

GIRLS TRACK

| GIRLS TRACK SEASON | COACH | TEAM FINISH AT CONFERENCE | TEAM FINISH AT DISTRICT | TOP 20 AT STATE |
|---------------------------|--------------|----------------------------------|--------------------------------|------------------------|
| 2025-26 | K Buckingham | | | |
| 2024-25 | K Buckingham | | | 14th |
| 2023-24 | K Buckingham | | | 7th |
| 2022-23 | T Spitser | Runner Up | | 24th tie |
| 2021-22 | S Gubbels | Champion | Runner Up | 3rd tie |
| 2020-21 | S Gubbels | Runner Up | Runner Up | 7th |
| 2019-20 | S Gubbels | No Season CoronaVirus | | |
| 2018-19 | S Gubbels | | | 8th tie |
| 2017-18 | S Gubbels | | | 20th |
| 2016-17 | S Gubbels | | | 21st tie |
| 2015-16 | S Gubbels | | | |
| 2014-15 | S Gubbels | | Runner Up | |
| 2013-14 | S Gubbels | | | |
| 2012-13 | S Gubbels | | Champion | 24 th |
| 2011-12 | S Gubbels | | | 14th tie |
| 2010-11 | S Gubbels | Runner Up | | 15th tie |
| 2009-10 | S Gubbels | Champion | Champion | 14th |
| 2008-09 | S Gubbels | Champion | Champion | 20th tie |
| 2007-08 | S Gubbels | Champion | | |
| 2006-07 | S Gubbels | Champion | | |
| 2005-06 | S Gubbels | | Runner Up | |
| 2004-05 | S Gubbels | | | |
| 2003-04 | S Gubbels | | | |
| 2002-03 | S Gubbels | | | |
| 2001-02 | S Gubbels | | | |
| 2000-01 | S Gubbels | Champion | | |
| 1999-00 | E Whitemore | Champion | Runner Up | |

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|-----------------------------------|-------------|-----------|-----------|------|
| 1998-99 | M Brodd | Champion | Runner Up | 14th |
| 1997-98 | M Brodd | Champion | | |
| 1996-97 | M Brodd | Runner Up | Champion | 10th |
| 1995-96 | M Brodd | | Champion | |
| 1994-95 | M Brodd | | | |
| 1993-94 | M Brodd | | | |
| 1992-93 | M Brodd | | | |
| 1991-92 | M Brodd | | | |
| 1990-91 | M Brodd | | | |
| 1989-90 | M Brodd | Runner Up | Runner Up | |
| 1988-89 | M Brodd | | | |
| 1987-88 | M Brodd | Champion | Runner Up | 3rd |
| 1986-87 | M Brodd | Champion | | |
| 1985-86 | M Brodd | Champion | Champion | 6th |
| 1984-85 | M Brodd | Runner Up | Champion | |
| 1983-84 | M Brodd | | Champion | |
| 1982-83 | B Moeller | | | |
| 1981-82 | G Rump | | | |
| 1980-81 | G Rump | | | |
| 1979-80 | G Rump | | | |
| 1978-79 | G Rump | | | |
| 1977-78 | J Guggenmos | | | |
| 1976-77 | J Guggenmos | | | |
| 1975-76 | J Guggenmos | | Runner Up | |
| 1974-75 | J Guggenmos | | | |
| 1973-74 | B Wise | | | |
| 1972-73 | B Wise | | | |
| 1971-72 | B Wise | | | |
| 1970-71 | C Puckett | | | |
| | | | | |
| GIRLS TRACK SCHOOL RECORDS | | | | |

GIRLS TRACK

| | | | | |
|--------------------|--------------------|-----------|---------|-----------------|
| Pole Vault | Whitney Wollberg | 10'03" | 2024-25 | |
| High Jump | Kailynn Gubbels | 5'10" | 2020-21 | |
| Long Jump | Keelianne Green | 18'06.25" | 2021-22 | |
| Triple Jump | Keelianne Green | 37'00.75" | 2021-22 | |
| Shot Put | Melissa Hilgenkamp | 43'10" | 2009-10 | |
| Discus | Sabrina Luttig | 159'00' | 2015-16 | |
| 100 m | Tina Maaske | 12.3 | 1985-86 | |
| 200 m | Karoline Maaske | 25.9 | 1984-85 | |
| 400 m | Karoline Maaske | 59.4 | 1985-86 | |
| 800 m | Hailey O'Daniel | 2:17.66 | 2023-24 | |
| 1600 m | Jessi Brown | 5:14.98 | 1996-97 | |
| 3200 m | Neva Bauer | 11:11.14 | 2025-26 | |
| 100 Hurdles | Kailynn Gubbels | 14.52 | 2020-21 | State Class B F |
| 300 Hurdles | Kailynn Gubbels | 45.01 | 2020-21 | |
| | | | | |
| 4x100 Relay | Tina Maaske | 50.2 | 1985-86 | |
| | Karoline Maaske | | | |
| | Wendy Rasmussen | | | |
| | Mick Holtman | | | |
| | | | | |
| 4x400 Relay | Chase Anderson | 4:01.86 | 2021-22 | |
| | Kailynn Gubbels | | | |
| | Hailey O'Daniel | | | |
| | Keelianne Green | | | |
| | | | | |
| 4x800 Relay | Andrea Christensen | 9:53.9 | 1995-96 | |
| | Summer Morrison | | | |
| | Kristin French | | | |
| | Jessi Brown | | | |
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|------------------------|--------------------|----------|------|--|
| 4x1600 Relay | Andrea Christensen | 24:25.30 | 1998 | |
| | Summer Morrison | | | |
| | Jessi Keber | | | |
| | Andrea Keber | | | |
| | | | | |
| 4x200 Relay | Marie Workman | 1:56.4 | 1975 | |
| | Marilyn Meier | | | |
| | Sarah Nielsen | | | |
| | Susan Sperling | | | |
| | | | | |
| Sprint Medley | Renelle Majors | 1:58.8 | 1977 | |
| | Sheryl Hilgenkamp | | | |
| | Tammy Vie | | | |
| | Robin Majors | | | |
| | | | | |
| Mile Medley | Marilyn Meier | 4:35.80 | 1977 | |
| | Carolyn Young | | | |
| | Tammy Schneider | | | |
| | Julie Jacob | | | |
| | | | | |
| Distance Medley | Kristin French | 13:39.50 | 1997 | |
| | Jessi Brown | | | |
| | Andrea Christensen | | | |
| | Summer Morrison | | | |
| | | | | |
| 50 yards | Sandra Nielsen | 6.2 | 1974 | |
| 100 yards | Marilyn Meier | 11.8 | 1975 | |
| 75 Hurdles | Sharon Nielsen | 12.4 | 1979 | |
| 80 Hurdles | Tammy Vie | 11.2 | 1977 | |
| 100 Low Hurdles | Jill Hancock | 15.9 | 1984 | |
| 8 LB Shot Put | Lori Cain | 36-03 | 1974 | |

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| GIRLS INDOOR TRACK SCHOOL RECORDS | | | | |
| | | | | |
| 60 yards | Annie Ortmeier | 7.72 | 2000 | |
| | Abbie Maas | | 2000 | |
| 60 Hurdles | Kailynn Gubbels | 9.28 | 2021 | |
| 220 yards | Kristle Neuhalfen | 30.2 | 1997 | |
| 400 meters | Sarah Theiler | 64.43 | 2018 | |
| 880 yards | Andrea Christensen | 2:34.2 | 1997 | |
| Mile | Jessi Brown | 5:46.00 | 1999 | |
| 2 Mile | Jessica Morrison | 12:57.00 | 2000 | |
| | | | | |
| 880 Relay | Annie Ortmeier | 1:59.10 | 2000 | |
| | Tina Milbrandt | | | |
| | Abbie Maas | | | |
| | Kristle Neuhalfen | | | |
| | | | | |
| 4x400 Relay | | 4:23.50 | 2021 | |
| | | | | |
| | | | | |
| | | | | |
| 2 Mile Relay | Kate Monke | 11:51.00 | 1999 | |
| | Andrea Keber | | | |
| | Jessica Morrison | | | |
| | Chelsea Johnson | | | |
| | | | | |
| | | | | |
| INDIVIDUAL STATE QUALIFIERS AND PLACERS | | | | |

GIRLS TRACK

| | | | | |
|---------|-------------------------|-------------|--|-----------|
| 2025-26 | Neva Bauer | 1600 meters | | |
| 2025-26 | Neva Bauer | 3200 meters | | 3rd |
| 2025-26 | Hayley Arp | Shot Put | | |
| 2025-26 | Hayley Arp | Discus | | |
| 2025-26 | Willa Wollberg | 300 Hurdles | | |
| 2024-25 | Corinne May | 1600 meters | | |
| 2024-25 | Corinne May | 1600 Relay | | |
| 2024-25 | Corinne May | 3200 Relay | | |
| 2024-25 | Hailey O'Daniel | 800 meters | | Runner Up |
| 2024-25 | Hailey O'Daniel | 1600 meters | | Runner Up |
| 2024-25 | Hailey O'Daniel | 1600 Relay | | |
| 2024-25 | Hailey O'Daniel | 3200 Relay | | |
| 2024-25 | Hayley Arp | Shot Put | | 5th |
| 2024-25 | Kelise Cook-Krivohlavek | 1600 Relay | | |
| 2024-25 | Kelise Cook-Krivohlavek | 3200 Relay | | |
| 2024-25 | Rylie Kylo | Pole Vault | | |
| 2024-25 | Whitney Wollberg | 400 meters | | |
| 2024-25 | Whitney Wollberg | Pole Vault | | |
| 2024-25 | Whitney Wollberg | 1600 Relay | | |
| 2024-25 | Whitney Wollberg | 3200 Relay | | |
| 2023-24 | Austyn Flesner | 1600 Relay | | |
| 2023-24 | Brooke Hilgenkamp | 3200 Relay | | |
| 2023-24 | Hailey O'Daniel | 1600 meters | | Champion |
| 2023-24 | Hailey O'Daniel | 800 meters | | Runner Up |
| 2023-24 | Hailey O'Daniel | 1600 Relay | | |
| 2023-24 | Hailey O'Daniel | 3200 Relay | | |
| 2023-24 | Hayley Arp | Discus | | 4th |
| 2023-24 | Hayley Arp | Shot Put | | |
| 2023-24 | Kelise Cook-Krivohlavek | 1600 Relay | | |
| 2023-24 | Kelise Cook-Krivohlavek | 3200 Relay | | |

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|---------|------------------|---------------|--|-----------|
| 2023-24 | Taylor Arp | Discus | | |
| 2023-24 | Whitney Wollberg | Pole Vault | | 6th |
| 2023-24 | Whitney Wollberg | 1600 Relay | | |
| 2023-24 | Whitney Wollberg | 3200 Relay | | |
| 2022-23 | Cadie Robinson | Shot Put | | 7th |
| 2022-23 | Cadie Robinson | Discus | | |
| 2022-23 | Hailey O'Daniel | 1600 meters | | 5th |
| 2022-23 | Hailey O'Daniel | Long Jump | | |
| 2022-23 | Taylor Arp | Discus | | |
| 2022-23 | Taylor Arp | | | |
| 2021-22 | Chase Anderson | 1600 Relay | | 3rd |
| 2021-22 | Chase Anderson | | | |
| 2021-22 | Hailey O'Daniel | 1600 m | | |
| 2021-22 | Hailey O'Daniel | 1600 Relay | | 3rd |
| 2021-22 | Kailynn Gubbels | High Jump | | |
| 2021-22 | Kailynn Gubbels | 100 m Hurdles | | Champion |
| 2021-22 | Kailynn Gubbels | 300 m Hurdles | | Champion |
| 2021-22 | Kailynn Gubbels | 1600 Relay | | 3rd |
| 2021-22 | Keelianne Green | 800 m | | Runner Up |
| 2021-22 | Keelianne Green | Long Jump | | Runner Up |
| 2021-22 | Keelianne Green | Triple Jump | | 4th |
| 2021-22 | Keelianne Green | 1600 Relay | | 3rd |
| 2021-22 | Whitney Wollberg | 1600 Relay | | |
| 2020-21 | Cadence Robinson | Shot Put | | |
| 2020-21 | Chase Anderson | 1600 Relay | | 4th |
| 2020-21 | Kailynn Gubbels | High Jump | | Champion |
| 2020-21 | Kailynn Gubbels | 100 m Hurdles | | Champion |
| 2020-21 | Kailynn Gubbels | 300 m Hurdles | | Runner Up |
| 2020-21 | Kailynn Gubbels | 1600 Relay | | 4th |
| 2020-21 | Kali Thomsen | Discus | | |
| 2020-21 | Keelianne Green | 200 m | | |

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|---------|--------------------|---------------|--|-----------|
| 2020-21 | Keelianne Green | Long Jump | | 7th |
| 2020-21 | Keelianne Green | Triple Jump | | 8th |
| 2020-21 | Keelianne Green | 1600 Relay | | 4th |
| 2020-21 | Kiersten Taylor | 1600 Relay | | 4th |
| 2020-21 | Taylor Arp | Discus | | |
| 2019-20 | NO MEET COVID | | | |
| 2018-19 | Kailynn Gubbels | High Jump | | 3rd |
| 2018-19 | Kailynn Gubbels | 100 m Hurdles | | 4th |
| 2018-19 | Kailynn Gubbels | 300 m Hurdles | | |
| 2018-19 | Mildred Young | Discus | | Runner Up |
| 2018-19 | Mildred Young | Shot Put | | 5th |
| 2018-19 | Sarah Theiler | High Jump | | |
| 2018-19 | Sarah Theiler | 400 m | | |
| 2017-18 | May Hoelsing | Pole Vault | | |
| 2017-18 | Mildred Young | Shot Put | | 4th |
| 2017-18 | Sarah Theiler | 400 m | | |
| 2017-18 | Shelby Kaup | 100 m Hurdles | | 4th |
| 2017-18 | Shelby Kaup | High Jump | | 4th Tie |
| 2017-18 | Taylor Wakefield | 100 m Hurdles | | |
| 2016-17 | Brook Hoelsing | Discus | | |
| 2016-17 | Brook Hoelsing | Shot Put | | |
| 2016-17 | Madison Baumert | 4x100 Relay | | |
| 2016-17 | Maggie Schmidt | 4x100 Relay | | |
| 2016-17 | May Hoelsing | Pole Vault | | |
| 2016-17 | Sarah Theiler | High Jump | | 3rd |
| 2016-17 | Sarah Theiler | 400 m | | |
| 2016-17 | Shelby Kaup | 100 m Hurdles | | 4th |
| 2016-17 | Shelby Kaup | High Jump | | |
| 2016-17 | Taylor Wakefield | 100 m Hurdles | | |
| 2016-17 | Taylor Wakefield | 4x100 Relay | | |
| 2016-17 | Tierra Krivohlavek | 4x100 Relay | | |

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|---------|------------------|---------------|--|----------|
| 2015-16 | Brook Hoelsing | Discus | | |
| 2015-16 | Sabrina Luttig | Discus | | 3rd |
| 2015-16 | Sabrina Luttig | Shot Put | | |
| 2015-16 | Shelby Kaup | 100 m Hurdles | | |
| 2015-16 | Taylor Wakefield | 100 m Hurdles | | |
| 2014-15 | Catie Theiler | 400 Relay | | |
| 2014-15 | Hannah Marquardt | 400 Relay | | |
| 2014-15 | Madison Baumert | 400 Relay | | |
| 2014-15 | Madison Baumert | 100 m | | |
| 2014-15 | Olivia Schneider | 100 m Hurdles | | 5th |
| 2014-15 | Olivia Schneider | Long Jump | | |
| 2014-15 | Olivia Schneider | 400 Relay | | |
| 2014-15 | Sabrina Luttig | Discus | | 6th |
| 2014-15 | Shelby Kaup | High Jump | | |
| 2014-15 | Shelby Kaup | 100 m Hurdles | | |
| 2014-15 | Shelby Kaup | 300 m Hurdles | | |
| 2013-14 | Hannah Marquardt | 400 m | | |
| 2013-14 | Sabrina Luttig | Discus | | |
| 2013-14 | Tayler Edman | 400 m | | |
| 2012-13 | Catie Theiler | Discus | | |
| 2012-13 | Hannah Marquardt | 3200 Relay | | |
| 2012-13 | Jacque Dam | 1600 m | | |
| 2012-13 | Lauren Mues | Long Jump | | |
| 2012-13 | Lauren Mues | 100 Hurdles | | |
| 2012-13 | Lauren Mues | 300 Hurdles | | |
| 2012-13 | Mariah Kaup | 1600 Relay | | |
| 2012-13 | Mariah Kaup | 3200 Relay | | |
| 2012-13 | McKenna Kaup | High Jump | | 6 th Tie |
| 2012-13 | McKenna Kaup | 1600 Relay | | |
| 2012-13 | Natalie Schmidt | 3200 Relay | | |
| 2012-13 | Olivia Schneider | 1600 Relay | | |

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|---------|--------------------|-------------|--|-----------|
| 2012-13 | Olivia Schneider | 100 Hurdles | | |
| 2012-13 | Olivia Schneider | Triple Jump | | |
| 2012-13 | Sabrina Luttig | Discus | | 7 th |
| 2012-13 | Sydney Miller | Triple Jump | | 7 th |
| 2012-13 | Sydney Miller | 800 m | | |
| 2012-13 | Sydney Miller | 3200 Relay | | |
| 2012-13 | Taylor Edman | 400 m | | |
| 2012-13 | Taylor Edman | 1600 Relay | | |
| 2011-12 | Cassie Voss | Discus | | 5 th |
| 2011-12 | Heather Johnson | 400 m | | |
| 2011-12 | Lauren Mues | Long Jump | | |
| 2011-12 | Riley Johnson | Discus | | Runner Up |
| 2011-12 | Riley Johnson | Shot Put | | 3 rd |
| 2011-12 | Sydney Miller | Triple Jump | | |
| 2010-11 | Allie Leaver | Triple Jump | | 8 th |
| 2010-11 | Cassie Voss | Shot Put | | 8th |
| 2010-11 | Cassie Voss | Discus | | 6th |
| 2010-11 | Heather Johnson | 400 m | | 7th |
| 2010-11 | Heather Johnson | 800 m | | |
| 2010-11 | Riley Johnson | Shot Put | | 5th |
| 2010-11 | Riley Johnson | Discus | | 4th |
| 2009-10 | Allie Leaver | Triple Jump | | |
| 2009-10 | Cassie Voss | Shot Put | | |
| 2009-10 | Cassie Voss | Discus | | Runner Up |
| 2009-10 | Erika Harms | High Jump | | |
| 2009-10 | Heather Johnson | 800 m | | |
| 2009-10 | Heather Johnson | 1600 m | | |
| 2009-10 | Lindsay Grove | Long Jump | | |
| 2009-10 | McKenna Kaup | High Jump | | |
| 2009-10 | Melissa Hilgenkamp | Shot Put | | 5th |
| 2009-10 | Melissa Hilgenkamp | Discus | | 6th |

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|---------|--------------------|-------------|--|-----------|
| 2009-10 | Riley Johnson | Shot Put | | 6th |
| 2009-10 | Riley Johnson | Discus | | |
| 2008-09 | Becca Goodwin | 4x100 Relay | | |
| 2008-09 | Cassie Voss | Shot Put | | |
| 2008-09 | Cassie Voss | Discus | | Runner Up |
| 2008-09 | Dani Moyer | 100 m | | 7th |
| 2008-09 | Dani Moyer | 4x100 Relay | | |
| 2008-09 | Erika Harms | High Jump | | |
| 2008-09 | Heather Johnson | 800 m | | 4th |
| 2008-09 | Heather Johnson | 400 m | | |
| 2008-09 | Jordan Johnson | 4x100 Relay | | |
| 2008-09 | Lindsay Grove | 100 m | | |
| 2008-09 | Lindsay Grove | 4x100 Relay | | |
| 2008-09 | Melissa Hilgenkamp | Shot Put | | |
| 2008-09 | Riley Johnson | Shot Put | | |
| 2008-09 | Riley Johnson | Discus | | |
| 2007-08 | Amy Hilgenkamp | Discus | | 8th |
| 2007-08 | Becca Goodwin | 100 m | | |
| 2007-08 | Becca Goodwin | 200 m | | |
| 2007-08 | Caroline Jamison | 1600 m | | |
| 2007-08 | Caroline Jamison | 3200 m | | 6th |
| 2007-08 | Dani Moyer | Pole Vault | | |
| 2007-08 | Jordan Johnson | 100 Hurdles | | |
| 2006-07 | Becca Goodwin | 100 m | | |
| 2006-07 | Brittany Stork | Discus | | |
| 2006-07 | Caroline Jamison | 3200 m | | 5th |
| 2006-07 | Caroline Jamison | 1600 m | | |
| 2006-07 | Erica Leaver | 4x800 Relay | | |
| 2006-07 | Kelly Dunklau | 4x800 Relay | | |
| 2006-07 | Randi Hodson | 4x800 Relay | | |
| 2006-07 | Randi Hodson | 400 | | |

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|---------|-------------------|-------------|--|------|
| 2006-07 | Sammie Lathrop | 4x800 Relay | | |
| 2005-06 | Amy Hilgenkamp | Discus | | |
| 2005-06 | Brittany Stork | Discus | | |
| 2005-06 | Caroline Jamison | 1600 m | | |
| 2005-06 | Caroline Jamison | 3200 m | | |
| 2005-06 | Erica Leaver | 300 Hurdles | | |
| 2005-06 | Jordan Johnson | 100 Hurdles | | |
| 2004-05 | Brittany Stork | Discus | | |
| 2004-05 | Caroline Jamison | 1600 m | | |
| 2003-04 | Beth Heybrock | Shot Put | | |
| 2003-04 | Beth Heybrock | Discus | | 6th |
| 2002-03 | Natalie Nelson | Pole Vault | | |
| 2001-02 | Abbie Maas | Pole Vault | | |
| 2001-02 | Beth Heybrock | Discus | | |
| 2001-02 | Brianne Wilkins | Shot Put | | |
| 2001-02 | Megan Hansen | Triple Jump | | |
| 2000-01 | Brittany Wilkins | Shot Put | | 3 rd |
| 2000-01 | Brittany Wilkins | Discus | | 4 th |
| 2000-01 | Cristina Schroder | 100 Hurdles | | |
| 2000-01 | Jessica Morrison | 3200 m | | |
| 1999-00 | Ashley Russell | 1600 m | | |
| 1999-00 | Brittany Wilkins | Shot Put | | |
| 1999-00 | Brittany Wilkins | Discus | | |
| 1999-00 | Cristina Schroder | 100 Hurdles | | |
| 1999-00 | Erin Wilkins | Shot Put | | 6th |
| 1999-00 | Erin Wilkins | Discus | | |
| 1999-00 | Jessi Brown | 3200 m | | |
| 1999-00 | Jessi Brown | 1600 m | | |
| 1999-00 | Jessica Morrison | 3200 m | | |
| 1999-00 | Kristle Neuhalfen | High Jump | | |
| 1999-00 | Laura Yandell | 100 Hurdles | | |

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|---------|--------------------|---------------|--|----------|
| 1998-99 | Ashley Russell | 1600 | | |
| 1998-99 | Brittany Wilkins | Discus | | |
| 1998-99 | Brittany Wilkins | Shot Put | | |
| 1998-99 | Christy Miller | Pole Vault | | |
| 1998-99 | Cristina Schroder | 100 Hurdles | | |
| 1998-99 | Erin Wilkins | Discus | | |
| 1998-99 | Erin Wilkins | Shot Put | | 6th |
| 1998-99 | Jessi Brown | 3200 | | 3rd |
| 1998-99 | Jessi Brown | 1600 | | 3rd |
| 1998-99 | Jessica Morrison | 3200 | | |
| 1998-99 | Kristle Neuhalfen | High Jump | | |
| 1998-99 | Laura Yandell | 100 Hurdles | | |
| 1998-99 | Sheri Richt | Pole Vault | | |
| 1997-98 | Andrea Christensen | 3200 m | | |
| 1997-98 | Andrea Christensen | 1600 m | | |
| 1997-98 | Erin Wilkins | Shot Put | | 5th |
| 1997-98 | Jessi Brown | 3200 m | | 4th |
| 1997-98 | Jessi Brown | 1600 m | | |
| 1997-98 | Jessi Brown | 800 m | | |
| 1997-98 | Kristle Neuhalfen | High Jump | | |
| 1997-98 | Sara Buss | 100 m Hurdles | | |
| 1997-98 | Sara Buss | Triple Jump | | |
| 1997-98 | Summer Morrison | 3200 m | | |
| 1996-97 | Andrea Christensen | 1600 m | | |
| 1996-97 | Andrea Christensen | 4x800 Relay | | 4th |
| 1996-97 | Jessi Brown | 800 m | | 5th |
| 1996-97 | Jessi Brown | 1600 m | | Champion |
| 1996-97 | Jessi Brown | 4x800 Relay | | 4th |
| 1996-97 | Kelly Rump | Long Jump | | |
| 1996-97 | Kelly Rump | 100 m Hurdles | | |
| 1996-97 | Kelly Rump | 300 m Hurdles | | |

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|---------|--------------------|---------------|--|-----------|
| 1996-97 | Kristin French | 4x800 Relay | | 4th |
| 1996-97 | Kristle Neuhalfen | High Jump | | 6th |
| 1996-97 | Sara Buss | Triple Jump | | |
| 1996-97 | Sara Buss | 400 m | | |
| 1996-97 | Summer Morrison | 3200 m | | |
| 1996-97 | Summer Morrison | 4x800 Relay | | 4th |
| 1995-96 | Andrea Christensen | 800 m | | |
| 1995-96 | Andrea Christensen | 1600 m | | |
| 1995-96 | Andrea Christensen | 4x800 Relay | | |
| 1995-96 | Jessi Brown | 800 m | | 5th |
| 1995-96 | Jessi Brown | 1600 m | | 4th |
| 1995-96 | Jessi Brown | 4x800 Relay | | |
| 1995-96 | Kelly Rump | Long Jump | | |
| 1995-96 | Kelly Rump | 100 m Hurdles | | |
| 1995-96 | Kristin French | 4x800 Relay | | |
| 1995-96 | Sara Buss | Triple Jump | | |
| 1995-96 | Shelly Martin | Discus | | |
| 1995-96 | Summer Morrison | 3200 m | | |
| 1995-96 | Summer Morrison | 4x800 Relay | | |
| 1994-95 | Shelly Martin | Discus | | 5th |
| 1994-95 | Shelly Martin | Shot Put | | |
| 1994-95 | Summer Morrison | 3200 m | | |
| 1993-94 | Shelly Martin | Discus | | 6th |
| 1993-94 | Shelly Martin | Shot Put | | |
| 1992-93 | No One Qualified | | | |
| 1991-92 | No One Qualified | | | |
| 1990-91 | Cori Brown | 100 m Hurdles | | |
| 1990-91 | Cori Brown | 300 m Hurdles | | Runner Up |
| 1990-91 | Emily Adelgren | Discus | | |
| 1989-90 | Cher Raymond | Shot Put | | |
| 1989-90 | Cori Brown | 100 m Hurdles | | |

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|---------|------------------|---------------|--|-----------|
| 1989-90 | Cori Brown | 300 m Hurdles | | |
| 1989-90 | Emily Adelgren | Discus | | |
| 1988-89 | Cher Raymond | Shot Put | | |
| 1988-89 | Cori Brown | 100 m Hurdles | | |
| 1988-89 | Cori Brown | 300 m Hurdles | | |
| 1988-89 | Jodi Dierks | 1600 m | | |
| 1987-88 | Carma Greunke | Discus | | 6th |
| 1987-88 | Cindy LeCrone | 4x100 Relay | | 5th tie |
| 1987-88 | Cori Brown | 100 m Hurdles | | |
| 1987-88 | Cori Brown | 300 m Hurdles | | 6th |
| 1987-88 | Cori Brown | 4x100 Relay | | 5th tie |
| 1987-88 | Jodi Brainard | High Jump | | 3rd |
| 1987-88 | Kris Herrmann | Shot Put | | 3rd |
| 1987-88 | Mick Holtman | High Jump | | Champion |
| 1987-88 | Mick Holtman | 100 m Hurdles | | |
| 1987-88 | Mick Holtman | 4x100 Relay | | 5th tie |
| 1987-88 | Tina Maaske | 100 m | | Runner Up |
| 1987-88 | Tina Maaske | 200 m | | |
| 1987-88 | Tina Maaske | 4x100 Relay | | 5th tie |
| 1986-87 | Amy Westermann | 4x400 Relay | | |
| 1986-87 | Anne Gnuse | 4x400 Relay | | |
| 1986-87 | Carma Greunke | Shot Put | | |
| 1986-87 | Dawn Schafersman | 4x100 Relay | | |
| 1986-87 | Dawn Schafersman | 4x400 Relay | | |
| 1986-87 | Dawn Schafersman | Long Jump | | |
| 1986-87 | Jodi Brainard | High Jump | | 6th tie |
| 1986-87 | Mick Holtman | 100 Hurdles | | |
| 1986-87 | Mick Holtman | 4x100 Relay | | |
| 1986-87 | Mick Holtman | High Jump | | 6th tie |
| 1986-87 | Shelli Graver | 400 m | | |
| 1986-87 | Shelli Graver | 800 m | | |

GIRLS TRACK

| | | | | |
|---------|------------------|---------------|--|----------|
| 1986-87 | Shelli Graver | 4x400 Relay | | |
| 1986-87 | Tina Maaske | 100 m | | 6th |
| 1986-87 | Tina Maaske | 200 m | | |
| 1986-87 | Tina Maaske | 4x100 Relay | | |
| 1986-87 | Wendy Rasmussen | 100 m | | |
| 1986-87 | Wendy Rasmussen | 4x100 Relay | | |
| 1985-86 | Alayna Mentzer | 4x400 Relay | | |
| 1985-86 | Anne Gnuse | 4x400 Relay | | 3rd |
| 1985-86 | Carma Greunke | 4x800 Relay | | |
| 1985-86 | Dawn Schafersman | 4x400 Relay | | 3rd |
| 1985-86 | Dawn Schafersman | 4x800 Relay | | |
| 1985-86 | Jodi Brainard | High Jump | | |
| 1985-86 | Julie Vogt | 4x800 Relay | | |
| 1985-86 | Karoline Maaske | 200 m | | |
| 1985-86 | Karoline Maaske | 400 m | | 4th |
| 1985-86 | Karoline Maaske | 4x100 Relay | | Champion |
| 1985-86 | Karoline Maaske | 4x400 Relay | | 3rd |
| 1985-86 | Mick Holtman | High Jump | | |
| 1985-86 | Mick Holtman | 100 m Hurdles | | |
| 1985-86 | Mick Holtman | 4x100 Relay | | Champion |
| 1985-86 | Shelli Graver | 800 m | | |
| 1985-86 | Shelli Graver | 4x400 Relay | | 3rd |
| 1985-86 | Shelli Graver | 4x800 Relay | | |
| 1985-86 | Tina Maaske | 100 m | | 5th |
| 1985-86 | Tina Maaske | 200 m | | |
| 1985-86 | Tina Maaske | 4x100 Relay | | Champion |
| 1985-86 | Wendy Rasmussen | 4x100 Relay | | Champion |
| 1984-85 | Cindy Voss | Shot Put | | |
| 1984-85 | Jodi Brainard | High Jump | | |
| 1984-85 | Karoline Maaske | 100 m | | 4th |
| 1984-85 | Karoline Maaske | 200 m | | |

GIRLS TRACK

| | | | | |
|---------|------------------|--------------|--|-----|
| 1983-84 | Cindy Voss | Shot Put | | |
| 1983-84 | Dawn Schafersman | 400 m | | |
| 1983-84 | Dawn Schafersman | 4x100 Relay | | 5th |
| 1983-84 | Janet Cartwright | 4x800 Relay | | |
| 1983-84 | Jill Hancock | Long Jump | | |
| 1983-84 | Jill Hancock | 100 Hurdles | | |
| 1983-84 | Jill Hancock | 4x100 Relay | | 5th |
| 1983-84 | Karen Cartwright | 4x800 Relay | | |
| 1983-84 | Kari Hilgenkamp | 4x800 Relay | | |
| 1983-84 | Karoline Maaske | 100 m | | 6th |
| 1983-84 | Karoline Maaske | 200 m | | |
| 1983-84 | Karoline Maaske | 4x100 Relay | | 5th |
| 1983-84 | Tuesday Swanson | 4x800 Relay | | |
| 1983-84 | Wendy Rasmussen | 4x100 Relay | | 5th |
| 1982-83 | Karen Cartwright | 1600 m | | |
| 1982-83 | Karen Cartwright | 3200 m | | |
| 1982-83 | Karoline Maaske | 200 m | | |
| 1981-82 | No One Qualified | | | |
| 1980-81 | No One Qualified | | | |
| 1979-80 | No One Qualified | | | |
| 1978-79 | Julie Jacob | 880 yd | | 6th |
| 1978-79 | Julie Jacob | Mile | | 4th |
| 1977-78 | Julie Jacob | Mile Relay | | |
| 1977-78 | Julie Jacob | 2 Mile Relay | | |
| 1977-78 | Michelle Thomsen | 440 yards | | |
| 1977-78 | Michelle Thomsen | Mile Relay | | |
| 1977-78 | Renelle Majors | Mile Relay | | |
| 1977-78 | Robin Majors | 440 yd | | 4th |
| 1977-78 | Robin Majors | Mile Relay | | |
| 1977-78 | Robin Majors | 2 mile Relay | | |
| 1977-78 | Sharon Nielsen | 2 Mile Relay | | |

GIRLS TRACK

| | | | | |
|---------|-------------------|---------------|--|-----|
| 1977-78 | Teri Cartwright | 2 Mile Relay | | |
| 1976-77 | Julie Jacob | 880 yd | | 3rd |
| 1976-77 | Julie Jacob | High Jump | | |
| 1976-77 | Julie Jacob | 1 Mile | | |
| 1976-77 | Julie Jacob | 1 Mile Relay | | |
| 1976-77 | Robin Majors | 440 yards | | |
| 1976-77 | Robin Majors | 1 Mile Relay | | |
| 1976-77 | Sheryl Hilgenkamp | 1 Mile Relay | | |
| 1976-77 | Tammie Schneider | 1 Mile Relay | | |
| 1975-76 | Debbie Hilgenkamp | Discus | | 4th |
| 1975-76 | Julie Jacob | 1 Mile Relay | | 6th |
| 1975-76 | Julie Jacob | Mile | | |
| 1975-76 | Pam Boettger | 1 Mile Relay | | 6th |
| 1975-76 | Pam Boettger | 880 yd | | |
| 1975-76 | Robin Majors | 1 Mile Relay | | 6th |
| 1975-76 | Robin Majors | 440 yd | | |
| 1975-76 | Tammie Schneider | 1 Mile Relay | | 6th |
| 1975-76 | Tammie Vie | 80 yd Hurdles | | |
| 1974-75 | Debbie Goldberg | High Jump | | |
| 1974-75 | Lori Cain | Shot Put | | |
| 1974-75 | Marilyn Meier | 100 yd | | |
| 1974-75 | Robin Majors | 440 yd | | |
| 1973-74 | No One Qualified | | | |
| 1972-73 | Sandra Nielsen | 50 yd | | |
| 1972-73 | Sandra Nielsen | 100 yd | | |
| 1971-72 | Cheryl Klug | Discus | | |
| 1971-72 | LeAnn Hoffman | Shot Put | | |
| 1971-72 | Sandra Nielsen | 50 yd | | |
| 1971-72 | Sandra Nielsen | 100 yd | | |
| | | | | |
| | | | | |

GIRLS TRACK

| TOURNAMENT PLACINGS | | | | |
|----------------------------|--------------------------|--|-----------|--|
| 2023 | Concordia Indoor | | Runner Up | |
| 2023 | Platteview Invite | | Runner Up | |
| 2023 | West Point Invite | | Runner Up | |
| 2022 | Columbus Lakeview Invite | | Champion | |
| 2022 | Concordia Indoor | | Champion | |
| 2022 | Logan View Invite | | Runner Up | |
| 2022 | Tiger-Cadet Invite | | Champion | |
| 2022 | West Point Invite | | Champion | |
| 2021 | Arlington Invite | | Champion | |
| 2021 | Columbus Lakeview Invite | | Runner Up | |
| 2021 | Tiger-Cadet Invite | | Runner Up | |
| 2021 | West Point Invite | | Champion | |
| 2019 | Columbus Lakeview Invite | | Runner Up | |
| 2019 | West Point Invite | | Champion | |
| 2018 | West Point Invite | | Champion | |
| 2017 | Arlington Invite | | Champion | |
| 2017 | Cadet-Tiger Invite | | Champion | |
| 2017 | West Point Invite | | Champion | |
| 2016 | Arlington Invite | | Runner Up | |
| 2016 | Concordia Indoor | | Runner Up | |
| 2016 | West Point Invite | | Champion | |
| 2015 | Concordia Indoor | | Champion | |
| 2015 | West Point Invite | | Runner Up | |
| 2013 | Wisner Invite | | Champion | |
| 2012 | Arlington Invite | | Champion | |
| 2012 | Badger Relays | | Champion | |
| 2011 | Arlington Invite | | Runner Up | |
| 2011 | Bennington Invite | | Champion | |
| 2011 | Logan View Invite | | Champion | |

GIRLS TRACK

| | | | | |
|------|-------------------|--|-----------|--|
| 2011 | West Point Invite | | Champion | |
| 2007 | Badger Relays | | Champion | |
| 2007 | Bennington Invite | | Champion | |
| 2007 | Wahoo Invite | | Champion | |
| 2007 | West Point Invite | | Runner Up | |
| 2002 | Bennington Invite | | Runner Up | |
| 2001 | Badger Relays | | Runner Up | |
| 2001 | Bennington Invite | | Champion | |
| 2000 | Arlington Invite | | Champion | |
| 2000 | Badger Relays | | Champion | |
| 2000 | Bennington Invite | | Runner Up | |
| 1999 | Arlington Invite | | Champion | |
| 1999 | Badger Relays | | Champion | |
| 1999 | Bennington Invite | | Champion | |
| 1998 | Arlington Invite | | Runner Up | |
| 1998 | Badger Relays | | Champion | |
| 1998 | Bennington Invite | | Champion | |
| 1998 | Logan View Invite | | Champion | |
| 1997 | Arlington Invite | | Runner Up | |
| 1997 | Badger Relays | | Runner Up | |
| 1997 | Logan View Invite | | Champion | |
| 1996 | Arlington Invite | | Champion | |
| 1996 | Badger Relays | | Champion | |
| 1995 | Arlington Invite | | Champion | |
| 1995 | Badger Relays | | Runner Up | |
| 1994 | Arlington Invite | | Champion | |
| 1991 | Badger Relays | | Runner Up | |
| 1990 | Logan View Invite | | Runner Up | |
| 1989 | Logan View Invite | | Runner Up | |
| 1988 | Arlington Invite | | Champion | |
| 1988 | Valley Invite | | Champion | |

GIRLS TRACK

| | | | | |
|---------------------|--------------------|-------|-----------|--|
| 1986 | Bennington Invite | | Champion | |
| 1986 | Ft Atkinson Invite | | Champion | |
| 1986 | Gretna Invite | | Champion | |
| 1986 | Logan View Invite | | Runner Up | |
| 1986 | Yutan Invite | | Champion | |
| 1985 | Bennington Invite | | Champion | |
| 1985 | Ft Atkinson Invite | | Champion | |
| 1985 | Yutan Invite | | Champion | |
| 1984 | Bennington Invite | | Champion | |
| 1984 | Ft Atkinson Invite | | Champion | |
| 1984 | Yutan Invite | | Champion | |
| 1978 | Blair Invite | | Runner Up | |
| 1977 | Schuyler Invite | | Runner Up | |
| | | | | |
| | | | | |
| School Bests | | | | |
| | | | | |
| 100 meters | | | | |
| 1 | Tina Maaske | 12.30 | 1986 | |
| 2 | Wendy Rasmussen | 12.40 | 1986 | |
| 3 | Dani Moyer | 12.46 | 2009 | |
| 4 | Karoline Maaske | 12.50 | 1985 | |
| | Annie Ortmeier | 12.50 | 1998 | |
| 6 | Missy Gottsch | 12.70 | 1981 | |
| | Cindy LeCrone | 12.70 | 1990 | |
| 8 | Rebecca Goodwin | 12.74 | 2007 | |
| | Marilyn Meier | 12.90 | 1975 | |
| 10 | Madison Baumert | 12.98 | 2016 | |
| | | | | |
| 200 meters | | | | |
| 1 | Karoline Maaske | 25.90 | 1985 | |

GIRLS TRACK

| | | | | |
|-------------------|--------------------|---------|------|--|
| 2 | Tina Maaske | 26.50 | 1986 | |
| | Dani Moyer | 26.50 | 2009 | |
| | Wendy Rasmussen | 26.60 | 1986 | |
| 5 | Keelianne Green | 26.67 | 2021 | |
| 6 | Becca Goodwin | 26.80 | 2008 | |
| 7 | Renelle Majors | 27.17 | 1979 | |
| 8 | Cindy LeCrone | 27.20 | 1989 | |
| | Jennifer Volnek | 27.20 | 1990 | |
| | Sandy Nielsen | 27.20 | 1974 | |
| | | | | |
| 400 meters | | | | |
| 1 | Karoline Maaske | 59.40 | 1986 | |
| 2 | Robin Majors | 59.61 | 1978 | |
| 3 | Keelianne Green | 60.22 | 2023 | |
| 4 | Sarah Theiler | 60.30 | 2018 | |
| 5 | Heather Johnson | 60.41 | 2011 | |
| 6 | Dawn Schafersman | 60.80 | 1985 | |
| 7 | Whitney Wollberg | 61.31 | 2025 | |
| 8 | Shelli Graver | 61.80 | 1987 | |
| 9 | Randi Hodson | 62.10 | 2008 | |
| 10 | Taylor Edman | 62.17 | 2014 | |
| | | | | |
| 800 meters | | | | |
| 1 | Hailey O'Daniel | 2:17.66 | 2024 | |
| 2 | Keelianne Green | 2:17.78 | 2022 | |
| 3 | Heather Johnson | 2:19.93 | 2009 | |
| 4 | Jessi Brown | 2:22.41 | 1997 | |
| 5 | Julie Jacob | 2:23.08 | 1977 | |
| 6 | Shelli Graver | 2:24.20 | 1986 | |
| 7 | Andrea Christensen | 2:26.20 | 1996 | |
| 8 | Jacque Dam | 2:27.04 | 2013 | |

GIRLS TRACK

| | | | | |
|-------------------------|--------------------|----------|------|--|
| 9 | Randi Hodson | 2:28.00 | 2008 | |
| 10 | Sydney Miller | 2:31.13 | 2013 | |
| | | | | |
| 1600 meters | | | | |
| 1 | Jessi Brown | 5:14.98 | 1997 | |
| 2 | Hailey O'Daniel | 5:14.99 | 2024 | |
| 3 | Neva Bauer | 5:19.27 | 2026 | |
| 4 | Julie Jacob | 5:25.40 | 1979 | |
| 5 | Jacque Dam | 5:28.07 | 2013 | |
| 6 | Caroline Jamison | 5:29.90 | 2008 | |
| 7 | Andrea Christensen | 5:32.00 | 1997 | |
| 8 | Heather Johnson | 5:32.33 | 2010 | |
| 9 | Keelianne Green | 5:32.72 | 2023 | |
| 10 | Jessica Morrison | 5:37.50 | 2000 | |
| | | | | |
| 3200 meters | | | | |
| 1 | Neva Bauer | 11:11.14 | 2026 | |
| 2 | Caroline Jamison | 11:23.80 | 2008 | |
| 3 | Jessi Brown | 11:47.10 | 1998 | |
| 4 | Jessica Morrison | 11:56.20 | 2000 | |
| 5 | Karen Cartwright | 12:00.59 | 1983 | |
| 6 | Summer Morrison | 12:09.00 | 1998 | |
| 7 | Sammie Lathrop | 12:30.80 | 2008 | |
| 8 | Andrea Christensen | 12:31.00 | 1998 | |
| 9 | Kelly Dunklau | 12:37.63 | 2009 | |
| 10 | Corinne May | 12:37.65 | 2025 | |
| | | | | |
| 100 High Hurdles | | | | |
| 1 | Kailynn Gubbels | 14.52 | 2021 | |
| 2 | Olivia Schneider | 15.50 | 2015 | |
| 3 | Shelby Kaup | 15.50 | 2017 | |

GIRLS TRACK

| | | | | |
|---------------------------------|--|-------|------|--|
| 4 | Mick Holtman | 15.60 | 1988 | |
| 5 | Jill Hancock | 15.90 | 1984 | |
| 6 | Austyn Flesner | 15.91 | 2024 | |
| 7 | Jordan Johnson | 16.05 | 2009 | |
| 8 | Sharon Nielsen | 16.20 | 1980 | |
| 9 | Lindsay Grove | 16.26 | 2009 | |
| 10 | Taylor Wakefield | 16.33 | 2017 | |
| 300 Intermediate Hurdles | | | | |
| 1 | Kailynn Gubbels | 45.01 | 2021 | |
| 2 | Cori Brown | 46.90 | 1988 | |
| 3 | Willa Wollberg | 48.32 | 2026 | |
| 4 | Shelby Kaup | 49.30 | 2015 | |
| 5 | Austyn Flesner | 49.39 | 2024 | |
| 6 | Erica Leaver | 49.80 | 2006 | |
| | Jordan Johnson | 49.80 | 2006 | |
| 8 | Lauren Mues | 50.09 | 2013 | |
| 9 | Sydney Whitmarsh | 50.11 | 2012 | |
| 10 | Julie Vogt | 50.20 | 1986 | |
| 4 X100 Relay | | | | |
| 1 | Tina Maaske, Wendy Rasmussen, Mick Holtman, Karoline Maaske | 50.20 | 1986 | |
| 2 | Dawn Schafersman, Wendy Rasmussen, Mick Holtman, Karoline Maaske | 51.05 | 1985 | |
| 3 | Dawn Schafersman, Wendy Rasmussen, Jill Hancock, Karoline Maaske | 51.60 | 1984 | |
| | Tina Maaske, Cori Brown, Mick Holtman, Cindy LeCrone | 51.60 | 1988 | |

GIRLS TRACK

| | | | | |
|----------------------|---|---------|------|--|
| 5 | Tina Maaske, Dawn Schafersman, Mick Holtman, Wendy Rasmussen | 51.80 | 1987 | |
| | Olivia Schneider, Catie Theiler, Hannah Marquardt, Madison Baumert | 51.80 | 2015 | |
| 7 | Tierra Krivohlavek, Taylor Wakefield, Maggie Schmidt, Madison Baumert | 52.12 | 2017 | |
| 8 | Dani Moyer, Jordan Johnson, Lindsay Grove, Becca Goodwin | 52.29 | 2009 | |
| 9 | Dani Moyer, Bethany Mellema, Lindsay Grove, Becca Goodwin | 52.30 | 2007 | |
| 10 | Anne Ortmeier, KC Hilgenkamp, Sarah Reifert, Sara Buss | 52.80 | 1998 | |
| | | | | |
| 4 X 400 Relay | | | | |
| 1 | Chase Anderson, Kailynn Gubbels, Hailey O'Daniel, Keelianne Green | 4:01.86 | 2022 | |
| 2 | Shelli Graver, Anne Gnuse, Dawn Schafersman, Karoline Maaske | 4:07.90 | 1986 | |
| 4 | Michele Thomsen, Renelle Majors, Julie Jacob, Robin Majors | 4:07.93 | 1978 | |
| 3 | Chase Anderson, Keelianne Green, Kiersten Taylor, Kailynn Gubbels | 4:08.36 | 2021 | |

GIRLS TRACK

| | | | | |
|---------------------|---|----------|------|--|
| 5 | Whitney Wollberg, Austyn Flesner, Kelise Cook-Krivohlavek, Hailey O'Daniel | 4:10.77 | 2024 | |
| 6 | Shelli Graver, Anne Gnuse, Jodi Brainard, Dawn Schafersman | 4:12.40 | 1987 | |
| 7 | Whitney Wollberg, Kelise Cook-Krivohlavek, Corinne May, Hailey O'Daniel | 4:14.79 | 2025 | |
| 8 | Whitney Wollberg, Hailey O'Daniel, Kelise Cook-Krivohlavek, Keelianne Green | 4:15.73 | 2023 | |
| 9 | Shelli Graver, Anne Gnuse, Jodi Brainard, Carma Greunke | 4:16.70 | 1988 | |
| 10 | Lauren Mues, McKenna Kaup, Sammi Japp, Heather Johnson | 4:17.69 | 2011 | |
| | | | | |
| 4X 800 Relay | | | | |
| 1 | Summer Morrison, Kristin French, Andrea Christensen, Jessi Brown | 9:53.90 | 1996 | |
| 2 | Whitney Wollberg, Kelise Cook-Krivohlavek, Corrine May, Hailey O'Daniel | 9:57.84 | 2025 | |
| 3 | Kelise Cook-Krivohlavek, Whitney Wollberg, Hailey O'Daniel, Keelianne Green | 9:59.79 | 2023 | |
| 4 | Andrea Christensen, Kristin French, Summer Morrison, Jessi Brown | 10:05.20 | 1997 | |

GIRLS TRACK

| | | | | |
|--------------------|---|----------|------|--|
| 5 | Whitney Wollberg, Kelise Cook-Krivohlavek, Brooke Hilgenkamp, Hailey O'Daniel | 10:07.24 | 2024 | |
| 6 | Julie Vogt, Dawn Schafersman, Carma Greunke, Shelli Graver | 10:09.80 | 1986 | |
| 7 | Caroline Jamison, Randi Hodson, Sammie Lathrop, Kelly Dunklau | 10:16.70 | 2007 | |
| 8 | Mady Berg, Randi Hodson, Bree Opfer, Caroline Jamison | 10:17.80 | 2005 | |
| 9 | Robin Majors, Teri Cartwright, Sharon Nielsen, Julie Jacob | 10:18.30 | 1978 | |
| 10 | Summer Morrison, Andrea Christensen, Kristin French, Jessi Brown | 10:19.27 | 1998 | |
| | | | | |
| Long Jump | | | | |
| 1 | Keelianne Green | 18-06.25 | 2022 | |
| 2 | Jill Hancock | 17-00.00 | 1984 | |
| 3 | Annie Ortmeier | 16-08.50 | 2000 | |
| 4 | Hailey O'Daniel | 16-08.00 | 2024 | |
| 5 | Lauren Mues | 16-06.75 | 2012 | |
| 6 | Tierra Krivohlavek | 16-05.25 | 2016 | |
| 7 | Olivia Schneider | 16-04.50 | 2015 | |
| 8 | Dawn Schafersman | 16-04.00 | 1985 | |
| 9 | Kelly Rump | 16-03.00 | 1996 | |
| | Lindsay Grove | 16-03.00 | 2009 | |
| | | | | |
| Triple Jump | | | | |
| 1 | Keelianne Green | 37-00.75 | 2022 | |

GIRLS TRACK

| | | | | |
|-------------------|------------------|----------|------|--|
| 2 | Sara Buss | 35-08.75 | 1998 | |
| 3 | Sydney Miller | 34-07.75 | 2013 | |
| 4 | Allie Leaver | 34-04.00 | 2011 | |
| 5 | Olivia Schneider | 34-02.50 | 2015 | |
| 6 | Megan Hansen | 34-02.00 | 2002 | |
| 7 | Finley Timm | 33-07.00 | 2026 | |
| 8 | Erica Leaver | 32-11.50 | 2006 | |
| | Sara Mellema | 32-11.50 | 2007 | |
| 10 | Molly Miller | 32-10.00 | 2010 | |
| | | | | |
| Pole Vault | | | | |
| 1 | Whitney Wollberg | 10-03 | 2025 | |
| 2 | May Hoelsing | 9-09 | 2017 | |
| 3 | Dani Moyer | 9-06 | 2009 | |
| 4 | Rylie Kylo | 9-00 | 2025 | |
| 5 | Natalie Nelson | 8-06 | 2005 | |
| | Sammi Japp | 8-06 | 2011 | |
| 7 | Abbie Maas | 8-00 | 2000 | |
| | Mary Helms | 8-00 | 2019 | |
| | Ryann Kirchmann | 8-00 | 2022 | |
| 10 | Sheri Richt | 7-06 | 1999 | |
| | Lesley Lauritsen | 7-06 | 2001 | |
| | Masey Murphey | 7-06 | 2012 | |
| | Katie Moravec | 7-06 | 2008 | |
| | Allison Miller | 7-06 | 2009 | |
| | Paige Peterson | 7-06 | 2011 | |
| | Sofie Lewis | 7-06 | 2025 | |
| | | | | |
| | | | | |
| High Jump | | | | |
| 1 | Kailynn Gubbels | 5-10 | 2021 | |

GIRLS TRACK

| | | | | |
|-----------------|--------------------|----------|------|--|
| 2 | Mick Holtman | 5-06 | 1988 | |
| | Jodi Brainard | 5-06 | 1988 | |
| 4 | Kristle Neuhalphen | 5-05 | 1999 | |
| 5 | Julie Jacob | 5-03 | 1977 | |
| | Sarah Theiler | 5-03 | 2019 | |
| | Shelby Kaup | 5-03 | 2018 | |
| 8 | MaKenna Kaup | 5-02 | 2011 | |
| 9 | Erika Harms | 5-01 | 2010 | |
| 10 | Jill Hancock | 5-00 | 1984 | |
| | Kristy Anderson | 5-00 | 1991 | |
| | Dani Moyer | 5-00 | 2007 | |
| | | | | |
| Shot Put | | | | |
| 1 | Melissa Hilgenkamp | 43-10.00 | 2010 | |
| 2 | Milee Young | 42-11.00 | 2019 | |
| 3 | Riley Johnson | 41-10.50 | 2010 | |
| 4 | Cadie Robinson | 40-07.50 | 2023 | |
| 5 | Erin Wilkins | 40-07.00 | 2000 | |
| 6 | Brittany Wilkins | 40-05.00 | 2001 | |
| | Cassie Voss | 40-05.00 | 2009 | |
| 8 | Kris Herrmann | 40-03.75 | 1988 | |
| 9 | Sabrina Luttig | 39-08.50 | 2016 | |
| 10 | Shelly Martin | 39-01.50 | 1993 | |
| | | | | |
| Discus | | | | |
| 1 | Sabrina Luttig | 159-00 | 2016 | |
| 2 | Hayley Arp | 141-06 | 2026 | |
| 3 | Milee Young | 141-05 | 2019 | |
| 4 | Riley Johnson | 141-04 | 2011 | |
| 5 | Brittany Wilkins | 139-06 | 2001 | |
| 6 | Cassie Voss | 138-02 | 2011 | |

GIRLS TRACK

| | | | | |
|----|--------------------|--------|------|--|
| 7 | Melissa Hilgenkamp | 137-07 | 2009 | |
| 8 | Taylor Arp | 130-04 | 2023 | |
| 9 | Brook Hoelsing | 124-04 | 2017 | |
| 10 | Cadie Robinson | 123-10 | 2023 | |

| TEAM POINTS AT STATE |
|-------------------------------------|
| |
| 6 |
| 20 |
| 26 |
| 6 |
| 47 |
| 36 |
| |
| 23 |
| 13 |
| 11 |
| 6 |
| 7 |
| 0 |
| 6.5 |
| 18 |
| 16 |
| 18 |
| 15 |
| 4 |
| 4 |
| 0 |
| 0 |
| 1 |
| 0 |
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GIRLS TRACK

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|---------------|
| 13 |
| 6 |
| 17 |
| 6 |
| 2 |
| 1 |
| No Qualifiers |
| No Qualifiers |
| 8 |
| 0 |
| 0 |
| 33 |
| 2 |
| 22 |
| 3 |
| 3 |
| 0 |
| No Qualifiers |
| No Qualifiers |
| No Qualifiers |
| 5 |
| 4 |
| 6 |
| 5 |
| 0 |
| No Qualifiers |
| 0 |
| 0 |
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GIRLS TRACK

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