



MIAC Indoor Performance List

60 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Young, Zari	SO-2	Saint Mary's (Minn.)	7.66(55)	MIAC Indoor Conference Championship	Feb 26, 2026
2	Olson-Skog, Alethia	FR-1	Bethel (Minn.)	7.70	Snowshoe Open	Feb 20, 2026
3	Rogahn-Press, Ariella	SO-2	Macalester	7.79	Vanessa Seljeskog Classic	Jan 24, 2026
4	Rengo, Emily	SR-4	Concordia-Moorhead	7.85	UND Tune Up	Feb 20, 2026
5	Munson, Samantha	SR-4	Saint Mary's (Minn.)	7.87(55)	MIAC Indoor Conference Championship	Feb 26, 2026
6	Paulson, Ella	SO-2	Bethel (Minn.)	7.93(55)	MIAC Indoor Conference Championship	Feb 26, 2026
6	Abreu, Eva	FR-1	Macalester	7.93	St. Olaf Invitational	Jan 31, 2026
8	Fynboh, Lydia	JR-3	Concordia-Moorhead	7.94	UND Tune Up	Feb 20, 2026
9	Siems, Claire	SO-2	Hamline	7.95	St. Olaf Tostrud Classic	Feb 20, 2026
10	Stacy, Allison	SO-2	Gustavus Adolphus	7.96	Maverick Indoor Open	Feb 20, 2026
11	Lund, Gabriella	JR-3	St. Benedict	7.99(55)	MIAC Indoor Conference Championship	Feb 26, 2026
12	Sandman, Andie	JR-3	Concordia-Moorhead	8.00	CSB / SJU Valentine's Day Open	Feb 14, 2026
13	Beckley, Claire	SO-2	Macalester	8.01	M City Classic	Dec 5, 2025
14	Jore, Ashlyn	SR-4	St. Olaf	8.02	St. Olaf Tostrud Classic	Feb 20, 2026
15	Maki, Autumn	SO-2	Bethel (Minn.)	8.04	St. Olaf Tostrud Classic	Feb 20, 2026
15	Kaping, Raina	JR-3	Bethel (Minn.)	8.04	CSB / SJU Open #1	Jan 30, 2026
15	Schneider, Alexi	SO-2	Hamline	8.04	Luther Invitational	Feb 7, 2026
18	Sappington, Evangeline	FR-1	St. Olaf	8.05	St. Olaf Invitational	Jan 31, 2026
19	Loftness, Ava	FR-1	Gustavus Adolphus	8.06	St. Olaf Invitational	Jan 31, 2026
19	Frantzich, Svea	FR-1	St. Olaf	8.06	St. Olaf Invitational	Jan 31, 2026
21	Mensah, Terri	FR-1	Carleton	8.07(55)	MIAC Indoor Conference Championship	Feb 26, 2026
22	Jaeckle, Izzi	SO-2	St. Olaf	8.10	M City Classic	Dec 5, 2025
23	Griffin, Nacia	SO-2	Augsburg	8.14	Snowshoe Open	Feb 20, 2026
24	Fink, Allison	FR-1	St. Scholastica	8.15	Maday Classic	Feb 14, 2026
25	Badejo, Mabel	FR-1	Hamline	8.18(55)	MIAC Indoor Conference Championship	Feb 26, 2026
25	Munson, McKenzie	SR-4	Saint Mary's (Minn.)	8.18	University of Wisconsin River Falls Winter Invitational	Feb 7, 2026
27	Thauvin, Laura	SO-2	Gustavus Adolphus	8.20(55)	MIAC Indoor Conference Championship	Feb 26, 2026
27	Osborne, Piper	JR-3	Concordia-Moorhead	8.20	UND Open and Multi	Jan 30, 2026
29	Luetmer, McKenzie	JR-3	Gustavus Adolphus	8.22	M City Classic	Dec 5, 2025
29	Hookom, Allison	SR-4	Augsburg	8.22	Jack Johnson Classic	Jan 30, 2026
31	Buntrock, Grace	JR-3	St. Benedict	8.23	CSB / SJU Valentine's Day Open	Feb 14, 2026
32	Lott, Bianca	SR-4	Carleton	8.27	St. Olaf Invitational	Jan 31, 2026
33	Semple, Ellie	FR-1	St. Olaf	8.28	St Olaf Ole Opener	Jan 17, 2026
33	Groen, Abby	FR-1	Gustavus Adolphus	8.28	Maverick Indoor Open	Feb 20, 2026
33	Chea, Juslene	FR-1	St. Benedict	8.28	CSB / SJU Open #1	Jan 30, 2026
36	Turnbaugh, Jaz	FR-1	Hamline	8.30	St. Olaf Tostrud Classic	Feb 20, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
36	Torres, Melissa	SO-2	Saint Mary's (Minn.)	8.30	UW-La Crosse Pat Healy Classic	Jan 24, 2026
38	Cunningham, Emma	SO-2	Macalester	8.31	Vanessa Seljeskog Classic	Jan 24, 2026
39	Saamanen, Joscelyn	FR-1	Saint Mary's (Minn.)	8.32	Twin Ports Open	Jan 17, 2026
39	Islam, Alice	SO-2	Carleton	8.32	St. Olaf Tostrud Classic	Feb 20, 2026

200 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Rogahn-Press, Ariella	SO-2	Macalester	25.05	UW-La Crosse NCAA Indoor Final Qualifier	Mar 7, 2026	NWI
2	Munson, Samantha	SR-4	Saint Mary's (Minn.)	25.42	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
3	Jaeckle, Izzi	SO-2	St. Olaf	25.75	St. Olaf Invitational	Jan 31, 2026	NWI
4	Rengo, Emily	SR-4	Concordia-Moorhead	25.91	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
5	Sandman, Andie	JR-3	Concordia-Moorhead	26.09	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
6	Semple, Ellie	FR-1	St. Olaf	26.29	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
7	Abreu, Eva	FR-1	Macalester	26.30	Gopher Classic	Feb 7, 2026	NWI
8	Warner, Emma	SO-2	Concordia-Moorhead	26.41	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
9	Stein, Claire	FR-1	St. Olaf	26.46	Vanessa Seljeskog Classic	Jan 24, 2026	NWI
10	Stacy, Allison	SO-2	Gustavus Adolphus	26.51	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
11	Sappington, Evangeline	FR-1	St. Olaf	26.57	Stout Quad	Feb 14, 2026	NWI
12	Young, Zari	SO-2	Saint Mary's (Minn.)	26.60	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
13	Frantzich, Svea	FR-1	St. Olaf	26.63	Stout Quad	Feb 14, 2026	NWI
14	Slaybaugh, Ashley	FR-1	Bethel (Minn.)	26.73	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 7, 2026	NWI
15	Rydberg, Arissa	SO-2	Bethel (Minn.)	26.82	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
16	Siems, Claire	SO-2	Hamline	26.86	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
17	Kaping, Raina	JR-3	Bethel (Minn.)	26.91	CSB / SJU Open #1	Jan 30, 2026	NWI
17	Zaharieva, Deni	FR-1	Saint Mary's (Minn.)	26.91	Carleton Meet of Hearts	Feb 14, 2026	NWI
19	Feldman, Allee	SO-2	St. Benedict	27.01	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
19	Loftness, Ava	FR-1	Gustavus Adolphus	27.01	Maverick Indoor Open	Feb 20, 2026	NWI
21	Olson-Skog, Alethia	FR-1	Bethel (Minn.)	27.02	CSB / SJU Open #1	Jan 30, 2026	NWI
22	Maki, Autumn	SO-2	Bethel (Minn.)	27.03	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
23	Beckley, Claire	SO-2	Macalester	27.10	Carleton Meet of Hearts	Feb 14, 2026	NWI
24	Schneider, Alexi	SO-2	Hamline	27.12	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
25	Hookom, Allison	SR-4	Augsburg	27.17	Minnesota Open	Jan 10, 2026	NWI
26	Turnbaugh, Jaz	FR-1	Hamline	27.20	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
27	Coleman, Brynley	SO-2	Concordia-Moorhead	27.21	NDSU Alumni Classic	Dec 11, 2025	NWI
28	Osborne, Piper	JR-3	Concordia-Moorhead	27.22	Bison Open	Feb 6, 2026	NWI
29	Torres, Melissa	SO-2	Saint Mary's (Minn.)	27.28	Carleton Meet of Hearts	Feb 14, 2026	NWI
30	Pelowski, Madi	SR-4	Bethel (Minn.)	27.40	Vanessa Seljeskog Classic	Jan 24, 2026	NWI
31	Ellefson, Adelyn	SO-2	Bethel (Minn.)	27.42	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
32	Gerbig, Adyson	FR-1	Bethel (Minn.)	27.47	Vanessa Seljeskog Classic	Jan 24, 2026	NWI
33	Lott, Bianca	SR-4	Carleton	27.49	Carleton Meet of Hearts	Feb 14, 2026	NWI
34	Robran, Aliyah	SR-4	Hamline	27.53	Jack Johnson Classic	Jan 30, 2026	NWI
34	Luetmer, McKenzie	JR-3	Gustavus Adolphus	27.53	M City Classic	Dec 5, 2025	NWI
36	Rocheford, Lauren	SR-4	Gustavus Adolphus	27.62	Maverick Indoor Open	Feb 20, 2026	NWI

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
36	Vogel, Sophia	FR-1	Gustavus Adolphus	27.62	Maverick Indoor Open	Feb 20, 2026	NWI
38	Islam, Alice	SO-2	Carleton	27.63	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
39	Saamanen, Joscelyn	FR-1	Saint Mary's (Minn.)	27.64	Maverick Indoor Open	Feb 20, 2026	NWI
39	Gries, Anna	SO-2	St. Benedict	27.64	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
39	Podulke, Emily	SO-2	Gustavus Adolphus	27.64	Maverick Indoor Open	Feb 20, 2026	NWI

300 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Jaeckle, Izzi	SO-2	St. Olaf	41.30	M City Classic	Dec 5, 2025
2	Semple, Ellie	FR-1	St. Olaf	43.14	M City Classic	Dec 5, 2025
3	Warner, Emma	SO-2	Concordia-Moorhead	43.19	Bison Open	Feb 6, 2026
4	Abreu, Eva	FR-1	Macalester	43.26	M City Classic	Dec 5, 2025
5	Fynboh, Isabel	SR-4	Gustavus Adolphus	43.89	St. Olaf Invitational	Jan 31, 2026
6	Wick, Shayna	SO-2	St. Scholastica	43.98	St. Olaf Invitational	Jan 31, 2026
7	Wagner-Hemstad, Alice	SO-2	St. Olaf	44.87	M City Classic	Dec 5, 2025
8	Turnbaugh, Jaz	FR-1	Hamline	45.03	Luther Invitational	Feb 7, 2026
9	Rocheford, Lauren	SR-4	Gustavus Adolphus	45.13	M City Classic	Dec 5, 2025
10	Nelson, Kayla	SR-4	St. Scholastica	45.58	St. Olaf Invitational	Jan 31, 2026
11	Dauner, Emma	JR-3	St. Olaf	45.72	M City Classic	Dec 5, 2025
12	Karpen, Adrienne	SR-4	Hamline	46.07	Luther Invitational	Feb 7, 2026
13	Stark, Teagan	SO-2	Gustavus Adolphus	46.35	St. Olaf Invitational	Jan 31, 2026
14	Podulke, Emily	SO-2	Gustavus Adolphus	46.55	M City Classic	Dec 5, 2025
15	Albers, Marissa	JR-3	Hamline	48.04	Luther Invitational	Feb 7, 2026
16	Robinson, Mae	FR-1	St. Olaf	49.74	M City Classic	Dec 5, 2025
17	Witham, Frankie	JR-3	Hamline	51.97	Luther Invitational	Feb 7, 2026

400 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Rogahn-Press, Ariella	SO-2	Macalester	54.95%	NCAA Division III Indoor Track & Field Championships	Mar 13, 2026
2	Sulungaine, Shalom	JR-3	Bethel (Minn.)	55.94	MIAC Indoor Conference Championship	Feb 26, 2026
3	Hookom, Allison	SR-4	Augsburg	57.32	Wartburg Qualifier	Mar 6, 2026
4	Jaeckle, Izzi	SO-2	St. Olaf	58.10	Gopher Classic	Feb 7, 2026
5	Semple, Ellie	FR-1	St. Olaf	58.66	MIAC Indoor Conference Championship	Feb 26, 2026
6	Pelowski, Madi	SR-4	Bethel (Minn.)	58.76	MIAC Indoor Conference Championship	Feb 26, 2026
7	Brown, Josie	FR-1	Concordia-Moorhead	58.99	MIAC Indoor Conference Championship	Feb 26, 2026
8	Slaybaugh, Ashley	FR-1	Bethel (Minn.)	59.39	MIAC Indoor Conference Championship	Feb 26, 2026
9	Nygaard, Kyla	JR-3	Concordia-Moorhead	59.54	Bison Open	Feb 6, 2026
10	Zaharieva, Deni	FR-1	Saint Mary's (Minn.)	59.96	MIAC Indoor Conference Championship	Feb 26, 2026
11	Fynboh, Isabel	SR-4	Gustavus Adolphus	1:00.01	MIAC Indoor Conference Championship	Feb 26, 2026
12	Abreu, Eva	FR-1	Macalester	1:00.11	Carleton Meet of Hearts	Feb 14, 2026
13	Berg, Lauren	SR-4	St. Benedict	1:00.46	CSB / SJU Open #1	Jan 30, 2026
14	Bradley, Anabel	JR-3	Hamline	1:00.57	St. Olaf Tostrud Classic	Feb 20, 2026
15	Warner, Emma	SO-2	Concordia-Moorhead	1:00.71	Bison Open	Feb 6, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Luetmer, McKenzie	JR-3	Gustavus Adolphus	1:00.75	St Olaf Ole Opener	Jan 17, 2026
17	Rydberg, Arissa	SO-2	Bethel (Minn.)	1:00.79	MIAC Indoor Conference Championship	Feb 26, 2026
18	Gerbig, Adyson	FR-1	Bethel (Minn.)	1:00.97	MIAC Indoor Conference Championship	Feb 26, 2026
19	Norton, Emma	FR-1	Concordia-Moorhead	1:01.00	MIAC Indoor Conference Championship	Feb 26, 2026
20	Ellefson, Adelyn	SO-2	Bethel (Minn.)	1:01.16	MIAC Indoor Conference Championship	Feb 26, 2026
21	Dean, Taylor	FR-1	St. Benedict	1:01.57	MIAC Indoor Conference Championship	Feb 26, 2026
22	Dean, Morgan	SR-4	Bethel (Minn.)	1:01.62	St. Olaf Tostrud Classic	Feb 20, 2026
23	Wagner-Hemstad, Alice	SO-2	St. Olaf	1:02.01	Stout Quad	Feb 14, 2026
24	Nelson, Kayla	SR-4	St. Scholastica	1:02.13	St. Olaf Tostrud Classic	Feb 20, 2026
25	Kelleher, Caroline	SO-2	Carleton	1:02.18	Carleton Meet of Hearts	Feb 14, 2026
26	RocheFord, Lauren	SR-4	Gustavus Adolphus	1:02.31	Maverick Indoor Open	Feb 20, 2026
27	Frantzich, Svea	FR-1	St. Olaf	1:02.46	Gopher Classic	Feb 7, 2026
28	Kienitz, Ella	SO-2	Gustavus Adolphus	1:02.52	MIAC Indoor Conference Championship	Feb 26, 2026
29	Lott, Bianca	SR-4	Carleton	1:02.59	St. Olaf Tostrud Classic	Feb 20, 2026
30	Piechowski, Macy	FR-1	St. Benedict	1:02.76	MIAC Indoor Conference Championship	Feb 26, 2026
31	Stark, Teagan	SO-2	Gustavus Adolphus	1:03.28	Maverick Indoor Open	Feb 20, 2026
32	Dauner, Emma	JR-3	St. Olaf	1:03.64	Stout Quad	Feb 14, 2026
33	King, Molly	FR-1	St. Scholastica	1:03.83	Maday Classic	Feb 14, 2026
34	Larsen, Emily	SR-4	Concordia-Moorhead	1:03.96%	UND Tune Up	Feb 20, 2026
35	Nemet, Pamina	FR-1	Carleton	1:03.99	Gopher Classic	Feb 7, 2026
36	Dean, Tiffany	FR-1	St. Benedict	1:04.57	CSB / SJU Valentine's Day Open	Feb 14, 2026
37	Sieck, Kayla	SR-4	St. Olaf	1:05.07	Stout Quad	Feb 14, 2026
38	Mielcarski, Sydney	FR-1	Carleton	1:05.36	St. Olaf Tostrud Classic	Feb 20, 2026
39	Brushaber, Kettly	JR-3	Bethel (Minn.)	1:05.40	St. Olaf Tostrud Classic	Feb 20, 2026
40	Greene, Emaire	FR-1	Augsburg	1:05.82	Carleton Meet of Hearts	Feb 14, 2026

600 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Nygaard, Kyla	JR-3	Concordia-Moorhead	1:34.52	Bison Open	Feb 6, 2026
2	Sulungaine, Shalom	JR-3	Bethel (Minn.)	1:34.61	MIAC Indoor Conference Championship	Feb 26, 2026
3	Wyatt, Isabel	SR-4	St. Olaf	1:35.24	Gopher Classic	Feb 7, 2026
4	Hookom, Allison	SR-4	Augsburg	1:35.73	MIAC Indoor Conference Championship	Feb 26, 2026
5	DenHartog, Cora	FR-1	St. Olaf	1:36.64	Gopher Classic	Feb 7, 2026
6	Berg, Lauren	SR-4	St. Benedict	1:36.80	MIAC Indoor Conference Championship	Feb 26, 2026
7	Brown, Josie	FR-1	Concordia-Moorhead	1:37.09	MIAC Indoor Conference Championship	Feb 26, 2026
8	Pelowski, Madi	SR-4	Bethel (Minn.)	1:37.60	MIAC Indoor Conference Championship	Feb 26, 2026
9	DiNardo, Molly	JR-3	St. Olaf	1:38.32	MIAC Indoor Conference Championship	Feb 26, 2026
10	Kusch, Charlotte	SO-2	Carleton	1:38.44	MIAC Indoor Conference Championship	Feb 26, 2026
11	Nemet, Pamina	FR-1	Carleton	1:38.52	Gopher Classic	Feb 7, 2026
12	Dean, Taylor	FR-1	St. Benedict	1:39.17	MIAC Indoor Conference Championship	Feb 26, 2026
13	Bradley, Anabel	JR-3	Hamline	1:39.48%	SDSU Indoor Classic	Feb 13, 2026
14	Manhard, Abbie	SR-4	St. Olaf	1:39.99	MIAC Indoor Conference Championship	Feb 26, 2026
15	Mickelson, Nora	JR-3	St. Olaf	1:41.16	St Olaf Ole Opener	Jan 17, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Wallin, Katja	FR-1	Gustavus Adolphus	1:41.64	MIAC Indoor Conference Championship	Feb 26, 2026
17	Norton, Emma	FR-1	Concordia-Moorhead	1:42.17	Bison Open	Feb 6, 2026
18	Wilkins, Hadley	SR-4	Macalester	1:43.07	St. Olaf Tostrud Classic	Feb 20, 2026
19	Wagner-Hemstad, Alice	SO-2	St. Olaf	1:43.36	MIAC Indoor Conference Championship	Feb 26, 2026
20	Kienitz, Ella	SO-2	Gustavus Adolphus	1:44.00	Carleton Meet of Hearts	Feb 14, 2026
21	Dauner, Emma	JR-3	St. Olaf	1:44.19	Gopher Classic	Feb 7, 2026
22	Dahl, Addie	SO-2	Concordia-Moorhead	1:44.60	CSB / SJU Valentine's Day Open	Feb 14, 2026
23	Viner, Brooke	FR-1	Gustavus Adolphus	1:44.67	Carleton Meet of Hearts	Feb 14, 2026
24	Stark, Teagan	SO-2	Gustavus Adolphus	1:44.73	Carleton Meet of Hearts	Feb 14, 2026
25	Larsen, Emily	SR-4	Concordia-Moorhead	1:44.95	Bison Open	Feb 6, 2026
26	Baumann, Brooke	JR-3	Hamline	1:45.99	Carleton Meet of Hearts	Feb 14, 2026
27	Sieck, Kayla	SR-4	St. Olaf	1:46.16	St. Olaf Tostrud Classic	Feb 20, 2026
28	Brooks, Mariah	SO-2	St. Benedict	1:47.03	St. Olaf Tostrud Classic	Feb 20, 2026
29	Agati, Genevieve	SO-2	Carleton	1:48.05	St. Olaf Invitational	Jan 31, 2026
30	Nelson, Estle	FR-1	Bethel (Minn.)	1:48.11	CSB / SJU Open #1	Jan 30, 2026
31	Knight, Lydia	FR-1	St. Benedict	1:48.14	CSB / SJU Valentine's Day Open	Feb 14, 2026
32	Mielcarski, Sydney	FR-1	Carleton	1:48.53	St. Olaf Invitational	Jan 31, 2026
33	Worry, Megan	SO-2	Macalester	1:49.22	Vanessa Seljeskog Classic	Jan 24, 2026
34	Austin, Kaia	FR-1	Gustavus Adolphus	1:49.25	Carleton Meet of Hearts	Feb 14, 2026
35	Janes, Savannah	JR-3	Hamline	1:49.39%	SDSU Indoor Classic	Feb 13, 2026
36	Hahn, Aftyn	FR-1	Concordia-Moorhead	1:49.43	Bison Open	Feb 6, 2026
37	Warner, Emma	SO-2	Concordia-Moorhead	1:49.68	NDSU Alumni Classic	Dec 11, 2025
38	Erickson, Chloe	SO-2	Bethel (Minn.)	1:50.00	CSB / SJU Open #1	Jan 30, 2026
39	O'Connor, Erin	SO-2	St. Benedict	1:50.01	Gopher Classic	Feb 7, 2026
40	Brix, Alwena	SO-2	Augsburg	1:50.42	Carleton Meet of Hearts	Feb 14, 2026

800 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	SR-4	St. Olaf	2:12.61	Wartburg Qualifier	Mar 6, 2026
2	Nygaard, Kyla	JR-3	Concordia-Moorhead	2:12.66	Wartburg Qualifier	Mar 6, 2026
3	DenHartog, Cora	FR-1	St. Olaf	2:16.46	MIAC Indoor Conference Championship	Feb 26, 2026
4	Nemet, Pamina	FR-1	Carleton	2:17.29	MIAC Indoor Conference Championship	Feb 26, 2026
5	Berg, Lauren	SR-4	St. Benedict	2:17.32	Ted Nelson Classic	Feb 14, 2026
6	Bradley, Anabel	JR-3	Hamline	2:17.89%	SDSU Indoor Classic	Feb 13, 2026
7	Tittel, Lauren	FR-1	Carleton	2:18.33	Vanessa Seljeskog Classic	Jan 24, 2026
8	Ames, Londyn	JR-3	Concordia-Moorhead	2:18.46%	UND Tune Up	Feb 20, 2026
9	Campbell, Amelia	FR-1	Carleton	2:19.36	Carleton Meet of Hearts	Feb 14, 2026
10	Fox, Kate	SO-2	Macalester	2:19.71	St. Olaf Tostrud Classic	Feb 20, 2026
11	Kusch, Charlotte	SO-2	Carleton	2:21.45	MIAC Indoor Conference Championship	Feb 26, 2026
12	Landis, Ella	SR-4	St. Olaf	2:22.02	Gopher Classic	Feb 7, 2026
13	Manhard, Abbie	SR-4	St. Olaf	2:22.22	MIAC Indoor Conference Championship	Feb 26, 2026
14	DiNardo, Molly	JR-3	St. Olaf	2:22.52	MIAC Indoor Conference Championship	Feb 26, 2026
15	Enfield, Addison	FR-1	Gustavus Adolphus	2:23.46	University of Wisconsin River Falls Winter Invitational	Feb 7, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Radaich, Taylor	JR-3	St. Benedict	2:23.58	St. Olaf Tostrud Classic	Feb 20, 2026
17	Witschen, Anabella	JR-3	St. Benedict	2:23.59	St. Olaf Tostrud Classic	Feb 20, 2026
18	Mickelson, Nora	JR-3	St. Olaf	2:24.28	Vanessa Seljeskog Classic	Jan 24, 2026
19	Vukovics, Claire	FR-1	Carleton	2:24.34	Gopher Classic	Feb 7, 2026
20	Baumann, Brooke	JR-3	Hamline	2:24.54	MIAC Indoor Conference Championship	Feb 26, 2026
21	Jensen, Aubrey	FR-1	Macalester	2:24.97	Gopher Classic	Feb 7, 2026
22	Pearson, Lauren	FR-1	Concordia-Moorhead	2:25.26	MIAC Indoor Conference Championship	Feb 26, 2026
22	Stein, Claire	FR-1	St. Olaf	2:25.26	MIAC Indoor Conference Championship	Feb 26, 2026
24	Morris, Kyra	SO-2	Macalester	2:25.63	Gopher Classic	Feb 7, 2026
25	Wallin, Katja	FR-1	Gustavus Adolphus	2:25.70	St. Olaf Invitational	Jan 31, 2026
26	Wilkins, Hadley	SR-4	Macalester	2:25.77	Vanessa Seljeskog Classic	Jan 24, 2026
27	Maddux, Alicia	SR-4	Hamline	2:26.00%	SDSU Indoor Classic	Feb 13, 2026
28	Viner, Brooke	FR-1	Gustavus Adolphus	2:26.91	St. Olaf Invitational	Jan 31, 2026
29	Lovelace, Abby	JR-3	Concordia-Moorhead	2:27.10	Wartburg Qualifier	Mar 6, 2026
30	Grobstein, Daphne	FR-1	St. Benedict	2:27.18	CSB/SJU Alumni Meet	Jan 24, 2026
31	Dahl, Addie	SO-2	Concordia-Moorhead	2:27.19	MIAC Indoor Conference Championship	Feb 26, 2026
32	Iverson, Tilia	SO-2	Macalester	2:28.09	Gopher Classic	Feb 7, 2026
33	Reckmeyer, Madeleine	SO-2	Carleton	2:28.27	St. Olaf Invitational	Jan 31, 2026
34	Mullen, Emerson	FR-1	Bethel (Minn.)	2:28.52	Stout Quad	Feb 14, 2026
35	Gentz, Kiara	JR-3	Bethel (Minn.)	2:28.86	University of Wisconsin River Falls Winter Invitational	Feb 7, 2026
36	Soli, Elynn	FR-1	Gustavus Adolphus	2:29.24	Maverick Indoor Open	Feb 20, 2026
37	Peterson, Nicole	FR-1	Carleton	2:29.33	Gopher Classic	Feb 7, 2026
38	Hoard, Liliana	FR-1	St. Scholastica	2:29.36	St. Olaf Tostrud Classic	Feb 20, 2026
39	Nelson, Estle	FR-1	Bethel (Minn.)	2:29.41	St. Olaf Tostrud Classic	Feb 20, 2026
40	Verkinnes, Brooke	SR-4	St. Benedict	2:29.75	Gopher Classic	Feb 7, 2026

1000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	SR-4	St. Olaf	2:56.52	St. Olaf Invitational	Jan 31, 2026
2	DenHartog, Cora	FR-1	St. Olaf	2:56.91	St. Olaf Invitational	Jan 31, 2026
3	Tittel, Lauren	FR-1	Carleton	2:57.67	MIAC Indoor Conference Championship	Feb 26, 2026
4	Slavin, Mya	SO-2	Saint Mary's (Minn.)	2:57.79	MIAC Indoor Conference Championship	Feb 26, 2026
5	Ames, Londyn	JR-3	Concordia-Moorhead	3:00.57	MIAC Indoor Conference Championship	Feb 26, 2026
6	Fox, Kate	SO-2	Macalester	3:01.40	MIAC Indoor Conference Championship	Feb 26, 2026
7	Landis, Ella	SR-4	St. Olaf	3:02.36	MIAC Indoor Conference Championship	Feb 26, 2026
8	Helmer, Anna-Britta	FR-1	St. Olaf	3:03.14	MIAC Indoor Conference Championship	Feb 26, 2026
9	Henry-Perlich, Kelyn	SO-2	Concordia-Moorhead	3:03.63	MIAC Indoor Conference Championship	Feb 26, 2026
10	Niemi, Regan	JR-3	St. Scholastica	3:03.88	MIAC Indoor Conference Championship	Feb 26, 2026
11	Peterson, Nina	FR-1	Carleton	3:04.53	MIAC Indoor Conference Championship	Feb 26, 2026
12	Vukovics, Claire	FR-1	Carleton	3:05.20	Vanessa Seljeskog Classic	Jan 24, 2026
13	Witschen, Anabella	JR-3	St. Benedict	3:05.29	MIAC Indoor Conference Championship	Feb 26, 2026
14	Preisser, Hannah	SR-4	Carleton	3:05.45	Vanessa Seljeskog Classic	Jan 24, 2026
15	Timmerman, Megan	SR-4	St. Olaf	3:05.52	St. Olaf Tostrud Classic	Feb 20, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Bradley, Anabel	JR-3	Hamline	3:05.65	Vanessa Seljeskog Classic	Jan 24, 2026
17	Enfield, Addison	FR-1	Gustavus Adolphus	3:05.79	Maverick Indoor Open	Feb 20, 2026
18	Radaich, Taylor	JR-3	St. Benedict	3:05.99	MIAC Indoor Conference Championship	Feb 26, 2026
19	Marx, Kayla	SO-2	Carleton	3:06.24	St Olaf Ole Opener	Jan 17, 2026
20	DiNardo, Molly	JR-3	St. Olaf	3:06.44	St. Olaf Invitational	Jan 31, 2026
21	Moeller, Grace	SR-4	St. Olaf	3:06.87	MIAC Indoor Conference Championship	Feb 26, 2026
22	Jensen, Aubrey	FR-1	Macalester	3:07.79	St. Olaf Tostrud Classic	Feb 20, 2026
23	Morris, Kyra	SO-2	Macalester	3:08.05	MIAC Indoor Conference Championship	Feb 26, 2026
24	Lamarre, Louisa	SO-2	St. Olaf	3:08.28	MIAC Indoor Conference Championship	Feb 26, 2026
25	Maddux, Alicia	SR-4	Hamline	3:08.51	St. Olaf Tostrud Classic	Feb 20, 2026
26	Iverson, Tilia	SO-2	Macalester	3:09.47	Carleton Meet of Hearts	Feb 14, 2026
27	Mullen, Emerson	FR-1	Bethel (Minn.)	3:10.00	MIAC Indoor Conference Championship	Feb 26, 2026
28	Mickelson, Nora	JR-3	St. Olaf	3:10.31	St. Olaf Invitational	Jan 31, 2026
29	Walda, Lauren	SR-4	St. Olaf	3:10.56	Vanessa Seljeskog Classic	Jan 24, 2026
30	Reckmeyer, Madeleine	SO-2	Carleton	3:10.73	Carleton Meet of Hearts	Feb 14, 2026
31	Liston, Molly	SR-4	Gustavus Adolphus	3:11.85	St. Olaf Invitational	Jan 31, 2026
32	Link, Bailey	JR-3	St. Benedict	3:12.19	MIAC Indoor Conference Championship	Feb 26, 2026
33	Wallin, Katja	FR-1	Gustavus Adolphus	3:14.38	St Olaf Ole Opener	Jan 17, 2026
34	Gentz, Kiara	JR-3	Bethel (Minn.)	3:14.53	St. Olaf Tostrud Classic	Feb 20, 2026
35	Lewis-Mussa, Shemsky	SO-2	Carleton	3:14.57	St. Olaf Tostrud Classic	Feb 20, 2026
36	Hartley, Madeline	JR-3	St. Scholastica	3:14.98	Maday Classic	Feb 14, 2026
37	Viner, Brooke	FR-1	Gustavus Adolphus	3:15.26	St Olaf Ole Opener	Jan 17, 2026
38	Blaich, Anna	FR-1	Carleton	3:15.37	St. Olaf Tostrud Classic	Feb 20, 2026
39	Cherniavsky, Sierra	FR-1	Carleton	3:15.66	Carleton Meet of Hearts	Feb 14, 2026
40	Larsen, Aliya	SR-4	Carleton	3:16.68	Vanessa Seljeskog Classic	Jan 24, 2026

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Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Fox, Kate	SO-2	Macalester	4:59.60	Wartburg Qualifier	Mar 6, 2026
2	Slavin, Mya	SO-2	Saint Mary's (Minn.)	4:59.65	Wartburg Qualifier	Mar 6, 2026
3	Tittel, Lauren	FR-1	Carleton	5:02.81	MIAC Indoor Conference Championship	Feb 26, 2026
4	Vukovics, Claire	FR-1	Carleton	5:05.83	Gopher Classic	Feb 7, 2026
5	Preisser, Hannah	SR-4	Carleton	5:09.05	Vanessa Seljeskog Classic	Jan 24, 2026
6	Campbell, Amelia	FR-1	Carleton	5:12.12	Carleton Meet of Hearts	Feb 14, 2026
7	Niemi, Regan	JR-3	St. Scholastica	5:13.30	St. Olaf Tostrud Classic	Feb 20, 2026
8	Lindquist, Abigale	SO-2	St. Olaf	5:13.59	MIAC Indoor Conference Championship	Feb 26, 2026
9	Henry-Perlich, Kelyn	SO-2	Concordia-Moorhead	5:13.69	MIAC Indoor Conference Championship	Feb 26, 2026
10	Timmerman, Megan	SR-4	St. Olaf	5:13.78	MIAC Indoor Conference Championship	Feb 26, 2026
11	Helmer, Anna-Britta	FR-1	St. Olaf	5:15.37	MIAC Indoor Conference Championship	Feb 26, 2026
12	Liston, Molly	SR-4	Gustavus Adolphus	5:15.94	St. Olaf Invitational	Jan 31, 2026
13	Ames, Londyn	JR-3	Concordia-Moorhead	5:16.30	Bison Open	Feb 6, 2026
14	Peterson, Nina	FR-1	Carleton	5:16.83	MIAC Indoor Conference Championship	Feb 26, 2026
15	Nelson, Ashley	SO-2	Concordia-Moorhead	5:16.91	Bison Open	Feb 6, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Landis, Ella	SR-4	St. Olaf	5:17.28	M City Classic	Dec 5, 2025
17	Walda, Lauren	SR-4	St. Olaf	5:19.25	Vanessa Seljeskog Classic	Jan 24, 2026
18	Peterson, Nicole	FR-1	Carleton	5:19.26	Gopher Classic	Feb 7, 2026
19	Larsen, Aliya	SR-4	Carleton	5:19.33	Gopher Classic	Feb 7, 2026
20	Ruzanic, Louise	FR-1	Carleton	5:20.74	St. Olaf Tostrud Classic	Feb 20, 2026
21	Kenney, Mary	SR-4	St. Benedict	5:21.67	St. Olaf Tostrud Classic	Feb 20, 2026
22	Maddux, Alicia	SR-4	Hamline	5:23.02%	SDSU Indoor Classic	Feb 13, 2026
23	Jensen, Aubrey	FR-1	Macalester	5:23.19	Carleton Meet of Hearts	Feb 14, 2026
24	Hay, Anna	SR-4	Bethel (Minn.)	5:23.46	St. Olaf Tostrud Classic	Feb 20, 2026
25	Lindeman, Eleanor	FR-1	St. Catherine (Minn.)	5:23.72	Gopher Classic	Feb 7, 2026
26	Enfield, Addison	FR-1	Gustavus Adolphus	5:23.80	Carleton Meet of Hearts	Feb 14, 2026
27	Cargill, Anna	SR-4	Bethel (Minn.)	5:24.16	MIAC Indoor Conference Championship	Feb 26, 2026
28	Anderson, Siiri	FR-1	Gustavus Adolphus	5:24.50	MIAC Indoor Conference Championship	Feb 26, 2026
29	Reckmeyer, Madeleine	SO-2	Carleton	5:25.22	Gopher Classic	Feb 7, 2026
30	Mullen, Emerson	FR-1	Bethel (Minn.)	5:25.46	CSB / SJU Open #1	Jan 30, 2026
31	England, Arabella	SO-2	St. Olaf	5:25.48	Vanessa Seljeskog Classic	Jan 24, 2026
32	Lewis-Mussa, Shemsy	SO-2	Carleton	5:25.61	Carleton Meet of Hearts	Feb 14, 2026
33	Murphy, Mackenzie	JR-3	Gustavus Adolphus	5:25.91	Carleton Meet of Hearts	Feb 14, 2026
34	Ellis, Samantha	JR-3	Macalester	5:26.64	St. Olaf Tostrud Classic	Feb 20, 2026
35	Sunnarborg, Laura	JR-3	Gustavus Adolphus	5:27.62	Carleton Meet of Hearts	Feb 14, 2026
36	Morris, Kyra	SO-2	Macalester	5:27.76	Vanessa Seljeskog Classic	Jan 24, 2026
37	Ait Ali, Safiya	SO-2	St. Olaf	5:27.95	MIAC Indoor Conference Championship	Feb 26, 2026
38	Cavanaugh, Brylee	FR-1	Bethel (Minn.)	5:28.04	MIAC Indoor Conference Championship	Feb 26, 2026
39	Babineau, Julia	JR-3	St. Benedict	5:28.29	MIAC Indoor Conference Championship	Feb 26, 2026
40	Moeller, Grace	SR-4	St. Olaf	5:28.51	Stout Quad	Feb 14, 2026

3000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Tittel, Lauren	FR-1	Carleton	9:58.45	Mark Schuck Open and Multi	Jan 30, 2026
2	Vukovics, Claire	FR-1	Carleton	10:05.91	Carleton Meet of Hearts	Feb 14, 2026
3	Preisser, Hannah	SR-4	Carleton	10:06.00	Camel City Distance	Feb 7, 2026
4	Liston, Molly	SR-4	Gustavus Adolphus	10:06.88	Carleton Meet of Hearts	Feb 14, 2026
5	Walda, Lauren	SR-4	St. Olaf	10:11.90	MIAC Indoor Conference Championship	Feb 26, 2026
6	Campbell, Amelia	FR-1	Carleton	10:13.73	Mark Schuck Open and Multi	Jan 30, 2026
7	Larsen, Aliya	SR-4	Carleton	10:23.16	MIAC Indoor Conference Championship	Feb 26, 2026
8	Lindquist, Abigale	SO-2	St. Olaf	10:23.41	Gopher Classic	Feb 7, 2026
9	Nelson, Ashley	SO-2	Concordia-Moorhead	10:24.69	Bison Open	Feb 6, 2026
10	Slavin, Mya	SO-2	Saint Mary's (Minn.)	10:25.92%	SDSU Indoor Classic	Feb 13, 2026
11	Timmerman, Megan	SR-4	St. Olaf	10:29.63	MIAC Indoor Conference Championship	Feb 26, 2026
12	Peterson, Nicole	FR-1	Carleton	10:30.40	Carleton Meet of Hearts	Feb 14, 2026
13	Henry-Perlich, Kelyn	SO-2	Concordia-Moorhead	10:31.75%	SDSU Indoor Classic	Feb 13, 2026
14	Peterson, Nina	FR-1	Carleton	10:32.62	St. Olaf Invitational	Jan 31, 2026
15	Ellis, Samantha	JR-3	Macalester	10:33.15	Carleton Meet of Hearts	Feb 14, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Ruzanic, Louise	FR-1	Carleton	10:37.53	MIAC Indoor Conference Championship	Feb 26, 2026
17	Lindeman, Eleanor	FR-1	St. Catherine (Minn.)	10:38.92	Carleton Meet of Hearts	Feb 14, 2026
18	Kenney, Mary	SR-4	St. Benedict	10:41.46	Gopher Classic	Feb 7, 2026
18	Niemi, Regan	JR-3	St. Scholastica	10:41.46	Twin Ports Open	Jan 17, 2026
20	Cargill, Anna	SR-4	Bethel (Minn.)	10:46.63	MIAC Indoor Conference Championship	Feb 26, 2026
21	McCloskey, Molly Kate	SR-4	St. Olaf	10:47.39	MIAC Indoor Conference Championship	Feb 26, 2026
22	England, Arabella	SO-2	St. Olaf	10:48.15	MIAC Indoor Conference Championship	Feb 26, 2026
23	Hay, Anna	SR-4	Bethel (Minn.)	10:48.30	MIAC Indoor Conference Championship	Feb 26, 2026
24	Upton, Lucy	FR-1	Bethel (Minn.)	10:48.65	MIAC Indoor Conference Championship	Feb 26, 2026
25	Anderson, Siiri	FR-1	Gustavus Adolphus	10:49.39	MIAC Indoor Conference Championship	Feb 26, 2026
26	Babineau, Julia	JR-3	St. Benedict	10:52.89	MIAC Indoor Conference Championship	Feb 26, 2026
27	Grobstein, Daphne	FR-1	St. Benedict	10:55.70	CSB / SJU Open #1	Jan 30, 2026
28	Cavanaugh, Brylee	FR-1	Bethel (Minn.)	10:55.83	MIAC Indoor Conference Championship	Feb 26, 2026
29	Hart, Brooklyn	SO-2	Concordia-Moorhead	10:56.59%	UND Open and Multi	Jan 30, 2026
30	Madden, Kathleen	JR-3	St. Olaf	10:58.17	MIAC Indoor Conference Championship	Feb 26, 2026
31	Moeller, Grace	SR-4	St. Olaf	10:58.93	St Olaf Ole Opener	Jan 17, 2026
32	Sunnarborg, Laura	JR-3	Gustavus Adolphus	11:01.12	MIAC Indoor Conference Championship	Feb 26, 2026
33	McCormick, Grace	JR-3	St. Scholastica	11:01.63	MIAC Indoor Conference Championship	Feb 26, 2026
34	Murphy, Mackenzie	JR-3	Gustavus Adolphus	11:02.66	MIAC Indoor Conference Championship	Feb 26, 2026
35	Nibbelink, Ava	SO-2	Bethel (Minn.)	11:05.02	CSB / SJU Open #1	Jan 30, 2026
36	Enfield, Addison	FR-1	Gustavus Adolphus	11:05.89	St Olaf Ole Opener	Jan 17, 2026
37	Dickinson, Lilly	FR-1	Concordia-Moorhead	11:05.91	MIAC Indoor Conference Championship	Feb 26, 2026
38	Cherniavsky, Sierra	FR-1	Carleton	11:10.75	St. Olaf Invitational	Jan 31, 2026
39	Feldhahn, Lydia	FR-1	St. Catherine (Minn.)	11:13.19	Carleton Meet of Hearts	Feb 14, 2026
40	Forbord, Anna	FR-1	Gustavus Adolphus	11:14.05	Vanessa Seljeskog Classic	Jan 24, 2026

5000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Preisser, Hannah	SR-4	Carleton	17:06.75	Wartburg Qualifier	Mar 6, 2026
2	Liston, Molly	SR-4	Gustavus Adolphus	17:11.07	Chuck Petersen Open	Dec 5, 2025
3	Walda, Lauren	SR-4	St. Olaf	17:27.59	Midwest ELITE Invitational	Feb 13, 2026
4	Larsen, Aliya	SR-4	Carleton	17:54.10	St. Olaf Invitational	Jan 31, 2026
5	Nelson, Ashley	SO-2	Concordia-Moorhead	18:03.57%	SDSU Indoor Classic	Feb 13, 2026
6	Vukovics, Claire	FR-1	Carleton	18:21.94	St. Olaf Invitational	Jan 31, 2026
7	Lindeman, Eleanor	FR-1	St. Catherine (Minn.)	18:39.72	MIAC Indoor Conference Championship	Feb 26, 2026
8	Niemi, Regan	JR-3	St. Scholastica	18:41.07	St. Olaf Invitational	Jan 31, 2026
9	Ellis, Samantha	JR-3	Macalester	18:41.26	St. Olaf Invitational	Jan 31, 2026
10	England, Arabella	SO-2	St. Olaf	18:46.43	MIAC Indoor Conference Championship	Feb 26, 2026
11	Wood, Abby	SO-2	St. Scholastica	18:47.36	MIAC Indoor Conference Championship	Feb 26, 2026
12	Kenney, Mary	SR-4	St. Benedict	18:50.18	MIAC Indoor Conference Championship	Feb 26, 2026
13	Nibbelink, Ava	SO-2	Bethel (Minn.)	18:50.79	MIAC Indoor Conference Championship	Feb 26, 2026
14	McCloskey, Molly Kate	SR-4	St. Olaf	18:53.61	MIAC Indoor Conference Championship	Feb 26, 2026
15	Hay, Anna	SR-4	Bethel (Minn.)	18:57.57	Stout Quad	Feb 14, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Hart, Brooklyn	SO-2	Concordia-Moorhead	19:06.54	CSB / SJU Valentine's Day Open	Feb 14, 2026
17	Forbord, Anna	FR-1	Gustavus Adolphus	19:07.57	St. Olaf Invitational	Jan 31, 2026
18	Ping, Mollie	SO-2	St. Benedict	19:11.17	MIAC Indoor Conference Championship	Feb 26, 2026
19	Madden, Kathleen	JR-3	St. Olaf	19:12.16	M City Classic	Dec 5, 2025
20	Feldhahn, Lydia	FR-1	St. Catherine (Minn.)	19:24.48	MIAC Indoor Conference Championship	Feb 26, 2026
21	McCormick, Grace	JR-3	St. Scholastica	19:27.29	St. Olaf Invitational	Jan 31, 2026
22	Giles, Addy	FR-1	St. Benedict	19:48.84	CSB / SJU Valentine's Day Open	Feb 14, 2026
23	Bufkin, Abby	JR-3	St. Benedict	19:57.85	CSB / SJU Valentine's Day Open	Feb 14, 2026
24	Olinger, Rachel	SR-4	St. Benedict	20:00.21	CSB / SJU Valentine's Day Open	Feb 14, 2026
25	Hagen, Mollykate	JR-3	St. Scholastica	20:00.34	St. Olaf Invitational	Jan 31, 2026
26	Dickinson, Lilly	FR-1	Concordia-Moorhead	20:03.76	CSB / SJU Valentine's Day Open	Feb 14, 2026
27	Hagen, Elsey	JR-3	Gustavus Adolphus	20:18.09	St. Olaf Invitational	Jan 31, 2026
28	Hatrick, Lily	SR-4	Macalester	20:18.34	St. Olaf Invitational	Jan 31, 2026
29	Tung-Mabry, Madelyn	JR-3	St. Olaf	20:19.14	St. Olaf Invitational	Jan 31, 2026
30	Gould, Anna	FR-1	Gustavus Adolphus	20:26.74	St. Olaf Invitational	Jan 31, 2026
31	DeVries, Mallory	FR-1	Concordia-Moorhead	20:29.51	CSB / SJU Valentine's Day Open	Feb 14, 2026
32	Williamson, Abby	SO-2	Bethel (Minn.)	20:37.12	Stout Quad	Feb 14, 2026
33	Neu, Alayna	FR-1	Concordia-Moorhead	20:58.97	CSB / SJU Valentine's Day Open	Feb 14, 2026
34	Senf, Solveig	FR-1	St. Olaf	21:21.89	M City Classic	Dec 5, 2025
35	Merges, Kaline	SO-2	St. Benedict	21:29.31	CSB / SJU Valentine's Day Open	Feb 14, 2026
36	Zanton, Marianna	SO-2	Bethel (Minn.)	21:41.09	Stout Quad	Feb 14, 2026
37	Masica, Lauren	FR-1	St. Benedict	21:42.67	CSB / SJU Valentine's Day Open	Feb 14, 2026
38	Kraabel, Isabel	SR-4	St. Benedict	21:54.24	CSB / SJU Valentine's Day Open	Feb 14, 2026
39	Williamschen, Alyse	SO-2	St. Benedict	23:05.32	CSB / SJU Valentine's Day Open	Feb 14, 2026

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Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Chea, Juslene	FR-1	St. Benedict	8.97(55)	MIAC Indoor Conference Championship	Feb 26, 2026
2	Stein, Claire	FR-1	St. Olaf	9.05	St. Olaf Tostrud Classic	Feb 20, 2026
3	Zenz, Michaela	FR-1	Bethel (Minn.)	9.07(55)	MIAC Indoor Conference Championship	Feb 26, 2026
4	Pearson, Lauren	FR-1	Concordia-Moorhead	9.10(55)	MIAC Indoor Conference Championship	Feb 26, 2026
5	Abreu, Eva	FR-1	Macalester	9.23	Vanessa Seljeskog Classic	Jan 24, 2026
6	Bingham, Hannah	SO-2	Bethel (Minn.)	9.24(55)	MIAC Indoor Conference Championship	Feb 26, 2026
7	Thauvin, Laura	SO-2	Gustavus Adolphus	9.30(55)	MIAC Indoor Conference Championship	Feb 26, 2026
8	Frantzich, Svea	FR-1	St. Olaf	9.32(55)	MIAC Indoor Conference Championship	Feb 26, 2026
9	Hernes, Ellie	SR-4	Bethel (Minn.)	9.34(55)	MIAC Indoor Conference Championship	Feb 26, 2026
10	Podulke, Emily	SO-2	Gustavus Adolphus	9.35(55)	MIAC Indoor Conference Championship	Feb 26, 2026
11	Hexum, Brianna	FR-1	Bethel (Minn.)	9.41	CSB / SJU Open #1	Jan 30, 2026
12	Walsh, Annika	FR-1	St. Olaf	9.42	Gopher Classic	Feb 7, 2026
13	Malvey, Kaili	FR-1	Concordia-Moorhead	9.43(55)	MIAC Indoor Conference Championship	Feb 26, 2026
14	Vogel, Sophia	FR-1	Gustavus Adolphus	9.46(55)	MIAC Indoor Conference Championship	Feb 26, 2026
14	Loftness, Ava	FR-1	Gustavus Adolphus	9.46(55)	MIAC Indoor Conference Championship	Feb 26, 2026
16	O'Konek, Rylee	FR-1	Saint Mary's (Minn.)	9.53(55)	MIAC Indoor Conference Championship	Feb 26, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
17	Robran, Aliyah	SR-4	Hamline	9.54	St. Olaf Tostrud Classic	Feb 20, 2026
18	Coleman, Brynley	SO-2	Concordia-Moorhead	9.57	UND Open and Multi	Jan 30, 2026
18	Myatt, Tessa	JR-3	Macalester	9.57	Wartburg Qualifier	Mar 6, 2026
20	Christenson, Taylor	SO-2	Concordia-Moorhead	9.62(55)	MIAC Indoor Conference Championship	Feb 26, 2026
21	Kajer, Kayla	SO-2	Gustavus Adolphus	9.64	M City Classic	Dec 5, 2025
22	Adelgren, Anya	JR-3	St. Benedict	9.67(55)	MIAC Indoor Conference Championship	Feb 26, 2026
23	Klein, Aubree	JR-3	St. Olaf	9.72	St. Olaf Tostrud Classic	Feb 20, 2026
24	Rappana, Lucy	FR-1	St. Scholastica	9.73	Maday Classic	Feb 14, 2026
25	Hanlin, Morgan	FR-1	St. Benedict	9.76(55)	MIAC Indoor Conference Championship	Feb 26, 2026
25	Tyvoll, Ally	JR-3	Bethel (Minn.)	9.76(55)	MIAC Indoor Conference Championship	Feb 26, 2026
27	Lovelace, Abby	JR-3	Concordia-Moorhead	9.78	NDSU Alumni Classic	Dec 11, 2025
28	Kelleher, Caroline	SO-2	Carleton	9.92(55)	Carleton Meet of Hearts	Feb 14, 2026
29	Lee, Maddox	SR-4	Gustavus Adolphus	10.00	St. Olaf Invitational	Jan 31, 2026
30	Evans, Kayla	SO-2	Bethel (Minn.)	10.01(55)	MIAC Indoor Conference Championship	Feb 26, 2026
30	Selle, Lauren	FR-1	Concordia-Moorhead	10.01	Bison Open	Feb 6, 2026
32	Ostrem, Chloe	JR-3	St. Benedict	10.09	CSB / SJU Open #1	Jan 30, 2026
33	Schuele, Emma	SR-4	St. Benedict	10.12	St. Olaf Tostrud Classic	Feb 20, 2026
34	Rochefford, Lauren	SR-4	Gustavus Adolphus	10.15	M City Classic	Dec 5, 2025
35	Greenquist, Selah	FR-1	Bethel (Minn.)	10.17	St. Olaf Tostrud Classic	Feb 20, 2026
36	Baumann, Brooke	JR-3	Hamline	10.19(55)	MIAC Indoor Conference Championship	Feb 26, 2026
37	Gerlach, Annalise	FR-1	Concordia-Moorhead	10.21	UND Tune Up	Feb 20, 2026
37	Stahl, Chelsea	JR-3	Gustavus Adolphus	10.21	Maverick Indoor Open	Feb 20, 2026
39	Keech, Claire	SR-4	St. Olaf	10.24(55)	MIAC Indoor Conference Championship	Feb 26, 2026
40	Siodlarz, Alina	FR-1	Macalester	10.40(55)	Carleton Meet of Hearts	Feb 14, 2026

4 x 200 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	St. Olaf	1:43.42	Stein, Jaeckle, Semple, Sappington	MIAC Indoor Conference Championship	Feb 26, 2026
2	Concordia-Moorhead	1:45.01	Warner, Rengo, Osborne, Sandman	MIAC Indoor Conference Championship	Feb 26, 2026
3	Bethel (Minn.)	1:45.51	Slaybaugh, Kaping, Maki, Rydberg	MIAC Indoor Conference Championship	Feb 26, 2026
4	Saint Mary's (Minn.)	1:45.66	Saamanen, Young, Torres, Munson	MIAC Indoor Conference Championship	Feb 26, 2026
5	Hamline	1:46.45	Schneider, Turnbaugh, Siems, Robran	MIAC Indoor Conference Championship	Feb 26, 2026
6	Gustavus Adolphus	1:47.41	Stacy, Vogel, Loftness, Fynboh	MIAC Indoor Conference Championship	Feb 26, 2026
7	Macalester	1:47.44	Beckley, Rogahn-Press, Cunningham, Wilkins	MIAC Indoor Conference Championship	Feb 26, 2026
8	St. Benedict	1:49.94	Feldman, Lund, Nelson, Buntrock	MIAC Indoor Conference Championship	Feb 26, 2026
9	St. Scholastica	1:49.95	Wick, Nelson, King, Fink	MIAC Indoor Conference Championship	Feb 26, 2026
10	Carleton	1:51.74	Islam, Muglia, Syverson, Bishop	MIAC Indoor Conference Championship	Feb 26, 2026

4 x 400 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	3:50.42	Rengo, Brown, Pearson, Nygaard	Wartburg Qualifier	Mar 6, 2026
2	Bethel (Minn.)	3:52.55	Bingham, Sulungaine, Pelowski, Slaybaugh	Wartburg Qualifier	Mar 6, 2026
3	St. Olaf	4:01.53	Jaeckle, Manhard, DiNardo, Semple	MIAC Indoor Conference Championship	Feb 26, 2026

Place	Team	Time	Athletes	Meet	Meet Date
4	Macalester	4:01.82	Beckley, Myatt, Wilkins, Rogahn-Press	MIAC Indoor Conference Championship	Feb 26, 2026
5	St. Benedict	4:06.24	Dean, Berg, Radaich, Piechowski	MIAC Indoor Conference Championship	Feb 26, 2026
6	Gustavus Adolphus	4:06.89	Rocheford, Stark, Wallin, Fynboh	MIAC Indoor Conference Championship	Feb 26, 2026
7	Hamline	4:10.75	Baumann, Schneider, Robran, Turnbaugh	MIAC Indoor Conference Championship	Feb 26, 2026
8	Saint Mary's (Minn.)	4:10.82	Zaharieva, Slavin, O'Konek, Torres	MIAC Indoor Conference Championship	Feb 26, 2026
9	St. Scholastica	4:11.65	Wick, King, Niemi, Nelson	MIAC Indoor Conference Championship	Feb 26, 2026
10	Carleton	4:13.43	Bishop, Kusch, Nemet, Tittel	MIAC Indoor Conference Championship	Feb 26, 2026

Distance Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	12:27.98	Ames, Brown, Nygaard, Henry-Perlich	MIAC Indoor Conference Championship	Feb 26, 2026
2	Macalester	12:30.35	Jensen, Wilkins, Morris, Fox	MIAC Indoor Conference Championship	Feb 26, 2026
3	St. Olaf	12:32.36	Moeller, Wagner-Hemstad, Mickelson, Landis	MIAC Indoor Conference Championship	Feb 26, 2026
4	Carleton	12:34.57	Peterson, Kusch, Campbell, Ruzanic	MIAC Indoor Conference Championship	Feb 26, 2026
5	Bethel (Minn.)	12:46.97	Mullen, Gerbig, Gentz, Hay	MIAC Indoor Conference Championship	Feb 26, 2026
6	St. Benedict	12:57.76	Radaich, Dean, Grobstein, Witschen	MIAC Indoor Conference Championship	Feb 26, 2026
7	Gustavus Adolphus	13:00.10	Enfield, Viner, Wallin, Murphy	MIAC Indoor Conference Championship	Feb 26, 2026
8	St. Scholastica	13:14.60	Wood, Niemi, Hoard, McCormick	MIAC Indoor Conference Championship	Feb 26, 2026
9	Hamline	14:11.12	Burkhardt, Karpen, Janes, Meyers	MIAC Indoor Conference Championship	Feb 26, 2026
10	St. Catherine (Minn.)	14:37.86		MIAC Indoor Conference Championship	Feb 26, 2026

High Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Walsh, Annika	FR-1	St. Olaf	1.65m	5' 5"	MIAC Indoor Conference Championship	Feb 26, 2026
2	Pearson, Lauren	FR-1	Concordia-Moorhead	1.64m	5' 4.5"	NCAA Division III Indoor Track & Field Championships	Mar 13, 2026
3	Kajer, Kayla	SO-2	Gustavus Adolphus	1.62m	5' 3.75"	St Olaf Ole Opener	Jan 17, 2026
4	Malvey, Kaili	FR-1	Concordia-Moorhead	1.61m	5' 3.25"	NDSU Alumni Classic	Dec 11, 2025
4	Selle, Lauren	FR-1	Concordia-Moorhead	1.61m	5' 3.25"	Bison Open	Feb 6, 2026
6	Myatt, Tessa	JR-3	Macalester	1.59m	5' 2.5"	Wartburg Qualifier	Mar 6, 2026
6	Stein, Claire	FR-1	St. Olaf	1.59m	5' 2.5"	MIAC Indoor Conference Championship	Feb 26, 2026
8	Terwedo, Drea	JR-3	St. Benedict	1.58m	5' 2.25"	St. Olaf Tostrud Classic	Feb 20, 2026
9	Norton, Emma	FR-1	Concordia-Moorhead	1.57m	5' 1.75"	MIAC Indoor Conference Championship	Feb 26, 2026
9	Stommes, Kiera	SO-2	St. Benedict	1.57m	5' 1.75"	MIAC Indoor Conference Championship	Feb 26, 2026
11	Lovelace, Abby	JR-3	Concordia-Moorhead	1.55m	5' 1"	Bison Open	Feb 6, 2026
11	Hawks, Kaylee	FR-1	Gustavus Adolphus	1.55m	5' 1"	M City Classic	Dec 5, 2025
11	Laposky, Reese	FR-1	St. Benedict	1.55m	5' 1"	St. Olaf Tostrud Classic	Feb 20, 2026
14	Hernes, Ellie	SR-4	Bethel (Minn.)	1.53m	5' 0.25"	St. Olaf Invitational	Jan 31, 2026
14	Kelleher, Caroline	SO-2	Carleton	1.53m	5' 0.25"	St. Olaf Invitational	Jan 31, 2026
16	Parker, Erin	FR-1	Saint Mary's (Minn.)	1.52m	4' 11.75"	Twin Ports Open	Jan 17, 2026
17	Kemp, Anna	JR-3	St. Benedict	1.50m	4' 11"	CSB / SJU Open #1	Jan 30, 2026
17	Frantzich, Svea	FR-1	St. Olaf	1.50m	4' 11"	St. Olaf Invitational	Jan 31, 2026
17	Chavarria, Andrea	FR-1	St. Olaf	1.50m	4' 11"	Gopher Classic	Feb 7, 2026
17	Gin, Xara	SO-2	Saint Mary's (Minn.)	1.50m	4' 11"	St. Olaf Invitational	Jan 31, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
21	Christenson, Taylor	SO-2	Concordia-Moorhead	1.49m	4' 10.5"	NDSU Alumni Classic	Dec 11, 2025
22	Witham, Frankie	JR-3	Hamline	1.48m	4' 10.25"	Carleton Meet of Hearts	Feb 14, 2026
23	King, Molly	FR-1	St. Scholastica	1.47m	4' 9.75"	Twin Ports Open	Jan 17, 2026
23	Wgeishofski, Sydnie	SR-4	St. Scholastica	1.47m	4' 9.75"	St. Olaf Tostrud Classic	Feb 20, 2026
25	Podulke, Emily	SO-2	Gustavus Adolphus	1.45m	4' 9"	Vanessa Seljeskog Classic	Jan 24, 2026
25	Siodlarz, Alina	FR-1	Macalester	1.45m	4' 9"	M City Classic	Dec 5, 2025
25	Reichardt, Juliet	SO-2	Macalester	1.45m	4' 9"	Vanessa Seljeskog Classic	Jan 24, 2026
28	Tyvoll, Ally	JR-3	Bethel (Minn.)	1.44m	4' 8.75"	St. Olaf Invitational	Jan 31, 2026
28	Lee, Maddox	SR-4	Gustavus Adolphus	1.44m	4' 8.75"	M City Classic	Dec 5, 2025
30	Albers, Marissa	JR-3	Hamline	1.43m	4' 8.25"	Carleton Meet of Hearts	Feb 14, 2026
31	Hanlin, Morgan	FR-1	St. Benedict	1.42m	4' 7.75"	CSB/SJU Alumni Meet	Jan 24, 2026
31	Miriovsky, Ellen	FR-1	St. Scholastica	1.42m	4' 7.75"	St. Olaf Tostrud Classic	Feb 20, 2026
33	Keech, Claire	SR-4	St. Olaf	1.41m	4' 7.5"	M City Classic	Dec 5, 2025
33	Strawsell, Addyson	FR-1	Concordia-Moorhead	1.41m	4' 7.5"	NDSU Alumni Classic	Dec 11, 2025
35	Cappelmann, Lauren	SR-4	Macalester	1.38m	4' 6.25"	St. Olaf Invitational	Jan 31, 2026
35	Muglia, Jillian	FR-1	Carleton	1.38m	4' 6.25"	St. Olaf Invitational	Jan 31, 2026
37	Barnd, Nevaeh	JR-3	Hamline	1.37m	4' 6"	St. Olaf Tostrud Classic	Feb 20, 2026
37	Baumann, Brooke	JR-3	Hamline	1.37m	4' 6"	St. Olaf Tostrud Classic	Feb 20, 2026
39	Coleman, Brynley	SO-2	Concordia-Moorhead	1.34m	4' 4.75"	Bison Open	Feb 6, 2026
40	Bishop, Willa	SO-2	Carleton	1.33m	4' 4.25"	Carleton Meet of Hearts	Feb 14, 2026

Pole Vault

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ahlberg, Jaylyn	SR-4	St. Benedict	3.53m	11' 7"	MIAC Indoor Conference Championship	Feb 26, 2026
2	Kaping, Raina	JR-3	Bethel (Minn.)	3.45m	11' 3.75"	St. Olaf Tostrud Classic	Feb 20, 2026
3	Gin, Xara	SO-2	Saint Mary's (Minn.)	3.43m	11' 3"	MIAC Indoor Conference Championship	Feb 26, 2026
3	Raidt, LiLi	JR-3	St. Benedict	3.43m	11' 3"	MIAC Indoor Conference Championship	Feb 26, 2026
5	Frei, Abigail	FR-1	St. Olaf	3.40m	11' 1.75"	St. Olaf Invitational	Jan 31, 2026
6	Flinn, McKenna	SO-2	St. Benedict	3.38m	11' 1"	CSB / SJU Open #1	Jan 30, 2026
7	Finney, Camille	JR-3	Gustavus Adolphus	3.25m	10' 8"	St Olaf Ole Opener	Jan 17, 2026
8	Lee, Maddox	SR-4	Gustavus Adolphus	3.23m	10' 7"	MIAC Indoor Conference Championship	Feb 26, 2026
8	Coleman, Brynley	SO-2	Concordia-Moorhead	3.23m	10' 7"	MIAC Indoor Conference Championship	Feb 26, 2026
10	Brown, Savannah	JR-3	Hamline	3.20m	10' 6"	Carleton Meet of Hearts	Feb 14, 2026
11	Syverson, Sophie	FR-1	Carleton	3.10m	10' 2"	Carleton Meet of Hearts	Feb 14, 2026
12	Stamp, Elly	FR-1	Bethel (Minn.)	3.08m	10' 1.25"	CSB / SJU Open #1	Jan 30, 2026
12	Brosam, Ava	FR-1	Carleton	3.08m	10' 1.25"	MIAC Indoor Conference Championship	Feb 26, 2026
12	Nelson, AnnaGrace	SR-4	Bethel (Minn.)	3.08m	10' 1.25"	MIAC Indoor Conference Championship	Feb 26, 2026
15	Pearson, Emily	JR-3	Bethel (Minn.)	3.07m	10' 0.75"	Stout Quad	Feb 14, 2026
15	Nesseth, Erika	SO-2	St. Olaf	3.07m	10' 0.75"	Stout Quad	Feb 14, 2026
17	Nelson, Molly	SR-4	Bethel (Minn.)	3.05m	10' 0"	University of Wisconsin River Falls Winter Invitational	Feb 7, 2026
18	Boyd, Roen	SR-4	Macalester	2.85m	9' 4.25"	St. Olaf Tostrud Classic	Feb 20, 2026
18	Luepke, Bria	SR-4	Hamline	2.85m	9' 4.25"	St. Olaf Tostrud Classic	Feb 20, 2026
18	Wilson, Seneca	JR-3	Macalester	2.85m	9' 4.25"	St. Olaf Tostrud Classic	Feb 20, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
21	Ehlers, Lucy	JR-3	Hamline	2.80m	9' 2.25"	Carleton Meet of Hearts	Feb 14, 2026
22	Meyers, Tessa	SO-2	Hamline	2.75m	9' 0.25"	Vanessa Seljeskog Classic	Jan 24, 2026
23	Austin, Kaia	FR-1	Gustavus Adolphus	2.70m	8' 10.25"	St Olaf Ole Opener	Jan 17, 2026
23	Tschida, Elizabeth	JR-3	Gustavus Adolphus	2.70m	8' 10.25"	St. Olaf Invitational	Jan 31, 2026
25	Hahn, Aftyn	FR-1	Concordia-Moorhead	2.67m	8' 9"	CSB / SJU Valentine's Day Open	Feb 14, 2026
26	Hagberg, Annika	SO-2	St. Olaf	2.66m	8' 8.75"	M City Classic	Dec 5, 2025
27	Green, Lizzie	SR-4	Hamline	2.65m	8' 8.25"	Carleton Meet of Hearts	Feb 14, 2026
28	Evans, Mia	SR-4	Bethel (Minn.)	2.62m	8' 7"	Stout Quad	Feb 14, 2026
29	Boe, Alayna	FR-1	Gustavus Adolphus	2.55m	8' 4.25"	St Olaf Ole Opener	Jan 17, 2026
30	Steele, Chloe	SO-2	Bethel (Minn.)	2.47m	8' 1.25"	Stout Quad	Feb 14, 2026
30	Craft, Tahlia	JR-3	Bethel (Minn.)	2.47m	8' 1.25"	Stout Quad	Feb 14, 2026
32	Presley, Arabella	FR-1	Hamline	2.45m	8' 0.5"	Vanessa Seljeskog Classic	Jan 24, 2026
33	Jones, Nora	SO-2	Concordia-Moorhead	2.22m	7' 3.25"	CSB / SJU Valentine's Day Open	Feb 14, 2026
34	Richards, Tatum	FR-1	Concordia-Moorhead	2.18m	7' 1.75"	Cobber Open	Jan 24, 2026

Long Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Jore, Ashlyn	SR-4	St. Olaf	5.63m	18' 5.75"	St Olaf Ole Opener	Jan 17, 2026	NWI
2	Frantzich, Svea	FR-1	St. Olaf	5.57m	18' 3.25"	St Olaf Ole Opener	Jan 17, 2026	NWI
3	Farquharson, Sabriya	JR-3	St. Benedict	5.48m	17' 11.75"	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
4	Hernes, Ellie	SR-4	Bethel (Minn.)	5.46m	17' 11"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
5	Stein, Claire	FR-1	St. Olaf	5.44m	17' 10.25"	M City Classic	Dec 5, 2025	NWI
6	Badejo, Mabel	FR-1	Hamline	5.29m	17' 4.25"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
6	Pearson, Lauren	FR-1	Concordia-Moorhead	5.29m	17' 4.25"	UND Open and Multi	Jan 30, 2026	NWI
8	Chea, Juslene	FR-1	St. Benedict	5.26m	17' 3.25"	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
9	Stanisloski, Jordan	JR-3	Bethel (Minn.)	5.25m	17' 2.75"	M City Classic	Dec 5, 2025	NWI
9	Fink, Allison	FR-1	St. Scholastica	5.25m	17' 2.75"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
11	Tomety, Harmony-Keli	JR-3	Macalester	5.20m	17' 0.75"	M City Classic	Dec 5, 2025	NWI
11	Wick, Shayna	SO-2	St. Scholastica	5.20m	17' 0.75"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
13	Malvey, Kaili	FR-1	Concordia-Moorhead	5.19m	17' 0.5"	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
14	Hanlin, Morgan	FR-1	St. Benedict	5.18m	17' 0"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
15	Ciarrochi, Grace	SO-2	Concordia-Moorhead	5.12m	16' 9.75"	UND Open and Multi	Jan 30, 2026	NWI
16	Gries, Anna	SO-2	St. Benedict	5.10m	16' 8.75"	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
17	Mensah, Terri	FR-1	Carleton	5.08m	16' 8"	Carleton Meet of Hearts	Feb 14, 2026	NWI
18	Vogel, Sophia	FR-1	Gustavus Adolphus	5.07m	16' 7.75"	St. Olaf Invitational	Jan 31, 2026	NWI
19	Christenson, Taylor	SO-2	Concordia-Moorhead	5.06m	16' 7.25"	UND Tune Up	Feb 20, 2026	NWI
20	Walsh, Annika	FR-1	St. Olaf	5.04m	16' 6.5"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
21	Hawks, Kaylee	FR-1	Gustavus Adolphus	5.03m	16' 6"	Carleton Meet of Hearts	Feb 14, 2026	NWI
21	Beckley, Claire	SO-2	Macalester	5.03m	16' 6"	Gopher Classic	Feb 7, 2026	NWI
23	Myatt, Tessa	JR-3	Macalester	5.01m	16' 5.25"	Wartburg Qualifier	Mar 6, 2026	NWI
24	Pankratz, Julia	FR-1	Bethel (Minn.)	5.00m	16' 5"	CSB / SJU Open #1	Jan 30, 2026	NWI
25	Lindner, Sarrah	SR-4	Gustavus Adolphus	4.99m	16' 4.5"	St. Olaf Invitational	Jan 31, 2026	NWI
26	Solheid, Sami	JR-3	St. Benedict	4.96m	16' 3.25"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
27	Muglia, Jillian	FR-1	Carleton	4.95m	16' 3"	Carleton Meet of Hearts	Feb 14, 2026	NWI
28	Lovlace, Abby	JR-3	Concordia-Moorhead	4.93m	16' 2.25"	NDSU Alumni Classic	Dec 11, 2025	NWI
28	Laposky, Reese	FR-1	St. Benedict	4.93m	16' 2.25"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
30	Tyvoll, Ally	JR-3	Bethel (Minn.)	4.83m	15' 10.25"	St. Olaf Invitational	Jan 31, 2026	NWI
31	Lee, Maddox	SR-4	Gustavus Adolphus	4.82m	15' 9.75"	St. Olaf Invitational	Jan 31, 2026	NWI
32	Starzl, Ella	SO-2	Concordia-Moorhead	4.81m	15' 9.5"	Cobber Open	Jan 24, 2026	NWI
33	Barrett, Addyson	SO-2	Hamline	4.77m	15' 7.75"	Luther Invitational	Feb 7, 2026	NWI
33	Coleman, Brynley	SO-2	Concordia-Moorhead	4.77m	15' 7.75"	Bison Open	Feb 6, 2026	NWI
35	Machayya, Ellie	SO-2	Concordia-Moorhead	4.73m	15' 6.25"	UND Open and Multi	Jan 30, 2026	NWI
36	Sather, Maddie	FR-1	Concordia-Moorhead	4.72m	15' 6"	Bison Open	Feb 6, 2026	NWI
36	Klein, Aubree	JR-3	St. Olaf	4.72m	15' 6"	Gopher Classic	Feb 7, 2026	NWI
38	Kelleher, Caroline	SO-2	Carleton	4.70m	15' 5"	Carleton Meet of Hearts	Feb 14, 2026	NWI
39	Selle, Lauren	FR-1	Concordia-Moorhead	4.69m	15' 4.75"	Cobber Open	Jan 24, 2026	NWI
40	Bye, Adi	FR-1	Gustavus Adolphus	4.68m	15' 4.25"	University of Wisconsin River Falls Winter Invitational	Feb 7, 2026	NWI

Triple Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Hernes, Ellie	SR-4	Bethel (Minn.)	11.95m	39' 2.5"	UW-La Crosse NCAA Indoor Final Qualifier	Mar 7, 2026	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
2	Farquharson, Sabriya	JR-3	St. Benedict	11.30m	37' 1"	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
3	Malvey, Kaili	FR-1	Concordia-Moorhead	11.27m	36' 11.75"	Bison Open	Feb 6, 2026	NWI
4	Loftness, Ava	FR-1	Gustavus Adolphus	11.25m	36' 11"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
5	Chea, Juslene	FR-1	St. Benedict	10.92m	35' 10"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
5	Hawks, Kaylee	FR-1	Gustavus Adolphus	10.92m	35' 10"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
7	Osborne, Piper	JR-3	Concordia-Moorhead	10.83m	35' 6.5"	Bison Open	Feb 6, 2026	NWI
8	Fink, Allison	FR-1	St. Scholastica	10.79m	35' 5"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
9	Vogel, Sophia	FR-1	Gustavus Adolphus	10.68m	35' 0.5"	Vanessa Seljeskog Classic	Jan 24, 2026	NWI
9	Dostal, Ameryn	SO-2	Saint Mary's (Minn.)	10.68m	35' 0.5"	Maverick Indoor Open	Feb 20, 2026	NWI
11	Gries, Anna	SO-2	St. Benedict	10.66m	34' 11.75"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
12	Kajer, Kayla	SO-2	Gustavus Adolphus	10.59m	34' 9"	St Olaf Ole Opener	Jan 17, 2026	NWI
13	Stanislowski, Jordan	JR-3	Bethel (Minn.)	10.50m	34' 5.5"	MIAC Indoor Conference Championship	Feb 26, 2026	NWI
14	Mensah, Terri	FR-1	Carleton	10.45m	34' 3.5"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
15	Schritz, Elli	JR-3	St. Scholastica	10.30m	33' 9.5"	CSS Opener	Dec 13, 2025	NWI
16	Pankratz, Julia	FR-1	Bethel (Minn.)	10.27m	33' 8.5"	Vanessa Seljeskog Classic	Jan 24, 2026	NWI
17	Houston, Keityshia	FR-1	Hamline	10.23m	33' 6.75"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
18	Swenson, Peyton	FR-1	Bethel (Minn.)	10.22m	33' 6.5"	Stout Quad	Feb 14, 2026	NWI
19	Scharnberg, Hannah	FR-1	St. Benedict	10.18m	33' 4.75"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
20	Machayya, Ellie	SO-2	Concordia-Moorhead	10.17m	33' 4.5"	UND Tune Up	Feb 20, 2026	NWI
21	Sather, Maddie	FR-1	Concordia-Moorhead	10.16m	33' 4"	UND Tune Up	Feb 20, 2026	NWI
22	Bilben, Jillian	SO-2	St. Scholastica	10.09m	33' 1.25"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
23	Lindner, Sarrah	SR-4	Gustavus Adolphus	10.05m	32' 11.75"	Carleton Meet of Hearts	Feb 14, 2026	NWI
24	Bye, Adi	FR-1	Gustavus Adolphus	9.94m	32' 7.5"	Vanessa Seljeskog Classic	Jan 24, 2026	NWI
25	Wgeishofski, Sydnie	SR-4	St. Scholastica	9.87m	32' 4.75"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
26	Solheid, Sami	JR-3	St. Benedict	9.85m	32' 3.75"	CSB / SJU Valentine's Day Open	Feb 14, 2026	NWI
27	Chatters, Aria	FR-1	Hamline	9.83m	32' 3"	Carleton Meet of Hearts	Feb 14, 2026	NWI
28	Hankins, Olivia	FR-1	St. Olaf	9.70m	31' 10"	Gopher Classic	Feb 7, 2026	NWI
29	Jouppi, Ana	SO-2	St. Scholastica	9.62m	31' 6.75"	St. Olaf Tostrud Classic	Feb 20, 2026	NWI
30	Collins, Parker	SO-2	Carleton	9.52m	31' 3"	Carleton Meet of Hearts	Feb 14, 2026	NWI
30	Miyoshi, Claire	SO-2	Carleton	9.52m	31' 3"	St Olaf Ole Opener	Jan 17, 2026	NWI
32	Groen, Abby	FR-1	Gustavus Adolphus	9.04m	29' 8"	St Olaf Ole Opener	Jan 17, 2026	NWI

Shot Put

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Brainer, Lexi	SR-4	Hamline	13.57m	44' 6.25"	St. Olaf Tostrud Classic	Feb 20, 2026
2	Larsen, Nora	SR-4	Bethel (Minn.)	13.55m	44' 5.5"	UW-La Crosse NCAA Indoor Final Qualifier	Mar 7, 2026
3	Myatt, Tessa	JR-3	Macalester	13.22m	43' 4.5"	MIAC Indoor Conference Championship	Feb 26, 2026
4	Paulsen, Logan	SO-2	St. Olaf	12.86m	42' 2.25"	St. Olaf Invitational	Jan 31, 2026
5	Mueffelmann, Chloe	SO-2	Concordia-Moorhead	12.81m	42' 0.5"	UND Tune Up	Feb 20, 2026
6	Banse, Allison	SO-2	St. Benedict	12.68m	41' 7.25"	MIAC Indoor Conference Championship	Feb 26, 2026
7	Gallagher, Gracie	FR-1	Concordia-Moorhead	12.46m	40' 10.5"	CSB / SJU Valentine's Day Open	Feb 14, 2026
8	Travis, Miranda	SR-4	Concordia-Moorhead	12.38m	40' 7.5"	CSB / SJU Valentine's Day Open	Feb 14, 2026
9	Harris, Yonna	FR-1	Gustavus Adolphus	12.02m	39' 5.25"	MIAC Indoor Conference Championship	Feb 26, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
10	Akason, Morgan	FR-1	Gustavus Adolphus	11.95m	39' 2.5"	Maverick Indoor Open	Feb 20, 2026
11	Dabout, Genevieve	FR-1	Concordia-Moorhead	11.94m	39' 2.25"	NDSU Alumni Classic	Dec 11, 2025
12	Endreson, Kaycee	FR-1	Concordia-Moorhead	11.89m	39' 0.25"	CSB / SJU Valentine's Day Open	Feb 14, 2026
13	Wehrman, Rachel	SO-2	Bethel (Minn.)	11.59m	38' 0.25"	Stout Quad	Feb 14, 2026
14	Hartl, Gracie	SO-2	Concordia-Moorhead	11.51m	37' 9.25"	MIAC Indoor Conference Championship	Feb 26, 2026
15	Henrikson, Jada	FR-1	Bethel (Minn.)	11.37m	37' 3.75"	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 7, 2026
16	Banse, Grace	SR-4	Gustavus Adolphus	11.28m	37' 0.25"	Maverick Indoor Open	Feb 20, 2026
17	McCord, Keira	SO-2	Gustavus Adolphus	11.23m	36' 10.25"	St. Olaf Invitational	Jan 31, 2026
18	Smith, Christian	JR-3	St. Benedict	11.20m	36' 9"	St. Olaf Tostrud Classic	Feb 20, 2026
19	Dooley, Cecilia	SO-2	Hamline	11.11m	36' 5.5"	University of St Thomas Invite	Jan 16, 2026
20	Sampy, Lena	SO-2	Hamline	11.05m	36' 3"	St. Olaf Tostrud Classic	Feb 20, 2026
21	Owens, Magenta	SO-2	Hamline	11.04m	36' 2.75"	Luther Invitational	Feb 7, 2026
22	Harriman, Elise	JR-3	St. Olaf	11.00m	36' 1.25"	Stout Quad	Feb 14, 2026
23	Folland, McKinley	FR-1	Concordia-Moorhead	10.89m	35' 8.75"	Bison Open	Feb 6, 2026
24	Lovelace, Abby	JR-3	Concordia-Moorhead	10.84m	35' 6.75"	NDSU Alumni Classic	Dec 11, 2025
25	Engen, Ella	SR-4	St. Scholastica	10.83m	35' 6.5"	CSS Opener	Dec 13, 2025
26	Lighthill, Otelia	JR-3	St. Olaf	10.76m	35' 3.75"	Chuck Petersen Open	Dec 5, 2025
27	Duncan, Olivia	JR-3	Gustavus Adolphus	10.66m	34' 11.75"	Carleton Meet of Hearts	Feb 14, 2026
28	Keech, Claire	SR-4	St. Olaf	10.48m	34' 4.75"	Stout Quad	Feb 14, 2026
29	Halvorson, Ava	FR-1	St. Scholastica	10.43m	34' 2.75"	St. Olaf Tostrud Classic	Feb 20, 2026
30	Selle, Lauren	FR-1	Concordia-Moorhead	10.40m	34' 1.5"	UND Open and Multi	Jan 30, 2026
31	Ciarrochi, Grace	SO-2	Concordia-Moorhead	10.39m	34' 1.25"	UND Open and Multi	Jan 30, 2026
31	Witham, Frankie	JR-3	Hamline	10.39m	34' 1.25"	Luther Invitational	Feb 7, 2026
33	Mendez, Aries	SR-4	St. Olaf	10.34m	33' 11.25"	St. Olaf Tostrud Classic	Feb 20, 2026
34	Baumann, Brooke	JR-3	Hamline	10.33m	33' 10.75"	MIAC Indoor Conference Championship	Feb 26, 2026
35	Paulsen, Quinn	FR-1	St. Benedict	10.14m	33' 3.25"	St. Olaf Tostrud Classic	Feb 20, 2026
36	Blake, Romona-Shae	SR-4	Hamline	10.05m	32' 11.75"	Carleton Meet of Hearts	Feb 14, 2026
37	Pearson, Lauren	FR-1	Concordia-Moorhead	10.04m	32' 11.25"	Bison Open	Feb 6, 2026
38	Christenson, Taylor	SO-2	Concordia-Moorhead	10.03m	32' 11"	NDSU Alumni Classic	Dec 11, 2025
39	Dove, Charlotte	SR-4	Concordia-Moorhead	10.02m	32' 10.5"	CSB / SJU Valentine's Day Open	Feb 14, 2026
40	Lewandowski, Maggie	JR-3	St. Catherine (Minn.)	9.92m	32' 6.5"	Mark Schuck Open and Multi	Jan 30, 2026

Weight Throw

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Speratos, Anna	SR-4	Bethel (Minn.)	17.98m	59' 0"	St. Olaf Tostrud Classic	Feb 20, 2026
2	Brainer, Lexi	SR-4	Hamline	17.71m	58' 1.25"	Jack Johnson Classic	Jan 30, 2026
3	Stritesky, Ella	SR-4	St. Scholastica	16.54m	54' 3.25"	CSB/SJU Alumni Meet	Jan 24, 2026
4	Larsen, Nora	SR-4	Bethel (Minn.)	16.16m	53' 0.25"	UW-La Crosse NCAA Indoor Final Qualifier	Mar 7, 2026
5	Gallagher, Gracie	FR-1	Concordia-Moorhead	15.73m	51' 7.25"	MIAC Indoor Conference Championship	Feb 26, 2026
6	Paulsen, Logan	SO-2	St. Olaf	15.42m	50' 7.25"	St. Olaf Invitational	Jan 31, 2026
7	Dabout, Genevieve	FR-1	Concordia-Moorhead	14.73m	48' 4"	NDSU Alumni Classic	Dec 11, 2025
8	Tracy, Brooke	SR-4	Hamline	14.63m	48' 0"	MIAC Indoor Conference Championship	Feb 26, 2026
9	Harris, Yonna	FR-1	Gustavus Adolphus	14.57m	47' 9.75"	MIAC Indoor Conference Championship	Feb 26, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
10	Engen, Ella	SR-4	St. Scholastica	14.41m	47' 3.5"	Twin Ports Open	Jan 17, 2026
11	Heins, Ella	SO-2	St. Scholastica	14.27m	46' 10"	CSS Opener	Dec 13, 2025
12	Lin, Jessica	JR-3	Macalester	14.22m	46' 8"	Vanessa Seljeskog Classic	Jan 24, 2026
13	Smith, Christian	JR-3	St. Benedict	13.83m	45' 4.5"	CSB/SJU Alumni Meet	Jan 24, 2026
14	Hoffman, Rebecca	JR-3	Gustavus Adolphus	13.73m	45' 0.5"	Maverick Indoor Open	Feb 20, 2026
15	Schei, Isabella	JR-3	Saint Mary's (Minn.)	13.54m	44' 5.25"	UW-La Crosse Pat Healy Classic	Jan 24, 2026
16	Endreson, Kaycee	FR-1	Concordia-Moorhead	13.52m	44' 4.25"	MIAC Indoor Conference Championship	Feb 26, 2026
16	Boelter, Ella	SR-4	Bethel (Minn.)	13.52m	44' 4.25"	St. Olaf Tostrud Classic	Feb 20, 2026
16	Sampy, Lena	SO-2	Hamline	13.52m	44' 4.25"	St. Olaf Tostrud Classic	Feb 20, 2026
19	Owens, Magenta	SO-2	Hamline	13.50m	44' 3.5"	Carleton Meet of Hearts	Feb 14, 2026
20	Dooley, Cecilia	SO-2	Hamline	13.39m	43' 11.25"	Carleton Meet of Hearts	Feb 14, 2026
21	Lewandowski, Maggie	JR-3	St. Catherine (Minn.)	13.37m	43' 10.5"	St. Olaf Tostrud Classic	Feb 20, 2026
22	Lighthill, Otelia	JR-3	St. Olaf	13.25m	43' 5.75"	University of Wisconsin River Falls Winter Invitational	Feb 7, 2026
23	Duncan, Olivia	JR-3	Gustavus Adolphus	13.23m	43' 5"	Vanessa Seljeskog Classic	Jan 24, 2026
24	Hovis, Kyra	SO-2	St. Scholastica	13.12m	43' 0.5"	Maday Classic	Feb 14, 2026
25	Halvorson, Ava	FR-1	St. Scholastica	13.05m	42' 9.75"	St. Olaf Invitational	Jan 31, 2026
26	Wehrman, Rachel	SO-2	Bethel (Minn.)	12.90m	42' 4"	Stout Quad	Feb 14, 2026
27	Banse, Allison	SO-2	St. Benedict	12.86m	42' 2.25"	CSB / SJU Valentine's Day Open	Feb 14, 2026
28	McCord, Keira	SO-2	Gustavus Adolphus	12.74m	41' 9.75"	St Olaf Ole Opener	Jan 17, 2026
29	Lara, Jai	FR-1	St. Olaf	12.66m	41' 6.5"	St. Olaf Invitational	Jan 31, 2026
30	Blake, Romona-Shae	SR-4	Hamline	12.50m	41' 0.25"	Carleton Meet of Hearts	Feb 14, 2026
31	Paulsen, Quinn	FR-1	St. Benedict	12.44m	40' 9.75"	CSB / SJU Valentine's Day Open	Feb 14, 2026
32	Hoffarth, Ellie	SO-2	Saint Mary's (Minn.)	12.40m	40' 8.25"	UW-La Crosse Pat Healy Classic	Jan 24, 2026
33	Hartl, Gracie	SO-2	Concordia-Moorhead	12.37m	40' 7"	UND Tune Up	Feb 20, 2026
34	Henrikson, Jada	FR-1	Bethel (Minn.)	12.36m	40' 6.75"	Stout Quad	Feb 14, 2026
35	Baker, Erin	SO-2	St. Benedict	12.27m	40' 3.25"	St. Olaf Tostrud Classic	Feb 20, 2026
36	Voss, Alaina	JR-3	Concordia-Moorhead	12.00m	39' 4.5"	UND Open and Multi	Jan 30, 2026
37	Alvarez, Suzette	JR-3	Saint Mary's (Minn.)	11.87m	38' 11.5"	Twin Ports Open	Jan 17, 2026
38	Myatt, Tessa	JR-3	Macalester	11.86m	38' 11"	Vanessa Seljeskog Classic	Jan 24, 2026
39	Folland, McKinley	FR-1	Concordia-Moorhead	11.82m	38' 9.5"	Cobber Open	Jan 24, 2026
40	Saxton, Sophia	SO-2	St. Olaf	11.70m	38' 4.75"	Vanessa Seljeskog Classic	Jan 24, 2026

Pentathlon

Place	Athlete	Year	Team	Points	Meet	Meet Date
1	Pearson, Lauren	FR-1	Concordia-Moorhead	3494#	MIAC Indoor Conference Championship	Feb 26, 2026
2	Myatt, Tessa	JR-3	Macalester	3450#	Wartburg Qualifier	Mar 6, 2026
3	Stein, Claire	FR-1	St. Olaf	3448#	MIAC Indoor Conference Championship	Feb 26, 2026
4	Hernes, Ellie	SR-4	Bethel (Minn.)	3247#	MIAC Indoor Conference Championship	Feb 26, 2026
5	Lovelace, Abby	JR-3	Concordia-Moorhead	3188#	Wartburg Qualifier	Mar 6, 2026
6	Frantzich, Svea	FR-1	St. Olaf	3113#	MIAC Indoor Conference Championship	Feb 26, 2026
7	Walsh, Annika	FR-1	St. Olaf	3093#	MIAC Indoor Conference Championship	Feb 26, 2026
8	Hanlin, Morgan	FR-1	St. Benedict	3010#	MIAC Indoor Conference Championship	Feb 26, 2026
9	Malvey, Kaili	FR-1	Concordia-Moorhead	2997#	MIAC Indoor Conference Championship	Feb 26, 2026

Place	Athlete	Year	Team	Points	Meet	Meet Date
10	Selle, Lauren	FR-1	Concordia-Moorhead	2981#	Bison Open	Feb 6, 2026
11	Christenson, Taylor	SO-2	Concordia-Moorhead	2888#	NDSU Alumni Classic	Dec 11, 2025
12	Baumann, Brooke	JR-3	Hamline	2832#	MIAC Indoor Conference Championship	Feb 26, 2026
13	Lee, Maddox	SR-4	Gustavus Adolphus	2804#	MIAC Indoor Conference Championship	Feb 26, 2026
14	Tyvoll, Ally	JR-3	Bethel (Minn.)	2794#	MIAC Indoor Conference Championship	Feb 26, 2026
15	Kelleher, Caroline	SO-2	Carleton	2780#	St. Olaf Invitational	Jan 31, 2026
16	Keech, Claire	SR-4	St. Olaf	2685#	MIAC Indoor Conference Championship	Feb 26, 2026
17	Coleman, Brynley	SO-2	Concordia-Moorhead	2663#	Bison Open	Feb 6, 2026
18	Podulke, Emily	SO-2	Gustavus Adolphus	2616#	St. Olaf Invitational	Jan 31, 2026
19	Laposky, Reese	FR-1	St. Benedict	2464#	MIAC Indoor Conference Championship	Feb 26, 2026
20	Siodlarz, Alina	FR-1	Macalester	2454#	St. Olaf Invitational	Jan 31, 2026
21	Klein, Aubree	JR-3	St. Olaf	2434#	St. Olaf Invitational	Jan 31, 2026
22	Muglia, Jillian	FR-1	Carleton	2368#	St. Olaf Invitational	Jan 31, 2026
23	Bishop, Willa	SO-2	Carleton	2212#	St. Olaf Invitational	Jan 31, 2026
24	Cappelmann, Lauren	SR-4	Macalester	1984#	St. Olaf Invitational	Jan 31, 2026
25	Banse, Grace	SR-4	Gustavus Adolphus	1956#	St. Olaf Invitational	Jan 31, 2026