



MIAC Outdoor Performance List

100 Meters MIAC 13.21

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1 +	Feeney, Alexa	JR-3	Carleton	11.96	Ashton May Invitational	Apr 8, 2017	5.3
2 +	Labatt, Delia	FR-1	Bethel (Minn.)	12.21	MIAC Outdoor Track & Field Championships	May 12, 2017	2.3
4 +	Stowell, McKayla	SO-2	Gustavus Adolphus	12.30	Lee Krough Invitational	Apr 15, 2017	2.3
7 +	Wells-Johnson, Shakeela	SR-4	St. Catherine	12.35	MIAC Outdoor Track & Field Championships	May 12, 2017	1.2
8 +	Murray, Katie	JR-3	St. Thomas (Minn.)	12.37	MIAC Outdoor Track & Field Championships	May 12, 2017	1.2
10 +	Dup, Becca	SO-2	Saint Mary's (Minn.)	12.50	MIAC Outdoor Track & Field Championships	May 12, 2017	2.9
11 +	Kirkova, Liliya	FR-1	St. Catherine	12.55	MIAC Outdoor Track & Field Championships	May 12, 2017	2.9
12 +	Jones, Callie	SR-4	Augsburg	12.59	MIAC Outdoor Track & Field Championships	May 12, 2017	0.3
13 +	Schmidt, Lindsey	FR-1	Gustavus Adolphus	12.66	MIAC Outdoor Track & Field Championships	May 12, 2017	2.3
14 +	Krier, Jillian	SR-4	Bethel (Minn.)	12.68	Ross and Sharon Irwin Collegiate Invitational	Mar 18, 2017	0.3
15 +	Francis, Mollie	FR-1	Concordia-Moorhead	12.74	MIAC Outdoor Track & Field Championships	May 12, 2017	2.3
16 +	Marciniak, Katelyn	SO-2	St. Thomas (Minn.)	12.78	MIAC Outdoor Track & Field Championships	May 12, 2017	2.9
16 +	Futterer, Anna	SO-2	Hamline	12.78	Bear Cat Twilight	May 3, 2017	2.8
18 +	Lundstrom, Hannah	JR-3	Concordia-Moorhead	12.84	CSB-SJU Outdoor Invitational	Mar 25, 2017	0.9
20 +	Santl, Lauren	SO-2	Concordia-Moorhead	12.89	MIAC Outdoor Track & Field Championships	May 12, 2017	2.3
21 +	Gray, Adonya	FR-1	Gustavus Adolphus	12.92	Drake Alternative	Apr 29, 2017	2.6
22 +	Zwiefelhofer, Danielle	JR-3	Hamline	12.96	Bear Cat Twilight	May 3, 2017	2.3
23 +	Meakim, Lillie	JR-3	St. Olaf	12.97	Bear Cat Twilight	May 3, 2017	1.9
24 +	Smith, Anna	FR-1	St. Thomas (Minn.)	13.01	Bear Cat Twilight	May 3, 2017	2.8
25 +	Mensah, Portia	SO-2	Saint Mary's (Minn.)	13.03	MIAC Outdoor Track & Field Championships	May 12, 2017	2.3
26 +	Woody, Nikaylah	JR-3	Augsburg	13.10	Holst Invitational	Apr 22, 2017	-0.4
28 +	Koll, Leah	SO-2	St. Benedict	13.17	Hamline Invitational	Apr 1, 2017	1.3
28 +	Michon, Maya	FR-1	Macalester	13.17	MIAC Outdoor Track & Field Championships	May 12, 2017	2.9
30 +	Mayo, Karly	FR-1	Concordia-Moorhead	13.18	Hamline Invitational	Apr 1, 2017	1.6

200 Meters MIAC 27.29

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1 +	Feeney, Alexa	JR-3	Carleton	24.35	Ashton May Invitational	Apr 8, 2017	4.6
2 +	Stets, Abby	JR-3	St. Olaf	24.80	Lee Krough Invitational	Apr 15, 2017	2.8

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
3 +	Sonsalla, Hannah	JR-3	Macalester	24.93	UW La Crosse Final Qualifier	May 18, 2017	4.0
4 +	Labatt, Delia	FR-1	Bethel (Minn.)	25.02	MIAC Outdoor Track & Field Championships	May 12, 2017	-1.6
5 +	Lundstrom, Hannah	JR-3	Concordia-Moorhead	25.37	Lyle Hokanson Classic	Apr 21, 2017	3.2
6 +	Komoto, Kara	SR-4	Macalester	25.44	MIAC Outdoor Track & Field Championships	May 12, 2017	1.5
7 +	Murray, Katie	JR-3	St. Thomas (Minn.)	25.50	UW La Crosse Final Qualifier	May 18, 2017	4.0
8 +	Berninghaus, Briana	FR-1	Hamline	25.56	MIAC Outdoor Track & Field Championships	May 12, 2017	2.1
9 +	Sundstrom, Megan	JR-3	St. Benedict	25.62	MIAC Outdoor Multis	May 4, 2017	2.3
9 +	Kirkova, Liliya	FR-1	St. Catherine	25.62	MIAC Outdoor Track & Field Championships	May 12, 2017	2.1
11 +	Krier, Jillian	SR-4	Bethel (Minn.)	25.79	Hamline Invitational	Apr 1, 2017	2.5
12 +	Marciniak, Katelyn	SO-2	St. Thomas (Minn.)	25.91	MIAC Outdoor Track & Field Championships	May 12, 2017	1.5
13 +	Smith, Anna	FR-1	St. Thomas (Minn.)	25.97	UW La Crosse Final Qualifier	May 18, 2017	3.9
14 +	Johnson, AddieKay	SO-2	Bethel (Minn.)	26.02	Phil Esten Challenge	Apr 20, 2017	1.8
15 +	Grisanzio, Emma	SR-4	Carleton	26.12	UW La Crosse Final Qualifier	May 18, 2017	3.9
16 +	Stowell, McKayla	SO-2	Gustavus Adolphus	26.19	Carleton Relays	Apr 22, 2017	0.2
17 +	Schmidt, Lindsey	FR-1	Gustavus Adolphus	26.25	Lee Krough Invitational	Apr 15, 2017	1.8
18 +	Kretlow, Steph	FR-1	St. Thomas (Minn.)	26.33	MIAC Outdoor Track & Field Championships	May 12, 2017	2.1
19 +	Forness, Mikayla	JR-3	Concordia-Moorhead	26.44	MIAC Outdoor Multis	May 4, 2017	2.3
20 +	Shafer, Izzy	JR-3	Hamline	26.47	Bear Cat Twilight	May 3, 2017	2.1
21 +	Woody, Nikaylah	JR-3	Augsburg	26.58	Holst Invitational	Apr 22, 2017	1.3
22 +	Regan, Anik	SR-4	Macalester	26.63	MIAC Outdoor Track & Field Championships	May 12, 2017	2.1
23 +	Meakim, Lillie	JR-3	St. Olaf	26.65	Hamline Invitational	Apr 1, 2017	1.9
24 +	Degen, Jenna	SO-2	St. Benedict	26.93	MIAC Outdoor Multis	May 4, 2017	1.9
25 +	Anderson, Lily	FR-1	Gustavus Adolphus	26.98	PLNU Invitational Meet	Mar 25, 2017	1.0
26 +	Glaaser, Johanna	FR-1	St. Olaf	26.99	Hamline Invitational	Apr 1, 2017	1.9
27 +	Santl, Lauren	SO-2	Concordia-Moorhead	27.01	Masanz Invitational	May 6, 2017	0.8
28 +	McFerson, Matilda	FR-1	St. Thomas (Minn.)	27.04	Meet of the UnSaintly	May 5, 2017	1.5
29 +	Bierman, Brielle	JR-3	St. Thomas (Minn.)	27.10	St. Olaf Manitou Classic	Apr 21, 2017	-2.0
30 +	Eischens, Laura	JR-3	St. Thomas (Minn.)	27.19	MIAC Outdoor Multis	May 4, 2017	2.3

400 Meters

MIAC 1:04.54

	Athlete	Year	Team	Time	Meet	Meet Date
1 +	Labatt, Delia	FR-1	Bethel (Minn.)	55.86	Meet of the UnSaintly	May 5, 2017
2 +	Stets, Abby	JR-3	St. Olaf	56.39	Bear Cat Twilight	May 3, 2017
3 +	Sonsalla, Hannah	JR-3	Macalester	57.66	MIAC Outdoor Track & Field Championships	May 12, 2017
4 +	Johnson, AddieKay	SO-2	Bethel (Minn.)	58.59	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
5 +	Grisanzio, Emma	SR-4	Carleton	59.22	Bear Cat Twilight	May 3, 2017
5 +	Glaaser, Johanna	FR-1	St. Olaf	59.22	MIAC Outdoor Track & Field Championships	May 12, 2017
7 +	Peebles, Annalise	FR-1	Carleton	59.26	MIAC Outdoor Track & Field Championships	May 12, 2017
8 +	Shafer, Izzy	JR-3	Hamline	59.34	Meet of the UnSaintly	May 5, 2017
9 +	Dammann, Morgan	FR-1	St. Thomas (Minn.)	59.66	MIAC Outdoor Track & Field Championships	May 12, 2017
10 +	Casarrubias, Victoria	FR-1	Macalester	59.75	Hamline Womens Twilight	Apr 12, 2017
11 +	Wegner, Sara	FR-1	Bethel (Minn.)	59.79	Ross and Sharon Irwin Collegiate Invitational	Mar 18, 2017
12 +	Dellwo, Kristy	JR-3	Hamline	1:00.10	MIAC Outdoor Track & Field Championships	May 12, 2017
13 +	Smith, Anna	FR-1	St. Thomas (Minn.)	1:00.21	Meet of the UnSaintly	May 5, 2017
14 +	Kintop, Natalie	SR-4	St. Thomas (Minn.)	1:00.38	Meet of the UnSaintly	May 5, 2017
15 +	Helstad, Hannah	JR-3	St. Thomas (Minn.)	1:00.45	Beach Invitational	Apr 14, 2017
16 +	Fiecke, Marisa	SO-2	Hamline	1:00.50	Holst Invitational	Apr 22, 2017
17 +	Kiminski, Maria	SR-4	St. Benedict	1:00.65	St. Olaf Manitou Classic	Apr 21, 2017
18 +	Barton, Carly	SR-4	St. Thomas (Minn.)	1:00.98	Beach Invitational	Apr 14, 2017
19 +	Balzer, Nicole	SR-4	Bethel (Minn.)	1:01.07	Carleton Relays	Apr 22, 2017
20 +	Andriessen, Isabel	FR-1	Concordia-Moorhead	1:01.10	Masanz Invitational	May 6, 2017
21 +	Anderson, Lily	FR-1	Gustavus Adolphus	1:01.36	PLNU Invitational Meet	Mar 25, 2017
22 +	Thoemke, Megan	JR-3	St. Catherine	1:01.50	MIAC Outdoor Track & Field Championships	May 12, 2017
23 +	Hill, Megan	FR-1	Gustavus Adolphus	1:01.54	Meet of the UnSaintly	May 5, 2017
24 +	Ash, Makenna	SO-2	St. Olaf	1:01.68	Hamline Invitational	Apr 1, 2017
25 +	Alpers, Erin	JR-3	Bethel (Minn.)	1:02.21	Hamline Invitational	Apr 1, 2017
26 +	Gelinske, Shelby	SO-2	Concordia-Moorhead	1:02.28	Al Cassell Relays	Apr 29, 2017
27 +	Herath, Lydia	SO-2	Bethel (Minn.)	1:02.32	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
28 +	Schlieman, Lily	FR-1	Macalester	1:02.42	MIAC Outdoor Track & Field Championships	May 12, 2017
29 +	Neiberger, Annalise	FR-1	St. Olaf	1:02.87	Hamline Womens Twilight	Apr 12, 2017
30 +	Hoops, Suzie	SR-4	St. Olaf	1:03.07	Lee Krough Invitational	Apr 15, 2017

800 Meters MIAC 2:33.09

	Athlete	Year	Team	Time	Meet	Meet Date
1 +	Kosobud, Allison	SR-4	St. Benedict	2:11.58	MIAC Outdoor Track & Field Championships	May 12, 2017
2 +	Casarrubias, Victoria	FR-1	Macalester	2:13.41	MIAC Outdoor Track & Field Championships	May 12, 2017
3 +	Wegner, Sara	FR-1	Bethel (Minn.)	2:13.62	MIAC Outdoor Track & Field Championships	May 12, 2017
4 +	Barton, Carly	SR-4	St. Thomas (Minn.)	2:14.58	MIAC Outdoor Track & Field Championships	May 12, 2017
5 +	Janto, Kayla	SR-4	St. Thomas (Minn.)	2:15.03	UW La Crosse Final Qualifier	May 18, 2017
6 +	Glassbrenner, Ali	JR-3	St. Thomas (Minn.)	2:15.24	Meet of the UnSaintly	May 5, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
7	Kintop, Natalie	SR-4	St. Thomas (Minn.)	2:16.04	MIAC Outdoor Track & Field Championships	May 12, 2017
8	Walz, Jenny	JR-3	St. Thomas (Minn.)	2:16.31	Bryan Clay Invite	Apr 13, 2017
9	Halverson, Annika	JR-3	Bethel (Minn.)	2:16.51	Hamline Womens Twilight	Apr 12, 2017
10	Lutz, Jordan	JR-3	St. Olaf	2:16.68	MIAC Outdoor Track & Field Championships	May 12, 2017
11	Alpers, Erin	JR-3	Bethel (Minn.)	2:16.90	MIAC Outdoor Track & Field Championships	May 12, 2017
12	Helstad, Hannah	JR-3	St. Thomas (Minn.)	2:16.92	Bear Cat Twilight	May 3, 2017
13	Dengel, Olivia	JR-3	St. Benedict	2:17.04	Hamline Invitational	Apr 1, 2017
14	Schnabel, Abigail	SO-2	Gustavus Adolphus	2:17.31	MIAC Outdoor Track & Field Championships	May 12, 2017
15	Moody, Jena	JR-3	St. Olaf	2:17.36	Bear Cat Twilight	May 3, 2017
16	Balzer, Nicole	SR-4	Bethel (Minn.)	2:17.96	Hamline Womens Twilight	Apr 12, 2017
17	Hankins, Holly	JR-3	Hamline	2:18.46	Meet of the UnSaintly	May 5, 2017
18	Prescott, Natalie	SR-4	Macalester	2:19.00	Meet of the UnSaintly	May 5, 2017
19	Mathison, Meg	FR-1	Carleton	2:19.48	Hamline Invitational	Apr 1, 2017
20	Sundstrom, Megan	JR-3	St. Benedict	2:19.70	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
21	Ramsey, Eliza	SR-4	Macalester	2:19.78	Bear Cat Twilight	May 3, 2017
22	Smith, Elena	SO-2	Macalester	2:19.81	Carleton Relays	Apr 22, 2017
23	Dammann, Morgan	FR-1	St. Thomas (Minn.)	2:19.93	UW La Crosse Final Qualifier	May 18, 2017
25	Ellingson, Holly	SO-2	Macalester	2:20.62	Meet of the UnSaintly	May 5, 2017
26	West, Maria	SO-2	Concordia-Moorhead	2:21.09	Masanz Invitational	May 6, 2017
28	Hayes, Lydia	JR-3	Gustavus Adolphus	2:21.51	Carleton Relays	Apr 22, 2017
29	Herath, Lydia	SO-2	Bethel (Minn.)	2:21.56	MIAC Outdoor Track & Field Championships	May 12, 2017
30	Forness, Mikayla	JR-3	Concordia-Moorhead	2:21.66	NCAA Division III Outdoor Track & Field Championships	May 25, 2017

1500 Meters

MIAC 5:12.58

	Athlete	Year	Team	Time	Meet	Meet Date
1	Halverson, Annika	JR-3	Bethel (Minn.)	4:36.52	Meet of the UnSaintly	May 5, 2017
2	Janto, Kayla	SR-4	St. Thomas (Minn.)	4:40.85	Beach Invitational	Apr 14, 2017
3	Mathison, Meg	FR-1	Carleton	4:41.18	Bear Cat Twilight	May 3, 2017
4	Glassbrenner, Ali	JR-3	St. Thomas (Minn.)	4:41.39	UW La Crosse Final Qualifier	May 18, 2017
5	Meyer, Kimber	SR-4	Macalester	4:43.54	Bear Cat Twilight	May 3, 2017
6	Weber, Emma	SR-4	St. Benedict	4:45.04	Hamline Womens Twilight	Apr 12, 2017
7	Nipper, Nicole	SR-4	Carleton	4:45.67	Carleton Relays	Apr 22, 2017
8	Ramsey, Eliza	SR-4	Macalester	4:47.32	Meet of the UnSaintly	May 5, 2017
9	Walz, Jenny	JR-3	St. Thomas (Minn.)	4:47.48	MIAC Outdoor Track & Field Championships	May 12, 2017
10	Dengel, Olivia	JR-3	St. Benedict	4:47.54	Hamline Womens Twilight	Apr 12, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
11	Hankins, Holly	JR-3	Hamline	4:49.41	Holst Invitational	Apr 22, 2017
12	Brekke, Josephine	SR-4	St. Olaf	4:49.67	St. Olaf Manitou Classic	Apr 21, 2017
13	Reid, Elise	SR-4	St. Benedict	4:50.20	Hamline Womens Twilight	Apr 12, 2017
14	Wilkin, Becca	FR-1	St. Thomas (Minn.)	4:50.82	Meet of the UnSainly	May 5, 2017
15	Casarrubias, Victoria	FR-1	Macalester	4:51.20	Bear Cat Twilight	May 3, 2017
16	Paulson, Briana	SO-2	St. Olaf	4:51.34	Bear Cat Twilight	May 3, 2017
17	Hoornaert, Jamie	SR-4	St. Olaf	4:51.71	Hamline Womens Twilight	Apr 12, 2017
18	Irving, Taybri	SR-4	Augsburg	4:52.18	Hamline Invitational	Apr 1, 2017
19	Hayes, Lydia	JR-3	Gustavus Adolphus	4:52.53	Minnesota State Twilight	May 3, 2017
21	Winter, Tierney	FR-1	Gustavus Adolphus	4:54.19	Minnesota State Twilight	May 3, 2017
22	Novak-Klug, Sadie	JR-3	Gustavus Adolphus	4:54.99	MIAC Outdoor Track & Field Championships	May 12, 2017
24	Schuda, Helen	FR-1	Carleton	4:55.20	Carleton Relays	Apr 22, 2017
26	Kaegi, Emily	JR-3	Carleton	4:56.31	Carleton Relays	Apr 22, 2017
27	Strickland, Shannon	SR-4	St. Catherine	4:57.26	Hamline Womens Twilight	Apr 12, 2017
28	Ellingson, Holly	SO-2	Macalester	4:57.45	Bear Cat Twilight	May 3, 2017
29	Breuckman, Katie	FR-1	St. Thomas (Minn.)	4:57.64	Meet of the UnSainly	May 5, 2017
30	Giefer, Julia	JR-3	St. Thomas (Minn.)	4:57.82	MIAC Outdoor Track & Field Championships	May 12, 2017

5000 Meters

MIAC 19:56.05

	Athlete	Year	Team	Time	Meet	Meet Date
2	Naas, Mary	SO-2	St. Olaf	17:23.59	Hamline Invitational	Apr 1, 2017
3	Fossum, Alex	SR-4	St. Thomas (Minn.)	17:26.23	Mt. SAC Relays	Apr 13, 2017
4	Weber, Emma	SR-4	St. Benedict	17:52.02	UW La Crosse Final Qualifier	May 18, 2017
5	McGivern, Bridget	SR-4	St. Thomas (Minn.)	18:15.06	Hamline Invitational	Apr 1, 2017
6	Walz, Jenny	JR-3	St. Thomas (Minn.)	18:16.63	Hamline Invitational	Apr 1, 2017
7	Hawgood, Bryony	FR-1	St. Olaf	18:18.31	Hamline Invitational	Apr 1, 2017
8	Trujillo, Claire	SR-4	Carleton	18:18.74	Hamline Invitational	Apr 1, 2017
9	Miles, Kathleen	SO-2	Hamline	18:21.83	Hamline Invitational	Apr 1, 2017
10	Ramsey, Eliza	SR-4	Macalester	18:23.88	Hamline Womens Twilight	Apr 12, 2017
11	Dopp, Madeline	SO-2	Hamline	18:24.80	Hamline Womens Twilight	Apr 12, 2017
12	Ness, Sara	FR-1	St. Thomas (Minn.)	18:26.94	Hamline Womens Twilight	Apr 12, 2017
13	Marsh, Melissa	JR-3	St. Thomas (Minn.)	18:31.42	Hamline Womens Twilight	Apr 12, 2017
14	Sands, Emily	SR-4	Gustavus Adolphus	18:32.05	Carleton Relays	Apr 22, 2017
15	Hoornaert, Jamie	SR-4	St. Olaf	18:33.72	Bear Cat Twilight	May 3, 2017
16	Cramer, Madeline	SO-2	Bethel (Minn.)	18:35.27	2017 Kip Janvrin Open	Apr 27, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
17	+ Geist, Marietta	FR-1	Carleton	18:39.92	Carleton Relays	Apr 22, 2017
18	+ Ahlstrom, Leighlin	FR-1	St. Catherine	18:41.78	Hamline Womens Twilight	Apr 12, 2017
21	+ Matzoll, Amber	SO-2	St. Thomas (Minn.)	18:50.23	Bear Cat Twilight	May 3, 2017
22	+ Rosenow, Olivia	JR-3	Gustavus Adolphus	18:52.99	Carleton Relays	Apr 22, 2017
23	+ Nipper, Nicole	SR-4	Carleton	18:55.21	Hamline Invitational	Apr 1, 2017
24	+ Nazarino, Sarah	SO-2	Carleton	18:57.05	Bear Cat Twilight	May 3, 2017
25	+ Passmore, Gabriela	FR-1	Gustavus Adolphus	19:00.00	Drake Alternative	Apr 29, 2017
26	+ Schifsky, Lotus	SO-2	Gustavus Adolphus	19:01.12	Carleton Relays	Apr 22, 2017
27	+ Moore, Meredith	FR-1	St. Olaf	19:03.82	MIAC Outdoor Track & Field Championships	May 12, 2017
28	+ Clarke, Molly	FR-1	St. Thomas (Minn.)	19:05.74	Bear Cat Twilight	May 3, 2017
29	+ Launder, Jenny	SO-2	St. Thomas (Minn.)	19:09.50	Hamline Invitational	Apr 1, 2017
30	+ Kirkeide, Courtney	SR-4	St. Catherine	19:10.12	Hamline Invitational	Apr 1, 2017
30	+ Weaver, Megan	SO-2	Gustavus Adolphus	19:10.12	Minnesota State Twilight	May 3, 2017

10000 Meters

MIAC 44:20.33

	Athlete	Year	Team	Time	Meet	Meet Date
1	+ Fossum, Alex	SR-4	St. Thomas (Minn.)	37:32.73	2017 Drake Relays presented by Hy-Vee	Apr 26, 2017
2	+ Miles, Kathleen	SO-2	Hamline	37:48.51	Phil Esten Challenge	Apr 20, 2017
3	+ Irving, Taybri	SR-4	Augsburg	38:01.49	Mt. SAC Relays	Apr 13, 2017
4	+ Meyer, Kimber	SR-4	Macalester	38:14.62	MIAC Outdoor Track & Field Championships	May 12, 2017
5	+ Hawgood, Bryony	FR-1	St. Olaf	39:08.26	MIAC Outdoor Track & Field Championships	May 12, 2017
6	+ Trujillo, Claire	SR-4	Carleton	39:22.64	MIAC Outdoor Track & Field Championships	May 12, 2017
7	+ McGivern, Bridget	SR-4	St. Thomas (Minn.)	39:29.28	St. Olaf Manitou Classic	Apr 21, 2017
8	+ Hoornaert, Jamie	SR-4	St. Olaf	39:38.48	St. Olaf Manitou Classic	Apr 21, 2017
9	+ Matzoll, Amber	SO-2	St. Thomas (Minn.)	39:44.09	St. Olaf Manitou Classic	Apr 21, 2017
10	+ Marsh, Melissa	JR-3	St. Thomas (Minn.)	39:47.65	St. Olaf Manitou Classic	Apr 21, 2017
11	+ Ahlstrom, Leighlin	FR-1	St. Catherine	40:23.48	St. Olaf Manitou Classic	Apr 21, 2017
12	+ Kirkeide, Courtney	SR-4	St. Catherine	40:43.88	St. Olaf Manitou Classic	Apr 21, 2017
13	+ Weaver, Megan	SO-2	Gustavus Adolphus	40:46.58	Carleton Relays	Apr 22, 2017
14	+ Schnirring, Samantha	SO-2	Carleton	40:52.32	MIAC Outdoor Track & Field Championships	May 12, 2017
15	+ Anderson, Sarah	FR-1	Gustavus Adolphus	40:52.49	Carleton Relays	Apr 22, 2017
16	+ Clarke, Molly	FR-1	St. Thomas (Minn.)	40:53.63	St. Olaf Manitou Classic	Apr 21, 2017
17	+ Nazarino, Sarah	SO-2	Carleton	40:54.51	Carleton Relays	Apr 22, 2017
19	+ Rachel, Winona	SR-4	Carleton	41:07.72	Carleton Relays	Apr 22, 2017
20	+ Borgmeier, Abigail	SO-2	St. Benedict	41:15.85	MIAC Outdoor Track & Field Championships	May 12, 2017

	Athlete	Year	Team	Time	Meet	Meet Date	
21	+	Lynn, Lizzy	SO-2	Carleton	41:25.49	Carleton Relays	Apr 22, 2017
22	+	Launder, Jenny	SO-2	St. Thomas (Minn.)	41:29.00	St. Olaf Manitou Classic	Apr 21, 2017
23	+	Cramer, Madeline	SO-2	Bethel (Minn.)	41:50.52	MIAC Outdoor Track & Field Championships	May 12, 2017
24	+	Brine-Doyle, Jackie	SO-2	St. Catherine	42:09.16	St. Olaf Manitou Classic	Apr 21, 2017
25	+	Silverman, Pombie	SR-4	Carleton	42:25.36	Carleton Relays	Apr 22, 2017
26	+	Hendrickson, Mattia	SR-4	St. Benedict	42:38.88	St. Olaf Manitou Classic	Apr 21, 2017
29	+	Torstenson, Martha	JR-3	Carleton	43:40.66	Carleton Relays	Apr 22, 2017
30	+	Wall, Anna	JR-3	St. Olaf	43:40.76	St. Olaf Manitou Classic	Apr 21, 2017

100 Hurdles

MIAC 17.46

	Athlete	Year	Team	Time	Meet	Meet Date	Wind	
1	+	Bierman, Brielle	JR-3	St. Thomas (Minn.)	14.83	MIAC Outdoor Track & Field Championships	May 12, 2017	-0.8
2	+	Brown, Gabrielle	SO-2	Hamline	14.94	Phil Esten Challenge	Apr 20, 2017	2.2
3	+	Eischens, Laura	JR-3	St. Thomas (Minn.)	15.07	NCAA Division III Outdoor Track & Field Championships	May 25, 2017	-0.2
4	+	Sundstrom, Megan	JR-3	St. Benedict	15.10	MIAC Outdoor Multis	May 4, 2017	1.5
6	+	Futterer, Anna	SO-2	Hamline	15.18	MIAC Outdoor Track & Field Championships	May 12, 2017	-0.8
7	+	Degen, Jenna	SO-2	St. Benedict	15.24	NCAA Division III Outdoor Track & Field Championships	May 25, 2017	-0.3
8	+	Forness, Mikayla	JR-3	Concordia-Moorhead	15.45	MIAC Outdoor Multis	May 4, 2017	3.5
11	+	Wells-Johnson, Shakeela	SR-4	St. Catherine	15.71	Bear Cat Twilight	May 3, 2017	+0.0
12	+	Woody, Nikaylah	JR-3	Augsburg	15.88	MIAC Outdoor Track & Field Championships	May 12, 2017	0.3
13	+	Piergies, Tonya	SO-2	Carleton	15.92	Carleton Relays	Apr 22, 2017	0.3
14	+	Grizhebovskaaya, Masha	JR-3	St. Olaf	16.04	St. Olaf Manitou Classic	Apr 21, 2017	-1.0
15	+	McKinstrey, Corin	FR-1	Bethel (Minn.)	16.10	Carleton Relays	Apr 22, 2017	0.3
16	+	Terpstra, Allie	SO-2	Bethel (Minn.)	16.28	MIAC Outdoor Track & Field Championships	May 12, 2017	0.3
17	+	Nelson, Kirsten	FR-1	St. Thomas (Minn.)	16.52	Bear Cat Twilight	May 3, 2017	0.8
18	+	Anderson, Alexandra	FR-1	Gustavus Adolphus	16.61	Minnesota State Twilight	May 3, 2017	2.8
19	+	Murray, Katie	JR-3	St. Thomas (Minn.)	16.63	St. Olaf Manitou Classic	Apr 21, 2017	-0.9
20	+	Andersen, Marissa	JR-3	Concordia-Moorhead	16.64	MIAC Outdoor Track & Field Championships	May 12, 2017	-1.1
21	+	Joens, Bailey	FR-1	Saint Mary's (Minn.)	16.70	MIAC Outdoor Multis	May 4, 2017	2.8
22	+	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	16.75	MIAC Outdoor Multis	May 4, 2017	2.8
23	+	Walls, Jordan	SO-2	Hamline	16.87	Phil Esten Challenge	Apr 20, 2017	2.5
24	+	Lautt, McKenzie	FR-1	Concordia-Moorhead	16.94	MIAC Outdoor Track & Field Championships	May 12, 2017	0.3
25	+	Meakim, Lillie	JR-3	St. Olaf	16.97	St. Olaf Manitou Classic	Apr 21, 2017	-0.4
26	+	Stilwell, Jenna	SO-2	Concordia-Moorhead	17.03	MIAC Outdoor Multis	May 4, 2017	0.7
27	+	Forness, Miriah	FR-1	Concordia-Moorhead	17.16	MIAC Outdoor Multis	May 4, 2017	0.7

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
28	Gueningsman, Madison	FR-1	Saint Mary's (Minn.)	17.17	Ashton May Invitational	Apr 8, 2017	4.0
29	Smedsrud, Kynzie	SO-2	Saint Mary's (Minn.)	17.18	MIAC Outdoor Track & Field Championships	May 12, 2017	-1.1
29	Kammer, Laura	FR-1	St. Olaf	17.18	MIAC Outdoor Track & Field Championships	May 12, 2017	-0.9

400 Hurdles

MIAC 1:20.16

	Athlete	Year	Team	Time	Meet	Meet Date
1	Bierman, Brielle	JR-3	St. Thomas (Minn.)	1:02.10	MIAC Outdoor Track & Field Championships	May 12, 2017
2	Sundstrom, Megan	JR-3	St. Benedict	1:02.42	MIAC Outdoor Track & Field Championships	May 12, 2017
3	Kiminski, Maria	SR-4	St. Benedict	1:04.05	MIAC Outdoor Track & Field Championships	May 12, 2017
4	Forness, Mikayla	JR-3	Concordia-Moorhead	1:05.11	MIAC Outdoor Track & Field Championships	May 12, 2017
5	Sonsalla, Hannah	JR-3	Macalester	1:05.57	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
6	Andriessen, Isabel	FR-1	Concordia-Moorhead	1:05.72	MIAC Outdoor Track & Field Championships	May 12, 2017
7	McKinstrey, Corin	FR-1	Bethel (Minn.)	1:06.48	MIAC Outdoor Track & Field Championships	May 12, 2017
8	Van Goethem, Abigail	FR-1	Hamline	1:06.83	MIAC Outdoor Track & Field Championships	May 12, 2017
9	Hunter, Brooke	SR-4	Macalester	1:07.13	MIAC Outdoor Track & Field Championships	May 12, 2017
10	Ivy, Gabby	SO-2	Macalester	1:08.44	Meet of the UnSaintly	May 5, 2017
11	Meakim, Lillie	JR-3	St. Olaf	1:08.49	MIAC Outdoor Track & Field Championships	May 12, 2017
12	Schoustra, Mackenzie	FR-1	St. Olaf	1:08.87	MIAC Outdoor Track & Field Championships	May 12, 2017
13	Balzer, Mara	FR-1	Bethel (Minn.)	1:08.93	Hamline Invitational	Apr 1, 2017
15	Woody, Nikaylah	JR-3	Augsburg	1:09.81	Redlands Invite (Colleges)	Mar 17, 2017
16	Lincoln, Emily	FR-1	Hamline	1:09.87	MIAC Outdoor Track & Field Championships	May 12, 2017
17	Smith, Keely	JR-3	St. Thomas (Minn.)	1:10.46	Bear Cat Twilight	May 3, 2017
18	Walls, Jordan	SO-2	Hamline	1:10.58	Phil Esten Challenge	Apr 20, 2017
19	Forness, Miriah	FR-1	Concordia-Moorhead	1:10.64	AI Cassell Relays	Apr 29, 2017
20	Butchko, Mallory	SO-2	Gustavus Adolphus	1:11.02	Meet of the UnSaintly	May 5, 2017
21	Gueningsman, Madison	FR-1	Saint Mary's (Minn.)	1:11.15	St. Mary's Open	Apr 29, 2017
22	Kemp, Lindsey	JR-3	St. Olaf	1:11.22	Bear Cat Twilight	May 3, 2017
23	Marquette, Hayli	SO-2	St. Olaf	1:11.28	Bear Cat Twilight	May 3, 2017
24	Pelz, Amy	SO-2	Macalester	1:11.31	MIAC Outdoor Track & Field Championships	May 12, 2017
25	Rohlf, Christine	SO-2	St. Thomas (Minn.)	1:11.35	MIAC Outdoor Track & Field Championships	May 12, 2017
26	Lautt, McKenzie	FR-1	Concordia-Moorhead	1:12.37	Hamline Invitational	Apr 1, 2017
27	Smedsrud, Kynzie	SO-2	Saint Mary's (Minn.)	1:12.73	MIAC Outdoor Track & Field Championships	May 12, 2017
28	Brown, Gabrielle	SO-2	Hamline	1:13.83	Phil Esten Challenge	Apr 20, 2017
29	Mele, Gabby	JR-3	Hamline	1:14.77	MIAC Outdoor Track & Field Championships	May 12, 2017
30	Nelson, Kirsten	FR-1	St. Thomas (Minn.)	1:15.33	Meet of the UnSaintly	May 5, 2017

3000 Steeplechase

MIAC 12:43.74

	Athlete	Year	Team	Time	Meet	Meet Date
1	Moody, Jena	JR-3	St. Olaf	11:13.52	UW La Crosse Final Qualifier	May 18, 2017
2	Trujillo, Claire	SR-4	Carleton	11:16.91	Hamline Womens Twilight	Apr 12, 2017
3	Ness, Sara	FR-1	St. Thomas (Minn.)	11:22.88	Bear Cat Twilight	May 3, 2017
4	Dopp, Madeline	SO-2	Hamline	11:26.87	MIAC Outdoor Track & Field Championships	May 12, 2017
5	DeVore, Sarah Jo	SR-4	Macalester	11:27.27	Carleton Relays	Apr 22, 2017
6	Sands, Emily	SR-4	Gustavus Adolphus	11:28.16	Drake Alternative	Apr 29, 2017
7	Reid, Elise	SR-4	St. Benedict	11:32.30	MIAC Outdoor Track & Field Championships	May 12, 2017
8	Wilkin, Becca	FR-1	St. Thomas (Minn.)	11:34.75	MIAC Outdoor Track & Field Championships	May 12, 2017
9	Claypoole, Joy	SR-4	St. Olaf	11:39.39	MIAC Outdoor Track & Field Championships	May 12, 2017
10	Fisher, Lisa	FR-1	St. Olaf	11:50.75	MIAC Outdoor Track & Field Championships	May 12, 2017
11	Rosenow, Olivia	JR-3	Gustavus Adolphus	11:50.90	MIAC Outdoor Track & Field Championships	May 12, 2017
12	Breuckman, Katie	FR-1	St. Thomas (Minn.)	11:54.09	MIAC Outdoor Track & Field Championships	May 12, 2017
13	Walton, Rebecca	SO-2	St. Olaf	11:54.86	Bear Cat Twilight	May 3, 2017
14	Reimer, Amy	SO-2	Bethel (Minn.)	11:56.27	2017 Kip Janvrin Open	Apr 27, 2017
15	Richmond, Daisy	SO-2	St. Olaf	11:56.36	Bear Cat Twilight	May 3, 2017
16	Johnson, Lindsay	JR-3	Bethel (Minn.)	11:59.94	2017 Kip Janvrin Open	Apr 27, 2017
17	Ruprecht, Alli	FR-1	St. Benedict	12:00.33	MIAC Outdoor Track & Field Championships	May 12, 2017
18	Griffin, Meg	SO-2	Hamline	12:00.53	Meet of the UnSaintly	May 5, 2017
19	West, Maria	SO-2	Concordia-Moorhead	12:03.16	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
20	Gossfeld, Megan	JR-3	St. Thomas (Minn.)	12:04.79	St. Olaf Manitou Classic	Apr 21, 2017
24	Brine-Doyle, Jackie	SO-2	St. Catherine	12:15.91	Meet of the UnSaintly	May 5, 2017
25	Schmitt, Bridget	SO-2	St. Thomas (Minn.)	12:17.36	UW La Crosse Final Qualifier	May 18, 2017
26	Pelz, Amy	SO-2	Macalester	12:18.02	Meet of the UnSaintly	May 5, 2017
27	Bentley, Jessica	JR-3	St. Olaf	12:22.28	St. Olaf Manitou Classic	Apr 21, 2017
29	Trezona, Allison	SR-4	St. Olaf	12:24.18	Lee Krough Invitational	Apr 15, 2017

4 x 100 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Thomas (Minn.)	47.98	Smith, Bierman, Marciniak, Murray	Bear Cat Twilight	May 3, 2017
2	Macalester	48.07	Komoto, Michon, Regan, Sonsalla	MIAC Outdoor Track & Field Championships	May 12, 2017
3	Bethel (Minn.)	48.16	Krier, Johnson, Frekot, Labatt	Ross and Sharon Irwin Collegiate Invitational	Mar 18, 2017
4	Hamline	48.34	Donkhong, Zwiefelhofer, Hensch, Berninghaus	MIAC Outdoor Track & Field Championships	May 12, 2017
5	St. Olaf	49.38	Meakim, Stets, Schoustra, Glaaser	MIAC Outdoor Track & Field Championships	May 12, 2017
6	Gustavus Adolphus	49.49		MIAC Outdoor Track & Field Championships	May 12, 2017

	Team	Time	Athletes	Meet	Meet Date
7	Carleton	49.52	Peebles, Piergies, Britton, Feeney	Hamline Invitational	Apr 1, 2017
8	Saint Mary's (Minn.)	49.58		MIAC Outdoor Track & Field Championships	May 12, 2017
9	St. Benedict	49.76	Otto, Kiminski, Koll, Degen	MIAC Outdoor Track & Field Championships	May 12, 2017
10	Concordia-Moorhead	50.52	Francis, Santl, Gelinske, Lutt	MIAC Outdoor Track & Field Championships	May 12, 2017

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Macalester	3:55.17	Komoto, Sonsalla, Regan, Casarrubias	MIAC Outdoor Track & Field Championships	May 12, 2017
2	St. Benedict	3:56.48	Kiminski, Kosobud, Degen, Sundstrom	MIAC Outdoor Track & Field Championships	May 12, 2017
3	Bethel (Minn.)	3:56.82	Johnson, Krier, Labatt, Wegner	UW La Crosse Final Qualifier	May 18, 2017
4	St. Olaf	3:57.16	Glaaser, Lutz, Moody, Stets	MIAC Outdoor Track & Field Championships	May 12, 2017
5	St. Thomas (Minn.)	3:58.42	Dammann, Kintop, Janto, Barton	MIAC Outdoor Track & Field Championships	May 12, 2017
6	Hamline	3:58.75	Dellwo, Fiecke, Shafer, Hankins	MIAC Outdoor Track & Field Championships	May 12, 2017
7	Carleton	4:05.06	Grisanzio, Nipper, Peebles, Mathison	Carleton Relays	Apr 22, 2017
8	Concordia-Moorhead	4:07.11	Gelinske, Andriessen, Forness, West	MIAC Outdoor Track & Field Championships	May 12, 2017
9	Gustavus Adolphus	4:07.53	Hill, Schnabel, Hayes, Winter	MIAC Outdoor Track & Field Championships	May 12, 2017
10	St. Catherine	4:11.02	Thoemke, Strickland, Asuncion, Kirkova	MIAC Outdoor Track & Field Championships	May 12, 2017
11	Saint Mary's (Minn.)	4:21.40	Berkenes, Gueningsman, Ramos, Sweet	Lee Krough Invitational	Apr 15, 2017

4 x 800 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	9:12.69	Wegner, Alpers, Balzer, Halverson	MIAC Outdoor Track & Field Championships	May 12, 2017
2	St. Olaf	9:14.02	Hoops, Fisher, Paulson, Moody	MIAC Outdoor Track & Field Championships	May 12, 2017
3	St. Thomas (Minn.)	9:25.57	Helstad, Walz, Glassbrenner, Janto	2017 Drake Relays presented by Hy-Vee	Apr 26, 2017
4	Macalester	9:28.23	Ellingson, Ramsey, Pillar, Prescott	MIAC Outdoor Track & Field Championships	May 12, 2017
5	St. Benedict	9:31.72	Kosobud, Reid, Shepard, Dengel	MIAC Outdoor Track & Field Championships	May 12, 2017
6	Carleton	9:31.97	Mathison, Nipper, Trachtenberg, Sharer	MIAC Outdoor Track & Field Championships	May 12, 2017
7	Concordia-Moorhead	9:36.97	West, Andriessen, Whiteman, Forness	MIAC Outdoor Track & Field Championships	May 12, 2017
8	Hamline	9:39.67	Fiecke, Hankins, Nash, Griffin	MIAC Outdoor Track & Field Championships	May 12, 2017
9	Gustavus Adolphus	9:42.79	Schnabel, Hayes, Anderson, Winter	MIAC Outdoor Track & Field Championships	May 12, 2017
10	St. Catherine	9:52.32	Kirkeide, Strickland, Thoemke, Perri	MIAC Outdoor Track & Field Championships	May 12, 2017

High Jump

MIAC 1.50m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	 Peterson, Emma	SR-4	Concordia-Moorhead	1.73m	5' 8"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
2 +	Johnson, Vanessa	JR-3	Concordia-Moorhead	1.66m	5' 5.25"	Lyle Hokanson Classic	Apr 21, 2017
3 +	Degen, Jenna	SO-2	St. Benedict	1.64m	5' 4.5"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
4 +	Klapper, Meghan	SR-4	Macalester	1.61m	5' 3.25"	Meet of the UnSaintly	May 5, 2017
5 +	Fokken, Niki	JR-3	St. Benedict	1.58m	5' 2.25"	St. Olaf Manitou Classic	Apr 21, 2017
5 +	Andersen, Margaret	SO-2	St. Olaf	1.58m	5' 2.25"	St. Olaf Manitou Classic	Apr 21, 2017
7 +	Engen, Tierza	FR-1	Concordia-Moorhead	1.57m	5' 1.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
8 +	Bordson, Grace	SO-2	St. Thomas (Minn.)	1.56m	5' 1.25"	Meet of the UnSaintly	May 5, 2017
9 +	Joens, Bailey	FR-1	Saint Mary's (Minn.)	1.55m	5' 1"	St. Mary's Dingels Brueggen Open	Apr 1, 2017
9 +	Forness, Mikayla	JR-3	Concordia-Moorhead	1.55m	5' 1"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
11 +	Stilwell, Jenna	SO-2	Concordia-Moorhead	1.54m	5' 0.5"	MIAC Outdoor Multis	May 4, 2017
12 +	Severson, Sidney	SO-2	St. Thomas (Minn.)	1.53m	5' 0.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
12 +	Terhaar, Mariah	FR-1	St. Thomas (Minn.)	1.53m	5' 0.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
12 +	Andersen, Marissa	JR-3	Concordia-Moorhead	1.53m	5' 0.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
12 +	Spehar, Suntina	FR-1	St. Benedict	1.53m	5' 0.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
12 +	Anderson, Alexandra	FR-1	Gustavus Adolphus	1.53m	5' 0.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
12 +	McFerson, Matilda	FR-1	St. Thomas (Minn.)	1.53m	5' 0.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
19 +	Radke, Johna	SO-2	St. Catherine	1.52m	4' 11.75"	Bear Cat Twilight	May 3, 2017
20 +	Dahl, Emily	FR-1	Bethel (Minn.)	1.50m	4' 11"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
20 +	Hedlund, Kate	SO-2	St. Thomas (Minn.)	1.50m	4' 11"	Hamline Invitational	Apr 1, 2017
22	Sundstrom, Megan	JR-3	St. Benedict	1.48m	4' 10.25"	MIAC Outdoor Multis	May 4, 2017
23	Jones, Madison	FR-1	St. Benedict	1.47m	4' 9.75"	Bear Cat Twilight	May 3, 2017
24	Dontje Lindell, Halla	SO-2	Macalester	1.46m	4' 9.5"	Meet of the UnSaintly	May 5, 2017
24	Grisanzio, Emma	SR-4	Carleton	1.46m	4' 9.5"	UW La Crosse Final Qualifier	May 18, 2017
26	Schoustra, Mackenzie	FR-1	St. Olaf	1.45m	4' 9"	Hamline Womens Twilight	Apr 12, 2017
26	Eischens, Laura	JR-3	St. Thomas (Minn.)	1.45m	4' 9"	MIAC Outdoor Multis	May 4, 2017
26	Kiminski, Maria	SR-4	St. Benedict	1.45m	4' 9"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
29	Bohlig, Emily	FR-1	St. Olaf	1.42m	4' 7.75"	MIAC Outdoor Multis	May 4, 2017
29	Lokensgard, Alyssa	FR-1	Gustavus Adolphus	1.42m	4' 7.75"	Minnesota State Twilight	May 3, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	+ Stelten, London	SR-4	St. Benedict	3.95m	12' 11.5"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
2	+ Novak, Kendall	SO-2	St. Thomas (Minn.)	3.62m	11' 10.5"	MIAC Outdoor Track & Field Championships	May 12, 2017
3	+ Anderson, Jalia	SO-2	St. Thomas (Minn.)	3.43m	11' 3"	Meet of the UnSaintyly	May 5, 2017
4	+ Missurelli, Maria	JR-3	Saint Mary's (Minn.)	3.31m	10' 10.25"	UW La Crosse Final Qualifier	May 18, 2017
5	+ Terhaar, Mariah	FR-1	St. Thomas (Minn.)	3.27m	10' 8.75"	St. Olaf Manitou Classic	Apr 21, 2017
5	+ Davis, Anna	JR-3	St. Benedict	3.27m	10' 8.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
7	+ Kershner, Lauren	SO-2	Gustavus Adolphus	3.13m	10' 3.25"	Meet of the UnSaintyly	May 5, 2017
7	+ Sifferle, Jordan	FR-1	St. Thomas (Minn.)	3.13m	10' 3.25"	Meet of the UnSaintyly	May 5, 2017
7	+ Forker, Sarah	JR-3	Bethel (Minn.)	3.13m	10' 3.25"	Meet of the UnSaintyly	May 5, 2017
7	+ Butchko, Mallory	SO-2	Gustavus Adolphus	3.13m	10' 3.25"	Meet of the UnSaintyly	May 5, 2017
11	+ Stelten, Lee	FR-1	St. Benedict	3.10m	10' 2"	CSB-SJU Outdoor Invitational	Mar 25, 2017
12	+ Hillerud, Erin	FR-1	Concordia-Moorhead	3.05m	10' 0"	Hamline Invitational	Apr 1, 2017
13	+ Geiser, Christina	JR-3	St. Benedict	2.99m	9' 9.75"	Bear Cat Twilight	May 3, 2017
14	+ Regan, Anik	SR-4	Macalester	2.98m	9' 9.25"	Meet of the UnSaintyly	May 5, 2017
14	+ Ramos, Rebekah	FR-1	Saint Mary's (Minn.)	2.98m	9' 9.25"	Meet of the UnSaintyly	May 5, 2017
16	+ Brown Ton, Corinna	FR-1	St. Olaf	2.97m	9' 9"	St. Olaf Manitou Classic	Apr 21, 2017
16	+ Walls, Jordan	SO-2	Hamline	2.97m	9' 9"	MIAC Outdoor Track & Field Championships	May 12, 2017
18	+ Rieth, Jenna	FR-1	Gustavus Adolphus	2.85m	9' 4.25"	Minnesota State Twilight	May 3, 2017
19	+ Nelson, Kirsten	FR-1	St. Thomas (Minn.)	2.84m	9' 3.75"	Bear Cat Twilight	May 3, 2017
20	+ Prine, Avery	FR-1	St. Olaf	2.75m	9' 0.25"	Hamline Womens Twilight	Apr 12, 2017
20	+ Mitchell, Alyssa	SO-2	Bethel (Minn.)	2.75m	9' 0.25"	Hamline Invitational	Apr 1, 2017
22	+ Singh, Prabhjot	SO-2	Gustavus Adolphus	2.71m	8' 10.75"	Lee Krough Invitational	Apr 15, 2017
23	Watry, Kate	SO-2	St. Thomas (Minn.)	2.69m	8' 9.75"	Bear Cat Twilight	May 3, 2017
23	Waddell, Sam	JR-3	St. Olaf	2.69m	8' 9.75"	Bear Cat Twilight	May 3, 2017
25	Murdock, Cara	FR-1	St. Thomas (Minn.)	2.68m	8' 9.5"	Meet of the UnSaintyly	May 5, 2017
26	McMahon, Katie	SR-4	Hamline	2.54m	8' 4"	Bear Cat Twilight	May 3, 2017
27	Hughes, Mackenzie	FR-1	Hamline	2.53m	8' 3.5"	Meet of the UnSaintyly	May 5, 2017
28	Kressler, Olivia	JR-3	Hamline	2.46m	8' 0.75"	Holst Invitational	Apr 22, 2017

Long Jump

MIAC 4.96m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	+ Frekot, Hanna	SO-2	Bethel (Minn.)	5.61m	18' 5"	Ross and Sharon Irwin Collegiate Invitational	Mar 18, 2017
2	+ Degen, Jenna	SO-2	St. Benedict	5.50m	18' 0.5"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
3 +	Dup, Becca	SO-2	Saint Mary's (Minn.)	5.49m	18' 0.25"	Ashton May Invitational	Apr 8, 2017
4 +	Thompson, Tori	SO-2	St. Catherine	5.43m	17' 9.75"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
5 +	Sundstrom, Megan	JR-3	St. Benedict	5.41m	17' 9"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
6 +	Francis, Mollie	FR-1	Concordia-Moorhead	5.36m	17' 7"	Al Cassell Relays	Apr 29, 2017
7 +	Jones, Callie	SR-4	Augsburg	5.34m	17' 6.25"	UW La Crosse Final Qualifier	May 18, 2017
9 +	Eischens, Laura	JR-3	St. Thomas (Minn.)	5.28m	17' 4"	MIAC Outdoor Multis	May 4, 2017
9 +	Britton, Damali	JR-3	Carleton	5.28m	17' 4"	Bear Cat Twilight	May 3, 2017
11 +	Schoustra, Mackenzie	FR-1	St. Olaf	5.20m	17' 0.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
13 +	Donkhong, Anna	FR-1	Hamline	5.16m	16' 11.25"	Hamline Womens Twilight	Apr 12, 2017
14 +	Piergies, Tonya	SO-2	Carleton	5.04m	16' 6.5"	Carleton Relays	Apr 22, 2017
15 +	Forness, Mikayla	JR-3	Concordia-Moorhead	5.02m	16' 5.75"	CSB-SJU Outdoor Multis	Apr 8, 2017
16 +	Neeser, Anna	SO-2	Gustavus Adolphus	4.99m	16' 4.5"	Minnesota State Twilight	May 3, 2017
17 +	Hughes, Mackenzie	FR-1	Hamline	4.96m	16' 3.25"	Meet of the UnSaintly	May 5, 2017
17 +	Russell, Elizabeth	SR-4	St. Thomas (Minn.)	4.96m	16' 3.25"	USF Invitational	Apr 21, 2017
19	Anderson, Alexandra	FR-1	Gustavus Adolphus	4.91m	16' 1.5"	Meet of the UnSaintly	May 5, 2017
20	Marquette, Hayli	SO-2	St. Olaf	4.89m	16' 0.5"	Bear Cat Twilight	May 3, 2017
21	Joens, Bailey	FR-1	Saint Mary's (Minn.)	4.87m	15' 11.75"	St. Mary's Dingels Brueggen Open	Apr 1, 2017
22	Stilwell, Jenna	SO-2	Concordia-Moorhead	4.85m	15' 11"	CSB-SJU Outdoor Multis	Apr 8, 2017
23	Thomley, Emma	FR-1	Carleton	4.84m	15' 10.5"	Carleton Relays	Apr 22, 2017
24	Van Goethem, Abigail	FR-1	Hamline	4.81m	15' 9.5"	Hamline Invitational	Apr 1, 2017
25	Silbert, Sarah	SR-4	Macalester	4.80m	15' 9"	Hamline Invitational	Apr 1, 2017
25	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	4.80m	15' 9"	MIAC Outdoor Multis	May 4, 2017
27	Berninghaus, Briana	FR-1	Hamline	4.79m	15' 8.75"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
28	Forness, Miriah	FR-1	Concordia-Moorhead	4.76m	15' 7.5"	MIAC Outdoor Multis	May 4, 2017
29	Murray, Katie	JR-3	St. Thomas (Minn.)	4.75m	15' 7"	Hamline Invitational	Apr 1, 2017
30	Fokken, Niki	JR-3	St. Benedict	4.68m	15' 4.25"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017

Triple Jump MIAC 9.26m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Peterson, Emma	SR-4	Concordia-Moorhead	12.15m	39' 10.5"	MIAC Outdoor Track & Field Championships	May 12, 2017
2	Dup, Becca	SO-2	Saint Mary's (Minn.)	11.70m	38' 4.75"	Ashton May Invitational	Apr 8, 2017
3	Britton, Damali	JR-3	Carleton	11.37m	37' 3.75"	UW La Crosse Final Qualifier	May 18, 2017
4	Sundstrom, Megan	JR-3	St. Benedict	11.26m	36' 11.5"	St. Olaf Manitou Classic	Apr 21, 2017
5	Koll, Leah	SO-2	St. Benedict	11.04m	36' 2.75"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
6	Zwiefelhofer, Danielle	JR-3	Hamline	10.91m	35' 9.5"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
7	Gelinke, Shelby	SO-2	Concordia-Moorhead	10.85m	35' 7.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
8	Russell, Elizabeth	SR-4	St. Thomas (Minn.)	10.76m	35' 3.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
9	Quandt, Taylor	SO-2	St. Thomas (Minn.)	10.66m	34' 11.75"	Bear Cat Twilight	May 3, 2017
10	Engen, Tierza	FR-1	Concordia-Moorhead	10.48m	34' 4.75"	Al Cassell Relays	Apr 29, 2017
11	Dontje Lindell, Halla	SO-2	Macalester	10.45m	34' 3.5"	Carleton Relays	Apr 22, 2017
12	Silbert, Sarah	SR-4	Macalester	10.26m	33' 8"	Carleton Relays	Apr 22, 2017
12	Hensch, Mikayla	SR-4	Hamline	10.26m	33' 8"	MIAC Outdoor Track & Field Championships	May 12, 2017
15	Thompson, Tori	SO-2	St. Catherine	10.24m	33' 7.25"	Holst Invitational	Apr 22, 2017
16	Neeser, Anna	SO-2	Gustavus Adolphus	10.23m	33' 6.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
17	Hlavka, Courtney	SO-2	Bethel (Minn.)	10.04m	32' 11.25"	Meet of the UnSaintly	May 5, 2017
18	Smedsrud, Kynzie	SO-2	Saint Mary's (Minn.)	10.03m	32' 11"	St. Mary's Dingels Brueggen Open	Apr 1, 2017
19	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	9.94m	32' 7.5"	Hamline Womens Twilight	Apr 12, 2017
20	Clarke, Mellissa	FR-1	Hamline	9.82m	32' 2.75"	Meet of the UnSaintly	May 5, 2017
21	Steiger, Lindsay	FR-1	Hamline	9.67m	31' 8.75"	Meet of the UnSaintly	May 5, 2017
22	Thomley, Emma	FR-1	Carleton	9.59m	31' 5.75"	Ashton May Invitational	Apr 8, 2017
23	Bruess, Sarah	SO-2	St. Thomas (Minn.)	9.56m	31' 4.5"	Meet of the UnSaintly	May 5, 2017
23	Christian, Emily	SO-2	St. Benedict	9.56m	31' 4.5"	Hamline Invitational	Apr 1, 2017
23	Kaing, Amanda	SR-4	St. Olaf	9.56m	31' 4.5"	Hamline Invitational	Apr 1, 2017
26	Larson, Kiah	FR-1	Augsburg	8.81m	28' 11"	Drake Alternative	Apr 29, 2017

Shot Put MIAC 9.30m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Mercil, Mandy	SR-4	Concordia-Moorhead	14.08m	46' 2.5"	MIAC Outdoor Track & Field Championships	May 12, 2017
2	McLemore, Tamira	FR-1	Augsburg	12.98m	42' 7"	MIAC Outdoor Track & Field Championships	May 12, 2017
3	Lange, Libbie	SR-4	St. Thomas (Minn.)	12.87m	42' 2.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
4	Koel, Gabby	SR-4	Hamline	12.33m	40' 5.5"	Meet of the UnSaintly	May 5, 2017
5	Byers-Carter, Katelyn	SO-2	St. Catherine	12.25m	40' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
6	Juenemann, Jessie	FR-1	Hamline	12.03m	39' 5.75"	MIAC Outdoor Track & Field Championships	May 12, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	
8	+	Janssen, Miranda	FR-1	Hamline	11.65m	38' 2.75"	MIAC Outdoor Track & Field Championships	May 12, 2017
9	+	Gigstad, Sarah	FR-1	St. Benedict	11.54m	37' 10.5"	MIAC Outdoor Track & Field Championships	May 12, 2017
10	+	Eischens, Laura	JR-3	St. Thomas (Minn.)	11.53m	37' 10"	CSB-SJU Outdoor Multis	Apr 8, 2017
10	+	Forness, Mikayla	JR-3	Concordia-Moorhead	11.53m	37' 10"	MIAC Outdoor Multis	May 4, 2017
12	+	Reuter, Tresa	SO-2	Concordia-Moorhead	11.32m	37' 1.75"	CSB-SJU Outdoor Invitational	Mar 25, 2017
14	+	Hovland, Bailey	JR-3	Concordia-Moorhead	11.07m	36' 4"	Hamline Invitational	Apr 1, 2017
15	+	Passaglia, Amanda	SR-4	Bethel (Minn.)	11.00m	36' 1.25"	Ross and Sharon Irwin Collegiate Invitational	Mar 18, 2017
16	+	Albers, Emily	JR-3	Concordia-Moorhead	10.75m	35' 3.25"	MIAC Outdoor Track & Field Championships	May 12, 2017
16	+	Rajewsky, Kelsey	FR-1	Concordia-Moorhead	10.75m	35' 3.25"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
18	+	Van Den Heuvel, Bailey	SO-2	Gustavus Adolphus	10.57m	34' 8.25"	Hamline Invitational	Apr 1, 2017
19	+	Bentley, Jessica	JR-3	St. Olaf	10.56m	34' 7.75"	Bear Cat Twilight	May 3, 2017
20	+	Diederichs, Kristen	FR-1	St. Olaf	10.50m	34' 5.5"	Lee Krough Invitational	Apr 15, 2017
21	+	Bannister, Kenna	FR-1	Augsburg	10.48m	34' 4.75"	Hamline Womens Twilight	Apr 12, 2017
22	+	Baker, Claire	SO-2	St. Benedict	10.15m	33' 3.75"	Hamline Invitational	Apr 1, 2017
23	+	Keiser, Savanna	FR-1	Hamline	10.01m	32' 10.25"	Hamline Womens Twilight	Apr 12, 2017
24	+	Stilwell, Jenna	SO-2	Concordia-Moorhead	9.98m	32' 9"	CSB-SJU Outdoor Multis	Apr 8, 2017
25	+	Joens, Bailey	FR-1	Saint Mary's (Minn.)	9.87m	32' 4.75"	MIAC Outdoor Multis	May 4, 2017
26	+	Keelin, Katie	FR-1	Gustavus Adolphus	9.80m	32' 2"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
27	+	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	9.78m	32' 1"	CSB-SJU Outdoor Multis	Apr 8, 2017
28	+	Sundstrom, Megan	JR-3	St. Benedict	9.72m	31' 10.75"	Hamline Womens Twilight	Apr 12, 2017
29	+	Degen, Jenna	SO-2	St. Benedict	9.52m	31' 3"	MIAC Outdoor Multis	May 4, 2017
30	+	Hlavka, Courtney	SO-2	Bethel (Minn.)	9.45m	31' 0"	Hamline Invitational	Apr 1, 2017

Discus

MIAC 34.05m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	
1	+	Koel, Gabby	SR-4	Hamline	46.05m	151' 1"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
2	+	Juenemann, Jessie	FR-1	Hamline	43.43m	142' 6"	Phil Esten Challenge	Apr 20, 2017
3	+	Reuter, Tresa	SO-2	Concordia-Moorhead	40.92m	134' 3"	Lyle Hokanson Classic	Apr 21, 2017
4	+	Mercil, Mandy	SR-4	Concordia-Moorhead	40.07m	131' 5"	Lyle Hokanson Classic	Apr 21, 2017
7	+	Thompson, Tori	SO-2	St. Catherine	38.72m	127' 0"	Hamline Womens Twilight	Apr 12, 2017
8	+	Passaglia, Amanda	SR-4	Bethel (Minn.)	38.24m	125' 5"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
9	+	Hovland, Bailey	JR-3	Concordia-Moorhead	38.07m	124' 11"	Masanz Invitational	May 6, 2017
10	+	McLemore, Tamira	FR-1	Augsburg	37.76m	123' 11"	Hamline Womens Twilight	Apr 12, 2017
11	+	Gigstad, Sarah	FR-1	St. Benedict	37.46m	122' 11"	St. Olaf Manitou Classic	Apr 21, 2017
12	+	Graham, Olivia	SR-4	St. Thomas (Minn.)	37.05m	121' 7"	Bear Cat Twilight	May 3, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	➕ Bentley, Jessica	JR-3	St. Olaf	37.02m	121' 5"	St. Olaf Manitou Classic	Apr 21, 2017
14	➕ Robertson, Ivannie	JR-3	Hamline	35.25m	115' 8"	Meet of the UnSaintly	May 5, 2017
15	➕ Verdugo, Kiana	JR-3	Hamline	34.13m	112' 0"	Meet of the UnSaintly	May 5, 2017
16	Carlson, Madison	FR-1	Gustavus Adolphus	34.03m	111' 8"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
17	Erickson, Courtney	FR-1	Gustavus Adolphus	33.89m	111' 2"	MIAC Outdoor Track & Field Championships	May 12, 2017
19	Baker, Claire	SO-2	St. Benedict	32.52m	106' 8"	Bear Cat Twilight	May 3, 2017
20	Johnson, Annika	JR-3	St. Olaf	32.19m	105' 7"	St. Olaf Manitou Classic	Apr 21, 2017
21	Rajewsky, Kelsey	FR-1	Concordia-Moorhead	31.59m	103' 8"	Al Cassell Relays	Apr 29, 2017
22	Keelin, Katie	FR-1	Gustavus Adolphus	31.20m	102' 4"	Minnesota State Twilight	May 3, 2017
23	Kuusisto, Kali	SR-4	Augsburg	30.00m	98' 5"	Hamline Invitational	Apr 1, 2017
24	Agerlie, Anika	SR-4	Bethel (Minn.)	29.80m	97' 9"	Ross and Sharon Irwin Collegiate Invitational	Mar 18, 2017
25	Walter, Elizabeth	FR-1	St. Benedict	29.61m	97' 2"	Bear Cat Twilight	May 3, 2017
26	Van Sickle, Hannah	FR-1	Bethel (Minn.)	29.39m	96' 5"	Meet of the UnSaintly	May 5, 2017
27	Janssen, Miranda	FR-1	Hamline	28.53m	93' 7"	Hamline Invitational	Apr 1, 2017
28	Berg, Lauren	JR-3	St. Benedict	27.70m	90' 10"	Bear Cat Twilight	May 3, 2017
30	Bannister, Kenna	FR-1	Augsburg	27.27m	89' 6"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017

Hammer MIAC 34.91m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	➕ Hovland, Bailey	JR-3	Concordia-Moorhead	50.69m	166' 4"	MIAC Outdoor Track & Field Championships	May 12, 2017
2	➕ Keelin, Katie	FR-1	Gustavus Adolphus	48.77m	160' 0"	Minnesota State Twilight	May 3, 2017
3	➕ Graham, Olivia	SR-4	St. Thomas (Minn.)	48.04m	157' 7"	MIAC Outdoor Track & Field Championships	May 12, 2017
4	➕ Passaglia, Amanda	SR-4	Bethel (Minn.)	47.61m	156' 2"	Hamline Invitational	Apr 1, 2017
5	➕ Mellin, Allison	SR-4	St. Thomas (Minn.)	47.31m	155' 2"	MIAC Outdoor Track & Field Championships	May 12, 2017
6	➕ Hoenigschmidt, Kaylea	SO-2	St. Catherine	45.98m	150' 10"	MIAC Outdoor Track & Field Championships	May 12, 2017
7	➕ Verdugo, Kiana	JR-3	Hamline	45.06m	147' 10"	Bear Cat Twilight	May 3, 2017
8	➕ King, Natalie	JR-3	Saint Mary's (Minn.)	44.69m	146' 7"	UW La Crosse Final Qualifier	May 18, 2017
9	➕ Mercil, Mandy	SR-4	Concordia-Moorhead	43.98m	144' 3"	MIAC Outdoor Track & Field Championships	May 12, 2017
10	➕ Van Den Heuvel, Bailey	SO-2	Gustavus Adolphus	43.81m	143' 9"	Drake Alternative	Apr 29, 2017
11	➕ Reuter, Tresa	SO-2	Concordia-Moorhead	42.77m	140' 4"	Lyle Hokanson Classic	Apr 21, 2017
13	➕ Zemaitis, Lynn	SR-4	Macalester	40.87m	134' 1"	Meet of the UnSaintly	May 5, 2017
16	➕ Anderson, Haley	SO-2	St. Benedict	39.64m	130' 1"	MIAC Outdoor Track & Field Championships	May 12, 2017
17	➕ Kuusisto, Kali	SR-4	Augsburg	39.09m	128' 3"	2017 Pomona-Pitzer T&F Invite	Apr 8, 2017
18	➕ Byers-Carter, Katelyn	SO-2	St. Catherine	38.67m	126' 10"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
19	➕ Janssen, Miranda	FR-1	Hamline	38.43m	126' 1"	MIAC Outdoor Track & Field Championships	May 12, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
20	✚ Nordby, Hannah	SO-2	St. Olaf	37.68m	123' 7"	Hamline Womens Twilight	Apr 12, 2017
21	✚ Baker, Claire	SO-2	St. Benedict	37.33m	122' 6"	MIAC Outdoor Track & Field Championships	May 12, 2017
22	✚ Erickson, Courtney	FR-1	Gustavus Adolphus	36.57m	120' 0"	Minnesota State Twilight	May 3, 2017
23	✚ Gigstad, Sarah	FR-1	St. Benedict	36.19m	118' 9"	Hamline Womens Twilight	Apr 12, 2017
24	✚ Juenemann, Jessie	FR-1	Hamline	36.15m	118' 7"	Meet of the UnSaintly	May 5, 2017
26	✚ Agerlie, Anika	SR-4	Bethel (Minn.)	35.28m	115' 9"	Meet of the UnSaintly	May 5, 2017
27	✚ Fiedler, Makenzie	FR-1	Hamline	34.92m	114' 7"	Holst Invitational	Apr 22, 2017
28	Carlson, Madison	FR-1	Gustavus Adolphus	34.81m	114' 2"	Drake Alternative	Apr 29, 2017
29	LeClair, Katherine	JR-3	St. Olaf	33.32m	109' 4"	Bear Cat Twilight	May 3, 2017
30	Walter, Elizabeth	FR-1	St. Benedict	33.04m	108' 5"	Bear Cat Twilight	May 3, 2017

Javelin MIAC 29.19m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	✚ Forness, Mikayla	JR-3	Concordia-Moorhead	44.06m	144' 7"	MIAC Outdoor Track & Field Championships	May 12, 2017
2	✚ Pohlmann, Megan	SR-4	St. Catherine	43.85m	143' 10"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
3	✚ Hare, Trish	SR-4	Carleton	43.75m	143' 6"	MIAC Outdoor Track & Field Championships	May 12, 2017
4	✚ Eischens, Laura	JR-3	St. Thomas (Minn.)	38.96m	127' 10"	MIAC Outdoor Multis	May 4, 2017
5	✚ Morgan, Marisa	SR-4	Gustavus Adolphus	38.45m	126' 2"	MIAC Outdoor Track & Field Championships	May 12, 2017
6	✚ Stilwell, Jenna	SO-2	Concordia-Moorhead	38.19m	125' 3"	Cobber-Dragon Dual	Apr 11, 2017
8	✚ Fokken, Niki	JR-3	St. Benedict	37.13m	121' 10"	MIAC Outdoor Track & Field Championships	May 12, 2017
9	✚ Hlavka, Courtney	SO-2	Bethel (Minn.)	36.87m	120' 11"	Meet of the UnSaintly	May 5, 2017
10	✚ Weed, Kelsey	SO-2	St. Olaf	35.39m	116' 1"	MIAC Outdoor Track & Field Championships	May 12, 2017
11	✚ Betterman, Karly	JR-3	St. Benedict	35.20m	115' 6"	Hamline Invitational	Apr 1, 2017
12	✚ Degen, Jenna	SO-2	St. Benedict	34.60m	113' 6"	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
13	✚ Hunter, Brooke	SR-4	Macalester	34.49m	113' 2"	MIAC Outdoor Multis	May 4, 2017
14	✚ Gustafson, Ande	SR-4	Gustavus Adolphus	33.65m	110' 5"	Minnesota State Twilight	May 3, 2017
15	✚ Van Den Heuvel, Bailey	SO-2	Gustavus Adolphus	33.09m	108' 7"	Minnesota State Twilight	May 3, 2017
16	✚ Sizer, Calli	SO-2	Gustavus Adolphus	32.90m	107' 11"	Minnesota State Twilight	May 3, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
17	Kirkeide, Courtney	SR-4	St. Catherine	32.17m	105' 6"	MIAC Outdoor Track & Field Championships	May 12, 2017
	+						
18	Graham, Olivia	SR-4	St. Thomas (Minn.)	32.03m	105' 1"	USF Invitational	Apr 21, 2017
	+						
19	Strand, Elli	FR-1	Concordia-Moorhead	31.78m	104' 3"	Cobber-Dragon Dual	Apr 11, 2017
	+						
20	Lange, Libbie	SR-4	St. Thomas (Minn.)	31.50m	103' 4"	MIAC Outdoor Track & Field Championships	May 12, 2017
	+						
21	Kiminski, Maria	SR-4	St. Benedict	31.35m	102' 10"	CSB-SJU Outdoor Invitational & Multis	Apr 8, 2017
	+						
22	Bentley, Jessica	JR-3	St. Olaf	30.85m	101' 2"	Hamline Womens Twilight	Apr 12, 2017
	+						
23	Forness, Miriah	FR-1	Concordia-Moorhead	30.54m	100' 2"	Cobber-Dragon Dual	Apr 11, 2017
	+						
24	Piergies, Tonya	SO-2	Carleton	29.93m	98' 2"	Ashton May Invitational	Apr 8, 2017
	+						
25	Andersen, Marissa	JR-3	Concordia-Moorhead	29.92m	98' 2"	MIAC Outdoor Multis	May 4, 2017
	+						
26	Canakes, Karin	SO-2	Bethel (Minn.)	29.86m	97' 11"	Hamline Invitational	Apr 1, 2017
	+						
27	Spehar, Suntina	FR-1	St. Benedict	29.49m	96' 9"	Bear Cat Twilight	May 3, 2017
	+						
28	Schoustra, Mackenzie	FR-1	St. Olaf	28.32m	92' 11"	MIAC Outdoor Multis	May 4, 2017
29	Joens, Bailey	FR-1	Saint Mary's (Minn.)	27.29m	89' 6"	Phil Esten Challenge	Apr 20, 2017

Heptathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Degen, Jenna	SO-2	St. Benedict	4729	NCAA Division III Outdoor Track & Field Championships	May 25, 2017
2	Forness, Mikayla	JR-3	Concordia-Moorhead	4721	MIAC Outdoor Multis	May 4, 2017
3	Sundstrom, Megan	JR-3	St. Benedict	4422	MIAC Outdoor Multis	May 4, 2017
4	Eischens, Laura	JR-3	St. Thomas (Minn.)	4409	MIAC Outdoor Multis	May 4, 2017
5	Schoustra, Mackenzie	FR-1	St. Olaf	4096	MIAC Outdoor Multis	May 4, 2017
6	Hunter, Brooke	SR-4	Macalester	4039	MIAC Outdoor Multis	May 4, 2017
7	Stilwell, Jenna	SO-2	Concordia-Moorhead	3923	MIAC Outdoor Multis	May 4, 2017
8	Andersen, Marissa	JR-3	Concordia-Moorhead	3810	MIAC Outdoor Multis	May 4, 2017
9	Joens, Bailey	FR-1	Saint Mary's (Minn.)	3780	MIAC Outdoor Multis	May 4, 2017
10	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	3489	MIAC Outdoor Multis	May 4, 2017
11	Bohlig, Emily	FR-1	St. Olaf	3428	MIAC Outdoor Multis	May 4, 2017
12	Piergies, Tonya	SO-2	Carleton	3352	MIAC Outdoor Multis	May 4, 2017
13	Forness, Miriah	FR-1	Concordia-Moorhead	3290	CSB-SJU Outdoor Multis	Apr 8, 2017

	Athlete	Year	Team	Points	Meet	Meet Date
14	Bond, Sarah	SO-2	St. Olaf	2871	MIAC Outdoor Multis	May 4, 2017

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