

200 Meter Dash (All-Time Best with Legal Wind: 23.41 Jedah Caldwell Chanhassen 2016)

23.41	Jedah Caldwell	Chanhassen	2016	24.97	Anuli Okonkwo	Osseo	2011
23.70	Jordyn Borsch	Maple Grove	2023	24.98	Erica Rhodes	Mpls Edison	2004
23.80	Maddie Dahlien	Edina	2022	24.98	Shaina Zinter	Concordia Academy	2022
23.81	T'nia Riley	Minneapolis North	2018	24.99	Jordan Grell	Waconia	2022
23.93	Vanessa Clarida	Bloomington Kennedy	2001	25.00	Abby Berens	Shakopee	2009
24.01	Laubenra Ben	Park Center	2022	25.00	Kinga Mozes	Rochester Century	2018
24.13	Anna Keefer	St. Michael-Albertville	2017	25.02	Taylor Browning	Apple Valley	2010
24.20	Sasha Davis	Park Center	2010	25.03	Quina Davis	Mpls Henry	1990
24.23	Honour Finley	Bloomington Kennedy	2016	25.03	Chloe Bermel	Pequot Lakes	2016
24.26	Wensia Johnson	Alexandria	2012	24.8 *	Tara Kazemba	Winona	1977 (24.9y)
(10)				(70)			
24.29	Heather VanNorman	Windom	1986	24.8 *	Julie Kosowski	South St. Paul	1979
24.36	Shaliciah Jones	North Saint Paul	2019	24.8 *	Shelly Johnson	Blue Earth	1985
24.42	Brieasha (Hunter) Hobbs	Cretin-Derham Hall	2014	25.04	Kendra Mehrkens	Thief River Falls	2023
24.44	Anika Larson	Cambridge-Isanti	2023	25.05	Akuoma Omeoga	Irondale	2009
24.46	Jia Lewis	Minneapolis Edison	2017	25.05	Lauren Hansen	Orono	2018
24.47	Taylor Anderson	Hopkins	2012	25.05	Brooke Hohenecker	Providence Academy	2023
24.50	Sade Pollard	St. Paul Harding	2005	25.06	Joy Krekelberg	Pelican Rapids	1995
24.51	Analisa Huschle	Bagley	2009	25.06	Elliana Magnus	Hastings	2023
24.51	Emelia Skistad	Monticello	2023	25.08	Jummy Alowonle	Park Cottage Grove	2001
24.54	Jessica Mittelstadt	Mankato West	1999	25.08	Ashley Magelssen	Concordia Academy	2010
(20)				(80)			
24.55	Megan Linder	Cretin-Derham Hall	2014	25.09	Majik Reed	DeLaSalle	2000
24.58	Zeal Kuku	Mnetonka	2022	25.09	Taylor Raines	Woodbury	2015
24.60	Kendra Kelley	Cloquet	2018	25.09	Alexandra Doty	East Ridge	2017
24.62	Rosey Erickson	Alexandria	2009	25.10	Adriana Brenengen	Winona	2023
24.65	Jennifer Bell	Bloomington Lincoln	1982	25.11	Natasha Holt	Henry Sibley	1998
24.66	Liesa Brateng	Roseau	1987	25.11	Mackenzie Jacobson	Rosemount	2021
24.66	Liza Conteh	Moorhead	1998	25.12	Nicole Ryan	Apple Valley	1995
24.68	Kylie Peterson	Apple Valley	2008	25.12	Bri Fernholz	Willmar	2008
24.68	Molly Reighard	Waconia	2015	25.12	Emily VanHeel	Little Falls	2009
24.71	Kadeshia Fortune	Mpls. Washburn	2005	25.12	Lauren Samuel	Champlin Park	2017
(30)				(90)			
24.71	Alexis Pratt	Stillwater	2021	25.13	Jada Narveson	Lakeville South	2007
24.72	Amber James	Woodbury	2000	25.13	Megan Geyen	Watertown-Mayer	2009
24.72	Shanda Larsen	Holdingsford	2002	24.9*	Christy Vitze	Rochester Mayo	1976 (25.0y)
24.5 *	Jane Oas	Mound-Westonka	1972 (24.6y)	25.14	Kristin Mulrooney	Visitation	1987
24.5 *	Kim Watts	St. Paul Central	1978 (24.6y)	24.9 *	Nikki Martineau	Park Cottage Grove	1993
24.74	Antionette Goodman	Burnsville	2009	25.14	Abbey Fischer	Stillwater	2001
24.75	Gabriella Keefer	St. Michael-Albertville	2022	24.9 *	Anne Hillier	Blake	2002
24.77	Chichi Omeoga	Irondale	2004	24.9 *	Arteshia Knight	Minneapolis Washburn	2010
24.77	Claire Oberle	Holy Family	2013	25.15	Anna Muellner	Woodbury	2018
24.77	Nyeeee Robins	Farmington	2019	25.15	Cassia Cady	Rockford	2022
(40)				(100)			
24.79	Deborah Cordner	St. Louis Park	1998	25.16	Dami Manuel-Moore	Hopkins	2014
24.79	Kelsey Conrad	Robbinsdale Cooper	2006	25.16	Miatta Flemister-Smith	Champlin Park	2015
24.80	Phillis Webb	Osseo	2013	25.16	Jackie Cole	Medford	2023
24.80	Maddie Gourley	Eagan	2016	25.17	Jane Timm	St. Peter	1984
24.80	Brianna Shroyer	Buffalo	2023	25.17	Megan Sartor	Faribault	2001
24.81	Paige Kuplic	Prior Lake	2009	25.17	Kalesha Taylor	Rochester Mayo	2010
24.81	Ashley Tingelstad	East Grand Forks	2009	25.17	Taylor Kurtz	Dover-Eyota	2023
24.81	Ashley Fisher	Holy Angels	2023	25.18	Linnea Johnson	Robbinsdale Armstrong	2006
24.83	Kou Lougon	Park Center	2001	25.19	Alex McCannel	Delano	2002
24.83	Kim Troung	Apple Valley	2004	25.19	Leah Hansen	Mounds View	2008
(50)				(110)			
24.84	Odell Frye	Waseca	2019	25.19	McKaylen Lewis	Math & Science Acad	2023
24.86	Jasmine Dittrich	Rochester John Marshall	2009	25.20	Sue Faus	Rocori	1987
24.88	Jada Lewis	Minneapolis Edison	2017	25.20	Sue Chopskie	Park Cottage Grove	1988
24.91	Jaylene Gerenz	Rosemount	1987	25.20	Kayla Stowell	LeSueur-Henderson	2014
24.91	Kyndal Hargrow	Blake	2003	25.20	Katelyn Tschida	St. Michael-Albertville	2017
24.92	Leighton Lerum	Providence Academy	2009	25.20	Kyra Dalluge	Rogers	2019
24.92	Jebbeh Cooke	North Saint Paul	2017	25.22	Jaylon White	Blake	2001
24.95	Denitria Nichols	Owatonna	2007	25.22	Dominique Thompson	Robbinsdale Armstrong	2009
24.96	Kristi Buerkle	Forset Lake	2007	25.23	Karen Ryan	Chaska	1987
24.96	Sophie Charlton	Rochester Mayo	2009	25.23	Lashauna Porter-Wrzos	Benilde-St. Margaret's	2015
(60)				(120)			

25.23	Robbie Grace	Blake	2018	25.36	Heather Dorniden	Rosemount	2005
25.0 *	Laura Lepsche	Hill-Murray	1976 (25.1y)	25.36	Kaija Crowe	Milaca	2013
25.0 *	Sara Jones	Martin Cty West	1991	25.37	Janet Cullen	Coon Rapids	1986
25.24	Camille Kyte	New Richland-H-E-G	2002	25.37	Janene Grutzmacher	Shakopee	1988
25.25	Mel McClaskie	North Branch	1997	25.37	Cece Lewis	Fridley	2018
25.25	Nicole Drangstveit	Andover	2006	25.38	Julie Hay	Duluth East	1982
25.25	Mariah Schroeder	Caledonia/Spring Grove	2016	25.38	Niamya Holloway	Eden Prairie	2021
25.26	Jean Schuller	Prior Lake	1979	25.39	Tamara Webb	Roseville	1988
25.26	Sarah Mishmash	Elk River	1996	25.39	Shyla McKibbon	Hibbing	1996
25.26	Megan Charles	Apple Valley	2007	25.39	Carley Johnson	Thief River Falls	2019
(130)				(190)			
25.26	Danielle Jones	Mpls Washburn	2009	25.39	Lulu McGarry	Breck	2023
25.27	Maureen Leonard	Minnnetonka	1988	25.40	Jennifer Hale	Concordia Academy	1989
25.27	Sandy Jorgensen	Woodbury	2003	25.40	Amanda Beckman	Eastview	2010
25.27	Ekene Obi	Cretin-Derham Hall	2006	25.40	Erica Dombro	St. Paul Highland Park	2011
25.27	Emerald Egwin	Eagan	2013	25.40	Marquette Berlin-Burns	Winona	2021
25.27	Kya Phillips	Cristo Rey Jesuit	2017	25.41	Claire Gapinski	Foley	2011
25.27	Liberty Quast	Stillwater Area	2023	25.41	J'ianna Cager	North Saint Paul	2017
25.28	Amanda Darling	Jackson County Central	2007	25.42	Brigette Stuewe	Norwood-Yng America	1986
25.28	Paige Stratioti	Duluth Central	2011	25.42	Martha Harris	Bryon	1991
25.29	Jennifer Newsom	Breck	1996	25.42	Julia Rozman	Edina	2008
(140)				(200)			
25.29	Lyndsey Mattson	Grand Rapids	2009	25.42	Rachel Trentor	Totino Grace	2011
25.29	Carolina Bowe	Minnnetonka	2012	25.42	Mikayla de Souza	Coon Rapids	2023
25.29	Taylor Nivala	Andover	2012	25.43	Sara Schroepfer	Mounds View	1986
25.29	Katherine Eidem	Rochester Century	2017	25.43	Careese Coleman	International Falls	2007
25.30	Rose Jackson	Willmar	2012	25.2 *	Denise Bullocks	Mt. St. Benedict's	1978 (25.3y)
25.30	Karlona Gregory	Minneapolis Washburn	2014	25.2 *	Laurie Hernke	Cannon Falls	1979 (25.3y)
25.30	Lily Anderson	Waterville-Elysian-Morr	2016	25.2 *	Cathy Anderson	Stillwater	1980
25.30	Aaliyah Heine	St. Michael-Albertville	2021	25.2 *	Jeri Domes	Albert Lea	1980
25.30	Emily Anderson	Centennial	2022	25.2 *	Kalin Jackson	St. Paul Central	1981
25.31	Dana Watts	St. Paul Central	1979	25.44	Peggy Natterstad	Jackson	1986
(150)				(210)			
25.31	Angela Lindsay	Richfield	1993	25.2 *	Carmen Richardson	Irondale	1993
25.31	Holly Gondeck	Foley	1996	25.2 *	Vanessa Lane	Pequot Lakes	2013
25.31	Emily Bartusek	Albert Lea	2001	25.44	Sophia Anderson	Holy Angels	2015
25.31	Natasha Moore	St. Paul Johnson	2012	25.2 *	Karley Motschenbacher	Park Christian	2019
25.31	Ruby Marble	Mankato West	2023	25.44	Lauren Reynolds	Lakeville North	2023
25.31	Ava Maly	Mpls Roosevelt	2023	25.45	Maureen Richter	Totino Grace	1991
25.32	Katisha Bishop	Woodbury	2009	25.45	Meredith Rudh	Burnsville	1999
25.32	Bridgette Sweeney	Hopkins	2011 & 09	25.45	Sophie Triplett	Wayzata	2017
25.32	Lindsey Heinecke	Detroit Lakes	2014	25.45	Megan Geraets	Mankato East	2019
25.32	Ellen Maea Wall	Bemidji	2015	25.46	Tonnisha Bell	Minneapolis Washburn	2001
(160)				(220)			
25.32	Chantle Reiland	GMLOKS	2023	25.46	Jessica Smith	Mankato East	2005
25.33	Sheena Porter	DeLaSalle	2006	25.46	Deidre Hahn	Warroad	2013
25.33	I'Tianna Salaam	DeLaSalle	2021	25.46	Anisa Thompson	Blake	2019
25.1 *	Mary Jandro	Owatonna	1973 (25.2y)	25.46	Samantha Christoffer	Willmar	2021
25.1 *	Erin Donnalley	Red Wing	1976 (25.2y)	25.46	Anisa Thompson	Blake	2021
25.1 *	Joni Meilahn	Owatonna	1976 (25.2y)	(225)			
25.1 *	Teri Snoddy	Mpls North	1977 (25.2y)				
25.1 *	Julie Raub	Alexander Ramsey	1981				
25.34	Becky Schwartz	Red Wing	1989				
25.1 *	Karla Stromme	Bryon	1989				
(170)							
25.1 *	Jenni Porter	Champlin Park	1993				
25.34	Stormy Nesbit	Roseville Area	2008 & 09				
25.34	Jailyn Robinson	Eagan	2018				
25.34	Katie Lambrecht	Byron	2021				
25.34	Anika Reiland	GMLOKS	2023				
25.35	Kathy Novak	Hopkins Lindbergh	1978 (25.48y)				
25.35	Anna Ratzloff	Little Falls	1991				
25.35	Dani Detloff	Elk River	2010				
25.35	Rachel Schow	Rosemount	2012				
25.36	Nancy Golie	Irondale	1984				
(180)							

* = handheld time (add .24 seconds to convert to FAT)
y = 220 yards (about .1 second longer than 200 meters)