



# Minnesota Golden Gopher Women's Track & Field

## 2017 Outdoor Performance List • As of June 27, 2017



A-Automatic NCAA Qualifying Mark AT-All-time list #School Varsity Record %Mark During Heptathlon p-Preliminary Time US-Unseeded \* PR

### 100 Meters

School Record: 11.37, Tahesia Harrigan, 2002

TIME	ATHLETE	EVENT (DATE)	PLACE
12.50	Sophia Anderson*	Kansas Relays Quadrangular (4/22)	6th
12.68	Maddie Gourley (UA)*	Hamline Twilight (4/12)	3rd
12.87	Alyssa Faucett (UA)*	Janis Rider Invite (4/29)	p

### 200 Meters

School Record: 23.44, Jane Oas, 1976

TIME	ATHLETE	EVENT (DATE)	PLACE
23.74	Emerald Egwim*	Kansas Relays Quadrangular (4/22)1st (AT-3rd)	
23.84	Emerald Egwim	UCLA Legends (4/1)	3rd (AT-4th)
24.16	Emerald Egwim	NGC Sagcor NAAA National Open (6/26)	13th
25.00	Erin Hawkins (UA)	Hamline Twilight (4/12)	1st
25.02	Kat Keller	Longhorn Invite (4/29)	13th
25.15	Sophia Anderson	BearCat Twilight (5/3)	1st
25.26	Kayla Nelson*	Kansas Relays (4/20)	3rd (%)
25.31	Kat Keller	Bulls Invitational (3/18)	9th
25.37	Sophia Anderson	Bulls Invitational (3/18)	11th
25.39	Bolade Jinadu	Bulls Invitational (3/18)	12th
25.52	Sophia Anderson	Kansas Relays (4/22)	7th
25.64	Kayla Nelson	Bulls Invitational (3/18)	15th
25.66	Kayla Nelson	Big Tens (5/12)	6th (%)
25.73	Sophia Anderson	Sun Angel Classic (4/8)	11th (US)
25.87	Kayla Nelson	UCLA Legends (4/1)	12th (US)
25.91	Ashley Ramacher (UA)*	BearCat Twilight (5/3)	3rd
25.94	Ashley Ramacher (UA)	Holst Invitational (4/22)	7th
26.00	Allison Dugan*	BearCat Twilight (5/3)	5th
26.02	Sofie Albrechtsen	Bulls Invitational (3/18)	16th
26.04	Allison Dugan (UA)	Holst Invitational (4/22)	9th
26.24	Maddy Kammer (UA)*	Holst Invitational (4/22)	13th
26.27	Hannah Arason (UA)*	BearCat Twilight (5/3)	6th
26.29	Alyssa Faucett (UA)*	Holst Invitational (4/22)	14th
26.31	Alyssa Faucett (UA)	Hamline Invite (4/1)	9th
26.50	Hannah Arason (UA)	Holst Invitational (4/22)	18th
26.65	Maddie Gourley (UA)*	Hamline Twilight (4/12)	3rd
26.76	Allison Dugan (UA)	Hamline Invite (4/1)	15th
26.78	Alyssa Faucett (UA)	BearCat Twilight (5/3)	8th
26.79	Maddy Kammer	BearCat Twilight (5/3)	9th
26.90	Maddy Kammer	Hamline Invite (4/1)	17th
27.09	Ashley Ramacher (UA)	Hamline Invite (4/1)	21st
27.31	Ashley Ramacher (UA)	CSB-SJU Invite/Heptathlon (4/8)	3rd (%)
27.40	Alyssa Faucett (UA)	Janis Rider Invite (4/29)	10th
27.40	Alyssa Faucett (UA)	Hamline Twilight (4/12)	5th
27.72	Hannah Arason (UA)	Hamline Invite (4/1)	30th
27.74	Hannah Arason (UA)	CSB-SJU Invite/Heptathlon (4/8)	5th (%)

### 400 Meters

School Record: 51.99, Emerald Egwim, 2017

TIME	ATHLETE	EVENT (DATE)	PLACE
51.99	Emerald Egwim*	Big Tens (5/13)	p (AT-1st)#
52.24	Emerald Egwim	NCAA West Prelim (5/26)	7th
52.39	Emerald Egwim	Big Tens (5/14)	1st
52.75	Emerald Egwim	Sun Angel Classic (4/8)	3rd (AT-1st)#
52.88	Emerald Egwim	NCAA West Prelim (5/25)	p
53.19	Emerald Egwim	Longhorn Invite (4/29)	1st
53.95	Emerald Egwim	NCAA Championship (6/8)	20th
53.79	Titania Markland (UA)	Holst Invitational (4/22)	1st
54.51	Titania Markland (UA)	Hamline Invite (4/1)	1st
55.39	Val Larson (UA)*	Holst Invitational (4/22)	2nd
55.51	Bolade Jinadu*	Big Tens (5/13)	18th
55.71	Bolade Jinadu	Longhorn Invite (4/29)	5th
55.93	Kat Keller	Longhorn Invite (4/29)	6th
56.13	Bolade Jinadu	UCLA Legends (4/1)	2nd
56.26	Sophia Anderson*	BearCat Twilight (5/3)	1st
56.37	Kat Keller	UCLA Legends (4/1)	3rd
56.81	Bolade Jinadu	Kansas Relays Quadrangular (4/22)	4th
56.83	Kat Keller	Kansas Relays Quadrangular (4/22)	5th
56.94	Kat Keller	Big Tens (5/13)	24th
56.96	Sophia Anderson	Janis Rider Invite (4/29)	1st
57.09	Sophia Anderson	Big Tens (5/13)	25th

57.14	Bolade Jinadu	Sun Angel Classic (4/8)	17th (US)
57.28	Sophia Anderson	Sun Angel Classic (4/8)	19th (US)
57.29	Kat Keller	Sun Angel Classic (4/8)	20th (US)
57.45	Allison Dugan*	BearCat Twilight (5/3)	3rd
57.70	Sophia Anderson	UCLA Legends (4/1)	2nd (US)
57.71	Sophia Anderson	Kansas Relays Collegiate (4/21)	p
57.74	Maddie Gourley (UA)*	Hamline Invite (4/1)	3rd
57.86	Allison Dugan	Janis Rider Invite (4/29)	2nd
57.98	Allison Dugan (UA)	Holst Invitational (4/22)	4th
58.25	Sophia Anderson	Kansas Relays Collegiate (4/22)	5th
58.75	Allison Dugan	Hamline Twilight (4/12)	1st
59.82	Anne Haakenstad*	Hamline Twilight (4/12)	3rd
1:00.38	Jenna Conzemius (UA)*	Holst Invitational (4/22)	11th
1:01.16	Maddy Kammer	Holst Invitational (4/22)	17th
1:01.33	Maddy Kammer	Hamline Twilight (4/12)	6th
1:01.36	Maddy Kammer	Janis Rider Invite (4/29)	3rd
1:01.88	Maddy Kammer	Hamline Invite (4/1)	17th
1:02.13	Kelsey Sather	Holst Invitational (4/22)	21st

### 800 Meters

School Record: 2:01.05, Heather Dorniden, 2007

TIME	ATHLETE	EVENT (DATE)	PLACE
2:06.47	Titania Markland (UA)*	JAAA National Sr. Championships (6/24)	5th
2:08.57	Madeline Strandemo*	Raleigh Relays (3/25)	3rd
2:09.82	Titania Markland (UA)	BearCat Twilight (5/3)	1st
2:10.21	Val Larson (UA)*	Janis Rider Invite (4/29)	1st
2:10.31	Titania Markland (UA)	Janis Rider Invite (4/29)	2nd
2:11.60	Val Larson (UA)	BearCat Twilight (5/3)	2nd
2:11.60	Titania Markland (UA)	Hamline Twilight (4/12)	1st
2:11.94	Paige Peschel*	BearCat Twilight (5/3)	3rd
2:12.22	Abby Kohut-Jackson(UA)*	Janis Rider Invite (4/29)	3rd
2:13.75	Anne Haakenstad*	Holst Invitational (4/22)	1st
2:13.96	Paige Peschel	Kip Janvrin Open (4/28)	2nd
2:14.00	Paige Peschel	Big Tens (5/13)	25th
2:14.09	Anne Haakenstad	BearCat Twilight (5/3)	5th
2:14.14	Kelli Schmidt (UA)*	Janis Rider Invite (4/29)	4th
2:14.19	Abby Lange*	Kip Janvrin Open (4/28)	3rd
2:14.50	Lindsey Greenlund (UA)*	Janis Rider Invite (4/29)	5th
2:14.63	Anne Haakenstad	Kip Janvrin Open (4/28)	4th
2:15.04	Val Larson (UA)	Hamline Twilight (4/12)	2nd
2:15.04	Paige Peschel	Sun Angel Classic (4/8)	17th (US)
2:15.57	Amelia Barczy*	Kip Janvrin Open (4/28)	5th
2:15.88	Amelia Barczy	BearCat Twilight (5/3)	7th
2:16.19	Tess Wasowicz*	Kip Janvrin Open (4/28)	6th
2:16.43	Amelia Barczy	Hamline Invite (4/1)	2nd
2:16.59	Anne Haakenstad	Hamline Invite (4/1)	3rd
2:17.03	Anne Haakenstad	Sun Angel Classic (4/8)	22nd (US)
2:17.63	Kelsey Sather*	Janis Rider Invite (4/29)	8th
2:17.66	Amelia Barczy	Sun Angel Classic (4/8)	23rd (US)
2:18.15	Samantha Prouty*	Hamline Invite (4/1)	7th
2:18.31	Zetta Mason (UA)*	Janis Rider Invite (4/29)	10th
2:18.43	Jenna Conzemius (UA)*	Janis Rider Invite (4/29)	11th
2:18.45	Kelsey Sather	Hamline Twilight (4/12)	6th
2:18.67	Carissa Dock (UA)*	Janis Rider Invite (4/29)	12th
2:18.85	Liz Miller	Holst Invitational (4/22)	5th
2:18.86	Jenna Conzemius (UA)	BearCat Twilight (5/3)	12th
2:18.86	Emily Castanias*	Holst Invitational (4/22)	6th
2:19.41	Kelsey Sather	BearCat Twilight (5/3)	13th
2:19.58	Amelia Barczy	Kansas Relays Quadrangular (4/22)	6th
2:20.39	Kelsey Sather	Hamline Invite (4/1)	16th
2:21.10	Jenna Conzemius (UA)	Hamline Twilight (4/12)	10th
2:21.36	Samantha Prouty	Holst Invitational (4/22)	7th
2:21.47	Ally Smith*	Holst Invitational (4/22)	8th
2:21.76	Naomi Ollila*	Holst Invitational (4/22)	9th
2:21.84	Sarah Werking (UA)*	Holst Invitational (4/22)	10th
2:21.91	Jenna Conzemius (UA)	Hamline Invite (4/1)	20th
2:21.98	Liz Miller	BearCat Twilight (5/3)	18th
2:25.78	Kayla Nelson*	Hamline Twilight (4/12)	19th
2:28.45	Laura Werking*	Holst Invitational (4/22)	19th
2:29.46	Kayla Nelson	Kansas Relays (4/21)	6th (%)
2:29.75	Paige Peschel	Kansas Relays Quadrangular (4/22)	8th
2:30.45	Ashley Ramacher (UA)*	CSB-SJU Invite/Heptathlon (4/9)	5th (%)



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2:30.96 Hannah Arason (UA)\* CSB-SJU Invite/Heptathlon (4/9) 6th (%)  
 DNS Kayla Nelson Big Tens (5/13) DNS (%)

5:07.63 Laura Werking Hamline Invite (4/1) 44th  
 5:07.92 Abby Kargol Holst Invitational (4/22) 27th

### 1,500 Meters

School Record: 4:13.45, Gabriele Anderson, 2010

TIME	ATHLETE	EVENT (DATE)	PLACE
4:24.24	Madeline Strandemo	Big Tens (5/14)	4th
4:24.35	Madeline Strandemo	Big Tens (5/12)	p
4:25.50	Madeline Strandemo	Kansas Relays Quadrangular (4/22)	1st
4:27.33	Madeline Strandemo	Sun Angel Classic (4/8)	2nd
4:30.88	Megan Hasz (UA)*	Holst Invitational (4/22)	1st
4:31.73	Bethany Hasz (UA)*	Holst Invitational (4/22)	2nd
4:32.46	Bethany Hasz (UA)	Hamline Twilight (4/12)	1st
4:32.87	Tess Wasowicz	Kansas Relays Quadrangular (4/22)	4th
4:34.14	Megan Hasz (UA)	BearCat Twilight (5/3)	1st
4:35.10	Bailey Ness*	Sun Angel Classic (4/8)	3rd (US)
4:35.55	Abby Kohut-Jackson (UA)*	Holst Invitational (4/22)	3rd
4:35.45	Abby Lange*	Raleigh Relays (3/24)	51st
4:36.16	Tess Wasowicz	Raleigh Relays (3/24)	55th
4:36.40	Patty O'Brien	Sun Angel Classic (4/8)	5th (US)
4:36.40	Abby Kohut-Jackson (UA)	Hamline Invite (4/1)	2nd
4:36.68	Abby Lange	Kansas Relays Quadrangular (4/22)	6th
4:37.38	Megan Hasz (UA)	Hamline Twilight (4/12)	2nd
4:38.05	Lindsey Greenlund (UA)*	Hamline Invite (4/1)	3rd
4:38.10	Sarah Klecker*	Hamline Invite (4/1)	4th
4:39.06	Lindsey Greenlund (UA)	Holst Invitational (4/22)	4th
4:39.65	Tess Wasowicz	Big Tens (5/12)	20th
4:40.44	Abby Lange	Big Tens (5/12)	21st
4:40.61	Paige Peschel*	Raleigh Relays (3/24)	75th
4:40.80	Tess Wasowicz	Sun Angel Classic (4/8)	8th (US)
4:40.92	Molly Eastman*	Holst Invitational (4/22)	5th
4:42.91	Abby Lange	Sun Angel Classic (4/8)	10th (US)
4:43.28	Emily Castanias	Hamline Invite (4/1)	7th
4:43.75	Zetta Mason (UA)*	BearCat Twilight (5/3)	5th
4:43.77	Samantha Prouty	Raleigh Relays (3/24)	88th
4:43.95	Emily Castanias	BearCat Twilight (5/3)	7th
4:43.97	Samantha Prouty	Hamline Twilight (4/12)	3rd
4:43.99	Ally Smith	BearCat Twilight (5/3)	8th
4:44.20	Kelli Schmidt (UA)*	Hamline Invite (4/1)	9th
4:44.25	Amelia Barcz*	Hamline Twilight (4/12)	4th
4:44.67	Ally Smith	Hamline Invite (4/1)	10th
4:45.26	Samantha Prouty	Kip Janvrin Open (4/28)	6th
4:45.53	Samantha Prouty	BearCat Twilight (5/3)	9th
4:45.89	Tamara Gorman	Sun Angel Classic (4/8)	15th (US)
4:46.37	Zetta Mason (UA)	Holst Invitational (4/22)	7th
4:47.25	Sarah Klecker	Holst Invitational (4/22)	9th
4:47.53	Zetta Mason (UA)	Hamline Invite (4/1)	11th
4:48.87	Rachel Wians	Hamline Invite (4/1)	13th
4:48.99	Emily Castanias	Hamline Twilight (4/12)	7th
4:49.04	Ally Smith	Hamline Twilight (4/12)	8th
4:49.67	Emily Betz	Holst Invitational (4/22)	11th
4:50.35	Courtney Alama	Holst Invitational (4/22)	13th
4:50.54	Carlin Schulz	Holst Invitational (4/22)	14th
4:51.57	Caitlin Dillon*	Hamline Invite (4/1)	15th
4:52.12	Liz Miller*	Hamline Invite (4/1)	16th
4:52.95	Naomi Ollila	BearCat Twilight (5/3)	13th
4:53.13	Naomi Ollila	Hamline Twilight (4/12)	12th
4:53.44	Megan Flanagan*	Hamline Invite (4/1)	21st
4:53.89	Carissa Dock (UA)*	Holst Invitational (4/22)	17th
4:54.18	Courtney Alama	Hamline Invite (4/1)	22nd
4:54.28	Naomi Ollila	Hamline Invite (4/1)	23rd
4:54.97	Sarah Werking (UA)*	Hamline Invite (4/1)	25th
4:55.05	Megan Flanagan	BearCat Twilight (5/3)	14th
4:55.45	Carissa Dock (UA)	Hamline Invite (4/1)	26th
4:56.05	Kelli Schmidt (UA)	Holst Invitational (4/22)	19th
4:59.42	Sarah Werking (UA)	BearCat Twilight (5/3)	16th
4:59.61	Sarah Werking (UA)	Hamline Twilight (4/12)	15th
5:00.26	Liz Miller	Janis Rider Invite (4/29)	9th
5:00.69	Laura Werking*	BearCat Twilight (5/3)	17th
5:01.09	Haley Rasmussen*	Holst Invitational (4/22)	24th
5:03.00	Laura Werking	Janis Rider Invite (4/29)	12th
5:07.01	Laura Werking	Hamline Twilight (4/12)	27th

### 3,000 Meters

School Record: 9:07.46, Jody Eder, 1984

TIME	ATHLETE	EVENT (DATE)	PLACE
10:17.04	Emily Castanias*	Janis Rider Invite (4/29)	1st
10:19.72	Ally Smith	Janis Rider Invite (4/29)	2nd
10:30.71	Naomi Ollila	Janis Rider Invite (4/29)	3rd
10:37.36	Danielle Anderson*	Janis Rider Invite (4/29)	4th
10:43.78	Sarah Werking (UA)*	Janis Rider Invite (4/29)	6th

### 5,000 Meters

School Record: 16:04.55, Megan Duwell, 2010

TIME	ATHLETE	EVENT (DATE)	PLACE
16:08.47	Megan Hasz (UA)*	Drake Relays (4/27)	2nd
16:24.06	Bethany Hasz (UA)*	Drake Relays (4/27)	11th
16:38.67	Bethany Hasz (UA)	Hamline Invite (4/1)	1st
16:39.01	Megan Hasz (UA)	Hamline Invite (4/1)	2nd
16:50.49	Patty O'Brien*	Kansas Relays Quadrangular (4/22)	1st
16:59.00	Bailey Ness*	Kansas Relays Quadrangular (4/22)	2nd
17:04.30	Tamara Gorman*	Raleigh Relays (3/24)	29th
17:23.54	Sarah Klecker*	Hamline Twilight (4/12)	1st
17:26.70	Tamara Gorman	Hamline Invite (4/1)	5th
17:28.66	Molly Eastman*	Hamline Twilight (4/12)	2nd
17:32.49	Sarah Klecker	BearCat Twilight (5/3)	1st
17:34.31	Patty O'Brien	Big Tens (5/14)	18th
17:34.77	Emily Betz*	Hamline Twilight (4/12)	3rd
17:37.49	Elyse Prescott (UA)*	Hamline Invite (4/1)	7th
17:37.76	Courtney Alama*	BearCat Twilight (5/3)	2nd
17:39.15	Courtney Alama	Kip Janvrin Open (4/28)	7th
17:40.94	Carlin Schulz*	Hamline Twilight (4/12)	4th
17:42.31	Sarah Klecker	Raleigh Relays (3/24)	77th
17:49.95	Carlin Schulz	BearCat Twilight (5/3)	3rd
17:53.18	Sarah Klecker	Kip Janvrin Open (4/28)	11th
17:57.74	Abby Kargol	Hamline Twilight (4/12)	5th
18:01.92	Haley Rasmussen	Hamline Twilight (4/12)	6th
18:06.76	Courtney Alama	Hamline Twilight (4/12)	7th
18:08.41	Courtney Alama	Raleigh Relays (3/24)	92nd
18:11.31	Danielle Anderson	BearCat Twilight (5/3)	5th
18:24.50	Danielle Anderson	Holst Invitational (4/22)	4th
18:27.91	Haley Rasmussen	Hamline Invite (4/1)	17th
DNF	Bailey Ness	Big Tens (5/14)	DNF

### 10,000 Meters

School Record: 33:24.93, Laura Docherty, 2013

TIME	ATHLETE	EVENT (DATE)	PLACE
34:17.74	Bailey Ness*	Big Tens (5/12)	7th (AT-7th)
35:15.35	Patty O'Brien*	Big Tens (5/12)	16th
35:16.38	Bailey Ness	NCAA West Prelim (5/25)	14th
35:32.89	Patty O'Brien	Raleigh Relays (3/24)	21st
35:42.68	Bailey Ness	Raleigh Relays (3/24)	24th
35:50.82	Emily Betz*	Big Tens (5/12)	21st
35:52.69	Emily Betz	Drake Relays (4/27)	8th
36:17.09	Molly Eastman*	Drake Relays (4/27)	14th
36:18.12	Molly Eastman	Raleigh Relays (3/24)	36th
36:20.61	Emily Betz	Raleigh Relays (3/24)	37th
36:36.93	Carlin Schulz*	Raleigh Relays (3/24)	39th
36:45.00	Carlin Schulz	Drake Relays (4/27)	17th
37:19.22	Haley Rasmussen*	Drake Relays (4/27)	21st
37:29.17	Abby Kargol*	Raleigh Relays (3/24)	48th
37:32.77	Molly Eastman	Big Tens (5/12)	26th
38:05.67	Abby Kargol	Drake Relays (4/27)	25th



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### 100-Meter Hurdles

School Record: 12.98, Kimberly Golding, 2017

TIME	ATHLETE	EVENT (DATE)	PLACE
12.87	Kimberly Golding (+5.0 wind)	Longhorn Invite (4/29)	1st
12.98	Kimberly Golding*	Big Tens (5/14)	2nd (AT-1st)#
13.02	Emma Spagnola*	Big Tens (5/14)	3rd (AT-2nd)
13.03	Kimberly Golding	Big Tens (5/13)	p (AT-1st)#
13.06	Emma Spagnola (+5.0 wind)	Longhorn Invite (4/29)	2nd
13.20	Emma Spagnola	NCAA West Prelim (5/27)	12th
13.21	Emma Spagnola	Big Tens (5/13)	p
13.29	Kimberly Golding	Sun Angel Classic (4/8)	1st
13.30	Emma Spagnola	NCAA West Prelim (5/26)	p
13.31	Emma Spagnola	NCAA Championship (6/8)	16th
13.31	Kimberly Golding	UCLA Legends (4/1)	1st
13.33	Kimberly Golding	Kansas Relays Quadrangular (4/22)	1st
13.35	Emma Spagnola	Kansas Relays Quadrangular (4/22)	2nd
13.36	Emma Spagnola	Sun Angel Classic (4/8)	2nd
13.43	Emma Spagnola	UCLA Legends (4/1)	2nd
13.49	Rachel Schow (+4.4 wind)	Kansas Relays Collegiate (4/22)	2nd
13.56	Kimberly Golding	JAAA National Sr. Championships (6/24)	14th
13.59	Kimberly Golding	NCAA West Prelim (5/26)	30th
13.89	Rachel Schow*	UCLA Legends (4/1)	6th (AT-6th)
13.92	Rachel Schow	Kansas Relays Collegiate (4/21)	p
13.94	Rachel Schow	Sun Angel Classic (4/8)	8th
14.08	Rachel Schow	Longhorn Invite (4/29)	11th
15.04	Ashley Ramacher (UA)*	CSB-SJU Invite/Heptathlon (4/8)	1st (%)
15.05	Ashley Ramacher (UA)	Janis Rider Invite (4/29)	p
15.05	Ashley Ramacher (UA)	Hamline Invite (4/1)	2nd
15.45	Kayla Nelson*	Kansas Relays (4/20)	9th (%)
15.68	Kayla Nelson	Janis Rider Invite (4/29)	p
15.89	Hannah Arason (UA)*	Hamline Invite (4/1)	13th
15.93	Hannah Arason (UA)	CSB-SJU Invite/Heptathlon (4/8)	5th (%)
15.93	Kayla Nelson	UCLA Legends (4/1)	8th (US)
16.06	Hannah Arason (UA)	Janis Rider Invite (4/29)	11th
16.06	Sofie Albrechtsen	Bulls Invitational (3/18)	20th
16.25	Kayla Nelson	Janis Rider Invite (4/29)	6th
16.26	Kayla Nelson	Big Tens (5/12)	16th (%)
17.07	Kayla Nelson	Bulls Invitational (3/18)	22nd

1:01.96	Rachel Schow	Longhorn Invite (4/29)	9th
1:02.31	Meleah Biermaier (UA)*	BearCat Twilight (5/3)	1st
1:02.53	Meleah Biermaier (UA)	Hamline Invite (4/1)	1st
1:02.98	Meleah Biermaier (UA)	Janis Rider Invite (4/29)	1st
1:02.98	Meleah Biermaier (UA)	Holst Invitational (4/22)	1st
1:03.11	Val Larson (UA)*	Hamline Invite (4/1)	3rd
1:03.15	Lindsey Smits	Bulls Invitational (3/18)	3rd
1:03.29	Meleah Biermaier (UA)	Hamline Twilight (4/12)	1st
1:03.77	Meleah Biermaier (UA)	Sun Angel Classic (4/8)	16th
1:04.04	Rebekah Walter (UA)*	BearCat Twilight (5/3)	2nd
1:05.33	Rebekah Walter (UA)	Janis Rider Invite (4/29)	4th
1:05.53	Rebekah Walter (UA)	Holst Invitational (4/22)	2nd
1:05.99	Rebekah Walter (UA)	Hamline Invite (4/1)	6th
DNS	Rachel Schow	Big Tens (5/14)	DNS

### 3,000-Meter Steeplechase

School Record: 9:51.83, Madeline Strandemo, 2017

TIME	ATHLETE	EVENT (DATE)	PLACE
9:51.83	Madeline Strandemo	Big Tens (5/13)	1st (AT-1st)#
9:52.74	Madeline Strandemo	NCAA Championship (6/8)	p
10:04.62	Madeline Strandemo	NCAA Championship (6/10)	9th
10:04.98	Madeline Strandemo	Ocean State (4/15)	2nd
10:07.46	Madeline Strandemo	Raleigh Relays (3/24)	1st
10:10.68	Madeline Strandemo	NCAA West Prelim (5/26)	5th
11:01.89	Elyse Prescott (UA)*	Hamline Twilight (4/12)	1st
11:02.42	Lindsey Greenlund (UA)*	BearCat Twilight (5/3)	1st
11:06.72	Caitlin Dillon*	BearCat Twilight (5/3)	2nd
11:08.46	Lindsey Greenlund (UA)	Hamline Twilight (4/12)	2nd
11:10.92	Caitlin Dillon	Kip Janvrin Open (4/28)	1st
11:12.20	Abby Kohut-Jackson (UA)*	BearCat Twilight (5/3)	3rd
11:13.20	Abby Kohut-Jackson (UA)	Hamline Twilight (4/12)	3rd
11:15.10	Kelli Schmidt (UA)*	Hamline Twilight (4/12)	4th
11:17.68	Kelli Schmidt (UA)	BearCat Twilight (5/3)	4th
11:17.90	Caitlin Dillon	Holst Invitational (4/22)	1st
11:24.98	Megan Flanagan	Kip Janvrin Open (4/28)	4th
11:30.24	Megan Flanagan	Holst Invitational (4/22)	3rd
11:30.77	Caitlin Dillon	Hamline Twilight (4/12)	6th
11:32.64	Carissa Dock (UA)*	Hamline Twilight (4/12)	7th
11:36.10	Carissa Dock (UA)	BearCat Twilight (5/3)	8th
11:38.13	Megan Flanagan	Hamline Twilight (4/12)	9th
11:47.26	Zetta Mason (UA)*	Hamline Twilight (4/12)	10th
11:51.84	Liz Miller*	Hamline Twilight (4/12)	11th

### 400-Meter Hurdles

School Record: 57.67, Melissa Steele, 2005

TIME	ATHLETE	EVENT (DATE)	PLACE
57.88	Emma Spagnola*	Big Tens (5/14)	4th (AT-2nd)
57.89	Emma Spagnola	Big Tens (5/12)	p (AT-2nd)
58.52	Emma Spagnola	Kansas Relays Collegiate (4/22)	1st (AT-5th)
58.93	Emma Spagnola	UCLA Legends (4/1)	2nd
59.15	Emma Spagnola	Kansas Relays Collegiate (4/21)	p
59.24	Rachel Schow*	Kansas Relays Quadrangular (4/22)	1st (AT-7th)
59.25	Rachel Schow	Big Tens (5/12)	p
59.25	Erin Huls*	UCLA Legends (4/1)	1st (US) (AT-7th)
59.27	Emma Spagnola	Sun Angel Classic (4/8)	6th
59.42	Emma Spagnola	NCAA West Prelim (5/25)	p
59.51	Rachel Schow	Sun Angel Classic (4/8)	7th (AT-9th)
59.55	Emma Spagnola	Longhorn Invite (4/29)	4th
59.81	Erin Huls	Sun Angel Classic (4/8)	8th
1:00.17	Lindsey Smits*	Big Tens (5/12)	10th
1:00.19	Emma Spagnola	NCAA West Prelim (5/26)	24th
1:00.26	Rachel Schow	Bulls Invitational (3/18)	1st
1:00.33	Erin Huls	Longhorn Invite (4/29)	6th
1:00.35	Rachel Schow	NCAA West Prelim (5/26)	25th
1:00.35	Rachel Schow	NCAA West Prelim (5/25)	p
1:00.36	Erin Huls	Big Tens (5/12)	11th
1:00.61	Erin Huls	Bulls Invitational (3/18)	2nd
1:00.86	Rachel Schow	UCLA Legends (4/1)	4th
1:00.50	Lindsey Smits	Kansas Relays Collegiate (4/22)	3rd
1:00.77	Erin Huls	NCAA West Prelim (5/25)	29th
1:00.99	Lindsey Smits	NCAA West Prelim (5/25)	30th
1:01.01	Erin Huls	Kansas Relays Quadrangular (4/22)	2nd
1:01.06	Lindsey Smits	Kansas Relays Collegiate (4/21)	p
1:01.41	Lindsey Smits	Sun Angel Classic (4/8)	9th
1:01.80	Lindsey Smits	UCLA Legends (4/1)	3rd (US)
1:01.89	Lindsey Smits	Longhorn Invite (4/29)	8th

### 4x100-Meter Relay

School Record: 44.32, Willis, Giles, Okoroji, Peterson, 2012

TIME	ATHLETE	EVENT (DATE)	PLACE
44.80	Minnesota A	Kansas Relays Quadrangular (4/22)	1st (AT-3rd)
	Golding, Egwim, Spagnola, Hawkins		
45.30	Minnesota A	Big Tens (5/14)	2nd
	Golding, Egwim, Spagnola, Hawkins		
45.39	Minnesota A	Sun Angel Classic (4/8)	4th (AT-6th)
	Golding, Egwim, Spagnola, Schow		
45.40	Minnesota A	UCLA Legends (4/1)	1st (AT-T6th)
	Golding, Egwim, Spagnola, Schow		
48.36	Minnesota (UA)	Hamline Invite (4/12)	1st
	Faucett, Larson, Gourley, Hawkins		
49.36	Minnesota (UA)	Hamline Invite (4/1)	3rd
	Faucett, Gourley, Dugan, Walter		





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### 4x400-Meter Relay

School Record: 3:32.50, Hawkins, Keller, Egwim, Markland, 2016

TIME	ATHLETE	EVENT (DATE)	PLACE
3:39.53	Minnesota A Jinadu, Egwim, Hawkins, Smits	Big Tens (5/14)	4th
3:40.27	Minnesota A Schow, Huls, Jinadu, Egwim	Kansas Relays Quadrangular (4/22)	2nd
3:41.90	Minnesota A Huls, Egwim, Keller, Jinadu	Sun Angel Classic (4/8)	5th
3:44.65	Minnesota A S. Anderson, Huls, Jinadu, Smits	Bulls Invitational (3/18)	1st
3:45.38	Minnesota A Huls, Keller, Anderson, Jinadu	UCLA Legends (4/1)	1st
3:50.12	Minnesota (UA) Markland, Dugan, Larson, Biermaier	Hamline Invite (4/1)	1st
3:50.77	Minnesota A (UA) Walter, Biermaier, Markland, Larson	BearCat Twilight (5/3)	1st
3:52.10	Minnesota (UA) Greenlund, Larson, Biermaier, Markland	Holst Invitational (4/22)	1st
3:53.30	Minnesota A (UA) Hawkins, Larson, Biermaier, Markland	Hamline Twilight (4/12)	1st
3:54.12	Minnesota B Smits, Anderson, Haakenstad, Peschel	Sun Angel Classic (4/8)	12th
3:55.15	Minnesota (UA) Walter, Biermaier, Markland, Larson	Janis Rider Invite (4/29)	1st
4:00.84	Minnesota Peschel, Haakenstad, Barczy, Miller	BearCat Twilight (5/3)	2nd
4:01.58	Minnesota A S. Anderson, Dugan, Kammer, Sather	Janis Rider Invite (4/29)	2nd
4:02.22	Minnesota Haakenstad, Prouty, Castanias, Sather	Holst Invitational (4/22)	2nd
4:03.19	Minnesota B (UA) Kohut-Jackson, Mason, Conzemius, Schmidt	Janis Rider Invite (4/29)	4th
4:05.28	Minnesota A Haakenstad, Peschel, Barczy, Prouty	Kip Janvrin Open (4/28)	1st
4:06.15	Minnesota B Dugan, Kammer, Haakenstad, Sather	Hamline Twilight (4/12)	4th
4:15.10	Minnesota (UA) Conzemius, Dock, Schmidt, Kohut-Jackson	Holst Invitational (4/22)	5th
4:23.62	Minnesota (UA) Walter, S. Werking, Smith, Miller	Holst Invitational (4/22)	7th

### 4x800-Meter Relay

School Record: 8:27.42, Schwengler, Cheever, Anderson, Dorniden, 2007

TIME	ATHLETE	EVENT (DATE)	PLACE
9:01.41	Minnesota A Peschel, Lange, Prouty, Wasowicz	Raleigh Relays (3/25)	3rd

### 4x1600-Meter Relay

School Record: 18:58.82, Swenson, Yetzer, Duwell, Anderson, 2010

TIME	ATHLETE	EVENT (DATE)	PLACE
19:40.84	Minnesota A Lange, Ness, Wasowicz, O'Brien	Drake Relays (4/27)	6th

### Sprint Medley Relay

TIME	ATHLETE	EVENT (DATE)	PLACE
None			

### Distance Medley Relay

School Record: 11:08.16, Yetzer, Dorniden, Mitchell, Brown, 2007

TIME	ATHLETE	EVENT (DATE)	PLACE
None			

### High Jump

School Record: 1.85m (6-00.75), Taylor Wiebke, 2017

MARK	ATHLETE	EVENT (DATE)	PLACE
1.85m (6-00.75)	Taylor Wiebke*	Longhorn Invite (4/29)	1st (AT-1st)#
1.81m (5-11.25)	Taylor Wiebke	Kansas Relays Quadrangular (4/22)	1st (AT-2nd)
1.80m (5-10.75)	Taylor Wiebke	Bulls Invitational (3/18)	1st (AT-2nd)

1.80m (5-10.75)	Ashley Ramacher (UA)*	CSB-SJU Invite/Heptathlon (4/8)	1st (%)
1.79m (5-10.50)	Taylor Wiebke	NCAA West Prelim (5/26)	T-7th
1.79m (5-10.50)	Heta Tuuri	Longhorn Invite (4/29)	2nd
1.78m (5-10.00)	Heta Tuuri	Big Tens (5/13)	6th
1.76m (5-09.25)	Heta Tuuri	Kansas Relays Quadrangular (4/22)	2nd
1.75m (5-08.75)	Taylor Wiebke	Sun Angel Classic (4/8)	4th
1.73m (5-08.00)	Ashley Ramacher (UA)	USATF Junior Championship (6/24)	4th
1.73m (5-08.00)	Taylor Wiebke	NCAA Championship (6/10)	T-21st
1.73m (5-08.00)	Ashley Ramacher (UA)	Holst Invitational (4/22)	1st
1.72m (5-07.75)	Ashley Ramacher (UA)	BearCat Twilight (5/3)	1st
1.70m (5-07.00)	Taylor Wiebke	Big Tens (5/13)	T-7th
1.70m (5-07.00)	Heta Tuuri	Sun Angel Classic (4/8)	T-6th
1.70m (5-07.00)	Heta Tuuri	Bulls Invitational (3/18)	3rd
1.69m (5-06.50)	Heta Tuuri	NCAA West Prelim (5/26)	T-32nd
1.68m (5-06.00)	Ashley Ramacher (UA)	Janis Rider Invite (4/29)	1st
1.65m (5-05.00)	Hannah Arason (UA)*	Holst Invitational (4/22)	4th
1.65m (5-05.00)	Ashley Ramacher (UA)	Hamline Invite (4/1)	1st
1.63m (5-04.25)	Hannah Arason (UA)	Janis Rider Invite (4/29)	2nd
1.62m (5-03.75)	Hannah Arason (UA)	BearCat Twilight (5/3)	2nd
1.60m (5-03.00)	Hannah Arason (UA)	Hamline Invite (4/1)	T-3rd
1.58m (5-02.25)	Kayla Nelson*	Janis Rider Invite (4/29)	3rd
1.57m (5-01.75)	Kayla Nelson	UCLA Legends (4/1)	T-13th (US)
1.56m (5-01.25)	Kayla Nelson	Kansas Relays (4/20)	7th (%)
1.56m (5-01.25)	Hannah Arason (UA)	CSB-SJU Invite/Heptathlon (4/8)	3rd (%)
1.55m (5-01.00)	Kayla Nelson	Big Tens (5/12)	9th (%)
NH	Taylor Wiebke	USATF Senior Championship (6/23)	NH

### Long Jump

School Record: 6.44m (21-01.50), Todea-Kay Willis, 2011

MARK	ATHLETE	EVENT (DATE)	PLACE
5.97m (19-07.00)	Shanique Wright (+4.7 wind)	Kansas Relays Quadrangular (4/22)	1st
5.55m (18-02.50)	Shanique Wright	Big Tens (5/13)	21st
5.53m (18-01.50)	Shanique Wright	Sun Angel Classic (4/8)	T-14th
5.32m (17-05.50)	Alyssa Faucett (UA)*	BearCat Twilight (5/3)	2nd
5.22m (17-01.50)	Sofie Albrechtsen*	Bulls Invitational (3/17)	7th
5.21m (17-01.25)	Ashley Ramacher (UA)*	CSB-SJU Invite/Heptathlon (4/9)	2nd (%)
5.18m (17-00.00)	Kayla Nelson (+4.1 wind)	Kansas Relays Quadrangular (4/22)	7th
5.16m (16-11.25)	Alyssa Faucett (UA)	Hamline Twilight (4/12)	2nd
5.15m (16-10.75)	Alyssa Faucett (UA)	Holst Invitational (4/22)	6th
5.10m (16-08.75)	Alyssa Faucett (UA)	Janis Rider Invite (4/29)	5th
5.02m (16-05.75)	Alyssa Faucett (UA)	Hamline Invite (4/1)	7th
4.99m (16-04.50)	Kayla Nelson*	Bulls Invitational (3/17)	10th
4.98m (16-04.25)	Hannah Arason (UA)*	CSB-SJU Invite/Heptathlon (4/9)	6th (%)
4.96m (16-03.25)	Kayla Nelson	Kansas Relays (4/21)	9th (%)
4.93m (16-02.25)	Kayla Nelson	Big Tens (5/13)	14th (%)

### Triple Jump

School Record: 13.79m (45-03.00), Shani Marks, 2003

MARK	ATHLETE	EVENT (DATE)	PLACE
12.97m (42-06.75)	Shanique Wright	Big Tens (5/14)	4th
12.78m (41-11.25)	Shanique Wright	Longhorn Invite (4/29)	2nd
12.75m (41-10.00)	Shanique Wright	NCAA West Prelim (5/27)	23rd
12.66m (41-06.25)	Shanique Wright (+4.3 wind)	Kansas Relays Quadrangular (4/22)	2nd
12.60m (41-04.00)	Shanique Wright	Sun Angel Classic (4/8)	T-6th
12.47m (40-10.75)	Shanique Wright	UCLA Legends (4/1)	3rd
10.67m (35-00.25)	Heta Tuuri*	Kansas Relays Quadrangular (4/22)	7th



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### Pole Vault

School Record: 4.35m (14-03.25), Alicia Rue, 2009

MARK	ATHLETE	EVENT (DATE)	PLACE
4.04m (13-03.00)	Cami Gilson*	BearCat Twilight (5/3)	1st (AT-7th)
4.03m (13-02.50)	Cami Gilson	Big Tens (5/12)	T-3rd
4.00m (13-01.50)	Lexi Kiefer*	Longhorn Invite (4/29)	1st (US) (AT-T8th)
3.95m (12-11.50)	Cami Gilson	Hamline Twilight (4/12)	1st
3.95m (12-11.50)	Lexi Kiefer	Hamline Twilight (4/12)	2nd (AT-T9th)
3.91m (12-09.75)	Cami Gilson	Sun Angel Classic (4/8)	9th
3.89m (12-09.00)	Lexi Kiefer	BearCat Twilight (5/3)	2nd
3.87m (12-08.25)	Lexi Kiefer	Kansas Relays Quadrangular (4/22)	4th
3.82m (12-06.25)	Cami Gilson	Kansas Relays Quadrangular (4/22)	T-6th
3.82m (12-06.25)	Macy Narr*	Kansas Relays Quadrangular (4/22)	T-6th
3.82m (12-06.25)	Cami Gilson	UCLA Legends (4/1)	5th
3.82m (12-06.25)	Macy Narr	UCLA Legends (4/1)	9th (AT-10th)
3.80m (12-05.50)	Cami Gilson	NCAA West Prelim (5/25)	T-39th
3.80m (12-05.50)	Macy Narr	Hamline Twilight (4/12)	4th
3.77m (12-04.50)	Cami Gilson	Longhorn Invite (4/29)	9th
3.75m (12-03.50)	Lexi Kiefer	Sun Angel Classic (4/7)	3rd (US)
3.73m (12-02.75)	Lexi Kiefer	Big Tens (5/12)	T-9th
3.67m (12-00.25)	Lexi Kiefer	UCLA Legends (4/1)	T-10th
NH	Macy Narr	Big Tens (5/12)	NH
NH	Macy Narr	Sun Angel Classic (4/7)	NH

50.37m (165-03)	Kiley Sabin	UCLA Legends (4/1)	2nd
50.14m (164-05)	Kiley Sabin	Kansas Relays Quadrangular (4/22)	4th
50.07m (164-03)	Angie Guenther	Big Tens (5/13)	9th
49.94m (163-10)	Kiley Sabin	Kansas Relays Collegiate (4/21)	4th
49.65m (162-10)	Kiley Sabin	NCAA West Prelim (5/26)	30th
49.53m (162-06)	Angie Guenther	Bulls Invitational (3/18)	6th
47.66m (156-04)	Angie Guenther	UCLA Legends (4/1)	4th
44.72m (146-09)	Angie Guenther	Sun Angel Classic (4/8)	5th (US)
43.94m (144-02)	Natalie Manders*	Janis Rider Invite (4/29)	1st
43.93m (144-01)	Natalie Manders	Hamline Invite (4/1)	1st
43.25m (141-11)	Natalie Manders	BearCat Twilight (5/3)	2nd
43.22m (141-09)	Natalie Manders	Meet of the UnSainly (5/6)	2nd
43.10m (141-05)	Natalie Manders	Holst Invitational (4/22)	3rd
43.07m (141-04)	Natalie Manders	Hamline Twilight (4/12)	1st
FOUL	Agnes Esser	UCLA Legends (4/1)	FOUL

### Hammer Throw

School Record: 64.01m (210-00), Temi Ogunrinde, 2017

MARK	ATHLETE	EVENT (DATE)	PLACE
64.01m (210-00)	Temi Ogunrinde*	NCAA West Prelim (5/25)	8th (AT-1st)#
61.66m (202-03)	Agnes Esser*	Longhorn Invite (4/28)	1st (AT-3rd)
61.44m (201-07)	Temi Ogunrinde	Big Tens (5/12)	1st (AT-4th)
61.09m (200-05)	Temi Ogunrinde	Kansas Relays Collegiate (4/20)	1st (AT-3rd)
61.06m (200-04)	Temi Ogunrinde	Longhorn Invite (4/28)	2nd
60.94m (199-11)	Angie Guenther*	NCAA West Prelim (5/25)	12th (AT-5th)
60.86m (199-08)	Nina Horvath*	Longhorn Invite (4/28)	3rd (AT-T5th)
60.83m (199-07)	Agnes Esser	Sun Angel Classic (4/7)	4th
60.79m (199-05)	Angie Guenther	Bulls Invitational (3/17)	2nd (AT-5th)
60.76m (199-04)	Temi Ogunrinde	Sun Angel Classic (4/7)	5th (AT-6th)
60.75m (199-03)	Temi Ogunrinde	NCAA Championship (6/8)	18th
60.67m (199-00)	Agnes Esser	NCAA West Prelim (5/25)	14th
60.61m (198-10)	Angie Guenther	Sun Angel Classic (4/7)	6th
60.60m (198-10)	Angie Guenther	Lonhorn Invite (4/28)	4th
60.58m (198-09)	Agnes Esser	Kansas Relays Collegiate (4/20)	2nd
60.06m (197-00)	Angie Guenther	NCAA Championship (6/8)	21st
60.04m (196-11)	Agnes Esser	UCLA Legends (3/31)	1st
59.67m (195-09)	Temi Ogunrinde	UCLA Legends (3/31)	2nd (AT-8th)
59.64m (195-08)	Agnes Esser	Kansas Relays Quadrangular (4/21)	4th
59.41m (194-11)	Temi Ogunrinde	Kansas Relays Quadrangular (4/21)	5th
59.30m (194-07)	Agnes Esser	Big Tens (5/12)	5th
59.22m (194-03)	Angie Guenther	UCLA Legends (3/31)	3rd
58.82m (193-00)	Angie Guenther	Big Tens (5/12)	6th
58.78m (192-10)	Nina Horvath	Sun Angel Classic (4/7)	1st (US) (AT-10th)
58.46m (191-09)	Temi Ogunrinde	Bulls Invitational (3/17)	3rd (AT-10th)
58.08m (190-07)	Nina Horvath	Kansas Relays Collegiate (4/20)	3rd
58.07m (190-06)	Agnes Esser	Bulls Invitational (3/17)	4th
57.31m (188-00)	Nina Horvath	UCLA Legends (3/31)	4th
57.13m (187-05)	Angie Guenther	Kansas Relays Collegiate (4/20)	4th
56.95m (186-10)	Angie Guenther	Kansas Relays Quadrangular (4/21)	6th
56.95m (186-10)	Nina Horvath	Kansas Relays Quadrangular (4/21)	7th
55.00m (180-05)	Nina Horvath	Bulls Invitational (3/17)	6th
53.97m (177-00)	Nina Horvath	NCAA West Prelim (5/25)	44th
52.15m (171-01)	Allie Heifort*	BearCat Twilight (5/3)	1st
52.07m (170-10)	Allie Heifort	Hamline Invite (4/1)	1st
51.86m (170-02)	Allie Heifort	Hamline Twilight (4/12)	2nd
51.38m (168-07)	Allie Heifort	Bulls Invitational (3/17)	8th
51.25m (168-01)	Nina Horvath	Big Tens (5/12)	18th
49.99m (164-00)	Allie Heifort	Janis Rider Invite (4/29)	1st
FOUL	Allie Heifort	Holst Invitational (4/22)	FOUL

### Shot Put

School Record: 16.65m (54-07.50), Kiley Sabin, 2017

MARK	ATHLETE	EVENT (DATE)	PLACE
16.65m (54-07.50)	Kiley Sabin*	Big Tens (5/14)	2nd (AT-1st)#
16.63m (54-06.50)	Kiley Sabin	Sun Angel Classic (4/8)	3rd (AT-1st)#
16.08m (52-09.25)	Kiley Sabin	Kansas Relays Collegiate (4/20)	1st
15.81m (51-10.50)	Kiley Sabin	NCAA West Prelim (5/27)	15th
15.81m (51-10.25)	Shay Nielsen*	Sun Angel Classic (4/8)	6th (AT-T6th)
15.74m (51-07.75)	Kiley Sabin	Bulls Invitational (3/18)	1st
15.55m (51-00.25)	Kiley Sabin	Kansas Relays Quadrangular (4/22)	1st
15.34m (50-04.00)	Shay Nielsen	NCAA West Prelim (5/27)	22nd
15.22m (49-11.25)	Kiley Sabin	BearCat Twilight (5/3)	1st
15.21m (49-11.00)	Kiley Sabin	Longhorn Invite (4/29)	6th
14.70m (48-02.75)	Shay Nielsen	BearCat Twilight (5/3)	2nd
14.69m (48-02.25)	Shay Nielsen	UCLA Legends (4/1)	5th
14.54m (47-08.50)	Shay Nielsen	Kansas Relays Quadrangular (4/22)	2nd
14.46m (47-05.25)	Shay Nielsen	Bulls Invitational (3/18)	2nd
13.75m (45-01.50)	Shay Nielsen	Big Tens (5/14)	18th
12.94m (42-05.50)	Allie Heifort	Janis Rider Invite (4/29)	1st
12.92m (42-04.75)	Allie Heifort	Bulls Invitational (3/18)	7th
12.84m (42-01.50)	Allie Heifort	Hamline Invite (4/1)	3rd
12.59m (41-03.75)	Allie Heifort	Holst Invitational (4/22)	2nd
12.31m (40-04.75)	Allie Heifort	Hamline Twilight (4/12)	2nd
12.07m (39-07.25)	Allie Heifort	BearCat Twilight (5/3)	4th
11.22m (36-09.75)	Natalie Manders*	Hamline Invite (4/1)	11th
10.75m (35-03.25)	Hannah Arason (UA)*	CSB-SJU Invite/Heptathlon (4/8)	3rd (%)
10.57m (34-08.25)	Kayla Nelson*	Kansas Relays (4/20)	4th (%)
10.04m (32-11.25)	Kayla Nelson	Big Tens (5/12)	13th (%)
9.22m (30-03.00)	Ashley Ramacher (UA)*	CSB-SJU Invite/Heptathlon (4/8)	7th (%)
FOUL	Kiley Sabin	UCLA Legends (4/1)	FOUL

### Discus

School Record: 57.91m (190-00), Agnes Esser, 2016

MARK	ATHLETE	EVENT (DATE)	PLACE
57.02m (187-01)	Agnes Esser	Kansas Relays Quadrangular (4/22)	1st
54.10m (177-06)	Agnes Esser	Longhorn Invite (4/29)	1st
53.57m (175-09)	Kiley Sabin*	Longhorn Invite (4/29)	2nd (AT-9th)
53.13m (174-04)	Agnes Esser	Bulls Invitational (3/18)	3rd
53.11m (174-03)	Agnes Esser	NCAA West Prelim (5/26)	13th
52.05m (170-09)	Agnes Esser	Big Tens (5/13)	3rd
52.04m (170-09)	Agnes Esser	Sun Angel Classic (4/8)	4th
51.37m (168-06)	Kiley Sabin	Bulls Invitational (3/18)	4th
51.07m (167-06)	Kiley Sabin	Big Tens (5/13)	8th
51.07m (167-06)	Angie Guenther*	Longhorn Invite (4/29)	3rd
50.66m (166-02)	Angie Guenther	NCAA West Prelim (5/26)	24th
50.63m (166-01)	Angie Guenther	Kansas Relays Quadrangular (4/22)	3rd
50.47m (165-07)	Kiley Sabin	Sun Angel Classic (4/8)	6th



# Minnesota Golden Gopher Women's Track & Field

## 2017 Outdoor Performance List • As of June 27, 2017



A-Automatic NCAA Qualifying Mark AT-All-time list #School Varsity Record %Mark During Heptathlon p-Preliminary Time US-Unseeded \* PR

### Javelin

School Record: 57.57m (188-11), Ruby Radocaj, 2008

MARK	ATHLETE	EVENT (DATE)	PLACE
47.66m (156-04)	Nicolle Murphy (UA)	USATF Senior Championship (6/22)	11th
42.17m (138-04)	Hannah Arason (UA)*	CSB-SJU Invite/Heptathlon (4/9)	1st (%)
41.70m (136-10)	Hannah Arason (UA)	BearCat Twilight (5/3)	1st
41.51m (136-02)	Ryan Crotty (UA)*	Hamline Invite (4/1)	2nd
40.85m (134-00)	Ryan Crotty (UA)	Holst Invitational (4/22)	1st
40.73m (133-07)	Hannah Arason (UA)	Janis Rider Invite (4/29)	2nd
40.46m (132-09)	Ryan Crotty (UA)	BearCat Twilight (5/3)	2nd
39.70m (130-03)	Ryan Crotty (UA)	Janis Rider Invite (4/29)	3rd
39.70m (130-03)	Hannah Arason (UA)	Hamline Twilight (4/12)	2nd
39.00m (127-11)	Hannah Arason (UA)	Holst Invitational (4/22)	2nd
37.28m (122-04)	Wilsonique Delson*	Hamline Twilight (4/12)	3rd
37.21m (122-01)	Wilsonique Delson	Janis Rider Invite (4/29)	5th
36.86m (120-11)	Wilsonique Delson	BearCat Twilight (5/3)	4th
36.71m (120-05)	Wilsonique Delson	UCLA Legends (4/1)	7th
36.32m (119-02)	Ryan Crotty (UA)	Hamline Twilight (4/12)	4th
33.92m (111-03)	Wilsonique Delson	Kansas Relays Quadrangular (4/22)	5th
32.58m (106-11)	Sofie Albrechtsen	Bulls Invitational (3/17)	8th
27.61m (90-07)	Ashley Ramacher (UA)*	Hamline Twilight (4/12)	12th
26.74m (87-09)	Ashley Ramacher (UA)	CSB-SJU Invite/Heptathlon (4/9)	7th (%)
25.47m (83-07)	Ashley Ramacher (UA)	Holst Invitational (4/22)	12th
25.12m (82-05)	Kayla Nelson*	Hamline Twilight (4/12)	14th
24.56m (80-07)	Ashley Ramacher (UA)	BearCat Twilight (5/3)	10th
24.08m (79-00)	Kayla Nelson	Kansas Relays (4/21)	11th (%)
23.53m (77-02)	Kayla Nelson	Kansas Relays Quadrangular (4/22)	7th
23.52m (77-02)	Kayla Nelson	Janis Rider Invite (4/29)	17th
23.43m (76-10)	Kayla Nelson	Big Tens (5/13)	14th (%)
23.08m (75-09)	Kayla Nelson	Bulls Invitational (3/17)	11th
22.00m (72-02)	Ashley Ramacher (UA)	Janis Rider Invite (4/29)	20th

### Heptathlon Total Points

School Record: 6,014, Jess Herauf, 2015

MARK	ATHLETE	EVENT (DATE)	PLACE
4,698	Ashley Ramacher (UA)*	CSB-SJU Invite/Heptathlon (4/8-9)	1st
4,586	Hannah Arason (UA)*	CSB-SJU Invite/Heptathlon (4/8-9)	2nd
4,515	Kayla Nelson*	Kansas Relays (4/20-21)	8th
DNF	Kayla Nelson	Big Tens (5/12-13)	DNF