



MIAC Outdoor Performance List

100 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Young, Zari	SO-2	Saint Mary's (Minn.)	11.93	MIAC Outdoor Championship	Apr 30, 2026	4.2
2	Rengo, Emily	SR-4	Concordia-Moorhead	12.09	Cobb Open	May 2, 2026	2.4
3	Munson, Samantha	SR-4	Saint Mary's (Minn.)	12.11	MIAC Outdoor Championship	Apr 30, 2026	4.2
4	Lund, Gabriella	SO-2	St. Benedict	12.17	MIAC Outdoor Championship	Apr 30, 2026	4.2
5	Olson-Skog, Alethia	FR-1	Bethel (Minn.)	12.24	Redlands Invite 2026	Mar 19, 2026	1.5
6	Maki, Autumn	SO-2	Bethel (Minn.)	12.32	MIAC Outdoor Championship	Apr 30, 2026	4.2
7	Sappington, Evangeline	FR-1	St. Olaf	12.35	MIAC Outdoor Championship	Apr 30, 2026	4.2
8	Paulson, Ella	SO-2	Bethel (Minn.)	12.37	MIAC Outdoor Championship	Apr 30, 2026	4.2
8	Stacy, Allison	SO-2	Gustavus Adolphus	12.37	St. Olaf Ole Open	May 2, 2026	2.4
10	Siems, Claire	SO-2	Hamline	12.42	Gary Wilson Invitational	Apr 22, 2026	4.7
11	Turnbaugh, Jaz	FR-1	Hamline	12.45	MIAC Outdoor Championship	Apr 30, 2026	4.2
12	Beckley, Claire	SO-2	Macalester	12.49	Hamline Invitational	Mar 30, 2026	2.4
13	Schneider, Alexi	SO-2	Hamline	12.52	Gary Wilson Invitational	Apr 22, 2026	4.2
14	Kaping, Raina	JR-3	Bethel (Minn.)	12.56	MIAC Outdoor Championship	Apr 30, 2026	-0.8
15	Fynboh, Lydia	SO-2	Concordia-Moorhead	12.58	St. Olaf Ole Open	May 2, 2026	2.4
16	Sandman, Andie	JR-3	Concordia-Moorhead	12.59	NDSU Spring Classic	Apr 11, 2026	2.5
17	Loftness, Ava	FR-1	Gustavus Adolphus	12.60	Todd Pflingsten Open	Apr 29, 2026	2.5
18	Fink, Allison	FR-1	St. Scholastica	12.68	Hamline Invitational	Mar 30, 2026	1.8
19	Hoffmann, Grace	SO-2	Hamline	12.82	MIAC Outdoor Championship	Apr 30, 2026	-0.8
19	Groen, Abby	FR-1	Gustavus Adolphus	12.82	St. Olaf Ole Open	May 2, 2026	+0.0
21	Jore, Ashlyn	SR-4	St. Olaf	12.83	St. Olaf Ole Open	May 2, 2026	2.4
22	Buntrock, Grace	JR-3	St. Benedict	12.84	MIAC Outdoor Championship	Apr 30, 2026	0.7
23	Thauvin, Laura	SO-2	Gustavus Adolphus	12.85	Drake Alternative	Apr 25, 2026	0.7
24	Clairmont, Kate	FR-1	Gustavus Adolphus	12.86	Gustie Twilight	Apr 15, 2026	1.0
25	Mensah, Terri	FR-1	Carleton	12.87	MIAC Outdoor Championship	Apr 30, 2026	0.6
25	Lott, Bianca	SR-4	Carleton	12.87	St. Olaf Ole Open	May 2, 2026	2.4
25	Vogel, Sophia	FR-1	Gustavus Adolphus	12.87	Gary Wilson Invitational	Apr 22, 2026	5.1
28	Jaeckle, Izzi	SO-2	St. Olaf	12.88	UW-Eau Claire Dick & Mary Johnson Invite	Apr 25, 2026	+0.0
29	Boutchee, Jayda	FR-1	Hamline	12.90	Meet of the Unsaintly	May 1, 2026	2.3
30	Badejo, Mabel	FR-1	Hamline	12.93	Gustie Twilight	Apr 15, 2026	-0.2

200 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Rogahn-Press, Ariella	SO-2	Macalester	24.74	Hamline Invitational	Mar 30, 2026	-1.6
2	Munson, Samantha	SR-4	Saint Mary's (Minn.)	24.89	UW-La Crosse Phil Esten Challenge	Apr 17, 2026	1.6
3	Jaeckle, Izzi	SO-2	St. Olaf	25.06	MIAC Outdoor Championship	Apr 30, 2026	3.5
4	Sulungaine, Shalom	JR-3	Bethel (Minn.)	25.21	MIAC Outdoor Championship	Apr 30, 2026	3.1

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
5	Young, Zari	SO-2	Saint Mary's (Minn.)	25.24	MIAC Outdoor Championship	Apr 30, 2026	3.1
6	Rengo, Emily	SR-4	Concordia-Moorhead	25.29	MIAC Outdoor Championship	Apr 30, 2026	3.5
7	Siems, Claire	SO-2	Hamline	25.49	MIAC Outdoor Championship	Apr 30, 2026	3.5
8	Lund, Gabriella	SO-2	St. Benedict	25.61	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026	2.4
9	Stein, Claire	FR-1	St. Olaf	25.63	MIAC Outdoor Championship	Apr 30, 2026	NWI
10	Turnbaugh, Jaz	FR-1	Hamline	25.72	MIAC Outdoor Championship	Apr 30, 2026	3.1
11	Stacy, Allison	SO-2	Gustavus Adolphus	25.80	MIAC Outdoor Championship	Apr 30, 2026	3.5
12	Sappington, Evangeline	FR-1	St. Olaf	25.83	MIAC Outdoor Championship	Apr 30, 2026	2.4
13	Sandman, Andie	JR-3	Concordia-Moorhead	26.05	Viking Twilight	Apr 21, 2026	1.2
14	Pelowski, Madi	SR-4	Bethel (Minn.)	26.08	Redlands Invite 2026	Mar 19, 2026	-0.2
15	Slaybaugh, Ashley	FR-1	Bethel (Minn.)	26.15	CSB/SJU Invitational	Apr 16, 2026	NWI
16	Bailey, Grace	FR-1	Gustavus Adolphus	26.24	St. Olaf Ole Open	May 2, 2026	1.5
17	Beckley, Claire	SO-2	Macalester	26.27	MIAC Outdoor Championship	Apr 30, 2026	3.5
18	Pearson, Lauren	FR-1	Concordia-Moorhead	26.29	MIAC Outdoor Championship	Apr 30, 2026	NWI
19	Hanlin, Morgan	FR-1	St. Benedict	26.35	MIAC Outdoor Championship	Apr 30, 2026	2.4
19	Malvey, Kaili	FR-1	Concordia-Moorhead	26.35	MIAC Outdoor Championship	Apr 30, 2026	2.4
21	Loftness, Ava	FR-1	Gustavus Adolphus	26.36	St. Olaf Ole Open	May 2, 2026	1.5
22	Nygaard, Kyla	SR-4	Concordia-Moorhead	26.37	CSB/SJU Invitational	Apr 16, 2026	NWI
23	Feldman, Allee	SO-2	St. Benedict	26.43	MIAC Outdoor Championship	Apr 30, 2026	3.1
24	Zaharieva, Deni	FR-1	Saint Mary's (Minn.)	26.47	Meet of the Unsaintly	May 1, 2026	-0.5
25	Clairmont, Kate	FR-1	Gustavus Adolphus	26.49	Gustie Twilight	Apr 15, 2026	-0.1
26	Brown, Josie	SO-2	Concordia-Moorhead	26.51	CSB/SJU Invitational	Apr 16, 2026	NWI
27	Frantzich, Svea	FR-1	St. Olaf	26.53	MIAC Outdoor Championship	Apr 30, 2026	NWI
28	Ellefson, Adelyn	SO-2	Bethel (Minn.)	26.54	MIAC Outdoor Championship	Apr 30, 2026	3.5
29	Semple, Ellie	FR-1	St. Olaf	26.57	UW-Eau Claire Dick & Mary Johnson Invite	Apr 25, 2026	1.4
30	Islam, Alice	SO-2	Carleton	26.61	MIAC Outdoor Championship	Apr 30, 2026	3.5

400 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Rogahn-Press, Ariella	SO-2	Macalester	53.98	Hamline Invitational	Mar 30, 2026
2	Sulungaine, Shalom	JR-3	Bethel (Minn.)	54.57	NCAA Division III Outdoor Track & Field Championships	May 21, 2026
3	Pelowski, Madi	SR-4	Bethel (Minn.)	55.67	MIAC Outdoor Championship	Apr 30, 2026
4	Jaeckle, Izzi	SO-2	St. Olaf	56.53	MIAC Outdoor Championship	Apr 30, 2026
5	Wyatt, Isabel	SR-4	St. Olaf	57.37	St. Olaf Manitou Classic	Apr 11, 2026
6	Warner, Emma	SO-2	Concordia-Moorhead	57.57	MIAC Outdoor Championship	Apr 30, 2026
7	Semple, Ellie	FR-1	St. Olaf	57.60	MIAC Outdoor Championship	Apr 30, 2026
8	Slaybaugh, Ashley	FR-1	Bethel (Minn.)	57.76	MIAC Outdoor Championship	Apr 30, 2026
9	Nygaard, Kyla	SR-4	Concordia-Moorhead	57.85	CSB/SJU Invitational	Apr 16, 2026
10	Hookom, Allison	SR-4	Augsburg	58.01	MIAC Outdoor Championship	Apr 30, 2026
11	DenHartog, Cora	FR-1	St. Olaf	58.18	St. Olaf Manitou Classic	Apr 11, 2026
12	Zaharieva, Deni	FR-1	Saint Mary's (Minn.)	58.42	MIAC Outdoor Championship	Apr 30, 2026
13	Norton, Emma	FR-1	Concordia-Moorhead	58.62	MIAC Outdoor Championship	Apr 30, 2026
14	Schottler, Anna	FR-1	St. Benedict	58.94	MIAC Outdoor Championship	Apr 30, 2026
15	Zelen, Haley	JR-3	St. Benedict	59.17	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Fynboh, Isabel	SR-4	Gustavus Adolphus	59.66	MIAC Outdoor Championship	Apr 30, 2026
17	Dean, Morgan	SR-4	Bethel (Minn.)	59.71	Meet of the Unsaintly	May 1, 2026
18	Ellefson, Adelyn	SO-2	Bethel (Minn.)	59.85	MIAC Outdoor Championship	Apr 30, 2026
19	DiNardo, Molly	JR-3	St. Olaf	59.88	St. Olaf Ole Open	May 2, 2026
20	Nelson, Kayla	SR-4	St. Scholastica	59.97	Dan Conway Classic	Apr 25, 2026
21	Bradley, Anabel	JR-3	Hamline	1:00.04	Gustie Twilight	Apr 15, 2026
22	Slavin, Mya	SO-2	Saint Mary's (Minn.)	1:00.29	Central College Dutch Invitational 2026	Mar 28, 2026
23	Gerbig, Adyson	FR-1	Bethel (Minn.)	1:00.35	CSB/SJU Invitational	Apr 16, 2026
24	Kusch, Charlotte	SO-2	Carleton	1:00.42	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
25	Dean, Taylor	FR-1	St. Benedict	1:00.46	MIAC Outdoor Championship	Apr 30, 2026
26	Wagner-Hemstad, Alice	SO-2	St. Olaf	1:00.52	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
27	Mickelson, Nora	JR-3	St. Olaf	1:00.73	St. Olaf Ole Open	May 2, 2026
28	Enfield, Addison	FR-1	Gustavus Adolphus	1:00.98	St. Olaf Ole Open	May 2, 2026
29	Wallin, Katja	FR-1	Gustavus Adolphus	1:01.07	Gustie Twilight	Apr 15, 2026
30	Bailey, Grace	FR-1	Gustavus Adolphus	1:01.11	MIAC Outdoor Championship	Apr 30, 2026

800 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Slavin, Mya	SO-2	Saint Mary's (Minn.)	2:10.49	NCAA Division III Outdoor Track & Field Championships	May 21, 2026
2	Nygaard, Kyla	SR-4	Concordia-Moorhead	2:10.71	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
3	Wyatt, Isabel	SR-4	St. Olaf	2:11.94	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
4	Tittel, Lauren	FR-1	Carleton	2:12.40	MIAC Outdoor Championship	Apr 30, 2026
5	DenHartog, Cora	FR-1	St. Olaf	2:12.48	WashU Distance Carnival '26	Mar 26, 2026
6	Radaich, Taylor	JR-3	St. Benedict	2:14.69	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
7	Fox, Kate	SO-2	Macalester	2:15.18	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
8	Kusch, Charlotte	SO-2	Carleton	2:15.19	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
9	DiNardo, Molly	JR-3	St. Olaf	2:16.88	MIAC Outdoor Championship	Apr 30, 2026
10	Manhard, Abbie	SR-4	St. Olaf	2:17.28	MIAC Outdoor Championship	Apr 30, 2026
11	Campbell, Amelia	FR-1	Carleton	2:17.81	Vince O'Boyle Track and Field Classic	Mar 27, 2026
12	Nemet, Pamina	FR-1	Carleton	2:17.84	Mangrum Invite 2026 ROSTER REGISTRATION ONLY	Mar 27, 2026
13	Landis, Ella	SR-4	St. Olaf	2:18.20	St. Olaf Ole Open	May 2, 2026
14	Bradley, Anabel	JR-3	Hamline	2:19.19	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
15	Brown, Josie	SO-2	Concordia-Moorhead	2:19.55	Hamline Invitational	Mar 30, 2026
16	Ames, Londyn	JR-3	Concordia-Moorhead	2:19.71	Cobb Open	May 2, 2026
17	Witschen, Anabella	JR-3	St. Benedict	2:19.78	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
18	Wallin, Katja	FR-1	Gustavus Adolphus	2:21.24	MIAC Outdoor Championship	Apr 30, 2026
19	Jensen, Aubrey	FR-1	Macalester	2:21.32	Gene Glader Invitational	Apr 11, 2026
20	Iverson, Tilia	SO-2	Macalester	2:21.79	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
21	Mullen, Emerson	FR-1	Bethel (Minn.)	2:21.94	Meet of the Unsaintly	May 1, 2026
22	Enfield, Addison	FR-1	Gustavus Adolphus	2:22.68	Drake Alternative	Apr 25, 2026
23	Reckmeyer, Madeleine	SO-2	Carleton	2:23.15	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
24	Mickelson, Nora	JR-3	St. Olaf	2:23.28	MIAC Outdoor Championship	Apr 30, 2026
25	Dean, Taylor	FR-1	St. Benedict	2:24.00	Hamline Invitational	Mar 30, 2026
26	Kenney, Mary	SR-4	St. Benedict	2:24.08	CSB/SJU Invitational	Apr 16, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
27	Lamarre, Louisa	SO-2	St. Olaf	2:24.67	St. Olaf Ole Open	May 2, 2026
28	Morris, Kyra	SO-2	Macalester	2:24.73	Gene Glader Invitational	Apr 11, 2026
29	Erickson, Chloe	SO-2	Bethel (Minn.)	2:25.35	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
29	Maddux, Alicia	SR-4	Hamline	2:25.35	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026

1500 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Tittel, Lauren	FR-1	Carleton	4:31.48	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
2	Slavin, Mya	SO-2	Saint Mary's (Minn.)	4:33.78	St. Olaf Manitou Classic	Apr 11, 2026
3	Fox, Kate	SO-2	Macalester	4:38.43	MIAC Outdoor Championship	Apr 30, 2026
4	Landis, Ella	SR-4	St. Olaf	4:39.20	MIAC Outdoor Championship	Apr 30, 2026
5	Campbell, Amelia	FR-1	Carleton	4:41.00	Mangrum Invite 2026 ROSTER REGISTRATION ONLY	Mar 27, 2026
6	Vukovics, Claire	FR-1	Carleton	4:42.29	Carleton Relays	Apr 16, 2026
7	Ames, Londyn	JR-3	Concordia-Moorhead	4:44.00	MIAC Outdoor Championship	Apr 30, 2026
8	Lindquist, Abigale	SO-2	St. Olaf	4:46.00	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
9	Timmerman, Megan	SR-4	St. Olaf	4:47.08	MIAC Outdoor Championship	Apr 30, 2026
10	Kenney, Mary	SR-4	St. Benedict	4:47.32	CSB/SJU Invitational	Apr 16, 2026
11	Lamarre, Louisa	SO-2	St. Olaf	4:48.62	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
12	Preisser, Hannah	SR-4	Carleton	4:48.65	Carleton Relays	Apr 16, 2026
13	Radaich, Taylor	JR-3	St. Benedict	4:49.58	Hamline Invitational	Mar 30, 2026
14	Niemi, Regan	JR-3	St. Scholastica	4:50.03	Meet of the Unsaintly	May 1, 2026
15	Liston, Molly	SR-4	Gustavus Adolphus	4:50.43	Gene Glader Invitational	Apr 11, 2026
16	Henry-Perlich, Kelyn	SO-2	Concordia-Moorhead	4:51.24	Cobb Open	May 2, 2026
17	Ruzanic, Louise	FR-1	Carleton	4:51.46	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
18	Reckmeyer, Madeleine	SO-2	Carleton	4:51.59	MIAC Outdoor Championship	Apr 30, 2026
19	Bradley, Anabel	JR-3	Hamline	4:51.61	Hamline Invitational	Mar 30, 2026
20	Peterson, Nicole	FR-1	Carleton	4:51.68	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
21	Jensen, Aubrey	FR-1	Macalester	4:52.17	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
22	Hay, Anna	SR-4	Bethel (Minn.)	4:52.60	Gene Glader Invitational	Apr 11, 2026
23	Peterson, Nina	FR-1	Carleton	4:53.80	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
24	Grobstein, Daphne	FR-1	St. Benedict	4:54.05	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
25	Cargill, Anna	SR-4	Bethel (Minn.)	4:55.29	Meet of the Unsaintly	May 1, 2026
26	England, Arabella	SO-2	St. Olaf	4:55.97	St. Olaf Ole Open	May 2, 2026
27	Morris, Kyra	SO-2	Macalester	4:55.99	Carleton Relays	Apr 16, 2026
28	Enfield, Addison	FR-1	Gustavus Adolphus	4:56.23	MIAC Outdoor Championship	Apr 30, 2026
29	Nelson, Ashley	SO-2	Concordia-Moorhead	4:56.38	NDSU Spring Classic	Apr 11, 2026
30	Upton, Lucy	FR-1	Bethel (Minn.)	4:57.54	Meet of the Unsaintly	May 1, 2026

5000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Preisser, Hannah	SR-4	Carleton	16:58.61	UW-Platteville Invitational	Apr 10, 2026
2	Vukovics, Claire	FR-1	Carleton	17:14.63	UW-Platteville Invitational	Apr 10, 2026
3	Fox, Kate	SO-2	Macalester	17:20.56	UW-Platteville Invitational	Apr 10, 2026
4	Liston, Molly	SR-4	Gustavus Adolphus	17:25.32	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
5	Tittel, Lauren	FR-1	Carleton	17:29.18	UW-Platteville Invitational	Apr 10, 2026
6	Kenney, Mary	SR-4	St. Benedict	17:41.99	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
7	Larsen, Aliya	SR-4	Carleton	17:49.74	St. Olaf Manitou Classic	Apr 11, 2026
8	Lindquist, Abigale	SO-2	St. Olaf	17:57.20	WashU Distance Carnival '26	Mar 26, 2026
9	Nelson, Ashley	SO-2	Concordia-Moorhead	18:04.45	2026 Kip Janvrin Open	Apr 24, 2026
10	Peterson, Nina	FR-1	Carleton	18:05.44	St. Olaf Manitou Classic	Apr 11, 2026
11	Peterson, Nicole	FR-1	Carleton	18:07.58	St. Olaf Manitou Classic	Apr 11, 2026
12	Ellis, Samantha	JR-3	Macalester	18:09.55	UW-Platteville Invitational	Apr 10, 2026
13	England, Arabella	SO-2	St. Olaf	18:12.38	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
14	Upton, Lucy	FR-1	Bethel (Minn.)	18:13.71	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
15	Ruzanic, Louise	FR-1	Carleton	18:14.60	St. Olaf Manitou Classic	Apr 11, 2026
16	Slavin, Mya	SO-2	Saint Mary's (Minn.)	18:19.47	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
17	Kate McCloskey, Molly Kate	JR-3	St. Olaf	18:19.98	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
18	Timmerman, Megan	SR-4	St. Olaf	18:21.38	St. Olaf Manitou Classic	Apr 11, 2026
19	Lindeman, Eleanor	FR-1	St. Catherine (Minn.)	18:25.49	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
20	Madden, Kathleen	JR-3	St. Olaf	18:28.15	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
21	Wood, Abby	SO-2	St. Scholastica	18:30.60	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
22	Cargill, Anna	SR-4	Bethel (Minn.)	18:32.28	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
23	Nibbelink, Ava	SO-2	Bethel (Minn.)	18:32.48	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
24	Forbord, Anna	FR-1	Gustavus Adolphus	18:39.94	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
25	Grobstein, Daphne	FR-1	St. Benedict	18:40.36	CSB/SJU Invitational	Apr 16, 2026
26	Bufkin, Abby	JR-3	St. Benedict	18:41.23	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
27	Ait Ali, Safiya	SO-2	St. Olaf	18:41.93	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
28	Cavanaugh, Brylee	FR-1	Bethel (Minn.)	18:47.51	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
29	McCormick, Grace	JR-3	St. Scholastica	18:56.63	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
30	Wainwright, Megan	SR-4	St. Olaf	18:56.85	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026

10,000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Preisser, Hannah	SR-4	Carleton	35:19.40	NCAA Division III Outdoor Track & Field Championships	May 21, 2026
2	Liston, Molly	SR-4	Gustavus Adolphus	35:30.90	NCAA Division III Outdoor Track & Field Championships	May 21, 2026
3	Larsen, Aliya	SR-4	Carleton	38:29.48	Mangrum Invite 2026 ROSTER REGISTRATION ONLY	Mar 27, 2026
4	Nelson, Ashley	SO-2	Concordia-Moorhead	38:38.00	CSB/SJU Invitational	Apr 16, 2026
5	Ellis, Samantha	JR-3	Macalester	38:55.08	MIAC Outdoor Championship	Apr 30, 2026
6	England, Arabella	SO-2	St. Olaf	38:55.63	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
7	McCloskey, Molly Kate	JR-3	St. Olaf	39:29.22	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
8	Madden, Kathleen	JR-3	St. Olaf	39:31.65	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
9	Wood, Abby	SO-2	St. Scholastica	39:38.30	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
10	Lindeman, Eleanor	FR-1	St. Catherine (Minn.)	39:51.26	CSB/SJU Invitational	Apr 16, 2026
11	Ait Ali, Safiya	SO-2	St. Olaf	39:56.40	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
12	Gould, Anna	FR-1	Gustavus Adolphus	40:03.04	MIAC Outdoor Championship	Apr 30, 2026
13	Wainwright, Megan	SR-4	St. Olaf	40:14.87	MIAC Outdoor Championship	Apr 30, 2026
14	Hart, Brooklyn	SO-2	Concordia-Moorhead	40:23.22	CSB/SJU Invitational	Apr 16, 2026
15	Weider, Elizabeth	SO-2	St. Olaf	40:28.86	MIAC Outdoor Championship	Apr 30, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
16	Hagen, Mollykate	JR-3	St. Scholastica	40:31.95	MIAC Outdoor Championship	Apr 30, 2026
17	Bufkin, Abby	JR-3	St. Benedict	40:33.94	MIAC Outdoor Championship	Apr 30, 2026
18	Feldhahn, Lydia	FR-1	St. Catherine (Minn.)	41:54.66	CSB/SJU Invitational	Apr 16, 2026
19	Lendrum Fort, Anna	FR-1	Macalester	42:04.11	MIAC Outdoor Championship	Apr 30, 2026
20	Tung-Mabry, Madelyn	JR-3	St. Olaf	42:21.66	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
21	Olinger, Rachel	SR-4	St. Benedict	42:40.25	CSB/SJU Invitational	Apr 16, 2026
22	Burshem, Ayva	SR-4	St. Benedict	43:10.85	CSB/SJU Invitational	Apr 16, 2026
23	Williamson, Abby	SO-2	Bethel (Minn.)	43:43.35	CSB/SJU Invitational	Apr 16, 2026
24	Merges, Kaline	SO-2	St. Benedict	44:07.90	CSB/SJU Invitational	Apr 16, 2026

100 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Zenz, Michaela	FR-1	Bethel (Minn.)	14.47	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026	2.8
2	Stein, Claire	FR-1	St. Olaf	14.77	MIAC Outdoor Championship	Apr 30, 2026	0.3
3	Chea, Juslene	FR-1	St. Benedict	14.80	MIAC Outdoor Championship	Apr 30, 2026	1.6
4	Pearson, Lauren	FR-1	Concordia-Moorhead	14.86	MIAC Outdoor Championship	Apr 30, 2026	0.3
5	Hernes, Ellie	SR-4	Bethel (Minn.)	14.97	MIAC Outdoor Championship	Apr 30, 2026	-0.6
6	Bingham, Hannah	SO-2	Bethel (Minn.)	14.99	MIAC Outdoor Championship	Apr 30, 2026	1.6
6	Podulke, Emily	SO-2	Gustavus Adolphus	14.99	MIAC Outdoor Championship	Apr 30, 2026	-0.6
8	Vogel, Sophia	FR-1	Gustavus Adolphus	15.04	Todd Pfingsten Open	Apr 29, 2026	3.8
9	Malvey, Kaili	FR-1	Concordia-Moorhead	15.06	MIAC Outdoor Championship	Apr 30, 2026	-0.6
10	Thauvin, Laura	SO-2	Gustavus Adolphus	15.07	Gary Wilson Invitational	Apr 22, 2026	1.2
11	Walsh, Annika	FR-1	St. Olaf	15.34	MIAC Outdoor Championship	Apr 30, 2026	1.6
12	Hexum, Brianna	FR-1	Bethel (Minn.)	15.37	Gary Wilson Invitational	Apr 22, 2026	1.2
13	Frantzich, Svea	FR-1	St. Olaf	15.51	MIAC Outdoor Championship	Apr 30, 2026	-0.6
14	Kajer, Kayla	SO-2	Gustavus Adolphus	15.68	Todd Pfingsten Open	Apr 29, 2026	3.8
15	Adelgren, Anya	SR-4	St. Benedict	15.71	MIAC Outdoor Championship	Apr 30, 2026	-0.6
16	Stahl, Chelsea	JR-3	Gustavus Adolphus	15.79	St. Olaf Ole Open	May 2, 2026	2.2
17	Brown, Josie	SO-2	Concordia-Moorhead	15.80	Cobb Open	May 2, 2026	1.5
18	Robran, Aliyah	SR-4	Hamline	15.93	MIAC Outdoor Championship	Apr 30, 2026	0.3
19	Myatt, Tessa	JR-3	Macalester	15.95	Hamline Invitational	Mar 30, 2026	1.7
20	Kelleher, Caroline	SO-2	Carleton	16.17	MIAC Outdoor Championship	Apr 30, 2026	0.9
21	Selle, Lauren	FR-1	Concordia-Moorhead	16.20	MIAC Outdoor Championship	Apr 30, 2026	1.8
22	Rappana, Lucy	FR-1	St. Scholastica	16.22	Hamline Invitational	Mar 30, 2026	2.0
23	Lovelace, Abby	JR-3	Concordia-Moorhead	16.25	NDSU Spring Classic	Apr 11, 2026	-0.1
24	Tyvoll, Ally	JR-3	Bethel (Minn.)	16.40	MIAC Outdoor Championship	Apr 30, 2026	1.8
25	Ostrem, Chloe	JR-3	St. Benedict	16.41	MIAC Outdoor Championship	Apr 30, 2026	0.3
26	Evans, Kayla	SO-2	Bethel (Minn.)	16.48	MIAC Outdoor Championship	Apr 30, 2026	-0.6
26	Lee, Maddox	SR-4	Gustavus Adolphus	16.48	MIAC Outdoor Championship	Apr 30, 2026	0.9
28	Hanlin, Morgan	FR-1	St. Benedict	16.49	Hamline Invitational	Mar 30, 2026	1.7
29	Greenquist, Selah	FR-1	Bethel (Minn.)	16.67	Meet of the Unsaintly	May 1, 2026	-0.5
30	Schuele, Emma	SR-4	St. Benedict	16.93	MIAC Outdoor Championship	Apr 30, 2026	-0.6

400 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Stein, Claire	FR-1	St. Olaf	1:01.45	MIAC Outdoor Championship	Apr 30, 2026
2	Berg, Lauren	SR-4	St. Benedict	1:01.49	MIAC Outdoor Championship	Apr 30, 2026
3	Brown, Josie	SO-2	Concordia-Moorhead	1:01.79	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
4	Bingham, Hannah	SO-2	Bethel (Minn.)	1:02.97	MIAC Outdoor Championship	Apr 30, 2026
5	Vogel, Sophia	FR-1	Gustavus Adolphus	1:04.52	Gustie Twilight	Apr 15, 2026
6	Hexum, Brianna	FR-1	Bethel (Minn.)	1:04.82	MIAC Outdoor Championship	Apr 30, 2026
7	Gerbig, Adyson	FR-1	Bethel (Minn.)	1:04.91	MIAC Outdoor Championship	Apr 30, 2026
8	Loftness, Ava	FR-1	Gustavus Adolphus	1:05.46	MIAC Outdoor Championship	Apr 30, 2026
9	Lovelace, Abby	JR-3	Concordia-Moorhead	1:05.80	MIAC Outdoor Championship	Apr 30, 2026
10	Zenz, Michaela	FR-1	Bethel (Minn.)	1:06.38	MIAC Outdoor Championship	Apr 30, 2026
11	Baumann, Brooke	JR-3	Hamline	1:06.86	Hamline Invitational	Mar 30, 2026
12	Podulke, Emily	SO-2	Gustavus Adolphus	1:07.28	CSB/SJU Optimistic Meet	Mar 28, 2026
12	Rocheford, Lauren	SR-4	Gustavus Adolphus	1:07.28	MIAC Outdoor Championship	Apr 30, 2026
14	Kelleher, Caroline	SO-2	Carleton	1:07.47	MIAC Outdoor Championship	Apr 30, 2026
15	Semple, Ellie	FR-1	St. Olaf	1:07.76	Gary Wilson Invitational	Apr 22, 2026
16	Hookom, Allison	SR-4	Augsburg	1:07.97	MIAC Outdoor Championship	Apr 30, 2026
17	Robran, Aliyah	SR-4	Hamline	1:08.26	MIAC Outdoor Championship	Apr 30, 2026
18	Brooks, Mariah	SO-2	St. Benedict	1:09.55	MIAC Outdoor Championship	Apr 30, 2026
19	Ostrem, Chloe	JR-3	St. Benedict	1:10.11	MIAC Outdoor Championship	Apr 30, 2026
20	Adelgren, Anya	SR-4	St. Benedict	1:10.16	MIAC Outdoor Championship	Apr 30, 2026
21	Rappana, Lucy	FR-1	St. Scholastica	1:10.45	Meet of the Unsaintly	May 1, 2026
22	Kennedy, Adelyn	SO-2	Gustavus Adolphus	1:10.59	MIAC Outdoor Championship	Apr 30, 2026
23	Syverson, Sophie	FR-1	Carleton	1:11.00	MIAC Outdoor Championship	Apr 30, 2026
24	Lee, Maddox	SR-4	Gustavus Adolphus	1:11.39	Gustie Twilight	Apr 15, 2026
25	Makem Ratzinger, Joel	JR-3	St. Benedict	1:11.67	MIAC Outdoor Championship	Apr 30, 2026
26	Robinson, Mae	FR-1	St. Olaf	1:11.81	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
27	Worry, Megan	SO-2	Macalester	1:13.13	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
28	Evans, Kayla	SO-2	Bethel (Minn.)	1:13.28	MIAC Outdoor Championship	Apr 30, 2026
29	Richardson, Samantha	JR-3	St. Benedict	1:13.39	Meet of the Unsaintly	May 1, 2026
30	Schuele, Emma	SR-4	St. Benedict	1:14.22	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026

3000 Steeplechase

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Kenney, Mary	SR-4	St. Benedict	10:56.27	MIAC Outdoor Championship	Apr 30, 2026
2	Lindquist, Abigale	SO-2	St. Olaf	11:08.01	MIAC Outdoor Championship	Apr 30, 2026
3	Campbell, Amelia	FR-1	Carleton	11:13.21	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
4	Henry-Perlich, Kelyn	SO-2	Concordia-Moorhead	11:13.68	MIAC Outdoor Championship	Apr 30, 2026
5	Hay, Anna	SR-4	Bethel (Minn.)	11:30.03	Gary Wilson Invitational	Apr 22, 2026
6	Grobstein, Daphne	FR-1	St. Benedict	11:30.91	MIAC Outdoor Championship	Apr 30, 2026
7	Babineau, Julia	JR-3	St. Benedict	11:32.67	MIAC Outdoor Championship	Apr 30, 2026
8	Peterson, Nina	FR-1	Carleton	11:35.68	MIAC Outdoor Championship	Apr 30, 2026
9	Leiner, Willemijn	SO-2	St. Olaf	11:38.91	MIAC Outdoor Championship	Apr 30, 2026
10	Witschen, Anabella	JR-3	St. Benedict	11:44.51	CSB/SJU Invitational	Apr 16, 2026
11	Peterson, Nicole	FR-1	Carleton	11:44.91	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026

Place	Athlete	Year	Team	Time	Meet	Meet Date
12	Anderson, Siiri	FR-1	Gustavus Adolphus	11:59.48	MIAC Outdoor Championship	Apr 30, 2026
13	Moeller, Grace	SR-4	St. Olaf	12:00.58	WashU Distance Carnival '26	Mar 26, 2026
14	Lindeman, Eleanor	FR-1	St. Catherine (Minn.)	12:00.82	Meet of the Unsaintly	May 1, 2026
15	Forbord, Anna	FR-1	Gustavus Adolphus	12:11.31	St. Olaf Ole Open	May 2, 2026
16	DeVries, Mallory	FR-1	Concordia-Moorhead	12:25.71	NDSU Spring Classic	Apr 11, 2026
17	Goergen, Katherine	SO-2	Saint Mary's (Minn.)	12:31.73	MIAC Outdoor Championship	Apr 30, 2026
18	Blaich, Anna	FR-1	Carleton	12:34.23	Carleton Relays	Apr 16, 2026
19	Neu, Alayna	FR-1	Concordia-Moorhead	12:36.38	MIAC Outdoor Championship	Apr 30, 2026
20	Masica, Lauren	FR-1	St. Benedict	12:41.74	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
21	Giles, Addy	FR-1	St. Benedict	12:43.95	CSB/SJU Invitational	Apr 16, 2026
22	Gushwa, Piper	FR-1	Gustavus Adolphus	12:46.91	St. Olaf Ole Open	May 2, 2026
23	Link, Bailey	JR-3	St. Benedict	13:15.85	Hamline Invitational	Mar 30, 2026
24	Williamschen, Alyse	SO-2	St. Benedict	13:18.14	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
25	Brix, Alwena	SO-2	Augsburg	13:22.61	Meet of the Unsaintly	May 1, 2026
26	Johnson, Annika	FR-1	St. Benedict	13:55.64	CSB/SJU Optimistic Meet	Mar 28, 2026
27	Keil, Ali	FR-1	Gustavus Adolphus	13:59.69	Gene Glader Invitational	Apr 11, 2026
28	Neria, Deliah	JR-3	Hamline	14:03.06	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
29	Hatlevig, Vivian	FR-1	Gustavus Adolphus	14:07.45	Gene Glader Invitational	Apr 11, 2026
30	VanMarel, Katelyn	JR-3	St. Benedict	14:46.90	CSB/SJU Invitational	Apr 16, 2026

4 x 100 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	47.38	Paulson, Maki, Kaping, Olson-Skog	MIAC Outdoor Championship	Apr 30, 2026
2	Saint Mary's (Minn.)	47.43	Young, Munson, Saamanen, Munson	MIAC Outdoor Championship	Apr 30, 2026
3	Concordia-Moorhead	48.22	Fynboh, Rengo, Osborne, Sandman	MIAC Outdoor Championship	Apr 30, 2026
4	Gustavus Adolphus	48.40	Stacy, Thauvin, Vogel, Loftness	MIAC Outdoor Championship	Apr 30, 2026
5	Hamline	48.61	Hoffmann, Turnbaugh, Schneider, Siems	MIAC Outdoor Championship	Apr 30, 2026
6	Macalester	49.23	Beckley, Crewey, Cunningham, Rogahn-Press	Hamline Invitational	Mar 30, 2026
7	St. Olaf	49.26	Jore, Sappington, Herweijer, Frantzich	MIAC Outdoor Championship	Apr 30, 2026
8	St. Benedict	49.52		University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
9	Carleton	49.82	Islam, Muglia, Lott, Mensah	MIAC Outdoor Championship	Apr 30, 2026
10	St. Scholastica	51.42	Petroske, Nelson, Rendahl, Fink	Meet of the Unsaintly	May 1, 2026

4 x 200 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	1:43.56	Rengo, Warner, Osborne, Sandman	116th Drake Relays	Apr 22, 2026
2	Hamline	1:46.07	Schneider, Turnbaugh, Robran, Siems	Gustie Twilight	Apr 15, 2026
3	Gustavus Adolphus	2:02.60	Lee, Huikko, Boe, Tschida	Gustie Twilight	Apr 15, 2026

4 x 400 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:44.27	Pelowski, Slaybaugh, Bingham, Sulungaine	NCAA Division III Outdoor Track & Field Championships	May 21, 2026
2	St. Olaf	3:44.74	Jaeckle, Stein, Semple, DenHartog	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026

Place	Team	Time	Athletes	Meet	Meet Date
3	Concordia-Moorhead	3:49.39	Rengo, Brown, Warner, Nygaard	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
4	St. Benedict	3:59.62		University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
5	Gustavus Adolphus	4:03.91	Wallin, Kienitz, Bye, Fynboh	MIAC Outdoor Championship	Apr 30, 2026
6	Hamline	4:04.27	Bradley, Robran, Maddux, Siems	MIAC Outdoor Championship	Apr 30, 2026
7	Macalester	4:06.79	Beckley, Wilkins, Iverson, Myatt	MIAC Outdoor Championship	Apr 30, 2026
8	Carleton	4:08.01	Lott, Bishop, Kusch, Tittel	MIAC Outdoor Championship	Apr 30, 2026
9	Saint Mary's (Minn.)	4:10.21	Zaharieva, Slavin, Bergeman, Burckhardt	MIAC Outdoor Championship	Apr 30, 2026
10	St. Scholastica	4:12.37	Rendahl, Niemi, Hoard, Nelson	MIAC Outdoor Championship	Apr 30, 2026
11	Augsburg	4:25.08	Greene, Hookom, Hain, Brix	MIAC Outdoor Championship	Apr 30, 2026

4 x 800 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	9:21.47	Ames, Henry-Perlich, Lovelace, Nygaard	MIAC Outdoor Championship	Apr 30, 2026
2	Macalester	9:23.38	Iverson, Jensen, Morris, Fox	MIAC Outdoor Championship	Apr 30, 2026
3	St. Benedict	9:28.87	Radaich, Witschen, Link, Dean	MIAC Outdoor Championship	Apr 30, 2026
4	St. Olaf	9:39.27	Lamarre, Landis, Peikert, DenHartog	MIAC Outdoor Championship	Apr 30, 2026
5	Gustavus Adolphus	9:41.88	Soli, Kienitz, Wallin, Enfield	MIAC Outdoor Championship	Apr 30, 2026
6	Carleton	9:46.74	Ruzanic, Peterson, Peterson, Reckmeyer	MIAC Outdoor Championship	Apr 30, 2026
7	Bethel (Minn.)	9:48.33	Erickson, Gentz, Nelson, Mullen	MIAC Outdoor Championship	Apr 30, 2026
8	Hamline	9:56.77	Bradley, Maddux, Burkhardt, Meyers	MIAC Outdoor Championship	Apr 30, 2026
9	St. Scholastica	10:09.14	Niemi, Hoard, Hartley, McCormick	MIAC Outdoor Championship	Apr 30, 2026
10	Saint Mary's (Minn.)	10:34.83	Bergeman, Burckhardt, Frosch, Goergen	MIAC Outdoor Championship	Apr 30, 2026
11	St. Catherine (Minn.)	10:45.16	Sit, Peterson, Kennedy, Lamb	MIAC Outdoor Championship	Apr 30, 2026

Sprint Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	4:13.21	Sandman, Osborne, Rengo, Ames	116th Drake Relays	Apr 22, 2026

Distance Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	12:16.07	Ames, Norton, Brown, Henry-Perlich	116th Drake Relays	Apr 22, 2026

High Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Selle, Lauren	FR-1	Concordia-Moorhead	1.67m	5' 5.75"	MIAC Outdoor Championship	Apr 30, 2026
2	Kajer, Kayla	SO-2	Gustavus Adolphus	1.65m	5' 5"	St. Olaf Ole Open	May 2, 2026
3	Pearson, Lauren	FR-1	Concordia-Moorhead	1.64m	5' 4.5"	MIAC Outdoor Championship	Apr 30, 2026
4	Malvey, Kaili	FR-1	Concordia-Moorhead	1.63m	5' 4.25"	MIAC Outdoor Championship	Apr 30, 2026
5	Myatt, Tessa	JR-3	Macalester	1.61m	5' 3.25"	MIAC Outdoor Championship	Apr 30, 2026
6	Walsh, Annika	FR-1	St. Olaf	1.60m	5' 3"	St. Olaf Manitou Classic	Apr 11, 2026
7	Norton, Emma	FR-1	Concordia-Moorhead	1.58m	5' 2.25"	MIAC Outdoor Championship	Apr 30, 2026
7	Laposky, Reese	FR-1	St. Benedict	1.58m	5' 2.25"	MIAC Outdoor Championship	Apr 30, 2026
9	Lovelace, Abby	JR-3	Concordia-Moorhead	1.57m	5' 1.75"	Embry-Riddle Running Elements - college and open	Apr 2, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
9	Hernes, Ellie	SR-4	Bethel (Minn.)	1.57m	5' 1.75"	MIAC Outdoor Championship	Apr 30, 2026
11	Terwedo, Drea	JR-3	St. Benedict	1.55m	5' 1"	CSB/SJU Optimistic Meet	Mar 28, 2026
11	Maurer, Ari	FR-1	St. Benedict	1.55m	5' 1"	MIAC Outdoor Championship	Apr 30, 2026
11	Hawks, Kaylee	FR-1	Gustavus Adolphus	1.55m	5' 1"	MIAC Outdoor Championship	Apr 30, 2026
14	Stommes, Kiera	SO-2	St. Benedict	1.53m	5' 0.25"	Hamline Invitational	Mar 30, 2026
15	Gack, Kaia	SO-2	Concordia-Moorhead	1.52m	4' 11.75"	Viking Twilight	Apr 21, 2026
16	Albers, Marissa	JR-3	Hamline	1.48m	4' 10.25"	Gene Glader Invitational	Apr 11, 2026
16	Lee, Maddox	SR-4	Gustavus Adolphus	1.48m	4' 10.25"	MIAC Outdoor Championship	Apr 30, 2026
16	Frantzich, Svea	FR-1	St. Olaf	1.48m	4' 10.25"	MIAC Outdoor Championship	Apr 30, 2026
19	Witham, Frankie	JR-3	Hamline	1.47m	4' 9.75"	MIAC Outdoor Championship	Apr 30, 2026
20	Simonson, Ali	FR-1	Hamline	1.46m	4' 9.5"	Meet of the Unsaintly	May 1, 2026
20	Kelleher, Caroline	SO-2	Carleton	1.46m	4' 9.5"	Carleton Relays	Apr 16, 2026
22	Christenson, Taylor	SO-2	Concordia-Moorhead	1.45m	4' 9"	CSB/SJU Optimistic Meet	Mar 28, 2026
22	Podulke, Emily	SO-2	Gustavus Adolphus	1.45m	4' 9"	Norse Invite	Apr 3, 2026
22	Gruba, Genevieve	JR-3	Concordia-Moorhead	1.45m	4' 9"	Cobb Open	May 2, 2026
22	Keech, Claire	SR-4	St. Olaf	1.45m	4' 9"	MIAC Outdoor Championship	Apr 30, 2026
22	Stein, Claire	FR-1	St. Olaf	1.45m	4' 9"	MIAC Outdoor Championship	Apr 30, 2026
22	Miriovsky, Ellen	FR-1	St. Scholastica	1.45m	4' 9"	Hamline Invitational	Mar 30, 2026
28	Chavarria, Andrea	FR-1	St. Olaf	1.43m	4' 8.25"	UW-Eau Claire Dick & Mary Johnson Invite	Apr 25, 2026
28	Kemp, Anna	JR-3	St. Benedict	1.43m	4' 8.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
28	Reichardt, Juliet	SO-2	Macalester	1.43m	4' 8.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
28	Siebsen, Kristin	FR-1	St. Catherine (Minn.)	1.43m	4' 8.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
28	Tyvoll, Ally	JR-3	Bethel (Minn.)	1.43m	4' 8.25"	CSB/SJU Invitational	Apr 16, 2026

Pole Vault

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ahlberg, Jaylyn	SR-4	St. Benedict	3.65m	11' 11.75"	St. Olaf Ole Open	May 2, 2026
2	Frei, Abigail	FR-1	St. Olaf	3.63m	11' 10.75"	MIAC Outdoor Championship	Apr 30, 2026
2	Nelson, AnnaGrace	SR-4	Bethel (Minn.)	3.63m	11' 10.75"	MIAC Outdoor Championship	Apr 30, 2026
4	Gin, Xara	SO-2	Saint Mary's (Minn.)	3.53m	11' 7"	MIAC Outdoor Championship	Apr 30, 2026
5	Raidt, LiLi	JR-3	St. Benedict	3.47m	11' 4.5"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
6	Kaping, Raina	JR-3	Bethel (Minn.)	3.43m	11' 3"	MIAC Outdoor Championship	Apr 30, 2026
7	Lee, Maddox	SR-4	Gustavus Adolphus	3.41m	11' 2.25"	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
8	Pearson, Emily	JR-3	Bethel (Minn.)	3.36m	11' 0.25"	Gene Glader Invitational	Apr 11, 2026
8	Kelleher, Caroline	SO-2	Carleton	3.36m	11' 0.25"	Carleton Relays	Apr 16, 2026
10	Flinn, McKenna	SO-2	St. Benedict	3.33m	10' 11"	MIAC Outdoor Championship	Apr 30, 2026
11	Finney, Camille	JR-3	Gustavus Adolphus	3.25m	10' 8"	Gustie Twilight	Apr 15, 2026
12	Brosam, Ava	FR-1	Carleton	3.23m	10' 7"	MIAC Outdoor Championship	Apr 30, 2026
12	Coleman, Brynley	SO-2	Concordia-Moorhead	3.23m	10' 7"	MIAC Outdoor Championship	Apr 30, 2026
12	Clairmont, Kate	FR-1	Gustavus Adolphus	3.23m	10' 7"	MIAC Outdoor Championship	Apr 30, 2026
15	Stamp, Elly	FR-1	Bethel (Minn.)	3.21m	10' 6.25"	Gene Glader Invitational	Apr 11, 2026
16	Schmidt, Autumn	SO-2	Gustavus Adolphus	3.19m	10' 5.5"	Todd Pfungsten Open	Apr 29, 2026
17	Nesseth, Erika	SO-2	St. Olaf	3.13m	10' 3.25"	Carleton Relays	Apr 16, 2026
18	Brown, Savannah	JR-3	Hamline	3.10m	10' 2"	Gustie Twilight	Apr 15, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
19	Wilson, Seneca	JR-3	Macalester	3.08m	10' 1.25"	MIAC Outdoor Championship	Apr 30, 2026
20	Green, Lizzie	SR-4	Hamline	3.02m	9' 10.75"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
21	Lighthill, Otelia	JR-3	St. Olaf	2.98m	9' 9.25"	Carleton Relays	Apr 16, 2026
22	Tschida, Elizabeth	JR-3	Gustavus Adolphus	2.95m	9' 8"	Gustie Twilight	Apr 15, 2026
23	Syverson, Sophie	FR-1	Carleton	2.91m	9' 6.5"	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
24	Hanifl, Zibby	SR-4	St. Olaf	2.87m	9' 5"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
25	Hahn, Aftyn	FR-1	Concordia-Moorhead	2.86m	9' 4.5"	Al Cassell Classics	Apr 25, 2026
26	Meyers, Tessa	SO-2	Hamline	2.84m	9' 3.75"	Meet of the Unsaintly	May 1, 2026
27	Austin, Kaia	FR-1	Gustavus Adolphus	2.80m	9' 2.25"	Gustie Twilight	Apr 15, 2026
28	Boyd, Roen	SR-4	Macalester	2.76m	9' 0.5"	Gene Glader Invitational	Apr 11, 2026
29	Luepke, Bria	SR-4	Hamline	2.75m	9' 0.25"	Hamline Invitational	Mar 30, 2026
29	Steele, Chloe	SO-2	Bethel (Minn.)	2.75m	9' 0.25"	Hamline Invitational	Mar 30, 2026
29	Huikko, Jenna	FR-1	Gustavus Adolphus	2.75m	9' 0.25"	St. Olaf Ole Open	May 2, 2026

Long Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Hernes, Ellie	SR-4	Bethel (Minn.)	5.63m	18' 5.75"	Redlands Invite 2026	Mar 19, 2026	0.8
2	Jore, Ashlyn	SR-4	St. Olaf	5.60m	18' 4.5"	MIAC Outdoor Championship	Apr 30, 2026	2.4
3	Badejo, Mabel	FR-1	Hamline	5.56m	18' 3"	Gustie Twilight	Apr 15, 2026	0.7
4	Malvey, Kaili	FR-1	Concordia-Moorhead	5.54m	18' 2.25"	MIAC Outdoor Championship	Apr 30, 2026	2.0
5	Frantzich, Svea	FR-1	St. Olaf	5.52m	18' 1.5"	MIAC Outdoor Championship	Apr 30, 2026	1.7
6	Stein, Claire	FR-1	St. Olaf	5.50m	18' 0.5"	MIAC Outdoor Championship	Apr 30, 2026	3.2
7	Rengo, Emily	SR-4	Concordia-Moorhead	5.46m	17' 11"	CSB/SJU Optimistic Meet	Mar 28, 2026	3.8
8	Chea, Juslene	FR-1	St. Benedict	5.45m	17' 10.75"	MIAC Outdoor Championship	Apr 30, 2026	2.3
8	Farquharson, Sabriya	JR-3	St. Benedict	5.45m	17' 10.75"	CSB/SJU Optimistic Meet	Mar 28, 2026	2.8
10	Tomety, Harmony-Keli	JR-3	Macalester	5.43m	17' 9.75"	St. Olaf Ole Open	May 2, 2026	2.5
11	Fink, Allison	FR-1	St. Scholastica	5.42m	17' 9.5"	MIAC Outdoor Championship	Apr 30, 2026	1.0
12	Stanislawski, Jordan	JR-3	Bethel (Minn.)	5.41m	17' 9"	Redlands Invite 2026	Mar 19, 2026	2.1
13	Hanlin, Morgan	FR-1	St. Benedict	5.38m	17' 8"	CSB/SJU Invitational	Apr 16, 2026	2.3
14	Gries, Anna	SO-2	St. Benedict	5.29m	17' 4.25"	MIAC Outdoor Championship	Apr 30, 2026	+0.0
15	Pearson, Lauren	FR-1	Concordia-Moorhead	5.27m	17' 3.5"	MIAC Outdoor Championship	Apr 30, 2026	+0.0
16	Selle, Lauren	FR-1	Concordia-Moorhead	5.25m	17' 2.75"	MIAC Outdoor Championship	Apr 30, 2026	3.2
17	Mensah, Terri	FR-1	Carleton	5.24m	17' 2.25"	Carleton Relays	Apr 16, 2026	0.4
18	Klein, Aubree	JR-3	St. Olaf	5.21m	17' 1.25"	St. Olaf Ole Open	May 2, 2026	1.0
19	Hawks, Kaylee	FR-1	Gustavus Adolphus	5.14m	16' 10.5"	Gene Glader Invitational	Apr 11, 2026	+0.0
20	Sather, Maddie	FR-1	Concordia-Moorhead	5.10m	16' 8.75"	Al Cassell Classics	Apr 25, 2026	2.1
21	Vogel, Sophia	FR-1	Gustavus Adolphus	5.08m	16' 8"	Todd Pfungsten Open	Apr 29, 2026	2.1
22	Thauvin, Laura	SO-2	Gustavus Adolphus	5.07m	16' 7.75"	Norse Invite	Apr 3, 2026	0.8
22	Solheid, Sami	JR-3	St. Benedict	5.07m	16' 7.75"	CSB/SJU Invitational	Apr 16, 2026	1.9
24	Walsh, Annika	FR-1	St. Olaf	5.06m	16' 7.25"	MIAC Outdoor Championship	Apr 30, 2026	1.2
25	Muglia, Jillian	FR-1	Carleton	5.05m	16' 7"	St. Olaf Ole Open	May 2, 2026	2.4
25	Osborne, Piper	JR-3	Concordia-Moorhead	5.05m	16' 7"	Cobb Open	May 2, 2026	2.7
27	Starzl, Ella	SO-2	Concordia-Moorhead	5.03m	16' 6"	Viking Twilight	Apr 21, 2026	2.1
28	Lindner, Sarrah	SR-4	Gustavus Adolphus	5.02m	16' 5.75"	St. Olaf Ole Open	May 2, 2026	+0.0

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
28	Scharnberg, Hannah	FR-1	St. Benedict	5.02m	16' 5.75"	CSB/SJU Optimistic Meet	Mar 28, 2026	4.5
30	Beckley, Claire	SO-2	Macalester	5.01m	16' 5.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026	0.1

Triple Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Loftness, Ava	FR-1	Gustavus Adolphus	12.18m	39' 11.5"	NCAA Division III Outdoor Track & Field Championships	May 21, 2026	2.4
2	Hernes, Ellie	SR-4	Bethel (Minn.)	12.04m	39' 6"	MIAC Outdoor Championship	Apr 30, 2026	-0.7
3	Hawks, Kaylee	FR-1	Gustavus Adolphus	11.74m	38' 6.25"	MIAC Outdoor Championship	Apr 30, 2026	4.2
4	Farquharson, Sabriya	JR-3	St. Benedict	11.47m	37' 7.75"	MIAC Outdoor Championship	Apr 30, 2026	-1.1
5	Malvey, Kaili	FR-1	Concordia-Moorhead	11.34m	37' 2.5"	MIAC Outdoor Championship	Apr 30, 2026	-1.6
6	Frantzich, Svea	FR-1	St. Olaf	11.30m	37' 1"	MIAC Outdoor Championship	Apr 30, 2026	1.5
7	Chea, Juslene	FR-1	St. Benedict	11.27m	36' 11.75"	MIAC Outdoor Championship	Apr 30, 2026	0.8
8	Nelson, AnnaGrace	SR-4	Bethel (Minn.)	11.08m	36' 4.25"	MIAC Outdoor Championship	Apr 30, 2026	2.4
9	Gries, Anna	SO-2	St. Benedict	11.03m	36' 2.25"	MIAC Outdoor Championship	Apr 30, 2026	1.7
10	Vogel, Sophia	FR-1	Gustavus Adolphus	10.91m	35' 9.5"	MIAC Outdoor Championship	Apr 30, 2026	0.3
11	Stanislawski, Jordan	JR-3	Bethel (Minn.)	10.73m	35' 2.5"	Redlands Invite 2026	Mar 19, 2026	+0.0
12	Osborne, Piper	JR-3	Concordia-Moorhead	10.69m	35' 1"	Cobb Open	May 2, 2026	3.5
13	Scharnberg, Hannah	FR-1	St. Benedict	10.67m	35' 0.25"	CSB/SJU Invitational	Apr 16, 2026	0.8
14	Lindner, Sarrah	SR-4	Gustavus Adolphus	10.64m	34' 11"	MIAC Outdoor Championship	Apr 30, 2026	0.8
15	Pankratz, Julia	FR-1	Bethel (Minn.)	10.60m	34' 9.5"	MIAC Outdoor Championship	Apr 30, 2026	1.3
16	Dostal, Ameryn	SO-2	Saint Mary's (Minn.)	10.58m	34' 8.5"	MIAC Outdoor Championship	Apr 30, 2026	0.7
17	Fink, Allison	FR-1	St. Scholastica	10.53m	34' 6.75"	MIAC Outdoor Championship	Apr 30, 2026	1.5
18	Mensah, Terri	FR-1	Carleton	10.49m	34' 5"	Vince O'Boyle Track and Field Classic	Mar 27, 2026	1.5
19	Bye, Adi	FR-1	Gustavus Adolphus	10.39m	34' 1.25"	MIAC Outdoor Championship	Apr 30, 2026	-2.3
20	Norton, Emma	FR-1	Concordia-Moorhead	10.29m	33' 9.25"	Cobb Open	May 2, 2026	1.6
21	Swenson, Peyton	FR-1	Bethel (Minn.)	10.26m	33' 8"	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026	-0.1
22	Machayya, Ellie	SO-2	Concordia-Moorhead	10.19m	33' 5.25"	Cobb Open	May 2, 2026	2.3
23	Bilben, Jillian	SO-2	St. Scholastica	10.18m	33' 4.75"	Hamline Invitational	Mar 30, 2026	+0.0
24	Solheid, Sami	JR-3	St. Benedict	10.14m	33' 3.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026	0.9
25	Hankins, Olivia	FR-1	St. Olaf	10.04m	32' 11.25"	St. Olaf Ole Open	May 2, 2026	+0.0
26	Jouppi, Ana	SO-2	St. Scholastica	9.91m	32' 6.25"	Meet of the Unsaintly	May 1, 2026	1.3
27	Chatters, Aria	FR-1	Hamline	9.84m	32' 3.5"	Gustie Twilight	Apr 15, 2026	0.7
28	Maurer, Ari	FR-1	St. Benedict	9.75m	32' 0"	Hamline Invitational	Mar 30, 2026	+0.0
29	Bishop, Willa	SO-2	Carleton	9.73m	31' 11.25"	Carleton Relays	Apr 16, 2026	1.3
30	Witham, Frankie	JR-3	Hamline	9.71m	31' 10.25"	Meet of the Unsaintly	May 1, 2026	0.4

Shot Put

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Larsen, Nora	SR-4	Bethel (Minn.)	13.76m	45' 1.75"	Gary Wilson Invitational	Apr 22, 2026
2	Mueffelmann, Chloe	SO-2	Concordia-Moorhead	13.62m	44' 8.25"	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
3	Sutch, Arabella	SO-2	Gustavus Adolphus	13.52m	44' 4.25"	MIAC Outdoor Championship	Apr 30, 2026
4	Myatt, Tessa	JR-3	Macalester	13.36m	43' 10"	MIAC Outdoor Championship	Apr 30, 2026
5	Banase, Allison	SO-2	St. Benedict	12.88m	42' 3.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
6	Harris, Yonna	FR-1	Gustavus Adolphus	12.84m	42' 1.5"	MIAC Outdoor Championship	Apr 30, 2026
7	Dabout, Genevieve	FR-1	Concordia-Moorhead	12.48m	40' 11.5"	NDSU Spring Classic	Apr 11, 2026
8	Travis, Miranda	JR-3	Concordia-Moorhead	12.34m	40' 6"	NDSU Spring Classic	Apr 11, 2026
9	Wehrman, Rachel	SO-2	Bethel (Minn.)	12.31m	40' 4.75"	MIAC Outdoor Championship	Apr 30, 2026
10	Endreson, Kaycee	FR-1	Concordia-Moorhead	12.20m	40' 0.5"	Al Cassell Classics	Apr 25, 2026
11	Paulsen, Logan	SO-2	St. Olaf	12.19m	40' 0"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
12	Akason, Morgan	FR-1	Gustavus Adolphus	12.09m	39' 8"	Gustie Twilight	Apr 15, 2026
13	Henrikson, Jada	FR-1	Bethel (Minn.)	12.02m	39' 5.25"	CSB/SJU Invitational	Apr 16, 2026
14	Hartl, Gracie	SO-2	Concordia-Moorhead	11.95m	39' 2.5"	MIAC Outdoor Championship	Apr 30, 2026
15	Folland, McKinley	FR-1	Concordia-Moorhead	11.90m	39' 0.5"	NDSU Spring Classic	Apr 11, 2026
16	McCord, Keira	SO-2	Gustavus Adolphus	11.89m	39' 0.25"	Gustie Twilight	Apr 15, 2026
17	Engen, Ella	SR-4	St. Scholastica	11.77m	38' 7.5"	Meet of the Unsaintly	May 1, 2026
18	Gallagher, Gracie	FR-1	Concordia-Moorhead	11.69m	38' 4.25"	CSB/SJU Optimistic Meet	Mar 28, 2026
19	Welch, Ellie	SO-2	Concordia-Moorhead	11.34m	37' 2.5"	Embry-Riddle Running Elements - college and open	Apr 2, 2026
20	Lovelace, Abby	JR-3	Concordia-Moorhead	11.31m	37' 1.25"	CSB/SJU Invitational	Apr 16, 2026
21	Harriman, Elise	JR-3	St. Olaf	11.26m	36' 11.5"	Carleton Relays	Apr 16, 2026
22	Lenz, Leah	JR-3	Concordia-Moorhead	11.25m	36' 11"	Cobb Open	May 2, 2026
23	Smith, Christian	JR-3	St. Benedict	11.22m	36' 9.75"	Gene Glader Invitational	Apr 11, 2026
24	Sampy, Lena	SO-2	Hamline	11.11m	36' 5.5"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
25	Banase, Grace	SR-4	Gustavus Adolphus	11.05m	36' 3"	St. Olaf Ole Open	May 2, 2026
26	Halvorson, Ava	FR-1	St. Scholastica	10.95m	35' 11.25"	Dan Conway Classic	Apr 25, 2026
27	Paulsen, Quinn	FR-1	St. Benedict	10.92m	35' 10"	Hamline Invitational	Mar 30, 2026
27	Lighthill, Otelia	JR-3	St. Olaf	10.92m	35' 10"	St. Olaf Ole Open	May 2, 2026
29	Saxton, Sophia	SO-2	St. Olaf	10.69m	35' 1"	St. Olaf Ole Open	May 2, 2026
30	Lewandowski, Maggie	JR-3	St. Catherine (Minn.)	10.67m	35' 0.25"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026

Discus

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Duncan, Olivia	JR-3	Gustavus Adolphus	43.77m	143' 7"	Todd Pfungsten Open	Apr 29, 2026
2	Lighthill, Otelia	JR-3	St. Olaf	42.80m	140' 5"	MIAC Outdoor Championship	Apr 30, 2026
3	Dabout, Genevieve	FR-1	Concordia-Moorhead	42.69m	140' 1"	MIAC Outdoor Championship	Apr 30, 2026
4	McCord, Keira	SO-2	Gustavus Adolphus	42.18m	138' 5"	MIAC Outdoor Championship	Apr 30, 2026
5	Welch, Ellie	SO-2	Concordia-Moorhead	41.91m	137' 6"	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
6	Owens, Magenta	SO-2	Hamline	41.46m	136' 0"	MIAC Outdoor Championship	Apr 30, 2026
7	Sutch, Arabella	SO-2	Gustavus Adolphus	40.97m	134' 5"	MIAC Outdoor Championship	Apr 30, 2026
8	Harris, Yonna	FR-1	Gustavus Adolphus	40.71m	133' 7"	MIAC Outdoor Championship	Apr 30, 2026
9	Engen, Ella	SR-4	St. Scholastica	39.33m	129' 0"	Todd Pfungsten Open	Apr 29, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
10	Wehrman, Rachel	SO-2	Bethel (Minn.)	39.23m	128' 8"	MIAC Outdoor Championship	Apr 30, 2026
11	Larsen, Nora	SR-4	Bethel (Minn.)	39.08m	128' 2"	Hamline Invitational	Mar 30, 2026
12	Paulsen, Logan	SO-2	St. Olaf	38.74m	127' 1"	UW-Eau Claire Dick & Mary Johnson Invite	Apr 25, 2026
13	Halvorson, Ava	FR-1	St. Scholastica	38.55m	126' 6"	MIAC Outdoor Championship	Apr 30, 2026
14	Harriman, Elise	JR-3	St. Olaf	38.44m	126' 1"	MIAC Outdoor Championship	Apr 30, 2026
15	Mueffelmann, Chloe	SO-2	Concordia-Moorhead	38.08m	124' 11"	Cobb Open	May 2, 2026
16	Akason, Morgan	FR-1	Gustavus Adolphus	37.61m	123' 5"	St. Olaf Ole Open	May 2, 2026
17	Bishop, Willa	SO-2	Carleton	37.10m	121' 9"	Carleton Relays	Apr 16, 2026
18	Heins, Ella	SO-2	St. Scholastica	37.01m	121' 5"	NDSU Spring Classic	Apr 11, 2026
19	Banse, Allison	SO-2	St. Benedict	37.00m	121' 5"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
20	Kimmes, Rylee	FR-1	Gustavus Adolphus	36.93m	121' 2"	Gene Glader Invitational	Apr 11, 2026
21	Henrikson, Jada	FR-1	Bethel (Minn.)	36.80m	120' 9"	MIAC Outdoor Championship	Apr 30, 2026
22	Smith, Christian	JR-3	St. Benedict	36.09m	118' 5"	CSB/SJU Invitational	Apr 16, 2026
23	Feldman, Cambelle	FR-1	Gustavus Adolphus	35.57m	116' 8"	Todd Pflugsten Open	Apr 29, 2026
24	Hamilton, Elizabeth	JR-3	St. Scholastica	33.93m	111' 4"	Dan Conway Classic	Apr 25, 2026
25	Hartl, Gracie	SO-2	Concordia-Moorhead	33.64m	110' 4"	NDSU Spring Classic	Apr 11, 2026
26	Hanson, Olivia	JR-3	Concordia-Moorhead	33.61m	110' 3"	Viking Twilight	Apr 21, 2026
27	Paulsen, Quinn	FR-1	St. Benedict	33.52m	110' 0"	St. Olaf Ole Open	May 2, 2026
28	Baker, Erin	SO-2	St. Benedict	33.00m	108' 3"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
29	Gallagher, Gracie	FR-1	Concordia-Moorhead	32.88m	107' 10"	CSB/SJU Optimistic Meet	Mar 28, 2026
30	Lenz, Leah	JR-3	Concordia-Moorhead	31.98m	104' 11"	Cobb Open	May 2, 2026

Hammer

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Speratos, Anna	SR-4	Bethel (Minn.)	56.38m	185' 0"	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
2	Stritesky, Ella	SR-4	St. Scholastica	53.83m	176' 7"	MIAC Outdoor Championship	Apr 30, 2026
3	Engen, Ella	SR-4	St. Scholastica	49.79m	163' 4"	Todd Pflugsten Open	Apr 29, 2026
4	Lin, Jessica	JR-3	Macalester	48.85m	160' 3"	MIAC Outdoor Championship	Apr 30, 2026
5	Larsen, Nora	SR-4	Bethel (Minn.)	48.45m	158' 11"	Hamline Invitational	Mar 30, 2026
6	Hovis, Kyra	SO-2	St. Scholastica	47.42m	155' 7"	MIAC Outdoor Championship	Apr 30, 2026
7	Wehrman, Rachel	SO-2	Bethel (Minn.)	47.20m	154' 10"	MIAC Outdoor Championship	Apr 30, 2026
8	Owens, Magenta	SO-2	Hamline	46.58m	152' 10"	MIAC Outdoor Championship	Apr 30, 2026
9	Hoffman, Rebecca	JR-3	Gustavus Adolphus	45.28m	148' 7"	Todd Pflugsten Open	Apr 29, 2026
10	Paulsen, Logan	SO-2	St. Olaf	44.65m	146' 6"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
11	Boelter, Ella	SR-4	Bethel (Minn.)	43.29m	142' 0"	MIAC Outdoor Championship	Apr 30, 2026
12	Tracy, Brooke	SR-4	Hamline	42.97m	141' 0"	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
13	Folland, McKinley	FR-1	Concordia-Moorhead	42.64m	139' 11"	Cobb Open	May 2, 2026
14	Halvorson, Ava	FR-1	St. Scholastica	42.08m	138' 1"	MIAC Outdoor Championship	Apr 30, 2026
15	Endreson, Kaycee	FR-1	Concordia-Moorhead	41.86m	137' 4"	Cobb Open	May 2, 2026
16	Lara, Jai	FR-1	St. Olaf	41.24m	135' 4"	St. Olaf Ole Open	May 2, 2026
17	Dabout, Genevieve	FR-1	Concordia-Moorhead	41.16m	135' 0"	Cobb Open	May 2, 2026
18	Lewandowski, Maggie	JR-3	St. Catherine (Minn.)	40.58m	133' 2"	Meet of the Unsaintly	May 1, 2026
19	Schei, Isabella	JR-3	Saint Mary's (Minn.)	40.08m	131' 6"	MIAC Outdoor Championship	Apr 30, 2026
20	Voss, Alaina	JR-3	Concordia-Moorhead	39.89m	130' 10"	Viking Twilight	Apr 21, 2026

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
21	Heins, Ella	SO-2	St. Scholastica	39.86m	130' 9"	Dan Conway Classic	Apr 25, 2026
22	Baker, Erin	SO-2	St. Benedict	39.83m	130' 8"	Meet of the Unsaintly	May 1, 2026
23	Henrikson, Jada	FR-1	Bethel (Minn.)	39.68m	130' 2"	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
24	Lighthill, Otelia	JR-3	St. Olaf	39.30m	128' 11"	St. Olaf Ole Open	May 2, 2026
25	Smith, Christian	JR-3	St. Benedict	39.27m	128' 10"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
26	Blake, Romona-Shae	SR-4	Hamline	39.14m	128' 5"	Hamline Invitational	Mar 30, 2026
27	Paulsen, Quinn	FR-1	St. Benedict	39.10m	128' 3"	CSB/SJU Invitational	Apr 16, 2026
28	Harriman, Elise	JR-3	St. Olaf	38.96m	127' 10"	St. Olaf Ole Open	May 2, 2026
29	Alvarez, Suzette	JR-3	Saint Mary's (Minn.)	38.46m	126' 2"	St. Olaf Manitou Classic	Apr 11, 2026
30	Sampy, Lena	SO-2	Hamline	38.00m	124' 8"	Hamline Invitational	Mar 30, 2026

Javelin

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Gruba, Genevieve	JR-3	Concordia-Moorhead	40.21m	131' 11"	Viking Twilight	Apr 21, 2026
2	Gack, Kaia	SO-2	Concordia-Moorhead	39.40m	129' 3"	UW-La Crosse NCAA Outdoor Final Qualifier	May 14, 2026
3	Lacy, Anna	JR-3	Gustavus Adolphus	37.67m	123' 7"	Gustie Twilight	Apr 15, 2026
4	Schei, Isabella	JR-3	Saint Mary's (Minn.)	37.55m	123' 2"	MIAC Outdoor Championship	Apr 30, 2026
5	Ciarrochi, Grace	JR-3	Concordia-Moorhead	36.81m	120' 9"	Cobb Open	May 2, 2026
6	Selle, Lauren	FR-1	Concordia-Moorhead	35.94m	117' 11"	CSB/SJU Invitational	Apr 16, 2026
7	Boroughs, Brooke	JR-3	Macalester	34.93m	114' 7"	MIAC Outdoor Championship	Apr 30, 2026
8	Malvey, Kaili	FR-1	Concordia-Moorhead	34.72m	113' 11"	MIAC Outdoor Championship	Apr 30, 2026
9	Christenson, Taylor	SO-2	Concordia-Moorhead	34.27m	112' 5"	MIAC Outdoor Championship	Apr 30, 2026
10	Azure, Kennison	FR-1	Concordia-Moorhead	34.11m	111' 11"	Cobb Open	May 2, 2026
11	Kimmes, Rylee	FR-1	Gustavus Adolphus	33.46m	109' 9"	St. Olaf Ole Open	May 2, 2026
12	Keech, Claire	SR-4	St. Olaf	32.98m	108' 2"	MIAC Outdoor Championship	Apr 30, 2026
13	Bishop, Willa	SO-2	Carleton	32.62m	107' 0"	University of St. Thomas Joe Sweeney Invite	Apr 29, 2026
14	Pollis, Parker	SO-2	St. Benedict	32.57m	106' 10"	Gene Glader Invitational	Apr 11, 2026
15	Paulsen, Logan	SO-2	St. Olaf	32.43m	106' 5"	UW-Eau Claire Dick & Mary Johnson Invite	Apr 25, 2026
16	Banse, Allison	SO-2	St. Benedict	31.92m	104' 9"	CSB/SJU Invitational	Apr 16, 2026
17	Laposky, Reese	FR-1	St. Benedict	31.91m	104' 8"	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
18	Koch, Emily	JR-3	St. Benedict	31.53m	103' 5"	MIAC Outdoor Championship	Apr 30, 2026
19	Myatt, Tessa	JR-3	Macalester	31.24m	102' 6"	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
20	Siodlarz, Alina	FR-1	Macalester	30.50m	100' 1"	MIAC Outdoor Championship	Apr 30, 2026
21	Folland, McKinley	FR-1	Concordia-Moorhead	30.09m	98' 9"	Cobb Open	May 2, 2026
22	McCarthy, Emily	SO-2	Concordia-Moorhead	30.03m	98' 6"	Cobb Open	May 2, 2026
23	Pearson, Lauren	FR-1	Concordia-Moorhead	29.89m	98' 1"	MIAC Outdoor Championship	Apr 30, 2026
24	Stein, Claire	FR-1	St. Olaf	29.19m	95' 9"	MIAC Outdoor Championship	Apr 30, 2026
25	Lovelace, Abby	JR-3	Concordia-Moorhead	28.50m	93' 6"	NDSU Spring Classic	Apr 11, 2026
26	Feldman, Cambelle	FR-1	Gustavus Adolphus	28.31m	92' 10"	St. Olaf Ole Open	May 2, 2026
27	Heins, Ella	SO-2	St. Scholastica	27.98m	91' 9"	Dan Conway Classic	Apr 25, 2026
28	Banse, Grace	SR-4	Gustavus Adolphus	27.97m	91' 9"	Drake Alternative	Apr 25, 2026
29	Albers, Marissa	JR-3	Hamline	27.64m	90' 8"	Janis Rider / Doug Bolstorff Invitational	Apr 24, 2026
30	Endreson, Kaycee	FR-1	Concordia-Moorhead	27.56m	90' 5"	NDSU Spring Classic	Apr 11, 2026

Heptathlon

Place	Athlete	Year	Team	Points	Meet	Meet Date
1	Stein, Claire	FR-1	St. Olaf	4604	MIAC Outdoor Championship	Apr 30, 2026
2	Pearson, Lauren	FR-1	Concordia-Moorhead	4575	Manitou Last Chance Multi	May 13, 2026
3	Malvey, Kaili	FR-1	Concordia-Moorhead	4502	MIAC Outdoor Championship	Apr 30, 2026
4	Myatt, Tessa	JR-3	Macalester	4443	UW-La Crosse Phil Esten Challenge	Apr 17, 2026
5	Selle, Lauren	FR-1	Concordia-Moorhead	4441	MIAC Outdoor Championship	Apr 30, 2026
6	Hernes, Ellie	SR-4	Bethel (Minn.)	4440	MIAC Outdoor Championship	Apr 30, 2026
7	Lovelace, Abby	JR-3	Concordia-Moorhead	4322	Embry-Riddle Running Elements - college and open	Apr 2, 2026
8	Lee, Maddox	SR-4	Gustavus Adolphus	3986	MIAC Outdoor Championship	Apr 30, 2026
9	Frantzych, Svea	FR-1	St. Olaf	3939	MIAC Outdoor Championship	Apr 30, 2026
10	Podulke, Emily	SO-2	Gustavus Adolphus	3935	MIAC Outdoor Championship	Apr 30, 2026
11	Kelleher, Caroline	SO-2	Carleton	3854	MIAC Outdoor Championship	Apr 30, 2026
12	Hanlin, Morgan	FR-1	St. Benedict	3816	MIAC Outdoor Championship	Apr 30, 2026
13	Keech, Claire	SR-4	St. Olaf	3712	MIAC Outdoor Championship	Apr 30, 2026
14	Christenson, Taylor	SO-2	Concordia-Moorhead	3709	MIAC Outdoor Championship	Apr 30, 2026
15	Walsh, Annika	FR-1	St. Olaf	3694	MIAC Outdoor Championship	Apr 30, 2026
16	Tyvoll, Ally	JR-3	Bethel (Minn.)	3567	MIAC Outdoor Championship	Apr 30, 2026
17	Laposky, Reese	FR-1	St. Benedict	3565	MIAC Outdoor Championship	Apr 30, 2026
18	Baumann, Brooke	JR-3	Hamline	3264	MIAC Outdoor Championship	Apr 30, 2026
19	Syverson, Sophie	FR-1	Carleton	3090	Klein/ Nwaba Combined Events	Mar 26, 2026
20	Banse, Grace	SR-4	Gustavus Adolphus	2877	Dutch Spring Multi 2026	Apr 8, 2026
21	Iverson, Hope	JR-3	Bethel (Minn.)	2585	Redlands Invite 2026	Mar 19, 2026
22	Cappelmann, Lauren	SR-4	Macalester	2546	UW-La Crosse Phil Esten Challenge	Apr 17, 2026