



# MIAC Outdoor Performance List

## 100 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Robinson, Jailyn	FR-1	Hamline	12.20	Meet of The UnSaintly	May 3, 2019	2.4
2	Lewis, Jada	JR-3	Augsburg	12.24	MIAC Outdoor Track & Field Championships	May 10, 2019	1.8
3	Berninghaus, Briana	JR-3	Hamline	12.33	Carleton Relays	Apr 20, 2019	2.6
4	Chell, Claire	FR-1	St. Thomas (Minn.)	12.46	Meet of The UnSaintly	May 3, 2019	2.4
5	Marciniak, Katelyn	SR-4	St. Thomas (Minn.)	12.52	MIAC Outdoor Track & Field Championships	May 10, 2019	1.5
6	Smith, Anna	JR-3	St. Thomas (Minn.)	12.61	MIAC Outdoor Track & Field Championships	May 10, 2019	1.8
7	McLoone, Delaney	SO-2	St. Thomas (Minn.)	12.63	MIAC Outdoor Track & Field Championships	May 10, 2019	1.8
8	Scott, Grace	FR-1	Bethel (Minn.)	12.65	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019	0.6
9	Klausler, Sydney	FR-1	Saint Mary's (Minn.)	12.74	Phil Esten Challenge @ UW-La Crosse	Apr 18, 2019	1.3
10	Banks, Zahra	SO-2	Concordia-Moorhead	12.78	Dordt College Outdoor Invitational 2019	Apr 6, 2019	2.2
11	Perrenoud, Grace	FR-1	Bethel (Minn.)	12.80	Gustavus Alternative	Apr 26, 2019	-0.6
12	English, Keyra	FR-1	Carleton	12.96	Carleton Relays	Apr 20, 2019	2.6
13	Stowell, McKayla	SR-4	Gustavus Adolphus	13.00	2019 California Collegiate Open	Mar 30, 2019	0.6
14	Schlieman, Lily	JR-3	Macalester	13.01	Tommie Twilight	May 1, 2019	1.3
15	Brown, Madison	SO-2	St. Benedict	13.06	Trinity Open	Mar 2, 2019	1.7
16	Kretlow, Steph	JR-3	St. Thomas (Minn.)	13.09	Whittier Twilight	Apr 5, 2019	1.5
17	Santl, Lauren	SR-4	Concordia-Moorhead	13.13	MIAC Outdoor Track & Field Championships	May 10, 2019	1.5
18	Olson, Liliana	FR-1	Hamline	13.15	Meet of The UnSaintly	May 3, 2019	2.1
19	Speidel, Dacoda	FR-1	St. Benedict	13.17	Meet of The UnSaintly	May 3, 2019	2.0
20	Schurrer, Alica	FR-1	Saint Mary's (Minn.)	13.21	Ashton May Invitational	Apr 6, 2019	2.6
21	Olinger, Tess	SR-4	Gustavus Adolphus	13.24	MIAC Outdoor Track & Field Championships	May 10, 2019	1.5
22	Cordova, Ineke	FR-1	Carleton	13.31	Washington University St. Louis Mini Meet	Mar 23, 2019	1.3
23	Mellin, Samantha	JR-3	St. Thomas (Minn.)	13.35	Meet of The UnSaintly	May 3, 2019	2.1
24	Zdechlik, Grace	FR-1	St. Benedict	13.43	Trinity Open	Mar 2, 2019	1.9
25	Glaaser, Johanna	JR-3	St. Olaf	13.47	Hamline Coed Invitational	Apr 6, 2019	-0.8
26	Kammer, Laura	JR-3	St. Olaf	13.53	Carleton Relays	Apr 20, 2019	3.3
27	Thomley, Emma	JR-3	Carleton	13.58	St. Olaf Manitou Classic	Apr 18, 2019	-1.1
28	Olson-Rodel, Kelby	SO-2	Bethel (Minn.)	13.62	PLNU Track and Field Invitational	Mar 23, 2019	1.2
29	Kromah, Musu	FR-1	Concordia-Moorhead	13.65	33rd ANNUAL RON MASANZ TRACK & FIELD CLASSIC	Apr 26, 2019	2.2

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>	<b>Wind</b>
30	Holthaus, Morgan	SO-2	St. Benedict	13.66	Tommie Twilight	May 1, 2019	+0.0

## 200 Meters

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>	<b>Wind</b>
1	Berninghaus, Briana	JR-3	Hamline	25.16	Meet of The UnSaintyly	May 3, 2019	2.4
2	Lewis, Jada	JR-3	Augsburg	25.35	MIAC Outdoor Track & Field Championships	May 10, 2019	1.4
3	Marciniak, Katelyn	SR-4	St. Thomas (Minn.)	25.60	Tommie Twilight	May 1, 2019	1.8
4	Labatt, Delia	JR-3	Bethel (Minn.)	25.76	PLNU Track and Field Invitational	Mar 23, 2019	1.0
5	Chell, Claire	FR-1	St. Thomas (Minn.)	25.93	Whittier Twilight	Apr 5, 2019	0.7
6	Klausler, Sydney	FR-1	Saint Mary's (Minn.)	25.95	Saint Mary's Open	Apr 25, 2019	2.1
7	Schlieman, Lily	JR-3	Macalester	26.06	Meet of The UnSaintyly	May 3, 2019	2.4
8	Sankey, Hannah	SO-2	Bethel (Minn.)	26.18	Meet of The UnSaintyly	May 3, 2019	2.4
8	Glaaser, Johanna	JR-3	St. Olaf	26.18	MIAC Outdoor Track & Field Championships	May 10, 2019	1.4
10	McLoone, Delaney	SO-2	St. Thomas (Minn.)	26.30	Meet of The UnSaintyly	May 3, 2019	2.4
11	Banks, Zahra	SO-2	Concordia-Moorhead	26.45	33rd ANNUAL RON MASANZ TRACK & FIELD CLASSIC	Apr 26, 2019	2.1
12	Adamson, Mallory	SR-4	St. Thomas (Minn.)	26.55	Tommie Twilight	May 1, 2019	1.0
13	Scott, Grace	FR-1	Bethel (Minn.)	26.63	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019	0.9
14	Schurrer, Alica	FR-1	Saint Mary's (Minn.)	26.77	Saint Mary's Open	Apr 25, 2019	1.3
15	Klingelhutz, Kelly	SO-2	St. Benedict	26.87	MIAC Outdoor Track & Field Championships	May 10, 2019	0.6
16	Williams, Syri	SO-2	Bethel (Minn.)	26.91	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
17	Olinger, Tess	SR-4	Gustavus Adolphus	27.02	MSU Twilight	May 4, 2019	1.9
18	Thomley, Emma	JR-3	Carleton	27.05	Washington University St. Louis Mini Meet	Mar 23, 2019	+0.0
19	Perrenoud, Grace	FR-1	Bethel (Minn.)	27.08	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019	0.9
20	Santl, Lauren	SR-4	Concordia-Moorhead	27.11	33rd ANNUAL RON MASANZ TRACK & FIELD CLASSIC	Apr 26, 2019	2.1
21	McGuire, Grace	FR-1	St. Thomas (Minn.)	27.21	Minnesota Women's Twilight	Apr 24, 2019	-0.1
22	Brown, Madison	SO-2	St. Benedict	27.30	Trinity Open	Mar 2, 2019	2.5
23	Grimes, Megan	SR-4	St. Olaf	27.31	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
24	Anderson-Manning, Chanel	FR-1	Hamline	27.35	Tommie Twilight	May 1, 2019	1.8
25	Arett, Ashlyn	FR-1	St. Thomas (Minn.)	27.36	MIAC Outdoor Track & Field Championships	May 10, 2019	1.4
26	Mellin, Samantha	JR-3	St. Thomas (Minn.)	27.38	Meet of The UnSaintyly	May 3, 2019	2.4
26	Fornshell, Carly	SO-2	Concordia-Moorhead	27.38	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
26	Hill, Megan	JR-3	Gustavus Adolphus	27.38	MSU Twilight	May 4, 2019	1.8
29	Cordova, Ineke	FR-1	Carleton	27.39	Washington University St. Louis Mini Meet	Mar 23, 2019	+0.0
30	Paul, Sally	SO-2	Bethel (Minn.)	27.51	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019	1.3

## 400 Meters

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Labatt, Delia	JR-3	Bethel (Minn.)	56.09	Meet of The UnSaintly	May 3, 2019
2	Aguiar, Phoebe	JR-3	Macalester	56.21	Tommie Twilight	May 1, 2019
3	Glaaser, Johanna	JR-3	St. Olaf	57.46	NCC Gregory Final Qualifier	May 15, 2019
3	Johnson, AddieKay	SR-4	Bethel (Minn.)	57.46	Meet of The UnSaintly	May 3, 2019
5	Ash, Makenna	SR-4	St. Olaf	57.52	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Sankey, Hannah	SO-2	Bethel (Minn.)	58.05	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019
7	Moen, Sara	SO-2	Gustavus Adolphus	58.93	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Thomley, Emma	JR-3	Carleton	59.06	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Schlieman, Lily	JR-3	Macalester	59.07	Hamline Coed Invitational	Apr 6, 2019
10	Adamson, Mallory	SR-4	St. Thomas (Minn.)	59.29	Tommie Twilight	May 1, 2019
11	McGuire, Grace	FR-1	St. Thomas (Minn.)	59.52	Meet of The UnSaintly	May 3, 2019
12	Klingelhutz, Kelly	SO-2	St. Benedict	59.70	MIAC Outdoor Track & Field Championships	May 10, 2019
13	Smith, Anna	JR-3	St. Thomas (Minn.)	1:00.07	Tommie Twilight	May 1, 2019
14	Klausler, Sydney	FR-1	Saint Mary's (Minn.)	1:00.37	Meet of The UnSaintly	May 3, 2019
15	Sandeno, Elsa	SR-4	Carleton	1:00.94	Tommie Twilight	May 1, 2019
16	Hill, Megan	JR-3	Gustavus Adolphus	1:01.11	MIAC Outdoor Track & Field Championships	May 10, 2019
17	Hauch, Jena	SO-2	St. Olaf	1:01.29	Minnesota Women's Twilight	Apr 24, 2019
18	Arett, Ashlyn	FR-1	St. Thomas (Minn.)	1:01.30	MIAC Outdoor Track & Field Championships	May 10, 2019
19	O'Connor, Quinn	SO-2	St. Thomas (Minn.)	1:01.57	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Anderson, Lily	JR-3	Gustavus Adolphus	1:01.67	MSU Twilight	May 4, 2019
21	Mitch, Laura	FR-1	St. Benedict	1:01.83	MIAC Outdoor Track & Field Championships	May 10, 2019
22	Krasowski, Casey	FR-1	St. Benedict	1:01.96	St. Olaf Manitou Classic	Apr 18, 2019
23	Anderson-Manning, Chanel	FR-1	Hamline	1:02.03	Meet of The UnSaintly	May 3, 2019
24	Martin, Juliette	SO-2	St. Catherine (Minn.)	1:02.17	MIAC Outdoor Track & Field Championships	May 10, 2019
25	Loiselle, Tyana	JR-3	Macalester	1:02.40	Meet of The UnSaintly	May 3, 2019
26	Cater, Paige	SO-2	St. Thomas (Minn.)	1:02.47	Whittier Twilight	Apr 5, 2019
27	Conradi, Lauren	FR-1	Bethel (Minn.)	1:02.59	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019
28	Kuhn, Cathryn	FR-1	St. Benedict	1:02.91	MIAC Outdoor Track & Field Championships	May 10, 2019
29	Gregory, Karissa	SO-2	St. Thomas (Minn.)	1:02.95	St. Olaf Manitou Classic	Apr 18, 2019
30	Fredrickson, Isabel	FR-1	Concordia-Moorhead	1:03.04	Cobber Twilight	Apr 23, 2019

## 800 Meters

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Aguiar, Phoebe	JR-3	Macalester	2:07.36	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
2	Dolan, Helen	SO-2	Hamline	2:15.52	Tommie Twilight	May 1, 2019
3	Herrmann, Josie	SO-2	Concordia-Moorhead	2:16.54	Howard Wood Dakota Relays	May 3, 2019
4	Schnabel, Abigail	SR-4	Gustavus Adolphus	2:16.81	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Maddux, Alexandra	FR-1	Hamline	2:17.42	Meet of The UnSaintly	May 3, 2019
6	Dammann, Morgan	JR-3	St. Thomas (Minn.)	2:17.76	Tommie Twilight	May 1, 2019
7	Fredrickson, Isabel	FR-1	Concordia-Moorhead	2:17.92	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Anderson, Haley	JR-3	Gustavus Adolphus	2:18.11	MSU Twilight	May 4, 2019
9	Hauch, Jena	SO-2	St. Olaf	2:18.39	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Scheuerman, Carly	SO-2	St. Thomas (Minn.)	2:18.60	Minnesota Women's Twilight	Apr 24, 2019
11	Blake, Josie	SO-2	Gustavus Adolphus	2:18.72	MSU Twilight	May 4, 2019
12	Moen, Sara	SO-2	Gustavus Adolphus	2:18.93	2019 California Collegiate Open	Mar 30, 2019
13	Marsh, Natalie	SO-2	Carleton	2:19.12	Tommie Twilight	May 1, 2019
14	Kropp, Amy	FR-1	Carleton	2:19.42	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Benedict, Alia	SR-4	Macalester	2:19.44	Meet of The UnSaintly	May 3, 2019
16	Santangelo, Taylor	FR-1	St. Benedict	2:20.45	Tommie Twilight	May 1, 2019
17	Kroll, Anna	SO-2	St. Thomas (Minn.)	2:20.74	MIAC Outdoor Track & Field Championships	May 10, 2019
18	Balas, Stephanie	SO-2	St. Olaf	2:20.85	St. Olaf Manitou Classic	Apr 18, 2019
19	Mickelson, Ellen	FR-1	St. Olaf	2:21.20	Meet of The UnSaintly	May 3, 2019
20	Hoppe, Brooke	SO-2	Macalester	2:23.67	MIAC Outdoor Track & Field Championships	May 10, 2019
21	Ellingson, Holly	SR-4	Macalester	2:23.72	MIAC Outdoor Track & Field Championships	May 10, 2019
22	Winter, Tierney	SR-4	Gustavus Adolphus	2:24.08	Mustang Open	Apr 13, 2019
23	Stern, Lena	FR-1	Macalester	2:24.20	Minnesota Women's Twilight	Apr 24, 2019
24	Cole, Grace	FR-1	Bethel (Minn.)	2:24.26	Gustavus Alternative	Apr 26, 2019
25	Cater, Paige	SO-2	St. Thomas (Minn.)	2:24.50	2019 Pomona-Pitzer Invitational (College/Univ)	Apr 6, 2019
26	Holloway, Malakai	FR-1	Bethel (Minn.)	2:24.94	Gustavus Alternative	Apr 26, 2019
27	Martin, Juliette	SO-2	St. Catherine (Minn.)	2:25.54	Tommie Twilight	May 1, 2019
28	McMahon, Riley	SO-2	St. Catherine (Minn.)	2:25.56	Minnesota Women's Twilight	Apr 24, 2019
29	Zimmerman, Elizabeth	SO-2	Carleton	2:25.91	Tommie Twilight	May 1, 2019
30	Mazack, Clare	FR-1	Macalester	2:26.24	MIAC Outdoor Track & Field Championships	May 10, 2019

## 1500 Meters

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Mickelson, Ellen	FR-1	St. Olaf	4:44.14	Tommie Twilight	May 1, 2019
2	Kulseth, Kourtney	SO-2	Gustavus Adolphus	4:44.33	MSU Twilight	May 4, 2019
3	Dolan, Helen	SO-2	Hamline	4:44.90	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
4	Winter, Tierney	SR-4	Gustavus Adolphus	4:45.99	Carleton Relays	Apr 20, 2019
5	Hubell, Martha	SO-2	St. Thomas (Minn.)	4:46.04	Tommie Twilight	May 1, 2019
6	Scheuerman, Carly	SO-2	St. Thomas (Minn.)	4:46.71	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Mosborg, Amanda	SO-2	Carleton	4:48.21	Tommie Twilight	May 1, 2019
8	Marsh, Natalie	SO-2	Carleton	4:48.49	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Herrmann, Josie	SO-2	Concordia-Moorhead	4:49.72	MIAC Outdoor Track & Field Championships	May 10, 2019
10	McMahon, Riley	SO-2	St. Catherine (Minn.)	4:49.99	Tommie Twilight	May 1, 2019
11	Geist, Marietta	JR-3	Carleton	4:50.32	MIAC Outdoor Track & Field Championships	May 10, 2019
12	Goff, Abby	FR-1	St. Benedict	4:51.66	Tommie Twilight	May 1, 2019
13	Kroll, Anna	SO-2	St. Thomas (Minn.)	4:51.90	Tommie Twilight	May 1, 2019
14	Pierce, Morgan	SR-4	St. Benedict	4:52.88	Tommie Twilight	May 1, 2019
15	Cole, Grace	FR-1	Bethel (Minn.)	4:53.84	Tommie Twilight	May 1, 2019
16	Maddux, Alexandra	FR-1	Hamline	4:54.11	Tommie Twilight	May 1, 2019
17	Moll, Olivia	FR-1	St. Thomas (Minn.)	4:54.17	MIAC Outdoor Track & Field Championships	May 10, 2019
18	Fisher, Lisa	SR-4	St. Olaf	4:54.66	Minnesota Women's Twilight	Apr 24, 2019
19	Zimmerman, Elizabeth	SO-2	Carleton	4:55.15	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Dopp, Madeline	SR-4	Hamline	4:55.62	Minnesota Women's Twilight	Apr 24, 2019
21	Hudson Rasmussen, Berit	JR-3	Carleton	4:56.03	MIAC Outdoor Track & Field Championships	May 10, 2019
22	Schnirring, Samantha	SR-4	Carleton	4:56.46	Tommie Twilight	May 1, 2019
23	Santangelo, Taylor	FR-1	St. Benedict	4:56.71	Gustavus Alternative	Apr 26, 2019
24	Ness, Sara	JR-3	St. Thomas (Minn.)	4:56.76	St. Olaf Manitou Classic	Apr 18, 2019
25	Stern, Lena	FR-1	Macalester	4:57.37	Tommie Twilight	May 1, 2019
26	Moen, Sara	SO-2	Gustavus Adolphus	4:57.85	Carleton Relays	Apr 20, 2019
27	Schnabel, Abigail	SR-4	Gustavus Adolphus	4:58.39	Hamline Coed Invitational	Apr 6, 2019
28	Fredrickson, Isabel	FR-1	Concordia-Moorhead	4:58.57	Howard Wood Dakota Relays	May 3, 2019
29	Holloway, Malakai	FR-1	Bethel (Minn.)	4:58.71	MIAC Outdoor Track & Field Championships	May 10, 2019
30	Greenlee, Emma	SO-2	Carleton	4:58.81	Tommie Twilight	May 1, 2019

## 5000 Meters

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Hawgood, Bryony	JR-3	St. Olaf	17:34.35	Tommie Twilight	May 1, 2019
2	Mosborg, Amanda	SO-2	Carleton	17:37.81	Drake Relays presented by Hy-Vee	Apr 24, 2019
3	Pierce, Morgan	SR-4	St. Benedict	17:39.29	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Schnirring, Samantha	SR-4	Carleton	17:45.49	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Greenlee, Emma	SO-2	Carleton	17:56.24	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
6	Andersen, Kara	JR-3	Concordia-Moorhead	18:08.06	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Kulseth, Kourtney	SO-2	Gustavus Adolphus	18:08.83	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Hubell, Martha	SO-2	St. Thomas (Minn.)	18:12.04	2019 Pomona-Pitzer Invitational (College/Univ)	Apr 6, 2019
9	Naas, Mary	SR-4	St. Olaf	18:14.15	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Matzoll, Amber	SR-4	St. Thomas (Minn.)	18:21.78	Tommie Twilight	May 1, 2019
11	Nelson, Ellie	SO-2	Bethel (Minn.)	18:24.50	Tommie Twilight	May 1, 2019
12	Lauder, Jenny	JR-3	St. Thomas (Minn.)	18:26.35	Tommie Twilight	May 1, 2019
13	Fisher, Lisa	SR-4	St. Olaf	18:30.26	Hamline Coed Invitational	Apr 6, 2019
14	McMahon, Riley	SO-2	St. Catherine (Minn.)	18:37.14	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Ramon, Iliana	FR-1	Gustavus Adolphus	18:38.05	MIAC Outdoor Track & Field Championships	May 10, 2019
16	Miles, Kathleen	SR-4	Hamline	18:39.61	Tommie Twilight	May 1, 2019
17	Miller, Meritt	SO-2	Concordia-Moorhead	18:40.35	2019 Kip Janvrin Open	Apr 25, 2019
18	Hage, Anna	SO-2	Bethel (Minn.)	18:40.77	MIAC Outdoor Track & Field Championships	May 10, 2019
19	Goff, Abby	FR-1	St. Benedict	18:42.65	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Miller, Sara	SO-2	St. Thomas (Minn.)	18:44.11	Tommie Twilight	May 1, 2019
21	Moore, Meredith	JR-3	St. Olaf	18:44.63	MIAC Outdoor Track & Field Championships	May 10, 2019
22	Moll, Olivia	FR-1	St. Thomas (Minn.)	18:46.64	Hamline Coed Invitational	Apr 6, 2019
23	Passmore, Gabriela	JR-3	Gustavus Adolphus	18:54.00	MIAC Outdoor Track & Field Championships	May 10, 2019
24	Yost-Wolff, Marlee	SR-4	Macalester	18:54.09	Tommie Twilight	May 1, 2019
25	Clarke, Molly	JR-3	St. Thomas (Minn.)	18:55.80	Hamline Coed Invitational	Apr 6, 2019
26	Anderson, Sarah	JR-3	Gustavus Adolphus	18:58.43	Mustang Open	Apr 13, 2019
27	Breuckman, Katie	JR-3	St. Thomas (Minn.)	18:59.94	St. Olaf Manitou Classic	Apr 18, 2019
28	Freshwaters, Danielle	FR-1	Macalester	19:00.96	MIAC Outdoor Track & Field Championships	May 10, 2019
29	Segura, Kelly	SR-4	Bethel (Minn.)	19:12.38	Tommie Twilight	May 1, 2019
30	Markowski, Lauren	SO-2	St. Olaf	19:13.12	Tommie Twilight	May 1, 2019

## 10000 Meters

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Schnirring, Samantha	SR-4	Carleton	36:55.80	MIAC Outdoor Track & Field Championships	May 10, 2019
2	Pierce, Morgan	SR-4	St. Benedict	37:01.81	MIAC Outdoor Track & Field Championships	May 10, 2019
3	Hawgood, Bryony	JR-3	St. Olaf	37:41.89	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Greenlee, Emma	SO-2	Carleton	38:01.93	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Matzoll, Amber	SR-4	St. Thomas (Minn.)	38:24.54	Phil Esten Challenge @ UW-La Crosse	Apr 18, 2019
6	Naas, Mary	SR-4	St. Olaf	38:32.71	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Hubell, Martha	SO-2	St. Thomas (Minn.)	38:45.26	Phil Esten Challenge @ UW-La Crosse	Apr 18, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
8	Clarke, Molly	JR-3	St. Thomas (Minn.)	38:48.08	Phil Esten Challenge @ UW-La Crosse	Apr 18, 2019
9	Ramon, Iliana	FR-1	Gustavus Adolphus	39:00.86	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Nelson, Ellie	SO-2	Bethel (Minn.)	39:01.48	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019
11	Andersen, Kara	JR-3	Concordia-Moorhead	39:25.72	MIAC Outdoor Track & Field Championships	May 10, 2019
12	Clark, Julia	SO-2	St. Catherine (Minn.)	40:35.77	St. Olaf Manitou Classic	Apr 18, 2019
13	Nelsen, Tarja	SR-4	Concordia-Moorhead	40:40.50	St. Olaf Manitou Classic	Apr 18, 2019
14	Markowski, Lauren	SO-2	St. Olaf	40:44.64	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Gruenberg, Brianna	SR-4	Concordia-Moorhead	40:48.60	St. Olaf Manitou Classic	Apr 18, 2019
16	Anderson, Sarah	JR-3	Gustavus Adolphus	41:04.95	MIAC Outdoor Track & Field Championships	May 10, 2019
17	Gordon, Holly	SO-2	St. Olaf	41:46.78	St. Olaf Manitou Classic	Apr 18, 2019
18	Weaver, Megan	SR-4	Gustavus Adolphus	42:06.86	MIAC Outdoor Track & Field Championships	May 10, 2019
19	Wachowiak, Jena	SO-2	St. Benedict	42:16.42	St. Olaf Manitou Classic	Apr 18, 2019
20	Porter, Kyla	SR-4	St. Benedict	42:31.78	MIAC Outdoor Track & Field Championships	May 10, 2019
21	Brine-Doyle, Jackie	SR-4	St. Catherine (Minn.)	43:47.05	St. Olaf Manitou Classic	Apr 18, 2019
22	Diekman, Noelle	JR-3	Bethel (Minn.)	45:05.63	MIAC Outdoor Track & Field Championships	May 10, 2019
23	Degen, Catherine	SR-4	St. Catherine (Minn.)	51:39.00	St. Olaf Manitou Classic	Apr 18, 2019

## 100 Hurdles

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>	<b>Wind</b>
1	Brown, Gabrielle	SR-4	Hamline	14.06	NCAA Division III Outdoor Track & Field Championships	May 23, 2019	2.4
2	Degen, Jenna	SR-4	St. Benedict	15.19	MIAC Outdoor Track & Field Championships	May 10, 2019	2.2
3	Chell, Claire	FR-1	St. Thomas (Minn.)	15.30	MIAC Outdoor Track & Field Championships	May 10, 2019	2.2
4	Schoustra, Mackenzie	JR-3	St. Olaf	15.58	MIAC Outdoor Track & Field Championships	May 10, 2019	2.2
4	Kammer, Laura	JR-3	St. Olaf	15.58	MIAC Outdoor Track & Field Championships	May 10, 2019	2.2
6	Williams, Syri	SO-2	Bethel (Minn.)	15.60	MIAC Outdoor Track & Field Championships	May 10, 2019	2.2
7	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	15.93	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
8	McKinstrey, Corin	JR-3	Bethel (Minn.)	15.97	Tommie Twilight	May 1, 2019	+0.0
9	Peterson, Elizabeth	SO-2	Hamline	16.11	Carleton Relays	Apr 20, 2019	3.0
10	Piergies, Tonya	SR-4	Carleton	16.16	MIAC Outdoor Track & Field Championships	May 10, 2019	0.4
11	Woldt, Paige	SO-2	St. Olaf	16.29	Minnesota Women's Twilight	Apr 24, 2019	0.8
12	Bohlig, Emily	JR-3	St. Olaf	16.36	Minnesota Women's Twilight	Apr 24, 2019	-1.5
13	Sifferle, Jordan	JR-3	St. Thomas (Minn.)	16.37	Whittier Twilight	Apr 5, 2019	3.3
14	Pickthorn, Stephanie	FR-1	St. Benedict	16.38	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
15	Grove, Anna	SO-2	Carleton	16.41	Carleton Relays	Apr 20, 2019	2.9
16	Parlin, Beth	SO-2	Hamline	16.44	Meet of The UnSaintly	May 3, 2019	4.0

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>	<b>Wind</b>
17	Loving, Jasmine	SO-2	Macalester	16.54	Tommie Twilight	May 1, 2019	1.1
18	Ende, Kayla	FR-1	Bethel (Minn.)	16.65	Meet of The UnSaintly	May 3, 2019	4.0
19	Studer, Rachel	SO-2	Gustavus Adolphus	16.70	Gustavus Alternative	Apr 26, 2019	+0.0
20	Zamacona, Aoife	FR-1	Hamline	16.73	Lady Bear Twilight	Apr 19, 2019	1.9
20	Erlandson, Lori	SR-4	St. Olaf	16.73	Carleton Relays	Apr 20, 2019	3.0
22	Fornshell, Carly	SO-2	Concordia-Moorhead	16.75	Blue Hawk Games	Apr 19, 2019	+0.0
23	Lilleberg, Nicole	FR-1	Concordia-Moorhead	16.81	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
24	Grimes, Megan	SR-4	St. Olaf	16.87	MIAC Outdoor Track & Field Championships	May 10, 2019	+0.0
25	Miller, Cecelia	FR-1	Hamline	17.13	Meet of The UnSaintly	May 3, 2019	4.0
26	DeKnikker, Karley	SO-2	Gustavus Adolphus	17.20	MSU Twilight	May 4, 2019	1.6
27	Marsh, Sydney	FR-1	Carleton	17.28	Carleton Relays	Apr 20, 2019	4.8
27	Shimek, Ashley	SO-2	St. Thomas (Minn.)	17.28	Hamline Coed Invitational	Apr 6, 2019	-4.3
29	Smedsrud, Kynzie	SR-4	Saint Mary's (Minn.)	17.32	Ashton May Invitational	Apr 6, 2019	0.4
30	Mahota, Maggie	FR-1	St. Benedict	17.47	Gustavus Alternative	Apr 26, 2019	+0.0

## 400 Hurdles

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Adamson, Mallory	SR-4	St. Thomas (Minn.)	1:01.25	NCAA Division III Outdoor Track & Field Championships	May 23, 2019
2	McKinstrey, Corin	JR-3	Bethel (Minn.)	1:03.54	Meet of The UnSaintly	May 3, 2019
3	Brown, Gabrielle	SR-4	Hamline	1:04.38	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Sandeno, Elsa	SR-4	Carleton	1:04.47	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Smith, Anna	JR-3	St. Thomas (Minn.)	1:05.36	Meet of The UnSaintly	May 3, 2019
6	Schoustra, Mackenzie	JR-3	St. Olaf	1:06.33	Mike Fanelli Track Classic	Mar 28, 2019
7	Forness, Miriah	JR-3	Concordia-Moorhead	1:06.64	2019 Kip Janvrin Open	Apr 25, 2019
8	Cater, Paige	SO-2	St. Thomas (Minn.)	1:06.87	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Marquette, Hayli	SR-4	St. Olaf	1:08.13	Tommie Twilight	May 1, 2019
10	Van Goethem, Abigail	JR-3	Hamline	1:08.61	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
11	Rohlf, Christine	SR-4	St. Thomas (Minn.)	1:08.95	Meet of The UnSaintly	May 3, 2019
12	Mahota, Maggie	FR-1	St. Benedict	1:09.13	MIAC Outdoor Track & Field Championships	May 10, 2019
13	Crowe, Hannah	SO-2	Saint Mary's (Minn.)	1:09.21	MIAC Outdoor Track & Field Championships	May 10, 2019
14	Fornshell, Carly	SO-2	Concordia-Moorhead	1:09.36	Dordt College Outdoor Invitational 2019	Apr 6, 2019
15	Finnes, Taylor	FR-1	Bethel (Minn.)	1:09.53	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019
16	DeKnikker, Karley	SO-2	Gustavus Adolphus	1:09.57	Gustavus Alternative	Apr 26, 2019
17	Balzer, Mara	JR-3	Bethel (Minn.)	1:09.99	MIAC Outdoor Track & Field Championships	May 10, 2019
18	Follestad, Rachael	SO-2	Gustavus Adolphus	1:10.18	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
19	Smedsrud, Kynzie	SR-4	Saint Mary's (Minn.)	1:11.29	Saint Mary's Open	Apr 25, 2019
20	Smith, Haley	JR-3	St. Benedict	1:11.34	MIAC Outdoor Track & Field Championships	May 10, 2019
21	Kropp, Amy	FR-1	Carleton	1:11.53	Carleton Relays	Apr 20, 2019
22	Lilleberg, Nicole	FR-1	Concordia-Moorhead	1:11.58	MIAC Outdoor Track & Field Championships	May 10, 2019
23	Walls, Jordan	SR-4	Hamline	1:11.61	Meet of The UnSainty	May 3, 2019
24	Degen, Jenna	SR-4	St. Benedict	1:11.73	CSB-SJU Outdoor	Mar 31, 2019
25	Meyers, Erica	SO-2	St. Olaf	1:11.76	Meet of The UnSainty	May 3, 2019
26	Erlandson, Lori	SR-4	St. Olaf	1:12.42	MIAC Outdoor Track & Field Championships	May 10, 2019
27	Abraham, Muna	FR-1	Hamline	1:12.81	Hamline Coed Invitational	Apr 6, 2019
28	Harbo, Ingrid	SO-2	Concordia-Moorhead	1:14.42	MIAC Outdoor Track & Field Championships	May 10, 2019
29	Howk, Michaela	JR-3	St. Thomas (Minn.)	1:14.72	MIAC Outdoor Track & Field Championships	May 10, 2019
30	Marsh, Sydney	FR-1	Carleton	1:14.98	Washington University St. Louis Mini Meet	Mar 23, 2019

## 3000 Steeplechase

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
1	Fisher, Lisa	JR-3	St. Olaf	11:18.42	MIAC Outdoor Track & Field Championships	May 10, 2019
2	Dopp, Madeline	SR-4	Hamline	11:22.44	MIAC Outdoor Track & Field Championships	May 10, 2019
3	Kulseth, Kourtney	SO-2	Gustavus Adolphus	11:26.55	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Ness, Sara	JR-3	St. Thomas (Minn.)	11:33.12	Tommie Twilight	May 1, 2019
5	Forness, Miriah	JR-3	Concordia-Moorhead	11:43.78	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Breuckman, Katie	JR-3	St. Thomas (Minn.)	11:44.07	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Balas, Stephanie	SO-2	St. Olaf	11:47.88	Tommie Twilight	May 1, 2019
8	Leslie, Grace	SO-2	Carleton	11:51.68	Tommie Twilight	May 1, 2019
9	Reimer, Amy	SR-4	Bethel (Minn.)	11:54.46	Tommie Twilight	May 1, 2019
10	Schmitt, Bridget	SR-4	St. Thomas (Minn.)	11:58.06	Tommie Twilight	May 1, 2019
11	McMahon, Riley	SO-2	St. Catherine (Minn.)	12:01.00	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
12	Ruprecht, Alli	JR-3	St. Benedict	12:01.90	Gustavus Alternative	Apr 26, 2019
13	Richmond, Daisy	SR-4	St. Olaf	12:10.75	MIAC Outdoor Track & Field Championships	May 10, 2019
14	Renier, Tracy	FR-1	St. Benedict	12:15.06	St. Olaf Manitou Classic	Apr 18, 2019
15	Paulsen, Tayler	SO-2	St. Olaf	12:19.81	Tommie Twilight	May 1, 2019
16	Franke, Danielle	JR-3	Saint Mary's (Minn.)	12:20.86	Tommie Twilight	May 1, 2019
17	Alpers, Lauren	FR-1	Bethel (Minn.)	12:33.15	MIAC Outdoor Track & Field Championships	May 10, 2019
18	Maddux, Alexandra	FR-1	Hamline	12:37.71	Minnesota Women's Twilight	Apr 24, 2019
19	Witkowski, Augie	SR-4	St. Benedict	12:40.52	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Miest, Mackinzee	FR-1	Gustavus Adolphus	12:43.35	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Time</b>	<b>Meet</b>	<b>Meet Date</b>
21	Morrier, Marie	SR-4	St. Catherine (Minn.)	12:51.93	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
22	Brine-Doyle, Jackie	SR-4	St. Catherine (Minn.)	13:02.11	Cornell College Invitational	Apr 6, 2019
23	Swanson, Anya	FR-1	St. Catherine (Minn.)	13:05.50	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
24	Harbo, Ingrid	SO-2	Concordia-Moorhead	13:08.42	St. Olaf Manitou Classic	Apr 18, 2019
25	Michelson, Katherine	JR-3	Bethel (Minn.)	13:11.70	Meet of The UnSaintly	May 3, 2019
26	Seiler, Emma	FR-1	St. Benedict	13:29.82	St. Olaf Manitou Classic	Apr 18, 2019
27	Perkins, Megan	FR-1	St. Catherine (Minn.)	13:52.12	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
28	Verges, Emma	SO-2	Macalester	13:56.96	Carleton Relays	Apr 20, 2019
29	Witmer, Sam	SR-4	St. Catherine (Minn.)	13:57.24	Cornell College Invitational	Apr 6, 2019
30	Smith, Haley	JR-3	St. Benedict	14:55.19	St. Olaf Manitou Classic	Apr 18, 2019

## 4 x 100 Relay

	<b>Team</b>	<b>Time</b>	<b>Athletes</b>	<b>Meet</b>	<b>Meet Date</b>
1	Hamline	48.02	Olson, Berninghaus, Brown, Robinson	Meet of The UnSaintly	May 3, 2019
2	Bethel (Minn.)	48.30	Scott, Labatt, Johnson, Perrenoud	Meet of The UnSaintly	May 3, 2019
3	St. Thomas (Minn.)	48.81	McLoone, Smith, Marciniak, Chell	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Saint Mary's (Minn.)	50.47	Klausler, Smedsrud, Crowe, Schurrer	MIAC Outdoor Track & Field Championships	May 10, 2019
5	St. Olaf	50.73	Schoustra, Glaaser, Ash, Grimes	MIAC Outdoor Track & Field Championships	May 10, 2019
6	St. Benedict	50.91	Zdechlik, Brown, Speidel, Klingelhutz	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Carleton	51.12	Piergies, Thomley, English, Marsh	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Gustavus Adolphus	51.14	Olinger, Giles, Anderson, Patterson	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Concordia-Moorhead	51.25	Stilwell, Banks, Santl, Gelinske	MIAC Outdoor Track & Field Championships	May 10, 2019
10	St. Catherine (Minn.)	52.24	Martin, Morrier, Lundquist, Schepper	MIAC Outdoor Track & Field Championships	May 10, 2019

## 4 x 400 Relay

	<b>Team</b>	<b>Time</b>	<b>Athletes</b>	<b>Meet</b>	<b>Meet Date</b>
1	Bethel (Minn.)	3:46.81	Sankey, Labatt, McKinstrey, Johnson	NCAA Division III Outdoor Track & Field Championships	May 23, 2019
2	St. Thomas (Minn.)	3:53.93	Marciniak, Adamson, Chell, Smith	Drake Relays presented by Hy-Vee	Apr 24, 2019
3	St. Olaf	3:59.50	Schoustra, Hauch, Ash, Glaaser	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Macalester	4:00.44	Schlieman, Benedict, Loisele, Aguiar	Meet of The UnSaintly	May 3, 2019
5	Gustavus Adolphus	4:04.32	Hill, Moen, Anderson, Schnabel	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Carleton	4:05.11	Thomley, Kropp, Marsh, Sandeno	Tommie Twilight	May 1, 2019
7	Concordia-Moorhead	4:07.17	Fredrickson, Fornshell, Banks, Herrmann	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Team</b>	<b>Time</b>	<b>Athletes</b>	<b>Meet</b>	<b>Meet Date</b>
8	St. Benedict	4:09.04	Santangelo, Mitch, Krasowski, Klingelhut	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Saint Mary's (Minn.)	4:10.94	Schurrer, Smedsrud, Crowe, Klausler	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Hamline	4:12.09	Anderson-Mannin, Van Goethem, Maddux, Dolan	MIAC Outdoor Track & Field Championships	May 10, 2019
11	St. Catherine (Minn.)	4:26.81	Morrier, Martin, Swanson, Perkins	MIAC Outdoor Track & Field Championships	May 10, 2019

## 4 x 800 Relay

	<b>Team</b>	<b>Time</b>	<b>Athletes</b>	<b>Meet</b>	<b>Meet Date</b>
1	Gustavus Adolphus	9:21.40	Moen, Blake, Winter, Schnabel	MIAC Outdoor Track & Field Championships	May 10, 2019
2	St. Olaf	9:29.07	Balas, Carpenter, Fisher, Hauch	MIAC Outdoor Track & Field Championships	May 10, 2019
3	Concordia-Moorhead	9:34.22	Forness, Fredrickson, Fornshell, Herrmann	Drake Relays presented by Hy-Vee	Apr 24, 2019
4	St. Thomas (Minn.)	9:35.76	Kroll, O'Connor, Cater, Dammann	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Hamline	9:38.92	Mader, Maddux, Dopp, Dolan	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Bethel (Minn.)	9:43.61	Reimer, Segura, Holloway, Cole	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Macalester	9:45.65	Ellingson, Hoppe, Stern, Benedict	MIAC Outdoor Track & Field Championships	May 10, 2019
8	St. Catherine (Minn.)	9:50.62	McMahon, Martin, Swanson, Morrier	MIAC Outdoor Track & Field Championships	May 10, 2019
9	St. Benedict	10:09.71	Santangelo, Ruprecht, Witkowski, Merten	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Saint Mary's (Minn.)	10:53.49	Sweet, VanWatermeulen, Crowe, Marinc	MIAC Outdoor Track & Field Championships	May 10, 2019

## High Jump

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
1	Bordson, Grace	SR-4	St. Thomas (Minn.)	1.71m	5' 7.25"	Meet of The UnSaintly	May 3, 2019
2	Ohde, Rachel	SO-2	Saint Mary's (Minn.)	1.68m	5' 6"	Ashton May Invitational	Apr 6, 2019
3	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	1.66m	5' 5.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
3	Severson, Sidney	SR-4	St. Thomas (Minn.)	1.66m	5' 5.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Schoustra, Mackenzie	JR-3	St. Olaf	1.62m	5' 3.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Degen, Jenna	SR-4	St. Benedict	1.59m	5' 2.5"	NCC Gregory Final Qualifier	May 15, 2019
7	Renelt, Gabby	FR-1	Concordia-Moorhead	1.58m	5' 2.25"	Dordt College Outdoor Invitational 2019	Apr 6, 2019
8	Terhaar, Mariah	JR-3	St. Thomas (Minn.)	1.57m	5' 1.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Spehar, Suntina	JR-3	St. Benedict	1.57m	5' 1.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Farrell, Eve	FR-1	Carleton	1.57m	5' 1.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
11	Brocke, Halley	FR-1	Gustavus Adolphus	1.55m	5' 1"	MSU Twilight	May 4, 2019
11	Anderson, Alexandra	JR-3	Gustavus Adolphus	1.55m	5' 1"	MSU Twilight	May 4, 2019
13	Ethen, Corrie	SO-2	Concordia-Moorhead	1.53m	5' 0.25"	Concordia-BSU Duel	May 4, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
13	Radke, Johna	SR-4	St. Catherine (Minn.)	1.53m	5' 0.25"	Meet of The UnSaintly	May 3, 2019
13	Peterson, Elizabeth	SO-2	Hamline	1.53m	5' 0.25"	Meet of The UnSaintly	May 3, 2019
16	Grove, Anna	SO-2	Carleton	1.52m	4' 11.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
17	Zamacona, Aoife	FR-1	Hamline	1.49m	4' 10.5"	Minnesota Women's Twilight	Apr 24, 2019
18	Piergies, Tonya	SR-4	Carleton	1.48m	4' 10.25"	Hamline Coed Invitational	Apr 6, 2019
19	Bohlig, Emily	JR-3	St. Olaf	1.47m	4' 9.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
19	Grimes, Megan	SR-4	St. Olaf	1.47m	4' 9.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
21	Jobe, Katie	SO-2	Concordia-Moorhead	1.46m	4' 9.5"	Cobber Twilight	Apr 23, 2019
22	Fornshell, Carly	SO-2	Concordia-Moorhead	1.44m	4' 8.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
23	Finnes, Taylor	FR-1	Bethel (Minn.)	1.43m	4' 8.25"	Meet of The UnSaintly	May 3, 2019
24	Holthaus, Morgan	SO-2	St. Benedict	1.40m	4' 7"	Gustavus Alternative	Apr 26, 2019
25	Abara, Lena	FR-1	St. Thomas (Minn.)	1.39m	4' 6.75"	Minnesota Women's Twilight	Apr 24, 2019
26	Ryan, Kelsi	FR-1	Hamline	1.38m	4' 6.25"	Hamline Coed Invitational	Apr 6, 2019
26	Koelz, Sadie	SO-2	Bethel (Minn.)	1.38m	4' 6.25"	Hamline Coed Invitational	Apr 6, 2019
26	Stilwell, Jenna	SR-4	Concordia-Moorhead	1.38m	4' 6.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
26	Sifferle, Jordan	JR-3	St. Thomas (Minn.)	1.38m	4' 6.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
30	Thompson, Taylor	SO-2	Gustavus Adolphus	1.37m	4' 6"	Central College Dutch Invitational	Apr 5, 2019

## Pole Vault

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
1	Novak, Kendall	SR-4	St. Thomas (Minn.)	3.58m	11' 9"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
2	Koelz, Sadie	SO-2	Bethel (Minn.)	3.52m	11' 6.5"	Meet of The UnSaintly	May 3, 2019
3	Dalki, Elisabeth	SO-2	St. Benedict	3.43m	11' 3"	Hamline Coed Invitational	Apr 6, 2019
3	Stelten, Lee	JR-3	St. Benedict	3.43m	11' 3"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
5	Terhaar, Mariah	JR-3	St. Thomas (Minn.)	3.41m	11' 2.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Sifferle, Jordan	JR-3	St. Thomas (Minn.)	3.35m	10' 11.75"	Minnesota Women's Twilight	Apr 24, 2019
7	Walls, Jordan	SR-4	Hamline	3.22m	10' 6.75"	Meet of The UnSaintly	May 3, 2019
8	Peterson, Elizabeth	SO-2	Hamline	3.16m	10' 4.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Forness, Miriah	JR-3	Concordia-Moorhead	3.16m	10' 4.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Schaffer, Chelsea	SO-2	St. Benedict	3.15m	10' 4"	St. Olaf Manitou Classic	Apr 18, 2019
10	Marsh, Sydney	FR-1	Carleton	3.15m	10' 4"	St. Olaf Manitou Classic	Apr 18, 2019
12	Butchko, Mallory	SR-4	Gustavus Adolphus	3.11m	10' 2.5"	Gustavus Alternative	Apr 26, 2019
13	Grosse, Hannah	FR-1	Macalester	3.07m	10' 0.75"	Meet of The UnSaintly	May 3, 2019
14	Haxton, Ashley	FR-1	Gustavus Adolphus	3.05m	10' 0"	MSU Twilight	May 4, 2019
15	Witham, Zoe	FR-1	St. Benedict	3.00m	9' 10"	St. Olaf Manitou Classic	Apr 18, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
16	Evans, Gabrielle	FR-1	Carleton	2.96m	9' 8.5"	Tommie Twilight	May 1, 2019
17	Dorn, Madison	FR-1	Bethel (Minn.)	2.86m	9' 4.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
18	Harren, Shanoah	SO-2	Hamline	2.77m	9' 1"	Meet of The UnSaintly	May 3, 2019
18	Freire, Nathalie	FR-1	Saint Mary's (Minn.)	2.77m	9' 1"	Meet of The UnSaintly	May 3, 2019
18	Hoff, Olivia	FR-1	St. Benedict	2.77m	9' 1"	Meet of The UnSaintly	May 3, 2019
21	Singh, Prabhjot	SR-4	Gustavus Adolphus	2.75m	9' 0.25"	Carleton Relays	Apr 20, 2019
22	Rue, AnaClaire	FR-1	Concordia-Moorhead	2.74m	8' 11.75"	Concordia-BSU Duel	May 4, 2019
23	Schmidt, Kellie	FR-1	Bethel (Minn.)	2.68m	8' 9.5"	Hamline Coed Invitational	Apr 6, 2019
24	Mor, Doris-Klein	FR-1	Gustavus Adolphus	2.45m	8' 0.5"	MSU Twilight	May 4, 2019
25	Rieth, Jenna	JR-3	Gustavus Adolphus	2.36m	7' 8.75"	Gustavus Alternative	Apr 26, 2019
26	Goetzman, Julia	FR-1	Bethel (Minn.)	2.32m	7' 7.25"	Meet of The UnSaintly	May 3, 2019
27	Hennen, Alexis	FR-1	Bethel (Minn.)	2.23m	7' 3.75"	Hamline Coed Invitational	Apr 6, 2019

## Long Jump

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
1	Kretlow, Steph	JR-3	St. Thomas (Minn.)	6.00m	19' 8.25"	NCAA Division III Outdoor Track & Field Championships	May 23, 2019
2	Robinson, Jailyn	FR-1	Hamline	5.58m	18' 3.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
3	Thompson, Tori	SR-4	St. Catherine (Minn.)	5.53m	18' 1.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	5.52m	18' 1.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Perrenoud, Grace	FR-1	Bethel (Minn.)	5.38m	17' 8"	Gustavus Alternative	Apr 26, 2019
6	Klausler, Sydney	FR-1	Saint Mary's (Minn.)	5.36m	17' 7"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
7	Piergies, Tonya	SR-4	Carleton	5.30m	17' 4.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Degen, Jenna	SR-4	St. Benedict	5.27m	17' 3.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Zurbay, Megan	SO-2	St. Thomas (Minn.)	5.22m	17' 1.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Fornshell, Carly	SO-2	Concordia-Moorhead	5.08m	16' 8"	Blue Hawk Games	Apr 19, 2019
11	Van Goethem, Abigail	JR-3	Hamline	5.06m	16' 7.25"	Hamline Coed Invitational	Apr 6, 2019
12	Eliason, Ella	FR-1	Bethel (Minn.)	5.05m	16' 7"	MIAC Outdoor Track & Field Championships	May 10, 2019
13	Williams, Syri	SO-2	Bethel (Minn.)	5.04m	16' 6.5"	Gustavus Alternative	Apr 26, 2019
14	Schoustra, Mackenzie	JR-3	St. Olaf	4.96m	16' 3.25"	NCC Gregory Final Qualifier	May 15, 2019
15	Bode, Claire	FR-1	Bethel (Minn.)	4.94m	16' 2.5"	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019
15	Bohlig, Emily	JR-3	St. Olaf	4.94m	16' 2.5"	St. Olaf Manitou Classic	Apr 18, 2019
17	Jobe, Katie	SO-2	Concordia-Moorhead	4.93m	16' 2.25"	Cobber Twilight	Apr 23, 2019
18	Grimes, Megan	SR-4	St. Olaf	4.92m	16' 1.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
19	Quandt, Taylor	SR-4	St. Thomas (Minn.)	4.90m	16' 1"	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Marquette, Hayli	SR-4	St. Olaf	4.89m	16' 0.5"	Tommie Twilight	May 1, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
20	Sifferle, Jordan	JR-3	St. Thomas (Minn.)	4.89m	16' 0.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Terry, Jordan	SO-2	Augsburg	4.89m	16' 0.5"	2019 Pomona-Pitzer Invitational (College/Univ)	Apr 6, 2019
23	Schepper, Reilee	FR-1	St. Catherine (Minn.)	4.88m	16' 0.25"	St. Olaf Manitou Classic	Apr 18, 2019
23	Pickthorn, Stephanie	FR-1	St. Benedict	4.88m	16' 0.25"	CSB-SJU Outdoor	Mar 31, 2019
25	Terhaar, Mariah	JR-3	St. Thomas (Minn.)	4.84m	15' 10.5"	2019 Pomona-Pitzer Invitational (College/Univ)	Apr 6, 2019
26	Bruess, Sarah	SR-4	St. Thomas (Minn.)	4.74m	15' 6.75"	St. Olaf Manitou Classic	Apr 18, 2019
26	Thomley, Emma	JR-3	Carleton	4.74m	15' 6.75"	Washington University St. Louis Mini Meet	Mar 23, 2019
28	Paul, Sally	SO-2	Bethel (Minn.)	4.73m	15' 6.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
29	Giles, DeAnna	SO-2	Gustavus Adolphus	4.69m	15' 4.75"	Gustavus Alternative	Apr 26, 2019
30	Stilwell, Jenna	SR-4	Concordia-Moorhead	4.65m	15' 3.25"	2019 Kip Janvrin Open	Apr 25, 2019

## Triple Jump

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
1	Woldt, Paige	SO-2	St. Olaf	11.21m	36' 9.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
2	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	11.09m	36' 4.75"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
3	Van Goethem, Abigail	JR-3	Hamline	11.07m	36' 4"	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Quandt, Taylor	SR-4	St. Thomas (Minn.)	11.04m	36' 2.75"	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Perrenoud, Grace	FR-1	Bethel (Minn.)	10.97m	36' 0"	Meet of The UnSaintly	May 3, 2019
6	Schepper, Reilee	FR-1	St. Catherine (Minn.)	10.93m	35' 10.5"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
7	Paul, Sally	SO-2	Bethel (Minn.)	10.77m	35' 4"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Patterson, Paige	SO-2	Gustavus Adolphus	10.74m	35' 3"	MSU Twilight	May 4, 2019
9	Giles, DeAnna	SO-2	Gustavus Adolphus	10.65m	34' 11.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Pickthorn, Stephanie	FR-1	St. Benedict	10.57m	34' 8.25"	CSB-SJU Outdoor	Mar 31, 2019
11	Sifferle, Jordan	JR-3	St. Thomas (Minn.)	10.56m	34' 7.75"	Whittier Twilight	Apr 5, 2019
12	Gelinske, Shelby	SR-4	Concordia-Moorhead	10.41m	34' 2"	MIAC Outdoor Track & Field Championships	May 10, 2019
13	Ethen, Corrie	SO-2	Concordia-Moorhead	10.37m	34' 0.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
14	Zurbay, Megan	SO-2	St. Thomas (Minn.)	10.36m	34' 0"	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Bruess, Sarah	SR-4	St. Thomas (Minn.)	10.26m	33' 8"	Meet of The UnSaintly	May 3, 2019
16	McDermott, Madeline	SO-2	Gustavus Adolphus	10.15m	33' 3.75"	Mustang Open	Apr 13, 2019
17	Nelson, Hannah	SO-2	Bethel (Minn.)	10.07m	33' 0.5"	Meet of The UnSaintly	May 3, 2019
18	Clarke, Mellissa	JR-3	Hamline	9.81m	32' 2.25"	Meet of The UnSaintly	May 3, 2019
19	Dorn, Madison	FR-1	Bethel (Minn.)	9.70m	31' 10"	PLNU Track and Field Invitational	Mar 23, 2019
20	Zamacona, Aoife	FR-1	Hamline	9.62m	31' 6.75"	Hamline Coed Invitational	Apr 6, 2019
21	Leverentz, Bryana	FR-1	St. Catherine (Minn.)	9.58m	31' 5.25"	Meet of The UnSaintly	May 3, 2019
22	Stuckmayer, Kelsi	FR-1	St. Benedict	9.55m	31' 4"	Tommie Twilight	May 1, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
23	LaRue, Kayla	FR-1	St. Olaf	8.84m	29' 0"	Hamline Coed Invitational	Apr 6, 2019
24	Stonebraker, Kiara	FR-1	St. Thomas (Minn.)	8.80m	28' 10.5"	Hamline Coed Invitational	Apr 6, 2019
25	Carter, Kierra	FR-1	St. Olaf	8.79m	28' 10.25"	Hamline Coed Invitational	Apr 6, 2019
26	Moline, Alissa	FR-1	St. Catherine (Minn.)	8.66m	28' 5"	Tommie Twilight	May 1, 2019

## Shot Put

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
1	Olson-Sola, Annalee	FR-1	Gustavus Adolphus	13.00m	42' 8"	MIAC Outdoor Track & Field Championships	May 10, 2019
2	Hovland, Cayle	FR-1	Concordia-Moorhead	12.88m	42' 3.25"	Cobber Twilight	Apr 23, 2019
3	Kangas, Allyson	FR-1	Concordia-Moorhead	12.63m	41' 5.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
4	Rajewsky, Kelsey	JR-3	Concordia-Moorhead	12.61m	41' 4.5"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019
5	Juenemann, Jessie	JR-3	Hamline	12.56m	41' 2.5"	Meet of The UnSaintly	May 3, 2019
6	Schlosser, Jacey	FR-1	Concordia-Moorhead	12.49m	40' 11.75"	Cobber Twilight	Apr 23, 2019
7	Anderson, Haley	SR-4	St. Benedict	12.30m	40' 4.25"	Gustavus Alternative	Apr 26, 2019
8	Keiser, Savanna	JR-3	Hamline	12.21m	40' 0.75"	Meet of The UnSaintly	May 3, 2019
9	Bannister, Kenna	JR-3	Augsburg	11.93m	39' 1.75"	Meet of The UnSaintly	May 3, 2019
10	Gigstad, Sarah	JR-3	St. Benedict	11.86m	38' 11"	MIAC Outdoor Track & Field Championships	May 10, 2019
11	Isaacson, Lauren	FR-1	St. Catherine (Minn.)	11.51m	37' 9.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
11	Wilson, Lena	JR-3	St. Thomas (Minn.)	11.51m	37' 9.25"	Tommie Twilight	May 1, 2019
13	McCollum, Jaiden	FR-1	St. Benedict	11.44m	37' 6.5"	St. Olaf Manitou Classic	Apr 18, 2019
14	Klabough, Isabella	SO-2	Gustavus Adolphus	11.42m	37' 5.75"	Carleton Relays	Apr 20, 2019
15	Borstad, Berit	SO-2	St. Thomas (Minn.)	11.39m	37' 4.5"	MIAC Outdoor Track & Field Championships	May 10, 2019
16	Wilkerson, Breanna	FR-1	Gustavus Adolphus	11.25m	36' 11"	MSU Twilight	May 4, 2019
17	Bagstad, Jayda	SO-2	Hamline	11.24m	36' 10.5"	Tommie Twilight	May 1, 2019
18	Baker, Claire	SR-4	St. Benedict	11.18m	36' 8.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
19	Grimes, Megan	SR-4	St. Olaf	11.00m	36' 1.25"	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Burmester, Caitlyn	JR-3	Macalester	10.96m	35' 11.5"	Meet of The UnSaintly	May 3, 2019
21	Kolstad, Alexandra	FR-1	Hamline	10.94m	35' 10.75"	Minnesota Women's Twilight	Apr 24, 2019
22	Jagler, Alex	FR-1	St. Thomas (Minn.)	10.81m	35' 5.75"	Minnesota Women's Twilight	Apr 24, 2019
23	Cummings, Destiny	SO-2	Augsburg	10.76m	35' 3.75"	Tommie Twilight	May 1, 2019
24	White, Emily	FR-1	Concordia-Moorhead	10.44m	34' 3"	Cobber Twilight	Apr 23, 2019
25	Schoustra, Mackenzie	JR-3	St. Olaf	10.34m	33' 11.25"	St. Olaf Manitou Classic	Apr 18, 2019
26	Degen, Jenna	SR-4	St. Benedict	10.18m	33' 4.75"	NCC Gregory Final Qualifier	May 15, 2019
27	Johnson, Julie	SR-4	St. Olaf	10.15m	33' 3.75"	Meet of The UnSaintly	May 3, 2019
28	Bach, Dana	FR-1	Gustavus Adolphus	10.14m	33' 3.25"	Gustavus Alternative	Apr 26, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
29	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	10.06m	33' 0.25"	St. Olaf Manitou Classic	Apr 18, 2019
30	Manikowski, Lara	FR-1	St. Benedict	9.94m	32' 7.5"	Gustavus Alternative	Apr 26, 2019

## Discus

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
1	Juenemann, Jessie	JR-3	Hamline	46.42m	152' 3"	Meet of The UnSaintly	May 3, 2019
2	Isaacson, Lauren	FR-1	St. Catherine (Minn.)	42.78m	140' 4"	Minnesota Women's Twilight	Apr 24, 2019
3	Hovland, Cayle	FR-1	Concordia-Moorhead	42.77m	140' 4"	Concordia-BSU Duel	May 4, 2019
4	Olson-Sola, Annalee	FR-1	Gustavus Adolphus	41.10m	134' 10"	Gustavus Alternative	Apr 26, 2019
5	Thompson, Tori	SR-4	St. Catherine (Minn.)	41.03m	134' 7"	Meet of The UnSaintly	May 3, 2019
6	Klabough, Isabella	SO-2	Gustavus Adolphus	40.06m	131' 5"	Gustavus Alternative	Apr 26, 2019
7	White, Emily	FR-1	Concordia-Moorhead	39.67m	130' 2"	Concordia-BSU Duel	May 4, 2019
8	Schlosser, Jacey	FR-1	Concordia-Moorhead	39.48m	129' 6"	Concordia-BSU Duel	May 4, 2019
9	Anderson, Haley	SR-4	St. Benedict	39.38m	129' 2"	Gustavus Alternative	Apr 26, 2019
10	Keiser, Savanna	JR-3	Hamline	39.33m	129' 0"	Meet of The UnSaintly	May 3, 2019
11	Gehrke, Megan	FR-1	St. Thomas (Minn.)	38.42m	126' 0"	Meet of The UnSaintly	May 3, 2019
12	Beckmann, Maggie	FR-1	St. Benedict	38.35m	125' 10"	St. Olaf Manitou Classic	Apr 18, 2019
13	Gigstad, Sarah	JR-3	St. Benedict	37.23m	122' 2"	MIAC Outdoor Track & Field Championships	May 10, 2019
14	Keeley, Jordan	FR-1	Saint Mary's (Minn.)	37.01m	121' 5"	Saint Mary's Open	Apr 25, 2019
15	Borstad, Berit	SO-2	St. Thomas (Minn.)	36.06m	118' 4"	Meet of The UnSaintly	May 3, 2019
16	Wilkerson, Breanna	FR-1	Gustavus Adolphus	36.01m	118' 2"	Gustavus Alternative	Apr 26, 2019
17	Bagstad, Jayda	SO-2	Hamline	35.39m	116' 1"	Meet of The UnSaintly	May 3, 2019
18	Willis, Nyjah	SO-2	Hamline	34.51m	113' 3"	Meet of The UnSaintly	May 3, 2019
19	Manikowski, Lara	FR-1	St. Benedict	34.49m	113' 2"	Tommie Twilight	May 1, 2019
20	Wilson, Lena	JR-3	St. Thomas (Minn.)	34.25m	112' 4"	Minnesota Women's Twilight	Apr 24, 2019
21	Jagler, Alex	FR-1	St. Thomas (Minn.)	34.14m	112' 0"	Meet of The UnSaintly	May 3, 2019
22	Rajewsky, Kelsey	JR-3	Concordia-Moorhead	33.63m	110' 4"	Concordia-BSU Duel	May 4, 2019
23	Kangas, Allyson	FR-1	Concordia-Moorhead	33.54m	110' 0"	Concordia-BSU Duel	May 4, 2019
24	Erickson, Courtney	JR-3	Gustavus Adolphus	33.47m	109' 10"	Carleton Relays	Apr 20, 2019
25	Wagner, Lauren	SO-2	Bethel (Minn.)	32.97m	108' 2"	Augustana Womens Invitational / Meet of Champions	Apr 18, 2019
26	Kolstad, Alexandra	FR-1	Hamline	32.44m	106' 5"	Hamline Coed Invitational	Apr 6, 2019
27	Walter, Eli	JR-3	St. Benedict	30.97m	101' 7"	St. Olaf Manitou Classic	Apr 18, 2019
28	Baker, Claire	SR-4	St. Benedict	30.49m	100' 0"	Gustavus Alternative	Apr 26, 2019
29	Diederichs, Kristen	JR-3	St. Olaf	30.36m	99' 7"	Hamline Coed Invitational	Apr 6, 2019
30	McCollum, Jaiden	FR-1	St. Benedict	29.87m	98' 0"	Hamline Coed Invitational	Apr 6, 2019

## Hammer

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Keelin, Katie	JR-3	Gustavus Adolphus	52.91m	173' 7"	MSU Twilight	May 4, 2019
2	Willis, Nyjah	SO-2	Hamline	50.67m	166' 3"	Hamline Coed Invitational	Apr 6, 2019
3	Van Den Heuvel, Bailey	SR-4	Gustavus Adolphus	50.36m	165' 3"	Gustavus Alternative	Apr 26, 2019
4	Hoenigschmidt, Kaylea	SR-4	St. Catherine (Minn.)	49.59m	162' 8"	Minnesota Women's Twilight	Apr 24, 2019
5	Borstad, Berit	SO-2	St. Thomas (Minn.)	46.05m	151' 1"	Minnesota Women's Twilight	Apr 24, 2019
6	Baker, Claire	SR-4	St. Benedict	43.97m	144' 3"	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Gigstad, Sarah	JR-3	St. Benedict	42.21m	138' 6"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Rajewsky, Kelsey	JR-3	Concordia-Moorhead	41.93m	137' 7"	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Anderson, Haley	SR-4	St. Benedict	41.70m	136' 10"	Gustavus Alternative	Apr 26, 2019
10	Wagner, Lauren	SO-2	Bethel (Minn.)	41.01m	134' 6"	Gustavus Alternative	Apr 26, 2019
11	Erickson, Courtney	JR-3	Gustavus Adolphus	40.95m	134' 4"	Gustavus Alternative	Apr 26, 2019
12	Kolstad, Alexandra	FR-1	Hamline	40.37m	132' 5"	Minnesota Women's Twilight	Apr 24, 2019
13	Fiecke, Madison	FR-1	Hamline	40.18m	131' 10"	MIAC Outdoor Track & Field Championships	May 10, 2019
14	Kangas, Allyson	FR-1	Concordia-Moorhead	40.00m	131' 3"	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Bannister, Kenna	JR-3	Augsburg	39.27m	128' 10"	Meet of The UnSaintly	May 3, 2019
16	Jagler, Alex	FR-1	St. Thomas (Minn.)	38.90m	127' 7"	Minnesota Women's Twilight	Apr 24, 2019
17	Melting, Nora	JR-3	Hamline	38.52m	126' 4"	Minnesota Women's Twilight	Apr 24, 2019
18	Walter, Eli	JR-3	St. Benedict	37.27m	122' 3"	Trinity Open	Mar 2, 2019
19	Hovland, Cayle	FR-1	Concordia-Moorhead	36.25m	118' 11"	Concordia-BSU Duel	May 4, 2019
20	Schlosser, Jacey	FR-1	Concordia-Moorhead	34.94m	114' 7"	St. Olaf Manitou Classic	Apr 18, 2019
21	Deyak, Remington	SR-4	St. Benedict	34.40m	112' 10"	St. Olaf Manitou Classic	Apr 18, 2019
22	Beckmann, Maggie	FR-1	St. Benedict	34.04m	111' 8"	Hamline Coed Invitational	Apr 6, 2019
23	Klaustermeier, Emma	FR-1	Bethel (Minn.)	33.80m	110' 11"	PLNU Track and Field Invitational	Mar 23, 2019
24	Thomas, Allison	SO-2	St. Catherine (Minn.)	32.52m	106' 8"	Lady Bear Twilight	Apr 19, 2019
25	Elkhair, Shadin	SO-2	Augsburg	32.32m	106' 0"	Meet of The UnSaintly	May 3, 2019
26	Bach, Dana	FR-1	Gustavus Adolphus	32.30m	106' 0"	Gustavus Alternative	Apr 26, 2019
27	Schammel, Abigail	FR-1	Gustavus Adolphus	31.95m	104' 10"	Mustang Open	Apr 13, 2019
28	Manikowski, Lara	FR-1	St. Benedict	31.78m	104' 3"	Tommie Twilight	May 1, 2019
29	Keeley, Jordan	FR-1	Saint Mary's (Minn.)	31.41m	103' 1"	Phil Esten Challenge @ UW-La Crosse	Apr 18, 2019
30	McCollum, Jaiden	FR-1	St. Benedict	29.30m	96' 1"	Hamline Coed Invitational	Apr 6, 2019

## Javelin

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Leverentz, Bryana	FR-1	St. Catherine (Minn.)	37.79m	124' 0"	NCAA Final Qualifier at UW-La Crosse	May 16, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Mark</b>	<b>Conv</b>	<b>Meet</b>	<b>Meet Date</b>
2	Olson-Sola, Annalee	FR-1	Gustavus Adolphus	37.46m	122' 11"	Mustang Open	Apr 13, 2019
3	Hulslander, McKenna	SO-2	Hamline	37.27m	122' 3"	Meet of The UnSaintly	May 3, 2019
4	Wagner, Lauren	SO-2	Bethel (Minn.)	37.06m	121' 7"	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Schoustra, Mackenzie	JR-3	St. Olaf	36.67m	120' 4"	St. Olaf Manitou Classic	Apr 18, 2019
6	Stilwell, Jenna	SR-4	Concordia-Moorhead	36.62m	120' 2"	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Van Goethem, Abigail	JR-3	Hamline	35.16m	115' 4"	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Weed, Kelsey	SR-4	St. Olaf	35.03m	114' 11"	Minnesota Women's Twilight	Apr 24, 2019
9	Van Den Heuvel, Bailey	SR-4	Gustavus Adolphus	34.19m	112' 2"	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Degen, Jenna	SR-4	St. Benedict	33.80m	110' 11"	Phil Esten Challenge @ UW-La Crosse	Apr 18, 2019
11	Paul, Sally	SO-2	Bethel (Minn.)	33.62m	110' 4"	MIAC Outdoor Track & Field Championships	May 10, 2019
12	Sizer, Calli	SR-4	Gustavus Adolphus	32.96m	108' 2"	MIAC Outdoor Track & Field Championships	May 10, 2019
13	Spehar, Suntina	JR-3	St. Benedict	32.51m	106' 8"	Gustavus Alternative	Apr 26, 2019
14	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	31.16m	102' 3"	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Degen, Hanna	SO-2	St. Benedict	31.13m	102' 1"	Tommie Twilight	May 1, 2019
16	Loving, Jasmine	SO-2	Macalester	31.12m	102' 1"	Carleton Relays	Apr 20, 2019
17	Wanzenried, Elyse	SR-4	Carleton	30.96m	101' 7"	Hamline Coed Invitational	Apr 6, 2019
18	Forness, Miriah	JR-3	Concordia-Moorhead	30.77m	100' 11"	Cobber Twilight	Apr 23, 2019
19	Merten, Johanna	SO-2	St. Benedict	30.65m	100' 7"	MIAC Outdoor Track & Field Championships	May 10, 2019
20	Schlosser, Jacey	FR-1	Concordia-Moorhead	29.67m	97' 4"	Cobber Twilight	Apr 23, 2019
21	Piergies, Tonya	SR-4	Carleton	29.37m	96' 4"	MIAC Outdoor Track & Field Championships	May 10, 2019
22	Bohlig, Emily	JR-3	St. Olaf	28.78m	94' 5"	Carleton Relays	Apr 20, 2019
23	Erickson, Rachel	FR-1	Gustavus Adolphus	28.70m	94' 2"	Carleton Relays	Apr 20, 2019
24	Jobe, Katie	SO-2	Concordia-Moorhead	28.30m	92' 10"	33rd ANNUAL RON MASANZ TRACK & FIELD CLASSIC	Apr 26, 2019
25	Balzer, Becca	FR-1	Bethel (Minn.)	27.78m	91' 2"	PLNU Track and Field Invitational	Mar 23, 2019
26	Mellin, Samantha	JR-3	St. Thomas (Minn.)	26.89m	88' 3"	Tommie Twilight	May 1, 2019
27	Burmester, Caitlyn	JR-3	Macalester	26.71m	87' 7"	Meet of The UnSaintly	May 3, 2019
28	Terhaar, Mariah	JR-3	St. Thomas (Minn.)	26.55m	87' 1"	St. Olaf Manitou Classic	Apr 18, 2019
29	Grimes, Megan	SR-4	St. Olaf	26.33m	86' 5"	MIAC Outdoor Track & Field Championships	May 10, 2019
30	Ethen, Corrie	SO-2	Concordia-Moorhead	26.27m	86' 2"	Concordia-BSU Duel	May 4, 2019

## Heptathlon

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Points</b>	<b>Meet</b>	<b>Meet Date</b>
1	Degen, Jenna	SR-4	St. Benedict	4518	NCC Gregory Final Qualifier	May 15, 2019
2	Schoustra, Mackenzie	JR-3	St. Olaf	4440	NCC Gregory Final Qualifier	May 15, 2019
3	Grimes, Megan	SR-4	St. Olaf	4013	MIAC Outdoor Track & Field Championships	May 10, 2019

	<b>Athlete</b>	<b>Year</b>	<b>Team</b>	<b>Points</b>	<b>Meet</b>	<b>Meet Date</b>
4	Bohlig, Emily	JR-3	St. Olaf	3957	MIAC Outdoor Track & Field Championships	May 10, 2019
5	Sifferle, Jordan	JR-3	St. Thomas (Minn.)	3912	MIAC Outdoor Track & Field Championships	May 10, 2019
6	Lundquist, Elsie	SO-2	St. Catherine (Minn.)	3906	MIAC Outdoor Track & Field Championships	May 10, 2019
7	Williams, Syri	SO-2	Bethel (Minn.)	3894	MIAC Outdoor Track & Field Championships	May 10, 2019
8	Piergies, Tonya	SR-4	Carleton	3878	MIAC Outdoor Track & Field Championships	May 10, 2019
9	Fornshell, Carly	SO-2	Concordia-Moorhead	3721	MIAC Outdoor Track & Field Championships	May 10, 2019
10	Paul, Sally	SO-2	Bethel (Minn.)	3625	MIAC Outdoor Track & Field Championships	May 10, 2019
11	Terhaar, Mariah	JR-3	St. Thomas (Minn.)	3388	MIAC Outdoor Track & Field Championships	May 10, 2019
12	Pickthorn, Stephanie	FR-1	St. Benedict	3369	MIAC Outdoor Track & Field Championships	May 10, 2019
13	Stilwell, Jenna	SR-4	Concordia-Moorhead	3363	MIAC Outdoor Track & Field Championships	May 10, 2019
14	Jobe, Katie	SO-2	Concordia-Moorhead	3341	MIAC Outdoor Track & Field Championships	May 10, 2019
15	Marsh, Sydney	FR-1	Carleton	3292	MIAC Outdoor Track & Field Championships	May 10, 2019
16	Farrell, Eve	FR-1	Carleton	3077	MIAC Outdoor Track & Field Championships	May 10, 2019
17	Studer, Rachel	SO-2	Gustavus Adolphus	2859	MIAC Outdoor Track & Field Championships	May 10, 2019
18	Thompson, Taylor	SO-2	Gustavus Adolphus	2819	Central College Dutch Invitational	Apr 5, 2019