

RACHEL MEHRINGER

>> HURDLES | JUNIOR | SCHNELLVILLE, IND.

Pronunciation: merr-ring-err
Season Bests: 100H - 12.72 (wind-legal) / 12.64 (wind-aided) | 60H - 8.16
Indiana State and MVC Record Holder - 60m Hurdles and 100m Hurdles
5-Time MVC Hurdles Champion | 15-Time MVC Athlete of the Week

The fastest 100m hurdles athlete in Missouri Valley Conference history, Rachel Mehringer will be making her second appearance at the NCAA Outdoor National Championships. The Sycamore junior, who owns the Indiana State and Missouri Valley Conference record in both the 60m hurdles (8.16) and 100m hurdles (12.72 wind-legal, 12.64 wind-aided), was a Second Team All-American in the 100 hurdles in 2025.

Mehringer recently completed an undefeated regular season in the 100m hurdles while breaking the 13-second barrier in the 100m hurdles seven times, becoming the first athlete in MVC history to break 13 in the process. She placed first in both of her heats at the NCAA East First Round with times of 12.72 and 12.75 to secure an automatic qualifying spot for the national championships.

Only a junior, Mehringer is already one of the most decorated hurdles athletes in Missouri Valley Conference history. A five-time conference champion in hurdles events (three-time outdoor 100 hurdles, two-time indoor 60 hurdles), she has been a part of six MVC Championship teams for Indiana State (2024-26 indoor, 2024-26 outdoor). Mehringer is also a 15-time MVC Athlete of the Week, including an unprecedented six consecutive weeks as the top athlete in the conference during the 2026 outdoor season

Mehringer has also been a standout on the national stage. In addition to her 13th-place finish in the 100 hurdles at the 2025 NCAA Outdoor National Championships, she also finished third in the 100 hurdles at the 2024 USATF U20 Championships to earn an alternate spot for the 2024 World Athletics U20 Championships. She also owns the Indiana high school record in the 100 hurdles.

MEHRINGER IN NCAA CHAMPIONSHIPS

Year	Round	Event	Place
2026	National Champ.	100 Hurdles	TBD
2026	National Semifinal	100 Hurdles	Qualified
2026	East Quarterfinal	100 Hurdles	3rd (12.75)
2026	East First Round	100 Hurdles	2nd (12.72)
2025	National Semifinal	100 Hurdles	13th (13.15)
2025	East Quarterfinal	100 Hurdles	10th (13.08)
2025	East First Round	100 Hurdles	9th (13.05)
2024	East Quarterfinal	100 Hurdles	15th (13.26)
2024	East First Round	100 Hurdles	17th (13.27)

MEHRINGER IN MVC CHAMPIONSHIPS

Year	Round	Event	Place
2026	Outdoor Finals	100 Hurdles	1st (12.64)
2026	Outdoor Prelims	100 Hurdles	1st (12.71)
2026	Outdoor Finals	4x100 Relay	2nd (46.17)
2026	Indoor Finals	60 Hurdles	7th (8.84)
2026	Indoor Prelims	60 Hurdles	1st (8.23)
2025	Outdoor Finals	100 Hurdles	1st (13.07)
2025	Outdoor Prelims	100 Hurdles	1st (13.12)
2025	Outdoor Finals	4x100 Relay	5th (45.38)
2025	Indoor Finals	60 Hurdles	1st (8.19)
2025	Indoor Prelims	60 Hurdles	2nd (8.42)
2025	Indoor Prelims	60 Meters	10th (7.59)
2024	Outdoor Finals	100 Hurdles	1st (13.47)
2024	Outdoor Prelims	100 Hurdles	1st (13.05)
2024	Indoor Finals	60 Hurdles	1st (8.42)
2024	Indoor Prelims	60 Hurdles	1st (8.33)

MEHRINGER IN NATIONAL MEETS

Year	Meet	Event	Place
2026	USATF Outdoor	100 Hurdles	Qualified
2026	NCAA Outdoor	100 Hurdles	Qualified
2025	NCAA Outdoor	100 Hurdles	13th
2024	USATF U20	100 Hurdles	3rd

MEHRINGER'S PROGRAM RECORDS

Event	Meet Set	Time
60H	2026 ISU Open	8.16
100H	2026 NCAA East First Round	12.72 (wind-legal)
100H	2026 MVC Championships	12.64 (wind-aided)
SHR	2026 Drake Relays	55.59

MEHRINGER'S MVC RECORDS

Event	Meet Set	Time
60H	2026 ISU Open	8.16
100H	2026 NCAA East First Round	12.72 (wind-legal)
100H	2026 MVC Championships	12.64 (wind-aided)
SHR	2026 Drake Relays	55.59