

Girls All-Time Discus

175-09	Maggie Ewen	Saint Francis	2013	141-01	Anna Morrison	Blake	2002
167-06	Natalie Manders	Eastview	2015	141-01	Sylvia Zanini	Fulda	2012
166-10	Amanda Anderson	Saint Francis	2017	141-00	Melissa Smith	Houston/Rusford-Peterson	2007
162-04	Rachel Longfors	Pelican Rapids	2001	140-09	Jasmine Henrich	Morris Area	2007
162-04	Jessica Cagle	Grand Rapids	2008	140-09	Erica Oawster	Centennial	2015
161-06	Kim Hovey	Red Wing	2010	140-08	Lindsey Schultz	Lakeville	2004
160-10	Kasie Vollmer	Prior Lake	2014	140-08	Olivia Duncan	Prior Lake	2023
160-08	Liz Podominick	Lakeville	2003	140-06	Emma Erickson	Lakeville North	2012
158-04	Michaela Hawkins	Roseville Area	2019	140-05	Ashley Thooft	St. Clair	2012
158-02	Kristi Oleen	Blaine	1988	140-00	Kara Karlsgodt	Atwater Cosmo	2004
(10)				(70)			
157-06	Sandy Fuchs	Rocori	1993	140-00	Alexis Guidry	White Bear Lake	2019
155-03	Lisa Marshall	Mahtomedi	1990	139-10	Jill Hanson	Willmar	1988
155-01	Jaimi Salone	Blake	2016	139-08	Dana Hawksford	Anoka	1983
154-03	Angie Guenther	White Bear Lake	2012	139-08	Katie Hoeschen	Bigfork	2000
154-00	Nancy Overman	Fulda	1994	139-08	Cayle Hovland	Willmar	2017
152-03	Nicole Kopari	Thief River Falls	1999	139-06	Deb Radil	Hayfield	1981
151-11	Alexandrea Hurst	Robbinsdale Armstrong	2016	139-06	Lindsey Dare	Apple Valley	2004
151-10	Jessica Longfors	Pelican Rapids	1997	139-06	LaiShema Hampton	St. Louis Park	2008
151-08	Veronica Rasmussen	Mounds View	2015	139-05	Misty Langseth	Hawley-Ulen	1990
151-06	Tona Schmidtk	Waterville-Elysian	2000	139-04	Heidi Jessen	Minnetonka	1990
(20)				(80)			
150-07	Nicole Fautsch	Rochester John Marshall	2016	139-03	Kris Kuehl	Storden-Jeffers	1988
149-08	Elise Jensen	Rochester Century	2023	139-02	Sue Doody	South St.Paul	1984
149-06	Jordan Hecht	Rosemount	2022	139-02	Elly Reinke	New Prague	2011
149-03	Sara Ackman	Litchfield	2005	139-00	Kayla Timmerman	Wayzata	2012
149-01	Jordyn Thornton	Lakeville South	2012	138-10	Nikki Kiebach	Luverne	1991
147-7	Alysha Onwuneme	Eagan	2023	138-10	Barbora Ungermannova	Crookston	2004
147-06	Amy Netland	Bagley-Fosston	2000	138-06	Sara Ehresmann	New London Spicer	1994
147-05	Sue Demars	Walker-Hackensck	1991	138-04	Shannon Omites	Rosemount	1979
147-04	Kristi Wavra	EGF Sacred Heart	1990	138-02	Ashley Stewart	Spring Lake Park	2022
147-03	Elisa Moenkedick	Perham	2010	138-00	Samantha Anderson	Forest Lake	2012
(30)				(90)			
146-09	Michelle Potter	Winona	2007	138-00	Amy Paulzine	Fulda	2009
146-08	Jody Hagins	Chaska	1978	137-11	Julie Murphy	Spring Lake Park	1983
146-08	Loreena Anderson	Alexandria	1980	137-11	Felisha Willaert	Lakeville South	2005
146-04	Christy Nepp	Windom Area	2008	137-11	Alayna Theissen	Lake Crystal-Wellcome M	2016
146-02	Janet Chapman	Sartell	1994	137-08	Annie Cook	Sleepy Eye	1986
145-07	Liz Klukas	Waseca	2000	137-08	Shiloh Oelkers	Pine Island	1992
145-05	Leah Klein	Mounds View	2017	137-05	April Felt	Fridley	1996
145-03	McKenzie Duwenhoegger	Alexandria	2019	137-01	Molly Peppel	Agassiz	1997
145-01	Mya Lesnar	Alexandria	2019	137-01	Maddie Lindhart	Zumbrota-Mazeppa	2015
144-09	Kortney Ihnen	Foley	1999	137-00	Aalea Dydell	Rochester Century	2006
(40)				(100)			
144-08	Beth Mattson	Greenway	1983	137-00	Heather Sparks	Chaska	2000
144-04	Carol Finsrud	Mpls West	1975	137-00	Cheryl Wick	Rochester Century	2002
144-03	Ann Sieckert	Cook County	1993	136-10	Arin Andrews	Triton	2001
144-00	Mary Wickstrom	Watertown-Mayer	1988	136-09	Karen Koenig	Dover-Eyota	1984
143-07	Shelby Svien	Northfield	2022	136-09	Yvonne Freese	Lanesboro	2009
143-05	Lillian Paynter	Robbinsdale Cooper	2004	136-09	Allie Heifort	Bemidji	2012
143-02	Kelly Weber	St. Cloud Tech	1982	136-08	Lisa Eidenschink	Detroit Lakes	1999
143-02	Jamie McKibbon	Hibbing	1992	136-08	Jessica Stephan	Blaine	2001
143-01	Claire Ziegler	Mankato East	2013	136-07	Kaylie Hambrick	Prior Lake	2004
143-00	Becki Burt	Winona	1996	136-6	Jaimie McNamee	Lakeville South	2016
(50)				(110)			
142-09	Jenny Espe	White Bear Lake	1987	136-05	Victoria Harren	Melrose Area	2007
142-09	Adison Kapitzke	Champlin Park	2021	136-03	Leah Kern	Saint James	2005
142-07	Michelle Macek	BOLD	1993	136-03	Liberty Slinden	Atwater-Cosmos	2008
142-05	Molli Detloff	Elk River	2012	136-02	Samantha Dehn	Owatonna	2005
142-04	Kinesha Davis	Blake	1995	136-02	Annalee Olson-Sola	Northfield	2018
141-11	Nailah Hill	Breck	2013	136-01	Candy Bergquist	Wayzata	1982
141-09	Joan Longhenry	Clarkfield GF	1988	136-01	Anya Schmidt	Rogers	2023
141-06	Aubrey Schmitt	Hastings	1996	136-00	Ellen Blacklock	Winona	2013
141-04	Rachael Wilson	Moorhead	1991	135-09	Jenny Boll	Crookston	1999
141-03	Kristin Ogle	Grand Rapids	1994	135-07	Kirsten Olson	Irondale	1979
(60)				(120)			

135-07	Becky Culp	Centennial	2009	133-06	Trish Curtis	Coon Rapids	1997
135-06	Julie Musolf	Minnetonka	1992	133-06	Janel Lacoursiere	Frazee	2000
135-05	Caitlin Caraway	Lakeville North	2009	133-06	Kasey Waldemar	Irondale	2018
135-05	Samantha Hedtke	Waconia	2019	133-04	Kari Schmidt	Chisago Lakes Area	2004
135-04	Becky Alexander	Forest Lake	2005	133-04	Breanna Price	Detroit Lakes	2018
135-04	Katelyn Weber	St. Clair	2014	133-03	Chari Lehnertz	Winona	2008
135-04	Lauren Isaacson	Faribault	2018	133-02	Betty Nagengast	Edina West	1977
135-03	Keyatta Hill	Brooklyn Center	1994	133-02	Julie Albrecht	Minnetonka	1983
135-02	Whitney Carriveau	Mankato East	2012	133-01	Cameron Downey	Blake	2017
135-00	Julie Eisenschenk	Rocori	1985	133-00	Linda Sunderman	Austin Pacelli	1977
(130)				(170)			
134-11	Makala Keefe	White Bear Lake	2016	133-00	Jino Garrison	Winona	1988
134-10	Olivia Schwarzrock	Gibbon-Fairfax-Winth	2022	132-11	Kjerstin Meyer	Litchfield	2012
134-09	Carly Behnke	Belle Plaine	2005	132-10	Hannah Steele	Windom Area	2012
134-09	Rebecca Manteuffel	Mayer Lutheran	2017	132-10	Sarah Gigstad	Burnsville	2016
134-07	Kelsie Carlson	Mora	2000	132-09	Julie Peterson	Owatonna	1978
134-06	Sarah Jurewicz	Shakopee	1994	132-09	Melissa Anstadt	Glyndon	1986
134-05	Nora Wilhelm	Concordia Academy	2022	(176)			
134-03	Katie Gruys	Annandale	2012				
134-03	Ashley Luehman	Lewiston-Altura	2002				
134-02	Deb Bohn	Minnetonka	1985				
(140)							
134-02	Robin Bullis	White Bear Lake	1988				
134-02	Keerstin Viesselman	Hutchinson	2017				
134-00	Sam Broderius	BOLD/Buffalo Lake-H	2007				
134-00	Kathy Loutchko	Fridley	1993				
134-00	Jane Richards	Prior Lake	1992				
134-00	Andi Mehrer	Elk River	2023				
133-11	Karina Schroeder	Lake Crystal Wellcome M	2012				
133-11	Carissa Davis	Wayzata	2018				
133-10	Stacey White	Monticello	1993				
133-10	Amy Normandin	Crookston	1995				
(150)							
133-10	Beth Miller	Little Falls	2000				
133-10	Bethany Schultz	Rochester Century	2012				
133-09	Heidi Crabtree	New Richland	1996				
133-09	Lucinda Mammem	Appleton	1978				
133-09	Ini Umana	Park Cottage Grove	2005				
133-08	Delaney Miller	Lakeville North	2012				
133-07	Michelle Wagner	Ada-Borup	1991				
133-07	Abby Busch	G-F-W/McLeod West	2009				
133-07	Elizabeth Pahl	Osakis	2019				
133-06	Liz Bauman	Delano	2003				
(160)							

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