

Girls All-Time 300 Meter Low Hurdles (State Meet event beginning in 1985)

41.35	Meleah Biermaier	Thief River Falls	2016	44.42	Lauren Berg	Bemidji	2022
42.21	Natalie Windels	Eagan	2018	44.44	Taryn Simmons	Bloomington Kennedy	2007
42.38	Shaina Zinter	Concordia Academy	2022	44.47	Madison Smith	Brainerd	2010
42.45	Karina Joiner	East Ridge	2016	44.48	Molly Bauman	Coon Rapids	2002
42.62	Liesa Brateng	Roseau	1987	44.52 Reese Kasper	Mound-Westonka	2023	
42.63	Erin Huls	Rocori	2015	44.59	Taylor Grandgenett	Blue Earth Area	2014
42.81	Gina Perich	Esko	1995	44.60	Ellen Graef	SSC/SV-RL-B	2000
42.88	Erika Townley	White Bear Lake	2018	44.61	Andi Noel	Stephen Argyle	1996
42.97	Caraline Slattery	Lakeville South	2015	44.62	Holly Hargroder	Stillwater	1991
43.03 Claire Kohler	Minnetonka		2023	44.62	Jill Steinbach	Wayzata	2003
(10)				(70)			
43.09	Gina Dare	Apple Valley	2004	44.63	Sandra Gramer	East Ridge	2014
43.10	Ava Cinnamo	Rosemount	2022	44.64 Maddyn Greenway	Providence Academy	2023	
43.11	Jaylen Struck-Schmitz	Belle Plaine	2019	44.66	Katie Bestul	Coon Rapids	1996
43.22	Kalley Harris	Coon Rapids	2017	44.66	Ashley Williams	Chaska	2001
43.25	Ann Harlos	Eden Prairie	2015	44.66	Sammy Laatsch	Lakeville South	2001
43.36 Addyson White	Prior Lake		2023	44.67	Charis Lawson	Spring Lk Pk/St. Anth	2019
43.39	Lisa Ristau	Farimont	1988	44.69	Maddie Jerome	Roseau	2017
43.43	Julia Hayes	Irondale	2015	44.70	Hannah Lamkin	Eagan	2018
43.45	Cecelia Woods	Rocori	2022	44.73	Althea Gutzmann	Cretin-Derham Hall	2017
43.47	Melissa Steele	Eden Prairie	2001	44.75	Ashley Ramacher	Eden Prairie	2016
(20)				(80)			
43.47	Mikeala Raddatz	Eastview	2003	44.77	Emma Russ	Simley	2011
43.50	Mallori Johnson	Moorhead	2014	44.77	Alexandra Williams	Blaine	2014
43.56	Jenna Severson	Spring Lake Park	2008	44.77	Ansley Schug	East Ridge	2017
43.58	Jill Hiveley	Jordan	2022	44.78	Jennifer Becker	Eden Valley-Watkins/K	2005
43.62 Haylie Strum	Stewartville		2023	44.79	Caitlin Lynch	Eastview	2003
43.68	Rebekah Kok	Anoka	2003	44.82	Trend Fields	Brainerd	1988
43.74	Kennedy Martinson	Coon Rapids	2022	44.82	Rena Kneeland	New Prague	2009
43.77	Anna Ratzloff	Little Falls	1991	44.82	Miranda Simon	St. Cloud Tech	2014
43.80	Shaina Burns	Lakeville South	2014	44.83	Abby Lien	St. Cloud Cathedral	2004
43.81	Evelyn Adams	Edina	2019	44.83	Summer Storm	Holdingford	2016
(30)				(90)			
43.82	Kristi Dean	Fridley	1991	44.84	Megan Rasmussen	Kasson Mantorville	2006
43.82	Alison Gamache	Mounds View	2005	44.84	Katlyn Sawtelle	Luverne	2009
43.83	Danielle Larson	St. Peter	2011	44.84	Kayla Sawtell	Mounds View	2010
43.85	Sarah Menden	Eden Prairie	2000	44.86	Gretchen Otto	Rochester Lourdes	1985
43.85	Kaye Paschka	Alexandria	2019	44.86	Kaitlyn Dunsmore	Minnetonka	2008
43.87	Rachel Schow	Rosemount	2014	44.87	Chloe Foster	Forest Lake Area	2017
43.98	Brooke Bredenber	Champlin Park	2001	44.89	Dianne May	Eden Prairie	1986
44.03	Grace Brandt	Spring Lake Park/SA	2021	44.91	Swen Minnema	Mankato West	1991
44.05	Jessica January	Richfield	2010	44.91	Emma Breitschrecher	Laneboro/FC/M-C	2019
44.10	Alyssa Parco	Farmington	2012	44.92	Amy Doherty	Roseville	1991
(40)				(100)			
44.12	Brigitte Stuewe	Norwood-Young America	1988	44.94	Holly Manthei	Burnsville	1993
44.17	Cally Strobel	Mayer Lutheran	2010	44.94	Katie Newgard	Pipestone Area	2004
44.18	Ekene Obi	Cretin-Derham Hall	2005	44.95	Andrea Shamp	Totino Grace	2004
44.21	Olivia Fixsen	Mounds View	2014	44.97 Maya Woods	Park Center	2023	
44.23	Kendra Mooberry	Benson	2009	44.99	Niki Saiko	Roseville	1991
44.23 Brooke Cina	Totino Grace		2023	44.99	Caitlin Winey	Burnsville	2004
44.29	Katie Drentlaw	Prior Lake	1997	44.99	Karley Motschenbacher	Park Christian	2017
44.29	Cassie Ortberg	Zimmerman	2012	45.01	Alison Foley	Hastings	2002
44.29	Sabrina Fronning	Fergus Falls	2018	45.04	Greta Bauer	Sauk Rapids	1999
44.32 Ara Warren	Moorhead		2023	45.04	Bethany Murray	Mankato West	2009
(50)				(110)			
44.33 Mylea Monahan	Glencoe-Silver Lake		2023	45.04	Becky Moore	Minnetonka	2015
44.34	Mariah Witt	Hopkins	2011	45.05	Kelsey King	Burnsville	2007
44.35	Chanel Miller	Apple Valley	2010	45.05	Heather Ryan	Maple Grove	2018
44.36	Ava Fitzgerald	Roseville Area	2019	45.06	Janelle White	Burnsville	1993
44.37	Bree Woelber	Pipestone Area	2009	45.06	Selin Dikmen	Belle Plaine	2016
44.38	Tyarra English-Paulson	Watertown-Mayer	2017	45.07	Elena Swan	St. Paul Central	1994
44.38	Kelsie Sealock	Osseo	2018	45.08	Meghan Dybvig	Burnsville	2000
44.39 Hannah Hanson	Rochester Mayo		2022 & 23	45.08	Angel Fredin	Elk River	2017
44.40	Luanne Sorrell	St. Francis	1991	45.09	Chere Fuchs	Anoka	1996
44.42	Jenna Gillson	Grand Rapids	2010	45.09	Carmen Lundell	Breck	2008
(60)				(120)			

45.09	Jessica Keesling	White Bear Lake	2009	45.50	Lisa Huska	Woodbury	2012
45.09	Hailey Hindt	Grand Meadow/L-O/S/A	2019	45.52	Staci Beckel	Waseca	2005
45.10	Brook Divine	Austin	1993	45.52	Melissa Kuebler	New Ulm	2005
45.10	Stephanie Kemo	Blaine	2022	45.52	Eliza Warneke	Pine Island	2014
45.10	Lily Hamacher	Saint Paul Central	2022	45.52	Emily Kauffman	Burnsville	2016
45.11	Carrie Stuart	Blaine	1998	45.52	Chloe Hughes	Winona	2021
45.11	Mariah Willard	Trinity/Unity	2023	45.53	Hannah Niewald	Fridley	2012
45.13	Kay Fuller	Bertha-Hewitt	1993	45.53	Alex Wittinger	Delano	2013
45.13	Bria Jones	Spring Lake Park/St. A	2010	45.53	Kristi Frederick	Tri-City United	2016
45.13	Brielle Bierman	LaCrescent	2014	45.53	Carlee Kordosky	Hastings	2023
(130)				(190)			
45.14	Brenda Braun	Moorhead	1985	45.3 *	Rebecca Rhodes	Northfield	1985
45.14	Tara Croteau	Mesabi East	1996	45.54	Lydia Gross	Hutchinson	2019
45.14	Claire Beckman	Andover	2021	45.55	Lily McKown	Orono	2016
45.14	Lauen Dimler	Mankato West	2022	45.55	Clair Shepardson	La Crescent	2017
45.15	Amy Hansen	Bloomington Jefferson	1986	45.56	Laura Weber	Eden Prairie	2008
45.15	Hallie Wollner	Mound-Westonka	2009	45.56	Yajaira Lansiquot	White Bear Lake	2017
45.16	Kris DeRuyck	Balaton	1996	45.57	Sonja Glumich	Moorhead	1992
45.16	Carrie Edmunds	Lakeville South	2007	45.57	Aleece Durbin	Crookston	2017
45.17	Rose Sieve	Rosemount	2019	45.57	Estelle Atkinson	Orono	2022
45.19	Katie Shelander	Roseville Area	2006	45.58	Jenny Gordhamer	Lakeville	1996
(140)				(200)			
45.19	Katie Ose	Eden Prairie	2021	45.58	Rachel Gilfillan	Woodbury	1999
45.21	Jessica Butler	Grand Rapids	2007	45.58	Kim Lieder	Eastview	2006
45.21	Kirstie Townley	White Bear Lake	2010	45.59	Madeline Phillips	Rosemount	2012
45.21	Brooklyn Brouse	Thief River Falls	2021	45.59	Mia Barron	Minnetonka	2013
45.22	Tricia Bates	Staples	1988	45.60	Denise Rotter	St. Bernards	1989
45.22	Heidi Lundervold	Woodbury	1994	45.60	Michelle Depa	St. Cloud Cathedral	1992
45.23	Camille Norman	Mpls Washburn	2003	45.60	Nikola Holmes	Apple Valley	1999
45.24	Kelly Schoberg	Plainview	1992	45.60	Jennifer Plaetz	Wabasso	2008
45.24	Tonya Paulson	Waconia	1993	45.61	Alyssa Johnson	Mpls Henry	2001
45.24	Nikki Schultz	Cedar Mountain	2005	45.61	Lindsay Oman	Benilde-St. Margarets	2002
(150)				(210)			
45.25	Ciara Christenson	USC/AC	2009	45.61	Ava Sullivan	Farmington	2022
45.25	Kezia Lee	Dassel-Cokato	2021	45.62	Nikki Anderson	Becker	2010
45.27	Breanna Kressin	Crookston	2022	45.63	Paula Schwartzbauer	Rosemount	1987
45.28	Amy Dombrovski	Holdingford	1999	45.63	Carloyn Hurst	Delano	2003
45.28	Lisa Ingvanson	Blooming Prairie	2002	45.63	Caitlin Cheeseboro	Hill-Murray	2014
45.28	Katie Lien	Blaine	2003	45.4 *	Betsy Utter	Edina	1988
45.28	Syri Williams	Alexandria	2017	45.64	Jenny Seip	Duluth Central	2000
45.28	Becky Peterson	Robbinsdale Armstrong	2000	45.64	Kely Fruth	St. Cloud Tech	2004
45.29	Jocie Johnson	Lakeville South	2015	45.64	Maggie May	Grand Meadow	2007
45.29	Annette Okafor	Visitation	2017	45.64	Cecelia Peterson	Stillwater Area	2013
(160)				(221)			
45.30	Becca Lee	Dover Eyota	2007				
45.31	Chris Carlson	Anoka	1987				
45.31	Melita Ware	Eastview	2013				
45.31	Hope Guertin	Monticello	2023				
45.34	Maddie Schaeffer	Rogers	2012				
45.34	Deidre Grimm	Lakeville South	2022				
45.39	Marissa Janning	Watertown-Mayer	2012				
45.39	Jaelin Beachy	Staples-Motley	2014				
45.40	Jessica Dhaene	Forest Lake	2012				
45.40	Rachel Studer	Maple Grove	2016				
(170)							
45.41	Marolyn Saulsberry	Minneapolis Southwest	2012				
45.41	Clare Liedtke	Minnetonka	2017				
45.44	Hannah Kvant	St. Michael-Albertville	2023				
45.45	Letitia Dusich	Ely	1999				
45.47	Cathy Stehr	Zumbrota-Mazeppa	1989				
45.47	Sarah Oftedahl	South St. Paul	1997				
45.47	Natalie Fultz	Eveleth-Gilbert	2019				
45.48	Natalie Frier	Chaska	2014				
45.49	Heather Runquist	Walker	1988				
45.50	Liz Goergen	Eastview	2000				
(180)							

* = handheld time (add .24 seconds to convert to FAT)