

NORTH DAKOTA WOMEN'S INDOOR TOP-10

55-METERS	SITE	MARK	YEAR	600-METERS	SITE	MARK	YEAR
Margie Hutson	NCC	7.23	1983	Heather Harrower	NDSU	1:32.99	2017
Liesa Swenson	Bemidji	7.27	1993	Lucy Steinmeyer	NDSU	1:34.68	2021
Chantel Larson	NDSU	7.28	1999	Heidi Faul	Minnesota	1:35.23	2001
Crystal White	NCC	7.30	1998	Savana Weller	NDSU	1:35.23	2013
Sara Dupslaff	NDSU	7.42	1989	Erica Eades	UND	1:36.44	2019
Marci Enns	NDSU	7.44	1993	Madison Jerome	UND	1:36.49	2020
Rebecca Goodman	NCC	7.51	2001	Michaela Oosthuizen	UND	1:36.74	2022
Paula Cash	NCC	7.56	1988	Jenna Gillson	NDSU	1:37.26	2014
Erin Baustian	Concordia	7.57	2004	Missy Berg	Minnesota	1:38.00	1999
Crystal Engstrom	NDSU	7.60	2000	Meghan Janssen	UND	1:38.65	2019
Cassie Hajicek	NDSU	7.60	2001				

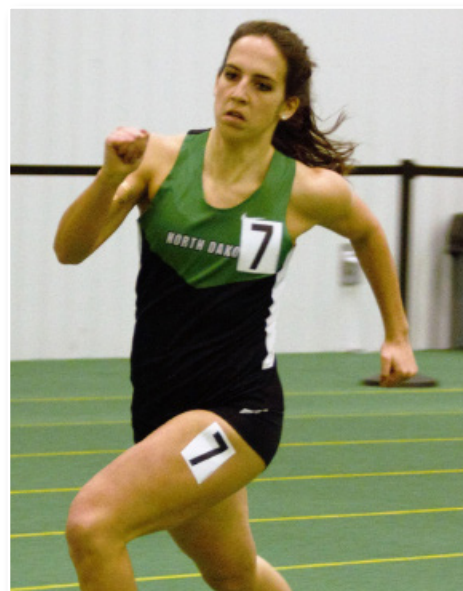
60-METERS	SITE	MARK	YEAR	800-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	7.53	2015	Jessica Schill	NCAA II	2:10.18	2004
Paige Slemmons	NDSU	7.72	2015	Erica Eades	SDSU	2:10.31	2020
Lucy Steinmeyer	UND	7.77	2021	Jackie Auwarter	NCAA II	2:11.18	2002
Mackenzie Severson	Summit/UND	7.77	2022	Heidi Evans	NCAA II	2:11.98	2007
Aleece Durbin	Summit/UND	7.78	2022	Marie Crep	NCAA II	2:12.25	1993
Hinewai Knowles	Summit/UND	7.79	2022	Becky Leppard	NDSU	2:12.54	2001
Mosetta Bodah	UND	7.81	2019	Michaela Oosthuizen	Summit/UND	2:12.97	2022
Margie Hutson	NCC	7.86	1981	Conny Wohlfahrt	SDSU	2:13.42	2021
Tianna McKinney	UND	7.91	2018	Louise Ronnerman	NCC	2:13.92	1993
Paige Kuplic	GWC	7.91	2010	Emily Emerson	Iowa St.	2:14.06	2011

200-METERS	SITE	MARK	YEAR	1,000-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	24.00	2015	Becky Leppard	NDSU	2:55.15	2000
Stephanie Clarke	Big Sky	24.13	2014	Jackie Auwarter	NCC	2:55.45	2002
Tianna McKinney	UND	24.77	2018	Cindy Scott	NCC	2:57.17	1999
Paige Slemmons	Big Sky	24.90	2015	Traci Korynta	NDSU	2:57.21	1999
Mosetta Bodah	Summit	25.12	2019	Emily Emerson	NDSU	2:58.06	2012
Lucy Steinmeyer	UND	25.13	2021	Katie Marschel	NCC	2:58.82	2001
Liesa Swenson	Iowa St.	25.31	1993	Steph Bruening	NDSU	2:59.74	1993
Ashley Rone	SDSU	25.34	2016	Lindsay Anderson	NDSU	3:00.07	2012
Heather Harrower	SDSU	25.34	2017	Sheila Pexsa	St. Cloud St.	3:00.38	1991
Paige Kuplic	Iowa St.	25.68	2010	Jessica Schill	NCC	3:00.49	2001

300-METERS	SITE	MARK	YEAR	1,500-METERS	SITE	MARK	YEAR
Liesa Swenson	Bemidji St.	41.25	1993	Louise Ronnerman	NCAA II	4:32.31	1993
Paige Kuplic	Notre Dame	42.19	2010	Steph Bruening	NCAA II	4:36.06	1993
Rachel Dryburgh	SDSU	42.44	2015	Sheila Pexsa	NCAA II	4:38.13	1992
Karen Bergantine	NCC	42.60	1986	Cindy Scott	NDSU	4:42.57	1995
Brenda Schmitz	St. Cloud St.	42.70	1987	Jeanne Likar	NCC	4:42.75	1983
Cheri Boyer	Notre Dame	42.78	2010	Kristy Forsberg	NCAA II	4:43.34	1987
Chris Hoper	NDSU	43.52	1989	Evette Edmondson	NDSU	4:45.24	1993
Ginny Hoop	NCC	42.88	1984	Disa Hillstrom	NDSU	4:52.46	1995
Courtney Nepstad	SDSU	43.26	2015	Jenny Diedrich	NDSU	4:53.20	1995
Jennifer Riley	NDSU	43.54	1988	Kari McIntire	St. Cloud St.	4:55.24	1986

400-METERS	SITE	MARK	YEAR	MILE RUN	SITE	MARK	YEAR
Lucy Steinmeyer	Summit	54.46	2021	Becky Leppard	NCAA II	4:49.35	2001
Stephanie Clarke	Big Sky	55.01	2014	Katie Marschel	NCAA II	4:53.28	2002
Heather Harrower	SDSU	55.82	2017	Madison Overby	SDSU	4:54.24	2020
Tianna McKinney	SDSU	55.86	2016	Hannah Oscarson	USD	4:54.64	2020
Ashley Rone	SDSU	56.59	2016	Steph Bruening	Iowa St.	4:57.11	1993
Jessica Williams	Minnesota	57.41	2001	Conny Wohlfahrt	UND	4:57.39	2021
Kelby Goulet	SDSU	57.71	2019	Erica Eades	UND	4:57.56	2020
Heidi Faul	NCC	57.85	2002	Emily Emerson	Iowa St.	4:58.10	2012
Courtney Heupel	SDSU	57.92	2015	Louise Ronnerman	Iowa St.	4:59.01	1992
Anne Van Heel	Big Sky	58.33	2014	April Maine	NCC	4:59.52	2000
				Lindsay Anderson	GWC	5:00.53	2011

500-METERS	SITE	MARK	YEAR	3,000-METERS	SITE	MARK	YEAR
Marie Crep	NCC	1:15.85	1993	Madison Overby	SDSU	9:42.75	2019
Heidi Faul	NCC	1:16.48	2000	Hannah Oscarson	Summit	9:47.07	2020
April Bielejeski	NCC	1:16.73	2002	Steph Bruening	NCAA II	9:44.10	1993
Missy Berg	NCC	1:17.04	1999	Lindsay Anderson	Iowa St.	9:51.92	2011
Jessica Schill	NDSU	1:17.85	2004	Jadyn Keeler	UND/Summit	9:52.60	2022
Jessica Williams	NDSU	1:18.03	2000	Jessica Neva	Iowa St.	9:56.89	2002
Renee Crep	NCC	1:18.50	1990	McKenzie Burian	Summit	9:57.12	2021
Jenna Griffith	NCC	1:18.65	2003	Sheila Pexsa	Iowa St.	9:59.24	1992
Kari Ward	NDSU	1:18.91	1994	Evette Edmondson	Iowa St.	9:59.74	1993
Savana Weller	Notre Dame	1:19.15	2011	Becky Leppard	NCC	10:03.09	2001



Heather Harrower

5,000-METERS	SITE	MARK	YEAR
Jessica Neva	NCAA II	16:49.35	2004
Kim Olund	NCAA II	16:49.70	1996
Ellyssa Peterson	GVSU	17:09.11	2022
Steph Bruening	NCAA II	17:12.62	1994
Lindsay Anderson	Notre Dame	17:16.17	2011
Hannah Oscarson	Summit	17:16.18	2020
Jadyn Keeler	UND/Summit	17:17.10	2022
McKenzie Burian	UND/Summit	17:25.60	2022
Evette Edmondson	NCC	17:40.52	1993
Lydia Lutz	SDSU	17:42.65	2015

55-M HURDLES	SITE	MARK	YEAR
Beth Morris	NDSU	8.30	2003
Aimee Wiseth	NDSU	8.42	1991
Jessica Clausnitzer	Bemidji St.	8.44	2009
Jessica Butler	Bemidji St.	8.46	2009
Teresa Betz	NCC	8.54	1987
Paula Cash	NCC	8.54	1988
Denise Barnhardt	NDSU	8.55	1992
Allyson Grohnke	NCC	8.64	1988
Becky Cable	NCC	8.78	2000
Cassie Hajicek	Bemidji St.	8.83	2002

60-M HURDLES	SITE	MARK	YEAR
Erin Brown	Summit	8.51	2020
Elise Ulseth	UND	8.64	2022
Jessica Butler	GWC	8.74	2011
Hinewai Knowles	UND/Summit	8.80	2022
Aleece Durbin	UND/Summit	8.86	2022
Kirsten Haas	GWC	9.04	2011
Jessica Clausnitzer	NCC	9.05	2008
Beth Morris	NCAA II	9.07	2003
Mackenzie Severson	UND/Summit	9.14	2022
Aleksandra Anderson	UND	9.15	2018

NORTH DAKOTA WOMEN'S INDOOR TOP-10

800-METER RELAY

SITE	MARK	YEAR
Concordia	1:46.98	1999
Concordia	1:47.55	2000
NCC	1:49.51	1988
NCC	1:49.64	1989
NCC	1:49.95	1983

1,600-METER RELAY

SITE	MARK	YEAR
SDSU	3:45.91	2016
Big Sky	3:48.15	2015
NCAA II	3:49.39	2002
Big Sky	3:49.76	2014
Big Sky	3:51.55	2018
NDSU	3:52.82	2001
SDSU	3:53.51	2021
Iowa State	3:54.28	2014
UND/Summit	3:54.40	2022
Minnesota	3:54.51	2001

3,200-METER RELAY

SITE	MARK	YEAR
SDSU	9:14.18	2019
NCC	9:19.35	2004
NCC	9:20.51	2002
NCC	9:22.55	2001
Concordia	9:30.61	1999
NCC	9:30.73	2003
NCC	9:31.42	1999
NCC	9:34.70	2000
Concordia	9:37.20	2000

DISTANCE MEDLEY RELAY

SITE	MARK	YEAR
SDSU	11:43.73	2020
Iowa State	11:53.03	2011
Summit	11:53.95	2020
Minnesota St.	11:56.98	2006
Minnesota	11:59.21	2005
Iowa State	12:16.13	2005
Summit	12:19.16	2021
Big Sky	12:28.26	2017
Big Sky	12:25.57	2015
Summit	12:33.88	2019

SHOT PUT

SITE	MARK	YEAR
Big Sky	50-02 3/4	2017
Minnesota	49-03 3/4	2016
SDSU	46-11 1/2	2022
SDSU	46-10 1/4	2017
NCC	46-08 3/4	1990
Summit	46-04 1/4	2021
UND	46-04	2022
UND	46-01 1/4	2018
NDSU	45-05 1/2	1990
SDSU	45-04 1/4	2018

20 LB. WEIGHT

SITE	MARK	YEAR
Summit	72-1 3/4	2019
UND	69-4 3/4	2021
UND	63-02 3/4	2022
UND	61-10 1/4	2020
Big Sky	61-09 3/4	2016
UND	59-08 1/2	2022
SDSU	59-05 3/4	2022
Big Sky	59-03 1/2	2015
SDSU	59-02 3/4	2017
Big Sky	58-02	2015

HIGH JUMP

SITE	MARK	YEAR
UND/Summit	5-09 1/4	2022
NCAA II	5-08 3/4	2003
Summit	5-8 1/2	2019
NCC	5-08	1990
SDSU	5-08	2018
UND	5-7 3/4	2019
NCC	5-07 1/4	1987
Bemidji St.	5-07	2013
NDSU	5-06 1/4	2000
NCC	5-06	2006

LONG JUMP

SITE	MARK	YEAR
UND	19-3 1/4	2022
Summit	18-10 3/4	2021
Iowa St.	18-09 1/4	1994
NCC	18-07	1992
NDSU	18-05 3/4	2004
NCC	18-04	1986
Bemidji St.	18-03 1/4	2007
South Dakota	18-02 1/4	2011
Big Sky	18-1 1/4	2016
NDSU	17-11 1/4	1993

TRIPLE JUMP

SITE	MARK	YEAR
SDSU	38-5	2019
GWC	38-4 3/4	2011
NCC	38-4 3/4	1992
UND	38-4 3/4	2022
NDSU	38-02	2003
Bemidji St.	37-10	2007
GWC	37-6 1/2	2010
Big Sky	37-05 1/4	2016
Big Sky	36-09 1/2	2016
SDSU	36-09	2016

POLE VAULT

SITE	MARK	YEAR
Summit	14-2 3/4	2019
St. Cloud St.	12-09 1/2	2008
UND	12-09 1/2	2021
St. Cloud St.	12-05 1/2	2008
Bemidji St.	12-01 1/2	2006
Big Sky	12-01 1/4	2018
Summit	11-9 1/4	2019
South Dakota	11-08	2010
NCC	11-06 1/2	2004
UND	11-6 1/2	2019

PENTATHLON

SITE	MARK	YEAR
UND/Summit	4,080 pts.	2022
UND/Summit	3,712 pts.	2022
UND	3,493 pts.	2019
UND/Summit	3,464 pts.	2022
UND	3,292 pts.	2022
Fargo	3,252 pts.	2003
NCC	3,245 pts.	1993
GWC	3,117 pts.	2012
NDSU	3,083 pts.	2014
GWC	2,806 pts.	2011

NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

100-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	11.59	2016
Lucy Steinmeyer	NDSU	11.92	2021
Crystal White	Moorhead	12.12	1999
Chantel Larson	Moorhead	12.16	1999
Margie Hutson	NCC	12.21	1984
Liesa Swenson	NCC	12.25	1993
Paige Kuplic	Drake	12.25	2010
Mackenzie Severson	Miami	12.26	2022
Paige Slemmons	Myrtle Beach	12.26	2016
Mosetta Bodah	Summit	12.30	2019

200-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	24.09	2016
Lucy Steinmeyer	NDSU	24.31	2021
Tianna McKinney	Azusa Pacific	24.50	2016
Stephanie Clarke	UNCW	24.68	2013
Liesa Swenson	NCC	24.85	1992
Paige Slemmons	UC Irvine	25.02	2015
Margie Hutson	NCC	25.02	1984
Chantel Larson	Moorhead	25.17	1998
Ashley Rone	Long Beach	25.23	2016
Paige Kuplic	SIUE	25.26	2010

400-METERS	SITE	MARK	YEAR
Lucy Steinmeyer	Summit	53.96	2021
Stephanie Clarke	Big Sky	54.03	2014
Tianna McKinney	Big Sky	54.36	2016
Heather Harrower	Summit	55.76	2019
Ashley Rone	Long Beach	56.06	2016
Heidi Faul	NCC	56.13	2001
Jess Williams	NCC	56.35	2001
Marie Crep	UND	56.64	1994
Renee Crep	NCC	56.70	1989
April Bielejeski	NCC	57.92	2001

800-METERS	SITE	MARK	YEAR
Erica Eades	Oregon St.	2:07.21	2021
Becky Leppard	NCAA II	2:09.17	2001
Marie Crep	NCAA II	2:09.46	1994
Heidi Evans	Azusa Pacific	2:10.71	2008
Megan Kienholz	Big Sky	2:11.31	2017
Jessica Schill	NCAA II	2:11.43	2004
Jackie Auwarter	Moorhead	2:11.75	2002
Emily Emerson	Mt. SAC	2:11.99	2012
Cindy Scott	NCAA II	2:12.26	1998
Savana Weller	Big Sky	2:12.66	2013

1,500-METERS	SITE	MARK	YEAR
Erica Eades	Summit	4:21.74	2021
Heidi Evans	Mt. SAC	4:24.66	2008
Becky Leppard	Drake	4:26.71	2000
Emily Emerson	GWC	4:27.29	2012
Lindsay Anderson	NDSU	4:30.35	2012
Hannah Oscarson	Azusa	4:31.24	2019
Madison Overby	Azusa	4:31.26	2019
Louise Ronnerman	NCC	4:31.46	1992
Conny Wohlfahrt	Oregon St.	4:32.02	2021
Kristy Forsberg-Aune	NCC	4:32.80	1987

MILE	SITE	MARK	YEAR
Madison Overby	UNCW	5:04.68	2017
Hannah Oscarson	UNCW	5:16.43	2017

3,000-METERS	SITE	MARK	YEAR
Steph Bruening	NCC	9:44.04	1993
Jessica Neva	NCAA II	9:51.84	2004
Sheila Pexsa	Minnesota	9:56.69	1991
Kari McIntire	Moorhead	9:58.30	1984
Becky Leppard	NCC	10:04.57	1999
Evette Edmondson	Augustana	10:08.34	1993
Kristy Forsberg-Aune	Drake	10:13.76	1987
Lindsay Anderson	CCU	10:12.98	2011
Brittany Brenny	USC	10:15.09	2009
JoAan Murphy	Emporia	10:15.77	2003

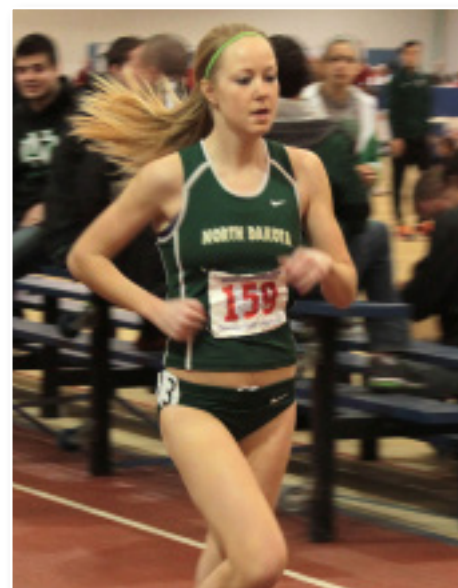
5,000-METERS	SITE	MARK	YEAR
Lindsay Anderson	Mt. SAC	16:35.91	2013
Steph Bruening	SW Mo. St.	16:50.54	1993
Kim Olund	Drake	17:07.20	1996
Evette Edmondson	Minnesota	17:08.24	1993
Lydia Lutz	Asuza	17:08.76	2015
Hannah Oscarson	UIW	17:11.78	2019
Madison Overby	UIW	17:11.81	2019
Sheila Pexsa	Drake	17:18.43	1991
Brittany Brenny	GWC	17:19.52	2010
McKenzie Burian	Drake	17:21.08	2021

10,000-METERS	SITE	MARK	YEAR
Hannah Oscarson	Drake	35:27.26	2021
Jessica Neva	NCC	35:33.10	2004
Brittany Brenny	GWC	35:33.50	2010
Steph Bruening	Drake	35:35.64	1994
Kim Olund	NCAA II	35:50.06	1996
Ellyssa Peterson	Drake	35:53.22	2021
Evette Edmondson	Drake	36:23.83	1993
JoAan Murphy	NCC	36:50.92	2003
Kristy Keithley	NCC	37:01.78	2007
Heather Parr	SDSU	37:30.07	1994

100M HURDLES	SITE	MARK	YEAR
Elise Ulseth	Miami	13.91	2022
Erin Brown	Myrtle	13.96	2020
Jessica Butler	GWC	14.21	2011
Aleece Durbin	USD	14.48	2021
Kathryn O'Neill	Summit	14.55	2021
Jessica Clausnitzer	NCC	14.76	2007
Beth Morris	NCC	14.78	2003
Kirsten Haas	CCU	14.78	2012
Becky Cable	NCC	14.84	1999
Alexsandra Anderson	Long Beach	14.86	2018

400M HURDLES	SITE	MARK	YEAR
Rachel Dryburgh	Big Sky	60.67	2015
Liesa Swenson	NCAA II	60.91	1992
Kirsten Hass	Long Beach	61.38	2013
Jenna Gillson	Big Sky	61.49	2014
Elaina Swartz	Summit	61.71	2021
Missy Berg	NCC	61.93	1999
Anne Van Heel	Big Sky	62.29	2014
Maddy Jerome	Drake	62.32	2021
Alyssa Espinoza	Big Sky	62.49	2014
Maartje Van Bedaf	Big Sky	63.87	2014

STEEPLECHASE	SITE	MARK	YEAR
Veronica Sackett	NCC	10:58.70	2004
Renee Aune	Augustana	11:06.84	2006
Carolyn Orsua	Moorhead	11:10.24	2002
Kristi Dahlheimer	CCU	11:26.94	2010
Madison Overby	Myrtle	11:27.16	2018
Kristin Murch	NCC	11:29.38	2004
Jessica Lynch	CCU	11:30.16	2014
Mandy Gefroh	NCC	11:43.89	2007
Janessa Meuleners	Drake	11:46.59	2017
Courtney Hugstad-Vaa	NCC	11:47.52	2005



Lindsay Anderson

400-METER RELAY	SITE	MARK	YEAR
A. Rone, T. McKinney, P. Slemmons, N. Brown	Myrtle	46.96	2016

M. Bodah, H. Harrower, L. Steinmeyer, J. Hill-Durand	USD	47.78	2019
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J. Page, A. Espinoza, P. Slemmons, A. Van Heel	UNCW	48.23	2014
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K. Henriksen, C. Larson, S. Bergantine, C. White	NCC	48.27	1998
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J. Williams, R. Goodman, C. Hajicek, A. Bielejeski	NCC	48.33	2001
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S. Clarke, H. Harrower, T. McKinney, N. Brown	UNCW	48.39	2017
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J. Williams, R. Goodman, S. Bergantine, C. Engstrom	NCC	48.50	2000
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A. Durbin, T. Stanek, E. Swartz, J. Parent	Summit	48.52	2021
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J. Butler, P. Kuplic, B. Bolstad, M. Hirst	GWC	48.53	2011
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J. Williams, C. Larson, S. Bergantine, C. White	NCC	48.97	1999
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J. Butler, P. Kuplic, C. Boyer, S. Fegley	SDSU	49.03	2010
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800-METER RELAY	SITE	MARK	YEAR
B. Bolstad, M. Hirst, P. Kuplic, S. Fegley	CCU	1:45.51	2011

NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

1,600-METER RELAY	SITE	MARK	YEAR	DISTANCE MEDLEY	SITE	MARK	YEAR
Jess Williams, Missy Berg, April Bielejeski, Heidi Faul	NCAA II	3:45.05	2001	Conny Wohlfahrt, Lucy Steinmeyer Michaela Oosthuizen, Erica Eades	Drake	11:36.47	2021
P. Slemmons, T. McKinney, A. Van Heel, H. Harrower	Big Sky	3:45.05	2015	Katie Marschel, Jackie Auwarter, Becky Leppard, April Maine	Drake	11:47.63	2001
S. Clarke, M. Janssen, H. Harrower, T. McKinney	Big Sky	3:48.38	2017	Jen Lykken, Marie Crep, Erin Bly, Steph Bruening	Drake	11:48.94	1993
Jess Williams, Jess Schill, April Bielejeski, Heidi Faul	Drake	3:49.31	2002	Christy Rygh, Missy Berg, Cindy Scott, Becky Leppard	Drake	12:03.49	1998
Jess Williams, Jackie Auwarter, April Bielejeski, Heidi Faul	Drake	3:49.81	2002	Jessica Schill, April Bielejeski, Rachel Sackett, Rachelle Duerre	Drake	12:05.62	2004
Meghan Janssen, Lucy Steinmeyer Erica Eades, Heather Harrower	Summit	3:50.65	2019	Jess Schill, Heidi Faul, Rachel Sackett, Veronica Sackett	Drake	12:08.23	2003
Erica Benson, Maddie Jerome Michaela Oosthuizen, Lucy Steinmeyer	Summit	3:51.08	2021	Steph Bruening, Audra Bushaw, Jackie Kilian, Sheila Pexsa	Drake	12:11.98	1991
Jess Williams, Missy Berg, Rebecca Goodman, Heidi Faul	Florida St.	3:51.89	2000	SPRINT MEDLEY RELAY	SITE	MARK	YEAR
Alyssa Espinoza, Anne Van Heel, Savana Weller, Stephanie Clarke	Big Sky	3:52.14	2014	Crystal White, Chantel Larson, Jackie Feser, April Maine	Drake	4:05.77	1999
Rachel Sackett, Jessica Schill, April Bielejeski, Erin Baustian	NCC	3:52.43	2004	Rebecca Goodman, S. Bergantine, Jackie Auwarter, April Maine	Drake	4:08.77	2000
3,200-METER RELAY	SITE	MARK	YEAR	Kerry Hendricksen, Chantel Larson, Missy Berg, Becky Leppard	Drake	4:10.78	1998
Cindy Scott, Missy Berg, J. Auwarter, Lisbeth Pedersen	Drake	9:04.03	1999	April Bielejeski, Becky Cable, Rebecca Goodman, Jackie Auwarter	Drake	4:11.10	2001
Katie Marschel, April Maine, Jess Schill, Jackie Auwarter	Drake	9:08.51	2001	Sara Glas, Chantel Larson, Kari Ward, Cindy Scott	Drake	4:12.15	1996
Heidi Evans, Kristi Dalhelmer, Jessica Messer, Renee Aune	Drake	9:08.76	2007	Heidi Hager, Laura Seifert, Kari Ward, Erin Bly	Drake	4:14.82	1994
Rachelle Duerre, Rachel Sackett, Veronica Sackett, Heidi Evans	Drake	9:09.16	2005	POLE VAULT	SITE	MARK	YEAR
Rachelle Duerre, V. Sackett, Rachel Sackett, Jessica Schill	Drake	9:10.17	2004	Kyley Foster	USD	14-1 1/4	2019
Cindy Scott, Traci Korynta, Erin Bly, Christy Rygh	Drake	9:12.92	1996	Jessica Clausnitzer	Concordia	12-06	2008
Steph Bruening, Jackie Killian, Barb Bergantine, Marie Crep	Drake	9:13.37	1990	Mikayla Johnson	Long Beach	12-3 1/2	2019
April Maine, Jackie Auwarter, Katie Marschel, JoAan Murphy	Drake	9:13.68	2000	Kate LaRoche	GWC	12-00	2009
Jess Schill, Rachel Sackett, Brittany Beeson, Veronica Sackett	Drake	9:18.72	2003	Ellen Amberson	Moorhead	11-10 3/4	2005
Heidi Evans, Britt Beeson, V. Sackett, Margaret Landberg	Drake	9:26.90	2006	Jennifer Parent	Drake	11-10 1/2	2021
				Jadyn Nelson	Sac. State	11-10.00	2017
				Kayla Pfau	SIUE	11-7 3/4	2010
				Jessica Fleck	NCC	11-07	2005
				Kelsey Dolejs	Long Beach	11-5 3/4	2019
				HIGH JUMP	SITE	MARK	YEAR
				Wendy Kinneberg	Moorhead	5-08 1/2	1990
				Sandi Walford	Concordia	5-08	1986
				Isabel Waite	Long Beach	5-07 3/4	2018
				Erica Benson	Long Beach	5-07 3/4	2018
				Julie Johnson	NCAA II	5-07 3/4	2000
				Allyson Grohnke	Moorhead	5-07 1/2	1987
				Rochelle Robb	UNC Wilmington	5-07	2014
				Pam Cole	NCC	5-06	1984
				Ashley Fedie	Big Sky	5-05 3/4	2015
				Cristy Risberg	NCC	5-05 1/2	1993
				Shosti Vorachek	Moorhead	5-05 1/2	2000

NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

LONG JUMP	SITE	MARK	YEAR
Elise Ulseth	Miami	19-8 3/4	2022
Jennifer Parent	Summit	19-6 3/4	2021
Monica Kuehl	NDSU	18-11 3/4	2016
Laura Seifert	Moorhead	18-9	1994
Brenda Schmitz	NCC	18-7 3/4	1986
Allison Berg	Jamestown	18-7 1/4	2016
Nikki Sims	Jamestown	18-6	2004
Sara Dupslaff	NCC	18-5 1/2	1992
Erica Benson	Miami	18-3	2022
Kristin Stokes	NDSU	18-2 1/2	2000
Brooklynn Gould	USD	18-2 1/2	2021

TRIPLE JUMP	SITE	MARK	YEAR
Jennifer Parent	Summit	39-2 1/4	2021
Autumn Stokes	Summit	39-1 1/4	2019
Nikki Sims	Jamestown	38-4 1/4	2004
Sarah Fegley	GWC	38-2	2009
Suzanne Bergantine	NCC	38-2 3/4	1998
Kristin Stokes	NCC	37-9 3/4	1998
Sara Dupslaff	Drake	37-9 1/2	1992
Michelle Burgard	Moorhead	37-6 1/2	2007
Mikaela Hirst	USD	37-5	2011
Kya Glenn	Big Sky	37-03 1/4	2016

SHOT PUT	SITE	MARK	YEAR
Katelyn Weber	NDSU	50-04	2018
Alyssa Lueck	Long Beach	49-02 1/2	2016
Eve Goldstein	Mizzou	47-8 1/2	2021
Molly Griep	UC San Diego	47-5	2014
Molli Detloff	Big Sky	47-02 1/2	2018
Allison Lardy	Moorhead	46-8 1/4	2021
Traci Werner	NCAA II	46-02 1/2	1990
Keely Walker	Big Sky	45-09 3/4	2018
Kenna Curry	Summit	45-7 1/4	2021
Diana Trager	NCAA II	45-05 1/4	1991

DISCUS	SITE	MARK	YEAR
Destinee Rose-Haas	NDSU	181-09	2021
Molli Detloff	Charleston Southern	178-03	2017
Talia Merritt	NW Missouri St.	173-10	2001
Molly Griep	NDSU	165-01	2017
Alyssa Lueck	Jamestown	165-01	2016
Makala Keefe	NDSU	158-02	2021
Natalie Mohring	NDSU	156-09	2021
Kenna Curry	NDSU	156-03	2021
Diana Trager	NCC	153-07	1991
Christine Weinrich	NDSU	152-04	2012

JAVELIN	SITE	MARK	YEAR
Elise Ulseth	Miami	165-0	2022
Jayd Eggert	Big Sky	164-5	2015
Dana Olimb	NCAA II	156-01	2005
Vicky Besette	Bemidji State.	149-0	1994
Amber Hunsaker	Long Beach	144-8	2019
Jennifer Parent	Drake	142-8	2021
Erin Harris	Big Sky	140-04	2016
Janet Connell	NCC	138-06	1987
Megan Storstad	GWC	138-0	2012
Autumn Ballweber	NCC/MIAA	137-3	1996

HAMMER	SITE	MARK	YEAR
Molli Detloff	NCAA	222-11	2019
Jayd Eggert	Drake Alternative	195-08	2015
Destinee Rose-Haas	Summit	195-06	2021
Makala Keefe	Summit	188-06	2021
Jessica Drady	Long Beach	187-11	2018
Ke-Ke Burks	USD	187-04	2014
Lexi Stein-McAndrew	Summit	183-10	2019
Shawny Kramer	NDSU	181-10	2015
Molly Griep	NDSU	179-03	2016
Bethany Schultz	Big Sky	179-02	2016

HEPTATHLON	SITE	MARK	YEAR
Erica Benson	Summit	4895 pts.	2021
Brooklynn Gould	Summit	4882 pts.	2021
Ellie Miller	Summit	4602 pts.	2021
Jackie Kensinger	NCC	4527 pts.	2004
Megan Gray	Big Sky	4321 pts.	2013
Allyson Grohnke	NCC	4279 pts.	1987
Becky Cable	NCC	4264 pts.	1999
Beth Morris	NCC	4088 pts.	2003
Elle Thorson	Summit	4075 pts.	2021
Cristy Risberg	CMSU	3993 pts.	1993



Jayd Eggert



Molly Griep



Molli Detloff

