

MIAC Indoor Performance List

60 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Chatham, Diarra	FR-1	Macalester	7.68	M City Indoor Classic	Dec 8, 2023
2	Carlson, Kate	JR-3	Gustavus Adolphus	7.74	MIAC Indoor Championships	Feb 22, 2024
3	Babalola, Jireh	SR-4	Bethel (Minn.)	7.78	Snowshoe Open	Feb 16, 2024
4	Gallagher, Kate	SR-4	St. Benedict	7.84	MIAC Indoor Championships	Feb 22, 2024
5	Stellmach, Sarah	JR-3	Bethel (Minn.)	7.87	Vanessa Seljeskog Classic	Jan 20, 2024
6	Rengo, Emily	SO-2	Concordia-Moorhead	7.95	UND Tune-Up	Feb 17, 2024
7	Kaping, Raina	FR-1	Bethel (Minn.)	7.96	MIAC Indoor Championships	Feb 22, 2024
8	Fynboh, Lydia	FR-1	Concordia-Moorhead	8.05	MIAC Indoor Championships	Feb 22, 2024
9	Johnson, Tiana	SR-4	St. Benedict	8.06	MIAC Indoor Championships	Feb 22, 2024
10	McMahon, Terra	SO-2	Hamline	8.07	University of St. Thomas Opener	Jan 12, 2024
11	Kroschel, Karla	SR-4	St. Olaf	8.08	MIAC Indoor Championships	Feb 22, 2024
12	Sandman, Andie	FR-1	Concordia-Moorhead	8.09	MIAC Indoor Championships	Feb 22, 2024
13	Buntrock, Grace	FR-1	St. Benedict	8.11	CSB / SJU Invitational	Feb 10, 2024
14	Osborne, Piper	FR-1	Concordia-Moorhead	8.20	UND Tune-Up	Feb 17, 2024
15	Rakow, Ally	SR-4	Gustavus Adolphus	8.21	Gopher Classic	Feb 3, 2024
15	Fink, Ava	SO-2	St. Scholastica	8.21	MIAC Indoor Championships	Feb 22, 2024
17	Kvant, Hannah	FR-1	Bethel (Minn.)	8.22	Mark Guthrie Legacy Invite	Feb 3, 2024
18	Hunter, Penny	SR-4	Macalester	8.23	MIAC Indoor Championships	Feb 22, 2024
18	Munson, Samantha	SO-2	Saint Mary's (Minn.)	8.23	St. Olaf Invitational and Multi Events	Jan 26, 2024
20	Holman, Ququ	SR-4	St. Olaf	8.27	MIAC Indoor Championships	Feb 22, 2024
21	Luetmer, McKenzie	FR-1	Gustavus Adolphus	8.28(55)	Black & Gold Showcase	Jan 13, 2024
22	Edison, Elise	FR-1	Macalester	8.29	Gopher Classic	Feb 3, 2024
23	Pray, Kaylen	FR-1	Saint Mary's (Minn.)	8.30	UW-La Crosse - Pat Healy Classic	Jan 20, 2024
24	Hookom, Allison	SO-2	Augsburg	8.33	University of St. Thomas Opener	Jan 12, 2024
24	Nelson, Myah	SO-2	St. Benedict	8.33	St Olaf Tostrud Classic	Feb 17, 2024
26	Lindner, Sarrah	SO-2	Gustavus Adolphus	8.34	Gopher Classic	Feb 3, 2024
27	Twichell, Hadley	SO-2	Carleton	8.35	Mark Schuck Open and Multi	Jan 26, 2024
28	Carver, Zoe	SO-2	Macalester	8.41(55)	Carleton Meet of Hearts	Feb 10, 2024
29	Iverson, Hope	FR-1	Bethel (Minn.)	8.42	Mark Guthrie Legacy Invite	Feb 3, 2024
29	Roberts, Riley	JR-3	Carleton	8.42	St Olaf Ole Opener	Jan 20, 2024
31	Aurelius, Andreiana	SR-4	Hamline	8.43	University of St. Thomas Opener	Jan 12, 2024
32	Huetten, Makenna	JR-3	Gustavus Adolphus	8.45(55)	Black & Gold Showcase	Jan 13, 2024
33	Miller, Danielle	SR-4	Gustavus Adolphus	8.46	Vanessa Seljeskog Classic	Jan 20, 2024
33	Lott, Bianca	SO-2	Carleton	8.46	MIAC Indoor Championships	Feb 22, 2024
35	Matre, Zoe	JR-3	St. Olaf	8.47	MIAC Indoor Championships	Feb 22, 2024
36	Salfer, Rebekah	SR-4	St. Olaf	8.49	St Olaf Ole Opener	Jan 20, 2024
36	Chester, Kyla	FR-1	Hamline	8.49	Luther Invitational	Feb 3, 2024
38	Lacy, Anna	FR-1	Gustavus Adolphus	8.51	Gopher Classic	Feb 3, 2024
39	Tornety, Harmony-Keli	FR-1	Macalester	8.52	Gopher Classic	Feb 3, 2024
40	Jensen, Jensi	SO-2	Gustavus Adolphus	8.53	Vanessa Seljeskog Classic	Jan 20, 2024

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Geraets, Megan	JR-3	Gustavus Adolphus	24.96	UWL Final Qualifier	Mar 2, 2024	NWI
2	Carlson, Kate	JR-3	Gustavus Adolphus	25.20	UWL Final Qualifier	Mar 2, 2024	NWI
3	Sealock, Kelsie	JR-3	Bethel (Minn.)	26.07	MIAC Indoor Championships	Feb 22, 2024	NWI
4	Kroschel, Karla	SR-4	St. Olaf	26.20	Stout Open	Feb 9, 2024	NWI
5	Chatham, Diarra	FR-1	Macalester	26.25	MIAC Indoor Championships	Feb 22, 2024	NWI
6	Rengo, Emily	SO-2	Concordia-Moorhead	26.41	Wartburg Qualifier	Mar 1, 2024	NWI
7	Babalola, Jireh	SR-4	Bethel (Minn.)	26.49	MIAC Indoor Championships	Feb 22, 2024	NWI
8	Rakow, Ally	SR-4	Gustavus Adolphus	26.86	Maverick Premier #1	Feb 9, 2024	NWI
9	Hookom, Allison	SO-2	Augsburg	26.97	Gopher Classic	Feb 3, 2024	NWI
10	Johnson, Tiana	SR-4	St. Benedict	26.98	MIAC Indoor Championships	Feb 22, 2024	NWI
11	Kaping, Raina	FR-1	Bethel (Minn.)	26.99	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
12	Kvant, Hannah	FR-1	Bethel (Minn.)	27.03	MIAC Indoor Championships	Feb 22, 2024	NWI
13	McMahon, Terra	SO-2	Hamline	27.06	St Olaf Tostrud Classic	Feb 17, 2024	NWI
14	Sandman, Andie	FR-1	Concordia-Moorhead	27.08	2024 Bison Open	Feb 2, 2024	NWI
15	Nygaard, Kyla	SO-2	Concordia-Moorhead	27.10	MIAC Indoor Championships	Feb 22, 2024	NWI
16	Hunter, Penny	SR-4	Macalester	27.17	MIAC Indoor Championships	Feb 22, 2024	NWI

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
16	Swenson, Abbie	SR-4	Bethel (Minn.)	27.17	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
18	Edison, Elise	FR-1	Macalester	27.19	St Olaf Tostrud Classic	Feb 17, 2024	NWI
19	Nyuga, Sidela	SR-4	St. Benedict	27.30	MIAC Indoor Championships	Feb 22, 2024	NWI
20	Luetmer, McKenzie	FR-1	Gustavus Adolphus	27.32	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
21	Gregg, Hailey	JR-3	Bethel (Minn.)	27.33	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
22	Buntrock, Grace	FR-1	St. Benedict	27.34	St Olaf Tostrud Classic	Feb 17, 2024	NWI
23	Lindner, Sarrah	SO-2	Gustavus Adolphus	27.35	MIAC Indoor Championships	Feb 22, 2024	NWI
24	Fink, Ava	SO-2	St. Scholastica	27.41	Maverick Invitational	Feb 16, 2024	NWI
25	Aurelius, Andreiana	SR-4	Hamline	27.44	CSB / SJU Invitational	Feb 10, 2024	NWI
26	Storbakken, Emma	JR-3	St. Olaf	27.45	St Olaf Tostrud Classic	Feb 17, 2024	NWI
27	Salfer, Rebekah	SR-4	St. Olaf	27.46	Bearson-Gathje Classic	Jan 12, 2024	NWI
28	Osborne, Piper	FR-1	Concordia-Moorhead	27.60	Dakota Alumni Classic	Dec 8, 2023	NWI
29	Twitchell, Hadley	SO-2	Carleton	27.69	Carleton Meet of Hearts	Feb 10, 2024	NWI
30	Munson, Samantha	SO-2	Saint Mary's (Minn.)	27.70	MIAC Indoor Championships	Feb 22, 2024	NWI
30	Ganley, Mirijana	SR-4	St. Benedict	27.70	CSB / SJU Invitational	Feb 10, 2024	NWI
32	Holman, Ququ	SR-4	St. Olaf	27.71	Stout Open	Feb 9, 2024	NWI
33	Matre, Zoe	JR-3	St. Olaf	27.73	MIAC Indoor Championships	Feb 22, 2024	NWI
34	Poore, Riki	SR-4	St. Olaf	27.77	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
35	Pray, Kaylen	FR-1	Saint Mary's (Minn.)	27.79	Maverick Invitational	Feb 16, 2024	NWI
36	Gallagher, Kate	SR-4	St. Benedict	27.86	Gopher Classic	Feb 3, 2024	NWI
36	Roberts, Riley	JR-3	Carleton	27.86	Carleton Meet of Hearts	Feb 10, 2024	NWI
38	Nelson, Kayla	SO-2	St. Scholastica	27.95	Lake Superior Challenge	Feb 3, 2024	NWI
39	Shercliffe, Meg	JR-3	Concordia-Moorhead	27.97	CSB / SJU Invitational	Feb 10, 2024	NWI
40	Nelson, Myah	SO-2	St. Benedict	28.08	St Olaf Tostrud Classic	Feb 17, 2024	NWI

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Geraets, Megan	JR-3	Gustavus Adolphus	57.49	MIAC Indoor Championships	Feb 22, 2024
2	Hookom, Allison	SO-2	Augsburg	57.81	Wartburg Qualifier	Mar 1, 2024
3	Nygaard, Kyla	SO-2	Concordia-Moorhead	58.81	Wartburg Qualifier	Mar 1, 2024
4	Gregg, Hailey	JR-3	Bethel (Minn.)	58.85	MIAC Indoor Championships	Feb 22, 2024
5	Kroschel, Karla	SR-4	St. Olaf	59.77	MIAC Indoor Championships	Feb 22, 2024
6	Luetmer, McKenzie	FR-1	Gustavus Adolphus	1:00.04	MIAC Indoor Championships	Feb 22, 2024
7	Swenson, Abbie	SR-4	Bethel (Minn.)	1:00.13	MIAC Indoor Championships	Feb 22, 2024
8	Kvant, Hannah	FR-1	Bethel (Minn.)	1:00.55	MIAC Indoor Championships	Feb 22, 2024
9	Rengo, Emily	SO-2	Concordia-Moorhead	1:00.73	2024 Bison Open	Feb 2, 2024
10	Nyuga, Sidela	SR-4	St. Benedict	1:01.23	MIAC Indoor Championships	Feb 22, 2024
11	Smith , Jessie	JR-3	Bethel (Minn.)	1:01.27	Gene Glader Classic	Feb 17, 2024
12	Shercliffe, Meg	JR-3	Concordia-Moorhead	1:01.37	MIAC Indoor Championships	Feb 22, 2024
13	Dean, Morgan	SO-2	Bethel (Minn.)	1:01.42	Snowshoe Open	Feb 16, 2024
14	Berg, Lauren	SO-2	St. Benedict	1:01.64	St Olaf Tostrud Classic	Feb 17, 2024
15	Edison, Elise	FR-1	Macalester	1:02.25	Carleton Meet of Hearts	Feb 10, 2024
16	Holman, Ququ	SR-4	St. Olaf	1:02.63	MIAC Indoor Championships	Feb 22, 2024
17	Pfeiffer, Ruth	SR-4	St. Olaf	1:02.70	MIAC Indoor Championships	Feb 22, 2024
17	Ganley, Mirjana	SR-4	St. Benedict	1:02.70	Gopher Classic	Feb 3, 2024
19	Aurelius, Andreiana	SR-4	Hamline	1:03.10	CSB / SJU Invitational	Feb 10, 2024
20	DeWitt, Regan	FR-1	St. Scholastica	1:03.15	Lake Superior Challenge	Feb 3, 2024
21	Ellefson, Jaden	SO-2	St. Scholastica	1:03.21	MIAC Indoor Championships	Feb 22, 2024
22	Poore, Riki	SR-4	St. Olaf	1:03.27	Gopher Classic	Feb 3, 2024
23	Sahly, Emma	JR-3	St. Olaf	1:03.50	MIAC Indoor Championships	Feb 22, 2024
24	Twitchell, Hadley	SO-2	Carleton	1:03.71	Carleton Meet of Hearts	Feb 10, 2024
25	Soule, Allison	SO-2	Bethel (Minn.)	1:03.85	MIAC Indoor Championships	Feb 22, 2024
25	Storbakken, Emma	JR-3	St. Olaf	1:03.85	Stout Open	Feb 9, 2024
27	Rocheford, Lauren	SO-2	Gustavus Adolphus	1:04.13	M City Indoor Classic	Dec 8, 2023
28	Huetten, Makenna	JR-3	Gustavus Adolphus	1:04.17	St. Olaf Invitational and Multi Events	Jan 26, 2024
29	Fynbohl, Isabel	SO-2	Gustavus Adolphus	1:04.21	Gopher Classic	Feb 3, 2024
30	Wilson, Rachael	FR-1	St. Olaf	1:04.31	Gopher Classic	Feb 3, 2024
31	Nelson, Kayla	SO-2	St. Scholastica	1:04.35	Maverick Invitational	Feb 16, 2024
31	Knapp, Emerson	JR-3	St. Benedict	1:04.35	CSB/SJU Alumni Meet	Jan 27, 2024
33	Dauner, Emma	FR-1	St. Olaf	1:04.51	Gopher Classic	Feb 3, 2024
34	Adelgren, Anya	FR-1	St. Benedict	1:04.73	CSB / SJU Invitational	Feb 10, 2024
35	Larsen, Emily	FR-1	Concordia-Moorhead	1:05.21	CSB / SJU Invitational	Feb 10, 2024
36	Chester, Kyla	FR-1	Hamline	1:05.25	CSB / SJU Invitational	Feb 10, 2024
37	Trojan, Emma	FR-1	Carleton	1:05.57	Mark Schuck Open and Multi	Jan 26, 2024
38	Minshull, Larissa	JR-3	Bethel (Minn.)	1:05.87	St. Olaf Invitational and Multi Events	Jan 26, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
39	Wrzesien, Caitlyn	JR-3	Bethel (Minn.)	1:05.98	Mark Guthrie Legacy Invite	Feb 3, 2024
40	Sieck, Kayla	SO-2	St. Olaf	1:05.99	St Olaf Ole Opener	Jan 20, 2024

600 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Hookom, Allison	SO-2	Augsburg	1:35.71	MIAC Indoor Championships	Feb 22, 2024
2	Ihde, Annessa	JR-3	Bethel (Minn.)	1:36.65	MIAC Indoor Championships	Feb 22, 2024
3	Wyatt, Isabel	SO-2	St. Olaf	1:37.23	MIAC Indoor Championships	Feb 22, 2024
4	Sulungaine, Shalom	FR-1	Bethel (Minn.)	1:38.40	MIAC Indoor Championships	Feb 22, 2024
5	Cruz, Reanna	FR-1	Bethel (Minn.)	1:38.81	MIAC Indoor Championships	Feb 22, 2024
6	Erickson, Lara	JR-3	Carleton	1:38.85	MIAC Indoor Championships	Feb 22, 2024
7	Berg, Lauren	SO-2	St. Benedict	1:39.36	MIAC Indoor Championships	Feb 22, 2024
8	Shercliffe, Meg	JR-3	Concordia-Moorhead	1:39.72	MIAC Indoor Championships	Feb 22, 2024
9	Cutter, Alice	JR-3	Carleton	1:40.11	MIAC Indoor Championships	Feb 22, 2024
10	Luetmer, McKenzie	FR-1	Gustavus Adolphus	1:41.06	CSB / SJU Invitational	Feb 10, 2024
11	DeWitt, Regan	FR-1	St. Scholastica	1:42.15	CSS Opener 2023	Dec 9, 2023
12	Smith, Jessie	JR-3	Bethel (Minn.)	1:42.36	MIAC Indoor Championships	Feb 22, 2024
13	Robinson, Grace	JR-3	Bethel (Minn.)	1:42.91	MIAC Indoor Championships	Feb 22, 2024
14	Fynboh, Isabel	SO-2	Gustavus Adolphus	1:43.48	MIAC Indoor Championships	Feb 22, 2024
15	Anderson, Wren	FR-1	Hamline	1:44.26	St Olaf Tostrud Classic	Feb 17, 2024
16	DiNardo, Molly	FR-1	St. Olaf	1:44.49	Gopher Classic	Feb 3, 2024
17	Witschen, Anabella	FR-1	St. Benedict	1:44.84	MIAC Indoor Championships	Feb 22, 2024
18	Wilson, Rachael	FR-1	St. Olaf	1:44.85	MIAC Indoor Championships	Feb 22, 2024
19	Dauner, Emma	FR-1	St. Olaf	1:45.11	MIAC Indoor Championships	Feb 22, 2024
20	Manhard, Abbie	SO-2	St. Olaf	1:45.37	Gopher Classic	Feb 3, 2024
21	Wilkins, Hadley	SO-2	Macalester	1:45.46	St Olaf Tostrud Classic	Feb 17, 2024
22	Pfeiffer, Ruth	SR-4	St. Olaf	1:45.73	St Olaf Ole Opener	Jan 20, 2024
23	Mair, Aubrey	JR-3	Gustavus Adolphus	1:46.48	Maverick Invitational	Feb 16, 2024
24	Minshull, Larissa	JR-3	Bethel (Minn.)	1:49.79	Gene Glader Classic	Feb 17, 2024
25	Shirley, Ava	SO-2	St. Olaf	1:50.48	Bearson-Gathje Classic	Jan 12, 2024
26	Janes, Savannah	FR-1	Hamline	1:51.06	St Olaf Tostrud Classic	Feb 17, 2024
26	Warren, Anna	JR-3	Macalester	1:51.06	Carleton Meet of Hearts	Feb 10, 2024
28	Kroschel, Karla	SR-4	St. Olaf	1:51.21	St Olaf Ole Opener	Jan 20, 2024
29	McDonald, Meaghan	SO-2	St. Benedict	1:51.51	CSB / SJU Invitational	Feb 10, 2024
30	Thier, Maranda	JR-3	St. Benedict	1:53.36	CSB / SJU Invitational	Feb 10, 2024
31	Neria, Deliah	FR-1	Hamline	1:53.37	Luther Invitational	Feb 3, 2024
32	Koch, Emily	FR-1	St. Benedict	1:54.31	CSB / SJU Invitational	Feb 10, 2024
33	Dehn, Emily	FR-1	Gustavus Adolphus	1:54.56	Gopher Classic	Feb 3, 2024
34	Meyer, Abbie	SO-2	Saint Mary's (Minn.)	1:56.28	UW-La Crosse - Pat Healy Classic	Jan 20, 2024
35	Peterson, Kaitlyn	FR-1	St. Catherine (Minn.)	1:57.35	Carleton Meet of Hearts	Feb 10, 2024
36	Sieck, Kayla	SO-2	St. Olaf	1:57.37	Bearson-Gathje Classic	Jan 12, 2024
37	McEwen, Sophie	FR-1	Macalester	1:59.60	St. Olaf Invitational and Multi Events	Jan 26, 2024
38	Otero-Ortiz, Tatiana	FR-1	Hamline	2:01.93	Vanessa Seljeskog Classic	Jan 20, 2024
39	Lindholm, Reegan	FR-1	Gustavus Adolphus	2:02.10	Maverick Invitational	Feb 16, 2024
40	Lindgren, Frances	FR-1	Gustavus Adolphus	2:02.21	CSB / SJU Invitational	Feb 10, 2024

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Ihde, Annessa	JR-3	Bethel (Minn.)	2:12.21%	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
2	Blanchard, Mary	JR-3	Carleton	2:13.78	Wartburg Qualifier	Mar 1, 2024
3	Smith, Kalli	JR-3	St. Benedict	2:18.32	MIAC Indoor Championships	Feb 22, 2024
4	Cutter, Alice	JR-3	Carleton	2:19.20	MIAC Indoor Championships	Feb 22, 2024
5	Sulungaine, Shalom	FR-1	Bethel (Minn.)	2:20.14%	SDSU Indoor Classic	Feb 9, 2024
6	Smith, Fiona	SR-4	St. Benedict	2:20.28	Gopher Classic	Feb 3, 2024
7	Wyatt, Isabel	SO-2	St. Olaf	2:20.69	MIAC Indoor Championships	Feb 22, 2024
8	Erickson, Lara	JR-3	Carleton	2:21.19	MIAC Indoor Championships	Feb 22, 2024
9	Cruz, Reanna	FR-1	Bethel (Minn.)	2:21.29	Mark Guthrie Legacy Invite	Feb 3, 2024
10	DeWitt, Regan	FR-1	St. Scholastica	2:21.44	Maday Classic	Feb 10, 2024
11	Erickson, Siri	FR-1	St. Olaf	2:23.91	Gopher Classic	Feb 3, 2024
12	Call, Sophie	SR-4	St. Olaf	2:23.99	Gopher Classic	Feb 3, 2024
13	Frolek, Drew	JR-3	Concordia-Moorhead	2:24.42%	UND Tune-Up	Feb 17, 2024
14	Cargill, Anna	JR-3	Bethel (Minn.)	2:24.66	Stout Open	Feb 9, 2024
15	DiNardo, Molly	FR-1	St. Olaf	2:25.42	MIAC Indoor Championships	Feb 22, 2024
16	Gernandt, Ruby	SR-4	Bethel (Minn.)	2:25.85	Mark Guthrie Legacy Invite	Feb 3, 2024
17	Lyngen, Lucy	SR-4	St. Benedict	2:26.60	Gopher Classic	Feb 3, 2024
18	Walukas, Kailyn	JR-3	Gustavus Adolphus	2:27.57	Gopher Classic	Feb 3, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
19	Manhard, Abbie	SO-2	St. Olaf	2:27.70	MIAC Indoor Championships	Feb 22, 2024
20	Witschen, Anabella	FR-1	St. Benedict	2:27.81	MIAC Indoor Championships	Feb 22, 2024
21	Mickelson, Nora	FR-1	St. Olaf	2:28.14	Gopher Classic	Feb 3, 2024
22	Wilson, Rachael	FR-1	St. Olaf	2:28.36	St Olaf Tostrud Classic	Feb 17, 2024
23	Salfer, Rebekah	SR-4	St. Olaf	2:30.02	M City Indoor Classic	Dec 8, 2023
24	Verkinnes, Brooke	SO-2	St. Benedict	2:30.46	CSB / SJU Invitational	Feb 10, 2024
25	Osemwengie, Destiny	FR-1	Macalester	2:30.55	St Olaf Tostrud Classic	Feb 17, 2024
26	Bradley, Anabel	FR-1	Hamline	2:30.82	CSB / SJU Invitational	Feb 10, 2024
27	McMahon, Caeli	SO-2	Saint Mary's (Minn.)	2:31.67	Maverick Invitational	Feb 16, 2024
28	Robinson, Grace	JR-3	Bethel (Minn.)	2:32.73	Stout Open	Feb 9, 2024
29	Pirone, Mara	SO-2	Macalester	2:32.95	Gopher Classic	Feb 3, 2024
30	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	2:33.24%	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
31	McCormick, Grace	FR-1	St. Scholastica	2:34.29	Maverick Invitational	Feb 16, 2024
32	Terrio, Jenna	SR-4	St. Scholastica	2:36.10	Lake Superior Challenge	Feb 3, 2024
33	Sanchez-Castillo, Daniela	SO-2	Hamline	2:36.48	CSB / SJU Invitational	Feb 10, 2024
34	Taszarek, Leah	FR-1	St. Benedict	2:36.62	MIAC Indoor Championships	Feb 22, 2024
35	Murphy, Mackenzie	FR-1	Gustavus Adolphus	2:36.90	Gopher Classic	Feb 3, 2024
36	Neria, Deliah	FR-1	Hamline	2:37.05	St Olaf Tostrud Classic	Feb 17, 2024
37	Selle, Peyton	JR-3	Concordia-Moorhead	2:37.24	MIAC Indoor Championships	Feb 22, 2024
38	Hagen, Sydney	JR-3	Gustavus Adolphus	2:37.39	Black & Gold Showcase	Jan 13, 2024
39	Koch, Emily	FR-1	St. Benedict	2:37.42	St Olaf Tostrud Classic	Feb 17, 2024
40	Dehn, Emily	FR-1	Gustavus Adolphus	2:37.79	MIAC Indoor Championships	Feb 22, 2024

1000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Blanchard, Mary	JR-3	Carleton	2:56.82	St Olaf Tostrud Classic	Feb 17, 2024
2	Wyatt, Isabel	SO-2	St. Olaf	2:58.71	St Olaf Ole Opener	Jan 20, 2024
3	Ihde, Annessa	JR-3	Bethel (Minn.)	3:02.73	St. Olaf Invitational and Multi Events	Jan 26, 2024
4	Erickson, Siri	FR-1	St. Olaf	3:03.50	St Olaf Ole Opener	Jan 20, 2024
5	Moeller, Grace	SO-2	St. Olaf	3:04.77	M City Indoor Classic	Dec 8, 2023
6	Radaich, Taylor	FR-1	St. Benedict	3:04.96	MIAC Indoor Championships	Feb 22, 2024
7	Call, Sophie	SR-4	St. Olaf	3:05.08	MIAC Indoor Championships	Feb 22, 2024
8	Smith, Kalli	JR-3	St. Benedict	3:05.93	MIAC Indoor Championships	Feb 22, 2024
9	Rowland, Libby	JR-3	Carleton	3:06.11	MIAC Indoor Championships	Feb 22, 2024
10	Gernandt, Ruby	SR-4	Bethel (Minn.)	3:06.48	MIAC Indoor Championships	Feb 22, 2024
11	Lyngen, Lucy	SR-4	St. Benedict	3:06.49	CSB / SJU Invitational	Feb 10, 2024
12	DiNardo, Molly	FR-1	St. Olaf	3:07.20	St Olaf Ole Opener	Jan 20, 2024
13	Cargill, Anna	JR-3	Bethel (Minn.)	3:07.32	MIAC Indoor Championships	Feb 22, 2024
14	DeWitt, Regan	FR-1	St. Scholastica	3:07.95	Twin Ports Invite	Jan 20, 2024
15	Daley, Nora	FR-1	Carleton	3:08.11	Mark Schuck Open and Multi	Jan 26, 2024
16	Frolek, Drew	JR-3	Concordia-Moorhead	3:09.02	CSB / SJU Invitational	Feb 10, 2024
17	Hagen, Sydney	JR-3	Gustavus Adolphus	3:11.24	Maverick Invitational	Feb 16, 2024
18	Walukas, Kailyn	JR-3	Gustavus Adolphus	3:12.41	MIAC Indoor Championships	Feb 22, 2024
19	Bradley, Anabel	FR-1	Hamline	3:13.86	Luther Invitational	Feb 3, 2024
20	Sanchez-Castillo, Daniela	SO-2	Hamline	3:14.04	MIAC Indoor Championships	Feb 22, 2024
21	Gebert, Katie	SR-4	St. Olaf	3:14.30	St Olaf Tostrud Classic	Feb 17, 2024
22	Pirone, Mara	SO-2	Macalester	3:15.47	MIAC Indoor Championships	Feb 22, 2024
23	Hatlevig, Elsie	SR-4	Concordia-Moorhead	3:17.03	CSB / SJU Invitational	Feb 10, 2024
24	Johnson, Airlal	JR-3	Concordia-Moorhead	3:17.13	2024 Bison Open	Feb 2, 2024
25	Maddux, Alicia	SO-2	Hamline	3:17.14	St Olaf Tostrud Classic	Feb 17, 2024
26	Nevo, Timna	FR-1	Macalester	3:17.74	St Olaf Tostrud Classic	Feb 17, 2024
27	Mickelson, Nora	FR-1	St. Olaf	3:17.75	MIAC Indoor Championships	Feb 22, 2024
28	Osemwengie, Destiny	FR-1	Macalester	3:18.40	Carleton Meet of Hearts	Feb 10, 2024
29	Rowley, Amelia	FR-1	Concordia-Moorhead	3:18.77	MIAC Indoor Championships	Feb 22, 2024
30	Anderson, Wren	FR-1	Hamline	3:19.30	Luther Invitational	Feb 3, 2024
31	Liston, Molly	SO-2	Gustavus Adolphus	3:20.28	St. Olaf Invitational and Multi Events	Jan 26, 2024
32	Verkinnes, Brooke	SO-2	St. Benedict	3:20.30	MIAC Indoor Championships	Feb 22, 2024
33	Hartley, Madeline	FR-1	St. Scholastica	3:20.67	MIAC Indoor Championships	Feb 22, 2024
34	Lewis, Margo	JR-3	Carleton	3:21.94	Ted Nelson Classic	Feb 3, 2024
35	McMahon, Caeli	SO-2	Saint Mary's (Minn.)	3:22.14	St. Olaf Invitational and Multi Events	Jan 26, 2024
36	Manhard, Abbie	SO-2	St. Olaf	3:22.86	St Olaf Ole Opener	Jan 20, 2024
37	Hrabik, Grace	FR-1	St. Scholastica	3:22.98	Maverick Invitational	Feb 16, 2024
38	Meyer, Abbie	SO-2	Saint Mary's (Minn.)	3:23.11	Maverick Invitational	Feb 16, 2024
39	Hagen, Mollykate	FR-1	St. Scholastica	3:23.33	Maverick Invitational	Feb 16, 2024
40	McCormick, Grace	FR-1	St. Scholastica	3:24.07	St. Olaf Invitational and Multi Events	Jan 26, 2024

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	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	SR-4	St. Benedict	4:53.08	Gopher Classic	Feb 3, 2024
2	Blanchard, Mary	JR-3	Carleton	5:06.19	MIAC Indoor Championships	Feb 22, 2024
3	Larsen, Aliya	SO-2	Carleton	5:09.04	MIAC Indoor Championships	Feb 22, 2024
4	Call, Bella	SR-4	St. Olaf	5:09.96	MIAC Indoor Championships	Feb 22, 2024
5	Ward, Phoebe	JR-3	Carleton	5:10.01	St Olaf Tostrud Classic	Feb 17, 2024
6	Call, Sophie	SR-4	St. Olaf	5:11.48	MIAC Indoor Championships	Feb 22, 2024
7	Walda, Lauren	SO-2	St. Olaf	5:12.77	St Olaf Ole Opener	Jan 20, 2024
8	Preisser, Hannah	SO-2	Carleton	5:13.31	University of St. Thomas Opener	Jan 12, 2024
9	McManus, Sophie	JR-3	Carleton	5:14.24	University of St. Thomas Opener	Jan 12, 2024
10	Gebert, Katie	SR-4	St. Olaf	5:14.51	Chuck Peterson Open	Dec 2, 2023
11	Moeller, Grace	SO-2	St. Olaf	5:15.43	MIAC Indoor Championships	Feb 22, 2024
12	Daley, Nora	FR-1	Carleton	5:15.74	Carleton Meet of Hearts	Feb 10, 2024
13	Rowland, Libby	JR-3	Carleton	5:17.97	Mark Schuck Open and Multi	Jan 26, 2024
14	Lyngen, Lucy	SR-4	St. Benedict	5:18.78	MIAC Indoor Championships	Feb 22, 2024
15	Erickson, Siri	FR-1	St. Olaf	5:19.90	MIAC Indoor Championships	Feb 22, 2024
16	Liston, Molly	SO-2	Gustavus Adolphus	5:20.47	MIAC Indoor Championships	Feb 22, 2024
17	Radaich, Taylor	FR-1	St. Benedict	5:22.56	St Olaf Tostrud Classic	Feb 17, 2024
18	Coldren, Ivy	FR-1	Macalester	5:23.59	Gopher Classic	Feb 3, 2024
19	Landis, Ella	SO-2	St. Olaf	5:25.26	St. Olaf Invitational and Multi Events	Jan 26, 2024
20	McCloskey, Molly Kate	SO-2	St. Olaf	5:26.28	MIAC Indoor Championships	Feb 22, 2024
21	Walukas, Kailyn	JR-3	Gustavus Adolphus	5:27.63	Maverick Premier #1	Feb 9, 2024
22	Hagen, Sydney	JR-3	Gustavus Adolphus	5:27.71	St. Olaf Invitational and Multi Events	Jan 26, 2024
23	Kenney, Mary	SO-2	St. Benedict	5:28.27	Gopher Classic	Feb 3, 2024
24	Johnson, Gracie	SO-2	Augsburg	5:28.92	Snowshoe Open	Feb 16, 2024
25	Gernandt, Ruby	SR-4	Bethel (Minn.)	5:30.16	Stout Open	Feb 9, 2024
26	Sunnarborg, Laura	FR-1	Gustavus Adolphus	5:30.85	Maverick Invitational	Feb 16, 2024
27	Hirsche, Katie	FR-1	Carleton	5:30.96	University of St. Thomas Opener	Jan 12, 2024
28	Johnson, Aerial	JR-3	Concordia-Moorhead	5:33.52%	UND Tune-Up	Feb 17, 2024
29	Nevo, Timna	FR-1	Macalester	5:34.17	St Olaf Tostrud Classic	Feb 17, 2024
30	Frolek, Drew	JR-3	Concordia-Moorhead	5:34.69	2024 Bison Open	Feb 2, 2024
31	Maddux, Alicia	SO-2	Hamline	5:34.99	Vanessa Seljeskog Classic	Jan 20, 2024
32	Cargill, Anna	JR-3	Bethel (Minn.)	5:35.28	Vanessa Seljeskog Classic	Jan 20, 2024
33	DiNardo, Molly	FR-1	St. Olaf	5:36.23	Bearson-Gathje Classic	Jan 12, 2024
34	Cutter, Alice	JR-3	Carleton	5:37.19	University of St. Thomas Opener	Jan 12, 2024
35	Tetmeyer, Bridget	SR-4	St. Benedict	5:37.25	CSB / SJU Invitational	Feb 10, 2024
36	Schoenfeld, Claire	SR-4	Gustavus Adolphus	5:37.38	MIAC Indoor Championships	Feb 22, 2024
37	Osemwengie, Destiny	FR-1	Macalester	5:37.40	Carleton Meet of Hearts	Feb 10, 2024
38	Roberdeau, Libby	SR-4	Hamline	5:37.42	St Olaf Tostrud Classic	Feb 17, 2024
39	Tung-Mabry, Madelyn	FR-1	St. Olaf	5:37.82	MIAC Indoor Championships	Feb 22, 2024
40	Hay, Anna	JR-3	Bethel (Minn.)	5:37.97	MIAC Indoor Championships	Feb 22, 2024

3000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	SR-4	St. Benedict	9:28.25%	SDSU Indoor Classic	Feb 9, 2024
2	Cross, Helen	JR-3	Carleton	9:48.85	Carleton Meet of Hearts	Feb 10, 2024
3	Ward, Phoebe	JR-3	Carleton	9:55.21	Carleton Meet of Hearts	Feb 10, 2024
4	Preisser, Hannah	SO-2	Carleton	9:55.64	Wartburg Qualifier	Mar 1, 2024
5	McManus, Sophie	JR-3	Carleton	9:57.16	Carleton Meet of Hearts	Feb 10, 2024
6	Walda, Lauren	SO-2	St. Olaf	10:06.84	MIAC Indoor Championships	Feb 22, 2024
7	Call, Bella	SR-4	St. Olaf	10:07.01	Carleton Meet of Hearts	Feb 10, 2024
8	Larsen, Aliya	SO-2	Carleton	10:16.50	MIAC Indoor Championships	Feb 22, 2024
9	Liston, Molly	SO-2	Gustavus Adolphus	10:19.25	MIAC Indoor Championships	Feb 22, 2024
10	Bode, Alison	JR-3	St. Olaf	10:23.23	MIAC Indoor Championships	Feb 22, 2024
11	Hendrickson, Allison	SR-4	St. Scholastica	10:25.83	Twin Ports Invite	Jan 20, 2024
12	Harms, Josie	SR-4	Bethel (Minn.)	10:28.85	MIAC Indoor Championships	Feb 22, 2024
13	Coldren, Ivy	FR-1	Macalester	10:30.94	Carleton Meet of Hearts	Feb 10, 2024
14	Daley, Nora	FR-1	Carleton	10:31.27	St Olaf Ole Opener	Jan 20, 2024
15	Hagen, Sydney	JR-3	Gustavus Adolphus	10:33.71	MIAC Indoor Championships	Feb 22, 2024
16	Hirsche, Katie	FR-1	Carleton	10:39.82	St Olaf Ole Opener	Jan 20, 2024
17	Kenney, Mary	SO-2	St. Benedict	10:40.31	MIAC Indoor Championships	Feb 22, 2024
18	Tetmeyer, Bridget	SR-4	St. Benedict	10:42.12	MIAC Indoor Championships	Feb 22, 2024
19	Johnson, Gracie	SO-2	Augsburg	10:43.88	Carleton Meet of Hearts	Feb 10, 2024
20	Rowland, Libby	JR-3	Carleton	10:46.56	St Olaf Ole Opener	Jan 20, 2024
21	Kiolbasa, Annie	SR-4	St. Benedict	10:47.77	Gopher Classic	Feb 3, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
22	Villalobos, Evelyn	SR-4	Gustavus Adolphus	10:49.96	MIAC Indoor Championships	Feb 22, 2024
23	McCloskey, Molly Kate	SO-2	St. Olaf	10:52.42	MIAC Indoor Championships	Feb 22, 2024
24	Hardwick, Laura	SR-4	Bethel (Minn.)	10:57.89	MIAC Indoor Championships	Feb 22, 2024
25	Maddux, Alicia	SO-2	Hamline	10:58.39	St. Olaf Invitational and Multi Events	Jan 26, 2024
26	Roberdeau, Libby	SR-4	Hamline	10:58.73	MIAC Indoor Championships	Feb 22, 2024
27	Nevo, Timna	FR-1	Macalester	11:10.24	MIAC Indoor Championships	Feb 22, 2024
28	Decker, Anna	SR-4	Bethel (Minn.)	11:10.43	Snowshoe Open	Feb 16, 2024
29	Hatlevig, Elsie	SR-4	Concordia-Moorhead	11:14.79	MIAC Indoor Championships	Feb 22, 2024
30	Tapajna, Abby	SO-2	Hamline	11:15.34	St Olaf Tostrud Classic	Feb 17, 2024
31	Osemwengile, Destiny	FR-1	Macalester	11:16.82	MIAC Indoor Championships	Feb 22, 2024
32	Larsen-Schmidt, Gracia	JR-3	St. Olaf	11:20.82	St Olaf Tostrud Classic	Feb 17, 2024
33	Johnson, Airlal	JR-3	Concordia-Moorhead	11:20.88	MIAC Indoor Championships	Feb 22, 2024
34	Votruba, Maggie	JR-3	Carleton	11:21.78	Carleton Meet of Hearts	Feb 10, 2024
35	Sunnarborg, Laura	FR-1	Gustavus Adolphus	11:23.55	CSB / SJU Invitational	Feb 10, 2024
36	Tung-Mabry, Madelyn	FR-1	St. Olaf	11:24.86	Carleton Meet of Hearts	Feb 10, 2024
37	Gleason, Cate	JR-3	St. Olaf	11:26.99	Gopher Classic	Feb 3, 2024
38	Rowley, Amelia	FR-1	Concordia-Moorhead	11:28.60	CSB / SJU Invitational	Feb 10, 2024
39	Lewis, Margo	JR-3	Carleton	11:29.72	St Olaf Ole Opener	Jan 20, 2024
40	Korey, Adrienne	SR-4	Macalester	11:33.97	St Olaf Tostrud Classic	Feb 17, 2024

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	SR-4	St. Benedict	15:57.80%	Boston University Sharon Colyear-Danville Season Opener	Dec 2, 2023
2	Ward, Phoebe	JR-3	Carleton	17:11.58	Mark Schuck Open and Multi	Jan 26, 2024
3	McManus, Sophie	JR-3	Carleton	17:12.58	Mark Schuck Open and Multi	Jan 26, 2024
4	Cross, Helen	JR-3	Carleton	17:18.52	MIAC Indoor Championships	Feb 22, 2024
5	Preisser, Hannah	SO-2	Carleton	17:21.07	MIAC Indoor Championships	Feb 22, 2024
6	Walda, Lauren	SO-2	St. Olaf	17:24.46	St. Olaf Invitational and Multi Events	Jan 26, 2024
7	Call, Bella	SR-4	St. Olaf	17:34.61	Wartburg Qualifier	Mar 1, 2024
8	Hendrickson, Allison	SR-4	St. Scholastica	17:45.99	MIAC Indoor Championships	Feb 22, 2024
9	Larsen, Aliya	SO-2	Carleton	17:54.77	Mark Schuck Open and Multi	Jan 26, 2024
10	Bode, Alison	JR-3	St. Olaf	18:05.37	MIAC Indoor Championships	Feb 22, 2024
11	Harms, Josie	SR-4	Bethel (Minn.)	18:18.82	Stout Open	Feb 9, 2024
12	Kenney, Mary	SO-2	St. Benedict	18:26.88	MIAC Indoor Championships	Feb 22, 2024
13	Hirsche, Katie	FR-1	Carleton	18:26.92	Mark Schuck Open and Multi	Jan 26, 2024
14	Villalobos, Evelyn	SR-4	Gustavus Adolphus	18:26.96	MIAC Indoor Championships	Feb 22, 2024
15	Johnson, Gracie	SO-2	Augsburg	18:34.05	MIAC Indoor Championships	Feb 22, 2024
16	Kiobasa, Annie	SR-4	St. Benedict	18:42.83%	SDSU Indoor Classic	Feb 9, 2024
17	Hardwick, Laura	SR-4	Bethel (Minn.)	18:47.46	MIAC Indoor Championships	Feb 22, 2024
18	Tetmeyer, Bridget	SR-4	St. Benedict	19:02.31	MIAC Indoor Championships	Feb 22, 2024
19	Roberdeau, Libby	SR-4	Hamline	19:09.86%	SDSU Indoor Classic	Feb 9, 2024
20	Larsen-Schmidt, Gracia	JR-3	St. Olaf	19:38.99	MIAC Indoor Championships	Feb 22, 2024
21	Decker, Anna	SR-4	Bethel (Minn.)	19:39.55	St. Olaf Invitational and Multi Events	Jan 26, 2024
22	Votruba, Maggie	JR-3	Carleton	19:42.55	MIAC Indoor Championships	Feb 22, 2024
23	Gleason, Cate	JR-3	St. Olaf	19:43.19	Stout Open	Feb 9, 2024
24	Tapajna, Abby	SO-2	Hamline	19:54.26%	SDSU Indoor Classic	Feb 9, 2024
25	Morningstar, Grace	SR-4	Bethel (Minn.)	20:08.59	Stout Open	Feb 9, 2024
26	Klobe, Kendra	JR-3	Saint Mary's (Minn.)	20:32.77	St. Olaf Invitational and Multi Events	Jan 26, 2024
27	Bufkin, Abby	FR-1	St. Benedict	20:35.94	CSB / SJU Invitational	Feb 10, 2024
28	VanderWilde, Bailey	SR-4	St. Olaf	20:45.84	Chuck Peterson Open	Dec 2, 2023
29	Moorjani, Raina	SR-4	Bethel (Minn.)	20:59.09	Stout Open	Feb 9, 2024
30	Thompson, Hailey	SO-2	St. Benedict	21:14.72	CSB / SJU Invitational	Feb 10, 2024
31	Redepenning, Sarah	FR-1	Hamline	21:54.41%	SDSU Indoor Classic	Feb 9, 2024
32	Harvey, Lily	JR-3	St. Catherine (Minn.)	22:05.23	St Olaf Tostrud Classic	Feb 17, 2024
33	Nelson, Brenna	SR-4	St. Catherine (Minn.)	22:23.43	St Olaf Tostrud Classic	Feb 17, 2024

60 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Sealock, Kelsie	JR-3	Bethel (Minn.)	8.46	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
2	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	9.18	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
3	Kalevik, Jenna	JR-3	Concordia-Moorhead	9.21	MIAC Indoor Championships	Feb 22, 2024
3	Hernes, Ellie	SO-2	Bethel (Minn.)	9.21	M City Indoor Classic	Dec 8, 2023
5	Selle, Peyton	JR-3	Concordia-Moorhead	9.24	MIAC Indoor Championships	Feb 22, 2024
6	Miller, Danielle	SR-4	Gustavus Adolphus	9.28	MIAC Indoor Championships	Feb 22, 2024
7	Salfer, Rebekah	SR-4	St. Olaf	9.35	M City Indoor Classic	Dec 8, 2023
8	Poore, Riki	SR-4	St. Olaf	9.38	MIAC Indoor Championships	Feb 22, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
9	Adelgren, Anya	FR-1	St. Benedict	9.43	CSB / SJU Invitational	Feb 10, 2024
10	Huetten, Makenna	JR-3	Gustavus Adolphus	9.63	St. Olaf Invitational and Multi Events	Jan 26, 2024
11	Hobby, Sarah Beth	SR-4	Macalester	9.65	MIAC Indoor Championships	Feb 22, 2024
12	Berg, Lauren	SO-2	St. Benedict	9.71	MIAC Indoor Championships	Feb 22, 2024
13	Harriman, Elise	FR-1	St. Olaf	9.79	Chuck Peterson Open	Dec 2, 2023
14	Selisker, Ellie	SR-4	St. Benedict	9.87	MIAC Indoor Championships	Feb 22, 2024
15	Myatt, Tessa	FR-1	Macalester	9.94	MIAC Indoor Championships	Feb 22, 2024
15	Johnson, Lily	JR-3	St. Olaf	9.94	MIAC Indoor Championships	Feb 22, 2024
17	Kemp, Anna	FR-1	St. Benedict	9.98	MIAC Indoor Championships	Feb 22, 2024
17	Floren, Justus	JR-3	St. Benedict	9.98	MIAC Indoor Championships	Feb 22, 2024
17	Stahl, Chelsea	FR-1	Gustavus Adolphus	9.98	Maverick Invitational	Feb 16, 2024
20	Stackhouse, Ally	JR-3	Bethel (Minn.)	10.09	MIAC Indoor Championships	Feb 22, 2024
21	Scholten, Hailey	SO-2	Bethel (Minn.)	10.25	Gene Glader Classic	Feb 17, 2024
22	Hannah, Gabrielle	JR-3	Hamline	10.26	MIAC Indoor Championships	Feb 22, 2024
23	Wolsky, Haley	FR-1	Concordia-Moorhead	10.33	CSB / SJU Invitational	Feb 10, 2024
24	Keech, Claire	SO-2	St. Olaf	10.39	M City Indoor Classsic	Dec 8, 2023
25	Gitarno, Sylvia	FR-1	Concordia-Moorhead	10.41	Dakota Alumni Classic	Dec 8, 2023
26	Schuele, Emma	SO-2	St. Benedict	10.45	MIAC Indoor Championships	Feb 22, 2024
27	Askegaard, Linnea	FR-1	St. Olaf	10.46	Chuck Peterson Open	Dec 2, 2023
28	Sahly, Emma	JR-3	St. Olaf	10.55	Chuck Peterson Open	Dec 2, 2023
29	Haugestuen, Logan	FR-1	St. Olaf	10.57	St Olaf Tostrud Classic	Feb 17, 2024
30	Klein, Aubree	FR-1	St. Olaf	10.64	MIAC Indoor Championships	Feb 22, 2024
31	Ostrem, Chloe	FR-1	St. Benedict	10.73	St Olaf Tostrud Classic	Feb 17, 2024
32	Cappelmann, Lauren	SO-2	Macalester	10.75	Vanessa Seljeskog Classic	Jan 20, 2024
33	Terwedo, Drea	FR-1	St. Benedict	10.80	St Olaf Tostrud Classic	Feb 17, 2024
34	Makern Ratzinger, Joel	FR-1	St. Benedict	10.83	MIAC Indoor Championships	Feb 22, 2024
34	Richardson, Samantha	FR-1	St. Benedict	10.83	St Olaf Tostrud Classic	Feb 17, 2024
36	Moe, Hannah	SO-2	Bethel (Minn.)	10.91	MIAC Indoor Championships	Feb 22, 2024
37	Berman-Schneider, Natalie	FR-1	Carleton	11.02	St Olaf Tostrud Classic	Feb 17, 2024
38	Ciarrochi, Grace	FR-1	Concordia-Moorhead	11.06	MIAC Indoor Championships	Feb 22, 2024
39	Kaeppe, Summer	SO-2	Gustavus Adolphus	11.19	MIAC Indoor Championships	Feb 22, 2024
40	Witham, Frankie	FR-1	Hamline	11.24	St Olaf Tostrud Classic	Feb 17, 2024

4 x 200 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Gustavus Adolphus	1:43.62	Carlson, Rakow, Miller, Geraets	MIAC Indoor Championships	Feb 22, 2024
2	Bethel (Minn.)	1:45.23	Babalola, Swenson, Gregg, Kvant	MIAC Indoor Championships	Feb 22, 2024
3	Concordia-Moorhead	1:46.69	Rengo, Sandman, Osborne, Nygaard	MIAC Indoor Championships	Feb 22, 2024
4	St. Benedict	1:46.91	Gallagher, Buntrock, Ganley, Johnson	MIAC Indoor Championships	Feb 22, 2024
5	St. Olaf	1:48.22	Storbakken, Poore, Matre, Holman	MIAC Indoor Championships	Feb 22, 2024
6	Macalester	1:50.11	Hunter, Edison, Carver, Tornety	MIAC Indoor Championships	Feb 22, 2024
7	St. Scholastica	1:50.63	Ellefson, Fink, Schritz, Nelson	MIAC Indoor Championships	Feb 22, 2024
8	Carleton	1:50.89	Twichell, Roberts, Lott, Musa	MIAC Indoor Championships	Feb 22, 2024
9	Hamline	1:56.13	Chester, Temeh, Morgan, Hamilton	MIAC Indoor Championships	Feb 22, 2024

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:52.31	Sealock, Gregg, Swenson, Sulungaine	UWL Final Qualifier	Mar 2, 2024
2	Concordia-Moorhead	4:03.67	Nygaard, Shercliffe, Frolek, Rengo	MIAC Indoor Championships	Feb 22, 2024
3	St. Benedict	4:04.42	Nyuga, Ganley, Knapp, Berg	MIAC Indoor Championships	Feb 22, 2024
4	St. Olaf	4:06.81	Pfeiffer, Kroschel, Poore, Wyatt	MIAC Indoor Championships	Feb 22, 2024
5	Carleton	4:08.25	Erickson, Twichell, Cutter, Blanchard	MIAC Indoor Championships	Feb 22, 2024
6	Gustavus Adolphus	4:14.09	Luetmer, Fynboh, Walukas, Huetten	MIAC Indoor Championships	Feb 22, 2024
7	Macalester	4:17.96	Edison, Wilkins, Hunter, Myatt	MIAC Indoor Championships	Feb 22, 2024
8	Hamline	4:18.69	Aurelius, Anderson, Bradley, Chester	St Olaf Tostrud Classic	Feb 17, 2024
9	St. Scholastica	4:18.95	Ellefson, DeWitt, McCormick, Nelson	MIAC Indoor Championships	Feb 22, 2024
10	Saint Mary's (Minn.)	4:27.94	Pray, McMahon, Frosch, Meyer	MIAC Indoor Championships	Feb 22, 2024

Distance Medley Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Benedict	12:14.16%	Smith, Berg, Lyngen, Smith	SDSU Indoor Classic	Feb 9, 2024
2	St. Olaf	12:33.49	Moeller, Storbakken, Call, Call	MIAC Indoor Championships	Feb 22, 2024
3	Carleton	12:34.90	Daley, Twichell, Rowland, Larsen	MIAC Indoor Championships	Feb 22, 2024
4	Macalester	12:42.59	Nevo, Edison, Wilkins, Coldren	MIAC Indoor Championships	Feb 22, 2024
5	Bethel (Minn.)	12:43.57	Cargill, Dean, Gernandt, Harms	MIAC Indoor Championships	Feb 22, 2024
6	Gustavus Adolphus	12:58.09	Sunnarborg, Fynboh, Walukas, Hagen	MIAC Indoor Championships	Feb 22, 2024

	Team	Time	Athletes	Meet	Meet Date
7	Hamline	13:08.52	Bradley, Janes, Sanchez-Castillo, Maddux	MIAC Indoor Championships	Feb 22, 2024
8	Concordia-Moorhead	13:31.38	Hatlevig, Larsen, Ames, Rowley	MIAC Indoor Championships	Feb 22, 2024
9	St. Scholastica	13:35.94	Hartley, Nelson, Terrio, McCormick	MIAC Indoor Championships	Feb 22, 2024
10	Saint Mary's (Minn.)	13:53.17	Frosch, Meyer, McMahon, Klobe	MIAC Indoor Championships	Feb 22, 2024
11	St. Catherine (Minn.)	14:50.00	Nelson, Yoder, Peterson, Harvey	MIAC Indoor Championships	Feb 22, 2024

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	1.63m	5' 4.25"	MIAC Indoor Championships	Feb 22, 2024
1	Rakow, Ally	SR-4	Gustavus Adolphus	1.63m	5' 4.25"	MIAC Indoor Championships	Feb 22, 2024
3	Hobby, Sarah Beth	SR-4	Macalester	1.61m	5' 3.25"	MIAC Indoor Championships	Feb 22, 2024
4	Witham, Frankie	FR-1	Hamline	1.57m	5' 1.75"	Luther Invitational	Feb 3, 2024
4	Larson, Mara	FR-1	St. Olaf	1.57m	5' 1.75"	MIAC Indoor Championships	Feb 22, 2024
4	Kalevik, Jenna	JR-3	Concordia-Moorhead	1.57m	5' 1.75"	2024 Bison Open	Feb 2, 2024
4	Selisker, Ellie	SR-4	St. Benedict	1.57m	5' 1.75"	2024 Bison Open	Feb 2, 2024
8	Selle, Peyton	JR-3	Concordia-Moorhead	1.56m	5' 1.25"	Dakota Alumni Classic	Dec 8, 2023
9	Strampe, Toria	JR-3	St. Scholastica	1.50m	4' 11"	Twin Ports Invite	Jan 20, 2024
10	Beer, Erin	SR-4	Gustavus Adolphus	1.49m	4' 10.5"	MIAC Indoor Championships	Feb 22, 2024
10	Moe, Hannah	SO-2	Bethel (Minn.)	1.49m	4' 10.5"	MIAC Indoor Championships	Feb 22, 2024
10	Barnd, Nevaeh	FR-1	Hamline	1.49m	4' 10.5"	MIAC Indoor Championships	Feb 22, 2024
10	Floren, Justus	JR-3	St. Benedict	1.49m	4' 10.5"	MIAC Indoor Championships	Feb 22, 2024
14	Luehrs, Jensen	SR-4	Gustavus Adolphus	1.48m	4' 10.25"	Maverick Invitational	Feb 16, 2024
14	Strom, Hanna	FR-1	Saint Mary's (Minn.)	1.48m	4' 10.25"	UW-La Crosse - Pat Healy Classic	Jan 20, 2024
16	Hernes, Ellie	SO-2	Bethel (Minn.)	1.47m	4' 9.75"	Gene Glader Classic	Feb 17, 2024
17	Pfeiffer, Ruth	SR-4	St. Olaf	1.45m	4' 9"	Chuck Peterson Open	Dec 2, 2023
17	Joerger, Alli	JR-3	Gustavus Adolphus	1.45m	4' 9"	Black & Gold Showcase	Jan 13, 2024
17	Fischer, Sofia	SO-2	St. Scholastica	1.45m	4' 9"	CSS Opener 2023	Dec 9, 2023
20	Perry, Aiyana	FR-1	St. Olaf	1.44m	4' 8.75"	Stout Open	Feb 9, 2024
21	Tyvoll, Ally	FR-1	Bethel (Minn.)	1.43m	4' 8.25"	Mark Guthrie Legacy Invite	Feb 3, 2024
21	Johnson, Lily	JR-3	St. Olaf	1.43m	4' 8.25"	MIAC Indoor Championships	Feb 22, 2024
21	Scholten, Hailey	SO-2	Bethel (Minn.)	1.43m	4' 8.25"	Mark Guthrie Legacy Invite	Feb 3, 2024
24	Brown, Sam	FR-1	St. Benedict	1.40m	4' 7"	St Olaf Tostrud Classic	Feb 17, 2024
24	Cappelmann, Lauren	SO-2	Macalester	1.40m	4' 7"	MIAC Indoor Championships	Feb 22, 2024
24	Kaeppe, Summner	SO-2	Gustavus Adolphus	1.40m	4' 7"	CSB / SJU Invitational	Feb 10, 2024
24	Terwedo, Drea	FR-1	St. Benedict	1.40m	4' 7"	CSB / SJU Invitational	Feb 10, 2024
28	Wgeishofski, Sydnie	SO-2	St. Scholastica	1.38m	4' 6.25"	Maday Classic	Feb 10, 2024
29	Salfer, Rebekah	SR-4	St. Olaf	1.35m	4' 5"	M City Indoor Classsic	Dec 8, 2023
29	Hannah, Gabrielle	JR-3	Hamline	1.35m	4' 5"	St. Olaf Invitational and Multi Events	Jan 26, 2024
31	Myatt, Tessa	FR-1	Macalester	1.34m	4' 4.75"	MIAC Indoor Championships	Feb 22, 2024
32	Albers, Marissa	FR-1	Hamline	1.32m	4' 4"	University of St. Thomas Opener	Jan 12, 2024
33	Klein, Aubree	FR-1	St. Olaf	1.30m	4' 3.25"	St Olaf Ole Opener	Jan 20, 2024
33	Ciarrochi, Grace	FR-1	Concordia-Moorhead	1.30m	4' 3.25"	2024 Bison Open	Feb 2, 2024
33	Gutierrez, Brooklyn	FR-1	Saint Mary's (Minn.)	1.30m	4' 3.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
36	Iverson, Hope	FR-1	Bethel (Minn.)	1.29m	4' 2.75"	St. Olaf Invitational and Multi Events	Jan 26, 2024
37	Makem Ratzinger, Joel	FR-1	St. Benedict	1.25m	4' 1.25"	St Olaf Tostrud Classic	Feb 17, 2024

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ahlberg, Jaylyn	SO-2	St. Benedict	3.76m	12' 4"	MIAC Indoor Championships	Feb 22, 2024
2	Pearson, Emily	FR-1	Bethel (Minn.)	3.57m	11' 8.5"	Snowshoe Open	Feb 16, 2024
3	Kaping, Raina	FR-1	Bethel (Minn.)	3.42m	11' 2.5"	Mark Guthrie Legacy Invite	Feb 3, 2024
4	Raidt, LiLi	FR-1	St. Benedict	3.35m	10' 11.75"	MIAC Indoor Championships	Feb 22, 2024
4	Finney, Camille	FR-1	Gustavus Adolphus	3.35m	10' 11.75"	MIAC Indoor Championships	Feb 22, 2024
6	Graff, Alli	JR-3	Gustavus Adolphus	3.03m	9' 11.25"	Gopher Classic	Feb 3, 2024
7	Roberts, Melanie	SR-4	St. Olaf	3.00m	9' 10"	MIAC Indoor Championships	Feb 22, 2024
8	Bunker, Jenna	JR-3	Gustavus Adolphus	2.92m	9' 7"	Maverick Invitational	Feb 16, 2024
9	Luepke, Bria	SO-2	Hamline	2.85m	9' 4.25"	MIAC Indoor Championships	Feb 22, 2024
9	Askegaard, Linnea	FR-1	St. Olaf	2.85m	9' 4.25"	MIAC Indoor Championships	Feb 22, 2024
11	Gearin, Caroline	SR-4	Saint Mary's (Minn.)	2.80m	9' 2.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
11	Gardeen, Anna	FR-1	Bethel (Minn.)	2.80m	9' 2.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
13	Harris, Signe	JR-3	Concordia-Moorhead	2.76m	9' 0.5"	UND Tune-Up	Feb 17, 2024
14	Wolsky, Haley	FR-1	Concordia-Moorhead	2.70m	8' 10.25"	MIAC Indoor Championships	Feb 22, 2024
14	Wilson, Seneca	FR-1	Macalester	2.70m	8' 10.25"	MIAC Indoor Championships	Feb 22, 2024
14	Ehlers, Lucy	FR-1	Hamline	2.70m	8' 10.25"	MIAC Indoor Championships	Feb 22, 2024
17	Craft, Tahila	FR-1	Bethel (Minn.)	2.67m	8' 9"	Mark Guthrie Legacy Invite	Feb 3, 2024
18	Lee, Maddox	SO-2	Gustavus Adolphus	2.65m	8' 8.25"	Black & Gold Showcase	Jan 13, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
18	Hatcher, Grace	JR-3	Hamline	2.65m	8' 8.25"	CSB / SJU Invitational	Feb 10, 2024
20	Evans, Mia	SO-2	Bethel (Minn.)	2.61m	8' 6.75"	Gene Glader Classic	Feb 17, 2024
21	Boyd, Roen	SO-2	Macalester	2.55m	8' 4.25"	Carleton Meet of Hearts	Feb 10, 2024
22	Buffetta, Sabrina	JR-3	St. Benedict	2.50m	8' 2.5"	CSB / SJU Invitational	Feb 10, 2024
23	Kalevik, Rachel	FR-1	Concordia-Moorhead	2.46m	8' 0.75"	UND Tune-Up	Feb 17, 2024
24	Selberg, Lillian	JR-3	Gustavus Adolphus	2.35m	7' 8.5"	CSB / SJU Invitational	Feb 10, 2024
25	DeVries, Gwen	FR-1	Concordia-Moorhead	2.20m	7' 2.5"	Cobber Indoor Open	Jan 20, 2024
26	Brown, Sam	FR-1	St. Benedict	2.05m	6' 8.75"	CSB / SJU Invitational	Feb 10, 2024
26	Tschida, Elizabeth	FR-1	Gustavus Adolphus	2.05m	6' 8.75"	CSB / SJU Invitational	Feb 10, 2024

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Geraets, Megan	JR-3	Gustavus Adolphus	5.65m	18' 6.5"	Maverick Invitational	Feb 16, 2024	NWI
2	Jore, Ashlyn	FR-1	St. Olaf	5.43m	17' 9.75"	Bearson-Gathje Classic	Jan 12, 2024	NWI
3	Farquharson, Sabriya	FR-1	St. Benedict	5.33m	17' 6"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
4	Selle, Peyton	JR-3	Concordia-Moorhead	5.30m	17' 4.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
5	Kes, Madi	SR-4	Gustavus Adolphus	5.28m	17' 4"	MIAC Indoor Championships	Feb 22, 2024	NWI
6	Selisker, Ellie	SR-4	St. Benedict	5.27m	17' 3.5"	CSB / SJU Invitational	Feb 10, 2024	NWI
7	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	5.26m	17' 3.25"	Wartburg Qualifier	Mar 1, 2024	NWI
8	McMahon, Terra	SO-2	Hamline	5.23m	17' 2"	University of St. Thomas Opener	Jan 12, 2024	NWI
9	Lindner, Sarah	SO-2	Gustavus Adolphus	5.19m	17' 0.5"	Maverick Invitational	Feb 16, 2024	NWI
10	Sundberg, Maren	SO-2	Gustavus Adolphus	5.13m	16' 10"	Maverick Invitational	Feb 16, 2024	NWI
11	Parker, Ainslee	SR-4	St. Olaf	5.12m	16' 9.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
12	Hernes, Ellie	SO-2	Bethel (Minn.)	5.09m	16' 8.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
13	Salfer, Rebekah	SR-4	St. Olaf	5.00m	16' 5"	Chuck Peterson Open	Dec 2, 2023	NWI
13	Hobby, Sarah Beth	SR-4	Macalester	5.00m	16' 5"	MIAC Indoor Championships	Feb 22, 2024	NWI
15	Stanisloski, Jordan	FR-1	Bethel (Minn.)	4.99m	16' 4.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
16	Kalevik, Jenna	JR-3	Concordia-Moorhead	4.95m	16' 3"	UND Tune-Up	Feb 17, 2024	NWI
17	Floren, Justus	JR-3	St. Benedict	4.94m	16' 2.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
18	Osborne, Piper	FR-1	Concordia-Moorhead	4.86m	15' 11.5"	UND Tune-Up	Feb 17, 2024	NWI
19	Solheid, Sami	FR-1	St. Benedict	4.84m	15' 10.5"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
20	Petersen, Katie	JR-3	Gustavus Adolphus	4.76m	15' 7.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
20	Johnson, Lily	JR-3	St. Olaf	4.76m	15' 7.5"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
20	Moe, Hannah	SO-2	Bethel (Minn.)	4.76m	15' 7.5"	Mark Guthrie Legacy Invite	Feb 3, 2024	NWI
23	Myatt, Tessa	FR-1	Macalester	4.73m	15' 6.25"	MIAC Indoor Championships	Feb 22, 2024	NWI
23	Albers, Marissa	FR-1	Hamline	4.73m	15' 6.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
23	Fischer, Sofia	SO-2	St. Scholastica	4.73m	15' 6.25"	CSS Opener 2023	Dec 9, 2023	NWI
26	Iverson, Hope	FR-1	Bethel (Minn.)	4.67m	15' 4"	Gene Glader Classic	Feb 17, 2024	NWI
27	Tyvoll, Ally	FR-1	Bethel (Minn.)	4.64m	15' 2.75"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
28	Ciarrochi, Grace	FR-1	Concordia-Moorhead	4.63m	15' 2.25"	CSB / SJU Invitational	Feb 10, 2024	NWI
29	Klein, Aubree	FR-1	St. Olaf	4.59m	15' 0.75"	St Olaf Ole Opener	Jan 20, 2024	NWI
30	Anderson, Shae	SR-4	Gustavus Adolphus	4.56m	14' 11.5"	Maverick Invitational	Feb 16, 2024	NWI
31	Hannah, Gabrielle	JR-3	Hamline	4.54m	14' 10.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
32	Schritz, Elli	FR-1	St. Scholastica	4.49m	14' 8.75"	CSS Opener 2023	Dec 9, 2023	NWI
33	Luepke, Bria	SO-2	Hamline	4.41m	14' 5.75"	Luther Invitational	Feb 3, 2024	NWI
34	Kaeppe, Summer	SO-2	Gustavus Adolphus	4.39m	14' 5"	Maverick Invitational	Feb 16, 2024	NWI
35	Barnd, Nevaeh	FR-1	Hamline	4.37m	14' 4"	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
36	Lacy, Anna	FR-1	Gustavus Adolphus	4.34m	14' 3"	Black & Gold Showcase	Jan 13, 2024	NWI
37	Terwedo, Drea	FR-1	St. Benedict	4.33m	14' 2.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
38	Witham, Frankie	FR-1	Hamline	4.32m	14' 2.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
39	Anderson, Danielle	SR-4	St. Benedict	4.29m	14' 1"	Gopher Classic	Feb 3, 2024	NWI
40	Scholten, Hailey	SO-2	Bethel (Minn.)	4.26m	13' 11.75"	Wartburg Qualifier	Mar 1, 2024	NWI

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Hernes, Ellie	SO-2	Bethel (Minn.)	11.87m	38' 11.5"	M City Indoor Classic	Dec 8, 2023	NWI
2	Kes, Madi	SR-4	Gustavus Adolphus	11.72m	38' 5.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
3	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	11.36m	37' 3.25"	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
4	Farquharson, Sabriya	FR-1	St. Benedict	11.11m	36' 5.5"	CSB/SJU Alumni Meet	Jan 27, 2024	NWI
5	Selle, Peyton	JR-3	Concordia-Moorhead	11.01m	36' 1.5"	UND Tune-Up	Feb 17, 2024	NWI
6	Lindner, Sarah	SO-2	Gustavus Adolphus	10.98m	36' 0.25"	Black & Gold Showcase	Jan 13, 2024	NWI
7	Osborne, Piper	FR-1	Concordia-Moorhead	10.78m	35' 4.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
8	Parker, Ainslee	SR-4	St. Olaf	10.73m	35' 2.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
9	Jore, Ashlyn	FR-1	St. Olaf	10.55m	34' 7.5"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
10	Selisker, Ellie	SR-4	St. Benedict	10.51m	34' 5.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
11	Kalevik, Jenna	JR-3	Concordia-Moorhead	10.39m	34' 1.25"	UND Tune-Up	Feb 17, 2024	NWI

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
12	Tyvoll, Ally	FR-1	Bethel (Minn.)	10.29m	33' 9.25"	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
13	Stanisloski, Jordan	FR-1	Bethel (Minn.)	10.07m	33' 0.5"	Stout Open	Feb 9, 2024	NWI
14	Strampe, Toria	JR-3	St. Scholastica	9.94m	32' 7.5"	CSS Opener 2023	Dec 9, 2023	NWI
15	Ciarrochi, Grace	FR-1	Concordia-Moorhead	9.85m	32' 3.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
16	Luetmer, McKenzie	FR-1	Gustavus Adolphus	9.74m	31' 11.5"	Black & Gold Showcase	Jan 13, 2024	NWI
17	Anderson, Danielle	SR-4	St. Benedict	9.56m	31' 4.5"	Gopher Classic	Feb 3, 2024	NWI
18	Schritz, Elli	FR-1	St. Scholastica	9.48m	31' 1.25"	Lake Superior Challenge	Feb 3, 2024	NWI
19	Sikes, Jane	JR-3	St. Olaf	9.35m	30' 8.25"	St Olaf Tostrud Classic	Feb 17, 2024	NWI

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Meyers, Molly	SR-4	Hamline	14.02m	46' 0"	MIAC Indoor Championships	Feb 22, 2024
2	Wilhelm, Nora	SO-2	Bethel (Minn.)	12.88m	42' 3.25"	MIAC Indoor Championships	Feb 22, 2024
3	Dates, Desirae	SO-2	Hamline	12.58m	41' 3.25"	UWL Final Qualifier	Mar 2, 2024
4	Wallendal, Morgan	JR-3	Saint Mary's (Minn.)	12.34m	40' 6"	MIAC Indoor Championships	Feb 22, 2024
5	Myatt, Tessa	FR-1	Macalester	12.28m	40' 3.5"	MIAC Indoor Championships	Feb 22, 2024
6	Jackman, Sydney	JR-3	Saint Mary's (Minn.)	12.14m	39' 10"	Maverick Premier #1	Feb 9, 2024
6	Kubes, Samantha	SR-4	Saint Mary's (Minn.)	12.14m	39' 10"	University of St. Thomas Opener	Jan 12, 2024
8	Engen, Ella	SO-2	St. Scholastica	11.85m	38' 10.5"	Lake Superior Challenge	Feb 3, 2024
9	Joos, Haley	SR-4	St. Benedict	11.80m	38' 8.75"	MIAC Indoor Championships	Feb 22, 2024
10	Brennan, Kelley	SO-2	Gustavus Adolphus	11.75m	38' 6.75"	CSB / SJU Invitational	Feb 10, 2024
11	Lin, Jessica	FR-1	Macalester	11.64m	38' 2.25"	Carleton Meet of Hearts	Feb 10, 2024
12	Hobby, Sarah Beth	SR-4	Macalester	11.54m	37' 10.5"	MIAC Indoor Championships	Feb 22, 2024
13	Baseman, Jaelyn	FR-1	Saint Mary's (Minn.)	11.29m	37' 0.5"	UW-La Crosse - Pat Healy Classic	Jan 20, 2024
14	Johnson, Emma	JR-3	St. Olaf	11.21m	36' 9.5"	St Olaf Ole Opener	Jan 20, 2024
15	Brainer, Lexi	JR-3	Hamline	11.12m	36' 5.75"	CSB / SJU Invitational	Feb 10, 2024
16	Travis, Miranda	FR-1	Concordia-Moorhead	11.02m	36' 2"	UND Tune-Up	Feb 17, 2024
17	Banse, Grace	SO-2	Gustavus Adolphus	11.00m	36' 1.25"	Black & Gold Showcase	Jan 13, 2024
18	Horvath, Chando	SR-4	St. Catherine (Minn.)	10.93m	35' 10.5"	CSS Opener 2023	Dec 9, 2023
19	Nelson, Nicole	SR-4	Gustavus Adolphus	10.82m	35' 6"	St. Olaf Invitational and Multi Events	Jan 26, 2024
20	Floren, Justus	JR-3	St. Benedict	10.76m	35' 3.75"	MIAC Indoor Championships	Feb 22, 2024
21	Duncan, Olivia	FR-1	Gustavus Adolphus	10.73m	35' 2.5"	Gopher Classic	Feb 3, 2024
22	Smith, Christian	FR-1	St. Benedict	10.65m	34' 11.25"	St Olaf Tostrud Classic	Feb 17, 2024
23	Burmeister, Malori	SO-2	Hamline	10.62m	34' 10.25"	St Olaf Tostrud Classic	Feb 17, 2024
24	Irsfeld, Peyton	SR-4	St. Olaf	10.60m	34' 9.5"	St Olaf Tostrud Classic	Feb 17, 2024
25	Saifer, Rebekah	SR-4	St. Olaf	10.59m	34' 9"	Chuck Peterson Open	Dec 2, 2023
25	Fuller, Laura	JR-3	Concordia-Moorhead	10.59m	34' 9"	UND Tune-Up	Feb 17, 2024
27	Wright, Erica	FR-1	Saint Mary's (Minn.)	10.52m	34' 6.25"	Luther Invitational	Feb 3, 2024
28	Carter, Lakesha	JR-3	Gustavus Adolphus	10.47m	34' 4.25"	Black & Gold Showcase	Jan 13, 2024
29	Dove, Charlotte	SO-2	Concordia-Moorhead	10.46m	34' 4"	UND Tune-Up	Feb 17, 2024
30	Roubinek, Graycee	FR-1	St. Olaf	10.43m	34' 2.75"	St Olaf Tostrud Classic	Feb 17, 2024
30	Gromacki, Gabby	JR-3	Gustavus Adolphus	10.43m	34' 2.75"	Black & Gold Showcase	Jan 13, 2024
32	Lighthill, Otelia	FR-1	St. Olaf	10.27m	33' 8.5"	Stout Open	Feb 9, 2024
33	Selle, Peyton	JR-3	Concordia-Moorhead	10.15m	33' 3.75"	MIAC Indoor Championships	Feb 22, 2024
34	Tracy, Brooke	SO-2	Hamline	10.12m	33' 2.5"	CSB / SJU Invitational	Feb 10, 2024
35	Blake, Romona-Shae	SO-2	Hamline	10.07m	33' 0.5"	Luther Invitational	Feb 3, 2024
36	Torres, Alexis	JR-3	St. Benedict	9.98m	32' 9"	CSB/SJU Alumni Meet	Jan 27, 2024
37	Shinn, Ella	FR-1	Concordia-Moorhead	9.95m	32' 7.75"	Cobber Indoor Open	Jan 20, 2024
38	LeBlanc, Sadie	FR-1	St. Benedict	9.92m	32' 6.5"	St Olaf Tostrud Classic	Feb 17, 2024
39	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	9.80m	32' 2"	Gene Glader Classic	Feb 17, 2024
40	Althoff, Abby	JR-3	St. Catherine (Minn.)	9.72m	31' 10.75"	Gopher Classic	Feb 3, 2024

Weight Throw

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beneke, Lily	SR-4	St. Scholastica	17.60m	57' 9"	MIAC Indoor Championships	Feb 22, 2024
2	Reed, Madison	SR-4	Hamline	16.42m	53' 10.5"	MIAC Indoor Championships	Feb 22, 2024
3	Speratos, Anna	SO-2	Bethel (Minn.)	16.11m	52' 10.25"	Gene Glader Classic	Feb 17, 2024
4	Kubes, Samantha	SR-4	Saint Mary's (Minn.)	15.94m	52' 3.75"	Luther Invitational	Feb 3, 2024
5	Brainer, Lexi	JR-3	Hamline	15.89m	52' 1.75"	CSB / SJU Invitational	Feb 10, 2024
6	Brennan, Kelley	SO-2	Gustavus Adolphus	15.23m	49' 11.75"	St. Olaf Invitational and Multi Events	Jan 26, 2024
7	Engen, Ella	SO-2	St. Scholastica	14.73m	48' 4"	MIAC Indoor Championships	Feb 22, 2024
8	Stritesky, Ella	SO-2	St. Scholastica	14.60m	47' 11"	Maday Classic	Feb 10, 2024
9	Wilhelm, Nora	SO-2	Bethel (Minn.)	14.56m	47' 9.25"	Gene Glader Classic	Feb 17, 2024
10	Becker, Anna	JR-3	Saint Mary's (Minn.)	14.48m	47' 6.25"	Maverick Invitational	Feb 16, 2024
11	Kangas, Brooke	JR-3	Concordia-Moorhead	14.29m	46' 10.75"	MIAC Indoor Championships	Feb 22, 2024
12	Horvath, Chando	SR-4	St. Catherine (Minn.)	13.93m	45' 8.5"	CSS Opener 2023	Dec 9, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	Irsfeld, Peyton	SR-4	St. Olaf	13.88m	45' 6.5"	MIAC Indoor Championships	Feb 22, 2024
14	Joos, Haley	SR-4	St. Benedict	13.83m	45' 4.5"	MIAC Indoor Championships	Feb 22, 2024
15	Bosman, Neenah	JR-3	Carleton	13.62m	44' 8.25"	Carleton Meet of Hearts	Feb 10, 2024
16	Tracy, Brooke	SO-2	Hamline	13.60m	44' 7.5"	University of St. Thomas Opener	Jan 12, 2024
17	Wallenda, Morgan	JR-3	Saint Mary's (Minn.)	13.53m	44' 4.75"	Maverick Invitational	Feb 16, 2024
18	Hunt, Jade	JR-3	Hamline	13.45m	44' 1.5"	MIAC Indoor Championships	Feb 22, 2024
19	Lin, Jessica	FR-1	Macalester	13.31m	43' 8"	Carleton Meet of Hearts	Feb 10, 2024
20	Nelson, Nicole	SR-4	Gustavus Adolphus	13.22m	43' 4.5"	MIAC Indoor Championships	Feb 22, 2024
21	Roubinek, Graycee	FR-1	St. Olaf	12.30m	40' 4.25"	Bearson-Gathje Classic	Jan 12, 2024
22	Duncan, Olivia	FR-1	Gustavus Adolphus	12.29m	40' 4"	CSB / SJU Invitational	Feb 10, 2024
23	Hoffman, Rebecca	FR-1	Gustavus Adolphus	12.15m	39' 10.5"	Gopher Classic	Feb 3, 2024
24	Dates, Desirae	SO-2	Hamline	11.87m	38' 11.5"	St Olaf Tostrud Classic	Feb 17, 2024
25	Johnson, Emma	JR-3	St. Olaf	11.79m	38' 8.25"	Chuck Peterson Open	Dec 2, 2023
26	Fuller, Laura	JR-3	Concordia-Moorhead	11.61m	38' 1.25"	UND Open	Jan 26, 2024
27	Torres, Alexis	JR-3	St. Benedict	11.59m	38' 0.25"	Cobber Indoor Open	Jan 20, 2024
28	Lighthill, Otelia	FR-1	St. Olaf	11.46m	37' 7.25"	St Olaf Tostrud Classic	Feb 17, 2024
29	Gromacki, Gabby	JR-3	Gustavus Adolphus	11.36m	37' 3.25"	Black & Gold Showcase	Jan 13, 2024
30	Boelter, Ella	SO-2	Bethel (Minn.)	11.19m	36' 8.5"	Vanessa Seljeskog Classic	Jan 20, 2024
31	Bishop, Savannah	FR-1	St. Scholastica	11.03m	36' 2.25"	Maverick Invitational	Feb 16, 2024
32	Johnson, Savana	SO-2	Saint Mary's (Minn.)	10.88m	35' 8.5"	University of St. Thomas Opener	Jan 12, 2024
33	Blake, Romona-Shae	SO-2	Hamline	10.81m	35' 5.75"	Vanessa Seljeskog Classic	Jan 20, 2024
34	Alvarez, Suzette	FR-1	Saint Mary's (Minn.)	10.79m	35' 5"	Maverick Invitational	Feb 16, 2024
35	Smith, Christian	FR-1	St. Benedict	10.70m	35' 1.25"	Cobber Indoor Open	Jan 20, 2024
36	Baseman, Jaelyn	FR-1	Saint Mary's (Minn.)	10.61m	34' 9.75"	University of St. Thomas Opener	Jan 12, 2024
37	Hamilton, Elizabeth	FR-1	St. Scholastica	10.56m	34' 7.75"	Maverick Invitational	Feb 16, 2024
38	Althoff, Abby	JR-3	St. Catherine (Minn.)	10.41m	34' 2"	Warren Bowlus Open & Multi	Jan 26, 2024
39	Mendez, Aries	SO-2	St. Olaf	10.04m	32' 11.25"	Chuck Peterson Open	Dec 2, 2023
40	Leckner, Claire	FR-1	St. Scholastica	9.92m	32' 6.5"	Lake Superior Challenge	Feb 3, 2024

Pentathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	3327	Wartburg Qualifier	Mar 1, 2024
2	Selle, Peyton	JR-3	Concordia-Moorhead	3291	MIAC Indoor Championships	Feb 22, 2024
3	Hobby, Sarah Beth	SR-4	Macalester	3192	MIAC Indoor Championships	Feb 22, 2024
4	Floren, Justus	JR-3	St. Benedict	2963	MIAC Indoor Championships	Feb 22, 2024
5	Selsker, Ellie	SR-4	St. Benedict	2881	MIAC Indoor Championships	Feb 22, 2024
6	Kalevik, Jenna	JR-3	Concordia-Moorhead	2856	MIAC Indoor Championships	Feb 22, 2024
7	Johnson, Lily	JR-3	St. Olaf	2657	MIAC Indoor Championships	Feb 22, 2024
8	Salfer, Rebekah	SR-4	St. Olaf	2538	M City Indoor Classic	Dec 8, 2023
9	Scholten, Hailey	SO-2	Bethel (Minn.)	2458	Wartburg Qualifier	Mar 1, 2024
10	Moe, Hannah	SO-2	Bethel (Minn.)	2443	MIAC Indoor Championships	Feb 22, 2024
11	Hannah, Gabrielle	JR-3	Hamline	2407	MIAC Indoor Championships	Feb 22, 2024
12	Klein, Aubree	FR-1	St. Olaf	2314	MIAC Indoor Championships	Feb 22, 2024
13	Terwedo, Drea	FR-1	St. Benedict	2269	MIAC Indoor Championships	Feb 22, 2024
14	Ciarrochi, Grace	FR-1	Concordia-Moorhead	2249	MIAC Indoor Championships	Feb 22, 2024
15	Myatt, Tessa	FR-1	Macalester	2189	MIAC Indoor Championships	Feb 22, 2024
16	Witham, Frankie	FR-1	Hamline	2045	St. Olaf Invitational and Multi Events	Jan 26, 2024
16	Iverson, Hope	FR-1	Bethel (Minn.)	2045	St. Olaf Invitational and Multi Events	Jan 26, 2024
18	Kaeppel, Summer	SO-2	Gustavus Adolphus	2014	St. Olaf Invitational and Multi Events	Jan 26, 2024
19	Cappelmann, Lauren	SO-2	Macalester	2012	MIAC Indoor Championships	Feb 22, 2024
20	Barnd, Nevaeh	FR-1	Hamline	1945	St. Olaf Invitational and Multi Events	Jan 26, 2024
21	Makem Ratzinger, Joel	FR-1	St. Benedict	1818	MIAC Indoor Championships	Feb 22, 2024

