

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	Brooklyn Brouse	SDSU	1:35.94	2023
Marci Enns	NDSU	7.44	1993	Erica Eades	UND	1:36.44	2019
Rebecca Goodman	NCC	7.51	2001	Madison Jerome	UND	1:36.49	2020
Paula Cash	NCC	7.56	1988	Michaela Oosthuizen	UND	1:36.74	2022
Erin Baustian	Concordia	7.57	2004	Jenna Gillson	NDSU	1:37.26	2014
Crystal Engstrom	NDSU	7.60	2000	Missy Berg	Minnesota	1:38.00	1999
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
Jerzie Finstad	UND	7.72	2024	Jackie Auwarter	NCAA II	2:11.18	2002
Lucy Steinmeyer	UND	7.77	2021	Heidi Evans	NCAA II	2:11.98	2007
Mackenzie Severson	Summit/UND	7.77	2022	Marie Crep	NCAA II	2:12.25	1993
Aleece Durbin	Summit/UND	7.78	2022	Becky Leppard	NDSU	2:12.54	2001
Hinewai Knowles	Summit/UND	7.79	2022	Michaela Oosthuizen	Summit/UND	2:12.97	2022
Mosetta Bodah	UND	7.81	2019	Conny Wohlfahrt	SDSU	2:13.42	2021
Margie Hutson	NCC	7.86	1981	Louise Ronnerman	NCC	2:13.92	1993
Tianna McKinney	UND	7.91	2018	Emily Emerson	Iowa St.	2:14.06	2011
Paige Kuplic	GWC	7.91	2010				
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
Jerzie Finstad	UND	24.81	2024	Traci Korynta	NDSU	2:57.21	1999
Paige Slemmons	Big Sky	24.90	2015	Emily Emerson	NDSU	2:58.06	2012
Mosetta Bodah	Summit	25.12	2019	Katie Marschel	NCC	2:58.82	2001
Lucy Steinmeyer	UND	25.13	2021	Frida Giersdorff	UND	2:59.21	2024
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
300-METERS	SITE	MARK	YEAR	1,500-METERS	SITE	MARK	YEAR
Jerzie Finstad	UND	39.75	2023	Louise Ronnerman	NCAA II	4:32.31	1993
Liesa Swenson	Bemidji St.	41.25	1993	Steph Bruening	NCAA II	4:36.06	1993
Aleece Durbin	UND	41.59	2023	Sheila Pexsa	NCAA II	4:38.13	1992
Paige Kuplic	Notre Dame	42.19	2010	Cindy Scott	NDSU	4:42.57	1995
Rachel Dryburgh	SDSU	42.44	2015	Jeanne Likar	NCC	4:42.75	1983
Mackenzie Severson	UND	42.45	2023	Kristy Forsberg	NCAA II	4:43.34	1987
Maggie Dervis	UND	42.49	2023	Evette Edmondson	NDSU	4:45.24	1993
Karen Bergantine	NCC	42.60	1986	Disa Hillstrom	NDSU	4:52.46	1995
Brenda Schmitz	St. Cloud St.	42.70	1987	Jenny Diedrich	NDSU	4:53.20	1995
Cheri Boyer	Notre Dame	42.78	2010	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	Yonca Kutluk	NDSU/Summit	4:46.72	2024
Stephanie Clarke	Big Sky	55.01	2014	Becky Leppard	NCAA II	4:49.35	2001
Jerzie Finstad	Boston	55.58	2024	Katie Marschel	NCAA II	4:53.28	2002
Heather Harrower	SDSU	55.82	2017	Conny Wohlfahrt	Boston	4:53.52	2023
Tianna McKinney	SDSU	55.86	2016	Madison Overby	SDSU	4:54.24	2020
Ashley Rone	SDSU	56.59	2016	Hannah Oscarson	USD	4:54.64	2020
Jessica Williams	Minnesota	57.41	2001	Eliana Malnourie	SDSU	4:56.91	2024
Kelby Goulet	SDSU	57.71	2019	Steph Bruening	Iowa St.	4:57.11	1993
Brooklyn Brouse	SDSU	57.75	2024	Erica Eades	UND	4:57.56	2020
Heidi Faul	NCC	57.85	2002	Emily Emerson	Iowa St.	4:58.10	2012
500-METERS	SITE	MARK	YEAR	3,000-METERS	SITE	MARK	YEAR
Marie Crep	NCC	1:15.85	1993	Yonca Kutluk	Seattle	9:22.35	2024
Heidi Faul	NCC	1:16.48	2000	Jadyn Keeler	Seattle	9:40.61	2024
April Bielejeski	NCC	1:16.73	2002	Madison Overby	SDSU	9:42.75	2019
Missy Berg	NCC	1:17.04	1999	Conny Wohlfahrt	Boston	9:43.53	2023
Jessie Schill	NDSU	1:17.85	2004	Steph Bruening	NCAA II	9:44.10	1993
Jessica Williams	NDSU	1:18.03	2000	Eliana Malnourie	Boston	9:46.32	2023
Renee Crep	NCC	1:18.50	1990	Hannah Oscarson	Summit	9:47.07	2020
Jenna Griffith	NCC	1:18.65	2003	Lindsay Anderson	Iowa St.	9:51.92	2011
Kari Ward	NDSU	1:18.91	1994	Frida Giersdorff	Boston	9:56.24	2024
Savana Weller	Notre Dame	1:19.15	2011	Jessica Neva	Iowa St.	9:56.89	2002



Heather Harrower

5,000-METERS	SITE	MARK	YEAR
Yonca Kutluk	Boston	16:07.70	2024
Jadyn Keeler	Boston	16:48.97	2024
Jessica Neva	NCAA II	16:49.35	2004
Kim Olund	NCAA II	16:49.70	1996
Eliana Malnourie	Boston	16:53.12	2024
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
McKenzie Burian	Boston	17:19.25	2023
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
Hinewai Knowles	USD/Summit	8.72	2023
Jessica Butler	GWC	8.74	2011
Malene Kollberg	UND	8.74	2024
Aleece Durbin	UND/Summit	8.86	2022
Tiffanie Magnusson	New Mexico	9.03	2023
Kirsten Haas	GWC	9.04	2011
Jessica Clausnitzer	NCC	9.05	2008
Beth Morris	NCAA II	9.07	2003

* Names in bold indicate members of the 2023-24 roster

NORTH DAKOTA WOMEN'S INDOOR TOP-10

4X200-METER RELAY Kim Johnson, Chantel Larson, Suzanne Bergantine, Crystal White Jess Williams, Rebecca Goodman, Suzanne Bergantine, Heidi Faul Paula Cash, Allyson Grohnke, Renee Crep, Jen Riley Sara Dupsloff, Chris Hoper, Brenda Dietrich, Jen Riley Paula Pringle, Margie Hnasko, Lisa Resell, Margie Hutson	SITE Concordia Concordia NCC NCC NCC	MARK 1:46.98 1:47.55 1:49.51 1:49.64 1:49.95	YEAR 1999 2000 1988 1989 1983
4X400-METER RELAY Ashley Rone, Paige Slemmons, Heather Harrower, Tianna McKinney Courtney Heupel, Paige Slemmons, Tianna McKinney, Heather Harrower Jess Williams, Jess Schill A. Bielejeski, Heidi Faul Anne VanHeel, Alyssa Espinoza Jessica Lindsay, Stephanie Clarke Kimberly Hitchen, Brooklyn Brouse Malene Kollberg, Jerzie Finstad Lucy Steinmeyer, Heather Harrower, Meghan Janssen, Tianna McKinney Maggie Dervis, Malene Kollberg Brooklynn Gould, Jerzie Finstad J. Williams, B. Leppard A. Bielejeski, Heidi Faul Mackenzie Severson, Maddie Jerome Conny Wohlfahrt, Lucy Steinmeyer Anne VanHeel, Savana Weller Alyssa Espinoza, Stephanie Clarke	SITE SDSU Big Sky NCAA II Big Sky UND Big Sky UND UND UND Iowa State	MARK 3:45.91 3:48.15 3:49.39 3:49.76 3:49.82 3:51.55 3:52.81 3:52.82 3:53.51 3:54.28	YEAR 2016 2015 2002 2014 2024 2018 2023 2001 2021 2014
4X800-METER RELAY Hannah Oscarson, Erica Eades Madison Overby, Meghan Janssen Rachel Sackett, Heidi Evans, Veronica Sackett, Jessica Schill Jess Schill, Jackie Auwarter, JoAan Murphy, Katie Marschel Katie Marschel, April Maine, Jess Schill, Becky Leppard Jackie Auwarter, Lisbeth Pedersen, Traci Korynta, Cindy Scott Jess Schill, Brittany Beeson, JoAan Murphy, Veronica Sackett Missy Berg, Jackie Auwarter, Traci Korynta, Cindy Scott Brenna Barnick, Paris Hoverson Maggie Dervis, Courtney Werner Missy Berg, April Maine, Katie Marschel, Becky Leppard Missy Berg, April Maine, K. Marschel, Jackie Auwarter	SITE SDSU NCC NCC NCC Concordia NCC NCC SDSU NCC Concordia	MARK 9:14.18 9:19.35 9:20.51 9:22.55 9:30.61 9:30.73 9:31.42 9:34.68 9:34.70 9:37.20	YEAR 2019 2004 2002 2001 1999 2003 1999 2024 2000 2000
DISTANCE MEDLEY RELAY Eliana Malnourie, Jerzie Finstad Brooklyn Brouse, Yonca Kutluk Madison Overby, Lucy Steinmeyer Erica Eades, Hannah Oscarson Emily Emerson, Megan Gray, Savana Weller, Lindsay Anderson Erica Eades, Maddy Jerome, Hannah Anderson, Madison Overby Rachelle Duerre, Jessica Boger, Heidi Evans, Veronica Sackett Rachelle Duerre, Jessica Boger, Rachel Sackett, Veronica Sackett Eliana Malnourie, Maggie Dervis Brenna Barnick, Conny Wohlfahrt Elle Sondag, Courtney Werner Brooklynn Brouse, Frida Giersdorff Rachelle Duerre, Brittany Beeson, Rachel Sackett, Veronica Sackett Amanda Robbin, Elaina Swartz, Hannah Anderson, Kendra Franck	SITE Boston SDSU Iowa State Summit Minnesota St. Minnesota USD/Summit NDSU/Summit Iowa State Summit	MARK 11:40.44 11:43.73 11:53.03 11:53.95 11:56.98 11:59.21 12:04.89 12:14.86 12:16.13 12:19.16	YEAR 2024 2020 2011 2020 2006 2005 2023 2024 2005 2021
SHOT PUT Kenna Curry Katelyn Weber Alyssa Lueck Eve Goldstein Allison Lardy Molly Griep Traci Werner Molli Detloff Justina Esangbedo Diana Trager	SITE UND Big Sky Minnesota SDSU NDSU SDSU NCC UND UND NDSU	MARK 50-6 50-2 3/4 49-3 3/4 47-8 1/2 47-1 46-10 1/4 46-8 3/4 46-1 1/4 45-6 1/4 45-5 1/2	YEAR 2024 2017 2016 2024 2023 2017 1990 2018 2024 1990
20 LB. WEIGHT Molli Detloff Kenna Curry Destinee Rose-Haas Natalie Mohring Allison Lardy Makala Keefe Molly Griep Shawny Kramer Jayd Eggert Eve Goldstein	SITE Summit SDSU UND USD/Summit UND UND Big Sky Big Sky SDSU UND	MARK 72-1 3/4 71-6 1/4 69-4 3/4 64-10 63-7 1/2 61-10 1/4 61-9 3/4 59-3 1/2 59-2 3/4 58-10	YEAR 2019 2024 2021 2023 2023 2020 2016 2015 2017 2024
HIGH JUMP Elise Ulseth Julie Johnson Isabel Waite Wendy Kinneberg Erica Benson Ellie Miller Allyson Grohnke Rochelle Robb Malene Kollberg Shosti Vorachek	SITE UND/Summit NCAA II Summit NCC SDSU UND NCC Bemidji St. UND NDSU	MARK 5-9 1/4 5-8 3/4 5-8 1/2 5-8 5-8 5-7 3/4 5-7 1/4 5-7 5-7 5-6 1/4	YEAR 2022 2003 2019 1990 2018 2019 1987 2013 2023 2000
LONG JUMP Tiffanie Magnusson Elise Ulseth Malene Kollberg Jennifer Parent Eucabeth Kivikangas Laura Siefert Sara Dupsloff Nikki Sims Karen Bergantine Michelle Burgard	SITE USD/Summit UND NDSU Summit UND Iowa St. NCC NDSU NCC Bemidji St.	MARK 19-7 1/2 19-6 1/4 19-4 18-10 3/4 18-10 18-9 1/4 18-7 18-5 3/4 18-4 18-3 1/4	YEAR 2023 2024 2024 2021 2023 1994 1992 2004 1986 2007
TRIPLE JUMP Justina Esangbedo Autumn Stokes Mikaela Hirst Sara Dupsloff Jennifer Parent Claire Leach Jackie Kensinger Michelle Burgard Sarah Fegley Monica Kuehl	SITE NDSU/Summit SDSU GWC NCC UND NDSU/Summit NDSU Bemidji St. GWC Big Sky	MARK 39-7 1/4 38-5 38-4 1/2 38-4 3/4 38-4 3/4 38-4 1/4 38-2 37-10 37-6 1/2 37-5 1/4	YEAR 2024 2019 2011 1992 2022 2024 2003 2007 2010 2016
POLE VAULT Kyle Foster Jessica Clausnitzer Jennifer Parent Kate LaRoche Jessica Fleck Mikayla Johnson Emily Ash Jadyn Nelson Kayla Pfau Ellen Amberson Kelsey Dolejs	SITE Summit St. Cloud St. UND St. Cloud St. Bemidji St. Big Sky UND Summit South Dakota NCC UND	MARK 14-2 3/4 12-9 1/2 12-9 1/2 12-5 1/2 12-1 1/2 12-1 1/4 12-0 11-9 1/4 11-8 11-6 1/2 11-6 1/2	YEAR 2019 2008 2021 2008 2006 2018 2024 2019 2010 2004 2019
PENTATHLON Elise Ulseth Malene Kollberg Tiffanie Magnusson Erica Benson Elle Thorson Eucabeth Kivikangas Ellie Miller Brooklynn Gould Justina Esangbedo Beth Morris	SITE UND/Summit NDSU/Summit NDSU/Summit UND/Summit USD/Summit USD/Summit UND UND/Summit NDSU Fargo	MARK 4,080 pts. 3,904 pts. 3,862 pts. 3,712 pts. 3,557 pts. 3,551 pts. 3,493 pts. 3,464 pts. 3,281 pts. 3,252 pts.	YEAR 2022 2024 2024 2022 2023 2023 2019 2022 2023 2003

* Names in bold indicate members of the 2023-24 roster

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
Paige Slemmons	Long Beach	12.08	2015
Crystal White	Moorhead	12.12	1999
Chantel Larson	Moorhead	12.16	1999
Jerzie Finstad	NDSU	12.16	2023
Mackenzie Severson	ORU/Summit	12.18	2022
Alimath Salou	NDSU	12.20	2024
Margie Hutson	NCC	12.21	1984
Liesa Swenson	NCC	12.25	1993

200-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	23.86	2016
Lucy Steinmeyer	NDSU	24.31	2021
Jerzie Finstad	NDSU	24.43	2023
Tianna McKinney	Azusa	24.50	2016
Stephanie Clarke	UNCW	24.68	2013
Liesa Swenson	NCC	24.85	1992
Brooklynn Gould	ORU/Summit	25.00	2022
Paige Slemmons	UC Irvine	25.02	2015
Margie Hutson	NCC	25.02	1984
Chantel Larson	Moorhead	25.17	1998

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
Jerzie Finstad	NDSU/Summit	55.18	2023
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

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	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
Yonca Kutluk	Minnesota	4:25.64	2024
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	Azusa	4:31.74	2023

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
Lindsay Anderson	CCU	10:12.98	2011
Kristy Forsberg-Aune	Drake	10:13.76	1987
Brittany Brenny	USC	10:15.09	2009
JoAan Murphy	Emporia	10:15.77	2003

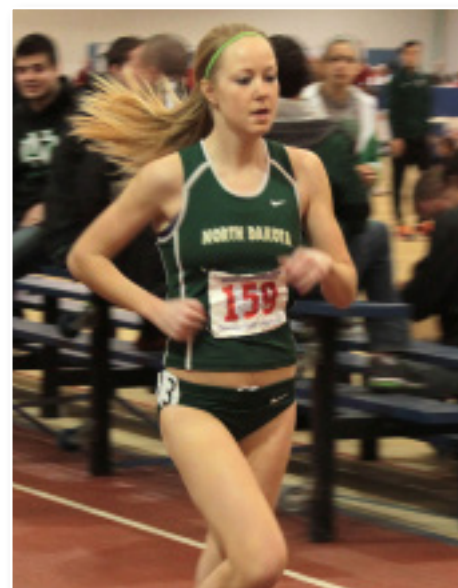
5,000-METERS	SITE	MARK	YEAR
Yonca Kutluk	Azusa	16:04.26	2024
Lindsay Anderson	Mt. SAC	16:35.91	2013
Steph Bruening	SW Mo. St.	16:50.54	1993
Jadyn Keeler	Drake	16:59.68	2022
Kim Olund	Drake	17:07.20	1996
Evette Edmondson	Minnesota	17:08.24	1993
Lydia Lutz	Azusa	17:08.76	2015
Hannah Oscarson	UIW	17:11.78	2019
Madison Overby	UIW	17:11.81	2019
McKenzie Burian	Azusa	17:17.14	2022

10,000-METERS	SITE	MARK	YEAR
Yonca Kutluk	Stanford	32:57.85	2024
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

100M HURDLES	SITE	MARK	YEAR
Elise Ulseth	ORU/Summit	13.65	2022
Malene Kollberg	NDSU	13.88	2024
Erin Brown	Myrtle	13.96	2020
Jessica Butler	GWC	14.21	2011
Justina Esangbedo	UST/Summit	14.33	2024
Hinewai Knowles	Redlands	14.47	2023
Aleece Durbin	USD	14.48	2021
Kathryn O'Neill	Summit	14.55	2021
Tiffanie Magnusson	Azusa	14.63	2024
Brooklynn Gould	ORU/Summit	14.71	2022

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
Mackenzie Severson	ORU/Summit	62.37	2022
Alyssa Espinoza	Big Sky	62.49	2014

STEEPLECHASE	SITE	MARK	YEAR
Jadyn Keeler	UST/Summit	10:28.86	2024
Frida Giersdorff	UST/Summit	10:29.78	2024
Conny Wohlfahrt	NDSU/Summit	10:48.23	2023
Veronica Sackett	St. Thomas	10:51.74	2005
Jessica Lynch	CCU	10:57.30	2015
Renee Aune	Augustana	11:06.84	2006
Carolyn Orsua	Moorhead	11:10.24	2002
Greta McLagan	Azusa	11:20.94	2023
Kristi Dahlheimer	CCU	11:26.94	2010
Madison Overby	Myrtle	11:27.16	2018



Lindsay Anderson

4X100-METER RELAY	SITE	MARK	YEAR
A. Rone, T. McKinney, P. Slemmons, N. Brown	Myrtle	46.96	2016

M. Severson, A. Durbin, C. Johnson, J. Finstad	NDSU	47.23	2023
--	------	-------	------

J. Finstad, A. Durbin, C. Johnson, E. Ulseth	NDSU/Summit	47.61	2023
--	-------------	-------	------

M. Bodah, H. Harrower, L. Steinmeyer, J. Hill-Durand	USD	47.78	2019
--	-----	-------	------

A. Salou, E. Thorson, N. Evans, M. Marks	UST/Summit	47.90	2024
---	-------------------	--------------	-------------

A. Durbin, J. Finstad, C. Johnson, H. Knowles	Azusa	48.02	2023
---	-------	-------	------

J. Finstad, H. Knowles, M. Severson, C. Johnson	PLNU	48.10	2023
---	------	-------	------

J. Esangbedo, N. Evans, M. Marks, A. Salou	NDSU	48.14	2024
---	-------------	--------------	-------------

J. Page, A. Espinoza, P. Slemmons, A. Van Heel	UNCW	48.23	2014
--	------	-------	------

K. Henricksen, C. Larson, S. Bergantine, C. White	NCC	48.27	1998
---	-----	-------	------

4X200-METER RELAY	SITE	MARK	YEAR
J. Finstad, M. Severson, E. Thorson, B. Gould	Drake	1:42.01	2022

B. Bolstad, M. Hirst, P. Kuplic, S. Fegley	CCU	1:45.51	2011
--	-----	---------	------

* Names in bold indicate members of the 2023-24 roster

NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

4X400-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
Nadia Evans, Kimberly Hitchen Jerzie Finstad, Courtney Werner	UST/Summit	3:51.96	2024	Crystal White, Chantel Larson, Jackie Feser, April Maine	Drake	4:05.77	1999
Alyssa Espinoza, Anne Van Heel, Savana Weller, Stephanie Clarke	Big Sky	3:52.14	2014	Rebecca Goodman, S. Bergantine, Jackie Auwarter, April Maine	Drake	4:08.77	2000
4X800-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	12-6	2008
Steph Bruening, Jackie Killian, Barb Bergantine, Marie Crep	Drake	9:13.37	1990	Emily Ash	UST/Summit	12-4 3/4	2024
April Maine, Jackie Auwarter, Katie Marschel, JoAan Murphy	Drake	9:13.68	2000	Mikayla Johnson	Long Beach	12-3 1/2	2019
Jess Schill, Rachel Sackett, Brittany Beeson, Veronica Sackett	Drake	9:18.72	2003	Kate LaRoche	GWC	12-0	2009
Heidi Evans, Britt Beeson, V. Sackett, Margaret Landberg	Drake	9:26.90	2006	Ellen Amberson	Moorhead	11-10 3/4	2005
				Jennifer Parent	Drake	11-10 1/2	2021
				Jadyn Nelson	Sac. State	11-10	2017
				Kayla Pfau	SIUE	11-7 3/4	2010
				Jessica Fleck	NCC	11-7	2005
				HIGH JUMP	SITE	MARK	YEAR
				Wendy Kinneberg	Moorhead	5-8 1/2	1990
				Elise Ulseth	Texas	5-8 1/2	2022
				Sandi Walford	Concordia	5-8	1986
				Isabel Waite	Long Beach	5-7 3/4	2018
				Erica Benson	Long Beach	5-7 3/4	2018
				Julie Johnson	NCAA II	5-7 3/4	2000
				Allyson Grohnke	Moorhead	5-7 1/2	1987
				Rochelle Robb	UNC Wilmington	5-7	2014
				Tiffanie Magnusson	UST/Summit	5-6 1/2	2024
				Pam Cole	NCC	5-6	1984

* Names in bold indicate members of the 2023-24 roster

NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

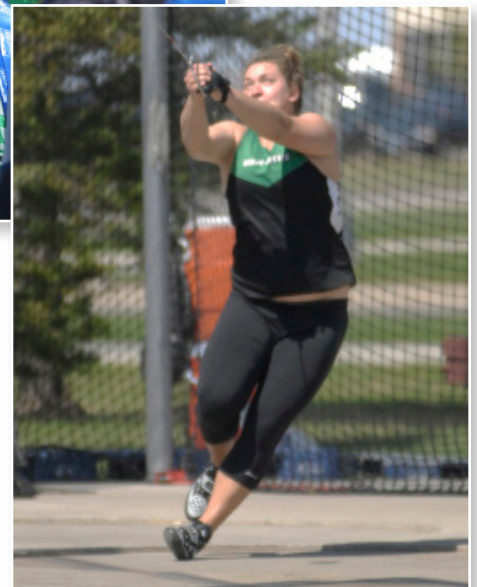
LONG JUMP				JAVELIN			
NAME	SITE	MARK	YEAR	NAME	SITE	MARK	YEAR
Elise Ulseth	ORU/Summit	20-10 3/4	2022	Elise Ulseth	Miami	165-0	2022
Jennifer Parent	Summit	19-6 3/4	2021	Jayd Eggert	Big Sky	164-5	2015
Tiffanie Magnusson	UST/Summit	19-6 1/4	2024	Dana Olimb	NCAA II	156-1	2005
Malene Kollberg	NDSU	19-2 1/2	2024	Vicky Besette	Bemidji State.	149-0	1994
Brooklynn Gould	ORU/Summit	19-0 1/2	2022	Amber Hunsaker	Long Beach	144-8	2019
Autumn Stokes	Wisconsin-La Crosse	19-0 1/2	2022	Jennifer Parent	Drake	142-8	2021
Monica Kuehl	NDSU	18-11 3/4	2016	Erin Harris	Big Sky	140-4	2016
Laura Seifert	Moorhead	18-9	1994	Janet Connell	NCC	138-6	1987
Brenda Schmitz	NCC	18-7 3/4	1986	Megan Storstad	GWC	138-0	2012
Allison Berg	Jamestown	18-7 1/4	2016	Autumn Ballweber	NCC/MIAA	137-3	1996
TRIPLE JUMP				HAMMER			
NAME	SITE	MARK	YEAR	NAME	SITE	MARK	YEAR
Justina Esangbedo	UST/Summit	39-9 1/4	2024	Molli Detloff	NCAA	222-11	2019
Jennifer Parent	ORU/Summit	39-7 3/4	2022	Kenna Curry	NDSU/Summit	207-2	2024
Autumn Stokes	Wisconsin-La Crosse	39-2 1/2	2022	Jayd Eggert	Drake Alternative	195-8	2015
Claire Leach	Long Beach	38-11 3/4	2024	Destinee Rose-Haas	Summit	195-6	2021
Elise Ulseth	NDSU	38-11	2023	Natalie Mohring	NDSU	189-1	2023
Nikki Sims	Jamestown	38-4 1/4	2004	Makala Keefe	Summit	188-6	2021
Suzanne Bergantine	NCC	38-2 3/4	1998	Jessica Drady	Long Beach	187-11	2018
Sarah Fegley	GWC	38-2	2009	Ke-Ke Burks	USD	187-4	2014
Kristin Stokes	NCC	37-9 3/4	1998	Lexi Stein-McAndrew	Summit	183-10	2019
Sara Dupsloff	Drake	37-9 1/2	1992	Shawny Kramer	NDSU	181-10	2015
SHOT PUT				HEPTATHLON			
NAME	SITE	MARK	YEAR	NAME	SITE	MARK	YEAR
Kenna Curry	NDSU/Summit	51-9 1/4	2023	Elise Ulseth	Azusa	5,685 pts.	2022
Katelyn Weber	NDSU	50-4	2018	Brooklynn Gould	ORU/Summit	5,264 pts.	2022
Alyssa Lueck	Long Beach	49-2 1/2	2016	Malene Kollberg	Texas	5,202 pts.	2024
Allison Lardy	Redlands	48-2 3/4	2023	Tiffanie Magnusson	UST/Summit	5,065 pts.	2024
Eve Goldstein	NDSU/Summit	48-1 3/4	2023	Erica Benson	Azusa	5,020 pts.	2022
Molly Griep	UC San Diego	47-5	2014	Eucabeth Kivikangas	UST/Summit	4,950 pts.	2024
Molli Detloff	Big Sky	47-2 1/2	2018	Elle Thorson	NDSU/Summit	4,836 pts.	2023
Traci Werner	NCAA II	46-2 1/2	1990	Ellie Miller	Summit	4,602 pts.	2021
Keely Walker	Big Sky	45-9 3/4	2018	Jackie Kensinger	NCC	4,527 pts.	2004
Diana Trager	NCAA II	45-5 1/4	1991	Justina Esangbedo	Azusa	4,363 pts.	2024
DISCUS							
NAME	SITE	MARK	YEAR				
Destinee Rose-Haas	NDSU	181-9	2021				
Molli Detloff	Charleston Southern	178-3	2017				
Natalie Mohring	USD	176-3 1/2	2022				
Talia Merritt	NW Missouri St.	173-10	2001				
Molly Griep	NDSU	165-1	2017				
Alyssa Lueck	Jamestown	165-1	2016				
Kenna Curry	Long Beach	158-10	2023				
Makala Keefe	NDSU	158-2	2021				
Diana Trager	NCC	153-7	1991				
Christine Weinrich	NDSU	152-4	2012				



Molly Griep



Jayd Eggert



Molli Detloff

* Names in bold indicate members of the 2023-24 roster