



MIAC Outdoor Performance List

100 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Carlson, Kate	JR-3	Gustavus Adolphus	11.85	MIAC Outdoor Championships	May 10, 2024	1.2
2	Babalola, Jireh	SR-4	Bethel (Minn.)	11.94	MIAC Outdoor Championships	May 10, 2024	1.2
3	Gallagher, Kate	SR-4	St. Benedict	12.23	MIAC Outdoor Championships	May 10, 2024	1.2
4	Chatham, Diarra	FR-1	Macalester	12.32	2024 Bryan Clay Invitational	Apr 11, 2024	0.9
5	Rengo, Emily	SO-2	Concordia-Moorhead	12.45	NDSU Tune-Up	May 3, 2024	1.5
6	Sandman, Andie	FR-1	Concordia-Moorhead	12.61	MIAC Outdoor Championships	May 10, 2024	1.2
7	McMahon, Terra	SO-2	Hamline	12.63	Meet of the UnSaintyly	May 3, 2024	1.6
8	Fink, Ava	SO-2	St. Scholastica	12.64	MIAC Outdoor Championships	May 10, 2024	1.7
8	Johnson, Tiana	SR-4	St. Benedict	12.64	St. Thomas Joe Sweeney Invitational	May 1, 2024	+0.0
10	Roberts, Riley	JR-3	Carleton	12.73	MIAC Outdoor Championships	May 10, 2024	3.1
11	Hunter, Penny	SR-4	Macalester	12.74	MIAC Outdoor Championships	May 10, 2024	3.1
12	Twichell, Hadley	SO-2	Carleton	12.75	MIAC Outdoor Championships	May 10, 2024	3.1
13	Munson, Samantha	SO-2	Saint Mary's (Minn.)	12.77	Wash U Invite	Mar 29, 2024	1.4
14	Kroschel, Karla	SR-4	St. Olaf	12.79	Norse Invite	Apr 6, 2024	0.7
15	Kaping, Raina	FR-1	Bethel (Minn.)	12.85	Hamline Invitational - Teams	Apr 6, 2024	2.1
16	Osborne, Piper	FR-1	Concordia-Moorhead	12.86	Hamline Invitational - Teams	Apr 6, 2024	4.3
16	Hookom, Allison	SO-2	Augsburg	12.86	Hamline Invitational - Teams	Apr 6, 2024	2.1
18	Buntrock, Grace	FR-1	St. Benedict	12.88	Bethel Invitational	Apr 13, 2024	1.8
19	Nelson, Myah	SO-2	St. Benedict	12.91	MIAC Outdoor Championships	May 10, 2024	3.1
20	Lindner, Sarrah	SO-2	Gustavus Adolphus	12.94	Augustana College Midwest Final Qualifier	May 15, 2024	1.6
21	Ramberg, Sierra	JR-3	Concordia-Moorhead	12.99	Hamline Invitational - Teams	Apr 6, 2024	4.3
22	Temeh, Kebeh	FR-1	Hamline	13.01	Meet of the UnSaintyly	May 3, 2024	2.8
23	Miller, Danielle	SR-4	Gustavus Adolphus	13.07	MIAC Outdoor Championships	May 10, 2024	1.7
23	Jensen, Jensi	SO-2	Gustavus Adolphus	13.07	MIAC Outdoor Championships	May 10, 2024	3.1
25	Lott, Bianca	SO-2	Carleton	13.10	MIAC Outdoor Championships	May 10, 2024	1.7
26	Holman, Ququ	SR-4	St. Olaf	13.11	Carleton Relays	Apr 20, 2024	+0.0
27	Storbakken, Emma	JR-3	St. Olaf	13.15	St. Thomas Joe Sweeney Invitational	May 1, 2024	2.0
28	Tomety, Harmony-Keli	FR-1	Macalester	13.18	MIAC Outdoor Championships	May 10, 2024	3.1
29	Bodin, Gabby	SR-4	St. Catherine (Minn.)	13.21	Bethel Invitational	Apr 13, 2024	3.6
29	Nolen, CoCo	SO-2	Bethel (Minn.)	13.21	CSB/SJU Invitational & Mutli	Apr 19, 2024	-1.6

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Geraets, Megan	JR-3	Gustavus Adolphus	23.97	MIAC Outdoor Championships	May 10, 2024	1.8
2	Carlson, Kate	JR-3	Gustavus Adolphus	24.01	MIAC Outdoor Championships	May 10, 2024	1.8
3	Babalola, Jireh	SR-4	Bethel (Minn.)	25.00	MIAC Outdoor Championships	May 10, 2024	1.8
4	Rengo, Emily	SO-2	Concordia-Moorhead	25.10	MIAC Outdoor Championships	May 10, 2024	1.8
5	Osborne, Piper	FR-1	Concordia-Moorhead	25.41	MIAC Outdoor Championships	May 10, 2024	1.8
6	Johnson, Tiana	SR-4	St. Benedict	25.49	MIAC Outdoor Championships	May 10, 2024	1.8
7	Nyuga, Sidelá	SR-4	St. Benedict	25.65	MIAC Outdoor Championships	May 10, 2024	1.8
8	Kroschel, Karla	SR-4	St. Olaf	25.72	MIAC Outdoor Championships	May 10, 2024	1.7
9	Swenson, Abbie	SR-4	Bethel (Minn.)	25.91	MIAC Outdoor Championships	May 10, 2024	1.8
10	Gallagher, Kate	SR-4	St. Benedict	26.04	MIAC Outdoor Championships	May 10, 2024	1.7
11	Roberts, Riley	JR-3	Carleton	26.10	MIAC Outdoor Championships	May 10, 2024	2.0
12	Munson, Samantha	SO-2	Saint Mary's (Minn.)	26.22	Meet of the UnSaintyly	May 3, 2024	1.8
13	Hookom, Allison	SO-2	Augsburg	26.29	St. Thomas Joe Sweeney Invitational	May 1, 2024	+0.0
14	Larson, Mara	FR-1	St. Olaf	26.34	MIAC Outdoor Championships	May 10, 2024	3.6
15	Twichell, Hadley	SO-2	Carleton	26.36	St. Olaf Ole Open	May 4, 2024	2.1
16	Hunter, Penny	SR-4	Macalester	26.39	MIAC Outdoor Championships	May 10, 2024	1.7
16	Edison, Elise	FR-1	Macalester	26.39	MIAC Outdoor Championships	May 10, 2024	3.6
18	Sandman, Andie	FR-1	Concordia-Moorhead	26.41	MIAC Outdoor Championships	May 10, 2024	3.6
19	Guler, Maddie	SR-4	Concordia-Moorhead	26.48	Al Cassell Classic	Apr 12, 2024	2.0
20	Nygaard, Kyla	SO-2	Concordia-Moorhead	26.49	Al Cassell Classic	Apr 12, 2024	2.0
21	Luetmer, McKenzie	FR-1	Gustavus Adolphus	26.57	Augustana College Midwest Final Qualifier	May 15, 2024	0.5
22	Fink, Ava	SO-2	St. Scholastica	26.63	MIAC Outdoor Championships	May 10, 2024	1.7
23	McMahon, Terra	SO-2	Hamline	26.66	Redlands Invitational	Mar 15, 2024	1.6
24	Lindner, Sarrah	SO-2	Gustavus Adolphus	26.67	Augustana College Midwest Final Qualifier	May 15, 2024	0.5
25	Aurelius, Andreiana	SR-4	Hamline	26.76	Meet of the UnSaintyly	May 3, 2024	1.6
26	Nelson, Kayla	SO-2	St. Scholastica	26.79	MIAC Outdoor Championships	May 10, 2024	3.6

Athlete	Year	Team	Time	Meet	Meet Date	Wind	
26	Ellefson, Jaden	SO-2	St. Scholastica	26.79	MIAC Outdoor Championships	May 10, 2024	2.0
28	Nelson, Myah	SO-2	St. Benedict	26.94	MIAC Outdoor Championships	May 10, 2024	2.0
29	Holman, Ququ	SR-4	St. Olaf	26.97	MIAC Outdoor Championships	May 10, 2024	1.7
30	Buntrock, Grace	FR-1	St. Benedict	27.04	MIAC Outdoor Championships	May 10, 2024	1.7

400 Meters

Athlete	Year	Team	Time	Meet	Meet Date	
1	Geraets, Megan	JR-3	Gustavus Adolphus	55.88	MIAC Outdoor Championships	May 10, 2024
2	Sulungaine, Shalom	FR-1	Bethel (Minn.)	57.31	MIAC Outdoor Championships	May 10, 2024
3	Rengo, Emily	SO-2	Concordia-Moorhead	57.42	MIAC Outdoor Championships	May 10, 2024
4	Nygaard, Kyla	SO-2	Concordia-Moorhead	57.60	MIAC Outdoor Championships	May 10, 2024
5	Hookom, Allison	SO-2	Augsburg	57.91	Meet of the UnSaintly	May 3, 2024
6	Nyuga, Sidela	SR-4	St. Benedict	58.36	MIAC Outdoor Championships	May 10, 2024
7	Swenson, Abbie	SR-4	Bethel (Minn.)	58.45	MIAC Outdoor Championships	May 10, 2024
8	Gregg, Hailey	JR-3	Bethel (Minn.)	58.74	Redlands Invitational	Mar 15, 2024
9	Luetmer, McKenzie	FR-1	Gustavus Adolphus	58.78	MIAC Outdoor Championships	May 10, 2024
10	Kroschel, Karla	SR-4	St. Olaf	59.27	MIAC Outdoor Championships	May 10, 2024
11	Cruz, Reanna	FR-1	Bethel (Minn.)	59.40	Bethel Invitational	Apr 13, 2024
12	Blanchard, Mary	JR-3	Carleton	59.78	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
13	Guler, Maddie	SR-4	Concordia-Moorhead	1:00.08	MIAC Outdoor Championships	May 10, 2024
14	Twitchell, Hadley	SO-2	Carleton	1:00.67	Bethel Invitational	Apr 13, 2024
15	Edison, Elise	FR-1	Macalester	1:00.69	CSB/SJU Invitational & Mutli	Apr 19, 2024
16	Mickelson, Nora	FR-1	St. Olaf	1:00.71	St. Olaf Ole Open	May 4, 2024
17	Shercliffe, Meg	JR-3	Concordia-Moorhead	1:00.82	Viking Twilight	Apr 23, 2024
18	Pfeiffer, Ruth	SR-4	St. Olaf	1:01.15	Gary Wilson Invitational	Apr 24, 2024
18	Storbakken, Emma	JR-3	St. Olaf	1:01.15	UW-Platteville Invitational	Apr 12, 2024
20	Young, Ella	SR-4	St. Benedict	1:01.25	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
21	Hauger, Sydney	SR-4	Gustavus Adolphus	1:01.36	Maverick Open #1	May 1, 2024
22	Chester, Kyla	FR-1	Hamline	1:01.46	Meet of the UnSaintly	May 3, 2024
23	Dean, Morgan	SO-2	Bethel (Minn.)	1:01.67	Hamline Invitational - Teams	Apr 6, 2024
24	Holman, Ququ	SR-4	St. Olaf	1:01.98	St. Thomas Joe Sweeney Invitational	May 1, 2024
25	Nelson, Kayla	SO-2	St. Scholastica	1:02.13	St. Olaf Ole Open	May 4, 2024
26	Soule, Allison	SO-2	Bethel (Minn.)	1:02.15	MIAC Outdoor Championships	May 10, 2024
27	Ellefson, Jaden	SO-2	St. Scholastica	1:02.19	Hamline Invitational - Teams	Apr 6, 2024
28	Smith, Jessie	JR-3	Bethel (Minn.)	1:02.21	CSB/SJU Invitational & Mutli	Apr 19, 2024
29	Wilson, Rachael	SO-2	St. Olaf	1:02.22	St. Thomas Joe Sweeney Invitational	May 1, 2024
30	Aurelius, Andreiana	SR-4	Hamline	1:02.23	Meet of the UnSaintly	May 3, 2024

800 Meters

Athlete	Year	Team	Time	Meet	Meet Date	
1	Ilhde, Annessa	JR-3	Bethel (Minn.)	2:09.02	Gary Wilson Invitational	Apr 24, 2024
2	Blanchard, Mary	JR-3	Carleton	2:11.57	MIAC Outdoor Championships	May 10, 2024
3	Wyatt, Isabel	SO-2	St. Olaf	2:13.00	St. Thomas Joe Sweeney Invitational	May 1, 2024
4	Hookom, Allison	SO-2	Augsburg	2:14.85	MIAC Outdoor Championships	May 10, 2024
5	Erickson, Lara	JR-3	Carleton	2:16.60	MIAC Outdoor Championships	May 10, 2024
6	Smith, Fiona	SR-4	St. Benedict	2:16.72	Bethel Invitational	Apr 13, 2024
7	Smith, Kalli	JR-3	St. Benedict	2:17.09	Augustana College Midwest Final Qualifier	May 15, 2024
8	Mickelson, Nora	FR-1	St. Olaf	2:18.04	St. Thomas Joe Sweeney Invitational	May 1, 2024
9	Cutter, Alice	JR-3	Carleton	2:19.17	St. Thomas Joe Sweeney Invitational	May 1, 2024
10	Young, Ella	SR-4	St. Benedict	2:19.80	St. Thomas Joe Sweeney Invitational	May 1, 2024
11	Cross, Helen	JR-3	Carleton	2:20.13	Carleton Relays	Apr 20, 2024
12	Erickson, Siri	FR-1	St. Olaf	2:20.74	Carleton Relays	Apr 20, 2024
13	Rohrer, Kristina	SR-4	St. Olaf	2:20.79	Carleton Relays	Apr 20, 2024
14	Fromm, Jules	JR-3	St. Olaf	2:20.90	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Abernethy, Sophie	JR-3	St. Olaf	2:21.69	Carleton Relays	Apr 20, 2024
16	Bradley, Anabel	FR-1	Hamline	2:21.86	St. Thomas Joe Sweeney Invitational	May 1, 2024
17	Lyngen, Lucy	SR-4	St. Benedict	2:22.03	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	Frolek, Drew	JR-3	Concordia-Moorhead	2:22.20	Augustana College Midwest Final Qualifier	May 15, 2024
19	Edstrom, Olivia	SR-4	St. Olaf	2:22.71	St. Thomas Joe Sweeney Invitational	May 1, 2024
20	Sulungaine, Shalom	FR-1	Bethel (Minn.)	2:23.67	Hamline Invitational - Teams	Apr 6, 2024
21	Sanchez-Castillo, Daniela	SO-2	Hamline	2:23.88	Gary Wilson Invitational	Apr 24, 2024
22	Gemandt, Ruby	JR-3	Bethel (Minn.)	2:24.12	Bethel Invitational	Apr 13, 2024
23	Cargill, Anna	JR-3	Bethel (Minn.)	2:24.70	Hamline Invitational - Teams	Apr 6, 2024
24	Call, Sophie	JR-3	St. Olaf	2:25.28	Carleton Relays	Apr 20, 2024
25	Daley, Nora	FR-1	Carleton	2:25.36	St. Thomas Joe Sweeney Invitational	May 1, 2024
26	Mair, Aubrey	JR-3	Gustavus Adolphus	2:25.49	Augustana College Midwest Final Qualifier	May 15, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
27	DeWitt, Regan	FR-1	St. Scholastica	2:25.62	Bethel Invitational	Apr 13, 2024
28	Witschen, Anabella	FR-1	St. Benedict	2:25.92	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
29	Walukas, Kailyn	JR-3	Gustavus Adolphus	2:25.93	Drake Alternative	Apr 27, 2024
30	Manhard, Abbie	SO-2	St. Olaf	2:26.01	St. Thomas Joe Sweeney Invitational	May 1, 2024

1500 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	SR-4	St. Benedict	4:25.80	St. Thomas Joe Sweeney Invitational	May 1, 2024
2	Cross, Helen	JR-3	Carleton	4:31.71	St. Thomas Joe Sweeney Invitational	May 1, 2024
3	Blanchard, Mary	JR-3	Carleton	4:32.85	St. Thomas Joe Sweeney Invitational	May 1, 2024
4	Ihde, Annessa	JR-3	Bethel (Minn.)	4:34.72	MIAC Outdoor Championships	May 10, 2024
5	Abernethy, Sophie	JR-3	St. Olaf	4:45.86	MIAC Outdoor Championships	May 10, 2024
6	McManus, Sophie	JR-3	Carleton	4:46.28	Carleton Relays	Apr 20, 2024
7	Moeller, Grace	SO-2	St. Olaf	4:47.15	Gary Wilson Invitational	Apr 24, 2024
8	Call, Sophie	JR-3	St. Olaf	4:48.65	MIAC Outdoor Championships	May 10, 2024
9	Bode, Alison	JR-3	St. Olaf	4:49.14	Norse Invite	Apr 6, 2024
10	Larsen, Aliya	SO-2	Carleton	4:49.72	MIAC Outdoor Championships	May 10, 2024
11	Call, Bella	JR-3	St. Olaf	4:51.37	Norse Invite	Apr 6, 2024
12	Rohrer, Kristina	SR-4	St. Olaf	4:51.45	St. Thomas Joe Sweeney Invitational	May 1, 2024
13	Coldren, Ivy	FR-1	Macalester	4:51.50	Wartburg Outdoor Select	Apr 5, 2024
14	Erickson, Siri	FR-1	St. Olaf	4:53.03	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Wyatt, Isabel	SO-2	St. Olaf	4:53.35	Carleton Relays	Apr 20, 2024
16	Cutter, Alice	JR-3	Carleton	4:53.90	Carleton Relays	Apr 20, 2024
17	Liston, Molly	SO-2	Gustavus Adolphus	4:54.22	MIAC Outdoor Championships	May 10, 2024
18	Walda, Lauren	SO-2	St. Olaf	4:54.28	Norse Invite	Apr 6, 2024
19	Radaich, Taylor	FR-1	St. Benedict	4:55.12	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
20	Lyngen, Lucy	SR-4	St. Benedict	4:56.49	Bethel Invitational	Apr 13, 2024
21	Erickson, Lara	JR-3	Carleton	4:57.15	Hamline Invitational - Teams	Apr 6, 2024
22	Walukas, Kailyn	JR-3	Gustavus Adolphus	4:57.25	Maverick Open #1	May 1, 2024
23	McCloskey, Molly Kate	SO-2	St. Olaf	4:58.48	Carleton Relays	Apr 20, 2024
24	Rowland, Libby	JR-3	Carleton	4:59.69	Carleton Relays	Apr 20, 2024
25	Maddux, Alicia	SO-2	Hamline	5:00.90	Gary Wilson Invitational	Apr 24, 2024
26	Nevo, Timna	FR-1	Macalester	5:01.24	St. Thomas Joe Sweeney Invitational	May 1, 2024
27	Everest, Julia	JR-3	St. Olaf	5:01.95	Carleton Relays	Apr 20, 2024
28	Smith, Kalli	JR-3	St. Benedict	5:02.37	CSB/SJU Invitational & Mutli	Apr 19, 2024
29	Maahts, Keiley	SR-4	St. Benedict	5:02.54	MIAC Outdoor Championships	May 10, 2024
30	Harms, Josie	SR-4	Bethel (Minn.)	5:03.34	Hamline Invitational - Teams	Apr 6, 2024

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Fiona	SR-4	St. Benedict	15:53.27	114th Drake Relays	Apr 24, 2024
2	Cross, Helen	JR-3	Carleton	16:52.55	114th Drake Relays	Apr 24, 2024
3	Ward, Phoebe	JR-3	Carleton	17:03.12	St. Thomas Joe Sweeney Invitational	May 1, 2024
4	Preisser, Hannah	SO-2	Carleton	17:08.79	Hamline Invitational - Teams	Apr 6, 2024
5	Walda, Lauren	SO-2	St. Olaf	17:12.06	UW-Platteville Invitational	Apr 12, 2024
6	Bode, Alison	JR-3	St. Olaf	17:17.03	St. Thomas Joe Sweeney Invitational	May 1, 2024
7	Hendrickson, Allison	SR-4	St. Scholastica	17:25.64	St. Thomas Joe Sweeney Invitational	May 1, 2024
8	Call, Bella	JR-3	St. Olaf	17:30.26	UW-Platteville Invitational	Apr 12, 2024
9	Carlson, Sofia	JR-3	St. Olaf	17:35.24	Wash U Distance Carnival	Mar 29, 2024
10	Larsen, Aliya	SO-2	Carleton	17:39.07	St. Thomas Joe Sweeney Invitational	May 1, 2024
11	Harms, Josie	SR-4	Bethel (Minn.)	17:53.76	St. Thomas Joe Sweeney Invitational	May 1, 2024
12	Liston, Molly	SO-2	Gustavus Adolphus	17:57.52	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
13	Hirsche, Katie	SO-2	Carleton	18:00.78	St. Thomas Joe Sweeney Invitational	May 1, 2024
14	Kiobasa, Annie	SR-4	St. Benedict	18:06.41	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Coldren, Ivy	FR-1	Macalester	18:06.86	UW-Platteville Invitational	Apr 12, 2024
16	Johnson, Gracie	SR-4	Augsburg	18:13.42	St. Thomas Joe Sweeney Invitational	May 1, 2024
17	Everest, Julia	JR-3	St. Olaf	18:20.27	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	Tetmeyer, Bridget	SR-4	St. Benedict	18:25.61	St. Thomas Joe Sweeney Invitational	May 1, 2024
19	Hardwick, Laura	SR-4	Bethel (Minn.)	18:40.32	Redlands Invitational	Mar 15, 2024
20	McCloskey, Molly Kate	SO-2	St. Olaf	18:47.06	St. Thomas Joe Sweeney Invitational	May 1, 2024
21	Roberdeau, Libby	SR-4	Hamline	18:51.51	St. Thomas Joe Sweeney Invitational	May 1, 2024
22	Ihde, Annessa	JR-3	Bethel (Minn.)	18:52.17	Redlands Invitational	Mar 15, 2024
23	Kenney, Mary	SO-2	St. Benedict	18:58.64	Gary Wilson Invitational	Apr 24, 2024
24	Hagen, Sydney	JR-3	Gustavus Adolphus	19:00.09	Norse Invite	Apr 6, 2024
25	Maddux, Alicia	SO-2	Hamline	19:08.41	Hamline Invitational - Teams	Apr 6, 2024
26	Larsen-Schmidt, Gracia	JR-3	St. Olaf	19:15.92	UW-Platteville Invitational	Apr 12, 2024

Athlete	Year	Team	Time	Meet	Meet Date	
27	Nevo, Timna	FR-1	Macalester	19:16.94	UW-Platteville Invitational	Apr 12, 2024
28	Hatlevig, Elsie	SO-2	Concordia-Moorhead	19:22.26	CSB/SJU Invitational & Mutli	Apr 19, 2024
29	Babineau, Julia	FR-1	St. Benedict	19:23.06	Gary Wilson Invitational	Apr 24, 2024
30	Osermwengie, Destiny	FR-1	Macalester	19:27.94	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024

10,000 Meters

Athlete	Year	Team	Time	Meet	Meet Date	
1	Smith, Fiona	SR-4	St. Benedict	32:57.28	Stanford Invitational	Mar 29, 2024
2	Preisser, Hannah	SO-2	Carleton	35:32.83	Phil Esten Challenge	Apr 19, 2024
3	Bode, Alison	JR-3	St. Olaf	35:34.19	114th Drake Relays	Apr 24, 2024
4	Ward, Phoebe	JR-3	Carleton	35:54.26	MIAC Outdoor Championships	May 10, 2024
5	Hendrickson, Allison	SR-4	St. Scholastica	36:13.66	MIAC Outdoor Championships	May 10, 2024
6	Walda, Lauren	SO-2	St. Olaf	36:36.96	114th Drake Relays	Apr 24, 2024
7	Call, Bella	JR-3	St. Olaf	36:59.33	114th Drake Relays	Apr 24, 2024
8	Hirsche, Katie	SO-2	Carleton	37:28.56	Phil Esten Challenge	Apr 19, 2024
9	Kiolbasa, Annie	SR-4	St. Benedict	38:29.54	CSB/SJU Invitational & Mutli	Apr 19, 2024
10	Tetmeyer, Bridget	SR-4	St. Benedict	38:51.32	MIAC Outdoor Championships	May 10, 2024
11	Hardwick, Laura	SR-4	Bethel (Minn.)	39:00.78	CSB/SJU Invitational & Mutli	Apr 19, 2024
12	Larsen-Schmidt, Gracia	JR-3	St. Olaf	39:23.47	Phil Esten Challenge	Apr 19, 2024
13	Roberdeau, Libby	SR-4	Hamline	39:29.45	Phil Esten Challenge	Apr 19, 2024
14	Gleason, Cate	JR-3	St. Olaf	39:40.88	Phil Esten Challenge	Apr 19, 2024
15	Villalobos, Evelyn	SR-4	Gustavus Adolphus	40:24.09	Norse Invite	Apr 6, 2024
16	Schoenfield, Claire	SR-4	Gustavus Adolphus	41:16.47	Norse Invite	Apr 6, 2024
17	Tapajna, Abby	SO-2	Hamline	41:34.21	Phil Esten Challenge	Apr 19, 2024
18	Madden, Kathleen	FR-1	St. Olaf	41:37.09	MIAC Outdoor Championships	May 10, 2024
19	Decker, Anna	SR-4	Bethel (Minn.)	42:14.60	MIAC Outdoor Championships	May 10, 2024
20	Sunnarborg, Laura	FR-1	Gustavus Adolphus	42:16.89	MIAC Outdoor Championships	May 10, 2024
21	Moorjani, Raina	SR-4	Bethel (Minn.)	43:19.91	CSB/SJU Invitational & Mutli	Apr 19, 2024
22	Loeffler-Kemp, Mariah	SR-4	Macalester	43:37.80	MIAC Outdoor Championships	May 10, 2024
23	Klobe, Kendra	JR-3	Saint Mary's (Minn.)	44:12.74	Wash U Distance Carnival	Mar 29, 2024
24	Olinger, Rachel	SO-2	St. Benedict	45:22.72	CSB/SJU Invitational & Mutli	Apr 19, 2024
25	Harvey, Lily	JR-3	St. Catherine (Minn.)	46:06.21	Holst Invitational	Apr 20, 2024

100 Hurdles

Athlete	Year	Team	Time	Meet	Meet Date	Wind	
1	Sealock, Kelsie	JR-3	Bethel (Minn.)	13.80	NCAA Division III Outdoor Track & Field Championships	May 22, 2024	2.3
2	Kalevik, Jenna	JR-3	Concordia-Moorhead	14.68	MIAC Outdoor Championships	May 10, 2024	2.2
3	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	14.96	MIAC Outdoor Championships	May 10, 2024	2.2
4	Miller, Danielle	SR-4	Gustavus Adolphus	15.09	MIAC Outdoor Championships	May 10, 2024	2.2
5	Bodin, Gabby	SR-4	St. Catherine (Minn.)	15.13	MIAC Outdoor Championships	May 10, 2024	2.2
6	Hernes, Ellie	SO-2	Bethel (Minn.)	15.17	MIAC Outdoor Championships	May 10, 2024	2.2
7	Salfer, Rebekah	SR-4	St. Olaf	15.28	MIAC Outdoor Championships	May 10, 2024	2.2
8	Poore, Riki	SR-4	St. Olaf	15.68	MIAC Outdoor Championships	May 10, 2024	2.2
9	Adelgren, Arya	FR-1	St. Benedict	15.71	St. Thomas Joe Sweeney Invitational	May 1, 2024	1.3
10	Huettner, Makenna	JR-3	Gustavus Adolphus	15.74	Augustana College Midwest Final Qualifier	May 15, 2024	1.9
11	Floren, Justus	JR-3	St. Benedict	15.77	MIAC Outdoor Championships	May 10, 2024	6.4
12	Harriman, Elise	FR-1	St. Olaf	16.27	MIAC Outdoor Championships	May 10, 2024	3.4
13	Scholten, Hailey	SO-2	Bethel (Minn.)	16.39	MIAC Multi Event Championships	May 2, 2024	2.9
14	Berg, Lauren	SO-2	St. Benedict	16.47	Bethel Invitational	Apr 13, 2024	2.6
15	Hannah, Gabrielle	JR-3	Hamline	16.68	MIAC Multi Event Championships	May 2, 2024	3.3
16	Wolsky, Haley	FR-1	Concordia-Moorhead	16.71	NDSU Tune-Up	May 3, 2024	2.1
17	Myatt, Tessa	FR-1	Macalester	16.78	Meet of the UnSainly	May 3, 2024	3.3
18	Stackhouse, Ally	JR-3	Bethel (Minn.)	16.79	Bethel Invitational	Apr 13, 2024	1.8
19	Stahl, Chelsea	FR-1	Gustavus Adolphus	16.91	Bethel Invitational	Apr 13, 2024	2.3
20	Hobby, Sarah Beth	SR-4	Macalester	16.99	MIAC Multi Event Championships	May 2, 2024	3.3
21	Kemp, Anna	FR-1	St. Benedict	17.16	MIAC Outdoor Championships	May 10, 2024	0.1
22	Johnson, Lily	JR-3	St. Olaf	17.22	Norse Invite	Apr 6, 2024	0.9
23	Ostrem, Chloe	FR-1	St. Benedict	17.31	MIAC Outdoor Championships	May 10, 2024	6.4
24	Selisker, Ellie	SR-4	St. Benedict	17.38	MIAC Multi Event Championships	May 2, 2024	3.3
25	Ciarrochi, Grace	FR-1	Concordia-Moorhead	17.43	MIAC Outdoor Championships	May 10, 2024	3.4
26	Robran, Alyyah	SO-2	Hamline	17.47	MIAC Outdoor Championships	May 10, 2024	0.1
27	Darling, Kiernan	JR-3	Concordia-Moorhead	17.52	NDSU Tune-Up	May 3, 2024	1.8
28	Trojan, Emma	FR-1	Carleton	17.71	MIAC Multi Event Championships	May 2, 2024	2.9
28	Klein, Aubree	FR-1	St. Olaf	17.71	MIAC Multi Event Championships	May 2, 2024	2.8
30	Pfeiffer, Ruth	SR-4	St. Olaf	17.75	St. Olaf Last Chance Multi's	May 15, 2024	0.8

400 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Sealock, Kelsie	JR-3	Bethel (Minn.)	1:00.81	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
2	Berg, Lauren	SO-2	St. Benedict	1:03.74	MIAC Outdoor Championships	May 10, 2024
3	Kvant, Hannah	FR-1	Bethel (Minn.)	1:05.50	Bethel Invitational	Apr 13, 2024
4	Salfer, Rebekah	SR-4	St. Olaf	1:05.74	MIAC Outdoor Championships	May 10, 2024
5	Pfeiffer, Ruth	SR-4	St. Olaf	1:05.98	MIAC Outdoor Championships	May 10, 2024
6	Smith, Jessie	JR-3	Bethel (Minn.)	1:06.36	Meet of the UnSaintly	May 3, 2024
7	Huetten, Makenna	JR-3	Gustavus Adolphus	1:06.57	MIAC Outdoor Championships	May 10, 2024
8	Poore, Riki	SR-4	St. Olaf	1:06.81	Norse Invite	Apr 6, 2024
9	Adelgren, Anya	FR-1	St. Benedict	1:08.19	Hamline Invitational - Teams	Apr 6, 2024
10	Robran, Aliyah	SO-2	Hamline	1:08.26	Gary Wilson Invitational	Apr 24, 2024
11	Aurelius, Andreiana	SR-4	Hamline	1:08.56	Gary Wilson Invitational	Apr 24, 2024
12	Shercliffe, Meg	JR-3	Concordia-Moorhead	1:09.07	MIAC Outdoor Championships	May 10, 2024
13	Rowland, Libby	JR-3	Carleton	1:09.60	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
14	Askegaard, Linnea	SO-2	St. Olaf	1:11.24	Gary Wilson Invitational	Apr 24, 2024
15	Sahly, Emma	JR-3	St. Olaf	1:12.05	Norse Invite	Apr 6, 2024
16	Ostrem, Chloe	FR-1	St. Benedict	1:12.50	MIAC Outdoor Championships	May 10, 2024
17	Scholten, Hailey	SO-2	Bethel (Minn.)	1:12.86	MIAC Outdoor Championships	May 10, 2024
18	Makem Ratzinger, Joel	FR-1	St. Benedict	1:12.96	MIAC Outdoor Championships	May 10, 2024
19	Selisker, Ellie	SR-4	St. Benedict	1:13.27	Bethel Invitational	Apr 13, 2024
20	Moeller, Grace	SO-2	St. Olaf	1:13.28	St. Olaf Ole Open	May 4, 2024
21	McManus, Sophie	JR-3	Carleton	1:13.75	Carleton Relays	Apr 20, 2024
22	Haugestuen, Logan	FR-1	St. Olaf	1:14.64	MIAC Outdoor Championships	May 10, 2024
23	Richardson, Samantha	FR-1	St. Benedict	1:15.17	St. Thomas Joe Sweeney Invitational	May 1, 2024
24	Schuele, Emma	SO-2	St. Benedict	1:17.21	MIAC Outdoor Championships	May 10, 2024
25	VanderWilde, Bailey	SR-4	St. Olaf	1:21.15	St. Olaf Ole Open	May 4, 2024
26	Johnson, Isabelle	SO-2	Concordia-Moorhead	1:22.46	MIAC Outdoor Championships	May 10, 2024

3000 Steeplechase

	Athlete	Year	Team	Time	Meet	Meet Date
1	McManus, Sophie	JR-3	Carleton	10:45.10	MIAC Outdoor Championships	May 10, 2024
2	Rowland, Libby	JR-3	Carleton	11:20.49	MIAC Outdoor Championships	May 10, 2024
3	Johnson, Gracie	SR-4	Augsburg	11:25.22	MIAC Outdoor Championships	May 10, 2024
4	Moeller, Grace	SO-2	St. Olaf	11:27.43	MIAC Outdoor Championships	May 10, 2024
5	Maahts, Keiley	SR-4	St. Benedict	11:29.43	MIAC Outdoor Championships	May 10, 2024
6	Coldren, Ivy	FR-1	Macalester	11:30.40	MIAC Outdoor Championships	May 10, 2024
7	Harms, Josie	SR-4	Bethel (Minn.)	11:35.05	Gary Wilson Invitational	Apr 24, 2024
8	Tetmeyer, Bridget	SR-4	St. Benedict	11:39.15	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
9	Hagen, Sydney	JR-3	Gustavus Adolphus	11:46.32	MIAC Outdoor Championships	May 10, 2024
10	Kenney, Mary	SO-2	St. Benedict	11:51.75	MIAC Outdoor Championships	May 10, 2024
11	Witschen, Anabella	FR-1	St. Benedict	12:04.90	St. Thomas Joe Sweeney Invitational	May 1, 2024
12	Hay, Anna	JR-3	Bethel (Minn.)	12:22.72	Gary Wilson Invitational	Apr 24, 2024
13	Newman, Julia	SR-4	St. Olaf	12:22.90	MIAC Outdoor Championships	May 10, 2024
14	Ellis, Samantha	FR-1	Macalester	12:28.51	MIAC Outdoor Championships	May 10, 2024
15	Johnson, Ainal	JR-3	Concordia-Moorhead	12:33.89	CSB/SJU Invitational & Mutli	Apr 19, 2024
16	McMahon, Caeli	SO-2	Saint Mary's (Minn.)	12:39.73	MIAC Outdoor Championships	May 10, 2024
17	VanderWilde, Bailey	SR-4	St. Olaf	12:43.66	Norse Invite	Apr 6, 2024
18	Koch, Emily	FR-1	St. Benedict	12:55.96	St. Thomas Joe Sweeney Invitational	May 1, 2024
19	Wahman, Veronica	FR-1	Gustavus Adolphus	13:00.95	Maverick Open #1	May 1, 2024
20	Tillman, Lauren	SR-4	Gustavus Adolphus	13:02.50	Maverick Open #1	May 1, 2024
21	Gessner, Lydia	JR-3	Bethel (Minn.)	13:09.75	Meet of the UnSaintly	May 3, 2024
22	Omdal, Anna	JR-3	Gustavus Adolphus	13:35.54	Bethel Invitational	Apr 13, 2024
23	Otero-Ortiz, Tatiana	FR-1	Hamline	13:59.95	St. Thomas Joe Sweeney Invitational	May 1, 2024

4 x 100 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Gustavus Adolphus	47.95	Miller, Geraets, Rakow, Carlson	MIAC Outdoor Championships	May 10, 2024
2	St. Benedict	48.49	Buntrock, Johnson, Nelson, Gallagher	MIAC Outdoor Championships	May 10, 2024
3	Bethel (Minn.)	48.62	Babalola, Swenson, Kaping, Kvant	MIAC Outdoor Championships	May 10, 2024
4	Concordia-Moorhead	48.64	Sandman, Rengo, Osborne, Nygaard	MIAC Outdoor Championships	May 10, 2024
5	St. Olaf	49.71	Storbakken, Kroschel, Holman, Poore	MIAC Outdoor Championships	May 10, 2024
6	Carleton	50.27	Twitchell, Roberts, Lott, Musa	MIAC Outdoor Championships	May 10, 2024
6	St. Scholastica	50.27	Fischer, Nelson, Ellefson, Fink	MIAC Outdoor Championships	May 10, 2024
8	Macalester	50.39	Tomety, Hunter, Chatham, Edison	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
9	Hamline	50.46	Aurelius, McMahon, Nelson, Temeh	MIAC Outdoor Championships	May 10, 2024

	Team	Time	Athletes	Meet	Meet Date
10	Saint Mary's (Minn.)	53.45	Kubichka, Munson, Strom, Pray	Mississippi River Rumble	Apr 6, 2024

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:48.46	Sealock, Swenson, Ihde, Sulungaine	Augustana College Midwest Final Qualifier	May 15, 2024
2	Gustavus Adolphus	3:53.35	Luetmer, Carlson, Hauger, Geraets	MIAC Outdoor Championships	May 10, 2024
3	St. Benedict	3:56.72	Nyuga, Young, Knapp, Berg	MIAC Outdoor Championships	May 10, 2024
4	Concordia-Moorhead	3:57.81	Nygaard, Shercliff, Guler, Rengo	MIAC Outdoor Championships	May 10, 2024
5	St. Olaf	3:58.22	Pfeiffer, Kroschel, Storbakken, Wyatt	St. Thomas Joe Sweeney Invitational	May 1, 2024
6	Carleton	4:01.33	Blanchard, Erickson, Twichell, Roberts	St. Thomas Joe Sweeney Invitational	May 1, 2024
7	Hamline	4:11.45	Aurelius, Robran, Nelson, Chester	MIAC Outdoor Championships	May 10, 2024
8	St. Scholastica	4:12.58	Ellefson, Nelson, DeWitt, Fink	MIAC Outdoor Championships	May 10, 2024
9	Macalester	4:15.44	Edison, Wilkins, Hunter, Myatt	MIAC Outdoor Championships	May 10, 2024
10	Saint Mary's (Minn.)	4:32.46	Strom, McMahon, Frosch, Meyer	Mississippi River Rumble	Apr 6, 2024

4 x 800 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Olaf	9:30.93	Erickson, Call, Rohrer, Abernethy	MIAC Outdoor Championships	May 10, 2024
2	Carleton	9:39.68	Daley, Rowland, Cutter, Erickson	MIAC Outdoor Championships	May 10, 2024
3	St. Benedict	9:41.56	Radaich, Young, Lyngen, Smith	MIAC Outdoor Championships	May 10, 2024
4	Bethel (Minn.)	9:49.16	Cargill, Robinson, Nelson, Gernandt	MIAC Outdoor Championships	May 10, 2024
5	Macalester	9:58.34	Nevo, Osemwengie, Wilkins, Coldren	MIAC Outdoor Championships	May 10, 2024
6	Gustavus Adolphus	9:59.03	Mair, Luetmer, Walukas, Liston	MIAC Outdoor Championships	May 10, 2024
7	Hamline	10:06.38	Sanchez-Castill, Maddux, Janes, Bradley	MIAC Outdoor Championships	May 10, 2024
8	Concordia-Moorhead	10:09.22	Ames, Hatlevig, Johnson, Frolek	MIAC Outdoor Championships	May 10, 2024
9	St. Scholastica	10:10.92	McCormick, Hartley, Terrio, DeWitt	MIAC Outdoor Championships	May 10, 2024
10	Saint Mary's (Minn.)	10:18.41	McMahon, Frosch, Meyer, Klobe	MIAC Outdoor Championships	May 10, 2024

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Larson, Mara	FR-1	St. Olaf	1.60m	5' 3"	Norse Invite	Apr 6, 2024
1	Beer, Erin	SR-4	Gustavus Adolphus	1.60m	5' 3"	Norse Invite	Apr 6, 2024
3	Kalevik, Jenna	JR-3	Concordia-Moorhead	1.58m	5' 2.25"	MIAC Multi Event Championships	May 2, 2024
3	Rakow, Ally	SR-4	Gustavus Adolphus	1.58m	5' 2.25"	MIAC Outdoor Championships	May 10, 2024
3	Selisker, Ellie	SR-4	St. Benedict	1.58m	5' 2.25"	MIAC Outdoor Championships	May 10, 2024
6	Jore, Ashlyn	FR-1	St. Olaf	1.56m	5' 1.25"	St. Olaf Ole Open	May 4, 2024
7	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	1.55m	5' 1"	MIAC Multi Event Championships	May 2, 2024
8	Strampe, Toria	JR-3	St. Scholastica	1.53m	5' 0.25"	MIAC Outdoor Championships	May 10, 2024
9	Kemp, Anna	FR-1	St. Benedict	1.52m	4' 11.75"	Minnesota State Open	Apr 12, 2024
10	Pfeiffer, Ruth	SR-4	St. Olaf	1.51m	4' 11.5"	Gary Wilson Invitational	Apr 24, 2024
11	Moe, Hannah	SO-2	Bethel (Minn.)	1.50m	4' 11"	Bethel Invitational	Apr 13, 2024
11	Luehrs, Jensen	SR-4	Gustavus Adolphus	1.50m	4' 11"	Norse Invite	Apr 6, 2024
11	Hobby, Sarah Beth	SR-4	Macalester	1.50m	4' 11"	CSB/SJU Invitational & Mutli	Apr 19, 2024
11	Bangs, Lindsay	JR-3	Gustavus Adolphus	1.50m	4' 11"	Norse Invite	Apr 6, 2024
15	Floren, Justus	JR-3	St. Benedict	1.48m	4' 10.25"	MIAC Outdoor Championships	May 10, 2024
15	Witham, Frankie	FR-1	Hamline	1.48m	4' 10.25"	MIAC Outdoor Championships	May 10, 2024
17	Perry, Aiyana	FR-1	St. Olaf	1.46m	4' 9.5"	St. Olaf Ole Open	May 4, 2024
17	Hernes, Ellie	SO-2	Bethel (Minn.)	1.46m	4' 9.5"	MIAC Multi Event Championships	May 2, 2024
19	Strom, Hanna	FR-1	Saint Mary's (Minn.)	1.45m	4' 9"	Mississippi River Rumble	Apr 6, 2024
19	Scholten, Hailey	SO-2	Bethel (Minn.)	1.45m	4' 9"	Bethel Invitational	Apr 13, 2024
19	Barn, Nevaeh	FR-1	Hamline	1.45m	4' 9"	Bethel Invitational	Apr 13, 2024
19	Brown, Sam	FR-1	St. Benedict	1.45m	4' 9"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
23	Terwedo, Drea	FR-1	St. Benedict	1.42m	4' 7.75"	Minnesota State Open	Apr 12, 2024
24	Salfer, Rebekah	SR-4	St. Olaf	1.41m	4' 7.5"	Gary Wilson Invitational	Apr 24, 2024
25	Wgeishofski, Sydney	SO-2	St. Scholastica	1.40m	4' 7"	CSB/SJU Invitational & Mutli	Apr 19, 2024
25	Fischer, Sofia	SO-2	St. Scholastica	1.40m	4' 7"	Bethel Invitational	Apr 13, 2024
27	Kroschel, Karla	SR-4	St. Olaf	1.39m	4' 6.75"	St. Olaf Last Chance Multi's	May 15, 2024
28	Lee, Maddox	SO-2	Gustavus Adolphus	1.38m	4' 6.25"	Drake Alternative	Apr 27, 2024
28	Johnson, Lily	JR-3	St. Olaf	1.38m	4' 6.25"	St. Thomas Joe Sweeney Invitational	May 1, 2024
30	Solheid, Sami	FR-1	St. Benedict	1.37m	4' 6"	Minnesota State Open	Apr 12, 2024

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ahlgren, Jaylyn	SO-2	St. Benedict	3.71m	12' 2"	St. Thomas Joe Sweeney Invitational	May 1, 2024
2	Raidt, Lili	FR-1	St. Benedict	3.56m	11' 8"	MIAC Outdoor Championships	May 10, 2024
2	Pearson, Emily	FR-1	Bethel (Minn.)	3.56m	11' 8"	MIAC Outdoor Championships	May 10, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
4	Graff, Ali	JR-3	Gustavus Adolphus	3.45m	11' 3.75"	Gustie Twilight	Apr 17, 2024
5	Kaping, Raina	FR-1	Bethel (Minn.)	3.40m	11' 1.75"	Meet of the UnSainty	May 3, 2024
6	Finney, Camille	FR-1	Gustavus Adolphus	3.25m	10' 8"	Drake Alternative	Apr 27, 2024
7	Askegaard, Linnea	SO-2	St. Olaf	3.20m	10' 6"	St. Olaf Ole Open	May 4, 2024
8	Bunker, Jenna	JR-3	Gustavus Adolphus	2.96m	9' 8.5"	MIAC Outdoor Championships	May 10, 2024
8	Roberts, Melanie	SR-4	St. Olaf	2.96m	9' 8.5"	MIAC Outdoor Championships	May 10, 2024
8	Wilson, Seneca	FR-1	Macalester	2.96m	9' 8.5"	MIAC Outdoor Championships	May 10, 2024
11	Luepke, Bria	SO-2	Hamline	2.90m	9' 6.25"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
12	Lee, Maddox	SO-2	Gustavus Adolphus	2.86m	9' 4.5"	Bethel Invitational	Apr 13, 2024
13	Bufetta, Sabrina	JR-3	St. Benedict	2.81m	9' 2.5"	MIAC Outdoor Championships	May 10, 2024
14	Wohlens, Reagan	FR-1	Concordia-Moorhead	2.80m	9' 2.25"	NDSU Tune-Up	May 3, 2024
14	Ehlers, Lucy	FR-1	Hamline	2.80m	9' 2.25"	Meet of the UnSainty	May 3, 2024
16	Green, Lizzie	SO-2	Hamline	2.76m	9' 0.5"	St. Thomas Joe Sweeney Invitational	May 1, 2024
17	Selberg, Lillian	JR-3	Gustavus Adolphus	2.75m	9' 0.25"	St. Olaf Ole Open	May 4, 2024
18	Hatcher, Grace	JR-3	Hamline	2.71m	8' 10.75"	Bethel Invitational	Apr 13, 2024
19	Wolsky, Haley	FR-1	Concordia-Moorhead	2.70m	8' 10.25"	Al Cassell Classic	Apr 12, 2024
20	Boyd, Roen	SO-2	Macalester	2.65m	8' 8.25"	Meet of the UnSainty	May 3, 2024
20	Evans, Mia	SO-2	Bethel (Minn.)	2.65m	8' 8.25"	Meet of the UnSainty	May 3, 2024
20	Harris, Signe	JR-3	Concordia-Moorhead	2.65m	8' 8.25"	NDSU Tune-Up	May 3, 2024
23	Gardeen, Anna	FR-1	Bethel (Minn.)	2.60m	8' 6.25"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
24	Craft, Tahliia	FR-1	Bethel (Minn.)	2.50m	8' 2.5"	Meet of the UnSainty	May 3, 2024
25	Brown, Sam	FR-1	St. Benedict	2.46m	8' 0.75"	St. Thomas Joe Sweeney Invitational	May 1, 2024
26	Tschida, Elizabeth	FR-1	Gustavus Adolphus	2.30m	7' 6.5"	Norse Invite	Apr 6, 2024
26	Treanor, Izzy	FR-1	St. Olaf	2.30m	7' 6.5"	St. Olaf Ole Open	May 4, 2024
28	DeVries, Gwen	FR-1	Concordia-Moorhead	2.10m	6' 10.75"	Al Cassell Classic	Apr 12, 2024

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Geraets, Megan	JR-3	Gustavus Adolphus	5.78m	18' 11.75"	Maverick Open #2	May 3, 2024	1.1
2	Farquharson, Sabriya	FR-1	St. Benedict	5.61m	18' 5"	MIAC Outdoor Championships	May 10, 2024	4.1
3	Selisker, Ellie	SR-4	St. Benedict	5.59m	18' 4.25"	MIAC Outdoor Championships	May 10, 2024	1.5
4	Kes, Madi	SR-4	Gustavus Adolphus	5.49m	18' 0.25"	Maverick Open #2	May 3, 2024	3.1
5	Guy, Lili	JR-3	Gustavus Adolphus	5.46m	17' 11"	Maverick Open #1	May 1, 2024	1.3
6	Jore, Ashlyn	FR-1	St. Olaf	5.43m	17' 9.75"	MIAC Outdoor Championships	May 10, 2024	2.1
7	McMahon, Terra	SO-2	Hamline	5.32m	17' 5.5"	MIAC Outdoor Championships	May 10, 2024	1.8
8	Hobby, Sarah Beth	SR-4	Macalester	5.26m	17' 3.25"	MIAC Outdoor Championships	May 10, 2024	4.9
9	Kalevik, Jenna	JR-3	Concordia-Moorhead	5.24m	17' 2.25"	Al Cassell Classic	Apr 12, 2024	3.0
10	Hernes, Ellie	SO-2	Bethel (Minn.)	5.15m	16' 10.75"	MIAC Outdoor Championships	May 10, 2024	3.9
11	Lindner, Sarah	SO-2	Gustavus Adolphus	5.12m	16' 9.75"	Drake Alternative	Apr 27, 2024	0.6
11	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	5.12m	16' 9.75"	Bethel Invitational	Apr 13, 2024	-0.5
13	Stanisloski, Jordan	FR-1	Bethel (Minn.)	5.11m	16' 9.25"	MIAC Outdoor Championships	May 10, 2024	2.0
14	Parker, Ainslee	SR-4	St. Olaf	5.09m	16' 8.5"	Norse Invite	Apr 6, 2024	0.1
15	Floren, Justus	JR-3	St. Benedict	5.03m	16' 6"	Minnesota State Open	Apr 12, 2024	3.2
16	Myatt, Tessa	FR-1	Macalester	4.94m	16' 2.5"	MIAC Outdoor Championships	May 10, 2024	+0.0
17	Greeder, Caylee	SR-4	Gustavus Adolphus	4.93m	16' 2.25"	Maverick Open #1	May 1, 2024	NWI
18	Pfeiffer, Ruth	SR-4	St. Olaf	4.89m	16' 0.5"	St. Olaf Last Chance Multi's	May 15, 2024	+0.0
19	Ramberg, Sierra	JR-3	Concordia-Moorhead	4.85m	15' 11"	Al Cassell Classic	Apr 12, 2024	0.6
19	Petersen, Katie	JR-3	Gustavus Adolphus	4.85m	15' 11"	Bethel Invitational	Apr 13, 2024	0.9
21	Laryea, Emelia	SR-4	Gustavus Adolphus	4.83m	15' 10.25"	Bethel Invitational	Apr 13, 2024	NWI
22	Anderson, Shae	SR-4	Gustavus Adolphus	4.82m	15' 9.75"	Maverick Open #1	May 1, 2024	1.6
23	Hannah, Gabrielle	JR-3	Hamline	4.81m	15' 9.5"	Bethel Invitational	Apr 13, 2024	0.8
24	Darling, Kiernan	JR-3	Concordia-Moorhead	4.80m	15' 9"	Viking Twilight	Apr 23, 2024	0.6
24	Poore, Riki	SR-4	St. Olaf	4.80m	15' 9"	St. Olaf Last Chance Multi's	May 15, 2024	0.6
26	Johnson, Lily	JR-3	St. Olaf	4.78m	15' 8.25"	MIAC Outdoor Championships	May 10, 2024	0.1
26	Ciarrochi, Grace	FR-1	Concordia-Moorhead	4.78m	15' 8.25"	Hamline Invitational - Teams	Apr 6, 2024	-0.5
28	Moe, Hannah	SO-2	Bethel (Minn.)	4.76m	15' 7.5"	Redlands Invitational	Mar 15, 2024	2.8
29	Solheid, Sami	FR-1	St. Benedict	4.70m	15' 5"	Minnesota State Open	Apr 12, 2024	3.4
30	Tomety, Harmony-Keli	FR-1	Macalester	4.69m	15' 4.75"	St. Thomas Joe Sweeney Invitational	May 1, 2024	0.4

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Kes, Madi	SR-4	Gustavus Adolphus	11.88m	38' 11.75"	Augustana College Midwest Final Qualifier	May 15, 2024	-0.9
2	Hernes, Ellie	SO-2	Bethel (Minn.)	11.42m	37' 5.75"	Bethel Invitational	Apr 13, 2024	0.1
3	Guy, Lili	JR-3	Gustavus Adolphus	11.22m	36' 9.75"	Maverick Open #2	May 3, 2024	2.1
4	Farquharson, Sabriya	FR-1	St. Benedict	11.16m	36' 7.5"	Minnesota State Open	Apr 12, 2024	4.2
5	Selisker, Ellie	SR-4	St. Benedict	10.96m	35' 11.5"	Gary Wilson Invitational	Apr 24, 2024	+0.0

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
6	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	10.92m	35' 10"	Gary Wilson Invitational	Apr 24, 2024	NWI
7	Parker, Ainslee	SR-4	St. Olaf	10.81m	35' 5.75"	MIAC Outdoor Championships	May 10, 2024	0.1
8	Osborne, Piper	FR-1	Concordia-Moorhead	10.78m	35' 4.5"	MIAC Outdoor Championships	May 10, 2024	2.3
9	Lindner, Sarah	SO-2	Gustavus Adolphus	10.71m	35' 1.75"	Gustie Twilight	Apr 17, 2024	5.8
10	Greeder, Caylee	SR-4	Gustavus Adolphus	10.68m	35' 0.5"	Norse Invite	Apr 6, 2024	4.6
11	Stanisloski, Jordan	FR-1	Bethel (Minn.)	10.63m	34' 10.5"	MIAC Outdoor Championships	May 10, 2024	0.9
12	Tyvoll, Ally	FR-1	Bethel (Minn.)	10.15m	33' 3.75"	Bethel Invitational	Apr 13, 2024	2.5
13	Strampe, Toria	JR-3	St. Scholastica	10.13m	33' 3"	Drake Alternative	Apr 27, 2024	2.4
14	Kalevik, Jenna	JR-3	Concordia-Moorhead	9.90m	32' 5.75"	Hamline Invitational - Teams	Apr 6, 2024	2.1
15	Schritz, Elli	FR-1	St. Scholastica	9.81m	32' 2.25"	St. Olaf Ole Open	May 4, 2024	-1.8
16	Darling, Kiernan	JR-3	Concordia-Moorhead	9.79m	32' 1.5"	MIAC Outdoor Championships	May 10, 2024	0.3
17	Johnson, Lily	JR-3	St. Olaf	9.76m	32' 0.25"	St. Olaf Ole Open	May 4, 2024	1.4
18	Roberts, Melanie	SR-4	St. Olaf	9.71m	31' 10.25"	MIAC Outdoor Championships	May 10, 2024	-0.1
19	Anderson, Danielle	SR-4	St. Benedict	9.66m	31' 8.5"	St. Thomas Joe Sweeney Invitational	May 1, 2024	+0.0
20	Wgeishofski, Sydney	SO-2	St. Scholastica	9.57m	31' 4.75"	Gary Wilson Invitational	Apr 24, 2024	+0.0
21	Sikes, Jane	JR-3	St. Olaf	9.46m	31' 0.5"	Norse Invite	Apr 6, 2024	2.6
22	Hintz, Riley	FR-1	Hamline	9.39m	30' 9.75"	Meet of the UnSaintly	May 3, 2024	1.9
23	Larvea, Emelia	SR-4	Gustavus Adolphus	9.28m	30' 5.5"	Bethel Invitational	Apr 13, 2024	2.1

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Meyers, Molly	SR-4	Hamline	14.08m	46' 2.5"	Meet of the UnSaintly	May 3, 2024
2	Wallengal, Morgan	JR-3	Saint Mary's (Minn.)	12.77m	41' 10.75"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
2	Wilhelm, Nora	SO-2	Bethel (Minn.)	12.77m	41' 10.75"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
4	Brennan, Kelley	JR-3	Gustavus Adolphus	12.45m	40' 10.25"	MIAC Outdoor Championships	May 10, 2024
5	Myatt, Tessa	FR-1	Macalester	12.32m	40' 5"	MIAC Outdoor Championships	May 10, 2024
6	Engen, Ella	SO-2	St. Scholastica	12.10m	39' 8.5"	MIAC Outdoor Championships	May 10, 2024
7	Joos, Haley	SR-4	St. Benedict	11.96m	39' 3"	St. Thomas Joe Sweeney Invitational	May 1, 2024
8	Brainer, Lexi	JR-3	Hamline	11.93m	39' 1.75"	MIAC Outdoor Championships	May 10, 2024
9	Kubes, Samantha	SR-4	Saint Mary's (Minn.)	11.73m	38' 6"	Mississippi River Rumble	Apr 6, 2024
9	Dates, Desirae	SO-2	Hamline	11.73m	38' 6"	MIAC Outdoor Championships	May 10, 2024
11	Jackman, Sydney	JR-3	Saint Mary's (Minn.)	11.68m	38' 4"	SMU Cardinal Invitational	Apr 13, 2024
12	Nelson, Nicole	SR-4	Gustavus Adolphus	11.30m	37' 1"	CSB/SJU Invitational & Mutli	Apr 19, 2024
12	Onwuneme, Alysha	FR-1	Concordia-Moorhead	11.30m	37' 1"	AI Cassell Classic	Apr 12, 2024
14	Hobby, Sarah Beth	SR-4	Macalester	11.22m	36' 9.75"	MIAC Multi Event Championships	May 2, 2024
15	Horvath, Chando	SR-4	St. Catherine (Minn.)	11.15m	36' 7"	MIAC Outdoor Championships	May 10, 2024
16	Smith, Christian	FR-1	St. Benedict	11.05m	36' 3"	Minnesota State Open	Apr 12, 2024
17	Wright, Erica	FR-1	Saint Mary's (Minn.)	10.89m	35' 8.75"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
18	Banse, Grace	SO-2	Gustavus Adolphus	10.85m	35' 7.25"	MIAC Outdoor Championships	May 10, 2024
19	Carter, Lakesha	JR-3	Gustavus Adolphus	10.81m	35' 5.75"	Norse Invite	Apr 6, 2024
20	Travis, Miranda	SO-2	Concordia-Moorhead	10.74m	35' 3"	Viking Twilight	Apr 23, 2024
21	Lin, Jessica	FR-1	Macalester	10.59m	34' 9"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
22	Shinn, Ella	FR-1	Concordia-Moorhead	10.58m	34' 8.5"	Viking Twilight	Apr 23, 2024
23	Fuller, Laura	JR-3	Concordia-Moorhead	10.49m	34' 5"	Pacific Open	Mar 30, 2024
24	Roubinek, Graycee	FR-1	St. Olaf	10.48m	34' 4.75"	St. Olaf Ole Open	May 4, 2024
25	Torres, Alexis	JR-3	St. Benedict	10.46m	34' 4"	CSB/SJU Invitational & Mutli	Apr 19, 2024
26	Duncan, Olivia	FR-1	Gustavus Adolphus	10.38m	34' 0.75"	Norse Invite	Apr 6, 2024
27	Saifer, Rebekah	SR-4	St. Olaf	10.29m	33' 9.25"	St. Olaf Last Chance Multi's	May 15, 2024
28	Tracy, Brooke	SO-2	Hamline	10.20m	33' 5.75"	Hamline Invitational - Teams	Apr 6, 2024
29	Gromacki, Gabby	JR-3	Gustavus Adolphus	10.16m	33' 4"	Norse Invite	Apr 6, 2024
30	Irsfeld, Peyton	SR-4	St. Olaf	10.12m	33' 2.5"	UW-Platteville Invitational	Apr 12, 2024

Discus

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hunt, Jade	JR-3	Hamline	44.20m	145' 0"	Holst Invitational	Apr 20, 2024
2	Duncan, Olivia	FR-1	Gustavus Adolphus	43.85m	143' 10"	MIAC Outdoor Championships	May 10, 2024
3	Brennan, Kelley	JR-3	Gustavus Adolphus	43.30m	142' 1"	MIAC Outdoor Championships	May 10, 2024
4	Reed, Madison	SR-4	Hamline	40.69m	133' 6"	Meet of the UnSaintly	May 3, 2024
5	Brainer, Lexi	JR-3	Hamline	39.63m	130' 0"	Meet of the UnSaintly	May 3, 2024
6	Roubinek, Graycee	FR-1	St. Olaf	39.55m	129' 9"	MIAC Outdoor Championships	May 10, 2024
7	Wallengal, Morgan	JR-3	Saint Mary's (Minn.)	39.31m	129' 0"	Wash U Invite	Mar 29, 2024
8	Wilhelm, Nora	SO-2	Bethel (Minn.)	38.76m	127' 2"	Augustana College Midwest Final Qualifier	May 15, 2024
9	Mendez, Aries	SO-2	St. Olaf	38.07m	124' 11"	MIAC Outdoor Championships	May 10, 2024
10	Harriman, Elise	FR-1	St. Olaf	37.90m	124' 4"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
11	Dates, Desirae	SO-2	Hamline	37.80m	124' 0"	Holst Invitational	Apr 20, 2024
12	Onwuneme, Alysha	FR-1	Concordia-Moorhead	37.73m	123' 9"	AI Cassell Classic	Apr 12, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	Banse, Grace	SO-2	Gustavus Adolphus	37.04m	121' 6"	Maverick Open #1	May 1, 2024
13	Speratos, Anna	SO-2	Bethel (Minn.)	37.04m	121' 6"	Meet of the UnSaintly	May 3, 2024
15	Lighthill, Otelia	FR-1	St. Olaf	35.92m	117' 10"	St. Olaf Ole Open	May 4, 2024
16	Joos, Haley	SR-4	St. Benedict	35.78m	117' 5"	Hamline Invitational - Teams	Apr 6, 2024
17	Fuller, Laura	JR-3	Concordia-Moorhead	35.41m	116' 2"	Pacific Open	Mar 30, 2024
18	Engen, Ella	SO-2	St. Scholastica	34.76m	114' 0"	CSB/SJU Invitational & Mutli	Apr 19, 2024
19	Shinn, Ella	FR-1	Concordia-Moorhead	34.66m	113' 8"	Viking Twilight	Apr 23, 2024
19	Schlosser, Cailey	JR-3	Concordia-Moorhead	34.66m	113' 8"	Hamline Invitational - Teams	Apr 6, 2024
21	Irsfeld, Peyton	SR-4	St. Olaf	34.49m	113' 2"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
22	Smith, Christian	FR-1	St. Benedict	34.30m	112' 6"	Augustana College Midwest Final Qualifier	May 15, 2024
23	Horvath, Chando	SR-4	St. Catherine (Minn.)	34.26m	112' 5"	Bethel Invitational	Apr 13, 2024
24	Bishop, Savannah	FR-1	St. Scholastica	33.38m	109' 6"	Maverick Open #1	May 1, 2024
25	Hoffman, Rebecca	FR-1	Gustavus Adolphus	33.08m	108' 6"	Drake Alternative	Apr 27, 2024
26	Hanson, Olivia	FR-1	Concordia-Moorhead	32.66m	107' 2"	Viking Twilight	Apr 23, 2024
27	Lenz, Leah	FR-1	Concordia-Moorhead	32.62m	107' 0"	Viking Twilight	Apr 23, 2024
28	Wright, Erica	FR-1	Saint Mary's (Minn.)	31.98m	104' 11"	Mississippi River Rumble	Apr 6, 2024
29	Jackman, Sydney	JR-3	Saint Mary's (Minn.)	31.31m	102' 9"	Mississippi River Rumble	Apr 6, 2024
30	Lin, Jessica	FR-1	Macalester	31.20m	102' 4"	Minnesota State Open	Apr 12, 2024

Hammer

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Bencke, Lily	SR-4	St. Scholastica	60.06m	197' 0"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
2	Kubes, Samantha	SR-4	Saint Mary's (Minn.)	51.29m	168' 3"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
3	Reed, Madison	SR-4	Hamline	51.20m	168' 0"	Augustana College Midwest Final Qualifier	May 15, 2024
4	Brennan, Kelley	JR-3	Gustavus Adolphus	50.87m	166' 11"	MIAC Outdoor Championships	May 10, 2024
5	Brainer, Lexi	JR-3	Hamline	49.34m	161' 10"	Gary Wilson Invitational	Apr 24, 2024
6	Speratos, Anna	SO-2	Bethel (Minn.)	49.13m	161' 2"	MIAC Outdoor Championships	May 10, 2024
7	Wilhelm, Nora	SO-2	Bethel (Minn.)	48.94m	160' 7"	MIAC Outdoor Championships	May 10, 2024
8	Wallendal, Morgan	JR-3	Saint Mary's (Minn.)	48.18m	158' 1"	MIAC Outdoor Championships	May 10, 2024
9	Engen, Ella	SO-2	St. Scholastica	45.64m	149' 9"	MIAC Outdoor Championships	May 10, 2024
10	Stritesky, Ella	SO-2	St. Scholastica	45.44m	149' 1"	MIAC Outdoor Championships	May 10, 2024
11	Bosman, Neenah	JR-3	Carleton	45.23m	148' 5"	Carleton Relays	Apr 20, 2024
12	Kangas, Brooke	JR-3	Concordia-Moorhead	44.78m	146' 11"	Pacific Open	Mar 30, 2024
13	Horvath, Chando	SR-4	St. Catherine (Minn.)	44.24m	145' 2"	St. Thomas Joe Sweeney Invitational	May 1, 2024
14	Joos, Haley	SR-4	St. Benedict	43.84m	143' 10"	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Becker, Anna	JR-3	Saint Mary's (Minn.)	43.33m	142' 2"	Augustana College Midwest Final Qualifier	May 15, 2024
15	Nelson, Nicole	SR-4	Gustavus Adolphus	43.33m	142' 2"	Drake Alternative	Apr 27, 2024
17	Lin, Jessica	FR-1	Macalester	42.81m	140' 5"	Meet of the UnSaintly	May 3, 2024
18	Irsfeld, Peyton	SR-4	St. Olaf	42.73m	140' 2"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
19	Tracy, Brooke	SO-2	Hamline	42.66m	139' 11"	Meet of the UnSaintly	May 3, 2024
20	Fuller, Laura	JR-3	Concordia-Moorhead	40.15m	131' 9"	Hamline Invitational - Teams	Apr 6, 2024
21	Hoffman, Rebecca	FR-1	Gustavus Adolphus	39.90m	130' 11"	Maverick Open #2	May 3, 2024
22	Hunt, Jade	JR-3	Hamline	39.60m	129' 11"	Redlands Invitational	Mar 15, 2024
23	Duncan, Olivia	FR-1	Gustavus Adolphus	38.87m	127' 6"	Maverick Open #2	May 3, 2024
24	Roubinek, Graycee	FR-1	St. Olaf	37.32m	122' 5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
25	Smith, Christian	FR-1	St. Benedict	37.11m	121' 9"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
26	Johnson, Savana	SO-2	Saint Mary's (Minn.)	36.38m	119' 4"	SMU Cardinal Invitational	Apr 13, 2024
27	Althoff, Abby	JR-3	St. Catherine (Minn.)	35.92m	117' 10"	Carleton Relays	Apr 20, 2024
28	Blake, Romona-Shae	SO-2	Hamline	35.86m	117' 8"	St. Thomas Joe Sweeney Invitational	May 1, 2024
29	Boelter, Ella	SO-2	Bethel (Minn.)	35.83m	117' 7"	CSB/SJU Invitational & Mutli	Apr 19, 2024
30	Lighthill, Otelia	FR-1	St. Olaf	35.58m	116' 9"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024

Javelin

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Gruba, Genevieve	FR-1	Concordia-Moorhead	40.22m	131' 11"	114th Drake Relays	Apr 24, 2024
2	Hobby, Sarah Beth	SR-4	Macalester	39.30m	128' 11"	MIAC Multi Event Championships	May 2, 2024
3	Swenson, Abbie	SR-4	Bethel (Minn.)	39.15m	128' 5"	Bethel Invitational	Apr 13, 2024
4	Carter, Lakesha	JR-3	Gustavus Adolphus	38.85m	127' 5"	Norse Invite	Apr 6, 2024
5	Floren, Justus	JR-3	St. Benedict	37.59m	123' 4"	MIAC Multi Event Championships	May 2, 2024
6	Anderson, Regan	JR-3	Concordia-Moorhead	37.09m	121' 8"	MIAC Outdoor Championships	May 10, 2024
7	Boroughs, Brooke	FR-1	Macalester	36.00m	118' 1"	Wartburg Outdoor Select	Apr 5, 2024
7	Roubinek, Graycee	FR-1	St. Olaf	36.00m	118' 1"	MIAC Outdoor Championships	May 10, 2024
9	Wohlens, Reagan	FR-1	Concordia-Moorhead	35.03m	114' 11"	Hamline Invitational - Teams	Apr 6, 2024
10	Gromacki, Gabby	JR-3	Gustavus Adolphus	34.83m	114' 3"	Gustie Twilight	Apr 17, 2024
11	Schei, Isabella	FR-1	Saint Mary's (Minn.)	33.56m	110' 1"	Phil Esten Challenge	Apr 19, 2024
12	Lacy, Anna	FR-1	Gustavus Adolphus	33.49m	109' 10"	MIAC Outdoor Championships	May 10, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	Luehrs, Jensen	SR-4	Gustavus Adolphus	33.24m	109' 1"	Norse Invite	Apr 6, 2024
14	Young, Ella	SR-4	St. Benedict	32.42m	106' 4"	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Ciarrochi, Grace	FR-1	Concordia-Moorhead	32.19m	105' 7"	Dewey Donat Classic	Apr 20, 2024
16	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	31.88m	104' 7"	MIAC Multi Event Championships	May 2, 2024
17	Martin, Erin	SR-4	St. Benedict	31.68m	103' 11"	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	Mendez, Aries	SO-2	St. Olaf	31.39m	103' 0"	St. Olaf Ole Open	May 4, 2024
19	Werk, Aubrie	SR-4	Concordia-Moorhead	31.31m	102' 9"	MIAC Outdoor Championships	May 10, 2024
19	Sealock, Kelsie	JR-3	Bethel (Minn.)	31.31m	102' 9"	MIAC Outdoor Championships	May 10, 2024
21	Myatt, Tessa	FR-1	Macalester	29.80m	97' 9"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
22	Salfer, Rebekah	SR-4	St. Olaf	28.79m	94' 5"	St. Olaf Last Chance Multi's	May 15, 2024
23	Wright, Erica	FR-1	Saint Mary's (Minn.)	28.57m	93' 9"	Maverick Open #1	May 1, 2024
24	Schlosser, Cailey	JR-3	Concordia-Moorhead	28.50m	93' 6"	CSB/SJU Invitational & Mutli	Apr 19, 2024
25	Scholten, Hailey	SO-2	Bethel (Minn.)	27.84m	91' 4"	MIAC Multi Event Championships	May 2, 2024
26	Wolsky, Haley	FR-1	Concordia-Moorhead	27.50m	90' 3"	AI Cassell Classic	Apr 12, 2024
27	Sekely, Lauren	FR-1	Concordia-Moorhead	27.30m	89' 7"	CSB/SJU Invitational & Mutli	Apr 19, 2024
28	Joerger, Ali	JR-3	Gustavus Adolphus	27.00m	88' 7"	Bethel Invitational	Apr 13, 2024
29	Terwedo, Drea	FR-1	St. Benedict	26.19m	85' 11"	MIAC Multi Event Championships	May 2, 2024
30	Hamilton, Elizabeth	FR-1	St. Scholastica	25.35m	83' 2"	Hamline Invitational - Teams	Apr 6, 2024

Heptathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Nelson, AnnaGrace	JR-3	Bethel (Minn.)	4264	MIAC Multi Event Championships	May 2, 2024
2	Floren, Justus	JR-3	St. Benedict	4172	MIAC Multi Event Championships	May 2, 2024
3	Hobby, Sarah Beth	SR-4	Macalester	4003	MIAC Multi Event Championships	May 2, 2024
4	Kalevik, Jenna	JR-3	Concordia-Moorhead	3987	MIAC Multi Event Championships	May 2, 2024
5	Salfer, Rebekah	SR-4	St. Olaf	3920	MIAC Multi Event Championships	May 2, 2024
6	Hernes, Ellie	SO-2	Bethel (Minn.)	3815	MIAC Multi Event Championships	May 2, 2024
7	Scholten, Hailey	SO-2	Bethel (Minn.)	3660	MIAC Multi Event Championships	May 2, 2024
8	Selisker, Ellie	SR-4	St. Benedict	3623	MIAC Multi Event Championships	May 2, 2024
9	Pfeiffer, Ruth	SR-4	St. Olaf	3594	St. Olaf Last Chance Multi's	May 15, 2024
10	Poore, Riki	SR-4	St. Olaf	3538	St. Olaf Last Chance Multi's	May 15, 2024
11	Ciarrochi, Grace	FR-1	Concordia-Moorhead	3413	MIAC Multi Event Championships	May 2, 2024
12	Hannah, Gabrielle	JR-3	Hamline	3212	MIAC Multi Event Championships	May 2, 2024
13	Klein, Aubree	FR-1	St. Olaf	3210	MIAC Multi Event Championships	May 2, 2024
14	Moe, Hannah	SO-2	Bethel (Minn.)	3177	MIAC Multi Event Championships	May 2, 2024
15	Terwedo, Drea	FR-1	St. Benedict	3123	MIAC Multi Event Championships	May 2, 2024
16	Holman, Ququ	SR-4	St. Olaf	3063	St. Olaf Last Chance Multi's	May 15, 2024
17	Kroschel, Karla	SR-4	St. Olaf	3023	St. Olaf Last Chance Multi's	May 15, 2024
18	Trojan, Emma	FR-1	Carleton	2957	MIAC Multi Event Championships	May 2, 2024
19	Witham, Frankie	FR-1	Hamline	2798	MIAC Multi Event Championships	May 2, 2024
20	Kaeppe, Summer	SO-2	Gustavus Adolphus	2620	MIAC Multi Event Championships	May 2, 2024
21	Makem Ratzinger, Joel	FR-1	St. Benedict	2610	MIAC Multi Event Championships	May 2, 2024
22	Iverson, Hope	FR-1	Bethel (Minn.)	2096	MIAC Multi Event Championships	May 2, 2024