



MIAC Outdoor Performance List

100 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Nelson, Birgen	SO-2	Gustavus Adolphus	11.71	MIAC Outdoor Track & Field Championships	May 12, 2023	3.6
2	Babalola, Jireh	JR-3	Bethel (Minn.)	11.93	MIAC Outdoor Track & Field Championships	May 12, 2023	3.6
3	Stellmach, Sarah	SO-2	Bethel (Minn.)	11.94	MIAC Outdoor Track & Field Championships	May 12, 2023	3.6
4	Carlson, Kate	SO-2	Gustavus Adolphus	12.04	UWL Final Qualifier	May 18, 2023	1.5
5	Gallagher, Kate	JR-3	St. Benedict	12.45	MIAC Outdoor Track & Field Championships	May 12, 2023	3.6
6	Stinson, Makayla	FR-1	St. Catherine (Minn.)	12.47	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	3.7
7	Rengo, Emily	FR-1	Concordia-Moorhead	12.50	USD Early Bird	Apr 7, 2023	4.6
8	Fink, Ava	FR-1	St. Scholastica	12.64	MIAC Outdoor Track & Field Championships	May 12, 2023	3.6
9	Kroschel, Karla	JR-3	St. Olaf	12.76	St. Olaf Open	May 6, 2023	2.3
10	Bernardy, Lindsey	SR-4	Hamline	12.77	UWL Final Qualifier	May 18, 2023	2.5
11	Nelson, Myah	FR-1	St. Benedict	12.82	MIAC Outdoor Track & Field Championships	May 12, 2023	1.3
12	Twichell, Hadley	FR-1	Carleton	12.83	St. Olaf Open	May 6, 2023	2.3
13	Hookom, Allison	FR-1	Augsburg	12.93	Holst Invitational	Apr 22, 2023	2.0
14	Hunter, Penny	JR-3	Macalester	12.94	MIAC Outdoor Track & Field Championships	May 12, 2023	1.3
15	Roberts, Riley	SO-2	Carleton	12.95	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	3.7
15	Rakow, Ally	SO-2	Gustavus Adolphus	12.95	UWL Final Qualifier	May 18, 2023	2.5
17	Amundson, Journey	SR-4	Macalester	12.97	St Thomas Joe Sweeney Invitational	May 3, 2023	-0.5
18	Logelin, Ellie	JR-3	Hamline	13.01	UWL Final Qualifier	May 18, 2023	2.5
19	Nichols, Claire	SR-4	St. Catherine (Minn.)	13.04	MIAC Outdoor Track & Field Championships	May 12, 2023	1.6
20	Lindner, Sarrah	FR-1	Gustavus Adolphus	13.06	UWL Final Qualifier	May 18, 2023	1.5
20	Lott, Bianca	FR-1	Carleton	13.06	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	3.2
22	King, Hannah	SO-2	Bethel (Minn.)	13.07	Meet of the UnSainly	May 5, 2023	NWI
23	Johnson, Tiana	JR-3	St. Benedict	13.11	Running on Hope Invitational	Apr 26, 2023	2.6
23	Johnson, Hailey	SR-4	St. Benedict	13.11	Meet of the UnSainly	May 5, 2023	4.0
25	Miller, Danielle	SO-2	Gustavus Adolphus	13.12	Gustie Twilight	Apr 26, 2023	2.0
26	Holman, Ququ	JR-3	St. Olaf	13.13	St. Olaf Open	May 6, 2023	2.3
27	Matre, Zoe	SO-2	St. Olaf	13.19	MIAC Outdoor Track & Field Championships	May 12, 2023	1.6
28	Carver, Zoe	FR-1	Macalester	13.22	MIAC Outdoor Track & Field Championships	May 12, 2023	1.6
29	Nelsen, Rachel	JR-3	St. Olaf	13.23	MIAC Outdoor Track & Field Championships	May 12, 2023	1.3
30	Hughes, Daneyah	FR-1	Gustavus Adolphus	13.27	Bethel Invitational	Apr 15, 2023	-0.5

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Nelson, Birgen	SO-2	Gustavus Adolphus	23.85	UWL Final Qualifier	May 18, 2023	5.0
2	Geraets, Megan	SO-2	Gustavus Adolphus	24.59	UWL Final Qualifier	May 18, 2023	5.0
3	Stellmach, Sarah	SO-2	Bethel (Minn.)	24.60	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
4	Carlson, Kate	SO-2	Gustavus Adolphus	24.75	UWL Final Qualifier	May 18, 2023	5.0
5	Babalola, Jireh	JR-3	Bethel (Minn.)	25.19	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
6	Rengo, Emily	FR-1	Concordia-Moorhead	25.65	UWL Final Qualifier	May 18, 2023	5.0
7	Kroschel, Karla	JR-3	St. Olaf	25.83	St. Olaf Open	May 6, 2023	2.3
8	Bernardy, Lindsey	SR-4	Hamline	25.95	UWL Final Qualifier	May 18, 2023	4.9
9	Guler, Maddie	JR-3	Concordia-Moorhead	26.09	UWL Final Qualifier	May 18, 2023	4.9
10	Gallagher, Kate	JR-3	St. Benedict	26.21	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
11	Stinson, Makayla	FR-1	St. Catherine (Minn.)	26.23	St Thomas Joe Sweeney Invitational	May 3, 2023	-0.6
12	Johnson, Tiana	JR-3	St. Benedict	26.47	St Thomas Joe Sweeney Invitational	May 3, 2023	-0.6
13	Hookom, Allison	FR-1	Augsburg	26.49	Ross and Sharon Irwin meet	Mar 18, 2023	1.0
14	Rakow, Ally	SO-2	Gustavus Adolphus	26.52	UWL Final Qualifier	May 18, 2023	4.9
15	Storbakken, Emma	SO-2	St. Olaf	26.53	St. Olaf Open	May 6, 2023	2.3
16	Gearin, Caroline	JR-3	Saint Mary's (Minn.)	26.54	UWL Final Qualifier	May 18, 2023	4.0
17	Shercliffe, Meg	JR-3	Concordia-Moorhead	26.56	UWL Final Qualifier	May 18, 2023	4.9
18	Twichell, Hadley	FR-1	Carleton	26.59	St Thomas Tomcat Invitational	Apr 7, 2023	2.2
19	Salfer, Rebekah	SR-4	St. Olaf	26.60	MIAC Combined Events	May 4, 2023	-0.2
20	Fink, Ava	FR-1	St. Scholastica	26.72	MIAC Outdoor Track & Field Championships	May 12, 2023	1.1
21	Gregg, Hailey	SO-2	Bethel (Minn.)	26.81	Running on Hope Invitational	Apr 26, 2023	0.8

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
21	Selle, Peyton	JR-3	Concordia-Moorhead	26.81	Mount Union Last Chance Tune-up	May 17, 2023	NWI
23	Lindner, Sarrah	FR-1	Gustavus Adolphus	26.82	UWL Final Qualifier	May 18, 2023	4.9
24	Brown, Makenna	SO-2	Bethel (Minn.)	26.85	St Thomas Tomcat Invitational	Apr 7, 2023	1.0
25	Matre, Zoe	SO-2	St. Olaf	26.89	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
26	Nelson, Myah	FR-1	St. Benedict	26.91	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
27	Nygaard, Kyla	FR-1	Concordia-Moorhead	26.94	UWL Final Qualifier	May 18, 2023	4.9
28	Hunter, Penny	JR-3	Macalester	26.97	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
29	Logelin, Ellie	JR-3	Hamline	26.98	UWL Final Qualifier	May 18, 2023	4.0
30	Holman, Ququ	JR-3	St. Olaf	26.99	St. Olaf Open	May 6, 2023	2.3

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Stellmach, Sarah	SO-2	Bethel (Minn.)	56.11	Meet of the UnSaintly	May 5, 2023
2	Geraets, Megan	SO-2	Gustavus Adolphus	56.93	Maverick Open #1	May 3, 2023
3	Hookom, Allison	FR-1	Augsburg	58.48	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Kroschel, Karla	JR-3	St. Olaf	58.56	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Bernardy, Lindsey	SR-4	Hamline	59.01	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Ferguson, Jocelyn	SO-2	Carleton	59.14	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Gregg, Hailey	SO-2	Bethel (Minn.)	59.22	Bethel Invitational	Apr 15, 2023
8	Brown, Makenna	SO-2	Bethel (Minn.)	59.45	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Twichell, Hadley	FR-1	Carleton	59.57	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Sholing, Ellie	SR-4	St. Scholastica	59.83	St. Olaf Open	May 6, 2023
11	Dean, Morgan	FR-1	Bethel (Minn.)	1:00.17	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Guler, Maddie	JR-3	Concordia-Moorhead	1:00.41	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Pfeiffer, Ruth	FR-1	St. Olaf	1:00.48	St Thomas Joe Sweeney Invitational	May 3, 2023
14	Nyuga, Sidela	SO-2	St. Benedict	1:00.57	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Young, Ella	JR-3	St. Benedict	1:00.69	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
16	Shercliffe, Meg	JR-3	Concordia-Moorhead	1:00.80	Al Bortke Open & Multi	Apr 22, 2023
17	Storbakken, Emma	SO-2	St. Olaf	1:00.85	St Thomas Joe Sweeney Invitational	May 3, 2023
18	Holman, Ququ	JR-3	St. Olaf	1:00.92	St Thomas Joe Sweeney Invitational	May 3, 2023
19	Wilkins, Hadley	FR-1	Macalester	1:01.04	St Thomas Joe Sweeney Invitational	May 3, 2023
19	Turek, Mikayla	SO-2	Bethel (Minn.)	1:01.04	Meet of the UnSaintly	May 5, 2023
21	Erickson, Lara	SO-2	Carleton	1:01.25	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
22	Hauger, Sydney	SO-2	Gustavus Adolphus	1:01.33	Maverick Open #1	May 3, 2023
23	Wilson, Rachael	FR-1	St. Olaf	1:01.34	MIAC Outdoor Track & Field Championships	May 12, 2023
24	Doyle, Erin	JR-3	St. Catherine (Minn.)	1:01.48	MIAC Outdoor Track & Field Championships	May 12, 2023
25	Nygaard, Kyla	FR-1	Concordia-Moorhead	1:01.51	NDSU Tune Up	May 5, 2023
26	Gearin, Caroline	JR-3	Saint Mary's (Minn.)	1:01.57	Good Friday Open	Apr 7, 2023
27	Knapp, Emerson	SO-2	St. Benedict	1:01.71	MIAC Outdoor Track & Field Championships	May 12, 2023
27	Swenson, Abbie	SO-2	Bethel (Minn.)	1:01.71	St Thomas Tomcat Invitational	Apr 7, 2023
29	Edstrom, Olivia	JR-3	St. Olaf	1:01.93	St Thomas Joe Sweeney Invitational	May 3, 2023
30	Kiminski, Anna	JR-3	St. Scholastica	1:01.99	St. Olaf Open	May 6, 2023

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Maddux, Alexandra	SR-4	Hamline	2:11.89	MIAC Outdoor Track & Field Championships	May 12, 2023
2	Blanchard, Mary	SO-2	Carleton	2:12.16	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Ihde, Annessa	SO-2	Bethel (Minn.)	2:13.72	Augustana College Midwest Twilight Qualifier	May 18, 2023
4	Albrecht, Christine	JR-3	St. Olaf	2:14.65	St. Olaf Open	May 6, 2023
5	Frolek, Drew	SO-2	Concordia-Moorhead	2:15.70	UWL Final Qualifier	May 18, 2023
6	Young, Ella	JR-3	St. Benedict	2:16.60	UWL Final Qualifier	May 18, 2023
7	Erickson, Lara	SO-2	Carleton	2:17.32	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Silverstein, Celia	FR-1	Carleton	2:18.59	St Thomas Joe Sweeney Invitational	May 3, 2023
9	Fromm, Jules	SO-2	St. Olaf	2:18.80	St Thomas Joe Sweeney Invitational	May 3, 2023
10	Smith, Fiona	JR-3	St. Benedict	2:19.14	St Thomas Tomcat Invitational	Apr 7, 2023
11	Sholing, Ellie	SR-4	St. Scholastica	2:19.45	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Wyatt, Isabel	FR-1	St. Olaf	2:19.46	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Gernandt, Ruby	SO-2	Bethel (Minn.)	2:21.99	Meet of the UnSaintly	May 5, 2023
14	Call, Sophie	JR-3	St. Olaf	2:22.41	St. Olaf Open	May 6, 2023
15	Abernethy, Sophie	SO-2	St. Olaf	2:22.53	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
16	Smith, Kalli	SO-2	St. Benedict	2:22.92	Running on Hope Invitational	Apr 26, 2023
17	Smith, Sadie Ray	JR-3	Carleton	2:23.37	St Thomas Joe Sweeney Invitational	May 3, 2023
18	Landis, Ella	FR-1	St. Olaf	2:23.43	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
19	Edstrom, Olivia	JR-3	St. Olaf	2:24.58	St. Olaf Open	May 6, 2023
20	Gonsalez, Nicole	FR-1	St. Olaf	2:25.02	St. Olaf Open	May 6, 2023
21	Hage, Evie	SO-2	Bethel (Minn.)	2:25.50	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
22	Wilkins, Hadley	FR-1	Macaulester	2:25.59	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
23	Walukas, Kailyn	SO-2	Gustavus Adolphus	2:25.63	Lee Krough Invitational	Apr 23, 2023
24	Moeller, Grace	FR-1	St. Olaf	2:25.78	Bethel Invitational	Apr 15, 2023
25	Salfer, Rebekah	SR-4	St. Olaf	2:26.15	MIAC Combined Events	May 4, 2023
26	Dieschbourg, Morgan	SO-2	Carleton	2:26.29	MIAC Outdoor Track & Field Championships	May 12, 2023
27	Hoelscher, Lucy	SR-4	Hamline	2:26.40	Meet of the UnSaintly	May 5, 2023
28	Smith, Eden	SO-2	Concordia-Moorhead	2:26.52	NDSU Tune Up	May 5, 2023
29	Theodosopolous, Sky	FR-1	Macaulester	2:26.56	Carleton Relays	Apr 22, 2023
30	Wyland, Lucia	JR-3	St. Olaf	2:26.72	St Thomas Joe Sweeney Invitational	May 3, 2023

1500 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	JR-3	St. Benedict	4:25.51	St Thomas Joe Sweeney Invitational	May 3, 2023
2	Mayfield, Clara	JR-3	Carleton	4:27.44	St Thomas Joe Sweeney Invitational	May 3, 2023
3	Albrecht, Christine	JR-3	St. Olaf	4:31.85	St Thomas Joe Sweeney Invitational	May 3, 2023
4	Blanchard, Mary	SO-2	Carleton	4:39.22	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Ihde, Annessa	SO-2	Bethel (Minn.)	4:41.93	St Thomas Tomcat Invitational	Apr 7, 2023
6	Maddux, Alexandra	SR-4	Hamline	4:42.23	Running on Hope Invitational	Apr 26, 2023
7	Preisser, Hannah	SO-2	Carleton	4:42.31	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Call, Sophie	JR-3	St. Olaf	4:46.32	St Thomas Joe Sweeney Invitational	May 3, 2023
9	Landis, Ella	FR-1	St. Olaf	4:46.76	St Thomas Joe Sweeney Invitational	May 3, 2023
10	Carlson, Sofia	SO-2	St. Olaf	4:47.75	St Thomas Tomcat Invitational	Apr 7, 2023
11	Bode, Alison	SO-2	St. Olaf	4:47.81	St. Olaf Open	May 6, 2023
12	Call, Bella	JR-3	St. Olaf	4:48.16	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Abernethy, Sophie	SO-2	St. Olaf	4:48.17	St Thomas Joe Sweeney Invitational	May 3, 2023
14	Moeller, Grace	FR-1	St. Olaf	4:48.94	MIAC Outdoor Track & Field Championships	May 12, 2023
15	McManus, Sophie	SO-2	Carleton	4:49.52	Carleton Relays	Apr 22, 2023
16	Theodosopolous, Sky	FR-1	Macaulester	4:49.74	St Thomas Joe Sweeney Invitational	May 3, 2023
17	Rowland, Libby	SO-2	Carleton	4:50.28	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Maahs, Keiley	JR-3	St. Benedict	4:51.50	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Walda, Lauren	FR-1	St. Olaf	4:52.20	St. Olaf Open	May 6, 2023
20	Tilley, Rainey	JR-3	Carleton	4:53.34	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
21	Schafer, Nell	JR-3	Carleton	4:53.94	St Thomas Joe Sweeney Invitational	May 3, 2023
22	McCloskey, Molly Kate	FR-1	St. Olaf	4:55.78	St Thomas Joe Sweeney Invitational	May 3, 2023
23	Helmer, Maj-Lis	JR-3	St. Scholastica	4:56.25	Running on Hope Invitational	Apr 26, 2023
24	Smith, Kalli	SO-2	St. Benedict	4:56.77	St Thomas Joe Sweeney Invitational	May 3, 2023
25	Gebert, Katie	JR-3	St. Olaf	4:56.87	MIAC Outdoor Track & Field Championships	May 12, 2023
26	Harms, Josie	SO-2	Bethel (Minn.)	4:57.50	St Thomas Tomcat Invitational	Apr 7, 2023
27	Ward, Phoebe	SO-2	Carleton	4:57.87	Bethel Invitational	Apr 15, 2023
28	Gonsalez, Nicole	FR-1	St. Olaf	4:58.33	St Thomas Joe Sweeney Invitational	May 3, 2023
29	Larsen, Aliya	SO-2	Carleton	4:58.90	St Thomas Joe Sweeney Invitational	May 3, 2023
30	Walukas, Kailyn	SO-2	Gustavus Adolphus	4:59.33	Bethel Invitational	Apr 15, 2023

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	JR-3	St. Benedict	16:05.43	Drake Relays	Apr 26, 2023
2	Mayfield, Clara	JR-3	Carleton	16:28.16	Drake Relays	Apr 26, 2023
3	Carlson, Sofia	SO-2	St. Olaf	17:04.03	UW-Platteville Invitational	Apr 14, 2023
4	Bode, Alison	SO-2	St. Olaf	17:07.99	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Preisser, Hannah	SO-2	Carleton	17:17.52	MIAC Outdoor Track & Field Championships	May 12, 2023
6	McManus, Sophie	SO-2	Carleton	17:22.90	St Thomas Tomcat Invitational	Apr 7, 2023
7	Call, Bella	JR-3	St. Olaf	17:41.18	St Thomas Joe Sweeney Invitational	May 3, 2023
8	Walda, Lauren	FR-1	St. Olaf	17:45.27	St Thomas Tomcat Invitational	Apr 7, 2023
9	Ward, Phoebe	SO-2	Carleton	17:50.01	St Thomas Joe Sweeney Invitational	May 3, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
10	Tilley, Rainey	JR-3	Carleton	17:54.29	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Villalobos, Evelyn	SO-2	Gustavus Adolphus	18:04.10	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Kiolbasa, Annie	JR-3	St. Benedict	18:05.06	St Thomas Joe Sweeney Invitational	May 3, 2023
13	Helmer, Maj-Lis	JR-3	St. Scholastica	18:05.39	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Harms, Josie	SO-2	Bethel (Minn.)	18:17.46	St Thomas Joe Sweeney Invitational	May 3, 2023
15	Tetmeyer, Bridget	JR-3	St. Benedict	18:32.54	St Thomas Joe Sweeney Invitational	May 3, 2023
16	Larsen, Aliya	SO-2	Carleton	18:35.24	St Thomas Tomcat Invitational	Apr 7, 2023
17	Everest, Julia	JR-3	St. Olaf	18:40.01	St Thomas Tomcat Invitational	Apr 7, 2023
18	Johnson, Gracie	FR-1	Augsburg	18:43.31	St Thomas Joe Sweeney Invitational	May 3, 2023
19	Larsen-Schmidt, Gracia	SO-2	St. Olaf	18:46.91	St Thomas Joe Sweeney Invitational	May 3, 2023
20	Decker, Anna	SO-2	Bethel (Minn.)	18:55.86	MIAC Outdoor Track & Field Championships	May 12, 2023
21	Schafer, Nell	JR-3	Carleton	18:57.00	Carleton Relays	Apr 22, 2023
22	Borgmann, Marte	JR-3	Carleton	18:59.03	Bethel Invitational	Apr 15, 2023
23	Kenney, Mary	FR-1	St. Benedict	19:03.83	Running on Hope Invitational	Apr 26, 2023
24	Rugloski, Emily	SR-4	Concordia-Moorhead	19:04.07	SMU Cardinal Invitational	Apr 15, 2023
25	Yeager, Elise	JR-3	St. Benedict	19:08.36	MIAC Outdoor Track & Field Championships	May 12, 2023
26	Hagen, Sydney	SO-2	Gustavus Adolphus	19:18.70	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
27	Norvell, Seneca	JR-3	St. Olaf	19:21.33	St Thomas Joe Sweeney Invitational	May 3, 2023
28	Roberdeau, Libby	JR-3	Hamline	19:23.74	Dutch Invitational 2023	Apr 7, 2023
29	Stackhouse, Madison	FR-1	Bethel (Minn.)	19:26.32	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
30	Votruba, Maggie	SO-2	Carleton	19:29.29	St Thomas Tomcat Invitational	Apr 7, 2023

10,000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	JR-3	St. Benedict	33:23.89	63rd Annual Mt. SAC Relays	Apr 12, 2023
2	Mayfield, Clara	JR-3	Carleton	34:08.69	2023 Bryan Clay Invitational	Apr 13, 2023
3	Preisser, Hannah	SO-2	Carleton	35:52.33	Phil Esten Challenge	Apr 21, 2023
4	Bode, Alison	SO-2	St. Olaf	35:59.01	Drake Relays	Apr 26, 2023
5	Carlson, Sofia	SO-2	St. Olaf	36:47.10	Drake Relays	Apr 26, 2023
6	Walda, Lauren	FR-1	St. Olaf	37:14.86	Drake Relays	Apr 26, 2023
7	Villalobos, Evelyn	SO-2	Gustavus Adolphus	37:44.51	Phil Esten Challenge	Apr 21, 2023
8	Kiolbasa, Annie	JR-3	St. Benedict	37:51.68	Phil Esten Challenge	Apr 21, 2023
9	Tetmeyer, Bridget	JR-3	St. Benedict	38:23.15	Phil Esten Challenge	Apr 21, 2023
10	Ward, Phoebe	SO-2	Carleton	38:55.96	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Larsen-Schmidt, Gracia	SO-2	St. Olaf	39:37.93	Phil Esten Challenge	Apr 21, 2023
12	Borgmann, Marte	JR-3	Carleton	39:39.78	Phil Esten Challenge	Apr 21, 2023
13	Votruba, Maggie	SO-2	Carleton	40:11.46	Phil Esten Challenge	Apr 21, 2023
14	Norvell, Seneca	JR-3	St. Olaf	40:20.29	Phil Esten Challenge	Apr 21, 2023
15	Roberdeau, Libby	JR-3	Hamline	40:28.01	Phil Esten Challenge	Apr 21, 2023
16	Landsverk, Amelina	SR-4	Concordia-Moorhead	41:11.88	Phil Esten Challenge	Apr 21, 2023
17	Hardwick, Laura	SO-2	Bethel (Minn.)	41:56.49	Phil Esten Challenge	Apr 21, 2023
18	Bitner, Lauren	JR-3	St. Olaf	42:06.62	Phil Esten Challenge	Apr 21, 2023
19	Gleason, Cate	SO-2	St. Olaf	42:36.05	Phil Esten Challenge	Apr 21, 2023
20	Rowekamp, Abby	SO-2	St. Olaf	42:43.60	Phil Esten Challenge	Apr 21, 2023
21	Adams, Charlotte	SR-4	Hamline	42:48.33	Phil Esten Challenge	Apr 21, 2023
22	Moorjani, Raina	SO-2	Bethel (Minn.)	43:02.79	Phil Esten Challenge	Apr 21, 2023
23	Klobe, Kendra	SO-2	Saint Mary's (Minn.)	44:06.78	Phil Esten Challenge	Apr 21, 2023

100 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Nelson, Birgen	SO-2	Gustavus Adolphus	13.32	Maverick Open #1	May 3, 2023	3.1
2	Sealock, Kelsie	SO-2	Bethel (Minn.)	13.54	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4
3	Salfer, Rebekah	SR-4	St. Olaf	14.83	MIAC Outdoor Track & Field Championships	May 12, 2023	2.3
4	Miller, Danielle	SO-2	Gustavus Adolphus	15.03	MIAC Outdoor Track & Field Championships	May 12, 2023	2.3
5	Dimler, Lauren	FR-1	Gustavus Adolphus	15.24	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
5	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	15.24	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4
7	Blanchette, Grace	JR-3	Carleton	15.25	MIAC Combined Events	May 4, 2023	2.6
8	Williams, McKenzie	JR-3	St. Scholastica	15.28	Running on Hope Invitational	Apr 26, 2023	2.4
9	Bodin, Gabby	JR-3	St. Catherine (Minn.)	15.29	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
10	Hughes, Daneyah	FR-1	Gustavus Adolphus	15.37	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
11	Hernes, Ellie	FR-1	Bethel (Minn.)	15.47	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
12	Huetten, Makenna	SO-2	Gustavus Adolphus	15.49	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
13	Selle, Peyton	JR-3	Concordia-Moorhead	15.51	Mount Union Last Chance Tune-up	May 17, 2023	NWI
14	Berg, Lauren	FR-1	St. Benedict	15.52	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
15	Barlue, Burnices	JR-3	St. Catherine (Minn.)	15.66	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4
16	Lilleberg, Nicole	SR-4	Concordia-Moorhead	15.79	2023 Kip Janvrin Open	Apr 27, 2023	0.4
17	Floren, Justus	SO-2	St. Benedict	15.96	Norse Invite	Apr 15, 2023	1.6
18	Stackhouse, Ally	SO-2	Bethel (Minn.)	16.03	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
19	Kalevik, Jenna	SO-2	Concordia-Moorhead	16.30	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4
20	King, Hannah	SO-2	Bethel (Minn.)	16.34	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
21	Scholten, Hailey	FR-1	Bethel (Minn.)	16.40	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
22	Hobby, Sarah Beth	JR-3	Macalester	16.72	MIAC Combined Events	May 4, 2023	2.4
23	Rocheford, Lauren	FR-1	Gustavus Adolphus	16.83	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
24	Josephson, Madi	FR-1	St. Benedict	16.86	MIAC Outdoor Track & Field Championships	May 12, 2023	1.5
25	Johnson, Lily	SO-2	St. Olaf	16.95	MIAC Combined Events	May 4, 2023	2.4
26	Darling, Kiernan	SO-2	Concordia-Moorhead	17.14	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4
27	Joerger, Alli	SO-2	Gustavus Adolphus	17.16	Gustie Twilight	Apr 26, 2023	1.7
28	Selisker, Ellie	JR-3	St. Benedict	17.44	MIAC Combined Events	May 4, 2023	2.4
29	Keech, Claire	FR-1	St. Olaf	17.52	MIAC Combined Events	May 4, 2023	3.4
30	Hannah, Gabrielle	SO-2	Hamline	17.55	Meet of the UnSaintly	May 5, 2023	2.3

400 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nelson, Birgen	SO-2	Gustavus Adolphus	59.87	MIAC Outdoor Track & Field Championships	May 12, 2023
2	Berg, Lauren	FR-1	St. Benedict	1:03.28	UWL Final Qualifier	May 18, 2023
3	Salfer, Rebekah	SR-4	St. Olaf	1:04.04	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Williams, McKenzie	JR-3	St. Scholastica	1:04.45	UWL Final Qualifier	May 18, 2023
5	Huetten, Makenna	SO-2	Gustavus Adolphus	1:05.15	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Rocheford, Lauren	FR-1	Gustavus Adolphus	1:05.94	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Dimler, Lauren	FR-1	Gustavus Adolphus	1:06.28	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Smith, Jessie	SO-2	Bethel (Minn.)	1:07.87	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Paulson, Annie	FR-1	Bethel (Minn.)	1:08.04	Bethel Invitational	Apr 15, 2023
10	Danielzuk, Katie	SR-4	Hamline	1:08.90	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Revoir, Sophia	FR-1	Concordia-Moorhead	1:09.91	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Lorenz, Kelly	SR-4	Concordia-Moorhead	1:10.22	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Selisker, Ellie	JR-3	St. Benedict	1:10.36	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Scholten, Hailey	FR-1	Bethel (Minn.)	1:10.61	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Sahly, Emma	SO-2	St. Olaf	1:10.89	MIAC Outdoor Track & Field Championships	May 12, 2023
16	Rodriguez, Madeline	SR-4	Macalester	1:11.26	MIAC Outdoor Track & Field Championships	May 12, 2023
17	Lilleberg, Nicole	SR-4	Concordia-Moorhead	1:12.27	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Askegaard, Linnea	FR-1	St. Olaf	1:12.35	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Zaske, Mikayla	SO-2	Gustavus Adolphus	1:12.81	MIAC Outdoor Track & Field Championships	May 12, 2023
20	Manhard, Abbie	FR-1	St. Olaf	1:13.68	St Thomas Joe Sweeney Invitational	May 3, 2023
21	Aurelius, Andreiana	JR-3	Hamline	1:14.27	MIAC Outdoor Track & Field Championships	May 12, 2023
22	Sims, Jaeden	FR-1	Macalester	1:15.22	St Thomas Tomcat Invitational	Apr 7, 2023
23	Shirley, Ava	FR-1	St. Olaf	1:15.24	St Thomas Joe Sweeney Invitational	May 3, 2023
24	Schuele, Emma	FR-1	St. Benedict	1:17.18	MIAC Outdoor Track & Field Championships	May 12, 2023
25	Chevalier, Ava	FR-1	Concordia-Moorhead	1:17.68	SMU Cardinal Invitational	Apr 15, 2023

3000 Steeplechase

	Athlete	Year	Team	Time	Meet	Meet Date
1	Albrecht, Christine	JR-3	St. Olaf	10:37.35	MIAC Outdoor Track & Field Championships	May 12, 2023
2	McManus, Sophie	SO-2	Carleton	11:07.85	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Harms, Josie	SO-2	Bethel (Minn.)	11:16.80	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Moeller, Grace	FR-1	St. Olaf	11:20.98	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Maahs, Kelley	JR-3	St. Benedict	11:29.32	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Rugloski, Emily	SR-4	Concordia-Moorhead	11:32.35	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Kenney, Mary	FR-1	St. Benedict	11:46.65	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Hagen, Sydney	SO-2	Gustavus Adolphus	11:48.61	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Tetmeyer, Bridget	JR-3	St. Benedict	11:50.37	MIAC Outdoor Track & Field Championships	May 12, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
10	Johnson, Airlal	SO-2	Concordia-Moorhead	12:23.32	36th Annual Ron Masanz Track & Field Classic	Apr 29, 2023
11	Craven, Ava	SO-2	St. Olaf	12:24.60	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Weberg, Molly	SO-2	Gustavus Adolphus	12:28.81	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Thurston, Karley	JR-3	Macalester	12:40.14	Norse Invite	Apr 15, 2023
14	Plechaty, Zoe	JR-3	St. Olaf	12:43.85	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Conrad, Brooklyn	FR-1	Augsburg	12:45.98	MIAC Outdoor Track & Field Championships	May 12, 2023
16	Hay, Anna	FR-1	Bethel (Minn.)	12:46.58	MIAC Outdoor Track & Field Championships	May 12, 2023
17	Tillman, Lauren	SO-2	Gustavus Adolphus	12:51.62	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
18	Severson, Julia	SO-2	Gustavus Adolphus	12:57.73	Bethel Invitational	Apr 15, 2023
19	Breed, Brittany	FR-1	St. Catherine (Minn.)	13:03.62	MIAC Outdoor Track & Field Championships	May 12, 2023
20	Tess, Emily	SO-2	St. Benedict	13:28.67	MIAC Outdoor Track & Field Championships	May 12, 2023
21	Revoir, Sophia	FR-1	Concordia-Moorhead	13:32.56	36th Annual Ron Masanz Track & Field Classic	Apr 29, 2023
22	Brandt, Morgan	SR-4	St. Catherine (Minn.)	13:45.56	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023

4 x 100 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	47.09	Babalola, Sealock, Brown, Stellmach	Augustana College Midwest Twilight Qualifier	May 18, 2023
2	Gustavus Adolphus	47.15	Miller, Nelson, Geraets, Carlson	MIAC Outdoor Track & Field Championships	May 12, 2023
3	St. Benedict	48.88	Nelson, Johnson, Johnson, Gallagher	St Thomas Joe Sweeney Invitational	May 3, 2023
4	Concordia-Moorhead	49.36	Guler, Rengo, Nygaard, Wunderlich	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Carleton	49.42	Roberts, Ferguson, Lott, Twichell	St Thomas Joe Sweeney Invitational	May 3, 2023
6	St. Catherine (Minn.)	49.67	Nichols, Stinson, Doyle, Scheppper	MIAC Outdoor Track & Field Championships	May 12, 2023
7	St. Olaf	49.78	Pfeiffer, Matre, Holman, Kroschel	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Augsburg	50.42	Bishop, Hookom, Cesare, Rodriguez	Ross and Sharon Irwin meet	Mar 18, 2023
9	St. Scholastica	50.64	Sautter, Nelson, Ellefson, Fink	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Macalester	50.88	Hunter, Amundson, Hobby, Carver	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
11	Hamline	51.80	Grabau, Logelin, Nelson, Woo	MIAC Outdoor Track & Field Championships	May 12, 2023

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:51.10	Sealock, Gregg, Ihde, Stellmach	Drake Relays	Apr 26, 2023
2	St. Benedict	3:57.18	Nyuga, Berg, Knapp, Young	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Carleton	3:58.19	Erickson, Ferguson, Blanchard, Twichell	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Concordia-Moorhead	3:59.27	Guler, Shercliffe, Nygaard, Frolek	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Hamline	4:00.93	Hoelscher, Maddux, Grabau, Bernardy	MIAC Outdoor Track & Field Championships	May 12, 2023
6	St. Olaf	4:02.46	Pfeiffer, Salfer, Edstrom, Storbakken	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Gustavus Adolphus	4:03.28	Hauger, Geraets, Carlson, Nelson	Lee Krough Invitational	Apr 23, 2023
8	St. Scholastica	4:04.98	Case, Nelson, Kiminiski, Sholing	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Macalester	4:14.30	Wilkins, Rodriguez, Amundson, Hobby	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Saint Mary's (Minn.)	4:16.55	Meyer, Gearin, Frosch, McMahan	MIAC Outdoor Track & Field Championships	May 12, 2023
11	St. Catherine (Minn.)	4:23.43	Doyle, Marsolek, Perkins, Stinson	St Thomas Joe Sweeney Invitational	May 3, 2023

4 x 800 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Hamline	9:29.31	Hoelscher, Bernardy, Danielzuk, Maddux	MIAC Outdoor Track & Field Championships	May 12, 2023
2	St. Olaf	9:35.49	Landis, Call, Fromm, Abernethy	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Carleton	9:39.60	Smith, Schafer, Rowland, McManus	MIAC Outdoor Track & Field Championships	May 12, 2023
4	St. Benedict	9:43.64	Berg, Smith, Verkinnes, Young	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Bethel (Minn.)	9:47.21	Hage, Cargill, Nelson, Gernandt	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Macalester	9:49.58	Wilkins, Warren, Theodosopolous, Pirone	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Concordia-Moorhead	10:10.25	Revoir, Smith, Lorenz, Frolek	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Saint Mary's (Minn.)	10:13.70	Gearin, McMahan, Frosch, Meyer	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Gustavus Adolphus	10:19.38	Storley, Schmidt, Mair, Walukas	MIAC Outdoor Track & Field Championships	May 12, 2023
10	St. Catherine (Minn.)	10:58.82	Marsolek, Harvey, Brandt, Perkins	MIAC Outdoor Track & Field Championships	May 12, 2023

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hovey, Glasha	FR-1	Bethel (Minn.)	1.65m	5' 5"	Bethel Invitational	Apr 15, 2023
2	Floren, Justus	SO-2	St. Benedict	1.60m	5' 3"	Wartburg Outdoor Select	Apr 1, 2023
2	Rakow, Ally	SO-2	Gustavus Adolphus	1.60m	5' 3"	Gustie Twilight	Apr 26, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
4	Selisker, Ellie	JR-3	St. Benedict	1.56m	5' 1.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Beer, Erin	SO-2	Gustavus Adolphus	1.55m	5' 1"	Gustie Twilight	Apr 26, 2023
5	Bangs, Lindsay	SO-2	Gustavus Adolphus	1.55m	5' 1"	Lee Krough Invitational	Apr 23, 2023
5	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	1.55m	5' 1"	Meet of the UnSainty	May 5, 2023
8	Blanchette, Grace	JR-3	Carleton	1.54m	5' 0.5"	MIAC Combined Events	May 4, 2023
9	Selle, Peyton	JR-3	Concordia-Moorhead	1.53m	5' 0.25"	Mount Union Last Chance Tune-up	May 17, 2023
10	Nichols, Claire	SR-4	St. Catherine (Minn.)	1.51m	4' 11.5"	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Hobby, Sarah Beth	JR-3	Macalester	1.51m	4' 11.5"	MIAC Combined Events	May 4, 2023
12	Kalevik, Jenna	SO-2	Concordia-Moorhead	1.50m	4' 11"	SMU Cardinal Invitational	Apr 15, 2023
12	Bodin, Gabby	JR-3	St. Catherine (Minn.)	1.50m	4' 11"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
12	Joerger, Alli	SO-2	Gustavus Adolphus	1.50m	4' 11"	Lee Krough Invitational	Apr 23, 2023
15	Luehrs, Jensen	SO-2	Gustavus Adolphus	1.46m	4' 9.5"	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Moe, Hannah	FR-1	Bethel (Minn.)	1.46m	4' 9.5"	MIAC Outdoor Track & Field Championships	May 12, 2023
17	Strampe, Toria	SO-2	St. Scholastica	1.45m	4' 9"	SMU Cardinal Invitational	Apr 15, 2023
17	Fischer, Sofia	FR-1	St. Scholastica	1.45m	4' 9"	SMU Cardinal Invitational	Apr 15, 2023
19	Salfer, Rebekah	SR-4	St. Olaf	1.43m	4' 8.25"	2023 Bryan Clay Invitational	Apr 13, 2023
20	Johnson, Lily	SO-2	St. Olaf	1.39m	4' 6.75"	MIAC Combined Events	May 4, 2023
21	Scholten, Hailey	FR-1	Bethel (Minn.)	1.36m	4' 5.5"	MIAC Combined Events	May 4, 2023
21	Kaeppel, Summer	FR-1	Gustavus Adolphus	1.36m	4' 5.5"	MIAC Combined Events	May 4, 2023
23	Lee, Maddox	FR-1	Gustavus Adolphus	1.35m	4' 5"	Bethel Invitational	Apr 15, 2023
23	Hannah, Gabrielle	SO-2	Hamline	1.35m	4' 5"	Meet of the UnSainty	May 5, 2023
25	Wgeishofski, Sydney	FR-1	St. Scholastica	1.34m	4' 4.75"	Running on Hope Invitational	Apr 26, 2023
26	Greeder, Caylee	SO-2	Gustavus Adolphus	1.33m	4' 4.25"	MIAC Combined Events	May 4, 2023
27	Keech, Claire	FR-1	St. Olaf	1.30m	4' 3.25"	MIAC Combined Events	May 4, 2023
27	Burmeister, Malori	FR-1	Hamline	1.30m	4' 3.25"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
27	Cappelmann, Lauren	FR-1	Macalester	1.30m	4' 3.25"	Norse Invite	Apr 15, 2023

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Lillard, Jessica	SO-2	Bethel (Minn.)	3.60m	11' 9.75"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
1	Gearin, Caroline	JR-3	Saint Mary's (Minn.)	3.60m	11' 9.75"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
3	Cordes, Julia	SR-4	St. Olaf	3.20m	10' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Salfer, Caitlin	SR-4	St. Benedict	3.20m	10' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Litton, Emily	JR-3	Carleton	3.00m	9' 10"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
5	Roberts, Melanie	JR-3	St. Olaf	3.00m	9' 10"	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Bunker, Jenna	SO-2	Gustavus Adolphus	3.00m	9' 10"	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Pierson, Grace	SR-4	Hamline	2.96m	9' 8.5"	Meet of the UnSainty	May 5, 2023
9	Green, Lizzie	FR-1	Hamline	2.95m	9' 8"	Holst Invitational	Apr 22, 2023
10	Nelson, Molly	FR-1	Bethel (Minn.)	2.85m	9' 4.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Buffetta, Sabrina	SO-2	St. Benedict	2.81m	9' 2.5"	St Thomas Joe Sweeney Invitational	May 3, 2023
12	Selberg, Lillian	SO-2	Gustavus Adolphus	2.74m	8' 11.75"	Bethel Invitational	Apr 15, 2023
13	Ramsdell, Lily	SO-2	Hamline	2.70m	8' 10.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Lee, Maddox	FR-1	Gustavus Adolphus	2.70m	8' 10.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Harris, Signe	SO-2	Concordia-Moorhead	2.65m	8' 8.25"	Al Cassell Classic	Apr 28, 2023
16	Boyd, Roen	FR-1	Macalester	2.55m	8' 4.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
16	Luepke, Bria	FR-1	Hamline	2.55m	8' 4.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Abernethy, Sophie	SO-2	St. Olaf	2.54m	8' 4"	St. Olaf Open	May 6, 2023
19	Evans, Mia	FR-1	Bethel (Minn.)	2.36m	7' 8.75"	Meet of the UnSainty	May 5, 2023

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Amundson, Journey	SR-4	Macalester	5.54m	18' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.4
2	Muller, Annika	SR-4	St. Olaf	5.53m	18' 1.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.7
2	Kes, Madi	SO-2	Gustavus Adolphus	5.53m	18' 1.75"	Maverick Open #2	May 6, 2023	4.4
4	Selisker, Ellie	JR-3	St. Benedict	5.50m	18' 0.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	5.0
4	Geraets, Megan	SO-2	Gustavus Adolphus	5.50m	18' 0.5"	Maverick Open #1	May 3, 2023	3.2
6	Guy, Lili	SO-2	Gustavus Adolphus	5.41m	17' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023	4.0
7	Floren, Justus	SO-2	St. Benedict	5.40m	17' 8.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	4.2
8	Selle, Peyton	JR-3	Concordia-Moorhead	5.28m	17' 4"	MIAC Outdoor Track & Field Championships	May 12, 2023	4.5
9	Parker, Ainslee	JR-3	St. Olaf	5.24m	17' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.0

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
10	Hernes, Ellie	FR-1	Bethel (Minn.)	5.22m	17' 1.5"	Holst Invitational	Apr 22, 2023	1.5
11	Dimler, Lauren	FR-1	Gustavus Adolphus	5.21m	17' 1.25"	Maverick Open #1	May 3, 2023	1.1
12	Lindner, Sarah	FR-1	Gustavus Adolphus	5.18m	17' 0"	Maverick Open #1	May 3, 2023	1.7
13	Sundberg, Maren	FR-1	Gustavus Adolphus	5.13m	16' 10"	Maverick Open #1	May 3, 2023	NWI
14	Schepper, Reilee	SR-4	St. Catherine (Minn.)	5.09m	16' 8.5"	Running on Hope Invitational	Apr 26, 2023	+0.0
15	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	5.02m	16' 5.75"	St Thomas Tomcat Invitational	Apr 7, 2023	-0.3
16	Nichols, Claire	SR-4	St. Catherine (Minn.)	5.01m	16' 5.25"	Holst Invitational	Apr 22, 2023	2.4
17	Barlue, Burnices	JR-3	St. Catherine (Minn.)	4.98m	16' 4.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.8
18	Blanchette, Grace	JR-3	Carleton	4.96m	16' 3.25"	MIAC Combined Events	May 4, 2023	1.0
19	Saffer, Rebekah	SR-4	St. Olaf	4.94m	16' 2.5"	MIAC Combined Events	May 4, 2023	0.5
20	Rengo, Emily	FR-1	Concordia-Moorhead	4.92m	16' 1.75"	SMU Cardinal Invitational	Apr 15, 2023	0.5
21	Shercliffe, Meg	JR-3	Concordia-Moorhead	4.89m	16' 0.5"	SMU Cardinal Invitational	Apr 15, 2023	4.2
22	Cordes, Julia	SR-4	St. Olaf	4.85m	15' 11"	St. Olaf Open	May 6, 2023	1.1
23	Petersen, Katie	SO-2	Gustavus Adolphus	4.79m	15' 8.75"	Maverick Open #1	May 3, 2023	1.8
24	Hobby, Sarah Beth	JR-3	Macalester	4.78m	15' 8.25"	MIAC Combined Events	May 4, 2023	0.4
24	Laryea, Emelia	FR-1	Gustavus Adolphus	4.78m	15' 8.25"	Maverick Open #1	May 3, 2023	2.5
26	Keech, Claire	FR-1	St. Olaf	4.75m	15' 7"	MIAC Combined Events	May 4, 2023	0.2
27	Josephson, Madi	FR-1	St. Benedict	4.73m	15' 6.25"	St Thomas Joe Sweeney Invitational	May 3, 2023	-0.3
27	Leverentz, Bryana	SR-4	St. Catherine (Minn.)	4.73m	15' 6.25"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	2.6
29	Darling, Kiernan	SO-2	Concordia-Moorhead	4.69m	15' 4.75"	2023 Kip Janvrin Open	Apr 27, 2023	0.2
30	Kalevik, Jenna	SO-2	Concordia-Moorhead	4.65m	15' 3.25"	NDSU Tune Up	May 5, 2023	3.8

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Kes, Madi	SO-2	Gustavus Adolphus	12.10m	39' 8.5"	UWL Final Qualifier	May 18, 2023	4.7
2	Amundson, Journey	SR-4	Macalester	11.96m	39' 3"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	3.3
3	Hernes, Ellie	FR-1	Bethel (Minn.)	11.83m	38' 9.75"	Augustana College Midwest Twilight Qualifier	May 18, 2023	-1.6
4	Muller, Annika	SR-4	St. Olaf	11.45m	37' 6.75"	St Thomas Joe Sweeney Invitational	May 3, 2023	1.2
5	Cesare, CC	FR-1	Augsburg	11.31m	37' 1.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	1.7
6	Schepper, Reilee	SR-4	St. Catherine (Minn.)	11.03m	36' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	3.5
7	Guy, Lili	SO-2	Gustavus Adolphus	11.00m	36' 1.25"	Maverick Open #1	May 3, 2023	1.3
8	Nelson, AnnaGrace	SO-2	Bethel (Minn.)	10.88m	35' 8.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	3.2
9	Parker, Ainslee	JR-3	St. Olaf	10.68m	35' 0.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.5
10	Lindner, Sarah	FR-1	Gustavus Adolphus	10.65m	34' 11.25"	Gustie Twilight	Apr 26, 2023	0.5
11	Greeder, Caylee	SO-2	Gustavus Adolphus	10.29m	33' 9.25"	Gustie Twilight	Apr 26, 2023	1.1
12	Barlue, Burnices	JR-3	St. Catherine (Minn.)	10.08m	33' 1"	Ross and Sharon Irwin meet	Mar 18, 2023	-0.4
13	Strampe, Toria	SO-2	St. Scholastica	10.02m	32' 10.5"	Running on Hope Invitational	Apr 26, 2023	NWI
14	Leverentz, Bryana	SR-4	St. Catherine (Minn.)	10.01m	32' 10.25"	St Thomas Joe Sweeney Invitational	May 3, 2023	+0.0
15	Roberts, Melanie	JR-3	St. Olaf	9.97m	32' 8.5"	Bethel Invitational	Apr 15, 2023	0.1
16	Lilleberg, Nicole	SR-4	Concordia-Moorhead	9.88m	32' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.3
17	Darling, Kiernan	SO-2	Concordia-Moorhead	9.81m	32' 2.25"	NDSU Tune Up	May 5, 2023	-2.5
17	Wunderlich, Mary	SO-2	Concordia-Moorhead	9.81m	32' 2.25"	SMU Cardinal Invitational	Apr 15, 2023	-0.3
19	Wgeishofski, Sydnie	FR-1	St. Scholastica	9.74m	31' 11.5"	Running on Hope Invitational	Apr 26, 2023	NWI
20	Nichols, Kyra	SR-4	Concordia-Moorhead	9.68m	31' 9.25"	Al Bortke Open & Multi	Apr 22, 2023	0.3
21	Sims, Jaeden	FR-1	Macalester	9.65m	31' 8"	Wartburg Outdoor Select	Apr 1, 2023	2.0
22	Anderson, Danielle	JR-3	St. Benedict	9.60m	31' 6"	Meet of the UnSaintly	May 5, 2023	+0.0
23	McClelland, Eva	FR-1	Gustavus Adolphus	9.59m	31' 5.75"	Maverick Open #1	May 3, 2023	+0.0
24	Cappelmann, Lauren	FR-1	Macalester	9.46m	31' 0.5"	St Thomas Joe Sweeney Invitational	May 3, 2023	-0.3
25	Sikes, Jane	SO-2	St. Olaf	9.40m	30' 10.25"	St. Olaf Open	May 6, 2023	1.9
26	Martinson, Anelaise	FR-1	Concordia-Moorhead	9.30m	30' 6.25"	Al Cassell Classic	Apr 28, 2023	NWI
27	Laryea, Emelia	FR-1	Gustavus Adolphus	9.03m	29' 7.5"	Bethel Invitational	Apr 15, 2023	0.1

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Poe, Annika	SO-2	Gustavus Adolphus	14.90m	48' 10.75"	MIAC Outdoor Track & Field Championships	May 12, 2023
2	Wilhelm, Nora	FR-1	Bethel (Minn.)	12.80m	42' 0"	Holst Invitational	Apr 22, 2023
3	Keske, Aleah	JR-3	St. Olaf	12.70m	41' 8"	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Meyers, Molly	SR-4	Hamline	12.55m	41' 2.25"	Meet of the UnSaintly	May 5, 2023
5	Roethler, Emma	SO-2	Bethel (Minn.)	12.53m	41' 1.5"	St Thomas Tomcat Invitational	Apr 7, 2023
6	Brennan, Kelley	FR-1	Gustavus Adolphus	12.49m	40' 11.75"	MIAC Outdoor Track & Field Championships	May 12, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
7	Jackman, Sydney	SO-2	Saint Mary's (Minn.)	12.34m	40' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Kubes, Samantha	JR-3	Saint Mary's (Minn.)	12.05m	39' 6.5"	SMU Cardinal Invitational	Apr 15, 2023
9	Biggins, Ellie	SR-4	Hamline	12.01m	39' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Brainer, Lexi	SO-2	Hamline	11.98m	39' 3.75"	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Kangas, Allyson	SR-4	Concordia-Moorhead	11.91m	39' 1"	SMU Cardinal Invitational	Apr 15, 2023
12	Dates, Desirae	FR-1	Hamline	11.76m	38' 7"	Meet of the UnSaintly	May 5, 2023
13	Wallendal, Morgan	SO-2	Saint Mary's (Minn.)	11.55m	37' 10.75"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
14	Hughes, Daniyah	FR-1	Gustavus Adolphus	11.40m	37' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Nelson, Nicole	SO-2	Gustavus Adolphus	11.39m	37' 4.5"	Maverick Open #2	May 6, 2023
16	Beckmann, Maggie	SR-4	St. Benedict	11.31m	37' 1.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
17	Johnson, Emma	SO-2	St. Olaf	11.28m	37' 0.25"	St. Olaf Open	May 6, 2023
18	Joos, Haley	JR-3	St. Benedict	11.26m	36' 11.5"	Meet of the UnSaintly	May 5, 2023
19	Hedtke, Sam	JR-3	St. Olaf	11.17m	36' 7.75"	St. Olaf Open	May 6, 2023
20	Salfer, Rebekah	SR-4	St. Olaf	11.07m	36' 4"	MIAC Combined Events	May 4, 2023
21	Horvath, Chando	JR-3	St. Catherine (Minn.)	10.86m	35' 7.75"	St Thomas Joe Sweeney Invitational	May 3, 2023
22	Hobby, Sarah Beth	JR-3	Macalester	10.80m	35' 5.25"	MIAC Combined Events	May 4, 2023
23	Floren, Justus	SO-2	St. Benedict	10.79m	35' 5"	MIAC Combined Events	May 4, 2023
24	Al-Juhari, Alea	SR-4	St. Olaf	10.78m	35' 4.5"	St Thomas Joe Sweeney Invitational	May 3, 2023
25	Engen, Ella	FR-1	St. Scholastica	10.76m	35' 3.75"	Running on Hope Invitational	Apr 26, 2023
26	Banse, Grace	FR-1	Gustavus Adolphus	10.70m	35' 1.25"	Gustie Twilight	Apr 26, 2023
27	Tracy, Brooke	FR-1	Hamline	10.62m	34' 10.25"	Meet of the UnSaintly	May 5, 2023
28	Gromacki, Gabby	FR-1	Gustavus Adolphus	10.45m	34' 3.5"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
29	Althoff, Abby	JR-3	St. Catherine (Minn.)	10.40m	34' 1.5"	St Thomas Joe Sweeney Invitational	May 3, 2023
30	Selle, Peyton	JR-3	Concordia-Moorhead	10.14m	33' 3.25"	Al Bortke Open & Multi	Apr 22, 2023

Discus

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Wilhelm, Nora	FR-1	Bethel (Minn.)	41.98m	137' 9"	Augustana College Midwest Twilight Qualifier	May 18, 2023
2	Reed, Madison	JR-3	Hamline	41.57m	136' 5"	UWL Final Qualifier	May 18, 2023
3	Poe, Annika	SO-2	Gustavus Adolphus	41.08m	134' 9"	Gustie Twilight	Apr 26, 2023
4	Keske, Aleah	JR-3	St. Olaf	41.07m	134' 9"	Holst Invitational	Apr 22, 2023
5	Beckmann, Maggie	SR-4	St. Benedict	40.42m	132' 7"	Gustie Twilight	Apr 26, 2023
6	Wallendal, Morgan	SO-2	Saint Mary's (Minn.)	40.28m	132' 2"	Augustana College Midwest Twilight Qualifier	May 18, 2023
7	Hunt, Jade	SO-2	Hamline	39.56m	129' 9"	St. Olaf Open	May 6, 2023
8	Hughes, Daniyah	FR-1	Gustavus Adolphus	37.26m	122' 3"	Maverick Open #1	May 3, 2023
9	Kangas, Allyson	SR-4	Concordia-Moorhead	36.60m	120' 1"	USD Early Bird	Apr 7, 2023
10	Dates, Desirae	FR-1	Hamline	36.24m	118' 11"	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Johnson, Emma	SO-2	St. Olaf	36.15m	118' 7"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
12	Horvath, Chando	JR-3	St. Catherine (Minn.)	36.00m	118' 1"	St Thomas Joe Sweeney Invitational	May 3, 2023
13	Hedtke, Sam	JR-3	St. Olaf	35.79m	117' 5"	St. Olaf Open	May 6, 2023
14	Gendreau, Kaya	FR-1	St. Olaf	35.62m	116' 10"	St. Olaf Open	May 6, 2023
15	Engen, Ella	FR-1	St. Scholastica	35.48m	116' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023
16	Mendez, Aries	FR-1	St. Olaf	35.36m	116' 0"	St. Olaf Open	May 6, 2023
17	Irsfeld, Peyton	JR-3	St. Olaf	35.10m	115' 2"	St. Olaf Open	May 6, 2023
18	Dummer, Claire	SO-2	Concordia-Moorhead	35.03m	114' 11"	SMU Cardinal Invitational	Apr 15, 2023
19	Jackman, Sydney	SO-2	Saint Mary's (Minn.)	34.75m	114' 0"	Maverick Open #1	May 3, 2023
20	Kubes, Samantha	JR-3	Saint Mary's (Minn.)	34.56m	113' 5"	Meet of the UnSaintly	May 5, 2023
21	Banse, Grace	FR-1	Gustavus Adolphus	34.45m	113' 0"	Gustie Twilight	Apr 26, 2023
22	Fuller, Laura	SO-2	Concordia-Moorhead	34.26m	112' 5"	Viking Twilight	Apr 26, 2023
23	Schlosser, Cailey	SO-2	Concordia-Moorhead	34.25m	112' 4"	Viking Twilight	Apr 26, 2023
24	Lukenbill, Molly	SO-2	Bethel (Minn.)	34.11m	111' 11"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
25	Brainer, Lexi	SO-2	Hamline	34.06m	111' 9"	Meet of the UnSaintly	May 5, 2023
26	Joos, Haley	JR-3	St. Benedict	33.53m	110' 0"	St Thomas Joe Sweeney Invitational	May 3, 2023
27	Kangas, Brooke	SO-2	Concordia-Moorhead	32.32m	106' 0"	Viking Twilight	Apr 26, 2023
28	Hoernemann, Chelsea	SO-2	Gustavus Adolphus	31.60m	103' 8"	Maverick Open #2	May 6, 2023
29	Ellinghuysen, Lexi	SO-2	Bethel (Minn.)	31.07m	101' 11"	Meet of the UnSaintly	May 5, 2023
30	Dove, Charlotte	FR-1	Concordia-Moorhead	29.25m	95' 11"	Viking Twilight	Apr 26, 2023

Hammer

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beneke, Lily	JR-3	St. Scholastica	58.26m	191' 2"	UWL Final Qualifier	May 18, 2023
2	Kangas, Allyson	SR-4	Concordia-Moorhead	49.73m	163' 2"	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Kubes, Samantha	JR-3	Saint Mary's (Minn.)	48.67m	159' 8"	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Reed, Madison	JR-3	Hamline	47.49m	155' 10"	Running on Hope Invitational	Apr 26, 2023
5	Beckmann, Maggie	SR-4	St. Benedict	47.15m	154' 8"	St Thomas Tomcat Invitational	Apr 7, 2023
6	Becker, Anna	SO-2	Saint Mary's (Minn.)	46.69m	153' 2"	Augustana College Midwest Twilight Qualifier	May 18, 2023
7	Brainer, Lexi	SO-2	Hamline	46.37m	152' 1"	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Lukenbill, Molly	SO-2	Bethel (Minn.)	45.78m	150' 2"	Holst Invitational	Apr 22, 2023
9	Brennan, Kelley	FR-1	Gustavus Adolphus	45.75m	150' 1"	Maverick Open #1	May 3, 2023
10	Keske, Aleah	JR-3	St. Olaf	44.96m	147' 6"	St. Olaf Open	May 6, 2023
11	Wilhelm, Nora	FR-1	Bethel (Minn.)	43.53m	142' 10"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
12	Horvath, Chando	JR-3	St. Catherine (Minn.)	43.07m	141' 4"	Holst Invitational	Apr 22, 2023
13	Engen, Ella	FR-1	St. Scholastica	42.82m	140' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Ellinghuysen, Lexi	SO-2	Bethel (Minn.)	42.52m	139' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Bosman, Neenah	SO-2	Carleton	41.54m	136' 3"	Carleton Relays	Apr 22, 2023
16	Nelson, Nicole	SO-2	Gustavus Adolphus	40.69m	133' 6"	Gustie Twilight	Apr 26, 2023
17	Kangas, Brooke	SO-2	Concordia-Moorhead	40.57m	133' 1"	Viking Twilight	Apr 26, 2023
18	Joos, Haley	JR-3	St. Benedict	40.51m	132' 11"	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Bechtold, Kendall	SR-4	St. Benedict	40.18m	131' 10"	Gustie Twilight	Apr 26, 2023
20	Tracy, Brooke	FR-1	Hamline	39.76m	130' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023
21	Johnson, Emma	SO-2	St. Olaf	39.06m	128' 2"	St. Olaf Open	May 6, 2023
22	Hunt, Jade	SO-2	Hamline	38.05m	124' 10"	Dutch Invitational 2023	Apr 7, 2023
23	Dates, Desirae	FR-1	Hamline	37.89m	124' 4"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
24	Irsfeld, Peyton	JR-3	St. Olaf	37.78m	123' 11"	Holst Invitational	Apr 22, 2023
25	Wallendal, Morgan	SO-2	Saint Mary's (Minn.)	36.98m	121' 4"	SMU Cardinal Invitational	Apr 15, 2023
26	Gendreau, Kaya	FR-1	St. Olaf	36.03m	118' 2"	St. Olaf Open	May 6, 2023
27	Speratos, Anna	FR-1	Bethel (Minn.)	35.77m	117' 4"	Meet of the UnSaintyly	May 5, 2023
28	Stritesky, Ella	FR-1	St. Scholastica	34.94m	114' 7"	Maverick Open #1	May 3, 2023
29	Fuller, Laura	SO-2	Concordia-Moorhead	34.70m	113' 10"	NDSU Tune Up	May 5, 2023
30	Sampson, Skyla	FR-1	St. Benedict	34.49m	113' 2"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023

Javelin

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Leverentz, Bryana	SR-4	St. Catherine (Minn.)	43.33m	142' 2"	St. Olaf Open	May 6, 2023
2	Hobby, Sarah Beth	JR-3	Macalester	39.04m	128' 1"	UWL Final Qualifier	May 18, 2023
3	Selle, Peyton	JR-3	Concordia-Moorhead	38.34m	125' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Blanchette, Grace	JR-3	Carleton	37.71m	123' 9"	44th Aztec Invitational	Mar 23, 2023
5	Floren, Justus	SO-2	St. Benedict	36.85m	120' 11"	MIAC Combined Events	May 4, 2023
6	Sealock, Kelsie	SO-2	Bethel (Minn.)	36.23m	118' 10"	Bethel Invitational	Apr 15, 2023
7	Anderson, Regan	SO-2	Concordia-Moorhead	34.73m	113' 11"	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Swenson, Abbie	SO-2	Bethel (Minn.)	34.62m	113' 7"	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Gromacki, Gabby	FR-1	Gustavus Adolphus	32.85m	107' 9"	Lee Krough Invitational	Apr 23, 2023
10	Werk, Aubrie	JR-3	Concordia-Moorhead	32.42m	106' 4"	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Aslanian, Elise	SO-2	St. Olaf	32.13m	105' 5"	Bethel Invitational	Apr 15, 2023
12	Joerger, Alli	SO-2	Gustavus Adolphus	31.24m	102' 6"	Lee Krough Invitational	Apr 23, 2023
13	Luehrs, Jensen	SO-2	Gustavus Adolphus	31.10m	102' 0"	Lee Krough Invitational	Apr 23, 2023
14	Schlosser, Cailey	SO-2	Concordia-Moorhead	30.90m	101' 4"	AI Cassell Classic	Apr 28, 2023
15	Mendez, Aries	FR-1	St. Olaf	29.61m	97' 2"	St. Olaf Open	May 6, 2023
16	Ellinghuysen, Lexi	SO-2	Bethel (Minn.)	29.41m	96' 6"	Meet of the UnSaintyly	May 5, 2023
17	Salfer, Rebekah	SR-4	St. Olaf	29.13m	95' 7"	MIAC Combined Events	May 4, 2023
18	Gendreau, Kaya	FR-1	St. Olaf	28.81m	94' 6"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
19	Young, Ella	JR-3	St. Benedict	28.03m	91' 11"	St Thomas Joe Sweeney Invitational	May 3, 2023
20	Kiland, Rhaegan	SR-4	Concordia-Moorhead	26.68m	87' 6"	Viking Twilight	Apr 26, 2023
21	Hoernemann, Chelsea	SO-2	Gustavus Adolphus	26.45m	86' 9"	Maverick Open #2	May 6, 2023
22	Franke, Erin	SR-4	Macalester	26.42m	86' 8"	Carleton Relays	Apr 22, 2023
23	Keech, Claire	FR-1	St. Olaf	26.25m	86' 1"	Holst Invitational	Apr 22, 2023
24	Sampson, Skyla	FR-1	St. Benedict	25.88m	84' 11"	Meet of the UnSaintyly	May 5, 2023
25	Johnson, Jordyn	SO-2	Concordia-Moorhead	25.39m	83' 4"	AI Cassell Classic	Apr 28, 2023
26	Fuller, Laura	SO-2	Concordia-Moorhead	24.78m	81' 3"	Viking Twilight	Apr 26, 2023
27	Beer, Erin	SO-2	Gustavus Adolphus	24.76m	81' 3"	Lee Krough Invitational	Apr 23, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
28	Dove, Charlotte	FR-1	Concordia-Moorhead	23.92m	78' 6"	Viking Twilight	Apr 26, 2023
29	Johnson, Isabelle	FR-1	Concordia-Moorhead	23.90m	78' 5"	NDSU Tune Up	May 5, 2023
30	Nelson, Molly	FR-1	Bethel (Minn.)	23.70m	77' 9"	Meet of the UnSaintly	May 5, 2023

Heptathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Selle, Peyton	JR-3	Concordia-Moorhead	4438	Mount Union Last Chance Tune-up	May 17, 2023
2	Floren, Justus	SO-2	St. Benedict	4409	MIAC Combined Events	May 4, 2023
3	Salfer, Rebekah	SR-4	St. Olaf	4329	MIAC Combined Events	May 4, 2023
4	Blanchette, Grace	JR-3	Carleton	4192	MIAC Combined Events	May 4, 2023
5	Hobby, Sarah Beth	JR-3	Macalester	3866	MIAC Combined Events	May 4, 2023
6	Selisker, Ellie	JR-3	St. Benedict	3689	MIAC Combined Events	May 4, 2023
7	Keech, Claire	FR-1	St. Olaf	3456	MIAC Combined Events	May 4, 2023
8	Joerger, Alli	SO-2	Gustavus Adolphus	3437	MIAC Combined Events	May 4, 2023
9	Johnson, Lily	SO-2	St. Olaf	3248	MIAC Combined Events	May 4, 2023
10	Scholten, Hailey	FR-1	Bethel (Minn.)	3204	MIAC Combined Events	May 4, 2023
11	Greeder, Caylee	SO-2	Gustavus Adolphus	3004	MIAC Combined Events	May 4, 2023
12	Kaeppe, Summer	FR-1	Gustavus Adolphus	2838	MIAC Combined Events	May 4, 2023
13	Moe, Hannah	FR-1	Bethel (Minn.)	2762	MIAC Combined Events	May 4, 2023