



MIAC Indoor Performance List

60 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Young, Zari	FR-1	Saint Mary's (Minn.)	7.69	Maverick Invitational	Feb 21, 2025
2	Carlson, Kate	SR-4	Gustavus Adolphus	7.74	MIAC Indoor Championships	Feb 27, 2025
3	Rengo, Emily	JR-3	Concordia-Moorhead	7.85	MIAC Indoor Championships	Feb 27, 2025
4	Chatham, Diarra	SO-2	Macalester	7.89	St. Olaf Tostrud Classic	Feb 21, 2025
5	Sandman, Andie	SO-2	Concordia-Moorhead	7.91	MIAC Indoor Championships	Feb 27, 2025
5	Rogahn-Press, Ariella	FR-1	Macalester	7.91(55)	Meet of the Hearts	Feb 8, 2025
7	Stacy, Allison	FR-1	Gustavus Adolphus	7.97	MIAC Indoor Championships	Feb 27, 2025
8	Beckley, Claire	FR-1	Macalester	7.98	MIAC Indoor Championships	Feb 27, 2025
9	Osborne, Piper	SO-2	Concordia-Moorhead	8.03	MIAC Indoor Championships	Feb 27, 2025
10	Paulson, Ella	FR-1	Bethel (Minn.)	8.06	MIAC Indoor Championships	Feb 27, 2025
11	Munson, Samantha	JR-3	Saint Mary's (Minn.)	8.07	Pat Healy Classic	Jan 25, 2025
11	Floren, Justus	SR-4	St. Benedict	8.07	MIAC Indoor Championships	Feb 27, 2025
13	Lott, Bianca	JR-3	Carleton	8.09	MIAC Indoor Championships	Feb 27, 2025
14	Fink, Ava	JR-3	St. Scholastica	8.12	MIAC Indoor Championships	Feb 27, 2025
15	Fynboh, Lydia	SO-2	Concordia-Moorhead	8.13	MIAC Indoor Championships	Feb 27, 2025
16	Maki, Autumn	FR-1	Bethel (Minn.)	8.14	Gene Glader Classic	Feb 22, 2025
17	Siems, Claire	FR-1	Hamline	8.15	MIAC Indoor Championships	Feb 27, 2025
18	Buntrock, Grace	SO-2	St. Benedict	8.16	MIAC Indoor Championships	Feb 27, 2025
19	Coleman, Brynley	FR-1	Concordia-Moorhead	8.21	CSB / SJU Invitational	Feb 15, 2025
20	Torres, Melissa	FR-1	Saint Mary's (Minn.)	8.25	MIAC Indoor Championships	Feb 27, 2025
21	Islam, Alice	FR-1	Carleton	8.29	Maverick Premier #2	Feb 15, 2025
21	Herweijer, Sophie	FR-1	St. Olaf	8.29	MIAC Indoor Championships	Feb 27, 2025
23	Twichell, Hadley	SO-2	Carleton	8.30	St. Olaf Ole Opener	Jan 18, 2025
23	Aurelius, Andreiana	SR-4	Hamline	8.30	University of St. Thomas Indoor Invitational	Jan 17, 2025
23	Kaping, Raina	SO-2	Bethel (Minn.)	8.30	Stout Quad	Feb 14, 2025
26	Storbakken, Emma	SR-4	St. Olaf	8.31	MIAC Indoor Championships	Feb 27, 2025
27	Cunningham, Emma	FR-1	Macalester	8.33(55)	Meet of the Hearts	Feb 8, 2025
28	Kusch, Charlotte	FR-1	Carleton	8.34	St Olaf Invitational and Multi-events	Jan 24, 2025
29	Iverson, Hope	SO-2	Bethel (Minn.)	8.36	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
30	Gries, Anna	FR-1	St. Benedict	8.38	CSB/SJU Alumni Meet	Jan 25, 2025
30	Farquharson, Sabriya	SO-2	St. Benedict	8.38	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
30	Munson, McKenzie	JR-3	Saint Mary's (Minn.)	8.38	UWRF Winter Classic	Feb 8, 2025
30	Kubichka, Rachael	SO-2	Saint Mary's (Minn.)	8.38	Maverick Invitational	Feb 21, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
34	Griffin, Nacia	FR-1	Augsburg	8.39	Snowshoe Open	Feb 21, 2025
35	Schneider, Alexi	FR-1	Hamline	8.40	Vanessa Seljeskog Classic	Jan 25, 2025
36	Wick, Shayna	FR-1	St. Scholastica	8.41	Twin Ports Open	Jan 18, 2025
37	Temeh, Kebeh	SO-2	Hamline	8.42	Vanessa Seljeskog Classic	Jan 25, 2025
37	Luetmer, McKenzie	SO-2	Gustavus Adolphus	8.42	CSB / SJU Invitational	Feb 15, 2025
37	Hookom, Allison	JR-3	Augsburg	8.42	University of St. Thomas Indoor Invitational	Jan 17, 2025
40	Musa, Michelle	SO-2	Carleton	8.43	St. Olaf Tostrud Classic	Feb 21, 2025
40	Barrett, Addyson	FR-1	Hamline	8.43	Vanessa Seljeskog Classic	Jan 25, 2025

200 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Geraets, Megan	SR-4	Gustavus Adolphus	24.85	La Crosse Final Qualifier	Mar 8, 2025	NWI
2	Carlson, Kate	SR-4	Gustavus Adolphus	25.07	La Crosse Final Qualifier	Mar 8, 2025	NWI
3	Rogahn-Press, Ariella	FR-1	Macalester	25.21	Wartburg Qualifier	Mar 7, 2025	NWI
4	Stellmach, Sarah	JR-3	Bethel (Minn.)	25.55	MIAC Indoor Championships	Feb 27, 2025	NWI
5	Rengo, Emily	JR-3	Concordia-Moorhead	25.90%	UND Tune Up	Feb 21, 2025	NWI
6	Sandman, Andie	SO-2	Concordia-Moorhead	25.97	MIAC Indoor Championships	Feb 27, 2025	NWI
7	Hookom, Allison	JR-3	Augsburg	26.30	MIAC Indoor Championships	Feb 27, 2025	NWI
8	Munson, Samantha	JR-3	Saint Mary's (Minn.)	26.49	Maverick Premier #1	Feb 14, 2025	NWI
9	Young, Zari	FR-1	Saint Mary's (Minn.)	26.55	MIAC Indoor Championships	Feb 27, 2025	NWI
10	Nygaard, Kyla	JR-3	Concordia-Moorhead	26.63	CSB / SJU Invitational	Feb 15, 2025	NWI
11	Osborne, Piper	SO-2	Concordia-Moorhead	26.87	Cobber Indoor Open	Jan 25, 2025	NWI
12	Swenson, Abbie	SR-4	Bethel (Minn.)	26.92	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
13	Lott, Bianca	JR-3	Carleton	26.95	MIAC Indoor Championships	Feb 27, 2025	NWI
14	Storbakken, Emma	SR-4	St. Olaf	27.03	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
14	Stacy, Allison	FR-1	Gustavus Adolphus	27.03	MIAC Indoor Championships	Feb 27, 2025	NWI
16	Fink, Ava	JR-3	St. Scholastica	27.04	CSS Opener	Dec 14, 2024	NWI
17	Kvant, Hannah	SO-2	Bethel (Minn.)	27.05	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
18	Kusch, Charlotte	FR-1	Carleton	27.06	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
19	Siems, Claire	FR-1	Hamline	27.10	MIAC Indoor Championships	Feb 27, 2025	NWI
20	Beckley, Claire	FR-1	Macalester	27.13	Mark Schuck Open and Multi	Jan 31, 2025	NWI
21	Warner, Emma	FR-1	Concordia-Moorhead	27.14%	UND Open and Multi	Jan 31, 2025	NWI
22	Thorson, Elle	SR-4	Bethel (Minn.)	27.20	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025	NWI
23	Jaeckle, Izzi	FR-1	St. Olaf	27.37	Gopher Classic	Feb 8, 2025	NWI
24	Feldman, Allee	FR-1	St. Benedict	27.38	MIAC Indoor Championships	Feb 27, 2025	NWI
25	Buntrock, Grace	SO-2	St. Benedict	27.50	MIAC Indoor Championships	Feb 27, 2025	NWI
26	Islam, Alice	FR-1	Carleton	27.51	Maverick Premier #2	Feb 15, 2025	NWI
27	Wick, Shayna	FR-1	St. Scholastica	27.56%	UND Open and Multi	Jan 31, 2025	NWI
28	Torres, Melissa	FR-1	Saint Mary's (Minn.)	27.62	Maverick Invitational	Feb 21, 2025	NWI
29	Aurelius, Andreiana	SR-4	Hamline	27.66	Vanessa Seljeskog Classic	Jan 25, 2025	NWI

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
30	Rydberg, Arissa	FR-1	Bethel (Minn.)	27.81	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
31	Gries, Anna	FR-1	St. Benedict	27.82	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
32	Barrett, Addyson	FR-1	Hamline	27.83	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
33	Chatham, Diarra	SO-2	Macalester	27.85	Mark Schuck Open and Multi	Jan 31, 2025	NWI
34	Kubichka, Rachael	SO-2	Saint Mary's (Minn.)	27.89	Maverick Invitational	Feb 21, 2025	NWI
35	Herweijer, Sophie	FR-1	St. Olaf	27.96	MIAC Indoor Championships	Feb 27, 2025	NWI
36	Temeh, Kebeh	SO-2	Hamline	27.97	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
37	Lindner, Sarrah	JR-3	Gustavus Adolphus	28.01	Maverick Invitational	Feb 21, 2025	NWI
38	Luetmer, McKenzie	SO-2	Gustavus Adolphus	28.06	CSB / SJU Invitational	Feb 15, 2025	NWI
39	Nelson, Kayla	JR-3	St. Scholastica	28.07	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
40	Matre, Zoe	SR-4	St. Olaf	28.08	St. Olaf Tostrud Classic	Feb 21, 2025	NWI

300 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Geraets, Megan	SR-4	Gustavus Adolphus	40.86	M City Indoor Classsic	Dec 6, 2024
2	Nygaard, Kyla	JR-3	Concordia-Moorhead	41.06	Bison Open	Feb 7, 2025
3	Rengo, Emily	JR-3	Concordia-Moorhead	41.20	Bison Open	Feb 7, 2025
4	Warner, Emma	FR-1	Concordia-Moorhead	43.82	Bison Open	Feb 7, 2025
5	Beckley, Claire	FR-1	Macalester	43.93	M City Indoor Classsic	Dec 6, 2024
6	Luetmer, McKenzie	SO-2	Gustavus Adolphus	44.35	M City Indoor Classsic	Dec 6, 2024
7	Stacy, Allison	FR-1	Gustavus Adolphus	44.40	Mark Schuck Open and Multi	Jan 31, 2025
8	Aurelius, Andreiana	SR-4	Hamline	44.65	Luther Invitational	Feb 8, 2025
9	Christenson, Taylor	FR-1	Concordia-Moorhead	45.33	UND Open and Multi	Jan 31, 2025
10	Lindner, Sarrah	JR-3	Gustavus Adolphus	45.65	Mark Schuck Open and Multi	Jan 31, 2025
11	Karpen, Adrienne	JR-3	Hamline	47.43	Luther Invitational	Feb 8, 2025
12	Jensen, Jensi	JR-3	Gustavus Adolphus	48.00	Mark Schuck Open and Multi	Jan 31, 2025

400 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Rogahn-Press, Ariella	FR-1	Macalester	55.97	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Hookom, Allison	JR-3	Augsburg	56.15	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
3	Geraets, Megan	SR-4	Gustavus Adolphus	56.76	Maverick Invitational	Feb 21, 2025
4	Nygaard, Kyla	JR-3	Concordia-Moorhead	57.48	MIAC Indoor Championships	Feb 27, 2025
5	Sulungaine, Shalom	SO-2	Bethel (Minn.)	57.99	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
6	Stellmach, Sarah	JR-3	Bethel (Minn.)	58.34	Snowshoe Open	Feb 21, 2025
7	Gregg, Hailey	SR-4	Bethel (Minn.)	59.32	MIAC Indoor Championships	Feb 27, 2025
8	Kvant, Hannah	SO-2	Bethel (Minn.)	59.49	Wartburg Qualifier	Mar 7, 2025
9	Swenson, Abbie	SR-4	Bethel (Minn.)	59.83	MIAC Indoor Championships	Feb 27, 2025
10	Revoir, Ava	FR-1	St. Benedict	59.90	MIAC Indoor Championships	Feb 27, 2025
11	Rengo, Emily	JR-3	Concordia-Moorhead	1:00.07	Bison Open	Feb 7, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
12	Kusch, Charlotte	FR-1	Carleton	1:00.10	St. Olaf Ole Opener	Jan 18, 2025
13	Jaeckle, Izzi	FR-1	St. Olaf	1:00.53	MIAC Indoor Championships	Feb 27, 2025
14	Warner, Emma	FR-1	Concordia-Moorhead	1:00.78%	UND Tune Up	Feb 21, 2025
15	Berg, Lauren	JR-3	St. Benedict	1:01.01	Meet of the Hearts	Feb 8, 2025
16	Rydberg, Arissa	FR-1	Bethel (Minn.)	1:01.06	MIAC Indoor Championships	Feb 27, 2025
17	Pelowski, Madi	SO-2	Bethel (Minn.)	1:01.42	MIAC Indoor Championships	Feb 27, 2025
18	Storbakken, Emma	SR-4	St. Olaf	1:02.02	Stout Quad	Feb 14, 2025
19	Knapp, Emerson	SR-4	St. Benedict	1:02.06	Meet of the Hearts	Feb 8, 2025
20	Dauner, Emma	SO-2	St. Olaf	1:02.13	MIAC Indoor Championships	Feb 27, 2025
21	Luetmer, McKenzie	SO-2	Gustavus Adolphus	1:02.24	St Olaf Invitational and Multi-events	Jan 24, 2025
22	Dean, Morgan	JR-3	Bethel (Minn.)	1:02.35	MIAC Indoor Championships	Feb 27, 2025
23	Nelson, Kayla	JR-3	St. Scholastica	1:02.41	MIAC Indoor Championships	Feb 27, 2025
24	Wagner-Hemstad, Alice	FR-1	St. Olaf	1:02.65	MIAC Indoor Championships	Feb 27, 2025
25	Sieck, Kayla	JR-3	St. Olaf	1:02.67	St. Olaf Tostrud Classic	Feb 21, 2025
26	Ellefson, Jaden	JR-3	St. Scholastica	1:02.86	Maday Classic	Feb 15, 2025
27	Mair, Aubrey	SR-4	Gustavus Adolphus	1:03.26	Maverick Premier #1	Feb 14, 2025
28	Shercliffe, Meg	SR-4	Concordia-Moorhead	1:03.73	CSB / SJU Invitational	Feb 15, 2025
29	Stacy, Allison	FR-1	Gustavus Adolphus	1:03.82	Meet of the Hearts	Feb 8, 2025
30	RocheFord, Lauren	JR-3	Gustavus Adolphus	1:03.86	Maverick Invitational	Feb 21, 2025
31	Fynboh, Isabel	JR-3	Gustavus Adolphus	1:04.37	Mark Schuck Open and Multi	Jan 31, 2025
32	Minshull, Larissa	SR-4	Bethel (Minn.)	1:04.53	Gene Glader Classic	Feb 22, 2025
33	Kienitz, Ella	FR-1	Gustavus Adolphus	1:04.66	CSB / SJU Invitational	Feb 15, 2025
34	Sahly, Emma	SR-4	St. Olaf	1:05.03	Gopher Classic	Feb 8, 2025
35	Makem Ratzinger, Joel	SO-2	St. Benedict	1:05.13	CSB / SJU Invitational	Feb 15, 2025
36	Torres, Melissa	FR-1	Saint Mary's (Minn.)	1:05.66	UWRF Winter Classic	Feb 8, 2025
37	Edison, Elise	SO-2	Macalester	1:05.79	Mark Schuck Open and Multi	Jan 31, 2025
38	Wrzesien, Caitlyn	SR-4	Bethel (Minn.)	1:05.85	Gene Glader Classic	Feb 22, 2025
38	Schwinghamer, Lola	FR-1	Saint Mary's (Minn.)	1:05.85	Maverick Invitational	Feb 21, 2025
40	Anderson, Tayah	FR-1	St. Scholastica	1:06.29	Maday Classic	Feb 15, 2025

600 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	JR-3	St. Olaf	1:33.22	Gopher Classic	Feb 8, 2025
2	Hookom, Allison	JR-3	Augsburg	1:34.94	Gopher Classic	Feb 8, 2025
3	Nygaard, Kyla	JR-3	Concordia-Moorhead	1:35.48%	UND Open and Multi	Jan 31, 2025
4	Sulungaine, Shalom	SO-2	Bethel (Minn.)	1:36.64	MIAC Indoor Championships	Feb 27, 2025
5	Berg, Lauren	JR-3	St. Benedict	1:36.98	MIAC Indoor Championships	Feb 27, 2025
6	Revoir, Ava	FR-1	St. Benedict	1:38.67	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
7	Fromm, Jules	SR-4	St. Olaf	1:39.22	Gopher Classic	Feb 8, 2025
8	Erickson, Lara	SR-4	Carleton	1:39.60	St. Olaf Tostrud Classic	Feb 21, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
9	Sieck, Kayla	JR-3	St. Olaf	1:39.74	St Olaf Invitational and Multi-events	Jan 24, 2025
10	DiNardo, Molly	SO-2	St. Olaf	1:40.05	Gopher Classic	Feb 8, 2025
11	Shercliffe, Meg	SR-4	Concordia-Moorhead	1:40.79	MIAC Indoor Championships	Feb 27, 2025
12	Mickelson, Nora	SO-2	St. Olaf	1:41.04	MIAC Indoor Championships	Feb 27, 2025
13	Silverstein, Celia	JR-3	Carleton	1:41.58	Mark Schuck Open and Multi	Jan 31, 2025
14	Bradley, Anabel	SO-2	Hamline	1:41.75	Luther Invitational	Feb 8, 2025
15	Mair, Aubrey	SR-4	Gustavus Adolphus	1:42.80	CSB / SJU Invitational	Feb 15, 2025
16	Dauner, Emma	SO-2	St. Olaf	1:42.93	St. Olaf Tostrud Classic	Feb 21, 2025
17	Knapp, Emerson	SR-4	St. Benedict	1:43.00	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
18	Fynboh, Isabel	JR-3	Gustavus Adolphus	1:44.43	CSB / SJU Invitational	Feb 15, 2025
19	Wilkins, Hadley	JR-3	Macalester	1:44.49	Meet of the Hearts	Feb 8, 2025
20	O'Connor, Erin	FR-1	St. Benedict	1:44.51	MIAC Indoor Championships	Feb 27, 2025
21	Makem Ratzinger, Joel	SO-2	St. Benedict	1:44.65	MIAC Indoor Championships	Feb 27, 2025
22	Baumann, Brooke	JR-3	Hamline	1:45.40	Luther Invitational	Feb 8, 2025
23	Rydberg, Arissa	FR-1	Bethel (Minn.)	1:45.79	Warren Bowlus Open & Multi	Jan 31, 2025
24	Warner, Emma	FR-1	Concordia-Moorhead	1:45.88	CSB / SJU Invitational	Feb 15, 2025
25	McCorison, Adelyn	FR-1	St. Scholastica	1:46.21	MIAC Indoor Championships	Feb 27, 2025
26	Luetmer, McKenzie	SO-2	Gustavus Adolphus	1:46.32	Mark Schuck Open and Multi	Jan 31, 2025
27	Witschen, Anabella	SO-2	St. Benedict	1:46.42	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
28	Minshull, Larissa	SR-4	Bethel (Minn.)	1:47.72	MIAC Indoor Championships	Feb 27, 2025
29	Warren, Anna	SR-4	Macalester	1:48.12	MIAC Indoor Championships	Feb 27, 2025
30	Worry, Megan	FR-1	Macalester	1:48.59	St. Olaf Tostrud Classic	Feb 21, 2025
31	McDonald, Meaghan	JR-3	St. Benedict	1:48.85	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
32	RocheFord, Lauren	JR-3	Gustavus Adolphus	1:50.49	Meet of the Hearts	Feb 8, 2025
33	Janes, Savannah	SO-2	Hamline	1:50.52	St. Olaf Tostrud Classic	Feb 21, 2025
34	Dose, Karcyn	FR-1	St. Benedict	1:50.78	Meet of the Hearts	Feb 8, 2025
35	Schwinghamer, Lola	FR-1	Saint Mary's (Minn.)	1:50.89	St. Olaf Ole Opener	Jan 18, 2025
36	Stark, Teagan	FR-1	Gustavus Adolphus	1:54.50	Meet of the Hearts	Feb 8, 2025
37	Sanchez-Castillo, Daniela	JR-3	Hamline	1:54.61	Vanessa Seljeskog Classic	Jan 25, 2025
38	Neria, Deliah	SO-2	Hamline	1:55.60	Vanessa Seljeskog Classic	Jan 25, 2025
39	Kennedy, Adelyn	FR-1	Gustavus Adolphus	1:56.30	Meet of the Hearts	Feb 8, 2025
40	Peterson, Kaitlyn	SO-2	St. Catherine (Minn.)	1:56.62	CSB / SJU Invitational	Feb 15, 2025

800 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	JR-3	St. Olaf	2:11.33	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Berg, Lauren	JR-3	St. Benedict	2:17.65	MIAC Indoor Championships	Feb 27, 2025
3	Sulungaine, Shalom	SO-2	Bethel (Minn.)	2:18.31	Snowshoe Open	Feb 21, 2025
4	Erickson, Lara	SR-4	Carleton	2:18.42	MIAC Indoor Championships	Feb 27, 2025
5	Fromm, Jules	SR-4	St. Olaf	2:19.29	Stout Quad	Feb 14, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
6	Radaich, Taylor	SO-2	St. Benedict	2:20.00	MIAC Indoor Championships	Feb 27, 2025
7	DeWitt, Regan	SO-2	St. Scholastica	2:20.62	MIAC Indoor Championships	Feb 27, 2025
8	Bradley, Anabel	SO-2	Hamline	2:20.75	MIAC Indoor Championships	Feb 27, 2025
9	Hookom, Allison	JR-3	Augsburg	2:21.72	CSB / SJU Invitational	Feb 15, 2025
10	Sieck, Kayla	JR-3	St. Olaf	2:22.55	St. Olaf Ole Opener	Jan 18, 2025
11	Frolek, Drew	SR-4	Concordia-Moorhead	2:23.02%	SDSU Indoor Classic	Feb 14, 2025
12	DiNardo, Molly	SO-2	St. Olaf	2:23.16	Stout Quad	Feb 14, 2025
13	Mickelson, Nora	SO-2	St. Olaf	2:23.23	MIAC Indoor Championships	Feb 27, 2025
14	McManus, Sophie	SR-4	Carleton	2:23.60	Maverick Premier #2	Feb 15, 2025
15	Gernandt, Ruby	SR-4	Bethel (Minn.)	2:23.96	Stout Quad	Feb 14, 2025
16	Silverstein, Celia	JR-3	Carleton	2:24.33	St. Olaf Ole Opener	Jan 18, 2025
17	Marx, Kayla	FR-1	Carleton	2:24.53	St. Olaf Ole Opener	Jan 18, 2025
18	Walukas, Kailyn	SR-4	Gustavus Adolphus	2:24.57	Maverick Invitational	Feb 21, 2025
19	Henry-Perlich, Kelyn	FR-1	Concordia-Moorhead	2:24.83	Bison Open	Feb 7, 2025
20	Fox, Kate	FR-1	Macalester	2:25.14	Mark Schuck Open and Multi	Jan 31, 2025
21	Smith, Kalli	SR-4	St. Benedict	2:25.19	CSB / SJU Invitational	Feb 15, 2025
22	Slavin, Mya	FR-1	Saint Mary's (Minn.)	2:25.27	Warren Bowlus Open & Multi	Jan 31, 2025
23	Larsen, Aliya	JR-3	Carleton	2:25.51	Maverick Premier #2	Feb 15, 2025
24	Mair, Aubrey	SR-4	Gustavus Adolphus	2:25.86	Maverick Invitational	Feb 21, 2025
25	Wilkins, Hadley	JR-3	Macalester	2:25.93	St. Olaf Tostrud Classic	Feb 21, 2025
26	Witschen, Anabella	SO-2	St. Benedict	2:26.62	Meet of the Hearts	Feb 8, 2025
27	Baumann, Brooke	JR-3	Hamline	2:27.80	Vanessa Seljeskog Classic	Jan 25, 2025
28	Verkinnes, Brooke	JR-3	St. Benedict	2:28.20	MIAC Indoor Championships	Feb 27, 2025
29	Brix, Alwena	FR-1	Augsburg	2:28.77	MIAC Indoor Championships	Feb 27, 2025
30	Zielsdorf, Natalie	JR-3	St. Benedict	2:29.35	St. Olaf Tostrud Classic	Feb 21, 2025
31	Dose, Karcyn	FR-1	St. Benedict	2:29.93	St. Olaf Tostrud Classic	Feb 21, 2025
32	McDonald, Meaghan	JR-3	St. Benedict	2:31.40	MIAC Indoor Championships	Feb 27, 2025
33	Dahl, Addie	FR-1	Concordia-Moorhead	2:31.91%	UND Tune Up	Feb 21, 2025
34	Thier, Maranda	SR-4	St. Benedict	2:32.02	MIAC Indoor Championships	Feb 27, 2025
35	McCorison, Adelyn	FR-1	St. Scholastica	2:32.12	Maday Classic	Feb 15, 2025
36	Fan, Sophia	FR-1	Macalester	2:32.79	MIAC Indoor Championships	Feb 27, 2025
37	Reckmeyer, Madeleine	FR-1	Carleton	2:33.09	St Olaf Invitational and Multi-events	Jan 24, 2025
38	Hartley, Madeline	SO-2	St. Scholastica	2:33.43	MIAC Indoor Championships	Feb 27, 2025
39	Krumm, Ella	SR-4	Macalester	2:33.52	MIAC Indoor Championships	Feb 27, 2025
40	Gentz, Kiara	SO-2	Bethel (Minn.)	2:34.85	Stout Quad	Feb 14, 2025

1000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	JR-3	St. Olaf	2:51.13	MIAC Indoor Championships	Feb 27, 2025
2	Erickson, Lara	SR-4	Carleton	3:01.40	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
3	DeWitt, Regan	SO-2	St. Scholastica	3:01.48	MIAC Indoor Championships	Feb 27, 2025
4	Slavin, Mya	FR-1	Saint Mary's (Minn.)	3:01.92	Maverick Invitational	Feb 21, 2025
5	Silverstein, Celia	JR-3	Carleton	3:01.96	Meet of the Hearts	Feb 8, 2025
6	McManus, Sophie	SR-4	Carleton	3:02.22	St. Olaf Tostrud Classic	Feb 21, 2025
7	Abernethy, Sophie	SR-4	St. Olaf	3:02.49	MIAC Indoor Championships	Feb 27, 2025
8	Frolek, Drew	SR-4	Concordia-Moorhead	3:02.95	CSB / SJU Invitational	Feb 15, 2025
9	Radaich, Taylor	SO-2	St. Benedict	3:03.09	MIAC Indoor Championships	Feb 27, 2025
10	Fox, Kate	FR-1	Macalester	3:03.24	MIAC Indoor Championships	Feb 27, 2025
11	Smith, Kalli	SR-4	St. Benedict	3:03.83	MIAC Indoor Championships	Feb 27, 2025
12	Erickson, Siri	SO-2	St. Olaf	3:04.51	MIAC Indoor Championships	Feb 27, 2025
13	Leiner, Willemijn	FR-1	St. Olaf	3:05.60	St Olaf Invitational and Multi-events	Jan 24, 2025
14	Moeller, Grace	JR-3	St. Olaf	3:05.80	Mark Schuck Open and Multi	Jan 31, 2025
15	Marx, Kayla	FR-1	Carleton	3:05.82	St Olaf Invitational and Multi-events	Jan 24, 2025
16	Gernandt, Ruby	SR-4	Bethel (Minn.)	3:05.94	MIAC Indoor Championships	Feb 27, 2025
17	Henry-Perlich, Kelyn	FR-1	Concordia-Moorhead	3:06.66	CSB / SJU Invitational	Feb 15, 2025
18	DiNardo, Molly	SO-2	St. Olaf	3:07.92	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
19	Rowland, Libby	SR-4	Carleton	3:07.95	St. Olaf Tostrud Classic	Feb 21, 2025
20	Walukas, Kailyn	SR-4	Gustavus Adolphus	3:08.33	MIAC Indoor Championships	Feb 27, 2025
21	Hagen, Sydney	SR-4	Gustavus Adolphus	3:09.51	Maverick Invitational	Feb 21, 2025
22	Reckmeyer, Madeleine	FR-1	Carleton	3:09.76	MIAC Indoor Championships	Feb 27, 2025
23	Daley, Nora	SO-2	Carleton	3:09.80	Mark Schuck Open and Multi	Jan 31, 2025
24	Cargill, Anna	SR-4	Bethel (Minn.)	3:10.33	MIAC Indoor Championships	Feb 27, 2025
25	Witschen, Anabella	SO-2	St. Benedict	3:11.31	MIAC Indoor Championships	Feb 27, 2025
26	Bradley, Anabel	SO-2	Hamline	3:11.79	Vanessa Seljeskog Classic	Jan 25, 2025
27	Verkinnes, Brooke	JR-3	St. Benedict	3:13.61	Meet of the Hearts	Feb 8, 2025
28	Zielsdorf, Natalie	JR-3	St. Benedict	3:17.14	MIAC Indoor Championships	Feb 27, 2025
29	Mickelson, Nora	SO-2	St. Olaf	3:17.87	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
30	Fan, Sophia	FR-1	Macalester	3:18.38	Meet of the Hearts	Feb 8, 2025
31	Murphy, Mackenzie	SO-2	Gustavus Adolphus	3:19.35	CSB / SJU Invitational	Feb 15, 2025
32	Shirley, Ava	JR-3	St. Olaf	3:19.51	St. Olaf Tostrud Classic	Feb 21, 2025
33	Ait Ali, Safiya	FR-1	St. Olaf	3:19.74	St Olaf Invitational and Multi-events	Jan 24, 2025
34	Coffin, Ella	FR-1	Carleton	3:20.27	Meet of the Hearts	Feb 8, 2025
35	Hartley, Madeline	SO-2	St. Scholastica	3:21.32	Maday Classic	Feb 15, 2025
36	Juntunen-Novak, Ava	SR-4	St. Benedict	3:22.29	Meet of the Hearts	Feb 8, 2025
37	Dahl, Addie	FR-1	Concordia-Moorhead	3:22.80	CSB / SJU Invitational	Feb 15, 2025
38	Hrabik, Grace	SO-2	St. Scholastica	3:22.81	Maday Classic	Feb 15, 2025
39	Sanchez-Castillo, Daniela	JR-3	Hamline	3:24.65	Luther Invitational	Feb 8, 2025
40	Thier, Maranda	SR-4	St. Benedict	3:24.83	CSB/SJU vs St. Olaf Dual	Jan 31, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	McManus, Sophie	SR-4	Carleton	5:05.93	Maverick Premier #2	Feb 15, 2025
2	Abernethy, Sophie	SR-4	St. Olaf	5:09.48	MIAC Indoor Championships	Feb 27, 2025
3	Carlson, Sofia	SR-4	St. Olaf	5:10.54	MIAC Indoor Championships	Feb 27, 2025
4	Rowland, Libby	SR-4	Carleton	5:11.27	Maverick Premier #2	Feb 15, 2025
5	Larsen, Aliya	JR-3	Carleton	5:12.36	St Olaf Invitational and Multi-events	Jan 24, 2025
6	Marx, Kayla	FR-1	Carleton	5:14.72	Mark Schuck Open and Multi	Jan 31, 2025
7	Fox, Kate	FR-1	Macalester	5:15.67	MIAC Indoor Championships	Feb 27, 2025
8	Daley, Nora	SO-2	Carleton	5:16.78	St. Olaf Tostrud Classic	Feb 21, 2025
9	Henry-Perlich, Kelyn	FR-1	Concordia-Moorhead	5:17.01	MIAC Indoor Championships	Feb 27, 2025
10	Lyngen, Lucy	SR-4	St. Benedict	5:17.05	St. Olaf Tostrud Classic	Feb 21, 2025
11	Slavin, Mya	FR-1	Saint Mary's (Minn.)	5:18.25	MIAC Indoor Championships	Feb 27, 2025
12	Erickson, Siri	SO-2	St. Olaf	5:19.17	Stout Quad	Feb 14, 2025
13	Frolek, Drew	SR-4	Concordia-Moorhead	5:19.68%	UND Tune Up	Feb 21, 2025
14	Moeller, Grace	JR-3	St. Olaf	5:20.02	MIAC Indoor Championships	Feb 27, 2025
15	DeWitt, Regan	SO-2	St. Scholastica	5:20.75	CSS Opener	Dec 14, 2024
16	Lindquist, Abigale	FR-1	St. Olaf	5:21.05	St Olaf Invitational and Multi-events	Jan 24, 2025
17	Coldren, Ivy	SO-2	Macalester	5:21.46	St. Olaf Tostrud Classic	Feb 21, 2025
18	McCormick, Grace	SO-2	St. Scholastica	5:22.12	CSS Opener	Dec 14, 2024
19	Gernandt, Ruby	SR-4	Bethel (Minn.)	5:22.33	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
20	Walukas, Kailyn	SR-4	Gustavus Adolphus	5:22.75	Maverick Premier #1	Feb 14, 2025
21	Hagen, Sydney	SR-4	Gustavus Adolphus	5:23.95	Meet of the Hearts	Feb 8, 2025
22	Leiner, Willemijn	FR-1	St. Olaf	5:24.20	St. Olaf Ole Opener	Jan 18, 2025
23	Cargill, Anna	SR-4	Bethel (Minn.)	5:25.12	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
24	Radaich, Taylor	SO-2	St. Benedict	5:25.36	Meet of the Hearts	Feb 8, 2025
25	Norquist, Ingrid	SO-2	Macalester	5:25.78	St. Olaf Tostrud Classic	Feb 21, 2025
26	Hart, Brooklyn	FR-1	Concordia-Moorhead	5:26.69%	UND Open and Multi	Jan 31, 2025
26	Timmerman, Megan	JR-3	St. Olaf	5:26.69	St. Olaf Tostrud Classic	Feb 21, 2025
28	Zielsdorf, Natalie	JR-3	St. Benedict	5:27.19	St. Olaf Tostrud Classic	Feb 21, 2025
29	Nevo, Timna	SO-2	Macalester	5:27.63	MIAC Indoor Championships	Feb 27, 2025
30	Kenney, Mary	JR-3	St. Benedict	5:28.08	St. Olaf Tostrud Classic	Feb 21, 2025
31	Nelson, Ashley	FR-1	Concordia-Moorhead	5:28.73	Bison Open	Feb 7, 2025
32	Bradley, Anabel	SO-2	Hamline	5:29.08%	SDSU Indoor Classic	Feb 14, 2025
33	Ellis, Samantha	SO-2	Macalester	5:29.62	St. Olaf Tostrud Classic	Feb 21, 2025
34	Larsen-Schmidt, Gracia	SR-4	St. Olaf	5:30.07	St. Olaf Tostrud Classic	Feb 21, 2025
35	O'Connor, Eileen	FR-1	St. Benedict	5:30.13	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
36	Reckmeyer, Madeleine	FR-1	Carleton	5:31.74	Maverick Premier #2	Feb 15, 2025
37	Babineau, Julia	SO-2	St. Benedict	5:32.48	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
38	Johnson, Airlal	SR-4	Concordia-Moorhead	5:32.96	Bison Open	Feb 7, 2025
39	McCloskey, Molly Kate	JR-3	St. Olaf	5:33.07	St. Olaf Tostrud Classic	Feb 21, 2025
40	Shirley, Ava	JR-3	St. Olaf	5:33.68	MIAC Indoor Championships	Feb 27, 2025

3000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Preisser, Hannah	JR-3	Carleton	9:54.60	MIAC Indoor Championships	Feb 27, 2025
2	Bode, Alison	SR-4	St. Olaf	9:57.99	MIAC Indoor Championships	Feb 27, 2025
3	Larsen, Aliya	JR-3	Carleton	9:59.84	Meet of the Hearts	Feb 8, 2025
4	McManus, Sophie	SR-4	Carleton	9:59.92	MIAC Indoor Championships	Feb 27, 2025
5	Carlson, Sofia	SR-4	St. Olaf	10:13.50	MIAC Indoor Championships	Feb 27, 2025
6	Walda, Lauren	JR-3	St. Olaf	10:18.45	MIAC Indoor Championships	Feb 27, 2025
7	Daley, Nora	SO-2	Carleton	10:24.96	Meet of the Hearts	Feb 8, 2025
8	Rowland, Libby	SR-4	Carleton	10:28.48	Meet of the Hearts	Feb 8, 2025
9	Lyngen, Lucy	SR-4	St. Benedict	10:33.49	MIAC Indoor Championships	Feb 27, 2025
10	Hagen, Sydney	SR-4	Gustavus Adolphus	10:33.71	MIAC Indoor Championships	Feb 27, 2025
11	Lindquist, Abigale	FR-1	St. Olaf	10:37.56	Gopher Classic	Feb 8, 2025
12	Liston, Molly	JR-3	Gustavus Adolphus	10:37.72	MIAC Indoor Championships	Feb 27, 2025
13	Nelson, Ashley	FR-1	Concordia-Moorhead	10:37.82	MIAC Indoor Championships	Feb 27, 2025
14	Norquist, Ingrid	SO-2	Macalester	10:38.17	MIAC Indoor Championships	Feb 27, 2025
15	Kenney, Mary	JR-3	St. Benedict	10:40.29	MIAC Indoor Championships	Feb 27, 2025
16	Coldren, Ivy	SO-2	Macalester	10:40.76	MIAC Indoor Championships	Feb 27, 2025
17	Slavin, Mya	FR-1	Saint Mary's (Minn.)	10:44.23	UWRF Winter Classic	Feb 8, 2025
18	Walukas, Kailyn	SR-4	Gustavus Adolphus	10:45.07	Meet of the Hearts	Feb 8, 2025
19	McCormick, Grace	SO-2	St. Scholastica	10:45.77	MIAC Indoor Championships	Feb 27, 2025
20	Hart, Brooklyn	FR-1	Concordia-Moorhead	10:51.10	Bison Open	Feb 7, 2025
21	Madden, Kathleen	SO-2	St. Olaf	10:54.21	Gopher Classic	Feb 8, 2025
22	Nevo, Timna	SO-2	Macalester	10:55.99	Meet of the Hearts	Feb 8, 2025
23	Ellis, Samantha	SO-2	Macalester	10:56.26	Meet of the Hearts	Feb 8, 2025
24	Larsen-Schmidt, Gracia	SR-4	St. Olaf	10:56.30	MIAC Indoor Championships	Feb 27, 2025
25	Bufkin, Abby	SO-2	St. Benedict	11:00.10	MIAC Indoor Championships	Feb 27, 2025
26	Hagen, Mollykate	SO-2	St. Scholastica	11:01.93%	UND Open and Multi	Jan 31, 2025
27	Babineau, Julia	SO-2	St. Benedict	11:03.01	MIAC Indoor Championships	Feb 27, 2025
28	McCloskey, Molly Kate	JR-3	St. Olaf	11:04.50	Chuck Petersen Open	Dec 7, 2024
29	Murphy, Mackenzie	SO-2	Gustavus Adolphus	11:04.67	Meet of the Hearts	Feb 8, 2025
30	Ait Ali, Safiya	FR-1	St. Olaf	11:07.65	Gopher Classic	Feb 8, 2025
31	Osemwengie, Destiny	SO-2	Macalester	11:07.78	St. Olaf Tostrud Classic	Feb 21, 2025
32	Tapajna, Abby	JR-3	Hamline	11:08.50	St. Olaf Tostrud Classic	Feb 21, 2025
33	Timmerman, Megan	JR-3	St. Olaf	11:15.58	Stout Quad	Feb 14, 2025
34	O'Connor, Eileen	FR-1	St. Benedict	11:15.80	Meet of the Hearts	Feb 8, 2025
35	England, Arabella	FR-1	St. Olaf	11:15.95	Gopher Classic	Feb 8, 2025
36	Craven, Ava	SR-4	St. Olaf	11:16.01	St. Olaf Ole Opener	Jan 18, 2025
37	Votruba, Maggie	SR-4	Carleton	11:18.16	Meet of the Hearts	Feb 8, 2025
38	Johnson, Aerial	SR-4	Concordia-Moorhead	11:18.84%	UND Tune Up	Feb 21, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
39	Coyle, Sylvia	SR-4	Macalester	11:20.37	Meet of the Hearts	Feb 8, 2025
40	Baumann, Brooke	JR-3	Hamline	11:22.73	St. Olaf Tostrud Classic	Feb 21, 2025

5000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Preisser, Hannah	JR-3	Carleton	17:00.01	Maverick Premier #2	Feb 15, 2025
2	McManus, Sophie	SR-4	Carleton	17:31.22	St Olaf Invitational and Multi-events	Jan 24, 2025
3	Bode, Alison	SR-4	St. Olaf	17:31.89	Midwest ELITE Invitational	Feb 14, 2025
4	Walda, Lauren	JR-3	St. Olaf	17:34.25	Midwest ELITE Invitational	Feb 14, 2025
5	Carlson, Sofia	SR-4	St. Olaf	17:47.33	Midwest ELITE Invitational	Feb 14, 2025
6	Nelson, Ashley	FR-1	Concordia-Moorhead	18:23.30	Wartburg Qualifier	Mar 7, 2025
7	Hagen, Sydney	SR-4	Gustavus Adolphus	18:23.54	MIAC Indoor Championships	Feb 27, 2025
8	Norquist, Ingrid	SO-2	Macalester	18:25.50	MIAC Indoor Championships	Feb 27, 2025
9	Liston, Molly	JR-3	Gustavus Adolphus	18:30.63	St Olaf Invitational and Multi-events	Jan 24, 2025
10	Kenney, Mary	JR-3	St. Benedict	18:35.67	MIAC Indoor Championships	Feb 27, 2025
11	Madden, Kathleen	SO-2	St. Olaf	18:36.01	Midwest ELITE Invitational	Feb 14, 2025
12	McCormick, Grace	SO-2	St. Scholastica	18:53.77	Maday Classic	Feb 15, 2025
13	Hart, Brooklyn	FR-1	Concordia-Moorhead	19:01.93	CSB / SJU Invitational	Feb 15, 2025
14	Coldren, Ivy	SO-2	Macalester	19:05.35	Mark Schuck Open and Multi	Jan 31, 2025
15	England, Arabella	FR-1	St. Olaf	19:10.68	MIAC Indoor Championships	Feb 27, 2025
16	Bufkin, Abby	SO-2	St. Benedict	19:19.24	MIAC Indoor Championships	Feb 27, 2025
17	Hagen, Mollykate	SO-2	St. Scholastica	19:25.93	Maday Classic	Feb 15, 2025
18	Klobe, Kendra	SR-4	Saint Mary's (Minn.)	19:26.39	St Olaf Invitational and Multi-events	Jan 24, 2025
19	Johnson, Aerial	SR-4	Concordia-Moorhead	19:27.18	CSB / SJU Invitational	Feb 15, 2025
20	Larsen-Schmidt, Gracia	SR-4	St. Olaf	19:28.04	MIAC Indoor Championships	Feb 27, 2025
21	Tapajna, Abby	JR-3	Hamline	19:34.51%	SDSU Indoor Classic	Feb 14, 2025
22	O'Connor, Eileen	FR-1	St. Benedict	19:36.61	CSB / SJU Invitational	Feb 15, 2025
23	Gleason, Cate	SR-4	St. Olaf	19:41.80	Midwest ELITE Invitational	Feb 14, 2025
24	Votruba, Maggie	SR-4	Carleton	20:00.79	Maverick Premier #2	Feb 15, 2025
25	Tung-Mabry, Madelyn	SO-2	St. Olaf	20:32.64	Stout Quad	Feb 14, 2025
26	Harvey, Lily	SR-4	St. Catherine (Minn.)	20:41.69	CSB / SJU Invitational	Feb 15, 2025
27	Anderson, Erin	SO-2	St. Olaf	20:42.68	Stout Quad	Feb 14, 2025
28	Merges, Kaline	FR-1	St. Benedict	20:43.89	CSB / SJU Invitational	Feb 15, 2025
29	Niaz, Cynthia	SO-2	Carleton	20:47.97	Maverick Premier #2	Feb 15, 2025
30	Nibbelink, Ava	FR-1	Bethel (Minn.)	20:49.46	St Olaf Invitational and Multi-events	Jan 24, 2025
31	Olinger, Rachel	JR-3	St. Benedict	20:52.82	CSB / SJU Invitational	Feb 15, 2025
32	Breuer, Shannon	SO-2	St. Olaf	20:59.73	M City Indoor Classsic	Dec 6, 2024
33	Burshem, Ayva	JR-3	St. Benedict	21:16.04	CSB / SJU Invitational	Feb 15, 2025
34	Tess, Emily	SR-4	St. Benedict	21:27.96	CSB / SJU Invitational	Feb 15, 2025

60 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Kalevik, Jenna	SR-4	Concordia-Moorhead	8.98	UND Tune Up	Feb 21, 2025
2	Floren, Justus	SR-4	St. Benedict	9.12	Wartburg Qualifier	Mar 7, 2025
3	Bingham, Hannah	FR-1	Bethel (Minn.)	9.21	MIAC Indoor Championships	Feb 27, 2025
4	Thorson, Elle	SR-4	Bethel (Minn.)	9.23	MIAC Indoor Championships	Feb 27, 2025
5	Thauvin, Laura	FR-1	Gustavus Adolphus	9.39	MIAC Indoor Championships	Feb 27, 2025
6	Hernes, Ellie	JR-3	Bethel (Minn.)	9.42	Snowshoe Open	Feb 21, 2025
7	Podulke, Emily	FR-1	Gustavus Adolphus	9.50	MIAC Indoor Championships	Feb 27, 2025
8	Adelgren, Anya	SO-2	St. Benedict	9.52	MIAC Indoor Championships	Feb 27, 2025
9	Stahl, Chelsea	SO-2	Gustavus Adolphus	9.66	MIAC Indoor Championships	Feb 27, 2025
10	Myatt, Tessa	SO-2	Macalester	9.70	St. Olaf Tostrud Classic	Feb 21, 2025
11	Bodin, Gabby	SR-4	St. Catherine (Minn.)	9.73	MIAC Indoor Championships	Feb 27, 2025
12	Selle, Peyton	SR-4	Concordia-Moorhead	9.77	Bison Open	Feb 7, 2025
13	Kajer, Kayla	FR-1	Gustavus Adolphus	9.83(55)	Meet of the Hearts	Feb 8, 2025
14	Wolsky, Haley	SO-2	Concordia-Moorhead	9.84	UND Tune Up	Feb 21, 2025
15	Ostrem, Chloe	SO-2	St. Benedict	9.87	St. Olaf Tostrud Classic	Feb 21, 2025
16	Tyvoll, Ally	SO-2	Bethel (Minn.)	10.05	MIAC Indoor Championships	Feb 27, 2025
17	Scholten, Hailey	JR-3	Bethel (Minn.)	10.13	MIAC Indoor Championships	Feb 27, 2025
18	Askegaard, Lucy	FR-1	St. Olaf	10.14	MIAC Indoor Championships	Feb 27, 2025
19	Harriman, Elise	SO-2	St. Olaf	10.20	St. Olaf Tostrud Classic	Feb 21, 2025
20	Keech, Claire	JR-3	St. Olaf	10.23	MIAC Indoor Championships	Feb 27, 2025
21	Sahly, Emma	SR-4	St. Olaf	10.27	St. Olaf Tostrud Classic	Feb 21, 2025
22	Evans, Kayla	FR-1	Bethel (Minn.)	10.31	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
23	Komastu, Maisy	FR-1	St. Benedict	10.33	MIAC Indoor Championships	Feb 27, 2025
24	Moe, Hannah	JR-3	Bethel (Minn.)	10.39	MIAC Indoor Championships	Feb 27, 2025
25	Kemp, Anna	SO-2	St. Benedict	10.48	CSB / SJU Invitational	Feb 15, 2025
25	Klein, Aubree	SO-2	St. Olaf	10.48	St. Olaf Tostrud Classic	Feb 21, 2025
27	Schuele, Emma	JR-3	St. Benedict	10.58	St. Olaf Tostrud Classic	Feb 21, 2025
28	Hannah, Gabrielle	SR-4	Hamline	10.62	Vanessa Seljeskog Classic	Jan 25, 2025
29	Hagberg, Annika	FR-1	St. Olaf	10.85	Stout Quad	Feb 14, 2025
30	Paulsen, Logan	FR-1	St. Olaf	10.95	St Olaf Invitational and Multi-events	Jan 24, 2025
31	Koch, Emily	SO-2	St. Benedict	11.17	St. Olaf Tostrud Classic	Feb 21, 2025
32	Christenson, Taylor	FR-1	Concordia-Moorhead	11.52	MIAC Indoor Championships	Feb 27, 2025
33	Albers, Marissa	SO-2	Hamline	11.56	MIAC Indoor Championships	Feb 27, 2025
34	Iverson, Hope	SO-2	Bethel (Minn.)	11.82	Gene Glader Classic	Feb 22, 2025
35	Banse, Grace	JR-3	Gustavus Adolphus	11.86	MIAC Indoor Championships	Feb 27, 2025
36	Johnson, Isabelle	JR-3	Concordia-Moorhead	12.99	Bison Open	Feb 7, 2025

4 x 200 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	1:43.56	Rengo, Sandman, Osborne, Nygaard	MIAC Indoor Championships	Feb 27, 2025
2	Gustavus Adolphus	1:44.11	Carlson, Stacy, Lindner, Geraets	MIAC Indoor Championships	Feb 27, 2025
3	Bethel (Minn.)	1:46.60	Swenson, Kvant, Kaping, Gregg	MIAC Indoor Championships	Feb 27, 2025
4	St. Scholastica	1:47.17	Ellefson, Fink, Nelson, Wick	MIAC Indoor Championships	Feb 27, 2025
5	Saint Mary's (Minn.)	1:47.39	Gin, Young, Torres, Munson	MIAC Indoor Championships	Feb 27, 2025
6	Macalester	1:47.55	Beckley, Wilkins, Wilson, Rogahn-Press	MIAC Indoor Championships	Feb 27, 2025
7	St. Olaf	1:47.57	Herweijer, Jaeckle, Matre, Storbakken	St. Olaf Tostrud Classic	Feb 21, 2025
8	Carleton	1:47.83	Kusch, Twichell, Lott, Islam	MIAC Indoor Championships	Feb 27, 2025
9	St. Benedict	1:49.08	Buntrock, Gries, Adelgren, Feldman	MIAC Indoor Championships	Feb 27, 2025
10	Hamline	1:49.83	Temeh, Siems, Hoffmann, Schneider	St. Olaf Tostrud Classic	Feb 21, 2025

4 x 400 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:51.55	Stellmach, Swenson, Gregg, Sulungaine	Wartburg Qualifier	Mar 7, 2025
2	Concordia-Moorhead	3:57.01	Rengo, Warner, Shercliffe, Nygaard	Wartburg Qualifier	Mar 7, 2025
3	St. Olaf	4:02.21	Jaeckle, Wilson, Storbakken, Wyatt	MIAC Indoor Championships	Feb 27, 2025
4	St. Benedict	4:07.20	Revoir, Knapp, Smith, Berg	Meet of the Hearts	Feb 8, 2025
5	Macalester	4:08.46	Beckley, Wilkins, Fox, Rogahn-Press	MIAC Indoor Championships	Feb 27, 2025
6	Carleton	4:08.71	Kusch, Twichell, Erickson, Silverstein	Meet of the Hearts	Feb 8, 2025
7	St. Scholastica	4:12.70	Ellefson, Fink, DeWitt, Nelson	MIAC Indoor Championships	Feb 27, 2025
8	Gustavus Adolphus	4:13.63	Stacy, Mair, Fynboh, Luetmer	MIAC Indoor Championships	Feb 27, 2025
9	Hamline	4:17.87	Bradley, Aurelius, Anderson, Karpen	MIAC Indoor Championships	Feb 27, 2025
10	Saint Mary's (Minn.)	4:33.29	Munson, Torres, Schwinghamer, Slavin	Warren Bowlus Open & Multi	Jan 31, 2025

Distance Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	St. Olaf	12:30.19	Timmerman, Storbakken, DiNardo, Abernethy	MIAC Indoor Championships	Feb 27, 2025
2	Carleton	12:31.06	Rowland, Twichell, Silverstein, Marx	MIAC Indoor Championships	Feb 27, 2025
3	Macalester	12:46.83	Coldren, Beckley, Wilkins, Fox	MIAC Indoor Championships	Feb 27, 2025
4	St. Benedict	12:49.46	Lyngen, Knapp, Witschen, Smith	MIAC Indoor Championships	Feb 27, 2025
5	Concordia-Moorhead	12:58.78	Johnson, Shercliffe, Frolek, Henry-Perlich	MIAC Indoor Championships	Feb 27, 2025
6	Bethel (Minn.)	13:00.83	Gernandt, Rydberg, Gentz, Cargill	MIAC Indoor Championships	Feb 27, 2025
7	Gustavus Adolphus	13:05.96	Walukas, Luetmer, Mair, Murphy	Mark Schuck Open and Multi	Jan 31, 2025
8	St. Scholastica	13:20.09	Hagen, Ellefson, McCorison, McCormick	MIAC Indoor Championships	Feb 27, 2025
9	Hamline	13:39.77	Maddux, Aurelius, Bradley, Baumann	MIAC Indoor Championships	Feb 27, 2025
10	Saint Mary's (Minn.)	14:10.98	Meyer, Goergen, Frosch, Klobe	MIAC Indoor Championships	Feb 27, 2025
11	St. Catherine (Minn.)	14:19.16	Sit, Peterson, Kennedy, Harvey	MIAC Indoor Championships	Feb 27, 2025

High Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Kajer, Kayla	FR-1	Gustavus Adolphus	1.63m	5' 4.25"	MIAC Indoor Championships	Feb 27, 2025
2	Thorson, Elle	SR-4	Bethel (Minn.)	1.61m	5' 3.25"	MIAC Indoor Championships	Feb 27, 2025
3	Larson, Mara	SO-2	St. Olaf	1.60m	5' 3"	MIAC Indoor Championships	Feb 27, 2025
4	Kalevik, Jenna	SR-4	Concordia-Moorhead	1.55m	5' 1"	MIAC Indoor Championships	Feb 27, 2025
4	Hernes, Ellie	JR-3	Bethel (Minn.)	1.55m	5' 1"	MIAC Indoor Championships	Feb 27, 2025
4	Jore, Ashlyn	JR-3	St. Olaf	1.55m	5' 1"	St. Olaf Tostrud Classic	Feb 21, 2025
7	Witham, Frankie	SO-2	Hamline	1.54m	5' 0.5"	University of St. Thomas Indoor Invitational	Jan 17, 2025
8	Brown, Sam	SO-2	St. Benedict	1.51m	4' 11.5"	MIAC Indoor Championships	Feb 27, 2025
8	Islam, Alice	FR-1	Carleton	1.51m	4' 11.5"	Maverick Premier #2	Feb 15, 2025
8	Beer, Erin	SR-4	Gustavus Adolphus	1.51m	4' 11.5"	MIAC Indoor Championships	Feb 27, 2025
11	Reichardt, Juliet	FR-1	Macalester	1.50m	4' 11"	Vanessa Seljeskog Classic	Jan 25, 2025
11	Selle, Peyton	SR-4	Concordia-Moorhead	1.50m	4' 11"	UND Open and Multi	Jan 31, 2025
13	Moe, Hannah	JR-3	Bethel (Minn.)	1.49m	4' 10.5"	Stout Quad	Feb 14, 2025
13	Scholten, Hailey	JR-3	Bethel (Minn.)	1.49m	4' 10.5"	MIAC Indoor Championships	Feb 27, 2025
15	Kemp, Anna	SO-2	St. Benedict	1.47m	4' 9.75"	CSB / SJU Invitational	Feb 15, 2025
16	Podulke, Emily	FR-1	Gustavus Adolphus	1.46m	4' 9.5"	Mark Schuck Open and Multi	Jan 31, 2025
16	Stommes, Kiera	FR-1	St. Benedict	1.46m	4' 9.5"	MIAC Indoor Championships	Feb 27, 2025
16	Tyvoll, Ally	SO-2	Bethel (Minn.)	1.46m	4' 9.5"	MIAC Indoor Championships	Feb 27, 2025
16	Terwedo, Drea	SO-2	St. Benedict	1.46m	4' 9.5"	MIAC Indoor Championships	Feb 27, 2025
20	Floren, Justus	SR-4	St. Benedict	1.45m	4' 9"	St. Olaf Tostrud Classic	Feb 21, 2025
21	Gin, Xara	FR-1	Saint Mary's (Minn.)	1.43m	4' 8.25"	Warren Bowlus Open & Multi	Jan 31, 2025
22	Strom, Hanna	SO-2	Saint Mary's (Minn.)	1.40m	4' 7"	UWRF Winter Classic	Feb 8, 2025
22	Keech, Claire	JR-3	St. Olaf	1.40m	4' 7"	St. Olaf Ole Opener	Jan 18, 2025
24	Dennis, Blanche	FR-1	Concordia-Moorhead	1.38m	4' 6.25"	UND Tune Up	Feb 21, 2025
25	Barnd, Nevaeh	SO-2	Hamline	1.37m	4' 6"	Luther Invitational	Feb 8, 2025
26	Myatt, Tessa	SO-2	Macalester	1.35m	4' 5"	Mark Schuck Open and Multi	Jan 31, 2025
26	Paulsen, Logan	FR-1	St. Olaf	1.35m	4' 5"	St Olaf Invitational and Multi-events	Jan 24, 2025
26	Wgeishofski, Sydnie	JR-3	St. Scholastica	1.35m	4' 5"	CSS Opener	Dec 14, 2024
29	Christenson, Taylor	FR-1	Concordia-Moorhead	1.34m	4' 4.75"	MIAC Indoor Championships	Feb 27, 2025
30	Koch, Emily	SO-2	St. Benedict	1.33m	4' 4.25"	Meet of the Hearts	Feb 8, 2025
31	Komastu, Maisy	FR-1	St. Benedict	1.32m	4' 4"	CSB / SJU Invitational	Feb 15, 2025
31	Hannah, Gabrielle	SR-4	Hamline	1.32m	4' 4"	Luther Invitational	Feb 8, 2025
33	Collins, Parker	FR-1	Carleton	1.30m	4' 3.25"	St. Olaf Tostrud Classic	Feb 21, 2025
34	Banse, Grace	JR-3	Gustavus Adolphus	1.28m	4' 2.25"	Meet of the Hearts	Feb 8, 2025
34	Iverson, Hope	SO-2	Bethel (Minn.)	1.28m	4' 2.25"	MIAC Indoor Championships	Feb 27, 2025
34	Albers, Marissa	SO-2	Hamline	1.28m	4' 2.25"	MIAC Indoor Championships	Feb 27, 2025
37	Klein, Aubree	SO-2	St. Olaf	1.19m	3' 10.75"	MIAC Indoor Championships	Feb 27, 2025

Pole Vault

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ahlberg, Jaylyn	JR-3	St. Benedict	3.56m	11' 8"	MIAC Indoor Championships	Feb 27, 2025
2	Graff, Alli	SR-4	Gustavus Adolphus	3.47m	11' 4.5"	Meet of the Hearts	Feb 8, 2025
3	Pearson, Emily	SO-2	Bethel (Minn.)	3.46m	11' 4.25"	MIAC Indoor Championships	Feb 27, 2025
3	Kaping, Raina	SO-2	Bethel (Minn.)	3.46m	11' 4.25"	MIAC Indoor Championships	Feb 27, 2025
5	Coleman, Brynley	FR-1	Concordia-Moorhead	3.27m	10' 8.75"	UND Tune Up	Feb 21, 2025
6	Raidt, LiLi	SO-2	St. Benedict	3.26m	10' 8.25"	MIAC Indoor Championships	Feb 27, 2025
7	Finney, Camille	SO-2	Gustavus Adolphus	3.22m	10' 6.75"	CSB / SJU Invitational	Feb 15, 2025
8	Gin, Xara	FR-1	Saint Mary's (Minn.)	3.16m	10' 4.25"	MIAC Indoor Championships	Feb 27, 2025
8	Nesseth, Erika	FR-1	St. Olaf	3.16m	10' 4.25"	MIAC Indoor Championships	Feb 27, 2025
8	Flinn, McKenna	FR-1	St. Benedict	3.16m	10' 4.25"	MIAC Indoor Championships	Feb 27, 2025
11	Wilson, Seneca	SO-2	Macalester	3.11m	10' 2.5"	M City Indoor Classsic	Dec 6, 2024
12	Brown, Savannah	SO-2	Hamline	2.93m	9' 7.25"	Luther Invitational	Feb 8, 2025
13	Nelson, Molly	JR-3	Bethel (Minn.)	2.91m	9' 6.5"	MIAC Indoor Championships	Feb 27, 2025
13	Bunker, Jenna	SR-4	Gustavus Adolphus	2.91m	9' 6.5"	MIAC Indoor Championships	Feb 27, 2025
15	Selberg, Lillian	SR-4	Gustavus Adolphus	2.90m	9' 6.25"	St. Olaf Tostrud Classic	Feb 21, 2025
16	Luepke, Bria	JR-3	Hamline	2.76m	9' 0.5"	MIAC Indoor Championships	Feb 27, 2025
17	Craft, Tahlia	SO-2	Bethel (Minn.)	2.75m	9' 0.25"	Gene Glader Classic	Feb 22, 2025
18	Gardeen, Anna	SO-2	Bethel (Minn.)	2.73m	8' 11.5"	Stout Quad	Feb 14, 2025
19	Wolsky, Haley	SO-2	Concordia-Moorhead	2.70m	8' 10.25"	UND Open and Multi	Jan 31, 2025
20	Hatcher, Grace	SR-4	Hamline	2.62m	8' 7"	CSB / SJU Invitational	Feb 15, 2025
20	Boyd, Roen	JR-3	Macalester	2.62m	8' 7"	CSB / SJU Invitational	Feb 15, 2025
22	Evans, Mia	JR-3	Bethel (Minn.)	2.60m	8' 6.25"	Gene Glader Classic	Feb 22, 2025
22	Steele, Chloe	FR-1	Bethel (Minn.)	2.60m	8' 6.25"	Gene Glader Classic	Feb 22, 2025
22	Ehlers, Lucy	SO-2	Hamline	2.60m	8' 6.25"	St. Olaf Tostrud Classic	Feb 21, 2025
25	Olson, Alexis	FR-1	Concordia-Moorhead	2.52m	8' 3.25"	Cobber Indoor Open	Jan 25, 2025
26	Meyers, Tessa	FR-1	Hamline	2.47m	8' 1.25"	CSB / SJU Invitational	Feb 15, 2025
27	Hagberg, Annika	FR-1	St. Olaf	2.45m	8' 0.5"	St Olaf Invitational and Multi-events	Jan 24, 2025
27	Askegaard, Lucy	FR-1	St. Olaf	2.45m	8' 0.5"	St. Olaf Tostrud Classic	Feb 21, 2025
29	Tschida, Elizabeth	SO-2	Gustavus Adolphus	2.40m	7' 10.5"	St. Olaf Ole Opener	Jan 18, 2025
29	Jones, Nora	FR-1	Concordia-Moorhead	2.40m	7' 10.5"	UND Open and Multi	Jan 31, 2025
29	Murack, Bailey	FR-1	Concordia-Moorhead	2.40m	7' 10.5"	UND Open and Multi	Jan 31, 2025
32	Brown, Sam	SO-2	St. Benedict	2.37m	7' 9.25"	Meet of the Hearts	Feb 8, 2025
32	Lemelin, Abbi	FR-1	Concordia-Moorhead	2.37m	7' 9.25"	Cobber Indoor Open	Jan 25, 2025

Long Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Geraets, Megan	SR-4	Gustavus Adolphus	5.67m	18' 7.25"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025	NWI
2	Farquharson, Sabriya	SO-2	St. Benedict	5.53m	18' 1.75"	CSB / SJU Invitational	Feb 15, 2025	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
3	Floren, Justus	SR-4	St. Benedict	5.52m	18' 1.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
4	Kalevik, Jenna	SR-4	Concordia-Moorhead	5.31m	17' 5.25"	MIAC Indoor Championships	Feb 27, 2025	NWI
5	Hernes, Ellie	JR-3	Bethel (Minn.)	5.28m	17' 4"	MIAC Indoor Championships	Feb 27, 2025	NWI
6	Thorson, Elle	SR-4	Bethel (Minn.)	5.26m	17' 3.25"	Snowshoe Open	Feb 21, 2025	NWI
7	Stanisloski, Jordan	SO-2	Bethel (Minn.)	5.23m	17' 2"	Gene Glader Classic	Feb 22, 2025	NWI
8	Jore, Ashlyn	JR-3	St. Olaf	5.21m	17' 1.25"	Chuck Petersen Open	Dec 7, 2024	NWI
9	Barrett, Addyson	FR-1	Hamline	5.13m	16' 10"	MIAC Indoor Championships	Feb 27, 2025	NWI
9	Wick, Shayna	FR-1	St. Scholastica	5.13m	16' 10"	CSS Opener	Dec 14, 2024	NWI
11	Lindner, Sarrah	JR-3	Gustavus Adolphus	5.08m	16' 8"	Maverick Premier #1	Feb 14, 2025	NWI
11	Solheid, Sami	SO-2	St. Benedict	5.08m	16' 8"	MIAC Indoor Championships	Feb 27, 2025	NWI
13	Selle, Peyton	SR-4	Concordia-Moorhead	5.04m	16' 6.5"	Bison Open	Feb 7, 2025	NWI
14	Beckley, Claire	FR-1	Macalester	5.03m	16' 6"	Meet of the Hearts	Feb 8, 2025	NWI
15	Myatt, Tessa	SO-2	Macalester	4.99m	16' 4.5"	M City Indoor Classsic	Dec 6, 2024	NWI
16	Gries, Anna	FR-1	St. Benedict	4.95m	16' 3"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
17	Thauvin, Laura	FR-1	Gustavus Adolphus	4.92m	16' 1.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
18	Komastu, Maisy	FR-1	St. Benedict	4.83m	15' 10.25"	MIAC Indoor Championships	Feb 27, 2025	NWI
18	Tyvoll, Ally	SO-2	Bethel (Minn.)	4.83m	15' 10.25"	MIAC Indoor Championships	Feb 27, 2025	NWI
20	Petersen, Katie	SR-4	Gustavus Adolphus	4.82m	15' 9.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
20	McCabe, Maggie	FR-1	St. Benedict	4.82m	15' 9.75"	CSB / SJU Invitational	Feb 15, 2025	NWI
22	Albers, Marissa	SO-2	Hamline	4.80m	15' 9"	MIAC Indoor Championships	Feb 27, 2025	NWI
22	Moe, Hannah	JR-3	Bethel (Minn.)	4.80m	15' 9"	MIAC Indoor Championships	Feb 27, 2025	NWI
24	Schritz, Elli	SO-2	St. Scholastica	4.77m	15' 7.75"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
25	Keech, Claire	JR-3	St. Olaf	4.71m	15' 5.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
26	Witham, Frankie	SO-2	Hamline	4.67m	15' 4"	CSB / SJU Invitational	Feb 15, 2025	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
27	Hannah, Gabrielle	SR-4	Hamline	4.66m	15' 3.5"	CSB / SJU Invitational	Feb 15, 2025	NWI
27	Miyoshi, Claire	FR-1	Carleton	4.66m	15' 3.5"	Meet of the Hearts	Feb 8, 2025	NWI
29	Christenson, Taylor	FR-1	Concordia-Moorhead	4.60m	15' 1.25"	UND Tune Up	Feb 21, 2025	NWI
30	Klein, Aubree	SO-2	St. Olaf	4.55m	14' 11.25"	M City Indoor Classic	Dec 6, 2024	NWI
31	Paulsen, Logan	FR-1	St. Olaf	4.53m	14' 10.5"	St. Olaf Ole Opener	Jan 18, 2025	NWI
31	Iverson, Hope	SO-2	Bethel (Minn.)	4.53m	14' 10.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
33	Barnd, Nevaeh	SO-2	Hamline	4.50m	14' 9.25"	Luther Invitational	Feb 8, 2025	NWI
34	Hatcher, Grace	SR-4	Hamline	4.46m	14' 7.75"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
34	Dostal, Ameryn	FR-1	Saint Mary's (Minn.)	4.46m	14' 7.75"	CSB / SJU Invitational	Feb 15, 2025	NWI
36	Scholten, Hailey	JR-3	Bethel (Minn.)	4.40m	14' 5.25"	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
37	Terwedo, Drea	SO-2	St. Benedict	4.34m	14' 3"	CSB/SJU Alumni Meet	Jan 25, 2025	NWI
38	Sikes, Jane	SR-4	St. Olaf	4.29m	14' 1"	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
39	Koch, Emily	SO-2	St. Benedict	4.27m	14' 0.25"	MIAC Indoor Championships	Feb 27, 2025	NWI
40	Banse, Grace	JR-3	Gustavus Adolphus	4.17m	13' 8.25"	MIAC Indoor Championships	Feb 27, 2025	NWI

Triple Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Hernes, Ellie	JR-3	Bethel (Minn.)	11.48m	37' 8"	Snowshoe Open	Feb 21, 2025	NWI
2	Farquharson, Sabriya	SO-2	St. Benedict	11.40m	37' 5"	MIAC Indoor Championships	Feb 27, 2025	NWI
3	Osborne, Piper	SO-2	Concordia-Moorhead	10.97m	36' 0"	CSB / SJU Invitational	Feb 15, 2025	NWI
4	Lindner, Sarrah	JR-3	Gustavus Adolphus	10.76m	35' 3.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
5	Gries, Anna	FR-1	St. Benedict	10.70m	35' 1.25"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
6	Dostal, Ameryn	FR-1	Saint Mary's (Minn.)	10.43m	34' 2.75"	UWRF Winter Classic	Feb 8, 2025	NWI
7	McCabe, Maggie	FR-1	St. Benedict	10.35m	33' 11.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
7	Stanisloski, Jordan	SO-2	Bethel (Minn.)	10.35m	33' 11.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
9	Solheid, Sami	SO-2	St. Benedict	10.23m	33' 6.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
10	Schritz, Elli	SO-2	St. Scholastica	10.01m	32' 10.25"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
11	Bilben, Jillian	FR-1	St. Scholastica	9.94m	32' 7.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
12	Wgeishofski, Sydnie	JR-3	St. Scholastica	9.82m	32' 2.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
13	Miyoshi, Claire	FR-1	Carleton	9.79m	32' 1.5"	Meet of the Hearts	Feb 8, 2025	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
14	Dennis, Blanche	FR-1	Concordia-Moorhead	9.72m	31' 10.75"	UND Tune Up	Feb 21, 2025	NWI
15	Barrett, Addyson	FR-1	Hamline	9.69m	31' 9.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
16	Collins, Parker	FR-1	Carleton	9.49m	31' 1.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
17	Sikes, Jane	SR-4	St. Olaf	9.21m	30' 2.75"	MIAC Indoor Championships	Feb 27, 2025	NWI

Shot Put

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Myatt, Tessa	SO-2	Macalester	13.22m	43' 4.5"	Wartburg Qualifier	Mar 7, 2025
2	Wilhelm, Nora	JR-3	Bethel (Minn.)	12.74m	41' 9.75"	Stout Quad	Feb 14, 2025
3	Jackman, Sydney	SR-4	Saint Mary's (Minn.)	12.46m	40' 10.5"	MIAC Indoor Championships	Feb 27, 2025
4	Brainer, Lexi	SR-4	Hamline	12.45m	40' 10.25"	CSB / SJU Invitational	Feb 15, 2025
5	Dates, Desirae	JR-3	Hamline	12.38m	40' 7.5"	MIAC Indoor Championships	Feb 27, 2025
6	Travis, Miranda	SO-2	Concordia-Moorhead	12.12m	39' 9.25"	UND Tune Up	Feb 21, 2025
7	Wallendal, Morgan	SR-4	Saint Mary's (Minn.)	12.02m	39' 5.25"	St. Olaf Ole Opener	Jan 18, 2025
8	Banse, Allison	FR-1	St. Benedict	11.77m	38' 7.5"	MIAC Indoor Championships	Feb 27, 2025
9	Engen, Ella	JR-3	St. Scholastica	11.71m	38' 5"	MIAC Indoor Championships	Feb 27, 2025
10	Mueffelman, Chloe	FR-1	Concordia-Moorhead	11.50m	37' 8.75"	MIAC Indoor Championships	Feb 27, 2025
11	McCord, Keira	FR-1	Gustavus Adolphus	11.35m	37' 3"	MIAC Indoor Championships	Feb 27, 2025
12	Sampy, Lena	FR-1	Hamline	11.32m	37' 1.75"	Luther Invitational	Feb 8, 2025
12	Floren, Justus	SR-4	St. Benedict	11.32m	37' 1.75"	Bison Open	Feb 7, 2025
14	Johnson, Emma	SR-4	St. Olaf	11.27m	36' 11.75"	MIAC Indoor Championships	Feb 27, 2025
15	Thorson, Elle	SR-4	Bethel (Minn.)	11.26m	36' 11.5"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
16	Russell, Ava	FR-1	Macalester	11.18m	36' 8.25"	Vanessa Seljeskog Classic	Jan 25, 2025
17	Lin, Jessica	SO-2	Macalester	11.17m	36' 7.75"	St. Olaf Tostrud Classic	Feb 21, 2025
18	Dooley, Cecelia	FR-1	Hamline	11.01m	36' 1.5"	Vanessa Seljeskog Classic	Jan 25, 2025
19	Wehrman, Rachel	FR-1	Bethel (Minn.)	10.97m	36' 0"	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
20	Harriman, Elise	SO-2	St. Olaf	10.93m	35' 10.5"	St. Olaf Tostrud Classic	Feb 21, 2025
21	Hoffman, Rebecca	SO-2	Gustavus Adolphus	10.87m	35' 8"	Mark Schuck Open and Multi	Jan 31, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
21	Wilson, Malonna	FR-1	Bethel (Minn.)	10.87m	35' 8"	St Olaf Invitational and Multi-events	Jan 24, 2025
23	Wright, Erica	SO-2	Saint Mary's (Minn.)	10.77m	35' 4"	Maverick Invitational	Feb 21, 2025
23	Kalevik, Jenna	SR-4	Concordia-Moorhead	10.77m	35' 4"	MIAC Indoor Championships	Feb 27, 2025
25	Paulsen, Logan	FR-1	St. Olaf	10.55m	34' 7.5"	St. Olaf Ole Opener	Jan 18, 2025
26	Fuller, Laura	SR-4	Concordia-Moorhead	10.49m	34' 5"	UND Tune Up	Feb 21, 2025
27	Torres, Alexis	SR-4	St. Benedict	10.45m	34' 3.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
27	Keech, Claire	JR-3	St. Olaf	10.45m	34' 3.5"	Chuck Petersen Open	Dec 7, 2024
29	Smith, Christian	SO-2	St. Benedict	10.39m	34' 1.25"	St. Olaf Tostrud Classic	Feb 21, 2025
30	Banse, Grace	JR-3	Gustavus Adolphus	10.29m	33' 9.25"	St. Olaf Ole Opener	Jan 18, 2025
30	Duncan, Olivia	SO-2	Gustavus Adolphus	10.29m	33' 9.25"	St. Olaf Ole Opener	Jan 18, 2025
30	Hartl, Gracie	FR-1	Concordia-Moorhead	10.29m	33' 9.25"	UND Open and Multi	Jan 31, 2025
33	Lighthill, Otelia	SO-2	St. Olaf	10.05m	32' 11.75"	Chuck Petersen Open	Dec 7, 2024
34	Blake, Romona-Shae	JR-3	Hamline	10.00m	32' 9.75"	Vanessa Seljeskog Classic	Jan 25, 2025
34	Lewandowski, Maggie	SO-2	St. Catherine (Minn.)	10.00m	32' 9.75"	CSB / SJU Invitational	Feb 15, 2025
36	Baker, Erin	FR-1	St. Benedict	9.92m	32' 6.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
37	Dove, Charlotte	JR-3	Concordia-Moorhead	9.89m	32' 5.5"	UND Tune Up	Feb 21, 2025
38	Hovis, Kyra	FR-1	St. Scholastica	9.83m	32' 3"	Maday Classic	Feb 15, 2025
39	Selle, Peyton	SR-4	Concordia-Moorhead	9.68m	31' 9.25"	Bison Open	Feb 7, 2025
40	Saxton, Sophia	FR-1	St. Olaf	9.52m	31' 3"	St Olaf Invitational and Multi-events	Jan 24, 2025

Weight Throw

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Speratos, Anna	JR-3	Bethel (Minn.)	17.31m	56' 9.5"	Stout Quad	Feb 14, 2025
2	Brainer, Lexi	SR-4	Hamline	17.11m	56' 1.75"	MIAC Indoor Championships	Feb 27, 2025
3	Wilhelm, Nora	JR-3	Bethel (Minn.)	15.62m	51' 3"	Snowshoe Open	Feb 21, 2025
4	Becker, Anna	SR-4	Saint Mary's (Minn.)	15.48m	50' 9.5"	CSB / SJU Invitational	Feb 15, 2025
5	Wallendal, Morgan	SR-4	Saint Mary's (Minn.)	15.05m	49' 4.5"	CSB / SJU Invitational	Feb 15, 2025
6	Stritesky, Ella	JR-3	St. Scholastica	15.00m	49' 2.5"	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
7	Kangas, Brooke	SR-4	Concordia-Moorhead	14.87m	48' 9.5"	MIAC Indoor Championships	Feb 27, 2025
8	Engen, Ella	JR-3	St. Scholastica	14.51m	47' 7.25"	Maday Classic	Feb 15, 2025
9	Tracy, Brooke	JR-3	Hamline	14.37m	47' 1.75"	MIAC Indoor Championships	Feb 27, 2025
10	Hunt, Jade	SR-4	Hamline	14.10m	46' 3.25"	MIAC Indoor Championships	Feb 27, 2025
11	Smith, Christian	SO-2	St. Benedict	13.98m	45' 10.5"	St. Olaf Tostrud Classic	Feb 21, 2025
12	Lin, Jessica	SO-2	Macalester	13.70m	44' 11.5"	Meet of the Hearts	Feb 8, 2025
13	Hoffman, Rebecca	SO-2	Gustavus Adolphus	13.67m	44' 10.25"	Meet of the Hearts	Feb 8, 2025
14	Johnson, Emma	SR-4	St. Olaf	13.25m	43' 5.75"	MIAC Indoor Championships	Feb 27, 2025
15	Boelter, Ella	JR-3	Bethel (Minn.)	13.14m	43' 1.5"	MIAC Indoor Championships	Feb 27, 2025
16	Wehrman, Rachel	FR-1	Bethel (Minn.)	13.01m	42' 8.25"	Stout Quad	Feb 14, 2025
17	Owens, Magenta	FR-1	Hamline	12.88m	42' 3.25"	St. Olaf Tostrud Classic	Feb 21, 2025
17	Russell, Ava	FR-1	Macalester	12.88m	42' 3.25"	CSB / SJU Invitational	Feb 15, 2025
19	Heins, Ella	SO-2	St. Scholastica	12.83m	42' 1.25"	MIAC Indoor Championships	Feb 27, 2025
20	Wilson, Malonna	FR-1	Bethel (Minn.)	12.65m	41' 6"	Stout Quad	Feb 14, 2025
21	Torres, Alexis	SR-4	St. Benedict	12.48m	40' 11.5"	CSB / SJU Invitational	Feb 15, 2025
22	Baker, Erin	FR-1	St. Benedict	12.41m	40' 8.75"	Meet of the Hearts	Feb 8, 2025
23	Dooley, Cecelia	FR-1	Hamline	12.39m	40' 7.75"	Luther Invitational	Feb 8, 2025
24	Schei, Isabella	SO-2	Saint Mary's (Minn.)	12.14m	39' 10"	St. Olaf Ole Opener	Jan 18, 2025
25	Sampy, Lena	FR-1	Hamline	12.13m	39' 9.75"	Luther Invitational	Feb 8, 2025
26	Alvarez, Suzette	SO-2	Saint Mary's (Minn.)	11.99m	39' 4"	Pat Healy Classic	Jan 25, 2025
27	Johnson, Savana	SR-4	Saint Mary's (Minn.)	11.97m	39' 3.25"	Maverick Invitational	Feb 21, 2025
28	Duncan, Olivia	SO-2	Gustavus Adolphus	11.88m	38' 11.75"	St. Olaf Ole Opener	Jan 18, 2025
29	Hamilton, Elizabeth	SO-2	St. Scholastica	11.82m	38' 9.5"	UND Open and Multi	Jan 31, 2025
30	Lewandowski, Maggie	SO-2	St. Catherine (Minn.)	11.76m	38' 7"	Meet of the Hearts	Feb 8, 2025
31	Fuller, Laura	SR-4	Concordia-Moorhead	11.59m	38' 0.25"	Bison Open	Feb 7, 2025
32	Banse, Allison	FR-1	St. Benedict	11.48m	37' 8"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
33	Hovis, Kyra	FR-1	St. Scholastica	11.33m	37' 2.25"	St. Olaf Tostrud Classic	Feb 21, 2025
34	Lighthill, Otelia	SO-2	St. Olaf	11.32m	37' 1.75"	St. Olaf Tostrud Classic	Feb 21, 2025
35	Blake, Romona-Shae	JR-3	Hamline	11.25m	36' 11"	University of St. Thomas Indoor Invitational	Jan 17, 2025
35	Voss, Alaina	SO-2	Concordia-Moorhead	11.25m	36' 11"	UND Tune Up	Feb 21, 2025
37	Bishop, Savannah	SO-2	St. Scholastica	11.17m	36' 7.75"	CSS Opener	Dec 14, 2024
38	Matuszewski, Beth	FR-1	St. Benedict	11.10m	36' 5"	St. Olaf Tostrud Classic	Feb 21, 2025
39	Althoff, Abby	SR-4	St. Catherine (Minn.)	10.77m	35' 4"	Vanessa Seljeskog Classic	Jan 25, 2025
40	Schmidt, Anna	JR-3	Hamline	10.72m	35' 2"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025

Pentathlon

Place	Athlete	Year	Team	Points	Meet	Meet Date
1	Thorson, Elle	SR-4	Bethel (Minn.)	3387	MIAC Indoor Championships	Feb 27, 2025
2	Floren, Justus	SR-4	St. Benedict	3281	MIAC Indoor Championships	Feb 27, 2025
3	Kalevik, Jenna	SR-4	Concordia-Moorhead	3224	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Points	Meet	Meet Date
4	Hernes, Ellie	JR-3	Bethel (Minn.)	3213	MIAC Indoor Championships	Feb 27, 2025
5	Myatt, Tessa	SO-2	Macalester	2881	MIAC Indoor Championships	Feb 27, 2025
6	Selle, Peyton	SR-4	Concordia-Moorhead	2852	Bison Open	Feb 7, 2025
7	Tyvoll, Ally	SO-2	Bethel (Minn.)	2664	MIAC Indoor Championships	Feb 27, 2025
8	Scholten, Hailey	JR-3	Bethel (Minn.)	2648	MIAC Indoor Championships	Feb 27, 2025
9	Moe, Hannah	JR-3	Bethel (Minn.)	2565	MIAC Indoor Championships	Feb 27, 2025
10	Keech, Claire	JR-3	St. Olaf	2556	St Olaf Invitational and Multi-events	Jan 24, 2025
11	Komastu, Maisy	FR-1	St. Benedict	2497	MIAC Indoor Championships	Feb 27, 2025
12	Christenson, Taylor	FR-1	Concordia-Moorhead	2380	MIAC Indoor Championships	Feb 27, 2025
13	Koch, Emily	SO-2	St. Benedict	2286	MIAC Indoor Championships	Feb 27, 2025
14	Albers, Marissa	SO-2	Hamline	2228	MIAC Indoor Championships	Feb 27, 2025
15	Paulsen, Logan	FR-1	St. Olaf	2181	St Olaf Invitational and Multi-events	Jan 24, 2025
16	Iverson, Hope	SO-2	Bethel (Minn.)	2093	MIAC Indoor Championships	Feb 27, 2025
17	Klein, Aubree	SO-2	St. Olaf	2035	M City Indoor Classsic	Dec 6, 2024
18	Banse, Grace	JR-3	Gustavus Adolphus	2014	MIAC Indoor Championships	Feb 27, 2025