, 2023	NWI
4	Geraets, Megan	SO-2	Gustavus Adolphus	26.05	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
5	Sealock, Kelsie	JR-3	Bethel (Minn.)	26.27	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
6	Hookom, Allison	FR-1	Augsburg	26.46	Snowshoe Open	Feb 17, 2023	NWI
7	Twichell, Hadley		Carleton	26.54	Ted Nelson Classic	Feb 4, 2023	NWI
8	Johnson, Tiana	JR-3	St. Benedict	26.72	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
9	Rengo, Emily	FR-1	Concordia-Moorhead	26.80	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
10	Babalola, Jireh	JR-3	Bethel (Minn.)	26.88	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
11	Paulson, Annie	FR-1	Bethel (Minn.)	26.94	Gene Glader Classic	Feb 18, 2023	NWI
12	Storbakken, Emma	SO-2	St. Olaf	27.06	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
12	Amundson, Journey	SR-4	Macalester	27.06	St Olaf Tostrud Classic	Feb 18, 2023	NWI
14	Rakow, Ally	SO-2	Gustavus Adolphus	27.11	Maverick Invitational	Feb 17, 2023	NWI
15	Berg, Lauren	FR-1	St. Benedict	27.12	St Olaf Tostrud Classic	Feb 18, 2023	NWI
16	Kroschel, Karla	JR-3	St. Olaf	27.21	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
17	Williams, Nayeli	SO-2	Carleton	27.27	Mark Schuck Open and Multi	Jan 27, 2023	NWI
18	Fink, Ava	FR-1	St. Scholastica	27.32	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
19	Logelin, Ellie	JR-3	Hamline	27.42	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
20	RocheFord, Lauren	FR-1	Gustavus Adolphus	27.45	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
21	Miller, Danielle	SO-2	Gustavus Adolphus	27.57	Maverick Invitational	Feb 17, 2023	NWI

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
22	Dean, Morgan	FR-1	Bethel (Minn.)	27.61	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
23	Gregg, Hailey	SO-2	Bethel (Minn.)	27.62	Gene Glader Classic	Feb 18, 2023	NWI
24	Williams, McKenzie	JR-3	St. Scholastica	27.74	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023	NWI
25	Holman, Ququ	JR-3	St. Olaf	27.80	St Olaf Tostrud Classic	Feb 18, 2023	NWI
25	Lott, Bianca	FR-1	Carleton	27.80	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
25	Brown, Makenna	JR-3	Bethel (Minn.)	27.80	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
28	Matre, Zoe	SO-2	St. Olaf	27.83	Gopher Classic	Feb 4, 2023	NWI
29	Robinson, Grace	SO-2	Bethel (Minn.)	27.85	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
30	Rodriguez, Santrice	FR-1	Augsburg	27.89	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
31	Swenson, Abbie	SO-2	Bethel (Minn.)	27.90	Gene Glader Classic	Feb 18, 2023	NWI
32	Dimler, Lauren	FR-1	Gustavus Adolphus	27.91	St. Olaf Invitational	Jan 28, 2023	NWI
33	Gregor, Sara	SR-4	Macalester	27.96	St. Olaf Invitational	Jan 28, 2023	NWI
34	Johnson, Hailey	SR-4	St. Benedict	27.99	CSB / SJU Invitational	Feb 11, 2023	NWI
34	Wunderlich, Mary	SO-2	Concordia-Moorhead	27.99%	UND Tune-Up	Feb 18, 2023	NWI
36	Gearin, Caroline	JR-3	Saint Mary's (Minn.)	28.00	Dick Hendricks Invite	Feb 11, 2023	NWI
37	Stinson, Makayla	FR-1	St. Catherine (Minn.)	28.03	Carleton Meet of the Hearts	Feb 11, 2023	NWI
38	Nelson, Myah	FR-1	St. Benedict	28.04	St Olaf Tostrud Classic	Feb 18, 2023	NWI
39	Lindner, Sarrah	FR-1	Gustavus Adolphus	28.15	St. Olaf Invitational	Jan 28, 2023	NWI
40	Roberts, Riley	SO-2	Carleton	28.21	St. Olaf Ole Opener	Jan 13, 2023	NWI

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nelson, Birgen	JR-3	Gustavus Adolphus	58.18	CSB / SJU Invitational	Feb 11, 2023
2	Hookom, Allison	FR-1	Augsburg	58.32	MIAC Indoor Multi Championships	Feb 23, 2023
3	Geraets, Megan	SO-2	Gustavus Adolphus	58.73	Wartburg Qualifier	Mar 3, 2023
4	Berg, Lauren	FR-1	St. Benedict	59.24	MIAC Indoor Multi Championships	Feb 23, 2023
5	Turek, Mikayla	JR-3	Bethel (Minn.)	59.26	Stout Quad	Feb 10, 2023
6	Twichell, Hadley	FR-1	Carleton	1:00.93	MIAC Indoor Multi Championships	Feb 23, 2023
7	Gregg, Hailey	SO-2	Bethel (Minn.)	1:00.95	Stout Quad	Feb 10, 2023
8	Robinson, Grace	SO-2	Bethel (Minn.)	1:01.05	Stout Quad	Feb 10, 2023
9	Dean, Morgan	FR-1	Bethel (Minn.)	1:01.54	MIAC Indoor Multi Championships	Feb 23, 2023
10	Brown, Makenna	JR-3	Bethel (Minn.)	1:01.64	MIAC Indoor Multi Championships	Feb 23, 2023
11	Bernardy, Lindsey	SR-4	Hamline	1:01.68	St Olaf Tostrud Classic	Feb 18, 2023
12	Kroschel, Karla	JR-3	St. Olaf	1:01.70	MIAC Indoor Multi Championships	Feb 23, 2023
13	Storbakken, Emma	SO-2	St. Olaf	1:01.75	Gopher Classic	Feb 4, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
14	Ferguson, Jocelyn	SO-2	Carleton	1:02.00	Mark Schuck Open and Multi	Jan 27, 2023
15	Preston, Adisa	SO-2	Macalester	1:02.11	St. Olaf Invitational	Jan 28, 2023
16	Rocheford, Lauren	FR-1	Gustavus Adolphus	1:02.70	MIAC Indoor Multi Championships	Feb 23, 2023
17	Sholing, Ellie	SR-4	St. Scholastica	1:02.76	The CSS Opener	Dec 10, 2022
18	Swenson, Abbie	SO-2	Bethel (Minn.)	1:02.77	Gene Glader Classic	Feb 18, 2023
19	Shercliffe, Meg	JR-3	Concordia-Moorhead	1:03.00	MIAC Indoor Multi Championships	Feb 23, 2023
20	Smith , Jessie	SO-2	Bethel (Minn.)	1:03.05	Gene Glader Classic	Feb 18, 2023
21	Gearin, Caroline	JR-3	Saint Mary's (Minn.)	1:03.08	Dick Hendricks Invite	Feb 11, 2023
22	Paulson, Annie	FR-1	Bethel (Minn.)	1:03.27	Stout Quad	Feb 10, 2023
23	Wunderlich, Mary	SO-2	Concordia-Moorhead	1:03.36	CSB / SJU Invitational	Feb 11, 2023
24	Williams, McKenzie	JR-3	St. Scholastica	1:03.76	Warren Bowlus Multi & Open	Jan 27, 2023
25	Knapp, Emerson	SO-2	St. Benedict	1:03.77	CSB / SJU Invitational	Feb 11, 2023
26	Huetten, Makenna	SO-2	Gustavus Adolphus	1:04.04	Maverick Invitational	Feb 17, 2023
27	Pfeiffer, Ruth	FR-1	St. Olaf	1:04.08	Stout Quad	Feb 10, 2023
28	Pelowski, Madi	FR-1	Bethel (Minn.)	1:04.26	Gene Glader Classic	Feb 18, 2023
29	Nyuga, Sidela	JR-3	St. Benedict	1:04.33	CSB / SJU Invitational	Feb 11, 2023
30	Holman, Ququ	JR-3	St. Olaf	1:04.41	Stout Quad	Feb 10, 2023
31	Fynboh, Isabel	FR-1	Gustavus Adolphus	1:04.44	Maverick Invitational	Feb 17, 2023
32	Ganley, Mirjana	JR-3	St. Benedict	1:04.65	St Olaf Tostrud Classic	Feb 18, 2023
33	Ellefson, Jaden	FR-1	St. Scholastica	1:04.86	St Olaf Tostrud Classic	Feb 18, 2023
34	Manhard, Abbie	FR-1	St. Olaf	1:04.96	Gopher Classic	Feb 4, 2023
34	Nelson, Kayla	FR-1	St. Scholastica	1:04.96	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
36	Utgaard, Abrianna	SR-4	Saint Mary's (Minn.)	1:04.99	Dick Hendricks Invite	Feb 11, 2023
37	Mair, Aubrey	SO-2	Gustavus Adolphus	1:05.47	Maverick Invitational	Feb 17, 2023
38	Wrzesien, Caitlyn	SO-2	Bethel (Minn.)	1:05.78	Gene Glader Classic	Feb 18, 2023
38	Kiminski, Anna	SO-2	St. Scholastica	1:05.78	Maday Classic	Feb 11, 2023
40	Wagner, Grace	FR-1	Gustavus Adolphus	1:05.93	Maverick Invitational	Feb 17, 2023

600 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Maddux, Alexandra	SR-4	Hamline	1:35.92	St Olaf Tostrud Classic	Feb 18, 2023
2	Berg, Lauren	FR-1	St. Benedict	1:36.28	MIAC Indoor Multi Championships	Feb 23, 2023
3	lhde, Annessa	SO-2	Bethel (Minn.)	1:36.31	MIAC Indoor Multi Championships	Feb 23, 2023
4	Robinson, Grace	SO-2	Bethel (Minn.)	1:38.37	MIAC Indoor Multi Championships	Feb 23, 2023
5	Sholing, Ellie	SR-4	St. Scholastica	1:39.52	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
6	Ferguson, Jocelyn	SO-2	Carleton	1:39.71	MIAC Indoor Multi Championships	Feb 23, 2023
7	Erickson, Lara	SO-2	Carleton	1:39.92	MIAC Indoor Multi Championships	Feb 23, 2023
8	Silverstein, Celia	FR-1	Carleton	1:40.18	MIAC Indoor Multi Championships	Feb 23, 2023
9	Turek, Mikayla	JR-3	Bethel (Minn.)	1:40.29	MIAC Indoor Multi Championships	Feb 23, 2023
9	Fromm, Jules	SO-2	St. Olaf	1:40.29	MIAC Indoor Multi Championships	Feb 23, 2023
11	Frolek, Drew	SO-2	Concordia-Moorhead	1:42.19	Bison Open	Feb 3, 2023
12	Bernardy, Lindsey	SR-4	Hamline	1:42.23%	SDSU Indoor Classic	Feb 10, 2023
13	Gernandt, Ruby	SO-2	Bethel (Minn.)	1:42.35	MIAC Indoor Multi Championships	Feb 23, 2023
14	Cargill, Anna	FR-1	Bethel (Minn.)	1:42.70	MIAC Indoor Multi Championships	Feb 23, 2023
15	Manhard, Abbie	FR-1	St. Olaf	1:43.05	MIAC Indoor Multi Championships	Feb 23, 2023
16	Preston, Adisa	SO-2	Macalester	1:43.64	Vanessa Seljeskog Classic	Jan 21, 2023
17	Sieck, Kayla	FR-1	St. Olaf	1:43.85	St Olaf Tostrud Classic	Feb 18, 2023
18	Wyatt, Isabel	FR-1	St. Olaf	1:43.88	St Olaf Tostrud Classic	Feb 18, 2023
19	Wilkins, Hadley	FR-1	Macalester	1:43.89	St Olaf Tostrud Classic	Feb 18, 2023
20	Edstrom, Olivia	JR-3	St. Olaf	1:44.22	St Olaf Tostrud Classic	Feb 18, 2023
21	Hage, Evie	SO-2	Bethel (Minn.)	1:44.67	St. Olaf Invitational	Jan 28, 2023
22	Cutter, Alice	SO-2	Carleton	1:44.73	Mark Schuck Open and Multi	Jan 27, 2023
23	Lyngen, Lucy	JR-3	St. Benedict	1:44.78	St Olaf Tostrud Classic	Feb 18, 2023
24	Nyuga, Sidela	JR-3	St. Benedict	1:45.16	St Olaf Tostrud Classic	Feb 18, 2023
25	Rodriguez, Madeline	SR-4	Macalester	1:45.35	St. Olaf Invitational	Jan 28, 2023
26	Pfeiffer, Ruth	FR-1	St. Olaf	1:45.39	St Olaf Tostrud Classic	Feb 18, 2023
27	Mauzer, Riley	JR-3	St. Olaf	1:45.56	Chuck Petersen Open	Dec 3, 2022
28	Thurston, Karley	SO-2	Macalester	1:46.27	St Olaf Tostrud Classic	Feb 18, 2023
29	Smith, Sadie Ray	JR-3	Carleton	1:46.96	Carleton Meet of the Hearts	Feb 11, 2023
30	Lantz, Annabel	SO-2	Augsburg	1:47.17	Snowshoe Open	Feb 17, 2023
31	Mathews, Jalisa	SR-4	Hamline	1:48.19	St Olaf Tostrud Classic	Feb 18, 2023
32	Abernethy, Sophie	SO-2	St. Olaf	1:48.20	St. Olaf Ole Opener	Jan 13, 2023
33	Cook, Alex	SR-4	St. Benedict	1:48.22	Gopher Classic	Feb 4, 2023
34	Fynboh, Isabel	FR-1	Gustavus Adolphus	1:48.33	CSB / SJU Invitational	Feb 11, 2023
35	Smith, Eden	SO-2	Concordia-Moorhead	1:49.10%	UND Tune-Up	Feb 18, 2023
36	Nelson, Esther	SO-2	Bethel (Minn.)	1:49.84	St. Olaf Invitational	Jan 28, 2023
37	Mair, Aubrey	SO-2	Gustavus Adolphus	1:49.94	CSB / SJU Invitational	Feb 11, 2023
38	Warren, Anna	SO-2	Macalester	1:51.37	Vanessa Seljeskog Classic	Jan 21, 2023
39	Meyer, Abbie	FR-1	Saint Mary's (Minn.)	1:51.91	Luther Invitational	Feb 4, 2023
40	Thier, Maranda	SO-2	St. Benedict	1:52.34	Gopher Classic	Feb 4, 2023

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Ihde, Annessa	SO-2	Bethel (Minn.)	2:14.14	Wartburg Qualifier	Mar 3, 2023
2	Maddux, Alexandra	SR-4	Hamline	2:14.85	MIAC Indoor Multi Championships	Feb 23, 2023
3	Albrecht, Christine	JR-3	St. Olaf	2:15.93	Gopher Classic	Feb 4, 2023
4	Smith, Fiona	JR-3	St. Benedict	2:19.28	Gopher Classic	Feb 4, 2023
5	Sholing, Ellie	SR-4	St. Scholastica	2:20.50	MIAC Indoor Multi Championships	Feb 23, 2023
6	Frolek, Drew	SO-2	Concordia-Moorhead	2:21.69	MIAC Indoor Multi Championships	Feb 23, 2023
7	Moeller, Grace	FR-1	St. Olaf	2:22.72	St Olaf Tostrud Classic	Feb 18, 2023
8	Silverstein, Celia	FR-1	Carleton	2:22.89	MIAC Indoor Multi Championships	Feb 23, 2023
9	Berg, Lauren	FR-1	St. Benedict	2:23.02	CSB/SJU Alumni Meet	Jan 28, 2023
10	Smith, Kalli	SO-2	St. Benedict	2:23.59	St Olaf Tostrud Classic	Feb 18, 2023
11	Cutter, Alice	SO-2	Carleton	2:23.97	St Olaf Tostrud Classic	Feb 18, 2023
12	Cargill, Anna	FR-1	Bethel (Minn.)	2:24.46	Stout Quad	Feb 10, 2023
13	Erickson, Lara	SO-2	Carleton	2:24.48	Ted Nelson Classic	Feb 4, 2023
14	Gebert, Katie	JR-3	St. Olaf	2:24.50	St. Olaf Invitational	Jan 28, 2023
15	Fromm, Jules	SO-2	St. Olaf	2:24.73	Stout Quad	Feb 10, 2023
16	Landis, Ella	FR-1	St. Olaf	2:25.93	Gopher Classic	Feb 4, 2023
17	Wilkins, Hadley	FR-1	Macalester	2:26.72	Carleton Meet of the Hearts	Feb 11, 2023
18	Walukas, Kailyn	SO-2	Gustavus Adolphus	2:27.00	Maverick Invitational	Feb 17, 2023
19	Hage, Evie	SO-2	Bethel (Minn.)	2:27.78	Gene Glader Classic	Feb 18, 2023
20	Gernandt, Ruby	SO-2	Bethel (Minn.)	2:27.94	Mark Guthrie Legacy Invitational	Feb 4, 2023
21	Abernethy, Sophie	SO-2	St. Olaf	2:28.30	Gopher Classic	Feb 4, 2023
22	Smith, Sadie Ray	JR-3	Carleton	2:28.80	MIAC Indoor Multi Championships	Feb 23, 2023
23	Maahs, Keiley	JR-3	St. Benedict	2:28.97	Gopher Classic	Feb 4, 2023
24	Rodriguez, Madeline	SR-4	Macalester	2:29.05	MIAC Indoor Multi Championships	Feb 23, 2023
25	Thurston, Karley	SO-2	Macalester	2:29.36	Carleton Meet of the Hearts	Feb 11, 2023
26	Nelson, Esther	SO-2	Bethel (Minn.)	2:29.51	Stout Quad	Feb 10, 2023
27	Lyngen, Lucy	JR-3	St. Benedict	2:29.62	MIAC Indoor Multi Championships	Feb 23, 2023
28	Mauzer, Riley	JR-3	St. Olaf	2:30.05	Stout Quad	Feb 10, 2023
29	Zielsdorf, Natalie	FR-1	St. Benedict	2:30.33	MIAC Indoor Multi Championships	Feb 23, 2023
30	Ulrich, Kate	SO-2	Carleton	2:30.53	Ted Nelson Classic	Feb 4, 2023
31	Manhard, Abbie	FR-1	St. Olaf	2:30.93	Stout Quad	Feb 10, 2023
32	Shirley, Ava	FR-1	St. Olaf	2:31.13	Stout Quad	Feb 10, 2023
33	Maddux, Alicia	FR-1	Hamline	2:31.22	Gopher Classic	Feb 4, 2023
34	Young, Ella	SO-2	St. Benedict	2:31.98	St Olaf Tostrud Classic	Feb 18, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
35	Conrad, Brooklyn	FR-1	Augsburg	2:32.16	Snowshoe Open	Feb 17, 2023
36	Wyatt, Isabel	FR-1	St. Olaf	2:33.22	Stout Quad	Feb 10, 2023
37	Salfer, Rebekah	SR-4	St. Olaf	2:33.75	MIAC Indoor Multi Championships	Feb 23, 2023
38	Verkinnes, Brooke	FR-1	St. Benedict	2:33.81	CSB / SJU Invitational	Feb 11, 2023
39	Hay, Anna	FR-1	Bethel (Minn.)	2:34.30	Mark Guthrie Legacy Invitational	Feb 4, 2023
40	Rugloski, Emily	SR-4	Concordia-Moorhead	2:34.48	Cobber Indoor Open	Jan 21, 2023

1000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Blanchard, Mary	SO-2	Carleton	2:56.95	St Olaf Tostrud Classic	Feb 18, 2023
2	Albrecht, Christine	JR-3	St. Olaf	2:57.73	Vanessa Seljeskog Classic	Jan 21, 2023
3	Blaesing, Maria	JR-3	Macalester	3:01.51	MIAC Indoor Multi Championships	Feb 23, 2023
4	Mayfield, Clara	JR-3	Carleton	3:02.16	Vanessa Seljeskog Classic	Jan 21, 2023
5	Moeller, Grace	FR-1	St. Olaf	3:02.65	MIAC Indoor Multi Championships	Feb 23, 2023
6	Carlson, Sofia	SO-2	St. Olaf	3:05.19	Vanessa Seljeskog Classic	Jan 21, 2023
7	Gebert, Katie	JR-3	St. Olaf	3:05.49	St. Olaf Ole Opener	Jan 13, 2023
8	Bode, Alison	SO-2	St. Olaf	3:05.90	Vanessa Seljeskog Classic	Jan 21, 2023
9	Preisser, Hannah	SO-2	Carleton	3:06.14	Vanessa Seljeskog Classic	Jan 21, 2023
10	Cutter, Alice	SO-2	Carleton	3:07.04	MIAC Indoor Multi Championships	Feb 23, 2023
11	Abernethy, Sophie	SO-2	St. Olaf	3:07.05	MIAC Indoor Multi Championships	Feb 23, 2023
12	Silverstein, Celia		Carleton	3:07.46	St Olaf Tostrud Classic	Feb 18, 2023
13	Landis, Ella	FR-1	St. Olaf	3:07.59	St Olaf Tostrud Classic	Feb 18, 2023
14	Tilley, Rainey		Carleton	3:08.93	St Olaf Tostrud Classic	Feb 18, 2023
15	Schafer, Nell	JR-3	Carleton	3:10.27	St Olaf Tostrud Classic	Feb 18, 2023
16	Erickson, Lara	SO-2	Carleton	3:11.23	Carleton Meet of the Hearts	Feb 11, 2023
17	Maahs, Keiley	JR-3	St. Benedict	3:11.31	CSB / SJU Invitational	Feb 11, 2023
18	Smith, Sadie Ray	JR-3	Carleton	3:11.36	St Olaf Tostrud Classic	Feb 18, 2023
19	Smith, Kalli	SO-2	St. Benedict	3:12.19	MIAC Indoor Multi Championships	Feb 23, 2023
20	McManus, Sophie	SO-2	Carleton	3:13.44	Vanessa Seljeskog Classic	Jan 21, 2023
21	Revoir, Sophia	FR-1	Concordia-Moorhead	3:13.53	CSB / SJU Invitational	Feb 11, 2023
22	Ulrich, Kate	SO-2	Carleton	3:13.59	MIAC Indoor Multi Championships	Feb 23, 2023
23	Pirone, Mara	FR-1	Macalester	3:13.71	MIAC Indoor Multi Championships	Feb 23, 2023
24	Fromm, Jules	SO-2	St. Olaf	3:13.87	St. Olaf Ole Opener	Jan 13, 2023
25	Walukas, Kailyn	SO-2	Gustavus Adolphus	3:14.08	CSB / SJU Invitational	Feb 11, 2023
26	Maddux, Alexandra	SR-4	Hamline	3:14.25	Vanessa Seljeskog Classic	Jan 21, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
27	Conrad, Brooklyn	FR-1	Augsburg	3:14.50	MIAC Indoor Multi Championships	Feb 23, 2023
28	Rugloski, Emily	SR-4	Concordia-Moorhead	3:15.11	Bison Open	Feb 3, 2023
29	Smith, Eden	SO-2	Concordia-Moorhead	3:15.31	MIAC Indoor Multi Championships	Feb 23, 2023
30	Decker, Anna	SO-2	Bethel (Minn.)	3:16.54	Vanessa Seljeskog Classic	Jan 21, 2023
31	Dieschbourg, Morgan	SO-2	Carleton	3:17.03	MIAC Indoor Multi Championships	Feb 23, 2023
32	Zielsdorf, Natalie	FR-1	St. Benedict	3:17.10	MIAC Indoor Multi Championships	Feb 23, 2023
33	Verkinnes, Brooke	FR-1	St. Benedict	3:18.00	MIAC Indoor Multi Championships	Feb 23, 2023
34	Maddux, Alicia	FR-1	Hamline	3:18.80	St Olaf Tostrud Classic	Feb 18, 2023
35	Jay, Annie	SO-2	Carleton	3:19.08	St Olaf Tostrud Classic	Feb 18, 2023
36	Sanchez-Castillo, Daniela	FR-1	Hamline	3:19.39	Mark Schuck Open and Multi	Jan 27, 2023
37	Lewis, Margo	SO-2	Carleton	3:19.99	Carleton Meet of the Hearts	Feb 11, 2023
38	Hagen, Sydney	SO-2	Gustavus Adolphus	3:20.28	Maverick Invitational	Feb 17, 2023
39	Manhard, Abbie	FR-1	St. Olaf	3:21.44	St. Olaf Ole Opener	Jan 13, 2023
40	Severson, Julia	SR-4	Gustavus Adolphus	3:23.95	St. Olaf Invitational	Jan 28, 2023

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	Athlete	Year	Team	Time	Meet	Meet Date
1	Mayfield, Clara	JR-3	Carleton	4:50.20	MIAC Indoor Multi Championships	Feb 23, 2023
2	Smith, Fiona	JR-3	St. Benedict	4:52.88	Gopher Classic	Feb 4, 2023
3	Albrecht, Christine	JR-3	St. Olaf	4:58.75	Vanessa Seljeskog Classic	Jan 21, 2023
4	Blanchard, Mary	SO-2	Carleton	4:59.43	MIAC Indoor Multi Championships	Feb 23, 2023
5	Blaesing, Maria	JR-3	Macalester	5:00.24	Wartburg Qualifier	Mar 3, 2023
6	Preisser, Hannah	SO-2	Carleton	5:09.94	Vanessa Seljeskog Classic	Jan 21, 2023
7	Ihde, Annessa	SO-2	Bethel (Minn.)	5:10.36	Mark Guthrie Legacy Invitational	Feb 4, 2023
8	Rowland, Libby	SO-2	Carleton	5:10.70	Mark Schuck Open and Multi	Jan 27, 2023
9	Carlson, Sofia	SO-2	St. Olaf	5:11.64	Vanessa Seljeskog Classic	Jan 21, 2023
10	Gebert, Katie	JR-3	St. Olaf	5:11.90	Vanessa Seljeskog Classic	Jan 21, 2023
11	Moeller, Grace	FR-1	St. Olaf	5:12.45	Stout Quad	Feb 10, 2023
12	Bode, Alison	SO-2	St. Olaf	5:13.25	Vanessa Seljeskog Classic	Jan 21, 2023
13	McManus, Sophie	SO-2	Carleton	5:16.43	Vanessa Seljeskog Classic	Jan 21, 2023
14	Abernethy, Sophie	SO-2	St. Olaf	5:16.71	MIAC Indoor Multi Championships	Feb 23, 2023
15	Walda, Lauren	FR-1	St. Olaf	5:18.86	St Olaf Tostrud Classic	Feb 18, 2023
16	Maddux, Alexandra	SR-4	Hamline	5:22.75%	SDSU Indoor Classic	Feb 10, 2023
17	Tilley, Rainey		Carleton	5:24.02	Mark Schuck Open and Multi	Jan 27, 2023
18	Larsen, Aliya	SO-2	Carleton	5:24.68	St Olaf Tostrud Classic	Feb 18, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
19	Frolek, Drew	SO-2	Concordia-Moorhead	5:26.98	Bison Open	Feb 3, 2023
19	Landis, Ella	FR-1	St. Olaf	5:26.98	Vanessa Seljeskog Classic	Jan 21, 2023
21	Maahs, Keiley	JR-3	St. Benedict	5:28.69	Mondo College Invitational	Jan 14, 2023
22	Decker, Anna	SO-2	Bethel (Minn.)	5:29.12	St. Olaf Invitational	Jan 28, 2023
23	Schafer, Nell	JR-3	Carleton	5:29.43	MIAC Indoor Multi Championships	Feb 23, 2023
24	Kiolbasa, Annie	JR-3	St. Benedict	5:29.89	St Olaf Tostrud Classic	Feb 18, 2023
25	Yeager, Elise	JR-3	St. Benedict	5:31.69	St Olaf Tostrud Classic	Feb 18, 2023
26	Johnson, Gracie	FR-1	Augsburg	5:31.77	Carleton Meet of the Hearts	Feb 11, 2023
27	Rugloski, Emily	SR-4	Concordia-Moorhead	5:32.31%	UND Tune-Up	Feb 18, 2023
28	Kern, Emily	SR-4	Saint Mary's (Minn.)	5:32.48	Luther Invitational	Feb 4, 2023
29	Revoir, Sophia	FR-1	Concordia-Moorhead	5:32.97%	UND Tune-Up	Feb 18, 2023
30	Dean, Piper	SO-2	Carleton	5:33.70	St. Olaf Ole Opener	Jan 13, 2023
31	Larsen-Schmidt, Gracia	SO-2	St. Olaf	5:35.09	Vanessa Seljeskog Classic	Jan 21, 2023
32	Gernandt, Ruby	SO-2	Bethel (Minn.)	5:35.77	Stout Quad	Feb 10, 2023
33	Maddux, Alicia	FR-1	Hamline	5:36.43%	SDSU Indoor Classic	Feb 10, 2023
34	Kenney, Mary	FR-1	St. Benedict	5:36.77	CSB/SJU Alumni Meet	Jan 28, 2023
35	McCloskey, Molly Kate	FR-1	St. Olaf	5:37.12	MIAC Indoor Multi Championships	Feb 23, 2023
36	Dieschbourg, Morgan	SO-2	Carleton	5:37.32	MIAC Indoor Multi Championships	Feb 23, 2023
37	Ulrich, Kate	SO-2	Carleton	5:37.50	St Olaf Tostrud Classic	Feb 18, 2023
38	Walukas, Kailyn	SO-2	Gustavus Adolphus	5:38.27	St. Olaf Invitational	Jan 28, 2023
39	Tetmeyer, Bridget	JR-3	St. Benedict	5:38.31	CSB/SJU Alumni Meet	Jan 28, 2023
40	Franke, Erin	SR-4	Macalester	5:38.59	St Olaf Tostrud Classic	Feb 18, 2023

3000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	JR-3	St. Benedict	9:28.14	Minnesota State Massive Meet #1	Feb 10, 2023
2	Mayfield, Clara	JR-3	Carleton	9:35.01	MIAC Indoor Multi Championships	Feb 23, 2023
3	Cross, Helen	SO-2	Carleton	9:54.44	Carleton Meet of the Hearts	Feb 11, 2023
4	Preisser, Hannah	SO-2	Carleton	9:58.86	Carleton Meet of the Hearts	Feb 11, 2023
5	Carlson, Sofia	SO-2	St. Olaf	10:05.42%	2023 Boston University David Hemery Valentine Invite	Feb 10, 2023
6	McManus, Sophie	SO-2	Carleton	10:06.19	Carleton Meet of the Hearts	Feb 11, 2023
7	Albrecht, Christine	JR-3	St. Olaf	10:06.52	St. Olaf Ole Opener	Jan 13, 2023
8	Rowland, Libby	SO-2	Carleton	10:07.40	Carleton Meet of the Hearts	Feb 11, 2023
9	Bode, Alison	SO-2	St. Olaf	10:13.74%	2023 Boston University David Hemery Valentine Invite	Feb 10, 2023
10	Walda, Lauren	FR-1	St. Olaf	10:25.20	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
11	Kiolbasa, Annie	JR-3	St. Benedict	10:32.98	MIAC Indoor Multi Championships	Feb 23, 2023
12	Harms, Josie	SO-2	Bethel (Minn.)	10:36.59	MIAC Indoor Multi Championships	Feb 23, 2023
13	Tilley, Rainey	JR-3	Carleton	10:37.42	MIAC Indoor Multi Championships	Feb 23, 2023
14	Villalobos, Evelyn	SO-2	Gustavus Adolphus	10:37.67	MIAC Indoor Multi Championships	Feb 23, 2023
15	Larsen, Aliya	FR-1	Carleton	10:42.22	MIAC Indoor Multi Championships	Feb 23, 2023
16	Johnson, Gracie	FR-1	Augsburg	10:42.58	MIAC Indoor Multi Championships	Feb 23, 2023
17	Decker, Anna	SO-2	Bethel (Minn.)	10:47.50	MIAC Indoor Multi Championships	Feb 23, 2023
18	Larsen-Schmidt, Gracia	SO-2	St. Olaf	10:51.00	Gopher Classic	Feb 4, 2023
19	Tetmeyer, Bridget	JR-3	St. Benedict	10:52.81	St Olaf Tostrud Classic	Feb 18, 2023
20	Schafer, Nell	JR-3	Carleton	10:55.14	Vanessa Seljeskog Classic	Jan 21, 2023
21	Yeager, Elise	JR-3	St. Benedict	10:57.46	MIAC Indoor Multi Championships	Feb 23, 2023
22	Moeller, Grace	FR-1	St. Olaf	10:58.10	St. Olaf Ole Opener	Jan 13, 2023
23	Dean, Piper	SO-2	Carleton	10:59.41	Vanessa Seljeskog Classic	Jan 21, 2023
24	DeMorett, Emily	SR-4	St. Benedict	10:59.43	CSB / SJU Invitational	Feb 11, 2023
25	Erlenborn, Mikayla	SO-2	Bethel (Minn.)	11:02.12	Snowshoe Open	Feb 17, 2023
26	Kenney, Mary	FR-1	St. Benedict	11:03.96	MIAC Indoor Multi Championships	Feb 23, 2023
27	Rugloski, Emily	SR-4	Concordia-Moorhead	11:05.58	Bison Open	Feb 3, 2023
28	Borgmann, Marte	JR-3	Carleton	11:06.13	MIAC Indoor Multi Championships	Feb 23, 2023
29	Severson, Julia	SR-4	Gustavus Adolphus	11:06.44	CSB / SJU Invitational	Feb 11, 2023
30	Franke, Erin	SR-4	Macalester	11:06.76	Carleton Meet of the Hearts	Feb 11, 2023
31	Landsverk, Amelia	SR-4	Concordia-Moorhead	11:08.42	MIAC Indoor Multi Championships	Feb 23, 2023
32	Helmer, Maj-Lis	JR-3	St. Scholastica	11:08.75	Warren Bowlus Multi & Open	Jan 27, 2023
33	Kern, Emily	SR-4	Saint Mary's (Minn.)	11:09.59	Pat Healy Classic	Jan 21, 2023
34	Maddux, Alicia	FR-1	Hamline	11:10.52	MIAC Indoor Multi Championships	Feb 23, 2023
35	Hagen, Sydney	SO-2	Gustavus Adolphus	11:11.54	MIAC Indoor Multi Championships	Feb 23, 2023
36	Creighton, Eva	FR-1	St. Benedict	11:19.91	Mondo College Invitational	Jan 14, 2023
37	Stackhouse, Madison	FR-1	Bethel (Minn.)	11:20.36	St. Olaf Invitational	Jan 28, 2023
38	Votruba, Maggie	SO-2	Carleton	11:22.17	Carleton Meet of the Hearts	Feb 11, 2023
39	Roberdeau, Libby	JR-3	Hamline	11:24.47	St Olaf Tostrud Classic	Feb 18, 2023
40	Moorjani, Raina	SO-2	Bethel (Minn.)	11:26.98	St. Olaf Invitational	Jan 28, 2023

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	JR-3	St. Benedict	16:36.54	Mark Schuck Open and Multi	Jan 27, 2023
2	Mayfield, Clara	JR-3	Carleton	16:38.64	Mark Schuck Open and Multi	Jan 27, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
3	Cross, Helen	SO-2	Carleton	17:03.15	MIAC Indoor Multi Championships	Feb 23, 2023
4	Preisser, Hannah	FR-1	Carleton	17:05.02	MIAC Indoor Multi Championships	Feb 23, 2023
5	Carlson, Sofia	SO-2	St. Olaf	17:05.52%	NCAA Division III Indoor Track & Field Championships	Mar 10, 2023
6	Bode, Alison	SO-2	St. Olaf	17:13.20	MIAC Indoor Multi Championships	Feb 23, 2023
7	McManus, Sophie	SO-2	Carleton	17:50.10	MIAC Indoor Multi Championships	Feb 23, 2023
8	Walda, Lauren	FR-1	St. Olaf	17:57.40	MIAC Indoor Multi Championships	Feb 23, 2023
9	Kiolbasa, Annie	JR-3	St. Benedict	18:00.79	MIAC Indoor Multi Championships	Feb 23, 2023
10	Villalobos, Evelyn	SO-2	Gustavus Adolphus	18:04.09	MIAC Indoor Multi Championships	Feb 23, 2023
11	Rowland, Libby	SO-2	Carleton	18:12.07	Ted Nelson Classic	Feb 4, 2023
12	Harms, Josie	SO-2	Bethel (Minn.)	18:18.53	MIAC Indoor Multi Championships	Feb 23, 2023
13	Tetmeyer, Bridget	JR-3	St. Benedict	18:54.30	MIAC Indoor Multi Championships	Feb 23, 2023
14	Kern, Emily	SR-4	Saint Mary's (Minn.)	18:55.48	St. Olaf Invitational	Jan 28, 2023
15	Larsen-Schmidt, Gracia	SO-2	St. Olaf	19:00.32	MIAC Indoor Multi Championships	Feb 23, 2023
16	Kenney, Mary	FR-1	St. Benedict	19:00.84	MIAC Indoor Multi Championships	Feb 23, 2023
17	Rugloski, Emily	SR-4	Concordia-Moorhead	19:09.28	MIAC Indoor Multi Championships	Feb 23, 2023
18	DeMorett, Emily	SR-4	St. Benedict	19:11.61	St Olaf Tostrud Classic	Feb 18, 2023
19	Borgmann, Marte	JR-3	Carleton	19:18.65	MIAC Indoor Multi Championships	Feb 23, 2023
20	Landsverk, Amelia	SR-4	Concordia-Moorhead	19:32.35%	SDSU Indoor Classic	Feb 10, 2023
21	Roberdeau, Libby	JR-3	Hamline	19:32.88%	SDSU Indoor Classic	Feb 10, 2023
22	Johnson, Gracie	FR-1	Augsburg	19:36.11	St. Olaf Invitational	Jan 28, 2023
23	Weberg, Molly	SO-2	Gustavus Adolphus	19:55.53	Ted Nelson Classic	Feb 4, 2023
24	Votruba, Maggie	SO-2	Carleton	19:59.20	Mark Schuck Open and Multi	Jan 27, 2023
25	Hardwick, Laura	SO-2	Bethel (Minn.)	20:00.92	Stout Quad	Feb 10, 2023
26	Bitner, Lauren	JR-3	St. Olaf	20:15.73	Stout Quad	Feb 10, 2023
27	VanderWilde, Bailey	JR-3	St. Olaf	20:38.64	Chuck Petersen Open	Dec 3, 2022
28	Norvell, Seneca	JR-3	St. Olaf	20:42.31	Chuck Petersen Open	Dec 3, 2022
29	Colnes, Jesse	SR-4	Macalester	20:45.84	St. Olaf Invitational	Jan 28, 2023
30	Moorjani, Raina	SO-2	Bethel (Minn.)	20:48.36	Stout Quad	Feb 10, 2023
31	Leibke, Tatum	FR-1	St. Benedict	21:01.31	CSB / SJU Invitational	Feb 11, 2023
32	Olinger, Rachel	FR-1	St. Benedict	21:04.61	CSB / SJU Invitational	Feb 11, 2023
33	Adams, Charlotte	SR-4	Hamline	21:06.03%	SDSU Indoor Classic	Feb 10, 2023
34	Thompson, Hailley	FR-1	St. Benedict	21:17.82	CSB / SJU Invitational	Feb 11, 2023
35	Nelson, Brenna	JR-3	St. Catherine (Minn.)	21:29.75	St Olaf Tostrud Classic	Feb 18, 2023
36	Gleason, Cate	SO-2	St. Olaf	21:32.77	Chuck Petersen Open	Dec 3, 2022
37	Rowekamp, Abby	SO-2	St. Olaf	21:48.83	Stout Quad	Feb 10, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
38	Breed, Brittany	FR-1	St. Catherine (Minn.)	21:50.07	St Olaf Tostrud Classic	Feb 18, 2023
39	Harvey, Lily	SO-2	St. Catherine (Minn.)	22:51.70	St Olaf Tostrud Classic	Feb 18, 2023

60 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nelson, Birgen	JR-3	Gustavus Adolphus	8.35@	USATF Indoor Championships	Feb 16, 2023
2	Sealock, Kelsie	JR-3	Bethel (Minn.)	8.53	Mark Guthrie Legacy Invitational	Feb 4, 2023
3	Salfer, Rebekah	SR-4	St. Olaf	9.12	St Olaf Tostrud Classic	Feb 18, 2023
4	Williams, Nayeli	SO-2	Carleton	9.21	St Olaf Tostrud Classic	Feb 18, 2023
5	Berg, Lauren	FR-1	St. Benedict	9.22	MIAC Indoor Multi Championships	Feb 23, 2023
6	Miller, Danielle	SO-2	Gustavus Adolphus	9.24	MIAC Indoor Multi Championships	Feb 23, 2023
7	Selle, Peyton	JR-3	Concordia-Moorhead	9.32	CSB / SJU Invitational	Feb 11, 2023
8	Hernes, Ellie	FR-1	Bethel (Minn.)	9.38	Gene Glader Classic	Feb 18, 2023
9	Dimler, Lauren	FR-1	Gustavus Adolphus	9.41	Maverick Invitational	Feb 17, 2023
10	Floren, Justus	SO-2	St. Benedict	9.42	CSB / SJU Invitational	Feb 11, 2023
11	Hughes, Daneyah	FR-1	Gustavus Adolphus	9.45	Maverick Invitational	Feb 17, 2023
12	Williams, McKenzie	JR-3	St. Scholastica	9.54	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
12	Blanchette, Grace	JR-3	Carleton	9.54	St Olaf Tostrud Classic	Feb 18, 2023
14	Kalevik, Jenna	SO-2	Concordia-Moorhead	9.62	MIAC Indoor Multi Championships	Feb 23, 2023
15	King, Hannah	JR-3	Bethel (Minn.)	9.71	MIAC Indoor Multi Championships	Feb 23, 2023
16	Lilleberg, Nicole	SR-4	Concordia-Moorhead	9.80	MIAC Indoor Multi Championships	Feb 23, 2023
17	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	9.81	Gene Glader Classic	Feb 18, 2023
18	Poore, Riki	JR-3	St. Olaf	9.90	Gopher Classic	Feb 4, 2023
19	Barlue, Burnices	SO-2	St. Catherine (Minn.)	9.92	Gopher Classic	Feb 4, 2023
20	Scholten, Hailey	FR-1	Bethel (Minn.)	9.94	MIAC Indoor Multi Championships	Feb 23, 2023
21	Stackhouse , Ally	SO-2	Bethel (Minn.)	10.02	Gene Glader Classic	Feb 18, 2023
22	Josephson, Madi	FR-1	St. Benedict	10.10	CSB / SJU Invitational	Feb 11, 2023
23	Sims, Jaeden	FR-1	Macalester	10.15	St. Olaf Invitational	Jan 28, 2023
24	Hobby, Sarah Beth	JR-3	Macalester	10.16	MIAC Indoor Multi Championships	Feb 23, 2023
25	Johnson, Lily	SO-2	St. Olaf	10.18	Wartburg Qualifier	Mar 3, 2023
26	Keech, Claire	FR-1	St. Olaf	10.38	MIAC Indoor Multi Championships	Feb 23, 2023
27	RocheFord, Lauren	FR-1	Gustavus Adolphus	10.42	Vanessa Seljeskog Classic	Jan 21, 2023
28	Sahly, Emma	SO-2	St. Olaf	10.55	Gopher Classic	Feb 4, 2023
29	Thompson, Perri	FR-1	Carleton	10.64	Vanessa Seljeskog Classic	Jan 21, 2023
30	Joerger, Alli	SO-2	Gustavus Adolphus	10.68	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
31	Selisker, Ellie	JR-3	St. Benedict	10.82	MIAC Indoor Multi Championships	Feb 23, 2023
32	Hannah, Gabriele	SO-2	Hamline	10.91	Vanessa Seljeskog Classic	Jan 21, 2023
32	Schuele, Emma	FR-1	St. Benedict	10.91	CSB/SJU Alumni Meet	Jan 28, 2023
34	Farley, Lucy	FR-1	St. Benedict	10.92	St Olaf Tostrud Classic	Feb 18, 2023
35	Cappelmann, Lauren	FR-1	Macalester	10.93(55)	Carleton Meet of the Hearts	Feb 11, 2023
36	Warner, Kyra	FR-1	Bethel (Minn.)	11.06	Gene Glader Classic	Feb 18, 2023
37	Kaeppe, Summer	FR-1	Gustavus Adolphus	11.13	St. Olaf Invitational	Jan 28, 2023
38	Hoppe, Desseray	FR-1	Concordia-Moorhead	11.40	UND Tune-Up	Feb 18, 2023

4 x 200 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Gustavus Adolphus	1:45.39	Carlson, Geraets, Rakow, Nelson	MIAC Indoor Multi Championships	Feb 23, 2023
2	Bethel (Minn.)	1:45.82	Babalola, Stellmach, Dean, Paulson	MIAC Indoor Multi Championships	Feb 23, 2023
3	St. Olaf	1:48.53	Kroschel, Holman, Matre, Storbakken	MIAC Indoor Multi Championships	Feb 23, 2023
4	Augsburg	1:48.62	Bishop, Rodriguez, Cesare, Hookom	MIAC Indoor Multi Championships	Feb 23, 2023
5	St. Benedict	1:48.84	Berg, Johnson, Nelson, Johnson	MIAC Indoor Multi Championships	Feb 23, 2023
6	Carleton	1:48.89	Twichell, Ferguson, Lott, Roberts	Carleton Meet of the Hearts	Feb 11, 2023
7	St. Scholastica	1:49.27	Sautter, Ellefson, Nelson, Fink	MIAC Indoor Multi Championships	Feb 23, 2023
8	Concordia-Moorhead	1:50.29	Rengo, Lilleberg, Shercliffe, Wunderlich	MIAC Indoor Multi Championships	Feb 23, 2023
9	Macalester	1:51.60	Gregor, Sims, Hunter, Preston	Carleton Meet of the Hearts	Feb 11, 2023
10	St. Catherine (Minn.)	1:55.41	Doyle, Stinson, Barlue, Yoder	Carleton Meet of the Hearts	Feb 11, 2023
11	Hamline	1:56.11	Logelin, Bernardy, Aurelius, Woo	Mark Schuck Open and Multi	Jan 27, 2023
12	Saint Mary's (Minn.)	2:01.77	Munson, Heller, Ilunga, Utgaard	Dick Hendricks Invite	Feb 11, 2023

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:52.82%	Sealock, Turek, Gregg, Stellmach	NCAA Division III Indoor Track & Field Championships	Mar 10, 2023
2	Carleton	4:06.00	Williams, Twichell, Ferguson, Blanchard	MIAC Indoor Multi Championships	Feb 23, 2023
3	St. Benedict	4:09.26	Nyuga, Knapp, Ganley, Berg	MIAC Indoor Multi Championships	Feb 23, 2023
4	Macalester	4:12.68	Gregor, Preston, Blaesing, Amundson	Gopher Classic	Feb 4, 2023
5	Gustavus Adolphus	4:12.96%	RocheFord, Nelson, Dimler, Geraets	47th Annual Frank Sevigne Husker Invitational	Feb 3, 2023
6	St. Olaf	4:13.42	Kroschel, Edstrom, Manhard, Storbakken	MIAC Indoor Multi Championships	Feb 23, 2023
7	Concordia-Moorhead	4:14.56	Wunderlich, Selle, Shercliffe, Frolek	MIAC Indoor Multi Championships	Feb 23, 2023
8	Hamline	4:15.94	Logelin, Maddux, Mathews, Bernardy	MIAC Indoor Multi Championships	Feb 23, 2023
9	St. Scholastica	4:16.13	Williams, Ellefson, Kiminiski, Nelson	MIAC Indoor Multi Championships	Feb 23, 2023

	Team	Time	Athletes	Meet	Meet Date
10	Augsburg	4:21.06	Bishop, Cesare, Conrad, Hookom	MIAC Indoor Multi Championships	Feb 23, 2023
11	Saint Mary's (Minn.)	4:34.87	McMahon, Meyer, Utgaard, Gearin	Pat Healy Classic	Jan 21, 2023
12	St. Catherine (Minn.)	4:38.93	Stinson, Perkins, Nelson, Marsolek	MIAC Indoor Multi Championships	Feb 23, 2023

Distance Medley Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Benedict	12:29.19	Yeager, Knapp, Maahs, Smith	MIAC Indoor Multi Championships	Feb 23, 2023
2	Macalester	12:45.46	Pirone, Amundson, Wilkins, Blaesing	MIAC Indoor Multi Championships	Feb 23, 2023
3	Carleton	12:48.36	Tilley, Ferguson, Erickson, Larsen	MIAC Indoor Multi Championships	Feb 23, 2023
4	St. Olaf	12:52.02	Abernethy, Manhard, Edstrom, Landis	MIAC Indoor Multi Championships	Feb 23, 2023
5	Concordia-Moorhead	13:15.61	Johnson, Wunderlich, Smith, Revoir	MIAC Indoor Multi Championships	Feb 23, 2023
6	Gustavus Adolphus	13:24.13	Hagen, Huetten, Walukas, Severson	MIAC Indoor Multi Championships	Feb 23, 2023
7	Saint Mary's (Minn.)	13:31.16		MIAC Indoor Multi Championships	Feb 23, 2023
8	Hamline	14:08.00	Sanchez-Castill, Aurelius, Mathews, Tapajna	MIAC Indoor Multi Championships	Feb 23, 2023
9	St. Catherine (Minn.)	14:38.37	Nelson, Marsolek, Perkins, Breed	MIAC Indoor Multi Championships	Feb 23, 2023

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hovey, Glasha	FR-1	Bethel (Minn.)	1.63m	5' 4.25"	Wartburg Qualifier	Mar 3, 2023
2	Rakow, Ally	SO-2	Gustavus Adolphus	1.58m	5' 2.25"	CSB / SJU Invitational	Feb 11, 2023
3	Floren, Justus	SO-2	St. Benedict	1.57m	5' 1.75"	Wartburg Qualifier	Mar 3, 2023
4	Selle, Peyton	JR-3	Concordia-Moorhead	1.55m	5' 1"	MIAC Indoor Multi Championships	Feb 23, 2023
5	Selisker, Ellie	JR-3	St. Benedict	1.53m	5' 0.25"	CSB / SJU Invitational	Feb 11, 2023
6	Beer, Erin	SO-2	Gustavus Adolphus	1.52m	4' 11.75"	MIAC Indoor Multi Championships	Feb 23, 2023
6	Kalevik, Jenna	SO-2	Concordia-Moorhead	1.52m	4' 11.75"	MIAC Indoor Multi Championships	Feb 23, 2023
6	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	1.52m	4' 11.75"	MIAC Indoor Multi Championships	Feb 23, 2023
6	Blanchette, Grace	JR-3	Carleton	1.52m	4' 11.75"	MIAC Indoor Multi Championships	Feb 23, 2023
10	Fischer, Sofia	FR-1	St. Scholastica	1.50m	4' 11"	The CSS Opener	Dec 10, 2022
10	Nichols, Claire	SR-4	St. Catherine (Minn.)	1.50m	4' 11"	Gopher Classic	Feb 4, 2023
12	Salfer, Rebekah	SR-4	St. Olaf	1.46m	4' 9.5"	MIAC Indoor Multi Championships	Feb 23, 2023
12	Scholten, Hailey	FR-1	Bethel (Minn.)	1.46m	4' 9.5"	MIAC Indoor Multi Championships	Feb 23, 2023
12	Hobby, Sarah Beth	JR-3	Macalester	1.46m	4' 9.5"	St. Olaf Invitational	Jan 28, 2023
15	Moe, Hannah	FR-1	Bethel (Minn.)	1.45m	4' 9"	St. Olaf Invitational	Jan 28, 2023
16	Luehrs, Jensen	SO-2	Gustavus Adolphus	1.44m	4' 8.75"	MIAC Indoor Multi Championships	Feb 23, 2023
17	Joerger, Alli	SO-2	Gustavus Adolphus	1.43m	4' 8.25"	St. Olaf Invitational	Jan 28, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
18	Johnson, Lily	SO-2	St. Olaf	1.40m	4' 7"	MIAC Indoor Multi Championships	Feb 23, 2023
18	Strampe, Toria	SO-2	St. Scholastica	1.40m	4' 7"	The CSS Opener	Dec 10, 2022
20	Burmeister, Malori	FR-1	Hamline	1.35m	4' 5"	St. Thomas Indoor Invitational	Jan 13, 2023
20	Wgeishofski, Sydnie	FR-1	St. Scholastica	1.35m	4' 5"	St Olaf Tostrud Classic	Feb 18, 2023
22	Keech, Claire	FR-1	St. Olaf	1.34m	4' 4.75"	Ice Breaker Open & Multi	Dec 9, 2022
22	Kaeppe, Summer	FR-1	Gustavus Adolphus	1.34m	4' 4.75"	MIAC Indoor Multi Championships	Feb 23, 2023
24	Johnson, Jordyn	SO-2	Concordia-Moorhead	1.32m	4' 4"	UND Open	Jan 27, 2023

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Lillard, Jessica	JR-3	Bethel (Minn.)	3.46m	11' 4.25"	Wartburg Qualifier	Mar 3, 2023
2	Gearin, Caroline	JR-3	Saint Mary's (Minn.)	3.44m	11' 3.5"	Maverick Invitational	Feb 17, 2023
3	Salfer, Caitlin	SR-4	St. Benedict	3.20m	10' 6"	MIAC Indoor Multi Championships	Feb 23, 2023
3	Roberts, Melanie	JR-3	St. Olaf	3.20m	10' 6"	St Olaf Tostrud Classic	Feb 18, 2023
5	Litton, Emily	JR-3	Carleton	3.11m	10' 2.5"	Ted Nelson Classic	Feb 4, 2023
6	Cordes, Julia	SR-4	St. Olaf	3.10m	10' 2"	MIAC Indoor Multi Championships	Feb 23, 2023
7	Pierson, Grace	SR-4	Hamline	2.90m	9' 6.25"	St. Thomas Indoor Invitational	Jan 13, 2023
8	Bunker, Jenna	SO-2	Gustavus Adolphus	2.88m	9' 5.25"	CSB / SJU Invitational	Feb 11, 2023
9	Luepke, Bria	FR-1	Hamline	2.85m	9' 4.25"	SDSU Indoor Classic	Feb 10, 2023
10	Selberg, Lillian	SO-2	Gustavus Adolphus	2.54m	8' 4"	Maverick Invitational	Feb 17, 2023
11	Boyd, Roen	FR-1	Macalester	2.37m	7' 9.25"	Carleton Meet of the Hearts	Feb 11, 2023
12	Nelson, Molly	FR-1	Bethel (Minn.)	2.36m	7' 8.75"	Stout Quad	Feb 10, 2023
13	Evans, Mia	FR-1	Bethel (Minn.)	2.30m	7' 6.5"	St. Olaf Invitational	Jan 28, 2023
14	Gehrke, McKenzie	SO-2	Gustavus Adolphus	2.15m	7' 0.5"	Vanessa Seljeskog Classic	Jan 21, 2023

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Williams, Nayeli	SO-2	Carleton	5.69m	18' 8"	Ted Nelson Classic	Feb 4, 2023	NWI
2	Geraets, Megan	SO-2	Gustavus Adolphus	5.54m	18' 2.25"	Maverick Invitational	Feb 17, 2023	NWI
3	Muller, Annika	SR-4	St. Olaf	5.45m	17' 10.75"	Gopher Classic	Feb 4, 2023	NWI
4	Valley, Jen	SR-4	Hamline	5.33m	17' 6"	St. Thomas Indoor Invitational	Jan 13, 2023	NWI
5	Amundson, Journey	SR-4	Macalester	5.28m	17' 4"	St. Olaf Invitational	Jan 28, 2023	NWI
6	Floren, Justus	SO-2	St. Benedict	5.26m	17' 3.25"	Wartburg Qualifier	Mar 3, 2023	NWI
7	Kes, Madi	SO-2	Gustavus Adolphus	5.24m	17' 2.25"	Ted Nelson Classic	Feb 4, 2023	NWI
8	Hernes, Ellie	FR-1	Bethel (Minn.)	5.22m	17' 1.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
8	Sundberg, Maren	FR-1	Gustavus Adolphus	5.22m	17' 1.5"	Maverick Invitational	Feb 17, 2023	NWI
10	Lindner, Sarrah	FR-1	Gustavus Adolphus	5.20m	17' 0.75"	Ted Nelson Classic	Feb 4, 2023	NWI
11	Parker, Ainslee	JR-3	St. Olaf	5.17m	16' 11.5"	Chuck Petersen Open	Dec 3, 2022	NWI
12	Blanchette, Grace	JR-3	Carleton	5.14m	16' 10.5"	Mark Schuck Open and Multi	Jan 27, 2023	NWI
13	Dimler, Lauren	FR-1	Gustavus Adolphus	5.11m	16' 9.25"	Maverick Invitational	Feb 17, 2023	NWI
14	Selle, Peyton	JR-3	Concordia-Moorhead	5.10m	16' 8.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
15	Selisker, Ellie	JR-3	St. Benedict	5.06m	16' 7.25"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
16	Salfer, Rebekah	SR-4	St. Olaf	5.03m	16' 6"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
17	Rengo, Emily	FR-1	Concordia-Moorhead	5.02m	16' 5.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
18	Gregor, Sara	SR-4	Macalester	4.98m	16' 4.25"	Gopher Classic	Feb 4, 2023	NWI
19	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	4.93m	16' 2.25"	Snowshoe Open	Feb 17, 2023	NWI
20	Schepper, Reilee	SR-4	St. Catherine (Minn.)	4.91m	16' 1.5"	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
21	Keech, Claire	FR-1	St. Olaf	4.87m	15' 11.75"	Wartburg Qualifier	Mar 3, 2023	NWI
22	Hobby, Sarah Beth	JR-3	Macalester	4.85m	15' 11"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
22	Nichols, Claire	SR-4	St. Catherine (Minn.)	4.85m	15' 11"	Carleton Meet of the Hearts	Feb 11, 2023	NWI
24	Laryea, Emelia	FR-1	Gustavus Adolphus	4.82m	15' 9.75"	Maverick Invitational	Feb 17, 2023	NWI
25	Hovey, Glasha	FR-1	Bethel (Minn.)	4.80m	15' 9"	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
26	Logelin, Ellie	JR-3	Hamline	4.77m	15' 7.75"	Gopher Classic	Feb 4, 2023	NWI
27	McClelland, Eva	FR-1	Gustavus Adolphus	4.72m	15' 6"	Ted Nelson Classic	Feb 4, 2023	NWI
28	Christensen, Izzy	FR-1	St. Benedict	4.71m	15' 5.5"	CSB / SJU Invitational	Feb 11, 2023	NWI
29	Johnson, Lily	SO-2	St. Olaf	4.65m	15' 3.25"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
29	Fink, Ava	FR-1	St. Scholastica	4.65m	15' 3.25"	The CSS Opener	Dec 10, 2022	NWI
29	Kaeppe, Summer	FR-1	Gustavus Adolphus	4.65m	15' 3.25"	Maverick Invitational	Feb 17, 2023	NWI
32	Poore, Riki	JR-3	St. Olaf	4.63m	15' 2.25"	St. Olaf Ole Opener	Jan 13, 2023	NWI
33	Leverentz, Bryana	SR-4	St. Catherine (Minn.)	4.60m	15' 1.25"	Gopher Classic	Feb 4, 2023	NWI
34	Kalevik, Jenna	SO-2	Concordia-Moorhead	4.59m	15' 0.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
35	Sautter, Kaitlyn	FR-1	St. Scholastica	4.58m	15' 0.5"	The CSS Opener	Dec 10, 2022	NWI
36	Petersen, Katie	SO-2	Gustavus Adolphus	4.50m	14' 9.25"	CSB / SJU Invitational	Feb 11, 2023	NWI
37	Joerger, Alli	SO-2	Gustavus Adolphus	4.48m	14' 8.5"	Maverick Invitational	Feb 17, 2023	NWI
37	Scholten, Hailey	FR-1	Bethel (Minn.)	4.48m	14' 8.5"	Mark Guthrie Legacy Invitational	Feb 4, 2023	NWI
39	Sikes, Jane	SO-2	St. Olaf	4.42m	14' 6"	St. Olaf Invitational	Jan 28, 2023	NWI
40	Luehrs, Jensen	SO-2	Gustavus Adolphus	4.40m	14' 5.25"	St. Olaf Invitational	Jan 28, 2023	NWI

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Amundson, Journey	SR-4	Macalester	11.78m	38' 7.75"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
2	Hernes, Ellie	FR-1	Bethel (Minn.)	11.74m	38' 6.25"	Wartburg Qualifier	Mar 3, 2023	NWI
3	Kes, Madi	SO-2	Gustavus Adolphus	11.71m	38' 5"	Maverick Invitational	Feb 17, 2023	NWI
4	Muller, Annika	SR-4	St. Olaf	11.62m	38' 1.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
5	Parker, Ainslee	JR-3	St. Olaf	11.00m	36' 1.25"	Chuck Petersen Open	Dec 3, 2022	NWI
6	Cesare, CC	FR-1	Augsburg	10.97m	36' 0"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
7	Lindner, Sarrah	FR-1	Gustavus Adolphus	10.80m	35' 5.25"	Ted Nelson Classic	Feb 4, 2023	NWI
8	Schepper, Reilee	SR-4	St. Catherine (Minn.)	10.78m	35' 4.5"	Gopher Classic	Feb 4, 2023	NWI
9	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	10.77m	35' 4"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
10	Sims, Jaeden	FR-1	Macalester	10.63m	34' 10.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
11	Valley, Jen	SR-4	Hamline	10.60m	34' 9.5"	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
12	Roberts, Melanie	JR-3	St. Olaf	10.28m	33' 8.75"	Gopher Classic	Feb 4, 2023	NWI
13	Wunderlich, Mary	SO-2	Concordia-Moorhead	10.18m	33' 4.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
14	Barlue, Burnices	SO-2	St. Catherine (Minn.)	10.16m	33' 4"	Warren Bowlus Multi & Open	Jan 27, 2023	NWI
15	Lilleberg, Nicole	SR-4	Concordia-Moorhead	10.15m	33' 3.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
16	Leverentz, Bryana	SR-4	St. Catherine (Minn.)	10.00m	32' 9.75"	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
17	Cappelmann, Lauren	FR-1	Macalester	9.88m	32' 5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
17	McClelland, Eva	FR-1	Gustavus Adolphus	9.88m	32' 5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
19	Laryea, Emelia	FR-1	Gustavus Adolphus	9.84m	32' 3.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
20	Nichols, Kyra	SR-4	Concordia-Moorhead	9.68m	31' 9.25"	UND Tune-Up	Feb 18, 2023	NWI
21	Anderson, Danielle	JR-3	St. Benedict	9.67m	31' 8.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
22	Sikes, Jane	SO-2	St. Olaf	9.36m	30' 8.5"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
23	Strampe, Toria	SO-2	St. Scholastica	9.35m	30' 8.25"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
24	Wgeishofski, Sydnie	FR-1	St. Scholastica	9.28m	30' 5.5"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
25	Fuller, Laura	SO-2	Concordia-Moorhead	8.85m	29' 0.5"	UND Tune-Up	Feb 18, 2023	NWI

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Poe, Annika	SO-2	Gustavus Adolphus	14.55m	47' 9"	Maverick Invitational	Feb 17, 2023
2	Roethler, Emma	SO-2	Bethel (Minn.)	13.52m	44' 4.25"	Wartburg Qualifier	Mar 3, 2023
3	Kubes, Samantha	JR-3	Saint Mary's (Minn.)	12.97m	42' 6.75"	St. Olaf Invitational	Jan 28, 2023
4	Wilhelm, Nora	FR-1	Bethel (Minn.)	12.92m	42' 4.75"	MIAC Indoor Multi Championships	Feb 23, 2023
5	Kangas, Allyson	SR-4	Concordia-Moorhead	12.80m	42' 0"	CSB / SJU Invitational	Feb 11, 2023
6	Carter, Lakesha	FR-1	Gustavus Adolphus	12.48m	40' 11.5"	MIAC Indoor Multi Championships	Feb 23, 2023
7	Keske, Aleah	JR-3	St. Olaf	12.45m	40' 10.25"	St. Olaf Invitational	Jan 28, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
8	Brennan, Kelley	FR-1	Gustavus Adolphus	12.13m	39' 9.75"	MIAC Indoor Multi Championships	Feb 23, 2023
9	Banse, Grace	FR-1	Gustavus Adolphus	11.61m	38' 1.25"	CSB / SJU Invitational	Feb 11, 2023
10	Biggins, Ellie	SR-4	Hamline	11.44m	37' 6.5"	St Olaf Tostrud Classic	Feb 18, 2023
11	Jackman, Sydney	SO-2	Saint Mary's (Minn.)	11.37m	37' 3.75"	Luther Invitational	Feb 4, 2023
12	Horvath, Chando	JR-3	St. Catherine (Minn.)	11.15m	36' 7"	Gopher Classic	Feb 4, 2023
12	Hobby, Sarah Beth	JR-3	Macalester	11.15m	36' 7"	MIAC Indoor Multi Championships	Feb 23, 2023
14	Wallendal, Morgan	SO-2	Saint Mary's (Minn.)	11.08m	36' 4.25"	Luther Invitational	Feb 4, 2023
14	Joos, Haley	JR-3	St. Benedict	11.08m	36' 4.25"	CSB / SJU Invitational	Feb 11, 2023
16	Johnson, Emma	SO-2	St. Olaf	11.02m	36' 2"	Vanessa Seljeskog Classic	Jan 21, 2023
16	Dates, Desirae	FR-1	Hamline	11.02m	36' 2"	St Olaf Tostrud Classic	Feb 18, 2023
18	Beckmann, Maggie	SR-4	St. Benedict	10.97m	36' 0"	CSB / SJU Invitational	Feb 11, 2023
19	Salfer, Rebekah	SR-4	St. Olaf	10.79m	35' 5"	MIAC Indoor Multi Championships	Feb 23, 2023
20	Irsfeld, Peyton	JR-3	St. Olaf	10.64m	34' 11"	St. Olaf Invitational	Jan 28, 2023
21	Floren, Justus	SO-2	St. Benedict	10.59m	34' 9"	Wartburg Qualifier	Mar 3, 2023
22	Nelson, Nicole	SO-2	Gustavus Adolphus	10.51m	34' 5.75"	CSB / SJU Invitational	Feb 11, 2023
23	Kalevik, Jenna	SO-2	Concordia-Moorhead	10.50m	34' 5.5"	Bison Open	Feb 3, 2023
24	Selle, Peyton	JR-3	Concordia-Moorhead	10.48m	34' 4.75"	CSB / SJU Invitational	Feb 11, 2023
25	Bechtold, Kendall	SR-4	St. Benedict	10.27m	33' 8.5"	CSB/SJU Alumni Meet	Jan 28, 2023
26	Al-Juhari, Alea	SR-4	St. Olaf	10.21m	33' 6"	Stout Quad	Feb 10, 2023
27	Torres, Alexis	SO-2	St. Benedict	10.13m	33' 3"	CSB/SJU Alumni Meet	Jan 28, 2023
28	Keech, Claire	FR-1	St. Olaf	9.93m	32' 7"	Wartburg Qualifier	Mar 3, 2023
29	Hughes, Daniyah	FR-1	Gustavus Adolphus	9.92m	32' 6.5"	Vanessa Seljeskog Classic	Jan 21, 2023
30	Sampson, Skyla	FR-1	St. Benedict	9.83m	32' 3"	Gopher Classic	Feb 4, 2023
31	Althoff, Abby	SO-2	St. Catherine (Minn.)	9.66m	31' 8.5"	Warren Bowlus Multi & Open	Jan 27, 2023
31	Tracy, Brooke	FR-1	Hamline	9.66m	31' 8.5"	St Olaf Tostrud Classic	Feb 18, 2023
33	Fuller, Laura	SO-2	Concordia-Moorhead	9.54m	31' 3.75"	Bison Open	Feb 3, 2023
34	Wehrspann, Lydia	SR-4	St. Catherine (Minn.)	9.45m	31' 0"	Warren Bowlus Multi & Open	Jan 27, 2023
35	Kangas, Brooke	SO-2	Concordia-Moorhead	9.42m	30' 11"	UND Tune-Up	Feb 18, 2023
36	Speratos, Anna	FR-1	Bethel (Minn.)	9.35m	30' 8.25"	Gene Glader Classic	Feb 18, 2023
37	Blanchette, Grace	JR-3	Carleton	9.33m	30' 7.5"	St Olaf Tostrud Classic	Feb 18, 2023
38	Burmeister, Malori	FR-1	Hamline	9.28m	30' 5.5"	SDSU Indoor Classic	Feb 10, 2023
39	Dove, Charlotte	FR-1	Concordia-Moorhead	9.07m	29' 9.25"	UND Open	Jan 27, 2023
40	Gendreau, Kaya	FR-1	St. Olaf	9.05m	29' 8.25"	St Olaf Tostrud Classic	Feb 18, 2023

Weight Throw

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Kangas, Allyson	SR-4	Concordia-Moorhead	17.01m	55' 9.75"	Wartburg Qualifier	Mar 3, 2023
2	Beneke, Lily	JR-3	St. Scholastica	16.47m	54' 0.5"	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
3	Lukenbill, Molly	JR-3	Bethel (Minn.)	15.49m	50' 10"	Vanessa Seljeskog Classic	Jan 21, 2023
4	Reed, Madison	JR-3	Hamline	15.33m	50' 3.5"	St Olaf Tostrud Classic	Feb 18, 2023
5	Beckmann, Maggie	SR-4	St. Benedict	15.20m	49' 10.5"	Gopher Classic	Feb 4, 2023
6	Roethler, Emma	SO-2	Bethel (Minn.)	14.77m	48' 5.5"	MIAC Indoor Multi Championships	Feb 23, 2023
7	Horvath, Chando	JR-3	St. Catherine (Minn.)	14.52m	47' 7.75"	MIAC Indoor Multi Championships	Feb 23, 2023
8	Brennan, Kelley	FR-1	Gustavus Adolphus	14.48m	47' 6.25"	CSB / SJU Invitational	Feb 11, 2023
9	Brainer, Lexi	SO-2	Hamline	14.45m	47' 5"	St Olaf Tostrud Classic	Feb 18, 2023
10	Bosman, Neenah	SO-2	Carleton	14.42m	47' 3.75"	St. Olaf Ole Opener	Jan 13, 2023
11	Kubes, Samantha	JR-3	Saint Mary's (Minn.)	14.34m	47' 0.75"	Luther Invitational	Feb 4, 2023
12	Wilhelm, Nora	FR-1	Bethel (Minn.)	14.22m	46' 8"	MIAC Indoor Multi Championships	Feb 23, 2023
13	Ellinghuysen, Lexi	JR-3	Bethel (Minn.)	13.83m	45' 4.5"	Gene Glader Classic	Feb 18, 2023
14	Becker, Anna	SO-2	Saint Mary's (Minn.)	13.80m	45' 3.5"	Maverick Invitational	Feb 17, 2023
15	Keske, Aleah	JR-3	St. Olaf	13.64m	44' 9"	MIAC Indoor Multi Championships	Feb 23, 2023
16	Kangas, Brooke	SO-2	Concordia-Moorhead	13.50m	44' 3.5"	CSB / SJU Invitational	Feb 11, 2023
17	Bechtold, Kendall	SR-4	St. Benedict	13.45m	44' 1.5"	CSB/SJU Alumni Meet	Jan 28, 2023
18	Wallendal, Morgan	SO-2	Saint Mary's (Minn.)	13.32m	43' 8.5"	Luther Invitational	Feb 4, 2023
19	Irsfeld, Peyton	JR-3	St. Olaf	13.28m	43' 7"	St Olaf Tostrud Classic	Feb 18, 2023
20	Johnson, Emma	SO-2	St. Olaf	12.93m	42' 5.25"	MIAC Indoor Multi Championships	Feb 23, 2023
21	Hunt, Jade	SO-2	Hamline	12.77m	41' 10.75"	St Olaf Tostrud Classic	Feb 18, 2023
22	Joos, Haley	JR-3	St. Benedict	12.57m	41' 3"	St Olaf Tostrud Classic	Feb 18, 2023
23	Nelson, Nicole	SO-2	Gustavus Adolphus	12.54m	41' 1.75"	Maverick Invitational	Feb 17, 2023
24	Engen, Ella	FR-1	St. Scholastica	12.25m	40' 2.25"	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
25	Dates, Desirae	FR-1	Hamline	12.11m	39' 8.75"	SDSU Indoor Classic	Feb 10, 2023
26	Speratos, Anna	FR-1	Bethel (Minn.)	12.10m	39' 8.5"	Gene Glader Classic	Feb 18, 2023
27	Banse, Grace	FR-1	Gustavus Adolphus	12.01m	39' 5"	Ted Nelson Classic	Feb 4, 2023
28	Gendreau, Kaya	FR-1	St. Olaf	11.89m	39' 0.25"	Chuck Petersen Open	Dec 3, 2022
29	Althoff, Abby	SO-2	St. Catherine (Minn.)	11.58m	38' 0"	Warren Bowlus Multi & Open	Jan 27, 2023
30	Tracy, Brooke	FR-1	Hamline	11.32m	37' 1.75"	St Olaf Tostrud Classic	Feb 18, 2023
31	Stritesky, Ella	FR-1	St. Scholastica	11.04m	36' 2.75"	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
32	Blake, Romona-Shae	FR-1	Hamline	11.03m	36' 2.25"	Mark Schuck Open and Multi	Jan 27, 2023
33	Torres, Alexis	SO-2	St. Benedict	10.99m	36' 0.75"	St Olaf Tostrud Classic	Feb 18, 2023
34	Al-Juhari, Alea	SR-4	St. Olaf	10.92m	35' 10"	Stout Quad	Feb 10, 2023
35	Sampson, Skyla	FR-1	St. Benedict	10.87m	35' 8"	CSB / SJU Invitational	Feb 11, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
36	Mendez, Aries	FR-1	St. Olaf	10.74m	35' 3"	Chuck Petersen Open	Dec 3, 2022
37	Boelter, Ella	FR-1	Bethel (Minn.)	10.47m	34' 4.25"	Gene Glader Classic	Feb 18, 2023
38	Jackman, Sydney	SO-2	Saint Mary's (Minn.)	9.98m	32' 9"	St. Olaf Invitational	Jan 28, 2023
39	Aslanian, Elise	SO-2	St. Olaf	9.42m	30' 11"	Gopher Classic	Feb 4, 2023

Pentathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Floren, Justus	SO-2	St. Benedict	3288	Wartburg Qualifier	Mar 3, 2023
2	Selle, Peyton	JR-3	Concordia-Moorhead	3240	MIAC Indoor Multi Championships	Feb 23, 2023
3	Salfer, Rebekah	SR-4	St. Olaf	3210	MIAC Indoor Multi Championships	Feb 23, 2023
4	Blanchette, Grace	JR-3	Carleton	2899	MIAC Indoor Multi Championships	Feb 23, 2023
5	Hobby, Sarah Beth	JR-3	Macalester	2815	MIAC Indoor Multi Championships	Feb 23, 2023
6	Kalevik, Jenna	SO-2	Concordia-Moorhead	2711	MIAC Indoor Multi Championships	Feb 23, 2023
7	Selisker, Ellie	JR-3	St. Benedict	2664	MIAC Indoor Multi Championships	Feb 23, 2023
8	Scholten, Hailey	FR-1	Bethel (Minn.)	2634	MIAC Indoor Multi Championships	Feb 23, 2023
9	Johnson, Lily	SO-2	St. Olaf	2569	Wartburg Qualifier	Mar 3, 2023
10	Keech, Claire	FR-1	St. Olaf	2489	MIAC Indoor Multi Championships	Feb 23, 2023
11	Joerger, Alli	SO-2	Gustavus Adolphus	2157	MIAC Indoor Multi Championships	Feb 23, 2023
12	Kaeppe, Summer	FR-1	Gustavus Adolphus	1841	St. Olaf Invitational	Jan 28, 2023