



MIAC Outdoor Performance List

100 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Young, Zari	FR-1	Saint Mary's (Minn.)	11.88	MIAC Outdoor Championships	May 9, 2025	2.0
2	Babalola, Jireh	SR-4	Bethel (Minn.)	11.91	Gary Wilson Invitational	Apr 23, 2025	3.2
3	Carlson, Kate	SR-4	Gustavus Adolphus	11.96	MIAC Outdoor Championships	May 9, 2025	2.0
4	Rengo, Emily	JR-3	Concordia-Moorhead	12.10	MIAC Outdoor Championships	May 9, 2025	2.0
5	Rogahn-Press, Ariella	FR-1	Macalester	12.18	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	2.0
6	Sandman, Andie	SO-2	Concordia-Moorhead	12.28	MIAC Outdoor Championships	May 9, 2025	2.0
7	Munson, Samantha	JR-3	Saint Mary's (Minn.)	12.29	MIAC Outdoor Championships	May 9, 2025	2.0
8	Siems, Claire	FR-1	Hamline	12.48	MIAC Outdoor Championships	May 9, 2025	2.0
9	Kaping, Raina	SO-2	Bethel (Minn.)	12.50	MIAC Outdoor Championships	May 9, 2025	2.0
10	Maki, Autumn	FR-1	Bethel (Minn.)	12.53	Bethel Invitational	Apr 12, 2025	2.0
11	Beckley, Claire	FR-1	Macalester	12.57	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	2.0
12	Fynboh, Lydia	SO-2	Concordia-Moorhead	12.66	Cobber Open	May 3, 2025	2.2
13	Paulson, Ella	FR-1	Bethel (Minn.)	12.67	Meet of the UnSainty	Apr 30, 2025	0.9
14	Stacy, Allison	FR-1	Gustavus Adolphus	12.72	Gustie Twilight	Apr 16, 2025	+0.0
14	Fink, Ava	JR-3	St. Scholastica	12.72	Bethel Invitational	Apr 12, 2025	2.0
16	Torres, Melissa	FR-1	Saint Mary's (Minn.)	12.87	SMU Cardinal Invitational - College Entries	Apr 12, 2025	3.1
17	Osborne, Piper	SO-2	Concordia-Moorhead	12.88	NDSU Spring Classic	Apr 11, 2025	4.3
18	Jaeckle, Izzi	FR-1	St. Olaf	12.89	St. Olaf Ole Open	May 3, 2025	-0.5
19	Gries, Anna	FR-1	St. Benedict	12.91	CSB/SJU Easter Track Meet	Apr 17, 2025	2.4
19	Coleman, Brynley	FR-1	Concordia-Moorhead	12.91	Viking Twilight	Apr 22, 2025	4.5
21	Temeh, Kebeh	SO-2	Hamline	12.93	Meet of the UnSainty	Apr 30, 2025	1.7
22	Schneider, Alexi	FR-1	Hamline	12.97	Meet of the UnSainty	Apr 30, 2025	1.7
23	Buntrock, Grace	SO-2	St. Benedict	13.00	Meet of the UnSainty	Apr 30, 2025	0.9
24	Kubichka, Rachael	SO-2	Saint Mary's (Minn.)	13.01	MIAC Outdoor Championships	May 9, 2025	1.2
24	Luetmer, McKenzie	SO-2	Gustavus Adolphus	13.01	Gustie Twilight	Apr 16, 2025	1.1
26	Herweijer, Sophie	FR-1	St. Olaf	13.02	Dick & Mary Johnson Invite	Apr 26, 2025	0.3
27	Munson, McKenzie	JR-3	Saint Mary's (Minn.)	13.03	SMU Cardinal Invitational - College Entries	Apr 12, 2025	3.1
28	Nelson, Myah	JR-3	St. Benedict	13.07	Meet of the UnSainty	Apr 30, 2025	1.7
29	Iverson, Hope	SO-2	Bethel (Minn.)	13.10	Bethel Invitational	Apr 12, 2025	0.5
30	Barrett, Addyson	FR-1	Hamline	13.13	Gary Wilson Invitational	Apr 23, 2025	3.2

200 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Geraets, Megan	SR-4	Gustavus Adolphus	23.96	St. Olaf Ole Open	May 3, 2025	2.4
2	Rogahn-Press, Ariella	FR-1	Macalester	24.55	Georgia Tech Invitational	Apr 18, 2025	-0.4
3	Carlson, Kate	SR-4	Gustavus Adolphus	24.69	MIAC Outdoor Championships	May 9, 2025	-1.2
4	Stellmach, Sarah	JR-3	Bethel (Minn.)	24.82	Gary Wilson Invitational	Apr 23, 2025	2.8
5	Rengo, Emily	JR-3	Concordia-Moorhead	24.97	Phil Esten Challenge	Apr 17, 2025	1.7
6	Babalola, Jireh	SR-4	Bethel (Minn.)	25.11	Gary Wilson Invitational	Apr 23, 2025	3.9
7	Sandman, Andie	SO-2	Concordia-Moorhead	25.38	MIAC Outdoor Championships	May 9, 2025	-0.3
8	Munson, Samantha	JR-3	Saint Mary's (Minn.)	25.45	MIAC Outdoor Championships	May 9, 2025	-1.2
8	Jaeckle, Izzi	FR-1	St. Olaf	25.45	St. Olaf Ole Open	May 3, 2025	2.4
10	Young, Zari	FR-1	Saint Mary's (Minn.)	25.84	MIAC Outdoor Championships	May 9, 2025	-1.2
11	Kalevik, Jenna	SR-4	Concordia-Moorhead	25.95	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	1.8
12	Hookom, Allison	JR-3	Augsburg	26.02	Gary Wilson Invitational	Apr 23, 2025	1.7
13	Stacy, Allison	FR-1	Gustavus Adolphus	26.04	MIAC Outdoor Championships	May 9, 2025	-0.5
14	Siems, Claire	FR-1	Hamline	26.09	Bethel Invitational	Apr 12, 2025	1.1
15	Nygaard, Kyla	JR-3	Concordia-Moorhead	26.16	NDSU Spring Classic	Apr 11, 2025	4.4
16	Larson, Mara	JR-3	St. Olaf	26.21	MIAC Outdoor Championships	May 9, 2025	-1.2
17	Storbakken, Emma	SR-4	St. Olaf	26.23	MIAC Outdoor Championships	May 9, 2025	-0.5
18	Beckley, Claire	FR-1	Macalester	26.33	Wartburg Outdoor Select	Apr 4, 2025	4.8
19	Gries, Anna	FR-1	St. Benedict	26.46	Bethel Invitational	Apr 12, 2025	0.1
19	Warner, Emma	FR-1	Concordia-Moorhead	26.46	NDSU Spring Classic	Apr 11, 2025	5.2
21	Torres, Melissa	FR-1	Saint Mary's (Minn.)	26.58	MIAC Outdoor Championships	May 9, 2025	-0.5
22	Luetmer, McKenzie	SO-2	Gustavus Adolphus	26.60	Drake Alternative	Apr 26, 2025	1.9
23	Selle, Peyton	SR-4	Concordia-Moorhead	26.62	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	1.8
24	Kusch, Charlotte	FR-1	Carleton	26.63	Mangrum Invitational	Mar 28, 2025	0.6
25	Fink, Ava	JR-3	St. Scholastica	26.64	University of St. Thomas East Invite	Apr 17, 2025	4.4
26	Revoir, Ava	FR-1	St. Benedict	26.65	Bethel Invitational	Apr 12, 2025	0.1
27	Feldman, Allee	FR-1	St. Benedict	26.73	MIAC Outdoor Championships	May 9, 2025	-0.5
27	Lindner, Sarrah	JR-3	Gustavus Adolphus	26.73	Drake Alternative	Apr 26, 2025	1.9
29	Pelowski, Madi	JR-3	Bethel (Minn.)	26.74	Bethel Invitational	Apr 12, 2025	0.3
30	Coleman, Brynley	FR-1	Concordia-Moorhead	26.78	Bison Open	Apr 24, 2025	3.5
30	Shercliffe, Meg	SR-4	Concordia-Moorhead	26.78	NDSU Spring Classic	Apr 11, 2025	5.2

400 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Geraets, Megan	SR-4	Gustavus Adolphus	53.87	MIAC Outdoor Championships	May 9, 2025
2	Rogahn-Press, Ariella	FR-1	Macalester	53.88	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
3	Sulungaine, Shalom	SO-2	Bethel (Minn.)	54.69	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
4	Hookom, Allison	JR-3	Augsburg	56.27	Bethel Invitational	Apr 12, 2025
5	Nygaard, Kyla	JR-3	Concordia-Moorhead	56.83	CSB/SJU Easter Track Meet	Apr 17, 2025
6	Stellmach, Sarah	JR-3	Bethel (Minn.)	56.86	MIAC Outdoor Championships	May 9, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
7	Rengo, Emily	JR-3	Concordia-Moorhead	57.24	Cobber Open	May 3, 2025
8	Pelowski, Madi	JR-3	Bethel (Minn.)	57.89	UWL Final Qualifier	May 14, 2025
9	Gregg, Hailey	SR-4	Bethel (Minn.)	58.07	Bethel Invitational	Apr 12, 2025
10	Swenson, Abbie	SR-4	Bethel (Minn.)	58.61	MIAC Outdoor Championships	May 9, 2025
11	Jaeckle, Izzi	FR-1	St. Olaf	58.64	Meet of the UnSaintly	Apr 30, 2025
12	Revoir, Ava	FR-1	St. Benedict	58.69	Bethel Invitational	Apr 12, 2025
13	Luetmer, McKenzie	SO-2	Gustavus Adolphus	58.79	MIAC Outdoor Championships	May 9, 2025
14	Mickelson, Nora	SO-2	St. Olaf	59.43	St. Olaf Ole Open	May 3, 2025
15	DiNardo, Molly	SO-2	St. Olaf	59.64	St. Olaf Ole Open	May 3, 2025
16	Bradley, Anabel	SO-2	Hamline	59.76	Meet of the UnSaintly	Apr 30, 2025
17	Shercliffe, Meg	SR-4	Concordia-Moorhead	59.96	NDSU Spring Classic	Apr 11, 2025
18	Storbakken, Emma	SR-4	St. Olaf	59.97	Meet of the UnSaintly	Apr 30, 2025
19	Warner, Emma	FR-1	Concordia-Moorhead	1:00.02	MIAC Outdoor Championships	May 9, 2025
20	Beckley, Claire	FR-1	Macalester	1:00.12	St. Olaf Ole Open	May 3, 2025
21	Dean, Morgan	JR-3	Bethel (Minn.)	1:00.15	MIAC Outdoor Championships	May 9, 2025
22	Rydberg, Arissa	FR-1	Bethel (Minn.)	1:00.33	Meet of the UnSaintly	Apr 30, 2025
23	Wilson, Rachael	JR-3	St. Olaf	1:00.35	St. Olaf Ole Open	May 3, 2025
24	Larson, Mara	JR-3	St. Olaf	1:00.41	St. Olaf Ole Open	May 3, 2025
25	Kusch, Charlotte	FR-1	Carleton	1:01.01	Carleton Relays	Apr 19, 2025
26	Dauner, Emma	SO-2	St. Olaf	1:01.04	Dick & Mary Johnson Invite	Apr 26, 2025
27	Mair, Aubrey	SR-4	Gustavus Adolphus	1:01.08	Gustie Twilight	Apr 16, 2025
28	Knapp, Emerson	SR-4	St. Benedict	1:01.31	CSB/SJU Easter Track Meet	Apr 17, 2025
29	Stacy, Allison	FR-1	Gustavus Adolphus	1:01.36	Drake Alternative	Apr 26, 2025
30	Wilkins, Hadley	JR-3	Macalester	1:01.49	Meet of the UnSaintly	Apr 30, 2025

800 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	JR-3	St. Olaf	2:09.44	MIAC Outdoor Championships	May 9, 2025
2	Nygaard, Kyla	JR-3	Concordia-Moorhead	2:11.36	Midwest Twilight Final Qualifier	May 14, 2025
3	Erickson, Lara	SR-4	Carleton	2:13.13	MIAC Outdoor Championships	May 9, 2025
4	Hookom, Allison	JR-3	Augsburg	2:16.21	University of St. Thomas East Invite	Apr 17, 2025
5	Bradley, Anabel	SO-2	Hamline	2:16.36	MIAC Outdoor Championships	May 9, 2025
6	Abernethy, Sophie	SR-4	St. Olaf	2:17.54	St. Olaf Ole Open	May 3, 2025
7	Sulungaine, Shalom	SO-2	Bethel (Minn.)	2:17.75	Hamline Invitational - Teams	Apr 5, 2025
8	Frolek, Drew	SR-4	Concordia-Moorhead	2:18.07	MIAC Outdoor Championships	May 9, 2025
9	Fromm, Jules	SR-4	St. Olaf	2:18.11	St. Olaf Ole Open	May 3, 2025
10	Radaich, Taylor	SO-2	St. Benedict	2:18.30	UWL Final Qualifier	May 14, 2025
11	DiNardo, Molly	SO-2	St. Olaf	2:18.33	MIAC Outdoor Championships	May 9, 2025
12	Mickelson, Nora	SO-2	St. Olaf	2:18.46	MIAC Outdoor Championships	May 9, 2025
13	Wilkins, Hadley	JR-3	Macalester	2:18.86	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
14	Mair, Aubrey	SR-4	Gustavus Adolphus	2:19.07	Drake Alternative	Apr 26, 2025
15	Slavin, Mya	FR-1	Saint Mary's (Minn.)	2:19.55	Maverick Open #2	May 2, 2025
16	Landis, Ella	JR-3	St. Olaf	2:19.68	Carleton Relays	Apr 19, 2025
17	Gernandt, Ruby	SR-4	Bethel (Minn.)	2:19.69	Meet of the UnSaintyly	Apr 30, 2025
18	Erickson, Siri	SO-2	St. Olaf	2:20.06	St. Olaf Ole Open	May 3, 2025
19	Kusch, Charlotte	FR-1	Carleton	2:20.09	Meet of the UnSaintyly	Apr 30, 2025
20	Walukas, Kailyn	SR-4	Gustavus Adolphus	2:20.54	Drake Alternative	Apr 26, 2025
21	DeWitt, Regan	SO-2	St. Scholastica	2:21.02	University of St. Thomas East Invite	Apr 17, 2025
22	Smith, Kalli	SR-4	St. Benedict	2:21.36	Meet of the UnSaintyly	Apr 30, 2025
23	Brooks, Mariah	FR-1	St. Benedict	2:23.18	MIAC Outdoor Championships	May 9, 2025
24	Sieck, Kayla	JR-3	St. Olaf	2:23.44	Meet of the UnSaintyly	Apr 30, 2025
25	Baumann, Brooke	JR-3	Hamline	2:23.66	Gary Wilson Invitational	Apr 23, 2025
26	Lyngen, Lucy	SR-4	St. Benedict	2:23.96	Bethel Invitational	Apr 12, 2025
27	Carlson, Sofia	SR-4	St. Olaf	2:24.17	Bethel Invitational	Apr 12, 2025
28	Wilson, Rachael	JR-3	St. Olaf	2:24.38	Meet of the UnSaintyly	Apr 30, 2025
29	Nevo, Timna	SO-2	Macalester	2:25.21	St. Olaf Ole Open	May 3, 2025
30	Marx, Kayla	FR-1	Carleton	2:25.25	Mangrum Invitational	Mar 28, 2025

1500 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Wyatt, Isabel	JR-3	St. Olaf	4:34.25	St. Olaf Ole Open	May 3, 2025
2	Bode, Alison	SR-4	St. Olaf	4:35.42	St. Olaf Ole Open	May 3, 2025
3	Abernethy, Sophie	SR-4	St. Olaf	4:37.23	Meet of the UnSaintyly	Apr 30, 2025
4	McManus, Sophie	SR-4	Carleton	4:39.91	Meet of the UnSaintyly	Apr 30, 2025
5	Larsen, Aliya	JR-3	Carleton	4:43.10	Carleton Relays	Apr 19, 2025
6	Landis, Ella	JR-3	St. Olaf	4:45.80	Meet of the UnSaintyly	Apr 30, 2025
7	Walukas, Kailyn	SR-4	Gustavus Adolphus	4:46.78	St. Olaf Ole Open	May 3, 2025
8	Fromm, Jules	SR-4	St. Olaf	4:47.00	Meet of the UnSaintyly	Apr 30, 2025
9	Walda, Lauren	JR-3	St. Olaf	4:47.47	MIAC Outdoor Championships	May 9, 2025
10	Erickson, Siri	SO-2	St. Olaf	4:47.68	Meet of the UnSaintyly	Apr 30, 2025
11	Fox, Kate	FR-1	Macalester	4:47.78	St. Olaf Ole Open	May 3, 2025
12	Erickson, Lara	SR-4	Carleton	4:48.47	Carleton Relays	Apr 19, 2025
13	Slavin, Mya	FR-1	Saint Mary's (Minn.)	4:48.63	MIAC Outdoor Championships	May 9, 2025
14	Lindquist, Abigale	FR-1	St. Olaf	4:50.03	MIAC Outdoor Championships	May 9, 2025
15	Henry-Perlich, Kelyn	FR-1	Concordia-Moorhead	4:50.61	MIAC Outdoor Championships	May 9, 2025
16	Frolek, Drew	SR-4	Concordia-Moorhead	4:50.63	Cobber Open	May 3, 2025
17	Coldren, Ivy	SO-2	Macalester	4:51.25	Meet of the UnSaintyly	Apr 30, 2025
18	Lamarre, Louisa	FR-1	St. Olaf	4:51.61	Meet of the UnSaintyly	Apr 30, 2025
19	Liston, Molly	JR-3	Gustavus Adolphus	4:51.71	Drake Alternative	Apr 26, 2025
20	McCormick, Grace	SO-2	St. Scholastica	4:52.73	Meet of the UnSaintyly	Apr 30, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
21	Lyngen, Lucy	SR-4	St. Benedict	4:53.42	MIAC Outdoor Championships	May 9, 2025
22	Smith, Kalli	SR-4	St. Benedict	4:53.57	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
23	O'Connor, Eileen	FR-1	St. Benedict	4:53.82	MIAC Outdoor Championships	May 9, 2025
24	Rowland, Libby	SR-4	Carleton	4:54.30	Carleton Relays	Apr 19, 2025
25	Cargill, Anna	SR-4	Bethel (Minn.)	4:54.82	MIAC Outdoor Championships	May 9, 2025
26	Gernandt, Ruby	SR-4	Bethel (Minn.)	4:55.12	MIAC Outdoor Championships	May 9, 2025
27	Timmerman, Megan	JR-3	St. Olaf	4:55.76	Gary Wilson Invitational	Apr 23, 2025
28	Ames, Londyn	SO-2	Concordia-Moorhead	4:56.12	MIAC Outdoor Championships	May 9, 2025
29	Kenney, Mary	JR-3	St. Benedict	4:56.25	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
30	McCloskey, Molly Kate	JR-3	St. Olaf	4:57.20	St. Olaf Ole Open	May 3, 2025

5000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Bode, Alison	SR-4	St. Olaf	17:04.08	Meet of the UnSaintly	Apr 30, 2025
2	Walda, Lauren	JR-3	St. Olaf	17:05.92	WashU Distance Carnival '25	Mar 27, 2025
3	McManus, Sophie	SR-4	Carleton	17:15.17	UW-Platteville Invitational	Apr 11, 2025
4	Larsen, Aliya	JR-3	Carleton	17:23.16	MIAC Outdoor Championships	May 9, 2025
5	Liston, Molly	JR-3	Gustavus Adolphus	17:52.08	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
6	Carlson, Sofia	SR-4	St. Olaf	18:06.11	WashU Distance Carnival '25	Mar 27, 2025
7	Kenney, Mary	JR-3	St. Benedict	18:07.51	Meet of the UnSaintly	Apr 30, 2025
8	Lyngen, Lucy	SR-4	St. Benedict	18:26.60	Meet of the UnSaintly	Apr 30, 2025
9	Coldren, Ivy	SO-2	Macalester	18:26.96	MIAC Outdoor Championships	May 9, 2025
10	McCormick, Grace	SO-2	St. Scholastica	18:31.22	MIAC Outdoor Championships	May 9, 2025
11	Ellis, Samantha	SO-2	Macalester	18:33.12	UW-Platteville Invitational	Apr 11, 2025
12	Bufkin, Abby	SO-2	St. Benedict	18:36.92	Meet of the UnSaintly	Apr 30, 2025
13	Nelson, Ashley	FR-1	Concordia-Moorhead	18:38.06	2025 Kip Janvrin Open	Apr 24, 2025
14	England, Arabella	FR-1	St. Olaf	18:40.49	Meet of the UnSaintly	Apr 30, 2025
15	McCloskey, Molly Kate	JR-3	St. Olaf	18:42.80	Meet of the UnSaintly	Apr 30, 2025
16	Moeller, Grace	JR-3	St. Olaf	18:45.51	WashU Distance Carnival '25	Mar 27, 2025
17	Timmerman, Megan	JR-3	St. Olaf	18:46.19	Meet of the UnSaintly	Apr 30, 2025
18	Lindquist, Abigale	FR-1	St. Olaf	18:46.73	Bethel Invitational	Apr 12, 2025
19	Slavin, Mya	FR-1	Saint Mary's (Minn.)	18:48.63	MIAC Outdoor Championships	May 9, 2025
20	O'Connor, Eileen	FR-1	St. Benedict	18:48.69	MIAC Outdoor Championships	May 9, 2025
21	Hart, Brooklyn	FR-1	Concordia-Moorhead	18:49.35	Midwest Twilight Final Qualifier	May 14, 2025
22	Hagen, Mollykate	SO-2	St. Scholastica	18:52.11	Meet of the UnSaintly	Apr 30, 2025
23	Nevo, Timna	SO-2	Macalester	18:55.77	UW-Platteville Invitational	Apr 11, 2025
24	Hagen, Sydney	SR-4	Gustavus Adolphus	18:57.37	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
25	Coyle, Sylvia	SR-4	Macalester	19:05.77	UW-Platteville Invitational	Apr 11, 2025
26	Larsen-Schmidt, Gracia	SR-4	St. Olaf	19:06.29	Meet of the UnSaintly	Apr 30, 2025
27	Zielsdorf, Natalie	JR-3	St. Benedict	19:14.92	Hamline Invitational - Teams	Apr 5, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
28	Tapajna, Abby	JR-3	Hamline	19:19.60	Meet of the UnSaintly	Apr 30, 2025
29	Babineau, Julia	SO-2	St. Benedict	19:20.66	Meet of the UnSaintly	Apr 30, 2025
30	Wood, Abby	FR-1	St. Scholastica	19:21.94	Meet of the UnSaintly	Apr 30, 2025

10,000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Bode, Alison	SR-4	St. Olaf	34:54.92	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
2	Larsen, Aliya	JR-3	Carleton	36:20.94	Drake Relays	Apr 23, 2025
3	Liston, Molly	JR-3	Gustavus Adolphus	39:08.61	MIAC Outdoor Championships	May 9, 2025
4	England, Arabella	FR-1	St. Olaf	39:22.55	Phil Esten Challenge	Apr 17, 2025
5	Nelson, Ashley	FR-1	Concordia-Moorhead	39:28.32	CSB/SJU Easter Track Meet	Apr 17, 2025
6	Hart, Brooklyn	FR-1	Concordia-Moorhead	39:46.21	MIAC Outdoor Championships	May 9, 2025
7	Gleason, Cate	SR-4	St. Olaf	39:48.29	Phil Esten Challenge	Apr 17, 2025
8	Bufkin, Abby	SO-2	St. Benedict	39:52.30	MIAC Outdoor Championships	May 9, 2025
9	McCloskey, Molly Kate	JR-3	St. Olaf	40:18.81	MIAC Outdoor Championships	May 9, 2025
10	Wood, Abby	FR-1	St. Scholastica	40:19.99	Phil Esten Challenge	Apr 17, 2025
11	Tapajna, Abby	JR-3	Hamline	40:31.01	Phil Esten Challenge	Apr 17, 2025
12	Weider, Elizabeth	FR-1	St. Olaf	40:56.68	Phil Esten Challenge	Apr 17, 2025
13	Hagen, Mollykate	SO-2	St. Scholastica	41:37.25	MIAC Outdoor Championships	May 9, 2025
14	Votruba, Maggie	SR-4	Carleton	41:44.65	Mangrum Invitational	Mar 28, 2025
15	Klobe, Kendra	SR-4	Saint Mary's (Minn.)	41:45.08	MIAC Outdoor Championships	May 9, 2025
16	Wermerskirchen, Grace	FR-1	Gustavus Adolphus	42:16.31	CSB/SJU Easter Track Meet	Apr 17, 2025
17	Larsen-Schmidt, Gracia	SR-4	St. Olaf	42:30.41	MIAC Outdoor Championships	May 9, 2025
18	Burshem, Ayva	JR-3	St. Benedict	42:54.13	MIAC Outdoor Championships	May 9, 2025
19	Merges, Kaline	FR-1	St. Benedict	43:10.69	CSB/SJU Easter Track Meet	Apr 17, 2025
20	Ransavage, Mia	FR-1	St. Olaf	43:10.83	MIAC Outdoor Championships	May 9, 2025
21	Olinger, Rachel	JR-3	St. Benedict	43:18.70	CSB/SJU Easter Track Meet	Apr 17, 2025
22	Tess, Emily	SR-4	St. Benedict	43:26.08	CSB/SJU Easter Track Meet	Apr 17, 2025
23	Harvey, Lily	SR-4	St. Catherine (Minn.)	43:41.83	CSB/SJU Easter Track Meet	Apr 17, 2025
24	Leibke, Tatum	JR-3	St. Benedict	45:05.48	CSB/SJU Easter Track Meet	Apr 17, 2025
25	Thompson, Hailley	JR-3	St. Benedict	45:45.27	CSB/SJU Easter Track Meet	Apr 17, 2025

100 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Sealock, Kelsie	SR-4	Bethel (Minn.)	13.80	Gary Wilson Invitational	Apr 23, 2025	3.0
2	Kalevik, Jenna	SR-4	Concordia-Moorhead	14.55	MIAC Outdoor Championships	May 9, 2025	-1.5
3	Thauvin, Laura	FR-1	Gustavus Adolphus	14.97	Drake Alternative	Apr 26, 2025	-1.6

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
4	Bingham, Hannah	FR-1	Bethel (Minn.)	15.10	Gary Wilson Invitational	Apr 23, 2025	1.2
5	Floren, Justus	SR-4	St. Benedict	15.17	2025 TLU D3 Challenge	Mar 21, 2025	2.2
6	Selle, Peyton	SR-4	Concordia-Moorhead	15.25	MIAC Multi Events	May 1, 2025	+0.0
7	Ostrem, Chloe	SO-2	St. Benedict	15.44	CSB/SJU Easter Track Meet	Apr 17, 2025	2.1
8	Podulke, Emily	FR-1	Gustavus Adolphus	15.46	MIAC Outdoor Championships	May 9, 2025	-1.5
9	Scholten, Hailey	SO-2	Bethel (Minn.)	15.90	MIAC Outdoor Championships	May 9, 2025	-1.5
10	Bodin, Gabby	SR-4	St. Catherine (Minn.)	15.91	St. Olaf Ole Open	May 3, 2025	0.2
11	Stahl, Chelsea	SO-2	Gustavus Adolphus	15.94	MIAC Outdoor Championships	May 9, 2025	1.5
12	Adelgren, Anya	SO-2	St. Benedict	16.04	Meet of the UnSaintly	Apr 30, 2025	1.2
13	Hernes, Ellie	JR-3	Bethel (Minn.)	16.09	Hamline Invitational - Teams	Apr 5, 2025	2.8
14	Myatt, Tessa	SO-2	Macalester	16.10	MIAC Multi Events	May 1, 2025	2.2
15	Robran, Aliyah	JR-3	Hamline	16.28	Meet of the UnSaintly	Apr 30, 2025	1.2
16	Hannah, Gabrielle	SR-4	Hamline	16.56	Meet of the UnSaintly	Apr 30, 2025	1.2
17	Kajer, Kayla	FR-1	Gustavus Adolphus	16.75	Gustie Twilight	Apr 16, 2025	-0.6
18	Tyvoll, Ally	SO-2	Bethel (Minn.)	16.79	MIAC Multi Events	May 1, 2025	1.7
18	Keech, Claire	JR-3	St. Olaf	16.79	MIAC Multi Events	May 1, 2025	1.7
18	Wolsky, Haley	SO-2	Concordia-Moorhead	16.79	Cobber Open	May 3, 2025	2.2
21	Askegaard, Lucy	FR-1	St. Olaf	16.85	Dick & Mary Johnson Invite	Apr 26, 2025	0.7
22	Lee, Maddox	JR-3	Gustavus Adolphus	17.12	MIAC Multi Events	May 1, 2025	1.7
23	Darling, Kiernan	SR-4	Concordia-Moorhead	17.21	CSB/SJU Easter Track Meet	Apr 17, 2025	2.1
24	Komastu, Maisy	FR-1	St. Benedict	17.26	MIAC Multi Events	May 1, 2025	2.2
25	Schuele, Emma	JR-3	St. Benedict	17.57	CSB/SJU Easter Track Meet	Apr 17, 2025	2.1
26	Sahly, Emma	SR-4	St. Olaf	17.60	MIAC Outdoor Championships	May 9, 2025	0.3
27	Evans, Kayla	FR-1	Bethel (Minn.)	17.65	MIAC Outdoor Championships	May 9, 2025	1.5
28	Hagberg, Annika	FR-1	St. Olaf	17.82	Dick & Mary Johnson Invite	Apr 26, 2025	-0.8
28	Ciarrochi, Grace	SO-2	Concordia-Moorhead	17.82	Bison Open	Apr 24, 2025	1.6
30	Koch, Emily	SO-2	St. Benedict	17.90	MIAC Multi Events	May 1, 2025	1.3
30	Klein, Aubree	SO-2	St. Olaf	17.90	MIAC Multi Events	May 1, 2025	1.3

400 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Sealock, Kelsie	SR-4	Bethel (Minn.)	1:00.80	MIAC Outdoor Championships	May 9, 2025
2	Kvant, Hannah	SO-2	Bethel (Minn.)	1:02.17	UWL Final Qualifier	May 14, 2025
3	Berg, Lauren	JR-3	St. Benedict	1:02.18	MIAC Outdoor Championships	May 9, 2025
4	Hookom, Allison	JR-3	Augsburg	1:03.54	MIAC Outdoor Championships	May 9, 2025
5	Bingham, Hannah	FR-1	Bethel (Minn.)	1:03.95	MIAC Outdoor Championships	May 9, 2025
6	Rochefford, Lauren	JR-3	Gustavus Adolphus	1:06.05	MIAC Outdoor Championships	May 9, 2025
7	Shercliffe, Meg	SR-4	Concordia-Moorhead	1:06.18	MIAC Outdoor Championships	May 9, 2025
8	Baumann, Brooke	JR-3	Hamline	1:07.18	Meet of the UnSaintly	Apr 30, 2025
9	Ostrem, Chloe	SO-2	St. Benedict	1:07.22	CSB/SJU Easter Track Meet	Apr 17, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
10	Robran, Aliyah	JR-3	Hamline	1:07.26	Meet of the UnSaintly	Apr 30, 2025
11	Aurelius, Andreiana	SR-4	Hamline	1:08.30	Gary Wilson Invitational	Apr 23, 2025
12	Adelgren, Anya	SO-2	St. Benedict	1:08.62	Bethel Invitational	Apr 12, 2025
13	Podulke, Emily	FR-1	Gustavus Adolphus	1:08.90	Gustie Twilight	Apr 16, 2025
14	Sahly, Emma	SR-4	St. Olaf	1:09.13	MIAC Outdoor Championships	May 9, 2025
15	Makem Ratzinger, Joel	SO-2	St. Benedict	1:09.62	Meet of the UnSaintly	Apr 30, 2025
16	Worry, Megan	FR-1	Macalester	1:09.67	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
17	Rowland, Libby	SR-4	Carleton	1:09.86	Carleton Relays	Apr 19, 2025
18	Scholten, Hailey	SO-2	Bethel (Minn.)	1:10.15	MIAC Outdoor Championships	May 9, 2025
19	Eskin, Ruby	FR-1	Augsburg	1:11.74	Meet of the UnSaintly	Apr 30, 2025
20	Shirley, Ava	JR-3	St. Olaf	1:13.58	University of St. Thomas East Invite	Apr 17, 2025
21	Evans, Kayla	FR-1	Bethel (Minn.)	1:14.92	Hamline Invitational - Teams	Apr 5, 2025
22	Schuele, Emma	JR-3	St. Benedict	1:17.02	MIAC Outdoor Championships	May 9, 2025
23	Moeller, Grace	JR-3	St. Olaf	1:18.18	St. Olaf Ole Open	May 3, 2025
24	Johnson, Isabelle	JR-3	Concordia-Moorhead	1:23.66	MIAC Outdoor Championships	May 9, 2025
25	Otero-Ortiz, Tatiana	SO-2	Hamline	1:30.88	Gustie Twilight	Apr 16, 2025

3000 Steeplechase

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	McManus, Sophie	SR-4	Carleton	10:45.19	MIAC Outdoor Championships	May 9, 2025
2	Daley, Nora	SO-2	Carleton	11:07.39	MIAC Outdoor Championships	May 9, 2025
3	Rowland, Libby	SR-4	Carleton	11:15.66	Mangrum Invitational	Mar 28, 2025
4	Kenney, Mary	JR-3	St. Benedict	11:17.98	MIAC Outdoor Championships	May 9, 2025
5	Moeller, Grace	JR-3	St. Olaf	11:20.68	MIAC Outdoor Championships	May 9, 2025
6	Smith, Kalli	SR-4	St. Benedict	11:23.77	MIAC Outdoor Championships	May 9, 2025
7	Henry-Perlich, Kelyn	FR-1	Concordia-Moorhead	11:25.20	MIAC Outdoor Championships	May 9, 2025
8	Carlson, Sofia	SR-4	St. Olaf	11:36.32	Gary Wilson Invitational	Apr 23, 2025
9	Coldren, Ivy	SO-2	Macalester	11:57.42	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
10	Babineau, Julia	SO-2	St. Benedict	12:00.14	MIAC Outdoor Championships	May 9, 2025
11	Ellis, Samantha	SO-2	Macalester	12:01.87	Wartburg Outdoor Select	Apr 4, 2025
12	Witschen, Anabella	SO-2	St. Benedict	12:03.60	Meet of the UnSaintly	Apr 30, 2025
13	Hay, Anna	SR-4	Bethel (Minn.)	12:05.74	Bethel Invitational	Apr 12, 2025
14	Leiner, Willemijn	FR-1	St. Olaf	12:07.09	Gary Wilson Invitational	Apr 23, 2025
15	Johnson, Aerial	SR-4	Concordia-Moorhead	12:28.16	MIAC Outdoor Championships	May 9, 2025
16	McCormick, Grace	SO-2	St. Scholastica	12:50.77	University of St. Thomas East Invite	Apr 17, 2025
17	Tess, Emily	SR-4	St. Benedict	13:00.55	MIAC Outdoor Championships	May 9, 2025
18	Brooks, Mariah	FR-1	St. Benedict	13:08.46	CSB/SJU Optimistic Meet	Mar 28, 2025
19	Breuer, Shannon	JR-3	St. Olaf	13:15.53	Meet of the UnSaintly	Apr 30, 2025
20	Goergen, Katherine	FR-1	Saint Mary's (Minn.)	13:25.05	SMU Cardinal Invitational - College Entries	Apr 12, 2025
21	Williamschen, Alyse	FR-1	St. Benedict	13:41.39	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
22	VanMarel, Katelyn	SO-2	St. Benedict	14:16.98	CSB/SJU Easter Track Meet	Apr 17, 2025
23	Otero-Ortiz, Tatiana	SO-2	Hamline	14:54.71	Meet of the UnSaintly	Apr 30, 2025

4 x 100 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	47.40	Babalola, Kaping, Maki, Swenson	MIAC Outdoor Championships	May 9, 2025
2	Gustavus Adolphus	47.52	Stacy, Geraets, Thauvin, Carlson	MIAC Outdoor Championships	May 9, 2025
3	Concordia-Moorhead	47.81	Sandman, Rengo, Osborne, Nygaard	MIAC Outdoor Championships	May 9, 2025
4	Saint Mary's (Minn.)	48.09	Young, Munson, Torres, Munson	MIAC Outdoor Championships	May 9, 2025
5	Macalester	48.90	Rogahn-Press, Beckley, Wilson, Cunningham	MIAC Outdoor Championships	May 9, 2025
6	St. Benedict	49.32	Buntrock, Gries, Nelson, Floren	MIAC Outdoor Championships	May 9, 2025
7	Hamline	49.68	Temeh, Siems, Hoffmann, Schneider	MIAC Outdoor Championships	May 9, 2025
8	St. Olaf	49.70	Herweijer, Storbakken, Matre, Jaeckle	MIAC Outdoor Championships	May 9, 2025
9	St. Scholastica	50.02	Wick, Nelson, Ellefson, Fink	Meet of the UnSaintly	Apr 30, 2025
10	Augsburg	50.82	Campbell, Griffin, Eskin, Hookom	Meet of the UnSaintly	Apr 30, 2025
11	Carleton	51.94	Islam, Musa, Baranov, Kusch	MIAC Outdoor Championships	May 9, 2025

4 x 200 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	1:42.86	Sandman, Rengo, Osborne, Nygaard	Drake Relays	Apr 23, 2025
2	Hamline	1:48.29	Temeh, Siems, Barrett, Schneider	Gustie Twilight	Apr 16, 2025
3	Gustavus Adolphus	1:54.31	Kienitz, Podulke, Jensen, Kennedy	Gustie Twilight	Apr 16, 2025

4 x 400 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:45.80	Sealock, Swenson, Gregg, Sulungaine	UWL Final Qualifier	May 14, 2025
2	Concordia-Moorhead	3:51.02	Rengo, Shercliffe, Warner, Nygaard	MIAC Outdoor Championships	May 9, 2025
3	St. Olaf	3:59.14	Jaeckle, Fromm, Wilson, Storbakken	MIAC Outdoor Championships	May 9, 2025
4	Macalester	3:59.23	Beckley, Wilkins, Myatt, Rogahn-Press	MIAC Outdoor Championships	May 9, 2025
5	Gustavus Adolphus	4:00.82	Stacy, Carlson, Mair, Luetmer	MIAC Outdoor Championships	May 9, 2025
6	St. Benedict	4:02.10	Knapp, Revoir, Smith, Berg	MIAC Outdoor Championships	May 9, 2025
7	Hamline	4:06.02	Robran, Bradley, Aurelius, Baumann	Meet of the UnSaintly	Apr 30, 2025
8	St. Scholastica	4:06.48	Ellefson, Wick, DeWitt, Nelson	MIAC Outdoor Championships	May 9, 2025
9	Carleton	4:10.26	Islam, Erickson, Baranov, Kusch	MIAC Outdoor Championships	May 9, 2025
10	Saint Mary's (Minn.)	4:27.42	Slavin, Frosch, Schwingamer, Meyer	MIAC Outdoor Championships	May 9, 2025

4 x 800 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	9:09.61	Frolek, Shercliffe, Henry-Perlich, Nygaard	Drake Relays	Apr 23, 2025

Place	Team	Time	Athletes	Meet	Meet Date
2	St. Olaf	9:17.96	Erickson, Fromm, Landis, Abernethy	MIAC Outdoor Championships	May 9, 2025
3	Carleton	9:30.57	Kusch, Daley, Rowland, Erickson	MIAC Outdoor Championships	May 9, 2025
4	Macalester	9:35.70	Wilkins, Coldren, Nevo, Fox	MIAC Outdoor Championships	May 9, 2025
5	St. Benedict	9:38.19	Smith, Brooks, Verkinnes, Radaich	MIAC Outdoor Championships	May 9, 2025
6	Gustavus Adolphus	9:53.33	Walukas, Stark, Omdal, Fynboh	MIAC Outdoor Championships	May 9, 2025
7	Bethel (Minn.)	9:58.31	Cargill, Gentz, Nelson, Gernandt	MIAC Outdoor Championships	May 9, 2025
8	Saint Mary's (Minn.)	10:01.52	Slavin, Frosch, McMahon, Meyer	MIAC Outdoor Championships	May 9, 2025
9	St. Scholastica	10:11.25	McCorison, Hartley, Hrabik, DeWitt	MIAC Outdoor Championships	May 9, 2025
10	Hamline	10:21.31	Maddux, Baumann, Janes, Bradley	MIAC Outdoor Championships	May 9, 2025
11	St. Catherine (Minn.)	10:57.00	Peterson, Kennedy, Harvey, Nelson	MIAC Outdoor Championships	May 9, 2025

Sprint Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	4:15.26	Sandman, Osborne, Warner, Shercliffe	Drake Relays	Apr 23, 2025

Distance Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	12:34.65	Henry-Perlich, Warner, Frolek, Ames	Drake Relays	Apr 23, 2025

High Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Gack, Kaia	FR-1	Concordia-Moorhead	1.61m	5' 3.25"	Viking Twilight	Apr 22, 2025
2	Kajer, Kayla	FR-1	Gustavus Adolphus	1.60m	5' 3"	Gustie Twilight	Apr 16, 2025
3	Selle, Peyton	SR-4	Concordia-Moorhead	1.59m	5' 2.5"	Sunny Day Meet	Apr 12, 2025
3	Kalevik, Jenna	SR-4	Concordia-Moorhead	1.59m	5' 2.5"	Sunny Day Meet	Apr 12, 2025
3	Larson, Mara	JR-3	St. Olaf	1.59m	5' 2.5"	Meet of the UnSaintly	Apr 30, 2025
6	Stommes, Kiera	FR-1	St. Benedict	1.54m	5' 0.5"	Meet of the UnSaintly	Apr 30, 2025
6	Strampe, Toria	SR-4	St. Scholastica	1.54m	5' 0.5"	Meet of the UnSaintly	Apr 30, 2025
8	Witham, Frankie	SO-2	Hamline	1.53m	5' 0.25"	Hamline Invitational - Teams	Apr 5, 2025
9	Islam, Alice	FR-1	Carleton	1.50m	4' 11"	Bethel Invitational	Apr 12, 2025
9	Brown, Sam	SO-2	St. Benedict	1.50m	4' 11"	CSB/SJU Easter Track Meet	Apr 17, 2025
9	Jore, Ashlyn	JR-3	St. Olaf	1.50m	4' 11"	Bethel Invitational	Apr 12, 2025
12	Beer, Erin	SR-4	Gustavus Adolphus	1.49m	4' 10.5"	MIAC Outdoor Championships	May 9, 2025
12	Kemp, Anna	SO-2	St. Benedict	1.49m	4' 10.5"	Meet of the UnSaintly	Apr 30, 2025
14	Gin, Xara	FR-1	Saint Mary's (Minn.)	1.48m	4' 10.25"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
15	Floren, Justus	SR-4	St. Benedict	1.47m	4' 9.75"	MIAC Multi Events	May 1, 2025
15	Anderson, MaKayla	JR-3	Concordia-Moorhead	1.47m	4' 9.75"	Cobber Open	May 3, 2025
15	Reichardt, Juliet	FR-1	Macalester	1.47m	4' 9.75"	Wartburg Outdoor Select	Apr 4, 2025
15	Moe, Hannah	JR-3	Bethel (Minn.)	1.47m	4' 9.75"	MIAC Multi Events	May 1, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
15	Scholten, Hailey	SO-2	Bethel (Minn.)	1.47m	4' 9.75"	MIAC Multi Events	May 1, 2025
20	Lee, Maddox	JR-3	Gustavus Adolphus	1.44m	4' 8.75"	MIAC Multi Events	May 1, 2025
20	Terwedo, Drea	SO-2	St. Benedict	1.44m	4' 8.75"	Meet of the UnSaintly	Apr 30, 2025
20	Christenson, Taylor	FR-1	Concordia-Moorhead	1.44m	4' 8.75"	CSB/SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
23	Podulke, Emily	FR-1	Gustavus Adolphus	1.43m	4' 8.25"	Drake Alternative	Apr 26, 2025
24	Albers, Marissa	SO-2	Hamline	1.41m	4' 7.5"	MIAC Multi Events	May 1, 2025
24	Myatt, Tessa	SO-2	Macalester	1.41m	4' 7.5"	MIAC Multi Events	May 1, 2025
24	Tyvoll, Ally	SO-2	Bethel (Minn.)	1.41m	4' 7.5"	MIAC Multi Events	May 1, 2025
27	Barnd, Nevaeh	SO-2	Hamline	1.40m	4' 7"	Bethel Invitational	Apr 12, 2025
27	Koch, Emily	SO-2	St. Benedict	1.40m	4' 7"	CSB/SJU Easter Track Meet	Apr 17, 2025
27	Thauvin, Laura	FR-1	Gustavus Adolphus	1.40m	4' 7"	Gustie Twilight	Apr 16, 2025
27	Komastu, Maisy	FR-1	St. Benedict	1.40m	4' 7"	CSB/SJU Easter Track Meet	Apr 17, 2025

Pole Vault

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ahlberg, Jaylyn	JR-3	St. Benedict	3.60m	11' 9.75"	Bethel Invitational	Apr 12, 2025
2	Raidt, LiLi	SO-2	St. Benedict	3.58m	11' 9"	MIAC Outdoor Championships	May 9, 2025
3	Gin, Xara	FR-1	Saint Mary's (Minn.)	3.51m	11' 6.25"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
4	Graff, Alli	SR-4	Gustavus Adolphus	3.50m	11' 5.75"	Gustie Twilight	Apr 16, 2025
5	Pearson, Emily	SO-2	Bethel (Minn.)	3.47m	11' 4.5"	Meet of the UnSaintly	Apr 30, 2025
6	Kaping, Raina	SO-2	Bethel (Minn.)	3.36m	11' 0.25"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
7	Finney, Camille	SO-2	Gustavus Adolphus	3.30m	10' 10"	Bethel Invitational	Apr 12, 2025
8	Nesseth, Erika	FR-1	St. Olaf	3.18m	10' 5.25"	MIAC Outdoor Championships	May 9, 2025
8	Brown, Savannah	SO-2	Hamline	3.18m	10' 5.25"	MIAC Outdoor Championships	May 9, 2025
8	Lee, Maddox	JR-3	Gustavus Adolphus	3.18m	10' 5.25"	MIAC Outdoor Championships	May 9, 2025
11	Wilson, Seneca	SO-2	Macalester	3.17m	10' 4.75"	Meet of the UnSaintly	Apr 30, 2025
12	Nelson, Molly	JR-3	Bethel (Minn.)	3.06m	10' 0.5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
13	Schmidt, Autumn	FR-1	Gustavus Adolphus	3.05m	10' 0"	St. Olaf Ole Open	May 3, 2025
14	Flinn, McKenna	FR-1	St. Benedict	3.03m	9' 11.25"	MIAC Outdoor Championships	May 9, 2025
14	Hanifl, Zibby	JR-3	St. Olaf	3.03m	9' 11.25"	MIAC Outdoor Championships	May 9, 2025
16	Buffetta, Sabrina	SR-4	St. Benedict	3.02m	9' 10.75"	Meet of the UnSaintly	Apr 30, 2025
17	Green, Lizzie	JR-3	Hamline	2.91m	9' 6.5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
17	Wolsky, Haley	SO-2	Concordia-Moorhead	2.91m	9' 6.5"	NDSU Spring Classic	Apr 11, 2025
19	Bunker, Jenna	SR-4	Gustavus Adolphus	2.90m	9' 6.25"	Norse Invite	Apr 5, 2025
19	Hagberg, Annika	FR-1	St. Olaf	2.90m	9' 6.25"	St. Olaf Ole Open	May 3, 2025
21	Coleman, Brynley	FR-1	Concordia-Moorhead	2.88m	9' 5.25"	Cobber Open	May 3, 2025
22	Boyd, Roen	JR-3	Macalester	2.87m	9' 5"	Meet of the UnSaintly	Apr 30, 2025
23	Olson, Alexis	FR-1	Concordia-Moorhead	2.86m	9' 4.5"	Al Cassell Classic	Apr 19, 2025
24	Ehlers, Lucy	SO-2	Hamline	2.80m	9' 2.25"	Gustie Twilight	Apr 16, 2025
24	Luepke, Bria	JR-3	Hamline	2.80m	9' 2.25"	Gustie Twilight	Apr 16, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
26	Hatcher, Grace	SR-4	Hamline	2.75m	9' 0.25"	St. Olaf Ole Open	May 3, 2025
26	Selberg, Lillian	SR-4	Gustavus Adolphus	2.75m	9' 0.25"	St. Olaf Ole Open	May 3, 2025
26	Askegaard, Lucy	FR-1	St. Olaf	2.75m	9' 0.25"	St. Olaf Ole Open	May 3, 2025
29	Evans, Mia	JR-3	Bethel (Minn.)	2.61m	8' 6.75"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
30	Ramsdell, Lily	SR-4	Hamline	2.60m	8' 6.25"	St. Olaf Ole Open	May 3, 2025

Long Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Geraets, Megan	SR-4	Gustavus Adolphus	5.91m	19' 4.75"	Bethel Invitational	Apr 12, 2025	4.3
2	Farquharson, Sabriya	SO-2	St. Benedict	5.58m	18' 3.75"	2025 TLU D3 Challenge	Mar 21, 2025	2.2
3	Jore, Ashlyn	JR-3	St. Olaf	5.50m	18' 0.5"	St. Olaf Ole Open	May 3, 2025	0.6
4	Tomety, Harmony-Keli	SO-2	Macalester	5.48m	17' 11.75"	MIAC Outdoor Championships	May 9, 2025	1.8
5	Selle, Peyton	SR-4	Concordia-Moorhead	5.47m	17' 11.5"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	0.7
6	Stanislawski, Jordan	SO-2	Bethel (Minn.)	5.44m	17' 10.25"	MIAC Outdoor Championships	May 9, 2025	1.9
7	Guy, Lili	SR-4	Gustavus Adolphus	5.42m	17' 9.5"	St. Olaf Ole Open	May 3, 2025	-0.9
8	Lindner, Sarrah	JR-3	Gustavus Adolphus	5.40m	17' 8.75"	UWL Final Qualifier	May 14, 2025	0.5
9	Kalevik, Jenna	SR-4	Concordia-Moorhead	5.35m	17' 6.75"	MIAC Outdoor Championships	May 9, 2025	0.8
10	Hernes, Ellie	JR-3	Bethel (Minn.)	5.27m	17' 3.5"	Bethel Invitational	Apr 12, 2025	3.6
11	Floren, Justus	SR-4	St. Benedict	5.26m	17' 3.25"	2025 TLU D3 Challenge	Mar 21, 2025	2.7
12	Gries, Anna	FR-1	St. Benedict	5.18m	17' 0"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	1.9
13	Petersen, Katie	SR-4	Gustavus Adolphus	5.14m	16' 10.5"	Maverick Open #1	Apr 30, 2025	3.7
14	Thauvin, Laura	FR-1	Gustavus Adolphus	5.08m	16' 8"	Bethel Invitational	Apr 12, 2025	3.7
15	Barrett, Addyson	FR-1	Hamline	5.03m	16' 6"	Bethel Invitational	Apr 12, 2025	2.2
16	Solheid, Sami	SO-2	St. Benedict	5.01m	16' 5.25"	CSB/SJU Optimistic Meet	Mar 28, 2025	2.3
16	Miyoshi, Claire	FR-1	Carleton	5.01m	16' 5.25"	Bethel Invitational	Apr 12, 2025	3.9
18	Moe, Hannah	JR-3	Bethel (Minn.)	4.99m	16' 4.5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	0.9
19	Machayya, Ellie	FR-1	Concordia-Moorhead	4.95m	16' 3"	Cobber Open	May 3, 2025	5.2

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
20	Keech, Claire	JR-3	St. Olaf	4.94m	16' 2.5"	Carleton Relays	Apr 19, 2025	2.1
21	Wick, Shayna	FR-1	St. Scholastica	4.93m	16' 2.25"	UMD Bulldog Open	Apr 26, 2025	1.0
22	Myatt, Tessa	SO-2	Macalester	4.92m	16' 1.75"	Carleton Relays	Apr 19, 2025	1.1
23	Hannah, Gabrielle	SR-4	Hamline	4.91m	16' 1.5"	Bethel Invitational	Apr 12, 2025	+0.0
23	Komastu, Maisy	FR-1	St. Benedict	4.91m	16' 1.5"	Bethel Invitational	Apr 12, 2025	2.4
23	Ciarrochi, Grace	SO-2	Concordia-Moorhead	4.91m	16' 1.5"	Bison Open	Apr 24, 2025	3.4
26	Guetschow, Ada	SO-2	St. Olaf	4.90m	16' 1"	Carleton Relays	Apr 19, 2025	1.6
27	Starzl, Ella	FR-1	Concordia-Moorhead	4.89m	16' 0.5"	Cobber Open	May 3, 2025	3.0
28	Bodin, Gabby	SR-4	St. Catherine (Minn.)	4.88m	16' 0.25"	St. Olaf Ole Open	May 3, 2025	+0.0
29	McCabe, Maggie	FR-1	St. Benedict	4.87m	15' 11.75"	2025 TLU D3 Challenge	Mar 21, 2025	1.1
30	Beckley, Claire	FR-1	Macalester	4.85m	15' 11"	Bethel Invitational	Apr 12, 2025	3.0

Triple Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Guy, Lili	SR-4	Gustavus Adolphus	11.76m	38' 7"	St. Olaf Ole Open	May 3, 2025	0.2
1	Farquharson, Sabriya	SO-2	St. Benedict	11.76m	38' 7"	MIAC Outdoor Championships	May 9, 2025	+0.0
3	Hernes, Ellie	JR-3	Bethel (Minn.)	11.33m	37' 2.25"	Hamline Invitational - Teams	Apr 5, 2025	1.7
4	Lindner, Sarrah	JR-3	Gustavus Adolphus	11.32m	37' 1.75"	UWL Final Qualifier	May 14, 2025	0.9
5	Stanislawski, Jordan	SO-2	Bethel (Minn.)	10.85m	35' 7.25"	Meet of the UnSaintly	Apr 30, 2025	1.8
6	Osborne, Piper	SO-2	Concordia-Moorhead	10.82m	35' 6"	Cobber Open	May 3, 2025	2.8
6	Gries, Anna	FR-1	St. Benedict	10.82m	35' 6"	MIAC Outdoor Championships	May 9, 2025	0.5
8	McCabe, Maggie	FR-1	St. Benedict	10.81m	35' 5.75"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	0.3
9	Kajer, Kayla	FR-1	Gustavus Adolphus	10.71m	35' 1.75"	Gustie Twilight	Apr 16, 2025	1.4
10	Dostal, Ameryn	FR-1	Saint Mary's (Minn.)	10.33m	33' 10.75"	Norse Invite	Apr 5, 2025	3.6
11	Schritz, Elli	SO-2	St. Scholastica	10.31m	33' 10"	UMD Bulldog Open	Apr 26, 2025	2.0

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
12	Bilben, Jillian	FR-1	St. Scholastica	10.04m	32' 11.25"	UMD Bulldog Open	Apr 26, 2025	2.5
13	Collins, Parker	FR-1	Carleton	9.94m	32' 7.5"	MIAC Outdoor Championships	May 9, 2025	3.3
14	Miyoshi, Claire	FR-1	Carleton	9.93m	32' 7"	MIAC Outdoor Championships	May 9, 2025	3.3
15	Solheid, Sami	SO-2	St. Benedict	9.92m	32' 6.5"	CSB/SJU Optimistic Meet	Mar 28, 2025	0.4
16	Sikes, Jane	SR-4	St. Olaf	9.80m	32' 2"	St. Olaf Ole Open	May 3, 2025	0.2
17	Machayya, Ellie	FR-1	Concordia-Moorhead	9.77m	32' 0.75"	MIAC Outdoor Championships	May 9, 2025	-1.4
18	Witham, Frankie	SO-2	Hamline	9.62m	31' 6.75"	St. Olaf Ole Open	May 3, 2025	+0.0
19	Starzl, Ella	FR-1	Concordia-Moorhead	9.60m	31' 6"	Cobber Open	May 3, 2025	1.8
20	Darling, Kiernan	SR-4	Concordia-Moorhead	9.54m	31' 3.75"	CSB/SJU Optimistic Meet	Mar 28, 2025	0.4
21	Tews, Lily	FR-1	Gustavus Adolphus	9.52m	31' 3"	Drake Alternative	Apr 26, 2025	1.1
22	Jouppi, Ana	FR-1	St. Scholastica	9.45m	31' 0"	UMD Bulldog Open	Apr 26, 2025	1.2
23	Hintz, Riley	SO-2	Hamline	9.26m	30' 4.75"	Meet of the UnSaintly	Apr 30, 2025	0.1

Shot Put

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Wilhelm, Nora	SR-4	Bethel (Minn.)	13.30m	43' 7.75"	MIAC Outdoor Championships	May 9, 2025
2	Myatt, Tessa	SO-2	Macalester	13.10m	42' 11.75"	UWL Final Qualifier	May 14, 2025
3	Brennan, Kelley	JR-3	Gustavus Adolphus	12.97m	42' 6.75"	MIAC Outdoor Championships	May 9, 2025
4	Jackman, Sydney	SR-4	Saint Mary's (Minn.)	12.68m	41' 7.25"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
5	Banse, Allison	FR-1	St. Benedict	12.42m	40' 9"	UWL Final Qualifier	May 14, 2025
6	Brainer, Lexi	SR-4	Hamline	12.31m	40' 4.75"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
7	Wallendal, Morgan	SR-4	Saint Mary's (Minn.)	12.30m	40' 4.25"	MIAC Outdoor Championships	May 9, 2025
8	Sutch, Arabella	FR-1	Gustavus Adolphus	12.16m	39' 10.75"	MIAC Outdoor Championships	May 9, 2025
9	Travis, Miranda	SO-2	Concordia-Moorhead	12.11m	39' 8.75"	Cobber Open	May 3, 2025
10	Johnson, Emma	SR-4	St. Olaf	12.01m	39' 5"	MIAC Outdoor Championships	May 9, 2025
11	Smith, Christian	SO-2	St. Benedict	11.87m	38' 11.5"	MIAC Outdoor Championships	May 9, 2025
12	Paulsen, Logan	FR-1	St. Olaf	11.76m	38' 7"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
13	McCord, Keira	FR-1	Gustavus Adolphus	11.70m	38' 4.75"	MIAC Outdoor Championships	May 9, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
14	Engen, Ella	JR-3	St. Scholastica	11.53m	37' 10"	Hamline Invitational - Teams	Apr 5, 2025
15	Wehrman, Rachel	FR-1	Bethel (Minn.)	11.38m	37' 4"	CSB/SJU Easter Track Meet	Apr 17, 2025
16	Floren, Justus	SR-4	St. Benedict	11.36m	37' 3.25"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
17	Welch, Ellie	FR-1	Concordia-Moorhead	11.34m	37' 2.5"	MIAC Outdoor Championships	May 9, 2025
18	Mueffelman, Chloe	FR-1	Concordia-Moorhead	11.23m	36' 10.25"	Cobber Open	May 3, 2025
19	Wright, Erica	SO-2	Saint Mary's (Minn.)	11.16m	36' 7.5"	Maverick Open #2	May 2, 2025
20	Hartl, Gracie	FR-1	Concordia-Moorhead	11.05m	36' 3"	CSB/SJU Easter Track Meet	Apr 17, 2025
21	Lenz, Leah	SO-2	Concordia-Moorhead	10.98m	36' 0.25"	Bison Open	Apr 24, 2025
22	Banse, Grace	JR-3	Gustavus Adolphus	10.70m	35' 1.25"	Gustie Twilight	Apr 16, 2025
23	Lighthill, Otelia	SO-2	St. Olaf	10.68m	35' 0.5"	Dick & Mary Johnson Invite	Apr 26, 2025
24	Torres, Alexis	SR-4	St. Benedict	10.57m	34' 8.25"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
25	Harriman, Elise	SO-2	St. Olaf	10.56m	34' 7.75"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
26	Wilson, Malonna	FR-1	Bethel (Minn.)	10.45m	34' 3.5"	Bethel Invitational	Apr 12, 2025
27	Lewandowski, Maggie	SO-2	St. Catherine (Minn.)	10.40m	34' 1.5"	St. Olaf Ole Open	May 3, 2025
28	Kalevik, Jenna	SR-4	Concordia-Moorhead	10.38m	34' 0.75"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
29	Blake, Romona-Shae	JR-3	Hamline	10.18m	33' 4.75"	Meet of the UnSaintly	Apr 30, 2025
30	Boroughs, Brooke	SO-2	Macalester	10.13m	33' 3"	Carleton Relays	Apr 19, 2025

Discus

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Brennan, Kelley	JR-3	Gustavus Adolphus	43.35m	142' 3"	Bethel Invitational	Apr 12, 2025
2	Duncan, Olivia	SO-2	Gustavus Adolphus	43.25m	141' 11"	Maverick Open #1	Apr 30, 2025
3	Wallendal, Morgan	SR-4	Saint Mary's (Minn.)	41.57m	136' 5"	Maverick Invitational	Apr 18, 2025
4	Paulsen, Logan	FR-1	St. Olaf	41.34m	135' 7"	St. Olaf Ole Open	May 3, 2025
5	Wilhelm, Nora	SR-4	Bethel (Minn.)	41.25m	135' 4"	Bethel Invitational	Apr 12, 2025
6	McCord, Keira	FR-1	Gustavus Adolphus	40.79m	133' 10"	St. Olaf Ole Open	May 3, 2025
7	Welch, Ellie	FR-1	Concordia-Moorhead	40.72m	133' 7"	Viking Twilight	Apr 22, 2025
8	Sutch, Arabella	FR-1	Gustavus Adolphus	40.26m	132' 1"	Maverick Open #1	Apr 30, 2025
9	Banse, Allison	FR-1	St. Benedict	39.82m	130' 8"	MIAC Outdoor Championships	May 9, 2025
10	Lighthill, Otelia	SO-2	St. Olaf	39.75m	130' 5"	MIAC Outdoor Championships	May 9, 2025
11	Brainer, Lexi	SR-4	Hamline	39.69m	130' 2"	MIAC Outdoor Championships	May 9, 2025
12	Mendez, Aries	JR-3	St. Olaf	38.57m	126' 6"	St. Olaf Ole Open	May 3, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	Fuller, Laura	SR-4	Concordia-Moorhead	38.41m	126' 0"	MIAC Outdoor Championships	May 9, 2025
14	Engen, Ella	JR-3	St. Scholastica	38.39m	125' 11"	Minnesota State Open	Apr 12, 2025
15	Hunt, Jade	SR-4	Hamline	37.89m	124' 4"	Bethel Invitational	Apr 12, 2025
16	Mueffelmann, Chloe	FR-1	Concordia-Moorhead	37.56m	123' 3"	Viking Twilight	Apr 22, 2025
17	Hanson, Olivia	SO-2	Concordia-Moorhead	37.42m	122' 9"	Viking Twilight	Apr 22, 2025
18	Smith, Christian	SO-2	St. Benedict	36.86m	120' 11"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
19	Speratos, Anna	JR-3	Bethel (Minn.)	36.31m	119' 1"	Bethel Invitational	Apr 12, 2025
20	Wehrman, Rachel	FR-1	Bethel (Minn.)	36.19m	118' 9"	CSB/SJU Easter Track Meet	Apr 17, 2025
21	Johnson, Emma	SR-4	St. Olaf	36.09m	118' 5"	St. Olaf Ole Open	May 3, 2025
22	Lenz, Leah	SO-2	Concordia-Moorhead	35.32m	115' 10"	Viking Twilight	Apr 22, 2025
23	Harriman, Elise	SO-2	St. Olaf	35.11m	115' 2"	Meet of the UnSaintly	Apr 30, 2025
24	Hartl, Gracie	FR-1	Concordia-Moorhead	34.88m	114' 5"	Bison Open	Apr 24, 2025
25	Hamilton, Elizabeth	SO-2	St. Scholastica	34.58m	113' 5"	Maverick Open #2	May 2, 2025
26	Dooley, Cecelia	FR-1	Hamline	34.06m	111' 9"	Meet of the UnSaintly	Apr 30, 2025
27	Owens, Magenta	FR-1	Hamline	33.97m	111' 5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
28	Dove, Charlotte	JR-3	Concordia-Moorhead	33.84m	111' 0"	Viking Twilight	Apr 22, 2025
29	Heins, Ella	FR-1	St. Scholastica	33.61m	110' 3"	Maverick Open #2	May 2, 2025
30	Saxton, Sophia	FR-1	St. Olaf	33.49m	109' 10"	St. Olaf Ole Open	May 3, 2025

Hammer

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Speratos, Anna	JR-3	Bethel (Minn.)	53.45m	175' 4"	MIAC Outdoor Championships	May 9, 2025
2	Stritesky, Ella	JR-3	St. Scholastica	52.45m	172' 1"	Maverick Open #2	May 2, 2025
3	Brainer, Lexi	SR-4	Hamline	51.61m	169' 4"	Meet of the UnSaintly	Apr 30, 2025
4	Brennan, Kelley	JR-3	Gustavus Adolphus	51.01m	167' 4"	Bethel Invitational	Apr 12, 2025
5	Wallendal, Morgan	SR-4	Saint Mary's (Minn.)	49.83m	163' 6"	MIAC Outdoor Championships	May 9, 2025
6	Lin, Jessica	SO-2	Macalester	49.31m	161' 9"	St. Olaf Ole Open	May 3, 2025
7	Engen, Ella	JR-3	St. Scholastica	48.44m	158' 11"	UWL Final Qualifier	May 14, 2025
8	Wilhelm, Nora	SR-4	Bethel (Minn.)	48.07m	157' 8"	Meet of the UnSaintly	Apr 30, 2025
9	Becker, Anna	SR-4	Saint Mary's (Minn.)	46.42m	152' 3"	MIAC Outdoor Championships	May 9, 2025
10	Hunt, Jade	SR-4	Hamline	46.22m	151' 8"	Gustie Twilight	Apr 16, 2025
11	Kangas, Brooke	SR-4	Concordia-Moorhead	45.06m	147' 10"	Viking Twilight	Apr 22, 2025
12	Hoffman, Rebecca	SO-2	Gustavus Adolphus	44.39m	145' 8"	MIAC Outdoor Championships	May 9, 2025
13	Tracy, Brooke	JR-3	Hamline	43.62m	143' 1"	Gustie Twilight	Apr 16, 2025
14	Smith, Christian	SO-2	St. Benedict	43.18m	141' 8"	MIAC Outdoor Championships	May 9, 2025
15	Johnson, Emma	SR-4	St. Olaf	42.23m	138' 6"	St. Olaf Ole Open	May 3, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
16	Boelter, Ella	JR-3	Bethel (Minn.)	42.11m	138' 2"	MIAC Outdoor Championships	May 9, 2025
17	Hovis, Kyra	FR-1	St. Scholastica	42.04m	137' 11"	MIAC Outdoor Championships	May 9, 2025
18	Voss, Alaina	SO-2	Concordia-Moorhead	41.51m	136' 2"	Cobber Open	May 3, 2025
19	Fuller, Laura	SR-4	Concordia-Moorhead	41.46m	136' 0"	Al Cassell Classic	Apr 19, 2025
20	Owens, Magenta	FR-1	Hamline	41.35m	135' 8"	Gustie Twilight	Apr 16, 2025
21	Althoff, Abby	SR-4	St. Catherine (Minn.)	40.67m	133' 5"	University of St. Thomas East Invite	Apr 17, 2025
22	Schei, Isabella	SO-2	Saint Mary's (Minn.)	39.32m	129' 0"	Maverick Open #2	May 2, 2025
23	Johnson, Savana	SR-4	Saint Mary's (Minn.)	39.26m	128' 10"	Maverick Invitational	Apr 18, 2025
24	Torres, Alexis	SR-4	St. Benedict	39.22m	128' 8"	2025 TLU D3 Challenge	Mar 21, 2025
25	Dooley, Cecelia	FR-1	Hamline	38.69m	126' 11"	Meet of the UnSaintly	Apr 30, 2025
26	Wehrman, Rachel	FR-1	Bethel (Minn.)	38.02m	124' 9"	CSB/SJU Easter Track Meet	Apr 17, 2025
27	Blake, Romona-Shae	JR-3	Hamline	37.67m	123' 7"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
28	Lighthill, Otelia	SO-2	St. Olaf	36.93m	121' 2"	St. Olaf Ole Open	May 3, 2025
28	Hamilton, Elizabeth	SO-2	St. Scholastica	36.93m	121' 2"	UMD Bulldog Open	Apr 26, 2025
30	Lewandowski, Maggie	SO-2	St. Catherine (Minn.)	36.85m	120' 11"	Hamline Invitational - Teams	Apr 5, 2025

Javelin

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Gruba, Genevieve	SO-2	Concordia-Moorhead	40.82m	133' 11"	UWL Final Qualifier	May 14, 2025
2	Gack, Kaia	FR-1	Concordia-Moorhead	38.99m	127' 11"	MIAC Outdoor Championships	May 9, 2025
3	Floren, Justus	SR-4	St. Benedict	38.40m	126' 0"	Bethel Invitational	Apr 12, 2025
4	Swenson, Abbie	SR-4	Bethel (Minn.)	38.30m	125' 8"	Bethel Invitational	Apr 12, 2025
5	Boroughs, Brooke	SO-2	Macalester	36.84m	120' 10"	Wartburg Outdoor Select	Apr 4, 2025
6	Anderson, Regan	SR-4	Concordia-Moorhead	36.08m	118' 4"	MIAC Outdoor Championships	May 9, 2025
7	Selle, Peyton	SR-4	Concordia-Moorhead	35.79m	117' 5"	DSU Blue Hawk Games 2025	Apr 19, 2025
8	Ganley, Catherine	SR-4	St. Benedict	35.37m	116' 0"	MIAC Outdoor Championships	May 9, 2025
9	Wolsky, Haley	SO-2	Concordia-Moorhead	35.19m	115' 5"	Al Cassell Classic	Apr 19, 2025
10	Pollis, Parker	FR-1	St. Benedict	35.05m	115' 0"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
11	Lacy, Anna	SO-2	Gustavus Adolphus	33.95m	111' 5"	MIAC Outdoor Championships	May 9, 2025
12	Keech, Claire	JR-3	St. Olaf	33.17m	108' 10"	Bethel Invitational	Apr 12, 2025
13	Bishop, Willa	FR-1	Carleton	32.82m	107' 8"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
14	Mendez, Aries	JR-3	St. Olaf	32.59m	106' 11"	St. Olaf Ole Open	May 3, 2025
15	Banse, Allison	FR-1	St. Benedict	31.97m	104' 11"	MIAC Outdoor Championships	May 9, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
16	Koch, Emily	SO-2	St. Benedict	31.65m	103' 10"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
17	Schei, Isabella	SO-2	Saint Mary's (Minn.)	31.59m	103' 8"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
18	Myatt, Tessa	SO-2	Macalester	30.90m	101' 4"	Carleton Relays	Apr 19, 2025
19	Kalevik, Jenna	SR-4	Concordia-Moorhead	30.68m	100' 8"	MIAC Multi Events	May 1, 2025
20	Paulsen, Logan	FR-1	St. Olaf	30.02m	98' 6"	University of St. Thomas East Invite	Apr 17, 2025
21	Ciarrochi, Grace	SO-2	Concordia-Moorhead	29.99m	98' 5"	MIAC Outdoor Championships	May 9, 2025
22	Christenson, Taylor	FR-1	Concordia-Moorhead	29.14m	95' 7"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
23	Terwedo, Drea	SO-2	St. Benedict	28.48m	93' 5"	CSB/SJU Optimistic Meet	Mar 28, 2025
24	Scholten, Hailey	SO-2	Bethel (Minn.)	27.56m	90' 5"	MIAC Multi Events	May 1, 2025
25	Moe, Hannah	JR-3	Bethel (Minn.)	27.22m	89' 4"	Bethel Invitational	Apr 12, 2025
26	Johnson, Isabelle	JR-3	Concordia-Moorhead	27.12m	89' 0"	Cobber Open	May 3, 2025
27	Wright, Erica	SO-2	Saint Mary's (Minn.)	26.53m	87' 0"	Norse Invite	Apr 5, 2025
28	Hovis, Kyra	FR-1	St. Scholastica	26.25m	86' 1"	UMD Bulldog Open	Apr 26, 2025
29	Baranov, Stephanie	JR-3	Carleton	26.08m	85' 7"	MIAC Multi Events	May 1, 2025
30	Heins, Ella	FR-1	St. Scholastica	26.02m	85' 4"	Maverick Open #2	May 2, 2025

Heptathlon

Place	Athlete	Year	Team	Points	Meet	Meet Date
1	Selle, Peyton	SR-4	Concordia-Moorhead	4638	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
2	Kalevik, Jenna	SR-4	Concordia-Moorhead	4489	MIAC Multi Events	May 1, 2025
3	Floren, Justus	SR-4	St. Benedict	4451	MIAC Multi Events	May 1, 2025
4	Myatt, Tessa	SO-2	Macalester	3955	MIAC Multi Events	May 1, 2025
5	Scholten, Hailey	SO-2	Bethel (Minn.)	3893	MIAC Multi Events	May 1, 2025
6	Keech, Claire	JR-3	St. Olaf	3704	MIAC Multi Events	May 1, 2025
7	Christenson, Taylor	FR-1	Concordia-Moorhead	3634	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
8	Moe, Hannah	JR-3	Bethel (Minn.)	3478	MIAC Multi Events	May 1, 2025
9	Koch, Emily	SO-2	St. Benedict	3432	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
10	Lee, Maddox	JR-3	Gustavus Adolphus	3399	MIAC Multi Events	May 1, 2025
11	Klein, Aubree	SO-2	St. Olaf	3327	MIAC Multi Events	May 1, 2025
12	Tyvoll, Ally	SO-2	Bethel (Minn.)	3290	MIAC Multi Events	May 1, 2025
13	Komastu, Maisy	FR-1	St. Benedict	3251	MIAC Multi Events	May 1, 2025
14	Baranov, Stephanie	JR-3	Carleton	3180	MIAC Multi Events	May 1, 2025
15	Ciarrochi, Grace	SO-2	Concordia-Moorhead	3085	MIAC Multi Events	May 1, 2025
16	Albers, Marissa	SO-2	Hamline	2930	MIAC Multi Events	May 1, 2025
17	Banse, Grace	JR-3	Gustavus Adolphus	2824	MIAC Multi Events	May 1, 2025
18	Iverson, Hope	SO-2	Bethel (Minn.)	2746	MIAC Multi Events	May 1, 2025

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