

NORTH DAKOTA WOMEN'S INDOOR TOP-10

55-METERS	SITE	MARK	YEAR	600-METERS	SITE	MARK	YEAR
Margie Hutson	NCC	7.23	1983	Jerzie Finstad	NDSU	1:32.81	2025
Liesa Swenson	Bemidji	7.27	1993	Heather Harrower	NDSU	1:32.99	2017
Chantel Larson	NDSU	7.28	1999	Lucy Steinmeyer	NDSU	1:34.68	2021
Crystal White	NCC	7.30	1998	Heidi Faul	Minnesota	1:35.23	2001
Sara Dupslaff	NDSU	7.42	1989	Savana Weller	NDSU	1:35.23	2013
Marci Enns	NDSU	7.44	1993	Brooklyn Brouse	SDSU	1:35.94	2023
Rebecca Goodman	NCC	7.51	2001	Gabriella Ruggeri	NDSU	1:36.26	2025
Paula Cash	NCC	7.56	1988	Erica Eades	UND	1:36.44	2019
Erin Baustian	Concordia	7.57	2004	Madison Jerome	UND	1:36.49	2020
Crystal Engstrom	NDSU	7.60	2000	Michaela Oosthuizen	UND	1:36.74	2022
Cassie Hajicek	NDSU	7.60	2001				

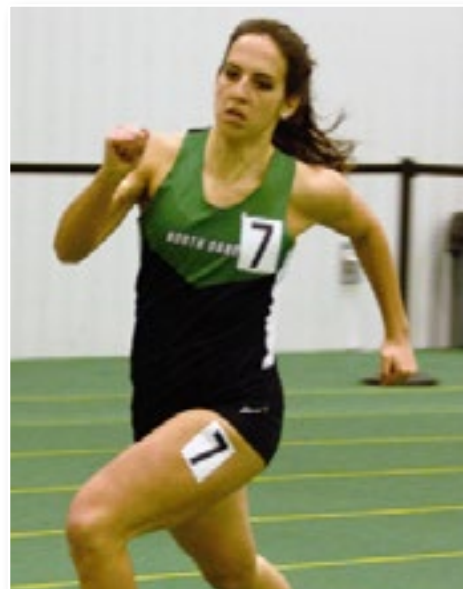
60-METERS	SITE	MARK	YEAR	800-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	7.53	2015	Jerzie Finstad	UND	2:10.16	2025
Nadia Evans	UND	7.63	2025	Jessica Schill	NCAA II	2:10.18	2004
Porsha Miles	UND	7.66	2025	Erica Eades	SDSU	2:10.31	2020
Jerzie Finstad	NDSU	7.71	2025	Brooklyn Brouse	SDSU/Summit	2:10.65	2025
Paige Slemmons	NDSU	7.72	2015	Jackie Auwarter	NCAA II	2:11.18	2002
Ava Phrakonkham	NDSU	7.76	2025	Heidi Evans	NCAA II	2:11.98	2007
Lucy Steinmeyer	UND	7.77	2021	Marie Crep	NCAA II	2:12.25	1993
Mackenzie Severson	Summit/UND	7.77	2022	Becky Leppard	NDSU	2:12.54	2001
Aleece Durbin	Summit/UND	7.78	2022	Michaela Oosthuizen	Summit/UND	2:12.97	2022
Hinewai Knowles	Summit/UND	7.79	2022	Conny Wohlfahrt	SDSU	2:13.42	2021

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
Nadia Evans	UND	24.15	2025	Cindy Scott	NCC	2:57.17	1999
Jerzie Finstad	Boston	24.30	2025	Traci Korynta	NDSU	2:57.21	1999
Tianna McKinney	UND	24.77	2018	Emily Emerson	NDSU	2:58.06	2012
Paige Slemmons	Big Sky	24.90	2015	Katie Marschel	NCC	2:58.82	2001
Mosetta Bodah	Summit	25.12	2019	Frida Giersdorff	UND	2:59.21	2024
Lucy Steinmeyer	UND	25.13	2021	Steph Bruening	NDSU	2:59.74	1993
Porsha Miles	UND	25.14	2025	Lindsay Anderson	NDSU	3:00.07	2012
Liesa Swenson	Iowa St.	25.31	1993	Sheila Pexsa	St. Cloud St.	3:00.38	1991

300-METERS	SITE	MARK	YEAR	1,500-METERS	SITE	MARK	YEAR
Jerzie Finstad	UND	38.17	2025	Louise Ronnerman	NCAA II	4:32.31	1993
Porsha Miles	UND	40.30	2025	Steph Bruening	NCAA II	4:36.06	1993
Marta Marksa	UND	40.39	2025	Sheila Pexsa	NCAA II	4:38.13	1992
Kimberly Hitchen	UND	40.64	2025	Olivia Correale	Boston	4:38.67	2025
Liesa Swenson	Bemidji St.	41.25	1993	Cindy Scott	NDSU	4:42.57	1995
Aleece Durbin	UND	41.59	2023	Jeanne Likar	NCC	4:42.75	1983
Paige Kupic	Notre Dame	42.19	2010	Kristy Forsberg	NCAA II	4:43.34	1987
Rachel Dryburgh	SDSU	42.44	2015	Evette Edmondson	NDSU	4:45.24	1993
Mackenzie Severson	UND	42.45	2023	Disa Hillstrom	NDSU	4:52.46	1995
Maggie Dervis	UND	42.49	2023	Jenny Diedrich	NDSU	4:53.20	1995

400-METERS	SITE	MARK	YEAR	MILE RUN	SITE	MARK	YEAR
Jerzie Finstad	SDSU/Summit	54.11	2025	Jadyn Keeler	UND	4:44.03	2025
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
Heather Harrower	SDSU	55.82	2017	Eliana Malnourie	UND	4:50.50	2025
Tianna McKinney	SDSU	55.86	2016	Katie Marschel	NCAA II	4:53.28	2002
Kimberly Hitchen	SDSU	56.42	2025	Conny Wohlfahrt	Boston	4:53.52	2023
Ashley Rone	SDSU	56.59	2016	Madison Overby	SDSU	4:54.24	2020
Sawyer Timmer	SDSU	57.37	2025	Olivia Correale	UND	4:54.46	2025
Jessica Williams	Minnesota	57.41	2001	Hannah Oscarson	USD	4:54.64	2020
Marta Marksa	SDSU	57.66	2025	Steph Bruening	Iowa St.	4:57.11	1993

500-METERS	SITE	MARK	YEAR	3,000-METERS	SITE	MARK	YEAR
Marie Crep	NCC	1:15.85	1993	Jadyn Keeler	SDSU	9:17.58	2025
Heidi Faul	NCC	1:16.48	2000	Yonca Kutluk	Seattle	9:22.35	2024
April Bielejeski	NCC	1:16.73	2002	Eliana Malnourie	SDSU/Summit	9:31.49	2025
Missy Berg	NCC	1:17.04	1999	Naja Weiler	Boston	9:39.05	2025
Jessic Schill	NDSU	1:17.85	2004	Madison Overby	SDSU	9:42.75	2019
Jessica Williams	NDSU	1:18.03	2000	Conny Wohlfahrt	Boston	9:43.53	2023
Renee Crep	NCC	1:18.50	1990	Steph Bruening	NCAA II	9:44.10	1993
Jenna Griffith	NCC	1:18.65	2003	Frida Giersdorff	Boston	9:45.52	2025
Kari Ward	NDSU	1:18.91	1994	Hannah Oscarson	Summit	9:47.07	2020
Savana Weller	Notre Dame	1:19.15	2011	Lindsay Anderson	Iowa St.	9:51.92	2011



Heather Harrower

5,000-METERS	SITE	MARK	YEAR
Jadyn Keeler	Boston	15:14.76	2025
Yonca Kutluk	Boston	16:07.70	2024
Naja Weiler	Boston	16:37.34	2024
Jessica Neva	NCAA II	16:49.35	2004
Kim Olund	NCAA II	16:49.70	1996
Eliana Malnourie	SDSU/Summit	16:53.05	2025
Frida Giersdorff	Boston	16:53.30	2025
Gabrielle Wahl	Boston	17:02.75	2025
Ellyssa Peterson	GVSU	17:09.11	2022
Steph Bruening	NCAA II	17:12.62	1994

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
Marta Marksa	SDSU/Summit	8.47	2025
Erin Brown	Summit	8.51	2020
Elise Ulseth	UND	8.64	2022
Malene Kollberg	SDSU/Summit	8.64	2025
Hinewai Knowles	USD/Summit	8.72	2023
Jessica Butler	GWC	8.74	2011
Tiffanie Magnusson	SDSU/Summit	8.75	2025
Aleece Durbin	UND/Summit	8.86	2022
Kirsten Haas	GWC	9.04	2011
Jessica Clausnitzer	NCC	9.05	2008

* Names in bold indicate members of the 2025-26 roster

NORTH DAKOTA WOMEN'S INDOOR TOP-10

4X200-METER RELAY	SITE	MARK	YEAR	SHOT PUT	SITE	MARK	YEAR
Kim Johnson, Chantel Larson, Suzanne Bergantine, Crystal White	Concordia	1:46.98	1999	Kenna Curry	SDSU	52-0	2025
Jess Williams, Rebecca Goodman, Suzanne Bergantine, Heidi Faul	Concordia	1:47.55	2000	Katelyn Weber	Big Sky	50-2 3/4	2017
Paula Cash, Allyson Grohnke, Renee Crep, Jen Riley	NCC	1:49.51	1988	Alyssa Lueck	Minnesota	49-3 3/4	2016
Sara Dupslaff, Chris Hoper, Brenda Dietrich, Jen Riley	NCC	1:49.64	1989	Eve Goldstein	UND	48-9	2025
Paula Pringle, Margie Hnasko, Lisa Resell, Margie Hutson	NCC	1:49.95	1983	Allison Lardy	NDSU	47-1	2023
				Molly Griep	SDSU	46-10 1/4	2017
				Traci Werner	NCC	46-8 3/4	1990
				Molli Detloff	UND	46-1 1/4	2018
				Justina Esangbedo	SDSU/Summit	45-7 3/4	2025
				Julia Matthews	SDSU/Summit	45-7	2025
				Kajsa Cabanas Andersson	NDSU	45-7	2025
4X400-METER RELAY	SITE	MARK	YEAR	20 LB. WEIGHT	SITE	MARK	YEAR
Kimberly Hitchen, Nadia Evans	SDSU/Summit	3:45.64	2025	Kenna Curry	Virginia	75-0 1/2	2025
Brooklyn Brouse, Jerzie Finstad	SDSU	3:45.91	2016	Molli Detloff	Summit	72-1 3/4	2019
Ashley Rone, Paige Slemmons, Heather Harrower, Tianna McKinney	Big Sky	3:48.15	2015	Destinee Rose-Haas	UND	69-4 3/4	2021
Courtney Heupel, Paige Slemmons, Tianna McKinney, Heather Harrower	NCAA II	3:49.39	2002	Natalie Mohring	USD/Summit	64-10	2023
Jess Williams, Jess Schill	NCAA II	3:49.39	2002	Allison Lardy	UND	63-7 1/4	2023
A. Bielejeski, Heidi Faul	Big Sky	3:49.76	2014	Makala Keefe	UND	61-10 1/4	2020
Anne VanHeel, Alyssa Espinoza	Big Sky	3:49.76	2014	Molly Griep	Big Sky	61-9 3/4	2016
Jessica Lindsay, Stephanie Clarke	UND	3:49.82	2024	Julia Matthews	SDSU	60-7 3/4	2025
Kimberly Hitchen, Brooklyn Brouse	UND	3:49.82	2024	Eve Goldstein	SDSU	59-9 3/4	2024
Malene Kollberg, Jerzie Finstad	Virginia	3:50.23	2025	Shawny Kramer	Big Sky	59-3 1/2	2015
Kimberly Hitchen, Nadia Evans	Big Sky	3:51.55	2018				
Porsha Miles, Jerzie Finstad	UND	3:52.81	2023	HIGH JUMP	SITE	MARK	YEAR
Lucy Steinmeyer, Heather Harrower, Meghan Janssen, Tianna McKinney	NDSU	3:52.82	2001	Elise Ulseth	UND/Summit	5-9 1/4	2022
Maggie Dervis, Malene Kollberg	UND	3:52.82	2023	Julie Johnson	NCAA II	5-8 3/4	2003
Brooklynn Gould, Jerzie Finstad	UND	3:52.82	2023	Isabel Waite	Summit	5-8 1/2	2019
J. Williams, B. Leppard	NDSU	3:52.82	2001	Wendy Kinneberg	NCC	5-8	1990
A. Bielejeski, Heidi Faul	NDSU	3:52.82	2001	Erica Benson	SDSU	5-8	2018
				Ellie Miller	UND	5-7 3/4	2019
				Allyson Grohnke	NCC	5-7 1/4	1987
				Rochelle Robb	Bemidji St.	5-7	2013
				Malene Kollberg	UND	5-7	2023
				Tiffanie Magnusson	NDSU	5-6 1/2	2024
4X800-METER RELAY	SITE	MARK	YEAR	LONG JUMP	SITE	MARK	YEAR
Hannah Oscarson, Erica Eades	SDSU	9:14.18	2019	Malene Kollberg	UND	19-11 1/2	2025
Madison Overby, Meghan Janssen	NCC	9:19.35	2004	Tiffanie Magnusson	USD/Summit	19-7 1/2	2023
Rachel Sackett, Heidi Evans, Veronica Sackett, Jessica Schill	NCC	9:20.51	2002	Elise Ulseth	UND	19-6 1/4	2024
Jess Schill, Jackie Auwarter, JoAan Murphy, Katie Marschel	NCC	9:22.55	2001	Marta Marks	UND	18-11 3/4	2025
Katie Marschel, April Maine, Jess Schill, Becky Leppard	Concordia	9:30.61	1999	Jennifer Parent	Summit	18-10 3/4	2021
Jackie Auwarter, Lisbeth Pedersen, Traci Korynta, Cindy Scott	NCC	9:30.73	2003	Eucabeth Kivikangas	UND	18-10	2023
Jess Schill, Brittany Beeson, JoAan Murphy, Veronica Sackett	NCC	9:31.42	1999	Laura Siefert	Iowa St.	18-9 1/4	1994
Missy Berg, Jackie Auwarter, Traci Korynta, Cindy Scott	SDSU	9:34.68	2024	Sara Dupslaff	NCC	18-7	1992
Brenna Barnick, Paris Hoverson	NCC	9:34.70	2000	Nikki Sims	NDSU	18-5 3/4	2004
Maggie Dervis, Courtney Werner	Concordia	9:37.20	2000	Karen Bergantine	NCC	18-4	1986
Missy Berg, April Maine, Katie Marschel, Becky Leppard							
Missy Berg, April Maine, K. Marschel, Jackie Auwarter							
DISTANCE MEDLEY RELAY	SITE	MARK	YEAR	TRIPLE JUMP	SITE	MARK	YEAR
Eliana Malnourie, Jerzie Finstad	Boston	11:40.44	2024	Justina Esangbedo	SDSU/Summit	40-1 1/2	2025
Brooklyn Brouse, Yonca Kutluk	SDSU	11:43.73	2020	Anyia Williams	NDSU	39-3 1/4	2025
Madison Overby, Lucy Steinmeyer	Iowa State	11:53.03	2011	Autumn Stokes	SDSU	38-5	2019
Erica Eades, Hannah Oscarson	Summit	11:53.95	2020	Mikaela Hirst	GWC	38-4 3/4	2011
Emily Emerson, Megan Gray, Savana Weller, Lindsay Anderson	Minnesota St.	11:56.98	2006	Sara Dupslaff	NCC	38-4 3/4	1992
Erica Eades, Maddy Jerome, Hannah Anderson, Madison Overby	Minnesota	11:59.21	2005	Jennifer Parent	UND	38-4 3/4	2022
Rachelle Duerre, Jessica Boger, Heidi Evans, Veronica Sackett	USD/Summit	12:04.89	2023	Claire Leach	NDSU/Summit	38-4 1/4	2024
Rachelle Duerre, Jessica Boger, Rachel Sackett, Veronica Sackett	NDSU/Summit	12:14.86	2024	Jackie Kensing	NDSU	38-2	2003
Eliana Malnourie, Maggie Dervis	Iowa State	12:16.13	2005	Michelle Burgard	Bemidji St.	37-10	2007
Brenna Barnick, Conny Wohlfahrt	SDSU/Summit	12:17.13	2025	Sarah Fegley	GWC	37-6 1/2	2010
Elle Sondag, Courtney Werner							
Brooklyn Brouse, Frida Giersdorff							
Rachelle Duerre, Brittany Beeson, Rachel Sackett, Veronica Sackett							
Elle Sondag, Kimberly Hitchen							
Morgan Hartze, Olivia Krafty							
				POLE VAULT	SITE	MARK	YEAR
				Kyley Foster	Summit	14-2 3/4	2019
				Jessica Clausnitzer	St. Cloud St.	12-9 1/2	2008
				Jennifer Parent	UND	12-9 1/2	2021
				Kate LaRoche	St. Cloud St.	12-5 1/2	2008
				Emily Ash	NDSU	12-5 1/2	2025
				Jessica Fleck	Bemidji St.	12-1 1/2	2006
				Mikayla Johnson	Big Sky	12-1 1/4	2018
				Jadyn Nelson	Summit	11-9 1/4	2019
				Kayla Pfau	USD	11-8	2010
				Ellen Amberson	NCC	11-6 1/2	2004
				Kelsey Dolejs	UND	11-6 1/2	2019
				PENTATHLON	SITE	MARK	YEAR
				Elise Ulseth	UND/Summit	4,080 pts.	2022
				Tiffanie Magnusson	NDSU	3,922 pts.	2024
				Malene Kollberg	NDSU/Summit	3,904 pts.	2024
				Erica Benson	UND/Summit	3,712 pts.	2022
				Eucabeth Kivikangas	SDSU/Summit	3,683 pts.	2025
				Marta Marks	NDSU	3,650 pts.	2025
				Elle Thorson	USD/Summit	3,557 pts.	2023
				Ellie Miller	UND	3,493 pts.	2019
				Brooklynn Gould	UND/Summit	3,464 pts.	2022
				Kajsa Cabanas Andersson	NDSU	3,410 pts.	2025

* Names in bold indicate members of the 2025-26 roster

NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

100-METERS	SITE	MARK	YEAR
Natasha Brown	Big Sky	11.59	2016
Jerzie Finstad	USD	11.80	2025
Lucy Steinmeyer	NDSU	11.92	2021
Paige Slemmons	Long Beach	12.08	2015
Alimath Salou	NDSU	12.11	2025
Crystal White	Moorhead	12.12	1999
Chantel Larson	Moorhead	12.16	1999
Nadia Evans	Riverside	12.16	2025
Mackenzie Severson	ORU/Summit	12.18	2022
Porsha Miles	NDSU	12.18	2025

200-METERS	SITE	MARK	YEAR
Jerzie Finstad	USD/Summit	23.74	2025
Natasha Brown	Big Sky	23.86	2016
Lucy Steinmeyer	NDSU	24.31	2021
Tianna McKinney	Azusa	24.50	2016
Stephanie Clarke	UNCW	24.68	2013
Nadia Evans	Riverside	24.70	2025
Liesa Swenson	NCC	24.85	1992
Malene Kollberg	NDSU	24.93	2025
Brooklyn Gould	ORU/Summit	25.00	2022
Paige Slemmons	UC Irvine	25.02	2015
Margie Hutson	NCC	25.02	1984

400-METERS	SITE	MARK	YEAR
Jerzie Finstad	Minnesota	53.57	2025
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
Kimberly Hitchen	USD	55.99	2025
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

800-METERS	SITE	MARK	YEAR
Erica Eades	Oregon St.	2:07.21	2021
Brooklyn Brouse	Azusa	2:08.40	2025
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

1,500-METERS	SITE	MARK	YEAR
Jadyn Keeler	Azusa	4:20.03	2025
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

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
Jadyn Keeler	Azusa	15:33.59	2025
Yonca Kutluk	Azusa	16:04.26	2024
Lindsay Anderson	Mt. SAC	16:35.91	2013
Steph Bruening	SW Mo. St.	16:50.54	1993
Eliana Malnourie	Azusa	16:51.52	2025
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

10,000-METERS	SITE	MARK	YEAR
Jadyn Keeler	Stanford	32:06.70	2025
Yonca Kutluk	Stanford	32:57.85	2024
Eliana Malnourie	Stanford	34:58.59	2025
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

100M HURDLES	SITE	MARK	YEAR
Marta Markska	Minnesota	13.55	2025
Malene Kollberg	USD	13.63	2025
Elise Ulseth	ORU/Summit	13.65	2022
Erin Brown	Myrtle	13.96	2020
Jessica Butler	GWC	14.21	2011
Justina Esangbedo	UST/Summit	14.33	2024
Tiffanie Magnusson	USD	14.45	2025
Hinewai Knowles	Redlands	14.47	2023
Aleece Durbin	USD	14.48	2021
Kathryn O'Neill	Summit	14.55	2021

400M HURDLES	SITE	MARK	YEAR
Marta Markska	USD/Summit	59.88	2025
Rachel Dryburgh	Big Sky	60.67	2015
Liesa Swenson	NCAA II	60.91	1992
Kimberly Hitchen	USD/Summit	60.91	2025
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

STEEPLECHASE	SITE	MARK	YEAR
Frida Giersdorff	Azusa	10:18.85	2025
Jadyn Keeler	UST/Summit	10:28.86	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
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A. Salou, P. Miles, K. Hitchen, P. Grosberga	USD/Summit	47.39	2025
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J. Finstad, A. Durbin, C. Johnson, E. Ulseth	NDSU/Summit	47.61	2023
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P. Grosberga, P. Miles, A. Salou, N. Evans	Riverside	47.75	2025
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M. Bodah, H. Harrower, L. Steinmeyer, J. Hill-Durand	USD	47.78	2019
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A. Salou, E. Thorson, N. Evans, M. Markska	UST/Summit	47.90	2024
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A. Durbin, J. Finstad, C. Johnson, H. Knowles	Azusa	48.02	2023
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J. Finstad, H. Knowles, M. Severson, C. Johnson	PLNU	48.10	2023
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J. Esangbedo, N. Evans, M. Markska, A. Salou	NDSU	48.14	2024
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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
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* Names in bold indicate members of the 2025-26 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
Kimberly Hitchen, Marta Marksa Brooklyn Brouse, Jerzie Finstad	USD/Summit	3:46.95	2025	Jen Lykken, Marie Crep, Erin Bly, Steph Bruening	Drake	11:48.94	1993
S. Clarke, M. Janssen, H. Harrower, T. McKinney	Big Sky	3:48.38	2017	Christy Rygh, Missy Berg, Cindy Scott, Becky Leppard	Drake	12:03.49	1998
Jess Williams, Jess Schill, April Bielejeski, Heidi Faul	Drake	3:49.31	2002	Jessica Schill, April Bielejeski, Rachel Sackett, Rachelle Duerre	Drake	12:05.62	2004
Jess Williams, Jackie Auwarter, April Bielejeski, Heidi Faul	Drake	3:49.81	2002	Jess Schill, Heidi Faul, Rachel Sackett, Veronica Sackett	Drake	12:08.23	2003
Meghan Janssen, Lucy Steinmeyer Erica Eades, Heather Harrower	Summit	3:50.65	2019	Steph Bruening, Audra Bushaw, Jackie Kilian, Sheila Pexsa	Drake	12:11.98	1991
Erica Benson, Maddie Jerome Michaela Oosthuizen, Lucy Steinmeyer	Summit	3:51.08	2021	SPRINT MEDLEY RELAY	SITE	MARK	YEAR
Jess Williams, Missy Berg, Rebecca Goodman, Heidi Faul	Florida St.	3:51.89	2000	Crystal White, Chantel Larson, Jackie Feser, April Maine	Drake	4:05.77	1999
Nadia Evans, Kimberly Hitchen Jerzie Finstad, Courtney Werner	UST/Summit	3:51.96	2024	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	Summit/UST	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
				Malene Kollberg	USD/Summit	5-6 1/2	2025

* Names in bold indicate members of the 2025-26 roster



NORTH DAKOTA WOMEN'S OUTDOOR TOP-10

LONG JUMP
Elise Ulseth
Tiffanie Magnusson
Malene Kollberg
Jennifer Parent
Marta Marksa
Brooklynn Gould
Autumn Stokes
Monica Kuehl
Laura Seifert
Brenda Schmitz

SITE	MARK	YEAR
ORU/Summit	20-10 3/4	2022
NDSU	19-10 1/4	2025
NDSU	19-9 3/4	2025
Summit	19-6 3/4	2021
NDSU	19-2	2025
ORU/Summit	19-0 1/2	2022
Wisconsin-La Crosse	19-0 1/2	2022
NDSU	18-11 3/4	2016
Moorhead	18-9	1994
NCC	18-7 3/4	1986

JAVELIN
Elise Ulseth
Jayd Eggert
Dana Olimb
Vicky Besette
Amber Hunsaker
Jennifer Parent
Justina Esangbedo
Erin Harris
Janet Connell
Megan Storstad

SITE	MARK	YEAR
Miami	165-0	2022
Big Sky	164-5	2015
NCAA II	156-1	2005
Bemidji State.	149-0	1994
Long Beach	144-8	2019
Drake	142-8	2021
USD/Summit	141-11	2025
Big Sky	140-4	2016
NCC	138-6	1987
GWC	138-0	2012

TRIPLE JUMP
Justina Esangbedo
Jennifer Parent
Autumn Stokes
Claire Leach
Elise Ulseth
Nikki Sims
Anya Williams
Suzanne Bergantine
Sarah Fegley
Kristin Stokes

SITE	MARK	YEAR
UST/Summit	39-9 1/4	2024
ORU/Summit	39-7 3/4	2022
Wisconsin-La Crosse	39-2 1/2	2022
Long Beach	38-11 3/4	2024
NDSU	38-11	2023
Jamestown	38-4 1/4	2004
NDSU	38-3 1/2	2025
NCC	38-2 3/4	1998
GWC	38-2	2009
NCC	37-9 3/4	1998

HAMMER
Kenna Curry
Molli Detloff
Jayd Eggert
Destinee Rose-Haas
Natalie Mohring
Makala Keefe
Jessica Drady
Ke-Ke Burks
Lexi Stein-McAndrew
Shawny Kramer

SITE	MARK	YEAR
NCAA	223-7	2025
NCAA	222-11	2019
Drake Alternative	195-8	2015
Summit	195-6	2021
NDSU	189-1	2023
Summit	188-6	2021
Long Beach	187-11	2018
USD	187-4	2014
Summit	183-10	2019
NDSU	181-10	2015

SHOT PUT
Kenna Curry
Katelyn Weber
Eve Goldstein
Alyssa Lueck
Allison Lardy
Molly Griep
Molli Detloff
Traci Werner
Keely Walker
Diana Trager

SITE	MARK	YEAR
USD	53-8 1/4	2025
NDSU	50-4	2018
UC-San Diego	49-6 1/4	2025
Long Beach	49-2 1/2	2016
Redlands	48-2 3/4	2023
UC San Diego	47-5	2014
Big Sky	47-2 1/2	2018
NCAA II	46-2 1/2	1990
Big Sky	45-9 3/4	2018
NCAA II	45-5 1/4	1991

HEPTATHLON
Elise Ulseth
Malene Kollberg
Brooklynn Gould
Tiffanie Magnusson
Erica Benson
Eucabeth Kivikangas
Elle Thorson
Ellie Miller
Jackie Kensinger
Justina Esangbedo

SITE	MARK	YEAR
Azusa	5,685 pts.	2022
Azusa	5,434 pts.	2025
ORU/Summit	5,264 pts.	2022
UST/Summit	5,065 pts.	2024
Azusa	5,020 pts.	2022
UST/Summit	4,950 pts.	2024
NDSU/Summit	4,836 pts.	2023
Summit	4,602 pts.	2021
NCC	4,527 pts.	2004
Azusa	4,363 pts.	2024

DISCUS
Destinee Rose-Haas
Molli Detloff
Natalie Mohring
Talia Merritt
Kenna Curry
Molly Griep
Alyssa Lueck
Makala Keefe
Diana Trager
Christine Weinrich

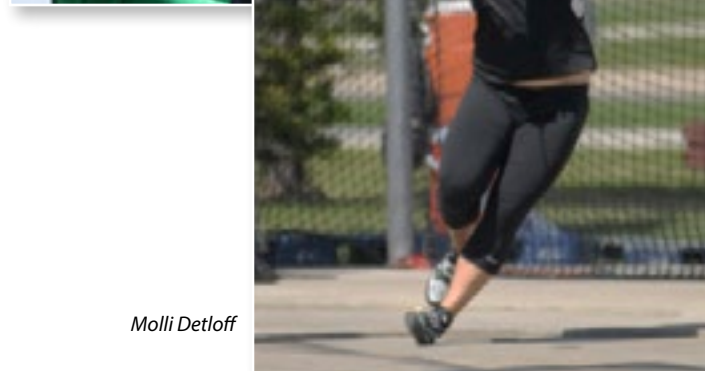
SITE	MARK	YEAR
NDSU	181-9	2021
Charleston Southern	178-3	2017
USD	176-3 1/2	2022
NW Missouri St.	173-10	2001
USD	172-2	2025
NDSU	165-1	2017
Jamestown	165-1	2016
NDSU	158-2	2021
NCC	153-7	1991
NDSU	152-4	2012



Jayd Eggert



Molly Griep



Molli Detloff

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