

# Girls All-Time Triple Jump

(Girls All Time Best Legal Wind Jump: 41-06.00 Ava Cinnamo Rosemount 2022)

41-06.00	Ava Cinnamo	Rosemount	2022	<b>37-09.50</b>	<b>Himetii Apet</b>	<b>Roseville Area</b>	<b>2023</b>
41-02.25	Allyson Weiss	East Ridge	2018	<b>37-09.50</b>	<b>Ayisat Adebayo</b>	<b>Simley</b>	<b>2023</b>
41-01.75	Jordan Helgren	Wayzata	2008	<b>37-09.25</b>	<b>Marvelous Onwualo</b>	<b>Blaine</b>	<b>2023</b>
40-10.50	Maggie Larson	Maple Lake	2021	37-09.00	Carrie Braness	Litchfield	1996
40-07.00	Samantha Barrett	Prior Lake	2021	37-08.75	Elianna Aberra	Spectrum	2022
40-05.50	Mia Barron	Minnetonka	2014	37-08.25	Hannah Muegge	Hopkins	2008
40-05.00	Michaela Baker	Robbinsdale Armstrong	2016	<b>37-08.25</b>	<b>Kailee Kohrt</b>	<b>Wayzata</b>	<b>2023</b>
40-02.75	Jenna Kes	Jordan	2017	37-07.75	Ann Eckhoff	Northfield	2005
39-10.5	Jodi Lipp	Saint Cloud Tech	2017	37-07.75	Hailey Brinkman	Melrose Area	2012
39-09.50	Victoria Laberge	Spring Lake Park/St. A	2019	37-07.75	Andrea Bartz	Plainview-Elgin-Millville	2012
(10)				(70)			
<b>39-06.50</b>	<b>Lucy Hiller</b>	<b>Minnetonka</b>	<b>2023</b>	37-07.75	Amanda Davenport	Farmington	2017
39-05.50	Jummy Alowonle	Park Cottage Grove	2000	37-07.75	Addie Hubbard	Pequot Lakes	2018
39-05.50	Analisa Huschle	Bagley-Fosston	2011	<b>37-07.75</b>	<b>Geneva Rasmussen</b>	<b>Eagan</b>	<b>2023</b>
39-05.50	Stormy Nesbit	Roseville Area	2009	37-07.50	Traci Copeland	Breck	1997
39-04.25	Amanda Thieschafer	Melrose	2000	37-07.50	Leah Herrboldt	Elk River Area	2001
38-11.25	Laubendra Ben	Park Center	2022	37-07.50	Kou Luogon	Park Center	2002
38-11.00	Sarah Cham	Worthington	2011	37-07.50	Amanda Trost	Dawson-Boyd/LQPV	2005
38-11.00	Cassia Cady	Rockford	2022	37-07.25	Patience Yalartai	Bloomington Kennedy	2013
38-10.00	Lindsey Maruska	Big Lake	2017	37-07.00	Amy Skeate	St. Cloud Apollo	1993
38-08.50	Ashley Warne	Moorhead	2017	37-07.00	Nikola Holmes	Apple Valley	1999
(20)				(80)			
38-08.50	Elsa Bildtsen	Visitation	2022	37-07.00	Katybeth Biewen	Edina	2011
38-08.25	Miah Keller	Burnsville	2017	37-07.00	Clara Paul	Concordia Academy	2016
38-08.00	Lauren Burmeister	Hayfield	2003	37-07.00	Mia Sennes	DeLaSalle	2016
38-08.00	Alex Beckman	Eastview	2010	37-07.00	Madi Kes	Jordan	2019
38-07.50	Elizabeth Wilson	Robbinsdale Armstrong	2009	37-06.75	Nadia Lorencz	Farmington	2012
38-07.50	Bailey Demar	St. Francis	2014	37-06.75	Erin Autio	St. Michael-Albertville	2014
38-07.00	Piper Jensen	Minnetonka	2013	37-06.50	Keri Kreuzer	Winona	2000
38-06.25	Alissa Ochs	Osseo	2003	37-06.50	Mariana Lehrer	Prior Lake	2019
38-06.25	Akua Mensah	Irondale	2003	37-06.25	Jenny Newsom	Breck	1997
38-06.00	Melita Ware	Eastview	2013	37-06.25	Andrea Whitney	Sartell-St. Stephen	2009
(30)				(90)			
38-05.00	Heidi Lundervold	Woodbury	1994	37-06.00	Sophia Gray	Mpls Edison	2000
38-05.00	Meagan Blair	St. Paul Highland Park	2014 & 15	37-06.00	Samantha Kemper	Prior Lake	2010
<b>38-04.75</b>	<b>Olivia Walsh</b>	<b>Austin</b>	<b>2023</b>	37-06.00	Hailie Kent	Alexandria	2021
38-04.50	Camryn Brinkman	Melrose Area	2016	37-06.00	Sophie Nilson	Burnsville	2021
38-04.50	Olivia O'Brien	Minnetonka	2017	<b>37-06.00</b>	<b>Kendall Huhnerkoch</b>	<b>Redwood Valley</b>	<b>2023</b>
38-04.00	Kelsey Joson	Park-Cottage Grove	2007	37-05.50	Ciara Cermak	Bemidji	2017
38-03.50	Jody Helget	St. James	1999	37-05.50	Clea Cesare	Robbinsdale Armstrong	2022
38-03.50	Jacenta Spandl	Moorhead	2001	37-05.25	Katie Heilman	Watertown-Mayer	2014
38-02.75	Niara Hill	Breck	2013	37-05.00	Cindy Bethany	Mounds View	1991
38-02.75	Olivia Keller	Holy Angels	2022	37-05.00	Jennifer Parent	Forest Lake	2018
(40)				(100)			
38-02.50	Grave VanErp	Ottertail Central	2022	37-04.50	Lisa Paulson	White Bear Lake	1999
38-02.25	Annie Wendt	Rochester Mayo	2019	37-04.50	Jackie Kensinger	Detroit Lakes	2002
38-01.75	Stephanie Orvis	Luverne	1998	37-04.50	Mara Quam	Kenyon-Wanamingo	2017
38-01.75	Michelle Maciej	Elk River	2009	37-04.50	Lauren Hansen	Orono	2018
38-01.75	Allison Gerads	Champlin Park	2015	37-04.25	Alena Jindrova	Buffalo	2001
38-01.25	Maris Heun	Watertown-Mayer	2022	37-04.25	Madeline Tapper	Wayzata	2018
38-01.00	Beth Harlos	Eden Prairie	2015	37-04.00	Julia Stedman	North	2012
<b>38-01.00</b>	<b>Mario'ana Watson</b>	<b>Osseo</b>	<b>2023</b>	37-04.00	Courtney Siebenahler	Luverne	2016
38-00.75	Abby Jungwirth	Forest Lake	2016	37-04.00	Katieanna Williams	Anoka	2019
38-00.25	Ellie Hernes	Fairmont	2021	37-04.00	Ally Amundson	Bloomington Jefferson	2022
(50)				(110)			
38-00.00	Lana Pace	Pillager	2006	37-04.00	Megan Clark	East Ridge	2022
38-00.00	Anna Keefer	St. Michael-Albertville	2016	37-03.75	Arianna Passeri	Rosemount	2018
38-00.00	Annika Muller	Minnetonka	2018	<b>37-03.75</b>	<b>Hannah Kummrow</b>	<b>Hopkins</b>	<b>2023</b>
<b>37-11.25</b>	<b>Avery Koenen</b>	<b>Montevideo</b>	<b>2023</b>	37-03.25	Chelsea Fogarty	Belle Plaine	2009
37-11.00	Nadine Parris	Robbinsdale Cooper	2002	37-03.00	Lori Waltz	Marshall School	1994
37-11.00	Sarah Byers	Rockford	2018	37-02.75	Ashton May	Grand Meadow	2006
37-10.75	Autumn Stokes	Hibbing	2017	37-02.75	Jasmine Dittrich	Rochester J. Marshall	2009
<b>37-10.75</b>	<b>Jaden Hackel</b>	<b>Perham</b>	<b>2023</b>	37-02.75	Lindsay Rothschilder	Chaska	2011
37-10.25	Ailsa Gilbert	Watertown-Mayer	2019	37-02.75	Isabelle Ferm	Farmington	2012
37-10.00	Shannon Labernik	Forest Lake	1997	37-02.75	Mara Braun	Wayzata	2021
37-09.75	Sara Brockberg	Pipestone	1997	37-02.75	Hannah Hanson	Rochester Mayo	2022
37-09.75	Taylor Johnson	Eden Prairie	2012	37-02.50	Brooke Chaffee	Hinckley-Finlayson	2003
37-09.50	Tatyana Pashibin	Minneapolis Southwest	2012	37-02.50	Liz Bachaus	LeSueur-Henderson	2004
<b>37-09.50</b>	<b>Gabriella Keefer</b>	<b>St. Michael-Albertville</b>	<b>2023</b>	37-02.50	Katie Steele	Minnetonka	2014
(60)				(120)			

37-02.50	Sophia Weston	St. Michael-Albertville	2017	36-09.50	Madisyn Lyons	Red Wing	2016
37-02.25	Angie Anyaogu	Lakeville North	2011	36-09.50	Kylie Krawczyk	Mahtomedi	2017
<b>37-02.25</b>	<b>Shiaflyn Cooper</b>	<b>Elk River</b>	<b>2023</b>	<b>36-09.50</b>	<b>Mehlayna Straub</b>	<b>Southwest Christian</b>	<b>2023</b>
<b>37-02.25</b>	<b>Rylie Hansen</b>	<b>Mankato East</b>	<b>2023</b>	36-09.25	Tressa Beckel	Waseca	2006
37-02.00	Nina Peterson	Bryon	2001	36-09.25	Britt Rynda	New Prague	2009
37-02.00	Megan Brandeland	Prior Lake	2003	36-09.25	Chakia Hall-Watley	Richfield	2013
37-01.75	Whitney Johnson	Wayzata	2000	36-09.25	Caroline Jansen	Ashby/Brandn/Evansville	2014
<b>37-01.75</b>	<b>Grazina Troup</b>	<b>Minnehaha Academy</b>	<b>2023</b>	36-09.25	Caraline Slattery	Lakeville South	2015
37-01.50	Kristin Busch	New Prague	2005	36-09.25	Jen Valley	Forest Lake Area	2018
37-01.50	Nicole Berscheid	Holdingford	2010	36-09.25	Anneteke Adoga	Woodbury	2022
(130)				(190)			
37-01.50	Bailey Alston	Rochester Mayo	2011	36-09.00	Ada Anderson	Roseau	2001
37-01.25	Aimee Ross	Grand Rapids	1999	36-09.00	Shanna Dawson	Fairmont	2004
37-01.25	Rachel Goza-Maxwell	Roseville Area	2017	36-09.00	Britta Schubert	Byron	2008
37-01.25	Malina Koepp	Belle Plaine	2022	36-09.00	Allison Berg	Detroit Lakes	2015
37-01.00	Kaly Banks	Cannon Falls	2017	36-09.00	Kylie Monson	Crosby-Ironton	2018
37-00.75	Katie Theisen	New Prague	2004	36-09.00	Aidan McLoone	New Prague	2019
37-00.75	Natalie Busher	Rosemount	2012	36-09.00	Emma Smith	Brainerd	2019
37-00.50	Caroline Wang	Mpls Edison	1995	36-09.00	Elise Biorn	Rockford	2022
37-00.50	Katie Loberg	Princeton	2009	36-08.75	Becky Brinker	Rocori	1995
37-00.50	Chloe Ohlgren	Centennial	2014	36-08.75	Hope Howell	Mesabi East	2017
(140)				(200)			
37-00.50	Brianna Rasmusson	Fergus Falls	2014	36-08.50	Shia Domyanovich	Anoka	1997
37-00.50	Jordyn Galeazzi	Cambridge-Isanti	2016	36-08.50	Rosey Erickson	Alexandria	2011
<b>37-00.25</b>	<b>Ashley Fisher</b>	<b>Holy Angels</b>	<b>2023</b>	36-08.50	Olivia Evanson	Maple Grove	2011
37-00.00	Cassandra Olson	Ogilvie	1999	36-08.50	Ella Francis	Prior Lake	2015
37-00.00	Ashley Nelson	Litchfield	2000	36-08.50	Alexandra Wolf	Rosemount	2018
37-00.00	Natalie Devine	Litchfield	2004	<b>36-08.50</b>	<b>Julia Dahl</b>	<b>Mounds View</b>	<b>2023</b>
37-00.00	Emily VanHeel	Little Falls	2010	36-08.25	Sara Willert	Alexandria	2000
37-00.00	Gracia Seeley	Edina	2017	36-08.25	Becca Bryson	USC/AC	2006
37-00.00	Kaye Paschka	Alexandria	2019	36-08.00	Frida Douglass	Robbinsdale Cooper	1999
36-11.75	Julie Thomas	Apple Valley	2002	36-08.00	Allyson Hartje	Brainerd	2005
(150)				(210)			
36-11.50	Melanie Hill	Champlin Park	2012	36-08.00	Rachel Gravley	Mankato West	2011
<b>36-11.50</b>	<b>Judsona Chea</b>	<b>St. Michael-Albertville</b>	<b>2023</b>	36-08.00	Taylor Laabs	Princeton	2015
36-11.25	Nikki Sims	Big Lake	2003	36-08.00	Olivia Jameson	Olivia	2021
36-11.25	Anna Sather	Proctor	2005	<b>36-08.00</b>	<b>Kate Van Erp</b>	<b>Rocori</b>	<b>2023</b>
36-11.25	Haley Tholen	Stillwater	2015	36-07.75	Andrea Hansen	Anoka	2003
36-11.25	Julia Rowles	Robbinsdale Armstrong	2019	36-07.75	Kelsi Ring	Brainerd	2010
36-11.00	Christie Dosch	Rochester J. Marshall	2001	36-07.75	Paige Ziegler	Frazee	2018
<b>36-11.00</b>	<b>Claire Kohler</b>	<b>Minnetonka</b>	<b>2023</b>	36-07.75	Olivia Owens	New Ulm	2019
<b>36-11.00</b>	<b>Taylor Wick</b>	<b>Cloquet</b>	<b>2023</b>	36-07.75	Moselle Punni	Hopkins	2019
36-10.75	Jill Podgorski	Mounds View	1999	36-07.50	Erica Mois	Frazee	2000
(160)				(220)			
36-10.75	Nikki Schultz	Cedar Mountain	2006	36-07.50	Alise Post	St. Cloud Tech	2007
36-10.75	Annika Ruppert	St. Paul Highland Park	2016	36-07.50	Shannon Stratman	Burnsville	2009
36-10.50	Melissa Nelson	Duluth East	2001	36-07.50	Lauren Rothschilder	Chaska	2009
36-10.50	Lexi Reed	Eden Prairie	2016	36-07.50	Alexondra Kubasch	Sartell-St. Stephen	2017
36-10.25	Nia Gilbert	St. Louis Park	2008-09	<b>36-07.50</b>	<b>Anna Lervick</b>	<b>Benilde-St. Margaret's</b>	<b>2023</b>
36-10.25	Ali Zimmerman	Mounds View	2012	36-07.25	Megan Rutt	Tri-City United	2016
36-10.00	Linnea Engel	Mounds View	1998	36-07.25	Eliza Warneke	Pine Island	2017
36-10.00	Allyson DeVries	Worthington	1999	36-07.00	Beckycia Bowers	Redwood Valley	2012
36-10.00	Kayla Bilderback	Centennial	2008	36-07.00	Monica Keuhl	New Prague	2015
36-10.00	Hannah Mueller	Cambridge Isanti	2011	36-06.75	Marta Maxwell	Bemidji	1996
(170)				(230)			
36-10.00	Anne Christofferson	Byron	2012	36-06.75	Katie Johnson	Anoka	2005
36-10.00	Gabrielle Murphy	North	2012	36-06.75	Grace Udeh	Bloomington Kennedy	2007
36-10.00	Megan Elizabeth White	Providence Academy	2015	36-06.75	Sophie Charlton	Rochester Mayo	2010
36-10.00	Emma Weatherly	Byron	2016	36-06.00	Swantrea Taylor	St. Paul Como Park	1994
36-10.00	Shaily Hakamaki	Cromwell-Wright	2018	36-06.00	Meghan Dybvig	Burnsville	2000
36-10.00	Noelle Hackenmueller	Saint Cloud Apollo	2022	36-06.00	Shelby Eykyn	Worthington	2001
36-09.75	Aleece Durbin	Crookston	2018	36-06.00	Mary Schletty	Cretin-Derham Hall	2005
<b>36-09.75</b>	<b>Claire Stein</b>	<b>Two Rivers</b>	<b>2023</b>	36-06.00	Dana Roach	Faribault	2008
36-09.50	Sarah Schrader	Prior Lake	2014	36-06.00	Madeline Palmer	Eden Prairie	2015
36-09.50	Kaysha Dortch	White Bear Lake	2015	36-05.75	Brianne Erpelding	Little Falls	1995
(180)				(240)			

36-05.75	Kelsey Scheele	Mayer Lutheran	2006
36-05.75	Faith Robinson	Minnetonka	2017
36-05.75	Mallory Thorson	Luverne	2019
36-05.75	Sarrah Linder	Rochester Century	2021
36-05.50	Kelli Nygren	Lakeville	2000
36-05.50	Danielle Norby	Windom Area	2005
36-05.25	Sarah Deutsch	Jordan	2004
36-05.25	Abigail McGlynn	Stephen-Argle Central	2018
<b>36-05.25</b>	<b>Keaira Walker</b>	<b>Rogers</b>	<b>2023</b>

i = indoors

**1/27/2024**