

Girls All-Time Long Jump (All Time Best Legal Wind Jump: 20-01.25 Anna Keefer St. Michael-Albertville 2017)

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|-----------------|------------------------|-----------------------------------|-------------|-----------------|-----------------------------|-------------------------|-------------|
| 20-01.25 | Anna Keefer | St. Michael-Albertville | 2017 | 18-05.00 | Nikola Holmes | Apple Valley | 1999 |
| 20-01.00 i | Robbie Grace | Blake | 2019 | 18-05.00 | Nikki Sims | Big Lake | 2002 |
| 20-00.50 | Nyalaam Jok | Annandale | 2021 | 18-05.00 | Mia Sennes | DeLaSalle | 2017 |
| 19-10.00 | Mia Barron | Minnetonka | 2014 | 18-05.00 | Shae Buchman | Rosemount | 2018 |
| 19-05.25 | Wensia Johnson | Alexandria | 2013 | 18-04.75 | Megan Andre | Prior Lake | 2013 |
| 19-03.75 | Patricia Mary Johnson | Orono | 2018 | 18-04.75 | Danielle Pioske | Waconia | 2018 |
| 19-02.75 | Ava Cinnamo | Rosemount | 2022 | 18-04.75 | Brielle Kuechle | Eden Valley-Watkins/K | 2022 |
| 19-02.25 | Analisa Huschle | Bagley-Fosston | 2009 | 18-04.50 | Heidi Pearson | Academy of Holy Angels | 2000 |
| 19-01.75 | Cindy Bethany | Mounds View | 1990 | 18-04.25 | Adrienne Pannier | Burnsville | 1983 |
| 19-01.75 | Brianna Puckett | Osseo | 2012 | 18-04.25 | Shani Marks | Apple Valley | 1997 |
| (10) | | | | (70) | | | |
| 19-01.75 | Maggie Larson | Maple Lake | 2021 | 18-04.25 | Emily Altenberg | Mankato East | 2016 |
| 19-01.25 | Karen Mayer | Henry Sibley | 1981 | 18-04.25 | Julia Hayes | Irondale | 2016 |
| 19-01.25 | Jummy Alowonle | Park Cottage Grove | 2000 | 18-04.00 | Karolina Haraldsdottir | Rochester Mayo | 2006 |
| 19-01.00 | Amanda Beckman | Eastview | 2010 | 18-04.00 | Samantha Christoffer | Willmar | 2021 |
| 19-00.50i | Michaela Baker | Robbinsdale Armstrong | 2016 | 18-04.00 | Megan Clark | East Ridge | 2022 |
| 19-00.50 | Jodi Lipp | St. Cloud Tech | 2017 | 18-03.75 | Lucy Hiller | Minnetonka | 2023 |
| 19-00.00 | Charlene Butler | Bertha-Hewitt | 1997 | 18-03.50 | Jane Chapman | Glencoe | 1978 |
| 19-00.00 | Kendra Kelley | Cloquet | 2017 | 18-03.50 | Jenny Bissell | New Prague | 1985 |
| 18-11.25 | Allison Gerads | Champlin Park | 2015 | 18-03.50 | Sandy Jorgensen | Woodbury | 2003 |
| 18-10.75 | Kristi Kropp | Anoka | 1982 | 18-03.50 | Brittany Lubahn | Bryon | 2006 |
| (20) | | | | (80) | | | |
| 18-10.75 | McKaylen Lewis | Math & Science Academy | 2023 | 18-03.50 | Jailyn Robinson | Eagan | 2018 |
| 18-10.50 | Beatrice Gilbert | Champlin Park | 2004 | 18-03.25 | Ellen Maea Wall | Bemidji | 2015 |
| 18-10.50 | Jordan Helgren | Wayzata | 2008 | 18-03.00 | Martha Anderson | Holy Angels | 1979 |
| 18-10.00 | Heather Gustafson | Apple Valley | 1988 | 18-03.00 | Ramona Rugloski | Brainerd | 1982 |
| 18-10.00 | Bree Woelber | Pipestone Area | 2010 | 18-03.00 | Kjirsten Jacobson | Eastview | 2008 |
| 18-09.25 | Julie Hay | Duluth East | 1982 | 18-03.00 | Charlie Hauer | Andover | 2012 |
| 18-09.00 | Carrie Lutgen | Rocori | 1994 | 18-03.00 | Hemetii Apet | Roseville Area | 2021 |
| 18-08.50 | Annie Wendt | Rochester Mayo | 2019 | 18-02.50 | Margaret Fier | Minneota | 1977 |
| 18-08.50 | Maddie Dahlien | Edina | 2022 | 18-02.50 | Katelin Rains | Spring Lake Park/St. A | 2005 |
| 18-08.25 | Allyson Weiss | East Ridge | 2018 | 18-02.50 | Kaitlyn Seberson | Waseca | 2009 |
| (30) | | | | (90) | | | |
| 18-08.25 | Heidi Lundervold | Woodbury | 1994 | 18-02.50 | Angie Anyaogu | Lakeville North | 2011 |
| 18-08.00 | Nadia Lorencz | Farmington | 2011 | 18-02.50 | Alyssa Nebo | Blaine | 2015 |
| 18-07.75 | Shaina Zinter | Concordia Academy | 2021 | 18-02.50 | Rylie Hansen | Mankato East | 2023 |
| 18-7.75 | Samantha Carr | Shakopee | 2023 | 18-02.25 | Beth Stone | Moorhead | 1991 |
| 18-07.25 | Nicole Ryan | Apple Valley | 1995 | 18-02.25 | Andi Noel | Stephen | 1994 |
| 18-07.25 | Amanda Thieschafer | Melrose | 2000 | 18-02.25 | Kim Curtis | Coon Rapids | 1999 |
| 18-07.25 | Alycia Ford Washington | Richfield | 2008 | 18-02.25 | Meagan Blair | St. Paul Highland Park | 2015 |
| 18-07.25 | Rosey Erickson | Alexandria | 2010 | 18-02.25 | Cassia Cady | Rockford | 2022 |
| 18-07.25 | Mara Quam | Kenyon-Wanamingo | 2017 | 18-02.25 | Kailee Kohrt | Wayzata | 2023 |
| 18-07.00 | Faith Robinson | Minnetonka | 2018 | 18-02.00 | Carrie Mayer | Apple Valley | 1977 |
| (40) | | | | (100) | | | |
| 18-06.75 | Madeline Tapper | Wayzata | 2018 | 18-02.00 | Heidi Lensing | Belgrade-Brooten | 2009 |
| 18-06.50 | Katy Suman | Worthington | 1986 | 18-02.00 | Karlona Gregory | Minneapolis Washburn | 2014 |
| 18-06.50 | Sara Dupslaff | Forest Lake | 1987 | 18-02.00 | Temi Carda | Lakeville North | 2016 |
| 18-06.25 | Robbyn Smaller | North St. Paul | 1978 | 18-02.00 | Marvelous Onwualo | Blaine | 2023 |
| 18-06.25 | Jenny Aronson | Cambridge-Isanti | 2005 | 18-01.75 | Diane Egger | Coon Rapids | 1989 |
| 18-06.00 | Lisa McCrady | Rosemount | 1987 | 18-01.75 | Katie Johnson | Anoka | 2006 |
| 18-06.00 | Brianna Wubben | Central MN Christian | 2009 | 18-01.75 | Nicole Murphey | Blaine | 2009-10 |
| 18-05.75 | Gina Perich | Esko | 1995 | 18-01.75 | Olivia Peal | St. Michael-Albertville | 2021 |
| 18-05.75 | Jessica January | Richfield | 2010 | 18-01.75 | Cassandra Gospodarek | Rosemount | 2023 |
| 18-05.75 | Rose Jackson | Willmar | 2012 | 18-01.50 | Kelly Hohenstein | Lake Crystal | 1985 |
| (50) | | | | (110) | | | |
| 18-05.50 | Linda Sunderman | Austin Pacelli | 1977 | 18-01.50 | Mary Jo Miller | Milroy | 1985 |
| 18-05.50 | Bethany Blayert | Anoka | 1988 | 18-01.50 | Lisa Paulson | White Bear Lake | 2002 |
| 18-05.50 | Gina Curtis | Park Center | 1996 | 18-01.50 | Mel Femrite | Zimmerman | 2010 |
| 18-05.50 | Leah Herrboldt | Elk River Area | 2001 | 18-01.50 | Corrine Hale | Stillwater | 2019 |
| 18-05.50 | Kinga Mozes | Rochester Century | 2017 | 18-01.50 | Arianna Passeri | Rosemount | 2019 |
| 18-05.50 | Paige Kalis | New Ulm | 2021 | 18-01.50 | Nayeli Williams | Brooklyn Center | 2021 |
| 18-05.50 | Victoria LaBerge | Spring Lake Park/St A | 2021 | 18-01.25 | Traci Copeland | Breck School | 1997 |
| 18-05.25 | Antoinette Goodman | Burnsville | 2009 | 18-01.25 | Melanie Hill | Champlin Park | 2012 |
| 18-05.00 | Janice Wolf | St. Cloud Apollo | 1979 | 18-01.25 | Lauren Dimler | Mankato West | 2022 |
| 18-05.00 | Sherry Blommel | Melrose | 1994 | 18-01.00 | Delene Hawkins | St. Paul Central | 1978 |
| (60) | | | | (120) | | | |

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|-----------------|------------------------|------------------------------|-------------|-----------------|-----------------------|---------------------------|-------------|
| 18-01.00 | Cathy Fragodt | Benson | 1985 | 17-11.00 | Jo Arveson | Waseca | 1982 |
| 18-01.00 | Cristy Risberg | Deer River | 1991 | 17-11.00 | Sandy Frederickson | St. James | 1983 |
| 18-01.00 | Erica Mois | Frazee | 2000 | 17-11.00 | Terry Mayfield | Mpls Roosevelt | 1986 |
| 18-01.00 | Hanna Muegge | Hopkins | 2008 | 17-11.00 | Becky Anderson | Barnsville | 1987 |
| 18-01.00 | Katelyn Tschida | St. Michael-Albertville | 2017 | 17-11.00 | Heidi Hubel | Montevideo | 1987 |
| 18-01.00 | Jenny Vetter | Mankato East | 2018 | 17-11.00 | Leslie Jacobson | Long Prairie | 1987 |
| 18-01.00 | Delanie Siewert | Maple Grove | 2021 | 17-11.00 | Anne Arlich | Park Cottage Grove | 1989 |
| 18-01.00 | Cayman Pagel | Stillwater | 2022 | 17-11.00 | Kelli Koch | Fulda | 1994 |
| 18-01.00 | Hayley Lentsch | Kenyon-Wanamingo-G | 2023 | 17-11.00 | Katlyn Merrill | Mounds View | 2006 |
| 18-00.75 | Jenna Kes | Jordan | 2017 | 17-11.00 | Alicia Alverson | Hastings | 2010 |
| (130) | | | | (180) | | | |
| 18-00.50 | Swen Minnea | Mankato West | 1992 | 17-11.00 | Hannah Mueller | Cambridge-Isanti | 2011 |
| 18-00.50 | Michelle Pekel | Lakeville | 1998 | 17-11.00 | Brooke Aeikens | Annandale | 2012 |
| 18-00.50 | Lauren Bergstrom | Rochester Century | 2003 | 17-11.00 | Molly Reighard | Waconia | 2015 |
| 18-00.50 | Akuoma Omeoga | Irondale | 2010 | 17-11.00 | Morgan Shindelar | Plainview-Elgin-Millville | 2016 |
| 18-00.50 | Morgan Turner | Wayzata | 2014 | 17-11.00 | Hannah Lamkin | Eagan | 2018 |
| 18-00.50 | Allison Berg | Detroit Lakes | 2015 | 17-10.75 | Gail Spencer | Mpls Henry | 1978 |
| 18-00.50 | Taylor Wiebke | Kasson-Mantorville | 2015 | 17-10.75 | Marci Augst | Anoka | 1994 |
| 18-00.50 | Olivia O'Brien | Minnetonka | 2018 | 17-10.75 | Jenny Helland | Maple Riveer | 2006 |
| 18-00.25 | Vicky Peterson | Northfield | 1974 | 17-10.75 | Ashlyn Jore | Prior Lake | 2022 |
| 18-00.25 | Hattie Anderson | Mpls Washburn | 2023 | 17-10.50 | Mary Grinaker | Moorhead | 1975 |
| (140) | | | | (190) | | | |
| 18-00.00 | Wendy Nelson | Mahtomedi | 1978 | 17-10.50 | Maureen McAlpine | Rochester Lourdes | 1982 |
| 18-00.00 | Sue Carter | Plainview | 1979 | 17-10.50 | Kristi DeBoer | Pine Island | 1985 |
| 18-00.00 | Tanya Gall | Pierz | 1994 | 17-10.50 | Jackie Bruchez | Eastview | 2005 |
| 18-00.00 | Cassandra Olson | Ogilvie | 1999 | 17-10.50 | Danielle Norby | Windom Area | 2005 |
| 18-00.00 | Dayna Blomquist | Stillwater | 2000 | 17-10.50 | Dani Detloff | Elk River | 2012 |
| 18-00.00 | Philine Wittur | Austin Pacelli | 2009 | 17-10.50 | Gabrielle Murphy | North St. Paul | 2012 |
| 18-00.00 | Lizzie Mattson | Academy of Holy Angels | 2010 | 17-10.50 | Anna Posbergh | Stillwater Area | 2012 |
| 18-00.00 | Anya Williams | Stillwater | 2023 | 17-10.50 | Mara Braun | Wayzata | 2019 |
| 17-11.75 | Sue Mathiowetz | Sleepy Eye | 1984 | 17-10.50 | Samantha Barrett | Prior Lake | 2021 |
| 17-11.75 | Sarah Decker | Rocori | 2002 | 17-10.50 | Ta'Riah Henry | Mpls Southwest | 2023 |
| (150) | | | | (200) | | | |
| 17-11.75 | Missy Eiesland | Brainerd | 2004 | 17-10.25 | Christie Rowe | Apple Valley | 1990 |
| 17-11.75 | Tia McKinney | Roseville Area | 2014 | 17-10.25 | Martha Harris | Byron | 1991 |
| 17-11.75 | Victoria Adebisi | White Bear Lake | 2019 | 17-10.25 | Taujna Disher | Holdingford | 2000 |
| 17-11.75 | Karley Motschenbacher | Park Christian | 2019 | 17-10.25 | Bailey Demar | St. Francis | 2014 |
| 17-11.75 | Sarahya College | Robbinsdale Armstrong | 2023 | 17-10.25 | Anika Larson | Cambridge-Isanti | 2023 |
| 17-11.75 | Cali Johnson | Redwood Valley | 2023 | 17-10.00 | Julie Dzik | Holy Angels | 1977 |
| 17-11.50 | Linda Johnson | Alexandria | 1981 | 17-10.00 | Kathy Rasinowich | Burnsville | 1977 |
| 17-11.50 | Sabrina Tormoen | Irondale | 1982 | 17-10.00 | Kay Konerza | Lester Prairie | 1979-80 |
| 17-11.50 | Jacenta Spandl | Moorhead | 2001 | 17-10.00 | Tracey Harvey | Lakeville | 1980 |
| 17-11.50 | Bri Plombon | Sartell-St. Stephen | 2004 | 17-10.00 | Stephanie Erlandson | Breckenridge/Camp-Tint | 2007 |
| (160) | | | | (210) | | | |
| 17-11.50 | Kasey Wellman | Northfield/Artech | 2008 | 17-10.00 | Britta Dawson | Apple Valley | 2015 |
| 17-11.50 | Anne Christofferson | Byron | 2014 | 17-10.00 | Aidan Senior | Anoka | 2018 |
| 17-11.50 | Madisyn Lyons | Red Wing | 2017 | 17-10.00 | Jackie Cole | Medford | 2023 |
| 17-11.25 | Becky Krichgasler | Owatonna | 1976 | 17-10.00 | Cadence Tanner | Minnehaha Academy | 2023 |
| 17-11.25 | Sue Harman | Robbinsdale Cooper | 1983 | (214) | | | |
| 17-11.25 | Lori Waltz | Marshall | 1993 | | | | |
| 17-11.25 | Alissa Ochs | Osseo | 2002 | | | | |
| 17-11.25 | Shaina Burns | Lakeville South | 2012 | | | | |
| 17-11.25 | Danielle Wubben | Central MN Christian | 2012 | | | | |
| 17-11.25 | Natalie Windels | Eagan | 2018 | | | | |
| (170) | | | | | | | |

i = indoor