



MIAC Outdoor Performance List

100 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date | Wind |
|----|------------------|------|-----------------------|-------|--|--------------|------|
| 1 | Stellmach, Sarah | FR-1 | Bethel (Minn.) | 12.03 | Holst Invitational | Apr 22, 2022 | 3.4 |
| 2 | Robinson, Jailyn | SO-2 | Hamline | 12.07 | MIAC Outdoor Championships | May 13, 2022 | 3.3 |
| 3 | Nelson, Birgen | FR-1 | Gustavus Adolphus | 12.13 | Carleton Relays | Apr 23, 2022 | 3.4 |
| 4 | Babalola, Jireh | SO-2 | Bethel (Minn.) | 12.25 | MIAC Outdoor Championships | May 13, 2022 | 3.3 |
| 5 | Carlson, Kate | FR-1 | Gustavus Adolphus | 12.35 | MIAC Outdoor Championships | May 13, 2022 | 3.3 |
| 6 | Johnson, Tiana | SO-2 | St. Benedict | 12.39 | MIAC Outdoor Championships | May 13, 2022 | 3.3 |
| 7 | Gallagher, Kate | SO-2 | St. Benedict | 12.51 | St Thomas Tommie Twilight | May 4, 2022 | 0.2 |
| 8 | Geraets, Megan | FR-1 | Gustavus Adolphus | 12.52 | Norse Invite | Apr 9, 2022 | 1.2 |
| 9 | Davidson, Daya | JR-3 | St. Scholastica | 12.68 | Holst Invitational | Apr 22, 2022 | 2.5 |
| 10 | Genz, Madi | FR-1 | St. Catherine (Minn.) | 12.77 | Holst Invitational | Apr 22, 2022 | 2.5 |
| 11 | Ramberg, Sierra | SO-2 | Concordia-Moorhead | 12.81 | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 | 1.7 |
| 12 | Johnson, Hailey | JR-3 | St. Benedict | 12.82 | Carleton Relays | Apr 23, 2022 | 6.4 |
| 13 | Speidel, Dacoda | SR-4 | St. Benedict | 12.88 | MIAC Outdoor Championships | May 13, 2022 | -0.2 |
| 14 | Hunter, Penny | SO-2 | Macalester | 12.91 | MIAC Outdoor Championships | May 13, 2022 | 1.9 |
| 15 | Parsons, Brianna | FR-1 | Augsburg | 12.96 | MIAC Outdoor Championships | May 13, 2022 | -0.1 |
| 15 | Miller, Danielle | FR-1 | Gustavus Adolphus | 12.96 | Carleton Relays | Apr 23, 2022 | 5.0 |
| 17 | Heinecke, Carlie | JR-3 | Concordia-Moorhead | 12.97 | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 | 1.7 |
| 18 | Klausler, Sydney | SR-4 | Saint Mary's (Minn.) | 12.98 | Wash U Invite | Apr 2, 2022 | 2.5 |
| 19 | Collins, Clare | JR-3 | St. Olaf | 12.99 | St. Olaf Ole Open | May 7, 2022 | 0.6 |
| 20 | Cordova, Ineke | JR-3 | Carleton | 13.03 | Carleton Relays | Apr 23, 2022 | 5.0 |
| 20 | Maul, Lillian | SO-2 | Saint Mary's (Minn.) | 13.03 | Phil Esten Challenge | Apr 21, 2022 | 4.0 |
| 22 | Rakow, Ally | FR-1 | Gustavus Adolphus | 13.05 | UW-La Crosse Final Qualifier | May 19, 2022 | 2.9 |
| 23 | Boe, Essence | SO-2 | Hamline | 13.09 | Meet of the UnSaintly | May 6, 2022 | 1.9 |
| 24 | Logelin, Ellie | FR-1 | Hamline | 13.15 | Holst Invitational | Apr 22, 2022 | 2.5 |
| 24 | Wunderlich, Mary | FR-1 | Concordia-Moorhead | 13.15 | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 | 1.7 |
| 26 | Roberts, Riley | SO-2 | Carleton | 13.16 | Carleton Relays | Apr 23, 2022 | 3.4 |
| 27 | King, Hannah | SO-2 | Bethel (Minn.) | 13.21 | Meet of the UnSaintly | May 6, 2022 | 1.9 |
| 28 | Hauger, Sydney | FR-1 | Gustavus Adolphus | 13.27 | UW-La Crosse Final Qualifier | May 19, 2022 | 3.6 |
| 29 | Gregg, Hailey | FR-1 | Bethel (Minn.) | 13.31 | Holst Invitational | Apr 22, 2022 | 2.1 |

| | Athlete | Year | Team | Time | Meet | Meet Date | Wind |
|----|-----------------|-------------|-------------------|-------------|-----------------|------------------|-------------|
| 30 | Thomley, Olivia | FR-1 | Gustavus Adolphus | 13.37 | Deb Schulz Open | May 6, 2022 | 3.3 |

200 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date | Wind |
|----|---------------------|-------------|----------------------|-------------|---|------------------|-------------|
| 1 | Johnson, Tiana | SO-2 | St. Benedict | 25.16 | MIAC Outdoor Championships | May 13, 2022 | -0.1 |
| 2 | Nelson, Birgen | FR-1 | Gustavus Adolphus | 25.19 | Carleton Relays | Apr 23, 2022 | -3.3 |
| 3 | Stellmach, Sarah | FR-1 | Bethel (Minn.) | 25.27 | Hamline Invitational | Apr 2, 2022 | 1.8 |
| 4 | Carlson, Kate | FR-1 | Gustavus Adolphus | 25.43 | MIAC Outdoor Championships | May 13, 2022 | 1.2 |
| 5 | Babalola, Jireh | SO-2 | Bethel (Minn.) | 25.63 | MIAC Outdoor Championships | May 13, 2022 | -0.1 |
| 6 | Sankey, Hannah | SR-4 | Bethel (Minn.) | 25.94 | Hamline Invitational | Apr 2, 2022 | 1.8 |
| 7 | Geraets, Megan | FR-1 | Gustavus Adolphus | 26.08 | MIAC Outdoor Championships | May 13, 2022 | 2.1 |
| 8 | Davidson, Daya | JR-3 | St. Scholastica | 26.09 | St. Olaf Ole Open | May 7, 2022 | 2.4 |
| 9 | Kroschel, Karla | SO-2 | St. Olaf | 26.30 | MIAC Outdoor Championships | May 13, 2022 | 1.2 |
| 9 | Nordberg, Britta | SO-2 | Bethel (Minn.) | 26.30 | Hamline Invitational | Apr 2, 2022 | 1.8 |
| 11 | Speidel, Dacoda | SR-4 | St. Benedict | 26.36 | MIAC Outdoor Championships | May 13, 2022 | 1.0 |
| 12 | Hunter, Penny | SO-2 | Macalester | 26.48 | MIAC Outdoor Championships | May 13, 2022 | 3.5 |
| 13 | Klausler, Sydney | SR-4 | Saint Mary's (Minn.) | 26.52 | Ashton May Invitational | Apr 9, 2022 | 1.4 |
| 14 | Gallagher, Kate | SO-2 | St. Benedict | 26.55 | MIAC Outdoor Championships | May 13, 2022 | 2.1 |
| 15 | Ramberg, Sierra | SO-2 | Concordia-Moorhead | 26.69 | St. Olaf Ole Open | May 7, 2022 | 2.4 |
| 16 | Heinecke, Carlie | JR-3 | Concordia-Moorhead | 26.70 | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 | 2.1 |
| 17 | Wunderlich, Mary | FR-1 | Concordia-Moorhead | 26.74 | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 | 2.1 |
| 18 | Ganley, Mirjana | SO-2 | St. Benedict | 26.77 | MIAC Outdoor Championships | May 13, 2022 | 1.0 |
| 18 | Johnson, Hailey | JR-3 | St. Benedict | 26.77 | MIAC Outdoor Championships | May 13, 2022 | 3.5 |
| 20 | Gearin, Caroline | SO-2 | Saint Mary's (Minn.) | 26.81 | MIAC Outdoor Championships | May 13, 2022 | 2.1 |
| 21 | Selle, Peyton | SO-2 | Concordia-Moorhead | 26.88 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 | 4.5 |
| 22 | Roberts, Riley | SO-2 | Carleton | 26.90 | MIAC Outdoor Championships | May 13, 2022 | 2.1 |
| 23 | Salfer, Rebekah | JR-3 | St. Olaf | 26.96 | St. Olaf Last Chance Multi Events | May 18, 2022 | -1.1 |
| 24 | Rakow, Ally | FR-1 | Gustavus Adolphus | 26.98 | MIAC Outdoor Championships | May 13, 2022 | 1.0 |
| 25 | Brown, Makenna | SO-2 | Bethel (Minn.) | 27.11 | Hamline Invitational | Apr 2, 2022 | 1.7 |
| 26 | Gregg, Hailey | FR-1 | Bethel (Minn.) | 27.13 | Hamline Invitational | Apr 2, 2022 | 4.9 |
| 27 | Miller, Danielle | FR-1 | Gustavus Adolphus | 27.18 | Drake Alternative | Apr 30, 2022 | 0.7 |
| 27 | Bernardy, Lindsey | FR-1 | Hamline | 27.18 | Meet of the UnSaintly | May 6, 2022 | -1.4 |
| 29 | Donnelly, Elizabeth | SO-2 | Gustavus Adolphus | 27.19 | Norse Invite | Apr 9, 2022 | 1.4 |
| 30 | Ferguson, Jocelyn | FR-1 | Carleton | 27.25 | St Thomas Tommie Twilight | May 4, 2022 | 0.3 |

400 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|---------------------|-------------|-----------------------|-------------|---------------------------------|------------------|
| 1 | Sankey, Hannah | SR-4 | Bethel (Minn.) | 57.06 | MIAC Outdoor Championships | May 13, 2022 |
| 2 | Stellmach, Sarah | FR-1 | Bethel (Minn.) | 57.46 | Meet of the UnSaintly | May 6, 2022 |
| 3 | Donnelly, Elizabeth | SO-2 | Gustavus Adolphus | 57.78 | Norse Invite | Apr 9, 2022 |
| 4 | Bernardy, Lindsey | FR-1 | Hamline | 58.40 | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Nordberg, Britta | SO-2 | Bethel (Minn.) | 58.68 | UW-La Crosse Final Qualifier | May 19, 2022 |
| 6 | Turek, Mikayla | SO-2 | Bethel (Minn.) | 58.75 | UWRF Falcon Invitational | Apr 9, 2022 |
| 7 | Kroschel, Karla | SO-2 | St. Olaf | 59.05 | MIAC Outdoor Championships | May 13, 2022 |
| 8 | Ferguson, Jocelyn | FR-1 | Carleton | 59.17 | MIAC Outdoor Championships | May 13, 2022 |
| 9 | Geraets, Megan | FR-1 | Gustavus Adolphus | 59.96 | Hamline Invitational | Apr 2, 2022 |
| 10 | Guler, Maddie | SO-2 | Concordia-Moorhead | 59.97 | MIAC Outdoor Championships | May 13, 2022 |
| 11 | Maddux, Alexandra | JR-3 | Hamline | 1:00.04 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 12 | Edstrom, Olivia | SO-2 | St. Olaf | 1:00.19 | St. Olaf Ole Open | May 7, 2022 |
| 13 | Ganley, Mirjana | SO-2 | St. Benedict | 1:00.41 | MIAC Outdoor Championships | May 13, 2022 |
| 14 | Sholing, Ellie | SO-2 | St. Scholastica | 1:00.84 | Holst Invitational | Apr 22, 2022 |
| 14 | Nyuga, Sidela | SO-2 | St. Benedict | 1:00.84 | MIAC Outdoor Championships | May 13, 2022 |
| 16 | Brown, Makenna | SO-2 | Bethel (Minn.) | 1:00.86 | MIAC Outdoor Championships | May 13, 2022 |
| 17 | Gregg, Hailey | FR-1 | Bethel (Minn.) | 1:00.92 | MIAC Outdoor Championships | May 13, 2022 |
| 18 | Gearin, Caroline | SO-2 | Saint Mary's (Minn.) | 1:01.11 | UW-La Crosse Final Qualifier | May 19, 2022 |
| 19 | Hoelscher, Lucy | SO-2 | Hamline | 1:01.30 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 20 | Kiminiski, Anna | FR-1 | St. Scholastica | 1:01.57 | MIAC Outdoor Championships | May 13, 2022 |
| 21 | Utgaard, Abrianna | JR-3 | Saint Mary's (Minn.) | 1:02.01 | MIAC Outdoor Championships | May 13, 2022 |
| 22 | Mitch, Laura | SR-4 | St. Benedict | 1:02.16 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 23 | Hauger, Sydney | FR-1 | Gustavus Adolphus | 1:02.37 | MIAC Outdoor Championships | May 13, 2022 |
| 24 | Storbakken, Emma | FR-1 | St. Olaf | 1:02.46 | MIAC Outdoor Championships | May 13, 2022 |
| 25 | Preston, Adisa | FR-1 | Macalester | 1:02.54 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 26 | Voss, Annika | JR-3 | St. Scholastica | 1:02.73 | St. Olaf Ole Open | May 7, 2022 |
| 27 | Bishop, Mya | SO-2 | Augsburg | 1:03.04 | Meet of the UnSaintly | May 6, 2022 |
| 28 | Knapp, Emerson | FR-1 | St. Benedict | 1:03.48 | Carleton Relays | Apr 23, 2022 |
| 29 | Doyle, Erin | SO-2 | St. Catherine (Minn.) | 1:03.56 | Meet of the UnSaintly | May 6, 2022 |
| 30 | Nelson, Emme | FR-1 | Hamline | 1:03.61 | St Thomas Tommie Twilight | May 4, 2022 |

800 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date |
|---|---------------------|-------------|-------------------|-------------|---|------------------|
| 1 | Donnelly, Elizabeth | SO-2 | Gustavus Adolphus | 2:08.60 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 |

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|---------------------|-------------|----------------------|-------------|---|------------------|
| 2 | Maddux, Alexandra | JR-3 | Hamline | 2:10.93 | UW-La Crosse Final Qualifier | May 19, 2022 |
| 3 | Ihde, Annessa | FR-1 | Bethel (Minn.) | 2:16.16 | St Thomas Tommie Twilight | May 4, 2022 |
| 4 | Hoelscher, Lucy | SO-2 | Hamline | 2:19.65 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 5 | Kropp, Amy | JR-3 | Carleton | 2:19.85 | St Thomas Tommie Twilight | May 4, 2022 |
| 6 | Sholing, Ellie | SO-2 | St. Scholastica | 2:20.71 | St. Olaf Ole Open | May 7, 2022 |
| 7 | Erickson, Lara | FR-1 | Carleton | 2:20.87 | St. Olaf Ole Open | May 7, 2022 |
| 8 | Blaesing, Maria | SO-2 | Macalester | 2:20.92 | UWRF Falcon Invitational | Apr 9, 2022 |
| 9 | Posey, Sam | JR-3 | St. Olaf | 2:20.99 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 10 | Gebert, Katie | SO-2 | St. Olaf | 2:21.15 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 11 | Ferguson, Jocelyn | FR-1 | Carleton | 2:21.28 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 12 | Edstrom, Olivia | SO-2 | St. Olaf | 2:21.49 | St Thomas Tommie Twilight | May 4, 2022 |
| 13 | Holloway, Malakai | JR-3 | Bethel (Minn.) | 2:21.90 | MIAC Outdoor Championships | May 13, 2022 |
| 14 | Frolek, Drew | FR-1 | Concordia-Moorhead | 2:22.17 | MIAC Outdoor Championships | May 13, 2022 |
| 15 | Call, Sophie | SO-2 | St. Olaf | 2:22.51 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 16 | Smith, Kalli | FR-1 | St. Benedict | 2:23.24 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 17 | Stern, Lena | SR-4 | Macalester | 2:23.26 | UWRF Falcon Invitational | Apr 9, 2022 |
| 18 | Seaton, Ali | SO-2 | St. Olaf | 2:23.47 | St. Olaf Ole Open | May 7, 2022 |
| 19 | Hage, Evie | FR-1 | Bethel (Minn.) | 2:23.60 | MIAC Outdoor Championships | May 13, 2022 |
| 20 | Smith, Eden | FR-1 | Concordia-Moorhead | 2:23.62 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 21 | Rohrer, Kristina | SO-2 | St. Olaf | 2:23.73 | MIAC Outdoor Championships | May 13, 2022 |
| 22 | Mayfield, Clara | SO-2 | Carleton | 2:23.84 | Hamline Invitational | Apr 2, 2022 |
| 23 | Cutter, Alice | SO-2 | Carleton | 2:23.98 | St Thomas Tommie Twilight | May 4, 2022 |
| 24 | Fredrickson, Isabel | SR-4 | Concordia-Moorhead | 2:24.03 | St. Olaf Ole Open | May 7, 2022 |
| 25 | Smith, Fiona | SO-2 | St. Benedict | 2:24.24 | Carleton Relays | Apr 23, 2022 |
| 26 | Preston, Adisa | FR-1 | Macalester | 2:24.32 | Meet of the UnSaintly | May 6, 2022 |
| 27 | Gernandt, Ruby | FR-1 | Bethel (Minn.) | 2:24.91 | UWRF Falcon Invitational | Apr 9, 2022 |
| 28 | Cole, Grace | JR-3 | Bethel (Minn.) | 2:24.93 | Holst Invitational | Apr 22, 2022 |
| 29 | Swanson, Anna | JR-3 | Saint Mary's (Minn.) | 2:25.23 | St Thomas Tommie Twilight | May 4, 2022 |
| 30 | Cross, Helen | SO-2 | Carleton | 2:25.64 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |

1500 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date |
|---|-----------------|-------------|--------------|-------------|------------------------------|------------------|
| 1 | Smith, Fiona | SO-2 | St. Benedict | 4:29.11 | St Thomas Tommie Twilight | May 4, 2022 |
| 2 | Mayfield, Clara | SO-2 | Carleton | 4:35.33 | Carleton Relays | Apr 23, 2022 |
| 3 | Blaesing, Maria | SO-2 | Macalester | 4:35.38 | UW-La Crosse Final Qualifier | May 19, 2022 |

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|---------------------|-------------|--------------------|-------------|---|------------------|
| 4 | Donnelly, Elizabeth | SO-2 | Gustavus Adolphus | 4:35.63 | Hamline Invitational | Apr 2, 2022 |
| 5 | Posey, Sam | JR-3 | St. Olaf | 4:40.59 | St Thomas Tommie Twilight | May 4, 2022 |
| 6 | Cross, Helen | SO-2 | Carleton | 4:41.25 | St Thomas Tommie Twilight | May 4, 2022 |
| 7 | Gebert, Katie | SO-2 | St. Olaf | 4:41.91 | St Thomas Tommie Twilight | May 4, 2022 |
| 8 | Call, Sophie | SO-2 | St. Olaf | 4:42.41 | UW-La Crosse Final Qualifier | May 19, 2022 |
| 9 | Maddux, Alexandra | JR-3 | Hamline | 4:43.92 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 10 | Mickelson, Ellen | SR-4 | St. Olaf | 4:45.43 | Holst Invitational | Apr 22, 2022 |
| 11 | Albrecht, Christine | JR-3 | St. Olaf | 4:45.64 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 12 | Ihde, Annessa | FR-1 | Bethel (Minn.) | 4:50.90 | UWRF Falcon Invitational | Apr 9, 2022 |
| 13 | Fredrickson, Isabel | SR-4 | Concordia-Moorhead | 4:51.32 | USD Early Bird | Apr 2, 2022 |
| 14 | Abernethy, Sophie | FR-1 | St. Olaf | 4:51.99 | MIAC Outdoor Championships | May 13, 2022 |
| 15 | Ward, Phoebe | SO-2 | Carleton | 4:52.07 | St Thomas Tommie Twilight | May 4, 2022 |
| 16 | Helmer, Maj-Lis | FR-1 | St. Scholastica | 4:53.00 | MIAC Outdoor Championships | May 13, 2022 |
| 17 | Call, Bella | SO-2 | St. Olaf | 4:53.26 | St Thomas Tommie Twilight | May 4, 2022 |
| 18 | Everest, Julia | SO-2 | St. Olaf | 4:53.46 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 19 | Cole, Grace | JR-3 | Bethel (Minn.) | 4:53.89 | UWRF Falcon Invitational | Apr 9, 2022 |
| 20 | Stern, Lena | SR-4 | Macalester | 4:54.42 | Meet of the UnSainly | May 6, 2022 |
| 21 | Carlson, Sofia | FR-1 | St. Olaf | 4:54.73 | Norse Invite | Apr 9, 2022 |
| 22 | Rohrer, Kristina | SO-2 | St. Olaf | 4:56.13 | St Thomas Tommie Twilight | May 4, 2022 |
| 23 | Renier, Tracy | SR-4 | St. Benedict | 4:56.81 | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 24 | Tetmeyer, Bridget | SO-2 | St. Benedict | 4:58.38 | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 25 | Cutter, Alice | SO-2 | Carleton | 4:59.30 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 26 | Gernandt, Ruby | FR-1 | Bethel (Minn.) | 4:59.45 | St Thomas Tommie Twilight | May 4, 2022 |
| 27 | McManus, Sophie | FR-1 | Carleton | 4:59.82 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 28 | Schafer, Nell | SO-2 | Carleton | 5:00.32 | MIAC Outdoor Championships | May 13, 2022 |
| 29 | Frolek, Drew | FR-1 | Concordia-Moorhead | 5:00.65 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 30 | Blanchard, Mary | FR-1 | Carleton | 5:00.67 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |

5000 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date |
|---|-----------------|-------------|--------------|-------------|---|------------------|
| 1 | Smith, Fiona | SO-2 | St. Benedict | 16:16.54 | Drake Relays | Apr 27, 2022 |
| 2 | Mayfield, Clara | SO-2 | Carleton | 16:33.04 | Drake Relays | Apr 27, 2022 |
| 3 | Carlson, Sofia | FR-1 | St. Olaf | 17:16.10 | St Thomas Tommie Twilight | May 4, 2022 |
| 4 | Bode, Alison | FR-1 | St. Olaf | 17:31.38 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 5 | Cross, Helen | SO-2 | Carleton | 17:41.03 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|------------------------|-------------|-------------------|-------------|---|------------------|
| 6 | Helmer, Maj-Lis | FR-1 | St. Scholastica | 17:48.25 | St Thomas Tommie Twilight | May 4, 2022 |
| 7 | Call, Sophie | SO-2 | St. Olaf | 17:53.85 | St Thomas Tommie Twilight | May 4, 2022 |
| 8 | Ward, Phoebe | SO-2 | Carleton | 17:55.18 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 9 | Everest, Julia | SO-2 | St. Olaf | 18:14.25 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 10 | Villalobos, Evelyn | FR-1 | Gustavus Adolphus | 18:15.93 | Drake Alternative | Apr 30, 2022 |
| 11 | Tetmeyer, Bridget | SO-2 | St. Benedict | 18:18.49 | St Thomas Tommie Twilight | May 4, 2022 |
| 12 | McManus, Sophie | FR-1 | Carleton | 18:25.68 | Hamline Invitational | Apr 2, 2022 |
| 13 | Ramon, Iliana | SO-2 | Gustavus Adolphus | 18:28.48 | Drake Alternative | Apr 30, 2022 |
| 14 | DeMorett, Emily | JR-3 | St. Benedict | 18:30.71 | St Thomas Tommie Twilight | May 4, 2022 |
| 15 | Moorjani, Raina | FR-1 | Bethel (Minn.) | 18:31.86 | St Thomas Tommie Twilight | May 4, 2022 |
| 16 | Renier, Tracy | SR-4 | St. Benedict | 18:32.68 | Hamline Invitational | Apr 2, 2022 |
| 17 | Mader, Emma | SR-4 | Hamline | 18:37.05 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 18 | Froh, Maggie | SO-2 | Macalester | 18:41.44 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 19 | Rowland, Libby | FR-1 | Carleton | 18:49.09 | Hamline Invitational | Apr 2, 2022 |
| 20 | Larsen-Schmidt, Gracia | FR-1 | St. Olaf | 18:51.52 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 21 | Swanson, Erika | SO-2 | Bethel (Minn.) | 18:52.67 | St Thomas Tommie Twilight | May 4, 2022 |
| 22 | Blaesing, Maria | SO-2 | Macalester | 18:58.61 | Holst Invitational | Apr 22, 2022 |
| 23 | Tilley, Rainey | SO-2 | Carleton | 18:59.12 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 24 | Harms, Josie | FR-1 | Bethel (Minn.) | 18:59.22 | UWRF Falcon Invitational | Apr 9, 2022 |
| 25 | Miest, Mackinzee | SO-2 | Gustavus Adolphus | 19:03.76 | Hamline Invitational | Apr 2, 2022 |
| 26 | Kiolbasa, Annie | SO-2 | St. Benedict | 19:04.23 | St Thomas Tommie Twilight | May 4, 2022 |
| 27 | Pihlaja, Allegra | JR-3 | Carleton | 19:07.47 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 28 | Corbo, Olivia | SO-2 | Carleton | 19:09.05 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 29 | Engebretson, Lily | FR-1 | Gustavus Adolphus | 19:10.51 | Drake Alternative | Apr 30, 2022 |
| 30 | Schafer, Nell | SO-2 | Carleton | 19:15.05 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |

10000 Meters

| | Athlete | Year | Team | Time | Meet | Meet Date |
|---|-------------------|-------------|-------------------|-------------|--------------------------------|------------------|
| 1 | Smith, Fiona | SO-2 | St. Benedict | 34:33.37 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 2 | Mayfield, Clara | SO-2 | Carleton | 34:41.51 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 3 | Carlson, Sofia | FR-1 | St. Olaf | 37:09.32 | Drake Relays | Apr 27, 2022 |
| 4 | Bode, Alison | FR-1 | St. Olaf | 37:23.07 | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Ramon, Iliana | SO-2 | Gustavus Adolphus | 37:56.07 | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Tetmeyer, Bridget | SO-2 | St. Benedict | 38:08.51 | MIAC Outdoor Championships | May 13, 2022 |
| 7 | DeMorett, Emily | JR-3 | St. Benedict | 38:29.94 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|------------------------|-------------|----------------------|-------------|--------------------------------|------------------|
| 8 | Villalobos, Evelyn | FR-1 | Gustavus Adolphus | 38:31.26 | Norse Invite | Apr 9, 2022 |
| 9 | Harms, Josie | FR-1 | Bethel (Minn.) | 39:22.60 | Phil Esten Challenge | Apr 21, 2022 |
| 10 | Moorjani, Raina | FR-1 | Bethel (Minn.) | 39:34.62 | Phil Esten Challenge | Apr 21, 2022 |
| 11 | Hardwick, Laura | FR-1 | Bethel (Minn.) | 40:03.30 | Phil Esten Challenge | Apr 21, 2022 |
| 12 | Landsverk, Amelia | JR-3 | Concordia-Moorhead | 40:17.45 | MIAC Outdoor Championships | May 13, 2022 |
| 13 | Miest, Mackinzee | SO-2 | Gustavus Adolphus | 40:37.09 | Norse Invite | Apr 9, 2022 |
| 14 | Larsen-Schmidt, Gracia | FR-1 | St. Olaf | 40:39.11 | Phil Esten Challenge | Apr 21, 2022 |
| 15 | Roberdeau, Libby | FR-1 | Hamline | 41:55.90 | Phil Esten Challenge | Apr 21, 2022 |
| 16 | Norvell, Seneca | JR-3 | St. Olaf | 41:56.60 | MIAC Outdoor Championships | May 13, 2022 |
| 17 | Rugloski, Emily | JR-3 | Concordia-Moorhead | 42:02.61 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 18 | Adams, Charlotte | SO-2 | Hamline | 42:21.30 | Phil Esten Challenge | Apr 21, 2022 |
| 19 | Freshwaters, Danielle | SR-4 | Macalester | 42:25.05 | MIAC Outdoor Championships | May 13, 2022 |
| 20 | Klobe, Kendra | FR-1 | Saint Mary's (Minn.) | 42:36.48 | Phil Esten Challenge | Apr 21, 2022 |

100 Hurdles

| | Athlete | Year | Team | Time | Meet | Meet Date | Wind |
|----|----------------------|-------------|-----------------------|-------------|---|------------------|-------------|
| 1 | Nelson, Birgen | FR-1 | Gustavus Adolphus | 13.44 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 | 3.1 |
| 2 | Sealock, Kelsie | SO-2 | Bethel (Minn.) | 13.76 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 | 3.1 |
| 3 | Williams, Nayeli | FR-1 | Carleton | 14.74 | MIAC Outdoor Championships | May 13, 2022 | 0.7 |
| 4 | Bodin, Gabby | SO-2 | St. Catherine (Minn.) | 15.18 | Holst Invitational | Apr 22, 2022 | 3.9 |
| 5 | Geislinger, Elle | FR-1 | St. Catherine (Minn.) | 15.20 | MIAC Outdoor Championships | May 13, 2022 | 0.6 |
| 6 | Miller, Danielle | FR-1 | Gustavus Adolphus | 15.31 | MIAC Outdoor Championships | May 13, 2022 | 2.2 |
| 7 | Salfer, Rebekah | JR-3 | St. Olaf | 15.38 | MIAC Multi Events | May 5, 2022 | 0.9 |
| 8 | Selle, Peyton | SO-2 | Concordia-Moorhead | 15.42 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 | 4.4 |
| 9 | Blanchette, Grace | SO-2 | Carleton | 15.53 | MIAC Multi Events | May 5, 2022 | 0.9 |
| 10 | Nelson, AnnaGrace | FR-1 | Bethel (Minn.) | 15.61 | Holst Invitational | Apr 22, 2022 | 2.2 |
| 11 | Lilleberg, Nicole | JR-3 | Concordia-Moorhead | 15.62 | MIAC Outdoor Championships | May 13, 2022 | 0.7 |
| 12 | Huetten, Makenna | FR-1 | Gustavus Adolphus | 15.63 | MIAC Outdoor Championships | May 13, 2022 | 2.2 |
| 13 | Williams, McKenzie | FR-1 | St. Scholastica | 15.70 | MIAC Outdoor Championships | May 13, 2022 | 0.6 |
| 14 | Floren, Justus | FR-1 | St. Benedict | 15.98 | St. Olaf Last Chance Multi Events | May 18, 2022 | -0.9 |
| 15 | Pickthorn, Stephanie | SR-4 | St. Benedict | 16.02 | Carleton Relays | Apr 23, 2022 | 4.2 |
| 16 | Stackhouse, Ally | FR-1 | Bethel (Minn.) | 16.14 | Holst Invitational | Apr 22, 2022 | 3.5 |
| 17 | Miller, Cecelia | SR-4 | Hamline | 16.27 | Holst Invitational | Apr 22, 2022 | 1.0 |
| 18 | Barlue, Burnices | FR-1 | St. Catherine (Minn.) | 16.43 | Holst Invitational | Apr 22, 2022 | 3.5 |
| 19 | King, Hannah | SO-2 | Bethel (Minn.) | 16.70 | MIAC Outdoor Championships | May 13, 2022 | 0.6 |

| | Athlete | Year | Team | Time | Meet | Meet Date | Wind |
|----|---------------------------|-------------|--------------------|-------------|--|------------------|-------------|
| 20 | Zamacona, Aoife | SR-4 | Hamline | 16.80 | Holst Invitational | Apr 22, 2022 | 2.1 |
| 21 | Braun, Kaitlyn | FR-1 | Bethel (Minn.) | 16.97 | MIAC Multi Events | May 5, 2022 | 1.3 |
| 22 | Poore, Riki | SO-2 | St. Olaf | 17.02 | MIAC Outdoor Championships | May 13, 2022 | 2.2 |
| 23 | Marsh, Sydney | JR-3 | Carleton | 17.16 | Carleton Relays | Apr 23, 2022 | 4.5 |
| 24 | Kalevik, Jenna | FR-1 | Concordia-Moorhead | 17.49 | MIAC Outdoor Championships | May 13, 2022 | 2.2 |
| 25 | Zaske, Mikayla | FR-1 | Gustavus Adolphus | 17.58 | Drake Alternative | Apr 30, 2022 | -2.1 |
| 26 | Hannah, Gabriele | FR-1 | Hamline | 17.60 | MIAC Outdoor Championships | May 13, 2022 | 0.6 |
| 26 | Farrell, Eve | JR-3 | Carleton | 17.60 | Carleton Relays | Apr 23, 2022 | 5.7 |
| 28 | Garcia Balmaceda, Cynthia | SO-2 | Bethel (Minn.) | 17.61 | MIAC Outdoor Championships | May 13, 2022 | 2.2 |
| 29 | Darling, Kiernan | FR-1 | Concordia-Moorhead | 17.67 | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 | 2.0 |
| 30 | Johnson, Lily | FR-1 | St. Olaf | 17.80 | MIAC Outdoor Championships | May 13, 2022 | 0.6 |

400 Hurdles

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|-----------------------|-------------|--------------------|-------------|---|------------------|
| 1 | Nelson, Birgen | FR-1 | Gustavus Adolphus | 59.22 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 |
| 2 | Turek, Mikayla | SO-2 | Bethel (Minn.) | 1:04.78 | Holst Invitational | Apr 22, 2022 |
| 3 | Williams, Nayeli | FR-1 | Carleton | 1:05.60 | MIAC Outdoor Championships | May 13, 2022 |
| 4 | Salfer, Rebekah | JR-3 | St. Olaf | 1:05.86 | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Huetten, Makenna | FR-1 | Gustavus Adolphus | 1:05.89 | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Williams, McKenzie | FR-1 | St. Scholastica | 1:06.06 | MIAC Outdoor Championships | May 13, 2022 |
| 7 | Miller, Danielle | FR-1 | Gustavus Adolphus | 1:07.66 | MIAC Outdoor Championships | May 13, 2022 |
| 8 | Selle, Peyton | SO-2 | Concordia-Moorhead | 1:08.94 | MIAC Outdoor Championships | May 13, 2022 |
| 9 | Poore, Riki | SO-2 | St. Olaf | 1:08.95 | MIAC Outdoor Championships | May 13, 2022 |
| 10 | Lorenz, Kelly | SO-2 | Concordia-Moorhead | 1:09.45 | MIAC Outdoor Championships | May 13, 2022 |
| 11 | Mahota, Maggie | SR-4 | St. Benedict | 1:09.50 | MIAC Outdoor Championships | May 13, 2022 |
| 12 | Smith, Jessie | FR-1 | Bethel (Minn.) | 1:09.58 | MIAC Outdoor Championships | May 13, 2022 |
| 13 | Meyers, Erica | SR-4 | St. Olaf | 1:09.84 | St Thomas Tommie Twilight | May 4, 2022 |
| 14 | Parrott, Audrey | FR-1 | Carleton | 1:11.41 | St Thomas Tommie Twilight | May 4, 2022 |
| 15 | Aurelius, Andreiana | FR-1 | Hamline | 1:12.61 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 16 | Lilleberg, Nicole | JR-3 | Concordia-Moorhead | 1:12.71 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 17 | Selisker, Elizabeth | SO-2 | St. Benedict | 1:13.07 | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 18 | Hackenmueller, Hannah | FR-1 | Carleton | 1:14.85 | St Thomas Tommie Twilight | May 4, 2022 |
| 19 | Zaske, Mikayla | FR-1 | Gustavus Adolphus | 1:15.34 | Gustie Twilight | Apr 27, 2022 |
| 20 | Brooke-Pike, Addie | SR-4 | Macalester | 1:16.44 | MIAC Outdoor Championships | May 13, 2022 |
| 21 | Swanson, Erika | SO-2 | Bethel (Minn.) | 1:19.07 | Drake Alternative | Apr 30, 2022 |

| Athlete | Year | Team | Time | Meet | Meet Date |
|-----------------|------|-------------------|---------|----------------------------|--------------|
| 22 Gaebe, Erica | FR-1 | Gustavus Adolphus | 1:21.02 | MIAC Outdoor Championships | May 13, 2022 |

3000 Steeplechase

| | Athlete | Year | Team | Time | Meet | Meet Date |
|----|---------------------|------|-----------------------|----------|---|--------------|
| 1 | Renier, Tracy | SR-4 | St. Benedict | 11:09.85 | UW-La Crosse Final Qualifier | May 19, 2022 |
| 2 | Rowland, Libby | FR-1 | Carleton | 11:35.92 | MIAC Outdoor Championships | May 13, 2022 |
| 3 | Albrecht, Christine | JR-3 | St. Olaf | 11:38.93 | MIAC Outdoor Championships | May 13, 2022 |
| 4 | Harms, Josie | FR-1 | Bethel (Minn.) | 11:44.93 | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Weberg, Molly | FR-1 | Gustavus Adolphus | 11:49.38 | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Swanson, Erika | SO-2 | Bethel (Minn.) | 11:50.46 | MIAC Outdoor Championships | May 13, 2022 |
| 7 | McManus, Sophie | FR-1 | Carleton | 11:59.92 | St Thomas Tommie Twilight | May 4, 2022 |
| 8 | VanderWilde, Bailey | SO-2 | St. Olaf | 12:08.13 | St Thomas Tommie Twilight | May 4, 2022 |
| 9 | Severson, Julia | FR-1 | Gustavus Adolphus | 12:08.16 | MIAC Outdoor Championships | May 13, 2022 |
| 10 | Yeager, Elise | SO-2 | St. Benedict | 12:19.01 | St Thomas Tommie Twilight | May 4, 2022 |
| 11 | Rugloski, Emily | JR-3 | Concordia-Moorhead | 12:19.53 | MIAC Outdoor Championships | May 13, 2022 |
| 12 | Plechaty, Zoe | JR-3 | St. Olaf | 12:21.32 | St Thomas Tommie Twilight | May 4, 2022 |
| 13 | Kusser, Chloe | SO-2 | St. Olaf | 12:38.18 | MIAC Outdoor Championships | May 13, 2022 |
| 14 | Tuvey, Amanda | SO-2 | Saint Mary's (Minn.) | 12:38.88 | Meet of the UnSainly | May 6, 2022 |
| 15 | Hagen, Sydney | FR-1 | Gustavus Adolphus | 12:39.58 | MIAC Outdoor Championships | May 13, 2022 |
| 16 | Newman, Julia | SO-2 | St. Olaf | 12:44.80 | St Thomas Tommie Twilight | May 4, 2022 |
| 17 | Cutlan, Marissa | SO-2 | Bethel (Minn.) | 12:56.63 | MIAC Outdoor Championships | May 13, 2022 |
| 18 | Pfeffer, Melissa | SO-2 | St. Scholastica | 12:57.32 | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 19 | Decker, Anna | FR-1 | Bethel (Minn.) | 13:12.50 | Meet of the UnSainly | May 6, 2022 |
| 20 | Petersen, Klaire | SO-2 | Hamline | 13:13.05 | St Thomas Tommie Twilight | May 4, 2022 |
| 21 | Brandt, Morgan | JR-3 | St. Catherine (Minn.) | 14:05.11 | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 22 | Tillman, Lauren | FR-1 | Gustavus Adolphus | 14:54.78 | Drake Alternative | Apr 30, 2022 |
| 23 | Paulson, Lindsey | SO-2 | Gustavus Adolphus | 15:04.42 | Deb Schulz Open | May 6, 2022 |

4 x 100 Relay

| | Team | Time | Athletes | Meet | Meet Date |
|---|--------------------|-------|--------------------------------------|------------------------------|--------------|
| 1 | Gustavus Adolphus | 48.17 | Carlson, Geraets, Miller, Nelson | UW-La Crosse Final Qualifier | May 19, 2022 |
| 2 | St. Benedict | 48.42 | Speidel, Johnson, Johnson, Gallagher | MIAC Outdoor Championships | May 13, 2022 |
| 3 | Bethel (Minn.) | 48.69 | Babalola, Nordberg, Brown, Sankey | MIAC Outdoor Championships | May 13, 2022 |
| 4 | Concordia-Moorhead | 50.00 | Guler, Wunderlich, Heinecke, Ramberg | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Hamline | 50.23 | Boe, Logelin, Gilbert, Robinson | MIAC Outdoor Championships | May 13, 2022 |

| | Team | Time | Athletes | Meet | Meet Date |
|----|-----------------------|-------|--------------------------------------|----------------------------|--------------|
| 6 | St. Catherine (Minn.) | 50.28 | Nichols, Doyle, Geislinger, Genz | Meet of the UnSaintly | May 6, 2022 |
| 7 | Carleton | 50.35 | Williams, Ferguson, Roberts, Parrott | St. Olaf Ole Open | May 7, 2022 |
| 8 | Saint Mary's (Minn.) | 50.83 | Freire, Utgaard, Gearin, Klausler | MIAC Outdoor Championships | May 13, 2022 |
| 9 | Macalester | 51.02 | Hunter, Preston, Gregor, Amundson | Meet of the UnSaintly | May 6, 2022 |
| 10 | St. Olaf | 51.47 | Matre, Salfer, Meyers, Collins | MIAC Outdoor Championships | May 13, 2022 |

4 x 400 Relay

| | Team | Time | Athletes | Meet | Meet Date |
|----|----------------------|---------|---|---|--------------|
| 1 | Bethel (Minn.) | 3:47.26 | Sankey, Stellmach, Turek, Sealock | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 |
| 2 | Gustavus Adolphus | 3:55.67 | Hagen, Donnelly, Huetten, Nelson | MIAC Outdoor Championships | May 13, 2022 |
| 3 | Hamline | 4:01.79 | Hoelscher, Nelson, Maddux, Bernardy | MIAC Outdoor Championships | May 13, 2022 |
| 4 | Saint Mary's (Minn.) | 4:06.98 | Utgaard, Klausler, Swanson, Gearin | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Concordia-Moorhead | 4:07.13 | Guler, Fredrickson, Selle, Frolek | MIAC Outdoor Championships | May 13, 2022 |
| 6 | St. Benedict | 4:07.21 | Nyuga, Mahota, Ganley, Mitch | MIAC Outdoor Championships | May 13, 2022 |
| 7 | St. Olaf | 4:07.76 | Kroschel, Meyers, Edstrom, Pettitt-Kenney | St. Olaf Ole Open | May 7, 2022 |
| 8 | Carleton | 4:09.09 | Ferguson, Erickson, Kropp, Marsh | MIAC Outdoor Championships | May 13, 2022 |
| 9 | St. Scholastica | 4:09.69 | Williams, Kiminiski, Voss, Sholing | MIAC Outdoor Championships | May 13, 2022 |
| 10 | Macalester | 4:16.96 | Rodriguez, Preston, Blaesing, Stern | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |

4 x 800 Relay

| | Team | Time | Athletes | Meet | Meet Date |
|---|-----------------------|----------|------------------------------------|----------------------------|--------------|
| 1 | Hamline | 9:17.62 | Bernardy, Hoelscher, Mader, Maddux | MIAC Outdoor Championships | May 13, 2022 |
| 2 | St. Olaf | 9:21.77 | Edstrom, Call, Posey, Gebert | MIAC Outdoor Championships | May 13, 2022 |
| 3 | Bethel (Minn.) | 9:32.59 | Ihde, Holloway, Gernandt, Cole | Drake Relays | Apr 27, 2022 |
| 4 | Concordia-Moorhead | 9:38.68 | Fredrickson, Smith, Lorenz, Frolek | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Macalester | 9:38.83 | Stern, Preston, Krumm, Blaesing | MIAC Outdoor Championships | May 13, 2022 |
| 6 | St. Benedict | 9:50.35 | Renier, Smith, Yeager, Doyle | MIAC Outdoor Championships | May 13, 2022 |
| 7 | Carleton | 9:56.23 | Cutter, Farrell, Ulrich, Rowland | MIAC Outdoor Championships | May 13, 2022 |
| 8 | Gustavus Adolphus | 10:19.83 | Walukas, Severson, Miest, Weberg | MIAC Outdoor Championships | May 13, 2022 |
| 9 | St. Catherine (Minn.) | 10:37.37 | Swanson, Clark, Meyer, Erlandson | MIAC Outdoor Championships | May 13, 2022 |

High Jump

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|---|-------------------|------|----------------|-------|----------|----------------------------|--------------|
| 1 | Floren, Justus | FR-1 | St. Benedict | 1.59m | 5' 2.5" | MIAC Multi Events | May 5, 2022 |
| 2 | Nelson, AnnaGrace | FR-1 | Bethel (Minn.) | 1.56m | 5' 1.25" | MIAC Outdoor Championships | May 13, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|------------------------|-------------|-----------------------|-------------|-------------|---|------------------|
| 2 | Selle, Peyton | SO-2 | Concordia-Moorhead | 1.56m | 5' 1.25" | MIAC Multi Events | May 5, 2022 |
| 2 | Motley, Olivia | FR-1 | Gustavus Adolphus | 1.56m | 5' 1.25" | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Farrell, Eve | JR-3 | Carleton | 1.55m | 5' 1" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 6 | Pettitt-Kenney, Teresa | JR-3 | St. Olaf | 1.53m | 5' 0.25" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 6 | Blanchette, Grace | SO-2 | Carleton | 1.53m | 5' 0.25" | MIAC Multi Events | May 5, 2022 |
| 6 | Bangs, Lindsay | FR-1 | Gustavus Adolphus | 1.53m | 5' 0.25" | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Bodin, Gabby | SO-2 | St. Catherine (Minn.) | 1.53m | 5' 0.25" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 10 | Joerger, Alli | FR-1 | Gustavus Adolphus | 1.50m | 4' 11" | Drake Alternative | Apr 30, 2022 |
| 10 | Pickthorn, Stephanie | SR-4 | St. Benedict | 1.50m | 4' 11" | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 10 | Selisker, Elizabeth | SO-2 | St. Benedict | 1.50m | 4' 11" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 13 | Rakow, Ally | FR-1 | Gustavus Adolphus | 1.49m | 4' 10.5" | Maverick Open | May 4, 2022 |
| 14 | Ries, Emma | FR-1 | Hamline | 1.48m | 4' 10.25" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 14 | Nichols, Claire | JR-3 | St. Catherine (Minn.) | 1.48m | 4' 10.25" | MIAC Outdoor Championships | May 13, 2022 |
| 16 | Zamacona, Aoife | SR-4 | Hamline | 1.46m | 4' 9.5" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 17 | Salfer, Rebekah | JR-3 | St. Olaf | 1.45m | 4' 9" | Holst Invitational | Apr 22, 2022 |
| 18 | Luehrs, Jensen | FR-1 | Gustavus Adolphus | 1.43m | 4' 8.25" | Gustie Twilight | Apr 27, 2022 |
| 19 | Marsh, Sydney | JR-3 | Carleton | 1.42m | 4' 7.75" | Adams-Klein Combined Events Invitational | Mar 24, 2022 |
| 19 | Holman, Ququ | SO-2 | St. Olaf | 1.42m | 4' 7.75" | St. Olaf Last Chance Multi Events | May 18, 2022 |
| 21 | Johnson, Lily | FR-1 | St. Olaf | 1.41m | 4' 7.5" | MIAC Multi Events | May 5, 2022 |
| 21 | Kalevik, Jenna | FR-1 | Concordia-Moorhead | 1.41m | 4' 7.5" | MIAC Multi Events | May 5, 2022 |
| 23 | Strampe, Toria | FR-1 | St. Scholastica | 1.40m | 4' 7" | Hamline Invitational | Apr 2, 2022 |
| 24 | Cordes, Julia | JR-3 | St. Olaf | 1.39m | 4' 6.75" | St. Olaf Last Chance Multi Events | May 18, 2022 |
| 25 | Greeder, Caylee | FR-1 | Gustavus Adolphus | 1.38m | 4' 6.25" | MIAC Multi Events | May 5, 2022 |
| 25 | Hobby, Sarah Beth | SO-2 | Macalester | 1.38m | 4' 6.25" | MIAC Multi Events | May 5, 2022 |
| 27 | Wiley, Kyla | FR-1 | St. Scholastica | 1.35m | 4' 5" | Hamline Invitational | Apr 2, 2022 |
| 28 | Preston, Adisa | FR-1 | Macalester | 1.33m | 4' 4.25" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 29 | Poore, Riki | SO-2 | St. Olaf | 1.27m | 4' 2" | St. Olaf Last Chance Multi Events | May 18, 2022 |
| 30 | Braun, Kaitlyn | FR-1 | Bethel (Minn.) | 1.26m | 4' 1.5" | MIAC Multi Events | May 5, 2022 |

Pole Vault

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|---|------------------------|-------------|----------------------|-------------|-------------|---|------------------|
| 1 | Pettitt-Kenney, Teresa | JR-3 | St. Olaf | 3.62m | 11' 10.5" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 2 | Grosse, Hannah | SR-4 | Macalester | 3.60m | 11' 9.75" | UWRF Falcon Invitational | Apr 9, 2022 |
| 3 | Gearin, Caroline | SO-2 | Saint Mary's (Minn.) | 3.53m | 11' 7" | Phil Esten Challenge | Apr 21, 2022 |
| 4 | Lilland, Jessica | SO-2 | Bethel (Minn.) | 3.50m | 11' 5.75" | Holst Invitational | Apr 22, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|-------------------|-------------|----------------------|-------------|-------------|---|------------------|
| 5 | Sowinski, Maddie | SO-2 | Hamline | 3.35m | 10' 11.75" | Gustie Twilight | Apr 27, 2022 |
| 6 | Marsh, Sydney | JR-3 | Carleton | 3.26m | 10' 8.25" | Carleton Relays | Apr 23, 2022 |
| 7 | Evans, Gabrielle | JR-3 | Carleton | 3.24m | 10' 7.5" | Hamline Invitational | Apr 2, 2022 |
| 8 | Freire, Nathalie | SR-4 | Saint Mary's (Minn.) | 3.20m | 10' 6" | MIAC Outdoor Championships | May 13, 2022 |
| 8 | Cordes, Julia | JR-3 | St. Olaf | 3.20m | 10' 6" | Holst Invitational | Apr 22, 2022 |
| 10 | Roberts, Melanie | SO-2 | St. Olaf | 3.17m | 10' 4.75" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 10 | Davidson, Daya | JR-3 | St. Scholastica | 3.17m | 10' 4.75" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 12 | Vaughan, Molly | FR-1 | St. Benedict | 3.15m | 10' 4" | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 12 | Salfer, Caitlin | JR-3 | St. Benedict | 3.15m | 10' 4" | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 14 | Koelz, Sadie | SR-4 | Bethel (Minn.) | 3.13m | 10' 3.25" | Drake Alternative | Apr 30, 2022 |
| 15 | Pierson, Grace | SO-2 | Hamline | 3.05m | 10' 0" | St Thomas Tommie Twilight | May 4, 2022 |
| 16 | Litton, Emily | SO-2 | Carleton | 2.97m | 9' 9" | St. Olaf Ole Open | May 7, 2022 |
| 17 | Buffetta, Sabrina | FR-1 | St. Benedict | 2.96m | 9' 8.5" | Carleton Relays | Apr 23, 2022 |
| 17 | Hoff, Olivia | SR-4 | St. Benedict | 2.96m | 9' 8.5" | Carleton Relays | Apr 23, 2022 |
| 19 | Witham, Zoe | SR-4 | St. Benedict | 2.85m | 9' 4.25" | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 20 | Bunker, Jenna | FR-1 | Gustavus Adolphus | 2.83m | 9' 3.25" | Maverick Open | May 4, 2022 |
| 21 | Graff, Alli | FR-1 | Gustavus Adolphus | 2.81m | 9' 2.5" | Carleton Relays | Apr 23, 2022 |
| 22 | Byom, Emmarie | FR-1 | Saint Mary's (Minn.) | 2.70m | 8' 10.25" | Wash U Invite | Apr 2, 2022 |
| 23 | Harris, Signe | SO-2 | Bethel (Minn.) | 2.65m | 8' 8.25" | UWRF Falcon Invitational | Apr 9, 2022 |
| 23 | Goetzman, Julia | JR-3 | Bethel (Minn.) | 2.65m | 8' 8.25" | UWRF Falcon Invitational | Apr 9, 2022 |
| 25 | Lilland, Jenna | FR-1 | Bethel (Minn.) | 2.51m | 8' 2.75" | Drake Alternative | Apr 30, 2022 |
| 26 | Abernethy, Sophie | FR-1 | St. Olaf | 2.42m | 7' 11.25" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 27 | Tran, Lynzy | FR-1 | Bethel (Minn.) | 2.20m | 7' 2.5" | Drake Alternative | Apr 30, 2022 |
| 27 | Greeder, Caylee | FR-1 | Gustavus Adolphus | 2.20m | 7' 2.5" | Drake Alternative | Apr 30, 2022 |

Long Jump

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|---|------------------|-------------|----------------------|-------------|-------------|----------------------------|------------------|
| 1 | Robinson, Jailyn | SO-2 | Hamline | 5.80m | 19' 0.5" | St Thomas Tommie Twilight | May 4, 2022 |
| 2 | Muller, Annika | JR-3 | St. Olaf | 5.52m | 18' 1.5" | Holst Invitational | Apr 22, 2022 |
| 3 | Williams, Nayeli | FR-1 | Carleton | 5.49m | 18' 0.25" | MIAC Outdoor Championships | May 13, 2022 |
| 4 | Klausler, Sydney | SR-4 | Saint Mary's (Minn.) | 5.44m | 17' 10.25" | Phil Esten Challenge | Apr 21, 2022 |
| 5 | Ennevor, Mikayla | SR-4 | Macalester | 5.43m | 17' 9.75" | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Kes, Madi | FR-1 | Gustavus Adolphus | 5.43m | 17' 9.75" | Deb Schulz Open | May 6, 2022 |
| 5 | Valley, Jen | SO-2 | Hamline | 5.43m | 17' 9.75" | MIAC Outdoor Championships | May 13, 2022 |
| 8 | Floren, Justus | FR-1 | St. Benedict | 5.38m | 17' 8" | MIAC Outdoor Championships | May 13, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|----------------------|-------------|-----------------------|-------------|-------------|---|------------------|
| 9 | Marsh, Sydney | JR-3 | Carleton | 5.30m | 17' 4.75" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 10 | Geraets, Megan | FR-1 | Gustavus Adolphus | 5.29m | 17' 4.25" | Hamline Invitational | Apr 2, 2022 |
| 11 | Amundson, Journey | JR-3 | Macalester | 5.17m | 16' 11.5" | UWRF Falcon Invitational | Apr 9, 2022 |
| 12 | Selle, Peyton | SO-2 | Concordia-Moorhead | 5.10m | 16' 8.75" | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 |
| 12 | Nelson, AnnaGrace | FR-1 | Bethel (Minn.) | 5.10m | 16' 8.75" | MIAC Multi Events | May 5, 2022 |
| 12 | Terry, Jordan | SR-4 | Augsburg | 5.10m | 16' 8.75" | MIAC Outdoor Championships | May 13, 2022 |
| 15 | Eliason, Ella | SO-2 | Bethel (Minn.) | 5.06m | 16' 7.25" | UWRF Falcon Invitational | Apr 9, 2022 |
| 16 | Nichols, Claire | JR-3 | St. Catherine (Minn.) | 5.05m | 16' 7" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 16 | Schepper, Reilee | JR-3 | St. Catherine (Minn.) | 5.05m | 16' 7" | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 18 | Bodin, Gabby | SO-2 | St. Catherine (Minn.) | 5.02m | 16' 5.75" | UWRF Falcon Invitational | Apr 9, 2022 |
| 18 | Parker, Ainslee | SO-2 | St. Olaf | 5.02m | 16' 5.75" | St. Olaf Ole Open | May 7, 2022 |
| 20 | Pickthorn, Stephanie | SR-4 | St. Benedict | 4.99m | 16' 4.5" | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 21 | Perrenoud, Grace | JR-3 | Bethel (Minn.) | 4.98m | 16' 4.25" | Holst Invitational | Apr 22, 2022 |
| 22 | Gregor, Sara | JR-3 | Macalester | 4.95m | 16' 3" | Meet of the UnSaintly | May 6, 2022 |
| 23 | Blanchette, Grace | SO-2 | Carleton | 4.92m | 16' 1.75" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 24 | Salfer, Rebekah | JR-3 | St. Olaf | 4.91m | 16' 1.5" | MIAC Multi Events | May 5, 2022 |
| 25 | Gilbert, Briana | FR-1 | Hamline | 4.88m | 16' 0.25" | St Thomas Tommie Twilight | May 4, 2022 |
| 26 | Cordes, Julia | JR-3 | St. Olaf | 4.81m | 15' 9.5" | St Thomas Tommie Twilight | May 4, 2022 |
| 27 | Maul, Lillian | SO-2 | Saint Mary's (Minn.) | 4.80m | 15' 9" | Phil Esten Challenge | Apr 21, 2022 |
| 28 | Greeder, Caylee | FR-1 | Gustavus Adolphus | 4.77m | 15' 7.75" | MIAC Multi Events | May 5, 2022 |
| 29 | Poore, Riki | SO-2 | St. Olaf | 4.73m | 15' 6.25" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 30 | Hobby, Sarah Beth | SO-2 | Macalester | 4.70m | 15' 5" | UWRF Falcon Invitational | Apr 9, 2022 |

Triple Jump

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|-------------------|-------------|-----------------------|-------------|-------------|-----------------------------------|------------------|
| 1 | Kes, Madi | FR-1 | Gustavus Adolphus | 11.81m | 38' 9" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 2 | Amundson, Journey | JR-3 | Macalester | 11.57m | 37' 11.5" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 3 | Parker, Ainslee | SO-2 | St. Olaf | 11.23m | 36' 10.25" | MIAC Outdoor Championships | May 13, 2022 |
| 3 | Nelson, AnnaGrace | FR-1 | Bethel (Minn.) | 11.23m | 36' 10.25" | Alan Connie Shamrock Invitational | Mar 17, 2022 |
| 5 | Muller, Annika | JR-3 | St. Olaf | 11.16m | 36' 7.5" | Norse Invite | Apr 9, 2022 |
| 6 | Schepper, Reilee | JR-3 | St. Catherine (Minn.) | 11.12m | 36' 5.75" | Holst Invitational | Apr 22, 2022 |
| 7 | Perrenoud, Grace | JR-3 | Bethel (Minn.) | 10.99m | 36' 0.75" | Alan Connie Shamrock Invitational | Mar 17, 2022 |
| 8 | Barlue, Burnices | FR-1 | St. Catherine (Minn.) | 10.89m | 35' 8.75" | Holst Invitational | Apr 22, 2022 |
| 9 | Greeder, Caylee | FR-1 | Gustavus Adolphus | 10.71m | 35' 1.75" | MIAC Outdoor Championships | May 13, 2022 |
| 10 | Wunderlich, Mary | FR-1 | Concordia-Moorhead | 10.51m | 34' 5.75" | CSBSJU Last Minute Invite | Apr 29, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|----------------------|-------------|-----------------------|-------------|-------------|--------------------------------|------------------|
| 10 | Pickthorn, Stephanie | SR-4 | St. Benedict | 10.51m | 34' 5.75" | MIAC Outdoor Championships | May 13, 2022 |
| 12 | Leverentz, Bryana | JR-3 | St. Catherine (Minn.) | 10.36m | 34' 0" | Holst Invitational | Apr 22, 2022 |
| 13 | Gilbert, Briana | FR-1 | Hamline | 10.34m | 33' 11.25" | MIAC Outdoor Championships | May 13, 2022 |
| 14 | Lilleberg, Nicole | JR-3 | Concordia-Moorhead | 10.30m | 33' 9.5" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 15 | Nichols, Kyra | JR-3 | Concordia-Moorhead | 9.98m | 32' 9" | Cougar Invitational | Apr 2, 2022 |
| 16 | Anderson, Danielle | SO-2 | St. Benedict | 9.93m | 32' 7" | MIAC Outdoor Championships | May 13, 2022 |
| 17 | Darling, Kiernan | FR-1 | Concordia-Moorhead | 9.78m | 32' 1" | St. Olaf Ole Open | May 7, 2022 |
| 18 | Strampe, Toria | FR-1 | St. Scholastica | 9.62m | 31' 6.75" | St. Olaf Ole Open | May 7, 2022 |
| 19 | LaRue, Kayla | SR-4 | St. Olaf | 9.55m | 31' 4" | St. Olaf Ole Open | May 7, 2022 |
| 20 | Gaebe, Erica | FR-1 | Gustavus Adolphus | 9.29m | 30' 5.75" | Maverick Open | May 4, 2022 |
| 21 | Selberg, Lillian | FR-1 | Gustavus Adolphus | 9.02m | 29' 7.25" | Deb Schulz Open | May 6, 2022 |
| 22 | Wiley, Kyla | FR-1 | St. Scholastica | 8.94m | 29' 4" | Ashton May Invitational | Apr 9, 2022 |
| 23 | Benson, Julia | FR-1 | Hamline | 8.82m | 28' 11.25" | Holst Invitational | Apr 22, 2022 |
| 24 | Fuller, Laura | FR-1 | Concordia-Moorhead | 8.80m | 28' 10.5" | St. Olaf Ole Open | May 7, 2022 |
| 25 | McLoone, Aidan | JR-3 | St. Benedict | 8.71m | 28' 7" | CSBSJU Last Minute Invite | Apr 29, 2022 |

Shot Put

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|------------------|-------------|-----------------------|-------------|-------------|---|------------------|
| 1 | Poe, Annika | FR-1 | Gustavus Adolphus | 14.36m | 47' 1.5" | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 |
| 2 | Hovland, Cayle | SR-4 | Concordia-Moorhead | 13.46m | 44' 2" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 3 | Keske, Aleah | SO-2 | St. Olaf | 13.05m | 42' 9.75" | Norse Invite | Apr 9, 2022 |
| 4 | Kangas, Allyson | JR-3 | Concordia-Moorhead | 13.03m | 42' 9" | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Roethler, Emma | FR-1 | Bethel (Minn.) | 12.60m | 41' 4.25" | Hamline Invitational | Apr 2, 2022 |
| 6 | Isaacson, Lauren | SR-4 | St. Catherine (Minn.) | 12.32m | 40' 5" | St Thomas Tommie Twilight | May 4, 2022 |
| 7 | Kubes, Samantha | SO-2 | Saint Mary's (Minn.) | 12.07m | 39' 7.25" | Wash U Invite | Apr 2, 2022 |
| 8 | Joos, Haley | SO-2 | St. Benedict | 11.88m | 38' 11.75" | St Thomas Tommie Twilight | May 4, 2022 |
| 9 | Schlosser, Jacey | SR-4 | Concordia-Moorhead | 11.87m | 38' 11.5" | MIAC Outdoor Championships | May 13, 2022 |
| 10 | Hedtke, Sam | SO-2 | St. Olaf | 11.81m | 38' 9" | St. Olaf Ole Open | May 7, 2022 |
| 11 | Carter, Lakesha | FR-1 | Gustavus Adolphus | 11.67m | 38' 3.5" | Gustie Twilight | Apr 27, 2022 |
| 12 | White, Emily | SR-4 | Concordia-Moorhead | 11.43m | 37' 6" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 13 | Biggins, Ellie | SO-2 | Hamline | 11.19m | 36' 8.5" | Meet of the UnSainly | May 6, 2022 |
| 14 | Bach, Dana | SO-2 | Gustavus Adolphus | 11.16m | 36' 7.5" | Norse Invite | Apr 9, 2022 |
| 15 | Salfer, Rebekah | JR-3 | St. Olaf | 11.11m | 36' 5.5" | MIAC Multi Events | May 5, 2022 |
| 16 | Johnson, Emma | FR-1 | St. Olaf | 11.00m | 36' 1.25" | St Thomas Tommie Twilight | May 4, 2022 |
| 17 | Schulte, Abby | FR-1 | Gustavus Adolphus | 10.87m | 35' 8" | MIAC Outdoor Championships | May 13, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|-------------------|-------------|-----------------------|-------------|-------------|---|------------------|
| 18 | Al-Juhari, Alea | JR-3 | St. Olaf | 10.80m | 35' 5.25" | St. Olaf Ole Open | May 7, 2022 |
| 19 | Wallendal, Morgan | FR-1 | Saint Mary's (Minn.) | 10.68m | 35' 0.5" | MIAC Outdoor Championships | May 13, 2022 |
| 20 | Becker, Anna | JR-3 | St. Scholastica | 10.61m | 34' 9.75" | Hamline Invitational | Apr 2, 2022 |
| 21 | Fettig, Kelsie | FR-1 | Bethel (Minn.) | 10.55m | 34' 7.5" | Alan Connie Shamrock Invitational | Mar 17, 2022 |
| 22 | Packer, Payton | SO-2 | Hamline | 10.41m | 34' 2" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 23 | Selle, Peyton | SO-2 | Concordia-Moorhead | 10.40m | 34' 1.5" | MIAC Multi Events | May 5, 2022 |
| 24 | Bechtold, Kendall | JR-3 | St. Benedict | 10.28m | 33' 8.75" | Hamline Invitational | Apr 2, 2022 |
| 24 | Torres, Alexis | FR-1 | St. Benedict | 10.28m | 33' 8.75" | St Thomas Tommie Twilight | May 4, 2022 |
| 26 | Jackman, Sydney | FR-1 | Saint Mary's (Minn.) | 10.25m | 33' 7.5" | Meet of the UnSaintly | May 6, 2022 |
| 27 | Tarvestad, Sarah | SR-4 | St. Olaf | 10.19m | 33' 5.25" | Carleton Relays | Apr 23, 2022 |
| 28 | Wehrspann, Lydia | JR-3 | St. Catherine (Minn.) | 9.97m | 32' 8.5" | Janis Rider / Doug Bolstorff Invitational | Apr 30, 2022 |
| 29 | Nelson, Nicole | FR-1 | Gustavus Adolphus | 9.95m | 32' 7.75" | Drake Alternative | Apr 30, 2022 |
| 30 | Kalevik, Jenna | FR-1 | Concordia-Moorhead | 9.85m | 32' 3.75" | MIAC Multi Events | May 5, 2022 |

Discus

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|---------------------|-------------|-----------------------|-------------|-------------|--|------------------|
| 1 | Rodney, Jenneel | JR-3 | Hamline | 44.07m | 144' 7" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 2 | Poe, Annika | FR-1 | Gustavus Adolphus | 42.41m | 139' 2" | Maverick Open | May 4, 2022 |
| 3 | Keske, Aleah | SO-2 | St. Olaf | 41.74m | 136' 11" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 4 | Isaacson, Lauren | SR-4 | St. Catherine (Minn.) | 41.59m | 136' 5" | Meet of the UnSaintly | May 6, 2022 |
| 5 | Hovland, Cayle | SR-4 | Concordia-Moorhead | 41.02m | 134' 7" | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Reed, Madison | FR-1 | Hamline | 40.70m | 133' 6" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 7 | Schlosser, Jacey | SR-4 | Concordia-Moorhead | 38.94m | 127' 9" | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 |
| 8 | Beckmann, Maggie | JR-3 | St. Benedict | 38.93m | 127' 9" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 9 | White, Emily | SR-4 | Concordia-Moorhead | 38.68m | 126' 11" | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 10 | Roethler, Emma | FR-1 | Bethel (Minn.) | 38.67m | 126' 10" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 11 | Olson-Sola, Annalee | SO-2 | Gustavus Adolphus | 37.48m | 122' 11" | Deb Schulz Open | May 6, 2022 |
| 12 | Becker, Anna | JR-3 | St. Scholastica | 36.79m | 120' 8" | St. Olaf Ole Open | May 7, 2022 |
| 13 | Hedtke, Sam | SO-2 | St. Olaf | 36.59m | 120' 0" | MIAC Outdoor Championships | May 13, 2022 |
| 14 | Kangas, Allyson | JR-3 | Concordia-Moorhead | 36.10m | 118' 5" | MIAC Outdoor Championships | May 13, 2022 |
| 15 | Joos, Haley | SO-2 | St. Benedict | 35.64m | 116' 11" | Carleton Relays | Apr 23, 2022 |
| 16 | Dummer, Claire | FR-1 | Concordia-Moorhead | 35.30m | 115' 10" | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 17 | Wallendal, Morgan | FR-1 | Saint Mary's (Minn.) | 34.66m | 113' 8" | St Thomas Tommie Twilight | May 4, 2022 |
| 18 | Packer, Payton | SO-2 | Hamline | 34.23m | 112' 4" | MIAC Outdoor Championships | May 13, 2022 |
| 19 | Ellinghuysen, Lexi | SO-2 | Bethel (Minn.) | 34.16m | 112' 1" | Holst Invitational | Apr 22, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|---------------------|-------------|----------------------|-------------|-------------|--------------------------------|------------------|
| 20 | Irsfeld, Peyton | SO-2 | St. Olaf | 33.48m | 109' 10" | St. Olaf Ole Open | May 7, 2022 |
| 21 | Lukenbill, Molly | SO-2 | Bethel (Minn.) | 31.97m | 104' 11" | UWRF Falcon Invitational | Apr 9, 2022 |
| 22 | Johnston, Julia | JR-3 | Carleton | 31.80m | 104' 4" | St. Olaf Ole Open | May 7, 2022 |
| 23 | Hoernemann, Chelsea | FR-1 | Gustavus Adolphus | 31.75m | 104' 2" | Gustie Twilight | Apr 27, 2022 |
| 24 | Schlosser, Cailey | FR-1 | Concordia-Moorhead | 31.39m | 103' 0" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 25 | Kuehl, Cloe | FR-1 | Gustavus Adolphus | 31.19m | 102' 4" | Hamline Invitational | Apr 2, 2022 |
| 26 | Hunt, Jade | FR-1 | Hamline | 30.78m | 101' 0" | Meet of the UnSaintly | May 6, 2022 |
| 27 | Kubes, Samantha | SO-2 | Saint Mary's (Minn.) | 29.75m | 97' 7" | Ashton May Invitational | Apr 9, 2022 |
| 28 | Torres, Alexis | FR-1 | St. Benedict | 29.72m | 97' 6" | St Thomas Tommie Twilight | May 4, 2022 |
| 29 | Jackman, Sydney | FR-1 | Saint Mary's (Minn.) | 27.74m | 91' 0" | Ashton May Invitational | Apr 9, 2022 |
| 30 | Fuller, Laura | FR-1 | Concordia-Moorhead | 27.69m | 90' 10" | St. Olaf Ole Open | May 7, 2022 |

Hammer

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|--------------------|-------------|----------------------|-------------|-------------|---|------------------|
| 1 | Beneke, Lily | FR-1 | St. Scholastica | 52.95m | 173' 9" | MIAC Outdoor Championships | May 13, 2022 |
| 2 | Rodney, Jenneel | JR-3 | Hamline | 51.85m | 170' 1" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 3 | Kangas, Allyson | JR-3 | Concordia-Moorhead | 49.65m | 162' 11" | UW-La Crosse Final Qualifier | May 19, 2022 |
| 4 | Schlosser, Jacey | SR-4 | Concordia-Moorhead | 48.70m | 159' 9" | Carleton Relays | Apr 23, 2022 |
| 5 | Becker, Anna | JR-3 | St. Scholastica | 45.23m | 148' 5" | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Hovland, Cayle | SR-4 | Concordia-Moorhead | 44.73m | 146' 9" | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 |
| 7 | Reed, Madison | FR-1 | Hamline | 44.58m | 146' 3" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 8 | Beckmann, Maggie | JR-3 | St. Benedict | 44.38m | 145' 7" | St Thomas Tommie Twilight | May 4, 2022 |
| 9 | Kubes, Samantha | SO-2 | Saint Mary's (Minn.) | 44.36m | 145' 6" | Meet of the UnSaintly | May 6, 2022 |
| 10 | Bach, Dana | SO-2 | Gustavus Adolphus | 42.25m | 138' 7" | Carleton Relays | Apr 23, 2022 |
| 11 | Ellinghuysen, Lexi | SO-2 | Bethel (Minn.) | 41.99m | 137' 9" | Meet of the UnSaintly | May 6, 2022 |
| 12 | Bosman, Neenah | SO-2 | Carleton | 41.38m | 135' 9" | MIAC Outdoor Championships | May 13, 2022 |
| 13 | Fiecke, Madison | SR-4 | Hamline | 41.06m | 134' 8" | 2022 Willie Williams Classic/Dave Murray Distance Classic | Mar 18, 2022 |
| 14 | Joos, Haley | SO-2 | St. Benedict | 40.75m | 133' 8" | MIAC Outdoor Championships | May 13, 2022 |
| 15 | Lukenbill, Molly | SO-2 | Bethel (Minn.) | 40.28m | 132' 2" | Drake Alternative | Apr 30, 2022 |
| 16 | Nelson, Nicole | FR-1 | Gustavus Adolphus | 39.88m | 130' 10" | Carleton Relays | Apr 23, 2022 |
| 17 | White, Emily | SR-4 | Concordia-Moorhead | 39.83m | 130' 8" | MIAC Outdoor Championships | May 13, 2022 |
| 18 | Johnson, Emma | FR-1 | St. Olaf | 37.47m | 122' 11" | St. Olaf Ole Open | May 7, 2022 |
| 19 | Roethler, Emma | FR-1 | Bethel (Minn.) | 37.13m | 121' 10" | Drake Alternative | Apr 30, 2022 |
| 20 | Irsfeld, Peyton | SO-2 | St. Olaf | 35.79m | 117' 5" | St. Olaf Ole Open | May 7, 2022 |
| 21 | Tarvestad, Sarah | SR-4 | St. Olaf | 35.59m | 116' 9" | St Thomas Tommie Twilight | May 4, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|---------------------|-------------|----------------------|-------------|-------------|-----------------------------------|------------------|
| 22 | Bechtold, Kendall | JR-3 | St. Benedict | 34.89m | 114' 6" | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 23 | Biggins, Ellie | SO-2 | Hamline | 33.81m | 110' 11" | Holst Invitational | Apr 22, 2022 |
| 24 | Hunt, Jade | FR-1 | Hamline | 33.60m | 110' 3" | Meet of the UnSaintly | May 6, 2022 |
| 25 | Schlosser, Cailey | FR-1 | Concordia-Moorhead | 33.58m | 110' 2" | Carleton Relays | Apr 23, 2022 |
| 26 | LaClare, Izy | FR-1 | Gustavus Adolphus | 32.85m | 107' 9" | Carleton Relays | Apr 23, 2022 |
| 27 | Plenty Horse, Tawny | FR-1 | Hamline | 32.81m | 107' 8" | Meet of the UnSaintly | May 6, 2022 |
| 28 | Fettig, Kelsie | FR-1 | Bethel (Minn.) | 32.66m | 107' 2" | Alan Connie Shamrock Invitational | Mar 17, 2022 |
| 29 | Poe, Annika | FR-1 | Gustavus Adolphus | 32.00m | 105' 0" | Norse Invite | Apr 9, 2022 |
| 30 | Becker, Anna | FR-1 | Saint Mary's (Minn.) | 31.87m | 104' 7" | St Thomas Tommie Twilight | May 4, 2022 |

Javelin

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|----------------------|-------------|-----------------------|-------------|-------------|--|------------------|
| 1 | Swanson, Anna | JR-3 | Saint Mary's (Minn.) | 42.99m | 141' 0" | 2022 94th Clyde Littlefield Texas Relays | Mar 23, 2022 |
| 2 | Leverentz, Bryana | JR-3 | St. Catherine (Minn.) | 39.95m | 131' 1" | Meet of the UnSaintly | May 6, 2022 |
| 3 | Pickthorn, Stephanie | SR-4 | St. Benedict | 37.36m | 122' 7" | MIAC Outdoor Championships | May 13, 2022 |
| 4 | Erickson, Rachel | SO-2 | Gustavus Adolphus | 37.06m | 121' 7" | MIAC Outdoor Championships | May 13, 2022 |
| 5 | Sealock, Kelsie | SO-2 | Bethel (Minn.) | 37.00m | 121' 5" | MIAC Outdoor Championships | May 13, 2022 |
| 6 | Hulslander, McKenna | SO-2 | Hamline | 35.99m | 118' 1" | MIAC Outdoor Championships | May 13, 2022 |
| 7 | Werk, Aubrie | SO-2 | Concordia-Moorhead | 34.87m | 114' 5" | MIAC Outdoor Championships | May 13, 2022 |
| 8 | Hobby, Sarah Beth | SO-2 | Macalester | 34.63m | 113' 7" | MIAC Multi Events | May 5, 2022 |
| 9 | Swenson, Abbie | FR-1 | Bethel (Minn.) | 34.17m | 112' 1" | MIAC Outdoor Championships | May 13, 2022 |
| 10 | Luehrs, Jensen | FR-1 | Gustavus Adolphus | 34.10m | 111' 10" | MIAC Outdoor Championships | May 13, 2022 |
| 11 | Carter, Lakesha | FR-1 | Gustavus Adolphus | 33.69m | 110' 6" | Maverick Open | May 4, 2022 |
| 12 | Martin, Erin | SO-2 | St. Benedict | 32.98m | 108' 2" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 13 | Anderson, Regan | FR-1 | Concordia-Moorhead | 32.77m | 107' 6" | MIAC Outdoor Championships | May 13, 2022 |
| 14 | Floren, Justus | FR-1 | St. Benedict | 32.72m | 107' 4" | St. Thomas Tom Cat Invitational | Apr 13, 2022 |
| 15 | Blanchette, Grace | SO-2 | Carleton | 32.29m | 105' 11" | MIAC Multi Events | May 5, 2022 |
| 16 | Marsh, Sydney | JR-3 | Carleton | 31.69m | 104' 0" | MIAC Multi Events | May 5, 2022 |
| 17 | Freire, Nathalie | SR-4 | Saint Mary's (Minn.) | 31.49m | 103' 4" | Phil Esten Challenge | Apr 21, 2022 |
| 18 | Salfer, Rebekah | JR-3 | St. Olaf | 30.77m | 100' 11" | MIAC Outdoor Championships | May 13, 2022 |
| 19 | Selle, Peyton | SO-2 | Concordia-Moorhead | 30.07m | 98' 8" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 20 | Olson-Sola, Annalee | SO-2 | Gustavus Adolphus | 29.83m | 97' 10" | Gustie Twilight | Apr 27, 2022 |
| 21 | Hoernemann, Chelsea | FR-1 | Gustavus Adolphus | 29.75m | 97' 7" | Norse Invite | Apr 9, 2022 |
| 22 | Schlosser, Jacey | SR-4 | Concordia-Moorhead | 29.18m | 95' 9" | CSBSJU Last Minute Invite | Apr 29, 2022 |
| 23 | Schlosser, Cailey | FR-1 | Concordia-Moorhead | 28.58m | 93' 9" | 35th Annual Ron Masanz Track & Field Classic | May 4, 2022 |

| | Athlete | Year | Team | Mark | Conv | Meet | Meet Date |
|----|--------------------|-------------|--------------------|-------------|-------------|--------------------------------|------------------|
| 24 | Aslanian, Elise | FR-1 | St. Olaf | 28.11m | 92' 3" | St. Olaf Ole Open | May 7, 2022 |
| 25 | Ellinghuysen, Lexi | SO-2 | Bethel (Minn.) | 27.42m | 89' 11" | UWRF Falcon Invitational | Apr 9, 2022 |
| 26 | Johnston, Julia | JR-3 | Carleton | 27.26m | 89' 5" | Carleton Relays | Apr 23, 2022 |
| 27 | Nelson, AnnaGrace | FR-1 | Bethel (Minn.) | 25.66m | 84' 2" | Holst Invitational | Apr 22, 2022 |
| 28 | Kiland, Rhaegan | JR-3 | Concordia-Moorhead | 25.64m | 84' 1" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 29 | Fuller, Laura | FR-1 | Concordia-Moorhead | 25.12m | 82' 5" | CSB/SJU Invitational and MULTI | Apr 9, 2022 |
| 30 | Boyum, Julianna | FR-1 | Hamline | 24.40m | 80' 1" | Meet of the UnSaintly | May 6, 2022 |

Heptathlon

| | Athlete | Year | Team | Points | Meet | Meet Date |
|----|----------------------|-------------|--------------------|---------------|---|------------------|
| 1 | Selle, Peyton | SO-2 | Concordia-Moorhead | 4372 | NCAA Division III Outdoor Track & Field Championships | May 26, 2022 |
| 2 | Salfer, Rebekah | JR-3 | St. Olaf | 4251 | MIAC Multi Events | May 5, 2022 |
| 3 | Blanchette, Grace | SO-2 | Carleton | 4143 | MIAC Multi Events | May 5, 2022 |
| 4 | Floren, Justus | FR-1 | St. Benedict | 4058 | St. Olaf Last Chance Multi Events | May 18, 2022 |
| 5 | Marsh, Sydney | JR-3 | Carleton | 3989 | MIAC Multi Events | May 5, 2022 |
| 6 | Pickthorn, Stephanie | SR-4 | St. Benedict | 3885 | MIAC Multi Events | May 5, 2022 |
| 7 | Nelson, AnnaGrace | FR-1 | Bethel (Minn.) | 3879 | MIAC Multi Events | May 5, 2022 |
| 8 | Hobby, Sarah Beth | SO-2 | Macalester | 3507 | MIAC Multi Events | May 5, 2022 |
| 9 | Farrell, Eve | JR-3 | Carleton | 3397 | MIAC Multi Events | May 5, 2022 |
| 10 | Zamacona, Aoife | SR-4 | Hamline | 3291 | MIAC Multi Events | May 5, 2022 |
| 11 | Johnson, Lily | FR-1 | St. Olaf | 3162 | MIAC Multi Events | May 5, 2022 |
| 12 | Greeder, Caylee | FR-1 | Gustavus Adolphus | 3039 | MIAC Multi Events | May 5, 2022 |
| 13 | Braun, Kaitlyn | FR-1 | Bethel (Minn.) | 3022 | MIAC Multi Events | May 5, 2022 |
| 14 | Kalevik, Jenna | FR-1 | Concordia-Moorhead | 2954 | MIAC Multi Events | May 5, 2022 |
| 15 | Cordes, Julia | JR-3 | St. Olaf | 2641 | St. Olaf Last Chance Multi Events | May 18, 2022 |
| 16 | Poore, Riki | SO-2 | St. Olaf | 1755 | St. Olaf Last Chance Multi Events | May 18, 2022 |
| 17 | Holman, Ququ | SO-2 | St. Olaf | 1720 | St. Olaf Last Chance Multi Events | May 18, 2022 |

